Programs for youth, adults and seniors
Bringing community together...

Resident registration: Monday, December 2nd.
Lottery will be held on Monday, December 9th.
Non-resident registration begins Tuesday, December 10th.
LYDELL PRESCHOOL
An exceptional place for young hearts and minds

Our dedicated staff challenges students to reach their full potential, while providing an environment that is balanced between socialization, academics, and recreation. We believe that children are unique, creative individuals who have the ability to influence their own learning.

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

**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

**2020/2021 SCHOOL YEAR OPEN HOUSES**
**TUESDAY, NOVEMBER 12, 2019 FROM 5:30PM-7:00PM**
**TUESDAY, JANUARY 7, 2020 FROM 5:30PM-7:00PM**

**ENROLLMENT PROCEDURES FOR THE 2020/2021 SCHOOL YEAR:**
All enrollments MUST be done in person at the Recreation Department.
Enrollment packets that are mailed, faxed or put in the drop box will NOT be accepted.
Open Enrollment begins on January 8th, 2020 from 4:30 pm to 6:30 pm and then resumes at 8:00am on January 9th, 2020.
Dear Whitefish Bay Community,

The winter and spring seasons are upon us and, in Wisconsin, this brings us unpredictable weather. It is hard to plan outdoor or indoor activities but, don’t worry! We have you covered on both! Our guide offers fitness, sport and enrichment opportunities for all ages, indoors and out, so you and your family can stay ACTIVE during these cold, snowy, wet months.

Indoor activities include basketball, soccer, badminton, aquatics, tennis and more. Once the snow melts, we welcome getting outdoors for lacrosse, softball and other youth sport clinics. Looking to exercise your mind? Try one or more of our new enrichment workshops in art, cooking, sewing, quilting and computer classes, to name a few.

Another great spring activity is gardening. Do you have a green thumb? If so, don’t forget that the WFB Community Garden is always looking for volunteers and donors. The garden had a very successful first year and we are looking to make 2020 even better!

Please enjoy our Winter/Spring 2020 guide and we hope you and your family find just the right programs that fit all the seasons of your life!

Yours in Recreation,

Carin Keland
Director of Recreation and Community Education
School District of Whitefish Bay
## 4 Youth Enrichment

### 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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>9:30 - 10:30am</td>
<td>code 320701</td>
</tr>
<tr>
<td>Activity</td>
<td>10:35 - 11:30am</td>
<td>code 311201</td>
</tr>
<tr>
<td>Section A1</td>
<td>Jan 6 - Feb 10</td>
<td></td>
</tr>
<tr>
<td>Section A2</td>
<td>Feb 17 - Mar 30 (skip Mar 23)</td>
<td></td>
</tr>
<tr>
<td>Section A3</td>
<td>Apr 6 - May 18 (skip Apr 13)</td>
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</tbody>
</table>

#### Wednesday Programs

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>9:30 - 10:30am</td>
<td>code 320703</td>
</tr>
<tr>
<td>Activity</td>
<td>10:35 - 11:30am</td>
<td>code 311203</td>
</tr>
<tr>
<td>Section A1</td>
<td>Jan 8 - Feb 12</td>
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<tr>
<td>Section A2</td>
<td>Feb 19 - Apr 1 (skip Mar 25)</td>
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</tr>
<tr>
<td>Section A3</td>
<td>Apr 8 - May 13</td>
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</tr>
</tbody>
</table>

• Fee/Section resident/non-resident $45.00/$55.00  
• Activity fee/Sect 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: Fridays  

| Section A1 | Jan 3 - Feb 7 |         |
| Section A2 | Feb 14 - Mar 20 |         |
| Section A3 | Apr 3 - May 15 (skip Apr 10) |         |

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

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 Open Gym.  
Specify section. Limit 16

### Drop ’n Go Art and Activity Program

Instructors: Sarah Cottrill and Carolyn Noori,  
WFB Recreation Instructors  
Lydell Community Center, Room 24 and Gym  
Ages 3 thru 5 years - Children must be potty-trained  

#### Day: Thursdays  

| Section A1 | Jan 9 - Feb 20 |         |
| Section A2 | Mar 12 - Apr 30 (skip Mar 26) |         |

• Fee/Section resident/non-resident $120.00/$130.00  

This is a drop-off program where the children will be able to participate in both group activities in the gym as well as in the art room. We will work on listening and concentration skills. Participants will interact with each other through imaginative play and creative art and movement.  
Specify section. Limit 15

### Open Art

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

#### Day: Fridays  

| Section A1 | Jan 3 - Feb 7 |         |
| Section A2 | Feb 14 - Mar 20 |         |
| Section A3 | Apr 3 - May 15 (skip Apr 10) |         |

• Fee/Section resident/non-resident $55.00/$65.00  

Explore the fun of art with your child in an informal, free-style setting. Various art materials and supplies will be set out for you to create your own projects. Supervision and help will come from the instructor. The Friday program is scheduled to be compatible with the Open Gym.  
Specify section. Limit 12

### Junior Jamboree

Dana Sherman, WFB Recreation Instructor  
Lydell Community Center, Room 19  
Ages 9 months thru 4 years  

#### Day: Tuesdays  

| Section A1 | Jan 14 - Feb 18 |         |
| Section A2 | Mar 3 - Apr 14 (skip Mar 24) |         |
| Section A3 | Apr 21 - May 26 |         |

• Fee/Section resident/non-resident $66.00/$76.00  

Get moving and singing in this music class for children and their parents or caregivers. Your child will be immersed in children’s songs, interactive finger play, creative dance, music and the exploration of different rhythms. We hope you will learn some new songs while inspiring the love of music in your child. Bring your dancing feet and come share some special music moments together in this fun family class.  
Specify section. Limit 18

**wfbschools.com**

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

ART DOCENT PROGRAM - YEAR TWO
PEOPLE, CULTURE AND HISTORY
Instructor: Jen Hellerman, Art Docent Liaison
Lydell Community Center, Room 24
Grade 4 as of current school year
Prerequisite: Students must have participated in 3rd grade/Year 1
The tours for year 2 guide students as they connect with the community around them.

Dates                          Time
Jan 24, Feb 14, Mar 5          12:45 - 4:00pm

• Course code                   code 350701 A1
• Fee                          resident         $75.00
                                     resident/non-resident $135.00/$145.00

For more than forty years, the MAM’s Junior Docent School program has introduced elementary school students to the vocabulary, elements and history of art while developing critical thinking skills. Over three consecutive years, students visit ten times, contextualizing art into their life. After a culminating project presented to their peers and family, they become official Junior Docents in fifth grade. Interested students should commit to the three-year/ten-visit program. The visits include a pre-visit overview art lesson before boarding the buses for an hour docent-led Milwaukee Art Museum tour. After the tour, students will engage in an hour-long, hands-on, post lesson in the Lydell art classroom. Specify section. Limit 20

MUSICAL THEATER AND ACTING LAB
Instructor: Angie Mack Reilly, Founder of Ozaukee Talent
Lydell Community Center, Room 19
Ages 6 thru 12 years

Day                          Dates                          Time
Tuesdays                     Jan 21 - Apr 14 (skip Mar 24)       5:45 - 6:45pm

• Course code                   code 340601 A1
• Fee                          resident         $135.00/$145.00
                                     resident/non-resident $84.00/$94.00

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! 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

CURSIVE HANDWRITING
Instructor: Sue McConnell, WFB Recreation Instructor
Lydell Community Center, Room 17/Room 24 on Feb 18
Grades 3 thru 5

Day                          Dates                          Time
Tuesdays                     Feb 11 - Mar 3                   3:30 - 4:30pm

• Course code                   code 350503 A3
• Fee                          resident         $60.00/$70.00
                                     resident/non-resident $84.00/$94.00

This workshop is to introduce the cursive handwriting alphabet. The group will have fun learning and/or practicing the lower and upper case letters. The students will be writing short sentences by the fourth class. The instruction will be based on the “Skill Builders Cursive Handwriting Workbook” that each student will receive. The workbook will go home with the student after the last class. The fourth class will celebrate the work completed with writing their own name signature in cursive on their Certificate of Completion. Minimum 10

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

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

Day                          Section A1                      Section A2                      Time
Tuesdays                     Jan 28 - Mar 17                  Mar 31 - May 19                  4:00 - 5:00pm

• Course code                   code 320201
• Fee/Section                   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. Specify section. Limit 16

KIDSTAGE - THE WORLDS OF DR. SEUSS
Instructor: Elsa Scardino, Certified Kidstage Instructor
Lydell Community Center, Room 15
Ages 3 thru 7 years

Day                          Dates                          Time
Saturdays                     Jan 4 - Feb 8                    3 thru 4 yrs 9:30 - 10:15am

• Fee/Section                   resident/non-resident $85.00/$95.00
                                     5 thru 7 yrs 10:30 - 11:30am
                                     code 330601 A1

Join us this winter as we explore the imaginative worlds of Dr. Seuss. Students will play theatre games and participate in theatre activities. We will dive into Dr. Seuss stories and learn to retell them with our voices, bodies and imagination. At the end of our session, there will be a short presentation that allows each student to show their new skills to family. Kidstage focuses on teamwork, confidence and creativity. Be ready to have a Rhyming Good Time! Specify section. Limit 20

YOUNG REMBRANDTS AFTERSCHOOL DRAWING
Instructor: Young Rembrandts Staff
Richards School, Art Room 14
Cumberland School, Art Room 4
Grades K5 thru 5

Day                          Dates                          Time
Richards                      Jan 8 - Feb 12 3 thru 4 yrs 9:30 - 10:15am
                                       code 320601 A1

• Fee/Section                   resident/non-resident $85.00/$95.00
                                     5 thru 7 yrs 10:30 - 11:30am
                                     code 330601 A1

Each child will have a Rhyming Good Time! Specify section. Limit 16

CURSIVE HANDWRITING
Instructor: Sue McConnell, WFB Recreation Instructor
Lydell Community Center, Room 17/Room 24 on Feb 18
Grades 3 thru 5

Day                          Dates                          Time
Richards                      Feb 26 - Apr 8 (skip Mar 25)        5:45 - 6:45pm

• Fee                          resident         $135.00/$145.00
                                     resident/non-resident $84.00/$94.00

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.youngrembrands.com. Specify section. Limit 20

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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.
6 Youth Enrichment

Tiny Tots Ballet
Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Lydell Community Center, Room 19
Ages 3 to 4.5 years
Day: Saturdays
Time: 9:45 - 10:20am
Section A1: Jan 4 - Feb 8
Section A2: Feb 22 - Apr 18 (skip Mar 21, 28, Apr 11)
• Course code: code 320401
• 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 by start of class thru Grade 1
Section A1: Thursdays
Dates: Feb 27 - May 7 (skip Mar 26)
Time: 4:00 - 4:40pm
Section A2: Saturdays
Dates: Feb 22 - May 16 (skip Mar 21, 28, Apr 11)
Time: 10:30 - 11:10am
• Course code: code 330401
• Fee/Section: resident/non-resident $80.00/$90.00
A creative opportunity to develop coordination and listening skills while learning to dance and move to various tempos of music! Some preliminary ballet steps will be taught. Clothing for active movement and footwear such as ballet slippers 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
Date: Feb 25 - May 5 (skip Mar 24)
Time: 4:30 - 5:30pm
• Course code: code 350403 A1
• Fee: resident/non-resident $50.00/$60.00
This class focuses not only ballet and some tap fundamentals, but also the fun of creativity through contemporary movement. Your child will develop expressiveness, confidence and creativity which are important life skills. Participants should wear leotards, tights, otional dance skirts and ballet shoes, gripper socks, tap shoes or hard-soled shoes. Limit 12

Hip Hop Dance
Instructor: Academy of Dance Arts Staff
Lydell Community Center, Room 19
Co-ed, Ages 6 thru 11 years
Day: Wednesdays
Dates: Jan 29 - Apr 8 (skip Mar 25)
Section A1: 6 thru 8 years  5:45 - 6:30pm
Section A2: 9 thru 11 years  6:30 - 7:15pm
• Course code: code 350404
• 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

Daddy and Daughter Fall Formal
Co-op
10th Annual
Range Line School Gymnasium
Grades K4 thru 8
Day: Friday, May 1
Time: 5:15 - 6:30pm Social and Photography
6:30 - 7:30pm Dinner
7:30 - 9:30pm Dancing with Kart Tunes DJ
• Course code/Couple: code 330502 A1
• Fee/Couple: co-op fee $70.00
• Course code/Extra daughter: code 330502 A2
• Fee/Extra daughter: $35.00 each
Girls, slip on that precious dress and take dear ol’ Dad out for a special night of dinner and dancing. Fathers, dust off your dancing shoes, wear your best suit and enjoy a wonderful evening with your daughter(s) while creating lasting memories that you will cherish forever. This unforgettable evening includes dinner, refreshments and dancing with Kart Tunes DJ. A professional photographer from Worzella Photography, Inc. will be on hand to capture your special moments. This program fills fast, so register early!

Ballet and Tap/Ballet, Tap and Jazz
Instructor: Academy of Dance Arts Staff
Lydell Community Center, Room 19
Co-ed, Ages 6 thru 11 years
Day: Mondays
Dates: Jan 20 - Mar 30 (skip Mar 23)
Section A1: 6 thru 8 years  5:00 - 6:00pm Ballet and Tap
Section A2: 9 thru 11 years  6:00 - 7:15pm Ballet, Tap and Jazz
• Course code: code 350401
• 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. At the end of the session, students will perform either a ballet or tap dance for parents and friends. 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 session 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

Stage Stars
Instructors: Afterschool Enrichment Solutions Staff
WFB Middle School, 6th Grade Commons
Grades 6 thru 8 as of current school year
Day: Wednesdays
Dates: Jan 29 - Mar 18
Time: 3:55 - 4:15pm
• Course code: code 360601 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 theatre arts and have the opportunity to earn belts to demonstrate their learned skills. Limit 16
WHITEFISH BAY RECREATION AND COMMUNITY EDUCATION

AFTER SCHOOL SPANISH
SPANISH THAT’S FUN AND PRACTICAL!
Instructor: Futura Language Professionals
Richards, Room 117 and Cumberland Schools, Media Center
Grades K4 thru 5

<table>
<thead>
<tr>
<th>Section</th>
<th>Richards</th>
<th>3:15 - 4:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day</td>
<td>Tuesdays</td>
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</tr>
<tr>
<td>Dates</td>
<td>Feb 4 - Mar 31 (skip Mar 24)</td>
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</table>

The best way to spark enthusiasm for a language is with a topic that students love...Vamos Con Los Animales is just that! For eight jam-packed sessions, students will blaze new trails “visiting” a pet store, a family farm, the zoo, the ocean and even the rainforest, all in Spanish! Your child will learn animal-related vocabulary, catch glimpses of some special animals who call Latin America their home all the while applying practical phrases and Spanish vocabulary to every topic. Let your student explore where the wild things are in this exciting, interactive Spanish class. Specify section. Limit 16

BABYSITTING
Instructor: American Red Cross Personnel
WFB High School, Room 253
Ages 11 years and up
Please register at least one week before the beginning of term.

Day   | Saturday |
Section A1 | Feb 15 |
Section A2 | Mar 7 |
Section A3 | Apr 4 |
Section A4 | May 16 |
Time | 8:30am - 4:00pm |

Students should bring a pencil, bag lunch and a 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. Specify section. Minimum 11/Limit 28

WHITEFISH BAY CHEER CLINIC
Instructor: Miranda Keller, Varsity Cheer Coach and Cheerleaders
WFB High School, Link
Grades K4 thru 5

<table>
<thead>
<tr>
<th>Days</th>
<th>Monday/Wednesday/Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Jan 27, 29, 31*</td>
</tr>
<tr>
<td>Time</td>
<td>4:45 - 6:30pm</td>
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<tr>
<td></td>
<td>*Friday - Jan 31 game at 7:00pm</td>
</tr>
</tbody>
</table>

Be a part of the Whitefish Bay Cheerleading Team and participate in our 2020 Cheerleading Clinic. This clinic will be open to all K4 thru grade 5 students. The students will be taught basic motions, cheers, jumps and a cheer dance routine, all while having fun with the WFB cheerleaders. All participants will receive a hair bow to wear when they perform at the Varsity basketball game half-time on Friday, January 31. Parents will pick their children up after the half-time show in the Link. Participants should wear shorts, sweatpants or leggings, t-shirt, socks and athletic shoes. Please bring a water to each class. Limit 50

ACT WORKSHOP
Instructor: Fred Silver, Owner of North Shore Tutoring
Nicolet HS, Room F128/WFB High School, Room 253
High School Juniors or Seniors
Section A1 | Co-op Nicolet High School, Room F128 |

<table>
<thead>
<tr>
<th>Day</th>
<th>Wednesdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Jan 15 - Feb 26 and Feb 27</td>
</tr>
<tr>
<td>Time</td>
<td>6:30 - 8:30pm</td>
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</tbody>
</table>

Students will gain direct experience with each of the four 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 timeframe. Specify section. Limit 28

CHESS CO-OP
Instructor: WSCF Staff
Nicolet High School, Room B111 (Knightskeller)
Grades 2 thru 8

<table>
<thead>
<tr>
<th>Day</th>
<th>Wednesdays</th>
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<tbody>
<tr>
<td>Dates</td>
<td>Jan 22 - Mar 11</td>
</tr>
<tr>
<td>Section A1</td>
<td>Beginner</td>
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<tr>
<td>Section A2</td>
<td>Intermediate</td>
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<tbody>
<tr>
<td>Section A1</td>
<td>Co-op Nicolet High School, Room F128</td>
</tr>
<tr>
<td>Section A2</td>
<td>WFBHS, Room 253</td>
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</tbody>
</table>

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, please call 262-573-5624. Specify section. Limit 12

SCHOOL’S OUT SNOW TUBING FIELD TRIP
Supervisors: WFB Recreation Department Staff
Rock Snowpark; 7011 South Ballpark Dr., Franklin, WI
Grades 6 thru 8

<table>
<thead>
<tr>
<th>Date</th>
<th>Friday, Feb 14</th>
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<tbody>
<tr>
<td>Depart WFBMS</td>
<td>10:30am</td>
</tr>
<tr>
<td>Arrive</td>
<td>11:00 - 11:15am</td>
</tr>
<tr>
<td>Return WFBMS</td>
<td>1:30pm</td>
</tr>
</tbody>
</table>

It’s a day off of school! Grab your friends and come tube with us! If you can sit, you can tube like a pro...it’s that easy! Simply ride the conveyor lift to the top, then slide down one of the many chutes for hours of fun. Trip includes 2 hours of tubing, bus transportation and adult supervision. Tubers have the option to pack a lunch or purchase lunch from the concessions offered at The Rock. Online registration is not permitted for this program due to the waiver that needs to be filled out at the time of registration. Limit 50
8 youth enrichment

MAD SCIENCE AFTERSCHOOL
Instructor: Mad Science Staff
Richards and Cumberland Schools
Grades K5 thru 5 as of current school year
Richards School, Room 18 code 332106 A1
Day: Wednesdays
Dates: Jan 15 - Feb 19
Time: 3:15 - 4:15pm
Cumberland School, Room 4 code 332107 A1
Day: Mondays
Dates: Jan 13 - Feb 24 (skip Jan 20)
Time: 3:10 - 4:10pm
• Fee resident/non-resident $75.00/$85.00
• Fee resident/non-resident $55.00/$65.00

LET’S CODE IT!
CRAZY KEYBOARDS
Instructor: Afterschool Enrichment Solutions Staff
WFB Middle School Computer Lab, Room 221
Grades 6 thru 8 as of current school year
Day: Wednesdays
Dates: Jan 8 - Feb 26
Time: 3:25 - 4:45pm
• Course code code 361101 A1
• Fee resident/non-resident $135.00/$145.00

LET’S CODE IT!
OZOBOT™ ZONE
Instructor: Afterschool Enrichment Solutions Staff
WFB Middle School Computer Lab, Room 221
Grades 6 thru 8 as of current school year
Day: Wednesdays
Dates: Mar 11 - May 6 (skip Mar 25)
Time: 3:25 - 4:45pm
• Course code code 361102 A1
• Fee resident/non-resident $135.00/$145.00

JR. SCIENTIST
Instructor: Computer Tot/Computer Explorer Staff
Lydell Community Center, Room 22
Ages 7 thru 6 years
Day: Saturdays
Dates: Feb 8 - Feb 29
Time: 9:15 - 10:15am
• Fee resident/non-resident $55.00/$65.00

LABWORKS, JR. REACTORS
Instructor: Afterschool Enrichment Solutions Staff
WFB Middle School Computer Lab, Room 221
Grades 6 thru 8 as of current school year
Day: Wednesdays
Dates: Jan 8 - Feb 26
Time: 3:25 - 4:45pm
• Course code code 361101 A1
• Fee resident/non-resident $92.00/$102.00

LEGO™ WEDo ROBOTIC ENGINEERING
Instructor: Computer Tot/Computer Explorer Staff
Lydell Community Center, Room 22
Ages 7 thru 12 years
Day: Saturdays
Dates: Feb 8 - Feb 29
Time: 10:30am - 12:00pm
• Fee resident/non-resident $75.00/$85.00

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: Wednesdays
Dates: Apr 1 - May 6
Time: 9:30 - 10:30am
• Course code code 390500 A1
• Fee resident/non-resident $25.00/$35.00

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
### ALL ABILITY LEVELS

**Instructor:** Jill Herbst, Director, USM Learn to Skate Program  
**Polly and Henry Uihlein Sr. Ice Arena - University School**  
**2100 W. Fairy Chasm Road, River Hills**  
**Ages 3 years thru adult**

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>Day</th>
<th>Course Code</th>
<th>Section</th>
<th>Age/Level</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Code 331209</td>
<td>Section A1</td>
<td>3-6 years of age</td>
<td>Jan 6, 13, 20, 27, Feb 3</td>
</tr>
<tr>
<td>Mondays</td>
<td>Code 380301</td>
<td>Section A2</td>
<td>3-6 years of age</td>
<td>Feb 10, 17, 24, Mar 2, 9</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Code 360401</td>
<td>Section A3</td>
<td>3-6 years of age</td>
<td>Jan 7, 14, 21, 28, Feb 4</td>
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<tr>
<td>Thursdays</td>
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<td>Section A4</td>
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<td>Feb 11, 18, 25, Mar 3, 10</td>
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<tr>
<td>Saturdays</td>
<td>Code 390601</td>
<td>Section A5</td>
<td>3-6 years of age</td>
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<tr>
<td>Saturdays</td>
<td>Code 400701</td>
<td>Section A6</td>
<td>3-6 years of age</td>
<td>Feb 13, 20, 27, Mar 5, 12</td>
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<tr>
<td>Saturdays</td>
<td>Code 410801</td>
<td>Section A7</td>
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<td>Jan 9, 16, 23, 30, Feb 6</td>
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<tr>
<td>Saturdays</td>
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<td>Jan 4, 11, 18, 25, Feb 1</td>
</tr>
<tr>
<td>Saturdays</td>
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</tr>
<tr>
<td>Saturdays</td>
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</tr>
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<td>Saturdays</td>
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<td>Feb 8, 15, 22, 29, Mar 7</td>
</tr>
<tr>
<td>Saturdays</td>
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<td>Jan 4, 11, 18, 25, Feb 1</td>
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<td>Saturdays</td>
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<tr>
<td>Saturdays</td>
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<tr>
<td>Saturdays</td>
<td>Code 501701</td>
<td>Section B7</td>
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</tr>
<tr>
<td>Saturdays</td>
<td>Code 511801</td>
<td>Section B8</td>
<td>3-6 years of age</td>
<td>Jan 4, 11, 18, 25, Feb 1</td>
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<tr>
<td>Saturdays</td>
<td>Code 521901</td>
<td>Section B9</td>
<td>3-6 years of age</td>
<td>Feb 8, 15, 22, 29, Mar 7</td>
</tr>
</tbody>
</table>

* Fee/Section resident/non-resident $110.00/$120.00  
* Course code Code 331209

Learn how to skate quickly and safely in an exciting environment. Our unique teaching philosophy makes ice skating easy and fun for the beginning or returning skater. Using toys, games and obstacle courses, the Tot skaters build confidence and self-assurance while learning new skills. They are gently guided by our professional staff through the Tot and Basic levels of ice skating. **Specify section.**

## VOLLEYKIDS

**Instructor:** Nick Puetzer, WFB Recreation Instructor  
**WFB High School Field House**  
**Grades 6 thru 5**

<table>
<thead>
<tr>
<th>Day</th>
<th>Course Code</th>
<th>Section</th>
<th>Date</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>Code 341201</td>
<td>Section A1</td>
<td>Jan 6, 13, 20, 27, Feb 3</td>
<td>12:30 - 1:15pm</td>
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<tr>
<td>Saturdays</td>
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<td>Jan 4, 11, 18, 25, Feb 1</td>
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<td>Saturdays</td>
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<td>Feb 8, 15, 22, 29, Mar 7</td>
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<td>Saturdays</td>
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<td>Jan 4, 11, 18, 25, Feb 1</td>
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<tr>
<td>Saturdays</td>
<td>Code 381601</td>
<td>Section B3</td>
<td>Feb 8, 15, 22, 29, Mar 7</td>
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<tr>
<td>Saturdays</td>
<td>Code 391701</td>
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<tr>
<td>Saturdays</td>
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<td>Feb 8, 15, 22, 29, Mar 7</td>
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<td>Saturdays</td>
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<td>Jan 9, 16, 23, 30, Feb 6</td>
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<tr>
<td>Saturdays</td>
<td>Code 422001</td>
<td>Section B7</td>
<td>Feb 13, 20, 27, Mar 5, 12</td>
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<td>Saturdays</td>
<td>Code 432101</td>
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<td>Saturdays</td>
<td>Code 442201</td>
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<td>Feb 8, 15, 22, 29, Mar 7</td>
<td>12:30 - 1:15pm</td>
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</tbody>
</table>

* Fee/Section resident/non-resident $130.00/$140.00  
* Course code Code 341201

VolleyKids is designed to not only introduce kids to the fundamentals of volleyball, but also facilitate the development of their overall coordination, agility, balance and strength. The program touches on basic volleyball skills such as setting, passing, footwork, arm swing and most importantly...COMMUNICATION. Each session moves at a quick, focused and fun pace to keep kids engaged while working from skill to skill. In between each volleyball-related drill, kids will run through an obstacle course that will make them faster, stronger and healthier, while introducing them to a great sport. **Specify section. Limit 20**

## 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>Date</th>
<th>Course Code</th>
<th>Section</th>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 7</td>
<td>Code 380301</td>
<td>Section A1</td>
<td>Mon thru Fri</td>
<td>5:30 - 8:00am</td>
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<tr>
<td>Jan 7</td>
<td>Code 380301</td>
<td>Section A2</td>
<td>Mon thru Thur</td>
<td>6:00 - 9:00pm</td>
</tr>
<tr>
<td>Jan 7</td>
<td>Code 380301</td>
<td>Section A3</td>
<td>Sat</td>
<td>8:00am - 12:00pm</td>
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<tr>
<td>Jan 7</td>
<td>Code 380301</td>
<td>Section A4</td>
<td>April</td>
<td></td>
</tr>
<tr>
<td>Jan 7</td>
<td>Code 380301</td>
<td>Section A5</td>
<td>May</td>
<td></td>
</tr>
</tbody>
</table>

* Fee/Section resident/non-resident $95.00/$105.00  
* Course code Code 380301

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. Packages reset after each month, so you must schedule all of your workouts in one month or you will lose the workouts. **Specify section.**

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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.
10 youth sports

**KIDSSPORTS SOCCER**
Instructor: KidsSports Staff  
Lydell Community Center Gym  
Ages 3 thru 6 years  
Day: Tuesdays  
Dates: Feb 11 - Mar 3  
Section A1: 3 and 4 years  
Section A2: 5 and 6 years  
• Course code: code 331208  
• Fee/Section: resident/non-resident $70.00/$80.00

KidsSports Soccer is designed to introduce the game of soccer in a fun, local and convenient environment; our group of highly trained instructors will teach proper soccer skills like dribbling, passing, trapping, shooting, defending as well as other basic soccer concepts. Our program consists 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. Specify section. Limit 10

**KIDSSPORTS BASEBALL**
Instructor: KidsSports Staff  
Lydell Community Center Gym/Field  
Ages 3 thru 6 years  
Day: Tuesdays  
Dates: Apr 21 - May 12  
Section A1: 4 and 5 years  
Section A2: 2 and 3 years  
• Course code: code 331206  
• Fee/Section: resident/non-resident $70.00/$80.00

KidsSports Baseball is a child development program created to introduce children to the game of baseball. This KidsSports class will develop important baseball skills such as throwing, catching, hitting and base running. Developmentally appropriate equipment and games are used to teach your child the game of baseball in a fun, exciting and positive environment. Specify section. Limit 10

**KIDSSPORTS MULTISPORT**
Instructor: KidsSports Staff  
Lydell Community Center Gym  
Ages 3 thru 5 years  
Day: Tuesdays  
Dates: Mar 17 - Apr 14 (skip Mar 24)  
Section A1: 4 and 5 years  
Section A2: 2 and 3 years  
• Course code: code 331301  
• Fee/Section: resident/non-resident $70.00/$80.00

Many times parents want to try out a variety of sports for their child. Multi-Sport 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 soccer, baseball, kickball, and football for 45 minutes of skill development while learning fundamentals through unique games and activities. Specify section. Limit 10

**KIDSSPORTS SOCCER - SPRING SESSION**
Instructor: KidsSports Staff  
Lydell Community Center Gym/Field  
Ages 3 thru 6 years  
Day: Fridays  
Dates: Apr 24 - May 15  
Section A1: 3 and 4 years  
Section A2: 5 and 6 years  
• Course code: code 331207  
• Fee/Section: resident/non-resident $70.00/$80.00

KidsSports Soccer is designed to introduce the game of soccer in a fun, local and convenient environment; our group of highly trained instructors will teach proper soccer skills like dribbling, passing, trapping, shooting, defending as well as other basic soccer concepts. Our program consists 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. Specify section. Limit 10

Starts Now!
Summer 2020 Counselor-in-Training and Volunteer Program Recruitment

Recruitment has begun for youth to apply to the summer youth training programs, Counselors-in-Training and Bay Volunteers. Please note of the spring deadline. This allows more time for our staff to better prepare the best possible summer team. Application packets for both programs can be found at the WFB High School, Middle School and the WFB Recreation and Community Education Department. Application materials should be turned in to the WFB Recreation and Community Education office by March 13th, 2020.

Bay Volunteer Program
The summer Bay Volunteer program provides youth entering grades 9 thru 12 an opportunity to become leaders in the community by working with students in preschool to 8th grade in summer day camp settings. Interested candidates will be asked to take part in an interview process and must be able to commit to work a minimum of 2 out of 8 weeks of summer camp and work 5 consecutive days each week they volunteer. In addition, the volunteers that are selected to work at Camp Cumberland, Camp Richards or K-Camp are required to work camp field trips if asked. Volunteers will be required to attend a mandatory volunteer training program in mid-June.

Counselor-in-Training Program (CIT)
Camp Cumberland offers a paid youth training program called Counselor-in-Training (CIT). The program is for teens entering their senior year of high school (as of the 2020/2021 school year). CITs will work with youth in a summer day camp environment to assist in the organization and implementation of camp activities. Under the guidance of trained and experienced staff, CITs will be responsible to assist lead staff with daily camp programs and activities. This is a paid on-the-job training program with an 8-week commitment consisting of 25 hours per week. CITs will be asked to participate in an interview process and, once hired, are required to attend a staff training session which will be held in mid-June.

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Section A1</th>
<th>Section A2</th>
<th>Time</th>
<th>Fee/Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays and/or Wednesdays</td>
<td>Jan 6 - Mar 25</td>
<td>Mar 30 - June 17 (skip May 25)</td>
<td>6:00 - 7:15pm</td>
<td>$179.00</td>
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#### Mondays only

<table>
<thead>
<tr>
<th>Fee/Section</th>
<th>resident/non-resident</th>
<th>$179.00</th>
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</thead>
</table>

#### Fees

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

### 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)

- **Little Samurai:** 4 - 6 years of age
- **Samurai:** 7 - 13 years of age
- **Advanced Samurai:** Green Belt and above

<table>
<thead>
<tr>
<th>Dates</th>
<th>Section A1</th>
<th>Section A2</th>
<th>Section A3</th>
<th>Times</th>
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<td>Little Samurai</td>
<td>Samurai</td>
<td>4:00 - 4:30pm</td>
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<tr>
<td>Apr 6 - June 15 (skip May 25)</td>
<td>4:30 - 5:00pm</td>
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<td>$179.00</td>
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#### Monday Programs - Winter

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<th>Section A2</th>
<th>Section A3</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 6 - Mar 23</td>
<td>Little Samurai</td>
<td>Little Samurai</td>
<td>Samurai</td>
<td>4:00 - 4:30pm</td>
</tr>
<tr>
<td>Apr 6 - June 15 (skip May 25)</td>
<td>4:30 - 5:00pm</td>
<td>5:00 - 5:45pm</td>
<td>$179.00</td>
<td></td>
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</tbody>
</table>

#### Little Samurai: 4 - 6 years of age

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

**Dates:** Jan 6 - Mar 25

**Times:** 4:00 - 4:30pm

**Fee:** $37.00

**Specify section.**

**Limit:** 24

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

**Dates:** Jan 8 - June 10 (skip Mar 25)

**Times:** 6:00 - 7:15pm

**Fee:** $179.00

**Specify section.**

**Limit:** 24

### JUDO AND JU JITSU
Instructor: John Greivell, WFB Recreation Instructor
Lydell Community Center Gym

#### Ages 8 years to adult

<table>
<thead>
<tr>
<th>Day</th>
<th>Dates</th>
<th>Section A1</th>
<th>Section A2</th>
<th>Times</th>
<th>Fee/Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesdays</td>
<td>Jan 8 - June 10 (skip Mar 25)</td>
<td>Beginner</td>
<td>Advanced</td>
<td>6:30 - 7:30pm</td>
<td>$105.00/$115.00</td>
</tr>
</tbody>
</table>

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.**

### CO-ED YOUTH SOFTBALL LEAGUE
Volunteer Coached - Please read the Head Coach info below.
Games will be played at Parkway Elementary School in Glendale.

#### Grades 2 thru 8 (Girls thru Grade 9)

<table>
<thead>
<tr>
<th>Days</th>
<th>Section A1</th>
<th>Section A2</th>
<th>Section A3</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues - Thu</td>
<td>Little Samurai</td>
<td>Little Samurai</td>
<td>Samurai</td>
<td>4:30 - 5:00pm</td>
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<tr>
<td>Grades 2-5</td>
<td>11” ball</td>
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</tr>
<tr>
<td>Grades 6-9</td>
<td>12” ball</td>
<td>code 371303 A1</td>
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<tr>
<td>* Fee</td>
<td>co-op fee  $50.00</td>
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</tbody>
</table>

Whitefish Bay has joined forces with the Nicolet Recreation Department to offer a co-ed softball program, grades 2 thru 8 (girls thru Grade 9). Beginners at all grade levels have learned the sport quickly, gained personal confidence and made meaningful contributions to their teams. Experienced multi-sport athletes playing spring soccer, lacrosse, and even Little League have participated in two sports because of our league’s low time commitment of only 1-3 hours per week, it’s affordability and team roster sizes that allow for occasional conflicts. Players are assigned to teams randomly, but we honor and encourage requests to be paired with other friends to help with car-pooling and make it a comfortable and enjoyable experience for the kids.

### COMMUNITY FITNESS CENTER MEMBERSHIP
Fitness Attendants: Recreation Department Staff
WFB High School Field House Fitness Center

#### WFB High School Students

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
<th>Fee/Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon thru Fri</td>
<td>5:30 - 8:00am</td>
<td>$37.00</td>
</tr>
<tr>
<td>Mon thru Thu</td>
<td>6:00 - 9:00pm</td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>8:00am - 12:00pm</td>
<td></td>
</tr>
</tbody>
</table>

**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.**

**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.
12 youth sports

CO-ED BASKETBALL FUNDAMENTALS
Instructor: Kevin Lazovik, Former Boys Varsity Coach
Richards School Gym
Grades 2 thru 3

- Course code: 341206 A1
- Fee: resident/non-resident $50.00/60.00

This basketball camp is for children in 2nd and 3rd grade. The first 15 minutes is supervised play. Basketball Fundamentals starts at 3:30pm to allow for students who attend other schools to arrive. Players will learn and practice basic basketball fundamentals. Dribbling, passing, shooting, pivoting, lay-ups, defensive position and fun basketball challenges will be introduced. The camp will be led by Kevin Lazovik, former varsity basketball coach. High school boys basketball players will also be used as assistants. This will be a great way to learn basketball FUNdamentals.

Limit 48

MILWAUKEE BUCKS BASKETBALL CAMP CO-OP
Director: Lance Foreman, Milwaukee Bucks Youth Camp Director
Homestead High School Fieldhouse
Co-ed, Ages 7 thru 15 years

Day: Thursday and Friday
Dates: December 26 and 27
Time: 12:30 - 5:30pm

- Course code: 351206 A1
- Fee: co-op fee $115.00

Join us for a two-day camp over the Winter Holiday! Milwaukee Bucks Basketball Camps are designed to teach the game of basketball with a focus on learning sportsmanship and the fundamentals of the game. Players of any skill level from beginner to advanced will receive one-on-one coaching and an experience uniquely Bucks!

FREE THROW CONTEST FOR BOYS AND GIRLS
Coordinators: Anthony Iracki and Recreation Department Staff
WFB High School Field House
Grades 3 thru 8
Walk-ins welcome
Day: Saturday, Feb 15
Time: 11:30am registration/start time

- Course code: 351205 A1
- Fee: resident/non-resident FREE

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

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.

YOUNG ATHLETES
Instructor: Spencer Schulz, WFB High School Head Strength Coach
WFB High School Fitness Center
Co-ed, Grades 5 thru 8

Day: Monday/Wednesday
Dates: Mar 2 - May 18
Time: 5:30 - 6:30pm

- Course code: 360304 A1
- Fee: resident/non-resident $95.00/$105.00

This class is for all young athletes looking to improve their athleticism and injury prevention. Participants will work on a full body conditioning workout routine that is great for injury prevention and to improve on strength, explosiveness, speed, agility and conditioning. The athletes in the class will be taught the proper techniques and fundamentals of strength, plyometric, speed/agility training, mobility and flexibility. The class is coached by Whitefish Bay High School’s head strength coach, Spencer Schulz, ISSA, CSC. Limit 30

WRESTLING CLUB
Instructors: Rick Davey and Wade Lamont
WFB High School Wrestling Room
Grades 1 thru 8

Day: Wednesdays
Dates: Jan 15 - Feb 19
Time: 6:30 - 7:30pm

- Course code: 332301 A1
- Fee: resident/non-resident $50.00/$60.00

Participants will be taught a variety of wrestling skills and techniques to help them develop as a wrestler. Your child will have the opportunity to compete against others during selected Saturday tournaments. Enter Door #8, go downstairs and follow the signs to the Wrestling Room.
Coordinator:  Mary Liniewski, WFBHS Varsity Gymnastics Coach and Staff
High School Memorial Gym

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.

Parent/Tot  Ages 18 months thru 2 years with parent/guardian  $45.00/$55.00
Pre 3 - Pre 5  Ages 3 thru 5 years old, according to child's age  $85.00/$95.00 Level A  Grades 1 thru 8, beginners or those who have participated in at least one term  $95.00/$105.00 Level B  Grades 1 thru 8, gymnasts who have passed Level A per instructor  $95.00/$105.00

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, purchase a team leotard and fundraise to contribute towards the cost of competitions. The leotard pricing is $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 Mary Liniewski. Please call Mary Liniewski at 262-365-4317 with any questions concerning the competitive teams.

USAG Team 1  Grades 1 thru 8, Beginning level for those competing in USAG Level 1  $225.00/$250.00
USAG Team 2  Grades 1 thru 8, Beginning level for those competing in USAG Level 2  $225.00/$250.00 *Mini-Mites  See Mary Liniewski; invite only  $270.00/$295.00
USAG Team 3/USAG 3  Intermediate level for those working toward/competing in USAG Level 3  $325.00/$350.00
USAG Team 4  Grades 1 thru 8, Intermediate level for those competing in USAG Level 4  $395.00/$420.00

USAG Team*  Grades 1 thru 8, USAG Level 5 and up  $440.00/$465.00

A/B AND TEAM LEVELS WILL BEGIN CLASSES
1/2 HOUR EARLIER BEGINNING MARCH 9TH, 2020.
THIS DOES NOT AFFECT SATURDAY MORNING CLASSES OR MINI MITES.

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Dates</th>
<th>Excluded Dates</th>
<th>Time</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Tot</td>
<td>S</td>
<td>Feb 1 - Mar 14</td>
<td>2/15,22</td>
<td>8:45am - 9:30am</td>
<td>311400 A1</td>
</tr>
<tr>
<td>Parent/Tot</td>
<td>S</td>
<td>Apr 4 - May 9</td>
<td>4/11</td>
<td>8:45am - 9:30am</td>
<td>311400 A2</td>
</tr>
<tr>
<td>Pre 3 (30)</td>
<td>S</td>
<td>Feb 1 - May 9</td>
<td>2/15, 22, 3/21, 28, 4/11</td>
<td>9:30am - 10:15am</td>
<td>321401 A1</td>
</tr>
<tr>
<td>Pre 3 (6)</td>
<td>S</td>
<td>Feb 1 - May 9</td>
<td>2/15, 22, 3/21, 28, 4/11</td>
<td>11:45am - 12:30pm</td>
<td>321407 A1</td>
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<tr>
<td>Pre 4 (40)</td>
<td>S</td>
<td>Feb 1 - May 9</td>
<td>2/15, 22, 3/21, 28, 4/11</td>
<td>10:15am - 11:00am</td>
<td>321402 A1</td>
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<tr>
<td>Pre 4 (8)</td>
<td>S</td>
<td>Feb 1 - May 9</td>
<td>2/15, 22, 3/21, 28, 4/11</td>
<td>11:45am - 12:30pm</td>
<td>321403 A1</td>
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<tr>
<td>Pre 5 (40)</td>
<td>S</td>
<td>Feb 1 - May 9</td>
<td>2/15, 22, 3/21, 28, 4/11</td>
<td>11:00am - 11:45am</td>
<td>321404 A1</td>
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<tr>
<td>Pre 5 (8)</td>
<td>S</td>
<td>Feb 1 - May 9</td>
<td>2/15, 22, 3/21, 28, 4/11</td>
<td>11:45am - 12:30pm</td>
<td>321405 A1</td>
</tr>
<tr>
<td>*Mini-Mites</td>
<td>M/W</td>
<td>Jan 27 - May 18</td>
<td>1/29, 2/5, 12, 3/23, 25, 4/13</td>
<td>5:00 - 6:00pm Mon</td>
<td>321406 A1</td>
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<tr>
<td>Level A (16)</td>
<td>M</td>
<td>Jan 27 - Apr 6</td>
<td>3/23</td>
<td>6:30pm - 7:30pm</td>
<td>341401 A1</td>
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<tr>
<td>Level A (8)</td>
<td>M</td>
<td>Jan 27 - Apr 6</td>
<td>3/23</td>
<td>7:30pm - 8:30pm</td>
<td>341413 A1</td>
</tr>
<tr>
<td>Level A (16)</td>
<td>W</td>
<td>Feb 19 - Apr 29</td>
<td>3/25</td>
<td>6:30pm - 7:30pm</td>
<td>341402 A1</td>
</tr>
<tr>
<td>Level B (16)</td>
<td>M</td>
<td>Jan 27 - Apr 6</td>
<td>3/23</td>
<td>6:30pm - 7:30pm</td>
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</tr>
<tr>
<td>Level B (16)</td>
<td>W</td>
<td>Feb 19 - Apr 29</td>
<td>3/25</td>
<td>6:30pm - 7:30pm</td>
<td>341404 A1</td>
</tr>
<tr>
<td>Level B (8)</td>
<td>W</td>
<td>Feb 19 - Apr 29</td>
<td>3/25</td>
<td>7:30pm - 8:30pm</td>
<td>341414 A1</td>
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<tr>
<td>USAG Team 1</td>
<td>M/W</td>
<td>Jan 27 - May 18</td>
<td>1/29, 2/5, 12, 3/23, 25, 4/13</td>
<td>6:30pm - 7:30pm</td>
<td>341405 A1</td>
</tr>
<tr>
<td>USAG Team 2</td>
<td>M/W</td>
<td>Jan 27 - May 18</td>
<td>1/29, 2/5, 12, 3/23, 25, 4/13</td>
<td>7:30pm - 8:30pm</td>
<td>341407 A1</td>
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<tr>
<td>USAG Team 3</td>
<td>T/TH</td>
<td>Jan 28 - May 19</td>
<td>3/24, 26</td>
<td>6:00pm - 8:00pm</td>
<td>341408 A1</td>
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<tr>
<td>USAG Team 4</td>
<td>T/TH</td>
<td>Jan 28 - May 19</td>
<td>3/24, 26</td>
<td>6:00pm - 8:00pm</td>
<td>341412 A1</td>
</tr>
<tr>
<td>Adv Team*</td>
<td>Mon/Tue/Thur</td>
<td>Jan 27 - May 19</td>
<td>3/24, 26, 4/13</td>
<td>6:30 - 8:30pm Mon</td>
<td>341410 A1</td>
</tr>
</tbody>
</table>

* indicates that pre-approval is required for enrollment.

OPEN GYM SCHEDULE  (Check gymnastics calendar for changes in schedule)
Open Gyms will be held on the following dates:
Rec Level:  Saturdays:  Feb 1 - May 2  12:30 - 2:00pm  (skip 2/15, 22, 3/21, 28, 4/11)
Team Level:  Saturdays:  Feb 1 - May 2  2:00 - 4:00pm  (skip 2/15, 22, 3/21, 28, 4/11)
Fee:  $5.00 per person/per visit
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
Mondays Mar 2 - May 18 (skip Mar 23)
Thursdays Mar 5 - May 21 (skip Mar 26)
Saturdays Mar 7 - May 23 (skip Mar 28)
3 and 4 years Mon 4:30 - 5:00pm code 341601 A1
3 and 4 years Thurs 4:30 - 5:00pm code 341602 A1
3 and 4 years Sat 9:00 - 9:30am code 341603 A1
• Fee resident/non-resident $126.50/$136.50
5 and 6 years Mon 5:00 - 6:00pm code 341604 A1
5 and 6 years Thurs 5:00 - 6:00pm code 341605 A1
5 and 6 years Sat 9:30 - 10:30am code 341606 A1
7 and 8 years Mon 5:00 - 6:00pm code 351607 A1
7 and 8 years Thurs 5:00 - 6:00pm code 351608 A1
7 and 8 years Sat 9:30 - 10:30am code 351609 A1
9 and 10 years Mon 5:00 - 6:00pm code 351601 A1
9 and 10 years Thurs 5:00 - 6:00pm code 351602 A1
9 and 10 years Sat 10:30 - 11:30am code 351603 A1
• Fee resident/non-resident $253.00/$263.00

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

CLIMB CLUB - ALL LEVELS
Instructor: Riverwest Outdoor Educational Adventures, Inc.
Milwaukee Turners Climbing Gym
1034 North Vel Phillips Avenue, Milwaukee
Ages 9 thru 13 years
Day Saturdays
Section A1 Jan 25 - Feb 29
Section A2 Apr 4 - May 9
Time 9:30 - 11:30am
• Course code code 351300
• Fee/Section resident/non-resident $150.00/$160.00

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 with interest. The team will be taught by experienced and knowledgeable coaches with a focus on skill and strength development, communication and safety, mental strategy, movement and environmental stewardship. This is all done under the tutelage of experienced staff. Training on equipment and safety will be conducted in order to guarantee a safe and successful experience for your child. All equipment, including helmets, is supplied.

BOYS INSTRUCTIONAL LACROSSE CLINIC
Coordinator: Kevin Kane, Lacrosse Coach
Cumberland High School North Field
Grades 1 and 2
Day Fridays
Dates Apr 17 - June 5
Time 5:00 - 6:00pm
• Course code code 341300 A1
• Fee resident/non-resident $50.00/$60.00

This is a fun instructional clinic offering drills/skills and lacrosse fundamentals for boys in grades 1 and 2. This program does not participate in the MAYLA Lacrosse League due to age restrictions, but there will be opportunities for officiated “in-house” scrimmages on three Saturdays/Sundays after the older boy’s lacrosse games. Full boy’s lacrosse equipment is required and will be provided. Players must provide a mouth guard and athletic cup. Cleats are recommended. Boys must live or attend school in Whitefish Bay. Limit 9

YOUTH BEGINNER TENNIS
Instructor: Phil Kelbe. North Shore Elite Pro
North Shore Elite Racquet and Fitness Center
5750 North Glen Park Road; Glendale
Ages 11 thru 13 years
Day Thursdays
Dates Mar 5 - May 21 (skip Mar 26)
Time 4:00 - 5:00pm
• Course code code 351610 A1
• Fee resident/non-resident $253.00/$263.00

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.

BOYS INSTRUCTIONAL LACROSSE CLINIC
Coordinator: Kevin Kane, Lacrosse Coach
Cumberland High School North Field
Grades 1 and 2
Day Fridays
Dates Apr 17 - June 5
Time 5:00 - 6:00pm
• Course code code 341300 A1
• Fee resident/non-resident $50.00/$60.00

This is a fun instructional clinic offering drills/skills and lacrosse fundamentals for boys in grades 1 and 2. This program does not participate in the MAYLA Lacrosse League due to age restrictions, but there will be opportunities for officiated “in-house” scrimmages on three Saturdays/Sundays after the older boy’s lacrosse games. Full boy’s lacrosse equipment is required and will be provided. Players must provide a mouth guard and athletic cup. Cleats are recommended. Boys must live or attend school in Whitefish Bay. Limit 9

Cub Scout Pack 398
Boys & Girls in K5 – 5th grade join us for scouting FUN!
Serving youth in Whitefish Bay and Richards
Elementary School for over 80 years!
For more information: cubpack398@gmail.com
www.facebook.com/cubpack398
www.ThreeHarborsScouting.org
LACROSSE TEAM: BOYS YOUTH
Coordinator: Kevin Kane, Lacrosse Coach
Grades 3 thru 8

<table>
<thead>
<tr>
<th>Practice</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades 3 and 4</td>
<td>Tues/Thurs @ Lydell Fields</td>
<td>Mar 10 - June 4 skip Mar 24, 26</td>
<td>5:00 - 6:00pm</td>
<td>$160.00</td>
</tr>
<tr>
<td>Grades 5 and 6</td>
<td>Mondays/Wednesdays @ Shorewood HS</td>
<td>Mar 9 - June 3 skip Mar 23, 25, May 25</td>
<td>6:00 - 7:30pm</td>
<td>$245.00</td>
</tr>
<tr>
<td>Grades 7 and 8</td>
<td>Mondays/Wednesdays @ Shorewood HS</td>
<td>Mar 9 - June 3 skip Mar 23, 25, May 25</td>
<td>6:00 - 7:30pm</td>
<td>$245.00</td>
</tr>
</tbody>
</table>

Equipment Rental
$30.00  351309 A5

Lacrosse is a fast, physical contact sport that combines aspects of soccer, hockey and basketball. Spring is the official lacrosse season when we play other local programs. Outdoor practices start the week of March 9. We will schedule approximately 14 games to be held on Saturday mornings and Sunday afternoons, starting April 4 and ending on June 7. Coach Kane will contact all registered players with game schedules. All practices and home games will be at Shorewood High School or Lydell School Field. Lacrosse helmet, shoulder pads, arm guards and gloves are required. Players can rent lacrosse equipment and stick for $30.00. Players must provide mouth guard and athletic cup. Cleats are recommended. It is expected that players doing multiple sports will split conflicts equally. Boys may participate on this team if they are eastside Milwaukee, Shorewood or Whitefish Bay residents or attend Shorewood or Whitefish Bay public schools. All players must join US Lacrosse ($30.00). We encourage you to sign up for the waiting list if the class roster is full. For players in grades 3-8, there will be some indoor pre-season skills and a conditioning session TBD.

LACROSSE TEAM: GIRLS YOUTH
Coordinator: Julie McLaren, Lacrosse Coach
Grades 3 thru 8

<table>
<thead>
<tr>
<th>Practice</th>
<th>Dates</th>
<th>Games</th>
<th>Fee</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grades 3 and 4</td>
<td>Sundays @ WFB Field House</td>
<td>Mar 1 - Mar 22</td>
<td>Apr 6 - June 2 Time/Location TBD</td>
<td>$245.00</td>
</tr>
<tr>
<td></td>
<td>Tuesdays/Thursdays @ Kletzsch</td>
<td>Mar 24 - May 28</td>
<td>3:00 - 5:30pm</td>
<td>5:30 - 7:00pm</td>
</tr>
<tr>
<td>Grades 5 and 6</td>
<td>Sundays @ WFB Field House</td>
<td>Mar 1 - Mar 22</td>
<td>Apr 6 - June 2 Time/Location TBD</td>
<td>$245.00</td>
</tr>
<tr>
<td></td>
<td>Tuesdays/Thursdays @ Kletzsch</td>
<td>Mar 24 - May 28</td>
<td>3:00 - 5:30pm</td>
<td>5:30 - 7:00pm</td>
</tr>
<tr>
<td>Grades 7 and 8</td>
<td>Sundays @ WFB Field House</td>
<td>Mar 1 - Mar 22</td>
<td>Apr 6 - June 2 Time/Location TBD</td>
<td>$245.00</td>
</tr>
<tr>
<td></td>
<td>Tuesdays/Thursdays @ Kletzsch</td>
<td>Mar 24 - May 28</td>
<td>3:00 - 5:30pm</td>
<td>5:30 - 7:00pm</td>
</tr>
</tbody>
</table>

Indoor practices will start March 1 and outdoor practices will start March 24. Games will be on Saturdays and Sundays starting April 6 and will end on June 2. Players must provide their own stick, goggles and mouth guard. Teams participate in the Milwaukee Area Youth Lacrosse Association (MAYLA) Spring League. In accordance with MAYLA regulations, girls who live in Whitefish Bay, Shorewood or Milwaukee may register. The team will be led by Whitefish Bay/Shorewood coaching staff and other experienced and enthusiastic coaches and volunteer parents. All players must join US Lacrosse for an additional $30.00 fee. If the grade level team is full, please ask to have your name placed on a waitlist. A second team may form if there are sufficient numbers and a coach available. If you have any questions, contact Julie McLaren at mclaren_julie@hotmail.com. Limit 24 per grade level team. Minimum 14

INTRO TO GIRLS LACROSSE
Coordinator: Julie McLaren, Lacrosse Coach
Grades 1 and 2

<table>
<thead>
<tr>
<th>Practice</th>
<th>Dates</th>
<th>Fee</th>
<th>Course Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesdays @ Kletzsch</td>
<td>Apr 7 - May 26</td>
<td>$100.00</td>
<td>351310 A4</td>
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This is an instructional clinic offering drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play lacrosse. Experienced and enthusiastic instructors coach the clinics. This program does not participate in the MAYLA lacrosse league due to age restrictions, but there will be opportunities to scrimmage. Lacrosse stick, goggles and mouth guard are required. If you need to borrow equipment or if you have any questions please contact Julie McLaren at mclaren_julie@hotmail.com.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
**DIVING**
Instructor: Ben Schweit, WFB Recreation Instructor
WFB High School Field House Pool
Must have passed or currently enrolled in Level 4 or higher

- **Day:** Saturdays
- **Dates:** Jan 4 - Feb 29 (skip Feb 8)
- **Time:** 12:00 - 12:45 pm

- **Course code:** 380804 A1
- **Fee:** resident/non-resident $48.00/$58.00

This unique and fun program will teach the basics of competitive diving. Each student will learn hurter, forward diving positions, back dives, flips and twists. For those who have no experience, these maneuvers are easy for anyone to learn. Due to limited number of students, each student will receive individual attention. **Limit 8**

**FAMILY OPEN SWIM DISCOUNT CARD**
WFB High School Field House Pool

- **Day:** 1st and 3rd Sundays of the month
- **Time:** 1:00 - 3:00 pm

- **Course code:** 310800 A1
- **Fee:** WFB residents only $75.00

Our special Open Swim Discount Card entitles the holder and family to reduced admission prices for any daytime or evening open swim program scheduled throughout the year. Valid for 30 open swim sessions, the card may be used by all family members. Stop by the Recreation Department office and get your card today. You must register in person to receive the card. Discount cards will not be mailed.

**ARC LIFEGUARDING CERTIFICATION**
**CO-OP**
**BLENDED LEARNING**
Instructor: Red Cross Certified Lifeguarding Instructor
Shorewood High School, Room 116 and VHE Pool
Must have passed or currently enrolled in Level 4 or higher

- **Day:** Thursday thru Sunday
- **Dates:** Apr 2 - Apr 5
- **Time:** see description below

- **Course code:** 380805 A1
- **Fee:** co-op fee $200.00

This American Red Cross Lifeguard course will cover the knowledge and skills to get your lifeguard, CPR/AED and first aid certifications and will include the waterfront skills module. 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 written test and pass an in-water skills test. There is a mandatory pre-test on the first day of class. Please bring swimsuit, towel and snacks each meeting day. Class meets from 4-9pm on Thursday and Friday, Saturday from 1am-8pm and Sunday from 1-7pm. 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, March 30. Please include valid email address on your registration form. **Limit 2**

**WATER SAFETY INSTRUCTION CLASS**
**CO-OP**
**BLENDED LEARNING**
Instructor: Cindy, Schlidt, Red Cross Certified Instructor
Nicolet High School, Athletic Conference Room and Pool
Prerequisites: Must be 16 years old by the final scheduled lesson of this course, demonstrate 25 yards of front crawl, back crawl, breaststroke, elementary backstroke, side stroke and 15 yards of butterfly to level 4 skills or higher, maintain back float for one minute and tread water for one minute. Pre-test will be conducted on the first day of class. Please bring proof of ID. Persons unable to complete the pre-test will not be allowed to continue.

- **Day:** Friday thru Sunday
- **Dates:** May 15 - May 17
- **Time:** Fri 5-9pm, Sat/Sun 8am-6pm

- **Course code:** 380806 A1
- **Fee:** co-op fee $228.00

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross swimming and water safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participant’s progress. This class includes approximately 30 hours of online work prior to start date. Registration deadline is 3 weeks before class begins. Registrants must email proof of all online completion lessons prior to class. All materials are online. Registrants must attend all days and complete water and oral assignment, pass all practical skills obtain 80% or higher on the once-only test. Retakes are not allowed. An email will be sent prior to the class start date with details of the class requirements/prerequisites. Refunds are not provided for this program unless the instructor cancels the entire class. **Limit 6**

**PRIVATE SWIM LESSONS**
Ages 5 years and older

The Recreation Department offers private or semi-private lessons at the pool.

Our instructors will be offering lessons during the following dates and times.

- **Feb 29 - Mar 14**
  - from 9:00am - 12:00pm
  - at the Field House Pool

**Private Lesson**
$25.00 per 30-minute session
Semi-Private Lessons (2 people)
$12.50 per person/per 30-minute session
Please contact Anthony Iracki at 963-3864 to schedule lessons.

---

**Pool Closure**
The Auxiliary and Field House pools will be closed for maintenance from March 21 - May 20, 2020. Pool will re-open on May 21, 2020.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
SWIM LESSONS
8 lessons per section. Please read descriptions and enroll your child in the proper class.
• Fee/Section A1/A3 is $48.00 resident per section/$58.00 non-resident per section.
• Fee/Section A2 is $36.00 resident per section/$46.00 non-resident per section.

Toddler
Ages 18 - 30 months
Limit 15 participants per class
code 310801
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 Jan 4 - Feb 29 skip Feb 8 9:00 - 9:30am Field House Pool

PreSchool
Ages 2.5 - 5 years
Limit 15 participants per class
code 320801
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 Jan 4 - Feb 29 skip Feb 8 9:30 - 10:00am Field House Pool
Section A2 Wed Jan 8 - Feb 26 6:00 - 6:30pm Auxiliary Pool
Section A2 Mon/Wed Mar 2 - Mar 18 6:00 - 6:30pm Auxiliary Pool

Level I Intro to Water Skills
5 years and over
Limit 8 participants per class
code 330801
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 Jan 4 - Feb 29 skip Feb 8 9:00 - 9:45am Field House Pool
Section A3 Wed Jan 8 - Feb 26 6:00 - 6:45pm Auxiliary Pool
Section A1 Mon/Wed Mar 2 - Mar 18 6:00 - 6:45pm Auxiliary Pool

Level II Fundamental Skills
Pass Level 1
Limit 10 participants per class
code 340801
Skills covered include: front and back glide, treading water, jellyfish float, combined stroke; front and back.
Section A1 Sat Jan 4 - Feb 29 skip Feb 8 10:00 - 10:45am Field House Pool
Section A3 Wed Jan 8 - Feb 26 6:50 - 7:35pm Auxiliary Pool
Section A2 Mon/Wed Mar 2 - Mar 18 6:50 - 7:35pm Auxiliary Pool

Level III Stroke Development
Pass Level 2
Limit 10 participants per class
code 350801
Skills include: reaching assist, front crawl with rotary breathing, butterfly kick, survival float and elementary backstroke kick.
Section A1 Sat Jan 4 - Feb 29 skip Feb 8 10:00 - 10:45am Field House Pool
Section A3 Wed Jan 8 - Feb 26 6:50 - 7:35pm Auxiliary Pool
Section A2 Mon/Wed Mar 2 - Mar 18 6:50 - 7:35pm Auxiliary Pool

Level IV Stroke Improvement
Pass Level 3
Limit 12 participants per class
code 360801
Skills include: diving, elementary backstroke, breaststroke, butterfly, throwing assist and elementary backstroke.
Section A1 Sat Jan 4 - Feb 29 skip Feb 8 11:00 - 11:45am Field House Pool

Level V/VI Stroke Refinement/Proficiency
Pass Level 4
Limit 15 participants per class
code 370801
Skills include: survival swimming, open turns, rescue breathing, flip turn, continued practice with elementary backstroke, breaststroke, sidestroke and butterfly. Training that allows students to focus on specialized skills.
Section A1 Sat Jan 4 - Feb 29 skip Feb 8 11:00 - 11:45am Field House Pool

Open Swim at the High School Field House Pool
1st and 3rd Sundays of the month January 5 - March 15
(Pool closed from March 21 - May 20, 2020)
1:00 - 3:30pm
$3.00 per student and $4.00 per 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.
ADULT SWIM PROGRAMS
WFB High School Field House Pool

Lap Swim Program

<table>
<thead>
<tr>
<th>Dates</th>
<th>Jan 2 - May 31 (skip Mar 21 - May 20, May 25)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon - Fri</td>
<td>6:00 - 7:30am</td>
</tr>
<tr>
<td>Mon - Thur</td>
<td>7:00 - 8:15pm (also skip Jan 16, Feb 6)</td>
</tr>
<tr>
<td>Sat and Sun</td>
<td>12:00 - 1:00pm (also skip Feb 8)</td>
</tr>
</tbody>
</table>

- **Course code**: code 390301 A1
- **Fee**: resident/non-resident $55.00/$65.00

Adult Recreational Swim

<table>
<thead>
<tr>
<th>Dates</th>
<th>Jan 2 - May 31 (skip Mar 21 - May 20, May 25)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon - Fri</td>
<td>12:00 - 12:45pm</td>
</tr>
<tr>
<td>Sat and Sun</td>
<td>12:00 - 1:00pm (also skip Feb 8)</td>
</tr>
</tbody>
</table>

Attention Adult Rec Swimmers: Doors will be opened at 11:55am to let swimmers in. No swimmers will be permitted entrance after 12:15pm.

- **Course code**: code 390302 A1
- **Course code Sr.**: code 390302 A2
- **Fee**: resident/non-resident $36.00/$46.00
- **Fee Senior**: resident/non-resident $26.00/$36.00

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 new program participants will need to contact the Recreation Department to have their ID scanned into the Raptor Safety System prior to their first visit.

ADULT SWIM FIT - MASTER’S SWIMMING
WFB High School Field House Pool

Coach: Meghan Olson, Recreation Department Staff

<table>
<thead>
<tr>
<th>Dates</th>
<th>Jan 2 - May 29 (skip Mar 21 - May 20, May 25)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>5:00 - 6:00am</td>
</tr>
</tbody>
</table>

- **Course code**: code 390304 A1
- **Fee**: resident/non-resident $175.00/$185.00

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 $30.00. Register for the add-on using code 390304 A2.

EVENING WATER AEROBICS
Instructor: Kathy Seitz, WFB Recreation Aquatics Supervisor
WFB High School Field House Pool

<table>
<thead>
<tr>
<th>Day</th>
<th>Mondays or Wednesdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section A1</td>
<td>Jan 6 - June 1 (skip Mar 23 - May 18, May 25)</td>
</tr>
<tr>
<td>Section A2</td>
<td>Jan 8 - June 3 (skip Mar 25 - May 20)</td>
</tr>
<tr>
<td>Time</td>
<td>7:15 - 8:45pm</td>
</tr>
</tbody>
</table>

- **Course code**: code 390306 A1
- **Fee**: resident/non-resident $44.00/$54.00

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 in order to take advantage of this program.

MORNING WATER AEROBICS
Instructor: Karma McMillian, Recreation Department Staff
WFB High School Auxiliary Pool

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday thru Friday</th>
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</thead>
<tbody>
<tr>
<td>Section A1</td>
<td>Jan 6 - June 1 (skip Mar 23 - May 18, May 25)</td>
</tr>
<tr>
<td>Section A2</td>
<td>Jan 8 - June 3 (skip Mar 25 - May 20)</td>
</tr>
<tr>
<td>Section A3</td>
<td>Jan 10 - June 5 (skip Mar 27 - May 15)</td>
</tr>
</tbody>
</table>

- **Course code**: code 390303
- **Fee/Section**: resident/non-resident $28.00/$38.00

Come join for one hour of aerobic activity, strength training and stretching with the exclusive use of the Auxiliary Pool and locker rooms. The last 1/2 hour of class may be spent swimming laps. Participants should enter Door 8 off of the parking lot. Please indicate sections on registration form. All new program participants will need to contact the Recreation Department to have their ID scanned into the Raptor Safety System prior to the first class. Specify section.

**The WFB Field House and Auxiliary Pools**

will be closed March 21 - May 20, 2020 for cleaning and maintenance.

Pool will re-open on May 21, 2020.

MORNING WALK FIT
Coordinator: Community Fitness Center Staff
WFB High School Field House Track

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday thru Friday</th>
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</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Jan 2 - May 29 (skip Apr 10, May 25)</td>
</tr>
<tr>
<td>Time</td>
<td>5:30 - 6:30am</td>
</tr>
</tbody>
</table>

- **Course code**: code 390308 A1
- **Fee**: resident/non-resident $63.00/$73.00

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 their way to a healthier lifestyle.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
LOW IMPACT AEROBICS
Instructor: Carolyn Noori, Certified Fitness Trainer
Lydell Community Center Gym
Days: Mondays, Wednesdays and Fridays
Time: 8:00 - 8:45am
Section A1: Dec 30 - Mar 13 (skip Jan 1)
Section A2: Mar 23 - June 12 (skip Mar 16, 18, 20, Apr 10, May 25)
• Fee/Section: resident/non-resident $80.00/$90.00
• Course code: code 390309
• $30.00 Add-on for Strength and Stretch code 390307
There’s no better way to start your morning than with low-impact aerobics. Routine includes an essential warm up, cardio segment and cool down. Remember to bring your water bottle. Participants may sign up for Strength and Stretch at a discounted price. Specify section.

STRENGTH AND STRETCH
Instructor: Carolyn Noori, Certified Fitness Trainer
Lydell Community Center Gym
Days: Mondays, Wednesdays and Fridays
Time: 8:50 - 9:35am
Section A1: Dec 30 - Mar 13 (skip Jan 1)
Section A2: Mar 23 - June 12 (skip Mar 16, 18, 20, Apr 10, May 25)
• Fee/Section: resident/non-resident $80.00/$90.00
• Course code: code 390310
• $30.00 Add-on for Low Impact Aerobics code 390307
Create inner muscle strength through resistance and light weight exercises. Routine includes stretching for greater balance and flexibility. Mats will be used while doing the core strength portion of the class. Participants may sign up for Low Impact Aerobics at a discounted price. Specify section.

TOTAL FITNESS
Instructor: Carolyn Noori, Certified Fitness Trainer
Lydell Community Center, Room 17
*Room 19 on Feb 12, 15, Apr 4 and June 8
Days: Mondays, Wednesdays and Fridays
Section A1: Dec 30 - Mar 13 (skip Jan 1)
Section A2: Mar 23 - June 12 (skip Mar 16, 18, 20, Apr 10, May 25)
• Fee/Section: resident/non-resident $80.00/$90.00
• Course code: code 390314
Total fitness with combination and interval training program. Class includes stretching, warm up, cardio segment, weights and cool down. Specify section.

ZUMBA
Instructor: Tatiana Nuss, Certified Fitness Instructor
Lydell Community Center Gym
Day: Thursdays
Time: 7:30 - 8:30pm
Section A1: Jan 9 - Feb 13
Section A2: Feb 20 - Apr 2 (skip Mar 26)
Section A3: Apr 9 - May 14
• Course code: code 390326
• Fee/Section: resident/non-resident $45.00/$55.00
Latin Fusion combines latin dancing techniques with fitness and an explosion of fun. In these classes, you will learn how to dance Latin and specialty dances, but also learn how to use and move your entire body, not just your hips to the rhythm of the music. Have fun and get a great workout! This is a class where you can express yourself, get in great shape and meet your inner dancer! Specify section. Limit 15

AEROBICS
Instructor: Janet Cooper, Certified Fitness Instructor
Lydell Community Center Gym
Day: Tuesdays and Thursdays
Time: 6:00 - 7:00pm
Section A1: Jan 2 - Feb 20
Section A2: Feb 25 - Apr 16
Section A3: Apr 21 - June 11
• Course code: code 390317
• Fee/Section: resident/non-resident $56.00/$66.00
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.

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
**YOGA WITH JILLIAN**  
**BEGINNER /INTERMEDIATE /GENTLE YOGA**  
Lydell Community Center, Room 17  
Instructor: Jillian Holy, Certified Yoga Instructor

**Monday Programs**

<table>
<thead>
<tr>
<th>Section</th>
<th>Time</th>
<th>Program</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginner</td>
<td>5:30 - 6:35pm</td>
<td>code 390325</td>
<td></td>
</tr>
<tr>
<td>Beg/Inter</td>
<td>6:45 - 7:50pm</td>
<td>code 390323</td>
<td></td>
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</table>

**Section A1**  
Jan 6 - Feb 10

**Section A2**  
Feb 24 - Mar 30

**Section A3**  
Apr 13 - May 18

**Wednesday Programs**

<table>
<thead>
<tr>
<th>Section</th>
<th>Time</th>
<th>Program</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle</td>
<td>9:45 - 10:50am</td>
<td>code 390332</td>
<td></td>
</tr>
<tr>
<td>Beginner</td>
<td>11:00am - 12:05pm</td>
<td>code 390333</td>
<td></td>
</tr>
<tr>
<td>Gentle</td>
<td>12:15 - 1:20pm</td>
<td>code 390322</td>
<td></td>
</tr>
</tbody>
</table>

**Section A1**  
Jan 8 - Feb 12

**Section A2**  
Feb 26 - Apr 1

**Section A3**  
Apr 15 - May 20

- **Fee/Section resident/non-resident**  
  - $45.00/$55.00

**Beginner 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. These programs fill quickly, so please consider registering for all three terms at one time to ensure availability. **Specify section. Limit 14**

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**BEGINNING TAI CHI LEVEL II**  
**CO-OP**

Instructor: Alice Kuramoto  
Nicolet High School Dance Studio, Room A113

**Senior Adults**

<table>
<thead>
<tr>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Course code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays</td>
<td>Mar 14 - May 16</td>
<td>10:00 - 11:00am</td>
<td>390312 A1</td>
<td>co-op fee $90.00</td>
</tr>
</tbody>
</table>

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 18**
COMMUNITY FITNESS CENTER
Supervisor: WFB Recreation Department Supervisors
Whitefish Bay High School Field House Balcony
Days Monday thru Friday 5:30 - 8:00am
Monday thru Thursday 6:00 - 9:00pm
Saturday 8:00am - 12:00pm
Dates Jan 2 - May 31 (skip Apr 10, 11, May 25)
• Course code code 390305 A1
• Fee/Adult resident/non-resident $150.00/$160.00
• Course code code 390315 A2
• Fee/WFB Senior 55 years and over $130.00
• Course code Lap Swim Add-on code 390315 A3
• Fee/Lap Swim Add-on $15.00
• Course code Walk Fit Add-on code 390315 A4
• Fee/Lap Swim Add-on $15.00
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. All new participants must attend an on-site fitness center orientation on their first visit facilitated by a fitness attendant prior to use.

BADMINTON
Supervisor: Doug Kane, WFB Recreation Instructor
WFB High School Field House
Adults only - children are not allowed to accompany parents.
Day Wednesdays
Dates Jan 8 - May 27
Time 7:30 - 9:30pm
• Course code code 391201 A1
• Fee resident/non-resident $55.00/$65.00
Great physical conditioning and a lot of fun! 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. The schedule may change depending upon school calendar. Provide your email address on your registration form to receive information regarding changes in schedule. Limit 60

BALLROOM DANCE CO-OP
Supervisor: Doug Kane, WFB Recreation Instructor
Richards School Gym
Adults only - children are not allowed to accompany parents.
Day Thursdays
Dates Jan 2 - May 28
Meet at MS New Gym on Jan 30 and Feb 20
(skip Feb 27, Mar 5, 26 and May 28)
Time 7:30 - 9:30pm
• Course code code 391205 A1
• Fee resident/non-resident $55.00/$65.00
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. Limit 27

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

Instructor: Rosalba Romero, Nicolet Recreation Instructor
Nicolet High School, Room C111

Mondays
Section A1: Continuing Spanish 3
Mondays Apr 6 - June 1 (skip May 25)
5:30 - 6:30pm

Section A2: Conversational Spanish
Mondays Apr 6 - May 27
6:30 - 7:30pm

Wednesdays
Section A3: Beginning Spanish
Wednesdays Apr 8 - May 27
5:30 - 6:30pm

Section A4: Continuing Spanish 2
Wednesdays Apr 8 - May 27
6:30 - 7:30pm

* Course code: code 390505
* Fee/Section: co-op fee $179.00

Continuing Spanish 3: It is recommended that students are familiar with present and past tenses. Students will focus on expanding vocabulary and verb tenses. Conversational Spanish: We will work with all the tenses, grammar, reading and comprehension skills. Beginning Spanish: Pick up new vocabulary with a focus on grammatical skills, verb conjugation and idiomatic expressions. Continuing Spanish 2: Pick up new vocabulary with a focus on travelling, education, sentence structures, verb tenses and leisure, as well as learning about Latin American cultures. Specify section. Limit 5

PET FIRST AID AND CPR

Instructor: Dr. Ron Beatty, DVM
Nicolet High School, Room B113

Date: Saturday, Mar 21
Time: 9:30am - 12:00pm

* Course code: code 391517 A1
* Fee: co-op $35.00

Dr. Beatty has been a veterinarian for 18 years and he owns My Pet’s Vet in Glendale. He has experience with all family pets including birds, reptiles and small mammals. The goal of this course is to teach you pet first aid for common problems and CPR for cats and dogs. Other topics include:
- Putting together your own wound kit
- Learn how to take vital signs and treatment for choking
- Wound care/bandaging and bleeding and how to stop it
- Making and using an improvised muzzle
- What to do when poisoning occurs
- Recognizing true emergencies and recognizing/treating heat stroke
- Recognizing the signs of shock and strains/sprains
- CPR training and practice using a pet-simulator in class

TUESDAY SEWING STUDIO

Instructor: Anna Deutsch, WFB Recreation Instructor
Lydell Community Center, Room 22

Day: Tuesdays
Time: 7:00 - 9:00pm

Section A1: Jan 14 - Feb 18
Section A2: Mar 3 - Apr 14 (skip Mar 24)
Section A3: Apr 21 - May 26

* Course code: code 390907
* Fee/Section: resident/non-resident $55.00/$65.00

This is a great opportunity for sewers of all knowledge levels to develop their skills in a supportive environment under the expert tutelage of Anna Deutsch. Participants may bring their own machines or use the sewing machines that are available in the classroom. Please bring your project, pattern and fabric to the first class. Specify section. Limit 12

QUILTING STUDIO

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

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

Section A1: Jan 2 - Feb 27 (skip Jan 23)
Section A2: Mar 12 - May 7 (skip Mar 26)

* Course code: code 390905
* Fee/Section: resident/non-resident $80.00

Learn quilting tips and secrets from a real expert whether you are a beginning or advanced quilter. Maribeth will be here to guide you through your chosen projects, providing personal care and attention. Make those UFOs disappear or start on something new! This class is sure to inspire, motivate and promote confidence for all. Maribeth is an experienced quilting instructor and a National Quilting Association certified quilt judge. Specify section. Minimum 5, Limit 15

Registration Information

1. Drop off/Mail In: Registration for residents of WFB starts December 2. Lottery is scheduled for December 9 and non-resident registration begins December 10. 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.
ART EXPLORATION WITH MARY
Instructor: Mary Pesch, WFB Recreation Instructor
Lydell Community Center, Room 17
Adults

<table>
<thead>
<tr>
<th>Section</th>
<th>Colored Pencil I</th>
<th>Watercolor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days</td>
<td>Tues/Thur</td>
<td>Tues/Thur</td>
</tr>
<tr>
<td>Dates</td>
<td>Jan 7 - Feb 13</td>
<td>Apr 21 - May 28</td>
</tr>
<tr>
<td>Time</td>
<td>10:00 - 11:30am</td>
<td>10:00 - 11:30am</td>
</tr>
</tbody>
</table>

• Course code code 390705

- • Fee/Section resident/non-resident $90.00/$100.00

Colored Pencil I: Explore the basics of drawing with color pencils. Students will create realistic pictures and portraits using the concepts taught in the class. Concepts to be covered include understanding the color wheel, invented 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.

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! Supply lists are available online at www.wfbschools.com. Specify section. Limit 12

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

- Day    Wednesdays
- Dates  Jan 15 - Apr 22
- Time   1:00 - 3:00pm

- Course code code 391002 A1

- • Fee resident/non-resident $60.00/$70.00

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.

CALLIGRAPHY
Instructor: Sue McConnell, WFB Recreation Instructor
Lydell Community Center, Room 15/Room 24 on Feb 18

- Day    Tuesdays
- Dates  Feb 4 - Mar 10
- Time   6:30 - 8:30pm

- • Course code code 390701 A1

- • Fee resident/non-resident $65.00/$75.00

Sue McConnell has been teaching calligraphy in Wisconsin for 35 years and is offering this class focusing on the Italic script of the 1400’s Italian Renaissance. It is written with a broad-edge pen and is the base of today’s writing. All levels of ability are welcome. The class will include the understanding of the tools, papers, ink and history of calligraphy. All supplies are provided but participants should bring $5.00 to the first class to cover the cost of the calligraphy marker and paper for the sessions. Learn something beautiful and enjoy many ways you can share this art with others. Limit 16

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

- Day    Wednesdays
- Dates  Apr 1 - May 6
- Time   6:30 - 8:30pm

- • Course code code 390708 A1

- • Fee resident/non-resident $80.00/$90.00

This class is perfect for beginners through intermediate students. You are the complete beginner we will have you make an 8-inch by 8-inch Frank Loyd Wright-inspired piece. Other students can choose something they desire to make, maybe a suncatcher or a beautiful Tiffany-styled lamp! Please email me at brgfriedman@gmail.com with any questions regarding materials or the how-to’s of doing stained glass. A complete supply list can be found on our website at wfbschools.com. Limit 12

OIL PAINTING FOR BEGINNERS
Instructor: Barbara Freidman, Masters in Art Education
Lydell Community Center, Room 22

- Day    Fridays
- Dates  Apr 17 - May 22
- Time   10:00am - 12:00pm

- • Course code code 390709 A1

- • Fee resident/non-resident $80.00/$90.00

This is a great opportunity for beginners to gain knowledge in the art of oil painting. Learn the skills needed to create a studio still life painting. Students will begin the process by relearning how to see through an artist’s eye and move on to talk about value and color and the exciting effects it can have on your own artwork. All students will create paintings of small studio arrangements consisting of fruit and objects. Don’t miss the opportunity to learn this relaxing and beautiful art form. A complete supply list can be found on our website at wfbschools.com. Limit 12

SEWING LAB
Instructor: Gretchen Robers, WFB Recreation Instructor
Lydell Community Center, Room 22

- Time 1:00 - 3:00pm code 390901

- Section A1 Jan 6 - Mar 9
- Section A2 Mar 16 - May 18

- • Fee resident/non-resident  $60.00/$70.00

Sewing Lab is designed to provide you with premium workspace, allowing you to work side-by-side with fellow sewers. Gretchen Robers has over 30 years of sewing experience and will be available at each class to offer instruction and advise as needed. Come have fun in this social, creative and fun environment. All participants must bring their projects and fabric to the first class. Specify section. Limit 16
OLD FAMILY PHOTOS AND THE DIGITAL AGE CO-OP  
**Instructor:** C.T. Kruger  
**Nicolet High School, Room D111**  
**Date:** Monday, January 13  
**Time:** 6:30 - 8:30pm  
• Course code: code 391110 A1  
• Fee: co-op fee $23.00  
This is the perfect time to finally cull and organize your old family photos hiding in boxes, albums and slide trays into print and digital collections. The seminar covers how to select images, create a workflow, get and stay organized, how to scan prints and slides, outsource options and archiving the collection. Information on computer use will be for Windows PC computers. Limit 20

CUTTING THE CORD CONTROLLING CABLE AND INTERNET COST CO-OP  
**Instructor:** C.T. Kruger  
**Nicolet High School, Room D111**  
**Date:** Monday, February 24  
**Time:** 6:30 - 8:30pm  
• Course code: code 391021 A1  
• Fee: co-op fee $23.00  
Fees for cable television, home internet, smartphones and streaming services quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on all devices. Limit 20

ADVANCED DIGITAL PHOTOGRAPHY GETTING CONTROL CO-OP  
**Instructor:** C.T. Kruger  
**Nicolet High School, Room D111**  
**Date:** Monday, March 2  
**Time:** 6:30 - 8:30pm  
• Course code: code 391024 A1  
• Fee: co-op fee $23.00  
You purchased an interchangeable lens (DSLR) or advanced point-and-shoot camera, but you can’t make the camera do what you need for portraits, sports, kids, nature and other types of photos. Bring your camera to this hands-on workshop to “get out of automatic” and learn how to use your camera’s Exposure Modes and other functions for a variety of special situations outdoors, indoors and with flash. Limit 20

YOU HAVE PICTURES IN YOUR CAMERA... NOW WHAT? CO-OP  
**Instructor:** C.T. Kruger  
**Nicolet High School, Room D111**  
**Day:** Monday, March 9  
**Time:** 6:30 - 8:30pm  
• Course code: code 391025 A1  
• Fee: co-op fee $25.00  
We have hundreds, if not thousands, of pictures in our cameras, smartphones and computers. Now what? This seminar teaches techniques to save and organize pictures from cameras and smartphones to your computer, external devices and to the “Cloud”. Limit 20

INTRO TO COMPUTERS CO-OP  
**Instructor:** Mike Brown  
**Nicolet High School, Room C107**  
**Day:** Tuesdays  
**Section A1** Beginner Feb 4 - Mar 3  
**Section A2** Intermediate Mar 10 - Apr 14 (skip Mar 24)  
**Time:** 6:00 - 7:20pm  
• Course code: code 391106  
• Fee/Section co-op fee $64.00  
The Intro course is a hands-on course that is geared toward the new computer user. The fundamentals of navigating Microsoft’s Windows 7 Operating System are the primary focus. You will learn about text management, applications, basic file operations and understanding the Windows User Interface. The Intermediate program includes file management, email, flash drives, shortcuts, pinning, etc. Specify section. Limit 15

INTRO TO MICROSOFT WORD CO-OP  
**Instructor:** Mike Brown  
**Nicolet High School, Room C107**  
**Day:** Tuesdays  
**Section A1** Beginner Feb 4 - Mar 3  
**Section A2** Intermediate Mar 10 - Apr 14 (skip Mar 24)  
**Time:** 7:40 - 9:00pm  
• Course code: code 391107  
• Fee/Section co-op fee $64.00  
The Intro course is a hands-on course that is geared toward the newer Microsoft Word user. The core fundamentals of using Microsoft Word are the primary focus. Topics taught include navigation, creating new documents, fonts, paragraph and margin formatting, and cut/copy/paste functions. The Intermediate program will cover outline numbering, borders, tab Stops, and headers and footers along with inserting images and creating/managing tables. Specify section. Limit 15

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

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**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.
INTERMEDIATE MICROSOFT EXCEL  CO-OP
Instructor: Mike Brown
Nicolet High School, Room C107
Day  Tuesdays
Dates  Apr 21 - May 19
Time  6:00 - 7:20pm
• Course code  code 391101 A1
• Fee  co-op fee  $64.00
This is a hands-on course that is geared toward the Microsoft Excel users with some experience. Topics taught will include outline numbering, borders, shading of paragraphs and text, tab stops and headers and footers. **Limit 15**

ESSENTIAL OILS: NATURAL ALTERNATIVES AND SIMPLE SOLUTIONS FOR A HEALTHY HOME
Instructors: Amanda Carron
Lydell Community Center, Room 15
Date  Wednesday, Jan 22
Time  6:30 - 8:00pm
• Course code  code 390506 A1
• Fee  resident/non-resident  $15.00
Learn how to naturally support your immune system, get a good night’s sleep, aid digestion, have happy healthy joints and so much more with therapeutic-grade essential oils. In this class, we will discuss what essential oils are, how to use them and some wellness benefits of Young Living’s therapeutic grade essential oils. Essential oils are nature’s aromatic compounds found in the seeds, flowers, bark, rinds and leaves of plants. The oils are extracted and distilled for health benefits. They are 100% pure, easy to use and benefit your health in countless ways. Come discover a natural alternative to modern medicine with therapeutic-grade essential oils! **Limit 12**

ESSENTIAL OILS: GET YOUR GOOD NIGHT’S SLEEP BACK AND SUPPORT YOUR WELL-BEING NATURALLY
Instructor: Amanda Carron
Lydell Community Center, Room 15
Date  Thursday, Mar 19
Time  6:30 - 8:00pm
• Course code  code 390504 A1
• Fee  resident/non-resident  $15.00
Do you have trouble sleeping? Learn how to relax and support a healthy sleep cycle with natural remedies. You’ll also learn ways to support healthy digestion, boost energy, support your immune system, clean your home without chemicals and much more with therapeutic grade essential oils. They are 100% pure and easy to use. Oils will benefit your health and wellness in countless ways. Each participant will receive an oily gift! **Limit 12**

TAMING THE HIGH COST OF COLLEGE!
Presented by Brad Baldridge, CFP
Lydell Community Center, Room 15
Date  Wednesday, Feb 26
Time  7:00 - 8:30pm
• Course code  code 391016 A1
• Fee  resident/non-resident  $5.00
Learn how to get your child into a dream college and pay a lot less! This information is for families with a college-bound high school student, especially if you do not qualify for financial aid. Learn how to have the IRS help pay for a big piece of your college expenses, how to attend a private university for the cost of a state school, how to get money from colleges even if you don’t qualify for financial aid, exactly what to do before applying to maximize what the colleges offer and how to avoid the biggest mistakes when paying for college. This class provides unique strategies you can implement right away. Find out how you can avoid paying the full price for college.

BADGER BAND CONCERT  CO-OP
Range Line School Parking Lot (SW Corner)
Adults and Seniors
Youth may register with an adult
No refunds after March 16.
Date  Thursday, Apr 16
Time  Bus loads at 2:30pm/departs at 2:45pm
      Bus returns at approximately 11:30pm
• Course code  code 392604 A1
• Fee  co-op fee  $62.00
The Wisconsin Band has become the top collegiate marching band in the nation. The Wisconsin Band consists of over 300 hard-working and enthusiastic students and staff members who strive to keep raising the bar year after year. The UW Varsity Marching band will celebrate its 45th annual spring concert at the Kohl Center. There will be lots of surprises and effects during the 2 1/2 hour concert. Dinner stop, on your own, is at the East Towne Mall and then on to the concert. After an extensive search, the University has announced that Corey Pompey will be the new director of the band. This is a popular program, so please register promptly.

INDIAN BEANS AND RICE  CO-OP
Instructor: Susan Pack
Nicolet High School, Room B113
Date  Thursday, Apr 2
Time  6:00 - 8:30pm
• Course code  code 392518 A1
• Fee  co-op fee  $30.00
Many cultures live on beans and rice for their perfect protein source. People from India frequently eat both bean dishes and rice dishes as part of their daily meals. Join us in this hands-on class to learn new bean and rice recipes that will soon be your family favorites. **Limit 15**

A $10.00 late fee will be applied for each program registration received on or after the start date of a program.
OSTEOPOROSIS
Presented by Diane Ping, MPT, CMTPT
Lydell Community Center, Room 17
Section A1  Tuesday, Jan 14
Section A2  Tuesday, Apr 21
Time  7:00 - 8:30pm
• Course code code 390518
• Fee/Section resident/non-resident $10.00/$15.00
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, the elderly and anyone cooking for children and others. Discussion points will include risk factors, pain, safety, posture, body mechanics, exercise, nutrition and Vitamin D. Specify section.

CELEBRATE WOMEN'S HEALTH MONTH
Freedom Physical Therapy Services
6908 North Santa Monica Blvd.
Fox Point, WI 53217
Date Tuesday, May 5
Time 6:30 - 8:00pm
• Course code code 390328 A1
• Fee resident/non-resident FREE
May is Women’s Health Month. Join us for an evening of interesting conversation and connect with other women. Listen to female experts in the field, educate and discuss pertinent women’s health topics. Learn a few key exercises that are helpful to women of all ages. There will be plenty of time for Q & A, an excellent opportunity to ask questions about your health and bodies. Bring a friend and have an evening of education. This is an event for women of all ages. Registration is required.

WHAT IS PLANTAR FASCIITIS?
Presented by Erin Bafunno, DPT, CMTPT
Lydell Community Center, Room 17
Date  Wednesday, Jan 22
Time  6:00 - 7:30pm
• Course code code 390507 A1
• Fee resident/non-resident $10.00/$15.00
Many people know or have heard of plantar fasciitis because they have either experienced it first hand or know of someone who has. If you are looking for some background knowledge of what plantar facsiitis is, how to manage the symptoms and prevention of future flare ups, then this is the class for you!

FOAM ROLLING 101
Presented by Erin Bafunno, DPT, CMTPT
Lydell Community Center, Room 17
Date  Wednesday, Mar 18
Time  6:00 - 7:30pm
• Course code code 390514 A1
• Fee resident/non-resident $10.00/$15.00
This class will focus on the benefits 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.

MOM AND BABY FIT
Doctor's Park
1870 East Fox Lane
Fox Point, WI 53217
Day Tuesdays
Date  May 12 - June 2
Time  9:30 - 10:30am
• Course code code 390319 A1
• Fee resident/non-resident $60.00/$70.00
Mom + Baby fit is a fun way to exercise while bonding with baby and meeting other moms in the area. We use our strollers and community of other moms in the group to target all areas of our body during this 60 minute class. During the class, you will use the stroller and your baby to complete circuits of varying levels of difficulty and finish the class with pelvic floor exercises and stretching. This class was designed by a Pelvic Floor and Postpartum Specialist to target the areas that are in need of attention and strengthening after giving birth. Participants must be at least 6 week postpartum to participate. Come join us for a morning of fun! We will be near the playground if you would like to bring an older child along to play while you exercise with your baby. Please bring a stroller, mat or towel and water.

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.
KOREAN NEW YEAR RICE CAKE SOUP  CO-OP
Instructor: Jenny Lee
Nicolet High School, Room B133
Adults
Day           Thursday, Jan 9
Time          6:00 - 8:00pm
• Course code  code 392516 A1
• Fee          co-op fee  $30.00
Koreans eat Rice Cake soup during the Korean New Year celebrations, which go on for three days. The soup is filled with beef, egg strips, rice cakes and scallions. Learn how to make this comforting soup in time for the Lunar New Year on January 25th! 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 20

KOREAN STEWS          CO-OP
Instructor: Jenny Lee
Nicolet High School, Room B133
Adults
Day            Thursday, Feb 6
Time           6:00 - 8:30pm
• Course code  code 392517 A1
• Fee          co-op fee  $30.00
The backbone of Korean cuisine is stew. We will learn how to make a spicy beef stew. Don’t worry! You control the amount of spiciness. Then, we will make Kimchi stew, which is layered with flavors of pork and kimchi. 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 20

KOREAN TACOS          CO-OP
Instructor: Jenny Lee
Nicolet High School, Room B133
Adults
Day             Thursday, Mar 5
Time            6:00 - 8:30pm
• Course code  code 392514 A1
• Fee          co-op fee  $30.00
Want to make tacos using delicious Korean fillings? Korean tacos became hugely popular in 2008 thanks to Chef Roy Choi in L.A. Learn how to make Korean short ribs, a yummy slaw and other toppings to go with your tacos! 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 20

SIMPLE TECHNIQUES WITH AMAZING RESULTS!  CO-OP
Instructor: Susan Pack
Nicolet High School, Room B133
Adults
Day            Wednesday, May 6
Time           6:00 - 8:30pm
• Course code  code 392515 A1
• Fee          co-op fee  $30.00
Some Indian recipes call for some simple, but different, techniques to cook certain dishes. The results produce amazing food! Come to this class and see how easy it is to make some easy and tasty dishes that will wow even the pickiest eaters. Limit 20

PREPARING YOUR HOME FOR SALE
Presented by Janine Werner, Director of Sales and Recruitment
Jay Schmidt Group/Keller Williams
Lydell Community Center, Room 15
Date          Thursday, Feb 6
Time          6:30 - 8:30pm
• Course code  code 390515 A1
• Fee          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.

I'M RETIRED!
NOW WHAT DO I DO WITH THE REST OF MY LIFE?
Instructor: Linda McGuire, Certified Retirement Options Coach
Lydell Community Center, Room 17
Day              Wednesdays
Date             Apr 1 - Apr 15
Time             6:30 - 8:00pm
• Course code    code 392602 A1
• Fee            resident/non-resident  $35.00
Create the retirement of your dreams by discovering your forgotten passions, finding balance, creating your life goals and feeling free to enjoy life to the fullest. Together we will explore activities that will help you to initiate change, choose the direction you want the rest of your life to go and increase involvement in your interests. Limit 10

SAFETY DRIVING           CO-OP
Instructor: AARP Staff
Range Line School, Room 108
Date          Thursday, Apr 16
Time          8:30am - 12:30pm
• Course code  code 392201 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 health-related issues affect driving. In addition to a guidebook, an all new video has been developed. You might even get an insurance discount! Please bring your driver’s license and your AARP card to class. Sign up NOW! Space is limited. Limit 12

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 Day Trips

**Friday, February 14, 2020 - Come Fry with Us! - Ridgeway, Wisconsin**
Badger Bus Tours takes us to Grumpy Troll Brewery in the historic 1916 Mt. Horeb Cremery building where Mark Knoebl, brewmaster, will present us with his award-winning beer! Then, on to Hi Point, a premier supper club since the 1930s. Located hilltop, we will enjoy a classic fish fry, rail cocktail and dessert, all while watching the beautiful sunset. Bus departs Lydell at 11:30am and returns at 8:30pm. Cost: $99.00 per person. Registration deadline is January 8, 2020.

**Sunday, March 29, 2020 - Dirty Rotten Scoundrels - Palace Theatre in the Wisconsin Dells**
This delightful smash hit musical is sure to entertain you with its competing con men on the French Riviera storyline. Lunch menu is an artisan salad, parmesan breadsticks, beef tenderloin medallions, fresh asparagus, rosemary carrot puree, roasted red potatoes and rainbow sorbet for dessert. Beverage choices are coffee and tea. Depart Lydell at 8:00am and return at 7:45pm. Cost: $99.00 per person. Registration deadline is February 20, 2020.

**Wednesday, April 22, 2020 - Planes, Trains and Automobiles - Green Bay and Oshkosh**
The National Railroad Museum not only has a grand collection of historic railroad memorabilia, but has THE world’s largest steam locomotive appropriately called “Big Boy”. Then, on to the Automotive Gallery where we’ll see cars spanning dates from the 1912 Maxwell through a 2015 Cadillac CTS-V! After lunch at the Titletown Brewery, we will visit the EAA Aviation Museum to view over 200 historic planes at the most extensive aviation attraction in the world! Lunch menu choices are chicken with bacon, onion and spinach, beer bread stuffing, rice, veggies, short ribs with mashed potatoes and veggies, veggie stir fry over rice, bread salad, cheese cake dessert, coffee and soda. Departs Lydell at 7:15am and return at 6:45pm. Cost: $125.00 per person. Registration deadline is March 13, 2020.

**Wednesday, May 20, 2020 - How Is It Made? - Grant County, Wisconsin**
First stop is the Mustard Museum and Mustard Piece Theatre where we will be given samples and mustard to take home! Next, Grandview Folk Art Sculpture Garden in Hollandale. This is a Kohler Foundation site featuring the works of immigrant artist/farmer Nick Engelbert. Then, taking the country roads to Circle M Farm in the beautiful Driftless region. This is an old-fashioned farm with all the barn yard animals and gardens. You can even needle felt with wool and take home your square! We will have a fabulous “farm to table” lunch and end our tour with Hook Cheese, where they have been making cheese for 45 years. There are 50 different varieties to choose from and you get a 1 pound cheese package to take home! Departs Lydell at 6:30am and returns at 7:15pm. Cost: $125.00 per person. Registration deadline is April 9, 2020.

**Wednesday, June 3, 2020 - Dairy Air of Two Rivers, - Two Rivers, Wisconsin**
We will visit this fourth generation livestock farm. The London Dairy Alpaca farm has had alpacas since 1995. On this interactive tour, you can participate in feeding, petting and fiber sorting. There is an Alpaca Threads gift shop on site to purchase a unique gift. We will have a spectacular lunch at the beautiful Lighthouse Inn with panoramic views looking over Lake Michigan. Our last stop will be the ever-so-popular Cedar Crest Ice Cream factory where we will enjoy a delicious scoop of ice cream. Depart Lydell at 8:30am and return at 4:45pm. Cost: $95.00 per person. Registration deadline is April 28, 2020.

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**Attention Seniors 55+ Years of Age**

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.
55 and Better Extended Tours

March 8 thru March 13, 2020 - Astounding Arizona, Sedona, Grand Canyon and Brewers Spring Training
Home pick up, airfare, transportation, 5-night hotel accommodations at the Cliff Castle Hotel in Camp Verde, Arizona and 5 breakfasts, 5 dinners and tours are all included! Highlights of this fabulous trip include a narrated Jeep tour of Sedona’s Red Rock Range, guided tour of the spectacular Grand Canyon, Scottsdale’s Museum of the West, the Montezuma Castle National Monument, old mining town of Jerome, the Verde Canyon Railroad and the Brewers’ spring training game and more! This amazing trip is $2589.00 per person based on double occupancy and $2989.00 for solo traveler. Registration deadline is December 15, 2019.

June 12 thru June 14 - Door County Weekend
Deluxe transportation, 2-night stay at Rowleys Bay Resort, 3 breakfasts, 1 lunch and 2 dinners are all included! Highlights of the tour include the Red Oak Vineyard, Fireboat Cruise on Sturgeon Bay, Door 44 Winery, Egg Harbor Supper Club, Cave Point County Park, Lautenbachs’s Orchard Winery, Harbor Ridge Winery, Peninsula State Park, Sven’s Bluff, famous fish boil in Sister Bay, Von Stiehl Winery and time off for shopping too! Cost for this fun weekend trip is $675.00 per person based on double occupancy and $789.00 for solo traveler.

Free Informational Programs for Adults and Seniors

Anyone interested in attending should reserve their spot by calling Carolyn Noori at 414-963-3992, register online at www.wfbschools.com or stop by the Recreation Department office to fill out a registration form. Pre-registration is required. All classes will meet at the Lydell Community Center.

Tuesday, January 21, 2020 - Amanda Carron with Essential Oils 1:00 - 2:30pm code 366666 A1
Learn how to support your immune system, get a good nights sleep, aid digestion, have healthier joints and so much more with therapeutic grade essential oils. In this class, we will discuss what essential oils are, how to use them and some wellness benefits of Young Living’s therapeutic grade essential oils. Essential oils are natural aromatic compounds found in the seeds, flowers, bark, rinds and leaves of plants, extracted and distilled for health benefits. They are 100% pure, easy to use and benefit your health in countless ways. Come discover a natural alternative to modern medicine with Young Living’s wide variety of therapeutic grade essential oils.

Wednesday, February 12, 2020 - Northshore Fire Department 2:30 - 3:30pm code 366666 A2
John Maydak from the Northshore Fire Department will give a presentation on home safety, fall/fire prevention and free assessments that the Fire Department will come to do at your home.

Tuesday, February 25 - Adele Lund, Laureate Group 2:30 - 3:30pm code 366666 A3
Meaningful Conversations with Someone Who Has Dementia - Navigating conversations with loved ones suffering from Alzheimer’s or other forms of dementia is challenging. This seminar will help you through discussions concerning spouses/children who have passed, taking control of financials and decision making and learning to trust in yourself, knowing what you’re doing for your loved one is the best you have to give.

Tuesday, March 17 - Adele Lund, Laureate Group 2:30 - 3:30pm code 366666 A4
Change is Inevitable. Why Are We so Determined to Fight It? Why do we prefer routine over change even when it could lead to more positive outcomes? In this program, we will reflect upon the various factors that impact our receptiveness to change and the constructive approaches we can take to embrace change instead of fear it.

Wednesday, April 1, 2020 - Northshore Fire Department 2:30 - 3:30pm code 366666 A5
Hands-Only CPR class presented by the Northshore Fire Department.
Winter/Spring Luncheons & Entertainment for 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.
All meals include Starbucks coffee or milk.

Tuesday, January 28, 2020        12 Ways to Live a Green Lifestyle
This presentation covers multiple environmental topics. Living an eco-friendly life can be possible. Join “Keep Greater Milwaukee Beautiful” as we discuss easy and accessible ways to reduce your carbon footprint! Presentation given by the Milwauke Recycling Facility. Menu: Savory Swedish meatballs in gravy, parsley buttered egg noodles, bread stick, mixed vegetables, green pea salad and frosted chocolate brownie.

Tuesday, February 25, 2020       The Empowered Patient
How we go about getting the most effective proper health care. This presentation will give us information we can utilize in taking control of our own personal situation. Presented by David Lillich, MD and Mary Ann Lillich, MN, RN. Menu: Chicken Marsala topped with sautéed mushrooms, steamed penne pasta with garlic butter sauce, cheesy garlic bread, spinach salad with bacon and special bacon dressing, chocolate cake with icing.

Tuesday, March 31, 2020          Irish Fest in the Bay with “Green Sails”
Green Sails sets a delightful course of rousing tunes and rich melodies, inspired by the winds of Lake Michigan. Their name, “Green Sails” denotes “green” for Irish music and for ecology sustainability and “sails” for sailing. Menu: tender Irish beef stew with potatoes and carrots, rye bread with butter, “Under the Sea” gelatin salad, frosted shamrock cake.

Tuesday, April 28, 2020          Insects Close Up!
Insects have been on earth for over 400 million years! In this interesting presentation, we will see some amazing close-up photographs of insects and learn their surprising adaptations, abilities and roles in the global ecosystem. We’ll also touch on the causes of their troubling, rapid decline worldwide and what we can do to help. Presentation by Thomas Kroeger, retired Lake Shore Park manager. Menu: Beef Stroganoff, parsley buttered noodles, roll with butter, julienne strips of carrots and zucchini, four bean salad, apple pie with topping.

Tuesday, May 26, 2020            Mindful Living
Health and wellness - we all want it, learn tools on how you can reduce the instant negative reactions, be calm during stressful situations and gain knowledge to aid you to a more restful sleep. Make everyday mindfulness work in the real world! Presentation given by Lynne Shaner, Ph.d. in Mind and Body Health. Menu: Glazed maple and apple stuffed pork tenderloin, whipped potatoes with gravy, seasoned green beans, roll and butter, creamy coleslaw, chocolate cake.

Tuesday, June 9, 2020            Indoor Summer Picnic
Entertainment TBD. Menu: All-American cheeseburger with grilled onions, tomato slice and lettuce, baked beans, macaroni and cheese salad, frosted sugar cookie.

Blood Pressure Clinic

FREE!
January 28      February 25      March 31      April 28      May 26      June 9
1:30 - 2:30pm (immediately following the Senior Luncheons)
Lydell Community Center, Room 15
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 assistant/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 _____________

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 __________________ Date _____________

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

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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.wfbschools.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 Law. 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 Wachtal at 963-6806.

<table>
<thead>
<tr>
<th>Hourly rates</th>
<th>res</th>
<th>non-res</th>
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</thead>
<tbody>
<tr>
<td>Armory Field</td>
<td>$30.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Practice Fields</td>
<td>$30.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>HS Cafeteria</td>
<td>$30.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>HS Auditorium</td>
<td>$90.00</td>
<td>$180.00</td>
</tr>
<tr>
<td>HS Memorial Gym</td>
<td>$45.00</td>
<td>$90.00</td>
</tr>
<tr>
<td>HS Field house</td>
<td>$80.00</td>
<td>$160.00</td>
</tr>
<tr>
<td>MS Gym</td>
<td>$35.00</td>
<td>$70.00</td>
</tr>
<tr>
<td>Elementary Gym</td>
<td>$30.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>HS Auxiliary Pool</td>
<td>$55.00</td>
<td>$110.00</td>
</tr>
<tr>
<td>HS Field House Pool</td>
<td>$80.00</td>
<td>$160.00</td>
</tr>
<tr>
<td>Standard Classroom</td>
<td>$30.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>Cahill Pavilion</td>
<td>$15.00</td>
<td>residents only</td>
</tr>
</tbody>
</table>

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 accommodations 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.
4. Click on the page “Recreation Guide/On-Line Registration.”
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.
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 __________

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.

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.

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

Activity/Class/Program Code Section Fee

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

Activity/Class/Program Code Section Fee

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

Activity/Class/Program Code Section Fee

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

Total

No telephone registrations are accepted. Payment by CHECK or CHARGE only (no cash). Email confirmations will be sent if provided.

Concussion information and agreement form is available at the Recreation Department or online at www.wfbschools.com.
The Whitefish Bay Community Garden is looking for Volunteers, Donors & Sponsors!

Participants 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 Kuehn @ megan.kuehn@wfbschools.com or call (414) 963-3801

MARK YOUR CALENDAR!

Connects enrollment for the 2020/2021 school year begins on Wednesday, April 8th.

The Whitefish Bay School District offers before and after school care for 4K - 5th grade students at both Richards and Cumberland Elementary Schools.

Registration forms will be available online or in the main office at your school. All registration materials should be returned to the Whitefish Bay Recreation and Community Education Department at 5205 North Lydell Avenue.

The $25 registration fee is waived for families who register before June 30th.

Please visit the Connects Before & After Program website at www.wfbschools.com/community-recreation/beforeafterschoolcare.com or call 414-963-3801 for more information.
EXPERT ADVICE

Doing the right things in the right order can have a big impact on your bottom line. Thinking about selling your home this spring? Let’s chat.

414.350.4611
eelsafy@shorewest.com
ElsafyTeam.com