

PROGRAMMING FOR YOUTH, ADULTS & SENIORS

SUMMER 2023



Whitefish Bay RECREATION

Bringing Community Together

BRING ON SUMMER!



RESIDENT
REGISTRATION
BEGINS MAR. 16, 2023

Non-Resident Registration begins Apr. 6, 2023.

CHECK Summer Camps | Tennis | Golf
INSIDE: T-Ball & Coach Pitch | FUN FOR ALL!



Connects



Before & Afterschool Care

Offering before & after care at both elementary schools as well as School's Out Care for days school is not in session.

2023-2024 Connects Registration Opens April 17th, 2023!

The enrollment process is highly competitive and space is limited.

HOW TO REGISTER:

Enrollment packets may be picked up at the Richards and Cumberland Schools, the Lydell Community Center, or can be downloaded from our website:
www.wfbschools.com.

Enrollment begins at 8:00 am and is received on a first-come-first-serve basis.

Please mail to or drop off enrollment packets at the Lydell Community Center, or email them to Caitlin Carani at caitlin.carani@wfbschools.com.

For more information and rates, please call our main office at 414-963-3947
www.wfbschools.com/community-recreation

HOW'S THE MARKET?

ASK ESSAM.

414.350.4611
eelsafy@shorewest.com
ElsafyTeam.com



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Whitefish Bay RECREATION

Bringing Community Together

MAIN OFFICE:

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

DIRECTOR

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

RECREATION SUPERVISOR

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

**ADMINISTRATIVE ASSISTANT
CONNECTS & LYDELL PRESCHOOL**

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

RECREATION GUIDE SUMMER 2023

Dear Residents,

Sometimes summer planning for your children can be stressful. What to do with the kids, how to prevent them from being bored all summer long? What camps to enroll in, what classes to take? Here in the Recreation and Community Education Department we strive to make it easier on you by providing full and half day day camp options as well as sports camps, and enrichment programming. With options like this, families can pick the programs that fit their child’s interests and piece together a great summer that keeps your kids busy and having fun. In addition, we don’t forget about our adults and seniors. We continue to find new instructors to introduce current topics, demonstrations and fitness classes to help our communities’ adults keep the balance in their lives. No matter your age, it’s important to keep learning and our team strives to do our best to provide as many lifelong learning opportunities as we can. It’s summer! I encourage you to try new things, get outside and enjoy the summer sun, and stay active.

We look forward to seeing you, and hope you have the best summer yet!

Yours in Recreation,

Carin Keland



Carin Keland,
Director of Recreation
Whitefish Bay Schools

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Whitefish Bay SCHOOL DISTRICT

An Exceptional Place to Learn

MESSAGE FROM THE DISTRICT ADMINISTRATOR

Superintendent Welcome

To the residents of the Village of Whitefish Bay, thank you for your interest in the Whitefish Bay Recreation Department. We continue to enthusiastically promote wellness for all ages and life-long learning throughout our community thanks to the dedication of our passionate team members, assistance of our wonderful volunteers, and continued support from all of you.

Summer is Just Around the Corner....

Staying Active & Promoting Well Being - Staying active promotes fitness and enhances overall positive well being. It is vital that each and every resident attends to their whole self, caring for their physical, emotional, and mental health. We invite you to review our Summer Recreation Guide and hope that within the wide range of programming being offered, there is something of interest to you that attends to these important facets.

Creative Programming - Our team continues to generate innovative, creative, and safe programming opportunities for all ages. The Recreation Department has a strong commitment to innovation and a goal to evolve with the ever-changing needs of the community we serve. If there is a program you are interested in, and we don't offer it, please reach out to a team member; we always consider new ideas to serve the community.

Mark your Calendar: Annual Meeting - The Whitefish Bay School District's Annual Meeting will take place on September 6, 2023 at 7 PM at the Whitefish Bay High School Auditorium, 1200 E. Fairmount Ave.

Until next time, be well -



John W. Thomsen

Dr. John W. Thomsen
Superintendent of Schools

WHITEFISH BAY SCHOOL DISTRICT FACILITIES:

DISTRICT OFFICE:

1200 E. Fairmount Avenue
Whitefish Bay, Wisconsin 53217
414-963-3921

LYDELL COMMUNITY CENTER:

5205 N. Lydell Avenue
Whitefish Bay, Wisconsin 53217
414-963-3947

CUMBERLAND ELEMENTARY:

4780 N. Marlborough Drive
Whitefish Bay, Wisconsin 53217
414-963-3943

RICHARDS ELEMENTARY:

5812 N. Santa Monica Boulevard
Whitefish Bay, Wisconsin 53217
414-963-3951

WHITEFISH BAY MIDDLE SCHOOL:

1144 E. Henry Clay Street
Whitefish Bay, Wisconsin 53217
414-963-6800

WHITEFISH BAY HIGH SCHOOL:

1200 E. Fairmount Avenue
Whitefish Bay, Wisconsin 53217
414-963-3928





REGISTRATION INFORMATION

HOW TO REGISTER:



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com

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

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

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

IMPORTANT REGISTRATION DATES

MARCH 16

Resident Registration Begins

APRIL 6

Non-Resident Registration Begins

OFFICE INFORMATION

Monday thru Friday
8:00am–4:30pm

SUMMER OFFICE INFORMATION

Monday thru Friday (June 12–August 29)
7:30am–3:00pm

The office will be closed on the following dates: Apr 7, May 29

Phone: 414-963-3947

Fax: 414-963-3937

DROP BOX HOURS

• Monday thru Thursday
7:30am–9:00pm

• Friday 7:30am–6:00pm

ONLINE REGISTRATION

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

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



VIRTUAL LEARNING - (VL)

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



CO-OP

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



CO-OP CONTACT INFORMATION

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

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

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

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



LIKE US ON FACEBOOK

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

COMMUNITY FITNESS CENTER

Come Join Us Today!

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



FITNESS CENTER HOURS

Days: Mondays & Wednesdays
Mondays-Thursdays
Saturdays

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

Dates: June 5 – Aug. 31
Center is closed July 3 & 4

MEMBERSHIP PACKAGE OPTIONS

Adult Fee: \$90.00-resident / \$100.00 non-resident

Course Code: 190305 A1

WFB Senior Fee: (Ages 55 and Up)

\$70.00-resident / \$80.00 non-resident

Course Code: 190305 A2

LAP SWIM ADD-ON (ADULT / SENIOR)

Course Code: 190305 A3 **Fee:** \$20.00

Whitefish Bay High School Student Fee: \$22.00

Course Code: 180300 A1

FITNESS CLASS MEMBERSHIP ADD-ONS

See Descriptions for class details and fees.

PERSONAL TRAINING P. 41

WEIGHT TRAINING P. 41

Don't Miss Out on This Great Opportunity.

Sign Up Today!

SUMMER CAMP



K-CAMP

- Location:** Richards Elementary School, Room 112 and 118
- Ages:** K4 and K5 in the 2023/2024 school year
- Note:** **Registration Deadline:** Friday, May 26th
- Days:** Monday thru Friday **Time:** 7:30am – 5:30pm
- Dates:** June 19th – Aug 11th (skip July 4)
- Course Code:** 100001
- Section Fee:** res./non-res. \$275.00/\$285.00

The program provides care to incoming K4-K5 children in the 2023/2024 school year. They will have experiences that challenge their minds, spark lifelong friendships that take us outdoors in and around our community! Each week activities are based on a fun summer theme. K-campers will visit local parks, businesses, attend an off-site field trip to all kinds of fun places, from farms to the pool! Sign up for one week or all 8! Camp is popular and weeks do reach maximum enrollment quickly. Please sign up early to reserve your spot!

K-CAMP REGISTRATION PROCESS

Payment is due in full at the time of registration. Weekly camp fees are not prorated based on attendance. Full camp activity calendars, and the Parent Handbook can be found on our website at www.wfbschools.com. Please use the K-Camp registration form or register online! K-Camp is popular and weeks do reach maximum enrollment quickly. Do not wait to register. **Deadline to register is May 26th.** Late registrations may or may not be accommodated and will be processed with a \$10.00 late fee.

K-CAMP WEEKLY THEMES

* Field trips and Community Days are subject to change. The Community Day activity is either on-site or walking distance from Richards Elementary School.

SECTION / DATES	THEME	TUESDAY COMMUNITY DAY	WEDNESDAY/ THURSDAY FIELD TRIP	WEEK SELECTION/FEE
Section A1: June 19–23	Fairytale Fantasy	WFB Library Storytime	Bookworm Gardens (Wednesday)	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00
Section A2: June 26 – 30	Bodies in Motion	Mindful Yoga with Jamie Lynn Tatera	Rock 'n' Jump	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00
Section A3: July 3–7 *July 4 Closed Holiday Observance	Animal Adventure	Ms. Kim's Amazing Animals Visit	Shalom Wildlife Zoo	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00
Section A4: July 10–14	Going Green	Klode Park Clean Up & Scavenger Hunt	Cushing Memorial Park & Imagination Station Playground	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00
Section A5: July 17–21	Under the Sea	WFB Fire Department Visit	Cedarburg Pool	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00
Section A6: July 24–28	Let's Go Camping	Camp Out at Richards	Green Meadows Farm	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00
Section A7: July 31–August 4	Treasure Island	Klode Park Pirate Treasure Hunt	Brown Deer Pond (Wednesday)	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00
Section A8: August 7–11	Out of This World	Space by MPM	Milwaukee Public Museum	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00

TOTAL



K-CAMP REGISTRATION FORM



CAMPER INFORMATION

Last Name _____ First Name _____

Grade as of 2023/2024 School Year _____ Birthdate _____

Address _____

City/State _____ Zip _____ Phone _____

Does your child have any health concerns, allergies or special needs? If so, please list:

Will your child have any medication to be administered? If so, please contact the office for a medical authorization to administer form.

PARENT/GUARDIAN INFORMATION

Primary Guardian's Name _____

Primary Guardian's Cell Phone _____ Email _____

Secondary Guardian's Name _____

Secondary Guardian's Cell Phone _____ Email _____

Address _____

City/State _____ Zip _____ Phone _____

ALTERNATIVE EMERGENCY CONTACT

In case of emergency, the primary guardian's cell phone number will be called first. Please list an alternative emergency contact.

Last Name _____ First Name _____

Cell Phone _____

REGISTRATION OPTIONS



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



ONLINE
www.wfbschools.com

PARENT WAIVERS & PERMISSIONS

- My child has permission to go on walking trips.
- My child has permission to ride the school bus for the field trips.
- My child has permission to have sunscreen applied by staff.
- My child has permission to have bug spray applied by staff.
- My child has permission to be photographed for promotional or education purposes.

PARENT/GUARDIAN SIGNATURE

I hereby understand that my child has registered to participate in a program sponsored by the School District of Whitefish Bay Recreation Department. I acknowledge and will adhere to department policies described in the Recreation Department seasonal brochure. I understand that participating in this activity, like all activities, has some inherent risk. Furthermore, I certify that my child is in good physical condition and assume full responsibility for any injuries incurred. If not, I have noted limitations. No accident insurance is provided. Participants must obtain insurance prior to and for the duration of the activity. My child has permission to seek medical treatment in case of an emergency.

CREDIT CARD INFORMATION

CREDIT CARD NUMBER:

□□□□-□□□□-□□□□-□□□□

EXP. DATE:

□ M □ M □ Y □ Y

CVV#:

□□□

Signature _____

Card Holder Name (Print) _____

DATE

PAYMENT INFORMATION:

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

TOTAL



SUMMER CAMP



CAMP CUMBERLAND AND CAMP RICHARDS

Location: Cumberland Elementary School, Great Room
Richards Elementary School, Great Hall

Ages: Grades 1 thru 6 as of the 2023/2024 school year

Course Code: 140103 – CUMBERLAND
140106 – RICHARDS

Dates: June 19th – Aug 11th (skip July 4th)

Days: Monday thru Friday

Times: All Day: 9:00am - 4:00pm
Extended AM: 7:30 - 9:00am
Extended PM: 4:00 - 5:30pm

All-Day Weekly Section Fee (includes field trip): res./non-res. \$275.00/\$285.00

Extended AM Weekly Section Fee: res./non-res. \$15.00 /\$25.00

Extended PM Weekly Section Fee: res./non-res. \$15.00 /\$25.00

Camp Cumberland and Camp Richards offer our 1st – 6th graders a full day of care that includes weekly themed outdoor games and activities, arts and crafts, spirit days, contests, water days and field trips. It's summer camp at its best! Parents have the flexibility to choose the weeks they want their child/ren to attend. Extended care is offered for those families who need a little extra supervision before and after camp. Sign up for one week or all 8! Camp is popular and weeks may reach maximum enrollment quickly. Please sign up early to reserve your spot!

DAY CAMP REGISTRATION PROCESS

Please register your child for camp by Noon on the Friday before the week you want your child to participate. Payment is due in full at the time of registration. Weekly camp fees are not prorated based on attendance. Late registrations may or may not be accommodated and will be processed at a \$10.00 late fee. Full camp activity calendars, and policies can be found on our website at www.wfbschools.com. Please use the Day Camp registration form or register online! Camp is popular and weeks do reach maximum enrollment quickly. **Do not wait to register!**

CAMP CUMBERLAND AND CAMP RICHARDS WEEKLY THEMES

*Field Trips and Weekly Themes are subject to change

COURSE CODE	SECTION / THEME / DATE	EXTENDED (AM) 7:30-9:00AM	ALL DAY 9:00AM-4:00PM	EXTENDED (PM) 4:00-5:30PM	TOTAL WEEKLY FEE
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A1: Retro Week – June 19–23 Field Trip: Brown Deer Lanes	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A2: Wet, Wild and Wacky June 26–June 30 Field Trip: Fondy Aqua Park	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A3: Party in the USA – July 3-7 *July 4 Closed Holiday Observance Field Trip: North Shore Cinema	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A4: Super Stars – July 10-14 Field Trip: America's Action Territory	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A5: The Great Outdoors – July 17-21 Field Trip: Bear Paw Beach	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A6: Wide World of Sports – July 24-28 Field Trip: Cedarburg Pool	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A7: Outer Space – July 31–Aug.4 Field Trip: Sky Zone Milwaukee	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	
<input type="checkbox"/> 140103 <input type="checkbox"/> 140106	Section A8: Inventors Workshop – Aug. 7–11 Field Trip: Bay Beach Amusement Park	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	<input type="checkbox"/> res. \$275.00 <input type="checkbox"/> non-res. \$285.00	<input type="checkbox"/> res. \$15.00 <input type="checkbox"/> non-res. \$25.00	

TOTAL



DAY CAMP REGISTRATION FORM



CAMPER INFORMATION

Last Name _____ First Name _____

Grade as of 2023/2024 School Year _____ Birthdate _____

Address _____

City/State _____ Zip _____ Phone _____

Does your child have any health concerns, allergies or special needs? If so, please list:

Will your child have any medication to be administered? If so, please contact the office for a medical authorization to administer form.

PARENT/GUARDIAN INFORMATION

Primary Guardian's Name _____

Primary Guardian's Cell Phone _____ Email _____

Secondary Guardian's Name _____

Secondary Guardian's Cell Phone _____ Email _____

Address _____

City/State _____ Zip _____ Phone _____

ALTERNATIVE EMERGENCY CONTACT

In case of emergency, the primary guardian's cell phone number will be called first. Please list an alternative emergency contact.

Last Name _____ First Name _____

Cell Phone _____

REGISTRATION OPTIONS



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



ONLINE
www.wfbschools.com

PARENT WAIVERS & PERMISSIONS

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- My child has permission to ride the school bus for the field trips.
- My child has permission to be photographed for promotional or education purposes.

PARENT/GUARDIAN SIGNATURE

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CREDIT CARD INFORMATION

CREDIT CARD NUMBER:

□□□□-□□□□-□□□□-□□□□

EXP. DATE:

M M Y Y

CVV#:

□□□

Signature _____

Card Holder Name (Print) _____

DATE

PAYMENT INFORMATION:

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

TOTAL





PRESCHOOL CAMP

Instructor: Marcia Bannink, WFB Recreation Department Staff

Location: Lydell Community Center, Room 26

Ages: 3 years on or before June 19, 2023

Days: Monday thru Friday **Time:** 9:15am – 11:45am

Course Code: 110101

Section A1: June 19 – June 30

Section A2: July 3 – July 14 (skip July 4)

Section A3: July 17 – July 28

Section Fee: res./non-res. \$160.00/\$170.00

Summer Preschool Camp offers fun opportunities for children who will turn 3 years of age on or before June 19, 2023. Come and enjoy play and friendship in both indoor and outdoor play areas. Children will be participating in a variety of activities including arts and crafts, story time, free play (indoor/outdoor) and snack. Children must be toilet-trained.

KINDER CAMP

Instructors: WFB Recreation Department Staff

Location: Cumberland Elementary School, Room 116
Richards Elementary School, Room 101

Ages: Grades K4 or K5 as of 2023/2024 school year

Days: Monday thru Friday **Time:** 9:00am – 12:00pm

Course Code: 120101 – Richards

120102 – Cumberland

Section A1: June 19 – June 23

Section A2: June 26 – June 30

Section A3: July 3 – July 7 (skip July 4)

Section A4: July 10 – July 14

Section A5: July 17 – July 21

Section A6: July 24 – July 28

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

Your child can come and enjoy a variety of activities that will promote and teach campers independence, classroom social skills and allow students to familiarize themselves with a school environment. The camp includes both indoor and outdoor activities.

SUMMER SCHOOL WRAP-AROUND CAMP

Instructor: Brenna Casey, DPI Licensed School Teacher

Location: Cumberland Elementary School, Room 15

Ages: Grades K5 thru 5 as of 2023/2024 school year

Note: **Registration Deadline:** Friday, May 26th

Days: Monday thru Friday **Time:** 8:00am – 4:00pm

Course Code: 110701

Section A1: June 19 – July 21 (skip July 3, 4, 5, 6, 7)

Section Fee: \$525.00

This camp is specifically designed for those students who attend summer school. Summer School Wrap-Around care will be provided from 8:00am to 4:00pm, Monday through Friday, for all four weeks of Summer School. The workshop will offer before and after summer school care according to each student's assigned Summer School session Monday through Thursday, and all-day care (8:00am – 4:00pm) on Fridays with outdoor play and intentionally planned enrichment activities based on the needs of the group. Students will have the opportunity to expand their learning of math and literacy skills through games, the arts, and outdoor play with their peers. Our teachers will help with the transition to and from their morning Summer School session and provide time for lunch and rest (if age appropriate).

BLUE DUKE FRESHMAN ACADEMY

Instructor: Anna Gibson, WFB High School Teacher

Location: Whitefish Bay High School, Library Media Center

Ages: Grade 9 as of 2023/2024 school year

Days: Monday thru Thursday

Dates: July 24 – July 27

Course Code: 130504

Section A1: 10:00am – 12:30pm

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

Blue Duke Freshman Academy is specifically designed for incoming Whitefish Bay freshmen who would like a more in-depth opportunity to learn about the resources that the Whitefish Bay High School offers to freshmen, tour the facility, walk your schedule, enroll in extracurricular activities, begin to organize your student Google Drive, as well as learn the keys to successful note taking and study skills that will increase your success throughout your entire high school career. The week-long experience will end with a celebratory picnic lunch in the Community Garden located at the high school. Please bring a bag lunch to the last class.

LYDELL PRESCHOOL

AN EXCEPTIONAL PLACE FOR YOUNG HEARTS AND MINDS

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

FOR MORE INFORMATION AND RATES
PLEASE CALL OUR MAIN OFFICE AT 414-963-3947
OR VISIT
[HTTPS://WWW.WFBSCHOOLS.COM/COMMUNITY-RECREATION/LYDELL_PRESCHOOL.CFM](https://www.wfbschools.com/community-recreation/lydell_preschool.cfm)

REGISTER TODAY!



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com



YOUTH ENRICHMENT

SUMMER PLAYGROUND, MATH AND MORE

Instructor: Kevin Lazovik and Kelly Kubicki,
Whitefish Bay School District Teachers

Location: Cahill Park Pavilion

Ages: Grades 1 thru 5 as of 2023/2024 school year

Days: Monday thru Friday **Time:** 8:30am – 4:30pm

Course Code: 130505

Section A1: June 12 – June 16

Section A2: Aug 14 – Aug 18

Section Fee: res./non-res. \$225.00/\$235.00

Come and have your child join WFB Elementary School Teachers Kelly Kubicki and Kevin Lazovik for outdoor playground activities, LEGO building, math games, reading and more. The camp provides opportunities for kids to come together and enjoy enriching activities in a safe and positive environment. Camper arrival will take place from 8:30 - 9:00am and the camp ends promptly at 4:30pm each day. Campers will need to bring a bag lunch, refillable water bottle and sunscreen to camp each day. Campers should dress to be outdoors and active (no flip-flops or crocs).

WHITEFISH BAY FILM FESTIVAL

Instructor: Martina Adesokum,
WFB Middle School English Teacher

Location: Whitefish Bay High School, Media Center Room 234C

Ages: Grade 6 thru 12 as of 2023/2024 school year

Days: Monday thru Friday **Time:** 9:30am – 12:30pm

Course Code: 130506

Section A1: July 10 – July 14

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

This one-week course is for all middle and high school students who are interested in making a short film. Students will be put on teams and work together to create a 5-minute film submission. Each day will be dedicated to one part of the filmmaking process. The student films will be presented in the High School Auditorium on Friday, July 14 for friends and family to watch. Come with your ideas, writing, acting and editing talents - along with a notebook, pencil, snack and a Chromebook. We will be using students' phones to record with, so bring one if you have it!

CREATIVE WRITER'S GUILD

Instructor: Martina Adesokum,
WFB Middle School English Teacher

Location: Whitefish Bay High School, Room 256

Ages: Grade 6 thru 12 as of 2023/2024 school year

Days: Monday thru Friday **Time:** 10:00am – 12:00pm

Course Code: 130506

Section B1: June 19 – June 30

Section Fee: res./non-res. \$140.00/\$150.00

This two week course is for all middle and high school students who love writing! Each day we will do fun writing activities, explore the craft of great writers, and work on individual and collaborative projects. This course is perfect for students who already have that novel started as well as students who just want to stretch themselves creatively. This summer's focus will be on developing your voice and style as a writer - come prepared with your ideas, a pen and notebook and your Chromebook!

STUDY SKILLS FOR MIDDLE SCHOOL STUDENTS

Coordinator: Mequon Thiensville Recreation Department

Instructor: Knowledge Studio One Staff

Location: Range Line School, Rooms 109 & 110, Mequon

Ages: Grades 6 thru 9 as of 2023/2024 school year

Note: **Registration Deadline:** Monday, July 31

Days: Monday thru Thursday **Time:** 10:00am – 12:00pm

Course Code: 161002

Section A1: Aug 7 – Aug 10

Section Fee: res./non-res. \$185.00/\$200.00

Do you think your child has more academic potential? Does your child's homework not make its way home, or make it home but not back to school? Has your child been taught HOW to study? Ensure academic success for the 2023/2024 school year by enrolling your student in the Study Skills Workshop. Students will be taught how to organize and manage their time, habits and materials. They will learn how to take notes both from their textbooks and from teacher lectures. Students will also acquire test preparation and test-taking strategies. Start the upcoming school year right in every subject with strong study skills from Knowledge Studio One.

ACT WORKSHOP

Instructor: Fred Silver, Owner of North Shore Tutoring

Location: Live via Zoom

Ages: Grades 11 thru 12 as of 2023/2024 school year

Days: Monday thru Friday **Time:** 1:30pm – 3:00pm

Course Code: 181002

Section A1: July 17 – July 28

Section A2: July 31 – Aug 11

Section Fee: res./non-res. \$220.00/\$230.00

In this ACT workshop, students will learn how to identify the types of questions they will see on the four multiple-choice sections of the ACT test as well as a variety of strategies to attack the various questions. The instructor has designed this workshop based on 29 years of successfully helping students prepare for the ACT. Students will need to purchase a copy of The Official ACT Prep Guide 2023-2024 prior to the first session. Many students order the book from Amazon or purchase it at a local bookstore. Students will also need a blank spiral notebook.

LET'S PLAY TOGETHER ACTIVITY

Instructor: Carolyn Noori, WFB Recreation Instructor

Location: Lydell Community Center, Gym

Ages: 1 thru 4 years; children must attend with parent

Days: Wednesdays **Time:** 10:00am – 10:50am

Course Code: 111201

Section A1: June 21 – Aug 16 (skip July 5)

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

Special one-on-one time between caregiver and child provides an opportunity to have a good time while introducing children to the fun of organized and informal gym activities. All siblings meeting the age requirement must be registered or young enough to still be in infant seats. Classes are scheduled to be compatible with the Let's Play Together Art program.

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



LET'S PLAY TOGETHER ART

Instructor: Carolyn Noori, WFB Recreation Instructor
Location: Lydell Community Center, Room 24
Ages: 1 thru 4 years; children must attend with parent
Days: Wednesdays **Time:** 10:55am – 11:45am
Course Code: 120706
Section A1: June 21 – Aug 16 (skip July 5)
Section Fee: res./non-res. \$50.00/\$60.00

Together, the caregiver and child will explore the fun side of art in a relaxed setting. Art materials will be set out and Ms. Noori will assist in creating one-of-a-kind art projects for participants to take home and enjoy. Classes are scheduled to be compatible with the Let's Play Together Activity program.

JUNIOR JAMBOREE

Instructor: Dana Sherman, WFB Recreation Instructor
Location: Lydell Community Center, Room 19
Ages: 6 months thru 4 years
Days: Tuesdays
Course Code: 110301 8:45am – 9:15am
 110302 9:25am – 9:55am
 110303 10:05am – 10:35am
Section A1: June 6 – July 18 (skip June 13, July 4)
Section A2: Aug 1 – Aug 29
Section Fee: res./non-res. \$55.00/\$65.00

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. Class will be held outside when weather permits.

WHITEFISH BAY COMMUNITY GARDEN VOLUNTEER PROGRAM

Coordinator: Miriam Gerriets, Whitefish Bay Community Garden Coordinator
Location: WFB Community Garden
Ages: 13 years and up
Days: days vary **Time:** times vary
Course Code: 190500
Section A1: April through October
Section Fee: FREE

The Whitefish Bay Garden needs you! The WFB Community Garden and its volunteers provide more than just rich soil for individuals and families to grow organic food, herbs and flowers. They also build social connections and provide a way to stay active and healthy. Volunteers will be contacted by a weekly email to sign up for volunteer work times. Depending on seasonal chores, volunteers will take direction from the coordinator and prepare soil, weed, sow seeds and much more. Of course, you will reap the benefits of your hard work by receiving lots of fresh produce throughout the growing season. Participants under the age of 13 may volunteer with an adult. If you are interested in giving a monetary donation or a business sponsorship, please call our main office at 963-3947.

CLAY STUDIO

Instructor: Brad Ribbeck, WFB High School Art Teacher
Location: WFB High School Ceramics Studio, Room 35
Ages: Grades 1 thru 8 as of 2023/2024 school year
Days: Monday thru Friday
Dates: June 19 – June 30
Course Code: 150702

Section A1: Grades 1 and 2 9:30am – 10:30am
Section A2: Grades 3 and 4 11:00am – 12:00pm
Section A3: Grades 5 and 6 1:00pm – 2:30pm
Section A4: Grades 7 and 8 3:00pm – 4:30pm

Section A1 or A2 Fee: res./non-res. \$85.00/\$95.00
Section A3 or A4 Fee: res./non-res. \$95.00/\$105.00

We will explore a variety of sculptural and hand-building techniques with clay. You'll get a chance to try your hand on a potter's wheel and be surprised by how many exciting works of ceramic art you'll be able to turn out. There will be a bonus project during the firing time of the clay art. Please bring a smock or apron every day.

HIGH SCHOOL POTTERY THROWING

Instructor: WFB Recreation Department Instructor
Location: WFB High School Ceramics Studio, Room 35
Ages: Grades 9 thru 12 as of the 2023/2024 school year
Days: Tuesdays and Thursdays **Time:** 4:00pm – 6:00pm
Course Code: 170705
Section A1: July 11 – Aug 3
Section Fee: res./non-res. \$140.00/\$150.00

High school classes are for beginning through advanced students with individualized instruction based on students' interests. Basic and advanced wheel-throwing techniques will be covered. Techniques for making a variety of forms such as bowls, vases, mugs, bottles and teapots will be demonstrated. Texture and altered forms will be explored as well as a variety of glazing and decorating techniques. The last day of class, Aug 3, will be used to pick up completed pieces.

FIMO CLAY CREATIONS

Instructor: Brad Ribbeck, WFB High School Art Teacher
Location: WFB High School Ceramics Studio, Room 37
Ages: Grades 3 thru 5 as of 2023/2024 school year
Days: Monday thru Friday **Time:** 10:00am – 11:30am
Course Code: 140709
Section A1: July 10 – July 14
Section Fee: res./non-res. \$60.00/\$70.00

We will use FIMO and air-drying clays to create one-of-a-kind projects. We will create something new every day and, if students are interested, all of those creations can combine into one masterpiece by the end of the week. Come explore the world of clay!



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YOUTH ENRICHMENT

FASHIONISTA ANIME MANGA DRAWING CAMP



Instructor: Young Rembrandt Staff
Location: Lydell Community Center, Room 15
Ages: 6 thru 12 years
Days: Monday thru Friday **Time:** 12:45 – 2:45pm
Course Code: 140701
Section A1: July 10 – July 14
Section Fee: res./non-res. \$99.00/\$109.00

If you have a love for all things Manga and Fashion, sign up for this class. Join Young Rembrandts for a 5 day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw anime-style fashion characters, ranging from simple to elaborate - this is a great way to combine fashion-designing skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like manga hairstyles, school uniforms, fantasy costumes and more ARTastic drawings. Sign up today!

MI FAMILIA DRAWING CAMP



Instructor: Young Rembrandt Staff
Location: Lydell Community Center, Room 15
Ages: 6 thru 12 years
Days: Monday thru Friday **Time:** 12:45 – 2:45pm
Course Code: 140703
Section A1: Aug 7 – Aug 11
Section Fee: res./non-res. \$99.00/\$109.00

Family is central to Latin American culture! Join Young Rembrandts for a 5-day drawing workshop; we'll be drawing and coloring the magical world of LATIN AMERICA! Artists will learn to draw a charmed house, members of a typical Latin American family and so much more. Each day is a new look into what life is like in one of the largest regions of the world and students will complete multiple drawings like astonishing animals, distinctive toys, and more enchanting art. Don't miss out on the magic, register your kids today!

CAMP CREATE - ART & SEWING WORKSHOP



Instructor: Jeannie Bril and Terri Roller, WFB Recreation Department Instructors
Location: Lydell Community Center, Room 22 and Room 24
Ages: 8 thru 12 years
Days: Monday thru Friday **Time:** 9:00 – 11:15am
Course Code: 160901
Section A1: June 12 – June 16
Section Fee: res./non-res. \$210.00/\$220.00

During this 5-day fun-filled camp, young artists will explore painting and drawing techniques, print-making methods, and other mixed media to design their own unique pieces. They will also be introduced to basic hand sewing techniques to create simple projects. Sewing machines may be introduced. Our two experienced instructors will combine their talents to teach collaborative projects including printing on upcycled fabric, ice dying, weaving and more! Their imagination will be stretched, and they will love it!

SCULPTURE CREATIONS

Instructor: Sarah Cottrill, WFB Recreation Department Instructor
Location: Lydell Community Center, Room 24
Ages: Grades 4 thru 9 as of 2023/2024 school year
Days: Monday thru Thursday **Time:** 1:00 – 3:00pm
Course Code: 150705
Section A1: July 10 – July 20
Section Fee: res./non-res. \$110.00/\$120.00

Use your imagination to create 3D sculptures! Students will be creating a sculpture from paper-maché and paris craft gauze. They will learn to assemble the foundations for the sculpture and then cover them using paper-maché or paris craft gauze. Students will then add mixed media finishing touches. This class provides an opportunity to learn about the structural needs of sculpting. Students will problem-solve complications that could arise during creation.

PAPER AND PRINTMAKING

Instructor: Sarah Cottrill, WFB Recreation Department Instructor
Location: Lydell Community Center, Room 24
Ages: Grade 4 thru 9 as of 2023/2024 school year
Days: Monday thru Thursday **Time:** 1:00 – 3:00pm
Course Code: 160704
Section A1: June 19 – June 22
Section Fee: res./non-res. \$75.00/\$85.00

Create your own paper and use a simple traditional printing press to add text. Students will learn how to make paper. The class is process-based and encourages experimentation, creativity and problem-solving. Pages can be bound together into a book or used for any other artistic or writing endeavor. A simple old-fashioned printing press and type will be used in class to add text to the handcrafted paper.

MIXED MEDIA COLLAGE



Instructor: Jenny Mullen, WFB Recreation Department Instructor
Location: Lydell Community Center, Room 24
Ages: Grade 3 thru 8 as of 2023/2024 school year
Day: Tuesdays **Time:** 10:00 – 11:30am
Course Code: 140706
Section A1: June 20 Celebrate Summer
Section A2: July 11 Into the Woods
Section A3: Aug 8 Birds of a Feather
Section Fee: res./non-res. \$75.00/\$85.00

Explore creative possibilities with a mixed media collage! Themed workshops will focus on integrating two or more artistic mediums in one piece of unique, frame-worthy art. From ink, marker and paint, to paper and fabric, your child will love the process and the freedom it encourages.

REGISTER TODAY!



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



ONLINE
www.wfbschools.com



you'll complete a square dishcloth. These skills can be applied to making a baby blanket, scarf, headband and more. A complete supply list can be found on your receipt. All supplies should be brought to the first day of class.

DIGITAL PHOTO BASICS

Instructor: Brad Ribbeck, WFB High School Art Teacher
Location: Whitefish Bay High School, Media Center Room 234
Ages: Grades 2 thru 8 as of 2023/2024 school year
Days: Monday thru Friday **Time:** 1:00 – 3:00pm
Course Code: 141108
Section A1: July 10 – July 14
Section Fee: res./non-res. \$85.00/\$95.00

Budding photographers will learn more about the “ins and outs” of the digital camera. Photos will be used to create digital negatives and make cyanotypes (sunprints). Students will leave with their digital portfolio on a jump drive, as well as their sunprints and printed versions of their strongest photographs. Students will need to bring a small “point and shoot” digital camera, camera’s USB cord and a flash/jump drive.

SUMMER BAND

Instructor: Ken Carson, WFB Band Teacher
Location: Whitefish Bay Middle School, Room 126
Ages: Grades 5 thru 9 as of 2023/2024 school year
Days: Monday thru Friday
Time: 11:00am – 12:00pm
 Group Lesson (day of the week TBD)
Time: between 8:00am – 11:00am
Course Code: 160502
Section A1: June 12 – July 7
Section Fee: res./non-res. \$90.00/\$100.00

Strike up the band! In addition to a daily full band rehearsal, one group lesson between 8am and 11am will be held per week. The group lesson will be scheduled by Mr. Carson during the first band rehearsal on June 12th. The highlight for the summer band members will be their participation in the WFB 4th of July Parade, and a concert on the last day of class. Fifth graders should have completed one year of lessons with their band instrument in order to register for this program.

JUMPSTART ORCHESTRA



Instructor: Christine Annin, WFB Orchestra Instructor
Location: WFB High School, Orchestra Room 157
Ages: Grades 5 & 6 as of 2023/2024 school year
Days: Monday thru Friday
Time: 10:30 – 11:45am
Course Code: 160503
Section A1: Aug 21 – Aug 25
Section Fee: res./non-res. \$90.00/\$100.00

This class is intended for students who have 1-2 years of playing experience, or for 5th or 6th grade students planning on starting orchestra in the fall. Students will review playing posture and technique, build on note-reading skills, explore improvisation, and reinforce the skills needed to play in an ensemble. There will be an informal performance at the end of the week, time TBD.

INTRO TO ACRYLIC PAINTING

Instructor: Sarah Cottrill, WFB Recreation Department Instructor
Location: Lydell Community Center, Room 24
Ages: Grades 3 thru 8 as of 2023/2024 school year
Days: Monday thru Friday **Time:** 1:00 – 3:00pm
Course Code: 140716
Section A1: Aug 14 – Aug 18
Section Fee: res./non-res. \$85.00/\$95.00

Paint on canvas using acrylic paint with the opportunity to participate in a class project. The students will discuss different artists and the styles those artists used. They will begin to develop a style for themselves to create their painting. The class may create a group project to bring students’ ideas together. Students will also learn basic elements of design to help complete their artwork.

CAKE DECORATING CAMP

Instructor: Carolyn Noori,
 Certified Food, Nutrition and Health Specialist
Location: Lydell Community Center, Room 24
Ages: Grades 6 thru 12 as of 2023/2024 school year
Note: **Registration Deadline:** Monday, May 30
Days: Monday thru Thursday **Time:** 10:30am – 12:00pm
Course Code: 162501
Section A1: June 12 – June 15
Section Fee: res./non-res. \$110.00/\$120.00

Have fun with friends and learn to decorate cakes, just like a professional! Make a special cake for someone you care for to celebrate birthdays or any other notable occasion. Professional cake decorating supplies are yours to keep.

ESSENTIALS OF KNITTING



Instructor: Michelle Hill, WFB Recreation Department Instructor
Location: Lydell Community Center, Room 24
Ages: 12 years and up
Days: Wednesdays **Time:** 6:00 – 6:45pm
Course Code: 160703
Section A1: June 7 – June 21
Section A2: June 28 – July 12
Section Fee: res./non-res. \$30.00/\$40.00

Come join Michelle and learn the essentials of knitting: choosing needles and yarn, cast on/off, knit stitch, trouble-shooting mistakes, reading pattern resources and more. At the end of our time together,



YOUTH ENRICHMENT

GUITAR STARS

Instructors: Afterschool Enrichment Solutions Staff
Location: Lydell Community Center, Room 15
Ages: Grades 1 thru 8 as of 2023/2024 school year
Days: Monday thru Friday **Time:** 10:00 – 11:30am
Course Code: 140201
Section A1: July 24 – July 28
Section Fee: res./non-res. \$227.50/\$237.50

“Music can change the world” – Bono. Learn the fundamentals of guitar while playing games, making music, and having fun in this newly designed class! We’ll cover the basics, from how to hold the guitar and pick, to proper fret-hand/finger positioning. More advanced or returning students will delve into sight-reading, playing by ear, and rocking out as a class! Each child will have the opportunity to earn Guitar Belts as they progress. A guitar is required. A basic, inexpensive guitar can be purchased through Amazon.com by searching for “First Act FG127”. If you need information on purchasing a guitar, call John Suits at (773)286-2941.

MUSICSTART

Instructor: Afterschool Enrichment Staff
Location: Lydell Community Center, Room 15
Ages: Grades K5 thru 4 as of 2023/2024 school year
Days: Monday thru Friday **Time:** 10:00 – 11:30am
Course Code: 130502
Section A1: June 19 – June 23
Section Fee: res./non-res. \$165.75/\$175.75

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

INTRODUCTION TO MAGIC



Coordinator: Shorewood Recreation Department
Instructor: Glen Gerard, Professional Magician
Location: Shorewood High School Library South Room, Shorewood
Ages: Grades 3 thru 8 as of 2023/2024 school year
Course Code: 150505
Section A1: Monday, June 26 **Time:** 10:00 – 11:30am
Section Fee: res./non-res. \$20.00/\$30.00

Professional magician, Glen Gerard, teaches stunning magic tricks that you can perform with items found around the house. Students will learn sleight of hand, misdirection and showmanship. Fool your friends and family with magic and be a hit at any event!

CODING FOR KIDS - LEVEL 1

Instructor: Kevin Reitman,
WFB Coordinator of Instructional Technology
Location: Richards Elementary School, Maker Space
Ages: Grades 2 thru 5 as of 2023/2024 school year
Time: 3:00 – 4:30pm
Course Code: 131001
Section A1: June 12 – June 15
Section A2: Aug 14 – Aug 17
Section Fee: res./non-res. \$75.00/\$85.00

Students will learn the basics of computer programming and coding through a variety of fun and engaging challenges. The class provides an opportunity to create and explore while using code as well as learn how to think like a computer programmer. This course is designed for students with little or no knowledge of coding, programming, and robotics. Students do not need to bring a device, but can bring their own headphones if they wish; Chromebooks will be supplied. This is the same course that was offered during the 2022 – 2023 school year.

CODING FOR KIDS - LEVEL 2 - COMPUTER SCIENCE & SPORTS

Instructor: Kevin Reitman,
WFB Coordinator of Instructional Technology
Location: Richards Elementary School, Maker Space
Ages: Grades 3 thru 5 as of 2023/2024 school year
Course Code: 131002
Section A1: Friday, June 16 **Time:** 9:00am – 3:00pm
Section A2: Aug 21 – Aug 24 **Time:** 3:00pm – 4:30pm
Section Fee: res./non-res. \$75.00/\$85.00

Students will use computer science to simulate extreme sports, make their own commercial, and create commentary for a sports event. This class is for students that have taken a coding class in the past OR have experience coding. We will be using Scratch for this course. Students do not need to bring a device, but are encouraged to bring their own headphones; Chromebooks will be supplied. Students registering for the “9am-3pm” session will need to bring a bag lunch and there will be recess time during the session.

CODING FOR KIDS CAMP - LEVEL 2 - VIDEO GAME DESIGN

Instructor: Kevin Reitman,
WFB Coordinator of Instructional Technology
Location: Richards Elementary School, Maker Space
Ages: Grades 2 thru 5 as of 2023/2024 school year
Course Code: 131002
Section A3: Monday, August 14 **Time:** 9:00am – 3:00pm
Section Fee: res./non-res. \$75.00/\$85.00

This course is designed for students that have already taken Coding for Kids at the WFB Rec Department OR have experience coding on their own. The class will expand on concepts learned from Coding for Kids - Level 1 and will be primarily using Scratch. The class will include video game design as well as applying their learning to basic devices. Students do not need to bring a device; Chromebooks will be supplied. Students will need to bring a bag lunch and there will be recess time during the session. This is the same course that was offered during the 2022 – 2023 school year.



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MINECRAFT



Coordinator: Shorewood Recreation Department
Instructor: Nick Burkee
Location: Shorewood High School, Graphic Arts Lab Room 133
Ages: Grades 1 thru 8
Day: Saturdays
Dates: June 17 – July 22
Course Code: 141101
Section A1: Grades 1 thru 4 **Time:** 1:00 – 2:00pm
Section A2: Grades 5 thru 8 **Time:** 2:15 – 3:15pm
Section Fee: res./non-res. \$26.00/\$39.00

Are you looking for a place to make new friends while improving your skills at Minecraft? Try new mini-games and build some amazing team projects. Each week will include a new project or challenge that will push your creativity to the limits.

CHESS SCHOLARS CAMP

Instructor: Chess Scholars Staff
Location: Lydell Community Center, Room 15
Ages: Grades K5 thru 8 as of 2023/2024 school year
Days: Monday thru Friday **Time:** 10:00 – 11:30am
Course Code: 130503
Section A1: July 17 – July 21
Section Fee: res./non-res. \$149.50/\$159.50

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

SAFE SITTER® ESSENTIAL WITH CPR

Instructor: Teresina Simmons, RN
Location: Lydell Community Center, Room 17
Ages: 11 years and up
Time: 8:30am – 4:00pm
Course Code: 161001
Section A1: Tuesday, June 13
Registration Deadline: Tuesday, June 6
Section A2: Tuesday, July 11
Registration Deadline: Tuesday, July 4
Section A3: Tuesday, August 15
Registration Deadline: Tuesday, August 8
Section Fee: res./non-res. \$140.00/\$150.00

This course will be taught using the Safe Sitter® Essentials with CPR curriculum. Safe Sitter® is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students will learn Safety Skills: how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Child Care Skills: tips to manage behavior that will help them stay in control of themselves and the children in their care. Students also learn the ages and stages of child development, as well as practice diapering. First Aid & Rescue Skills: choking rescue and CPR is often students' favorite part of the class. Students also learn a system to

help them assess and respond to injuries and illnesses. Life & Business Skills: The ability to screen jobs, discuss fees, and greet employers will set students up for success now and in the future. Students practice these skills through various role plays. Participants should bring a lunch, notebook and pencil to class.

SPANISH SUMMER CAMP



Instructor: Futura Language Professionals
Location: Live Virtual via Zoom
Ages: Grades 1 thru 5 as of 2023/2024 school year
Days: Monday thru Thursday **Time:** 4:15 – 5:00pm
Course Code: 141001
Section A1: June 12 – June 15
Section Fee: res./non-res. \$65.00/\$75.00

In this exciting LIVE virtual summer camp, students will blaze new trails "visiting" a zoo! Each class, students will explore new animals and habitats at the zoo including the aquarium, farm animals, birds, even the safari - all in Spanish! Class will include interactive activities learning Spanish vocabulary and practical conversation elements. Join us on a wild adventure!

3, 2, 1 BLAST OFF! SPORT MODEL ROCKETRY

Instructor: Jeff Biskowitz, Owner of BiskoTech
Location: WFB High School, Link
Ages: 5 thru 12 with an adult guardian
 13 thru 17 without an adult guardian
Day: Saturdays **Time:** 9:15am – 12:00pm
Note: Participants should bring \$30 to the class for the cost of rocket and launch materials.
Dates: July 22 – Aug 5
Course Code: 142104
Section A1: Adult/Child Pair or 13+ year old
Section A1 Fee: res./non-res. \$75.00/85.00
Section A2: Additional Child
Section A2 Fee: res./non-res. \$30.00/40.00

Back by popular demand, it's time to blast off again! Come experience the fun, exciting and safe hobby of model rocketry. In this course, you and your child/grandchild will get to experience the thrill of building and flying a real model rocket. You will learn the basic parts of a model rocket, skills for proper construction, pre-flight preparation, launch activities and safety procedures. You will even build your own electrical launch controller and launch pad. For the final session, your family and friends are invited to watch us launch the rockets at a nearby park. The rocket and launch equipment are then yours to keep so you can stage your own future flights. This class debuted over 15 years ago and was a fan-favorite for so many participants and all the family members and friends that came out for the rocket launches! And now you can be part of the fun, as we bring it back for one more time this summer. The first two classes will cover all of the rocket building (we'll even supply bagels and snacks) and in the third class, we will launch our creations! This year's rocket launch is scheduled for August 5th (rain date August 6th). Course kids containing all needed rocket and launch materials will be provided during the first class for \$30.00.

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



YOUTH ENRICHMENT

ALL-DAY STEM CAMP: THE SCIENCE OF SLIME



Instructor: Mad Science Staff

Location: Lydell Community Center, Room 19

Ages: 5 thru 12 years

Course Code: 142101

Section A1: Wednesday, July 26 **Time:** 8:30am – 4:30pm

Section Fee: res./non-res. \$100.00/110.00

We'll set up the Mad Science Lab for Junior Scientists to mix, brew and mush up several batches of Slime!!! That's right; this one-day camp is all about creating gooey globs of fun, better known as "slime". With the help of Mad Scientist instructors, Junior Scientists will get to whip up several different slime recipes and spend the day learning about polymers. Glitter Slime, glow in the dark slime, orb slime, the possibilities are endless as kids experiment at our Slime Bar and create three different kinds of polymers. Junior Scientists will also test their slime creations in a series of fun games and activities known as the Slime Olympics! Children should bring a lunch, water bottle and snack to camp - no peanut products.

ALL-DAY STEM CAMP: BE A ROCKET SCIENTIST



Instructor: Mad Science Staff

Location: Lydell Community Center, Room 19

Ages: 5 thru 12 years

Course Code: 140504

Section A1: Wednesday, July 12 **Time:** 8:30am – 4:30pm

Section Fee: res./non-res. \$100.00/\$110.00

Become an aerospace engineer as you work in teams to build a real model rocket! We'll learn about the amazing forces that affect flight and put those forces to the test as we watch our rockets blast off high into the sky. Campers will also get their own Mad Science Shuttle Copter to take home! Children should bring a lunch, water bottle and snack to camp - no peanut products.

ALL-DAY STEM CAMP: ROBOT INVASION



Instructor: Mad Science Staff

Location: Lydell Community Center, Room 19

Ages: 5 thru 12 years

Course Code: 142103

Section A1: Wednesday, July 19 **Time:** 8:30am – 4:30pm

Section Fee: res./non-res. \$100.00/\$110.00

Explore the basic and complex technology used to design and build robots. Discover how machines and robots work and how they can make our lives so much easier! Learn about simple circuits, motor principles, and make your own Robo-Hand to take home! Junior Scientists will love experimenting with the many robots we bring along! Children should bring a lunch, water bottle and snack to camp every day - no peanut products.

DIGGING FOR DINOS



Instructor: Mad Science Staff

Location: Lydell Community Center, Room 15

Ages: 4 thru 10 years

Days: Monday thru Friday **Time:** 9:00am – 12:00pm

Course Code: 122102

Section A1: Aug 21 – Aug 25

Section Fee: res./non-res. \$210.00/\$220.00

Take a trip to the past, dig for dinosaur bones and make your very own dinosaur tooth, dinosaur fossil, stegosaurus skeleton and more! You'll also explore the world of days past, investigate the secrets of the Earth, go on a rock hunt and search for hidden treasures! Children should bring a water bottle and snack to camp every day - no peanut products.

SECRET AGENT LAB



Instructor: Mad Science Staff

Location: Lydell Community Center, Room 15

Ages: 5 thru 12 years

Days: Monday thru Friday **Time:** 8:00am – 12:00pm

Course Code: 142105

Section A1: Aug 14 – Aug 18

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

Ever dream of becoming a secret agent? We'll start with the basics: from decoding messages to metal detectors and night vision, campers have the opportunity to check out spy tech equipment and take home lots of gadgets, like spy binoculars! Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis! Figure out the science of forensics in a hands-on look at crime scenes. Become a super spy and learn clever ways of performing tasks as we take a hands-on investigation of the science that spies use. Children should bring a water bottle and snack to camp every day - no peanut products.

ASTRO INNOVATORS



Instructor: Mad Science Staff

Location: Lydell Community Center, Room 15

Ages: 7 thru 12 years

Days: Monday thru Friday **Time:** 8:00 – 12:00pm

Course Code: 142102

Section A1: July 31 – Aug 4

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

Think and act like NASA innovators during this hands-on program inspired by NASA's current missions. The primary focus will include the ARTEMIS mission to the moon during which NASA will land the first woman and next man on the moon's surface by 2024, using innovative technologies to explore more of the lunar surface than ever before. Kids will love to design their mission patches and build their own rovers as they put themselves in the shoes of an astronaut. Children should bring a water bottle and snack to camp every day - no peanut products.

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

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

PLEASE DON'T WAIT TO REGISTER.



ONE, TWO, THREE...BUILD!

Instructor: Computer Tots/Explorers Staff
Location: Lydell Community Center, Room 24
Ages: 4 thru 6 years
Days: Monday thru Thursday **Time:** 9:30 – 10:30am
Course Code: 141104
Section A1: Aug 21 – Aug 24
Section Fee: res./non-res. \$60.00/\$70.00

This is the perfect class to develop your engineering skills using LEGO Educational kits 9610, 9612, 9614, and 9616. These kits are specifically designed to contain only the parts needed to complete 2 projects per kit allowing more time to build and less time hunting for the correct pieces. Exciting projects will include swing rides, fans, tractor ride, movie projector, crane, and many more. A basic understanding of gears, levers, pulleys and wheel/axles is introduced during each session. From the new builder to the most experienced LEGO fan, these projects are a hit!

PIRATES, ALIENS, ROBOTS AND WHO?

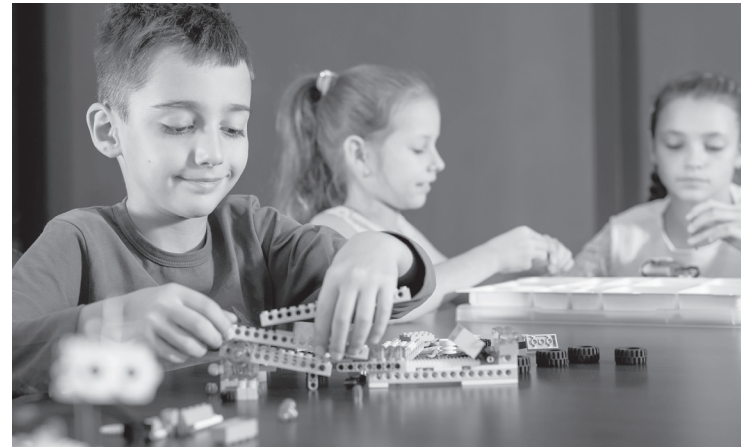
Instructor: Computer Tots/Explorers Staff
Location: Lydell Community Center, Gym
Ages: 4 thru 6 years
Days: Monday thru Thursday **Time:** 10:45 – 11:45am
Course Code: 141107
Section A1: Aug 21 – Aug 24
Section Fee: res./non-res. \$60.00/\$70.00

Alas...the Pirates have landed and are looking for their Treasure Chest! This class is filled with robots of every kind and chock full of adventures! Go on a treasure hunt with Roamer the Robot, dig up dinosaur bones with Bee Bot, rev your engines with Speedy the Race Car, land on the moon with the aliens from outer space, and much more. Students will work with several versions of LOGO Programming (simple sequence programming using numbers, shapes, colors). Guaranteed to generate smiles, giggles and laughs every class.

STREAM SAMPLER

Instructor: Computer Tots/Explorers Staff
Location: Lydell Community Center, Room 24
Ages: 7 thru 12 years
Days: Monday thru Thursday **Time:** 12:30 – 1:30pm
Course Code: 141110
Section A1: Aug 21 – Aug 24
Section Fee: res./non-res. \$65.00/\$75.00

Step into the STREAM Zone (Science, Technology, Reading, Engineering, Arts & Math) and sample some of the newest technology programs. This program covers it all! Each class will explore a different concept which could include coding, robotics & engineering with LEGO educational kits, video game design, catapults, digital movie making, LOGO programming, GPS, snap circuits, creative writing, art exploration, and many more. This class has been updated with technology gadgets and is guaranteed to be 100% fun!



LEGO BRICQ

Instructor: Computer Tots/Explorers Staff
Location: Lydell Community Center, Room 24
Ages: 7 thru 12 years
Days: Monday thru Thursday **Time:** 1:45 – 2:45pm
Course Code: 141100
Section A1: Aug 21 – Aug 24
Section Fee: res./non-res. \$65.00/\$75.00

The LEGO Education BricQ Motion Essential Set engages students in the exploration of physical science within a sports context. BricQ Motion helps foster an understanding of forces, motion, and interactions by providing easy hands-on learning experiences. ThinkSail Racers, luge runs, hockey, basketball, catapults and more!

A PLAY IN A DAY WITH OZAUKEE TALENT: THE PRINCESS WHO COULDN'T LAUGH

Instructor: Angie Mack & Ozaukee Talent Staff
Location: Richards Elementary School, Gym
Ages: 7 thru 12 years
Time: 9:00am – 1:00pm
Course Code: 140602
Section A1: Wednesday, June 21
Section A2: Monday, July 10
Section A3: Friday, August 11
Section Fee: res./non-res. \$190.00/\$200.00

We will be putting on a 10 - 15 minute play in a day at the end of class for parents, caregivers and siblings. Participants should bring a snack, lunch and water bottle. Participants also need to be able to read and are eager and willing to perform in front of a parental audience. The play is about a king searching for someone, anyone, who can make his daughter Princess Sombina laugh. She is under a spell and sadness is slowly killing her. Many in the kingdom have tried, but only one poor farmer will find a way to the princess's funny bone. The Princess Who Couldn't Laugh is courtesy of Debra Cole and The Drama Notebook. The producer and instructor, Angie Mack of Ozaukee Talent, has been working with children in the arts for over 20 years. She has a track record of coaching top-notch talent at a variety of theaters throughout the Greater Milwaukee area.

REGISTER TODAY!



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 5205 N. Lydell Avenue
 Whitefish Bay, WI 53217



ONLINE
www.wfbschools.com



YOUTH ENRICHMENT

A PLAY IN A DAY WITH OZAUKEE TALENT: THE ELVES AND THE SHOEMAKER



- Instructor:** Angie Mack & Ozaukee Talent Staff
- Location:** Richards Elementary School, Gym
- Ages:** 7 thru 12 years
- Time:** 9:00am – 1:00pm
- Course Code:** 140603
- Section A1:** Thursday, June 15
- Section A2:** Monday, June 26
- Section A3:** Tuesday, August 15
- Section Fee:** res./non-res. \$190.00/\$200.00

We will be putting on a 10 - 15 minute play in a day at the end of class for parents, caregivers and siblings. Participants should bring a snack, lunch and water bottle. Participants also need to be able to read and are eager and willing to perform in front of a parental audience. The Elves and the Shoemaker is a simple story of a poor shoemaker and his wife who discover they are getting help from a mysterious trio of elves. The story shows that kindness and helping others feels good and is the gift that keeps on giving. The play is made possible thanks to Jennifer Reif and The Drama Notebook. The producer and instructor, Angie Mack of Ozaukee Talent, has been working with children in the arts for over 20 years. She has a track record of coaching top-notch talent at a variety of theaters throughout the Greater Milwaukee area.

TINY TOTS BALLET

- Instructor:** Miss Ceci Broussard, WFB Recreation Instructor
- Location:** Lydell Community Center, Room 19
- Ages:** 3 thru 4.5 years
- Days:** Tuesdays and Thursdays **Time:** 4:00 – 4:40pm
- Course Code:** 110401
- Section A1:** July 11 – July 27
- Section Fee:** res./non-res. \$50.00/\$60.00

Your child will love moving to various tempos of music and learning some introductory ballet terminology this summer. He or she will also increase body awareness, coordination and listening skills. Clothing for active movement and footwear such as ballet slippers are recommended.

BALLET AND CREATIVE DANCE

- Instructor:** Miss Ceci Broussard, WFB Recreation Instructor
- Location:** Lydell Community Center, Room 19
- Ages:** 4.5 thru 6 years
- Days:** Tuesdays and Thursdays **Time:** 4:50 – 5:30pm
- Course Code:** 130401
- Section A1:** July 11 – July 27
- Section Fee:** res./non-res. \$50.00/\$60.00

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

ELEMENTARY BALLET AND TAP



- Coordinator:** Mequon Thiensville Recreation Department
- Instructor:** Academy of Dance Arts Instructor
- Location:** Academy of Dance Arts
9036 N 51st Street Brown Deer, WI 53223
- Ages:** 5 thru 7 years
- Day:** Wednesdays **Time:** 5:00 – 6:00pm
- Note:** **Registration Deadline:** Wednesday, June 14
- Course Code:** 150405
- Section A1:** June 21 – Aug 23 (skip July 5)
- Section Fee:** res./non-res. \$105.00/\$115.00

Students will learn basic ballet terminology, basic barre work, and begin center work in ballet. Beginner tap technique and terminology will also be started. Dress code is a leotard, tights, leather ballet slippers for ballet and any color tap shoes. There will be a Performance/Costume Day on the last day of the class. The costume is included in the registration cost.

HIP HOP DANCE



- Coordinator:** Mequon Thiensville Recreation Department
- Instructor:** Academy of Dance Arts Instructor
- Location:** Academy of Dance Arts
9036 N 51st Street Brown Deer, WI 53223
- Ages:** 7 thru 10 years
- Day:** Wednesdays **Time:** 6:15 – 7:00pm
- Note:** **Registration Deadline:** Wednesday, June 14
- Course Code:** 150404
- Section A1:** June 21 – Aug 23 (skip July 5)
- Section Fee:** res./non-res. \$105.00/\$115.00

Learn the latest hip-hop moves and techniques taught in a gentle format. A final dance will be created that is fun and energetic. Comfortable stretch clothing must be worn with tennis shoes. All music will be age and content-appropriate. There will be a Performance/Costume Day on the last day of the class. The costume is included in the registration cost.

POM DANCE CLINIC

- Instructors:** Rachel Ruetz and WFBHS Dance Team Staff
- Location:** WFB High School Memorial Gym
- Ages:** K5 thru 5 by 2023/2024 school year
- Note:** **Registration Deadline:** Friday, June 30
- Days:** Monday thru Thursday
- Dates:** Aug 14 – Aug 17
- Course Code:** 130404
- Section A1:** Grades K5 – 2 **Time:** 8:30 – 10:30am
- Section A2:** Grades 3 – 5 **Time:** 11:00am – 1:00pm
- Performance:** WFB Varsity Football Game
Friday, Aug 18 **Time:** 6:30 – 8:30pm
- Section Fee:** res./non-res. \$85.00/\$95.00

The WFB High School Blue Duke Dancers invite you to attend a pom and dance camp instructed by the 2023/2024 team members and coaches. The camp is open to students entering K5-5th grade. Participants will learn dance techniques and skills for a routine they are invited to perform at a Varsity football game! All performers will be given a t-shirt and their own pair of pom poms. Please wear athletic shoes and clothing that is easy to move in and bring a water bottle to camp. Join us for a fun experience!



PARENT-CHILD MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga Instructor
Location: Lydell Community Center, Room 15 and 17
Days: Wednesdays **Time:** 6:00 – 6:45pm
Ages: 7 years and up
Course Code: 160303
Section A1: June 7 – June 28
Section Fee: res./non-res. \$60.00/\$70.00

Parents and children can strengthen and relax their minds and bodies together. This fun and engaging class incorporates mindfulness and yoga to help reduce stress and increase resilience. With our busy lifestyles, it is truly a gift for parents and children to simultaneously take care of themselves and enjoy time with one another. To sign an additional child up to participate with you for an additional \$30, please use course code 160303 section A2.

YOUTH YOGA



Instructor: Katie Reitman, WFB Recreation Department Instructor
Days: Monday thru Friday **Time:** 1:00 – 1:45pm
Course Code: 130301
Section A1: June 12 – June 17 **Ages:** 4 thru 7 years
Location: Lydell Community Center, Room 15
Section A2: July 10 – July 17 **Ages:** 8 thru 11 years
Location: Lydell Community Center, Gym
Section Fee: res./non-res. \$95.00/\$105.00

Kids will have fun and move their bodies in this interactive class. Balance, stretch, move and jump, learn strengthening yoga moves and calming breathing techniques. A great workout using strength and balance and fun for all. Participants should bring their own yoga mat, if they have one. The instructor will have a few to borrow.

PARENT/TOT YOGA



Coordinator: Nicolet Recreation Department
Instructor: Angie Albert
Location: Nicolet High School Dance Studio, Glendale
Ages: 2 thru 5 years
Day: Saturdays **Time:** 9:00 – 10:00am
Course Code: 160301
Section A1: June 17 – July 8
Section A2: July 22 – Aug 12
Section Fee: res./non-res. \$55.00/\$65.00

Little Yogis is designed for children and their caretakers of all abilities. Caregivers are welcome to participate too! Classes will be playful and challenging, seeking to nurture the inner spirit of each child and promote a love for movement and health. Participants are encouraged to bring yoga mats, or go without.



ADVENTURE CAMP


Instructor: Riverwest Outdoor Educational Adventures Staff
Ages: 9 thru 12 years
Days: Monday thru Friday **Time:** 9:00am – 12:00pm
Note: Schedules could change due to inclement weather.

Course Code: 141301
Section A1: June 12 – June 16
 Mon: Kayak/Canoe, Tue: Rock Climb, Wed: Kayak/Canoe, Thurs: Bike, Fri: Hike
Section A2: June 27 – June 30
 Mon: Kayak/Canoe, Tues: Rock Climb, Wed: Kayak/Canoe, Thurs: Bike, Fri: Hike
Section A3: July 10 – July 14
 Mon: Kayak/Canoe, Tue: Rock Climb, Wed: Kayak/Canoe, Thurs: Bike, Fri: Hike
Section A4: GIRLS ONLY
 July 24 – July 28
 Mon: Kayak/Canoe, Tue: Rock Climb, Wed: Kayak/Canoe, Thurs: Bike, Fri: Hike
Section Fee: res./non-res. \$180.00/\$190.00

This 5-day program offers youth the opportunity to experience rock climbing, rappelling, canoeing, kayaking, biking and hiking- all within the city limits. This is all done under the tutelage of experienced staff. Training on equipment and safety will be discussed in order to guarantee a safe and successful experience for your child. You will receive an email the week prior to camp with the specific pick-up/drop off locations for each day of camp. If the schedule needs to be changed due to inclement weather, we will notify you of the schedule change as early as possible.

Adventure Camp Supplies: All major equipment is supplied except for the items listed. Participants should also bring a small backpack with sunscreen, bug spray, snack, towel and water in a plastic container each day.

Canoeing/Kayaking: Bring towel and clothes to get wet in.
Rock Climbing: Wear loose fitting clothes and sturdy shoes.
Biking: Bring your own bike and bike helmet.
Hiking: Wear sturdy shoes.



WHITEFISH BAY COMMUNITY GARDEN VOLUNTEER PROGRAM

VOLUNTEERS NEEDED

- WFB Community Garden
- 13 years and up
- April through October

See page 51 for details



YOUTH ENRICHMENT / FITNESS

TABLE TENNIS CAMP

- Coordinator:** Shorewood Recreation Department
- Instructor:** Linda Leaf, National Youth Table Tennis Organization Coach
- Location:** Shorewood Intermediate School Gym, Shorewood
- Ages:** Grades 3 thru 12 as of 2023/2024 school year
- Dates:** July 24 – Aug 3
- Days:** Monday thru Thursday
- Course Code:** 151201
- Section A1:** Grades 3 – 6 **Time:** 9:30 – 11:15am
- Section A2:** Grades 7 – 12 **Time:** 11:15am – 1:00pm
- Section Fee:** res./non-res. \$160.00/\$180.00

This is a table tennis training camp. Students will learn some of the important fundamental techniques of the sport of table tennis, including forehand and backhand strokes, serving, how to return and put spin on the ball, and the official rules. Footwork will be stressed. The course will be conducted by Linda Leaf, the only USATT and ITTF Certified Level II Table Tennis Coach in Wisconsin.

ARCHERY

- Coordinator:** Nicolet Recreation Department
- Instructor:** Inna Lebedinsky
- Location:** Kletzsch Park Archery Range, Glendale
- Days:** Tuesdays, Wednesdays, Thursdays
- Course Code:** 161208

PARENT WITH CHILD

- Ages:** 5 thru 9 years **Time:** 5:00 – 5:30pm
- Section A1:** June 6 – June 15
- Section A2:** June 20 – June 29
- Section A3:** July 5 – July 13
- Section A4:** July 18 – July 27

PRE-TEEN

- Ages:** 10 thru 13 years **Time:** 5:30 – 6:15pm
- Section B1:** June 6 – June 15
- Section B2:** June 20 – June 29
- Section B3:** July 5 – July 13
- Section B4:** July 18 – July 27

TEEN

- Ages:** 14 thru 18 years **Time:** 6:15 – 7:00pm
- Section C1:** June 6 – June 15
- Section C2:** June 20 – June 29
- Section C3:** July 5 – July 13
- Section C4:** July 18 – July 27
- Section Fee:** res./non-res. \$75.00/\$85.00

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Equipment is provided; participants are also welcome to bring their own bows. We recommend parents attend the program with children under 10 years old. Register for two Summer sessions and receive the Fall session for FREE!

MIDDLE SCHOOL FUNDAMENTALS OF FITNESS & CONDITIONING

- Instructor:** LaDonna Gladney, NDTR, CPT and Strength & Conditioning Coach
- Location:** WFB High School, Fitness Center
- Ages:** Grades 6 thru 8 as of 2023/2024 school year
- Days:** Tuesdays thru Fridays **Time:** 12:30 – 1:30pm
- Course Code:** 161304
- Section A1:** June 13 – June 23
- Section A2:** June 27 – July 7 (skip July 4)
- Section A3:** July 11 – July 21
- Section A4:** July 25 – Aug 4
- Section A5:** Aug 8 – Aug 18
- Section Fee:** res./non-res. \$110.00/\$120.00

In this program, the middle schoolers will build a foundation for the fundamentals of athleticism. Each athlete will learn the fundamentals of the explosive movements, strength lifts, speed and agility technique, as well as the proper nutrition in achieving goals. Throughout the summer, each athlete will progress through a program that starts with baseline fundamentals and becomes more specific for them and their needs.

WFBHS ATHLETE TRAINING PROGRAM

- Instructor:** LaDonna Gladney, NDTR, CPT and Strength & Conditioning Coach
- Location:** WFB High School, Fitness Center
- Ages:** Grades 9 thru 12 as of 2023/2024 school year
- Days:** Tuesdays thru Fridays **Time:** 1:30 – 2:30pm
- Course Code:** 170303
- Section A1:** June 13 – June 23
- Section A2:** June 27 – July 7 (skip July 4)
- Section A3:** July 11 – July 21
- Section A4:** July 25 – Aug 4
- Section A5:** Aug 8 – Aug 18
- Section Fee:** res./non-res. \$110.00/\$120.00

This class is for high school athletes and is designed to help improve all aspects of athleticism, strength, explosiveness, speed, agility, injury prevention and functional skills. The athletes in this class will go through a daily full body athlete training regimen that will include, but not limited to, weight room strength activities, speed and agility training, plyometric training, functional mobility, flexibility and skill work specific to the sport they choose.

COMMUNITY FITNESS CENTER STUDENT MEMBERSHIP

- Attendants:** WFB Recreation Department Staff
- Location:** WFB High School, Field House Fitness Center
- Ages:** WFBHS students, Grades 9 thru 12 as of 2023/2024 school year
- Days:** Mon & Wed **Time:** 5:30 – 7:30am
Saturdays **Time:** 8:00 – 11:00am
Mon thru Thurs **Time:** 6:00 – 8:00pm
- Course Code:** 180300
- Section A1:** June 5 – Aug 31 (skip July 3, 4)
- Section Fee:** \$22.00

This membership is available to Whitefish Bay High School students only. The weight room will be open and a supervisor will be available



to show the proper use of the equipment. Research has shown that resistance training is a vital component for maintaining muscle strength, overall good health and even maintaining cognitive function. All new participants must attend an on-site fitness center orientation on their first visit facilitated by a fitness attendant prior to use.

PRAMS IN THE PARK

- Instructor:** Milwaukee County Sailing Center Staff
- Location:** Milwaukee Sailing Center
1450 North Lincoln Memorial Drive
Milwaukee, Wisconsin 53202
414-277-9094
- Ages:** 8 thru 11 years
- Note:** **Registration Deadline:** Friday, June 30
- Days:** Monday thru Friday **Time:** 9:00am – 12:00pm
- Course Code:** 152701
- Section A1:** July 10 – July 14
- Section Fee:** res./non-res. \$175.00/\$185.00

MCSC's nationally recognized "Prams in the Park" program, offered through the Whitefish Bay Recreation Department, introduces sailing and water safety to children, ages 8 thru 11, at the Discovery World Lagoon on Milwaukee's lakefront. Students learn key aspects of sailing, wind and water, sailboat handling and teamwork while playing games and practicing water safety, boat rigging and launching, basic maneuvers and capsizing and recovery under the watchful supervision of MCSC instructors. Participants must be able to swim at least 25 yards. Permission and medical forms are also required and will be emailed out prior to the start of the program. If you need to schedule a swim test to see if you can swim 25 yards, please contact Mark at Mark.suchowski@wfbsschools.com prior to June 30, 2023.

YOUTH SOFTBALL LEAGUE



- Coordinator:** Nicolet Recreation Department
- Instructor:** Volunteer Parents & Nicolet Rec Staff Umpires
- Location:** Nicolet High School backfields & Maslowski Park's Nicolet Softball Field, Glendale
- Ages:** Grades 1 thru 4 as of 2023/2024 school year
- Note:** Registration Deadline: Sunday, April 30
- Days:** Mondays and Wednesdays **Time:** Evenings
- Dates:** May 8 – July 26
- Course Code:** 151303
- Section A1:** Parent Pitch: Grades 1 and 2
- Section A2:** Junior League: Grades 3 and 4
- Section Fee:** res./non-res. \$50.00/\$60.00

Our two co-ed youth leagues cover boys and girls from 1st through 4th grade. Beginners at all age levels have learned the sport quickly, gained personal confidence, and made meaningful contributions to their teams! Experienced multisport athletes playing spring soccer, lacrosse, fast-pitch softball and even Little League have participated in two sports because of our league's low time commitment of only 1-3 hours per week, its affordability, and team rosters 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 carpooling and to make it a comfortable and enjoyable experience for the kids. Teams are run by volunteer parents with a passion for teaching the game to young people. There are no rules with regard to how many boys or girls are on each team's roster or in the field of play at any given time, but efforts are made to maintain competitive integrity. Managers ensure that all players receive an ample amount of playing time regardless of ability. Games are umpired by adult recreation staff, and the season will conclude by July 31st. We will be offering two leagues, Parent Pitch (1st- 2nd grade) as well as a Junior league (3rd- 4th grade). The Parent Pitch league will use a squishy softball and have parents/coaches pitch, while the Junior League will use a 10" softball and have players pitch. In the Junior League, scores and league standings are kept. Games will be played on Monday and Wednesday evenings. Depending on registration numbers, the two leagues may be combined into a single 1st - 4th grade league. In this event, rules may be adapted to fit all ages accordingly.

Please email the Program Director at caleb.franklin@nicolet.us if you have any questions. Teams will be formed by May 1st, 2023. Practices will begin Monday, May 8th and games will begin early June.

ST. EUGENE SCHOOL

NOW ENROLLING FOR THE 2023-24 SCHOOL YEAR!

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Guiding hearts, growing minds

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(414) 918-1120

www.steugene.school

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



YOUTH TEE PITCH & COACH PITCH LEAGUES

TEE-PITCH LEAGUE

- Instructor:** Volunteer Parent Coaches
- Location:** Cumberland, Armory and Richards fields
- Ages:** Grades K4 and K5 as of 2023/2024 school year
- Note:** **Registration Deadline** - Friday, May 19
- Dates:** June 17 – July 29
- Course Code:** 131302 A1 Wed /Sat 6:15pm Wed / 9:00am Sat
131303 A1 Thurs /Sat 6:15pm Thurs / 10:30am Sat
- Section Fee:** on/before May 8: res./non-res. \$70.00/\$80.00
- Section Fee:** after May 8: res./non-res. \$95.00/\$105.00

This program is designed to help boys and girls develop basic baseball fundamentals in a less competitive atmosphere. Each player will have three chances to hit a ball pitched by coaches before placing the ball on a tee. A softer ball will be used to help players catch and throw without the fear of injury. Players must provide their own glove. Volunteer parent coaches are needed.

COACH PITCH LEAGUE

- Instructor:** Volunteer Parent Coaches
- Location:** Cumberland, Armory and Richards Fields
- Ages:** Grades 1 and 2 as of 2023/2024 school year
- Note:** **Registration Deadline** - Friday, May 19
- Dates:** June 17 – July 29
- Course Code:** 141302
- Section A1:** Wednesdays and Saturdays
Time: 6:15pm Wed / 9:00am Sat
- Section Fee:** on/before May 8: res./non-res. \$70.00/\$80.00
- Section Fee:** after May 8: res./non-res. \$95.00/\$105.00

Designed for children who are not quite ready to play Little League. A softer ball is used to help players catch and throw without fear of injury. Emphasis is on skill development and sportsmanship. Players must provide their own glove. Volunteer parent coaches are needed.



IMPORTANT INFORMATION

REGISTRATIONS MUST BE RECEIVED BY FRIDAY, MAY 19TH. To ensure that your child is placed on a team, register before the May 19th deadline. Registrations received after that date will be handled on an individual basis.

REGISTER AND PAY ON/BEFORE MONDAY, MAY 8TH TO AVOID ADDITIONAL FEES. Registration fees on/before May 8th are \$70.00 res/\$80.00 non-res. After May 8th, the registration fees are \$95.00 res/\$105.00 non-res.

In order to create fair and equitable teams, **reciprocal player requests will no longer be accepted.** Teams will be formed by looking at siblings, school, and grade levels as criteria.

TEAMS DO FILL. In order to maximize the players' experience, teams have enrollment limits.

MANDATORY COACHES MEETING

WEDNESDAY, JUNE 14TH
@ 6:00 – 7:00PM

Lydell Community Center

All volunteer coaches must attend the mandatory meeting at the Lydell Community Center.

Plans on how to dispurse team uniforms, equipment, team rosters, and schedules will be discussed.



The Whitefish Bay Recreation would like to thank our league Sponsor, Molitor Properties on their generous donation.

JOIN THE FUN TODAY!

Contact Mark in the Recreation Department
at 414-963-3864 for more information!

REGISTER TODAY!



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



ONLINE
www.wfbschools.com



BASEBALL HITTING CAMPS

- Instructor:** Jay Wojcinski,
WFB High School Varsity Coach and Staff
- Location:** WFB High School Softball Diamond
(inclement weather – WFB Middle School New Gym)
- Days:** Monday thru Thursday
- Course Code:** 142008 5 thru 8 years
- Section A1:** June 19 – June 22 **Time:** 8:30 – 9:30am
- Section A2:** June 19 – June 22 **Time:** 11:30am – 12:30pm
- Section A3:** June 26 – June 29 **Time:** 11:45am – 12:45pm
- Course Code:** 152006 9 thru 12 years
- Section A1:** June 19 – June 22 **Time:** 9:30 – 10:30am
- Section A2:** June 19 – June 22 **Time:** 10:30 – 11:30am
- Section A3:** June 26 – June 29 **Time:** 10:45 – 11:45am
- Section Fee:** res./non-res. \$65.00/\$75.00

Baseball lovers, don't miss this camp or the opportunity to play on the renovated softball diamond located at the high school. Receive individualized instruction using the pitching machine, as well as other hitting stations. Signing up early is a must because of the low camp limits.

BASEBALL CAMP

- Instructor:** Jay Wojcinski,
WFB High School Varsity Coach and Staff
- Location:** WFB High School Softball Diamond
(inclement weather – WFB Middle School New Gym)
- Ages:** 5 thru 12 years
- Days:** Monday thru Friday
- Course Code:** 132001 5 thru 8 years **Time:** 8:30 – 9:30am
- Course Code:** 132002 9 thru 12 years **Time:** 9:30 – 10:30am
- Section A1:** June 26 – June 30
- Section Fee:** res./non-res. \$65.00/\$75.00

Baseball lovers, don't miss this camp or the opportunity to play on the renovated softball diamond located at the high school. Players will enjoy opportunities to develop fundamentals such as proper throwing, fielding, catching and hitting. Players will practice these skills in age-appropriate lead-up games.

BASEBALL FOR THE FUN OF IT

- Instructor:** WFB Recreation Department Staff
- Location:** WFB Little League Fields, 6400 N. Lydell Ave.
- Ages:** Grades 4 thru 8 as 2023/2024 school year
- Days:** Monday thru Thursday **Time:** 9:30 – 11:30am
- Course Code:** 151302
- Section A1:** June 26 – July 20 (skip July 4)
- Section Fee:** res./non-res. \$60.00/\$70.00

This program emphasizes fun over competitive play! Perfect for kids who want to practice baseball skills and drills in an organized and fun setting. Teams will be formed daily by coaches and participants will play games in a loosely structured format. Players should bring a water bottle and baseball glove every day. Rainouts will not be rescheduled.

JR BLUE DUKES VOLLEYBALL CLINIC



- Instructor:** Carol Riley, WFB High School Girls Varsity Coach
- Location:** WFB High School, Field House
- Ages:** Grades 1 thru 8 as of 2023/2024 school year
- Days:** Monday thru Thursday
- Dates:** July 17 – July 27
- Course Code:** 141207
- Section A1:** Grades 1 thru 3 **Time:** 12:00 – 1:00pm
- Section A2:** Grades 4 thru 5 **Time:** 1:15 – 2:45pm
- Section A3:** Grades 1 thru 3 **Time:** 3:00 – 4:30pm
- Section A1 Fee:** res./non-res. \$105.00/\$115.00
- Section A2/A3 Fee:** res./non-res. \$145.00/\$155.00

This program is appropriate for all skill levels. Grades 1 thru 3 will focus on basic volleyball skills such as setting, passing, footwork, arm swing and most importantly, COMMUNICATION. Grades 4 thru 5 will move at a quick, focused, and fun pace to keep kids engaged while working from skill to skill. Grades 6 thru 8 will be introduced to various skills used at the beginning level of volleyball competition. Different techniques will be covered through drills and games.

FLAG FOOTBALL LEAGUES

- Instructor:** Volunteer Parent Coaches
- Location:** WFB High School, Softball Field
- Ages:** Grades 1 thru 6 as of 2023/2024 school year
- Note:** Registration Deadline: Friday, August 4
- Day:** Saturdays **Time:** 9:30am – 3:00pm
- Dates:** Sept 9 – Oct 28
- Course Code:** 131306
- Section A1:** Grades 1 and 2
- Section A2:** Grades 3 and 4
- Section A3:** Grades 5 and 6
- Section Fee:** res./non-res. \$70.00/\$80.00

Each week players will have a half-hour practice session, followed by a league game. Volunteer parents will provide coaching. A coach's meeting will be held on Wednesday, September 6th at 6:00pm at the Lydell Community Center. Rosters and equipment will be handed out at that time. Please indicate your willingness to coach when registering.

SKYHAWKS FLAG FOOTBALL CAMP



- Instructors:** Skyhawks Instructors
- Location:** Lydell Community Center, Soccer Field
- Ages:** 7 thru 12 years
- Days:** Monday thru Thursday
- Time:** 2:30pm – 5:30pm
- Course Code:** 141303
- Section A1:** July 17 – July 20
- Section Fee:** res./non-res. \$140.00/\$150.00

Flag Football is the perfect introduction to "America's Game". Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a change to showcase their skill on the gridiron!



BLUE DUKES FOOTBALL CAMP

- Instructor:** Jake Wolter, WFB High School Varsity Coach
- Location:** WFB High School, Lubar Stadium
- Ages:** Grades 1 thru 4 as of 2023/2024 school year
- Days:** Tuesday thru Thursday **Time:** 10:00 – 11:30am
- Dates:** June 27 – June 29
- Course Code:** 142004
- Section A1:** Grades 1 and 2
- Section A2:** Grades 3 and 4
- Section Fee:** res./non-res. \$55.00/\$65.00

1st and 2nd graders will learn the basic skills of blocking, throwing, catching, punting, kicking and controlled tackling. They will develop ability through agility and speed training, learning techniques used by each position on the team. 3rd and 4th graders will learn the basic skills of blocking, throwing, catching, punting, kicking and controlled tackling. Campers will learn techniques used by each position on the team and conclude with a series of non-contact scrimmage games. Students are required to bring workout clothing, cleats, and non-cleated shoes to each session.

BASKETBALL FUNDAMENTALS

- Instructor:** Kevin Lazovik, WFB HS Former Head Coach
- Location:** Richards Elementary School, Gym
- Ages:** Grades 1 thru 3 as of 2023/2024 school year
- Days:** Monday thru Thursday **Time:** 3:45 – 5:00pm
- Course Code:** 141204
- Section A1:** June 19 – June 22
- Section Fee:** res./non-res. \$50.00/\$60.00

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

BASKETBALL SKILLS CAMP

- Instructor:** Ryan Fiet, Head Varsity Boys Basketball Coach
- Location:** WFB Middle School, Gyms
- Ages:** Grades 4 thru 8 as of 2023/2024 school year
- Days:** Monday thru Friday
- Dates:** June 19 – July 7 (skip July 4)
- Course Code:** 152003
- Section A1:** Grades 4 thru 6 **Time:** 11:30am – 1:00pm
- Section A2:** Grades 7 thru 8 **Time:** 10:00am – 11:30am
- Section Fee:** res./non-res. \$200.00/\$210.00

This program will focus on the fundamentals of basketball and prepare them for the middle and high school game. We will work on shooting fundamentals, scoring moves, functional ball handling techniques and skills. There will also be a number of fun games and competitions with the instructors running these camps. No previous skill or experience needed, just a passion or interest in the game of basketball.

DREAM LEAGUE BASKETBALL



- Coordinator:** Shorewood Recreation Department
- Instructor:** Aaron Akers, TNBA from National Basketball Academy of Milwaukee
- Location:** Lake Bluff Outdoor Basketball Courts, Shorewood
- Ages:** Grades 3 thru 8 as of 2023/2024 school year
- Note:** Registration Deadline: Saturday, June 10
- Day:** Tuesdays
- Dates:** June 13 – July 25 (skip July 4)
- Course Code:** 151207
- Section A1:** RISING STARS Grades 3 thru 5 **Time:** 5:30 – 6:30pm
- Section A2:** NBA Grades 6 thru 8 **Time:** 6:30 – 7:30pm
- Section Fee:** res./non-res. \$76.00/\$114.00

This is a player-driven league presented by the National Basketball Academy of Milwaukee. Players will be drafted onto teams and develop over the summer. There will be no coaches. Teams will be assigned a GM to help with guidance, motivation and substitutions. Players will receive a weekly schedule that includes: skill combinations, scheduled games, and playoffs/championship. Each participant will receive a jersey. Please bring a water bottle.

BADMINTON

- Instructor:** Doug Kane, WFB Recreation Instructor
- Location:** WFB High School, Field House
- Ages:** Grades 6 thru 12 as of 2023/2024 school year
- Days:** Mondays and Wednesdays **Time:** 1:30 – 2:45pm
- Course Code:** 151200
- Dates:** July 10 – July 26
- Section Fee:** res./non-res. \$25.00/\$35.00

Badminton players will be paired with others that have compatible skills. Beginner players are welcome, however, individual instruction may not always be available. Rackets and shuttlecocks will be provided or you may bring your own racket. Participants are expected to remain for the duration of the program. Written permission is required from a parent or guardian for any player wanting to leave early.

MADISON RADICALS ULTIMATE FRISBEE CAMP

- Instructor:** Madison Radicals, Certified Ultimate Instructors
- Location:** WFB High School, Lubar Stadium
- Ages:** 8 thru 14 years
- Days:** Monday thru Friday **Time:** 9:00am – 12:00pm
- Course Code:** 161303
- Dates:** July 17 – July 21
- Section Fee:** res./non-res. \$125.00/\$135.00

The Madison Radicals are hosting a week-long ultimate frisbee camp for youth aged 8-14! This camp is open to players of all skill levels and will be taught by professional players. Don't miss out on this opportunity to improve your ultimate frisbee skills and have a blast! All registrants will receive a Madison Radicals frisbee. For more information about Ultimate, you can contact Ryan Natzke at ryan@radicalsultimate.com.

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



TRACK AND FIELD

- Instructor:** Ben Van Male, WFB High School Varsity Coach
- Location:** WFB High School, Outdoor Track (Lubar Stadium)
- Ages:** Grades 3 thru 8 as of 2023/2024 school year
- Days:** Tuesdays, Wednesdays and Thursdays
- Time:** 11:00 – 12:00pm
- Course Code:** 151301
- Section A1:** June 13 – June 29
- Section Fee:** res./non-res. \$75.00/\$85.00

Cross that finish line and be a winner! This program will emphasize development of fundamentals and techniques in a wide variety of Track and Field events with experience in actual competition for all participants.

CROSS COUNTRY

- Instructor:** Coach Tony Agostini, WFB Recreation Department Instructor
- Location:** Estabrook Park, Soccer Field #1
- Ages:** Grades 6 thru 9 as of 2023/2024 school year
- Days:** Mondays and Thursdays **Time:** 8:30 – 9:30am
- Course Code:** 151307
- Section A1:** June 26 – Aug 3
- Section Fee:** res./non-res. \$60.00/\$70.00

Join the proud tradition that is Whitefish Bay Cross Country. Whitefish Bay Recreation staff will lead young runners through a progression of workouts, develop proper running form, improve fitness, strength and speed while enjoying the natural running terrain around Estabrook Park.

ROCK CLIMBING

- Coordinator:** Brown Deer Park and Recreation Department
- Instructor:** Brown Deer Park and Recreation Staff
- Location:** Novak Family Fieldhouse
8200 N. 60th Street, Brown Deer
- Ages:** 8 thru 14 years
- Time:** 6:00 – 7:30pm
- Course Code:** 151300

TUESDAYS

Section A1: May 16 – June 6

WEDNESDAYS

Section A2: June 21 – July 19

Section Fee: res./non-res. \$40.00/\$55.00

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



LIKE US ON FACEBOOK

OPEN CLIMB

- Coordinator:** Brown Deer Park and Recreation Department
- Instructor:** Brown Deer Park and Recreation Staff
- Location:** Novak Family Fieldhouse
8200 N. 60th Street, Brown Deer
- Ages:** 8 years and up
- Time:** 10:30am – 12:00pm
- Course Code:** 151300
- Section B1:** Sunday, Aug 20
- Section B2:** Sunday, Aug 27
- Section Fee:** res./non-res. \$15.00/\$25.00

Come climb! Join us for our open climb time! If you're an experienced climber and looking for a place to climb or have taken our instruction class before, here is your chance. A site supervisor will be present to help with provided gear and assistance, if needed. This program is not for new climbers.

YOUNG AMERICAN MARTIAL ARTS CLUB (YAMAC)

- Instructor:** Phil Sauer, Owner of Young American Martial Arts Club
- Location:** Lydell Community Center, Gym
- Ages:** 4 thru 13 years
Little Samurai: 4 – 6 years of age
Samurai: 7 – 13 years of age
- Days:** Mondays and Wednesdays
- Dates:** July 10 – Aug 16
- Course Code:** 121201
- Section A1:** Ages 4 thru 6 years **Time:** 4:30 – 5:00pm
- Section A2:** Ages 7 thru 13 year **Time:** 5:00 – 5:45pm
- Section Fee:** res./non-res. \$179.00/\$189.00
(25% additional family member discount)

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

NORTH SHORE MARTIAL ARTS CLUB (NSMAC)

- Instructor:** Phil Sauer, Owner of North Shore Martial Arts Club
- Location:** Lydell Community Center, Gym
- Ages:** 11 years and up
- Days:** Mondays and Wednesdays
- Time:** 6:00 – 7:15pm
- Course Code:** 151206
- Section A1:** July 10 – Aug 16
- Section Fee:** res./non-res. \$179.00/\$189.00
(25% additional family member discount)

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



YOUTH SPORTS

SKYHAWKS MINI-HAWK CAMP

- Instructors:** Skyhawks Instructors
- Location:** Lydell Community Center, Gym
- Ages:** 4 thru 6 years
- Days:** Monday thru Thursday
- Time:** 11:00am – 2:00pm
- Course Code:** 111207
- Section A1:** July 17 – July 20
- Section Fee:** res./non-res. \$140.00/\$150.00

This multi-sport program was developed to give children a positive first step into athletics. Flag football, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

SKYHAWKS MULTI-SPORT CAMP

- Instructors:** Skyhawks Instructors
- Location:** Lydell Community Center, Gym
- Ages:** 6 thru 12 years
- Days:** Tuesdays and Thursdays
- Time:** 11:40am – 12:40pm
- Course Code:** 111200
- Section A1:** June 13 – June 29
- Section A2:** Aug 1 – Aug 17
- Section Fee:** res./non-res. \$95.00/\$105.00

Our multi-sport camp is designed to introduce athletes to a variety of different sports in onsetting. For this program, we combine flag football, basketball, and soccer into one fun-filled program. Athletes will learn the rules and essential skills of each sport along with vital life lessons such as respect and teamwork.

SKYHAWKS FLOOR HOCKEY CAMP

- Instructors:** Skyhawks Instructors
- Location:** Lydell Community Center, Gym
- Ages:** 5 thru 8 years
- Days:** Tuesdays and Thursdays
- Time:** 10:20 – 11:20am
- Course Code:** 111209
- Section A1:** June 13 – June 29
- Section A2:** Aug 1 – Aug 17
- Section Fee:** res./non-res. \$95.00/\$105.00

Played on a hard surface, these classes focus on hand-eye coordination and reaction time to learn the sport of hockey. These young athletes will learn stickhandling, passing, shooting, and teamwork in a non-contact environment.

REGISTER TODAY!



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



ONLINE
www.wfbschools.com

LEARN TO SKATE LESSONS

- Instructor:** Jill Herbst, Director, USM Learn to Skate Program
- Location:** Polly and Henry Uihlein Sr. Ice Arena
University School
2100 W. Fairy Chasm Road River Hills, WI 53217
- Ages:** 3 thru 16 years
- Days:** Tuesdays and Thursdays
- Dates:** June 13 – July 27 (skip July 4)
- Course Code:** 131202
- Section A1:** 3:45 – 4:30pm Learn to Skate
(Beginner through Advanced Levels)
- Section A2:** 4:30 – 5:15pm Learn to Skate
(Beginner through Advanced Levels)
- Section Fee:** res./non-res. \$295.00/\$305.00

Join the "Big Chill" in the Polly and Henry Uihlein Ice Arena at the University School Milwaukee. Beat the heat and learn how to ice skate at the same time. Ice activities include games, mazes, snowball toss, ice art, strength, conditioning, skills and drills. Participants will be split up for each time frame into their desired class option. This class is for beginners through advanced levels. Skaters must bring skates (hockey or figure), gloves and a helmet (ski, bike or hockey).

LEARN TO SKATE CAMPS

- Instructor:** Jill Herbst, Director, USM Learn to Skate Program
- Location:** Polly and Henry Uihlein Sr. Ice Arena
University School
2100 W. Fairy Chasm Road River Hills, WI 53217
- Note:** If a skater signs up for two or more consecutive daily sessions in one week, there will be adult supervision between sessions, at no extra cost. Skaters must bring their own snacks for the supervised breaks.

This camp is for beginner through advanced skaters, including advanced Figure Skating. Beginner skaters must be able to stay upright on skates without assistance. Skaters must also be able to use the bathroom without assistance (if necessary, teachers can help remove the outer layer and wait outside the open restroom door).
- Ages:** 3 thru 14 years
- Days:** Monday thru Friday
- Course Code:** 131207
- Section A1:** Aug 7 – Aug 11 **Time:** 1:00 – 2:30pm
- Section A2:** Aug 7 – Aug 11 **Time:** 3:00 – 4:30pm
- Section A3:** Aug 14 – Aug 18 **Time:** 1:00 – 2:30pm
- Section A4:** Aug 14 – Aug 18 **Time:** 3:00 – 4:30pm
- Section A5:** Aug 21 – Aug 25 **Time:** 1:00 – 2:30pm
- Section A6:** Aug 21 – Aug 25 **Time:** 3:00 – 4:30pm
- Section Fee:** res./non-res. \$280.00/\$290.00

Broad coverage of skating skills in all levels. Daily schedule will include games and activities, balance and coordination, stroking and edges, rhythm and power. Skaters must bring skates (hockey or figure), gloves and a helmet (ski, bike or hockey). Figure skaters will be able to plan their own programs and present them to their family and friends on the last day of class and younger skaters will perform the skills that they have learned during the week.



LEARN TO PLAY HOCKEY LESSONS

Instructor: Jill Herbst, Director, USM Learn to Skate Program
Location: Polly and Henry Uihlein Sr. Ice Arena
 University School
 2100 W. Fairy Chasm Road River Hills, WI 53217
Ages: 4 thru 17 years
Day: Thursdays
Time: 5:30 – 6:15pm
Course Code: 131204
Section A1: June 15 – July 27
Section A2: Aug 3 – Sept 14
Section Fee: res./non-res. \$165.00/\$175.00

This program will focus on hockey skills, such as footwork, agility, coordination, fast starts and accelerations, crossovers, endurance, edge control, tricks and turns. Students will be assessed on the first day of class and assigned to the group that fits their current skill level: either Youth Hockey, Learn to Play, or Atoms/Mites. Skaters must bring skates (hockey or figure), gloves, a hockey stick and a helmet (ski, bike or hockey).

HOCKEY TOTS/POWER HOCKEY CAMPS

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

Note: If a skater signs up for two or more consecutive daily sessions in one week, there will be adult supervision between sessions, at no extra cost. Skaters must bring their own snacks for the supervised breaks. This camp is for skaters with basic skating skills and confidence.

Ages: 4 thru 8 years
Days: Monday thru Friday
Course Code: 131205
Section A1: Aug 7 – Aug 11 **Time:** 9:00 – 10:30am
Section A2: Aug 7 – Aug 11 **Time:** 11:00am – 12:30pm
Section A3: Aug 14 – Aug 18 **Time:** 9:00 – 10:30am
Section A4: Aug 14 – Aug 18 **Time:** 11:00am – 12:30pm
Section A5: Aug 21 – Aug 25 **Time:** 9:00 – 10:30am
Section A6: Aug 21 – Aug 25 **Time:** 11:00am – 12:30pm
Section Fee: res./non-res. \$280.00/\$290.00

Daily schedule will include games and activities, footwork practice, agility, edge control and coordination, crossovers and footwork, endurance, tricks and turns. Skaters must bring skates (hockey or figure), gloves, hockey stick and a helmet (ski, bike or hockey).

FAMILY OPEN ICE SKATING

Location: Polly and Henry Uihlein Sr. Ice Arena
 University School
 2100 W. Fairy Chasm Road River Hills, WI 53217
Day: Fridays
Time: 6:30 – 8:30pm
Course Code: 141205
Section A1: June 16, June 30, July 14, July 28, Aug 11, Aug 25
Section Fee: \$60 for all six Family Open Ice Skating sessions (family or individual)

Enjoy a “cool” night out with the entire family at the USM Ice Arena. Each Friday Family Skate event will have a music theme to skate to. Snack

bar will be open for refreshments and there will be a special “Lights Out” skate at the end of each evening. Pre-registration will allow you to attend all six sessions at the reduced cost of \$60. Drop-in rates are \$20 per family/individual and are due at the rink. There are a limited number of skates to borrow at no additional charge.

GIRLS LACROSSE SUMMER CLINIC

Instructors: WNS Wolfpack Staff
Location: WFB High School, Lubar Stadium
Ages: Grades 1 thru 8 as of 2023/2024 school year
Time: 10:00am – 12:00pm
Course Code: 141307
Section A1: Sunday, August 6
Section Fee: res./non-res. \$25.00/\$35.00

This is an instructional clinic offering drills/skills and the fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play lacrosse - the fastest growing sport in the United States. No experience necessary. Our program focuses on empowering girls to develop skill, athleticism, heart, determination and a love for the game of lacrosse. Experienced and enthusiastic coaches and players from the WNS (Whitefish Bay/Nicolet/Shorewood) high school program will lead the clinic. Lacrosse sticks, goggles and a mouth guard are required. If you need to borrow equipment or if you have any questions, please contact Kathryn Amato at wns.jr.wolfpack@gmail.com.

BOYS LACROSSE CLINIC

Coordinator: Shorewood Recreation Department
Instructors: Kevin Kane and Staff
Location: Shorewood High School, Football Field
Ages: Grades 1 thru 4 as of 2023/2024 school year
Day: Monday thru Friday **Time:** 3:00 – 4:30pm
Course Code: 151310
Section A1: June 12 – June 16
Section Fee: \$40.00

Lacrosse is a fast sport that combines aspects of soccer, hockey and basketball. This fun program is for boys going into 1st through 4th grade in the fall. The clinic is geared toward new players and those with one year of playing experience. Open only to boys who live in communities that serve the Whitefish Bay, Nicolet, or Shorewood Public Schools, or live in east-side Milwaukee. Through skills and drills, and small-sided, no-contact scrimmages, players will learn about the game of lacrosse.

All lacrosse equipment (gloves, elbow and shoulder pads, helmets and sticks) will be provided, if needed. Players must bring a mouth guard. Cleats and an athletic cup are recommended. This is a great opportunity for boys who are new to the sport to give it a try. Come out and play this sport that Sports Illustrated calls the “Fastest Growing Sport in the US”, plus have fun with friends. Participants need to show up at 2:30pm on the first day to get equipment.



YOUTH GYMNASTICS

Coordinator: Sarah Woods, Head Recreation Gymnastics
Coordinator/Coach

Location: WFB High School Memorial Gym

Days: Monday thru Thursday

RECREATIONAL LEVEL PROGRAMS

The Recreational Level Programs focus on basic skills for vault, bars, beam and floor. Our skill tracking program helps kids monitor their accomplishments and celebrate their achievements. As children progress through different levels, they will develop in the areas of agility, strength, flexibility, balance and coordination. In addition to these physical improvements, participants will learn life skills such as self-confidence, goal-setting, teamwork, responsibility, friendship and sportsmanship. At the end of the term, each gymnast will be notified of which level they should register for next. Parents who choose to watch their children must observe from the hallway. Contact Coach Sarah Woods at sarah.n.woods@gmail.com with any questions.

RECREATIONAL LEVEL FEES:

PARENT /TOT	\$45.00/\$55.00
(Ages 1.5 - 3 years old, with parent or guardian)	
PRE 3, PRE 4, PRE 5/6	\$70.00/\$80.00
(Ages 3-6 years old, according to child's age)	
LEVEL A*	\$70.00/\$80.00
(Grades 1-8, Beginning level)	
LEVEL B	\$70.00/\$80.00
(Grades 1-8, gymnasts who have passed Level A)	

***Preschoolers are NOT allowed in the Levels Programs without instructor approval.**

Level	Dates	Day	Time	Course Code / Section
Parent/Tot	June 13 – July 18 (skip July 4)	Tuesdays	8:45 – 9:30am	111400 / A1
Parent/Tot	June 14 – July 19 (skip July 5)	Wednesdays	8:45 – 9:30am	111400 / A2
Pre 3	June 12 – June 22	Mon – Thurs	12:15 – 1:00pm	121401 / A1
Pre 4			12:15 – 1:00pm	121403 / A1
			1:00 – 1:45pm	121402 / A1
Pre 5/6			12:15 – 1:00pm	121405 / A1
Level A			1:00 – 2:00pm	141401 / A1
Level B			2:00 – 3:00pm	141402 / A1
Pre 3	June 26 – July 6 (skip July 4)	Mon – Thurs	12:15 – 1:00pm	121401 / A2
Pre 4			12:15 – 1:00pm	121403 / A2
			1:00 – 1:45pm	121402 / A2
Pre 5/6			12:15 – 1:00pm	121405 / A2
Level A			1:00 – 2:00pm	141401 / A2
Level B			2:00 – 3:00pm	141402 / A2
Pre 3	July 10 – July 20	Mon – Thurs	12:15 – 1:00pm	121401 / A3
Pre 4			12:15 – 1:00pm	121403 / A3
			1:00 – 1:45pm	121402 / A3
Pre 5/6			12:15 – 1:00pm	121405 / A3
Level A			1:00 – 2:00pm	141401 / A3
Level B			2:00 – 3:00pm	141402 / A3

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

YOUTH GYMNASTICS

COMPETITIVE LEVEL PROGRAMS

The Competitive Program is 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 and compete in the fall meets. Please email Sarah at sarah.n.woods@gmail.com with any questions concerning the competitive teams.

COMPETITIVE LEVEL FEES:

USAG 1	\$70.00/\$80.00
(Grades 1-8, Beginning competitive level)	
USAG 2	\$85.00/\$95.00
(Grades 1-8, Beginning level for those who have passed USAG 1)	
USAG P3	\$85.00/\$95.00
(Grades 1-8, Beginning level for those who have passed USAG 2)	
USAG 3	\$95.00/\$105.00
(Grades 1-8, Intermediate level for those who have passed USAG P3)	
USAG P4	\$110.00/\$120.00
(Grades 1 – 8, Intermediate level for those who have passed USAG 3)	
USAG 4	\$110.00/\$120.00
(Grades 1-8, Intermediate level for those who have passed USAG 3)	
OPTIONALS*	\$110.00/\$120.00
(Grades 3-8, Advanced level for those who have passed USAG 4)	
HIGH SCHOOL	\$110.00/\$120.00
(Grades 9 – 12)	

* indicates that pre-approval is required for enrollment.

Level	Dates	Day	Time	Course Code / Section
USAG 1	June 12 – June 22	Mon – Thurs	2:00 – 3:00pm	141403 / A1
USAG 2			3:00 – 4:30pm	141404 / A1
USAG P3			3:00 – 4:30pm	141405 / A1
USAG 3			10:00 – 11:30am	141416 / A1
USAG 3			3:00 – 4:30pm	141406 / A1
USAG P4			9:00 – 11:30am	141411 / A1
USAG 4			9:00 – 11:30am	141412 / A1
Optionals			9:00 – 11:30am	141407 / A1
High School			9:00 – 11:30am	181401 / A1
USAG 1			June 26 – July 6 (skip July 4)	Mon – Thurs
USAG 2	3:00 – 4:30pm	141404 / A2		
USAG P3	3:00 – 4:30pm	141405 / A2		
USAG 3	10:00 – 11:30am	141416 / A2		
USAG 3	3:00 – 4:30pm	141406 / A2		
USAG P4	9:00 – 11:30am	141411 / A2		
USAG 4	9:00 – 11:30am	141412 / A2		
Optionals	9:00 – 11:30am	141407 / A2		
High School	9:00 – 11:30am	181401 / A2		
USAG 1	July 10 – July 20	Mon – Thurs		
USAG 2			3:00 – 4:30pm	141404 / A3
USAG P3			3:00 – 4:30pm	141405 / A3
USAG 3			10:00 – 11:30am	141416 / A3
USAG 3			3:00 – 4:30pm	141406 / A3
USAG P4			9:00 – 11:30am	141411 / A3
USAG 4			9:00 – 11:30am	141412 / A3
Optionals			9:00 – 11:30am	141407 / A3
High School			9:00 – 11:30am	181401 / A3



YOUTH GYMNASTICS

GYMNASTICS CAMP

- Coordinator:** Sarah Woods, Head Recreation
Gymnastics Coordinator/Coach
- Location:** WFB High School, Memorial Gym
- Ages:** Grades K5 thru 6
as of 2023/2024 school year
- Days:** Monday thru Friday
Time: 9:00am – 3:00pm
- Course Code:** 142003
- Section A1:** July 24 – July 28
- Section A2:** July 31 – Aug 4
- Section A3:** Aug 7 – Aug 11
- Section Fee:** res./non-res. \$195.00/\$205.00

Our days will include gymnastics for each event, but will rotate with other activities including an obstacle course, jewelry making, walking trips to Dairy Queen, scavenger hunts and much more! Schedules will be handed out on the first day of each camp. Campers should bring a bag lunch and one nut-free snack to each day of camp. All campers will receive a t-shirt.



PLANNING FOR COLLEGE?

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Contact Julie Murphy
julie@waverly-consulting.com



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Serving students from public and private high schools, and homeschooled students



YOUTH TENNIS

YOUTH TENNIS INSTRUCTION

Instructors: Phil Kelbe, WFB High School Former Varsity Coach & WFB Recreation Department Staff

Location: Cahill Courts

Ages: 5 thru 13 years

Days: Monday thru Thursday (2 rainout dates per section to be scheduled on Fridays)

Section A1: June 19 – June 29

Section A2: July 3 – July 14 (skip July 4)

Section A3: July 17 – July 27

Section A4: July 31 – Aug 10

Section Fee: res./non-res. \$115.00/\$125.00

QUICKSTART MUNCHKIN - 5 THRU 6 YEARS

Children will enjoy learning basic tennis skills on smaller courts with low compression balls. Skills include ball and racket handling, making contact with the ball and hitting the ball to a target. Emphasis will be on fun and teamwork. Participants must furnish their own racket.

Court	Time	Sections	Course Code
Cahill	9:00 - 9:45am	A1 - A4	131601
Cahill	3:30 - 4:15pm	A1 - A4	131603

QUICKSTART JUNIOR STARS - 7 THRU 10 YEARS

Students will have fun while learning proper tennis techniques on smaller courts with low compression balls. We'll cover handgrip, strokes, volleying and serving and review game rules, scoring and practice skills throughout the program. For players with lesson experience, tennis strategies will be implemented. All players will be divided by ability level. Participants must furnish their own racket.

Court	Time	Sections	Course Code
Cahill	9:00 - 9:45am	A1 - A4	141601
Cahill	10:00 - 10:45am	A1 - A4	141602
Cahill	11:00 - 11:45am	A1 - A4	141604
Cahill	1:30 - 2:15pm	A1 - A4	141605

SENIOR STARS - 11 THRU 13 YEARS

Students will have fun while learning proper tennis techniques on smaller courts with low compression balls. We'll cover handgrip, strokes, volleying and serving and review game rules, scoring and practice skills throughout the program. For players with lesson experience, tennis strategies will be implemented. All players will be divided by ability level. Participants must furnish their own racket.

Court	Time	Sections	Course Code
Cahill	11:00 - 11:45am	A1 - A4	161601
Cahill	2:30 - 3:15pm	A1 - A4	161604



JUNIOR COMPETITIVE TENNIS LEAGUE PROGRAM

Ages: Grades 2 thru 12 as of 2023/2024 school year

Days: Monday thru Friday

Dates: June 19 – Aug 18 (skip July 4)

Course Code: 151601

Section A1: Grades 2 thru 5 3:30 - 4:30pm

Section A2: Grades 6 thru 8 2:00 - 3:30pm

Section A3: Grades 9 thru 12 12:30 - 2:00pm

Section A1 Fee: res./non-res. \$170.00/\$180.00

Section A2/A3 Fee: res./non-res. \$230.00/\$240.00

This league is for intermediate and advance players. In this 9-week program, youth tennis players, grades 2 thru 12, are encouraged to register for this fun and active program. During the first week, all players will be evaluated by the coaching staff to determine their skill level. Thereafter, all participants will be broken down by age and ability. Daily practice will focus on stroke development and drills. In addition, select players will have the opportunity, once a week, to travel and compete against other local recreation departments. Due to the long duration of this program, daily attendance is not required. An optional Parent Meeting is scheduled for Tuesday, June 20th at 6:00pm in the Cahill Pavilion. **Rain dates will NOT be made up.**



YOUTH GOLF

TIGER TOTS

Instructor: Missing Links Staff
Location: Missing Links Golf Club, Mequon
Ages: 4 thru 6 years
Section Fee: res./non-res. \$125.00/\$135.00

The grand familiarization of golf geared towards introducing and entertaining the youngest golfer. Tiger Tots offers exposure to the mechanics of the swing, hand-eye coordination, putting, stretching and safe practice. Let's not forget about priceless photo ops with equipment. Golf clubs are provided at no additional cost.

SATURDAYS

Course Code: 131501 **Time:** 9:00
Course Code: 131502 **Time:** 10:00
Section A1: Apr 29 – May 20
Section A2: June 3 – June 24
Section A3: July 8 – July 29
Section A4: Aug 5 – Aug 26

WEDNESDAYS

Course Code: 131506 **Time:** 9:00
Course Code: 131507 **Time:** 10:00
Section A1: June 14 – July 12 (skip July 5)
Section A2: July 19 – Aug 9

MICKELSON MIDLERS

Instructor: Missing Links Staff
Location: Missing Links Golf Club, Mequon
Ages: 7 thru 10 years
Section Fee: res./non-res. \$140.00/\$150.00

These lessons provide a thorough introduction to the golf swing. Our award-winning PGA pros discuss goals and then help to perfect grip, alignment, posture and swing mechanics. At Missing Links an emphasis is put on short game instruction focusing on putting and chipping. Golf clubs provided at no additional cost.

SATURDAYS

Course Code: 141501 **Time:** 9:00am
Course Code: 141502 **Time:** 10:15am
Course Code: 141503 **Time:** 11:30am
Section A1: Apr 29 – May 20
Section A2: June 3 – June 24
Section A3: July 8 – July 29
Section A4: Aug 5 – Aug 26

TUESDAYS

Course Code: 141504 **Time:** 9:00am
Course Code: 141505 **Time:** 10:15am
Course Code: 141506 **Time:** 11:30am
Section A1: June 13 – July 11 (skip July 4)
Section A2: July 18 – Aug 8

WEDNESDAYS

Course Code: 141507 **Time:** 9:00am
Course Code: 141508 **Time:** 10:15am
Course Code: 141509 **Time:** 11:30am
Section A1: June 14 – July 12 (skip July 5)
Section A2: July 19 – Aug 9

THURSDAYS

Course Code: 141510 **Time:** 9:00am
Course Code: 141511 **Time:** 10:15am
Course Code: 141512 **Time:** 11:30am
Section A1: June 15 – July 13 (skip July 6)
Section A2: July 20 – Aug 10

PALMER'S PLAYERS

Instructor: Missing Links Staff
Location: Missing Links Golf Club, Mequon
Ages: 11 thru 17 years
Section Fee: res./non-res. \$140.00/\$150.00

Same instruction as Mickelson Middlers, but geared towards the more mature youth. Golf clubs provided at no additional cost.

SATURDAYS

Course Code: 161501 **Time:** 1:00pm
Section A1: Apr 29 – May 20
Section A2: June 3 – June 24
Section A3: July 8 – July 29
Section A4: Aug 5 – Aug 26

TUESDAYS

Course Code: 161503 **Time:** 1:00pm
Section A1: June 13 – July 11 (skip July 4)
Section A2: July 18 – Aug 8

WEDNESDAYS

Course Code: 161504 **Time:** 1:00pm
Section A1: June 14 – July 12 (skip July 5)
Section A2: July 19 – Aug 9

THURSDAYS

Course Code: 161507 **Time:** 1:00pm
Section A1: June 15 – July 13 (skip July 6)
Section A2: July 20 – Aug 10



Any weather-related cancellation questions, please call Missing Links Golf Club at (262)243-5711.

YOUTH GOLF

JUNIOR GOLF LEAGUE

Instructor: Missing Links Staff

Location: Missing Links Golf Club, Mequon

Ages: 9 thru 17 years

Course Code: 161505

Section A1: Mondays **Time:** 9:30am – 12:00pm
June 12 – Aug 14 (skip July 3)

Section A2: Tuesdays **Time:** 9:30am – 12:00pm
June 13 – Aug 15 (skip July 4)

Section A3: Wednesdays **Time:** 12:30 – 3:00pm
June 14 – Aug 16 (skip July 5)

Section A4: Thursdays **Time:** 9:30am – 12:00pm
June 15 – Aug 17 (skip July 6)

Section A5: Fridays **Time:** 9:30am – 12:00pm
June 16 – Aug 18 (skip July 7)

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

For over 20 years, Junior League at Missing Links has been the most entertaining program that we offer for kids! Junior League is the perfect opportunity to put all the golf instruction to use and have some fun in a semi-competitive environment. League meets once a week for the majority of the summer. Sign up for multiple days! Besides learning some tips and strategies on the course, our camp will cover basic rules, etiquette, different golf games and tweaking your swing. Prizes will be awarded weekly for a variety of fun games and contests. The last week of camp is reserved for the Club Championship and a pizza banquet with more awards. The week of the 4th of July is skipped this year. **Players must have at least 4 hours of prior golf instruction in order to participate.**

HALF-DAY JUNIOR GOLF CAMPS

Instructor: Chris Goodwick

Location: Missing Links Golf Club, Mequon

Ages: 8 thru 14 years

Days: Monday thru Friday **Time:** 9:00am – 12:00pm

Course Code: 161513

Section A1: June 12 – June 16

Section A2: June 19 – June 23

Section A3: June 26 – June 30

Section A4: July 10 – July 14

Section A5: July 17 – July 21

Section A6: July 24 – July 28

Section A7: July 31 – Aug 4

Section A8: Aug 7 – Aug 11

Section Fee: res./non-res. \$409.00/\$419.00

These camps teach the fundamentals of golf through fun and educational activities. These camps develop positive and confident students, both on and off the course. Our program is designed to build leadership and overall performance skills. Missing Links Half-Day Junior Golf Camps provide exceptional golf instruction, an exclusive student-specific player development program, and performance-based coaching for everyone from the inexperienced player to the aspiring professional golfer.

JUNIOR ONE-DAY GOLF CLINIC

Instructor: Missing Links Staff

Location: Missing Links Golf Club, Mequon

Ages: 10 thru 17 years

Day: Friday **Time:** 9:00am – 3:00pm (lunch included)

Course Code: 161511

Section A1: June 16

Section A2: June 23

Section A3: June 30

Section A4: July 14

Section A5: July 21

Section Fee: res./non-res. \$140.00/\$150.00

Everything, plus more, condensed into one day. Golfers should have prior lessons or some golf experience. There will be instruction in the morning and course play in the afternoon.

HALF-DAY SPORTS CAMPS

Instructor: Missing Links Staff

Location: Missing Links Golf Club, Mequon

Ages: 6 thru 12 years

Days: Monday thru Friday **Time:** 9:00am – 12:00pm

Course Code: 161514

Section A1: June 12 – June 16

Section A2: June 19 – June 23

Section A3: June 26 – June 30

Section A4: July 10 – July 14

Section A5: July 17 – July 21

Section A6: July 24 – July 28

Section A7: July 31 – Aug 4

Section A8: Aug 7 – Aug 11

Section Fee: res./non-res. \$309.00/\$319.00

Supersized fun with golf, foot-golf, mini-golf, kickball, scavenger hunts, trivia and games... oh my! A week full of outdoor competition and, if it rains, we play virtual golf in covered stalls and games in the party room. Also treats. What more could you want?

SKYHAWKS BEGINNING GOLF CAMP

Instructor: Skyhawks Instructors

Location: Lydell Community Center, Soccer Field

Days: Tuesdays and Thursdays

Time: 9:00 – 10:00am

Ages: 4 thru 7 years

Course Code: 161512

Section A1: June 13 – June 29

Section A2: Aug 1 – Aug 17

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

Skyhawks golf programs focus on building confidence through proper technique and refining essential skills. Athletes will learn the fundamentals of swinging, putting, and body positioning. All SNAG plastic golf equipment will be provided by Skyhawks.



YOUTH AQUATICS

OPEN WATER SCUBA CLASS

Instructor: Aquatic Adventures, Inc.
Location: WFB High School, Field House Pool
Ages: 10 years & up
Note: **Registration Deadline:** Tuesday, May 30
Days: Tuesdays and Thursdays **Time:** 5:30 – 8:30pm
Course Code: 160807
Section A1: June 13 – June 22
Section Fee: res./non-res. \$475.00/\$485.00

If you have always wanted to learn how to scuba dive, here is your chance to become a certified diver. The PADI Open Water Diver class is the world's most popular scuba course and has introduced millions of people to scuba diving. This class consists of three main phases- Knowledge Development, Confined Water and Open Water Dives. You will complete the online Knowledge Development at home to learn the basic principles of scuba diving. Then, during the Confined Water and Open Water Dives, you will learn basic scuba skills such as mask and regulator clearing, buoyancy control, emergency air management and dive planning. You will earn the PADI Open Water Diver Certification when all three parts have been completed. To join the PADI Open Water Diver Class, you must be 10 years of age or older, be able to swim 200 yards without stopping and be able to tread or float for 10 minutes. Course includes: PADI Open Water eLearning course, PADI logbook, use of life support equipment and a PADI Open Water Diver Certification fee. Participants are required to supply their own personal gear, which includes a mask, snorkel, boots, and fins which can be purchased through the course host Aquatic Adventures, Inc. for a reduced cost.

DISCOVER SCUBA DIVING

Instructor: Aquatic Adventures, Inc.
Location: WFB High School, Field House Pool
Ages: 10 years & up
Day: Wednesday **Time:** 5:30 – 8:30pm
Course Code: 160808
Section A1: July 26
Registration Deadline: Wednesday, July 12
Section A2: August 16
Registration Deadline: Wednesday, August 2
Section Fee: res./non-res. \$55.00/\$65.00

Have you ever wondered what it is like to breathe underwater? Then, this PADI Discover Scuba Diving experience is your chance to give scuba a try in a fun, inexpensive, no-pressure setting. There is nothing like breathing underwater for the very first time. It takes a little getting used to, but after a few minutes, you will realize how easy scuba diving really is. You will get to wear scuba diving equipment, breathe underwater and learn some basic skills and safety rules that can show if a full certification is for you! No experience is required.

DIVING CLASS

Instructor: WFB Recreation Staff
Location: WFB High School Field House Pool
Ages: Grades 1 thru 9 as of 2023/24 school year
Note: This class is for students who are enrolled in/passed Level 4 swim lessons or higher.
Day: Saturdays **Time:** 12:00 – 12:45pm
Course Code: 180804
Section A1: June 17 – July 22
Section Fee: res./non-res. \$55.00/\$65.00

This class is for children who are enrolled in or have passed Level 4 (or higher) swim lessons. This unique and fun program will teach the basics of competitive diving. Each student will learn hurdles, forward diving positions, back dives, flips and twisters. For those who have no experience, these maneuvers are easy for anyone to catch on. Due to the limited number of students, each student will receive individual attention.

WATER SAFETY INSTRUCTOR - BLENDED LEARNING CLASS

Coordinator: Nicolet Recreation Department
Instructor: Cindy Schlidt
Location: Nicolet High School, Athletic Conference Room B113 and Pool, Glendale
Ages: 16 years and older
Note: **Registration Deadline:** Thursday, July 28
Days: Friday, Saturday and Sunday
Course Code: 180806
Section A1: August 18, 19, 20
Time: 5:00 – 10:00pm
Section A2: August 19
Time: 8:00am – 6:00pm
Section A3: August 20
Time: 8:00am – 6:00pm
Section Fee: res./non-res. \$228.00/\$258.00

Blended Learning: homework and lectures are completed online only. 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 participants' progress.

Prerequisites: Be at least 16 years of age by the final scheduled lesson of this course, demonstrate 25 yards of front crawl, back crawl, breaststroke, elementary backstroke, side stroke and 5 yards of butterfly to level 4 skills or higher, maintain back float for one minute and tread water for one minute. This 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. Must bring proof of online completion of all 9 online rounds prior to class start date. All materials are online. Must attend all days and complete all water and oral assignments. Must pass all practical skills and obtain 80% or higher on the written test to pass. This is a once-only test, no retakes allowed. Please plan on several hours of homework. Please register with your own email address. An email will be sent prior to the class start date with details of class requirements/prerequisites.

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



SUMMER SWIM INSTRUCTION

Location: WFB High School Field House/Auxiliary Pool
Age: 18 months and up
Note: Eight lessons per section. Please read descriptions and enroll your child in the proper class.

Section Fee: res./non-res. \$65.00/\$75.00

SECTION	DAYS	DATES
Section A1	Mon – Thurs	June 12 – June 22
Section A2	Mon – Thurs	June 26 – July 7 (skip July 4)
Section A3	Mon – Thurs	July 10 – July 20
Section A4	Mon – Thurs	July 24 – Aug 3
Section A5	Sat	June 17 – Aug 5
Section A6	Mon/Wed	June 12 – July 5

IMPORTANT:

Children ages 6 years and older must use the locker room for their respective gender.

Our swimming programs are offered to boys and girls interested in learning and improving their aquatic skills. Both the Field House and Auxiliary pools, located within Whitefish Bay High School, are used. Participants using either pool should use the field house locker rooms. Enter the locker rooms through the Field House lobby. A shower must be taken prior to entering the pool.

TODDLER	SECTION	DAYS	TIME	LOCATION	CODE#
Classes teach water safety and begin the development of swimming techniques. Adults must accompany each child in the water. Children should wear swim diapers.	A5	Sat	10:50 – 11:20am	Field House	110802
PRESCHOOL	SECTION	DAYS	TIME	LOCATION	CODE#
Designed for pre-schoolers who have little experience and are cautious without parents around the pool. One adult must accompany each child in the water.	A5	Sat	11:25 – 11:55am	Field House	120803
	A6	Mon/Wed	6:25 – 6:55pm	Auxiliary	120803
LEVEL I – WATER EXPLORATION	SECTION	DAYS	TIME	LOCATION	CODE#
Children should feel comfortable in the water. Skills include water safety, submerging head, using arms and legs on front and back, exhaling underwater and floating (front and back).	A1, A4	Mon – Thurs	9:00 – 9:45am	Field House	130801
	A2, A3	Mon – Thurs	10:00 – 10:45am	Field House	130802
	A2	Mon – Thurs	11:00 – 11:45am	Field House	130803
	A5	Sat	10:00 – 10:45am	Field House	130805
	A6	Mon/Wed	5:30 – 6:15pm	Auxiliary	130807
LEVEL II – PRIMARY SKILLS	SECTION	DAYS	TIME	LOCATION	CODE#
Skills include the front and back glide, treading water, jellyfish float, combined stroke (front and back).	A4	Mon – Thurs	9:00 – 9:45am	Field House	140801
	A1, A3	Mon – Thurs	10:00 – 10:45am	Field House	140802
	A1, A2, A4	Mon – Thurs	11:00 – 11:45am	Field House	140803
	A5	Sat	9:25 – 10:10am	Field House	140805
LEVEL III – STROKE READINESS	SECTION	DAYS	TIME	LOCATION	CODE#
Skills include reaching assist, front and back crawl, standing dive, rotary breathing, butterfly kick, survival float.	A1, A2, A3	Mon – Thurs	9:00 – 9:45am	Field House	150801
	A4	Mon – Thurs	10:00 – 10:45am	Field House	150802
	A1, A3	Mon – Thurs	11:00 – 11:45am	Field House	150803
	A5	Sat	9:00 – 9:45am	Field House	150806
	A6	Mon/Wed	5:30 – 6:15pm	Auxiliary	150807
LEVEL IV – STROKE DEVELOPMENT	SECTION	DAYS	TIME	LOCATION	CODE#
Skills include diving, elementary backstroke, breaststroke, butterfly, throwing assist.	A2, A3	Mon – Thurs	9:00 – 9:45am	Field House	160801
	A1, A4	Mon – Thurs	10:00 – 10:45am	Field House	160802
	A5	Sat	9:00 – 9:45am	Field House	160804
	A6	Mon/Wed	6:25 – 7:10pm	Auxiliary	160805
LEVEL V / VI – STROKE REFRINEMENT SKILL PROFICIENCY	SECTION	DAYS	TIME	LOCATION	CODE#
Skills include survival swimming, open turns, rescue breathing, flip turn, continued practice with elementary backstroke, breaststroke, sidestroke and butterfly.	A2	Mon – Thurs	10:00 – 10:45am	Field House	170801
	A3, A4	Mon – Thurs	11:00 – 11:45am	Field House	170802
	A5	Sat	11:00 – 11:45am	Field House	170803



AQUATICS

OPEN SWIM IS BACK!

PRIVATE SWIM LESSONS & SEMI-PRIVATE SWIM LESSONS

Location: WFB High School Pools
 Mon/Fri Field House Pool
 Tues/Thurs Auxiliary Pool

Days: Mondays **Dates:** July 10 – July 31
Time: 1:45 – 3:00pm

Tuesdays **Dates:** June 20 – Aug 8
Time: 1:45 – 3:00pm

Thursdays **Dates:** June 22 – Aug 10
Time: 1:45 – 3:00pm

Fridays **Dates:** June 23 – Aug 11
Time: 9:00 – 11:20am



Private Lessons

\$40.00 per 30-minute session

Semi-Private Lessons

\$20.00 per person per 30-minute session

To register, please complete a Private Swim Lesson Request form on our website. Once you place your request, your information will be forwarded to our swim instructors who will reach out to you and schedule your lessons. If requesting a semi-private lesson, the students need to be similar in ability or we might not be able to honor your request.

OPEN SWIM

Location: WFB High School, Field House Pool

Days: Wednesdays

Time: 1:45 – 3:30pm

Dates: June 21 – Aug 16

Note: Cancellations might happen during the season with limited notice.

Fee: At The Door:

\$3.00 per child (children 3 years and under are FREE!)

\$4.00 per adult (adults 55 and over are FREE!) or

or purchase a Family Open Swim Discount Card

Please bring exact change or present your Open Swim Discount Card for admission.

Please make sure the pool is open before you drop off your children. Spectators are allowed in the pool area by permission of lifeguards only. Children under 7 must be accompanied in the pool by a parent or guardian. Participants 17 years of age and below must pass a swim test to utilize the diving well.

Pool requirements: Participants must furnish their own swimsuit and towel. Showers must be taken and any band-aids removed prior to entering the pool. Use of any swimming aid is by permission of the lifeguards. No food/drink, hairpins, paper or glass containers permitted in the pool area. Lockers are provided and everyone is encouraged to bring a lock. The Recreation Department is not responsible for any lost or stolen articles. Participants should familiarize themselves with the pool rules posted inside the pool area.

Family Open Swim Discount Card: Our special Family Open Swim Discount Card entitles the holder and family to reduced admission to our summer Open Swim. See above for Open Swim dates and times. Valid for 30 Open Swim sessions (one punch per person per visit), 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.

FAMILY FUN SWIM

Location: WFB High School, Field House Pool

Days: Saturdays or Sundays

Time: 2:00 – 3:00pm

Dates: June, July, August

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

The Family Fun Swim program is an opportunity for families to enjoy the pool. Registration will get you and your family an hour-long pool time on a Saturday or Sunday of your choice for up to 15 of your family members. The swim time includes access to fun pool noodles, toys and the diving well. Swimmers 17 years and under must pass a swim test in order to use the diving well. Children under 7 must be accompanied in the pool by a parent or guardian.

To register, please complete a Family Fun Swim Request Form on our website. Forms must be received before 3:30pm on the Thursday prior to the Saturday or Sunday you would like to reserve.



SAVE .50¢ PER SWIM

Family Open Swim Discount Card:
WFB residents only \$75.00

AQUATICS

LAP SWIMMING

Location: WFB High School, Field House Pool
Days: Monday thru Friday mornings
Time: 6:00 - 7:30am
Monday thru Thursday evenings
Time: 7:00 – 8:30pm
Saturday and Sunday mid-day
Time: 12:00 – 1:30pm
Note: Please limit your time in the locker rooms to 15 minutes after your class is over.

Course Code: 190301
Section A1: June 4 – Sept 1 (skip July 3, 4)
Section Fee: res./non-res. res./non-res. \$65.00/\$75.00

Lap swimming is a wonderful way to keep in shape! This program is geared to accommodate adults who are looking for a relaxed workout.

NOON RECREATIONAL SWIM

Location: WFB High School, Field House Pool
Days: Monday thru Sunday **Time:** 12:00 – 1:30pm
(June 5 – June 9 time will be 12:00 – 12:45pm)
Dates: June 4 – Sept 1 (skip July 3, 4)
Note: Please limit your time in the locker rooms to 15 minutes after your class is over. Days or times may be cancelled on limited notice due to scheduling conflicts.

Course Code: 190302
Section A1: Adults 18 thru 54 years old
Section A1 Fee: res./non-res. \$55.00/\$65.00
Section A2: Seniors 55 years old and above
Section A2 Fee: res./non-res. \$45.00/\$55.00

Here's your chance to have fun, get fit and enjoy the water! This informal swimming program is designed for participants 18 years and older.

MASTER SWIM

Supervisor: Meghan Olson, Swim Coach
Location: WFB High School, Field House Pool
Days: Monday thru Friday **Time:** 5:00 – 6:00am
Course Code: 190802
Section A1: June 3 – Sept 1 (skip July 3, 4)
Section A1 Fee: res./non-res. \$170.00/\$180.00
Section A2: Lap Swim Add-On (Mon thru Fri 6:00 – 6:30am only)
Section A2 Fee: \$20.00

Master Swim is an aquatic fitness program for triathletes, competitive and fitness swimmers. The group will be coached by a trainer who will provide individualized goals. The emphasis is to focus and concentrate on swim stroke efficiency by utilizing drill sets and "swim thoughts". Each practice accommodates all skill levels, including beginner, intermediate and advanced triathlete. Jump start your day with a great swim workout! **Master Swimmers wishing to extend their morning pool time may register for course code 190802 A2. The cost for this add-on is \$20.00.**



EVENING WATER AEROBICS

Instructor: Kathy Seitz, WSI Certified Instructor
Location: WFB High School, Field House Pool
Days: Mondays **Time:** 7:15 – 8:45pm
Course Code: 190306
Section A1: June 5 – Aug 28 (skip July 3)
Section Fee: res./non-res. \$55.00/\$65.00

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

MORNING WATER AEROBICS

Instructor: Karma McMillan, Certified Fitness Instructor
Location: WFB High School, Field House Pool
Time: 10:30am - 11:45am
Course Code: 190303
Section A1: Mondays June 5 – Aug 28 (skip July 3)
Section A2: Wednesdays June 7 – Aug 30
Section A3: Fridays June 9 – Sept 1
Section Fee: res./non-res. \$55.00/\$65.00

Swimmers and non-swimmers, come join us for one hour of aerobic activity, strength training and stretching. This class is more vigorous than the Evening Water Aerobics class. The last 1/2 hour may be spent swimming laps. Pool temperature is between 78-82o and there is a lifeguard on duty.

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

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

PLEASE DON'T WAIT TO REGISTER.



ADULT FITNESS

LOW IMPACT AEROBICS

Instructor: Carolyn Noori, ACE Certified Fitness Instructor

Location: Lydell Community Center, Gym

Days: Mondays, Wednesdays & Fridays

Time: 8:00 – 8:45am

Course Code: 190315

Section A1: June 12 – Aug 18 (skip June 23, 30, July 3, 5, 7)

Section Fee: res./non-res. \$65.00/\$75.00

What's a better way to start your morning than with a low-impact aerobics program. The routine includes an essential warm-up, aerobic segment, and cool down. Sign up for Strength and Stretch for an additional \$10.00 (course code 190319 A2).

STRENGTH AND STRETCH

Instructor: Carolyn Noori, ACE Certified Fitness Instructor

Location: Lydell Community Center, Gym

Days: Mondays, Wednesdays and Fridays

Time: 8:50 – 9:35am

Course Code: 190319

Section A1: June 12 – Aug 18 (skip June 23, 30, July 3, 5, 7)

Section Fee: res./non-res. \$65.00/\$75.00

Strengthen and tone along with increasing your balance. Total body exercise that includes stretching, use of weights, and mat work. Sign up for Low Impact Aerobics for an additional \$10.00 (course code 190315 A2).

SIT N FIT

Instructor: Carolyn Noori, ACE Certified Senior Fitness Trainer

Location: Lydell Community Center, Gym

Days: Mondays and Fridays **Time:** 9:45 – 10:25am

Course Code: 190314

Section A1: June 19 – Aug 18 (skip June 23, 30, July 3, 7)

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

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

ZUMBA

Instructor: Tatiana Nuss, Certified Zumba Instructor

Location: Lydell Community Center, Gym

Day: Thursdays **Time:** 7:30 – 8:30pm

Course Code: 190326

Section A1: July 6 – Aug 24

Section Fee: res./non-res. \$60.00/\$70.00

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

YOGA WITH JILLIAN

Instructor: Jillian Holy, Certified Yoga Instructor

Location: Lydell Community Center, Room 17

MONDAYS

Course Code: 190322

Dates: June 26 – Aug 21 (skip July 3)

Section A1: Beginner/Intermediate **Time:** 4:30 – 5:40pm

Section A2: Beginner/Intermediate **Time:** 5:45 – 6:55pm

WEDNESDAYS

Course Code: 190323

Dates: June 21 – Aug 9

Section A1: Gentle **Time:** 9:45 – 10:55am

Section A2: Beginner/Intermediate **Time:** 11:00am – 12:10pm

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

These Yoga classes incorporate breathing practices, basic postures, joint exercises and relaxation techniques. The practices are designed to meet each individual where they are at. Beginners are welcomed and the various class levels are designed to create access and comfort for all abilities.

Beginner/Intermediate Yoga is designed for individuals who are completely new to yoga or have already taken beginner-level yoga classes and would like to deepen their practice. Gentle Yoga is particularly designed for individuals over 60 and those seeking a gentle class. The slow pace of the gentle class is designed to accommodate all levels of ability, strength and balance. Chairs are used for support and balance. When weather permits, part of each class may be held outdoors.

MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga Instructor

Location: Lydell Community Center, Room 17

Days: Mondays **Time:** 9:30 – 10:30am

Course Code: 150301

Section A1: June 5 – June 26

Section Fee: res./non-res. \$40.00/\$50.00

This unique offering combines gentle yogic stretching and strengthening with mindful awareness instruction. It's a two-for-one: cultivate a healthy body AND a healthy mind. Leave feeling relaxed, refreshed, focused, and ready to take on your day!

Jamie Lynn Tatera is a certified Mindful Self-Compassion instructor with 500 hours of yoga therapy training. In her classes, she encourages participants to apply mindfulness and self-compassionate awareness to their practice of yoga.

REGISTER TODAY!



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com



PILATES WITH YIN YOGA

Instructor: Karma McMillan, Certified Personal Trainer
Location: Lydell Community Center, Room 19
Days: Tuesdays and Thursdays **Time:** 12:00 – 12:45pm
Course Code: 191702
Section A1: June 13 – July 6 (skip July 4)
Section A2: July 11 – Aug 3
Section A3: Aug 8 – Aug 31
Section Fee: res./non-res. \$100.00/\$110.00

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. This class will be combined with Yin Yoga, a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as the ligaments) rather than focusing on the muscles. The best of both exercises combined into one class! You will need to bring a yoga mat to class with you.

BARRE

Instructor: Karma McMillan, Certified Personal Trainer
Location: Lydell Community Center, Room 19
Days: Tuesdays and Thursdays **Time:** 1:00 – 1:45pm
Course Code: 191701
Section A1: June 13 – July 6 (skip July 4)
Section A2: July 11 – Aug 3
Section A3: Aug 8 – Aug 31
Section Fee: res./non-res. \$100.00/\$110.00

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

COMMUNITY FITNESS CENTER ADULT MEMBERSHIP

Attendants: WFB Recreation Department Staff
Location: WFB High School, Fitness Center
Days: Mon thru Thurs **Time:** 6:00 – 8:00pm
 Mon & Wed **Time:** 5:30 – 7:30am
 Sat **Time:** 8:00 – 11:00am
Dates: June 5 – Aug 31 (skip July 3, 4)
Course Code: 190305
Section A1: Adults 18 – 54 years old
Section A1 Fee: res./non-res. \$90.00/\$100.00
Section A2: Seniors 55 years old and above
Adult Fee: res./non-res. \$70.00/\$80.00
Section A3: Lap Swim Add-On \$20.00

(See Lap Swim program on Page 39 for dates and times.)

The weight room will be open and a supervisor will be available to show the proper use of the equipment. Research has shown that resistance (weight) training is a vital component for maintaining muscle strength, overall good health and even maintaining cognitive function for men and women. All new participants must attend an on-site fitness center orientation on their first visit facilitated by a fitness attendant prior to use. With the purchase of your membership, you can add the Lap Swim Program for an additional \$20.00.

PERSONAL TRAINING

Instructor: Certified Personal Trainers
Location: WFB High School, Fitness Center
Days: Mondays thru Thursdays
 Saturdays
Ages: 18 years and up

INDIVIDUAL TRAINING

Section A1: 30 Minute Session
Section A2: 45 Minute Session
Section A3: 60 Minute Session

# of sessions	Course Code	Section A1 Fee	Section A2 Fee	Section A3 Fee
1	190331	\$30.00	\$37.00	\$43.00
6	190332	\$168.00	\$219.00	\$246.00
12	190333	\$312.00	\$396.00	\$468.00
18	190335	\$432.00	\$558.00	\$664.00

2-PERSON TRAINING

Section A1: 45 Minute Session
Section A2: 60 Minute Session

# of sessions	Course Code	Section A1 Fee	Section A2 Fee
1	190336	\$55.00	\$65.00
6	190337	\$315.00	\$369.00
12	190338	\$594.00	\$702.00
18	190339	\$837.00	\$998.00

Take your personal fitness to the next level with the guidance of one of our certified personal trainers. Packages include an initial consultation along with a personal plan to help you reach your fitness goals.

To be contacted with further information, please complete a Personal Training Request form on our website. In-person registration only, so stop in at the Recreation Department to get registered. Once you are registered, our Personal Trainer will contact you to start scheduling your sessions. A No Show, No Call, or cancellation within 24 hours of your scheduled session, will result in the loss of the session without the ability to reschedule.

WEIGHT TRAINING

Instructor: Karma McMillan, Certified Personal Trainer
Location: WFB High School, Fitness Center
Days: Saturdays **Time:** 11:00am – 12:00pm
Course Code: 191208
Section A1: June 17 – July 29
Section Fee: res./non-res. \$60.00/\$70.00

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



ADULT FITNESS

INDIVIDUALIZED WORKOUT PLAN

- Instructor:** Karma McMillan, Certified Personal Trainer
- Course Code:** 190310
- Section A1:** Individualized Workout Plan
- Section A1 Fee:** res./non-res. \$65.00/\$75.00
- Section A2:** One Training Session with Instructor
- A2 Location:** WFB High School, Fitness Center
- Section A2 Fee:** res./non-res. \$35.00/\$45.00

If you're stuck on how to start getting into shape, this is the perfect program for you! Our certified personal trainer will help you start your journey by setting you up for success with your very own personalized 2-month training program. Karma will go over with you the areas that you would like to target your training towards or what your overall goals are for your program. You can also sign up for a training session with Karma and go over your program with her one-on-one in the Whitefish Bay High School Fitness Center to make sure that you are doing the exercises correctly to maximize your plan. Don't wait any longer and sign up today!

NORTH SHORE MARTIAL ARTS CLUB (NSMAC)

- Instructor:** Phil Sauer, Owner of North Shore Martial Arts Club
- Location:** Lydell Community Center, Gym
- Ages:** 11 years and up
- Days:** Mondays and Wednesdays
- Time:** 6:00 – 7:15pm
- Course Code:** 151206
- Section A1:** July 10 – Aug 16
- Section Fee:** res./non-res. \$179.00/\$189.00
(25% additional family member discount)

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

BALLROOM DANCE

- Coordinator:** Nicolet Recreation Department
- Instructor:** Jacqui Lefebvre
- Location:** Nicolet High School Cafeteria, Glendale
- Days:** Tuesdays
- Dates:** April 18 – June 8
- Course Code:** 191402
- Section A1:** Ballroom Social Summer Sizzler
Time: 6:30 – 7:25pm
- Section A2:** Ballroom Summer Favorites
Time: 7:30 – 8:25pm
- Section Fee:** Per Couple res./non-res. \$54.00/\$64.00

Ballroom Social Summer Sizzler: Learn basic patterns and patterning in Swing, Salsa, Two-Step and Bachata for all your summer social dancing needs! All dance levels are welcome. No experience necessary. Ballroom Summer Favorites: Basic/intermediate social patterns and partnering in Foxtrot, Lindy-Hop, Rumba and Waltz. Some Ballroom experience is helpful but not necessary! Please include your dancing partner's name when registering.

KEEP KOOL ICE SKATING LESSONS

- Instructor:** Jill Herbst, Director, USM Learn to Skate Program
- Location:** Polly and Henry Uihlein Sr. Ice Arena
University School
2100 W. Fairy Chasm Road River Hills, WI 53217
- Days:** Tuesdays
Time: 5:30 – 6:15pm
- Course Code:** 131203
- Section A1:** June 13 – July 25 (skip July 4)
- Section Fee:** res./non-res. \$145.00/\$155.00

This course is for adults only. A fun and positive experience that will instill a lifelong love of ice skating. The adult curriculum is designed for beginning through advanced levels of ice skating. The class will focus on fitness, body alignment, coordination, agility, increased stroking power, edges, crossovers and more.



WANT MORE PICKLEBALL?

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

SEEKING NEW INSTRUCTORS & PROGRAM IDEAS FOR FALL OF 2023



Teach what you love while earning some extra cash!

Please submit your course proposals by May 31, 2023. The Course Proposal form can be downloaded from our website at www.wfbschools.com.

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



OPEN BASKETBALL

Supervisor: Chad Sloden, WFB Recreation Staff
Location: WFB High School, Field House
Day: Wednesdays **Time:** 7:30 – 9:30pm
Course Code: 191203
Section A1: July 12 – Aug 16
Section Fee: res./non-res. \$30.00/\$40.00

Participating in our open basketball program is a great way to add fun and fitness to your summer 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.

OPEN VOLLEYBALL

Coordinator: Shorewood Recreation Department
Instructor: Margaux Machut
Location: Shorewood High School North Gym
Day: Mondays **Time:** 7:00 – 9:00pm
Course Code: 192303
Section A1: June 12 – July 31 (skip June 19, July 3)
Section Fee: res./non-res. \$60.00/\$90.00

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

ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Days: Tuesdays, Wednesdays, Thursdays
Time: 6:15 – 7:00pm
Course Code: 161208
Section D1: June 6 – June 15
Section D2: June 20 – June 29
Section D3: July 5 – July 13
Section D4: July 18 – July 27
Section Fee: res./non-res. \$75.00/\$85.00

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Equipment is provided; participants are also welcome to bring their own bows. Register for two Summer sessions and receive the Fall session for FREE!

BADMINTON

Supervisor: William Couture, WFB Recreation Staff
Location: WFB High School, Field House
Day: Wednesdays **Time:** 7:30 – 9:30pm
Course Code: 191201
Section A1: July 12 – Aug 16
Section Fee: res./non-res. \$30.00/\$40.00

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

ADULT GOLF GROUP LESSONS

Instructor: Missing Links Staff
Location: Missing Links Golf Club, Mequon
Section Fee: res./non-res. \$140.00/\$150.00

TUESDAYS

Course Code: 191501 **Time:** 6:00 – 7:00pm
Course Code: 191502 **Time:** 7:00 – 8:00pm
Section A1: May 2 – May 23
Section A2: June 6 – June 27
Section A3: July 11 – Aug 1
Section A4: Aug 15 – Sept 5

WEDNESDAYS

Course Code: 191503 **Time:** 6:00 – 7:00pm
Course Code: 191504 **Time:** 7:00 – 8:00pm
Section A1: May 3 – May 24
Section A2: June 7 – June 28
Section A3: July 12 – Aug 2
Section A4: Aug 16 – Sept 6

THURSDAYS

Course Code: 191507 **Time:** 6:00 – 7:00pm
Course Code: 191508 **Time:** 7:00 – 8:00pm
Section A1: May 4 – May 25
Section A2: June 8 – June 29
Section A3: July 13 – Aug 3
Section A4: Aug 17 – Sept 7

Adult Group Lessons are ideal for the beginner and advanced beginner player. These lessons provide a thorough introduction and review of the fundamentals of playing golf. Our award-winning PGA pros discuss goals and then help to perfect your grip, alignment, posture, and swing mechanics tailored to the individual's abilities. At Missing Links, an emphasis is put on short game instruction, focusing on putting and chipping. Golf clubs provided at no additional cost.

OPEN CLIMB

Coordinator: Brown Deer Park and Recreation Department
Instructor: Brown Deer Park and Recreation Staff
Location: Novak Family Fieldhouse
 8200 N. 60th Street, Brown Deer
Ages: 8 years and up
Time: 10:30am – 12:00pm
Course Code: 151300
Section A1: Sunday, Aug 20
Section A2: Sunday, Aug 27
Section Fee: res./non-res. \$15.00/\$25.00

Come climb! Join us for our open climb time! If you're an experienced climber and looking for a place to climb or have taken our instruction class before, here is your chance. A site supervisor will be present to help with provided gear and assistance, if needed. This program is not for new climbers.



ADULT TENNIS



ADULT TENNIS INSTRUCTION

Instructor: Phil Kelbe, WFB High School
Former Varsity Coach

Location: Cahill Courts

Day: Mondays

Dates: June 19 – July 24

Course Code: 191601

Section A1: Beginner **Time:** 6:00 – 7:00pm

Section A2: Intermediate **Time:** 7:00 – 8:00pm

Section Fee: res./non-res. \$130.00/\$140.00

Beginner and intermediate players will enjoy the exercise and excitement of summer on the tennis court. Participants must furnish their own racket. Classes canceled due to inclement weather may be rescheduled on Wednesday evenings.

WHITEFISH BAY TENNIS COURTS AND AVAILABILITY

Whitefish Bay Recreation Department Tennis Instruction, Leagues and Whitefish Bay Adult Tennis Club use Cahill Park Courts for all instruction, league and club play. Village and School District courts are available for the community when not used for scheduled programming. Court use is on a first-come, first-serve basis during the listed available times below.

TENNIS COURTS & LOCATIONS	DAYTIME BEFORE 5PM	NIGHTTIME AFTER 5PM
Cahill Park Courts (7 courts) Marlborough Ave & Fairmount Ave	Saturday and Sundays	Fridays, Saturdays, Sundays
Henry Clay Courts (6 courts) Whitefish Bay High School	Monday through Sunday	Monday through Sunday
Cumberland Courts (3 courts) Cumberland Elementary School	Monday through Sunday	Monday through Sunday
Richards Courts (2 courts) Richards Elementary School	Monday through Sunday	Monday through Sunday
Klode Park Courts (2 courts) Belle Ave & Lake Drive	Monday through Sunday	Monday through Sunday

WFB ADULT TENNIS CLUB

Web Site: www.whitefishbaytennisclub.com

The WFB Adult Tennis Club is open to area tennis players 18+ years old for social play each Wednesday night June - August from 6:30 to 9:30 pm at the Cahill Park courts.

Annual Membership Dues

Single Membership: \$15 WFB resident; \$20 non-resident
Couple Membership: \$20 WFB residents; \$25 non-residents

Questions: Dan Poeschel
voice or text at (414) 213-5675
or e-mail at whitefishbay.tennis@gmail.com

To join, visit the web site and complete the Membership Form section and pay online.

Or Mail a check payable to WFB Adult Tennis Club to Dan Poeschel at 6041 N. Santa Monica Blvd, WFB 53217

REGISTER TODAY!



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



ONLINE
www.wfbschools.com



SEWING LAB

Location: Lydell Community Center, Room 22
Days: Mondays **Time:** 12:30 – 3:00pm
Course Code: 191902
Section A1: June 12 – Aug 14
Section Fee: res./non-res. \$70.00/\$80.00

Sewing Lab is designed to provide you with a premium workspace, allowing you to work side-by-side with fellow sewers. An instructor will be available at each class to offer direction and advice as needed. Come have fun in this social, creative, and fun environment. All participants must bring their projects and fabric to the first class.

BLOOMING WATERCOLOR FLOWERS

Instructor: Mary Pesch, WFB Recreation Instructor
Location: Lydell Community Center, Room 24
Days: Tues/Thurs **Time:** 7:00 – 8:30pm
Course Code: 190706
Section A1: July 11 – Aug 17
Section Fee: res./non-res. \$110.00/\$120.00

The class will learn how to paint realistic flowers, while learning basic watercolor painting techniques and tricks. Step-by-step illustrated worksheets and outline drawings will be provided for each class project. Drawing skills aren't a prerequisite but are helpful. Students will experiment with watercolor tools and will learn about watercolor pencils, to create exciting paintings. Instruction demos will be given at each class. It is a nurturing and fun environment. Beginners are welcome.

POTTERY THROWING

Instructor: WFB Recreation Department Instructor
Location: WFB High School Ceramics Studio, Room 35
Days: Tuesdays and Thursdays
Dates: July 11 – Aug 3
Course Code: 190705
Section A1: 7:00 – 9:00pm
Section Fee: res./non-res. \$130.00/\$140.00

Adult classes are for beginning through advanced students with individualized instruction based on students' interests. Basic and advanced wheel-throwing techniques will be covered. Techniques for making a variety of forms such as bowls, vases, mugs, bottles and teapots will be demonstrated. Texture and altered forms will be explored as well as a variety of glazing and decorating techniques. The last day of class, Aug 3, will be used to pick up completed pieces.

ESSENTIALS OF KNITTING

Instructor: Michelle Hill, WFB Recreation Department Instructor
Location: Lydell Community Center, Room 24
Ages: 12 years and up
Day: Wednesdays **Time:** 6:00 – 6:45pm
Course Code: 160703
Section A1: June 7 – June 21
Section A2: June 28 – July 12
Section Fee: res./non-res. \$30.00/\$40.00

Come join me and learn the essentials of knitting: choosing needles and yarn, cast on/off, knit stitch, trouble-shooting mistakes, reading pattern resources and more. At the end of our time together, you'll complete a square dishcloth. These skills can be applied to making a baby blanket, scarf, headband and more. A complete supply list can be found on your receipt. All supplies should be brought to the first day of class.

3D FLOWERS

Coordinator: Shorewood Recreation Department
Instructor: Kelly Caufield
Location: Shorewood High School, Science Building Room 136
Days: Monday through Thursday **Time:** 9:00 – 9:45am
Course Code: 190707
Section A1: June 26 – June 29
Section Fee: res./non-res. \$28.00/\$42.00

This focuses on basic 3D art-making skills and on artistic expression and choice. Participants will be able to create at least one 3D flower out of the three proposed projects. They will create and paint their flowers. If they have time, they can make more than one.

WREATH MAKING

Coordinator: Mequon/Thiensville Recreation Department
Instructor: MJ White, Designer and Business Owner at MJ's Designs and Home Decor
Location: Range Line Community Center, Room 108, Mequon
Time: 5:45 – 7:15pm
Course Code: 191025
Section A1: Wednesday, May 10 SPRING/SUMMER WREATH
Registration Deadline: Wednesday, May 3
Section A2: Monday, June 12 4TH OF JULY WREATH
Registration Deadline: Monday, June 5
Section Fee: res./non-res. \$67.00/\$77.00

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

CHARCUTERIE WORKSHOP

Coordinator: Mequon/Thiensville Recreation Department
Instructor: Amanda Mattefs, Owner of Charcuter-Me
Location: Cafe Hollander
 5900 W. Mequon Road, Mequon
Time: 7:00 – 8:30pm
Course Code: 190510
Section A1: Wednesday, June 14
Registration Deadline: Wednesday, June 7
Section A2: Wednesday, August 2
Registration Deadline: Wednesday, July 26
Section Fee: res./non-res. \$82.00/\$92.00

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



ADULT ENRICHMENT

HEALTHFUL INDIAN FLAVORS: ORIENTATION TO SPICES AND LEGUMES

- Instructor:** Alamelu Variavan, Author, Culinary Educator and PBS Cooking Show Host
- Location:** Lydell Community Center, Room 19
- Note:** Participants should bring \$5 to the class for the cost of supplies and ingredients.
Cookbooks will be available for purchase for \$20.
- Course Code:** 162502
- Section A1:** VIBRANT VEGETABLES
Date: Tuesday, June 20 **Time:** 6:00 – 7:30pm
- Section A2:** FLAVORED RICE DISHES
Date: Tuesday, June 27 **Time:** 6:00 – 7:30pm
- Section Fee:** res./non-res. \$40.00/\$50.00

Join Alamelu Vairavan, PBS CREATE TV cooking show host, author of several cookbooks and a culinary educator, as she takes you on an exciting journey to India. Alamelu has a passion for promoting healthy cooking and eating to the American public, using spices and legumes. These classes will include an orientation to spices and legumes and their use in Indian cooking. She will also discuss how to set up a basic spice pantry. Alamelu will show you how to easily prepare nutritious dishes. East can meet West right at your dinner table! Join us for an exciting culinary journey that includes tastings of the cooked foods. Health is wealth!

MORE CURRIES!

- Coordinator:** Nicolet Recreation Department
- Instructor:** Susan Pack
- Location:** Nicolet High School, Room B133, Glendale
- Course Code:** 162503
- Section A1:** Monday, May 22 **Time:** 6:00 – 8:30pm
- Section Fee:** res./non-res. \$40.00/\$50.00

Indian food seems to be synonymous with the word “curry”. But, what does this word really mean? Come join us and find out. During this hands-on class, you will enjoy making and eating these simple curry dishes. You will be surprised how easily you can reproduce them at home.

RUSTIC SOURDOUGH BREAD

- Coordinator:** Nicolet Recreation Department
- Instructor:** Steve Shapson
- Location:** Nicolet High School, Room B133, Glendale
- Course Code:** 192504
- Section A1:** Thursday, June 8 **Time:** 6:00 – 7:30pm
- Section Fee:** res./non-res. \$35.00/\$45.00

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

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

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

ADULT SPANISH FOR TRAVEL

- Instructor:** Futura Language Professionals
- Location:** Live Virtual
- Day:** Tuesdays **Time:** 6:00 – 7:00pm
- Course Code:** 190506
- Section A1:** June 6 – June 27
- Section Fee:** res./non-res. \$80.00/\$90.00

Do you have future aspirations for traveling to a Spanish-speaking country? If so, this is the class for you! Participants learn basic conversation skills to get around a Spanish-speaking country with greater ease. This class will include helpful dialogue, greetings, how to barter at a market and order in a restaurant, and how to ask for simple directions. Each class will include a travel-related theme to practice real world Spanish! Like all Futura classes, a dynamic and interactive approach will be used to keep the class fun and exciting! Applicable to new students and previous Spanish conversation participants. A Zoom link will be emailed to participants at least 48 hours before the first class. Basic computer experience and the ability to access Zoom required.

ADULT SPANISH IN THE KITCHEN

- Instructor:** Futura Language Professionals
- Location:** Live Virtual
- Day:** Mondays **Time:** 6:00 – 7:00pm
- Course Code:** 190506
- Section B1:** June 5 – June 26
- Section Fee:** res./non-res. \$80.00/\$90.00

In this dynamic class, participants will learn useful Spanish vocabulary and conversation components around the food and cooking theme that can be applied to real-life settings. Topics will include typical Hispanic dishes, restaurant vocabulary, understanding the market experience, setting the table, cooking from a recipe, and food vocabulary and conversation elements. Start speaking Spanish today! Open to new and previous Spanish conversation participants. A Zoom link will be emailed to participants at least 48 hours before the first class. Basic computer experience and the ability to access Zoom required.

PLANTAR FASCIITIS

- Instructor:** Erin Bafunno, DPT, CMTPT
- Location:** Freedom Physical Therapy Services
6908 N. Santa Monica Blvd
Fox Point, WI 53217
- Course Code:** 191010
- Section A1:** Thursday, June 15 **Time:** 3:00 – 4:30pm
- Section Fee:** res./non-res. \$10.00/\$20.00

Many people know or have heard of plantar fasciitis because they have either experienced it first hand or know someone who has. If you are looking for some background knowledge of what plantar fasciitis is, how to manage the symptoms, and prevention of future flare ups, then this is the class for you!



HOW TO GET RID OF TECH NECK

Instructor: Nicole Gardner, DPT, AIB-VRC, CMTPT

Location: Freedom Physical Therapy Services
6908 N. Santa Monica Blvd
Fox Point, WI 53217

Course Code: 191008

Section A1: Tuesday, June 20 **Time:** 5:00 – 6:30pm

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

“Tech Neck” is a term used to describe injury to the neck from prolonged use of personal electronic devices, such as laptops, tablets, and smartphones. This presentation will outline the impact personal electronic devices may have on our bodies and how you can manage and/or prevent this issue.

DRY NEEDLING

Instructor: Scott Coonen, PT, CMTPT

Location: Freedom Physical Therapy Services
6908 N. Santa Monica Blvd
Fox Point, WI 53217

Course Code: 191009

Section A1: Tuesday, July 11 **Time:** 5:00 – 6:30pm

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

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

DON'T LET TIME LIMIT YOUR WORKOUT



Instructor: Joe Ogden, DPT

Location: Freedom Physical Therapy Services
6908 N. Santa Monica Blvd
Fox Point, WI 53217

Course Code: 191013

Section A1: Thursday, Aug 3 **Time:** 5:30 – 7:00pm

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

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

HOW TO SELL YOUR HOUSE: A COMPLETE GUIDE FOR SELLERS

Instructor: Janine Werner, VP of Sales - Keller Williams

Location: Lydell Community Center, Room 19

Course Code: 190515

Section A1: Thursday, July 27 **Time:** 10:30am – 12:00pm

Section Fee: \$10.00

As a seller, you will want to get the most value out of your home as possible. This course will help the seller create an individualized house

preparation timeline, eliminate potential problems, give ideas and resources about pre-home inspections, decluttering, repairs and show you how to stage your home for a successful sale to maximize your profit and reduce your stress.

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

Instructor: Linda McGuire, Certified Retirement Options Coach

Location: Lydell Community Center, Room 15

Days: Tuesdays **Time:** 6:00 – 7:30pm

Course Code: 192605

Section A1: June 6 – June 20

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

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

EIG Ellenbecker
Investment Group

Advisors who
inspire growth.



HOW TO USE CRYSTALS AND STONES FOR HEALING: AN INTRODUCTION

Instructor: Michelle Boening, Ananda Citta Spiritual Care for People and Pets

Location: Lydell Community Center, Room 17

Day: Tuesdays **Time:** 6:00 – 8:00pm

Course Code: 190504

Section A1: Tuesday, June 13

Section Fee: res./non-res. \$15.00/\$20.00

Crystals and stones are beautiful and powerful tools to help with healing. How can you use them and for what purpose? Which crystals and stones are best suited to heal pain, anxiety and headaches? What can you use to help you focus and be productive? Join Michelle Boening of Ananda Citta Spiritual Care for People and Pets as we explore all the benefits of crystals and stones.

HEALING YOUR PET

Instructor: Michelle Boening, Ananda Citta Spiritual Care for People and Pets

Location: Lydell Community Center, Room 17

Course Code: 191517

Section A1: Tuesday, July 11 **Time:** 6:00 – 8:00pm

Section Fee: res./non-res. \$15.00/\$20.00

Animals are a beautiful addition to any family, bringing joy, peace and comfort to your home. But providing the best life possible for your pet doesn't stop at food, shelter, and medical care! In this class, we'll discuss how to use Reiki, Crystals and Stones, and Communication to connect with and heal your pet's energy. These spiritual care practices can be used at any time, but especially when your pet is experiencing pain or behavioral changes. Please

SPIRITUAL CARE FOR ALL



Instructor: Michelle Boening, Ananda Citta Spiritual Care for People and Pets

Location: Lydell Community Center, Room 15

Course Code: 190517

Section A1: Tuesday, May 16 **Time:** 6:00 – 8:00pm

Section Fee: res./non-res. \$15.00/\$20.00

Do you seek a deeper connection to yourself and others? Do you want to enhance your spiritual care practice but don't know how? In this introductory course, we will discuss some basic spiritual care practices to bring you closer to your Higher Self. Practices will include Tarot, Reiki, Meditation, and using Crystals and Stones. Learn how to incorporate any of all of these into your spiritual care repertoire.

ACBL BRIDGE LESSON PROGRAM



Coordinator: Mequon Thiensville Recreation Department

Instructor: Yvette Neary, ACBL accredited teacher and Emerald Life Master

Location: Range Line Community Center, Room 107, Mequon

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

HEART SERIES CLASS

Day: Tuesdays **Time:** 9:00 – 11:00am

Course Code: 191001

Section A1: May 2 – July 11 (skip June 20, July 4)

Registration Deadline: Tuesday, April 25

Section Fee: res./non-res. \$81.00/\$91.00

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

SUPERVISED PLAY

Day: Wednesdays

Course Code: 191001

Section B1: Apr 12 – May 31 (skip Apr 26, May 24)

Time: 9:00 – 11:00am

Registration Deadline: Wednesday, April 5

Section B1 Fee: res./non-res. \$56.00/\$66.00

Section B2: Apr 12 – May 31 (skip Apr 26, May 24)

Time: 1:00 – 3:00pm

Registration Deadline: Wednesday, April 5

Section B2 Fee: res./non-res. \$56.00/\$66.00

Section B3: June 7 – July 12 (skip June 21)

Time: 9:00 – 11:00am

Registration Deadline: Wednesday, May 31

Section B3 Fee: res./non-res. \$47.00/\$57.00

Section B4: June 7 – July 12 (skip June 21)

Time: 1:00 – 3:00pm

Registration Deadline: Wednesday, May 31

Section B4 Fee: res./non-res. \$47.00/\$57.00

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

REGISTER TODAY!



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com

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



SENIOR PROGRAMMING

BALANCE AND STRENGTH TRAINING FOR THE ELDERLY

Instructor: Brandi Carson, CPT/LPTA/CPR
Location: Lydell Community Center, Room 15
Day: Saturdays
Time: 10:00 – 11:00am
Course Code: 190311
Section A1: June 24
Section A2: August 5
Section Fee: res./non-res. \$15.00/\$25.00

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

SENIOR COFFEE TALK: COMMON SCAMS AND FRAUDS TARGETING SENIORS

Presenter: Ben Merens, Outreach Specialist Division of Trade & Consumer Protection Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP)
Location: Lydell Community Center, Room 17
Time: 10:30am – 12:00pm
Course Code: 199999
Section A1: Thursday, May 18
Section Fee: FREE – coffee and donuts will be provided

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



KEEPING IN MOTION LLC

DON'T COUNT THE DAYS, MAKE THE DAYS COUNT

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

Brandi Carson

CPT/LPTA/CPR

keepinginmotionllc@gmail.com

www.keepinginmotionllc.com

(262)293-6828

Give us a CALL for a FREE 30 min consultation!



Elderly In Home Personal Training

Is your **STRENGTH** declining?

Is it **DIFFICULT** to get around?

Do you get **SHORT** of breath?

Do you **LOSE** your balance?

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



SENIOR TRIPS

Time to Explore



DOWN AN AMISH COUNTRY ROAD

CASHTON, WISCONSIN

Date: Friday, July 21

Note: **Registration Deadline:** Tuesday, June 13

Course Code: 177777 A1

Fee: \$135.00 per person

If you have ever been to the Amish community of Cashton, Wisconsin, you do not want to miss this. This is the last opportunity to do a locally-guided Amish tour in this area, as the local guide is retiring. Enjoy a beautiful drive to Westby and Cashton, Wisconsin, the doorway to the Driftless Area, a region of unglaciated, mountainous terrain known as the Ocooch Mountains. The first stop will be at the Borgens Norwegian Cafe for a buffet lunch including their famous meatballs. The decor is old-world Norwegian with gnomes and rosemaling on the walls to delight their visitors. After lunch, we will travel to Down a Country Road where we will be invited to visit the gift shops and farm yard before departing on the driving tour of the Amish Community. We'll learn the many traditions and customs of the Amish, as well as make a few stops at a cheese store, baker, and quilt shop. We will make our way back through scenic Highway 33 and through the Wildcat Mountain State Park.

Departures: 7:15am College Ave NE Park & Ride (estimated return at 9:30pm)
7:45am State Fair Park & Ride (estimated return at 9:00pm)

MARY POPPINS: A BROADWAY MUSICAL

FIRESIDE DINNER THEATRE - FORT ATKINSON, WISCONSIN

Date: Sunday, July 30

Note: **Registration Deadline:** Thursday, June 22

Course Code: 177777 B1

Fee: \$145.00 per person

The world's favorite "practically perfect" nanny comes alive on the Fireside stage serving up more than a spoonful of delightful music, dancing and laughter that will transport and enchant audiences of all ages. A beloved Tony Award-winning musical, The Fireside's production of Mary Poppins features all the well-known popular songs, high-stepping dancing and treasure chest full of magic and mirth! The whole family will enjoy this dazzling and beautiful musical fable. There is only one word to describe this unforgettable production – "supercalifragilisticexpialidocious!"

Menu: Begin your brunch with an assortment of breads and pastries along with fruit, yogurt and granola. Then on to a full buffet filled with meats, eggs, bacon, pancakes, vegetables and more. Coffee, tea and milk are included.

Departures: 9:00am State Fair Park & Ride (estimated return at 5:30pm)
9:30am Goerke's Corners Park & Ride (estimated return at 5:15pm)

CHICAGO YOUR WAY FEATURING THE CHICAGO AIR SHOW

CHICAGO, ILLINOIS

Date: Saturday, August 19

Note: **Registration Deadline:** Wednesday, July 12

Course Code: 177777 C1

Fee: \$69.00 per person

Hop on our Coach and leave the driving to us. We'll drop off at the following locations in Chicago:

- Michigan Avenue, the famed Magnificent Mile of Chicago
- Navy Pier, a great place to view the Chicago Air Show
- Museum Campus, home to the Field Museum, Adler Planetarium and the Shedd Aquarium

You will be on your own to enjoy Chicago however you would like, and we'll return to pick you up later in the day. Approximate arrival time in Chicago is 10:30/11:00am and approximate departure time from Chicago is 3:30/4:00pm.

Departures: 7:45am Watertown Plank Park & Ride (estimated return at 6:30pm)
8:15am College Ave NE Park & Ride (estimated return at 6:00pm)



PROVIDED BY HAPPY TIMES TOURS & EXPERIENCES

Contact the Recreation Department Office for more detailed itineraries.

Sign Up Today!



WHITEFISH BAY COMMUNITY GARDEN

Coordinator: Miriam Gerriets, Whitefish Bay Community Garden Coordinator

Location: WFB Community Garden

Ages: 13 years and up

Days: days vary **Time:** times vary

Course Code: 190500

Section A1: April through October

Section Fee: FREE

The Whitefish Bay Garden needs you! The WFB Community Garden and its volunteers provide more than just rich soil for individuals and families to grow organic food, herbs and flowers. They also build social connections and provide a way to stay active and healthy. Volunteers will be contacted by a weekly email to sign up for volunteer work times. Depending on seasonal chores, volunteers will take direction from the coordinator and prepare soil, weed, sow seeds and much more. Of course, you will reap the benefits of your hard work by receiving lots of fresh produce throughout the growing season. Participants under the age of 13 may volunteer with an adult. If you are interested in giving a monetary donation or in being a business sponsor, please call our main office at 963-3947.



POLICY INFORMATION

DEPARTMENT POLICIES:

MISSION STATEMENT

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

REGISTRATION PROCESS

A digital version of the seasonal guide is available for viewing at least three days before the start of Resident Registration. The digital version will be posted to our website, Facebook page, and emailed to the primary household email in the Rectrac database. Once resident registration starts, residents can register for programs online, mail or in-person at Lydell Community Center. Registrations are received on a first-come, first-serve basis. Program guides are mailed to all WFB residents approximately two weeks after resident registration has begun. Residents have three weeks of priority registration before non-resident registration begins.

REGISTRATION DEADLINES

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

SAME DAY/LATE REGISTRATION

The Recreation Department will add an additional fee of \$10.00 per program for every registration received on or after the start date or registration deadline of the program.

WAITING LISTS

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

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 in the amount of the program. Refunds are only issued under the circumstances listed below. Some programs may have varying policies based on differing registration deadlines. Withdrawal requests when less than one week prior to the start of the program may not be honored.

REFUND PROCEDURE

Refunds will ONLY be issued in the following situations:

- A class is cancelled by the Recreation Department
- A family moves from the village
- Satisfaction Guarantee (See policy page 53)
- Medical condition

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

CLASS TRANSFER POLICY

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

INCLUSIVE RECREATION

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

RESIDENT DEFINITION

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

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

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

PLEASE DON'T WAIT TO REGISTER.

POLICY INFORMATION

DEPARTMENT POLICIES:

SATISFACTION GUARANTEED

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

INCLEMENT WEATHER

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

NO SMOKING/ALCOHOL USE

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

CAHILL PAVILION RENTAL

The Cahill Pavilion is available for residents for \$15.00 per hour. In addition to the hourly fee, there is a \$75.00 key deposit.

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

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

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

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

DISTRICT FACILITY RENTAL

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

INDOOR FACILITIES:

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

OUTDOOR FACILITIES:

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

REGISTRATION FORM



PAYEE INFORMATION (adult/parent/guardian)

Last Name _____ First Name _____

Address _____ Phone _____

City/State _____ Zip _____ Cell Phone _____

Email address _____

CREDIT CARD INFORMATION

CREDIT CARD NUMBER: - - -

EXP. DATE:

CVV#:

Signature _____

Card Holder Name (Print) _____

REGISTRATION OPTIONS



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



ONLINE
www.wfbschools.com

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

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

MUST READ AND SIGN BEFORE REGISTERING

LIABILITY AND PHOTO PERMISSION STATEMENT

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

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

Signature _____

Date _____

COURSE SELECTION

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

School (If Youth) _____ Grade _____

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

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

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

School (If Youth) _____ Grade _____

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

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

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

School (If Youth) _____ Grade _____

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

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

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

Name of volunteer _____

TOTAL





SAILING INSTRUCTION

X BOATS CAMPS
BEGINNER OPTI CLASSES

DAYTIME & EVENING
SESSIONS AVAILABLE

REGISTRATION
WWW.CLYC.COM/SAILING

*SAILBOATS AND EQUIPMENT PROVIDED BY THE YACHT CLUB. CLYC MEMBERSHIP IS NOT REQUIRED. ALL PARTICIPANTS MUST BRING A U.S. COASTGUARD APPROVED LIFEJACKET.

YOUTH & ADULT PROGRAMS

We have several fun camps and courses available! X Boat sailing camps provide great on-the-water instruction for new sailors (all ages) by teaching the fundamentals of skipping & crewing in semiprivate (1:2 instructor/student) sessions while Beginner Opti classes are designed for youth sailors (ages 7-14) to establish entry-level skills of rigging, boat handling, and racing.

LEARN TO SAIL!!!
CEDAR LAKE YACHT CLUB
WEST BEND, WI



CEDAR LAKE YACHT CLUB

4734 Yacht Club Dr.
West Bend, WI

Questions? Contact Nicole Boemer nlboemer@gmail.com



KIDS @ CAMP

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KLOTSCHE CENTER

OPEN
TO ANY AND ALL

KIDS CAMP

JUNE 19-23 / JUNE 26-30 / JULY 10-14

8:30 AM-4:30 PM
GRADES K-8 . AGES 5-15



REGISTRATION: MILWAUKEEBASKETBALLCAMP.COM
CONTACT: MKEBASKETBALLCAMPS@GMAIL.COM





Whitefish Bay RECREATION

Bringing **Community** Together

School District of Whitefish Bay
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IMPORTANT REGISTRATION DATES

WFB Resident
Registration Begins
MARCH 16, 2023

APRIL 6, 2023
Non-Resident Registration Begins

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