



Whitefish Bay RECREATION

Bringing Community Together

SUMMER 2025
TEEN C.I.T. &
BAY VOLUNTEER
APPLICATION
INFORMATION
INSIDE!

RESIDENT REGISTRATION
BEGINS NOV. 18, 2024

Resident Lottery Selection - Dec. 2, 2024.
Non-Resident Registration begins - Dec. 3, 2024.

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



CONNECTS BEFORE & AFTERSCHOOL 2025-2026 Lottery Enrollment

Connecting children, home & school



Connects Program

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

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

How to Enter the Lottery

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

To be eligible for the lottery, forms must be submitted through the Google Form or handed in-person to the Lydell School and Community Center **between April 14th - 16th.**

Emailed OR mailed forms will NOT be accepted.

Lottery Information

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

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

Lottery Results

The lottery will be processed on April 17th.

Enrollment forms received on or after April 17th will **NOT** be entered into the lottery and processed in the order in which they were received after the lottery results.

Families will be notified by April 25th on whether their registration has been selected or they have been placed on a waitlist.

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

HOW DO WE ASSURE YOUR SUCCESS?

ASK ESSAM.

414.350.4611
eelsafy@shorewest.com
ElsafyTeam.com



©Shorewest. REALTORS® NS 2024 EHO



MAIN OFFICE:

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

DIRECTOR

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

RECREATION SUPERVISOR

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

**ADMINISTRATIVE ASSISTANT
RECREATION & CE PROGRAMMING**

Amy Janken 414-963-3947
amy.janken@wfbschools.com

**ADMINISTRATIVE ASSISTANT
CONNECTS & LYDELL PRESCHOOL**

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

CONTENTS

PROGRAM	PAGE
Youth Enrichment.	7
Youth Sports	14
Ice Skating.	15
Youth Fitness	16
Gymnastics	20
Swim Instruction.	22
Aquatics	23
Adult Fitness	25
Adult Sports.	28
Adult Enrichment	29
Senior Programming	38
Senior Trips	40
Department Procedures.	42

Published three (3) times yearly:
March, August, November
Volume 25 (2025) Issue 15



RECREATION GUIDE WINTER/SPRING 2025

Dear Residents,

The hustle and bustle of the holiday season and the wonderful wintery weather will be here soon. The Community Education and Recreation Department Team has worked up just the right mix of community offerings to help get you through.

For our residents 55 years of age and older, we will host the annual Bingo Lunch on Feb. 20th. This event offers a FREE pasta lunch along with a fun game of BINGO and non-cash prizes!

Youth in grades 3-8 are invited to participate in our local Free Throw Contest held at Whitefish Bay High School. The winner at each level receives a trophy and moves on to a sectional tournament with other regional Recreation Departments. It's super fun and free!

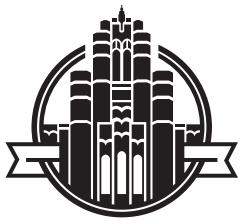
You will also find in this guide a wide variety of wellness programming from Teen Circles, to new Yoga classes to a variety of free and low cost information sessions for adults on financial and health related topics. The time for self and self betterment should not be overlooked. Take the time to browse through the new Winter/Spring Guide, you are bound to find a class, activity or event that will help you be your best self and maybe even meet a new friend along the way.

Recreationally yours,



Carin Keland

Carin Keland,
Director of Recreation
& Community Recreation



Whitefish Bay SCHOOL DISTRICT

An Exceptional Place to Learn

MESSAGE FROM THE DISTRICT ADMINISTRATOR

Greetings Residents of Whitefish Bay,

At the Whitefish Bay Recreation and Community Education Department, we believe that our community thrives when everyone has opportunities to engage, grow, and learn together. With your continued support, along with the commitment of our dedicated team and volunteers, we remain focused on creating an exceptional environment where every resident can have “opportunities to be involved in activities that promote collective growth, learning, and well-being” (District Focus Plan, 2024).

Engage and Connect – We invite you to explore our Winter/Spring Guide, where you’ll discover a range of programs designed to bring people together. Whether you’re seeking ways to stay active, develop new skills, or simply connect with your neighbors, we hope you’ll find something that inspires you. Participation in these activities helps strengthen our sense of community and enhances our collective growth.

Innovative and Inclusive Programming – We are dedicated to offering programs that meet the diverse needs and interests of our residents. If you don’t find something that resonates with you, we encourage you to share your ideas with us. Your feedback is invaluable in helping us create future programs that reflect the interests of our entire community.

Support Community Well-being – Our ultimate goal is to support the holistic well-being of every individual and family in Whitefish Bay. Through our programs, we aim to nurture physical, emotional, and mental health. We encourage you to prioritize self-care and take advantage of the many opportunities available to stay well, grow, and connect with others.

Together, we can create a community where everyone thrives as we strive to be an Exceptional Place to Engage. We look forward to seeing you at our programs and wish you continued health, happiness, and growth.

Be well,



Jamie J. Foeckler

Dr. Jamie J. Foeckler
Superintendent of Schools

WHITEFISH BAY SCHOOL DISTRICT FACILITIES:

DISTRICT OFFICE:

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

LYDELL SCHOOL & COMMUNITY CENTER:

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

CUMBERLAND ELEMENTARY:

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

RICHARDS ELEMENTARY:

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

WHITEFISH BAY MIDDLE SCHOOL:

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

WHITEFISH BAY HIGH SCHOOL:

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





REGISTRATION INFORMATION

HOW TO REGISTER:



DROP OFF / MAIL

5205 N. Lydell Avenue
Whitefish Bay, WI 53217



ONLINE

www.wfbschools.com

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

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

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

IMPORTANT REGISTRATION DATES

NOVEMBER 18

Resident Registration Begins

DECEMBER 2

Resident Lottery Selection Date

*Registration Closed: no registrations can be processed on Lottery Selection Date

DECEMBER 3

Resident Registration Continues, Non-Resident Registration Begins

OFFICE INFORMATION

Monday thru Friday
8:00 am–4:30 pm

The office will be closed on the following dates:
Nov 28-29, Dec 24-25, Dec 31-Jan 1,
April 18, May 26

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

DROP BOX HOURS

- Monday thru Thursday
7:30 am–9:00 pm
- Friday 7:30 am–6:00 pm

ONLINE REGISTRATION

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

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



VIRTUAL LEARNING - (VL)

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



CO-OP

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



CO-OP CONTACT INFORMATION

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

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

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

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



LIKE US ON FACEBOOK

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

Summer 2025

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

Are you between the ages of 14 -17 years and interested in working or volunteering in one of our summer youth camps? Opportunities are available in both our Counselor-in-Training and Bay Volunteer programs for the summer of 2025. These opportunities are great for teens looking to gain leadership skills and enjoy working with youth. Applications can be found at the main offices of the WFB High School, Middle School and Recreation Department. Completed applications must be returned to the Whitefish Bay Recreation Department by Friday, April 4th, 2025.

Bay Volunteer Program

The Bay Volunteer program provides youths entering grades 9 through 12 an opportunity to become leaders in the community by working with youths ages 3 thru 13 years in a summer day camp setting. New applicants will be asked to take part in an interview process and must be able to commit to volunteer at least 2 full weeks. Selected applicants are required to attend a volunteer training program scheduled in June.

Counselor-in-Training Program (CIT)

The CIT program is a paid youth training program for teens entering their senior year of high school. CITs will work with youths in a summer camp environment assisting with the supervision of campers, planning, and facilitating daily activities. This is a paid on-the-job training program with an 8-week commitment consisting of 25 hours per week. CITs will take part in an interview process and, once hired, be required to attend staff trainings held in June.





LET'S PLAY TOGETHER ART & ACTIVITY

Instructors: Sarah Cottrill (Art) and Sara Alter (Activity), WFB Recreation Instructors
Location: Lydell School & Community Center, Room 24 and Gym
Ages: 1 thru 4 years with Parents/Caregivers
Section Fee: Art Program res./non-res. \$55.00/\$65.00
 Activity Program res./non-res. \$50.00/\$60.00

MONDAY PROGRAMS

Course Code: 320702
Dates: Jan 6 - Mar 10
Section A1: Art 9:55 - 10:40 am
Section A2: Activity 10:45 - 11:30 am
Dates: Mar 17 - May 19 (skip Mar 24)
Section A3: Art 9:55 - 10:40 am
Section A4: Activity 10:45 - 11:30 am

WEDNESDAY PROGRAMS

Course Code: 320704
Dates: Jan 8 - Mar 12
Section A1: Art 9:55 - 10:40 am
Section A2: Activity 10:45 - 11:30 am
Dates: Mar 19 - May 21 (skip Mar 26)
Section A3: Art 9:55 - 10:40 am
Section A4: Activity 10:45 - 11:30 am

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

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

OPEN GYM

Instructors: Parent Supervised
Location: Lydell School & Community Center, Gym
Ages: 1 thru 3 years
Day: Fridays **Time:** 11:00 - 11:45 am
Course Code: 311206
Section A1: Jan 10 - Feb 21
Section A2: Feb 28 - May 2 (skip Mar 21, 28, Apr 18)
Section Fee: res./non-res. \$30.00/\$40.00

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

OPEN ART

Instructors: Sarah Cottrill, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 24
Ages: 1 thru 3 years with Parents/Caregivers
Day: Fridays **Time:** 10:00 - 10:45 am
Course Code: 320707
Section A1: Jan 10 - Feb 21
Section A2: Feb 28 - May 2 (skip Mar 21, 28, Apr 18)
Section Fee: res./non-res. \$55.00/\$65.00

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

JUNIOR JAMBOREE

Instructor: Dana Sherman, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 6 months thru 4 years with Parents/Caregivers
Day: Tuesdays
Course Code: 310301
Dates: Jan 7 - Feb 11
Section A1: 9:00 - 9:30 am
Section A2: 9:40 - 10:10 am
Section A3: 10:20 - 10:50 am
Dates: Feb 25 - Apr 8 (skip Mar 25)
Section B1: 9:00 - 9:30 am
Section B2: 9:40 - 10:10 am
Section B3: 10:20 - 10:50 am
Dates: Apr 22 - May 27
Section C1: 9:00 - 9:30 am
Section C2: 9:40 - 10:10 am
Section C3: 10:20 - 10:50 am
Section Fee: res./non-res. \$66.00/\$76.00

Get moving and singing in this music class for children and their parents or caregivers. Your child will be immersed in children's songs, interactive finger play, creative dance music and the exploration of different rhythms. We hope you will learn some new songs while inspiring the love of music in your child. Bring your dancing feet and come share some special music moments together in this fun family class. An adult may bring more than one child to class, but each child must be registered.

REGISTER TODAY!



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



ONLINE
www.wfbschools.com

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.



LITTLE LIGHT: INFANT GROSS MOTOR PLAY

Instructors: Lizzie Conrath, ABPTS Board-Certified Pediatric Clinical Specialist

Location: Little Light Pediatric Therapies, 159 E Silver Spring Dr, Whitefish Bay (located within North Shore Wellness Collective)

Ages: Birth thru 15 months with a caregiver

Course Code: 310205

Day: Saturday **Time:** 9:00 – 9:50 am

Section A1: Jan 18

Section Fee: res./non-res. \$30.00/\$40.00

This 50-minute class is for babies from 0 - 15 months and will begin with Dr. Lizzie Conrath of Little Lights Pediatric Therapies completing a brief assessment of each infant's gross motor development. She will then give caregivers/parents ideas for specific activities they can practice that will help their baby gain strength and progress with their gross motor development and symmetry. After the class, each family will be emailed a custom home exercise program that they can practice with their baby.

SPANISH: VAMOS CON LOS ANIMALES! - AFTERSCHOOL

Instructors: Futura Language Professionals

Location: Cumberland Elementary School, Room 217
Richards Elementary School, Room 5

Ages: Grades K5 thru 5

Course Code: 321001

CUMBERLAND ELEMENTARY

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

Section B1: Feb 12 – Apr 9 (skip Mar 26)

RICHARDS ELEMENTARY

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

Section B2: Feb 11 – Apr 8 (skip Mar 25)

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

The best way to spark enthusiasm for a language is with a topic that students love. Vamos con los animales! (Let's go with the animals) is just for that! For eight action-packed weeks, students will blaze new trails "visiting" a pet store, a family farm, the zoo, the ocean, and even the rainforest. All the while earning brand new Spanish vocabulary, conversation skills, useful phrases, and culture topics. Let your student explore where the wild things are in our interactive bilingual classroom. Space is limited, do not wait to sign up, it may be too late- register today!

SPANISH: VAMOS CON LOS ANIMALES! - YOUTH VIRTUAL

Instructors: Futura Language Professionals

Location: Live Virtual

Ages: Grades K5 thru 5

Course Code: 321001

Day: Wednesdays **Time:** 4:15 – 5:00 pm

Section A1: Feb 19 – April 9

Section Fee: res./non-res. \$145.00/\$155.00

The best way to spark enthusiasm for a language is with a topic that students love. Vamos con los animales! (Let's go with the animals) is

just for that! For eight action-packed weeks, students will blaze new trails "visiting" a pet store, a family farm, the zoo, the ocean, and even the rainforest. All the while earning brand new Spanish vocabulary, conversation skills, useful phrases, and culture topics. Let your student explore where the wild things are in our interactive bilingual classroom. Space is limited, do not wait to sign up, it may be too late- register today!

SPANISH: MIDDLE SCHOOL SPANISH PREP: A SPANISH FOUNDATION COURSE - LIVE VIRTUAL

Instructors: Futura Language Professionals

Location: Live Virtual

Ages: Grades 6 thru 8

Course Code: 321004

Day: Mondays **Time:** 4:45 – 5:30 pm

Section A1: Feb 24 - Apr 14

Time: 3:30 – 4:15 pm

Section A2: Feb 24 - Apr 14

Section Fee: res./non-res. \$145.00/\$155.00

In this engaging LIVE virtual middle school course, students will learn essential fundamentals to build a strong base in the Spanish language. Months of the year, telling time, present tense verb conjugations, and sentence structure building are just a few of the topics covered. Lessons are dynamic with interactive activities and visuals, along with cultural lessons. Participants will get a jump start preparing for future middle school or even traditional high school Spanish classes. Build your student's language foundation- enroll today! Limited spaces available. Open to new and previous middle school prep participants. (Online portal resources and practice tools included). Zoom link will be sent 48 hours prior to first class.

AFTERSCHOOL CHINESE LANGUAGE & CULTURE

Instructors: Cricket Chinese Academy Instructor

Location: Cumberland Elementary School, Room 217
Richards Elementary School, Room 5

Ages: Grades K5 thru 5

Course Code: 331001

CUMBERLAND ELEMENTARY

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

Section A1: Jan 7 – Feb 25

Section A2: Mar 4 – May 6 (skip Mar 25)

RICHARDS ELEMENTARY

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

Section A3: Jan 9 – Feb 27

Section A4: Mar 6 – May 8 (skip Mar 27)

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

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

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



AFTERSCHOOL MAD SCIENCE: CRAYOLA ARTIST PASSPORT

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

CUMBERLAND ELEMENTARY

Day: Mondays **Time:** 3:05 – 4:05 pm
Section A1: Jan 6 – Mar 3 (skip Jan 20, Jan 27, Feb 17)

RICHARDS ELEMENTARY

Day: Wednesdays **Time:** 3:05 – 4:05 pm
Section A2: Jan 8 – Feb 12
Section Fee: res./non-res. \$160.00/\$170.00

Experiment with crayola products and embark on an around the world cultural adventure! Explore far off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside.

YOUNG REMBRANDTS

Instructor: Young Rembrandts Staff
Location: Cumberland Elementary School, Room 1
 Richards Elementary School, Room 14
Ages: Grades K5 thru 5
Course Code: 330706

CUMBERLAND ELEMENTARY

Day: Fridays **Time:** 3:05 – 4:15 pm
Section A1: Dec 6 – Feb 14 (skip Dec 27, Jan 3, Jan 24)
Section A2: Feb 28 – May 9 (skip Mar 21, 28, April 18)
Section A3: May 16 – June 6 (4 weeks only)
Section A 1-A2 Fee: res./non-res. \$121.00/\$131.00
Section A3 Fee: res./non-res. \$70.00/\$80.00

RICHARDS ELEMENTARY

Day: Thursdays **Time:** 3:05 – 4:15 pm
Section A4: Dec 5 - Feb 6 (skip Dec 26, Jan 2)
Section A5: Feb 20 – Apr 24 (skip Mar 30, 27)
Section A6: May 1 – June 5
Section A4 Fee: res./non-res. \$121.00/\$131.00
Section A5 Fee: res./non-res. \$108.00/\$118.00
Section A6 Fee: res./non-res. \$95.00/\$105.00

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

SAFE SITTER ESSENTIAL W/CPR

Instructor: Teresina Simmons, RN
Location: Lydell School & Community Center, Room 17
Ages: 11 years and up
Time: 8:30 am – 4:00 pm

Course Code: 361001
Section A1: Monday January 27
Registration Deadline: Monday, Jan 20
Section A2: Monday February 17
Registration Deadline: Monday, Feb 10
Section Fee: res./non-res. \$140.00/\$150.00

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

SAFE AT HOME

Instructor: Jessica Heller; Owner of Heller Safety Solutions
Location: Lydell School & Community Center, Room 17
Time: 5:30 - 7:00 pm
Ages: Grades 4 thru 6
Course Code: 361002
Section A1: January 28
Section A2: February 18
Section A3: March 11
Section A4: May 13
Section Fee: res./non-res. \$37.00/\$47.00

*Optional \$2.00 badge for Scout groups.

Safe at Home prepares 4th to 6th graders to care for themselves while their parents are away for short periods of time. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. The program is designed to prepare students for their first steps towards independence. Includes a hard copy textbook.

SCHOOL'S OUT TECHNOLOGY TRIO

Instructor: Computer Explorers
Location: Lydell School & Community Center, Room 17
Time: 9:00 – 12:00 pm
Ages: 7 thru 12 years
Course Code: 361103
Section A1: Monday, Jan 20
Section A2: Friday, Mar 21
Section A3: Monday, Apr 21
Section Fee: res./non-res. \$52.00/\$62.00

In this exciting Technology Thriller, students will have the option to rotate through three different programs in this three hour action packed class. Think Lego WeDo Robotics, Animated movie making, LEGO Motorized Datca Kits, Gears, Gears & Gears, Coding projects and much more. This is a great way to experiment with some of the newest technology tools available.



READING WITH ROBOTS



Instructor: Computer Explorers
Location: Lydell School & Community Center, Room 17
Ages: 7 thru 12 years
Day: Saturday
Course Code: 361104
Section A1: Apr 5 & Apr 12
Time: 9:00 – 10:00 am
Section Fee: res./non-res. \$30.00/\$40.00

We are combining Story time and Coding for the little ones in this very unique class. Each week the students will be introduced to a new robot with the coding process difficulty increasing to match their abilities. "The Very Hungry Caterpillar" meets our Robot Code A Pillar, "Pirate Adventure" with Roamer the Robot, "Let's Talk About Dinosaurs" with Botley the Robot and many more adventures to match their interests. Roamer, Bee Bot, Botley, Speedy, Alien Creepsters and many more Coding Products will captivate their imaginations and fuel their desire to tackle on the newest Coding Products for young children.

LEGO BRICQ

Instructor: Computer Explorers
Location: Lydell School & Community Center, Room 17
Ages: 7 thru 12 years
Day: Saturday
Course Code: 361105
Section A1: Apr 5 & Apr 12
Time: 10:15 – 11:45 am
Section Fee: res./non-res. \$45.00/\$55.00

This 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. Thank Sail racers, Luge Runs, Hockey, Basketball, Catapults and more!! With excellent building instructions, and a wide variety of projects, this class has something for everyone!

MINECRAFT



Coordinator: Shorewood Recreation Department
Location: Shorewood High School, Science Building, Room 133
Ages: Grades 1 thru 6
Day: Saturdays
Course Code: 341101

GRADES 1 THRU 3

Time: 1:00 – 2:00 pm
Section A1: Jan 18 – Feb 22
Section A2: Mar 8 – Apr 19

GRADES 4 THRU 6

Time: 2:15 – 3:15 pm
Section A3: Jan 18 – Feb 22
Section A4: Mar 8 – Apr 19
Section Fee: res./non-res. \$30.00/\$40.00

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

LEARN CURSIVE

Instructor: Sara Alter, Retired WFB School District Elementary School Teacher
Location: Richards Elementary School, Maker Space (LMC)
 Cumberland Elementary School, Maker Space (LMC)
Time: 3:05 – 4:15 pm
Ages: Grades 3 thru 5
Course Code: 350504
Section Fee: res./non-res. \$80.00/\$90.00

CUMBERLAND ELEMENTARY

Day: Mondays
Section A1: Feb 17 – May 12 (skip Mar 24, Apr 21)

RICHARDS ELEMENTARY

Day: Tuesday
Section A2: Feb 18 – May 6 (skip Mar 25)

Learn how to read and write in cursive. Participants will be taught using the Zaner-Bloser cursive method with veteran WFB Teacher, Sara Alter. Bring a nut free snack and a pencil to class each day!

SEW GOOD TOGETHER: BEGINNER

Instructor: Terry Roller, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 22
Ages: 9 years and up with an adult
Days: Tuesdays
Dates: Feb 4 - Mar 18
Course Code: 390907
Section A1: 6:00 – 8:00 pm
Section Fee: res./non-res. \$100.00/\$110.00 (per couple)

We will create FUNctional sewing projects in this class that will help you become confident in machine and hand sewing! We will learn how to create kid-approved projects including basic apparel, items with repurposed fabric (jeans, T-shirts), an art pillow, and lots more! Basic supplies are available in the sewing lab, however you will need to bring some supplies and fabric to each class. We'll celebrate with a fun runway show to highlight our creations. Ms. Roller creates wearable art that has been shown at art and craft shows throughout Wisconsin. Her original designs have been featured in Readymade and Apronology Magazines.

YOUTH PAINTING



Coordinator: Nicolet Recreation Department
Instructor: Briona Conway
Location: Nicolet High School, Room B117, Glendale
Ages: 6 thru 12 years
Day: Saturdays **Time:** 11:00 am – 12:00 pm
Course Code: 330702
Section A1: January 25
Section A2: February 22
Section A3: March 8
Section A4: April 19
Section A5: May 17
Section Fee: res./non-res. \$22.00/\$32.00

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



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.



Open House for the 2025/2026 School Year

Tuesday, January 14th, 2025 from 5:30 - 7:00 pm

Registration begins at the Lydell School & Community Center
Wednesday, January 15th, 2025 at 9:00 am

Our Classrooms

Early Childhood: Ages 2-3

Must be 2 years old by September 1st

Preschool: Ages 3-4

Must be 3 years old by September 1st

Lydell School & Community Center
5205 N Lydell Ave, Whitefish Bay, WI

Program Days & Times

3-Day Program

Monday, Wednesday, Friday

2-Day Program

Tuesday, Thursday

Time for both Programs

9:00 - 11:30 am



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



PARENT & CHILD YOGA WORKSHOP

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor

Location: Lydell School & Community Center, Room 15 and 17

Ages: 6 years and up with adult caregiver

Day: Wednesday

Time: 6:00 – 6:40 pm

Course Code: 360303

Section A1: January 15

Section Fee: res./non-res. \$30.00/\$40.00

Parents and children can playfully strengthen and relax their minds and bodies together. This fun and engaging workshop incorporates mindfulness and yoga to help to reduce stress and increase resilience and connection. 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. Additional children will be discounted at 50%.

PARENT-CHILD RESILIENCE & SELF-COMPASSION WORKSHOP

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor

Location: Lydell School & Community Center, Room 17

Ages: 7 thru 11 years with adult caregiver

Day: Wednesday

Time: 6:00 – 6:45 pm

Course Code: 360302

Section A1: January 8

Section Fee: res./non-res. \$30.00/\$40.00

This fun and engaging class enables caregivers and children ages 7-11 to enjoy time with one another and learn resilience skills together. Caregivers and children will increase both connection and emotional intelligence in this interactive resilience in this interactive session. This workshop was developed by child mindful self-compassion educator and author, Jamie Lynn Tatera. Visit <https://jamielynnatatera.com> to learn more about how to cultivate resilience in children and their caregivers. Additional children will be discounted at 50%.

MUSIC START

Instructor: Afterschool Enrichment Staff

Location: Lydell School & Community Center, Room 15

Ages: Grades K5 thru 4

Day: Wednesdays **Time:** 4:00 – 5:00 pm

Course Code: 360601

Section A1: Jan 22 – Mar 12

Section A2: April 2 – May 21

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

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

MATH TUTORING

Whitefish Bay Tutoring

Offering tutoring in various math subjects:

- AP Calculus
- Precalculus
- Trigonometry
- Algebra
- Geometry

Sessions can be scheduled regularly or on an 'as-needed' basis, lasting from 15 to 90 minutes, depending on the student's needs. Contact us for a complimentary 15-minute introductory session.

WHITEFISH BAY TUTORING

info@wfbtutoring.com
(414) 517-1135



LET'S CODE IT- CREATIVE CODING

Instructor: Afterschool Enrichment Staff
Location: Lydell School & Community Center, Room 15
Ages: Grades 2 thru 8
Day: Fridays **Time:** 3:30 – 4:30 pm
Course Code: 376543
Section A1: Jan 24 – Mar 14
Section A2: Apr 4 – May 30 (skip Apr 18)
Section Fee: res./non-res. \$194.50/\$204.50

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

TEEN WELLNESS CIRCLES

Instructor: Jeff Treul, Former WBMS Counselor
Location: Lydell School & Community Center, Room 19
Day: Mondays Jan 27 – Mar 3
Course Code: 311412
Section A1: Grades 7 thru 9 **Time:** 5:00 – 6:15 pm
Section A2: Grades 10 thru 12 **Time:** 6:30 – 7:45 pm
Section Fee: res./non-res. \$120.00/\$130.00

Looking to improve your ability to manage stress and busy schedules? Join a Teen Wellness Circle! Participants will assess and reflect on their current state of health related to 8 areas of wellness. Each session will focus on an aspect of whole-person wellness, where participants will choose an area for weekly focus. The participants will discuss possibilities, not problems. Each participant will be applauded for taking steps toward a greater sense of well-being (resources will be provided from Wellness Compass.org) Sign up with a friend!

PRE-BALLET

Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 3-4 years
Day: Saturdays **Time:** 9:45 – 10:20 am
Course Code: 320401
Section A1: Jan 4 – Feb 8
Section A2: Feb 22 – Apr 12 (skip Mar 22, Mar 29)
Section Fee: res./non-res. \$52.50/\$62.50

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

BALLET & CREATIVE DANCE

Instructor: Miss Ceci Broussard, WFB Recreation Instructor
Location: Lydell School & Community Center, Room 19
Ages: 5 years and up
Course Code: 330401
Section A1: Feb 6 – Apr 10 (skip Mar 27)
 Thursdays **Time:** 4:00 – 4:40 pm
Section A2: Jan 11 – Mar 8
 Saturdays **Time:** 10:30 – 11:10 am
Section Fee: res./non-res. \$80.00/\$90.00

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

ELEMENTARY BALLET & TAP COMBO

Coordinator: Mequon Thiensville Recreation Department
Instructor: Academy of Dance Arts Staff
Location: Range Line Community Center, Room 101
Ages: 5 thru 7 years
Day: Wednesdays **Time:** 5:00 – 6:00 pm
Note: **Registration Deadline:** Monday, January 17
Course Code: 350401
Section A1: Jan 29 – Mar 19
Section Fee: res./non-res. \$110.00/\$120.00
 (\$10 costume fee included)

Students will learn basic ballet terminology, basic barre work, and begin center work in ballet. Beginner tap technique and terminology will also be started. Dress code is a leotard, tights, leather ballet slippers for ballet and any color tap shoes. There will be a Dance Recital on the last day of the class in the cafeteria during the regular class time.

CO-ED HIP HOP DANCE

Coordinator: Mequon Thiensville Recreation Department
Instructor: Academy of Dance Arts Staff
Location: Range Line Community Center, Room 101
Ages: 7 thru 10 years
Day: Wednesdays **Time:** 6:15 – 7:00 pm
Note: **Registration Deadline:** Monday, January 17
Course Code: 350404
Section A1: Jan 29 – Mar 19
Section Fee: res./non-res. \$110.00/\$120.00
 (\$10 costume fee included)

Learn the latest hip-hop moves and techniques taught in a gentle format. A final dance will be created that is fun and energetic. Comfortable stretch clothing must be worn with tennis shoes. All music will be age and content-appropriate. There will be a Dance Recital on the last day of the class in the cafeteria during the regular class time.

**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.



CHESS SCHOLARS

- Instructor:** Afterschool Enrichment Staff
- Location:** Lydell School & Community Center, Room 15
- Ages:** Grades K5 thru 8
- Day:** Mondays **Time:** 4:00 – 5:00 pm
- Course Code:** 380501
- Section A1:** Jan 20 – Mar 10
- Section A2:** Mar 31 – June 2 (skip Apr 21, May 26)
- Section Fee:** res./non-res. \$183.00/\$193.00

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

CHESS SCHOLARS CAMP

- Instructor:** Afterschool Enrichment Staff
- Location:** Lydell School & Community Center, Room 15
- Ages:** Grades K5 thru 8
- Day:** Monday thru Friday
- Time:** 10:00 – 11:30 am
- Course Code:** 380501
- Section A3:** Mar 24 – Mar 28
- Section Fee:** res./non-res. \$171.50/\$181.50

Develop your child's intellect through the game of Chess! This half day 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 students to play against one another while being coached by an experienced Instructor. The camp session will conclude with a non-elimination tournament.

COMPETITIVE CHESS CLUB

- Instructor:** Afterschool Enrichment Staff
- Location:** Whitefish Bay Middle School, LMC
- Ages:** Grades 6 thru 8
- Day:** Thursdays
- Time:** 3:30 - 4:30 pm
- Course Code:** 311411
- Section A1:** Jan 9 – Mar 13
- Section A2:** Apr 3 – June 5
- Section Fee:** res./non-res. \$228.00/\$238.00

Strengthen your middle schooler's intellect through the royal game of chess! Come join us for our Middle School Chess Club to prepare your students for High School level competition as well as tournament play. In this club, we will be focusing on advanced gameplay such as openings, gambits, and historical game study, as well as notation and clock use/management. Compete against other students virtually and in person to bring your game to the next level! A fundamental understanding of chess is required to participate in this club.

BEGINNER SHEEPSHEAD

- Coordinator:** Nicolet Recreation Department
- Instructor:** Dennis Staral
- Location:** Nicolet High School, Room B113
- Ages:** 13 years and up
- Day:** Mondays **Time:** 4:00 – 5:00 pm
- Course Code:** 360504
- Section A1:** Mar 3 – May 5 (skip Mar 24, Apr 21)
- Section Fee:** res./non-res. \$40.00/\$50.00

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

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

ACT WORKSHOP

- Instructor:** Fred Silver, Owner of North Shore Tutoring
- Location:** Virtual via Zoom
- Ages:** Grades 11 thru 12
- Day:** Sundays **Time:** 6:30 – 8:30 pm
- Course Code:** 381002
- Section A1:** Jan 19 – Mar 9
- Section Fee:** res./non-res. \$220.00/\$230.00

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

PARENT/CHILD BOWLING

- Coordinator:** Shorewood Recreation Department
- Instructor:** Shorewood Rec Department Staff
- Location:** Shorewood High School, PE building, Bowling Lanes (lower level)
- Ages:** Grades 1 thru 6
- Day:** Saturday **Time:** 2:00 – 3:15 pm
- Course Code:** 327654
- Section A1:** Jan 18 – Feb 22
- Section A2:** Apr 12 – May 24 (skip Apr 19)
- Section Fee:** res./non-res. \$22.00/\$32.00 (fee is per person)

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

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.



INTRO TO DISC GOLF



Coordinator: Nicolet Recreation Department
Instructor: Caleb Franklin
Location: Kletzsch Park - Pavilion
Ages: 8 thru 18 years
Day: Tuesdays **Time:** 4:00- 5:00 pm
Course Code: 327655
Section A1: May 27 - Jun 17
Section Fee: res./non-res. \$40.00/\$50.00

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

CLIMB CLUB

Instructor: Gretchen Froelich, Turner Hall Gym Coordinator
Location: Milwaukee Turners Climbing Gym
 1034 Vel R. Phillips Avenue
 Milwaukee, WI 53203
Ages: 8 thru 12 years
Day: Saturdays **Time:** 10:00 – 11:30 am
Course Code: 351300
Section A1: Jan 11 – Feb 22
Section A2: Mar 8 – Apr 26
Section Fee: res./non-res. \$170.00/\$180.00

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

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 – 7:00 pm
Course Code: 351302
Day: Wednesdays
Section A1: Jan 8 – Jan 29
Day: Thursdays
Section A2: Apr 3 – Apr 24
Section Fee: res./non-res. \$40.00/\$50.00

In this introductory course, students ages 8-14 will be guided through basic climbing techniques and safety precautions. Participants will enhance coordination, problem-solving, balance, strength through bouldering (traversing) and climbing. Students will enhance their skills through games and challenges throughout the course. Climbers ready?

ARCHERY



Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Days: Tuesdays, Wednesdays, Thursdays
Course Code: 361208
Section Fee: res./non-res. \$75.00/\$85.00

PARENT WITH CHILD AGES: 5 THRU 9 YEARS

Time: 4:00 – 4:30 pm
Section A1: Apr 29 – May 8
Section A2: May 13 – May 22

PRE-TEEN AGES: 10 THRU 13 YEARS

Time: 4:30 – 5:15 pm
Section B1: Apr 29 – May 8
Section B2: May 13 – May 22

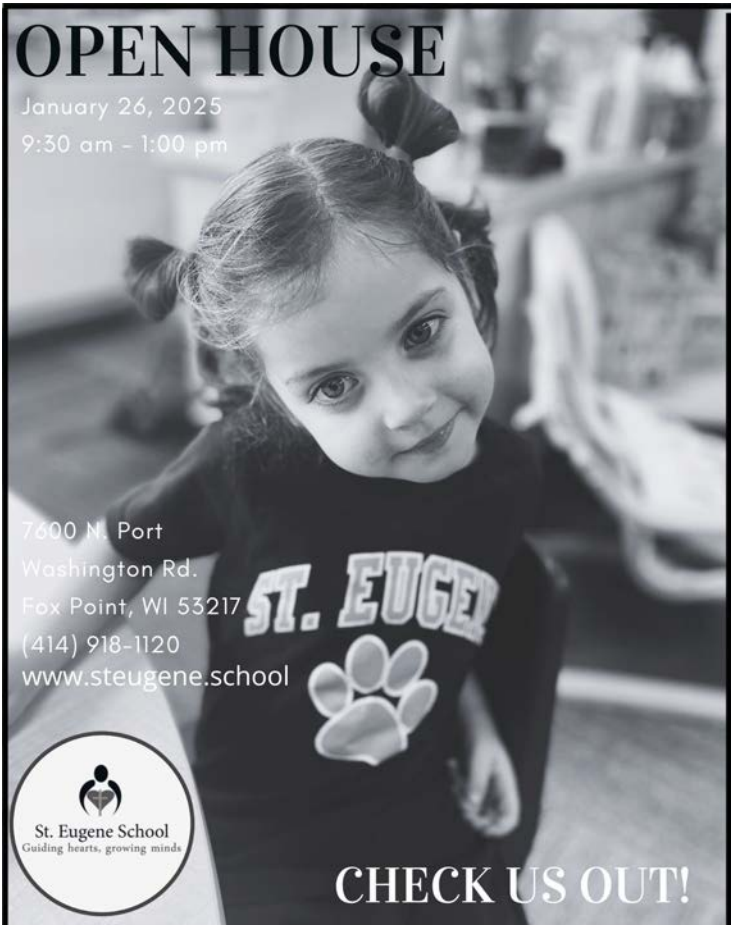
TEEN AGES: 14 THRU 18 YEARS

Time: 5:15 – 6:00 pm
Section C1: Apr 29 – May 8
Section C2: May 13 – May 22


Focused attention from the Instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Questions? Contact Inna Lebedinsky at (414) 333-8784. Equipment is provided, however, participants are welcome to bring their own bows. We recommend parents attend the program with children under 10 years old. Register for both spring sessions and receive the Summer session for FREE!

OPEN HOUSE

January 26, 2025
9:30 am – 1:00 pm



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



St. Eugene School
Guiding hearts, growing minds

CHECK US OUT!

ICE SKATING

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

SLED AND SKATE FOR TODDLERS (AGES 12 THRU 36 MONTHS)

Course Code: 331209
Section Fee: res./non-res. \$110.00/\$120.00

THURSDAYS TIME: 9:00 – 9:30 AM

Section A1: Dec 12 – Jan 23 (skip Dec 26, Jan 2)
Section A2: Jan 30 – Feb 27

Participants will learn how to stand and walk/glide on the ice. Toys and games will be used to interest and motivate the future skaters. Sled rides will be given at the end of each class. Prerequisite: Participants must be walking. Ski or hockey helmets required. Parents are not invited to attend the class with their child.

LEARN TO SKATE- SNOW PLOW TOTS! (AGES 3 THRU 7)

Course Code: 385633
Section Fee: res./non-res. \$110.00/\$120.00

MONDAYS TIME: 12:30 – 1:15 PM

Section A1: Dec 9 – Jan 20 (skip Dec 23, 30)
Section A2: Jan 27 – Feb 24

TUESDAYS TIME: 12:30 – 1:15 PM

Section B1: Dec 10 – Jan 21 (skip Dec 24, 31)
Section B2: Jan 28 – Feb 25

THURSDAYS TIME: 9:30 – 10:15 AM

Section C1: Dec 12 – Jan 23 (skip Dec 26, Jan 2)
Section C2: Jan 30 – Feb 27

THURSDAYS TIME: 12:30 – 1:15 PM

Section D1: Dec 12 – Jan 23 (skip Dec 26, Jan 2)
Section D2: Jan 30 – Feb 27

Participants will learn how to skate and perform skills. Toys, games, and stories will keep children interested and motivated. Prerequisites: Ski or hockey helmets are required.

LEARN TO SKATE (AGES 3 THRU 17)

Course Code: 331202
Section Fee: res./non-res. \$110.00/\$120.00

SATURDAYS TIME: 8:45 – 9:30 AM

Section A1: Dec 14 – Jan 25 (skip Dec 21, 28)
Section A2: Feb 1 – Mar 1

SATURDAYS TIME: 9:30 – 10:15 AM

Section A3: Dec 14 – Jan 25 (skip Dec 21, 28)
Section A4: Feb 1 – Mar 1

SATURDAYS TIME: 10:15 – 11:00 AM

Section A5: Dec 14 – Jan 25 (skip Dec 21, 28)
Section A6: Feb 1 – Mar 1

Participants will learn basic through advanced skating skills for enjoyment, or skaters may prepare to move into Hockey, Figure Skating, or Speed Skating. Skaters will be divided in class by age and skating skills.

ADVANCED YOUTH FIGURE SKATING (AGES 7 THRU 17)

Course Code: 385635
Section Fee: res./non-res. \$120.00/\$130.00

SATURDAYS TIME: 7:30 – 8:45 AM

Section A1: Dec 14 – Jan 25 (skip Dec 21, 28)
Section A2: Feb 1 – Mar 1

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

LEARN TO PLAY HOCKEY (AGES 4 THRU 12)

Course Code: 385636
Section Fee: res./non-res. \$110.00/\$120.00

SATURDAYS TIME: 9:30 – 10:15 AM

Section A1: Dec 14 – Jan 25 (skip Dec 21, 28)
Section A2: Feb 1 – Mar 1

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

HOCKEY POWER SKATING (AGES 6 THRU 12)

Course Code: 311214
Section Fee: res./non-res. \$110.00/\$120.00

SATURDAYS TIME: 10:15 – 11:00 AM

Section A1: Dec 14 – Jan 25 (skip Dec 21, 28)
Section A2: Feb 1 – Mar 1

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





MARTIAL ARTS CLUB

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

Location: Lydell School & Community Center, Gym

YOUNG AMERICAN MARTIAL ARTS - 4 THRU 13 YEARS

Course Code: 321201

Dates: Mondays Jan 6 – Mar 24

Section A1: Little Samurai 4 – 6 years of age **Time:** 4:30 – 5:00 pm

Section A2: Samurai 7 – 13 years of age **Time:** 5:00 – 5:45 pm

Dates: Mondays Mar 31 – June 16

(skip May 26 - students may attend Wed, May 28 class)

Section B1: Little Samurai 4 – 6 years of age **Time:** 4:30 – 5:00 pm

Section B2: Samurai 7 – 13 years of age **Time:** 5:00 – 5:45 pm

Dates: Wednesdays Jan 8 – Mar 26

Section C1: Little Samurai 4 – 6 years of age **Time:** 4:30 – 5:00 pm

Section C2: Samurai 7 – 13 years of age **Time:** 5:00 – 5:45 pm

Dates: Wednesdays Apr 2 – June 18

Section D1: Little Samurai 4 – 6 years of age **Time:** 4:30 – 5:00 pm

Section D2: Samurai 7 – 13 years of age **Time:** 5:00 – 5:45 pm

Section Fee: res./non-res.. \$179.00/\$189.00

NORTHSHORE MARTIAL ARTS - 11 YEARS AND UP

Course Code: 341205

Dates: Mondays **Time:** 6:00 – 7:15 pm

Section A1: Jan 6 – Mar 24

Section A2: Mar 31 – June 16

(skip May 26 - students may attend Wed, May 28 class)

Section Fee: res./non-res.. \$179.00/\$189.00

Dates: Mondays & Wednesdays **Time:** 6:00 – 7:15 pm

Section A3: Jan 6 – Mar 26

Section A4: Mar 31 – June 18 (skip May 26)

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

Let your child experience the challenges of the Young American Martial Arts Club. This dynamic program has been developed in cooperation with the University of Wisconsin-Milwaukee Children's Center, a leader in early childhood development and education. This innovative martial arts program will encourage your child to develop a positive attitude, perseverance, self-confidence and self-discipline. Families with multiple children participating in the program will be offered a 25% discount for the second and third child.

SEEKING NEW INSTRUCTORS & PROGRAM IDEAS FOR SUMMER OF 2025



Teach what you love while earning extra cash!

Seeking new instructors and program ideas for the summer of 2025. Proposals due January 31st, 2025.

COMMUNITY FITNESS CENTER WFB HIGH SCHOOL STUDENT MEMBERSHIP

Supervisor: WFB Recreation Staff

Location: WFB HS Fieldhouse Balcony

Days: Mon thru Thurs **Time:** 6:00 – 8:00 pm

Mon and Wed **Time:** 5:30 – 7:30 am

Saturdays **Time:** 8:00 – 11:00 am

Course Code: 380300

Section A1: Jan 6 – May 31 (skip Apr 19, 21, May 24, 26)

Section Fee: \$40.00

WFB High School students can purchase a seasonal membership to the fitness center and enjoy a vigorous workout on our cardio equipment and weight machines during the designated hours. All participants must attend an on-site fitness center orientation facilitated by a fitness attendant prior to use.

SUPER SOCCER STARS

Instructor: Amazing Athletes Staff

Location: Lydell School & Community Center, Gym and Fields

Ages: 3 thru 6 years old

Day: Tuesdays

Ages: 3 – 4 **Time:** 3:45 – 4:30 pm

Ages: 5 – 6 **Time:** 4:45 – 5:30 pm

Course Code: 331207

Section A1: Feb 18 – Apr 1 (skip March 25) Ages 3-4

Section A2: Apr 8 – May 13 Ages 3-4

Section A3: Feb 18 – Apr 1 (skip March 25) Ages 5-6

Section A4: Apr 8 – May 13 Ages 5-6

Section Fee: res./non-res. \$90.00/\$100.00

The classic youth soccer program that teaches the fundamentals of the sport in a fun, non-competitive, educational environment. Our unique curricula use positive reinforcement to make sure each child feels supported and confident in his or her own abilities, allowing kids to improve at their own rate.

AMAZING ATHLETES MULTISPORT

Instructor: Amazing Athletes Staff

Location: Lydell School & Community Center, Gym and Fields

Ages: 3 thru 6 years old

Day: Thursdays

Ages: 3 – 4 **Time:** 3:45 – 4:30 pm

Ages: 5 – 6 **Time:** 4:45 – 5:30 pm

Course Code: 331301

Section A1: Feb 20 – Apr 3 (skip March 27) Ages 3-4

Section A2: Feb 20 – Apr 3 (skip March 27) Ages 5-6

Section Fee: res./non-res. \$90.00/\$100.00

Amazing Athletes uses a multi-sport program to benefit children aged 3 to 6 years physically, mentally, socially, and emotionally. Our program introduces the fundamentals of 10 different sports (soccer, hockey, volleyball, basketball, tennis, lacrosse, football, track and field, baseball, and golf) in a non-competitive environment. Children in Amazing Athletes routinely gain greater confidence, learn to combine fitness with fun, and develop 6 key motor skills. Two sports will be taught each week. The sports will rotate on a weekly basis.



AMAZING ATHLETES KARATE ZOO

Instructor: Amazing Athletes Staff
Location: Lydell School & Community Center, Gym
Ages: 3 thru 6 years old
Day: Thursdays
Ages: 3 – 4 **Time:** 3:45 – 4:30 pm
Ages: 5 – 6 **Time:** 4:45 – 5:30 pm
Course Code: 331206
Section A1: Apr 10 – May 15 Ages 3-4
Section A2: Apr 10 – May 15 Ages 5-6
Section Fee: res./non-res. \$90.00/\$100.00

Inspired by the traditions & practices of martial arts, Karate Zoo is designed to benefit a child's physical, social & emotional development while building confidence & teaching practical life lessons. Students learn to perform the techniques and skills of the martial arts across 10 different areas including FOCUS, CONFIDENCE, CONTROL, MEMORY, BALANCE, DISCIPLINE, COORDINATION, AGILITY, FLEXIBILITY, & PERSEVERANCE.

VOLLEYKIDS

Instructor: Whitefish Bay Recreation Staff
Location: Whitefish Bay High School, Fieldhouse, Courts 3 and 4
Ages: Grades 1 thru 5
Day: Saturdays
Dates: Apr 12 – May 17 (skip Apr 19)
Course Code: 341201
Section A1: Grades 1 thru 3 **Time:** 12:00 – 2:00 pm
Section A2: Grades 4 thru 5 **Time:** 2:15 – 3:45 pm
Section Fee: res./non-res. \$130.00/\$140.00

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

WRESTLING CLUB

Instructor: Rick Davey, WFB Recreation Staff
Location: Whitefish Bay High School, Wrestling Room
Ages: Grades 1 thru 8
Day: Tuesdays **Time:** 6:30 – 7:30 pm
Course Code: 332301
Section A1: Jan 7 - Feb 11
Section Fee: res./non-res. \$50.00/\$60.00

Participants will be taught a variety of wrestling skills and techniques to help them develop as a wrestler. Your child will have the opportunity to compete against others during selected Saturday tournaments. Enter Door #8, go downstairs and follow the signs to the Wrestling Room.

GIRLS WRESTLING CLUB

Instructor: Rosemary Triggs, WFB High School Wrestler
Location: Whitefish Bay High School, Wrestling Room
Ages: Grades 1 thru 8
Day: Mondays **Time:** 6:00 - 6:45 pm
Course Code: 332301
Section A2: Jan. 6 - Feb. 10
Section Fee: res./non-res. \$50.00/\$60.00

This program will provide a fun and safe environment for girls of all experience levels to learn the fundamentals of wrestling. Wrestling promotes strength, coordination, agility, and mental toughness. Girls wrestling is one of the fastest-growing sports in the country. Come learn from Rosemary Triggs, current WFB High School Wrestler and 3x state qualifier!

YOUNG BEGINNER TENNIS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Center
 5750 N. Glen Park Road, Glendale
Ages: 11 thru 13 years
Day: Thursdays **Time:** 4:00 – 5:00 pm
Course Code: 351610
Section A1: Mar 6 – June 5 (skip Mar 27)
Section Fee: res./non-res. \$494.00/\$504.00

Our introductory tennis program for older youth is put together with attention to age-appropriate activities. Young players will gain confidence, build skills and pave the way for them to enjoy a lifetime of this wonderful sport. Players should bring their own racquet.

PROGRAM CANCELLATIONS & ANNOUNCEMENTS...



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

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



Whitefish Bay RECREATION
 Bringing Community Together

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.



BEGINNER QUICKSTART TENNIS

Instructor: Phil Kelbe and North Shore Elite Staff
Location: North Shore Elite Racquet and Fitness Club
 5750 North Glen Park Road, Glendale
Ages: 3 thru 10 years

MONDAY CLASSES

Course Code: 341601
Dates: Mar 3 - Jun 2 (skip Mar 24, May 26)
Section A1: 3 thru 4 yrs **Time:** 4:30 - 5:00 pm
Section Fee: res./non-res. \$228.00/\$238.00
Section A2: 5 thru 6 yrs **Time:** 5:00 - 6:00 pm
Section A3: 7 thru 8 yrs **Time:** 5:00 - 6:00 pm
Section A4: 9 thru 10 yrs **Time:** 5:00 - 6:00 pm
Section A2-A4 Fee: res./non-res. \$456.00/\$466.00

THURSDAY CLASSES

Course Code: 341602
Dates: Mar 6 - Jun 5 (skip Mar 27)
Section A1: 3 thru 4 yrs **Time:** 4:30 - 5:00 pm
Section Fee: res./non-res. \$247.00/\$257.00
Section A2: 5 thru 6 yrs **Time:** 5:00 - 6:00 pm
Section A3: 7 thru 8 yrs **Time:** 5:00 - 6:00 pm
Section A4: 9 thru 10 yrs **Time:** 5:00 - 6:00 pm
Section A2-A4 Fee: res./non-res. \$494.00/\$504.00

SATURDAY CLASSES

Course Code: 341603
Dates: Mar 8 - June 7 (skip Mar 29)
Section A1: 3 thru 4 yrs **Time:** 9:00 - 9:30 am
Section Fee: res./non-res. \$247.00/\$257.00
Section A2: 5 thru 6 yrs **Time:** 9:30 - 10:30 am
Section A3: 7 thru 8 yrs **Time:** 9:30 - 10:30 am
Section A4: 9 thru 10 yrs **Time:** 10:30 - 11:30 am
Section A2-A4 Fee: res./non-res. \$494.00/\$504.00

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

INTRO TO GIRLS LACROSSE - WNS WOLFPACK PUPS

Coordinator: WNS Junior Wolfpack Lacrosse
Location: Kletzsch Park
Grades: 1 and 2
Day: Tuesdays
Time: 5:30 - 7:00 pm
Course Code: 351310
Section A4: Apr 15 - May 20
Section Fee: res./non-res. \$100.00/\$110.00

This is an instructional clinic offering drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play lacrosse - the fastest growing sport in the United States. Experienced and enthusiastic instructors coach the clinics. This program does not participate in the MAYLA lacrosse league due to age restrictions, but there will be opportunities to scrimmage. Lacrosse sticks, goggles, and mouthguards are required. If you need to borrow equipment or if you have any questions, contact WNS Coordinator Kathleen Reid at wns.jr.wolfpack@gmail.com.

GIRLS LACROSSE "TRY IT DAY"

Coordinator: WNS Junior Wolfpack Lacrosse
Location: WFB High School, Field House
Grades: 3 thru 10
Day: Sunday, January 26
Time: 1:00 - 2:00 pm
Course Code: 351310
Section A5: Grades 3 thru 6
Section A6: Grades 7 thru 10
Section Fee: res./non-res. \$5.00/\$15.00

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

LACROSSE TEAM-GIRLS - WNS JUNIOR WOLFPACK

Coordinator: WNS Junior Wolfpack Lacrosse
Grades: 3 thru 8
Dates: **Practices:** Sun Feb 16 - Mar 23 (skip Feb 23)
 Tues/Thurs Apr 1 - May 29
Games: Sat/Sun Apr 19 - June 1

Course Code: 351310
Section A1: Grades 3 and 4
 Sundays @ WFB Fieldhouse **Time:** 2:00-3:30 pm
 Tues/Thurs @ Kletzsch **Time:** 5:30-7:00 pm
Section A2: Grades 5 and 6
 Sundays @ WFB Fieldhouse **Time:** 2:00-3:30 pm
 Tues/Thurs @ Kletzsch **Time:** 5:30-7:00 pm
Section A3: Grades 7 and 8
 Sundays @ WFB Fieldhouse **Time:** 2:00-3:30 pm
 Tues/Thurs @ Kletzsch **Time:** 5:30-7:00 pm
Section Fee A1: res./non-res. \$260.00/\$270.00
Section Fee A2&A3: res./non-res. \$280.00/\$290.00

Join the fastest growing sport in the United States. No experience is necessary. Our program focuses on empowering girls to develop skill, athleticism, heart, determination, and a love for the game of lacrosse. Indoor practices will start February 16th and outdoor practices will start April 1st. Games will be on Saturdays and Sundays starting April 19th and will end on June 1st. Players must provide their own stick, goggles and mouthguard. Teams participate in the Milwaukee Area Youth Lacrosse Association (MAYLA) Spring League. In accordance with MAYLA regulations, girls who live in Whitefish Bay, Shorewood, Glendale, or Milwaukee may register. The team will be led by a Whitefish Bay coaching staff and other experienced and enthusiastic coaches and volunteer parents. All players must join US Lacrosse for an additional \$30.00 fee. If the grade level team is full, please ask to have your name placed on a waitlist. A second team may form if there are sufficient numbers and a coach available. If you have any questions, contact WNS Coordinator Kathleen Reid at wns.jr.wolfpack@gmail.com.



BOYS LACROSSE TEAM

- Coordinator:** Shorewood Recreation Department
- Location:** Shorewood High School, Football Field
OR Lydell School & Community Center, Field
- Ages:** Grades 1 thru 8
- Course Code:** 351309
- Section A1:** Grades 1 thru 2
- Location:** Lydell School & Community Center, Field
- Scrimmages:** Saturdays Apr 26 – May 31
Location and Times: TBD
- Dates:** Mondays/Wednesdays
Mar 17 – Jun 4 (skip Mar 24, 26)
- Time:** 5:30 – 6:30 pm
- Section A1 Fee:** res./non-res.\$110.00/\$120.00
- Section A2:** Grades 3 thru 4
- Location:** Lydell School & Community Center, Field
- Games:** Location and Times: TBD
- Dates:** Mondays/Wednesdays
Mar 17 – May 28 (skip Mar 24, 26)
- Time:** 5:30 – 6:30 pm
- Section A2 Fee:** \$220.00/\$230.00
- Section A3:** Grades 5 thru 6
- Location:** Shorewood High School, Football Field
- Games:** Location and Times: TBD
- Dates:** Tuesdays/Thursdays
Mar 18 – May 29 (no practice Mar 25, 27)
- Time:** 6:00 – 7:30 pm
- Section A3 Fee:** \$300.00/\$310.00

- Section A4:** Grades 7 thru 8
- Location:** Shorewood High School, Football Field
- Games:** Location and Times: TBD
- Dates:** Tuesdays/Thursdays
Mar 18 – May 29 (no practice Mar 25, 27)
- Time:** 6:00 – 7:30 pm
- Section A4 Fee:** \$300.00/\$310.00
- Section A5:** Equipment Rental
- Section A5 Fee:** \$30.00

Lacrosse is a fast, physical sport that combines aspects of soccer, hockey and basketball. Spring is the official lacrosse season when we play other local programs. Outdoor practices start the week of March 18th. For the 3rd-8th grade teams, we will schedule approximately 13 games to be held on Saturday mornings and Sunday afternoons, starting April 20th and ending on June 2nd. The 3rd-8th grade teams will participate in the Milwaukee Area youth lacrosse Association (MAYLA) spring League. The 1/2nd grade team will have 3-4 scrimmages on Saturday and Sunday afternoons. Home games will be on the Shorewood or Whitefish Bay HS football fields. Preseason optional indoor practices in February and March TBD. Lacrosse helmet, shoulder pads, arm guards, gloves and stick are required. Players can rent lacrosse equipment and stick (\$30). Players must provide a mouth guard and an athletic cup. Cleats are recommended. It is expected that players doing multiple sports will split conflicts equally. This program is a co-op with the Whitefish Bay, Nicolet and Shorewood Rec Depts. Boys may participate on this team if they live in Milwaukee, Shorewood, Whitefish Bay or Nicolet communities, or attend public schools that serve those communities. All 3rd-8th grade players must join US Lacrosse (\$35). We encourage you to sign up for the waiting list if the team roster is full. A second team will be formed if there are sufficient numbers. If you have any questions, please contact Kevin Kane at kkane@shorewood.k12.wi.us.



Whether your child is new to the sport or a seasoned veteran, join us this year to play ball, make friends, and have fun!

**Open to All Players,
Kindergarten - 8th Grade**

Each Year Includes Two Seasons:

Spring/Summer Ball from April - July
(Registration starts in December)

Fall Ball from Late August - Mid October
(Registration starts in July)

Please visit www.wfbll.com for more details and registration forms.



YOUTH GYMNASTICS

Instructor: Coach Sarah Woods, Gymnastics Coordinator & Staff

Location: WFB High School Memorial Gym

RECREATIONAL LEVEL PROGRAMS

The Gymnastics Recreational Level Program focuses on basic skills for vault, bars, beam and floor. Our skill tracking program helps kids monitor their accomplishments and celebrate their achievements. As children progress through the different levels, they will develop in the areas of agility, strength, flexibility, balance and coordination. In addition to these physical improvements, participants will learn life skills such as self-confidence, goal-setting, teamwork, responsibility, friendship, and sportsmanship. At the end of the term, each gymnast will be notified which level they should register for next. Parents who choose to watch their children must observe from the hallway. Students must be in first grade to enroll in Levels A or B. Preschoolers are not allowed in the levels program without instructor approval. Contact Coach Sarah Woods at sarah.n.woods@gmail.com with any questions.

RECREATIONAL LEVELS

- PARENT /TOT** res./non-res. \$100.00/\$110.00
(Ages 1.5 - 3 years old, with parent or guardian)
- PRE 3, PRE 4, PRE 5/6** res./non-res. \$100.00/\$110.00
(Ages 3 - 6 years old, according to child's age)
- LEVEL A** res./non-res. \$110.00/\$120.00
(Grades 1 - 8, Beginners or those who have participated in at least one term)
- LEVEL B** res./non-res. \$110.00/\$120.00
(Grades 1 - 8, gymnasts who have passed Level A)
- MIGHTY MITES** res./non-res. \$260.00/\$270.00
(Ages 3 - 9 years old, enrollment must be approved by Coach Sarah Woods)

COMPETITIVE LEVEL PROGRAMS

The Gymnastics Competitive Level Programs are designed for more experienced athletes who have mastered the skills necessary to compete in the USA Junior Olympic Program Levels 1-4 and the WIAA based optionals. Gymnasts are expected to attend all scheduled practices, compete at meets, and will be expected to fundraise for new equipment. Competitive team members must also purchase a team leotard, which will cost approximately \$60. Competition fees are approximately \$80. Skill Expo fee is approximately \$35. New competitive level gymnasts must be pre-approved by Coach Sarah Woods. Team level move ups take place at the end of the Winter/Spring Session. Due to the nature of the sport, a full year commitment is necessary for a gymnast to achieve personal goals. It may take more than 3 consecutive sessions to move levels. Contact Coach Sarah at sarah.n.woods@gmail.com for pre-approval requests and questions.

COMPETITIVE LEVELS

- USAG TEAM 1** res./non-res. \$260.00/\$270.00
(Grades 1 - 8, Beginning level for those competing in USAG 1)
- USAG TEAM 2** res./non-res. \$260.00/\$270.00
(Grades 1 - 8, Gymnasts who have passed USAG Team 1 per coach)
- USAG TEAM P3** res./non-res. \$360.00/\$370.00
(Grades 1 - 8, Intermediate level for those who have passed USAG 2)
- USAG TEAM 3** res./non-res. \$360.00/\$370.00
(Grades 1 - 8, Intermediate level for those who have passed USAG P3)
- PRE OPTIONALS** res./non-res. \$435.00/\$445.00
(Grades 1 - 8, Intermediate level for those who have passed USAG 3)
- PRE OPTIONALS MONDAY ADD ON** . . . res./non-res. \$60.00/\$70.00
- OPTIONALS** res./non-res. \$485.00/\$495.00
(Grades 1 - 8, Advanced level for those who have passed Pre Optionals)

COURSE CODE: 311400

LEVEL	DAY	DATES	EXCLUDED DATES	TIME BEFORE 11/10	TIME STARTING 11/11	SECTION
Parent/Tot	Sat	Feb 1 – Apr 12	(skip Feb 15, 22, Mar 22, 29)	8:45 – 9:25 am	same	A1
Pre 3	Sat	Feb 1 – Apr 12	(skip Feb 15, 22, Mar 22, 29)	9:30 – 10:10 am	same	B1
Pre 3	Sat	Feb 1 – Apr 12	(skip Feb 15, 22, Mar 22, 29)	11:45 am – 12:25 pm	same	B2
Pre 4	Sat	Feb 1 – Apr 12	(skip Feb 15, 22, Mar 22, 29)	10:15 – 10:55 am	same	B3
Pre 4	Sat	Feb 1 – Apr 12	(skip Feb 15, 22, Mar 22, 29)	11:45 am – 12:25pm	same	B4
Pre 5 / 6	Sat	Feb 1 – Apr 12	(skip Feb 15, 22, Mar 22, 29)	11:00 – 11:40 am	same	B5
Pre 5 / 6	Sat	Feb 1 – Apr 12	(skip Feb 15, 22, Mar 22, 29)	11:45 am – 12:25 pm	same	B6
Level A	Mon	Feb 3– Apr 7	(skip Feb 17, Mar 24)	6:00 – 7:00 pm	same	C1
Level A	Wed	Feb 5 – Apr 9	(skip Feb 12, Mar 26)	6:00 – 7:00 pm	same	C2
Level B	Mon	Feb 3– Apr 7	(skip Feb 17, Mar 24)	6:00 – 7:00 pm	same	C3
Level B	Wed	Feb 5 – Apr 9	(skip Feb 12, Mar 26)	6:00 – 7:00 pm	same	C4
USAG Team 1	M/W	Feb 3 – May 14	(skip Feb 12, 17, Mar 24, 26, Apr 21)	6:00 – 7:00 pm	same	D1
USAG Team 2	M/W	Feb 3 – May 14	(skip Feb 12, 17, Mar 24, 26, Apr 21)	7:00 – 8:00 pm	same	D2
USAG Team P3	T/TH	Feb 6 – May 15	(skip Feb 27, Mar 20, 25, 27)	6:00 – 8:00 pm	5:30 – 7:30 pm	D3
USAG Team 3	T/TH	Feb 6 – May 15	(skip Feb 27, Mar 20, 25, 27)	6:00 – 8:00 pm	5:30 – 7:30 pm	D4
Pre Optionals	T/TH	Feb 6 – May 15	(skip Feb 27, Mar 20, 25, 27)	6:00 – 8:30 pm	5:30 – 8:00 pm	E1
Pre Op Add on	M	Feb 3 – May 12	(skip Feb 17, Mar 24, Apr 21)	6:00 – 8:00 pm	same	E2
Optionals	M/T/TH	Feb 3 – May 12	(skip Feb 17, Mar 24)	6:00 – 8:00 pm	same	E3
		Feb 6 – May 15	(skip Feb 27, Mar 20, 25, 27)	6:00 – 8:30 pm	5:30 – 8:00 pm	
Mighty Mites	T/TH	Feb 6 – May 15	(skip Feb 27, Mar 20, 25, 27)	5:00 – 6:00 pm	4:30 – 5:30 pm	Coach Approval Needed



COMPULSORY AND OPTIONALS CAMP

- Instructor:** Coach Sarah Woods and Staff
- Location:** HS Memorial Gym
- Day:** Tuesday and Thursday
- Date:** Jan 7 – Jan 30
- Time:** 6:00 – 8:00 pm
- Course Code:** 342004
- Sections A1:** USAG Team P3/3
- Sections A2:** Pre-Optionals
- Sections A3:** Optionals
- Section Fee:** res./non-res. \$130.00/\$140.00

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

SCHOOL'S OUT GYMNASTICS CAMP

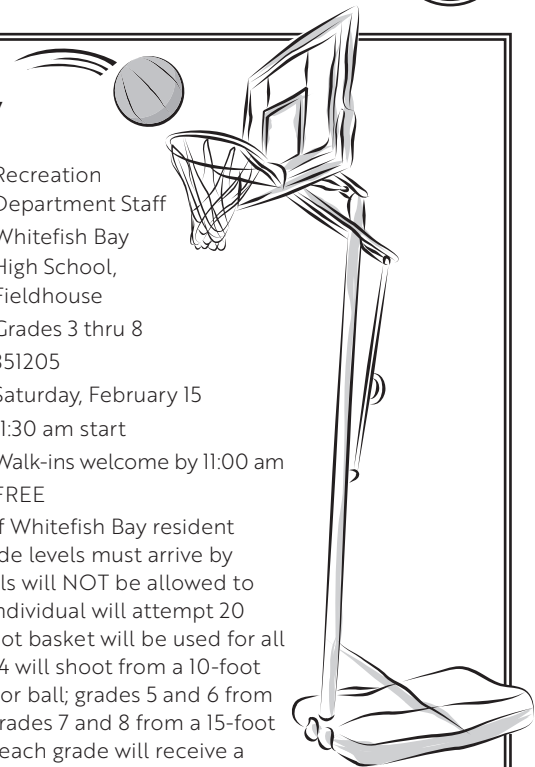
- Instructor:** WFB High School Girls Gymnastics Coach, Sarah Woods and Team
- Location:** HS Memorial Gym
- Ages:** Grades K5 thru 6
- Date:** Monday, February 17
- Time:** 9:00 am – 3:00 pm
- Note:** Bring a lunch (nut free), refillable water bottle, snack and comfortable clothing for movement
- Course Code:** 342003 A1
- Section Fee:** res./non-res. \$65.00/\$75.00

This fun-filled camp will feature tumbling, dancing, crafts and more during a day that Whitefish Bay public school students have no school. The program will be staffed by the Whitefish Bay High School Gymnastic Coach and Team Gymnasts. A percentage of proceeds from this camp will go to support the Whitefish Bay High School Gymnastics Team.

FREE THROW CONTEST

- Coordinators:** Recreation Department Staff
- Location:** Whitefish Bay High School, Fieldhouse
- Ages:** Grades 3 thru 8
- Course Code:** 351205
- Section A1:** Saturday, February 15
- Time:** 11:30 am start
Walk-ins welcome by 11:00 am
- Section Fee:** FREE

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



CO-ED BASKETBALL FUNDAMENTALS

- Instructor:** Kevin Lazovik, WFB HS Former Head Coach
- Location:** Richards Elementary School, Gym
- Ages:** Grades 1 thru 3
- Days:** Monday thru Thursday **Time:** 6:00 – 7:30 pm
- Course Code:** 341206
- Section A1:** Mar 3 – Mar 6
- 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. This will be a great way to learn basketball FUNDamentals.



WFB RESIDENTS

Show your community support through sponsorship of our youth sports programs. We are currently seeking sponsors for our T-Ball and Coach Pitch Leagues.

JOIN THE FUN TODAY!

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

SWIM INSTRUCTION

IMPORTANT:

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

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

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

TODDLER / Ages 18 - 30 months

Course Code: 310801

Classes stress water safety and begin the development of swimming techniques. Adults must accompany each child in the water. Children should wear swim diapers.

Section A1:	Day: Saturdays	Dates: Jan 18 – Mar 8	Time: 9:00 - 9:30 am	Location: Field House Pool
Section A2:	Day: Saturdays	Dates: Apr 12 – June 14 (skip Apr 19, May 24)	Time: 9:00 - 9:30 am	Location: Field House Pool

PRESCHOOL / Ages 2.5 - 5 years

Course Code: 320801

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

Section A1:	Day: Saturdays	Dates: Jan 18 – Mar 8	Time: 9:30 - 10:00 am	Location: Field House Pool
Section A2:	Day: Saturdays	Dates: Apr 12 – June 14 (skip Apr 19, May 24)	Time: 9:30 - 10:00 am	Location: Field House Pool
Section A3:	Day: Mon/Wed	Dates: Apr 28 – May 21	Time: 6:00 - 6:30 pm	Location: Auxiliary Pool

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

Course Code: 330801

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

Section A1:	Day: Saturdays	Dates: Jan 18 – Mar 8	Time: 9:00 – 9:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 22 – Mar 12	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 12 – June 14 (skip Apr 19, May 24)	Time: 9:00 – 9:45 am	Location: Field House Pool

LEVEL II – FUNDAMENTAL SKILLS / Pass Level 1

Course Code: 340801

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

Section A1:	Day: Saturdays	Dates: Jan 18 – Mar 8	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 22 – Mar 12	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 12 – June 14 (skip Apr 19, May 24)	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A4:	Day: Mon/Wed	Dates: Apr 28 – May 21	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool

LEVEL III – STROKE DEVELOPMENT / Pass Level 2

Course Code: 350801

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

Section A1:	Day: Saturdays	Dates: Jan 18 – Mar 8	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 22 – Mar 12	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 12 – June 14 (skip Apr 19, May 24)	Time: 10:00 – 10:45 am	Location: Field House Pool
Section A4:	Day: Mon/Wed	Dates: Apr 28 – May 21	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool

LEVEL IV – STROKE IMPROVEMENT / Pass Level 3

Course Code: 360801

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

Section A1:	Day: Saturdays	Dates: Jan 18 – Mar 8	Time: 11:00 – 11:45 am	Location: Field House Pool
Section A2:	Day: Wednesdays	Dates: Jan 22 – Mar 12	Time: 6:50 – 7:35 pm	Location: Auxiliary Pool
Section A3:	Day: Saturdays	Dates: Apr 12 – June 14 (skip Apr 19, May 24)	Time: 11:00 – 11:45 am	Location: Field House Pool
Section A4:	Day: Mon/Wed	Dates: Apr 28 – May 21	Time: 6:00 – 6:45 pm	Location: Auxiliary Pool

LEVEL V/VI – STROKE REFINEMENT / Pass Level 4

Course Code: 370801

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

Section A1:	Day: Saturdays	Dates: Jan 18 – Mar 8	Time: 11:00 – 11:45 am	Location: Field House Pool
Section A2:	Day: Saturdays	Dates: Apr 12 – June 14 (skip Apr 19, May 24)	Time: 11:00 – 11:45 am	Location: Field House Pool

FAMILY FUN SWIM

Location: WFB High School, Field House Pool
Days: Saturdays
Time: 2:00 – 3:00 pm
Dates: Jan 11 – May 17 (skip Mar 22, 29, Apr 5, 19)
Section 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 group an hour-long pool time for up to 15 people. The swim time includes access to fun pool noodles, toys and the diving well for swimmers who pass the swim test. To register, please complete a Family Fun Swim Request Form on our website. Forms must be received on the Thursday by 3:30 pm prior to the Saturday you would like to reserve.

OPEN SWIM

Location: WFB High School, Field House Pool
Days: 1st and 3rd Sundays of the month
Time: 1:45 – 3:00 pm
Dates: Jan 19 – May 18 (skip Mar 2, Apr 6, 20)
Fee: \$3.00 per Student
 \$4.00 per Adult
Note: Seniors and children 3 and under are FREE!
 Please bring exact change.

All children under 7 years of age must be accompanied in the water by a parent or guardian. Any child 7 years or older, but under 48" in height, must prove their swimming ability to the satisfaction of the lifeguards. The pool will be cleared 10 minutes prior to closing.

Swim passes are available for purchase at the Recreation Department. **Fee:** \$75.00/30 swims. Save \$0.50 per swim!

YOUTH DIVING

Instructor: Andrea Robertson, WFB Recreation Instructor
Location: WFB HS Fieldhouse Pool Dive Pit
Day: Monday
Note: Must have passed or currently be enrolled in Level 4 swim or higher
Time: 7:00 – 8:00 pm
Course Code: 380804
Section A1: Jan 6 – Feb 24
Section A2: Mar 3 – May 19 (skip Mar 24, 31, Apr 7, 21)
Section Fee: res./non-res. \$65.00/\$75.00

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

*** POOL CLOSED FOR MAINTENANCE FROM MARCH 22 TO APRIL 11.**

DISCOVER SCUBA DIVING

Instructor: Aquatic Adventures, Inc.
Location: WFB High School, Field House Pool
Ages: 10 years and up
Day: Wednesday **Time:** 6:15 – 8:45 pm
Course Code: 360805
Section A1: March 19 **Registration Deadline:** Wednesday, March 5
Section Fee: res./non-res. \$71.50/\$81.50

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

AMERICAN RED CROSS LIFEGUARDING CERTIFICATION - BLENDED LEARNING



Coordinator: Shorewood Recreation Department
Location: Shorewood HS Conference, Room 116 and Pool
Ages: 15 years and up
Days: Friday **Time:** 5:30 – 9:00 pm
 Saturday **Time:** 8:00 am – 5:00 pm
 Sunday **Time:** 8:00 am – 5:00 pm
Course Code: 380805
Section A1: Apr 4 – Apr 6
Section A2: May 16 – May 18
Section Fee: res./non-res. \$200.00/\$210.00

Are you a proficient swimmer and interested in becoming a lifeguard? Before you register for this course make sure you've mastered the basics. The required swim tests will check your swimming abilities. To complete this test you'll need to: swim 300 yards (or about 6 laps), tread water (for 2 minutes, legs only), retrieve a 10 lb brick from a minimum depth of 10 ft underwater. The American Red Cross Lifeguard course will cover the knowledge and skills to get your lifeguard, CPR/AED and first aid certification in Lifeguarding/First-Aid/CPR/AED. Attendance at ALL meetings is mandatory. Please understand that this course is a blended learning course. Participants must complete all online assignments prior to the start of class. Certification is not guaranteed as participants must score above an 80% on a written test and pass an in-water skills test. There is a mandatory pretest on the first day of class. Please bring a swimsuit, towel and snacks each meeting day.

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

IMPORTANT:

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



MORNING WATER AEROBICS

- Instructor:** Karma McMillan, Certified Personal Trainer
Location: WFB HS Auxiliary Pool
Time: 10:30 – 11:45 am
Course Code: 390303
Section A1: Mondays
Dates: Jan 6 – May 19 (skip Mar 24, 31, Apr 7, 21)
Section A2: Wednesdays
Dates: Jan 8 – May 21 (skip Mar 26, Apr 2, 9, 16)
Section A3: Fridays
Dates: Jan 10 – May 23 (skip Mar 28, Apr 4, 11, 18)
Section Fee: res./non-res. \$70.00/\$80.00

Swimmers and non-swimmers, come join us for one hour of aerobic activity, strength training and stretching. The last 15 minutes may be spent swimming laps. Participants should enter Door 8 off the Ardmore parking lot. Pool temperature is between 80 – 82° and there is a lifeguard on duty. Due to the overlap this program has with the school day, all participants are required to contact the Recreation Department either by phone or in-person to have their ID scanned by the Raptor Security System prior to the first day of class.

EVENING WATER AEROBICS

- Instructor:** Kathy Seitz, WFB Recreation Aquatics Coordinator
Location: WFB High School, Field House Pool
Day: Mondays
Time: 7:15 – 8:45 pm
Course Code: 390306
Section A1: Mondays
Dates: Jan 6 – May 19 (skip Mar 24, 31, Apr 7, 21)
Section Fee: res./non-res. \$70.00/\$80.00

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

LAP SWIMMING

- Location:** WFB High School Field House Pool
Days: Monday – Friday mornings **Time:** 6:00 – 7:30 am
Monday – Thursday evenings **Time:** 7:00 – 8:30 pm
Saturday and Sunday mid-day **Time:** 12:00 – 1:30 pm
Note: Please limit your time in the locker rooms to 15 minutes after your class is over. Monday evening lap swimming sessions will be located in the Auxiliary Pool. Cancellations may occur due to school activities and athletics.
Course Code: 390301
Section A1: Jan 6 – May 31 (skip evening Jan 9, 23)
(skip All Day Mar 2, Mar 22 - Apr 11, Apr 19 – 21, May 24 – 26)
Section Fee: res./non-res. \$80.00/\$90.00

Lap swimming is a wonderful way to keep in shape! This program is geared to accommodate adults who are looking for a vigorous workout that only includes lap swimming.

NOON RECREATIONAL SWIM

- Location:** WFB High School, Field House Pool
Days: Monday thru Friday **Time:** 12:00 – 12:45 pm
Saturday and Sunday **Time:** 12:00 – 1:30 pm
Note: Please limit your time in the locker rooms to 15 minutes after your class is over. Cancellations may occur due to school activities and athletics.
Course Code: 390302
Section A1: Jan 6 - May 31 (skip Mar 2, Mar 22 - Apr 11, Apr 19 – 21, May 24 – 26)
Adult Fee: res./non-res. \$60.00/\$70.00

This program is designed for the less aggressive swimmer who enjoys lap swimming and also an opportunity to enjoy the water. Lanes will be set up and participants can choose to do laps or to free swim. Due to the overlap this program has with the school day, all participants are required to contact the Recreation Department either by phone or in-person to have their ID scanned by the Raptor Security System prior to the first day of class. During the school school day, swimmers must enter between 11:45 am – 12:00 pm.

MASTER SWIM

- Supervisor:** Meghan Olson, Swim Coach
Location: WFB High School, Field House Pool
Days: Monday thru Friday **Time:** 5:00 – 6:00 am
Course Code: 390304
Section A1: Jan 6 – May 30 (skip Mar 24 - Apr 11, Apr 18, 21, May 26)
Section Fee: res./non-res. \$235.00/\$245.00
Section A2: Lap Swim Add-On
Section 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 triathletes. Jump start your day with a great swim workout! Master Swimmers wishing to extend their morning pool time may register for Lap Swim (6:00 - 6:30 am) for an additional fee of \$20.00. Register for the add-on using course code 390304 A2.



WALK FIT

- Coordinator:** Joe Kmoch, WFB Recreation Staff
- Location:** WFB High School, Field House Track
- Days:** Monday thru Friday
- Time:** 5:30 – 6:30 am
- Course Code:** 390308
- Section A1:** Jan 6 – May 30 (skip Apr 18, 21, May 6, 7, 8, 26)
- Section Fee:** res./non-res. \$40.00/\$50.00

When the weather gets chilly, it's great to be able to continue your walking regiment in a warmer environment. Registrants will be able to use the indoor track located in the WFB High School Field House to walk, jog or run your way to a healthier lifestyle.

LOW IMPACT AEROBICS

- Instructor:** Whitefish Bay Recreation Department Staff
- Location:** Lydell School & Community Center, Gym
- Days:** Mondays, Wednesdays & Fridays
- Time:** 8:00 – 8:45 am
- Course Code:** 390309
- Section A1:** Jan 6 – Mar 14
- Section A2:** Mar 24 – May 30 (skip May 26)
- Section Fee:** res./non-res. \$85.00/\$95.00

There's no better way to start your morning than with low-impact aerobics. Have fun and move to great music. Remember to bring your water bottle. For a complete morning workout, participants may sign up for Strength and Stretch at 10% off the price.

STRENGTH AND STRETCH

- Instructor:** Whitefish Bay Recreation Department Staff
- Location:** Lydell School & Community Center, Gym
- Days:** Mondays, Wednesdays & Fridays
- Time:** 8:50 – 9:35 am
- Course Code:** 390310
- Section A1:** Jan 6 – Mar 14
- Section A2:** Mar 24 – May 30 (skip May 26)
- Section Fee:** res./non-res. \$85.00/\$95.00

Unique total body workout using techniques that combine yoga, ballet, pilates, tai chi and stretching. Weights are used in resistance training and mat work for core. For a complete morning workout, participants may sign up for Low Impact Aerobics at 10% off the price.

SIT N FIT

- Instructor:** Whitefish Bay Recreation Department Staff
- Location:** Lydell School and Community Center, Room 17
- Days:** Tuesdays and Thursdays **Time:** 11:00 - 11:45 am
- Course Code:** 390314
- Section A1:** Jan 7 – May 22
- Section Fee:** res./non-res. \$110.00/\$120.00

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!

COMMUNITY FITNESS CENTER MEMBERSHIP

- Supervisor:** WFB Rec Dept Staff
- Location:** WFB HS Fieldhouse Balcony
- Days:** Mon thru Thurs **Time:** 6:00 – 8:00 pm
- Mon and Wed **Time:** 5:30 – 7:30 am
- Saturdays **Time:** 8:00 – 11:00 am
- Course Code:** 390315
- Section A1:** Jan 6 – May 31 (skip Apr 19, 21, May 24, 26)
- A1 Fee:** res./non-res. \$120.00/\$130.00
- Section A2:** Jan 6 – May 31 (skip Apr 19, 21, May 24, 26)
- Senior A2 Fee:** WFB Seniors 55+ \$110.00
- Section A3:** Lap Swim Add-On (please refer to Lap Swim on page 24 for dates/times)
- Section Fee:** \$20.00
- Section A4:** Walk Fit Add-On (please refer to Walk Fit on page 25 for dates/times)
- Section Fee:** \$20.00

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

READY TO DIVE IN?



**OZAUKEE
AQUATICS**

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

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

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

VISIT OZAUKEEAQUATICS.COM FOR MORE!



POWERLIFTING

- Instructor:** Karma McMillan, Certified Personal Trainer
- Location:** WFBHS Fitness Center
- Day:** Saturday
- Time:** 11:00 – 11:45 am
- Course Code:** 391208
- Age:** 18 and older
- Section A1:** Jan 11 – Feb 8
- Section A2:** Feb 15 – Mar 15
- Section A3:** Mar 22 – Apr 26 (skip Apr 19)
- Section A4:** May 3 – June 7 (skip May 24)
- Section Fee:** res./non-res. \$100.00/\$110.00

Powerlifting is a sport based purely off of strength. With this progressive training program you see intense increases of strength, test your one rep max, and learn everything you need to know in order to compete in a powerlifting meet.

PILATES W/ YIN YOGA

- Instructor:** Karma McMillan, Certified Personal Trainer
- Location:** Lydell School & Community Center, Room 19
- Days:** Tuesdays and Thursdays
- Time:** 12:00 – 12:45 pm
- Course Code:** 391702
- Age:** 18 and older
- Section A1:** Jan 7 – Jan 30
- Section A2:** Feb 4 – Feb 27
- Section A3:** Mar 4 – Mar 27
- Section A4:** Apr 1 – Apr 24
- Section A5:** Apr 29 – May 22
- Section Fee:** res./non-res. \$110.00/\$120.00

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. 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.

INDIVIDUALIZED WORKOUT PLAN

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

If you're stuck on how to start getting into shape this is the perfect program for you! Our certified personal trainer will help you start your journey by setting you up for success with your very own personalized 2 month training program. You will go over with Karma the areas that you would like to target your training towards or what your overall goals are for your program. You can also sign up for a training session with Karma and go over your program with her 1 on 1 in the WFB HS Fitness Center to make sure that you are doing the exercises correctly to maximize

your plan. Don't wait any longer and sign up today! Please fill out the Google Form on our website to sign up for this service. This will help us personalize it to your needs!

ZUMBA

- Instructor:** Tatiana Nuss, Certified Zumba Instructor
- Location:** Lydell School & Community Center, Gym
- Day:** Thursdays **Time:** 6:30 – 7:30 pm
- Course Code:** 390326
- Section A1:** Jan 16 – Feb 20
- Section A2:** Feb 27 – Apr 17 (skip Mar 20, 27)
- Section A3:** Apr 24 – May 29
- Section Fee:** res./non-res. \$50.00/\$60.00

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

INTRO TO TAI CHI

- Instructor:** Sandra Ingram
- Location:** Lydell School & Community Center, Room 17
- Day:** Tuesdays and Thursdays
- Time:** 10:45 – 11:45 am
- Course Code:** 390312
- Section A1:** Jan 7 – Jan 16
- Section Fee:** res./non-res. \$35.00/\$45.00

A starter class for anyone who wants to learn this popular martial arts and basics of Tai Chi forms. This class teaches gentle, slow movements to improve balance, help reduce pain, and increase mental focus. You will understand why Tai Chi is so popular. Tai Chi may be learned seated.

TAI CHI 24 FORMS AND QI GONG

- Instructor:** Sandra Ingram
- Location:** Lydell School & Community Center, Gym
- Day:** Tuesdays **Time:** 10:45 - 11:45 am
- Course Code:** 390412
- Section A1:** Jan 21 - Feb 25
- Section A2:** Apr 8 - May 13
- Section Fee:** res./non-res. \$42.00/\$52.00

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

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.



MINDFUL YOGA

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor

Location: Lydell School & Community Center, Room 17

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

Course Code: 390329

Section A1: Jan 6 – Feb 17 (skip Jan 20)

Section A2: Mar 3 – Apr 14 (skip Mar 24)

Section A3: Apr 28 – June 9 (skip May 26)

Section Fee: res./non-res. \$66.00/\$76.00

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

YOGIC BREATHING PRACTICES

Instructor: Jamie Lynn Tatera, Certified Yoga and Mindful Self-Compassion Instructor

Location: Lydell School & Community Center, Room 17

Day: Mondays **Time:** 10:35 – 11:00 am

Course Code: 390324

Section A1: Jan 27 – Feb 10

Section Fee: res./non-res. \$25.00/\$35.00

This series of classes is designed for Mindful Yoga students. Participants will learn a variety of breathing practices. Participants will be guided to create their own custom breathing sequence with practices learned.

YOGA WITH JILLIAN

Instructor: Jillian Holy, Certified Yoga Instructor

Location: Lydell School & Community Center, Room 17

MONDAYS

BEGINNER/INTERMEDIATE

Course Code: 390320

Time: 4:30 – 5:40 pm

Section A1: Jan 6 – Feb 10

Section A2: Feb 24 – Mar 31

Section A3: Apr 14 – May 19

BEGINNER/INTERMEDIATE

Course Code: 390323

Time: 5:45 – 6:55 pm

Section A1: Jan 6 – Feb 10

Section A2: Feb 24 – Mar 31

Section A3: Apr 14 – May 19

WEDNESDAYS

GENTLE/BEGINNER

Course Code: 390322

Time: 9:45 – 10:55 am

Section A1: Jan 8 – Feb 12

Section A2: Feb 26 – Apr 9 (skip Mar 19)

Section A3: Apr 23 – May 28

BEGINNER/INTERMEDIATE

Course Code: 390333

Time: 11:00 – 12:10 pm

Section A1: Jan 8 – Feb 12

Section A2: Feb 26 – Apr 9 (skip Mar 19)

Section A3: Apr 23 – May 28

Section Fee: res./non-res. \$55.00/\$65.00

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

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

POSTNATAL YOGA: FOR MOMS AND INFANTS

Instructor: Kyla Saphir, Certified Yoga Instructor

Location: Lydell School & Community Center, Room 17

Day: Thursdays **Time:** 8:30 – 9:30 am

Course Code: 392605

Section A1: Jan 9 – Feb 27

Section A2: April 3 – May 22

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

Postnatal yoga is a low-intensity yoga practice that's designed to help birthing people recover after giving birth. It can help with: physical recovery, mental and emotional health, and build community. Class includes:

- Low-intensity stretches: To target areas that are often tight from caring for a newborn
- Breathing exercises: To help you connect with your breath
- Core and pelvic floor exercises: To help you regain strength and tone
- Relaxation techniques: To help you find mind-body balance and relieve stress

A huge benefit of this class is being able to connect with other moms during this unique period of early motherhood while also exercising. Infants 6 months and younger are welcome.

BALLROOM DANCE

Coordinator: Nicolet Recreation Department

Instructor: Jacqui Lefebvre

Location: Nicolet High School Cafeteria, Glendale

Day: Tuesdays

Dates: Jan 14 – Apr 8 (skip Mar 25)

Course Code: 391402

Section A1: Basic I (Beginner) **Time:** 6:30 – 7:25 pm

Section A2: Intermediate/Advanced **Time:** 7:30 – 8:25 pm

Section Fee: res./non-res. \$78.00/\$88.00 (per couple)

Are you left out when the music starts playing at a wedding or on a cruise? Learn to Ballroom Dance and have a great time doing it! Dances covered in a year: Waltz, Foxtrot, Rumba, Cha Cha, Swing, Salsa and Tango.

Basic I (Beginner): Instruction on basic level steps for all social Ballroom Dances, plus lead/follow and floor craft.

Intermediate/Advanced: Review of fundamentals, groupings from all popular Ballroom Dances and plenty of practice time! Must register with a dance partner.



LATIN DANCE

Coordinator: Shorewood Recreation Department
Location: Shorewood High School, Performing Arts Building, Room 276
Day: Thursdays **Time:** 7:00 – 8:00 pm
Course Code: 391403
Section A1: Jan 16 – Mar 6
Section Fee: res./non-res. \$64.00/\$74.00

Come ready to learn the basic steps and rhythms of three social Latin dance styles. You will be introduced to Bachata, Merengue and Cha-cha-cha in an easy-to-follow way. Single persons and partners are welcome and no dance experience necessary. Join us for this little weekly sample of the Caribbean islands' flavor. Please wear easy-to-move-in shoes, and avoid rubber soles.

NORTH SHORE MARTIAL ARTS

Instructor: Phil Sauer, Owner of Young American Martial Arts Club
Location: Lydell School & Community Center, Gym
Ages: 11 years and up
Course Code: 341205

MONDAYS ONLY

Time: 6:00 - 7:15 pm
Section A1: Jan 6 - Mar 24
Section A2: Mar 31 - Jun 16
 (skip May 26- students may attend Wed, May 28 class)
Section Fee: res./non-res. \$179.00/\$189.00

MONDAY/WEDNESDAY

Time: 6:00 - 7:15 pm
Section A3: Jan 6 - Mar 26
Section A4: Mar 31 - Jun 18 (skip May 26)
Section Fee: res./non-res. \$225.00/\$235.00

Improve fitness and have fun while learning the Martial Arts from north Shore resident, Phil Sauer. Phil has been a Martial Arts Instructor since 1972 and has taught at UW-Milwaukee since 1979. This program will challenge you mentally and physically, as you learn kicking, punching, and self-defense techniques that will keep you safe and fit. Families with multiple children participating in the program will be offered a 25% discount for the second and third child.

OPEN BASKETBALL

Supervisor: Chad Sloden, WFB Rec Staff
Location: WFB HS Fieldhouse, Courts 3 and 4
Day: Wednesday
Note: Times adjusted to work around HS Athletics.
Dates: Jan 8 – Mar 19 **Time:** 8:00 – 10:00 pm
 Apr 2 – May 21 **Time:** 7:30 – 9:30 pm
Course Code: 391203
Section A1: Jan 8 - May 21 (skip Date Mar 26, May 7)
Note: Dates may be canceled due to school functions.
Section Fee: res./non-res. \$65.00/\$75.00

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

ADULT TENNIS LESSONS

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

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

Section A1: Mar 3 - Jun 2 (skip Mar 24, May 26)
Section Fee: res./non-res. \$456.00/\$466.00

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

Section A2: Mar 4 - Jun 3 (skip Mar 25)
Section Fee: res./non-res. \$494.00/\$504.00

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

Section A3: Mar 6 - Jun 5 (skip Mar 27)
Section Fee: res./non-res. \$494.00/\$504.00

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

GOLF CONDITIONING

Coordinator: Mequon Recreation Department
Instructor: Tami Bealert, PGA Golf Professional
Location: Range Line Community Center, Cafeteria
Days: Tuesdays
Time: 6:00 – 7:00 pm
Course Code: 391500
Section A1: Mar 4 – Apr 8
Section Fee: res./non-res. \$125.00/\$135.00

If you are serious about bringing your game to the next level, this class is for you! Understand how your physical capabilities contribute directly to your golf swing performance. Learn individually tailored flexibility and strength building exercises that develop your core muscles and improve golf-strength and how to prevent possible injury.

PICKLEBALL

Supervisor: Brett Roeder, WFB Recreation Staff
Location: WFB High School, Fieldhouse, Courts 1 and 2
Day: Tuesdays
Time: 8:15 – 9:45 pm
Note: Cancellations may occur due to school events in the Fieldhouse. Best efforts will be made to make up canceled dates.
Course Code: 392304
Section A1: Mar. 4 – May 20 (skip Apr 15, May 6)
Section Fee: res./non-res. \$55.00/\$65.00

The fun game with the funny name is one of the fastest growing sports in the nation. It is a combination of badminton, tennis and table tennis and is enjoyed by all age groups. Using a badminton-size court, tennis-height net, paddle and a baseball-sized wiffle ball, this game is usually played by doubles. It is easy to learn and provides plenty of exercise and eye-hand coordination. Want to watch a video? Go to www.USAPA.org, click on the link "What is Pickleball?" under Training and Court Info link!



BADMINTON

Supervisor: William Couture, WFB Rec Staff
Location: WFB HS Fieldhouse, Courts 1 and 2
Day: Wednesdays
Note: Times adjusted to work around HS Athletics.
Dates: Jan 8 – Mar. 19 **Time:** 8:00 - 10:00 pm
 Apr 2 – May 21 **Time:** 7:30 - 9:30 pm

Course Code: 391201

Section A1: Jan 8 - May 21 (skip Date Mar 26, May 7)

Note: Dates may be canceled due to school functions.

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

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.

ARCHERY

Coordinator: Nicolet Recreation Department
Instructor: Inna Lebedinsky
Location: Kletzsch Park Archery Range, Glendale
Days: Tuesdays, Wednesdays, Thursdays
Time: 5:15 – 6:00 pm

Course Code: 361209

Section A1: Apr 29 – May 8

Section A2: May 13 – May 22

Section Fee: res./non-res. \$75.00/\$85.00

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Questions? Contact Inna Lebedinsky at (414) 333-8784. Equipment is provided; participants are also welcome to bring their own bows. Register for both spring sessions and receive the Summer session for FREE!

ADULT LEARN TO SKATE (AGES 18+)

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

Course Code: 391127

Day: Tuesdays **Time:** 9:30 – 10:45 am

Section A1: Dec 10 - Jan 21 (skip Dec 24, 31)

Section A2: Jan 28 - Feb 25

Day: Saturdays **Time:** 8:45 – 9:30 am

Section A3: Dec 14 - Jan 25 (skip Dec 21, 28)

Section A4: Feb 1 - Mar 1

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

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

ADULT AND PEDIATRIC CPR/FIRST AID CERTIFICATION

Instructor: Jessica Heller; Heller Safety Solutions
Location: Lydell School & Community Center, Room 17
Time: 5:00 - 7:30 pm

Course Code: 391027

Ages: 11 and older

Section A1: Mar 13 **Registration Deadline:** Wed, Mar 5

Section A2: Apr 1 **Registration Deadline:** Mon, Mar 24

Section A3: May 15 **Registration Deadline:** Wed, May 7

Section Fee: res./non-res. \$75.00/\$85.00

This class combines online learning with an in-person, hands-on practice and testing session. This course prepares individuals to provide care for choking emergencies, basic first aid, and perform CPR and use an AED device for victims of sudden cardiac arrest. Students will be required to complete online coursework before the class starts (please note this can take up to 2.5 hours to complete). Students must bring a copy of the online verification certificate to the skills session class. Upon successful completion of the hands-on skills session, you will receive the American Red Cross Adult CPR/AED/First Aid certification; valid for two years. Online work will be sent one week prior to the class.

THE PERFECT STORM: EXPLORING ADHD, ANXIETY, AUTISM, AND SENSORY PROCESSING

Instructor: Dr. Beau Blakeley, Bright Beginnings
 Pediatric Chiropractic

Location: Lydell School & Community Center, Room 17

Day: Thursday

Time: 6:30 – 8:00 pm

Course Code: 390903

Section A1: Feb 6

Section A2: Apr 3

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

This workshop will explore the role of prenatal stress and birth trauma in children with chronic neurological challenges such as ADHD, sensory processing, anxiety, autism, mood disorders, and more. If you feel like you've tried everything to help your child and are still searching for answers, this workshop is for you!

QUILTING

Instructor: Maribeth Schmit, WFB Recreation Instructor

Location: Lydell School & Community Center, Room 22

Day: Thursdays **Time:** 9:30 am – 12:00 pm

Course Code: 390905

Section A1: Mar 13 – May 8

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

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



SEWING LAB

Location: Lydell School & Community Center, Room 22

Day: Mondays **Time:** 12:30 – 3:00 pm

Course Code: 390901

Section A1: Jan 6 – Mar 10

Section A2: Mar 17 – May 19

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

Sewing Lab is designed to provide you with a premium workspace, allowing you to work side-by-side with fellow sewers. Come have fun in this social, creative and fun environment. All participants must bring their projects and fabric to the first class.

WRITING FOR FUN OR PUBLICATION

Instructor: Nancy Martin, WFB Recreation Instructor

Location: Lydell School & Community Center, Room 15

Day: Wednesdays **Time:** 1:00 – 3:00 pm

Course Code: 391002

Section A1: Jan 8 – Feb 12

Section A2: Mar 5 – Apr 16

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

Learn and practice writing for yourself, family or publication - memoirs, fiction, poetry and essays. All skill levels are welcome.

WATERCOLOR ANIMALS

Instructor: Mary Pesch, WFB Recreation Instructor

Location: Lydell School & Community Center, Room 24

Day: Tuesdays and Thursdays

Course Code: 390705

Section A1: Feb 4 - Mar 13

Time: 10:00 - 11:30 am

Section A2: Apr 8 - May 15

Time: 7:00 – 8:30 pm

Section Fee: res./non-res. \$90.00/\$100.00

Class will learn to paint a variety of cats and dogs using watercolor paints. Watercolor tricks and techniques will be taught to produce 6 projects. Techniques of bleeding, masking, wet on wet and wet on dry will be taught. Step by step worksheets and outline drawings of the subjects will be provided to each student. Demos will be given for each project inside the classroom. It's an encouraging environment and all skill levels are welcome.

BEGINNING AND CONTINUING OIL PAINT

Instructor: Barbara Friedman, Masters in Art Education

Location: Lydell School & Community Center, Room 24

Day: Thursdays **Time:** 11:30 am - 2:00 pm

Course Code: 390709

Section A1: Mar 13 – May 1

Section Fee: res./non-res. \$120.00/\$130.00

Students will be painting from life using fruit, flowers and objects in a simple still life set-up. Students will learn about hard edges, soft edges, values, warm/cool colors, and your "star of the show" in the painting. If you have never painted in oils, you will receive an excellent foundation, and if you have experience, you will learn lots more. We are "learning to see" when we paint! Feel free to contact Barbara directly at brgfriedman@gmail.com. A complete supply list can be found on your receipt.

JEWELRY MAKING- EARRINGS AND BRACELETS



Instructor: Carol Ann Skurulsky, Recreation Department Instructor

Location: Lydell School & Community Center, Room 17

Day: Tuesdays **Time:** 5:30 – 6:30 pm

Course Code: 390906

Section A1: Feb 11-Earrings

Section A2: Mar 11-Bracelets

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

You will learn how to make beautiful personalized earrings for birthdays, anniversary, etc. You will gain skills on how to make either clip or pierced earrings with a variety of colors of beads of your choice. For the bracelet class, you will make a personalized hand-crafted bracelet. You will go home with a bracelet and the knowledge to continue your new skill. You will also get tips on how to turn this same bracelet into the latest craze...cell phone and purse jewelry. Great gifts for family, co-workers and friends. Each participant is asked to bring \$5.00 to the instructor on the first night of class for all supplies.

WOOD CARVING FOR BEGINNERS



Instructor: Pug Dillman of Pug's Art Studio

Location: Range Line Community Center, Room 110, Mequon

Time: 6:00 – 8:00 pm

Course Code: 391204

Section A1: Thursday, Feb 6

Registration Deadline: Thursday, Jan 30

Section Fee: res./non-res. \$75.00/\$85.00

Discover the craft and hobby of wood carving with guided instruction! Students will learn the basics of wood carving and carve their own wood spirit - mythical bearded creatures who are said to reside in the forest! Each student will be provided with a carving block, a variety of carving tools plus a pair of cut-proof gloves to wear during the class and sandpaper for their creation. Ages 18+.

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: 6:00 – 7:30 pm

Course Code: 391005

Section A1: Thursday, April 3

Registration Deadline: Thursday, March 20

Section Fee: res./non-res. \$75.00/\$85.00

Students will be taught how to make a designer deco mesh wreath using quality materials. Class cost includes all materials and tools needed to make a full 25-inch wreath. At the end of 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.

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.



CHARCUTERIE WORKSHOP

- Coordinator:** Mequon/Thiensville Recreation Department
Instructor: Amanda Petersen, Owner of Charcuter-Me
Location: Cafe Hollander
 5900 W. Mequon Road, Mequon
Time: 7:00 – 8:30 pm
Course Code: 392518
Section A1: Wednesday, Dec 18 (Holiday Theme)
Registration Deadline: Wednesday, Dec 11
Section A2: Sunday, Feb 2 (Valentine/Super Bowl Theme)
Registration Deadline: Sunday, Jan 26
Section A3: Wednesday, Apr 9 (Easter/Spring Theme)
Registration Deadline: Wednesday, Apr 2
Section Fee: res./non-res. \$80.00/\$90.00

Create your very own charcuterie board with Charcuter-Me! During this hands-on workshop, we will guide you step-by-step on how to create a charcuterie board, chat about what pairs well with the cheeses, give tips and tricks, and save time for question/answer sessions throughout the event. By the end of the event, you will have created a beautiful board to show off, and you will learn a life skill that will transform you into the best host! Complimentary welcome beverage provided by Cafe Hollander. Bar and full restaurant menu available.

INDIAN FOOD MADE EASY

- Coordinator:** Nicolet Recreation Department
Instructor: Susan Pack
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 392507
Section A1: Wednesday, Apr 23 **Time:** 6:00 – 7:30 pm
Section Fee: res./non-res. \$45.00/\$55.00

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

VALENTINE'S CHOCOLATE TRUFFLES

- Coordinator:** Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 328901
Section A1: Thursday, Feb 13 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

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

TURTLES, TERRAPINS AND CAMEL MACCHIATO BITES

- Coordinator:** Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Glendale
Course Code: 328902
Section A1: Thursday, May 1 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

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

RASPBERRY, CHOCOLATE AND VANILLA BEAN MARSHMALLOWS WITH HOT COCOA MIX

- Coordinator:** Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 392607
Section A1: Thursday, Jan 23 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

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

HOMEMADE BUTTERFINGER BITES AND BUTTERFINGER CHOCOLATE BARK

- Coordinator:** Nicolet Recreation Department
Instructor: Mary Adashek, owner of Sweet Connection Classes
Location: Nicolet High School, Room B133, Culinary Lab
Course Code: 328904
Section A1: Wednesday, Apr 2 **Time:** 6:00 – 8:00 pm
Section Fee: res./non-res. \$55.00/\$65.00

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



CHECK OUT OUR RecGram!

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



MAH JONGG



- Coordinator:** Mequon Thiensville Recreation Department
- Instructor:** Jackie Blumberg
- Location:** Range Line Community Center, Room 108, Mequon
- Day:** Fridays
- Dates:** Apr 25 – May 30 **Registration Deadline:** Friday, Apr 11
- Course Code:** 391120
- Section A1:** 10:00 am – 12:00 pm
- Section A2:** 1:00 pm – 3:00 pm
- Section Fee:** res./non-res. \$78.00/\$88.00

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

THE NEXT STEP-MAH JONGG STRATEGIES & SUPERVISED PLAY



- Coordinator:** Mequon Thiensville Recreation Department
- Instructor:** Jackie Blumberg
- Location:** Range Line Community Center, Room 107, Mequon
- Day:** Thursdays
- Dates:** Apr 24 – May 29
- Course Code:** 392021
- Section A1:** 9:30 – 11:30 am
- Section Fee:** res./non-res. \$56.00/\$66.00

This is an opportunity to deepen your understanding of Mah Jongg! This is a class for individuals who have completed a beginning Mah Jongg class. Individuals should have a basic knowledge of Mah Jongg and at least 1 year of experience playing. Participants will learn strategies to greatly enhance their game play. There will also be supervised play and participants will be able to put strategies into practice and receive feedback. Players will need a current National 2025 Mah Jongg League card.

BEGINNER SHEEPSHEAD



- Coordinator:** Nicolet Recreation Department
- Instructor:** Dennis Staral
- Location:** Nicolet High School, Room B113
- Ages:** 13 years and up
- Day:** Mondays **Time:** 4:00 – 5:00 pm
- Course Code:** 360504
- Section A1:** Mar 3 – May 5 (skip Mar 24, Apr 21)
- Section Fee:** res./non-res \$40.00/\$50.00

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

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

ADULT CONVERSATIONAL SPANISH-BEGINNER PT 1 - VIRTUAL



- Instructor:** Futura Language Instructor
- Location:** Virtual
- Time:** 6:00 – 7:00 pm
- Course Code:** 390508

MONDAYS

- Section A1:** Feb 24 - Apr 7 (skip Mar 31)

TUESDAYS

- Section B1:** Feb 18 - Mar 25

WEDNESDAYS

- Section C1:** Feb 19 - Mar 26
- Section Fee:** res./non-res. \$119.00/\$129.00

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb estar conjugation, gender of nouns, and plurality. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Applicable to new students and previous Spanish Conversation participants. A link will be sent prior to the class starting. Zoom link will be sent 48 hours prior to first class.

ADULT CONVERSATIONAL SPANISH-BEGINNER PT 2 - VIRTUAL



- Instructor:** Futura Language Instructor
- Location:** Virtual
- Time:** 6:00 – 7:00 pm
- Course Code:** 390605

MONDAYS

- Section A1:** Feb 24 - Apr 7 (skip Mar 31)

TUESDAYS

- Section A2:** Feb 18 - Mar 25
- Section Fee:** res./non-res. \$119.00/\$129.00

Learning a language is a lifelong journey and now you are on your way! keep up the momentum in Beginner Spanish Part Two. Participants will continue with practical conversation components and builder phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary along with the verbs ser and tener conjugations. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Applicable to new students and previous Beginner Part 1 Spanish conversation participants. Ability to access Zoom and basic working computer knowledge essential. Zoom link will be sent 48 hours prior to first class.



ADULT CONVERSATIONAL SPANISH-INTERMEDIATE PART 2 - VIRTUAL

Instructor: Futura Language Instructor
Location: Virtual
Course Code: 390509
Day: Wednesdays
Date: Feb 19 - Mar 26 **Time:** 6:00 – 7:00 pm
Section Fee: res./non-res. \$119.00/\$129.00

¿Quieres hablar mas Español? Then this course is for you! Continue building on previous Spanish skills to further develop conversational abilities in the language which will include expressing recommendations and comparisons. Real life scenarios will be introduced, and role played in Spanish to ensure a dynamic and interactive learning environment. Participants will also be delving into more complex grammatical instruction and vocabulary to create full sentences in Spanish. This will include present tense conjugation with ER & IR verbs, hobbies, sports, and workplace vocabulary in Spanish. Exciting culture discussions are related to music, dance, and famous people in Spanish speaking countries. Ability to access zoom and basic working computer knowledge essential. Applicable to students who completed Intermediate Spanish Part 1 or previous Beginner Spanish conversation participants.

ADULT CONVERSATIONAL SPANISH-ADVANCED PT 2 - VIRTUAL

Instructor: Futura Language Instructor
Location: Virtual
Course Code: 390510
Day: Thursdays
Date: Feb 20 - Mar 27
Time: 6:00 – 7:00 pm
Section Fee: res./non-res. \$119.00/\$129.00

¿Quieres ampliar tu español? Then this is the course for you! Students will expand their skills learning new complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. The Spanish subjunctive is a special verb form used to express uncertainty, possibility, mood, and expressions. Ability to access Zoom and basic working computer knowledge essential. Open to students who completed Advanced Spanish Part 1 or have had more than two years of the Spanish language. Zoom link will be sent 48 hours prior to first class.

HOW TO SELL YOUR HOUSE: A COMPLETE GUIDE FOR SELLERS

Instructor: Janine Werner, VP of Sales - Keller Williams
Location: Lydell School & Community Center, Room 17
Course Code: 390515
Section A1: Tuesday, February 18 **Time:** 5:00 - 6:30 pm
Section Fee: res./non-res. \$10.00/\$20.00

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.

SPRING CLEANING YOUR FINANCES

Instructor: Heather Deaton, EllenBecker Investment Group
Location: Lydell School & Community Center, Room 17
Day: Tuesday, April 8
Time: 6:30 – 7:30 pm
Course Code: 390615
Section Fee: res./non-res. \$10.00/\$20.00

Learn about spring cleaning your finances. Staying organized and on top of your finances is a key to long term success. In this seminar, you'll hear about tips and strategies to stay organized and on track by focusing on some specifics in your finances, Watching your cash flow, clearing out files, increasing your savings are a few topics we'll cover. You'll leave feeling motivated and able to prioritize what's most impactful.

ARE YOU AN INFORMED INVESTOR? THINGS TO KNOW FOR FINANCIAL SUCCESS

Presenter: Lyssa McGauran, Financial Advisor, Kindler Henrickson Group
Location: Lydell School & Community Center, Room 22
Time: 6:00 - 8:00 pm
Course Code: 390715
Section A1: Wednesday, January 8
Section Fee: res./non-res. \$10.00/\$20.00

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

TAMING THE HIGH COST OF COLLEGE

Instructor: Brad Baldrige
Location: Lydell School & Community Center, Room 15
Course Code: 391016
Section A1: Tuesday, February 4
Time: 7:00 – 8:30 pm
Section Fee: res./non-res. \$10.00/\$20.00

Learn how to pay for college without going broke or wiping out your family finances.

Here's what you'll learn:

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



BALANCE YOUR BLADDER AND BEYOND

Instructor: Nina Olson, DPT, CMTPT, BCB-PMD
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Course Code: 390319
Section A1: Tuesday, January 21
Time: 9:30 - 11:00 am
Section Fee: res./non-res. \$10.00/\$20.00

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

DRY NEEDLING 101

Instructor: Scott Coonen, PT, CSCS, CMTPT
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Course Code: 390507
Section A1: Thursday, April 10
Time: 5:30 - 6:30 pm
Section Fee: res./non-res. \$10.00/\$20.00

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

OSTEOPOROSIS

Instructor: Diane Ping, MPT, CMTPT
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Course Code: 390512
Section A1: Wed, Jan 15, Feb 26, and Apr 2
Time: 10:30 am - 12:30 pm
Section Fee: res./non-res. \$30.00/\$40.00

Osteoporosis is a reduction in bone mass which causes bones to become fragile. When bones are fragile, they are at a greater risk for fracture. Peak bone density is developed in youth. Inadequate bone development can lead to common bone injuries in the child/teen athlete population as well as seniors. These 3 one-hour classes taught by a physical therapist will cover 1. Osteoporosis overview- risk factors, symptoms, medications, supplements, and lifestyle influences. 2. Exercises for osteoporosis- posture, strength, weight-bearing exercise. This is a class to teach safe exercise performance to promote bone density and strength. 3. Nutrition for osteoporosis: Understanding how to reduce inflammation through nutritional choices to promote metabolic efficiency, repair, and growth. This class will be appropriate and helpful for athletes, teens, adults, the elderly and anyone looking for children/others.

HOW YOUR BRAIN CREATES PAIN

Instructor: Dr. Joe Ogden, DPT, CP-S, CPPS
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Course Code: 390513
Section A1: Wednesday, March 12
Time: 5:30 - 6:30 pm
Section Fee: res./non-res. \$10.00/\$20.00

Pain is a complex sensation created within the body. Current pain science supports the "Pain Neuromatrix" theory to describe how pain develops. Dr. Joe Ogden, DPT, CP-S, CPPS, will discuss the details of this theory, how this theory applies to acute and persistent pain, and how you can influence neuromatrix to gain better control over your pain.

LADIES NIGHT OUT 2025

Instructor: Freedom PT Women's Health and Community Providers
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Course Code: 390518
Section A1: Tuesday, May 6
Time: 6:00 - 7:30 pm
Section Fee: FREE

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

MENS NIGHT OUT 2025

Instructor: Freedom PT Health and Community Providers
Location: Freedom Physical Therapy Services
 6908 N. Santa Monica Boulevard, Fox Point
Course Code: 390618
Section A1: Wednesday, Feb 5
Time: 6:00 - 7:30 pm
Section Fee: FREE

Join us for our special "Men's Night Out" event. Come join us and engage in a night filled with insightful men's health classes tailored for gentlemen who care about their wellness, staying active, and living a healthy lifestyle. At this FREE socializing event, you can mix fine foods and drinks with socializing and education including presentations on Golf, Men's Health, and Active and Stylish footwear for active, yet stylish Gentlemen. This is a perfect opportunity to connect with fellow peers, share stories, and learn valuable tips for maintaining a vibrant lifestyle. Reserve your spot today as registration is required but payment is not!



HEALTH AND WELLNESS VISION BOARD WORKSHOP

Instructor: Annette Garcia NBC-HWC, Certified Health and Wellness Coach

Location: Lydell School & Community Center, R00m 19

Course Code: 392014

Session A1: Tuesday, February 11

Time: 5:30 - 7:30 pm

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

Start the new year by learning how to focus on your health and wellness goals so you can build a healthier, happier life! Join in a fun, interactive vision board workshop. Led by a certified Health and Wellness Coach, you will first do an activity to identify your health and wellness goals. Instructions and high-quality materials will be provided to create a vision board that represents your goals. You'll also learn how to use this new tool to help you create a happier, healthier life!

SELF CARE FOR THE CAREGIVER

Instructor: Annette Garcia NBC-HWC, Certified Health and Wellness Coach

Location: Lydell School & Community Center, Virtual

Day: Wednesdays

Time: 5:30 - 7:30 pm

Course Code: 392015

Session A1: Feb 5 - Mar 12

Section Fee: res./non-res. \$89.00/\$99.00

This 6-week course, led by a Certified Health and Wellness Coach, is designed for people who are caring for friends or family members. Being a caregiver can be challenging as you try to balance your needs with the needs of others. During this program, you will be guided to make simple lifestyle changes to help you lower your stress, increase your energy, and improve your overall well being. Taking better care of yourself will help you manage the demands of being a caregiver. You will receive a detailed workbook and meet once a week over Zoom for a 60-minute group coaching session. Connect with fellow caregivers and learn some effective ways to care for yourself while caring for others.

AARP SMART DRIVER COURSE

Instructor: John Graber, Volunteer Driving Safety Instructor - AARP

Location: Range Line Community Center - Conference Room

Course Code: 392016

Session A1: Tuesday, March 25

Time: 8:00 am - 12:15 pm

Section Fee: res./non-res. \$30.00/\$40.00

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

TECH COURSES



Coordinator: Nicolet Recreation Department

Instructor: C.T. Kruger

Location: Nicolet High School, Room F105, Glendale

Section Fee: res./non-res. \$25.00/\$35.00

CONTROLLING CABLE & INTERNET COSTS

Location: Nicolet High School, Lower D Wing, Glendale

Time: 12:30 - 2:30 pm

Course Code: 391021

Session A1: Thursday, March 6

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

OLD FAMILY PHOTOS AND THE DIGITAL AGE

Location: Nicolet High School, Lower D Wing, Glendale

Time: 12:30 - 2:30 pm

Course Code: 391110

Session A1: Thursday, January 30

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

IPAD/IPHONE - TIPS, TRICKS & TECHNIQUES

Location: Nicolet High School, Lower D Wing, Glendale

Time: 12:30 - 2:30 pm

Course Code: 391025

Session A1: Thursday, March 13

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

THE CAMERA IN YOUR SMARTPHONE

Location: Nicolet High School, Lower D Wing, Glendale

Time: 12:30 - 2:30 pm

Course Code: 391101

Session A1: Thursday, March 20

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

YOU HAVE PICTURES IN YOUR CAMERAS - NOW WHAT

Location: Nicolet High School, Lower D Wing, Glendale

Time: 12:30 - 2:30 pm

Course Code: 391020

Session A1: Thursday, April 3

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



ACBL BRIDGE LESSON PROGRAM



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

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

DIAMOND SERIES CLASS

Day: Tuesdays
Time: 9:00 – 11:00 am
Course Code: 391001
Section A1: Jan 14- Mar 25 (one week off TBD)
Registration Deadline: Tues, Dec 31
Section Fee: res./non-res. \$90.00/\$100.00

This 10-week course assumes familiarity with the bidding system and play techniques developed in the Club and Diamond Series and focuses primarily on defense. There are reviews in each lesson on bidding and play concepts. An accompanying textbook is available from the instructor for \$12.

DIAMOND SERIES PRACTICE

Day: Tuesdays
Time: 9:00 – 11:00 am
Course Code: 391001
Section A2: Apr 1 – Apr 29
Registration Deadline: Tues, Mar 18
Section Fee: res./non-res. \$47.00/\$57.00

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

SUPERVISED PLAY

Day: Wednesdays
Time: 9:00 – 11:00 am
Course Code: 391001
Section B1: Jan 15 – Mar 5 (skip Feb 12 and one week TBD)
Registration Deadline: Wed, Jan 8
Section B2: Mar 12 – Apr 23 (skip Apr 2)
Registration Deadline: Wed, Mar 5
Section B3: Apr 30 – Jun 11 (skip May 7)
Registration Deadline: Wed, Apr 23
Section Fee: res./non-res. \$56.00/\$66.00

These 6 week 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.

COMMONLY USED CONVENTIONS

Day: Mondays
Time: 9:00 – 11:00 am
Course Code: 391001
Section C1: Jan 6 – Mar 17
Registration Deadline: Mon, Dec 23
Section Fee: res./non-res. \$90.00/\$100.00

This course is an introduction to conventions and treatments that players are likely to encounter in competitive bridge games. Although the material is primarily designed for students who have come up through the ACBL Bridge series, it should appeal to players from various backgrounds. Students should be familiar with the basics of the game - bidding, play and defense. Some of the topics that are covered are Stayman, Jacoby, Transfers, Jacoby 2NT, Fourth Suit Forcing, and Weak Two Bids. This class runs for 10 weeks. A student text is available for purchase from the instructor.

CONVENTIONS PRACTICE PLAY SESSIONS

Day: Mondays
Time: 9:00 – 11:00 am
Course Code: 391001
Section C2: Mar 24 – May 19 (skip May 5)
Registration Deadline: Mon, Mar 17
Section Fee: res./non-res. \$74.00/\$84.00

This class is for bridge players who have completed the Commonly Used Conventions Series. It focuses on playing hands based on concepts learned in the Conventions class. These lessons run for 8 weeks.

PROGRAM CANCELLATIONS & ANNOUNCEMENTS...



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

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



Whitefish Bay RECREATION
 Bringing Community Together

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.



COMPUTER COURSES

Coordinator: Nicolet Recreation Department
Instructor: Mike Brown
Location: Nicolet High School, Room B116, Glendale

INTRO TO COMPUTERS - BEGINNER

Course Code: 391106
Day: Tuesdays
Time: 6:00 – 7:20 pm
Section A1: Jan 28 – Feb 25
Section Fee: res./non-res. \$64.00/\$74.00

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

INTRO TO COMPUTERS - INTERMEDIATE

Course Code: 391106
Day: Tuesdays
Time: 6:00 – 7:20 pm
Section A2: Mar 4 – Apr 8 (skip Mar 25)
Section Fee: res./non-res. \$64.00/\$74.00

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

MICROSOFT WORD - INTRODUCTORY

Course Code: 391106
Day: Tuesdays
Time: 7:40 – 9:00 pm
Section A3: Jan 28 – Feb 25
Section Fee: res./non-res. \$64.00/\$74.00

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

MICROSOFT WORD - INTERMEDIATE

Course Code: 391106
Day: Tuesdays
Time: 7:40 – 9:00 pm
Section A4: Mar 4 – Apr 8 (skip Mar 25)
Section Fee: res./non-res. \$64.00/\$74.00

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

MICROSOFT EXCEL - INTERMEDIATE

Course Code: 391106
Day: Tuesdays
Time: 6:00 – 7:20 pm
Section A5: Apr 15 – May 13
Section Fee: res./non-res. \$64.00/\$74.00

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

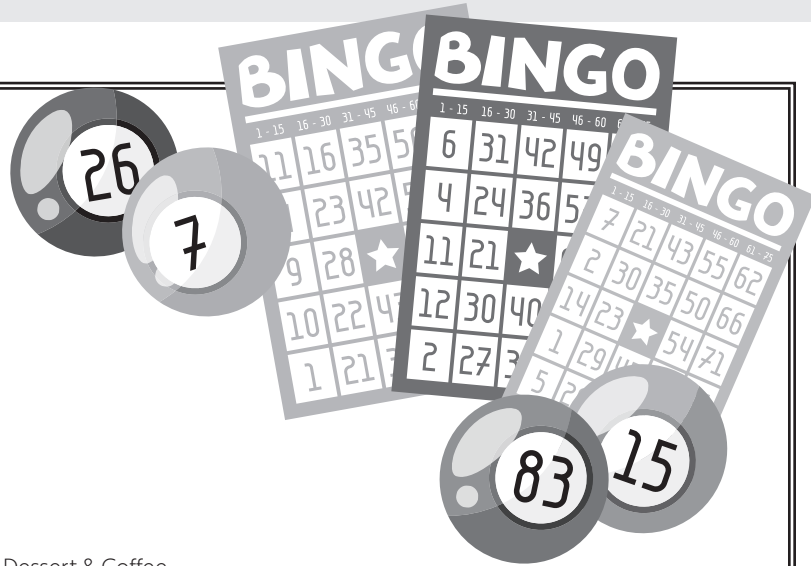
SENIOR PROGRAMMING

BINGO

SPRING LUNCHEON

Location: Lydell School & Community Center, Gym
Ages: 55 years and up
Time: 12:00 – 2:00 pm
Course Code: 334455
Section A1: Thursday, Feb 20
Registration Deadline: Thursday, Feb 13
Menu: Pasta Lunch, Garden Salad, Garlic Bread, Dessert & Coffee
Section Fee: res./non-res. FREE/\$11.00

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



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 COFFEE TALK:

HOME SELLING FOR SENIORS

- Presenter:** Sarah Fetterley and Sarah Leinweber with Shorewest Realty
- Location:** Lydell School & Community Center, Room 19
- Time:** 10:00 – 11:30 am
- Course Code:** 399999
- Section A3:** Wednesday, Feb 12
- Section Fee:** FREE – coffee and pastries provided

Join us for an informative workshop designed specifically for seniors who are considering selling their homes. This session will cover essential topics such as how to prepare your home for sale, including decluttering, staging and making necessary repairs to increase its market value. We'll also discuss how to determine the right time to sell, considering factors like market conditions, personal circumstances and financial goals. Our experts will provide practical tips and answer any questions you may have to help you make informed decisions and ensure a smooth selling process. Don't miss this opportunity to gain valuable insights and support your home-selling journey.

FALL RISK PREVENTION WORKSHOP

- Presenter:** Shawn McComb with Right At Home
- Location:** Lydell School & Community Center, Room 17
- Time:** 10:00 – 11:30 am
- Course Code:** 399999
- Section A1:** Friday, Feb 21
- Section Fee:** FREE – coffee and pastries provided

The goal of this session is to help seniors reduce their risk of taking fall. Falls are a leading cause of life-changing injuries, higher medical costs, and a loss of independent living. The objectives of this session are to provide proactive information and guidance that Seniors can use in their residence and community on a daily basis. Participants will learn about a wide range of tips and risk factors to help improve their safety. The session includes video and other content from the National Council on Aging, the Milwaukee County fall prevention Coalition, and other nationally recognized organizations. Video, fun interactive questionnaires, a Fall Risk Prevention Checklist, and individualized Fall Risk Assessment for each participant is included.

LET'S TALK ABOUT SENIOR LIVING!

- Presenter:** Angie Mehring & Barb George with Heartis Village North Shore
- Location:** Lydell School & Community Center, Room 17
- Time:** 10:30 am – 12:00 pm
- Course Code:** 399999
- Section A2:** Thursday, Apr 24
- Section Fee:** FREE – coffee and pastries provided

An overview of Senior Living Communities with their various licenses, amenities and services will be presented. Angie Mehring and Barb George from Heartis Village North Shore will also provide glimpses of what day to day Senior Community Living encompasses. Please bring any and all questions you have about Senior Community Living! Seniors and family members interested in learning more about Senior Living are welcome to attend!

Milwaukee FOOD & CITY TOURS™



FISH FRY TOUR

- Presenter:** Milwaukee Food Tours
- Time:** 10:30 am Pick-Up at Lydell School & Community Center Parking Lot, Tour time: 11am - 2pm Drop-Off at Lydell School & Community Center Parking Lot after the tour. Tour is 3 hours.
- Course Code:** 377777
- Section A1:** Friday, Apr 4
- Section Fee:** \$119.00.00 per person

In Milwaukee, there is just nothing quite like a Friday night fish fry – it's a classic! Join us as we indulge in Wisconsin's ultimate comfort food, narrated with a little history and trivia along the way. Tour an area church with us this Lenten season tour, stop at 3 of the city's fish fry hot spots, and conclude the tour with dessert! We can almost guarantee there will be one spot that you've never been to before!





SENIOR TRIPS

Time to Explore



2025 TRAVEL SHOW PRESENTED BY LAWANNA LAMBERT, PREMIER WORLD DISCOVERY

Location: Lydell School & Community Center & School, Room 17
Time: 10:00 – 11:00 am
Course Code: 377777
Section A2: Tuesday, Feb 18
Fee: Free

Love to travel without the stress of planning? Join us for a Travel Show presented by LaWanna Lambert of Premier World Discovery and learn about the three great trips we have planned for the seniors of Whitefish Bay. Group travel is a great way to visit places you have always wanted to see and meet new people. Learn more about each trip's itinerary, accommodations and costs. All trips must be paid in full 75 days prior to departure. Trips are booked on a first come-first served basis.

CHECK OUT THESE EXCITING DESTINATIONS WE ARE HEADING TO:

- Majestic Canadian Rockies (6 Days) Departs 8/17/25
- Iceland Explorer (7 Days) Departs 9/17/2025
- Great Trains & Grand Canyons (6 Days) 10/19/2025

MAJESTIC CANADIAN ROCKIES (6 DAYS)

Featuring the majestic scenery of Banff, highlights include 5 nights at one hotel in Banff National Park, Banff Area Tour, Sulphur Mountain via BAff, Gondola, Emerald Lake, Peyto Lake, Banff National Park, Dinner at Chateau Lake Louise, Moraine Lake and Valley of the Ten Peaks, Icefields Parkway, Columbia Icefield Ice Explorer Ride and more.

Trip includes: Roundtrip Airfare-MKE, Transportation to and from airport, 8 Meals, Professional Tour Director, First Class Hotel Accommodations, Motorcoach Transportation, Admission and Sightseeing, Baggage Handling.

\$3,999.00 per person based on double occupancy with booking discount (save \$100.00 per person, \$200.00 per Couple)

ICELAND EXPLORER (7 DAYS)

Tour Highlights include 5 nights at One Hotel-Reykjavik, a Reykjavik City Tour, Blue Lagoon, Golden Circle Tour, National Museum, Strokkur Geyser & Gullfoss/Golden Falls, Hot spring Bread Experience, Thingvellir National Park, South Coast Tour, Skogar Folk Museum, Skogafoss Waterfall, Keflavik & Bessastadir, Viking Ship Museum and Lake Kleifarvatn.

Trip includes: Roundtrip Airfare-ORD, Hometown Transfers-ORD, Int'l Air Departure Taxes/Fuel, 8 Meals: 5-Breakfast, 1-Lunch & 2-Dinners, Professional Tour Director, Motorcoach Transportation, Admissions per Itinerary, Sightseeing per Itinerary, Baggage Handling at Hotels.

\$4925.00 per person based on double occupancy with booking discount (save \$100.00 per person, \$200.00 per Couple)

GREAT TRAINS & GRAND CANYONS (6 DAYS)

Featuring the Two Rail Journeys: Grand Canyon Railway and the Verde Canyon Railway, Grand Canyon Nat'l Park, Oak Creek Canyon, Sedona Trolley Tour, Chapel of Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome and Chuckwagon Supper & Show.

Trip includes: Roundtrip Airfare-MKE, Hometown Transf. ers-MKE, 5 Nights Hotel Accommodations, 8 Meals (5 Breakfast, 3 Dinners), Professional Tour Director, Motorcoach Transportation, Sightseeing per Itinerary, Admissions per Itinerary, Hotel Transfers, Baggage Handling at Hotels.

\$3525.00 per person based on double occupancy with booking discount (save \$100.00 per person, \$200.00 per Couple)



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



WHITEFISH BAY COMMUNITY GARDEN

Thank you, Whitefish Bay Community Garden Coordinator, Volunteers, Donors and Local Sponsors for a great 2024 Growing Season! The 2025 Growing Season begins April 1st.

COMMUNITY FITNESS CENTER

Come Join Us Today!

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



FITNESS CENTER HOURS

Days: Mondays & Wednesdays
Mondays – Thursdays
Saturdays

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

Dates: Jan 6 – May 31
(closed Apr 19, 21, May 24, 26)

MEMBERSHIP PACKAGE OPTIONS

Adult Fee: \$120.00-resident / \$130.00 non-resident
Course Code: 390315 A1
Senior Fee: (WFB seniors Ages 55 and Up)
\$110.00-resident
Course Code: 390315 A2

Whitefish Bay High School Student Fee: \$40.00
Course Code: 380300 A1

FITNESS MEMBERSHIP ADD-ONS

See Descriptions for class details.

- LAP SWIM \$20.00** P. 24
- WALK FIT \$20.00** P. 25

Don't Miss Out on This Great Opportunity.

Sign Up Today!



DEPARTMENT INFORMATION

DEPARTMENT PROCEDURES:

MISSION STATEMENT

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

REGISTRATION PROCESS

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

LOTTERY INFORMATION

During the Priority Registration Period, all residents of Whitefish Bay have equal access to register for programming. During the Priority Registration Period, all those who wish to participate in a program will need to register, even if enrollment capacity has been exceeded. On the Selection Date, registrants are randomly selected via a computerized registration lottery for recreation programs that have exceeded their enrollment capacity. Those not selected in the registration lottery are notified and placed on a waitlist.

The registration receipt, received by email, during Priority Registration only confirms that you have been registered for the Registration Lottery, if the program exceeds enrollment capacity.

- If the program does exceed enrollment capacity, you will receive an email notification that you have been added to a waitlist.
- If the program does not exceed enrollment capacity, then your original receipt is your class confirmation.

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

Program Waitlists are now AUTOMATED. Participants will be able to add themselves or a family member to a program

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

PROGRAM WITHDRAWAL PROCEDURE

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 on page 45)
- Medical condition (with a Doctor's note)

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

CLASS TRANSFER PROCEDURE

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.

DEPARTMENT PROCEDURE:

RESIDENT DEFINITION

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

SATISFACTION GUARANTEED

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

INCLEMENT WEATHER

If the Whitefish Bay School District is closed due to inclement weather, Recreation Department activities 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 8:00 am to 10:00 pm. The pavilion has tables and chairs to seat approximately 40 people. There is a microwave and sink available for renters' use as well.

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

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

DISTRICT FACILITY RENTAL

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

INDOOR FACILITIES:

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

OUTDOOR FACILITIES:

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

REGISTRATION FORM



PAYEE INFORMATION (adult/parent/guardian)

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

REGISTRATION OPTIONS



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



ONLINE
www.wfbschools.com

COURSE SELECTION

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

Participant Name (First/Last) _____

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

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

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

Participant Name (First/Last) _____

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

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

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

Participant Name (First/Last) _____

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

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

CREDIT CARD INFORMATION

CREDIT CARD NUMBER:

- - -

EXP. DATE:

/

CVV#:

TOTAL

Signature _____

Card Holder Name (Print) _____

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

Name of volunteer _____

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

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

Signature _____

Date _____



Whitefish Bay
RECREATION

DABHUGRIK

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.



Open House for the 2025/2026 School Year

Tuesday, January 14th, 2025 from 5:30 - 7:00 pm

Registration begins at the Lydell School & Community Center

Wednesday, January 15th, 2025 at 9:00 am

Our Classrooms

Early Childhood: Ages 2-3

Must be 2 years old by September 1st

Preschool: Ages 3-4

Must be 3 years old by September 1st

Lydell School & Community Center

5205 N Lydell Ave, Whitefish Bay, WI

Program Days & Times

3-Day Program

Monday, Wednesday, Friday

2-Day Program

Tuesday, Thursday

Time for both Programs

9:00 - 11:30 am

For more information, please visit our website at wfbschools.com or contact Caitlin at caitlin.carani@wfbschools.com



REGISTRATION FORM



PAYEE INFORMATION (adult/parent/guardian)

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

REGISTRATION OPTIONS



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



ONLINE
www.wfbschools.com

COURSE SELECTION

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

Participant Name (First/Last) _____

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

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

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

Participant Name (First/Last) _____

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

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

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

Participant Name (First/Last) _____

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

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

CREDIT CARD INFORMATION

CREDIT CARD NUMBER:

- - -

EXP. DATE:

/

CVV#:

TOTAL

Signature _____

Card Holder Name (Print) _____

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

Name of volunteer _____

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

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

Signature _____ Date _____



Whitefish Bay
RECREATION

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



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

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



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



Mandi Gramoll Lococo, Agent
Gramoll & Associates Inc
Shorewood, WI
(414) 332-0838
Teamgramoll.com



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

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

RESIDENTIAL SNOW REMOVAL BY UW-MILWAUKEE STUDENTS!



**Same price from 1 inch and up,
hand-shoveled, free salt and sand distribution!**



Call us today to save 20% as a Shorewood resident!



(414) 800-2233



info@snowscholars.com

Book online at snowscholars.com



Whitefish Bay RECREATION

Bringing **Community** Together

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

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

IMPORTANT REGISTRATION DATES

WFB Resident Registration Begins
NOV. 18, 2024

DEC. 3, 2024
Non-Resident Registration Begins

CAR-RT PRESORT



Community...

More than just a place, it is the people around you.



ShoreWEST

SARAH.SHOREWEST.COM

EHO

SARAH LEINWEBER 414.704.2208 ■ SARAH FETTERLEY 414.617.6756

