

2022 FALL ACTIVITY GUIDE

Bringing Family & Community Together Through Recreation Since 1934! Wawmrec.com



Fall in love with our programs!



Registration Information

Registration Begins Residents: Monday, August 8, 2022 - 8am Non-Residents: Monday, August 22, 2022 - 8am

How to Register:



Online wawmrec.com

Phone-In

414-604-4900



In-Person

Office Hours M-TH: 8am-5pm | F: 8am-4pm

Mail/24-Hour Dropbox

2450 S. 68th Street West Allis, WI 53219

- O Online: Go to wawmrec.com, click on "Register" or "My Account" and enter your login information. If you are not already a member, click "Create An Account" and complete the household and family member information. When finished, click "Done" to submit your request. We will process your request and email your login information. If you do not have an account set up with us and want to register right away on August 8, please establish an account with us early. Accounts are reviewed for accuracy and residency only during office hours and can take up to one business day to approve.
- O **Phone-In:** Call 414-604-4900, press "0" to speak to an Office Operations Specialist and charge by phone using Visa, Mastercard or Discover.
- O Secure Dropbox: A 24-hour dropbox is located on the northeast side of the building by the main entrance.
- O US Mail: Send the registration form with your check or money order to the WAWM RCS Department.

Additional Information:



Like us on Facebook and Instagram - @wawmrcs



Find this icon throughout the guide for new and exciting classes



Visit us at wawmrec.com

Our office will be closed 9/5, 11/23, 11/24, 11/25, 12/23, 12/26, 12/30, 1/2.

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Recreation and Community Services Leadership Team

Shelly Strasser, Director	414-604-4937
Beau Benner	414-604-4951
Adaptive Recreation, Adult Sports, Open Gyms	, Young at Heart
Bobby Foreman	414-604-4968
Action Programs, Non School Day Camps	
Linda Gritzmacher	414-604-4911
Adult Fitness, Early Childhood, Walking Tra	ick
Amanda Schwichtenberg	414-604-4963
Dance, Enrichment, Events, Trips	
Sam Sujecki	414-604-4959
Intermediate School Athletics, Youth Sport	s, Jr. Programs
To Be Named	414-604-4938
Aquatics, Facility Rentals, Fine Arts	

Office Operations & Facilities Team

Cassie Stanton, Office Manager	414-604-4925
Tami Francis, Office Operations Specialist	414-604-4910
Cassy Ramirez, Office Operations Specialist	414-604-4930
Jill Ponzi, Facility Scheduling	414-604-4940
Joel Irizarry, Head Custodian	
Michael Bruckner, Facility Support	
Shawn Wirth, Facility Support	



Are you new to the area?

We invite you to stop in our office or give us a call! We would love the opportunity to meet you and let you know what we offer. We have many classes, activities, programs and leagues for all ages. Welcome to the neighborhood and we look forward to meeting you!

Fall Welcome from Shelly Strasser Director of Recreation & Community Service

Greetings West Allis and West Milwaukee Community Members!

According to the National Recreation and Park Association, Park Pulse Poll, 81% of US adults want park and recreation agencies to ensure their practices and policies are inclusive, so all people-regardless of their background or abilities-can fairly participate. And we agree, especially when it comes to the health and wellness of our community members!

As a result, our department has made a commitment to reviewing our policies and practices to take the necessary steps to be more inclusive. With the help of the National Recreation and Park Association and Epic Health Solutions, we have completed a series of training and professional development that included self assessments and an agency assessment. We have an excellent tool entitled "Elevating Health Equity Through Parks and Recreation Framework for Action" that we are using as our guide and to measure our progress. We are now ready to move to the next phase to center equity in all of our work and create a more intentional and documented plan that addresses health equity in our programs and services. This work will include engaging community members and creating a community of practice that includes a cross sector of staff and stakeholders.

Some short term goals include the creation and adoption of a Diversity, Equity and Inclusion Policy followed by agency wide training and professional development. Our department is committed to ensuring all community members have access to our programs and services so that they can be the healthiest version of themselves on their own terms. We are looking forward to this work so that we can better serve all of our community members.

KNOW BEFORE YOU GO!

AQUATICS

All children must be at least 4 years of age to attend lessons on their own and MUST meet the height requirement
 for each specific pool from the bottom of your child's feet to their chin in the shallow end. Parent & Child classes are exempt from the height requirement.

• Nathan Hale High School - 38 inches chin to toes

- Swim diapers are allowed when worn with appropriate swimsuit.
- Class length: Parent & Child and Level 1: 30 minutes; Level 2-7: 50 minutes; Level 8: 1 hour.



If you have any questions regarding swim level classification, contact 414-604-4938 or wawmrec@wawmsd.org.



Participants must pass all skills to move to the next level.



Swim goggles are recommended for Levels 3-8.

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The WAWM RCS Department reserves the right to move your child out of a level for their own safety.

Water and air temperature is regulated by the District's Facilities & Operations Department, not the WAWM RCS Department. They make every attempt to maintain a pool temperature of 82 degrees.

SAFETY FIRST - POOL REGULATIONS



Per state code, all swimmers must thoroughly rinse off in the shower before entering the pool.

Do not bring valuables to the pool. The WAWM RCS Department is not responsible for lost, stolen or damaged items.

Per state law, use of cell phones and electronic devices are prohibited in locker rooms.



Swim caps are required of all swimmers whose hair is long or controlled by hair spray or oil. Caps are sold at the pool for \$2.



Any swimmer who has entered kindergarten must use their respective male/female locker room. Locker room attendants are available to assist.



Street shoes are not allowed in the pool area. Shoes must be removed. Clean sandals or slippers may be worn.



 $S \cdot W \cdot I \cdot M \cdot M \cdot I \cdot N \cdot G$

New Berlin Swim Club

The New Berlin Swim Club (NBSC) is dedicated to promoting a positive experience with competitive swimming. Multiple training levels are offered from beginner to accomplished swimmers. NBSC strives to teach skills that are safe, healthy and fun. NBSC's competitive swim program is a rewarding experience, helping swimmers reach their full potential. Any swimmer able to complete one length of the pool (25 yards) is encouraged to join us for a skills evaluation. Swimmers 5 years old through high school age are eligible.

If you have questions about NBSC please contact us at nbswim.org or nbscswim@hotmail.com



American Red Cross "Learn to Swim" Lessons

Parent & Child Swim 2+yrs

Parents and children learn together to increase their child's comfort level in the water and build a foundation of basic skills, such as getting their face wet in the pool, blowing bubbles, front and back floats and glides. This level is fun-filled to help introduce water safety concepts and encourage a healthy recreational habit. One adult per child is required.

Level 1: Little Beginners

Little Beginners introduces first-time swimmers to the aquatic environment and helps them gain basic aquatic skills that are the foundation for later levels. Front and back floats, blowing bubbles and leg and arm actions are introduced.

Level 2: Introduction of Water Skills

Level 2 teaches basic personal water safety skills to help children feel comfortable in the water while improving elementary aquatic skills such as bobbing in the water, front and back glides and combined arm and leg action with assistance.

Level 3: Fundamental Aquatic Skills

Level 3 leads participants to success through fundamental skills such as floating and recovering to a vertical position. Participants will continue to increase their independence with treading and swimming on their front and back.

Level 4: Stroke Development

Level 4 will teach swimmers to do front crawl, rotary breathing and elementary backstroke the width of the pool. They will be introduced to deep water entries and simple dives, while continuing to improve their deep water treading skills.

Level 5: Stroke Refinement

Level 5 will help the swimmer develop confidence and distance in previously learned strokes while introducing new strokes. Swimmers will begin to develop scissor and frog kicks, underwater swimming skills and new deep water dives.

Level 6: Swimming and Skill Proficiency

Swimmers will practice their front crawl and elementary backstroke for 50 yards, backstroke for 25 yards and butterfly for 15 yards. Participants will continue to strengthen their frog and scissor kicks. Open turns are introduced and deep water skills are refined.

Level 7: Fitness Swimmer

Level 7 helps swimmers refine their strokes and skills so participants swim with ease, efficiency and power over greater distances. Participants will begin to incorporate flip turns into their front crawl.

Level 8: Intro to Competitive Swimming

Level 8 will introduce swimmers to competitive swimming. Swimmers will learn to do starts from blocks, use equipment such as paddles and pull buoys and understand the terminology and format of competitive swimming. This is a higher level program that will build endurance.



American Red Cross "Learn to Swim" - Nathan Hale High School. No swim 9/5, 11/23, 11/24.

Session	Code	Class	Day	Date	Time	RES/NR
Weeknight	301003.01	Level 3	Т	9/6-11/8	6-6:50pm	\$38/\$57
Weeknight	301004.01	Level 4	Т	9/6-11/8	7-7:50pm	\$38/\$57
Weeknight	301008.01	Level 8	Т	9/6-11/8	8-9pm	\$38/\$57
Weeknight	301001.01	Level 1	W	9/7-11/9	6-6:30pm	\$30/\$45
Weeknight	301005.01	Level 5	W	9/7-11/9	6:40-7:30pm	\$38/\$57
Weeknight	301006.01	Level 6	W	9/7-11/9	7:40-8:30pm	\$40/\$60

American Red Cross "Learn to Swim" - Nathan Hale High School. No swim 9/5, 11/23, 11/24.

Session	Code	Class	Day	Date	Time	RES/NR
Weeknight	301000.01	Parent/Child	ΤН	9/8-11/10	6-6:30pm	\$30/\$45
Weeknight	301002.01	Level 2	ΤН	9/8-11/10	6:40-7:30pm	\$38/\$57
Weeknight	301003.02	Level 3	ТН	9/8-11/10	7:40-8:30pm	\$38/\$57
Weeknight	301000.03	Parent/Child	М	9/12-11/7	6-6:30pm	\$27/\$41
Weeknight	301001.04	Level 1	М	9/12-11/7	6:30-7pm	\$27/\$41
Weeknight	301002.03	Level 2	М	9/12-11/7	7-7:50pm	\$35/\$53
Weeknight	301007.01	Level 7	М	9/12-11/7	8-8:50pm	\$35/\$53

Session	Code	Class	Day	Date	Time	RES/NR
Saturday	301001.02	Level 1	SAT	9/10-11/12	8:30-9am	\$30/\$45
Saturday	301000.02	Parent/Child	SAT	9/10-11/12	9-9:30am	\$30/\$45
Saturday	301001.03	Level 1	SAT	9/10-11/12	9:30-10am	\$30/\$45
Saturday	301002.02	Level 2	SAT	9/10-11/12	10-10:50am	\$38/\$57
Saturday	301003.03	Level 3	SAT	9/10-11/12	11-11:50am	\$38/\$57
Saturday	301004.02	Level 4	SAT	9/10-11/12	1-1:50pm	\$38/\$57
Saturday	301005.02	Level 5	SAT	9/10-11/12	2-2:50pm	\$38/\$57

Session	Code	Class	Day	Date	Time	RES/NR
Mini	301001.05	Level 1	M/W	11/14-12/19	6-6:30pm	\$30/\$45
Mini	301002.04	Level 2	M/W	11/14-12/19	6:40-7:30pm	\$38/\$57
Mini	301005.03	Level 5	M/W	11/14-12/19	7:40-8:30pm	\$38/\$57
Mini	301000.04	Parent/Child	T/TH	11/15-12/20	5:30-6pm	\$30/\$45
Mini	301003.04	Level 3	T/TH	11/15-12/20	6-6:50pm	\$38/\$57
Mini	301004.03	Level 4	T/TH	11/15-12/20	7-7:50pm	\$38/\$57
Mini	301006.02	Level 6	T/TH	11/15-12/20	8-8:50pm	\$38/\$57

Aqua Zumba

Dina Sharafinski - Nathan Hale High School

Perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you won't want to miss! Easy on your joints but don't be fooled, this is a great workout!

Code	Day	Date	Time	RES/NR
302001.01	W	9/7-11/9	5-5:50pm	\$35/\$53
302001.02	W	11/16-12/14	5-5:50pm	\$18/\$27

Adult Water Exercise

Mary Ann Batchelor - Nathan Hale High School

Get an energetic water exercise workout with the instructor joining you in the water. Class will include low impact exercises and stretching all done to music at varied intensities according to your ability. This class is for the swimmer and non-swimmer looking for both an upper and lower body workout. Weights and noodles will be used.

Code	Day	Date	Time	RES/NR
302002.01	TH	9/14-11/10	5-5:50pm	\$32/\$48
302002.02	TH	11/17-12/15	5-5:50pm	\$18/\$27



PRESCHOOL BEGINNING IN SEPTEMBER 2022

Get a JUMPSTART on our 2022 Fall Preschool registration!

Thinking about school starting in fall? Need a preschool program for your 3 or 4 year old who misses the September 1st cut-off date? We have the answer here! We will be offering a 2 day per week preschool program. The program includes small and large group instruction and 1:1 instruction centering around a new theme each week. Pre-reading activities include the ABC's, the Letter People and instruction with emergent reader books. Pre-math activities will include sorting, colors, patterns, shapes, graphing and numbers. We also offer play-based learning centers for reading, math, science, dramatic play and creative art. Children will be encouraged to use their creative energy to develop necessary social skills to learn and play successfully in a group setting. This program will also offer structured large muscle movement activities.

>> RESERVE YOUR SPOT TODAY! <<

The preschool program will run mid-September 2022 through May 2023 and is held at the Recreation Center. Children must be comfortable in a classroom setting without a parent and must be able to use the restroom independently. The preschool program will be instructed by certified classroom teacher, Kim Rymer. A classroom helper will be in class each day to assist Mrs. Rymer with restroom needs, snack time and indoor/outdoor play. A \$50 non-refundable deposit will secure your spot and will be applied towards the program fee. Call 414-604-4900 and one of our team members can assist you.





Preschool Program (2x per week)

This is a TWO day/week program. You choose Monday/ Wednesday or Tuesday/Thursday. Monthly payments will be available as an option.

Code	Day	Date	Time	RES/NR
403400.01	M/W	Sept-May	9-11:30am	\$806/\$1209
403400.02	T/TH	Sept-May	9-11:30am	\$806/\$1209

If you are interested in having your child attend preschool 1 day/week, please go online at wawmrec.com or call the office at 414-604-4900 and have your child's name added to the 1 day/week preschool waitlist. Program Manager, Linda Gritzmacher, will contact you to discuss this preschool option.

For more information, contact Program Manager, Linda Gritzmacher at 414-604-4911 or gritl@wawmsd.org

Music Maker and More 9mo-4yrs w/adult Music Maker & More Staff - Recreation Center

This sing-along musical activity group is designed for children and their parents or caregivers. The class incorporates traditional children's songs, finger plays, rhythm instruments and dance movements as well as puppets that help tell a story within the songs. Our goal is to give children an interest and love for all types of music. Bring your dancing feet and join us for a fun family class. **No class 11/24.**

Code	Day	Date	Time	RES/NR
303160.01	TH	9/8-10/6	9-9:30am	\$40/\$60
303160.02	TH	10/13-11/10	9-9:30am	\$40/\$60
303160.03	TH	11/17-12/22	9-9:30am	\$40/\$60



Tumble Bugs 1-4yrs w/adult Natasha Ergen - Irving Fieldhouse

Does your child love jumping, rolling and doing somersaults? Join us in warm-up songs, simple tumbling techniques and play with fun equipment and props. Children will develop large motor skills including balance and coordination.

1-2yrs

Code	Day	Date	Time	RES/NR
303205.01	Т	9/13-10/11	9:30-10am	\$13/\$20
303205.02	W	9/14-10/12	6-6:30pm	\$13/\$20
303205.03	Т	10/18-11/15	9:30-10am	\$13/\$20
303205.04	W	10/19-11/16	6-6:30pm	\$13/\$20
303205.05	Т	11/29-12/20	9:30-10am	\$10/\$15
303205.06	W	11/30-12/21	6-6:30pm	\$10/\$15

3-4yrs

Code	Day	Date	Time	RES/NR
303205.07	Т	9/13-10/11	10:30-11:15am	\$19/\$29
303205.08	W	9/14-10/12	6:45-7:30pm	\$19/\$29
303205.09	Т	10/18-11/15	10:30-11:15am	\$19/\$29
303205.10	W	10/19-11/16	6:45-7:30pm	\$19/\$29
303205.11	Т	11/29-12/20	10:30-11:15am	\$15/\$23
303205.12	W	11/30-12/21	6:45-7:30pm	\$15/\$23
303205.10 303205.11	W T	10/19-11/16 11/29-12/20	6:45-7:30pm 10:30-11:15am	\$19/\$29 \$15/\$23

Mushy Gushy Sticky Fun 1-4yrs w/adult

Irving Fieldhouse

Messy fun for your child that you don't have to clean up! Children will play with shaving cream, pudding, dirt and more. Explore your senses of touch and sight with fun activities. **No class 11/25.**

Natasha Ergen

Code	Day	Date	Time	RES/NR
303150.01	F	9/16-10/7	10-10:45am	\$15/\$23
303150.02	F	10/14-11/4	10-10:45am	\$15/\$23
303150.03	F	11/11-12/9	10-10:45am	\$15/\$23

Kim Blanton

Code	Day	Date	Time	RES/NR
303150.04	М	10/24	6:15-7:15pm	\$5/\$8
303150.05	ΤH	10/27	9:30-10:30am	\$5/\$8
303150.06	М	12/12	6:15-7:15pm	\$5/\$8
303150.07	ΤH	12/15	9:30-10:30am	\$5/\$8

Let's Get Moving 1-4yrs w/adult

Kim Blanton

Kids are constantly moving around and finding things to do. Here is a class where kids will be able to move around to music and follow instructions from the teacher using different types of fun equipment and more. **No class 11/8.**

1-2yrs - Recreation Center

Code	Day	Date	Time	RES/NR	
303200.01	Т	9/6-10/4	9:30-10am	\$10/\$15	
303200.02	Т	10/11-11/15	9:30-10am	\$10/\$15	
303200.03	Т	11/22-12/20	9:30-10am	\$10/\$15	
3-4yrs - Irving Elementary					

Code	Day	Date	Time	RES/NR
303200.04	Т	9/6-10/4	6:15-7pm	\$15/\$23
303200.05	Т	10/11-11/15	6:15-7pm	\$15/\$23
303200.06	Т	11/22-12/20	6:15-7pm	\$15/\$23





DON'T GET CANCELLED

Remember to register early for your classes! If a class or activity does not reach the minimum number of participants 5 days before the start of the class, it will be cancelled. Don't wait too long and register for those classes today to avoid the disappointment of a cancelled class.

EARLY CHILDHOOD

Pint-Size Picassos 2-4yrs w/adult

Kim Blanton - Irving Fieldhouse

Art is an essential part of expressing ideas and feelings in a visual form. Children will paint on different materials such as canvas, cement, tile and more. Let your child's artistic talent shine. **No class 11/24.**

Code	Day	Date	Time	RES/NR
303152.01	ΤH	11/3-12/8	9:30-10:30am	\$25/\$38
303152.02	М	11/7-12/5	6:15-7pm	\$19/\$29

Fantastic Fun Painting 2-4yrs w/adult

Natasha Ergen - Irving Fieldhouse

There are so many different ways to paint! You will paint using different utensils as well as different materials to paint on.

Code	Day	Date	Time	RES/NR
303146.01	М	9/12-10/10	10:45-11:30am	\$19/\$29
303146.02	М	10/17-11/14	10:45-11:30am	\$19/\$29
303146.03	М	11/21-12/19	10:45-11:30am	\$19/\$29

Animal Expedition 2-4yrs w/adult

Kim Blanton - Irving Fieldhouse

Kids love animals! Come explore a new animal each class with stories, crafts and other fun activities geared toward the animal of the day! **No class 9/26.**

Code	Day	Date	Time	RES/NR
303520.01	М	9/12-10/17	6:15-7pm	\$15/\$23
303520.02	TH	9/15-10/13	9:30-10:15am	\$15/\$23

Jump Up and Learn 2-6yrs w/adult

Stacy Madson - Recreation Center

Have fun side-by-side with your child as we explore a new theme each week through books, songs, art activities and more. Let's explore the world around us through active listening and play. This is a perfect class for families with multiple preschool aged children or those who are homeschooled.

Code	Day	Date	Time	RES/NR
303566.01	F	9/16-9/30	9:15-10:15am	\$15/\$23
303566.02	F	10/7-10/21	9:15-10:15am	\$15/\$23
303566.03	F	11/4-11/18	9:15-10:15am	\$15/\$23
303566.04	F	12/2-12/16	9:15-10:15am	\$15/\$23



TAKE A

Please be sure to review your receipt. We put important information about your activities on there! Also, please review your address, email and phone number for accuracy. Has your address, phone number and/or email changed recently? Give us a call at 414-604-4900 or email us at wawmrec@wawmsd.org and we can get your account updated!

Bitty Basketball 2-3yrs w/adult

Laura Peterson - Recreation Center

Come learn the basic skills necessary to play basketball while working one-on-one and spending quality time with their adult. The program focuses on dribbling, passing and shooting. Smaller hoops will be used. **No class 11/24.**

Code	Day	Date	Time	RES/NR
303800.01	ΤH	10/6-11/3	1-1:30pm	\$13/\$20
303800.02	TH	11/10-12/15	1-1:30pm	\$13/\$20



Bitty Soccer 2-3yrs w/adult Laura Peterson - Recreation Center

Soccer fun for the little one! Adults work with their child to guide them in kicking, passing and playing with other children. This is a relaxed fun environment for everyone! **No class 11/24.**

Code	Day	Date	Time	RES/NR
303800.03	ΤH	10/6-11/3	2-2:30pm	\$13/\$20
303800.04	TH	11/10-12/15	2-2:30pm	\$13/\$20

REGISTER NOW wawmrec.com or 414-604-4900

Dance Ballerinas 3-4yrs w/adult

Mariela Martinez - Recreation Center

It's ballet time! If your child loves to dance, walk on their tip toes and twirl around, this is the class for them.

Beginner

Code	Day	Date	Time	RES/NR
303300.01	М	9/12-10/10	5:30-6pm	\$13/\$20
303300.02	М	10/17-11/14	5:30-6pm	\$13/\$20
303300.03	М	11/21-12/19	5:30-6pm	\$13/\$20

Advanced

Code	Day	Date	Time	RES/NR
303300.04	М	9/12-10/10	6:15-6:45pm	\$13/\$20
303300.05	М	10/17-11/14	6:15-6:45pm	\$13/\$20
303300.06	М	11/21-12/19	6:15-6:45pm	\$13/\$20



Beginner Pom Pon 3-4yrs w/adult Mariela Martinez - Recreation Center

Has your child always wanted to play with pom pons? Have they danced along with the cheerleaders on TV? Now is their chance to learn about pom pons and enjoy using them during class.

Code	Day	Date	Time	RES/NR
303305.01	М	9/12-10/10	7-7:30pm	\$13/\$20
303305.02	М	10/17-11/14	7-7:30pm	\$13/\$20
303305.03	М	11/21-12/19	7-7:30pm	\$13/\$20

NEW

Imagination Station 2-5yrs w/adult Katie Lindgren - Recreation Center

Join us for a fun one-day class focused on different themes each time! Class activities range from science experiments, math games, sensory play and more. Come to one or all classes to see what imagination lies in store!

Dinosaurs

Code	Day	Date	Time	RES/NR		
303100.01	SAT	10/1	10-10:45am	\$5/\$8		
Bugs, Bug	ıs, Bug	S				
Code	Day	Date	Time	RES/NR		
303100.02	SAT	10/22	10-10:45am	\$5/\$8		
Royal Tea	Party					
Code	Day	Date	Time	RES/NR		
303100.03	SAT	11/12	10-10:45am	\$5/\$8		
Where The Wild Things Are						
Where Th	e Wild	Things Are				
Where The Code	e Wild Day	Things Are Date	Time	RES/NR		

Gingerbread Creation Station 3-8yrs w/adult

Irving Fieldhouse

Gingerbread houses are very popular and fun to make. Here you can make anything: a house, train, car, boat, etc.! Let your child's imagination run wild. Everyone will be given a packet of supplies to come up with whatever edible creation they would like to make.

Code	Day	Date	Time	RES/NR
303196.01	SAT	12/10	10-11am	\$10/\$15



PARTY PACKAGES

Party package is \$150 RES / \$225 NR

It's time to celebrate! The WAWM RCS Department is here to host and help celebrate your child's special day. We offer a variety of Birthday Party Packages that include a party host/hostess, decorations, a cake and goodie bags for the guest of honor and their guests. Birthday parties are 2 hours long and are planned for 10 guests including the guest of honor. Additional guests can be added for \$10 per child. Parties can be held on Friday evenings, Saturdays and Sundays at a variety of locations pending availability and package theme.

Reservations must be made at least two weeks in advance with a completed Birthday Party Form. Forms are available online at wawmrec.com. Once the reservation is confirmed, a \$25 non-refundable deposit is required and will be applied towards the total cost of the package. The remaining balance will be due the Monday prior to the party.

PACKAGES

- Rockin' Party Package: Add excitement to your party by climbing our Traverse Rock Wall and playing team games.
- Artsy Party Package: Let the creative minds free. The guest of honor will have the choice of craft projects throughout the party.
- **Princess Package:** Be our guest for your royal party. We will have crafts and fun games fit for your princesses!
- Jammin' Package: Let's play! We will be playing gym games and assorted team games.

Contact Amanda Schwichtenberg for more details: schwictenberga@wawmsd.org / 414-604-4963

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NEW Little Learners 2-5yrs w/adult Katie Lindgren - Recreation Center

Are you looking for something for your Little Learner to do or explore? Join us for one or all of our "Little Learners" classes. Classes will be designed to be taken once or over and over again!

Little Scientists

Get your mad science skills ready! We will discover new experiments and explorations. Come dressed in old clothes just in case we make a mess and be ready to learn and play.

Code	Day	Date	Time	RES/NR
303190.01	W	9/14	4-4:45pm	\$5/\$8
303190.02	SAT	12/3	11:15am-12pm	\$5/\$8

Little Explorers

Explore all things adventure. Where will it take us, who knows? The day will be full of fun and exploring the indoors and outdoors.

Code	Day	Date	Time	RES/NR	Code	Day	Date	Time	RES/NR
303190.03	SAT	10/1	11:15am-12pm	\$5/\$8	303190.09	W	11/30	4-4:45pm	\$5/\$8



The WAWM RCS Department works hard to make sure we provide the community with **NEW AND EXCITING** classes from season to season! Take a look throughout the guide to find our BRAND NEW classes this fall!



Little Einsteins

Introduce your child to the basic skills of math! Children will be introduced to numbers, shapes and counting. We will work on sorting items by size or shape, counting numbers 0-10 and more.

Code	Day	Date	Time	RES/NR
303190.04	W	10/5	4-4:45pm	\$5/\$8

Little Builders

Does your child love to build and explore? We will build and create new items while using new and different materials.

Code	Day	Date	Time	RES/NR
303190.05	W	10/12	4-4:45pm	\$5/\$8

Little Writers

Handwriting can be a challenge, but we'll make it fun! We will learn beginning handwriting skills, work on learning to write letters or make shapes. Children will also practice writing their own name.

Code	Day	Date	Time	RES/NR
303190.06	W	11/2	4-4:45pm	\$5/\$8

Little Chefs

Children will assist with making a simple recipe of their very own. We will help introduce basic safety skills when helping in the kitchen. Children will leave class with the food they helped create along with the recipe to make again at home!

Code	Day	Date	Time	RES/NR
303190.07	W	11/9	4-4:45pm	\$5/\$8

Little Readers

Does your child love to read or do they need help getting started? Join us for a day of making reading fun!

Code	Day	Date	Time	RES/NR
303190.08	SAT	11/12	11:15am-12pm	\$5/\$8

Little Players

Get your acting skills ready! We will learn, play and explore through reading and theater.

Glow Run 2-8yrs w/adult

Frank Lloyd Wright Intermediate

Join us for a fun Glow Run designed for you and your child that is filled with glow sticks! Children can do a $\frac{1}{2}$ mile or mile run with a fun obstacle course.

Code	Day	Date	Time	RES/NR
303210.01	F	9/30	7pm	\$5/\$8

Kids Tennis Club 5K-5th Grade

Liberty Heights Park

Come be part of a club that introduces your child to the world of tennis. In a supportive and non-traditional environment, your child will be introduced to the basics of tennis. This program is great for the beginner and those who need to brush up on their skills.

Beginner/No Experience

Code	Day	Date	Time	RES/NR
305905.01	ΤН	9/15-10/20	5:15-6pm	\$15/\$23
Intermedia	te/Adv	vanced		
Code	Day	Date	Time	RES/NR
305905.02	ТН	9/15-10/20	6:10-6:55pm	\$15/\$23

Youth Golf Lessons 6-15yrs

Jim Rewolinski - The Practice Station 4285 S. Sunnyslope Rd.

Looking to expand your child's knowledge of golf past the usual mini golf course? Our professional golf instructor will guide your child through the basics of golf. During the lessons, your child will work on their golf skills at the golf range, practice green and at 3 practice holes. Participants will be responsible to purchase practice balls (small: \$10, medium: \$12, large: \$14) and pay additional green fees. Practice ball dispenser vending machine only accepts exact cash amounts or credit/debit cards. Please have your child bring their own clubs to the lessons. Just think, the sooner your child builds up their golf skills, the sooner they can join you on the links. For weather cancellations, please call Jim at 414-427-9650.

6-10yrs

Code	Day	Date	Time	RES/NR
305600.01	SAT	9/24-10/15	10-11am	\$25/\$38

11-15yrs

Code	Day	Date	Time	RES/NR
305600.02	SAT	9/24-10/15	11am-12pm	\$25/\$38



Young Robinhood 10+yrs

Reservoir Park

Channel your inner Robinhood as you learn the basics of archery safety and shooting. Each week, young archers will take aim at different types of targets! Equipment is provided, although participants are allowed to bring their own bow and arrows.

Code	Day	Date	Time	RES/NR
305110.01	Т	9/13-10/18	5:15-6:15pm	\$50/\$75

Trixters Gymnastics 4+yrs

Nathan Hale High School

Improve your child's flexibility, strength, coordination and self-confidence. Your gymnast will work on their skills in the areas of the floor, uneven bars and balance beam. The gymnasts will be placed into groups with similar skill levels. Due to space limitations, classes are closed sessions. **No class 11/23.**

4-5yrs

Code	Day	Date	Time	RES/NR
305125.01	M/W	9/19-12/7	5:30-6:10pm	\$60/\$90
6-7yrs				
Code	Day	Date	Time	RES/NR
305125.02	M/W	9/19-12/7	6:15-6:55pm	\$60/\$90
8-9yrs				
Code	Day	Date	Time	RES/NR
305125.03	M/W	9/19-12/7	7-7:40pm	\$60/\$90
10+yrs				
Code	Day	Date	Time	RES/NR
305125.04	M/W	9/19-12/7	7:45-8:35pm	\$60/\$90



- Youth Sports -LEAGUE STRUCTURE

For all youth sports leagues, the WAWM RCS Department provides an onsite League Director. The League Director is an experienced and knowledgeable staff member responsible for delivering age appropriate instruction, preparing all practice plans, leading all practices and ensuring a consistent, quality experience for all players.

Teams are coached by volunteers. If a team does not have a volunteer coach, RCS staff will serve as the coach.

For every practice, the League Director will prepare the practice plan and set up all required equipment.
 The League Director will explain and demonstrate each drill to the coaches.

3. Coaches will run the drill as explained by the League Director.

4. All teams will follow the same practice plans.

INTERESTED IN BEING A VOLUNTEER COACH?

Volunteers follow the lead and direction from the League Director and run the pre-planned drills with their team. On game days, volunteers are responsible for player substitutions and providing a positive and fun learning environment. Volunteer coaches must model and exhibit our core values of inclusion, balance, skill development and lifelong enjoyment.



TIME COMMITMENT

4K-1st Grade: 1 hour a week (they meet once a week for 55 minutes) 2nd-8th Grade: 2 hours a week (they meet twice a week, an hour each time)

If you are interested in volunteer coaching, please indicate that at the time of enrollment or contact Sam Sujecki at sujeckis1@wawmsd.org or 414-604-4959 All volunteer coaches are subject a confidential background check.



ACTIVITY GUIDE Indoor Soccer, T-Ball, Rookies Baseball and Summer Soccer

- MAKE A DIFFERENCE -

Interested in getting involved in the rewarding field of youth sports? If so, the WAWM RCS Department is looking for highly energetic, outgoing and dependable staff as officials for soccer, flag football, volleyball and basketball. Apply online at wawmrec.com. You must be 14 years of age. For more information, contact Youth Sports Manager, Sam Sujecki at 414-604-4959 or sujeckis1@wawmsd.org



WAWM RCS YOUTH SPORTS PHILOSOPHY

All of our youth sports leagues are driven by a clear set of core values:



Regardless of a child's level of skill or background there is a place for them here.

BALANCE

Every program we offer features reasonable time commitments.

We will provide structured, progressive lesson planning.

LIFELONG ENJOYMENT

SKILL DEVELOPMENT

Our positive league experience will lead to sport participation for life.



YOUTH SPORTS LEAGUE GENERAL INFORMATION

- Players register as individuals and will be placed on teams. Every effort will be made to group players by school.
- Participants should be signed up for leagues based on their grade in the 2022-2023 school year. There are no exceptions to this rule.
- An email will be sent before the start of the program with team assignment and season schedule.
- The WAWM RCS Department reserves the right to combine teams for the benefit of the program.
- Due to changes and updates, locations are subject to change.
- In case of inclement weather, please call the weather line at 414-604-4900, Option 2.
- Teams are formed by the RCS Department and coached by volunteer adults. Practices and games are led by WAWM RCS staff.

For more information contact Youth Sport Manager, Sam Sujecki at 414-604-4959 or sujeckis1@wawmsd.org

YOUTH SPORTS LEAGUE TIMELINE

4K-1st Grade Leagues: Teams meet once a week. Practice and gameplay split between one hour. Season is 8 weeks. Fees start at \$30/\$45 NR.

2nd-8th Grade Leagues: Teams meet twice a week, one day each for a practice and game. Summer and winter/spring sports are 10 weeks and fees start at \$40/\$60 NR. Fall sports are 9 weeks and fees are \$35/\$53 NR (except volleyball which is 10 weeks and fees are \$40/\$60 NR).

Sport	Grades	Registration Opens	Registration Closes	Program Dates
Flag Football	4K-1st	Mon. June 6, 2022	Mon. August 1, 2022	Week of August 15-Week of October 17, 2022
Fall Soccer	4K-1st	Mon. June 6, 2022	Mon. August 1, 2022	Week of August 15-Week of October 17, 2022
Girls Volleyball	4K-8th	Mon. June 6, 2022	Fri. August 26, 2022	Week of September 12-Week of November 14, 2022
Basketball	4K-1st	Tues. September 6, 2022	Wed. December 21, 2022	Sat. January 7-Sat. February 25, 2023
Basketball	2nd-8th	Tues. September 6, 2022	Mon. November 21, 2022	Week of December 5, 2022-Sat. February 25, 2023
Indoor Soccer	4K-8th	Mon. November 28, 2022	Fri. February 17, 2023	Sat. March 4-Sat. May 6, 2023
T-Ball	4K-4K	Mon. March 6, 2023	Fri. May 12, 2023	Week of June 5-Week of July 31, 2023
Rookies Baseball	1st-2nd	Mon. March 6, 2023	Fri. May 12, 2023	Tues. June 6-Thur. August 3, 2023
Summer Soccer	4K-8th	Mon. March 6, 2023	Fri. May 19, 2023	Week of June 12-Week of August 7, 2023



Basketball registration opens Tuesday, September 6th at 8am.

4K-1st Grade Instructional Basketball

Horace Mann Elementary

This program encourages individual skill development. Players will focus on developing their individual ball skills, dribbling, and proper shooting form. At 1st grade, an emphasis will be placed on team play and sharing the ball (passing). This is an 8-week season in which teams will practice for the first 3 weeks followed by 5 weeks of an introduction to gameplay.

Fee for 4K-1st Grade Basketball: \$35/\$53 NR (After the 12/22 deadline: \$45/\$63 NR)

- Registration Deadline: Thursday, December 22 at 5pm
- All parents interested in volunteering must attend the coaches clinic. Date and time will be emailed after registering.
- All participants will receive an email from the WAWM RCS Department with practice information the week before the start date.

Lil Dribblers 4K Co-Ed

Code	Day	Date	Time
305102.01	SAT	1/7-2/25	9 or 10am*

Jr. Dribblers 5K Co-Ed

Code	Day	Date	Time
305102.02	SAT	1/7-2/25	11am or 12pm*

Dribblers 1st Grade Co-Ed

Code	Day	Date	Time	
305102.03	SAT	1/7-2/25	1 or 2pm*	

*Times may be adjusted based on number of teams formed.



2nd-8th Grade Basketball Leagues

The emphasis of our 2nd-8th grade league play shifts to team play and game play strategies. Players will focus on spacing, passing and catching and team defense.

Fee for 2nd-8th Grade Basketball: \$45/\$68 NR (After 11/21 deadline: \$55/\$78 NR)

- Registration Deadline: Monday, November 21 at 5pm.
- All interested coaches must attend the coaches clinic. Date and time will be emailed after registering.
- All teams will begin practice the week of December 5. No practices 12/23-1/2.
- 10 week season. For the first 3 weeks, teams will practice once during the week and on Saturday.
- Teams will practice on Monday, Tuesday, Wednesday or Thursday (based on availability of the volunteer coach) at 5:45pm or 6:45pm
- Games will be every Saturday and start week 4. Times will vary between 9am-3pm.
- Practice location:
 - 2nd-3rd Grade: Horace Mann Elementary
- 4th-8th Grade: Lane Intermediate
- Game location: Lane Intermediate
- Every player will receive their own basketball.
- All participants will receive an email from the WAWM RCS Department with practice information the week before the start date.

Fast Break 2nd-3rd Grade

Code		Date	Time
305102.04	Boys	12/5-2/25	5:45 or 6:45pm
305102.05	Girls	12/5-2/25	5:45 or 6:45pm

Shooters 4th-5th Grade

Code		Date	Time
305102.06	Boys	12/6-2/26	5:45 or 6:45pm
305102.07	Girls	12/6-2/26	5:45 or 6:45pm

All Stars 6th-8th Grade

There will be a mandatory draft on Saturday, December 3 at Lane Intermediate. The boys draft will be held from 10-11am and the girls draft will be held from 11:15am-12:15pm Players will be contacted by a coach with practice information following the draft. Practice starts the week of December 5.

Code		Date	Time
305102.08	Boys	12/3-2/25	5:45 or 6:45pm
305102.09	Girls	12/3-2/25	5:45 or 6:45pm





WAWM Intermediate School Interscholastic Sports 6th-8th Grade

Athletics are open to all 6th-8th grade residents including those who attend a parochial school, private school, home school or public school outside the district that does not offer sports. Student-athletes will work on building their fundamentals, teamwork and leadership skills while representing their school against local schools based on the conference their sport competes in. All participants must register with their attendance area school. All student-athletes will need to fill out the required forms, which includes a physical on file before participating in either the first day of tryouts or the first practice. If the sport has tryouts, participation fees will be due after the teams are announced but are required before they can attend practice or games.

- For girls/boys basketball and girls volleyball ONLY, teams will compete in the Jr. Parkland Conference.
- For 6th grade boys and girls basketball and 6th grade girls volleyball, student-athletes will have the opportunity to participate in recreation leagues. This aligns with the conferences we participate in for these sports, which do not include 6th grade interscholastic athletics. This creates a more inclusive opportunity for all interested athletes during their intermediate transition year as there is not a try-out process.
- Practices take place at the school you are registered at and scheduled in season between the hours of 3-5pm.



• Bus transportation will be provided for athletes to all away competitions.

Poms*

Season: August - Early March

Co-Ed Cross Country

Season: September - Early October Girls Basketball* (7th-8th Grade Only) Season: September - End of October Boys Basketball* (7th-8th Grade Only) Season: November - Mid January Wrestling Season: Mid January - Early March Girls Volleyball* (7th-8th Grade Only) Season: Late January - Mid March

Co-Ed Track Season: Late April - End May

*Tryouts Required

On our registration page, enter "IS" in "keyword search" to bring up Intermediate Sports Fee: \$45 per sport (except 6th grade track - \$20)

For more information: Sam Sujecki 414-604-4959 or sujeckis1@wawmsd.org

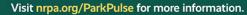
NRPA PARK PULSE Parks and Recreation Provides Important Youth Sports Opportunities

Nearly all (98%) U.S. adults agree it is important to provide youth with equitable access to sports opportunities. These opportunities promote:



Millennials (86%) and parents (86%) are among those most likely to believe equitable access to sports opportunities for youth is *extremely* or *very* important. Park and recreation agencies provide a fun, safe place to play where kids feel like they belong.

Each month, through a poll of 1,000 U.S. residents focused on park and recreation ssues, NRPA Park Pulse helps tell the park and recreation story. Questions span from the serious to the more lighthearted. The survey was conducted by Wakefield Research (www.wakefield.eacach.com)





Concussion and Head Injury Information

Wis. Stat. § 118.293 Concussion and Head Injury

What Is a Concussion? A concussion is a type of head (brain) injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Consequences of severe brain injury (including concussion) include problems with thinking, memory, learning, coordination, balance, speech, hearing, vision, and emotional changes.

What are the signs and symptoms of a concussion? You cannot see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you as an athlete or your child or teen is acting or feeling, if symptoms are getting worse, or if you/they just "don't feel right." Most concussions occur without loss of consciousness.

If the child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Unsure of score, game, opponent
- o Clumsy
- Answers more slowly than usual
- Shows behavior or personality changes
- Loss of consciousness (even briefly)
- o Repeats questions
- Forgets class schedule or assignments

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it is OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):

- o Headache
- Nausea or vomiting
- o Dizzy or unsteady
- Sensitive to light or noise or blurry vision
- Difficulty thinking clearly, concentrating, or remembering
- Irritable, sad, or feeling more emotional than usual
- Sleeps more or less than usual

If you or your child or teen has signs or symptoms of a concussion

Seek medical attention right away. A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe to return to normal activities, including physical activity and school (concentration and learning activities).

After a concussion, the brain needs time to heal. Activities may need to be limited while recovering. This includes exercise and activities that involve a lot of concentration.

Information adapted from the Centers for Disease Control and Prevention's (CDC) Heads Up Safe Brain. Stronger Future.

For more information view the CDC's Heads Up to Youth Sports webpages for athletes, parents, and coaches.





Sudden Cardiac Arrest Information

Wis. Stat. § 118.2935 Sudden cardiac arrest; youth athletic activities

Sudden cardiac arrest (SCA), while rare, is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at younger than age 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. **Athletes should inform the healthcare provider performing their physical examination about their family's heart history.**

What is Sudden Cardiac Arrest? Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs.

Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes.

Cardiac arrest is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest the heart stops beating.

What warning signs during exercise should athletes/coaches/parents watch out for?

- Fainting/blackouts (especially during exercise)
- o Dizziness
- Unusual fatigue/weakness
- Chest pain/tightness with exertion
- o Shortness of breath
- o Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)

Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest.

Speak up and tell a coach and parent/guardian if you notice problems when exercising.

If an athlete has any warning signs of SCA while exercising, they should seek medical attention and evaluation from a healthcare provider before returning to a game or practice.

The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.

What are ways to screen for Sudden Cardiac Arrest (SCA)? WIAA Pre-Participation Physical Evaluation – the Medical History form includes important heart related questions and is required every other year. Additional screening using an electrocardiogram and/or an echocardiogram may be done if there are concerns in the history or physical examination but is not required (by WIAA). Parents/guardians/athletes should discuss the need for specific cardiac testing with the medical provider performing the review of family history and physical evaluation or after experiencing warning signs of sudden cardiac arrest while exercising. The cost of the pre-participation physical and any follow up examinations or recommended testing including an electrocardiogram is the responsibility of the athlete and their parents/guardians. Not all cases or causes of SCA in young athletes are detected in the history, examination, or with testing.

What is an electrocardiogram, its risks, and benefits? An electrocardiogram (ECG) is one of the simplest and fastest tests used to evaluate the heart. Electrodes (small, plastic patches that stick to the skin) are placed at specific spots on the chest, arms, and legs. The electrodes are connected to an ECG machine by wires. The electrical activity of the heart is then measured, interpreted, and printed out. No electricity is sent into the body. Risks associated with having an ECG are minimal and rare. The benefits include that it is an easy procedure to do, can be performed in many health care offices and it may detect heart conditions in children with no symptoms. ECGs are good at detecting certain heart conditions that may increase risk for SCA but may not detect all such conditions. If not performed correctly the information is not valid and may lead to more (unnecessary) testing and further examinations. ECGs should be interpreted by experts in reading ECGs in children (i.e., pediatric cardiologists). For more information, view the Johns Hopkins Medicine - Electrocardiogram website.

How may a student athlete and parent/guardian request the administration of an electrocardiogram and a comprehensive physical examination? Athletes participating in WIAA sports are required to have a physical examination and review of family history every other year. Other youth sports have similar requirements. Although the cost of these medical examinations is the responsibility of the athlete's family many school districts can assist students to find low cost or no cost ways to obtain these examinations. Athletes should contact their school athletic director if they need assistance in getting an examination. If an athlete has risk factors, family history of heart disease, or has had warning signs associated with sudden cardiac arrest while exercising, they should tell the medical provider performing the history and physical examination and discuss the possible need for an electrocardiogram.









The West Allis-West Milwaukee Recreation and Community Services Department is excited for our inaugural season of the All is Dance Academy. The All is Dance Academy is a non-competitive dance program with a focus on creating an inclusive dance community where all are welcome to dance. It is a studio experience without the fees or commitment! Attire, class requirements and etiquette expectations are available online at wawmrec.com on the All is Dance Academy page.

Level 1: Beginner

If your child is interested in starting dance and has little to no experience, we suggest you enroll your child at this intro level. This level will include a slow but fun learning curriculum. The suggested age for this level is 4-6.

Level 2: Intermediate

This level would be for children who are interested in continuing dance and learning new skills at a slightly higher level than the beginner level. The curriculum for these classes would be learning new dance moves, memorizing choreography and following detailed directions. The suggested ages for this level is 7-10.

Level 3: Advanced

This level is for children who have preferably had some dance experience in the past but are also fast learners. This level includes a faster moving curriculum and involves movement taught from past levels. This level expects dancers to have some dance knowledge, be open minded to trying new things, have music coordination and to be able to memorize choreography. The age suggestion for this level is 11 and up or 10 year olds with experience.

See page 49 for adult class offerings!

Acro: Learn the fundamentals of movement, timing and stunts. We will focus on flexibility, body strengthening and stunts.

Ballet: Let's start at first position and go from there! Ballet strives to improve coordination, posture and muscle development. Learn basic ballet positions, steps and floor combinations.

Hawaiian: Hawaiian dance is packed with ancient traditions with a fascinating and intricate history. Movement in this dance style has specific meanings ranging from the elements of nature to celebrating their culture. We will cover basic steps that will focus on the dancer's flexibility, creativity, endurance and more.

Hip Hop: Hip hop includes a wide range of styles primarily isolations, popping, voguing, locking and breaking. Dancers learn strong movements that are low and grounded and focus on their center. Hip hop is known to be a very fun style of dance.

Jazz: This upbeat style of dance emphasizes proper body alignment and clean technique. We will include stretch and strength exercises and floor work. Dancers will work on musicality, turns, kicks and jumps.

Poms: Participants will work on techniques that include leaps, jumps, turns and flexibility.

Tap: Participants will work on timing and rhythms of tap as well as learning basic combinations while working on developing their coordination and stamina.







Code	Class	Level	Day	Time
415400.01	Acro	Level 1	SAT	9-9:50am
415500.03	Acro	Level 2	SAT	11-11:50am
415400.04	Ballet	Level 1	TH	6-6:50pm
415500.02	Ballet	Level 2	SAT	10-10:50am
415600.01	Ballet	Level 3	SAT	9-9:50am
415400.05	Hawaiian	Level 1	TH	7-7:50pm
415500.07	Hawaiian	Level 2	TH	6-6:50pm
415500.04	Нір Нор	Level 2	SAT	12-12:50pm
415600.05	Нір Нор	Level 3	TH	7-7:50pm
415500.05	Jazz	Level 2	SAT	12-12:50pm
415600.04	Jazz	Level 3	SAT	1-1:50pm
415400.03	Poms	Level 1	SAT	11-11:50am
415500.06	Poms	Level 2	SAT	1-1:50pm
415600.03	Poms	Level 3	SAT	12-12:50pm
415400.02	Тар	Level 1	SAT	10-10:50am
415500.01	Тар	Level 2	SAT	9-9:50am
415600.02	Тар	Level 3	SAT	11-11:50am

Day	Dates	Location	Res/NR
SAT	10/15-3/4*	Mitchell Elementary	\$80/\$120
TH	10/20-3/2**	Mitchell Elementary	\$80/\$120

*No class 11/26, 12/24, 12/31, 1/7

**No class 11/24, 12/29, 1/5

Costume: Families should anticipate an additional cost for a costume of approximately \$45-\$70 per class. Costume payments will be due at a later date after registration.

Recital: Participants will perform at an end of the year recital scheduled for Friday, March 10th and Saturday, March 11th at Nathan Hale High School. More information to come.





Diamond Twirlers 3yrs-Adult Frank Lloyd Wright Intermediate - Instructional Classes and Teams

Baton is an excellent way of developing hand-eye coordination, rhythm, timing, poise, gracefulness, endurance, self-discipline and overall coordination. All levels are welcome to be a member of any of the baton or pom pons teams. For more information about costumes, batons and props for certain groups or about fundraising, please contact Kathy Kugi-Tom, Diamond Twirlers voicemail at 414-604-4900 ext. 5931.

Princess Camp 3-5yrs

Frank Lloyd Wright Intermediate

Shall we dance? Your child will be introduced to basic dance, poms and the baton moves to begin a foundation in dance and baton. We will be dancing and twirling to a variety of princess songs.

Code	Day	Date	Time	RES/NR
315210.01	SAT	10/1-10/15	9-9:45am	\$25/\$38

Half Time Mini Show 6-8yrs

Frank Lloyd Wright Intermediate

Poms, batons and props are used in a variety of half time performances for football, sporting events and band shows. This class gives introductory skills to help create your own show routine, basic moves and skills that can be used in a variety of performances.

Code	Day	Date	Time	RES/NR
315210.02	SAT	10/1-10/15	9:30-10:15am	\$25/\$38

Baton Twirling Mini Camp

1-3yrs experience at WAWM RCS Camp or Class Frank Lloyd Wright Intermediate

Come add more skills to your abilities to get you ready for new classes or teams in January. Practice sessions on rolls, tricks and partners.

Code	Day	Date	Time	RES/NR
315210.03	SAT	10/1-10/15	10:15-11am	\$25/\$38

REGISTER NOW wawmrec.com or 414-604-4900

Kids Cuisine 5K-5th Grade

Recreation Center

Help your child learn to navigate their way around the kitchen. Each week a new cooking experience will be presented demonstrating tasty and healthy eats. Our chefs will prepare and eat what they create, giving them a feeling of satisfaction and accomplishment. We will also cover cooking terms, measuring, manners and kitchen safety. **No class 9/26.**

5K-2nd Grade

Code	Day	Date	Time	RES/NR
304301.01	М	9/12-10/24	5:45-6:45pm	\$40/\$60
3rd-5th Gr	rade			
Code	Day	Date	Time	RES/NR
304301.02	М	11/7-12/12	5:45-6:45pm	\$40/\$60

TESTIMONIALS



"My kids enjoyed it so much that they repeated many of the recipes at home."

"My children tried foods they would have never tried with me!"



Are you looking for the perfect space for your athletic event, theatre performance, birthday party, shower, meeting or special event? Our district offers state of the art facilities along with professional customer service to suit most events. Contact us at 414-604-4938 or wawmrec@wawmsd.org for availability and pricing. You can also download a facility usage request form and our district facility use guidelines by visiting wawmrec.com.



Little Bakers 4-10yrs

Little Bakers Association - Recreation Center

Does your little one like to watch you bake in the kitchen? Little Bakers is a great step into introducing your little baker to the kitchen world. In addition to creating delicious treats, we will introduce your child to baking vocabulary, techniques, cooking utensils, and most importantly, kitchen safety. Who's ready for some delicious treats and a messy good time?

NEW Signature Red Velvet Cookies

Ready for the best red velvet cookies ever? Our recipe produces a very soft and chewy cookie loaded with white chocolate chips! The perfect recipe for all seasons!

Code	Day	Date	Time	RES/NR
304305.01	SAT	10/8	11am-12pm	\$44/\$66



NEW Cake Pops

Cakes come in all shapes and sizes and a cake pop is perfect for your little one! Small, compact and so yummy, what's not to like about them?

Code	Day	Date	Time	RES/NR
304305.02	SAT	10/15	11am-12pm	\$44/\$66

Caramel Apple Pizza

A signature sugar cookie with flavored cream cheese, whipped cream, caramel and granny smith apples. Doesn't that sound delicious?

Code	Day	Date	Time	RES/NR
304305.03	SAT	11/12	11am-12pm	\$44/\$66

Apple Crisp

Get ready to indulge in all the best flavors - apples, sugars and spices - for an out of this world recipe. This delicious treat is perfect for any season or occasion. Your little baker will be preparing their apple crisp and serving it with a scoop of ice cream on top!

Code	Day	Date	Time	RES/NR
304305.04	SAT	12/3	11am-12pm	\$44/\$66

YOUTH ENRICHMENT

NEW Stuff and Fluff Party 1st-5th Grade Recreation Center

Do you remember your favorite stuffed animal from your childhood? Now is your child's chance to build their very own teddy bear that they will keep forever. We will build our bears starting with stuffing them utilizing their no sew design. After stuffing, we will design our own hoodies that each bear will wear. We will also read a story centered around teddy bears that will leave a lasting impression. Don't miss out on creating your next best friend.

Code	Day	Date	Time	RES/NR
304608.01	SAT	12/10	1-2pm	\$30/\$45

NEW Pumpkin Painting Party 5yrs+ Diane Ulezelski - Recreation Center

It's pumpkin season! Skip carving your jack-o-lanterns this year and enjoy creating a masterpiece using paint and other craft materials. There's no limit to your imagination in this party. Pumpkins and art supplies are included.

Code	Day	Date	Time	RES/NR
318050.01	W	10/19	6-7:30pm	\$25/\$38

Paint Escape 6-12yrs

Briona Conway - Recreation Center

Do you have a mini Picasso? Your child will explore their creative side while following step-by-step instructions to create one of a kind masterpieces. Supplies are included.

Code	Day	Date	Time	RES/NR
304503.01	SAT	9/24	1-2pm	\$20/\$30
304503.02	SAT	10/22	1-2pm	\$20/\$30
304503.03	SAT	11/12	1-2pm	\$20/\$30
304503.04	SAT	12/17	1-2pm	\$20/\$30



Adventurers 7-11yrs

Kathleen Mohr - Horace Mann Elementary

People travel the world to discover new places, people and excitement. In this creative drama play we will sail on the high seas like pirates, go to the Land of Lilliput with Gulliver's Travels or defend our kingdom like in a Knight's Life and much more! Who's ready to create an adventure with us?

Code	Day	Date	Time	RES/NR
312006.01	TH	9/22-10/20	6-7pm	\$50/\$75

Sky, Land, and Sea 4-6yrs

Kathleen Mohr - Horace Mann Elementary

One if by land, and two if by sea, are just some of the ways we will have fun in this theater class. We will create a fun art project inspired by the busy sky, dance to the color of the rainbow, explore nature with the animals and have fun with the fishes. Your imagination is unlimited in this fun class.

Code	Day	Date	Time	RES/NR
312006.02	W	10/26-11/16	6-7pm	\$40/\$60

VIRTUAL IN PERSON

Private Music Lessons 3rd Grade and Up Bob or Judy Halat - Frank Lloyd Wright Intermediate or Zoom

Individual lessons are designed to help you improve your skills and performance. Lesson times range between 3:15-6:45pm and each lesson is 30 minutes. If you are a first-time musician, trying to get back in tune or are looking to further your musical ability, this is a great opportunity for you. Lessons are for all band instruments, guitar and piano. Bob will contact you prior to your first lesson to schedule a time. **No lessons 10/28, 11/23, 11/25.**

Day	Date	Time	RES/NR
М	9/12-10/17	3:15-6:45pm	\$100/\$150
М	10/24-11/28	3:15-6:45pm	\$100/\$150
Т	9/6-10/11	3:15-6:45pm	\$100/\$150
Т	10/18-11/22	3:15-6:45pm	\$100/\$150
W	9/7-10/12	3:15-6:45pm	\$100/\$150
W	10/19-11/30	3:15-6:45pm	\$100/\$150
TH	9/1-10/6	3:15-6:45pm	\$100/\$150
TH	10/13-11/17	3:15-6:45pm	\$100/\$150
F	9/2-10/7	3:15-5:45pm	\$100/\$150
F	10/14-12/2	3:15-5:45pm	\$100/\$150
	M M T W W W TH TH F	M 9/12-10/17 M 10/24-11/28 T 9/6-10/11 T 10/18-11/22 W 9/7-10/12 W 10/19-11/30 TH 9/1-10/6 TH 10/13-11/17 F 9/2-10/7	M9/12-10/173:15-6:45pmM10/24-11/283:15-6:45pmT9/6-10/113:15-6:45pmT10/18-11/223:15-6:45pmW9/7-10/123:15-6:45pmW10/19-11/303:15-6:45pmTH9/1-10/63:15-6:45pmTH9/1-10/63:15-6:45pmF9/2-10/73:15-5:45pm



"Just wanted to give a shout out to Mr. Halat. He is a wonderful teacher as well as a wonderful human being. We were lucky to have found him to teach our son music!"

Little Jragons Martial Arts 3-17yrs

Jason Jordan - Recreation Center

Martial arts can help build character qualities such as confidence, leadership, respect and discipline. Classes are designed to improve large and fine motor skills while enhancing their ability to focus and follow directions. **No class 11/22.**

3-4yrs

Code	Day	Date	Time	RES/NR
304101.01	Т	9/13-10/25	5:30-6pm	\$49/\$74
304101.02	Т	11/1-12/20	5:30-6pm	\$49/\$74
5-6yrs				
Code	Day	Date	Time	RES/NR
304101.03	Т	9/13-10/25	6-6:30pm	\$49/\$74
304101.04	Т	11/1-12/20	6-6:30pm	\$49/\$74
7-17yrs				
Code	Day	Date	Time	RES/NR
304101.05	Т	9/13-10/25	6:30-7:15pm	\$56/\$84
304101.06	Т	11/1-12/20	6:30-7:15pm	\$56/\$84



American Red Cross Babysitting 10+yrs

Recreation Center

Babysitting is one of the most important jobs a young person will ever have. Babysitting can be a lot of fun but the responsibility of it should never be taken lightly. This program is based on these essential themes: Leadership, Safety and Safe Play, Basic Care and First Aid (including rescue breathing).

Code	Day	Date	Time	RES/NR
304602.01	М	9/26	8:30am-3pm	\$60/\$90
304602.02	М	10/31	8:30am-3pm	\$60/\$90
304602.03	SAT	11/12	8:30am-3pm	\$60/\$90

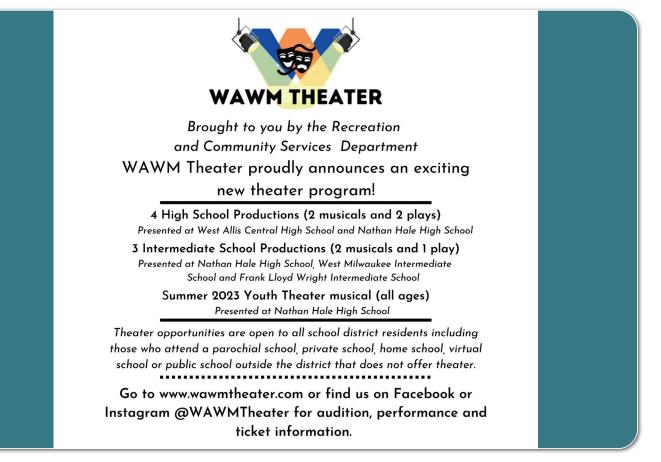


Beginner Chess 2nd-8th Grade

Wisconsin Scholastic Chess Federation Staff - Recreation Center

Don't be intimidated, we are all starting out at the beginning here. We will focus on the fundamentals, which includes opening strategy, the 7 basic checkmates and tactics such as Forks, Pins and Discovered Check. Students will experience a balance of chess play and instruction.

Code	Day	Date	Time	RES/NR
304400.01	W	9/21-11/9	6:30-7:30pm	\$50/\$75



STEAM Adventures 3rd-8th Grade NEW

Afterschool Solutions Staff - Recreation Center

We will be actively exploring concepts related to science, math, engineering or art. Students will conduct science experiments, try out unplugged coding activities, strengthen math skills with grade-level appropriate games and unlock their creativity through engineering challenges and art projects. Topics covered include aerodynamics, surface tension, buoyancy, air resistance, problem solving and teamwork. We utilize everyday household items so that students can recreate the experiments and activities at home with family and friends.

Code	Day	Date	Time	RES/NR
304401.01	SAT	9/17-10/22	10-11am	\$80/\$120

Stage Stars 3rd-8th Grade NEW Afterschool Solutions Staff - Recreation Center

Lights, camera, action! Each week, students will work on a different skill that is essential to performance, such as projection, diction, facial expressions, character movement, improvisation and stage directions. After beginning the class by defining and discussing the importance of these skills, students will participate in a variety of games and exercises focused on strengthening and reinforcing these skills.

Code	Day	Date	Time	RES/NR
304401.02	TH	9/29-11/3	6-7pm	\$80/\$120



Coding 3rd-8th Grade NEW Afterschool Solutions Staff - Recreation Center

Our innovative approach to coding is sure to spark your child's interest in computer science. 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. No class 11/26.

Code	Day	Date	Time	RES/NR
304401.03	SAT	10/29-12/10	10-11am	\$80/\$120

Vamos con la Familia 2nd-5th Grade

Futura Language Professionals - Recreation Center

Prepare your child for a global world. Let's visit the fascinating country of Peru. Your child will learn to describe and ask questions about their family and talk about likes and dislikes. Get a language headstart - sign up today! No class 11/23, 11/24, 12/7.

Recreation Center

NEW

Code	Day	Date	Time	RES/NR	
304501.01	Т	10/11-11/29	6-7pm	\$150/\$225	
Walker Elementary					
Code	Day	Date	Time	RES/NR	
304501.02	Т	10/11-11/29	3:45-4:45pm	\$150/\$225	
Wilson Ele	menta	ry			
Code	Day	Date	Time	RES/NR	
304501.03	W	10/12-12/14	3:45-4:45pm	\$150/\$225	
Hoover Elementary					

Code	Day	Date	Time	RES/NR
304501.04	ΤH	10/13-12/8	3:45-4:45pm	\$150/\$225

VIRTUAL **Esports League** 8-17yrs

Gamers of all skill levels can enjoy friendly, online competition in popular video games from the comfort of your own home. In our Esports Leagues, you can connect with friends to compete and have fun! Each season will consist of a variety of leagues for you to choose from including games that are 1v1 or games that you can team up with your friends and play. The WAWM RCS Department utilizes the Mission Control App to monitor our Esports community. Only registered players can play and Mission Control monitors our message boards to ensure safety. For more fall season information, check out our Esports Page at wawmrec.com prior to registering.

Madden 22 (Playstation 5)

Code	Day	Date	Time	RES/NR		
304515.01	Т	10/4-10/25	6:30pm	\$20/\$30		
Fortnite Solos						
Code	Day	Date	Time	RES/NR		
304515.02	W	10/5-10/26	6:30pm	\$20/\$30		
Super Smash Bros. Ultimate (Nintendo Switch)						
Code	Day	Date	Time	RES/NR		

Code	Day	Date	Time	RES/NR
304515.03	TH	10/6-10/27	6:30pm	\$20/\$30



NEW Introduction to the Latin Language 4th-12th Grade

Brandon Koble - Recreation Center

Why would anyone want to learn a "dead" language? This is a common question and yet is quite misleading. Latin is far from dead and is the root of almost half of all English words. It is the language of medicine, science, philosophy, law and theology. The study of Latin aids us in being better at speaking and writing English. The study of Latin transforms the mind, helping one to be methodical and logical, and providing a means of engaging and ordering your thoughts. It is beautiful to read and hear. Join us for an evening of Latin poetry and explanation. Experience the beauty of the language and the enticement of learning that beauty and making it your own.

Code	Grade	Day	Date	Time	RES/NR
304605.01	4th-7th	Т	9/13-10/18	6:30-8pm	\$20/\$30
304605.02	8th-12th	Т	10/25-11/29	6:30-8pm	\$20/\$30

NEW Cards for Kids 6th-8th Grade Joel Irizarry - Recreation Center

Sports trading cards are once again a popular trend! Whether you are looking to start a collection or build on what you currently have, Cards for Kids is a new and exciting program that allows you to enjoy collecting. Each week you will receive an unopened pack of cards along with a collection of already opened cards. Week 1 is Baseball, Week 2 is Basketball and Week 3 is Football. Kids will spend 30 minutes opening their packs, looking through their cards and have the chance to trade with others. You will also learn what specifics to look for when opening cards and determining what may be valuable. The final 30 minutes, kids will move to the gym to play basketball and participate in a weekly challenge. Winners of each weekly challenge will receive a prize. Prizes could include an autographed card, unopened packs or other sports memorabilia. All proceeds from this program will go directly to our Champion for a Child Scholarship Fund.

Code	Day	Date	Time	RES/NR
304160.01	SUN	9/25-10/9	12:30-1:30pm	\$25/\$38

NEW Nerf Nites 6th-12th Grade Milwaukee Area Nerf Outings Staff - Recreation Center

Who's ready to cause some havoc? The night will consist of a variety of games led by Milwaukee Area Nerf Outings. We will provide the foam darts but participants must bring their own blasters that are compatible with the foam darts. Eye protection will be provided as well. Who's ready to have some fun?

6th-8th Grade

Code	Day	Date	Time	RES/NR
304609.01	F	9/16	6-7pm	\$5/\$8
304609.03	F	10/14	6-7pm	\$5/\$8
9th-12th G	rade			
Code	Day	Date	Time	RES/NR
304609.02	F	9/16	7-8pm	\$5/\$8
304609.04	F	10/14	7-8pm	\$5/\$8



College Success 13-17yrs w/Parent/Guardian

Nancy Crosby - Recreation Center

Jump start your rising college student's success! Come learn what the guidance counselors aren't telling you. We will introduce you and your child to several topics that influence student success, including: mindset, prioritization and task management, mental health resources, financial aid opportunities, school and major selection and more. Students will be equipped to move through their college years with confidence and clarity. Parents will feel empowered to provide their students with the most effective support, which will save time, money and stress in the years ahead.

Code	Day	Date	Time	RES/NR
304901.01	TH	10/20-11/3	6-7:30pm	\$30/\$45*
				*Per family





We are currently hiring for our fall season! Want to have fun while you work? The WAWM RCS Department has many exciting positions that will make your fall memorable!



Fall Action Application General Employment Application

Apply now: wawmrec.com/employment or scan the QR codes above

FREE FREEDOS

For ages 3-10 Nathan Hale High School Parking Lot

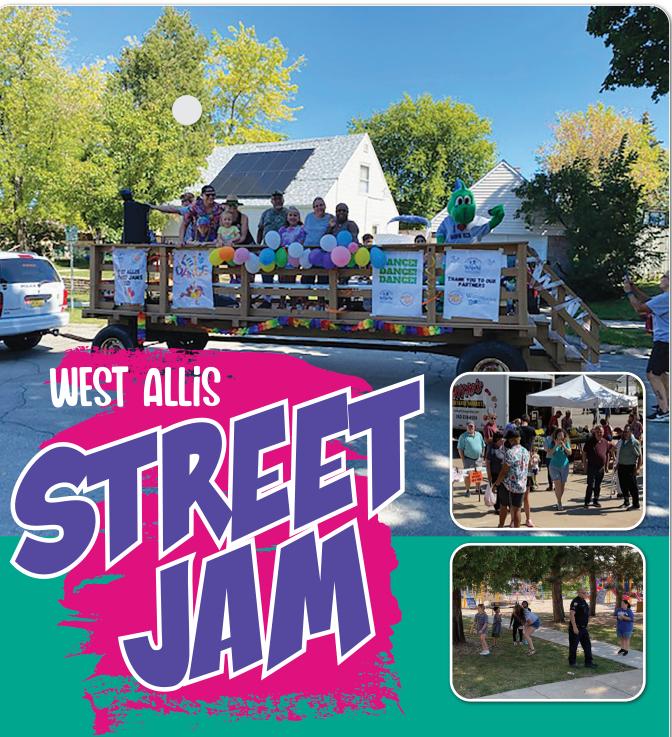
Ready for a spook-tacular good time? Come dressed in your Halloween costume and "Trunk & Treat" through our not so spooky event. Trick or Treaters will stop at a variety of treat stops consisting of local businesses and groups who will be providing treats and treasures for your child. Each Trick or Treater must be registered for the event. This is a free event for WAWM residents only.

SAT	10/22	10-10:30am
SAT	10/22	10:30-11am
SAT	10/22	11-11:30am
SAT	10/22	11:30am-12pm
	SAT SAT	SAT 10/22 SAT 10/22



SPECIAL EVENTS

26



SATURDAY, SEPTEMBER 17TH

Pump up the jams! The WAWM RCS Department and the City of West Allis are happy to bring back the 3rd Annual Street Jam to your neighborhood! A mobile DJ will be traveling through West Allis making various stops throughout the community. When you hear the music in your neighborhood come outside and show everyone your moves! Visit our Facebook page @wawmrcs and @westalliswigov for the Dance Party route in September! The DJ will depart from the WAWM Recreation Center at 1pm.





West Allis Central High School Practice Football Field Monday, October 31, 5-7pm

Come dressed in your Halloween costumes and bring your after-Halloween pumpkins to a smashing good time. We will have music, food trucks and a variety of stations to help you get rid of your pumpkins. Activity stations will include: pumpkin bowling, pumpkin smashing and much more! Bring as many pumpkins as you wish to smash with us and families can use as many stations as they wish. Stomp'em, squish'em, throw'em, bat'em and more. Your family will have a blast at this Halloween party with your pumpkins.

ACTION PROGRAM REGISTRATION IS NOW OPEN!

AM Action

AM Action is centered around 3 main ideas: fitness, literacy and fun. AM Action will focus on keeping your child active through fun, physical activities along with the educational value of taking time each morning to improve literacy.

Yearly Program Fee: \$300 (see below for payment information) Time: 7-8:30am

Location: All 11 elementary schools

Program Structure

7-8am	Fun fitness activities
8-8:15am	Breakfast (depending on school)
8:15-8:25am	Literacy (silent reading, partner reading, read aloud)
8:25-8:30am	Clean up and line up
8:30am	Dismissal to class (4K/5K students will be walked to their classroom)
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*All students must arrive at the program by 8am.

Action 330

The goal of Action 330 is to help children learn and grow through structured play and activities in a fun, inclusive, caring and safe environment. We aim to accomplish this goal by offering a wide range of activities, games, social interaction and academics for each child. Students will be placed into groups by grade/age and will stay with that group each afternoon though rotations. We encourage all students to stay for the duration of Action 330 so that they are able to take part in all rotations.

Yearly Program Fee: \$408 (see below for payment information) Time: 3:30-5:30pm Location: All 11 elementary schools

Program Structure

3:30-3:45pm Check in/snack (provided)
3:45-3:50pm Daily schedule overview and rotations
3:50-4:20pm Rotation 1 (active games, arts/crafts, academic enrichment)
4:20-4:50pm Rotation 2 (active games, arts/crafts, academic enrichment)
4:50-5:20pm Rotation 3 (active games, arts/crafts, academic enrichment)

2022-2023 School Year Action Program Payment Options

Payment Option 1:

You may pay for the year in full at the time of registration. This would secure your child's spot in the program for the year.

Payment Option 2:

You may elect to make 4 quarterly payments throughout the school year to cover the program fee. This option provides you the flexibility to enroll for a quarter at a time; however, does not guarantee a spot in the program for future quarters.

Quarterly payments: AM Action - \$75 Action 330 - \$102

Programs can fill to capacity prior to these dates
1st quarter payment due: Thursday, August 25th (to attend first day of school)
2nd quarter payment due: Friday, November 4th
3rd quarter payment due: Friday, January 20th
4th quarter payment due: Monday, April 3rd

- Program capacity maximums are based on availability of staff and space.
- Failure to meet payment deadlines will result in your child being unenrolled from the program.
- Late payments (after the listed payment due dates) will result in a one day waiting period for your child to attend the program again.
- Once a quarter begins, no refunds will be given.
- It is recommended that you pay for quarters prior to the due date as programs typically fill.
- Action programs are open to all school district residents including those students who attend a parochial school, private school, home school or public school outside of the district.
- Please see the Parent Handbook found online at wawmrec.com for any questions regarding policy and procedure.





Non School Day Camps 4K-5th Grade

Does your child spend days off school playing video games or bored around the house with nothing to entertain them? The WAWM RCS Department will offer a series of day camps when school is not in session for all students 4K-5th grade. Camp hours are 7am-5:30pm and will be held at Frank Lloyd Wright Intermediate School. These camps are packed full of fun engaging activities, games and crafts to make sure that the day is not wasted, but rather days that your children look forward to! Registration is on a first come, first served basis and most camps do reach capacity. Informational flyers can be found online at wawmrec.com two weeks prior to the camp date.

- September: 26
- October: 5, 28, 31
- November: 23
- December: 7, 27, 28, 29
- January: 16, 23
- February: 13, 14

- March: 1, 27, 28, 29, 30, 31
- April: 10
- May: 26

Fee

\$30 RES/\$45 NR per day

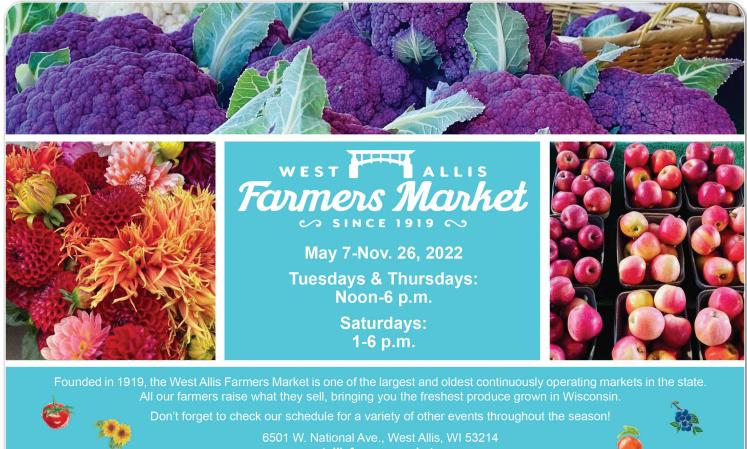


EXCITING NEWS!

We are excited to announce that our new inclusive, accessible, upgraded playground and play area is open! In addition to accessible walking paths with park access, the new play structure includes built in hill features, a new swing bay, an orbit spinner and a zip line. The playground is right next to our outdoor fitness equipment, so there's something for EVERYBODY! We invite community members of all ages to come and check it out!

Playground is at Fairview Park located at the Recreation and Community Services Center 2450 S. 68th St.









VILLAGE OF WEST MILWAUKEE 4755 W. BELOIT ROAD WEST MILWAUKEE, WI 53214 **TELEPHONE (414) 645-1530** FAX (414) 671-8089

www.westmilwaukeewi.gov www.visitwestmilwaukee.org



THE VILLAGE OF WEST MILWAUKEE SUPPORTS OUR WAWM RECREATION DEPARTMENT

Recreational Adult Day Program (RAD) 18+yrs

Recreation Center

Enroll now in the RAD Program which serves adults, ages 18 and older with disabilities. This program aims to help participants learn and grow in the areas of daily living, personal, social, vocational, leisure and recreation skills. We meet Monday-Wednesday and Friday from 9am-3pm at the Recreation Center. Thursdays we meet at AMF West Bowling Lanes from 9am-2pm for a day of fun on the lanes. All participants must provide their own transportation to and from the program, be independent in personal care and able to work in a group setting. Fees are based on the amount of activities and days the participant attends. For more information, please call Beau Benner at 414-604-4951 or bennerb@wawmsd.org.

Monster Mash 6+yrs

Recreation Center

Monsters, superheroes and princesses unite for this fun costume party and dance. We will have great music, dancing, refreshments and plenty of fun to go around! At the end of the night we will have prizes for the best costumes!

Code	Day	Date	Time	RES/NR
313020.01	F	10/28	6-8pm	\$10/\$15





Have an Idea?

Is there an adaptive program or activity that you would like to see offered with the WAWM RCS Department? Let us know! Contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org to share your ideas and thoughts. We'd love to hear from you!

Movie Outing 14+ yrs

NEW Marcus Ridge Cinema: 5200 S. Moorland Ave., New Berlin 53151

There's nothing quite like watching an exciting blockbuster movie with your friends! Meet us at Marcus Ridge Cinema to enjoy an afternoon out. We will let you know which movie we will be watching the week before the outing. Please bring additional money for concessions.

Code	Day	Date	Time	Fee
313400.01	SAT	11/12	1-4pm	\$20



Game Night 14+ yrs

Recreation Center

Join us for a fun night of games! For the first hour, we will play board and card games along with enjoying some pizza and snacks. After that, we will head to the gym for some more active games.

Code	Day	Date	Time	RES/NR
313005.01	F	12/2	6-8:30pm	\$15/\$23

West Allis Special Olympics

Become involved with the West Allis Special Olympics! Special Olympics provides year-round opportunities for exercise, sports training and athletic competitions for participants 8 years and above with cognitive disabilities. For more information regarding the sports that are available or to become a coach/volunteer, contact Claudia Derringer at 414-257-4610.



Badger Game

Recreation Center

Fall is football season and we will be traveling to Madison to cheer on our Wisconsin Badgers as they take on Illinois State. Wear Wisconsin red and jump around to a Wisconsin victory! Make sure to dress for the weather as we will not be sitting in a covered section. Registration includes transportation and a ticket to the game. Please bring money for concessions. Family and friends welcome! Return time is approximate.

Code	Day	Date	Time	RES/NR
330600.01	SAT	9/3	3:30-10pm	\$55/\$65



Cornhole League *Recreation Center*

Cornhole moves indoors for the fall! Cornhole is a great way to get active and have fun doing it! Teams will get the opportunity to play 2 games each day. If you are signing up as an individual, don't worry, we can pair you up when you arrive. Meet new people and get some exercise at the same time! **No class 11/23.**

Code	Day	Date	Time	RES/NR
330501.01	W	9/28-12/7	10:30am-12pm	\$30/\$45





NEW Short Story Club Stacy Madson - Recreation Center

Short-Form Fiction or (short stories) fits big ideas and fantastical worlds in a much shorter span than it takes to read a full book. In this session, Stacy Madson is excited to guide riveting discussion about various short stories in many genres. Sometimes we'll read together and sometimes we'll take a story home for next time. If you're looking for a way to fire up your imagination, return to reading, or already love stories, this class is for you. **No class 11/25.**

Code	Day	Date	Time	RES/NR
330200.01	F	11/4-12/9	11am-12:15pm	\$20/\$30

Looking for low impact/ non-aerobic fitness opportunities this fall? Flip over to page 39 for some fitness class options that will help keep you in shape and provide a great chance to meet new people! There's something for everybody and for all skill and fitness levels!



NEW Active Living Every Day

This program is created to educate aging adults on ways to stay active and plan a healthy lifestyle. We will discuss goal setting, overcoming barriers and finding physical activities that you enjoy! This class is perfect for those that are sedentary, have arthritis/chronic conditions, and any older adult that would like to increase their physical activity level.

Code	Day	Date	Time	RES/NR
330100.01	Т	10/11-12/13	10-11am	\$20/\$30



Milwaukee County Aging and Disabilities Services - Older Adult Transportation Service (OATS) is happy to help connect you to some of the places you need to go. OATS is available to eligible older adults in Milwaukee County, providing accessible rides to a variety of destinations, including:

Available Monday - Friday 7:30am to 5:30pm Excludes major holidays.

- Healthcare appointments
- Grocery shopping, farmer's markets, food distribution sites, and senior dining sites
- Select senior centers, wellness programs, and supportive services
- County-owned or sponsored civic and cultural sites
- Voting

Cost Healthcare & Dental Rides: \$3

All Other: \$3 (Suggested Donation)

Rides must be scheduled a minimum of 3 days in advance.

Eligible for OATS

No access to other means of transportation. Must not be enrolled in Family Care, IRIS, Partnership or PACE. Riders enrolled in WI Medicaid are not eligible for healthcare and dental rides.



MILWAUKEE COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES AGING & DISABILITIES SERVICES

Enroll in OATS Call: Milwaukee County Aging and Disability Resource Center at (414) 289-6874. General Questions Email: OATS@milwaukeecountywi.gov. More information go to: county.milwaukee.gov/aging.



Senior Center 40th Anniversary Open House

September 22nd

2022

7001 W. National Ave

West Allis, WI

Join Us for Music, Food, and Events

Rummage





September 8-9

Sale

West Allis Senior Center

Huge Indoor Hall Food & Snacks Sold Also

Profits Raised Benefit the Senior Center

Preventing Falls with Stepping On



Did You Know?

One in four older adults has a fall each year according to the Centers for Disease Control and Prevention (CDC), and Wisconsin leads the nation in fall-related deaths for people age 60 and older.

But Good News!

Falls are not a normal part of aging and can be prevented. The Stepping On program has been researched and proven to reduce falls by 31%!





In just 7 weekly, 2-hour sessions, Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more.

Who's Eligible?

The workshop is designed for people age 60 or older and who have fallen and have a fear of falling. Participants will leave with more strength, better balance, and a feeling of confidence and independence!





How Do I Sign Up?

Stepping On will take place Thursdays starting August 25th at the West Allis Senior Center, 10 am - 12 pm. To register, call the West Allis Senior Center at 414-302-8700.



Senior Prom Highlight!

The WAWM RCS Department hosted our first ever Senior Prom in May and we had the BEST time! There were corsages/boutonnieres, a nice sit down lunch, a live band, a delicious array of treats and TONS of laughter, smiles and dancing! Thank you to our sponsors VMP and B&K Supplies and our sweets donations from Aggie's Bakery, Piece of Love, Gloriosio's Italian Market, Troubadour Bakery and Ultimate Confections for helping make this event so special and memorable! See you at the 2nd annual Senior Prom in May 2023!





PT/F* everychild.one voice.® DDD YOU KNOW? Nearly every single WAWM School has a local PTA or PTSA? Every single PTA or PTSA is run by

Nearly every single WAWM School has a local PTA or PTSA? Every single PTA or PTSA is run by volunteers! Parents, guardians, grandparents and community members can work with PTAs and PTSAs to support ALL WAWM students.

For more information about WAWM PTAs and PTSAs or to join a local organization please visit: wawmptacouncil.org/local-units.php

FLOCK OF FLAMINGOS

Want to support our High School Seniors in Need Fund? Surprise your friends, family or co-workers with a FLOCK of FLAMINGOS! wawmcouncil.memberhub.com/store

C Aurora Health Care

EXERCISE YOUR BRAIN

Aurora West Allis Medical Center Health Education Class

THURSDAY

9/22

10:00-11:00AM

Come join Dr. Kate Essad, the only fellowship trained sports neurologist in Wisconsin and Director of Advocate Aurora Health concussion management, as she discusses the benefits of exercise on your brain function. This presentation, geared to all ages, is in-person or you can join via zoom. Please register for the format you wish to attend. This program is being offered in partnership with Aurora West Allis Medical Center. EREE

Location of Event: West Allis-West Milwaukee Recreation and Community Services Department (2450 South 68th Street). Questions: 414-328-7788 | Register: aurorahealthcare.org/classes-events



WALK WITH US!

There are many perks of walking/running at the Recreation Center

Controlled Temperature • Smooth Walking Surface • Convenient Hours • A Safe Place to Get Your Steps In • Bathrooms Available • Water Bottle Filling Station • Walk With Friends or Walk Alone

For current track hours and closures, please visit our website at wawmrec.com.

PASSES	Ages 5-14, Seniors 60+, Military	Ages 15-59	Non-Residents
Daily Pass	\$2	\$3	\$6
30 Visit Pass	\$40	\$60	\$120
Yearly Pass	\$125	\$150	\$300

To purchase a daily pass, 30 Visit Pass and Yearly Pass Memberships, you will need to provide an acceptable form of residency verification. This includes: drivers license, mortgage statement or property deed statement, closing statement for purchase of a home, signed lease, current utility bill (gas, water/sewer, electric), auto or health insurance statement, homeowners or renters insurance statement.

Check out these walking track bonus features

• Stationary Bike • TRX Bands • Weights • Kettlebells









FOR QUESTIONS: wawmrec.com/414-604-4900/wawmrec@wawmsd.org

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The WAWM RCS Department is currently offering pickleball, volleyball and basketball open gyms.

TO VIEW OUR CURRENT OPEN GYM SCHEDULE, PLEASE VISIT OUR WEBSITE AT WAWMREC.COM AND CLICK ON "OPEN GYM".

FEES (CASH ONLY)	RESIDENTS	NON-RESIDENTS
Youth (Residents Only)	\$2	_
Adults (19-59yrs)	\$3	\$5
Seniors (60+yrs)	\$2	\$4
Police, Fire & Military (Current or Former)	\$1	\$1

Punch cards (good for 5 visits) are available for purchase Monday-Thursday between 8am-5pm and Friday between 8am-4pm. Punch card purchases can be made with credit/debit card, cash or check.

General Rules

- Open gym attire and clean tennis shoes are required.
- Participants may be asked to leave if they display inappropriate behavior.
- Participants must bring their own volleyballs or basketballs.
- Pickleball equipment will be provided.
- 6-10yrs, 11-14yrs and high school open gyms are reserved for residents only.

Senior Morning Stretch

Betty Marr - Recreation Center

Stretch out and learn to help keep your muscles toned without aerobic exercise. Start your day off with a fun class, great music and a total body stretch. **No class 11/21, 11/25.**

Code	Day	Date	Time	RES/NR
308008.01	М	9/12-10/24	9-9:45am	\$21/\$32
308008.03	М	10/31-12/19	9-9:45am	\$21/\$32
308008.02	F	9/16-10/28	9:15-10am	\$21/\$32
308008.04	F	11/4-12/16	9:15-10am	\$18/\$27

Chair Yoga For Seniors

Betty Marr - Recreation Center

Chair Yoga is designed to meet the specific needs of seniors and is structured to benefit everyone at any level of health and fitness. Class will include a combination of stretching and breathing exercises designed to relieve stress, calm the mind and increase mobility, balance and body awareness. The yoga poses used are adapted for seniors and are done either standing or seated. **No class 11/23.**

Code	Day	Date	Time	RES/NR
308001.01	W	9/14-10/26	9-9:45am	\$21/\$32
308001.02	W	11/2-12/21	9-9:45am	\$21/\$32

SAIL (Stay Active and Independent for Life)

Lori Witmer - Recreation Center

SAIL is an evidence-based program for preventing falls in older adults. The program includes aerobics, strengthening and balance components that are effective in preventing falls. **No class 11/25.**

Code	Day	Date	Time	RES/NR
308000.01	F	9/16-10/28	8-9am	\$28/\$42
308000.02	F	11/4-12/16	8-9am	\$24/\$36

Strength and Conditioning for Everyone

Lori Witmer - Recreation Center

Learn to safely execute strengthening exercises for the whole body. Using body weight, dumbbells, bands and balls which will be provided for you. This class is for all fitness levels! **No class 11/22.**

Code	Day	Date	Time	RES/NR
308815.01	Т	9/13-10/25	8:30-9:30am	\$28/\$42
308815.02	Т	11/1-12/20	8:30-9:30am	\$28/\$42

IDENTS NON-RESIDENTS

Good for 5 visits and is valid for one year

after the purchase date.



Zumba[®] Gold Toning

Jill Farina & Lloyd Pickart - Recreation Center

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. How it works: Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Benefits: low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). **No class 11/24.**

Code	Day	Date	Time	RES/NR
308104.01	TH	9/15-12/22	8:30-9:15am	\$42/\$63

Crunch Time

Betty Marr - Walker Elementary

Trim your midsection and increase your strength. Power packed exercises in just 30 minutes! **No class 11/21, 11/23.**

Code	Day	Date	Time	RES/NR
308805.01	М	9/12-10/24	5:30-6pm	\$14/\$21
308805.03	М	10/31-12/19	5:30-6pm	\$14/\$21
308805.02	W	9/14-10/26	5:30-6pm	\$14/\$21
308805.04	W	11/2-12/21	5:30-6pm	\$14/\$21



ADULT FITNESS PUNCH PASS

Can't make it to every class of a session? Want to try out a few different classes to see what they're all about? Is your schedule unpredictable and you need the flexibility of dropping in when you can? The WAWM RCS Department has Adult Fitness Punch Passes! Visit our website for more important information on how to use your pass and how to purchase your pass!

Hatha Yoga

Relax and refresh your body, mind and spirit while practicing Hatha style yoga. With an emphasis on proper alignment, you will be able to safely build a stronger core and increase flexibility and balance. All levels of experience are welcome! **No class 11/21, 11/22, 11/24.**

Crystal Perry - Walker Elementary

Code	Day	Date	Time	RES/NR
308110.07	Т	10/4-12/13	6-7:15pm	\$50/\$75

Richard Tarney - Recreation Center

Code	Day	Date	Time	RES/NR
308110.05	М	9/12-10/24	5:30-6:30pm	\$28/\$42
308110.08	М	10/31-12/19	5:30-6:30pm	\$28/\$42
308110.06	TH	9/15-10/27	5:30-6:30pm	\$28/\$42
308110.09	TH	11/3-12/22	5:30-6:30pm	\$28/\$42

Energizing Morning & Late Afternoon Yoga *Jim Neiman*

The focus of these classes is to reduce stress, increase your strength, balance and flexibility at the beginning of your day or right after work. Yoga will help improve the things you enjoy - be it walking, running, sports, dancing or exercise classes. Please give it a try and you will notice a positive difference in your health and well-being. **No class 11/22, 11/24.**

Recreation Center

Code	Day	Date	Time	RES/NR
308110.10	Т	9/13-10/25	9:15-10am	\$35/\$53
308110.12	Т	11/1-12/20	9:15-10am	\$35/\$53

Mitchell Elementary

Code	Day	Date	Time	RES/NR
308110.11	TH	9/15-10/27	4:50-5:35pm	\$35/\$53
308110.13	TH	11/3-12/22	4:50-5:35pm	\$35/\$53



Beginner Yoga

Betty Marr - Walker Elementary

This beginner yoga class is not only for beginners but anyone seeking to deepen their knowledge of yoga postures and breathing techniques. **No class 11/21, 11/23.**

Code	Day	Date	Time	RES/NR
308110.01	М	9/12-10/24	6:15-7pm	\$30/\$45
308110.03	М	10/31-12/19	6:15-7pm	\$30/\$45
308110.02	W	9/14-10/26	6:15-7pm	\$30/\$45
308110.04	W	11/2-12/21	6:15-7pm	\$30/\$45



NEW Jii

Express Yoga Jim Neiman - MItchell Elementary

Reduce mental stress from the day. Work your core area, hips, back and legs. You will feel better physically and mentally! **No class 11/24.**

Code	Day	Date	Time	RES/NR
308110.14	TH	9/15-10/27	4-4:45pm	\$35/\$53
308110.15	TH	11/3-12/22	4-4:45pm	\$35/\$53





Saturday Morning Yoga

Betty Marr/Jim Neiman - Recreation Center

Start your weekend by reducing stress, increasing your strength, balance and flexibility. Yoga will help you enjoy the rest of your weekend plans! **No class 11/26.**

Code	Day	Date	Time	RES/NR
308110.16	SAT	9/17-10/29	9:30-10:15am	\$35/\$53
308110.17	SAT	11/5-12/17	9:30-10:15am	\$30/\$45

Barre/Ball/Pilates

Mary Bockhorst - Recreation Center

The use of the ballet barre is the ultimate long and lean total body workout. Pilates and the body ball increase strength and flexibility, improve posture and decrease stress. Each section of barre, ball and pilates are 20 minutes long. **No class 11/22.**

Code	Day	Date	Time	RES/NR
308300.01	Т	9/13-10/25	6-7pm	\$28/\$42
308300.02	Т	11/8-12/13	6-7pm	\$20/\$30



Jill Farina/Lloyd Pickart -

Lane Intermediate

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it out. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class 10/3** (Come to the ZUMBA® Fall Festival!)

Code	Day	Date	Time	RES/NR
308100.01	М	9/12-10/24	6-7pm	\$24/\$36
308100.02	М	10/31-12/19	6-7pm	\$32/\$48



Monday, October 3 from 6-7:30 pm Fee: \$20 • Lane Intermediate

ZUMBA® Fitness has helped raise millions of dollars for charitable causes over their 21 years of fitness and fun! Help us raise money for the WAWM Weekend Meal Backpack Program. Again this year, the need is greater than ever! There will be a 90 minute playlist with several instructors who have many years of experience. Wear your Zumbawear if you have it. There will be fabulous raffle baskets!

For more information or questions, please contact Linda Gritzmacher at 414-604-4911 or gritl@wawmsd.org. Register at wawmrec.com or 414-604-4900.



Meet Tasha Seals!

I am a fitness enthusiast! I've been teaching fitness classes for over 20 years. Cardio, strength, boxing and youth fitness classes are part of my experience. I've worked for the YMCA, Iron Fist Fitness, Soulful Fitness, Zero to 100 and more. I have one teenage daughter and a cat named Buttercup. I have been a MPS teacher for 25 years and currently teach third grade.

NEW

Hypefusion

Tasha Seals - Recreation Center

In this class, the first half is cardio and the second part is for strength conditioning followed by stretching/cool down. For strength, various equipment is used like weights, bands and sometimes your own body weight. This class is for all skill levels and can accommodate all fitness types. In Hypefusion, you'll challenge your body with a full body workout, so prepare to get HYPED! **No class 11/24.**

Code	Day	Date	Time	RES/NR
308136.01	TH	9/15-10/27	6-7pm	\$28/\$42
308136.02	TH	11/3-12/22	6-7pm	\$28/\$42

POUND

Recreation Center

POUND® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, strength movements, plyometrics and isometric poses. Through continual upper body motion using lightly weighted exercise drumsticks called Ripstix, you'll turn into a calorie-torching drummer, POUNDing off pounds as each song flies by! **No class 11/21, 11/23.**

Becca Whiting

Code	Day	Date	Time	RES/NR
308602.01	М	9/12-10/24	6:30-7:30pm	\$28/\$42
308602.03	М	10/31-12/19	6:30-7:30pm	\$28/\$42

Shawna Jesse

Code	Day	Date	Time	RES/NR
308602.02	W	9/14-10/26	6-6:45pm	\$21/\$32
308602.04	W	11/2-12/21	6-6:45pm	\$21/\$32

Total Body Intervals (TBI)

SAFE Fitness Instructors - Recreation Center

Come improve your body composition, strength, endurance, flexibility and balance. A warm up, cool down and flex will provide the bookends to the hour. **No class 11/23.**

Code	Day	Date	Time	RES/NR
308131.01	W	9/14-11/2	6-7pm	\$32/\$48
308131.02	W	11/9-12/21	6-7pm	\$24/\$36

WERQ[®]

Melissa Miller - Recreation Center

Are you ready to WERQ®? WERQ® is the fiercely fun dance fitness workout class based on pop, rock and hip hop music taught by Certified Fitness professionals. The WERQ® warm-up previews the dance steps used in class and the WERQ® cool down includes balance and yoga-inspired poses. Get ready to WERQ®!

Code	Day	Date	Time	RES/NR
308211.01	SAT	10/1-11/19	11am-12pm	\$32/\$48

SOULfusion[®]

Shawna Jesse - Recreation Center

SOULfusion® is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences and strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment. SOULfusion® improves strength, balance, flexibility and can help improve overall fitness levels. It is driven by music, movement and motivation. SOULfusion® is all of your favorite workouts wrapped into one! **No class 11/21.**

Code	Day	Date	Time	RES/NR
308301.01	М	9/12-10/24	5:30-6:15pm	\$21/\$32
308301.02	М	10/31-12/19	5:30-6:15pm	\$21/\$32

NEW

Cardio Mash-Up

Curtis Klamann - Irving Elementary

Time to mash it all up with cardio, floor work, aerobics, steps and a whole lot more. There will be different fitness exercises each week to keep you in great shape. **No class 11/23, 11/28.**

Code	Day	Date	Time	RES/NR
308134.01	М	9/12-10/24	5:45-6:45pm	\$28/\$42
308134.03	М	10/31-12/19	5:45-6:45pm	\$28/\$42
308134.02	W	9/14-10/26	5:45-6:45pm	\$28/\$42
308134.04	W	11/2-12/21	5:45-6:45pm	\$28/\$42



Fitness Blend

Vicki Francolucci & Betty Marr - Walker Elementary

A low-impact workout using light weights and bands to get the muscles moving and heart pumping. No floor exercises will be done. **No class 11/24.**

Code	Day	Date	Time	RES/NR
308505.01	TH	9/15-10/27	6-7pm	\$21/\$32
308505.02	TH	11/3-12/22	6-7pm	\$21/\$32

Line Dance Fitness

Vicki Francolucci - Lane Intermediate

Come join us for some fun exercise and learn awesome line dances. You can Wobble, Slide, Hustle, Cha Cha and Tush Push those calories away! No dance experience needed. You will learn these dances as we go. Come prepared to have a good time, laugh and love every minute of this cardio class. **No class 11/22.**

Code	Day	Date	Time	RES/NR
308230.01	Т	9/13-10/25	6-7pm	\$28/\$42
308230.02	Т	11/1-12/20	6-7pm	\$28/\$42



Thriller Workshop

Dana Peck - Recreation Center

Don't let the title "scare" you, this is one fun workshop! Learn the original choreography from Thriller! No dance experience is necessary. We will break down every step. Zombie costuming is encouraged but not required. We will end the workshop by performing the whole dance.

Code	Day	Date	Time	RES/NR
308204.01	SAT	10/22	1-3pm	\$10/\$15

Fitness Dancing

Jason Jordan - Recreation Center

Improve your fitness while dancing! We will dance to a variety of music including: swing, salsa, rock, jazz and more. Actual salsa, bachata, swing and fusion basic steps will be used, so you will learn a lot of great moves. No partner needed for this class. **No class 11/23.**

Beginner/Light

Code	Day	Date	Time	RES/NR
308201.01	W	9/14-10/26	10-10:45am	\$49/\$74
308201.02	W	11/2-12/21	10-10:45am	\$49/\$74

Advanced

Code	Day	Date	Time	RES/NR
308201.03	W	9/14-10/26	4:50-5:35pm	\$49/\$74
308201.04	W	11/2-12/21	4:50-5:35pm	\$49/\$74

Street Self-Defense and Verbal De-Escalation

Jason Jordan - Recreation Center

This class will teach how to avoid/defend yourself from street attacks and verbal de-escalation strategies to avoid dangerous situations. The techniques taught will help to improve confidence, safety and skills. **No class 11/23.**

Code	Day	Date	Time	RES/NR
306120.01	W	9/14-10/26	5:40-6:25pm	\$49/\$74
306120.02	W	11/2-12/21	5:40-6:25pm	\$49/\$74



Senior Kickboxing Fitness

Jason Jordan - Recreation Center

Improve your fitness while practicing self-defense moves. This will be an easier class and will include breaks. Benefits include: weight loss, heart health, stress reduction, increased flexibility, improved posture and improved confidence. Workouts will be safe and include combination strikes with hands, elbows, knees and legs. Bring your own boxing gloves if you want to use them for extra resistance. We won't hit targets in this class. **No class 11/23.**

Code	Day	Date	Time	RES/NR
308132.01	W	9/14-10/26	10:50-11:35am	\$49/\$74
308132.02	W	11/2-12/21	10:50-11:35am	\$49/\$74

Fitness Kickboxing

Jason Jordan - Recreation Center

Knock out boredom and blast fat all over with a musclesculpting kickboxing workout. This is a full body workout that burns between 500 and 800 calories per hour while improving self-defense. Other benefits include: weight loss, heart health, stress reduction, increased flexibility, improved posture and more confidence. Workouts will be safe and include combination strikes with hands, elbows, knees and legs. Bring your own boxing gloves. **No class 11/23.**

Code	Day	Date	Time	RES/NR
308132.03	W	9/14-10/26	7:15-8pm	\$49/\$74
308132.04	W	11/2-12/21	7:15-8pm	\$49/\$74



Group Cycling *Recreation Center*

Spin your way into fitness! Group cycling will help you burn calories, build strength and gain endurance. Your instructors will take you on a ride using varying pedaling speed and resistance through hills, sprints and drills all while listening to fun music. These indoor cycling classes are designed for all fitness levels. **No class 11/23, 11/24, 11/29.**

Melissa Olenchek

Code	Day	Date	Time	RES/NR
308400.02	М	9/12-12/19	5:45-6:30pm	\$48/\$72
308400.09	SAT	9/17-12/17	9-9:45am	\$45/\$68

Mike Hanrahan - Advanced strength and endurance workout

Code	Day	Date	Time	RES/NR
308400.06	W	9/14-12/21	6-7pm	\$60/\$90

Curtis Klamann

Code	Day	Date	Time	RES/NR
308400.01	М	9/12-12/19	8:10-9:10am	\$44/\$66
308400.03	Т	9/13-12/20	8:10-9:10am	\$44/\$66
308400.05	W	9/14-12/21	8:10-9:10am	\$44/\$66
308400.07	TH	9/15-12/22	8:10-9:10am	\$44/\$66
308400.04	Т	9/13-12/20	5:45-6:45pm	\$44/\$66
308400.08	TH	9/15-12/22	5:45-6:45pm	\$44/\$66

Adult Golf Lessons

Jim Rewolinski - The Practice Station -4285 S. Sunnyslope Rd

Fore! Is that a common phrase in your golf game? No worries, professional golf instructor, Jim Rewolinski, will cover the fundamentals and then some to help you shape your golf game for the season. Please bring your own clubs. Participants will be responsible to purchase practice balls (small: \$10, medium: \$12, large: \$14). Practice ball dispenser vending machine only accepts exact cash amounts or credit/debit cards. Minimize your "duff" shots by joining us! This class if for all skill levels. For weather cancellations, please call Jim Rewolinski at 414-427-9650.

Code	Day	Date	Time	RES/NR
307600.01	М	9/26-10/17	5:30-6:30pm	\$24/\$36
307600.02	W	9/28-10/19	5:30-6:30pm	\$24/\$36



Adult Volleyball Leagues Frank Lloyd Wright Intermediate - 10 week league

The 2022-2023 Volleyball Leagues will start the week of September 12. The Winter/Spring session will start the week of January 9. Teams wishing to play both sessions are encouraged to sign up for both sessions at once to qualify for a discount. Leagues tend to fill up quickly for both sessions, so register early!

Deadline for returning team registration: Friday, August 12 New team registration begins: Monday, August 15

Cost for Both Sessions: \$530/\$630 NR Cost for One Session: \$280/\$330 NR Co-Ed Competitive and Recreational

Season	Day	Date	Time
Fall	М	9/12-11/14	6:15-9:15pm
Winter/Spring	М	1/9-3/13	6:15-9:15pm
Women's Com	petitive al	nd Recreationa	a/

Season	Day	Date	Time
Fall	W	9/14-11/16	6:15-10:15pm
Winter/Spring <i>Men's</i>	W	1/11-3/15	6:15-10:15pm
Season	Day	Date	Time
Fall	TH	9/15-11/17	6:15-9:15pm
Winter/Spring	ТН	1/12-3/16	6:15-9:15pm

Men's Basketball Leagues

Dottke High School - 17 week league

Introducing a new 17 week season format! Each league night will feature 10 regular season games along with a seeding and championship tournament. Each night's Champion and Runner-Up will receive an invitation to participate in an All-City Tournament during weeks 15-17. **No games week of 11/21 and 12/26.**

Registration opens Monday, September 26.

Day	Date	Time	RES/NR
M,T,W or TH	11/7-3/16	6:15-9:15pm	\$664/\$715



Adult Co-Ed Fall Kickball League

WA Athletic Complex - 8 week league

Kickball is played on a baseball diamond and game play consists of 10 players on the field (a minimum of five of each gender is required).

Registration opens Monday, August 8.

Day	Date	Time	RES/NR
TH	9/22-10/27	6:15-9:15pm	\$265/\$315



Men's Fall Softball Leagues WA Athletic Complex - 7 week league

Registration is now open.

Day	Date	Time	RES/NR
T or TH	8/30-10/13	6:15-9:15pm	\$225/\$275

ADULT SPORTS

NEW Men's Fall 1 Pitch League

WA Athletic Complex - 7 week league

A new twist on the classic softball game! A 1 pitch league offers fast paced games and nightly doubleheaders. For more league information, check out our Adult Sports page at wawmrec.com. **No games 9/5.**

Registration is now open.

Day	Date	Time	RES/NR
M or W	8/29-10/17	6:15-9:15pm	\$225/\$275



WAWM RCS Department's 48th Annual Alumni Basketball Tournament

Calling all graduates from West Allis Central, Nathan Hale, West Milwaukee or James E. Dottke High School, get your team together and enter the 2022 Alumni Basketball Tournament. You do not have to be a former player on your high school team. All graduates are invited to play. Players need to be a graduate of one of our district high schools. This year's basketball tournament will be held on December 21st and 22nd at West Allis Central High School and the cost is \$25 a team. If you are interested, please contact Beau Benner at bennerb@wawmsd.org or visit the adult sports league page at wawmrec.com to complete an online registration form.



The Men's Basketball tournament will be comprised of three divisions:

- Division I will be made up of teams graduating from the same high school and may combine two consecutive years from 2012-2022.
- Division II will be made up of teams graduating from 2011-2001. Teams must be formed from the same high school and may combine any years.
- Division III, 2000 and earlier, teams may combine as many years as needed and will play a halfcourt 3 v 3 format.



Open Badminton and Pickleball

Lane Intermediate

All ages and abilities are welcome to participate. Equipment will be provided for those who need it. Please be advised that cancellations may occur without notice due to school events. Fees are cash only and to be paid at the door.

Day	Date	Time	RES/NR
М	10/3-12/19	7-9:30pm	\$3/\$5 per night

Adult Sports Free Agents



Free agents are individuals who have not been able to form a team of their own but are looking to participate. On occasion there are teams that are a person or two short or there are individuals looking for a team to play on. That's where our free agent program comes in! If you are an individual looking for a team, contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org. Your contact information may be provided to teams that request it and it will also be made available at the manager's meeting prior to the season. Joining the free agent list does not guarantee placement on a team.



The WAWM RCS Department is looking for experienced adult sports officials for softball, volleyball, basketball and kickball. If you are interested, please contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org

Cooking with Staci Joers 14+yrs

Recreation Center

Instructor Staci Joers has an Associate's Degree from MATC in Restaurant and Hotel Cooking. She has had the privilege of working with many great chefs. Staci will demonstrate how to prepare these recipes and you will observe and sample. Please note, this is not a hands-on cooking series.

Anything is Pasta-able

Who doesn't love pasta? Staci has created a tasting menu filled with classic flavors and some flavors you've never tasted before. As always, you will be able to recreate these recipes at home because "anything is pasta-able!" The tasting menu for this night includes: Salad with Green Goddess Dressing and Pan-fried Croutons, Breaded Eggplant with Marinara, Potato Gnocchi with Tomato-Vodka Sauce and Lemon Pine Nut Tart.

Code	Day	Date	Time	RES/NR
306000.01	Т	9/13	6:30-8:30pm	\$30/\$45
	12°		Ha	

Italian Flavors

Italian food is to no surprise one of the most popular cuisines in the world. The flavors are pleasing to most palates and really invoke a feeling of comfort and home. Tonight, Staci will create a few "classic" Italian recipes that are sure to please. You will sample: Olive Garden-style Italian Salad and Breadsticks, Classic Chicken Parmesan with Herbed Pasta and Tiramisu.

Code	Day	Date	Time	RES/NR
306000.02	Т	10/4	6:30-8:30pm	\$30/\$45

Pierogies and More

Pierogies are "Old World" comfort food and something we've all enjoyed at one time or another, but maybe never made. Staci will show you how to make a hearty pierogi and turn it into a full Polish meal with a few extra recipes. The tasting menu for tonight includes: Potato Pierogies, Polish Cucumber-Dill Salad, Dill Pickle Soup and Polish Cherry Cake.

Code	Day	Date	Time	RES/NR
306000.03	Т	11/8	6:30-8:30pm	\$30/\$45

French Bistro

Imagine yourself in a French cafe - seated at a table on the terrace, engrossed in a book or people-watching, with a glass of wine or tasse of coffee in hand. Doesn't it sound great? Well if you're not heading to France anytime soon, Staci has the next best thing, a delicious menu. The samplings include: French Onion Soup, Parmesan-Crusted Chicken, Fondant Potatoes, Roasted Vegetable with Fennel and Rosemary and Cherries Jubilee.

Code	Day	Date	Time	RES/NR
306000.04	Т	12/6	6:30-8:30pm	\$30/\$45

Cooking with Jenny Lee 14+yrs

Recreation Center

Jenny Lee is the chef/owner of Perilla Kitchen. She worked as a line cook for Top Chef Judge, Tom Colicchio, at one of his restaurants in New York City and at Sanford restaurant in Milwaukee. While she can cook anything, she loves teaching others about her culture.

NEW Korean Rice Bowl (Bibimap)

Learn how to make Korean rice bowls! You'll make Korean marinated beef or tofu, depending on your dietary preference. Cook matchstick carrots, spinach and other vegetables. We will try to use produce from the farmer's market! You'll make a spicy sauce to mix in the bowl. It's healthy and delicious!

Code	Day	Date	Time	RES/NR
306005.01	SAT	9/10	10am-12:30pm	\$40/\$60

NEW

Korean Weeknight Meal

Learn how to cook bulgogi (Korean marinated beef) or tofu and make vegetable side dishes. Your meal is all set with kimchi and rice that's provided.

Code	Day	Date	Time	RES/NR
306005.02	TH	10/27	6-8:30pm	\$40/\$60

NEW Charcuterie Board and Knife Skills

Never again will you have to wonder how delectable charcuterie boards are made. Enjoy the process and learn the skills you need to create the ultimate charcuterie board for any event under our guidance. Practice your knife skills and learn new ones that will help create your very own charcuterie board.

Code	Day	Date	Time	RES/NR
306005.03	W	12/7	6:30-8pm	\$35/\$53



Watercolor Workshop

Joyce Eesley - Recreation Center

Have you ever wanted to try watercolor painting but didn't know where to begin? Explore the beauty of this incredible medium. You will develop skills starting with basic color mixing, learn about color theory and the art elements. This class will include demonstrations and individual guidance. A supplies list will be included on your registration receipt.

Code	Day	Date	Time	RES/NR
306601.01	М	9/19-10/24	1-3:30pm	\$55/\$83



Watercolor Advanced Workshop

Joyce Eesley - Recreation Center

Experience watercolor through a variety of materials, techniques and demonstrations that you can apply to your very own paintings. A supplies list will be included on your registration receipt.

Code	Day	Date	Time	RES/NR
306601.02	М	11/7-12/12	1-3:30pm	\$55/\$83

Drawing

NEW

Joyce Eesley - Recreation Center

Take a moment to enjoy the beauty around you. Learn the step-by-step drawing projects that will inspire you to continue to draw at home. There is nothing more powerful than a sketchbook and pencil. A supplies list will be included on your registration receipt.

Code	Day	Date	Time	RES/NR
306620.01	F	9/23-10/28	1-3:30pm	\$55/\$83

Pumpkin Painting

Diane Ulezelski - Recreation Center

Halloween fun isn't just for kids! Enjoy creating your pumpkin masterpiece surrounded by friends. There's no limit to your creativity! Using paint and other crafting materials, you will decorate a pumpkin that you will be happy to show off to your neighbors. Pumpkin and supplies are included.

Code	Day	Date	Time	RES/NR
306320.01	TH	10/20	6-7:30pm	\$25/\$38



Watercolor Painting

Dine Ulezelski - Recreation Center

Respark your artistic engagement with this watercolor painting class. Under instruction, you will rediscover the art world and create artwork that you will be proud to share with others. Create a foundation for watercolor painting by learning basic watercolor techniques that you can further expand upon in future classes. Who's ready to paint their next masterpiece with us?

Code	Day	Date	Time	RES/NR
306600.01	Т	9/20-10/25	6-8pm	\$80/\$120
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VIRTUAL Get Ready for the Holidays Photography Laurie Piton - Zoom

Are you still wondering about all the features of your digital camera? We will get you ready for the holidays and the parties coming up. Learn what settings to use in front of lit decorations with your family. Do your pictures not turn out using your flash setting? We will fix that here. Discover how to take pictures with snow, low indoor light and more. Come join us and learn how to take great holiday pictures that you will be proud to share with family and friends.

Code	Day	Date	Time	RES/NR
306150.01	W	9/7-10/5	8-9pm	\$60/\$90

IRTUAL	Night Photography
NEW	Laurie Piton - Zoom

Learn how to shoot amazing night photos by controlling exposure and light. We will discuss camera settings and how and when to use the settings. Learn what type of camera gear to use for night photos and how to use shutter release remote to shoot long exposures. These techniques will help you eliminate editing time and enhance your night photos.

Code	Day	Date	Time	RES/NR
306150.02	W	10/12-11/9	8-9pm	\$60/\$90

VIRTUAL Lightroom

Laurie Piton - Zoom

Do you have Lightroom and started editing basics, but you feel like you're a little stuck because you don't fully know what Lightroom can do? We will walk through Adobe Lightroom Classic and Lightroom CC. Organize your photos in Lightroom and be able to easily find them when you need them. Not happy with your originals? Learn to make your photos better by fixing basic issues like exposure, white balance and crop. The next step is to enhance only certain areas of the photo, maybe part of the photo is dull in color. We will cover how to edit just that area of vision in the photo. We will practice editing your very own photos. Participants need to have Adobe Lightroom CC installed before class begins.

Code	Day	Date	Time	RES/NR
306150.03	W	11/30-12/28	8-9pm	\$60/\$90

IN PERSON

NEW

VIRTUAL Move Your Couch, Change Your Life

DeAnna Radaj - Recreation Center or Zoom

It's amazing how if you change the place you sit, the rest of your world comes together. Feng shui is derived from the ancient Chinese understanding of the Nine Life Areas: Career, Knowledge, Family, Abundance, Success, Relationships, Creativity, Helpful People/Travel and Health. Learn how to identify these Life Areas in your space and how to improve upon them. Avoid the "evils" of clutter and learn how to purge the excess baggage through DeAnna's top ten feng shui tips for your home.

Code	Day	Date	Time	RES/NR
306506.01	SAT	9/17	10-11:30am	\$32/\$48



VIRTUAL Feng Shui for Health, Wellness IN PERSON & Happiness

DeAnna Radaj - Recreation Center or Zoom

Do you know what color should never be used in a kitchen? The answer is orange, if you want to lose weight. Do you know how to avoid the "death position" when placing your bed? Learn this and more for maximum health, wellness and support for your wellness goals. What colors to use, clutterbusting, accessories and what to stay away from plus the why's so you can take ownership of what's holding you back.

Code	Day	Date	Time	RES/NR	
306506.02	SAT	10/15	10-11:30am	\$32/\$48	
VIRTUAL					
IN PERSON	DeAn	na Radaj - R	ecreation Center or	Zoom	

Did you know that your stuff is a physical manifestation of your emotional baggage? What do your collections say about who you are currently and where you want to go in your life? We will discuss the psychology of clutter, how to purge and what to do with all that stuff. Learn what to do with out-dated clothes, paper clutter, toys and how to distinguish between a collection and junk.

Code	Day	Date	Time	RES/NR
306506.03	SAT	11/19	10-11:30am	\$32/\$48

VIRTUAL
IN PERSONLeadership 101: Are You a Pied
Piper or a Lemming?NEWDeAnna Radaj - Recreation Center or Zoom

Ever wonder why some managers have no turnover, happy staff and get their projects done on time? Learn what constitutes a good leader and how you can develop these skills yourself. We look at the dos and don'ts of leadership, take a page from Napoleon Hill as to what is a successful leader and how you can mentor and develop leadership skills in your staff.

Date

12/17



Foster Care in Our Community

Teresa Cocker - Virtual GoTo Meeting

The foster care crisis in our community is growing. After seeing a decrease in the need for foster homes in 2020, the need increased by 25% in 2021. Nearly 75% of children are coming from homes in southeastern Wisconsin. This course is being offered so that participants can walk away understanding more about the foster care system, ways that they can consider helping and the role of trauma in children and families' lives. Results from the Adverse Childhood Experiences (ACEs) study will be discussed. Participants will have the opportunity to leave with materials to help in continuing to educate the community.

Code	Day	Date	Time	RES/NR
306700.01	Т	9/13	6-7pm	\$5/\$8
306700.02	W	10/19	6-7pm	\$5/\$8
306700.03	TH	11/17	6-7pm	\$5/\$8





Ask A Foster Parent

Teresa Cocker - Virtual GoTo Meeting

Are you curious about what it takes to be a foster parent? Look no further. We are hosting an hour of virtual discussion with two licensed foster families as they share their experiences and advice. Register now to participate in this open discussion.

Code	Day	Date	Time	RES/NR
306700.04	Т	10/4	6-7pm	\$5/\$8
306700.05	TH	12/1	6-7pm	\$5/\$8

VIRTUAL

Beginner Spanish Futura Language Professionals - Live Virtual

ulura Language Professionals - Live Virtual

Always dreamed of learning Spanish or refreshing your high school Spanish? The primary focus will be 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. You will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes.

-	Code	Day	Date	Time	RES/NR
RES/NR	306755.01	М	10/17-11/21	6-7pm	\$125/\$188
\$32/\$48	306755.02	Т	10/18-11/22	6-7pm	\$125/\$188

West Allis-West Milwaukee Recreation & Community Service Department

Time

10-11:30am

Code

306506.04

Day

SAT

ADULT ENRICHMENT

VIRTUAL NEW

Intermediate Spanish

Futura Language Professionals - Live Virtual

Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Grammar and vocabulary concepts will include present tense AR verb conjugation, infinitive verbs, future tense with the verb IR, adverbs and frequency. You will practice conversation skills including learning how to make plans and discussing preferences in Spanish and culture discussions will cover holiday traditions and celebrations. **No class 11/23.**

Code	Day	Date	Time	RES/NR
306755.03	W	10/19-11/30	6-7pm	\$125/\$188

NEW

Beginner Chess

Wisconsin Scholastic Chess Federation Staff - Recreation Center Don't be intimidated, we are all starting out at the beginning here. We will focus on the fundamentals, which includes opening strategy, the 7 basic checkmates and tactics such as Forks, Pins and Discovered Check. Students will experience a balance of chess play and instruction.

Code	Day	Date	Time	RES/NR
306051.01	TH	9/22-11/10	6:30-7:30pm	\$50/\$75

Partner Dance Fusion

Jason Jordan - Recreation Center

Imagine feeling confident to dance with your partner to any music that you hear. Learn one simple step that can be used for swing, salsa, pop, rock, jazz and more. This class will be adapted for all levels. We will not rotate partners; please sign up with a partner. The price listed is per person. **No lessons 11/23.**

Code	Day	Date	Time	RES/NR
306910.01	W	9/14-10/26	6:30-7:30pm	\$49/\$74
306910.02	W	11/2-12/21	6:30-7:30pm	\$49/\$74

Adult Dance Classes 18+yrs

Leave your stressful work day behind you and dance your cares away. No previous dance experience needed. Each dance style starts with the basics and builds from there. At the end of the season, we will host a showcase to celebrate how far you've come in dance. **No class 11/24, 12/29, 1/5.**

Day	Date	Location	RES/NR
TH	10/20-3/2	Mitchell Elementary	\$80/\$120
Code	Clas	ss Ti	me
415700.	01 Tap	6-	6:50pm
415700.	02 Ball	let 7-1	7:50pm
415700.	03 Hav	vaiian 8-	8:50pm
415700.	04 Jaz	z 8-	8:50pm

VIRTUAL IN PERSON

Bob Halat - Frank Lloyd Wright Intermediate or Zoom

Individual lessons are designed to help you achieve your musical needs and ambitions. Lesson times range between 3:15-6:45pm and are 30 minutes in length. If you are a first-time musician, trying to get back in tune or are looking to further your musical ability, this is a great opportunity for you. Lessons are for all band instruments, guitar and piano. Bob will contact you prior to your first session to schedule a time. **No lessons 10/28, 11/23, 11/25.**

Private Music Lessons

Code	Day	Date	Time	RES/NR
317100.01	Μ	9/12-10/17	3:15-6:45pm	\$100/\$150
317100.02	М	10/24-11/28	3:15-6:45pm	\$100/\$150
317100.03	Т	9/6-10/11	3:15-6:45pm	\$100/\$150
317100.04	Т	10/18-11/22	3:15-6:45pm	\$100/\$150
317100.05	W	9/7-10/12	3:15-6:45pm	\$100/\$150
317100.06	W	10/19-11/30	3:15-6:45pm	\$100/\$150
317100.07	TH	9/1-10/6	3:15-6:45pm	\$100/\$150
317100.08	TH	10/13-11/17	3:15-6:45pm	\$100/\$150
317100.09	F	9/2-10/7	3:15-5:45pm	\$100/\$150
317100.10	F	10/14-12/2	3:15-5:45pm	\$100/\$150



NEW

Classical Literature Enrichment Brandon Koble - Recreation Center

In partnership with Trinity Lutheran Classical High School, the West Allis-West Milwaukee Recreation Department will be offering a classical literature enrichment class. We will read books that are considered "classics" - ones that have withstood the test of time, whether that time period is over 200 years or 30 years. In studying this literature, we hope to bring back humanity in our community through a study of the humanities. Looking at and living through some of the most beloved or hated characters forces us to look inside ourselves and see what is good and true. We will spend time discussing how the authors develop aspects of their characters and what makes the characters so enduring. We will grapple with the difficulties that the characters face, and often, we will find ourselves in them. Our first literature reading will be Pride and Prejudice.

Code	Day	Date	Time	RES/NR
306720.01	TH	9/8-11/17	6:30-8:30pm	\$10/\$15

50





Warrens Cranberry Festival

Did you know that the cranberry is Wisconsin's state fruit? Join us as we celebrate one of the greatest festivals Wisconsin has to offer. Not sure what's so great about cranberries? Join us for the day as we travel to Warrens, Wisconsin to experience their 49th Annual Cranberry Festival. The festival offers craft booths, contests, flea markets, marsh tours, food, demonstrations and a farmers market. The coach bus will depart at 8am and will return to the Recreation Center at approximately 8pm.

Code	Day	Date	Time	RES/NR
320005.01	SAT	9/24	8am-8pm	\$50/\$60

Day Trip to Door County

Enjoy scenic Wisconsin as we venture to the beloved Door County for a day of fall celebration. We will travel to Sister Bay in Door County by deluxe motor coach bus to join in their festivities of Fall Fest. While enjoying the festival, you can tour local shops for one-of-a-kind finds and restaurants to satisfy your taste buds. The bus will depart at 7:30am and will return to the Recreation Center at approximately 9pm.

Mystery Trip

Are you up for an adventure? Allow us to plan your trip! The details are in the surprise and the travel itinerary and experience will all be planned for you. What could the mystery be? Could it be a city? A festival? A museum? A tour? Who knows, but it will be a good time! We will travel by bus to where the mystery is located. The bus will depart from the Recreation Center at 9am and return at approximately ??? Are you ready for a mystery?

Code	Day	Date	Time	RES/NR
320007.01	SAT	11/5	9am-?	\$30/\$45



76th Annual Chicago Shopping Trip

Come see the holiday sights that Chicago has to offer along the Magnificent Mile. If you don't wish to shop, the theater district is not far from our drop off point so you can see a show or hop on a train and travel to the Museum of Science and Industry and see their exhibits. A continental breakfast will be served at 7:30am. The trip departs the Recreation Center at 8am and returns to the Recreation Center at approximately 9:30pm.

Code	Day	Date	Time	RES/NR	Code	Day	Date	Time	RES/NR
320008.01	SAT	10/15	7:30am-9pm	\$40/\$50	320000.01	SAT	11/26	8am-9:30pm	\$30/\$40

A parent/guardian must accompany anyone under 18 years of age. Reservations are transferable and may be given to another person if you cannot attend the trip. Refunds will be given only if a participant from the waitlist fills your spot.

West Allis-West Milwaukee Sinfonia

Frank Lloyd Wright Intermediate/ West Milwaukee Intermediate

West Allis-West Milwaukee Sinfonia is a string orchestra for string players in high school, college and beyond, who have prior experience playing violin, viola, cello or bass. The ensemble will rehearse at Frank Lloyd Wright Intermediate on Thursdays, September 22-May 18 at 7-9pm and will perform one formal concert per semester in Liberace Auditorium at West Milwaukee Intermediate. There will be additional community events scheduled as needed. A variety of music from classical to pop/modern will be performed. Membership fees for the 2022-2023 season are \$35/\$53NR per semester or \$60/\$90NR for the year. We welcome string players from all communities in southeastern Wisconsin. Email WAWM Sinfonia Director, Mary Pat Michels, michm@wawmsd.org for additional information or to help recruit new members. Musicians should email Mary Pat with their name, instrument and contact information when they join so music is ready for them at the first rehearsal.



Suburban Concert Band Nathan Hale High School

Suburban Concert Band is a community band under the direction of Mr. Mark Grauer which is composed of both professional and amateur musicians from West Allis and the surrounding greater Milwaukee area. We rehearse at Nathan Hale High School on Thursday evenings during the school year (September-May) from 7-8:30pm and our Swing Street Big Band rehearses from 8:30-9:30pm. The band performs 4 formal concerts throughout the year. In addition, the Concert Band and Swing Street Big Band are proud to represent the City of West Allis in local concerts and parades. We welcome high school (ages 16 and above), college and adult musicians from all communities throughout southeastern Wisconsin. Haven't played in awhile? There is no need to worry about an audition - just dust off that instrument and join us for a night of good music. Our fall concert for the 2022-2023 band season will be in October (date is TBD). Please visit our website at www.suburbanbands.com for more information regarding our band and future concerts.

Suburban Singers

Central High School

Love to sing? Come sing with the Suburban Singers as we celebrate our 40th year of making beautiful music! Under the direction of Patricia Eby, the Suburban Singers are an adult mixed-voice choral group partnered with the West Allis-West Milwaukee Recreation and Community Services Department. Adults of all voice types and experience levels are welcome to join. Rehearsals begin Tuesday, September 13 from 7-9pm at West Allis Central High School in the choral room. The choir meets every Tuesday, September 13 - December 13, from 7-9 pm with our holiday concerts tentatively scheduled for December 16 and 18 (at West Allis locations to be announced). Our holiday concerts will feature readings and carols from a variety of sacred and secular traditions. Sing with us and celebrate the season! Before registering, new singers are invited to attend open rehearsals on September 13 and/or September 20 to meet the choir and try us out! While all voice types are welcome, tenors and basses are particularly encouraged to attend. The Suburban Singers hold two semesters annually. The spring semester will tentatively begin January 10, with the spring concert May 5. Registration is \$45 per semester or \$80 for both semesters (if paid in full). Registration will be available at wawmrec.com.



West Allis Players

What are we up to in 2022-2023? After a whirlwind 2021-2022 season, we are keeping the curtains closed this fall. Don't worry! We are using the time to plan a fantastic play for spring 2023 and a wonderful musical for summer 2023. See you at the theater in the spring!



Accident Insurance

The WAWM RCS Department does not provide hospital/medical insurance for people participating in sponsored activities. The Board of Education, School District of West Allis-West Milwaukee, et al does not provide hospital/medical coverage for WAWM RCS Department activities. Participants are encouraged to obtain their own medical insurance.

Activity Guide

Activity Guides can be viewed at wawmrec.com, at each of the WAWM district schools' offices, WA Health Department, WA Library, WA City Hall and West Milwaukee Village Hall. The WAWM RCS Department publishes 3 activity guides per year which are mailed to WAWM District residents. The Fall Activity Guide is mailed at the end of July, the Winter/Spring Activity Guide is mailed mid-November and the Summer Activity Guide is mailed early April.

Age Eligibility Verification

All participants must meet the minimum age or grade requirement before the last day of the program. Please do not request to have your child put in a program where they are not age/grade appropriate. The ages/grades are set to ensure the safety and benefit of the participants as well as for staff program planning.

Americans with Disabilities Act

The WAWM RCS Department complies with the Americans with Disabilities Act (ADA) which prohibits discrimination on the basis of disability. We will make reasonable accommodations to support inclusive recreation participation. Individuals with disabilities are strongly encouraged to contact the WAWM RCS Department at 414-604-4900 in advance of participation regarding accommodation needs.

Be Our Guest Senior Citizen Pass

Senior passes are available for West Allis-West Milwaukee School District residents who are at least 60 years of age. This pass is a small "Thank You" to our senior citizens who have provided tremendous support for our schools. The pass entitles the holder and a companion to be admitted, without charge, to all athletic events (except WIAA tournament games) and school drama productions. Get your pass at the WAWM RCS Department today!

Cancellation Deadlines

If a class or activity does not reach its minimum number of participants 5 days before the start of the class, it will be cancelled. If a program is cancelled, you will be offered a credit to your WAWM RCS Department account, we can transfer you to a different activity or refund you.

Cell Phone Use in Locker Room

In accordance with State Statute 175.22 and WAWM School District Policy po9151, cell phone usage is prohibited in locker rooms with the exception of an emergency situation.

Child Care

Child care is not provided for adult programs. Children are not permitted to attend adult programs without supervision of another adult who is not actively participating in the program.

Class Sizes

All programs have a minimum/maximum enrollment number. If we do not meet our minimum requirement 5 days before the start of a class, classes will be cancelled with reimbursements issued or you may transfer to a different class. If a program is full, you can be added to the waitlist and in the event of a participant cancellation or new class creation, you will be contacted.

Code of Conduct/Participant Guidelines

- Equal Access: No participant shall, on the basis of race, sex, creed, national origin or disability, be denied equal access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage, or opportunity.

- Behavior: Participants are expected to exhibit appropriate and respectful behavior at all times. The following guidelines have been developed to make recreation department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by WAWM RCS staff. - Participants shall:

- Show respect to all participants and staff.
- Refrain from harassment which will not be tolerated.
- Refrain from using foul, derogatory or disrespectful language.
- Refrain from causing bodily harm to other participants or staff.
- Show respect for equipment, supplies and facilities.

- Discipline: A positive and progressively appropriate approach will be used. The WAWM RCS Department reserves the right to dismiss a participant. Each situation will be evaluated individually on a case by case basis.

Confirmation Notices

Your receipt is your confirmation. Please review your receipt to make sure your household information is accurate and the activities you are enrolled in are correct. If your phone number, home address or email address are incorrect or if you were enrolled in the wrong activity, please contact our office. Important program notes, information and reminders will be printed on your receipts.

Late Registration Policy

There will be no prorating of program fees for late registration after program(s) have begun. Exceptions and other special circumstances may be considered.

Missed Program Policy

Programs missed for individual absences (i.e. schedule conflict, vacation, etc.) are not "made up" nor may participants attend programs other than for the one they are registered.

No On-Site Registration

Staff (instructors, building supervisors, coaches, etc.) will NOT accept registration at the program site. Fees must be paid at the office or online prior to participation.

No Smoking/Alcohol or Facsimiles

The use of all tobacco products and facsimiles or drinking alcoholic beverages on premises owned by the West Allis-West Milwaukee School District is prohibited per state law or as dictated by city ordinance for programs in city parks. Your cooperation in adhering to this law is required.

Photography Policy

The WAWM RCS Department uses photos of participants for promotional purposes. By registering and/or participating in a WAWM RCS Department program, you have granted us permission to use your photo for promotional purposes, unless you notify our department otherwise.

Reduced Fees

Persons who feel they are unable to afford the cost of a youth activity may apply for a reduction of fees by providing proof of reduced or waived fees by presenting documentation qualifying for free or reduced school meals.

GENERAL POLICIES

Reimbursement Policy:

The policy of the WAWM RCS Department is to reimburse registration fees only under the following circumstances:

1. A reimbursement request form must be completed.

2 business days or more prior to the start of a class/activity, a full refund will be given minus 10% service fee for a refund check or refund back to your credit/debit card. To avoid a service fee, class/activity fee can be credited to your WAWM RCS Department's account for future use.
 3. Less than 2 business days prior to the start of a class/activity, but prior to the start of the second half, 50% refund or credit will be given.

After the first half of the class has passed, no refund or credit will be given.
 A full refund or credit will be given when the WAWM RCS

Department cancels a class.

6. Separate reimbursement policies apply below. Please call 414-604-4900 for further information.

6a. Adult sports: 50% refund will be given prior to the schedules being printed. No refunds will be given after that occurs.

6b. Trips: Refunds will be given only if a participant on the waitlist fills your spot. Reservations are transferable and may be given to another person if you cannot attend the trip.

6c. Non-School Day Camps: Cancellations made in advance of 7am on day of camp will receive a refund/credit to your WAWM RCS Department account. Refund/credits will not be available after 7am day of the camp.
6d. Action Programs: After a quarter has started, no refunds will be issued. Future quarters that have not started yet may be refunded. Please see 2 and 3 for information about service fees.

Residency Verification

The WAWM RCS Department requires residency for first time registrants (Driver's License/State ID, Utility Bill, Lease Agreement, Homeowners or Renters Insurance).

Resident/Non-Resident Fee Policy

Resident status is for individuals living in the West Allis-West Milwaukee School District and all students enrolled in a West Allis-West Milwaukee public school. Residency is determined by where the participant resides, not where the person paying resides.

Spectators

- One of the fundamental instructional program goals is to provide everyone with a safe, fun and positive learning opportunity with their peers while developing their skills. For these reasons, some classes and programs will not allow spectators.

- Dance/Gymnastics: Information will be distributed to parents/ guardians regarding class observation days.

- Parents/guardians are to discuss their child's progress/participation with an instructor before or after class where appropriate.

- Parent/Child Classes: Please make arrangements for siblings as they will not be permitted in the program and they may not be left unsupervised/ unattended in hallways, classrooms, locker room areas, etc.

- Adult classes: Please make arrangements for children as they will not be permitted in the program and they may not be left unsupervised/ unattended in hallways, classrooms, locker room areas, etc.

Waiting Areas

Most facilities have a designated spot where parents may wait during classes/programs. Please help us keep the privilege of use of school district facilities by not wandering around the buildings, no food or drink, and please keep siblings supervised at all times.

Waiting Lists

The WAWM RCS Department will make every effort to accommodate individuals on waiting lists. The waitlist helps us determine the need to add additional class offerings. Please note, being added to a waitlist is not an enrollment in a class. If an opening becomes available you will be contacted by phone.

Weather Cancellations

For weather related cancellations, please call our weather line at 414-604-4900, option 2. You can follow us on Facebook and Instagram for weather updates @wawmrcs. If news media posts the WAWM School District is closed due to inclement weather, all WAWM RCS Department programs are cancelled as well.

COMMUNITY RESOURCES

Proud Sponsors of WAWM RCS Department Youth Sports

















WEST ALLIS-WEST MILWAUKEE SCHOOL DISTRICT

Learning That Works

Superintendent of Schools -Dr. Marty Lexmond

Board of Education -

Joe Becker, Brendan Burns, Jane Carr, Amy Deal, Brian Keller, Kristen Keyser, Rebecca Lee, Noah Leigh, Jeff Sikich

WAWM RCS Department Office:

2450 S. 68th Street • West Allis, WI 53219 414-604-4900 • wawmrec.com

We strive to deliver high quality programs. If you are not satisfied, we want to hear from you!

LOCATION SITES/FIELDS	ADDRESS
Central High School	8516 W. Lincoln Ave.
Dottke High School	7815 W. Lapham St.
Fairview Park	2450 S. 68th St.
Frank Lloyd Wright Intermediate	9501 W. Cleveland Ave.
Franklin Elementary	2060 S. 86th St.
Franklin Fieldhouse	1964 S. 86th St.
Honey Creek Park	8405 W. National Ave.
Horace Mann Elementary	6213 W. Lapham St.
Hoover Elementary	12705 W. Euclid Ave.
Irving Elementary	10230 W. Grant St.
Jefferson Elementary	7229 W. Becher St.
Klentz Park	2601 S. 72nd St.
Lane Intermediate	1300 S. 109th St.
Liberty Heights Park	1540 S. 62nd St.
Longfellow Elementary	2211 S. 60th St.
Madison Elementary	1117 S. 104th St.
Mitchell Elementary	10125 W. Montana Ave.
Nathan Hale High School	11601 W. Lincoln Ave.
Pershing Elementary	1330 S. 47th St.
Recreation Center	2450 S. 68th St.
Reservoir Park	9621 W. Lapham St.
Walker Elementary	900 S. 119th St.
West Allis Athletic Complex (WAAC)	2606 S. 117th St.
West Milwaukee Intermediate	5104 W. Greenfield Ave.
Wilson Elementary	8710 W. Orchard St.



but don't have a WAWM RCS account? Head over to our website wawmrec.com for easy-to-follow directions to get you set up with an account! Online registrations are fast, easy, can be done at any time of day and there are no service fees! If you have any questions, contact us at 414-604-4900.

HAVE YOUR BUSINESS STAND OUT!

We invite you to advertise your business in our activity guide. Our activity guide is sent out three times per year to over 47,000 homes in West Allis, West Milwaukee and surrounding communities. We also reach many others via online access to our activity guide. Prices per issue are listed below:

Quarter Page: \$75 • Half Page: \$100 • Full Page: \$200

For more information, contact Shelly Strasser, stram@wawmsd.org or 414-604-4937





GREAT GIFT IDEA!

Give the gift of fun, fitness, adventure, learning and so much more! Gift certificates can be purchased at the WAWM RCS Department for any denomination. They don't expire and can be redeemed at our office or online. Please note, purchases only accepted with cash or credit card.



Please indicate your relation	ship to registrant/s					
Self Spouse	O Parent/Guarc	dian	Other:			
Name of Person Paying						
Address		City		Zip		
Cell Phone	Work Phone		Home Phone			
Email						
School Child Attends (Required						
YES, Please sign me up fo	or the month E-Newsle	etter! Stay up	to date on all the latest	WAWM R	CS Departr	nent Ne
Emergency Name & Phone						
Relationship to Registrant/s						
Liability Statement: An adult must sign below.						
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Alternate Choice:

T-Shirt Size (If applicable) Youth: 06-8 010-12 014-16 Adult: OS OM OL OXL O XXL

Make check payable to: WAWM RCS Department O Credit Card* *Online, In-Person or Phone-in (Visa, Mastercard, Discover)

OCheck OCash OTotal \$ __

Registration Number

REGISTER NOW wawmrec.com or 414-604-4900

Fee

REGISTRATION



YOUR DONATION CAN HELP

According to the National Recreation and Park Association, in the past decade, participation in youth sports has decreased by 8% and the gap is growing, especially for lower income families. Kardys, Jack (2019, October) Leveling the Playing Field for Youth Sports, Parks & Recreation Volume 54 (10). Recent research published by the Rand Corporation confirmed that children from lower income families are less likely to participate in sports. Do you know that over 50% of the students in our district qualify for free and/or reduced meals? This means that their family is living at or below the federal poverty threshold. For a family of four that is an annual income of \$25,750 or less. This leaves little to no discretionary income for a family to enroll their child in youth sports programs or provide safe alternatives for after school activities. In the West Allis-West Milwaukee School District this means that potentially 2,300 students in 4K-8th grade may never have the opportunity to participate in a youth sports program or be actively engaged in an Action program.

Your donation will ensure that students in our community can reap all the benefits that youth sports has to offer or you can ensure that students have a safe place to play and be active during before/after school hours, providing a parent with peace of mind while at school or work that their child is safe and well cared for. No donation is too small and every dollar goes directly toward ensuring that every child has a chance. Prefer to donate online? Go to wawmrec.com, click on "register" and then on the "donate" tab.

O Yes, I would like to donate to the WAWM RCS Department Champion for a Child Scholarship Fund

Name:	
Address:	Thank you for your donation!
Phone Number:	You are a CHAMPION!
Donation Amount: O Youth Sports \$	OAction Program \$OOther \$
Sport you would like to sponsor:	_ (Baseball, Flag Football, Softball, Swimming, Soccer, Tennis, Volleyball) 🔵 No preference
School you would like to sponsor an athle	ete/student at: ONo preference

Checks payable to WAWM RCS Department or call 414-604-4900 to make your donation. All donations are tax deductible. Mail to: 2450 S. 68th St. West Allis, WI 53219





Support Youth Sports Programs and Special Events in your Community.

Demonstrate your commitment to community stewardship by supporting recreation youth sport opportunities for children and community special events in the West Allis-West Milwaukee School District. By doing so, your business will gain valuable advertising exposure while making a difference.

BRONZE LEVEL \$125

- Business Name/Logo on league schedules distributed to all players or event flyers/posters.
- Business Name/Logo in following season activity guide distributed to 47,000+ homes.

SILVER LEVEL \$250

- Business Name/Logo on league schedules distributed to all players or event flyers/posters.
- Business Name/Logo in following season activity guide distributed to 47,000+ homes.
- Business Name/Logo on social media (Facebook, E-Newsletter, Website).

GOLD LEVEL \$500

- Business Name/Logo on league schedules distributed to all players or event flyers/posters.
- Business Name/Logo in following season activity guide distributed to 47,000+ homes.
- Business Name/Logo on social media venues (Facebook, E-Newsletter, Website).
- Business Name/Logo on youth sports league t-shirts and onsite event marketing.



School District of West Allis - West Milwaukee ET AL



Services Department

2450 S. 68th Street West Allis, WI 53219 wawmrec@wawmsd.org Office Hours: M-TH • 8am-5pm F • 8am-4pm

Dated Material



FOR MORE INFORMATION: 414-604-4900

To reach our front office staff......press "0" For weather related cancellations......press "2"



Mission Statement

The West Allis-West Milwaukee Recreation and Community Services Department provides recreation experiences and learning opportunities that serve our community.