



South Milwaukee Recreation Department Fall & Winter Activities at a Glance

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Look what we have planned for you!

Before & After School Care
Rocket Soccer Camp
Young Rembrandt Drawing
Indoor Archery Camp
Flag Football & Volleyball
Flag Football Fundamentals
Swimming Lessons
Aquatic Club (SMAC)
Open & Lap Swim
COED Rec Basketball
Rocket Basketball Clinic
Ballet, Jazz, Tap, Pointe,
Poms & Tumbling
Wrestling Camp & Club
Babysitting Class
Creative Drama
Middle School Cross Country
MS SEC Girls & Boys Basketball
Middle School Wrestling Team
Middle School Tackle Football
Adult Basketball & Volleyball
Learning to Crochet
Exercise Classes
SilverSneakers
Watercolor Painting
Drawing Classes
Watercolor Cards
Paint & Take
Family Paint & Take
Enrichment Classes
Learning Microsoft Excel
Learning Microsoft Word
Learning Google AI



Flag Football Fundamentals Camp

Ages 4, 5, & 6

Rawson Field 6:00-6:50 pm

Mon-Thu Sept 16-19

Code, FB103.103, \$26R/\$36NR

Rocket Soccer Camp

Ages 3—6, 6:00-6:50 pm

Rawson Field, door #4

Mon-Thu, Sep 9-12

Code, SOC101.101, \$26R/\$36NR

Instructor, Pete Gustin

Watch for the Spring Camp

Mon-Thu, April 14-17



Free! Wrestling Camp

MS Wrestling Room Door #34

Mon-Thu, Nov 4 - 7

Grades K4-5 4:00–5:00 pm

Activity Code: WC101.101

Wrestling Club

K4-5th Grade, 5:30-6:30 pm

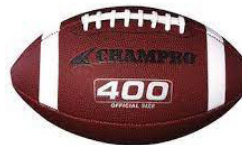
Middle School Wrestling Room

Enter door #34

Tuesday & Thursday, Dec 3-12

Tuesday & Thursday, Jan 2–Feb 6

Code: WR201.201, \$42R/\$52NR



Flag Football Leagues

High School Football Field

Sept 14, 21, 28; Oct 5, 12, 19

Grades 2 & 3, Code FB101.101

Grades 4 & 5, Code FB102.102

Fee: \$56R/\$66NR

T-shirt is included with your fee



Archery Camp

(Indoors) Ages 6-12

High School Fieldhouse

September 16, 17, 18, 19

Age

s 6- 8 6:00-6:50 pm

Code, A101.101, \$26R/\$36NR

Ages 9- 12, 7:00-7:50 pm

Code, A102.102, \$26R/\$36NR

HS PE Instructor, Matt Joost

MS Running Club

Grades 6, 7 & 8 3:20–4:00 pm

Meet in the Middle School

Gym Lobby Door #34

Tue & Thu, Nov 5 - Mar 20

Activity Code: RC201.201,

Fee: \$22R/\$32NR

Coach, Bob Dennis



Volleyball Leagues

Middle School Teff Gymnasium

Grades 3 - 5, Code: VB101.101

Grades 6 - 8, Code: VB102.102

Sept 14, 21, 28; Oct 5, 12, 19

Fee: \$56R/\$66NR

T-shirt is included with your fee

Hunter Education

SM High School Door #24

Tue & Thu, 7:00-9:00 pm

Sep 10, 12, 17, 19, 24, 26

Pre-registration is a mandatory step for all potential hunters. You can pre-register online at www.dnr.wi.gov or by contacting Bill Alvey at 414-380-5922. Please note that a \$10.00 non-refundable fee is collected at the first class, and we only accept cash. Our instructors are DNR certified, and it's important to remember that a parent or guardian must be present at the first class.

**HUNTER ED
COURSE**

Young Rembrandt's



We're an after-school enrichment program that meets weekly at your child's elementary school. We serve kids ages 5k – 5th grade and love to draw! Young Rembrandt's unique curriculum engages both sides of your child's brain so everyone participating can learn and be successful. The Young Rembrandt Method and curriculum offer a form of brain-based learning crucial to the complete education and full development of modern minds.

With Young Rembrandt's, children gain the following skills:

Fine motor skills (handwriting)	Visual-spatial organization skills
Persistence and follow through	Increased self-esteem
Attention to detail and focus	Strong, diverse vocabulary
Patience, discipline and manners	Durable self-confidence

All New Lessons Every Session

Join our Art Club - Class will be held in your school's Art Room

Young Rembrandt's Elementary Drawing Boys & Girls Grades 5K - 5TH 3:45-4:45 pm

Enroll online at www.youngrembrandts.com Tuition \$99 (8-Week Session)

The class description for each session will be available at a later date.

Blakewood	Mondays Fall 1 Session	9/16 - 11/11	no class 9/30
Blakewood	Mondays Fall 2 Session 1	1/18 - 2/10	no class 12/2, 23, 30, 1/20, 2/3
Blakewood	Mondays Winter Session	2/17 - 4/28	no class 3/24, 31, 4/21
E. W. Luther	Tuesdays Fall 1 Session	9/17 - 11/5	
E. W. Luther	Tuesdays Fall 2 Session	11/12 - 1/14	no class 12/24, 31
E. W. Luther	Tuesdays Winter Session	1/28 - 4/1	no class 2/4, 3/25
Lakeview	Thursdays Fall 1 Session	9/19 - 11/14	no class 10/17
Lakeview	Thursdays Fall 2 Session	11/21 - 1/23	no class 11/28, 12/26
Lakeview	Thursdays Winter Session	2/6 - 4/10	no class 2/20, 3/27
Rawson	Fridays Fall 1 Session	9/20 - 11/15	no class 10/18
Rawson	Fridays Fall 2 Session	11/22 - 2/7	no class 11/29, 12/6, 27, 1/24
Rawson	Fridays Winter Session	2/14 - 5/2	no class 2/21, 3/7, 28, 4/18

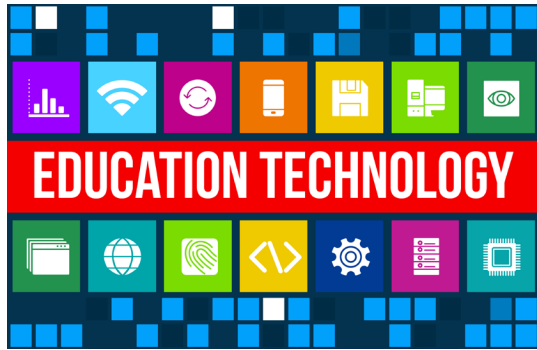
Adult Paint & Take Classes High School Art Room #2352 Door #8 Instructor, Nancy Wolf

Get ready for a professionally led painting class that's not just educational, but also a lot of fun. With step-by-step instructions and all supplies provided, you'll be able to unleash your creativity and go home with a beautiful painting. This class is open to all levels of experience, from the beginner painter to the experienced painter. The instructor, with over 20 years of teaching experience and a master's in visual arts, is passionate about sharing her joy of painting. Don't miss out on this exciting opportunity - sign up now before the class fills up!

Fall Session 1	Wednesday, Sep 18	6:00-8:00 pm	Code: AR119.119	\$30R/40NR
Fall Session 2	Tuesday, Oct 29	6:00-8:00 pm	Code: AR120.120	\$30R/40NR
Fall Session 3	Wednesday, Nov 20	6:00-8:00 pm	Code: AR121.121	\$30R/40NR
Winter Session 1	Wednesday, Dec 11	6:00-8:00 pm	Code: AR219.219	\$30R/40NR
Winter Session 2	Friday, Jan 17	6:00-8:00 pm	Code: AR220.220	\$30R/40NR
Winter Session 3	Friday, Feb 14	6:00-8:00 pm	Code: AR221.221	\$30R/40NR



NEW! Adult Enrichment Classes



Basics of Microsoft Word

South Milwaukee High School 6:30-8:00 pm
Computer Lab, Room #1020, enter door #24
Tuesday, October 8, 15, 22, 29
Activity Code: tec106.106, \$40R/\$50NR

This class will help the beginning Word user create casual and business-related documents. You will learn how to use this program and its powerful features to produce and edit documents that are professional-looking and get the message across. The student should be comfortable using the keyboard and mouse.

Instructor, Larry Rowe

Basics of Microsoft Excel

South Milwaukee High School 6:30-8:00 pm
Computer Lab, Room #1020, enter door #24
Thursday, Oct 3, 10, 24 31 *No class Oct 17*
Activity Code: tec105.105, \$40R/\$50NR

This class is designed for anyone new to Excel and has basic computer skills. You will learn how this powerful program can help with basic and more complex data analysis and how to use it for home and business tasks. The student should be comfortable using the keyboard and mouse to enter information into the computer.

Instructor, Larry Rowe

Basic Google AI App

South Milwaukee High School 6:30-8:00 pm
Computer Lab, Room #1020, enter door #24
Thursday, Oct 23, 30, Nov 6, 13
Activity Code: tec107.107, \$40R/\$50NR

This class will focus on using the new Artificial Intelligence (AI) feature on Google and how to get more meaningful results by using this search engine.

Instructor, Larry Rowe



We are partnering with the Oak Creek Recreation Department to offer these informative and exciting new classes. The class will be held at the Oak Creek District Office, 7630 South 10th Street, Oak Creek, WI 53154. It will run from 6:30 to 8:30 pm.

Cutting the Cord – Controlling Cable & Internet Costs

Date: Wednesday, Oct 9
Activity Code: tec101.101, Fee: \$22R/\$32NR Fees

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

“iPad/iPhone – Tips, Tricks & Techniques”

Date: Wednesday, Oct 16
Activity Code: tec102.102, Fee: \$22R/\$32NR

This hands-on class is specific to Apple iPhone, iPad tablets, and iPad Mini devices. Learn tips, tricks, and techniques to navigate, organize, back up, and add valuable apps to your iPhone, iPad, or iPad mini device.

The Camera in Your Smartphone

Date: Wednesday, Oct 23
Activity Code: tec103.103, Fee: \$22R/\$32N
Learn about apps, tips, tricks, and limitations of pictures and videos from iPhone and Android smartphones and tablets. This class will cover your device's camera, home and Cloud storage options, printing, and more.

You Have Pictures In Your Cameras – Now What

Date: Wednesday, Oct 30
Activity Code: tec104.104 Fee: \$22R/\$32NR

This class is presented for use on Windows 10/11 computers. We have hundreds - if not thousands - of pictures in our cameras, smartphones, and computers. Now what? This two-hour seminar teaches techniques to save pictures from cameras and smartphones to a computer, external devices, and “the Cloud.”

Art Classes for Everyone

NEW! Adult Watercolor Cards

Thursday, September 19 6:00—8:00 pm

High School Art Room #2352 Enter Door #8

Activity Code, AR122.122, \$32R/\$42NR

Do you feel faint when you think about paint? Keep calm, and explore watercolors!

Learn some basic techniques (wet on wet, wet on dry, and other washes) and then apply those techniques to a post-card and a greeting card you can keep for yourself or send to family/friend. *All materials will be provided.

Instructor, Mary Zingsheim

NEW! Family Paint & Take

High School Art Room #2352 - door #8

Saturday, December 7, 1:00—3:00 pm

Activity Code AR222.222, \$30R/\$40NR

Saturday, February 8, 1:00—3:00 pm

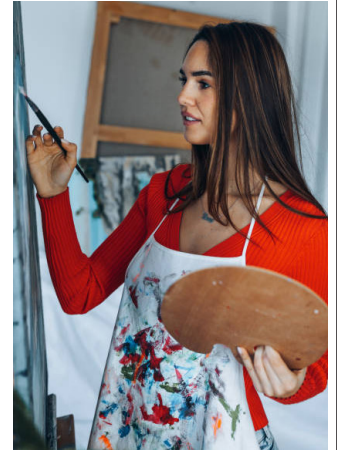
Activity Code AR223.223, \$30R/\$40NR



Painting is fun for all ages; this class is designed for people ages 5-100. So, bring the family and enjoy making new memories. The class is led by an experienced art teacher that will give you step-by-step instructions to help you make a one-of-a-kind keepsake. All supplies are provided. Children ages 5-14 must be accompanied by an adult. Come for the fun, Our instructor loves to share her joy of painting with

everyone. She has been teaching art for over 20 years and has a master's degree in visual arts. Sign up today; this class will fill up fast.

Instructor, Nancy Wolf



Adult Drawing Workshop

High School Art Room #2352 - door #8, 6:00-8:00 pm

Monday, October 7, 14, 21, 28

Activity Code, AR115.115, \$52R/62NR

Join us as you draw still-life objects, which will be provided. You will also draw landscapes from photos that the class will choose. Have fun as you learn about tone, shading, line, and the parameters that enable you to make things look close or far away. No drawing experience is needed... just your creativity! Materials are provided.

Instructor: DeLinda Galeviz

Adult Watercolor Painting

High School Art Room #2352 - door #8, 6:00-8:00 pm

Thursdays, Oct 3, 10, 24, 31, *No class October 17*

Activity Code, AR118.118, \$52R/62NR

Explore the beauty of watercolor. This class is geared toward those who have yet to hold a brush in their hand or try watercolor painting. Students will develop skills, starting with basic color mixing and basic color theory. We will progress to making small paintings, each using different techniques. Students LOVE this class! Materials are provided.

Instructor: DeLinda Galeviz

See Page 9 - New Program: "Adults Learning to Crochet"

Aquatics



SM Aquatic Club (SMAC) Swimmers 8 - 18 years

Partnered with Schroeder Swim Team

South Milwaukee Middle School Pool / Enter Door #34

REGISTER NOW!



Registering for the South Milwaukee Sharks Swim Team is a breeze. Simply visit the Schroeder Swim Team Website from your computer and follow the easy steps. You can also use the provided QR code, but remember, it's best to use a computer for this process.

Fall Session, Mon-Tue-Thu, Sep 9 – Dec 12,
No class on Nov 29 (Thanksgiving)

Winter Session, Mon-Tue-Thu, Jan 6 – March 20
No class on Jan 20 (MLK, Jr. Day)

Red Sharks, Younger & less experienced will
swim 3 days per week

\$135R / \$150NR Fall & Winter Schedule 5:45-6:45 pm,
Spring Schedule 5:30-6:30 pm

Black Sharks, Older & more experienced will
swim 3 days per week

\$160R / \$175NR Fall & Winter Schedule 6:45-8:00 pm,

We offer one of the most competitive swim programs in the area, with multiple training levels of instruction from the Novice swimmer through the Senior level swimmer. Any swimmer who can complete one length of the pool (25 yards) is encouraged to join. The Sharks Swim Team is all about enhancing the skills and techniques for competitive swimming. Swimmers should bring their own practice suit, goggles, and swim cap.

Sharks coach: Collin Groppi 414-323-0714
collin.groppi@gmail.com



Swim Lessons

The SM Rec Dept is partnering with the Cudahy Rec Dept. to bring you quality lessons in a warm and inviting Cudahy Middle School Pool, 5530 S. Barland Avenue. We can now offer you more opportunities and classes during the week and on Saturdays. Please bring a bathing suit, towel, and a lock if you wish to use a locker. From the parking lot, enter door #17, labeled Gym Entrance, and the locker rooms will be down the hall on your left.

Fee, \$55 for SM Residents, \$65 for Non-Residents

Fall 1 Sep 9 - Oct 26,

Fall 2 October 28 - December 14 (No class Nov 28)

Winter January 6 - February 22

Dates & Time are subject to change!

FOR MORE INFORMATION & REGISTRATION

Please contact the SM Rec Dept at 414-766-5081 or call

Julie Bock, Aquatics Manager at the
Cudahy Rec Dept (414) 294-2878

You may also email Julie at: bockj@cudahysd.org

Register online at

www.cudahysd.org/page/aquatic-programs

Private Swim Lessons

Youth and Adults

If you would like to learn more and set up a schedule, please email the instructor listed below. You will need to fill out a South Milwaukee Recreation Department registration form and coordinate times & dates that work for both you and your instructor.

Instructors

Emily Eaton, eeaton@sdsd.k12.wi.us

Darla Wack, darlawack@gmail.com

Lap & Open Swim

Youth & Adults Saturdays

SM Middle School Pool, enter door 34, 11:00-1:00 pm

Admission: \$2.00/person

Sep 14 - Dec 21 No Swim Nov 30, Dec 28

Jan 4 - June 7, No Swim Mar 29

Youth Rec Basketball



IMPORTANT DATES TO REMEMBER:

Registration Deadline: Monday, November 11
 Player Assessments, Thu-Mon-Tue November 14, 18, 19
 1st Practice, Week of December 4
 Games, Saturdays, January 4 - February 22
 Picture day, Saturday, January 18.
 Schmidt Tourney, Saturday, February 22
Fee, \$65R/\$75NR
T-shirt w/number included with your fee.

You may now register in person, by mail, by phone, or online at www.smrecdept.org. When registering online, you must be sure your information (phone number and email address) is correct, as this information will be given to the coach to contact your family. Please answer the question as to whether or not you will be able to coach - **Coaches are needed.**

Coed 3rd Grade Boys	Activity Code, BB203.203B
Coed 3rd Grade Girls	Activity Code, BB203.203G
Coed 4th Grade Boys	Activity Code, BB204.204B
Coed 4th Grade Girls	Activity Code, BB204.204G
Coed 5th Grade Boys	Activity Code, BB205.205B
Coed 5th Grade Girls	Activity Code, BB205.205G
Coed 6th Grade Boys	Activity Code, BB206.206B
Coed 6th Grade Girls	Activity Code, BB206.206G
Coed 7th Grade Boys	Activity Code, BB207.207B
Coed 7th Grade Girls	Activity Code, BB207.207G
Coed 8th Grade Boys	Activity Code, BB208.208B
Coed 8th Grade Girls	Activity Code, BB208.208G

Player Assessment **HS Fieldhouse 4:30-5:30 pm**

3rd & 4th Graders	Thursday, Nov 14
5th & 6th Graders	Monday, Nov 18
7th & 8th Graders	Tuesday, Nov 19

The coaches meeting & Draft is schedule right after the assessment in the rec dept office at 6:00 pm

Volunteer Coaches Are Needed!

Middle School Sports

Cross Country Team

Grades 6, 7 & 8 3:15-4:30 pm

Official Start

Mon-Thu, Sep 4-Oct 10, Meet at MS Gym

Code CC101.101, \$72.00

Coach Robert Dennis

Activity Code, SEC101.101 \$120.00

SEC Boys Basketball Tryouts

Grades 7 & 8 Thursday, Oct 10

Middle School Teff Gymnasium

7th Grade Tryout 6:00 pm

8th Grade Tryout 7:00 pm

Activity Code, SEC201.201 \$120.00

Rocket Basketball Clinic

This program is free!

HS Fieldhouse Saturday, Dec 7

Grades 3-5 9:00-10:00 am

Grades 6-8 10:15-11:15 am

HS Coed Rec Basketball League

Team Entry Deadline: Wed, Nov 27 3:00 pm

Starts Saturday, Jan 4, Fee, \$52 per player

Adult Basketball & Volleyball

Entry Deadline	October 9
Basketball Team Fee	\$510R/\$610NR
Volleyball Team Fee	\$240R/\$340NR
Basketball Player Fee	\$38.00 per player
Volleyball Player Fee	\$28.00 per player
Managers Meeting	Wed, October 16
	HS Room #1027
League Starts	October 29 & 30

Secure your place in a league by registering early. You can pickup a registration form at the Recreation Department or call us at 414-766-5081 and we will mail you a registration Team Entry Form

Ballet, Tap, Jazz, Poms & Tumbling

Saturday, Sep 14—April 5

MS MPR & HS Choir Room #2409 Door #34

No class Nov 30; Dec 28

\$84R/\$94NR by Sep 8

\$94R/\$104NR after Sep 8

Recital Rehearsals

April 3 & 4 , 4:30—9:00 pm

Recital Performance

April 5, 1:00 pm

Dance class is a weekly commitment. Good attendance is imperative to learning. The teachers cannot jeopardize their responsibility to the rest of the class for students who do not attend class.

Dance Shoes and Costumes

Proper dance shoes must be worn for all classes.

- Tap shoes must be black.
- Ballet shoes must be pink leather (no satin slippers). Please no tan or white shoes.
- Tumbling and Pom students must wear a basic white gym shoe with no colors, sparkles, glitter, or lights on them. No high top tennis shoes.
- New & used dance shoes are available for purchase the first day of class.
- There is an additional costume fee due in Nov.

*Instructors Miss Susan & Miss Mary
You're Going To Love This Program!!*

CLASS	AGES	TIME	ACTIVITY CODE	LOCATION
Ballet & Tap	Ages 6 & 7	9:00-9:40	D101.101	MS MPR
Ballet & Tap	Ages 4 & 5	9:00-9:40	D102.102	HS Choir Room
Ballet & Tap	Ages 8, 9 & 10	9:45-10:25	D103.103	MS MPR
Tumbling & Poms	Ages 6, 7 & 8	9:45-10:25	D104.104	HS Choir Room
Jazz	Ages 8, 9 & 10	10:30-11:10	D105.105	MS MPR
Jazz	Ages 11, 12 & 13	10:30-11:10	D106.106	HS Choir Room
Ballet & Tap	Ages 11, 12 & 13	11:15-11:55	D107.107	MS MPR
Ballet, Tap & Jazz	Ages 14 & older	11:15-11:55	D108.108	HS Choir Room
Pointe <i>no beginners</i>	Ages 14 & older	12:00-12:40	D109.109	MS MPR

Before & After School Care



Before School Care

Care is provided from 7:00 to 8:30 am at Blakewood, E. W, Luther, Lakeview, and Rawson elementary schools for children ages 4 to 12. Early drop-offs are not allowed. Parents must escort children into the school and sign them in.

Monthly Rate	1-2 DAYS	3 Days	4-5 Days
AM Only	\$55	\$80	\$120
PM Only	\$68	\$102	\$168
AM & PM	\$114	\$170	\$272

After School Care

Care runs from 3:35–5:45 pm. Parents or authorized adults must sign their children out before **leaving**.

Parent Handbook

To learn more, read our Parent Handbook found online at smrecdept.org. The handbook includes all the forms needed to complete your registration.

Questions

If you have questions, please get in touch with Dan Miles, the Program Supervisor, at 414-766-5932 or damiles@sdsd.k12.wi.us.

No program on these days:

Labor Day	September 2
Thanksgiving Break	Nov 27-29

School Out Days

School Out Days is offered at Rawson School from 7:00 am to 5:30 pm.

Pre-registration is required - www.smrecdept.org
 Monday, Sep 30 \$24.00 SO101.101
 Friday, October 18 \$24.00 SO102.102

Fitness Center

Hours of Operation

Mon–Thursday: 5:35 am–7:45 pm

Friday: 5:35 am–6:45 pm

Sat–Sunday: 7:00 am–2:45 pm

WALK WITH US!

Indoor Walking

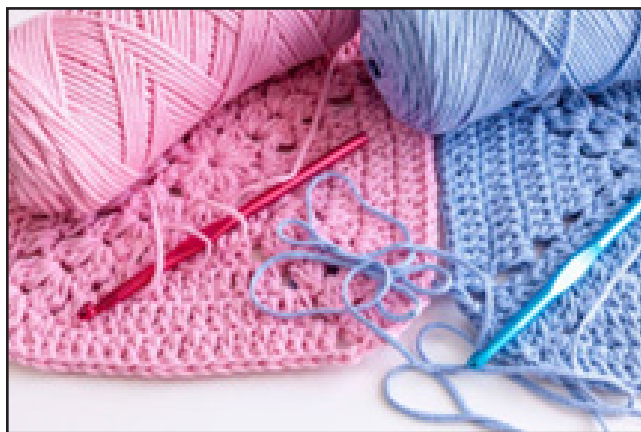
Enjoy walking indoors during cold or inclement weather throughout the year. Residents pay a one-time \$5 card fee, and non-residents pay a \$25 annual fee. The indoor track hours are the same as the Fitness Center. There may be infrequent closures due to inclement weather or other High School events.

Before walking, we ask that you present your Fitness Center Membership ID to the staff. If you have questions, please call the Fitness Center Desk at 414-766-5084.

The South Milwaukee Fitness Center is an eligible facility for fitness programs: Renew Active, SilverSneakers, & Silver & Fit.

Some Medicare supplement plans and group health plans provide these programs, which would give you membership-free access to our Fitness Center and Track! Call your health insurance provider to determine if you have this valuable benefit, or stop by the Fitness Center Desk to check for eligibility.

NEW! Adults Learning To Crochet



Thursday, November 21 6:00–8:00 pm
 High School Art Room #2352 Enter Door #8
 Activity Code: AR123.123, \$27R/37NR

Have you always wanted to learn how to crochet but never felt like you could do it? You can! I am here to teach you in an extremely low-stress, at-your-own-pace atmosphere. In this class, you will learn some basic stitches of crochet as well as how to read a pattern.

Please bring your favorite color, 100% acrylic worsted weight, size 4, yarn. (I will provide the hook.)

Instructor, Mary Zingsheim

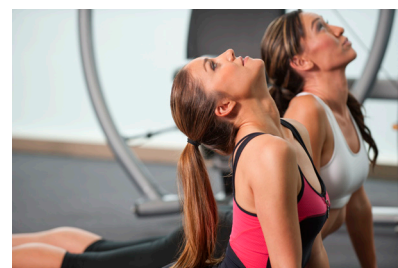
Adult Exercise Classes for Fall

Sundays, Aug 25; Sep 8, 15, 22, 29; Oct 6, 13, 20, 27; Nov 3	Location	Fee
Open Pickleball 12:00-2:00 pm Code EX100.109	HS Gymnasium	\$40R/\$50NR
Mondays, Aug 26; Sep 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4	Location	Fee
Gentle Yoga 6:00-6:50 pm Code EX100.103	E. W. Luther Gym	\$40R/\$50NR
Open Pickleball 7:00-8:30 pm Code EX100.109a	Blakewood Gym	\$40R/\$50NR
Pilates 7:00-7:50 pm Code EX100.105	E. W. Luther Gym	\$40R/\$50NR
Mondays, Sept 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 11, 18	Location	Fee
Zumba 6:00-6:50 pm Code EX100.107	Blakewood Gym	\$40R/\$50NR
Tuesdays, Sept 10, 17, 24; Oct 1, 8, 15, 22; Nov 5, 12, 19	Location	Fee
Yoga / Qigong 1:00-1:50 pm Code EX100.101a	Fitness Center	\$50R/\$60NR
Wednesdays, Aug 28; Sep 4, 11, 18, 25; Oct 2, 9, 23, 30; Nov 6	Location	Fee
Open Pickleball 6:00-8:00 pm Code EX100.109b	Blakewood Gym	\$40R/\$50NR
Water Aerobics 7:30-8:20 pm Code EX100.113	Middle School Pool	\$48R/\$58NR
Wednesdays, Sep, 4, 11, 18, 25; Oct 2, 9, 23, 30; Nov 6, 13	Location	Fee
Bar-less Barre 6:00-6:50 pm Code EX100.118	E. W. Luther Gym	\$40R/\$50NR
Thursdays, Aug 22, 29; Sept 5, 12, 19, 26; Oct 3, 10, 24; Nov 7	Location	Fee
Chiseled 6:15-7:05 pm Code EX100.106	Middle School MPR	\$40R/\$50NR
Thursdays, Sep 12, 19, 26; Oct 3, 10, 17, 24; Nov 7, 14, 21	Location	Fee
Yoga / Qigong with Beginner Tai Chi 1:00-1:50 pm Code EX100.101b	Fitness Center	\$50R/\$60NR
Thursdays, Aug 29; Sept 5, 12, 19, 26; Oct 3, 10, 24, 31; Nov 7	Location	Fee
Jazzercise 5:00-5:55 pm Code EX100.144	Oak Creek Jazzercise	\$40R/\$50NR
Zumba 6:00-6:50 pm Code EX100.116	E. W. Luther	\$40R/\$50NR
Vinyasa Yoga 6:00-6:50 pm Code EX100.117	Blakewood Gym	\$40R/\$50NR
Open Pickleball 7:00-8:30 pm Code EX100.109c	Blakewood Gym	\$40R/\$50NR

Registration opens Monday, July 29 by mail, in person, or ONLINE. Class schedule is subject to change.
****The Location above corresponds with the Door # below.****

LOCATION/SCHOOL	DOOR TO ENTER
Fitness Center	Door #24
Middle School MPR	Door #49
Middle School Pool	Door #47
Blakewood Gym	Door #9
E. W. Luther Gym	Door #5
Oak Creek Jazzercise	9543 S Chicago Rd

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity. Everyone can experience the health benefits of physical activity.



NEW! Karate for Self Defense Adults 25+

10:45 – 11:45 am Franklin HS – MPR (A206)

Franklin High School, 8222 S 51st St, Franklin, WI 53132 (enter main office doors)

Session 1 Saturdays, September 7 – October 19 Activity Code: EX122.122, Fee: \$40

Session 2 Saturday, Nov 2—December 21, **No class Nov 30** Activity Code: EX123.123, Fee: \$40

10 Call 414-766-5081 ••• Register at smrecdept.org



Skyhawks Sports

The South Milwaukee Recreation Department is partnering with Skyhawks Sports to provide you with a wide variety of fun, safe, and positive programs that emphasize critical lessons in sports and life.

Location: Blakewood Field or Gym - door #9

Soccer Tots Ages 2 & 3

Sunday, Oct 20-Nov 10, 11:00 -11:30 am

Activity Code:SK101.101 \$50R/\$60NR

Soccer Tots Ages 3 & 4

Sunday, Oct 20-Nov 10, 11:40 -12:10 pm

Activity Code:SK102.102 \$50R/\$60NR

Learning Soccer has never been more fun! These classes focus on learning developing skills while introducing positions, technique, passing and moving the ball. Rules will be introduced and appropriately sized soccer balls are used. Parent participation is required for the tots classes.

Soccer Ages 5 - 7

Sunday, Oct 20-Nov 10, 12:20 -1:20 pm

Code:SK103.103 \$60R/\$70NR

Soccer Ages 8 - 12

Sunday, Oct 20-Nov 10, 1:30 -2:30 pm

Activity Code:SK104.104 \$60R/\$70NR



Hoopster Tots Ages 2 & 3

Sunday, Nov 24 - Dec 22

no class 12/1

11:00 -11:30 am

Activity Code:SK105.105 \$50R/\$60NR

Hoopster Tots Ages 3 & 4

Sunday, Nov 24 - Dec 22

no class 12/1

11:40 -12:10 pm

Activity Code:SK106.106 \$50R/\$60NR

Learning basketball has never been more fun! These classes focus on developing motor skills while introducing dribbling, shot technique, and passing. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Parent participation is required.

Volleykats Ages 4 - 6

Sunday, Nov 24 - Dec 22 *no class 12/1*

1:00 -1:45 pm

Activity Code:SK107.107 \$55R/\$65NR

Volleyball Ages 7 - 9

Sunday, Nov 24 - Dec 22 *no class 12/1*

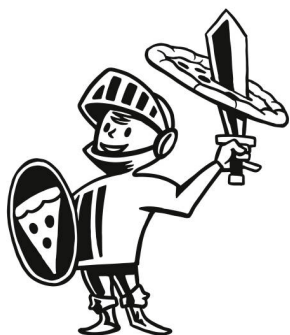
1:55 -2:55 pm

Activity Code:SK108.108 \$60R/\$70NR

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily games aimed at developing the whole player.



All New! Creative Drama Classes



“WISE PEOPLE OF GOTHAM is a creative drama PLAY that takes place in Medieval Days. The villagers must work together to find creative ways to solve the dilemma of a cruel King who interferes in their lives by demanding they obey his unfair rules. (Creative drama uses no scripts but rather a storyline where the actors contribute to the actions and dialog.) Theater games, skits, developing interesting characters, understanding stage directions, and use of simple props and costumes will enhance your theater experience!

South Milwaukee High School, Room #2427, enter door #34
Coed, Ages 7-11, 6:00-7:00 pm
Tuesday, September 10, 17, 24; October 1, 8, 15
Activity Code, CD101.101, \$40R/\$50NR

“WONDEROUS ADVENTURES UNDER THE RAINBOW!”

Explore a different daily activity with music, movement, song, and craft projects! Experience the magic of the Sky, go on a backwoods Fishing Trip (watch out for the bears!), skits from Aesop’s Fables, Join the Circus, “Jurata-Queen of the Baltic Sea” play, and Mixed-up. Fairy Tales!

South Milwaukee High School, Room #2427, enter door #34
Coed, Ages 4-6, 6:00-7:00 pm
Thursday, September 12, 19, 26; October 3, 10, 17
Activity Code, CD102.102, \$40R/\$50NR



“HECKEDY PEG” is a story about seven energetic children, a witch, and a brave mother who must break the witch’s spell her children are now under! What could possibly happen?! Bring to life these interesting characters through your acting skills. Through skits, mime, theater exercises, and a sense of humor, you’ll have fun interacting with your friends on stage!

South Milwaukee High School, Room #2427, enter door #34
Coed, Ages 7-11, 6:00-7:00 pm
Tuesday, November 5, 12, 19, 26; December 3, 10
Activity Code, CD201.201, \$40R/\$50NR

“MEET CHILDREN AROUND THE WORLD”

Learn about other children—where they live, what games they play, their school and home life. How are they different and yet the same as you? So, let’s travel to AFRICA for an exciting safari adventure! AUSTRALIA to discover mysterious cave paintings and strange animals! JAPAN to attend their famous dance festival! CHINA to have fun and games! And MEXICO will join a Mexican hat dance band! Ole! You’ll do Crafts for each country!

South Milwaukee High School, Room #2427, enter door #34
Coed, Ages 4-6, 6:00-7:00 pm
Thursday, November 7, 14, 21; December 5, 12
Activity Code, CD202.202, \$40R/\$50NR

