

South Milwaukee Recreation Department

2024 FALL EXERCISE CLASSES

Sunday	Aug 25; Sept 8, 15, 22, 29; Oct 6, 13, 20, 27; Nov 3	Location
Open Pickleball	12:00-2:00 pm Activity Code: EX100.109	High School Gymnasium
Monday	Aug 26; Sept 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 4	Location
Gentle Yoga	6:00-6:50 pm Activity Code: EX100.103	E. W. Luther Gym
Open Pickleball	7:00-8:30 pm Activity Code: EX100.109a	Blakewood Gym
Monday	Aug 26; Sept 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 11	Location
Pilates	7:00-7:50 pm Activity Code: EX100.105	E. W. Luther Gym
Monday	Sept 9, 16, 23, 30; Oct 7, 14, 21, 28; Nov 11, 18	Location
Zumba	6:00-6:50 pm Activity Code: EX100.107	Blakewood Gym
Tuesday	Sept 10, 17, 24; Oct 1, 8, 15, 22; Nov 5, 12, 19	Location
Yoga/ Qigong	1:00-1:50 pm Activity Code: EX100.101a	Fitness Center
Wednesday	Sept 4, 11, 18, 25; Oct 2, 9, 23, 30; Nov 13, 20	Location
Bar-less Barre	6:00-6:50 pm Activity Code: EX100.118	E. W. Luther Gym
Wednesday	Aug 28; Sept 4, 11, 18, 25; Oct 2, 9, 23, 30; Nov 6	Location
Rock 'n' Roll		
Water Aerobics	7:30-8:20 pm Activity Code: EX100.113	Middle School Pool
Wednesday	Sept 4, 11, 18, 25; Oct 2, 9, 23, 30; Nov 6, 13	Location
Open Pickleball	6:00-8:00 pm Activity Code: EX100.109b	Blakewood Gym
Thursday	Sept 12, 19, 26; Oct 3, 10, 17, 24; Nov 7, 14, 21	Location
Yoga/ Qigong with		
Beginner Tai Chi	1:00-1:50 pm Activity Code: EX100.101b	Fitness Center
Thursday	Aug 22, 29; Sept 5, 12, 19, 26; Oct 3, 10, 24; Nov 7	Location
Chiseled	6:15-7:05 pm Activity Code: EX100.106	MS Multi Purpose Room
Thursday	Aug 29; Sept 5, 12, 19, 26; Oct 3, 10, 24, 31; Nov 7	Location
Jazzercise	5:00-6:00 pm Activity Code: EX100.144	Oak Creek Jazzercise
Zumba	6:00-6:50 pm Activity Code: EX100.116	E.W. Luther Gym
Vinyasa Yoga	6:00-6:50 pm Activity Code: EX100.117	Blakewood Gym
Open Pickleball	7:00-8:30 pm Activity Code: EX100.109c	Blakewood Gym

Class schedule is subject to change.

ATTENTION: Please refer to the locations above and Door # below that correspond with each class.

<u>CLASS LOCATIONS</u>	<u>ENTRANCE</u>	<u>CLASS FEES</u>
H.S. Gymnasium / Fitness Center	Door #24	Pickleball \$40R/\$50NR
Middle School Pool	Door #47	Land Exercise Classes \$40R/\$50NR
Middle School Multi Purpose Room	Door #49	Jazzercise \$40R/\$50NR
E. W. Luther Gym	Door #5	Water Aerobics \$48R/\$58NR
Blakewood School Gym	Door #9	SM Fitness Center Members Resident Rates

You may register **NOW** by mail, in person, or ONLINE.

For additional information please call us at 414-766-5081 or visit our webpages at www.smrecdept.org



REGISTRATION FORM

MAIL REGISTRATION
 South Milwaukee Recreation Dept.
 South Milwaukee, WI 53172
 417-766-5081 or 414-766-5082
 www.smrecdept.org

WALK-IN REGISTRATION
 South Milwaukee High School
 Park on east side of the high school
 Enter through Door #24

Family Last Name: _____ First Name: _____

Address: _____ City: _____ Zip: _____

Home Ph:(____) _____ - _____ Business Ph:(____)- _____ - _____ Cell Ph:(____) _____ - _____

E-Mail Address: _____

I, the undersigned do hereby agree to allow the individual named herein to participate in the activities indicated. I am aware and understand there may be potential risk inherent with participation in any recreation activity, and that the School District of South Milwaukee does not provide accident insurance and cannot assume responsibility for injury to any participants in the recreation programs.

I am familiar with the program eligibility requirements and I further understand that there are no fee transfers and refunds. I also agree to allow publication of any photos taken of me at any program, event, or facility sponsored by the South Milwaukee Recreation Department.

I have read and fully understand the concussion protocols for athletes and will turn in the Concussion Parent/Athlete Agreement Form at the time of registration. This form and additional concussion information is available online at www.smrecdept.org. You may also pick up the form in the Recreation Dept. Office.

 Participant/Parent/Guardian Signature

 Date

Participant Name	M/F	Date of Birth	Grade	Activity Name	Activity Code	Fee

Special Information (i.e. medical, physical, allergies): _____

Total: \$ _____ Check # _____ Cash _____ Money Order _____

Make checks or money order payable to the South Milwaukee Recreation Department

Please Circle the Youth T-Shirt Size if one is given as part of the registration **XS S M L XL**

Sign up NOW!