

South Milwaukee Recreation Department

2024 WINTER EXERCISE CLASSES

Sunday	Dec 1, 8, 15; Jan 5, 12, 19, 26; Feb 2, 9, 16		Location
Open Pickleball	12:00-2:00 pm	Activity Code: EX200.209	High School Gymnasium
Monday	Dec 2, 9, 16; Jan 6, 13, 20, 27; Feb 3, 10, 17		Location
Gentle Yoga	6:00-6:50 pm	Activity Code: EX200.203	E. W. Luther Gym
Open Pickleball	7:00-8:30 pm	Activity Code: EX200.209a	Blakewood Gym
Pilates	7:00-7:50 pm	Activity Code: EX200.205	E. W. Luther Gym
Monday	Dec 2, 9, 16; Jan 6, 20, 27; Feb 3, 10, 17, 24		Location
Zumba	6:00-6:50 pm	Activity Code: EX200.207	Blakewood Gym
Tuesday	Dec 3, 10, 17; Jan 7, 14, 21, 28; Feb 4, 11, 18		Location
Gentle Yoga/ Qigong			
With Beginner Tai Chi	8:30-9:20 am	Activity Code: EX200.201	Fitness Center
Jazzercise	5:00-6:00 pm	Activity Code: EX200.224	Oak Creek Jazzercise
Wednesday	Dec 4, 11, 18; Jan 8, 15, 22, 29; Feb 5, 12, 26		Location
Vinyasa Flow Yoga NEW!	4:15-5:05 pm	Activity Code: EX200.233	Fitness Center
Bar-less Barre	6:00-6:50 pm	Activity Code: EX200.218	E. W. Luther Gym
Open Pickleball	7:00-8:30 pm	Activity Code: EX200.209b	Blakewood Gym
Wednesday	Dec 4, 11, 18; Jan 8, 15, 22, 29; Feb 5, 26 ** (Modified nine-week class)		Location
Rock 'n' Roll			
Water Aerobics	7:30-8:20 pm	Activity Code: EX200.213	Middle School Pool
Thursday	Dec 5, 12, 19; Jan 2, 9, 16, 23, 30; Feb 6, 13, 20		Location
Jazzercise	5:00-6:00 pm	Activity Code: EX200.244	Oak Creek Jazzercise
Thursday	Dec 5, 12, 19; Jan 2, 9, 16, 23, 30; Feb 6, 13		Location
Gentle Flow Yoga NEW!	6:00-6:50 pm	Activity Code: EX200.217	Blakewood Gym
Open Pickleball	7:00-8:30 pm	Activity Code: EX200.209c	Blakewood Gym
Thursday	Nov 21; Dec 5, 12; Jan 2, 9, 16, 23, 30; Feb 6, 13		Location
Chiseled	6:15-7:05 pm	Activity Code: EX200.230	MS Multi Purpose Room

Registrations open Monday, November 4th. Class schedule is subject to change.

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

CLASS LOCATIONS	ENTRANCE	CLASS FEES	
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	Tai Chi	\$50R/\$60NR
E. W. Luther Gym	Door #5	Jazzercise	\$40R/\$50NR
Blakewood School Gym	Door #9	Water Aerobics	**\$44R/\$54NR
Oak Creek Jazzercise	9543 S. Chicago Rd.	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!