



# Shorewood

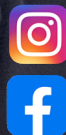
*Recreation and Community Services*



## Fall '24 Activity Guide

Recreational and Educational classes for Children, Teens, Adults, Seniors, and Families

1701 E Capitol Drive  
Shorewood, WI 53211  
414.963.6913 x 4  
[www.shorewoodschoools.org](http://www.shorewoodschoools.org)



## MEET THE DISTRICT'S NEW RECREATION DIRECTOR



The Shorewood School District is pleased to introduce Ms. Erin Cross as the new Director of Recreation & Community Services.

Ms. Cross holds a Bachelor's degree in Recreation Management from the University of Wisconsin-La Crosse and comes to Shorewood with more than two decades of

experience in recreation programming and services. Most recently, Erin has served as the Assistant Director for the Center for Water Policy at the University of Wisconsin-Milwaukee. Prior to that, she worked as the Recreation Manager for the City of New Berlin, the Recreation Director in the Village of Elm Grove, Program Director for the YMCA of Metropolitan Milwaukee, and Peace Corps volunteer in Madagascar. Along with her experience, Erin brings a passion for customer service and ensuring every community member can see themselves in recreation programming and opportunities.

"I'm excited to join the school district of Shorewood and the Department of Recreation and Community Services," says Cross. "I look forward to fostering strong community connections through diverse and engaging recreation programs. Together, we can create a vibrant and inclusive environment that strengthens our community bonds and enriches lives."

### MISSION STATEMENT

The mission of the Shorewood Recreation & Community Service Department is to enhance the quality of life for Shorewood residents by offering community services and lifelong learning opportunities through recreation, education, and fitness programs.

## SHOREWOOD RECREATION & COMMUNITY SERVICES DEPARTMENT

Laurie Burgos - *Superintendent*  
lburos@shorewood.k12.wi.us

Erin Cross - *Director*  
ecross@shorewood.k12.wi.us

Justin Calvert - *Recreation Supervisor*  
jcalvert@shorewood.k12.wi.us

Perry Perkins - *Recreation Supervisor*  
pperkins@shorewood.k12.wi.us

David Winger - *Fitness Center Manager*  
dwinger@shorewood.k12.wi.us

Nicole Gabrail- *Secretary*  
ngabrail@shorewood.k12.wi.us

Barb Xistris - *Secretary*  
bxistris@shorewood.k12.wi.us

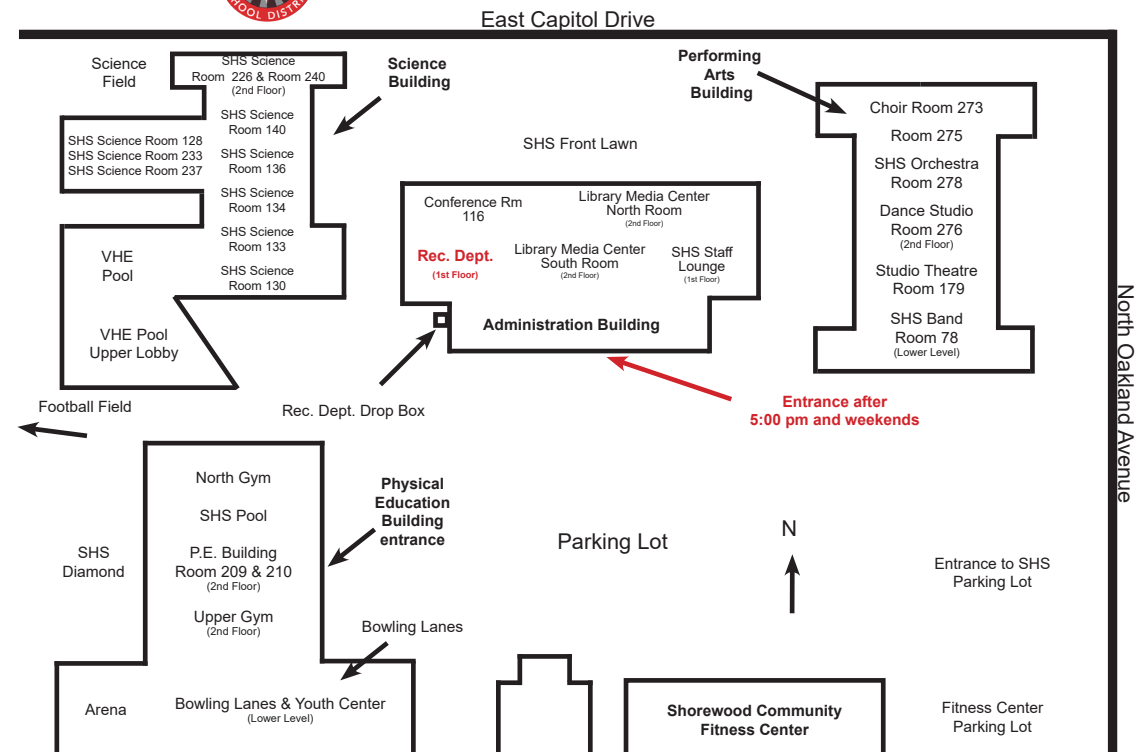
Sharon Maier - *Bright Beginnings Teacher*  
smaier@shorewood.k12.wi.us

Molly Handelsman - *Bright Beginnings Teacher*  
mhandelsman@shorewood.k12.wi.us

Plus the 100+ seasonal employees who work very hard to provide you the selection and quality of programs offered year around!



### Shorewood High School Campus



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## Registration Information

### Online Registration Begins

Resident - Tuesday, August 20

Non-Resident - Thursday, August 22

We will experience a high volume of transactions on the first day of Fall registration. We appreciate your patience as our registration process may be slower on Tuesday, August 20, 2024.

**ONLINE** - To improve efficiency, Shorewood Recreation is encouraging participants to register online. Visit [www.shorewoodschoools.org](http://www.shorewoodschoools.org) and go to the Recreation tab for the easiest way to sign up. Click on the registration link to begin. If you have never registered online, you may call our office to set up an account and password. If you need assistance, we will be happy to walk you through the online registration process.

**MAIL, WALK- IN, OR TELEPHONE** - Registration begins for **both** residents and non residents on Thursday, August 22. The Shorewood Recreation Department accepts mail, walk-in, or phone registrations. We welcome cash, check, Visa, Master Card, Discover, and American Express debit/credit cards.

**RESIDENT STATUS** - Includes individuals living in Shorewood, Shorewood School District and Village employees, all students enrolled in Shorewood Public Schools and their families, and non-resident taxpayers of Shorewood.

**EMAIL** - The Shorewood Recreation Department uses email as a primary means of communication. This will be how we contact you on program waiting lists, cancellations, confirmations, notifications, and updates. Please make sure we have your current email address on file.

**LATE FEE** - All program registrations must occur prior to the day of the class starting or by the sign-up deadline. **The price of each class will increase by \$10 if you register the day of or after the class has started.**

## Department Office Hours

Monday - Friday  
8:00 am - 12:00 pm  
12:30 pm - 4:30 pm

Closed:

Monday, September 2  
Thursday, Nov 28 - Friday, Nov 29  
Monday, Dec 23 - Thursday, Jan 2

## Location

Shorewood High School  
Administrative Building, 1st floor  
1701 E. Capitol Drive  
Shorewood, WI 53211

## Telephone Numbers

Shorewood Recreation and Community Services  
Telephone: (414) 963-6913 x 4  
Fax: (414) 961-3175  
VHE Pool Information: (414) 963-6913 x 1  
Program Information / Weather Cancellation Line:  
(414) 963-6913 x 3  
Shorewood Community Fitness Center  
(414) 961-3100

## CO-OP PROGRAM AND COMMUNITY CONTACT INFORMATION

### FACILITY USAGE AFTER 5 PM AND WEEKENDS

Please use these doors to enter and exit the buildings on the weekends or after 5:00 pm, Monday through Friday.

#### ATWATER SCHOOL

Main front door  
Early Education Building - both doors

#### LAKE BLUFF SCHOOL

Back door by parking lot  
Early Education Building - both doors

#### SHOREWOOD INTERMEDIATE SCHOOL (SIS)

Main front door and doors by the track/football field

#### SHOREWOOD HIGH SCHOOL (SHS)

Administration Building - Main doors on parking lot side

Science Building - VHE Pool entrance and middle entrance

Performing Arts Building - southwest door, across from Administration Building

Arena, Bowling Lanes, and Youth Center - Arena Building front door

Fitness Center - main door

### CO-OP PROGRAM CONTACT INFORMATION

If you have any specific questions concerning co-op programs, please contact the appropriate Recreation Department.

Brown Deer Recreation Dept  
(414) 371-3070  
parkrec@browndeerwi.org  
4800 W Green Brook Dr  
Brown Deer, WI 53223

Mequon-Thiensville Recreation Dept  
(262) 238-7535  
www.mtsd.k12.wi.us  
11040 N Range Line Rd  
Mequon, WI 53092

Nicolet Recreation Dept  
(414) 351-7566  
www.nicolet.k12.wi.us  
6701 N Jean Nicolet Road  
Glendale, WI 53217

Whitefish Bay Recreation Dept  
(414) 963-3947  
www.wfbschools.com  
5205 N Lydell Avenue  
Whitefish Bay, WI 53217

## School Locations & Telephone Numbers

Atwater School  
2100 E. Capitol Drive  
(414) 963-6962

Intermediate School  
3830 N. Morris Blvd  
(414) 963-6951

Lake Bluff School  
1600 E. Lake Bluff Blvd  
(414) 963-6972

Shorewood High School  
1701 E. Capitol Drive  
(414) 963-6921

## COMMUNITY CONTACTS

IF YOU HAVE ANY QUESTIONS ABOUT THESE GROUPS,  
PLEASE CONTACT THEM AT THESE NUMBERS OR EMAIL ADDRESSES

**BAVARIAN UNITED SOCCER CLUB**  
[www.bavarianunited.com](http://www.bavarianunited.com)

**SHOREWOOD FOUNDATION**  
(414) 847-2702  
[www.shorewoodfoundation.org](http://www.shorewoodfoundation.org)

**SHOREWOOD HISTORICAL SOCIETY**  
(414) 847-2726  
[www.shorewoodhistory.org](http://www.shorewoodhistory.org)

**SHOREWOOD MEN'S CLUB**  
[www.shorewoodmensclub.org](http://www.shorewoodmensclub.org)

**MILESTONES PROGRAM FOR CHILDREN**  
(414) 964-5545 x 234  
[www.milestonesprograms.org](http://www.milestonesprograms.org)

**SHOREWOOD WOMAN'S CLUB**  
shorewoodwc@gmail.com  
gfwcwishorewoodwomansclub.com

**SHOREWOOD LITTLE LEAGUE &  
SHOREWOOD GIRLS SOFTBALL**  
[www.shorewoodlittleleague.com](http://www.shorewoodlittleleague.com)

**SHOREWOOD SWIM CLUB**  
[www.shorewoodswimclub.com](http://www.shorewoodswimclub.com)

**SENIOR RESOURCE CENTER**  
(414) 847-2727  
src@shorewoodwi.gov

**SHOREWOOD HIGH DRAMA DEPT.**  
Box Office - (414) 963-6940  
[www.shorewooddrama.org](http://www.shorewooddrama.org)

**ATWATER BEACH  
LIFEGUARD MANAGER**  
lakefrontlifeguardservices@gmail.com

# SHOREWOOD COMMUNITY FITNESS CENTER

~Open To All, So All Can Be Well~

## OUR STORY

The Shorewood Community Fitness Center is a cooperative venture between the Shorewood School District and the community. Several hundred school employees, parents, and community members developed the Fitness Center in February of 1998 to operate as a health haven for all.

Since then, we have been offering a non-intimidating social environment to meet friends, exercise, and reach for a higher quality of life. Here, lifelong fitness learning and accessibility are passions, and we strive to assist all in Shorewood and in our surrounding community, in determining what wellness means to them.

**Membership is open to all!**



## HOURS OF OPERATION

Days	Time
Monday - Thursday	5:00 am - 9:00 pm
Friday	5:00 am - 8:00 pm
Saturday & Sunday	6:00 am - 6:00 pm

**Fitness Center Manager:**

**David Winger**

[DWinger@shorewood.k12.wi.us](mailto:DWinger@shorewood.k12.wi.us)

**Located on the campus of Shorewood High School**

**1701 E. Capitol Drive, Shorewood, WI 53211**

**Telephone: (414) 961-3100**

## ZOMBIE FUN RUN!!

Get ready for a spooktacular time! On Sunday, October 20th at 10:00 am, join us at Spector Field for a two-mile fun run and costume competition. Don your most creative costumes for a chance to win exciting prizes! Children under 10 years old are free! All proceeds from this event will support the Shorewood High School boys and girls cross country teams. Don't miss out on the fun, and show off your Halloween spirit! To register go to [shorewoodrecreation.org](http://shorewoodrecreation.org) or stop by the Fitness Center.

## PERSONAL TRAINING

How was your latest checkup? Looking for accountability, structured programs, or simply someone fun to workout with? Get a free consultation with one of our personal trainers and see how we can work together on your wellness plan!

To get started either stop in and talk with our friendly staff or fill out an interest form online! Simply head to the district website and find Fitness Center under the Recreation tab. Get to know our trainers by reading about them on our website!

## STUDENT MEMBERSHIP

Students heading into 7th grade up to 12th grade can purchase a membership to the Fitness Center for only \$120 for residents and \$180 for non-residents. Membership coincides with the school year, beginning July 1st and ending June 30th, regardless of the date you sign up.

7th and 8th graders who are new to the fitness center are required to go through our Teen Certification process. Teen Certification is \$100 on top of the membership fee and includes two separate one-hour sessions with a personal trainer.

## EAT, MOVE, AND FIND YOUR GROOVE

Join former Shorewood resident and UW-Milwaukee Clinical Professor Emerita Susie Kundrat, MS, RDN, LDN for this fun, energy-filled event as she stops in Shorewood on her cross-country book tour for *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness & Wellness*. Learn how you can take simple, positive, doable steps to boost your personal health and wellness and get a signed copy of Susie's book; 22% of profits from sales of *Eat Move Groove* go to support nutrition security efforts at the Kinship Community Food Center and UW-Milwaukee Food Center and Pantry right here in Milwaukee.

**Date:** Wednesday, October 9

**Time:** Start Time 7:00 pm

**Location:** SHS Performing Arts Bldg, Auditorium

**Fee:** Free

**Course#:** 1708.1, preregistration required

## REIMBURSEMENT PROGRAMS

Do you qualify for a free membership? If you have a qualifying insurance plan, you will receive a free membership to the Fitness Center. We have multiple reimbursement programs! Whether it's **Active&Fit**, **Froedert Health**, **Renew Active**, **Silver&Fit**, or **Silver Sneakers**, there are plenty of ways to save with us. Stop in to see if you are eligible!

## ADULT ENRICHMENT AND EXERCISE PROGRAMS BEGINNING IN SEPTEMBER

Time	Mon	Tue	Wed	Th	Fri	Sat	Sun	Class	Dates	Location	Instructor	Fee R / N-R	Course #
6:00 - 7:00 am				✓				Hatha Yoga Sunrise Serenity	9/12 - 10/24	SHS Performing Arts Bldg Dance Studio Room 276	Jessica McCabe	\$40 / \$60	1156.1
6:15 - 7:00 am	✓		✓					Full Body Overhaul	9/4 - 9/30	Hubbard Park or Fitness Center (weather dependant)	Joanne Dixon	\$50 / \$75	1101.1
7:00 - 8:00 am		✓		✓				Aging With Fitness	9/3 - 9/26	Fitness Center Aerobics Room	Constantine Ebben	\$40 / \$60	1191.1
8:30 - 9:30 am							✓	Shallow Water Aerobics	9/8 - 10/13	VHE Pool	Freda Wright	\$42 / \$58	1320.1
9:00 - 10:00 am					✓			Retro Fitness Dance	9/6 - 10/18 No class 10/4	Range Line Community Center's Gym, Mequon	Nancy Weiss McQuide	\$45 / \$55	1231.1
9:00 - 11:00 am		✓						Guided Autobiography	9/10 - 11/12	Range Line Community Center, Room 109	Patty Tomaszewski	\$120 / \$135	1207.1
9:00 am - 12:00 pm						✓		Pickleball - Coed Open	9/28 - 12/21 No class 11/30 & 12/7	SHS Arena	Recreation Staff	\$36 / \$54 Punch card	1400.1 See Page 30
9:30 - 10:30 am			✓					Mindful Yoga - Virtual	9/4 - 10/16	Virtual	Jamie Lynn Tatera	\$44 / \$66	1158.1
10:00 - 10:45 am		✓						Tai Chi Chuan	9/17 - 11/5	Lois & Tom Dolan Community Center, Brown Deer	Brown Deer Staff	\$65 / \$75	1159.1
10:00 am - 12:00 pm					✓			Mah Jongg	9/6 - 10/18 No class 10/11	Range Line Community Center, Room 108	Jackie Blumberg	\$78 / \$88	1798.1
						✓		Monarch Butterflies: Attract and Raise	9/7	Range Line Community Center, Conference Room	Carol Komassa	\$10 / \$10	1206.1
11:00 am - 12:00 pm		✓		✓				Harmony in Motion: Progressive Yoga Program	9/3 - 9/26	Fitness Center Aerobics Room	Camelia Kessaci	\$56 / \$84	1157.1
11:30 am - 2:00 pm				✓				Oil Paint, Beginner & Continuing	9/12 - 11/14	Lydell Community Center Room 24, Whitefish Bay	Barbara Friedman	\$120 / \$130	1628.1
3:00 - 5:00 pm							✓	Pickleball - Coed Open	9/29 - 10/27 No class 12/1 & 12/8	SHS Arena	Recreation Staff	\$36 / \$54 Punch card	1400.1 See Page 30
4:30 - 5:15 pm		✓		✓				Arthritis in Balance with Exercise & Stretch	9/3 - 9/26	SHS Admin Bldg Conference Rm 116	David Farin	\$32 / \$48	1190.1

## ADULT ENRICHMENT AND EXERCISE PROGRAMS BEGINNING IN SEPTEMBER

Time	Mon	Tue	Wed	Th	Fri	Sat	Sun	Class	Dates	Location	Instructor	Fee R / N-R	Course #
4:30 - 5:30 pm				✓				Jewelry Making Earrings	9/12	SIS Room 118	Carol Ann Skurulsky	\$15 / \$23	1629.1
5:30 - 6:30 pm			✓					Spanish, Beginning	9/4 - 11/6 no class 9/11	Nicolet High School Room B114	Rosalba Romero	\$179 / \$199	1203.1
5:30 - 7:30 pm				✓	✓			Graphic Design For Beginners	9/26 - 10/11	Range Line Community Center Conference Room	Mariam Ali	\$90 / \$100	1702.1
6:00 - 7:30 pm		✓						Mental Health Series: QPR Suicide Prevention Training	9/17	Range Line Community Center Conference Room	Riveredge Adventure Educator	Free	1705.1
6:30 - 7:25 pm		✓						Ballroom Dance Basic II	9/10 - 11/26	Nicolet High School Cafeteria	Jacqui Lefebvre	\$40 / \$50 per person	1552.1
6:30 - 7:30 pm		✓						Pound Fitness	9/10 - 10/15	Lake Bluff Cafetorium	Tracy Miller	\$36 / \$54	1147.1
			✓						9/11 - 10/16			\$36 / \$54	1147.2
	✓							Spanish, Conversational	9/9 - 11/4	Nicolet High School Room B114	Rosalba Romero	\$179 / \$199	1203.2
				✓				Zumba	9/12 - 10/17	Lydell Community Center Gym, Whitefish Bay	Tatiana Nuss	\$50 / \$60	1148.1
6:30 - 8:30 pm				✓				Declutter Different Ways to Organize Your Home	9/12	Range Line Community Center, Room 110	Tamara Starr	\$48 / \$58	1205.1
7:00 - 8:00 pm				✓				Latin Dance Sampler	9/19 - 11/7	SHS Performing Arts Bldg Dance Studio Room 276	Rosalita Villa	\$60 / \$80	1250.1
7:00 - 9:00 pm		✓						Choral Arts	9/3 - 10/29	SHS Performing Arts Bldg Choir Room 273	Jason Clark	\$90 / \$135	1560.1
7:30 - 8:25 pm		✓						Ballroom Dance Intermediate / Advanced	9/10 - 11/26	Nicolet High School Cafeteria	Jacqui Lefebvre	\$40 / \$50 per person	1552.2
7:30 - 9:30 pm			✓					Badminton	9/11 - 12/11 No class 9/18, 10/30 & 11/27	Whitefish Bay High School Field House	William Couture	\$60 / \$70	1415.1
7:45 - 9:45 pm	✓							Volleyball, Coed	9/9 - 12/9 No class 11/4	SHS North Gym	Recreation Staff	\$60 / \$90	1470.1
			✓						9/11 - 12/4	SHS North Gym	Recreation Staff	\$60 / \$90	1470.2
8:00 - 10:00 pm		✓						Basketball, Men's Open	9/10 - 10/22	SHS Arena Gym	Recreation Staff	\$28 / \$42	1497.1

## ADULT ENRICHMENT AND EXERCISE PROGRAMS BEGINNING IN OCTOBER

Time	Mon	Tue	Wed	Th	Fri	Sat	Sun	Class	Dates	Location	Instructor	Fee R / N-R	Course #
5:30 - 6:15 am		✓		✓				Aqua Boot Camp	10/1 - 11/21	VHE Pool	Renee Scherck-Meyer	\$96 / \$144	1170.1
6:00 - 7:00 am				✓				Hatha Yoga Sunrise Serenity	10/31 - 12/19 No class 11/28	SHS Performing Arts Bldg Dance Studio Room 276	Jessica McCabe	\$40 / \$60	1156.2
6:15 - 7:00 am	✓		✓					Full Body Overhaul	10/2 - 10/30	Fitness Center Aerobics Room	Joanne Dixon	\$56 / \$84	1101.2
7:00 - 8:00 am		✓		✓				Aging With Fitness	10/8 - 10/31	Fitness Center Aerobics Room	Constantine Ebben	\$40 / \$60	1191.2
8:30 - 9:30 am							✓	Shallow Water Aerobics	10/27 - 12/1	VHE Pool	Freda Wright	\$42 / \$58	1320.1
9:00 - 10:00 am					✓			Retro Fitness Dance	10/25 - 12/6 No class 11/22 & 11/29	Range Line Community Center's Gym, Mequon	Nancy Weiss McQuide	\$40 / \$50	1231.2
9:30 - 10:30 am			✓					Mindful Yoga - Virtual	10/30 - 12/11	Virtual	Jamie Lynn Tatera	\$44 / \$66	1158.2
10:00 am - 12:00 pm					✓			Mah Jongg Strategies & Supervised Play	10/25 - 12/13 No class 11/15 & 11/29	Range Line Community Center, Room 108	Jackie Blumberg	\$80 / \$90	1798.2
4:30 - 5:15 pm		✓		✓				Arthritis in Balance with Exercise & Stretch	10/1 - 10/31	SHS Admin Bldg Conference Rm 116	David Farin	\$40 / \$60	1190.2
4:30 - 5:30 pm				✓				Jewelry Making Bracelets	10/24	SIS Room 118	Carol Ann Skurulsky	\$15 / \$23	1629.2
4:30 - 8:30 pm							✓	Volleyball League, Adult	10/27 - 12/15 No class 12/1	SHS Arena & North Gyms	Recreation Staff	\$350 / team register by team	1470.3
5:30 - 8:30 pm			✓					(ARC) Adult & Pediatric First Aid CPR & AED	10/23	SHS Admin Bldg LMC North	Renee Vanselow Rescue Ready	\$110 / \$110	1384.1
6:00 - 7:00 pm		✓						Mental Health Warning Signs, Recognize and Respond	10/29	Range Line Community Center Conference Rm	Theoni Calvert	Free	1705.2
Start Time 7:00 pm			✓					Eat, Move, & Find Your Groove: Nutrition Discussion	10/9	SHS Performing Arts Bldg, Auditorium	Susan Kundrat	Free	1708.1 registration required

## ADULT ENRICHMENT AND EXERCISE PROGRAMS BEGINNING IN NOVEMBER

Time	Mon	Tue	Wed	Th	Fri	Sat	Sun	Class	Dates	Location	Instructor	Fee R / N-R	Course #
6:15 - 7:00 am	✓		✓					Full Body Overhaul	11/4 - 11/25	Fitness Center Aerobics Room	Joanne Dixon	\$44 / \$66	1101.3
7:00 - 8:00 am		✓		✓				Aging With Fitness	11/5 - 11/26	Fitness Center Aerobics Room	Constantine Ebben	\$36 / \$48	1191.3
11:00 am - 12:00 pm		✓		✓				Elevate Your Practice: Intermediate Yoga Journey	11/12 - 12/12 No class 11/26 & 11/28	Fitness Center Aerobics Room	Camelia Kessaci	\$56 / \$84	1157.2
12:00 - 4:00 pm							✓	Paint Like Bob Ross Deer In the Mist	11/10	Range Line Community Center, Room 108	Kevin Wolff, Certified Bob Ross Instructor	\$75 / \$85	1627.1
12:30 - 2:00 pm							✓	Pickleball Group Lessons Beginner	11/3 - 11/10	SHS Arena Gym	Kelly Whalen & Terry Augustin-Whalen	\$40 / \$60	1400.2
2:00 - 3:30 pm								Pickleball Group Lessons Advanced Beginner				\$40 / \$60	1400.3
4:30 - 5:15 pm		✓		✓				Arthritis in Balance with Exercise & Stretch	11/5 - 11/26	SHS Admin Bldg Conference Rm 116	David Farin	\$28 / \$42	1190.3
5:30 - 8:30 pm		✓						Pet First Aid & CPR Pro Pet Hero	11/12	SHS Admin Bldg, LMC North	Renee Vanselow	\$75 / \$75	1385.1
5:30 - 9:30 pm	✓							(A.H.A) Basic Life Support CPR	11/4	SHS Admin Bldg LMC North	Renee Vanselow Rescue Ready	\$95 / \$95	1384.3
6:00 - 7:30 pm			✓					Wreath Making Holiday / Winter	11/6	Range Line Community Center, Room 108	MJ White	\$90 / \$100	1740.1
6:30 - 7:30 pm		✓						Pound Fitness	11/5 - 12/17	Lake Bluff Cafetorium	Tracy Miller	\$42 / \$63	1147.3
			✓						11/6 - 12/18			\$42 / \$63	1147.4
				✓				Zumba	11/7 - 12/19 No class 11/28	Lydell Community Center Gym, Whitefish Bay	Tatiana Nuss	\$50 / \$60	1148.2
6:30 - 8:30 pm				✓				Declutter Different Ways to Organize Your Home	11/7	Range Line Community Center, Room 110	Tamara Starr	\$48 / \$58	1205.2
7:00 - 8:30 pm			✓					Charcuterie Workshop	11/20	Cafe Hollander, 5900 W Mequon Road	Amanda Mattefs	\$80 / \$90	1703.1
8:00 - 10:00 pm	✓							Basketball, Men's Open	11/4 - 12/16	SHS Arena Gym	Recreation Staff	\$28 / \$42	1497.2

## ADULT ENRICHMENT AND EXERCISE PROGRAMS BEGINNING IN DECEMBER

Time	Mon	Tue	Wed	Th	Fri	Sat	Sun	Class	Dates	Location	Instructor	Fee R / N-R	Course #
5:30 - 6:15 am		✓		✓				Aqua Boot Camp Holiday	12/10 - 12/19	VHE Pool	Renee Scherck-Meyer	\$24 / \$36	1170.2
6:15 - 7:00 am	✓		✓					Full Body Overhaul	12/2 - 12/30 No class 12/25	Fitness Center Aerobics Room	Joanne Dixon	\$50 / \$75	1101.4
7:00 - 8:00 am		✓		✓				Aging With Fitness	12/3 - 12/19	Fitness Center Aerobics Room	Constantine Ebben	\$30 / \$45	1191.4
8:30 am - 12:30 pm		✓						Rigid Heddle Weaving, Introduction to	12/3 - 12/10	Range Line Community Center, Room 109	Nancy Wilson, Lost Art Fiber and Textile Studio, LLC	\$110 / \$120	1731.1
12:00 - 4:00 pm							✓	Paint Like Bob Ross Christmas in the Country	12/8	Range Line Community Center, Room 108	Kevin Wolff, Certified Bob Ross Instructor	\$75 / \$85	1627.2
12:30 - 2:00 pm							✓	Pickleball Group Lessons Beginner	12/1 - 12/8	SHS Arena Gym	Kelly Whalen & Terry Augustin-Whalen	\$40 / \$60	1400.4
2:00 - 3:30 pm							✓	Pickleball Group Lessons Advanced Beginner	12/1 - 12/8			\$40 / \$60	1400.5
5:30 - 8:30 pm			✓					(A.R.C) Adult & Pediatric First Aid CPR & AED	12/11	SHS Admin Bldg LMC North	Renee Vanselow Rescue Ready	\$110 / \$110	1384.2
7:00 - 8:30 pm			✓					Charcuterie Workshop	12/18	Cafe Hollander, 5900 W Mequon Road	Amanda Mattefs	\$80 / \$90	1703.2



Congrats to Team For McDowell on winning the Age 35+ Adult Basketball Championship!

### BE OUR GUEST - SENIOR CITIZEN PASS *Shorewood Residents, 60+*

The Shorewood School District would like to make available a Senior Citizen Pass to those individuals living in Shorewood who have reached the age of 60 years. The purpose of the pass is to say "Thank You" to our Senior Citizens who have given such fine support to our schools. This pass entitles the holder and companion to be admitted, without charge to the following School District activities: All Athletic Events, (Except WIAA Tournament Games), Drama Junior Productions, Band and Orchestra Performances, Dramatic Productions (Except Spring Musical and AFS Showcase).

**Get your pass at the Shorewood Recreation Department today!**

## SHOREWOOD SENIOR RESOURCE CENTER

Unless otherwise noted, programs take place in the Shorewood Village Center. Please call 414-847-2727 or email [src@shorewoodwi.gov](mailto:src@shorewoodwi.gov) with questions. Where required, make check payable to: The Senior Resource Center (SRC). Mail or pay at the SRC office in Village Center, 3920 N Murray Ave, Shorewood, WI 53211. For more information you can go the SRC website at: [www.villageofshorewood.org/SRC](http://www.villageofshorewood.org/SRC)

### ONE-TO-ONE TECH SUPPORT BY APPOINTMENT

Schedule a 50-minute appointment with our tech tutor. Bring your portable technology and get help learning how to make better use of your cell phone, laptop, iPad, Kindle, camera, etc. We are here every Friday to help you.

**Date:** Fridays

**Time:** 10:00 am - 1:00 pm

**Fee:** Free, appointments required

### WALKING SHOREWOOD HISTORY

Explore the Menlo Boulevard Neighborhood in Shorewood on a guided walk with Shorewood Historical Society President Kathy Kean. Free. Preregistration required. Meeting location will be given the day before the walk.

**Date:** Wednesday, September 4

**Time:** 10:00 - 11:30 am

**Fee:** Free, preregistration required

### BALANCE AND FALL PREVENTION

Join Christine Schaefer, PT for an interactive workshop combining education and exercise to support balance and prevent falls.

**Date:** Thursday, September 12

**Time:** 1:00 - 2:00 pm

**Fee:** Free, preregistration encouraged

### RECHARGE INTERACTIVE BRAIN HEALTH SERIES

A professional from Ovation Adult Day Services will bring fun and learning in a 60-minute interactive workshop using evidence-based activities to stimulate the mind and body.

**Date:** Tuesdays, Sept 24 & October 22

**Time:** 12:00 - 1:00 pm

**Fee:** Free, preregistration encouraged

### MEDICARE 101: UNDERSTAND THE A, B, C, AND D OF MEDICARE

Learn How to Enroll and get Free Enrollment Assistance. Presented by State of Wisconsin Health Insurance Assistance Counselors (SHIP). No sales. Unbiased information you can trust.

**Date:** Tuesday, October 1

**Time:** 1:00 - 2:30 pm

**Fee:** Free, preregistration encouraged

### TECH CONNECT SERIES:

Tech Connect is an ongoing series of foundational lectures and workshops provided by professionals from Serving Older Adults which help us better understand and utilize technology. Programs are free, but preregistration is required.

#### THE INTERNET OF THINGS

Hearing a lot about "smart" devices? We will explain how it's all connected.

**Day:** Wednesday, September 25

**Time:** 10:30 am - 12:00 pm

#### PROTECTING YOUR PERSONAL INFORMATION ONLINE

Tips for staying safe in cyberspace.

**Day:** Wednesday, October 30

**Time:** 10:30 am - 12:00 pm

#### INTRODUCTION TO STREAMING & SMART TV's

Learn about free and low-cost streaming services and how to watch live TV without cable.

**Day:** Wednesday, November 27

**Time:** 10:30 am - 12:00 pm

## SHOREWOOD SCHOOL DISTRICT & COMMUNITY

### ZOMBIE FUN RUN!!

Get ready for a spooktacular time! On Sunday, October 20th at 10:00 am, join us at Spector Field for a two-mile fun run and costume competition. Don your most creative costumes for a chance to win exciting prizes! Children under 10 years old are free! All proceeds from this event will support the Shorewood High School boys and girls cross country teams. Don't miss out on the fun, and show off your Halloween spirit! To register go to [shorewoodrecreation.org](http://shorewoodrecreation.org) or stop by the Fitness Center.

### SHOREWOOD VILLAGE TRICK OR TREAT

Sunday, October 27, 2024, 1:00 pm - 4:00 pm

### EAT, MOVE, AND FIND YOUR GROOVE: A NUTRITION SECURITY AND WELLNESS DISCUSSION

Join former Shorewood resident and UW-Milwaukee Clinical Professor Emerita Susie Kundrat, MS, RDN, LDN for this fun, energy-filled event as she stops in Shorewood on her cross-country book tour for *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness & Wellness*. Learn how you can take simple, positive, doable steps to boost your personal health and wellness and get a signed copy of Susie's book; 22% of profits from sales of *Eat Move Groove* go to support nutrition security efforts at the Kinship Community Food Center and UW-Milwaukee Food Center and Pantry right here in Milwaukee.

**Date:** Wednesday, October 9  
**Time:** Start Time 7:00 pm  
**Location:** SHS Performing Arts Bldg, Auditorium  
**Fee:** Free  
**Course#:** 1708.1, preregistration required

Dear Neighbors,

I hope you have been enjoying the summer weather, and taking advantage of the programs and activities that the District offers to children, families and adults at this time of year.

Erin Cross, our new Director of Recreation & Community Services, has been introducing herself to community members, and she'll be learning all there is to know about our services over the next several weeks! Please join me in welcoming her to Shorewood.

We're excited to welcome students back to school on September 3. As the new school year gets underway, we'll be launching an important visioning and strategic planning process that will determine the District's long-term educational, operational and financial goals.

Community participation is critical to the success of this process. I encourage you to get involved through community meetings, focus group opportunities and other activities. Your input is invaluable. Please visit the District website to learn more about this initiative and to join the mailing list so that you can stay informed as the process moves forward.

Sincerely,  
Laurie J. Burgos, Ph.D - Superintendent



Scan QR code for sign up link!

### SIGN UP NOW!

The Village Manager's Memo is a weekly newsletter that keeps our community informed about Village affairs, local events, and other important updates. This award-winning memo is a collaborative effort between the Village of Shorewood and many community partners. If you haven't already subscribed, please sign up to receive the Village Manager's Memo and stay connected.

## SCHOOL DISTRICT OF SHOREWOOD - BRIGHT BEGINNINGS PRESCHOOL 2024 - 2025 SCHOOL YEAR

### **Must be at least 3 years by October 31, 2024**

Bright Beginnings Preschool focuses on the individual child and provides an educational environment that stimulates and nurtures each child's unique growth potential. We provide numerous exciting and engaging thematic units throughout the year, allowing your child to freely explore and grow in important skill development areas, including: large and fine motor skills, language and literacy, science and math, art and music. Your child's social and emotional development is of prime importance. At Bright Beginnings, we help each child grow in his or her feelings of self-worth, self-confidence, respect, appreciation of others, love of learning and of school. Our curriculum reflects the most current understanding regarding child development and early education, and embraces Shorewood School District curriculum goals. **Parents are strongly encouraged to register for just one session. Monday/Wednesday/Friday curriculum is repeated on Tuesday/Thursday.**

Bright Beginnings will follow the school year calendar for the 2024 - 2025 school year. When the elementary schools do not have school, Bright Beginnings will not be held.

**PRESCHOOL TOILETING GUIDELINES:** All children are to be completely toilet trained before the first day of school. If your child is not completely toilet trained, you will be required to be present in the classroom and assist your child with toileting needs. Teachers and volunteers will assist children with buttons or snaps on clothing as necessary. Independence and reinforcement of self-help skills will be encouraged by the teachers.

**2024 - 2025 Tuition Payments:** A \$200 nonrefundable deposit is required at the time of registration to reserve a spot for your child. Receive a \$100 discount if tuition is paid in full at registration. All balances must be paid in full by August 1, 2024. Online registration is available, online fee will reflect the \$100 discount (payment plans cannot be established online). **No refunds or credit will be given for this program. Dates are subject to change based on school calendar.**

### ATWATER BRIGHT BEGINNINGS

**Location:** Atwater Elementary School  
2100 E. Capitol Drive, NE Corner  
of the EEC Bldg

**Teachers:** Sharon Maier & Elizabeth Beeghly

**Course #:** 5290.1  
**Day:** Monday, Wednesday, Friday  
**Date:** September 6, 2024 - Early June, 2025  
**Time:** 8:30 - 11:00 am  
**Tuition:** \$2,000 (Residents and Non-Residents)

**Course #:** 5290.2  
**Day:** Tuesday and Thursday  
**Date:** September 5, 2024 - Early June, 2025  
**Time:** 8:30 - 11:00 am  
**Tuition:** \$1,600 (Residents and Non-Residents)

### LAKE BLUFF BRIGHT BEGINNINGS

**Location:** Lake Bluff Elementary School  
1600 E. Lake Bluff Blvd, NE Corner  
of the EEC Bldg

**Teachers:** Molly Handelsman,  
& Kathleen Duppler/Becky Hoffman

**Course #:** 5290.3  
**Day:** Monday, Wednesday, Friday  
**Date:** September 6, 2024 - Early June, 2025  
**Time:** 8:30 - 11:00 am  
**Tuition:** \$2,000 (Residents and Non-Residents)

**Course #:** 5290.4  
**Day:** Tuesday and Thursday  
**Date:** September 5, 2024 - Early June, 2025  
**Time:** 8:30 - 11:00 am  
**Tuition:** \$1,600 (Residents and Non-Residents)

### MILESTONES WRAP AROUND CHILD CARE SUPERVISION

Milestones will be offering an all day child care supervision on the days your child attends Bright Beginnings Preschool at both Atwater and Lake Bluff. The supervision is available Monday-Friday from 7 am until 6 pm. Students must be at least three years old and completely toilet trained. If you require this supervision for your child while they are enrolled in Bright Beginnings, you must contact Milestones directly at (414) 964-5545 ext 234 as availability is limited.

## PERFORMING ARTS PRIVATE LESSONS

These private lessons are designed to assist students in developing into effective and well-rounded musicians. Each student's background, learning style, and musical interests are considered in order to create an individualized course of private lessons. Class time will be arranged with instructors directly.

Time	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Grade 7 - 12	Class	Days	Dates	Location	Instructor	Fee R / N-R	Course #
3:30 - 6:00 pm			4	✓	✓	Flute	Th	9/12 - 10/17	SHS Performing Arts Bldg, Room 275	Jennifer Burke	\$180 / \$270 30 min lessons	1590.1
3:30 - 6:00 pm			4	✓	✓	Low Brass: Trombone, Euphonium & Tuba	Tue	9/10 - 10/15	SHS Band Room 16	Kyle Amati	\$180 / \$270 30 min lessons	1580.1
								10/22 - 12/3 No class 11/5			\$180 / \$270 30 min lessons	1580.2
4:00 - 7:00 pm			4	✓	✓	Percussion	Tue	9/10 - 10/15	SHS Performing Arts Bldg, Room 278	Sawyer Sendelbach	\$180 / \$270 30 min lessons	1578.1
								10/22 - 12/3 No class 11/5			\$180 / \$270 30 min lessons	1578.2
4:30 - 7:30 pm		✓	✓	✓	7 - Adult	Piano	W	9/11 - 10/16	Atwater Band Room 112	Jessica Trepanier	\$180 / \$270 30 min lessons	1547.3
							W	10/30 - 12/11 No class 11/27			\$180 / \$270 30 min lessons	1547.4
TBD with Instructor			4	✓	✓	Brass	M	9/9 - 10/21 No class 9/23	SHS Performing Arts Bldg, Room 275	Mark Hoelscher	\$180 / \$270 30 min lessons	1592.1
								11/11 - 12/16			\$180 / \$270 30 min lessons	1592.2
3:45 - 6:00 pm			4	✓	✓	Clarinet	M	9/9 - 10/21 No class 9/23	Atwater Band Room 112	Katherine Myszewski	\$180 / \$270 30 min lessons	1575.1
								11/11 - 12/16			\$180 / \$270 30 min lessons	1575.2
3:30 - 4:00 pm			4	✓	✓	Trumpet	Th	9/5 - 10/10	Lake Bluff Room 207	Lucas Connelly	\$180 / \$270 30 min lessons	1576.1
								10/17 - 11/21			\$180 / \$270 30 min lessons	1576.2
3:30 - 5:00 pm			4	✓	✓	Violin	Tue	9/10 - 10/15	SHS Performing Arts Bldg, Room 278	Karen Frink	\$180 / \$270 30 min lessons	1585.1
4:00 - 7:00 pm		✓	✓	✓	7 - Adult	Piano	Tue	9/10 - 10/15	Atwater Band Room 112	Samwise Baker	\$180 / \$270 30 min lessons	1547.1
								10/29 - 12/3			\$180 / \$270 30 min lessons	1547.2

Register online at [www.shorewoodschoools.org](http://www.shorewoodschoools.org)

## JUNIOR GREYHOUND SELECT BASKETBALL PROGRAM

### Boys Grade 4 - 8, & Girls Grade 5 - 8

**League Fee:** \$325 (includes uniform) - Shorewood Resident or students that attend Shorewood Schools only

This program is for the more serious basketball player. This season will run from early October - mid March. This program will involve significant commitment including practice two days per week and weekend games involving travel throughout southeastern Wisconsin. Parents will be counted on to carpool and help out with the scoreboard or scorebook during game play. New participants must purchase team apparel (jersey, shorts, shooting shirt). We will have evaluation tryouts before finalizing a roster. Players who are interested are encouraged to tryout. Tryout fee will be \$10 in advance (\$20 day of) and will include a t-shirt. We will have two tryout dates. Players should plan to attend both tryout dates. If you have a conflict with the tryout dates contact Justin Calvert. Only residents of Shorewood or students who attend Shorewood Schools will be able to play on these teams. Players will be notified on Tuesday, September 24 of the team roster for the season. Should players tryout but not make this team, they are encouraged to sign up and join the recreational youth basketball program.

Grade	Tryout Dates & Times	Location	Course #
4 Boys	Saturday, September 14 from 1:30 - 3:00 pm AND Saturday, September 21 from 1:30 - 3:00 pm	SHS Arena Gym	1451.1
5 Boys			1451.2
6 Boys			1451.3
7 Boys	Saturday, September 14 from 3:15 - 4:45 pm AND Saturday, September 21 from 3:15 - 4:45 pm	SHS Arena Gym	1451.4
8 Boys			1451.5
5 - 8 Girls	Wednesday, September 11 from 6:00 - 7:30 pm AND Wednesday, September 18 from 6:00 - 7:30 pm	SIS Gym	1451.6

**Tryout Fee**  
In Advance - \$10  
Day of the Event - \$20

## RECREATION YOUTH BASKETBALL PROGRAM

DEADLINE: SEPTEMBER 20, 2024

Time	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Class	Dates	Practices	Games	Fee R / N-R	Course #
8:30 - 9:30 am	4K				Youth Co-ed Basketball Program	11/2 - 1/25 No games 11/30, 12/28 & 1/4	First 30 minutes each Saturday with instructional scrimmage to follow	Games played at Lake Bluff Gym on Saturday	\$66 / \$99	1450.1
	5K								\$66 / \$99	1450.2
9:30 - 10:30 am		1			Youth Co-ed Basketball Program	11/2 - 1/25 No games 11/30, 12/28 & 1/4	Practices will tentatively start the week of October 14 and are held at <b>Atwater or Lake Bluff Gyms</b> , Monday - Thursday between 5:30 pm and 7:30 pm	Games played at Lake Bluff Gym on Saturday	\$96 / \$144	1450.3
		2							\$96 / \$144	1450.4
Games times 10:30 or 11:30 am			3						\$96 / \$144	1450.5
			4						\$96 / \$144	1450.6
Games begin 11:00 am - 3:30 pm				✓	Youth Boys Basketball Program	11/9 - 1/18 No class 11/30, 12/28 & 1/11	Practices will tentatively start the week of October 14 and are held at <b>Atwater or Lake Bluff Gyms</b> between 5:30 pm and 7:30 pm	Whitefish Bay Fieldhouse on Saturday	\$96 / \$144	1450.7
Games TBD				✓	Slammers Youth Girls Basketball Program	12/8 - 2/26 (Deadline: Oct 17)	Evaluation day: Dec 8, 12:00 - 1:00 pm A game schedule will be provided. Each game date will include a 30-minute practice followed by a game.	Homestead High School Main Gym on Sunday	\$90 / \$135	1450.8

## YOUTH PROGRAMS BEGINNING SEPTEMBER

Time	Age	Grade 4K-5K	Grade 1-2	Grade 3-4	Grade 5-6	Grade 7-12	Class	Days	Dates	Location	Fee R / N-R	Course #
9:00 - 9:30 am	6 months with adult	4K					Junior Jamboree	Tue	9/3 - 10/8	Lydell Community Center Room 19, Whitefish Bay	\$66 / \$76	1232.1
9:00 am - 10:00 am			✓	✓	✓		Painting, Youth	Sat	9/28	Nicolet High School, Room B117	\$22 / \$32	1637.1
9:00 am - 4:00 pm					✓	✓	Babysitter Essentials with CPR, Safe Sitter	Sat	9/14	SHS Admin Bldg, LMC North	\$110 / \$160	1720.1
9:40 - 10:10 am	6 months with adult	4K					Junior Jamboree	Tue	9/3 - 10/8	Lydell Community Center Room 19, Whitefish Bay	\$66 / \$76	1232.2
10:00 - 11:30 am				3	✓	7 - 8	Climb Club	Sat	9/7 - 10/12	Milwaukee Turners Gym 1034 N. Vel R Phillips Ave, Milw	\$160 / \$205	1243.1
10:00 am - 12:00 pm		5K	✓	✓	✓	7 - Adult	School's Out! Candle Workshop	Mon	9/23	Atwater Staff Lounge Rm 223	\$40 / \$40	1741.5
10:00 am - 1:00 pm				4	✓	7 - 8	Drama Junior	Sat	9/7 - 11/24 No class on 9/21	Lake Bluff Cafetorium	\$170 / \$220	1574.1
							Drama Junior - Tech				\$170 / \$220	1574.2
10:20 - 10:50 am	6 months with adult	4K					Junior Jamboree	Tue	9/3 - 10/8	Lydell Community Center Room 19, Whitefish Bay	\$66 / \$76	1232.3
10:45 - 11:10 am	2 years						Amazing Athletes	Wed	9/11 - 10/23	Range Line School, Gym Mequon	\$110 / \$120	1234.1
11:15 - 11:45 am	3 years	✓									\$110 / \$120	1234.2
12:00 - 1:15 pm			✓	✓	✓	7 - 8	Lacrosse Clinic, Girls	Sun	9/15 - 10/13	Whitefish Bay High School, Armory Field	\$60 / \$70	1491.1
1:00 - 1:30 pm	2 - 3 yrs with adult						Tiny Tumblers	Sat	9/21 - 10/26	SHS P.E. Bldg Upper Gym	\$24 / \$36	1420.1
1:00 - 1:45 pm			✓	3			Minecraft	Sat	9/14 - 10/19	SHS Science Bldg Room 133	\$26 / \$39	1710.1
1:45 - 2:30 pm		✓					Tiny Tumblers	Sat	9/21 - 10/26	SHS P.E. Bldg Upper Gym	\$30 / \$45	1420.2
2:00 - 2:45 pm				4	✓		Minecraft	Sat	9/14 - 10/19	SHS Science Bldg Room 133	\$26 / \$39	1710.2
3:45 - 4:45 pm				✓	✓		Comic Book Art	Tue	9/24 - 10/29	SHS Admin Bldg, Room 214	\$30 / \$45	1638.1
			✓	✓			Flag Football	Thu	9/12 - 10/3	Atwater Soccer Field	\$74 / \$111	1425.1
			2	✓	✓	7 - 8	Chess, Beginner	Wed	9/11 - 10/23	Lake Bluff MAC Room 122	\$60 / \$90	1755.1

## YOUTH PROGRAMS BEGINNING SEPTEMBER

Time	Age	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Grade 7 - 12	Class	Days	Dates	Location	Fee R / N-R	Course #
3:45 - 4:45 pm					✓		Cross Country	Mon, Tue & Fri	9/9 - 10/11	Lake Bluff & Atwater's Front Lawn (alternate each week)	\$40 / \$60	1460.1
4:00 - 4:45 pm		✓					Ballet/Tap Dance	Fri	9/6 - 10/11	Performing Arts Bldg Dance Studio Room 276	\$40 / \$60	1545.1
4:00 - 5:30 pm		✓	✓	✓	✓		Cheerleading Clinic	M - F	9/23 - 9/27	SHS P.E. Bldg Upper Gym	\$34 / \$51	1403.1
4:30 - 5:00 pm		✓	1				Martial Arts Club, Young American	Mon	9/23 - 12/9	Lydell Community Center Gym, Whitefish Bay	\$179 / \$189	1465.1
4:30 - 5:10 pm			✓	✓	✓	7 - 10	Ice Skating Lesson Basic Levels	Sun	9/22 - 10/27	Pettit Center 500 S. 84th Street, Milwaukee	\$85 / \$125	1482.2
4:55 - 5:25 pm	2 - 3 years						BaseballTots Parent participation required	Thu	9/12 - 10/3	Atwater Baseball Diamond	\$59 / \$89	1464.1
5:00 - 5:45 pm			✓				Ballet Dance	Fri	9/6 - 10/11	Performing Arts Bldg Dance Studio Room 276	\$40 / \$60	1545.2
			2	✓	✓	7 - 8	Martial Arts Club, Young American	Mon	9/23 - 12/9	Lydell Community Center Gym, Whitefish Bay	\$179 / \$189	1465.2
5:35 - 6:05 pm		✓					BaseballTots	Thu	9/12 - 10/3	Atwater Baseball Diamond	\$59 / \$89	1464.2
6:00 - 7:15 pm					6	7 - Adult	North Shore Martial Arts Club	Mon	9/23 - 12/9	Lydell Community Center Gym, Whitefish Bay	\$179 / \$189	1465.3
6:15 - 6:55 pm			✓	✓	✓	7 - 10	Ice Skating Lesson Basic Levels	Th	9/19 - 10/24	Pettit Center 500 S. 84th Street, Milwaukee	\$85 / \$125	1482.1

## TEEN PROGRAMS

### TEEN FITNESS CERTIFICATION, Grade 7 - 8

Students can become eligible to use the Shorewood Community Fitness Center without the supervision of an adult by completing this class. There are two 60 minute sessions with a personal trainer, the student will learn proper techniques and safety when using equipment and etiquette rules pertaining to the use of the Fitness Center. If the student can demonstrate required knowledge and skills at the end of the sessions, the student will be able to work out without the supervision of an adult. Upon registration, please contact the Fitness Center to make an appointment. Please contact the Fitness Center directly to set up your certification time.

**Fee does not include membership.**

**Fee:** \$100

### SIS ATHLETICS

The purpose of the Shorewood School District's youth sports programs is to guide each participant, boys and girls, through an organized program that will develop the fundamentals of each sport. Sports programs are open to any student who lives in the Village of Shorewood. Whatever sport your child chooses, they will be taught the fundamentals of the sport. Skill development will be stressed throughout the season, and participants will receive a basic understanding of rules, sportsmanship, and teamwork by the end of the season. Please contact Taz Landry, Shorewood School District's Athletic Director, via e-mail at [tlandry@shorewood.k12.wi.us](mailto:tlandry@shorewood.k12.wi.us) or phone at (414) 963-6924 for information on SIS Athletics.

## YOUTH PROGRAMS BEGINNING OCTOBER

Time	Age	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Grade 7 - 12	Class	Days	Dates	Location	Fee R / N-R	Course #
9:00 - 9:30 am	6 months with adult	4K					Junior Jamboree	Tue	10/15 - 11/19	Lydell Community Center Room 19, Whitefish Bay	\$66 / \$76	1232.4
9:00 am - 10:00 am			✓	✓	✓		Painting, Youth	Sat	10/19	Nicolet High School, Room B117	\$22 / \$32	1637.2
9:00 am - 10:30 am				✓	5		Basketball, Skills & Scrimmages	Sat	10/19	Lake Bluff Gym	\$24 / \$36	1452.1
9:00 am - 4:00 pm					✓	✓	Babysitter Essentials with CPR, Safe Sitter	Fri	10/18 Non School Day	SHS Admin Bldg, LMC North	\$110 / \$160	1720.2
9:40 - 10:10 am	6 months with adult	4K					Junior Jamboree	Tue	10/15 - 11/19	Lydell Community Center Room 19, Whitefish Bay	\$66 / \$76	1232.5
10:00 - 11:30 am				3	✓	7 - 8	Climb Club	Sat	10/26 - 12/7 No class 11/30	Milwaukee Turners Gym 1034 N. Vel R Phillips Ave, Milw	\$160 / \$205	1243.2
10:00 am - 12:00 pm		5K	✓	✓	✓	7 - Adult	School's Out! Soap Workshop	Fri	10/18	Atwater Staff Lounge Rm 223	\$40 / \$40	1741.6
10:20 - 10:50 am	6 months - with adult	4K					Junior Jamboree	Tue	10/15 - 11/19	Lydell Community Center Room 19, Whitefish Bay	\$66 / \$76	1232.6
10:45 - 11:10 am	2 years						Amazing Athletes	Wed	10/30 - 12/18	Range Line School, Gym Mequon	\$110 / \$120	1234.3
10:30 am - 12:00 pm					6	7 - 8	Basketball, Skills & Scrimmages	Sat	10/19	Lake Bluff Gym	\$24 / \$36	1452.2
11:15 - 11:45 am	3 years	✓					Amazing Athletes	Wed	10/30 - 12/18	Range Line School, Gym Mequon	\$110 / \$120	1234.4
1:00 - 1:30 pm	2 - 3 years						SoccerTots Parent participation required	Sun	10/20 - 11/10	Atwater Soccer Field	\$59 / \$89	1441.1
1:40 - 2:10 pm		✓					SoccerTots				\$59 / \$89	1441.2
2:00 - 3:15 pm			✓	✓	✓		Bowling, Open Parent / Child	Sat	10/19 - 11/23	SHS Bowling Lanes	\$20 / \$30 per person	1435.1
2:20 - 3:20 pm			✓				Soccer, Skyhawks	Sun	10/20 - 11/10	Atwater Soccer Field	\$74 / \$111	1441.3
3:30 - 4:30 pm				✓							\$74 / \$111	1441.4
3:45 - 4:45 pm		5K	✓	✓	✓	7 - Adult	Bath Bombs	Tue	10/1	SHS PE Bldg, Room 209	\$40 / \$40	1741.1
								Thu	10/17		\$40 / \$40	1741.2
			✓	✓	✓	7 - Adult	Melt & Pour Soap Making	Tue	10/8		\$40 / \$40	1741.3
								Thu	10/24		\$40 / \$40	1741.4

## YOUTH PROGRAMS BEGINNING OCTOBER

Time	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Grade 7 - 12	Class	Days	Dates	Location	Fee R / N-R	Course #
3:45 - 4:45 pm		2	✓	✓	7 - 8	Chess, Beginner	Wed	10/30 - 12/18 No class 11/27	Atwater Room 104	\$60 / \$90	1755.2
4:00 - 4:45 pm	✓	✓	3			Irish Dance	Tue	10/1 - 11/5	Performing Arts Bldg Dance Studio Room 276	\$42 / \$63	1545.3
4:00 - 5:00 pm				✓		DEEP: Down to Earth Experimental Physics Optics	Tue	10/8 - 12/3 No class 11/26	Lake Bluff Room 201	\$56 / \$84	1783.1
6:00 - 7:30 pm			3	✓	7 - 9	Rock Climbing: A Beginners Course	W	10/9 - 10/30	Novak Family Fieldhouse, 8200 N. 60th St.	\$40 / \$55	1244.1
6:30 - 8:30 pm					11 - 12	ACT Workshop	Sun	10/13 - 12/8	Virtual	\$220 / \$245	1701.1

## YOUTH PROGRAMS BEGINNING NOVEMBER

Time	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Grade 7 - 12	Class	Days	Dates	Location	Fee R / N-R	Course #
9:00 - 10:00 am		✓	✓	✓		Painting, Youth	Sat	11/23	Nicolet High School, Room B117	\$22 / \$32	1637.3
			✓	5		Lacrosse Instruction Boys, Indoor (New Players)	Sat	11/2 - 12/14 No class 11/30	SHS North Gym	\$30 / \$30	1493.1
		✓	3			Girls Basketball Skills, Drills and Games	Sat	11/2 - 1/25 No class 11/30, 12/28 & 1/4	Atwater Gym	\$70 / \$105	1453.1
9:00 am - 4:00 pm				✓	✓	Babysitter Essentials with CPR, Safe Sitter	Tues	11/5 Non School Day	SHS Admin Bldg, LMC North	\$110 / \$160	1720.3
9:30 - 10:10 am		✓	✓	✓	7 - 10	Ice Skating Lesson Basic Levels	Sat	11/2 - 12/14 No class 11/30	Pettit Center 500 S. 84th Street, MKE	\$85 / \$125	1482.3
10:00 - 11:00 am				6	7 - 8	Lacrosse Instruction Boys, Indoor (New Players)	Sat	11/2 - 12/14 No class 11/30	SHS North Gym	\$30 / \$30	1493.2
10:10 - 11:10 am			4	✓	7 - 8	Girls Basketball Skills, Drills and Games	Sat	11/2 - 1/25 No class 11/30, 12/28 & 1/4	Atwater Gym	\$70 / \$105	1453.2
11:00 am - 12:00 pm		✓				Lacrosse Instruction Boys, Indoor (New Players)	Sat	11/2 - 12/14 No class 11/30	SHS North Gym	\$30 / \$30	1493.3
	5K	1				Soccer, Youth Indoor	Sat	11/9 - 12/21 No class 11/30	Whitefish Bay High School Fieldhouse	\$50 / \$60	1441.5

## YOUTH PROGRAMS BEGINNING NOVEMBER

Time	Age	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Grade 7 - 12	Class	Days	Dates	Location	Fee R / N-R	Course #
12:15 - 1:15 pm			2	3			Soccer, Youth Indoor	Sat	11/9 - 12/21 No class 11/30	Whitefish Bay High School Fieldhouse	\$50 / \$60	1441.6
1:00 - 1:30 pm	2 - 3 years with adult						Tiny Tumblers	Sat	11/2 - 12/14 No class 11/30	SHS P.E. Bldg Upper Gym	\$24 / \$36	1420.3
1:00 - 1:45 pm			✓	3			Minecraft	Sat	11/2 - 12/14 No class 11/30	SHS Science Bldg Room 133	\$26 / \$39	1710.3
1:45 - 2:30 pm		✓					Tiny Tumblers	Sat	11/2 - 12/14 No class 11/30	SHS P.E. Bldg Upper Gym	\$30 / \$45	1420.4
2:00 - 2:45 pm				4	✓		Minecraft	Sat	11/2 - 12/14 No class 11/30	SHS Science Bldg Room 133	\$26 / \$39	1710.4
3:45 - 5:00 pm				✓	✓		Volleyball Passing Pups	M & W	11/4 - 11/25	Lake Bluff Gym	\$50 / \$75	1470.4
Fri: 5:30 - 8:30 pm Sat & Sun: 8:00 am - 5:00 pm						15 - Adult	Lifeguard Certification, American Red Cross, Blended Learning	Fri, Sat & Sun	11/22 - 11/24	VHE Pool	\$200 / \$250 SHS Students \$65	1384.4
4:30 - 5:10 pm			✓	✓	✓	7 - 10	Ice Skating Lesson Basic Levels	Sun	11/3 - 12/15 No class 12/1	Pettit Center 500 S. 84th Street, Milwaukee	\$85 / \$125	1482.4
5:30 - 6:30 pm				✓	5		Lacrosse Instruction Boys, Indoor	Mon	11/4 - 12/16	Uihlein Soccer Complex 7101 W Good Hope Road	\$70 / \$70	1493.4
			✓	✓	✓		Gymnastics Instruction	Mon	11/11 - 12/16	SHS P.E. Bldg Upper Gym	\$30 / \$45	1421.1
6:00 - 7:30 pm				3	✓	7 - 9	Rock Climbing: A Beginners Course	Tue	11/12 - 12/3	Novak Family Fieldhouse, 8200 N. 60th St.	\$40 / \$55	1244.2
6:30 - 7:30 pm					6	7 - 8	Lacrosse Instruction Boys, Indoor	Mon	11/4 - 12/16	Uihlein Soccer Complex 7101 W Good Hope Road	\$70 / \$70	1493.5
n/a			✓	✓	✓	7 - 8	Lacrosse Indoor Equipment Rental	n/a	n/a	n/a	\$15 / \$15	1493.6

## YOUTH PROGRAMS BEGINNING DECEMBER

Time	Age	Grade 4K - 5K	Grade 1 - 2	Grade 3 - 4	Grade 5 - 6	Grade 7 - 12	Class	Days	Dates	Location	Fee R / N-R	Course #
9:00 am - 4:00 pm					✓	✓	Babysitter Essentials with CPR, Safe Sitter	Sat	12/7	SHS Admin Bldg, LMC North	\$110 / \$160	1720.4
10:00 am - 12:00 pm			2	✓	✓	7 - 8	Lacrosse Girls, Holiday Clinic	Sun	12/15	Whitefish Bay High School, Fieldhouse	\$40 / \$50	1491.2
3:45 - 5:00 pm				✓	✓		Volleyball Passing Pups	M & W	12/2 - 12/18	Lake Bluff Gym	\$44 / \$66	1470.5

## SKI AND SNOWBOARD CLUB - LEARN TO SKI OR SNOWBOARD AT LITTLE SWITZERLAND

**REGISTRATION DEADLINE: DECEMBER 6**

### Grade 4 - 9

Whether you are an experienced skier/snowboarder or have never tried it, this program is for you. Choose which package suits you best. Lessons will allow participants to pass through zones, then continue to the hill to practice their skills. All participants will receive a Little Switzerland Ski Club Membership, allowing them to come back for the day for a nominal fee. Prices include bus transportation. This is a great program to sign up with a friend. **All registrations and Little Switzerland paperwork must be completed no later than Friday, December 6.** Helmets are included in the ski/snowboard rental, and are required for all participants. If you need to rent a helmet, please call the Recreation Department. **\*\*Additional fees may occur depending on waiver selections.**

**Date:** Monday, January 6 - 27 (**Feb 3 is the make-up day**)

**Time:** 3:40 pm departure from SHS Parking Lot. Return to SHS Parking Lot at 8:30 pm.

Package	Includes	Price	Course #
Ski / Snowboard - Rental	Beginner lessons (optional), lift ticket, ski/snowboard, boot & helmet rental, Ski Club Membership and transportation	Resident - \$350 Non-Resident - \$400	2940.1
Lift Ticket & Transportation	Lift ticket, Ski Club Membership and transportation	Resident - \$250 Non-Resident - \$300	2940.3
Helmet Rental	Helmet rental is required if you do not plan to bring your own. Please note, helmets are included in ski rental package. <b>Online registration not available for helmet rental.</b>	\$20	2940.5

### Little Switzerland Interest List

Sign up for the interest list **ONLY** if your program is full. If we are able to add more participants, we will contact you. The interest list does not guarantee a spot. Register for **#2940.4**

## SWIM LESSONS

**Swim School: Age 4 - 14**, Swim school focuses on the safety of children in and around the water. During swim school we go over the fundamentals and basics of submersion, movement, and exploration at and below the surface of the water. This course is designed to set goals and objectives to allow students to move through a series of color coded levels to build a foundation to learn the 4 competitive strokes, starts, and turns. Participants **MUST** be 4 years old by the start of the class.

**Stroke School: Age 4 - 14**, Stroke School is designed to teach children who are independent in the water the 4 competitive strokes of swimming: Butterfly, Backstroke, Breaststroke, and Freestyle. During this course the class will focus on technique and building stamina to become proficient in each of the strokes. Participants must be able to swim independently in the deep end of the pool for this course.

**Swim Tots: (Parent/Child), 6 months - 3 years**, This course is designed for children 6 months old to 4 years of age. An instructor will guide both the parents and the children through a series of drills, games, and songs to build comfort and skills in the water. Children who are not potty trained must wear a swim diaper. Parents must accompany their children into the water at a 1:1 ratio.

SUNDAYS			
Fee per term: Resident - \$40 / Non-Resident - \$60			
Time	Class / Level	Sept 22 - Oct 27	Nov 3 - Dec 15 No class Nov 10
9:45 - 10:15 am	Swim Tots	1305.1	1305.3
	Swim School	1303.1	1303.5
	Stroke School	1304.1	1304.6
10:20 - 10:50 am	Swim School	1303.2	1303.6
	Stroke School	1304.2	1304.7
11:00 - 11:30 am	Swim School	1303.3	1303.7
	Stroke School	1304.3	1304.8
11:40 am - 12:10 pm	Swim School	1303.4	1303.8
	Stroke School	1304.4	1304.9
12:20 - 12:50 pm	Swim Tots	1305.2	1305.4
	Stroke School	1304.5	1304.91

## PRIVATE SWIM INSTRUCTION - NEW FORMAT!

The Shorewood Recreation Department is thrilled to announce a new and convenient format for private swimming lessons! We are now offering on-demand private swim lessons through our new online scheduling system. You can now book lessons through the Vagaro online portal ([vagaro.com/shorewoodrec](http://vagaro.com/shorewoodrec)) with the instructor of your choice at times that best fit your schedule.

New Scheduling Hours:

- Private swim lessons will be available during our lap swim and open swim hours. (see next page for hours)
- Additionally, lessons can be scheduled on Tuesday and Thursday evenings from 5:30 PM to 8:00 PM.

To take advantage of this flexible scheduling option, you will need to purchase a multi-use private swim lesson pass from the Shorewood Recreation Department or Fitness Center. Private Swim lesson passes will be sold in increments of 2, with lessons starting at \$17.50 per session. Book your lessons today with individual instructors at [vagaro.com/shorewoodrec](http://vagaro.com/shorewoodrec) and enjoy personalized swim instruction at your convenience!

# SHOREWOOD HIGH SCHOOL - VHE POOL

## No CASH Will Be Accepted At ANY COMMUNITY SWIMS

All swimmers must present a valid swim pass, a current Shorewood Community Fitness Center membership card (Community Swim is included in membership), or a single swim pass which can be purchased at the Recreation Department or the Shorewood Community Fitness Center during business hours, or by mail or phone. No payment will be accepted at the pool. Identification is required to prove residency. We use digital passes, so save your swim cards, as they can be reloaded with more swim visits.

SINGLE SWIM PASS FEES		
Pass	Resident Fee	Non-Resident Fee
Adults	\$5	\$7
Senior	\$4	\$6
Youth	\$4	\$6
Ages 5 and under are free!		

COMMUNITY SWIM 20 VISIT		
Pass	Resident Fee	Non-Resident Fee
Adults	\$80	\$120
Senior	\$60	\$90
Youth	\$60	\$90
Each swim card carries an expiration date of one year.		

## COMMUNITY SWIM INFORMATION

- Pool hours are subject to change. Updates will be posted on the VHE Pool bulletin board, the VHE Pool information line at (414) 963-6913 x 1, and on the website at [www.shorewoodschoools.org](http://www.shorewoodschoools.org).
- Everyone must wear appropriate swimming attire in the pool.
- No swim suits, caps, or towels are issued at any of the community swims.
- Before entering the pool, it is mandatory to shower.
- Patrons six years of age and older are expected to use the gender-appropriate locker room or family changing area.
- Our family changing area can be used by parent/child or assistance with another adult. This area is located next to the women's locker room. There are lockers in this room, and locks are strongly recommended.
- Flotation devices are prohibited.
- The Recreation Department is not responsible for any lost or stolen articles. Bring your own lock for a locker. Overnight storage is not permitted.
- Sauna and whirlpool (adults only) will be open during adult and lap swims.
- All ages - youth ages 7 and under must be accompanied in the water by an adult (ratio of one adult to every 8 children). Children 6 and under must be within one arm's length of an adult while in the water (ratio of one adult to every 4 children).
- Infants and toddlers must wear swim diapers in the pool. No disposable or cloth diapers allowed.
- We have an adaptive chair for shallow water entrance.
- The Shorewood School District Facility Services Department makes every attempt to maintain water and air temperature according to the standards set by the State of Wisconsin. Any fluctuation in the temperature will be corrected as soon as possible. Pool temperature is set between 78 - 81 degrees, and the whirlpool temperature is between 100 - 104. If you have any concerns about our pool facilities, please contact the District's Facility and Operations Department at (414) 963-6918.
- Adult swim is for high school age and older.
- You must exit the locker room within 20 minutes after Community Swim ends.

## COMMUNITY SWIM SCHEDULE Saturday, August 10 - Sunday, December 29

Monday - Friday	Adult Lap Swim	6:15 - 7:50 am 10:45 - 2:30 pm	<p><b>The VHE Pool will be closed ALL DAY on:</b></p> <p><b>Saturday, August 31</b>  <b>Sunday, September 1</b>  <b>Monday, September 2</b>  <b>Saturday, October 19</b>  <b>Sunday, November 10</b>  <b>Thursday, November 28</b>  <b>Friday, November 29</b>  <b>Tuesday, December 24</b>  <b>Wednesday, December 25</b>  <b>Tuesday, December 31</b>  <b>Wednesday, January 1</b></p> <p><b>Please check District website for last minute closures.</b></p>
Saturday & Sunday	All Ages: Adult Lap:	2:00 - 4:00 pm 4:00 - 5:00 pm	

## VOLUNTEER COACHES

Volunteer coaches are needed for our youth sports leagues. Duties include directing the team's practice and play during games. Training and resources are provided. This small investment of your time will have a great impact on the children of your team. Coaches are needed for current and future programs, such as cross country, flag football (fall), basketball (winter), and coach-pitch/t-ball (summer). Contact the Recreation Department at (414) 963-6913 x 4 or email Justin at JCalvert@shorewood.k12.wi.us if you are willing to help coach.

## THANK YOU VOLUNTEERS!

The Shorewood Recreation and Community Services Department would like to thank the following individuals who have positively impacted our youth through volunteering for the Department.

Melissa Alvin  
Zach Anderson  
Steve Amraen  
Cameron Bence  
Mike Czachor  
Kristy Elfe  
Rahmouna Farez  
Greg Flattery  
Jen Francis  
Chris Glandt  
Fred Gayle  
Jessie Lenganhan  
Phil Lenaghan  
Ian MacGregor Lynch  
Teresa Mambu Rasch  
Aime Martin  
Charles McCanna  
Justin Metz  
Adam Noack

Kelsey Noack  
Lindy Nelson  
Adam Norris  
Andrew Pauls  
Bryan Pechacek  
Kyle Peter  
Dylan Pinkus  
Matthew Schmidt  
Stephanie Sherman  
Arden Stewart  
Andrew Strozinky  
Blake Suhar  
Mike Wisniewski  
Vivian Yates  
Jim Young  
John Zabkowicz  
Adam Ziebell  
Andrew Ziebell  
Tyler Zwagerman

## SPONSOR A TEAM OR LEAGUE!

The Shorewood Recreation and Community Services Department is looking for individuals and businesses to sponsor our leagues to cover jersey cost. Sponsors will be recognized with their name or business logo on the back of the t-shirt or jersey for the league. If you are interested, please contact the Recreation Department at (414) 963-6913 x 4.

## THANK YOU TO OUR FINANCIAL SPONSORS



## DONATION FOR RECREATION

A Donation for Recreation helps provide financial support to individuals who are unable to afford program fees. You can donate online by going to the Donation for Recreation page or with your telephone registration.

**A SPECIAL THANKS TO THOSE WHO HAVE CONTRIBUTED DURING SUMMER 2024. YOU HAVE MADE A DIFFERENCE!**

Nathan Hammons

**ACT WORKSHOP**

In this virtual ACT workshop (via Zoom) students will learn how to identify the types of questions they will see on the four multiple-choice sections of the ACT test as well as a variety of strategies to attack the various questions. The instructor has designed this workshop based on 30 years of successfully helping students prepare for the ACT. Students will need to purchase a copy of The Official ACT Prep Guide 2024-2025 prior to the first session. Many students order the book from Amazon or purchase it at a local bookstore. Students should bring a blank, spiral notebook with them to the first session.

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**Instructor:** Fred Silver

**AGING WITH FITNESS**

Embrace the golden years with energy, strength, and joy! "Aging with Fitness" is your go-to class for staying active, healthy, and vibrant. Designed specifically for older adults, this fun and dynamic program focuses on functional movements, balance, flexibility, and overall fitness to keep you moving with confidence and ease. Join our lively community and enjoy a variety of exercises tailored to your needs. From gentle cardio and strength training to stretching and mobility work, every session is crafted to boost your stamina and enhance your daily life. Our friendly instructors provide personalized attention and modifications, ensuring everyone feels comfortable and empowered. Whether you're a fitness enthusiast or just starting your journey, "Aging with Fitness" is the perfect way to stay fit, make new friends, and have a blast! So, lace up your sneakers, bring your enthusiasm, and let's age with fitness and flair together!

**Page 6, 8, 9, 10**

**Instructor:** Constantine Ebben

**AMERICAN HEART ASSOCIATION BLS: BASIC LIFE SUPPORT CPR**

This course is geared towards healthcare professionals, life-guarders, and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in the pre-hospital setting involving multiple rescuers. Learn high-quality CPR for adults, children, and infants. Learn the importance of early use of an AED and relief of foreign-body airway obstruction. 2-year digital certification issued upon course completion. Class fee includes textbook.

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**Instructor:** Rescue Ready Resources – Renee Vanselow

**AMERICAN RED CROSS ADULT AND PEDIATRIC FIRST AID/CPR/AED – BLENDED LEARNING**

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illness, head, neck, and back injuries, heat and cold emergencies, breathing and cardiac emergencies to help victims of any age. This is a blended learning course with an online portion followed by an instructor-led classroom skill session. The online portion must be completed PRIOR to attending the class. It is recommended it be completed on a PC or tablet with a high speed internet connection. The average completion time is 3 hours. Each participant must have their own, individual email to

create their online account. This email will then be used to issue their course completion email. This email cannot already be used with another individual with an American Red Cross course. An email with the online link will be sent out approximately a week prior to the class date. Upon successful completion of this course, participants will receive the American Red Cross Adult and Pediatric First Aid/CPR/AED digital certificate valid for two years.

**Page 8, 10**

**Instructor:** Rescue Ready Resources – Renee Vanselow

**AMAZING ATHLETES**

Amazing Athletes is an educational sports and fitness program teaching children the basic fundamentals and mechanics of the following sports: Baseball, Basketball, Football, Golf, Hockey, Lacrosse, Tennis, Track & Field and Volleyball. We will also focus on the 7 key areas of motor-development through games, obstacle courses and other fun fitness activities. Our program incorporates exercises for gross motor development, hand-eye coordination, cardio-vascular fitness, speed and agility and stretching and muscle tone. By introducing kids to a variety of sports and physical activities at a young age, they have a greater chance of finding a few things they like. Participating in sports and fitness at an early age will expose children to an active and healthy lifestyle, which is our main goal.

**Page 16, 18**

**Instructor:** Amazing Athletes Instructor

**ARTHRITIS IN BALANCE WITH EXERCISE & STRETCH**

Do you have arthritis, osteoporosis, or poor balance? This peer supportive class uses gentle movements and activities designed to increase mobility, range of motion, build strength, and improve balance. We will show you low impact exercises in a non-competitive setting. Be prepared to start feeling better, gain energy, and have the ability to accomplish daily tasks with ease.

**Page 6, 8, 9**

**Instructor:** David Farin

**AQUA BOOT CAMP**

This class provides participants with a combination of swimming, strength training, and core work both in the water and on deck. Various exercise sets, such as swim sprints and resistance training, will be utilized. Participants must know how to swim, as this program is not a water aerobics class. Please bring an exercise mat.

**Page 8, 10**

**Instructor:** Renee Scherck-Meyer,  
Certified AFAA Personal Trainer

**BABYSITTER ESSENTIALS WITH CPR, SAFE SITTER®**

Safe Sitter prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or as a Babysitter. Students learn life-saving skills such as how to rescue someone who is choking and helpful information like what to do when there is severe weather. The lessons are filled with fun activities and role-playing exercises. Topics include Safety Skills, Childcare Skills, First Aid & Rescue Skills, Life & Business Skills, and Child with Infant CPR. Class fee includes SafeSitter® textbook. Participants receive a Safe Sitter Essentials with CPR course comple-

tion card. Participants must attend the entire time that the class meets. We are unable to give a credit five business days before the start of the class. Be sure to wear comfortable clothes, and bring water bottle and lunch/snack.

**Page 16, 18, 19, 21**

**Instructor:** Renee Vanselow, Rescue Ready Resources

**BADMINTON**

Great physical conditioning and a lot of fun. Badminton players will be paired with others that have a compatible skill level and play games weekly. Due to the nature of this class, it is recommended that participants play at an intermediate to advanced level. Beginning players are welcome, however, individual instruction may not always be available. Rackets will be furnished or you may bring your own. Shuttlecocks will be provided.

**Page 7**

**Instructor:** WFB Recreation Supervisor

**BALLET/TAP**

Students will learn the fundamentals of ballet/tap and will work on basic exercises. Be sure to wear fitted, comfortable clothing and bring a water bottle to class. Ballet slippers and tap shoes are recommended but not required.

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**Instructor:** Julianna Bicki

**BALLROOM DANCE**

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

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

**Intermediate / Advanced:** Review of fundamentals, groupings from all popular Ballroom dances like Quickstep and Samba and plenty of practice time!

**Instructor:** Jacqui Lefebvre

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**BASEBALLTOTS**

BaseballTots is a developmental program that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. We build fitness, muscle coordination, baseball fundamentals and create a love of the game. Parent participation is required for 2-3 year old class.

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**Instructor:** Skyhawks Staff

**BASKETBALL, SKILLS & SCRIMMAGES**

Single day clinic designed for all youth basketball players! This clinic will focus on all around fundamental skill work and competitive games.

**Page 18**

**Instructor:** Lance Foreman

**BASKETBALL SKILLS, DRILLS, AND GAMES (GIRLS)**

Girls interested in developing their basketball fundamentals through a variety of skills and drills and organized team games (ex. 3v3, 5v5) are encouraged to sign up for this class. As the season progresses, we will move from skills and drills to drills/scrimmaging, and eventually to full gameplay. Teams will be adjusted each week based on attendance and skill level. Coach Molly O'Brien played college basketball at the University of Wisconsin-Milwaukee from 2002-2006 and has 10+ years of coaching experience at the High School level.

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**Instructor:** Molly O'Brien

**BASKETBALL, JR. GREYHOUNDS**

This program is for the more serious basketball player. This season will run from early October – mid March. This program will involve significant commitment including practice two days per week and weekend games involving travel throughout southeastern Wisconsin. Parents will be counted on to carpool and help out with the scoreboard or scorebook during game play. New participants must purchase team apparel (jersey, shorts, shooting shirt). We will have evaluation tryouts before finalizing a roster. Players who are interested are encouraged to tryout. Tryout fee will be \$10 in advance (\$20 day of) and will include a t-shirt. We will have two tryout dates. Players should plan to attend both tryout dates. If you have a conflict with the tryout dates contact Justin Calvert. Only residents of Shorewood or students who attend Shorewood Schools will be able to play on these teams. Players will be notified on Tuesday, September 24 of the team roster for the season. Should players tryout but not make this team, they are encouraged to sign up and join the recreational youth basketball program.

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**Instructor:** Recreation Department Staff

**BASKETBALL LEAGUE, YOUTH BOYS - GRADE 5 - 6** **Co-Op**

The purpose of this program is for players to learn basketball fundamentals in a relaxed and fun-filled setting. Teams have a 10-minute practice followed by a league game against another team. All players receive a team t-shirt. Parent coaches are needed for this league. Please indicate your desire to coach on the registration form. REGISTRATIONS MUST BE RECEIVED BY FRIDAY, OCTOBER 4TH. To ensure that your child is placed on a team, register before the October 4th deadline. Registrations received after that date will be handled on an individual basis.

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**BASKETBALL, GIRLS SLAMMERS - GRADE 5 - 6** **Co-Op**

A winter recreation basketball league for girls in 5th - 6th Grade. 10-foot baskets will be used. The first date, December 8th, 12:00 - 1:00 pm, in the Main Gym, will be an evaluation day and attendance is required. Sundays, December 8, 15, (skip Dec 22 & 29), January 5, 12, 19, 26, Feb 2, 9, 16, 26. NO REQUESTS GRANTED TO PLAY WITH FRIENDS, CAR POOL REASONS, or SCHOOL – TEAMS ARE BASED ON EVALUATION DAY RESULTS, HEIGHT, WEIGHT, and GRADE. DEADLINE IS THURS OCTOBER 17, 2024 @ NOON or WHEN FULL, WHICHEVER COMES FIRST. Teams will be coached by parent volunteers:

For those interested in coaching, please state your interest on the registration form. All coaches will need to attend one of the two scheduled coaches meetings: Wednesday, November 6th or Tuesday, November 19th, 6:00 pm, in the Range Line Community Center Conference Room. All coaches will have to be present for the evaluation on Sunday, December 8th.

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**BASKETBALL - MEN'S OPEN**

Teams will be formed on site. We will split the courts if necessary. Ages 18 - Adult. Please bring a white and black shirt for dividing teams.

**Page 7, 9**

**Instructor:** Miguel Browne

**BASKETBALL, SHOREWOOD YOUTH COED GRADE 4K - 4**

Players will be placed on teams upon registration for this program. Player requests will not be honored. Both practice and game times will be scheduled by the Recreation Department. Grade 1 - 4 will have one practice and one game per week. Grade K4/K5 students will practice for the first 30 minutes each Saturday, with instructional scrimmage to follow. VOLUNTEER COACHES will instruct each team. If you are interested in coaching, please indicate this during registration and contact Justin Calvert at JCalvert@shorewood.k12.wi.us. Parents who coach will have their child on their team. We will accept a maximum of 2 coaches per team. Players will receive a t-shirt. Teams will play on age specific rim heights. All games and practices will be approximately one hour in length. Practices will be held at Atwater and Lake Bluff Gym between 5:30 and 7:30 pm. Practices will be held Monday - Thursday. When signing up, please let us know what day of the week does not work for your child to attend practice. Practices will tentatively start the week of October 15. All games will be Saturday morning to early afternoon at Lake Bluff School. Fee includes ticket to Shorewood Youth Basketball Night at the Milwaukee Bucks game (date TBA). No games on 11/30, 12/28 and 1/4. DEADLINE: SEPTEMBER 20, 2024.

**Page 15**

**Instructor:**

**BATH BOMBS**

Are you looking to test your creativity? Do you need a gift idea? Create three bath bombs in fun shapes with a selection of skin safe, cosmetic grade fragrances and colorants. Add glitter and sparkle for extra pizzaz. \*Fragrance free options available to those with sensitive skin.

**Page 18**

**Instructor:** Gwynne Olsen, Silver Lining Soap Owner

**BOWLING, PARENT / CHILD**

Come and experience the Shorewood High School Bowling Alley. We will Moon-Glow Bowl the last Sunday of the session. Enjoy bowling with friends or family! No bowling instruction is given during this program. Socks are required. **Child must register with a parent / guardian, fee is per person.**

**Page 18**

**Instructor:** Recreation Department Staff

**CHARCUTERIE WORKSHOP****Co-Op**

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

**Page 9, 10**

**Instructor:** Amanda Mattefs, Owner of Charcuter-Me

**CHEERLEADING CLINIC**

Please join the University of Wisconsin-Milwaukee Cheer and Stunt team for a fantastically fun crash course in cheerleading! Participants will spend 4 days working with UWM team members learning sideline cheers and a floor cheer to perform during the SHS Homecoming football game on September 27th, 2024. Participants in the 5th-6th grade group will learn basic stunting for the floor cheer. The Junior Hounds will perform sideline cheers on the track during the 1st and 2nd quarters of the game. Participants will be provided with a t-shirt. Help us cheer on Messwood football at one of our biggest games of the season and show your school and community spirit! Please remember to wear comfortable clothes, tennis shoes with socks, and wear hair pulled back out of the face. No jewelry should be worn to practice for safety reasons. Please bring a bottle of water.

**Page 17**

**Instructor:** UW-Milwaukee Cheer & Stunt Team

**CHESS CAMP - BEGINNER**

In this class students will work on opening game strategies and tactics. Focus on chess fundamentals including opening strategy, and the 5 basic checkmates. Students will experience a balance of chess play and instruction. They will compete in a 5-round tournament with the top 3 players winning trophies and everyone else receiving a medal. Students are encouraged to come to the class knowing how to move the pieces. They can easily learn that by going to [www.chesskid.com](http://www.chesskid.com), open a free account and take the first six lessons. All students in the class will receive a free Chesskid gold membership.

**Page 16, 19**

**Instructor:** Malek Maraqa

**CHORAL ARTS**

This adult community chorus is open for anyone who loves to sing! For our 2024 concert, we will perform Dan Forrest's remarkable and stunning *Requiem for the Living*. The concert and dress rehearsal will be at St Paul's Episcopal Church in Milwaukee. The dress rehearsal will be on Monday, October 28th. The concert will be on Tuesday, October 29th at 7:00 pm. This year's collaboration will feature the Shorewood Choral Arts Society, Shorewood High School Choirs, and Shorewood High School Chamber Orchestra.

**Page 7**

**Instructor:** Jason Clark

**CLIMB CLUB**

Rock climbing is a fun and satisfying sport that strengthens the body and mind. Rock climbing allows climbers to enjoy a sport in a non-competitive environment while still emphasizing teamwork, motivation, and self-confidence. Rock climbing also builds muscular endurance, flexibility, coordination, and mental focus. We aim to build strong, responsible climbers. Training on equipment and safety will be conducted in order to guarantee a safe and successful experience for your child. All equipment is provided.

**Page 16, 18**

**Instructor:** Milwaukee Turners Staff, Vendor Program

**COMIC BOOK ART**

Participants will create their own comic book! Classes will focus on character development, storytelling and sequential drawing. Various comic book styles will be introduced ranging from newspaper comic strips, American super heroes and anime. Participants are encouraged to bring their own drawing tools (pencils, erasers), however supplies will be provided! Paper and book making materials included.

**Page 16**

**Instructor:** Gina Nabong

**CROSS COUNTRY**

Join us for Cross Country in this fun setting. We will train to build up to competing in meets during the season. While training we will use multiple routes throughout Shorewood. We will alternate our meeting area before running each week. We will meet at Lake Bluff for one week, then Atwater for the next week. Each participant will receive a location schedule. We will run, learn some basics about running, stretch and have a lot of fun! Attending every practice is not mandatory. Come as much as you can, get some exercise and have fun. Please meet us on the front steps at Lake Bluff by 3:45 pm on September 9th. Come ready to run the first day and wear shorts and running shoes. We rely on parent drivers for our meets. Meets have typically been on Wednesdays or Thursdays. Once the season starts, you will receive a meet schedule. If you are interested in driving, please contact Justin Calvert at JCalvert@shorewood.k12.wi.us. Each participant will receive a team t-shirt. \*If the elementary schools do not have school then there is no practice. The Rec Dept. does not provide transportation to practices.

**Page 17**

**Instructor:**

**DECLUTTER:**

**Co-Op**

**DIFFERENT WAYS TO DECLUTTER & ORGANIZE YOUR HOME**

There is no "one-way fits all" when it comes to decluttering and organizing our homes. We will discuss different styles to see which works best for you to get started and maintain organization.

**Page 7, 9**

**Instructor:** Tamara Starr, Professional Organizer

**DOWN TO EARTH EXPERIMENTAL PHYSICS (DEEP) - OPTICS**

The 5th and 6th grade students enrolled in the Down to Earth Experimental Physics (DEEP) - Optics program learn, through fun hands-on experiments and instructive demos, about physical phenomena such as mechanical waves, light reflection, refraction and

dispersion (i.e., separation into color components), and their application to developing physical instruments to study large astronomical objects (e.g., stars) as well as small microscopic particles (e.g., biological cells, molecules, and atoms). In addition, the students learn how to build and use various devices: a toy guitar, a telescope, a microscope, a spectrograph for analyzing light color, and an electrical circuit including an LED light source to study absorption of light by various substances. At the end of each session, the students take home the device they built to play with and to show to their family and friends. The program culminates with a visit to the Planetarium and the Physics Department's research laboratories at the University of Wisconsin-Milwaukee, one of America's top research universities. This program, sponsored by the University of Wisconsin-Milwaukee and the Shorewood Recreation Department, is coordinated by Prof. Vali Raicu and Mrs. Gina Raicu and directly involves senior researchers and graduate students from Prof. Vali Raicu and Prof. Ionel Popa's labs.

**Page 19**

**Instructor:** Gina and Vali Raicu

**DRAMA JR - JANE'S BRAIN**

*Jane's Brain* is a fictitious account of the life of teenaged Jane Austen, author of novels like *Emma* and *Pride & Prejudice*. While working on those books, and others, she holds discussions with her family members and the characters from her future novels. They discuss how important Jane's writing would be as male novelists and the few female writers of her day neither represent women and girls as they truly are, nor tell of what they dream of and hope for. Although Jane is skeptical, as she herself has never been in love, her family assures her that her imagination could take the tiniest seed of romance and grow the mightiest love stories anyone will ever read. Her heroines encourage her by saying she will have an impact on literature and readers and influence the hearts and minds of girls and women for centuries. Production dates are Saturday, November 23 @ 4:00 pm and Sunday, November 24 @ 1:30 pm. Please review the attendance policy before registering. Attendance will impact casting of roles.

**Page 16**

**Instructor:** Sara B. Van Loon

**EAT, MOVE, AND FIND YOUR GROOVE:****A NUTRITION SECURITY & WELLNESS DISCUSSION**

Join former Shorewood resident and UW-Milwaukee Clinical Professor Emerita Susie Kundrat, MS, RDN, LDN for this fun, energy-filled event as she stops in Shorewood on her cross-country book tour for *Eat Move Groove: Unlock the Simple Steps to Lifelong Nutrition, Fitness & Wellness*. Learn how you can take simple, positive, doable steps to boost your personal health and wellness and get a signed copy of Susie's book; 22% of profits from sales of *Eat Move Groove* go to support nutrition security efforts at the Kinship Community Food Center and UW-Milwaukee Food Center and Pantry right here in Milwaukee.

**Page 8**

**Instructor:** Susan Kundrat

**ELEVATE YOUR PRACTICE: INTERMEDIATE YOGA JOURNEY**

Elevate your yoga practice with our four-week intermediate program, designed to deepen your skills and understanding. This journey integrates Hatha, Vinyasa, and Yin Yoga techniques, focusing on refined alignment, dynamic flows, breathwork, and restorative practices. Perfect for intermediate practitioners seeking to challenge themselves and grow in a supportive and enriching environment.

**Page 9**

**Instructor:** Camelia Kessaci

**FLAG FOOTBALL**

Flag Football is the perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The session ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

**Page 16**

**Instructor:** Skyhawks Staff

**FULL BODY OVERHAUL**

Full Body Overhaul is a circuit training class that incorporates exercises using resistance tubing with handles, free weights, and your own body weight. Participants can expect a full body workout as heart rates are elevated with bouts of plyometric work and continuous exercise movements. Modifications will be shown if necessary. Participants should bring an exercise mat, resistance tubing with handles, water bottle and a towel. Please bring a second pair of shoes and ensure snow, salt, and other debris is cleared from shoes before walking to aerobics room.

**Page 6, 8, 9, 10**

**Instructor:** Joanne Dixon

**GRAPHIC DESIGN FOR BEGINNERS**

**Co-Op**

**ADOBE ILLUSTRATOR, PHOTOSHOP & INDESIGN**

This course is for beginners with minimal to no experience in using Adobe software and interested in graphic design. In this 3 week course, it will cover the basics of three key programs most used for both the workforce and most used in college curriculum: Photoshop, Illustrator, and InDesign. This course is especially useful if you plan on/are majoring in Communications, Journalism, Advertising, or Marketing. **Must have your own laptop with your own adobe account with Illustrator, Photoshop, and InDesign**

**Page 7**

**Instructor:** Mariam Ali

**GUIDED AUTOBIOGRAPHY**

**Co-Op**

Guided Autobiography is a proven method of helping people of all ages and backgrounds document their life stories. You'll be guided to create the legacy you've always wanted to share. At the beginning of each session, the facilitator gives a mini-lecture on various topics such as "mind mapping" and other creative writing tips as well as possible problems the participants may encounter and methods to stimulate the creative side of your brain. Then the group is led through a series of "priming questions" that are geared to help them begin to think about their own past according to the theme being presented. Participants will be asked to write

**GUIDED AUTOBIOGRAPHY (CONT.)**

two pages at home on the assigned topics and return to read their stories to their small group. Fee includes 20 hours of instruction, handouts and a binder.

**Page 6**

**Instructor:** *Patty Tomaszewski, a Certified G.A.B instructor.*

**GYMNASTICS INSTRUCTION**

This course will cover an introduction to gymnastics including the skills of floor exercise, uneven bars and balance beam. Participants may be divided to allow for instruction appropriate to skill level.

**Page 20**

**Instructor:** *SHS Varsity Gymnastics Coach & SHS Gymnasts*

**HARMONY IN MOTION****A PROGRESSIVE YOGA PROGRAM**

Join us for "Harmony in Motion," a transformative four-week journey through the world of yoga. Designed for beginners and enthusiasts alike, this program seamlessly guides you from the fundamental principles of Hatha Yoga to the dynamic flow of Vinyasa, introducing you to the serenity of Yin Yoga and the rejuvenation of restorative practices. Each week unveils new dimensions of yoga, culminating in fusion classes that integrate various techniques for a holistic experience of mind, body, and spirit. Embark on this progressive path to discover balance, strength, and inner harmony through the fluid motions and mindful practices of yoga.

**Page 6**

**Instructor:** *Camelia Kessaci*

**ICE SKATING LESSONS**

The Basic Skills Program teaches students progressively more difficult moves through six levels of skating. Upon completion of the Basic 1 through 6 Program, skaters will have knowledge of the sport enabling them to advance to more specialized areas of skating. If a child is taking lessons for the first time, the student should register for the Basic 1 class level. Students are evaluated at the first class session to gauge their skill/ability level, and are placed in another class if their skill level is applicable. Please specify level (1-6). Skate Rental is \$3.50/time. Pettit National Ice Center address: 500 S 84th St, Milwaukee, WI 53214

**Page 17, 19, 20**

**Instructor:** *Pettit National Ice Center Staff*

**IRISH DANCE**

In this class, children ages 4 to 8 will learn the basics of Irish dance as part of the Milwaukee Academy of Irish Dance curriculum. Dancers will be taught basic Irish dance form, positions, and foundational movements. No dance experience is required! Be sure to bring tennis shoes or ballet slippers and a water bottle.

**Page 19**

**Instructor:** *Milwaukee Irish Dance*

**JEWELRY MAKING**

Learn the techniques to make hand-crafted jewelry. Once you learn the basics taught, you will be able to make beautiful jewelry for yourself, family, friends & co-workers for birthdays, Christmas, Hanukkah, anniversaries & more. You will be able to give person-

alized hand-crafted gifts. You will go home with your jewelry and the knowledge to continue. Come and have fun.

**Page 7, 8**

**Instructor:** *Carol Ann Skurulsky*

**JUNIOR JAMBOREE**

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

**Page 16, 18**

**Instructor:** *Dana Sherman*

**LACROSSE INSTRUCTION, BOYS INDOOR**

Indoor lacrosse is a fun way for players to prepare for the Whitefish Bay/Nicolet/Shorewood (WNS) spring team. The hour slot will be 5 vs. 5 scrimmage. The small game format will help improve players' stick skills and footwork. Open to boys who live in communities that serve the Whitefish Bay, Nicolet and Shorewood schools, or live in eastside Milwaukee. Full boys lacrosse equipment is required and, if needed, equipment (gloves, elbow pads, shoulder pads, helmet and stick) can be rented for \$15. Players must provide a mouth guard and athletic cup. Cleats are recommended. Uihlein Soccer Complex is located at 7101 W. Good Hope Road.

**Page 19**

**Instructor:** *WNS Coaches*

**LACROSSE, BOYS, 1ST & 2ND GRADE INTRO CLINIC**

The Whitefish Bay, Nicolet and Shorewood Recreation Departments are offering a fun indoor lacrosse clinic for boys in 1st and 2nd grade. Lacrosse is a fast, physical, contact sport that combines aspects of soccer, hockey and basketball. This intro clinic will offer instruction (drills and skills) and scrimmages for players. Full boys lacrosse equipment (gloves, elbow pads, shoulder pads, helmet and stick) is required. Lacrosse equipment will be provided at no additional cost if needed. Open to boys who live communities that serve the Whitefish Bay, Nicolet and Shorewood schools, or live in eastside Milwaukee. Players must provide a mouth guard and athletic cup. This is a great opportunity for boys who are new to the sport of lacrosse to give it a try.

**Page 19**

**Instructor:** *WNS Coaches*

**LACROSSE, BOYS, 3RD - 8TH GRADE INTRO CLINIC**

The Whitefish Bay, Nicolet and Shorewood Recreation Departments are offering a fun indoor lacrosse clinic for boys in 3rd-8th grade. **This is only for new players.** Lacrosse is a fast, physical, contact sport that combines aspects of soccer, hockey and basketball. This intro clinic will offer instruction (drills and skills) and scrimmages for players. Full boys lacrosse equipment (gloves, elbow pads, shoulder pads, helmet and stick) is required. Lacrosse equipment will be provided at no additional cost if needed. Open to boys who live communities that serve the Whitefish Bay, Nicolet and Shorewood schools, or live in eastside Milwaukee.

Players must provide a mouth guard and athletic cup. This is a great opportunity for boys who are new to the sport of lacrosse to give it a try.

**Page 19**

**Instructor:** *WNS Coaches*

**LACROSSE FALL CLINIC, GIRLS**

This is an instructional clinic offering drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play lacrosse. No experience necessary. Our program focuses on empowering girls to develop skill, athleticism, heart, determination, and a love for the game of lacrosse. Experienced and enthusiastic coaches from the WNS (Whitefish Bay / Nicolet / Shorewood) high school and youth programs will lead the clinic. Lacrosse sticks, goggles and mouth guard are required. If you need to borrow equipment or if you have any questions, please contact the program coordinator at [wns.jr.wolfpack@gmail.com](mailto:wns.jr.wolfpack@gmail.com).

**Page 16**

**Instructor:** *WNS Wolfpack Staff*

**LACROSSE HOLIDAY CLINIC, GIRLS**

Join the WNS Junior Wolfpack for a fun Holiday Clinic. Register by November 13 to be guaranteed a limited-edition WNS Junior Wolfpack Holiday T-Shirt. Geared towards players with at least one year of experience, this clinic will include skills/drills along with fun holiday activities like crafts and cookie decorating. This is a great opportunity to reconnect with WNS Junior Wolfpack teammates before the start of our 2025 spring season. Players must provide their own stick, goggles and mouth guard. If you have any questions, contact the WNS Junior Wolfpack at [wns.jr.wolfpack@gmail.com](mailto:wns.jr.wolfpack@gmail.com).

**Page 21**

**Instructor:** *WNS Wolfpack Staff*

**LATIN DANCE SAMPLER**

Come ready to learn the basic steps and rhythms of three social Latin dance styles. You will be introduced to Merengue, Rhumba and Salsa in an easy-to-follow way. Single persons and partners are welcome and no dance experience necessary. Join us for this little weekly sample of the Caribbean islands' flavor.

Special notes for participants: Please wear easy to move in shoes. Rubbers soles sometimes stick to the floor and can be hard to dance smoothly in.

**Page 7**

**Instructor:** *Rosalita Villa*

**LIFEGUARDING CERTIFICATION, AMERICAN RED CROSS**

Are you a proficient swimmer and interested in becoming a lifeguard? You will learn concepts of responsibility, work ethic, leadership and approachability that will prepare you for a job as a lifeguard. The American Red Cross Lifeguard course will cover the knowledge and skills to get your lifeguard, CPR/AED and first aid certifications. Successful completion of the course earns you a 2-year, nationally recognized certification in Lifeguarding/First-Aid/CPR/AED. Attendance at ALL meeting dates is mandatory. Please understand that this course is a blended learning course. Participants must complete all online assignments prior to the

**LIFEGUARDING CERTIFICATION (CONT.)**

start of class. Certification is not guaranteed as participants must score above an 80% on a written test and pass an in-water skills test. **Please note, if you do not pass, there will be no refund or credit.** There is a mandatory pretest on the first day of class. Please bring a swimsuit, towel and food each meeting day.

**Page 20**

**Instructor:** Perry Perkins, Cassie Rodriguez & Lydia Leipzig  
Certified Lifeguard Instructors

**MAH JONGG**

**Co-Op**

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

**Page 6**

**Instructor:** Jackie Blumberg

**MAH JONGG STRATEGIES & SUPERVISED PLAY**

**Co-Op**

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

**Page 8**

**Instructor:** Jackie Blumberg

**MARTIAL ARTS CLUB**

**Co-Op**

Let your child experience the benefits of the Young American Martial Arts Club. This dynamic program has been developed in cooperation with the University of Wisconsin-Milwaukee Children's Center, a leader in early childhood development and education. This innovative martial arts program will encourage your child to develop a positive attitude, perseverance, self-confidence and self-discipline. Families with multiple children participating in the program will be offered a 25% discount for additional children. Please call or register in person at the Recreation Department if you are registering more than one child.

**Page 17**

**Instructor:** Young American Martial Arts Staff, Vendor Program

**MARTIAL ARTS CLUB, NORTH SHORE**

**Co-Op**

Improve fitness and have fun while learning the Martial Arts from North Shore resident, Phil Sauer. Phil has been a Martial Art instructor since 1972 and has taught at UW-Milwaukee since 1979. This program will challenge you, mentally and physically, as you learn kicking, punching and self-defense techniques that will keep you safe and fit.

**Page 17**

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

**MELT AND POUR SOAP MAKING**

Have you ever wanted to make your own fun shaped soap? We use an aloe-based glycerin soap with skin safe, cosmetic grade fragrances and colorants to create two custom melt and pour soaps using an assortment of fun molds. \*Fragrance free options available to those with sensitive skin.

**Page 18**

**Instructor:** Gwynne Olsen, Silver Lining Soap Owner

**MENTAL HEALTH SERIES**

**Co-Op**

Mental health concerns are a growing and pressing issue across the country. No diagnosis or treatment plan works the same for everyone; however, there are many activities and health programs that can assist with improving mental health. The M-T Rec Department will be offering a new series of classes dedicated to mental health and well-being. While the classes offered will be free to the community, participants must be 18 years old or over and registration is required for planning purposes.

**QPR Suicide Prevention Training**

Question, Persuade, Refer (QPR). "As CPR is for the heart, QPR is for the mind." Recognize the warning signs of someone experiencing a mental health or suicidal crisis. Learn how to save lives by providing practical and evidence-based crisis intervention training. The training will be followed by an optional 30 minute nature hike to experience the healing benefits of nature and learn coping techniques.

**Page 7**

**Recognize and Respond to Mental Health Warning Signs**

This class will equip participants with information to help identify indicators of mental health issues such as depression, anxiety and stress. Led by a clinical psychologist and psychiatric mental health nurse practitioner, a blend of expertise from both psychological and medical perspectives will be provided. By attending this class, you will also learn how to take proactive steps in promoting mental well-being. The class will address how to access professional mental health services, including therapy, medication management, and psychiatric care. You will gain knowledge about different treatment options available, how to find qualified mental health professionals, and how to navigate the mental healthcare system. There will be a dedicated Q&A portion at the end of the class.

**Page 8**

**MINECRAFT**

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

**Page 16, 20**

**Instructor:** Nick Burkee & Dante Darrow

**MONARCH BUTTERFLIES: ATTRACT & RAISE**

**Co-Op**

Join Carol Komassa, a Certified Master Gardener and Monarch Conservationist. Learn how she changed her garden to attract these endangered insects and she may have some live insects

(in various stages) to show you. In this class you will learn the best plants to attract monarch butterflies and receive information on how to raise monarch caterpillars throughout their life stages to an adult butterfly to release back to the wild. Carol will demonstrate recommended equipment, where to buy it, and methods to ensure a release rate of 95% of healthy insects. Left outside to nature less than 5% survive! Carol has several years of experience and released over 500 monarchs from her residential Mequon backyard. Registration fee includes seeds and planting instructions.

**Page 6**

**Instructor:** Carol Komassa, Certified Master Gardener

**PAINT LIKE BOB ROSS**

**Co-Op**

Join us as you complete a beautiful landscape painting using the wet on wet oil painting technique. This technique is seen on the popular TV show "The Joy of Painting" with Bob Ross. With step-by-step instructions on mixing colors and brush strokes, you will be able to create your own masterpiece. No experience necessary. For ages 13 and up.

**Page 9, 10**

**Instructor:** Kevin Wolff, Certified Bob Ross Instructor

**PAINTING, OIL, BEGINNING & CONTINUING**

**Co-Op**

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

**Page 6**

**Instructor:** Barbara Friedman, Masters in Art Education

**PAINTING, YOUTH**

**Co-Op**

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

**Page 16, 18, 19**

**Instructor:** Briona Conway

**PRO PET HERO - PET FIRST AID AND CPR**

Do you know what to do in the event of a pet emergency? Learn how to provide support to an injured or ill pet until vet care is available. Learn proper first aid and pet CPR techniques for dogs or cats. Information will be provided about assembling your own pet specific first aid kit, so you are prepared in an emergency. After completion, in accordance with veterinarian reviewed and approved Pro Pet Hero curriculum, you will receive a 2-year certification. This class is ideal for pet owners and pet professionals alike – includes hands on practice of skills and digital textbook. All supplies included.

**Page 9**

**Instructor:** Rescue Ready Resources – Renee Vanselow

**PERFORMING ARTS PRIVATE LESSONS**

These private lessons are designed to assist our students in

**PERFORMING ARTS PRIVATE LESSONS (CONT.)**

developing into effective and well-rounded musicians. Each student's background, learning style, and musical interests are considered in order to create an individualized course of private lessons. Class time will be scheduled with instructors directly.

**Page 14**

**Instructor:** Brass, Mark Hoelscher  
Percussion, Sawyer Sendelbach  
Clarinet, Katherine Myszewski  
Flute, Jennifer Burke  
Violin/Viola, Karen Frink  
Trombone/Euphonium/Tuba, Kyle Amati  
Trumpet, Lucas Connelly  
Piano, Samwise Baker, Jessica Trepanier

**PICKLEBALL GROUP LESSONS**

**Beginner** - This series introduces players to the basic shots of the game including groundstrokes, volleys, serve, return of serve, and scoring. Proper grip, grip pressure, paddle skills and court positioning will also be covered. Drills and game play are both used to incorporate skills and strategies into your game.

**Advanced Beginner** - For those players who have some experience playing, this series is focused on developing consistency and accuracy with the fundamental strokes and including depth and placement on both forehand and backhand sides. Punch volleys, block volleys and high ball put-aways will be added to your arsenal of shots.

**Page 9, 10**

**Instructor:** Kelly Whalen & Terry Augustin-Whalen

**PICKLEBALL- COED OPEN**

Are you a tennis player who hasn't picked up a racquet in a while? Are you looking for a new sport for you and your friends to try? Pickleball is a blend of tennis and ping pong played on a badminton size court. Pickleball provides plenty of exercise, hand-eye coordination, and you don't have to be "super athletic" to play. Men and women of all ages are welcome! Tennis shoes required, eye protection encouraged. Ball are provided. Bring your own paddle or use one that is provided. Punch cards can be purchased by mail, walk in or phone with an expiration date of 1 year from purchase. Please provide your email, as that will be the main form of communication if there are any cancellations.

**Page 6**

**Instructor:** Recreation Department Staff

**POUND FITNESS**

Sweat, sculpt, and rock with Pound! Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. By using Ripstix® - lightly weighted exercise drumsticks, you will torch calories and tone your body while rocking out to your favorite music. You are sure to see results!

**Page 7, 9**

**Instructor:** Tracy Miller

**RETRO FITNESS DANCE**

**Co-Op**

Follow along with instructor-led easy steps and moves to your favorite rock songs from the '60's and '70's, to improve your cardio/aerobic range, and provide muscle stretch and tone. Bring your

"Blue Suede Shoes" energy, and enjoy an "ABBA-solutely" fun and fitness workout.

**Page 6, 8**

**Instructor:** Nancy Weiss McQuide, M.S.

**RIGID HEDDLE WEAVING, INTRODUCTION TO**

**Co-Op**

Students will learn how to weave on a rigid heddle loom and weave an alpaca scarf approximately 8" x 40" in size. This is a two-day course in which students will learn common weaving terms, choose yarn colors and warp the weaving loom. The second day will focus on weaving the scarf and how to take the scarf towel off the loom and finish. All supplies will be provided and included in the cost of this course. Rigid heddle looms are smaller, more portable and lower cost, which provides a great introduction to hand-weaving.

**Page 10**

**Instructor:** Nancy Wilson, Lost Art Fiber and Textile Studio, LLC

**ROCK CLIMBING: A BEGINNER'S COURSE**

**Co-Op**

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

**Page 19, 20**

**Instructor:**

**SCHOOL'S OUT CANDLE WORKSHOP**

Create a one of a kind 6 oz candle with coconut soy wax or gold tin. Choose your own fragrance, color, and add glitter for extra sparkle.

**Page 16**

**Instructor:** Gwynne Olsen, Silver Lining Soap Owner

**SCHOOL'S OUT SOAP WORKSHOP**

Create 2 spooky Halloween themed soaps! Make yours extra scary with glow-in-the-dark eyeballs, aliens, black light reactive micas and more. We use aloe-based glycerin soap with skin safe, cosmetic grade fragrances.

**Page 18**

**Instructor:** Gwynne Olsen, Silver Lining Soap Owner

**SHALLOW WATER AEROBICS**

Join us for a workout that combines stretching, cardio, strength, and toning. You will march, jog and jump through the water to improve cardiovascular fitness, muscular endurance and flexibility. Participants do not need to know how to swim as class is conducted in the shallow end of the pool.

**Page 6, 8**

**Instructor:** Freda Wright

**SKI AND SNOWBOARD CLUB**

Whether you are an experienced skier/snowboarder or have never tried it, this program is for you. Choose which package suits you best. Lessons will allow participants to pass through zones, then continue to the hill to practice their skills. All participants will receive a Little Switzerland Ski Club Membership, allowing them

to come back for the day for a nominal fee. Prices include bus transportation. This is a great program to sign up with a friend. All registrations and Little Switzerland paperwork must be completed no later than Friday, December 6. Helmets are required, if you need a helmet, please call the Recreation Department. If you are renting equipment the helmet is included. \*\*Additional fees may occur depending on waiver selections.

**Page 21**

**Instructor:**

**SKYHAWKS SOCCER**

Developed over 40 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progression-based curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer.

**Page 18**

**Instructor:** Skyhawks Staff

**SOCCERTOTS**

Youth interested in getting involved with soccer and improving their fundamentals through shooting, dribbling, and ball control drills and encouraged to sign up for this class. Please bring appropriate footwear (i.e. cleats) and a water bottle.

**Page 18**

**Instructor:** Skyhawks Staff

**SOCCER, YOUTH INDOOR**

**Co-Op**

Our indoor soccer program consists of instruction and competitive play. Emphasis is on learning the fundamentals of the game, techniques, conditioning and sportsmanship. Participants divide into teams to play scrimmage games and have fun! All players should wear shin guards and athletic shoes to each practice

**Page 19, 20**

**Instructor:** Rob Dubinski, WFB High School Head Varsity Coach

**SPANISH PROGRAMS, ADULT**

**Co-Op**

**BEGINNING SPANISH:** Learn Spanish skills in a small class setting. Pick up new vocabulary with a focus on traveling, education and leisure, as well as learning about Latin American cultures. Students will focus on grammatical skills, verb conjugation and idiomatic expressions.

**CONVERSATIONAL SPANISH:** It is time to use your Spanish skills in a small class setting. We will work with all the tenses, grammar, reading and comprehension skills.

**Page 7**

**Instructor:** Rosalba Romero

**TAI CHI CHUAN**

**Co-Op**

Tai Chi Chuan is great for seniors. You can learn how to use movement to relax and balance your energy system. Wear comfortable clothing and flat soled shoes or stocking feet. Seniors and those with health limitations are encouraged to participate, as the movements can be adjusted to fit any fitness level. The more we hurt the less we move. The less we move the more we hurt. Let this class help you enhance your quality of life. Classes taught by a certified master instructor.

**Page 6**

**TINY TUMBLERS**

This course will introduce children to gymnastics. Participants will become comfortable with their body and trying new and challenging movements. Age 2-3 participants must have an adult that actively participates in the class.

**Page 16, 20**

**Instructor:**

**VOLLEYBALL - COED OPEN ADULT**

Serve, bump and volley. Come improve your skills during open volleyball. For beginner to advanced players.

**Page 7**

**Instructor:** Margaux Machut

**VOLLEYBALL - ADULT LEAGUE**

Join our Fall Adult Volleyball League for a fun and competitive season from October to December! Matches are held on Sunday evenings at the Shorewood High School Arena, North Gym, and Middle School Gym Indoor courts. Register as a team! If you are an individual looking for a team, reach out to shorewoodvolleyball@gmail.com. The league features a round-robin format, culminating in playoffs and a championship. Officials, scorekeepers, and concession stands provided and support the Shorewood Volleyball Program. Registration fee is per team, please contact the Recreation Department for roster form. If you have questions, please email shorewoodvolleyball@gmail.com. Come enjoy the game, meet new friends, and compete for the championship!

**Page 8**

**Instructor:** Shorewood Volleyball Program

**VOLLEYBALL, PASSING PUPS**

Girls and boys who would love to learn the fundamentals of passing, setting, hitting, and serving are invited to register. Build your skills in a fun yet challenging setting. Whether you love the sport of volleyball or you just want to learn more, this class is for you. Mikala Sebastian played volleyball at UW Oshkosh and coached at the college, high school, and club levels. She also works in behavioral health and psychological development and brings that to support team dynamics.

**Page 20, 21**

**Instructor:** Mikayla Sebastian and SHS Volleyball coaches

**WREATH MAKING****Co-Op**

In each workshop students will be taught how to make a designer deco mesh wreath using quality materials. Class cost includes all materials and tools needed to make a full 25-inch wreath. At the end of each class, there will be a free raffle for a small prize! Follow MJ on her Business Facebook page (@MJWhiteDesign-HomeDecor) or Email her at (mjwhitedesigns@gmail.com) to see wreath workshop designs or if you have any questions.

**Page 9**

**Instructor:** MJ White, MJ's Designs and Home Decor

**YOGA, MINDFUL, VIRTUAL**

This unique offering combines gentle yogic stretching and strengthening with mindful awareness instruction. It's a two-for-one: cultivate a healthy body AND a healthy mind. Finish feeling relaxed, refreshed, and focused. Jamie Lynn Tatera is a certified

yoga and mindfulness instructor with years of experience teaching gentle yoga. This is being offered virtually.

**Page 6, 8**

**Instructor:** Jamie Lynn Tatera

**YOGA, HATHA, SUNRISE SERENITY**

This Hatha Yoga class offers a unique blend of traditional yoga practices and modern fitness principles. This class is designed to provide a comprehensive workout while promoting flexibility, strength, balance, and relaxation. All are welcome to join a fun filled atmosphere whether you are a beginner or moderate practicing yogi. Come as you are! We have yoga mats, blocks, and blankets, but feel free to bring your own supplies!

**Page 6, 8**

**Instructor:** Jess McCabe

**ZUMBA****Co-Op**

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

**Page 7, 9**

**Instructor:** Tatiana Nuss, Certified Zumba Instructor

# BIRTHDAY PARTIES

Let the Shorewood Recreation Department host your child's next birthday party. Parties must be booked at least two weeks in advance, starting from September 21, pending availability. Reservations are for Saturdays and Sundays only. Adjustments (ie: the number of guests, time, or theme) will not be honored after two weeks prior to the party date. A recreation staff will be provided, but adult supervision is required. Make your child's birthday special with us!

## BOWLING BIRTHDAY PARTY

### Grade 1 - 6

Celebrate your birthday at the Shorewood High School Bowling Lanes! We provide 4 lanes, music, bowling shoes, and bowling balls for your party. Enjoy our optional moon-glow lighting for an extra fun experience. The fee covers up to 16 guests. Due to limited space, no additional guests can be accommodated.

**Location:** SHS Bowling Alley & Youth Center  
**Length:** 1½ hours  
**Fee:** Resident - \$125  
Non-Resident - \$175



## POOL BIRTHDAY PARTY

### Grade 5K - 8

Enjoy a swim in the VHE Pool with your friends from 2:00 - 4:00 pm on Saturdays or Sundays, followed by a celebration in the VHE Upper Lobby. To ensure safety, at least two adults must be in the water at all times. The fee covers up to 20 guests, and additional swim passes can be purchased for extra guests.

**Location:** VHE Pool & VHE Upper Lobby  
**Length:** 2 hours  
**Fee:** Resident - \$125  
Non-Resident - \$175

## SPORTS BIRTHDAY PARTY

### Grade 5K - 8

Join us at Shorewood High School's North Gym for a fun-filled sports party! Choose to play one sport or mix and match from basketball, soccer, kickball, or dodgeball - we'll provide all the equipment. Our staff will be on hand to facilitate the games. The VHE Pool Upper Lobby will be reserved for your party gathering. The fee includes up to 18 guests, with the option to add more guests at \$4 each, up to a maximum of 24 guests. Please note: If you choose basketball, the hoops in the North Gym are set at 10 feet and cannot be lowered.

**Location:** North Gym & VHE Pool Upper Lobby  
**Length:** 1½ hours  
**Fee:** Resident - \$125  
Non-Resident - \$175

## MINI-GAMES BIRTHDAY PARTY

### Age 3 - 5K

Can't decide on a birthday party theme? Celebrate at Shorewood High School's North Gym with a variety of mini-games like Jenga, bowling, Connect 4, giant parachute, bags, and other gym activities. Mix and match your favorite games, and we'll provide all the equipment. Our staff will be there to facilitate the activities. The VHE Pool Upper Lobby will be reserved for your party gathering. The fee covers up to 18 guests, with the option to add more guests at \$4 each, up to a maximum of 24 guests.

**Location:** North Gym & VHE Pool Upper Lobby  
**Length:** 1½ hours  
**Fee:** Resident - \$125  
Non-Resident - \$175



### 1. A MESSAGE TO PARENTS

For all programs, age and grade requirement will be as of the first day of the class, unless otherwise specified. Please only register your child in the class when he/she meets the requirements. All age and grade requirements are set to benefit the child and make instruction consistent for our staff. In some instances, the requirements have been set for the child's safety.

### 2. PICK UP AND DROP OFF FOR PROGRAMS

We are UNABLE to escort your child to and from any recreation programs due to the staffing needs that this service would require. All transportation arrangements for classes must be made on the parent/guardian's part. Parents are reminded to pick their children up at the completion time listed for the activity they are participating in. Recreation staff are not responsible for participants once their class is completed (they are not paid to wait for parents who are late in picking up their children). We also ask parents to stress to their children that when they are in a school building, they should go directly to their program activity area and not wander around the building. We do not wish to lose our privilege to utilize these facilities because of participants being where they should not be. Your cooperation with this is greatly appreciated.

### 3. DISRUPTIVE PARTICIPANTS

During the course of our programs, there have been times that disruptive participants have impacted our classes. Our instructors try to work with these participants; however, sometimes the behavior becomes such that it affects the ability of the other students to learn, of the instructor to teach, or provide a safe learning environment. The following procedure will be in effect if problems occur:

- Verbal contact between instructor and program participant and/or parent.
- Verbal contact between the Recreation Department and program participant and/or parent.
- Reoccurrence following these conversations will result in removal from the program.

There will be no refund of fees for individuals removed from programs due to disruptive behavior. The determination of program offering depends on the number of registered participants.

### 4. ON-SITE REGISTRATION

Instructors will not accept registration or payment at the class site. All registration transactions must be complete at the Recreation Department or Fitness Center prior to classes starting, or by the sign-up deadline. **The price of the class is increased by \$10 if you register the day of or after the class has started.**

### 5. REDUCE / WAIVER OF FEES

The Shorewood Recreation and Community Services Department recognizes that some of the resident of the Village of Shore-

wood may require financial assistance to participate in recreation programs. If your child attends Shorewood Public Schools and has qualified for Shorewood's Nutritional Services Free and Reduced Meal Program, the student and their family members may receive the reduced program fees as listed below. Please indicate your participation in the Shorewood Nutritional Services Free and Reduced Meal Program on your registration form. If you live in the Village of Shorewood, you may qualify for reduced program fees. Please complete a reduced program fee form and return the form to the Shorewood Recreation Department. The Recreation Department will notify you regarding your eligibility to receive the reduced program fees as listed below within two business days after receiving your application. Upon approval of your request, payment will be required prior to participation in the program. Reduced program fees are not granted after the registration has been processed. The Shorewood Recreation Department reserves the right to deny participants request for reduced program fees. Program fees may be reduced by the following:

Cost of Class	Discount on Program Fees
Up to \$10	Minimum payment of \$5
\$10.01 - \$29.99	\$5 discount
\$30 and above	\$10 discount

Programs that do not qualify for a discount rate include vendor programs, field trips, co-op programs, and *Activity Nights*. The Recreation Department does not want to exclude any Shorewood Public School student or a student that lives in Shorewood who may be unable to participate due to financial hardship. If a family is unable to pay the entire youth program fee, the parent/guardian should contact the Department in writing and arrangements may be made so that the youth is able to participate at a further reduced program fee. **The Recreation Department does offer payment plan options.**

### 6. UNABLE TO PAY YOUR PROGRAM FEES IN FULL AT THE TIME OF REGISTRATION?

Please contact the Recreation Department at (414) 963-6913 x 4 for information about payment plan options.

### 7. CANCELLED CLASSES

All programs are subject to change. Programs will be subject to cancellation should low attendance warrant such a decision. There may be times classes need to be cancelled due to weather, facility scheduling, etc. We will attempt to reschedule the class. If we are unable to make up the class, we will determine on a case by case basis whether or not we will issue a refund or credit. For program closing due to inclement weather, or other reasons, call (414) 963-6913 x 3 or check the website at:

[www.shorewoodschoools.org](http://www.shorewoodschoools.org)

### 8. SHARING OF PERSONAL INFORMATION

The Shorewood Recreation and Community Services Department requires personal information from each participant on the registration form. The information provided to us by each individual is used solely for the purpose of participating in Shorewood Recreation programs. The Shorewood Recreation Department will not share participant's information with outside parties.

### 9. LATE FEES

All program registrations must occur prior to classes starting, or by the sign-up deadline. **The price of the class is increased by \$10 if you register the day of or after the class has started.** Please register early.

### 10. REFUND PROCEDURE

Full refunds will not be issued unless a program is cancelled by the Recreation Department.

### 11. RETURNED CHECKS

There will be a service fee on all returned checks.

### 12. CAN I DROP A CLASS AFTER IT STARTED?

You are important to us! The Shorewood Recreation and Community Services Department is committed to excellence by providing high quality programs and services. If you or a family member are not satisfied with a class, program or service offered by the Department, please let us know prior to the start of the third class. **In order to receive a pro-rated credit you must notify our office prior to the 3rd class. After the 3rd class has met, a credit for that class will not be issued.** The credit expires two years from the date of issue and can be applied online.

### 13. FEE FOR TRANSFERRING OR DROPPING A CLASS BEFORE IT STARTS

You may drop or transfer a class before it starts without penalty if completed at least two business days prior to the class beginning. A \$10 fee per registration will be assessed if we do not receive this notice. You will receive credit for dropping a class, which can be applied online.

### 14. VENDOR & CO-OP PROGRAMS

These classes are contracted out by private businesses and area Recreation Departments for Shorewood Recreation. **We are unable to give a credit five business days before the start of the class.**

### 15. INCLEMENT WEATHER CANCELLATIONS

Programs will be cancelled when the weather is inclement or fields are not playable. Please call the information line, (414) 963-6913 x 3, to determine if a program is cancelled.

**16. WAITING LISTS**

If classes are filled when you enroll, please request to be placed on a waiting list, or opt for it online. If there are any cancellations or new classes opened, you will be notified by email and permitted to register for them. No names are put on a waiting list after the first class has met. Please do not attend the class if you are on a waiting list. Payment is not accepted for the waiting list.

**17. SMOKING/ALCOHOL USE POLICY**

The use of all tobacco products or drinking of alcoholic beverages on all School District premises is prohibited by state law.

**18. DONATION FOR RECREATION**

Rounding up your program fee helps provide financial support to individuals who are unable to afford program fees. If you are rounding up, please put the amount you would like to round up in the appropriate box on the registration form. You can donate online by going to [Donation for Recreation](#) or with your phone registration.

**19. PHOTOS & SOCIAL MEDIA**

For program promotion, photographs may be taken of participants from time to time. If you do not wish to have your photograph taken, please notify the photographer and/or class instructor. The Shorewood Recreation Department uses social media as one of the ways to promote our programs. Please inform us if you choose to opt out of photo use and/or social media.

**20. A GREAT GIFT IDEA - GIFT CERTIFICATE**

Do you have a friend or family that has everything? The Shorewood Recreation and Community Services Gift Certificates are available in any amount and can be used toward any program offered in the Recreation Activity Guide. Contact us for more information.

**21. DO YOU WANT TO WORK FOR US?**

Do you have a skill, talent, or knowledge you would like to share through the Recreation Department? Contact us for a program proposal form or go online to the School District website at: [www.shorewoodschoools.org](http://www.shorewoodschoools.org)

**22. EMPLOYMENT OPPORTUNITIES**

Applications are being accepted for job opportunities including lifeguards, swim instructors, aerobic and water aerobic instructors, sport instructors, art and crafts specialists, and fitness instructors. Applications can be downloaded from the District website at: [www.shorewoodschoools.org](http://www.shorewoodschoools.org)

**23. HOSPITAL / MEDICAL INSURANCE**

The School District of Shorewood does not provide hospital/medical insurance coverage for people participating in sponsored activities.

**24. TYPO, HUMAN ERROR, WE GOOFED...!**

Occasionally there may be an error in days, times, registration requirement or fees in the bulletin. When such an error occurs, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding.

**25. SHOREWOOD RECREATION ADVISORY COMMITTEES**

A special thank you to the individuals who are serving on the Shorewood Recreation and Community Services Advisory Committee for the 2023 - 2024 school year:

Abby Fowler  
Shantha Jhansale  
Sarah Kidd  
Monica Liberatore

Colleen Patzer  
Lindsay Schmit  
Molly Pahl Skwierawski  
Sarah Wahlstrom Helgren

A special thank you to the individuals who are serving on the SCFC Advisory Committee for the 2023 - 2024 school year:

Lisa Balistrieri  
Stig Ostling  
Liz Germanotta

Barbara Weber

If you are interested in serving on our Advisory Committees, please contact the Recreation Department.

**26. LOCK IT UP!**

Shorewood Recreation Department is not responsible for any items lost or stolen. Please bring a lock to secure your personal belongings. Please leave your valuables at home. It is strongly suggested that you always lock your bike.

**27. INDIVIDUALS WITH SPECIAL NEEDS**

Shorewood Recreation and Community Services Department programs are open to all children and adults, including those with special needs. For assistance and information, please call (414) 963-6913 x 4.

**28. NON-DISCRIMINATION POLICY**

The Shorewood School District does not discriminate on the basis of sex, race, color, national origin, religion, age, sexual orientation, creed, ancestry, pregnancy, marital or parental status, gender identity or expression, veteran status, physical, mental, emotional or learning disability, or any other legally protected status in its educational programs, activities, or employment with the District. The District also provides equal access to the Boy Scouts and other designated youth groups. The following designee handles inquiries regarding non-discrimination policies: Director of Human Resources, Title IX Coordinator and Compliance Officer, 1701 E. Capitol Drive, Shorewood, WI 53211, 414-961-2854, [humanresources@shorewood.k12.wi.us](mailto:humanresources@shorewood.k12.wi.us).

**29. GENDER DIVERSITY**

Shorewood Recreation recognizes that not all individuals identify

with the gender they are assigned at birth or may identify as a gender other than male or female. Participants are encouraged to register for activities based on the gender they most identify with. If you are not sure or have another gender identity, please contact the Recreation Department.

**30. DOGS ARE NOT ALLOWED ON SCHOOL DISTRICT GROUNDS.****31. COMMUNITY SWIM SCHEDULES**

Pool schedules are subject to change at a moment's notice. Each sign that is posted is dated. To find out what the pool schedule is for the day, call the pool hotline at (414) 963-6913 x 1 or visit our website at: [www.shorewoodschoools.org](http://www.shorewoodschoools.org)

**32. 90+ CLUB**

Are you 90 years or older, live in Shorewood, and participate in Shorewood Recreation and Community Services Department programs? If so, please contact the Recreation Department. You are eligible to participate in our programs and the Shorewood Community Fitness Center for **FREE!** The 90+ Club does not include co-op programs, vendor programs and field trips.

**33. ELECTRONIC SURVEILLANCE**

Shorewood High School utilizes video surveillance equipment inside and outside of the buildings on the campus. This surveillance has been designed to protect buildings.

**34. SCHOOL DISTRICT POLICIES AND GUIDELINES**

All recreation program participants, Fitness Center members, and community swimmers must follow Shorewood School District policies and guidelines. These documents are located at: [www.shorewoodschoools.org](http://www.shorewoodschoools.org) under the District tab, Board of Education file.

10.20.2024

# HALLOWEEN



SPECTOR FIELD, SHOREWOOD, W 53211



## ZOMBIE FUN RUN!

Get ready for a spooktacular time! On Sunday, October 20th at 10:00 AM, join us at Spector Field for a two-mile fun run and costume competition. Don your most creative costumes for a chance to win exciting prizes! Children under 10 years old are free! All proceeds from this event will support the Shorewood High School boys and girls cross country teams. Don't miss out on the fun, and show off your Halloween spirit! To register go to [shorewoodrecreation.org](http://shorewoodrecreation.org) or stop by the Fitness Center.



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Milwaukee, WI  
Permit No. 483

## SHOREWOOD SCHOOL DISTRICT

Recreation and Community  
Services Department  
1701 E. Capitol Dr.  
Shorewood, WI 53211

\*\*\*\*\*ECRWSS\*\*\*\*\*

414-963-6913 x 4  
[www.shorewoodschools.org](http://www.shorewoodschools.org)

Residential Customer

Discover four opportunities inside to enroll in our  
**Safe Sitter® Babysitter Essentials with CPR** program.

