

CE&Rec

Community Education & Recreation

Activity Guide

Summer 2025

W152 N8645 Margaret Rd. Menomonee Falls, WI 53051 | (262) 255-8460 | fallsrec.org

Online
Registration
OPENS
Sunday,
April 13
at 9:00 PM





**Menomonee Falls
Community Education &
Recreation Department**

Offices are located in the
Menomonee Falls Community Center
W152 N8645 Margaret Road
Menomonee Falls, WI 53051
www.fallsrec.org

Office Hours

Monday–Friday 8:00 AM–4:30 PM

Phone (262) 255-8460

Fax (262) 255-8411

**Office will be closed April 18, May 26
and July 4**

CE & Rec Department Staff

- Jason Husslein, Director
- Dan Zeroth, Recreation Supervisor
- Candice Southcott, Recreation Supervisor
- Lori Oertel, Older Adult & Volunteer Supervisor
- Jacque Mohar, Aquatics & Adult Fitness Supervisor
- Julie Hardy, Administrative Assistant
- Rachel Johnson, Administrative Assistant
- Jackie D'Angelo, Administrative Assistant

Last day to register for Falls Summer Academy
May 15



Classes held Monday–Friday
**June 23–July 3
and July 7–July 18**

Supportive Programs, Fun Challenging Enrichment Classes
Credit Recovery and Sports & Fitness

MOST CLASSES ARE FREE!

Grades
4K–2
Shady Lane

Grades
3–5
Valley View

Grades
6–8
North Middle

Grades
9–12
High School

See page 29



**Community Center
CONSTRUCTION
UPDATE**

Construction on the Community Center/Riverside School project will begin in mid-April.

Beginning in mid June, access to our main entrance will be closed and entry will be gained through the Riverside School main entrance.

CE & Rec offices will be moved to Riverside during the summer.



See page 11



FIT in the
PARKS
Menomonee Falls, Wisconsin

See page 39



WHEN TO REGISTER

RESIDENT online registration begins	Sunday, April 13, 9:00 PM
Drop Box, Mail or in Person	Monday, April 14
NON-RESIDENT online registration begins	Thurs, April 17, 9:00 PM



4 Easy Ways to Register



★ Online *Best chance to get into the class that you want.*

Go to www.fallsrec.org and sign in to your account. If you do not have an account, select "Create an account". You must create an account for an adult first, then add any children.

Mail

Complete the registration form at the back of the guide and mail it to: CE & Rec Dept. W152 N8645 Margaret Rd., Menomonee Falls, WI 53051

After Hours Outdoor Drop Box

Outdoor drop box located next to the front entrance of the Community Center.

In Person 8:00 AM–4:30 PM

Stop in our office with a completed registration form, or blank forms are available in our office.

Summer 2025

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Questions?

Call us, we are happy to help.
(262) 255-8460



Inclement Weather Cancellations

If Menomonee Falls Schools are closed due to inclement weather, all CE & Rec programs will also be cancelled.

For information regarding class cancellations due to bad weather, call (262) 255-8376 or check our Facebook page @fallsrec.



WE'RE HIRING FOR SUMMER!

DEVELOP SKILLS, BUILD CONFIDENCE, AND GAIN VALUABLE WORK EXPERIENCE WITH THE CE & REC




- SUMMER KIDS INC LEADER
- LIFEGUARD
- SWIM INSTRUCTOR
- SOFTBALL OFFICIALS
- YOUTH SOCCER & BASEBALL STAFF



Details and application at wecan.waspa.org/employer/vacancy

The School District of Menomonee Falls does not discriminate in employment, program opportunities, or delivery of services. WI Statute 118.13



AQUATICS & OPEN SWIM

Important Policies

Pool rules are enforced by the lifeguards. Follow all instructions by lifeguards. Lifeguards have the authority to make discretionary rules to maintain safety and prevent injury. Safe, appropriate behavior is expected by all swimmers and spectators. Anyone creating an unsafe environment will lose the privilege of swimming for a period specified by the CE & Rec Staff.

Supervision: Children up to age 10 must be accompanied by an Adult (18+) at all times. Children 11+ are allowed at the pool unaccompanied. Children 6 years or younger must have an adult in the water with them and within arm's reach.

Locker Room: Do not leave anything unattended in the locker rooms. A lock is recommended if utilizing the lockers. We are not responsible for any lost or stolen items. Children 5 years or older must use the gender appropriate locker room. Locker rooms open 15 minutes before programs begin and close 15 minutes after last program of the day.

Pool Toys: Pool Toys from home must be approved by the lifeguard. **No inflatable toys or swim aids allowed.** Pool toys, swim aids, and life jackets are provided but may not be available if classes are going on.

Special Rules: All activities involving prolonged breath-holding are prohibited.

Parking: Garfield Drive offers public parking, but availability may be limited due to events in Village Park across the street. We recommend arriving early to secure a parking spot.

North Pool Facts ...

Pool size is 25 Yards / 6 Lanes
Depth ranges from 3-1/2 to 12 feet
1 mile = 72 lengths or 36 laps
Average temperature is 84 degrees

All Swim Programs Held at North Middle School Pool

N88 W16750 Garfield Drive, Menomonee Falls



***Pool Closed April 18-21; May 23-26; July 3 at noon through July 6; July 25, Aug 1**

Birthday Parties
Swim testing for Scout Groups
Open Swim for Groups of 15 or more

Please contact the CE & Rec Office a minimum of 2 weeks in advance to schedule any of these group activities during Open Swim times.

Open Swim Fees

A swim pass entitles the owner admission to Open and/or Lap Swim. Passes can be purchased at the CE & Rec Office or the pool. Cash or check accepted at the pool, no cards. **Please bring exact change.**

Spring Pass: Valid Mar 17-June 7*

Summer Pass: Valid June 16-Aug 16

	Per Use Fee	Res. Swim Pass	Non-Res. Swim Pass
Adult (18+)	\$4	\$45	\$55
Child (4-17)	\$3	\$25	\$30
Family	N/A	\$75	\$84
Senior 55+	\$3	\$35	\$42

Punch Cards

Entitles the owner 12 admissions to Open and/or Lap Swim. Punch cards can be purchased at the CE & Rec Office or the pool. Cards are non-transferrable.

	Resident	Non-Res.
Adult	\$38	\$45
Senior 55+	\$31	\$39

Adult Lap Swim & Water Walking

Designed for all kinds of aquatic fitness! Lap lanes are available for swimming and walking. Sharing lap lanes is expected during high volume times. The deep end of the pool is available for treading water and deep water jogging. A shallow area is also available for stretching and resistance training. Equipment is available upon request.

Spring Session: Mar 17-June 7 (See closed dates above)

Mon, Wed & Fri	4:00 PM-5:00 PM and 5:00 PM-6:45 PM*
Saturday	8:00 AM-9:00 AM and 9:00 AM-12:00 PM*

Summer Session: June 16-Aug 16 (See closed dates above)

Mon-Sat	8:00 AM-9:00 AM and 9:00 AM-12:00 PM*
Mon, Wed, Thu	4:00 PM-5:00 PM and 5:00 PM-6:45 PM*
Tue	4:00 PM-4:30 PM and 4:30 PM-6:45*

* Denotes additional programming also in the pool

Open Swim

This designated time is for families and friends to enjoy the pool. Life jackets, swim toys, and swim equipment is available.

Summer Session: June 16-Aug 16 (See closed dates above)

Mon-Fri	12:00 PM-2:45 PM
Thur	5:00-6:45 PM
Sat	12:00 PM-2:45 PM





American Red Cross Aquatic Program Level Guidelines



If your child is age 6 or older and has NOT participated in swim lessons through Menomonee Falls CE & Rec previously, they must be tested before enrolling in class. **Unsure what class you should enroll your child in for the next swimming session?** Assessments are available at the North Middle School Pool during Family Open Swim.

A parent/guardian of swim lesson children 10 years of age or younger must stay in the pool bleachers or pool area while your child is in swim lessons.

For more information contact the CE & Rec office at (262) 255-8460.

Level	Age	Description
Tadpole Parent/Child 1	6 mo–3 yrs An adult must accompany the child in the water. Swim diapers are required.	This class offers a comfortable environment for parents and children to explore water through games and songs.
Frog Parent/Child 2	6 mo–3 yrs An adult must accompany the child in the water. Swim diapers are required.	Building on skills from P/C Level 1, this level introduces basic water skills such as kicking and floating through songs and games.
Turtle Preschool 1	3–5 yrs Child must be able to be in class without an adult.	Familiarize children with the aquatic environment and help them acquire basic aquatic skills. Back floats, glides, moving in the water with assistance. Focus is gaining confidence.
Narwhal Preschool 2	3–5 yrs Successfully demonstrates all Preschool Level 1 skills.	Build on and improve skills learned in Preschool Aquatics Level 1. Helps children gain confidence in the water and introduces basic water safety topics. Continue to work on floating, glides, movement in the water and building strength and confidence.
Dolphin Preschool 3	4–5 yrs Successfully demonstrates all Preschool Level 1 & 2 skills.	Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2. Continue to build strength and confidence. Children will work toward performing skills independently.

Level Ages 6+	Age	Description
Level 1	6–13 yrs	In Level 1, elementary aquatic skills are taught, which children will build on as they progress through the Learn-to-Swim levels. In addition to rhythmic breathing and floating, skills include various kicks and arm strokes.
Level 2	6–13 yrs Passed Level 1 or can demonstrate all required skills of Level 1.	In Level 2, the main goal is to help children develop basic swimming skills. During the course, children will learn how to float without any support and recover to a vertical position. They will also get the opportunity to explore moving in the water, which will set the foundation for future swimming strokes. Additionally, an introduction to deep water will be included in this course.
Level 3	6–13 yrs Passed Level 2 or can demonstrate all required skills of Level 2.	Level 3 is designed to enhance the skills that children have learned in Level 2 through guided practice. At this level, children will learn how to coordinate the front crawl, elementary backstroke, and the fundamentals of treading water. They will also learn head-first entries and additional safety skills. The most important outcome of this level is for children to be able to swim comfortably in deep water.
Level 4	7–13 yrs Passed Level 3 or can demonstrate all required skills of Level 3.	In Level 4, the goal is to help children gain confidence in the strokes they have learned so far and to improve their overall aquatic skills. During this level, they will learn to enhance their skills and endurance in familiar strokes such as front and back crawl. Additionally, they will be introduced to the elementary backstroke, breaststroke, and butterfly. They will build strength and endurance.
Level 5	7–13 yrs Passed Level 4 or can demonstrate all required skills of Level 4.	The goal of Level 5 is to combine the skills taught in Level 4, such as sidestroke, breaststroke, and butterfly, as well as underwater swimming and surface dives. They will continue to build strength and endurance.



DAILY SWIM LESSONS

Registration dates for Daily Lessons have changed.

Registration date for each session is listed in the chart below.

American Red Cross Daily Swim Lessons

8 Weeks | Ages 6 months–13 years

Classes are held Monday through Thursday. If classes need to be cancelled during the week due to lightning, inclement weather, or accident or incident, make-up classes will be held on Friday of that week.

! A parent/guardian of swim lesson children 10 years or younger must stay in the pool bleachers or pool area while your child is in swim lessons.

Fee: \$59 Resident, \$71 NR								Fee: \$65 Resident, \$79 NR		
Level	P/C 1 Tadpole	P/C 2 Frog	PS 1 Turtle	PS 2 Narwahl	PS3 Dolphin	Level 1	Level 2	Level 3	Level 4	Level 5
Ages	6mo–3yrs w/adult	6mo–3yrs w/adult	3–5 yrs	3–5 yrs	4–5 yrs	6–13 yrs	6–13 yrs	6–13 yrs	7–13 yrs	7–13 yrs
SESSION I										
June 16–June 26										
<i>Registration opens May 18</i>										
9:00–9:30 AM			31856			31860				
9:00–9:40 AM								31864		
9:35–10:05 AM				31858			31862			
9:45–10:25 AM									31866	
10:10–10:40 AM					31859	31861				
10:30–11:10 AM								31865		
10:45–11:15 AM			31857				31863			
SESSION II										
July 7–July 17										
<i>Registration opens June 15</i>										
9:00–9:30 AM			31867			31871				
9:00–9:40 AM										31877
9:35–10:05 AM				31869			31873			
9:45–10:25 AM								31875		
10:10–10:40 AM					31870	31872				
10:30–11:10 AM									31876	
10:45–11:15 AM			31868				31874			
SESSION III										
July 21–July 31										
<i>Registration opens July 6</i>										
9:00–9:30 AM			31878			31882				
9:00–9:40 AM								31886		
9:35–10:05 AM				31880			31884			
9:45–10:25 AM									31888	
10:10–10:40 AM					31881	31883				
10:30–11:10 AM								31887		
10:45–11:15 AM			31879				31885			
SESSION IV										
Aug 4–Aug 14										
<i>Registration opens July 20</i>										
9:00–9:30 AM			31889			31893				
9:00–9:40 AM										31899
9:35–10:05 AM				31891			31895			
9:45–10:25 AM								31897		
10:10–10:40 AM					31892	31894				
10:30–11:10 AM									31898	
10:45–11:15 AM			31890				31896			



American Red Cross Weekly Swim Lessons

8 Weeks | Ages 6 months–13 years

- You must wait until your child has completed their current swim level before registering for the next level.
- A \$10 fee will be charged for any transfers or cancellations.
- For more Aquatics Program Information contact the CE & Rec office at (262) 255-8460.

Online Registration
for Weekly Swim Lessons
OPENS Sunday, May 18
at 9:00 PM

A parent/guardian of swim lesson children 10 years or younger must stay in the pool bleachers or pool area while your child is in swim lessons.

Fee: \$59 Resident, \$71 NR								Fee: \$65 Resident, \$79 NR		
Level	P/C 1 Tadpole	P/C 2 Frog	PS 1 Turtle	PS 2 Narwahl	PS3 Dolphin	Level 1	Level 2	Level 3	Level 4	Level 5
Ages	6 mo–3yrs w/adult	6 mo–3yrs w/adult	3–5 yrs	3–5 yrs	4–5 yrs	6–13 yrs	6–13 yrs	6–13 yrs	7–13 yrs	7–13 yrs
Mondays June 16–Aug 4										
5:00–5:30	31815						31832			
5:00–5:40										31854
5:35–6:05			31819					31839		
5:45–6:25									31845	
6:10–6:40				31824						
6:30–7:00							31840			
6:45–7:15					31828					
7:05–7:35						31833				
Tuesdays June 17–Aug 5										
4:30–5:00			31820				31834			
4:30–5:10									31850	
5:05–5:35				31825				31841		
5:15–5:55									31846	
5:40–6:10					31829					
5:40–6:20									31847	
6:00–6:30								31842		
6:15–6:45			31821							
6:25–7:05										31851
6:35–7:05							31835			
Wednesdays June 18–Aug 6										
5:00–5:30		31817						31836		
5:00–5:40										31852
5:35–6:05			31822						31843	
5:45–6:15							31837			
6:10–6:40				31826						
6:10–6:50									31848	
6:45–7:15						31830				
6:55–7:35										31855
Saturday June 21–Aug 16 no class 7/5										
9:00–9:30 AM	31816							31838		
9:35–10:05 AM		31818							31844	
10:10–10:40 AM			31823							
10:10–10:50 AM									31849	
10:45–11:15 AM				31827						
10:55–11:35 AM										31853
11:20–11:50 AM						31831				



AQUATICS PROGRAMS

Aquapals: Children with Disabilities

Ages 5-16

Children with special needs will learn and improve swimming skills through specialized swimming instruction. We provide one instructor for every 3 students.

Wed, 6/18-8/6, 30m

6:10 PM Class #31752

6:45 PM Class #31753

North Middle School Pool

Aquatic Staff

R \$38 NR \$45 8 classes

Adult Swim Lessons

Ages 14+

Whether you are learning the basics or swimming for fitness, this swim program is perfect for older teens and adults. Our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment and under the guidance of a trained instructor.

Mon, 6/16-8/4, 40m

6:10 PM Class #31730

6:55 PM Class #31731

North Middle School Pool

Aquatic Staff

R \$65 NR \$79 8 classes

Junior Lifeguard

Ages 11-14

Junior lifeguarding is an effective transition from an upper-level Learn-to-Swim course, challenging and encouraging participants to stay involved with aquatics. This class will focus on swimming development, lifesaving skills, teamwork, and decision-making skills. Participants will have an opportunity to shadow the CE & Rec Aquatics team to get a sense of being on the job. Junior lifeguarding is designed for youth, 11-14 years of age or those who have completed the 5th grade.

Mon-Wed, 8:00 AM, 4h

6/30-7/2 Class #31732

North Middle School Pool

Aquatic Staff

R \$90 NR \$108 3 classes

Lifeguard

Ages 15+

This blended learning course includes an online class (approximately 7 hours and must be completed prior to the on-site training) and an in-person skill session. Lifeguard training provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses. Participants who successfully complete the course will receive a certificate for lifeguarding/first aid/CPR/AED valid for two years. Successful participants will be eligible for employment within the CE & Rec Aquatics Department.

Fri, 4:00 PM, 4h, & Sat-Sun, 8:00 AM, 9h
8/1-8/3 Class #31733

North Middle School Pool

Aquatic Staff

R \$225 NR \$275 3 classes

Lifeguarding Instructor

Ages 17+

This course trains lifeguarding instructor candidates to teach American Red Cross lifeguarding, lifeguarding Blended Training, Shallow Water lifeguarding, Aquatic Attraction lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers, and Bloodborne Pathogens Training. *Prerequisites: Minimum age of 17 years, possess a current Red Cross certificate for lifeguarding/first aid/CPR/AED, complete the online session for the lifeguarding instructor course, and complete the pre-course session.* Note: To teach Waterfront Skills, lifeguarding instructors must possess a basic-level Waterfront Skills Certificate.

Fri, 4:00 PM, 4h, & Sat-Sun, 8:00 AM, 9h
8/8-8/10 Class #31734

North Middle School Pool

Aquatic Staff

R \$350 NR \$375 3 classes

Lifeguarding Instructor Review

Ages 18+

Current certification in Red Cross lifeguarding instructor/instructor trainer is required to participate. This in-person instructor review course is the required course for all lifeguarding instructors to recertify. During this course, lifeguarding instructors and instructor trainers will participate in an in-water practice and polish skills, in addition to a classroom-based review of Red Cross administrative policies and procedures. Lifeguarding instructors may also choose to attend a brief "test out" session following this course to gain a basic-level lifeguarding certification.

Sat, 8:00 AM, 9h

6/28 Class #31735

North Middle School Pool

Aquatic Staff

R \$75 NR \$100 1 class

Lifeguard Recertification

Ages 15+

Current certification in Red Cross lifeguarding/first aid/CPR/AED is required to participate in the review course. An abbreviated lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Students who successfully complete this course will receive a certificate for lifeguarding/first aid/CPR/AED, which is valid for 2 years.

Fri, 4:00 PM, 4h & Sat, 8:00 AM, 8h30m
5/30-5/31 Class #30832

North Middle School Pool

Aquatic Staff

R \$90 NR \$135 2 classes

NOW HIRING

**LIFEGUARDS
SWIM INSTRUCTORS
AQUA EXERCISE INSTRUCTORS**

**Flexible Hours, No Holidays
Free Training & Certification**

Summer Kids INC online registration opens Sun, April 13 at 9:00 PM



Weekly Themes

A new theme each week with engaging activities, see details online!

One Field Trip Each Week

New this year field trips will be planned for either Tuesday, Thursdays or Fridays on and off site. Trips vary by age group/location. See the Field Trip Calendar for details (available on website in late May).

Dress Up Days

The first Tuesday of every month.



Late registration is NOT accepted for Field Trip dates.

Step 1: Complete Annual Registration by May 29*

Annual Registration Fee of \$36* is required each summer before you may register for any individual dates. Complete annual registration online or return completed form to the CE & Rec office by May 29.

Register early, space is limited.



* Annual registration fees for Summer Kids INC & School Kids INC are separate.



Step 2: Register for Individual Dates

If annual registration has been completed, you may register your child for individual dates by the Wednesday prior to the week of participation.

- Online registration available until 10 PM Wednesday (or up until 10 PM Sunday for a \$5 late fee per day)
- Paper calendars can be dropped/faxed into the CE & Rec office by 4:30 PM Wednesday (or up until 4 PM on Friday for a \$5 late fee per day)
- Unregistered students will not be accepted at the sites *under any circumstances*.

A minimum of 2 days per week is required—Limited spots at each site

Program	Grade In Fall	Location	Available	Cost per Day	Additional Fee on Field Trip Day	Registration Course #
Kids INC Jr.	Gr 4K & 5K	Shady Lane	6:30 AM–6:00 PM	Res \$50 / NR \$60	\$5	31738
Kids INC	Gr 1–2	Shady Lane	6:30 AM–6:00 PM	Res \$45 / NR \$57	\$5	31739
Kids INC	Gr 3–5	Valley View	6:30 AM–6:00 PM	Res \$45 / NR \$57	\$5	31740

SAVE
—the—
DATE



NEW THIS YEAR!

Family Friday

Friday, June 20

An opportunity to meet the staff, participate in camp games and crafts. More information to follow.



FALLS SUMMER ACADEMY

What if my child is attending Summer School?

The above daily fees apply. Register your child for the same site that they will be attending Falls Summer Academy. Our staff will make sure your child gets to and from the summer school classes they are registered for, *as long as they take place in the same school*. Falls Summer Academy locations are grades 4K–2 at Shady Lane and grades 3–5 at Valley View.

PROGRAM POLICY NOTE: The Kids INC program is inclusive to students with differing abilities. If your child has special needs, please make sure to provide all pertinent information on the enrollment form. The staff will make every effort to provide a fun and safe experience for all. However, due to the nature of the program, staff cannot provide one-on-one support or individual care to a child. Students need to be potty trained and independent in the bathroom.



Grades 4K-5
September 2-June 9 (4K starts Sept 4)

No program Nov 27-28, Dec 24-25, Dec 31, Jan 1, April 3, May 26, June 10. Dates subject to change

First, complete Annual Registration which is required before you may register for individual dates.

4K Wrap Around Ben Franklin

Course #31213 **FULL**
 (Add yourself to the waiting list)

4K Wrap Around Shady Lane

Course #31214

Kids INC

Ben Franklin Course #31742
 Riverside Course #31743 (Held at Ben Franklin)
 Shady Lane Course #31744
 Valley View Course #31745 (Held at Shady Lane)



Online Registration

Annual Registration

- Visit www.fallsrec.org
- Sign in, or create a new account if needed.
- Search by entering the name of the school your child attends. For 4K Wrap Around, search "4K".
- Complete the registration and check out.
- To register for individual dates, sign back into the registration site and begin registering.

Registering Online for Individual Dates

- Due by Wednesday at 10:00 PM
- To pay the regular daily rate, individual daily registration must be completed online by 10:00 PM on the Wednesday prior to the week you need care for your child. Registration will still be accepted until Friday at 4:00 PM and online until Sunday at 10:00 PM, but will include a \$5.00 late fee per option, and \$10 late fee for same day registration.
- Log in to your account. Search by entering your school name or "4K"
- Select the week you would like to enroll your child and select *Enroll Now*. You will select only the dates you need at a later screen.
- Select the name of the child from the drop down menu.
- Select individual dates under the day you would like, and add to cart.
- Follow the prompts and continue through the registration process.

Kids INC Program

Annual Fee \$36

Offered at the elementary schools, Kids INC provides a safe and fun environment for children to receive before and after school care. Activities include homework time, group sports and activities, arts and crafts, games, special events and more. Field trips are planned throughout the year, and most admission fees are included in the daily fee.

- Students must use the program at least two days per week, or 8 days per month.
- A \$5 late fee, per option, will be applied if daily registration is not completed by the weekly Wednesday due date.
- Full Day Note: Students who attend Valley View or Shady Lane must attend at Shady Lane; Students who attend Ben Franklin or Riverside must attend at Ben Franklin.

The Kids INC program is inclusive to students with differing abilities. If your child has special needs, please make sure to provide all pertinent information on the enrollment form. The staff will make every effort to provide a fun and safe experience for all. However, due to the nature of the program, staff cannot provide one-on-one support or individual care to a child. Students need to be potty trained and independent in the bathroom.



Kids INC Daily Fees		
Before School Care (B)	6:30-8:45 AM	\$13.00
After School (S)	3:45 PM-6:00 PM	\$14.00 (M, Tu, Th, F)
	2:30 PM-6:00 PM	\$15.00 (W)
*Full Day (L, S) No-school days only	6:30 AM-6:00 PM	\$45.00

(B) Breakfast can be purchased through the school lunch program.
 (S) Includes snack. Student can bring an additional snack. No peanut products please.
 (L) Student must provide own lunch.
 NOTE: There is no access to cooling or heating appliances.



Community Center CONSTRUCTION UPDATE



General Project Timeline:

Outdoor Site Work and Community Center Addition: April 14, 2025 – January 2026
Community Center Renovations: June 17, 2025 – August 2025
Riverside Renovations: June 17, 2025 – July 2025

Beginning April 14	Beginning June 17	Beginning June 17	Beginning June 17
Limited Parking	Main Entrance Closure	Program Relocation	Registration
CE & Rec parking will be limited. The Riverside parking lot will not be impacted. Please follow posted signage and traffic patterns.	Access to the Community Center's main entrance will be closed. Please park in the Riverside parking lot and enter through the main entrance of the School. CE & Rec team members will be available in the Riverside office to assist you.	Community Center programming will temporarily move to Riverside School. We will keep you informed on new class locations.	In-person registration for programs after June 17 can be done at our temporary office location at Riverside School office. Or, register online as always at fallsrec.org .

For regular updates, stay tuned to the CE & Rec Facebook page and weekly newsletter. Thank you for your understanding as we work to improve and expand our facilities.

our events

2025

FOLLOW US @menomoneefallsevents
 Menomonee Falls Events | menomoneefallsevents@gmail.com | 262.415.7013

MAY

- 16 FALLS FAMILY MOVIE NIGHT @ VILLAGE PARK
- 24 FALLS MEMORIAL FEST @ MAIN STREET, MILL POND PLAZA & VILLAGE PARK
- 25 FREE CONCERT FOR OUR VETS @ VILLAGE PARK

JUNE

- 4 BEER GARDEN @ VILLAGE PARK
- 11 BEER GARDEN @ VILLAGE PARK
- 12 FALLS SUNSET CONCERT SERIES @ VILLAGE PARK
- 18 BEER GARDEN @ VILLAGE PARK
- 25 BEER GARDEN @ VILLAGE PARK
- 26 FALLS SUNSET CONCERT SERIES @ VILLAGE PARK

JULY

- 2 BEER GARDEN @ VILLAGE PARK
- 9 BEER GARDEN @ VILLAGE PARK
- 10 FALLS SUNSET CONCERT SERIES @ VILLAGE PARK
- 16 BEER GARDEN @ VILLAGE PARK
- 23 BEER GARDEN @ VILLAGE PARK

JULY

- 24 FALLS SUNSET CONCERT SERIES @ VILLAGE PARK
- 30 BEER GARDEN @ VILLAGE PARK
- 31 FALLS FAMILY MOVIE NIGHT @ VILLAGE PARK

AUGUST

- 6 BEER GARDEN @ VILLAGE PARK
- 9 FALLS KIDS FESTIVAL @ VILLAGE PARK
- 13 BEER GARDEN @ VILLAGE PARK
- 14 FALLS SUNSET CONCERT SERIES @ VILLAGE PARK
- 20 BEER GARDEN @ VILLAGE PARK
- 23 FALLS FESTIVAL OF THE ARTS @ MAIN STREET, MILL POND PARK & PLAZA
- 27 BEER GARDEN @ VILLAGE PARK
- 28 FALLS SUNSET CONCERT SERIES @ VILLAGE PARK

SEPTEMBER

- 3 BEER GARDEN @ VILLAGE PARK
- 6 FALLS FAMILY MOVIE NIGHT @ VILLAGE PARK



YOUTH ACTIVITIES & SPORTS

Oodles of Art

Ages 1½–4½ w/adult

Adults and children will participate together in this hands-on art class. Through sculpting, drawing, painting, songs, and movement activities, your young child's imagination will soar. There will be a new theme each week. All supplies are provided. Please bring a smock for your child. Please register children only.

Thu, 9:30 AM, 1h
5/15–6/5 Class #31273
Germantown Fire Station #1
R \$42 NR \$45 4 classes

Miss Julie's Babies Music Fun

Infant/Babies up to 18 mo w/adult

Come to a nurturing class for you and your baby as you learn a new lullaby, sing and move with your infant, teach rhythm by bouncing gently, play peek-a-boo with scarves, and connect with other parents. Pregnant mothers do not have to register for this program, they are welcome to participate in the class.

Sat, 11:20 AM, 30m
6/7 Class #31346
7/12 Class #31347
8/2 Class #31348
Germantown Fire Station #1
Julie Thompson
R \$10 NR \$13 1 class

Miss Julie's Family Music Fun

Ages 1–5 w/adult

Join us as we share music, movement, finger plays, stories, rhythm, rhyme, and more. Your child will build their social skills as they participate in this interactive class. Please register your child only. Siblings under one year or over 5 years of age may attend at no charge.

Sat, 10:30 AM, 45m
6/7 Class #31343
7/12 Class #31344
8/2 Class #31345
Germantown Fire Station #1
Julie Thompson
R \$14 NR \$17 1 class

Miss Julie's Music Fun

Ages 1–5 w/adult

Through participation in music and learning to keep the beat, your child will enhance their enjoyment and understanding of music. We will explore movement, fingerplays, rhythm, and more. Please register your child only.

Tue, 10:00 AM, 45m
5/27–6/10* Class #31336
6/17–7/1 Class #31337
7/8–7/22 Class #31338
Germantown Fire Station #1*
Germantown Kinderberg Park
Julie Thompson
R \$36 NR \$46 3 classes

Animal Safari Music Party

Ages 1–5 w/adult

This fun music party will feature songs to learn and celebrate animals. Go on a safari with us as we play games and make an animal craft to take home. Please register at least one week before the program date.

Wed, 5/14, 45m
10:30 AM Class #31339
5:30 PM Class #31340
Germantown Fire Station #1
Julie Thompson
R \$18 NR \$21 1 class

Beach Fun Music Party

Ages 1–5 w/adult

This fun music party will feature songs to learn and celebrate the beach. Come ride the waves with us as we play games and make a beach craft to take home. Please register by May 28.

Wed, 6/4, 1h
10:30 AM Class #31341
5:30 PM Class #31342
Germantown Fire Station #1
Julie Thompson
R \$18 NR \$21 1 class



**Menomonee Falls
4K & 5K Enrollment**

For more information, go to
fallsschools.org/enroll

Parent and Tot Garden Fun

Ages 3–5 w/adult

Let your little one play in the dirt while learning the basics of gardening! Each child, with help from a parent or caregiver, will plant their own container of herbs or a vegetable to take home and watch grow over the summer. Bring gardening gloves if desired. Class will be held outdoors, so please dress weather-appropriate.

Sat, 10:30 AM, 1h
5/31 Class #31162

Sat, 11:00 AM, 1h
6/7 Class #31163
Wendland Nursery
R \$26 NR \$26 1 class

Firefighters Are Your Friends

Ages 3–6 w/adult

Spend some time with your friendly firefighters! See their clothing, what they drive, and even what they eat. Parents must stay for class. Please register children only.

Wed, 6:00 PM, 1h
6/11 Class #31270
Germantown Fire Station #2
R \$10 NR \$10 1 class



Learn Not To Burn

Ages 4-7

Developed by the National Fire Protection Association, this program will teach students the basics of fire safety and burn prevention. Stories, songs, videos, and activities are used by firefighters to introduce the children to fire-safe behavior.

Thu, 6:00 PM, 1h30m
8/7-8/14 Class #31272
Survive Alive House, G-Town
R \$17 NR \$17 2 classes

DINomite Dinosaur Days **NEW!**

Ages 4-7

Get ready to explore the fascinating world of dinosaurs. We will be working with several programs to explore what the world was like over 200 million years ago. Robots, stories, games, and iPad programs, including the National Geographic electronic Dino Xcavator, will round out the program. Guaranteed to be a ROARING good time!

Mon-Thu, 9:00 AM, 1h
8/11-8/14 Class #31286
Riverside Rm 214
Computer Explorers Staff
R \$54 NR \$76 4 classes

Tech Thriller **NEW!**

Ages 7-12

In this exciting Technology Thriller, students will have the opportunity to explore several program options. Think Lego WeDo Robotics, Digital Movie Making, LEGO Motorized Data Kits, Gears, Gears & Gears, Coding & Science projects, robots, and much more. This is a great way to experiment with some of the newest technology tools available. (Students ages 7-12 that are also enrolled in Let's Get Moving can stay for lunch.)

Mon-Thu, 8/11-8/14, 1h
Ages 4-6, 10:15 AM Class #31287
Ages 7-12, 11:30 AM Class #31288
Riverside Rm 214
Computer Explorers Staff
R \$54 NR \$76 4 classes

Safety Town

Ages 5-6

Students must be age 5 and registered for kindergarten. Safety Town will teach children to evaluate the safe from unsafe when confronted with potentially dangerous situations. Safety awareness issues, including home, water, animals, cars, streets, buses, gun safety, strangers, and more, are taught in indoor class facilities. Outdoors children will learn safety while riding their pedal cars through the streets of Safety Town. Field trips, songs, games, stories, and art projects reinforce the lessons.

Mon-Fri, 2h
7/21-7/31
8:00 AM Class #31206
10:30 AM Class #31207



Riverside School, Rm 205
Kristen Muskevitsch & McKenzie Meyer
R \$67 NR \$81 9 classes

LEGO Glow **NEW!**

Ages 7-12

If you are a fan of LEGO Mania, this class is for you! Using unique LEGO Glow bricks and pieces, students will be able to create amazing projects that actually GLOW! Using black lights and flashlights, our builds seem to come to life right before your eyes. When we add our glow in the dark racetrack around our builds, the group project is spectacular! Instructional and free-build projects will be offered to ensure that every student is challenged and meets their own personal building goals.

Mon-Thu, 2:15 PM, 1h
8/11-8/14 Class #31292
Riverside Rm 214
Computer Explorers Staff
R \$54 NR \$76 4 classes



Let's Get Moving **NEW!**

Ages 7-12

Build a sail car, drag racers, and various powered machines using Lego Education 9686 Education sets! This fun Lego brick set builds simple machines & mechanisms. Students will partner up to build and explore machines and mechanisms, investigate motorized machines, and alternative energy-powered projects. These class activities build on design technology, science and mathematics, and the awesome power of conventional and alternative energy. The kits are unique as student 1 builds part A, student 2 builds part B—they combine them with supercharged batteries, and the fun begins.

Mon-Thu, 1:00 PM, 1h
8/11-8/14 Class #31289
Riverside Rm 214
Computer Explorers Staff
R \$54 NR \$76 4 classes



This symbol means the class is offered for multiple ages, under 18 and over 18.



YOUTH ACTIVITIES & SPORTS



Chalk It Up

Ages 2-18

Celebrate National Recreation and Parks Month with this FREE event. Participants will work individually or in small groups to create their own chalk masterpiece. Participants will receive a free one-week swim pass. Express your Picasso without spending any Monet! Please arrive at least 10 minutes early. Check-in table is located along Garfield Drive, between the pool and theater entrances. Registration is required, but walk-ins are accepted.

Mon, 6:00 PM, 1h
7/7 Class #31393
North Middle School
Dan Zeroth
FREE, but registration is required

Basic First Aid for Kids

Ages 8-13

Your child will have fun while learning the basics of what to do in case of an emergency. Bandaging, burn care, and calling 911 will be some of the topics covered. Parents are encouraged to stay during class.

Wed, 6:00 PM, 1h
6/18 Class #31271
Germantown Fire Station #2
R \$10 NR \$10 1 class

Stay Home Alone

Ages 8-12

Put your mind at ease as your child gains independence and self-confidence. This class will guide your child through all the stages of staying safe from being in the community, getting home safely, and all the safety tips for being home alone. Stranger danger, buddy system, dangers of the Internet, 911, basic first aid, fire safety, and much more are covered.

Mon & Wed, 7/14-7/23, 1h
11:00 AM Class #31274
12:30 PM Class #31275
Germantown Fire Station #2
Laura Gruber
R \$40 NR \$45 4 classes



Babysitter Training

Ages 11-17

This class will cover a wide range of information that can help new babysitters gain the skills and confidence needed to care for infants and children. Along with basic child care and first aid, students will learn how to recognize, understand, and handle behavior issues, how to stay safe, what to do in an emergency, and how to start their own babysitting business. Prior to class, students must download the free textbook from <https://www.redcross.org/take-a-class/participant-materials>. Participants will receive certification upon successful completion of the class. Students will need to bring a lunch and water bottle to class.

Mon, 9:00 AM, 6h
6/23 Class #31200
6/30 Class #31203

Tue, 9:00 AM, 6h
6/17 Class #31199
6/24 Class #31201

Wed, 9:00 AM, 6h
7/16* Class #31205

Thu, 9:00 AM, 6h
6/26 Class #31202

Fri, 9:00 AM, 6h
7/11* Class #31204
Riverside Rm 214
Riverside Rm 215*
Jessica Heller
R \$64 NR \$77 1 class

Bi-County Special Olympics



Ages 8-Adult w/intellectual disabilities

Bi-County Special Olympics provides year-round sports training and competition in local, regional and state tournaments. Programs give continuing opportunities to develop physical fitness, demonstrate courage and experience joy while participating in a sharing of gifts, skills, and friendship. Practices are held Saturdays within the Menomonee Falls School District.



Summer Sports Season: March-June

- Track & Field (*running, walking, field events*)
- Cornhole

Fall Sports Season: August-November

- Basketball
- Flag Football
- Swimming
- Volleyball
- Golf
- Bowling
- Bocce

For information or to volunteer, contact Alisa Novak at bicounty844@gmail.com



Creative Writing Club **NEW!**

Ages 5-10

The Creative Writing Club is designed to ignite the imaginations of young writers, foster their love of language, and cultivate their creative expression. Through exploration of classic literature, inspiring writing exercises, creative language games, and collaboration, students will explore different genres, learn and practice grammatical concepts, develop their writing skills, and build confidence in their ability to communicate effectively.

Mon-Fri, 1:00 PM, 1h30m
7/21-7/25 Class #31304
Riverside Rm 214
Afterschool Enrich. Solutions Staff
R \$138 NR \$165 5 classes

Chess Scholars

Ages 5-13

Develop your child's intellect through the royal game of chess! This camp is perfect for beginners as well as experienced players. Each day of camp will consist of a fun interactive teaching period, followed by guided practice time, allowing the students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament.

Mon-Fri, 1:00 PM, 1h30m
7/28-8/1 Class #31302
Riverside Rm 214
Afterschool Enrichment Staff
R \$138 NR \$165 5 classes

Henna Tattoo Workshop

Ages 7+

Learn how to apply your own henna tattoos. The henna used is made from the best henna plants, contains no chemicals or dyes, and is completely safe. Students will receive instruction on how to hold and apply henna with a henna cone. Designs will last 1-3 weeks. Please bring a smock or dress accordingly.

Mon, 1:00 PM, 1h
6/23 Class #31331
Tue, 1:00 PM, 1h
7/15 Class #31332
8/12 Class #31333
Survive Alive House, G-Town
Khushbu Dudhwala
R \$28 NR \$30 1 class

Healthy Habits Club **NEW!**

Ages 5-10

A fun, action-packed, and positive environment to promote physical, mental, and emotional health. Students will explore themes of communication, compassion for themselves and others, active listening, conflict resolution, gentle exercise, nutrition, mindfulness, and respect. A qualified instructor will guide the participants in hands-on learning through games, movement, creative writing, problem-solving exercises, and journaling.

Mon-Fri, 10:30 AM, 1h30m
7/28-8/1 Class #31301
Riverside Rm 214
Afterschool Enrich. Solutions Staff
R \$138 NR \$165 5 classes

Learn Magic with Glen Gerard

Ages 8+

Professional magician Glen Gerard, favorite magician of the Milwaukee Bucks, will teach you stunning magic tricks that can be performed with items found around the home. Students will learn sleight of hand, misdirection, and showmanship. Fool your friends and family with magic and be a hit at any event.

Wed, 10:30 AM, 1h
7/30 Class #31349
Survive Alive House, G-Town
Glen Gerard
R \$18 NR \$20 1 class

LIVE VIRTUAL

Spanish Summer Camp: Vamos por la Galaxia!

Ages 6-11

Through astronaut role-plays and rocket-themed activities, students will learn key vocabulary and phrases related to space, planets, and more. With engaging instructors, this fun, bilingual course builds basic language skills and fosters a love for the cosmos. Join us for a summer camp that's truly stellar.

Mon, 4:15 PM, 45m
6/23-6/26 Class #31900
Futura Language Professionals Staff
R \$74 NR \$81 4 classes

Stage Stars

Ages 5-10

Our drama class introduces students to the craft of stage acting. Students will learn theatrical skills, improve basics, and participate in interactive drama games. This is an opportunity for your child to have fun, express themselves, gain confidence, and interact with others, all within the context of theater arts.

Mon-Fri, 10:30 AM, 1h30m
7/21-7/25 Class #31303
Riverside Rm 214
Afterschool Enrichment Staff
R \$138 NR \$165 5 classes



Milwaukee Bucks Summer Youth Basketball Camp

Ages 7-14

Milwaukee Bucks Summer Camps provide a fun and team-oriented environment for boys and girls. These camps include instruction on ball handling, passing, shooting, and defensive and offensive concepts with 5 on 5 scrimmages. Bucks professional camp coaches are selected for their basketball knowledge and ability to teach kids of all ages and skill levels.

Registration and pricing available at [Bucks.com/Youthbasketball](https://bucks.com/Youthbasketball)

Mon-Fri, 9:00 AM, 6h* 8/4-8/8
*Fri, 8/8 class will end at 1:00 PM



YOUTH ACTIVITIES & SPORTS



Young Rembrandts

Coconuts & Crowns: A Polynesian Adventure Drawing Camp **NEW!**

Ages 6-12

If you like Disney's Moana, you will love this drawing camp! Discover the beauty of Polynesia through drawing. In this 5-day workshop, children will create original characters like a spirited island girl and cheeky coconut creatures, as well as traditional Polynesian flower crowns. Artists will also illustrate breathtaking ocean scenes with Wa'a Kaulua boats and the serene landscapes of island huts and native plants. This workshop blends realism with cartoons, using vibrant, no-mess materials like colored pencils and markers. Let the islands inspire your young artist.

Mon-Fri, 1:00 PM, 2h
7/7-7/11 Class #31299
Riverside Rm 214
Young Rembrandts Staff
R \$94 NR \$94 5 classes

Anime-Manga Drawing Camp **NEW!**

Ages 6-12

If you have Manga Mania, sign up for this class—we will be drawing and coloring all things ANIME! Artists will learn to draw their own anime-style characters ranging from easy to challenging—this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, Sugoi action, and more ARTastic drawings.

Mon-Fri, 1:00 PM, 2h
7/14-7/18 Class #31300
Riverside Rm 214
Young Rembrandts Staff
R \$94 NR \$94 5 classes

Theater: Elementary— The Jungle Book Kids **NEW!**

Ages 7-10

Students entering grades 2-5 are invited to be part of our jungle family in Disney's The Jungle Book Kids. Specially adapted from the classic animated film, this performance hosts colorful characters and your favorite songs from the movie. Banished by the ferocious tiger, Shere Khan, a human boy named Mowgli and his panther friend, Bagheera, are on the run in the deepest parts of the jungle. On their journey, the two meet a sinister snake named Kaa, a herd of elephants, and a giant bear named Baloo, who teaches them the swingin' musical rhythms of the jungle. After surviving a dangerous encounter with a band of monkeys led by King Louie, Mowgli and Bagheera are forced to run for their lives. When Shere Khan returns, our heroes must rally their fellow animals into battle and restore peace throughout the jungle.

Performance will be on Friday, August 1
at 11:00 AM & 5:00 PM at North Middle School Auditorium

Mon-Fri, 9:00 AM, 3h
7/21-8/1 Class #31306
North Middle School Choir Rm 130
Linda Hake
R \$275 NR \$330 10 classes

Theater: Middle School— Beetlejuice Jr. **NEW!**

Ages 11-14

It's our show now, kids! Students entering grades 6-9 are invited to spend two weeks with the ghost-with-the-most as he takes the stage in Beetlejuice Jr., the frightfully funny musical based on the beloved motion picture turned Broadway phenomenon. Lydia Deetz is a strange and unusual teenager, still grieving the loss of her mother and obsessed with the whole "being dead thing." Lucky for Lydia, she and her father moved to a new house haunted by a recently deceased couple and Beetlejuice, a delightful demon with a real zest for life. When Lydia calls on Beetlejuice to scare away anyone with a pulse, this double-crossing specter shows his true stripes, unleashing a (nether) world of pandemonium. **Performance will be on Friday, July 18**

at 11:00 AM & 7:00 PM at
North Middle School Auditorium

Mon-Fri, 9:00 AM, 4h*
7/7-7/18 Class #31305
*Wed, 7/16 class will end at 3:00 PM
North Middle School Choir Rm 130
Linda Hake
R \$300 NR \$384 10 classes



Community Band

Grades 8-12 through Adult

The Community Band is open to students entering grades 8-12, and adults of any age. No auditions are required, but you must be able to read and play band music. Recent experience is not required, so dust off your old instruments and join the band! Sponsored by Menomonee Falls Band Bunch, and under the direction of Mr. John Woger, members will perform in a concert held on Thursday, July 17 at the MF High School Auditorium.

Tue, 7:00 PM, 1h30m
6/10-7/15 Class #31258
High School Rm 170
John Woger
FREE, but registration is required



NOW HIRING



- High School Lead
- Production Cook
- Kitchen Assistant
- Floaters (flexible days/schools)

School Nutrition Employees

- ✓ No Nights
- ✓ No Weekends
- ✓ Summers Off
- ✓ Home in time to get your students on/off the bus
- ✓ Amazing teammates
- ✓ Three paid holidays, sick and PTO time
- ✓ An opportunity to impact student's lives
- ✓ Advancement opportunity



INTERESTED? Scan the QR code for details:



Upcoming Blood Drive

June 20 & August 15

Mobile Unit located in the
Riverside School Parking Lot

Giving blood is a quick, simple way to give back to your community, and possibly save a life. The donation process from the time you arrive to the time you leave is only about an hour.

Book your appointment now at [versiti.org](https://www.versiti.org).



FUN & CREATIVITY COLLIDE AT CAMP INVENTION



Give your child a summer experience that builds confidence, imagination and STEM learning! In this year's exciting new program, campers team up with friends to explore open-ended challenges that are led by local, qualified educators and full of hands-on fun.



SAVE \$35

WITH CODE **GIFT35**
EXPIRES 08/31/2025



SAVE \$25

WITH CODE **FUN25**
EXPIRES 08/31/2025



SAVE \$15

WITH CODE **FUN15**
EXPIRES 08/31/2025

SAVE \$30

WITH CODE **SIBLOVE30**
EXPIRES 08/31/2025

SAVE \$40

WITH CODE **SIBLOVE40**
EXPIRES 08/31/2025

Camp Invention is a corporate program of the National Inventors Hall of Fame.





Inventors to Creativity and Innovation


Kemp & Associates Districtwide Program
Barbara D. Morgan Foundation
Garcia-Morales
Graham

Nevada Corporate Professionals
Utah State Family Foundation
United Way of Southern & Midland
U.S. Department of Defense (DoD) STEM
Washburn Family Foundation

SECURE YOUR SPOT TODAY!

Register at [INVENT.ORG/CAMP](https://www.invent.org/camp) or 800-968-4332

Grades: K - 6th
 Location: Ben Franklin Elementary School
 N81W14701 Franklin Dr, Menomonee Falls, WI 53051
 Dates: July 28 - August 1, 2025
 Time: 9:00 AM to 3:30 PM
 Cost: \$290 (before discount) | Less than \$9 per hour!
 Payment Plans Available
 Extended Day Hours Available:
 7:30 AM to 5:00 PM | Additional \$100
 Camp Director: Andrea Karras | karrand@sdmfschools.org



If these dates/times don't work for you, please visit [invent.org/camp](https://www.invent.org/camp) for other locations near you.

Register at [fallsrec.org](https://www.fallsrec.org) | 17



YOUTH ACTIVITIES & SPORTS



Jr Phoenix Dance

Jr. Phoenix Dance offers an exciting adventure into the world of competitive pom and dance. This is a chance to learn a dynamic pom routine and learn fundamental dance techniques. Dancers will perform at a variety of local events to showcase their talent and hard work. The registration fee covers a team T-shirt. A parent meeting will be held at the first class for all the exciting details.

Entering grades 5K-1

Wed, 6:00 PM, 1h

6/18-8/13 Class #31406
R \$115 NR \$138 9 classes

Entering grades 2-3

Wed, 6:00 PM, 1h

6/18-8/13 Class #31407
R \$150 NR \$180 9 classes

Entering grades 4-5

Wed, 7:00 PM, 1h15m

6/18-8/13 Class #31408
R \$170 NR \$205 9 classes

Ben Franklin Gym
Alexandria Grennier



Inclement Weather Cancellations

For information regarding class cancellations due to bad weather, call (262) 255-8376 or check the CE & Rec Facebook page @fallsrec.

Intro to Irish Dance

Ages 5-12

Chelsea Holloway, Irish Dance World Medalist and Midwest Champion, will start your child on their way to a lifelong love of Irish music as they learn basic dance moves and routines. We will also play some games with an Irish dance twist and learn some basic Gaelic phrases. At the end of the session, dancers will put on a mini performance for their parents. Register by 7/3/25.

Sat, 9:15 AM, 30m
7/12-8/2 Class #31354
Bellator Academy of Irish Dance
R \$37 NR \$40 4 classes

Ballet and Jazz

Ages 4-9

Join us in learning the elegant dance form of ballet and the energetic dance form of jazz. Children should wear clothes they can move in and bring ballet shoes.

Thu, 6/19-8/14, 45m
Age 4, 9:00 AM Class #31382
Age 5, 10:00 AM Class #31383
No class 7/3

Fri, 6/20-8/15, 45m
Age 6-7, 9:00 AM Class #31384
Age 8-9, 10:00 AM Class #31385
No class 7/4

Riverside Rm 216
Frances Hrlevich
R \$95 NR \$114 8 classes

Hot Wheels Inline Skating

Ages 7-12

Come try out skating on rollerblades! We'll go over the basics like stopping, marching, turns, and basic strides. The registration fee includes skate and full gear rental (helmet, elbow pads, knee pads, and wrist guards). Students may use their own equipment if preferred, but full gear is required.

Wed, 5:30 PM, 45m
6/18-7/9 Class #31209
Riverside Playground & Asphalt Area
Pettit National Ice Center Staff
R \$35 NR \$42 4 classes

Learn To Skate

Ages 4-Adult

Your child will develop confidence on the ice by learning forward and backward skating, turns, stops, falling, and recovery. A jacket, hat, and gloves are necessary, and bicycle or hockey-style helmets are required. Skate rental is included in the fee. Please dress appropriately for the cold temperatures at the ice rink. Call Eble Ice Arena at (262) 784-7512 for more information.

Ages 4-6
Mon, 4:00 PM, 30m
6/2-6/30 Class #31359
7/14-8/11 Class #31360

Ages 7-Adult
Mon, 4:30 PM, 30m
6/2-6/30 Class #31361
7/14-8/11 Class #31362
Eble Ice Arena
R \$75 NR \$75 5 classes

Recreational Tree Climbing

Ages 7-Adult

Join us for fun, fitness, and adventure! Peaceful and invigorating, recreational tree climbing allows climbers to safely explore trees while gaining a new appreciation for nature and their parks. All gear and instruction is provided. Participants should wear long pants and sturdy shoes and bring a sense of adventure. Parents must sign a participation waiver at the class. Park entrance is included with registration. You will receive a pre-climb email with a map and directions.

Thu, 7/10, 2h
9:30 AM Class #31158
12:00 PM Class #31159
3:00 PM Class #31160

Menomonee Park
Treetop Explorers LLC
R \$49 NR \$59 1 class



Jr Phoenix Volleyball Club

Entering Grades 5-8

The Jr. Phoenix Volleyball Club was founded in 2018 to provide youth an opportunity to learn and enjoy the sport of volleyball outside or in complement of the club season. Practice will be held on weekday evenings at either 6-7:30 PM or 7:30-9 PM beginning in August. Matches will be held on weekends after Labor Day through the end of October. Two uniform tops and shorts are included. All registration is first come, first served, with no tryouts or cuts. Please register for the grade level your child will be entering in the Fall 2025 school year. Players must reside in the School District of Menomonee Falls boundaries or be enrolled in the MF School District. Additional team and practice information will be sent out prior to the start of practice.

Tue & Thu, 8/5-10/30

Girls

Entering Gr 5 Class #31264
 Entering Gr 6 Class #31267
 Entering Gr 7 Class #31265
 Entering Gr 8 Class #31266

Boys

Entering Gr 5-6 Class #31268
 Entering Gr 7-8 Class #31269

Community Center Gym
 Stephanie Bechel
 R \$349 NR \$419 26 classes

Parent volunteer coaches are needed for this program. Priority for adding additional teams or enrolling from the waiting list will be given to those who indicate they can parent volunteer coach if additional coaches are needed. Refunds will not be issued for this program, for any reason, unless it is canceled due to low enrollment.

Boys Volleyball Camp

Entering Grades 5-8

Join MFHS Boys Varsity Volleyball coaches and players for a summer camp featuring core fundamentals, positional skill work, and scrimmage games. Learn basic offensive and defensive systems. Higher-level skill training will be available for players with a more developed skill base. All experience levels are welcome and encouraged!

Mon-Wed, 9:00 AM, 2h
 7/21-7/23 Class #31308
 High School Gym Burgundy
 Todd Smith
 R \$51 NR \$61 3 classes

Girls Volleyball Camp

Entering Grades 5K-12

These volleyball camps are designed to teach your child the fundamentals of volleyball in a fun, engaging atmosphere. We will cover the five basic skills and put those skills to use in games. Coaching staff will include Varsity Head Coach Cory Rabe, members of the high school staff, and current varsity players.

Mon-Wed, 7/21-7/23
Entering Grades 5K-2
 11:00 AM, 1h Class #31386
 R \$32 NR \$38 3 classes

Entering Grades 3-4
 12:30 PM, 1h Class #31387
 R \$32 NR \$38 3 classes

Entering Grades 5-6
 2:00 PM, 1h30m Class #31389
 R \$45 NR \$54 3 classes

Entering Grades 7-8
 4:00 PM, 1h30m Class #31390
 R \$45 NR \$54 3 classes

Mon-Thu, 7/28-7/31
Entering Grades 9
 12:00 PM, 2h30m Class #31391
 R \$92 NR \$110 4 classes

Entering Grades 10-12
 3:00 PM, 2h30m Class #31392
 R \$92 NR \$110 4 classes
 High School Gym Burgundy
 Cory Rabe



FREE TRIAL

Coed Flag Rugby

Entering Grades 1-9

Not sure if Flag Rugby is for you? This practice session will provide a basic introduction to the sport, along with sample games and drills that are featured during normal practice. Coaches will be on hand to answer any questions about the program. Please wear safety cleats or running shoes, and bring a water bottle.

Wed, 5:00 PM, 1h15m
 5/28 Class #31401

Oakwood Park
 Dan Zeroth

FREE, but registration is required

Coed Flag Rugby

Entering Grades 1-9

Give one of the most popular sports in the world a try! Rugby combines elements of football and soccer into a unique game that is easy to learn and requires no prior knowledge to play. Practices will focus on basic skills and incorporate them into drills and games. Tournaments are held on Saturdays and feature numerous games against teams from all around the state. Dates: 6/21 @ Milwaukee Lakefront 7's, 6/28 @ Oshkosh, 7/13 @ Fond du Lac, 7/19 @ Green Bay, 7/27 @ Cottage Grove. Participants should wear cleats or running shoes and bring a water bottle.

Wed, 6/4-7/30, 5:00 PM, 1h15m
 Grades 1-2 Class #31402
 Grades 3-4 Class #31403
 Grades 5-6 Class #31404
 Grades 7-9 Class #31405

No class 7/2
 Oakwood Park
 Dan Zeroth
 R \$65 NR \$65 8 classes



YOUTH ACTIVITIES & SPORTS



Hooper Hands Basketball Academy strongly highlights the fundamentals of dribbling, the art of shooting, different defensive strategies, rebounding, and making good sharp passes. Along with learning the game of basketball, your child will increase their level of confidence, learn self-discipline, and inherit how to be a team player. All classes are taught by John Leavell Jr.

Hooper Hands: The Physics of Basketball

Ages 4-11

This class is designed to work on all skills needed to learn the game of basketball. Each day students will split into stations working on agility, dribbling, defense, and shooting drills. Each class will end with a fun game.

Mon, 6/2-6/23, 45m
Ages 4-5, 5:30 PM Class #31315
Ages 6-8, 6:20 PM Class #31316
Ages 9-11, 7:15 PM Class #31317
Community Center Gym
Hooper Hands

R \$74 NR \$89 4 classes

Hooper Hands: Ballology

Ages 4-11

We will work on basketball skills needed to understand the science of the game. Let's learn the fundamentals, moving with the ball, defensive strategies, communication through teamwork, and scoring techniques. Each class will end with a fun game.

Mon, 6/30-7/21, 45m
Ages 4-5, 5:30 PM, 45m Class #31318
Ages 6-8, 6:20 PM, 45m Class #31319
Ages 9-11, 7:15 PM, 45m Class #31320
Ben Franklin Gym
Hooper Hands

R \$74 NR \$89 4 classes

Hooper Hands: Pass-Shoot-Score

Ages 4-11

This is a mini-basketball league class. In the beginning of class, participants will complete a series of different basketball fundamental drills and skills. We will conclude class with players being divided into teams and competing against each other.

Mon, 7/28-8/18, 45m
Ages 4-5, 5:30 PM Class #31321
Ages 6-8, 6:20 PM Class #31322
Ages 9-11, 7:15 PM Class #31323
Ben Franklin Gym
Hooper Hands

R \$74 NR \$89 4 classes

All Sportz Brains classes are held at North Middle School Football Field - Lower off Garfield and instructed by John Leavell Jr.

Sportz Brains: Base Batters

Ages 4-8

This is a beginner baseball class working on different physical and mental abilities of the game. Learn the techniques of hitting, catching, running, and having fun while learning how to get on BASE! Each class ends with a fun game.

Fri, 6/6-6/27, 45m
Ages 4-5, 5:30 PM Class #31324
Ages 6-8, 6:30 PM Class #31325
R \$74 NR \$89 4 classes

Sportz Brains: Sporty Shorty Soccer Camp

Ages 4-8

This camp is all about fun, learning, and making new friends while developing essential soccer skills. Throughout the camp, your child will engage in various dribbling drills, exciting games, and mini-scrimmages that will keep them active and entertained. Each camper will

receive a T-shirt. Please bring a water bottle and shin guards.

Ages 4-5
Tue-Fri, 1:00 PM
6/17-6/20 Class #31436
7/8-7/11 Class #31437

Ages 6-8
Tue-Fri, 2:15 PM
6/17-6/20 Class #31439
7/8-7/11 Class #31438
R \$85 NR \$102 4 classes

Sportz Brains: Sporty Shorty Soccer

Ages 4-8

This is a program for early learner soccer players. Your child will learn the basics of dribbling, passing, shooting, defending, balance, and general rules of the game. After the 2nd week of class, we plan to play fun mini matches, working on all skills learned in the weekly classes.

Fri, 7/11-8/1, 45m
Ages 4-5, 5:30 PM Class #31326
Ages 6-8, 6:30 PM Class #31327
R \$74 NR \$89 4 classes

Sportz Brains: Dribble-Shoot-Goal

Ages 4-8

This is a mini-soccer league class. This class will build upon the fundamentals learned in Sporty-Shorty-Soccer class. In the beginning of class, participants will complete a series of different soccer fundamental drills and skills. We will conclude class with players being divided into teams and competing against each other.

Fri, 8/8-8/29, 45m
Ages 4-5, 5:30 PM Class #31328
Ages 6-8, 6:30 PM Class #31329
R \$74 NR \$89 4 classes



Register for Soccer Shots programs at: <https://waukesha.soccershots.com>.

- All Soccer Shots classes require an annual enrollment fee
- FREE jersey and end-of-season prize is included.
- All programs held at North Middle School Lower Football Field off Garfield or in the North Middle School gym.

Soccer Shots: Mini-Parent & Me

Ages 2-3

This class is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Tue, 4:40 PM, 30m
6/17-8/12
R \$176 NR \$176 9 classes

Soccer Shots: Classic

Ages 3-5

This class utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session, such as respect, teamwork, and appreciation.

Tue, 5:20 PM, 30m
6/17-8/12
R \$176 NR \$176 9 classes

Soccer Shots: Premier

Ages 6-8

This class utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session, such as respect, teamwork, and appreciation.

Tue, 6:00 PM, 30m
6/17-8/12
R \$176 NR \$176 9 classes



Inclement Weather Cancellations

For information regarding class cancellations due to bad weather, call (262) 255-8376 or check the CE & Rec Facebook page @fallsrec.

Girls Flag Football Camp **NEW!**

Grades 2-5

Get a jump on the upcoming season with our regional girls flag football clinic. This event, for all skill and experience levels, will feature drills, skill stations, and mini games to get your athlete ready for our new Girls Flag Football League. Clinic is held at Nicolet High School football field with athletes and coaches from all around the area.

Sun, 10:00 AM, 2h
8/3 Class #31293
Nicolet High School, Glendale
R \$10 NR \$10 1 class

Girls Flag Football League **NEW!**

Grades 2-5

Join our exciting new Girls Flag Football League. This program focuses on skill development, teamwork, fitness, and sportsmanship. Whether your daughter is new to the game or looking to improve her skills, this league is the perfect opportunity to make unforgettable memories on the field! Practice will be held one weeknight a week from 5:00-6:30 PM beginning the week of August 25. Games will be held at rotating sites in the greater Milwaukee area on Sundays, Sept. 14-Oct. 26. Participants will need to provide cleats (football or soccer) and bring plenty of water. A mouthguard is optional.

Sun, 9/14-10/26, 12:00 PM, 4h

Entering Grades 2-3	Class #31290
Entering Grades 4-5	Class #31291
R \$65	NR \$65



YOUTH ACTIVITIES & SPORTS

Jr Soccer League*

Ages 4-5

This introductory soccer program will give your child the foundation needed to excel at future levels and will concentrate on skill development, teamwork, basic rule understanding, and game play. Each week, a 30-minute practice will be followed by a 30-minute scrimmage game. Scores and standings will not be kept, and everyone will play. Times will rotate between 5:30 & 6:45 PM. **Registration Opens February 3.**

Ages 4-5

Wed, 5:30 PM, 2h30m

6/11-7/30 Class #30884

North Lower Football Field, off Garfield
Ed Swab

R \$49 NR \$59 7 classes

Jr Flag Football League*

Grades 4K-5

This introductory football program will give your child the foundation needed to excel at future levels and will concentrate on skill development, teamwork, basic rule understanding, and game play. Each week will include a 40-minute practice followed by a 40-minute scrimmage. Scores and standings will not be kept, and everyone will play. Game times will rotate starting at 9:00 AM through early afternoon.

Sat, 9/6-10/18, 9:00 AM

Grades 4K-5K Class #31255

R \$45 NR \$54 7 classes

Grades 1-2 Class #31256

R \$59 NR \$70 7 classes

Grades 3-5 Class #31257

R \$59 NR \$70 7 classes

Oakwood Park
Ed Swab



Golf Lessons: Jr Academy

Ages 7-10

Have fun learning the great game of golf. Learn the game the right way. Fundamentals of the full swing, the short game, putting, and, of course, etiquette will be taught. Please bring your 7, 8, or 9 iron to the first class. Students must purchase golf balls at the range for each class. Classes will be held rain or shine.

Mon, Wed, Thu, Fri, 10:00 AM, 1h15m
6/16-6/20 Class #31352

No class 6/17

Mon, Wed, Thu, Fri, 12:00 PM, 1h15m
7/7-7/11 Class #31353

No class 7/8

Swing Time Germantown
R \$63 NR \$66 4 classes



COACHES ARE NEEDED!

* League fees are not refundable unless the program is cancelled by CE & Rec.

Volunteer coaches needed. Please indicate your interest during registration.

2025 Optimist Club of Menomonee Falls

Kids Fishing Derby

Catch & Release Contest



Saturday, May 10

Mill Pond Park in Menomonee Falls

Registration 9-10 AM

Fishing Contest 10-Noon



Bring your own fishing equipment. A limited supply of bait will be provided.

Open to all boys and girls ages 3-16 who attend Menomonee Falls Schools or are residents.

Children under 11 must be accompanied by an adult. 16 year olds must have a license.

Trophies awarded to boys and girls in five age divisions. **Details at fallsoptimistclub.org**



First Tee Junior Golf

Ages 7-12

This 7-week program covers all aspects of the golf game, including learning proper rules and etiquette as well as the fundamentals of the swing, chipping, and putting. Juniors will receive instruction from PGA professionals from the park's golf courses, a gift for participating, golf balls, and tees. The final session will consist of a fun golf outing at Noyes Park with the Juniors and any parents who wish to participate. Clubs are provided for juniors who need them.

Wed, 6/18-7/30, 1hr15m
9:00 AM Class #31241
10:15 AM Class #31242

Dretzka Park
R \$185 NR \$185 7 classes



Youth Martial Arts: Surge

Ages 7-13

In this super fun and interactive course, kids learn fun martial arts skills, like kicking, punching, jumping, and tumbling, while gaining confidence and balance. They will also learn invaluable life skills such as listening, respect, focus, confidence, self-discipline, and self-defense skills. This course is sure to be a blast and very fun for kids. This course is age-specific for maximum fun and learning. Individuals may only register for this program once through the CE & Rec Dept.

Mon at 4:45 PM, Tue at 5:25 PM, and
Thu at 5:25 PM

6/16-7/17 Class #31313
No class 7/3

8/4-9/8 Class #31314
No class 9/1

Surge Martial Arts in Menomonee Falls
Neil Rajadhyaksha
R \$39 NR \$47 15 classes

TaeKwonDo

Ages 7-Adult

TaeKwonDo combines exercise, meditation, respect, and self-discipline as you learn one of the most popular forms of martial arts in the world today. Please note that at the end of each session, there will be an option for each student to test for their next rank at an additional cost. See instructor for further information.

Tue & Thu, 6:00 PM, 1h10m
6/17-7/31 Class #31208

No class 7/1 & 7/3
Community Center Gym
James Donne
R \$38 NR \$47 12 classes



Little Jragons

Ages 3-6

Learn self-defense, including taekwondo, kickboxing, and basic escapes, from former ATA World and National Championship fighter, Jason Suav. Watch your child build amazing character qualities such as confidence, leadership, respect, and discipline. Classes are designed to improve large motor and fine motor skills while enhancing their ability to pay attention and follow directions. A \$20 belt fee at the end of the session is optional for students wishing to earn rank and become a black belt someday.

Ages 3-4
Thu, 5:00 PM, 30m
6/19-7/31 Class #31679
No class 7/3

Ages 5-6
Thu, 5:30 PM, 30m
6/19-7/31* Class #31680
*No class 7/3
Riverside Cafeteria
Jason Jordan
R \$56 NR \$67 6 classes

Little Tykes Martial Arts: Surge

Ages 4-6

Your child will have a blast learning different punches, kicks, and also some tumbling. While engaging in these fun activities, your child will acquire important life skills such as focus, confidence, respect, and much more. Five minutes of each class will be dedicated for parents to have the opportunity to engage with their child. Individuals may only register for this program once through the CE & Rec Dept. Participants can choose any two classes each week.

Tue, Thu, Fri, 4:45 PM, 30m
6/17-7/22 Class #31312
No class 7/3 & 7/4
8/5-9/5 Class #31330

Surge Martial Arts in Menomonee Falls
Neil Rajadhyaksha
R \$39 NR \$47 14 classes



Country Line Dance for Kids & Parents **NEW!**

Ages 5-12

Get ready to step, clap, and slide in our fun and energetic Country Line Dance class! Perfect for all skill levels, this class will teach you classic and modern line dances. Parents, you don't have to sit in the stands; we encourage you to join in as well!

Thu, 4:15 PM, 45m
6/19-7/31 Class #31677
No class 7/3
North Middle School Gym
Jason Jordan
R \$56 NR \$67 6 classes



Falls Area

FOOD PANTRY

Open Tuesday & Thursday
12-2 PM and 5-7 PM

N85 W15382 Menomonee River Pkwy.
Menomonee Falls

Food can be dropped off
24 hrs/day, 7 days a week

For information on
Donating or Volunteering go to
fallsfoodpantry.org



YOUTH ACTIVITIES & SPORTS

National Tennis Month Family Event

All Ages

Tennis is the perfect sport to pick up and start playing! It's safe, easy to learn, and good for you. This FREE session for kids and adults taught by the United States Tennis Association staff will get you back in the swing of things. Whether it's your first time on the court or you're returning to the game, we welcome you to come out and give it a shot. The best part: If you don't have a racquet, one will be provided for you onsite!

Sat, 12:00 PM, 2h 5/10 Class #31686
FREE, but registration required.



★ All tennis programs are held at the High School Tennis Courts ★

Tennis: Pee Wee

Ages 4-6

Your little athlete will be introduced to the game of tennis. Basic skills such as forehand, backhand, and volleys will be taught and incorporated into fun games. We will use foam balls designed to bounce at a speed that is accessible for your child. Youth racquets will be provided if needed.

Mon-Fri, 12:00 PM, 45m
6/16-6/26 Class #31580
6/30-7/10* Class #31581
No class 7/4
7/14-7/24 Class #31582
7/28-8/7 Class #31583

Tue & Thu, 5:00 PM, 50m
6/17-7/10** Class #31584
No class 7/3
7/15-8/7* Class #31585
R \$49 NR \$59 9 classes
R \$43 NR \$52 8 classes*
R \$39 NR \$47 7 classes**

Tennis: Parent & Child

Ages 4-8 w/adult

Enjoy the sport of tennis, receive instruction, and participate in fun games and drills while spending quality time with your child. Adults will need to provide their own racquet. Youth racquets are provided if needed. Register child only; one adult is included in the fee.

Mon-Fri, 3:00 PM, 50m
6/16-6/26 Class #31592
6/30-7/10* Class #31593
No class 7/4
7/14-7/24 Class #31594
7/28-8/7 Class #31595
R \$57 NR \$69 8 classes*
R \$65 NR \$78 9 classes

Thur, 6/19-8/7, 50m
2:00 PM Class #31596
R \$65 NR \$78 8 classes

Tue & Thu, 6:00 PM, 50m
6/17-7/10* Class #31597
No class 7/3
7/15-8/7 Class #31598
R \$50 NR \$60 7 classes*
R \$57 NR \$69 8 classes

Tennis: Beginner

Ages 7-12

Students will be introduced to the game of tennis. Forehand and backhand, groundstrokes, and volleys will lead into basic games and movement around the court. The foundation taught in this class will serve the player in their development and progression to future levels.

Mon-Fri, 12:00 PM, 50m
6/16-6/26 Class #31599
6/30-7/10* Class #31600
No class 7/4
7/14-7/24 Class #31601
7/28-8/7 Class #31602

Mon-Fri, 1:00 PM, 50m
6/16-6/26 Class #31603
6/30-7/10* Class #31604
No class 7/4
7/14-7/24 Class #31605
7/28-8/7 Class #31606

Thu, 6/19-8/7, 50m
1:00 PM Class #31607
3:00 PM Class #31608
R \$57 NR \$69 8 classes*
R \$65 NR \$78 9 classes



PLAN AHEAD

*Bring a
Water Bottle
to Class*





Tennis: Advanced Beginner

Ages 7-12

For students who have completed at least one session of a beginner tennis class. Students will work on serving technique, rallying skills, and shot placement. We will also begin work on playing singles and doubles matches with an emphasis on strategy.

Mon-Fri, 2:00 PM, 50m
 6/16-6/26 Class #31609
 6/30-7/10* Class #31610
 No class 7/4
 7/14-7/24 Class #31611
 7/28-8/7 Class #31612
 R \$57 NR \$69 8 classes*
 R \$65 NR \$78 9 classes

Tennis: Drill

Ages 11-18

Stay in match shape or get ready for the fall season with this 8-week summer program. Under the direction of MF High School Varsity Tennis Team Coach, Mr. Woosencraft, class will focus on improving the quality (power, speed, control, and placement) of tennis skills, learning advanced skills and their application, developing match tactics and strategies, and playing high-level games. Prior tennis experience is highly recommended.

Mon-Wed, 1:00 PM, 1h30m
 6/16-8/6
 Middle School Class #31586
 R \$85 NR \$102 24 classes

6/16-7/16
 High School Class #31587
 R \$54 NR \$65 15 classes



Tennis: Small Group

Ages 6-12

Small group lessons are perfect for the student who needs additional work on stroke or match play, or for those who need more flexibility in their schedules. A maximum of 3:1 participant to instructor ratio will ensure personalized attention to your student's tennis progression and skill development. All tennis lessons are held at Menomonee Falls High School Tennis Courts.

Tue & Thu, 25m	
R \$27 NR \$33 4 classes	
R \$20 NR \$24 3 classes*	
Ages 6-8	5:00-5:25
6/17-6/26	31759
7/1-7/10*	31760
7/15-7/24	31761
7/29-8/7	31762
Ages 9-12	5:30-5:55
6/17-6/26	31763
7/1-7/10*	31764
7/15-7/24	31765
7/29-8/7	31766

Tennis: One-on-One XL

Ages 4-Adult

Is your serve a little off? Are you having trouble with your backhand? Would you or your child achieve better results with personalized instruction? Instructors will be matched to students to provide lessons tailored to improve their tennis skills.

2:45 PM-3:35 PM, 1h
 Mon, 6/16-7/7 Class #31613
 Tue, 6/17-7/8 Class #31615
 Wed, 6/18-7/9 Class #31617
 Mon, 7/14-8/4 Class #31614
 Tue, 7/15-8/5 Class #31616
 Wed, 7/16-8/6 Class #31618
 R \$79 NR \$95 4 classes



Tennis: One-on-One

Ages 4-17

Is your serve a little off? Are you having trouble with your backhand? Would you or your child achieve better results with personalized instruction? Instructors will be matched to students to provide lessons tailored to improve their tennis skills.

Mon-Thu, 25m						
R \$45 NR \$54 4 classes						
Ages 4-17	1:00-1:25	1:30-1:55	2:00-2:25	2:30-2:55	3:00-3:25	3:30-3:55
6/16-6/19	31767	31768	31769	31770	31771	31772
6/23-6/26	31773	31774	31775	31776	31777	31778
6/30-7/3	31779	31780	31781	31782	31783	31784
7/7-7/10	31785	31786	31787	31788	31789	31790
7/14-7/17	31791	31792	31793	31794	31795	31796
7/21-7/24	31797	31798	31799	31800	31801	31802
7/28-7/31	31803	31804	31805	31806	31807	31808
8/4-8/7	31809	31810	31811	31812	31813	31814



Menomonee Falls Events presents
Falls Family MOVIE NIGHT
 AT VILLAGE PARK

Village Park
 MILWAUKEE TOOL AMPHITHEATER
Showtime at Dusk

MAY 16: *Elemental*

JULY 31: *The Goonies*

SEPT 6: *High School Musical 1*

Menomonee Falls Events
 menomoneefallsevents@gmail.com
 262.415.7013

follow us

6 PM LIVE MUSIC
 JOHN AMATO HYUNDAI

- BEER GARDEN
- FOOD TRUCKS
- POPCORN WAGON
- LAWN GAMES



Ascension Wisconsin Hospital presents
Falls Kids Festival
AUGUST 9TH
 12PM-5PM VILLAGE PARK

BOUNCE HOUSES

FOOD TRUCKS

FIRE TRUCK

ROOT BEER GARDEN

STAGE PERFORMANCES
 MILWAUKEE TOOL AMPHITHEATER

NATIONAL AWARD WINNING MAGICAN

TOTE BAG

GAMES & PRIZES

CARICATURES & FACE PAINTING

AUGUST 9TH
 12PM-5PM
 VILLAGE PARK

MENOMONEE FALLS EVENTS
 building our community one event at a time

menomoneefallsevents@gmail.com
 262.415.7013
 @menomoneefallsevents



MENOMONEE FALLS PUBLIC LIBRARY

ADVENTURE BEGINS
at **YOUR LIBRARY**

2025 SUMMER LIBRARY PROGRAM
June 14-July 31

Don't be blue, there's so much to do!

Color Our World with fun at the Library this summer! Join us at the Menomonee Falls Public Library for performances, storytimes, crafts, games, lock-ins, guest speakers, book clubs, movies, and more!

Check MenomoneeFallsLibrary.org for additional program details in mid-May



SESSION I

June 23–July 3

SESSION II

July 7–July 18

Must Register by Thursday, May 15

With the exception of MFHS Credit Recovery classes only



Fun, Challenging Enrichment

Supportive Programs

Credit Recovery

Sports & Fitness



School District of Menomonee Falls
Engage | Learn | Improve

Classes will run Monday through Friday
(unless otherwise noted)

MOST CLASSES ARE FREE!

IMPORTANT REGISTRATION INFORMATION

Register on-line or through the CE & Rec office

- ★ Register your student based on the grade they will be entering in Fall.
- ✓ Most classes are FREE. If there is a nominal fee, it is listed. The district uses this money to purchase consumable materials that students use in the class.
- ✓ Bus transportation is not available for students.

WHO CAN REGISTER?

Students who live within the boundaries of the School District of Menomonee Falls.

Students who are enrolled with the School District of Menomonee Falls.

Students living within the Sussex Hamilton School District are considered **non-residents**. Any non-resident students can register at a cost of \$175.00 for a 2-week course, and \$300.00 for a 4-week course by contacting the CE & Rec Dept. at (262) 255-8460.



Courses for Grades 4K-2

Held at Shady Lane School (unless noted)

Session I June 23–July 3 Must Register by May 15
 Session II July 7–July 18 Must Register by May 15

Classes held Mon–Fri unless noted.

- Register your child based on the grade they will be entering in fall.
 - Do not register your child for the same course twice (this includes the Sports Courses). Course content is the same for each session.
- EXCEPTION: Students may register for both sessions of Mini Math Masters and Page Turners which offer unique activities in Session I and Session II.**



Enrichment Courses Entering Grades 1–2	\$	June 23–July 3		July 7–July 18	
		8:30–10:00	10:05–11:35	8:30–10:00	10:05–11:35
Art Skills and Projects	\$10	31440	31441	31442	31443
Being the Best Me		31446	31447	31448	31449
Bonjour! Fun in French		31450	31451		
Dance, Dance, Dance		31452	31453	31454	31455
Drama Camp		31456	31457	31458	31459
Golf for Beninners				31462	31463
Mini Math Masters -Gr. 1		31464	31465	31466	31467
Mini Math Masters -Gr. 2		31468	31469	31470	31471
Lego Camp Story Starter	\$10	31480	31481	31482	31483
Let's Get Cooking	\$10	31484	31485	31486	31487
Page Turners—Gr. 1		31472	31473	31474	31475
Page Turners—Gr. 2		31476	31477	31478	31479
Playground Games		31488	31489	31490	31491

Entering Grades 4K or 5K	June 23–July 18 (4 weeks)
	8:30–11:35
Get Set for 4K	31461
Gateway to 5K	31460

Get Set For 4K

Students must be 4 years old by Sept. 1, 2025, to enroll in this class. Children will have the opportunity to interact with students their own age to ease the transition to 4K. With a focus on socialization, children will enjoy games, songs, stories, projects, and also a sneak preview of the Menomonee Falls 4K program. Our room will be filled with excitement, song, and dance, and a new unit of fun each week. This course runs 4 weeks.

Gateway to 5K

Students must be 5 years old by Sept. 1, 2025, to enroll in this class. Have your child join us for a fun-filled class of dramatic play. Children will learn through play, expand their vocabularies, create projects, and work on basic literacy and math skills to help transition to kindergarten. Each week will be a new unit of fun. This course runs 4 weeks.

Sports Entering Grades 1–2				
Basketball, Soccer, Cardio	Held at Shady Lane	June 23–July 3	12:30–1:30	31444
Basketball, Soccer, Cardio	Held at Shady Lane	July 7–July 18	12:30–1:30	31445

Register for one session only.

Continued ...

ENRICHMENT**Art Skills & Projects | \$10**

This class will allow students to experiment with drawing, sculpture and painting, while working with their teacher to develop their various art skills. Students will be able to take their projects home each week.

Being the Best Me

In this course, students will have fun while learning social skills such as problem-solving, building strong friendships, and teamwork. Students will work together to explore emotions, healthy coping strategies, and conflict resolution strategies important for school and community.

Bonjour! Fun in French

Calling all Francophiles! Do you know some French? Do you have an interest in learning more about French food and culture? In this class, we will learn basic French words and phrases. We will also use stories, songs and projects to learn about different French speaking countries.

Dance Dance Dance

Students will work on strength and flexibility while learning to dance to different genres like hip hop, country, rock, funk and more. They will also work on team building skills and see what it takes to be part of a group dance. On the last week of class, students will have the opportunity to perform for their parents. So, come on and dance!

Drama Camp

Does your child love to act, sing, and dance? Then get ready to create a full performance! Students will be immersed in the production process. They will help to write scripts, create costumes and props. They will work on building stage skills like volume, diction, characterization, confidence and dramatic expression, and will amaze you with all they can do in two weeks.

Golf for Beginners

Golf for Beginners will focus on the fundamentals of golf such as grip, stance and posture. Students will also learn the basics of chipping, putting and swinging.

LEGO Camp StoryStarter | \$10

LEGO StoryStarter is a course designed to develop skills in speaking, listening, language, and writing. In this hands-on-course, students will design different scenes/objects with LEGOs and then create a story to go along with their creation. Students will be able to bring a project home at the end of the session.

Let's Get Cooking | \$10

Let's Get Cooking is for any child who enjoys reading interesting books and creating unique and tasty treats in the kitchen. Each day we will read a book and then make a kid-friendly recipe! Students will also have fun learning about cooking safety, making healthy food choices and working cooperatively.

Mini Math Masters

This class is for students of all skill levels. Students will work on problem solving real-life events in a challenging and fun way, while developing their skills in Science, Technology, Engineering, and Mathematics (STEM). Students may register for both Session 1 and Session 2 as different unique activities are offered each session.

Page Turners

Calling all readers! This class is for students of all skill levels. Campers who would like to further their reading skills will have the opportunity to incorporate reading, writing and technology in this fun hands-on camp. Students will work on a storyboard, read a variety of literature, as well as explore and create multimedia projects. Students may register for both Session 1 and Session 2 as different unique activities are offered each session.

Playground Games

Students will have a blast while learning how to play popular and fun playground games. They will learn the rules, and skills such as teamwork and persistence. What a great way to form friendships and stay active.

SPORTS**Basketball Soccer Cardio (Grades 1 & 2)**

Students will learn the basics of basketball and soccer, as well as other cardio and endurance strengthening games, in this fun, fast paced camp. Campers will work on their soccer and basketball related skills through a variety of drills and games. You may only register your child for one session.



QUESTIONS? For questions regarding Falls Summer Academy programs for Grades 4K-2, please contact Ms. Laura Alva-Garcia at alvalau@sdmfschools.org.



Courses for Grades 3–5

Held at Valley View School (unless noted)

Session I June 23–July 3 Must Register by May 15
 Session II July 7–July 18 Must Register by May 15

Classes held Mon–Fri unless noted.

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice. Course content is the same for each session. **EXCEPTION: You may register for both sessions of Math Masters, Page Turners or Boys/Girls Basketball which offer unique activities in Session I and Session II.**



Enrichment Courses Entering Grades 3–5	\$	June 23–July 3		July 7–July 18	
		8:15–9:45	9:50–11:20	8:15–9:45	9:50–11:20
Art Camp: Photo & Draw	\$10	31569	31570	31571	31572
BonJour! Fun in French				31508	31509
Business Basics		31496	31497	31498	31499
Chemistry & Cooking	\$10	31500	31501	31502	31503
Computer Coding		31576	31577	31578	31579
Dance, Dance, Dance		31504	31505	31506	31507
Golf for Beginners		31510	31511		
Hola! Spanish Speaking		31512	31513	31514	31515
Intro to Robotics		31541	31542	31543	31544
Lego Design	\$10	31545	31546	31547	31548
Math Masters–Gr. 3		31516	31517	31518	31519
Math Masters–Gr. 4		31520	31521	31522	31523
Math Masters–Gr. 5		31524	31525	31526	31527
Page Turners–Gr. 3		31528	31529	31530	31531
Page Turners–Gr. 4		31532	31533	31534	31535
Page Turners–Gr. 5		31537	31538	31539	31540
Scrapbooking	\$15	31549	31550	31551	31552
Sewing Skills & Crafts	\$15	31553	31554	31555	31556
Team Building		31557	31558	31559	31560
Theater Camp		31561	31562	31563	31564
Visual Art	\$10	31492	31493	31494	31495
Wags & Tales		31746	31747	31748	31749
World Adventures		31565	31566	31567	31568



SPORTS

Basketball — Boys

Classes will be held M–F at MF High School. The MF High School Boys Basketball Coaching Staff will teach students all aspects of playing basketball including fundamentals such as shooting, passing, and dribbling. Students will also participate in contests and games. Students can register for both sessions if desired.

Basketball — Girls

Classes will be held at M–F at MF High School. Students will have fun and increase their basketball IQ while developing the fundamentals and skills needed to play basketball. We will play plenty of games, and athletes will also have the opportunity to play against friends. Students can register for both sessions if desired.

Speed, Agility & Strength (Gr. 5 only)

Classes will be held M–F at MF High School. This class will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, and flexibility will be promoted through the use of all physical education facilities and equipment. Other areas that will be covered include strength training program design, proper spotting techniques and weight room safety. (No class June 30–July 4)

Sports Held at MF High School

Basketball: Boys (Mon–Fri)	Gr. 3–5	June 23–July 3	12:30–1:30	31668
Basketball: Boys (Mon–Fri)	Gr. 3–5	July 7–July 18	12:30–1:30	31669
Basketball: Girls	Gr. 3–8	June 23–July 3	11:30–12:30	31670
Basketball: Girls	Gr. 3–8	July 7–July 18	11:30–12:30	31671
Speed, Agility and Strength	Gr. 5–8	June 16–July 18 (No class June 30–July 4)	8:30–9:30	31678



QUESTIONS? For questions regarding Falls Summer Academy programs for Grades 3–5, please contact Ms. Laura Alva-Garcia at alvalau@sdmfschools.org.

Continued ...

ENRICHMENT

Art Camp: Photo & Draw | \$10

This class will familiarize students with the seven photography principles of line, shape, form, texture, pattern, color, and space. Former students will continue to develop their photography skills with guidance from the instructor. They will learn how to use iPads to take pictures indoors and outdoors as well as portraits. Drawing techniques will also be taught and practiced. The artwork will be assembled into an artist's portfolio.

Bonjour! Fun in French

Calling all Francophiles! Do you know some French? Do you have an interest in learning more about French food and culture? In this class, we will learn basic French words and phrases. We will also use stories, songs and projects to learn about different French speaking countries.

Business Basics

Students will learn about earning, spending, saving money, and businesses they can start or jobs they can perform to earn money. They will also participate in playing the board games Monopoly and Life.

Chemistry and Cooking | \$10

This is a science class with a tasty twist. Students explore the science behind why foods interact and taste the way they do. They learn the scientific principles while doing hands-on experiments, many of which are edible. Each day explores a new theme, complete with a "case study" for students to take notes on and draw pictures.

Computer Coding

Students will use their creativity and imagination to design and program computer animations. We will use Scratch, an interactive program designed specifically to introduce young minds to the field of computer science. If your child is interested in exploring the areas of science, technology, and math in an interactive and hands-on environment, this is the class for them.

Dance Dance Dance

Students will work on strength and flexibility while learning hip hop, jazz and pom moves. They will also try out their dance skills and see what it takes to be part of a group dance. On the last week of class students will have the opportunity to perform for their parents.

Golf for Beginners

Class will focus on the fundamentals of golf such as grip, stance and posture. Students will also learn the basics of chipping, putting and swinging.

Hola! Spanish Speaking

Do you know some Spanish and would you like to learn more? In this class, we will review and build on the basics. Students will apply their current Spanish skills to learning more vocabulary and building basic sentences. We will also use stories, songs and projects to learn about different Spanish speaking countries.

Introduction to Robotics

The LEGO Education Spike Essential set introduces young students to robotics. Students will build LEGO models featuring working motors and sensors. They will program their models, and explore a series of cross-curricular, theme-based activities while developing their skills in science, technology, engineering, and mathematics as well as language, literacy, and social studies.

* Indicates that you may register for both Session 1 and Session 2 as they will offer different unique activities each session.

LEGO Design | \$10

Using problem solving models, campers will investigate to understand the operation of simple and compound machines found in everyday life such as: wheels and axles, levers and pulleys, gears and more.

Math Masters *

Students of all skill levels will use Science, Technology, Engineering and Mathematics (STEM) to solve engineering design challenges based on real events. This class will foster problem solving skills that include problem formulation, creativity, planning and testing of alternative solutions.

Page Turners *

Calling all readers! Students will explore high interest books and topics to build a love of reading. Creative projects will coincide with books to build comprehension skills and reading strategies, with peer activities and discussions. This opportunity is encouraged for students at all skill levels. Students can register for both Session 1 and 2 as different unique activities are offered each session.

Scrapbooking | \$15

Help keep your special memories by creating a scrapbook. Students will put together scrapbook pages for a variety of topics, including pets, vacations, holidays, family, friends and much more. Bring your pictures to class or add them to your finished layouts later. Students will leave class with a special keepsake of their favorite memories. This year will focus on a seasons theme.

Sewing Skills and Crafts | \$15

In this sewing basics class you will learn hand sewing techniques, and how to use a sewing machine. We will cover projects from buttons and badges, along with other items and crafts. Have fun while learning the lifelong skill of sewing.

Team Building and Adventure Camp

Students will have a great time while participating in a variety of team building games and activities. We will use problem solving strategies, teamwork and creativity to compete in relay races and obstacles.

Theater Camp

Campers will learn what it takes to put on a play. They will work on projection, stage directions, developing scenery, and utilizing props for a performance they will put on for the other classes and their families.

Visual Art | \$10

Students will have the opportunity to use a variety of materials to create their own unique pieces of art.

World Adventures

Students will explore different countries and continents throughout the world, and learn information such as interesting facts, education experiences, food, climate, weather and more. As we travel throughout the world, we will read stories, listen to music and experience some of the local cuisine.

Wags and Tales *NEW!*

This engaging and educational course is designed to immerse your child in the exciting world of dogs, while fostering a sense of responsibility and compassion for animals. Ullr Gersmeyer, Valley View's therapy dog, will be present and interacting with students every day. Students will be exercising and reading together with Valley View's furry friend.



Courses for Grades 6–8

Held at North Middle School (unless noted)

Session I June 23–July 3 Must Register by May 15
 Session II July 7–July 18 Must Register by May 15

Classes held Mon–Fri unless noted.

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice. Enrichment course content is the same for each session. **Exceptions: Supportive Math, Supportive Reading, Boys Diamond Development, Boys Basketball and Girls Basketball.**

Supportive Courses*	June 23–July 3		July 7–July 18	
	8:05–9:35	9:40–11:10	8:05–9:35	9:40–11:10
Gr. 6–8 Supportive Math	31703	31704	31705	31706
Gr. 6 Supportive Reading	31707	31708	31709	31710
Gr. 7 & 8 Supportive Reading	31711	31712	31713	31714

Supportive Math

This program is designed for students who need to further develop the skills and concepts in the district’s math curriculum. The course will employ five different math strands (Mathematical Processes, Measurement, Algebraic Relationships, Geometry, and Statistics and Probability) to teach the needs of individual students, as well as encourage understanding and application of the grade level outcomes. May register for both sessions if desired.

Supportive Reading

This reading course uses a project-based learning format to provide readers an opportunity to further their literacy foundation. Four different reading strands will be applied (Word Meaning and Context, Understanding Text, Analyze Text, and Evaluate and Extend Text) to teach the needs of individual students, as well as encourage understanding and application of the grade level outcomes. May register for both sessions if desired.

Sports Held at Menomonee Falls High School

Basketball: Boys	Gr. 6–8	June 23–July 3	1:30–2:30	31673
Basketball: Boys	Gr. 6–8	July 7–July 18	1:30–2:30	31674
Basketball: Girls	Gr. 3–8	June 23–July 3	11:30–12:30	31670
Basketball: Girls	Gr. 3–8	July 7–July 18	11:30–12:30	31671
Speed, Agility and Strength	Gr. 5–8	June 16–July 18 (No class June 30–July 4)	8:30–9:30	31678
Boys Diamond Development (M–Th)	Gr. 6	June 23–July 3	9:45–11:00	31660
Boys Diamond Development (M–Th)	Gr. 6	July 7–July 17	9:45–11:00	31661
Boys Diamond Development (M–Th)	Gr. 7	June 23–July 3	11:00–12:15	31662
Boys Diamond Development (M–Th)	Gr. 7	July 7–July 17	11:00–12:15	31663
Boys Diamond Development (M–Th)	Gr. 8	June 23–July 3	10:45–12:15	31664
Boys Diamond Development (M–Th)	Gr. 8	July 7–July 17	10:45–12:15	31665

North Sneak Peek: Transition to 6th Grade Held at North Middle School Registration Deadline: August 8 at 8:00 AM			
Aug 11	Aug 11	Aug 12	Aug 12
8:00am–10:00am	10:30am–12:30pm	8:00am–10:00am	10:30am–12:30pm
31695	31696	31697	31698

North Sneak Peek: Transition to 6th Grade

Offered to incoming 6th grade students only.

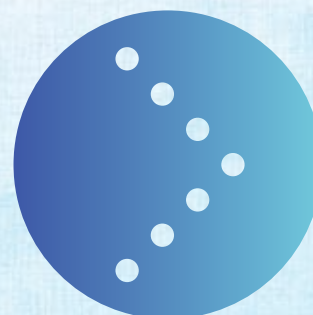
Feeling a little nervous about middle school? Join us for a sneak peek of North Middle School as we get ready to start the new school year. Learn your way around the building, practice opening lockers, and get advice to make the first week a breeze. We will also practice study strategies and organizational skills through hands-on activities, and meet some of the classmates and teachers you will see on your first day of class.

Enrichment Courses Entering Grades 6–8	\$	June 23–July 3		July 7–July 18	
		8:05–9:35	9:40–11:10	8:05–9:35	9:40–11:10
Art: Open Studio	\$10	31687	31688	31689	31690
Baseball & Statistics			31718	31719	
Code Studio		31691	31692		
Feast & Fun	\$20	31720	31721		
Global Games		31728	31729		
Lego Robotics		31693	31694		
Money & Sports		31715			31716
Play It Fitness		31699	31700	31701	31702
Science Bootcamp		31722	31723	31724	31725
Snack Attack	\$10			31726	31727

EL Continuing Language Dev.	July 7–July 18	8:00–12:15	31682
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QUESTIONS: For questions regarding Falls Summer Academy programs for Grades 6–8, please contact Tony Logue at loguant@sdmfschools.org or Laura Alva-Garcia at alvalau@sdmfschools.org.



Baseball Statistics **NEW!**

In this class, students will dive into the world of fantasy baseball by participating in a daily fantasy competition where they select players, track stats, and compete for the best scores. Along the way, they'll learn about the statistics behind the game, including batting averages, on-base percentage, slugging percentage, ERA, WHIP, and advanced metrics like WAR (Wins Above Replacement).

Code Studio

Code Studio is a computer science course that empowers students to create authentic artifacts and engage with computer science as a medium for creativity, communication, problem solving and fun. No experience needed, but if you have some, we can meet your needs. A typical day will find students engaged in self paced coding sessions, relaxing breaks, unplugged activities, and a final cool down time with different coding games.

EL Continuing Language Development **NEW!**

This English Language course is open to all secondary students with a beginning to intermediate level of English. Class focus will build social and academic language in the areas of listening, speaking, reading, and writing.

Feast & Fun | \$20 **NEW!**

Join this class to learn the fundamentals of cooking delicious meals! The session will start with learning practical kitchen skills and techniques with a variety of kitchen tools. Students will then learn 7-8 different meals they will cook together, paired with recipe collections so they can also practice cooking at home. Take this class and you'll be feeling like a great cook in no time! Enrollment will include a \$20 eating fee.

Global Games: World of Sports **NEW!**

This exciting 10-day camp will take you on a global adventure through the diverse world of sports! We'll explore popular and unique games from different continents, learn about their cultural significance and even try our hand at some exciting activities. Get ready for fun, fitness, and a global perspective!

LEGO Robotics

Students will be introduced to the LEGO Mind Storm education curriculum. This involves students partnering up and building a variety of NXT LEGO robots along with downloading specific programming customized to the specific bot the students are working with in order to accomplish a particular task. Students will be exposed to scratch programming, blueprint reading, problem solving, engineering skills and technological concepts. Students will partner up to build and create working moving Education BOTS. This is sure to be a fun and creative experience.

Money & Sports **NEW!**

Welcome to Money in Sports! This exciting and dynamic summer course explores the financial side of the sports industry, providing students with and understanding of how money flows through sports, from professional leagues to college athletics. Through hands on activities, case studies, and discussions, students will learn about the business models behind major sports, the economics of sports teams, and the financial decisions that shape the world of sports.

* Students may register for both sessions of this class if desired.

Open Studio Art | \$10

Students will have access to a wide range of 2D and 3D materials. The atmosphere of this course is meant to be open and inspiring, allowing students to create original work at their own pace. This course is perfect for any student who is interested in exploring visual art in their own way. Students who thrive with support and structure will be provided with predetermined projects and art making processes. Art making stations available to students include a drawing and painting station with traditional and non-traditional materials, a sculpture station with found objects, cardboard, newspaper and more. We will also have a jewelry station. Students will also have the option to tie-dye a piece of clothing or fabric towards the end of the course.

Play It Fitness

Do you need a little motivation to get out and stay active until your next wellness education class? Are you interested in learning new, fun and fast paced games such as tennis, basketball, football, soccer, and softball, that can be played at either a competitive or noncompetitive level? We will even learn some cardio workouts. Enjoy fun with your friends while getting a great workout.

Science Bootcamp **NEW!**

Get ready for a thrilling summer of scientific exploration! We will learn about a range of scientific concepts through hands-on projects from a crayfish expedition in the river to blasting off bottle rockets to crime scene mysteries in the lab!

Snack Attack: Healthy Eating | \$10 **NEW!**

Boost your energy and creativity in our healthy snacking summer camp! Learn valuable skills to discover the fun of healthy eating and make new friends while creating delicious and nutritious snacks you'll love. Enrollment will include a \$10 eating fee.

SPORTS

Boys Basketball* M-F at High School

The MFHS Boys Basketball coaching staff will teach students all aspects of playing basketball including fundamentals such as shooting, passing and dribbling. Contests and games will also be played.

Girls Basketball* M-F at High School

Students will have fun and increase their basketball IQ while developing the fundamentals and skills needed to play basketball. We will play plenty of games, and athletes will also have the opportunity to play against friends and even the high school players.

Boys Diamond Development* M-Th at High School

This course is designed to help the athlete develop throwing, hitting, catching, pitching, and fundamentals of baseball. Please dress for outdoor weather. Grades 6-7 held at BF/MFHS corner softball diamond. Grade 8 held at Trenary Field.

Speed, Agility & Strength* M-F at High School

This class will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, and flexibility will be promoted through the use of all physical education facilities and equipment. Other areas that will be covered include strength training program design, proper spotting techniques and weight room safety. (No class June 30-July 4)



High School Courses

Held at Menomonee Falls High School

Session I June 23–July 3 Must Register by May 15
 Session II July 7–July 18 Must Register by May 15

Classes held Mon–Fri unless noted.

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice. Course content is the same for each session. **Exceptions: Boys Diamond Development and Yearbook 101.**



Credit Recovery Courses Entering Grades 10–12		June 23–July 18 (4 weeks)	
Credit recovery courses are designed for grade replacement for students who have not successfully completed the course. Upon successful completion of the summer school course, students will earn the required credit for graduation.			
	8:00–10:00	10:15–12:15	
Algebra 1 Semester 1 or 2	31625	31626	
Algebra 2 Semester 1 or 2	31627	31628	
Biology Semester 1 or 2	31629	31630	
English Semester 1 or 2	31632	31633	
Geometry Semester 1 or 2	31634	31635	
US History Semester 1 or 2	31637		
World History Semester 1 or 2		31638	
Economics	31631		
Government		31636	
Personal Finance	31639	31640	

Online Learning*	Gr. 10–12	June 23–July 18	online	31623
Quest				
Virtual Summer Academy*	Gr. 9–12	June 23–July 18	online	31624

*Teacher referral code required

CREDIT RECOVERY

Online Learning*

Teacher Referral Code required to register. Grades 10–12. Enrollment is limited to students working online, under special circumstances, with prior approval from their assigned counselor.

Quest Summer Academy*

This session is fully virtual and designed for Quest students only. Students will learn study skills and habits, work on volunteer projects, look deeper into the social/emotional connection between themselves and the world around them, and plan for college/career readiness.

Credit Accrual Courses Entering Grades 10–12			
21st Century Wellness	June 23–July 18	Virtual	31620
Running Phoenix	June 23–July 18	7:30–9:00 AM	31675
Speed, Agility & Strength	June 16–July 18 (no class June 30–July 4)	6:00–8:00 AM	31676

Credit Recovery and Credit Accrual Attendance Policy

- A student who is absent (excused or unexcused) more than two periods in a 20-day course will be dropped from the course on the third absence.
- Students arriving late to the start of class, or returning late from a break, will be dropped from that class on the 8th tardy in a 20-day course.
- Students arriving 15 minutes late or more at the start of class, or who are 15 minutes late or more returning from a break, will be considered absent for the entire period, and the absence policy above will apply.
- All School District of Menomonee Falls policies and behavioral expectations are enforced during summer school.

CREDIT ACCRUAL

21st Century Wellness (Virtual)

This class is a required credit for graduation and will be run virtually in an asynchronous format. It focuses on issues related to health and wellness in high school, college, and through adulthood. We will cover the seven areas of wellness including mental health, stress management, nutrition, alcohol/tobacco/other drug use and abuse, and human growth and development. This is a credit-accrual class that follows the same rigor as the class offered during the regular school year. Syllabus Information can be found at <https://tinyurl.com/rdm54nvc>.

High School Sneak Peek

This transition to high school course is designed specifically for incoming freshmen and other students who will be new to the high school. Students will participate in a variety of activities to help them become familiar with the lay out of the building, staff, requirements, expectations, clubs, activities, and procedures. They will hear guest speakers, interact with the high school environment, and receive help disseminating materials designed for high school students. Be part of this meaningful interaction between and among students, high school teachers, guidance counselors, administrators, and upperclassmen.

Sneak Peek: Transition to High School (Entering Grade 9)

Class is held Mon, Tue, Wed

June 23–25	June 30–July 2	July 7–9	July 14–July 16
8:00–10:00 31643	8:00–10:00 31647	8:00–10:00 31649	8:00–10:00 31651
10:15–12:15 31645	10:15–12:15 31648	10:15–12:15 31650	10:15–12:15 31652

Enrichment Courses

EL Continuing Language Development	Gr. 6–12	July 7–July 18	8:00–12:15	31682
FBLA Officer Team Develop*	Gr. 10–12	July 7–July 11	8:00–10:00	31641
Manufacturing & Robotics	Gr. 9–12	June 23–July 18	10:15–12:15	31657
High School Success 101	Gr. 9–12	June 23–June 27	8:00–10:00	31653
High School Success 101	Gr. 9–12	June 30–July 3	8:00–10:00	31654
High School Success 101	Gr. 9–12	July 7–July 11	8:00–10:00	31655
High School Success 101	Gr. 9–12	July 14–July 18	8:00–10:00	31656
Yearbook 101	Gr. 9–12	June 23–July 3	8:00–12:15	31658
Yearbook 101	Gr. 9–12	July 7–July 18	8:00–12:15	31659

Online Enrichment Courses

Jump Start to AP Art Studio*	Gr. 11–12	6/23–7/18	online	31621
Jump Start to AP Chemistry*	Gr. 11–12	7/7–7/18	online	31622

* Teacher referral code required

Sports

Boys Diamond Development (held at Trenary M–Th)	Gr. 9	June 23–July 3	9:15–10:45	31666
Boys Diamond Development (held at Trenary M–Th)	Gr. 9	July 7 – July 17	9:15–10:45	31667
Speed, Agility & Strength (M–F)	Gr. 9	June 16–July 18 (no class June 30–July 4)	7:00–9:00	31676



QUESTIONS: For questions regarding Falls Summer Academy programs for Grades 9–12, please contact Mr. Bonner at Bonnjoh@sdmfschools.org

Continued ...



ENRICHMENT

Jump Start to AP Art Studio

This course is intended to prepare students for any of the four AP Studio Art Portfolio courses offered at MFHS. Weekly assignments will encourage artistic exploration, and daily writing will enhance creative thinking skills. Students will develop and hone their ability to visually communicate using various art mediums. Artwork created is used for the Breadth portfolio submission to the College Board.

Jump Start to AP Chemistry

This course includes a required summer assignment for AP Chemistry. Specific details about this assignment will be shared with students during meetings held in June, prior to the end of the school year. All meetings for the course will be held online during office hours determined by the instructor. HS staff will contact student with dates and times.

EL Continuing Language Development *NEW!*

This English Language course is open to all secondary students with a beginning to intermediate level of English. Class focus will build social and academic language in the areas of listening, speaking, reading, and writing.

FBLA Officer Team Development

This course is for newly elected FBLA officers. The team will learn each others roles, create a program of work for the new school year, create the organization's financial statements, prepare for registration, and more.

High School Success 101

Take control of your time and give yourself the best opportunity for success. Learn the organizational skills, time management and study techniques you need to make your study time more efficient.

Manufacturing and Robotics

This hands-on project based course will introduce students to our FIRST Robotics team, focusing on design, build, and computer programming. Our main goal will be to learn basic power tool safety, and basic computer programming which will allow us to assemble a robot chassis that is able to move using an Xbox controller.

Yearbook 101* *NEW!*

Students will be learning the skills necessary to create a school yearbook. As part of this course, students will learn how to utilize the Jostens yearbook software to design spreads, navigate the software, and organize the image library. Additionally, students will have the opportunity to brainstorm the theme for a yearbook and potentially design a cover. Other skills taught will include: marketing, graphic design, email/Google Drive, organization, time management, and communication/collaboration with peers and adults. Students can register for one or both course sessions.

SPORTS

Boys Diamond Development* M-Th at Trenary

This course for incoming 9th graders is designed to help the athlete develop throwing, hitting, catching, pitching, and fundamentals of baseball. Please dress for outdoor weather. Classes will be held at Trenary Field.

Running Phoenix

This class is for students who wish to improve their cardiovascular conditioning and overall physical fitness through stretching, running and lifting weights. **Grade 10-12 students who successfully complete the class with good attendance may earn .5 elective physical education credit.**

Speed Agility and Strength

This class will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, and flexibility will be promoted through the use of all physical education facilities and equipment. Other areas that will be covered include strength training program design, proper spotting techniques and weight room safety. (No class June 30-July 4)

Grade 10-12 students who successfully complete the class with good attendance may earn .5 elective physical education credit.

* Students may register for both sessions of this class if desired.

FIT in the PARKS

Menomonee Falls, Wisconsin

FIT in the Parks is a health and wellness series brought to you by the Village of Menomonee Falls community partners. This summer, **FREE** activities will be held in various parks throughout the Village. Registration is required, but walk-ins will be accommodated as space allows.



Class Name	Age	Class #	Day	Date	Time	Location
Sunset/Candlelight Hike	All	31245	Fri	5/2	7:00 PM	Menomonee Park Area #2
Speed Agility & Strength	8-18	31575	Sat	5/24	12:00 PM	Oakwood Park Soccer North
Little Hooper Fitness	4-11	31298	Sun	6/8	10:00 AM	Oakwood Park Basketball
Zumba	18+	31246	Mon	6/16	5:30 PM	Oakwood Park East of Main Shelter
Intro to StrongBodies	55+	31358	Wed	6/18	11:00 AM	Willowood Park #2
Summer Outdoor Yoga	All	31249	Wed	6/18	5:30 PM	Rotary Park #2
Core n' More	14+	31388	Sat	6/28	9:30 AM	Rotary Park #1
Somatic Breath Workshop	8+	31244	Sat	6/28	10:30 AM	Menomonee Park Area #2
Strength	18+	31642	Wed	7/9	10:30 AM	Willowood Park #1
Zumba	18+	31247	Mon	7/14	5:30 PM	Oakwood Park East of Main Shelter
Intro to StrongBodies	55+	31357	Wed	7/16	11:00 AM	Willowood Park #2
Summer Outdoor Yoga	All	31250	Wed	7/16	5:30 PM	Rotary Park #2
Barre Basics	18+	31644	Wed	7/16	10:30 AM	Willowood Park #1
Pilates Mat	13+	31259	Thur	7/17	5:00 PM	Oakwood Park East of Main Shelter
Summer Yoga	18+	31646	Wed	7/23	10:30 AM	Willowood Park #1
Yoga	8+	31243	Wed	7/23	5:30 PM	Old Falls Village
Zumba	18+	31248	Mon	8/11	5:30 PM	Oakwood Park East of Main Shelter
Intro to StrongBodies	55+	31356	Wed	8/13	11:00 AM	Willowood Park #2
Summer Outdoor Yoga	All	31251	Wed	8/13	5:30 PM	Rotary Park #2
TRI the Y-Strength	12+	31254	Sat	9/13	8:45 AM	Village Park Amphitheater
TRI the Y-Cardio	12+	31252	Sat	9/13	10:00 AM	Village Park Amphitheater
TRI the Y-Core	12+	31253	Sat	9/13	11:15 AM	Village Park Amphitheater

Detailed Fit in the Park class descriptions are online at <http://tinyurl.com/4zkfnjtt>

2025 Program Sponsors:

- Waukesha County Parks
- Froedtert Health
- WI Sports Performance
- Hooper Hands
- Tri County YMCA
- UW-Extension Waukesha
- Peace Yoga Studio & Wellness Center
- Starting Point Fitness
- Wisconsin Athletic Club
- The Contrology Center

FIT IN THE PARKS: Sunset/Candlelight Hike All Ages

Join us for a self-guided walk around Menomonee Park to kick off the 2025 Menomonee Falls FIT in the Parks programming. Candles will be available to light the way after dusk or come early and enjoy the park's natural beauty at sunset. Free admission to the park for all participants. A special thanks to Waukesha County Parks and Froedtert Health for their help with this event!

Fri, 7:00 PM, 2h
5/2 Class #31245
Menomonee Park, Picnic Area 2
FREE



AGE 21+



Day Trips



NEXT

EXIT

CE&Rec
Community Education & Recreation

- 📍 Bloom & Breeze Journey
- 📍 Brewer Game
- 📍 *Wicked* at the Marcus
- 📍 Ho-Chunk Dells
- 📍 Triple Sip Adventure
- 📍 *Oklahoma* at Fireside

Fun, creative, local experiences planned just for you!
All trips are guided by Lori and chauffeured by coach bus.

— TRIPS LEAVE FROM TREINARY FIELD PARKING LOT —



REGISTRATION NOW OPEN

Wicked at the Marcus *NEW!*

Thursday, July 31 | 11:30 AM Sign In | 4:30 PM Return

From the first electrifying note to the final breathtaking moment, **WICKED**—the untold true story of the Witches of Oz—will captivate you. Their initial rivalry turns into the unlikeliest of friendships ... until the world decides to call one “good” and the other “wicked.” There will be no meal with this trip, so we could get better seats. **Register by April 30.**

Meet in the Treinary Field Parking lot
R \$128 NR \$138 Class #31426

REGISTRATION NOW OPEN

Brewer Game

Wednesday, June 11

11:15 AM Sign In | 5:15 Return

We are headed to American Family Field to cheer on the Brewers as they take on the Atlanta Braves. We will be dropped off by the stadium and seated on the shady side of the Loge infield section. **Register by May 12.**

Please remember You will be on your own for lunch while at the park. Personal size food items or snacks will be allowed in clear bags. Soda, water, or juice in factory-sealed plastic bottles will be permitted (one per person, no larger than 32 ounces). No purses or bags will be allowed, only small clutches or wristlets (9" x 5" x 2") or a clear single-compartment bag (12"x6"x12") will be allowed.

Meet in Treinary Field parking lot
R \$62 NR \$72 Class #31425

Bloom & Breeze Journey *NEW!*

Ovans Peony Farm

Glass Cellar

Bayside Supper Club

Horicon Marsh Boat Tour

Thursday, June 5 | 8:00 AM Sign In | 4:30 PM Return

Join us as we start at Ovans Peony Farm, where we will have a walking tour of the farm, which boasts 1,600 plants and encompasses over 100 diverse peony varieties. There will be time to shop in their gift shop. If you choose not to walk around the farm, there will be benches for you to relax on and enjoy the view. Next, we will head to the Glass Cellar for some shopping. We will have a buffet lunch of chicken, ham, and stir fry at the Bayside Supper Club. We will finish the afternoon with a visit to the Horicon Marsh, where we will have a boat tour and visit the Explorium Museum, where you can travel from the Ice Age to the present day. **Register by May 19.**



Meet in Treinary Field Parking lot
R \$100 NR \$110 Class #31425



Gambling Trip to Ho-Chunk in the Dells

Thursday, August 7

8:00 AM Sign In | 4:15 PM Return

Join us for a one-day getaway to Ho Chuck Dells. You will receive \$25 in credits on your player's club card at Ho Chunk Dells. You don't have a player's club card? No problem they will sign you up when you get there and you can enjoy the free credits also. You must bring a valid ID with you and use your player's club card at all times while at the casino. **Register by July 21.**

Meet in the Trenary Field Parking lot
R \$48 NR \$58 Class #31737

Triple Sip Adventure **NEW!**

MT Bottle Brewing Company
Wollersheim Winery and Distillery

Saturday, August 16

9:00 AM Sign In | 5:30 PM Return

Join us as we head north west of Madison to MT Bottle Brewing Company, where we will get to see their quaint brewing area and have lunch. You will have a choice of a Cheeseburger, Chicken Bacon Ranch Wrap, or Southwest Salad with Chicken. We will then travel across the Wisconsin River to the Wollersheim Winery & Distillery where we will have a seated tasting of 3 Wines and 1 small Cocktail that will be paired with snacks. You will have time to shop and explore the grounds after the tastings. There will be a bit of a walk up to the winery from the parking lot. **Register by July 17.**

Meet in the Trenary Field Parking lot
R \$99 NR \$109 Class #31741



Oklahoma at the Fireside **NEW!**

Jones Dairy Farm Outlet
Show & Lunch at Fireside Theater

Thursday, September 18

8:15 AM Sign In | 5:30 PM Return



Join us for an American Classic, Oklahoma! This bright, brassy, boisterous musical comedy is filled with colorful costumes, breathtaking dancing, side-splitting humor, and a musical score featuring such hits as "Surrey With the Fringe on Top" and "Oklahoma!" You will have a meal choice of Beef Short Ribs, Chicken Florentine, Almond Crusted Cod, or Vegetarian Manicotti. On the way to the Fireside, we will stop at the Jones Dairy Farm Outlet. **Register by Aug. 15.**

Meet in the Trenary Field Parking Lot
R \$130 NR \$140 Class #31619

Day Trip Policies

For ages 21 and better

- All trips travel by coach bus unless specified. Leave the driving to us!
- We understand that plans can change and you may not be able to attend a trip for which you have registered. However, refunds will only be issued if we can register someone in your place.
- We have the right to cancel the trip if we do not have the minimum number of participants to cover the cost, so sign up before the deadline.
- Trip participants shall be self-sufficient, or have with them a paid companion/ caregiver to assist with specific needs. This includes, but is not limited to walking, sitting, standing, eating, and using the restroom.
- The bus will require several steep stairs upon entering and exiting.
- You may not resell, exchange, or give your ticket/spot away as a gift. All transfers must be handled by the Recreation office staff.

Questions? Call (262) 255-8460.

Register at fallsrec.org |

Rustic Rehabs Flip It Beautiful! Furniture Painting 101 **NEW!**

Ages 18+

Grab a small piece of furniture and join us for a fun, hands-on workshop! Learn how to paint, distress, and seal like a pro as you transform your tired piece into a fresh, stunning creation. Perfect for beginners and DIY lovers!

Wed, 1:00 PM, 3h

6/11 Class #31413
6/25 Class #31423
7/9 Class #31414
7/23 Class #31424
8/13 Class #31415
8/27 Class #31416

Sat, 1:00 PM, 3h

6/14 Class #31417
6/28 Class #31418
7/12 Class #31419
7/26 Class #31420
8/9 Class #31421
8/30 Class #31422

Rustic Rehabs

Rustic Rehabs Staff

R \$55 NR \$55 1 class

SOMA Breathwork Meditation

Ages 18+

Learn the basics and proper technique of SOMA Breathwork meditation. By practicing SOMA Breath, you can actually protect against disease, balance emotion and help be in "flow." Please wear comfortable clothing and socks, and bring a yoga mat to class. No experience needed.

Tue, 6:00 PM, 50m

7/8-7/29 Class #31396

Thu, 6:00 PM, 50m

7/24-8/14 Class #31397

Riverside Rm 216

Sarah Falter

R \$55 NR \$66 4 classes



Tarot One: What the Heck is the Tarot Deck?

Ages 18+

New to Tarot or need a review? Tarot is a deck of 78 beautiful cards that we use to explore the past and create our best future. Join us as we learn the meanings of the cards and how you can use them for self-understanding, inspiration, and fun. No experience needed.

Wed, 6:30 PM, 1hr30m

7/9-7/16 Class #31310

Riverside Rm 217

Faye Ellen Bonini

R \$30 NR \$36 2 classes

Tarot Two: Creating Your Own Tarot Practice

Ages 18+

If you are familiar with Tarot cards, it's time to create your own Tarot practice. We will review card meanings, explore a variety of beautiful decks, and learn how to incorporate Tarot into your life with reflection, meditation, writing, Tarot spreads, and more. Our goal is self-understanding and inspiration. Join us.

Wed, 6:30 PM, 1hr30m

7/23-7/30 Class #31311

Riverside Rm 217

Faye Ellen Bonini

R \$30 NR \$36 2 classes

Green Thumb Gardening with Succulents

Ages 18+

Get your green thumb ready for summer by creating an indoor succulent arrangement. We will have a few different pottery options to choose from and a variety of succulents available to create an eye-catching indoor arrangement. Classes will be held outdoors and are handicap accessible. Please bring garden gloves to class if you can; if not, disposable gloves will be provided.

Sat, 10:30 AM, 1h

6/14 Class #31161

Wendland Nursery

R \$40 NR \$40 1 class

LIVE VIRTUAL ZOOM

Adult Spanish for Travelers

Ages 18+

Embark on an exciting journey through the Spanish-speaking world right from your home. This interactive, beginner-friendly live virtual course is designed for adults eager to learn practical Spanish for travel. Our experienced instructors will guide you in practicing essential phrases for greetings, ordering in restaurants, and asking for directions. With Futura's dynamic, hands-on approach, you'll stay engaged and have fun while building confidence for your next adventure. Ideal for both new learners and those with some prior Spanish conversation.

Tue, 6:00 PM, 1h

6/3-6/24 Class #31412

Futura Language Professionals Staff

R \$85 NR \$92 4 classes

Adult Beginner Spanish Boost

Ages 18+

Kickstart your Spanish journey with this engaging course, perfect for beginners! Designed for those with little to no experience, you will learn essential vocabulary, basic grammar, and practical phrases for everyday conversations. Through group discussions and break-out conversation practices, you'll build confidence in speaking and understanding Spanish. Our experienced instructors will guide you every step of the way, setting you up for continued success. By the end of the course, you'll have the foundational skills to keep learning and speaking with confidence.

Wed, 6:00 PM, 1h

6/4-6/25 Class #31411

Futura Language Professionals Staff

R \$85 NR \$92 4 classes

Container Gardening

Ages 18+

Container gardening is a great way to save space. Learn which soils are best, the needed fertilizers, how to choose the proper container size, and more. Choose from a variety of annuals, vegetables, or herbs to create your own special 13" container during class. Bring gardening gloves and dress appropriately for this outdoor class.

Sat, 10:30 AM, 1h
5/10 Class #30821

Thu, 4:30 PM, 1h
5/15 Class #30822

Sun, 11:00 AM, 1h
6/1 Class #30823
Wendland Nursery, Germantown
R \$38 NR \$38 1 class

Watercolor Techniques

Ages 18+

Learn various techniques, proper paper usage, and how to use color as you develop your individual creative painting style. Perspective and values of form will also be touched on. A suggested supply list is available through the CE & Rec office.

Thu, 6/19-7/31, 2h
10:00 AM Class #31282
12:30 PM Class #31283

No class 7/3
Riverside Rm 218
Nancy Lohmiller
R \$45 NR \$54 5 classes

Knitting: Beginning

Ages 18+

This class is geared for those that are new to knitting or feel like they would like more time to practice techniques. Learn about the different qualities of yarn, knitting needles, and how to read a pattern. Each participant will choose a personal project to work on during class and will receive help as needed. You will also be taught some useful knitting tricks. Needles and yarn will be provided for you at the first class.

Wed, 1:00 PM, 2h
6/4-7/2 Class #31276
7/16-8/13 Class #31277

Community Center Rm 120
Sandra Henderson
R \$32 NR \$39 5 classes

Knitting: Experienced

Ages 18+

This class is geared for those knitters that feel they have moved past the beginner stage. Learn about the different qualities of yarn, knitting needles, and how to read a pattern. Each participant will choose a personal project to work on during class and will receive help as needed.

Tue, 9:30 AM, 2h
6/3-7/1 Class #31278
7/15-8/12 Class #31279

Thu, 9:30 AM, 2h
6/5-7/3 Class #31280
7/17-8/14 Class #31281
Community Center Rm 102 A
Sandra Henderson
R \$32 NR \$39 5 classes

MENOMONEE FALLS DOWNTOWN DISTRICT
wheremain&appletonmeet

2025

UPCOMING EVENTS

- Feb. 7-8 Chocolate Walk
- April 5 Downtown Pub Crawl
- June 17-21 Make & Take Shop Hop
- July 19 Falls Lavender Fest
- Sept. 11 Ladies Night
- Oct. 4 Falls Harvest Fest
- Oct. 23 Downtown Trick-or-Treat
- Nov. 29 Small Business Saturday
- Dec. 1-21 Elfie Scavenger Hunt
- Dec. 5-6 Downtown Cookie Crawl
- Dec. 13 Falls Christkindl Market

menomoneefalldowntown.com
NBSW16606 Main St.
262-251-8797

Follow Us!



Before You Start Any Exercise Program ...

- Before you start any exercise program you should consult with your physician.
- If you have health restrictions—please notify your instructor.
- Proper warm-up prevents injuries!
- Arrive at class promptly.
- Make arrangements for your children. Childcare is not provided.
- Participants should wear proper attire: Good aerobic shoes and clothing that permits movement.
- Participants may want to bring a water bottle and towel to class.

Barre

Ages 18+

Barre focuses on high-reps, low-impact movements to help tone and strengthen your body. You will target and engage muscles not normally worked in a general exercise class. We will focus on proper alignment and posture while executing movements to improve strength, balance, stability, and coordination. The technique is inspired by elements of ballet, yoga, and Pilates. No experience is required.

Tue, 1:00 PM, 45m
6/17–7/22 Class #31378
Community Center Gym
Katie Madsen
R \$30 NR \$36 6 classes

Let's Get Moving

Ages 55+

This low-impact workout is a great way to keep your body limber and feeling good. We will exercise to maintain muscle tone, endurance, flexibility, and balance. This fun, energizing class is a great way to start your day!

Tue, 9:00 AM, 1h
6/3–6/24* Class #31365
7/15–8/12 Class #31366
Community Center Rm 4 LL
Sandy Neylon
R \$18 NR \$21 4 classes*
R \$22 NR \$26 5 classes

Active Agers

Ages 55+

This class is geared toward exercises for activities of daily life, including balance, flexibility, fall prevention, cardio, endurance, and strength.

Thu, 9:00 AM, 1h
6/12–7/3 Class #31363
7/24–8/14 Class #31364
Community Center Rm 4 LL
Patty Molzen
R \$17 NR \$22 4 classes

Pelvic Floor Workshop

Ages 18+

In this interactive workshop, you will learn how to properly activate the pelvic floor muscles and specialized Pilates exercises for flexibility, strength, and coordination of the core and pelvic floor muscles. Come prepared for gentle movement and basic Pilates exercises.

Sat, 9:00 AM, 1h
6/7 Class #31240
Moving Like a Mother Physical Therapy
R \$16 NR \$21 1 class



Zumba Gold

Ages 18+

This is a low-impact version of the original Latin-inspired dance fitness program Zumba. Classes will emphasize the basics and have been modified for the active older adult, the beginning participant, or other special populations that may need modifications for success.

Mon, 9:30 AM, 45m
6/16–7/7 Class #31369
7/21–8/11 Class #31370
Community Center Gym
Carmen Bond
R \$20 NR \$24 4 classes

Dance Fitness

Ages 18+

Strengthen your muscles, increase your endurance, and have fun as you dance your way to fitness! No previous dance experience needed. Even if you have two left feet, you can experience this amazing cardio workout.

Tue & Thu, 5:00 PM, 45m
6/17–7/10* Class #31368
No class 7/3
7/22–8/14 Class #31371
Community Center Gym
Carmen Bond
R \$35 NR \$42 7 classes*
R \$40 NR \$48 8 classes

Easy Yoga: Level 1

Ages 18+

This gentle yoga class will emphasize alignment, stretching, and calming of the mind. Instruction includes breath work, strengthening movement, soothing stretches, and strategies for conscious relaxation. You will leave class relaxed and refreshed. Please bring a yoga mat and water bottle.

Mon, 10:30 AM, 45m
6/16-7/7 Class #31372
7/21-8/11 Class #31373

Mon, 11:30 AM, 45m
6/16-7/7 Class #31374
7/21-8/11 Class #31375

Community Center Gym
Carmen Bond
R \$29 NR \$35 4 classes

Easy Yoga: Level 2

Ages 18+

This class is for those that have taken Easy Yoga or are ready to move to the next level. This beneficial yoga class will increase your strength, flexibility, and mental calm. You will leave class relaxed and refreshed. Please bring a yoga mat and water bottle.

Wed, 9:00 AM, 45m
6/18-7/9 Class #31376
7/23-8/13 Class #31377

Community Center Gym
Carmen Bond
R \$29 NR \$35 4 classes

Yoga Without a Mat

Ages 18+

Increase flexibility, strength, and balance without getting up and down on a mat. Safe and effective seated and standing yoga poses will be presented. A chair will be available if needed. This is an excellent format for people who need extra modifications to be successful.

Wed, 11:45 AM, 45m
6/18-8/13 Class #31398
Community Center Gym

Levy Palos
R \$54 NR \$66 9 classes

Evening Strength and Conditioning

Ages 18+

This class will target all areas of the body to increase your strength, mobility, flexibility, and endurance through both static and dynamic exercises. A combination of resistance training and aerobic conditioning will help to improve your overall physical performance and daily movement.

Mon, 5:00 PM, 45m
6/16-7/21 Class #31380

Community Center Gym
Katie Madsen
R \$30 NR \$36 6 classes

Strength and Conditioning

Ages 18+

Strength and Conditioning will target all areas of the body to increase your strength, mobility, flexibility, and endurance through both static and dynamic exercises. A combination of resistance training and aerobic conditioning will help to improve your overall physical performance and daily movement.

Tue, 2:00 PM, 45m
6/17-7/22 Class #31381

Community Center Gym
Katie Madsen
R \$30 NR \$36 6 classes

MENOMONEE FALLS
FARMERS
MARKET

June 6 - October 15, 2025
Village Park in Menomonee Falls

Wednesdays
2:00 PM - 6:00 PM

Sundays (JULY 13 - SEPT 14)
10:00 AM - 1:00 PM

fallsfarmersmarket.org

Volunteers Welcome!
There are a variety of different times and ways you can volunteer at the market. Contact Dana at mffarmersmarket@gmail.com.

Indoor Cycling

Ages 18+

Perfect for all fitness levels and ages, this class utilizes stationary bikes, upbeat music, and a variety of body movement and cadence strategies to provide an awesome, low-impact exercise experience. Throughout this session, you will be challenged to increase your cardiovascular fitness, strengthen muscles, and increase your endurance. Includes warm-up, cool-down, and stretching components. Please bring a water bottle, towel, and hard-soled tennis, running, or cycling shoes. Padded bike seats or padded shorts are recommended but not required.

Mon & Wed, 6:15 PM, 1h
6/2-6/25 Class #31367
Community Center Rm 4 LL
John Gerhardt
R \$42 NR \$51 8 classes

Salsa and Bachata Dancing

Ages 18+

Learn these beautiful Latin partner dances from well-known local dancer, Jason Suav. This class will be adapted for all levels. Sign up alone or with a partner to have fun, be social, get exercise, and learn a new skill.

Thu, 6:50 PM, 45m
6/19-7/31 Class #31683
No class 7/3
North Middle School Gym - North Half
Jason Jordan
R \$56 NR \$67 6 classes

Line Dancing **NEW!**

Ages 18+

Dance is a healthy aerobic exercise activity. Learning to dance is beneficial for your mind and body, no matter what age you are. Line dancing allows you to dance with a group of people or by yourself.

Tue, 3:45 PM, 1h
6/3-7/22 Class #31309
No class 7/2
Community Center Gym
Christine Kao
R \$32 NR \$37 7 classes

Country Line Dancing **NEW!**

Ages 18+

Learn Country Line Dance from well-known local dancer, Jason Suav. This class is a beginner class, but intermediate level can be accommodated. We will learn basic steps, turns, transitions, and improvisation. Sign up alone or with a partner to meet people, learn a new skill, improve fitness, and have fun.

Thu, 6:00 PM, 45m
6/19-7/31 Class #31685
No class 7/3
North Middle School Gym - North Half
Jason Jordan
R \$56 NR \$67 6 classes



Tai Chi is a traditional Chinese mind/body exercise that increases mobility and improves balance and stability with gentle movements. The slow pace of class and breathwork will help calm and relax the body and refresh the mind. Each class will introduce students to various forms (martial arts movements) and exercises that support many areas of the body including bone density, cardiovascular health, joint mobility, strength and psychological well-being.

Beginning Tai Chi

Ages 18+

This beginner class is suitable for all levels, especially for anyone who would like to slow down and quiet the mind. Even those with some Tai Chi experience will benefit from going back to some basics.

Tue, 11:30 AM, 1h
6/3-6/24 Class #31750
Community Center Rm 4 LL
Susan Pokorny
R \$25 NR \$30 4 classes

East Coast & Country Swing Dance

Ages 18+

Learn Country Swing and Swing Dance from well-known local dancer, Jason Suav. This class is a beginner class, but intermediate level can be accommodated. We will learn basic steps, turns, transitions, and improvisation. Sign up alone or with a partner to meet people, learn a new skill, improve fitness, and have fun.

Thu, 7:45 PM, 45m
6/19-7/31 Class #31684
No class 7/3
North Middle School Gym - North Half
Jason Jordan
R \$56 NR \$67 6 classes



Continuing Tai Chi

Ages 18+

This Advanced class is suitable for those ready to move to the next level.

Tue, 10:15 AM, 1h
6/3-6/24 Class #31751
Community Center Rm 4 LL
Susan Pokorny
R \$25 NR \$30 4 classes

PRE-REGISTRATION NOT REQUIRED

Availability on a
First Come-First Served Basis

CASH ONLY, EXACT CHANGE
\$3 Residents / \$5 NR
per day



OPEN GYM

Volleyball: Coed Open Gym

Ages 16+

Coed open gym is a great way to get some exercise, meet new people, and play volleyball! Ages 16-17 can participate in open gym with an adult present. You do not need to be a player in our leagues to participate.

Mon, 6/2-8/25, 7:30 PM, 2h
No Open Gym on 6/11, 7/22
R \$17 NR \$22 4 classes

Wed, 6/4-8/27, 7:30 PM, 2h
North Middle School Gym

Golf Lessons: Adult

Ages 18+

Come learn golf, one of the greatest games ever played. Classes are intended to teach you how to swing and help you feel comfortable when playing. We will focus on the full swing, short game, and putting. Training aids, video analysis, and handouts will be used to help speed the learning. Please bring along a 6, 7, 8 or 9 iron to the first class. Students must purchase golf balls at the range. Classes will be held rain or shine.

Mon & Wed, 8:45 AM, 1h
6/2-6/18 Class #31350
6/23-7/9 Class #31351
Swing Time Germantown
R \$75 NR \$78 6 classes

Pickleball Lessons

Ages 18+

New to the sport or haven't played in a while? Our lesson program will break down the game and provide lessons on rules, strategy, skill, and form. Pickleball is a combination of badminton, tennis, and table tennis and is enjoyed by all ages! Using a badminton-sized court, a tennis-height net, a table tennis-type paddle, and a baseball-sized wiffle ball, this game has few rules and is far less strenuous than tennis. Please bring your own racquet. We will supply the balls.

Sat, 8:00 AM, 1h30m
6/7-6/28 Class #31238
7/12-8/2 Class #31239
Oakwood Park Tennis Courts
R \$20 NR \$25 4 classes

Tennis: Adult Lessons

Ages 18+

Have you always wanted to learn how to play tennis? Has it been a while since you've picked up your racquet? Class will cover the fundamentals and skills needed to play this timeless sport.

Tue & Thu, 6:00 PM, 50m
6/17-7/10* Class #31590
No class 7/3

7/15-8/7 Class #31591
High School Tennis Courts
R \$30 NR \$36 7 classes*
R \$35 NR \$42 8 classes

Tennis: Adult Social

Ages 18+

Enjoy the game of tennis while meeting new people. If you are new to tennis, haven't played in a while, or are just looking to find a place to regularly play, this guided play with an instructor will help you improve your game.

Tue & Thu, 7:00 PM, 1h
6/17-7/10* Class #31588
No class 7/3

7/15-8/7 Class #31589
High School Tennis Courts
R \$30 NR \$36 7 classes*
R \$35 NR \$42 8 classes



Adult Sports Leagues

Ages 18+



Summer Adult Basketball

Returning team deadline is April 9. New teams accepted beginning April 11.

Fall Softball

Returning team deadline is July 16. New teams accepted beginning July 18.

Fall Basketball

Returning team deadline is July 30. New teams accepted beginning August 1.

Fall/Winter Volleyball

Returning team deadline is August 20. New teams accepted beginning August 22.

For additional information and contracts, go to fallsrec.org > adults > athletics



These classes are **FREE**, but registration is required.

Cup of Health: Coping with Stress thru Journaling **NEW!**

Ages 18+

Participants will be introduced to and practice journaling as a coping technique to protect their well-being. This session will cover: normal stress vs. chronic stress, stress-related health consequences, personal stress assessment, journaling as a coping technique, and journaling exercises.

Tue, 10:00 AM, 1h
6/24 Class #31284
Riverside Rm 216

Cup of Health: Mental Health, what if we talked about it? **NEW!**

Ages 18+

Mental health is an important part of overall wellness. By having an open conversation about mental health, we hope to remove stigma and encourage important actions.

Tue, 10:00 AM, 1h
8/12 Class #31285
Riverside Rm 216

Stay Fit While You Sit

Ages 18+

This program discusses ways to eat healthy, exercise properly, and reduce your stress all while sitting at your desk. Keep your body and mind healthy this summer.

Tue, 5:30 PM, 1h
5/13 Class #31334
Germantown Library
Dr. Brenda Holland

Are You Ready For Medicare?

Ages 18+

Will you or a family member be eligible for Medicare this year? If so, please join us as we explain Medicare in easy-to-understand language. Any questions you may have will be addressed. You will leave with solid information about available options and how to qualify for extra help.

Wed, 7:00 PM, 1h30m
7/16 Class #31237
Riverside Rm 220
Jeff Martin

Social Security Filing Seminar

Ages 18+

Are you planning to file for Social Security in the years to come? Attend this seminar to learn the ins and outs of social security, when to file, and how to maximize your social security benefits.

Wed, 5:00 PM, 1h
6/18 Class #31294
Riverside Rm 220
Matt Yerkes

Retirement & Financial Planning Basics

Ages 18+

Whether you're 30 years from retiring, considering retiring soon, or even already in retirement, there are some basics that all savers and investors should be aware of. RMD's, gifting, Roth and Roth conversions, charitable giving, taxes, capital gains and loss rules and strategies, and much more. Please bring your questions.

Wed, 5:00 PM, 1h
8/13 Class #31297
Riverside Rm 220
Matt Yerkes



Free Individual Technology Help

Ages 40+

Do you need help with your computer, phone, or tablet? High School student volunteers will be on hand to help you better understand your device one-on-one. They are willing to help you with email, social media, pictures, the internet, texting, or any other problems you are having. Please bring your tablet, phone, or laptop with you.

Fri, 1:00 PM, 45m
5/23 Class #30718
6/27 ** Class #31431
7/25 ** Class #31432
8/15* Class #31433

Fri, 1:45, 45m
5/23 Class #30719
6/27** Class #31901
7/25** Class #31902
8/15* Class #31903
Community Center Rm 120
Riverside Rm 216*
Riverside Rm 217**

Restoring Balance

Ages 18+

Have you and your family been able to find a good pattern of healthy eating, stress management, and exercise? This program discusses strategies for you and your kids to find that balance over the summer.

Tue, 5:30 PM, 1h
5/20 Class #31335
Germantown Library
Dr. Brenda Holland

These classes are **FREE**, but registration is required.



Investing 101

Ages 18+

We will discuss goal-based investing and the keys to building a diversified portfolio. How do you choose between all the various investment options that exist today, and what's the difference between mutual funds, index funds, stocks, and bonds, and which strategies should you consider.

Wed, 7/16, 1h
10:00 AM Class #31295

5:00 PM Class #31296
Riverside Rm 220
Matt Yerkes

Estate Planning Seminar with The McLario Firm **NEW!**

Ages 18+

Join us as we cover key estate planning topics, including strategies to avoid probate, minimize taxes, plan for incapacity, and provide for your loved ones. Learn how to protect your assets, fulfill your wishes, and create a lasting impact through charitable giving.

Tue, 10:00 AM, 1h
6/3 Class #31394

Tue, 5:30 PM, 1h
6/10 Class #31395
Community Center Rm 123
Al Spiegel, Attorney at Law

Community Band

Entering Gr 8-12 and Adults



No auditions are required, but you must be able to read and play band music. Recent experience is not required, so dust off your old instruments and join the band! Sponsored by Menomonee Falls Band Bunch, and under the direction of Mr. John Woger, members will perform in a concert held on 7/17 at the MFHS Auditorium.

Tue, 7:00 PM, 1h30m 6/10-7/15 Class #31258
High School Rm 170
FREE, but registration is required

LIVE VIRTUAL ZOOM

Home Buying

Ages 18+

Virtual class via Zoom. In the market for a new home? Learn the difference between a traditional real estate agent and a buyer's agent for representation and how important it is to have a market analysis prior to writing an offer. Learn about mortgage pre-approval, inspection, gap insurance, the escalator clause, and how to write the offer in your best interest.

Tue, 6:30 PM, 1h30m
8/19 Class #31410
Kathleen Golembiewski

Home Selling

Ages 18+

Virtual Class Via Zoom. Sell your home fast and with the best results. Topics include how deferred maintenance affects the marketing, how to negotiate defects determined by the home inspector, what questions need to be answered prior to listing a property, is an attorney needed, what is the role of the title company, and should you offer a home warranty to the buyer.

Mon, 6:30 PM, 1h30m
8/18 Class #31409
Kathleen Golembiewski



Thank You Sponsors

Please support these businesses which so generously supported our community for this event.

Ally's Bistro
American Legion
Apples Eye Photography
APQ Printing
CE&Rec
Chick-fil-A
Children's Community Center
Chiroway of Menomonee Falls

Chocolate Falls
Cross Fit Time Warp
Culvers
Curves
Delta Hotel & Waterlin
Falls Chiropractic
Felhofer CPA
Grace Commons

Hanson Water Works
High Point Dentistry
Hot House
Jason Marquardt State Farm
Mathnasium of Menomonee Falls
Peace Yoga Studio
Pink Lemonade Salon, Spa & Boutique
Poppy & Thyme

Robin's Nest
Rustic Rehabs
Sal's Pub & Grill
Shelley's Hallmark
Tax Management & Financial
Horizons/ Edward Jones
The Arboretum
Waukesha State Bank



COMMUNITY SENIOR CENTER

Senior Center Mission Statement

To champion for the dignity and respect of every senior by fostering connections and creating a vibrant community where independence, well-being, and healthy aging are celebrated. We are dedicated to promoting a fulfilling and enriching life through diverse health, wellness, educational, cultural, and recreational programs and services in every stage of life.



Nutrition Site: Lunch Program

Monday-Friday, served at Noon at the Community Center

Adults 60+ are welcome to enjoy a delicious lunch at the nutrition site. Registration for the meal is required by 11:30 AM one business day in advance. You can make reservations in person or by phone at (262) 251-3406 between 9:30 AM and 11:30 AM. The suggested contribution is \$5.00 per meal; no eligible individual will be denied a meal due to inability to contribute.

A menu is available at the nutrition site or online at fallsrec.org. The nutrition site is sponsored by the Aging & Disability Resource Center of Waukesha County.

Menomonee Falls Senior Center

Open Monday-Friday 8:00 AM-4:30 PM (EXCEPT WHEN NOTED BELOW)

The Senior Center will be closed 4/18, 5/26 & 7/4

- Our programs are open to all residents and non-residents. Membership not required.
- Programs consist of a variety of services and activities in such areas as education, creative arts, recreation, health and nutrition, leisure, and entertainment.
- The center includes a reading device for vision impaired, puzzles, and a lending library and magazines.
- The Community Center's facilities and parking lot are handicap accessible.



Menomonee Falls Senior Bus Service

Ages 60+ & adults with developmental disabilities

Available Monday-Friday, 9:00 AM-2:00 PM

- \$2 per stop for local trips. Rides are available for medical appointments, shopping, County Meal site, recreation activities, etc. starting at 10:00 AM.
- For more information or to make a reservation, please call Johnson Bus Co. at (262) 251-4230, Monday-Friday. Ride requests must be made at least one day in advance.
- Bus takes passengers to Woodmans the 2nd Wednesday of every month.

Eirenicon Club

Ages 55+

Eirenicon Club meetings include entertainment or guest speakers, refreshments, cards, bingo and socializing. A Christmas party, anniversary party and an annual picnic are open to members only.

Annual dues are \$20 (cash or check) and include a bi-monthly newsletter.



For more information, please contact Marilyn Fenske at (262) 251-2732.

**1st & 3rd Wednesday of the Month
1:00 PM Community Center Rm 102A**

Class #30754



Hand Crafts

Warm Up America

Ages 55+

Our Warm Up America group assembles crocheted & knitted squares into afghans for charity. The afghans are then donated to local organizations. Come join our friendly group and help assemble afghans for a good cause.

Tue, 9:30 AM, 1h30m
Community Center Rm 106

Happy Hookers / Sit & Knit

Ages 40+

If you would like to knit for charity, have any unfinished knitting or crochet projects, but have lost your motivation to complete them, or would like to start a new project, this drop-in group is for you.

Happy Hookers:

4/9, 5/14, 6/11, 7/9, 8/13

Sit & Knit:

4/23, 5/28, 6/25, 7/23

Wed, 12:00 PM, 3h30m
Community Center Rm 123

FREE, but registration is required.

Book Club

Books Are Us

Ages 18+

Join our special group of book lovers for a lively and thought-provoking discussion. Everyone gets to give their thoughts and point of view. For the current book selection or additional information, call Mary Jo at (262) 251-8917.

Wed, 1:00 PM, 1h30m

The Classics:

4/9, 5/14, 6/11, 7/9

Book Lovers:

4/23, 5/28, 6/25, 7/23

Community Center Rm 106

FREE, but registration is required.

Yarn Donations Welcomed!

Donated yarn will be used to create items for families in need. If you have extra yarn you'd like to donate, please drop it off at the Community Center.



Health Services

Toe Nail Trimmers

All Ages

We have registered nurses who are specially trained to trim nails. No soaking of feet is needed. Registration is required by calling (262) 719-0336.

2nd & 4th Wed 9:00 AM-4:00 PM
Community Center Rm 102A
\$35 each visit, make check payable to Toe Nail Trimmers

Blood Pressure Check

Ages 55+

Continuous high blood pressure is a serious condition. Blood pressure can be controlled in most cases, but should be monitored regularly. Come in and have your blood pressure checked for free by a registered nurse every month.

Wed, 11:00 AM-Noon
4/23, 5/28, 6/25, 7/23, 8/13
Community Center

Froedtert Health Nurse

FREE, but registration is required.

Stronger Together, Coffee & Conversations



Meets the 3rd Thursday
4/17, 5/15, 6/19, and 7/17

Are you feeling overwhelmed, sluggish, blue or just in need of some friends and support? Everyone is welcome to join us for this monthly group. Let's all come together for friendly interaction, discussion and support.

10:00-11:00 AM Class #30180
Community Center

FREE, but registration is required.

LOOK AROUND!



Some programs are now listed in other sections of the Activity Guide:

Adult Day Trips
page 38

Free Classes & Programs
page 46



Drop-In Program Registration Procedures

First time to visitors must complete a registration form indicating the programs you will be participating in. Your name will be added to a roster, and you will need to "check in" by placing a check mark after your name each time you come to the Community Senior Center for a program.



Thursday BINGO

Ages 55+

You could win big! Each player receives two cards for a \$2.00 cash entry fee. We will play 10 games.

1:15–2:30 PM

1st & 3rd Thu

4/17, 5/1, 5/15, 6/5, 6/19, 7/3, 7/17, 8/7

Community Center Rm 102

BINGO BLAST!

Ages 55+

Join us for an extra day of bingo and prizes. No money needed. Non-cash prizes awarded.

Wed, 4/30, 1:15–2:30 PM

Sponsored by Alexian Village

Wed, 7/30, 1:15–2:30 PM

Sponsored by Delta Hotel & The Waterlin

Community Center Rm 102

FREE, no registration required.

Crafts with Grace Commons: 4th of July

Ages 55+

Have fun while creating a 4th of July-themed craft. All supplies will be provided.

Fri, 10:00 AM, 2h

6/13 Class #31434

Community Center Rm 102A

FREE, but registration is required



Crafts with Grace Commons: Sunflower

Ages 55+

Have fun while creating a sunflower-themed craft. All supplies will be provided.

Fri, 10:00 AM, 2h

8/8 Class #31435

Riverside Rm 217

FREE, but registration is required

Crafts with The Arboretum: Beaded Patriotic Jewelry

Ages 55+

Have fun while creating beaded patriotic jewelry. All supplies will be provided.

Fri, 10:00 AM, 1h30m

7/11 Class #31427

Riverside Rm 217

FREE, but registration is required

GAME TIME

No program offered on days the Community Senior Center is closed

Monday	Tuesday	Wednesday	Thursday	Friday
Chess Club* 9:30–11:30 Rm 102A	Bridge 1:00–3:30 Rm 106	Bunko!* 9:30–11:30 Rm 106	Scrabble* 1:00–3:00 Rm 102B	Cribbage* 10:00–12:00 Rm 102
Sheepshead 12:00–3:00 Rm 106	Mexican Train Dominos* 1:00–3:30 Rm 102A	\$1.00 for kitty 4/23, 5/28, 6/25, 7/23, 8/13		Sheepshead 12:00–3:00 Rm 106
American Mah Jongg 12:00–3:30 Rm 123				Bridge 1:00–3:30 Rm 102A
Hand and Foot*/ Samba 12:30–3:00 Rm 120				

* *Beginners welcome to these games*



Wisconsin Home Energy Assistance Program

Ages 18+

Do you need home energy assistance? This is an income base benefit. Qualifying applicants receive a credit toward their entire energy bill. Registration will be available from 9:00am-12:00pm at the Community Center on select dates. Applicants must provide: Proof of income, Social Security numbers for all in the home, a current heating and electric bill, and verification of the prior month's income. If heat is included in your rent, you must bring a rent statement or letter from your landlord confirming heat is included with rent. Call 1-800-506-5596 to register in advance (required) or with questions, or visit the website at <https://energyandhousing.wi.gov>.

Stock Box Distribution

Ages 60+ |

- Third Monday of each Month
- Pick Up in Trenary Field parking lot

Distributed by the Hunger Task Force, the box contains 35 pounds of food from the U.S. government. To qualify, your income must be \$1,957 or less per month for a single person, or \$2,644 for a household of two. New sign-ups are accepted on distribution dates. Please bring proof of residency and a photo ID that includes your date of birth. **Contact the CE & Rec office at (262) 255-8460 for dates and pick up location. Location will change temporarily during construction.**

AR @ MENOMONEE FALLS presents

Festival OF THE ARTS

2025
5th ANNUAL

Saturday
AUGUST 23
10 am - 5pm

AR @ MENOMONEE FALLS CHALK ART

MAIN STREET
Art Block Party
on Main Street,
in Mill Pond Park & Plaza
MENOMONEE FALLS, WI

- Over 100 Artisan Booths
- Artist Demonstrations & Discoveries Tent
- Community Art Project
- Chalk Art Competition
- Kids Art Zone
- Street Performers
- Beer & Wine Garden
- Live Music
- Food Court

LEADING UP TO THE EVENT

- Plein Air Competition
- Painted Sculpture Competition
- Murals & Mixers Trolley Tour
- Paint the District events

fallsfestivalofthearts.com

FOR MORE INFORMATION

262.415.7013
@menomoneefallsevents
menomoneefallsevents@gmail.com

How to Reserve a Park

Village Park Rental

Falls Fest Plaza, The Garden, Amphitheater
(414) 708-1000

Menomonee Falls Park Department

for all other Village Park Rentals
(262) 532-4200

Menomonee Park (on Town Line Rd)

Waukesha County Park System
(262) 548-7801

Important Village Contacts

Menomonee Falls Village Hall

menomonee-falls.org (262) 532-4200

Menomonee Falls Police Non-Emergency

menomonee-falls.org/64/Police (262) 532-8700

Menomonee Falls Public Library

menomoneefallslibrary.org (262) 532-8900

School District of Menomonee Falls

fallsschools.org (262) 255-8440

Menomonee Falls Downtown

menomoneefalldowntown.com (262) 251-8797



4/5	Community League Spring Marketplace	communityleague.com
4/13	Easter Egg Hunt	oldfallsvillagepark.com
5/2	Biergarten at Old Falls Village Opens for the Season!	oldfallsvillagepark.com
5/3–5/4	Old Falls Revolutionary War Days	oldfallsvillagepark.com
5/9–10	Mai Fest at the Biergarten at Old Falls Village	oldfallsvillagepark.com
5/16	Falls Family Movie Night: Elemental	menomoneefallsdowntown.com
5/16	Depot Beer Garden at Old Falls Village Opens for the Season!	oldfallsvillage.com
5/24	Falls Memorial Fest	menomoneefallsdowntown.com
5/25	Concert for our Veterans at Village Park	menomoneefallsdowntown.com
5/26	Memorial Day Parade	fallsparades.org
6/6	Farmers Market Season Opens (Wed from 2–6 PM through 10/15)	fallsfarmersmarket.org
6/6	Village Park Beer Garden Season Opens (Wed from 5–9 PM through 10/15)	menomoneefallsdowntown.com
6/12	Falls Sunset Concert Series at Village Park (#1 of 6)	oldfallsvillage.com
6/13–6/15	WWII Days & USO Themed Big Band Concert	oldfallsvillagepark.com
6/17–21	Make & Take Shop Hop	menomoneefallsdowntown.com
6/26	Falls Sunset Concert Series at Village Park (#2 of 6)	menomoneefallsdowntown.com
7/3	July 3 Parade	fallsparades.org
7/10	Falls Sunset Concert at Village Park (#3 of 6)	menomoneefallsdowntown.com
7/12	Community League Garden Tour	communityleague.com
7/13	Sunday Farmers Market Opener (10 AM–1 PM through 9/14)	fallsfarmersmarket.org
7/19–7/20	Civil War Encampment at Old Falls Village	oldfallsvillage.com
7/19	Lavender Festival	menomoneefallsdowntown.com
7/24	Falls Sunset Concert Series at Village Park (#4 of 6)	menomoneefallsdowntown.com
7/26	Roaring 20's Lawn Party	oldfallsvillagepark.com
7/31	Falls Family Movie Night: The Goonies	menomoneefallsdowntown.com
8/2–8/3	1960's Weekend and Vietnam War Reenactment	oldfallsvillagepark.com
8/9	Falls Kids Festival	menomoneefallsdowntown.com
8/14	Falls Sunset Concert Series at Village Park (#5 of 6)	menomoneefallsdowntown.com
8/23	Falls Festival of the Arts	menomoneefallsdowntown.com
8/28	Falls Sunset Concert Series at Village Park (#6 of 6)	menomoneefallsdowntown.com

This is not an inclusive list. Dates and events subject to change. Check each organizations web site for more information.



Affiliates

The Menomonee Falls School District does not directly plan or administer the following programs. Please contact the respective program providers for further information and how to get involved!

Accompany of Kids

(262) 251-5225 | aokwi.org

This MF based premier performing arts group trains youth ages 4–20 in vocal, dance and performance techniques. Members are showcased in various venues throughout SE Wisconsin.

Menomonee Falls Angels

FallsAngels.com

This competitive, girls fast-pitch organization emphasizes softball fundamentals in order to develop skills, build character and create leaders.

MF Jr. Phoenix Baseball

www.mfjpbbaseball.com

A select youth baseball program for boys, ages 9–14, who reside in the MF School District. Teams play in the Wisconsin State Youth Baseball League.

MF Camera Club (Adults 18+)

(262) 893-3500 | falls-photo.org

Programs by professional photographers, field trips, photo competitions and workshops. Please get in touch with us for any questions about our club or to join our Zoom meetings.

Menomonee Falls Childrens Choir

mfchildrenschoir.org

Open to boys and girls in grades K–8, the choir enriches the lives of elementary through middle school aged children by laying the foundation of musicianship skills through quality singing experiences. Performances in December and April each year.

MF Dolphinettes

(262) 389-0480 | [Facebook](https://www.facebook.com/mfdolphinettes)

The Olympic Sport of Artistic Swimming open to girls ages 5–18, will teach swim routines to music. Recreation and competitive programs available. Contact Linda Loehndorf.



MF Jr. Phoenix Cheer

mfjrphoenix.com

The Jr. Phoenix Cheer program provides an opportunity for students in grades 5–8 to learn the basic principles of cheer and tumbling to prepare for cheer at MFHS.

MF Jr. Phoenix Football

mfjrphoenix.com

Full contact football with teams in 5th–8th grade divisions, open to all students enrolled in the MF School District. Learn the basic offensive and defensive plays of the MF High School.

MF Jr. Wrestling

adm.mfjwc@gmail.com

Open to youth K–8 with the goals of teaching the fundamentals of wrestling, providing competition and teaching good sportsmanship. Season runs December thru March with registration in late October.

MF Little League Baseball/Softball

fallslittleleague.org

secretary@fallslittleleague.org
A developmental softball and baseball league open to MF resident children ages 4–18. Registration takes place in January, with the season running through the end of June and an in-house tournament in July.

MF Youth Basketball Association

mfyba.com

mfybabasketball@gmail.com

Dedicated to fun and learning through recreational basketball for boys & girls in grades 3–8. Phoenix Basketball is a more competitive select league for 5th–8th grade students that requires tryouts.

Falls Patio Players

Box Office (262) 255-8372

Email fallspatioplayers@gmail.com

fallspatioplayers.com

This community theatre group will entertain you with quality productions of plays and musicals. For information regarding upcoming shows, or to order tickets online, check out our website.

Rocket Aquatics

gomotionapp.com/team/wimfsc/page/home

Rocket Aquatics is a year round competitive swimming team instructed by experienced and certified coaches, offering stroke technique, training and competition to young people ages 5+.

Milwaukee Sport Club Soccer

derek.hathaway@milwaukeesportsclub.com

Open to boys and girls aged 6–16, the club offers a great opportunity for kids to compete in multiple levels of team soccer.



REGISTRATION FORM

Online registration is available at fallsrec.org

HEAD OF HOUSEHOLD

Last / First Name _____ Birthdate (Month/Date/Year) _____ Gender (M or F) _____

Address _____ City _____ Zip _____

Home Phone (____) _____ Work Phone (____) _____ Email address _____

Cell Phone (____) _____ Cell Phone Carrier* _____

Must be included to receive a receipt

Which school district boundary do you live in? Menomonee Falls Hamilton (Sussex) Other

*By providing your carrier, you agree to receive text messages from MF CE & Rec.

EMERGENCY CONTACT

Your emergency contact should NOT be a contact within the same household, but rather an alternate contact in the local area. The emergency contact is only contacted if we cannot reach the primary household contact (e.g. parent/guardian) already on file.

Name _____ Relationship _____ Home Phone _____ Other Phone _____

PARTICIPANT INFORMATION

Participant First & Last Name	M/F	Birthdate	Attend SDMF Schools	T-Shirt Size (mandatory)	Activity Name	Class #	Date, Day & Time of Class	Fee
			[] Yes [] No	Youth: S M L Adult: S M L XL				
			[] Yes [] No	Youth: S M L Adult: S M L XL				
			[] Yes [] No	Youth: S M L Adult: S M L XL				
			[] Yes [] No	Youth: S M L Adult: S M L XL				

ADULT SIGNATURE REQUIRED! In consideration for the School District of Menomonee Falls allowing me and/or my child to participate in the activity, I, on behalf of myself and my child, expressly release, waive, discharge and covenant not to sue the District, its officers, agents, employees, representatives, and/or volunteers (collectively "the District") from any and all claims and for all loss, injury, illness or damage to me and/or my child arising out of my and/or my child's participation in the activity, whether caused by the negligence of someone acting on behalf of the District or the negligence of someone else. The foregoing waiver and release shall not absolve the District from liability or injury or damage caused by the District's intentional, willful or malicious conduct. I recognize and acknowledge that there are inherent risks of serious injury and/or illness to participants in the activity, I, on behalf of myself and my child, acknowledge that I and/or my child are voluntarily participating in the activity with knowledge of the danger involved. Recognizing the risks, I, on behalf of myself and my child, hereby agree to accept and assume any and all risks of injury and/or damage. I, on behalf of myself and my child, agree to take all precautions and measures reasonably necessary to prevent the transmission and spread of any communicable disease while using District facilities and engaging in the activity, including adherence to any and all orders and guidelines issued by local, state and federal authorities, including those issued by the National Centers for Disease Control and Prevention, state and local health department, and any policies of the District, related to the prevention of the transmission and spread of communicable diseases, including COVID-19. I further agree to notify an instructor of any medical conditions and/or other needs which may limit my and/or my child's participation in the activity and/or pose a health or safety risk for me, my child, and/or others in connection with participating in the activity. Should an emergency arise while participating in the activity, I give my permission to have a District representative take proper measures in the care of me and/or my child, including but not limited to transportation to an area emergency facility, or nearest hospital, if felt necessary by that representative. I also agree that I and/or my child will follow the rules and regulations set by the School District of Menomonee Falls and above named parties. I understand that photos may be taken of myself or my child and used for promotional purposes, and I, on behalf of myself and my child, hereby agree the School District of Menomonee Falls shall not incur any liability for payment to any person or organization as a result of the stated use of the aforesaid photographs.

ADULT SIGNATURE _____ **DATE** _____

MAKE CHECKS PAYABLE TO: MF CE & Rec, mail to W152 N8645 Margaret Rd., Menomonee Falls, WI 53051 or fax to (262) 255-8411

PAYMENT

Cardholder Name: _____ VCode _____ Exp. _____

Number: _____ Cardholder Signature _____





How Do I Cancel a Registration?

Please contact the CE & Rec office at (262) 255-8460 prior to the first class. Visit fallsrec.org for additional information regarding refunds and credits.

Returned Check Policy

A \$30 service charge is assessed on all checks returned due to insufficient funds.

Residents/Nonresidents

Residents: A resident is defined as a taxpayer or a dependent of a taxpayer that resides in the Village of Menomonee Falls (this includes renters). Children who do not live in Menomonee Falls but attend a public school within the School District of Menomonee Falls are considered residents, but their parents are considered nonresidents. **Nonresidents:** A nonresident is defined as a person who does not live within the Village of Menomonee Falls. Nonresidents who register using false information will forfeit their right to participate and no refund will be given.

Age Minimum

Participants registered for any class must meet the minimum age requirement prior to or on the first day the class begins. Please do not request to have your child put in a class where they do not belong. The ages are set to ensure the safety and benefit of the participants as well as the program leaders.

Swim Lesson Transfer/ Cancellation Policy

Check with your child's instructor, or wait until your child has completed their current swim level before registering for the next session of swim. A \$10 fee will be charged for any transfers or cancellations.

Fee Policy

Program fees are assessed in order to defray the cost of program operation.

- A 5% sales tax is included in the fee on all non-instructional programs.
- Program fees are not prorated.

SCHOOL DISTRICT OF MENOMONEE FALLS



Community Education & Recreation

Enhancing the quality of life by providing recreational, educational, and social opportunities in partnership with schools, organizations, and the community.

Our Program Satisfaction Guarantee

The CE & Rec team is constantly striving to provide you with high quality recreation activities, events and programs. We are confident that you will like these programs. If you or your child are participating in a program, and you are not completely satisfied, please notify us. We will send you a refund application to complete. Once we have received your completed application, we will then arrange for you to do one of the following:

- Repeat the class at no charge
- Credit your account to be used on a future registration
- Receive a refund

You or your child must have participated in at least part of the program. A completed application must be received by the CE & Rec Office within 10 days after the program has been completed. Exclusions to this policy include Adult and Youth Athletic Leagues, Club Sports, Red Cross Safety Classes, Trips, Preschool, 4K Wrap Around, and Kids INC.



Waiting List

Any participant who desires to enroll in a class that is full may place their name on the waiting list. There are no guarantees for placement.

Cancellations

When the School District cancels due to weather conditions, all CE & Rec activities will also be canceled. Cancellations due to inclement weather will be announced on our Facebook page and our Program Information Line at (262) 255-8376. Participants will be notified by email or by phone of any cancellations caused by instructor or facility conflicts. If classes cannot be rescheduled due to inclement weather, refunds may not be given. Visit fallsrec.org for additional information related to cancellations made by CE & Rec.

Senior Discount

The fees for programs listed in the 55+ section reflect a small discount.

Medical Conditions

If there is any medical condition or other information you are aware of that could affect someone's participation in a recreation program or activity, please contact the Department to discuss this matter, and notify your instructor on the first day of class.

Insurance Policy

The CE & Rec Dept. does not provide accident insurance for participants in any of its programs. All participants assume some inherent risk of injury from their involvement in the programs or activities outlined in this brochure.

No Smoking/ No Alcohol Use Policy

The use of all tobacco products or drinking of alcoholic beverages on premises owned by the School District of Menomonee Falls is forbidden by State Law. Your cooperation in upholding this law is mandatory.



W152 N8645 Margaret Road
Menomonee Falls, WI 53051

Online Registration Opens
SUNDAY, APRIL 13 AT 9:00 PM

Non-Profit Org.
U.S. Postage
PAID
Menomonee Falls, WI
Permit #31

ECRWSS
RESIDENTIAL CUSTOMER

YOUTH

- DINOmite Dinosaur Days
- Tech Thriller
- Let's Get Moving
- Lego Glow
- Creative Writing Club
- Healthy Habits Club
- Y.R. Coconuts & Crowns Drawing Camp
- Y.R. Anime Manga Drawing Camp
- Girls Flag Football
- Elementary Theater: Jungle Book
- Middle School Theater: Beetlejuice Jr

NEW!

ADULT

- Estate Planning Seminar
- Cup of Health: Coping with Stress through Journaling
- Cup of Health: Mental Health
- Country Line Dance for Kids & Parents
- Country Line Dance
- Flip It Beautiful Furniture
- Trip: Fireside—Oklahoma
- Trip: Wicked at the Marcus
- Trip: Bloom & Breeze Journey
- Trip: Triple Sip Adventure



SESSION I **SESSION II**
June 23–July 3 July 7–July 18

Must register by May 15