

# CE&Rec

Community Education & Recreation

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

## Activity Guide

Winter 2026

PRESCHOOL, YOUTH, ADULT: SPORTS, FITNESS, ENRICHMENT · AQUATICS · BEFORE & AFTER SCHOOL PROGRAMS · SENIOR CENTER



Online  
Registration  
**OPENS**  
Sunday, Dec 7  
9:00 PM



**MENOMONEE FALLS  
SCHOOLS**

Engage  
Learn  
Improve

Hi!

Welcome

## COMING SOON!

Renovations of the existing Community Center are complete, with the new addition scheduled to be open in early 2026.



- New gymnasium with daytime and evening access
- The gym will be striped for basketball, volleyball, and pickleball
- New group exercise space
- New multipurpose room with resilient flooring
- New area for the SDMF Quest Alternative Education program with dedicated secure entrance and restroom
- Additional restrooms and storage
- Additional parking lot
- Improved accessibility—the Community Center will be all one level with automatic sliding doors at the main entrance
- Security enhancements that will reduce student and community space overlap
- No new debt created, funded through the District's tax levy

## 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](http://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 Nov 27–28,  
Dec 24 & 25, Dec 31, Jan 1, April 3.**

### 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



### Parent Holiday Drop & Shop

Ages 3–11

Saturday, December 6

10:00 AM–2:00 PM

R / NR \$5 Class #32133

See  
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### Menomonee Falls 4K & 5K Enrollment

For more information, go to  
[fallsschools.org/enroll](http://fallsschools.org/enroll).



# WHEN TO REGISTER

RESIDENT online registration begins

Sunday, December 7, 9:00 PM

Drop Box, Mail or in Person

Monday, December 8, 8:00 AM

NON-RESIDENT online registration begins

Thurs, December 11, 9:00 PM



## 4 Easy Ways to Register



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

Go to [www.fallsrec.org](http://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.

# NOW HIRING!

SCHOOL DISTRICT OF MENOMONEE FALLS

**CE&Rec**  
Community Education & Recreation

#### School Year positions:

- ▶ Lifeguard
- ▶ Swim Instructors
- ▶ Adaptive Swim Lesson Instructor
- ▶ Water Exercise Instructor
- ▶ Basketball Scorekeeper
- ▶ Oil Painting Instructor

#### Summer positions:

- ▶ Kids INC Head Leader
- ▶ Kids INC Leader
- ▶ Lifeguard
- ▶ Swim Instructor
- ▶ Adaptive Swim Instructor
- ▶ Water Exercise Instructor
- ▶ Softball Umpires
- ▶ Basketball Officials
- ▶ Youth Sports Staff (Soccer and Baseball)

Hours, responsibilities, and pay vary depending on the position.

Go to [fallsrec.org](http://fallsrec.org) > Employment for more information.

## Winter 2026

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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 weather, call (262) 255-8376 or check our Facebook page @fallsrec.

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



**No Open/Lap Swim Dec 24-26; Dec 31; April 3-4; May 22-25**

## Special Group Activities

- Swim testing for Scout Groups
- Open Swim for groups of 10 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.**

**Winter 1 Pass:** Valid Jan 26–April 1\*

**Spring 2 Pass:** Valid April 6–June 13\*

	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.

**Winter:** Jan 26–April 1\*    **Spring:** April 6–June 13\*

Mon, Wed & Fri    4:00 PM–5:00 PM and 5:00 PM–7:00 PM\*  
Saturday        8:00 AM–9:00 AM and 9:00 AM–2:45 PM\*

\* 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.

**Winter:** Jan 26–April 1\*

**Spring:** April 6–June 13\*

Fri        5:00 PM–7:00 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. Swim assessments are available by appointment only. Please call the CE & Rec office to schedule a day and time for a swim assessment.



**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. Detailed class descriptions can be found online at [fallsrec.org](http://fallsrec.org).

PARENT & CHILD SWIM LEVELS: For parents and infants or toddlers ready to explore the water in a safe and fun way.		
LEVEL	REQUIREMENTS	DESCRIPTION
<b>Parent/Child 1 Tadpole</b> 6 mo–3 yrs	An adult must accompany each child in the water. A swim diaper covered by a tight-fitting swimming suit are required.	This class offers a comfortable environment for parents and children to explore water through games and songs.
<b>Parent/Child 2 Frog</b> 12 mo–3 yrs	An adult must accompany each child in the water. A swim diaper covered by a tight-fitting swimming suit are required.	Building on skills introduced in P/C Level 1, this class is intended for those toddlers that are comfortable in the water.
PRESCHOOL SWIM LEVELS: For children ages 3–5 years who are ready to be in a class independent of mom or dad.		
<b>Preschool 1 Turtle</b> 3–5 years	Child must be able to be in class without an adult. For the beginning swimmer or fearful child.	This is the beginning swim lesson level for preschool children new to swim lessons or who are fearful of the water. The focus of this class is to help children become comfortable in the water and working with an instructor.
<b>Preschool 2 Narwhal</b> 3–5 years	Child must have passed our Preschool Level 1 class or perform skills at that level.	Children starting at this level must be able to submerge on their own (face and head underwater), comfortably float on their back with assistance, and scoop on front with assistance. The focus of this class is to help children gain confidence in the water.
<b>Preschool 3 Dolphin</b> 4–5 years	Child must have passed our Preschool Level 2 class or perform skills at that level.	Children starting at this level must be able to independently perform front and back floats, front and back glides, kick on back, and scoop and kick on front. The focus of this class is to help children continue to grow in their swimming skills in the water, along with improve their independence and endurance.
LEARN-TO-SWIM LEVELS: For children ages 6–13 years.		
<b>Level 1</b> 6–13 years	For the beginning swimmer or fearful child.	This is the beginning swim lesson level for school-age children new to swim lessons or who are fearful of the water. The focus of this class is to help children become comfortable in the water.
<b>Level 2</b> 6–13 years	Child must have passed our previous Level 1 class or perform skills at that level.	Children starting at this level must be able to submerge on their own (face and head underwater), comfortably float on their back with assistance, and scoop on front with assistance. The focus of this class is to help children gain confidence in the water and learn to perform specific skills independently.
<b>Level 3</b> 6–13 years	Child must have passed our previous Level 2 class or perform skills at that level.	Children starting at this level must be able to independently perform front and back floats, glides, kick on back, and scoop and kick on front. The focus of this class is to help children continue to grow in their swimming skills, along with improve overall endurance to swim 25 yards.
<b>Level 4</b> 7–13 years	Child must have passed our previous Level 3 class or perform skills at that level.	Children starting at this level must be able to easily swim on their front and back the length of the pool for 25 yards, be comfortable treading and floating in deep water, perform basic front crawl stroke, elementary backstroke, and breaststroke kick all for 25 yards. The focus of this class is to help children continue to improve overall endurance (50 yards) and more advanced strokes.
<b>Level 5</b> 7–13 years	Child must have passed our previous Level 4 class or perform skills at that level.	Children starting at this level must be able to easily swim continuously for 50 yards, swim front crawl, elementary backstroke, and breaststroke. The focus of this class is to help children continue to improve overall endurance (50 yards or more) and more advanced strokes.



# WEEKLY SWIM LESSONS: WINTER

## American Red Cross Swim Lessons: Winter

8 Weeks | Ages 6 months–13 years



**Session: Winter**  
**ONLINE RESIDENT REGISTRATION**  
**January 4 at 9:00 PM**

- 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.

 **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: \$65 Resident, \$78 NR								Fee: \$72 Resident, \$86 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	12mo–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
<b>Mondays</b> <b>Jan 26–March 16</b>										
5:00–5:30 PM					32901					
5:00–5:40 PM									32921	
5:35–6:05 PM	32887									
5:45–6:25 PM								32917		
6:10–6:40 PM				32897						
6:30–7:00 PM							32911			
6:45–7:15 PM			32892							
7:05–7:35 PM						32904				
<b>Wednesdays</b> <b>Jan 28–Mar 18</b>										
5:00–5:30 PM		32889				32905				
5:00–5:40 PM										32925
5:35–6:05 PM					32902		32912			
5:45–6:25 PM									32922	
6:10–6:40 PM			32893			32906				
6:30–7:10 PM								32918		
6:45–7:15 PM				32898			32913			
<b>Fridays</b> <b>Jan 30–March 20</b>										
5:00–5:30 PM			32894			32908				
5:35–6:05 PM				32899			32914			
6:10–6:40 PM					32903					
6:10–6:50 PM								32919		
6:45–7:15 PM			32895							
6:55–7:35 PM									32923	
<b>Saturdays</b> <b>Jan 31–March 21</b>										
8:45–9:15	32888									
9:00–9:30						32909				
9:00–9:40								32920		
9:20–9:50		32890								
9:35–10:05							32915			
9:45–10:25									32924	
9:55–10:25		32891								
10:10–10:40						32910				
10:30–11:00			32896							
10:30–11:10										32926
10:45–11:15							32916			
11:05–11:35				32900						

# WEEKLY SWIM LESSONS: SPRING



## American Red Cross Swim Lessons: Spring

8 Weeks | Ages 6 months–13 years



Session: Spring  
ONLINE RESIDENT REGISTRATION  
March 1 at 9:00 PM

- 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.

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: \$65 Resident, \$78 NR								Fee: \$72 Resident, \$86 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	12mo–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
<b>Mondays</b>										
<b>April 6–June 1</b> No classes 5/25										
5:00 – 5:30 PM					32942					
5:00–5:40 PM									32961	
5:35–6:05 PM	32927									
5:45–6:25 PM								32957		
6:10–6:40 PM				32938						
6:30–7:00 PM							32951			
6:45–7:15 PM			32933							
7:05–7:35 PM						32945				
<b>Wednesdays</b>										
<b>April 8–May 27</b>										
5:00–5:30 PM		32930				32946				
5:00–5:40 PM										32965
5:35–6:05 PM					32943		32952			
5:45–6:25 PM									32962	
6:10–6:40 PM			32934			32947				
6:30–7:10 PM								32958		
6:45–7:15 PM				32939			32953			
<b>Fridays</b>										
<b>April 10–June 5</b> No class 5/22										
5:00–5:30 PM			32935			32949				
5:35–6:05 PM				32940			32954			
6:10–6:40 PM					32944					
6:10–6:50 PM								32959		
6:45–7:15 PM			32936							
6:55–7:35 PM									32963	
<b>Saturdays</b>										
<b>April 11–June 6</b> No class 5/23										
8:45–9:15	32928									
9:00–9:30						32950				
9:00–9:40								32960		
9:20–9:50		32931								
9:35–10:05							32955			
9:45–10:25									32964	
9:55–10:25		32932								
10:10–10:40						32967				
10:30–11:00			32937							
10:30–11:10										32966
10:45–11:15							32956			
11:05–11:35				32941						





# AQUATICS PROGRAMS

## Adult Beginner Swim Lessons

**Ages 14+**

Are you ready to take the first step toward learning to swim? This class is geared toward individuals who may have a fear or hesitation of the water and have little to no swimming skills. You will work toward your own personal goals while working on water adjustment, gaining confidence, floating, basic swimming skills, and basic personal safety skills for in and around the water.

Mon, 1/26–3/16, 40m

5:30 PM Class #32664

6:15 PM Class #32665

Mon, 4/6–6/1, 40m

5:30 PM Class #32667

6:15 PM Class #32668

No class 5/25

North Middle School Pool

Aquatic Staff

R \$72 NR \$86 8 classes

## Adult Intermediate Swim Lessons

**Ages 14+**

Participants must be able to swim on front and back at least one full length of the pool without fear or hesitation. The instructor will work with participants on improving swimming strokes, treading, and basic water safety skills. Participants will work toward personal goals at their own pace.

Mon, 7:00 PM, 40m

1/26–3/16 Class #32666

4/6–6/1 Class #32669

No class 5/25

North Middle School Pool

Aquatic Staff

R \$72 NR \$86 8 classes

**IT'S NEVER  
TOO LATE TO  
LEARN TO  
SWIM**

*party*  
**AT THE**  
**POOL**  
**JOIN US FOR SWIMMING  
MUSIC & FUN!**

North Middle School Pool	
Sun, 11/30	1–3 PM
Sun, 12/28	1–3 PM
Sun, 1/4	1–3 PM

Admission:  
non-perishable items  
for the Food Pantry

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.

# NOW HIRING

**LIFEGUARDS**

**SWIM INSTRUCTORS**

**ADAPTIVE SWIM INSTRUCTORS**

**AQUA EXERCISE INSTRUCTORS**

**Flexible Hours, No Holidays**

**REIMBURSEMENT OF TRAINING FEES FOR ELIGIBLE SDMF CE & REC STAFF**





## Lifeguard Class—Blended

### Ages 15+

This blended learning course includes an online class and an in-person skills session. The online class duration is approximately 7 hours and must be completed prior to the onsite training. 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 illness. The online link will be sent to participants 7–8 days prior to the first date of class. Certification is NOT guaranteed. 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.

Session 1	Class #32687
Fri, 3/13	5:00 PM, 2h30m
Sun, 3/22	8:00 AM, 10h
Fri, 3/27	4:00 PM, 5h
Sun, 3/29	8:00 AM, 10h

Session 2	Class #32688
Wed, 4/29	5:00 PM, 2h30m
Fri, 5/8	4:00 PM, 5h
Sun, 5/9	8:00 AM, 10h
Sun, 5/17	8:00 AM, 10h

North Middle School Pool  
Aquatic Staff  
R \$250 NR \$300 4 classes

## Lifeguard Recertification—Blended

### Ages 15+

Participants must hold a current lifeguarding certification to enroll in this class. The lifeguard recertification-blended course is designed for participants that have been actively lifeguarding in the past 2 years. It is extremely fast paced. All participants will be completing the pre-requisite requirements at the start of the class. Class and pool times will review all rescue and emergency response skills before the final written exam and water skill testing. The online link will be sent to participants 7–8 days prior to the first date of class.

Session 1	Class #32679
Fri, 2/20	4:00 PM, 5h
Sun, 2/22	8:00 AM, 10h

Session 2	Class #32680
Fri, 5/1	4:00 PM, 5h
Sat, 5/2	8:00 AM, 10h

North Middle School Pool  
Aquatic Staff  
R \$90 NR \$135 2 classes

## Water Safety Instructor (WSI)

### Ages 15+

This blended learning course trains candidates to teach swim courses and presentations by developing their understanding of how to use the course materials, how to conduct training sessions, teach swimming lessons to all ages and how to evaluate participant's progress. To enroll, the candidate must be at least 15+ years of age by the last date of the course and successfully complete the pre-course swim evaluation (conducted the first date of the course). The online learning link will be emailed to registered participants 8–10 days before the first date of the in-person class. The online modules and exam must be completed before the first date of the in-person class.

Sat, 3/28	10:30 AM, 1h, 30m
Mon, 3/30	12 PM, 6h
Tue, 3/31	12 PM, 6h
Wed, 4/1	12 PM, 6h
Thu, 4/2 1	12 PM, 6h
5 classes	Class #32681
North Middle School Pool	
Aquatic Staff	
R \$250 NR \$300	



## Lifeguard Instructor—Blended

### Ages 17+

This course trains instructor candidates to teach American Red Cross Lifeguarding courses including Lifeguard Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterpark Skills, Waterfront Skills, CPR/AED for Professional Rescuers, and Bloodborne Pathogens Training. This class is taught in a blended learning format and the online portion (accessed via mobile desktop or tablet) must be completed prior to attending the first in-person session of the instructor course. Prerequisites: (1) Minimum Age 17 years; (2) Possess a current Red Cross certificate for Lifeguarding (deep water) with CPR/AED for Professional Rescuers and First Aid; (3) Ability to successfully demonstrate all Lifeguarding and CPR skills at the “proficient” level.

Fri, 4/10	5:00 PM, 3h30m
Sat, 4/11	8:00 AM, 9h30m
Sat, 4/18	8:00 AM, 9h30m
Sun, 4/19	8:00 AM, 9h30m
4 classes	Class #32696
North Middle School Pool	
Aquatic Staff	
R \$350 NR \$420	

## Lifeguard Instructor Recertification—Blended

### Ages 17+

This course gives instructors and instructor trainers the opportunity to review the course knowledge and skills within a formal course setting in order to maintain their ARC Lifeguarding Instructor or Instructor Trainer certification. Individuals must either hold a current LGI or LGIT or be expired less than 12 months in either certification. Pre-course online work is required. The online link will be sent to participants 7–8 days prior to the start of the class. Certification is not guaranteed.

Sun, 8:00 AM, 10h	
2/1	Class #32678
North Middle School Pool	
Aquatic Staff	
R \$75 NR \$100 1 class	

September 2-June 9 | Grades 4K-5

No program Nov 27-28, Dec 24-26, Dec 31-Jan 2, April 3, May 25, June 10.  
*Dates subject to change*

**Registration is closed. Please call CE & Rec office for availability at your school.**  
*(Registration opened May 2025)*

## Kids INC Program

**Annual Fee \$36**



*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.*

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.
- A \$10 late fee, per option, will be applied when daily registration is completed the day it is needed.
- 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.

Kids INC Daily Fees		
Before School Care (B)	6:30-8:45 AM	\$13.25
After School (S)	3:45 PM-6:00 PM	\$14.25 (M, Tu, Th, F)
	2:30 PM-6:00 PM	\$15.25 (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.

## 4K Wrap Around Care

The 4K Wrap Around Care program provides children additional care the half of the school day they are not attending their traditional 4K class. 4K Wrap Around is an extension of the 4K classroom, and builds on the curriculum covered during their school day.

**Daily Fee .....\$32**  
**Annual Non-Refundable Fee due at Registration.....\$60**

Ben Franklin **Call CE & Rec office to check availability**  
 Shady Lane **Call CE & Rec office to check availability**

- Before or After School Kids INC requires an additional Annual Registration Fee.
- Students must use the program a **minimum** of twice per week throughout the school year.





## 4K Wrap Around Care

Registration  
Opens  
February 5  
at 8 AM



**You must be registered for 4K before registering for the 4K Wrap program.**

### What is 4K Wrap?

The 4K Wrap Around Care program provides children additional care the half of the school day they are not attending their traditional 4K class. 4K Wrap Around is an extension of the 4K classroom, and builds on the curriculum covered during their school day.

### How Does Registration Work?

Registering for the 2026-27 School Year Wrap Around Care program is a general registration to hold a spot for your child. Registration closes on Friday, March 6.

Kids INC will work with school district staff, and when your child is assigned to their 4K class, we will transfer them into the appropriate 4K Wrap Around program.



**Annual Registration Fee: \$60**

**Daily Fee: \$34**

**Annual Non-Refundable Fee  
\$60 due at Registration**

Ben Franklin  
Course #32670 to register

Shady Lane  
Course #32671 to register

3•Year•Old

2026-2027

# Preschool

- RECREATION
- SOCIALIZATION
- EDUCATION



Students must be 3 years old by September 1, 2026, and independent in the bathroom

## Shady Lane: 8:47–11:15 AM

Monday & Thurs Course #32715

Tuesday & Friday Course #32716

## Tuition for the School Year

*Includes \$150 Annual Registration Fee*

### MF Resident \$1,450

1st payment of \$145 Due by Aug. 15  
10 monthly payments of \$145

### Non-Resident \$1,740

1st payment of \$174 Due by Aug. 15  
10 monthly payments of \$174

*Payments are due the 15th of each month, beginning in August. Remaining monthly payments must be made each month throughout the school year to retain your child's seat in the program.*

*Register and submit your first payment using the course number above.*

**Once it has been determined the program will run, there will be no refunds given for cancellations.**

**If a parent/guardian requests cancellation from the Preschool Program, parent/guardian are still responsible for all monthly payments throughout the year unless another student can take your child's spot.**

## REGISTRATION IS OPEN NOW! Spots still available.

### Space is very limited.

The School District of Menomonee Falls Community Education and Recreation Department offers a 3-year-old preschool program. The program will be offered at Shady Lane Elementary School for the District, and will follow the 4K school year calendar.

Our 3-year-old preschool program will allow the children to experience a play-based approach to help them develop their social and emotional skills. Children will have time to play with peers, complete projects, have a snack, and learn how they can play an important role within a group.

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.



**Transportation is not available for this program.**

**A Meet & Greet will be held in August.**

**Students must be 3 years old by September 1, 2026 and independent in the bathroom.**



## Tot Time w/adult

### Ages 1-5

Parent supervised open gym. Make new friends and enjoy playing in an open space. The unstructured, non-instructional setting in this open gym gives kids a chance to burn energy.

Wed, 9:30 AM, 1h30m

1/14 Class #32606

1/28 Class #32607

2/11 Class #32608

2/25 Class #32609

3/11 Class #32610

3/25 Class #32611

4/8 Class #32612

4/22 Class #32613

Firemen's Park in Old Fire Station

R \$7 NR \$9 1 class

## Valentine's Day Music Party

### Ages 1-5

This fun music party will feature songs to learn and celebrate Valentine's Day with your little sweetheart. Class includes games and crafts.

Wed, 5:30 PM, 1h

2/11 Class #32803

Thu, 10:00 AM, 1h

2/12 Class #32804

Firemen's Park in Old Fire Station

Julie Thompson

R \$18 NR \$21 1 class

## Dinosaur Music Party

### Ages 1-5 w/adult

This fun music party will feature songs to learn and celebrate Dinosaurs. Class includes dinosaur games and crafts.

Thu, 3/12, 1h

10:00 AM Class #32805

5:30 PM Class #32806

Firemen's Park in Old Fire Station

Julie Thompson

R \$18 NR \$21 1 class

## Easter Music Party

### Ages 1-5 w/adult

This fun music party will feature songs to learn and celebrate Easter and our favorite bunny. Class includes games and crafts.

Wed, 5:30 PM, 1h

4/1 Class #32807

Thu, 5:30 PM, 1h

4/2 Class #32808

Firemen's Park in Old Fire Station

Julie Thompson

R \$18 NR \$21 1 class

## Miss Julie's Babies Music Fun

### Infant and Babies up to 18 months (non-walkers) w/adult

Pregnant mothers do not have to register for this program, they are welcome to come and participate in the class. Studies show, unborn babies who were exposed to music while in the womb showed significant improvement in overall mental, cognitive, behavioral, sensory, psychological and emotional development as compared to those who were not exposed to music.

Sat, 11:20 AM, 30m

1/17 Class #32798

2/21 Class #32799

3/7 Class #32800

4/18 Class #32801

5/9 Class #32802

Firemen's Park in Old Fire Station

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. Parents, Grandparents, Nannies, Aunts—bring your wee ones and we will have a blast.

Sat, 10:30 AM, 45m

1/17 Class #32793

2/21 Class #32794

3/7 Class #32795

4/18 Class #32796

5/9 Class #32797

Firemen's Park in Old Fire Station

Julie Thompson

R \$14 NR \$17 1 class



## Miss Julie's Music Fun w/adult

### Ages 1-5

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

Tue, 10:00 AM, 45m

1/13-2/10 Class #32789

2/17-3/17 Class #32790

3/31-4/28 Class #32791

5/5-6/2 Class #32792

Firemen's Park in Old Fire Station

Julie Thompson

R \$57 NR \$65 5 classes

## Oodles of Art

### Ages 2-4 1/2 w/adult

Adult and child 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 child only.

Thu, 9:30 AM, 1h

1/22-2/19 Class #32758

No class 2/12

2/26-3/26 Class #32760

No class 3/12

4/9-4/30 Class #32761

Firemen's Park in Old Fire Station

R \$46 NR \$50 4 classes





# YOUTH ACTIVITIES & SPORTS

## Adventures in Art

### Ages 6–8

This class is all about taking an adventure. Whether it is traveling back in time to learn about famous artists and their favorite ways of creating art, exploring fun ways to make art out of recyclable materials, or applying basic art skills and techniques to find new ways to express yourself. Wear clothes that you don't mind your young artist getting paint on. All supplies provided.

Tue, 6:00 PM, 1h  
2/10–3/3 Class #32754  
Firemen's Park in Old Fire Station  
R \$42 NR \$47 4 classes

## Slice of Art

### Ages 9–12

This class is designed to explore not just the basics of art skills and techniques but offers your young artist an opportunity to build confidence, self-esteem, skills, their imagination and develop a healthy self evaluation of their work. They will journey through time to learn about other famous artists and their techniques, learn the impact that art has in our everyday life and complete pieces that will challenge and inspire them to keep creating.

Tue, 5:30 PM, 1h30m  
3/17–4/14 Class #32756  
No class 3/31  
Firemen's Park in Old Fire Station  
R \$42 NR \$47 4 classes

## Firefighters Are Your Friends w/adult

### Ages 3–6

Spend some time with your friendly firefighters! See their clothes, what they drive and even what they eat. Register child only.

Wed, 6:00 PM, 1h  
2/11 Class #32674  
Thu, 6:00 PM, 1h  
3/12 Class #32675  
Germantown Fire Station #2  
R \$10 NR \$10 1 class

## 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.

Tue, 6:00 PM, 1h  
2/3 Class #32676  
Wed, 6:00 PM, 1h  
3/4 Class #32677  
Germantown Fire Station #2  
Germantown Fire Dept.  
R \$10 NR \$10 1 class

## Magnetic Magic **NEW!**

### Ages 3–5

This class makes hands-on science projects fun for anyone. Learn how magnets work, discover the many ways magnets are a part of our daily lives, go on a magnet hunt using Discovery world metal detectors and much more.

Thu, 11:00 AM, 1h  
3/19 Class #32840  
Computer Explorers Staff  
Community Center Rm 120  
R \$13 NR \$16 1 class

## Roamer Meets the Pirates **NEW!**

### Ages 3–5

Alas...the pirates have landed and are looking for their Treasure Chest. Students will learn to navigate Roamer the Robot using LOGO programming (simple sequence commands) to discover where the Pirate's treasure chest is hidden. X marks the spot and the race is on to see who can complete the obstacle course. Let's hope we find it first or we could be walking the plank and swimming with the fishes.

Thu, 9:00 AM, 1h  
1/29 Class #32838  
Community Center Rm 120  
Computer Explorers Staff  
R \$13 NR \$16 1 class

## 1,2,3 Build

### Ages 3–5

This is the perfect class to develop your engineering skills using LEGO Educational Kits. These kits are specifically designed to contain only the parts needed to complete 2 projects per kit, allowing more time to build and less time hunting for the correct pieces. Exciting projects can include: swing rides, fans, ride on a tractor, movie projector, crane and many more. Basic understanding of gears, levers, pulleys and wheel/axle are introduced during this class.

Thu, 9:00 AM, 1h  
4/16 Class #32841  
Community Center Rm 120  
Computer Explorers Staff  
R \$13 NR \$16 1 class

## Dinomite Dino Days **NEW!**

### Ages 3–5

This class is a roaring good time. Stories, adventure, coding robots and a surprise visit by some of our favorite dinosaurs will keep everyone very busy and asking for more!

Thu, 10:00 AM, 1h  
2/26 Class #32839  
Community Center Rm 120  
Computer Explorers Staff  
R \$13 NR \$16 1 class



## Menomonee Falls 4K & 5K Enrollment

For more information, go to  
[fallsschools.org/enroll](http://fallsschools.org/enroll)



## DINomite Dinosaur Days **NEW!**

**Ages 4-6**

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.

Sat, 9:30 AM, 1h  
2/21-2/28 Class #32861  
Community Center Rm 123  
Computer Explorers Staff  
R \$25 NR \$30 2 classes

## Lots of Legos & More **NEW!**

**Ages 7-12**

In this exciting Brick based class, we will be working with several LEGO Ninjago sets, LEGO Bionicles and Free Build. This class has something for everyone and is guaranteed to be fun filled and allow you to grow your building skills and add new ideas for your builds at home.

Sat, 10:45 AM, 1h15m  
2/21-2/28 Class #32860  
Community Center Rm 123  
Computer Explorers Staff  
R \$38 NR \$46 2 classes

## Let's Code It

**Grades 3-5**

In this exciting new coding class from Afterschool Enrichment Solutions, we will take a deep dive into computer programming with the web-based platform Tynker. A tablet or computer required for class

Valley View  
Thu, 3:50 PM, 1h  
1/15-2/19 Class #32570  
Valley View Cafeteria

Riverside  
Fri, 3:50 PM, 1h  
1/16-2/27 Class #32569  
No class 2/20  
Riverside Rm 107  
Afterschool Enrich. Solutions Staff  
R \$123 NR \$123 6 classes



## Young Rembrandts Drawing

**Grades 5K-5**

We grow creative, young minds and praise individual differences through the Power of Drawing. Using our unique step-by-step method that assures every student succeeds, your child will use problem-solving skills, innovation and their imagination to create unique works of art. Our brand-new lessons every week and every session, will have your child improving their fine motor skills, patience levels, focus, and ability to stay on task, all while having fun. All supplies are included. Additional information can be found at [youngrembrandts.com](http://youngrembrandts.com).

Ben Franklin Grades 4K-2  
Wed, 2:35 PM, 1h  
2/11-4/15 Class #32448  
No class 3/11 & 4/1  
4/22-6/3\* Class #32449  
Ben Franklin Rm 131

Shady Lane Grades 4K-2  
2/11-4/15 Class #32452  
No class 3/11 & 4/1  
4/22-6/3\* Class #32453  
Shady Lane Lower Level

Riverside Grades 3-5  
2/11-4/15 Class #32450  
No class 3/11 & 4/1  
4/22-6/3\* Class #32451  
Riverside Rm 107

Valley View Grades 3-5  
2/11-4/15 Class #32454  
No class 3/11 & 4/1  
4/22-6/3\* Class #32455  
Valley View Cafeteria  
Young Rembrandts Staff  
R \$114 NR \$114 8 classes  
R \$100 NR \$100 7 classes\*

## Chess Scholars

**Grades 5K-5**

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach.

Ben Franklin Grades 5K-2  
Mon, 3:50 PM, 1h  
1/12-3/2 Class #32571  
No class 1/19 & 1/26  
Ben Franklin Rm 131

Shady Lane Grades 5K-2  
Wed, 2:35 PM, 1h  
1/14-2/18 Class #32572  
Shady Lane Library

Riverside Grades 3-5  
Tue, 3:50 PM, 1h  
1/13-2/17 Class #32573  
Riverside Rm 102

Valley View Grades 3-5  
Fri, 3:50 PM, 1h  
1/16-2/27 Class #32574  
No class 2/20  
Valley View Cafeteria  
Afterschool Enrich. Solutions Staff  
R \$120 NR \$120 6 classes





## YOUTH ACTIVITIES & SPORTS



### STEAM

#### Grades 5K-2

This exciting program brings together elements of science, art and math in a hands-on, action-packed environment. Students will conduct experiments, play educational games, and unlock their creativity through building challenges and projects. No experience necessary.

Ben Franklin Grades 5k-2  
Wed, 2:35 PM, 1h  
1/14-2/18 Class #32575  
Ben Franklin Rm 129

Shady Lane 5k-2  
Tue, 3:50 PM, 1h  
1/13-2/17 Class #32576  
Shady Lane Rm 103  
Afterschool Enrich. Solutions Staff  
R \$123 NR \$123 6 classes

### Stay Home Alone

#### Ages 8-13

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 safe and all the safety tips while home alone. Topics covered are stranger dangers, buddy system, dangers of the Internet, 911, basic first aid, fire safety and much more. Please register by April 14.

Tue, 4/21-5/12, 1h  
4:45 PM Class #32672  
6:00 PM Class #32673  
Firemen's Park in Old Fire Station  
Laura Gruber  
R \$40 NR \$45 4 classes

### Weather Cancellations



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

### Babysitter Training

#### Ages 11-17

American Red Cross Babysitter's Training provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave, and learn about basic child care and basic first aid choking rescue. The recommended age for this course is 11-16 years old. Bring a lunch & snacks, water bottle, notebook, and writing utensil, and dress in layers.

Fri, 9:00 AM, 5h30m  
2/20 Class #32653  
Riverside Cafeteria

Sat, 9:00 AM, 5h30m  
4/18 Class #32636  
Community Center  
Jessica Heller  
R \$64 NR \$77 1 class

# 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:**







## Discover the World of Spanish

Through Futura's dynamic and interactive approach, students will practice useful Spanish expressions in fun, real-life contexts. Hop aboard for an exciting Spanish adventure in ¡Vamos a Viajar! (Let's Travel!) In this hands-on course, students will learn key travel phrases, order on a plane, use passports, and ask for prices, all in Spanish! Through dynamic activities, students will build confidence in speaking Spanish while exploring vibrant traditions. Get ready to explore, connect, and develop a deeper appreciation for the Spanish language in an exciting and supportive environment!

### Grades 5K-5

Ben Franklin Grades 5K-2  
Thu, 3:45 PM, 1h  
2/12-4/9 Class #32456  
No class 4/2  
Ben Franklin Rm 131



Shady Lane Grades 5K-2  
Tue, 3:45 PM, 1h  
2/3-3/24 Class #32458  
Futura Language Professionals Staff  
R \$150 NR \$150 8 classes

Valley View Grades 3-5  
Tue, 3:45 PM, 1h  
2/3-3/24 Class #32459  
Valley View Cafeteria

Riverside Grades 3-5  
Thu, 3:45 PM, 1h  
2/12-4/9 Class #32457  
No class 4/2  
Riverside Rm 102  
Futura Language Professionals Staff  
R \$150 NR \$150 8 classes

### Grades 5K-5

#### LIVE VIRTUAL

*This is a Zoom class so you must have access and basic computer skills.*

Wed, 4:15 PM, 45m  
2/25-4/15 Class #32460  
Futura Language Professionals Staff  
R \$137 NR \$137 8 classes

## LIVE VIRTUAL

## Middle School Spanish Prep: Ignite Your Language Journey!

**Ages 11-15**



Ignite your language Journey is a LIVE virtual 8-week Spanish class for middle school students, designed to build conversation skills, vocabulary, and grammar. Students will learn noun gender, verb conjugations, and restaurant vocabulary while exploring Spanish traditions, soccer, flamenco, and the Running

of the Bulls. This engaging, fun course provides the building blocks for lifelong Spanish success. Online portal resources and practice tools included.

Mon, 2/23-4/13, 45m  
3:30 PM Class #32461  
4:45 PM Class #32462  
Futura Language Professionals Staff  
R \$137 NR \$137 8 classes

## Recreational Tree Climbing

**Ages 7-17**

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, sturdy shoes, and bring a sense of adventure. Parents must sign a participation waiver at the class. You will receive a pre-climb email with a map and directions.

Wed, 4:30 PM, 2h  
5/13 Class #32628  
Menomonee Park  
Treetop Explorers LLC  
R \$51 NR \$61 1 class

## Learn Magic with Glen Gerard

**Ages 8+**

Professional Magician Glen Gerard, 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. Please register by Feb 6.

Sat, 10:00 AM, 1h  
2/14 Class #32725  
Survive Alive House, Germantown  
Glen Gerard  
R \$18 NR \$21 1 class

## Henna Tattoo Workshop

**Ages 9+**

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.

Fri, 5:45 PM, 1h  
2/13 Class #32864  
3/13 Class #32865  
4/24 Class #32866  
Survive Alive House, Germantown  
Khushbu Dudhwala  
R \$28 NR \$30 1 class



# YOUTH ACTIVITIES & SPORTS



## Pickleball Smash Squad

**Ages 6–10**

Our Youth Pickleball Class is a fun and engaging program designed to introduce kids to the exciting world of pickleball. Perfect for beginners and young players looking to build their skills. This class covers the fundamentals of the game, including rules, scoring, court positioning, and basic techniques. Kids will develop a variety of shots, such as serves, volleys, dinks, and groundstrokes, all while playing interactive drills and games that keep learning exciting. With a focus on sportsmanship, teamwork, and having fun, this class is a great way for kids to stay active, make new friends, and grow their confidence on the court.

Tue, 4:30 PM, 1h30m

1/6–1/27 Class #32882

2/10–3/3 Class #32883

3/17–4/14 Class #32884

No class 3/31

Pickleball Kingdom

N58 W14900 Shawn Circle, MF

R \$90 NR \$90 4 classes

## Stage Stars

**Grades 5K–6**

Does your child have a “dramatic side”? you might have a budding Stage Star in your family! Our drama class introduces students to the craft of stage acting with skilled theater instructors. Students will learn theatrical skills, improv basics, and participate in interactive drama games. This class provides opportunities for students to have fun, express themselves, gain confidence, and interact with others, all within the context of theatre arts.

Mon, 6:00 PM, 1h

1/12–3/16 Class #32577

No class 1/19 & 1/26

Community Center Rm 120

Afterschool Enrich. Solutions Staff

R \$165 NR \$165 8 classes

## Pickleball University–Rebel Squad

**Ages 11–16**

Welcome to the Rebel Squad, where future pickleball legends are made! This high energy class is designed for players who are ready to level up their game and have a blast doing it. Whether you are new to the court or already rallying with friends, you will join a squad of like-minded teens learning the skills, strategy, and swagger to become awesome pickleball players. Each session dives into techniques like groundstrokes, dinks, drop shots, drives, and smashes with plenty of drills, friendly competition, and team-building challenges. We will also break down game strategy so you can start thinking and playing like a pro. Expect fast-paced action, laughs, improvement, and maybe even a few trick shots. Grab your paddle, join the Rebel Squad, and get ready to dominate the kitchen, rule the court, and have a ton of fun along the way.

Thu, 4:30 PM, 1h30m

1/8–1/29 Class #32879

2/12–3/5 Class #32880

3/19–4/16 Class #32881

No class 4/2

Pickleball Kingdom

N58 W14900 Shawn Circle, MF

R \$90 NR \$90 4 classes



## Soccer Shots

**Ages 2–8**

This enrichment program focuses on character development and introducing the sport in a fun way. Each week will have a different theme, character trait, and new soccer skill. Get ready to use your imagination and explore “soccer island” with highly trained coaches in this non-competitive program.

**Please register at <https://waukesha.soccershots.com>.** An annual enrollment fee of \$40 is required, which includes a free soccer jersey mailed to your home.

Thu, 1/8–2/26, 30m

Mini-Parent & Me (ages 2–3)

4:40 PM Class #32684

Classic (ages 3–5)

5:20 PM Class #32683

Premier (ages 6–8)

6:00 PM Class #32685

Valley View Gym

R \$176 NR \$176 8 classes

## Parent Holiday Drop & Shop

**Ages 3–11**

Would you like someone to take care of your children while you spend time holiday shopping and running errands? Children will enjoy arts and crafts, movies, story time, pictures with Santa, lunch, and more. *Hosted by The Optimist Club of Menomonee Falls, in partnership with the CE & Rec Dept.*

Sat, December 6, 10:00 AM–2:00 PM

Class #32133

Community Center Rm 102 A & B

R / NR \$5





## Stingrays Wisconsin Tumbling

**Ages 4-12**

- Attire: Clothes you can move in, gym shoes or bare feet, hair pulled back if long.
- All participants that attend class must complete a waiver on the first day if you are new to the Stingray Allstars.
- Waivers can be found at [rayswi.com/for-parents/forms](http://rayswi.com/for-parents/forms)
- All classes held at Stingrays Wisconsin in Sussex.

## Tiny Tumbling

**Ages 4-5**

An introductory tumbling class for new athletes to improve on basic skills like balance, jumping, body control and beginning tumbling skills.

Thu, 5:00 PM, 45m  
2/5-4/16 Class #32701  
R \$115 NR \$139 10 classes

## Beginner Tumbling

**Ages 6-10**

Tumbling class for new athletes to improve mobility and work on basic skills like balance, jumping and body control in addition to learning beginner tumbling skills. Participants will work on forward roll, backward roll, handstand, cartwheel, bridge/backbend and splits.

Thu, 6:00 PM, 45m  
2/5-4/16 Class #32702  
R \$115 NR \$139 10 classes

## JR Phoenix Volleyball Parent Meeting

**Grades 5-8**

An informational meeting for parents/athletes interested in JR Phoenix Volleyball for boys and girls in grades 5-8 in Fall of 2026.

Meeting will overview season timeline, registration information, practice and game schedules.

**Wednesday, March 11**

Boys 6:00 PM

Girls 7:00 PM

MF Community Center Rm 106



**BI-COUNTY**  
**Special Olympics**  
Wisconsin

**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 within the Menomonee Falls School District.

## Fall Season

**Physicals by November 1, 2025**

**Bowling** 09/09/25-12/09/25  
Tuesdays 4:00 pm-5:15 pm @ Village Bowl & Social

**Volleyball** 09/06/25-11/01/25  
Saturdays 9:00 am-11:00am


## Spring Season

**Physicals by November 1, 2025**

<b>Basketball Team</b>	11/01/2025-04/11/2026, 8:00am-10:00am
<b>Basketball 3 v 3</b>	12/06/2025-04/11/2026, 8:00am-10:00am
<b>Basketball Skills</b>	12/06/2025-04/11/2026, 9:00am-10:00am
<b>Swimming</b>	11/01/2025-04/11/2026, 3:00pm-5:00pm



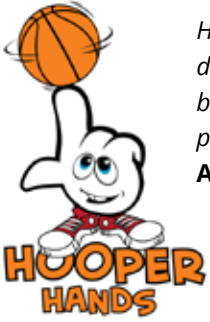
## CONTACT

Agency Manager, Alisa Novak	<a href="mailto:bicounty844@gmail.com">bicounty844@gmail.com</a>
Registration/Physicals Manager, Laurel	<a href="mailto:jlsteinn1@gmail.com">jlsteinn1@gmail.com</a>
Volunteer Manager, Kristen	<a href="mailto:kristinflischmann@hotmail.com">kristinflischmann@hotmail.com</a>
 <a href="https://www.facebook.com/groups/bicountyso">https://www.facebook.com/groups/bicountyso</a>	





# 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 held at the Community Center Gym and taught by Hooper Hands/Sportz Brains staff.**

## Hooper Hands: Fundamentals of Basketball

### Ages 4–8

This class is designed to give your child an overview of basic basketball skills. Participants will be introduced to dribbling, shooting, rebounding and passing.

Mon, 1/5–1/26, 45m  
Ages 4–5, 5:30 PM Class #32637  
Ages 6–8, 6:20 PM Class #32638  
R \$79 NR \$95 4 classes

## Hooper Hands: Dribble, Dribble 101

### Ages 4–8

The class will build upon the skills learned in the Fundamentals of Basketball class. Participants will compete in different ball-handling drills, games, and stations to develop Hooper Hands.

Mon, 2/2–2/23, 45m  
Ages 4–5, 5:30 PM Class #32639  
Ages 6–8, 6:20 PM Class #32640  
R \$79 NR \$95 4 classes

## Hooper Hands: Dribble, Dribble 102

### Ages 4–8

Participants are highly encouraged to have taken the Fundamentals of Basketball and Dribble, Dribble 101 classes prior to registering for this class. We will increase ball handling techniques with 1-on-1 moves to the basket along with more repetitious dribbling.

Mon, 3/2–3/23, 45m  
Ages 4–5, 5:30 PM Class #32641  
Ages 6–8, 6:20 PM Class #32642  
R \$79 NR \$95 4 classes

## Hooper Hands: Pass-Shoot-Score

### Ages 4–8

In this mini-basketball league class, students will complete a series of different fundamental drills and skills. Participants will then be divided into teams and compete in games against each other.

Mon, 4/6–4/27, 45m  
Ages 4–5, 5:30 PM Class #32643  
Ages 6–8, 6:20 PM Class #32644  
Ages 9–11, 7:15 PM Class #32649  
R \$79 NR \$95 4 classes

## Hooper Hands: Intro to Shooting Techniques

### Ages 6–11

This class is designed to work on various shooting drills, skills, and the technique of our method “Hand in the Cookie Jar”. We will conclude class with players being divided into teams for different shooting competitions.

Mon, 5/4–5/18, 45m  
Ages 6–8, 6:20 PM Class #32645  
Ages 9–11, 7:15 PM Class #32650  
R \$61 NR \$78 3 classes

## Hooper Hands: Basketball 201

### Ages 9–11

This class will help your child develop the basic fundamentals. Participants will be introduced to various ball handling, shooting, passing and rebounding drills. To showcase skills learned in class, the Hooper’s will perform team play at the end of some classes.

Mon, 7:15 PM, 45m  
1/5–1/26 Class #32646  
R \$79 NR \$95 4 classes

## Hooper Hands: Dribble, Dribble 201

### Ages 9–11

Participants are highly encouraged to have taken the Basketball 201 and Dribble, Dribble 201 prior to registering for this class. We will increase ball-handling techniques with 1-on-1 moves to the basket along with more repetitious dribbling.

Mon, 7:15 PM, 45m  
2/2–2/23 Class #32647  
R \$79 NR \$95 4 classes

## Hooper Hands: Dribble, Dribble 202

### Ages 9–11

Participants are highly encouraged to have taken the Basketball 201 and Dribble, Dribble 201 prior to registering for this class. We will increase ball-handling techniques with 1-on-1 moves to the basket along with more repetitious dribbling.

Mon, 7:15 PM, 45m  
3/2–3/23 Class #32648  
R \$79 NR \$95 4 classes





## Milwaukee Bucks Holiday Basketball Camp

### Ages 7-14

Deck the halls with basketballs and stay active during the holidays with Milwaukee Bucks Holiday Camp.

Mon & Tues, 12/22 & 12/23

1:00 PM, 3h

North Middle School Gym

## Milwaukee Bucks Spring Break Basketball Camp

### Ages 7-14

Planning a staycation for Spring Break? Keep the kids in your life active at Milwaukee Bucks Spring Break Camp.

Mon-Thurs, 3/30-4/2

9:00 AM, 3 hr

North Middle School Gym

**For additional information  
and to register go to:**

**[Bucks.com/YouthBasketball](https://bucks.com/YouthBasketball)**

## Little Jragons Taekwondo

### Ages 3-6

Your child will learn to listen and follow directions while having fun learning amazing taekwondo moves with former champion Jason Suav. Leadership, manners, coordination and balance are also practiced. A belt fee at the end of the session is optional for students wishing to earn rank and increase confidence.

### Ages 3-4

Thu, 5:00 PM, 30m

1/22-3/5 Class #32772

4/9-5/14 Class #32774

### Ages 5-6

Thu, 5:30 PM, 30m

1/22-3/5 Class #32843

4/9-5/14 Class #32844

Riverside Cafeteria

Jason Jordan

R \$65 NR \$78 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

1/13-2/13 Class #32854

4/14-5/15 Class #32855

Surge Martial Arts in Menomonee Falls

Neil Rajadhyaksha

R \$39 NR \$47 15 classes

## Youth Martial Arts: Surge

### Ages 7-12

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.

Mondays at 5:25 PM, Tuesdays at 5:25

PM and Thursdays at 5:25 PM

1/12-2/12 Class #32856

4/13-5/14 Class #32857

Surge Martial Arts in Menomonee Falls

Neil Rajadhyaksha

R \$39 NR \$47 15 classes

## TaeKwonDo

### Ages 7+

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

Tue & Thu, 6:00 PM, 1h10m

1/6-3/26 Class #32498

4/14-6/4\* Class #32499

Community Center Rm 102 A & B

James Donne

R \$69 NR \$81 24 classes

R \$42 NR \$51 16 classes\*



## Kelly Education

Looking for meaningful work?  
We're hiring in Menomonee Falls  
Schools.

- Substitute Teacher
- Substitute Paraprofessional

800-713-4439

[EDNERecruiting@Kellyservices.com](mailto:EDNERecruiting@Kellyservices.com)

Contact us today to learn more.



# YOUTH ACTIVITIES & SPORTS



## Learn To Skate

### Ages 4-17

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

### Ages 4-6

Tue, 5:00 PM, 30m  
3/10-4/7 Class #32578  
4/14-5/12 Class #32579

### Ages 7-17

Tue, 5:30 PM, 30m  
3/10-4/7 Class #32580  
4/14-5/12 Class #32581  
Eble Ice Arena  
Eble Staff  
R \$75 NR \$75 5 classes

## Try Speed Skating

### Ages 7+

This event is designed to provide individuals ages 7+ with an opportunity to try speed skating. Coaches will be on the ice to assist you or your child in learning speed skating technique. All skaters must have the following basic skills: falling down and getting up, marching forward.

Sat, 10:30 AM, 1h30m  
1/10 Class #32707  
2/14 Class #32709  
Pettit National Ice Center  
Pettit National Ice Center Staff  
R \$20 NR \$20 1 class

## Learn to Speed Skate

### Ages 6+

The program teaches students progressively more difficult moves through three levels of skating. Prerequisites for taking the class include knowing how to get up after falling down, marching forward, stopping, swizzles, and two-foot glide. Students are evaluated at the first class to gauge their skill/ability level and are placed in another speed skating class if their skill level is applicable. Speed skate rental is available for purchase at the facility, or participants may bring their own hockey or figure skates. Lessons take place on the 400m Oval. Fee includes 40 minute instruction plus 20 minutes of exclusive practice time following each class.

Tue, 6:15 PM, 40m  
1/13-2/17 Class #32732  
2/24-3/31 Class #32733  
Pettit National Ice Center  
Pettit National Ice Center Staff  
R \$99 NR \$99 6 classes

## Hockey Learn to Skate

### Ages 4-15

This class is for new skaters who have little to no skating experience. This program will primarily focus on developing skating abilities needed for hockey. All skaters in this class must have the following equipment to participate: helmet, shin pads, and gloves. Skate rental is available at no additional charge. Skaters can wear full hockey equipment if they prefer.

Tue, 5:30 PM, 30m  
3/10-4/7 Class #32582  
4/14-5/12 Class #32583  
Eble Ice Arena  
Eble Staff  
R \$75 NR \$75 5 classes



## Golf Lessons: Jr Academy

### Ages 7-10

Learn the game the right way. Fundamentals of the full swing, the short game, putting and on 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. Please be registered one week before the program start date.

Tue & Thu, 5:45 PM, 1h  
4/7-4/23 Class #32563

Mon & Wed, 6:00 PM, 1h  
4/13-4/29 Class #32564  
Swing Time Germantown  
Paul Mindel  
R \$68 NR \$71 6 classes

## Country Line Dance Dojo Parent/Child

### Ages 5-12

Train your mind and body to step and stomp through the honky tonk! We will laugh and learn as we focus on popular line dances that are used for area events. This class is beginner friendly but intermediate dancers will learn new material as well. No belts or cowboy hats required. Register child only.

Thu, 6:00 PM, 45m  
1/22-3/5 Class #32845  
4/9-5/14 Class #32846  
Riverside Cafeteria  
Jason Jordan  
R \$65 NR \$78 6 classes

## 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 life-long 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. Dancers will put on a mini performance for their parents at the end.

Sat, 9:15 AM, 30m  
1/10-1/24 Class #32514  
Bellator Academy of Irish Dance  
R \$37 NR \$40 3 classes





## Ballet with Miss Frances

### Ages 4-6

Miss Frances introduces young dancers to two different styles of dance, Ballet and/or Jazz. In these classes, Miss Frances looks to teach the elegant form of ballet, the basis for all dance, or the groovy side of jazz. The purpose of this class is to inspire movement and creativity within a positive environment. Dancers will learn basic steps and terminology in both styles. At the end of the session, your dancer will get to put on a mini performance for their parents/guardians.

Sat, 1/17-3/7, 45m

Ages 4-5 9:00 AM Class #32735

Ages 5-6 10:00 AM Class #32736

Community Center Rm 102 A & B

Frances Hrlevich

R \$89 NR \$107 8 classes

## Jazz with Miss Frances

### Ages 6-10

Miss Frances introduces young dancers to two different styles of dance, Ballet and/or Jazz. In these classes, Miss Frances looks to teach the elegant form of ballet, the basis for all dance, or the groovy side of jazz. The purpose of this class is to inspire movement and creativity within a positive environment. Dancers will learn basic steps and terminology in both styles. At the end of the session, your dancer will get to put on a mini performance for their parents/guardians.

Sat, 1/17-3/7, 45m

Ages 6-7, 11:00 AM Class #32737

Ages 8-10, 12:00 PM Class #32738

Community Center Rm 102 A & B

Frances Hrlevich

R \$89 NR \$107 8 classes

## Tiny Tappers **NEW!**

### Ages 2-4

In this secondary fun and engaging dance class, young dancers will focus on all of the skills mentioned for ballet, but also explore the fun of making music with your feet. At the end of the course, dancers will also have a mini showcase of their routine. All dancers are encouraged to bring water, have their hair up, wear a leotard, tights and tap shoes. Velcro, slip ons or buckets preferred.

Fri, 9:45 AM, 35m

3/6-4/10 Class #32718

no class 4/3

4/24-5/22\* Class #32719

Community Center

Ellie Cunningham

R \$25 NR \$32 6 classes

R \$25 NR \$32 5 classes\*

## Tiny Tutu Ballet **NEW!**

### Ages 2-4

In this fun and engaging introduction to ballet, young dancers will explore the fundamentals of ballet technique through imaginative movement, music, and play. Designed to spark joy and creativity, this class helps build coordination, balance, and confidence, all while having a blast! At the end of the course, dancers will have a mini showcase of their routine.

Fri, 9:00 AM, 35m

3/6-4/10 Class #32717

no class 4/3

4/24-5/22\* Class #32720

Community Center

Ellie Cunningham

R \$25 NR \$32 6 classes

R \$25 NR \$32 5 classes\*

## Tap & Ballet

### Ages 4-6

Dance will help your child learn timing, rhythm and coordination. Dance skills will be taught, reviewed and then combined into dances. All participants are recommended to have a black leotard, tap shoes (Velcro recommended) and ballet shoes. Parents are welcome to attend the first day of class for information and the last day to observe their child's progress.

Wed, 1/21-4/15, 45m

Age 4, 4:30 PM

Class #32782

Ages 5-6, 5:30 PM

Class #32783

no class 4/1

Community Center Rm 102 A & B

Cindy Orlando

R \$55 NR \$66 12 classes

## Technology Trio

### Ages 7-12

Students will have the option to rotate through three different programs in this action packed class. Think Lego WeDo Robotics, Animated Movie Making, LEGO Motorized Datca Kits, Gears, Coding and much more. This is a great way to experiment with some of the newest technology tools available! Class equipment rotates to ensure something new for repeat students.

Sat, 9:00 AM, 3h

2/7 Class #32836

Community Center Rm 123

Computer Explorers Staff

R \$50 NR \$80 1 class

## The Gifts of Gratitude

### Ages 16+

Do you want to feel more joy and peace in your life? In this class, we will explore the power of gratitude. We will also look at barriers to gratitude and processes to overcome them. Experience for yourself the life-changing benefits of an attitude of gratitude.

Tue, 6:00 PM, 1h30m

5/5-5/26 Class #32699

Community Center Rm 120

Kate Hunt-Matthes

R \$65 NR \$78 4 classes



## UPCOMING BLOOD DRIVES

### Tuesdays 12/16 & 4/9

at the Community Center

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 at [versiti.org](http://versiti.org).**

AGE 21+



# Day Trips

CHECK THEM OUT!



**CE&Rec**  
Community Education & Recreation

- 📍 **Madison History**
- 📍 **Ho-Chunk Dells**
- 📍 **Brew City Trifecta**
- 📍 **Illusions to Icons**
- 📍 **Heartbreak Hotel**

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

## Madison's History, Nature & Flavor **NEW!**

Native effigy mound landscapes; UW Arboretum; Babcock Dairy

**Lunch at Old Fashion Restaurant**

**Tuesday, April 14**

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

We'll kick off the day by stepping back in time to explore the historic effigy mound landscapes. Our guide will be the former Wisconsin State Archaeologist, Bob Birmingham, who will illuminate the spiritual and cultural significance of these fascinating, ancient earthworks built by Native Americans. We will have a buffet lunch at the iconic Old Fashion Restaurant downtown. Savor a true taste of Wisconsin with a spread that includes salad, Mac & Cheese, Sheboygan Bratwursts, and Shaved Prime Rib. Next, we'll head to the UW Arboretum. We'll begin with a compelling historical presentation indoors, setting the stage for the beauty awaiting us outside. Then, join a Naturalist for a short, refreshing Garden Walk, where you'll discover the diverse flora. We'll conclude our day with a stop at Babcock Dairy, where we will take a peek from the observation deck to watch the magic happen. Best of all, your day ends with a scoop of ice cream! **Register by March 16.**

Community Center Parking Lot  
R \$90 NR \$100 Class #32724



## Ho-Chunk Dells Gambling

**Thursday, February 19**

**8:00 AM Sign In | 4:30 PM Return**

Join us for a one-day getaway to Ho Chunk Dells. You will receive \$25 in credit on your player's club card at Ho Chunk. If you do not have a card, you will receive one upon arrival at the casino so you can enjoy the free credits. You must bring a valid ID with you and use your player's club card at all times while at the casino. **Please register by Feb 9.**

Community Center Parking Lot  
R \$45 NR \$55 Class #32832

## From Illusions to Icons **NEW!**

Tristan Crist Magic Theatre; Belfry Music Theatre

**Lunch at Lake City Social**

**Thursday, February 26**

**9:00 AM Sign In | 4:00 PM Return**



Join us as we start our magical day witnessing illusions at a Vegas-style magic show at the Tristan Crist Magic Theatre. You won't believe your eyes! The show includes flashing lights, pyrotechnics, smoke and strobe lights. After the show we will have lunch at Lake City Social, where you will choose that day what you want to eat from a small menu. We will then have a tour of the Belfry Music Theatre where we will hear the history of the theater and big names that played there. **Register by Jan 26.**

Community Center Parking Lot  
R \$115 NR \$125 Class #32867



## Brew City Trifecta **NEW!**

*American Family Field; Milwaukee Pretzel Company*

**Lunch at the Barrel Yard**

**Wednesday, March 18**

**9:00 AM Sign In | 3:30 PM Return**

Join us for an exclusive behind-the-scenes tour of the Brewer's American Family Field by visiting restricted and non-public areas such as the visitor's clubhouse and dugout, the field, Brewer's bullpen, luxury suites and much more. We will eat at the Barrel Yard where we will have a buffet lunch of hamburgers and bratwurst, house salad, potato salad, kettle chips and mac & cheese. After lunch you will have time to shop in the gift shop. We will then have a behind the scenes tour of Milwaukee Pretzel Company where you will get a pretzel at the end of the tour and be able to purchase some pretzels to take home. The ball park tour includes walking but has places to sit down along the way. **Register by Feb. 23.**

Community Center Parking Lot  
R \$90 NR \$100 Class #32723

## 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.**



## Heartbreak Hotel **NEW!**

**Lunch at Wildfire**

**Wednesday, May 6**

**8:45 AM Sign In | 6:00 PM Return**

"The King" takes the stage in *Heartbreak Hotel* which features over 40 Elvis hits and iconic songs including "All Shook Up", "Heartbreak Hotel", "Hound Dog", "Love Me Tender", "Don't be Cruel", "Jailhouse Rock", and "Blue Suede Shoes". This official Elvis Presley bio-musical takes a closer look at the rock star who shaped the history of music and culture. Before the show we will have lunch at Wildfire. This meal will include appetizers of Bison Meatballs and chopped salad a main course of Lemon-Pepper Chicken Breast and Filet Mignon with mashed potatoes and roasted vegetables, dessert included. **Register by Mar 27.**

Community Center Parking Lot  
R \$145 NR \$155 Class #32868



Register at [fallsrec.org](http://fallsrec.org) |



## Open Studio

### Ages 18+

This open studio is designed for artists of all levels who want to explore or expand their skills using oil, acrylic, and/or graphite. Join your fellow artists and receive individual support to help bring your ideas to life. Come with your own supplies—the possibilities are endless.

Fri, 9:00 AM, 2h

2/6–3/13 Class #32705

3/27–5/8 Class #32706

No class 4/3

Community Center Rm 106

Barbara Kelsey

R \$52 NR \$62 6 classes

## 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 at the CE & Rec office.

Thu, 1/22–3/12, 2h

10:00 AM Class #32708

12:30 PM Class #32710

Thu, 4/9–5/28, 2h

10:00 AM Class #32711

12:30 PM Class #32712

Community Center Rm 106

Nancy Lohmiller

R \$60 NR \$72 8 classes

## Drawing Your Photograph

### Ages 18+

Anyone can learn the technique of drawing lifelike images from photographs. Once your photo has been duplicated, outlining and shading will be used to create any image you choose. Please bring a photo to class. All supplies can be purchased in class for \$10.

Tue, 10:00 AM, 1h30m

2/3–3/10 Class #32713

3/24–5/5 Class #32714

No class 3/31

Community Center Rm 106

Barbara Kelsey

R \$52 NR \$62 6 classes

## Story Starts Here

### Ages 18+

Writers of all levels will gain tools to build stronger stories, develop characters, and learn simple story structures. Leave inspired with a draft or outline in hand.

Tue, 6:00 PM, 2h

2/10 Class #32734

4/7 Class #32739

Community Center Rm 123

Steven Stracknein, local author

R \$45 NR \$54 1 class

## 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. 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.

Wed, 1:00 PM, 2h

1/21–3/11 Class #32730

4/8–5/20\* Class #32731

Community Center Rm 120

Sandra Henderson

R \$47 NR \$56 8 classes

R \$41 NR \$49 7 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. You will also be taught some useful knitting tricks.

Tue, 9:30 AM, 2h

1/20–3/10 Class #32726

4/7–5/19\* Class #32727

Thu, 9:30 AM, 2h

1/22–3/12 Class #32728

4/9–5/21\* Class #32729

Sandra Henderson

R \$47 NR \$56 8 classes

R \$41 NR \$49 7 classes\*

## Haiku Tarot Creative Action **NEW!**

### Ages 18+

This class combines the wisdom of Tarot with the simplicity of Japanese Haiku poetry. Our goal is to understand the message in each card and use them for inspiration and creative action.

Wed, 6:30 PM, 1h30m

1/14–1/21 Class #32698

Community Center Rm 120

Faye Ellen Bonini

R \$30 NR \$36 2 classes

## Cutting the Cord: Controlling Cable and Internet Costs

### Ages 18+

Fees for cable television, home internet, smartphone and streaming services quickly add up to hundreds of dollars each month. This seminar reviews your options to cut costs and still watch television programs and have internet access on your devices.

Mon, 6:30 PM, 1h30m

3/2 Class #32615

Community Center Rm 106

C.T. Kruger

R \$22 NR \$25 1 class

## Ipad / Iphone: Tips, Tricks & Techniques

### Ages 18+

This hands on class is specific to Apple iPhones and iPad tablets. Learn tips, tricks and techniques to navigate, organize, backup, and add useful apps to your iPhone and iPad.

Mon, 6:30 PM, 1h30m

3/9 Class #32616

Community Center Rm 106

C.T. Kruger

R \$22 NR \$25 1 class



## How To Use The Camera in Your Smartphone/iPhone

**Ages 18+**



It's a camera, it's a photo album, it's a television, it's your phone! Learn about your iPhone or Android smartphone's camera app's many imaging modes, its

photo gallery, Cloud storage and other tips and techniques.

Mon, 6:30 PM, 1h30m  
3/16 Class #32617  
Community Center Rm 106  
C.T. Kruger  
R \$22 NR \$25 1 class

## You Have Pictures in Your Camera: Now What?

**Ages 18+**

We have hundreds, if not thousands of pictures in our cameras, smartphones and computers. Now what? This seminar teaches techniques to save pictures from cameras and smartphones to a computer, to external devices and to "the cloud" using Windows 10 PCs.

Mon, 6:30 PM, 1h30m  
3/23 Class #32618  
Community Center Rm 106  
C.T. Kruger  
R \$22 NR \$25 1 class

## Old Family Photos and the Digital Age

**Ages 18+**

Your old family photos and slides can be converted to digital picture files—whether you have a computer or not—for a multitude of digital uses and sharing. This two hour seminar covers scanning prints and slides, workflow and how to get and stay organized. Information for computer use is for Windows PC Computers.

Mon, 6:30 PM, 1h30m  
1/26 Class #32614  
Community Center Rm 106  
C.T. Kruger  
R \$22 NR \$25 1 class

## Spring Pruning 101 **NEW!**

**Ages 18+**

Learn how to properly prune and maintain your yard for the upcoming season. Learn what to do if your plans have winter damage and the tricks of the professionals to keep your yard looking great. Class will be held outdoors so dress appropriately.

Sat, 10:30 AM, 1h  
4/25 Class #32657  
Wendland Nursery  
R \$10 NR \$10 1 class

## Container Gardening

**Ages 18+**

Enjoy a garden on your deck, patio or porch. 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. Classes will be held outdoors so dress appropriately. Please bring garden gloves to class, if not disposable gloves will be provided.

Fri, 4:30 PM, 1h  
5/15 Class #32654

Sat, 10:30 AM, 1h  
5/16 Class #32655  
5/23 Class #32656  
Wendland Nursery  
R \$38 NR \$38 1 class  
R \$22 NR \$25 1 class

## Relax, Renew, Rejuvenate

**Ages 16+**

Have you heard that over 80% of doctors' office visits are stress related? Learn ways to neutralize the negative effects of anxiety and stress through breathing techniques, relaxation exercises and imagery and mindfulness practices. Please bring a pillow and blanket to class.

Tue, 6:00 PM, 1h30m  
3/3-3/24 Class #32700  
Community Center Rm 120  
Kate Hunt-Matthes  
R \$65 NR \$78 4 classes

## Introduction to Meditation: Creating Peace Everyday

**Ages 16+**

Are you constantly feeling overwhelmed and stressed? Learn how meditation can center your mind and calm your body. You will learn two methods of meditation that are used by millions of people all over the world. Common stumbling blocks and how to overcome them will also be covered. Please bring a blanket and pillow to class.

Tue, 6:00 PM, 1h15m  
1/27-2/17 Class #32703  
Community Center Rm 120  
Kate Hunt-Matthes  
R \$65 NR \$78 4 classes

## Enhancing Your Life: Energy Healing Techniques

**Ages 16+**

This transformative and fun class will teach you powerful techniques for coping with behaviors or beliefs that may stand in the way of your happiness. Learn EFT, and discover how to access the alpha state, the power of imagery and your personal truth detector.

Tue, 6:00 PM, 1h30m  
4/7-4/28 Class #32704  
Community Center Rm 120  
Kate Hunt-Matthes  
R \$65 NR \$78 4 classes

## The Gifts of Gratitude

**Ages 16+**

Do you want to feel more joy and peace in your life? In this class, we will explore the power of gratitude. We will also look at barriers to gratitude and processes to overcome them. Experience for yourself the life-changing benefits of an attitude of gratitude.

Tue, 6:00 PM, 1h30m  
5/5-5/26 Class #32699  
Community Center Rm 120  
Kate Hunt-Matthes  
R \$65 NR \$78 4 classes



**LIVE VIRTUAL ZOOM** All classes are for Ages 18+

Zoom access and basic computer skills are required. Zoom link will be sent prior to the first class.

### Adult Conversational Spanish: Beginner Part 1

Always wanted to learn Spanish or refresh your skills? This class is perfect for you. Focused on building conversational tools, you'll engage in interactive practice covering greeting, pronunciation, numbers, food, clothing, and more. Grammar topics include subject pronouns, verb conjugation, and noun gender. Each session features cultural insights like word origins and dialect differences.

Mon, 6:00 PM, 1h  
2/23-3/30 Class #32619

Tue, 6:00 PM, 1h  
2/24-3/31 Class #32620  
Futura Language Professionals Staff  
R \$119 NR \$119 6 classes

### Adult Conversational Spanish: Beginner Part 2

Continue your Spanish journey in Beginner Spanish Part Two! Build on conversational skills for directions, restaurants, and everyday interactions. Learn vocabulary on weather, dates, family, and key verbs like ser and tener. Explore cultural topics on food, family, and friendships. Open to new and returning students.

Mon, 6:00 PM, 1h  
2/23-3/30 Class #32621

Tue, 6:00 PM, 1h  
2/24-3/31 Class #32622  
Futura Language Professionals Staff  
R \$119 NR \$119 6 classes

### Adult Conversational Spanish for Travel

Learn Spanish for travel from the comfort of home! This live, interactive course helps adults master essential phrases for greetings, dining, and directions. With Futura's engaging approach, you'll build confidence while having fun. Perfect for beginners and those with some experience.

Thu, 6:00 PM, 1h  
2/26-4/2 Class #32625  
Futura Language Professionals Staff  
R \$119 NR \$119 6 classes

### Adult Conversational Spanish: Intermediate Part 1

This intermediate course helps adults improve conversation skills through interactive lessons. Topics include AR verb conjugation, infinitives, future tense, prepositions, and more. Practice making plans, discussing preferences, and explore holiday traditions in Spanish-speaking countries. Open to new students and previous Beginner Spanish Part 1 and 2 conversation participants.

Wed, 6:00 PM, 1h  
2/25-4/1 Class #32623  
Futura Language Professionals Staff  
R \$119 NR \$119 6 classes

### Adult Conversational Spanish: Intermediate Part 2

Continue building on your Spanish skills with interactive conversations, role playing real life scenarios, and expanding your vocabulary. This course covers ER & IR verb conjunction, hobbies, sports, and workplace terminology, along with cultural discussions on music, dance, and influential figures in Spanish speaking countries. Open to students who have completed Intermediate Spanish Part 1 or a beginner conversation course.

Wed, 6:00 PM, 1h  
2/25-4/1 Class #32624  
Futura Language Professionals Staff  
R \$119 NR \$119 6 classes



## Dungeons & Dragons 5th Edition

**Ages 18+**

In this class you will learn how to play Dungeons & Dragons 5e with an experienced dungeon master. He will take you on an epic quest for 3rd level adventurers full of fun and danger. If you are new to the game or are wanting to get back into it, this is the class for you. The DM will provide the characters as well as any other resources you will need, but if you'd like to bring your own dice that is totally acceptable. Each class will be a unique adventure, filled with new challenges, environments, and creatures to encounter. Visit fallsrec.org to learn more about the various adventures.

Sat, 12:00 PM, 2h  
Prison Break Premade **NEW!**  
1/17 Class #32849

Snow Covered Mystery **NEW!**  
2/7 Class #32850

The Ruins of Risk  
3/7 Class #32851

Community Center Rm 106  
Luke A Mohar  
R \$15 NR \$18 1 class



From March 13-30, participating businesses will display a colorful egg in their front window with a letter on it. Drive around and collect the letters, then use the letters to create a phrase. Once you think you know the phrase, submit your family name and answer by April 1 for a chance to win fabulous prizes from the participating businesses. (Winners will be announced 4/2. Please register only one member of the family.) Course # 32529

**FREE**, but registration is required



**FREE TRIAL****Living with Purpose** *NEW!***Ages 30+**

The most complete you will ever feel is when your mind and heart are in harmony. Explore practical tools to align your thoughts with your deepest feelings so you can see the bigger picture of your life with clarity and purpose. Together, we'll uncover what truly drives you. When you live from this place, your decisions become clearer, your actions braver, and your life more fulfilling than you imagined. This is the foundation for a life built with intention, mission, and meaning. Let this session guide you back to the purpose you've always known was within you. If you've been feeling stuck, searching for direction, or longing for more meaning, this session is for you.

Tue, 6:30 PM, 1h30m  
2/17 Class #32740  
Stephanie Piechowski-Seeby  
Community Center Rm 109  
**FREE**, but registration is required

**FREE TRIAL****Group Beyond Quantum Healing** *NEW!***Ages 30+**

We will use Beyond Quantum Healing (BQH) as a group regression experience, guided much like a meditation, to help you access deeper states of consciousness where insight, clarity, and healing can unfold. Within this space, you connect with your subconscious mind or Higher Self? The part of you that holds wisdom and understanding beyond everyday awareness. Each journey is unique. You may receive guidance for life's greatest challenges, uncover the roots of repeating patterns, explore past or parallel lives, or experience profound energetic healing. This process meets you exactly where you are, offering direction, release, and a deeper connection with your truest self.

Tue, 6:00 PM, 2h  
2/24 Class #32742  
Stephanie Piechowski-Seeby  
Community Center Rm 123  
**FREE**, but registration is required

**Living with Purpose: Start Building a Life You Love** *NEW!***Ages 30+**

We all carry a dream in our hearts—a vision for the life we've always known was possible. Over time, that dream may have shifted, evolved, or even faded into the background. Yet the yearning for greater purpose and fulfillment never truly goes away. This 4-part series is designed to help you reconnect with what drives you and begin mapping out real steps to bring your purpose to life. Through a blend of reflection, practical tools, and guided exercises, you'll learn how to align your choices with your deepest values and create a foundation for the life you truly want to live. Along the way, you'll join a community of like-minded individuals—supporting, encouraging, and celebrating one another as we each take meaningful action toward our dreams. Together, we'll not only rediscover your why, but also begin shaping the path forward into a life filled with clarity, joy, and purpose.

Thu, 6:00 PM, 2h  
3/12–4/9 Class #32741  
Stephanie Piechowski-Seeby  
Community Center Rm 109  
R \$160 NR \$192 4 classes

**Elemental Wisdom: A Guided Soul Journey** *NEW!***Ages 30+**

We'll journey through Beyond Quantum Healing (BQH) in a guided group regression experience—similar to a meditation—to explore the timeless wisdom of the four elements: Earth, Air, Fire, and Water. Each element offers its own powerful lessons. Earth grounds us in stability and nourishment. Air brings clarity and perspective. Fire sparks passion and transformation. Water invites flow, healing, and emotional depth. By entering deeper states of consciousness, you'll connect with your subconscious mind or Higher Self to discover how these elemental energies are present in your life. This process can help you view challenges through a new lens, find balance, release what no longer serves you, and draw strength from the natural forces around—and within—you. Every journey is unique, offering insight, healing, and a renewed connection to yourself and the world around you.

Tue, 6:00 PM, 2h  
3/17 Class #32743  
Stephanie Piechowski-Seeby  
Community Center Rm 123  
R \$64 NR \$77 1 class

**Indoor Walking Program** AT THE COMMUNITY CENTER**Ages 18+** *NEW!*

Stay active and healthy year-round with our Indoor Walking program at the Community Center, perfect for all fitness levels. Walk in a safe, climate-controlled environment while enjoying the social benefits of moving with others in your community. This program is a great way to build healthy habits, increase energy, and connect with neighbors.

Mon, Wed, & Fri, 8:00 AM, 2h  
3/2–5/29 Class #32859  
No program 3/30, 4/1, 4/3 & 5/25  
Community Center  
**FREE**, but registration is required





### 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.

### Dartball

#### Ages 18+

Both men and women are welcome to enjoy the fun and laughter as we play the game of dartball, a baseball game where bases are scored by throwing darts at a board. No experience needed. Join our league and sharpen your skills while forming new friendships.

Mon, 1:00 PM, 1h30m  
1/5–4/20 Class #32528  
No class 3/30  
Community Center Rm 102 B  
Rec Dept  
R \$15 NR \$18 15 classes

### Indoor Pickleball

#### Ages 18+

We offer 3 courts to play Indoor Pickleball. This session is for those that already know how to play Pickleball, this is not a lesson. Please bring your own paddle, balls will be provided. Players will change out 2 new players when the number of people attending is below 20, anything higher all 4 players will change out.

Wed, 3:30 PM, 2h  
1/7–3/25 Class #32526

Fri, 5:30 PM, 3h  
1/9–3/27\* Class #32527  
Community Center Gym  
R \$30 NR \$36 12 classes  
R \$45 NR \$54 12 classes\*

### Indoor Pickleball— Daytime **NEW!**

#### Ages 18+

We are excited to offer 3 courts to play Indoor Pickleball. This session is for those that already know how to play Pickleball. Bring your own paddle, balls will be provided. Players will change out 2 new players when the number of people attending is below 20, anything higher all 4 players will change out.

Tue, 9:00 AM, 2h  
3/10–5/19 Class #32862  
No class 3/31

Thu, 9:00 AM, 2h  
3/12–5/21 Class #32863  
No class 4/2  
R \$25 NR \$30 10 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, tennis-height net, 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.

Fri, 5:30 PM, 1h30m  
4/10–5/8 Class #32525  
Community Center Gym  
R \$25 NR \$30 5 classes

### SOMA Breath Energized Meditation

#### Ages 18+

This class follows a flow of movement, chanting and breathwork (rhythmic breathing, holding breath, meditating), all to special healing music. People who struggle to meditate in silence may enjoy this form of meditation as there is much going on—music, breathing, moving, chanting—and in this way we can quiet our mind by focusing on these things. This is a fun class that offers many physical and mental health benefits.

Tue, 6:00 PM, 50m  
2/24–3/17 Class #32744  
Germantown Senior Center  
Sarah Falter  
R \$58 NR \$69 4 classes

### SOMA Breath for Health

#### Ages 18+

Breathing techniques can help many health conditions. This class is based off of the official SOMA Breath Breathfit course by Niraj Naik and we will focus on Breath for Health. You will learn simple daily practices to improve your Breath Health and therefore increase physical well being while decreasing stress. You do not need to have a particular concern to attend, these practices are protective against future disease as well.

Thu, 6:00 PM, 50m  
1/22–2/19 Class #32697  
Community Center Rm 123  
Sarah Falter  
R \$55 NR \$66 5 classes

## FREE TRIAL

### Gentle Yoga **NEW!**

#### Ages 18+

Gentle yoga is a form of yoga practice that emphasizes slow, mindful movements, and relaxation. It focuses on opening and stretching the body using modifications and props. This class is designed for individuals of all levels, including beginners. Bring your own mat.

Thu, 11:00 AM, 45m  
3/5-3/12 Class #32604  
Community Center  
Menomonee Falls CE & Rec Staff

### Gentle Yoga **NEW!**

#### Ages 18+

Gentle yoga is a form of yoga practice that emphasizes slow, mindful movements, and relaxation. It focuses on opening and stretching the body using modifications and props. This class is designed for individuals of all levels, including beginners. Bring your own mat.

Thu, 11:00 AM, 45m  
3/19-5/14 Class #32605  
No class 4/2  
Community Center  
Menomonee Falls CE & Rec Staff  
R \$56 NR \$67 8 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  
1/14-3/4 Class #32662  
3/18-5/13 Class #32663  
No class 4/1  
Community Center Rm 123  
Menomonee Falls CE & Rec Staff  
R \$56 NR \$67 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.

Mon, 10:30 AM, 45m  
1/19-3/2 Class #32588  
3/23-5/4\* Class #32589  
No class 3/30

Mon, 11:30 AM, 45m  
1/19-3/2 Class #32590  
3/23-5/4\* Class #32591  
No class 3/30  
Community Center Rm 123  
Menomonee Falls CE & Rec Staff  
R \$50 NR \$60 7 classes  
R \$43 NR \$52 6 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.

Wed, 9:00 AM, 45m  
1/21-3/4 Class #32598  
3/25-5/6\* Class #32599  
No class 4/1

Community Center Rm 123  
Menomonee Falls CE & Rec Staff  
R \$50 NR \$60 7 classes  
R \$43 NR \$52 6 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  
2/7 Class #32816  
Moving Like a Mother Physical Therapy  
R \$64 NR \$77 1 class

### Pilates Mat

#### Ages 18+

Learn the fundamentals and proper technique of Classic Pilates Mat. By developing proper technique, you can actually retrain your body to move in safer, more efficient patterns of motion, which are invaluable for injury recovery, sport performance, good posture, and optimal health. Mat and props are provided. Please wear socks to class. No Pilates experience required.

Wed, 1/14-2/4, 50m  
11:00 AM Class #32651  
5:30 PM Class #32652  
The Contrology Center Pilates Studio  
R \$64 NR \$64 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, 5:00 PM, 45m  
1/20-3/3 Class #32596  
3/24-5/5\* Class #32597  
No class 3/31  
Community Center Rm 102 A & B  
Menomonee Falls CE & Rec Staff  
R \$35 NR \$42 7 classes  
R \$30 NR \$36 6 classes\*

**HELPFUL TIP:** *Bring a Water Bottle*



**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

1/20-3/17 Class #32631

4/7-5/19\* Class #32632

No class 4/21

Community Center Rm 123

Menomonee Falls CE & Rec Staff

R \$52 NR \$63 9 classes

R \$35 NR \$42 6 classes\*

**Evening 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.

Mon, 5:00 PM, 45m

1/19-3/16 Class #32629

4/6-5/18\* Class #32630

No class 4/20

Thu, 5:00 PM, 45m

4/9-5/21\* Class #32635

No class 4/23

Community Center Rm 123

Menomonee Falls CE & Rec Staff

R \$52 NR \$63 9 classes

R \$35 NR \$42 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

1/20-3/17 Class #32633

4/7-5/19\* Class #32634

No class 4/21

Community Center Rm 123

Menomonee Falls CE & Rec Staff

R \$52 NR \$63 9 classes

R \$35 NR \$42 6 classes\*

**Zumba Gold****Ages 18+**

Zumba Gold is the 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

1/19-3/2 Class #32586

3/23-5/4\* Class #32587

No class 3/30

Community Center Rm 102 A & B

Menomonee Falls CE & Rec Staff

R \$35 NR \$42 7 classes

R \$30 NR \$36 6 classes\*

**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

2/3-3/17 Class #32660

No class 3/3

4/7-5/19\* Class #32661

Community Center Rm 102 A

Menomonee Falls CE & Rec Staff

R \$47 NR \$57 6 classes

R \$54 NR \$65 7 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.*

**Continuing Tai Chi****Ages 18+**

Instructor recommendation required for participants to enroll in this level of class.

Tue, 10:15 AM, 1h

2/3-3/17 Class #32658

No class 3/3

4/7-5/19\* Class #32659

Community Center Rm 102 A

Menomonee Falls CE & Rec Staff

R \$47 NR \$57 6 classes

R \$54 NR \$65 7 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, 7:30-9:30 PM  
1/5-5/18  
No Open Gym 3/30  
North Middle School Gym

Wed, 7:30-9:30 PM  
1/17-5/22  
No Open Gym 4/1  
Community Center Gym

### Men's Basketball Open Gym

**Ages 18+**

Pick-up games will be formed on-site by the gym supervisor, and a maximum of 20 participants will be accepted each evening. This program is drop-in, first come first served.

Mon, 8:00 PM-10 PM  
1/7-5/20  
No Open Gym 3/30  
Community Center Gym  
Brian Campbell

### Introduction to Ice Skating for Adults & Seniors

**Ages 18+**

This class is for those with little to no ice skating experience. Participants will develop confidence on the ice by learning basic skating skills, including forward/backward skating, turns, stops, falling, and recovery. Skate rental is available for this class for no additional charge. It is highly recommended that all participants wear helmets, gloves, and warm clothing.

Tue, 9:30 AM, 30m  
1/6-2/3 Class #32584  
2/10-3/10 Class #32585  
Eble Ice Arena  
Eble Staff

### Golf Lessons: Adult

**Ages 18+**

Come learn Golf, one of the greatest games ever played. These 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 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. Please register one week before the program start date.

Mon & Wed, 8:45 AM, 1h  
4/6-4/22 Class #32561

Tue & Thu, 8:45 AM, 1h  
4/14-4/30 Class #32562  
Swing Time Germantown  
R \$80 NR \$83 6 classes

### 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. You will be challenged to increase your cardiovascular fitness, strengthen muscle and increase your endurance. Includes warm-up, cool-down and stretching components. Bring a towel and hard-soled tennis, running, or cycling shoes. Padded shorts or bike seats are recommended but not required.

Mon, & Wed, 6:30 PM, 1h  
1/5-3/4 Class #32592

Mon, & Wed, 6:15 PM, 1h  
3/16-5/13\* Class #32593  
No class 3/30 & 4/1  
Community Center Rm 102 A & B  
Menomonee Falls CE & Rec Staff  
R \$104 NR \$125 18 classes  
R \$92 NR \$111 16 classes\*

### Line Dancing

**Ages 18+**

Dance is a healthy aerobic exercise activity beneficial for your mind and body no matter what age you are. Join by yourself or bring friends to join the dance party!

Tue, 3:45 PM, 1h  
1/6-2/24 Class #32694  
no class 1/20  
3/10-4/28 Class #32695  
no class 3/31  
Community Center Rm 102 A & B  
Christine Kao  
R \$38 NR \$45 7 classes

## ADULT SPORT LEAGUES Ages 18+

### Summer Softball

Returning team deadline is Wednesday, Feb 4  
New teams admitted beginning Friday, Feb 5

### Summer Basketball

Returning team deadline is April 8.  
New teams accepted beginning April 10.

**For additional information and contracts, go to fallsrec.org**





### Introduction to Ballroom, Swing & Latin Dance

#### Ages 18+

If you're wanting to spend a fun date night and learn to dance with your partner, this is the class for you! This is a great introduction to 3 different dance styles. The Waltz is graceful and elegant. The Swing (or Jitterbug) will get you up and hoppin' when you hear artists like Glenn Miller or Chubby Checker. Lastly, the Rumba is a slow, romantic dance that is great for dancing to many styles of music. Let's get you feeling confident and dance ready! This is a couples class, and the price is for two adults, please register just one and note who will be attending with you at registration.

Mon, 6:30 PM, 50m  
2/23-3/30 Class #32682  
Brookfield Ballroom  
Cathy Binko-DeRaimo  
R \$150 NR \$150 6 classes

### Wedding Reception Dance

#### Ages 18+

It will soon be wedding season and we want you to show off your moves with style! Learn the best dances fit for those popular songs played at receptions. Great for anyone attending: guests, family members, and of course the bride & groom! This is a couples class, and the price is for two adults, please register just one and note who will be attending with you at registration.

Mon, 6:30 PM, 50m  
5/4-5/18 Class #32689  
Brookfield Ballroom  
Cathy Binko-DeRaimo  
R \$100 NR \$100 3 classes

### Country Line Dojo

#### Ages 18+

Train your mind and body to step and stomp through the honky tonk! We will laugh, learn, and make new friends as we focus on popular line dances that are used for area events. This class is beginner friendly but intermediate dancers will learn new material as well. No belts or cowboy hats required.

Thu, 6:45 PM, 45m  
1/22-3/5 Class #32847  
4/9-5/14 Class #32848  
Riverside Cafeteria  
Jason Jordan  
R \$65 NR \$78 6 classes

### Cardio Drumming

#### Ages 55+

Join this fun, fast-paced workout that incorporates drumming and cardio to the rhythm of music to increase heart rate, improve rhythm, strengthen the upper body, and improve motor skills. All supplies are provided and all levels of exercise ability are welcome.

Thu, 10:15 AM, 30m  
2/12-3/12 Class #32602  
3/19-5/14\* Class #32603  
No class 4/2  
Community Center Rm 102 A  
R \$14 NR \$17 5 classes  
R \$22 NR \$26 8 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  
1/13-3/3 Class #32594  
3/17-5/12 Class #32595  
No class 3/31  
Community Center Rm 106  
Menomonee Falls CE & Rec Staff  
R \$38 NR \$46 8 classes

### Active Agers

#### Ages 55+

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

Thu, 9:00 AM, 1h  
1/15-2/19 Class #32600  
3/19-4/30\* Class #32601  
No class 4/2\*  
Community Center Rm 102 A & B  
Menomonee Falls CE & Rec Staff  
R \$29 NR \$35 6 classes

## EXPLORE GROUP TRAVEL OPPORTUNITIES **NEW!**

For more trip details go to <http://bit.ly/4ntD8GS>, call (262) 255-8460, or pick up a travel brochure at the Community Center,

### Travel Show with Premier

#### Ages 18+

Join us for this informational meeting where we discuss the **Discover Japan by Bullet Train** trip, which will take place Oct 27-Nov 7, 2026.

Wed, 5:00 PM, 1h  
1/14 Class #32530  
Community Center Rm 106  
**FREE**, no registration required

### Travel Show with Collette

#### Ages 21+

This informational meeting will cover two trips: **Discover the Pacific Northwest & California**, which will take place September 13-20, 2026, and Iceland's **Magical Northern Lights Discovery**, which will take place February 7-13, 2027.

Tue, 4:30 PM, 1h  
2/24 Class #32553  
Community Center Rm 106  
**FREE**, no registration required





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

## 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, internet, texting or any other problems you are having. Please bring your tablet, phone or laptop with you.

**Mon, 1/19, 45m**

1:00 PM Class #32515

1:45 PM Class #32516

**Mon, 2/23, 45m**

1:00 PM Class #32517

1:45 PM Class #32518

**Fri, 3/20, 45m**

1:00 PM Class #32519

1:45 PM Class #32520

**Fri, 4/24, 45m**

1:00 PM Class #3252

1:45 PM Class #32522

Community Center Rm 120

**FREE**, but registration is required.

## Click With Caution

**Ages 18+**

In today's digital world, staying safe online is more important than ever. This seminar will empower you with practical knowledge and tools to recognize online fraud, avoid phishing scams, and use your computers and mobile devices securely. Whether you are a tech novice or a seasoned user, this session will help you build confidence and stay protected in the digital age. Presented by Horicon Bank.

Wed, 10:00 AM, 1h

4/8 Class #32524

Community Center Rm 106

**FREE**, but registration is required.

## Cyber Self Defense for Families **NEW!**

**Ages 18+**

This class introduces practical, easy-to-understand strategies for keeping your household safe online. We'll cover common threats families face, like phishing emails, social media scams, weak passwords, and insecure Wi-Fi networks, and show you how to defend against them. Parents and kids alike will learn simple habits that make a big difference: creating strong passphrases, setting up parental controls, identifying suspicious links, and practicing safe sharing. Taught by a former martial arts instructor turned cybersecurity professional, the class will build confidence online, and create a safer environment for everyone in the household. Deep technical knowledge is not required just bring your curiosity and commitment to protecting your family.

Tue, 6:30 PM, 1h

2/3 Class #32745

4/21 Class #32746

Community Center Rm 106

Jeremy Kelia

**FREE**, but registration is required.

## Financial Planning Basics

**Ages 18+**

In this class we will be highlighting important topics to consider with your investments such as Roth IRAs vs Pre-tax IRAs, Roth conversions, charitable giving, taxes, capital gains and tax-loss rules, gifting to kids and grandkids and the different accounts you can consider for helping the next generation.

Wed, 5:00 PM, 1h

4/22 Class #32536

Matt Yerkes

**FREE**, but registration is required.

## Understanding VA Benefits for Home Care

**Ages 18+**

This class will cover the various veterans benefits available to veterans and/or their spouses. It will also provide an overview of the eligibility criteria, application process, and qualifications required to receive these benefits.

Wed, 10:00 AM, 1h

3/25 Class #32788

**FREE**, but registration is required.

## Retirement Planning **NEW!**

**Ages 18+**

We will discuss the three phases of retirement (Go-Go, Slow-Go, and No-Go) and what you should consider when planning in each of these three phases. Income, taxes, distributions, RMD's, and gifting will be discussed.

Wed, 5:00 PM, 1h

2/18 Class #32535

Community Center Rm 106

Matt Yerkes

**FREE**, but registration is required.

## Social Security 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

1/21 Class #32533

3/18 Class #32534

Community Center Rm 106

Matt Yerkes

**FREE**, but registration is required.



## Budget Friendly Wellness Tips

### Ages 18+

Being healthy doesn't mean you have to join the most expensive gym or have the trendy water bottle. It doesn't even mean you have to buy organic. This class will help you improve your health without breaking the bank.

Tue, 5:30 PM, 1h  
4/21 Class #32826  
Germantown Library  
**FREE**, but registration is required.

## Spotting & Stopping Investment Scams **NEW!**

### Ages 18+

Scammers are getting smarter and they prey on trust and emotion. In this seminar, seniors will learn how these scams work, how scammers build fake relationships to gain access to your money, and how to recognize red flags before it is too late. Join us to stay informed, stay alert and stay safe. Presented by Horicon Bank.

Tue, 10:00 AM, 1h  
5/5 Class #32523  
Community Center Rm 120  
**FREE**, but registration is required.

## Spring Clean Your Health

**NEW!**

### Ages 18+

Time to Spring Clean your house and get a fresh start. Have you ever thought about doing the same thing for your health? This class will provide you with spring wellness tips to help you get your spring off to a great start.

Tue, 5:30 PM, 1h  
4/14 Class #32823  
Germantown Library  
Dr. Brenda Holland  
**FREE**, but registration is required.

## Cup of Health: Better Sleep

### Ages 18+

Join us for important information that will help keep you healthy and happy. One in three American adults fail to get enough sleep. Are you one of them? Learn what's getting in the way of better sleep and what you can do about it.

Tue, 10:00 AM, 1h  
4/28 Class #32627  
Community Center Rm 123  
**FREE**, but registration is required.

## Cup of Health: Heart Disease & Stroke

### Ages 18+

Join us for important information that will help keep you healthy and happy. Cardiovascular conditions like heart disease and stroke kill 1 in 3 people each year, but because there are no warning signs, many women and men are unaware of their risk. Learning personal risk factors and making small lifestyle changes is vital for protecting your health and maybe saving your life.

Tue, 10:00 AM, 1h  
2/24 Class #32626  
Community Center Rm 120  
**FREE**, but registration is required.

## Are You Ready For Medicare?

### Ages 55+

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  
1/28 Class #32551

Thu, 6:00 PM, 1h30m  
4/9 Class #32552  
Community Center Rm 123  
EPlatinum Health Jeff Martin  
**FREE**, but registration is required.

## Memory Screening Test

### Ages 55+

Early detection is important. A memory screening is a wellness tool that helps identify possible changes in memory and cognition over time. This is not for people who already have a diagnosis of dementia.

**FREE**, but registration is required.

**See page 38 for details**

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## LIVE VIRTUAL ZOOM

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Zoom access and basic computer skills are required. Zoom link will be sent prior to the first class.

## Home Selling

### Ages 21+

Sell your home fast and achieve 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  
1/26 Class #32690  
5/4 Class #32691  
Penny Charleson  
**FREE**, but registration is required.

## Home Buying

### Ages 18+

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, escrow clause and how to write the offer in your best interest.

Tue, 6:30 PM, 1h30m  
5/5 Class #32693  
1/27 Class #32692  
Penny Charleson  
**FREE**, but registration is required.



## 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 9:00 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](http://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 11/27-28, 12/24-1/1, 3/30-4/3**

- 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 puzzles, 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

- \$3 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. Limit to 5 bags maximum per person due to space on bus.

## 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 102 A**

Class #32550

## AARP Smart Driver Class Ages 55+

**See page 40 for detailed class information.**





# COMMUNITY SENIOR CENTER

## 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:

12/10, 1/14, 2/11, 3/11, 4/8, 5/13

#### Sit & Knit:

1/28, 2/25, 3/25, 4/22, 5/27

Wed, 12:00 PM, 3h30m  
Community Center Rm 106

**FREE**, but registration is required.

## Memory Screening Test

**Ages 55+**

Early detection is important. A memory screening is a wellness tool that helps identify possible changes in memory and cognition over time. The screening is for those who do not have a diagnosis of Dementia at this time. This initial screening will create a baseline so that future changes can be monitored.

Tue, 3/10, 30m

9:00 AM Class #32537

9:30 AM Class #32538

10:00 AM Class #32539

## 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:

1/14, 2/11, 3/11, 4/8, 5/13

#### Book Lovers:

1/28, 2/25, 3/25, 4/22, 5/27

Community Center Rm 123

**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 102 A  
\$37 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.

Wed, 11:00 AM-Noon  
12/19, 1/28, 2/25, 3/25, 4/22, 5/27  
Community Center  
**FREE**, but registration is required.

## Rebuilt —and— ROCKIN'

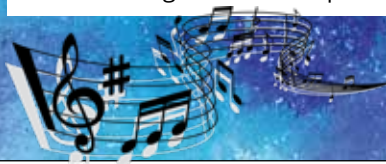
WITH DOWNTOWN HARRISON

**Ages 55+**

Join us as we celebrate the new addition and enjoy the music of Downtown Harrison. We will also celebrate the Senior Center's Re-accreditation. Refreshments will be served.

Thu, 1:00 PM, 2h  
4/30 Class #32886  
Community Center

**FREE**, but registration is required.





## Drop-In Program Registration Procedures

First time 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

12/18, 1/15, 2/5, 2/19, 3/5, 3/19,  
4/16, 5/7, 5/21

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, 4/29, 1:15–2:30 PM**

Sponsored by Riverview Village

Community Center Rm 102

**FREE**, no registration required.

## Crafts with Grace Commons

### Ages 55+

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

Fri, 10:00 AM, 1h30m

**Valentine Theme**

2/13 Class #32531

**Spring Cutter Jar**

4/10 Class #32532

Community Center Rm 102A

**FREE**, but registration is required.



## Game Time

*No program offered on days the Community Senior Center is closed*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chess Club*</b> 9:30–11:30 Rm 123	<b>Bridge</b> 1:00–3:30 Rm 106	<b>Bunko!*</b> 9:30–11:30 Rm 106	<b>Scrabble*</b> 1:00–3:00 Rm 102 B	<b>Cribbage*</b> 10:00–12:00 Rm 120
<b>Sheepshead</b> 12:00–3:00 Rm 106	<b>Mexican Train Dominos*</b> 1:00–3:30 Rm 102 A	\$1.00 for kitty 12/10, 1/28, 2/25, 3/25, 4/22, 5/27		<b>Sheepshead</b> 12:00–3:00 Rm 106
<b>American Mah Jongg</b> 12:00–3:30 Rm 123				<b>Bridge</b> 1:00–3:30 Rm 102 A
<b>Hand and Foot*/ Samba</b> 12:30–3:00 Rm 102 A				

\* Beginners welcome to these games



Check your email and voice mail inbox for messages from the CE & Rec Dept. in the event of program changes. Thank you!



# COMMUNITY SENIOR CENTER

## AARP Smart Driver Class

**Ages 55+**

The course contains up-to-date information about changes in ourselves, our vehicles, and our roads over time. This course will help boost your safety awareness, refresh and improve your driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Please bring your AARP membership card and driver's license to class.

Thurs, 4/16, 8:30 AM, 4 h

AARP Member    Class #32721    |    AARP Non Member    Class #32722

Community Center Rm 123

Member \$23    Non-Member \$28    1 class



## Wisconsin Home Energy Assistance Program

**Ages 18+**

Do you live in Waukesha County and need home energy assistance? This is an income-based benefit. Qualifying applicants will receive a credit toward your energy bill.

Please call 1-800-506-5596 for additional questions, eligibility income levels, and to schedule an appointment on either February 5 or April 9.



## 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.**

# HERE TO HELP

## Falls Area FOOD PANTRY

Located in Menomonee Falls, the Pantry is open two days a week to provide assistance.

"In store shopping" is available on Thursdays while Tuesdays offer choices from a menu which provides selection without leaving your car.

Whether you need help or know of someone who needs help, scan the QR code, visit [fallsfoodpantry.org](http://fallsfoodpantry.org) or call (262) 251-6848 to learn more.

## 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

<b>Menomonee Falls Village Hall</b> <a href="http://menomonee-falls.org">menomonee-falls.org</a>	(262) 532-4200
<b>Menomonee Falls Police Non-Emergency</b> <a href="http://menomonee-falls.org/64/Police">menomonee-falls.org/64/Police</a>	(262) 532-8700
<b>Menomonee Falls Public Library</b> <a href="http://menomoneefallslibrary.org">menomoneefallslibrary.org</a>	(262) 532-8900
<b>School District of Menomonee Falls</b> <a href="http://fallsschools.org">fallsschools.org</a>	(262) 255-8440
<b>Menomonee Falls Downtown</b> <a href="http://menomoneefallsdowntown.com">menomoneefallsdowntown.com</a>	(262) 251-8797





## 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](http://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](http://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](http://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](http://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](http://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

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](http://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](http://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.mfwc@gmail.com](mailto:adm.mfwc@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](http://fallslittleleague.org)

[secretary@fallslittleleague.org](mailto: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](http://mfyba.com)

[mfybabasketball@gmail.com](mailto: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](mailto:fallspatioplayers@gmail.com)

[fallspatioplayers.com](http://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](http://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@milwaukeeclub.com](mailto:derek.hathaway@milwaukeeclub.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.





# CHRISTMAS IN THE FALLS

christmasinthefalls.com

<b>Small Business Saturday</b> Nov 29 10am–7pm	★	<b>Cookie Crawl</b> Dec 5–6 10am–5pm	★	<b>Christkindl Market</b> Dec 13 10am–4pm	★	<b>Elfie Scavenger Hunt</b> Dec 1–21	★	<b>Christmas Parade</b> Sun, Nov 30 4:30 pm <a href="http://fallsparades.org">fallsparades.org</a>
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**Online registration is available at [fallsrec.org](http://fallsrec.org)**

Last / First Name		Birthdate (Month/Date/Year)		Gender (M or F)
Address				
Home Phone ( )		Work Phone ( )	City	
			Zip	
Cell Phone ( )		Email address		
		Must be included to receive a receipt		
Cell Phone Carrier*				

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

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
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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, 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 above said photographs.

<div> <div>ADULT SIGNATURE</div> <div>DATE</div> </div>	
<div> <div>Make checks payable to: MF CE &amp; Rec, mail to W152 N8645 Margaret Rd., Menomonee Falls, WI 53051 or fax to (262) 255-2555</div> </div>	
<div> <div>CARDHOLDER NAME</div> <div>NUMBER</div> </div>	<div> <div>V CODE</div> <div>CARDHOLDER SIGNATURE</div> </div>
<div> <div>EXP.</div> </div>	



Engage | Learn | Improve



## How Do I Cancel a Registration?

Please contact the CE & Rec office at (262) 255-8460 prior to the first class. Visit [fallsrec.org](http://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



*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](http://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

Non-Profit Org.  
U.S. Postage

**PAID**

Menomonee Falls, WI  
Permit #31

ECRWSS  
RESIDENTIAL CUSTOMER

**NEW!**

- Cyber Self Defense for Families
- Dinomite Dino Day
- DINomite Dinosaur Days
- Dungeons & Dragons:
  - Prison Break Premade
  - Snow Covered Mystery
- Elemental Wisdom:  
A Guided Soul Journey
- Gentle Yoga
- Group Beyond Quantum Healing
- Haiku Tarot Creative Action
- Living with Purpose
- Lots of Legos and More
- Magnetic Magic
- Indoor Pickleball—Daytime
- Premiere Travel Show:  
Discover Japan by Bullet Train
- Retirement Planning
- Roamer Meets the Pirates
- Spotting & Stopping  
Investment Scams
- Spring Clean Your Health
- Spring Pruning 101
- Tiny Tappers
- Tiny Tutu Ballet
- Trip: Madison's History,  
Nature & Flavor
- Trip: Brew City Trifecta
- Trip: From Illusions to Icons
- Trip: Heartbreak Hotel  
at the Marriott



**fallsrec.org**  