

CE&Rec

Community Education & Recreation

Activity Guide

Fall 2026

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

**Online
Registration
OPENS**
Sunday, Aug. 9
at 9:00 PM



**MENOMONEE FALLS
SCHOOLS**

Engage
Learn
Improve

School District of Menomonee Falls Annual Notice of Special Education Referral and Evaluation

Upon request, the School District of Menomonee Falls is required to evaluate a child for eligibility for special education services. A request for evaluation is known as a referral. When the district receives a referral, the district will appoint an Individualized Education Program (IEP) team to determine if the child has a disability, and if the child needs special education services. The district locates, identifies, and evaluates all children with disabilities who are enrolled by their parents in private (including religious) schools, elementary schools and secondary schools located in the school district.



A physician, nurse, psychologist, social worker, or administrator of a social agency who reasonably believes a child brought to him or her for services is a child with a disability has a legal duty to refer the child, including a homeless child, to the school district in which the child resides. Before referring the child, the person making the referral must inform the child's parent that the referral will be made.

Others, including parents, who reasonably believe a child is a child with a disability may also refer the child, including a homeless child, to the school district in which the child resides.

Referrals must be in writing and include the reason why the person believes the child is a child with a disability. A referral may be made by contacting Alec Just, Director of Special Education, School District of Menomonee Falls, at 262-946-2220.

Alec Just
Director of Special Education
School District of Menomonee Falls
justale@sdmfschools.org
262-946-2220

Menomonee Falls Community Education & Recreation Department

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

Office Hours

Monday–Friday 8:00 AM–4:30 PM

Phone (262) 255-8460

Fax (262) 255-8411

**Office will be closed Sept 7, Nov 26–27;
Dec 24–25; Dec 31–Jan 1.**

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
- Jackie D'Angelo, Administrative Assistant
- Kirstin Dibb, Administrative Assistant

SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec
Community Education & Recreation

**APPLY
NOW!**

NOW HIRING!

The CE & Rec Dept. is looking for energetic team members to fill a number of positions including:

- > Lifeguard > Swim Instructor > Adaptive Swim Instructor
- > Basketball Official
- > Before and After School Care (Kids INC) Staff
- > Preschool Staff
- > 4K Wrap Around Care Staff
- > Program Coordinator – Kids INC

**Hours, responsibilities, and pay vary depending on the position.
Go to fallsrec.org > Employment for more information.**



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

For more information, go to
fallsschools.org/enroll.



WHEN TO REGISTER

RESIDENT online registration begins

Sunday, August 9, 9:00 PM

Drop Box, Mail or in Person

Monday, August 10

NON-RESIDENT online registration begins

Thursday, August 13, 9:00 PM



4 Easy Ways to Register



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

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

Mail

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

After Hours Outdoor Drop Box

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

In Person 8:00 AM-4:30 PM

Drop off a completed registration form in the CE & Rec office.

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

THE GREAT PUMPKIN HUNT

OCTOBER FRIDAYS
2, 9, 16, 23

On four Friday nights in October, a lit pumpkin will be hidden in a Menomonee Falls park or greenspace. Once you find the pumpkin, scan the QR code to be entered to win a Halloween Prize bucket. Hints at the pumpkins location will be posted on our Facebook page each Friday starting at 4 PM.

Class #34302
FREE, but registration is required



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

For detailed class descriptions, visit fallsrec.org |



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 6 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 Sept 5-7; Oct 31; Nov 25-29; Dec 24-27; Dec 31-Jan 3

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.**

Fall 1: Valid Aug 31–Nov 7* (10 weeks)

Fall 2: Valid Nov 9–Jan 23* (11 weeks)

	Per Use Fee	Res. Swim Pass	Non-Res. Swim Pass
Adult (18+)	\$4	\$56	\$69
Child (4-17)	\$3	\$31	\$38
Family	N/A	\$94	\$105
Senior 55+	\$3	\$44	\$52

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.

Fall 1: Valid Aug 31–Nov 7* (10 weeks) | **Fall 2:** Valid Nov 9–Jan 23* (11 weeks)

Mon, Wed, Fri 4:00–4:40 PM and 4:40–7:00 PM*

Sat 8:00–8:40 AM and 8:40–2:45 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.

Fall 1: Valid Aug 31–Nov 7* (10 weeks)

Fall 2: Valid Nov 9–Jan 23* (11 weeks)

Fri 5:00–7:00 PM

Sat 12:00–2:45 PM

*Denotes there may be limited space for open swim when there are scheduled groups.



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.

PARENT & CHILD SWIM LEVELS: For parents and infants or toddlers ready to explore the water in a safe and fun way.		
LEVEL	REQUIREMENTS	DESCRIPTION
Parent/Child 1 Tadpole 6 mo–3 yrs	An adult must accompany each child in the water. A swim diaper covered by a tight-fitting swimsuit are required.	This class offers a comfortable environment for parents and children to explore water through games and songs.
Parent/Child 2 Frog 12 mo–3 yrs	An adult must accompany each child in the water. A swim diaper covered by a tight-fitting swimsuit 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.		
Preschool 1 Turtle 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.
Preschool 2 Narwhal 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.
Preschool 3 Dolphin 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.		
Level 1 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.
Level 2 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.
Level 3 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.
Level 4 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.
Level 5 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.
Level 6 8–14 years	Child must have passed our previous Level 5 class or perform skills at that level.	Children at this level must be able to easily swim continuously for 100 yards (combination of strokes on front and back), swim 50 yards of front crawl with rotary breathing, backcrawl, breaststroke, elementary backstroke, and sidestroke. The focus of this class is to help participants build endurance to swim 500 yards, along with fine tune their stroke techniques and efficiency. Swimming for fitness and fun will also be explored throughout the class.



SWIM LESSONS: FALL 1



Session: Fall 1
ONLINE RESIDENT REGISTRATION
August 9 at 9:00 PM

American Red Cross Swim Lessons: Fall 1

8 Weeks | Ages 6 months–13 years

- You must wait until your child has completed their current swim level before registering for the next level.
- A \$10 fee will be charged for any transfers or cancellations.



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: \$67 Resident, \$81 NR								Fee: \$74 Resident, \$89 NR			
Level	P/C 1 Tadpole	P/C 2 Frog	PS 1 Turtle	PS 2 Narwhal	PS3 Dolphin	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
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	8–14 yrs
Mondays Sept 14–Nov 2											
4:40–5:20 PM									34420		
5:00–5:30 PM	34324										
5:25–6:05 PM								34412			
5:35–6:05 PM			34334								
6:10–6:40 PM				34350			34389				
6:45–7:15 PM					34362	34370					
Tuesdays Sept 8–Oct 27											
4:40–5:10 PM			34335				34390				
5:15–5:45 PM				34351		34371					
5:50–6:20 PM					34363		34391				
Wednesdays Sept 9–Oct 28											
4:40–5:20 PM								34413			
5:00–5:30 PM		34328					34392				
5:25–6:05 PM									34421		
5:35–6:05 PM					34364	34372					
6:10–6:40 PM			34336				34393				
6:10–6:50 PM										34428	
6:45–7:15 PM				34352		34373					
6:55–7:35 PM											34434
Thursdays Sept 10–Oct 29											
4:40–5:10 PM			34337				34394				
5:15–5:45 PM				34353		34374					
5:50–6:20 PM			34338				34395				
Fridays Sept 11–Oct 30											
4:40–5:20 PM								34414			
5:00–5:30 PM			34339			34375					
5:25–6:05 PM										34429	
5:35–6:05 PM				34354			34396				
6:10–6:40 PM					34365	34376					
6:10–6:50 PM									34422		
6:45–7:15 PM			34340				34397				
Saturdays Sept 12–Nov 7 (no class 10/31)											
8:40–9:10 AM	34325					34377					
8:40–9:20 AM								34415			
9:15–9:45 AM		34329					34398				
9:25–10:05 AM									34423		
9:50–10:20 AM		34330				34378					
10:10–10:50 AM										34430	
10:25–10:55 AM			34341				34399				
11:00–11:30 AM				34355							



Session: Fall 2
ONLINE RESIDENT REGISTRATION
October 18 at 9:00 PM

SWIM LESSONS: FALL 2



American Red Cross Swim Lessons: Fall 2

8 Weeks | Ages 6 months–13 years

- You must wait until your child has completed their current swim level before registering for the next level.
- A \$10 fee will be charged for any transfers or cancellations.

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: \$67 Resident, \$81 NR								Fee: \$74 Resident, \$89 NR			
Level	P/C 1 Tadpole	P/C 2 Frog	PS 1 Turtle	PS 2 Narwhal	PS3 Dolphin	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
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	8–14 yrs
Mondays Nov 9–Jan 18 (No class 11/23, 12/21, 12/28)											
4:40–5:20 PM									34424		
5:00–5:30 PM	34326										
5:25–6:05 PM								34416			
5:35–6:05 PM			34342								
6:10–6:40 PM				34356			34400				
6:45–7:15 PM					34366	34379					
Tuesdays Nov 10–Jan 19 (No class 11/24, 12/22, 12/29)											
4:40–5:10 PM			34343				34401				
5:15–5:45 PM				34357		34380					
5:50–6:20 PM					34367		34402				
Wednesdays Nov 11–Jan 20 (No class 11/25, 12/23, 12/30)											
4:40–5:20 PM								34417			
5:00–5:30 PM		34331					34403				
5:25–6:05 PM									34425		
5:35–6:05 PM					34368	34381					
6:10–6:40 PM			34344				34404				
6:10–6:50 PM										34431	
6:45–7:15 PM				34358		34382					
6:55–7:35 PM											34435
Thursdays Nov 12–Jan 21 (No class 11/26, 12/24, 12/31)											
4:40–5:10 PM			34345				34405				
5:15–5:45 PM				34359		34383					
5:50–6:20 PM			34346				34406				
Fridays Nov 13–Jan 22 (No class 11/27, 12/25, 1/1)											
4:40–5:20 PM								34418			
5:00–5:30 PM			34347			34384					
5:25–6:05 PM										34432	
5:35–6:05 PM				34360			34407				
6:10–6:40 PM					34369	34385					
6:10–6:50 PM									34426		
6:45–7:15 PM			34348				34408				
Saturdays Nov 14–Jan 23 (No class 11/28, 12/26, 1/2)											
8:40–9:10 AM	34327					34386					
8:40–9:20 AM								34419			
9:15–9:45 AM		34332					34410				
9:25–10:05 AM									34427		
9:50–10:20 AM			34333			34387					
10:10–10:50 AM										34433	
10:25–10:55 AM			34349				34411				
11:00–11:30 AM				34361							



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, 9/14–11/2, 40m
 5:30 PM Class #34224
 6:15 PM Class #34225
 Mon, 11/9–1/18, 40m
 5:30 PM Class #34226
 6:15 PM Class #34227
 No class 11/23, 12/21, 12/28
 North Middle School Pool
 Aquatic Staff
 R \$74 NR \$89 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
 9/14–11/2 Class #34228
 11/9–1/18 Class #34229
 No class 11/23, 12/21, 12/28
 North Middle School Pool
 Aquatic Staff
 R \$74 NR \$89 8 classes

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

North Middle School Pool
Sun, 11/15 1:00–3:30
Sun, 12/20 1:00–3:30
Sun, 1/24 1:00–3:30
Sun, 2/21 1:00–3:30
Admission: Non-perishable items per person 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.

Lifeguard Class—Blended

Ages 15+



This ARC Lifeguarding blended learning course includes an online portion and in-person skills sessions. 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 training link will be sent to participants 7-8 days prior to the first date of class and must be completed prior to the first day of class. Certification is NOT guaranteed. Participants who successfully complete the course will receive a certification for ARC Lifeguarding/First Aid/ CPR/AED valid for two years.

Wed, 9/23 5:30 PM 3h,
 Sun, 9/27 8:00 AM 10h,
 Thu, 10/1 5:00 PM 3h,
 Fri, 10/2 5:00 PM 3h,
 Sat, 10/3 8:00 AM 10h
 9/23–10/3 Class #34222
 North Middle School Pool
 Aquatic Staff
 R \$250 NR \$300 5 classes

Lifeguard Recertification—Blended

Ages 15+



Participants must hold a current ARC lifeguarding for deep water 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 and must be completed before the first class. Certification is not guaranteed.

Mon & Tue, 9:00 AM, 8h
 12/28–12/29 Class #34223
 North Middle School Pool
 Aquatic Staff
 R \$90 NR \$135 2 classes

Swim



Tot Time

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

10/7	Class #34084
10/21	Class #34085
11/4	Class #34086
11/18	Class #34087
12/2	Class #34089
12/16	Class #34090

Firemen's Park in Old Fire Station

R \$7 NR \$9

Miss Julie's Music Fun

Ages 1-5 with adult

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 child only.

Tue, 10:00 AM, 45m

9/8-10/6	Class #34101
10/13-11/10	Class #34102
11/17-12/15	Class #34103

Firemen's Park in Old Fire Station

Julie Thompson

R \$57 NR \$67 5 classes

Halloween Music Party

Ages 1-5 with adult

This fun music party will feature songs to celebrate October, the Fall, and Halloween. Class includes games and crafts. Halloween costumes are encouraged. Please register child only.

Wed, 5:30 PM, 1h

10/28	Class #34106
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Thu, 10:00 AM, 1h

10/29	Class #34107
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Firemen's Park in Old Fire Station

Julie Thompson

R \$18 NR \$21 1 class

All Aboard! Trains, Planes & Automobiles

Ages 1-5 with adult

Join us for this fun music party featuring songs celebrating all things transportation! Class includes games and crafts. Please register child only.

Wed, 9/16, 1h

5:30 PM	Class #34104
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Thu, 9/17, 1h

10:00 AM	Class #34105
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Firemen's Park in Old Fire Station

Julie Thompson

R \$18 NR \$21 1 class

Miss Julie's Babies Music Fun

Ages up to 18 months 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. Come join us.

Sat, 11:15 AM, 30m

9/19	Class #34115
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10/10	Class #34116
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11/14	Class #34117
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Firemen's Park in Old Fire Station

Julie Thompson

R \$10 NR \$13 1 class

Miss Julie's Family Music Fun

Ages 1-5 with 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.

Sat, 10:15 AM, 45m

9/19	Class #34112
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10/10	Class #34113
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11/14	Class #34114
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12/13	Class #32220
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Firemen's Park in Old Fire Station

Julie Thompson

R \$14 NR \$17 1 class

Turkey Time Music Party

Ages 1-5 with adult

This fun party will feature songs to learn and celebrate fall, Thanksgiving and turkeys. Class includes games and crafts. Please register child only.

Wed, 5:30 PM, 1h

11/18	Class #34108
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Thu, 10:00 AM, 1h

11/19	Class #34109
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Firemen's Park in Old Fire Station

Julie Thompson

R \$18 NR \$21 1 class

Christmas Music Party

Ages 1-5 with adult

This fun music party will feature songs to learn and celebrate Christmas, winter and solstice. Class includes games and crafts. Please register child only.

Wed, 5:30 PM, 1h

12/16	Class #34110
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Thu, 10:00 AM, 1h

12/17	Class #34111
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Firemen's Park in Old Fire Station

Julie Thompson

R \$18 NR \$21 1 class

Firefighters Are Your Friends

Ages 3-6 with adult

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

Thu, 6:00 PM, 1h

10/1	Class #33896
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R \$10 NR \$10 1 class

Germantown Fire Station #2



September 2–June 8 | Grades 4K–5

(4K starts Sept 3)

No program Nov 26–27, Dec 24–25, Dec 31, Jan 1, March 26, May 31, June 9.

Dates subject to change



**All Kids INC programs are full for the 2026-27 school year,
but please add yourself to the online wait list.**

(Registration opened May 2026)

Kids INC Program

Annual Fee \$38

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: All students will attend at one site that will be held at either Ben Franklin or Shady Lane.

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



Kids INC Daily Fees

Before School Care (B)	6:30–8:45 AM	\$13.50
After School (S)	3:45 PM–6:00 PM	\$14.50 (M, Tu, Th, F)
	2:30 PM–6:00 PM	\$15.50 (W)
*Full Day (L, S) <i>No-school days only</i>	6:30 AM–6:00 PM	\$47.00

(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\$37

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

Ben Franklin Course #32670 **FULL, but can be added to wait list**

Shady Lane Course #32671 **FULL, but can be added to wait list**

- 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.





Run, Run, Gingerbread Fun

Ages 3-4

Join us for a sweet and silly preschool adventure centered around the classic story of the Gingerbread Man! Little ones will enjoy lively read-alouds, sing along songs, and big movement games that get everyone hopping, clapping, and running "as fast as you can". The program wraps up with each child creating their very own stuffed gingerbread friend to take home. Register by Nov 8.

Tue, 12/8, 1h30m
9:30 AM Class #34051
Community Center Rm 115
R \$30 NR \$40 1 class

Bongo Congo Bash **NEW!**

Ages 4-12

From hand drums and egg shakers to rhythm sticks and dance moves, Kidd Kerwin's interactive music session is a blast for kids. Featuring a mix of children's classics and Kidd's own original songs, participants will have the opportunity to play instruments, sing, and dance!

Wed, 10/28-11/18, 30m
Ages 4-5 5:00 PM Class #34285
Ages 6-8 5:40 PM Class #34286
Ages 9-12 6:20 PM Class #34287
Community Center Rm 111
R \$26 NR \$32 4 classes

Oodles of Art

Ages 2-4 1/2 with adult

A perfectly designed, age appropriate and hands-on art class for toddlers and preschoolers. Through sculpting, drawing, painting, songs, tactile time, story time and movement activities, your young child's imagination will soar. There will be a new theme each week. All supplies provided. Please bring a smock for your child. Adult participation required, other arrangements should be made for siblings.

Thu, 9:30 AM, 1h
10/1-10/15 Class #34251
Firemen's Park in Old Fire Station
R \$32 NR \$35 3 classes



Menomonee Falls

4K & 5K Enrollment

For more information,
go to fallsschools.org/enroll

King Kandy and the Gingerbread Man **NEW!**

Ages 3-5

King Kandy needs your help escaping the dungeon that Lord Licorice has put him and all of the Candy Land Candy! This exciting software is an all time favorite of students and reinforces a plethora of computer skills along with; memory skills, smallest to largest, letters, addition/subtraction, color wheels, saving and retrieving work. If time permits, we will play the traditional Candyland board game and participate in a live version of the game.

Thu, 9:30 AM, 1h
12/3-12/17 Class #34015
Community Center Rm 115
Computer Explorers Staff
R \$37 NR \$47 3 classes

1, 2, 3 Build

Ages 3-5

This is the perfect class to develop your engineering skills using LEGO Educational kits 9610, 9612, 9614 & 9616. 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 will include: Swing Rides, Fans, Ride on Tractor, Movie Projector, Crane and many more. Basic understanding of gears, levers, pulleys and wheel/axle are introduced during each session. From the new builder to the most experienced LEGO fan, these projects are a hit!

Thu, 9:30 AM, 1h
9/10-9/24 Class #34009
Community Center Rm 115
Computer Explorers Staff
R \$37 NR \$47 3 classes

Reading with Robots **NEW!**

Ages 3-5

We are combining Story time and Coding for the little ones in this very unique class. The Very Hungry Caterpillar, meet our Robot Code A Pillar Pirate Adventure with Roamer the Robot, Let's Talk About Dinosaurs with Botley the Robot and many more adventures to match their interests. Roamer, Bee Bot, Botley, Speedy, Alien Creepsters and many more Coding Products will captivate their imaginations and fuel their desire to learn the newest Coding Products for young children.

Thu, 9:30 AM, 1h
10/1-10/15 Class #34010
Community Center Rm 115
Computer Explorers Staff
R \$37 NR \$47 3 classes

Dinomite Dinosaurs

Ages 3-5

Penelope Rex will take us on an exciting adventure as we learn about some of our favorite dinosaurs! Mix in some LOGO programming, National Geographic Electronic Dino Excavators and a meet and greet with some of our most popular dinosaurs and you have yourself a roaring good time!

Thu, 9:30 AM, 1h
11/5-11/19 Class #34014
Community Center Rm 115
Computer Explorers Staff
R \$37 NR \$47 3 classes



YOUTH ACTIVITIES & SPORTS

3•Year•Old

School District of Menomonee Falls
Community Education & Recreation

Preschool

OUR PRESCHOOL
PROGRAM IS FULL

Check our website at fallsrec.org for availability

HallowSTEAM **NEW!**

Ages 5–12

Get ready for a Spook-tacular STEAM Adventure! Kids can come dressed in costumes, create spooky slime, and take on exciting Halloween themed STEAM challenges. It's a perfect mix of creativity, science, and seasonal fun! Pizza and juice will be provided.

Fri, 10/16, 2h30m
5:30 PM Class #33913
Community Center Rm 132
Ruchi Bhootra, Challenge Island
R \$37 NR \$47 1 class

Pirates, Aliens, Robots & Who?

Ages 4–6

Go on a treasure hunt with Roamer the Robot, dig up dinosaur bones with Bee Bot, rev your engines with Speedy the Race car, land on the moon with the Aliens from outer space and much more. Students will work with several versions of LOGO Programming (simple sequence programming using numbers, shapes, colors, etc.)

Sat, 9:30 AM, 1h
11/7–11/14 Class #34016
Community Center Rm 115
Computer Explorers Staff
R \$25 NR \$35 2 classes

Santa's STEAM Adventure

Ages 5–11 **NEW!**

Kids will work on a STEAM challenge to ensure Santa delivers gifts before Christmas morning and create Holiday cheer. Pizza and juice will be provided.

Fri, 12/11, 2h30m
5:30 PM Class #33916
Community Center Rm 132
Ruchi Bhootra, Challenge Island
R \$37 NR \$47 1 class

AI Adventure Builder's Challenge **NEW!**

Ages 7–11

Ever wondered how AI works? Find out by building your own Lego worlds, apps, games, animations, quizzes, you name it. Work with your team to design, build, test, and showcase AI-powered projects from scratch. You will build AI-powered Lego inventions that move, your own apps and games built from your ideas, team challenges that test your creativity and problem-solving and a final showcase where you demo your build to the group. Every project teaches safe and responsible AI, teamwork, and critical thinking. No experience needed.

Fri, 10/30, 3h
9:00 AM Class #33945
Community Center Rm 132
AI Adventure Instructors
R \$55 NR \$65 1 class

Cars, Catapults and Bridges

Ages 7–12

Learn fundamentals of engineering using LEGO technic sets. Each session will build upon the student's skill level as they learn about simple machines, levers, wheels/axels, gears, ratchet/drive trains and motorized systems. Projects can include building: drawbridges, motorized cars, amusement park rides, cranes, catapults and much more!

Sat, 10:45 AM, 1h15m
11/7–11/14 Class #34017
Community Center Rm 115
Computer Explorers Staff
R \$25 NR \$35 2 classes

Mix The Bricks **NEW!**

Ages 7–12

This class is designed and customized by previous students' favorite projects. We will work on a different project each week. Favorites include: Motorized Lego builds, Mini Fig Zip Lines, Ninjagos & Bionicles, Catapults and free build to allow their own creative builds.

Sat, 12/12, 3h
9:00 AM Class #34018
Community Center Rm 115
Computer Explorers Staff
R \$45 NR \$55 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, 5:00 PM, 1h
10/9 Class #33948
11/13 Class #33949
Survive Alive House, G-Town
Khushbu Dudhwala
R \$28 NR \$30 1 class

Holiday Gift Making

Ages 6–12

Kids can learn how much fun gift giving can be especially when it is homemade with purpose. Students will learn the significance of why gifts are given, and the meaning of the type of gifts that were given throughout time and in various cultures.

Tue, 5:30 PM, 1h30m
11/17–12/8 Class #34253
Firemen's Park in Old Fire Station
R \$42 NR \$47 4 classes



Learn Halloween Magic with Glen Gerard **NEW!**

Ages 8+

Professional magician Glen Gerard teaches mind bending magic tricks with a spooky Halloween theme. Mind Reading, basic sleight of hand, and presentation! Have fun fooling your friends with simple, effective, and sometimes scary magic tricks.

Wed, 10/21, 1h

6:00 PM Class #34230

Survive Alive House, G-Town

Glen Gerard

R \$18 NR \$21 1 class

Intro to Irish Dance

Ages 5-12

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

Sat, 9:15 AM, 30m

9/5-9/26 Class #33951

Bellator Academy of Irish Dance

R \$39 NR \$42 4 classes

Tap & Ballet

Ages 4-10

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 and tap and ballet shoes. Parents are welcome to attend the first day of class for additional information and the last day to observe their child's progress. We recommend Velcro-style tap shoes if possible.

Wed, 9/16-12/9, 45m

Age 4, 4:30 PM Class #34035

Ages 5-6, 5:30 PM Class #34036

Ages 7-10, 6:30 PM Class #34037

Community Center Rm 104/105

Cindy Orlando

R \$55 NR \$66 12 classes



Tippi Toes® introduces young dancers to the basics of dance in a fun, positive, and nurturing environment. Non-competitive classes help children build skills, confidence, and a love of movement while progressing at their own pace. All classes held at the Community Center Rm 111 by Tippi Toes Milwaukee Staff. **Register at <https://app.gostudiopro.com/online/greatermilwaukee>**

Tippi Toes: Baby Ballet

Ages 2-3

This class is the perfect transition between Toddler & Me and Ballet, Tap & Jazz. Students participate independently without a parent or caregiver next to them, making this a great option for children ready to dance on their own. Sneakers or ballet slippers may be worn.

Mon, 5:00 PM, 30m

9/21-12/7 Class #34310

Community Center Rm 111

R \$170 NR \$170 10 classes

Tippi Toes: Ballet, Tap & Jazz

Ages 3-5

Students will learn choreography to multiple dances through our specialized music, curriculum, props and games. Sneakers or ballet shoes can be worn.

Mon, 5:30 PM, 30m

9/21-12/7 Class #34311

Community Center Rm 111

R \$180 NR \$180 10 classes

Tippi Toes: Poms/ Ballet, Tap & Jazz Combo

Ages 5-10



Ballet, tap, and jazz fundamentals combined with exciting pom routines create an engaging class.

Dancers build strength, rhythm, and coordination across a mix up of dance styles.

Mon, 6:00 PM, 45m

9/21-12/7 Class #34312

Community Center Rm 111

R \$180 NR \$180 10 classes

Tiny Tappers

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

9/11-10/23 Class #34028

11/6-12/18 Class #34029

No class 10/16 & 11/27

Community Center Rm 132

Ellie Cunningham

R \$30 NR \$36 6 classes

Tiny Tutu Ballet

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

9/18-10/23 Class #34002

11/6-12/18 Class #34027

No class 10/16 & 11/27

Community Center Rm 132

Ellie Cunningham

R \$30 NR \$36 6 classes



YOUTH ACTIVITIES & SPORTS

Homeschool Dance **NEW!**

Ages 5-7

This fun and engaging course is perfect for homeschooled friends looking to burn some energy or further their dance skills. We will dive into the basics of elegant Ballet, classic Tap and up-beat Jazz. No prior experience is needed. Bring a water bottle, tie up long hair, wear athletic clothing, bring coordinating shoes or socks to dance in.

Fri, 10:30 AM, 50m
9/11-10/23 Class #34030
11/6-12/18 Class #34031
No class 10/16 & 11/27
Community Center Rm 132
Ellie Cunningham
R \$51 NR \$60 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, 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, 6:00 PM, 45m
9/10-10/15 Class #34235
10/29-12/10 Class #34236
No class 11/26
Community Center Rm 132
Jason Jordan
R \$65 NR \$78 6 classes

Basic First Aid for Kids

Ages 8-14

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.

Thu, 6:00 PM, 1h
10/15-10/15 Class #33897
Germantown Fire Station #2
R \$10 NR \$10 1 class

Young Rembrandts Drawing

Grades 4K-5

Students will learn basic and more advanced drawing skills, art techniques, and vocabulary. Using our unique step-by-step method, your child will use problem-solving skills, innovation and their imagination to create unique works of art. We provide all materials and teach new lessons each week in a positive and nurturing environment. You'll see increased art abilities, learning skills, self-confidence and self-esteem.

Wed, 2:35 PM, 1h

Ben Franklin Grades 4K-2

9/23-11/18 Class #34019
12/2-2/3 Class #34020
No class 10/28, 12/23 & 12/30
Ben Franklin Rm TBD

Shady Lane Grades 4K-2

9/23-11/18 Class #34023
12/2-2/3 Class #34024
Shady Lane Rm 103

Riverside Grades 3-5

9/23-11/18 Class #34021
12/2-2/3 Class #34022
Riverside Rm 107

Valley View Grades 3-5

9/23-11/18 Class #34025
12/2-2/3 Class #34026
Valley View Cafeteria
Young Rembrandts Staff
R \$119 NR \$119 8 classes

Mixed Media Exploration

Ages 7-10

Unleash creativity by combining a variety of materials and techniques. Explore collage, acrylics, ink, texture, and everyday objects to create unique works of art by applying foundational mixed media techniques taught in the class, artists will be able to create a final piece at their own pace. This class encourages experimentation, problem-solving, and person expression, making it ideal for adventurous artists.

Tue, 5:30 PM, 90m
10/6-27 Class #34252
Firemen's Park in Old Fire Station
R \$42 NR \$47 4 classes

STEAM

Grades 5K-5

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.

Ben Franklin Grades 4K-2

Wed, 2:35 PM, 1h
9/23-10/28 Class #33936
11/11-12/16* Class #33937
No class 11/25

Ben Franklin Rm TBD

Afterschool Enrich. Solutions Staff
R \$123 NR \$123 6 classes
R \$103 NR \$103 5 classes*

Shady Lane Grades 5K-2

Tue, 3:50 PM, 1h
9/22-10/27 Class #33922
11/10-12/15 Class #33923
Shady Lane Lower Level
Afterschool Enrich. Solutions Staff
R \$123 NR \$123 6 classes

Let's Code It

Ages 8-12

Our innovative approach to coding is sure to spark your child's interest in computer science. The fun-filled curriculum stresses critical thinking, creativity, confidence, teamwork, and problem solving skills. Topics include video game design, loops, control structure, conditional expressions, control statements, object oriented design concepts, data structures and variables, and mathematical expressions. (Laptop/Tablet required for class. Headphones, mouse and keyboard recommended.)

Thu, 3:50 PM, 1h
9/24-10/29 Class #33918
11/12-12/17* Class #33919
No class 11/26
Valley View Cafeteria
R \$124 NR \$124 6 classes
R \$103 NR \$103 5 classes*

Fri, 3:50 PM, 1h
9/25-11/13 Class #33921
No class 10/16 & 10/30
Riverside Rm 107
Afterschool Enrich. Solutions Staff
R \$124 NR \$124 6 classes



Traditions & Celebrations in Spanish

Ages 4–12

Through songs, games, and cultural traditions, students build Spanish vocabulary and confidence using everyday conversation. Explore celebrations from Spanish-speaking cultures while practicing greetings, colors, weather, clothing, emotions, nature, and seasonal themes.

Grades 4K–2

Ben Franklin—Fall Session

Thu, 3:45 PM, 1h
10/15–12/10 Class #34119
R \$150 NR \$150 8 classes

Ben Franklin—Full Year

Thu, 3:45 PM, 1h
10/15–4/8 Class #34118
No class 11/26, 3/25
R \$258 NR \$258 16 classes

Shady Lane—Fall Session

Tue, 3:45 PM, 1h
10/13–12/1 Class #34121
R \$150 NR \$150 8 classes

Shady Lane—Full Year

Tue, 3:45 PM, 1h
10/13–4/6 Class #34120
No class 3/23
R \$258 NR \$258 16 classes (cont'd)

B.F. Rm TBD / Shady Lane Library
Futura Language Professionals Staff

Grades 3–5

Riverside—Fall Session

Thu, 3:45 PM, 1h
10/15–12/10 Class #34123
No class 11/26
R \$150 NR \$150 8 classes

Riverside—Full Year

Thu, 3:45 PM, 1h
10/15–4/8 Class #34122
No class 11/26 & 3/30
R \$258 NR \$258 16 classes

Valley View—Fall Session

Tue, 3:45 PM, 1h
10/13–12/11 Class #34125
R \$150 NR \$150 8 classes

Valley View—Full Year

Tue, 3:45 PM, 1h
10/13–4/6 Class #34124
No class 11/23
R \$258 NR \$258 16 classes
Riverside Rm 102 / Valley View Cafeteria
Futura Language Professionals Staff

LIVE VIRTUAL



Let's Go with Traditions in Spanish

Ages Grades 5K–5

Celebrate the season in Spanish! Students explore fall and winter vocabulary through songs, games, and festive cultural traditions. Kids practice simple conversations about greetings, colors, weather, clothing, emotions, and seasonal activities while discovering celebrations like Día de los Muertos and La Navidad. No prior Spanish experience required.

Live Virtual—Fall Session

4:15 PM, 1h
10/14–12/9 Class #34081
No class 11/25
R \$150 NR \$150 8 classes

Live Virtual—Full year

Tue, 4:15 PM, 1h
10/14–4/14 Class #34039
No class 11/25, 12/30, 3/24
R \$276 NR \$276 24 classes

Babysitter Training

Ages 11–16

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. Bring a snack, water bottle, notebook, and writing utensil, and dress in layers.

Fri, 12:00 PM, 5h
10/16 Class #34215

Sat, 9:00 AM, 5h30m
12/19 Class #34216
Community Center Rm 131
Jessica Heller
R \$67 NR \$81 1 class

Middle School Spanish Prep

Ages 11–14

Participants will get a jump start preparing for future middle school or even traditional high-school Spanish classes by learning the fundamentals. Numbers, alphabet and pronunciation, days of the week, family members, and school vocabulary are just a few of the topics covered! Students will also practice common questions and answers for carrying on small conversations and sentence structure in Spanish. Lessons are dynamic with interactive activities and visuals, along with cultural lessons. (Online portal resources and practice tools included.)

Live Virtual—Fall session only

Mon, 10/12–12/7, 45m
4:45 PM Class #34077
No class 11/23
Futura Language Professionals Staff
R \$150 NR \$150 8 classes

Live Virtual—Full year

Mon, 10/12–4/12, 45m
4:45 PM Class #34073
No class 11/23
Futura Language Professionals Staff
R \$276 NR \$276 16 classes

Cooking Club **NEW!**

Ages 5–10

This course offers children the exciting and delicious opportunity to explore the world of culinary arts in a safe and educational environment! As they chop, stir, measure, grill and cook their own after school snacks and treats, students will learn essential cooking skills, nutrition fundamentals, and the importance of kitchen safety. This enriching program aims to inspire a lifelong love of cooking, promote creativity in the kitchen, and instill valuable life skills that students can carry with them into adulthood!

Mon, 6:00 PM, 1h
11/9–12/21 Class #33917

No class 11/30
Community Center Rm 132
Afterschool Enrich. Solutions Staff
R \$158 NR \$168 7 classes



YOUTH ACTIVITIES & SPORTS



Chess Scholars

Ages 5-8

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

9/21-10/26 Class #33938

11/9-12/21 Class #33939

No class 11/30

Ben Franklin Rm TBD

Shady Lane Grades 5K-2

Wed, 2:35 PM, 1h

9/23-10/28 Class #33940

11/11-12/16* Class #33941

No class 11/25

Shady Lane Library

Riverside Grades 3-5

Tue, 3:50 PM, 1h

9/22-10/27 Class #33942

11/10-12/15 Class #33943

Riverside Rm 102

Valley View Grades 3-5

Fri, 3:50 PM, 1h

9/25-11/13 Class #33944

No class 10/16 & 10/30

Valley View Cafeteria

Afterschool Enrich. Solutions Staff

R \$120 NR \$120 6 classes

R \$100 NR \$100 5 classes*

Little Jargon's

Ages 3-6

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

Thu, 9/10-10/15, 30m

Ages 3-4

5:00 PM Class #34257

Ages 5-6

5:30 PM Class #34259

Thu, 10/29-12/10, 30m

Ages 3-4

5:00 PM Class #34258

Ages 5-6

5:30 PM Class #34260

No class 11/26

Community Center Rm 132

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

9/15-10/15* Class #34261

11/17-12/17 Class #34262

Surge Martial Arts in Menomonee Falls

Neil Rajadhyaksha

R \$39 NR \$47 14 classes*

R \$39 NR \$47 12 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 4:45 PM, Tuesdays at 5:25

PM, & Thursdays at 5:25 PM

9/14-10/15 Class #34263

11/16-12/17 Class #34264

Surge Martial Arts in Menomonee Falls

Neil Rajadhyaksha

R \$39 NR \$47 14 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. **Please note that at the end of each session, there will be an option for each student to test for their next rank at an additional cost. See instructor for further information**.

Tue & Thu, 6:00 PM, 1h10m

9/8-12/10 Class #34001

No class 10/15, 11/24, 11/26

Community Center Rm 104/105

James Donne

R \$67 NR \$79 25 classes

Inclement Weather Cancellations



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



Falls Focus

REGISTRATION OPENS OCT 5

Falls Focus Volleyball Club

Ages 10-15

Falls Focus Volleyball Club was established to FOCUS on player and team development while offering a club-level program with no cuts or tryouts. The fee includes uniform tops, shorts, and club jackets. Practices are held on Tue & Thurs. Teams will participate in Badger Region Volleyball Association tournaments between January and April. Falls Focus Volleyball Club is listed as an exception to our 100% Satisfaction Guarantee Policy. Refunds will not be issued for this program for any reason.

Registration opens 10/5 at 8:00 AM.

Tue & Thu, 5:30 PM, 3h45m
11/3-3/30

U12	Class #33382
U13	Class #33383
U14	Class #33384
U15*	Class #34013

Community Center Gym

Stephanie Bechel

R \$550 NR \$660

R \$875 NR \$1,050*

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 are provided. Participants should wear long pants and sturdy shoes and bring a sense of adventure. Park entrance is included with registration. 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
9/10 Class #31931
Menomonee Park
Treetop Explorers LLC
R \$49 NR \$59 1 class

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 ray-swi.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
9/3-10/29* Class #34249
11/5-1/28 Class #34250
Stingrays Allstars
R \$115 NR \$139 9 classes*
R \$129 NR \$154 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
9/3-10/29* Class #34254
11/5-1/28 Class #34255
Stingrays Wisconsin
R \$115 NR \$139 9 classes*
R \$129 NR \$154 10 classes

Jr Phoenix Dance

Grades 2-5

Phoenix Dance offers an exciting adventure into the world of recreation, pom and dance. This is a chance to learn a dynamic pom routine and learn fundamental dance techniques. Dancers will perform at a variety of local events and competitions with their talent and hard work, including Menomonee Falls Christmas Day Parade, 2-3 local competitions, and a showcase. The registration fee covers a team T-shirt and team costume. Parent meeting at the first class for all the exciting details!

Wed, 9/9-2/10
Grades 5K-1
6:00 PM, 1h Class #34150
Grades 2-3
7:00 PM, 1h15m Class #34151
Riverside Gym
Alexandria Grennier
No class 11/25, 12/23, 12/28, 12/30
R \$225 NR \$270 20 classes*
R \$290 NR \$348 20 classes

PLAN AHEAD

*Bring a
Water Bottle
to Class*





YOUTH ACTIVITIES & SPORTS



Girls Flag Football League

Grades 2-8

Join our exciting 2nd year Girls Flag Football League. This program focuses on skill development, teamwork, fitness, and sportsmanship. Whether your daughter is new to the game or looking to improve her skills, this league is the perfect opportunity to make unforgettable memories on the field! Practice will be held Tuesdays from 5:00 PM-6:30 PM beginning August 25th. Games will be held on Sundays, 9/13-10/11. The end of season championship will take place under the lights on Saturday, 10/17. All games will be played at the West Allis Athletic Complex. Participants will need to provide cleats (football or soccer) and bring plenty of water, mouth guard is optional. Volunteer coaches are needed!

Tue, 8/25-10/20, 5:00 PM, 1h15m

Grades 2-3 Class #32991

Grades 4-5 Class #32992

Grades 6-8 Class #32993

R \$65 NR \$65 9 classes

Golf Lessons: Jr Academy

Ages 7-11

Welcome to the game of a lifetime. Class will cover full swing, short game, and putting, the big 3 parts of any golfer's game. A fun-filled, fast-paced, active class that teaches kids how to move and swing. Please bring your 7, 8, or 9 iron to the first class. Students must purchase golf balls at the range for each class. Classes will be held rain or shine.

Mon & Wed, 6:00 PM, 1h15m

9/21-10/7 Class #34139

Tue & Thu, 5:30 PM, 1h

9/29-10/15 Class #34140

Swing Time Germantown

R \$68 NR \$71 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.

Mon, 5:30 PM, 30m

10/8-11/5 Class #34293

Eble Ice Arena

R \$75 NR \$75 5 classes

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

Thu, 5:00 PM, 30m

9/3-10/1 Class #34288

10/8-11/5 Class #34289

Ages 7-17

Thu, 5:30 PM, 30m

9/3-10/1 Class #34290

10/8-11/5 Class #34291

Eble Ice Arena

R \$75 NR \$75 5 classes

REGISTRATION NOW OPEN

Jr Flag Football League

Ages 6-8



This introductory football program will give your child the foundation needed to excel at future levels and will concentrate

on skill development, teamwork, basic rule understanding, and gameplay. Each week will include skill development activities and scrimmage play appropriate for the age division. Scores and standings will not be kept, and everyone will play. Game times will rotate beginning at 9:00 AM and continue through early afternoon

Sat, 9/12-10/24, 9:00 AM, 4h

Grades 4K-5K* Class #32988

Grades 1-2 Class #32990

Grades 3-5 Class #32989

Oakwood Park Soccer North,

Oakwood Park Soccer South

R \$45 NR \$54 7 classes*

R \$59 NR \$70 7 classes

Jr Basketball League

Grades 4K-2



This introductory basketball league will give your child the foundation needed to excel at future levels. The program will

concentrate on skill development, teamwork, basic rule understanding, and game play. Classes will include a 30 minute practice followed by a 30 minute scrimmage game. Scores and standings will not be kept, and everyone will play. Times vary between morning and afternoon, depending on the number of teams in the league (8:30 AM, 9:45 AM, 11 AM, 12:15 PM, 1:30 PM, etc.). Schedules will be emailed to participants prior to the first week of class.

Sat, 11/7-12/19, 8:30 AM, 8h

Grades 4K-5K Class #34003

Grades 1-2 Girls Class #34005

Grades 1-2 Boys Class #34004

Community Center Gym

R \$49 NR \$59 7 classes

COACHES NEEDED!

- League fees are not refundable unless the program is cancelled by CE & Rec.
- Volunteer coaches needed. Please indicate your interest at registration.



Skyhawks programming focuses on teaching fundamental athletic skills in a structured and positive environment. All classes taught by Skyhawks Sports Staff.

Skyhawks: BaseballTots NEW!

Ages 2-5 with adult

This program uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. We build fitness, muscle coordination, baseball fundamentals and create a love of the game. Parent participation is required.

Tue, 9/15-10/6, 30m
Ages 2-3 5:00 PM Class #34265
Ages 3-4 5:35 PM Class #34266
North Middle School Lower Football Field (off Garfield)
R \$62 NR \$75 4 classes

Skyhawks: 1st Down Tots NEW!

Ages 2-5 with adult

This program uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills. We build fitness, muscle coordination, football fundamentals and create a love of the game. We do not do any tackling or blocking at this level. Parent participation is required.

Sat, 11/21-12/19, 30m
Ages 2-3 9:00 AM Class #34271
Ages 3-4 9:40 AM Class #34272
Riverside Gym
R \$62 NR \$75 4 classes

Skyhawks: Track & Field NEW!

Ages 5-7

This program combines technical development, fundamental techniques, and safety with a major focus on fun! Using special equipment, our staff teaches exercises and drills that prepare athletes for a future of track & field events and cross-country while inspiring a love for running and being active. Athletes will participate in events such as sprints, relays, hurdles, shot put, and long jump.

Tue, 6:10 PM, 45m
9/15-10/6 Class #34267
North Middle School Lower Football Field (off Garfield)
R \$69 NR \$83 4 classes

Skyhawks: Floor Hockey

Ages 5-7

This fun, skill-intensive program is designed for the beginning player. Using our progression-based curriculum, our staff focus on stick handling, shooting, and passing while developing the whole player.

Sat, 10:20 AM, 1h
11/21-12/19 Class #34273
Riverside Gym
R \$79 NR \$95 4 classes

Skyhawks: Volleykats

Ages 4-6

A great way to learn the signature sport of summer! One of the more difficult motor skills to grasp for children, these forgiving classes help them learn to bump, set, and serve as well as develop agility, reaction, speed, and teamwork.

Thu, 5:00 PM, 1h
10/29-11/19 Class #34268
Riverside Gym
R \$79 NR \$95 4 classes

Skyhawks: Volleyball

Ages 7-13

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. This co-ed program is designed for the beginning and intermediate player. Skyhawks staff will assist campers in developing fundamental skills through game-speed drills and daily games aimed at developing the whole player.

Thu, 10/29-11/19, 1h
Ages 7-9 6:10 PM Class #34269
Ages 10-12 7:20 PM Class #34270
Riverside Gym
R \$79 NR \$95 4 classes

Soccer Shots

Ages 3-8

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, 9/29-11/10, 30m
Mini-Parent & Me, Ages 3-4
4:40 PM Class #34147

Classic, Ages 5-6
5:20 PM Class #34148

Premier, Ages 6-8
6:00 PM Class #34149
Valley View Gym
R \$176 NR \$176 7 classes

Great Pumpkin Hunt

All ages

Join The Great Pumpkin Hunt! On four Friday nights in October a lit pumpkin will be hidden in a Menomonee Falls park or greenspace. Once you find the pumpkin, scan the QR code to be entered to win a Halloween Prize bucket. Hints at the pumpkins location will be posted on our Facebook page each Friday starting at 4 PM.

Fri, 4:00 PM, 5h
10/2-10/23 Class #34302
FREE, but registration is required.





YOUTH ACTIVITIES & SPORTS

Special Olympics
BI-COUNTY



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. Registrations are due prior to the sport start date.



Fall Season

Bowling
Volleyball

Sept 8-Dec 8, 2026
Aug 22-Nov 7, 2026

4:00-5:15 PM
9:00-11:00 AM

Spring Season

Basketball Team
Basketball 3v3
Basketball Skills
Swimming

Nov 7-May 15, 2027
Nov 7-May 15, 2027
Dec 12-May 15, 2027
Nov 7-May 15, 2027

8:00-10:00 AM
8:00-10:00 AM
8:30-10:00 AM
3:00-5:00 PM

Agency Manager, Alisa Novak
Registration Manager, Laurel
Volunteer Manager, Kristen

bicounty844@gmail.com
jlsteinn1@gmail.com
kristinleischmann@hotmail.com



Updates at
<https://www.facebook.com/groups/bicountyso>



Falls Kids Festival
AUGUST 8TH
11AM-5PM
VILLAGE PARK

BOUNCE HOUSES



FOOD TRUCKS



FIRE TRUCK



STAGE PERFORMANCES
MILWAUKEE TOOL AMPHITHEATER

ROOT BEER GARDEN



TOTE BAG



IMAGINATION MOVERS



GAMES & PRIZES



CARICATURES & FACE PAINTING



AUGUST 8TH
11AM-5PM
VILLAGE PARK

menomoneefallsevents@gmail.com | 262.415.7013

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@menomoneefallsevents

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holding events in menomonee falls

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Kelly Education



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 staff.

Hooper Hands: Little Hooper Fitness 101

Ages 4–11

Join us for some fun and basketball fitness! We will play games and work on various agility drills and basketball skills to develop those Hooper Hands.

Mon, 9/14–10/5

Ages 4–5 5:30 PM, 45m Class #34256

Ages 6–8 6:20 PM, 45m Class #34274

Ages 9–11 7:15 PM, 50m Class #34275

Community Center Gym

Hooper Hands/ Sportz Brains

R \$79 NR \$95 4 classes

Hooper Hands: Basketball 101

Ages 4–8

This class is designed to give your child an overview of basic basketball skills such as dribbling, shooting, rebounding, and passing.

Mon, 10/12–11/2

Ages 4–5 5:30 PM, 45m Class #34276

Ages 6–8 6:20 PM Class #34277

Community Center Gym

Hooper Hands

R \$79 NR \$95 4 classes

Hooper Hands: Principles of Dribbling I

Ages 4–8

We recommend that your child take Basketball 101 prior to taking this class, but it is not required. The class will build upon the fundamentals learned in Basketball 101. Participants will compete in different ball-handling drills, games, and stations.

Mon, 11/9–11/30

Ages 4–5 5:30 PM, 45m Class #34279

Ages 6–8 6:20 PM, 45m Class #34280

Community Center Gym

Hooper Hands/ Sportz Brains

R \$79 NR \$95 4 classes

Hooper Hands: Pass-Shoot-Score

Ages 4–11

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, 12/7–12/21

Ages 4–5 5:30 PM, 45m Class #34282

Ages 6–8 6:20 PM, 45m Class #34283

Ages 9–11 7:15 PM, 45m Class #34284

Community Center Gym

Hooper Hands

R \$60 NR \$72 3 classes

Hooper Hands: Basketball 201

Ages 9–11

This class will help your child develop the basic fundamentals of basketball. Participants will be introduced to various ball handling, shooting, passing, and rebounding drills. Team play will also be used to showcase skills learned.

Mon, 7:15 PM, 45m

10/12–11/2 Class #34278

Community Center Gym

Hooper Hands/ Sportz Brains

R \$79 NR \$95 4 classes

Hooper Hands: Art of Dribbling I

Ages 9–11

This class will build upon the enhanced skills learned in Basketball 201. Participants will continue to work on numerous dribbling drills, skill stations, and 1-on-1 moves to improve those Hooper Hands.

Mon, 7:15 PM, 45m

11/9–11/30 Class #34281

Community Center Gym

Hooper Hands/ Sportz Brains

R \$79 NR \$95 4 classes

Pickleball Smash Squad

Ages 6–10

This class is an introduction to pickleball and 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

9/8–9/29 Class #34295

10/6–10/27 Class #34296

11/17–12/15 Class #34297

No class 11/24

Pickleball Kingdom

R \$90 NR \$90 4 classes

Pickleball University— Rebel Squad

Ages 11–16

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.

Thu, 4:30 PM, 1h30m

9/10–10/1 Class #34298

10/8–10/29 Class #34299

11/19–12/17 Class #34300

No class 11/26

Pickleball Kingdom

R \$90 NR \$90 4 classes

AGE 21+



Day Trips



NEXT

EXIT

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

— TRIPS LEAVE FROM COMMUNITY CENTER PARKING LOT —

CE&Rec
Community Education & Recreation

- 📍 Mystery Trip
- 📍 Fireside: Come From Away
- 📍 Legacy Dells Christmas Show
- 📍 Ho-Chunk Dells Gambling
- 📍 Sanfilippo Christmas Lunch & Concert

Fireside: Come From Away

Friday, October 23 | 8:15 AM Sign In | 5:30 PM Return

Come From Away is an exhilarating Tony Award-winning musical that was born out of the tragedy of September 11, 2001. This remarkable true story of a small town in Newfoundland turned an average day into an international sleepover with 7,000 people from around the globe. Experience this joyous story with a dynamic score and a vibrant, fast-paced narrative that formed many friendships. You will have a choice of Chicken Piccata, Sliced Pork Tenderloin, Seared Halibut or Vegetarian Penne Alfredo for lunch. On the way to the Fireside we will stop at the Jones Dairy Farm Outlet. **Register by Sept 22.**



R \$136 NR \$146 Class #34153

Legacy Dells Christmas Show

Friday, November 13 | 11:00 AM Sign In | 6:30 PM Return

Christmas in the Dells Dinner Show is an award-winning Christmas production in Wisconsin Dells that features sugar plum fairies, soaring angels, dancing elves, enchanted reindeer, Jolly ol' Saint Nick, and the celebration of the birth of Christ with the area's largest living nativity! Please note that the show will contain pyrotechnics and laser lights. Your 4-course Christmas feast will include Roasted Turkey and Honey-Glazed Ham along with all the fixings. **Register by Oct 26.**



R \$126 NR \$136 Class #34154



Mystery Trip

Tuesday, September 29

7:30 AM Sign In | 6:00 PM Return

Do you love a mystery, this trip is for you! There will be a small amount of walking on this trip. You will have grilled chicken and sides for lunch. What are you waiting for? Come on an adventure with us. **Register by Sept. 11.**

R \$130 NR \$140 Class #34152



Ho-Chunk Dells Gambling

Thursday, November 19

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

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 **Nov. 5**.

R \$45 NR \$55 Class #34006

Sanfilippo Christmas Lunch & Concert

Tuesday, December 8 | Sign In 9:15 AM | Return 6:45 PM

Join us at the Sanfilippo Estate for an elegant Chicken entree with potatoes, green beans, cheesecake along with wine.

After lunch you will have time to tour the pavilion collection where a Carousel and Dance organs will be demonstrated. Next you will settle in for a live Wurlitzer



Concert in the Theater including holiday and classic favorites. After the concert you will have time to roam the house collection with docents demonstrating the music machines. **Register by Nov 6.**

R \$160 NR \$170 Class #34155

Day Trip Policies For ages 21 and better

Questions? Call (262) 255-8460

- 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.

other group travel opportunities

TRIPS WITH COLLETTE

Discover the Islands of New England

Traveling June 4-11, 2027

Roaming Coastal Main

Traveling June 13-19, 2027

Discover America's Cowboy Country

Traveling September 16-23, 2027

Italy Uncovered

Traveling March 25-April 6, 2028

Tue, 5:00 PM, 1 hr

8/25 Class #34007

Community Center Rm 119

FREE, but registration is required

TRIPS WITH PREMIER WORLD TRAVEL

Highlights of Scotland

Traveling April 7-17, 2027

West Virginia Rails & Williamsburg

Traveling October 7-14, 2027

Montreal & Quebec City Christmas

Traveling November 29-December 4, 2027

Tue, 5:00 PM, 1 hr

10/13 Class #33997

Community Center Rm 119

FREE, but registration is required

Knitting: Beginning**Ages 18+**

Feel like you would like more time to practice techniques? Learn about the different qualities of yarn and 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. No need to bring needles or yarn, as they will be provided for you at the first class.

Wed, 1:00 PM, 2h

9/9-10/14 Class #33958

10/21-12/9 Class #33959

No class 11/18, 11/25

Community Center Rm 111

Sandra Henderson

R \$37 NR \$44 6 classes

Knitting: Experienced**Ages 18+**

Have you moved past the beginner stage? Learn about the different qualities of yarn and 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

9/8-10/13 Class #33960

10/20-12/8 Class #33961

Thu, 9:30 AM, 2h

9/10-10/15 Class #33962

10/22-12/10 Class #33963

No class 11/17, 11/19, 11/24 & 11/26

Community Center Rm 111

Sandra Henderson

R \$37 NR \$44 6 classes

Fall Patio Planter**Ages 18+**

Create your own special Fall patio planter using a variety of mums, annual grasses, fall perennials and more. This class is held outdoors so dress appropriately. Please bring gardening gloves or disposable gloves will be provided.

Fri, 4:30 PM, 1h

9/18 Class #34130

Sat, 10:30 AM, 1h

9/19 Class #34131

Mon, 4:30 PM, 1h

9/21 Class #34132

Wendland Nursery

R \$42 NR \$42 1 class

Succulent Topped Pumpkin Workshop**Ages 18+**

Create a festive tabletop display with a faux pumpkin, succulents, and moss! Bring your creativity and choose from a variety of succulents to design your own beautiful centerpiece. All materials are included. The class will be outdoors if the weather permits.

Sat, 10:00 AM, 1h

10/10 Class #34133

Wendland Nursery

R \$42 NR \$42 1 class

Proper Pruning**Ages 18+**

Learn how to properly prune and maintain your yard. Find out which gardening tools are worth the money and which ones no homeowner should be without. Learn the tricks of the professionals to keep your yard looking top-notch and become the envy of all your neighbors.

Sat, 10:00 AM, 1h

9/12 Class #34137

Wendland Nursery

R \$10 NR \$10 1 class

**Now Hiring! 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

Kitchen Assistant
Floaters
(flexible days/schools)



INTERESTED? Scan the QR code for details



Holiday Patio Planter Workshop

Ages 18+

Are you interested in adding some dazzle to your front porch this holiday season? Included in this class is a 12" container and all the greens, bows, twigs, and glitter you will need to create a beautiful holiday patio planter. Bring your creativity, and we'll clean up the mess! The class will be held indoors.

Wed, 4:00 PM, 1h
11/25 Class #34134
Fri, 11:00 AM, 1h
11/27 Class #34135
Sat, 9:00 AM, 1h
11/28 Class #34136
Wendland Nursery
R \$42 NR \$42 1 class

Watercolor Techniques

Ages 18+

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

Thu, 9/10-10/15, 2h
10:00 AM Class #33966
12:30 PM Class #33968
Thu, 10/29-12/10, 2h
10:00 AM Class #33967
12:30 PM Class #33969
No class 11/26
Community Center Rm 132
Nancy Lohmiller
R \$48 NR \$58 6 classes

Acrylic Painting

Ages 18+

An acrylic painting class which includes drawing and painting lessons, skill exercises, and completion of 2-3 paintings. We will be drawing and painting from life and using photographs as references. A suggested supply list is available at the CE & Rec Office.

Mon, 10:00 AM, 2h
11/2-12/14 Class #34157
Community Center Rm 132
Heidi Romanshek
R \$84 NR \$99 6 classes

Creative Beginnings: Learning Watercolor

Ages 18+

This beginner-friendly watercolor class is designed for anyone who wants to explore their creative side in a relaxed, fun, and supportive environment. Whether it is your first time painting or you are looking to refresh old skills, you will learn simple watercolor techniques, experiment with color, and create your own 5x7 artwork step-by-step. All supplies are provided. Full descriptions for classes are online.

Tue, 5:30 PM, 30m
Meet & Greet
8/25 Class #34164
Tue, 5:30 PM, 2h
Beach Scene
9/8 Class #34163

Dragon Fly
10/13 Class #34165

Tuscan Autumn
11/10 Class #34166

Winter Scene
12/8 Class #34167
Community Center Rm 132
R \$25 NR \$30 1 class

Open Studio Art

Ages 18+

Open Studio is a series of self-directed sessions in a dedicated workspace for artists of all levels. Bring your own pieces, projects, work, and supplies. Bring your own mediums, such as graphite, charcoal, acrylic, oil, watercolor, and beyond. Floor easels are available for use during class. An art instructor will be available for guidance. The class is not meant for a true beginner.

Mon, 10:00 AM, 1h30m
9/14-10/19 Class #34156
Community Center Rm 132
Heidi Romanshek
R \$67 NR \$80 6 classes

Decoupage on Glass

Ages 18+

Explore the age-old art of decoupage with a modern twist. Students will learn how to build multiple images on a small glass bowl with paper, glue and varnish to create different inside and outside images. More challenging materials and techniques, such as alcohol inks, napkins and tissue paper, will also be introduced

Mon, 9/28, 2h
6:00 PM Class #34161
Community Center Rm 132
Donna Eigen
R \$51 NR \$61 1 class

Ceramic Tile Coasters **NEW!**

Ages 18+

Learn how to transform ordinary ceramic tiles into beverage coasters or decorative tiles using paper, glue and varnish. Students will create a set of four beverage coasters with their own metal holder to give as a gift or to use when entertaining guests. This technique can also be used to make wall mosaics or unique wall art when displayed in a box frame.

Mon, 11/30, 2h
6:00 PM Class #34162
Community Center Rm 104
Donna Eigen
R \$51 NR \$61 1 class

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 a portrait. Please bring a photo to class. All supplies can be purchased in class for \$10.00.

Tue, 10:00 AM, 1h30m
9/22-10/27 Class #33956
11/3-12/1 Class #33957
No class 10/20
Community Center Rm 132
Barbara Kelsey
R \$43 NR \$52 5 classes

LIVE VIRTUAL SPANISH COURSES**(Basic computer skills and Zoom access are required for all levels)****Adult Conversational Spanish: Beginner Part 1****Ages 18+**

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 greetings, 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.

6:00 PM, 1h

Mon, 10/19–11/30 Class #34052

Tue, 10/20–12/1 Class #34053

Wed, 10/21–12/2 Class #34054

No class 11/24, 11/25

Futura Language Professionals Staff

R \$119 NR \$119 7 classes

Adult Conversational Spanish: Beginner Part 2**Ages 18+**

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.

6:00 PM, 1h

Mon, 10/19–11/30 Class #34055

Tue, 10/20–12/1 Class #34056

No class 11/23 & 11/24

Futura Language Professionals Staff

R \$119 NR \$119 6 classes

Adult Conversational Spanish: Intermediate Part 1**Ages 18+**

This intermediate course helps adults improve conversation skills through interactive lessons. Topics include AR verb conjugation, infinitives, future tense, prepositions, and more. Practice mak-

ing plans, discussing preferences, and exploring 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

10/21–12/2 Class #34058

No class 11/25

Futura Language Professionals Staff

R \$119 NR \$119 6 classes

Adult Spanish for Travel**Ages 18+**

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, 10/22–12/3, 1h

6:00 PM Class #34057

No class 11/26

R \$119 NR \$119 6 classes

Cutting the Cord: Controlling Cable and Internet Costs**Ages 18+**

Fees for cable television, home internet, smartphones, and streaming services quickly add up to hundreds of dollars each month. Learn about available options to cut costs while still being able to watch your favorite television programs and have internet access on all devices.

Mon, 6:30 PM, 1h30m

10/12 Class #34209

Community Center Rm 119

C.T. Kruger

R \$22 NR \$25 1 class

iPad/iPhone—Tips, Tricks & Techniques**Ages 18+**

This class is specific to Apple devices. Learn useful tips, tricks, and techniques to navigate, organize, back up, and add apps to your iPhone, iPad, or iPad Mini.

Mon, 6:30 PM, 1h30m

10/19 Class #34210

Community Center Rm 119

C.T. Kruger

R \$22 NR \$25 1 class

FREE Individual Technology Help**Ages 40+**

Do you need help with your computer, phone, or tablet? Volunteers will be on hand to help you with email, social media, pictures, the internet, texting, or any other problems you are having. Please bring your tablet, phone, or laptop with you. Appointments are offered at 3:00 PM and 3:45 PM on Wednesdays and 12:00 PM and 12:30 PM on Fridays. Participants will register for a specific class time within that window.

Wed, 45m 10/21, 11/18 or 12/16

3:00 PM & 3:45 PM

Fri, 30m 9/11, 10/9, 11/13, or 12/11, 12:00 PM & 12:30 PM

Community Center Rm 115

FREE, but registration is required.**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 apps, tips, tricks, and limitations of iPhone and Android smartphones and tablets for pictures and video. This class will cover your smartphone or tablet's camera, home and cloud storage options, printing, and more.

Mon, 6:30 PM, 1h30m

10/26 Class #34211

Community Center Rm 119

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
11/2 Class #34212
Community Center Rm 119
C.T. Kruger
R \$22 NR \$25 1 class

Create Your Best Future with Tarot

Ages 18+

Tarot is a deck of 78 cards dating back to Renaissance Italy. The stories and images on these cards will help you connect with your subconscious intuition and explore your past, present and future. Join us for Tarot fun! No skill or deck required.

Wed, 6:30 PM, 1h30m
9/16-9/30 Class #34231
Community Center Rm 111
Faye Ellen Bonini
R \$45 NR \$54 3 classes

Introduction to Meditation: Creating Peace Everyday

Ages 16+

This class is for anyone seeking calm in a busy, at times overwhelming world. Whether you are new to meditation or returning, you'll discover simple universal techniques to quiet your mind, steady your breath and cultivate inner peace. As Marianne Williamson said, 'Our internal state shapes our lives.' Join us to transform your daily experience from the inside out.

Tue, 6:00 PM, 1h15m
9/15-10/6 Class #34232
Community Center Rm 115
Kate Hunt-Matthes
R \$62 NR \$75 4 classes

Relax, Renew, Rejuvenate

Ages 16+

Designed for anyone 16 and up, this class gives you simple, effective tools to quiet your mind and reset your body in just minutes a day. Based on mindfulness, guided relaxation and other research based practices, you'll discover how to switch from stress to ease. Join us for a peaceful escape and a happier more balanced life.

Tue, 6:00 PM, 1h30m
10/20-11/10 Class #34233
Community Center Rm 111
Kate Hunt-Matthes
R \$62 NR \$75 4 classes

Enhancing Your Life: Energy Healing Techniques

Ages 16+

As the Dalai Lama said, The very purpose of our life is to be happy. In an EYL class, we explore practical methods like alpha state access, imagery, reframing and EFT (tapping). Each technique helps you release limiting beliefs and unblock your true joy. Join us for a transformative journey toward a happier you.

Tue, 6:00 PM, 1h30m
11/24-12/15 Class #34234
Community Center Rm 115
Kate Hunt-Matthes
R \$62 NR \$75 4 classes

Parkinson's Fitness **NEW!**

Ages 18+

Exercise plays a vital role in managing Parkinson's related symptoms, improving quality of life, and potentially slowing disease progression. Designed for people living with Parkinson's Disease, this class is for individuals with higher function. Each session is facilitated by a licensed Physical Therapist or PT Assistant. Due to the prerequisites for taking this class, a phone interview is required before the first session for all new participants. *Prerequisites:* Participants must be able to ambulate to/from the classroom without assistance and be able to get to/from the floor mat independently (a chair is available if needed.)

Fri, 2:00 PM, 1h
9/11-10/23 Class #34207
11/6-12/18 Class #34208
No class 10/16 & 11/27
Community Center Rm 133
Laura W
R \$78 NR \$94 6 classes

Chair Yoga

Ages 18+

This class is designed for seniors with or without mobility issues, however everyone is welcome. The entire class can be done in a chair or from a seated position; standing options will be offered. The focus will be on stretches, strengthening poses, and strategies for relieving stress. No special equipment is required. The class is shoe friendly.

Wed, 10:00 AM, 45m
9/16-10/21 Class #34177
11/4-12/2* Class #34178

Fri, 10:00 AM, 45m
9/18-10/23* Class #34179
11/6-12/4** Class #34180
No class 10/16 & 11/27
Community Center Rm 133
Carmen B
R \$44 NR \$53 6 classes
R \$37 NR \$44 5 classes*
R \$29 NR \$35 4 classes**

Yoga Without a Mat

Ages 18+

Increase flexibility, strength, and balance without getting up and down on a mat. Safe and effective seated and standing yoga poses will be presented. A chair will be available if needed.

Wed, 11:45 AM, 45m
9/2-10/21 Class #34203
11/4-12/16 Class #34248
Community Center Rm 133
Levy P
R \$51 NR \$61 7 classes



Easy Yoga: Level 1**Ages 18+**

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

Mon, 9/14–10/19, 45 m
 10:30 AM Class #34185
 11:30 AM Class #34187
 R \$44 NR \$53 6 classes

Mon, 11/2–11/30, 45m
 10:30 AM Class #34186
 11:30 AM Class #34188
 Community Center Rm 133
 Carmen B
 R \$37 NR \$44 5 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, 9/16–10/21, 45m
 9:00 AM Class #34189
 5:00 PM Class #34191
 R \$44 NR \$53 6 classes

Wed, 11/4–12/2, 45m
 9:00 AM Class #34247
 5:00 PM* Class #34192
 No class 11/25
 Community Center Rm 133
 Carmen B
 R \$37 NR \$44 5 classes
 R \$29 NR \$35 4 classes*

Gentle Yoga**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 and water bottle to class.

Thu, 11:00 AM, 45m
 9/3–10/15 Class #34196
 No class 9/24
 Community Center Rm 133
 Gina E
 R \$43 NR \$52 6 classes

Light Fitness Dancing *NEW!***Ages 18+**

Improve your fitness while dancing along with well known local dancer, Jason Suav. We will dance to a variety of music including: swing, pop, salsa, rock, 80s and more. Actual salsa and bachata basic steps will be used, so you will learn a lot of great moves. No partner needed for this class.

Thu, 2:00 PM, 45m
 9/10–10/15 Class #34237
 10/29–12/10 Class #34238
 No class 11/26
 Community Center Rm 133
 Jason Jordan
 R \$65 NR \$78 6 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 is needed. Even if you have two left feet, you can experience this amazing cardio workout.

Tue, 5:00 PM, 45m
 9/15–10/20 Class #34183
 11/3–12/1* Class #34184
 Community Center Rm 133
 Carmen B
 R \$31 NR \$37 6 classes
 R \$26 NR \$31 5 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
 9/14–10/19 Class #34193
 11/9–12/7* Class #34194

Thu, 5:00 PM, 45m
 9/17–10/22 Class #34195
 Katie M
 R \$35 NR \$42 6 classes
 R \$29 NR \$35 5 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
 9/15–10/20 Class #34201
 11/10–12/8* Class #34202
 Community Center Rm 133
 Katie M
 R \$35 NR \$42 6 classes
 R \$29 NR \$35 5 classes*

Barre**Ages 18+**

Barre focuses on high-rep, 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
 9/15–10/20 Class #34172
 11/10–12/8* Class #34173
 Community Center Rm 133
 Katie M
 R \$35 NR \$42 6 classes
 R \$29 NR \$35 5 classes*



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.

INDOOR WALKING PROGRAM



Ages 18+

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.

Community Center
Mon, Wed, Fri, 8 AM–10 AM
Sep 2, 2026—Aug 30, 2027
Class #34000

FREE, but registration is required

Latin Dance Explosion

Ages 18+

Learn salsa, bachata, merengue and cumbia! There will be individual work and partner work each week including posture, hand positions, footwork/shines, turns, partner switches (cross body lead, etc.), body movements, transitions and improvisation. Beginners welcome and experienced students will be challenged with additional techniques as ready.

Thu, 6:45 PM, 45m
9/10–10/15 Class #34239
10/29–12/10 Class #34240
No class 11/26
Community Center Rm 132
Jason Jordan
R \$65 NR \$78 6 classes

Line Dancing

Ages 18+

Learning to dance is beneficial for your mind and body no matter what age you are. Line dancing allows you to dance by yourself or with a group of people. Please join us and have some fun.

Tue, 3:00 PM, 1h
9/1–10/13 Class #34144
10/27–12/15 Class #34145
Community Center Rm 133
Christine Kao
R \$35 NR \$42 7 classes

Intro to Ballroom Dance, Swing & Latin Dance

Ages 18+

If you're wanting to learn how to dance with your partner, this is the class for you! It's a great introduction to 3 dance styles. The Foxtrot is smooth-flowing and danced to Frank Sinatra style music. The Swing (Jitterbug) will get you up and hoppin' when you hear artists like Glenn Miller and Chubby Checker. And the Rumba is a slow, romantic dance that's great for dancing to tunes like "Under The Boardwalk." 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
9/21–10/26 Class #34146
Brookfield Ballroom
Cathy Binko-DeRaimo
R \$150 NR \$150 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 those who need modifications for success.

Mon, 9:30 AM, 45m
9/14–10/19 Class #34205
R \$31 NR \$37 6 classes
11/2–11/30 Class #34206
Community Center Rm 133
Carmen B
R \$26 NR \$31 5 classes

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

Beginning Tai Chi

Ages 18+

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

Tue, 11:30 AM, 1h
9/8-10/20 Class #34174
11/3-12/15* Class #34175
No class 11/24
Community Center Rm 133
Menomonee Falls CE & Rec Staff
R \$55 NR \$66 7 classes
R \$47 NR \$56 6 classes*

Continuing Tai Chi

Ages 18+

Instructor recommendation is required for participants to enroll in this level of class. This advanced class is suitable for those ready to move to the next level.

Tue, 10:15 AM, 1h
9/8-10/20 Class #34181
11/3-12/15* Class #34182
No class 11/24
Community Center Rm 133
R \$55 NR \$66 7 classes
R \$47 NR \$56 6 classes*



Let's Get Moving

Ages 55+

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

Tue, 9:00 AM, 1h
9/15-10/20 Class #34199
11/10-12/15 Class #34200
Community Center Rm 133
Sandy N
R \$29 NR \$35 6 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. Please wear comfortable clothing, athletic shoes and bring a water bottle.

Thu, 9:00 AM, 1h
9/3-10/22 Class #34170
11/5-12/10 Class #34171
No class 9/10 & 11/26
Community Center Rm 133
Patty M
R \$34 NR \$41 7 classes
R \$24 NR \$29 5 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. Please bring a yoga mat and come prepared for gentle movement and basic Pilates exercises.

Sun, 9:00 AM, 1h
11/8 Class #33950
Moving Like a Mother Physical Therapy
R \$16 NR \$21 1 class

Introduction to Ice Skating for Adults & Seniors

Ages 18+

This class is for adults and senior citizens with little to no ice skating experience. In this class, 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
11/10-12/8 Class #34294
Eble Ice Arena / Eble Staff
R \$75 NR \$75 5 classes

Cardio Drumming

Ages 18+

Join this fun, fast-paced workout that incorporates drumming and cardio to the rhythm of music. Cardio Drumming increases heart rate, improves rhythm, strengthens the upper body, and improves motor skills and hand-eye coordination. Follow the instructor's routine, but of course at your own pace and comfort level. All supplies are provided and all levels of exercise ability are welcome as you can do Cardio Drumming standing or seated.

Thu, 10:15 AM, 30m
9/3-10/15 Class #34176
No class 9/24
Community Center Rm 133
Gina E
R \$17 NR \$20 6 classes

Upcoming Blood Drive

August 31

Community Center Rm 104/105

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

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

FIT in the **PARKS** Menomonee Falls, Wisconsin

FIT in the Parks: TRI the Y

Ages 12-Adult

"TRI the Y"—Join us for free, 45-minute strength, cardio, and core class hosted by the Tri County YMCA, followed by snacks and refreshments. "TRI" one or all three! Please dress for movement, bring a yoga mat, and water bottle. 8:45 AM TRI the Y-Strength 10:00 AM TRI the Y-Cardio. 11:15 AM TRI the Y-Core

Sat, 9/12, 1h

TRI the Y-Strength
8:45 AM Class #33431

TRI the Y-Cardio
10:00 AM Class #33432

TRI the Y-Core
11:15 AM Class #33433

FREE, but registration is appreciated

Indoor Cycling

Ages 18+

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

Mon & Wed, 6:15 PM, 1h
9/9-10/21 Class #34197
11/2-12/16 Class #34198

No class 11/25
Community Center Rm 133
John G
R \$76 NR \$91 13 classes

Indoor Pickleball

Ages 18+

This session is for those who already know how to play pickleball. Please bring your own paddle; balls will be provided. Players will change out to 2 new players when the number of people attending is below 20; anything higher, all 4 players will change out. The fee covers 10 weeks of play.

Tue, 9:00 AM, 2h
9/1-10/13 Class #34243
10/27-12/15 Class #34244

Wed, 3:30 PM, 2h
10/7-12/16** Class #34241

Thu, 9:00 AM, 2h
9/3-10/15 Class #34245
10/29-12/17 Class #34246

Fri, 5:30 PM, 3h
10/9-12/18* Class #34242
Community Center Gym
R \$20 NR \$24 7 classes
R \$38 NR \$46 10 classes*
R \$25 NR \$30 11 class**

Cornhole **NEW!**

Ages 18+

Join us for Cornhole, the popular bean bag game for adults. No experience necessary, and all equipment is provided.

Mon, 1:30 PM, 2h
10/5-12/7 Class #34012
Community Center Gym
R \$30 NR \$36 10 classes

Golf Lessons: Adult

Ages 18+

Classes are intended to teach students how to swing and 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 process. Please bring along a 6, 7, 8, or 9 iron to the first class. Clubs are available for use if needed. Students must purchase golf balls at the range. Classes will be held rain or shine, so please dress appropriately.

Tue & Thu, 9:00 AM, 1h
9/22-10/8 Class #34138
Swing Time Germantown
R \$80 NR \$83 6 classes

Dartball

Ages 30+

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
9/14-12/21 Class #33955
Community Center Rm 102 B
R \$19 NR \$23 15 classes

Walk the Distance: The Virtual Ice Age Trail Challenge **NEW!**

All Ages



Ever dreamed of conquering the 1,200 mile Ice Age Trail? start tracking your miles focus on a 1,200-mile goal! Whether you prefer walking segments of the actual trail, your local neighborhood, or the walking track at the Community Center, start walking! Whether it takes you months or years, go at your own pace—there is no time limit to finish. Once you hit the 1,200-mile mark, you'll earn an exclusive CE&Rec Virtual Ice Age Trail Challenge

t-shirt to celebrate your incredible achievement. Get started by registering online today!

9/1 Class #34158
R \$25 NR \$30

PRE-REGISTRATION NOT REQUIRED

Availability on a
First Come–First Served BasisCASH 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 PM, 2h
9/8–12/22
North Middle School Gym

Wed, 7:30 PM, 2h
9/3–12/17
Community Center Gym
Stephanie Bechel

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, 2h
9/8–12/22
Community Center Gym
Brian Campbell

ADULT SPORTS LEAGUES AGES 18+

Go to fallsrec.org for contracts and more information

Adult Volleyball

Women's leagues are offered on Monday, Coed on Tuesday evenings. Traditional and half season options are available.

Returning teams: Contracts due by 8/19

New teams: Contracts accepted starting 8/21



Winter Men's Basketball

Leagues start November 4 or November 5

Available Wednesday or Thursday evenings with competitive and recreational divisions offered both nights.

Returning teams: Contracts due by 9/16

New teams: Contracts accepted starting 9/18



8x4' LOGO SIGNAGE*

	Annual Cost**
Football Field	\$6,000
Soccer Complex	\$4,000
New Community Center Gym	\$4,000
North Middle School Gym	\$3,000
Tennis Courts	\$1,000

MFHS Burgundy Gym Scorer's Table \$500

SCOREBOARD SIGNAGE*

	Annual Cost**
Football Field	\$7,000
Soccer Complex	\$5,000
New Community Center Gym	\$4,000
High School Burgundy Gym	\$4,000
High School Pool	\$1,000

EMPOWER THE FUTURE

NAMING RIGHTS*

	Annual Cost**
Soccer Complex	\$25,000
New Community Center Gym	\$25,000
North Middle School Auditorium	\$25,000

TURF STITCHING*

	Annual Cost
Soccer Complex	\$10,000
Football Field	\$10,000

*MULTIPLE YEAR COMMITMENT
**15% PAY-AHEAD DISCOUNT



SCAN THE QR CODE TO SECURE YOUR SPOT
FALLSSCHOOLS.ORG/SPONSOR

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

CLASSES ARE FOR AGES 18+ UNLESS NOTED



**Full class descriptions
can be found online at
fallsrec.org.**

Memory Screening Test

Ages 55+

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. Screenings are offered in 30 minute increments, starting at 9:00 AM with the last appointment at 3:30 PM.

Tue, 10/20, 30m
Community Center Rm 115

Are You Ready for Medicare?

Ages 18+

Will you or a family member be eligible for Medicare this year? We will 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.

Thur, 6:00 PM, 1h
10/22 Class #33984
Community Center Rm 119
EPlatinum Health Jeff Martin

Cyber Self-Defense Series

Ages 18+

This class designed to help parents and households stay safe in an increasingly connected world, in simple to understand language. We cover the threats families face every day, including phishing scams, social media risks, unsafe home networks, and identity theft, and give participants practical habits they can put to work immediately.

Tue, 6:30 PM, 1h
10/6 Class #34033
12/1 Class #34032

Thu, 6:30 PM, 1h
10/22 Class #34141

Sat, 10:30 AM, 1h
11/14 Class #34034
12/12 Class #34303
Community Center Rm 111
Jeremy Kelia

Estate Planning Seminar

Ages 18+

We will cover the fundamentals of estate planning, including strategies to avoid probate, minimize taxes, and protect your loved ones through thoughtful planning.

Thu, 10:00 AM, 1h
9/24 Class #34168
Tue, 5:30 PM, 1h
10/27 Class #34169
Community Center Rm 119
Al Spiegel, McLario Firm

Roth IRA Conversions

Ages 18+

We will discuss the Roth IRA Conversion strategy. Come learn how it works, why retirees utilize the strategy, and how you might be able to implement it into your own financial plan.

Wed, 5:00 PM, 1h
9/9 Class #33994
Community Center Rm 108
Ferrito & O'Gorman Financial Group

Financial Planning Basics

Ages 18+

Highlighting important topics to consider with your investment. Roths IRAs vs. pre-tax IRAs, 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, 12/16, 1h
5:00 PM Class #33996
Community Center Rm 108
Ferrito & O'Gorman Financial Group

Social Security Filing Seminar

Ages 18+

Learn the ins-and-outs of Social Security, when to file, how to file, and how to maximize your Social Security benefits.

Wed, 5:00 PM, 1h
11/18 Class #33993
Community Center Rm 108
Ferrito & O'Gorman Financial Group

Investing 101

Ages 18+

We'll dive into several ways you can think about investing money. Depending on whether you'd like to invest safely or more aggressively, we share ideas for everyone at various knowledge levels to make sure your money is growing the way you need it to.

Wed, 5:00 PM, 1h
10/21 Class #33995
Community Center Rm 108
Ferrito & O'Gorman Financial Group

Core Retirement Decisions **NEW!**

Ages 18+

This session explores the key choices that shape your retirement, including when to retire, how to claim benefits, and how to align your savings with your lifestyle goals. Participants will gain practical guidance to help make confident, well-informed retirement decisions.

Thu, 10/8, 1h
5:30 PM Class #33964
Community Center Rm 115
Burkart Financial

Ready, Set, Baby! Newborn Class **NEW!**

Ages 18+

A fun, interactive newborn class focusing on everything from feeding, sleep and behaviors to postpartum mood changes and when to worry about your baby.

Tue, 5:30 PM, 1h30m
9/15 Class #34126
10/13 Class #34127
11/10 Class #34128
12/8 Class #34129
Zarminali Pediatrics



These classes are **FREE**, but registration is required.
CLASSES ARE FOR AGES 18+ UNLESS NOTED

Nourishing Modern Woman

Ages 18+

This workshop will provide a comprehensive overview of the nutritional needs women experience throughout the various stages of life. In addition, it will offer practical guidance on simple meal preparation, supportive exercise recommendations, and quick, wholesome snack ideas designed to make healthy living both accessible and enjoyable.

Tue, 9/29, 1h
5:30 PM Class #34214
Germantown Library
Dr. Brenda Holland

Understanding Neuropathy & Chronic Pain Options **NEW!**

Ages 18+

Join us for an educational discussion about chronic pain and neuropathy, including common symptoms, treatment options, and when it may be appropriate to seek specialty care. We will also discuss spinal cord stimulation therapy and how it may help certain patients living with chronic nerve pain. Refreshments and snacks will be provided.

Wed, 10:00 AM, 30m
11/4 Class #34160
Community Center Rm 119

Staying Steady this Fall **NEW!**

Ages 18+

This practical workshop teaches busy families how to naturally boost their family's immunity against seasonal colds. You will also discover quick posture checks to prevent your kid's backpack slouch and safe ergonomics for autumn yard work. Join us to reset your health so you can enjoy a pain-free, high energy fall season.

Tue, 9/15, 1h
5:30 PM Class #34213
Germantown Library
Dr. Brenda Holland

Free Individual Technology Help

Ages 40+

Do you need help with your computer, phone, or tablet? Volunteers will be on hand to help you with email, social media, pictures, the internet, texting, or any other problems you are having. Please bring your tablet, phone, or laptop with you. Appointments are offered at 3:00 PM and 3:45 PM on Wednesdays and 12:00 PM and 12:30 PM on Fridays. Participants will register for a specific class time within that window.

Wed, 45m 10/21, 11/18 or 12/16
3:00 PM & 3:45 PM

Fri, 30m 9/11, 10/9, 11/13, or 12/11,
12:00 PM & 12:30 PM
Community Center Rm 115

Aging Well at Home: Staying Safe, Comfortable & Independent **NEW!**

Ages 18+

This informative session explores practical strategies for aging in place, including home safety modifications, assistive technology, in-home care options, and local resources. Whether you're planning ahead or navigating changes now, learn how to maintain independence and quality of life in the comfort of your own home.

Thu, 9/10, 1h
10:00 AM Class #34008
Community Center Rm 119

Hospice 101 **NEW!**

Ages 18+

This presentation provides a clear overview of the differences and similarities between hospice and palliative care services. Attendees will gain a better understanding of eligibility, goals of care, and how each approach supports patients and families through serious illness.

Thu, 11/12, 1h
10:00 AM Class #34159
Community Center Rm 119

Cup of Health: Self Care Awareness, Acknowledgement & Action

Ages 18+

Self-care is a necessary and unselfish tool for maintaining good health and well-being. This unit will educate individuals on the steps they can take for balanced physical, mental, and spiritual health needs amidst everyday responsibilities. The session will cover: Symptoms of burnout and imbalance, self-care definition, benefits of self-care, self-awareness activities, and practical tips for physical, mental, and spiritual health.

Tue, 10:00 AM, 1h
10/27 Class #33947
Community Center Rm 119

LIVE VIRTUAL ZOOM

Home Buying

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.

Tue, 6:30 PM, 1h30m
10/6 Class #34142
Penny Charlson

Home Selling

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

Tue, 6:30 PM, 1h30m
10/7 Class #34143
Kathleen Golembiewski



Senior ^{Ages 50+} ENRICHMENT Fair 2026

ONLY
\$12.00
includes lunch
registered by
October 9

Friday, Oct. 16

8:30–1:00 pm

Informative Classes

Vendors, Door Prizes



**Join us for informative classes, vendors, door prizes and lunch!
Register by October 9.**

Class #33998 Community Center | R \$12 NR \$12

Bring your insurance card if you'd like to receive a flu shot at the fair.

8:30–9:00	Registration & Light Breakfast
8:30–10:30	Health Room
9:00–10:30	Vendors
10:30–11:15	Session 1 Class
11:30–12:15	Session 2 Class
12:15–1:00	Lunch with Door Prizes

**Flu Shots
Available!**

Session 1 Options:

- A. Introduction to Artificial Intelligence (AI)
- B. Stand Up to Falls—Know Your Risk and Take Action
- C. Medication Use in Older Adults

Session 2 Options:

- A. Senior Shenanigans: Unraveling the Mysteries of Staying Sharp
- B. Eating Well for Healthy Aging: Staying Strong and Active
- C. Your Link to Services, Resources & Community Connections

Do you need your leaves raked?

Optimist Club Leaf Raking for Seniors

The 2026 Optimist Club leaf raking service for Seniors will run November 7–22. Due to the availability of volunteers, weather, and timing of when leaves drop, we cannot guarantee an exact date of when yards will be raked. The volunteer youth groups will coordinate raking their assigned residences during this time period. Donations are matched by the Optimist Club and given directly back to the youth groups raking.

Sign up by Friday, October 23

Call the CE & Rec Office (262) 255-8460



Optimist Club
of Menomonee Falls



COMMUNITY SENIOR CENTER

Senior Center Mission Statement

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



Nutrition Site: Lunch Program

**Monday-Friday, served at Noon
at the Community Center**

Adults 60+ are welcome to enjoy a delicious lunch at the nutrition site. Registration for the meal is required by 11:30 AM one business day in advance. You can make reservations in person or by phone at (262) 251-3406 between 9:00 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. 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 Sept 7, Oct 16, Nov 26-27, Dec 24-31, Jan 1

- 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-Thursday, 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 the CE & Rec office (262) 255-8460.

**1st & 3rd Wednesday of the Month
1:00 PM Community Center Rm 104/105**

Class #33250



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 108

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:
9/9, 10/14, 11/10, 12/9

Sit & Knit:
9/23, 10/28, 11/25

Wed, 12:00 PM, 3h30m
Community Center Rm 108
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.



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:
9/9, 10/14, 11/11

Book Lovers:
9/23, 10/28, 12/2
Community Center Rm 119
FREE, but registration is required.

LOOK AROUND!

Many free classes have been
moved to the **FREE** section
starting on page 33.

AARP Smart Driver Class

Ages 55+
SMART DRIVING is an updated AARP driver safety course. 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. The additional cost of the class is for the room charge.

Wed, 10/21, 8:30 AM, 4h
AARP Member Class #33985
Non-Member Class #33986
Community Center Rm 115
M \$23 NM \$28 1 class

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
2nd Thurs 9:00 AM-4:00 PM
Community Center Rm 104
\$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.

4th Monday 11:00 AM-Noon
9/28, 10/26, 11/23, 12/14
Community Center Rm 102A
Froedtert Health Nurse
FREE, but registration is required.

Puzzle Time

Ages 55+



Puzzle Time returns with travel themed puzzles. Come on your own or bring a friend to assemble 100 piece sections of a larger puzzle. The entire group merges sections back into the whole puzzle. Other full size puzzles will also be available. A prize drawing will also be included. Contact Linda at (262) 442-2387 with questions.

Tue, 1:00 PM, 2h
9/15 Class #33965
Community Center Rm 119
FREE, but registration is required



Drop-In Program Registration Procedures

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



Thursday BINGO

Ages 55+

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

1:15–2:30 PM

1st & 3rd Thu
9/3, 9/17, 10/1, 10/15, 11/5,
11/19, 12/3, 12/17

Community Center Rm 104

BINGO BLAST!

Ages 55+

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

Wed, 9/30, 1:15–2:30 PM

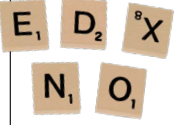
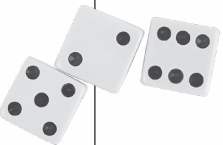
Sponsored by Highland Aero Park

Community Center Rm 104

FREE, no registration required.

GAME TIME

No program offered on days the Community Senior Center is closed

Monday	Tuesday	Wednesday	Thursday	Friday
Chess Club* 9:30–11:30 Rm 111	Bridge 1:00–3:30 Rm 108	Bunko!* 9:30–11:30 Rm 108	Scrabble* 1:00–3:00 Rm 115	Cribbage* 10:00–12:00 Rm 104
Sheepshead 12:00–3:00 Rm 108	Mexican Train Dominos* 1:00–3:30 Rm 104	\$1.00 for kitty 8/26, 9/23, 10/28, 11/11, 12/9		Sheepshead 12:00–3:00 Rm 108
American Mah Jongg 12:30–3:30 Rm 119				Bridge 1:00–3:30 Rm 104
Hand and Foot*/Samba 12:30–3:00 Rm 111				

* Beginners welcome to these games

Crafts with Grace Commons

Ages 55+

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

Fri, 10:00 AM, 1h30m

10/9 Fall Theme

Class #34069

12/11 Christmas Theme

Class #34070

Community Center Rm 104

FREE, but registration required



Dickson Hollow

Randy Walker's Holiday Music Bash **NEW!**

Ages 18+

Join us for a fun time dancing or just listening to the music of Randy Walker. He will perform a mixture of Holiday music along with the 50's and 60's. This event will be sponsored by Dickson Hollow a Presbyterian Homes group.

Fri, 1:00 PM, 1h

12/11

Class #34071

Community Center Gym

FREE, but registration required



VETERAN'S SALUTE

THANK YOU FOR YOUR SERVICE

WEDNESDAY, NOVEMBER 11
1:00 - 2:00 PM
COMMUNITY CENTER GYM

The School District of Menomonee Falls would like to thank and honor our Veterans who have served or are serving the United States. The program will include an Honor Guard, National Anthem, and musical entertainment provided by Riverside School. Please join us!

Stock Box Distribution

Ages 60+

- Third Monday of each Month
- Pick Up at the Community Center

Distributed by the Hunger Task Force, the box contains 35 pounds of food from the U.S. government. To qualify, your income must be \$1,995 or less per month for a single person, or \$2,705 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 more information.



MENOMONEE FALLS FARMERS MARKET

through October 14, 2026
Village Park in Menomonee Falls

Wednesdays
2:00 PM - 6:00 PM

Sundays (JULY 12 - SEPT 13)
10:00 AM - 1:00 PM

fallsfarmersmarket.org

How to Reserve a Park

Village Park Rental

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

Menomonee Falls Park Department

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

Menomonee Park (on Town Line Rd)
Waukesha County Park System
(262) 548-7801

Important Village Contacts

Menomonee Falls Village Hall

menomonee-falls.org (262) 532-4200

Menomonee Falls Police Non-Emergency

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

Menomonee Falls Public Library

menomoneefallslibrary.org (262) 532-8900

School District of Menomonee Falls

fallsschools.org (262) 255-8440



COMMUNITY INFORMATION

Some Upcoming Events Other events at menomonee-falls.org/calendar

8/1-2	1960s Era and Vietnam War Reenactment
8/8	Falls Kids Festival
8/20	Falls Family Movie Night: <i>Wicked</i>
8/29	Menomonee Falls Symphony Orchestra at Old Falls Village
9/19	Classic Car Show at Old Falls Village

oldfallsvillagepark.com
menomoneefallsevents.org
menomoneefallsevents.org
Oldfallsvillage.com
Oldfallsvillage.com

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

Join us FOR AN ART PARTY in Menomonee Falls

Festival OF THE ARTS

2026
6th ANNUAL

Saturday
AUGUST 22
10am - 5pm

VILLAGE PARK
MENOMONEE FALLS, WI

LEADING UP TO THE EVENT

- Plein Air Competition
- Painted Sculpture Competition

DAY OF EVENT

- Over 100 Artisan Booths
- Beer & Wine Garden
- Live Music
- Food Court
- Makers Market
- Demonstrations
- Community Art Project
- Kids Zone & Splash Pad
- Street Performers

Visit Our WEBSITE fallsfestivalofthearts.com

CONTACT US fallsfestivalofthearts@gmail.com

follow us [f](https://www.facebook.com/fallsfestivalofthearts) [i](https://www.instagram.com/fallsfestivalofthearts) [t](https://www.tiktok.com/@fallsfestivalofthearts)

MFFD
CITIZEN FIRE & EMS ACADEMY

LEARN. ENGAGE. MAKE A DIFFERENCE.

Go behind the scenes with the Menomonee Falls Fire Department!

ACADEMY HIGHLIGHTS

- HANDS-ON EXPERIENCE
- VEHICLE EXTRACTION DEMONSTRATION
- LIVE BURN DEMONSTRATION
- CPR & AED CERTIFICATION
- BEHIND-THE-SCENES TOUR

WHO CAN JOIN: Residents of Menomonee Falls and Lannon, 18 years of age and older

COST: FREE

LIMIT: 20 people

WHEN: Tuesdays, September 8 – October 27 6:00 – 9:30 p.m.

SPECIAL EVENT: Vehicle Extraction and Stop the Bleed Saturday, October 17

SPOTS ARE LIMITED!
Reserve your spot today!

VISIT: www.menomoneefalls.gov/citizen-fire-academy

EMAIL: kporter@menomoneefalls.gov for more information

Old Falls Village

OLD FALLS VILLAGE PARK
N96 W15791 County Line Road

Weekend Beer Gardens and a variety of events held by the Menomonee Falls Historical Society and Friends of Old Falls Village Park

oldfallsvillage.com SEE THE FULL SCHEDULE OF EVENTS oldfallsvillagepark.com

DEPT BEER GARDEN

MENOMONEE FALLS HISTORICAL SOCIETY

OLD FALLS BIERGARTEN

FRIENDS OF OLD FALLS VILLAGE PARK



Affiliates

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

Accompany of Kids

(262) 251-5225 | aokwi.org

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

Menomonee Falls Angels

FallsAngels.com

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

MF Jr. Phoenix Baseball

www.mfjrbaseball.com

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

MF Camera Club (Adults 18+)

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

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

Menomonee Falls Childrens Choir

mfchildrenschoir.org

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

MF Dolphinettes

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

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

MF Jr. Phoenix Cheer

mfjrphoenix.com

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

MF Jr. Phoenix Football

mfjrphoenix.com

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

MF Jr. Wrestling

adm.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

secretary@fallslittleleague.org

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

MF Youth Basketball Association

mfyba.com

mfybabasketball@gmail.com

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

Falls Patio Players

Box Office (262) 255-8372

Email fallspatioplayers@gmail.com

fallspatioplayers.com

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

Rocket Aquatics

gomotionapp.com/team/wimfsc/page/home

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

Milwaukee Sport Club Soccer

derek.hathaway@milwaukeekeesportsclub.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.



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 or call (262) 251-6848 to learn more.

REGISTRATION FORM

Online registration is available at fallsrec.org

HEAD OF HOUSEHOLD

Last / First Name

Birthdate (Month/Date/Year)

Gender (M or F)

Address

City

Zip

Home Phone ()

Work Phone ()

Email address

Cell Phone ()

Cell Phone Carrier*

Must be included to receive a receipt

Which school district boundary do you live in?

☐ Menomonee Falls

☐ Hamilton (Sussex)

☐ Other

EMERGENCY CONTACT

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

Name

Relationship

Home Phone

Other Phone

PARTICIPANT INFORMATION

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

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

ADULT SIGNATURE

Adult Signature

Date

Make checks payable to: MF CE & Rec, mail to W152 N8645 Margaret Rd., Menomonee Falls, WI 53051 or fax to (262) 255-8411

Cardholder Name: Exp. VCode Cardholder Signature Number:

PAYMENT



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 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 for additional information related to cancellations made by CE & Rec.

Senior Discount

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

Medical Conditions

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

Insurance Policy

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

No Smoking/ No Alcohol Use Policy

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



W152 N8645 Margaret Road
Menomonee Falls, WI 53051

**Online
Registration
OPENS**
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at 9:00 PM

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Aging Well at Home
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Core Retirement Decisions
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Cup of Health: Self Care Awareness
Cyber Self-Defense Series
HallowSTEAM
Homeschool Dance
Hospice 101
King Kandy and the Gingerbread Man
Learn Halloween Magic with Glen Gerard

Light Fitness Dancing
Mix the Bricks
Mixed Media
Parkinson's Fitness Class
Randy Walker's Holiday Music Bash
Reading with Robots
Ready, Set, Baby! Newborn Class
Santa's Steam Adventure
Skyhawks: 1st Down Tots
Skyhawks: Baseball Tots
Skyhawks: Track & Field
Staying Steady this Fall
Understanding Neuropathy & Chronic Pain
Walk the Distance: Virtual Ice Age Challenge



fallsrec.org

