2026 Fall & Winter Activities at a Glance

Rocket Soccer Camp Ages 3-6
6:00-6:50 pm
Rawson Field or Gym use door #4
Tuesday - Friday
Sept 8, 9,10, 11
Code: S101.101, $26R /$36NR

Hunter Education
South Milwaukee High School
Enter Door #24
Tuesday & Thursday 7:00-9:00 pm
September 8, 10, 15, 17, 22, 24

Pre-registration is a mandatory step for all potential hunters. You can pre-register online at www.dnr.wi.gov or by contacting Bill Alvey at 414-380-5922. Please note that a $10.00 non-refundable fee is collected at the first class, and we only accept cash. Our instructors are DNR certified, and it's important to remember that a parent or guardian must be present at the first class.

MS Running Club
Grades 6, 7 & 8 3:20–4:00 pm
Meet in the Middle School
Gym Lobby Door #34
Tue & Thu, Nov 3 - Mar 18
Code: R201.201, $22R/$32NR Coach, Bob Dennis

Free! Wrestling Camp
MS Wrestling Room Door #34
Mon-Thu, Nov 2 - 5
K4-5th grade 4:00–5:00 pm
Activity Code: W101.101

Wrestling Club
K4-5th Grade, 5:30-6:30 pm
Middle School Wrestling Room
Enter door #34
Tuesday & Thursday, Dec 1-10
Tuesday & Thursday, Jan 5–Feb 4
Code: W201.201, $42R/$52NR



Archery Camp Ages 6-12
Rawson Lower Softball Field
Monday - Thursday
September 14, 15, 16, 17
6:00-6:50 pm
Code: A101.101, $26R/$36NR
Instructor, Josh Zeman

Little "Bucks"
Basketball Camp
Grades K4–2nd
Rawson School Gym enter door #4
Instructor: Matt Joost, High School Basketball Coach

Saturday, Oct 24, Nov 7, 14, 21

Camp I, Grades 4K & 5K, 8 – 8:50 am
Activity Code:LB101.101$28R/$38NR

Camp II, Grades 1 & 2 9:00–9:50 am
Activity Code:LB101.102 $28R/$38NR

Red Cross Babysitting Classes
Saturday, Oct 10, 9:00-2:30 pm
Boys & Girls Ages 11-15
HS Library-enter door #24
Code: B101.101 $72R/$82NR

The class will be fun and move at a fast pace. It has many hands-on activities, including video segments, role plays, and lively discussions to help students learn child-care, first-aid, leadership, and communication skills. Bring a lunch!

Instructor Jo Jo Heindenreich



Young Rembrandts
We are an after-school, art enrichment club that meets weekly at your child's school. We serve kids ages 5k – 5th grade and love to draw! Young Rembrandt's unique curriculum engages both sides of your child's brain so everyone participating can learn and be successful. The Young Rembrandt Method and curriculum offer a form of brain-based learning crucial to the complete education and full development of modern minds.

All New Lessons Every Session
Join our Art Club - Class will be held in your school's Art Room
Young Rembrandts Elementary Drawing for Boys & Girls in Grades 5K - 5TH 3:25-4:25 pm
Enroll online at:
www.youngrembrandts.com
Tuition $109 (8-Week Session); $82 (6-week program)

The class description for each session will be available at a later date.

Fall I
Blakewood (Mondays): 9/14 - 11/9
No Class 10/19)
E.W. Luther (Tuesdays): 9/15 - 11/10
(No Class 10/20)
Lakeview (Thursdays): 9/24 - 11/19
(No Class 10/15)
Rawson (Fridays): 9/25 - 11/20
(No Class 10/16)

Fall II
Blakewood (Mondays): 11/16 – 1/11
(No Class 12/28)
E.W. Luther (Tuesdays): 11/17 - 1/12
(No Class 12/29)
Lakeview (Thursdays): 12/3 - 2/4
(No Class 12/24, 12/31)
Rawson (Fridays): 12/4 – 2/12
(No Class 12/25, 1/1, 1/15)

Before & After Care 2026-2027 School Year

Care is provided for students ages 4-12 at Blakewood, E. W. Luther, Lakeview and Rawson elementary schools
All registration is online, so please head to the SM Rec Website (www.smrecdept.org) under Before and After School Care. From there, select the school you are trying to register at, and follow the steps in the online registration process! There is a one time registration fee of $20 per family plus first month's payment due at the time of enrollment. Registration is OPEN.

Before School Care is provided from 7:00 to 8:30 AM at Blakewood, E.W. Luther, Lakeview, and Rawson elementary schools. Early drop-offs are not permitted. Parents must accompany their children into the school and sign them in.

After School Care is available from 3:35 to 5:45 PM. Parents or authorized adults must sign their children out before leaving the premises.

Parent Handbook
For more information, please refer to our Parent Handbook, which can be found online at smrecdept. org. The handbook contains all the forms necessary to complete your registration.

No program on these days Labor Day September 7 Thanksgiving Break Nov 25-27 Winter Break Dec 23-Jan 1

School Out Days are offered at Rawson School from 7:00 am to 5:30 pm. Oct 16, 19 & 20, Jan 18, Feb 19, 22, 23. Pre-registration is required www.smrecdept.org

$20 annual, per family registration fee

Monthly Rate	1-2 Days	3 Days	4-5 Days
AM Only	$59	$84	$124
PM Only	$72	$106	$172
AM & PM	$118	$174	$276



Families with more than one child in care will receive a 10% discount on the bill for the lowest-cost child registered. Families eligible for Free and Reduced Lunch will receive a 20% discount; however, if you choose to use the Free and Reduced Lunch discount, the sibling discount will not apply. Additionally, there will be a 25% discount available in December and March, and a 75% discount in June.

Winter Break Day Camp Rawson School Gym, 7:00am-5:30pm Dec 23, 28, 29, 30, 2026
Activity Code: WB201.201 $80R/$90NR

SOUTH SHORE CROCS - Swim Club

We are happy to announce that we are partnering with the Cudahy Swim Club, and we will now be called the South Shore Crocs. Classes will be offered at the Cudahy High School Pool, 4950 Lake Dr., enter door #C15.

This program is for swimmers who want to take their swimming to the next level and begin competing. Swimmers will practice and compete with swimmers of similar age and abilities. We offer three levels based on each swimmer's ability: Bronze, Silver, and Gold. The club's focus is on team building, goal setting, skill development, preparing swimmers for their high school teams, and FUN!

Swimmers have the option to compete in swim meets against other recreation department swim clubs and receive awards at meets they attend. Swimmers will receive a schedule of meets for the season.

Fall: September 1 - December 4 **Winter: January 5 - March 12** **Spring/Summer: April 20 - July 30**

Bronze Division members who are new to the club will be assigned to the novice group.
This group will swim: Monday, Tuesday, Thursday: 5:30-6:30 pm. Activity Code: A104.104, $165.00

Silver Division members will be assigned to the intermediate group and must meet the group's qualifying times.
This group will swim: Mon, Tue, Thu 6:30-8:00 pm; Friday 5:30-7:00 pm.
Practices could be adjusted slightly based on group participation. Activity Code: A105.105, $215.00

Gold Division members will be assigned to the advanced group and must complete qualifying times.
This group will swim: Mon, Tue, Thu: 6:45-8:30 pm; Friday 5:30-7:00 pm. Activity Code: A106.106, $240.00

Let's Dance - **Ballet, Tap, Jazz, Pointe, Poms & Tumbling**



Saturday, Sep 12—April 10

All classses held in the Middle School MPR Door #34. No class Nov 28; Dec 26. Jan 2 & March 20
$88R/$98NR by September 12, $98R/$108NR after September 12.

Recital Rehearsals, April 8 & 9 , 4:30—9:00 pm **Recital Performance** April 10, 1:00 pm
Dance class is a weekly commitment. Good attendance is imperative to learning. The teachers cannot jeopardize their responsibility to the rest of the class for students who do not attend class.

Instructor: Miss Mary: You're Going To Love This Program!

Ballet and Tap, Ballet and tap terminology continues to expand as new steps and combinations are taught; students will learn routines for the dance recital. Students will learn proper dance terminology and arm and foot positions. Steps will be taught quickly, and older students will continue to build on learned skills.

Jazz, All jazz classes learn routines to be performed in the dance recital. Steps are learned at the center, across the floor, and combined into a routine. Upbeat music is used, which is always age appropriate.

Poms & Tumbling, Children will learn basic pom movements and jumps and a pom routine to perform in the recital. They will also work on coordination, flexibility, and basic tumbling skills to perform in a tumbling routine.

Dance Shoes and Costumes, Proper dance shoes must be worn for all classes. Tap shoes must be black. Ballet shoes must be pink leather (no satin slippers). ***No Black Shoes***. Tumbling and Pom students must wear a basic white gym shoe with no colors, sparkles, glitter, or lights on them. No high top tennis shoes. New & used dance shoes are available for purchase the first day of class. There is an additional costume fee due in Nov.

Time	Ages	Class	Activity Code
9:00-9:40	4-5 yr olds	Ballet & Tap	D101.101
9:45-10:25	5-7 yr olds	Poms & Tumbling	D102.102
10:30-11:10	6-7 yr olds	Ballet & Tap	D103.103
11:15-11:55	8-10 yr olds	Poms & Tumbling	D104.104
12:00 - 12:40	8-10 yr olds	Ballet & Tap	D105.105
12:45 - 1:25	8-10 yr olds	Beginner Jazz	D106.106
1:45 - 2:40	11-13 yr olds	Ballet, Tap & Jazz	D107.107
2:45 - 3:40	14+ yr olds	Ballet, Tap & Jazz	D108.108
3:45 - 4:25	14+ yr olds	Beginner Pointe	D109.109







Creative Drama SM High School Fitness Center Mirror Room, enter door #24. 6:00-7:00 pm, $50R/$60NR

FALL 2026

"Are You My Mummy? Ages 7-11
Tuesday, Sept 8, 22, 29, Oct 6, 13
Activity Code, CD100.101

"Wonderous Adventures Under The Rainbow"
Ages 4-6, Thursday, Sept 3, 10, 17, 24, Oct 1
Activity Code, CD100.102

FALL/WINTER 2026

"Circus Time !" Ages 7-11
Tuesday, Nov 3, 10, 17, 24, Dec 1
Activity Code, D200.201

"Meet Children Around The World" Ages 4-6,
Thursday, Nov 19, Dec 3, 10, 17
Activity Code, D200.202

Adult Paint & Take Classes, High School Art Room #2352 Door #8 Instructor,Nancy Wolf
Get ready for a professionally led painting class that's not just educational, but also a lot of fun. With step-by-step instructions and all supplies provided, you'll be able to unleash your creativity and go home with a beautiful painting. This class is open to all levels of experience, from the beginner painter to the experienced painter. The instructor, with over 20 years of teaching experience and a master's in visual arts, is passionate about sharing her joy of painting. Don't miss out on this exciting opportunity - sign up now before the class fills up!

Fall Session 1	Tuesday, Sep 15	6:00-8:00 pm	P100.111	$30R/40NR
Fall Session 2	Tuesday, Oct 13	6:00-8:00 pm	P100.112	$30R/40NR
Fall Session 3	Tuesday, Nov 10	6:00-8:00 pm	P100.113	$30R/40NR
Winter Session 1	Tuesday, Dec 8	6:00-8:00 pm	P200.221	$30R/40NR
Winter Session 2	Friday, Jan 15	6:00-8:00 pm	P200.222	$30R/40NR
Winter Session 3	Friday, Feb 5	6:00-8:00 pm	P200.223	$30R/40NR



Adult Watercolor Painting Classes Instructor: Dalinda Galaviz
Explore the beauty of watercolor. This class is geared toward those who have to hold a brush in their hand or try watercolor painting. Students will develop skills, starting with basic color mixing and basic color theory. We will progress to making small paintings, each using different techniques. Materials are provided.

Thursdays, October 1, 8, 22, 29	No class October 15	Activity Code: P118.118, $62R/72NR
Wednesday, Nov 4, 11, 18, Dec 2	No class Nov 25	Activity Code: P119.119, $62R/72NR

WOMEN'S VOLLEYBALL, *Tuesday Evening, Middle School Teff Gymnasium*

Registration Deadline	**Wednesday, October 7th.**
Resident Sponsor Team Fee	$250.00
Non-Resident Sponsor Team Fee	$350.00
Player Fee	$40.00
Manager Meeting	Tuesday, October 13, 2026. 6:00 pm, room #1027
Leagues Starts	Tuesday, October 27

MEN'S BASKETBALL, *Wednesday Evening, High School Fieldhouse*

Registration Deadline	**Wednesday, October 7th.**
Leagues	"A" - "B" - "C" - "D"
Resident Sponsor Team Fee	$540.00
Non-Resident Sponsor Team Fee	$640.00
Player Fee	$50.00
Manager Meeting	Tuesday, October 13, 2026. 6:00 pm, room #1027
League Starts	Wednesday, October 28

NEW: 35 & Older BASKETBALL LEAGUE **Registration Deadline: Wednesday, October 7th.**
The 35 & older basketball league will play on ***Sunday afternoons beginning November 1*** in the High School Fieldhouse or Middle School Teff Gymnasium. A minimum of 4 teams is required to run the league. Each player must be at least 35 years of age at the time of registration.

Little "Bucks"Basketball Camp, Coed Grades K4–2nd, Rawson School Gym, enter door #4 Saturday, Oct 24 - Nov 14

Camp I,	Grades 4K & 5K	8:00–8:50 am	Activity Code: LB101.101	$28R/$38NR
Camp II	Grades 1 & 2	9:00–9:50 am	Activity Code: LB101.102	$28R/$38NR

Lots of fun for boys and girls! We will be learning the fundamentals of basketball while emphasizing teamwork and good sportsmanship. Parents are welcome and encouraged to stay, watch, and volunteer to assist us with specific drills. Dress appropriately-tennis shoes are required. Times are subject to change.
Instructor: Matt Joost, SM HS Varsity Basketball Coach







Adult Enrichment Classes

Adult Cooking Class
High School Room #1232-enter door #9, 6:00-7:30 pm
Instructor, Vicki Karwacki, Retired Corporate Wellness Director

"Cooking Through the Seasons" is an engaging cooking demonstration series celebrating the flavors of fall, winter, spring, and summer. Participants will observe live recipe preparation, learn helpful cooking tips and techniques, and enjoy tasting seasonal dishes inspired by the freshest ingredients each season offers.
All materials provided.

Fall Table: Tuesday,October 27
Activity Code: C100.101, $35R/$45NR Menu To Be Announced

Heart of Winter Cousine: Tuesday, January 19
Activity Code: C200.202, $35R/$45NR Menu To Be Announced



Adult Crochet Corner-to-Corner
Thursday, November 5, 6:00-8:00 pm
High School Art Room #2352, enter door #8
Activity Code: C111.111, $27R/$37NR

Do you enjoy crocheting and would like to try a new technique? Look no further! If you understand basic crochet stitches: chaining, the slip stitch, and the double crochet stitch… you can learn this technique. Many people think this is a complicated process, but it is not. It just takes some practice! So come and try C2C Crochet in a low stress and relaxing environment. Instructor, Mary Zingsheim

Adults Come & Crochet
Thursday, January 14 6:00-8:00 pm
High School Art Room #3252, enter door #8
Activity Code:C222.222, $27R/$37NR

Have you wanted to learn how to crochet but didn't know where to start? Come and learn how to crochet or expand your current crocheting skills. I will be available to help those new to crochet, as well as to help refresh skills for those of you who may be just a little rusty. This is a low-stress, go at your own pace class, you'll be glad you got hooked!
*Please bring your own hook and yarn.
Instructor, Mary Zingsheim

These classes will be held at the Oak Creek District Office, 7630 South 10th Street, Oak Creek, WI 53154. It will run from 6:30 to 8:30 p.m. Class fee is $22R/$32NR

Cutting the Cord-Controlling Cable &Internet Costs	Wednesday, Oct 14	Activity Code: TE101.101
iPad/iPhone – Tips, Tricks & Techniques	Wednesday, Oct 21	Activity Code: TE102.102
The Camera in Your Smartphone	Wednesday, Oct 28	Activity Code: TE103.103
You Have Pictures in Your Camera – Now What	Wednesday, Nov 4,	Activity Code: TE104.104

Social Security:Your Questions Answered, Free Thursday, September 17, 6:00-7:00 pm
South Milwaukee High School, room #1027 Enter door #24 Activity Code: SS100.101
Pre-registration is required Instructor: Kyle Erickson, Financial Advisor, Edward Jones
Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options and the impact your decision has on your retirement. We hope you will join us. Feel free to bring a friend.

Retirement Making Your Money Last, Free October 22, 6:00-7:00 pm
South Milwaukee High School, room #1027 Enter door #24 Activity Code: RE100.102
Pre-registration is required Instructor: Kyle Erickson, Financial Advisor, Edward Jones
This class is designed to help prepare you to live the retirement you have envisioned. We hope you will join us. Feel free to bring a friend.

Common Scams & Frauds, Free Wednesday, October 12, 6:00-7:00 pm
Cudahy Middle School, enter door #1, Room 5-112 pre-registration is required Activity Code: SF100.101
The Wisconsin Bureau of Consumer Protection will discuss the details of common scams.

Artifical Intelligence and Consumer Protection, Free Tuesday, October 20, 6:00-7:00 pm
Cudahy Middle School, enter door #1, Room 5-112 pre-registration is required Activity Code: SF100.102
The presentation will explore the pros and cons of AI and how this developing technology impacts consumers. Additionally, the presentation will cover modern threats, specifically how generative AI has empowered scammers to expand their reach through deepfake videos, convincing phishing scams, and more.



High School Coed Rec Basketball League

Deadline: Monday, November 30, 3:00 pm, Games Start Sat, Dec 5, Fee: $50 per player

All players must reside or attend school in South Milwaukee. Teams may pick up their Registration Form and other materials at the Recreation Department.

Coed Rec Basketball League **2nd - 8th Grade Recreation Basketball**

Registration Deadline: Friday, October 16 at 4:00 pm The Registration Fee is: $70R/$80NR

There may be separate girls leagues if enough girls register

A youth size t-shirt is included with your fee.

This is an instructional and competitive coed league with game officials. Practice times are based upon when the volunteer coach and school gymnasiums are available. Your child's coach will notify you about team practices and other important team information. Every team will practice twice a week provide the gym is available.



1st practices will be begin the week of November 2.
Games will be played on Saturdays, Dec 5, 12, 19, Jan 9, 16, 23, 30, Feb 6, 13, 20

Picture day is Saturday, January 23; please report one hour before your scheduled game time.

Note: Students will not be placed on a team unless properly registered by returning the Registration Form, Parent/Athlete Concussion Form, and Registration Fee.

All players will be assigned to a team by the rec dept. and coaches. Everyone plays! The head coach and (1) assistant coach may have their child on their team. Siblings will also be placed on the same team.

Each student registered should attend the player assessment on the following dates and times:

REQUIRED PLAYER ASSESSMENTS: THE SM HIGH SCHOOL FIELDHOUSE ON SAT, OCT 24

2nd & 3rd Grade	8:00 - 8:45 am	Coaches meeting & draft right after the tryout, room #1027
4th & 5th Grade	9:30-10:15 am	Coaches meeting & draft right after the tryout, room #1027
6th, 7th & 8th Grade	10:45-11:30 am	Coaches meeting & draft right after the tryout, room #1027

PARENT/ATHLETE CONCUSSION & SUDDEN CARDIAC ARREST (SCA) AGREEMENT

Parent & Athlete must sign a Concussion & Sudden Cardiac Arrest agreement form.
This form must be turned into the Recreation Department before an athlete participates in practice and contests.

YOU MAY REGISTER IN PERSON , BY MAIL OR ONLINE AT WWW.SMRECDEPT.ORG $70R/$80NR

2nd Grade Boys	Code: 202.202B	2nd Grade Girls	Code: 202.202G
3rd Grade Boys	Code: 203.203B	3rd Grade Girls	Code: 203.203G
4th Grade Boys	Code: 204.204B	4th Grade Girls	Code: 204.204G
5th Grade Boys	Code: 205.205B	5th Grade Girls	Code: 205.205G
6th Grade Boys	Code: 206.206B	6th Grade Girls	Code: 206.206G
7th Grade Boys	Code: 207.207B	7th Grade Girls	Code: 207.207G
8th Grade Boys	Code: 208.208B	8th Grade Girls	Code: 208.208G

Registration Deadline is Friday, October 16
The Registration Fee is $70R/$80NR
A youth size t-shirt (jersey) included with your fee and 2-extra weeks of play!
COACHES CLINIC FOR ALL VOLUNTEER COACHES & ASSISTANT COACHES
SATURDAY, NOVEMBER 14, 9:00-11:30 AM SMHS FIELDHOUSE

Skyhawks Sports

South Milwaukee High School Fieldhouse on the Bleacher Ct – enter door #24

The South Milwaukee Recreation Dept is partnering with Skyhawks Sports to provide you with a wide variety of fun, safe, and positive programs. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Skyhawks patient and knowledgeable staff use a variety of skill-building games and activities to give each child a complete understanding and overview of the sport.

Soccer Tots, Ages 2 & 3
Sundays, Nov 22—Dec 20, 11:00-11:30 am
No class November 29
Activity Code: S111.101, $59R/$69NR
Parent participation is required

Soccer Tots, Ages 3 & 4
Sundays, Nov 22—Dec 20, 11:40-12:10 pm
No class November 29
Activity Code: S102.102, $59R/$69NR
Parent participation is required

Soccer Camp, Ages 5 - 7
Sundays, Nov 22—Dec 20, 12:20-1:20 pm
No class November 29
Activity Code: S103.103, $69R/$79NR

Soccer Camp, Ages 8 - 12
Sundays, Nov 22—Dec 20, 1:30-2:30 pm
No class November 29
Activity Code: S104.104, $69R/$79NR



Learning Basketball has never been more fun! These classes focus on developing motor skills while introducing dribbling, shot technique, and passing. Adjustable hoops and appropriately sized basketballs are used to always provide just the right amount of challenge. Parent participation is required.

Hoopster Tots 1, Ages 2-3
Sundays, Oct 25-Nov 15, 11:00-11:30 am
Activity Code: S105.105, $59R/$69NR
Parent participation is required

Hoopster Tots 2, Ages 3-4
Sundays, Oct 25-Nov 15, 11:40-12:10 pm
Activity Code: S106.106, $59R/$69NR
Parent participation is required

Learning Volleyball 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. Our staff will assist campers in developing fundamental skills through game-speed drills and daily games aimed at developing the whole player.

Volleykats Camp, Ages 4-6
Sundays, Oct 25-Nov 15, 12:20-1:10 pm
Activity Code: S107.107, $68R/$78NR

Volleyball Camp, Ages 7-9
Sundays, Oct 25-Nov 15, 1:20-2:20 pm
Activity Code: S108.108, $69R/$79NR

Middle School Sports

Registration for South Milwaukee Middle School sports has been moved to the HS athletic office. Registration must be completed on Go Bound. The athletic fee for middle school sports has been changed to $60.00 per sport and is no longer eligible for the free & reduced lunch discount. If your student-athlete participated in a winter or spring middle school sport during the 2025-26 school year, you should already have a family account and student profile set up. You will need to sign in using your login and password. You may add additional family members to this account.

When registering, you will need to upload a current completed physical form, a photo of the front of your health insurance card, and consent to the waivers and agreements. Payment for the program is also completed in Go Bound. The link in the registration portal will take you to a secure payment website. Here is the link for the SMMS Go Bound site. If you have questions, please contact the MS/HS Athletic office at 414-766-5071

https://www.gobound.com/wi/schools/southmilms#

Fitness Center & Track

Before you start any exercise program

- You should consult with your physician.
- If you have health concerns-please notify your teacher.
- Proper warm-up prevents injuries.
- Wear athletic shoes and clothing that allows movement.
- Arrive promptly if participating in an exercise class.
- Bring a water bottle and towel to class.
- Childcare is not provided.

We are committed to providing the optimal exercise center for individuals and family members. Our staff continues to be excited about working with our community and surrounding areas.

Sign up now to enjoy our 4,300-square-foot fitness center and 200-meter elevated rubberized track. We offer over 20 pieces of cardiovascular equipment, a full line of Magnum strength training machines, various free weight options, Olympic lifting platforms, and much more.

Seven (7) High Definition flat-screen televisions and satellite radio are provided for your workout experience so you can view your favorite programs and listen to all your favorite songs. Various exercise classes are available through the Recreation Department Office. You are going to love our low membership rates and the different membership categories.

Fitness Center Hours

School Days
5:00 am-7:00 am
Open To All Members

8:00 am-11:00 am
Open To All SM Resident members

4:30 pm-8:00 pm
(7:00 pm on Fridays)
Open to all Members

Weekends (Year round)
7:00 am-2:45 pm
Open To All Members

When school is not in session, the fitness center will be open normal weekday and weekend hours.

For special hours, modifications to the schedule, closings, and all other updates, please refer to our website at smfitness.org or call the Fitness Center at (414) 766-5084.



Walk With Us
Indoor Walking

Enjoy walking indoors during cold or inclement weather throughout the year. Residents pay a one-time $5 card fee, and non-residents pay a $25 annual fee. The indoor track hours are the same as the Fitness Center. There may be infrequent closures due to inclement weather or other High School events.
Before walking, we ask that you present your Fitness Center Membership ID to the staff. If you have questions, please call the Fitness Center Desk at 414-766-5084.
The South Milwaukee Fitness Center is an eligible facility for fitness programs:Renew Active, SilverSneakers, & Silver & Fit.
Some Medicare supplement plans and group health plans provide these programs, which would give you membership-free access to our Fitness Center and Track! Call your health insurance provider to determine if you have this valuable benefit, or stop by the Fitness Center Desk to check for eligibility.

South Milwaukee High School
Druckrey & Hoffman Track & Field

Open on Sundays from 1:00-3:00 pm May 3 - Oct. 25

Don't miss this fantastic opportunity to enjoy our facility and connect with your community.

The Track will be Open to South Milwaukee residents and SM Fitness Center & Track Cardholders. (Cards must be shown). Those not members of the fitness center or track, must provide a DL or state ID showing they are residents.

Track will be closed in the event of inclement weather conditions (rain, storms, heat etc,) or school events. No pets, no smoking, no beverages allowed on the track.

Adult Exercise Classes

Sundays, Aug 30; Sep 6, 13, 20, 27; Oct 4, 11, 18, 25; Nov 1			**Location**	**Fee**
Open Pickleball	12:00-2:00 pm	Code: EX100.109	HS Gymnasium	$40R/$50NR
Mondays, Aug 31; Sep 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9			**Location**	**Fee**
Gentle Yoga	6:00-6:50 pm	Code: EX100.103	E. W. Luther	$40R/$50NR
Zumba	6:00-6:50 pm	Code: EX100.107	Blakewood Gym	$40R/$50NR
Pilates	7:00-7:50 pm	Code: EX100.105	E. W. Luther	$40R/$50NR
Open Pickleball	7:00-8:30 pm	Code: EX100.109a	Blakewood Gym	$40R/$50NR
Water Aerobics	7:30-8:20 pm	Code: EX100.113a	MS Pool	$48R/$50NR
Tuesdays, Sep 1, 8, 15, 22, 29; Oct 6, 13, 20, 27; Nov 3			**Location**	**Fee**
Bar-less Barre	6:00-6:50 pm	Code: EX100.118	E. W. Luther	$40R/$50NR
Beginner Pickleball	6:30-8:30 pm	Code: EX100.109b	Blakewood Gym	$40R/$50NR
Wednesdays, Sep 2, 9, 16, 23, 30; Oct 7, 21, 28; Nov 4, 11			**Location**	**Fee**
Open Pickleball	6:00-8:00 pm	Code: EX100.109c	Blakewood Gym	$40R/$50NR
Wednesdays, Sep 2, 9, 16, 23, Oct 21, 28; Nov 4, 11, 18, 25			**Location**	**Fee**
Water Aerobics	7:30-8:20 pm	Code: EX100.113b	MS School Pool	$48R/$58NR
Thursdays, Sept 3, 10, 17, 24; Oct 1, 8, 29; Nov 5, 12, 19			**Location**	**Fee**
Mat Pilates Strength	5:00-5:50 pm	Code: EX100.116	Fitness Center	$40R/$50NR
Thursdays, Sept 3, 10, 17, 24; Oct 1, 8, 22, 29; Nov 5, 12			**Location**	**Fee**
Beginner Pickleball	6:00-8:00 pm	Code: EX100.109d	Blakewood Gym	$40R/$50NR
Chiseled	6:15-7:05 pm	Code: EX100.106	MPR	$40R/$50NR
Saturdays, Sept 5, 12, 19, 26; Oct 3, 10, 17, 24, 31; Nov 7			**Location**	**Fee**
Yin Yoga	10:00-11:00 am	Code: EX100.146	Fitness Center	$40R/$50NR

Class schedule is subject to change.

Registrations open Monday, August 3. Register by mail, in person, or ONLINE. Online registrations subject to a non-refundable processing fee.

****The Location above corresponds with the Door # below.****

CLASS LOCATIONS	**ENTRANCE**	**CLASS**	**FEE**
H.S. Gymnasium / Fitness Center	Door #24	Pickleball	$40R/$50NR
Middle School Pool	Door #47	Land Exercise Classes	$40R/$50NR
Middle School Multi Purpose Room (MPR)	Door #49	Water Aerobics	$48R/$58NR
E. W. Luther Gym	Door #5	SM Fitness Center Members	Resident Rates
Blakewood School Gym	Door #9		

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity. Everyone can experience the health benefits of physical activity.





Adult Field Trip to Indie Bookstores



Fall, Saturday, September 26, 9:00 - 1:30 pm Activity Code: F101.101 $22R/$32NR

Winter, Saturday, January 23, 9:00 - 1:30 pm Activity Code: F200.201 $22R/$32NR

Combine your love of reading with a sense of adventure! Treat yourself to a stress-free morning with friends! On our bus field trip, we'll visit an assortment of independent book-stores and take a break along the way for coffee (or a refreshment of your choice). Relax and find your next great read (or gift for someone special).

The bus will pick us up in front of the recreation department doors #24. located on the east side of the SM High School. Park in the east lot off the Oak Creek Parkway. Class is limited to 30 people.

Minors must be accompanied by an adult. The class will fill quickly so please register early.

Tour Guide: Chris Bosetti Retired South Milwaukee Teacher

Go to our registration site. Select "Create an Account" (Remember to save your login password information).



