South Milwaukee Recreation Department

2026 WINTER EXERCISE CLASSES

Sunday	**Nov 29; Dec 6, 13, 20; Jan 3, 10, 17, 24; Feb 7, 14**		**Fees**	**Location/Instructor**
Open Pickleball	12:00-2:00 pm	Activity Code: EX200.209	$40R/$50NR	High School Gymnasium
Monday	**Nov 30; Dec 7, 14, 21; Jan 4, 11, 18, 25; Feb 1, 8**		**Fees**	**Location/Instructor**
Gentle Yoga	6:00-6:50 pm	Activity Code: EX200.203	$40R/$50NR	E. W. Luther Gym /Marie
Pilates	7:00-7:50 pm	Activity Code: EX200.205	$40R/$50NR	E. W. Luther Gym/Jamie
Open Pickleball	7:00-9:00 pm	Activity Code: EX200.209a	$40R/$50NR	Blakewood Gym
Monday	**Nov 30; Dec 7, 14; Jan 4, 18, 25; Feb 1, 8 , 15, 22**		**Fees**	**Location/Instructor**
Zumba	6:00-6:50 pm	Activity Code: EX200.207	$40R/$50NR	Blakewood Gym/Amy
Monday	**Nov 30; Dec 7, 14, 21; Jan 4, 18, 25; Feb 1, 8 , 15**		**Fees**	**Location/Instructor**
Water Aerobics	7:30-8:20 pm	Activity Code: EX200.213a	$50R/$60NR	Middle School Pool/Racquel
Tuesday	**Dec 1, 8, 15, 22; Jan 5, 12, 19, 26; Feb 2, 9**		**Fees**	**Location/Instructor**
Bar-less Barre	6:00-6:50 pm	Activity Code: EX200.218	$40R/$50NR	E. W. Luther Gym/Jamie
Beginner Pickleball	7:00-9:00 pm	Activity Code: EX200.209b	$40R/$50NR	Blakewood Gym
Wednesday	**Dec 2, 9, 16; Jan 6, 13, 20, 27; Feb 3, 10, 17**		**Fees**	**Location/Instructor**
Open Pickleball	7:00-9:00 pm	Activity Code: EX200.209c	$40R/$50NR	Blakewood Gym
Wednesday	**Dec 2, 9; Jan 20, 27; Feb 3, 10, 24 *(7-week class)***		**Fees**	**Location/Instructor**
Water Aerobics	7:30-8:20 pm	Activity Code: EX200.213b	$35R/$45NR	Middle School Pool/Racquel
Wednesday	**Dec 9; Jan 13, 27; Feb 3, 10 (*5-week class)***		**Fees**	**Location/Instructor**
Quick Fire	6:15-7:05 pm	Activity Code: EX200.220	$20R/$30NR	MS Multi Purpose Room/Sarah
Thursday	**Dec 3, 10, 17; Jan 7, 14, 21, 28; Feb 18, 25 *(9-week class)***		**Fees**	**Location/Instructor**
Mat Pilates	5:00-5:50 pm	Activity Code: EX200.216	$36R/$46NR	Fitness Center/Tania
Thursday	**Dec 3, 10, 17; Jan 7, 14, 21, 28; Feb 4, 11, 18**		**Fees**	**Location/Instructor**
Beginner Pickleball	6:00-8:00 pm	Activity Code: EX200.209d	$40R/$50NR	Blakewood Gym
Thursday	**Dec 3, 10, 17; Jan 7, 14, 21, 28; Feb 4, 11, 25**		**Fees**	**Location/Instructor**
Chiseled	6:15-7:05 pm	Activity Code: EX200.230	$40R/$50NR	MS Multi Purpose Room/Sarah

Paying Fitness Center members qualify for Resident "R" rates indicated above.

Registrations open Monday, November 2nd. Class schedule is subject to change.

CLASS LOCATIONS	**ENTRANCE**
E.W. Luther Gymnasium	Door #5 on the North side of E.W. Luther Elementary School
H.S. Gymnasium / Fitness Center	Door #24 on the East side of South Milwaukee High School
Middle School Pool	Door #47 on the East side of South Milwaukee Middle School
Middle School Multi Purpose Room (MPR)	Door #49 on the East side of South Milwaukee Middle School
Blakewood School Gym	Door #9 on the South side of Blakewood Elementary School

You may register by mail or in person, or you may visit our E. W. Luther Gym website (www.smrecdept.org) and register online through the 'Fitness Center & Exercise Classes' page. Classes will only run if there are at least 8 registered participants 3 business days prior to start date (unless noted otherwise).

For additional information please call us at 414-766-5081 or visit our webpages at www.smrecdept.org

REGISTRATION FORM

MAIL REGISTRATION
South Milwaukee Recreation Dept.
South Milwaukee, WI 53172
417-766-5081 or 414-766-5082
www.smrecdept.org

WALK-IN REGISTRATION
South Milwaukee High School
Park on east side of the high school
Enter through Door #24

Family Last Name:_____ **First Name:**_____

Address: _____ **City:** _____ **Zip:**_____

Home Ph:(____) _____-_____ **Business Ph:(____)**-_____-_____ **Cell Ph:(____)** _____-_____

E-Mail Address: _____

I, the undersigned do hereby agree to allow the individual named herein to participate in the activities indicated. I am aware and understand there may be potential risk inherent with participation in any recreation activity, and that the School District of South Milwaukee does not provide accident insurance and cannot assume responsibility for injury to any participants in the recreation programs.

I am familiar with the program eligibility requirements and I further understand that there are no fee transfers and refunds. I also agree to allow publication of any photos taken of me at any program, event, or facility sponsored by the South Milwaukee Recreation Department.

I have read and fully understand the concussion protocols for athletes and will turn in the Concussion Parent/Athlete Agreement Form at the time of registration. This form and additional concussion information is available online at www.smrecdept.org. You may also pick up the form in the Recreation Dept. Office.

_____ _____
Participant/Parent/Guardian Signature Date

Participant Name	M/F	Date of Birth	Grade	Activity Name	Activity Code	Fee

Special Information (i.e. medical, physical, allergies:):_____

Total: $_____ **Check #**_____ **Cash**_____ **Money Order**_____

Make checks or money order payable to the South Milwaukee Recreation Department

Please Circle the Youth T-Shirt Size if one is given as part of the registration XS S M L XL

Sign Up NOW!