

**Parkway Recreation, School and Community
Services Center
2930 South Root River Parkway
West Allis, WI 53227
604-4900**

Recreation Services

Shelly Strasser
Coordinator of Recreation604-4937

Tony Elskamp
Recreation Supervisor604-4925

Dustin Smith
Interim Recreation Specialist604-4906

Mike Sperka
Recreation Specialist604-4938

Recreation Department Programmers: 604-4900
Rick BellfordVM 5902
Linda GritzmacherVM 4922
Ramona KaiserVM 5912
Dawn NardiVM 5919
Cory ThompsonVM 5903

School Services

Tami Frana
Interim Coordinator
of School Services604-4941

Ken McMonagle
School Services, Music Support604-4945

Carole Siegel
School Services, Art & Physical Education
Support604-4905

Community Services

Susan Stuckert
Community Services Grants & Development
Coordinator, WA-WM School District Education
Foundation Executive Director604-4927

Beth Heflin
Mental Health Grant Specialist
AODA Grant Specialist604-4921

Program and Field Locations

Site	Address
West Allis Central High School	.8516 W Lincoln Avenue
Nathan Hale High School	.11601 W Lincoln Avenue
Lincoln Intermediate School	.7815 W Lapham Avenue
West Milwaukee Intermediate School	.5104 W Greenfield Avenue
FL Wright Intermediate School	.9501 W Cleveland Avenue
Franklin Elementary School	.2060 S 86 Street
Horace Mann Elementary School	.6213 W Lapham
Hoover Elementary School	.12705 W Euclid Avenue
Irving Elementary School	.10230 W Grant Street
Jefferson Elementary School	.7229 W Becher Street
Liberty Heights Park	.1540 S 62 Street
Longfellow Elementary School	.2211 S 60 Street
Madison Elementary School	.1117 S 104 Street
McKinley Park	.1000 S 72 Street
Mitchell Elementary School	.10125 W Montana Avenue
Recreation Center	.2450 S 68 Street
Parkway Recreation Center	.2930 S Root River Parkway
Pershing Elementary School	.1330 S 47 Street
Walker Elementary School	.900 S 119 Street
Wilson Elementary School	.8710 W Orchard Street

Fields/Athletic Complexes

Dorow Field	.2450 S 68 Street
Franklin Field	.1964 S 86 Street
Klentz Park	.2601 S 72 Street
Liberty Heights Park	.1540 S 62 Street
McKinley Park	.1000 S 72 Street
Reservoir Park	.1725 S 96 Street
West Allis Athletic Complex	.117th & W Cleveland Ave

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Registration Guidelines

Please read before registering for any program or activity. General registration form on page 23.



Watch for this symbol indicating **NEW** programs to our department!

Resident Lottery Registration

Priority is given to West Allis-West Milwaukee School District residents who mail or drop off registration before 5:00 pm on **Friday, January 8**. This is your best chance to get into a class or program. **If we receive more forms than program enrollment will allow, we will conduct a random drawing to select participants.** Individuals will be notified via mail the week of **January 11** to confirm class assignment. Individuals who are unable to get their designated class will receive a refund check.

Resident status includes individuals living in the West Allis-West Milwaukee School District and all students enrolled in the West Allis-West Milwaukee School District. **Residency is determined by where the participant resides not where the person paying resides.**

Registration continues on January 11 for programs where space is available and will continue through the start of the program. Registration form may be mailed or left in the 24 hour drop box at the Recreation Department, Parkway Center, 2930 S Root River Parkway, West Allis, 53227. The drop box is located at the Wollmer Street entrance. In person registration hours are 8:00 a.m. - 5:00 p.m., Monday through Friday at the Recreation Department, Parkway Center.

Online Registration

Online registration is also available beginning January 11, 12:00 pm. You may register online at **www.wawm.k12.wi.us/recreation** for selected activities. When paying online there is an additional non-refundable convenience fee added by the host site. If the program you are interested in is not listed online, call 414-604-4900 for further information.

Transfer Requests

Anyone requesting class changes (moving from one class to another) after the lottery will be assessed a service charge of \$3.00 which must be paid before the transfer can be made.

Refund Overpayments

When an overpayment is made for any program you are enrolled in and a refund check is sent, \$3.00 will be deducted to cover administrative/ mailing costs. To avoid administrative charges you can have your overpayment credited to your account for future use.

Non-Residents

Non-residents may begin to register at the Recreation Department, Parkway Center, on **Monday, January 11, 2010**.

Payment

Make checks payable to the WA-WM Recreation Department. There will be a service charge of \$10.00 assessed for all checks returned NSF. **If paying cash or address on your check does not match address on your registration, proof of residency will be required in the form of a driver's license or utility bill.**

Refund Policy

The policy of the WA-WM Recreation Department is to refund registration fees only under the following circumstances:

1. A refund request form must be completed at the Recreation Department office.
2. 24 hours or more prior to the start of a class/program, a full refund will be given minus 20% service fee.
3. Less than 24 hours prior to the start of a class/program, but prior to the start of second half, 50% refund will be given.
4. After the first half of class has passed, no refunds will be given.
5. #2, #3, #4 will not apply to adult sports program, contact Tony Elskamp, 604-4925.
6. A full refund will be given when the Recreation Department cancels a class.

Community Activities



West Allis Players

The West Allis Players presents:

"Driving Miss Daisy"

April 16, 17, 23, 24

West Allis Central Auditorium

7:30 pm

West Allis Players Children's Series

2:00 pm

"Beauty and the Beast"

December 20, 2009

"The King's Rabbit"

January 24, 2010

Nathan Hale High School auditorium,
11601 W. Lincoln Ave.

"You're a Good Man, Charlie Brown"

February 7, 2010

WA Central High School

Tickets are \$3.00 for children and adults and available only at the door.

Call the Players Hotline Voice Mail at 299-0384 or visit our website at www.waplayers.com for more information.

The Suburban Concert Band



The Suburban Concert Band is co-sponsored by the Recreation Dept. The band does not march and it can devote its time to more challenging music. Concert dates are March 19 and May 14 at 7:30 pm at Nathan Hale.

For more information visit their website at suburbanconcertband.bravehost.com

Inclement Weather Policy



Program cancellations due to inclement weather will be announced over local radio and television stations. A decision regarding evening programs will be made at 5:00 pm.

For cancellations due to severe weather, call 604-4900, press 2. **When West Allis-West Milwaukee public schools are closed due to inclement weather all Recreation Department activities for that day will be cancelled.**

Every effort will be made to make up classes if schedule permits.

The Suburban Singers



The Suburban Singers is a community based chorus for those who love to sing. Some previous singing experience is helpful but not required. Concert dates are Dec 11 and 18, 2009 and May 7, 2010 with additional performances given around the community throughout the year.

First rehearsal/auditions for the winter/spring semester will be on Tuesday, Jan 12. Please contact Steve Joyal at 414-427-9329 or sjoyal@wi.rr.com for more info or to set up an audition time.

Family Camping TNT Camping Club



Come camping with us - club activities include scheduled campouts, winter party, christmas party and monthly meetings with activities. The club meets at Parkway on the 4th Wednesday of January, March, April May, June, July, September, October and November at 7:30 pm.

For more information call Jerry Mathwig at 541-9564. Visitors and guests are always welcome.

Community Based Transition Program



Enroll now in the Community Based Transition Program which serves adults, ages 18 and older with special needs. The recreation program provides experiences which focus on the areas of daily living skills, personal/social skills, leisure/recreation skills and vocational skills. We meet Mon-Wed, 9:00 am - 2:00 pm at Irving School Fieldhouse, 10230 W Grant, Thursdays, 9:00 am - 2:00 pm at the Southwest YMCA and on Fridays, 9:00 am - 2:00 pm at AMF Lanes Bowling. All participants must be able to provide their own transportation and be independent in personal care.

Please call 604-4900 for further information or to obtain a registration form. Fees are based on the amount of activities and days a participant attends.

Watch for the annual rummage sale in May. To donate items to this sale, contact Rick Bellford or Jackie Jacoby at 604-4000, ext 4048.

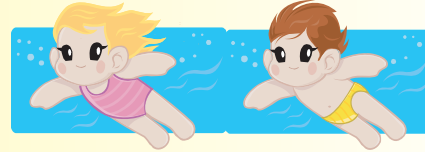
Volunteers Needed Community Based Transition Program

The Irving Transition Program is in need of volunteers to assist with daily activities as well as help assist with community outings. Any assistance you can offer would be greatly appreciated. Please contact Jackie Jacoby or Rick Bellford at 604-4000, ext 4048 for more information or to volunteer.

All volunteers are subject to a confidential background check.

American Red Cross “Learn to Swim” Lessons

Monday lessons: January 18 - March 22
 Tuesday lessons: January 19 - March 23
 Wednesday lessons: January 20 - March 24
 Thursday lessons: January 21 - March 25
 Saturday lessons: January 23 - March 27
FEE: \$25.00 Residents, \$38.00 Non-Residents



Lessons are 45 min with an additional 5 min of open practice time.

Our department is proud to follow the guidelines and best practices of the American Red Cross to deliver a progressive learn to swim program.

Class/Level Requirements and Descriptions

The learn to swim program gives young children a positive developmentally appropriate aquatic learning experience that emphasizes water safety, survival concepts and skill development.

Age and Height Requirements: All participants must be at least 4 years old AND their chin must clear top of water in shallow end of pool in swim levels 1 through 6. FL Wright pool is 3 feet or 36 inches deep in the shallow end and Nathan Hale pool is 3 feet 3 inches or 39 inches deep in shallow end of pool.

Parent & Child PreBeginner: Children ages 2 and up that are toilet trained. Absolutely no swim diapers of any kind are allowed. Beginning water skills introduced such as getting face wet in the pool, blowing bubbles, front and back float and glides.

Level 1 - Introduction of Water Skills: This is for first time students who may be fearful of the water or need to gain confidence to be more independent in the water. They will work on bobbing in the water, back floats, submerging face in the water.

Level 2 - Fundamental Aquatic Skills: Will learn floating and swim skills without support devices. Jumping in alone and going underwater. Treading water and front combined skills will be introduced.

Level 3 - Stroke Development: Will learn to do front crawl and elementary backstroke and swim the width of the pool. Introduce deep water skills, jumping in, simple dives and treading water.

Level 4 - Stroke Improvement: Practice front and back crawl strokes for 25 yards. Learn butterfly, breast stroke and side stroke. Underwater swim and deep water skills introduced.

Level 5 - Stroke Refinement: Practice front and elementary back stroke for 50 yards. Swim breast stroke, side stroke and butterfly 25 yards, and increase deep water skills.

Level 6 - Fitness Swimmer (FS): Continue work with front crawl, elementary back stroke, back crawl, side stroke and butterfly while incorporating turns and a higher level exercise and endurance program.

Lessons: F.L. Wright Pool, 9501 W. Cleveland

Time	Level	Reg #
Mondays		
6:00 pm	1	3132.101
Tuesdays		
6:00 pm	2	3233.101
7:00 pm	3	3333.101
Wednesdays		
6:00 pm	2	3234.101
7:00 pm	5	3534.101

Time	Level	Reg #
Thursdays		
6:00 pm	1	3135.101
7:00 pm	3	3335.101
Saturdays		
9:00 am	Parent & Child	3037.101
10:00 am	2	3237.101
11:00 am	1	3137.101
12:00 pm	3	3337.101
1:00 pm	4	3437.101
2:00 pm	6FS	3637.101

Pool Regulations

- *Per state code, all swimmers must thoroughly rinse off in the shower before entering the pool.
- *Swim caps are required of all swimmers whose hair is long or controlled by hair spray or oil. Caps are sold at pool for \$2.00.
- *Do not bring valuables to pool. The Recreation Dept. is not responsible for lost or stolen articles.
- *Any swimmer who has entered kindergarten must use their respective male/female locker room.
- *Strollers must be kept out of pool area for child's safety. Please carry child or use child carrying device.

Water and air temperature is regulated by the District's Maintenance Department, not the Recreation Department. They make every attempt to maintain a pool temperature of 82 degrees.

Aquatics



Adult Water Exercise Moderate Intensity

This class will focus on aerobic routines and stretching exercises done to music at a moderate intensity level. This is for the swimmer and non-swimmer. This is a ten week program.

Location:
Wright Middle School, 9501 W Cleveland Ave

Mondays - Trudi Pitre
January 18 - March 22
8:00 - 8:50 pm **3023.101**

Tuesdays - Trudi Pitre
January 19 - March 23
8:00 - 8:50 pm **3023.102**

Wednesdays - Marcia Thekan-Stewart
January 20 - March 24
8:00 - 8:50 pm **3023.103**

Thursdays - Laura Haas
January 21 - March 25
8:00 - 8:50 pm **3023.104**

Saturdays - Laura Haas
January 23 - March 27
8:00 - 8:50 am **3023.105**

FEE: \$25.00 Resident
\$38.00 Non-Resident



Adult Swim Lessons

Now is the time to learn to swim! This class is for students who have never taken swim lessons or who just need help with basic skills or strokes. Our instructor will work with participants to become more comfortable in the water as you learn different strokes and how to be safe in the water.

Location:
Wright Middle School, 9501 W Cleveland Ave

Mondays, January 18 - March 22
7:00 - 8:00 pm **3022.101**
FEE: \$25.00 Resident/\$38.00 Non-Resident

Intermediate School Students Swim Lessons

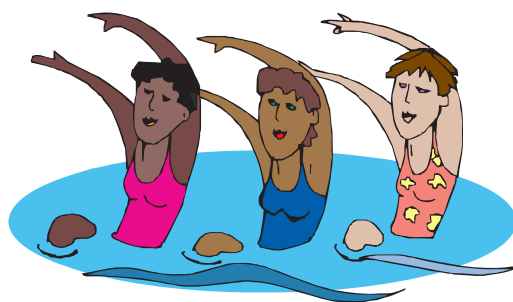
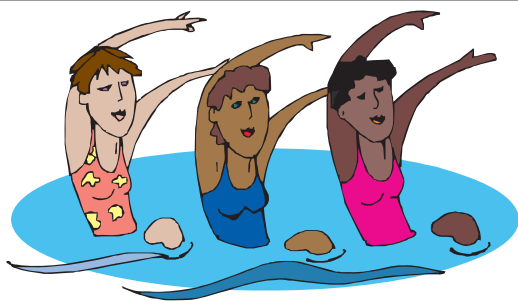
This class is designed to allow the student to swim with other students in their age group and gives all intermediate school students a chance to reinforce their skills and prepare them for any physical education swim classes they may enter. This class is open to all 6th, 7th and 8th graders.



Location:
Wright Middle School, 9501 W Cleveland Ave

Mondays, January 18 - March 22
7:00 - 8:00 pm **3921.101**

FEE: \$25.00 Resident/\$38.00 Non-Resident



Open Swim

Please do not bring balls or other objects to the pool. Only Recreation Department provided balls and dive toys can be used. Children under 12 must be accompanied by an adult.

Admission:

Residents: Adults \$2.00, Seniors (60+) \$1.00, Children under 18 \$1.00
Non-Residents: Adults \$3.00, Seniors (60+) \$2.00, Children under 18 \$2.00

Holiday Gym & Swim
Central High School
8516 W Lincoln Avenue

All Ages: December 28, 29 and 30
12:00 noon - 3:00 pm

Nathan Hale High School
11601 W Lincoln Avenue
January 4 - March 24

Monday: Adults 6:00 - 8:00 pm
Wednesday: All ages 6:00 - 8:00 pm

Early Childhood

Mini Marvels

These are one day opportunities for your child to have fun and explore the day's themes through crafts, stories, games and movement activities. Register for one or all themes. **For the Messy Masterpieces wear painting clothes.**



This is a parent participation class.

Classes will be held on Wednesdays

Location: McKinley Fieldhouse
1000 S 72 St

Ages 2-4
11:00 - 12:00 pm

January 20
Zoo Animals **2617.101**

January 27
Messy Masterpieces **2617.102**

February 3
Under the Sea **2617.103**

February 10
Pirates on the High Seas **2617.104**

February 17
Space: Beyond the Stars **2617.105**

February 24
Down on the Farm **2617.106**

March 3
Bugs, Bugs, Bugs **2617.107**

March 10
Radical Robots **2617.108**

March 17
Princess Playtime **2617.109**

March 24
Sensational Seasons **2617.110**

April 14
It's Your Birthday **2617.111**

April 21
World of Wheels **2617.112**

April 28
Cowboy and Cowgirl Round -up **2617.113**

May 5
Dinomite Dinosaurs **2617.114**

May 12
Messy Masterpieces **2617.115**

May 19
Caterpillars & Butterflies **2617.116**

FEE per date:
\$5.00 Resident
\$8.00 Non-Resident

Teeny Tumblers

This class will keep you moving! We will stretch, learn simple tumbling skills (log rolls, forward rolls and bridges) and work on balance while moving around doing different loco motor activities. Children and their parents will be able to experience how their body moves, socialize with others and enjoy the thrill of learning a new skill.



Location: Mitchell Elementary
10125 W Montana Ave-use main entrance
Tuesdays

Feb 9 - Mar 16

Ages 2-3 with parent
6:00 - 6:40 pm **2601.101**

Ages 3-4 with parent
6:50 - 7:30 pm **2601.102**

April 20 - May 25

Ages 2-3 with parent
6:00 - 6:40 pm **2601.103**

Ages 3-4 with parent
6:50 - 7:30 pm **2601.104**

FEE: \$23.00 Res/\$35.00 Non-Res

Tot Works

This class is designed for toddlers and preschoolers ages 2- 3 1/2 years of age. Each class centers around a theme. There will be story time, finger plays, artwork, movement activities and skill based games to enhance the theme of the day. This class will promote a positive attitude and strong social skills. Tot Work kids have fun and learn at the same time.



Location:
McKinley Fieldhouse (upper level)
1000 South 72 St

Age Requirement
A. 2 - 3 1/2 years
parent participation required
class size 12-15

B. 2 1/2 - 3 1/2 years
without parent
class size 8-10 and child must be socially ready to attend classes independently.

Mondays

I. January 18 - February 22
A. 9:30 - 10:30 am **2609.101**
B. 11:00 - 12:00 pm **2609.102**

II. March 1 - April 12 (no class April 5)
A. 9:30 - 10:30 am **2609.103**
B. 11:00 - 12:00 pm **2609.104**

III. April 19 - May 24
A. 9:30 - 10:30 am **2609.105**
B. 11:00 - 12:00 pm **2609.106**

FEE: \$27.00 Res/\$41.00 Non-Res

Pre-School Adventures

This is a 2 hour, 8 week class designed for all preschoolers ages 3-5 years old or for the child who missed the K4/K5 age cut off. Adventures will offer preschool activities that are fun, creative and educational with **Kim Rymer**, certified classroom teacher. Your child will have the opportunity to participate in arts and crafts, music, stories and learning centers that all revolve around the theme of the day. Basic academic skills like sorting, colors, patterns, shapes, numbers, and the ABC's will be introduced along with the "Letter People". Your child will be encouraged to use his/her creative energy to develop social skills that will allow him/her to learn and play successfully within a group setting.



This is not a parent participation class. Child must be comfortable in a classroom setting without their parent and toilet trained as well. **Please note, for each session, the Tuesday and Thursday classes will cover the same information.**

Location:
Irving Elementary, 10230 W Grant
use main entrance

Session I:
Tuesdays

January 19 - March 9
9:00 - 11:00 am **2603.101**

Thursdays

January 21 - March 11
9:00 - 11:00 am **2603.102**

Session II:

Tuesdays

March 23 - May 25
(No class March 30 and April 6)
9:00 - 11:00 am **2603.103**

Thursdays

March 25 - May 27
(No class April 1 and April 8)
9:00 - 11:00 am **2603.104**

FEE: \$56.00 Res/\$84.00 Non-Res



Community Helpers

NEW! Toddlers (ages 2-4) and their parents will enjoy learning about the people that make our community strong, such as firemen, teachers and construction workers. Participants will learn how to be safe, and how important working together is. Games, art and special visitors will make this a memorable class for all.



Location: McKinley, 1000 S 72 St

Thursdays

April 15 - May 20
9:30 - 10:30 am **2615.101**

FEE: \$27.00 Res/\$41.00 Non-Res

Early Childhood

Tiny Tot Fun & Fitness



Parents and children will enjoy Tiny Tot Fun & Fitness. Share the fun with your child as they develop physically and socially through songs, large and small motor skills, and gym activities set to fun. Activities may include parachute, bean bags, balls, instruments, balance beam, and more.

This is a parent participation class and only the child enrolled should be in the classroom. Please make arrangements for any other children.

Location:
McKinley Fieldhouse (upper level)
1000 South 72 St

Mondays

February 8 - March 15

18-28 months
5:30 - 6:15 pm **2607.101**

29-42 months
6:45 - 7:30 pm **2607.102**

April 12 - May 17

18-28 months
5:30 - 6:15 pm **2607.103**

29-42 months
6:45 - 7:30 pm **2607.104**

Wednesdays

February 10 - March 17

1 1/2 - 3 1/2 yrs
9:00 - 10:00 am **2607.105**

April 14 - May 19

1 1/2 - 3 1/2 yrs
9:00 - 10:00 am **2607.106**

FEE PER SESSION:

\$27.00 Resident
\$41.00 Non-Resident

Start Smart Soccer



By working one on one with their parents, children ages 3-4 will learn the basic skills of soccer in a FUN and non-threatening environment. Through exercises that become increasingly more difficult as the children progress, children will work on dribbling, kicking and passing, trapping, throw-ins, and agility to help prepare them to participate in organized soccer.

Location: Walker Elementary
900 S 119 Street

Thursdays

April 15 - May 20
6:00 - 7:00 pm **2628.101**

FEE: \$27.00 Resident
\$41.00 Non-Resident

Start Smart Basketball



In this fun and exciting program for children ages 3-4 and their parents, you will have the opportunity to work with your children one on one and help them learn to play basketball in a FUN and non-threatening environment.

Program will teach a variety of skills including dribbling, ball handling, shooting, passing, catching, running and agility through exercises that become increasingly more difficult as the class progresses and children show improvement. Class size max is 12.

Location: Walker Elementary
900 S 119 Street

Thursdays

January 21 - February 25
6:00 - 7:00 pm **2627.101**

FEE: \$27.00 Resident
\$41.00 Non-Resident

Music Makers and More Family Band

Ages 9 months-4 years-note the age range has changed



This sing along musical activity group is designed for children and their parents or caregivers. Ages are recommendations not restrictions. Families with multiple children can sign up for the same class. Classes are priced per child not per family. The class incorporates traditional children's songs, finger play, rhythm instruments and dance movements as well as puppets that help tell a story within the songs. Our goal is to give children an interest and love for all kinds of music. Bring your dancing feet and join us for a fun family class!

Location: McKinley, 1000 S 72 St.

Tuesdays

January 26 - February 23
10:45 - 11:15 am **2616.101**

March 2 - March 30
10:45 - 11:15 am **2616.102**

April 13 - May 11
10:45 - 11:15 am **2616.103**

Thursdays

January 28 - February 25
6:15 - 6:45 pm **2616.104**

March 4 - April 1
6:15 - 6:45 pm **2616.105**

April 15 - May 13
6:15 - 6:45 pm **2616.106**

FEE per session per child:
\$36.00 Resident
\$54.00 Non-Resident

Favorite Toddler Books



Explore and expand the world of favorite toddler books through games, sensory play, songs and arts. Parents and children (ages 2-4) will enjoy time together with books you will remember for a lifetime. Some weekly themes in this 8 week program include: *Very Hungry Caterpillar*, *The Cat in the Hat*, *Good Night Moon*, just to name a few.

Location: McKinley, 1000 S 72 St

Thursdays

January 21 - March 11
9:30 - 10:30 am **2622.101**

FEE: \$36.00 Res/\$54.00 Non-Res

Youth Enrichment



Kids Cuisine

Each day a new cooking experience will be presented from good eats to yummy treats. Your chef will prepare and eat what they create giving them a feeling of satisfaction and accomplishment. We will also cover cooking terms, measuring, manners, place settings and kitchen safety.

Location: McKinley Fieldhouse
1000 S 72 St

Tuesdays

Jan 19 - Feb 23 (5K-2nd Grade)

6:00 - 7:00 pm **2618.101**

April 20 - May 25 (3rd-5th Grade)

6:00 - 7:00 pm **2618.102**

FEE: \$30.00 Resident
\$45.00 Non-Resident



Kindercooks

This program is designed as an introduction to the kitchen with the benefit of leaving with a smile and a full belly.



In this class the little chefs (ages 3-4) will learn kitchen safety, manners, cooking terms and food preparation.

They will be allowed to experiment with several ingredients and sample their tasty treats during class.

Location: McKinley, 1000 S 72 St

Tuesdays

March 2 - April 13

No class April 6

6:00 - 7:00 pm **2602.101**

FEE: \$30.00 Resident
\$45.00 Non-Resident



Easter Party Saturday, March 27

The West Allis-West Milwaukee Recreation Department is sponsoring a family oriented Easter event 9:00 - 11:00 am at FL Wright. Informational flyers will be distributed through the WA-WM schools. For more information call Dawn Nardi, 604-4900, vm 5919.

Youth Baton Classes



Diamond Twirlers is a club sport activity under the auspices of the Recreation Department with director **Kathy Kugi-Tom**. Members are taught to twirl and perform. The competitive level team attends regional dance and baton competitions and strives to do other community performances on a solo and small group level. The goals of the group are to develop ability within the sport, promote teamwork and leadership. Baton classes are held for children 4 years of age and up. Class minimum is 8, maximum is 20. All levels are classified by age. If ability dictates a student may be moved to a different level if agreed upon by the parent and teacher. Age is based on age of child on first day of class. For more info call Kathy Kugi-Tom, 604-4900, vm5931. Location: General Mitchell School 10125 W Montana

Saturdays, January 9 - April 25
No class April 3, 10

Level 1 - age 4
12:00 - 12:40 pm **9139.101**

Level 2 - Age 5
12:00 - 12:40 pm **9139.102**

Level 3 - Ages 6 - 8
12:45 - 1:25 pm **9139.103**

Level 4 - Ages 9-11
12:45 - 1:25 pm **9139.104**

Level 5 - Ages 12 and up
1:30 - 2:10 pm **9139.105**

FEE: \$60.00 Res/\$90 Non-Res

Additional costs: baton which can be ordered at 1st class.



Non-Teaching Day Camps

The Recreation Department offers a series of day camps when school is not in session.

Camps are held at Mitchell Elementary Fieldhouse, 10125 W Montana.

Camps will be held: Jan 18th, 25th, Feb 26th, Mar 1st, Apr 1st, 5th, 6th, 7th, 8th, 9th from 7:30 am - 5:30 pm.

For more information call Mike Sperka at 604-4938.

Date Night with Mom & Dad Youth ages 5-18 with parent or guardian



Moms and Dads join us for fun evening with your special little man or lady on Friday, February 19. The evening will be filled with music, games, fun and treats.

A photographer will be available for photos at an additional fee.

Registration must be made in advance
Deadline to register is Friday, Feb 5.

Location: Mitchell Elementary
10125 W Montana Ave

Friday, February 12
6:30 - 8:00 pm **2605.101**

FEE: \$10.00 per couple Resident
\$15.00 per couple Non-Resident

Youth Enrichment



After School SAFE Program

Registration form - page 20
Registration will require
2 business days to process before your child can begin attending SAFE.

The Recreation Department offers after school programming at all elementary schools. The SAFE programs runs Monday-Friday when school is in session from 3:25 - 5:30 pm. The cost is \$60.00 per semester per child or \$120 per year no matter how many days a student participates. Registration will not be accepted at the schools.

The format includes a structured schedule. Students will be checked in and out. Daily activities include directed play, time where all participants will be involved in completion of homework or another academic enrichment activity and organized gym/outdoor activities. Special events, movies and community service projects will be integrated into the program. Students who do not adhere to behavior expectations may be dismissed from the program. Students will not be able to leave unless checked out by a parent/guardian. Included with registration fee is a daily nutritional snack. When you call in your child's absence/change of plans at your school, state that the after school program must also be notified. Second semester begins January 26th.

Mail or drop off your registration at the Parkway Center. You may also register online at www.wawm.k12.wi.us/recreation

American Red Cross Babysitting



Babysitting is one of the most important jobs a young person will ever have. Babysitting can be a lot of fun but the responsibility should never be taken lightly. This course is open to all boys and girls ages 11 and above, and will include instruction based around 4 themes: Leadership, Safety and Safe Play, Basic Care and First Aid, including rescue breathing dolls.

There is a limit of 12 students per session with instructor **Ramona Kaiser**. Participants must attend all classes to receive Red Cross Certification. Bring paper, pencil, cabbage patch size doll, snack and drink to class.

Location: Mitchell Elementary Fieldhouse, 10125 W Montana Avenue

Thursdays

Feb 11, 18, 25
5:40 - 8:00 pm

8001.101

Thursdays

March 11, 18, 25
5:40 - 8:00 pm

8001.102

Thursdays

May 13, 20, 27
5:40 - 8:00 pm

8001.103

FEE: \$40.00 Resident
\$60.00 Non-Resident



Intermediate After School Program REACH 4 the Stars

The REACH 4 the Stars program is open to all 6th, 7th and 8th graders at each intermediate school.

As a part of the after school program students will have the opportunity to connect with their friends in the "Peer Connections" area (cafeteria) where they can socialize, enjoy a provided healthy snack as well as purchase additional snacks. There is a "Homework Assistance" area, computer lab access and a "Sports Zone" where they can participate in individual and team based athletic and fitness activities, intramurals, open gym time and an Academic Support area. A gaming system is also available.

To be a part of Reach 4 the Stars a \$30.00 membership fee per semester is required. In addition, various clubs will be offered throughout the year on a quarterly basis and may include Hip Top, Tae Kwon Do, Digital Photography, Guitar, Drama, Cooking, Chess and more. Additional fees will be required to cover the cost of supplies and instructors.

Registration forms are available at the Recreation Department, your school office or on-line at:

www.wawm.k12.wi.us/recreation
See your site coordinator for more information.

For more info contact:

FL Wright, Mike Sperka, 604-4938

West Milwaukee, Tony Elskamp, 604-4925

Lincoln, Rachael Matts, 604-4252 between 2:45-5:30 pm

Drivers Education, Classroom Theory Only



Classes will be held at West Allis Central High School. Class size is limited to 25 students per session. **A special registration form is needed and is available at Parkway Center, or online at www.wawm.k12.wi.us/recreation. Students must attend ALL classes to pass the class.** Classes are on Mondays and Wednesdays.

Session I, January 27 - March 22, 3:45 - 5:55 pm

8008.101

Session II, March 29 - May 26, 3:45 - 5:55 pm

8010.101

FEE: \$80.00 Resident
\$120.00 Non-Resident

Plus a \$20.00 refundable deposit on the textbook (separate check).

Youth Enrichment

Junior Outdoor Golf Lessons Ages 7 - 15



Learn the fundamentals of the full swing with woods and irons and the short game techniques to include pitching, chipping and putting with golf professional **Jim Rewolinski**. Instruction is geared to each individual's ability. Class size is limited to 12 students to maximize individual attention time.

Bring your own clubs or use house clubs at no charge. Do not purchase clubs until after the first lesson at which time a personal evaluation and recommendation will be made regarding the correct fit for your physique and swing proficiency.

Students are required to rent practice balls at \$3.00/\$6.00 and \$1.00 for the putting green at Deer Haven. A \$5.00 greens fee is required for the three holes practice round.

Location
Deer Haven Golf Course,
19180 W Cleveland Avenue

Ages 7-11
Saturdays,
April 17 - May 22
9:00 - 10:00 am

6704.101

Ages 12-15
Saturdays,
April 17-May 22
10:00 - 11:00 am

6704.102

FEE: \$30.00 Resident
\$45.00 Non-Resident

See page 25
for
Open Gym
Information.

Ski or Snowboard Lessons



Great gift idea for the whole family (ages 10-adult). Enjoy the winter snow together in the great outdoors. The Recreation Department is teaming with Crystal Ridge to offer three lessons. Instruction from Crystal Ridge ski instructors. Class size is 6-20 for ski lessons and 4-10 for snowboard. Fee includes lift, lesson and rental. This is still a great price even if you have your own equipment or season pass - 6:00 pm check-in, lessons begin at 6:30 pm. No additional fee to ski or snowboard until 10:00 pm. If under 18 must be accompanied by legal guardian on first day. For information regarding snow conditions call 414-529-SNOW.

Location: Crystal Ridge, 529-7676
7900 Crystal Ridge Drive, Franklin

Ski Lessons

Tuesdays, January 5, 12, 19
6:30 - 7:30 pm **6825.101**
FEE: \$70.00 Resident
\$105.00 Non-Resident

Snowboard Lessons

Thursdays, January 7, 14, 21
6:30 - 7:30 pm **6825.102**
FEE: \$95.00 Resident
\$143.00 Non-Resident

Youth Learn to Bowl



This eight week program offers 8 to 14 year olds bowling lessons provided by the staff at AMF Bowling Center. Instruction includes 3 games of bowling weekly. The cost includes use of a bowling ball and shoes.

Location: AMF West Allis Bowling Center, 10901 W Lapham Street

Wednesdays
February 3 - March 24
4:00 - 5:30 pm **6611.101**

FEE: \$63.00 Resident
\$95.00 Non-Resident

Skating and Blading Lessons



Learn to skate or blade better. Students will be divided into groups by age and ability the first week of instruction.

Each one hour class consists of a half hour of instruction and a half hour of skill based games and activities. Regular roller skate rentals are free if needed.

Roller blade rentals are \$3.00 per class. Students may use their own skates with approval of the instructor. Lessons are for seven weeks on Mondays.

Location: Incredi-Roll
10928 W Oklahoma Ave

Mondays

March 8 - April 19
Ages 4 - 13
5:00 - 6:00 pm **6615.101**

FEE: \$64.00 Resident
\$96.00 Non-Resident

Tae Kwon Do/ Mixed Martial Arts 3rd - 12th Grade Students



Learn tae kwon do and mixed martial arts from 3rd degree black belt **Mr. Jordan**. Students practicing martial arts can expect to improve their self-confidence, concentration, coordination, respect for others, leadership skills and physical fitness. Register today and you can enjoy these wonderful benefits.

Location: WA-WM Recreation Center
2450 S 68 St

Fridays

I. January 22 - March 19 No class Feb 26
4:00- 6:00 pm **6601.101**

II. March 26 - May 28 No Class April 2, 9
4:00 - 6:00 pm **6601.102**

FEE: \$60.00 Resident
\$90.00 Non-Resident

Youth Sports

Teams will be based on school they attend. However, due to the number of players it may be necessary to combine players from more than one school to form a team except when a league draft is conducted.



Instructional Indoor Soccer K5 & 1st Grade "Jr Soccer"

An instructional soccer league will be offered February 20-April 24. There will be no games on April 3 and 10. Practices and games are held on Saturdays at West Milwaukee Middle School, 5104 W Greenfield. Registration is first come, first served to the first 180 players. Deadline to register is February 5 or until full. For more information, call Mike Sperka, 604-4938 or Cory Thompson at 604-4900, ext 5903.

Registration Number: **6511.101**

FEE: \$25.00 Resident
\$38.00 Non-Resident

Indoor Soccer 2 & 3 Grade Girls "Shot and a Goal"



This program will run Feb 20-April 24. There will be no games April 3 and 10. Games and practices will be held at Horace Mann, 6213 W Lapham, on Saturdays. Registration is first come, first served, open to the first 80 players. Deadline is Feb 5 or until full. For more information call Mike Sperka, 604-4938 or Dawn Nardi at 604-4900 vm5919.

Registration Number: **6512.101**

FEE: \$25.00 Resident
\$38.00 Non-Resident

Indoor Soccer 2 & 3 Grade Boys "United"



This 8 week program will run Feb 20-April 24. There will be no games April 3 and 10. Practice and games will be held on Saturdays at Horace Mann, 6213 W Lapham. Registration is first come, first served, open to the first 100 players. Deadline is Feb. 5 or until full. For more information call Mike Sperka, 604-4938 or Dawn Nardi at 604-4900 vm5919.

Registration Number: **6512.102**

FEE: \$25.00 Resident
\$38.00 Non-Resident



Girls' Indoor Soccer 4 & 5 Grade

Indoor soccer leagues will be offered this winter. Leagues will be held February 20-April 24. Games are held on Saturdays. There will be no games on April 3 and 10. Location will be Wright, 95th & Cleveland. Participants will be contacted by the Rec Dept with practice information prior to the start of the program. Deadline to register is Friday, Feb 5. For more information call Linda Gritzmacher, 604-4922 or Dustin Smith at 604-4906. Registration Number: **6513.102**
FEE: \$25.00 Res/\$38.00 Non-Res



Boys' Indoor Soccer 4 & 5 Grade

Indoor soccer leagues will be offered this winter. Leagues will be held February 20-April 24. Games are held on Saturdays. There will be no games on April 3 and 10. Location will be Wright, 95th & Cleveland. Participants will be contacted by the Rec Dept with practice information prior to the start of the program. Deadline to register is Friday, Feb 5. For more information call Linda Gritzmacher, 604-4922 or Dustin Smith at 604-4906. Registration Number: **6513.101**
FEE: \$25.00 Res/\$38.00 Non-Res

Girls' Indoor Soccer 6th, 7th & 8th Grade



Indoor soccer leagues will be offered this winter. Leagues will be held February 20 - April 24. There will be no games on April 3 and 10. Location will be Hale auxiliary gym, 11601 W Lincoln. **A mandatory practice/draft will be held Saturday, Feb 20 in the auxiliary gym at Hale, 6th and 7th grade is at 11:00 am and 8th grade at 12:00 pm.** Deadline to register is Thursday, Feb 18. For more information call Cory Thompson, 604-4900, vm5903 or Dustin Smith at 604-4906. Registration Number: **6514.102**
FEE: \$25.00 Res/\$38.00 Non-Res

Boys' Indoor Soccer 6th, 7th & 8th Grade



Indoor soccer leagues will be offered this winter. Leagues will be held February 20 - April 24. There will be no games on April 3 and 10. Location will be Hale auxiliary gym, 11601 W Lincoln. **A mandatory practice/draft will be held Saturday, Feb 20 in the auxiliary gym at Hale at 1:00 pm.** Deadline to register is Thursday, Feb 18. For more information call Cory Thompson, 604-4900, vm5903 or Dustin Smith at 604-4906.

Registration Number: **6514.101**
FEE: \$25.00 Res/\$38.00 Non-Res



Players will be contacted by phone prior to the start of the program. Confirmations letters are not sent for these youth sport programs.



VolleyTots

Get those little guys and girls up and moving! This program



is 6 weeks long with training that emphasizes motor learning and development through various volleyball skills. This program is reserved for 4K through 2nd grade boys and girls. This program will include: FUNdamentals, court related movement, non-court related movement, hand-eye development with ball, body movement and ball work, foot work and agility, introduction to the sport of volleyball and tons more!

Location: Irving School
10230 W Grant

Fridays

January 22-February 26

4K-5K: 5:30-6:30 pm **6403.101**
1-2 grade: 6:30-7:30 pm **6403.102**

FEE: Includes t-shirt
\$10.00 Resident
\$15.00 Non-Resident

6, 7 & 8 Grade Girls Volleyball



This league will run Feb 20 - April 24. Players will register as individuals and will be placed on teams.

Teams are coached by parents or interested adults.

Mandatory draft clinic is Sat, Feb 20, Central, 8th grade at 8:00 am, 7th grade at 9:00 am and 6th grade at 10:00 am.

Deadline to register is Friday, Feb 19.

For more information call Linda Gritzmacher, 604-4922 or Tony Elskamp at 604-4925.

Registration Number: **6402.101**

FEE: \$25.00 Resident
\$38.00 Non-Resident

Youth Sports

Wrestling Club Kindergarten - 8th Grade



The WA-WM Wrestling Club is kicking off its 30th season this winter. The club is for all ages, kindergarten through 8th grade and all levels of competition.

If you are just starting out we can teach you the basics but if you are an advanced wrestler we can help you develop the strength, speed and agility for high school or other types of sports. We are looking for kids who will be willing to dedicate their time and energy to this sport.

The club will host its own Kids Tournament at WA Central on Jan 31, 2010. To make it a successful tournament we need a lot of parent participation.

We will end the season with a year end banquet in April. There is a great dinner and awards given out that night.

Registration night is Monday, January 4 at the Recreation Department, Parkway Center, from 6:00 - 7:30 pm. Coaches and committee members will be there to answer any of your questions. The fee is \$50.00 for residents and \$75.00 for non-residents.

We practice two nights a week, 6:30-8:00 pm on Mondays and Wednesdays at West Allis Central High School.

First practice starts Wednesday, January 6, 2010

A special registration form is needed to register and will be distributed through WA-WM schools in December.

If you have any questions contact Chuck or Shelly Werner at 771-9620.

WA-WM Recreation Dept Free Throw Contest



The annual Free Throw contest will be held Tuesday, February 23, 2010 at West Allis Central fieldhouse, 8516 W Lincoln Ave from 7:00 - 8:30 pm.

Hershey Track Meet



Local Qualifying Meet

May 2010, date and time TBA.
WA Athletic Field Track, 116 & Cleveland
Age Participation Divisions: 5-6, 7-8, 9-10, 11-12, 13-14, age as of 12/31/10,
Local events results are used as qualification for Hershey District Meet.

Hershey District 4 Meet

Saturday, June 19, 2010, 9:00 am
WA Athletic Field Track, District results are used as qualification for Hershey State Track Meet.

Hershey State Meet

Saturday, June 26, 2010, 10:00 am
WA Athletic Field Track.

Winners from the State Meet who are selected to attend the North American National Meet will be invited to Hershey, PA from **August 5-8, 2010**. For more info check website at www.wawm.k12.wi.us/recreation/hershey_track or call Linda Gritzmacher at 604-4922.

Trixters



Classes are for girls and boys ages 4 and up and consist of working on bars, beam, floor, vault and Tumble-Trak Trampoline. We offer classes with only 10 students per coach which enables us to give personalized attention. Classes range from beginner to intermediate, advanced and preteam. **Classes are held in the evenings between 6:00 - 8:00 pm on both Tuesday and Thursday at Nathan Hale High School.** Testing will take place Jan 14 at Hale, ages 4-7 between 6:00 - 6:55 pm and ages 8 and up between 7:00 - 7:55 pm. The number of classes offered will be based on the testing levels. Classes will run January 14 - March 25. Please make sure child is dressed in gymnastic apparel (shorts or t-shirts for boys, gymnastic leotards for girls). All girls shoulder length hair must be tied up. Enrollment is first come, first served and limited to 70 participants per session. Deadline to register is Friday, Jan 8th or until class is full. For more information Call Tony Elskamp 604-4925.

Registration Number

Ages 4-7 **6000.101**

Ages 8 and up **6000.102**

FEE: \$70.00 Res/\$105 Non-Res

Indoor Track Meet

Hershey Preliminary

Instructional Clinic: 9:00 - 10:00 am

Date To Be Announced

**Central High Gym, 87 & Lincoln
Meet Begins 10:00 am**

Indoor Track Meet for all boys and girls 5-6, 7-8, 9-10, 11-12 and 13 & 14 years old. Boys and girls will compete separately. Ribbons will be awarded for winners. A flyer will be distributed to all District schools in January. Contact Linda Gritzmacher, 604-4922 for more information.

<u>5-6 Year Olds</u>	<u>11-12 Year Olds</u>
50 Meter Dash	100 Meter Dash
100 Meter Dash	200 Meter Dash
	400 Meter Dash
	800 Meter Dash

<u>7-8, 9-10 Year Olds</u>	<u>13-14 Year Olds</u>
50 Meter Dash	100 Meter Dash
100 Meter Dash	200 Meter Dash
200 Meter Dash	800 Meter Dash
400 Meter Dash	1600 Meter Dash

Field events: Softball throw and standing long jump.

Youth Sports

Beginning Baseball/Softball Skills Camp



This 3 day camp is an introductory baseball skills camp for 4 - 9 year olds. Skills such as throwing, catching, hitting and fielding will be taught. Wear a baseball hat, bring a baseball glove and you may bring your own bat. Registration is first come, first served, limited to 40 participants. Deadline March 3 or until full.

Location:
Central High School Fieldhouse
8516 W Lincoln

Friday, March 12, Saturday March 13 and
Saturday March 20

Ages 4, 5, 6
Friday, 6:00 - 7:00 pm and
Saturday 11:00 - 12:00 noon **8109.101**

Ages 7, 8, 9
Friday, 7:00 - 8:00 pm and
Saturday 12:00 - 1:00 pm **8109.102**

FEE: **Includes t-shirt if registered by Mar 3**
\$30.00 Resident
\$45.00 Non-Resident

Baseball/Softball Hitting Camp



This is a hands-on hitting clinic. Live hitting sessions emphasize proper stance, grip, lower and upper body mechanics, fastball and off speed hitting along with the skill of bunting. Camp is conducted by area high school baseball coaches. Wear a baseball hat. Bring your bat. Some bats, baseballs and instructional materials supplied by the camp. Registration is first come, first served, limited to 100 participants. Deadline March 3 or until full.

Location:
Central High School Fieldhouse
8516 W Lincoln

Ages 10 - 18
Friday March, 12, Saturday, March 13
and Saturday March 20

Friday, 8:00 - 9:30 pm
Saturday, 1:30 - 3:00 pm **8111.101**

FEE: **Includes t-shirt if registered by Mar 3**
\$50.00 Resident
\$75.00 Non-Resident

Baseball/Softball Pitching Camp



"Directional" pitching skills that teach proper body balance and the control needed to throw several pitches. Each pitcher must supply his own catcher. Registration is first come, first served, limited to 12 pitchers for the entire camp. Camp is conducted by area high school baseball coaches. Wear a baseball hat, bring your glove. Baseball and instructional materials supplied by the camp

Location:
Central High School Upper Gym
8516 W Lincoln Ave

Saturdays, April 3, 10, 17

Grades 4 - 8
12:00 - 1:30 pm **8110.101**

FEE: \$50.00 Resident
\$75.00 Non-Resident



Friday Night Kickball and Fun Grades 3-5

Join us for a low-key night of fun. We will use the gym for kickball. This will be a low-key, fun-filled night. games will be from 6:00-7:30 pm. No parent coaches needed. There will not be standings. Awards or t-shirts are not included. This is a league for fun and fitness and a chance for participants to meet new friends. Players will be contacted with their first game times the week of Jan 11, 2010 and schedules will be distributed during the first week of play.

Contact Cory Thompson, 604-4900 vm5903
or Tony Elskamp at 604-4925 for more
information.

Location:
West Milw Intermediate School
5104 W Greenfield Ave

Fridays
Jan 15 -Mar 5
no games Feb 5th or 26th **6531.101**
6:00 - 7:30 pm

FEE: \$25.00 Resident
\$38.00 Non-Resident

Youth AAYFL Tackle Football



Sixth, seventh and eighth graders for the school year 2010-2011 interested in playing youth tackle football should watch for registration flyers distributed at your school in early spring 2010.

For more information, visit
www.westallisouthfootball.com

Allegro Dance Team



The West Allis Allegro Dance Team will be conducting auditions for its' elementary, junior and senior teams as follows:

Junior and senior auditions will be the week of April 12 and elementary team auditions at the Rec Center, 2450 S 68 St will be the week of April 19.

Look for flyers in schools in late March.

The elementary team is made up of 2nd-6th graders (new this year) and the junior team is made up of 8th grade and younger (new this year, open to elementary school girls based on ability level).

The senior team is made up of 8th-12th graders.

Contact Judy Johnson at 414-333-5637 for additional information regarding auditions.

Adult Programs

Sweatin' with the Seniors



Aerobic exercise program for men and women 55 and over.

Includes activity that will increase cardiovascular endurance, bone and muscle strength and flexibility.

It is advisable you have a physician's approval before starting this conditioning class.

Class size is 18-35 with SAFE fitness instructors who are CPR certified.

Location:
WA-WM Recreation Center
2450 S 68 St

Mondays - Becky Hels

February 1 - May 17
No class April 5
8:30 - 9:30 am **1202.101**

Thursdays - Bev Rau

February 4 - May 20
No class April 8
9:30 - 10:30 am **1202.102**

FEE: \$38.00 Resident
\$57.00 Non-Resident

Adult Pilates



The perfect class for seniors and adults. Pilates is a combination of physiotherapy and exercise which creates balance through movement, body awareness and breath.

The primary focus of pilates is the powerhouse or core of the body. The strength of the core is what enables us to distribute power throughout the body. Results are strong, lean muscles.

Cross training/aerobic shoes, large towel and a water bottle or cup with cover are required for this class.

Enjoy this class with instructor **Julie Fraleigh**, Safe Fitness and IDEA fitness professional.

Location:
WA-WM Recreation Center,
2450 S 68 St

Tuesdays

February 2 - May 18
no class April 6,
10:30 - 11:30 am **1201.101**

FEE: \$38.00 Resident
\$57.00 Non-Resident

Circuit Workout



This high intensity workout includes easy to follow intervals of step plyometrics, low impact aerobics and rope jumping. These combined activities are the quickest way to achieve optimal cardiovascular fitness with burning the most amount of fat.

Strength training using hand weights, resistance tubing and ones own body weight will increase muscle strength, endurance and lean body mass.

A relaxing stretch incorporating moves from yoga and pilates will conclude the workout. The workout is perfect for beginners or those seeking an easy to follow high intensity workout.

Instructor is **Linda Elliott**, SAFE fitness certified/CPR certified.

Great for men or women. No experience necessary. Upbeat music will keep you motivated.

Bring hand weights and a water bottle. Bands, mats and steps are provided.

Location:
WA-WM Recreation Center
2450 S 68 St

Saturdays

February 6 - May 22
No class April 3, 10
9:00 - 10:00 am **1205.101**

FEE: \$35.00 Resident
\$53.00 Non-Resident

Bootcamp



Great for men or women, no experience necessary, beginners welcome. A fun and energetic workout combining kickboxing skills, resistance training and cardio conditioning. Bring a mat or towel for floor work and a covered water bottle. Maximum class size is 30 with instructor **Erika Drilling**, NDEITA certified and IDEA member.

Location: WA-WM Recreation Center
2450 S 68 St

Tuesdays

February 2 - May 18, no class April 6
7:00 - 8:00 pm **1212.101**

FEE: \$38.00 Resident
\$57.00 Non-Resident



Adult Fitness

Step Plus



Step Plus is a cross training program that includes step movements with intervals of sculpting and resistance exercise

Exer-bands, body ball, bender ball, hand held weight balls and two benches, one high, one low, are provided. Class size is 10-20 with instructor **Kay Farber**, IDEA, NDEITA and CPR certified.

Bring a mat or towel and a water bottle.

Location:
WA-WM Recreation Center
2450 S 68 Street

Mondays

January 18 - June 7
No class April 5, May 31
7:00 - 8:00 pm **1204.101**

Wednesdays

January 20 - June 9
No class April 7, June 2
7:00 - 8:00 pm **1204.102**

FEE: \$43.00 Resident
\$65.00 Non-Resident

Cardio Combo



This class will leave you healthy, strong and balanced. Step and plyometric routines condition your cardiovascular system. Weight training improves muscle strength and endurance.

Relaxation exercises incorporating moves from Pilates and yoga keep you flexible, grounded and centered. Upbeat music will keep you motivated.

Bring hand weights, mat or towel and a water bottle. Steps, bands and balls are provided. This program meets on Tuesday and Thursday evenings.

Class size is 15-32 with instructor **Mary Bockhorst**, ACE certified, IDEA instructor.

Location:
WA-WM Recreation Center
2450 S 68 Street

Tuesdays and Thursdays

February 2 - May 20
No class April 6 and 8
5:40 - 6:55 pm **1209.101**

FEE: \$76.00 Resident
\$114.00 Non-Resident

Total Stretch



This is a non-aerobic exercise program that tones the entire body. Cross training/aerobic shoes, large towel, drinking bottle or cup with a cover is required for this class. Class size is 15 - 40 with instructor **Kay Farber**, IDEA , NDEITA and CPR certified. Classes meet on Monday or Wednesday.

Location:
WA-WM Recreation Center
2450 S 68 Street

Mondays

January 18 - June 7
No class April 5, May 31,
6:00 - 6:55 pm **1200.101**

Wednesdays

January 20 - June 9
No class April 7, June 2
6:00 - 6:55 pm **1200.102**

FEE: \$43.00 Resident
\$65.00 Non-Resident

Cardio Rush



Do you want to get the most benefit from your Pilates/Yoga Fusion class? Make the best of YOUR workout. Be Efficient. Studies have shown that cardio prior to mind/body exercise burns a significant amount more calories than doing them separately at different times. Cardio Rush will give you this synergic effect to jump start your metabolism. Get the most bang for your time and money. Cardio Rush will be held outdoors (weather permitting), dress in layers prepared for either.

Class is for 25 minutes. Just enough time to set up for the Pilates/Yoga Fusion class. Sign up for both or just one. Every class will be different. A variety of body weight exercises (pushups, squats, lunges) short burst cardio drills (jump rope, line springs, jumping jacks, hill repeats) and resistance tubing will be used.

It will be high energy fun with partner work and games. Instructor **Sandi Vande Berg** is a Certified Personal Trainer, Advanced Pilates Mat Instructor, Yoga Instructor.

Location: Parkway Center
2930 S Root River Parkway

Mondays

January 18 - May 24
5:30 - 5:55 pm **1203.101**

FEE: \$25.00 Resident
\$38.00 Non-Resident

Body Ball/Pilates



Pilates is a combination of physiotherapy and exercise, which creates balance through movement, body awareness and breath. The primary focus of Pilates is the "powerhouse" or core of the body. The strength of the core is what enables us to distribute power throughout the body. Results are strong, lean muscles. The body ball portion features strong, slow movement which emphasizes body control, with a blend of isometric and muscle stabilization exercises.

Cross Training/aerobic shoes, large towel, drink bottle or cup with a cover is required for this class. Class size is 15-30 with instructor **Mary Bockhorst**, ACE certified and IDEA fitness professional.

Location: WA-WM Recreation Center, 2450 S 68 St

Thursdays

February 4 - May 20 (no class April 8) 7:00 - 8:00 pm **1207.101**

FEE: \$38.00 Resident/\$57.00 Non-Resident

Adult Fitness



Zumba

This high energy class combined with motivating music and unique moves allow you to dance away your worries while getting a great overall body workout. Zumba fuses Latin and international music with dance themes creating an easy-to-follow, energizing experience. Dress comfortably and wear athletic shoes. Class size 10-30. Instructors are Tuesdays **Laura Sage** and Thursdays, **Karen Mikolainis**.

Locations:

Tues: Wilson Elementary Gym, 8710 W Orchard, use north entrance in back of school.
Thursdays: Madison Elementary, 1117 S 104, use main entrance.

Tuesdays

January 19 - May 18 (No class Feb 23, April 6)
6:00 - 7:00 pm **1211.101**
FEE: \$40.00 Res/\$60.00 Non-Res

Thursdays

January 21 - May 20 (No class April 1, 8)
6:00 - 7:00 pm **1211.102**
FEE: \$40.00 Res/\$60.00 Non-Res



Ballroom, Swing & Latin Dance

New..Dance Sampler Night

Great class as an introduction to 3 styles of dances: the ballroom Waltz, the latin Rumba and the fun Swing with **Cathy Blinko**. If you find a dance you'd like to focus on, there are 6-week classes that start after this one to get you started in the right direction.

Location: Hoover, 12705 W Euclid

Wednesday, February 3

6:30 - 8:30 pm **2555.101**
FEE per couple
\$20.00 Res/\$30.00 Non-Res

Classes are 50 minutes long for six weeks with instructor **Catherine Binko**. Enrollment is limited to adults and high school students. Must be pre-registered. Registration will not be taken on site. It is advisable to obtain a partner before registering.

Location:

Hoover School, 12705 W Euclid

Wednesdays

Swing/Latin Beginner

March 3 - April 14 (No class April 7)
6:30 - 7:20 pm **2550.101**

Wednesdays

Ballroom Beginner

March 3 - April 14 (No class April 7)
7:30 - 8:20 pm **2560.101**

FEE:Per Couple:

\$50.00 Res/\$75.00 Non-Res

Pilates & Trampoline Aerobics



This class offers pilates as trampoline aerobics. Pilates is a combination of physiotherapy and exercise, which creates balance through movement, body awareness and breath. The primary focus of pilates is the "powerhouse" or core of the body. Results are strong, lean muscles. The body ball portion features strong flow movement which emphasizes body control with a blend of isometric and muscle stabilization exercises. With trampoline aerobics you can bounce, hop, twist and jog your way to fitness and health with little or not impact. This easy on the joints trampoline class will give you a great cardiovascular workout as well as boost your immune system. A grab bar makes this program safe for seniors, children and everyone in between with instructor **Linda Elliott**, Safe fitness and CPR certified.

Location: WA-WM Recreation Center
2450 S 68 St

Saturdays

Feb 6 - May 22
No class April 3 and 10
10:30 - 11:30 am **1206.101**

FEE: \$35.00 Resident
\$53.00 Non-Resident



Pilates/Yoga Fusion

A blend of core, movement, balance and flexibility. Strengthen your body/mind; renew your spirit and regain control of your muscles.

Take your fitness to the next level. Experience the healing and energizing benefits of Pilates/Yoga Fusion. Class size is 15-30.

Bring your own mat and dress comfortably. Instructor is **Sandra Vande Berg**, BBA, Certified Personal Trained, Advanced Pilates Instructor, Yoga Instructor

Location: Parkway Center.

Mondays

January 18 - May 24
6:00 - 7:00 pm **1208.101**

FEE: \$45.00 Resident
\$68.00 Non-Resident



Group Cycling

Are you looking to increase cardiovascular endurance, bone and muscle strength?

This class is what you are looking for.

Music will guide us on our ride including hill work, sprints, lifts and leisure riding.

Our certified instructor will help you spin your way to fitness. Maximum class size is 20.

Location: Parkway Center
2930 South Root River Parkway

Mondays

January 18 - May 10
no class April 5
8:00 - 8:45 pm **1213.101**
FEE: \$40.00 Resident
\$60.00 Non-Resident

Tuesdays

January 19 - May 11
no class April 6
4:45 - 5:30 pm **1213.102**
6:00 - 6:45 pm **1213.103**
FEE: \$40.00 Resident
\$60.00 Non-Resident

Wednesdays

January 20 - May 12
no class April 7
3:30 - 4:15 pm **1213.104**
6:00 - 6:45 pm **1213.105**
FEE: \$40.00 Resident
\$60.00 Non-Resident


Thursdays

January 21 - May 13
no class April 1, 8
8:00 - 8:45 pm **1213.106**
FEE: \$37.00 Resident
\$56.00 Non-Resident

Saturdays

January 23 - May 15
no class April 3, April 10
8:00 - 8:45 am **1213.107**
FEE: \$37.00 Resident
\$56.00 Non-Resident

Adult Programs



Tole & Country Painting
Ages 18 and up
Drawing skills not required.
Learn to create form and illusions using techniques such as shading, highlighting, color contrast, strokework, etc. on actual projects. Patterns are used as a base and reference along with step-by-step instructions and demonstrations using oil, acrylic and watercolor. This is a nine week program with instructor **Evelyn Wessel** and includes completion of 2 to 3 projects. Students are responsible for supplies and surfaces. Approximate startup cost is \$40.00. Supplies will be available for purchase at class.
Location: Parkway Center
Wednesdays
January 27 - March 24
6:30 - 9:30 pm **4015.101**

Fridays
January 29 - March 26
9:00 am - 12:00 noon **4015.102**

FEE \$38.00 Res/\$57.00 Non-Res




Clutter Coach for your Garage and Basement
Learn how to decide what to keep, discard or donate and how to organize what's left. Be able to find what you own. Turn your basement and garage into useful storage. This course is especially good for spouses who think they don't need to get rid of anything. It's also a good introductory class to help anyone rethink how much stuff they really need in their lives. Instructor is **Kathy Miller**.
Location: Parkway Center
Thursday, February 4
6:30-8:30 pm **4013.101**
FEE: \$17.00 Res/\$26.00 Non-Res

Clutter Coach for the Home Office
Learn an easy system for managing all your paperwork, whether you run a business from your home or are just trying to keep track of your mail with instructor **Kathy Miller**.
Location: Parkway Center
Wednesday, March 3
6:30 - 8:30 pm **4013.102**
FEE: \$17.00 Res/\$26.00 Non-Res

Beaded Ornaments, Ages 16+

In this egg-citing class you will decorate an Easter egg with no dye or broken eggs with instructor **Kathy Stopczynski**. You will learn the fun art of net beading. A kit will be provided with all the necessary supplies for you to take home a beautiful Easter egg. The kit includes instructions, photos, bead, need and thread. Class minimum is 3.
Location: Parkway Center
Thursday, March 11 6:00 - 9:00 pm **4009.101**
FEE: \$18.00 Resident/\$27.00 Non-Resident



Temari




Temari is an ancient craft taught for its artistic patterns and beauty. Decorative balls are made with needle and thread patterns developed hundreds of years ago. Instructor is **Sandy Smith**. Material fee for the first ball is \$5.00 to be paid directly to the instructor. Location: Parkway Center
Wednesdays
January 20- April 21 (no class Feb 24, April 7)
1:00 - 3:00 pm **4011.101**

Thursdays
January 21-April 22 (no class Feb 25, April 8)
6:30 - 8:30 pm **4011.102**

FEE: \$23.00 Res//35.00 Non-Res

Beginning Knitting



Learn this skill and you can say "Yes I made this". Class is open to pre-teens, teens and adults. At each session an age appropriate project will be completed. After week 4 the student will know how to knit, purl, cast on/off, read simple pattern, understand gauge and work independently. Class size 4-10. Bring supplies for session one: size 8 knitting needles, 1 skein cotton year (lion cotton or red heart cot'n). Class is on **Tuesdays** with instructor **Donna Nelson**.
Location: Parkway Center


Beginning Knitting
January 12, 19, 26, Feb 2
7:00 - 8:30 pm **4012.101**

Projects Class
Feb 16, 23, March 2, 9
7:00 - 8:30 pm **4012.103**

Beginning Knitting
March 23, 30, April 6, 13
7:00 - 8:30 pm **4012.102**

Projects Class
Needles and yarn will depend on project choice.
April 27, May 4, 11, 18
7:00 - 8:30 pm **4012.104**
FEE: \$25.00 Res/\$38.00 Non-Res

Get Hooked on Crochet




Beginner classes cover basic stitches, turning techniques, gauge, and how to read patterns. Intermediate/Projects must be comfortable with ch, sc, dc and tr and have an understanding of patters. Classes cover foundation chain technique, shells, v-stitches, post-stitches, clusters and project/yarn selection. Beginners bring Susan Bates "h" and "l" aluminum hooks and one skein Vann's Choice in a light color. Intermediate/Project/Crochet Along bring stash yarn, stitch markers and hooks to first class. Project supplies/pattern will be determined during first class after project/size selection. Instructor is **Andrea Burns**, a diverse craft artist. Classes are on **Mondays**.
Location: Parkway Center

Beginners
January 18, 25, Feb 1, 8, 15, 22
6:00 - 7:30 pm **4010.101**

Intermediate/Project
Bring your own pattern or select pattern at class
March 1, 8, 15, 22, 29, April 5
6:00- 7:30 pm **4010.102**

Crochet Along (Intermediate)
Custom Fit-as-you-go v-neck cardigan/top down technique
April 12, 19, 26, May 3, 10, 17
6:00 - 7:30 pm **4010.103**
FEE: \$35.00 Res/\$53.00 Non-Res

Make Your Own Lotions and Potions



Make your own lotions, creams and lip balm, Why? It is less expensive, it's fun, it's often healthier and safer, they make great gifts. You will learn the health reason behind taking caution about what you put on your skin as well as make 3 lip balms, a lotion, a shea butter cream and a body/foot scrub. Price of the class includes instruction, how to directions and all supplies. Instructor is **Julie Toman**.
Location: Nathan Hale, room 167
Thursday, February 25
6:30 - 9:00 pm **8060.101**

Tuesday, March 30
6:30 - 9:00 pm **8060.102**
FEE: \$30.00 Resident
\$45.00 Non-Resident

Adult Programs

Cooking and Baking

The instructor, **Staci Joers**, is from MATC with an Associate degree in Restaurant and Hotel Cooking. She will demonstrate how to prepare these recipes and you will observe and sample her recipes. Classes are for ages 14 and up and class size is 25. If you need to withdraw from class, you need to withdraw at least 72 hours prior to the scheduled class or no refund will be granted. Location of all classes: Parkway Center.



Budget Friendly Weeknight Suppers-Staci's Stimulus Plan!

I will prepare Apricot Chicken with Cilantro-Lime Orzo and Steamed Broccoli, Paprika Chicken Bake with Roasted Potatoes and Green Beans with Cashews and Goat Cheese & Apple Wrap with Candied Walnuts with Lemon-scallion Vinaigrette.

Tuesday, January 19, 6:30 - 8:30 pm, FEE: \$21.00 Resident, \$32.00 Non-Resident 8063.101



French Cooking

You will sample Bouillabaisse, Crepes with Spinach & Roquefort, Quiche Lorraine, Beef Bourguignon and rumored to be Julia's favorite dessert..Chocolate & Almond Cake.

Tuesday, February 2, 6:30 - 8:30 pm, FEE: \$21.00 Resident, \$32.00 Non-Resident 8063.102



Restaurant Knock-offs with Asian Inspirations

You will sample Grand Lux Cafe (Chicago) style Asian Chicken Nachos, Bonefish Grill-style Bang Bang shrimp served with Benihana-style Fried Rice, PF Chang-style Banana Spring Rolls with coconut-pineapple ice cream drizzled with caramel and vanilla sauces.

Tuesday, March 9, 6:30 - 8:30 pm, FEE: \$21.00 Resident, \$32.00 Non-Resident 8063.103



Cuban Street Fare

I will prepare Frita cubana (Cuban Hamburger), Arepas (Cuban Grilled Cheese on corn pancakes), Sandwich Cubano (Roast Pork Sandwich), Frijoles Negros (Black Beans), Tostones (fried plantains) and Barritas de Mango.

Tuesday, April 13, 6:30 - 8:30 pm, FEE: \$21.00 Resident, \$32.00 Non-Resident 8063.104



Incredible, Edible Egg

You will sample Scotch Eggs (sausage-wrapped hard boiled eggs), Asparagus & Crab Quiche in Pepper Pots, Italian Eggs in Tomato Sauce, Floating Island Meringues with Creme Anglaise and Classic Flan.

Tuesday, May 4, 6:30 - 8:30 pm, FEE: \$21.00 Resident, \$32.00 Non-Resident 8063.105

Baking and Cake Decorating Classes

These classes will be with instructor **Joan Borowski**. Minimum class size 8, maximum 30. Location: Parkway Center

Chocolate, Chocolate, Chocolate

Learn to make homemade reproductions of candy bars like Take 5, Almond Joy, Milky Way, Twix and Peanut Butter Cups in this 1 night course. We'll also cover truffles, chocolate covered cherries and malted milk balls. Participants are required to bring a 1# bag of Wilton Candy Melts (either dark or milk chocolate) and containers to take home samples.



Thursday, Feb 4, 6:00-9:00 pm 8064.101

Thursday, Mar 4, 6:00-9:00 pm 8064.102

Thursday Apr 8, 6:00-9:00 pm 8064.103

FEE: \$30.00 Res;\$45.00 Non-Res

Panoramic Sugar Egg

Learn the beautiful art of constructing and decorating Panoramic Sugar Eggs in this 3 evening course. We will make and assemble the sugar eggs and decorate inside and outside with piped royal icing flowers and cute piped figures. Some experience with cake decorating and royal icing is helpful but not required.



Thursdays

March 11, 6:00-7:30 pm,

March 18, 6:00-8:00 pm and

March 25, 6:00-7:30 pm **8064.104**

FEE: \$40.00 Res/\$60.00 Non-Res

Cookie Bouquet

In this 2 night course we'll plan, decorate and assemble these cute treats. First night we will go over the supplies needed to be purchased for the project. No decorating experience is required for this class.



Thursdays

April 15, 6:00-7:00pm and

April 22, 6:00-9:00 pm **8064.105**

FEE: \$30.00 Res/\$45.00 Non-Res

Beginner Cake Decorating

Designed for the person interested in cake decorating with little or no experience. We will cover basics of baking, different frostings, icing the cake, simple borders, writing, figure piping and introduction to flowers. The first night we will go over supplies needed to be purchased for the rest of the course



Mondays

Feb 1, 8, 15, 22

6:00 - 9:00 pm **8064.106**

FEE: \$40.00 Res/\$60.00 Non-Res

Intermediate Cake Decorating

Designed for the person with some experience with cake decorating using buttercream icing. We will be working with buttercream and royal icing. Advanced flower making and borders will be covered. Instructor will contact you prior to first class regarding supplies required.

Mondays

March 8, 15, 22

6:00 - 9:00 pm **8064.107**

FEE: \$40.00 Res/\$60.00 Non-Res

Fondant and Gumpaste

Designed for the experienced cake decorator. We will learn to cover a cake with fondant and apply fondant borders, swags and simple flowers. Will also use gumpaste to create flowers for decorating cakes or can be used in flower arrangement. Instructor will contact you prior to first class regarding supplies required.

Mondays

April 5, 12, 19

6:00 - 9:00 pm **8064.108**

FEE: \$40.00 Res/\$60.00 Non-Res

Adult Computer/Digital Photography Classes



The Recreation Department will offer seminars presented by First Step Computers. These informative and interactive classes will provide basic computer information in an easy to understand format which the student can apply on their home computer. Call Bob at 414-530-4230 with questions on these seminars.



Location: Parkway Center

The Absolute First STEP in Learning about Computers

This 1 1/2 hour class starts at the very beginning. Whether you are starting out or just confused about it all, this is for you. Class will focus on: 1-Understanding computer terminology, knowing your hard drive from a jump drive and 2-Visually identifying each of its main parts.

Students will get a handout of common computer terminology with a hands-on explanation of each main part with a unique look inside a working computer.

Wednesday, February 24
6:30 - 8:00 pm **8039.101**

FEE: \$26.00 Resident
\$39.00 Non-Resident

What You Should Know Before Buying Computer

This 1 1/2 hour class will help you make an informed decision when buying a computer. Bob will explain the meaning of commonly heard computer terms and then do a price comparison of various systems. With the knowledge you gain you will be better equipped to choose the right computer to meet your needs.

Finally we'll talk about the hardware and software you need in addition to that new computer.

Wednesday, March 10
6:30 - 8:00 pm **8038.101**

FEE: \$26.00 Resident
\$39.00 Non-Resident

Your Pictures on a Computer

This 1 1/2 hour class will walk you through the process of transferring pictures from a digital camera to your computer, editing them and finally burning them onto a CD or DVD drive.

We'll discuss how to change a pictures format along with how to crop, resize, rotate and balance a picture using software already provided by Windows

Thursday, April 8
6:30 - 8:00 pm **8037.101**

FEE: \$26.00 Resident
\$39.00 Non-Resident

How to Make Movies on Your Computer

This 2 hour class will show you how to transfer home movies from your camcorder to your computer. You'll be shown how to edit and burn your movies onto a CD/DVD disk. Included in the discussion will be software and hardware you need to do this.

Students will get a handout with diagrams and descriptions that they can take home and use as a guide for making home movies

Thursday, May 6
6:30 - 8:30 pm **8041.101**

FEE: \$26.00 Resident
\$39.00 Non-Resident



Digital Photography

Instructor: CT Kruger,
Class Location: Parkway Center



You & Your Digital Camera

Bring your digital camera and its' instruction manual to this workshop.

This class is for people who are new to digital photography and will cover how to overcome common photography problems, some of the useful features and functions of your digital camera and sure-fire tips and techniques for making better photos.

Tuesday, February 16
6:30 - 8:30 pm **8009.101**

FEE: \$15.00 Resident
\$23.00 Non-Resident

You Have Pictures in Your Camera, Now What

This seminar demonstrates how to save, archive and print your photos whether you have a computer or not.

It will also show photo printing options, basic photo editing, use of photos in email and use of photos in books and multi-media using Windows PC computers.

Tuesday, April 20
6:30 - 8:30 pm **8009.102**

FEE: \$15.00 Resident
\$23.00 Non-Resident

Old Family Photos & the Digital Age

Albums, boxes and drawers of old family photos and slides can be converted to digital images for prints, scrapbooking, hardcover books and multimedia projects.

This seminar covers your options to copy old family photos, whether you have a computer or not.

Information on computer use is for Windows PC computers

Tuesday, May 4
6:30 - 8:30 pm **8003.101**

FEE: \$15.00 Resident
\$23.00 Non-Resident

Advanced Digital Photography Techniques

Bring your camera and its instruction manual to get you "out of automatic" and use some of your camera's exposure modes and functions in situations like Sports, Portraits, Low Light and more.

This class is ideal for people who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with Program, Shutter/Aperture Priority and Manual exposure modes.

Tuesday, May 18
6:30 - 8:30 pm **8012.101**

FEE: \$20.00 Resident
\$30.00 Non-Resident

Adult Programs

Home Buying Made Easy

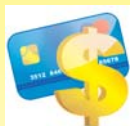
NEW! Whether you're a first time home buyer or have owned a home before, this seminar with **Jon Liermann** from the Mortgage Company will help you find answers to the most frequently asked questions including: Where is the most logical starting point? How do you pick the right real estate agent and lender? Loan programs - which one is best for you? Should you rent or own? How does credit impact what you can afford? Do you qualify for the \$8,000 home-buying tax credit? By the end of this one hour seminar, you will have the necessary tools to confidently make decisions that will lead to a stress free and rewarding home buying process.
Location: Parkway Center



Thursday, February 11
6:30 - 8:00 pm **8018.101**
FEE: \$8.00 Resident
\$12.00 Non-Resident

Understanding and Improving Credit

NEW! You've finally found the house of your dreams or are applying for a job you've always wanted. However, when you're ready to buy or are one step away from securing the job, you don't qualify for the loan or job because of poor credit. In this one hour seminar with **Jon Liermann** from the Mortgage Company find out how to get your credit back on track when we answer: Your credit rating, how do you get one and what does it mean? How does credit impact your borrowing power? How do you fix my credit? The seminar is tailored to fit the schedules of both employee and employers. Many companies and organizations prefer the "lunch and learn" program that allows their employees to gain valuable knowledge over lunch and on site.
Location: Parkway Center



Thursday, February 18
6:30 - 8:00 pm **8019.101**
FEE: \$8.00 Resident
\$12.00 Non-Resident



Get Your Book Published



Milwaukee author, **Tom Kertscher**, will talk about how he got his first two books published and how he came up with the idea for what he hopes will be his third book, which, unlike the first two, is not about sports.

He will go over developing a book proposal and answer questions about seeking out a publisher or agent.

A news reporter for the Journal Sentinel, Kertscher is the author of: *Cracked Sidewalks and French Pastry: The Wit and Wisdom of Al McGuire* (University of Wisconsin Press, 2002) and *Brett Favre: A Packer Fan's Tribute* (Cumberland House Publishing, 2006, with new editions in '07 and '08)

Location: Parkway Center

Tuesday, February 2
7:00 - 8:30 pm **8015.101**

Tuesday, May 11
7:00 - 8:30 pm **8015.102**

FEE: \$10.00 Resident
\$15.00 Non-Resident



Financial Seminars



Presented by **Nick Hassler**, Financial Advisor.
Location of all classes: Parkway Center

Beyond Retirement Illusions

How you live in retirement depends on your view of the financial path to get there. With so much information about retirement, it can be hard to see clearly the best route to take. This seminar will look at six common *illusions* that many investors have about retirement while also examining the *realities* of retirement in the 21st century. The program objective is for you to come away with a financial strategy to ensure you will be ready to live the retirement you've always envisioned.

Tuesday, January 19
6:30 - 9:00 pm **8017.101**

FEE: \$8.00 Resident
\$12.00 Non-Resident

Tax Strategies

Many people feel that they pay too much in income taxes or that the tax code is too complex. Chances are *you* are paying higher taxes than you have to. There are strategies you, like most taxpayers, can implement right now to help reduce your tax liability and keep more of your income. This seminar will show you how to develop a sound tax strategy, one that helps you manage your taxes year round, not just when you fill out your tax return. You will learn how our income tax system works, tax favored investing and saving strategies, what your tax return says about you and everyday tax planning opportunities. Everyone who attends will receive a full color, 20 page workbook on tax strategies.

Thursday, February 11
6:30 - 9:00 pm **8016.101**

FEE: \$8.00 Resident
\$12.00 Non-Resident

Adult Programs

Adult Guitar Lessons Ages 18+

Location: Parkway Center



Instructor: **Jim Barr**, guitar teacher at Casio Music and Northstar Music; has taught for 14 years.

Guitar 1: Topics include the basics of a functional technique; hand positioning/economy of motion/muscle/memory. Intro to building a fundamental skill set; note reading, chords and basic shapes/structures, finding notes on the neck, simple chord progressions, beginning music theory for guitarists, how to read and play rhythm, Class size 5-15. Bring a guitar and copy of the Hal Leonard Guitar Method Book 1 by Will Schmid and Greg Koch.

Mondays, January 18-March 1
6:15 - 7:15 pm **8002.101**

FEE: \$61.00 Resident
\$92.00 Non-Resident

Guitar 2: Must have taken Guitar 1 or be familiar with the topics covered. Bring a guitar and copy of Hal Leonard Guitar Method Book 1 by Will Schmid and Greg Koch. All topics from Guitar 1 will be continued and expanded upon. Newly introduced will be an examination of the CAGED system, arpeggios and concept of chord quality. Class size 5-15.

Mondays, March 8-April 19
6:15-7:15 pm **8002.102**

FEE: \$61.00 Resident
\$92.00 Non-Resident

Guitar Skill Drills: In this class we drill skills that will make you a better guitar thinker/student and greatly increase your learning ability. You will learn how the guitar is organized; turning and how the fingerboard "maps out" where the notes are on the neck, how chords are build and why they look th way they do, how chords work together. You will be introduced to basic music theory, coordinating rhythmic patterns, building arpeggios and sequences anywhere on the fingerboard. Jump start your guitar playing with concept oriented skill drills, exercises and workouts. Presented at an introductory level but would be beneficial for intermediate players as well. Class size 5-15. Bring a guitar, All other material is provided

Mondays, April 26, May 3, 10, 17, 24
6:00- 8:00 pm **8002.103**

FEE: \$75.00 Resident
\$113.00 Non-Resident

Typo..
Human Error...
We Goofed!



Occasionally there may be an error in days, times, registration requirements or fees in the brochure.

When such errors do occur, we will do everything possible to correct the situation promptly.

We thank you for your patience and understanding when these situations arise.



Outdoor Golf Lessons Adults Ages 16 and up

Golf professional, **Jim Rewolinski** offers instruction on all facets of the game: fundamentals of the full swing with woods and irons and short game techniques to include pitching, chipping and putting.

Instruction is geared to each individual's ability. Bring your own clubs or use house clubs at no charge. Do not purchase clubs until after the first lesson at which time a personal evaluation and recommendation will be made regarding correct fit into your own set.

This is a six week program, class size is 12. Student are required to rent practice balls at each lesson at \$3.00/\$6.00 and \$1.00 for use of the putting green.

The final lesson requires \$5.00 for use of course.

Location:
Deer Haven Golf Course,
19180 W Cleveland Avenue
262-650-0760

Mondays - Adult Beginner
April 12 - May 17
5:30 - 6:30 pm **6701.101**

Mondays - Adult Intermediate
April 12 - May 17
6:30 - 7:30 pm **6701.102**

Wednesdays - Adult Beginner
April 14 - May 19
5:30 - 6:30 pm **6701.103**

Wednesdays - Adult Intermediate
April 14 - May 19
6:30 - 7:30 pm **6701.104**

FEE: \$30.00 Resident
\$45.00 Non-Resident

SAFE Program Registration Form, 2nd Semester, January 26-June 10, 2010

School/Safe Program Location child Attends: _____ Male Female
Student's Name: _____ Date of Birth: _____ Grade: _____
Address: _____ City: _____ Zip: _____ Phone: _____
Name of Person Paying: _____
Address: _____ City: _____ Zip: _____
Home Phone: _____ Work Phone: _____
FEE: \$60.00 Semester/per child or \$120.00 Year/per child Check Cash
Make checks payable to the WA-WM Recreation Department

SAFE Enrollment Emergency Information

Days Attending (please circle): Mon Tue Wed Thurs Fri Usual Time of Pick Up: _____
Parent Name: _____ Work # _____ Cell # _____
Allergies or Medical Concerns: _____
In the event of an illness or emergency, we will always attempt to contact a parent first. In the event a parent cannot be reached, indicate who we have permission to contact:
1st Contact: _____
First and Last Name Phone Number
2nd Contact: _____
First and Last Name Phone Number
3rd Contact: _____
First and Last Name Phone Number

Pick Up Information

It is the responsibility of the parent to notify the SAFE staff of who will be picking up their child and if any changes are being made. Indicate the people that are authorized to pick up your child:

Name	Phone Number
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

Parent Signature: _____ Date: _____

UNDERWRITING OPPORTUNITIES

AFTERSCHOOL PROGRAMS

Arts & Crafts Supplies
Books
Instructional Materials
Tutors
Calculators
Healthy Snacks
Computers
Computer Software
Field Trips
Games
General Program Support
Musical Instruments

RECREATION

Activity & Program Underwriting
Equipment
Field Improvements
General Program Support
League Sponsorship
League Awards
Player Fee Scholarships
Transportation
Uniforms

SPONSORSHIP LEVELS

Gold Medal \$10,000+
Blue Ribbon \$5,000+
Red Ribbon \$1,000+
Partner \$500+
Supporter \$100+
Friend \$25-\$99

YES!

I want to be a sponsor of
West Allis-West Milwaukee
Recreation, School & Community Services

My check for: _____

is enclosed.

Name(s)

Address

City

State

Zip

Phone

E-mail

Please mail to:
Recreation, School & Community Services
2930 S Root River Parkway
West Allis, WI 53227

For more information
please call:
414-604-4927