



2023 WINTER/SPRING **ACTIVITY GUIDE**

Bringing Family & Community Together Through Recreation Since 1934!

wawmrec.com

**Check out
Senior Prom
on page 32!**



Register Today! We RECommend it!



Registration Information

Registration Begins

Residents: Monday, November 28, 2022 - 8am
Non-Residents: Monday, December 12, 2022 - 8am

How to Register:



Online

wawmrec.com



Phone-In

414-604-4900



In-Person

Office Hours

M-TH: 8am-5pm | F: 8am-4pm



Mail/24-Hour Dropbox

2450 S. 68th Street
West Allis, WI 53219

- **Online:** Go to **wawmrec.com**, click on "Register" or "My Account" and enter your login information. If you are not already a member, click "Create An Account" and complete the household and family member information. When finished, click "Done" to submit your request. We will process your request and email your login information. If you do not have an account set up with us and want to register right away on November 28, please establish an account with us early. Accounts are reviewed for accuracy and residency only during office hours and can take up to one business day to approve.
- **Phone-In:** Call 414-604-4900, press "0" to speak to an Office Operations Specialist and charge by phone using Visa, Mastercard or Discover.
- **Secure Dropbox:** A 24-hour dropbox is located on the northeast side of the building by the main entrance.
- **US Mail:** Send the registration form with your check or money order to the WAWM RCS Department.

Additional Information:



Like us on Facebook and follow us on Instagram - @wawmracs

NEW

Find this icon throughout the guide for new and exciting classes



Visit us at wawmrec.com

Our office will be closed 11/23, 11/24, 11/25, 12/23, 12/26, 12/30, 1/2, 4/7, 5/29.

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Recreation & Community Services Leadership Team

Shelly Strasser Director	414-604-4937
Beau Benner Adaptive Recreation, Adult Sports, Open Gyms, Young at Heart	414-604-4951
Robyn Elliott Marketing and Design Specialist	414-604-4912
Bobby Foreman Action Programs, Non School Day Camps	414-604-4968
Linda Gritzmacher Adult Fitness, Early Childhood, Walking Track	414-604-4911
Jack Perry Out of School Time Specialist	414-604-4914
Ashley Phillips Aquatics, Facility Rentals, Fine Arts	414-604-4938
Amanda Schwichtenberg Dance, Enrichment, Events, Trips	414-604-4963
Sam Sujecki Intermediate School Athletics, Youth Sports, Jr. Programs	414-604-4959

Cassie Stanton Office Manager	414-604-4925
Tami Francis Office Operations Specialist	414-604-4910
Cassy Ramirez Office Operations Specialist	414-604-4930
Jill Ponzi Facility Scheduling	414-604-4940
Joel Irizarry Head Custodian	
Michael Bruckner Facility Support	
Shawn Wirth Facility Support	



Are you new to the area?

We invite you to stop in our office or give us a call! We would love the opportunity to meet you and let you know what we offer. We have many classes, activities, programs and leagues for all ages. Welcome to the community and we look forward to meeting you!

Winter/Spring Welcome from Shelly Strasser Director of Recreation & Community Services

Greetings from the WAWM RCS Team

This time of year can bring out the "winter blues*" but our 2023 winter/spring program and event lineup has plenty to help you combat it. Attend an event or register for a trip and be with other people, do things that make you feel better about yourself like learning something new, you can try doing something for others like volunteering, increase your physical activity by taking an exercise class, or learn to eat healthy or cook new meals.

There are many new and exciting things happening in addition to all of the great programs and events we have to offer. Construction continues on our new youth sports complex located on the Irving Elementary School campus and plans are underway for a much needed addition to the Recreation and Community Services Center.

We also have some exciting staff news to share! Please help us in welcoming the newest professionals to our team: Robyn Elliott is our new Marketing and Design Specialist; Jack Perry is our new Out of School Time Specialist; and Ashley Phillips is our new Program Manager working with our Aquatics Programs, Community Groups and managing Facility Rentals. We are so excited and honored to have them on our team. They each bring excellent experience, a passion for service, and new energy to continue helping us improve and move forward with all of our programs and initiatives. We look forward to seeing all of our West Allis and West Milwaukee residents and friends at a program, event or trip this winter and spring.

Yours in Recreation and Service,
Shelly Strasser and Team

*Unlike the "winter blues," Seasonal Affective Disorder (SAD) is a type of mental health illness and a form of depression. If you believe you may be experiencing SAD, please see a healthcare or mental health provider.

KNOW BEFORE YOU GO



All children must be at least 4 years of age to attend lessons on their own and **MUST** meet the height requirement for each specific pool from the bottom of your child's feet to their chin in the shallow end. Parent & Child classes are exempt from the height requirement.

• **Frank Lloyd Wright Intermediate - 36 inches chin to toes**

• **Nathan Hale High School - 38 inches chin to toes**



Swim diapers are allowed when worn with appropriate swimsuits.



Participants must pass all skills to move to the next level.



Class length: Parent & Child and Level 1: 30 minutes; Level 2-7: 50 minutes; Level 8: 1 hour.



Swim goggles are recommended for Levels 3-8.



If you have any questions regarding swim level classification, contact Ashley Phillips at 414-604-4938 or phillipsa@wawmsd.org.



The WAWM RCS Department reserves the right to move your child out of a level for their own safety.



Water and air temperature is regulated by the District's Facilities & Operations Department, not the WAWM RCS Department. They make every attempt to maintain a pool temperature of 82 degrees.

SAFETY FIRST - 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 the pool for \$2.



Do not bring valuables to the pool. The WAWM RCS Department is not responsible for lost, stolen or damaged items.



Any swimmer who has entered kindergarten must use their respective male/female locker room. Locker room attendants are available to assist.



Per state law, use of cell phones and electronic devices are prohibited in locker rooms.



Street shoes are not allowed in the pool area. Shoes must be removed. Clean sandals or slippers may be worn.

NBSC

S · W · I · M · M · I · N · G

New Berlin Swim Club

The New Berlin Swim Club (NBSC) is dedicated to promoting a positive experience with competitive swimming. Multiple training levels are offered from beginner to accomplished swimmers. NBSC strives to teach skills that are safe, healthy and fun. NBSC's competitive swim program is a rewarding experience, helping swimmers reach their full potential. Any swimmer able to complete one length of the pool (25 yards) is encouraged to join us for a skills evaluation. Swimmers 5 years old through high school age are eligible.

If you have questions about NBSC please contact us at nbswim.org or nbscswim@hotmail.com



American Red Cross “Learn to Swim” Lessons

Parent & Child Swim 2+yrs

Parents and children learn together to increase their child's comfort level in the water and build a foundation of basic skills, such as getting their face wet in the pool, blowing bubbles, front and back floats and glides. This level is fun-filled to help introduce water safety concepts and encourage a healthy recreational habit. One adult per child is required.

Level 1: Little Beginners

Little Beginners introduces first-time swimmers to the aquatic environment and helps them gain basic aquatic skills that are the foundation for later levels. Front and back floats, blowing bubbles and leg and arm actions are introduced.

Level 2: Introduction of Water Skills

Level 2 teaches basic personal water safety skills to help children feel comfortable in the water while improving elementary aquatic skills such as bobbing in the water, front and back glides and combined arm and leg action with assistance.

Level 3: Fundamental Aquatic Skills

Level 3 leads participants to success through fundamental skills such as floating and recovering to a vertical position. Participants will continue to increase their independence with treading and swimming on their front and back.

Level 4: Stroke Development

Level 4 will teach swimmers to do front crawl, rotary breathing and elementary backstroke the width of the pool. They will be introduced to deep water entries and simple dives, while continuing to improve their deep water treading skills.

Level 5: Stroke Refinement

Level 5 will help the swimmer develop confidence and distance in previously learned strokes while introducing new strokes. Swimmers will begin to develop scissor and frog kicks, underwater swimming skills and new deep water dives.

Level 6: Swimming and Skill Proficiency

Swimmers will practice their front crawl and elementary backstroke for 50 yards, backstroke for 25 yards and butterfly for 15 yards. Participants will continue to strengthen their frog and scissor kicks. Open turns are introduced and deep water skills are refined.

Level 7: Fitness Swimmer

Level 7 helps swimmers refine their strokes and skills so participants swim with ease, efficiency and power over greater distances. Participants will begin to incorporate flip turns into their front crawl.

Level 8: Intro to Competitive Swimming

Level 8 will introduce swimmers to what to expect in competitive swimming. Swimmers will learn to do starts from blocks, use equipment such as paddles and pull buoys and understand the terminology and format of competitive swimming. This is a higher level program that will build endurance.



American Red Cross “Learn to Swim” - *Frank Lloyd Wright Intermediate*

Session	Code	Class	Day	Date	Time	RES/NR
Winter	101000.01	Parent/Child	M	1/9-3/13	5-5:30pm	\$30/\$45
Winter	101001.01	Level 1	M	1/9-3/13	5:30-6pm	\$30/\$45
Winter	101002.01	Level 2	M	1/9-3/13	6-6:50pm	\$38/\$57
Winter	101005.01	Level 5	M	1/9-3/13	7-7:50pm	\$38/\$57
Winter	101004.01	Level 4	T	1/10-3/14	6-6:50pm	\$38/\$57
Winter	101003.01	Level 3	T	1/10-3/14	7-7:50pm	\$38/\$57

American Red Cross “Learn to Swim” - Frank Lloyd Wright Intermediate. No lessons 5/29.

Session	Code	Class	Day	Date	Time	RES/NR
Winter	101000.02	Parent/Child	TH	1/12-3/16	5-5:30pm	\$30/\$45
Winter	101001.02	Level 1	TH	1/12-3/16	5:30-6pm	\$30/\$45
Winter	101002.02	Level 2	TH	1/12-3/16	6-6:50pm	\$38/\$57
Winter	101003.02	Level 3	TH	1/12-3/16	7-7:50pm	\$38/\$57
Winter	101001.03	Level 1	SAT	1/14-3/18	8:30-9am	\$30/\$45
Winter	101000.03	Parent/Child	SAT	1/14-3/18	9-9:30am	\$30/\$45
Winter	101001.04	Level 1	SAT	1/14-3/18	9:30-10am	\$30/\$45
Winter	101002.03	Level 2	SAT	1/14-3/18	10-10:50am	\$38/\$57
Winter	101003.03	Level 3	SAT	1/14-3/18	11-11:50am	\$38/\$57
Winter	101001.05	Level 1	SAT	1/14-3/18	12-12:30pm	\$30/\$45
Winter	101004.02	Level 4	SAT	1/14-3/18	1-1:50pm	\$38/\$57
Winter	101005.02	Level 5	SAT	1/14-3/18	2-2:50pm	\$38/\$57
Winter	101006.02	Level 6	SAT	1/14-3/18	3-3:50pm	\$38/\$57
Spring	101000.04	Parent/Child	M	4/3-6/5	5-5:30pm	\$27/\$41
Spring	101001.06	Level 1	M	4/3-6/5	5:30-6pm	\$27/\$41
Spring	101002.04	Level 2	M	4/3-6/5	6-6:50pm	\$35/\$53
Spring	101003.04	Level 3	M	4/3-6/5	7-7:50pm	\$35/\$53
Spring	101004.03	Level 4	T	4/4-5/30	6-6:50pm	\$35/\$53
Spring	101006.03	Level 6	T	4/4-5/30	7-7:50pm	\$35/\$53
Spring	101002.05	Level 2	TH	4/6-6/1	5-5:50pm	\$35/\$53
Spring	101004.04	Level 4	TH	4/6-6/1	6-6:50pm	\$35/\$53
Spring	101003.05	Level 3	TH	4/6-6/1	7-7:50pm	\$35/\$53
Spring	101005.03	Level 5	TH	4/6-6/1	8-8:50pm	\$35/\$53
Spring	101000.05	Parent/Child	SAT	4/8-6/3	8-8:30am	\$27/\$41
Spring	101001.07	Level 1	SAT	4/8-6/3	8:30-9am	\$27/\$41
Spring	101002.06	Level 2	SAT	4/8-6/3	9-9:50am	\$35/\$53
Spring	101003.06	Level 3	SAT	4/8-6/3	10-10:50am	\$35/\$53
Spring	101004.05	Level 4	SAT	4/8-6/3	11-11:50am	\$35/\$53
Spring	101001.08	Level 1	SAT	4/8-6/3	12-12:30pm	\$27/\$41
Spring	101005.04	Level 5	SAT	4/8-6/3	1-1:50pm	\$35/\$53
Spring	101006.04	Level 6	SAT	4/8-6/3	2-2:50pm	\$35/\$53
Spring	101007.02	Level 7	SAT	4/8-6/3	3-3:50pm	\$35/\$53

American Red Cross “Learn to Swim” - Nathan Hale High School

Session	Code	Class	Day	Date	Time	RES/NR
Winter	101006.01	Level 6	W	1/11-3/15	7-7:50pm	\$38/\$57
Winter	101008.01	Level 8	W	1/11-3/15	8-9pm	\$40/\$60
Spring	101007.01	Level 7	W	4/5-5/31	7-7:50pm	\$35/\$53
Spring	101008.02	Level 8	W	4/5-5/31	8-9pm	\$38/\$57



Springboard Diving 8-18yrs

Sandy Sikich - Nathan Hale High School

Do you enjoy parkour or gymnastics? Do you like to swim and be in the water? If you want to learn how to jump, spin, or flip through the air, then springboard diving is for you! Learn the basics of springboard diving (a correct approach, take-off and entry) and develop your skills. Instruction will be provided for divers from beginners to advanced. Join Sandy Sikich and other area high school coaches with a combination of over 50 years of coaching and diving instruction. Divers may sign up for one or both days, but both days are recommended. **No class 3/27, 3/29.**

Beginner - little or no experience necessary

Code	Day	Date	Time	RES/NR
101020.01	M	2/27-5/8	4:30-5:15pm	\$40/\$60
101020.02	W	3/1-5/10	4:30-5:15pm	\$40/\$60
101020.03	M/W	2/27-5/10	4:30-5:15pm	\$60/\$90

Advanced - previous dive experience necessary

Code	Day	Date	Time	RES/NR
101020.04	M	2/27-5/8	5:15-6:30pm	\$60/\$90
101020.05	W	3/1-5/10	5:15-6:30pm	\$60/\$90
101020.06	M/W	2/27-5/10	5:15-6:30pm	\$100/\$150



Teen/Adult Swim Lessons Level 1 13+yrs

Frank Lloyd Wright Intermediate

The goal of this beginner level class is to build confidence in the water, develop basic swimming skills and improve your strokes. These lessons will work on a variety of aspects important to swimming to get you feeling more comfortable in the water.

Code	Day	Date	Time	RES/NR
102004.01	T	1/10-3/14	8-8:50pm	\$32/\$48
102004.02	T	4/4-5/30	8-8:50pm	\$29/\$44

Teen/Adult Swim Lessons Level 2 13+yrs

Nathan Hale High School

This intermediate level class builds upon the skills learned in the Level 1 class. The goal of this class is to improve strokes, work on endurance in the water and become an overall stronger swimmer.

Code	Day	Date	Time	RES/NR
102004.03	T	1/10-3/14	8-8:50pm	\$32/\$48
102004.04	T	4/4-5/30	8-8:50pm	\$29/\$44



Aqua Zumba

Dina Sharafinski - Nathan Hale High School

This class is perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Aqua Zumba blends the Zumba philosophy with water resistance for one pool party you won't want to miss! It's easy on your joints but don't be fooled, this is a great workout!

Code	Day	Date	Time	RES/NR
102001.01	W	1/11-3/15	5-5:50pm	\$35/\$53
102001.02	W	4/5-5/31	5-5:50pm	\$32/\$48

Adult Water Exercise

Mary Ann Batchelor

Get an energetic water exercise workout in this class. Exercises will include routines, dance moves and stretching to music at varied intensities according to your ability. This class is for both the swimmer and non-swimmer looking for a full body workout. Weights and noodles will be used.

Frank Lloyd Wright Intermediate

Code	Day	Date	Time	RES/NR
102002.01	T	1/10-3/14	5-5:50pm	\$35/\$53
102002.03	T	4/4-5/30	5-5:50pm	\$32/\$48

Nathan Hale High School

Code	Day	Date	Time	RES/NR
102002.02	W	1/11-3/15	6-6:50pm	\$32/\$48
102002.04	W	4/5-5/31	6-6:50pm	\$29/\$44



Music Maker and More 9mo-4yrs w/adult*Music Maker & More Staff - Recreation Center*

Come sing along with us! The class incorporates traditional children's songs, finger plays, 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 types of music. Bring your dancing feet and join us for a fun family class. **No class 4/6.**

Code	Day	Date	Time	RES/NR
103160.01	TH	1/5-2/2	9-9:30am	\$40/\$60
103160.02	TH	2/9-3/9	9-9:30am	\$40/\$60
103160.03	TH	3/16-4/20	9-9:30am	\$40/\$60
103160.04	TH	4/27-5/25	9-9:30am	\$40/\$60

**Tumble Bugs 1-4yrs w/adult***Natasha Ergen - Irving Fieldhouse*

Does your child love jumping, rolling and doing somersaults? Join us in warm-up songs and simple tumbling techniques with fun equipment and props. Children will work on developing large motor skills including balance and coordination.

1-2yrs

Code	Day	Date	Time	RES/NR
103205.01	T	1/10-2/7	9:30-10am	\$13/\$20
103205.03	TH	1/12-2/9	5:30-6pm	\$13/\$20
103205.05	T	2/21-3/21	9:30-10am	\$13/\$20
103205.07	TH	2/23-3/23	5:30-6pm	\$13/\$20
103205.09	T	4/11-5/9	9:30-10am	\$13/\$20
103205.11	TH	4/13-5/11	5:30-6pm	\$13/\$20

3-4yrs

Code	Day	Date	Time	RES/NR
103205.02	T	1/10-2/7	10:30-11:15am	\$19/\$29
103205.04	TH	1/12-2/9	6:15-7pm	\$19/\$29
103205.06	T	2/21-3/21	10:30-11:15am	\$19/\$29
103205.08	TH	2/23-3/23	6:15-7pm	\$19/\$29
103205.10	T	4/11-5/9	10:30-11:15am	\$19/\$29
103205.12	TH	4/13-5/11	6:15-7pm	\$19/\$29

**Mushy Gushy Sticky Fun 1-4yrs w/adult***Irving Fieldhouse*

Messy fun for your child that you don't have to clean up! Children will play with shaving cream, pudding, dirt and more. Explore your senses of touch and sight with many fun activities. **No class 3/27.**

Natasha Ergen

Code	Day	Date	Time	RES/NR
103150.01	F	1/13-2/10	10-10:45am	\$19/\$29
103150.02	F	2/24-3/24	10-10:45am	\$19/\$29
103150.05	F	4/14-5/12	10-10:45am	\$19/\$29

Kim Blanton

Code	Day	Date	Time	RES/NR
103150.03	TH	3/2-3/23	9:30-10:15am	\$15/\$23
103150.04	M	3/6-4/3	6:15-7pm	\$15/\$23

Let's Get Moving 1-4yrs w/adult*Kim Blanton - Recreation Center*

Kids are constantly moving around and finding things to do. In this class, children will be able to move around to music and use different types of fun equipment with guided instruction. **No class 1/17.**

1-2yrs

Code	Day	Date	Time	RES/NR
103200.01	T	1/10-2/14	10:30-11am	\$10/\$15
103200.03	T	2/28-3/28	10:30-11am	\$10/\$15
103200.05	T	4/11-5/9	10:30-11am	\$10/\$15

3-4yrs

Code	Day	Date	Time	RES/NR
103200.02	T	1/10-2/14	6:15-7pm	\$15/\$23
103200.04	T	2/28-3/28	6:15-7pm	\$15/\$23
103200.06	T	4/11-5/9	6:15-7pm	\$15/\$23

**DON'T GET CANCELLED**

Remember to register early for your classes! If a class or activity doesn't reach the minimum number of participants 5 days before the start of the class, it will be cancelled. Don't wait too long and register for those classes today to avoid the disappointment of a cancelled class.

Fun Pint-Size Painting 2-4yrs w/adult*Irving Fieldhouse*

Art is an essential part of expressing ideas. Children will paint on different materials, use different utensils and different methods. Let your child's artistic talent shine!

Natasha Ergen

Code	Day	Date	Time	RES/NR
103152.01	M	1/9-2/6	10:45-11:30am	\$19/\$29
103152.02	M	2/20-3/20	10:45-11:30am	\$19/\$29
103152.03	M	4/10-5/8	10:45-11:30am	\$19/\$29

Kim Blanton

Code	Day	Date	Time	RES/NR
103152.04	TH	4/13-5/4	9:30-10:15am	\$15/\$23
103152.05	M	4/17-5/8	6:15-7pm	\$15/\$23

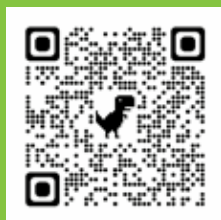
Animal Expedition 2-4yrs w/adult*Kim Blanton - Irving Fieldhouse*

Kids love animals! Come explore a new animal each class with stories, crafts and other fun activities geared toward the animal of the day! **No class 2/13.**

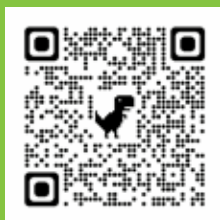
Code	Day	Date	Time	RES/NR
103520.01	M	1/30-2/27	6:15-7pm	\$15/\$23
103520.02	TH	2/2-2/23	9:30-10:15am	\$15/\$23

JOIN OUR TEAM

We are currently hiring for our winter and spring season! Want to have fun while you work? The WAWM RCS Department has many exciting positions available!



**Action
Application**



**General Employment
Application**

**Apply now: wawmrec.com/employment
or scan the QR codes above**

TAKE A LOOK!

Please be sure to review your receipt. We put important information about your activities on there! Also, please review your address, email and phone number for accuracy. Has your address, phone number and/or email changed recently? Give us a call at 414-604-4900 or email us at wawmrec@wawmsd.org and we can get your account updated!

All Sorts of Sports 2-5yrs w/adult*Amber Sarah - Irving Elementary*

This class introduces a different sport each week. Sports may include basketball, kickball, tennis, wiffleball and other sports! This class will keep your child moving and having fun.

2-3yrs

Code	Day	Date	Time	RES/NR
105002.01	TH	1/12-2/9	5:30-6pm	\$13/\$20
105002.03	TH	2/23-3/23	5:30-6pm	\$13/\$20
105002.05	TH	4/13-5/11	5:30-6pm	\$13/\$20

4-5yrs

Code	Day	Date	Time	RES/NR
105002.02	TH	1/12-2/9	6:15-7pm	\$19/\$29
105002.04	TH	2/23-3/23	6:15-7pm	\$19/\$29
105002.06	TH	4/13-5/11	6:15-7pm	\$19/\$29

Jump Up and Learn 2-6yrs w/adult*Stacy Madson - Recreation Center*

Have fun side-by-side with your child exploring new themes through books, songs, art activities and more. Let's explore the world around us through active listening and play.

Code	Day	Date	Time	RES/NR
103566.01	W	2/8	9:15-10:15am	\$5/\$8
103566.02	W	2/15	9:15-10:15am	\$5/\$8
103566.03	W	2/22	9:15-10:15am	\$5/\$8
103566.04	W	3/15	9:15-10:15am	\$5/\$8
103566.05	W	3/22	9:15-10:15am	\$5/\$8
103566.06	W	3/29	9:15-10:15am	\$5/\$8
103566.07	W	4/12	9:15-10:15am	\$5/\$8
103566.08	W	4/19	9:15-10:15am	\$5/\$8
103566.09	W	5/10	9:15-10:15am	\$5/\$8
103566.10	W	5/17	9:15-10:15am	\$5/\$8
103566.11	W	5/24	9:15-10:15am	\$5/\$8

Dance Ballerinas 3-4yrs w/adult*Mariela Martinez - Recreation Center*

It's ballet time! If your child loves to dance, walk on their tip toes and twirl around, this is the class for them.

Beginner

Code	Day	Date	Time	RES/NR
103300.01	M	1/9-2/6	4:30-5pm	\$13/\$20
103300.03	M	2/20-3/20	4:30-5pm	\$13/\$20
103300.05	M	4/10-5/8	4:30-5pm	\$13/\$20

Advanced

Code	Day	Date	Time	RES/NR
103300.02	M	1/9-2/6	5:15-5:45pm	\$13/\$20
103300.04	M	2/20-3/20	5:15-5:45pm	\$13/\$20
103300.06	M	4/10-5/8	5:15-5:45pm	\$13/\$20

**Beginner Pom Pon 3-4yrs w/adult***Mariela Martinez - Recreation Center*

Has your child always wanted to play with pom pons? Have they danced along with the cheerleaders on TV? Now is their chance to learn about pom pons and enjoy using them during class.

Code	Day	Date	Time	RES/NR
103305.01	M	1/9-2/6	6-6:30pm	\$13/\$20
103305.02	M	2/20-3/20	6-6:30pm	\$13/\$20
103305.03	M	4/10-5/8	6-6:30pm	\$13/\$20

Imagination Station 2-5yrs w/adult*Katie Lindgren - Recreation Center*

Join us for a fun one-day class focused on our different themes each time! Class activities could range from science experiments and math games to sensory play and more. Come to one or all classes to see where your imagination takes you!

Wacky Weather

Code	Day	Date	Time	RES/NR
103100.01	SAT	2/25	11-11:45am	\$5/\$8

Zoo Time

Code	Day	Date	Time	RES/NR
103100.02	SAT	3/11	11-11:45am	\$5/\$8

Camp Out

Code	Day	Date	Time	RES/NR
103100.03	SAT	5/13	11-11:45am	\$5/\$8

Teeny Soccer 2-5yrs w/adult*Amber Sarah - Irving Elementary*

Soccer fun for the little one! Adults work with their child to guide them in kicking, passing and playing with other children. This is a relaxed, fun environment for everyone!

2-3yrs

Code	Day	Date	Time	RES/NR
103800.01	M	1/9-2/6	5:30-6pm	\$13/\$20
103800.03	M	2/20-3/20	5:30-6pm	\$13/\$20
103800.05	M	4/10-5/8	5:30-6pm	\$13/\$20

4-5yrs

Code	Day	Date	Time	RES/NR
103800.02	M	1/9-2/6	6:15-7pm	\$19/\$29
103800.04	M	2/20-3/20	6:15-7pm	\$19/\$29
103800.06	M	4/10-5/8	6:15-7pm	\$19/\$29

PARTY PACKAGES

Celebrate your birthday with the WAWM RCS Department! Our birthday party hostess will make sure your special day is a memorable one. Visit our website at wawmrec.com, select our Events tab and select Birthday Party Packages for additional information and form.

Rockin' Party Package: Add excitement and adventure to your party by climbing our traverse rock wall and playing a variety of team games. This package includes a variety of traverse rock wall games such as Simon Says, Steal the Bacon, Tag and more that can be played while climbing laterally on this wall. We will spend some time off the wall playing relay games such as scooter races and more.

Artsy Party Package: Let your creative minds run free. During this party, you will tap into your inner artistic side to create memorable craft projects centered around the guest of honor's favorite hobbies, shows and themes. Paint, clay, embroidery floss and more will be used to create the craft projects. Who's ready to get artsy?

Princess Package: Who doesn't want to have a day of being royalty? Activities include games and crafts centered around being a princess for the day. Partygoers may pretend to be a princess/prince while playing musical chairs, finding the glass slipper and more fun games. While taking a break from the games, the princesses/princes will create craft projects centered around princesses.

Jammin' Package: Have your very own open gym for your birthday! Gym games include basketball, futsal, football and any type of gym games you and your friends would like to play. We can also play dodgeball, relay races and more in this Jammin' Party.

Contact Amanda Schwichtenberg for more details:
schwichtenberga@wawmsd.org / 414-604-4963



Little Learners 2-5yrs w/adult

Katie Lindgren - Recreation Center

Are you looking for something for your Little Learner to do or explore? Join us for one or all of our "Little Learners" series. Classes will be designed to be taken once or over and over again as content will change. Come to class and get a passport where each Little Learner participant will receive a sticker! When you collect 5 stickers in your passport from Little Learners classes, you can bring it to the WAWM RCS office and receive a \$10 coupon that can be used towards future class registrations.

Little Scientists

Get your mad science skills ready! We will discover new experiments and explorations. Come dressed in old clothes just in case we make a mess and be ready to learn and play.

Code	Day	Date	Time	RES/NR
103190.01	W	1/11	4:15-5pm	\$5/\$8

Little Chefs

Children will assist with making a simple recipe of their very own. We will help introduce basic safety skills when helping in the kitchen. Children will leave class with the food they helped create along with the recipe to make it again at home.

Code	Day	Date	Time	RES/NR
103190.02	W	2/1	4:15-5pm	\$5/\$8

Little Readers

Does your child love to read or do they need help getting started? Join us for a day of making reading fun!

Code	Day	Date	Time	RES/NR
103190.03	SAT	2/25	10-10:45am	\$5/\$8

Little Einsteins

Introduce your child to the basic skills of math. Children will be introduced to numbers, shapes and counting. We will work on sorting items by size or shape, counting numbers 0-10 and more.

Code	Day	Date	Time	RES/NR
103190.04	SAT	3/11	10-10:45am	\$5/\$8

Little Players

Get your acting skills ready! We will learn, play and explore through reading and theater.

Code	Day	Date	Time	RES/NR
103190.05	W	3/15	4:15-5pm	\$5/\$8

Little Writers

Handwriting can be a challenge, but we will make it fun! We will learn beginner handwriting skills, work on learning to write letters or make shapes. Children will also practice writing their own name.

Code	Day	Date	Time	RES/NR
103190.06	W	4/12	4:15-5pm	\$5/\$8

Little Explorers

Join us for an adventure! Where will it take us, who knows? The day will be full of fun and exploring the indoors and outdoors.

Code	Day	Date	Time	RES/NR
103190.07	W	5/10	4:15-5pm	\$5/\$8

Little Builders

Does your child love to build and explore? We will build and create new items while using new and different materials.

Code	Day	Date	Time	RES/NR
103190.08	SAT	5/13	10-10:45am	\$5/\$8



Find this icon throughout the guide for new and exciting classes this winter/spring season!





Glow Run 2-8yrs w/adult

Frank Lloyd Wright Intermediate

Join us for a fun Glow Run designed for you and your child that will brighten your night! Children can do ½ mile or mile run with a fun obstacle course.

Code	Day	Date	Time	RES/NR
103210.01	F	5/5	7pm	\$5/\$8

Tiny Track Meet 4-8yrs

Frank Lloyd Wright Intermediate

It's time for our Saturday morning track meet! The little athletes will compete in the 100m dash, long jump, hurdles, shot put and discus. Everyone will receive an award at the end of the meet!

Code	Day	Date	Time	RES/NR
105005.01	SAT	5/20	9-11am	\$10/\$15

Junior Golf Lessons 6-15yrs

*Jim Rewolinski - The Practice Station
4285 S. Sunnyslope Rd.*

Looking to expand your child's knowledge of golf past the usual mini golf course? Our professional golf instructor will guide your child through the basics of golf. During the lessons, your child will work on their golf skills at the golf range and practice green. Participants will be responsible to purchase practice balls (small: \$10, medium: \$12, large: \$14). Practice ball dispenser vending machine only accepts exact cash amounts or credit/debit cards. Please have your child bring their own clubs to the lessons. Just think, the sooner your child builds up their golf skills, the sooner they can join you on the links. For weather cancellations, please call Jim at 414-427-9650.

6-10yrs

Code	Day	Date	Time	RES/NR
105600.01	SAT	4/15-5/20	10-11am	\$35/\$53

11-15yrs

Code	Day	Date	Time	RES/NR
105600.02	SAT	4/15-5/20	11am-12pm	\$35/\$53

Trixters Gymnastics 4+yrs

Nathan Hale High School

Gymnastics can help to improve your child's flexibility, strength, coordination and self-confidence. Your gymnast will work on their skills in the areas of the floor, uneven bars, vault and balance beam. The gymnasts will be placed into groups with similar skill levels. Due to space limitations, classes are closed sessions. There will be a showcase at the end of the season to highlight skills the gymnasts have learned over the course of the session. There will be an additional fee to purchase leotards. More information regarding the Showcase will be sent home after classes begin. **No class 3/27, 3/29.**

Rehearsal: Friday, April 28 from 5:30-7:30pm

Showcase: Saturday, April 29 at 9:30am

4-5yrs

Code	Day	Date	Time	RES/NR
105125.01	M/W	1/23-4/26	5:30-6:10pm	\$60/\$90

6-7yrs

Code	Day	Date	Time	RES/NR
105125.02	M/W	1/23-4/26	6:15-6:55pm	\$60/\$90

8-9yrs

Code	Day	Date	Time	RES/NR
105125.03	M/W	1/23-4/26	7-7:40pm	\$60/\$90

10+yrs

Code	Day	Date	Time	RES/NR
105125.04	M/W	1/23-4/26	7:45-8:35pm	\$60/\$90



Catholic School

Participates in the Milwaukee and Wisconsin Parental Choice program!
Offer services to children with higher academic needs.

Open House
2/2/2023
4pm-6pm

FIVE STAR SCHOOL ACCORDING TO THE WISCONSIN STATE REPORT CARD

MARY QUEEN OF SAINTS CATHOLIC ACADEMY
ENROLLING FOR THE 2023-2024 SCHOOL YEAR

SCAN ME



**MQSCA
PHOENIX**

A SETON CATHOLIC SCHOOL

All day K3 program

www.mqscala.org

School Highlights

- Full time school Counselor
- Community Driven Culture
- Athletics Program
- Breakfast and Lunch Program
- Before and Afterschool Camp
- Parent Voice: School Advisory Board, Home and School, Athletics Board

WEBSITE: WWW.MQSCA.ORG PHONE: 414-476-0751

WAWM RCS YOUTH SPORTS PHILOSOPHY

All of our youth sports leagues are powered by a clear set of core values:

INCLUSION

Regardless of a child's level of skill or background there is a place for them here.

BALANCE

Every program we offer features reasonable time commitments.

SKILL DEVELOPMENT

We will provide structured, age appropriate progressive instruction.

LIFELONG ENJOYMENT

Our positive league experience will lead to a lifetime love of sports.



YOUTH SPORTS LEAGUE GENERAL INFORMATION

- Participants should sign up based on their grade in the 2022-2023 school year. **There are no exceptions to this rule.**
- Players register as individuals and will be placed on teams. Teams are based by school and are formed by the RCS Department.
- The WAWM RCS reserves the right to combine teams for the benefit of the program.
- Practices and games are led by WAWM RCS staff with the assistance of our volunteer coaches.
- **An email will be sent a week before the start date with team assignment and season schedule.**
- Due to changes and updates, gym/field locations are subject to change.
- In case of inclement weather, please call 414-604-4900, Option 2.

YOUTH SPORTS LEAGUE TIMELINE

4K-1st Grade Leagues: 1 day a week (they meet for 55 minutes)

2nd-8th Grade Leagues: 2 days a week (they meet for 55 minutes)

Sport	Grades	Registration Opens	Registration Closes	Program Dates
Basketball	4K-1st	Currently open	Wednesday, December 21	Saturday, January 7-Saturday, February 25, 2023
Basketball	2nd-8th	Currently open	Monday, November 21	Week of December 5-Saturday, February 25, 2023
Indoor Soccer	4K-8th	Currently open	Friday, February 17, 2023	Saturday, March 4-Saturday, May 6, 2023
T-Ball	4K-5K	Monday, March 6, 2023	Friday, May 12, 2023	Week of June 5-Week of July 31, 2023
Rookies Baseball	1st-2nd	Monday, March 6, 2023	Friday, May 12, 2023	Tuesday, June 6-Thursday, July 27, 2023
Summer Soccer	4K-8th	Monday, March 6, 2023	Friday, May 19, 2023	Week of June 12-Week of August 7, 2023
Flag Football	4K-1st	Monday, June 5, 2023	Monday, July 31, 2023	Week of August 14-Week of October 16, 2023
Fall Soccer	4K-8th	Monday, June 5, 2023	Monday, July 31, 2023	Week of August 14-Week of October 16, 2023
Volleyball	4K-8th	Monday, June 5, 2023	Friday, August 25, 2023	Week of September 11-Week of November 13, 2023



Youth basketball registration is
NOW OPEN!

Deadline to register:

2nd-8th Grade: Monday, November 21

4k-1st Grade: Wednesday, December 21

For more information, please visit
wawmrec.com. Register today!



Consider Volunteer Coaching

Coaching a sport is a great way to connect to young athletes. Coaches make a difference as mentors and role models. If you have always wanted to coach, but didn't know where to start, we're here to help!

For all youth sports leagues, the WAWM RCS Department will hire a League Director. The League Director is an experienced and knowledgeable staff member that will ensure a consistent, quality experience for all players. For practices, the League Director supports the volunteer coach and helps to alleviate practice planning for coaches allowing them to focus more on player development, teamwork and affording all athletes equitable instruction. On game days, volunteers are responsible for player substitutions, assigning players to positions and providing a positive and fun learning environment.

Time commitment:

4K-1st Grade: 1 day a week (they meet for approximately 45 minutes to 1 hour)

2nd-8th Grade: 2 days a week (they meet for approximately 45 minutes to 1 hour)

If you are interested in volunteer coaching, please indicate that at the time of registration.

All volunteer coaches are subject to a confidential background check.

For more information, contact Youth Sport Manager, Sam Sujecki at 414-604-4959 or sujeckis1@wawmsd.org

COMING SOON!

In the Summer Activity Guide:
Soccer, Flag Football, Volleyball



Parkland Soccer and Focus Baseball Partnerships

The WAWM RCS Department has partnered with:

- Parkland Soccer for our 2nd-8th grade soccer leagues.
- Focus Baseball for our 4K-5K T-Ball and 1st-2nd grade Rookie leagues.

What are the benefits:

- The intent of these partnerships is to increase the overall quality of our programs, resulting in a fun and positive experience for our participants. All athletes will be encouraged to develop their skills at their own pace.
- Our volunteer coaches will work with knowledgeable, high-quality and experienced coaches.
- Our players receive a club-like experience with high-level instruction and will be immersed in a dynamic learning environment.
- Increase the quality of our coaching, help retain volunteer coaches, and help recruit new coaches with this new, supportive learning experience.



Indoor Soccer and Futsal registration opens Monday, November 28 and closes Friday, February 17 at 4pm.

4K-1st Grade Instructional Soccer

Horace Mann Elementary

Don't miss out on an awesome instructional soccer league for 4K-1st graders. Leagues will focus on participation, skill development, teamwork, sportsmanship and fun. This is an 8-week season in which teams will practice for the first 3 weeks followed by 5 weeks of an introduction to gameplay. **No soccer 4/1 and 4/8.**

Fee: \$30 RES/\$45 NR
After 2/17 deadline \$40 RES/\$55 NR

Mini Strikers 4K Co-Ed

Code	Day	Date	Time
105702.01	SAT	3/4-5/6	9am or 10am

Strikers 5K-1st Grade Co-Ed

Code	Day	Date	Time
105702.02	SAT	3/4-5/6	11am, 12pm or 1pm



2nd-3rd Indoor Soccer League

Horace Mann Elementary

Practices start Saturday, March 4. Teams will meet twice a week on Tuesday and Saturday. Tuesday practice times are 5:35-6:20pm, 6:25-7:10pm or 7:15-8pm. Saturday practice/game times are 2pm, 3pm or 4pm. The first game will be Saturday, March 18.

Fee: \$35 RES/\$53 NR
After 2/17 deadline \$45 RES/\$63 NR

Champions 2nd-3rd Grade Co-Ed

Code	Day	Date
105702.03	T/SAT	3/4-5/6

4th-8th Grade Indoor Futsal Leagues

Lane Intermediate

This league is a progression of your soccer skills incorporating boundaries and game strategy. We will focus on footwork, controlling the ball, passing, teamwork, participation, sportsmanship and fun! All abilities and skill levels are encouraged to get involved. **No soccer 3/29, 3/30, 4/1, 4/8.**

Fee: \$35 RES/\$53 NR
After 2/17 deadline \$45 RES/\$63 NR

Premier 4th-5th Grade Co-Ed

Practices start Saturday, March 4. Teams will meet twice a week on Wednesday and Saturday. Wednesday practice times are 5:30-6:30pm or 6:30-7:30pm. Saturday practice/game times are 9am or 10am. The first game will be Saturday, March 18.

Code	Day	Date
105702.04	W/SAT	3/4-5/6

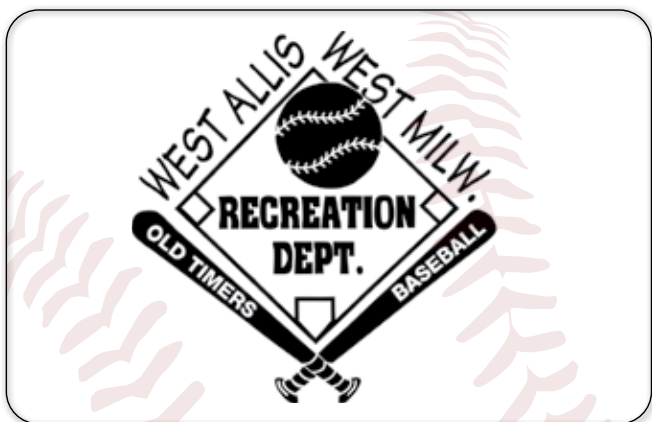
World Cup 6th-8th Grade Co-Ed

Teams will meet twice a week on Thursday and Saturday. There will be a mandatory skills assessment on Thursday, March 2 (6th grade: 5:30-6:30pm and 7th/8th grade: 6:30-7:30pm) at Lane Intermediate. Players will be divided into teams by RCS staff and will be emailed practice information following the skills assessment. Practice starts Saturday, March 4. Thursday practices are 5:30-6:30 pm or 6:30-7:30pm. Saturday practice/game times are 11am or 12pm.

Code	Day	Date
105702.05	TH/SAT	3/2-5/6



All T-Ball and Rookies will be held at Klentz Park.
Registration opens Monday, March 6 and closes Friday, May 12 and 4pm.



Rookies 1st-2nd Grade Co-Ed

Players will face live pitching from their coach! Coaches will throw hittable pitches to players so they get used to hitting a ball in motion. Teams will practice and play a game each week. For the first 3 weeks, teams will practice twice a week. Starting week 4, teams will practice on Tuesday and play games on Thursday. **No practice 7/4.**

Fee: \$35 RES/\$53 NR
After 5/12 deadline \$45 RES/\$63 NR

Code	Day	Date	Time
205202.01	T/TH	6/6-7/27	5:30 or 6:45pm time varies each week

T-Ball & Rookies Baseball

- Players will be separated into teams by grade, based on the grade completed in the 2022-2023 school year. Any player 4 years old before the start date is eligible to play.

T-Ball 4K & 5K Co-Ed

Players will be introduced to the mechanics of swinging the bat, throwing the ball and running the bases. These basic skills will give players a strong foundation to advance into Rookies coach pitch in 1st grade. This is an 8-week season in which teams will practice for the first 3 weeks followed by 5 weeks of an introduction to gameplay. **No practice 7/3.**

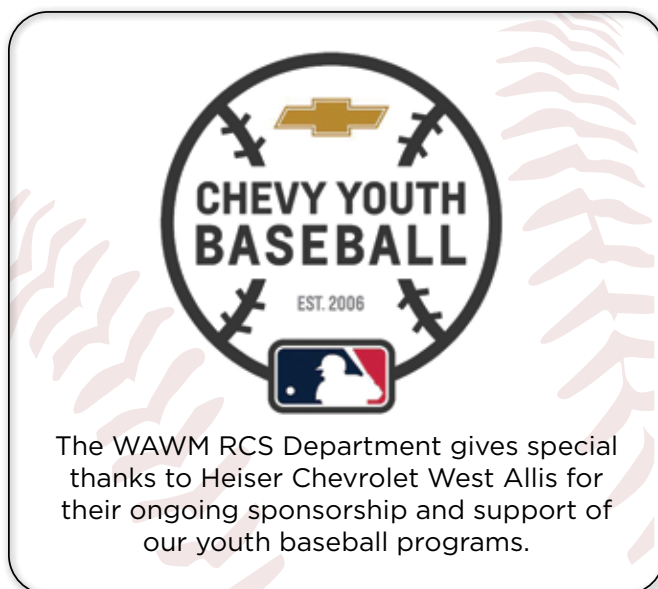
Fee: \$30 RES/\$45 NR
After 5/12 deadline \$40 RES/\$55 NR

4K Co-Ed

Code	Day	Date	Time
205200.01	M	6/5-7/31	5:30 or 6:45pm time varies each week

5K Co-Ed

Code	Day	Date	Time
205201.01	W	6/7-7/26	5:30 or 6:45pm time varies each week



All summer soccer will be held at Frank Lloyd Wright Intermediate Field.
Registration opens Monday, March 6 and closes Friday, May 19 at 4pm.

Summer Soccer

Players will be separated into teams by grade based on the grade completed in the 2022-2023 school year. Any player 4 years old before the start day is eligible to play.

4K-1st Grade Instructional Soccer

This program encourages individual skill development. Players will focus on developing their individual ball skills, spacing on the field and learning the basics of defense. At 1st grade, an emphasis will be placed on team play and passing (sharing the ball). All practice sessions will be led by Coach Mark Dombrowski. This is an 8-week season in which teams will practice for the first 3 weeks followed by 5 weeks of an introduction to gameplay. **No practice 7/3.**

Fee: \$30 RES/\$45 NR
After 5/19 deadline \$40 RES/\$55 NR

Mini Strikers 4K Co-Ed

Code	Day	Date	Time
205700.01	W	6/14-8/2	5:30-6:30pm

Strikers 5K Co-Ed - NEW DAY

Code	Day	Date	Time
205700.02	M	6/12-8/7	5:30-6:30pm

Big Strikers 1st Grade Co-Ed

Code	Day	Date	Time
205700.03	W	6/14-8/2	6:45-7:45pm



2nd-8th Grade Soccer Leagues

The emphasis of our 2nd-8th grade league play shifts to team play and game play strategies. Players will focus on spacing, passing and team concepts. As players advance through each league, the number of players on the field, goal size and field size will be appropriately adjusted. **No practice 7/4.**

Fee: \$35 RES/\$53 NR
After 5/19 deadline \$45 RES/\$63 NR

Champions 2nd-3rd Grade

Practice starts Tuesday, June 13. For the first 2 weeks, practices will be on Tuesday and Thursday. Starting week 3, games will be on Thursdays. The first game will be June 29.

Boys

Code	Day	Date	Practice/Game Time
205702.01	T/TH	6/13-8/3	5:30-6:30pm

Girls

Code	Day	Date	Practice/Game Time
205702.02	T/TH	6/13-8/3	6:45-7:45pm

Premier 4th-5th Grade Co-Ed

Practice starts Monday, June 12. For the first 2 weeks, practices will be on Monday and Wednesday. Starting week 3, games will be on Wednesdays. The first game will be June 28.

Code	Day	Date	Practice/Game Time
205702.03	M/W	6/12-8/2	5:30 or 6:45pm

World Cup 6th-8th Grade Co-Ed

There will be a mandatory skills assessment on Thursday, June 8 (6th grade: 5:30-6:30pm and 7th-8th grade: 6:30-7:30pm) at Frank Lloyd Wright Intermediate. Players will be divided into teams by RCS Staff and will be emailed practice information following the skills assessment. Practice starts Tuesday, June 13.

Code	Day	Date	Practice/Game Time
205702.04	T/TH	6/8-8/3	5:30 or 6:45pm





WAWM Intermediate School Interscholastic Sports 6th-8th Grade

Athletic opportunities are open to all 6th-8th grade school district residents including those who attend a parochial school, private school, home school or public school outside the district that does not offer sports. Student-athletes will work on building their fundamentals, teamwork and leadership skills while representing their school against local schools based on the conference their sport competes in. All participants must register with their attendance area school. All student-athletes will need a physical on file before participating in either the first day of tryouts or the first practice. If tryouts are required, participation fees will be due after the teams are announced.

- For 7th-8th grade girls and boys basketball and 7th-8th grade girls volleyball, Frank Lloyd Wright, Lane and West Milwaukee Intermediate will compete in the Jr. Parkland Conference.
- For 6th grade girls and boys basketball and 6th grade girls volleyball, student-athletes will have the opportunity to participate in WAWM RCS leagues. This aligns with the conferences we participate in for these sports, which do not include 6th grade interscholastic athletics. This creates a more inclusive opportunity for all interested athletes during their intermediate transition year as there is not a tryout process.
- Practices take place at the school you are registered at and are scheduled in season between the hours of 3-5pm.
- Bus transportation will be provided for athletes to all away competitions.

Boys Basketball (7th/8th Grade Only)*

Season: November - Mid January

Wrestling

Season: Mid January - Early March

Girls Volleyball (7th/8th Grade Only)*

Season: Late January - Mid March

Co-Ed Track

Season: Late April - End of May

Poms*

Season: September - Early March

Co-Ed Cross Country

Season: September - Early October

Girls Basketball (7th/8th Grade Only)*

September - End of October

*Tryouts Required



On our registration page, enter "IS" in "Keyword Search" to bring up Intermediate Sports
Cost: \$45 per sport (except 6th grade track - \$20)

For more information: Sam Sujecki 414-604-4959 or sujeckis1@wawmsd.org

FREE

WAWM RCS Annual Free Throw Contest

Central High School

Open to anyone 3rd grade-Adult

Come join us for our very popular Annual Free Throw Contest. Winners in the boys and girls 3rd-8th grade divisions qualify for the Wisconsin Park and Recreation Association Region 4 Free Throw Tournament on Saturday, March 18, 2023. There will be winners in other age groups (9th-12th grade, 18-35yrs, 35+yrs). This truly is a family environment and EVERYONE IS ENCOURAGED TO PARTICIPATE!

Day	Date	Time	Fee
W	3/1	7-8:30pm	FREE

High School Intramural Basketball 9th-12th Grade

Are you interested in playing basketball but not at a highly competitive level? Join our fun and relaxed high school basketball league. Watch for information at your school or visit our website at wawmrec.com. You are not eligible to play if you are a member of a WIAA basketball team. Intramural basketball is from January 14 through March 18 at Dottke High School. For more information, contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org.





JOIN AN ATHLETIC TEAM

**BE A PART
OF THE
FUN AND
LEARNING**

Sign up



Leadership Family



Sign up



Leadership Family



**SIGN UP FOR
2021-22
HIGH SCHOOL
ATHLETICS IS
NOW OPEN**



West Allis-West Milwaukee High School Athletics



ONGOING

BOWLING



JUST

US

WINTER SPORTS



ONGOING

GIRLS HOCKEY



MEN 11/7/22

BOYS HOCKEY



MEN 11/7/22

GYMNASTICS



MEN 11/7/22

JUST

US

SPRING SPORTS

BOYS AND GIRLS
TRACK AND FIELD



MEN 3/6/23

GIRLS SOCCER



MEN 3/20/23

SOFTBALL



MEN 3/13/23

BOYS TENNIS



MEN 3/27/23

BASEBALL



MEN 3/20/23

GOLF



MEN 3/27/23

West Allis-West Milwaukee High School Athletics

OCTOBER 2022

GIRLS BASKETBALL



MEN 11/7/22

BOYS BASKETBALL



MEN 11/14/22

BOYS SWIM AND DIVE



MEN 11/14/22

WRESTLING



MEN 11/14/22

Congratulations!

In partnership with the National Recreation and Park Association (NRPA), the WAWM RCS Department has received a \$90,000 grant to develop a Community Wellness Hub to provide equitable access to healthy foods and reduce food insecurity through our park and recreation services. The funding is part of a \$2.5 million grant NRPA received from the Walmart Foundation to build capacity in park and recreation agencies across the country to serve as intentional Community Wellness Hubs that improve health outcomes for community members. Every day your WAWM RCS Department professionals are working hard to make the places for our community healthier and happier - where our members live, learn, work and play. This grant will allow our vision of becoming the trusted gathering place that connects every member of our community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life, become a reality. Your WAWM RCS Department is only one of 15 agencies across the country to receive this grant.

PARKS AND RECREATION SERVE AS COMMUNITY WELLNESS HUBS: HEALTHIER PEOPLE. HAPPIER COMMUNITIES.

15 Communities | 2 Years | Strategic Investment, Planning and Community Engagement
supported by a NRPA and Walmart Foundation grant

WHAT IS A COMMUNITY WELLNESS HUB?

NRPA defines this as a trusted gathering place that connects every member of the community to essential programs, services and spaces that advance health equity, improve health outcomes and enhance quality of life.



Nearly **18 million**
meals provided to youth and adults



228 new food access points like
food bank sites and farmers markets



31,000+ households
provided with SNAP outreach



327 community partnerships
created or strengthened

DEVELOPING HEALTHY HABITS

Grantees implemented nutrition and health education. The results?



48% of people increased fruit
and/or vegetable consumption



29% of people increased meal
preparation at home



37% of youth increased
frequency of healthy food choices

Adults rated themselves higher in
every quality-of-life indicator including
overall life satisfaction.

*"It feels empowering to have some concrete
objectives and vision for what improvement in
health equity might look like for our organization."*

— Park and recreation professional and grant recipient

An investment in Community Wellness Hubs is an
investment in healthier, happier communities.
Learn more: nrpa.org/health



NATIONAL RECREATION
AND PARK ASSOCIATION

Youth Baton Classes 4yrs+

Kathy Kugi-Tom - Frank Lloyd Wright Intermediate

Your child will learn a variety of twirls and many other skills for baton. A baton is required for the classes and it is advised to contact the program director prior to purchasing.

Intro to Baton 4-6yrs

Code	Day	Date	Time	RES/NR
115205.01	SAT	1/8-3/26	11-11:40am	\$50/\$75

Intro to Half Time Mini Show 4-8yrs

Variety of Baton/Dance/Props/Poms

Code	Day	Date	Time	RES/NR
115205.02	SAT	1/8-3/26	11:30am-12:10pm	\$50/\$75

Level 2 5-7yrs

Code	Day	Date	Time	RES/NR
115205.03	SAT	1/8-3/26	12:30-1:15pm	\$50/\$75

Level 3 8-10yrs

Code	Day	Date	Time	RES/NR
115205.04	SAT	1/8-3/26	12:30-1:15pm	\$50/\$75

Level 4/5 11+yrs

Code	Day	Date	Time	RES/NR
115205.05	SAT	1/8-3/26	11-11:40am	\$50/\$75

For information on the Diamond Twirlers Competitive teams, please visit wawmrec.com.



Snow Fun Experience 3rd-8th Grade

Recreation Center

Looking for a new way to experience the cold winter day? Join us as we spend a non school day on the snowy slopes at the Rock Snow Park. There is no reason to be scared, participation includes ski or snowboard lessons by staff!

Code	Day	Date	Time	RES/NR
119000.01	M	2/13	8:30am-5pm	\$65/\$98*
119000.02	M	2/13	8:30am-5pm	\$55/\$83**

*With Equipment Rental

**Without Equipment

NEW

Kids Kreation Korner 4-14yrs

Stacy Madson - Irving Fieldhouse

Paper Airplanes

Design planes of all types and see how they fly.

Code	Age	Day	Date	Time	RES/NR
104405.01	4-9yrs	T	2/21	4-5pm	\$5/\$8
104405.10	10-14yrs	T	2/21	5:45-6:45pm	\$5/\$8

Snowflake Cutting

Learn to cut snowflakes for winter decorating.

Code	Age	Day	Date	Time	RES/NR
104405.02	4-9yrs	T	2/28	4-5pm	\$5/\$8
104405.11	10-14yrs	T	2/28	5:45-6:45pm	\$5/\$8

Fluffy Slime

Join in for some fluffy, squishy fun.

Code	Age	Day	Date	Time	RES/NR
104405.03	4-9yrs	T	3/14	4-5pm	\$5/\$8
104405.12	10-14yrs	T	3/14	5:45-6:45pm	\$5/\$8

Spaghetti Bridge

Build a bridge with spaghetti and marshmallows.

Code	Age	Day	Date	Time	RES/NR
104405.04	4-9yrs	T	3/21	4-5pm	\$5/\$8
104405.13	10-14yrs	T	3/21	5:45-6:45pm	\$5/\$8

Ice Cream in a Bag

Come make your own ice cream the old-fashioned way.

Code	Age	Day	Date	Time	RES/NR
104405.05	4-9yrs	T	4/11	4-5pm	\$5/\$8
104405.14	10-14yrs	T	4/11	5:45-6:45pm	\$5/\$8

Lego Volcano

Build a lego volcano and watch it erupt.

Code	Age	Day	Date	Time	RES/NR
104405.06	4-9yrs	T	4/25	4-5pm	\$5/\$8
104405.15	10-14yrs	T	4/25	5:45-6:45pm	\$5/\$8

Dino Excavation

Chip away at the surrounding material and find the dinosaur.

Code	Age	Day	Date	Time	RES/NR
104405.07	4-9yrs	T	5/9	4-5pm	\$5/\$8
104405.16	10-14yrs	T	5/9	5:45-6:45pm	\$5/\$8

Butter in a Jar

Churn butter the old-fashioned way and enjoy eating the results.

Code	Age	Day	Date	Time	RES/NR
104405.08	4-9yrs	T	5/16	4-5pm	\$5/\$8
104405.17	10-14yrs	T	5/16	5:45-6:45pm	\$5/\$8

Cardboard Kingdom

Build as you've always wanted with cardboard and supplies!

Code	Age	Day	Date	Time	RES/NR
104405.09	4-9yrs	T	5/23	4-5pm	\$5/\$8
104405.18	10-14yrs	T	5/23	5:45-6:45pm	\$5/\$8



Little Bakers 4-10yrs

Little Bakers Association - Recreation Center

Does your little one like to watch you bake in the kitchen? Little Bakers is a great step to introduce your little baker to the kitchen world. In addition to creating delicious treats, we will introduce your child to baking vocabulary, techniques, cooking utensils and, most importantly, kitchen safety. Who's ready for some delicious treats and a messy good time?

Classic Chocolate Chip Cookies

Who doesn't love a great chocolate chip cookie? Your child will be preparing the most amazing chocolate chip cookies ever! It is the perfect recipe that is amazing for any season.

Code	Day	Date	Time	RES/NR
104305.01	SAT	1/14	11am-12pm	\$44/\$66

Cake Pops

Your Little Baker will have a chance to make cake pops! Who knew that cake pops are created so easily and taste so delicious?

Code	Day	Date	Time	RES/NR
104305.02	SAT	1/28	11am-12pm	\$44/\$66

Signature Red Velvet Cookies

Your child will have a blast as they prepare red velvet cookies. Our recipe produces a very soft and chewy cookie loaded with white chocolate chips. It's the perfect recipe for all seasons!

Code	Day	Date	Time	RES/NR
104305.03	SAT	2/18	11am-12pm	\$44/\$66

Caramel Apple Pizza

What do you get when you combine a signature sugar cookie with flavored cream cheese, whipped cream, caramel and Granny Smith apples? You get a delectable dessert! Can you say yum?!

Code	Day	Date	Time	RES/NR
104305.04	SAT	2/25	11am-12pm	\$44/\$66

No-Bake Cheesecake

Who said you need an oven to bake? Your child will be a part of preparing a delicious no-bake cheesecake with only 5 ingredients. Our delicious cheesecake recipe is a definite way to please a crowd and can easily be replicated at home.

Code	Day	Date	Time	RES/NR
104305.05	SAT	3/4	11am-12pm	\$44/\$66

Apple Crisp

Get ready to indulge when all the best flavors are combined - apples, sugar and spices for an out-of-this-world recipe! Your child will be preparing their apple crisp and serving it with a scoop of ice cream on top.

Code	Day	Date	Time	RES/NR
104305.06	SAT	3/11	11am-12pm	\$44/\$66

Baked Fruit Turnover Pies

What's your flavor? Let's make a delicious homemade turnover pie. A traditional fun treat that is easy for all ages to make. They get to choose what filling they would like to use: blueberry, strawberry, peach, apple or even a blend of all 4!

Code	Day	Date	Time	RES/NR
104305.07	SAT	4/1	11am-12pm	\$44/\$66

Cheesecake Stuffed Strawberries

Your Little Baker will have a blast preparing these cheesecake stuffed strawberries. These are so delicious and perfect for a spring and summer treat!

Code	Day	Date	Time	RES/NR
104305.08	SAT	4/29	11am-12pm	\$44/\$66

Fruit Pizza

Learn how to create one refreshing treat. A cookie dough crust, cream cheese filling and fruit toppings. This amazing dessert is fun to make, delicious and healthy to eat!

Code	Day	Date	Time	RES/NR
104305.09	SAT	5/20	11am-12pm	\$44/\$66



Kids Cuisine 5K-5th Grade

Recreation Center

Help your child learn to navigate their way around the kitchen. Each week a new cooking experience will be presented demonstrating tasty and healthy eats. Our chefs will prepare and eat what they create, giving them a feeling of satisfaction and accomplishment. We will also cover cooking terms, measuring, manners and kitchen safety. **No class 2/13.**

5K-2nd Grade

Code	Day	Date	Time	RES/NR
104301.01	M	1/30-3/13	5:45-6:45pm	\$40/\$60

3rd-5th Grade

Code	Day	Date	Time	RES/NR
104301.02	M	4/17-5/22	5:45-6:45pm	\$40/\$60

VIRTUAL

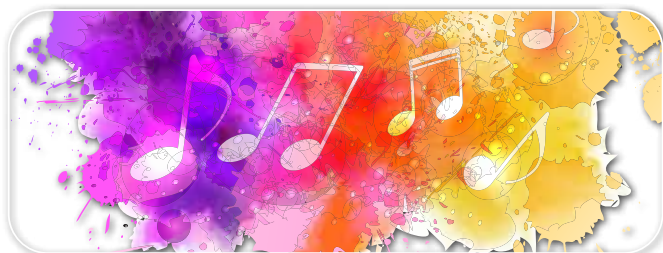
IN PERSON

Private Music Lessons 3rd Grade+

Bob or Judy Halat - Frank Lloyd Wright
Intermediate or Zoom

Individual lessons are designed to help you improve your skills and performance. Lesson times range between 3:15-6:45pm and each lesson is 30 minutes. If you are a first-time musician, trying to get back in tune or are looking to further your musical ability, this is a great opportunity for you. Lessons are for all band instruments, guitar and piano. Bob will contact you prior to your first lesson to schedule a time. **No lessons 3/27.**

Code	Day	Date	Time	RES/NR
117100.01	M	1/9-2/13	3:15-6:45pm	\$100/\$150
117100.02	M	2/20-4/3	3:15-6:45pm	\$100/\$150
117100.03	M	4/17-5/22	3:15-6:45pm	\$100/\$150
117100.04	T	1/3-2/7	3:15-6:45pm	\$100/\$150
117100.05	T	2/14-3/21	3:15-6:45pm	\$100/\$150
117100.06	T	4/4-5/9	3:15-6:45pm	\$100/\$150
117100.07	W	1/4-2/8	3:15-6:45pm	\$100/\$150
117100.08	W	2/15-3/22	3:15-6:45pm	\$100/\$150
117100.09	W	4/5-5/10	3:15-6:45pm	\$100/\$150
117100.10	TH	1/5-2/9	3:15-6:45pm	\$100/\$150
117100.11	TH	2/16-3/23	3:15-6:45pm	\$100/\$150
117100.12	TH	4/6-5/11	3:15-6:45pm	\$100/\$150
117100.13	F	1/6-2/10	3:15-5:45pm	\$100/\$150
117100.14	F	2/17-3/24	3:15-5:45pm	\$100/\$150
117100.15	F	4/14-5/19	3:15-5:45pm	\$100/\$150



Stuff and Fluff Party 1st-5th Grade

Recreation Center

Do you remember your favorite stuffed animal from your childhood? Now is your child's chance to build their very own teddy bear that they will keep forever. We will build our bears starting with stuffing them utilizing a no-sew design. After stuffing, we will design our own hoodies that each bear will wear. We will also read a story centered around teddy bears that will leave a lasting impression. Don't miss out on creating your child's next best friend.

Code	Day	Date	Time	RES/NR
104608.01	SAT	2/4	1-2pm	\$30/\$45

Paint Escape 6-12yrs

Briona Conway - Recreation Center

Do you have a mini Picasso? Your child will explore their creative side while following step-by-step instructions to create one of a kind masterpieces. All supplies are included.

Code	Day	Date	Time	RES/NR
104503.01	SAT	1/14	1-2pm	\$20/\$30
104503.02	SAT	2/4	1-2pm	\$20/\$30
104503.03	SAT	3/18	1-2pm	\$20/\$30
104503.04	SAT	4/8	1-2pm	\$20/\$30
104503.05	SAT	5/20	1-2pm	\$20/\$30

NEW

Mother/Daughter Paint Escape 5-12yrs

Paint Escape Staff - Recreation Center

Mother's Day is right around the corner. Are you looking for a fun activity to do with your daughter? The WAWM RCS Department has partnered with Grape Escape to celebrate Mother's Day with an afternoon of painting fun. Enjoy the company of your daughter as each of you create your Mother's Day masterpiece. Light refreshments will be served. All supplies are included.

Code	Day	Date	Time	RES/NR
104503.06	SUN	5/14	1-2pm	\$40/\$60

Little Jragons Martial Arts 3-17yrs

Jason Jordan - Recreation Center

Martial arts can help build character qualities such as confidence, leadership, respect and discipline. Classes are designed to improve large and fine motor skills while enhancing their ability to focus and follow directions. **No class 2/14, 2/21, 2/28.**

3-4yrs

Code	Day	Date	Time	RES/NR
104101.01	T	1/10-3/14	5:30-6pm	\$49/\$74
104101.02	T	4/4-5/16	5:30-6pm	\$49/\$74

5-6yrs

Code	Day	Date	Time	RES/NR
104101.03	T	1/10-3/14	6-6:30pm	\$49/\$74
104101.04	T	4/4-5/16	6-6:30pm	\$49/\$74

7-17yrs

Code	Day	Date	Time	RES/NR
104101.05	T	1/10-3/14	6:30-7:15pm	\$56/\$84
104101.06	T	4/4-5/16	6:30-7:15pm	\$56/\$84



American Red Cross Babysitting 10+yrs

Recreation Center

Babysitting is one of the most important jobs a young person will ever have. Babysitting can be a lot of fun but the responsibility of it should never be taken lightly. This program is based on these essential themes: Leadership, Safety and Safe Play, Basic Care and First Aid (including rescue breathing).

Code	Day	Date	Time	RES/NR
104602.01	W	2/1-2/15	6-8pm	\$80/\$120
104602.02	W	3/8-3/22	6-8pm	\$80/\$120
104602.03	W	5/3-5/17	6-8pm	\$80/\$120



Beginner Chess 2nd-8th Grade

Chess Scholars Staff - Recreation Center

Don't be intimidated, we are all starting out at the beginning here. We will focus on the fundamentals, which includes opening strategy, the 7 basic checkmates and tactics such as Forks, Pins and Discovered Check. Students will experience a balance of chess play and instruction.

Code	Day	Date	Time	RES/NR
104400.01	T	1/10-2/28	6-7pm	\$78/\$117

Upcoming Audition: High School



Auditions
November
29 and 30

Play, Presented at Nathan Hale
Performances January 26-29, 2023



www.wawmtheater.com

f @wawm_theater

Theater opportunities are open to all school district residents including those who attend a parochial school, private schools, home school, virtual school or public school outside of the district that does not offer theater.

Future Productions

Upcoming Audition: Intermediate School



Auditions
December
19 and 20

Musical, Presented at West Milwaukee
Performances March 2-4, 2023

Auditions
February 7-9,
Performances
April 21-30



High School Musical,
Presented at West Allis Central

Auditions
March 7 and 9.
Performances
May 18-21



Intermediate Play,
Presented at Frank Lloyd Wright

Performances
August
10-13, 2023

Musical,
Presented at
Nathan Hale



Auditions open to late elementary through
high school. More information on
registration coming this spring!

Chess Scholars 8th-12th Grade

Afterschool Solutions - West Milwaukee Community Center

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

No class 2/16.

Code	Day	Date	Time	RES/NR
104400.02	TH	1/12-2/23	6:30-7:30pm	\$110/\$165
104400.03	TH	4/20-5/25	6:30-7:30pm	\$110/\$165



Nerf Nites 6th-12th Grade

Milwaukee Area Nerf Outings Staff - Recreation Center

Who's ready to wreak some havoc? The night will consist of a variety of games led by Milwaukee Area Nerf Outings. We will provide the foam darts but participants must bring their own blasters that are compatible with the foam darts. Eye protection will be provided as well. Who's ready to have some fun?

Code	Day	Date	Time	RES/NR
104609.01	F	2/17	6-7:30pm	\$10/\$15
104609.02	F	3/24	6-7:30pm	\$10/\$15
104609.03	F	4/21	6-7:30pm	\$10/\$15
104609.04	F	5/26	6-7:30pm	\$10/\$15

Vamos con la Familia 2nd-5th Grade

Futura Language Professionals

Prepare your child for a multi-cultural world. Let's visit the fascinating country of Peru. Your child will learn to describe and ask questions about their family and talk about likes and dislikes. Get a language headstart - sign up today! **No class 2/14, 3/1, 3/28, 3/29, 3/30.**

West Milwaukee Community Center

Code	Day	Date	Time	RES/NR
104501.01	T	2/7-4/11	6-7pm	\$150/\$225

Walker Elementary

Code	Day	Date	Time	RES/NR
104501.02	T	2/7-4/11	3:45-4:45pm	\$150/\$225

Wilson Elementary

Code	Day	Date	Time	RES/NR
104501.03	W	2/8-4/12	3:45-4:45pm	\$150/\$225

Hoover Elementary

Code	Day	Date	Time	RES/NR
104501.04	TH	2/9-4/6	3:45-4:45pm	\$150/\$225

VIRTUAL Esports League 8-17yrs

Gamers of all skill levels can enjoy friendly, online competition in popular video games from the comfort of your own home. In our Esports Leagues, you can connect with friends to compete and have fun! The WAWM RCS Department utilizes the Mission Control App to monitor our Esports community. Only registered players can play and Mission Control monitors our message boards to ensure safety. Check out our Esports page at wawmrec.com prior to registering.

Knockout City

Code	Day	Date	Time	RES/NR
104515.01	T	2/14-3/21	6:30pm	\$20/\$30

Mario Kart

Code	Day	Date	Time	RES/NR
104515.02	W	2/15-3/22	6:30pm	\$20/\$30

Super Smash Bros. Ultimate

Code	Day	Date	Time	RES/NR
104515.03	TH	2/16-3/23	6:30pm	\$20/\$30



Coding 3rd-8th Grade

Afterschool Solutions Staff - Recreation Center

Our innovative approach to coding is sure to spark your child's interest in computer science. The fun-filled curriculum encourages critical thinking, creativity, confidence, teamwork and problem solving skills to prepare them for the 21st century and beyond. Class topics include video game design, loops, control structure, conditional expressions, control statements, object oriented design concepts, data structures and variables, and mathematical expressions.

Code	Day	Date	Time	RES/NR
104401.01	SAT	1/14-2/18	10-11am	\$110/\$165
104401.02	SAT	4/22-5/27	10-11am	\$110/\$165

College Success 13-17yrs w/Parent/Guardian

Nancy Crosby - Central High School

Jump start your rising college student's success! We will introduce you and your child to several topics that influence student success, including: mindset, prioritization and task management, mental health resources, financial aid opportunities, school and major selection and more. Students will be equipped to move through their college years with confidence and clarity. Parents/guardians will feel empowered to provide their student with the most effective support, which will save time, money and stress in the years ahead.

Code	Day	Date	Time	RES/NR
104901.01	T	2/21-3/7	6-7:30pm	\$30/\$45*

*Per family

Special Offer

JUST-A-BATH
when just a bath is all you need

\$10.00 off your bath with this ad.
just.a.bath.dogs@gmail.com
262-224-6220



Fairy Tales and Nursery Rhymes 4-6yrs

Kathleen Mohr - Horace Mann Elementary

Enter into the land of make-believe that features fairies, talking animals, gnomes and mystical creatures. In this theater class, your child will work on building social skills, character development and their imagination.

Code	Day	Date	Time	RES/NR
112006.02	TH	4/20-5/11	5:30-6:15pm	\$50/\$75

Fire and Stone 7-11yrs

Kathleen Mohr - Horace Mann Elementary

A fire-breathing dragon terrifies the people of a small medieval village. They need help with this problem and fast! Perhaps help comes to them in an unusual way? Your future theater star will work on their character development while participating in a variety of theater games that will make this class super fun!

Code	Day	Date	Time	RES/NR
112006.01	TH	2/2-3/2	6-7pm	\$55/\$83



NEW



DADDY/DAUGHTER DANCE 4+YRS W/ADULT

Recreation Center

Come dressed in your formal wear for a night full of music and laughter. Enjoy a sit-down dinner prior to dancing the night away. This will be a night that you and your special little lady can look back on and share the special memories together! This event is for any father figure or guardian with a child. Pricing is per couple. \$10 for an additional adult/child.



Code	Day	Date	Time	RES/NR
118001.01	SAT	2/11	6-8pm	\$20/\$30



MOTHER/DAUGHTER TEA PARTY 4+YRS W/ADULT

Recreation Center

Come dressed in your favorite party dress and have a spot of tea with your favorite little lady. Tea time will be filled with sweets, snacks and finger sandwiches. Doesn't that sound tasty? While spending quality time together, enjoy the musical stylings of the WAWM School District's very own Shining Strings Orchestra and other special guest appearances. Don't be late for this very important date! This event is for any mother figure or guardian with a child. Pricing is per couple. \$10 for an additional adult/child.

Code	Day	Date	Time	RES/NR
118003.01	SAT	5/13	10am-12pm	\$20/\$30





EGGED 4+ YRS

The Easter Bunny has sent the WAWM RCS Department an S.O.S. and we are here to help you! That is right, the WAWM RCS Department will help your family have it's very own Easter egg hunt in your front yard. Families must reside within the West Allis-West Milwaukee community. Egged begins Wednesday, April 5 and runs through Saturday, April 8. Pick the evening that you would like the WAWM RCS Department to hide the candy and toy-filled eggs in your front yard so the next morning your family can enjoy your very own Easter egg hunt! Who's ready to go hunting for Easter eggs? Please enroll under the parent/guardian's name.

Code	Day	Date	Time	Eggs	Fee
118004.01	W	4/5	7-10pm	25 Eggs	\$20
118004.02	W	4/5	7-10pm	50 Eggs	\$40
118004.03	TH	4/6	7-10pm	25 Eggs	\$20
118004.04	TH	4/6	7-10pm	50 Eggs	\$40
118004.05	F	4/7	7-10pm	25 Eggs	\$20
118004.06	F	4/7	7-10pm	50 Eggs	\$40
118004.07	SAT	4/8	7-10pm	25 Eggs	\$20
118004.08	SAT	4/8	7-10pm	50 Eggs	\$40



AM Action

The AM Action program is centered around 3 main ideas: fitness, literacy and fun. AM Action will focus on keeping your child active through fun, physical activities along with the educational value of taking time each morning to improve literacy. This program is held at all 11 elementary schools from 7-8:30am.

Action 330

The goal of Action 330 is to help children learn and grow through structured play and activities in a fun, inclusive, caring and safe environment. We aim to accomplish this goal daily by offering a wide range of activities, games, social interaction and academics for each child. Students will be placed into groups by grade/age and will stay with that group each afternoon through rotations. We encourage all students to stay for the duration of Action 330 so that they are able to take part in all rotations. This program is held at all 11 elementary schools from 3:30-5:30pm.



2022-2023 School Year Action Program Payment Options

You may elect to make quarterly payments throughout the school year to cover the program fee. This option provides you the flexibility to enroll for a quarter at a time, however does not guarantee a spot in the program for future quarters.

Payments	Program	Cost per Quarter	3rd Quarter Due	4th Quarter Due
Quarterly	AM Action	\$75	1/20 - 5pm	4/3 - 5pm
Quarterly	Action 330	\$102	1/20 - 5pm	4/3 - 5pm

Visit our website for additional information: wawmrec.com



Mark your calendars!

Summer camp information will be available on our website at the end of March!

Non School Day Camps 4K-5th Grade Fee: \$30 RES / \$45 NR per day

Does your child spend days off school playing video games or bored around the house with nothing to entertain them? The WAWM RCS Department will offer a series of day camps from 7am-5:30pm when school is not in session. These camps are packed full of fun engaging activities, games and crafts to make sure that the day is not wasted, but rather days that your children look forward to! Registration is on a first come, first served basis and most camps do reach capacity. Informational flyers can be found online at wawmrec.com two weeks prior to the camp date.

Code	Day	Date	Theme	Location
365087.06	W	12/7	Game Show	Mitchell Elementary
365087.07	T	12/27	Rec Builds	Frank Lloyd Wright Intermediate
365087.08	W	12/28	Campers vs. Counselors	Frank Lloyd Wright Intermediate
365087.09	TH	12/29	Rec in a Minute	Frank Lloyd Wright Intermediate
165229.01	M	1/16	Out of This World	Frank Lloyd Wright Intermediate
165229.02	M	1/23	White Out	Frank Lloyd Wright Intermediate
165229.03	M	2/13	Lead Up to Mardi Gras	Frank Lloyd Wright Intermediate
165229.04	T	2/14	Lead Up to Mardi Gras	Frank Lloyd Wright Intermediate
165229.05	W	3/1	STEM Day	Mitchell Elementary
165229.06	M	3/27	Passport to Fun	Frank Lloyd Wright Intermediate
165229.07	T	3/28	Passport to Fun	Frank Lloyd Wright Intermediate
165229.08	W	3/29	Passport to Fun	Frank Lloyd Wright Intermediate
165229.09	TH	3/30	Passport to Fun	Frank Lloyd Wright Intermediate
165229.10	F	3/31	Passport to Fun	Frank Lloyd Wright Intermediate
165229.11	M	4/10	Music Through the Decades	Frank Lloyd Wright Intermediate
165229.12	F	5/26	Retro Rec Day	Frank Lloyd Wright Intermediate

WINTER IN *West Allis*

FREE & FUN FOR ALL!

www.westalliswi.gov/events

CHRISTKINDLMARKT

Friday, Dec. 2, 4 - 9 p.m.

Saturday, Dec. 3, 12 - 4 p.m.

West Allis Farmers Market
6501 W. National Ave.



CHRISTMAS TREE LIGHTING

Saturday, Dec. 3, 4 p.m.

West Allis City Hall
Centennial Plaza
7525 W. Greenfield Ave.



CHRISTMAS PARADE

Saturday, Dec. 3, 4:45 p.m.

Enjoy marching bands and live performers, creative floats and vintage vehicles, meet elves, cartoon characters, and of course, wave to Santa Claus himself at the end of the parade!

wachristmasparade.com

ALLIS IN WINTERLAND

**Saturday, Dec. 3
3 p.m.**

West Allis City Hall
Art Gallery
7525 W.
Greenfield Ave.



4755 W. BELOIT ROAD
WEST MILWAUKEE, WI 53214
TELEPHONE (414) 645-1530
FAX (414) 671-8089

www.westmilwaukee.org
www.visitwestmilwaukee.org



**THE VILLAGE OF WEST MILWAUKEE SUPPORTS OUR WA/WM
RECREATION DEPARTMENT**

Recreational Adult Day Program (RAD) 18+yrs

Recreation Center

Enroll now in the RAD Program which serves adults, ages 18 and older with disabilities. This program aims to help participants learn and grow in the areas of daily living, personal, social, vocational, leisure and recreation skills. We meet Monday-Wednesday and Friday from 9am-3pm at the Recreation Center. On Thursdays we meet at AMF West Bowling Lanes from 9am-2pm for a day of fun on the lanes. All participants must provide their own transportation to and from the program, be independent in personal care and able to work in a group setting. Fees are based on the amount of activities and days the participant attends. For more information, please call Beau Benner at 414-604-4951 or bennerb@wawmsd.org.

NEW

Cooking Classics 15+yrs

Katie Lindgren - Recreation Center

Join us as we work on our skills in the kitchen! We will discuss kitchen safety and work together to prepare our meal for the class. Afterwards, we will have time to socialize with our friends and enjoy the meal together.

Code	Food	Day	Date	Time	RES/NR
113100.01	Italian	TH	2/23	6-8pm	\$20/\$30
113100.02	Breakfast	SAT	4/22	10am-12pm	\$20/\$30



Have an Idea?

Is there an adaptive program or activity that you would like to see offered with the WAWM RCS Department? Let us know! Contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org to share your ideas and thoughts. We'd love to hear from you!



NEW

Art Party 15+yrs

Katie Lindgren - Recreation Center

Come spend time together as we make an art project of our own from start to finish. We will have beverages to enjoy during class and will get to work alongside our friends.

Code	Day	Date	Time	RES/NR
113200.01	SAT	1/7	10am-12pm	\$20/\$30
113200.02	TH	3/23	6-8pm	\$20/\$30

NEW

Pancake Breakfast Fundraiser

Recreation Center

Support our Adaptive Recreation Programs! We will be hosting our first-ever Pancake Breakfast Fundraiser in January to raise money for RAD and other adaptive recreation programs. Come enjoy an amazing pancake breakfast prepared by our RAD participants!

Code	Day	Date	Time	Fee
113025.01	SAT	1/21	9-11:30am	\$10

NEW

Spring Fling Dance 18+yrs

Recreation Center

Let's start the spring season off the right way with your friends and a dance! Join us for a fun filled night of great music, dancing and light refreshments. Wear bright colors to celebrate the season!

Code	Day	Date	Time	RES/NR
113020.01	F	4/14	6-8pm	\$10/\$15



Active Living Every Day

Recreation Center

This program is meant to educate aging adults on ways to stay active and plan a healthy lifestyle. We will discuss goal setting, overcoming barriers and finding physical activities that you enjoy! This class is perfect for those that are sedentary, have arthritis/chronic conditions and any older adult that would like to increase their physical activity level.

Code	Day	Date	Time	RES/NR
130100.01	T	1/10-3/28	10am-11:30am	\$20/\$30

Cornhole League

Recreation Center

Cornhole is indoors for the winter and spring! Cornhole is a great way to get active and have fun doing it! Teams will get the opportunity to play 2 games each day. If you are signing up as an individual, don't worry, we can pair you up when you arrive. Meet new people and get some exercise at the same time!

Code	Day	Date	Time	RES/NR
130501.01	W	1/11-3/15	10:30am-12pm	\$25/\$38
130501.02	W	4/5-6/7	10:30am-12pm	\$25/\$38



Short Story Reading Club

Stacy Madson - Recreation Center

Short-Form Fiction or short stories fits big ideas and fantastical worlds in a much shorter span than it takes to read a full book. In this session, you will be guided through a riveting discussion about various short stories in many genres. Sometimes we'll read together and sometimes we'll take a story home for next time. If you're looking for a way to fire up your imagination, return to reading, or already love stories, this class is for you.

Code	Day	Date	Time	RES/NR
130200.01	W	2/1-3/8	11am-12:15pm	\$20/\$30



Senior Prom

Recreation Center

Come dressed to impress as the WAWM RCS Department hosts our second annual Senior Prom. The afternoon starts with a catered meal, followed by a dance portion with a live band playing your favorites from back in the day. Registration is required and is per person, not per couple. Non-resident registration will open Monday, April 17.

Code	Day	Date	Time	RES/NR
130004.01	F	5/19	1-4pm	\$5/\$15



We are accepting donations and sponsorships for the Senior Prom. To donate, call 414-604-4900 or stop by the Recreation Center.

Platinum LEVEL \$2500

- A complimentary table for the sponsor and their guests.
- Large business logo displayed at event.
- Recognition of business in all promotional marketing strategies.

Gold LEVEL \$1000

- 4 complimentary tickets for sponsor and their guests.
- Small business logo displayed at event.
- Recognition of business in all promotional marketing strategies.

BRONZE LEVEL \$500

- 2 complimentary tickets for sponsor and their guests.
- Recognition of business in all promotional marketing strategies.



Are you an adult age 55+ looking for some opportunities to meet some new people in a fun setting? Our Young at Heart programs are for you! These programs are geared towards active adults in our community and offer social and fitness options. If you have any feedback on programs or potential new programs that you would like to participate in, please contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org.

West Allis Senior Center

The place to be
for classes,
crafts,
education, and
entertainment.



For anyone over 55 years old

7001 W. National Ave, West Allis
Open Monday - Friday
9 AM - 4:30 PM
414-320-8700



TAKE A
TOUR



Walk with Ease

At the West Allis Senior Center

Activity



Community



Mondays, Wednesdays,
& Fridays starting
February 20th
from 12:30 pm to 1:30
pm

Sessions consist of
group discussion and
walking.

Group meets for 1 hour,
3 times a week, for 6
weeks

Register by February 6,
2023 by calling 414-
302-8700

Studies by the Thurston
Arthritis Research
Center & the Institute on
Aging show that this
program is proven to:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Improve overall health



Stepping On



This evidence-based falls prevention program is back at the West Allis Senior Center by popular demand!

The next workshop will be held on Thursdays from January 26 to March 9 from 10 am to 12 pm.

About Stepping On



The workshop is designed for people age 60 or older and who have fallen and have a fear of falling. The Stepping On program has been researched and proven to reduce falls by 31%!



In just 7 weekly, 2-hour sessions, Stepping On gives participants strategies for avoiding falls including balance and strength exercises, home safety check suggestions, medication review, and more.



Participants will leave with more strength, better balance, and a feeling of confidence and independence!

If you or a loved one are interested, be sure to register! Class size is limited and spots are filled first-call, first-served.



Call the Senior Center

414-302-8700



Register Deadline

Monday January 9, 2023

COLORING COMPETITION



Entry Form

Name _____

Address _____

City/State _____ Zip Code _____

Email Address _____

Phone _____ Age _____

Age Categories:

- 4 & 5 years
- 6 & 7 years
- 8-10 years

Each age group winner will receive a \$25 credit towards a registration fee.

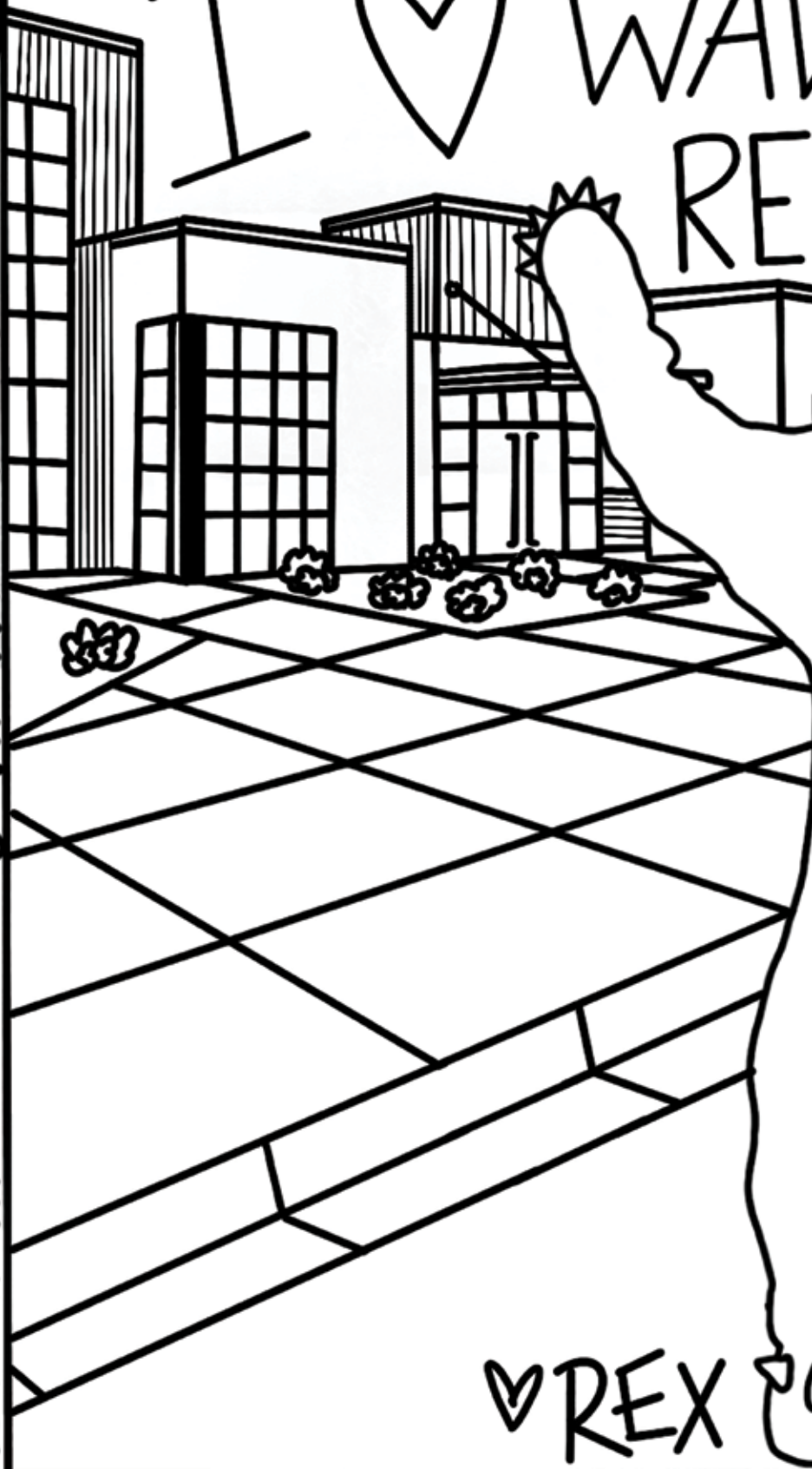
Entry forms are available until February 19, 2023.

Submit entries to the West Allis-West Milwaukee Recreation & Community Services Department located at 2450 S. 68th Street, West Allis, WI 53219 by February 20, 2023.

The top 10 in each age group will be added online for voting and the top three winners will be notified by March 1, 2023.

I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC! I ♡ WAWM REC!

I ♡ WAWM REC!



♡ REX ♡



WALK WITH US!

There are many perks of walking/running at the Recreation Center

Controlled Temperature • Smooth Walking Surface • Convenient Hours • A Safe Place to Get Your Steps In • Bathrooms Available • Water Bottle Filling Station • Walk With Friends or Walk Alone

For current track hours and closures, please visit our website at wawmrec.com.

PASSES	Ages 5-14, Seniors 60+, Military	Ages 15-59	Non-Residents
Daily Pass	\$2	\$3	\$6
30 Visit Pass	\$40	\$60	\$120
Yearly Pass	\$125	\$150	\$300

To purchase a Daily Pass, 30 Visit Pass and Yearly Pass Memberships, you will need to provide an acceptable form of residency verification. This includes: drivers license, mortgage statement or property deed statement, closing statement for purchase of a home, signed lease, current utility bill (gas, water/sewer, electric), auto or health insurance statement, homeowners or renters insurance statement.

Check out these walking track bonus features

• Stationary Bike • TRX Bands • Weights • Kettlebells



FOR QUESTIONS:

wawmrec.com/414-604-4900/wawmrec@wawmsd.org



The WAWM RCS Department is currently offering pickleball, volleyball and basketball open gyms.

TO VIEW OUR CURRENT OPEN GYM SCHEDULE, PLEASE VISIT OUR WEBSITE AT WAWMREC.COM AND CLICK ON "OPEN GYM".

Price Change Effective January 3, 2023

FEES (CASH ONLY)	RESIDENTS	NON-RESIDENTS
Youth (Residents Only)	\$2	—
Adults (19-59yrs)	\$5	\$8
Seniors (60+yrs)	\$2	\$4
Police, Fire & Military (Current or Former)	\$1	\$1

Punch cards (good for 5 visits) are available for purchase Monday-Thursday between 8am-5pm and Friday between 8am-4pm. Punch card purchases can be made with credit/debit card, cash or check.

General Rules

- Open gym attire and clean tennis shoes are required.
- Participants may be asked to leave if they display inappropriate behavior.
- Participants must bring their own volleyballs or basketballs.
- Pickleball equipment will be provided.
- 6-10yrs, 11-14yrs and high school open gyms are reserved for residents only.

Open Gym Opportunities for ages 55+!

WAWM RCS will now be offering open gym times throughout the week for adults ages 55+. There will be open gyms at the Recreation Center for volleyball, basketball and pickleball at various times. Visit us at wawmrec.com and check the open gym tab for the schedule and times. Please contact Beau Benner at bennerb@wawmsd.org or 414-604-4951 for more information.

Senior Morning Stretch

Betty Marr - Recreation Center

Stretch out and learn to help keep your muscles toned without aerobic exercise. Start your day off with a fun class, great music and a total body stretch. **No class 4/3, 4/7.**

Code	Day	Date	Time	RES/NR
108008.01	M	1/9-3/6	9-9:45am	\$27/\$41
108008.03	M	3/13-5/22	9-9:45am	\$30/\$45
108008.02	F	1/13-3/10	9-9:45am	\$27/\$41
108008.04	F	3/17-5/26	9-9:45am	\$30/\$45

Chair Yoga For Seniors

Betty Marr - Recreation Center

Chair Yoga is designed to meet the specific needs of seniors and is structured to benefit everyone at any level of health and fitness. Class will include a combination of stretching and breathing exercises designed to relieve stress, calm the mind and increase mobility, balance and body awareness. The yoga poses used are adapted for seniors and are done either standing or seated. **No class 4/5.**

Code	Day	Date	Time	RES/NR
108001.01	W	1/11-3/8	9-9:45am	\$27/\$41
108001.02	W	3/15-5/24	9-9:45am	\$30/\$45

Strength, Conditioning and a Little Cardio for Seniors

Lori Witmer - Recreation Center

Learn to safely execute strengthening exercises for the whole body. We will use body weight, dumbbells, bands and balls which will be provided for you. This class is for all fitness levels! **No class 4/4.**

Code	Day	Date	Time	RES/NR
108815.01	T	1/10-3/7	8:30-9:30am	\$36/\$54
108815.02	T	3/14-5/23	8:30-9:30am	\$40/\$60



Zumba® Gold Toning

Jill Farina & Lloyd Pickart - Recreation Center

Tailored for active older adults who want to focus on muscle conditioning and light weight activity. How it works: Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those muscles! Benefits: low to moderate intensity strength training exercises are essential to prevent a dramatic reduction in muscle mass, muscle strength, atrophy and sarcopenia (loss of skeletal muscle mass). **No class 4/6.**

Code	Day	Date	Time	RES/NR
108104.01	TH	3/16-5/25	8:30-9:15am	\$40/\$60

Crunch Time

Betty Marr - Walker Elementary

Trim your midsection and increase your strength. Power packed exercises in just 30 minutes! **No class 4/3, 4/5.**

Code	Day	Date	Time	RES/NR
108805.01	M	1/9-3/6	5:30-6pm	\$18/\$27
108805.03	M	3/13-5/22	5:30-6pm	\$20/\$30
108805.02	W	1/11-3/8	5:30-6pm	\$18/\$27
108805.04	W	3/15-5/24	5:30-6pm	\$20/\$30



RESIDENTS NON-RESIDENTS

\$25 \$40

Good for 5 visits and is valid for one year after the purchase date.

ADULT FITNESS PUNCH PASS

Can't make it to every class of a session? Want to try out a few different classes to see what they're all about? Is your schedule unpredictable and you need the flexibility of dropping in when you can? The WAWM RCS Department has Adult Fitness Punch Passes! Visit our website for more important information on how to use your pass and how to purchase your pass!



Hatha Yoga

Relax and refresh your body, mind and spirit while practicing Hatha style yoga. With an emphasis on proper alignment, you will be able to safely build a stronger core and increase flexibility and balance. All levels of experience are welcome!

No class 3/28, 4/6.

Crystal Perry - Walker Elementary

Code	Day	Date	Time	RES/NR
108110.05	T	1/3-3/7	6-7:15pm	\$50/\$75
108110.09	T	3/14-5/23	6-7:15pm	\$50/\$75

Richard Tarney - Recreation Center

Code	Day	Date	Time	RES/NR
108110.06	M	1/9-3/6	5:30-6:30pm	\$36/\$54
108110.08	M	3/13-5/22	5:30-6:30pm	\$44/\$66
108110.07	TH	1/12-3/9	5:30-6:30pm	\$36/\$54
108110.10	TH	3/16-5/25	5:30-6:30pm	\$40/\$60

Energizing Morning Yoga

Jim Neiman - Recreation Center

The focus of this class is to reduce stress and increase your strength, balance and flexibility at the beginning of your day. Yoga will help improve the things you enjoy - be it walking, running, sports, dancing or exercise classes. Please give it a try and you will notice a positive difference in your health and well-being.

Code	Day	Date	Time	RES/NR
108110.11	T	1/10-2/14	9-9:45am	\$35/\$53
108110.12	T	2/28-4/4	9-9:45am	\$35/\$53
108110.13	T	4/18-5/23	9-9:45am	\$35/\$53

Beginner Yoga

Betty Marr - Walker Elementary

This yoga class is not only for beginners but anyone seeking to deepen their knowledge of yoga postures and breathing techniques. **No class 4/3, 4/5.**

Code	Day	Date	Time	RES/NR
108110.01	M	1/9-3/6	6:15-7pm	\$27/\$41
108110.03	M	3/13-5/22	6:15-7pm	\$40/\$60
108110.02	W	1/11-3/8	6:15-7pm	\$27/\$41
108110.04	W	3/15-5/24	6:15-7pm	\$40/\$60

Barre/Ball/Pilates

Mary Bockhorst - Recreation Center

Pilates and use of a body ball will increase strength and flexibility and improve posture. The body barre is the ultimate in creating long and lean muscles. Ballet slippers, Pilates socks or regular socks are recommended.

Code	Day	Date	Time	RES/NR
108300.01	T	2/7-3/21	6-7pm	\$28/\$42
108300.02	T	3/28-5/16	6-7pm	\$28/\$42



Early Evening Yoga

Jim Neiman - Mitchell Elementary

Reduce mental stress from the day. Work your core area, hips, back and legs. You will feel better physically and mentally!

Code	Day	Date	Time	RES/NR
108110.14	TH	1/12-2/16	4:30-5:15pm	\$30/\$45
108110.15	TH	3/2-4/6	4:30-5:15pm	\$30/\$45
108110.16	TH	4/20-5/25	4:30-5:15pm	\$30/\$45



Saturday Morning Energizing Yoga

Jim Neiman & Betty Marr - Recreation Center

Start your weekend by reducing stress and increasing your strength, balance and flexibility. Yoga will help you enjoy the rest of your weekend plans.

Code	Day	Date	Time	RES/NR
108110.17	SAT	1/14-2/18	9:30-10:15am	\$30/\$45
108110.18	SAT	3/4-4/1	9:30-10:15am	\$27/\$41
108110.19	SAT	4/22-5/27	9:30-10:15am	\$30/\$45

Total Body Intervals (TBI)

SAFE Fitness Instructors - Recreation Center

Come improve your body composition, strength, endurance, flexibility and balance. A warm-up, cool down and flex will provide the bookends to the hour. **No class 4/12.**

Code	Day	Date	Time	RES/NR
108131.01	W	2/1-3/22	6-7pm	\$32/\$48
108131.02	W	3/29-5/17	6-7pm	\$28/\$42

NEW Yoga for Mental Health

Susie Melott - Recreation Center

Add yoga to your mental health toolbox! Learn how to use yoga as a tool to live your best life. Practice postures, kriyas and breath techniques designed to bring you into a brighter state of physical health and mental well-being. Use these classes as a nervous system refresh to release negativity and cultivate positivity. This series works on a mental and physical level.

Depression Relief 13+yrs

Whether your depression was caused by a stressful event, the season or is chronic, this series will offer tools to manage symptoms (SAD, PPD).

Code	Day	Date	Time	RES/NR
108111.01	SAT	1/14-2/18	10:30-11:15am	\$36/\$54

Stress Release & Management 13+yrs

Long-term stress can have detrimental effects on your mental and physical health. This series will teach ways to manage stress in the moment it's happening and reduce stress over time.

Code	Day	Date	Time	RES/NR
108111.02	SAT	2/25-4/1	10:30-11:15am	\$36/\$54

ADD, ADHD & AUDHD Management 5+yrs

Learn how yoga can help increase focus and attention span. These classes will feature a lot of simple variety, big movements and practice quieting inward. Cultivate steadiness in mind and body, as well as confidence in being YOU. This class is appropriate for adults, teenagers and children. Families are encouraged!

Code	Day	Date	Time	RES/NR
108111.03	SAT	4/15-5/20	10:30-11:15am	\$36/\$54*

*per family of 4



NEW Qigong for Winter

Jason Carter - Recreation Center

This class will lead you through a winter-based Qigong practice focusing on the water element. The water element is physically associated with the kidneys. We will be concentrating on purging, tonifying and circulating our kidney Qi. Emotionally, our Qigong practice will focus on transforming fear and fright into trust and tranquility.

Code	Day	Date	Time	RES/NR
108205.01	W	1/4-1/18	5-5:45pm	\$18/\$27
108205.02	W	2/1-2/15	5-5:45pm	\$18/\$27
108205.03	W	3/1-3/15	5-5:45pm	\$18/\$27

NEW Qigong for Spring

Jason Carter - Recreation Center

This spring-based Qigong practice will focus on the wood element. The wood element is physically associated with the liver. We will be concentrating on purging, tonifying and circulating our liver Qi. Emotionally, our Qigong practice will focus on transforming anger and frustration into forgiveness and kindness.

Code	Day	Date	Time	RES/NR
108205.04	W	3/29-4/12	5-5:45pm	\$18/\$27
108205.05	W	5/3-5/17	5-5:45pm	\$18/\$27

Fitness Blend

Vicki Francolucci & Betty Marr - Lane Intermediate

A low-impact workout starting with a warm-up and stretch, then using light weights and bands to get the muscles moving and heart pumping. No floor exercises will be done. **No class 4/6.**

Code	Day	Date	Time	RES/NR
108505.01	TH	1/12-3/9	6-7pm	\$36/\$54
108505.02	TH	3/16-5/25	6-7pm	\$40/\$60



Line Dance Fitness

Vicki Francolucci - Lane Intermediate

Come join us for some fun exercise and learn awesome line dances. You can Wobble, Slide, Hustle, Cha Cha and Tush Push those calories away! No dance experience needed. You will learn these dances as we go. Come prepared to have a good time, laugh and love every minute of this cardio class. **No class 4/4.**

Code	Day	Date	Time	RES/NR
108230.01	T	1/10-3/7	6-7pm	\$36/\$54
108230.02	T	3/14-5/23	6-7pm	\$40/\$60



Lane Intermediate

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it out. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. **No class 4/3.**

Jessie & Bruce Boll

Code	Day	Date	Time	RES/NR
108100.01	M	1/9-3/6	6-7pm	\$36/\$54

Jill Farina

Code	Day	Date	Time	RES/NR
108100.02	M	3/13-5/22	6-7pm	\$40/\$60

Hypefusion

Tasha Seals - Recreation Center

In this class, the first half is cardio and the second part is for strength conditioning followed by stretching and a cool down. For the strength section, various equipment is used like weights, bands and sometimes your own body weight. This class is for all skill levels and can accommodate all fitness types. In Hypefusion, you’ll challenge your body with a full body workout, so be prepared to get hyped!

Code	Day	Date	Time	RES/NR
108136.01	TH	1/12-3/9	6-7pm	\$36/\$54
108136.02	TH	3/16-5/25	6-7pm	\$40/\$60

WERQ®

Melissa Miller - Recreation Center

WERQ® is the fiercely fun dance fitness workout class based on pop, rock and hip hop music taught by Certified Fitness professionals. The WERQ® warm-up previews the dance steps used in class and the WERQ® cool down includes balance and yoga-inspired poses. Get ready to WERQ®! **No class 4/8.**

Code	Day	Date	Time	RES/NR
108211.01	SAT	1/21-3/11	11am-12pm	\$32/\$48
108211.02	SAT	3/25-5/13	11am-12pm	\$28/\$42

POUND®

Becca Whiting - Recreation Center

POUND® is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, strength movements, plyometrics and isometric poses. Through continual upper body motion using lightly weighted exercise drumsticks called Ripstix, you’ll turn into a calorie-torching drummer, POUNDing off pounds as each song flies by! **No class 4/3.**

Code	Day	Date	Time	RES/NR
108602.01	M	1/9-3/6	6:30-7:30pm	\$36/\$54
108602.02	M	3/13-5/22	6:30-7:30pm	\$40/\$60

SOULfusion

Shawna Jesse - Recreation Center

SOULfusion is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences and strength training exercises all set to crazy fun music. It offers modifications for all levels in the group exercise environment. SOULfusion improves strength, balance, flexibility and can help improve overall fitness levels. It is driven by music, movement and motivation. SOULfusion is all of your favorite workouts wrapped into one!

Code	Day	Date	Time	RES/NR
108301.01	M	1/9-3/13	5:30-6:15pm	\$30/\$45
108301.02	M	3/20-5/22	5:30-6:15pm	\$30/\$45

NEW

BARREfusion™

Shawna Jesse - Recreation Center

BARREfusion™ is a low-impact, total body workout inspired by ballet. We offer a unique approach to barre training with cardio bursts and our signature fuses. This fusion format offers all the benefits of rhythmic movement, high repetition strength work, athletic dance moves in an easy to learn, easy to teach, fun to take barre training. BARREfusion™ improves overall fitness levels while bringing out your inner ballerina!

Code	Day	Date	Time	RES/NR
108810.01	W	1/11-3/15	5:30-6:15pm	\$30/\$45
108810.02	W	3/22-5/24	5:30-6:15pm	\$30/\$45

Fitness Dancing

Jason Jordan - Recreation Center

Improve your fitness while dancing. We will dance to a variety of music including: swing, salsa, rock, jazz and more. Actual salsa, bachata, swing and fusion basic steps will be used, so you will learn a lot of great moves. **No class 2/15, 2/22, 3/1.**

Beginner/Light

Code	Day	Date	Time	RES/NR
108201.01	W	1/11-3/15	10-10:45am	\$49/\$74
108201.03	W	4/5-5/17	10-10:45am	\$49/\$74

Advanced

Code	Day	Date	Time	RES/NR
108201.02	W	1/11-3/15	4:50-5:35pm	\$49/\$74
108201.04	W	4/5-5/17	4:50-5:35pm	\$49/\$74

Street Self-Defense and Verbal De-Escalation

Jason Jordan - Recreation Center

This class will teach how to avoid/defend yourself from street attacks and verbal de-escalation strategies to avoid dangerous situations. The techniques taught will help to improve confidence, safety and skills. **No class 2/15, 2/22, 3/1.**

Code	Day	Date	Time	RES/NR
106120.01	W	1/11-3/15	5:40-6:25pm	\$49/\$74
106120.02	W	4/5-5/17	5:40-6:25pm	\$49/\$74



Light Kickboxing Fitness

Jason Jordan - Recreation Center

Improve your fitness while practicing self-defense moves. This will be a less intense class suitable for any participant. Benefits include: weight loss, heart health, stress reduction, increased flexibility, improved posture and improved confidence. Workouts will include combination strikes with hands, elbows, knees and legs. Bring your own boxing gloves if you want to use them for extra resistance. We won't hit targets in this class. **No class 2/15, 2/22, 3/1.**

Code	Day	Date	Time	RES/NR
108132.01	W	1/11-3/15	10:50-11:35am	\$49/\$74
108132.02	W	4/5-5/17	10:50-11:35am	\$49/\$74

Fitness Kickboxing

Jason Jordan - Recreation Center

Knock out boredom with a muscle-sculpting kickboxing workout. This is a full body workout that burns between 500 and 800 calories per hour while improving self-defense. Other benefits include: weight loss, heart health, stress reduction, increased flexibility, improved posture and more confidence. Workouts will include combination strikes with hands, elbows, knees and legs. Bring your own boxing gloves. **No class 2/15, 2/22, 3/1.**

Code	Day	Date	Time	RES/NR
108132.03	W	1/11-3/15	7:15-8pm	\$49/\$74
108132.04	W	4/5-5/17	7:15-8pm	\$49/\$74

Group Cycling

Recreation Center

Spin your way into fitness! Group cycling will help you burn calories, build strength and gain endurance. Your instructors will take you on a ride using varying pedaling speed and resistance through hills, sprints and drills all while listening to fun music. These indoor cycling classes are designed for all fitness levels. **No class 4/6, 4/8.**

Melissa Olenchek

Code	Day	Date	Time	RES/NR
108400.01	SAT	1/7-5/20	9-9:45am	\$57/\$86
108400.02	M	1/9-5/22	5:45-6:30pm	\$60/\$90

Mike Hanrahan - Advanced strength and endurance workout

Code	Day	Date	Time	RES/NR
108400.04	W	1/11-5/24	6-7pm	\$72/\$108

Curtis Klamann

Code	Day	Date	Time	RES/NR
108400.03	T	1/10-5/23	5:45-6:45pm	\$72/\$108
108400.05	TH	1/12-5/25	5:45-6:45pm	\$72/\$108



Registration forms for adult sports leagues can be found on our Adult Sports web page at wawmrec.com or contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org.

Adult Golf Lessons

*Jim Rewolinski - The Practice Station -
4285 S. Sunnyslope Rd*

Fore! Is that a common phrase in your golf game? No worries, our professional golf instructor, Jim Rewolinski, will cover the fundamentals and then some to help you shape your golf game for the season. Please bring your own clubs. Participants will be responsible to purchase practice balls (small: \$10, medium: \$12, large: \$14). Practice ball dispenser vending machine only accepts exact cash amounts or credit/debit cards. Minimize your "duff" shots by joining us! For weather cancellations, please call Jim Rewolinski at 414-427-9650.

Beginners

Code	Day	Date	Time	RES/NR
107600.01	M	4/10-5/15	5:30-6:30pm	\$35/\$53
107600.02	W	4/12-5/17	5:30-6:30pm	\$35/\$53

Experienced

Code	Day	Date	Time	RES/NR
107600.03	M	4/10-5/15	6:30-7:30pm	\$35/\$53
107600.04	W	4/12-5/17	6:30-7:30pm	\$35/\$53

Adult Volleyball Leagues

Frank Lloyd Wright Intermediate - 10-week league

Bump...Set...Spike! Are you looking to get back on the volleyball court? If so, get a team together and let's have some fun. The WAWM RCS Department has Women's, Co-Ed and Men's leagues at competitive and non-competitive levels. Registration is now open.

Deadline for returning team registration: Friday, December 9
New team registration begins: Monday, December 12

Co-Ed League

Day	Date	Time	RES/NR
M	1/9-3/13	6:15-9:15pm	\$280/\$330

Women's Competitive Leagues

Day	Date	Time	RES/NR
T or W	1/10-3/15	6:15-10:15pm	\$280/\$330

Women's Recreational Leagues

Day	Date	Time	RES/NR
W or TH	1/11-3/16	6:15-10:15pm	\$280/\$330

Men's League

Day	Date	Time	RES/NR
TH	1/12-3/16	6:15-9:15pm	\$280/\$330

NEW Adult Co-Ed Dodgeball

Recreation Center - 10-week league

Everybody knows the rules: dodge, duck, dip, dive and dodge. Teams consist of 6 players, with at least 3 women on the court at a time.

Day	Date	Time	RES/NR
W	1/11-3/15	6:15-9:15pm	\$280/\$330

Men's Spring Basketball Leagues

Dottke High School - 6-week league

This basketball league will consist of 4 weeks of regular season ball, followed by 2 weeks of post season play.

Returning Team Registration Opens: Monday, February 6
New Team Registration Opens: Monday, February 20

Day	Date	Time	RES/NR
M or W	4/3-5/10	6:15-9:15pm	\$260/\$310



Adult Co-Ed Kickball League

WA Athletic Complex - 6-week league

Kickball is played on a baseball diamond and game play consists of 10 players on the field (a minimum of five of each gender is required).

Returning team priority registration opens: Monday, February 27
New team registration begins: Monday, March 13

Day	Date	Time	RES/NR
TH	5/4-6/22	6:15-9:15pm	\$200/\$250



Men's Spring Softball League

Liberty Heights Park - 8-week league

Returning team opens: Monday, February 6
New team registration begins: Monday, February 20

Day	Date	Time	RES/NR
T or TH	4/25-6/15	6:15-9:15pm	\$375/\$425

Men's Summer Softball League

WA Athletic Complex: Thomson Field - 10-week league

Returning team deadline: Friday, April 21

New team registration begins: Monday, April 24

Day	Date	Time	RES/NR
M or W	6/19-8/23	6:15-9:15pm	\$375/\$425

55+ Softball Spring Training

Lane Intermediate

Anyone over the age of 55 is eligible to register for spring training so you can get ready for the upcoming season! Players will be able to use the gym to throw, catch, field ground balls and take some swings in this open gym format. Participants must register ahead of time. No walk-ins allowed. Players are encouraged to also sign up for the WAWM RCS Department's 55+ or 65+ softball leagues! **No open gym 3/23.**

Code	Day	Date	Time	RES/NR
107801.01	W	3/1-4/5	6-7:30pm	\$15/\$23

WAWM RCS Department's 48th Annual Alumni Basketball Tournament

Calling all graduates from West Allis Central, Nathan Hale, West Milwaukee or James E. Dottie High School! Get a team together and enter the 2022 Alumni Basketball Tournament. You do not have to be a former player on your high school team. All graduates are invited to play. Players need to be a graduate of one of our district high schools. This year's basketball tournament will be held on December 21st and 22nd at Lane Intermediate and the cost is \$25 a team. If you are interested, please contact Beau Benner at bennerb@wawmsd.org or visit the adult sports league page at wawmrec.com to complete an online registration form.



The Men's Basketball tournament will be comprised of three divisions:

- Division I will be made up of teams graduating from the same high school and may combine two consecutive years from 2012-2022.
- Division II will be made up of teams graduating from 2011-2001. Teams must be formed from the same high school and may combine any years.
- Division III, 2000 and earlier, teams may combine as many years as needed and will play a halfcourt 3 v 3 format.

55+ & 65+ Summer Softball

WA Athletic Complex

The WAWM RCS Department is proud to announce another 55+ and 65+ summer slowpitch softball leagues. Anyone over the age of 55 is eligible to play in these fun and recreational leagues. Registration will open Monday, January 30.

Day	League	Date	RES/NR
M	55+ Co-Ed	5/1-8/14	\$30/\$50
W	55+ Women's	5/3-8/16	\$30/\$50
F	55+ Co-Ed	5/5-8/18	\$30/\$50

Open Badminton and Pickleball

Lane Intermediate

All ages and abilities are welcome to participate. Equipment will be provided for those who need it. Please be advised that cancellations may occur without notice due to school events.

Fees are cash only and to be paid at the door.

Day	Date	Time	RES/NR
M	1/9-5/22	7:30-9:30pm	\$5/\$8* *per night

Beginner Pickleball Lessons

Jim Hahn - Recreation Center

Pickleball is one of the fastest growing sports in the country! Take advantage of the opportunity to learn the game from Milwaukee's USA Pickleball Ambassador, Jim Hahn. In this beginners class, you will learn rules, serving, scoring and all the fundamentals needed to surprise your friends with your on-court skills. Drills, instruction, and game play will have you immersed in the sport in a safe, friendly and fun atmosphere. No equipment needed, just bring a water bottle, tennis shoes and a smile.

Code	Day	Date	Time	RES/NR
107105.01	T	1/3-3/7	7-8:30pm	\$40/\$60

We will be offering additional men's, women's and co-ed leagues this summer. New leagues include: Adult Soccer, Co-ed Softball, Unlimited Arc Softball and Ultimate Frisbee! Registration will open in April. For more information, please contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org.

WANTED

The WAWM RCS Department is looking for experienced adult sports officials for softball, volleyball, basketball and kickball. If you are interested, please contact Beau Benner at 414-604-4951 or bennerb@wawmsd.org to receive an application.

**NEW**

GALENTINE 16+ YRS

Recreation Center

Come celebrate Valentine's Day with your closest gal friends. Enjoy a DIY waffle brunch provided by Press Milwaukee and some delicious mocktails. Relax and spend some quality time surrounded by your friends.

Code	Day	Date	Time	RES/NR
118006.01	SUN	2/12	10am-12pm	\$20/\$30



Cooking with Staci Joers 14+yrs

Recreation Center

Instructor Staci Joers has an Associate's Degree from MATC in Restaurant and Hotel Cooking. She has had the privilege of working with many great chefs. Staci will demonstrate how to prepare these recipes and you will observe and sample. Please note, this is not a hands-on cooking series.

Asian-Inspired Soups and Sides

January is National Soup Month and we're celebrating with all new homemade soups - with a little twist! Yakamein is a type of beef noodle soup found in many Creole restaurants in New Orleans; it's a traditional hangover cure. Soup dumplings are a hot trend in Asian restaurants. We're going to sample both with some great sides to round out a meal. Our tasting menu for the night will include: Yakamein (NOLA sober soup), Soup Dumplings (Xiao Long Bao), Crispy Thai Spring Rolls with Sweet-n-Sour Sauce and Asian Slaw.

Code	Day	Date	Time	RES/NR
106000.01	T	1/17	6:30-8:30pm	\$30/\$45



Popular Restaurant Trends

Don't miss out on these trending cooking practices that are blowing up the restaurant industry. Staci will share the following menu with you: Bang Bang Shrimp, Nashville Hot Chicken and Pickle Pizza with 00 Crust and Garlic Cream.

Code	Day	Date	Time	RES/NR
106000.02	T	2/7	6:30-8:30pm	\$30/\$45

Spring Brunch

Dig in to a gooey, crunchy, delicious and indulgent treat from Belgium. The Liege waffle is Belgium's traditional waffle made with a yeast dough and studded with pearl sugar. It's great for breakfast or as a snack anytime. Staci will pair the waffle with some really great brunch items to start your spring off right. The menu includes: Berry Hibiscus Refresher, Liege Waffles, Fresh Fruit with Homemade Granola and Creamsicle Yogurt and Homemade Breakfast Sausage.

Code	Day	Date	Time	RES/NR
106000.03	T	3/7	6:30-8:30pm	\$30/\$45

Southern Charm

The 148th Kentucky Derby Run for the Roses is May 6. Can't make it? Well, let's try out some of these southern favorites that will make you feel like you're right in the middle of Kentucky. The tasting includes Old Fashioned Pimento Cheese with Baguette Crackers, Shrimp-n-Grits, Jalapeno Cheddar Cornbread with Hot Honey and Chocolate Pecan Pie with Bourbon Whipped Cream. This menu will definitely place in this race!

Code	Day	Date	Time	RES/NR
106000.04	T	4/11	6:30-8:30pm	\$30/\$45

Fiesta Flavors

It's a menu made for a party! For starters, we'll sample Empanadas with Salsa Verde and then we will enjoy Birria Tacos, a dish that hails from the state of Jalisco, Mexico and is a very popular trend in Latin food right now. Refried Pinto and Black Beans with Garlic and Jalapenos will be served as well. We will finish with dessert which will be Pastel de Elote or Sweet Corn Cake.

Code	Day	Date	Time	RES/NR
106000.05	T	5/9	6:30-8:30pm	\$30/\$45

Cooking with Jenny Lee 14+yrs

Recreation Center

Jenny Lee is the owner and chef of Perilla Kitchen. She worked as a line cook for Top Chef Judge, Tom Colicchio, at one of his restaurants in New York City and at Sanford restaurant in Milwaukee. While she can cook anything, she loves teaching others about her culture.



Korean Dumpling Rice Cake Soup

Learn about the Lunar New Year and make Korean beef dumpling rice cake soup! Koreans eat this specific soup on the Korean New Year's Day and Lunar New Year, which is on January 22. Practice making dumplings and create a delicious soup with brisket, oval rice cakes and scallions. Accommodations can be made for food allergies whether it is gluten-free, pork-free, halal or vegan. Let's celebrate the New Year together in the kitchen!

Code	Day	Date	Time	RES/NR
106005.01	SAT	1/7	10am-12pm	\$45/\$68

Fried Dumplings

Learn how to make Korean fried dumplings! We'll make pork and vegan dumplings with a sauce. Accommodations can be made for food allergies whether it is gluten-free, pork-free, halal or vegan. Who's ready to try some dumplings?

Code	Day	Date	Time	RES/NR
106005.02	W	3/8	6:30-8:30pm	\$45/\$68



Watercolor Workshop

Joyce Eesley - Recreation Center

Have you ever wanted to try watercolor painting but didn't know where to begin? Explore the beauty of this incredible medium. You will develop skills starting with basic color mixing, learn about color theory and the art elements. This class will include demonstrations and individual guidance. A supplies list will be included on your registration receipt.

Code	Day	Date	Time	RES/NR
106601.01	M	3/6-4/10	1-3:30pm	\$55/\$83

Watercolor Advanced Workshop

Joyce Eesley - Recreation Center

Experience watercolor through a variety of materials, techniques and demonstrations that you can apply to your very own paintings. A supplies list will be included on your registration receipt.

Code	Day	Date	Time	RES/NR
106601.02	M	4/17-5/22	1-3:30pm	\$55/\$83

Drawing

Joyce Eesley - Recreation Center

Take a moment to enjoy the beauty around you. Learn the step-by-step drawing projects that will inspire you to continue to draw at home. There is nothing more powerful than a sketchbook and pencil. A supplies list will be included on your registration receipt.

Code	Day	Date	Time	RES/NR
106620.01	F	4/14-5/19	1-3:30pm	\$55/\$83

Watercolor Painting

Diane Ulezelski - Recreation Center

Spark your artistic engagement with this watercolor painting class. Under instruction, you will discover the art world and create artwork that you will be proud to share with others. Create a foundation for watercolor painting by learning basic watercolor techniques that you can further expand upon in future classes. Who's ready to paint their next masterpiece with us? A supply list will be emailed prior to the start of class.

Code	Day	Date	Time	RES/NR
106600.01	T	1/24-3/28	6-8pm	\$80/\$120

VIRTUAL

Beginner Spanish

Futura Language Professionals - Live Virtual

Always dreamed of learning Spanish or refreshing your high school Spanish? The primary focus will be building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb *estar* conjugation, gender of nouns and plurality. You will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes.

Code	Day	Date	Time	RES/NR
106755.01	M	2/20-3/27	6-7pm	\$125/\$188
106755.02	T	2/21-3/28	6-7pm	\$125/\$188

VIRTUAL

Intermediate Spanish

Futura Language Professionals - Live Virtual

Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Grammar and vocabulary concepts will include present tense AR verb conjugation, infinitive verbs, future tense with the verb IR, adverbs and frequency. You will practice conversation skills including learning how to make plans and discussing preferences in Spanish. Culture discussions will cover holiday traditions and celebrations.

Code	Day	Date	Time	RES/NR
106755.03	W	2/22-3/29	6-7pm	\$125/\$188

RENTALS

Are you looking for the perfect space for your athletic event, theatre performance, birthday party, shower, meeting or special event? Our district offers state of the art facilities along with professional customer service to suit most events. Contact Ashley Phillips at phillipsa@wawmsd.org or 414-604-4938 for availability and pricing. You can also download a facility usage request form and our district facility use guidelines by visiting wawmrec.com.

Partner Dance Fusion

Jason Jordan - Recreation Center

Imagine feeling confident to dance with your partner to any music that you hear. Learn one simple step that can be used for swing, salsa, pop, rock, jazz and more. This class will be adapted for all levels. We will not rotate partners; please sign up with a partner. The price listed is per person.

No class 2/15, 2/22, 3/1.

Code	Day	Date	Time	RES/NR
106910.01	W	1/11-3/15	6:30-7:15pm	\$49/\$74
106910.02	W	4/5-5/17	6:30-7:15pm	\$49/\$74



Kids deserve the best.



NEW

Positive Parenting Series

Recreation Center

In partnership with Children's Wisconsin, we are offering the Triple P - Positive Parenting Program. This is a highly effective program, backed up with more than 35 years of research, and provides parents with evidence-based, practical parenting strategies. These strategies help parents raise confident, happy children and develop strong relationships. Discussions are targeted towards certain challenging behaviors and parents leave the discussion groups with a parenting plan that they created during the sessions. Scholarships are available upon request. Please contact Shelly Strasser at stram@wawmsd.org or 414-604-4937.

The Power of Positive Parenting Seminar

Code	Day	Date	Time	RES/NR
106704.01	T	1/10	6-7:30pm	\$5/\$8

Developing Good Bedtime Routines Discussion Group

Code	Day	Date	Time	RES/NR
106704.02	T	2/21	6-7:30pm	\$5/\$8

Raising Resilient Children Seminar

Code	Day	Date	Time	RES/NR
106704.03	T	3/14	6-7:30pm	\$5/\$8

Hassle-Free Shopping Discussion Group

Code	Day	Date	Time	RES/NR
106704.04	T	4/18	6-7:30pm	\$5/\$8

Raising Confident, Competent Children Seminar

Code	Day	Date	Time	RES/NR
106704.05	T	5/16	6-7:30pm	\$5/\$8

VIRTUAL

Foster Care in Our Community

Teresa Cocker - Virtual GoTo Meeting

The foster care crisis in our community is growing. After seeing a decrease in the need for foster homes in 2020, the need increased by 25% in 2021. Nearly 75% of children are coming from homes in southeastern Wisconsin. This course is being offered so that participants can walk away understanding more about the foster care system, ways that they can consider helping and the role of trauma in children and families' lives. Results from the Adverse Childhood Experiences (ACEs) study will be discussed. Participants will have the opportunity to leave with materials to help in continuing to educate the community.

Code	Day	Date	Time	RES/NR
106700.01	W	1/18	6-7pm	\$5/\$8
106700.02	W	2/22	6-7pm	\$5/\$8
106700.03	W	3/22	6-7pm	\$5/\$8



VIRTUAL

Private Music Lessons

Bob Halat - Frank Lloyd Wright

Intermediate or Zoom

Individual lessons are designed to help you achieve your musical needs and ambitions. Lesson times range between 3:15-6:45pm and are 30 minutes in length. If you are a first-time musician, trying to get back in tune or are looking to further your musical ability, this is a great opportunity for you. Lessons are for all band instruments, guitar and piano. Bob will contact you prior to your first session to schedule a time. **No lessons 3/27.**

Code	Day	Date	Time	RES/NR
117100.01	M	1/9-2/13	3:15-6:45pm	\$100/\$150
117100.02	M	2/20-4/3	3:15-6:45pm	\$100/\$150
117100.03	M	4/17-5/22	3:15-6:45pm	\$100/\$150
117100.04	T	1/3-2/7	3:15-6:45pm	\$100/\$150
117100.05	T	2/14-3/21	3:15-6:45pm	\$100/\$150
117100.06	T	4/4-5/9	3:15-6:45pm	\$100/\$150
117100.07	W	1/4-2/8	3:15-6:45pm	\$100/\$150
117100.08	W	2/15-3/22	3:15-6:45pm	\$100/\$150
117100.09	W	4/5-5/10	3:15-6:45pm	\$100/\$150
117100.10	TH	1/5-2/9	3:15-6:45pm	\$100/\$150
117100.11	TH	2/16-3/23	3:15-6:45pm	\$100/\$150
117100.12	TH	4/6-5/11	3:15-6:45pm	\$100/\$150
117100.13	F	1/6-2/10	3:15-5:45pm	\$100/\$150
117100.14	F	2/17-3/24	3:15-5:45pm	\$100/\$150
117100.15	F	4/14-5/19	3:15-5:45pm	\$100/\$150

REGISTER NOW wawmrec.com or 414-604-4900

TRIPS

Exploring New Places & Meeting New Faces!

A parent/guardian must accompany anyone under 18 years of age. Reservations are transferable and may be given to another person if you cannot attend the trip. All adult trips depart from the Recreation Center.

Deluxe Mystery Trip

What do you get when you add a little "spice" to our Mystery Trips? You get our Deluxe Mystery Trip! Travelers will have the same experience as a Mystery Trip, not knowing where we are going, but enjoy a new expanded opportunity that may include a trip far away or an extravagant dinner and show. Each trip is sure to be memorable and worth the anticipation. Are you ready to trust the WAWM RCS Department and join us for our next trip? Oh the places we will go!

Code	Day	Date	Time	RES/NR
120007.02	SAT	4/22	9am-???	\$70/\$80

Mystery Trip

Are you up for an adventure? Allow us to plan your trip! The details are in the surprise. The travel itinerary and experience will all be planned for you. What could the mystery be? Could it be a city? A festival? A museum? A tour? Who knows, but it will be a good time! We will travel by bus to where the mystery is located. Are you ready for a mystery?

Code	Day	Date	Time	RES/NR
120007.01	SAT	5/20	9am-???	\$35/\$45



Join us at the 2023
WAWM PTA Council
Founders Day Carnival
Sunday Afternoon
February 19
West Allis Central
E.H. Stech Field House



Help us celebrate 125 years of PTA and nearly 100 years of PTA here in WAWM schools!

♥ Games ♥ Concessions ♥ Silent Auction ♥ and MUCH more!

For more information, please visit our website at www.wawmptacouncil.org or follow us on Facebook @wawmptacouncil for more details!

All proceeds earned benefit WA-WM PTA Council sponsored programs including Reflections Arts Program, Council Scholarship, leadership training & support, and future outreach programs for students and their families.

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Suburban Concert Band

Nathan Hale High School

Suburban Concert Band is a community band under the direction of Mark Grauer which is composed of both professional and amateur musicians from West Allis and the surrounding greater Milwaukee area. We welcome high school ages 16 and above, college and adult musicians from all communities throughout southeastern Wisconsin. Haven't played in awhile? There is no need to worry about an audition - just dust off your instrument and join us for a night of good music. We rehearse at Nathan Hale High School on Thursday evenings during the school year (September-May) from 7-8:30pm and our Swing Street Big Band rehearses from 8:30-9:30pm.

The band performs 4 formal concerts throughout the year. In addition, the Concert Band and Swing Street Big Band are proud to represent the City of West Allis in local concerts and parades. Our Christmas Concert is Friday, December 9 at 7:30pm at the Nathan Hale Auditorium. Our spring 2023 concerts are Friday, March 3 and Friday, May 5 at 7:30pm at the Nathan Hale Auditorium. You can also see us in the West Allis Christmas Parade on Saturday, December 3. Please visit our website at www.suburbanbands.com for more information regarding our band.

Suburban Singers

Frank Lloyd Wright Intermediate

Under the direction of Patricia Eby, the Suburban Singers are an adult mixed-voice choral group partnered with the West Allis-West Milwaukee Recreation and Community Services Department. Adults of all voice types and experience levels are welcome to join. Tenors and basses are particularly encouraged to consider joining the Suburban Singers. Rehearsals are held Tuesdays from 7-9pm at Frank Lloyd Wright Intermediate School beginning January 10. The spring concert will be held at 7:30pm on Friday, May 5 in the Liberace Auditorium at West Milwaukee Intermediate. Registration is \$45. Register at the WAWM RCS website or email suburbansingers@gmail.com for more information to join the group. Follow the Suburban Singers on Facebook for additional updates.



Sinfonia

Frank Lloyd Wright Intermediate

Sinfonia is a string orchestra for string players in high school, college and beyond, who have prior experience playing violin, viola, cello or bass. The ensemble will rehearse at Frank Lloyd Wright Intermediate on Thursdays, January 19-May 18 at 7-9pm. Our concert will be on Friday, May 19 in the Liberace Auditorium at West Milwaukee Intermediate with additional community events scheduled as needed. A variety of music from classical to pop/modern will be performed. Membership fees for the 2022-2023 winter/spring season are \$35/\$53NR. We welcome string players from all communities in southeastern Wisconsin. Email WAWM Sinfonia Director, Mary Pat Michels, michm@wawmsd.org for additional information or to help recruit new members. Musicians should email Mary Pat with their name, instrument and contact information when they join so music is ready for them at the first rehearsal.



The West Allis Players



West Allis Players

What will be happening on The West Allis Players' stage in the spring of 2023? We ask for your patience as we await the location of a possible venue change before announcing our upcoming show. In the meantime, please "like" us on Facebook or check our website - when we have our theatrical schedule set, we want you to be the first to know. See you at the theater!

Accident Insurance

The WAWM RCS Department does not provide hospital/medical insurance for people participating in sponsored activities. The Board of Education, School District of West Allis-West Milwaukee, et al does not provide hospital/medical coverage for WAWM RCS Department activities. Participants are encouraged to obtain their own medical insurance.

Activity Guide

Activity Guides can be viewed at wawmrec.com, at each of the WAWM district schools' offices, WA Health Department, WA Library, WA City Hall and West Milwaukee Village Hall. The WAWM RCS Department publishes 3 activity guides per year which are mailed to WAWM District residents. The Fall Activity Guide is mailed at the end of July, the Winter/Spring Activity Guide is mailed mid-November and the Summer Activity Guide is mailed early April.

Age Eligibility Verification

All participants must meet the minimum age or grade requirement before the last day of the program. Please do not request to have your child put in a program where they are not age/grade appropriate. The ages/grades are set to ensure the safety and benefit of the participants as well as for staff program planning.

Americans with Disabilities Act

The WAWM RCS Department complies with the Americans with Disabilities Act (ADA) which prohibits discrimination on the basis of disability. We will make reasonable accommodations to support inclusive recreation participation. Individuals with disabilities are strongly encouraged to contact the WAWM RCS Department at 414-604-4900 in advance of participation regarding accommodation needs.

Be Our Guest Senior Citizen Pass

Senior passes are available for West Allis-West Milwaukee School District residents who are at least 60 years of age. This pass is a small "Thank You" to our senior citizens who have provided tremendous support for our schools. The pass entitles the holder and a companion to be admitted, without charge, to all athletic events (except WIAA tournament games) and school drama productions. Get your pass at the WAWM RCS Department today!

Cancellation Deadlines

If a class or activity does not reach its minimum number of participants 5 days before the start of the class, it will be cancelled. If a program is cancelled, you will be offered a credit to your WAWM RCS Department account, we can transfer you to a different activity or refund you.

Cell Phone Use in Locker Room

In accordance with State Statute 175.22 and WAWM School District Policy po9151, cell phone usage is prohibited in locker rooms with the exception of an emergency situation.

Child Care

Child care is not provided for adult programs. Children are not permitted to attend adult programs without supervision of another adult who is not actively participating in the program.

Class Sizes

All programs have a minimum/maximum enrollment number. If we do not meet our minimum requirement 5 days before the start of a class, classes will be cancelled with reimbursements issued or you may transfer to a different class. If a program is full, you can be added to the waitlist and in the event of a participant cancellation or new class creation, you will be contacted.

Code of Conduct/Participant Guidelines

- Equal Access: No participant shall, on the basis of race, sex, creed, national origin or disability, be denied equal access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage, or opportunity.
- Behavior: Participants are expected to exhibit appropriate and respectful behavior at all times. The following guidelines have been developed to make recreation department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs and athletic leagues as deemed necessary by WAWM RCS staff.
- Participants shall:
 - Show respect to all participants and staff.
 - Refrain from harassment which will not be tolerated.
 - Refrain from using foul, derogatory or disrespectful language.
 - Refrain from causing bodily harm to other participants or staff.
 - Show respect for equipment, supplies and facilities.
- Discipline: A positive and progressively appropriate approach will be used. The WAWM RCS Department reserves the right to dismiss a participant. Each situation will be evaluated individually on a case by case basis.

Confirmation Notices

Your receipt is your confirmation. Please review your receipt to make sure your household information is accurate and the activities you are enrolled in are correct. If your phone number, home address or email address are incorrect or if you were enrolled in the wrong activity, please contact our office. Important program notes, information and reminders will be printed on your receipts.

Late Registration Policy

There will be no prorating of program fees for late registration after program(s) have begun. Exceptions and other special circumstances may be considered.

Missed Program Policy

Programs missed for individual absences (i.e. schedule conflict, vacation, etc.) are not "made up" nor may participants attend programs other than for the one they are registered.

No On-Site Registration

Staff (instructors, building supervisors, coaches, etc.) will NOT accept registration at the program site. Fees must be paid at the office or online prior to participation.

No Smoking/Alcohol or Facsimiles

The use of all tobacco products and facsimiles or drinking alcoholic beverages on premises owned by the West Allis-West Milwaukee School District is prohibited per state law or as dictated by city ordinance for programs in city parks. Your cooperation in adhering to this law is required.

Photography Policy

The WAWM RCS Department uses photos of participants for promotional purposes. By registering and/or participating in a WAWM RCS Department program, you have granted us permission to use your photo for promotional purposes, unless you notify our department otherwise.

Reduced Fees

Persons who feel they are unable to afford the cost of a youth activity may apply for a reduction of fees by providing proof of reduced or waived fees by presenting documentation qualifying for free or reduced school meals.

Reimbursement Policy:

The policy of the WAWM RCS Department is to reimburse registration fees only under the following circumstances:

1. A reimbursement request form must be completed.
2. 2 business days or more prior to the start of a class/activity, a full refund will be given minus 10% service fee for a refund check or refund back to your credit/debit card. To avoid a service fee, class/activity fee can be credited to your WAWM RCS Department's account for future use.
3. Less than 2 business days prior to the start of a class/activity, but prior to the start of the second half, 50% refund or credit will be given.
4. After the first half of the class has passed, no refund or credit will be given.
5. A full refund or credit will be given when the WAWM RCS Department cancels a class.
6. Separate reimbursement policies apply below. Please call 414-604-4900 for further information.
- 6a. Adult sports: 50% refund will be given prior to the schedules being printed. No refunds will be given after that occurs.
- 6b. Trips: Refunds will be given only if a participant on the waitlist fills your spot. Reservations are transferable and may be given to another person if you cannot attend the trip.
- 6c. Non-School Day Camps: Cancellations made in advance of 7am on day of camp will receive a refund/credit to your WAWM RCS Department account. Refund/credits will not be available after 7am day of the camp.
- 6d. Action Programs: After a quarter has started, no refunds will be issued. Future quarters that have not started yet may be refunded. Please see 2 and 3 for information about service fees.

Residency Verification

The WAWM RCS Department requires residency for first time registrants (Driver's License/State ID, Utility Bill, Lease Agreement, Homeowners or Renters Insurance).

Resident/Non-Resident Fee Policy

Resident status is for individuals living in the West Allis-West Milwaukee School District and all students enrolled in a West Allis-West Milwaukee public school. Residency is determined by where the participant resides, not where the person paying resides.

Spectators

- One of the fundamental instructional program goals is to provide everyone with a safe, fun and positive learning opportunity with their peers while developing their skills. For these reasons, some classes and programs will not allow spectators.
- Dance/Gymnastics: Information will be distributed to parents/guardians regarding class observation days.
- Parents/guardians are to discuss their child's progress/participation with an instructor before or after class where appropriate.
- Parent/Child Classes: Please make arrangements for siblings as they will not be permitted in the program and they may not be left unsupervised/unattended in hallways, classrooms, locker room areas, etc.
- Adult classes: Please make arrangements for children as they will not be permitted in the program and they may not be left unsupervised/unattended in hallways, classrooms, locker room areas, etc.

Waiting Areas

Most facilities have a designated spot where parents may wait during classes/programs. Please help us keep the privilege of use of school district facilities by not wandering around the buildings, no food or drink, and please keep siblings supervised at all times.

Waiting Lists

The WAWM RCS Department will make every effort to accommodate individuals on waiting lists. The waitlist helps us determine the need to add additional class offerings. Please note, being added to a waitlist is not an enrollment in a class. If an opening becomes available you will be contacted by phone.

Weather Cancellations

For weather related cancellations, please call our weather line at 414-604-4900, option 2. You can follow us on Facebook and Instagram for weather updates @wawmrcs. If news media posts the WAWM School District is closed due to inclement weather, all WAWM RCS Department programs are cancelled as well.

COMMUNITY RESOURCES

Proud Sponsors of WAWM RCS Department Youth Sports



Proud Sponsors of WAWM RCS Department



We are Proud Members of



"Information That Works!"



WEST ALLIS-WEST MILWAUKEE SCHOOL DISTRICT

Learning That Works

Superintendent of Schools -

Dr. Marty Lexmond

Board of Education -

*Joe Becker, Brendan Burns, Jane Carr,
Amy Deal, Brian Keller, Kristen Keyser,
Rebecca Lee, Noah Leigh, Jeff Sikich*

WAWM RCS Department Office:

2450 S. 68th Street • West Allis, WI 53219

414-604-4900 • wawmrec.com

We strive to deliver high quality programs. If you are not satisfied, we want to hear from you!

LOCATION SITES/FIELDS	ADDRESS
Central High School	8516 W. Lincoln Ave.
Dottke High School	7815 W. Lapham St.
Fairview Park	2450 S. 68th St.
Frank Lloyd Wright Intermediate	9501 W. Cleveland Ave.
Franklin Elementary	2060 S. 86th St.
Franklin Fieldhouse	1964 S. 86th St.
Honey Creek Park	8405 W. National Ave.
Horace Mann Elementary	6213 W. Lapham St.
Hoover Elementary	12705 W. Euclid Ave.
Irving Elementary	10230 W. Grant St.
Jefferson Elementary	7229 W. Becher St.
Klentz Park	2601 S. 72nd St.
Lane Intermediate	1300 S. 109th St.
Liberty Heights Park	1540 S. 62nd St.
Longfellow Elementary	2211 S. 60th St.
Madison Elementary	1117 S. 104th St.
Mitchell Elementary	10125 W. Montana Ave.
Nathan Hale High School	11601 W. Lincoln Ave.
Pershing Elementary	1330 S. 47th St.
Recreation Center	2450 S. 68th St.
Reservoir Park	9621 W. Lapham St.
Walker Elementary	900 S. 119th St.
West Allis Athletic Complex (WAAC)	2606 S. 117th St.
West Milwaukee Intermediate	5104 W. Greenfield Ave.
West Milwaukee Community Center	1345 S. 47th St.
Wilson Elementary	8710 W. Orchard St.



SHARE THE LOVE

HAVE AN IDEA OR TALENT?

We would love to hear from you!
Call or email with your talent or idea:
414-604-4900 / wawmrec@wawmsd.org

WANT TO REGISTER ONLINE


but don't have a WAWM RCS account? Head over to our website wawmrec.com for easy-to-follow directions to get you set up with an account! Online registrations are fast, easy, can be done at any time of day and there are no service fees! If you have any questions, contact us at 414-604-4900.

HAVE YOUR BUSINESS STAND OUT!

We invite you to advertise your business in our activity guide. Our activity guide is sent out three times per year to over 47,000 homes in West Allis, West Milwaukee and surrounding communities. We also reach many others via online access to our activity guide. Prices per issue are listed below:


- Quarter Page: \$75 • Half Page: \$100
- Full Page: \$200

For more information, contact Shelly Strasser, stram@wawmsd.org or 414-604-4937



GREAT GIFT IDEA!

Give the gift of fun, fitness, adventure, learning and so much more! Gift certificates can be purchased at the WAWM RCS Department for any denomination. They don't expire and can be redeemed at our office or online. Please note, purchases only accepted with cash or credit card.



General Recreation Class Registration

Please print clearly

Please indicate your relationship to registrant/s

☐ Self ☐ Spouse ☐ Parent/Guardian ☐ Other: _____

Name of Person Paying _____

Address _____ City _____ Zip _____

Cell Phone _____ Work Phone _____ Home Phone _____

Email _____

School Child Attends (Required) _____

☐ **YES, Please sign me up for the month E-Newsletter! Stay up to date on all the latest WAWM RCS Department News**

Emergency Name & Phone _____

Relationship to Registrant/s _____

Liability Statement: An adult must sign below. The signature of a parent/guardian is required for youth registration. I, the undersigned or parent/guardian of the individual(s) named below, do hereby agree to indemnify and hold harmless the West Allis-West Milwaukee School District and its employees, officers and agents from and against any and all liability resulting from participation in the activities listed below. I understand that the program(s) in which I am enrolling, like all activity programs, has some inherent risk, for which I agree to assume the liability. Furthermore, the individuals named herein are in good physical health appropriate for the activities in which they will be participating. I understand that the West Allis-West Milwaukee School District does not provide accident insurance.

Signature (Participating adult or parent/guardian of minors listed below) _____

☐ **YES, I'm interested in coaching youth sports** Required

Name _____ Phone _____

League _____ T-Shirt Size: Adult ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Participants Name (First, Last)	M/F/NB	Birthdate M/D/Y	'22-'23 Grade

Which race/ethnicity best describes you? ☐ Hispanic/Latino ☐ American Indian or Alaska Native ☐ Asian
☐ Black/African American ☐ Native Hawaiian ☐ White ☐ Two or more Races ☐ Prefer not to answer

Class Name	Registration Number	Fee
------------	---------------------	-----

1st Choice:

Alternate Choice:

T-Shirt Size (If applicable) Youth: ☐ 6-8 ☐ 10-12 ☐ 14-16 Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Participants Name (First, Last)	M/F/NB	Birthdate M/D/Y	'22-'23 Grade

Which race/ethnicity best describes you? ☐ Hispanic/Latino ☐ American Indian or Alaska Native ☐ Asian
☐ Black/African American ☐ Native Hawaiian ☐ White ☐ Two or more Races ☐ Prefer not to answer

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Class Name	Registration Number	Fee
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Alternate Choice:

T-Shirt Size (If applicable) Youth: ☐ 6-8 ☐ 10-12 ☐ 14-16 Adult: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Make check payable to: WAWM RCS Department ☐ Credit Card* ☐ Check ☐ Cash ☐ Total \$ _____

*Online, In-Person or Phone-in (Visa, Mastercard, Discover)



YOUR DONATION CAN HELP

According to the National Recreation and Park Association, in the past decade, participation in youth sports has decreased by 8% and the gap is growing, especially for lower income families. Kardys, Jack (2019, October) Leveling the Playing Field for Youth Sports, Parks & Recreation Volume 54 (10). Recent research published by the Rand Corporation confirmed that children from lower income families are less likely to participate in sports. Do you know that over 50% of the students in our district qualify for free and/or reduced meals? This means that their family is living at or below the federal poverty threshold. For a family of four that is an annual income of \$25,750 or less. This leaves little to no discretionary income for a family to enroll their child in youth sports programs or provide safe alternatives for after school activities. In the West Allis-West Milwaukee School District this means that potentially 2,300 students in 4K-8th grade may never have the opportunity to participate in a youth sports program or be actively engaged in an Action program.

Your donation will ensure that students in our community can reap all the benefits that youth sports has to offer or you can ensure that students have a safe place to play and be active during before/after school hours, providing a parent with peace of mind while at school or work that their child is safe and well cared for. No donation is too small and every dollar goes directly toward ensuring that every child has a chance. Prefer to donate online? Go to wawmrec.com, click on "register" and then on the "donate" tab.

☐ **Yes, I would like to donate to the WAWM RCS Department Champion for a Child Scholarship Fund**

Name: _____

Address: _____

Phone Number: _____

Donation Amount: ☐ Youth Sports \$ _____ ☐ Action Program \$ _____ ☐ Other \$ _____

Sport you would like to sponsor: _____ (Baseball, Flag Football, Softball, Swimming, Soccer, Tennis, Volleyball) ☐ No preference

School you would like to sponsor an athlete/student at: _____ ☐ No preference

Thank you for your donation!
You are a CHAMPION!

Checks payable to WAWM RCS Department or call 414-604-4900 to make your donation.

All donations are tax deductible. Mail to: 2450 S. 68th St. West Allis, WI 53219





Support Youth Sports Programs and Special Events in your Community.

Demonstrate your commitment to community stewardship by supporting recreation youth sport opportunities for children and community special events in the West Allis-West Milwaukee School District. By doing so, your business will gain valuable advertising exposure while making a difference.

BRONZE LEVEL \$125

- Business Name/Logo on league schedules distributed to all players or event flyers/posters.
- Business Name/Logo in following season activity guide distributed to 47,000+ homes.

SILVER LEVEL \$250

- Business Name/Logo on league schedules distributed to all players or event flyers/posters.
- Business Name/Logo in following season activity guide distributed to 47,000+ homes.
- Business Name/Logo on social media (Facebook, E-Newsletter, Website).

GOLD LEVEL \$500

- Business Name/Logo on league schedules distributed to all players or event flyers/posters.
- Business Name/Logo in following season activity guide distributed to 47,000+ homes.
- Business Name/Logo on social media venues (Facebook, E-Newsletter, Website).
- Business Name/Logo on youth sports league t-shirts and onsite event marketing.





West Allis-West Milwaukee
WAWM
Recreation & Community
Services Department

2450 S. 68th Street
West Allis, WI 53219
wawmrec@wawmsd.org
Office Hours: M-TH • 8am-5pm
F • 8am-4pm

Dated Material



FOR MORE INFORMATION: 414-604-4900

To reach our front office staff..... press “0”
For weather-related cancellations..... press “2”



West Allis-West Milwaukee
WAWM
Recreation & Community
Services Department

Mission Statement

The West Allis-West Milwaukee Recreation & Community Services Department provides recreation experiences and learning opportunities that serve our community.