



SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec

Community Education & Recreation

Fall 2012

Activity Guide

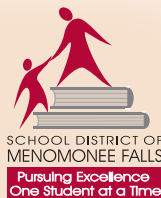


fallsrec.org

Welcome!



A Message From The Superintendent



Our Community Education and Recreation Department outdid themselves this summer. The program offerings were extensive and provided opportunities for every member of our community. Since 1947, it has been a commitment to serve the community with care and quality.

The mission of Community Education and Recreation is to enhance the quality of life for our Village members by providing recreational, educational and social opportunities in partnership with our schools and our community's organizations.

The fall offerings also provide new opportunities. The focus on fitness is adding circuit interval training, cardio boot camp, volleyball sports conditioning, junior jazzercise, and a weight loss challenge. The educational offerings will include an introduction to Microsoft Excel, photo editing, an introduction to the internet, a course on food allergies, and a focus on nutrition and healthy bodies. Our seniors can participate in trips to see Scrooge, Hello Dolly, Chicago, and the Nutcracker. These only highlight a few of the new opportunities. Take a few minutes to review the guide and see what you and your family may enjoy.

Our Community Education & Recreation team members are working hard to ensure quality programming and service. We hope you join us this fall.

Patricia Fagan Greco, Ph.D.
Superintendent of Schools

SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec
Community Education & Recreation

The Recreation Commission meets at the Community Center the 1st Monday of the month. For meeting dates, please call our office at 262-255-8460.

Recreation Commission Members



L-R: Chris Pitrof, Barb Taggart, Larry Podolske, Carol Hennessy, Lou Yaeger, Harry Goetz

Recreation Department Staff



L-R: Deb Williamson, Louise Schmidt, Dan Zeroth, Julie Hardy, Jason Husslein, Joan Erickson, and Patti Pirlot

Menomonee Falls Community Education & Recreation Department

Located in the
Menomonee Falls Community Center
W152 N8645 Margaret Road
Menomonee Falls, WI 53051

www.fallsrec.org

Office Hours

Monday - Friday 8:00 AM - 4:30 PM

Phone 262-255-8460

Fax 262-255-8411

*Office will be closed Sept. 3, Nov. 22-23
and Dec. 24-Jan. 2.*

At Your Service

- **Joan Erickson**, Director
- **Jason Husslein**, Recreation Supervisor
- **Dan Zeroth**, Recreation Supervisor
- **Louise Schmidt**, Older Adult and Volunteer Coordinator
- **Patti Pirlot**, Administrative Assistant
- **Julie Hardy**, Administrative Assistant
- **Deb Williamson**, Administrative Assistant

What Do These Symbols Mean?



First time offered, give them a try!



A cooperative program agreement with other local recreation departments or agencies. Please note: Min./Max. are cut in half to accommodate each department.



Senior discount applies.



This class includes a T-shirt, please indicate size on registration form. *Please register at least two weeks prior to the start of the program to insure that your child will receive a shirt.*

CLASS CANCELLATION LINE 262-255-8376

Call the information line FIRST for cancellation notices due to inclement weather. Cancellations will also be posted on our website.

General Registration Information

Did you know you can sign up for any class online?

Registering Online ... Visit www.fallsrec.org.

- Select ONLINE REGISTRATION
- SIGN IN using your username and password by clicking SIGN IN in the left hand column. If you do not know your username and password, contact our office at 262-255-8460
- Select COURSES
- Select SEARCH (in red 2nd paragraph at top) and enter the name of the class you wish to find in the COURSE NAME field
- Select a class
- Select ADD TO CART next to the class of your choice
- Select the number of students and submit
- Your selections will appear in the shopping cart on the right side of your screen
- Repeat process until all classes have been selected
- Review selections in the shopping cart and then select CHECKOUT
- Proceed through the checkout
- Select ADDITIONAL CLASSES if desired or proceed through to the CHECKOUT



To access your profile

- Follow the SIGN IN procedure above. After you are logged in, all profile information can be selected via a menu on lower left hand side to view transactions, edit profile information or add family members.

Did you update your child's T-shirt size?

In an effort to keep our records current, please be sure to periodically update your child's T-shirt size. You can edit your profile at any time by following these steps:

- Go to www.fallsrec.org
- Click on the "Online Registration" link on left hand side of page
- "Sign in" using your username and password
- Click on "My Profile" or "Household Profile"
- Edit profile of individual needing a different t-shirt size



We are a proud member of:



Visit our Web Site and Register Online at:

www.fallsrec.org

Fall 2012

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WHEN TO REGISTER

RESIDENT

Registration Begins

Monday, August 13

Online / Mail /
Drop Box / Fax

OPEN/NON-RESIDENT

Registration Begins

Friday, August 17

Walk In / Online / Mail /
Drop Box / Fax

**Registration begins at
12:01a.m.**

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

Kids INC

Grades 4K-5

MINIMUM of 2 times per week or 8 times per month is required.

Weekly or monthly registration is available!

Register by 4:30 PM on Wednesday to receive the **Early Bird (EB) Rate** for the following week. Registrations received Thursday and Friday will be processed at the **Regular Rate**. Registration for the following week will not be accepted after 4:00 PM on Friday.

School Year 2012-2013

Kids INC is a before and after school care program for elementary school students attending Menomonee Falls Public Schools. The program is affordable and convenient, with sites at each of the four elementary schools. The Kids INC program allows children to work on homework, participate in activities, play games, and create arts and craft projects in a safe and fun environment. Special events and field trips may be available at an additional cost. The Kids INC program is available every school day before and after school, as well as most early release days and days off of school.



Register by August 31 to Receive \$50 Off An After-School Enrichment Program!

Submit your initial Kids INC registration by August 31, and utilize the Kids INC program a minimum of 8 times per month to receive a voucher good for \$50 off one of the many After-School programs offered through CE & Rec. Refer to the programs with the After-School symbol on page 16 for additional information. A voucher and directions on how to use the voucher will be mailed to families after September 4.

Registration Fee: \$30 per child, \$50 per family

Ben Franklin..... 420014
Shady Lane 420016

Riverside 420002
Valley View 420001

School Year Options

Child must attend the program a minimum of 2 times per week or 8 times per month during the entire school year

Before School	After School	Early Release	Full Day
6:30 am – 8:45 am	3:40 pm–6:00 pm	12:05 pm –6:00 pm	6:30 am–6:00 pm
\$ 7.00 per day - EB \$12.00 per day	\$ 8.50 per day - EB \$13.50 per day	\$19.00 per day - EB \$24.00 per day	\$27.00 per day - EB \$32.00 per day
If student wishes to purchase breakfast through the school lunch program, an additional fee will be subtracted from the student's lunch account.	Includes Afternoon Snack	Bring own bag lunch Includes Afternoon Snack	If student wishes to purchase breakfast through the school lunch program, an additional fee will be subtracted from the student's lunch account. Bring Own Bag Lunch Includes Afternoon Snack

A parent handbook, emergency contact form and additional information can be found at the Youth/Teen page of www.fallsrec.org.

American Red Cross Aquatic Programs

NEW PARTICIPANTS:

1. If your child has not participated in swim lessons through our department they **MUST** be tested before enrolling in class!

2. Infant/Preschool swimmers do not need to be tested.

3. Children may be tested at the Menomonee Falls North Pool during any open swim times.

American Red Cross Aquatic Program: Level Descriptions

Parent/Child Aquatics – Ages 1 to 4 years with parent or caregiver

Parent/Child Aquatics (P/C) familiarizes young children to the water and prepares them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own, but gives parents safety information and teaches techniques to help orient their children to the water.



P/C Level 1 – Ages 1 & 2

Prerequisite: None

- Learn to ask for permission before entering the water.
- Learn how to enter and exit the water in a safe manner.
- Explore submerging to the mouth, nose, eyes and completely.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely.

P/C Level 2 – Ages 3 & 4

Prerequisite: None

- Establish expectations for adult supervision.
- Learn more ways to enter and exit in a safe manner.
- Explore submerging in a rhythmic pattern.
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.

Preschool Aquatics – Ages 4 and 5 years

Preschool Aquatics (PS) is designed to give young children a positive, developmentally appropriate aquatic learning experience. Classes are designed to orient young children to the aquatic environment and help them gain basic aquatic skills in each category at the most basic levels. It also helps children develop comfort in, on and around water.

PS Level 1

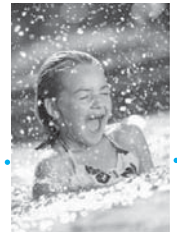
Prerequisite: None

- Orients children to the aquatic environment and helps them gain basic aquatic skills.
- Once child passes PS Level 1, child may move on to **PS Level 2** if under 42 inches tall.
- If child is over 42 inches tall, please register for **Learn-to-Swim Level 1**.

PS Level 2

Prerequisite: PS Level 1

- Helps children gain greater independence in the skills and develop more comfort in and around water.
- Once child passes PS Level 2, child may move on to **Learn-to-Swim Level 2**.



Learn-to-Swim – Ages 5 years and up and at least 42 inches tall

Throughout this 6 level program, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance.

Level 1 – Introduction to Water Skills

Prerequisite: None.

Level 3 – Stroke Development

Prerequisite: Completion of Learn-to-Swim Level 2.

Level 5 – Stroke Refinement

Prerequisite: Learn-to-Swim Level 4.

Level 2 – Fundamental Aquatic Skills

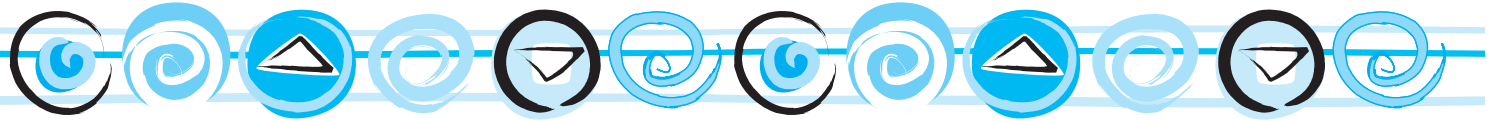
Prerequisite: At least 42" tall and completion of PS Level 2 *or* completion of Learn-to-Swim Level 1.

Level 4 – Stroke Improvement

Prerequisite: Learn-to-Swim Level 3.

Level 6 – Swim & Skill Proficiency

Prerequisite: Learn-to-Swim Level 5.



American Red Cross Aquatic Programs



For more information on Aquatic programs, please email Luther Himself, Aquatic Coordinator at himself@sdmfschools.org or contact the CE&Rec office at (262) 255-8460.

Periodically pool closures may occur due to lightning, inclement weather, and fecal incidents. When possible, classes will be rescheduled, however, refunds will not be issued for classes missed due to unforeseen pool closures. If an unforeseen pool closure should occur and the class cannot be rescheduled, a Complimentary One Time Use Family Swim Pass will be issued to each swim lesson participant.



Important Notice

Please check with your child's instructor, or wait until your child has completed their current swim level before registering for the next session of swim. In the event you register for an incorrect level, a **\$10 fee will be charged** for transfers or cancellations.

Winter I registration begins on October 15 for students enrolled in the Fall Session of swim lessons.

NORTH MIDDLE SCHOOL POOL SWIM LESSONS

8-Weeks | Ages 1-17 years

You may register your child for only one session of swim lessons at a time.

Fall Session (8 classes)	Fee: \$39 Resident, \$47 Non-Resident							Fee: \$44 R, \$53 NR		
Level Course #	P/C1 010007	P/C2 010008	PS1 040004	PS2 040005	Level 1 070001	Level 2 100001	Level 3 132001	Level 4 160007	Level 5 190007	Level 6 190002
Mondays September 10–October 29										
4:45 – 5:15 p.m.	•				•	•				
4:45 – 5:30 p.m.									•	
5:20 – 5:50 p.m.		•		•			•			
5:35 – 6:20 p.m.								•		
5:55 – 6:25 p.m.			•		•		•			
6:30 – 7:00 p.m.					•	•	•			
Wednesdays September 5–October 24										
4:45 – 5:15 p.m.			•			•	•			
5:20 – 5:50 p.m.	•				•		•			
5:55 – 6:25 p.m.		•			•		•			
6:30 – 7:00 p.m.				•		•	•			
Fridays September 7–October 26										
4:45 – 5:15 p.m.		•			•					
4:45 – 5:30 p.m.										•
5:20 – 5:50 p.m.	•		•			•				
5:35 – 6:20 p.m.								•		
5:55 – 6:25 p.m.				•			•			
6:25 – 6:55 p.m.							•			
6:30 – 7:00 p.m.					•	•				
Saturdays September 8–October 27										
9:00 – 9:30 a.m.	•									
9:35 – 10:05 a.m.		•								
9:45 – 10:15 a.m.							•			
10:20 – 10:50 a.m.			•			•				
10:55 – 11:25 p.m.				•	•					
11:30 – 12:00 p.m.					•	•				



American Red Cross Aquatic Programs

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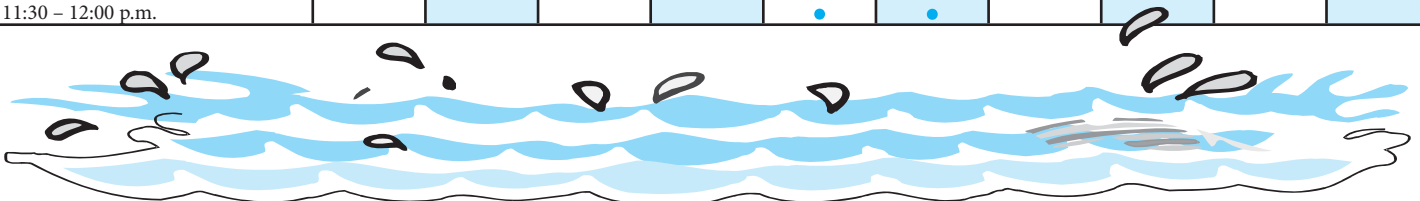


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Mondays November 12 – January 14 (No class 12/24 & 12/31)										
4:45 – 5:15 p.m.	•				•	•				
4:45 – 5:30 p.m.									•	
5:20 – 5:50 p.m.		•		•			•			
5:35 – 6:20 p.m.								•		
5:55 – 6:25 p.m.			•		•		•			
6:30 – 7:00 p.m.					•	•	•			
Wednesdays November 7 – January 16 (No class 11/21, 12/26 & 1/2)										
4:45 – 5:15 p.m.			•			•	•			
5:20 – 5:50 p.m.	•				•		•			
5:55 – 6:25 p.m.		•			•		•			
6:30 – 7:00 p.m.				•		•	•			
Fridays November 9 – January 11 (No class 11/23 & 12/28)										
4:45 – 5:15 p.m.		•			•					
4:45 – 5:30 p.m.										•
5:20 – 5:50 p.m.	•		•			•				
5:35 – 6:20 p.m.								•		
5:55 – 6:25 p.m.				•			•			
6:25 – 6:55 p.m.							•			
6:30 – 7:00 p.m.					•	•				
Saturdays November 10 – January 12 (No class 11/24 & 12/29)										
9:00 – 9:30 a.m.	•									
9:35 – 10:05 a.m.		•								
9:45 – 10:15 a.m.							•			
10:20 – 10:50 a.m.			•			•				
10:55 – 11:25 p.m.				•	•					
11:30 – 12:00 p.m.					•	•				



Aquatics

IMPORTANT POLICIES Regarding All Aquatic Programs **SAFETY FIRST!**

Pool rules are enforced at the discretion of the Head Lifeguard. Safe, appropriate behavior is expected by all swimmers. Those making a safe environment difficult will lose the privilege of swimming for a specified time period.

Supervision

Children who are 6 years or younger must be within 6 feet of an ADULT (age 18+) at all times. Adult must be swimming with child at all times.

When should participants arrive?

Swimmers should arrive to allow enough time in the locker room but should not go out to the pool until 5 minutes prior to scheduled swim. The swim staff does NOT supervise participants either prior to or after dismissal from pool.

What to bring?

Participants must furnish their own suits, locks and towels. We are not responsible for participants' belongings.

Locker Room

Attendants are NOT on duty. You are responsible to assist your child in the locker room. A shower is required prior to entry in the pool area. PLEASE NOTE: Youth 5 years or older must use the appropriate gender locker room. Plan accordingly.

Spectators

For health and safety reasons ONLY instructors/lifeguards and participants are permitted in the pool area. Viewing is allowed from the balcony area only. Street shoes are NOT allowed on the pool deck.

Pool Toys

Toys from home are not allowed. There are many toys provided at the pool for all to enjoy. Participants are allowed to wear lifejackets and water wings per lifeguard's discretion.

Pool Closings

Pool closure is determined when the lifeguard declares an emergency situation that includes, but not limited to the following:

- Rescue / accident situation
- Lightning or inclement weather

Swim Passes

A swim pass entitles the owner admission to Open and/or Lap Swim at North Middle School Pool. Passes can be purchased at the Recreation Dept. or at the Pool. Proof of residency may be required. A list of all pass holders will be kept at the pool.

Fall Swim Pass

Valid Sept. 5–Nov. 30

Closed Nov. 23–24

Winter Swim Pass

Valid Dec. 1–Feb. 28

Closed Dec. 24–Jan. 2 (see Holiday Lap Swim & Family Splash Party hours)

	Resident	Nonresident
Child	\$24	\$29
Adult	\$35	\$42
Family	\$59	\$71
Senior	\$28	\$34

Per Use Fee

Child (under age 3)	Free
Child (ages 3–17)	\$2.00
Adults (age 18 & up)	\$3.00

Children 6 yrs & younger must be accompanied by an adult at all times.

Group of 15 or More • • • • •

Please contact the Recreation Dept. at (262) 255-8460 at least 2 weeks prior to desired date so additional lifeguards can be scheduled.



Open Swim Hours

September 5–February 28

North Middle School Pool

Closed Nov. 23–24, Dec 24–Jan 2

Open/Family Swim

Monday, Wednesday, Friday
7–9 PM

Saturday 1–3 PM

Adult Lap Swim*

Monday, Wednesday, Friday
4:00–4:45 PM; 8:00–9:00 PM

Saturday 12–1 PM

** Adults are also invited to swim laps during Open/Family swim hours. A minimum of 2 lanes will be available.*



Holiday Adult Lap Swim

December 26 & 28

4:00 PM–6:00 PM

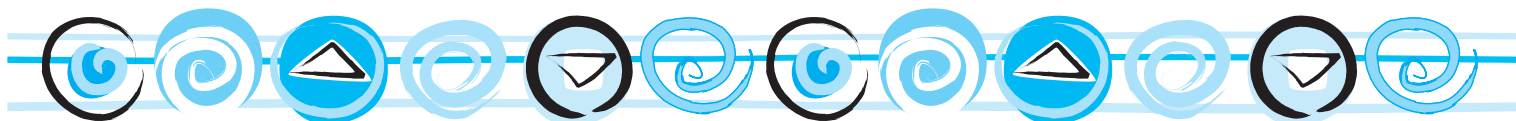


Family SPLASH Party

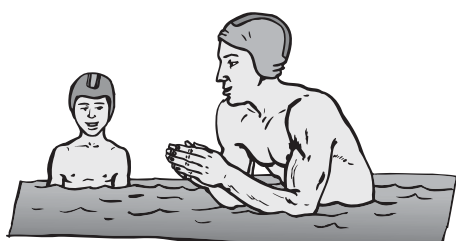
December 26 & 28

2:00 PM–4:00 PM





Aquatics, Preschool



AQUATICS

220002

Aquapals

Ages 5 - 15 w/ Special Needs

Learn and improve swimming skills with specialized swim instruction for children with exceptional needs. We provide one instructor per 3 students.

Saturday

A: 9/8-10/27 10:10 AM - 10:40 AM

B: 9/8-10/27 10:45 AM - 11:15 AM

C: 9/8-10/27 11:20 AM - 11:50 AM

D: 11/10-1/12 10:10 AM - 10:40 AM

E: 11/10-1/12 10:45 AM - 11:15 AM

F: 11/10-1/12 11:20 AM - 11:50 AM

No class Nov 24, Dec 29

R \$39 NR \$47 8 classes
North Middle School Pool

220003

Adult/Teen Swim

Ages 13+

This class is for students who have never taken swim lessons, or who just need help with strokes or skills. Individual plans are developed to meet your needs.

A: 9/8-10/27 S 9:00 AM - 9:40 AM

B: 11/10-1/12 S 9:00 AM - 9:40 AM

No class Nov 24, Dec 29

North Middle School Pool

R \$44 NR \$53 8 classes



For program promotional purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer and/or class instructor.

PRESCHOOL

430087

Young Rembrandts Drawing

Grade 4K

Young Rembrandts teaches drawing with a see-touch-do method that all kids can succeed with, learn from and love! Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program.

A: 9/18-10/23 T 11:50 AM - 12:35 PM

B: 10/30-12/11 T 11:50 AM - 12:35 PM

No class Nov 20

Ben Franklin School Rm 115

Don Eisenhauer

R \$72 NR \$72 6 classes

310009

Oodles of Art

Ages 1 1/2 - 4 1/2 w/adult

Adult & child participate together in this hands-on art class.

Through sculpting, drawing, painting, songs, story time and movement activities, your young child's imagination will soar! There will be a new theme each week. All supplies and snacks are provided. Bring a smock for your child. Register child only - one adult included in fee.



Ages 1 1/2 - 2

A: 9/11-10/2 T 5:30 PM - 6:15 PM

B: 9/20-10/18 TH 9:30 AM - 10:25 AM

No class Oct 11

C: 11/1-11/29 TH 9:30 AM - 10:25 AM

No class Nov 22

Ages 3 - 4 1/2

A: 9/11-10/2 T 6:30 PM - 7:15 PM

B: 9/20-10/18 TH 10:45 AM - 11:40 AM

No class Oct 11

C: 11/1-11/29 TH 10:45 AM - 11:40 AM

No class Nov 22

G-Town DPW, LL enter by gas pump

Laura Wanek

R \$35 NR \$40 4 classes

370017

Gymboree Toddlers

Ages 12 - 24 months w/adult

Through specially designed games, songs and activities, your child will use their imagination to explore various themes. We'll focus on creative thinking and gross motor and social skills. The class will end with parachute time and bubbles. There are different themes each session. Please register child only - one adult is included in fee.

A: 9/15-10/6 S 10:00 AM - 10:30 AM

B: 10/20-11/10 S 10:00 AM - 10:30 AM

G-Town DPW, LL enter by gas pump
Gymboree Staff

R \$36 NR \$41 4 classes

370027

Gymboree Family Music

Ages 18 months - 4 years w/adult

Each music class is designed around a musical style such as African or Latin music, or a specific artist like Elvis or the Beatles! Children in each age category will explore themes through specific movement and dance. They will also be exposed to a variety of instruments during exploration time. Please register child only - one adult is included in fee.

A: 9/15-10/6 S 9:15 AM - 9:45 AM

B: 10/20-11/10 S 9:15 AM - 9:45 AM

G-Town DPW, LL enter by gas pump
Gymboree Staff

R \$36 NR \$41 4 classes

370015

Miss Julie's Music Fun

Ages 1 - 3 w/adult

Through participating in music, and learning to keep the beat, your child will enhance their enjoyment and understanding of music. We will explore movement, finger plays, rhythm and more. Please register child only - one adult is included in fee.

A: 9/12-10/10 W 9:45 AM - 10:30 AM

B: 10/24-11/21 W 9:45 AM - 10:30 AM

Faith Lutheran Church, G-town
Julie Thompson

R \$49 NR \$65 5 classes

Preschool

370016

Gymboree Explorers

Ages 2 - 3 w/adult



Through specially designed games, songs and activities, your child will use their imagination to explore various themes. We'll focus on creative thinking and gross motor and social skills. The class will end with parachute time and bubbles. There are different themes each session. Register child only - one adult is included in fee.

A: 9/15-10/6 S 10:45 AM - 11:15 AM

B: 10/20-11/10 S 10:45 AM - 11:15 AM

G-Town DPW, LL enter by gas pump
Gymboree Staff
R \$36 NR \$41 4 classes

370025

Miss Julie's Music Fun for Babies

Ages 0 - babies not walking w/adult

Your baby's brain development can be supported and enhanced with music and movement. Learn a new lullaby, sing and move with your infant, teach rhythm by bouncing gently, play peek-a-boo with scarves, and connect with other parents. Please register child only - one adult is included in fee.

A: 9/12-10/10 W 10:45 AM - 11:15 AM

B: 10/24-11/21 W 10:45 AM - 11:15 AM

Faith Lutheran Church, G-Town
Julie Thompson
R \$39 NR \$49 5 classes

370022

Parent / Child Cooking

Ages 3 - 5 w/adult



You and your child will learn together as you prepare a fun, family healthy entree each week. Please register child only - one adult is included in fee.

10/27-11/10 S 9:30 AM - 10:45 AM

North Middle School Rm 124

Stephanie Paul

R \$39 NR \$47 3 classes

370028

Fabulous Fall Costume Party

Ages 3 - 5 w/adult

Bring the family and enjoy some Fall Fun. We will make fun Fall crafts, eat a spooky snack and carve out a little time for games. Children should wear their Halloween costume. Please register children only - adults are included in fee.

10/26 F 6:00 PM - 7:30 PM

G-Town DPW, LL enter by gas pump

Amy Heinen

R \$13 NR \$18 1 class

430073

Firefighters Are Your Friends

Ages 3 - Grade 5K w/adult

Come spend some time with your friendly firefighters! See their clothes, what they drive and even what they eat.

A: 9/13 TH 6:00 PM - 7:00 PM

B: 11/15 TH 6:00 PM - 7:00 PM

C: 12/13 TH 6:00 PM - 7:00 PM

G-Town Fire Station #2

FREE, but registration is required

520104

Beginning Archery

Ages 8 - 15 w/adult

Instruction for beginners needing to learn, or those wanting to improve their archery skills. All the concepts of proper safety will be explained in full, and enforced in class. Students providing their own equipment must bring: bow, arrows, quiver, tab or release and arm guard. No crossbows or broad head arrows are permitted. Equipment can be borrowed at an additional fee. Park entrance fee is included. Register child only - one adult is included in fee.

9/8-9/29 S 10:00 AM - 12:00 PM

\$45 - Student provides equipment

\$55 - Equipment provided

Please call 262-255-8460 to indicate if child is Left or Right handed

Menomonee Park, Lannon 4 classes.

Waukesha County Park Staff

400001

Bumper Bowling

Ages 3 - 6



Watch your child's face light up as the pins fall down! Because there are no discouraging gutter balls, everyone who participates will get a chance to get a STRIKE!

9/26-10/17 W 10:00 AM - 11:00 AM

Krueger's Entertainment Center

R \$18 NR \$23 4 classes

400005

I Can Play Football Too!

Ages 3 - 4 w/adult

You and your child will have fun together while learning the basic skills and rules of football. Please register child only - one adult is included in fee.

9/10-10/1 M 6:15 PM - 7:00 PM

Oakwood Park East Diamond

R \$19 NR \$23 4 classes

400006

SoccerTots

Ages 24 months - 4 years



SoccerTots is a physical development program that uses a variety of fun games to delight and engage kids in physical activity. Classes are

designed to develop motor skills, promote physical fitness and create self-confidence. We stress a non-competitive environment and promote fun above all else. Please register child only - one adult is included in fee.

Ages 24 - 36 months w/adult

9/19-10/31 W 5:00 PM - 5:40 PM

No class Oct 24

Ages 3 - 4

9/19-10/31 W 5:45 PM - 6:25 PM

No class Oct 24

Community Center Gym
SoccerTots Waukesha Staff

R \$65 NR \$78 6 classes

Register Early!

400007

HoopsterTots

Ages 3 - 6

HoopsterTots is a physical development program that uses a variety of fun games to delight and engage kids in physical activity. Classes are designed to develop skills, promote physical fitness and create self-confidence in a non-competitive environment. Please register child only - one adult is included in fee.

Ages 3 - 4 1/2 w/adult

11/7-12/19 W 5:00 PM - 5:40 PM

No class Nov 21

Ages 4 1/2 - 6

11/7-12/19 W 5:45 PM - 6:25 PM

No class Nov 21

Community Center Gym
SoccerTots Waukesha Staff
R \$65 NR \$78 6 classes

YOUTH

520005

Jr Basketball

Grades 4K - 5

Through non-competitive games & drills your child will learn about basketball and the skills needed to play the game.

Grades 4K - 5K

10/30-12/11 T 5:00 PM - 5:50 PM

Grades 1 - 2

10/30-12/11 T 6:00 PM - 6:50 PM

Grades 3 - 5

10/30-12/11 T 7:00 PM - 7:50 PM

Community Center Gym
R \$39 NR \$47 7 classes

520055

Jr Football

Grades 4K - 5

Join the fun this Fall on the Gridiron! This class will introduce students to the game of football. Basic skills will be taught and a few practice games will be played.



Grades 4K - 5K

9/10-10/15 M 5:00 PM - 6:00 PM

R \$42 NR \$50 6 classes

Grades 1 - 2

9/4-10/16 T 5:00 PM - 6:00 PM

Grades 3 - 5

9/4-10/16 T 6:15 PM - 7:15 PM

R \$49 NR \$59 7 classes

Oakwood Park East Diamond
Rec Dept Staff

520037

Dodgeball

Grades 4 - 8

Get your friends together and sign up for some dodgeball excitement. Teams will be formed on site each week. This is a great way to hang out with your friends while having fun in a non-competitive sport.

10/5-11/30 F 6:30 PM - 7:30 PM

No class Oct 12, Nov 2, Nov 23

Kennedy Middle School Gym
Anita Hilleman
R \$22 NR \$33 6 classes

520125

Lil' Bobbers Fishing

Ages 3 - 5 w/adult



Bait your child's imagination and watch them explore and enjoy the outdoors in a safe and exciting way. Share your whopper of a fish story and learn the

difference between a Blue Gill and a Bass. Use your new skills to land a lunker! All Lil' Bobbers swim away with a rod and reel, combo tackle box, assorted tackle and a HookedUP 101 Fishing Academy T-shirt, a \$36 value.

9/10-9/14 M W F 10:15 AM - 10:45 AM

Menomonee Park Clubhouse, Lannon
HookedUP 101 Fishing staff

R \$59 NR \$71 3 classes

520094

Horse Back Riding

Ages 7+

Get ready to be absorbed into the world of horses! Students will learn proper grooming, tacking, and riding techniques in addition to gaining knowledge of general horse care. Items necessary for class: jeans or riding breeches, ankle-high boot with low heel, preferably rubber-soled (NO tennis shoes) and riding release form signed by parent. Release forms are available at the CE & Rec Dept Office or online @ fallsrec.org. For more information please visit bluespringfarms.com. Maximum 3 students per class.

A: 9/8-10/6 S 11:00 AM - 12:00 PM

B: 9/8-10/6 S 2:00 PM - 3:00 PM

C: 10/13-11/10 S 11:00 AM - 12:00 PM

D: 10/13-11/10 S 2:00 PM - 3:00 PM

R \$150 NR \$180 5 classes

E: 11/17-12/15 S 11:00 AM - 12:00 PM

F: 11/17-12/15 S 2:00 PM - 3:00 PM

No class Nov 24

R \$120 NR \$144 4 classes

Blue Spring Farm Riding Stables
Ingrid Knippelmeyer

520051

Learn To Ice Skate

Ages 4 - 11

Develop confidence on the ice by learning forward and backward skating turns, stops, falling and recovery. Skate rental is included in the price of the class. Free admission to public skating for 7 - 11 year olds on lesson dates is included in the price of this class. Jacket, hat and gloves are necessary and bicycle or hockey style helmets are highly recommended. For more information please call Eble Ice Arena at 262-784-7512.

Ages 4 - 6

10/1-10/29 M 4:00 PM - 4:30 PM

Ages 7 - 11

10/1-10/29 M 4:45 PM - 5:15 PM

Eble Ice Arena
R \$45 NR \$45 5 classes

Youth, Special Needs

SPECIAL NEEDS: YOUTH AND ADULTS

Wheelchair Sports / Adaptive Recreation

Ages 6 - Adult

IndependenceFirst offers a variety of wheelchair sports and adaptive recreation programs for youth and adults with disabilities. Wheelchair sports such as: basketball, tennis, softball, and street hockey are appropriate for individuals with primary physical disabilities. Adaptive recreation programs such as downhill skiing, snowboarding, water skiing and bocce ball are appropriate for people with varying ability levels.

For more information regarding dates, times and locations: Kathy Mohar at 414-226-8375.



520086

Pre-Club Volleyball Instruction

Ages 10+

Get ready for school or club volleyball as you work on skills development, game situations management, and volleyball specific conditioning.

9/22-10/20 S 11:00 AM - 1:00 PM
Community Center Gym
Cindy Paul
R \$29 NR \$35 5 classes

520126

Jr Volleyball

Ages 5 - 10

Your child will learn the basic game of volleyball in a non-competitive atmosphere, while developing skills and techniques through fun drills and scrimmages. This class is for all ability levels.

9/22-10/20 S 9:00 AM - 10:45 AM
Community Center Gym
Stephanie Paul
R \$29 NR \$35 5 classes

520127

Volleyball Conditioning Techniques

Ages 10+

Get ready for your volleyball season and improve your athleticism through sport specific, functional strength and conditioning techniques. Your student will develop greater footwork, agility and

speed to cover more court defensively, and increase power output, vertical leap and hitting strength. Achieve optimum fitness levels to play strong throughout an entire tournament without fatigue.

9/6-10/11 TH 6:30 PM - 8:00 PM
Thomas Jefferson School Gym
Cindy Paul
R \$35 NR \$42 6 classes

520085

Ready Set Run!

Ages 6 - 9

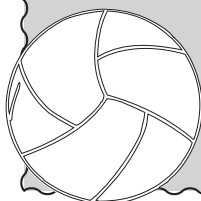
Speed is a skill set that can be improved! Your child will have fun while learning effective techniques to improve their running mechanics, coordination, agility and overall athleticism.

9/4-9/25 T 6:00 PM - 7:30 PM
Thomas Jefferson School Aux. Gym
Stephanie Paul
R \$29 NR \$35 4 classes

520093

Falls Focus Volleyball Club Girls ages 10 - 14

Expose your volleyball player to the club volleyball experience, without fear of tryouts, and with a reasonable time commitment, and cost. Stressing fundamentals and individual player improvement, this program will teach the type of offense that players will use in high school and beyond. Practice will be held Tuesday and Thursday evenings at Thomas Jefferson School beginning November 6. Weekend tournament play will begin in January.



Informational Meeting

Monday, September 24, 7:00 PM Community Center Rm 102
Meeting will address club overview, costs, tentative schedule, and goals. Registration will open on a first come/first served basis on Monday, October 1 at 8 AM.

520087

Rock Climbing— WEE TEAM/Sit-Start

Ages 5 - 8

This is a great introduction to the sport of climbing. Instructors will calm your child's nerves and build their confidence through the use of climbing games and encouragement. Parents are welcome to participate with their children or simply drop them off.

A: 10/6-11/10 S 9:00 AM - 10:15 AM
B: 11/17-12/22 S 9:00 AM - 10:15 AM

Adventure Rock, Brookfield
R \$70 NR \$84 6 classes

520088

Rock Climbing— First Ascent

Ages 8 - 13

The Ascent Team is great for aspiring young climbers. Each class is geared to progressively build on climbing skills, while allowing children to make new friends, build confidence and increase their climbing repertoire.

A: 10/6-11/10 S 10:30 AM - 12:00 PM
B: 11/17-12/22 S 10:30 AM - 12:00 PM

Adventure Rock, Brookfield
R \$85 NR \$102 6 classes



520098

Group Rock Climbing



Ages 4 - Adult

Learn basic climbing techniques and the proper way to wear a harness. Participants will be on the wall climbing within 10 minutes - no belaying or knot tying instruction will be given.

A: 9/28 F 7:00 PM - 9:00 PM
B: 11/30 F 7:00 PM - 9:00 PM

Adventure Rock, Brookfield
R \$15 NR \$18 1 class

520003

Don't Be Bullied

Ages 4 - 14

In this fun and informative class, kids will boost their self confidence, and learn several defensive skills, techniques and strategies to help keep them safe from bullies.

Beginner

A: 10/3 W 5:30 PM - 6:10 PM
B: 11/14 W 5:30 PM - 6:10 PM
R \$8 NR \$10 1 class

Advanced - Must have taken "Don't Be Bullied" Summer class

A: 10/3 W 6:15 PM - 7:20 PM
B: 11/14 W 6:15 PM - 7:20 PM
R \$12 NR \$14 1 class

Community Center Rm 106
Sensei Stan

520130

Jr Jazzercise



Ages 8 - 12

Jr Jazzercise teaches coordination, strength, endurance and the importance of physical fitness. Kids will experience the joy of physical movement as they dance their way through specially choreographed, age appropriate routines to today's most popular music.

A: 9/12-10/17 W 5:45 PM - 6:30 PM
B: 11/7-12/19 W 5:45 PM - 6:30 PM
No class Nov 21

Thomas Jefferson School Cafeteria
Carol Mulholland
R \$49 NR \$59 6 classes

520001

TaeKwonDo

Ages 7 - Adult

TaeKwonDo combines exercise, meditation, respect and self-discipline as you learn one of the most popular forms of martial arts in the world today. **Please note:** At the end of each session there is an option for students to test for their next rank at an additional cost. See instructor for further information.

9/4-12/6 T & TH 6:00 PM - 7:00 PM
No class Nov 20 & Nov 22
Thomas Jefferson School Aux. Gym
James Donne
R \$57 NR \$69 26 classes

400008

Little Jragons

Ages 3 - 6

Children will learn TaeKwonDo, Kick-boxing and Jiu-Jitsu from 3rd Degree Black Belt Jason "Jragon" Jordan while building character qualities such as confidence, leadership, respect and discipline. Classes are designed to improve large motor, fine motor, reading and math skills while enhancing your child's ability to pay attention and follow directions. A \$20 belt and/or \$20 uniform fee is optional. Additional information will be handed out at the first class.

Ages 3 - 4

A: 9/5-10/17 W 6:00 PM - 6:30 PM

B: 10/24-12/12 W 6:00 PM - 6:30 PM
No class Nov 21

Ages 5 - 6

A: 9/5-10/17 W 6:35 PM - 7:05 PM
B: 10/24-12/12 W 6:35 PM - 7:05 PM
No class Nov 21

Thomas Jefferson School Aux. Gym
Jason Jordan
R \$45 NR \$54 7 classes

520129

Jragons Mixed Martial Arts



Ages 7 - 18

Students will learn Muay Thai Kickboxing, Brazilian Jiu-Jitsu, and Taekwondo from 3rd degree black belt Jason "Jragon" Jordan. Classes are designed to improve your child's confidence, concentration, respect, leadership and discipline. Anti-bullying tactics, Verbal Judo, stress reduction and an anti-drug/alcohol mindset is also taught using exciting martial arts activities and games. A \$20 belt and/or \$20 uniform fee is optional. Additional information will be handed out at the first class.

A: 9/5-10/17 W 7:15 PM - 8:15 PM
B: 10/24-12/12 W 7:15 PM - 8:15 PM
No class Nov 21

Thomas Jefferson School Aux. Gym
Jason Jordan
R \$59 NR \$71 7 classes

Driver's Education Program

The CE & Rec Department and *just drive* have teamed up to offer a Driver's Education Program at Menomonee Falls High School.



About just drive

- Classes completed in three weeks
- 30 hours classroom, 6 hours driving, 6 hours observation
- PowerPoint driven curriculum
- Fun and dynamic instructors
- Fully insured, DOT certified
- Students can start at age 14-1/2
- \$375 program fee

Upcoming Schedule at MFHS

Sept. 10 - Sept. 28	4 - 6 pm
Oct. 1 - Oct 19	6 - 8 pm
Oct. 29 - Nov 16	4 - 6 pm
Dec. 3 - Dec. 21	4 - 6 pm
Jan. 7 - Jan. 25	6 - 8 pm

Questions? Contact just drive at (262) 437-7300 or see their website for details

Register online at www.justdriveWI.com

Youth

520116

Kids Yoga

Ages 6+

Yoga offers benefits such as: boosting attention and focus, enhancing creativity and imagination, developing strength, improving flexibility, and the experience of a relaxed state of body and mind. Please bring a yoga mat to each class.

A: 9/22-10/27 S 9:00 AM - 9:45 AM
R \$29 NR \$34 6 classes

B: 11/3-12/15 S 9:00 AM - 9:45 AM
No class Nov 24 & Dec 8
R \$23 NR \$28 5 classes

Community Center Rm 123
Melissa Teske

550033

Mix It Up Dance

Ages 5 - 14

No previous dance experience is required, just a desire to dance and have fun. Participants will receive technique training and learn routines in different styles of dance. Parents are welcome to attend the final class only.

Ages 5 - 8

9/12-10/17 W 6:00 PM - 6:45 PM

Ages 9 - 14

9/12-10/17 W 7:00 PM - 7:45 PM

Community Center Rm 102A
Jennifer Hardy
R \$24 NR \$29 6 classes

550036

Irish Dance For Beginners

Ages 4 - 7



Dancers are introduced to the art form of Irish Dance through stretching, drilling, and learning the Jig and Reel. We will concentrate on proper posture, foot placement, timing and stage presence. There will be a performance on the last day of class.

A: 9/6-10/18 TH 6:00 PM - 7:00 PM
R \$43 NR \$52 7 classes

B: 11/1-12/13 TH 6:00 PM - 7:00 PM
No class Nov 22
R \$37 NR \$44 6 classes

Thomas Jefferson School Cafeteria
Aileen Cronin-Piosl

550003

Tap & Ballet

Ages 4 - 9

Dance instruction will help your child to develop timing, rhythm and coordination skills. Dance skills will be taught, reviewed, and then combined into dances. All participants are recommended to have a black leotard and *appropriate dance shoes. Parents are welcome to visit the first day of class for additional information, and encouraged to observe the last day when we share our accomplishments.

9/11-12/4 T
No class Nov 20

Age 4 *Ballet Shoes
4:30 PM - 5:00 PM

Age 5 *Ballet Shoes
5:15 PM - 5:45 PM
R \$29 NR \$35 12 classes

Age 6 *Tap & Ballet Shoes
6:00 PM - 6:50 PM

Ages 7 - 9 *Tap & Ballet Shoes
7:00 PM - 7:50 PM
R \$45 NR \$54 12 classes

Community Center LL Rm 2
Cindy Orlando

cLub 678

4230001

Club 678

Club 678 is an affordable and convenient **after school** program for students attending North Middle School. Club 678 will provide a supervised environment for students to work on homework, enjoy a snack, participate in a variety of enrichment programs and small group games. Special events and activities may be available at an

additional cost. Club 678 is available every school day after school from 2:45 to 6:00 PM.



Weekly or monthly registration is available!

September 4 - June 12

\$10.00 per day

A minimum of 2 days per week is required. Registration must be completed prior to 4:00 PM on Wednesday before the week in which you wish to have your child enrolled. Register for specific days online or submit a monthly registration calendar.

Watch the CE & Rec website and North Middle School newsletter throughout the year for additional information.

Annual Registration Fee:

A program registration fee is payable annually.

Fee: \$30 per child/\$50 per family

Registration number 4230001.

register online at
fallsrec.org



Menomonee Falls Teen Center

Grades 6-12
Located in the Community Center

The purpose of the Teen Center is to provide a safe, supervised, active, nurturing, and healthy environment for youth, which promotes positive choices and an environment free of alcohol and other drugs. Activities include:

- **Pool / Air Hockey / Ping Pong**
- **Cards**
- **Video Games**
- **Basketball**
- **Computers**
- **Concessions**
- **Special Events and Dances**

SIGN OUT PROCESS

The Teen Center is open from 6:30 to 10:00 p.m. **Any student wishing to exit the building prior to 9:45 must have a parent or guardian sign him or her out.** A student car pooling with a friend will be allowed to leave with the parent or guardian of that friend.

Once a student leaves, he or she will not be allowed back into the Teen Center for the remainder of the evening. Beginning at 9:45, students will be allowed to exit the building without a parent or guardian present. All students must be picked up by 10:00 p.m.



Menomonee Falls



HOURS 2012-2013

Fridays / Grades 6-8

6:30 to 10:00 PM

September 7 – June 7

No program 11/23, 12/28, 3/29, 4/5, 5/24.

Students must be picked up by 10:00 PM

Saturdays / Grades 6-12

6:30 to 10:00 PM

September 8 – June 8

No program 11/24, 12/29, 3/30, 4/6, 5/25.

Students must be picked up by 10:00 PM

Summer 2013

Fridays Only / Incoming Grades 6-8

6:30 to 10:00 PM

June 14 - August 30

No program 7/5.

Students must be picked up by 10:00 PM

INITIAL REGISTRATION

490016

Annual Registration Fee – \$5

(Year runs June 1 thru May 31)

- An annual registration fee of \$5 per participant is required.
- An initial registration form is available at the CE & Rec office or online and may also be completed at the Teen Center with a parent or guardian present.

Fees

Payable at door:

- \$2 Resident of M.F. or student enrolled in a M.F. School
- \$3 Non-Resident

490017

What is a TPass?

TPass allows students free access to the Teen Center for an entire semester. Passes can be purchased at the CE & Rec Dept. A list of pass holders will be kept at the Teen Center. An annual \$5 registration is still required.

Semester 1 - \$25

Purchase starting August 13

Semester 2 - \$25

Purchase starting mid-December

Summer

TPass is not valid during the summer months.

VOLUNTEERS NEEDED:

We believe everyone has a role in helping youth thrive! The Teen Center runs special events throughout the school year. Many adult volunteers are needed in order for these events to be successful. If you are interested in volunteering contact Jason Husslein at (262) 255-8460 or by e-mail at hussjas@sdmfschools.org.

Youth

550041

Fusion Dance

Ages 7 - 11

Fusion Dance is where East meets West. This class teaches a combination of free-style jazz, hip hop and disco from the West with a blend of Bollywood styles from the East. No previous experience is required, just a desire to dance and have fun. There will be a recital at the end of the session. Please wear comfortable clothing.

A: 9/5-10/10 W 6:45 PM - 7:45 PM

B: 11/7-12/19 W 6:45 PM - 7:45 PM

No class Nov 21

Thomas Jefferson School Gym

Nidhi Oberoi

R \$22 NR \$27 6 classes

580032

After School Elementary Spanish



Grades 5K - 5

Appropriate for students with or without previous Spanish experience. Students will learn practical language components to engage in "real world" conversations. While learning about the fascinating cultures of Argentina and Peru, traditional Spanish vocabulary will be taught such as adjectives, clothing, schools, family, music and other useful phrases. **No class when school is not in session.**

Ben Franklin School Rm 212

Students will meet in cafeteria

TH 3:45 PM - 4:45 PM

10/11, 10/18, 11/1, 11/15, 11/29, 12/6, 12/13, 12/20, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/11

Riverside School Library

TH 3:45 PM - 4:45 PM

10/11, 10/18, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14, 3/21, 4/11

Shady Lane School Rm 134

W 3:45 PM - 4:45 PM

10/11, 10/17, 10/24, 10/31, 11/7, 11/14, 11/28, 12/5, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27

Valley View School Rm 210

T 3:45 PM - 4:45 PM

10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 2/5, 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26

Futura Language Professionals

R \$199 NR \$199 16 classes

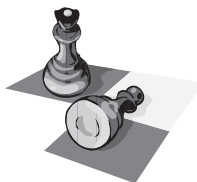
580024

CheckMates Chess Academy



Grades 5K - 5

We invite your children to join us in our exploration of the world of chess. We will study chess tactics while playing many chess related games. Students of all levels will be challenged and receive prizes along their journey. The Rise in Rank program guides children through strategies in chess with workbooks and on line support. **No class when school is not in session.**



Ben Franklin School Rm 131

Students will meet in cafeteria

9/18-11/6 T 3:45 PM - 4:45 PM

Shady Lane School Rm TBD

9/21-12/7 F 3:45 PM - 4:45 PM

Riverside School Rm 107 (Grds. K-3 only)

9/17-11/12 M 3:45 PM - 4:45 PM

Valley View School Rm 210

9/20-11/15 TH 3:45 PM - 4:45 PM

Checkmates Academy Staff

R \$89 NR \$89 8 classes

430087

Young Rembrandts Drawing



Grades 5K - 5

Young Rembrandts teaches drawing with a see-touch-do method that all kids can succeed with, learn from and love! Watch your child reach a brand new level of confidence and potential with this engaging, award-winning program. **No class when school is not in session.**

Ben Franklin School Rm 131

Students meet in Cafeteria

A: 9/17-10/22 M 3:45 PM - 4:45 PM

B: 10/29-12/10 M 3:45 PM - 4:45 PM

Shady Lane School Rm 134

A: 9/17-10/22 M 3:45 PM - 4:45 PM

B: 10/29-12/10 M 3:45 PM - 4:45 PM

Riverside School Rm 107

A: 9/19-10/24 W 3:45 PM - 4:45 PM

B: 10/31-12/12 W 3:45 PM - 4:45 PM

Valley View School Music Rm 101

A: 9/19-10/24 W 3:45 PM - 4:45 PM

B: 10/31-12/12 W 3:45 PM - 4:45 PM

Don Eisenhower

R \$78 NR \$78 6 classes

460091

Mad Science Jr. Scientist



Grades 5K - 5

Each week students will explore a different topic through cool experiments, hands on discovery and take home projects. New classes each session. **No class when school is not in session.**



Ben Franklin School Rm 131

Students meet in cafeteria

11/28-12/19 W 3:45 PM - 4:45 PM

Riverside School Library

11/30-12/21 F 3:45 PM - 4:45 PM

Shady Lane School Rm 135

11/30-12/21 F 3:45 PM - 4:45 PM

Valley View School Cafeteria

11/30-12/21 F 3:45 PM - 4:45 PM

Mad Science Staff

R \$63 NR \$63 4 classes

460087

Spooky Silly Science Show



Ages 4 - 12

Learn how a Mad Scientist prepares their costume with a bit of FLASH and flare! Learn how the seemingly sane Mr. Bernoulli helped the Mad Scientist float an eyeball in the air. Cauldrons of frothing witches brew and warlock potions will complete your experience as you go on a dig for skeleton fossils, and make your own Spider Slime and yummy edible ghosts.

10/20 S 9:00 AM - 11:00 AM

Community Center Rm 102A

Mad Science Staff

R \$26 NR \$31 1 class

460088

Wacky Winter Science Show

Ages 4 - 12

Join a real Mad Scientist and see a playing card vanish only to reappear again neatly gift-wrapped! Hear how Frosty Eggbert ate too many holiday treats and now needs help to fit back into his house. Watch as our special snowman is defrosted right before your eyes. As a grand finale, the Mad Scientist will introduce the audience to a mysterious cool rock and make bubbling potions and clouds of fog. After the show you will get to make your own Snowy Forest Crystal Gardens, Holiday Magic Bracelet and Winter Sparkle Slime.

12/15 S 9:00 AM - 11:00 AM
Community Center Rm 102B
Mad Science Staff
R \$26 NR \$31 1 class

580044

Halloween Magic with Glen Gerard

Grade 3 - Adult

Professional Magician Glen Gerard teaches you stunning magic tricks that you can perform with items found around the home. Students will learn sleight of hand, misdirection and showmanship. Fool your friends and family with magic and be a hit at any event.

10/13 S 10:30 AM - 11:30 AM
G-Town DPW LL enter by gas pump
R \$16 NR \$19 1 class

460036

Crime Scene Investigation

Ages 7 - 12

Do you like solving puzzles? Looking for clues? Throughout the class you will be learning crime solving techniques. We will learn to identify hair & powder samples, fingerprints and various evidence left at the crime scene. The last class will end with a class crime activity.

9/13-10/11 TH 6:00 PM - 7:00 PM
Community Center Rm 106
Computertots / Explorers Staff
R \$49 NR \$59 5 classes

460050

Cars Catapults and Bridges

Ages 7 - 12

Class will focus on the fundamentals of simple machines. Using LEGO Technic sets, students will build a new model each week. Projects include: drawbridges, catapults, cars and much more. They will apply what they learned including building simple machines, levers, wheels, axles, gears, ratchets and more.

11/8-12/13 TH 6:00 PM - 7:00 PM
No class Nov 22
Community Center Rm 106
Computertots/ Explorers Staff
R \$49 NR \$59 5 classes

460101

Reactions in Action Camp

Grades 5K - 5

Participants will get microscopic as they explore the basic building blocks of the universe - atoms and molecules, and how they interact in interesting combinations. From gooey slime to movie special effects, all of the activities involve the three common states of matter. Reactions in Action Camp is filled with hands on experiments and take home items.

9/15 S 9:30 AM - 12:30 PM
Community Center Rm 102A
Mad Science Staff
R \$34 NR \$40 1 class

580034

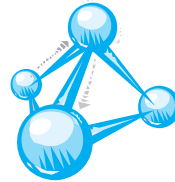
Basic First Aid for Kids

Ages 8 - 13

Your child will have fun while learning the basics of what to do in case of an emergency. Bandaging, burn care and calling 911 will be some of the topics covered.

A: 11/12 M 6:00 PM - 7:00 PM
B: 12/10 M 6:00 PM - 7:00 PM

G-Town Fire Station #2 1 class
FREE, but registration is required



580004

Babysitter's Training

Age 11+

This newly revised American Red Cross Babysitter's Training course is an excellent opportunity to prepare young people for the many responsibilities associated with caring for infants and young children. Babysitter's Training teaches youth:

- How to respond to emergencies and illnesses with first aid
- Rescue breathing
- How to make decisions under pressure
- Communicate with parents to learn household rules
- Recognize safety issues
- Feed, diaper and care for infants
- Start their own babysitting business

A: 9/29-10/6 S 9:00 AM - 12:30 PM

B: 11/3-11/10 S 9:00 AM - 12:30 PM

Community Center Rm 106
Red Cross Staff
R \$99 NR \$119 2 classes

Snowmobile Safety

Ages 12 - Adult

Students must attend all 3 classes. Sponsored by the MF Snowbird Snowmobile Club, this safety class is a great course for all snowmobile enthusiasts. Certified DNR instructors will instruct students in snowmobile operation, maintenance, laws, equipment, first-aid procedures, map reading and navigation.

To register, call Gary Breuckman (414) 442-4278

A: 12/5-12/19 W 6:30 PM - 9:30 PM
B: 1/9-1/23 W 6:30 PM - 9:30 PM

Riverside Cafeteria
R \$10 NR \$10 3 classes



Youth

580040

Nutrition & Healthy Bodies

Grades 5K - 8

Your child will learn the importance of different nutrients and their function in the body, and how to make healthy choices when it comes to eating habits. They will also have the opportunity to find out what their lean body mass is and what it should be for their unique body.

Grades K5 - 5

9/6-9/20 TH 6:00 PM - 7:00 PM

Grades 6 - 8

9/6-9/20 TH 7:10 PM - 8:10 PM

Vibe Nutrition, N88 W16599 Main St.
Emily Otzelberger
R \$24 NR \$29 3 classes

580041

Weight Loss Challenge

Ages 14 - 18



Participants will be given the information needed to make healthy eating choices on a consistent basis. Each participant will be given a one-on-one consultation with a trained health coach,

and have the opportunity to check in on a weekly basis to monitor progress. The accountability and group atmosphere makes for a successful journey toward improving health.

9/11-10/16 T 6:00 PM - 6:45 PM

Vibe Nutrition, N88 W16599 Main St.
Emily Otzelberger
R \$36 NR \$43 6 classes

580043

School of Food

Ages 7 - 14

Learn to cook tasty foods while Improving reading, math and science skills. We will read and write recipes, use division, fractions and decimals to prepare the recipes, and science to cook the food. We will also discover how the food gets used in our bodies. You can even taste the results.

Ages 7 - 10

10/3-10/24 W 6:30 PM - 7:45 PM

Ages 11 - 14

10/2-10/23 T 6:30 PM - 7:45 PM

Thomas Jefferson School Rm 95
Stephanie Paul
R \$49 NR \$59 4 classes

580042

Parent / Child Cake and Cupcake Decorating

Ages 6 - 12 w/adult



Enjoy time with your child while learning fun decorating techniques. We will decorate pre-made cakes and cupcakes using candies and special

frostings to create fun borders and figures. Please register child only - one adult is included in fee.

9/5-9/26 W 6:30 PM - 7:45 PM

Thomas Jefferson School Rm 95
Stephanie Paul
R \$59 NR \$71 4 classes

430060

Beginning Guitar

Ages 6+

This class is for those who are new to guitar, and is intended to provide a strong technical foundation. We'll begin with a scale and simple melodies, and progress to strumming chords and playing songs. You don't need to know how to read music to participate in this class. Please bring your guitar and pick. All other materials will be provided.

A: 9/26-10/31 W 6:00 PM - 6:50 PM

B: 11/7-12/19 W 6:00 PM - 6:50 PM

No class Nov 21

Rockfield Music & Media Bldg.
Guy Florentini, 414-628-7627
R \$62 NR \$67 6 classes

**REGISTER
EARLY**
to avoid disappointment!

520081

Family Dodgeball

Ages 6+ w/adult

Get some exercise while enjoying some family fun time. Teams will be formed on site each week. Please register each participating member of your family.

10/5-11/30 F 7:30 PM - 8:30 PM

No class Oct 12, Nov 2, Nov 23

Kennedy Middle School Gym
Anita Hilleman
R \$11 NR \$22 6 classes


520117

High School Girls Rugby

Grades 9 - 12



The M.F. Girls Rugby Club is seeking new players for the upcoming season. No experience necessary.

Practice starts

in early August, and games will begin in September. Player paperwork and schedule is available now at fallsrec.org. For more information, call Dan at 262-255-8460.

Boys Introduction to Rugby

Grades 9 - 12

Give Rugby a try!
This free practice is open to all area high school students interested in

playing rugby in the spring. Basic drills, formation, and terms will be discussed. Please bring cleats, weather appropriate running gear, and a water bottle. For more information, call Dan at 262-255-8460.



10/24 W 3:45 PM - 5:00 PM

Dan Zeroth
Killer Hill Practice Field
Menomonee River Pkwy



Adult Sports and Adult Body, Mind & Spirit

ADULT

820001

Golf Lessons \$

Ages 18+

Learn the fundamentals of golf through quality instruction. Instruction will cover swing mechanics, form, chipping, and putting. Participants will need to bring their own clubs, and purchase a medium or large bucket of balls each week.

Beginner

8/30-9/20 TH 6:30 PM - 7:30 PM

Intermediate

8/30-9/20 TH 7:30 PM - 8:30 PM

Swing Time Driving Range

Frank Carini

R \$30 NR \$36 4 classes

820019

Adult Club Rock Climbing

Ages 18+

This class is a perfect opportunity for new climbers to meet people and learn the sport of rock climbing. Instruction will focus on a different aspect of climbing each week.

A: 9/10-10/15 M 6:30 PM - 9:00 PM

B: 10/3-11/7 W 6:30 PM - 9:00 PM

C: 10/29-12/3 M 6:30 PM - 9:00 PM

D: 11/14-12/19 W 6:30 PM - 9:00 PM

Adventure Rock, Brookfield

R \$125 NR \$150 6 classes

790084

Circuit Interval Training **NEW!**

Ages 16+

Cardio and strength drills will be done in one minute intervals with a 30 second cardio blast in between.

A: 9/22-10/27 S 9:00 AM - 9:50 AM

B: 11/3-12/15 S 9:00 AM - 9:50 AM

No class Nov 24

Community Center LL Rm 4

Jennifer Barton

R \$21 NR \$25 6 classes

ADULT SPORTS LEAGUES

Adult Men's

Basketball League

Ages 18+

Competitive, recreational, and 35+ divisions offered on Wednesday and Thursday evenings beginning in November. Returning team contracts due by Wed., October 10. New team contracts are due ASAP. Team registration paperwork is available now at fallsrec.org.

Managers Meeting

Wednesday, September 12 - 6:30 PM
Community Center Rm 102A



Adult Men, Women, Co-Ed

Volleyball League

Ages 18+

Men's, Women's and Coed divisions offered October through March. Full and half season options are available. Returning team contracts due by Wed., September 5. New team contracts are due ASAP. Team registration paperwork is available now at fallsrec.org.



Managers Meeting

Monday, August 13
6:30 PM
Community Center
Rm 102A

790007

Body Basics Pump \$

Ages 18+



Pump up your weekends with Body Basics Pump! Set to motivating music this group strength-training class is designed

to work your whole body using barbells and weights. Suited for all ages and ability levels, participants will get a great workout. Correct lifting form and proper stretching technique will be reviewed.

A: 9/22-10/27 S 8:00 AM - 8:50 AM

B: 11/3-12/15 S 8:00 AM - 8:50 AM

No class Nov 24

Community Center LL Rm 4

Anita Kress-Marx

R \$25 NR \$30 6 classes

790086

Cardio Kick Boot Camp **NEW!**

Ages 18+

Knock out boredom and blast fat with a fun workout done at your own pace. Exciting team workouts will feature stretching, resistance training, kickboxing combinations, obstacles, core strengthening

and stations. Benefits for participants include: heart health, stress relief, improved posture, muscle tone and fat loss. Please bring a pair of dumbbells to class (Women 8 - 10 lbs) (Men 12 - 20 lbs). This class may go outdoors if weather permits.

A: 9/4-10/16 T 7:30 PM - 8:30 PM

B: 10/23-12/4 T 7:30 PM - 8:30 PM

Thomas Jefferson School Auxillary Gym

Jason Jordan

R \$45 NR \$54 7 classes

820023

Cardio Drumming

Age 18+

This unique high energy class combines rhythmic drumming on a stability ball with cardio movements. Release stress and replenish your energy while burning fat, working muscles and improving your physical and mental fitness. No experience necessary.

A: 9/11-10/23 T 5:00 PM - 5:45 PM

B: 10/30-12/18 T 5:00 PM - 5:45 PM

No class Nov 20

Community Center LL Rm 4

Virginia Mathias

R \$42 NR \$50 7 classes

Adult Body, Mind & Spirit



Important Fitness & Aerobics Program Reminders

- Before you start any exercise program you should consult with your physician.
- If you have health restrictions—please notify your instructor.
- Proper warm-up prevents injuries! Arrive at class promptly.
- Make arrangements for your children. Childcare is not provided.
- Participants should wear proper attire: Good aerobic shoes and clothing that permits movement.
- Participants may want to bring a water bottle and towel to class.

790003

Indoor Cycling

Ages 18+

This indoor cycling workout will provide an awesome group experience like no other. Our instructors will push you to your fitness goals at YOUR pace. Perfect for the beginner or advanced student. Included in this class is 10 to 15 minutes of upper body and core work to complete your total body workout.

A: 9/5-10/17 M & W 7:30 PM - 8:30 PM
R \$55 NR \$66 13 classes

B: 10/29-12/12 M & W 7:30 PM - 8:30 PM
R \$59 NR \$71 14 classes

Community Center LL Rm 4
John Gerkhardt

790085

Morning Pilates

Ages 18+

Pilates is a mat-based exercise program focusing on core strength and stability. The result is an improved posture and body alignment, along with lengthened muscles and increased overall function. This class offers thorough instruction and appropriate modifications meeting every participant's needs and current fitness level.

A: 9/10-10/15 M 9:00 AM - 10:00 AM
R \$49 NR \$59 6 classes

B: 10/29-12/10 M 9:00 AM - 10:00 AM
R \$55 NR \$71 7 classes

Community Center Rm 123
Jen Cook

790026

Pilates

Ages 18+

Focus is on proper breathing techniques balance, posture and core strengthening. Pilates mat exercises are at an intermediate level incorporating some reformer style exercises on the mat as well. Participants should have previous Pilates experience. Class will periodically incorporate some Yoga exercises that help encourage posture, flexibility and strength needed in Pilates. Please bring a yoga mat to class.

A: 9/5-10/17 M & W 6:25 PM - 7:25 PM
R \$45 NR \$54 13 classes

B: 10/29-12/12 M & W 6:25 PM - 7:25 PM
R \$49 NR \$59 14 classes

Community Center LL Rm 4
Julinda Prekop



790087

Personal Touch Fitness

Ages 18+

Kick your workout up a notch. These weight training and body sculpting classes will improve strength and tone muscles. The personalized approach encourages exercise consistency and the attainment of fitness goals. Please bring a water bottle, 1-3 pound weights and a fitness mat.

A: 9/12-10/17 W 6:45 PM - 7:30 PM
B: 11/7-12/19 W 6:45 PM - 7:30 PM
No class Nov 21

Thomas Jefferson School Library
Carol Mulholland
R \$49 NR \$59 6 classes

790066

Deep Water Workout

Ages 16+

This high energy, zero impact aqua cardio class will focus on strength, flexibility, form, range of motion, and cardiovascular endurance. A great workout for those with ankle, knee, back or hip issues.

A: 9/10-10/15 M 7:15 PM - 8:15 PM
R \$21 NR \$25 6 classes

B: 10/29-12/10 M 7:15 PM - 8:15 PM
R \$25 NR \$30 7 classes

North Middle School Pool
Jennifer Barton

790033

Beginner/ Intermediate Resistance Training

Ages 18+

Work toward personal fitness goals at your own pace in a supportive group environment. You will learn basic exercises using resistance tubing, free weights, barbells/body bars and stability balls. Safe techniques are used while participating in exercises that will increase the muscle and bone strength needed to increase fat burning ability and decrease the risk of osteoporosis.

A: 9/4-10/18 T & TH 7:15 PM - 8:05 PM
R \$49 NR \$59 14 classes

B: 10/30-12/13 T & TH 7:15 PM - 8:05 PM
No class Nov 22

R \$45 NR \$54 13 classes

Community Center LL Rm 4
Anita Kress-Marx

790037

Resistance Training

Ages 18+

Interval training is used to maximize fat burning by raising and lowering the heart rate throughout the workout. To accomplish this we use weight lifting exercises and circuit training concepts with exercise variations, repetitions and tempo changes. By mixing weights with an aerobic workout you can burn off fat and build muscle strength.

A: 9/5-10/17 M & W 5:25 PM - 6:25 PM
R \$45 NR \$54 13 classes

B: 10/29-12/12 M & W 5:25 PM - 6:25 PM
R \$49 NR \$59 14 classes

Community Center LL Rm 4
Julinda Prekop



790011

Step Aerobics

Ages 18+

Step your way to a healthier you with this low impact high energy workout. This dynamic class includes warm up, cardio, strength training, body toning, and flexibility segments. Burn calories, build endurance and have FUN! Steps are provided. Participants are asked to bring their own mat.

A: 9/4-10/18 T & TH 6:00 PM - 7:05 PM
B: 10/30-12/13 T & TH 6:00 PM - 7:05 PM
No class Nov 22

Community Center LL Rm 4
Pam Oliversen
R \$53 NR \$64 14/13 classes

790020

Relax, Renew, Rejuvenate

Ages 18+

Have you heard that over 80% of doctors' office visits are stress related? Learn ways to neutralize the negative effects of anxiety and stress through breathing techniques, imagery and mindfulness practices and relaxation exercises. Please bring a pillow and blanket to class.

9/11-10/2 T 6:00 PM - 7:30 PM
Thomas Jefferson School Rm 128
Kate Hunt-Matthes
R \$54 NR \$64 4 classes



For program promotional purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer and/or class instructor.

790036

Zumba

Ages 18+

It's Zumba!, which in Spanish means to move fast and have fun. A certified Zumba instructor will show you how to lose inches while having fun and getting fit dancing to salsa and meringue music! Learn basic and some advanced Latin dance moves that you can even take to the dance floor. All fitness levels welcome and no dance background is necessary.

A: 9/6-10/18 TH 7:15 PM - 8:15 PM
R \$41 NR \$50 7 classes

B: 11/1-12/13 TH 7:15 PM - 8:15 PM
No class Nov 22
R \$35 NR \$43 6 classes

Thomas Jefferson School Cafeteria
Hype Staff

790071

Zumba Toning

Ages 18+

Zumba Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Students learn how to use lightweight maraca-like Toning Sticks to enhance rhythm and tone all their target zones including arms, abs, glutes and thighs. Sculpt your body naturally while having a total blast.

A: 9/4-10/16 T 7:30 PM - 8:30 PM
B: 10/30-12/11 T 7:30 PM - 8:30 PM

Thomas Jefferson School Cafeteria
Hype Staff
R \$41 NR \$50 6/7 classes

Adult Body, Mind & Spirit

790028

EZ Defense For Women



Age 18+

Turn FEAR into POWER! Learn how to assess danger, become assertive, set clear verbal boundaries and prevent physical attack. As a last resort, you will learn several simple defensive techniques that are easy to memorize and extremely effective in a real life situation. Girls age 16-17 are welcome to register for this class if they enroll with a parent.

A: 10/3 W 7:30 PM - 8:45 PM
B: 11/14 W 7:30 PM - 8:45 PM

Community Center Rm 106
Sensei Stan
R \$18 NR \$22 1 class

790063

Tai Chi For Beginners

Age 18+

Learn the basic traditional form and principles of Tai Chi. With simple, gentle, slow movements we will work toward creating enhanced mental and physical relaxation, deeper breathing, stronger posture and enhanced muscle mass. This truly is a complete body exercise.

A: 9/11-10/23 T 11:30 AM - 12:30 PM
B: 10/30-12/18 T 11:30 AM - 12:30 PM

No class Nov 20
Community Center LL Rm 4
Virginia Mathias
R \$35 NR \$42 7 classes



790077

Tai Chi - Plus

Ages 18+

Designed for students who have taken Tai Chi for Beginners and are ready to move forward with greater challenges. We recommend two previous beginners classes prior to taking this class.

A: 9/11-10/23 T 1:00 PM - 2:00 PM
B: 10/30-12/18 T 1:00 PM - 2:00 PM

No class Nov 20
Community Center LL Rm 4
Virginia Mathias
R \$35 NR \$42 7 classes

Adult Body, Mind & Spirit

790055

Restorative Yoga

Ages 18+

This class is deeply calming and therapeutic. Movements are slower and poses are held longer allowing your mind to become quiet and return to a state of balance, while gently stretching and opening the body. Please bring a mat to class.

A: 9/10-10/22 M 7:00 PM - 8:15 PM

B: 9/12-10/24 W 7:00 PM - 8:15 PM

R \$55 NR \$66 7 classes

C: 11/5-12/10 M 7:00 PM - 8:15 PM

D: 11/7-12/12 W 7:00 PM - 8:15 PM

R \$49 NR \$59 6 classes

Community Center Rm 123

Melissa Teske

790068

Flow Yoga

Age 18+

This is an invigorating class designed to create heat within the body and focus within the mind. We will explore the principles of breath, movement, alignment, and relaxation. Please bring a mat to class.

A: 9/11-10/23 T 6:00 PM - 7:15 PM

R \$55 NR \$66 7 classes

B: 9/22-10/27 S 10:00 AM - 11:15 AM

C: 11/6-12/11 T 6:00 PM - 7:15 PM

R \$49 NR \$59 6 classes

D: 11/3-12/15 S 10:00 AM - 11:15 AM

No class Nov 24 & Dec 8

R \$40 NR \$48 5 classes

Community Center Rm 123

Melissa Teske

790079

Yoga for Weight Loss



Ages 18+

Studies show that yoga lowers levels of stress hormones and increases insulin sensitivity - a signal to your body to burn food as fuel rather than store it as fat. Yoga can also increase your strength, muscle

tone, flexibility and energy. Class includes healthy eating and lifestyle tips. Please bring a yoga mat.

A: 9/12-10/24 W 9:30 AM - 10:45 AM

B: 10/31-12/12 W 9:30 AM - 10:45 AM

Community Center LL Rm 4

Jen Cook

R \$55 NR \$71 7 classes

790001

Yoga



Ages 13+

Regardless of your experience or age, Yoga will help you experience a gentle approach to better health. Learn various Hatha Yoga exercises along with breathing, visualization, and relaxation techniques to help you develop a renewed vitality and a sense of peace and well being. Please bring a yoga mat to class.

A: 9/13-10/25 TH 5:15 PM - 6:30 PM

B: 9/13-10/25 TH 7:00 PM - 8:15 PM

C: 11/1-12/20 TH 5:15 PM - 6:30 PM

D: 11/1-12/20 TH 7:00 PM - 8:15 PM

No class Nov 22

G-Town DPW LL enter by gas pump

Bruce VanDyke

R \$62 NR \$66 7 classes

790043

The Law of Attraction—

Designing the Life of Your Dreams 1

Ages 16+

Have you heard about the Law of Attraction and aren't quite sure what it is? This class explains what the Law of Attraction is and is not. You will learn three simple, yet profound, steps to make the Law of Attraction work in your life.

10/16-11/6 T 6:00 PM - 7:15 PM

Thomas Jefferson School Rm 128

Kate Hunt-Matthes

R \$54 NR \$64 4 classes

790062

The Law of Attraction—

Designing the Life of Your Dreams 2

Ages 16+

(Prerequisite Level I) Learn powerful



energy techniques to overcome any resistance or blockages you may come across in achieving the life you desire. You will also learn how to tap into your own personal lie detector, experience the power of being at the alpha level, and learn the Emotional Freedom Technique (EFT) - one of the most powerful behavior change techniques on the planet. With these tools you will be empowered to affirm the positive factors in your life.

11/20-12/11 T 6:00 PM - 7:15 PM

Thomas Jefferson School Aux. Gym

Kate Hunt-Matthes

R \$54 NR \$64 4 classes

820005

Belly Dance



Ages 16+

Shimmy your way to fitness and health. Learn the basics of belly dancing while increasing strength, flexibility and improving posture. Have fun and discover your inner goddess through this ancient dance form. Great for any age, size or fitness level. No prior dance experience necessary.

9/12-10/17 W 6:45 PM - 7:45 PM

G-Town DPW LL enter by gas pump

Laura Grunert

R \$33 NR \$48 6 classes

820010

Belly Dance - Level 2



Ages 16+

For students who have completed at least two sessions of Beginning Belly Dance. This class will build on the techniques and movements already learned, and will introduce and focus on traveling, transitions, layering, choreography and improvisational skills. Middle Eastern rhythms and cultural aspects of the dance will be covered, as well as instruction in Zill (Finger Cymbal) playing. The instructor will provide Zills (required) for a one time fee of \$17.00.

9/12-10/17 W 8:00 PM - 9:00 PM

G-Town DPW LL enter by gas pump

Laura Grunert

R \$48 NR \$55 6 classes





Adult Body, Mind & Spirit

820009

Country Line Dance

Ages 18+

It's time to kick, stomp and scuff your way to a boot scootin' good time. No one needs a partner and everyone is sure to have fun even if they have never line danced before. New dances are taught each week and previously learned dances are reviewed. Street attire is appropriate, western wear optional and hard soled shoes suggested. Come join the fun!

A: 9/4-10/16 T 6:00 PM - 7:00 PM

B: 10/30-12/11 T 6:00 PM - 7:00 PM

Thomas Jefferson School Cafeteria
Ingrid Mielke
R \$24 NR \$28 7 classes

820022

Fusion Dance

Age 18+

Fusion dance is where East meets West. This class teaches a combination of free-style jazz, hip-hop and disco from the West with a blend of Bollywood styles from the East. No previous experience is required, just a desire to dance and have fun! There will be a recital at the end of the session. Please wear comfortable clothing.

10/6-11/10 S 8:00 AM - 9:00 AM

Community Center Rm 102A

Nidhi Oberoi

R \$22 NR \$27 6 classes

820011

Social Dance / Waltz & Fox Trot

Ages 18+

For couples only! Are you left out when the music starts to play? Do you head in the other direction when couples take to the dance floor at a wedding? Now you can learn the basic steps to the Waltz and Fox Trot. This nine week program will allow you to spend four weeks learning the Waltz, four weeks learning the Fox Trot and one week to review what you learned. You must register as a couple - price is per person.

Beginner

9/26-11/28 W 7:00 PM - 7:50 PM

No class Nov 21

Advanced

9/26-11/28 W 8:00 PM - 8:50 PM

No class Nov. 21

Thomas Jefferson School Cafeteria

Scott Lamster

R \$39 NR \$47 9 classes

430094

Painting on Glass

Ages 14+

Want to paint something different and unique? Learn the art of Glass Painting, and you can convert any ordinary piece of glass or mirror into a work of art. Create the effect of stained glass without the actual cutting of glass and without spending a lot of money. It's easy, fun and requires no prior drawing or art experience. A list of needed materials will be available at the CE& Rec Dept office.

10/17-10/24 W 6:45 PM - 7:45 PM

Thomas Jefferson School Rm 130

Nidhi Oberoi

R \$26 NR \$31 2 classes

770005

Knitting

Age 18+



All talent levels are welcome. Learn about the different qualities of yarn, knitting needles and how to read a pattern. Each participant will choose a personal project to work on during class and will receive help as needed. You will also be taught some useful knitting tricks. Please bring size 8 needles and 4-ply yarn if this is your first class.

Tuesday

A: 9/11-10/23 T 9:30 AM - 11:30 AM

B: 10/30-12/18 T 9:30 AM - 11:30 AM

No class Nov 20

Thursday

A: 9/6-10/18 TH 9:30 AM - 11:30 AM

B: 11/1-12/20 TH 9:30 AM - 11:30 AM

No class Nov 22

Community Center Rm 106

Shirley Mattson

R \$53 NR \$63 7 classes

770005

We're a Close Knit Group

Ages 18+

Do you like to knit, but your days are too busy? Join us for an evening class every other week. This class is for all talent levels. Learn about the different qualities of yarn, knitting needles, and how to read a pattern. Each participant will choose a personal project to work on during class and will receive help as needed. You will also be taught some useful knitting tricks. Please bring size 8 needles and 4-ply yarn if this is your first class.

Wednesday Evening Bi-weekly

9/12-12/5 W 6:30 PM - 8:30 PM

Community Center Rm 106

Shirley Mattson

R \$53 NR \$63 7 classes

970077

Pruning and Yard Maintenance

Ages 18+

Would you like your yard to be the envy of your neighbors? Learn how to properly prune and maintain your yard, which gardening tools are worth the money, and which one no homeowner should be without. Learn the tricks of the professionals to keep your yard looking top notch.

9/22 S 9:00 AM - 11:00 AM

Wendland Nursery

Russ Wendland

R \$5 NR \$10 1 class

910039

Effective Couponing

Ages 13+

Don't pay full price for the things that your family needs. Learn proven strategies your family can use to reduce your monthly expenses. You will instantly start saving money to spend on things that you really want.

10/17 W 7:00 PM - 8:30 PM"

Germantown Library

Malissa Misch

R \$12 NR \$14 1 class



Adult Body, Mind & Spirit

940004

Holiday Shopping Chicago Style

Ages 18+

Children 8 and older are welcome to register when accompanied by a paying adult.

Enjoy a day of shopping, museums, galleries, or just take in the excitement of the "magnificent mile". Finish up that final holiday shopping at such famous stores as Nieman Marcus, Bloomingdales and American Girl. However you plan to spend your day, Michigan Avenue is always full of excitement.

Register by October 30

11/17 S 7:45 AM - 7:30 PM
G-Town Village Hall Parking Lot
R \$30 NR \$40

940019

The Nutcracker

Ages 18+

Children 6 and older are welcome to register when accompanied by a paying adult.

Come along with Clara Fritz and Marie as they find themselves awake in their own dream on a magical journey around the world. This world class spectacle features elaborate scenery, lavish costumes, and stunning dance by the Milwaukee Professional Ballet. Join us for this holiday spectacular as we visit the Marcus Center in Milwaukee.



Register by November 15

12/15 S 12:30 PM - 5:00 PM
G-Town Village Hall Parking Lot
R \$68 NR \$68

910041

Food Allergies and the Aware Parent

Ages 18+

This workshop shares the important role that a healthy diet and stress management play in avoiding a child developing food allergies in their growing years. Healthy food options and recipes will also be discussed.

10/25 TH 6:30 PM - 7:30 PM
Germantown Library
Brenda Holland, Chiropractic Co.

FREE, but registration is required

910042

Home Remedies for the Family

Ages 18+

Its cold and flu season again. Have you ever found yourself questioning if you are giving your family the best home remedies for the common cold? This workshop will introduce parents to healthy home remedies that can help to relieve their families suffering without reaching for over the counter chemicals.

11/13 T 6:30 PM - 7:30 PM
Germantown Library
Brenda Holland, Chiropractic Co.

FREE, but registration is required



Trip Refund Policy

We understand that plans can change and you may not be able to attend a trip for which you have registered. However, refunds can only be given if we can register someone from our waiting list to take your place.

970003

Watercolors

Age 18+

Beginners and participants of all skill levels are invited to join. Weekly picture themes and basic instruction in watercolor techniques are provided. You are also welcome to create pictures that are uniquely yours. It is never too late to enjoy watercolor painting. Please ask for a supply list when registering.



A: 9/13-11/15 TH 10:00 AM - 11:30 AM
B: 9/13-11/15 TH 12:30 PM - 2:00 PM
No class Oct 25

Community Center Rm 106
Sonia Genett
R \$36 NR \$43 9 classes

910040

Boosting Your Child's Immunity

Ages 18+

When functioning properly, the immune system fights disease producing bacteria and viruses. All children are continuously exposed to these pathogens but exposure does not mean a child will get sick. This class will discuss how to build a strong immune system through healthier eating, exercise and minor lifestyle changes.

9/12 W 12:00 PM - 1:00 PM
Germantown Library
Brenda Holland, Chiropractic Co.

FREE, but registration is required

850036

Facebook 101

Ages 13+



Facebook is just for kids right? Linked in to what? What is a tweet and a tweet? We will walk you through the basics and assist you

in setting up accounts for Facebook, LinkedIn and Twitter. You will learn how to upload a profile photo, set your security setting, and learn how to create group and fan pages (great for businesses and nonprofits).

11/7 W 6:30 PM - 8:00 PM
ITT Technical Institute-Lab 2, Gtown
Heather Dorsey
R \$10 NR \$12 1 class




Register Early! >>>>>

850039

E-Bay is E-asy

Ages 18+

 Do you have great-grandma's ruby glass from the Chicago World's Fair in 1893? What's it worth? Do you want to buy a telescope or sell an autographed biography of Winston Churchill? Learn the on-line auction process of E-Bay and how to use PayPal to send or receive a payment. E-Bay helps you value what you have and makes cleaning the attic fun.

11/6-11/7 T & W 6:00 PM - 7:30 PM
ITT Technical Institute-Lab 2, Gtown
Computertots / Explorers
R \$28 NR \$34 2 classes

850041

Introduction to MS Excel 2010

Ages 18+

Get organized with MS Excel and create and use spreadsheets to track your finances, plan a budget, create a calendar and much more. Learn how to create a simple spreadsheet, identify cells by name, identify the active cell, and formula bar, enter text and numbers into your cells, and enter functions such as addition, averages, etc. You'll even learn to locate templates that will make spreadsheet creation a breeze. Participants must be able to use a mouse, open applications and navigate to a webpage.

10/9 T 6:00 PM - 8:30 PM
ITT Technical Institute-Lab 2, Gtown
Computertots / Explorers
R \$26 NR \$32 1 class

850042

Advanced MS Excel 2010

Ages 18+

Improve your MS Excel skills and get organized for next year. Learn how to create and use formulas, link spreadsheets to one another, import and export data, format your spreadsheet, (bold colors etc) and print it. Participants must be comfortable using MS Excel to create

basic spreadsheets, and print and save a file.

10/16-10/17 T & W 6:00 PM - 8:00 PM
ITT Technical Institute-Lab 2, Gtown
Computertots / Explorers
R \$39 NR \$45 2 classes

970074

De-clutter Your Garage and Basement

Ages 18+

Learn how to decide what to keep, discard or donate, and how to organize what's left. Be able to find what you own and turn your basement and garage into useful storage!

9/27 TH 6:30 PM - 8:30 PM
Community Center Rm 102A
Kathleen Miller
R \$13 NR \$16 1 class

970075

De-clutter Your Home Office

Ages 18+

Do you tend to make piles of papers to deal with later! Learn an easy system for managing all your paperwork, whether you run a business from your home or are just trying to keep track of your mail. Reduce stress and increase your productivity!

10/18 TH 6:30 PM - 8:30 PM
Community Center Rm 102A
Kathleen Miller
R \$13 NR \$16 1 class

970093

De-clutter Your Closets and Drawers

Ages 18+

Discover how using the concept of Magic Numbers can simplify your life. This class will empower you to take charge of your belongings once and for all by providing the tools to create and maintain a clutter-free life.

11/8 TH 6:30 PM - 8:30 PM
Community Center Rm 102A
Kathleen Miller
R \$13 NR \$16 1 class

Adult Body, Mind & Spirit

970095

De-clutter Your Kitchen and Pantry

Ages 18+

Transform your kitchen and pantry from cluttered chaos into usable functional spaces. This class will provide the tools you need to identify what truly serves you and the motivation to purge the excess. Learn how to set up your clutter-free kitchen for maximum efficiency.

11/29 TH 6:30 PM - 8:30 PM
Community Center Rm 102A
Kathleen Miller
R \$13 NR \$16 1 class

970065

Get Your Book Published

Ages 18+

Milwaukee author and reporter for the Journal Sentinel, Tom Kertscher will talk about how he accomplished getting his books on Brett Favre and Al McGuire published, and how he came up with the idea for his next book. Tom will cover developing a book proposal and answer questions about seeking out a publisher or agent.

11/6 T 7:00 PM - 8:30 PM
Germantown Library
Tom Kertscher
R \$12 NR \$14 1 class

970001

Stamping

Ages 18+

Put your creativity to work and let's make some fantastic stamping projects. This program is great for the beginner or experienced stamper. Many new projects will be demonstrated each week. **Plus \$6 fee per week for supplies**

A: 10/15-11/12 M 7:00 PM - 9:00 PM
B: 11/19-12/17 M 7:00 PM - 9:00 PM

Community Center LL Rm 2
Diane Tritz
R \$18 NR \$22 5 classes



Adult Body, Mind & Spirit



Indoor Walking at TJ *and* MFHS!

Looking for a safe, indoor walking area with convenient hours? Start your healthy day by walking inside. Please bring dry walking shoes. Wet shoes or boots will not be allowed.

NEW!

Thomas Jefferson Middle School

Enter through main doors on LaVergne Avenue

Ages 18+

Monday, Wednesday, Friday

9:00 AM – 11:00 AM

October 1 – November 30

(closed 11/23)

FREE, please register at the door

Menomonee Falls High School

Ages 18+

Monday – Friday

6:15 AM – 7:00 AM | 5:00 PM – 9:00 PM

September 10 – November 30

(closed 10/26, Nov. 21-25) No walking when there are home football or basketball games.

FREE

970108

Electric Blues Ensemble

Ages 18+

Using the music of the masters, from Muddy to Stevie to the Kings, we'll explore rhythms, progressions, turnarounds, and how to solo. Open to all singers and instrumentalists and nearly all skill levels. Amps and drums will be provided. Please bring your instrument. Consent of instructor required. Please call instructor at 414-628-7627.

A: 9/26-10/31 W 8:00 PM - 9:00 PM

B: 11/7-12/19 W 8:00 PM - 9:00 PM

No class Nov 21

Rockfield Music & Media

Guy Florentini

R \$90 NR \$95 6 classes

970098

Digital Cameras for Beginners

Ages 18+

Do you have a digital camera and are unable to do anything but point and shoot? Bring your camera and manual to class and learn about framing, exposure, flash, usage features, deleting, previewing, resolution and storage cards. You will be all ready for spring and summer picture fun.

11/8-11/15 TH 9:30 AM - 11:30 AM

Community Center Rm 123

John Clancy

R \$20 NR \$24 2 classes

970107

The Great Crooners

Ages 18+

Sit back, listen and have fun as Dave Tianen, a former music critic for the *Journal Sentinel* for 22 years, takes you down memory lane sharing his interviews, stories and generous amounts of video of "The Great Crooners". Additional information and descriptions for these programs are available at the CE & Rec office.

A: Teaching The World to Sing

Artists include: Louis Armstrong and the Birth of Pop and Jazz, The Art of Relaxation with Bing Crosby, and the First Ladies of Song including Billie Holiday, Ella Fitzgerald and Sarah Vaughan.

9/10-9/24 M 11:00 AM - 12:00 PM 3 classes

B: The 2nd Generation

Artists include: His Way with Frank Sinatra, Brothers of Another Color—Dean Martin and Sammy Davis Jr., and Building the '50's Songbook including Nat "King" Cole, Perry Como, and Tony Bennett.

10/1-10/15 M 11:00 AM - 12:00 PM 3 classes

C: Rocking the House and Holding the Line

Artists include: The Songbirds of Tinseltown with Judy Garland, Doris Day and Barbara Streisand, Shifting Gears with Ray Charles, Sam Cooke and Bobby Darin, and Velvet Elvis—The King as a Crooner.

10/22-11/5 M 11:00 AM - 12:00 PM 3 classes

R \$15 NR \$18 Fee is per session. If registering for all 3 sessions at once: R \$36 NR \$43
Community Center Rm 102A

970049

You & Your Digital Camera

Ages 16+

Bring your digital camera and instruction manual to this workshop designed for people who are new to digital photography. Learn how to use some of the features and functions of your digital camera, review ways to overcome several

common photography problems, and find out sure-fire tips and techniques for making better photos.

10/17 W 6:30 PM - 8:30 PM

Community Center Rm 106

C.T. Kruger

R \$15 NR \$18 1 class



Adult Body, Mind & Spirit

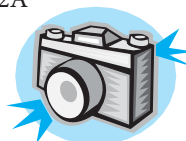
970054

You Have Pictures in Your Camera Now What?

Ages 16+

Learn how to save, archive and print your photos even if you don't have a computer. Photo printing options, basic photo editing, use of photos in email, and use of photos in books and multi-media for people using Windows PC computers will also be taught.

10/24 W 6:30 PM - 8:30 PM
Community Center Rm 102A
C.T. Kruger
R \$15 NR \$18 1 class



850043

Photo Editing PicMonkey



Ages 18+

PicMonkey is an online Photo Editor with awesome filters and touch up options that can work right in your browser. No downloads necessary, no program expense, and updates are free. Use touch up tools like teeth whitening, blemish fix and weight loss, along with effects like Orton cross process and color boost - all with drag and drop ease.

10/23 T 6:00 PM - 8:30 PM
ITT Technical Institute-Lab 2, Gtown
Computertots / Explorers
R \$26 NR \$32 1 class

970051

Advanced Digital Photography

Ages 16+

Bring your camera and instruction manual to this workshop designed to get you out of automatic mode. Learn how to use some of your camera's exposure modes and functions in situations like sports, portraits, low light and more. This class is ideal for people who have purchased interchangeable lens (DSLR) cameras or have an advanced digital camera with Program Shutter/Aperture Priority and Manual exposure modes.

11/7 W 6:30 PM - 8:30 PM
Community Center Rm 102A
C.T. Kruger
R \$18 NR \$22 1 class

970048

Old Family Photos & the Digital Age

Ages 16+

Learn how old family photos and slides can be converted to digital images for prints, scrapbooking, hardcover books and multimedia projects. This class covers your options even if you don't have a Windows PC computer.

11/14 W 6:30 PM - 8:30 PM
Community Center Rm 102A
C.T. Kruger
R \$15 NR \$18 1 class

970099

Drawing Portraits from Photographs

Ages 18+

Anyone can learn the technique of drawing lifelike images from photographs. Once your photo has been duplicated, outlining and shading will be used to create a portrait. Please bring a photo to class. All supplies can be purchased in class for \$5.00.

A: 9/11-10/23 T 9:30 AM - 11:00 AM
R \$21 NR \$25 7 classes

B: 10/30-12/18 T 9:30 AM - 11:00 AM
R \$24 NR \$29 8 classes

Community Center Rm 106
Ray Thornborough

910001

Taming the High Cost of College



Ages 18+

Learn how to attend an expensive private university for less than the cost of a state school, how to qualify for more need-based financial aid, how to apply for financial aid, how to use tax scholarships to pay for your college expenses and how to get money from schools even if you do not qualify for need-based aid. Come see for yourself how to save money, save time and reduce stress when applying to and paying for college.

11/1 TH 7:00 PM - 8:30 PM
Community Center Rm 102A
Brad Baldridge
R \$6 NR \$10 1 class

970055

Instructional Bridge

Ages 18+

Ready to move beyond the basics of bridge? This class will give you the opportunity to play with others at your level, practice bidding, and learn new ways to win the game.

9/13-11/8 TH 1:00 PM - 3:00 PM
No class Oct 25

Community Center Rm 123
Betty Randar
R \$16 NR \$20 8 classes

910017

Preparing Your Home to Sell

Ages 18+

A licensed realtor will teach you the definition of a market analysis and what repairs or improvements should be made to increase the marketability of your home. What about the home inspection for the buyer? Do you need an attorney? What is the role of the title company? The instructor will answer these questions and more.

A: 9/4 T 6:30 PM - 8:00 PM
Community Center Rm 102A

B: 12/4 T 6:30 PM - 8:00 PM
Thomas Jefferson School Rm 130

Kathleen Associates LLC
R \$5 NR \$6 1 class



910020

Thinking of Buying a Home

Ages 18+

Learn about mortgage pre-approval, the home inspection, gap insurance, escalator clause, and how an offer can be negotiated in your best interest. The instructor will guide you through the entire process of buying a home.

A: 9/6 TH 6:30 PM - 8:00 PM
Community Center Rm 102A

B: 12/6 TH 6:30 PM - 8:00 PM
Thomas Jefferson School Rm 130

Kathleen Associates LLC
R \$5 NR \$6 1 class

Online Adult & Youth Courses

Menomonee Falls Community Education & Recreation has partnered up with Education to Go to offer over 250 online adult education programs. Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners.

Most courses run for six weeks (with a ten-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion area, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

Start Dates:

New course sessions begin each month. Please visit the Adult Online Course section of our online course catalog (www.fallsrec.org) to see exact dates for the courses that interest you.

Instructor:

Online courses are instructor facilitated. Every course includes an expert instructor.

Location:

All online courses can be taken from the convenience of your home or office.

Fee:

Fees for online courses range from \$89 to \$150. *Most courses cost \$89!*

Requirements:

All courses require Internet access, E-mail, Microsoft Internet Explorer, or Firefox web browsers. Some courses may have additional requirements. Please visit our online course catalog at www.fallsrec.org for more information.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

A Writer's Guide to Descriptive Settings

Develop your eye for detail and improve your writing with vivid descriptions, memorable settings, and believable characters.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Accounting Fundamentals II

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Achieving Success with Difficult People

Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives.

Achieving Top Search Engine Positions

Learn proven, step-by-step strategies to achieve the highest possible position with the major search engines.

Administrative Assistant Applications

Gain the skills and knowledge you'll need to prepare for the Certified Administrative Professional exam and begin a rewarding career as an administrative assistant.

Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries.

Advanced CompTIA A+ Certification Prep

Finish your CompTIA A+ Certification Prep by learning how to select, install, and service video, sound, and portable computers, and how to network, secure, and troubleshoot.

Advanced Fiction Writing

Explore advanced fiction writing techniques with a published novelist.

Advanced Grant Proposal Writing

Gain a full understanding of the criteria funders use to determine whether your grant proposal gets funded or rejected.

Advanced Microsoft Excel 2003

Increase your potential and maximize your value by becoming an expert Microsoft Excel user.

Advanced Microsoft Excel 2007

Discover the advanced features and functions of Microsoft Excel 2007 and find out everything

this powerful program can do for you.

Advanced Microsoft Word 2003

Learn how to create and use macros, shortcuts, form letters, mailing labels, queries, and more.

Advanced PC Security

Use ethical hacking techniques to locate and close security holes in your own network.

Advanced Web Pages

Take your Web development skills to the next level as you learn how to create advanced websites using CSS, HTML5, media queries for mobile devices, interactive forms, and embedded video.

An Introduction to Teaching ESL/EFL

Learn how to be an effective English language teacher from an expert in the field.

Assisting Aging Parents

Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.

Basic CompTIA A+ Certification Prep

Start preparing for CompTIA A+ certification as you learn PC basics and troubleshoot in a real world PC environment.

Become a Physical Therapy Aide

Prepare for a rewarding career as a valued member of the physical therapy team.

Become a Veterinary Assistant

Practicing veterinarian prepares you to work in a veterinary office or hospital.

Become a Veterinary Assistant II: Canine Reproduction

Practicing veterinarian teaches you to manage the entire canine breeding cycle, from assessing the health of parents to puppy care.

Become a Veterinary Assistant III: Practical Skills

Learn the practical skills you'll need to be a valuable veterinary assistant or educated pet owner.

Become an Optical Assistant

Learn what it takes to become an optical assistant and discover why it's one of today's most popular and fascinating career opportunities.

Becoming a Grant Writing Consultant

Increase your income while working from home by starting a grant writing consulting business.

Beginner's Guide to Getting Published

Published writer shows you how to give yourself the credibility you need to get your

books and articles published.

Beginning Conversational French

Discover how easy it can be to learn common words and phrases for both leisure and business.

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Breaking Into Sitcom Writing

Learn from a veteran TV comedy writer how to write professional sitcom scripts and how to break into show business.

Building Teams That Work

Learn the secrets of dynamic team building.

Business and Marketing Writing

Write great marketing copy to improve your company's image and your chances of getting hired or promoted.

Business Finance for Non-Finance Personnel

This course will help you understand business environments, financial statements, and strategy so you can make more profitable business and personal financial decisions.

Certificate in Complementary and Alternative Medicine

(28 contact hours) Enhance your professional marketability by gaining a broad understanding of alternative health care options.

Certificate in End of Life Care

(26 contact hours) Earn a certificate proving you understand the needs of individuals living with debilitating, chronic, or terminal illnesses.

Certificate in Gerontology

(44 contact hours) Earn a certificate proving you have the skills required to meet the health care needs of a rapidly aging population.

Certificate in Growth and Development Through the Lifespan

(15 contact hours) Gain new insights in human development and be better prepared to care for patients of all ages.

Certificate in Holistic and Integrative Health

(50 contact hours) Explore the exciting, growing field of holistic and integrative health in this comprehensive certificate program designed for medical providers and consumers.

Certificate in Integrative Mental Health

(19 contact hours) This groundbreaking certificate program offers a holistic, integrative

approach to treating mental health problems.

Certificate in Issues in Oxygenation

(15 contact hours) A holistic approach to the care of patients with disorders of oxygenation.

Certificate in Legal and Ethical Issues in Nursing

(23 contact hours) Examine key legal and ethical issues to improve your practice and provide better patient care.

Certificate in Pain Assessment and Management

(24 contact hours) This certificate provides an overview of the mechanisms of pain, the multidisciplinary methods of assessment, management, and treatment of pain, which include adults, children, and the elderly with cancer related and non-cancer related pain.

Certificate in Perinatal Issues

(14 contact hours) Stay current with emerging trends affecting childbearing women, newborns, and families.

Certificate in Spirituality, Health, and Healing

(25 contact hours) Enhance your professional marketability by recognizing the impact spiritual values and beliefs have on health and healing.

CompTIA® Network+ Certification Prep

Prepare to take and pass the CompTIA® Network+ Exam and begin a career as a network tech.

CompTIA A+ Security+ Certification Prep

Master the terms and concepts you need to pass the CompTIA® Security+ exam and earn your Security+ certificate.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

Creating a Classroom Web Site

Learn how to create a classroom Web site and how having one can make you a more effective and dynamic teacher.

Creating a Successful Business Plan

Turn your business ideas into a solid plan for financing and long-term success.

Creating K-12 Learning Materials

Increase student performance and earn extra income by converting your ideas for instructional aids into reality.

Creating the Inclusive Classroom: Strategies for Success

In this professional development course for teachers, you'll get the training you need to reach the diverse mix of students you face every day—learning proven strategies that turn diversity into opportunity.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Designing Effective Websites

Learn powerful graphic design techniques and build Web sites that are both attractive and wickedly effective.

Differentiated Instruction in the Classroom

Improve your ability to teach diverse learners with real-world examples from elementary, middle, and high school classrooms.

Differentiating K-12 Assessments

Learn effective strategies for differentiating your assessments and empowering every student in your class to succeed.

Discover Digital Photography

An informative introduction to the fascinating world of digital photography equipment.

Distribution and Logistics Management

Learn how to improve your company's distribution and logistics management activities, increase customer satisfaction, and improve operational throughput.

Drawing for the Absolute Beginner

Gain a solid foundation in drawing and become the artist you've always dreamed you could be!

Easy English 1

In this easy and fun course, you'll learn the basic English skills you need for real-life activities including shopping, job-hunting, and handling medical emergencies.

Easy English 2

In this easy and fun course, you'll review some basic English skills and build more intermediate-level English skills for real-life activities including using the bank, finding a job or a home, dealing with sicknesses, and making good shopping decisions.

Easy English 3

Build on the language skills you mastered in Easy English 2, as you learn to talk about

real-life situations including looking for a job, making a budget, buying a home, and taking care of your health.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Effective Selling

Learn the secret to converting a potential customer into a long-term asset. Find out how to lay the groundwork for repeat business and your future success.

Employment Law Fundamentals

Learn the basics of employment law so you can legally hire, evaluate, and manage employees.

Empowering Students With Disabilities

Explore common disabilities you'll encounter in the classroom and master techniques for promoting academic, behavioral, and social skills in students with special needs.

Enhancing Language Development in Childhood

Enrich the lives of your children by learning fun and natural ways to help them become proficient speakers and thinkers.

Explore a Career as a Paralegal

Find out if a paralegal career is the perfect choice for you, as you explore the fundamentals of U.S. law and legal terminology.

Explore a Career as a Pharmacy Technician

Master the skills that will prepare you for an entry-level position as a pharmacy tech or clerk, and discover the steps you can take to become a Certified Pharmacy Technician (CPhT).

Explore a Career as an Administrative Medical Assistant

Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA) in a doctor's office—from appointment scheduling and chart creation to medical billing and coding.

Explore a Career in a Dental Office

Discover the wide range of dental office careers open to you, master basic dental anatomy and terminology, and learn how dental professionals create healthy smiles.

Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Explore a Career in Medical Transcription

Learn how to transcribe the medical reports most often used in healthcare today, and discover how to get started and advance as a medical transcriptionist.

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Fundamentals of Supervision and Management II

Learn how to be an effective manager or supervisor. Master the basics of communicating effectively, and learn tools for developing your own interpersonal skills.

Fundamentals of Technical Writing

Learn the skills you need to succeed in the well-paying field of technical writing.

Genealogy Basics

Learn where to look, who to contact, and how to use research tools to begin an exciting and fascinating exploration of your roots.

Get Assertive!

Find out how you can stop others from intimidating you or treating you poorly.

Get Funny!

Learn how to use humor to speak more effectively, write better, and increase your popularity.

Get Grants!

Learn how to develop successful, fundable grants from experts in the field.

Get Paid to Travel

Learn everything you need to start your new and exciting career as a professional tour director.

GMAT Preparation

Discover powerful test-taking techniques and methods for improving your score on the GMAT.

Going Green at Home

Step into a green lifestyle as you discover simple, cost-effective ways to make your home environmentally friendly.

Going Green at the Workplace

Learn cost-effective ways to position your business as a responsible environmental leader in a world of green consumers and carbon-conscious regulators.

Grammar for ESL

If English is your second language and you're headed to college, this course will teach you

the principles of grammar and structure you'll need to succeed.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

GRE Preparation - Part 1 (Verbal and Analytical)

Discover powerful strategies for success in the verbal reasoning and analytical writing sections of the GRE revised General Test (course 1 of 2).

GRE Preparation - Part 2 (Quantitative)

Learn a variety of useful techniques for tackling the quantitative reasoning sections of the computerized GRE revised General Test (Course 2 of 2).

Growing Plants for Fun and Profit

An industry professional teaches you everything you need to prosper in the backyard nursery business.

Guided Reading and Writing: Strategies for Maximum Student Achievement

Get the professional development training you need to improve student literacy as an accomplished teacher shares the secrets of turning guided reading strategies into opportunities for teaching writing.

Guided Reading: Strategies for the Differentiated Classroom

Learn creative ways to bring differentiated instruction and guided reading to life in your classroom.

Guiding Kids on the Internet

Gain confidence and experience so you can help your children discover all the Internet has to offer.

Handling Medical Emergencies

Every second counts during a medical emergency. Learn how to respond if someone needs your help.

Help for the Helpdesk

Learn powerful customer helpdesk skills that will enable you to resolve issues quickly and effectively.

High Speed Project Management

Learn to deal with the realities of managing projects at supersonic speeds despite truncated timelines, inadequate staffing, and skimpy budgets.

HIPAA Compliance

Learn how to comply with the duties, rights, and responsibilities of HIPAA, ARRA & HITECH.

Homeschool With Success

Discover how to homeschool your children in a way that ensures they get what they need both academically and socially.

Human Anatomy and Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Human Anatomy and Physiology II

Learn the basic characteristics of the four main types of tissues, the general and special senses, cellular metabolism, body chemistry, and significant events in the life span, from fertilization through old age.

Individual Excellence

Master twelve career-enhancing skills including goal setting, time management, personal organization, and creativity.

Instant Italian

Learn Italian from the comfort of your home in this fun and enjoyable online course.

Integrating Technology in the Classroom

In this professional development course for teachers, you'll learn the secrets of technology integration in the classroom, gaining the skills educators need to use tools such as wikis, podcasts, and blogs effectively.

Intermediate C# Programming

Learn to write Graphical User Interface programs in the C# Programming Language.

Intermediate CompTIA A+ Certification Prep

Take the second step toward becoming a CompTIA A+ certified technician by going inside the PC to install and configure drives and then diving into the Windows operating system.

Intermediate CSS and XHTML

Take your CSS and XHTML skills to the next level and learn how to create professional-quality Web sites.

Intermediate Dreamweaver CS4

Take your Web design skills to the next level as you master Adobe Dreamweaver, exploring pure CSS layout and learning how to incorporate multimedia elements such as Flash video and audio.

Intermediate Dreamweaver CS5

Take your web design skills to new heights as you master advanced Adobe Dreamweaver CS5 techniques.

Intermediate Flash CS4

Master the use of more advanced Flash

techniques including Movie Clip symbols, ActionScript, animation, application programming, and interactivity techniques.

Intermediate Flash CS5

Master the use of more advanced Flash techniques including Movie Clip symbols, ActionScript, animation, application programming, and interactivity techniques.

Intermediate InDesign CS5

Master the advanced features of Adobe InDesign CS5 and get hands-on practice in creating professional-quality documents.

Intermediate Java Programming

Deepen your understanding of the Java programming language, and start writing programs that are more sophisticated and professional.

Intermediate Microsoft Access 2007

Expand your Microsoft Access 2007 skills to build better, more user-friendly Access databases.

Intermediate Microsoft Excel 2007

Master advanced features of Microsoft Excel 2007, including charting and PivotTables, and discover how this powerful MS Office program can boost your productivity.

Intermediate Microsoft Excel 2010

Take your Microsoft Excel 2010 skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

Intermediate Microsoft Word 2007

Learn more advanced features of Microsoft Word 2007, which enable you to create an index, a list of figures, and a table of contents, do desktop publishing, perform a mail merge, and use timesaving macros.

Intermediate Microsoft Word 2010

Master the more advanced features of Microsoft Word 2010 and learn how to create an index, build a list of figures, design a table of contents, do desktop publishing, perform a mail merge, and use timesaving shortcuts.

Intermediate Networking

Gain practical experience in a hot new career field. Topics include VPNs, security, and Internet connectivity.

Intermediate Oracle

Learn how to write powerful and flexible PL/SQL programs.

Intermediate Photoshop CS3

Have fun taking your Photoshop CS3 skills to the next level of creativity and productivity.

Intermediate Photoshop CS4

Learn advanced techniques for using Adobe Photoshop CS4 to edit your images and photos.

Intermediate Photoshop CS5

Take your Adobe Photoshop CS5 skills to the next level by mastering layers, layer masks, Smart Objects, and other advanced features that let you re-edit images easily long after you create them.

Intermediate PHP and MySQL

Learn how to create a dynamic, interactive online store using advanced PHP techniques and a MySQL database server.

Intermediate SQL

Expand your knowledge of Structured Query Language (SQL), the industry standard database programming language.

Intermediate Visual Basic 2008

Gain in-demand VB skills writing sophisticated Windows programs that access and modify business databases.

Intermediate Windows Vista

Master the skills you need to work with files, folders, disks, programs, and shortcuts in Windows Vista.

Interpersonal Communication

Become aware of the conscious and unconscious codes of meaning we send when communicating with others.

Introduction to Adobe Acrobat 9

Create PDF documents and more with Adobe Acrobat 9 Pro, and learn to use many of the software's time- and cost-saving features.

Introduction to Ajax Programming

Learn Ajax programming and discover how to use the technologies that comprise Ajax (HTML, JavaScript, XML, PHP, and more) to create Web applications with desktop-like performance.

Introduction to Algebra

Understand how algebra is relevant to almost every aspect of your daily life, and become skilled at solving a variety of algebraic problems.

Introduction to ASP.NET

Learn how to create powerful, interactive, community-based Web sites with ASP.NET.

Introduction to Business Analysis

Learn powerful techniques to improve your decision-making skills at work.

Introduction to C# Programming

Learn the fundamentals of computer programming with the new C# programming language.

Introduction to C++ Programming

Learn to program in C++, even if you have no prior programming experience!

Introduction to CorelDRAW X3

Learn how CorelDRAW can help you create dazzling logos and other artwork for print or the Web.

Introduction to CorelDRAW X5

Learn to draw with confidence, using CorelDRAW to design professional newsletters, greeting cards, web graphics, logos, and amazing works of art created from your own photos.

Introduction to Creating WordPress Web Sites

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive Web sites.

Introduction to Criminal Law

An in-depth look at criminal law and the real world of prosecutors, defense attorneys, and the paralegals who work closely with them.

Introduction to Crystal Reports

Learn how to use Crystal Reports to create attractive business documents that are easy to read and understand.

Introduction to Crystal Reports 10

Make the points you want to make by converting raw database or accounting information into impressive and meaningful reports.

Introduction to CSS and XHTML

Learn to create state-of-the-art Web sites using modern CSS and XHTML techniques.

Introduction to Database Development

An experienced professional guides you through a structured approach to database design and development.

Introduction to Dreamweaver CS3, CS4 or CS5

Learn Adobe Dreamweaver from a Web design pro, and get the training you need to develop first-class Web sites!

Introduction to Flash CS4 or CS5

Learn how to use Adobe Flash CS4 software to create engaging Web sites, Flash movies, animation, and interactive applications.

Introduction to Guitar

Master basic guitar skills and become the musician you've always wanted to be.

Introduction to Illustrator CS3

In this class, you'll get the training you need

to create infinitely resizable vector images using Adobe Illustrator CS3, one of the best illustration programs on the market.

Introduction to Illustrator CS4

Master the fundamentals of Adobe Illustrator CS4 and learn to create spectacular vector images.

Introduction to Illustrator CS5

Learn to create vector graphics and add amazing effects using Adobe Illustrator CS5.

Introduction to InDesign CS3

In this Adobe InDesign CS3 class, you'll get hands-on desktop publishing training and come away knowing how to use this popular page layout software to design and create professional quality letterhead, business cards, brochures, PDF files that play movies, and more.

Introduction to InDesign CS4

Learn how to use Adobe InDesign software to design and produce professional quality letterhead, brochures, newsletters, business cards, and more.

Introduction to InDesign CS5

Learn how to use Adobe InDesign CS5 software to design and produce professional-quality letterhead, brochures, business cards, and more.

Introduction to Interior Design

Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.

Introduction to Internet Writing Markets

A professional writer shows you how to make money writing on the Internet.

Introduction to Java Programming

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

Introduction to Journaling

Discover how journaling can help you learn more about yourself, explore your dreams, values, and beliefs, improve your health, survive unwanted change, succeed in your career, and express your creativity.

Introduction to Linux

Learn how to use the Linux desktop operating system along with the included productivity, multimedia, and Internet software.

Introduction to Microsoft Access 2003

Learn how to store, locate, print, and automate access to all types of information.

Introduction to Microsoft Access 2007

Learn how Microsoft's powerful database can help you store and manage information you've collected about your business, home, or community.

Introduction to Microsoft Access 2010

Learn to build, edit, and maintain a database in Access 2010, using tables, reports, forms, and queries to give you fast access to all your important information.

Introduction to Microsoft Excel 2003 or Excel 2007

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Introduction to Microsoft Excel 2010

Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Introduction to Microsoft Expression Web

Learn how to use Microsoft Expression Web to create Web sites, and discover how MS Expression makes it simple to design, edit, and maintain your sites.

Introduction to Microsoft Outlook 2010

Take control over your meetings, emails, and to-do lists by mastering the essentials of Microsoft Outlook 2010.

Introduction to Microsoft PowerPoint 2010

Learn how to use Microsoft PowerPoint 2010 to create exciting slide presentations that include SmartArt, multimedia, animation, sound, charts, clip art, and hyperlinks.

Introduction to Microsoft Project 2010

Discover how to effectively plan, implement, and control projects using Microsoft Project 2010, the world's most popular project management software.

Introduction to Microsoft Publisher 2007

In this hands-on, project-oriented class for beginners, you'll learn how to design, create, and publish a wide variety of stunning documents using Microsoft Publisher 2007.

Introduction to Microsoft Word 2010

Learn how to create and modify documents using Microsoft Word 2010, the world's most popular word processing program.

Introduction to Natural Health and Healing

Learn how to promote wellness, balance, and health in all aspects of your daily life.

Introduction to Networking

Learn the fundamentals of networking and prepare for a career in a new and fast-growing field.

Introduction to Nonprofit Management

Develop the skills and strategies you need to become an integral part of one of America's fastest growing service sectors.

Introduction to Oracle

Learn how to use the Oracle database management system to plan, organize, and manage your data.

Introduction to PC Security

Security expert teaches the fundamentals of PC and network security.

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC.

Introduction to Peachtree Accounting 2012

Learn how to perform everyday accounting tasks quickly and easily using Peachtree Accounting 2012.

Introduction to Perl Programming

Learn a programming skill that will make you a more valuable Web developer or system administrator.

Introduction to Photoshop CS4

Learn to use Adobe Photoshop CS4 to edit images, process photos, and create original graphics.

Introduction to Photoshop CS5

Learn how to use Adobe Photoshop CS5, the world's best graphics program, to edit and process photos and create original images.

Introduction to PHP and MySQL

Learn how to create dynamic, interactive Web sites using PHP and a MySQL database server.

Introduction to Programming

Take your first steps toward a career as a computer programmer as you master basic programming concepts and get hands-on practice in writing applications containing GUIs, sound, and graphics.

Introduction to Python 2.5 Programming

Learn the fundamentals of computer programming in Python with topics that include basic decisions and loops, advanced data structures, object-oriented programming, and graphical user interfaces.

Introduction to Python 3 Programming

Enhance your résumé by adding Python to your

programming skills.

Introduction to QuickBooks 2012

Learn how to quickly and efficiently gain control of the financial aspects of your business with this powerful accounting software program.

Introduction to Ruby Programming

Learn how to create a dynamic Web blog using the Ruby on Rails programming environment and the Ruby programming language.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Introduction to Stock Options

Learn how stock options can protect your portfolio and help you profit in any type of market.

Introduction to Visual Basic 2008

Learn to create Windows applications using the popular and easy-to-master Visual Basic 2008.

Introduction to Windows 7

Get up to speed quickly on Microsoft Windows 7 with this fun and easy hands-on course for beginners.

Introduction to Windows Vista

Learn the important basic skills and concepts you need to take control of your Windows Vista PC.

Introduction to Windows XP

Learn how Windows XP makes it easy to work with text, pictures, audio, video, and more.

Keyboarding

Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.

Keys to Effective Communication

Lost for words? Don't be! Learn to build rapport, trust, warmth, and respect through conversation.

Keys to Successful Money Management

Certified financial planner shows you how most wealthy people build their fortunes.

Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Legal Nurse Consulting

Begin a new career by helping attorneys understand and resolve medical cases and claims.

Listen to Your Heart, and Success Will Follow

Design a life that makes you happy by learning how you can use work to express yourself and share your interests and talents.

Lose Weight and Keep It Off

Discover how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

LSAT Preparation - Part 1

Learn about law school entrance procedures, developing analytical reasoning skills, and improving your test-taking skills (course 1 of 2).

LSAT Preparation - Part 2

Improve your reading comprehension and logical reasoning skills, and discover proven approaches for selecting correct exam answers (course 2 of 2).

Luscious, Low-Fat, Lightning-Quick Meals

Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!

Managing Customer Service

Become indispensable to any organization by understanding how to identify and meet customer needs.

Manufacturing Applications

Increase efficiencies and productivity by learning to apply the principles and concepts of manufacturing.

Manufacturing Fundamentals

Learn the basic skills required to work in the manufacturing field.

Marketing Your Business on the Internet

Develop an Internet marketing plan for your business that incorporates SEO, advertising, email, social media, and more.

Marketing Your Nonprofit

Further the ideals and goals of your nonprofit by learning to compete more effectively for members, media attention, donors, clients, and volunteers.

Mastering Public Speaking

Learn the secrets of effective public speaking and small group communication.

Mastery of Business Fundamentals

Acquire practical experience in strategic planning, management, and finance without

enrolling in an MBA program.

Math Refresher

Gain confidence in your basic math skills and start using math to your advantage.

Medical Math

Master the math skills you need to succeed in the medical field.

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Merrill Ream Speed Reading

Acclaimed speed reading expert teaches you how to save yourself time by reading faster with better comprehension.

Microsoft Excel 2007 in the Classroom

Learn the basics of Microsoft Excel 2007 in this professional development course for teachers, and get the training every teacher needs for using and teaching this powerful program effectively in the classroom.

Microsoft Excel 2010 in the Classroom

Specially designed for teachers, this course will help you master Microsoft Excel 2010 and teach Excel skills to your students.

Microsoft PowerPoint 2007 in the Classroom

In this course for teachers, you'll learn how to motivate students and enrich lessons by bringing Microsoft PowerPoint 2007 into your classroom.

Microsoft PowerPoint 2010 in the Classroom

Learn how to motivate students and enrich your lessons by bringing Microsoft PowerPoint 2010 into your classroom.

Microsoft Word 2007 in the Classroom

Harness the power of the most popular word processing program on the market and become a more productive and creative teacher.

Microsoft Word 2010 in the Classroom

Master Microsoft Word 2010 and get the training you need to use and teach this powerful program effectively in the classroom.

Music Made Easy

Learn the fundamentals of music theory. Be able to read, write, and play simple music.

Mystery Writing

Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful

author.

Navigating the Internet

Master the ins and outs of the Internet with this informative behind-the-scenes look at the Web, search engines, email, and more.

Nonprofit Fundraising Essentials

Learn the basics of fundraising for nonprofit organizations, from annual and special fund drives to more advanced projects involving corporate and foundation relations, major gifts, and planned giving.

Performing Payroll in QuickBooks 2012

Learn how to use QuickBooks 2012 to create paychecks, pay tax liabilities, and produce forms and reports.

Personal Finance

Protect your assets and discover how best to achieve all your financial goals.

Photographing Nature with Your Digital Camera

Learn how to use your digital camera to take stunning nature photos, including landscapes, flowers, animals, and even macro shots.

Photographing People With Your Digital Camera

Learn to take beautiful pictures of adults, children, and babies.

Photoshop CS4 for the Digital Photographer

Learn how to use the Adobe Photoshop CS4 software to edit and enhance your digital photos.

Photoshop CS5 for the Digital Photographer

Learn how to use Adobe's Photoshop CS5 to edit and enhance your photographic images.

Photoshop CS5 for the Digital Photographer II

If you already know the basics of Photoshop CS5, take your photo-editing skills to the next level by mastering its advanced features.

Photoshop Elements 10 for the Digital Photographer

Learn the secrets of Adobe Photoshop Elements 10 and bring out the best in your images.

Photoshop Elements 10 for the Digital Photographer II

Master the tools in Adobe's Photoshop Elements 10, and take your image-editing skills to the next level!

Pleasures of Poetry

This course will help you create your best

possible work, whether you're looking to be published or simply wish to craft beautiful poems for friends.

PMP® Certification Prep 1

Begin a well-paying career as a project manager by preparing to take—and pass—the PMP certification exam.

PMP® Certification Prep 2

Prepare to take—and pass—the Project Management Institute's PMP certification exam.

Practical Ideas for the Adult ESL/EFL Classroom

Learn ESL teaching strategies for fostering a more successful learning environment for your adult ESL/EFL students, as well as how to create activities that build a bridge from the classroom to the real world.

Praxis I Preparation

Develop the knowledge and skills you need to pass the Praxis I Exam as you review and prepare for everything the test includes.

Prepare for the GED® Language Arts, Writing Test

Obtain the skills and knowledge to successfully prepare for the GED Language Arts, Writing test.

Prepare for the GED® Math Test

Master the skills you'll need to successfully pass Test 5 in the GED test series.

Prepare for the GED® Test

Want to pass the GED test? This course will help you develop the skills you'll need to succeed.

Professional Sales Skills

Discover how to begin a successful and rewarding career in sales.

Project Management Applications

Experienced project manager teaches you tricks of the project management trade.

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

Protect Your Money, Credit, and Identity

Learn how to guard against scam artists, identity thieves, predatory lenders, and abusive debt collectors.

Purchasing Fundamentals

Improve your company's bottom line by mastering the fundamentals of purchasing.

QuickBooks 2011 for Contractors

Learn to use QuickBooks 2011 in your construction contracting business to manage

invoicing and costs, keep on top of time tracking, generate powerful reports, and maximize efficiencies.

Ready Math

Ready MATH is the most advanced system for learning math and test preparation. This online program targets your math knowledge gaps with individualized instruction and teaches you just what you need to know.

Ready, Set, Read!

A learning specialist shows you how to raise a successful reader and writer.

Real Estate Investing

Build and protect your wealth by investing in real estate.

Real Estate Investing II: Financing Your Property

Discover the tools professional investors use to crunch numbers and analyze potential deals, and learn how to make better decisions with sophisticated, yet easy-to-use worksheets for doing your own financial analysis.

Real Estate Law

Learn the basics of real estate law, including investing, title searching, and mortgages.

Research Methods for Writers

Learn the most efficient and effective methods to conduct research for any writing project.

Response to Intervention: Reading Strategies That Work

Learn response to intervention (RTI) strategies that ensure the struggling readers in your classroom get the help and education they need.

Resume Writing Workshop

Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.

SAT/ACT Preparation - Part 1

Master the reading, writing, English, and science questions on the ACT and new SAT.

SAT/ACT Preparation - Part 2

Master the math questions on the ACT and new SAT.

Secrets of Better Photography

Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations.

Secrets of the Caterer

Learn cooking and business secrets from a professional caterer.

Singapore Math Strategies: Advanced Model Drawing for Grades 6-9

Master model drawing, a revolutionary technique for teaching middle school math students how to triumph over word problems and learn to love math.

Singapore Math Strategies: Model Drawing for Grades 1-6

In this professional development course for teachers, you'll get the training you need to start teaching model drawing, the powerful Singapore Math strategy that gives word problems a visual context.

Singapore Math: Number Sense and Computational Strategies

In this teacher training course, you'll learn Singapore's innovative and practical strategies for solving addition, subtraction, multiplication, and division problems.

Six Sigma: Total Quality Applications

Learn to apply the elements and methods of Six Sigma to achieve the highest possible quality.

Skills for Making Great Decisions

Learn how to make excellent everyday decisions from an experienced counselor and life coach.

Small Business Marketing on a Shoestring

Discover small business marketing strategies that can help you attract attention, woo your target audience, grow your customer base, and expand your profits—all for little or no money.

Solving Classroom Discipline Problems

Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline.

Solving Classroom Discipline Problems II

In this professional development course, you'll get the teacher training you need to deal effectively with serious discipline problems and help even the most challenging students you're teaching make more responsible choices.

Spanish for Law Enforcement

Master the fundamentals of the Spanish language by practicing basic conversational skills and learning essential Spanish terminology for law enforcement situations.

Spanish for Medical Professionals

Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

Spanish in the Classroom

Learn the essential Spanish for teachers so you can communicate effectively with your

Spanish-speaking students and parents.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Speed Spanish II

Follow-up to our popular *Speed Spanish* course. Several new recipes help you continue building fluency.

Speed Spanish III

Master your ability to speak, understand, and read Spanish by taking the final installment in our unique three-part *Speed Spanish* learning series.

Start a Pet Sitting Business

Discover how to translate your love of animals into a fun and profitable career.

Start and Operate Your Own Home-Based Business

An experienced entrepreneur teaches you how to develop the motivation, discipline, and creativity to quit your job and be your own boss.

Start Your Own Arts and Crafts Business

Learn how to start your own arts and crafts business from a professional artist.

Start Your Own Edible Garden

Learn how to grow delicious, nutritious fruit and vegetables in your own backyard.

Start Your Own Gift Basket Business

Express your creativity in a fun and profitable way, by starting a home-based business as a gift basket designer.

Start Your Own Small Business

Stop dreaming and learn how to start your own successful small business.

Starting a Consulting Practice

Find out how you can earn income by sharing your training or knowledge with others.

Starting a Nonprofit

Industry veteran shows you how to take a nonprofit business from vision to reality.

Stocks, Bonds, and Investing: Oh, My!

Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.

Supply Chain Management Fundamentals

Master the fundamentals of supply chain management and prepare for internationally recognized certification examinations.

Survival Kit for New Teachers

Veteran instructor shares the secrets for success in your first years of teaching.

Teaching Adult Learners

Learn new methods for teaching and motivating adult learners in today's student-centered classroom.

Teaching ESL/EFL Grammar

Learn new methods for teaching English grammar that will both engage and challenge ESL/EFL students.

Teaching ESL/EFL Reading

Discover practical techniques and methods for teaching reading in any ESL or EFL environment that will help you become a more confident and effective reading teacher.

Teaching ESL/EFL Vocabulary

Discover what makes a well-balanced vocabulary course when you're teaching ESL and how to plan one that truly meets your students' needs.

Teaching Math: Grades 4-6

Reinvent math instruction for grades 4–6 by bringing hands-on learning, inexpensive manipulatives, and real-world connections into your classroom.

Teaching Preschool:**A Year of Inspiring Lessons**

In this course on teaching preschoolers, you'll learn how to come up with creative and balanced preschool lesson plans for every month of the school year.

Teaching Science: Grades 4-6

Increase your effectiveness as a science teacher for children in fourth through sixth grades.

Teaching Smarter With SMART Boards

Master the use of SMART Board and SMART Notebook technology so you can create powerful interactive lessons that capture your students' attention.

Teaching Students With ADHD

Learn practical strategies for helping children with attention deficit hyperactivity disorder (ADHD) succeed in school.

Teaching Students With Autism: Strategies for Success

Help your students with high-functioning autism and Asperger's Syndrome unlock their potential in the classroom.

Teaching Students With Learning Disabilities

Learn how to successfully meet the diverse needs of students with learning disabilities in

your classroom.

Teaching Writing: Grades 4-6

In this teacher-training course, you'll learn from an experienced educator how to motivate and assist developing writers.

The Analysis and Valuation of Stocks

Discover valuable techniques that show you step-by-step how to research and value stocks.

The Classroom Computer

Learn how to use the classroom computer to increase learning and motivate students.

The Craft of Magazine Writing

If you're a determined new writer, this class will provide you with the skills you need to get published.

The Creative Classroom

Enrich your teaching talents and encourage your students' creative thinking as you learn to turn your classroom into a creative classroom.

The Differentiated Instruction and Response to Intervention Connection

Learn how to combine two powerful educational approaches—Differentiated Instruction and Response to Intervention—so you can enable every student in your classroom to succeed.

The Keys to Effective Editing

If you aspire to be an editor, this course will teach you the fundamentals of top-notch editing for both fiction and nonfiction.

Total Quality Fundamentals

Learn the basics of total quality management.

Travel Photography for the Digital Photographer

Learn the tricks and techniques digital photographers need to capture scenes from around the world and bring them home.

Travel Writing

Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books.

Twelve Steps to a Successful Job Search

World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy.

Understanding Adolescents

Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop, and how you can best meet their needs.

Understanding the Human Resources Function

Learn to handle basic human resource functions to ensure the best possible results.

Using the Internet in the Classroom

Discover how you can use the Internet to make teaching easier for you and more relevant to your students.

Web 2.0: Blogs, Wikis, and Podcasts

In this course, you'll join the Web 2.0 world as you learn how to create and maintain your own blog, wiki, and podcast.

What's New In Microsoft Office 2007

Learn the most important new features of Microsoft Office Word, Excel, PowerPoint, and Access 2007, including the totally new Ribbon and tab user interface that replaces menus and toolbars from earlier versions.

What's New in Microsoft Office 2010

Get up to speed on MS Office 2010 and learn how to use the new features of Word, Excel, PowerPoint, and Access.

Where Does All My Money Go?

Learn how to get control of your money once and for all.

Wireless Networking

Industry expert shows you how wireless networking works, as well as how to plan, deploy, and connect to wireless networks.

Workers' Compensation

Gain essential skills and a solid understanding of one of the fastest-growing areas in law.

Wow, What a Great Event!

Looking for a fun new career coordinating special events? Learn proven techniques from a master event planner.

Write and Publish Your Nonfiction Book

Become a professional author or advance your career by learning to write, edit, and publish nonfiction books of all types.

Write Fiction Like a Pro

A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story.

Write Your Life Story

Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others.

Writerific 2:**Advanced Creativity Training for Writers**

This advanced writing course will increase your creativity—whether you're writing for personal

satisfaction or to launch a career.

Writerific: Creativity Training for Writers

Banish writer's block forever with these tricks from the published writer's toolbox.

Writing and Selling Self-Help Books

Learn how to position your self-help book for success, write a persuasive proposal for agents and publishers, and use storytelling techniques to make your message compelling.

Writing Effective Grant Proposals

Learn to prepare grant proposals that get solid results for your favorite organization or charity.

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Writing for Children

Published children's author shows you how to touch the hearts of children by creating books for them.

Writing for ESL

Learn how to write in English more effectively to succeed in college and at work.

Writing Young Adult Fiction

Develop your own young adult novel and learn how to break into one of today's hottest publishing markets.

**For additional
online courses**

and course
information visit:

www.fallsrec.org

There are over
250 online
courses to
choose from.



Menomonee Falls SENIOR CENTER

- Our programs are open to all residents and non-residents ages 55+
- Programs consist of a variety of services and activities in such areas as education, creative arts, recreation, health and nutrition, leisure, and entertainment.
- The center includes media information for seniors, pool table, card playing lounge and a lending library stocked by the older adults.
- The Community Center's facilities and parking lot are handicap accessible.



SENIOR CENTER MISSION STATEMENT

To advocate for and enhance the opportunities of senior citizens to ensure their dignity and respect in the community.

Nutrition Site–Lunch Program

Community Center
Monday – Friday, Lunch served at Noon

All older adults 60+ are welcome to enjoy a delicious lunch at the nutrition site. Registration for the meal is REQUIRED one day in advance. Reserve in person or by phone at (262) 251-3406 between 9:30 a.m. and 12:30 p.m. You are encouraged to make a donation based on what you can afford – suggested amount of \$4.00. A menu is available at the nutrition site. The nutrition site is sponsored by the Aging & Disability Resource Center of Waukesha County.



Menomonee Falls Senior Center

OPEN MONDAY - FRIDAY, 8:00AM - 4:30PM

The Senior Center will be closed September 3, November 22 & 23.



For more information on Adults 55+ programs, call Louise Schmidt, Senior Coordinator at (262) 255-8469 Monday–Thurs 8:00 a.m. – 4:00 p.m.

Bus Service

Ages 60 and over and adults with developmental disabilities
Sunday – Friday



\$2 each way for local trips. Rides are available for medical appointments, shopping, County Meal site, recreation activities, etc.

1st Thursday only

Rides will be provided to and from Brookfield Square. Pick-up begins at 9:30 a.m., with arrival at Brookfield Square about 11:00 a.m. Pick-up at Brookfield Square will be at 1:00 p.m.

Every Monday

Every Monday the bus takes passengers to Mequon Rd. in Germantown from 9:00 a.m. to 1:30 p.m.

For more information or to make a reservation, please call Johnson Bus Co. at (262) 251-4230, Monday – Friday. Ride requests must be made at least one day in advance.

Eirenicon Club 55+

Eirenicon Club meetings include entertainment or guest speakers, refreshments, cards, bingo and socializing. A

Christmas party, anniversary party and an annual picnic are open to members only. For more information, please contact Louise at 255-8469. Dues include a bi-monthly newsletter. Sign up is also available at the meetings.



1st & 3rd Wed. of the Month
1:00 PM Community Center Rm 102
\$14 per year



Sing Along 55+

Anyone who likes to sing is welcome. A good voice is not required!

1st & 3rd Wed. of the Month at 10:30 AM
Community Center Rm 106

FREE

Warm Up America

Do you like to knit and crochet? With your help we can help those in need. Use your time and talent to create 7" x 9" rectangles in the comfort of your home. Yarn is available at the Senior Center if needed.

You can drop off your completed rectangles at the Community Center Monday – Friday, 8 a.m. to 4:30 p.m. If you would like to help assemble the squares into afghans, you can join our friendly group on Tuesdays between 9:30 - 11:00 AM.

Yarn Needed

The Menomonee Falls Senior Center is in need of yarn for the "Warm Up America" project. If you have any yarn you wish to donate, please drop it off at the Community Center, Monday–Friday, 8 AM–4:30 PM.

Older Adults 55+

Low/No Vision Support Group

Ages 18+

Join our friendly fun group for those with impaired vision. Learn new things, listen to speakers, and make new friends with others who understand your concerns.

M 10:00 AM – 11:30 AM
9/10, 10/8, 11/12 & 12/10
Community Center Rm 106

FREE

Hearing Loss and Hearing Aid Myths

Ages 18+

There are many common myths regarding hearing loss and hearing aids. Learn the truth! Refreshments will be provided. For more information, please call 262-502-3570.

Wednesday, September 12
12:30 PM
Community Center Rm 123

Presented by: Dr. John Mortensen

FREE, but you must pre-register by calling 262-255-8460.

Halloween Lunch & Bingo at The Gables of Germantown

Ages 55+

What's better than a Halloween themed luncheon? Lunch and BINGO! Transportation will be provided by The Gables for the first 14 people to sign up. All others can drive to the Gables themselves.

Wednesday, October 24 - Noon
Fee: \$5 - To be paid at The Gables



Toe Nail Trimmers

Ages 55+

We have registered nurses who are specially trained to trim nails. No soaking of feet is needed. **Registration is required by calling (262) 719-0336.**

Wednesdays
9:00 AM – 3:30 PM
Community Center Rm 106
\$26 each visit
Make check payable to Toe Nail Trimmers



Wii Bowling

Ages 55+



Enjoy the latest craze in video games. Wii bowling by Nintendo is played with a motion sensing remote on a TV screen. No heavy bowling balls to throw, but

all the fun and exercise of the game. Grab a friend and stop in to play.

M 10:00 AM – 11:30 AM
9/17, 10/1, 10/15, 11/5, 11/19, 12/3 & 12/17
Community Center Rm 106

FREE

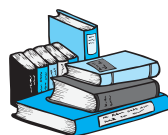
Books Are Us

Ages 18+

Join our special group of booklovers. Everyone gets to give their thoughts and point of view. Discussions are lively and thought provoking. For the current book selection or additional information, call Mary Jo at (262) 251-8917.

W 1:00 PM – 2:30 PM
Book Lover 9/26, 10/24, 11/28 & 12/19
The Classics 9/12, 10/10, 11/14 & 12/12
Community Center Rm 106

FREE



770047

Get Acquainted with Modern Technology **NEW!**

Ages 50+

Would you like to keep in touch with friends and loved ones through texting, emailing or the internet - but don't know where to begin? Get acquainted with the computer, cell phone and tablet so you can decide which device is best for your needs. We will walk you through how to get started and how each device is used to communicate with others.

9/12 W 10:00 AM - 11:30 AM
Community Center Rm 102A
Coreen Thraves
R \$12 NR \$14 1 class



770048

Internet Basics **NEW!**

Ages 50+

Learn how the internet can enrich your life by putting information at your fingertips. Find out how the internet works on a variety of devices while learning what a browser is, how to use a search engine, and how to surf the web. **A knowledge of computers and the ability to use them is needed to participate in this class.**

9/17-9/19 M W 10:00 AM - 11:30 AM
Community Center Rm 123
Coreen Thraves
R \$24 NR \$29 2 classes

770046

Introduction to Email **NEW!**

Ages 50+

It's easier than you think to keep in touch with friends and family using your computer or other mobile device. You will learn how to set up an account, open an email, and send a personalized email that can even include pictures and links. Email basics, etiquette and safety will also be covered. **A knowledge of computers and the ability to use them is needed to participate in this class.**

9/24-9/26 M & W 10:00 AM - 11:30 AM
Community Center Rm 106
Coreen Thraves
R \$24 NR \$29 2 classes



Free Passes to Athletic Events

Adults 60+

Passes are available to adults, ages 60+, for free admittance to any M.F. School District home athletic event, excluding conference, regional or sectional events. Passes can be picked up at the High School Athletic Office, Mon-Fri 7:00 am-3:00 pm or at the CE & Rec Dept. Mon-Fri 8:00 am-4:30pm. **FREE**

770049

Introduction to Skype

Ages 50+

Skype allows you to use the internet to actually see and hear the people with whom you are communicating. Visit with your friends and loved ones across the street or across the country. Watch your grandchildren grow, and even read them a story. Learn what equipment you need to start using Skype today. *A knowledge of computers and the ability to use them is needed to participate in this class.*

10/1-10/3 M & W 10:00 AM - 11:30 AM
Community Center Rm 123
Coreen Thraves
R \$24 NR \$29 2 classes

790016

Wake Up - Work Out

Ages 55+

This low impact work out is a great way to keep your body limber and in good health. We will exercise to maintain flexibility and muscle tone. Grab a friend and join today.

A: 9/11-12/18 T 8:30 AM - 9:30 AM
No class Oct 23 & Nov 20

B: 9/13-12/20 TH 8:30 AM - 9:30 AM
No class Oct 25 & Nov 22

Community Center LL Rm 4
Dawn Farra
R \$46 NR \$55 13 classes

790063

Tai Chi For Beginners

Age 18+

Learn the basic traditional form and principles of Tai Chi. With simple, gentle, slow movements we will work toward creating enhanced mental and physical relaxation, deeper breathing, stronger posture and enhanced muscle mass. This truly is a complete body exercise.

A: 9/11-10/23 T 11:30 AM - 12:30 PM
B: 10/30-12/18 T 11:30 AM - 12:30 PM
No class Nov 20

Community Center LL Rm 4
Virginia Mathias
R \$35 NR \$42 7 classes

790077

Tai Chi - Plus

Ages 18+

Designed for students who have taken Tai Chi for Beginners and are ready to move forward with greater challenges. We recommend two previous beginners classes prior to taking this class.

A: 9/11-10/23 T 1:00 PM - 2:00 PM
B: 10/30-12/18 T 1:00 PM - 2:00 PM
No class Nov 20

Community Center LL Rm 4
Virginia Mathias
R \$35 NR \$42 7 classes

770045

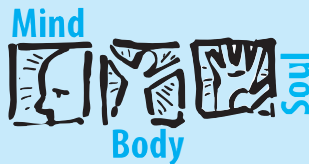
Chicago: The Polish & German City

Ages 55+

Did you know that Chicago has the second largest Polish population in the world? We will be headed there in our coach bus to learn the fascinating history of the Polish people who came to America in the 1800's



Senior Enrichment Fair



**Thursday,
October 25
8:30 - 3:00 pm**

- Demonstrations
- Vendors
- Classes
- Door Prizes & Fun!

770030

Senior Enrichment Fair: Nourish your Mind, Body & Soul

Ages 55+

Join us for a day of learning and fun when we take over the Community Center (This is BIG!) **Fee includes lunch if you register by October 13th.**

8:30 - 9:00 Registration & Continental Breakfast
9:00 - 10:00 Enrichment Activities
10:00 - 12:00 Vendors & Door Prizes
12:00 - 1:00 Lunch
1:00 - 2:00 Enrichment Activities
2:00 - 3:00 BINGO

10/25 TH 8:30 AM - 3:00 PM
Community Center

Cost \$5

**Must register in person
and choose specific enrichments classes.**

**ONLY
\$5.00**

*which includes lunch
if you register by
October 13th*

Older Adults 55+

to build a better life. We will also hear success stories of German immigrants and skilled craftsmen. Join us as we explore their churches, colorful shops and bakeries. Lunch will include a Polish buffet. Please bring a small personal cooler. Large coolers will be provided for larger purchases. *Please Note! This trip will require participants to enter and exit the bus 6 times and navigate some stairs.*

10/18 TH 6:50 AM - 7:00 PM
Community Center
Louise Schmidt
R \$84 NR \$84

770050

Trip to The Fireside – "Scrooge, The Musical"

Ages 55+

Join us for this merry, sparkling, tuneful, boisterous, big, Broadway musical version of the world's most beloved Christmas story - Dickens' A Christmas Carol. We are headed out in our coach bus for a delicious lunch and this classic tale, including a beautiful and rousing musical score, breathtaking dancing, gorgeous costumes, uproarious comedy, and heart-warming drama - performed by some of the country's finest Broadway and regional performers. A stop at the Jones Sausage retail store is included.

Register by Friday Nov. 19

Tuesday, 12/18
Sign in: 8:30 AM – Bus leaves 8:45 AM
Returns: 5:15 PM
Community Center
R \$85 NR \$85 (22 seats available)

Trip Refund Policy

We understand that plans can change and you may not be able to attend a trip for which you have registered. However, refunds can only be given if we can register someone from our

waiting list to take your place.



Game Time!

at the Menomonee Falls Senior Center

No programs Sept. 3, Nov. 22 & 23

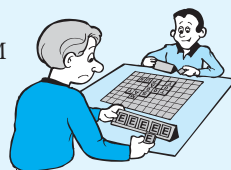


Bridge

Tuesday & Friday 1:00–3:00 PM
All levels welcome.
This is NOT an instructional class.
Tuesday Rm 106, Friday Rm 102A

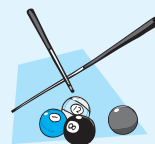
Scrabble

Thursday 1:00–3:30 PM
All levels welcome.
Room 106



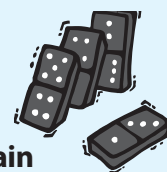
Sheepshead

Monday & Friday 12:00–3:00 PM
This is NOT an instructional class.
Room 106



Pool

Friday 9:15 AM–11:15 AM
All levels welcome.
Room 102A



Mexican Train Dominos

Tuesdays 1:00–3:30 PM
Room 106

770051

Trip to the Fireside– "Hello Dolly"

Ages 55+

Our coach bus is headed to the Fireside for an afternoon of delicious food and an entertaining performance of HELLO DOLLY. America's favorite matchmaker is bringing a carpetbag full of good intentions, clever schemes, hilarious mishaps, and some of Broadway's best-loved songs. Winner of 10 Tony Awards HELLO DOLLY features gorgeous period costumes, high-stepping dances, and delightful twists and turns. A stop at the Jones Sausage retail store is included.



Register by Friday Aug. 24

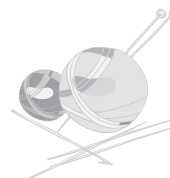
Thursday, 9/13
Sign in 8:30 AM – Bus leaves 8:45 AM
Returns: 5:15 PM
R \$85 NR \$85 (15 seats available)

770005

Knitting

Age 18+

All talent levels are welcome. Learn about the different qualities of yarn, knitting needles, and how to read a pattern. Each participant will choose a personal project to work on during class and will receive help as needed. You will also be taught some useful knitting tricks. Bring size 8 needles and 4-ply yarn if this is your first class.



Tuesday

A: 9/11-10/23 T 9:30 AM - 11:30 AM
B: 10/30-12/18 T 9:30 AM - 11:30 AM
No class Nov 20

Thursday

A: 9/6-10/18 TH 9:30 AM - 11:30 AM
B: 11/1-12/20 TH 9:30 AM - 11:30 AM
No class Nov 22

Wednesday Evening Bi-weekly

9/12-12/5 W 6:30 PM - 8:30 PM

Community Center Rm 106
Shirley Mattson
R \$53 NR \$63 7 classes

820018

Dartball

Ages 18+

Enjoy the fun and laughter as we play the game of Dartball, a baseball game where bases are scored by throwing darts at a board. Both men and women are welcome. Join our league and sharpen your skills while forming new friendships.

9/10-12/17 M 1:00 PM - 3:00 PM
Community Center LL Rm 2
Rec Dept Staff
R \$8 NR \$8 15 classes

970098

Digital Cameras for Beginners

Ages 18+

Do you have a digital camera and are unable to do anything but point and shoot? Bring your camera and manual to class and learn about framing, exposure, flash, usage features, deleting, previewing, resolution and storage cards. You will be all ready for spring and summer picture fun.

11/8-11/15 TH 9:30 AM - 11:30 AM
Community Center Rm 123
John Clancy
R \$20 NR \$24 2 classes

INCLEMENT WEATHER CANCELLATIONS

For information regarding cancellations due to inclement weather, please call our information line: (262) 255-8376

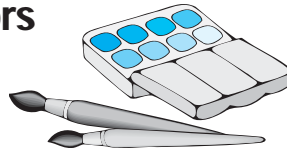


970003

Watercolors

Ages 18+

Beginners and participants of all skill levels are invited to join. Weekly picture themes and basic instruction in watercolor techniques are provided. You are also welcome to create pictures that are uniquely yours. It is never too late to enjoy watercolor painting. Please ask for a supply list when registering.



A: 9/13-11/15 TH 10:00 AM - 11:30 AM
No class Oct 25

B: 9/13-11/15 TH 12:30 PM - 2:00 PM
No class Oct 25

Community Center Rm 106
Sonia Genett
R \$36 NR \$43 9 classes

970099

Drawing Portraits from Photographs

Ages 18+

Anyone can learn the technique of drawing lifelike images from photographs. Once your photo has been duplicated, outlining and shading will be used to create a portrait. Please bring a photo to class. All supplies can be purchased in class for \$5.00.



A: 9/11-10/23 T 9:30 AM - 11:00 AM
R \$21 NR \$25 7 classes

B: 10/30-12/18 T 9:30 AM - 11:00 AM
R \$24 NR \$29 8 classes

Community Center Rm 106
Ray Thornborough

970055

Instructional Bridge

Ages 18+

Ready to move beyond the basics of bridge? This class will give you the opportunity to play with others at your level, practice bidding, and learn new ways to win the game.

9/13-11/8 TH 1:00 PM - 3:00 PM
No class Oct 25

Community Center Rm 123
Betty Randar
R \$16 NR \$20 8 classes



Monthly Jackpot BINGO

Ages 55+

You requested it—you got it! Monthly BINGO is here! Every player puts \$2 into the "kitty". We will play 10 games. May luck be with you! No sign up necessary.

Thursdays 1:15-2:30 PM

9/6, 10/4, 11/1, 12/6

\$2.00 Cash, paid day of game

Community Center Rm 102B

NO REGISTRATION REQUIRED



**FUN!
FUN!
FUN!**



**REGISTER
EARLY**

to avoid disappointment

Older Adults

970107

The Great Crooners NEW! Ages 18+



Sit back, listen and have fun as Dave Tianen, a former music critic for the Journal / Sentinel for 22 years, takes you down memory lane sharing his interviews, stories, and generous amount of videos and music. Additional information and descriptions for these programs are available at the CE & Rec office.

A: Teaching The World to Sing

Artists include: Louis Armstrong and the Birth of Pop and Jazz, The Art of Relaxation with Bing Crosby, and the First Ladies of Song including Billie Holiday, Ella Fitzgerald and Sarah Vaughan.

9/10-9/24 M 11:00 AM - 12:00 PM
3 classes

B: The 2nd Generation

Artists include: His Way with Frank Sinatra, Brothers of Another color – Dean Martin and Sammy Davis Jr., and Building the '50's Songbook including Nat "King" Cole, Perry Como, and Tony Bennett.

10/1-10/15 M 11:00 AM - 12:00 PM
3 classes

C: Rocking the House and Holding the Line

Artists include: The Songbirds of Tinsel Town with Judy Garland, Doris Day and Barbara Streisand, Shifting Gears with Ray Charles, Sam Cooke and Bobby Darin, and Velvet Elvis-The King as a Crooner.

10/22-11/5 M 11:00 AM - 12:00 PM
3 classes

R \$15 NR \$18 Fee is per session.
If registering for all 3 sessions at once:
R \$36 NR \$43
Community Center Rm 102A

Ages 60 & Older

Make A Day Of It & Stay For Lunch!

See page 35 for details about Lunch Program at noon

Community Services

Wisconsin Home Energy Assistance Program (WHEAP)

Do you live in Waukesha County and need home energy assistance? This is an income base benefit. Qualifying applicants will receive a credit toward your entire energy bill.

Registration will be available Monday, November 12, 12:00–3:00 pm in the Community Center. Applicants must provide: Proof of income, Social Security card for every member living in the household, photo ID, a current energy bill, and verification of the previous 3 months of income. If heat is included in your rent, you must bring a rent statement or letter from your landlord confirming that heat is included with rent. Please call 1-800-505-5596 for additional questions and eligibility income levels.

Food Pantry

N85 W15382 Menomonee River Pkwy.



Tuesday & Thursday
12:30 - 2:00 PM &
5:30 - 7:00 PM

For more information, call (262) 251-6848.

The Parent Connection

A support group for parents with special needs children. Please call Stephanie Schneider at (262) 255-9112, for more information.

Menomonee Falls Fire Dept.

The MF Fire Dept. is proud to offer programs and services including: Life File, Senior Safety and Home Inspection. For more information on these and other programs offered by the Dept., please call (262) 532-8823 or visit menomoneefalls.org/fire.

How to Reserve a Park

Call the Menomonee Falls Park Dept. at (262) 532-4200 for Village Parks. Call (262) 255-1310 to reserve at Menomonee Park (Lannon).

MF Public Library

W156 N8446 Pilgrim Rd. (262) 532-8900
Mon – Fri 9:00 AM – 9:00 PM
Saturday 9:00 AM – 5:00 PM

Other Important Numbers

MF Public Library (262) 532-8900
M.F. Village Hall (262) 532-4200
M.F. Chamber of Commerce (262) 251-2430

Volunteers in Community Education (VoICE)



VoICE is a central source for volunteerism in Menomonee Falls. We connect individuals and groups with meaningful opportunities that benefit the schools and community. If you have a need for a volunteer, or would like to be a volunteer and make a difference, please contact Louise Schmidt (262) 255-8490, or email Louise at schmlou@sdmfschools.org.

Upcoming Village Events

M.F. Safety Fair & Silent Auction

Saturday, September 8; 10:00 AM to 3:00 PM MFHS Gym; Come and meet your local firefighters, dispatchers and police officers. There will be police and fire displays, games for the kids, demonstrations and lots of opportunities to learn how to keep yourself and your family safe.

Cherry Cherry Fair

Sunday, September 23; 9:00 AM to 4:00 PM; M.F. Village Park; One of the Midwest's largest Arts and Crafts fairs.

M.F. Neighborhood Watch Annual Silent Auction

Saturday, September 8, 10:00 PM to 4:00 PM M.F. High School Gym; Come bid on a wide variety of items, gift certificates and services donated by businesses and patrons in the Milwaukee area. For more information, or if you would like to donate an auction item, please call Bill Schmitz at (262) 703-0389.

Old Falls Village Events

Artist Ride Sept. 12-16; Halloween Family Fun Nights Oct. 26-27; Silver Tea Dec. 2; www.oldfallsvillage.com.

A Community Affair

Saturday, October 20; 9:00 AM to 4:30 PM M.F. High School Gym; Admission is \$4.00; Indoor arts, crafts, antiques and collectible show will feature 90 juried exhibitors featuring today's trends and timeless treasures. Homemade luncheon, snack bar, silent auction, Pastries n' More, and cash and bucket raffles. All proceeds benefit local and greater metro charities, scholarships, and civic projects. See www.communityleague.com; cleague@communityleague.com or our Hotline at 414-581-0352.

Affiliates

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

Accompany of Kids

262-251-5225

aokwi.org

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

Art Guild of M.F.

414-719-6613

artguildmf@yahoo.com

artguildmf.org

Our focus is to provide art lovers and local artists of all ages living in & around MF with opportunities & resources for networking, exhibitions, and artistic development. Meetings are held at the MF Library.

Center Stage Pom/Dance

Stephanie Gasper 262-293-6583

centerstagedanceteams.com

centerstagedanceteams@gmail.com

Open to youth ages 3 years through 6th grade, children will be taught pom/dance routines, technique, dance skills, hip-hop routines, sportsmanship and showmanship. Teams perform in local parades, and select school events.

MF Angels

FallsAngels.com

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

MF Jr. Indian Baseball

eteamz.com/mfjibaseball

A select youth baseball program for boys, ages 9-14, who reside in the M.F. school district. Teams play in the Wisconsin State Youth Baseball League.

MF Camera Club

Bill Rietz 262-251-7106

falls-photo.org

Adults 18+ can attend meetings consisting of programs by professional photographers, field trips, photo competitions and workshops. Meet and associate with others who have an interest in photography.

MF Dolphinettes

Linda Loehndorf

loehndorf@charter.net

262-623-6100

mfdsynchroswim.org

The Olympic Sport of synchronized swimming open to girls ages 8-18, and will teach swim routines to music. Competition and participation in the annual water show is open to all members.

MF Jr. Indian Basketball

Greg Barczak

262-252-4675

mfyba.com

Open to boys & girls, grades 3-8, this basketball program is dedicated to fun, skill development and sportsmanship. Competitive select leagues are also offered with tryouts required.

MF Jr. Indian Football/

Cheerleading

eteamz.com/MFJrIndiansFootball

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

MF Little League Baseball/Softball

fallslittleleague.org

A developmental softball and baseball league open to MF resident children ages 4 - 18.

Registration takes place in January, with the season running through the end of June and an in-house tournament in July.

MF Jr. Indian Wrestling

Tom Daly

262-781-7258

fallswrestling.com

Open to youth K-8 with the goals of teaching the fundamentals of wrestling, providing competition and teaching good sportsmanship. Season runs December thru March with registration in late October.

MF Patio Players

Box Office

262-255-8372

fallspatioplayers@yahoo.com

fallspatioplayers.com

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

MF Swim Club

mfwswim.org

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

MF Soccer Club

Rhonda Terry

262-227-6339

mfsc.org

Open to boys and girls aged 6-16, the MF Soccer Club offers a great opportunity for kids to compete in multiple levels of team soccer.

Community Blood Drive

**Monday, November 12
3:00 – 7:00 PM**

Menomonee Falls Community Center
Room 102 A & B

Menomonee Falls Community Education & Recreation is hosting a blood drive with the BloodCenter of Wisconsin. It is important that we maintain an ample blood supply in our community, and that can be done with BloodCenter of Wisconsin, as they supply 100% of the blood to every community hospital in the area. The blood you donate will save lives right here in your community. Patients are counting on receiving blood to help survive or heal. Let's all participate and make this blood drive a success for all of us! If you haven't donated blood in the past, please consider doing so. You will be doing more than you know!

To donate blood, you must be:

- In good health
- At least 17 years old (16-year-olds may donate with parental consent)
- Weigh at least 110 lbs.
- Please bring a photo ID at the time of donation.

Visit www.bcw.edu/fallsrec
to schedule an appointment.



REGISTRATION FORM FORM IS FOR ONE HOUSEHOLD ONLY!

Check box if any information has changed

Last/First Name of adult, parent or legal guardian

Birthdate of adult, parent or legal guardian



Address of enrollee(s) City Zip

Phone Numbers:

Day ()

Mobile ()

Evening ()

E-mail Address

(To receive immediate confirmation, you must include your e-mail address)

Attend Menomonee Falls Public Schools Yes No

Employed by the Menomonee Falls School District Yes No

Participants Name First / Last	M/F	Birth Date	Age	Grade	T-Shirt Size (mandatory)	Course Name	Course #	Date, Day & Time of Class	Program Fee
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				
Alternative (second choice)					Circle: Youth S M L Adult S M L XL				

ADULT SIGNATURE REQUIRED!

I hereby understand that I/or my child has registered to participate in a program sponsored by the Menomonee Falls Community Education & Recreation Dept. I understand that participating in this activity has some inherent risk and I assume full responsibility for injuries incurred while participating in this program. I understand that photos may be taken of myself or my child and used for promotional purposes.

*PLEASE NOTIFY US IF YOU or YOUR CHILD HAS ANY SPECIAL MEDICAL CONDITIONS OR NEEDS

Total Fee
Credit
Total Amount

ADULT SIGNATURE

Please make checks payable to: MF CE & Rec

MAIL TO: W152 N8645 Margaret Rd. Menomonee Falls, WI 53051

Please feel free to call us at (262) 255-8460 for assistance.

Date

Credit Card (circle) Visa Exp. Date /

Card Holder Name

Signature X

Thanks!



PLEASE READ BEFORE REGISTERING FOR ANY PROGRAM OR ACTIVITY

RETURNED CHECK POLICY

A \$30 service charge is assessed on all checks returned due to insufficient funds.

RESIDENTS/NONRESIDENTS

Residents: A resident is defined as a taxpayer or a dependent of a taxpayer that resides in the Village of Menomonee Falls (this includes renters). Children who do not live in Menomonee Falls but attend a public school within the School District of Menomonee Falls are considered residents, but their parents are considered nonresidents. **Nonresidents:** A nonresident is defined as a person who does not live within the Village of Menomonee Falls. Nonresidents who register using false information will forfeit their right to participate and no refund will be given.

AGE MINIMUM

Participants registered for any class must meet the minimum age requirement prior to or on the first day the class begins. Please do not request to have your child put in a class where they do not belong. The ages are set to ensure the safety and benefit of the participants as well as the program leaders.

FEE POLICY

Program fees are assessed in order to defray the cost of program operation. The CE & Rec Dept. believes in providing program services to all who desire to participate in recreation activities. Financial assistance is available to Menomonee Falls residents through employment, scholarships or volunteerism by contacting the Director at 262-255-8460.

- A 5% sales tax is included in the fee on all non-instructional programs.
- Program fees are not prorated.

SWIM LESSON TRANSFER/ CANCELATION POLICY

Please check with your child's instructor, or wait until your child has completed their current swim level before registering

100% Program Satisfaction

Guarantee!

The CE&Rec team is constantly striving to provide you with high quality recreation activities, events and programs. We are confident that you will like these programs - so confident that we will ensure our promise to provide that high quality. If you or your child are participating in a program, and you are not completely satisfied, please notify us. We will send you a refund application to complete. Once we have received your completed application, we will then arrange for you to do one of the following:

- Repeat the class at no charge
- Credit your account to be used on a future registration.
- Receive a refund

Requests must be made on the provided application within 10 business days after the program has been completed. **Exclusions to this policy include Adult and Youth Athletic Leagues, Club Sports, Trips, and the Kids INC program.**

for the next session of swim. In the event you register for an incorrect level, **a \$10 fee will be charged for any transfers or cancellations.**

WAITING LIST

Any participant who desires to enroll in a class that is full may place their name on the waiting list. There are no guarantees for placement. The waiting list is compiled on a first come first serve basis.

CANCELATIONS

When the School District cancels due to weather conditions, all CE & Rec activities will also be canceled. Cancellations due to inclement weather will be announced on our website and our Program Information Line at 262-255-8376. Participants will be notified by email, in writing or by phone of any cancellations caused by instructor or facility changes. **NOTICE: Every effort will be made to reschedule classes canceled due to inclement weather. However, if classes cannot be rescheduled, no refunds will be given.**

INSURANCE POLICY

The CE & Rec Dept. does not provide accident insurance for participants in any of its programs. All participants assume some inherent risk of injury from their

involvement in the programs or activities outlined in this brochure.

MEDICAL CONDITIONS

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

NO SMOKING/ ALCOHOL USE POLICY

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

SENIOR DISCOUNT



Adults 60 years and older are entitled to approximately a 20% discount on selected programs. The senior discount does not apply to all programs. Programs designated for individuals 55+ are already discounted. Please present proof of age when registering. For information about senior discounts, please call 262-255-8460.

Register online at fallsrec.org



W152 N8645 Margaret Road
Menomonee Falls, WI 53051

100% program satisfaction
Guaranteed!

Non-Profit Org.
U.S. Postage

PAID

Menomonee Falls, WI
Permit #31

ECRWSS
RESIDENTIAL CUSTOMER

NEW Classes This Fall!



- ▶ Circuit Interval Training
- ▶ Cardio Kick Boot Camp
- ▶ Morning Pilates
- ▶ Painting on Glass
- ▶ Intro to MS Excel 2010
- ▶ Advanced MS Excel 2010
- ▶ Photo Editing PicMonkey
- ▶ School of Food
- ▶ Lil Bobbers
- ▶ Electric Blues Ensemble
- ▶ Trip to the Nutcracker
- ▶ Boosting Your Child's Immunity
- ▶ Food Allergies & the Aware Parent
- ▶ Home Remedies for the Family
- ▶ Personal Touch
- ▶ Junior Jazzercise
- ▶ Reactions in Action Camp
- ▶ Dragons Mixed Martial Arts
- ▶ Nutrition and Healthy Bodies
- ▶ Weight Loss Challenge
- ▶ Senior Trip – *Hello Dolly*
- ▶ Senior Trip – *Chicago*
- ▶ Senior Trip – *Scrooge*
- ▶ Introduction to SKYPE
- ▶ Learning the Internet
- ▶ Intro to Computers/Electronic Devices
- ▶ Introduction to Email
- ▶ Jr. Volleyball
- ▶ Volleyball Sport Conditioning

fallsrec.org