

SCHOOL DISTRICT OF MENOMONEE FALLS

CE&Rec

Community Education & Recreation

Summer 2013
Activity Guide



fallsrec.org

W152 N8645 Margaret Rd. Menomonee Falls, WI 53051
(262) 255-8460



SCHOOL DISTRICT OF MENOMONEE FALLS

Summer School

See page 25-34 for Summer School Course listing and registration information.

Welcome!



A Message From The Superintendent

Summer 2013 will be amazing!

We have 13 new summer school courses for students to consider. Your high school students won't want to miss the College Campus Tours, the AP Prep Classes, and the classes focused on building leadership skills. Our Middle School Students will get a preview of our Business Academy, be able to learn

Sign Language, and work with a former meteorologist on a class studying the science behind the weather. The elementary science themes will feature edible plants, the sun and thunderstorms. This summer slate of offerings will fill fast!

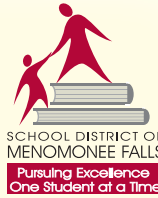
Our Community Education and Recreation Department is also featuring some exciting new additions. Beginning Angling, Summer Tennis, Mad Science Mysteries and a Science Technology Engineering & Math (STEM) Summer Sampler Week. We are so pleased to continue to provide the quality of service to our community while we are reaching our community members from toddlers to senior citizens.

Our Community Education and Recreation Department demonstrates the Tradition of Excellence of the School District of Menomonee Falls, serving the community since 1947. The mission of Community Education and Recreation comes to life as we enhance the quality of life by providing recreational, educational, and social opportunities in partnership with our schools and our community's organizations.

The 2013 summer offerings are particularly strong. This summer students at all levels will have access to more enrichment, support and credit classes.

I want to thank the team who worked so closely together to advance this summer's offerings. It is a great way to extend the learning opportunities for all students and reach out to all of the members of our community.

Patricia Fagan Greco, Ph.D.
Superintendent of Schools



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 March 29-April 5,
May 27 and July 4.

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.

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

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.

2

Register at fallsrec.org

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



Summer 2013

Aquatics	4
Kids INC	8
Preschool	10
Youth	12
Teen Center	16
Summer School	25
Adult Mind, Body & Spirit	34
Adult Sports	37
Ed 2 Go	41
Older Adults 55+	44
Community Services	48
Affiliates	49

WHEN TO REGISTER

RESIDENT

Registration Begins

Monday, April 15

Online / Mail /
Drop Box / Fax

OPEN/NON-RESIDENT

Registration Begins

Friday, April 19

Walk In / Online / Mail /
Drop Box / Fax

Registration begins at
12:01a.m.

We are a proud member of:



Visit our Web Site and Register Online at

www.fallsrec.org

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

Register at fallsrec.org



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.

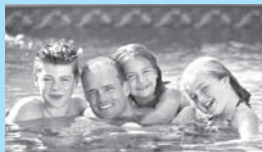
Pool Closings

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.



Summer Swim Pass

Valid June 17 – August 31

Closed July 4

	Resident	NonRes
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.



Spring Open Swim Hours

April 8 – June 15

Closed 3/29–4/6, 5/24–5/27

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
Tuesday & Thursday 3:45–5:00 PM
Saturday 12–1 PM

Summer Open Swim Hours

June 17 – August 10

Closed 7/3 after 3 PM and on 7/4.

Open/Family Swim

Monday – Saturday 1–3 PM
Monday and Friday 7–9 PM

Adult Lap Swim*

Monday–Saturday 12:00 to 1:00 PM
Monday–Friday 4:00 to 4:45 PM

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

High School Pool Open Swim

August 12–31

Watch for additional information regarding Open and Lap Swim hours at the High School at fallsrec.org.

JULY:

Celebrate National Parks & Recreation Month!



Wacky Water Day | Tuesday, July 9 from 1:00 - 3:00 p.m.

Join the staff for crazy games, exciting relays, and fabulous prizes. Contests will take place periodically throughout Open Swim. Regular admission fees or pass apply.

Free Pool Admission | Week of July 15

Free pool admission at any open swim session when you show your participation certificate from the "Chalk It Up" contest held at North Middle School on July 10. (See page 22 for details).

Surfin' Safari | Friday, July 19 from 7:00 - 9:00 p.m.

Rock on with a D.J. providing a mix of music from classic Beach Boys to today's Top 40. Regular admission fees or pass apply.

Weekly Swim Lessons



For more information on Aquatic programs, please email Luther Himself, Aquatic Coordinator at himslut@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

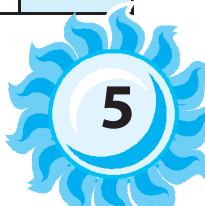
Please check with your child's instructor, or wait until your child has completed their current swim level before registering for the next session of swim. In the event you register for an incorrect level, a \$10 fee will be charged for transfers or cancellations.

NORTH MIDDLE SCHOOL POOL SWIM LESSONS 8-Weeks | Ages 1-18 years

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

Weekly Lessons 8 Classes	Fee: \$39 Resident, \$47 Non-Resident						Fee: \$44 R, \$53 NR			
	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 June 17 – August 5										
3:15 – 3:45 p.m.			•		•	•				
4:45 – 5:15 p.m.			•			•	•			
5:20 – 5:50 p.m.	•			•	•					
5:20 – 6:05 p.m.							•			
5:55 – 6:25 p.m.					•	•				
6:10 – 6:55 p.m.									•	
6:30 – 7:00 p.m.					•		•			
Tuesdays June 18 – August 6										
4:45 – 5:15 p.m.			•			•	•			
5:20 – 5:50 p.m.	•			•	•					
5:20 – 6:05 p.m.							•			
5:55 – 6:25 p.m.					•	•				
6:10 – 6:55 p.m.									•	
6:30 – 7:00 p.m.					•	•	•			
Wednesdays June 12 – August 7 No class July 3										
3:15 – 3:45 p.m.				•		•	•			
4:45 – 5:15 p.m.				•		•	•			
5:20 – 5:50 p.m.		•	•		•					
5:20 – 6:05 p.m.										•
5:55 – 6:25 p.m.					•	•				
6:10 – 6:55 p.m.							•			
6:30 – 7:00 p.m.					•	•	•			
Thursdays June 13 – August 8 No class July 4										
4:45 – 5:15 p.m.				•		•	•			
5:20 – 5:50 p.m.		•	•		•					
5:20 – 6:05 p.m.							•			
5:55 – 6:25 p.m.					•	•				
6:10 – 6:55 p.m.							•			
6:30 – 7:00 p.m.					•	•	•			
Fridays June 14 – August 9 No class July 5										
3:15 – 3:45 p.m.					•	•	•			
4:45 – 5:15 p.m.			•							
5:20 – 5:50 p.m.				•						
5:55 – 6:25 p.m.					•					
6:30 – 7:00 p.m.						•	•			

Saturday classes continued on next page →



American Red Cross Aquatic Programs (Additional Swim Lesson information on pages 7 and 11)

Weekly Lessons 8 classes <i>continued</i>		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
Saturdays June 15 – August 10 No class July 6										
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 a.m.			•		•					
11:30 – 12:00 p.m.					•	•				

Swim 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.



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.

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

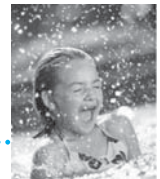
Prerequisite: None

- 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 – Intro/ 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.

Daily Swim Lessons



Daily Lesson classes will be held Monday through Thursday (except for Session II when class will be held on Friday, July 12). If classes need to be cancelled during the week due to lightning, inclement weather, accident or incident, make-up classes will be held on Friday of that week.

Daily Lessons Monday – Thursday, 8 classes		Fee: \$39 Resident, \$47 Non-Resident						Fee: \$44 R, \$53 NR		
Level Course #	P/C1 010007	P/C2 010008	PS 1 040004	PS 2 040005	Level 1 070001	Level 2 100001	Level 3 132001	Level 4 160007	Level 5 190007	Level 6 190002
Session I June 17 – June 27										
9:00 – 9:30 a.m.					•	•	•			
9:35 – 10:05 a.m.	•	•					•			
9:35 – 10:20 a.m.								•		
10:10 – 10:40 a.m.			•			•				
10:25 – 11:10 a.m.								•		
10:45 – 11:15 a.m.					•	•				
11:15 – 12:00 p.m.									•	
11:20 – 11:50 a.m.				•			•			
11:20 – 12:05 p.m.										•
Session II July 1 – July 12 No class July 4 & 5, class will be held Friday, July 12										
9:00 – 9:30 a.m.					•	•	•			
9:35 – 10:05 a.m.	•	•					•			
9:35 – 10:20 a.m.								•		
10:10 – 10:40 a.m.				•		•				
10:25 – 11:10 a.m.								•		
10:45 – 11:15 a.m.					•	•				
11:15 – 12:00 p.m.									•	
11:20 – 11:50 p.m.			•				•			
11:20 – 12:05 p.m.										•
Session III July 15 – July 25										
9:00 – 9:30 a.m.					•	•	•			
9:35 – 10:05 a.m.	•	•					•			
9:35 – 10:20 a.m.								•		
10:10 – 10:40 a.m.				•		•				
10:25 – 11:10 a.m.								•		
10:45 – 11:15 a.m.					•	•				
11:15 – 12:00 p.m.									•	
11:20 – 11:50 a.m.			•				•			
11:20 – 12:05 p.m.										•
Session IV July 29 – August 8										
9:00 – 9:30 a.m.					•	•	•			
9:35 – 10:05 a.m.					•		•			
9:35 – 10:20 a.m.								•		
10:10 – 10:40 a.m.			•			•				
10:25 – 11:10 a.m.								•		
10:45 – 11:15 a.m.					•	•				
11:15 – 12:00 p.m.									•	
11:20 – 11:50 a.m.				•			•			



Kids INC Program Description



FAQS

Frequently Asked Questions

What is School Year Kids INC?

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 are planned throughout the year. The Kids INC program is available every school day before and after school, as well as early release days and days off of school. Refer to page 10 for program options, dates, times and fees.

What is Summer Kids INC Jr. and Kids INC?

Summer Kids INC Jr. is designed for students entering grades 4K and 5K in the fall. The program provides group activities

for children in a safe and supervised environment, and encourages physical, emotional and social growth through play and recreation. Rain or shine activities include indoor and outdoor group games, arts & crafts, board games, sports, special events, quiet time, field trips and socializing.

Summer Kids INC is designed for students entering grades 1–6 in the fall. The program provides group activities for children in a safe, supervised environment. Rain or shine activities include: indoor and outdoor group sports and activities, arts and crafts, games, sports, swimming, field trips and socializing. Refer to page 9 for program options, dates, times and fees.

Are there Forms for Parents to Fill Out?

If completing School Year or Summer Kids INC annual registration online, you will automatically be prompted to complete an emergency contact form, behavior code of conduct acknowledgement, and film viewing permission slip. If registering in person, forms can be downloaded online or picked up at the office. They must be submitted with your annual registration.

Are Field Trips Scheduled?

During Summer Kids INC Jr. and Summer Kids INC a minimum of one field trip per week is scheduled, with the exception of the first week of programs. During the School Year Kids INC program trips are planned throughout the year. Admission fees are included in the cost of the daily Kids INC registration fee. If registering online for a date that includes a field trip you will be asked for your permission during the registration process. If registering with a paper calendar, please indicate your permission on the bottom of the calendar.

Where Can I Find More Detailed Program Information?

Refer to the School Year Kids INC Family Handbook and Summer Kids INC Family Handbook for additional information. Both handbooks are located on the Kids INC page of www.fallsrec.org.





Summer Kids INC

Entering Grades 4K-6

Summer 2013

Summer Program Annual Registration

If your child was enrolled in the School Year Kids INC program, and attended a minimum of 8 options per month, the Summer Kids INC registration fee will be waived if you register your child for the annual registration fee by May 31. If registering online, please use class code SYKID13 and select "Apply Class Code" at the checkout to waive the fee. The annual Summer Registration Fee is \$15 per child.

Weekly or monthly registration is available!

June 17 – August 30

No program July 4

A minimum of 8 days per month is required

Register by 4:30 PM on Wednesday to receive the Early Bird 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.

Which Kids INC Site Will My Child Attend During the Summer?

Grade In Fall	Program	School Attending in Fall	Course #	Where To Register
4K or 5K	Kids INC Jr.	Any	640016	Ben Franklin
1 – 6	Kids INC	Ben Franklin, Valley View, or if sibling will attend KIDS INC Jr. program	640013	Ben Franklin
1 – 6	Kids INC	Riverside, Shady Lane, a parochial school or if child is a non-resident	640014	North Middle School

Daily Fee: A minimum of 8 days per month is required.

Kids INC Jr: Grades 4K & 5K	Kids INC: Grades 1 – 6
6:30 AM – 6:00 PM	6:30 AM – 6:00 PM
<u>Resident Fees</u> \$36 per day Early Bird / or \$41 per day	<u>Resident Fees</u> \$26 per day Early Bird / or \$31 per day
<u>Non-Resident Fees</u> \$44 per day Early Bird / or \$49 per day	<u>Non-Resident Fees</u> \$32 per day Early Bird / or \$37 per day

What if my child is attending Summer School?

Please pay your annual registration and have your child attend the site specified above. On days when your child attends Summer School, they must be registered for Kids INC Wrap Around Care at Ben Franklin. Busing is not available from North to Ben Franklin.



Wrap Around Care

Available June 24-August 1
at Ben Franklin School

Kids INC Summer School Wrap Around Care is available only before and after Summer School programs and students must be enrolled in Summer School to participate. **Care available from 6:30 a.m. – 6:00 p.m.** Summer Kids INC Annual Registration Fee applies. Busing is not available from North to Ben Franklin.

Kids INC Jr: Grades 4K & 5K	Kids INC: Grades 1 – 6
<u>Resident Fees</u> \$33 per day Early Bird / or \$38 per day	<u>Resident Fees</u> \$23 per day Early Bird / or \$28 per day
<u>Non-Resident Fees</u> \$40 per day Early Bird / or \$45 per day	<u>Non-Resident Fees</u> \$28 per day Early Bird / or \$33 per day



School Year Kids INC



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.



Register by August 30 to receive a \$50 class voucher!

If your child is utilizing the program on a regular basis (a minimum of 8 options per month, every month) and you complete your annual registration by August 30, you will receive a voucher good for **\$50 off** select after school programs offered through CE & Rec. Classes include After School Elementary Spanish, Chess, Science, and Drawing. Vouchers will be mailed out in early September.

School Year 2013–2014

An Annual Registration Fee of \$25 per child is required for school year registration and is separate from the Summer annual registration fee. Registration is required prior to registering for individual days. If your child was enrolled in the Summer Kids INC program, and attended a minimum of 8 options per month, *the annual registration fee will be waived if you register your child for the School Year program by July 31*. If registering online enter class code SUMKID13 in the blue box and select "Apply Class Code" at the checkout to waive the fee.

Regular Kids INC Annual Registration

If your child is utilizing the program on a regular basis (a minimum of 8 options per month, every month) complete your annual registration using the course codes below.

Ben Franklin..... 420014 Riverside 420002
Shady Lane 420016 Valley View 420001

Early Release and School Break Days Only Registration

NEW! If your child will only be utilizing the program on Wednesday afternoons and/or days when school is not in session, complete your annual registration using the course codes below.

Ben Franklin.....420026 Riverside420027
Shady Lane420028 Valley View420029

Daily Fee:

Before School 6:30 a.m. – 8:45 a.m.	After School 3:45 p.m. – 6:00 p.m.	Wednesday Early Release 2:30 p.m. – 6:00 p.m.	Full Day* 6:30 a.m. – 6:00 p.m.
\$8 per day Early Bird or \$13 per day	\$9 per day Early Bird or \$14 per day	\$10 per day Early Bird or \$15 per day	\$35 per day Early Bird or \$40 per day VV & BF students must attend BF SL & RS students must attend RS <i>*Winter and Spring Break: all students welcome to attend at open site.</i>
Breakfast can be purchased through the school lunch program.	Includes snack. Your child may bring an additional snack. No peanut products please.	Includes afternoon snack. Your child may bring an additional snack. No peanut products please. Families may utilize this option only, but must submit their annual registration form and fee.	Breakfast can be purchased through the school lunch program. Student must bring a lunch. There is no access to refrigerators, microwaves or other heating elements. Snack is provided. No peanut products please.

Fee for School Break Days Only:

Students who are not enrolled in the Kids INC full school year option may attend the program on school break days only. The annual registration fee is required, and all required paperwork must be turned in. Online registration is not available for this option.	
After payment of the Annual Registration fee of \$25 per child.	Full Day \$50 per day



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.

A: 6/17-8/5 M 5:55 PM - 6:25 PM

B: 6/17-8/5 M 6:30 PM - 7:00 PM

No class July 1

C: 6/15-8/10 S 10:10 AM - 10:40 AM

D: 6/15-8/10 S 10:45 AM - 11:15 AM

E: 6/15-8/10 S 11:20 AM - 11:50 AM

No class July 6

North Middle School Pool

R \$39 NR \$47 8 classes

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: 6/15-8/10 S 9:00 AM - 9:40 AM

No class July 6

North Middle School Pool

R \$44 NR \$53 8 classes

PRESCHOOL

400009

Beginning Ballet

Age 3

Children will learn coordination and rhythm while learning basic ballet steps and having fun with creative movement. Children should wear clothes they can move in and bring ballet shoes.

6/19-8/14 W 1:30 PM - 2:00 PM

No class July 3

Community Center LL Rm 4

Chelsea Bushman

R \$25 NR \$30 8 classes

410001

Safety Town

Age 5 and Registered for Kindergarten

Safety Town will teach children to evaluate the safe from unsafe when confronted with potentially dangerous situations. Safety awareness issues including: home, outdoors, water, animals, cars, streets, bus, gun safety, strangers, and more, are taught in indoor classroom facilities and outdoors where children will learn safety while riding their pedal cars through the streets of Safety Town. Field trips, songs, games, stories and art projects reinforce the lessons.

A: 6/17-6/27 M-F 8:00 AM - 10:00 AM

B: 6/17-6/27 M-F 10:30 AM - 12:30 PM

C: 6/17-6/27 M-F 1:30 PM - 3:30 PM

Riverside School Rm 102

Ann Reese

R \$59 NR \$71 9 classes

310015

Young Rembrandts Pre-School Drawing

Ages 3 1/2 - 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.

Desert

6/17-6/20 M-TH 1:00 PM - 1:45 PM

Rainforest

7/15-7/18 M-TH 1:00 PM - 1:45 PM

Under The Sea

8/19-8/22 M-TH 1:00 PM - 1:45 PM

Ben Franklin School Rm 131

Young Rembrandts

R \$48 NR \$58 4 classes



Aquatics, Preschool

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. Please bring a smock for your child. Please register child only - one adult is included in fee.

Ages 1 1/2 - 2

A: 6/13-7/11 TH 9:30 AM - 10:25 AM

B: 6/18-7/9 T 5:30 PM - 6:15 PM

No class July 4

Ages 3 - 4 1/2

A: 6/13-7/11 TH 10:45 AM - 11:40 AM

No class July 4

B: 6/18-7/9 T 6:30 PM - 7:30 PM

G-Town DPW LL enter by gas pump

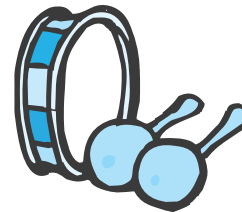
Laura Wanek

R \$35 NR \$40 4 classes

370025

Miss Julie's Music Fun for Babies

Infants 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: 6/12-6/26 W 9:45 AM - 10:30 AM

B: 7/10-7/24 W 9:45 AM - 10:30 AM

Faith Lutheran Church, G-Town

Julie Thompson

R \$20 NR \$30 3 classes

Preschool

370015

Miss Julie's Music Fun

Ages 1 - 5 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: 6/12-6/26 W 9:45 AM - 10:30 AM

B: 7/10-7/24 W 9:45 AM - 10:30 AM

Faith Lutheran Church, G-Town

Julie Thompson

R \$30 NR \$45 3 classes

370017

Gymboree Toddlers

Ages 12 - 24 months w/adult

Through specially designed games, songs and activities, your child will explore different concepts. We'll focus on enhancing gross motor skills, increasing self-esteem, and developing social skills. We'll end the class with parachute time and bubbles. There will be a different theme each session. Please register child only - one adult is included in fee.

6/1-6/22 S 10:15 AM - 10:45 AM

G-Town DPW, LL-enter by gas pump

Gymboree Staff

R \$36 NR \$41 4 classes

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. Please register child only - one adult is included in fee.

6/1-6/22 S 9:30 AM - 10:00 AM

G-Town DPW, LL- enter by gas pump

Gymboree Staff

R \$36 NR \$41 4 classes

370024

Gymboree Preschoolers

Ages 3 - 5 w/adult

We will focus on developing imaginative play skills, and essential skills for school readiness including sharing, listening, taking turns, building self esteem and cooperation. There will be a different theme each session. Please register child only - one adult is included in fee.

6/1-6/22 S 11:00 AM - 11:30 AM

G-Town DPW, LL-enter by gas pump

Gymboree Staff

R \$36 NR \$41 4 classes

460093

My First Lab Preschool Camp

Ages 3 1/2 - 6

Preschoolers will be introduced to science through the use of sights, sound, smell, taste and touch. Students will explore creepy crawly creatures, the science of the sea and the fascinating creatures that live there. Planets, moons, stars and fossils will also be explored. Take home projects include binoculars, bug box, T-Rex tooth and more.



8/12-8/16 M-F 9:00 AM - 11:45 AM

Community Center Rm 109

Mad Science Staff

R \$143 NR \$172 5 classes

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. Parents must stay for class. Please register child only - one adult is included in fee.

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

G-Town Fire Station #2

FREE, but registration is required



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.

400008

Little Jragons

Ages 3 - 4

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, and reading and math skills while enhancing your child's ability to pay attention and follow directions. A \$20 uniform and/or \$20 belt fee is optional. Additional information will be handed out at the first class.

7/2-7/30 T 4:30 PM - 5:00 PM

Community Center Gym

Jason Jordan

R \$32 NR \$38 5 classes

400006

SoccerTots

Ages 24 - 48 months

SoccerTots is a physical development program that uses a variety of 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

7/22-8/26 M 5:00 PM - 5:40 PM

Ages 37 - 48 months

7/22-8/26 M 5:45 PM - 6:25 PM

Community Center Gym

Kids Sports LLC Staff

R \$69 NR \$83 6 classes

400007

HoopsterTots

Ages 3 - 6

HoopsterTots is a physical development program that uses a variety of 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.



Ages 3 - 4 1/2

6/3-7/8 M 5:00 PM - 5:40 PM

Ages 4 1/2 - 6

6/3-7/8 M 5:45 PM - 6:25 PM

Community Center Gym
Kids Sports LLC Staff
R \$69 NR \$83 6 classes

400011

Little Sluggers

Ages 2 1/2 - 5

Little Sluggers is a child development program designed to introduce children to the game of baseball. Classes will help your child develop important baseball skills such as throwing, catching, hitting and base running. Developmentally appropriate equipment and games are used to teach baseball in a fun, exciting and positive environment. Please register child only - one adult is included in fee.

Ages 2 1/2 - 3 1/2 w/adult

A: 6/5-7/17 W 5:00 PM - 5:40 PM

No class July 3

B: 7/24-8/28 W 5:00 PM - 5:40 PM

Ages 3 1/2 - 5

A: 6/5-7/17 W 5:45 PM - 6:25 PM

No class July 3

B: 7/24-8/28 W 5:45 PM - 6:25 PM

Community Center Gym
Kids Sports LLC Staff
R \$69 NR \$83 6 classes



Tri-Star Baseball Contest

Ages 7-12

This FREE event is co-sponsored by the Menomonee Falls Optimist Club. Children are invited to test their skills at running, throwing and hitting. The first place winner in each age group will receive a trophy, \$25 gift card, and will be pictured in the local newspaper. Registration will take place at the field the day of the event.

Saturday, April 20, 9:00 AM - Noon

Ben Franklin School Ball Diamond

400003

T-Ball

Ages 4 - 5

Your child will learn the basics of baseball through drills and fun games. Classes include instruction in throwing, catching, hitting and base running. Water bottle and baseball glove are required, and a baseball hat is recommended.

A: 6/18-8/1 T&TH 8:30 AM - 9:20 AM

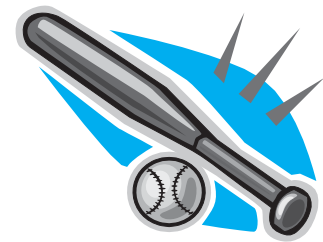
No class July 4

B: 6/17-7/31 M&W 8:30 AM - 9:20 AM

No class July 3

Ben Franklin School Ball Field

R \$36 NR \$43 13 classes



520011

Instructional Baseball

Ages 6 - 13

Various drills will teach and reinforce the basic concepts of defense, hitting, base running and teamwork. Game play will feature coach pitching, and is non-competitive in nature. This class is appropriate for players of all experience levels. Water bottle and baseball glove are required and a baseball hat is recommended.

Ages 6 - 7

6/17-7/31 M&W 9:30 AM - 10:40 AM

Ages 8 - 9

6/18-8/1 T&TH 9:30 AM - 10:40 AM

Ages 10 - 13

6/17-7/31 M&W 10:50 AM - 12:00 PM

No class July 3 & 4

Ben Franklin School Ball Field

R \$46 NR \$55 13 classes

520121

Baseball Mini Camp

Ages 6 - 13

These 2 day mini camps will focus on specific baseball skills. Small class sizes will ensure individualized attention. If your class choice is full, please sign up on the waiting list. Additional openings may be added if there is enough interest.

Register for the appropriate age group

Ages 6 - 7

Ages 8 - 9

Ages 10-13

Infield Defense

6/18-6/20 T&TH 10:50 AM - Noon

Hitting

A: 6/25-6/27 T&TH 10:50 AM - Noon

B: 7/23-7/25 T&TH 10:50 AM - Noon

Pitching

A: 7/9-7/11 T&TH 10:50 AM - Noon

B: 7/30-8/1 T&TH 10:50 AM - Noon

Outfield Defense

7/16-7/18 T&TH 10:50 AM - Noon

Ben Franklin School Baseball Field

R \$19 NR \$23 2 classes

Preschool, Youth, Special Needs

520104

Beginning Archery

Ages 8 - 15 w/adult

This class will give instruction to beginners or those wanting to improve their archery skills, and will include all the concepts of proper safety, which will be explained in full and enforced in class. Children must have a parent or guardian present throughout the class period. Students can provide their own equipment: bow, arrows, quiver, tab or release and arm guard, or borrow equipment at an additional fee. No crossbows or broad head arrows are permitted. Park entrance fee is included.

4/27-5/18 S 10:00 AM - 12:00 PM
Menomonee Park, Lannon
Waukesha County Staff 4 classes
\$55 - Equipment provided
\$45 - Student provides own equipment

520027

Girls Basketball Camp

Entering Grades 4 - 9

A knowledgeable staff will instruct you on the fundamentals needed to become a better basketball player. Shooting, ball handling, and defensive and offensive techniques will be emphasized within the framework of individual instruction. Contests, drills and games will also be part of the daily schedule. **Register by June 3 to receive a t-shirt.**

Entering Grades 4 - 6
6/17-6/20 M-TH 9:00 AM - 11:00 AM

Entering Grades 7 - 9
6/17-6/20 M-TH 11:15 AM - 1:15 PM

MFHS New Gym
Craig Amundson
R \$60 NR \$72 4 classes



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.



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.



6/24-8/5 M 6:30 PM - 7:30 PM
No class July 1
Kennedy Middle School Gym
Anita Hilleman
R \$11 NR \$22 6 classes

520123

Falls Cross Country Boys & Girls Running Camp

Entering Grades 4 - 8

Coaches from the MFHS Cross Country Team will introduce athletes to the finer points of running distances from 400 meters and longer. Specifically geared toward the distance runner, participants will receive instruction on running technique, stretching, pacing, nutrition, conditioning and racing. In order to incorporate a summer-long running program, it is important that the athlete make as many classes as possible. Class will meet rain or shine.

6/24-7/31 M&W 8:30 AM - 10:00 AM
No class July 3
MFHS Track
Tom Shannon
R \$60 NR \$60 11 classes

520079

Disc Golf Extravaganza

All Ages

This Youth Futures sponsored event will focus on families, friends and fun. Games, concessions and demonstrations from professional disc golfers will go on throughout the evening. Pre-register early to be eligible for player's package. Entire families are encouraged to come out and participate in a new lifetime activity. Nine holes takes approximately 45 minutes to play. For more information about disc golf visit www.lifetimedisksports.com.

8/13 T 4:30 PM - 6:00 PM
Raindate 8/20
Spassland Park, G-Town
R \$3 NR \$3 1 class

520125

HookedUp 101 - Lil' Bobbers

Ages 3 - 5 w/adult

Through quality instruction, your child will be introduced to the sport of fishing. Students will learn fishing skills, safety, vocabulary, and fish identification. They will also use their imaginations to come up with a whopper of a fish story. Each child will receive a rod and reel combo, tackle box with assorted tackle, and a t-shirt (a \$36 value). Entrance into the park is included in fee. Please register your child only - one adult is included in fee.

6/24-6/28 M, W, F 11:00 AM - 12:00 PM
Menomonee Park Quarry
HookedUp 101 Staff
R \$59 NR \$71 3 classes



520139

Hooked Up 101 - Beginning Angling

Ages 6 - 12



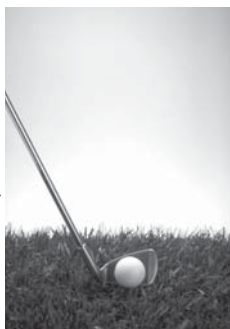
Your child will enjoy quality fishing instruction in this hands-on approach to learning. Class will emphasize fishing skills, safety, vocabulary, knot tying and fish identification. Once they have learned the fundamentals, they will use their skills to fish from the shore. Each child will receive their own tackle box, rod and reel combo, t-shirt and a lucky fishing hat. (a \$54 value). Entrance into the park is included in fee.

6/24-6/28 M, W, F 8:30 AM - 10:30 AM
Menomonee Park Quarry
HookedUp 101 Staff
R \$74 NR \$ 89 3 classes

520070 Junior Golf

Ages 10 - 17

Intended for the player who is just learning the game of golf, or the veteran player who wants some scheduled time on the range to work on their swing. Participants have the option to join us on several outings we call Family Fun Fridays where we will play a round of golf and invite friends and family to join us. Handouts listing dates and courses will be available on the first day of class. A limited number of clubs are available for use. Please reserve a set (right or left handed) by calling the CE & Rec Dept.



A: 6/24-6/27 M-TH 9:00 AM - 9:45 AM
B: 6/24-6/27 M-TH 10:00 AM - 10:45 AM
C: 7/8-7/11 M-TH 9:00 AM - 9:45 AM
D: 7/8-7/11 M-TH 10:00 AM - 10:45 AM

Helmans Driving Range
Jeff Thompson
R \$60 NR \$72 4 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

Apr. 8 – Apr. 26	4 – 6 pm
May 6 – May 24	6 – 8 pm
June 3 – June 21	4 – 6 pm
July 8 – July 26	9 – 11 am
Aug. 5 – Aug. 23	9 – 11 am

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

Register online at www.justdriveWI.com

520091

Jr. Indian Girls Golf

Ages 10 - 14

This camp is intended for any girl who is interested in more competitive golf, like playing for the MFHS Golf Team. Time will be spent on the range, on the putting green and on the course. Great way to tune-up for the upcoming season.

Informational meeting:
June 5, 7:00 p.m.
Community Center Rm 102A

7/22-8/9 M-F 9:00 AM - 12:00 PM
Silver Spring Golf Course
Jeff Thompson
R \$150 NR \$180 3 classes

520141

MFHS Boys Golf Camp

Ages 14 - 17

Intended for any boy who is interested in trying out for the MFHS Boys Golf Team next spring. Time will be spent on the range, putting green and the course. This camp is a great way to stay tuned-up over the summer.

8/5-8/8 M-TH 9:00 AM - 12:00 PM
Silver Spring Golf Course
Jeff Thompson
R \$100 NR \$120 4 classes

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. Jacket, hat and gloves are necessary and bicycle or hockey style helmets are highly recommended. For more information, call Eble Ice Arena at 262-784-7512.

Ages 4 - 6
7/10-8/7 W 3:45 PM - 4:15 PM

Ages 7 - 11
7/10-8/7 W 3:45 PM - 4:15 PM

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

520097

Family Kickball

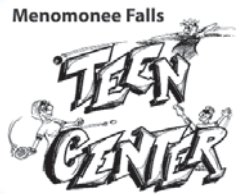
Ages 6+ w/adult

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

6/18-7/30 T 6:30 PM - 7:30 PM
No class July 2

Haupt Strasse Park Field, G-Town
Anita Hilleman
R \$6 NR \$11 7 classes

Teen Center, Youth



June 14–August 23
Fridays 6:30 to 10:00 PM
Students must be picked up by 10:00 PM

Entering Grades 6–9 in the Fall

The purpose of the 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.

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

Annual Registration Fee

(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 Menomonee Falls School
- \$3 Non-Resident

Sign Out Policy

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.

Volunteer Opportunities

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 please contact Jason Husslein at (262) 255-8460 or by e-mail at hussjas@sdmf-schools.org.

490008

Trip to Six Flags Great America

Entering Grades 6 - 12

Six Flags Great America and Hurricane Harbor water park offers fun for the entire family with 14 heart-pounding roller coasters, a free 20-acre water park, and spectacular shows. Fee includes admission to the park and transportation. Participants should bring sunscreen, a bag lunch, or money to purchase lunch on your own. If you plan on enjoying the water park, please bring a swimsuit and towel.

Register by June 28

7/11 TH 8:00 AM - 8:00 PM
G-Town Village Hall Parking Lot
N112 W17001 Mequon Rd.
R \$40 NR \$40

490021

Noah's Ark Waterpark

Entering Grades 6 - 12

Noah's Ark Water Park in Wisconsin Dells offers fun for all ages with a variety of waterslides, wave pools and lazy rivers. Enjoy Scorpion's Tail, America's first near vertical looping waterslide; Quadzilla, a four-lane need for speed, head first, mat racing ride; and all that Noah's Ark has to offer. Fee includes admission to the park and transportation. Bring a bag lunch, or money to purchase lunch on your own. Please bring a towel.

Must register by June 3

6/17 M 7:00 AM - 9:00 PM
G-Town Village Hall Parking Lot
N112 W17001 Mequon Rd.
R \$20 NR \$20

490019

Day of Fun Under the Sun

Entering Grades 6 - 12

Join your friends for a day of fun at Phantom Ranch Camp in Mukwonago! Spend your day at the beach, paintballing, horseback riding or participating in a variety of field games. Fee includes all day swimming at the beach and participation

in basketball, dodgeball, Frisbee golf, carpetball and archery. New this year, the fee also includes your choice of Horseback Riding or a Banana Boat ride. Paintball is available at an additional cost of \$5 for 100 paintballs (to be paid at Phantom Ranch). All participants should bring comfortable clothes, swimsuit, towel, sunscreen, money for snacks or other activities, and a bag lunch.

Co-sponsored by Germantown Youth Futures.

Register by July 22

8/5 M 8:45 AM - 4:30 PM
Rain Date- August 12
G-Town Village Hall Parking Lot
N112 W17001 Mequon Rd.
R \$25 NR \$25

Inclement Weather Cancellations

For information regarding cancellations due to inclement weather, please call our information line at (262) 255-8376.

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 Office, or online at fallsrec.org. For more information please visit bluespringfarms.com. Classes are one hour with a maximum of 3 students per class.

6/18-7/2 Tuesday

2:00 PM / 3:00 PM / 4:00 PM
R \$90 NR \$108 3 classes

6/19-7/3 Wednesday

2:00 PM / 3:00 PM / 4:00 PM
R \$90 NR \$108 3 classes

7/9-7/30 Tuesday

2:00 PM / 3:00 PM / 4:00 PM
R \$119 NR \$143 4 classes

7/10-7/31 Wednesday

2:00 PM / 3:00 PM / 4:00 PM
R \$119 NR \$143 4 classes

8/6-8/27 Tuesday

2:00 PM / 3:00 PM / 4:00 PM
R \$119 NR \$143 4 classes

8/7-8/28 Wednesday

2:00 PM / 3:00 PM / 4:00 PM
R \$119 NR \$143 4 classes

Blue Spring Farm Riding Stables
Ingrid Knippelmeyer



520107

Co-ed Flag Rugby

Entering Grades 2 - 8

Give one of the fastest growing sports a try! Rugby combines elements of hockey, soccer, and football into a unique game that is easy to learn and requires no prior knowledge to play. Focus will be on basic skills, drills, and team play. Players will participate in three mini tournaments on weekends during the class session. Dates and times are TBD. Participants should wear cleats or running shoes and bring a water bottle.

6/19-7/31 W 4:00 PM - 5:15 PM
No class July 3

A: Entering Grades 2 - 3

B: Entering Grades 4 - 5

C: Entering Grades 6 - 8

North Middle School Football Field

R \$30 NR \$30 6 classes

High School Girls Rugby Meeting

Entering Grades 9 - 12

Girls interested in playing rugby in the fall are encouraged to attend this informational meeting. An overview of the sport, including cost, schedule, and equipment will be discussed. Players do not need to be a MFHS student to participate. For additional information, contact Dan at 262-255-8460, or visit fallsrec.org.



5/28 T 3:30 PM - 4:45 PM
MF High School Cafeteria
Dan Zeroth

520140

Jump Start to Summer Tennis

Ages 4 - 16



Get a free preview of our upcoming summer tennis offerings. Meet and greet with staff, and enjoy

some tennis. Students between the ages of 6-16 must provide their own racquet. Please bring a water bottle.

Ages 4 - 7

5/18 S 9:00 AM - 10:00 AM

Ages 8 - 11

5/18 S 10:00 AM - 11:00 AM

Ages 12 - 16

5/18 S 11:00 AM - 12:00 PM

MF High School Tennis Courts

FREE, but pre-registration is required.

520145

Mini Tennis Camp

Ages 4 - 16

Looking for something fun to do during 4th of July week? Students will use age appropriate tennis balls and court sizes during this 3 day camp. Strokes, play development and rules will be taught through games and drills. Students must provide their own racquet. Please bring a water bottle.

Ages 4 - 7

7/1-7/3 M-W 9:00 AM - 10:00 AM

Ages 8 - 11

7/1-7/3 M-W 10:00 AM - 11:00 AM

Ages 12 - 16

7/1-7/3 M-W 11:00 AM - 12:00 PM

MF High School Tennis Courts

R \$21 NR \$25 3 classes



Youth

520015

Pee Wee Tennis 1

Ages 4 - 5

Your little athlete will be introduced to the game of tennis. Basic skills such as forehand, backhand, and volley will be taught, and fun games will be played. We will use foam balls designed to bounce at a speed that is accessible for young children. Racquets will be provided if needed. Please send a water bottle with your child.

A: 6/17-6/27 M-TH 9:00 AM - 9:25 AM

B: 6/17-6/27 M-TH 9:30 AM - 9:55 AM

C: 7/8-7/18 M-TH 9:00 AM - 9:25 AM

D: 7/8-7/18 M-TH 9:30 AM - 9:55 AM

E: 7/22-8/1 M-TH 9:00 AM - 9:25 AM

F: 7/22-8/1 M-TH 9:30 AM - 9:55 AM

MFHS Tennis Courts
R \$35 NR \$42 8 classes

520131

Pee Wee Tennis 2

Ages 5 - 7

Students that have completed at least one session of Pee Wee Tennis, or have previous experience, will be given a review of basic skills. Felt balls with reduced bounce will be used to help introduce the students to serving and rallying. Racquets will be provided if needed. Please send a water bottle with your child.

A: 6/17-6/27 M-TH 9:00 AM - 9:25 AM

B: 6/17-6/27 M-TH 9:30 AM - 9:55 AM

C: 7/8-7/18 M-TH 9:00 AM - 9:25 AM

D: 7/8-7/18 M-TH 9:30 AM - 9:55 AM

E: 7/22-8/1 M-TH 9:00 AM - 9:25 AM

F: 7/22-8/1 M-TH 9:30 AM - 9:55 AM

MF High School Tennis Courts
R \$35 NR 42 8 classes



520017

Stars of Tomorrow – Beginning Tennis

Ages 6 - 12

Grab your racquet and head to the courts for some summer fun. These classes are structured to introduce and improve tennis skills. Participants must provide their own racquet.

A: 6/17-6/27 M-TH 9:00 AM - 10:00 AM

B: 6/17-6/27 M-TH 6:00 PM - 7:00 PM

C: 7/8-7/18 M-TH 9:00 AM - 10:00 AM

D: 7/8-7/18 M-TH 6:00 PM - 7:00 PM

C: 7/22-8/1 M-TH 9:00 AM - 10:00 AM

D: 7/8-8/1 M-TH 6:00 PM - 7:00 PM

MF High School Tennis Courts
R \$45 NR \$54 8 classes

520013

Beginner 1 Tennis

Ages 7 - 11

Students will be introduced to the game of tennis. Beginning tennis skills including forehand and backhand, ground strokes and volleys will be taught and refined. We will also touch on ready position and moving to the ball. Skills will then be used to play some basic games. Students must provide their own racquet. Please bring a water bottle.

A: 6/17-6/28 M-F 11:00 AM - 12:00 PM

B: 6/17-6/28 M-F 1:00 PM - 2:00 PM

C: 7/8-7/19 M-F 10:00 AM - 11:00 AM

D: 7/8-7/19 M-F 1:00 PM - 2:00 PM

E: 7/22-8/2 M-F 10:00 AM - 11:00 AM

F: 7/22-8/2 M-F 1:00 PM - 2:00 PM

MFHS Tennis Courts
R \$45 NR \$54 10 classes

520143

Beginner Tennis 2

Ages 7 - 11

Students who have completed at least one session of a beginner tennis class will be given a quick review of the skills they have already learned. Moving forward, students will be taught overheads and underhand serving, and will then move towards

playing games that are tennis match like. Students must provide their own racquet. Please bring a water bottle.

A: 7/8-7/19 M-F 11:00 AM - 12:00 PM

B: 7/22-8/2 M-F 11:00 AM - 12:00 PM

MF High School Tennis Courts
R \$45 NR \$54 10 classes

520022

Advanced Beginner Tennis

Ages 7 - 12

Prior tennis experience necessary. Students will be introduced to rallying skills, and will review the basic skills learned in Beginner 1 and 2 Tennis. We will work on rallying, hitting to certain areas on the court, and to each other. Serving will be touched on at the end of the class as a lead-in to the Intermediate class. Students must provide their own racquet. Please bring a water bottle.

A: 6/17-6/28 M-F 2:00 PM - 3:00 PM

B: 7/8-7/19 M-F 2:00 PM - 3:00 PM

C: 7/22-8/2 M-F 2:00 PM - 3:00 PM

MFHS Tennis Courts
R \$45 NR \$54 10 classes

520023

Intermediate Tennis

Ages 7 - 12

Prior tennis experience and ability to rally with a partner is necessary. We will review all tennis skills including forehand, backhand, volleys, overheads, and rallying. Students will then receive more in-depth instruction on serving and the different grips that can be used to serve the ball, which will lead into playing matches in both singles and doubles. Students must provide their own racquet. Please bring a water bottle.

A: 7/8-7/19 M-F 3:00 PM - 4:00 PM

B: 7/22-8/2 M-F 3:00 PM - 4:00 PM

MFHS Tennis Courts
R \$45 NR \$54 10 classes



**REGISTER
EARLY**
to avoid disappointment!

520014 Teen Tennis 1

Ages 13 - 16

Designed for teens that are picking up the racquet for the first time, or just need a refresher. Class will include basic tennis skills such as forehand, backhand, volleys, overheads, ready position, and moving the ball. Skills will then be incorporated into active games and drills to help further develop these skills. Students must provide their own racquet. Please bring a water bottle.

A: 6/17-6/28 M-F 10:00 AM - 11:00 AM
B: 7/8-7/19 M-F 10:00 AM - 11:00 AM
C: 7/22-8/2 M-F 10:00 AM - 11:00 AM

MFHS Tennis Courts
R \$45 NR \$54 10 classes

520144 Teen Tennis 2

Ages 13 - 16

Prior tennis experience necessary. We will review all tennis skills including forehand, backhand, volleys, overheads, and rallying. Students will then receive more in-depth teaching of serving and the different grips that can be used to serve the ball, which will lead into playing matches in both singles and doubles. Students must provide their own racquet. Please bring a water bottle.

A: 6/17-6/28 M-F 11:00 AM - 12:00 PM
B: 7/8-7/19 M-F 11:00 AM - 12:00 PM
C: 7/22-8/2 M-F 11:00 AM - 12:00 PM

MF High School Tennis Courts
R \$45 NR \$54 10 classes

520016 Junior Team Tennis Ages 8 - 18

This program is designed for the experienced student ready for competition. Tennis skills will be refined and then used to compete in weekly matches. Teams will compete against other local SEPRC park and recreation agencies at beginner, intermediate and high school levels. Busing to and from matches will be provided for all students. A complete schedule will be available after the first class. Please note that due to travel times, participants may be asked to report early on match days.

Practice will be held every day from 1:00 - 4:00, unless there is a home match. Skill practice will take place from 1:00 - 3:00 and will consist of drills and games. Students will play doubles and singles match play from 3:00 - 4:00, with instruction on match strategy. Students must provide their own racquet. Please bring a water bottle.

6/17-8/2 M-F 1:00 PM - 4:00 PM
No class July 4 & July 5
MFHS Tennis Courts
R \$85 NR \$102 32 classes

520096 Boys Volleyball Entering Grades 3 - 8

Learn the fundamentals necessary to play the game of volleyball. Serving, passing, setting, attacking and blocking will be covered, as well as basic defensive and offensive volleyball concepts.

Entering Grades 3 - 5
7/29-8/2 M-F 9:30 AM - 11:00 AM
R \$31 NR \$45 5 classes

Entering Grades 6 - 8
7/29-8/2 M-F 11:30 AM - 1:30 AM
R \$41 NR \$58 5 classes

G-Town High School Gym
Brian Rushmer, 2011 WI H.S. Boys
Volleyball Coach of the Year

520096 Boys Volleyball Entering Grades 9 - 12

Some experience required and highly recommended if interested in playing volleyball at the H.S. level. Basic offensive and defensive strategies will be taught & developed, as well as some advance techniques. A tournament will conclude the camp.

7/29-8/2 M-F 2:00 PM - 4:30 PM
G-Town High School Gym
Brian Rushmer, 2011 WI H.S. Boys
Volleyball Coach of the Year
\$46 NR \$66 5 classes

520031 Girls Indian Volleyball Camp Entering Grades 5 - 9

Experienced and new players will benefit from drills, skill sessions, and games tailored to all ability levels. Under the supervision of the MFHS Girls Varsity Volleyball coaching staff and alumni, campers will work on individual skills, team concepts, and offensive and defensive schemes. **Register by June 24 to receive a t-shirt.**

Entering Grades 5 - 7
7/8-7/11 M-TH 1:00 PM - 2:30 PM
R \$40 NR \$48 4 classes

Entering Grades 8 - 9
7/8-7/11 M-TH 9:00 AM - 12:00 PM
R \$75 NR \$90 4 classes

MFHS New Gym
JC Bruns

**DISCOUNT
TICKETS**

Theme Park & Attraction Tickets

Great America • Noah's Ark • Mt. Olympus
The Springs Water Park • Milwaukee County Zoo

See page 49 for Discount Theme Park Ticket information.

Register at fallsrec.org



Youth

520063

Advanced Skills Girls Volleyball Camp

Entering Grades
10 - 12

Enhance your Volleyball skills and prepare for the Fall Season! This camp is geared toward players trying out for JV or Varsity level teams.



7/22-7/24 M-W 9:00 AM - 12:00 PM
MFHS New Gym
JC Bruns
R \$50 NR \$60 3 classes

520142

Sports Conditioning

Ages 9 - 14

Get ready for your school seasons and improve your athleticism through sport specific functional strength and conditioning techniques. Develop greater footwork, agility, and speed. Achieve optimum fitness levels to play strong throughout an entire game without fatigue.

7/22-8/12 M 6:30 PM - 8:00 PM
North Middle School Football Field
Cindy Paul
R \$29 NR \$35 4 classes

520003

Don't Be Bullied

Ages 4+



This fun and informative class will help boost your child's self confidence as they learn several defensive skills, techniques and

strategies to help keep them safe from bullies.

A: 6/19 W 5:45 PM - 6:30 PM
B: 7/17 W 5:45 PM - 6:30 PM

Community Center Rm 106
Sensei Stan
R \$9 NR \$11 1 class

Registration for these Soccer Programs available online only at: ChallengerSports.com

TetraBrazil Soccer Camp

Ages 6 - 19

TetraBrazil is an organization of professional soccer educators who bring the flair and passion of Brazilian soccer to the USA. Your child will receive a solid foundation in the basic skills of the game, and will work on tactics, technique, footwork, and moves. Fun, refinement of skills and an introduction to the fundamentals of teamwork are all given special attention. Registration fee includes a ball, shirt, evaluation and poster. **Register by May 10th to receive a free jersey (shipping charges apply).**

- \$10 late registration fee after 6/14
- \$40 cancellation fee before 6/14
- No Refund after 6/15

Ages 6 - 9
6/24-6/28 M-F 9:00 AM - 12:00 PM

Ages 10 - 14
6/24-6/28 M-F 1:00 PM - 4:00 PM

Ages 15 - 19
6/24-6/28 M-F 1:00 PM - 4:00 PM

Oakwood Park
Challenger Sports Staff
R \$144 NR \$144 5 classes

British Soccer Camp

Ages 3 - 14

Join the largest soccer camp in the U.S. All classes will be taught by Challenger Sports-British Soccer Coaches. Registration fee includes a ball and shirt.

Register online only by June 28 to receive a free Jersey (shipping charges apply).

- \$10 late registration fee after 8/2
- \$40 cancellation fee before 8/2
- No Refund after 8/3

First Kicks Soccer

Ages 3 - 4

Young players are introduced to the sport of soccer through fundamental activities, games and challenges. Parents are encouraged to join in and help guide their child through this fun learning experience.

A: 8/12-8/16 M-F 9:00 AM - 10:00 AM
B: 8/12-8/16 M-F 1:00 PM - 2:00 PM

Oakwood Park
R \$88 NR \$88 5 classes

Mini Soccer Camp

Ages 4 - 6

Children will participate in fun games, competitions and skill-building activities designed to enlighten and develop budding soccer players.



A: 8/12-8/16 M-F 10:30 AM - 12:00 PM
B: 8/12-8/16 M-F 2:30 PM - 4:00 PM

Oakwood Park
R \$104 NR \$104 5 classes

Half Day Soccer Camp

Ages 6 - 14

In this all action soccer camp, emphasis is placed upon skill development and mastery of core techniques through individual and small group practices and coached games.

Ages 6 - 9
8/12-8/16 M-F 9:00 AM - 12:00 PM

Ages 10 - 14
8/12-8/16 M-F 1:00 PM - 4:00 PM

Oakwood Park
R \$135 NR \$135 5 classes

520099 Rock Climbing - Day Camps

Ages 6 - 12

Let Adventure Rock fill your child's day with theme based games, crafts, activities, and lots of climbing. Camp will include instruction on safety systems, essential knots, and proper equipment use.

Participants must bring a bag lunch.

M-F 8:00 AM - 5:00 PM

- A:** 6/17-6/21...Great Outdoors
- B:** 6/24-6/28...Animals
- C:** 7/8-7/12...Around the World
- D:** 7/15-7/19...Survivor
- E:** 7/22-7/26...Treasure Grove
- F:** 7/29-8/2...Dino Days
- G:** 8/5-8/9...Goofy Giggles
- H:** 8/12-8/16...Olympics
- I:** 8/19-8/23...Best of

Adventure Rock
R \$210 NR \$210 5 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:** 6/21 F 7:00 PM - 9:00 PM
- B:** 7/19 F 7:00 PM - 9:00 PM
- C:** 8/16 F 7:00 PM - 9:00 PM

Adventure Rock
R \$16 NR \$19 1 class

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



that at the end of each session there will be an option for each student to test for their next rank at an additional cost. See instructor for further information.

6/11-8/1 T&TH 6:00 PM - 7:00 PM
No class July 2 & July 4
Community Center LL Rm 2
James Donne
R \$35 NR \$42 14 classes

400008 Little Jragons

Ages 5 - 6

Children will learn TaeKwonDo, Kickboxing 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, and reading and math skills while enhancing your child's ability to pay attention and follow directions. A \$20 uniform and/or \$20 belt fee is optional. Additional information will be handed out at the first class.

7/2-7/30 T 5:05 PM - 5:35 PM
Community Center Gym
Jason Jordan
R \$32 NR \$38 5 classes

520129 Jragons Mixed Martial Arts

Ages 7 - 18

Your child 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-drug/alcohol mindset is also taught using exciting martial arts activities and games. A \$20 belt fee and/or \$20 uniform fee is optional. Additional information will be handed out at the first class.

7/2-7/30 T 5:40 PM - 6:40 PM
Community Center Gym
Jason Jordan
R \$35 NR \$42 5 classes

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: 6/5-7/17 W 6:00 PM - 6:45 PM
No class June 12 and July 3

B: 7/31-8/28 W 6:00 PM - 6:45 PM
Community Center Rm 123
Melissa Teske
R \$25 NR \$29 5 classes

550024 MFHS Varsity Dance Team Pom Pon Camp

Ages 5 - 12

Join the MF Varsity Dance Team for three days of fun! Dancers will be split into age appropriate groups and will learn routines and dance technique. Participants will perform their routine at halftime of the MFHS Varsity Football game on August 30th. Each participant will receive a set of poms. Please wear movable clothing, hair tied back and tennis shoes.



Register by August 22 to receive a t-shirt.

8/28-8/30 W, TH, F 8:30 AM - 10:00 AM
MFHS New Gym
Jennifer Hardy
R \$30 NR \$36 3 classes

Youth

550040

Falls Youth Competitive Poms Team

Ages 5 - 12

If you have a passion for dance and would like to learn what it's like to be on a competitive team, this class is for you! Dancers will be broken into appropriate age groups and taught a routine that they will perform at the Badgerette State Fair Competition held August 4th. Participants will learn about technique and what it takes to become a great performer. Fee includes a set of pom poms and a dance uniform. Purchase of dance shoes is required by dancer.

Parents are asked to attend the first class from 5:30 - 7:00 to receive important information. At that time, dancers will be placed in appropriate classes for the remainder of the session. Class times will be 5:30 - 6:30 p.m. or 6:30 - 8:00 p.m.

6/10-7/29 M 5:30 PM - 8:00 PM
Community Center Rm 102A
Jennifer Hardy
R \$90 NR \$108 8 classes

550029

Ballet & Tap

Ages 4 - 9

Your child will develop coordination and rhythm, while learning the basics of tap & ballet. Children should wear clothes that they can move in, and bring tap and ballet shoes.

Age 4
6/19-8/14
W 2:10 PM - 3:00 PM

Ages 5 - 6
6/19-8/14
W 3:10 PM - 4:00 PM

Age 7 - 9
6/19-8/14 W 4:10 PM - 5:00 PM
No class July 3

Community Center LL Rm 4
Chelsea Bushman
R \$25 NR \$30 8 classes



550033

Mix It Up Dance

Ages 4 - 9

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 4 - 5
7/11-8/15 TH 6:00 PM - 6:45 PM

Ages 6 - 9
7/11-8/15 TH 7:00 PM - 7:45 PM

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

550037

Glee Dance

Ages 5 - 13

Learn dance techniques focusing on the styles of pom, jazz and hip hop. Dancers will make new friends while learning routines to a variety of songs from the hit show, Glee! Please bring a water bottle.

Ages 5 - 8
8/5-8/8 M-TH 5:15 PM - 6:30 PM

Ages 9 - 13
8/5-8/8 M-TH 6:45 PM - 8:00 PM

MFHS New Gym
Chelsea Bushman
R \$37 NR \$45 4 classes



550038

Hip Hop Dance Camp

Ages 5 - 13

Dancers will learn hip hop routines and a variety of hip hop tricks while having a blast dancing to the latest hip hop hits of today.

Ages 5 - 8
7/15-7/18 M-TH 5:15 PM - 6:30 PM

Ages 9 - 13
7/15-7/18 M-TH 6:45 PM - 8:00 PM

MFHS New Gym
Chelsea Bushman
R \$37 NR \$45 4 classes

520112

Middle School Dance Clinic

Entering Grades 6 - 8

For students interested in the MF Middle School Dance Team. Class will focus on basic technique, skills, conditioning, flexibility, and dance material. Several Varsity Dance Team members will be there to help and challenge participants to perform at their best. Wear comfortable athletic clothes and tennis shoes.

A: 6/17-6/21 M-F 2:30 PM - 4:30 PM
B: 7/15-7/19 M-F 2:30 PM - 4:30 PM
C: 8/5-8/9 M-F 2:30 PM - 4:30 PM

Community Center Gym
Amanda Jacobi
R \$32 NR \$32 5 classes

550042

It's All About Girls!

Ages 7 - 11

Grab a friend and join this camp for girls only! Exciting and fun activities will include nail art, tattoos and face painting. Our day will start off with dancing and hula hooping, followed by a game and craft. Snacks will be provided each day.

7/8-7/12 M-F 1:30 PM - 4:30 PM
Community Center LL Rm 2
Nidhi Oberoi
R \$78 NR \$93 5 classes

430010

Chalk It Up!

Ages 2 - 17

Celebrate National Recreation and Parks Month with this free event at North Middle School. Participants can work individually or in small teams to create their own chalk masterpiece. In addition to lots of prizes, participants will also receive a week long swim pass. Express your Picasso without spending any Monet!

7/10 W 1:15 PM - 2:15 PM
Rain date is July 17
North Middle School Outside
Rec Dept Staff

FREE, but registration is required



REGISTER EARLY

430011

LEGO - Problem Solving

Grades 2 - 7

How tall can you build a structure with LEGO sets? How strong can you build a lever? How fast can you make a sail boat go? We will be using LEGO science sets to solve these problems and many more. We will learn some basics about the simple machines and learn to use our imaginations to have some fun. Children who are also enrolled in the Simple Machines class can bring a lunch to eat between 12:00 and 12:30 pm.

A: 7/15-7/18 M-TH 10:00 AM - 12:00 PM
B: 8/12-8/15 M-TH 10:00 AM - 12:00 PM

Community Center LL Rm 2
Sue Ishihara
R \$40 NR \$48 4 classes

430013

LEGO - Simple Machines

Grades 2 - 7

Your child will have fun while using LEGO Science sets to discover the physics behind several simple machines. They will learn how the location of the fulcrum affects a lever, and how the torque of a gear is related to the speed of rotation.

A: 7/15-7/18 M-TH 12:30 PM - 2:30 PM
B: 8/12-8/15 M-TH 12:30 PM - 2:30 PM

Community Center LL Rm 2
Sue Ishihara
R \$40 NR \$48 4 classes

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.

6/3 M 6:00 PM - 7:00 PM
G-Town Fire Station #2
Rec Dept Staff

FREE, but registration is required

430043

Cooking With Kids

Ages 6 - 12

Your child will prepare recipes for breakfast, lunch, snack time and more, all while learning kitchen safety. Kids will even have a chance to create their own recipe. The last day of class will be a cook-off.

6/3-7/8 M 6:30 PM - 7:45 PM
North Middle School Rm 124
Stephanie Paul
R \$72 NR \$86 6 classes

430053

Learn Magic with Glen Gerard

Grades 3 - Adult

Professional Magician Glen Gerard teaches stunning magic tricks that you can perform with items found around the house. Students will learn sleight of hand, misdirection and showmanship. Glen Gerard has performed on cruise ships in Branson, MO and Las Vegas, NV.

7/13 S 10:30 AM - 11:30 AM
G-Town DPW LL enter by gas pump
Glen Gerard
R \$16 NR \$19 1 class

430072

Learn Not To Burn

Ages 4 - 7

Using the Learn Not to Burn Program developed by the National Fire Protection Assoc., students will learn the basics of fire safety and burn prevention. Stories, talks, songs, videos and activities are used by firefighters to introduce the children to fire safe behaviors.

7/25-8/15 TH 6:30 PM - 7:30 PM
Survive Alive House
R \$11 NR \$16 4 classes

430060

Beginning Guitar

Ages 6 - Adult

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.

6/5-7/17 W 6:00 PM - 6:50 PM
No class July 3
Rockfield Music & Media, G-Town
Guy Florentini
R \$62 NR \$67 6 classes

460036

Crime Scene Investigation

Ages 7 - 12

Do you like solving puzzles or 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 a crime scene. Last class will end with a class crime activity.



7/29-8/1 M-TH 2:45 PM - 4:00 PM
Community Center Rm 109
Computertots / Explorers Staff
R \$48 NR \$58 4 classes

430089

Young Rembrandts Elementary Drawing

Ages 6 - 12

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.

Dinosaurs

6/17-6/20 M-TH 2:00 PM - 3:00 PM

Pets

7/15-7/18 M-TH 2:00 PM - 3:00 PM

Under The Sea

8/19-8/22 M-TH 2:00 PM - 3:00 PM

Ben Franklin School Rm 131

Young Rembrandts Staff

R \$52 NR \$62 4 classes



Youth

430091

Young Rembrandts Cartoon Drawing

Ages 6 - 12

Learning to draw can be fun, especially when we create silly characters, funny expressions and drawing sequences that tell a joke! This delightful program combines Young Rembrandts' innovative, step-by-step drawing method with light-hearted subject matter that engages children, their sense of humor, and their vivid imaginations.

Dinosaurs

6/24-6/27 M-TH 1:00 PM - 2:00 PM

Pets

7/22-7/25 M-TH 1:00 PM - 2:00 PM

Under The Sea

8/5-8/8 M-TH 1:00 PM - 2:00 PM

Ben Franklin School Rm 131
Young Rembrandts Staff
R \$52 NR \$62 4 classes

460100

Mad Science Bubbles, Smoke, Explosions

Ages 5 - 12

Mad Science invites you to have fun with chemistry in this exciting summer program. Build a real fire extinguisher and watch a film canister explode. Learn about our solar system and make a comet using everyday items. Have a shocking good time with a Van De Graaff generator and experience lightning first hand. Students should bring their own snack to class each day (no peanut products please).

7/11 TH 12:00 PM - 4:00 PM
Community Center Rm 102A
Mad Science Staff
R \$42 NR \$50 1 class

460103

Mad Science Mysteries and Magic

Ages 5 - 12

Become an engineer, chemist, and even a magician! Participants will investigate

physics fundamentals and use their scientific minds to analyze simple magic tricks. Jr. Scientists will be shocked by what they learn about electricity, and blown away by their experiments with air pressure. Students should bring their own snack to class each day (no peanut products please).

6/25 T 12:00 PM - 4:00 PM
Community Center Rm 102A
Mad Science Staff
R \$42 NR \$50 1 class

460104

Mad Science Explorations

Ages 5 - 12

Campers will learn about pollution and what it does to our planet, determine what big problems a little pollution can cause with a lake in a bottle, and unearth pollution solutions to help our planet. Bake nachos with solar power and make your own recycled paper. We'll also jump into the science behind sports. Test what your toes have to do with tennis, and what your feet have to do with football. Blast off with science as you launch a water rocket. Students should bring their own snack to class each day (no peanut products please).

8/5-8/9 M-F 8:30 AM - 12:00 PM
Community Center Rm 109
Mad Science Staff
R \$199 NR \$239 5 classes

460105

STEM Sampler Week

Ages 7 - 12

Step into the STEM Zone (Science, Technology, Engineering and Math) and sample some of the programs that we will be offering in the Fall. Each class will explore a different concept: GPS, Video Game Design, Lego Engineering - Catapults, and Digital Movie Making.

7/29-8/1 M-TH 1:00 PM - 2:30 PM
Community Center Rm 109
Computertots / Explorers Staff
R \$58 NR \$69 4 classes

580004

Babysitter's Training

Ages 11+



Babysitter's Training teaches youth how to:

- respond to emergencies and illnesses with first aid,

rescue breathing and other appropriate care, make decisions under pressure, communicate with parents to learn household rules, recognize safety issues, feed, diaper and care for infants,

and start their own babysitting business. Attendance is required at both classes. Cancellations must be made 7 days prior to class start to receive a refund.

A: 6/18-6/19 T&W 9:00 AM - 12:30 PM
B: 7/22-7/23 M&T 9:00 AM - 12:30 PM
Community Center LL Rm 3
Red Cross Staff
R \$99 NR \$119 2 classes

580045

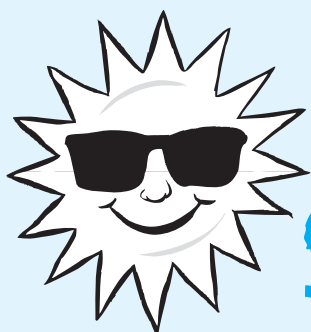
Chess Scholars Chess Camp

Ages 5 - 12

Great for beginners or experienced young players, each class will consist of a fun interactive teaching period and guided practice time. New and returning participants are welcome and will get to the next level under the guidance of an experienced Chess Scholars Coach. Children will have an opportunity to test for a Chess Belt® under a unique Chess Scholars system patterned after martial arts belts. There will also be a chess competition with prizes! Please bring your own snacks. No peanut products please.



8/12-8/16 M-F 10:00 AM - 11:30 AM
Community Center Rm 120
Chess Scholars Staff
R \$79 NR \$94 5 classes



SCHOOL DISTRICT OF MENOMONEE FALLS

Summer School

- Register for classes based on **the grade the student WILL be entering** in Fall 2013 except where otherwise noted in the middle school or high school offerings.
- Bus transportation is not provided for students.
- Most classes are FREE to district students and residents of the school district. Nominal fees for class supplies may be charged for some classes and are listed in the course descriptions.
- Waiting List Priority: Students on a waiting list will only be contacted if a space becomes available. Priority will be given to students who are not enrolled in another class at that time.
- An asterisk (*) next to a course number indicates that a teacher referral and code are required when registering for Supportive Math & Reading.
- The class content for courses with multiple date offerings is the same for each class. For example: the same information will be taught in the Drama Camp that begins on June 24 and July 15.

- All students must register through CE & Rec online or in person. It is strongly recommended that students register for classes prior to June 2.
- After June 1, online registration will no longer be available, and must be done in person at the CE & Rec office.
- Is daycare an issue? Kids INC wrap around care for elementary students attending summer school is available through the CE & Rec Dept. at an additional cost. Registration is required. See page 9 for details.

Who Can Register?

1. Students who live within the boundaries of the School District of Menomonee Falls.
2. Students who are enrolled in the School District of Menomonee Falls for the 2013-2014 school year, but live outside the SDMF boundaries.
3. Non-Resident students who do not meet requirements 1 & 2 can register at a cost of \$175 for a 3-week course and \$300 for a 6-week course. Please contact the CE & Rec Department before registering at (262) 255-8460. *Registration for non-residents begins Friday, April 19.*

Detailed Elementary School course descriptions begin on page 27.

Elementary School Courses Grades K4 – 5

6 Week Session, Ben Franklin School (No class July 4)		June 24–August 1
For Students Entering Grade K4		
1000001	Get Set for 4K	8:30-11:30

6 Week Session, Ben Franklin School (No class July 4)		June 24–July 11	July 15–August 1
For Students Entering Grade K5			
1000002	5K Dramatic Play - Thinking Outside The Box	8:30-10:00	10:05-11:35
1000003	Gateway to 5K		

3 Week Sessions, Ben Franklin School (No class July 4)		June 24–July 11			July 15–Aug 1		
For Students Entering Grades 1-2		8:30-9:30	9:35-10:35	10:40-11:40	8:30-9:30	9:35-10:35	10:40-11:40
2000001	Arts & Crafts Camp		\$10	\$10	\$10		
2000002	Drama Camp	•	•				•
2000003	German			•	•	•	
2000004	Lego Camp	\$10	\$10				\$10
2000005	Math Games			•	•	•	
2000006	Physical Education Fun	•	•				•
2000007	Team Building, Fitness & Sports			•	•	•	
2000008	Readers/Writers Camp		•		•	•	
2000009	Space Camp	\$10		\$10		\$10	
2000010	Spanish		•	•	•	•	
2000011	Technology Camp	•				•	•

6 Week Session, Ben Franklin School (No class July 4)		June 24–August 1	
*	Supportive Math	8:30-9:30	10:40-11:40
*	Supportive Reading	8:30-10:35	9:35-11:40

Elementary Level Classes held at Ben Franklin School

Except for "Speed, Agility & Strength" which is held at the High School
June 24–July 11 and July 15–August 1 (No class July 4)
8:30–9:30; 9:35–10:35; 10:40–11:40

3 Week Sessions, Ben Franklin School (No class July 4)		June 24–July 11			July 15–Aug 1		
For Students Entering Grades 3-5		8:30-9:30	9:35-10:35	10:40-11:40	8:30-9:30	9:35-10:35	10:40-11:40
2000001	Arts & Crafts Camp	\$10			\$10	\$10	
2000002	Drama Camp			•	•	•	
2000003	German	•	•				•
2000004	Lego Camp			\$10	\$10	\$10	
2000005	Math Games	•	•				•
2000006	Physical Education Fun			•	•	•	
2000007	Team Building, Fitness & Sports	•	•				•
2000008	Readers/Writers Camp	•	•			•	
2000009	Space Camp		\$10		\$10		\$10
2000010	Spanish	•				•	•
2000011	Technology Camp		•	•	•		

6 Week Session		June 24–August 1			
*	Supportive Math	8:30-9:30	8:30-10:35	9:35-11:40	10:40-11:40
*	Supportive Reading		•	•	

6 Week Sessions, held at High School (No class July 1-4)		June 17–July 18	
2000012	Speed, Agility & Strength—Boys (5th Gr. Only)	9:00-10:00	10:00-12:00

* = Teacher referral code required



Detailed Middle and High School course descriptions begin on page 29.

Middle School Courses

Grades 6 – 8

Middle School Level Classes Held at North Middle School

Except for "Speed, Agility & Strength" which is held at the High School

June 24–July 11 and July 15–August 1 (No classes July 4)

8:30–9:30; 9:35–10:35; 10:40–11:40

For Students Entering Grade 6	7/29-7/30	7/31-8/1	8/5-8/6	8/7-8/8
1 Week Sessions, classes held at North Middle School	1:00-4:00	1:00-4:00	8:30-11:30	8:30-11:30
3000016 North Sneak Peak: Transition to 6th Grade	•	•	•	•

For Students Entering Grade 7 or 8	June 24–July 11
3 Week Sessions, classes held at North Middle School	1:00-3:00
3000024 Intro to High School Academy Courses	•

3 Week Sessions, North Middle School (No Class July 4)

For Students Entering Grade 6-8	June 24–July 11		July 15–Aug 1	
	8:30-10:00	10:05-11:35	8:30-10:00	10:05-11:35
3000001 Open Studio (Art)	\$10	\$10	\$10	\$10
3000003 Broadway Bound	•			
3000004 Tween Cuisine Cooking	\$10	\$10	\$10	\$10
3000005 Play It - Physical Education	•	•	•	•
3000006 German	\$5	\$5	\$5	\$5
3000007 Spanish	\$5	\$5	\$5	\$5
3000008 Summer Finance Literacy		•		
3000009 AUTOCAD & Machines	\$5	\$5		
3000011 Village Voices		•		
3000012 Summer Entrepreneur Innovation	•			
3000019 The Art of Sign Language	•	•		
3000020 Tornadoes, Hurricanes and the Science of Weather	•	•	•	•
3000021 Poetry and Creative Writing			•	•
3000022 Space & Flight			•	•
3000025 Keyboarding Camp	•	•		

June 24–August 1		
6 Week Sessions, North Middle School (No Class July 4)	8:30-10:00	10:05-11:35
3000015* The Bridge to Algebra (Grade 8 only)		•
* Supportive Math	•	•
* Supportive Reading	•	•

June 17–July 18		
6 Week Sessions, held at High School (No Class July 1-4)	9:00-10:00	
3000013 Speed, Agility & Strength - Boys	•	

For Students Entering Grade 9	6/24-6/27	7/1-7/3	7/8-7/11	7/15-7/18	7/22-7/25	7/29-8/1
1 Week Sessions, classes held at HS	8:00-10:00 10:15-12:15	8:00-10:00 10:15-12:15	8:00-10:00 10:15-12:15	8:00-10:00 10:15-12:15	8:00-10:00 10:15-12:15	8:00-10:00 10:15-12:15
40000031 Transition–Middle School to HS	•	•	•	•	•	•

* = Teacher referral code required



High School Courses

Grades 9 – 12

High School Level Classes Held at Menomonee Falls High School

June 24 – August 1 (No classes July 4)

8:00–10:00 and 10:15–12:15

6 Week Sessions, Classes held at High School (No class July 4-5)		June 24–August 1	
For Students Entering Grade 9-12		8:00-10:00	10:15-12:15
4000019	Managing a Small Business - 0.5 Credit	•	•
4000027	Speed, Agility & Strength Girls - 0.5 Credit	•	•
4000035	Health - 1 credit (Class held from 8:00-11:00)	•	
4000036	Intro to Metal Manfca. & Engineering - 0.5 Credit	\$35	
4000037	Spanish Extension Workshop (Grade 12 only)	•	•
4000038	University of Wisconsin Systems Tour	\$250	

6 Week Sessions, Classes held at High School (No class July 4-5)		June 24–August 1	
Credit Recovery Only		8:00-10:00	10:15-12:15
4000012	Algebra S1	•	
4000001	Algebra S2		•
4000002	Biology S1	•	
4000003	Biology S2		•
4000005	English S1	•	
4000006	English S2		•
4000007	Geometry S1	•	
4000008	Geometry S2		•
4000009	Physical Science S1	•	
4000010	Physical Science S2		•
4000014	Western Civilization S1	•	
4000011	US History S2		•
4000040	World History S1	•	
4000041	World History S2		•
4000039	NovaNet	•	•

Teacher Referral Required		8:30-10:00	10:05-11:35
3000017*	Supportive Math (Grade 9 only, held at North)	•	•
3000018*	Supportive Reading (Grade 9 only, held at North)	•	•
3000023*	The Bridge to Geometry (Grade 9 only, held at North)		•

		July 8–July 18	
2 Week Sessions, Classes held at High School		10:15-12:15	
4000032	Principles of Effective Leadership	\$45	

		July 15–July 18	
1 Week Sessions, Classes held at High School		10:15-12:15	
4000033	Summer Academy for AP Social Studies or English	•	
4000034	Summer Academy for AP Science	•	

		June 17–July 25		
6 Week Sessions, Classes held at High School, (no class July 1-5)		6:00-8:00	7:00-9:00	10:00-12:00
4000027	Speed, Agility & Strength Boys - 0.5 Credit	Grade 10-12	Grade 9	

		June 8- June 18	Test Day June 18	July 22- Aug 1	Test Day Aug 1
3+ Week Sessions, Classes held at High School (No class July 4)		10:15-12:15	8:00-12:15	8:00-12:00	8:00-12:15
4000030	ACT Prep Course (Grades 11 & 12 only)	\$60		\$60	



NEW for 2013!

- Summer Science Camp
- AP Prep Course (for a fee)
- Exploring UW System Schools (for a fee)
- Principles of Effective Leadership (for a fee)

Elementary

1000001

Get Set for 4K

Entering 4K

Children will have opportunities to interact with others their own age and ease the transition to 4K. With a focus on socialization, children will enjoy games, songs, stories, and projects as they have fun and get a sneak preview of the Menomonee Falls 4K program. Each week will be a new unit of fun.

6/24-8/1 M-TH 8:30 AM - 11:30 AM
Ben Franklin School

1000002

5K Dramatic Play – Thinking Outside the Box

Entering 5K

Have your child join us for a fun filled class of dramatic play. Children will learn through play, expand their vocabularies, learn role playing dialogs, make imaginative props,



learn to share, work together, imagine, and create. We will use lots of boxes. We will make thematic snacks, and our room will be filled with excitement, song and dance.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

Ben Franklin School

1000003

Gateway to 5K

Entering 5K

This exciting transition to 5 year old kindergarten is appropriate for children regardless of previous school or play setting experience. We will

socialize, participate in hands-on-projects, and share stories and songs. Fun summer themes will prepare students for 5K as they develop coloring, writing, cutting, and gluing skills. Language, math, gross and fine motor skills will be stressed.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

Ben Franklin School

Teacher Referral Required

Supportive Math – Elementary

Entering Grades 1 - 5

Designed for students who need to further develop the skills and concepts of the district's math curriculum, this course will employ six different math strands (estimations / prediction, patterns and relations, geometry, measurement, statistics, and probability), to teach the needs of individual students, as well as encourage understanding and application of the grade level outcomes.

Entering Grade 1
A: 6/24-8/1 M-TH 8:30 AM - 9:30 AM
B: 6/24-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grade 2
A: 6/24-8/1 M-TH 8:30 AM - 9:30 AM
B: 6/24-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grade 3
A: 6/24-8/1 M-TH 8:30 AM - 9:30 AM
B: 6/24-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grade 4
A: 6/24-8/1 M-TH 8:30 AM - 9:30 AM
B: 6/24-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grade 5
A: 6/24-8/1 M-TH 8:30 AM - 9:30 AM
B: 6/24-8/1 M-TH 10:40 AM - 11:40 AM

Ben Franklin School

Teacher Referral Required

Supportive Reading – Elementary

Entering Grades 1 - 5

This summer reading course uses a reading workshop format to provide early readers with a strong literacy foundation. It includes lessons focusing on early phonics skills, using reading comprehension strategies, literature appreciation, and writing.

Entering Grade 1
A: 6/24-8/1 M-TH 8:30 AM - 10:35 AM
B: 6/24-8/1 M-TH 9:35 AM - 11:40 AM

Entering Grade 2
A: 6/24-8/1 M-TH 8:30 AM - 10:35 AM
B: 6/24-8/1 M-TH 9:35 AM - 11:40 AM

Entering Grade 3
A: 6/24-8/1 M-TH 8:30 AM - 10:35 AM
B: 6/24-8/1 M-TH 9:35 AM - 11:40 AM

Entering Grade 4
A: 6/24-8/1 M-TH 8:30 AM - 10:35 AM
B: 6/24-8/1 M-TH 9:35 AM - 11:40 AM

Entering Grade 5
A: 6/24-8/1 M-TH 8:30 AM - 10:35 AM
B: 6/24-8/1 M-TH 9:35 AM - 11:40 AM

Ben Franklin School

2000001

Arts & Crafts Camp

Entering Grades 1 - 5

Students will have fun sketching, drawing, sculpting, painting and making crafts out of scraps of material, such as buttons or Styrofoam. We will also make jewelry, edible art, and more during this adventure.

Entering Grades 1 - 2
A: 6/24-7/11 M-TH 9:35 AM - 10:35 AM
B: 6/24-7/11 M-TH 10:40 AM - 11:40 AM
C: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

Entering Grades 3 - 5
A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM
B: 7/15-8/1 M-TH 9:35 AM - 10:35 AM
C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Ben Franklin School
Fee \$10

2000002

Drama Camp

Entering Grades 1 - 5

Have you ever felt like there was an actor or actress hidden in you child? This interactive class will

engage participants in dramatic situations and fun activities.

Entering Grades 1 - 2

A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM
B: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grades 3 - 5

A: 6/24-7/11 M-TH 10:40 AM - 11:40 AM
B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Ben Franklin School

2000003

German

Entering Grades 1 - 5

This course will offer lessons on many aspects of the German language, culture, and geography. Students will get to know the country and learn the German language through exciting activities and music.

Entering Grades 1 - 2

A: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Entering Grades 3 - 5

A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM

B: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Ben Franklin School

2000010

Spanish

Entering Grades 1 - 5

Intended for students who have had little or no previous experience with Spanish. Students will learn basic vocabulary and expressions, sing songs, play games, sample foods, and work on fun projects. Learn to speak Spanish and have fun at the same time.

Entering Grades 1 - 2

A: 6/24-7/11 M-TH 9:35 AM - 10:35 AM
B: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

C: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

Entering Grades 3 - 5

A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM

B: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Ben Franklin School

2000004

Lego Camp

Entering Grades 1 - 5

Campers will learn basic building techniques, play building oriented games, and create from their own imagination. Race cars, animals, and mosaics are just a few of the projects the children will be working on.

Entering Grades 1 - 2

A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM
B: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grades 3 - 5

A: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Ben Franklin School

Fee \$10

2000005

Math Games

Entering Grades 1 - 5

This hands-on class will teach your child the fundamentals of math while they play fun and exciting games.

Entering Grades 1 - 2

A: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

B: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

C: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

Entering Grades 3 - 5

A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM

B: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Ben Franklin School

2000006

Physical Education Fun

Entering Grades 1 - 5

Your child will learn basic rules and skills of many games in this non-threatening, activity-based class. Emphasis will be on fun, skill building, teamwork, and good sportsmanship.

Entering Grades 1 - 2

A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM

B: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grades 3 - 5

A: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Ben Franklin School



2000007

Team Building, Fitness & Sports

Entering Grades 1 - 5

Campers will engage in fitness activities, obstacle courses, parachute games, relay races, beanbag activities, and team sports such as basketball and soccer while learning the concepts of teamwork.

Entering Grades 1 - 2

A: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Entering grades 3 - 5

A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM

B: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Ben Franklin School

2000012

Speed, Agility & Strength – Boys

Entering Grade 5

Class will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, core strength and flexibility will be promoted through the use of all physical education facilities and equipment. Strength training program design, proper spotting techniques and weight room safety will also be covered.

6/17-7/18 M-TH 9:00 AM - 10:00 AM

No class July 1 - July 4

MF High School

2000011

Technology Camp

Entering Grades 1 - 5

Campers will have an opportunity to explore many technologies, such as multimedia tools and software applications that will wow their family and friends.

Entering Grades 1 - 2
 A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM
 B: 7/15-8/1 M-TH 9:35 AM - 10:35 AM
 C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grades 3 - 5
 A: 6/24-7/11 M-TH 9:35 AM - 10:35 AM
 B: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

C: 7/15-8/1 M-TH 8:30 AM - 9:30 AM

Ben Franklin School

2000008

Readers / Writers Camp

Entering Grades 1 - 5

Campers who enjoy the world of literature will enjoy reading and writing a variety of genres in this camp. Students will be given the opportunity to enhance their skills by writing, editing, and publishing their own work. They'll be able to unlock their imagination and enjoy the world of books.

Entering Grades 1 - 2
 A: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM
 C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grades 3 - 5
 A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM
 B: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

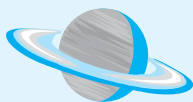
C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Ben Franklin School

2000009

Space Camp

Entering Grades 1 - 5



Students will explore the beauty of the stars and the planets while we create our own International Space Station. We will recreate some space experiments and build and launch our own rockets. Our students will really get to explore Infinity and Beyond.

Entering Grades 1 - 2
 A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM
 B: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Entering Grades 3 - 5
 A: 6/24-7/11 M-TH 9:35 AM - 10:35 AM

B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM
 C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Ben Franklin School

Fee \$10

2000016

Summer Science

Entering Grades 1 - 5

Summer science will involve the discovery of various topics in science that are related to, or occur during, the summer months. We will explore topics such as insects, plants, solar system, weather, and how animals are put together.

Entering Grades 1 - 3
 A: 6/24-7/11 M-TH 8:30 AM - 9:30 AM
 B: 6/24-7/11 M-TH 9:35 AM - 10:35 AM
 C: 7/15-8/1 M-TH 10:40 AM - 11:40 AM

Entering Grades 4 - 5
 A: 6/24-7/11 M-TH 10:40 AM - 11:40 AM

B: 7/15-8/1 M-TH 8:30 AM - 9:30 AM
 C: 7/15-8/1 M-TH 9:35 AM - 10:35 AM

Ben Franklin School

2000017

Golf 4 Beginners

Entering Grades 1 - 5

This class will focus on the fundamentals of golf such as grip, stance, and posture. Students will learn basics from chipping and putting to full swing, with the rules of golf sprinkled in throughout the course. Please bring a 7 or 8 iron to the first class. If students cannot provide golf clubs, please contact Mr. Pritchard at Ben Franklin School (255-8470) to make arrangements.

Entering Grades 1 - 2
 6/24-7/11 M-TH 8:30 AM - 9:30 AM

Entering Grades 3 - 5
 6/24-7/11 M-TH 9:35 AM - 10:30 AM

Ben Franklin School

Fee \$10

Middle School

3000016

North Sneak Peak – Transition to 6th Grade

Entering Grade 6

Feeling a little nervous about middle school? Join us for a sneak peak of North Middle School as we get ready to start the new school year. Take a scavenger hunt to learn your way around the building. Learn to access and navigate the school network by using a variety of technology tools. Practice study strategies and organizational skills through hands-on activities, and meet some of your classmates and teachers.

A: 7/29-7/30 M&T 1:00 PM - 4:00 PM
 B: 7/31-8/1 W&TH 1:00 PM - 4:00 PM

C: 8/5-8/6 M&T 8:30 AM - 11:30 AM
 D: 8/7-8/8 W&TH 8:30 AM - 11:30 AM

North Middle School

Teacher Referral Required

Supportive Math – Entering Grades 6 - 9

This program is designed for students who need to further develop the skills and concepts of the district's math curriculum. The course will employ five different math strands: Mathematical Processes, Measurement, Algebraic Relationships, Geometry, and Statistics and Probability, to teach the needs of individual students, as well as encourage understanding and application of the grade level outcomes.

Entering Grade 6
 A: 6/24-8/1 M-TH 8:30 AM - 10:00 AM
 B: 6/24-8/1 M-TH 10:05 AM - 11:35 AM

Entering Grade 7
 A: 6/24-8/1 M-TH 8:30 AM - 10:00 AM
 B: 6/24-8/1 M-TH 10:05 AM - 11:35 AM

Entering Grades 8 - 9
 A: 6/24-8/1 M-TH 8:30 AM - 10:00 AM
 B: 6/24-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School

Teacher Referral Required

Supportive Reading – Entering Grades 6 - 9

This reading course uses a project-based learning format to provide readers an opportunity to further their literacy foundation. The course will employ four different strands: Word Meaning and Context, Understanding Text, Analyze Text, and Evaluate and Extend Text, to teach the needs of individual students, as well as encourage understanding and application of the grade level outcomes.

Entering Grade 6
 A: 6/24-8/1 M-TH 8:30 AM - 10:00 AM
 B: 6/24-8/1 M-TH 10:05 AM - 11:35 AM

Entering Grade 7
 A: 6/24-8/1 M-TH 8:30 AM - 10:00 AM
 B: 6/24-8/1 M-TH 10:05 AM - 11:35 AM

Entering Grades 8 - 9
 A: 6/24-8/1 M-TH 8:30 AM - 10:00 AM
 B: 6/24-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School

3000015*

The Bridge to Algebra

Entering Grade 8

Teacher Referral Required

Students enrolled in this course did not meet criteria for placement into 8th grade Algebra, or could benefit from additional support in order to be successful in 8th grade Algebra. They have been recommended by their seventh grade math teacher because they have the potential to be successful in Algebra with more practice of prerequisite skills. Students will complete lessons and activities based on the 300 Level College and Career Readiness Skills. Skill bands included will be: Basic Operations and Applications; Probability, Statistics, and Data Analysis; Number Concepts and Properties; Graphical Representations; Measurement; Properties of Plane Figures; and Expressions, Equations, and Inequalities. If students demonstrate proficiency of skills assessed throughout this course, they will be placed into 8th grade Algebra in fall.

6/24-8/1 M-TH 10:05 AM - 11:35 AM
North Middle School

3000023*

The Bridge to Geometry

Entering Grade 9

Teacher Referral Required

Students enrolled in this course did not meet criteria for placement into 9th grade Geometry. They have been recommended by their eighth grade math teacher because they have the potential to be successful in Geometry with more practice of prerequisite skills. Students will complete lessons and activities based on the 400 Level College and Career Readiness Skills. Skill bands included will be: basic operations and applications, probability, statistics, data analysis, number concepts and properties, expressions, equations and inequalities, graphical representations, properties of plane figures, and measurement. If students demonstrate proficiency of skills assessed throughout this course they will be placed into 9th grade Geometry in Fall.

6/24-8/1 M-TH 8:30 AM - 10:00 AM
North Middle School

3000006

German

Entering Grades 6 - 8

This basic German class will introduce students to useful conversational phrases and basic vocabulary, as well as cultural activities, foods, and crafts. Topics will range with age and

experience of students, and may include animals, families, jobs and professions.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School
Fee \$5

3000007

Spanish

Entering Grades 6 - 8

This basic Spanish class will introduce useful conversational phrases and basic vocabulary, as well as cultural activities, foods, and crafts. Topics will range with age and experience of students and may include animals, families, jobs and professions.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School
Fee \$5

3000001

Open Studio (Art)

Entering Grades 6 - 8

Students will have the opportunity to explore a broad array of art media and techniques in an open studio setting conducive to collaboration, innovation and creativity. Students who respond best to structure and guidance from the instructor will be able to look at samples and create artwork based on a predetermined format. Students who prefer to explore techniques and discover the limitations of media on their own will be allowed to self pace and work independently to create drawings, paintings, painted found objects such as furniture or t-shirts, sculpture and jewelry.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School
Fee \$10

3000003

Broadway Bound

Entering Grades 6 - 8

Step in to the world of theater! Learn dances from Broadway shows and explore the

performing arts through theater games, song, scene study and improvisation. Conquer your stage fright and find a home on stage in this fun filled class!

6/24-7/11 M-TH 8:30 AM - 10:00 AM
North Middle School

3000011

Village Voices

Entering Grades 6 - 8

Students with or without choir experience are welcome to join this fun-filled singing group. Different styles of songs with staging and choreography will be taught, along with proper singing and breathing techniques, and other skills necessary to become a fantastic singer!

6/24-7/11 M-TH 10:05 AM - 11:35 AM
North Middle School

3000004

Tween Cuisine Cooking

Entering Grades 6 - 8

This course will give you a chance to develop your passion for cooking. We will spend time searching for delicious recipes, or brainstorming to create our own, which we will then cook, serve and eat. We will also visit the farmers market, have a friendly competition, and host a bake sale.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School
Fee \$10

3000021

Poetry and Creative Writing

Entering Grades 6 - 8

Instructors will acclimate students to various forms and conventions of poetry and creative writing through modeling and practice. Students will enjoy creative lessons as they put their own creative thoughts and ideas to paper. Using the writing process, we will engage in interesting, hands-on activities that guide teaching and learning. The final project of this journey will be a compilation of original works and illustrations by each writer.

A: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
B: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School

30

Register at fallsrec.org



3000005

Play It – Physical Education

Entering Grades 6 - 8

Are you interested in learning new, fun and fast-action games such as: Eclipse ball, Tennis, Badminton, Pickleball, Table Tennis or Styxball? Maybe you would like to learn more about weight training or other lifetime activities? Grab a friend and have fun while keeping active and motivated during the summer.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School

3000013

Speed, Agility & Strength – Boys

Entering Grades 6 - 8

This class will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, and flexibility will be promoted through the use of all physical education facilities and equipment. Other areas that will be covered include strength training program design, proper spotting techniques and weight room safety.

6/17-7/18 M-TH 9:00 AM - 10:00 AM
No class July 1 - July 4
MF High School

3000008

Summer Finance Literacy

Entering Grades 6 - 8

Would you like a head start on becoming financially independent? Using web-based classroom simulations and activities, students will learn more about money, finances, the stock market, and personal financial literacy.

6/24-7/11 M-TH 10:05 AM - 11:35 AM
North Middle School

3000009

AUTOCAD & Machines

Entering Grades 6 - 8

Students will be using Inventor AUTOCAD (computer assisted drawing and design) software to design a variety of drawings. These drawings will consist of a few basic pieces for rendering two drawings together to create an animation drawing. Students will then create a portfolio

featuring their drawings and pictures of the gears and other items they make.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

North Middle School
Fee \$5

3000024

Introduction to High School Academy Courses

Entering Grades 7 - 8

Students will be introduced to job trends and future career needs within the science, technology, engineering and Mathematics (STEM) industry, as well as, business, and health care fields. They will also be made aware of courses available in high school, specifically through the Academy, which can help them plan a program of study to access career pathways.

6/24-7/11 M-TH 1:00 PM - 3:00 PM
North Middle School

3000012

Summer Entrepreneur Innovation

Entering Grades 6 - 8

Have you ever wanted to come up with a new, unique product or service to address a specific market niche? This class will include hands-on activities that allow students to think creatively and invent new products that address everyday opportunities. Curriculum support is provided by Microsoft's World Series of Innovation program.

6/24-7/11 M-TH 8:30 AM - 10:00 AM
North Middle School

3000022

Space & Flight

Entering Grades 6 - 8

This enrichment class begins with students learning about the history of flight through hands on activities, research, and a presentation in the form of an infomercial. Students will complete 3 or 4 projects: Infomercial, hot air balloon, paper / water bottle rocket, and hover craft (optional). In weeks 2 & 3 students learn the science and art of flying through the air. Students will experience activities related to Newton's laws, Bernoulli's principle, and propulsion systems, and will use Rocket Modeler III to learn about rocket design.

A: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
B: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School
Fee \$5

3000019

The Art of Sign Language

Entering Grades 6 - 8

Learn the basics of sign language starting with the alphabet, numbers, colors, animals, days, months, simple requests, manner, and more. We will move from finger spelling into signing complete sentences and even learn a song or two. When this class is completed students will be able to communicate with others using American Sign Language.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

North Middle School

3000020

Tornados, Hurricanes and the Science of Weather

Entering Grades 6 - 8

Imagine a tornado producing 301 mph winds, or a thunderstorm creating hail 8 inches in diameter, or how about 12 inches of rain in 1 hour? These are some of the most amazing weather world records. In this weather enrichment class students will learn how the atmosphere manages some of these astonishing feats. Additionally students will gain a deeper knowledge of the forces that cause Earth's weather, how scientists measure the weather and how they predict it. Students will also get the opportunity to build their own weather instruments and use them to record varying weather data.

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

C: 7/15-8/1 M-TH 8:30 AM - 10:00 AM
D: 7/15-8/1 M-TH 10:05 AM - 11:35 AM

North Middle School
Fee \$5

3000025

Keyboarding Camp

Entering Grades 6 - 8

It's a fact: more and more middle schools and virtually ALL high schools are requiring students to submit highly polished, typed documents. In this high-energy, hands-on class, students will learn keyboarding skills essential for success in school, in college, and eventually, the workplace. Come to keyboarding camp and move from hunting and pecking to touch typing!

A: 6/24-7/11 M-TH 8:30 AM - 10:00 AM
B: 6/24-7/11 M-TH 10:05 AM - 11:35 AM

North Middle School – Room 141

High School

4000031

Transition - Middle School to High School

Entering Grade 9



Designed specifically for incoming freshmen and other students who will be new to the high school. Students will learn the layout of the school, school rules, study skills, and what's needed to be successful at the High School.

A: 6/24-6/27 M-TH 8:00 AM - 10:00 AM
B: 6/24-6/27 M-TH 10:15 AM - 12:15 PM

C: 7/1-7/3 M-W 8:00 AM - 10:00 AM
D: 7/1-7/3 M-W 10:15 AM - 12:15 PM

E: 7/8-7/11 M-TH 8:00 AM - 10:00 AM
F: 7/8-7/11 M-TH 10:15 AM - 12:15 PM

G: 7/15-7/18 M-TH 8:00 AM - 10:00 AM
H: 7/15-7/18 M-TH 10:15 AM - 12:15 PM

I: 7/22-7/25 M-TH 8:00 AM - 10:00 AM
J: 7/22-7/25 M-TH 10:15 AM - 12:15 PM

K: 7/29-8/1 M-TH 8:00 AM - 10:00 AM
L: 7/29-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

Biology – Credit Recovery Only

Grade 10

This course has been designed to expose students to the apparent unity and diversity among living organisms. Students completing two semesters of this course should have developed certain concepts about life that will enable them to better understand nature's living realm. This will be a basic course that should be used for credit recovery only.

4000002

Semester I
6/24-8/1 M-TH 8:00 AM - 10:00 AM

4000003

Semester II
6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

English – Credit Recovery Only

Grades 9 - 12

This course is designed to encourage creativity and teach fundamental writing skills. Class goals include publishing a literary magazine and developing word smithing skills. A final and most important course objective is to give students the necessary skills and knowledge to continue participation in the literary magazine at the high school.

4000005

Semester I
6/24-8/1 M-TH 8:00 AM - 10:00 AM

4000006

Semester II
6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

Geometry – Credit Recovery Only

Grade 10

Students will study the properties of both two and three dimensional figures. Emphasis is given to the process of deductive reasoning in both mathematical and non-mathematical situations. Opportunities are provided for original and creative thinking and for the development of an understanding of planar and spatial relationships. The student must have a graphing calculator. TI-83 or TI-84 preferred.

4000007

Semester I
6/24-8/1 M-TH 8:00 AM - 10:00 AM

4000008

Semester II
6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

Western Civilization – Credit Recovery Only

Grades 9 - 10

This course provides a chronological survey of European history from the Enlightenment to the Post World War II era. The focus of the course will be the development of the major institutions characterizing modern western civilization. Particular emphasis will be placed upon the origins of democratic government and free market economies.

6/24-8/1 M-TH 8:00 AM - 10:00 AM

MF High School

Physical Science – Credit Recovery Only

Grade 9

This course covers the principles of chemistry and physics and is designed for the student with basic reading and basic math skills. Classroom discussion and readings are used to introduce topics, and experimentation is used to expand the understanding of the concept.

4000009

Semester I
6/24-8/1 M-TH 8:00 AM - 10:00 AM

4000010

Semester II
6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

4000011

US History – Credit Recovery Only

Grades 9 - 12

This course is designed to provide the student with an awareness of the diverse heritage of American society and to identify the place and role of the U.S. in the modern world. We will trace developments in U.S. History from the end of the Civil War through the Reagan - Bush era. Students will be expected to develop skills in critical thinking and writing, and will also be encouraged to formulate their own ideas as to historic causation. In addition to history, the following concepts are presented and developed: economic, political, social and geographical.

6/24-8/1 M-TH 10:15 AM - 12:15 PM
MF High School

4000039

NovaNet –

Grades 9 - 12

Online enrichment courses are an opportunity for students to expand their learning experience beyond the course offerings at MF High School, or enroll in a course that otherwise may not fit in their schedule. Pursuant to Board Policy 343.7 on virtual education, enrollment in an online enrichment course is dependent on guidance counselor recommendation, and parental and administrative approval.

A: 6/24-8/1 M-TH 8:00 AM - 10:00 AM
B: 6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

World History – Credit Recovery Only

Grades 9 - 10

This is a survey course covering pre-historic to modern times, both western and non-western worlds. Topics include: the rise of civilization, political, social and economic developments of the Middle Ages, the Renaissance and the era of discovery, the growth of democracy and nationalism, the Industrial Revolution, the two world wars, and the Cold War. The development and influence of various religions, philosophies, and political, social and economic systems are also examined in context.

4000040

Semester I

6/24-8/1 M-TH 8:00 AM - 10:00 AM

4000041

Semester II

6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

4000012

Algebra – Credit Recovery Only

Grade 9

Students will study the order of operations, properties of the real number system, equations and inequalities, systems of equations, polynomials, exponents and radicals, products and factoring, quadratic equations, and an introduction to relations and functions. Each student must have a graphing calculator. TI-83 or TI-84 preferred.

4000012

Semester I

6/24-8/1 M-TH 8:00 AM - 10:00 AM

4000001

Semester II

6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

4000037

Spanish Extension Workshop

Entering Grade 12

This course allows incoming seniors to complete their second semester of Spanish IV requirement for entrance into Spanish V in the Fall. This course also provides skill development for incoming Spanish V students who are interested in taking AP courses in the Spring of 2014.

A: 6/24-8/1 M-TH 8:00 AM - 10:00 AM

B: 6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

4000019

Managing a Small Business (0.5 Credit)

Entering Grades 9 - 12

Explore the fascinating elements of business including the skills and qualities of successful entrepreneurs, competition, business types, marketing, human resources, finance, basic economics, accounting, management, leadership, and much more. All of these topics are practiced as you participate in running a real business, The Trading Post (school store). These topics culminate as you develop a business plan that expands upon all that has been learned.

6/24-8/1 M-TH 8:00 AM - 12:15 PM

MF High School

4000027

Speed, Agility & Strength – Boys (0.5 Credit)

Entering Grade 9

Students will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, core strength and flexibility will be promoted through the use of physical education facilities and equipment. Other areas that will be covered: strength training program design, proper spotting techniques and weight room safety.

6/17-7/25 M-F 7:00 AM - 9:00 AM

No class July 1 - July 5

MF High School

4000027

Speed, Agility & Strength – Girls (0.5 Credit)

Entering Grade 9 - 12

Students will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, core strength and flexibility will be promoted through the use of physical education facilities and equipment. Other areas that will be covered: strength training program design, proper spotting techniques and weight room safety.

A: 6/24-8/1 M-TH 8:00 AM - 10:00 AM

B: 6/24-8/1 M-TH 10:15 AM - 12:15 PM

MF High School

4000027

Speed, Agility & Strength – Boys (0.5 Credit)

Entering Grades 10 - 12

Students will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, core strength and flexibility will be promoted through the use of physical education facilities and equipment. Other areas that will be covered: strength training program design, proper spotting techniques and weight room safety.

6/17-7/25 M-F 6:00 AM - 8:00 AM

No class July 1 - July 5

MF High School

4000035

Health (1 Credit)

Entering Grades 9 - 12

Students will access, analyze and apply health information to improve and/or maintain one's personal and community health while striving to achieve an optimal level of wellness and high quality of life.

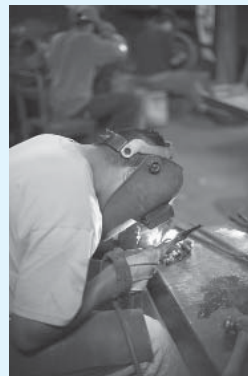
A: 6/24-8/1 M-TH 8:00 AM - 11:00 AM

MF High School

4000036

Introduction to Metal Manufacturing and Engineering (0.5 credit)

Entering Grades 9 - 12



This course is designed to give students an understanding of all phases of manufacturing. Students will cut, bend, weld, saw, machine, cast, and layout metal and plastic parts according to blue prints. Students will set up and use

jigs, fixtures, precision measuring instruments, and precision machine tools including computer numerical control machines.

6/24-8/1 M-TH 8:00 AM - 12:15 PM

MF High School

Fee \$35

Adult Mind, Body & Spirit



4000030 ACT Prep Course Entering Grades 11 - 12

This course focuses on all four ACT subject areas. The curriculum uses actual ACT problems. The final class will be held from 8:00 a.m - 12:15 p.m. Students will get their scores and correct answers.

A: 7/8-7/18 M-TH 10:15 AM - 12:15 PM
B: 7/22-8/1 M-TH 10:15 AM - 12:15 PM

MF High School
Fee \$60

4000033 Summer Academy for AP – Social Studies or English Entering Grades 9 - 12

This class will expose each student to a number of strategies and materials to best prepare them for an upcoming AP Social Studies or AP/CAPP English course. All students will be given an introduction into college-level texts and readings, which will help them to meet the rigor and pace that is common with a college level course. Students will have their week personalized to their respective AP course.

7/15-7/18 M-TH 10:15 AM - 12:15 PM
MF High School

4000034 Summer Academy for AP – Science Entering Grades 9 - 12

This class will expose each student to a number of strategies and materials to best prepare them for an upcoming AP Science course. All students will be given an introduction into college level texts and readings, which will help them to meet the rigor and pace that is common with a college level course.

7/15-7/18 M-TH 10:15 AM - 12:15 PM
MF High School

4000032 Principles of Effective Leadership Entering Grades 9 - 12

Are you a current leader within our school community? Do you have future aspirations of becoming a leader within a sport, club, or activity? Does your future career interest require you to serve in a leadership position? If the answer to any of these questions is yes, please consider this summer enrichment course. Students will learn effective leadership qualities and dispositions, and will be challenged to grow as they are given strategies, tools, and practice in developing effective leadership skills.

7/8-7/18 M-TH 10:15 AM - 12:15 PM
MF High School
Fee \$45

4000038 University of Wisconsin Systems Tour Entering Grades 11 - 12

Students will meet with counselors and tour the campuses of thirteen State of Wisconsin Universities and WCTC (Waukesha County Technical College). There will be an overnight portion of the course. Students registering will be contacted and asked to attend an informational meeting with a parent.

6/24-8/1 M-TH 8:00 AM - TBD
MF High School
Fee \$250



Adult 790002 Body Basics \$ 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: 6/4-7/11 T&TH 7:15 PM - 8:05 PM
No class July 4
R \$39 NR \$47 11 classes
B: 7/23-8/22 T&TH 7:15 PM - 8:05 PM
R \$35 NR \$42 10 classes

Community Center LL Rm 4
Anita Kress-Marx

790086 Fit Club Ages 16+

Knock out boredom and blast fat with a 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.

7/2-7/30 T 6:45 PM - 7:45 PM
Community Center Gym
Jason Jordan
R \$30 NR \$36 5 classes



Adult Mind, Body & 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.



790088

Cross Fit Boot Camp

Ages 18+

Interested in flipping tires? Cross fit boot camp is a sports inspired drill class designed to get you over your fitness plateau in every way possible. Rain or shine, class is always in session.

6/1-7/27 S 9:00 AM - 9:45 AM

No class July 6

North Middle School Soccer Field

Jennifer Barton

R \$40 NR \$48 8 classes

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: 6/4-7/11 T&TH 6:00 PM - 7:05 PM

No class July 4

R \$50 NR \$60 11 classes

B: 7/23-8/22 T&TH 6:00 PM - 7:05 PM

R \$47 NR \$56 10 classes

Community Center LL Rm 4

Pam Oliveren

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: 6/3-6/26 M&W 7:30 PM - 8:30 PM

B: 8/5-8/28 M&W 7:30 PM - 8:30 PM

Community Center LL Rm 4

John Gerhardt

R \$35 NR \$42 8 classes

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: 6/3-7/10 M&W 6:25 PM - 7:25 PM

No class July 3

R \$39 NR \$47 11 classes

B: 7/22-8/21 M&W 6:25 PM - 7:25 PM

R \$35 NR \$42 10 classes

Community Center LL Rm 4

Julinda Prekop

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: 6/3-7/10 M&W 5:25 PM - 6:25 PM

No class July 3

R \$39 NR \$47 11 classes

B: 7/22-8/21 M&W 5:25 PM - 6:25 PM

R \$35 NR \$42 10 classes

Community Center LL Rm 4

Julinda Prekop

Register Early...

Register at fallsrec.org

35

Adult Mind, Body & Spirit

790066

Deep Water Workout

Ages 18+

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.

6/3-8/5 M 7:15 PM - 8:15 PM
North Middle School Pool
Jennifer Barton
R \$40 NR \$48 10 classes

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: 6/6-7/11 TH 7:00 PM - 8:00 PM
No class July 4

B: 7/25-8/29 TH 7:00 PM - 8:00 PM
No class August 15

Community Center Gym
Hype Staff
R \$29 NR \$35 5 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: 5/13-6/24 M 6:30 PM - 9:30 PM
No class May 27

B: 6/5-7/10 W 6:30 PM - 9:30 PM
C: 7/1-8/5 M 6:30 PM - 9:30 PM
D: 7/10-8/14 W 9:00 AM - 11:30 AM

Adventure Rock, Brookfield
R \$125 NR \$150 6 classes

820026

Adult Tennis Play

Ages 18+



Already know how to play the game and just want to get out and hit the ball? We will play games and matches that focus on various skills used in the game of tennis. Improve your game with pointers and help from coaches. Students must provide their own racquet. Please

bring a water bottle.

A: 6/17-6/28 M-F 8:00 AM - 9:30 AM
B: 7/8-7/19 M-F 8:00 AM - 9:30 AM
C: 7/22-8/2 M-F 8:00 AM - 9:30 AM

MFHS Tennis Courts
R \$59 NR \$70 10 classes

820007

Adult Tennis Lessons

Ages 18+

If you are picking up a racquet for the first time, or if it has been awhile, this class will review all the strokes that go into the game of tennis. Classes will begin with forehand and backhand, moving to volleys and overheads, then on to serving. By the end of this class, you will be able to play a game, set and match. Students must provide their own racquet. Please bring a water bottle.

A: 6/17-6/28 M-F 8:00 AM - 9:30 AM
B: 7/8-7/19 M-F 8:00 AM - 9:30 AM
C: 7/22-8/2 M-F 8:00 AM - 9:30 AM

MFHS Tennis Courts
R \$59 NR \$70 10 classes

580041

Weight Loss Challenge

Ages 18+

Learn to lose weight and keep it off! Get group support and nutrition education, a metabolism test, and personal coaching. Check-ins each week will help you achieve your goals and keep you on track. Want accountability? Each person who gains from one week to another will add \$1 to our cash prize which will be awarded to the person who loses the most inches! Additional prizes will be awarded to those individuals with the largest weight loss success! To create a community for more accountability each person must attend 8 of the 9 sessions. For any additional absences, participants will be asked to contribute \$5 to the cash pay-outs.

A: 5/14-7/9 T 7:00 PM - 7:45 PM
B: 7/16-9/10 T 7:00 PM - 7:45 PM

Vibe Nutrition, N88 W16599 Main St.
Emily Otzelberger
R \$35 NR \$35 9 classes

820005

Belly Dance

Ages 16+

Shimmy your way to fitness and health. Learn the basics of Belly Dancing while increasing strength, flexibility and

Register online only at

www.midwest.usta.com/startrestart/begin

Start / Restart Tennis

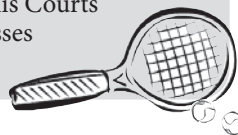
Ages 18+

It's never too late to learn the game of tennis! The Start/ReStart program is designed to introduce new players to the game of tennis, and welcome back past players at a beginner level. Lower compression balls are used which provide a lower bounce and are easier to hit. This allows players time to get to the ball and helps them develop optimal stroke patterns. Students will be brought through a progression of strokes and given handouts to help work on skills outside of class. Fee includes a long-sleeve Start/Restart program t-shirt, \$10 gift certificate to Midwest Athletics and a discounted membership for the USTA.

A: 6/17 -7/31 M&W 6:00 PM - 7:00 PM
No class July 3

B: 6/18-8/1 T&TH 6:00 PM - 7:00 PM
No class July 4

MF High School Tennis Courts
R \$85 NR \$85 12 classes



Adult Mind, Body & Spirit

Adult Fall Sport Leagues **Ages 18+**

Fall Softball

Leagues will begin the week of Sept. 2

Leagues offered:

- Coed – Tuesday
- Men's Inseam – Wednesday & Thursday

Team paperwork will be available the week of June 3 at fallsrec.org



Fall/Winter Volleyball

Leagues will begin in early October

Leagues offered:

- Coed – Tuesday & Thursday
- Men's – Monday
- Women's – Monday

Team paperwork will be available the week of July 1 at fallsrec.org



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.

6/5-7/17 W 6:45 PM - 7:45 PM

No class July 3

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 onetime fee of \$17.00.

6/5-7/17 W 8:00 PM - 9:00 PM

No class July 3

G-Town DPW LL enter by gas pump

Laura Grunert

R \$38 NR \$55 6 classes

820009

Country Line Dance

Ages 18+

It's time to kick, stomp and scuff your way to a boot scootin' good time. You

don't need 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: 6/4-7/9 T 6:00 PM - 7:00 PM

B: 7/23-8/27 T 6:00 PM - 7:00 PM

Community Center Rm 102A

Ingrid Mielke

R \$20 NR \$24 6 classes

790091

Citizen Self Defense

Ages 18+



3rd degree black belt, Jason "Jragon" Jordan will teach you self defense techniques that could possibly

save your life from an attacker. Students will learn skills such as strikes, escapes, pressure points, and joint manipulation. This class will help you feel safe and more confident when faced with potentially dangerous situations.

7/11 TH 5:45 PM - 6:45 PM

Community Center Gym

Jason Jordan

R \$15 NR \$18 1 class

790028

EZ Defense For Women

Age 16+

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 their parent.

A: 6/19 W 6:45 PM - 8:00 PM

B: 7/17 W 6:45 PM - 8:00 PM

Community Center Rm 106

Sensei Stan

R \$18 NR \$22 1 class

790092

Brazilian Jujitsu

Ages 18+

Students will learn, discuss and practice Brazilian Jujitsu techniques and strategies. Facilitated by martial arts expert Jason "Jragon" Jordan, the class will practice takedowns, positioning, and submission techniques such as chokes and armbars.

7/2-7/30 T 7:50 PM - 8:50 PM

Community Center Gym

Jason Jordan

R \$35 NR \$42 5 classes

790063

Tai Chi For Beginners

Ages 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 is a truly complete body exercise.

A: 6/4-7/16 T 12:00 PM - 1:00 PM

R \$29 NR \$35 7 classes

B: 7/23-8/27 T 12:00 PM - 1:00 PM

R \$24 NR \$29 6 classes

Community Center LL Rm 4

Virginia Mathias

Register at fallsrec.org

37

Adult Mind, Body & Spirit

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: 6/4-7/16 T 10:30 AM - 11:30 AM
R \$29 NR \$35 7 classes

B: 7/23-8/27 T 10:30 AM - 11:30 AM
R \$24 NR \$29 6 classes

Community Center LL Rm 4
Virginia Mathias

790090

Tai Chi Practice

Ages 18+

Take your Tai Chi practice to the next level. If you have any experience with the Modified Yang Style and would like to journey deeper, this class is just what you have been looking for.

A: 6/7-7/19 F 11:15 AM - 12:15 PM
No class July 5

B: 7/26-8/30 F 11:15 AM - 12:15 PM
R \$24 NR \$29 6 classes

Community Center LL Rm 4
Virginia Mathias

790023

Introduction to Meditation

Ages 16+



Are you constantly feeling overwhelmed and stressed? Create inner peace and a sense of well-being by learning proper breathing and a variety of meditation

techniques. Please bring a blanket and pillow to class.

7/16-8/6 T 6:00 PM - 7:30 PM
Community Center Rm 109
Kate Hunt-Matthes
R \$54 NR \$64 4 classes

790020

Relax, Renew, Rejuvenate

Ages 16+

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.

6/11-7/2 T 6:00 PM - 7:30 PM
Community Center Rm 109
Kate Hunt-Matthes
R \$54 NR \$64 4 classes

970103

Stress Relief Workshop

Ages 18+

Protect your future from the effects of stress. Discover exactly what inner and outer stress does at a mental, physical and chemical level. This workshop covers personal habits including exercise, water consumption, basic nutrition and stress relief. Factors maximizing energy and alertness are emphasized.

7/17 W 12:00 PM - 1:00 PM
Germantown Library
Dr. Brenda Holland, Chiropractic Co.

FREE, but registration is required

790068

Flow Yoga

Ages 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: 6/4-7/9 T 6:00 PM - 7:15 PM
R \$45 NR \$55 6 classes

B: 7/23-8/20 T 6:00 PM - 7:15 PM
R \$39 NR \$47 5 classes

Community Center Rm 123
Melissa Teske



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: 6/5-7/17 W 7:00 PM - 8:15 PM
No class June 12 & July 3

B: 7/31-8/28 W 7:00 PM - 8:15 PM

Community Center Rm 123
Melissa Teske
R \$39 NR \$46 5 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: 7/11-8/22 TH 5:15 PM - 6:30 PM
B: 7/11-8/22 TH 7:00 PM - 8:15 PM

G-Town DPW LL enter by gas pump
Bruce VanDyke
R \$62 NR \$66 7 classes

790089

Level II Yoga Workshop

Ages 13+

This Level II Yoga Workshop is a continuation from the beginners course. You will learn 20 new hatha yoga exercises including the full sun salutation. A Yoga guide is provided at class.

6/27 TH 5:15 PM - 7:30 PM
G-Town DPW, LL- enter by gas pumps
Bruce VanDyke
R \$20 NR \$24 1 class



38

Register at fallsrec.org

Adult Mind, Body & Spirit

940005

"Wicked" at the Marcus Center

Adults & Youth Ages 6+ w/adult

Experience the phenomenon of *Wicked*, the story of two girls in the Land of Oz. One is smart, fiery, and misunderstood, with emerald-green skin. The other is beautiful, ambitious and very popular. How these two unlikely friends end up as the wicked Witch of the West and Glinda the Good Witch makes for the most spellbinding musical in years. Loge or Orchestra seats are available. This show is very popular, so register now. **Please Note - you must complete an emergency contact form at time of registration.**

6/15 S 1:00 PM - 6:00 PM
Germantown Village Hall Parking Lot
Loge: \$89 Orchestra: \$109

970064

Patios, Walls and Walks

Ages 18+

Learn the basic knowledge needed to build a retaining wall or sitting wall. From concrete to pavers, you can create additional patio space or install a walkway, using the wide variety of block products available today. Planning a big project? Get the information needed to plan your project and select the proper contractor.

Register by June 14

6/22 S 9:30 AM - 10:30 AM
Wendland Nursery
Russ Wendland
R \$8 NR \$13 1 class

970112

Learn to Wood Carve

Ages 11+

Please bring your sense of humor, and join local author and artist, Greg Young, as he teaches the basics of woodcarving. You will learn various carving and sharpening techniques, and carve some fun simple



beginner projects. Please bring a carving or filleting glove which can be found at any local outdoor store such as Fleet Farm. Any questions regarding the program or the type of glove needed, please call the instructor at 414-573-6008.

Walking Stick

A: 6/13-6/20 TH 6:00 PM - 8:30 PM
R \$58 NR \$63 2 classes

Basic Wood Spirit Face

B: 7/11 TH 6:00 PM - 8:30 PM
C: 7/12 F 9:00 AM - 11:30 AM
R \$26 NR \$37 1 class

Simple Fish Plaque

D: 8/8 TH 6:00 PM - 8:30 PM
E: 8/9 F 9:00 AM - 11:30 AM
R \$26 NR \$37 1 class

Survive Alive House, G-Town
Greg Young

970001

Stamping

Ages 13+

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: 5/13-7/1 M 7:00 PM - 9:00 PM
No class May 27 & June 3

B: 7/8-8/12 M 7:00 PM - 9:00 PM

Community Center LL Rm 2
Diane Tritz
R \$21 NR \$25 6 classes

970094

Oil Painting

Ages 18+

Love the idea of painting with oils but don't know where to start? Are you a painter with unfinished work? Our teacher will assist you with a project of your choice and guide you through suggestions, check composition, help with color mixing and show you techniques to obtain certain effects. Please pick up a suggested supply list at the CE & Rec office.



6/6-8/15 TH 9:30 AM - 11:30 AM
No class July 4

Community Center Rm 102A
Simone Rogina
R \$53 NR \$64 10 classes

770005

Knitting

Ages 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.



A: 6/4-7/16 T 9:30 AM - 11:30 AM
No class July 2

B: 6/6-7/18 TH 9:30 AM - 11:30 AM
No class July 4

C: 7/23-8/27 T 9:30 AM - 11:30 AM
D: 7/25-8/29 TH 9:30 AM - 11:30 AM

Community Center Rm 106
Shirley Mattson
R \$49 NR \$59 6 classes

770005

We're a Close Knit Group

Ages 18+

Do you like to knit, but your days are too busy? Join us for evening classes every other week. 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.

W 6:30 PM - 8:30 PM
6/5, 6/19, 7/10, 7/24, 8/14 & 8/28

Community Center Rm 109
Shirley Mattson
R \$49 NR \$59 6 classes

Register at fallsrec.org

39

Adult Mind, Body & Spirit

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!

6/4 T 10:00 AM - 12:00 PM
Community Center Rm 123
Kathleen Miller
R \$13 NR \$16 1 class

970093

De-clutter Your Closets and Drawers

Ages 18+

Learn how to de-clutter and organize your closets and drawers. 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.

6/25 T 10:00 AM - 12:00 PM
Community Center Rm 123
Kathleen Miller
R \$13 NR \$16 1 class

970095

De-clutter Your Kitchen, Pantry and Laundry Area

Ages 18+

Transform your Kitchen, Pantry & Laundry 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.

7/23 T 10:00 AM - 12:00 PM
Community Center Rm 123
Kathleen Miller
R \$13 NR \$16 1 class

910041

Food Allergies and the Aware Parent

Ages 18+

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

6/12 W 6:30 PM - 7:30 PM
Germantown Library
Dr. Brenda Holland, Chiropractic Co.

FREE, but registration is required

910042

Home Remedies for the Family

Ages 18+

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

8/14 W 6:30 PM - 7:30 PM
Germantown Library
Dr. Brenda Holland, Chiropractic Co.

FREE, but registration is required

910043

Intelligent Investing

Ages 18+

Learn investing basics: time value of money, compounding, capital markets, value vs. growth investing, and separate accounts vs. mutual funds. This class will be taught in the spirit of Ben Graham, billionaire Warren Buffet's own mentor. Upon completion of the class, attendees can receive Ben Graham's book, *The Intelligent Investor*. This class is especially useful to those with a new job opportunity.



6/11 T 6:00 PM - 7:30 PM
Community Center Rm 106
Adam Ryback
R \$10 NR \$12 1 class

970065

Get Your Book Published

Ages 18+

Have you ever thought about writing a book, or perhaps you've already started one, but you don't know what to do next? Milwaukee author and Journal Sentinel news reporter, Tom Kertscher will share his experiences in getting 2 books published, and will provide information on developing a book proposal and seeking out publishers and agents.

6/18 T 7:00 PM - 8:30 PM
Germantown Library
Tom Kertscher
R \$12 NR \$14 1 class

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.



7/11 TH 7:00 PM - 8:30 PM
Community Center Rm 106
Brad Baldrige
R \$6 NR \$10 1 class

REGISTER EARLY!



40

Register at fallsrec.org

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 \$99 to \$150. *Most courses cost \$99!*

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 and detailed course descriptions.

ACCOUNTING AND FINANCE

Accounting Fundamentals
Accounting Fundamentals II
Advanced Microsoft Excel 2003
Advanced Microsoft Excel 2007
Advanced Microsoft Excel 2010
Intermediate Microsoft Excel 2003
Intermediate Microsoft Excel 2007
Intermediate Microsoft Excel 2010
Intermediate QuickBooks 2012
Introduction to Crystal Reports
Introduction to Crystal Reports 10
Introduction to Microsoft Excel 2003
Introduction to Microsoft Excel 2007
Introduction to Microsoft Excel 2010
Introduction to Peachtree Accounting 2012
Introduction to QuickBooks 2010
Introduction to QuickBooks 2011
Introduction to QuickBooks 2012
Performing Payroll in QuickBooks 2010
Performing Payroll in QuickBooks 2011
Performing Payroll in QuickBooks 2012
QuickBooks 2010 for Contractors
QuickBooks 2011 for Contractors
QuickBooks 2012 for Contractors
Introduction to Stock Options
Keys to Successful Money Management
Personal Finance
Protect Your Money, Credit, and Identity
Real Estate Investing
Real Estate Investing II: Financing Your Property
Stocks, Bonds, and Investing: Oh, My!
Where Does All My Money Go?

BUSINESS

Building Teams That Work
Effective Business Writing

Fundamentals of Technical Writing
Help for the Helpdesk
Interpersonal Communication
Keys to Effective Communication
Writing Essentials
Intermediate Microsoft Word 2003
Intermediate Microsoft Word 2007
Intermediate Microsoft Word 2010
Introduction to Microsoft Outlook 2007
Introduction to Microsoft Outlook 2010
Introduction to Microsoft PowerPoint 2003
Introduction to Microsoft PowerPoint 2007
Introduction to Microsoft PowerPoint 2010
Introduction to Microsoft Project 2007
Introduction to Microsoft Project 2010
Introduction to Microsoft Word 2003
Introduction to Microsoft Word 2007
Introduction to Microsoft Word 2010
Administrative Assistant Applications
Administrative Assistant Fundamentals
Business Finance for Non-Finance Personnel
Computer Skills for the Workplace
Effective Selling
Fundamentals of Supervision and Management
Fundamentals of Supervision and Management II
Going Green at the Workplace
Individual Excellence
Introduction to Business Analysis
Introduction to Windows 7
Introduction to Windows XP
Manufacturing Applications
Manufacturing Fundamentals
Mastery of Business Fundamentals
Purchasing Fundamentals
Six Sigma: Total Quality Applications
Total Quality Fundamentals

A to Z Grant Writing
Advanced Grant Proposal Writing
Becoming a Grant Writing Consultant
Get Grants!
Nonprofit Fundraising Essentials
Writing Effective Grant Proposals
Achieving Success with Difficult People
Creating a Successful Business Plan
Distribution and Logistics Management
Employment Law Fundamentals
Leadership
Managing Customer Service
Mastering Public Speaking
Supply Chain Management Fundamentals
Understanding the Human Resources Function
Introduction to Nonprofit Management
Marketing Your Nonprofit
Starting a Nonprofit
Wow, What a Great Event!
High Speed Project Management
PMP/Certification Prep 1
PMP/Certification Prep 2
Project Management Applications
Project Management Fundamentals
Achieving Top Search Engine Positions
Business and Marketing Writing
Designing Effective Websites
Intermediate Microsoft Access 2010
Intermediate Microsoft Access 2003
Intermediate Microsoft Access 2007
Introduction to Microsoft Access 2003
Introduction to Microsoft Access 2007
Introduction to Microsoft Access 2010
Introduction to Microsoft Publisher 2007
Introduction to Microsoft Publisher 2010
Marketing Your Business on the Internet
Professional Sales Skills

Small Business Marketing on a Shoestring
 Get Paid to Travel
 Growing Plants for Fun and Profit
 How to Make Money From Your Writing
 Introduction to Interior Design
 Introduction to Internet Writing Markets
 Learn to Buy and Sell on eBay
 Secrets of the Caterer
 Start a Pet Sitting Business
 Start and Operate Your Own Home-Based Business
 Start Your Own Arts and Crafts Business
 Start Your Own Gift Basket Business
 Start Your Own Small Business
 Starting a Consulting Practice
 Writing and Selling Self-Help Books

COLLEGE READINESS

Introduction to Algebra
 Math Refresher
 Medical Math
 Prepare for the GED/ Math Test
 Human Anatomy and Physiology
 Human Anatomy and Physiology II
 Introduction to Biology
 Introduction to Chemistry
 GMAT Preparation
 GRE Preparation - Part 1 (Verbal and Analytical)
 GRE Preparation - Part 2 (Quantitative)
 Prepare for the GED/Language Arts, Writing Test
 Prepare for the GED/ Test
 SAT/ACT Preparation - Part 1
 SAT/ACT Preparation - Part 2

COMPUTER SOFTWARE

Intermediate Dreamweaver CS3
 Intermediate Dreamweaver CS4

Intermediate Dreamweaver CS5
 Intermediate Flash CS4
 Intermediate Flash CS5
 Intermediate InDesign CS5
 Intermediate Photoshop CS3
 Intermediate Photoshop CS4
 Intermediate Photoshop CS5
 Intermediate Photoshop CS6
 Introduction to Adobe Acrobat 9
 Introduction to Adobe Acrobat X
 Introduction to Digital Scrapbooking
 Introduction to Dreamweaver CS3
 Introduction to Dreamweaver CS4
 Introduction to Dreamweaver CS5
 Introduction to Flash CS4
 Introduction to Flash CS5
 Introduction to Illustrator CS3
 Introduction to Illustrator CS4
 Introduction to Illustrator CS5
 Introduction to InDesign CS4
 Introduction to InDesign CS5
 Introduction to Photoshop CS3
 Introduction to Photoshop CS4
 Introduction to Photoshop CS5
 Introduction to Photoshop CS6
 Photoshop CS4 for the Digital Photographer
 Photoshop CS5 for the Digital Photographer
 Photoshop CS5 for the Digital Photographer II
 Photoshop CS6 for the Digital Photographer
 Photoshop Elements 10 for the Digital Photographer
 Photoshop Elements 10 for the Digital Photographer II
 Photoshop Elements 8 for the Digital Photographer
 Photoshop Elements 8 for the Digital Photographer II
 Photoshop Elements 9 for the Digital Photographer
 Photoshop Elements 9 for the Digital

Photographer II
 Advanced Microsoft Word 2003
 What's New In Microsoft Office 2007
 What's New in Microsoft Office 2010
 Introduction to CorelDRAW X5

DESIGN & COMPOSITION

Discover Digital Photography
 Photographing Nature with Your Digital Camera
 Photographing People With Your Digital Camera
 Secrets of Better Photography
 Travel Photography for the Digital Photographer
 Advanced Web Pages
 Creating Web Pages
 Introduction to InDesign CS3
 Creating WordPress Websites
 Creating WordPress Websites II
 Intermediate CSS and XHTML
 Introduction to CSS and XHTML
 Introduction to Microsoft Expression Web

HEALTHCARE AND MEDICAL

Certificate in Complementary and Alternative Medicine
 Certificate in Spirituality, Health, and Healing
 Introduction to Natural Health and Healing
 Become a Physical Therapy Aide
 Become an Optical Assistant
 Explore a Career as a Pharmacy Technician
 Explore a Career as an Administrative Medical Assistant
 Explore a Career in a Dental Office
 Explore a Career in Medical Coding
 Explore a Career in Medical Transcription
 Handling Medical Emergencies

Medical Terminology: A Word Association Approach
 Certificate in Legal and Ethical Issues in Nursing
 HIPAA Compliance
 Legal Nurse Consulting
 Certificate in End of Life Care
 Certificate in Gerontology
 Certificate in Growth and Development Through the Lifespan
 Certificate in Holistic and Integrative Health
 Certificate in Integrative Mental Health
 Certificate in Issues in Oxygenation
 Certificate in Pain Assessment and Management
 Certificate in Perinatal Issues
 Spanish for Medical Professionals
 Become a Veterinary Assistant
 Become a Veterinary Assistant II: Canine Reproduction
 Become a Veterinary Assistant III: Practical Skills

LANGUAGE AND ARTS

Drawing for the Absolute Beginner
 Introduction to Guitar
 Music Made Easy
 Pleasures of Poetry
 A Writer's Guide to Descriptive Settings
 Advanced Fiction Writing
 Beginning Writer's Workshop
 Breaking Into Sitcom Writing
 Introduction to Journaling
 Introduction to Screenwriting
 Mystery Writing
 Research Methods for Writers
 The Craft of Magazine Writing
 The Keys to Effective Editing
 Travel Writing
 Write Fiction Like a Pro
 Write Your Life Story
 Writeriffic: Creativity Training for Writers

Writing for Children
Writing for ESL
Writing Young Adult Fiction
An Introduction to Teaching ESL/EFL
Beginning Conversational French
Conversational Japanese
Easy English 1
Easy English 2
Easy English 3
Enhancing Language Development in Childhood
Grammar for ESL
Instant Italian
Practical Ideas for the Adult ESL/EFL Classroom
Spanish for Law Enforcement
Spanish in the Classroom
Speed Spanish
Speed Spanish II
Speed Spanish III
Teaching ESL/EFL Grammar
Teaching ESL/EFL Reading
Teaching ESL/EFL Vocabulary
Beginner's Guide to Getting Published

LAW AND LEGAL

Workers' Compensation
Introduction to Criminal Law
Real Estate Law
LSAT Preparation - Part 1
LSAT Preparation - Part 2
Explore a Career as a Paralegal

PERSONAL DEVELOPMENT

Assisting Aging Parents
Empowering Students With Disabilities
Genealogy Basics
Going Green at Home
Guiding Kids on the Internet
Homeschool With Success
Luscious, Low-Fat, Lightning-Quick Meals
Managing Life as a Single Parent

Navigating Divorce
Ready, Set, Read!
Response to Intervention: Reading Strategies That Work
Singapore Math Strategies: Advanced Model Drawing for Grades 6-9
Singapore Math Strategies: Model Drawing for Grades 1-6
Singapore Math: Number Sense and Computational Strategies
Teaching Students With Learning Disabilities
Understanding Adolescents
Lose Weight and Keep It Off
Start Your Own Edible Garden
Listen to Your Heart, and Success Will Follow
Resume Writing Workshop
Twelve Steps to a Successful Job Search
Grammar Refresher
Get Assertive!
Get Funny!
Merrill Ream Speed Reading
Skills for Making Great Decisions
The Analysis and Valuation of Stocks

TEACHING AND EDUCATION

Creating a Classroom Web Site
Integrating Technology in the Classroom
Microsoft Excel 2007 in the Classroom
Microsoft Excel 2010 in the Classroom
Microsoft PowerPoint 2007 in the Classroom
Microsoft PowerPoint 2010 in the Classroom
Microsoft Word 2007 in the Classroom
Microsoft Word 2010 in the Classroom
Teaching Smarter With SMART Boards
The Classroom Computer
Using the Internet in the Classroom
Web 2.0: Blogs, Wikis, and Podcasts
Teaching Math: Grades 4-6
Guided Reading and Writing:

Strategies for Maximum Student Achievement
Guided Reading: Strategies for the Differentiated Classroom
Teaching Writing: Grades 4-6
Teaching Science: Grades 4-6
Praxis I Preparation
Creating Classroom Centers
Creating K-12 Learning Materials
Creating the Inclusive Classroom: Strategies for Success
Differentiated Instruction in the Classroom
Differentiating K-12 Assessments
Solving Classroom Discipline Problems
Solving Classroom Discipline Problems II
Survival Kit for New Teachers
Teaching Adult Learners
Teaching Preschool: A Year of Inspiring Lessons
Teaching Students With ADHD
Teaching Students With Autism: Strategies for Success
The Creative Classroom
The Differentiated Instruction and Response to Intervention Connection

TECHNOLOGY

Advanced CompTIA A+ Certification Prep
Basic CompTIA A+ Certification Prep
CompTIA/ Network+ Certification Prep
CompTIA/ Security+ Certification Prep 1
CompTIA/ Security+ Certification Prep 2
Intermediate CompTIA A+ Certification Prep
Introduction to Linux
Introduction to PC Troubleshooting
Introduction to Programming
Keyboarding
Navigating the Internet
Creating Mobile Apps with HTML5

Intermediate C# Programming
Intermediate Java Programming
Intermediate PHP and MySQL
Intermediate Visual Basic 2008
Introduction to Ajax Programming
Introduction to ASP.NET
Introduction to C# Programming
Introduction to C++ Programming
Introduction to Java Programming
Introduction to Perl Programming
Introduction to PHP and MySQL
Introduction to Python 2.5 Programming
Introduction to Python 3 Programming
Introduction to Ruby Programming
Introduction to Visual Basic 2008 Mac, iPhone, and iPad Programming
Intermediate Oracle
Intermediate SQL
Introduction to Database Development
Introduction to Oracle
Introduction to SQL
Intermediate Networking
Introduction to Networking
Wireless Networking
Advanced PC Security
Introduction to PC Security

WRITING AND PUBLISHING

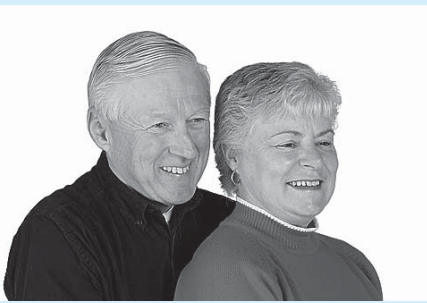
Write and Publish Your Nonfiction Book



For additional online courses
and course information visit:
fallsrec.org

There are over 250 online courses to choose from.

Older Adults 55+



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.

Menomonee Falls Senior Center

OPEN MONDAY - FRIDAY, 8:00AM - 4:30PM

The Senior Center will be closed March 29–April 5, May 27 and July 4.



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 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.

Senior Tax Exchange Program (STEP)

Ages 62+

Apply between January 16 & July 16 for the 2013–2014 school year.

The CE & Rec Department recognizes and welcomes the many talents and gifts of our older adults. We are pleased to offer the Senior Tax Exchange Program (STEP) through which older adults are given the opportunity to work in the School District and apply their paid earnings toward payment of property taxes.

You must be 62 years or older, receive Social Security, and own taxable property within the School District of Menomonee Falls boundaries. You will be compensated for a maximum of 65 hours per household or up to \$423 per year. There are 30 positions available for the 2013-2014 school year.

If you are interested in this program, please contact Louise Schmidt at 255-8469 for an application. All applicants will be interviewed and matched with a position that takes into account their interests. Desired positions will be submitted by school district personnel.



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.



Older Adults 55+

OLDER ADULT

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.

Low/No Vision Support Group



Ages 18+

Join our friendly fun group for those with impaired vision. Keep up-to-date with medical and mechanical advances. Make new friends with others who understand your concerns.

M 10:00 AM – 11:15 AM
6/10, 7/8, 8/12
Community Center Rm 106
FREE

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 6/12, 6/26, 7/10, 7/24, 8/14 & 8/28 between 9:00 AM – 3:30 PM
Community Center Rm 106
\$26 each visit
Make check payable to Toe Nail Trimmers

970094

Oil Painting



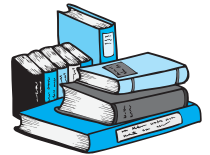
Ages 18+

Love the idea of painting with oils but don't know where to start? Are you a painter with unfinished work? Our teacher will assist you with a project of your choice and guide you through suggestions, check composition, help with color mixing and show you techniques to obtain certain effects. Please pick up a suggested supply list at the CE & Rec office.

6/6-8/15 TH 9:30 AM - 11:30 AM
No class July 4

Community Center Rm 102A
Simone Rogina
R \$53 NR \$64 10 classes

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 6/26 & 7/24
The Classics 6/12 & 7/10
Community Center Rm 106
FREE

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

Popcorn and a Movie



Ages 55+

Relax and enjoy a movie in our air-conditioned room. We'll have freshly popped popcorn and drinks available. Join us for a morning of romance, adventure or drama. All movies are rated PG or PG-13. A summary of each movie is available in the office.

Wednesdays 9:45 AM - 11:30 AM
6/12 "The Artist" (Romance)
7/10 "Hugo" (Adventure)
8/14 "Water For Elephants" (Drama)

Senior Enrichment Fair – Friday, October 25

SAVE THE DATE!

Register at fallsrec.org

45

Older Adults 55+

FREE but you must pre-register by calling 262-255-8460.

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: 6/4-8/27 T 8:30 AM - 9:30 AM
No class July 2

B: 6/6-8/29 TH 8:30 AM - 9:30 AM
No class July 4

Community Center LL Rm 4
Dawn Farra
R \$49 NR \$59 12 classes

770055

Indoor Cycling For Older Adults

NEW!

Ages 55+

Perfect for the beginner, this great way to exercise is designed especially for those age 55+. Participants

will improve strength, cardio fitness and flexibility while stationary biking to music and beautifully projected scenery. Fifteen minutes of weight bearing exercise will also be included at the end of each class.

A: 6/3-7/10 M & W 9:00 AM - 10:00 AM
R \$52 NR \$ 62 12 classes

B: 7/22-8/21 M & W 9:00 AM - 10:00 AM
R \$45 NR \$54 10 classes

Community Center LL Rm 4
Paul Washak

790063

Tai Chi For Beginners

Ages 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

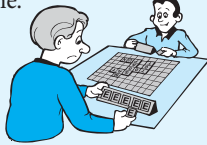
Game Time!

at the Menomonee Falls Senior Center

No programs 3/29-4/5, 5/27, 7/4

Scrabble

Thursday 1:00-3:30 PM
All levels welcome.
Room 106



Bridge

Tuesday & Friday 1:00-3:00 PM
All levels welcome.
This is NOT an instructional class.
Tuesday Rm 106, Friday Rm 102A



Sheepshead

Monday & Friday 12:00-3:00 PM
This is NOT an instructional class.
Room 106

Mexican Train Dominos

Tuesdays 1:00-3:30 PM
Room 106



posture and enhanced muscle mass. This is a truly complete body exercise.

A: 6/4-7/16 T 12:00 PM - 1:00 PM
R \$29 NR \$35 7 classes

B: 7/23-8/27 T 12:00 PM - 1:00 PM
R \$24 NR \$29 6 classes

Community Center LL Rm 4
Virginia Mathias

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: 6/4-7/16 T 10:30 AM - 11:30 AM
R \$29 NR \$35 7 classes

B: 7/23-8/27 T 10:30 AM - 11:30 AM
R \$24 NR \$29 6 classes

Community Center LL Rm 4
Virginia Mathias



790090

Tai Chi Practice

Ages 18+

Take your Tai Chi practice to the next level. If you have any experience with the Modified Yang Style and would like to journey deeper, this class is just what you have been looking for.

A: 6/7-7/19 F 11:15 AM - 12:15 PM
R \$29 NR \$35 7 classes

B: 7/26-8/30 F 11:15 AM - 12:15 PM
R \$24 NR \$29 6 classes

Community Center LL Rm 4
Virginia Mathias

Avoid Falling, Remain Independent Longer

Ages 55+

Most falls occur in the home, and are the leading cause of death among people 65 years and older. Learn strategies that will help you avoid falling so you can live independently for many years.

6/10 M 10:00 AM - 11:30 AM
Community Center Rm 106
Tammy Herro

FREE but you must pre-register by calling 262-255-8460.



Older Adults 55+

770056

Trip to Long Grove, Illinois **NEW!**

Ages 55+

If you love chocolate, you will definitely enjoy our first stop of the day. Long Grove Confectionery invites visitors to embark on a tour of chocolate delights, beginning with the history of chocolate making. We will view production areas, watch how specialty chocolate candies are made, enjoy delicious chocolate samples, and shop the outlet/gift shop. A box lunch will be provided, and we will eat at a local park.

Our day will then continue with a tour of the sensational and historic Cuneo Mansion & Gardens. Built in 1914, this beautiful Mediterranean style mansion contains collections including antique furnishings, renaissance paintings, tapestries, silver, and porcelain.

In addition to architecture and art, Cuneo is also known for its grounds, and has been the backdrop of several noteworthy films including the 1997 romantic comedy, "My Best Friend's Wedding," starring Julia Roberts. **Please Note - you must complete an emergency contact form at time of registration.**

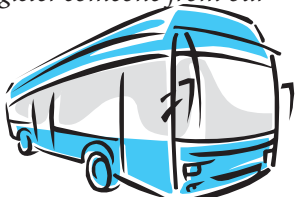
Register by June 6

Registration is limited to 23

6/27 TH 8:15 AM - 4:45 PM
Community Center
R \$55 NR \$55

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.



770005

Knitting

Ages 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.

A: 6/4-7/16 T 9:30 AM - 11:30 AM

No class July 2

B: 6/6-7/18 TH 9:30 AM - 11:30 AM

No class July 4

C: 7/23-8/27 T 9:30 AM - 11:30 AM

D: 7/25-8/29 TH 9:30 AM - 11:30 AM

Community Center Rm 106

Shirley Mattson

R \$49 NR \$59 6 classes

BUNKO

Ages 55+

This fast paced dice game is easy enough for anyone to play. No experience necessary. Instruction will be provided to those new to the game. Every player puts \$1 into the "kitty" for prizes.

Wednesdays, 9:30 AM - 11:30 AM

6/26, 7/24 & 8/28

Community Center Rm 106

How Spinal Curve Can Be Changed By Foot Problems **NEW!**

Ages 18+

Having pain in your back? It may be from changes to your posture and spinal curves caused by foot and ankle problems. Dr. Kemp will speak briefly on this topic, then conduct "foot scans" and "spinal posture screenings".

6/11 T 12:45 PM - 2:00 PM

Community Center Rm 123

FREE but you must pre-register by calling 262-255-8460.

Are You Ready for Medicare?

Ages 55+

Will you or a family member be eligible for Medicare this year? If so, please join us as we explain Medicare in easy to understand language. You will also have the opportunity to have all your questions answered. You will leave with solid information about available options, how to qualify for extra help, and information about the "Donut Hole".

8/21 W 7:00 PM - 8:30 PM

Community Center Rm 106

FREE but you must pre-register by calling 262-255-8460.

BINGO!

**FUN!
FUN!
FUN!**



Jackpot BINGO

Ages 55+

You requested it—you got it! BINGO is here! Every player puts \$2 into the "kitty". We will play 10 games. May luck be with you! No sign up necessary.

Thursday, June 6 1:15-2:30 PM

\$2.00 cash at the door

Community Center Rm 102B

**NO REGISTRATION
REQUIRED**

Register at fallsrec.org

47

Community Services

Community Services & Activities

Food Pantry

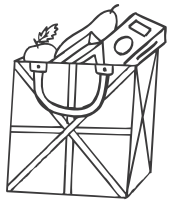
N85 W15382 Menomonee River Pkwy.

Open: Tuesday & Thursday
12:30 - 2:00 PM &
5:30 - 7:00 PM

For more information, call (262) 251-6848.

Stock Box Distribution

Ages 60+ (55 if Native American)



Distributed by the Hunger Task Force, the box contains 35 pounds of food from the U.S. government. To qualify, your income must be \$1,180 or less per month for a single person, or \$1,593 for a household of two. New sign-

ups are accepted on distribution dates. Please bring proof of residency and a photo ID that includes your date of birth.

Distribution Information:

Mondays-June 17, July 15 and August 19.
12:45 PM - 1:45 PM
MF Community Center Rm 102A

970105

Community Band

Adults & Students entering Grades 8-12

No auditions necessary, but you must be able to read and play band music. Recent experience is not required, so dust off your old instruments and come JOIN THE BAND. There will be the opportunity to order a concert t-shirt during the first two rehearsals. The band will be performing on Thursday, July 18, at North Middle School. For more information, contact Karen Burzinski at kburzinsji@wi.rr.com or 262-703-0679.

6/18-7/16 T 7:00 PM - 8:30 PM

MFHS Band Rm

John Woger, MFHS Band Director

FREE, but registration is required

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 menomonee-falls.org/fire.

How to Reserve a Park

Menomonee Falls Park Dept. (262) 532-4200
Menomonee Park (Lannon) (262) 255-1310

Other Important Numbers

MF Public Library (262) 532-8900
M.F. Village Hall (262) 532-4200
M.F. Community Chamber (262) 251-2430

FREE Small Business Counseling

SCORE, partnering with the Menomonee Falls Chamber of Commerce Inc., offers FREE confidential counseling to aspiring entrepreneurs thinking of starting a small business and those currently engaged in a small business. Counseling sessions with experienced SCORE mentors are available at the Chamber on the second and fourth Wednesday of each month. Call the Chamber at 262-251-2430 to schedule an appointment.

SCORE, a resource partner with the Small Business Association, is an all-volunteer non-profit organization with over 360 chapters throughout the United States.

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) 255-8469, or email Louise at schmlou@sdmfschools.org.

Upcoming Village Events

HAWS Pet Fair

Saturday August 18, 9:00 AM - 4:00 PM
Rotary Park - Free

MF Village & Park Clean-Up

Saturday, April 20, 9:00 AM - Noon

Memorial Day Parade

Monday, May 27 - 10:00 AM

If interested in participating in the parade contact Jim Schneider at (262) 251-3352.

Independence Day Parade

Wednesday, July 3 - 7:00 PM

If interested in participating in the parade contact Greg Goss (262) 331-4843.

Christmas Parade

Sunday, December 1 - 4:30 PM

If interested in participating in the parade, contact Robyn Turtenwald at (262) 255-5125.

Falls Fest 2013

Thursday, July 25 - Sunday, July 28
Village Park falls-fest.com

16th Annual Wheeling for Healing

Saturday, August 10

Visit communitymemorialfoundation.org in June to register online.

Call (262) 257-3761 for more information.

Old Falls Village Events

June 1-2	Old Falls Village Days
July 20-21	Civil War Encampment
Sept. 20-22	Artist Ride
Oct. 25-26	Halloween Fun
Dec. 8	Silver Tea

Volunteer
VoICE
in Community Education

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 mfdsynchrosim.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 Youth Basketball Association

Dan Olson mfyba.com

Dedicated to fun and learning through recreational basketball for boys & girls in grades 3 - 8. Jr Indians Basketball is a more competitive select league for 5th - 8th grade students that requires tryouts.

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.

DISCOUNT TICKETS

Theme Park & Attraction Tickets

In cooperation with the Wisconsin Park and Recreation Association (WPRA), our department is happy to offer the discount tickets listed below. With the exception of Great America WPRA week (July 6- July 14) tickets are good on any day of the week during the summer.

- Tickets are on sale May 6-August 23 between the hours of 8:15 a.m. and 4:00 p.m., Monday-Friday.
- Tickets may be purchased by cash, check, Visa or Mastercard
- All Sales are final, no refunds.
- Call (262) 255-8460 or go to fallsrec.org for more information.

Great America & Hurricane Harbor Water Park

Save \$22.85 on any day tickets!

Gate Price: \$63.85

Your Price: \$41.00

Save \$32.85 in WPRA Week July 7-15!

Your Price: \$31.00

Children age 2 and under are free at all attractions. We do not sell child tickets. Under 54" tall is considered a child.

The Springs Water Park

Save up to \$6!

Weekday Water Park Pass (M-Th)

Gate Price: \$15.00

Your Price: \$12.00

Weekend Water Park Pass (Fri-Sun)

Gate Price: \$25.00

Your Price: \$19.00

Children younger than 16 must be accompanied by an adult.

Milwaukee County Zoo

Save up to \$4.00!

Adult Ticket (Ages 13+)

Gate Price: \$14.25

Your Price: \$10.25

Child Ticket (Ages 3-12)

Gate Price: \$11.25

Your Price: \$8.25

Noah's Ark in Wisconsin Dells

Save \$10.52!

Gate Price: \$41.52

Your Price: \$31.00

Mt. Olympus Water & Theme Park in Wisconsin Dells

Save \$17.99!

Gate Price: \$39.99

Your Price: \$22.00

Register at fallsrec.org

49

REGISTRATION FORM

FORM IS FOR ONE HOUSEHOLD ONLY!

Check box if any information has changed

SCHOOL DISTRICT OF MEMONONIE FALLS

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 <i>First / Last</i>	M/F	Birth Date	Age	Grade	T-Shirt Size <i>(mandatory)</i>	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				

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) Exp. Date ____/____/____

Card # _____

Card Holder Name _____

Thanks!

Signature _____

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/ CANCELTION 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 at fallsrec.org





W152 N8645 Margaret Road
Menomonee Falls, WI 53051

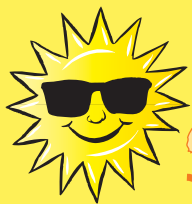
100% program satisfaction
Guaranteed!

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ECRWSS
RESIDENTIAL CUSTOMER

New Classes ...

- Hooked Up 101 - Beginning Angling
- Jump Start to Summer Tennis
- Mini Tennis Camp
- Pee Wee Tennis 2
- Beginner Tennis 2
- Teen Tennis 2
- Mad Science Mysteries and Magic
- Mad Science Explorations
- STEM Sampler Week
- Adult Tennis Play
- Start / Restart Tennis
- Tai Chi Practice
- "Wicked" at the Marcus Center
- Cross Fit Boot Camp
- Trip to Long Grove, Illinois
- Indoor Cycling For Older Adults
- How Spinal Curve Can Be Changed By Foot Problems



SCHOOL DISTRICT OF MENOMONEE FALLS

Summer School

See pages 25-34 for Summer School Course listing and registration information.

Registration Begins
Monday, April 15
(Non-Resident April 19)

fallsrec.org



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