

Pursuing Excellence One Student at a Time SCHOOL DISTRICT OF MENOMONEE FALLS COMMUNITY Education & Recreation



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

Resident Online **Registration Begins** Sun, December 6 at 9:00 PM

Welcome!



A Message From The Superintendent



Dear Parents and Community Members,

The School District of Menomonee Falls has great schools and a recognized Community Education & Recreation Program. We hope you will join us this Winter and check out our newest offerings.

Our Community Education and Recreation Department demonstrates the Tradition of Excellence of the School District of Menomonee Falls, serving the community since 1947. From preschool programming to our senior center, everyone is touched by the quality of care and excellence in programming. The mission of Community Education and Recreation is to enhance the quality of life by providing recreational, educational, and social opportunities in partnership with our schools and our community's organizations.

A sampling of our newest offerings for children—Bricks 4 Kids: Fun at the Zoo, new lessons with Young Rembrandts, Rocking Robots, Kids Sports Field Hockey, Lacrosse, Soccer and Beginner Youth Golf Lessons. Our adult classes feature many interesting offerings including Understanding the Cloud, iPad and iPhone Tips & Tricks, Seven Tips to Family Wellness, Stress Be Gone, Fitness for Your Brain, and Am I Having a Stroke. Trips will feature the Badger Band Spring Concert, Sunset Playhouse Steel Magnolias, Drury Lane Bye Bye Birdie, Appleton PAC Motown the Musical, and the Ballpark and Brewery Tour.

We have offerings and experiences that will likely interest everyone in your family.

I want to thank everyone who shared their input with the School Board by completing the full community survey regarding our Facility and Operational Budget needs. This winter you will receive additional information from our School Board on the project priorities and Referendum questions planned for the April 2016 election. Please watch for the community mailings from our School District over the next few months and for opportunities to attend future workshops and listening sessions. You will find all of our planning documents and updates on the School District website at www.sdmfschools.org . Your questions and feedback are vital to this process.

We wish you and your family members the very best over the holiday seasons, and we hope to see you soon!

Sincerely,

Tatsuis

Patricia Fagan Greco, Ph.D. Superintendent of Schools



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

The Recreation Commission meets at the Community Center the 1st Monday of the month. For



L-R: Julie Hardy, Patti Pirlot, Dan Zeroth, Lori Oertel, Deb Williamson, Joan Erickson and Jason Husslein.

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 Nov 26-27, Dec 17,

 Dec 24-25, Dec 31-Jan 1, Mar 25, May 30.

At Your Service

- · Joan Erickson, Director
- · Jason Husslein, Recreation Supervisor
- · Dan Zeroth, Recreation Supervisor
- Lori Oertel, Older Adult and Volunteer Supervisor
- · Patti Pirlot, Administrative Assistant
- · Julie Hardy, Administrative Assistant
- · Deb Williamson, Administrative Assistant

What Do These Symbols Mean?

First time offered, give them a try!



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

Senior discount applies.



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

CLASS CANCELLATION LINE 262-255-8376

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



Easy On-line Registration at fallsrec.org

1. Go to fallsrec.org and click on

View Activities & Register Online

2. Sign In to your account and begin registering for programs.

If you are not yet registered, create a new account:

If you are unable to create an account online, please complete the form on last page.

Creating a New Account is Easy!

Note: Create an account for an adult first, then any children after (even if the adult will not be registering for an activity).

- 1. Click on the Create an Account link
- 2. Fill in any field with an * next to it as you scroll down the page. Once you have filled in all the required fields, click *Create Account* if you are the only person registering for a program. If you need to register another family member click *Create Account* and *Add Family Member*.

3. IMPORTANT! Confirmation Required!

Go to your email account that you listed within your account registration. You should receive an email within a few moments, and click on the link to confirm your account registration. You must complete this step before the system will allow you to register for any programs.

Menomonee Falls CE & Rec Department is a proud member of:



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

Winter/Spring 2016

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FREE...



WHEN TO REGISTER

RESIDENT Online Registration Begins Sunday, December 6

at 9:00 PM

Mail/Drop Box/Fax Monday, December 7

OPEN/NON-RESIDENT Online Registration Begins Thursday, December 10 at 9:00 PM

Aquatics

IMPORTANT POLICIES Regarding All Aquatic Programs

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

Winter Swim PassValid Dec 1–Feb 29Spring Swim PassValid Mar 1– June 11

	Resident	Non-Resident
Child	\$24	\$29
Family*	\$59	\$71

* Limit of 6 household members per family swim pass. Additional members are \$10 each.

Open/Adult Lap Swim Fees Per Use

Child (3–17) \$2.00 (under 3 Free) Adult (18+) \$3.00

(in (101) \$0.00

Groups of 15 or More •••••

Please contact the CE&Rec Department at (262) 255-8460 at least two weeks prior to needed date so additional lifeguards can be scheduled.

Punch Cards

transferrable.

Adult

Senior

An Adult or Senior Punch Card entitles the

owner admission 12 times to Open and/or Lap

Swim at the North Middle School Pool. Punch

cards can be purchased at the CE & Rec Office

or North Middle School Pool. Cards expire one

Resident Non-Resident

\$35

\$29

year from date of purchase. Cards are non-

\$27

\$24

Open/Adult Lap Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
3:45–4:45 PM	3:45–5:00 PM	3:45–4:45 PM	3:45–5:00 PM	3:45–4:45 PM	12:00–1:00 PM
Open Swim	Open Swim not	Open Swim	Open Swim not	Open Swim	Open Swim
7:00–9:00 PM	available	7:00–9:00 PM	available	7:00–9:00 PM	1:00–3:00 PM
Closed	Closed	Closed	Closed	Closed 11/27	Closed 11/28,
12/28, 3/28,	11/24, 12/29,	11/25, 12/30,	11/26, 12/24,	12/25, 1/1, 3/25,	12/26, 1/2, 1/30,
5/30	3/29	3/30	12/31, 3/31	4/1, 5/13*	3/26, 4/2

*No open swim from 7:00-9:00 on Friday, May 13





Special Holiday Swim December 28 & 30 March 28, 30, April I Family Swim 2:00–4:00 PM Lap Swim 4:00–6:00 PM

Register at fallsrec.org

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Aquatics

NEW PARTICIPANTS: How to Determine Level

- Testing is not needed if enrolling in Parent and Child Aquatics.
- 🗸 If your child has not participated in swim lessons through Menomonee Falls CE & Rec, they MUST be tested before enrolling in class.
- Children may be tested, free of charge, at the North Middle School Pool during any open swim times.

Aquatic Program Level Descriptions

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

Parent/Child Aquatics 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.

Parent/Child Level 1 (Ages 1 & 2)

Provides experiences and activities for children to: · Learn to ask for permission before entering the water

- Learn how to enter and exit the water in a safe manner • Feel comfortable in the water
- Explore submerging
- · Explore buoyancy on the front and back position
- Change body position in the water
- Learn how to play safely
- · Experience wearing a life jacket

Preschool Aquatics – Ages 4 and 5 years, under 42" tall

Preschool Level 1

- Orients children to the aquatic environment and helps them gain basic aquatic skills listed below.
- Enter and exit water using ladder, steps or side
- · Blow bubbles through mouth and nose
- · Submerge mouth, nose and eyes
- · Open eyes under water and retrieve submerged objects
- · Front and back glides and recover to a vertical position
- · Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Parent/Child Level 2 (Ages 3 & 4)

Builds upon the skills learned in P/C Level 1 and provides experiences and activities for children to:

- · Establish expectation for adult supervision
- · Learn ways to enter and exit the water safely
- Explore submerging in a rhythmic pattern
- · Glide on the front and back with assistance
- · Perform combined stroke on front and back with help
- · Change body position in the water
- Experience wearing a life jacket in the water

Preschool Level 2

Helps children gain greater independence in the skills listed below, and develop more comfort in and around water.

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- · Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- · Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- · Combined arm and leg actions on front and back
- Finning arm action on back

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

Throughout this 6 level program, participants build on their 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. For an overview of the skills taught in each level, visit the Aquatics Page at fallsrec.org

Level 1 – Introduction to Water Skills Helps participants feel comfortable in the water.

Level 4 – Stroke Improvement

Develops confidence in the skills

learned and improves other

aquatic skills.

Level 2 – Fundamental Aquatic Skills Gives participants success with fundamental skills.

Level 5 – Stroke Refinement Provides further coordination and refinement of strokes.

Level 3 – Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water.

Level 6 – Swimming & Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

Swim Lessons



For more information on Aquatic programs, please email Luther Himsel, 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.

Winter II 8 Classes		Fee	e: \$44 Resi	dent, \$55	Non-Resic	lent		Fee:	\$49 R, \$6	4 NR
Level	Parent/ Child 1	Parent/ Child 2	Preschool 1	Preschool 2	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Mondays February 1 – March 21										
4:45 – 5:15 p.m.	14107				14184	14205				
4:45 – 5:30 p.m.									14254	
5:20 – 5:50 p.m.		14116		14154			14224			
5:35 – 6:20 p.m.								14249		
5:55 – 6:25 p.m.			14125		14185		14225			
6:30 – 7:00 p.m.					14186	14206	14226			
Tuesdays February 2 – March 22										
3:45 – 4:15 p.m.		ĺ		14155				ĺ		ĺ
4:20 – 4:50 p.m.					14187			ĺ		
Wednesdays February 3 – March 23										
4:45 – 5:15 p.m.		Ì	14127			14207	14228	Ì		
4:45 – 5:30 p.m.		ĺ						14259		
5:20 – 5:50 p.m.	14108	ĺ			14188	ĺ	14229	ĺ		
5:35 – 6:20 p.m.								14260		
5:55 – 6:25 p.m.		14117			14189		14230	Ì		
6:30 – 7:00 p.m.				14156	14263	14208				
Thursdays February 4 – March 24										
3:45 – 4:15 p.m.		ĺ		14157						ĺ
4:20 – 4:50 p.m.		1	14129			ĺ		ĺ		
Fridays January 29 – March 18										
4:45 – 5:15 p.m.	1	14118			14190					
4:45 – 5:30 p.m.										14257
5:20 – 5:50 p.m.	14109		14130			14210				
5:35 – 6:20 p.m.								14250		
5:55 – 6:25 p.m.				14158			14232			
6:25 – 6:55 p.m.							14233			
6:30 – 7:00 p.m.					14191	14211				
Saturdays January 30 – March 19										
9:00 – 9:30 a.m.	14110									
9:35 – 10:05 a.m.	1	14119								
9:45 – 10:15 a.m.			14131				14234			
10:20 – 10:50 a.m.					14192	14212				
10:55 – 11:25 a.m.				14159			14235			
11:30 – 12:00 p.m.	1				14193	14213				

6 Register at fallsrec.org

Swim Lessons

Spring Registration begins on March 12 for students enrolled in the Winter Session of swim lessons.



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.

Spring 8 classes		Fee	: \$44 Resi	dent, \$55	Non-Resid	ent		Fee	: \$49 R, \$6	4 NR
Level	Parent/ Child 1	Parent/ Child 2	Preschool 1	Preschool 2	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Mondays April 4 – May 23										
4:45 – 5:15 p.m.	14111				14194	14214				
4:45 – 5:30 p.m.									14255	
5:20 – 5:50 p.m.		14120		14160			14236			
5:35 – 6:20 p.m.								14251		
5:55 – 6:25 p.m.			14132		14195		14237			
6:30 – 7:00 p.m.					14196	14215	14238			
Tuesdays April 5 – May 24										
3:45 – 4:15 p.m.			1	14161						
4:20 – 4:50 p.m.					14197				İ	
Wednesdays April 6 – May 25										
4:45 – 5:15 p.m.	İ		İ			14216	14240		1	
4:45 – 5:30 p.m.	İ		14134					14261		
5:20 – 5:50 p.m.	14112		ĺ		14198		14241			1
5:35 – 6:20 p.m.			Î					14262		1
5:55 – 6:25 p.m.		14121	ĺ		14199		14242			1
6:30 – 7:00 p.m.				14162	14264	14217				
Thursdays April 7 – May 26										
3:45 – 4:15 p.m.	i			14163						
4:20 – 4:50 p.m.			14136						İ	
Fridays April 8 – May 27										
4:45 – 5:15 p.m.		14122			14200					
4:45 – 5:30 p.m.										14258
5:20 – 5:50 p.m.	14113		14137			14219				
5:35 – 6:20 p.m.								14252		
5:55 – 6:25 p.m.				14164			14244			
6:25 – 6:55 p.m.							14245			
6:30 – 7:00 p.m.					14201	14220				
Saturdays April 9 – May 28										
9:00 – 9:30 a.m.	14114									
9:35 – 10:05 a.m.		14151								
9:45 – 10:15 a.m.			14152				14246			
10:20 - 10:50 a.m.					14202	14221				
10:55 – 11:25 a.m.			ļ	14165			14247			
11:30 – 12:00 p.m.					14203	14222				

Aquatics, Youth

AQUATICS

Aquapals

Ages 5 - 15 w/disabilities

Children with disabilities will learn and improve swimming skills with specialized swimming instruction. We provide one instructor per 3 students.

1/30-3/19 **Class #14138** Sat, 10:10 AM, 30m

1/30-3/19 **Class #14139** Sat, 10:45 AM, 30m

1/30-3/19 **Class #14140** Sat, 11:20 AM, 30m

4/9-5/28 Class #14141 Sat, 10:10 AM, 30m

4/9-5/28 Class #14142 Sat, 10:45 AM, 30m

4/9-5/28 Class #14143 Sat, 11:20 AM, 30m

North Middle School Pool R \$44 NR \$55 8 classes

Adult/Teen Swim

Ages 13+

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

1/30-3/19 **Class #14145** Sat, 9:00 AM, 40m

4/9-5/28 Class #14146 Sat, 9:00 AM, 40m

North Middle School Pool R \$49 NR \$64 8 classes

YOUTH

8

Time for Two Toddlers 😎

Ages 12 - 24 months w/adult

You and your child will discover and play together. Each week your toddler will improve their social skills, increase their self-esteem and improve their gross motor skills while participating in games and group activities. Parachute time and color and shape themed games will be included. Please register child only - one adult is included in fee. 2/6-2/27 Class #14018 Sat, 10:00 AM, 30m

4/9-4/30 **Class #14019** Sat, 10:00 AM, 30m

G-Town Department of Public Works Elle Huebner R \$35 NR \$40 4 classes

Miss Julie's Music Fun 🥯

Ages 1 - 3 w/adult



Through participating in music, and learning to keep the beat, your child will enhance their enjoyment and understanding of

music. We will explore movement, finger plays, rhythm, and more. Please register child only - one adult is included in fee. Siblings over the age of 4 may attend for free.

1/27-2/24 **Class #13888** Wed, 9:45 AM, 45m

3/16-4/20 Class #13889 No class Mar 30 Wed, 9:45 AM, 45m

5/4-6/1 **Class #13890** Wed, 9:45 AM, 45m

Faith Lutheran Church, G-Town Julie Thompson R \$50 NR \$60 5 classes

Oodles of Art 😎

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

Adult and 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 ½ - 2 1/21-2/11 Class #13993 Thu, 9:30 AM, 1h

3/3-3/24 **Class #13994** Thu, 9:30 AM, 1h

4/28-5/19 **Class #13995** Thu, 9:30 AM, 1h **Ages 1** ¹⁄₂ - 4 ¹⁄₂ 1/19-2/9 **Class #13999** Tue, 5:30 PM, 1h

3/1-3/22 **Class #14000** Tue, 5:30 PM, 1h

4/26-5/17 **Class #14001** Tue, 5:30 PM, 1h

Ages 3 - 4 ¹/₂ 1/21-2/11 Class #13996 Thu, 10:45 AM, 1h

3/3-3/24 **Class #13997** Thu, 10:45 AM, 1h

4/28-5/19 **Class #13998** Thu, 10:45 AM, 1h

G-Town Department of Public Works Sarah Donaldson R \$35 NR \$40 4 classes

Miss Julie's Holiday Music Party 😎

Ages 1 - 5 w/adult

This music party will feature songs to celebrate Christmas, winter and solstice. Class includes a healthy snack and an instrument to take home. Please register child only - one adult is included in fee.

12/16 **Class #13874** Wed, 1:30 PM, 1h Faith Lutheran Church, G-Town Julie Thompson R \$12 NR \$15 1 class

Time For Two Explorers 🥯

Ages 2 - 3 w/adult

With themes such as Zoo Day, Beach Party, Shape City and Numberland, we will spark your child's imagination as they have fun learning with their peers. Social skills, imagination, and gross motor skills will all be improved as we play, learn, and work together as a group. Many fun activities including parachute time and theme related games will be included. Please register child only - one adult is included in fee.

2/6-2/27 Class #14021 Sat, 10:45 AM, 30m

4/9-4/30 Class #14022 Sat, 10:45 AM, 30m

G-Town Department of Public Works Elle Huebner R \$35 NR \$40 4 classes

Youth

Firefighters Are Your Friends 😎

Ages 3 - 5 w/adult



Spend some time with your friendly firefighters! See their clothes, what they drive and even what they eat. Please register child only one adult is included in fee.

2/18 Class #13881 Thu, 6:00 PM, 1h

3/17 Class #13882 Thu, 6:00 PM, 1h

Germantown Fire Station #2 R \$6 NR \$6 1 class

Bricks 4 Kidz: Trip to the Zoo

Ages 3 - 4 w/adult

Bricks 4 Kidz Very Early Engineers learn about principles of science, engineering and architecture through educational play with DUPLO bricks. Every lesson is unique and designed to engage a child's creative mind. Children will learn about, and build a variety of farm animals. Please register child only - one adult is included in fee. **All new lessons each session!**

2/1-3/7 **Class #13786** Mon, 10:00 AM, 1h Community Center Rm 2 LL Bricks 4 Kidz Staff R \$79 NR \$79 6 classes

St. Patty's Party for Tots 🥯

Ages 3 - 5 w/adult

Join us as we search for the leprechaun's pot of gold! You and your child will enjoy fun activities and have a great time making crafts, eating green snacks and enjoying some games, all based on a St. Patrick's



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

3/11 Class #14024

Fri, 6:00 PM, 1h15m G-Town Department of Public Works Elle Huebner R \$13 NR \$18 1 class

INCLEMENT WEATHER CANCELATIONS

For information regarding cancellations due to bad weather, call (262) 255-8376

KidsSports



than 20 years of experience, KidsSports programs will help your child establish a foundation of sports and the fundamentals of

Backed by more

healthy living. KidsSport instructors use games and activities that encourage kids to develop generic and sport-specific skills. Programs are designed for every child regardless of physical ability.

Baseball - Ages 2 ½ **- 3** ½ w/adult 2/24-4/6 Class #14084 *No class Mar 30* Wed, 5:15 PM, 40m Community Center Gym R \$72 NR \$87 6 classes

Baseball - Ages 3 ½ - 5 2/24-4/6 **Class #14085** *No class Mar 30* Wed, 6:05 PM, 40m Community Center Gym R \$72 NR \$87 6 classes

 Field Hockey - Ages 6 - 9

 4/16-5/14
 Class #14080

 Sat, 10:50 AM, 45m

 NMS Football Field

 R \$67 NR \$81 5 classes

Football - Ages 2 ½ **- 3** ½ w/adult 4/20-5/25 **Class #14086** Wed, 5:15 PM, 40m Community Center Gym R \$72 NR \$87 6 classes

 Football - Ages 3 ½ - 5

 4/20-5/25
 Class #14087

 Wed, 6:05 PM, 40m
 Community Center Gym

 R \$72 NR \$87 6 classes
 6 classes

MultiSport - Ages 2 ½ - 3 ½ w/adult 1/6-2/10 **Class #14082** Wed, 5:15 PM, 40m Community Center Gym R \$72 NR \$87 6 classes
 MultiSport - Ages 3 ½ - 5

 1/6-2/10
 Class #14083

 Wed, 6:05 PM, 40m
 Community Center Gym

 R \$72 NR \$87 6 classes
 6 classes

Lacrosse - Ages 6 - 9

4/16-5/14 **Class #14081** Sat, 10:50 AM, 45m NMS Football Field R \$67 NR \$81 5 classes

Soccer - Ages 4 - 5 MBW 4/16-5/14 **Class #14088** Sat, 9:00 AM, 45m NMS Football Field R \$67 NR \$81 5 classes

Soccer - Ages 6 - 7 4/16-5/14 **Class #14089** Sat, 9:55 AM, 45m NMS Football Field R \$67 NR \$81 5 classes



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Youth

Young Rembrandts Drawing - 4K

We grow creative, young minds and praise individual differences through the power of drawing. Unlock your child's potential and watch their confidence blossom as



they develop skills critical to tomorrow's innovators. With brand new lessons each week, your child will enjoy learning through our award winning, educational drawing program. All supplies are included. Additional information can be found at <u>www.youngrembrandts.com</u>. **All new lessons each session!**

1/12-2/16 **Class #13719** Tue, 11:50 AM, 45m

3/1-4/12 Class #13720 No class Mar 29 Tue, 11:50 AM, 45m

4/26-5/31 **Class #13721** Tue, 11:50 AM, 45m

Ben Franklin Rm 131 Don Eisenhauer, Program Director R \$74 NR \$74 6 classes

Sweetheart Party for Tots 🥯

Ages 3 - 5 w/adult

Enjoy Valentine's Day with your special little sweetheart. We will make some Valentine cards and enjoy "loveable" activities and sweetheart snacks. Adult participation is required. Other arrangements should be made for siblings. Please register child only - one adult is included in the fee.

2/12 **Class #14023** Fri, 6:00 PM, 1h15m G-Town Department of Public Works R \$13 NR \$18 1 class

Jr Basketball

Grades 5K - 5

Students will learn the basics of basketball through drills, skill sessions, and scrimmage type games. Fundamentals such as dribbling, shooting, and passing will be reinforced.

Hooper Hands

Hooper Hands is an excellent Basketball Academy that helps young players improve their skills, make new friends, exercise, and most importantly, have fun! Along with learning the game of basketball, students will develop self-discipline, increase their level of confidence, and learn how to be a team player. All classes are taught by John Leavell, Hooper Hands.

Pass, Shoot, Score! Basketball

Ages 4 - 8

This is a mini basketball league class focusing on game play. In the beginning of class, participants will compete in a series of different fundamental drills and skill stations, concluding with scrimmages and game focus.

Ages 4 - 5 4/4-4/25 **Class #13906** Mon, 5:30 PM, 45m

Ages 6 - 8 4/4-4/25 Class #13907 Mon, 6:20 PM, 45m

Community Center Gym R \$48 NR \$58 4 classes

Grade 5K 1/5-2/9 **Class #14008** Tue, 5:15 PM, 50m

2/16-3/22 Class #14009 Tue, 5:15 PM, 50m

Grades 1 - 2 1/5-2/9 **Class #14011** Tue, 6:15 PM, 50m

2/16-3/22 Class #14012 Tue, 6:15 PM, 50m

Grades 3 - 5 1/5-2/9 **Class #14013** Tue, 7:15 PM, 50m

2/16-3/22 Class #14014 Tue, 7:15 PM, 50m

Community Center Gym R \$41 NR \$49 6 classes

Dribble Dribble 101

Ages 4 - 8

Class will build upon the fundamentals of dribbling. Participants will compete in different ball-handling drills, games and stations that will develop their Hooper Hands.

Ages 4 - 5 2/1-2/22 Class #13900 Mon, 5:30 PM, 45m

Ages 6 - 8 2/1-2/22 Class #13901 Mon, 6:20 PM, 45m

Community Center Gym R \$48 NR \$58 4 classes

Dribble Dribble 102

Ages 4 - 8

Building upon fundamentals learned in Dribble Dribble 101, participants will learn advanced ball handling through a variety of drills, fun games, and scrimmages.

Ages 4 - 5 2/29-3/21 Class #13903 Mon, 5:30 PM, 45m

Ages 6 - 8 2/29-3/21 **Class #13904** Mon, 6:20 PM, 45m R \$48 NR \$58 4 classes

Family Dodgeball 😎

Ages 6+ w/registered 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.

1/29-2/26 Class #14003 Fri, 7:30 PM, 1h

3/11-4/22 Class #14004 No class Mar 25, Apr 1 Fri, 7:30 PM, 1h

Kennedy Middle School Gym, G-Town Anita Hilleman R \$9 NR \$20 5 classes

10 Register at fallsrec.org

Dodgeball Service Serv

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



1/29-2/26 **Class #14006** Fri, 6:30 PM, 1h

3/11-4/22 **Class #14007** *No class Mar 25, Apr 1* Fri, 6:30 PM, 1h

Kennedy Middle School Gym, G-Town Anita Hilleman R \$20 NR \$31 5 classes

Beginner Youth Golf Lessons

Ages 6 - 12

Class will focus on the fundamentals of golf. Lessons are held in groups of 6 or less, providing your child with one-on-one attention. Lessons will include: putting, chipping, woods, irons and simulated oncourse practice.

5/2-5/16 **Class #13966** Mon, 6:00 PM, 1h Wanaki Golf Course, Meno. Falls R \$50 NR \$50 3 classes

Horseback Riding Ages 7 - 18

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 rubbersoled (NO tennis shoes) and riding release form signed by a parent. Release forms are available at the CE & Rec office, or online @ fallsrec.org, located on the bottom right side of the page under Documents. For more information please visit bluespringfarms.com. 3/5-3/19 **Class #14071** Sat, 11:00 AM, 1h R \$111 NR \$133 3 classes

4/2-4/23 **Class #14073** Sat, 11:00 AM, 1h R \$149 NR \$179 4 classes

5/7-5/21 Class #14075 Sat, 11:00 AM, 1h R \$111 NR \$133 3 classes

3/5-3/19 **Class #14072** Sat, 12:00 PM, 1h R \$111 NR \$133 3 classes

4/2-4/23 **Class #14074** Sat, 12:00 PM, 1h R \$149 NR \$179 4 classes

5/7-5/21 **Class #14076** Sat, 12:00 PM, 1h R \$111 NR \$133 3 classes

Ingrid Knippelmeyer Blue Spring Farm

Wee Team Rock Climbing S Ages 5 - 8

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

2/20-3/26 Class #13765 Sat, 9:00 AM, 1h15m

4/9-5/14 **Class #13766** Sat, 9:00 AM, 1h15m

Adventure Rock, Brookfield R \$113 NR \$136 6 classes

First Ascent Rock Climbing SA

Great for aspiring young climbers. Each class is geared to progressively build on climbing skills. Children will make new friends, build confidence, and increase their climbing repertoire.

2/20-3/26 Class #13762 Sat, 10:30 AM, 1h30m

4/9-5/14 **Class #13763** Sat, 10:30 AM, 1h30m

Adventure Rock, Brookfield R \$113 NR \$136 6 classes

Learn To Skate 😎

Ages 4 - 11

Your child will develop confidence on the ice by learning forward and backward skating, turns, stops, falling and recovery. Jacket, hat and gloves are necessary and bicycle or hockey style helmets are highly recommended. Skate rental is included in the fee. Call Eble Ice Arena at 262-784-7512 for more information.

Ages 4 - 6

3/2-3/30 **Class #13829** Wed, 6:45 PM, 30m

Ages 7 - 11 3/2-3/30 Class #13830 Wed, 6:45 PM, 30m

Eble Ice Arena, Brookfield Eble Staff R \$55 NR \$55 5 classes

Pee Wee Tennis

Ages 4 - 5

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

1/7-2/18 Class #14052

No class Jan 21 Thu, 5:15 PM, 30m Community Center Gym R \$15 NR \$18 6 classes

Parent/Child Tennis Lessons

Ages 4 - 7 w/adult

Enjoy the sport of tennis, receive instruction, and participate in fun games and drills while spending quality time with your child. Adults will need to provide their own racquet. Youth racquets are provided if needed. Please register child only - one adult is included in fee.

1/7-2/18 **Class #14059** *No class Jan 21* Thu, 5:55 PM, 40m Community Center Gym R \$19 NR \$24 6 classes





Youth



What is Kids INC?

Kids INC is a before and after school care program for students enrolled in grades 4K-5. Offered at each of the four elementary schools, this safe and fun environment allows children to receive care without having to leave their school building. Activities include: homework time, group sports and activities, arts and crafts, games, special events and more. Field trips are planned throughout the year, and most admission fees are included in the cost of the daily Kids INC registration fee.



School Year 2015 - 16

Closed Nov. 26-27, Dec. 24-25, Dec. 31-Jan 1, May 30, June 9-10

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



Annual Registration Fee Reguired! * \$50 for 4K students, \$25 for all other students

Annual Registration must be completed prior to registering for any individual dates.

Annual Registration is required each year, and is separate from the Summer Kids INC registration fee. A registration form can be completed and turned into our office, or registration can be done online if registering prior to the beginning of the school year. Once the school year begins, registration must be done in person.

Other Important Information

- · Once registration has been submitted, fees cannot be transferred if switching your child from one day to another day.
- Credit is not given for days your child misses due to illness, change of schedule, disciplinary action, or other circumstances.
- Select "Kids INC" in the left column at fallsrec.org for a copy of the Kids INC Family Handbook. It includes additional important information.



Tori Uecker **Kids INC Coordinator**

Please feel free to contact Tori with any comments, questions, or concerns regarding the Kids INC program. She can be reached by email at uecktor@sdmfschools. org, or feel free to leave a voicemail at 262-250-6471.

Daily Fees (Grades 5K-5)

Before School 6:30 AM – 8:45 AM	After School 3:45 PM – 6:00 PM	Wednesday Early Release 2:30 PM – 6:00 PM	Full Day * 6:30 AM – 6:00 PM	
\$8.25 per day or \$13.25 if late (B)		\$10.25 per day or \$15.25 if late (S)	\$35.25 per day or \$40.25 if late (B)(L)S)	

(B) Breakfast can be purchased through the school lunch program.

(S) Includes snack. Student can bring an additional snack. No peanut products please.

(L) Student must provide own lunch. NOTE: There is no access to cooling or heating appliances.

* Full Day Note:

- Students who attend Valley View or Ben Franklin must register at Ben Franklin.
- Students who attend Shady Lane or Riverside must register at Riverside.



Rec B INC

4K "Wrap Around" care provides programming for 4K students the other half of the day when they are not attending their traditional 4K class. The program encourages physical, emotional and social growth through play and recreation. Activities in the program include arts & crafts, indoor and outdoor group games, puzzles, story time, quiet/rest time, music, free time, and more. Periodically, students will participate in field trips and special events when there is no school.

Registration for the 2016-2017 School Year will begin in late January. Watch for more information.



Annual Registration - \$50

Due prior to registering for individual dates

Course #12774

Afternoon "Wrap Around" Care If your child attends Morning 4K and you need care after class

Course #12773

Morning "Wrap Around" Care If your child attends Afternoon 4K and you need care before class

Maximum 40 students.

Wrap Around CARE

Ben Franklin Elementary School

For registration information see page 12



4K Annual Registration Information

- For child only using Kids INC 4K Wrap Around Care: Register for 4K Wrap Around Care annual registration.
- For child only using Kids INC Before and After School Care: Register for Kids INC annual registration at the school where care is needed.
- For child using Kids INC 4K Wrap Around and Before and/or After School care: Register for 4K Wrap Around Care annual registration.

Daily Fees for 4KWrap Around Care

	If your child attends afternoon 4K	If your child attends morning 4K		
Kids INC Before School Care 6:30 - 8:45 AM	4K AM Wrap Around 8:47 AM – your child's afternoon 4K class begins	4K PM Wrap Around When your child's morning 4K class ends – 3:45 PM	Kids INC After School Care After school – 6:00 PM	Kids INC 4K Full Day 6:30 AM – 6:00 PM (Available on no school dates)
\$8.25 per day (B) or \$13.25 if late	\$22.50 per day (L) or \$27.50 if late	\$22.50 per day (L) or \$27.50 if late	\$9.25 per day (S) or \$14.25 if late \$10.25 on Wed. or \$15.25 if late	\$35.25 per day (B/L/S) or \$40.25 if late

(B) Breakfast can be purchased through the school lunch program.

(S) Includes snack. Student can bring an additional snack. No peanut products please.

(L) Student must provide own lunch. NOTE: There is no access to cooling or heating appliances.

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How To Register for Kids INC

Registration can be done on-line, or with paper forms. Annual registration must be done each year prior to registering your child for individual dates. Note! Children must utilize the program on a regular basis (minimum of 8 options per month, each month).

On-line Once the school year begins, annual registration is not available on-line. Annual Registration Registration

- Visit www.fallsrec.org, and select Online Registration from the left column.
- Sign in, or create a new account if needed. (Note, you must create an account for the adult first, and then add your child/children by selecting *Add a Family Member*.
- Search for the Activity Number by entering the course number below, or by typing in the school name. For 4K Wrap Around, type 4K.

Ben Franklin #12769 Shady Lane #12771 Riverside #12770 Valley View #12772

4K Wrap Around (AM) #12773 4K Wrap Around (PM) #12774

• Complete the registration process and check out. To register for individual dates, sign back into the registration site and begin registering.

Registering for Individual Dates *Due by Wednesday at 11:30 PM*

To pay the regular daily rate, individual daily registration must be completed online by 11:30 PM on the Wednesday prior to the week you need care for your child. Registration will still be accepted until Friday at 4:00 PM, but will include a \$5.00 late fee per option.

- Log in to your account.
- Search by entering your school name or the letters 4K
- Select the week you would like to enroll your child and select Enroll Now. You will select only the dates you need at a later screen.
- Select the name of the child from the drop down menu.
- Select individual dates by selecting the box under the day you would like, and add to cart.
- Follow the prompts and continue through the registration process.

Paper Forms

Annual Registration forms and calendars are available in our office, or are available for download at fallsrec.org. Cash, check or credit cards are accepted. Please Note! Annual Registration and calendars are not accepted at the sites.

Annual Registration Form

Must be completed in full and submitted with proper registration fee prior to registering for individual dates.



Registering for Individual Dates (Calendar) Due by Wednesday 4:30 PM

Calendars can be turned in weekly, but to pay the regular daily rate, calendars must be submitted to the CE & Rec office by 4:30 PM on the Wednesday prior to the week you need care for your child. Calendars will still be accepted until Friday at 4:00 PM, but will include a \$5.00 late fee per option.



\$50 Class Voucher!

If your child is utilizing the program on a regular basis (an average of 8 options per month, every month), you will receive a voucher good for \$50 off select after school programs offered in our Winter/Spring 2016 Activity Guide. Classes will be marked with an "After School Program" symbol:

Tennis Lessons - Beginner Ages 6 - 10

Learn the beginner steps of tennis and refine basic skills. Forehand and backhand ground strokes and volleys will lead into basic games and movement around the court. The foundation taught in this class will serve the player in their development and progression to future levels. Participants must provide racquet & water bottle.

2/25-3/24 **Class #14060** Thu, 5:55 PM, 40m Community Center Gym R \$19 NR \$24 5 classes

Tennis Lessons - Advanced Beginner

Ages 6 - 10

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 build rallying skills and work on shot placement. Class will progress to the basics of serving. Participants need to provide a racquet & water bottle.

2/25-3/24 Class #14061 Thu, 5:55 PM, 40m Community Center Gym R \$19 NR \$24 5 classes

Small Group Tennis Lessons Ages 6 - 10

Small group lessons are perfect for the student who needs additional work on stroke or match play, or for those who need more flexibility in their schedules. A maximum of 4:1 participant to instructor ratio will ensure personalized attention to your students tennis progression and skills development. Students must provide their own racquet.

Ages 6 - 8 2/25-3/24 **Class #14057** Thu, 5:15 PM, 30m

Ages 8 - 10 2/25-3/24 **Class #14058** Thu, 5:15 PM, 30m

Community Center Gym R \$18 NR \$21 5 classes

Register Early

Babysitter Training -American Red Cross

Your student will learn everything they need to become a responsible babysitter. Class will cover: how to respond to emergencies and illness with first aid, rescue breathing and other appropriate care, how to make decisions under pressure, how to communicate with parents, recognize safety issues, feed, diaper and care for infants, and more. Cancellations must be made 7 days prior to class to receive a refund. Please send a lunch with your child.

1/16 **Class #13768** Sat, 9:00 AM, 7h

3/5 Class #13769 Sat, 9:00 AM, 7h

Community Center Rm 106 American Red Cross Staff R \$99 NR \$119 1 class

Basic First Aid for Kids Ages 8 - 13

Ages 8 - 13



Your child will have fun while learning the basics of what to do in an emergency. Bandaging, burn

care, and calling 911, will be some of the topics covered.

2/1 Class #13884 Mon, 6:00 PM, 1h

3/7 Class #13885 Mon, 6:00 PM, 1h

Germantown Fire Station #2 R \$6 NR \$6 1 class



Beginning Guitar 😎

Ages 6 - 16 (Ages 6-9 w/instructor consent)

Intended for students who are new to guitar, this class will provide a strong technical foundation. We will 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. Students ages 6 - 9 must get consent from the instructor prior to registering, by calling 414-628-7627.

2/17-3/23 Class #13803 Wed, 6:00 PM, 50m

4/6-5/11 **Class #13804** Wed, 6:00 PM, 50m

Rockfield Music & Media R \$62 NR \$67 6 classes

Painting for Kids 😎

Ages 5 - 15



Let your children unleash their inner artist while creating some

memorable art on canvas. This painting class provides an opportunity for your child to make a masterpiece with no rules. Each child is provided with acrylic paint and an 11 x 14 canvas that they will be able to take home and treasure forever. All supplies are included.

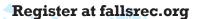
2/13 Class #13984 Sat, 1:00 PM, 1h

3/12 **Class #13985** Sat, 1:00 PM, 1h

4/16 **Class #13986** Sat, 1:00 PM, 1h

G-Town Department of Public Works Painting Parties by Our Arts Desire by CKKS R \$25 NR \$30 1 class

Youth







Young Rembrandts Drawing Crades 5K - 5

We grow creative, young minds and praise individual differences through the Power of Drawing. Unlock your child's potential and watch their confidence blossom as they develop skills critical to tomorrow's innovators. With brand new lessons each week, your child will enjoy learning through our award winning, weducational drawing program. All supplies are included. See www.youngrembrandts.com for more info. All new lessons each session!

All classes take place on Wednesdays from 2:35-3:35PM

Ben Franklin Rm 131

 1/13-2/17
 Class #13707

 3/2-4/13
 Class #13708

 No class March 30
 4/27-6/1

 Class #13709
 Class #13709

Riverside Rm 107

 1/13-2/17
 Class #13710

 3/2-4/13
 Class #13711

 No class March 30
 4/27-6/1

Shady Lane Rm 121

 1/13-2/17
 Class #13713

 3/2-4/13
 Class #13714

 No class March 30
 4/27-6/1

 Class #13715
 Class #13715

Valley View Cafeteria

 1/13-2/17
 Class #13716

 3/2-4/13
 Class #13717

 No class March 30
 4/27-6/1

Don Eisenhauer, Program Director R \$79 NR \$79 6 classes

You are a Super Girl

Young girls will learn how to connect with their own inner Super Girl. Through discussions, role playing, skits, and arts and crafts, students will learn self awareness, confidence, and more. Skills to deal with verbal and cyber bullying will also be covered. Learn more about the Super Girl program at www.seversonsisters.org. Class fee includes the *Super Girl Guide to Respect* workbook. All classes take place from 3:50-4:50 unless otherwise noted.

 Ben Franklin Cafeteria - Mondays

 2/1-3/7
 Class #13743

 4/4-5/9
 Class #13744

 Riverside Library - Tuesdays

 2/2-3/8
 Class #13745

 4/5-5/10
 Class #13746

 Shady Lane Library - Thursdays

 1/28-3/3
 Class #13747

 4/7-5/12
 Class #13748

 Valley View Rm 101 - Wednesdays

 1/27-3/2
 Class #13749

 4/6-5/11
 Class #13750

Lisa Mackey, Seversen Sisters Foundation R \$94 NR \$94 6 classes

Riverside Gym Sports Grades 1 - 3

Through fun games and activities, your child will be taught the basic drills and skills needed to play their chosen sport.



Floor Hockey 1/7-2/11 **Class #14016** *No class Jan 21* Thu, 3:40 PM, 45m

Dodgeball, Kickball 2/18-3/24 **Class #14033** *No class March 10* Thu, 3:40 PM, 45m

Riverside/Community Center Gym R \$15 NR \$15 5 classes

Stage Stars Alter School

Grades 5K - 5

Children will learn theater terms, play games, and act in short skits. During theater games, students will use their creativity to communicate and improvise. The carefully selected skits are based on folk tales that teach cooperation and positive values. At the end of the session there will be a cast party with pizza. Parents are invited to see their child perform on the last day of class.

Ben Franklin Rm 131 2/12-3/18 **Class #13740** Fri, 3:50 PM, 1h
 Riverside Rm 111

 2/11-3/24
 Class #13741

 No class Mar 10
 Thu, 3:50 PM, 1h

After School Enrichment Solutions R \$94 NR \$94 6 classes

Chess Scholars Chess Club

Grades 5K - 5

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.

All classes take place from 3:50-4:50PM

 Ben Franklin Rm 131 - Mondays

 2/1-3/21
 Class #13723

 4/11-6/6
 Class #13724

 No class May 30
 30

 Riverside Rm 214 - Tuesdays

 2/2-3/22
 Class #13773

 4/19-6/7
 Class #13774

 Shady Lane Rm 148 - Thursdays

 1/28-3/24
 Class #13728

 No class March 10
 4/14-6/2

 Class #13729
 Class #13729

 Valley View Cafeteria - Fridays

 1/29-3/18
 Class #13730

 4/8-6/3
 Class #13731

 No class May 27

Chess Scholars Staff R \$99 NR \$99 8 classes

Spanish that's Fun and Practical!

Grades 5K - 5

Vamos a Acampar, We're Going Camping! Students will learn Spanish through imaginary adventures in the great outdoors. Whether swimming, canoeing, or repelling down a cave, your child will be engaged every step of the way. Futura Language Professionals classes are appropriate for students with or without previous Spanish experience.

All classes take place from 3:50-4:50PM

Ben Franklin Rm 131- Thursdays 2/4-4/7 Class #13753 No class Mar 10, Mar 31

Riverside TBD - Mondays Class #13754 2/8-4/4 No class Mar 28

Shady Lane Rm TBD - Tuesdays 2/9-4/5 Class #13755 No class Mar 29

Valley View Cafeteria - Tuesdays 2/9-4/5 Class #13756 No class Mar 29

Futura Language Professionals Staff R \$124 NR \$124 8 classes

Guitar Stars Alter School

Grades 1 - 5

Students will learn the fundamentals of guitar playing, including holding a guitar pick, proper fret-hand finger position, sight reading, playing by ear, and playing basic songs. As students progress, they will have the opportunity to test for "Guitar Belts", a fun, motivational system patterned after martial arts. Each student will receive a participation award and guitar related prizes. There will be a pizza party on the last day of class. Each student will receive a CD and book to take home. Students must provide their own basic guitar.

Shady Lane Library 2/16-3/22 Class #13733 Tue, 3:50 PM, 1h

Valley View Cafeteria 2/15-3/21 Class #13772 Mon, 3:50 PM, 1h

Afterschool Enrichment Solutions Staff R \$104 NR \$104 6 classes

Karate Kidz

Grades 5K - 5

This highly important program will teach your child how to stay safe by using nonaggressive, proven-effective, self-defense techniques and strategies. Students will participate in real-world role playing scenarios and games focused on fun. Conflict avoidance is advocated over

physical defense. Your child will learn to set verbal boundaries, defend themselves by identifying trouble before it happens, and de-escalate situations before they become physical. Vital life skills such as discipline, respect, self-confidence, selfesteem, compassion, and goal-setting will also be taught. Sensei Stan has over 30 years of martial arts, self-defense and safety experience.

Ben Franklin Cafeteria

1/28-3/24 Class #13737 *No class Mar 10* Thu, 3:50 PM, 1h

4/14-6/2 Class #13738 Thu, 3:50 PM, 1h

Riverside Gym 1/27-3/16 Class #13735 Wed, 2:35 PM, 1h

Class #13736 4/13-6/1 Wed, 2:35 PM, 1h

Sensei Stan R \$79 NR \$79 8 classes

Creating With Paper Mache

Grades 5K - 5

Students will use paper mache to design, create and paint projects. The possibilities are endless with imagination and creativity.

4/12-5/17 Class #14096 Tue, 3:50 PM, 1h30m

Valley View Rm 105 Jon & Korie Mitchell R \$45 NR \$55 6 classes

Bricks 4 Kidz Aler School Program

Grades 5K - 5

Bricks 4 Kidz Early Engineers learn about principles of science,

technology, engineering and architecture utilizing motorized LEGO models. These engaging lessons will give students an understanding of the physical forces they experience every day. All classes are taught by Bricks 4 Kidz staff.

Winter Fun WEW!

Students will delve into the mechanics of movement of various winter topics. Models include: Horse and Sleigh, Ice Hockey,

Luge, Skier, Snowmobile, and Snow Plow.

All classes take place from 3:50-4:50PM

Ben Franklin Rm 131 - Tuesday 2/2-3/8 Class #13776

Riverside Rm 107 - Thursday 1/28-3/3 Class #13777

Shady Lane Basement - Monday Class #13778 2/1-3/7

Valley View Cafeteria - Thursday 1/28-3/3 Class #13780

R \$79 NR \$79 6 classes

Ticket to Ride WEW!

Students will delve into the history and mechanics of favorite amusement park rides. Models include: Merry Go Round, Dragon Ride, Loop de Loop, Swing Boat, Tilt a Whirl, and a Carousel Swing.

All classes take place from 3:50-4:50PM

Ben Franklin Rm 131 - Tuesday 4/12-5/17 Class #13782

Riverside Rm 107 - Thursday 4/14-5/19 Class #13783

Shady Lane Basement - Monday Class #13784 4/11-5/16

Valley View Cafeteria - Thursday Class #13785 4/14-5/19

R \$79 NR \$79 6 classes

All Kinds of Art Fun

Ages 5 - 12

Students will participate in traditional sketching and painting, but will also jump into creating art with other tools, mediums and non typical processes. Painting to music, painting without traditional paint brushes, creating sand and egg shell art, and bead making will all be explored.

4/11-5/16 Class #14067 Mon, 3:50 PM, 1h30m Riverside Rm 107

Ion & Korie Mitchell R \$45 NR \$ 55 6 classes





Youth

Lego - Cars, Catapults and **Bridges**

Ages 7 - 12

Students will focus on the fundamentals of engineering using LEGO Technic sets. Each session will build upon the student's skill level as they learn about simple machines, levers, wheels/axles, gears, ratchet/drive trains and motorized systems. Projects can include building: drawbridges, motorized cars, amusement park rides, cranes, catapults and much more.

2/23-3/15 Class #13695 Tue, 6:00 PM, 1h

4/12-5/3 Class #13696 Tue, 6:00 PM, 1h

Community Center Rm 109 Computer Explorers Staff R \$49 NR \$59 4 classes

Lego Mindstorms -**Elementary Robotics**

Ages 7 - 12

Students will be challenged as they work together in small groups to design and build a robot programmed to meet a variety of challenges and objectives. Lego Mindstorm kits will allow your student to work with wheeled and tracked robots, explore programming, light sensors, and touch sensors. Objectives are selected to challenge the students at a rate that is appropriate for their skill levels.

2/23-3/15 Class #13698 Tue, 7:15 PM, 1h15m

4/12-5/3 Class #13699 Tue, 7:15 PM, 1h15m

Community Center Rm 109 Computer Explorers Staff R \$63 NR \$77 4 classes



Crazy Contraptions Ages 7 - 12



Your child can push their imagination to the limit, while building some crazy contraptions using LEGO Technic pieces.

Students will work with a partner, super clear instructions, and step-by-step diagrams to build Skittle Tops, the Never Look Back Machine, the 9 Foot Rubber Band Racer, the Coat Hanger Daredevil, and Balloon Powered Rocket Cars. All of these contraptions spin, stretch, speed or otherwise spring into action. We will also try to set a world record by using all of the pieces in the kit to construct the longest contraption ever.

4/9-4/30 Class #13771 Sat, 10:45 AM, 1h Community Center Rm 109 Computer Explorers Staff R \$63 NR \$73 4 classes

Rocking Robots MEW!

Ages 4 - 6

Robots, Robots, and More Robots. Explore LOGO Programming with Roamer, Bee Bot, Speedy, Robo Raptors, Aliens, Race Cars and several surprise robots. LOGO is

a simple sequence language that explores shapes, numbers, addition, subtraction, estimation, fractions and angles. Discover the Robots favorite stories, complete obstacle courses, go on scavenger hunts, adventures with pirates, bowling and much more.

4/9-4/30 Class #13770 Sat, 9:30 AM, 1h Community Center Rm 109 Computer Explorers Staff R \$49 NR \$59 4 classes

Learn Magic with Glen Gerard 😎

Youth and Adults Ages 8+

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



3/5 Class #13977 Sat, 11:30 AM, 1h G-Town Department of Public Works Glen Gerard R \$17 NR \$20 1 class

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

Register online at www.justdriveWl.com



Upcoming Schedule at MFHS Jan

4:30 – 6:30 PM
4:30 – 6:30 PM
4:30 - 6:30 PM
5:15 – 7:15 PM
4:30 - 6:30 PM

All Kinds of Art Fun

Ages 5 - 12

Students will participate in traditional sketching and painting, but will also jump into creating art with other tools, mediums and non typical processes. Painting to music, painting without traditional paint brushes, creating sand and egg shell art, and bead making will all be explored.

1/16-2/20 Class #14065 Sat, 10:00 AM, 1h30m Community Center Rm 102A

Ion & Korie Mitchell R \$45 NR \$55 6 classes

Learn to Play the Guitar Ages 7 - 12

Students will

be introduced

to the world of

playing guitar

in a group

Beginning

to hold

the guitar

placement.

atmosphere.

with learning

properly, hand



and tuning, your student will progress to strumming and music reading. A \$20 materials fee will be charged at the first class. Guitar rental is available through the instructor for \$40.00

Class #14091 1/9-2/13 Sat, 9:00 AM, 45m Wonder Sounds Music, Meno. Falls R \$75 NR \$90 6 classes

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

Ages 4 - 5

final class only.

Class #14048 2/10-3/16 Wed, 5:30 PM, 30m R \$22 NR \$27 6 classes

Ages 6 - 9 2/10-3/16 Class #14049 Wed, 6:15 PM, 45m R \$26 NR \$31 6 classes

Community Center 102A Jennifer Nagy, HS Varsity Dance Coach

MFHS Varsity Dance Team Kids Clinic 👕

Ages 5 - 12

Join the MFHS Varsity Dance Team for a day of fun! Dancers will be split into age appropriate groups and taught dance routines and techniques. Participants will perform the routine they learn during halftime at the MFHS Varsity Basketball game on Friday, February 19th. Please note that free admission to the game is for the participant only. Each participant will receive a T-shirt. Please wear movable clothing, hair tied back and tennis shoes. You must

register by Feb 12 to receive a shirt. 2/13Class #14050

Sat, 9:00 AM, 3h Ben Franklin Gym Jennifer Nagy, HS Varsity Dance Coach R \$28 NR \$34 1 class

Tap & Ballet Ages 4 - 9

Dance will help your child learn timing, rhythm and coordination. Dance skills will be taught, reviewed and then combined into dances. All participants are recommended to have a black leotard and tap and ballet shoes. Parents are welcome to attend the first day of class for additional information, and then the last day to observe their progress.

Age 4 1/5-3/22 Class #14093 Tue, 4:00 PM, 50m

Ages 5 - 6 1/5-3/22 Class #14094 Tue, 5:00 PM, 50m

Youth

Ages 7 - 9 1/5-3/22 Class #14095 Tue, 6:00 PM, 50m

Community Center LL Rm 2 R \$45 NR \$54 12 classes

Kids Yoga

Ages 6 - 12

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 the body and mind. Please send a yoga mat to class with your child.

1/9-2/6 Class #13946 Sat, 9:00 AM, 45m R \$25 NR \$30 5 classes

2/13-3/19 Class #13947 Sat, 9:00 AM, 45m R \$30 NR \$36 6 classes

Community Center Rm 123 Melissa Teske

Don't Be Bullied

Ages 4 - 14

This fun and informative class will boost your child's self-confidence as they learn several defensive skills, strategies, and basic karate techniques to help keep them safe from bullies. The focus here is on AVOIDING trouble with a bully BEFORE it escalates into a physical confrontation. Sensei Stan has over 30 years of martial arts, self-defense, and safety experience.

3/2Class #13818

Wed, 5:45 PM, 45m Community Center Rm 106 R \$12 NR \$14 1 class







Youth

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.

1/5-3/24 **Class #13816** Tue & Thu, 6:00 PM, 1h R \$62 NR \$74 24 classes

4/5-5/12 **Class #13817** Tue & Thu, 6:00 PM, 1h R \$31 NR \$37 12 classes

James Donne Thomas Jefferson Aux Gym

Little Jragons Ages 3 - 6

Children will learn TaeKwonDo, Kickboxing and Jiu-Jitsu from 2nd Degree Black Belts Johannah and Samuel Lee 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 belt fee at the end of the session is optional for students wishing to earn rank. Instructors will provide more information at class.

Ages 3 - 4 1/13-2/17 Class #13952 Wed, 6:00 PM, 30m

3/9-4/20 Class #13954 No class Mar 30 Wed, 6:00 PM, 30m

Ages 5 - 6 1/13-2/17 Class #13953 Wed, 6:35 PM, 30m

3/9-4/20 Class #13955 No class Mar 30 Wed, 6:35 PM, 30m

Thomas Jefferson Aux Gym Blackbelts, Johannah and Samuel Lee R \$38 NR \$46 6 classes



– Smile! —

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.

Jragons Mixed Martial Arts Ages 5+

Your child will learn Muay Thai Kickboxing, Brazilian Jiu-Jitsu, and TaeKwonDo from 2nd degree black belts Johannah and Samuel Lee. Classes are designed to improve your child's confidence, concentration, respect, leadership, and discipline. Anti-drug/ alcohol mindset is also taught. A \$20 belt fee at the end of the session is optional for students wishing to earn rank. Please see instructors for more information. 1/13-2/17 **Class #13957** Wed, 6:35 PM, 50m

3/9-4/20 Class #13958 No class Mar 30 Wed, 6:35 PM, 50m

Thomas Jefferson Aux Gym Blackbelts, Johannah and Samuel Lee

R \$38 NR \$46 6 classes

Avoid Disappointment. REGISTER EARLY!

Interested in Working for CE & Rec?

For more information, position availability and instructions on how to apply, go to fallsrec.org and select *CE* & *Rec Employment* from the left column.

Example of positions:

- Before & After School Program Leader
- Adult Basketball Referee
- Basketball Scorekeeper
- Building Supervisor
- Gym Supervisor
- Tennis Instructor
- Youth Football Staff
- Lifeguard
- Water Safety Instructor
- Adult Softball Umpire
- Teen Center Program Staff



fallsrec.org

Youth



Menomonee Falls 4K & 5K Enrollment

Wednesday, January 27 – 5:00 – 8:00 PM Ben Franklin School Gym

- Please bring your child's birth certificate along with proof of residency.
- To be eligible for 4K, the child must be 4 years old on or before September 1.
- To be eligible for 5K, the child must be 5 years old on or before September 1.

For proof of resident requirements see District Info for District Enrollment Info & Process at sdmfschools.org.

A short informational meeting and a tour of the facilities at Ben Franklin School will also be available for the 4K and 5K Programs. Times are yet to be determined.

Beginning January 28, 2016, enrollment can be done at your neighborhood school.

For more information, go to sdmfschools.org

Snowmobile Safety Ages 12 - Adult

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

12/2 - 12/16	Wed 6:30 - 9:30 PM
1/6 - 1/20	Wed 6:30 - 9:30 PM

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

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



FREE Fishing Clinics

Ages 3 – 15 Children Under 10 must be accompanied by an adult



Sponsored in cooperation with the Wisconsin DNR, and instructed by members of local fishing clubs (Wisconsin House Outdoorsman), your child will learn fishing safety, knot tying, and proper fishing techniques.

All fishing equipment and bait will be available for use. Clinics will begin every hour starting at 9:00 AM, with the last clinic beginning at 2:00 PM. Be sure to dress accordingly, as events will be held regardless of the weather. For more information, please call (414) 263-8614.

Kids' Ice Fishing Clinic

Kids' Fishing Clinic

Saturday, February 13 9:00 AM – 3:00 PM Saturday, April 9 9:00 AM – 3:00 PM

Clinics will be held at Menomonee Park W220 N7884 Townline Road, Menomonee Falls

The daily park entrance fee is included with clinic participation, so no park entrance fee will be charged. Parking passes will be distributed the day of the clinic by organizers.



Teen Center

Menomonee Falls Teen Center



Hours for 2015 – 2016 Fridays / Grades 6-8 6:30 to 10:00 PM September 11 – June 3 No program 11/27, 12/25, 1/1, 3/25, 4/1, 5/13, 5/27 Students must be picked up by 10:00 PM

Saturdays / Grades 6-12 6:30 to 10:00 PM October 3 – May 21 No program 11/28, 12/26, 1/2, 3/26, 4/2 *Students must be picked up by 10:00 PM*

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.

What is the Teen Center?

For grades 6-12 • Located in the Community Center

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

- Pool / Air Hockey / Ping Pong
 Cards
- Computers
- Concessions
- Special Events and Dances

10th Annual

Video Games

Basketball



⊙ Basketball ⊙ Swimming ⊙ Inflatables ⊙ DJ Dylan ⊙ Prizes and more!

required for this event.

May 13, 2016

7:00 to 10:00 PM North Middle School \$7 if registered by May 13, \$10 at the door A separate registration form, signed by a parent, is

Annual Membership Required

Year runs June 1 thru May 31

- An annual membership fee of \$7 per participant is required.
- A 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.

Class #13070

Fees Payable at door:

- \$3 Resident of M.F. or student enrolled in a M.F. School
- \$5 Non-Resident

Get a TPass for access all semester!

TPass allows students free access to the Teen Center for an entire semester. Passes can be purchased at the CE & Rec Dept. A list of pass holders will be kept at the Teen Center. The annual \$7 membership fee is still required.

Class #14265

ADULT

Introduction to Backyard Beekeeping

Ages 18+

Find out what the 'buzz' is all about! If



you are new to beekeeping, this class will help you understand what the process entails, how to get started, and where to find helpful resources. No live bees will be present in class.

3/8 **Class #13914** Tue, 6:30 PM, 1h30m Community Center Rm 123 Hannah Heinritz R \$15 NR \$18 1 class

Advanced Beekeeping

Ages 18+

For those a-buzz with excitement about keeping bees, this class is for you. You will be taught more in-depth about seasonal maintenance of bees, what to do when inspecting your hive, and how to respond when common issues arise. Although video footage of hives will be shown, no live bees will be present.

3/15-3/22 Class #13894 Tue, 6:30 PM, 1h30m Community Center Rm 123 Hannah Heinritz R \$30 NR \$36 2 classes

Repel Bugs the Natural Way Ages 18+

Tell mosquitoes to BUG OFF without all the harsh chemicals. Learn how to make all natural repellent and how to identify plants and natural products that can relieve painful stings.

4/26 **Class #13908** Tue, 6:30 PM, 1h30m Community Center Rm 123 Hannah Heinritz R \$19 NR \$23 1 class



to avoid disappointment.

On Wisconsin Badger Band Spring Concert I Ages 18+



Join us as we travel by coach bus to Madison, to enjoy the UW Varsity Marching Band celebrate its' 42nd annual spring concert at the Kohl will be an action packed

Center. This will be an action-packed concert complete with professional staging, lighting, sound and pyrotechnics. We will enjoy a delicious Italian buffet at Great Dane Pub & Brewery prior to the show. The name and phone number of your doctor is required when registering.

Register by January 29

4/14 **Class #14026** Thu, 2:30 - 12:45 AM Thomas Jefferson Parking Lot R \$79 NR \$84 1 class

eBay 101 Buying & Selling Selling

Are you looking to buy or sell on eBay but don't even know where to start? This class will familiarize you with the basics. By the end of class, you will know how to: search, watch, bid on, and select a payment process for an auction item you wish to purchase. We will also cover how to create an auction and description, include pictures, answer seller questions, invoice and ship an item you wish to sell.

1/27-2/3 **Class #13693** Wed, 6:00 PM, 2h Survive Alive House, G-Town Computer Explorers Staff R \$44 NR \$50 2 classes

iPad & iPhone - Tips & Tricks 🕬

Ages 18+

This class is specific to Apple devices. Learn useful tips, tricks and techniques to navigate, organize, backup, and add useful apps to your iPhone, iPad, or iPad Mini.

2/17 **Class #13988** Wed, 6:30 PM, 2h Community Center Rm 123 C.T. Kruger R \$15 NR \$18 1 class

iPad Basics

Ages 18+



This basic class will teach new users simple things like navigating your iPad, getting into the device settings, and finding, installing, organizing and deleting apps. Students must bring their own iPad.

4/6-4/13 **Class #13705** Wed, 6:00 PM, 2h Survive Alive House, G-Town Computer Explorers Staff R \$44 NR \$50 2 classes

Understanding the Cloud

Ages 18+

What is the cloud? If you have trouble answering this question, you are not alone. We will explore how the cloud works, what drives its incredible growth, and how you can use cloud services. Whatever your technical background, you'll be thoroughly cloud-savvy by the end of this course.

1/20 **Class #13692** Wed, 6:00 PM, 2h Survive Alive House, G-Town Computer Explorers Staff R \$24 NR \$30 1 class

Google Drive Basics



Take your Google experience to the next level with Google's cloud tool, Google Drive. This class will introduce you to the basics of using Google Drive and its multiple functions.

K.A

2/10 **Class #13700** Wed, 6:00 PM, 2h Survive Alive House, G-Town Computer Explorers Staff R \$24 NR \$30 1 class

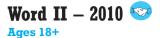


Social Media: What's New? Ages 18+

Facebook may have been the first big name in social media, but many of the teenagers originally on Facebook have departed for Instagram, Vine, Twitter, Snapchat, Google Plus, Pinterest and Tumblr, among others. We'll discuss some of these platforms and more. Learn what your kids are up to and what may be useful or fun for your own use. Youth ages 13 - 17 are welcome to register for class with a paying adult.

2/23 **Class #13990** Tue, 6:00 PM, 1h30m

Survive Alive House, G-Town Heather Dorsey R \$12 NR \$14 1 class



Learn advanced techniques, such as working with tables of contents, footnotes and endnotes, adding comments, tracking changes, comparing and combining documents, creating envelopes and labels, and protecting documents.

3/16 **Class #13704** Wed, 6:00 PM, 3h Survive Alive House, G-Town Computer Explorers Staff R \$34 NR \$40 1 class

Excel I - MS 2010 😎

Ages 18+

This class will familiarize you with the basics including: inserting and deleting columns, rows and cells, formatting cells and worksheets, keyboard shortcuts, and printing and saving your worksheets.

2/17 **Class #13701** Wed, 6:00 PM, 3h Survive Alive House, G-Town Computer Explorers Staff R \$34 NR \$40 1 class

Excel II - MS 2010 😎

Ages 18+

This class will familiarize you with the following: formatting columns and cells, using formulas in tables and between



worksheets, sorting data in columns and rows, and making charts and graphs from tables.

2/24 **Class #13702** Wed, 6:00 PM, 2h30m Survive Alive House, G-Town Computer Explorers Staff R \$29 NR \$35 1 class

Excel III, Chart Creation – MS 2010 😎

Ages 18+

If you have a solid Excel foundation, and are ready for the next level, this course will take you through the basics of chart creation.

3/9 **Class #13703** Wed, 6:00 PM, 2h30m Survive Alive House, G-Town Computer Explorers Staff R \$29 NR \$35 1 class

Digital Pictures for Beginners Ages 18+

Do you have a digital camera and are unable to do anything but point and shoot?



Bring your camera and manual to class and learn about framing, exposure, flash usage, features, deleting, previewing, resolution and storage cards. We will also be printing pictures at class.

2/11-2/12 **Class #14030** Thu & Fri, 9:30 AM, 2h Community Center Rm 123 John Clancy R \$16 NR \$21 2 classes

Old Family Photos and the Digital Age

Ages 18+ Did you know that your old family photo prints and slides can be converted to digital pictures or slides, even if you don't have a computer? This class covers scanning prints and slides, workflow, and how to get and stay organized. Information on computer use is for Windows PC

3/9 Class #13976

computers.

Wed, 6:30 PM, 2h Community Center Rm 123 C.T. Kruger R \$15 NR \$18 1 class

Advanced Digital Photography — Exposure Ages 18+

Learn how to use your camera's exposure modes and functions in various situations such as: sports, portraits, low light, and more. This class is ideal for people who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with program, shutter / aperture priority, and manual exposure modes. Please bring your camera and

instruction manual to class. 2/24 **Class #13987** Wed, 6:30 PM, 2h Community Center Rm 123 C.T. Kruger R \$19 NR \$23 1 class

Help Needed to Fill Easter Eggs

Help is needed to fill plastic eggs for the Menomonee Falls Annual Childrens' Easter Egg Hunt held at Village Park.

Enjoy coffee and cake after all of the eggs are filled.

Monday, March 7 9:30 AM – 11:30 AM Community Center Rm 102A

Pre-register by calling 262-255-8460

REE.

FREE CLASSES

Classes are FREE but you must register to attend.

Sustainable Landscaping for Homeowners MEW!

Ages 18+

Learn some basic steps to transform your yard into a sustainable one that can help you conserve resources, save energy and money, and add value to your property and life. You will learn about the use of natural or recycled products, native plants to Wisconsin, and techniques you can use to maintain your sustainable landscape.

3/15-3/22 Class #13959 Tue, 6:30 PM, 1h30m Community Center Rm 106 Stephen Brester 2 classes

Selling Your Home

Ages 18+

Sell your home fast and with the best results! Licensed Realtors will provide essential information about the selling process including; how deferred maintenance effects the marketing, how to negotiate defects determined by the home inspector, what questions need to be answered prior to listing a property, is an attorney needed, what is the role of the title company, and should you offer a home warranty to the buyer?

1/4Class #13961 Mon, 6:30 PM, 1h30m

4/11Class #13962 Mon, 6:30 PM, 1h30m

Community Center Rm 106 Kathleen Golembiewski, Realtor

Purchasing a Home or Condo Ages 18+

In the market for a new home? Learn the difference between a traditional real estate agent and a buyer's agent for representation. How important is it to have a market analysis prior to writing an offer? Learn about mortgage pre-approval, inspection, negotiating defects uncovered in the home inspection, gap insurance, escalator clause, and how to write the offer in your best interest.

Class #13964 1/6Wed, 6:30 PM, 1h30m

4/13Class #13965 Wed, 6:30 PM, 1h30m

Community Center Rm 106 Kathleen Golembiewski, Realtor

Retirement Investing

Ages 18+

Looking to grow your assets for your retirement? Learn the fundamental principles of investing taught in the spirit of Benjamin Graham, billionaire Warren Buffett's mentor! The class will use Graham's classic book, The Intelligent Investor, as a guide.

Class #14028 2/24Wed, 6:30 PM, 1h30m

4/13 Class #14029 Wed, 6:30 PM, 1h30m

Community Center Rm 106 Adam Ryback, Financial Advisor

Seven Tips to Family Wellness 💵 😎

Ages 18+

This information packed workshop introduces you to a variety of ideas to enhance your family's health and wellness. We will be discussing home remedies, healthy eating strategies and exercising tips that will be easy to implement for even the busiest families.

2/23Class #14043 Tue, 6:15 PM, 1h G-Town Community Library Dr. Brenda Holland, Chiropractic Co.

Stress Be Gone

Ages 18+

This workshop discusses strategies to help minimize our everyday stress. STRESS The topics will include ZONE healthy eating and exercise recommendations that you can start implementing right away.

4/12Class #14044 Tue, 6:15 PM, 1h G-Town Community Library Dr. Brenda Holland, Chiropractic Co.

Advanced Photography – Lenses & Lights

Adult

Ages 18+

This is an excellent follow-up for students who have attended either Advanced Digital Photography Techniques or Advanced Digital Photography - Exposure. If you have interchangeable lens (DSLR) cameras, or have an advanced digital camera with program, shutter / aperture priority, and manual exposure, this workshop will help vou understand lens selections and use, use of existing light and flash, and composition ideas. Please bring your camera and instruction manual to class.

Class #13989 3/2Wed, 6:30 PM, 2h Community Center Rm 123 C.T. Kruger R \$19 NR \$23 1 class

De-clutter Your Home Office or Mail 📨 **Ages 18+**

Do you have piles of paper on your counter top or desk? Whether you run a business from your home, or are just trying to keep track of your mail, you will learn an easy system for managing all of your paperwork. Reduce stress, increase productivity, and never have another pile of papers laying around again.

2/13Class #13831 Sat, 10:00 AM, 2h G-Town Community Library Kathi Miller, The Clutter Coach R \$13 NR \$16 1 class

Clutter Free Living -Level One 😎

Ages 18+

NO

Live better with less stuff and enjoy a less stressful life! Clutter can drag down your energy and suck all the fun out of life. Whether you have overflowing storage, an overwhelming inbox, or too many tasks to accomplish each day, you will learn ways to create and maintain a clutter free life.

3/1Class #13758 Tue, 6:30 PM, 2h Community Center Rm 123 Kathi Miller, The Clutter Coach R \$13 NR \$16 1 class

25



Thomas Jefferson Middle School

Ages 18+

Enter through main doors on LaVergne Avenue October 5 through April 29 **Monday – Friday,** 9:00 AM – 11:00 AM closed 11/26, 11/27, 12/24–1/1, 3/25

FREE, please register at the door

Please bring dry walking shoes. Wet shoes or boots will not be allowed.

De-clutter Your Garage & Basement 📀

Ages 18+

How much "stuff" do you really need in your life? Turn your basement or garage into useful living or storage space by getting rid of things you no longer need. Wouldn't it be nice to be able to find what you own? Learn how to decide what to keep, discard, or donate, and how to organize what's left. Reluctant family members are also invited to register.

5/3 **Class #13760** Tue, 6:30 PM, 2h Kathi Miller, The Clutter Coach Community Center Rm 102 A R \$13 NR \$16 1 class

Container Gardening 😎

Annuals, perennials, vegetables or herbs... Learn the ins and outs of container gardening. Learn which soils are best, the needed fertilizers, and how to choose the proper container size. Choose from a variety of annuals, vegetables, or herbs to create your own special 15" container during class.

5/14 **Class #13876** Sat, 9:30 AM, 1h

5/14 Class #13877 Sat, 11:00 AM, 1h 5/21 Class #13878 Sat, 10:00 AM, 1h

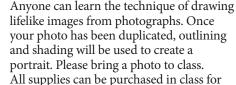
6/4 **Class #13879** Sat, 10:00 AM, 1h

Wendland Nursery, Germantown Russ Wendland, Landscape Architect R \$17 NR \$22 1 class

EZ Self Defense for Women Ages 16+

Turn fear into POWER. Learn how to assess danger, become assertive, set clear verbal boundaries, and prevent physical attacks. You will also learn several defensive techniques that are easy to memorize and extremely effective in a real-life situation. Participants that are 16 or 17 years old must take class with an adult.

3/2 **Class #13819** Wed, 6:45 PM, 1h45m Community Center Rm 106 Sensei Stan R \$20 NR \$24 1 class



Photographs

Ages 18+

\$5.00. 2/2-3/8 Class #13794

Z/2-3/8 Class #13/94 Tue, 10:00 AM, 1h30m

3/15-4/26 Class #13795 Tue, 10:00 AM, 1h30m No class March 29

Community Center Rm 106 Barbara Kelsey R \$29 NR \$34 6 classes

Rubber Stamping - Card Making \$ Ages 18+

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

1/11-2/22 Class #13897 Mon, 7:00 PM, 2h

Drawing Portraits from

3/7-4/25 Class #13898 No class Mar 28 Mon, 7:00 PM, 2h

Community Center Rm 2 & 3 LL Diane Tritz R \$23 NR \$27 7 classes

It's a Painting Party! SA Ages 18+



Looking for a fun night out? Grab some friends and create your own original

piece of artwork. Each participant is provided with acrylic paint, an 11 x 14 canvas, and step-by-step instruction to help you become an amazing artist. OK, maybe not amazing, but it doesn't matter, we're here to have fun! All supplies are included.

2/11 Class #13980 Thu, 6:30 PM, 2h

3/10 **Class #13981** Thu, 6:30 PM, 2h

4/14 Class #13982 Thu, 6:30 PM, 2h

G-Town Department of Public Works Our Arts Desire by CKKS Staff R \$30 NR \$35 1 class

Mah Jongg -American Lessons

Ages 35+

Mah Jongg is a game of strategy that is played using tiles stamped with Chinese Symbols. The goal of the game is to be the first to match one's tiles to a specific hand from the scorecard, by picking and discarding, much like the card game Gin Rummy. Your fee includes the National Mah Jongg League 2016 Card which can be used until April 1, 2017.

Register by April 1

4/20-4/27 Class #14025 Wed, 1:00 PM, 2h

Community Center Rm 123 Shereen Kressin R \$20 NR \$23 2 classes

Learn to Wood Carve 😎

Ages 11+

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 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.

Green Man Wood Spirit

3/15 **Class #13872** Tue, 6:00 PM, 2h30m

 Carved Snowman

 1/19
 Class #13870

 Tue, 6:00 PM, 2h30m

 Stump Bear

 2/16
 Class #13871

 Tue, 6:00 PM, 2h30m

Germantown Senior Center Greg Young R \$26 NR \$37 1 class

Poetry Writers' Guild Ages 18+

What makes a poem touch the heart and resonate with the reader? Join other poetry enthusiasts as we discuss the elements of poetry and the use of clear, vibrant language to make a poem effective. There will be writing prompts, exercises, games and sharing of poems, as well as tips on marketing your own poetry.

1/18-2/22 Class #14068 Mon, 7:00 PM, 1h30m Liz Rhodebeck

4/11-5/16 **Class #14167** Mon, 7:00 PM, 1h30m Jon Mitchell

Community Center Rm 120 R \$20 NR \$25 6 classes



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.

1/5-3/8 **Class #13797** Tue, 9:30 AM, 2h

3/15-5/24 Class #13799 No class Mar 29 Tue, 9:30 AM, 2h

1/7-3/10 **Class #13798** Thu, 9:30 AM, 2h

R \$63 NR \$73 10 classes

3/17-5/26 **Class #13800** *No class Mar 31, May 5* Thu, 9:30 AM, 2h R \$69 NR \$79 9 classes

Community Center Rm 102 A Shirley Mattson

Belly Dance - Beginner 📀

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

2/17-3/23 **Class #13835** Wed, 6:00 PM, 1h

4/6-5/11 **Class #13836** Wed, 6:00 PM, 1h

G-Town Department of Public Works Kelley Kling R \$33 NR \$48 6 classes

Adult





IMPORTANT: Fitness \mathscr{E} 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.



Belly Dance - Level 2 Ages 16

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

2/17-3/23 **Class #13838** Wed, 7:15 PM, 1h

4/6-5/11 **Class #13839** Wed, 7:15 PM, 1h

G-Town Department of Public Works Kelley Kling R \$38 NR \$55 6 classes

Learn to Social Dance

Ages 18+ (For Couples)

There are so many reasons to learn to dance! Are you getting married soon? Do you have a special occasion coming up? Maybe you would like a hobby to share with your partner. Dancing is a great way to exercise, gain confidence, reduce stress, and have fun. Our instructor has over 40 years of experience, and is ready to teach you and your partner how to dance. Fee is per person.

Beginner Cha-Cha & Rumba 1/6-3/2 **Class #13821** Wed, 7:00 PM, 50m

Advanced Cha-Cha & Rumba 1/6-3/2 Class #13823 Wed, 8:00 PM, 50m

 Beginner Tango & Swing

 3/16-5/18
 Class #13822

 No class Mar 30
 Wed, 7:00 PM, 50m

Advanced Tango & TBD 3/16-5/18 Class #13824 No class Mar 30 Wed, 8:00 PM, 50m

Thomas Jefferson Cafeteria Scott Lamster R \$40 NR \$48 9 classes

Body Basics \$

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.

1/5-3/3 **Class #13933** Tue & Thu, 7:15 PM, 50m

3/15-5/19 **Class #13934** *No class Mar 29, Mar 31* Tue & Thu, 7:15 PM, 50m

Community Center Rm 4 LL Anita Kress-Marx R \$67 NR \$80 18 classes

Country Line Dance

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 gear optional and hard soled shoes suggested.

1/5-2/16 **Class #13813** Tue, 6:00 PM, 1h

3/1-4/19 **Class #13814** *No class Mar 29* Tue, 6:00 PM, 1h

Community Center Rm 102 A Ingrid Mielke, Fitness Firm R \$28 NR \$33 7 classes

Indoor Cycling \$



This class utilizes stationary bikes to provide an awesome, low impact workout. Throughout the session you'll increase your cardiovascular fitness, build muscle, and burn calories.

Your instructor will push you to your fitness goals at your pace. Includes warmup, cool-down, and stretching components. Perfect for the beginner or advanced student. Please bring a water bottle, hand towel, padded bike seat or padded shorts, hard-soled tennis or running shoes, or cycling shoes with cleats.

1/4-3/2 **Class #13939** Mon & Wed, 6:30 PM, 1h

3/14-5/18 **Class #13940** *No class Mar 28, Mar 30* Mon & Wed, 6:30 PM, 1h

Community Center Rm 4 LL John Gerkhardt R \$84 NR \$100 18 classes

Resistance Training

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.

1/4-3/2 **Class #13936** Mon & Wed, 5:25 PM, 55m

3/14-5/18 **Class #13937** *No class Mar 28, Mar 30* Mon & Wed, 5:25 PM, 55m

Community Center Rm 4 LL Julinda Prekop R \$67 NR \$80 18 classes

Running 101 😎

Youth and Adults Ages 13+

No running experience? No problem. Running 101 is perfect for the novice runner looking to complete their first 5K. Participants should be comfortable walking two miles continuously.

Register by April 4

4/11-6/6 **Class #13810** *No class May 30* Mon, 6:00 PM, 45m

Germantown Kinderberg Park Katie Hause R \$50 NR \$60 8 classes

Pickleball

Ages 18+

No experience is needed to learn how to play one of the fastest growing sports in the country! Pickleball is a blend of tennis and ping pong, played on a badminton sized court using a restricted flight plastic ball similar to a Whiffleball. Please wear non-marking tennis shoes. Equipment is provided. For more information about the sport, visit www.usapa.org. 1/5-4/28 **Class #14063** *No class Mar 29, Mar 31* Tue & Thu, 9:00 AM, 2h R \$35 NR \$42 32 classes

1/6-4/27 **Class #14064** *No class Mar 30* Wed, 6:00 PM, 2h R \$19 NR \$23 16 classes

Thomas Jefferson Gym Lynn Debroux, Supervisor

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.

1/5-3/3 **Class #13892** Tue & Thu, 5:45 PM, 1h15m R \$59 NR \$71 18 classes

3/15-5/19 **Class #13893** *No class Mar 29, Mar 31, Apr 26, Apr 28* Tue & Thu, 5:45 PM, 1h15m R \$56 NR \$67 16 classes

Pam Oliversen, Fitness Firm Community Center Rm 4 LL

Zumba Gold S

Zumba Gold is the low impact version of the original Latin inspired dance fitness program, Zumba. Classes will emphasize the basics,



Adult

and have been modified for the active older adult, the beginning participant, or

ADULT SPRING AND SUMMER SPORT LEAGUES ACES 18+

All adult sports leagues feature: One fee for all teams; No separate player's fee's; No residency restrictions; Easy to use online player registration.

Softball

A variety of weeknight Men's, Women's, and Coed leagues are offered.

Managers Meeting: Monday, February 1, 7:30pm Community Center Rm 102A



Men's Basketball

Competitive league offered on Monday evenings, Recreational league offered on Wednesday evenings, beginning in June.

Contracts are due by Wednesday, May 4





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Contracts are due by Wednesday, March 2

other special populations that may need modifications for success. Please bring a water bottle.

1/4-2/22 Class #13910 Mon, 9:30 AM, 45m R \$33 NR \$40 8 classes

1/6-2/24 **Class #13911** Wed, 9:30 AM, 45m R \$33 NR \$40 8 classes

3/14-5/16 Class #13912 No class Mar 28 Mon, 9:30 AM, 45m R \$37 NR \$45 9 classes

3/16-5/18 Class #13913 No class Mar 30 Wed, 9:30 AM, 45m R \$37 NR \$45 9 classes

Carmen Bond Community Center Rm 4 LL

Dartball

Ages 35+

Both men and women are welcome to enjoy the fun and laughter as we play the game of dartball, a baseball game where bases are scored by throwing darts at a board. No experience needed. Join our league and sharpen your skills while forming new friendships.

1/4-4/25 **Class #13792** Mon, 1:00 PM, 1h30m Community Center Rm 2 & 3 LL R \$9 NR \$9 17 classes

Group Rock Climbing 😎

Youth and Adults Ages 4+

Learn basic climbing techniques and the proper way to wear a harness. Participants will be climbing on the wall within 10 minutes. Belaying and knot tying instruction will not be given. Note - Children ages 4 -13 must be accompanied by a registered adult.

2/5 **Class #13826** Fri, 7:00 PM, 2h

3/11 **Class #13827** Fri, 7:00 PM, 2h

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

Tai Chi - True Beginner Ages 18+

This simple, gentle, slow moving exercise form will help you relieve stress while improving your balance, flexibility, and coordination. Tai Chi is a mindful, directed body empowered exercise for all ages.

1/5-2/9 **Class #14037** Tue, 12:30 PM, 1h

2/23-4/12 **Class #14038** *No class Mar 15, Mar 29* Tue, 12:30 PM, 1h

Community Center Rm 4 LL Virginia Mathias R \$27 NR \$33 6 classes

Tai Chi - Plus

Ages 18+

Designed for students that have experience with Tai Chi, and are looking for a continued challenge. You will learn new forms, while taking your practice deeper.

1/5-2/9 **Class #14040** Tue, 11:00 AM, 1h

2/23-4/12 **Class #14041** *No class Mar 15 & Mar 29* Tue, 11:00 AM, 1h

Community Center Rm 4 LL Virginia Mathias R \$27 NR \$33 6 classes

Flow Yoga

Ages 16+

This is an invigorating class designed to create strength and flexibility within the body and focus within the mind. The poses are linked together and synchronized with the breath. We flow through postures



connecting each sequence with a sun salutation to keep the body engaged and warm throughout the practice. Please bring a mat to class.

1/9-2/6 **Class #13949** Sat, 10:00 AM, 1h15m R \$35 NR \$43 5 classes

2/13-3/19 Class #13950 Sat, 10:00 AM, 1h15m R \$43 NR \$51 6 classes

Community Center Rm 123 Melissa Teske

Restorative Yoga

Ages 16+

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.

1/4-2/29 **Class #13943** Mon, 7:00 PM, 1h15m

3/14-5/16 **Class #13944** *No class Mar 28* Mon, 7:00 PM, 1h15mw

Community Center Rm 123 Melissa Teske R \$73 NR \$88 9 classes

Yoga Without a Mat S

Increase flexibility, strength and balance without getting up and down on a mat. Safe and effective seated and standing yoga poses will be presented. A chair will be available if needed. This is an excellent format for people who need extra modifications to be successful.

1/6-2/24 **Class #13930** Wed, 11:30 AM, 45m R \$33 NR \$40 8 classes

3/16-5/18 **Class #13931** *No class Mar 30* Wed, 11:30 AM, 45m R \$37 NR \$45 10 classes

Community Center Rm 4 LL Carmen Bond

Designing the Life of Your Dreams 2 Ages 16+

Learn powerful techniques for coping with behaviors or beliefs that may stand in the way of your happiness. Discover how to access the alpha state, the power of imagery, using your personal truth detector, and learning EFT. Please join us for this transformative and fun class.

4/5-4/26 **Class #14045** Tue, 6:00 PM, 1h15m Thomas Jefferson Rm 128 Kate Hunt-Matthes R \$57 NR \$68 4 classes

Designing the Life of Your Dreams 3

Ages 16+

A continuation of class 2, we will continue further spiritual exploration through class discussion and watching pertinent DVD's. The subject matter will depend on the interests of the students.

5/3-5/24 **Class #14046** Tue, 6:00 PM, 1h30m Community Center Rm 123 Kate Hunt-Matthes R \$57 NR \$68 4 classes

Relax, Renew, Rejuvenate Ages 18+

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

2/23-3/15 **Class #14035** Tue, 6:00 PM, 1h30m Thomas Jefferson Rm 128 Kate Hunt-Matthes R \$57 NR \$68 4 classes

Introduction to Meditation Ages 16+

Are you constantly feeling overwhelmed and stressed? Learn how meditation can center your mind and calm your body. You will learn two methods of meditation that are used by millions of people all over the world. Common stumbling blocks and how to overcome them will also be covered. Please bring a blanket and pillow to class.

1/19-2/9 **Class #14034** Tue, 6:00 PM, 1h30m Thomas Jefferson Rm 128 Kate Hunt-Matthes R \$57 NR \$68 4 classes

Money Saving Travel Tips 😎

Ages 18+

Would you like to stay in a tree house in Costa Rica? Do you know how to get lodging in Madison for a sold-out Badger game? Would you care to travel in style, in a sedan with leather seats, for less than half the price of a taxi? We'll discuss helpful websites, handy apps, and creative solutions that will save you money and help you discover amazing travel experiences you would have otherwise overlooked.

2/16 **Class #13991** Tue, 6:00 PM, 1h30m Survive Alive House, G-Town R \$12 NR \$14 1 class

DIY European Travel 😎

Ages 18+



You don't need a lot of money or a guide to travel to most European countries. Our instructor and her husband have traveled

to Europe on a regular basis since 1988, including 18 trips to Paris. This course includes information on: how to travel light yet be well-dressed, how to use public transportation and railroads, which words and phrases to learn in the foreign language, how and why to rent an apartment for as few as 4 days, what to see and do, what to buy, currency conversion, cultural differences, and even how to minimize jet lag.

4/5 **Class #13759** Tue, 6:30 PM, 2h Community Center Rm 123 Kathi Miller, The Clutter Coach R \$13 NR \$16 1 class



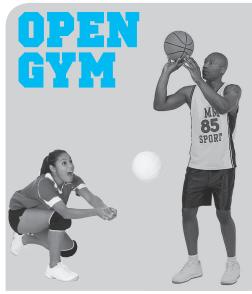
COLETTE TOURS

Discover The Pacific Northwest & California

Explore the majestic Pacific Northwest and California on this eight day adventure, from the wilds of Mount St. Helens and the Columbia River Gorge to the sophistication of Portland and San Francisco. We will visit Redwood National Park, Cross the Golden Gate Bridge, discover the "City by the Bay", San Francisco, and much more.

Informational Meeting Monday, February 22 5:30 - 7:00 PM Community Center Rm 106 FREE, but you must register by calling 262-255-8469

DIY Euro



Men's Basketball Open Gym Ages 18+

Pick up games will be formed on site by the gym supervisor. Pre-registration is not required. A maximum of 20 players will be accepted on a first come/first served basis per week. This is a drop in program, there is no pre-registration required. Please bring exact change, cash only.

1/4-5/23 *Closed Mar 28* Mon, 7:30 PM, 2h

1/9-2/27 Sat, 10:00 AM, 2h

Community Center Gym R \$3 NR \$5 at the door each night

Volleyball - Coed Open Gym Ages 14+

You do not need to be a player in our leagues to participate. This is a drop in program, there is no pre-registration required. Please bring exact change, cash only.

1/4-3/21 Mon, 7:00 PM, 2h North Middle School

1/6-3/23 Wed, 7:30 PM, 2h Community Center Gym

R \$3 NR \$5

Adults & Kids **IRAND**IN HAND for the Food Pantry

Can you donate a little time for a great cause? Make a new young friend as you walk *hand in hand* with a child at Riverside School for fifteen minutes to raise money and food for the Menomonee Falls Food Pantry.

Your entry fee is a non-perishable item or a monetary donation for the Menomonee Falls Food Pantry.

Friday, January 15

10:30 AM – Noon Community Center Gym

NO REGISTRATION REQUIRED

A Fun Way To Help The Hungry





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.

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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 Dec. 24-25, Dec. 31, Jan. 1



For more information on Adults 55+ programs, call Lori Oertel, Senior Supervisor at (262) 255-8469 Monday–Friday 8:00 a.m. – 4:30 p.m.

Bus Service

Ages 60 and over and adults with developmental disabilities Sunday – Friday: 8:00 am – 1:00 pm



\$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

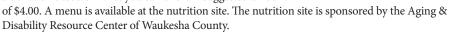
Every Monday the bus takes passengers to Mequon Rd. in Germantown from 9:00 a.m. to 1:30 p.m.

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.

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



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 Marilyn Fenske at (262) 251-2732. 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!



33

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.

OLDER ADULT

Low/No Vision Support Group Ages 18+

Join our friendly fun group for those with impaired vision. Learn new things, listen to speakers, and make new friends with others who understand your concerns.

Mon, 10:00 AM 1hr 1/11, 2/8, 3/14, 4/11, 5/9 Community Center Rm 106 FREE, no registration is required

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.

Wed, 9:00 AM – 3:30 PM 4th Mondays 9:30 AM – 12:45 PM Community Center Rm 102A \$27 each visit *Make check payable to Toe Nail Trimmers*

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.

Wed, 1:00 PM 1hr 30m The Classics 1/13, 2/10, 3/9, 4/13, 5/11 Book Lover 1/27, 2/24, 3/23, 4/27, 5/25 Community Center Rm 106

FREE, no registration required

Blood Pressure Check

Ages 55+

Continuous high blood pressure is a serious condition. Blood pressure can be controlled in most cases, but you need to monitor your pressure. Come in for a free check-up every month to help yourself stay healthy.

Mondays, 10:30 AM - Noon 1/18, 2/15, 3/21, 4/18, 5/16 Community Center Rm 139 Marie Simek, LPN

Made With Love

Ages 40+

If you have any kind of handwork or unfinished knitting or crochet projects, but have lost your motivation to complete them, or you would like to start a new project, this drop-in group is for you! Meet new friends, relax, and visit, as you work on your project. You'll have your project done in no time!

Wed, 1:00 PM 2h 30m 1/27, 2/24, 3/23, 4/27, 5/25 Community Center 102B

Fitness for Your Brain MEW! Ages 55+

Brain based exercises will stimulate both sides of your brain and boost your memory. Class will focus on a variety of cognitive abilities and demonstrate that learning can be fun. Participants will practice various exercises that will enhance multiple areas of the brain.

4/7 Thu, 10:00 AM, 1h Community Center Rm 123 Robert Best FREE, but you must register by calling 262-255-8469



Am I Having a Stroke MEW! Ages 55+

Knowing the signs and symptoms of a stroke could save your life! Do you know the signs and symptoms? Learn how to reduce stroke risk, how to spot a stroke, and how to respond when noticing stroke symptoms. You will also learn the latest advances in stroke recovery, and hear from a stroke survivor.

5/2 Mon, 10:00 AM, 1hr Community Center Rm 123 Leah Timm RN *FREE*, but you must register by calling 262-255-8469

AARP Smart Driver Class

Smart Driving is an updated AARP driver safety course that contains up-to-date information about changes that take place in ourselves, our vehicles and our roads, as time goes on. This course will help boost your safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility and maintain independence. There will be a break during the class.

4/6 Class #13811 Wed, 8:30 AM, 4h Community Center Rm 123 Marie Renn, AARP R \$20 NR \$20 1 class



Wednesdays 9:30 - 11:30 AM 1/27, 2/24, 3/23, 4/27, 5/25 Community Center Rm 106

\$1.00 for kitty

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. You might even win a prize!

34 Register at fallsrec.org

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. Any questions you may have will be addressed, and you will leave with solid information about available options, how to qualify for extra help, and information about the "Donut Hole".

1/14 **Class #13788** Thu, 7:00 PM, 1h30m

3/10 Class #13789 Thu, 7:00 PM, 1h30m

5/19 **Class #13790** Thu, 7:00 PM, 1h30m

Community Center Rm 123 Jeff Martin, Platinum Benefits Group FREE, but registration is required

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.

1/5-3/1 **Class #13806** Tue, 8:30 AM, 1h

3/15-5/17 **Class #13808** *No class Mar 29* Tue, 8:30 AM, 1h

1/7-3/10 **Class #13807** *No class Jan 28* Thu, 8:30 AM, 1h

3/17-5/19 **Class #13809** *No class Mar 31* Thu, 8:30 AM, 1h

Community Center Rm 4 LL Diane Edwards R \$37 NR \$44 9 classes





Monthly Jackpot BINGO

Monthly BINGO is here! Every player puts \$2 into the "kitty" and receives two cards. We will play 10 games. May luck be with you!

Thursdays 1:15-2:30 PM

1/7, 1/21, 2/4, 2/18, 3/3, 3/17, 4/7, 4/21, 5/5, 5/19 \$2.00 Cash, paid day of game Community Center Rm 102

NO REGISTRATION REQUIRED

Digital Pictures for Beginners

Ages 18+ Do you have a

digital camera and are unable to do anything but point



and shoot? Bring your camera and manual to class and learn about framing, exposure, flash usage, features, deleting, previewing, resolution and storage cards. We will also be printing pictures at class.

2/11-2/12 **Class #14030** Thu & Fri, 9:30 AM, 2h Community Center Rm 123 John Clancy R \$16 NR \$21 2 classes

Instructional Bridge

Ages 55+

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

4/7-5/12 **Class #14042** Thu, 1:00 PM, 2h Community Center Rm 123 Barbara Briggs R \$22 NR \$26 6 classes

COLETTE TOURS

Discover The Pacific Northwest & California Ages 18+

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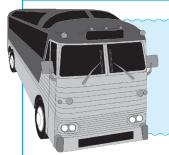
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Explore the majestic Pacific Northwest and California on this eight day adventure, from the wilds of Mount St. Helens and the Columbia River Gorge to the sophistication of Portland and San Francisco. We will visit Redwood National Park, Cross the Golden Gate Bridge, discover the "City by the Bay", San Francisco, and much more.

Informational Meeting Monday, February 22 5:30 - 7:00 PM Community Center Rm 106 FREE, but you must register by calling 262-255-8469

Oops, we made a mistake!

Occasionally there may be an error in our Activity Guide. If an error occurs, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding.



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.

Steel Magnolias

We are headed to the Sunset Playhouse in Elm Grove to see an evening performance of Steel Magnolias, a hilarious and heartwarming story of life, love and loss in a small Louisiana parish. We will enjoy a buffet dinner at Vino Cappuccino prior to the show. The name and phone number of your doctor is required when registering.

Register by January 11

1/28 **Class #14032** Thu, 4:30 PM - 10:00 PM Community Center Parking Lot R \$59 NR \$64



Motown the Musical

We will travel by coach bus to the Fox Cities Performing Arts Center in Appleton to see Motown the Musical, the true American dream story of Motown founder Berry Gordy and his journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives and made us all move to the same beat. We will enjoy lunch prior to the show at Good Company where you will have a choice of French Dip, Grilled Chicken Sandwich or Angus Half Pound Burger. Please indicate your meal choice when registering. The name and phone number of your doctor is required when registering.

Register by Feb 12

4/9 **Class #14069** Sat, 9:15 AM - 6:00 PM Thomas Jefferson Parking Lot R \$109 NR \$114

Bye Bye Birdie Ages 55+

We are headed by coach bus to the Drury Lane Theater in Oakbrook, Il where we will enjoy a performance of the four time Tony Award winning play, Bye Bye Birdie. This musical comedy revolves around Conrad Birdie, a major rock and roll star who is headed to the Army, and ends up with more than he bargained for when a publicity stunt gets out of hand. We will enjoy a three course meal prior to the show. Menu includes Chicken Breast Marsala or Pecan Crusted Tilapia. Please indicate your meal choice when registering. The name and phone number of your doctor is required when registering.

Register by February 5

3/10 **Class #14031** Thu, 9:00 AM - 6:30 PM Thomas Jefferson Parking Lot R \$89 NR \$94

Ballpark & Brewery Tour Ages 55+

Join us as we head to two of Milwaukee's well-known landmarks - Miller Park and the MillerCoors Brewery. Our day will begin at Miller Park, where we will take a behind the scenes tour of the bullpen, luxury suites, Bob Uecker's booth, the visitor's clubhouse, and much more. We will stay at the park and enjoy a buffet lunch and a wonderful view of the stadium at TGI Friday's. To finish the day, we will head to MillerCoors for a guided tour and free beer samples. Both tours include walking, but there are places to sit along the way. The name and phone number of your doctor is required when registering.

Register by April 29

5/20 **Class #14090** Fri, 8:00 AM - 3:00 PM Thomas Jefferson Parking Lot \$59 NR \$64

On Wisconsin Badger Band Spring Concert MEW! Ages 18+

Join us as we travel by coach bus to Madison, to enjoy the UW Varsity Marching Band celebrate its' 42nd annual



spring concert at the Kohl Center. This will be an action-packed concert complete with professional staging, lighting, sound and pyrotechnics. We will enjoy a delicious Italian buffet at Great Dane Pub & Brewery prior to the show. The name and phone number of your doctor is required when registering.

Register by January 29

4/14 **Class #14026** Thu, 2:30 PM, 10h30m Thomas Jefferson Parking Lot R \$79 NR \$84 1 class

Senior Tax Exchange Program (STEP)

Apply between February 1 and June 1 for the 2016–2017 school year. All applications must be turned in by June1 to be considered.

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.

If you are interested in this program, please contact Lori Oertel 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.

Help Needed to Fill Easter Eggs

Help is needed to fill plastic eggs for the Menomonee Falls Annual Childrens' Easter Egg Hunt held at Village Park.

Enjoy coffee and cake after all of the eggs are filled.

Monday, March 7 9:30 AM – 11:30 AM Community Center Rm 102A

Pre-register by calling 262-255-8460

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.

1/5-3/8 **Class #13797** Tue, 9:30 AM, 2h

3/15-5/24 **Class #13799** *No class March 29* Tue, 9:30 AM, 2h

1/7-3/10 **Class #13798** Thu, 9:30 AM, 2h

R \$63 NR \$73 10 classes

3/17-5/26 **Class #13800** *No class Mar 31, May 5* Thu, 9:30 AM, 2h R \$69 NR \$79 9 classes

Community Center Rm 102 A Shirley Mattson

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.

3/11-5/27 **Class #13801** *No class Mar 25, Apr 1* Fri, 9:30 AM, 2h Community Center Rm 106 Simone Rogina R \$59 NR \$69 10 classes

Jam

Older Adults 55+

Mah Jongg – American Lessons Ages 35+

Mah Jongg is a game of strategy that is played using tiles stamped with Chinese Symbols. The goal of the game is to be the first to match one's tiles to a specific hand from the scorecard, by picking and discarding, much like the card game Gin Rummy. Your fee includes the National Mah Jongg League 2016 Card; which can be used for 1 year.

Register by April 1 4/20-4/27 Class #14025 Wed, 1:00 PM, 2h

Community Center Rm 123 Shereen Kressin R \$20 NR \$23 2 classes

at Menomonee Falls Senior Center No program 12/24, 12/25, 12/31, 1/1, 3/25

Iime



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

Scrabble

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

Sheepshead

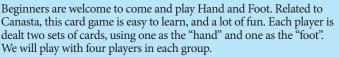
Monday & Friday 12:00–3:00 PM This is NOT an instructional class. Room 106

Mah Jongg



Mondays 1:00–3:30 PM All levels welcome Room 102A





9/14 - 12/14

Mondays, 1:00 PM-3:00 PM Room 102B



Friday 9:30 AM–11:30 AM All levels welcome. Room 102A



Mexican Train Dominos

Tuesdays 1:00–3:30 PM Room 102A Fridays 1:00–3:30 PM Room 106



Dartball

Ages 35+

Both men and women are welcome to enjoy the fun and laughter as we play the game of dartball, a baseball game where bases are scored by throwing darts at a board. No experience needed. Join our league and sharpen your skills while forming new friendships.

1/4-4/25 **Class #13792** Mon, 1:00 PM, 1h30m Community Center Rm 2 & 3 LL R \$9 NR \$9 17 classes



This gentle yoga class will emphasize alignment, stretching, and calming of the mind. Includes breath work, strengthening movement, soothing stretches and strategies for conscious relaxation. You will leave class relaxed and refreshed. Please wear comfortable workout attire, and bring a yoga mat and water bottle.

1/4-2/22 Class #13916 Mon, 10:30 AM, 45m R \$33 NR \$40 8 classes

1/4-2/22 **Class #13917** Mon, 11:30 AM, 45m R \$33 NR \$40 8 classes

1/6-2/24 Class #13918 Wed, 10:30 AM, 45m R \$33 NR \$40 8 classes

3/14-5/16 **Class #13920** Mon, 10:30 AM, 45m *No class Mar 28* R \$37 NR \$45 9 classes

3/14-5/16 Class #13921 No class Mar 28 Mon, 11:30 AM, 45m R \$37 NR \$45 9 classes

3/16-5/18 Class #13925 No class Mar 30 Wed, 10:30 AM, 45m R \$37 NR \$45 9 classes

Tai Chi - True Beginner

Ages 18+

This simple, gentle, slow moving exercise form will help you relieve stress while improving your balance, flexibility, and coordination. Tai Chi is a mindful, directed body empowered exercise for all ages.

1/5-2/9 **Class #14037** Tue, 12:30 PM, 1h

2/23-4/12 Class #14038 No class Mar 15, Mar 29 Tue, 12:30 PM, 1h

Community Center Rm 4 LL Virginia Mathias R \$27 NR \$33 6 classes

Tai Chi - Plus Ages 18+

Designed for students that have experience with Tai Chi, and are looking for a continued challenge. You will learn new forms, while taking your practice deeper.

1/5-2/9 **Class #14040** Tue, 11:00 AM, 1h

2/23-4/12 **Class #14041** *No class Mar 15, Mar 29* Tue, 11:00 AM, 1h

Community Center Rm 4 LL Virginia Mathias R \$27 NR \$33 6 classes

Zumba Gold \$



Zumba Gold is the low impact version of the original Latin inspired dance fitness program, Zumba. Classes will emphasize the basics, and have been modified for the active older adult, the beginning participant, or other special populations that may need modifications for success. Please bring a water bottle.

1/4-2/22 **Class #13910** Mon, 9:30 AM, 45m R \$33 NR \$40 8 classes

1/6-2/24 Class #13911 Wed, 9:30 AM, 45m R \$33 NR \$40 8 classes

3/14-5/16 Class #13912 No class Mar 28 Mon, 9:30 AM, 45m R \$37 NR \$45 9 classes

3/16-5/18 **Class #13913** *No class Mar 30* Wed, 9:30 AM, 45m R \$37 NR \$45 9 classes

Carmen Bond Community Center Rm 4 LL

Puttin' On The Ritz– Formal Dance



Age 55+

Put on your fancy clothes and join us for a delightful time dancing, or just listening, to the music of "A Little Bit Of Heaven". The group will perform a mixture of polkas, waltzes, 2-steps, novelty songs, old favorites and gospel music. No partner is necessary, high school students will be on hand to dance with anyone who needs a partner. Refreshments will be served.

Wednesday, March 30 12:30 – 1:30 PM Community Center Gym

> FREE, but registration is required by calling 262-255-8469

38 Register at fallsrec.org

Drawing Portraits from Photographs

Ages 18+

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

2/2-3/8 **Class #13794** Tue, 10:00 AM, 1h30m

3/15-4/26 Class #13795 Tue, 10:00 AM, 1h30m *No class Mar 29*

Community Center Rm 106 Barbara Kelsey R \$29 NR \$34 6 classes

Drop-In Intermediate Bridge

Ages 55+

Do you already know how to play, but don't feel



ready to play with the "seasoned" players? Drop-in to play bridge with others at your same skill level.

1/7 - 5/26 Thu, 1:00 - 3:30 PM Community Center Rm 106/102B FREE, No registration required

Hearing Loss Information Series

Ages 18+

Sponsored by Sonus Hearing Care. Join us each month for a different topic related to hearing loss. Refreshments will be provided.

January 11 11:00 AM - Noon How to Clean Your Hearing Aids

Learn the proper way to clean your hearing aids. All participants will receive a free cleaning tool packet.

February 8 11:00 AM - Noon Assistive Listening Devices (ALD)

Check out devices that will amplify sound to help you hear the TV or phone better. Find out if you qualify for a free amplified telephone.

March 14 11:00 AM - Noon Different Types of Hearing Aids

Explore the different sizes, styles and manufacturers of hearing aids. The first 5 people to register will receive a \$10 gas card.

April 11 11:00 AM - Noon Free Hearing Aid Cleaning and Check

Regular cleaning and maintenance are vital for proper hearing aid performance. Our licensed audiologist will check and clean your hearing aids.

May 9 11:00 AM - Noon How do Hearing Aids Work with iPhones & iPads

View a demonstration by our professional. Participants will receive a coupon for \$500 off a Premier or Signature level hearing aid.

Community Center Rm 102A FREE, but registration is required by calling 262-255-8469.

calling 262-255-8469.

Older Adults 55+

Adults & Kids

HAND IN HAND

Can you donate a little time for a great cause? Make a new young friend as you walk *hand in hand* with a child at Riverside School for fifteen minutes to raise money and food for the Menomonee Falls Food Pantry.

Your entry fee is a non-perishable item or a monetary donation for the Menomonee Falls Food Pantry.

Friday, January 15

10:30 AM – Noon Community Center Gym

NO REGISTRATION REQUIRED

A Fun Way To Help The Hungry





- Luncheon
- Bingo
- Entertainment

Spring Luncheon

Ages 55+

Sponsored by the Menomonee Falls High School Student council, this spring luncheon will include bingo. Bring a friend and enjoy this wonderful event.

Sunday, April 24 11:00 AM - 2:00 PM MF High School Cafeteria FREE, No registration necessary

Community Events & Activities

Food Pantry

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



N85 W15382 Menomonee River Pkwy. For more information, call (262) 251-6848. NOTE: If the School District is closed due to inclement weather, the Food Pantry will also be closed.

Stock Box Distribution

Ages 60+



Distributed by the Hunger Task Force, the box contains 35 pounds of food from the U.S. government. To qualify, your income must be \$1,275 or less

per month for a single person, or \$1,726 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 Dates:

Tuesday: 1/19 10:00 - 11:00 AM

Mondays: 2/15, 3/21, 4/18, 5/16 12:30 - 1:30 PM

MF Community Center Rm 102A

The Parent Connection

A support group for parents with special needs children.

For more information, call Stephanie Schneider at (262) 255-9112.

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 Department, please call (262) 532-8823 or visit menomonee-falls.org/fire.

How to Reserve a Park

Menomonee Falls Park Department (262) 532-4200

Menomonee Park (Lannon) (262) 255-1310





in Community Education

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 Lori Oertel (262) 255-8469, or email Lori at Oertlor@sdmfschools.org.

Wisconsin Home Energy Assistance Program Ages 18+



If you live in Waukesha County and need home energy assistance, you can receive a credit toward your entire energy bill. Applicants must provide:

Proof of income, social security numbers for all in the home, photo ID, a current heating and electric bill, and verification of the previous 3 months of income. If heat is included in your rent, you must bring a rent statement or letter from your landlord confirming that heat is included with rent. Call 1-800-506-5596 with questions and elegibility income levels.

You must register by calling 1-800-506-5596

Tuesday, March 15 9:00 AM - 1:00 PM at the MF Community Center



Upcoming Village Events

Christmas Market Saturday, November 28

Appleton & Main, from 11am–3pm menomoneefallsdowntown.com

Christmas Parade

Sunday, November 29 Sunday, November 29 at 4:30pm. Parades starts at Harrison & Main Street. fallsparades.org

Silver Tea &

Christmas Cookie Sale Sunday, December 6 Silver Tea & Christmas Cookie Sale,

December 6, 1–4pm. Free admission. oldfallsvillage.com

Chilly Fest

February 12 & 13 Chili competition, ice sculptures, kid's activities. fallschillyfest.com

Other Important Numbers

Menomonee Falls Public Library home.mf.lib.wi.us (262) 532-8900

Menomonee Falls Village Hall www.menomonee-falls.org (262) 532-4200

Menomonee Falls Community Chamber fallschamber.com (262) 251-2430

Village Centre

Business Improvement District menomoneefallsdowntown.com

Affiliates

The Menomonee Falls 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.org

Our focus is to provide art lovers and local artists of all ages living in and around MF with opportunities and resources for networking, exhibitions, and artistic development. Meetings are held at the Menomonee Falls Library.

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 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. Contact Bill Rietz.

MF Dolphinettes

262-623-6100 mfdsynchro.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. Contact Linda Loehndorf.

MF Jr. Indian Basketball

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 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. Contact Tom Daly.

MF Patio Players

Box Office 262-255-8372

Email 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

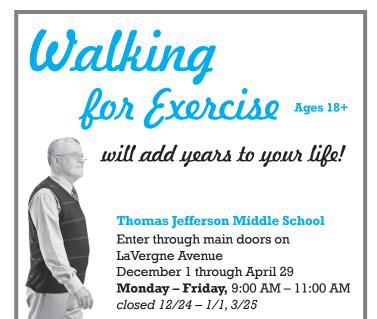
mfswim.org

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.

Milwaukee Kickers – Falls

mksc.org

Open to boys and girls aged 6-16, the club offers a great opportunity for kids to compete in multiple levels of team soccer.



FREE, please register at the door

Please bring dry walking shoes. Wet shoes or boots will not be allowed.

	REGIST RATION FORM Online registration	regist	tratio		is available at fallsrec.org	c.org			CORPORTED A MANANEE PLUS CORPORTED A MANANEE PLUS Community Education & Recreation	
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	Which school district boundary do you live in? $\ \square$ Menomonee Falls	enomon	tee Falls		🗆 Hamilton (Sussex) 🛛 Other	ther				
RGENCY	Your emergency contact should NOT be a contact within the same household, but rather an alternate contact in the local area. The emergency contact is only contacted if we cannot reach the primary household contact (e.g. parent/guardian) already on file.	n the sam	ne house	chold, but	rather an alternate conta	ict in the local area. The en	nergency contact is only contacted if we cann	ot reach the prima	ry household contact	
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NOI	Participant First & Last Name	M/F		Birthdate	Attend SDMF Schools	T-Shirt Size (mandatory)	Activity Name	Class #	Date, Day & Time of Class	Fee
ТАМЯО					[] Yes [] No	Youth: S M L Adult: S M L XL				
NT INF					[] Yes [] No	Youth: S M L Adult: S M L XL				
Aqidit					[] Yes [] No	Youth: S M L Adult: S M L XL				
9A9					[] Yes [] No	Youth: S M L Adult: S M L XL				
			:	-					Total Fee	
TN	Make checks payable to: MF CE & Rec , mail to W152 N8645 Margaret Rd., Menomonee Falls, WI 53051 or fax to (262) 255-8411	2 N8645 I	Margare	et Kd., Me	nomonee Falls, WI 5305	ol or tax to (262) 255-84	11		Credit	
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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 program. I understand that photos may be taken of myself or my child and used for promotional purposes. Please notify your instructor if the participant has any special medical conditions or needs.

Adult Signature $\pmb{\chi}$

Date

PLEASE READ BEFORE REGISTERING FOR ANY PROGRAM OR ACTIVITY

RETURNED CHECK POLICY

A \$30 service charge is assessed on all checks returned due to insufficient funds.

RESIDENTS/NONRESIDENTS

Residents: A resident is defined as a taxpayer or a dependent of a taxpayer that resides in the Village of Menomonee Falls (this includes renters). Children who do not live in Menomonee Falls but attend a public school within the School District of Menomonee Falls are considered residents, but their parents are considered nonresidents. **Nonresidents:** A nonresident is defined as a person who does not live within the Village of Menomonee Falls. Nonresidents who register using false information will forfeit their right to participate and no refund will be given.

AGE MINIMUM

Participants registered for any class must meet the minimum age requirement prior to or on the first day the class begins. Please do not request to have your child put in a class where they do not belong. The ages are set to ensure the safety and benefit of the participants as well as the program leaders.

FEE POLICY

Program fees are assessed in order to defray the cost of program operation. The CE & Rec Dept. believes in providing program services to all who desire to participate in recreation activities. Financial assistance is available to Menomonee Falls residents through employment, scholarships or volunteerism by contacting the Director at 262-255-8460.

- A 5% sales tax is included in the fee on all non-instructional programs.
- Program fees are not prorated.

SWIM LESSON TRANSFER/ CANCELATION POLICY

Please check with your child's instructor, or wait until your child has completed their current swim level before registering for the next session of swim. In the event

100% Program Satisfaction



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.*

you register for an incorrect level, *a* \$10 *fee will be charged for any transfers or cancelations.*

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. Cancelations due to inclement weather will be announced on our website and our Program Information Line at 262-255-8376. Participants will be notified by email, in writing or by phone of any cancellations caused by instructor or facility changes. *NOTICE: Every effort will be made to reschedule classes canceled due to inclement weather. However, if classes cannot be rescheduled, no refunds will be given.*

INSURANCE POLICY

The CE & Rec Dept. does not provide accident insurance for participants in any of its programs. All participants assume some inherent risk of injury from their involvement in the programs or activities outlined in this brochure.

MEDICAL CONDITIONS

If there is any medical condition or other information you are aware of that could affect someone's participation in a recreation program or activity, please contact the Department to discuss this matter, and notify your instructor on the first day of class.

NO SMOKING/ Alcohol USE Policy

The use of all tobacco products or drinking of alcoholic beverages on premises owned by the School District of Menomonee Falls is forbidden by State Law. Your cooperation in upholding this law is mandatory.

SENIOR DISCOUNT



Adults 60 years and older are entitled to approximately a 20% discount on selected programs. The senior discount does not apply to all programs. Programs

designated for individuals 55+ are already discounted. Please present proof of age when registering. For information about senior discounts, please call 262-255-8460.

Register online at fallsrec.org







W152 N8645 Margaret Road Menomonee Falls, WI 53051 100% Program Satisfaction Guaranteed!

ECRWSS RESIDENTIAL CUSTOMER

Check Out These New Programs!

- * Bricks 4 Kidz: Fun at the Zoo
- * Young Rembrandts All New Lessons
- * KidsSports Field Hockey, Lacrosse, Soccer
- * Beginner Youth Golf Lessons
- * Rocking Robots
- * Badger Band Spring Concert Trip
- * iPad & iPhone Tips & Tricks
- ✤ Understanding the Cloud

- * Seven Tips to Family Wellness
- * Stress Be Gone
- * Fitness for Your Brain
- * Am I Having a Stroke?
- * Sunset Playhouse Steel Magnolias
- * Drury Lane Bye Bye Birdie
- * Appleton PAC Motown the Musical
- * Ballpark and Brewery Tour



Online Registration Opens ...

Sunday, December 6 at 9:00pm

Non-Resident Thursday, December 10





facebook.com/fallsrec @fallsrec