

Pewaukee Parks & Recreation Department

# Fall/Winter Program Guide

*Resident registration starts August 13, 2018  
at 8:00 am online, mail or in-person.*

*Non-resident registration starts August 20, 2018  
at 8:00 am online, mail or in-person.*

**262.691.7275**

**2018**



# 2 Registration Information

## Three ways to register

### 1. Mail-In Registration

Fill out the registration form. (Feel free to copy)

Identify class ID CODE as it is noted in the guide.

Mail-in registration begins August 13 for residents, non-residents may start mailing in forms August 20. Forms received after these dates will be processed on a first-come, first-served basis. Forms received prior to August 13 will be returned.

You must pay via cash or check when registering by mail.

Confirmation receipts will be mailed or emailed to confirm registration.

If a program is full, our office will notify you by phone and return your registration.

### 2. In-Person Registration

You are welcome to register in-person at our office located at City Hall, W240 N3065 Pewaukee Rd.

In-person registration will start August 13 at 8:00 a.m for residents, non-residents may start registering August 20.

Acceptable forms of payment in-person are cash, check, VISA, MasterCard or Discover.

### 3. Online Registration

You may register online starting August 13 at 8:00 a.m for residents, non-residents may register online starting August 20.

You must pay via credit card (VISA, MasterCard or Discover) when registering online.

There is a \$2.00 NON-REFUNDABLE fee to register online.

To register online, go to <http://www.activityreg.com/clientpage.wcs?clientid=PEWAUKEE&siteid=1> or go to [www.cityofpewaukee.us](http://www.cityofpewaukee.us) and on the Park/Recreation Department page find "online registration" as a quick link.

### Pewaukee Junior Guild Scholarships

The Pewaukee Junior Guild may be able to help you afford Park & Rec programming for your children. Please inquire confidentially by emailing [pewaukeejuniors@gmail.com](mailto:pewaukeejuniors@gmail.com).

### Registration Exceptions

Programs are designed according to age and/or instructor/student ratios or level that will best benefit the student.

Please DO NOT ask us to exceed class limits or put your child in the wrong age or skill level.

### Refund Policy

Full refunds will not be issued unless a program is canceled by the Parks & Recreation Department. There will be a 50% refund service fee deducted from a refund that does not follow the Refund Policy, unless otherwise stated in this brochure.

### Photo Release

Pewaukee Parks and Recreation may take photos of our programs for promotional purposes. If you do not wish to have your photo taken, please notify the photographer and our office.



**1 CLASS PASS!** Do you want to try a fitness class before committing to it? Request a 1-class-pass from our office for one fitness class of your choice. It's free! You will be required to fill out a form and either email, fax or stop by our office to receive your pass. Passes may be used on classes with this image next to it. Some exclusions apply.



### Registration Format

Please be aware of the ID CODE that can be found in each program description. When you register using our form, please use the ID CODE as your description for the program you wish to participate in.

## REGISTRATION FORM

Name \_\_\_\_\_  
(Parent name if participant is under 18)

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone #s \_\_\_\_\_

Primary Phone #

Alternative Phone #

Emergency Contact Phone #

Emergency Contact \_\_\_\_\_

ID CODE	PARTICIPANT'S FIRST NAME	DATE OF BIRTH	GRADE	GENDER	T-SHIRT SIZE	WAITING LIST	FEE
3 0 0 0 3	TAYLOR (SAMPLE)	5/3/10		F	YS	Yes	15.00
<input type="text"/>							
<input type="text"/>							
<input type="text"/>							
<input type="text"/>							
<input type="text"/>							

I, the undersigned, do hereby agree to allow the individual(s) named herein to participate in the activity(ies) indicated. I am aware of and understand that there may be potential risks inherent with participation in any recreation activity, and the Village and City of Pewaukee does not provide accident insurance and cannot assume responsibility for injury to any participants in its recreation programs. I further understand the eligibility requirements for the program as stated in the Department brochure.

Signature \_\_\_\_\_

PARTICIPANT     PARENT     GUARDIAN

**TOTAL FEES \$** \_\_\_\_\_

This form may be copied

# Preschool Programs 3

## PRESCHOOL ENRICHMENT

ages 3-4 years

We love preschoolers and are happy to share these exciting classes this fall! Our classes focus on all sorts of fun activities but also on skill building in the areas of listening, following directions, social interactions, and independence. Ms. Katy is a certified teacher and a mom with many years of experience teaching preschool children. Classes are not set up for parent viewing, but parents are encouraged to come 10 minutes early for the first class to meet Ms. Katy. (min. 4, max. 10)

TIME: 10:15-11:15 am

LOCATION: Wagner Park

FEE: \$36 res. / \$46 non-res. per session

## KIDS KOOKERY

Get set for some preschool cooking fun with Ms. Katy! This class will have weekly themes that include a story and an introduction to cooking skills while making a tasty treat! New content each session!

DATES: Wednesdays, Sept. 12-Oct. 3

ID CODE: 50001



## MINI MESSY HANDS

Did you know that messy play is a great way for kids to create and grow? Parents! Your child can enjoy all the messy fun without you having all the clean up! This class will allow your child to explore through art, sensory activities and play. Children should wear an art smock.

DATES: Wednesdays, Oct. 10-Oct. 31

ID CODE: 50002

## LITTLE LEARNERS

### Outer Space Adventure!

Explore the wide world of outer space! Ms. Katy will take your little astronaut on an amazing journey through the solar system using sensory activities, crafts, stories, and imagination!

DATES: Wednesdays, Nov. 7-Dec. 5 (no class Nov. 21)

ID CODE: 50003

## KINDERFUN

ages 4-5 years

Kinderfun is full of fun and exciting activities!

Each class will include a story, sensory activity, craft and snack related to the daily theme.

Sign up for one or all of the classes! (min. 4, max. 8)

DATES: Wednesdays, see below

Sept 19: *Dinosaur Dig* 50004

Oct 17: *Monster Mania* 50005

Nov 14: *All About Thanksgiving* 50006

Dec 19: *Cookies & Gift Making* 50007

TIME: 12:30-1:30 pm

LOCATION: Wagner Park

FEE: \$11 res. / \$21 non-res. per session OR

Use ID Code 50036 to sign up for all 4 sessions

and save! \$36 res. / \$46 non-res.

## TINY TOT DANCERS

ages 3-4 years

Music, movement, balance and basic dance steps are introduced in a fun, friendly and positive manner. This class includes a parent participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. *Instruction provided by Lori Heckel of To the Pointe Dance Academy.*

(min. 6, max. 8)

DATES: Fridays, Sept. 14-Nov. 16

TIME: 4:15-4:45 pm

LOCATION: Wagner Park

FEE: \$90 res. / \$100 non-res.

ID CODE: 50008



## LITTLE ARTISTS MOM & CHILD CLASS

ages 3-5 years with parent

Join Ms. Linda for this fun evening art class!

Each week will be new activities and art projects your little one will love! Parent is encouraged to stay and participate with their child. (min. 5, max. 8)

DATES: Wednesdays, Sept. 12-Oct. 3

TIME: 5:45-6:45 pm

LOCATION: Wagner Park

FEE: \$36 res. / \$46 non-res.

ID CODE: 50009

*Check out page 7 for other programs for this age group!*

## SPANISH UNO, DOS, TRES

ages 4-5 years

In this class we are going to learn basic words in Spanish. During the class we will listen to stories, make crafts, dance and sing. Also, we will learn through teamwork and collaboration when using different materials. This class will help with language and literacy skills, as well as social skills. Now is the right time to start learning another language - when your child's language is developing at a fast speed. (min. 4, max. 8)

DATES: Thursdays, Sept. 13-Nov. 1

TIME: 6:00-6:45 pm

LOCATION: South Park

FEE: \$54 res. / \$64 non-res.

ID CODE: 50010

## TODDLER PLAYTIME

ages 1.5-2.5 years with parent

Each toddler playtime class invites your child to try new things! From sensory fun, interactive activities and themed arts/crafts projects, children will learn at their own pace through experience stations. Parent must stay for class. (min. 5, max. 8)

DATES: Wednesdays, Sept. 12-Oct. 3

TIME: 5:00-5:30 pm

LOCATION: Wagner Park

FEE: \$18 res. / \$28 non-res.

ID CODE: 50011

## KIDS WITH ARTISTS PROGRAM

Through a partnership with the Pewaukee Area Arts Council (PAAC), we are offering one-of-a-kind children's art opportunities with professional artists and PAAC members. We are delighted to kick off this endeavor with the following exciting class! (min. 5, max. 12)

### STENCILED ART CANVAS

ages 2-3 years with parent

Help your toddler create amazing works of art by using stencils and paint stamping. Each child will create and take home three colorful and creative frame-able works of art. Each makes a wonderful keepsake or gift.

DATES: Saturday, Nov. 10

TIME: 10:00-11:15 am

LOCATION: Wagner Park

FEE: \$18 per child

ID CODE: 50012

# 4 Youth Programs

## INSTRUCTIONAL FLAG FOOTBALL LEAGUE



grades 1-4

Our youth flag football program is for children who are interested in learning the fundamentals of football in a non-contact environment. Emphasis is on beginning to intermediate football concepts in a positive and structured environment. Players will learn how to throw, catch, run routes and other aspects of the game that will keep them active and help them develop skills such as hand-eye coordination. This year, Pewaukee Parks & Recreation partners with the Pewaukee Pirate Football Organization to bring a new experience to our flag participants! The Coaches meeting and in-service will be Tuesday, September 11th from 5:30-6:30 pm. The in-service will be hosted by the Pewaukee Pirate Football staff. Practices will be scheduled for the first 2 weeks of the program. After which, optional group practices will be held on Tuesdays and games will be played on Thursdays. The final day of the program (Nov. 1st) will be the league "Superbowl" and will be played at the Pewaukee High School official football field! **Head coaches will have their child's registration fee reimbursed at the end of the season. To sign up to coach, contact: [kaskey@pewaukee.wi.us](mailto:kaskey@pewaukee.wi.us). One head coach per team, assistant coaches encouraged.**

DATES: Tuesdays/Thursdays, Sept. 13-Nov. 1  
TIMES:

1st-2nd grade: 4:45-5:45pm **50013**  
3rd-4th grade: 5:45-6:45pm **50014**

LOCATIONS:

Tuesday Practices: Nettlesheim Park  
Thursday Games: Kiwanis Village Park  
FEE: \$62 res. / \$72 non-res.



## DANCE MIX

ages 5-9 years

This program is a great introduction to the basics of dance. Children will be exposed to Ballet, Jazz, Lyrical and Tap dance elements through choreography and lessons. A Performance will be held on the last day of class. Don't miss out on the Friday Night Dance Party!

DATES: Fridays, Sept 14-Nov 16  
TIMES:

5-6 yrs: 4:50-5:20 pm **50015**  
7-9 yrs: 5:25-6:10 pm **50016**

LOCATION: Wagner Park  
FEE: \$99 res. / \$109 non-res.



## RECREATIONAL TREE CLIMBING

ages 7+ years

Fun, fitness, adventure! Peaceful and invigorating, recreational tree climbing allows climbers to ascend into and explore trees safely. Gain a new appreciation for trees, nature and your County Parks. Recreational tree climbing is a unique activity that can be enjoyed by an individual, or in small groups, and is especially rewarding to families. *All gear and instruction is provided. Participants should wear long pants, sturdy shoes, and bring a sense of adventure! Cooperative program with Waukesha County Parks. (min. 2, max. 7)*

DATES: Friday, Oct. 12 **50017**  
TIME: 4:00-6:00 pm

LOCATION: Menomonee Park, W220 N7884 Town Line Rd., Menomonee Falls  
FEE: \$38 res. / \$48 non-res. (park entrance fee included)

## KIDS WITH ARTISTS PROGRAM

Through a partnership with the Pewaukee Area Arts Council (PAAC), we are offering one-of-a-kind children's art opportunities with professional artists and PAAC members. We are delighted to kick off this endeavor with the following exciting classes on days off from Pewaukee Schools! (min. 5, max. 12)

LOCATION: Wagner Park

## ANIMAL CARTOONING FOR COMICS

ages 8+ years

This unique program provides kids with the skills needed to sketch and then create cartoon animals. Each child will receive a sketch book and pencils to keep to continue building upon the comic and story that they have started in this class!

DATES: Monday, Oct. 22

TIME: 10:00-12:00 pm

FEE: \$21 per child

ID CODE: **50018**

## WOODEN CUBE BLOCK PUZZLE PAINTING - MONSTER THEMED!

ages 6-8 years

Each child will create his/her own block puzzle using paint and pre-cut wooden blocks. Your child, along with PAAC artists, will explore all the different ways the blocks can be used to create paintings of cute or scary Halloween Monsters!

DATES: Monday, Oct. 22

TIME: 1:00-3:00 pm

FEE: \$21 per child

ID CODE: **50019**

## ROCK CLIMBING

Adventure Rock Youth Classes are the perfect balance of fun, learning and climbing. Experienced A-Rock Coaches will help your child learn the basics of rock climbing in an age appropriate setting. During these 4 class sessions, kids will experience climbing movement, safety and teamwork.

### Approach Class (Ages 5-7)

Wednesdays 4:30-5:30 pm

Saturdays 9:00-10:00 am

### Traverse Class (Ages 8-10)

Wednesdays 5:45-6:45 pm

Saturdays 10:00-11:00 am

### Summit Class (Ages 11-13)

Wednesdays 7:00-8:00 pm

Saturdays 11:00-12:00 pm

**All classes are \$75 and held at Adventure Rock on Capitol Drive. TO REGISTER call Adventure Rock at 262-790-6800.**

### SESSION DATES:

Wednesdays:

Session 1: Sept 19-Oct 10

Session 2: Oct 17-Nov 7

Session 3: Nov 14-Dec 12 (no class Nov 21)

Saturdays:

Session 1: Sept 8-Sep 29

Session 2: Oct 6-Oct 27

Session 3: Nov 3-Dec 1 (no class Nov 24)

## ARTSY KIDS! ages 5-10 years

The following classes are taught by certified art educators and artists, Richard and Cherrie Larson of Artbark Studios. (min. 5, max. 12)

LOCATION: Wagner Park

## CREATE & TAKE

Children will hand-make clays and doughs, paints, natural dyes, brushes, chalk pastels and much more. Then they will make projects from the made media. This class teaches children that they can be involved in the artistic process from start to finish.

DATES: Thursdays, Sept. 13-Oct. 11

TIME: 5:30-6:45 pm

FEE: \$48 res. / \$58 non-res.

ID CODE: **50020**

## ART & SCIENCE MASH UP

Two of the most exciting themes together! This unique art class will integrate artistic elements with fun science activities that will spark every artist's creativity!

DATES: Thursdays, Oct. 18-Nov. 15

TIME: 5:30-6:45 pm

FEE: \$48 res. / \$58 non-res.

ID CODE: **50021**

## HANDMADE HOLIDAY ART & GIFTS

Children will create thoughtful handmade holiday-themed gifts for the special people in their lives. There is nothing more special than to receive a gift made from the heart and hands of a child!

DATES: Thursdays, Nov. 29-Dec. 20

TIME: 5:30-6:45 pm

FEE: \$48 res. / \$58 non-res.

ID CODE: **50022**

## OPTICAL ILLUSION

In this art lesson, students will use rulers, markers, shapes and more to create their own optical illusions that will mystify the mind and baffle the brain!

DATES: Friday, Dec. 28

TIME: 1:00-3:00 pm

FEE: \$11 res. / \$21 non-res.

ID CODE: **50023**

## LEARN TO ICE SKATE

ages 4-12 years

This class develops youths' basic ice skating skills. Youth will develop confidence on the ice by learning forward and backward skating, turns and stops, and falling and recovery. This is a cooperative program with the Waukesha County Parks System and local communities. It is suggested that young children bring helmets (bike or other helmet is fine) to the class. Dress warm and come early to allow time to get skates on before class. Total class size is 30 skaters. Group will be divided by age.

DATES: Saturdays, Oct. 13-Nov. 17

TIME: see below

4-6 yrs (6 spots): 1:45-2:15 pm **50024**

7-12 yrs (7 spots): 2:15-2:45 pm **50025**

LOCATION: Naga-waukee Ice Arena

FEE: \$60 res. / \$70 non-res. per session





## BASIC YOGA BLEND

Learn the basic postures, strengthen and tone muscles, enhance flexibility and balance, and learn breathing and meditation techniques. This class is designed for those with some yoga experience and beginners. **Bring your own yoga mat.** (min 8, max 16)

DATES: Tuesdays or Thursdays, see below  
TIME: 4:30-5:30 pm

### TUESDAYS

LOCATION: Wagner Park

**Session 1:** Sept. 4-Oct. 9 **60000**

FEE: \$40 res. / \$50 non-res. per session

**Session 2:** Oct. 16-Nov. 27 (no class Nov. 6) **60001**

FEE: \$40 res. / \$50 non-res. per session

**Mini Session:** Dec. 4-Dec. 18 **60002**

FEE: \$20 res. / \$30 non-res. per session

### THURSDAYS

LOCATION: Nettlesheim Park

**Session 1:** Sept. 6-Oct. 11 **60003**

FEE: \$40 res. / \$50 non-res. per session

**Session 2:** Oct. 18-Nov. 29 (no class Nov. 22) **60004**

FEE: \$40 res. / \$50 non-res. per session

**Mini Session:** Dec. 6-Dec. 20 **60005**

FEE: \$20 res. / \$30 non-res. per session

1 CLASS

## BEACH YOGA

Join us for blissful beach yoga on Pewaukee Beach. Enjoy the sounds of the water and the warmth of the sun while practicing yoga. No experience necessary and all skill levels welcome. Yoga will include meditation, asanas (poses) and pranayama (breathing). Bring a large towel, yoga mat, and water. Instructor: Cindy Stark. In case of rain, class will move to Agape Church, 449 W. Wisconsin Ave. (min. 8, max. 16)

DATES: Mondays & Fridays, Aug. 27-Sept. 28  
(no class Sept. 3)

TIME: 8:45-9:45 am

LOCATION: East Side of Pewaukee Beach

FEE: \$44 res. / \$54 non-res.

ID CODE: **60006**

## ZUMBA

Zumba and Zumba Gold fitness classes fuse hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program. Join Jane for traditional Zumba on Thursday evenings or the popular Zumba Gold, a more accessible class for seniors or anyone needing modifications in their exercise routine on Mondays. **Register on-site only.**

Both classes are held at Agape Church, 449 W. Wisconsin Ave.

TIME: Mondays & Thursdays 6:15-7:15 pm

FEE: \$40 per session or \$7 per date

For more information and session dates contact Jane Schmidt at

414-759-0427 or email janeschmidt20@yahoo.com.

Now accepting credit cards!

## YOGA

Yoga uses movement and breath together to produce a "flow" of postures that lead naturally from one to the next to create a deep and soothing yoga practice that recognizes each student's individual strengths and limitations.

A wide offering of postures and techniques may be offered in this class. Some yoga experience recommended. **Bring your own yoga mat.** (min 8, max 16)

DATES: Tuesdays or Thursdays, see below

TIME: 5:45-6:45 pm

### TUESDAYS

LOCATION: Wagner Park

**Session 1:** Sept. 4-Oct. 9 **60007**

FEE: \$40 res. / \$50 non-res. per session

**Session 2:** Oct. 16-Nov. 27 (no class Nov. 6) **60008**

FEE: \$40 res. / \$50 non-res. per session

**Mini Session:** Dec. 4-Dec. 18 **60009**

FEE: \$20 res. / \$30 non-res. per session

### THURSDAYS

LOCATION: Nettlesheim Park

**Session 1:** Sept. 6-Oct. 11 **60010**

FEE: \$40 res. / \$50 non-res. per session

**Session 2:** Oct. 18-Nov. 29 (no class Nov. 22) **60011**

FEE: \$40 res. / \$50 non-res. per session

**Mini Session:** Dec. 6-Dec. 20 **60012**

FEE: \$20 res. / \$30 non-res. per session

## FULL MOON YOGA

Join in this gentle and slow full moon yoga class by candlelight. Postures and breathing techniques focus on raising the healing, cooling and creative lunar energies in the body that also promote easeful meditation.

DATE: Wednesday, Oct. 24

TIME: 6:30-7:45 pm

LOCATION: Wagner Park

FEE: \$10 res. / \$20 non-res.

ID CODE: **60013**

## ADULT JAZZERCISE

ages 14+ years

Visit [www.jazzercise.com](http://www.jazzercise.com) for more information.

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence? That's where we come in. Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. Our classes — Dance Mixx, Interval, Fusion, Core, Strike, and Strength — will leave you breathless, toned and coming back for more. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise. 15 classes/week.

**SCHEDULE: M,W 5:15pm & M, T, W, TH 6:00pm**

**Horizon School 458 Lake Street**

**T, TH 6 am, M,T,W,TH,F 8:45am & Sat and Sun 8:15am**

**Fred Astaire Dance Studio 615 Ryan St**

OFFER: \$99 for 3 months (Unlimited classes).

(New customers only or those that have not attended for 3 mos. or longer)

Register in class or call: 262-370-1821 or

email [pewaukeejazz@gmail.com](mailto:pewaukeejazz@gmail.com).

Visit [www.jazzercise.com](http://www.jazzercise.com) for more information on class format

and learning the moves. Credit Cards Accepted.

## COOKING

### DEMONSTRATIONS

Cooking demonstrations by Staci Joers. You'll enjoy an evening of cooking and entertainment. Plus, you'll sample the food and take home the recipes. Staci has an associate degree in the culinary arts and has worked for several prestigious establishments.

DATES: See below

TIME: 6:30-9:00 pm

LOCATION: Wagner Park

FEE: \$22 per person, per date

### 60014 BALSAMIC VINEGAR WORKSHOP

DATE: Wednesday, Sept. 5

*Made from grapes, balsamic vinegar is known for its rich flavor and velvety black color. It's fermented in wooden barrels, much like wine, and the taste of balsamic vinegar intensifies the longer it is aged. It is wonderful on salads, fabulous with breads and has a host of uses for cooking.*

*Tonight we will sample...*

**Boston Lettuce with Tomato, Balsamic and Blue Cheese; Seared Sea Scallops with Balsamic Drizzle; Roasted Balsamic Cauliflower; Strawberries with Balsamic Vinegar**

### 60015 TACO WEDNESDAY!

DATE: Wednesday, Oct. 10

*Today we are going to explore the taco and think outside "the Bell". We'll explore the history of the taco including how Mexican silver miners likely invented the taco & how Mexican Americans in the Southwest reinvented it. You'll sample...*

**Cuban Picadillo (fragrant stew of ground beef, tomatoes and olives) served on crunchy taco with avocados; Pabellon Criollo (Venezuelan Shredded Beef) with black beans and rice and plantains on soft shells; Chicken Tinga Tostadas**

### 60016 IT'S GETTIN' CHILI!

DATE: Wednesday, Nov. 14

*Chili is the perfect winter food. It's a hearty and satisfying stew containing chili peppers, meat (usually beef), and often tomatoes and beans. Usually every family has their favorite, but I'm here to change that and introduce you to some "new classics" plus a couple of side dishes that finish out the meal. You'll sample...*

**Turkey Chili with Butternut Squash; Vegetarian Chili; Staci's World Famous Beer-laced Chili; Gluten free Cornbread; Super Creamy Coleslaw (Hint - it's made with heavy cream)**

### 60017 FABULOUS STEAKHOUSE-STYLE HOLIDAY GET-TOGETHER

DATE: Wednesday, Dec. 19

*Steakhouses are great (particularly if someone else is paying) because you get to indulge yourself in a borderline dangerous amount of beef in the classiest of surroundings. But that's only part of the story. The unsung heroes that make any steakhouse visit complete are the sides and desserts. So, tonight I've put together a full classic steakhouse menu for you to make at home. I'll prepare...*

**Beef Wellington with Madiera Sauce; Hasselback Potatoes with Herbs; Creamed Peas; Flaming Cherries Jubilee with Ice Cream**

# 6 Adult/Senior Programs

## TAI CHI

1 CLASS

Tai Chi is a holistic approach to wellness (including mind, body, & spirit) and concentrates on relieving the physical effects of stress on the body and mind. The focus and calmness of Tai Chi has proven helpful in maintaining optimum health. (min. 4, max. 12)

DATES: Fridays, see below

LOCATION: Nettesheim Park

FEE: \$25 per person, per session

	Advanced: 10:15-11:15 am	Continuing: 11:30-12:30 pm	Beginner: 12:45-1:45 pm
Session 1: Aug. 31-Sept. 28	60018	60019	60020
Session 2: Oct. 5-Nov. 2	60021	60022	60023
Session 3: Nov. 9-Dec. 7	60024	60025	60026
Session 4: Dec. 14-Jan. 11	60027	60028	60029

## HIKING CLUB

This hiking club is for Boomers+ that want to get out and enjoy some of the area's beautiful trails with company. Most hikes are not strenuous, but because of the local terrain, one needs to be steady on the feet. Distances are usually in the 2-4 mile range, the pace is moderate, and the leader makes stops to view scenery. Information about where to meet for each location will be sent in late August.

**Carpooling is encouraged. Participants will be responsible for park entrance fees if applicable. Pre-registration is required. Transportation not included!** (min. 6, max. 24)

### FRIDAYS

DATES: Sept. 7, Sept. 21, Oct. 5, Oct. 19, Nov. 2

TIME: Meet at 5:30 pm

FEE: FREE to res. / \$25 for non-res.

ID CODE: 60030

### SATURDAYS

DATES: Nov. 17, Dec. 1, Dec. 15

TIME: Meet at 11:00 am

LOCATION: Meeting spots for each location will be emailed in August.

FEE: FREE to res. / \$15 for non-res.

ID CODE: 60031

## SPECIAL EVENTS

### SUPER SENIOR OPEN HOUSE

Join Pewaukee Parks & Recreation for the 6th annual Super Senior Open House! This event will offer informative booths, screenings, demonstrations, raffles and door prizes and a light lunch. Guest speaker will start at 11:00 am with mingling to follow. **Pre-registration preferred.**

DATE: Friday, Oct. 5

TIME: 11:00-1:00 pm

LOCATION: Pewaukee City Hall

Common Council Chambers

FEE: FREE

ID CODE: 60052

## SENIOR FITNESS

1 CLASS

Have fun and move to the music through a variety of non-impact exercises designed to increase muscular strength, range of movement, and balance. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. (min. 5, max. 16)

### MONDAYS

Session 1: Sept. 10-Oct. 8

60032

Session 2: Oct. 15-Nov. 19 (no class 10/22)

60033

Session 3: Nov. 26-Dec. 24

60034

### THURSDAYS

Session 1: Sept. 6-Oct. 4

60035

Session 2: Oct. 11-Nov. 8

60036

Session 3: Nov. 15-Dec. 20 (no class 11/22)

60037

TIME: 10:15-11:15 am

LOCATION: Wagner Park

FEE: \$14 res. / \$24 non-res. per session

## MORNING ZUMBA GOLD

This class is perfect for active older adults who are looking for a fun, exciting, modified class that offers cardio exercise at a lower intensity. Join instructor, Jenny, to experience Zumba Gold! Once you try it, you will love it! (min. 5, max. 16)

DATES: Mondays, see below

Session 1: Sept. 10-Oct. 8

60038

Session 2: Oct. 15-Nov. 19 (no class 10/22)

60039

Session 3: Nov. 26-Dec. 31 (no class 12/24)

60040

TIME: 9:00-10:00 am

LOCATION: Wagner Park

FEE: \$14 res. / \$24 non-res. per session

## ZUMBA TONING

1 CLASS

This class is tailored to adults who want to focus on muscle conditioning and light weight activity. This class blends the class you love at a slower pace with a total body workout using Zumba Toning Sticks to shake up those muscles. Toning sticks provided. (min. 5, max. 16)

DATES: Wednesdays, see below

Session 1: Sept. 12-Oct. 10

60041

Session 2: Oct. 17-Nov. 14

60042

Session 3: Nov. 21-Dec. 19

60043

TIME: 9:00-10:00 am

LOCATION: Wagner Park

FEE: \$14 res. / \$24 non-res. per session

## SENIOR HOLIDAY SOCIAL

**Memories of Christmas Past** Join our staff and friends for our annual Senior Holiday Social! This fun event is open to Seniors in Pewaukee and surrounding communities. Bring a dish to pass and a white elephant gift for the gift exchange! We have set up some fun, interactive games and activities, and all participants will leave with a goody bag courtesy of the Parks & Rec Department. Holiday music will set the theme for the day, so relax and enjoy the holidays with us!

DATE: Friday, Dec. 7

TIME: 11:00-1:00 pm

LOCATION: Pewaukee City Hall

Common Council Chambers

FEE: FREE - please bring a dish to pass (serving 12)

ID CODE: 60053

## CHAIR YOGA

1 CLASS

Enjoy the benefits of Yoga in a safe, gentle program. Increase flexibility, range of motion and core strength. The chair replaces the yoga mat and becomes an extension of your body, allowing you to take full advantage of yoga's amazing fitness & health potential. Great for those with disabilities, weight challenges, inflexibility, or who just cannot get on the floor for whatever reason. (min. 5, max. 16)

DATES: Thursdays, see below

Session 1: Sept. 6-Oct. 4

60044

Session 2: Oct. 11-Nov. 8

60045

Session 3: Nov. 15-Dec. 20 (no class 11/22)

60046

TIME: 9:00-10:00 am

LOCATION: Wagner Park

FEE: \$25 res. / \$35 non-res. per session

## RESTORATIVE YOGA

1 CLASS

Open to all levels of yoga practice and great for beginners. Restorative yoga is a restful, calming class that uses breath, proper body alignment and mindful movement techniques to help gain strength, balance and flexibility through supported yoga postures. Leave class feeling relaxed and renewed. Bring a yoga mat. (min. 5, max. 16)

DATES: Mondays, see below

Session 1: Sept. 10-Oct. 8

60047

Session 2: Oct. 15-Nov. 19 (no class 10/22)

60048

Session 3: Nov. 26-Dec. 24

60049

TIME: 11:30-12:15 pm

LOCATION: Wagner Park

FEE: \$25 res. / \$35 non-res. per session

FEE: \$25 res. / \$35 non-res. per session

## BRAINS & BALANCE

1 CLASS

This class is designed for active older adults who know the importance of staying mentally sharp and physically stable. A variety of balance challenges will be used while you exercise your brain. **Trish, the instructor, makes this class fun and interesting by incorporating new and previously learned elements in each class!** (min. 7, max. 10)

DATES: Fridays, see below

Session 1: Oct. 12-Nov. 9

60050

Session 2: Nov. 16-Dec. 28 (no class 11/23 or 12/7)

60051

TIME: 10:00-11:00 am

LOCATION: Wagner Park

FEE: \$14 res. / \$24 non-res. per session

## KNOCK, KNOCK (It's Back!)

Who's there? A mystery guest will join our group to educate, entertain, and engage! Yes, that's right, we aren't telling you in advance, you have to show up to find out! Each date a different visitor will share an interesting presentation to the group as we enjoy light snacks and beverages. This is a fun way to get out and meet others and to learn something new. And really, who doesn't love surprises? (min. 10, max. 14)

DATES: Wednesdays, Oct. 3 & Dec. 5

TIME: 5:30-6:30 pm

LOCATION: Agape Church Social Room  
449 W. Wisconsin Ave.

FEE: FREE

ID CODE: 60054

## BADGES 'N BUDDIES

**ARCHERY** *ages 7+ years*

Test your archery skills! Enjoy a pizza lunch and practice safe archery while learning about safe hunting. All equipment provided or you can bring your own equipment as long as it is properly cased. (*min. 10, max. 12*) **Child can only register for one date.**

LOCATION: South Park

FEE: FREE to res./\$6 per non-res.

DATES/TIMES: see chart below



### ARCHERY DATES/TIMES

	Oct. 19	Nov. 21	Dec. 27
9-11:30 am	50026	50028	50030
11:30-2 pm	50027	50029	50031

## BUILDING BRIDGES

*ages 4 through 104!*

The Building Bridges initiative is an intergenerational program designed to bridge the gap between our youngest and oldest participants. Each class in this series will bring joy to both the children and the adults who participate in a setting that is open and friendly to all ages and abilities. Bring a child or grandchild or simply bring yourself!

## HIKE N' HUNT

*ages 4 through 104!*

Join us this fall for our Hike n' Hunt! Take a walk through beautiful Simmons Woods Park while exploring the wildlife and vegetation with an exciting scavenger hunt! All participants will receive a goody bag at the end of the hike. (*min. 10, max. 20*)

DATE: Saturday, Oct. 6

TIME: 10:00 am

LOCATION: Simmons Woods Park

FEE: **FREE!! Please register in advance!**

ID CODE: 50032

## GAME NIGHT

*ages 7+*

Shake off the chill and enjoy an evening of games! Card games and board games will keep you entertained while tea and warm cider and snacks keep you toasty warm! Many games will be available – it's your choice to play what you enjoy! (*min. 10, max. 20*)

DATE: Wednesday, Nov. 7

TIME: 6:00-7:30 pm

LOCATION: Agape Church Social Room  
449 W. Wisconsin Ave.

FEE: \$4 per person

ID CODE: 50033

## THROUGH THE KEYHOLE

*ages 6+*

This fun painting style gives a totally different perspective to the artist by giving them a theme and then guidance on what they see "Through the Keyhole". Participants will create a lyrical painting and a short story to accompany it. (*min. 6, max. 16*)

DATE: Thursday, Dec. 27

TIME: 5:30-6:45 pm

LOCATION: Wagner Park

FEE: \$9 res. / \$19 non-res.

ID CODE: 50034

## WARREN'S CRANBERRY FESTIVAL

*ages 18+ years*

At the World's largest Cranberry Festival, you will enjoy over 70 different food booths, 850 art and craft booths and over 100 farmers' market booths! A coach bus will be provided along with coffee and donuts prior to departure. For more information, check at cranfest.com. **This is an all day walking trip.** (*max. 25*)

DATE: Saturday, Sept. 29

Pickup Location: Sussex Community Center  
N64 W23760 Main St., Sussex

TIME: Departure from Sussex: 7:00 am

Expected return: 8:30 pm

FEE: \$39 res. / \$44 non-res.

ID CODE: 60055

## LADIES NIGHT OUT TOSA WINE, SIP & SHOP

*ages 21+*

Spend a beautiful evening in the heart of Wauwatosa. The evening will start with charter transportation to Arté Bar & Painting Lounge where you will be guided through a unique painting experience by an experienced artist. Canvas, paint, brushes, easels and aprons are provided as well as a beverage certificate. After painting, you will have the opportunity to stay in the Village area and enjoy one of the fantastic restaurants such as Café Hollander, The Firefly, Café Bavaria and La Reve and shop local OR you may choose to take the bus to the new shopping center, "The Mayfair Collection". The collection features numerous shopping opportunities including Nordstrom Rack, Ulta Beauty, Saks Fifth Avenue OFF 5TH, HomeGoods, DSW, and more! Many restaurant options are available as well. The group will reconvene and head home on the bus. What a great way to enjoy the feel of Tosa stress-free! (*min. 20, max. 35*)

DATE: Friday, Oct. 19

TIME: 5:00 pm Departure, 10:00 pm return

LOCATION: Depart from Wagner Park

FEE: \$53 res. / \$63 non-res.

ID CODE: 60056

## TRIP TO FIRESIDE - GREASE!

Dust off your leather jackets and pull on your bobby socks, we're headed to the Fireside Theater to enjoy a delicious dinner and a production of the rockin' musical, GREASE! Set in 1959 on fictional Rydell High, we will relive the romance of Danny Zuko and Sandy. Hit songs include "Summer Nights", "Greased Lightnin'", and more. On the way to the Fireside we will be stopping at the Jones Dairy Farm Outlet.

**Register by Sept 28.** (*max. 6*)

DATES: Wednesday, Oct. 24

TIME: 8:15 am, return appx. 5:15 pm

LOCATION: Sussex Civic Center

FEE: \$94 res. / \$99 non-res.

ID CODE: 60057

## HOLIDAY INN

Join us as we travel to the Marriott Theater in Lincolnshire, IL to see Irving Berlin's HOLIDAY INN. Based on the classic film, this musical features thrilling dance numbers, laugh-out-loud comedy and a parade of hit songs, including "Blue Skies", "White Christmas", and more. *We will enjoy lunch prior to the show where you will have a choice of N.Y. Strip Steak or Grilled Chicken Breast with cranberry aujus. Please indicate your meal choice when registering.* **Register by Nov. 2.** (*max. 6*)

DATE: Wednesday, Dec. 12

TIME: 9:00 am, return appx. 6:00 pm

LOCATION: Sussex Civic Center FEE: \$89 res. / \$94 non-res. ID CODE: 60060

## HOLIDAY GIFT MAKING WORKSHOP

*ages 18+*

Some of the best holiday gifts are those that come from the heart. Choose three of the five gift making options below. Then join us to create these wonderful handmade gifts in one evening. Enjoy warm beverages and assorted holiday cookies while you craft. **Register by November 9th.** (*min. 6, max. 12*)

1. **Holiday Trinket Soaps**

2. **3D Canvas Art Piece**

3. **Clay Marbled Jewel Plates**

4. **Festive Words Wood Hanging**

5. **Christmas Themed Bathroom Towel Bucket**

DATE: Wednesday, Dec. 5

TIME: 6:00-8:30 pm

LOCATION: Wagner Park

FEE: \$48 res. / \$58 non-res.

ID CODE: 60058

## CHICAGO SHOPPING

*ages 18+ years*

Head out to the 'Windy City' on your year-end shopping trip this holiday season! The morning will start with coffee and sweets prior to loading a coach bus for a smooth ride to downtown Chicago. The bus will take you to the heart of the shopping mecca where you will be able to spend the day as you wish. *Drop off location near Michigan & Grand.* (*min. 30, max. 45*)

DATE: Saturday, Dec. 8

TIME: 8:30 am-8:00 pm

LOCATION: Wagner Park (*Departure*)

FEE: \$38 res. / \$48 non-res.\*

\**Fee includes transportation, tip and coffee/bakery.*

ID CODE: 60059

## THE CHRISTMAS GIFT SHOPPE

*ages 4-7 plus their families*

This year, we focus on family, friends and the gift of giving! Many times children do not get a chance to shop for their loved ones – or do not have the opportunity to pick out special things for each person. The Christmas Gift Shoppe project gives younger children the chance to 'shop' on their own! When families arrive, children will be given their shopping dollars. In another room will be a set up 'store' with all sorts of gifts of all kinds! As children take turns in the store, the rest of the family will enjoy bakery treats and activities in the cafeteria. Our elves will help the children wrap and tag the gifts they choose, ready for the holiday. (*min. 16, max. 30*)

DATE: Saturday, Dec. 8

TIME: 9:00am-10:30am

LOCATION: Agape Church Cafeteria  
449 W. Wisconsin Ave.

FEE: \$5 per child aged 4-7 years

ID CODE: 50035

**Register by November 23rd**



