CE&Rec

Community Education & Recreation

Activity Guide

Summer 2022

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

Online Registration OPENS
***Monday*, April 18 at 9:00 pm**

FALLS SUMMER ACADEMY

See page 29

MENOMONEE FALLS SCHOOLS
Engage
Learn
Improve

WELCOME

FALLS SUMMER ACADEMY

Online Registration begins Monday, April 18 at 9 PM at fallsrec.org

Monday through Friday
June 20– July 1
and July 11–July 22
Classes are Two Weeks Long
(No Class July 4–8)

Supportive Programs, Fun Challenging Enrichment Classes, Credit Recovery and Sports & Fitness

Most Classes are FREE!

- Grades 4K–2 Shady Lane
- Grades 3–5 Valley View
- Grades 6–8 North Middle
- Grades 9–12 High School

See page 29

Summer Kids INC

Fun group activities in a safe, supervised environment.

Begins Wednesday, June 15
Available 6:30 AM–6:00 PM

Kids INC
(Entering Grades 1–6)

Res	$37 per day
Non Res	$45 per day

Kids INC Jr.
(Entering Grades 4K & 5K)

Res	$45 per day
Non Res	$54 per day

See page 9

Menomonee Falls Community Education & Recreation Department

Offices are 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 April 15, May 30 and July 4.

CE & Rec Department Staff

- Jason Husslein, Director
- Dan Zeroth, Recreation Supervisor
- Candice Southcott, Recreation Supervisor
- Lori Oertel, Older Adult and Volunteer Supervisor
- Melissa Palucki, Aquatics & Adult Fitness Supervisor
- Julie Hardy, Administrative Assistant
- Casey Doleschy, Administrative Assistant
- Rachel Johnson, Administrative Assistant

FIT in the PARKS
Menomonee Falls, Wisconsin

See page 41

WHEN TO REGISTER

RESIDENT online registration begins	**Monday, April 18, 9:00 PM**
Mail/Drop Box	**Tuesday, April 19**
NON–RESIDENT online registration begins	**Thursday, April 21, 9:00 PM**

4 Easy Ways to Register

★ Online *Best chance to get into the class that you want.*

Go to www.fallsrec.org and sign in to your account. If you do not have an account, select "Create an account". You must create an account for an adult first, then add any children.

Mail

Complete the registration form at the back of the guide and mail it to:
CE & Rec Dept. W152 N8645 Margaret Rd., Menomonee Falls, WI 53051

After Hours Outdoor Drop Box

Outdoor drop box located next to the front entrance of the Community Center.

In Person 8:00 AM–4:30 PM

Stop in our office with a completed registration form, or blank forms are available in our office.

Summer 2022

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Questions?

Call us, we are happy to help.
(262) 255-8460

Inclement Weather Cancellations

For information regarding class cancellations due to bad weather, call (262) 255-8376 or check our Facebook page @fallsrec.

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

OPEN SWIM

Important Policies

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.

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.

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

North Pool Facts ...
Pool size is 25 Yards / 6 Lanes
Depth ranges from 3-1/2 to 12 feet
1 mile = 72 lengths or 36 laps
Average temperature is 84 degrees.

All Swim Programs Held at North Middle School Pool

N88 W16750 Garfield Drive, Menomonee Falls

Open Swim Fees

A swim pass entitles the owner admission to Open and/or Lap Swim. Passes can be purchased at the CE & Rec Office or the pool.

Summer Swim Fees Valid June 18–Aug 13	Per Use Fee	Res. Swim Pass	Non-Res. Swim Pass
Child (3–17)	$3	$25	$30
Adult (18+)	$4	$40	$48
Family	n/a	$70	$83
Senior 55+	$3	$31	$37

Punch Cards

Entitles the owner 12 admissions to Open and/or Lap Swim. Punch cards can be purchased at the CE & Rec Office or the pool. Cards are non-transferrable.

	Resident	Non-Res.
Adult	$36	$43
Senior 55+	$29	$35

Adult Lap Swim & Water Walking

Adult Lap Swim is designed for all kinds of aquatic fitness! Lap lanes are available for swimming and walking. The deep end of the pool is available for treading water and deep water jogging. A shallow area is also available for stretching and resistance training. Equipment is available upon request.

Spring Session: April 2–May 25 (Closed April 15 & 16)

Monday & Wednesday	4:00 PM–5:30 PM
Saturday	8:00 AM–9:30 AM

Summer Sessions: June 18–June 30 and July 9–August 13

Monday–Thursday, Saturday	8:00 AM–9:30 AM
Monday & Wednesday	4:00 PM–6:00 PM

Family Open Swim

This designated time is for families and friends to enjoy the pool. Lifejackets, swim toys, and swim equipment is available.

Spring Session: April 2–May 25 (Closed April 15 & 16)

Friday	4:00 PM–8:00 PM
Saturday	1:00 PM–3:00 PM

Summer Session: June 18–June 30 and July 9–August 13

Monday–Saturday	1:00 PM–3:00 PM

LOOK What's happening at the Pool!

Family Fun provides lifejackets, pool noodles and other pool toys for participants during Family Open Swim.

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.

What is Lap Swim & Water Walking?

Lap Swim is a scheduled time for adults 18+ to swim laps or Water Walk.
Water Walking is easy on the joints, and can help improve cardiovascular fitness, balance, and range of motion.

Spring Session: April 2–May 25
Closed April 15 & 16

Monday & Wednesday	4:00 PM–5:30 PM
Saturday	8:00 AM–9:30 AM

Summer Sessions: June 18–June 30 & July 9–Aug 13

Monday–Thursday, Saturday	8:00 AM–9:30 AM
Monday & Wednesday	4:00 PM–6:00 PM

NOTE: Pool may be shared with other programs.

Aquapals

Ages 5–16 w/disabilities

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

Wed, 30m 6/15–8/3
5:55 PM Class #25665
6:30 PM Class #25666
7:10 PM Class #25667

North Middle School Pool
Aquatic Staff
R $55 NR $66 8 classes

Lifeguard Review Class

Ages 15+

An abbreviated Lifeguarding course that briefly reviews course information and allows practice of skills and knowledge before testing. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required to participate in the review course. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years.

Wed, 8:00 AM, 8h
6/15 Class #25668
North Middle School Pool
Melissa Palucki
R $75 NR $100

Swimapalooza

June 14 1:00 PM–3:00 PM
June 15 1:00 PM–3:00 PM
June 16 1:00 PM–3:00 PM

Christmas in July

July 5 1:00 PM–3:00 PM
July 6 1:00 PM–3:00 PM
July 7 1:00 PM–3:00 PM

Lifeguard Class

Ages 15+

Looking for a new job? Train to be a CE & Rec Lifeguard! This blended learning course includes an online class and an in-person skills session. The online class duration is approximately 7 hours and must be completed prior to the onsite training. Lifeguard training provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illness. Participants who successfully complete the course will receive a certificate for Lifeguarding/First Aid/CPR/AED valid for two years. Participants will have the opportunity to practice lifeguarding while receiving guidance and feedback from a seasoned lifeguard. Successful participants will be eligible for employment within the CE & Rec Aquatics Department.

Mon–Wed, 8:00 AM, 8h
6/13–6/15 Class #25669
North Middle School Pool
Melissa Palucki
R $175 NR $200 3 classes

AQUATICS PROGRAMS

American Red Cross Aquatic Program Level Skills

If your child is age 5 or older and has NOT participated in swim lessons through Menomonee Falls CE&Rec previously, they must be tested before enrolling in class. ***See the next page for information about Swimming Assessment Days.***

Level	Age	Description
Tadpole Parent/Child 1	6m–3 yr	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, and experience wearing a life jacket.
Frog Parent/Child 2	6m–3 yr	Builds upon the skills learned in P/C Level 1 (Tadpoles) 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, and change body position in the water.
Turtle Preschool 1	3–5 Under 42" tall	Orients children to the aquatic environment and helps them gain basic aquatic skills including: Entering and exiting water, 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, and alternating and simultaneous arm actions on front and back, and combined arm and leg actions on front and back.
Narwhal Preschool 2	3–5 Under 42" tall	Helps children develop more comfort in and around water and to gain greater independence in the following skills: 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, and finning arm action on back.

Level Ages 5+	**Description** (not all skills are listed)	Requirement to Pass
Level 1 *(5–12 yrs)* Introduction to Water Skills	Water safety, submerging under water, front float, back float, front glide, back glide, swim on front, swim on back. All skills are completed with assistance.	Beginning to be independent with all skills.
Level 2 *(5–12 yrs)* Fundamental Aquatic Skills	Water safety, bobbing, front float for 10 seconds, back float for 10 seconds, front glide, back glide, treading water, swim on front, swim on back, rotary breathing. All skills are independent.	Must be able to swim 15 yards with rotary breathing.
Level 3 *(6–12 yrs)* Stroke Development	Water safety, diving, back float in deep water 1 minute, treading water for 1 minute, butterfly kick, survival float for 30 seconds, and 15 yards each of front crawl, elementary backstroke and scissors kick.	Must be able to swim on front and elementary backstroke for 15 yards continuously.
Level 4 *(6–14 yrs)* Stroke Improvement	Water safety, diving, survival swim 1 minute, treading 2 minutes, open turns, 15 yards each of back crawl, sidestroke, breaststroke and butterfly, 25 yards each of front crawl and elementary backstroke.	Must be able to successfully swim all distances without stopping and tread for 2 minutes.
Level 5 *(6–14 yrs)* Stroke Refinement	Water safety, importance of CPR, dives, tread w/2 kicks, tread without arms, flip turns, 50 yards each of front & elementary backstroke, 25 yards each of back crawl, butterfly, breaststroke, and sidestroke.	Strokes must have the right distance, body position, arms, kick, breathing and timing.
Level 6 *(6–14 yrs)* Stroke Proficiency	100 yards each of front crawl and elementary backstroke, 50 yards each of back crawl, breaststroke, sidestroke, and butterfly. Also Cooper Test.	Must be able to improve on Cooper test and have complete proficiency in all strokes and dives.

American Red Cross Daily Swim Lessons **Ages 6 months–14 years**

Daily Lesson classes will be held Monday through Thursday at North Middle School Pool. If classes need to be cancelled during the week due to lightning, inclement weather, accident or incident, make-up classes will be held on Friday of that week.

Swimming Assessment for Children is available during Open Swim
Unsure what class you should enroll your child in for the next swimming session? Assessments are available at the North Middle School Pool during Open Swim times, listed on page 4.

Daily Lessons 8 classes	**Fee: $55 Resident, $66 Non–Resident**						**Fee: $60 R, $72 NR**		
	With Adult								
Level	**P/C 1 Tadpole**	**P/C 2 Frog**	**PS 1 Turtle**	**PS 2 Narwhal**	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**
Session I June 20–30									
9:00–9:30 AM			26010	26020					
9:35–10:05 AM			26011	26021					
10:10–10:40 AM					26034	26049			
10:45–11:15 AM					26035	26050			
11:20–12:00 PM							26058	26065	
Session II July 11–July 21									
9:00–9:30 AM			26012	26022					
9:35–10:05 AM			26013	26023					
10:10–10:40 AM					26036	26051			
10:45–11:15 AM					26037	26052			
11:20–12:00 PM							26059	26066	
Session III July 25–August 4									
9:00–9:30 AM			26014	26024					
9:35–10:05 AM			26015	26025					
10:10–10:40 AM					26038	26053			
10:45–11:15 AM					26039	26054			
11:20–12:00 PM							26060	26067	

WEEKLY SWIMMING LESSONS

American Red Cross Weekly Swim Lessons

8 Weeks | Ages 6 months–14 years

For more information on Aquatics Programs contact the CE&Rec office at (262) 255-8460.

You must wait until your child has completed their current swim level before registering for the next level.

A $10 fee will be charged for any transfers or cancellations.

Weekly Lessons 8 Classes	**Fee: $55 Resident, $66 Non–Resident**						**Fee: $60 R, $72 NR**		
	With Adult								
Level	**P/C 1 Tadpole**	**P/C 2 Frog**	**PS 1 Turtle**	**PS 2 Narwhal**	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**
Mondays June 13–August 8 *No class July 4*									
4:00–4:30 PM	26002								
4:35–5:05 PM			26006	26016					
5:10–5:40 PM					26027	26043			
5:45–6:15 PM					26029	26044			
6:20–7:00 PM							26055	26061	
7:05–7:45 PM								26062	26068
Wednesdays June 15–August 10 *No class July 6*									
4:00–4:30 PM		26004							
4:35–5:05 PM			26007	26017					
5:10–5:40 PM					26030	26045			
5:45–6:15 PM					26031	26046			
6:20–7:00 PM							26056	26063	
7:05–7:45 PM								26064	26069
Saturdays June 18–August 13 *No class July 2*									
9:00–9:30 AM	26003		26008						
9:35–10:05 AM		26005		26018					
10:10–10:40 AM			26009		26032				
10:45–11:15 AM				26019		26047			
11:20–11:55 AM					26033				
11:20–12:00 PM							26057		
11:55–12:25 PM						26048			

Summer Kids INC

Entering Grades 4K–6

June 15–August 26 (No program on July 4)

Step 1: Complete Annual Registration by May 27

Annual Registration Fee of $30* is required each summer before you may register for any individual dates. Complete annual registration online or return completed form to the CE & Rec office by May 27.
Register early, space is limited.

** Annual registration fees for Summer Kids INC & School Kids INC are separate.*

Weekly Themes
A new theme each week with engaging activities, see list below!

Wacky Wednesdays
A dress-up day to allow children to coordinate with the weekly theme and enjoy a special frozen treat.

One Field Trip Each Week!
Trips very on age group/location. Some of our favorites include:

- Strawberry picking
- Local pools
- Bear Den Zoo
- Rock N' Jump

Late registration is NOT accepted for Field Trip dates.

Step 2: Register for Individual Dates

If annual registration has been completed, you may register your child for individual dates by the Wednesday prior to the week of participation.

- Online registration available until 10 PM Wednesday (or up until 10 PM Sunday for a $5 late fee per day)
- Paper calendars can be dropped/faxed into the CE & Rec office by 4:30 PM Wednesday (or up until 4 PM on Friday for a $5 late fee per day)
- Unregistered students will not be accepted at the sites *under any circumstances.*

A minimum of 2 days per week is required—Limited spots at each site

Program	Grade In Fall	Location	Available	Cost per Day	Ann. Regist. Course #
Kids INC Jr.	Grade 4K & 5K	Shady Lane	6:30 AM–6:00 PM	Res $45 / NR $54	26114
Kids INC	Grades 1–2	Shady Lane	6:30 AM–6:00 PM	Res $37 / NR $45	26115
Kids INC	Grades 3–6	Valley View	6:30 AM–6:00 PM	Res $37 / NR $45	26116

Where to Attend? **Students entering Grades 1–2 should attend Shady Lane, and Grades 3–6 should attend at Valley View.**

What if my child is attending Summer School?

The above daily fees apply. Register your child for the same site that they will be attending Falls Summer Academy. Our staff will make sure your child gets to and from the summer school classes they are registered for, *as long as they take place in the same school*. Falls Summer Academy locations are grades 4K–2 at Shady Lane and grades 3–5 at Valley View.

There is NO transportation for students entering 6th grade and attending Falls Summer Academy at North Middle School.

Weekly Themes

June 15–June 17	Storybook Week	July 11–July 15	STEM Week	Aug 8–Aug 12	Wild, Wild West
June 20–June 24	Going Green	July 18–July 22	Around the World	Aug 15–Aug 19	Down on the Farm
June 27–July 1	Party in the USA	July 25–July 29	Summer Olympics	Aug 22–Aug 26	Color Wars
July 5–July 8	Dinosaur Week	Aug1–Aug 5	Pirate Week		

SCHOOL YEAR KIDS INC 2022–2023

4K Wrap Around Care

What?

The 4K Wrap Around Care program provides children additional care the half of the school day they are not attending their traditional 4K class. 4K Wrap Around is an extension of the 4K classroom, and builds on the curriculum covered during their school day.

AM? PM?

Registering for the 2022–23 School Year Wrap Around Care program is a general registration to ***hold a spot*** for your child.

Cost?

Annual Non-Refundable Fee due at Registration.....$50
Daily Fee $27

Ben Franklin Use Course #25072 to register - **FULL, but can be added to wait list**
Shady Lane Use Course #25073 to register

⚠ • Before or After School Kids INC requires an additional Annual Registration Fee for that service.
• Students must use the program a ***minimum*** of twice per week throughout the school year.

September 1 – June 8
Grades 4K–5

No program Sept 5, Nov 24–25, Dec 23, 26, 30, Jan 2, April 7, May 29, June 8 (Dates subject to change).

Kids INC

Annual Fee $30R

Offered at each of the four elementary schools, Kids INC provides a safe and fun environment for children to receive before and after school 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 daily fee.

- Students must use the program at least two days per week, or 8 days per month.
- A $5 late fee, per option, will be applied if daily registration is not completed by the weekly Wednesday due date.
- Full Day Note: Students who attend Valley View or Shady Lane must attend at Shady Lane; Students who attend Ben Franklin or Riverside must attend at Ben Franklin.

Kids INC Daily Fee		
Before School Care (B)	6:30–8:45 AM	$10.00
After School (S)	3:45 PM–6:00 PM 2:30 PM–6:00 PM	$11.00 (M, Tu, Th, F) $12.00 (W)
*Full Day (L, S) No school days only	6:30 AM–6:00 PM	$39.00

(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.

SCHOOL YEAR KIDS INC REGISTRATION

First, Complete Annual Registration

Annual Registration is required before you may register for individual dates.

REGISTRATION FEES

4K Wrap Around $50 | Kids INC students $30

- The Kids INC Annual Registration fee is separate from the Summer Kids INC program registration fee.

4K Wrap Around Ben Franklin
Course ~~#25072~~ **FULL**

4K Wrap Around Shady Lane
Course #25073

Kids INC

Ben Franklin	Course #26117
Riverside	Course #26118
Shady Lane	Course #26119
Valley View	Course #26120

Online Registration

Annual Registration

- Visit www.fallsrec.org
- Sign in, or create a new account if needed.
- Search by entering the name of the school your child attends. For 4K Wrap Around, search "4K".
- Complete the registration process and check out.
- To register for individual dates, sign back into the registration site and begin registering.

Registering Online for Individual Dates
Due by Wednesday at 10:00 PM
To pay the regular daily rate, individual daily registration must be completed online by 10:00 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 and online until Sunday at 10:00 PM, but will include a $5.00 late fee per option.

- Log in to your account. Search by entering your school name or "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.

IMPORTANT! An unregistered child will NOT be accepted at AM Kids INC under any circumstance.

Paper Registration

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 and online until Sunday at 10:00 PM, but will include a $5.00 late fee per option.

Important Registration Information

- Once registration has been submitted, fees cannot be transferred if switching your child from one day to another.
- Credit is not given for days your child misses due to illness, change of schedule, disciplinary action, or other circumstances.

Students must be 3 years old by September 1, 2022
RECREATION • SOCIALIZATION • EDUCATION

3•Year•Old Preschool

REGISTER EARLY FOR
2023–2024 School Year

This Program is full for the 2022-2023 school year ...
but you can be added to the waitlist in case there are cancellations or enrollment changes.

The School District of Menomonee Falls Community Education and Recreation and Early Childhood Programs offers a 3-year-old preschool program. The program is offered at Ben Franklin Elementary and Shady Lane Elementary Schools and follows the 4K school calendar.

Staff will challenge students to reach their full potential, while providing an environment that is balanced between recreation, socialization, and education. We believe in an inclusive preschool model, where children are unique, creative individuals that have the ability to influence their own learning.

Registration for the 2023-2024 school year will open in February 2023.

SUMMER LIBRARY PROGRAM

at Menomonee Falls Public Library

Oceans of Possibilities
June 13–August 13

Join us for a new reading challenge on the Library's Beanstack site, along with other activities and events for all ages. Details will be available in mid-May at Menomoneefallslibrary.beanstack.org or by calling (262) 532-8915.

Oodles of Art

Ages 1½–4½ w/adult

Adult and child will participate together in this hands-on art class. Through sculpting, drawing, painting, songs 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.

Thu, 9:30 AM, 1h
5/19–6/9 Class #25760
6/16–7/14 Class #25763
7/21–8/11 Class #25764
Germantown DPW Highway Dept. Bldg.
Khushbu Dudhwala
R $36 NR $41 4 classes

Miss Julie's Music Fun w/Adult

Ages 1–5

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. Julie Thompson is a performer, recording artist and children's author.

Tue, 10:00 AM, 45m
6/7–6/28* Class #25437
7/5–7/26 Class #25438

*The June 14 class will take place from 10:15 AM–11:00 AM.
Germantown DPW Highway Dept. Bldg.
Julie Thompson
R $44 NR $54 4 classes

Miss Julie's Farm Animals Music Party NEW!

Ages 1–5 w/adult

This fun music party will feature songs to learn and celebrate animals. Have fun on the farm with us as we play some games and make an animal craft to take home.

Wed, 6/8, 1h
10:30 AM Class #25439
1:30 PM Class #25440
Germantown DPW Highway Dept. Bldg.
Julie Thompson
R $15 NR $18

Miss Julie's Family Music Fun

Ages 1–5 w/adult

Join us as we share music, movement, finger plays, stories, rhythm, rhyme and more. Your child will build their social skills as they participate in this interactive class. Siblings under one year or over 5 years of age may attend at no charge. Please register child only. Julie Thompson is a performer, recording artist and children's author.

Sat, 10:15 AM, 45m
6/18 Class #25446
7/9 Class #25447
8/27 Class #25448
Germantown Fire Station #1
Julie Thompson
R $12 NR $15

Miss Julie's Babies Music Fun

Infants & Babies w/adult

Come to a nurturing class for you and your baby as you learn a new lullaby, sing and move with your infant, teach rhythm by bouncing gently, play peek-a-boo with scarves and connect with other parents. Pregnant mothers do not have to register for this program—they are welcome to come and participate in the class.

Sat, 11:15 AM, 30m
6/18 Class #25449
7/9 Class #25450
8/27 Class #25451
Germantown Fire Station #1
Julie Thompson
R $7 NR $10

Miss Julie's Under the Sea Music Party NEW!

Ages 1–5 w/adult

This fun music party will feature songs to learn and celebrate Under the Sea. Come ride the wave with us as we play games and make a craft to take home.

Wed, 7/13, 1h
10:30 AM Class #25441
1:30 PM Class #25442
Germantown DPW Highway Dept. Bldg.
Julie Thompson
R $15 NR $18

Pirates, Aliens, Robots & Who?

Ages 4–6

Alas...the Pirates have landed and are looking for their Treasure Chest! This class is filled with adventure and Robots of every kind. Go on a treasure hunt with Roamer the Robot, dig up dinosaur bones with Bee Bot, rev your engines with Speedy the Race car, land on the moon with the Aliens from outer space and much more. Students will work with several versions of LOGO Programming (simple sequence programming using numbers, shapes, colors, etc.) Guaranteed to generate smiles, giggles, and laughs at every class. **We request that all students wear masks while in this class*

Mon–Thu, 9:30 AM, 1h
8/15–8/18 Class #25314
Community Center Rm 109
Computer Explorers Staff
R $54 NR $68 4 classes

Kindergarten

Menomonee Falls 4K & 5K Enrollment

- **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 more information, go to sdmfschools.org/enroll.

YOUTH ACTIVITIES & SPORTS

Parent and Tot Gardening Fun

Ages 3–5 w/Adult

Let your little one play in the dirt while learning the basics of gardening! Each child, with help from parent or caregiver, will plant their own container of herbs or a vegetable to take home and watch for the summer. Bring gardening gloves if desired. Class will be held outdoors, so please dress weather appropriate.

Sat, 6/4, 1h
11:00 AM Class #25212
Wendland Nursery, Germantown
R $23 NR $23

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. Register child only.

Thu, 6:00 PM, 1h
5/12 Class #25322
6/9 Class #25323
Germantown Fire Station #2
R $7 NR $7

Learn Not To Burn

Ages 4–7

Developed by the National Fire Protection Association, this program will teach students the basics of fire safety and burn prevention. Stories, songs, videos and activities are used by firefighters to introduce the children to fire safe behaviors.

Thu, 6:30 PM, 1h
7/14–8/4 Class #25325
Survive Alive House, Germantown
R $15 NR $15 4 classes

STREAM Sampler

Ages 4–12

Step into the STREAM (Science, Technology, Reading, Engineering, Arts & Math) and sample some of the newest technology programs. Each class will explore a different concept which could include: Coding, Robotics & Engineering with LEGO Educational kits, Video Game Design, Catapults, Digital Movie Making, LOGO Programming, GPS, Snap Circuits, Creative Writing, Art exploration and more. ***We request that all students wear masks while in this class.***

Mon–Thu, 8/15–8/18, 1h

Ages 4–6
10:45 AM Class #25315

Ages 7–12
12:15 PM Class #25316

Community Center Rm 109
Computer Explorers Staff
R $54 NR $68 4 classes

CSI: Crime Scene Investigation

Ages 7–12

Get ready to become part of the biggest crime scene investigation of the century! It's up to you to solve the crime using CSI techniques used by the experts. Think lie detectors, motion detectors and surveillance cameras. Digital microscopes will be used to examine items left at the crime scene, such as fingerprints, hair samples, powder samples and much more. Which one of your classmates is the suspect in the case? ***We request that all students wear masks while in this class.***

Mon–Thu, 2:45 PM, 1h
8/15–8/18 Class #25313
Community Center Rm 109
Computer Explorers Staff
R $54 NR $68 4 classes

Safety Town

Age 5 and registered for 5K

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

8:00 AM Class #25427
10:30 AM Class #25428
Mon–Fri, 2h

7/25–8/4,
Riverside School, Rm 103
Ann Reese, Cindy Ceplina
R $61 NR $73 9 classes

Chess Scholars Camp

Grades 5K–8

Develop your child's intellect through the royal game of Chess! This half day camp is perfect for beginners as well as experienced players. Each day of camp will consist of a fun interactive teaching period, followed by guided practice time, allowing the students to play against one another while being coached by an experienced instructor. The camp session will conclude with a non-elimination tournament, and prizes will be awarded to every participant.

Grades 5K–2
Mon–Fri, 1:00 PM, 1h30m
6/20–6/24 Class #25971
6/27–7/1 Class #25961
7/11–7/15 Class #25972
7/18–7/22 Class #25962
Shady Lane Rm 127

Grades 3–5
Mon–Fri, 1:00 PM, 1h30m
6/20–6/24 Class #25963
6/27–7/1 Class #25973
7/11–7/15 Class #25964
7/18–7/22 Class #25974
Valley View Rm 109

Grades 6–8
Mon–Fri, 10:00 AM, 1h30m
6/20–6/24 Class #25383
7/11–7/15 Class #25384
Community Center Rm 109
Afterschool Enrich. Solutions Staff
R $108 NR $108 5 classes

LEGO BricQ NEW!

Ages 7–12

The LEGO Education BricQ motion essential set engages students in the exploration of physical science within a sports context. BricQ Motion helps foster an understanding of forces, motion, and interactions by providing easy hands-on learning experiences. Think Sail Racers, Luge runs, Hockey, Basketball, Catapults and more! ***We request that all students wear masks while in this class***

Mon–Thu, 1:30 PM, 1h
8/15–8/18 Class #25317
Community Center Rm 109
R $54 NR $68 4 classes

Theater: Middle School—Legally Blonde Jr.

Entering Grades 6–9

Oh my gosh, oh my gosh you guys!! I am so ready to bend and snap—are you!?? Then you better sign up TODAY for our Legally Blonde Jr. summer camp. There are so many great parts in this show from the the girls of Delta Nu to Emmitt, Warner, and the UPS guy. There is something for everyone in this show! In just two weeks, the drama vets from MFHS will teach you all their tricks to help you be ready to dazzle the audience! Performance will be on Friday, July 22 at 7:00 PM at North Middle School Auditorium.

Mon–Fri, 9:00 AM, 4h
7/11–7/22 Class #25369
*July 20 will run 9:00 AM–3:30 PM
NMS Auditorium
Linda Hake, NMS Drama Club
R $245 NR $294 10 classes

Theater: Elementary—101 Dalmatians Kids

Entering Grades 2–5

What could be more fun than a stage filled with puppies?! How about getting to be one of those puppies! Children entering grades 2–5 are invited to join us for two weeks of theater fun as we stage a production of 101 Dalmatians Kids. Campers will learn music, dances, and acting with the help of the theater experts from the North Middle School Drama Club. This camp is a fundraiser for NMS Drama Club. Performance will be on Friday, August 5 at 6:00 PM at North Middle School Auditorium.

Mon–Fri, 9:00 AM, 3h
7/25–8/5 Class #25370
NMS Auditorium
Linda Hake, NMS Drama Club
R $190 NR $228 10 classes

Stage Stars

Grades 5K–6

Does your child have a dramatic side? Our drama class introduces students to the craft of stage acting. Students will learn theatrical skills, improve basics and participate in interactive drama games. This is an opportunity for your child to have fun, express themselves, and interact with others within the context of theatre arts.

Mon–Fri, 1:30 PM, 1h30m
6/27–7/1 Class #25385
7/18–7/22 Class #25386

Community Center Rm 109
Afterschool Enrich. Solutions Staff
R $120 NR $120 5 classes

YOUTH ACTIVITIES & SPORTS

Babysitter Training

Ages 11–17

This class will cover a wide range of information that can help new babysitters gain the skills and confidence needed to care for infants and children. Along with basic child care and first aid, students will learn how to recognize, understand and handle behavior issues, how to stay safe, what to do in an emergency and how to start their own babysitting business. Prior to class, students must download the free textbook from https://www.redcross.org/take-a-class/participant-materials. Participants will receive certification upon successful completion of the class. Students will need to bring a lunch and water bottle to class.

9:00 AM, 6h
Mon, 6/13 Class #25429
Tue, 6/14 Class #25430
Wed, 6/15 Class #25431
Mon, 6/20* Class #25432
Wed, 7/6 Class #25433
Tue, 8/9 Class #25434
Community Center Rm 109
*6/20 class will be held in Rm 2 LL at the Community Center
Jessica Heller
R $59 NR $71

Chalk It Up

Ages 2–18

Celebrate National Recreation and Parks Month with this FREE event. Participants will work individually or in small groups to create their own chalk masterpiece. Participants will receive a free one week swim pass. Express your Picasso without spending any Monet! Please arrive at least 10 minutes early. Check in table is located along Garfield Drive, between the pool and theater entrances.

Mon, 6:00 PM, 1h
7/11 Class #25382
North Middle School Sidewalk
*Rain Date is 7/18
FREE, but registration is required.

Basic First Aid for Kids

Ages 8–13

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

Thu, 6:00 PM, 1h
6/2 Class #25324
Germantown Fire Station #2
R $7 NR $7

Stay Home Alone

Ages 8–12

Put your mind at ease as your child gains independence and self confidence. This class will guide your child through all the stages of staying safe from being out in the community, getting home safe and all the safety tips while being home alone. Topics covered are stranger dangers, buddy system, dangers of Internet, 911, basic first aid, fire safety and much more.

Mon & Wed, 7/18–7/27, 1h
11:00 AM Class #25350
12:30 PM Class #25351
Germantown DPW Highway Dept. Bldg.
Laura Gruber
R $26 NR $31 4 classes

Learn Magic with Glen Gerard

Ages 8–Adults of All Ages

Professional Magician Glen Gerard, favorite magician of the Milwaukee Bucks, will teach you stunning magic tricks that can be performed 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.

Wed, 10:30 AM, 1h
7/13 Class #25396
Community Center Rm 123

Wed, 10:30 AM, 1h
8/17 Class #25397
Germantown DPW Highway Dept. Bldg.

Glen Gerard
R $17 NR $20

Young Rembrandts

Young Rembrandts: Cooking and Baking Drawing Camp

Ages 6–12

Young chefs and artists will join forces to cook up one of the tastiest workshops yet. Students will draw, decorate, build and color everything in the kitchen that relates to cooking and baking. Prepare for artwork that looks good enough to eat!

Mon–Fri, 1:00 PM, 2h
7/18–7/21 Class #25965
Shady Lane Rm 125
Young Rembrandts Staff
R $74 NR $74 4 classes

Young Rembrandts: Favorite Apps & Video Games Drawing Camp

Ages 6–12

Students will learn new illustration and coloring techniques inspired by popular video games. Artwork is inspired by pixel book characters, plants, zombies and many more classes and new apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favorites.

Mon–Fri, 1:00 PM, 2h
7/5–7/8 Class #25966
Valley View Rm 305
Young Rembrandts Staff
R $74 NR $74 4 classes

Decoupage on Glass NEW!

Ages 13+

Can't draw stick figures? No problem! Anyone can be an artist using the age-old art form of decoupage. Learn how to create separate inside and outside designs with paper on a small glass bowl so the inside design is visible through the glass. You will take home a beautiful yet functional work of art to give as a gift or use to hold jewelry, spare change or other small items. All materials are provided.

Wed, 5/11, 2h
6:00 PM Class #26125

Mon, 6/20, 2h
2:00 PM Class #26126

Community Center Rm 102 A & B
Donna Eigen
R $45 NR $54

Henna Tattoo Workshop

Ages 9–Adults of All Ages

Learn how to apply your own henna tattoos. The henna used is made from the best henna plants, contains no chemicals or dyes and is completely safe. Students will receive instruction on how to hold and apply henna with a henna cone. Designs will last 1–3 weeks. Please bring a smock or dress accordingly.

Tue, 11:00 AM, 1h
6/28 Class #25737
7/26 Class #25738
Survive Alive House, Germantown
Khushbu Dudhwala
R $20 NR $23

Build & Fly Radio Controlled Model Aircraft

Ages 11–16

If you have wanted to learn to build an fly RC aircraft, this class is for you. Designed for adults or an adult/child team. Aircrafts are constructed using materials and techniques developed by "Flite Test", an organization which pioneered innovative, low cost and reliable RC aircraft building techniques using household tools and materials. With the completion of their aircraft project, student and adult receive a fully refurbished 72MHz radio system to control their aircraft along with FREE flight training lessons provided by certified instructors from Flying Electrons of Menomonee Falls. All materials and equipment are included.

Thu, 6:00 PM, 3h
6/16–7/28 Class #25377
Community Center Rms 2 & 3 LL
Thomas Eugene Jacobs
R $202 NR $202 7 classes

Introduction to Radio Control (RC) Building & Flying Mentoring Program NEW!

Ages 11+ w/ Adult

If you have wanted to learn to build and fly an RC aircraft, this class is for you. Designed for adults or an adult/child team. Aircrafts are constructed using materials and techniques developed by "Flite Test", an organization which pioneered innovative, low cost and reliable RC aircraft building techniques using household tools and materials. With the completion of their aircraft project, student and adult receive a fully refurbished 72MHz radio system to control their aircraft along with FREE flight training lessons provided by certified instructors from Flying Electrons of Menomonee Falls. All materials and equipment are included.

Thu, 6:00 PM, 3h
6/16–7/28 Class #25377
Community Center Rm 2 LL
R $202 NR $202

Inclement Weather Cancellations

For information regarding class cancellations due to bad weather, call (262) 255–8376 or check our Facebook page @fallsrec.

YOUTH ACTIVITIES & SPORTS

Community Band

Entering Gr 8–12 and Adults

The Community Band is open to students entering grades 8–12, and adults of any age. No auditions are required, but you must be able to read and play band music.

Recent experience is not required, so dust off your old instruments and join the band! Sponsored by Menomonee Falls Band Bunch, and under the direction of Mr. John Woger, members will perform in a concert held on July 21st at the MFHS Auditorium.

Tue, 7:00 PM, 1h30m
6/14–7/19 Class #25837
High School Rm 170
John Woger
FREE, but registration is required.

American Heart Association.
Heartsaver® First Aid CPR AED

Heartsaver CPR & AED *NEW!*

Ages 16+

This three hour course will teach the lay person lifesaving skills taught by American Heart Association Instructors who are also members of the Menomonee Falls Fire Department. Learn AHA Heartsaver CPR/AED. You will be provided a Heartsaver Book, one way valve adapter and mask all to take home. You will receive a CPR card via email good for 2 years.

Mon, 6:00 PM, 3h
6/27 Class #26089
7/25 Class #26090
8/22 Class #26091

Menomonee Falls Fire Department #3
W140N7501 Lilly Rd
FREE, but registration is required.

Ukulele Madness

Ages 6–Adults of All Ages

The ukulele is a fun and easy instrument for people of all ages to play. It is a fantastic accompanying instrument for singing, and many people are able to play the chords to songs they know after just one lesson. We take a song based approach and we'll look at the relationship between melodies and their accompanying chords, different rhythms and even do some picking. Bring your ukulele; all other materials provided.

Mon, 6:00 PM, 45m
6/13–7/25* Class #25399
Community Center Rm 3 LL
Guy Fiorentini
R $64 NR $68 6 classes
*No class July 4

Beginning Guitar

Ages 10–Adults of All Ages

Class will provide a strong technical foundation for students who are new to guitar. 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.

Wed, 6:00 PM, 45m
6/15–7/27* Class #25398
Community Center Rm 3 LL
Guy Fiorentini
R $64 NR $68 6 classes
*No class July 6

Summer Day Trips for Teens!

Teen Adventure: Noah's Ark Water Park

Entering Grades 6–12

Noah's Ark Water Park in Wisconsin Dells offers a variety of water slides, wave pools and lazy rivers. Fee includes admission to the park, a hot dog lunch and transportation. Bring money to purchase snacks on your own, a swimsuit, towel, and sunscreen. Register by June 1.

Thu, 7:00 AM, 12h
6/16 Class #25767
Bus Leaves: 7:00 AM
Bus Returns: 7:00 PM
Community Center Parking Lot
Rec Department Staff
R $51 NR $51

Teen Adventure: Great America Trip

Ages 10–18

Experience some of the fastest, tallest and wildest, heart-pumping rides in the country! Fee includes admission to the park and transportation. If you have a season pass and want to attend, the trip fee will be $30.00, but registration must be done at the CE and Rec office. Participants must bring a bag lunch, sunscreen, and money to purchase meals on your own. Register by June 17.

Thu, 8:00 AM, 12h
6/30 Class #25978
Bus Leaves: 8:00 AM
Bus Returns: 8:00 PM
Germantown Village Hall Parking Lot
Rec Department Staff
R $70 NR $70

Teen Adventure: Fondy Aqua Park

Entering Grades 6–12

Hang out with your friends while enjoying the sun, beach and thrilling water activities at the Fondy Aqua Park. (Race a friend on the Zoom Floom, a 90' high, double inflatable water slide, fly down the tropical land slide with a near vertical drop and a 40' runway with splashes and sprays all the way down. Or explore the awesome inflatable water park complete with a trampoline, wall climb, tower jump, and the LAUNCHER.) Paddle boarding and kayaking are also available. Students should bring a swimsuit, towel, sunscreen and money to purchase snacks. Please register by July 11.

Thu, 10:00 AM, 6h
7/21 Class #25768
Community Center Parking Lot
Bus Leaves: 10:00 AM
Bus Returns: 4:00 PM
R $55 NR $55

Teen Adventure: Teen Kayak Trip

Ages 12–18

Spend the morning kayaking through Downtown Milwaukee on the Milwaukee River with the Milwaukee Kayak Company (MKC). We will take in the sights and sounds of the city as we paddle up and then back downriver to the MKC dock, which is located in the Harbor District just across the river from the Historic Third Ward. We will have a brief kayak lesson and make sure everyone is comfortable on the water before we launch. Kayaks, life jackets and paddles are provided and we will paddle as a group, which includes 3–4 guides to make sure everyone is safe. After you register, we will send you materials on "what to expect" and "what to bring". This will be a very unique and fun event and we look forward to seeing you on the river. For more information about kayaking or Milwaukee Kayak Company, please visit their website at milwaukeekayak.com or call Beth from MKC at (414) 301-2240.

Thu, 9:30 AM, 5h
8/4 Class #25769
Bus Leaves 9:30 AM
Bus Returns 2:30 PM
Community Center Parking Lot
R $40 NR $49

Driver's Education

For information regarding programs, contact United Driving School directly.

United Driving School, MF
N91 W17194 Appleton Ave, Suite 104
(414) 881-0010
www.uniteddrivingschoolwi.com

YOUTH ACTIVITIES & SPORTS

Jr Sports Leagues Ages 4–8

- **Jr Sports League fees are not refundable unless the program is cancelled by CE & Rec.**
- **Volunteer coaches needed. Please indicate your interest during registration.**

Jr T-Ball League

Ages 4–5

This introductory T-ball baseball program will give your child the foundation needed to excel at future levels, and will concentrate on skill development, teamwork, basic rule understanding, and game play. Each week includes practice and scrimmage time. Scores and standings will not be kept and everyone will play. Please bring glove, hat, batting helmet, bat, and water bottle. Cleats and baseball pants are recommended.

Tue, 5:30 PM, 1h30m
7/5–8/9* Class #25309
Oakwood Park
Ed Swab
R $49 NR $59 6 classes
*Rain date 8/16

Jr Baseball League

Ages 6–8

This introductory coach pitch baseball program will give your child the foundation needed to excel at future levels, and will concentrate on skill development, teamwork, basic rule understanding, and game play. Each week includes practice and scrimmage time. Scores and standings will not be kept and everyone will play. Please bring glove, hat, batting helmet, bat, and water bottle. Cleats and baseball pants are recommended.

Tue, 7:00 PM, 1h30m
7/5–8/9* Class #25308
Oakwood Park
Ed Swab
R $49 NR $59 6 classes
*Rain date 8/16

Jr Flag Football League

Grades 4K–5

This introductory football program will give your child the foundation needed to excel at future levels, and will concentrate on skill development, teamwork, basic rule understanding, and game play. Each week will include a practice followed by a scrimmage. Scores and standings will not be kept, and everyone will play. Game times will rotate starting at 9:00 AM through early afternoon. Football or soccer style cleats and mouth guards are recommended, please dress weather appropriate and bring a water bottle.

Sat, 9/10–10/22*
Grades 4K–5K Class #25310
R $42 NR $51 7 classes

Grades 1–2 Class #25312
Grades 3–5 Class #25311
R $55 NR $66 7 classes

Oakwood Park
Ed Swab
*Rain date 10/29

Sportz Brains: Incredible Athletes

Ages 4–8

This class is designed to introduce your child to a variety of sports. Each week will consist of different sport activities, drills, skills and playing fun games.

Wed, 6/8–6/29, 45m
Ages 4–5, 5:30 PM Class #25752
Ages 6–8, 6:30 PM Class #25753

Community Center Gym
Sportz Brains John Leavell Jr
R $57 NR $69 4 classes

Sportz Brains: Let's Play Ball NEW!

Ages 4–8

This is a beginner's baseball camp, combined with working on different physical and mental abilities of the game. Your child will learn the fundamentals of fielding, catching, throwing, hitting and base running in a fun and positive environment. We plan to end the camp with a fun baseball game. Each participant will receive a t-shirt. Please bring a water bottle and glove.

Ages 4–5
Sat, 9:00 AM, 1h30m
6/18 Class #25754
7/9 Class #25756

Ages 6–8
Sat, 10:45 AM, 1h30m
6/18 Class #25755
7/9 Class #25757

Oakwood Park Softball West
Sportz Brains John Leavell Jr
R $48 NR $57

Sportz Brains: Sporty Shorty Soccer

Ages 4–8

This is a program for early learner soccer players. Your child will learn the basics of dribbling, passing, shooting, defending, balance and general rules of the game. After the 3rd week of class, we plan to play fun mini matches working on all skills learned in the weekly classes.

Wed, 7/6–7/27, 45m
Ages 4–5, 5:30 PM Class #25758
Ages 6–8, 6:30 PM Class #25759

North Middle School Soccer Field
Sportz Brains John Leavell Jr
R $57 NR $69 4 classes

Hooper Hands Basketball Academy strongly highlights the fundamentals of dribbling, the art of shooting, different defensive strategies, rebounding, and making good sharp passes. Along with learning the game of basketball, your child will increase their level of confidence, learn self-discipline, and inherit how to be a team player. All classes are taught by John Leavell Jr. **All Classes held in the Community Center Gym.**

Hooper Hands: The Physics of Basketball

Ages 4–11

This class is designed to work on all skills needed to learn the game of basketball. Each day students will split into stations working on agility, dribbling, defense and shooting drills. Each class will end with a fun game.

Mon, 6/13–7/11
Ages 4–5, 5:30 PM, 45m Class #25746
Ages 6–8, 6:20 PM, 45m Class #25747
Ages 9–11, 7:10 PM, 50m Class #25748

R $61 NR $73 4 classes
*No class July 4

Hooper Hands: Ballology

Ages 4–11

We will work on basketball skills needed to understand the science of the game. Let's learn the fundamentals, moving with the ball, defensive strategies, communication through team work and scoring techniques. Each class will end with a fun game.

Mon, 7/18–8/8
Ages 4–5, 5:30 PM, 45m Class #25749
Ages 6–8, 6:20 PM, 45m Class #25750
Ages 9–11, 7:10 PM, 50m Class #25751

R $61 NR $73 4 classes

Coed Flag Rugby

Entering Grades 3–9 in Fall 2022

Give one of the most popular sports in the world a try! Rugby combines elements of football and soccer into a unique game that is easy to learn and requires no prior knowledge to play. Practices will focus on basic skills and incorporating them into drills and games. Tournaments are held on Saturdays and feature numerous games against teams from all around the state. Dates: 6/18 Oshkosh, 6/25 Lakefront 7's (Milwaukee), 7/9 Fond du Lac, 7/16 Madison, 7/23 Green Bay, 7/30 Appleton. Participants should wear cleats or running shoes, and bring a water bottle.

Wed, 4:00 PM, 1h15m
6/8–7/27
Grades 3–4 Class #25380
Grades 5–6 Class #25379
Grades 7–9 Class #25378
North Middle School Football Field—Lower
Dan Zeroth
R $55 NR $55 8 classes

A small additional fee will be charged for tournament participation. All participants must register with USA Rugby. ($15) Information will be emailed to players on how to register after the first practice.

FREE TRIAL

Coed Flag Rugby

Entering Grades 3–9 in Fall 2022

Entering Grades 3–9 in Fall 2022. Not sure if Flag Rugby is for you? This free practice session will provide a basic introduction to the sport, along with sample games and drills that are featured during normal practice. Coaches will be on hand to answer any questions about the program. Please wear cleats or running shoes, and bring a water bottle.

Wed, 4:00 PM, 1h15m
6/1 Class #25381
North Middle School Football Field—Lower
Dan Zeroth
FREE, but registration is required.

YOUTH ACTIVITIES & SPORTS

Milwaukee Bucks Summer Youth Basketball Camp

Ages 7–15

These fun and team-oriented camps for boys and girls include instruction on ball handling, passing, shooting, defensive and offensive concepts with 5 on 5 scrimmages. Bucks professional camp coaches are selected for their basketball knowledge and ability to teach kids of all ages and skill levels. Each Summer Camp participant will receive a basketball, performance t-shirt and a ticket to a 2022-23 Bucks home game. For specific questions about Bucks Camp please contact Camps@bucks.com or call (414) 227-2777. **Register at Bucks.com/Youthbasketball**

8/8–8/12
Mon–Fri, 9:00 AM, 6h*
*Fri, 8/12 class will end at 1:00 PM
R $295 NR $295

Register at Bucks.com/Youthbasketball

Jr Phoenix Dance

Grades 1–5

Jr Phoenix Dance is a great opportunity to explore the world of competitive pom and dance. Students will be taught a competitive pom routine, as well as technique. Dancers will perform their pom routines at a variety of local events and competitions ending the season in January at the Falls Dance Invite. Registration fee includes uniform, team T-shirt, and pom poms. Additional information will be discussed at the parent meeting held at the first class. Fee is non-refundable unless program is cancelled by the CE & Rec Dept.

Wed, 6/8–8/10, 1h30m
Grades 1–2, 5:30 PM Class #25724
Grades 3–5, 7:00 PM Class #25725
Ben Franklin Cafeteria
Chelsea Bushman
R $359 NR $430

Intro to Irish Dance

Ages 5–12

Chelsea Holloway, Irish Dance World Medalist and Midwest Champion, will start your child on their way to a life-long love of Irish music as they learn basic dance moves and routines. We will also play some games with an Irish dance twist, and learn some basic Gaelic phrases. At the end of the session, dancers will put on a mini performance for their parents.

Sat, 9:00 AM, 30m
7/9–7/30 Class #25352
Bellator Academy of Irish Dance, Germantown
R $45 NR $50 4 classes

Beginning Ballet

Ages 3–4

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

Wed, 1:00 PM, 40m
6/15–8/3 Class #25435
Community Center Rm 4 LL
Marissa Rubino
R $26 NR $31 8 classes

Ballet & Tap

Ages 5–6

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

Wed, 1:45 PM, 45m
6/15–8/3 Class #25436
Community Center Rm 4 LL
Marissa Rubino
R $29 NR $34 8 classes

Middle School Dance Clinic

Students entering Grades 6–8 Fall of 2022

Have fun working on your dance skills. This one-day camp will be taught by the North Middle School Dance Coach along with dancers from the Menomonee Falls Varsity Dance Team. Participants will work on technique, dance skills, flexibility, and conditioning. Dancers will be taught different techniques and dance styles at each clinic. No experience is necessary. Great for anyone thinking of trying out for the Middle School Dance Team. Please send lunch with your child.

Sat, 9:00 AM, 5h
4/2 Class #25265
4/30 Class #25266
5/14 Class #25267
North Middle School Gym
North Middle School Dance Coach
R $45 NR $50

Little Jragons

Ages 3–6

Children will learn TaeKwonDo, Kickboxing and Jiu-Jitsu 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.

Thu, 4:30 PM, 30m
Ages 3–4
6/16–7/14 Class #25840
7/21–8/25 Class #25843

Thu, 5:05 PM, 30m
Ages 5–6
6/16–7/14 Class #25841
7/21–8/25 Class #25842

Riverside Cafeteria
Jason Jordan
R $41 NR $49 5 classes

Little Tykes Martial Arts: Surge

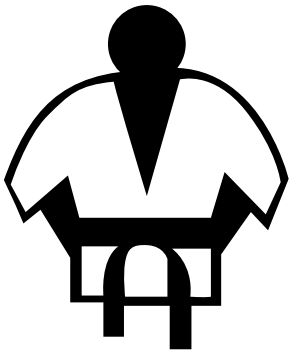
Ages 4–6

Your child will have a blast learning different punches, kicks and also some tumbling. While engaging in these fun activities, your child will acquire important life skills such as focus, confidence, respect and much more. Five minutes of each class will be dedicated for parents to have the opportunity to engage with their child. Individuals may only register for this program once through the CE & Rec Dept.

6/7–7/7 Class #25392
7/26–8/26 Class #25393

Participants can choose any two classes each week from the following options: Tue, Thur, Fri, 4:45 PM, 35m

Surge Martial Arts in Menomonee Falls
Neil Rajadhyaksha
R $39 NR $47 14 classes



Youth Martial Arts: Surge

Ages 7–13

Your child will gain confidence and balance while learning fun martial arts skills like kicking, punching, jumping and tumbling. Martial Arts also incorporates life skills such as listening, respect, focus, confidence, self-discipline and self-defense. Classes are age specific for maximum fun and learning. Individuals may only register for this program once through the CE & Rec Dept.

6/6–7/6* Class #25394
7/25–8/26 Class #25395

Participants can choose any two classes per week from the following 30 minute options: Mon at 4:45 PM, Wed at 5:25 PM and Fri at 5:25 PM

Surge Martial Arts in Menomonee Falls
Neil Rajadhyaksha
R $39 NR $47 10 classes
*No class 7/4

TaeKwonDo

Ages 7–Adults of All Ages

TaeKwonDo is one of the most popular forms of martial arts in the world today and combines exercise, meditation, respect and self-discipline. 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.

Tue & Thu, 6:00 PM, 1h
6/14–7/28 Class #25274
Community Center Rm 102 A & B

James Donne
R $49 NR $59 14 classes

Recreational Tree Climbing

Ages 7–17

Join us for fun, fitness and adventure! Peaceful and invigorating, recreational tree climbing allows climbers to safely explore trees while gaining a new appreciation for nature, and their parks. All gear and instruction is provided. Participants should wear long pants, sturdy shoes, and bring a sense of adventure. Park entrance is included with registration. Parents must sign a participation waiver at the class. You will receive a pre-climb email with map and directions.

Mon, 8/8, 2h
9:30 AM Class #25209
12:00 PM Class #25210

Mon, 9/5, 2h
9:30 AM Class #25221
12:00 PM Class #25222

Menomonee Park
Waukesha County Parks Staff
R $44 NR $44

YOUTH ACTIVITIES & SPORTS

Hot Wheels NEW!

Ages 7–12

Come learn how to skate on roller blades. Improve your balance and get stronger, while playing games outside on wheels. Some of the skills you will learn: How to fall, how to NOT fall, how to get up, v-walk to basic stride, heel stop, pivot, backwards skating, parallel turns. Registration fee includes skate and full gear rental (helmet, elbow pads, knee pads, and wrist guards) Students may use their own equipment if preferred, but full gear is required.

Mon, 6:30 PM, 45m
6/6–6/27 Class #25535
7/11–8/1 Class #25536
Riverside Playground & Asphalt Area
Pettit National Ice Center Staff
R $25 NR $30 4 classes

Learn To Skate

Ages 4–12

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 required. Skate rental is included in the fee. Call Eble Ice Arena at (262) 784-7512 for more information.

Mon, 4:00 PM, 30m

Ages 4–6
6/6–7/11 Class #25372
7/18–8/15 Class #25373

Ages 7–12
6/6–7/11 Class #25374
7/18–8/15 Class #25375

Eble Ice Arena
R $65 NR $65 5 classes

Community Playground Challenge NEW!

Youth and Adults of All Ages

Get out and play! This family event will let you explore the numerous playgrounds around Menomonee Falls and challenge you to play at them all! You will be emailed a list of 12 playgrounds. During the month of July check off each one you visited and once you complete your sheet. Email your family name and 2 pictures of your family enjoying those playgrounds to cerd@sdmfschools.org by August 5. Entries will be put in a drawing to win a basket filled with fabulous prizes from participating businesses. Winners will be announced on August 8.

7/1–7/31 Class #25376
FREE but registration is required.
(Please only register ONE member of the family to receive email updates.)

OPTIMIST CLUB
of Menomonee Falls

Saturday, May 14
Mill Pond Park

Registration 9–10 AM
Fishing Contest 10–Noon

Bring your own fishing equipment. A limited supply of bait will be provided. Open to all boys and girls ages 3–16 who attend Menomonee Falls schools or are residents. Children under 11 must be accompanied by an adult. 16 year olds must have a license. Trophies awarded to boys and girls in five age divisions.

Details at fallsoptimistclub.org

IMPORTANT TENNIS INFORMATION

- All classes held at High School Tennis Courts
- Please bring your own racquet unless noted
- Please bring a water bottle every day

Tennis: Pee Wee

Ages 4–6

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. Youth racquets will be provided if needed.

Mon–Fri, 12:00 PM, 45m
6/13–6/23 Class #25846
6/27–7/7* Class #25847
7/11–7/21 Class #25848
7/25–8/4 Class #25849

R $43 NR $52 9 classes
R $39 NR $47 8 classes – No class 7/4*

Tennis: Parent/Child

Ages 4–8 w/adult

Enjoy the sport of tennis, receive instruction, and participate in fun games and drills while spending quality time with your child. Child must be between the ages of 4 to 8. Adults will need to provide their own racquet. Youth racquets are provided if needed. Register child only, one adult is included in fee.

Tue & Thu, 6:00 PM, 50m
6/14–7/7 Class #25850
7/12–8/4 Class #25851
R $58 NR $69 8 classes

Tennis: Beginner

Ages 7–12

Students will be introduced to the game of tennis. Forehand and backhand, groundstrokes, 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.

Mon–Fri, 1:00 PM, 50m
6/13–6/23 Class #25882
7/11–7/21 Class #25883

Mon–Fri, 2:00 PM, 50m
6/13–6/23 Class #25852
6/27–7/7* Class #25853
7/11–7/21 Class #25854
7/25–8/4 Class #25855
R $58 NR $69 9 classes
R $52 NR $63 8 classes, No class 7/4*

Tennis: Intermediate

Ages 7–12

Prerequisite: Prior structured tennis experience and the ability to rally with a partner. We will review all tennis skills including forehand, backhand, volleys, overheads, and rallying. Students will receive more in-depth instruction on serving and the different grips that can be used. Singles and double matches will be played with an emphasis on strategy. Class runs Monday–Friday with second Friday used only if needed for rain make-up.

Mon–Fri, 1:00 PM, 50m
6/27–7/7* Class #25884
7/25–8/4 Class #25885
R $58 NR $69 9 classes
R $52 NR $63 8 classes, No class 7/4*

Tennis: Jr Team

Grades 3–12

This program is for the experienced student ready for competition. Tennis skills will be refined through individual and group drills leading up to weekly competition against other local recreation department teams. Busing to and from matches will be provided for all students. NOTE: Due to travel times, participants may be asked to report as early as 12:30 PM on match days for away matches. Students will typically return on match days between 3–3:30 PM. A complete match and practice schedule will be issued at the first practice.

Mon–Wed, 6/13–8/4, 1h30m

Entering Grades 3–8
1:00 PM Class #25860

Entering Grades 9–12
2:30 PM Class #25861

R $85 NR $99 23 classes
*No class 7/4

Tennis: Advanced Beginner

Ages 7–12

For students who have completed at least one session of a beginner tennis class. Students will work on serving technique, rallying skills and shot placement. We will also begin work on playing singles and doubles matches with an emphasis on strategy.

Mon–Fri, 3:00 PM, 50m
6/13–6/23 Class #25856
6/27–7/7* Class #25857
7/11–7/21 Class #25858
7/25–8/4 Class #25859
R $58 NR $69 9 classes
R $52 NR $63 8 classes, No class 7/4*

Tennis: Small Group

Ages 6–12

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 3:1 participant to instructor ratio will ensure personalized attention to your student's tennis progression and skill development.

Mon–Thu, 25m
R $27 NR $33 4 classes
R $21 NR $27 3 classes*

Ages 6–8	12:00–12:25
6/13–6/16	25862
6/20–6/23	25864
6/27–6/30	25866
7/5–7/7*	25868
7/11–7/14	25870
7/18–7/21	25872
7/25–7/28	25874
8/1–8/4	25876
Ages 9–12	**12:30–12:55**
6/13–6/16	25886
6/20–6/23	25887
6/27–6/30	25888
7/5–7/7*	25889
7/11–7/14	25890
7/18–7/21	25891
7/25–7/28	25892
8/1–8/4	25893

Tue & Thu, 25m
R $27 NR $33 4 classes

Ages 6–8	5:00–5:25
6/14–6/23	25878
6/28–7/7	25879
7/12–7/21	25880
7/26–8/4	25881
Ages 9–12	**5:30–5:55**
6/14–6/23	25894
6/28–7/7	25895
7/12–7/21	25896
7/26–8/4	25897

Tennis: One-on-One

Ages 4–17

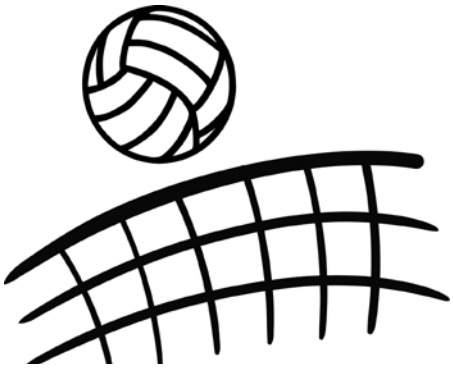
Is your serve a little off? Are you having trouble with your backhand? Would you or your child achieve better results with personalized instruction? Instructors will be matched to students to provide lessons tailored to improve their tennis skills.

Mon–Thu, 25m
R $39 NR $47 4 classes
R $30 NR $36 3 classes*

Ages 4–17	1:00–1:25	1:30–1:55	2:00–2:25	2:30–2:55	3:00–3:25	3:30–3:55
6/13–6/16	25898	25899	25900	25901	25902	25903
6/20–6/23	25904	25905	25906	25907	25908	25909
6/27–6/30	25910	25911	25912	25913	25914	25915
7/5–7/7*	25916	25917	25918	25919	25920	25921
7/11–7/14	25922	25923	25924	25925	25926	25927
7/18–7/21	25928	25929	25930	25931	25932	25933
7/25–7/28	25934	25935	25936	25937	25938	25939
8/1–8/4	25940	25941	25942	25943	25944	25945

Tue & Thu, 25m
R $39 NR $47 4 classes

Ages 4–17	5:00–5:25	5:30–5:55
6/14–6/23	25946	25947
6/28–7/7	25948	25949
7/12–7/21	25950	25951
7/26–8/4	25952	25953



Boys Volleyball Camp

Entering Grades 3–8

Learn the fundamentals necessary to play the game of volleyball. Serving, passing, setting, attacking and blocking will be covered, as well as basic defensive and offensive volleyball concepts. Register by June 2.

Mon–Fri, 8:00 AM, 1h30m

Grades 3–5
6/13–6/17 Class #25975

Grades 6–8
6/13–6/17 Class #25976

R $60 NR $75 5 classes
Germantown High School Main Gym
Brian Rushmer

Boys Volleyball Camp

Entering Grades 9–12

Highly recommended for students interested in playing volleyball at the high school level. Some experience is required. Basic offensive and defensive strategies, as well as some advanced techniques will be taught and developed. A tournament will conclude the camp. Register by June 2.

Mon–Fri, 10:00 AM, 2h30m
6/13–6/17 Class #25977
Germantown High School Main Gym
Brian Rushmer
R $82 NR $97 5 classes

Jr Phoenix Volleyball Club Girls

Entering Grades 5–8

The Jr Phoenix Volleyball Club was founded in 2018 to provide youth an opportunity to learn and enjoy the sport of volleyball outside or in compliment of the club season. Teams will participate in the Badger Region Youth Volleyball League. Practice will be held on Tuesdays and Thursday evenings beginning in August. Matches will be held on weekends after Labor Day through the end of October. Two uniform tops and shorts are included. All registration is first come/first served with no tryouts or cuts. Please register for the grade level your child will be entering in the Fall 2022 school year. Players must reside in the School District of Menomonee Falls boundaries or be enrolled in the MF School District for 2022–23 school year. Additional team and practice information will be sent out prior to the start of practice.

Tue & Thu, 8/16–10/27

Entering Gr 5 Class #25455
Entering Gr 6 Class #25454
Entering Gr 7 Class #25453
Entering Gr 8 Class #25452

Community Center Gym
Stephanie Bechel
R $340 NR $408

Girls Volleyball Camp

Entering Grades 9–12

This Volleyball Camp is designed to get your child ready to tryout for their school teams in their upcoming seasons. Volleyball's five fundamental skills will be worked on and competitive games will be played. Staff will include varsity Head Coach Cory Rabe and members of the High School Staff.

Mon–Wed, 7/25–7/28
6:00 PM, 2h Class #25415
High School Gym Grey
Cory Rabe
R $51 NR $61 3 classes

Girls Volleyball Camp

Entering Grades 5K–8

These Volleyball Camps are designed to teach your child the fundamentals of volleyball in a fun, engaging atmosphere. We will cover the five basic skills and put those skills to use in games. Coaching staff will include Varsity Head Coach Cory Rabe, members of the high school staff, and current varsity players.

Mon–Wed, 7/25–7/27

Entering Grades 5K–4
12:30 PM, 1h Class #25412
R $31 NR $38 3 classes

Entering Grades 5–6
2:00 PM, 1h30m Class #25413
R $38 NR $46 3 classes

Entering Grades 7–8
4:00 PM, 1h30m Class #25414
R $38 NR $46 3 classes

High School Gym Grey
Cory Rabe

YOUTH ACTIVITIES & SPORTS

First Tee Junior Golf NEW!

Ages 7–12

FORE! Participants will learn the fundamentals of golf, etiquette, and rules through practice and course play at beautiful Dretzka Park. At the end of the session all participants are invited to the Family Showcase day on Sunday, August 14 from 3:30–5:30pm. Golfers will play 9 holes with a parent or family member and end with a cookout to end the season. Bring your own clubs if you have them or clubs will be available to use.

Wed, 6/22–8/10, 1h15m
9:00 AM Class #25661
10:15 AM Class #25662
1:00 PM Class #25663

Dretzka Park Golf Course
Dretzka Park Golf Staff
R $175 NR $210 9 classes

Golf Lessons: Jr Academy

Ages 7–10

Have fun learning the great game of golf. Learn the game the right way. Fundamentals of the full swing, the short game, putting and on course etiquette will be taught. Please bring your 7, 8, or 9 iron to the first class. Students must purchase golf balls at the range for each class. Classes will be held rain or shine.

Mon, Wed, Thu, Fri, 1h

6/27–7/1, 9:30 AM Class #25734
7/11–7/15, 1:00 PM Class #25735
7/25–7/29, 10:30 AM Class #25736
Swing Time Golf Course Germantown
R $58 NR $62 4 classes

Track & Field Camp

Ages 8–14

Join the Menomonee Falls High School Track & Field program for a week of camp at Schumann Stadium for athletes in grades 5–9 as of fall. Camp will include all track events from jumping, sprinting, distance running, hurdles and relays. Rain or shine.

Mon–Fri, 9:30 AM, 1h 30m
6/20–6/24 Class #26131
High School Track
Tom Shannon,
Bryan Tocco, Erin Halloway
R $60 NR $77

Community Bike Challenge

Youth and Adults of All Ages

Compete against your friends, family and neighbors as Germantown Park & Rec joins Menomonee Falls CE & Rec in challenging everyone to become the top cyclist. Registered participants will submit a mileage log each week, and weekly standings will be posted. Tracking is completed on an honor system, using a mileage sheet that will be emailed to participants. There will be separate age brackets. When registering, indicate which division you are registering for. Registration fee includes a t-shirt and prizes will be given to top cyclist in each bracket. Register by April 25.

Recreation Division: Ride less than 75 miles per week, separate age brackets, and prize for top cyclist in each bracket.

Competitive Division: Ride 75+ miles per week, no age brackets.

Participants are encouraged to use a free app called Strava to track your mileage and route.

5/2–6/5 Class #25137
R$15 NR$15

FALLS SUMMER ACADEMY

School District of Menomonee Falls
Engage | Learn | Improve

Classes will run Monday through Friday.
No classes held the week of July 4–8.

Most classes are FREE!

Important Registration Information

- ✓ Bus transportation is not available for students.
- ✓ Most classes are FREE. If there is a nominal fee, it is listed. The district uses this money to purchase consumable materials that students use in the class.
- ✓ Waiting list priority will be given to students who are not already enrolled in another class at that time.

Register on-line or through the CE & Rec office

Supportive Programs

Fun, Challenging Enrichment

Credit Recovery

Sports & Fitness

Who Can Register?

- ✓ Students who live within the boundaries of the School District of Menomonee Falls.
- ✓ Students who are enrolled with the School District of Menomonee Falls.
- ✓ Students living within the Sussex Hamilton School District are considered **non-residents**. Any non-resident students can register at a cost of $175.00 for a 2-week course, and $300.00 for a 4-week course by contacting the CE & Rec Dept. at (262) 255-8460.

Courses for Grades 4K–2

Held at Shady Lane School (unless noted)

Session I	June 20–July 1	Must Register by June 9
Session II	July 11–July 22	Must Register by June 30

Classes held Mon–Fri unless noted, No class July 4–8

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice. Course content is the same for each session. EXCEPTION: you may register for two sessions of Mini Math Masters and Page Turners which offer unique activities in Session I and Session II.

GROWING

Enrichment Courses Entering Grades 1–2	$	June 20 – July 1		July 11 – July 22	
		8:30–10:00	10:05–11:35	8:30–10:00	10:05–11:35
American Girl…		25459	25460	25461	25462
Art Skills and Projects	$10	25463	25464	25465	25466
Being the Best Me		25469	25470	25471	25472
Dance, Dance, Dance		25473	25474	25475	25476
Drama Camp		25477	25478	25479	25480
Golf for Beginners		25483	25484	--	--
Hola! Spanish		25501	25502	25503	25504
Mini Math Masters–Gr.1		25485	25486	25487	25488
Mini Math Masters–Gr.2		25489	25490	25491	25492
Lego StoryStarter	$10	25505	25506	25507	25508
Let's Get Cooking…	$10	25509	25510	25511	25512
Page Turners–Gr. 1		25493	25494	25495	25496
Page Turners–Gr. 2		25497	25498	25499	25500
Playground Games		25515	25516	25517	25518
Weather Camp		25519	25520	25521	25522

Entering Grades 4K or 5K	June 20–July 22, 8:30–11:30 (4 weeks)
Get Set for 4K	25482
Gateway to 5K	25481

Get Set For 4K

Students must be 4 years old by Sept. 1, 2022, to enroll in this class. Children will have the opportunity to interact with students their own age to ease the transition to 4K. With a focus on socialization, children will enjoy games, songs, stories, projects, and also a sneak preview of the Menomonee Falls 4K program. Our room will be filled with excitement, song, and dance, and a new unit of fun each week. This course runs 4 weeks. No class 7/4–7/8.

Gateway to 5K

Students must be 5 years old by Sept. 1, 2022, to enroll in this class. Have your child join us for a fun-filled class of dramatic play. Children will learn through play, expand their vocabularies, create projects, and work on basic literacy and math skills to help transition to kindergarten. Each week will be a new unit of fun. This course runs 4 weeks. No class 7/4–7/8.

Continued ...

Sports Entering Grades 1–2				
Basketball, Soccer, Cardio	Held at Shady Lane	June 20–July 1	12:30–1:30	25467
Basketball, Soccer, Cardio	Held at Shady Lane	July 11–July 22	12:30–1:30	25468
Phoenix Wrestling Academy	Held at MF High School	June 21–July 21, T–Th	9:00–10:00	25717

American Girl
Campers will follow the adventures of the characters in the American Girl series. By participating in fun hands-on projects, your child will learn about life in the past and how it relates to life in the present.

Art Skills & Projects | $10
This class will allow students to experiment with drawing, sculpture and painting, while working with their teacher to develop their various art skills. Students will be able to take their projects home each week.

Being the Best Me NEW!
In this course, students will have fun while learning social skills such as problem-solving, building strong friendships, and teamwork. Students will work together to explore emotions, healthy coping strategies, and conflict resolution strategies important for school and community.

Dance Dance Dance
Students will work on strength and flexibility while learning to dance to different genres like hip hop, country, rock, funk and more. They will also work on team building skills and see what it takes to be part of a group dance. On the last week of class, students will have the opportunity to perform for their parents. So, come on and dance!

Drama Camp
Does your child love to act, sing, and dance? Then get ready to create a full performance! Students will be immersed in the production process. They will help to write scripts, create costumes and props. They will work on building stage skills like volume, diction, characterization, confidence and dramatic expression, and will amaze you with all they can do in two weeks.

Golf for Beginners
Golf for Beginners will focus on the fundamentals of golf such as grip, stance and posture. Students will also learn the basics of chipping, putting and swinging.

Hola Spanish Speaking Fun
We will review and build on the basics. Students will apply their current Spanish skills to learning more vocabulary and building basic sentences using stories, songs and projects to learn about different Spanish speaking countries.

Lego Camp StoryStarter | $10
Lego StoryStarter is a course designed to develop skills in speaking, listening, language, and writing. In this hands-on-course, students will design different scenes/objects with legos and then create a story to go along with their creation. Students will be able to bring a project home at the end of the session.

Let's Get Cooking | $10
Let's Get Cooking is for any child who enjoys reading interesting books and creating unique and tasty treats in the kitchen. Each day we will read a book and then make a kid-friendly recipe! Students will also have fun learning about cooking safety, making healthy food choices and working cooperatively.

Mini Math Masters
This class is for students of all skill levels. Students will work on problem solving real-life events in a challenging and fun way, while developing their skills in Science, Technology, Engineering, and Mathematics (STEM). Students may register for both Session 1 and Session 2 as different unique activities are offered each session.

Playground Games
Students will have a blast while learning how to play popular and fun playground games. They will learn the rules, and skills such as teamwork and persistence. What a great way to form friendships and stay active.

Page Turners
Calling all readers! This class is for students of all skill levels. Campers who would like to further their reading skills will have the opportunity to incorporate reading, writing and technology in this fun hands-on camp. Students will work on a storyboard, read a variety of literature, as well as explore and create multimedia projects. Students may register for both Session 1 and Session 2 as different unique activities are offered each session.

Weather Camp
Your little camper will be introduced to the wonders of weather. They will learn how weather affects plants and nature by taking part in weather experiments. Class will also focus on how weather is created and precautions necessary for different types of weather.

SPORTS

Basketball Soccer Cardio (Grades 1 & 2)
Students will learn the basics of basketball and soccer, as well as other cardio and endurance strengthening games, in this fun, fast paced camp. Campers will work on their soccer and basketball related skills through a variety of drills and games.

Phoenix Wrestling Academy
Class held T & Th. Development and refinement of wrestling fundamentals.

QUESTIONS? For questions regarding Falls Summer Academy programs for Grades 4K–2, please contact Mrs. Lauda at LaudKri@sdmfschools.org.

Courses for Grades 3–5

Held at Valley View School (unless noted)

Session I	June 20–July 1	Must Register by June 9
Session II	July 11–July 22	Must Register by June 30

Classes held Mon–Fri unless noted, No class July 4–8

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice. Course content is the same for each session. EXCEPTION: you may register for two sessions of Math Masters and Page Turners which offer unique activities in Session I and Session II.

Enrichment Courses Entering Grades 3–5	$	June 20 – July 1		July 11 – July 23	
		8:15–9:45	9:50–11:20	8:15–9:45	9:50–11:20
3D Art	$10	25523	25524	25525	25526
Art Camp: Photo & Draw	$10	25527	25528	25529	25530
Business Basics		25531	25532	25533	25534
Chemistry & Cooking	$10	25537	25538	25539	25540
Computer Coding		25541	25542	25543	25544
Dance, Dance, Dance		25545	25546	25547	25548
German		25550	25551	25552	25553
Golf for Beginners		--	--	25554	25555
Intro to Robotics		25582	25583	25584	25585
Lego Design	$10	25586	25587	25588	25589
Math Masters–Gr. 3		25556	25557	25558	25559
Math Masters–Gr. 4		25560	25561	25562	25563
Math Masters–Gr. 5		25565	25566	25567	25568
Page Turners–Gr. 3		25569	25570	25572	25573
Page Turners–Gr. 4		25574	25575	25576	25577
Page Turners–Gr. 5		25578	25579	25580	25581
Scrapbooking	$15	25590	25591	25592	25593
Sewing Skills & Crafts	$15	25597	25598	25599	25600
Team Building		25604	25605	25606	25607
Theater Camp		25608	25609	25610	25611
World Adventures		25613	25614	25615	25616
Unwind the Mind		26127	26128	26129	26130

Sports Held at MF High School				
Basketball – Boys	Grades 3–5	June 20–July 22	2:00–3:00	25715
Basketball – Girls	Grades 3–5	June 20–July 22	9:45–11:15	25716
Speed, Agility and Strength	Grade 5	June 20–July 22	8:30–9:30	25722
Phoenix Wrestling Academy	Grades 3–5	June 21–July 21, T&Th	9:00–10:00	25717

EXPLORING

3D Art | $10

Students have an opportunity to sketch, draw, sculpt, paint, and make crafts out of a variety of available materials. Our focus will be 3D art that can be handled, touched, or perceived by its length, width, and depth.

Art Camp: Photography and Drawing | $10

This class will familiarize students with the seven photography principles of line, shape, form, texture, pattern, color, and space. Former students will continue to develop their photography skills with guidance from the instructor. iPads will be used to take portraits, and indoor and outdoor pictures. Drawing techniques will also be taught and practiced. The artwork will be assembled into an artist's portfolio.

Basketball — Boys

Classes will be held at MF High School. The MF High School Boys Basketball Coaching Staff will teach students all aspects of playing basketball including fundamentals such as shooting, passing, and dribbling. Students will also participate in contests and games.

Basketball — Girls

Classes will be held at MF High School. Students will have fun and increase their basketball IQ while developing the fundamentals and skills needed to play basketball. We will play plenty of games, and athletes will also have the opportunity to play against friends and even the high school players.

Continued ...

Business Basics
Students will learn about earning, spending, and saving money, and businesses they can start or jobs they can perform to earn money. They will also participate in playing the board games Monopoly and Life.

Chemistry and Cooking | $10
This is a science class with a tasty twist. Students explore the science behind why foods interact and taste the way they do. They learn the scientific principles while doing hands-on experiments, many of which are edible. Each day explores a new theme, complete with a "case study" for students to take notes on and draw pictures.

Computer Coding
Students will use their creativity and imagination to design and program computer animations. We will use Scratch, an interactive program designed specifically to introduce young minds to the field of computer science. If your child is interested in exploring the areas of science, technology, and math in an interactive and hands-on environment, this is the class for them.

Dance Dance Dance
Students will work on strength and flexibility while learning hip hop, jazz and pom moves. They will also try out their dance skills and see what it takes to be part of a group dance. On the last week of class students will have the opportunity to perform for their parents.

German Language
Students will learn basic phrases, including colors, greetings, foods, alphabet, body parts, songs, and much more. We will explore cultural traditions and how they are celebrated in German speaking countries.

Golf for Beginners
Class will focus on the fundamentals of golf such as grip, stance and posture. Students will also learn the basics of chipping, putting and swinging.

Introduction to Robotics
The LEGO Education WeDo Construction Set introduces young students to robotics. Students will be able to build LEGO models featuring working motors and sensors. They will program their models, and explore a series of cross-curricular, theme-based activities while developing their skills in science, technology, engineering, and mathematics as well as language, literacy, and social studies.

Lego Design | $10
Using problem solving models, campers will investigate to understand the operation of simple and compound machines found in everyday life such as: wheels and axles, levers and pulleys, gears and more.

Math Masters
This class is for students of all skill levels. Students will use Science, Technology, Engineering and Mathematics (STEM) to solve engineering design challenges based on real events. This class will foster problem solving skills that include problem formulation, creativity, planning and testing of alternative solutions. Students may register for both Session 1 and Session 2 as they will offer different unique activities each session.

QUESTIONS? For questions regarding Falls Summer Academy programs for Grades 3–5, contact Mrs. Lauda at LaudKri@sdmfschools.org.

Page Turners
Calling all readers! This class is for students of all skill levels, and is designed to build comprehension skills and reading strategies through discussions and activities. Students will have fun designing creative projects that coincide with their books. Students will leave with booklists and a motivation to read all summer long. You may register for both Session 1 and Session 2 as they will offer different unique activities each session.

Phoenix Wrestling Academy
Class held T & Th. Development and refinement of wrestling fundamentals.

Scrapbooking | $15
Help keep your special memories by creating a scrapbook. Students will put together scrapbook pages for a variety of topics, including pets, vacations, holidays, family, friends and much more. Bring your pictures to class or add them to your finished layouts later. Students will leave class with a special keepsake of their favorite memories. This year will focus on a seasons theme.

Sewing Skills and Crafts | $15
In this sewing basics class you will learn hand sewing techniques, and how to use a sewing machine. We will cover projects from buttons and badges, along with other items and crafts. Have fun while learning the lifelong skill of sewing.

Speed, Agility & Strength
Classes held Monday–Friday at MF High School.
This class will focus on the importance and value of exercise. Cardiovascular fitness, strength development, muscular endurance, speed development, and flexibility will be promoted through the use of all physical education facilities and equipment. Other areas that will be covered include strength training program design, proper spotting techniques and weight room safety.

Team Building and Adventure Camp
Students will have a great time while participating in a variety of team building games and activities. We will use problem solving strategies, teamwork and creativity to compete in relay races and to complete obstacles.

Theater Camp
From start to finish, campers will learn what it takes to put on a play. They will work on projection, stage directions, developing scenery, and utilizing props for a performance they will put on for the other classes and their families.

World Adventures
Students will explore different countries and continents throughout the world, and learn information such as interesting facts, education experiences, food, climate, weather and more. As we travel throughout the world, we will read stories, listen to music and experience some of the local cuisine.

Unwind the Mind NEW!
Students will focus their mind and body through literacy and yoga. Read alouds and journaling will be combined with yoga and breathing exercises for students to calm their minds and relax their bodies.

Courses for Grades 6–8

Held at North Middle School (unless noted)

Session I	June 20–July 1	Must Register by June 9
Session II	July 11–July 22	Must Register by June 30

Classes held Mon–Fri unless noted, No class July 4–8

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice EXCEPT for Supportive Math & Supportive Reading. Enrichment course content is the same for each session.

Supportive Courses	June 20 – July 1		July 11 – July 22	
	8:05–9:35	9:40–11:10	8:05–9:35	9:40–11:10
Grade 6 Supportive Math	25645	25646	26101	26102
Grade 6 Supportive Reading	25651	25652	26103	26104
Grade 7 Supportive Math	25647	25648	26105	26106
Grade 7 Supportive Reading	25653	25654	26107	26108
Grade 8 Supportive Math	25649	25650	26109	26110
Grade 8 Supportive Reading	25655	25656	26111	26112

Enrichment Courses Entering Grades 6–8	$	June 20 – July 1		July 11 – July 22	
		8:05–9:35	9:40–11:10	8:05–9:35	9:40–11:10
Art: Open Studio	$10	25617	25618	25619	25620
Code Studio		--	--	25621	25622
Creative Writing		25623	25624	--	--
Summer Entrepreneur		25641	25642	--	--
Financial Literacy		--	--	25643	25644
Lego Robotics		25625	25626	--	--
Play It Fitness		25631	25632	25633	25634
QWERTY Camp		25635	25636	--	--
Spanish		25637	25638	25639	25640
Tween Cuisine	$15	25657	25658	25659	25660
Plan Your Ideal Vacation		26097	26098	26099	26100

North Sneak Peek: Transition to 6th Grade
Held at North Middle School
Registration Deadline: August 1 at 8:00 am

August 18	August 18	August 19	August 19
8:00–10:00	10:30–12:30	8:00–10:00	10:30–12:30
25627	25628	25629	25630

Sports Held at Menomonee Falls High School (unless noted)				
Boys Basketball	Grades 6–8	June 20–July 22	3:00–4:00	25720
Girls Basketball	Grades 6–8	June 20–July 22	9:45–11:15	25719
Boys Diamond Development	Grade 6	June 20–July 22	9:00–10:30	25710
Boys Diamond Development	Grade 7	June 20–July 22	10:30–12:00	25711
Boys Diamond Development	Grade 8	June 20–July 22	9:00–10:30	25712
Speed & Agility	Grades 6–8	June 20–July 22	8:30–9:30	25722
Phoenix Wrestling Academy	Grades 6–8	June 21–July 21 T & Th	9:00–10:00	25717

Supportive Math

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

Supportive Reading

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

North Sneak Peek: Transition to 6th Grade

Offered to incoming 6th grade students only. Feeling a little nervous about middle school? Join us for a sneak peek of North Middle School as we get ready to start the new school year. Learn your way around the building, practice opening lockers, and get advice to make the first week a breeze. We will also practice study strategies and organizational skills through hands-on activities, and meet some of the classmates and teachers you will see on your first day of class.

Code Studio

Code Studio is a computer science course that empowers students to create authentic artifacts and engage with computer science as a medium for creativity, communication, problem solving, and fun. No experience needed, but if you have some, we can meet your needs. A typical day finds students engaged in self-paced coding lessons, relaxing breaks, unplugged activities, and a fine cool-down time with different coding games.

Creative Writing

Attention young and future writers! This is your opportunity to sharpen your short story, graphic novel or screen writing skills. Learn all about creating interesting characters, planning an attention grabbing plot, using descriptive writing that engages all of the senses and then putting it all together in a finished piece. Writers will develop these skills through interesting, short creative writing pieces.

Summer Entrepreneur

Do you have a creative product or service that addresses a specific market niche? Join us in this engaging and real-life course that uses GoVenture Micro Business on-line entrepreneurial simulation. With Micro Business, you are the owner of a mobile business cart, where you learn how to manage human resources, finances, and the 4 P's of the marketing mix (product, place, price and promotion).

Finance Literacy

Learn more about banking, personal finance, credit, consumerism and investing through real-life experience. This course will include online simulations such as "How the Stock Market Works" and the brand new Banzai credit/budget program that allows students hands-on learning about personal financial literacy.

Lego Robotics

Students will be introduced to the Lego Mind Storm education curriculum. Students will partner up and build a variety of NXT Lego robots along with programming the bot to accomplish a specific task. Students will be exposed to blueprint reading, computer programming, and other technological concepts. Once students are accomplished/proficient with the NXT program, they will have the opportunity to work with the advanced level of Lego Education known as the EV3 Mind Storm program.

Open Studio Art | $10

Students will have access to a wide range of 2D and 3D materials. The atmosphere of this course is meant to be open and inspiring, allowing students to create original work at their own pace. This course is perfect for any student who is interested in exploring visual art in their own way. Students who thrive with support and structure will be provided with predetermined projects and art making processes. Art making stations available to students include a drawing and painting station with traditional and non-traditional materials, a sculpture station with found objects, cardboard, newspaper and more. We will also have a jewelry station. Students will also have the option to tie-dye a piece of clothing or fabric towards the end of the course.

Continued ...

QUESTIONS: For questions regarding Falls Summer Academy programs for Grades 6–8, please contact Ms. Gieryn at GierJes@sdmfschools.org or Laura Alva-Garcia at alvalau@sdmfschools.org.

Play It Fitness

Do you need a little motivation to get out and stay active until your next wellness education class? Are you interested in learning new, fun and fast paced games such as tennis, basketball, football, soccer, and softball, that can be played at either a competitive or noncompetitive level? We will even learn some cardio workouts. Enjoy fun with your friends while getting a great workout.

QWERTY Camp

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

Spanish

Spanish is a great language to learn if you have ever wanted to travel the world and speak to people in their native language. The class is an introduction to useful conversational phrases and basic vocabulary, as well as cultural activities, foods, and crafts. Topics range with age and experience of students and may include (but may not be limited to): animals, families, and jobs/professions.

Tween Cuisine | $15

What do Rachel Ray, Jamie Oliver, and Julia Child all have in common? You guessed it - their love for cooking. This course will give you a chance to develop your passion for cooking. We will spend time searching for recipes or even brainstorming our own recipes, cooking, serving and eating. We'll also have a friendly competition and host a bake sale.

Plan Your Ideal Summer Vacation NEW!

Get away this summer to where all the magic happens! In this interactive and fun class, you are the travel agent. We will learn about popular destinations and then plan a trip to somewhere awesome. Want to learn how to create your own road trip itinerary, play some games, learn travel budgeting, or plan the snacks? Take your travel passion to the next level in a class that encourages you to reach for the sky and explore your ideal summer vacation.

SPORTS

Boys Basketball

Classes will be held at MF High School.
The MFHS Boys Basketball coaching staff will teach students all aspects of playing basketball including fundamentals such as shooting, passing and dribbling. Contests and games will also be played.

Girls Basketball

Classes will be held at MF High School.
Students will have fun and increase their basketball IQ while developing the fundamentals and skills needed to play basketball. We will play plenty of games, and athletes will also have the opportunity to play against friends and even the high school players.

Boys Diamond Development

Classes held Monday–Friday.
This course is designed to help the athlete develop throwing, hitting, catching, pitching, and fundamentals of baseball. Please dress for outdoor weather. Grades 6–7 held at BF/MFHS corner softball diamond. Grade 8 held at Trenary Field.

Phoenix Wrestling Academy

Class held T & Th. Development and refinement of wrestling fundamentals.

Speed, Agility & Strength

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

QUESTIONS: For questions regarding Falls Summer Academy programs for Grades 6–8, please contact Ms. Gieryn at GierJes@sdmfschools.org or Laura Alva-Garcia at alvalau@sdmfschools.org.

High School Courses

Held at Menomonee Falls High School

Session I	June 20–July 1	Must Register by June 9
Session II	July 11–July 22	Must Register by June 30

Classes held Mon–Fri unless noted, No class July 4–8

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice. Course content is the same for each session.

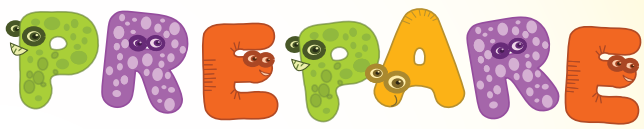
Credit Recovery Courses Entering Grades 10–12	June 20–July 22 (4 week class)	
Credit recovery courses are designed for grade replacement for students who have not successfully completed the course. Upon successful completion of the summer school course, students will earn the required credit for graduation.		
	8:00–10:00	10:15–12:15
Algebra 1 Semester 2	25743	--
Algebra 2 Semester 2	--	25744
Biology Semester 1	25684	--
Biology Semester 2	--	25685
Earth & Space Science Semester 1	25686	--
Earth & Space Science Semester 2	--	25687
English Semester 1 or 2	25689	25690
Geometry Semester 2	25745	--
US History Semester 1 or 2	25691	--
World History Semester 1 or 2	--	25692
Economics	25688	--
Personal Finance	25708	25709
Government	--	25706

Quest Virtual Summer Academy*	9–12	June 20–July 22	online	23783
Rise Summer Academy*	10–12	June 20–July 22	10:15–12:15	25705

**Teacher referral code required*

Credit Accrual Courses Entering Grades 10–12	June 20–July 22 (4 week class)	
	8:00–10:00	10:15–12:15
21st Century Wellness – Virtual	25678	25679

QUESTIONS: For questions regarding Falls Summer Academy programs for Grades 9 –12, please contact Mr. Haubenreich at HaubJef@sdmfschools.org.



Sneak Peek: Transition to High School Entering Grade 9		Class is held Mon, Tues, Wed	
June 20, 21, 22	June 27, 28, 29	July 11, 12, 13	July 18, 19, 20
8:00–10:00 25695	8:00–10:00 25697	8:00–10:00 25699	8:00–10:00 25701
10:15–12:15 25696	10:15–12:15 25698	10:15–12:15 25700	10:15–12:15 25702

Credit Recovery and Credit Accrual Attendance Policy

- A student who is absent (excused or unexcused) more than two periods in a 20-day course will be dropped from the course on the third absence.
- Students arriving late to the start of class, or returning late from a break, will be dropped from that class on the 8th tardy in a 20-day course.
- Students arriving 15 minutes late or more at the start of class, or who are 15 minutes late or more returning from a break, will be considered absent for the entire period, and the absence policy above will apply.
- All School District of Menomonee Falls policies and behavioral expectations are enforced during summer school.

Enrichment Courses					
Prep for AP Art Studio*		11–12	June 20–July 22	8:00–10:00	25674
Prep for AP Art Studio*		11–12	June 20–July 22	10:15–12:15	25675
Prep for AP Biology*		10–12	online	online	25676
Prep for AP Chemistry*		11–12	online	online	25682
Jump Start to AP Literature*		11–12	June 20–June 24	8:00–10:00	25671
FBLA Officer Team Development*		10–12	June 27–July 1	8:00–10:00	25694
Einstein Relativity		9–12	June 20–June 24	8:00–10:00	25693
Jump Start to AP Language*		11–12	June 20–June 24	8:00–10:00	25680
Jump Start to AP Language*		11–12	June 20–June 24	10:15–12:15	25681
Manufacturing & Robotics	$25	9–12	June 20–July 22	10:15–12:15	25703
Online Learning*		10–12	online	online	25672
Public Speaking		12	June 20–July 1	10:15–12:15	25670
Study Skills for Life		9–12	June 20–July 22	8:00–10:00	25704
Study Skills for Life		9–12	June 20–July 22	10:15–12:15	25707

**Teacher referral code required*

Sports				
Boys Diamond Development (held at Trenary)	9	June 20–July 22	10:30–12:00	25713
Running Phoenix	9–12	June 20–July 22	7:30–9:00	25714
Girls Basketball, Strength, Conditioning & Leadership	9–12	June 20–July 22	11:30–12:45	25718
Speed, Agility & Strength	9	June 20–July 22	7:00–9:00	25723
Speed, Agility & Strength	10–12	June 20–July 22	6:00–8:00	25721
Phoenix Wrestling Academy	9–12	June 21–July 21, T & Th	9:00–10:00	25717

CREDIT ACCRUAL

21st Century Wellness

This class is a required credit for graduation and will run virtually in synchronous format. We will focus on issues related to health and wellness in high school, college, and through adulthood. We will cover the seven areas of wellness including: mental health, stress management, nutrition, alcohol/tobacco/other drug use and abuse, and human growth and development.

CREDIT RECOVERY

Online Learning*

Enrollment is limited to students working online, under special circumstances, with prior approval from their assigned counselor. All students must report to the online room for approximately 30 minutes on Monday, June 20 between 8:00 and 11:30 am to pick up course materials (unless picked up during exam week). Students in need of a school laptop MUST notify online staff at time of registration. Laptops will be distributed on the first day of summer school.

Quest Summer Academy*

This session is fully virtual and designed for Quest students only. Students will learn study skills and habits, work on volunteer projects, look deeper into the social/emotional connection between themselves and the world around them, and plan for college/career readiness.

Rise Summer Academy*

This session is designed for current and future RISE students only. Students will work on credit recovery where they need it. Students will also earn a Life Science credit by working on our class garden.

Continued ...

ENRICHMENT

Prep for AP Art Studio*

This course is intended to prepare students for any of the four AP Studio Art Portfolio courses offered at MFHS. Weekly assignments will encourage artistic exploration, and daily writing will enhance creative thinking skills. Students will develop and hone their ability to visually communicate using various art mediums. Artwork created is used for the Breadth portfolio submission to the College Board.

Prep for AP Biology*

This course includes a required summer assignment for AP Biology. Specific details about this assignment will be shared with students during meetings held in June, prior to the end of the school year. All meetings for the course will be held online during office hours determined by the instructor. HS staff will contact student with dates and times.

Prep for AP Chemistry*

This course includes a required summer assignment for AP Chemistry. Specific details about this assignment will be shared with students during meetings held in June, prior to the end of the school year. All meetings for the course will be held online during office hours determined by the instructor. HS staff will contact student with dates and times.

Einstein Relativity

General relativity presents one of the most interesting intellectual challenges in physics. This Mini-course treats the subject in a way that is accessable for students both mathematically and conceptually. We will cover time dilation, length contraction, and relativistic velocities, as well as the history of its development and current applications.

FBLA Officer Team Development*

This course is for newly elected FBLA officers. The team will learn each others roles, create a program of work for the new school year, create the organization's financial statements, prepare for registration, and more.

** Teacher referral code required*

High School Sneak Peek

This transition to high school course is designed specifically for incoming freshmen and other students who will be new to the high school. Students will participate in a variety of activities to help them become familiar with the lay out of the building, staff, requirements, expectations, clubs, activities, and procedures. They will hear guest speakers, interact with the high school environment, and receive help disseminating materials designed for high school students. Be part of this meaningful interaction between and among students, high school teachers, guidance counselors, administrators, and upperclassmen.

Jump Start to AP Language*

Intended for students wishing to enter AP Language and Composition in the coming school year (typically incoming Juniors), this course will introduce some of the major components of AP Language including: how to use and identify rhetorical techniques and devices, how to compose an effective argument, how to synthesize multiple sources into a cohesive piece of writing, and how to analyze an author's craft. Class will also help students with their summer vocabulary and reading assignments. Monday through Wednesday will be face to face.

Jump Start to AP Literature*

Teacher referral code is required for this course. This course is intended to prepare students entering AP Lit the upcoming year. This course will introduce some of the major components of AP Lit, specifically having collegiate discussions, reading and thinking for purpose, and an introduction to writing. This course will help students get started with the summer assignment.

Manufacturing and Robotics | $25

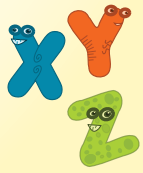
This hands-on project based course will introduce students to our FIRST Robotics team, focusing on design, build, and computer programming. Our main goal will be to learn basic power tool safety, and basic computer programming which will allow us to assemble a robot chassis that is able to move using an Xbox controller.

Public Speaking

This course is for students who are interested in public speaking or who want to better their speaking skills. In this enrichment course, students will consider the importance of public speaking at a personal and societal level. Students will learn the different types of speeches, write speeches, participate in many speaking exercises and give speeches. A voice is one of the most important things an individual has, so it is crucial to learn how to use it.

Study Skills for Life

Take control of your time and give yourself the best opportunity for success. Learn the organizational skills, time management and study techniques you need to make your study time more efficient. Learn note-taking and test taking strategies, memory strategies, and methods to jump start the brain. Discover strategies most effective for your personal learning style. We will also learn self-management of distracters like cell phones and television. Stress management techniques will also be covered.



SPORTS

Boys Diamond Development

This course for incoming 9th graders is designed to help the athlete develop throwing, hitting, catching, pitching, and fundamentals of baseball. Please dress for outdoor weather. Classes will be held at Trenary Field.

Girls Basketball, Strength, Conditioning & Leadership

This course is for girls basketball players who want to spend time on becoming a better basketball player outside of the basketball court. As important as skills are, the best teams are physically fit and win in the weight room as well.

Running Phoenix

This class is for students who wish to improve their cardiovascular conditioning and overall physical fitness through stretching, running and lifting weights.

Phoenix Wrestling Academy

Class held T & Th. Development and refinement of wrestling fundamentals.

Speed Agility and Strength

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

QUESTIONS: For questions regarding Falls Summer Academy programs for Grades 9 –12, please contact Mr. Haubenreich at HaubJef@sdmfschools.org.

NOW HIRING!

Community Education & Recreation is looking for energetic team members to fill a number of positions. Hours, responsibilities, and pay vary depending on the position. **Go to fallsrec.org > Employment for more information.**

SCHOOL DISTRICT OF MENOMONEE FALLS CE & Rec

- **Lifeguards/Swim Instructors**
- **Summer Kids INC Staff**
- **School Year 4K Wrap Around Leader**
- **School Year Preschool Leader**
- **School Year Kids INC Leader**
- **Youth Sports Staff**
- **Rugby Instructor**
- **Club Volleyball Staff**
- **Tennis Coordinator**
- **Tennis Instructor**

LOOKING for a new JOB?

Train to be a CE & Rec Lifeguard!

This blended learning course includes an online class and an in-person skills session. The online class duration is approximately 7 hours and must be completed prior to the onsite training.

See page 5 for class details!

Upcoming Blood Drives

Tuesday, May 31
Tuesday, August 30
Community Center, W152 N8645 Margaret Road

Must be 17 or 16 yrs. with parents permission

Giving blood is a quick, simple way to give back to your community, and possibly save a life. The donation process from the time you arrive to the time you leave is only about an hour.
Book your appointment now at versiti.org.

FIT in the PARKS
Menomonee Falls, Wisconsin

FIT in the Parks is a health and wellness series brought to you by the Village of Menomonee Falls community partners as part of the Live Well Waukesha County initiative.

This summer, *FREE* activites will be held in various parks throughout the Village. Registration is required, but walk-ins will be accommodated as space allows.

Sponsored by:

Barre District Menomonee Falls

Emery's Cycling, Triathlon & Fitness

Froedtert Health

Hooper Hands

Jaskowiak Chiropractic

Menomonee Falls CE & Rec

Peace Yoga Studio & Wellness Center

Tri County YMCA

Team Rehab

UW Madison Extension—Waukesha County

Village of Menomonee Falls

Waukesha County Parks

Wisconsin Athletic Club

FIT in the PARKS
Menomonee Falls, Wisconsin

fallsrec.org > fit in the parks

FIT in the Parks: Sunset/Candlelight Hike

All Ages

Join us for a self-guided walk around Menomonee Park to kick off the 2022 Live Well Waukesha County and Menomonee Falls FIT in the Parks programming. Candles will be available to light the way after dusk or come early and enjoy the park's natural beauty at sunset. Free admission to the park for all participants. A special thanks to Waukesha County CHIPP Action Team for providing this event.

Fri, 7:00 PM, 2h
5/6 Class #25208
Menomonee Park – Beach House
Waukesha County Parks, Froedtert Health

FIT in the Parks: Boomers on E-Bikes

Ages 55+

Rediscover the world of bicycling by trying out an electric assist bicycle. An "E-bike" is a bicycle with an electric motor to help you along. Find out how an e-bike can literally change your life by helping you stay more active and flexible, maintain your sense of balance, lets you pedal up hills with ease and comfort, and lastly - it's just plain fun! We will be riding a two mile loop within the boundaries of Menomonee Park. Registration includes park entrance fee. Please meet in the main parking lot near the beach house.

Tue, 10:00 AM, 2h
6/7 Class #25456
7/5 Class #25457
8/2 Class #25458
Menomonee Park – Beach House
Emerys Cycling, Triathlon & Fitness

FIT in the Parks: Dance It Out

Ages 18+

Life can be tough sometimes, but working out doesn't have to be! Come shimmy your worries away and lose yourself in fun, upbeat music from all over the world. This class uses choreographed moves and energetic songs to brighten your mood, tone your muscles, and burn calories without even realizing it! So whatever life throws at you: when in doubt—just dance it out!

Tue, 6:45 PM, 45m
6/7 Class #25673
7/19 Class #25677
Village Park Performance Amphitheater
CE & Rec, Kate Aumann

FIT in the Parks: Tabata HIIT Workout

Ages 18+

Tabata HIIT is a high intensity, high impact, full body workout. The class starts with an intense warm up, then progresses to five Tabata rounds, and ends with a short cool down and stretch. Each Tabata round includes two moves repeated four times. Each move is performed for 20 seconds with 10 seconds of rest between. Get ready to get your heart pumping and burn calories.

Wed, 6:00 PM, 30m
6/8 Class #26040
7/13 Class #26041
8/10 Class #26042
Village Park Performance Amphitheater
Barre Studio, Allison Gugala

FIT in the Parks: Strength Lite

Ages 18+

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body. With lower intensity, fewer reps and more breaks between exercises, our LITE classes are perfect for mature adults, members new to exercise or those recovering from an injury. Please bring a water bottle.

Wed, 11:00 AM, 1h
6/8 Class #25761
Rotary Park Shelter #2
Wisconsin Athletic Club

FIT in the Parks: Little Hooper Fitness 101

Ages 4–11

Join us for some outdoor fun and basketball fitness! We will play games and work on various agility drills and basketball skills. Please bring your child's basketball and a water bottle.

Sun, 10:00 AM, 50m
6/12 Class #25549
Oakwood Park Basketball Court
Hooper Hands, John Leavell Jr

FIT in the Parks: Intro to StrongBodies

Ages 55+

Strong Bodies is an evidence-based strength training program that has been shown to increase muscle mass, increase muscle strength, and maintain bone density. In addition to increasing ones ability to perform daily activities of living, strength training has also been shown to decrease the risk for some chronic conditions such as diabetes, high blood pressure, some cancers, osteoporosis, arthritis, and heart disease. Join us to learn the basic exercises to start building muscle and preserving your bones. Please bring a bath/beach towel and water bottle to class.

Wed, 11:30 AM, 1h
6/15 Class #25601
7/20 Class #25602
8/17 Class #25603
Willowood Park Main Shelter
UW Madison Extension—Waukesha County

FIT in the Parks: Walking Club

All Ages

Join your neighbors monthly for a social summer walk through different parts of Menomonee Falls. Each month (June – August) we will meet on the 3rd Thursday at a different location. After a brief introduction, walkers enjoy a stroll through Menomonee Falls at their own pace. Walking routes will be provided that range from 1–3 miles but we encourage you to walk the distance you are comfortable with. This is a great way to establish a healthy routine, meet new friends, check out the local parks, and enjoy the warm summer air.

Thu, 5:30 PM, 1h Class #25371
6/16 Meet at Rotary Park Shelter #2
7/21 Meet at Mill Pond Plaza
8/18 Meet at Village Park Falls Fest Plaza
Village of Menomonee Falls
Beth Lohman & Tyler Zwagerman

FIT in the Parks: Boot Camp

Ages 12+

Challenge yourself by mixing functional training and body weight exercises with interval and strength training. Military style exercises like push-ups, squats, sprints, and sit-ups provide options for all levels.

Mon, 5:30 PM, 45m
6/20 Class #25366
7/18 Class #25367*
8/15 Class #25368**
Oakwood Park East of Main Park Shelter
*Village Park Performance Amphitheater
**Rotary Park Shelter #1
Tri County YMCA

FIT in the Parks: Golf Flow

Ages 12+

A golf centric class designed to improve your golf game by increasing your flexibility and preventing injuries.

Tue, 6:00 PM, 1h
6/21 Class #25387
7/19 Class #25388*
8/16 Class #25389**
Rotary Park Shelter #1
*Oakwood Park Main Shelter
**Village Park Performance Amphitheater
Team Rehab

FIT in the Parks: Yoga

Ages 8+

Peace Yoga Studio & Wellness Center is excited to offer Yoga in the Park, an all level yoga class. Discover the many benefits of yoga: stretching, balancing, strengthening muscles, and becoming more mindful and present. You must be able to participate in an hour long class. Please bring your own yoga mat.

Wed, 5:30 PM, 1h
6/22 Class #25305

Thu, 5:30 PM, 1h
7/14 Class #25306*
8/18 Class #25307*
Village Park Performance Amphitheater
*Old Falls Village
Peace Yoga Studio, Diane Sutrick

FIT in the Parks: Barre Fitness Mat

Ages 18+

Join Barre District Menomonee Falls instructors for a mat (no barre required) barre class in the park. Barre is a low impact, high result, full body hybrid fitness routine that utilizes movements and positions from dance, pilates, yoga and functional strength training. Focus will be on optimal alignment and posture to improve balance, coordination, stability, strength and overall function. This class will also strengthen you both physically and mentally while helping you tone and elongate muscles and increase flexibility. This workout is perfect for everyone as instructors offer modifications for every skill level. Please bring a mat and water bottle.

Tue, 6:00 PM, 1h
6/28 Class #25594
7/26 Class #25595
8/30 Class #25596
Oakwood Park East of Main Park Shelter
Barre Studio, Allison Gugala

FIT in the Parks: Stretch & Hike

All Ages

Tips and tricks on everyday living. Stretch the right way, think the right way, move the right way. Join Dr. Dane Jaskowiak and staff as they lead a proper stretch and family friendly hike through Menomonee Park. Make an evening out of it by taking advantage of the beautiful, picturesque picnic, play and swim areas after the hike. Registration includes park entrance fee.

Sun, 4:00 PM, 1h
7/10 Class #25571
Menomonee Park – Beach House
Jaskowiak Chiopractic Staff

FIT in the PARKS
Menomonee Falls, Wisconsin

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FIT in the Parks: Balance and Stability

Ages 18+

This moderate-intensity strength training class focuses on joint rehabilitation, balance, postural alignment and core stabilization by using a variety of equipment pieces. Please bring a water bottle and yoga mat or towel.

Wed, 11:00 AM, 1h
7/13 Class #25762
Rotary Park Shelter #2
Wisconsin Athletic Club

FIT in the Parks: Plein Air Painting

All Ages

Plein Air Painting takes into consideration working with a subject and the elements, and capturing the feeling in that moment. Whether you are an oilist, watercolor artist, or enjoy doing nature journals in pen and ink, this is a great opportunity for you to experience this timeless connection to nature. We will begin with instruction and move into your own painting medium and image choice. Stay after and share a refreshment and snack at the Old Falls Village Beer Garden.

Sat, 12:30 PM, 4h
8/6 Class #25664
Old Falls Village
CE & Rec, Nancy Lohmiller

COMMUNITY INFORMATION

MENOMONEE FALLS DOWNTOWN
wheremain&appletonmeet

Check out this partial listing of the events taking place in Menomonee Falls Downtown this summer!

5/28	Falls Memorial Fest
5/28	KCs Lucky Ducky Derby
6/1	Wednesday Farmers Market Opens *(Weds June 1–Oct 12)*
6/1	Beer Garden Season Opens
6/9	Sunset Concert Series
6/19	Grace Church Services
6/23	Sunset Concert Series
6/24	Art Walk
6/30	Milwaukee Philharmonic
7/10	Sunday Farmers Market Opens! *(Sundays July 10–Sept 11)*
7/14	Sunset Concert Series
7/16	ARISE Milwaukee
7/17	Grace Church Services
7/19–22	Lavender Week
7/21	Operation Rock the House
7/23	Lavender Fest & Concert
7/28	Sunset Concert Series
8/2	National Night Out
8/11	Sunset Concert Series
8/12–13	Maxwell Street Days
8/18	Operation Rock the House
8/21	Grace Church Services
8/28	Art in the Park
9/16	Operation Rock the House
9/22	Ladies' Night—Passport

For event details go to:

menomoneefallsdowntown.com

facebook.com/fallsdowntown

Old Falls Village

N96 W15791 County Line Road
Hwy. Q & Pilgrim Roads

Depot Beer Garden Every Saturday
Saturdays 3–9 PM, (May 21–Oct 8)

Live music, kids activities, food, and pets welcomed in a great family-friendly atmosphere.

5/21–22	Revolutionary War Days
6/18–6/19	WWII Days / USO Dance
7/16–17	Civil War Encampment
8/13	Sci-Fi Family Day
8/20	Roaring 20s Beer Garden
9/17	Old Falls Village Car Show & Fabulous 50s Beer Garden
10/8	Oktoberfest Beer Garden
10/21–10/22	Halloween Family Fun Nights
12/4	Silver Tea & Christmas Cookie Bake Sale

For event details, visit:

oldfallsvillage.com

facebook.com/oldfallsvillage

VILLAGE OF Menomonee Falls

5/30	Memorial Day Parade 10:00 AM
6/25	Community League Garden Tour
7/3	Independence Day Parade & Fireworks

menomonee-falls.org

FIT in the PARKS
Menomonee Falls, Wisconsin

FREE activites! ***See page 41***.

5/6	Sunset/Candlelight Hike
6/7	Boomers on E-Bikes
6/7	Dance It Out
6/8	Strength Lite
6/8	Tabata HIIT Workout
6/12	Little Hooper Fitness 101
6/15	Intro to StrongBodies
6/16	Walking Club
6/20	Boot Camp
6/21	Golf Flow
6/22	Yoga
6/28	Barre Fitness Mat
7/5	Boomers on E-Bikes
7/10	Stretch & Hike
7/13	Balance and Stability
7/13	Tabata HIIT Workout
7/14	Yoga
7/18	Boot Camp
7/19	Dance It Out
7/20	Intro to StrongBodies
7/21	Walking Club
7/26	Barre Fitness Mat
8/2	Boomers on E-Bikes
8/6	Plein Air Painting
8/10	Tabata HIIT Workout
8/15	Boot Camp
8/16	Golf Flow
8/17	Intro to StrongBodies
8/18	Yoga
8/18	Walking Club
8/30	Barre Fitness Mat

fallsrec.org

Home Buying: Virtual Zoom Class

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, and how important it is to have a market analysis prior to writing an offer. Learn about mortgage pre-approval, inspection, gap insurance, escalator clause and how to write the offer in your best interest. Zoom link will be emailed to you 24–48 hours prior to the class.

Tue, 6:30 PM, 1h30m
8/16 Class #25391
Kathleen Golembiewski
FREE, but registration is required.

Home Selling: Virtual Zoom Class

Ages 18+

Sell your home fast and with the best results. Topics include 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. Zoom link will be emailed to you 24–48 hours prior to the class.

Mon, 6:30 PM, 1h30m
8/15 Class #25390
Kathleen Golembiewski
FREE, but registration is required.

CPR/AED/First Aid Class

Ages 18+

This four hour course will teach the lay person life saving skills to be used in every day situations when and where an emergency occurs. Please be registered one week before program start date.

Wed, 5:00 PM, 4h
5/11 Class #25326
Germantown Fire Station #2
R $80 NR $80

American Heart Association.
Heartsaver® First Aid CPR AED

Heartsaver CPR & AED NEW!

Ages 16+

This three hour course will teach the lay person lifesaving skills taught by American Heart Association Instructors who are also members of the Menomonee Falls Fire Department. Learn AHA Heartsaver CPR/AED. You will be provided a Heartsaver Book, one way valve adapter and mask all to take home. You will receive a CPR card via email good for 2 years.

Mon, 6:00 PM, 3h
6/27 Class #26089
7/25 Class #26090
8/22 Class #26091

Menomonee Falls Fire Department #3
W140N7501 Lilly Rd
FREE, but registration is required.

Say "Cheese"

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.

Ask a Foster Parent : Virtual NEW!

Ages 21+

Are you curious about what it takes to be a foster parent? Look no further, Norris Inc, is hosting a one-hour virtual discussion with two of our licensed foster families as they share their experiences and advice. Register now to participant in this open discussion. This class will be virtual via GoTo meeting. A link will be sent to all registrants the day of the course.

6:00 PM, 1h
Tue, 6/7 Class #25411
Thu, 8/11 Class #26096
FREE, but registration is required.

Foster Care in Our Community: Virtual

Ages 21+

The foster care crisis in our community is growing. After seeing a decrease in the need for foster homes in 2020, in 2021 the need increased by 25%. Nearly 75% of these children are coming from homes in southeastern Wisconsin. This free course is being offered so that participants can walk away understanding more about the foster care system, and ways that they can consider helping. Participants will leave with materials to help in continuing to educate the community. This class will be virtual via GoTo meeting. A link will be sent to all registrants the day of the course.

6:00 PM, 1h
Wed, 6/15 Class #25419
Tue, 7/12 Class #25420
Thu, 8/18 Class #25421
FREE, but registration is required.

ADULT ACTIVITIES & FITNESS

Before You Start Any Exercise Program ...

- 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.

SCHOOL DISTRICT OF MENOMONEE FALLS
CE&Rec
Community Education & Recreation

Middle Eastern Dance

Ages 16+

Shimmy your way to fitness and health. This class will teach the basics of Belly Dancing while increasing strength, flexibility and improving posture. Great for any age, size or fitness level. No prior dance experience necessary.

Wed, 6:30 PM, 1h
5/25–6/29 Class #25400
Germantown DPW Highway Dept. Bldg.
R $34 NR $49 6 classes

Zumba Gold

Ages 18+

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 to class.

Mon, 9:30 AM, 45m
6/6–7/25* Class #25302
Community Center Rm 4 LL
Carmen Bond
R $24 NR $29 6 classes
*No class June 13 and July 4

Dance Fitness

Ages 18+

Strengthen your muscles, increase your endurance and have fun as you dance your way to fitness! No previous dance experience needed. Even if you have two left feet, you can experience this amazing cardio workout. Wear athletic shoes, and comfortable exercise clothes.

Tue & Thu, 5:00 PM, 45m
6/7–7/21* Class #25298
Community Center Rm 4 LL
Carmen Bond
R $42 NR $52 12 classes
*No class June 14 & 16

Latin Cardio Dance NEW!

Ages 18+

Improve your fitness while dancing along with well know local dancer, Jason Suave. We will dance to a variety of music including: swing, salsa, rock, jazz, and more. Actual salsa, bachata, swing, and fusion steps will be used, so you will learn a lot of great dance moves. No partner needed for this class.

Thu, 3:45 PM, 40m
6/16–7/14 Class #25844
R $41 NR $49 5 classes

7/21–8/25 Class #25845
R $49 NR $59 6 classes

Riverside Cafeteria
Jason Jordan

Salsa and Bachata Fusion NEW!

Ages 18+

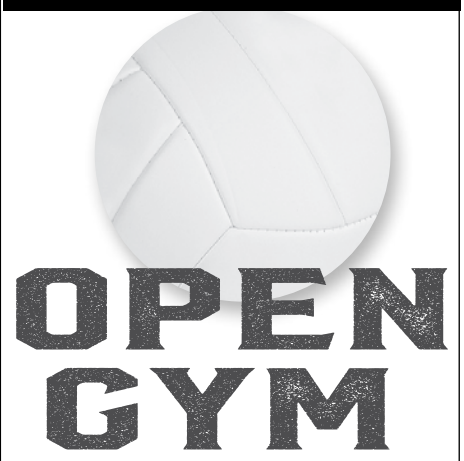
Learn Latin dancing from well know local dancer, Jason Suave. Learn the rhythm and timing of salsa and bachata music, technique in leading and following, single turns, cross body leads, back brakes and more. This class will be adapted for all levels. Explore ways to adapt these steps to other music genres as well.

Thu, 6:30 PM, 50m
6/16–7/14 Class #25833
R $41 NR $49 5 classes

7/21–8/25 Class #25834
R $49 NR $59 6 classes

Riverside Cafeteria
Jason Jordan

PRE-REGISTRATION REQUIRED
NO DROP INS ALLOWED.



Volleyball: Coed Open Gym

Ages 16+

7:30 PM, 2h
R $3 NR $5 (Payment not taken at door)

Monday

6/6	Class #25807
6/13	Class #25808
6/20	Class #25809
6/27	Class #25810
7/11	Class #25811
7/18	Class #25812
7/25	Class #25813
8/1	Class #25814
8/8	Class #25815
8/15	Class #25816
8/22	Class #25817
8/29	Class #25818

North Middle School Gym

Wednesday

6/1	Class #25819
6/8	Class #25820
6/15	Class #25821
6/22	Class #25822
6/29	Class #25823
7/6	Class #25824
7/13	Class #25825
7/20	Class #25826
7/27	Class #25827
8/3	Class #25828
8/10	Class #25829
8/17	Class #25830
8/24	Class #25831
8/31	Class #25832

Community Center Gym

Golf Lessons

Ages 18+

Classes are intended to teach students how to swing and feel comfortable when playing. We will focus on the full swing, short game, and putting. Training aids, video analysis, and handouts will be used to help speed the learning. Please bring along a 6, 7, 8 or 9 iron to the first class. Clubs are available for use if needed. Students must purchase golf balls at the range. Classes will be held rain or shine.

Mon & Wed, 8:15 AM, 1h
5/2–5/18 Class #25731
Swing Time Golf Course, Germantown
R $68 NR $72 6 classes

Adult Beginner Golf Lessons

Ages 18+

This is your chance to learn the game in a fun and relaxed environment. Sign up as an individual or with a friend, spouse or co-worker. Adults with little to no golf experience will learn the basics from a certified PGA Professional. The class will focus on simple swing basics, chipping, putting, and rules and etiquette. Classes will also tour the golf course and clubhouse to familiarize beginners with playing golf. Class is limited in size, ensuring a beginner-friendly environment. Bring clubs if you have them, but clubs are provided if necessary.

Tue, 5/3–5/31, 1h
5:30 PM Class #26026
6:30 PM Class #26028
Dretzka Park Golf Course
R $125 NR $125 5 classes

Golf Skills: Putting

Ages 18+

Learn the fundamentals and develop a putting stroke that will build confidence and help lower your score. Please bring a putter to class. Students must purchase golf balls at the range.

Tue, 8:30 AM, 1h15m
5/31 Class #25732
6/10 Class #25733
Swing Time Germantown
R $18 NR $22

Indoor Cycling

Ages 18+

Perfect for all fitness levels and ages, this class utilizes stationary bikes, upbeat music, and a variety of body movement and cadence strategies to provide an awesome, low-impact exercise experience. Throughout this session you will be challenged to increase your cardiovascular fitness, strengthen muscle and increase your endurance. Includes warm-up, cool-down and stretching components. Please bring a water bottle, towel and hard-soled tennis, running, or cycling shoes. Padded bike seats or padded shorts are recommended but not required.

Mon & Wed, 6:15 PM, 1h
6/6–6/29 Class #25416
8/8–8/31 Class #25417
Community Center Rm 4 LL
John Gerkhardt
R $38 NR $45 8 classes

Beginning Tai Chi

Ages 18+

Tai Chi is a traditional Chinese mind/body exercise that increases mobility and improves balance and stability with gentle movements. The slow pace of class and breathwork will help calm and relax the body and refresh the mind. Each class will introduce students to various forms (martial arts movements) and exercises that support many areas of the body including bone density, cardiovascular health, joint mobility, strength and psychological well being. This beginner class is suitable for all levels, especially for anyone who would like to slow down and quiet the mind. Even those with some Tai Chi experience will benefit from going back to some basics.

Tue, 11:30 AM, 1h
6/7–6/28 Class #25959
8/9–8/30 Class #25960
Community Center Rm 4 LL
Susan Pokorny
R $26 NR $31 4 classes

MENOMONEE FALLS SCHOOLS

NOW HIRING

CUSTODIAL SUBSTITUTES

The School District of Menomonee Falls Facilities Department is looking for custodial substitutes:

- Duties include a wide variety of scheduled and non-scheduled cleaning tasks
- Hours Vary

For more information, contact Chris Carlton, Manager of Facilities at (262) 250-6498, or email carlchr@sdmfschools.org.

Tennis: Adult Lessons

Ages 18+

Have you always wanted to learn how to play tennis? Has it been a while since you've picked up your racquet? Class will cover the fundamentals and skills needed to play this timeless sport.

Tue & Thu 6:00 PM, 50m
6/14–7/7 Class #25956
7/12–8/4 Class #25957
6/14–7/7 Class #25954
7/12–8/4 Class #25955
R $27 NR $32 8 classes

Adult Social Tennis

Ages 18+

Enjoy the game of tennis while meeting new people. If you are new to tennis, haven't played in a while, or are just looking to find a place to regularly play, this guided play with an instructor will help you improve your game. Please bring a racquet and water bottle.

Tue, 7:00 PM, 1h
6/14–7/7 Class #25954
7/12–8/4 Class #25955

High School Tennis Courts
R $29 NR $35

Pickleball Lessons

Ages 18+

New to the sport or haven't played in a while? Our lesson program will break down the game and provide lessons on rules, strategy, skill and form. Pickleball is a combination of badminton, tennis and table tennis, and is enjoyed by all ages! Using a badminton sized court, tennis-height net, table tennis-type paddle, and a baseball-sized whiffle ball, this game has few rules and is far less strenuous than tennis. Please bring your own racquet. We will supply the balls.

Sat, 8:00 AM, 1h30m
6/4–6/25 Class #25406
7/9–7/30 Class #25407
Oakwood Park Tennis Courts
R $20 NR $25 4 classes

DEPOT BEER GARDEN

Live Music
Great Food
Family Friendly

Saturday Beer Garden

Old Falls Village
Pilgrim Rd & Hwy. Q
Menomonee Falls

OPEN 3–9 PM
May 21–Oct 8

oldfallsvillage.com

Fitness Kickboxing

Ages 18+

Knockout boredom and blast fat all over with a muscle-sculpting kickboxing workout. This is a full-body workout that burns between 500 and 800 calories per hour while improving self-defense. Other benefits include: weight loss, heart health, stress reduction, increased flexibility, improved posture and confidence. Bring your own boxing gloves.

Thu, 7:25 PM, 50m
6/16-7/14 Class #25835
R $41 NR $49 5 classes

Thu, 7:25 PM, 50m
7/21-8/25 Class #25836
R $49 NR $59 6 classes

Riverside Cafeteria
Jason Jordan

Street & Verbal Self-Defense NEW!

Ages 18+

This class will teach how to both avoid and defend yourself from attacks and verbal de-escalation strategies to avoid dangerous situations. The techniques taught are appropriate for anyone and participants will benefit from improving confidence, safety and skills.

Thu, 5:40 PM, 45m
6/16-7/14 Class #25838
R $41 NR $49 5 classes

7/21-8/25 Class #25839
R $49 NR $59 6 classes

Riverside Cafeteria
Jason Jordan

Healthy Summer Strategies NEW!

Ages 18+

Proper exercise, posture and healthy eating are all a part of a healthy lifestyle. This talk gets you on track for a healthy summer.

Tue, 5:30 PM, 1h
5/17 Class #25728
Germantown Senior Center
Dr. Brenda Holland
FREE, but registration is required.

Restoring Balance to Your Summer NEW!

Ages 18+

Has your life been out of sorts? Have you and your family been able to find a good pattern of healthy eating, stress management and exercise? This program discusses strategies for you and your kids to find that balance over the summer.

Tue, 5:30 PM, 1h
5/3 Class #25727
Germantown Senior Center
Dr. Brenda Holland
FREE, but registration is required.

Easy Yoga

Ages 18+

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

Mon, 6/6-7/25, 45m
10:30 AM Class #25299
11:30 AM Class #25300
Community Center Rm 4 LL
Carmen Bond
R $24 NR $29 6 classes
*No class June 13 & July 4

Yoga Without a Mat

Ages 18+

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.

Wed, 11:45 AM, 45m
6/15-7/20 Class #25729

Thu, 12:30 PM, 45m
6/16-7/21 Class #25730

Community Center Rm 4 LL
Levy Palos
R $24 NR $29 6 classes

Not-So-Easy Yoga

Ages 18+

This class is for those that have taken Easy Yoga, or are ready to move to the next level. This beneficial yoga class will increase your strength, flexibility and mental calm. You will leave class relaxed and refreshed. Please bring a yoga mat and water bottle.

Wed, 9:00 AM, 45m
6/8-7/27* Class #25301
Community Center Rm 4 LL
Carmen Bond
*No class 6/15
R $28 NR $34 7 classes

More Adult Classes in the Youth Section ...

Taekwondo, *pg 23*
Ukulele Madness, *pg 18*
Beginner Guitar, *pg 18*
Community Playground Challenge *pg 24*

Stay Active in Your House NEW!

Ages 18+

Learn what exercises you can do to stay active without a lot of equipment and ways to keep your back, knees and shoulders flexible and strong.

Thu, 10:00 AM, 1h
7/14 Class #25740
Community Center Rm 123
FREE, but registration is required.

Living Well for Life NEW!

Ages 18+

The greatest healer is your body. Learn what you can do to prevent the loss and deterioration of your health and body and how you can increase your mobility well into your 80's and 90's by starting now! Learn the secret to staying young without diet or exercise.

Wed, 10:00 AM, 1h
6/15 Class #25741
Community Center Rm 123
FREE, but registration is required.

Cup of Health: Heart Health NEW!

Ages 18+

Join us for important information that will help keep you healthy and happy.

Tue, 10:00 AM, 1h
6/28 Class #25218
Community Center Rm 123
FREE, but registration is required.

Cup of Health: Coping with Stress by Journaling NEW!

Ages 18+

Join us for important information that will help keep you healthy and happy.

Tue, 10:00 AM, 1h
8/23 Class #25219
Community Center Rm 123
FREE, but registration is required.

Green Thumb Gardening with Succulents

Ages 18+

Get your green thumb ready for Summer by creating an indoor succulent arrangement. We will have a few different pottery options from Jackson Pottery to choose from and a variety of succulents available to create an indoor eye-catching arrangement. Class will be held indoors and is handicap accessible. Please bring garden gloves to class if you can, if not disposable gloves will be provided. Cancellations must be done 3 days prior to the class to receive a refund.

Sat, 11:00 AM, 1h
6/18 Class #25211
Wendland Nursery Germantown
R $37 NR $37

Adult Conversational Spanish for Travel NEW!

Ages 18+

This class will be held virtually. Do you have future aspirations for traveling to a Spanish speaking country? If so, this class is for you. Participants learn basic conversation skills to get around a Spanish-speaking country with greater ease. This class will include helpful dialogue, greetings, how to barter at a market and order at a restaurant, and how to ask for simple directions. Each class will include a travel related theme to practice real world Spanish. Prior to the class start date, you will be emailed a link for this Virtual Class.

Tue, 6:00 PM, 1h
6/7-6/28 Class #26132
Futura Language Professionals Staff
R $81 NR $81

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? Learn techniques to obtain certain effects, and get helpful suggestions to make your painting look amazing. Our instructor will also assist you with composition, color mixing, technique and more. A suggested supply list is available at the CE & Rec office.

Fri, 9:30 AM, 2h
6/3-8/12 Class #25401
Community Center Rm 106
Simone Rogina
R $62 NR $75 10 classes
*No class 7/1

Watercolor Techniques/ Mixed Media

Ages 18+

Learn various techniques, proper paper usage and how to use color as you develop your individual creative painting style. Perspective and values of form will also be touched on. This will be a mixed media class where students can work with watercolors, acrylic, sketching or oil painting. A suggested supply list is available through the CE & Rec office.

Thu, 6/23-7/28 , 2h
9:30 AM Class #25408
12:30 PM Class #25409
Community Center Rm 106
Nancy Lohmiller
R $36 NR $44 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.

Tue, 9:30 AM, 2h
5/31-7/12 Class #25402
7/19-8/23 Class #25404

Thu, 9:30 AM, 2h
6/2-7/14 Class #25403
7/21-8/25 Class #25405

Community Center Rm 102 A
Sandra Henderson
R $42 NR $51 6 classes
*No class on 6/30 and 7/5

Stamping

Ages 18+

Put your creativity to work and join us as we make some fantastic stamping projects. This program is great for the beginner or experienced stamper. New projects will be demonstrated each week. There is an additional fee of $6 per week for supplies.

Mon, 7:00 PM, 2h
6/20-8/1 Class #25765
8/15-9/26 Class #25766
Riverside Cafeteria
Diane Tritz
R $26 NR $31 6 classes
*No class 7/4 and 9/5

The Spirit of South America NEW!

Ages 18+

Discover the Spirit of South America from the comfort of the Community Center. Through photos, videos and storytelling, we will explore Peru, Brazil and Argentina, with emphasis on the Mystery of the Incas historical sites. Our first virtual stop is Christ the Redeemer in Rio de Janeiro! The following UNESCO World Heritage sites will also be explored: The City of Cusco, Historic Lima, Iguazu Falls National Park, Machu Pichu, and the Sacred Valley of the Incas. View a Shaman's blessing plus a Peruvian home visit and more.

Thu, 10:30 AM, 1h
6/2 Class #25739
Community Center Rm 123
Matt Rech
FREE, but registration is required.

Upcoming 2022 Trips with Collette Travel

Ages 21+

This meeting will cover information on two trips as listed below. For more information, pick up a travel brochure at the Community Center or call (262) 255-8469.

Spotlight on New Orleans Holiday
Step into a cultural melting of in the "Jazz Capital of the World," New Orleans! Experience this soulful city in December, abound with rich history, mouth-watering Cajun and Creole cuisine, and of course, an incomparable soundtrack. The city sparkles even brighter with the pageantry of the season when it rolls out the red (and green) carpet! This trip will take place in December 4–8, 2022.

Spotlight on Washington DC
The epic story of American democracy comes to life in America's capital city. View the extraordinary monuments throughout the National Mall that commemorate the heroes who have shaped America's past, including the World War II Memorial, the Vietnam Veterans Memorial, and the Korean War Memorial. Join us for this extraordinary exploration of America's history and culture in Washington, D.C. This trip will take place March 30–April 4, 2023.

Wed, 5:30 PM, 1h
5/18 Class #25426
Community Center Rm 123
Katie Ganshert, Collette Travel
FREE, but registration is required.

Upcoming Blood Drives

Tuesday, May 31
Tuesday, August 30
Community Center, W152 N8645 Margaret Road

Giving blood is a quick, simple way to give back to your community, and possibly save a life. The donation process from the time you arrive to the time you leave is only about an hour. **Book your appointment now at versiti.org.**

18+

DAY TRIPS FOR ADULTS

Ho Chunk Dells Gambling Trip

Ages 30+

Join us for a one-day getaway to Ho Chunk Dells. You will receive $25 in credit on your player's club card at Ho Chunk. If you do not have a card, you will receive one upon arrival at the casino so you can enjoy the free credits. You must bring a valid ID with you and use your player's club card at all times while at the casino. Please register by June 10. At the time of writing this, masks are required to be worn at all times in the casino.

Thu, 6/30	Class #25970
Sign In	8:00 AM
Bus Leaves	8:15 AM
Bus Returns	5:15 PM

Community Center Parking Lot
R $36 NR $46

Warrens Cranberry Festival Trip

Ages 18+

Our coach bus is headed to Warrens for the world's largest Cranberry Festival. Bring your walking shoes and explore over 850 arts and craft booths, 70 food booths, and over 100 farmers' market booths! Coffee and donuts will be provided prior to departure. This is an all day walking trip. Register by Sept. 9.

Sat, 9/24Class	#25410
Sign In	6:30 AM
Bus Leaves	6:45 AM
Bus Returns	8:45 PM

Community Center Parking Lot
R $40 NR $50

Save the Date

Fireside White Christmas
November 3

Fireside Trip: A Mighty Fortess is in Our Basement

REGISTRATION NOW OPEN

Ages 55+

The Church Basement Ladies are back! The year is 1960, and a reformation is underway. Pastor has found new love and announces his impending nuptials, while against the changing tide, the rest of the "bulwarks never failing" stand strong in their faith and in their friendships with more crazy antics, great songs, and lessons reluctantly learned. You will have a meal choice of Roasted Boneless Pork Chop, Chicken Cordon Blue or Chef Mike's Lasagna. On the way to the Fireside we will stop at the Jones Dairy Farm Outlet. Register by April 28.

Thu, 6/2	Class #25424
Sign In	7:45 AM
Bus Leaves	8:00 AM
Bus Returns	5:30 PM

Community Center Parking Lot
R $110 NR $120

Fireside Trip: What Happens in Vegas

REGISTRATION NOW OPEN

Ages 55+

For over 70 years, Las Vegas has been the entertainment capital of the world. The Fireside will pay tribute to many legendary performers in an all new live band show featuring Steve Watts and the celebrated Fireside Band. From the early days with Frank Sinatra and the Rat Pack to the contemporary artists of today, we'll feature the work of many Las Vegas favorites in the most spectacular band show yet. You will now have a meal choice of Reuben Chicken, Sliced Pork Tenderloin or Coconut Cod. On the way to the Fireside we will be stopping at the Jones Dairy Farm Outlet. Register by May 19.

Wed, 6/22	Class #25422
Sign In	7:45 AM
Bus Leaves	8:00 AM
Bus Returns	5:30 PM

Community Center Parking Lot
R $110 NR $120

Historic Appleton Trip

Ages 55+

Join us as take a step back in time when we visit the Hearthstone Historic House. This was the first private residence anywhere in the world to be illuminated using hydroelectricity from a central Edison system in 1882. We will enjoy lunch at Pullman's, where you will have a choice of Chopped Salad with Chicken, French Dip with mushrooms, Bacon Cheeseburger or Chicken Bacon Ranch Wrap. After lunch, we will have a step-on guide Appleton History Highlights bus tour. On our way home we will stop for an "on your own treat" at Kelly's Creamery. Please sign up by June 10.

Tue, 7/12	Class #25806
Sign In	8:15 AM
Bus Leaves	8:30 AM
Bus Returns	5:45 PM

Community Center Parking Lot
R $84 NR $94

Fireside Trip: Wizard of Oz

Ages 55+

We're off to see the Wizard! Over ten generations have grown up loving this classic tale of an enchanted land—first as a beloved children's book, then as an iconic Hollywood film. Now the Fireside is bringing you an exciting stage adaptation of this legendary musical. It's all there—good witches, wicked witches, munchkins, a cowardly lion in search of courage, a tin man in search of a heart, a scarecrow in search of a brain, and a young girl from Kansas in search of home. You will have a meal choice of Pretzel Crusted Stuffed Chicken, Barbecued Ribs or Shrimp Tempura. On the way to the Fireside we will be stopping at the Jones Dairy Farm Outlet. Register by July 14.

Wed, 8/17	Class #25423
Sign In	7:45 AM
Bus Leaves	8:00 AM
Bus Returns	5:30 PM

Community Center Parking Lot
R $110 NR $120

Brewers Game Trip

Ages 55+

We are headed to American Family Field to cheer on the Brewers as they take on the LA Dodgers. We will be dropped off by the stadium and seated in the shady side of the Loge infield section. You will receive a $10 voucher to put towards a food or beverage purchase while at the park. Soda, water or juice in factory-sealed plastic bottles will be permitted (one per person, no larger than 32 ounces). No purses or bags will be allowed, only small clutches or wrist-lets (9" x 5" x 2") or a clear single-compartment bag (12"x6"x12") will be allowed. Register by July 14.

Thu, 8/18 Class #25425
Sign In 11:15 AM
Bus Leaves 11:30 AM
Bus Returns 5:15 PM
Community Center Parking Lot
R $66 NR $76

Wisconsin's Iconic Speedway

Ages 55+

Join us as we start our day at the Cedar Valley Cheese shop then on to Road America in Elkhart Lake for a behind the scenes guided tour of this legendary 4 mile permanent road racing facility. This will be the start of the Arians Art of Wheels weekend featuring the Vintage Sports Car Driver Association. We will have a buffet lunch at Amore including Broasted Chicken and Bourbon Glazed Pork Loin. We will then head over to the Johnsonville Marketplace where we will learn the history of how this once small butcher shop became famous for producing America's favorite bratwurst. Register by Aug 11.

Thu, 9/15 Class #25742
Sign In 8:30 AM
Bus Leaves 8:45 AM
Bus Returns 5:00 PM
Community Center Parking Lot
R $82 NR $92

Introduction to Radio Control (RC) Building & Flying Mentoring Program NEW!

Ages 11+ w/ Adult

If you have wanted to learn to build and fly an RC aircraft, this class is for you. Designed for adults or an adult/child team. Aircrafts are constructed using materials and techniques developed by "Flite Test", an organization which pioneered innovative, low cost and reliable RC aircraft building techniques using household tools and materials. With the completion of their aircraft project, student and adult receive a fully refurbished 72MHz radio system to control their aircraft along with FREE flight training lessons provided by certified instructors from Flying Electrons of Menomonee Falls. All materials and equipment are included.

Thu, 6:00 PM, 3h
6/16–7/28 Class #25377
Community Center Rm 2 LL
R $202 NR $202

American Heart Association.

Heartsaver® First Aid CPR AED

Heartsaver CPR & AED NEW!

Ages 16+

This three hour course will teach the lay person lifesaving skills taught by American Heart Association Instructors who are also members of the Menomonee Falls Fire Department. Learn AHA Heartsaver CPR/AED. You will be provided a Heartsaver Book, one way valve adapter and mask all to take home. You will receive a CPR card via email good for 2 years.

Mon, 6:00 PM, 3h
6/27 Class #26089
7/25 Class #26090
8/22 Class #26091

Menomonee Falls Fire Department #3
W140N7501 Lilly Rd
FREE, but registration is required.

STAY CONNECTED

Day Trip Adventures ...

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. **Transportation.** All trips travel by coach bus unless specified.

A huge *Thank You* to all the businesses who sponsored the 2022 Egg-Cellent Egg Hunt!

Whenever possible, please support these businesses which so generously supported our community for this event.

American Legion
Art Lounge
Bank of Flowers
Burn Boot Camp
CE & Rec
Chick-fil-A
Children's Community Center
Chocolate Falls
Cobblestone Builders
Culver's
Curves
Grace Commons
Jaskowiak Chiropractic
Just Kiln Time
Mathnasium of Menomonee Falls
Menomonee Falls Downtown BID
Menomonee Falls Chamber of Commerce
Peace Yoga Studio
Pink Lemonade Salon, Spa & Boutique
School District of Menomonee Falls
Shelley's Hallmark
Tax Management & Financial Horizons
The Arboretum
The Learning Experience
The McLario Firm
Unlimited Cut
Waukesha State Bank
YMCA of Greater Waukesha County

NOW HIRING!

Community Education & Recreation is looking for energetic team members to fill a number of positions including:

- **Aquatics Coordinator**
- **Lifeguards/Swim Instructors**
- **Summer Kids INC Staff**
- **School Year 4K Wrap Around Leader**
- **School Year Kids INC**
- **School Year Preschool Leader**
- **Youth Sports Staff**
- **Rugby Instructor**
- **Club Volleyball Staff**
- **Tennis Coordinator**
- **Tennis Instructor**

SCHOOL DISTRICT OF MENOMONEE FALLS CE & Rec

Hours, responsibilities, and pay vary depending on the position.
Go to fallsrec.org > Employment for more information.

MENOMONEE FALLS SCHOOLS

NOW HIRING

SCHOOL NUTRITION SUBSTITUTES

The School District of Menomonee Falls Nutrition Department is looking for dedicated School Nutrition Substitute employees. Approximately 2¼ – 4 ½ hours per day. General responsibilities include food preparation, serving, and kitchen clean-up. Applicants must have great customer service skills and the ability to work well with others.

✓ No evenings, weekends, or holidays
✓ Summers off
✓ Uniform provided

For more information, contact Nicole Williams, Director of School Nutrition at (262) 250-6461 or email willnic@sdmfschools.org.

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 8:00 AM–4:30 PM (EXCEPT WHEN NOTED BELOW)

The Senior Center will be closed 4/15, 5/30, 7/4

- Our programs are open to all residents and non-residents ages 55+. Membership not required.
- Programs consist of a variety of services and activities in such areas as education, creative arts, recreation, health and nutrition, leisure, and entertainment.

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

- The center includes a reading device for vision impaired, a card playing lounge, and a lending library stocked by the older adults.
- The Community Center's facilities and parking lot are handicap accessible.

Nutrition Site: Lunch Program

Monday–Friday, served at Noon at the Community Center
Masks are strongly recommended

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 AM and 12:30 PM. You are encouraged to make a donation based on what you can afford—suggested amount of $4.00.

A menu is available at the nutrition site or online at fallsrec.org. The nutrition site is sponsored by the Aging & Disability Resource Center of Waukesha County.

Menomonee Falls Senior Bus Service

Ages 60+ & adults with developmental disabilities
Available Monday–Friday, 9:00 AM–2:00 PM
NOTE: Facemasks may be required

- $2 each way for local trips. Rides are available for medical appointments, shopping, County Meal site, recreation activities, etc.
- Every Monday: The bus takes passengers to Mequon Rd. in Germantown from 9:00 AM to 1:30 PM.
- For more information or to make a reservation, please call Johnson Bus Co. at (262) 251-4230, Monday – Friday. Ride requests must be made at least one day in advance.

Eirenicon Club **Ages 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 Room 102
$20 per year

ADULTS 55+

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.

Mon, 11:00 AM–Noon
4/18, 5/16, 6/20, 7/18, 8/15
Community Center
Froedtert Health Nurse
FREE, but registration is required.

Books Are Us

Ages 18+

Join our special group of book lovers. 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 1hr30m
4/27, 5/11, 5/25, 6/8, 6/22, 7/13, 7/27
Community Center Rm 106
FREE, but registration is required.

Stronger Together!

Are you feeling overwhelmed, sluggish, blue or just in need of some friends and support? Everyone is welcome to join us for this new monthly group. Let's all come together for friendly interaction, discussion and support.

Meets the 3rd Thursday of the month
April 21, May 19, June 16, July 21, August 18
10:00–11:00 AM
Community Center Rm 123
FREE, but registration is required.

Warm Up America

Do you like to knit and crochet? Help those in need by using 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.

Afghan Assembly

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, Room 106.

Yarn Donations Needed

Donated yarn will be used to create items for families in need. Yarn donations can be dropped off at the Community Center.

Happy Hookers / Sit & Knit

Ages 40+

If you would like to knit for charity, or 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!

Happy Hookers:
4/13, 5/11, 6/8, 7/13, 8/10

Sit & Knit:
4/27, 5/25, 6/22, 7/27, 8/24

Wed 12:00 PM 3h30m
Community Center Rm 123
FREE, but 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 8:30 AM–4:00 PM
Community Center Rm 102A
$31 each visit, make check payable to Toe Nail Trimmers

Your Favorite Class ...

may now be listed in the Adult Section of the guide!

See the Adult Section starting on page 46.

Looking for Day Trips?

See Adult Section page 52 & 53

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. *Please Note – for the Summer Session, this class will meet on Tuesdays and Thursdays

Tue & Thu, 9:00 AM, 1h
6/7–6/23 Class #25967
Community Center Rm 4 LL
Chrissy Hiebert
R $25 NR $30 6 classes

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. You will leave with solid information about available options and how to qualify for extra help.

Wed, 7:00 PM, 1h30m
7/20 Class #25213
Community Center Rm 123
Jeff Martin, Platinum Benefits
FREE, but registration is required.

Free Technology Help

Ages 40+

Do you need help with your Apple product? A volunteer will be on hand to help you better understand your device with a one-on-one 30 minute appointment. You can receive assistance with email, social media, pictures, internet, texting and basic use. Please bring your device with you.

Tue, Community Center
FREE, but registration is required.

Tues	9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM
6/7	25770	25771	25772	25773	25774	25775
6/21	25776	25777	25778	25779	25780	25781
7/5	25782	25783	25784	25785	25786	25787
7/19	25788	25789	25790	25791	25792	25793
8/2	25794	25795	25796	25797	25798	25799
8/16	25800	25801	25802	25803	25804	25805

Crafts with Grace Commons: Watermelon Fun

Ages 55+

Have fun while creating a summer themed craft. All supplies will be provided.

Fri, 10:00 AM, 2h
6/3 Class #25968
Community Center Rm 102 A
FREE, but registration is required.

Crafts with Grace Commons: Solar Flower Prints

Ages 55+

Have fun while creating a summer themed craft. All supplies will be provided.

Fri, 10:00 AM, 2h
8/5 Class #25969
Community Center Rm 102 A
FREE, but registration is required.

ADULTS 55+

Summer Bash

Ages 55+

Join us for a fun time dancing or just listening to the music of Randy Walker. He will perform a mixture of summer favorites from the 50's & 60's. Light snacks and refreshments may be served.

Tue, 12:30 PM, 1h
6/21 Class #25958
Community Center Gym
FREE, but registration is required.

Protect Yourself from Scams *NEW!*

Ages 55+

Lisa Schiller, of the Better Business Bureau, will speak about the common scams to avoid today. Topics include how to protect yourself from becoming a victim and how to properly report scams and fraud that you become aware of. The Better Business Bureau is a 100+ year old organization whose mission is to set standards for marketplace trust, encouraging and supporting best practices by engaging and educating consumers and businesses. In addition, BBB seeks to create a community of trustworthy businesses and charities.

Tue, 10:30 AM, 1h
5/24 Class #25418
Community Center Room 123
FREE, but registration is required.

Bingo Blast

Ages 55+

No money needed
Non-cash prizes awarded

Wed, 6/29 & 8/31
1:15–2:30 PM
Community Center Room 102
FREE, no registration required.

June session is sponsored by Frontida Assisted Living. August session is sponsored by Lawrence-Dittberner Real Estate Team.

Upcoming Blood Drives

Tuesday, May 31
Tuesday, August 30
Community Center,
W152 N8645 Margaret Road

Giving blood is a quick, simple way to give back to your community, and possibly save a life. The donation process from the time you arrive to the time you leave is only about an hour. **Book your appointment now at versiti.org.**

Collective IMPACT Menomonee Falls

Started as a partnership between the Menomonee Falls Police Department and the School District of Menomonee Falls in 2016, Collective Impact has grown to more than 100 volunteers, who work together to improve residents' well-being in the Village of Menomonee Falls. Through Collective Impact, community government, healthcare, and non-profit organizations leverage local resources to better coordinate and expand services.

Based on community wellness data, Collective Impact teams are currently focusing on the following:

- Early Literacy
- Mental Health
- Community Wellness/Fit in the Parks
- Addressing Unmet Needs for Seniors

For more information and a variety of community resources, visit www.fallsschools.org/ourstory/collective-impact

NEW! Drop-In Program Registration Procedures

When you return to the Senior Center for the first time to participate in a Drop-In program, you must complete a registration form indicating the programs you will be participating in. Your name will be added to a roster, and you will need to "check in" by placing a check mark after your name each time you come to the Senior Center for a program.

Bunko!

Wednesdays 9:30–11:30 AM
4/27, 5/25, 6/22, 7/27, 8/24
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!

Thursday BINGO

Ages 55+

Each player receives two cards. We will play 10 games.

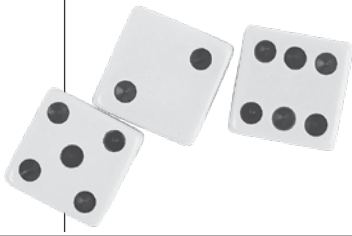
1st & 3rd Thursdays
1:15–2:30 PM

$2.00 Cash, paid day of game
Community Center Rm 102

Game Time

No program March 21–March 25, April 15, May 30, July 4

Monday	Tuesday	Wednesday	Thursday	Friday
Chess Club* 9:30–11:30 Rm 102A **Sheepshead** 12:00–3:00 Rm 106 **American Mah Jongg** 12:00–3:30 Rm 123 **Hand and Foot*** 12:30–3:00 Rm 120	**Bridge: Seasoned** 1:00–3:00 Rm 106 **Mexican Train Dominos*** 1:00–3:30 Rm 102A	**Bunko!*** 9:30–11:30 Rm 106 $1.00 for kitty 4/27, 5/25, 6/22, 7/27, 8/24	**Bridge: Intermediate** 12:30–3:30 Rm 120 **Scrabble*** 1:00–3:30 Rm 102B	**Sheepshead** 12:00–3:00 Rm 106 **Bridge: Seasoned** 1:00–3:00 Rm 102A



* Beginners welcome.

COMMUNITY SERVICES

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 SE Wisconsin.

Menomonee Falls Angels
FallsAngels.com
This competitive, girls fast-pitch organization emphasizes softball fundamentals in order to develop skills, build character and create leaders.

MF Jr. Phoenix Baseball
www.mfjpbaseball.com
A select youth baseball program for boys, ages 9–14, who reside in the MF School District. Teams play in the Wisconsin State Youth Baseball League.

MF Camera Club (Adults 18+)
(262) 893-3500 | falls-photo.org
Programs by professional photographers, field trips, photo competitions and workshops. Meet and associate with others who have an interest in photography. Contact Jeffrey Klug.

MF Dolphinettes
(262) 623-6100 | Facebook
The Olympic Sport of synchronized swimming open to girls ages 5–18, will teach swim routines to music. Recreation and competitive programs available. Contact Linda Loehndorf.

MF Youth Basketball Association
mfyba.com
mfybabasketball@gmail.com
Dedicated to fun and learning through recreational basketball for boys & girls in grades 3–8. Phoenix Basketball is a more competitive select league for 5th–8th grade students that requires tryouts.

MF Youth Football & Cheer
mfjrphoenix.com
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
secretary@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. Wrestling
fallsjrwrestling@wi.rr.com
(414) 303-0942
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.

Falls 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, check out our website.

Rocket Aquatics
Rocket Aquatics webpage
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+.

Milwaukee Kickers: Falls
fallskickers.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.

Community Band

Entering Gr 8–12 and Adults

The Community Band is open to students entering grades 8–12, and adults of any age. No auditions are required, but you must be able to read and play band music.

Recent experience is not required, so dust off your old instruments and join the band! Sponsored by Menomonee Falls Band Bunch, and under the direction of Mr. John Woger, members will perform in a concert held on July 21st at the MFHS Auditorium.

Tue, 7:00 PM, 1h30m
6/14–7/19 Class #25837
High School Rm 170
John Woger
FREE, but registration is required.

Menomonee Falls CE & Rec is a proud member of:

NRPA NATIONAL RECREATION AND PARK ASSOCIATION

WPRA SO EVERYONE CAN PLAY

WASC Wisconsin Association of Senior Centers

Stock Box Distribution

Ages 60+

***Third Monday of each Month**

Distributed by the Hunger Task Force, the box contains 35 pounds of food from the U.S. government. To qualify, your income must be $1,473 or less per month for a single person, or $1,984 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 are the third Monday of each month. Sometimes these dates change so please contact the CE & Rec office at (262) 255-8460. Pick up is at the MF Community Center Parking Lot.

Wisconsin Home Energy Assistance Program

Ages 18+

Do you live in Waukesha County and need home energy assistance? This is an income based benefit. Qualifying applicants will receive a credit toward your entire energy bill.

Applicants must provide: Proof of income, Social Security numbers for all residents in your 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 your rent.

Register for your phone appointment by calling 1 (800) 506-5596.

Important Village Contacts

Greater Menomonee Falls & Sussex Chamber
gmfschamber.com (262) 251-2430

Menomonee Falls Downtown (262) 251-8797
menomoneefallsdowntown.com

Menomonee Falls Farmers Market
fallsfarmersmarket.org

Menomonee Falls Public Library
menomoneefallslibrary.org (262) 532-8900

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

How to Reserve a Park

Village Park Rental
Falls Fest Plaza, The Garden, Amphitheater (414) 708-1000

Menomonee Falls Park Department
for all other Village Park Rentals (262) 532-4200

Menomonee Park (Town Line Rd) (262) 548-7801

REGISTRATION FORM

Online registration is available at fallsrec.org

SCHOOL DISTRICT OF MENOMONEE FALLS
CE&Rec
Community Education & Recreation

HEAD OF HOUSEHOLD

Last / First Name _____ Birthdate (Month/Date/Year) _____ Gender (M or F) _____

Address _____ City _____ Zip _____

Home Phone (_____) _____ Work Phone (_____) _____ Email address _____
Must be included to receive a receipt

Cell Phone (_____) _____ Cell Phone Carrier* _____
*By providing your carrier, you agree to receive text messages from MF CE & Rec.

Which school district boundary do you live in? ☐ Menomonee Falls ☐ Hamilton (Sussex) ☐ Other

EMERGENCY CONTACT

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.

Name _____ Relationship _____ Home Phone _____ Other Phone _____

PARTICIPANT INFORMATION

Participant First & Last Name	M/F	Birthdate	Attend SDMF Schools	T-Shirt Size (mandatory)	Activity Name	Class #	Date, Day & Time of Class	Fee
			[ ] Yes [ ] No	Youth: S M L Adult: S M L XL				
			[ ] Yes [ ] No	Youth: S M L Adult: S M L XL				
			[ ] Yes [ ] No	Youth: S M L Adult: S M L XL				
			[ ] Yes [ ] No	Youth: S M L Adult: S M L XL				

Total Fee	
Credit	
Total Due	

ADULT SIGNATURE REQUIRED! In consideration for the School District of Menomonee Falls allowing me and/or my child to participate in the activity, I, on behalf of myself and my child, expressly release, waive, discharge and covenant not to sue the District, its officers, agents, employees, representatives, and/or volunteers (collectively 'the District') from any and all claims and for all loss, injury, illness or damage to me and/or my child arising out of my and/or my child's participation in the activity, whether caused by the negligence of someone acting on behalf of the District or the negligence of someone else. The foregoing waiver and release shall not absolve the District from liability or injury or damage caused by the District's intentional, willful or malicious conduct. I recognize and acknowledge that there are inherent risks of serious injury and/or illness to participants in the activity. I, on behalf of myself and my child, acknowledge that I and/or my child are voluntarily participating in the activity with knowledge of the danger involved. Recognizing the risks, I, on behalf of myself and my child, hereby agree to accept and assume any and all risks of injury and/or damage. I, on behalf of myself and my child, agree to take all precautions and measures reasonably necessary to prevent the transmission and spread of any communicable disease while using District facilities and engaging in the activity, including adherence to any and all orders and guidelines issued by local, state and federal authorities, including those issued by the National Centers for Disease Control and Prevention, state and local health department, and any policies of the District, related to the prevention of the transmission and spread of communicable diseases, including COVID-19. I further agree to notify an instructor of any medical conditions and/or other needs which may limit my and/or my child's participation in the activity and/or pose a health or safety risk for me, my child, and/or others in connection with participating in the activity. Should an emergency arise while participating in the activity, I give my permission to have a District representative take proper measures in the care of me and/or my child, including but not limited to transportation to an area emergency facility, or nearest hospital, if felt necessary by that representative. I also agree that I and/or my child will follow the rules and regulations set by the School District of Menomonee Falls and above named parties. I understand that photos may be taken of myself or my child and used for promotional purposes; and I, on behalf of myself and my child, hereby agree the School District of Menomonee Falls shall not incur any liability for payment to any person or organization as a result of the stated use of the aforesaid photographs.

MENOMONEE FALLS SCHOOLS
Engage | Learn | Improve

_____ _____
Adult Signature **Date**

PAYMENT

Make checks payable to: MF CE & Rec, **mail to** W152 N8645 Margaret Rd., Menomonee Falls, WI 53051 or **fax to** (262) 255-8411

Cardholder Name: _____ Number: _____

Exp._____ VCode _____ Cardholder Signature _____

IMPORTANT INFORMATION

How Do I Cancel a Registration?
Please contact the CE & Rec office at (262) 255-8460 prior to the first class for a refund.

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.

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

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.

100% Program Satisfaction Guarantee
The CE & Rec team is constantly striving to provide you with high quality recreation activities, events and programs. We are confident that you will like these programs, so confident that we will ensure our promise to provide that high quality. If you or your child are participating in a program, and you are not completely satisfied, please notify us. We will send you a refund application to complete. Once we have received your completed application, we will then arrange for you to do one of the following:

- Repeat the class at no charge
- Credit your account to be used on a future registration
- Receive a refund

Requests must be made on the provided application within 10 business days after the program has been completed. Exclusions to this policy include Adult and Youth Athletic Leagues, Club Sports, Trips, 3-Year-old Preschool and Kids INC.

Swim Lesson Transfer/ Cancellation Policy
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. A $10 fee will be charged for any transfers or cancellations.

Cancellations
When the School District cancels due to weather conditions, all CE & Rec activities will also be canceled. Cancellations due to inclement weather will be announced on our website and our Program Information Line at (262) 255-8376. Participants will be notified by email, in writing or by phone of any cancellations caused by instructor or facility changes. If classes cannot be rescheduled due to inclement weather, refunds will not be given.

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 CE & Rec office to discuss this matter, and notify your instructor on the first day of class.

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.

No Smoking/No 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
The fees for programs listed in the 55+ section reflect a small discount.

SCHOOL DISTRICT OF MENOMONEE FALLS
CE&Rec
Community Education & Recreation

Enhancing the quality of life by providing recreational, educational, and social opportunities in partnership with schools, organizations, and the community.

CE & Rec

TOP WORK PLACES 2021 journal sentinel — 7 YEARS IN A ROW

W152 N8645 Margaret Road
Menomonee Falls, WI 53051

Non-Profit Org.
U.S. Postage
PAID
Menomonee Falls, WI
Permit #31

ECRWSS
RESIDENTIAL CUSTOMER

NEW!

- **Miss Julie's Farm Animals Music Party**
- **Miss Julie's Under the Sea Music Party**
- **LEGO BricQ**
- **Decoupage on Glass**
- **Introduction to Radio Control Building & Flying Mentoring Program**
- **Sports Brains: Let's Play Ball**
- **Hot Wheels**
- **Community Playground Challenge**
- **First Tee Junior Golf**
- **Ask a Foster Parent: Virtual**
- **Latin Cardio Dance**
- **Salsa and Bachata Fusion**
- **Street and Verbal Self Defense**
- **Healthy Summer Strategies**
- **Restoring Balance to Your Summer**
- **Stay Active in Your House**
- **Living Well for Life**
- **Cup of Health: Heart Health**
- **Cup of Health: Coping with Stress by Journaling**
- **Adult Conversational Spanish for Travel**
- **The Spirit of South America**
- **Crafts with Grace Commons: Solar Flower Prints**
- **Crafts with Grace Commons: Watermelon Fun**
- **Protect Yourself from Scams**

Online Registration Begins Monday, April 18 at 9:00 PM

(Non-Resident April 21)

fallsrec.org