



Community Education & Recreation

Activity Guide

Summer 2024

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

Online
Registration

OPENS

Sunday, April 14
at 9:00 PM



**MENOMONEE FALLS
SCHOOLS**

Engage
Learn
Improve



Online Registration Opens
Sunday, April 14

FALLS SUMMER ACADEMY

Hi!

WELCOME

FALLS SUMMER ACADEMY

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
High School

Grades
9-12
High School

See page 27

Online Registration begins
Sunday, April 14 at 9 PM
at fallsrec.org

Monday through Friday
June 17-June 28
and July 8-July 19

Classes are Two Weeks Long
(No Class held week of July 1-5)

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 May 27 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
- Rachel Johnson, Administrative Assistant
- Jackie D'Angelo, Administrative Assistant

Summer Kids INC



**Fun group activities
in a safe, supervised
environment.**

Wed, June 12-Fri, Aug 23
Available 6:30 AM-6:00 PM
(No program July 4)

Kids INC (Entering Grades 1-5)

Res \$42 per day
Non Res \$50 per day

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

Res \$49 per day
Non Res \$59 per day

See page 9



FIT in the PARKS

Menomonee Falls, Wisconsin

See page 37



WHEN TO REGISTER

RESIDENT online registration begins

Sunday, April 14, 9:00 PM

Drop Box, Mail or in Person

Monday, April 15

NON-RESIDENT online registration begins

Thus, April 18, 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.

WE'RE HIRING FOR SUMMER!

Gain career experience with CE & Rec!

Develop skills, build confidence, and gain valuable work experience.

Summer Kids INC: Head Leader
Summer Kids INC: Leader
Lifeguard
Swim Instructor
Youth Sports Staff
(Soccer & Baseball)
Rugby Instructor
Tennis Instructor



Details and application at
wecan.waspa.org/employer/vacancy

Summer 2024

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Questions?

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



Inclement Weather Cancellations

If Menomonee Falls Schools are closed due to inclement weather, all CE & Rec programs will also be cancelled.

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



AQUATICS & OPEN SWIM

Important Policies

Pool rules are enforced by the lifeguards. Follow all instructions by lifeguards. Lifeguards have the authority to make discretionary rules to maintain safety and prevent injury. Safe, appropriate behavior is expected by all swimmers and spectators. Anyone creating an unsafe environment will lose the privilege of swimming for a period specified by the CE & Rec Staff.

Supervision: Children (3–13) must be accompanied by an Adult (18+) at all times. Children 14+ with a high school ID are allowed at the pool unaccompanied. Children 6 years or younger must have an adult in the water with them and within arm's reach.

Locker Room: Do not leave anything unattended in the locker rooms. A lock is recommended if utilizing the lockers. We are not responsible for any lost or stolen items. Children 5 years or older must use the gender appropriate locker room. Locker rooms open 15 minutes before programs begin and close 15 minutes after last program of the day.

Pool Toys: Pool Toys from home must be approved by the lifeguard. No inflatable toys or swim aids allowed. Pool toys, swim aids, and lifejackets are provided but may not be available if classes on going on.

Special Rules: All activities involving prolonged breath-holding are prohibited.

Parking: Garfield Drive offers public parking, but availability may be limited due to events in Village Park across the street. We recommend arriving early to secure a parking spot.

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



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.

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. Cash or check accepted at the pool, no cards. Please bring exact change.

Spring Pass: Valid Apr 6–June 3
Summer Pass: Valid June 10–Aug 10

	Per Use Fee	Res. Swim Pass	Non-Res. Swim Pass
Adult (18+)	\$4	\$45	\$55
Child	\$3	\$25	\$30
Family	N/A	\$75	\$84
Senior 55+	\$3	\$35	\$42

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	\$38	\$45
Senior 55+	\$29	\$36

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 6–June 3 (Closed May 25–27)

Mon / Wed / Fri	4:00 PM–6:00 PM
Saturday	8:00 AM–10:00 AM

Summer Sessions: June 10–Aug 10

Mon / Tue / Wed / Thu / Sat	8:00 AM–10:00 AM (Closed July 4–7)
Mon / Tue / Wed / Thu	4:00 PM–6:00 PM (Closed July 3–4)

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 12–June 1 (Closed May 24–25)

Fri	5:30 PM–7:00 PM
Sat	12:00 PM–2:00 PM

Summer Session: June 10–August 10 (Closed at 3 PM on July 3–July 7)

Mon / Tue / Wed / Thu	12:00 PM–3:00 PM
Mon	5:30 PM–7:15 PM
Sat	10:00 AM–12:00 PM



American Red Cross Aquatic Program Level Guidelines



If your child is age 6 or older and has NOT participated in swim lessons through Menomonee Falls CE & Rec previously, they must be tested before enrolling in class. **Unsure what class you should enroll your child in for the next swimming session?** Assessments are available at the North Middle School Pool during Family Open Swim.

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

Level	Age	Description
Tadpole Parent/Child 1	6 mo–3 yrs An adult must accompany the child in the water. Swim diapers are required.	This class offers a comfortable environment for parents and children to explore water through games and songs.
Frog Parent/Child 2	6 mo–3 yrs An adult must accompany the child in the water. Swim diapers are required.	Building on skills from P/C Level 1, this level introduces basic water skills such as kicking and floating through songs and games.
Turtle Preschool 1	3–6 yrs Child must be able to be in class without an adult.	Familiarize children with the aquatic environment and help them acquire basic aquatic skills.
Narwhal Preschool 2	3–6 yrs Successfully demonstrates all Preschool Level 1 skills.	Build on and improve skills learned in Preschool Aquatics Level 1. Helps children gain confidence in the water and introduces basic water safety topics.
Dolphin Preschool 3	4–6 yrs Successfully demonstrates all Preschool Level 1 & 2 skills.	Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2.

Level Ages 6+	Age	Description
Level 1	6–12 yrs 42" tall	In Level 1, elementary aquatic skills are taught, which children will build on as they progress through the Learn-to-Swim levels. In addition to rhythmic breathing and floating, skills include various kicks and arm strokes.
Level 2	6–12 yrs 42" tall, Passed Level 1 or can demonstrate all required skills of Level 1	In Level 2, the main goal is to help children develop basic swimming skills. During the course, children will learn how to float without any support and recover to a vertical position. They will also get the opportunity to explore simultaneous and alternating arm and leg motion, which will set the foundation for future swimming strokes. Additionally, an introduction to deep water will be included in this course.
Level 3	6–14 yrs 42" tall, Passed Level 2 or can demonstrate all required skills of Level 2	Level 3 is designed to enhance the skills that children have learned in Level 2 through guided practice. At this level, children will learn how to coordinate the front crawl, elementary backstroke, and the fundamentals of treading water. They will also learn head-first entries and additional safety skills. The most important outcome of this level is for children to be able to swim comfortably in deep water.
Level 4	8–14 yrs Passed Level 3 or can demonstrate all required skills of Level 3	In Level 4, the goal is to help children gain confidence in the strokes they have learned so far and to improve their overall aquatic skills. During this level, they will learn to enhance their skills and endurance in familiar strokes such as front and back crawl. Additionally, they will be introduced to the elementary backstroke, breaststroke, and butterfly.
Level 5	8–14 yrs Passed Level 4 or can demonstrate all required skills of Level 4	The goal of Level 5 is to combine the skills taught in Level 4, such as elementary backstroke, breaststroke, and butterfly, as well as underwater swimming and surface dives.



DAILY SWIM LESSONS

American Red Cross Daily Swim Lessons

8 Weeks | Ages 3 years–14 years

Classes are held Monday through Thursday (except Session II due to the holiday). If classes need to be cancelled during the week due to lightning, inclement weather, or accident or incident, make-up classes will be held on Friday of that week.



Daily Lesson Registration Has Changed.

Please see session descriptions in the chart below for registration dates.

Fee: \$59 Resident, \$71 NR						Fee: \$65 Resident, \$79 NR		
Level	PS 1 Turtle	PS 2 Narwahl	PS3 Dolphin	Level 1	Level 2	Level 3	Level 4	Level 5
Ages	3–6 yrs	3–6 yrs	4–6 yrs	6–12 yrs	6–12 yrs	6–14 yrs	8–14 yrs	8–14 yrs
SESSION I: June 10–June 20								
Registration Opens May 19								
9:00–9:30 AM	30023			30043				
9:00–9:40 AM						30059		
9:35–10:05 AM		30031			30051			
9:45–10:25 AM							30067	
10:10–10:40 AM			30039	30044				
10:30–11:15 AM								30075
10:45–11:15 AM	30024				30052			
11:20–11:50 AM		30032						
11:20–12:00 PM						30060	30068	
SESSION II: June 24–July 3 (Week 1: Mon–Fri, Week 2: Mon–Wed)								
Registration Opens June 2								
9:00–9:30 AM	30025			30045				
9:00–9:40 AM						30061		
9:35–10:05 AM		30033			30053			
9:45–10:25 AM							30069	
10:10–10:40 AM			30040	30046				
10:30–11:15 AM								30076
10:45–11:15 AM	30026				30054			
11:20–11:50 AM		30034						
11:20–12:00 PM						30062	30070	
SESSION III: July 15–July 25								
Registration Opens June 23								
9:00–9:30 AM	30027			30047				
9:00–9:40 AM						30063		
9:35–10:05 AM		30035			30055			
9:45–10:25 AM							30071	
10:10–10:40 AM			30041	30048				
10:30–11:15 AM								30077
10:45–11:15 AM	30028				30056			
11:20–11:50 AM		30036						
11:20–12:00 PM						30064	30072	
SESSION IV: July 29–Aug 8								
Registration Opens July 14								
9:00–9:30 AM	30029			30049				
9:00–9:40 AM						30065		
9:35–10:05 AM		30037			30057			
9:45–10:25 AM							30073	
10:10–10:40 AM			30042	30050				
10:30–11:15 AM								30078
10:45–11:15 AM	30030				30058			
11:20–11:50 AM		30038						
11:20–12:00 PM						30066	30074	



American Red Cross Weekly Swim Lessons

8 Weeks | Ages 6 months–14 years



- 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.
- For more Aquatics Program Information contact the CE & Rec office at (262) 255-8460.



**Online Registration
for Weekly Swim Lessons
OPENS
Sunday, May 19
at 9:00 PM**

Fee: \$59 Resident, \$71 NR								Fee: \$65 Resident, \$79 NR		
Level	P/C 1 Tadpole	P/C 2 Frog	PS 1 Turtle	PS 2 Narwahl	PS3 Dolphin	Level 1	Level 2	Level 3	Level 4	Level 5
Ages	6mo–3yrs w/adult	6mo–3yrs w/adult	3–6 yrs	3–6 yrs	4–6 yrs	6–12 yrs	6–12 yrs	6–14 yrs	8–14 yrs	8–14 yrs
Mondays June 10–July 29										
4:30–5:00 PM					29992	29999				
4:30–5:10 PM								30009		
5:05–5:35 PM	29970		29982							
5:15–5:55 PM									30013	
5:40–6:10 PM				29987			30004			
6:00–6:40 PM										30016
6:15–6:45 PM		29976					30005			
Tuesdays June 11–July 30										
4:30–5:00 PM					29993		30006			
5:05–5:35 PM			29983			30000				
5:40–6:10 PM	29971			29988						
6:15–6:55 PM								30010		30017
Wednesdays June 12–Aug 7 <i>No class July 3</i>										
4:30–5:00 PM			29984				30007			
4:30–5:10 PM										30018
5:05–5:35 PM		29977		29989						
5:15–5:55 PM									30014	
5:40–6:10 PM					29995	30001				
6:15–6:55 PM	29972							30011		
Thursdays June 13–Aug 8 <i>No class July 4</i>										
4:30–5:00 PM				29990		30002				
5:05–5:35 PM					29996		30008			
5:40–6:10 PM		29978	29985							
6:15–6:55 PM								30012	30015	
Saturdays June 15–Aug 10 <i>No class July 6</i>										
9:00–9:30 AM	29973	29979								
9:35–10:05 AM			29986		29997					
10:10–10:40 AM	29974	29980								
10:45–11:15 AM				29991	29998					
11:20–11:50 AM	29975	29981								



AQUATICS PROGRAMS

Aquapals: Children with Disabilities

Ages 5-16

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

Wed, 6/12-8/7, 30m

No class 7/3

5:55 PM Class #29767

6:30 PM Class #29768

North Middle School Pool

Aquatic Staff

R \$38 NR \$45 8 classes

Adult Swim Lessons

Ages 14+

Whether you are learning the basics or swimming for fitness, this swim program is perfect for older teens and adults. Our program gives adult swimmers at every level the opportunity to improve their skills in a safe environment and under the guidance of a trained instructor.

Mon, 6:45 PM, 30m

6/10-7/1 Class #29738

7/8-7/29 Class #29740

R \$40 NR \$48 4 classes

Wed, 6:45 PM, 30m

6/12-6/26 Class #29739

R \$30 NR \$36 3 classes

7/10-7/31 Class #29741

R \$40 NR \$48 4 classes

North Middle School Pool

Aquatic Staff

Junior Lifeguard Class

Ages 11-14

Junior Lifeguarding is an effective transition from upper-level Learn-to-Swim course, challenging and encouraging participants to stay involved with aquatics. This class will focus on swimming development, lifesaving skills, teamwork, and decision-making skills. Participants will have an opportunity to shadow the CE & Rec Aquatics team to get a sense of being on the job. Junior Lifeguarding is designed for youth, 11 years of age thru 14 years.



Mon-Thu, 9:00 AM, 3h
7/8-7/11 Class #29742
North Middle School Pool
Aquatic Staff
R \$90 NR \$108 4 classes

Lifeguard



Ages 15+

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 before 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 complete the course will receive a certificate for Lifeguarding/First Aid/ CPR/AED valid for two years. Successful participants will be eligible for employment within the CE & Rec Aquatics Department.

Fri-Sun, 8:00 AM, 9h
6/21-6/23 Class #29745
7/12-7/14 Class #29746
8/2-8/4 Class #29748

North Middle School Pool

Aquatic Staff

R \$225 NR \$275 3 classes

Lifeguarding Instructor

Ages 17+

This class Lifeguarding instructor candidates to teach American Red Cross Lifeguarding, Lifeguarding Blended Training, Shallow Water Lifeguarding, Aquatic Attraction Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescue, and Bloodborne Pathogens Training. Prerequisites: (Minimum age 17 years) possess a current Red Cross certificate for Lifeguarding/ First Aid/CPR/AED, complete the Online Session for the Lifeguarding Instructor Course, and complete the precourse session. Note: To teach Waterfront Skills, Lifeguarding instructors must possess a basic-level Waterfront Skills Certificate. *Online*



classes will be sent to participants after they register.

Sat-Sun, 8:00 AM, 10h
6/1-6/2 Class #29744
Wed-Thu, 9:00 AM, 8hr
8/13-8/14 Class #29751
North Middle School Pool
Aquatic Staff
R \$350 NR \$375 2 classes

Lifeguarding Instructor Review



Ages 15+

Current certification in Red Cross Lifeguarding Instructor/Instructor Trainer is required to participate in the review class. This in-person Instructor review course is the required course for all Lifeguarding Instructors to recertify. During this course, Lifeguarding Instructor and Instructor Trainee will participate in an in-water practice and polish skills, in addition to a classroom-based review of Red Cross administrative policies and procedures. A Lifeguarding Instructor may also choose to attend a brief "test out" session following this course to gain a basic-level Lifeguarding certification.

Sat, 8:00 AM, 8h
7/20 Class #29743
North Middle School Pool
Aquatic Staff
R \$75 NR \$100 1 class

NOW HIRING!

**Lifeguards
Swim Instructors
Aqua Exercise Instructors**

★ **\$15-17/hour** ★
Flexible Hours
Free Training & Certification
No Holidays



June 12–August 23
(No program on July 4)

Step 1: Complete Annual Registration by May 28*

Annual Registration Fee of \$35* 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 28.

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 details on following page!

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 vary 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 \$49 / NR \$59	29815
Kids INC	Grades 1–2	Shady Lane	6:30 AM–6:00 PM	Res \$42 / NR \$50	29814
Kids INC	Grades 3–5	Valley View	6:30 AM–6:00 PM	Res \$42 / NR \$50	29816



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 or the high school.

PROGRAM POLICY NOTE: The Kids INC program is inclusive to students with differing abilities. If your child has special needs, please make sure to provide all pertinent information on the enrollment form. The staff will make every effort to provide a fun and safe experience for all. However, due to the nature of the program, staff cannot provide one-on-one support or individual care to a child. Students need to be potty trained and independent in the bathroom.

2024 Summer Weekly Themes

Weekly Themes



WEEK 1

June 12-14: School's Out

School's out and it is time to have a blast this summer! Celebrate the successes of the school year and get ready to create great memories for the summer!

WEEK 2

June 17-21: Space Exploration

This camp session is about to be out-of-this-world! Travel to infinity-and-beyond through the constellations all in time to make it back to planet Earth by the end of the week!

WEEK 3

June 24-28: Pirate Invasion

Prepare to set sail as we take to the high seas in search of hidden treasures. On this adventure, we'll cross paths with buccaneers, sea creatures, and the scurviest scallywags around.

WEEK 4

July 1-5: *(closed July 4)* Party in the USA

Celebrate all you love about the USA. Go all out in your red, white and blue gear as we enjoy past time activities.

WEEK 5

July 8-12: Down on the Farm

Yeehaw! Come join us as we explore all things farm. From animals to barns to equipment, we are sure to have a good time down on the farm.

WEEK 6

July 15-19: Holiday Extravaganza

Get ready to celebrate the different holidays at camp!

WEEK 7

July 22-26: Music Fest

Join us for a week filled with music and fun! We will explore different genres of music, create instruments, and participate in fun musical activities. Don't miss out on this exciting week of musical adventure.



WEEK 8

July 29-Aug 2: Outdoor Adventure

Could you survive in the wild? Join us to learn how what is needed to survive in the great outdoors.

WEEK 9

August 5-9: Super Heros

There are many different super heros and we will spend the week learning about them.

WEEK 10

August 12-16: Battle of the Decades

Get ready to travel back in time. We will be bringing back some of our favorite styles as we travel through the 70's, 80's, and 90's.

WEEK 11

August 19-23: Color Wars

Put on your game face, the war is on! We will be split into teams and compete in various challenges, contests, and games. Who will be crowned the color war champion?

SCHOOL YEAR KIDS INC 2024-2025



School Year Kids INC online registration opens Sun, May 5 at 9:00 PM

Grades 4K-5
September 3-June 11 (4K starts Sept 5)

No program Nov 28-29, Dec 24-25, Dec 31, Jan 1, April 18, May 26, June 12. Dates subject to change

First, Complete Annual Registration which is required before you may register for individual dates.

4K Wrap Around Ben Franklin
Course #29113 **FULL**
4K Wrap Around Shady Lane
Course #29114 **FULL**

4K Wrap is Full
Add yourself to the waiting list

Kids INC
Ben Franklin Course #29964
Riverside Course #29965 (Held at Ben Franklin)
Shady Lane Course #29966
Valley View Course #29967 (Held at Shady Lane)



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 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, and \$10 late fee for same day registration.

- 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 under the day you would like, and add to cart.
- Follow the prompts and continue through the registration process.

Kids INC Program

Annual Fee \$35

Offered at the elementary schools, Kids INC provides a safe and fun environment for children to receive before and after school care. 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.

The Kids INC program is inclusive to students with differing abilities. If your child has special needs, please make sure to provide all pertinent information on the enrollment form. The staff will make every effort to provide a fun and safe experience for all. However, due to the nature of the program, staff cannot provide one-on-one support or individual care to a child. Students need to be potty trained and independent in the bathroom.



Kids INC Daily Fees

Before School Care (B)	6:30-8:45 AM	\$12.00
After School (S)	3:45 PM-6:00 PM 2:30 PM-6:00 PM	\$13.00 (M, Tu, Th, F) \$14.00 (W)
*Full Day (L, S) No-school days only	6:30 AM-6:00 PM	\$42.00

(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.



YOUTH ACTIVITIES & SPORTS

FALLS Family MOVIE NIGHT

Presented By **Chick-fil-A**
Menomonee Falls

Village Park
SHOWTIME - DUSK

- MAY 17th: *Monsters Inc.*
- JUNE 14th: *Back to the Future*
- JULY 12th: *Space Jam*

"Previews" start at 6PM

- LIVE MUSIC • FOOD TRUCKS
- BEER GARDEN • POPCORN WAGON

Logos: Menomonee Falls Chamber, Dynamic, Hyundai, John Amato Hyundai, five nine, Fleet Farm, and others.

SAVE THE DATE!

Falls Kids Festival

AUGUST 10, 2024
12PM-5PM VILLAGE PARK

SUPPORTED BY **HYUNDAI** | **JOHN AMATO HYUNDAI**

**“Adventure Begins at Your Library”
This Summer!**

Join us at the Menomonee Falls Public Library for performances, storytimes, crafts, games, lock-ins, guest speakers, book clubs, movies, and more! There’s an adventure waiting for every age group; children, teens, and adults are invited to participate in events and reading challenges.

The Summer Library Program will run from June 10–August 10.

Check MenomoneeFallsLibrary.org for additional program details in mid-May



Oodles of Art

Ages 1½–4 ½ with adult

Adults and children 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 are provided. Please bring a smock for your child; register child only.

Thu, 9:30 AM, 1h
5/16–6/6 Class #29448
Germantown DPW Highway Dept. Bldg.
R \$42 NR \$45 4 classes

Miss Julie's Music Fun

Ages 1–5 with adult

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

Tue, 10:00 AM, 45m
6/4–6/18 Class #29403
6/25–7/9 Class #29404
7/16–7/30 Class #29405
Germantown DPW Highway Dept. Bldg.
Julie Thompson
R \$36 NR \$46 3 classes

Miss Julie's Farm Animals Music Party

Ages 1–5

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.

Thu, 6/6, 1h
10:30 AM Class #29406
1:30 PM Class #29407
Germantown DPW Highway Dept. Bldg.
Julie Thompson
R \$18 NR \$21 1 class

Miss Julie's Babies Music Fun

Infant and Babies w/ adult

Parents or caregiver & infants and babies (non-walkers). 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
6/15 Class #29412
7/13 Class #29413
Germantown Fire Station #1
Julie Thompson
R \$10 NR \$13 1 class

Miss Julie's Family Music Fun

Ages 1–5 with 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. Please register your child only. Siblings under one year, or over 5 years of age, may attend at no charge.

Sat, 10:15 AM, 45m
6/15 Class #29410
7/13 Class #29411
Germantown Fire Station #1
Julie Thompson
R \$14 NR \$17 1 class

Miss Julie's Under the Sea Music Party

Ages 1–5

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.

Thu, 7/18, 1h
10:30 AM Class #29408
1:30 PM Class #29409
Germantown DPW Highway Dept. Bldg.
Julie Thompson
R \$18 NR \$21 1 class



**Menomonee Falls
4K & 5K Enrollment**

For more information, go to
fallsschools.org/enroll

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 behavior.

Thu, 6:00 PM, 1h30m
8/8–8/15 Class #29446
Survive Alive House, G-Town
R \$17 NR \$17 2 classes

Pirates, Aliens, Robots & Who?

Ages 4–6

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.

Mon–Thu, 9:00 AM, 1h
8/12–8/15 Class #29423
Community Center Rm 109
Computer Explorers Staff
R \$54 NR \$76 4 classes





YOUTH ACTIVITIES & SPORTS

STEM Mix Mania **NEW!**

Ages 4-6

Think LEGO Engineering, Coding 101 with floor robots, K-nex projects, Science Experiments, and much more. It's time to meet the Robots, perform magnetic magic, build working catapults, and explore classes that can be customized to students interests. This class is guaranteed to keep the students engaged and encouraged to experiment with new and exciting areas in the STEM world.

Mon-Thu, 10:15 AM, 1h
8/12-8/15 Class #29424
Community Center Rm 109
Computer Explorers Staff
R \$54 NR \$76 4 classes

STREAM Sampler

Ages 7-12

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. Students can stay for lunch if they are taking the BricQ Prime class.

Mon-Thu, 11:30 AM, 1h
8/12-8/15 Class #29425
Community Center Rm 109
Computer Explorers Staff
R \$54 NR \$76 4 classes

BricQ Motion Prime **NEW!**

Ages 7-12

If you liked BricQ, then you are ready for BricQ Motion Prime. This engaging hands-on STEAM-based kit engages students to experiment with forces, motion, pneumatics, and much more. Let's build a Ski Slope, Soccer Game, Sail Car, Propeller Car, and even a Swinging Gorilla Gymnast.

Mon-Thu, 1:00 PM, 1h
8/12-8/15 Class #29426
Community Center Rm 109
Computer Explorers Staff
R \$54 NR \$76 4 classes

CSI **NEW!**

Ages 7-12

It's up to you to solve the crime using CSI techniques used by the experts. Think Lie Detectors, Motion Detectors, Surveillance Cameras, and Digital Microscopes to examine fingerprints, hair, and powder samples left at the crime scene and so much more. The last class will end with a class participating crime scene activity. Which one of your classmates is the suspect in the case? Possibly, maybe even you! Past students have taken this class several times as it is always changing to include the student's personalities and interests!

Mon-Thu, 2:15 PM, 1h
8/12-8/15 Class #29427
Community Center Rm 109
Computer Explorers Staff
R \$60 NR \$78 4 classes

Eureka! STEM Makers: Gadgets & Gizmos Camp

NEW!

Ages 5-12

Inspire the inventor and scientist in this Ultimate STEM-Makers Camp! Campers will overcome a series of challenges using basic materials, simple machines, tips from famous inventors, and most important of all, their minds. With a little bit of ingenuity, children will create catapults and forts, and even construct their own working Light Sabers to take home. Daily themes include: Do Like da Vinci, Modern & Medieval Machines, Edison, Bell & Tesla, Awesome Inventions, and Shipwrecked Shelters.

Mon-Fri, 8:30 AM, 7h
8/5-8/9 Class #29800
Community Center Rm 109
Mad Science Staff
R \$493 NR \$493 5 classes



Mad Science: The Science of Slime

Ages 5-12

We will set up the Mad Science Lab for Junior scientists. Scientists mix, brew, and mush up several batches of slime! That's right, this one-day camp is all about creating gooey globs of fun, better known as slime. With the help of Mad Scientist instructors, junior. Scientists will get to whip up several different slime recipes and spend the day learning about polymers. Glitter slime, glow in the dark slime, orb slime, the possibilities are endless as kids experiment at our Slime Bar and create 3 different kinds of polymers. Junior Scientists will also test their slime creations in a series of fun games and activities known as the Slime Olympics.

Wed, 8:30 AM, 8h
7/31 Class #29799
Community Center Rm 109
Mad Science Staff
R \$103 NR \$123 1 class

Mad Science: Underground Explorers **NEW!**

Ages 7-12

Calling all Jr. Archaeologists and Paleontologists? Uncover the mysteries of ancient civilizations, explore the history of dinosaurs, and dig up the ancient past. Learn about archaeology and the techniques scientists use to excavate the long-lost cities. Discover ancient civilizations and the tools and artifacts they used in everyday life. Kids will love to study bone fragments, pottery shards, amber deposits, and fossils. Camp is filled with cool take homes such as amber keychains, world coins, plaster hand cast and more.

Mon-Fri, 8:30 AM, 4h
8/12-8/16 Class #29801
Community Center Rm 3LL
Mad Science Staff
R \$289 NR \$289 4 classes



STEAM

Ages 5-8

This exciting program brings together elements of science, art, and math in a hands-on, action-packed environment. Students will conduct experiments, play educational games, and unlock their creativity through building challenges and projects.

Mon-Fri, 1:00 PM, 1h30m
7/22-7/26 Class #29836
Shady Lane Rm 138
Afterschool Enrichment Staff
R \$150 NR \$180 5 classes

Let's Code It

Ages 8-12

Your child will have a blast designing video games and animations in this exciting STEM program. Our innovative approach to coding is sure to spark your child's interest in computer science, using a kid-friendly, intuitive, block-based programming system called Scratch, developed by the MIT Media Lab. The fun-filled curriculum hones problem solving, attention to detail, creativity, storytelling, and critical thinking skills. Topics include conditional statements, cloning, variables, loops, control structure, object-oriented design concepts and data structures. Students will need to bring a tablet or laptop to participate in class.

Mon-Fri, 1:00 PM, 1h30m
7/29-8/2 Class #29817
Community Center Rm 2LL
After School Enrichment Staff
R \$150 NR \$180 5 classes

Safety Town

Ages Entering 5K

Students must be age 5 and registered for Kindergarten. Safety Town will teach children to evaluate the safe from unsafe when confronted with potentially dangerous situations. Safety awareness issues including: home, outdoors, water, animals, cars, streets, bus, gun safety, strangers, and more, are taught in indoor class facilities. Outdoors 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.

Mon-Fri, 2 h
7/22-8/21
8:00 AM Class #29730
10:30 AM Class #29731



Riverside School, Rm 103
Kristen Muskevitch & McKenzie Meyer
R \$65 NR \$79 9 classes

Smart Start Art **NEW!**

Ages 5-7

Explore your artistic side with Smart Start Art. Discover your creativity and imagination as an artist, developing fine motor skills, style, and vision as we explore different artistic techniques through a variety of inspiring projects. Sketch and draw, shade and color, cut, glue, fold and create. See your imagination come to life. Learn about great artists from throughout history and the present day, through featured artists and fun exciting games.

Mon-Fri, 1:00 PM, 1h30m
7/29-8/2 Class #29835
Shady Lane Rm 138
Afterschool Enrichment Staff
R \$138 NR \$165 5 classes



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. Registration is required, but walk-ins are accepted.

Mon, 6:00 PM, 1h
7/15 Class #29747
North Middle School
Dan Zeroth
FREE, but registration is required

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 and work hours vary.

For more information, contact Sarah Quinones, Manager of Custodial Operations at 262-25-8446, or email quinsar@sdmfschools.org.



YOUTH ACTIVITIES & SPORTS

Chess Scholars

Ages 8–12

Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Also, chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach.

Mon–Fri, 1:00 PM, 1h30m
7/22–7/26 Class #29818
Community Center Rm 2LL
Afterschool Enrichment Staff
R \$138 NR \$165 5 classes

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. Parents are encouraged to stay during class.

Thu, 6:00 PM, 1h
6/6 Class #29447
Germantown Fire Station #2
R \$10 NR \$10 1 class

Stay Home Alone

Ages 8–12

Put your mind at ease as your child gains independence and self-confidence. Topics covered are stranger danger, buddy system, dangers of Internet, 911, basic first aid, fire safety and much more.

Mon & Wed, 7/15–7/24, 1h
11:00 AM Class #29665
12:30 PM Class #29666

Germantown DPW Highway Dept. Bldg.
Laura Gruber
R \$38 NR \$43 4 classes



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>. If you prefer not to download the textbook, you can order a book online at a cost of approx \$17. Participants will receive certification upon successful completion of the class. Students will need to bring a lunch and water bottle to class.

Wed, 9:00 AM, 6h
6/12 Class #29416
7/24 Class #29420

Tue, 9:00 AM, 6h
6/11 Class #29729
6/25 Class #29418
7/23 Class #29419

Thu, 9:00 AM, 6h
6/13 Class #29417
Community Center Rm 109
Jessica Heller
R \$62 NR \$75 1 class

Henna Tattoo Workshop

Ages 9+

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.

Mon, 5:00 PM, 1h15m
6/24 Class #29438
7/22 Class #29439
8/19 Class #29440
Survive Alive House, G-Town
Khushbu Dudhwala
R \$28 NR \$30 1 class

LIVE VIRTUAL

Spanish Summer Camp: “Vamos a Imaginar!”

Ages 5–11

“Let’s Imagine!” In this Thrilling LIVE virtual summer camp, students will use their imagination and learn Spanish vocabulary related to their favorite themes: Superheros, princesses, magic, dinosaurs, mermaids, unicorns and more! In each class students will explore age-appropriate adventures all in Spanish! Basic conversation and Spanish vocabularies such as colors and counting will be incorporated to build on their skills each week. Class will include interactive activities learning Spanish vocabulary and practical conversation elements. Join us on a magical adventure! Appropriate for students with any level of Spanish experience.

Mon–Thu, 4:15 PM, 45m
6/10–6/13 Class #29364
Futura Language Professionals Staff
R \$74 NR \$81 4 classes



Theater Camp: Elementary *Finding Nemo Kids* **NEW!**

Ages 7-10

Just keep swimming with Nemo, Dory, Marlin and all the gang of *Finding Nemo Kids*! Students are invited to join the cast of this Disney animated class as we bring it to life on stage. *At the end of the camp there will be two performances on 8/2 at 11 AM and 6 PM.*

Mon-Fri, 9:00 AM, 3h
7/22-8/2 Class #29662
North Middle School Choir Rm 130
Linda Hake
R \$250 NR \$300 10 classes

Theater Camp: Middle School *SpongeBob the Musical* **NEW!**

Ages 11-14

Who lives in a pineapple, under the sea? If you sign up for camp this summer it will be YOU! Students exiting grades 5-8 are invited to join us as we stage *SpongeBob SquarePants the Musical*, the beloved cartoon classic adapted into a smash Broadway hit (nominated for 12 Tony awards.) *At the end of the camp there will be two performances on 7/19 at 11:00 AM and 7 PM.*

Mon-Fri, 9:00 AM, 4h
7/8-7/19 Class #29663
North Middle School Choir Rm 130
Linda Hake
R \$280 NR \$336 10 classes

Theater Camp: High School *Footloose One Act* **NEW!**

Ages 13-18

Students are invited to sing and dance with us as we tell the story of *Footloose* based on the popular movie turned Broadway hit. When Ren and his mother move from Chicago to a small farming town, he is prepared for the inevitable adjustment period at his new high school. But he's not prepared for the rigorous local edicts, including a ban on dancing instituted by a local preacher, who is determined to exercise control over the town's youth. *Performances will be on Friday, 6/28 at 7 PM and Saturday, 6/29 at 2 PM and 6 PM.*

Mon-Fri, 9:00 AM, 6h
6/17-6/28 Class #29664
High School Rm 165
Linda Hake
R \$200 NR \$240 10 classes

Stage Stars

Ages 12-14

It's time to raise the curtain on our Stage Stars class. 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, interact with others within the context of theater arts, and have the opportunity to earn belts to demonstrate their learned skills.

Mon-Fri, 1:30 PM, 1h30m
6/10-6/14 Class #29819
8/5-8/9 Class #29820
Community Center Rm 3 LL
Afterschool Enrichment Staff
R \$124 NR \$148 5 classes

Young Rembrandts: Baby Animals Drawing Camp

Ages 6-12

Embark on an enchanting 5-day journey through the diverse world of baby animals. Begin with a heartwarming realism of nature's young, from the gentle gaze of a fawn to playful otters. Transition into the whimsical Kawaii style, capturing irresistibly cute, wide-eyed creatures. Add a twist as we imagine baby animals donning fashionable attire, blending humor with creativity. Perfect for young artists eager to explore varied artistic styles while celebrating the charm of baby animals.



Mon-Fri, 1:00 PM, 2h
7/8-7/12 Class #29428
Community Center Rm 109
Young Rembrandts Staff
R \$79 NR \$89 5 classes



Young Rembrandts: Under the Sea Drawing Camp

Ages 6-12

If you love sea creatures, this camp is a must. Our fish characters will consist of sharks, jellyfish, octopus, and others. We will give our fish character expressions and will pace them in fun, action scenes. On our final day, we will draw a large scene of the coral reef environment, inviting a great opportunity to use a variety of colors and textures. Our creative juices will flow as we develop new and fun characters.

Mon-Fri, 1:00 PM, 2h
7/15-7/19 Class #29429
Community Center Rm 109
Young Rembrandts Staff
R \$79 NR \$89 5 classes



Community Band

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 7/18 at the MFHS Auditorium.

Tue, 7:00 PM, 1h30m 6/11-7/16 Class #29435
High School Rm 170

FREE, but registration is required

Entering Gr 8-12 and Adults



YOUTH ACTIVITIES & SPORTS



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.



Upcoming Blood Drive

June 18 & August 27
at the Community Center

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](https://www.versiti.org).

Bi-County Special Olympics

Ages 8–Adult w/intellectual disabilities

Bi-County Special Olympics provides year-round sports training and competition in local, regional and state tournaments. Programs give continuing opportunities to develop physical fitness, demonstrate courage and experience joy while participating in a sharing of gifts, skills, and friendship. Practices are held Saturdays within the Menomonee Falls School District.

Summer Sports Season: March–June

Track & Field
Cornhole

Unified Relay 4x100m Relay—Run & Walk
Teams Coed Doubles and Unified Doubles

Fall Sports Season: August–November

Golf
Bocce
Flag Football
Volleyball
Bowling

Unified Team Alternate Shot
Unified Team

For information or to volunteer, contact Alisa Novak at coachalisabc@gmail.com





Jr Phoenix Dance Mini

Grades 5K-2

Jr. Phoenix Dance is a great opportunity to explore the world of pom and dance. Students will be taught a pom routine, as well as technique. In this program, participants will get to learn team-building skills along with the fundamentals of performing as a team. Dancers will perform their pom routines at a variety of local events, including public performances at Village Park and the 3rd of July Parade. During the last practice, we will showcase our participants' new skills and routines to family and friends. Registration fee includes a team t-shirt.

Wed, 6:00 PM, 1h
6/19-8/14 Class #29780
No class 7/3
Shady Lane Gym
Jessica Michaud & Alex Grennier
R \$129 NR \$154 9 classes

Jr Phoenix Dance Youth

Grades 3-5

Jr. Phoenix Dance is a great opportunity to explore the world of pom and dance. Students will be taught a pom routine, as well as technique. In this program, participants will get to learn team-building skills along with the fundamentals of performing as a team. Dancers will perform their pom routines at a variety of local events, including public performance at Village Park and 3rd of July Parade. During the last practice, we will showcase our participants' new skills and routines to family and friends. Registration fee includes a team t-shirt.

Wed, 6:45 PM, 1h30m
6/19-8/14 Class #29649
No class 7/3
Shady Lane Gym
Jessica Michaud & Alex Grennier
R \$129 NR \$154 9 classes



This symbol means the class is offered for multiple ages, under 18 and over 18.

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, 9:15 AM, 30m
7/6-7/27 Class #29422
Bellator Academy of Irish Dance
N112 W15800 Mequon Rd, Germantown
R \$35 NR \$37 4 classes

Hot Wheels Inline Skating Levels 1-2

Ages 7-12

Come learn how to skate on rollerblades. 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, backwards skating, a-frame turns, toe rolls, two-foot slalom. 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.

Wed, 5/29-6/19, 5:30 PM, 45m
Levels 1-2 Class #29825
Levels 3-4 Class #29824
Riverside Playground
R \$35 NR \$42 4 classes



Community Playground Challenge

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 8/5. Entries will be put in a drawing to win a basket filled with fabulous prizes from participating businesses. Winners will be announced on 8/7. Prizes can be picked up from the CE & Rec Office.

7/1-7/31 Class #29749
FREE, but registration is required

Learn To Ice Skate

Ages 4-Adult

Your child will develop confidence on the ice by learning forward and backward skating, turns, stops, falling and recovery. A 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. Please dress appropriately for the cold temperatures at the ice rink.

Ages 4-6
Wed, 4:15 PM, 30m
5/29-6/26 Class #29775
7/10-8/7 Class #29777

Ages 7-Adult
Wed, 4:15 PM, 30m
5/29-6/26 Class #29776
7/10-8/7 Class #29778
Eble Ice Arena
R \$75 NR \$75 5 classes



YOUTH ACTIVITIES & SPORTS

REGISTRATION OPENS AUG 1

Falls Focus Volleyball Club

Ages 10–14

Falls Focus Volleyball Club was established to FOCUS on player and team development while offering a club-level program with no cuts or tryouts. Fee includes uniform tops, shorts, and club jackets. Teams will participate in Badger Region Volleyball Association Tournaments between January–April. Refunds will not be issued for this program for any reason. Please determine your child's age group by visiting www.usavolleyball.org

Tue & Thu, 11/5–3/27, 5:30 PM, 3h30m
 Club U11, Ages 10–11 Class #29957
 Club U12, Ages 11–12 Class #29958
 Club U13, Ages 12–13 Class #29959
 Club U14, Ages 13–14 Class #29960

Community Center Gym
 Stephanie Bechel
 R \$550 NR \$660 38 classes

Girls Volleyball Camp

Grades 5K–12

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, high school staff, and current varsity players. Registration closes on 7/8.

Mon–Wed, 7/22–7/24
 Entering Grades 5K–4
 12:30 PM, 1h Class #29752
 R \$31 NR \$38 3 classes

Entering Grades 5–6
 2:00 PM, 1h30m Class #29753
 R \$38 NR \$46 3 classes

Entering Grades 7–8
 4:00 PM, 1h30m Class #29754
 R \$38 NR \$46 3 classes

Entering Grades 9–12
 6:00 PM, 2h Class #29755
 R \$51 NR \$61 3 classes
 High School Gym Burgundy
 Cory Rabe

Jr Phoenix Volleyball Club

Ages 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 complement of the club season. Practice will be held on weekday evenings at either 6–7:30 PM or 7:30–9 PM 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. Register for the grade level your child will be entering in the Fall 2024. Players must reside in the School District of Menomonee Falls boundaries or be enrolled in the MF School District. Additional team and practice information will be sent out prior to the start of practice.

Tue & Thu, 8/6–10/24

Girls

Entering Gr 5 Class #29808
 Entering Gr 6 Class #29809
 Entering Gr 7 Class #29810
 Entering Gr 8 Class #29811

Boys

Entering Gr 5–6 Class #29812
 Entering Gr 7–8 Class #29813
 North Middle School Gym
 Stephanie Bechel
 R \$349 NR \$419 24 classes

Parent volunteer coaches are needed for this program. After successfully completing the season, registration fee will be refunded back for parent volunteer coaches. Training opportunities will be provided and additional support is offered as needed. Please indicate at registration your interest or contact Dan Zeroth at (262) 255-8460, zerodan@sdmfschools.org. Priority for adding additional teams or enrolling from the waiting list will be given to those who indicate they can parent volunteer coach if additional coaches are needed. Refunds will not be issued for this program, for any reason, unless it is canceled due to low enrollment.

Boys Volleyball Camp

Entering Grades 5–12

Join MFHS Boys Varsity Volleyball coaches and players for a summer camp featuring core fundamentals, positional skill work, and scrimmage games. Learn basic offensive and defensive systems. Higher-level skill training will be available for players with a more developed skill base. All experience levels are welcome and encouraged!

Entering Grades 5–8

Mon–Wed, 7/22–7/24
 9:00 AM, 2h Class #30080
 High School Burgundy Gym
 R \$51 NR \$61 3 classes

Entering Grades 9–12

Mon–Fri, 7/22–7/26
 1:00 PM, 2h 30m Class #30079
 High School Grey Gym
 R \$67 NR \$80 5 classes

Todd Smith

Recreational Tree Climbing

Ages 7–Adult

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 are 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 a map and directions.

Tue, 6/25, 2h
 9:30 AM Class #29302
 12:00 PM Class #29303

Tue, 7/30, 2h
 9:30 AM Class #29304
 12:00 PM Class #29305
 3:00 PM Class #29306

Menomonee Park
 Tree Top Explorers Staff
 R \$49 NR \$49 1 class



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, 6/3-6/24, 45m

Ages 4-5, 5:30 PM

Class #29756

Ages 6-8, 6:20 PM

Class #29757

Ages 9-11, 7:15 PM

Class #29759

Community Center Gym

Hooper Hands

R \$75 NR \$90 4 classes

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, 7/1-7/22, 45m

Ages 4-5, 5:30 PM

Class #29761

Ages 6-8, 6:20 PM

Class #29762

Ages 9-11, 7:15 PM

Class #29763

Community Center Gym

Hooper Hands

R \$75 NR \$90 4 classes

FREE TRIAL

Coed Flag Rugby

Ages 7-15

Entering Grades 1-9 in Fall 2024. Not sure if Flag Rugby is for you? This 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 safety cleats or running shoes, and bring a water bottle.

Wed, 4:00 PM, 1h15m

5/29 Class #29340

North Middle School Football Field

Dan Zeroth

FREE, but registration is required.



Coed Flag Rugby

Ages 7-15

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 incorporate them into drills and games. Tournaments are held on Saturdays and feature numerous games against teams from all around the state. Dates: 6/22 at Milwaukee Lakefront 7's 6/29 at Oshkosh 7/13 at Fond du Lac 7/20 at Green Bay 7/27 at Cottage Grove Participants should wear cleats or running shoes, and bring a water bottle.

Wed, 6/5-7/24, 4:00 PM, 1h15m

Grades 1-2 Class #29341

Grades 3-4 Class #29342

Grades 5-6 Class #29343

Grades 7-9 Class #29344

North Middle School Football Field

Dan Zeroth

R \$65 NR \$65 7 classes



Milwaukee Bucks Summer Youth Basketball Camp

Ages 7-14

Milwaukee Bucks Summer Camps provide a fun and team-oriented environment for boys and girls ages 7-14. These camps include instruction on ball handling, passing, shooting, defensive and offensive concepts with 5 on 5 scrimmages. Bucks camp coaches are selected for their basketball knowledge and ability to teach kids of all ages and skill levels.

8/5-8/9

Mon-Thu, 9:00 AM-3:00 PM

& Fri, 9:00 AM-1:00 PM

For pricing and additional information please visit Bucks.com/YouthBasketball



YOUTH ACTIVITIES & SPORTS

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 2nd week of class, we plan to play fun mini matches working on all skills learned.

Fri, 7/12–8/2, 45m

Ages 4–5, 5:30 PM Class #29771

Ages 6–8, 6:30 PM Class #29772

North Middle Football Field, off Garfield

Sportz Brains John Leavell Jr

R \$75 NR \$90 4 classes

Sportz Brains: Dribble-Shoot-Goal

Ages 4–8

This is a mini soccer league class which will build upon the fundamentals learned in Sporty Shorty Soccer class. Class will start with a series of different soccer fundamental drills and skills and conclude with dividing players into teams to compete against each other.

Fri, 8/9–8/30, 45m

Ages 4–5, 5:30 PM Class #29773

Ages 6–8, 6:30 PM Class #29774

North Middle Football Field, off Garfield

Sportz Brains John Leavell Jr

R \$75 NR \$90 4 classes

Sportz Brains: Base Batters

Ages 4–8

This is a beginner baseball class working on different physical and mental abilities of the game. Your child will learn the techniques of hitting, catching, running and having fun while learning how to get on BASE! We plan to end each class with a fun game.



Fri, 6/7–6/28, 45m

Ages 4–6, 5:30 PM Class #29769

Ages 6–9, 6:30 PM Class #29770

North Middle Football Field, off Garfield

Sportz Brains John Leavell Jr

R \$75 NR \$90 4 classes



NOTE: All Soccer Shots classes require payment of an annual enrollment fee and includes a FREE jersey. An end-of-season prize is also included.

Soccer Shots: Mini—Parent & Me

Ages 2–3

This class is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling, and the basic rules of the game. Through fun games, songs, and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Thu, 4:40 PM, 30m

4/4–5/23 Class #30085

Valley View Gym

Tue, 4:40 PM, 30m

6/11–7/30 Class #30086

North Middle School Gym

R \$160 NR \$160 8 classes



Inclement Weather Cancellations

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

Soccer Shots: Classic

Ages 4–6

This class utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

Tue, 5:20 PM, 30m

4/4–5/23 Class #30084

Valley View Gym

Thu, 5:20 PM, 30m

6/11–7/30 Class #30087

North Middle School Gym

R \$160 NR \$160 8 classes

Soccer Shots: Premier

Ages 6–8

This class utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing, and shooting. We also highlight a positive character trait each session such as respect, teamwork, and appreciation.

Tue, 6:00 PM, 30m

6/11–7/30 Class #30092

North Middle Football Field, at Garfield

R \$176 NR \$176 8 classes



Jr T-Ball League

Ages 4K-5

This introductory T-ball 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.

Tue, 5:30 PM, 1h30m
6/11-8/6 Class #29376
Oakwood Park
Ed Swab
R \$55 NR \$66 8 classes

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



COACHES ARE NEEDED!

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.

Tue, 7:00 PM, 1h30m
6/11-8/6 Class #29375
No games 7/2
Oakwood Park
Ed Swab
R \$55 NR \$66 8 classes

Jr Flag Football League

Grades 4K-2

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 40-minute practice followed by a 40-minute scrimmage. Scores and standings will not be kept, and everyone will play. Game times will rotate starting at 9:00 AM through early afternoon.

Sat, 9/7-10/19, 9:00 AM

Grades 4K-5K Class #29506
R \$45 NR \$54 7 classes

Grades 1-2 Class #29508
R \$59 NR \$70 7 classes

Grades 3-5 Class #29507
R \$59 NR \$70 7 classes
Oakwood Park
Ed Swab

Camp Invention®

WHERE
**BRIGHT
IDEAS**
COME TO LIFE

This year's all-new program sparks curiosity and builds confidence as campers collaborate in fun, hands-on STEM challenges led by qualified local educators to help their creativity shine.

SAVE \$25
WITH CODE **FUN25**
EXPIRES MARCH 27, 2024

SAVE \$15
WITH CODE **FUN15**
EXPIRES MAY 16, 2024

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FOR 2 SIBLINGS

SAVE \$40
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Camp Invention is a nonprofit program of the National Inventors Hall of Fame.

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Nordson Corporation Foundation
Overdeck Family Foundation
United Way of Summit & Madison
U.S. Department of Defense (DoD) STEM
Walton Family Foundation

SECURE YOUR SPOT TODAY!

Register at [INVENT.ORG/CAMP](https://www.invent.org/camp) or 800-968-4332

Grades: K - 6th

Location: Riverside Elementary School
W153N8681 Margaret Rd, Menomonee Falls, WI 53051

Date: July 29 - August 2, 2024

Time & Cost: 9:00 AM to 3:30 PM | \$285 (before discount)

Extended Day Hours Available: 7:30 AM to 5:00 PM | Additional \$100

Camp Director: Amanda Bailey | mandyjcase@gmail.com



If these dates/times don't work for you, please visit [invent.org/camp](https://www.invent.org/camp) for other locations near you.



YOUTH ACTIVITIES & SPORTS

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
 6/10-6/20 Class #29851
 6/24-7/3* Class #29852
 7/8-7/18 Class #29853
 7/22-8/1 Class #29854
 R \$33 NR \$40 8 classes*
 R \$39 NR \$47 9 classes

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. Adults will need to provide their own racquet. Youth racquets are provided if needed. Register child only, one adult is included in the fee.

Tue & Thu, 6:00 PM, 50m
 6/11-7/2* Class #29857
 No class 7/4
 7/9-8/1 Class #29858

Thu, 3:00 PM, 50m
 6/13-7/25 Class #29946
 R \$44 NR \$53 6 classes*
 R \$58 NR \$70 7 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, 50m
 6/10-6/20
 1:00 PM Class #29849
 2:00 PM Class #29845
 6/24-7/3*
 2:00 PM Class #29846
 7/8-7/18
 1:00 PM Class #29850
 2:00 PM Class #29847
 7/22-8/1
 2:00 PM Class #29848
 Thu, 50m
 6/13-7/25** Class #29945
 No class 7/4
 R \$58 NR \$70 9 classes
 R \$49 NR \$60 8 classes*
 R \$58 NR \$70 6 classes**

Tennis: Advanced Beginner / Intermediate

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
 6/10-6/20 Class #29837
 6/24-7/3 Class #29838*
 7/8-7/18 Class #29839
 7/22-8/1 Class #29840
 R \$49 NR \$60 8 classes*
 R \$58 NR \$70 9 classes

Tennis: Drill

Ages 11-18

Stay in match shape or get ready for the fall season with this 8 week summer program. Under the direction of MF High School Varsity Tennis Team Coach, Mr. Woosencraft, class will focus on improving the quality (power, speed, control, and placement) of tennis skills, learning advanced skills and their application, developing match tactics and strategies, and playing high level games. Prior tennis experience is highly recommended.

Mon-Wed, 1:00 PM, 1h30m
 6/10-7/31
 Middle School Class #29939
 High School Class #29940
 R \$85 NR \$102 24 classes

Tennis: One-on-One XL

Ages 4-Adult

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.

2:45 PM-3:35 PM
 Mon, 6/10-7/1 Class #29947
 Tue, 6/11-7/2 Class #29949
 Wed, 6/12-7/3 Class #29951
 Mon, 7/8-7/29 Class #29948
 Tue, 7/9-7/30 Class #29950
 Wed, 7/10-7/31 Class #29952
 R \$78 NR \$94 4 classes

PLAN AHEAD

*Bring a
 Water Bottle
 to Class*





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. All tennis lessons are held at Menomonee Falls High School Tennis Courts.

Mon-Thu, 25m	
R \$27 NR \$33 4 classes	
R \$20 NR \$24 3 classes*	
Ages 6-8	12:00-12:25
6/10-6/13	29859
6/17-6/20	29860
6/24-6/27	29861
7/1-7/3*	29862
7/8-7/11	29863
7/15-7/18	29864
7/22-7/25	29865
7/29-8/1	29866
Ages 9-12	12:30-12:55
6/10-6/13	29875
6/17-6/20	29876
6/24-6/27	29877
7/1-7/3*	29878
7/8-7/11	29879
7/15-7/18	29880
7/22-7/25	29881
7/29-8/1	29882

Tue & Thu, 25m	
R \$27 NR \$33 4 classes	
R \$20 NR \$24 3 classes	
Ages 6-8	5:00-5:25
6/11-6/20	29867
6/25-7/2	29868
7/9-7/18	29869
7/23-8/1	29870
Ages 9-12	5:30-5:55
6/11-6/20	29871
6/25-7/2	29872
7/9-7/18	29873
7/23-8/1	29874



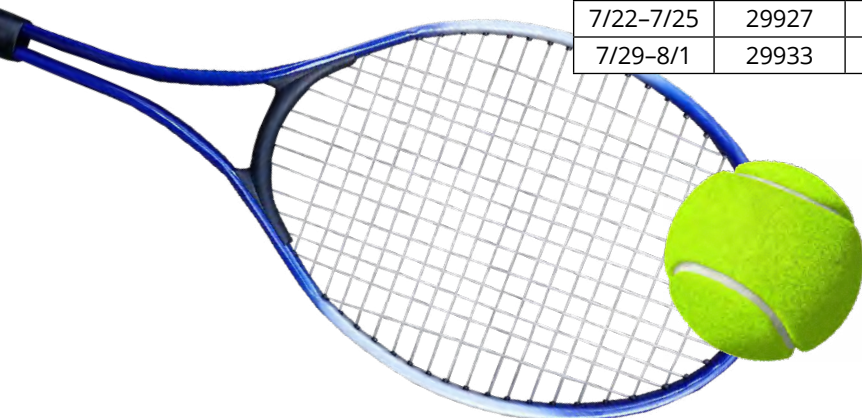
Tennis: One-on-One

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 \$29 NR \$35 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
6/10-6/13	29891	29892	29893	29894	29895	29896
6/17-6/20	29897	29898	29899	29900	29901	29902
6/24-6/27	29903	29904	29905	29906	29907	29908
7/1-7/3*	29909	29910	29911	29912	29913	29914
7/8-7/11	29915	29916	29917	29918	29919	29920
7/15-7/18	29921	29922	29923	29924	29925	29926
7/22-7/25	29927	29928	29929	29930	29931	29932
7/29-8/1	29933	29934	29935	29936	29937	29938

Tue & Thu, 25m		
R \$33 NR \$40 3 classes		
R \$39 NR \$47 4 classes*		
Ages 4-17	5:00-5:25	5:30-5:55
6/11-6/20	29883	29884
6/25-7/2*	29885	29886
7/9-7/18	29887	29888
7/23-8/1	29889	29890





YOUTH ACTIVITIES & SPORTS



First Tee Junior Golf

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 Friday, 8/9. Golfers will play 9 holes with a parent or family member and end with a cookout to end the season.

Wed, 6/19-8/9, 1hr15m

9:00 AM Class #29963

10:15 AM Class #29962

1:00 PM Class #29961

Dretzka Park

R \$185 NR \$220 9 classes

Golf Lessons: Jr Academy

Ages 7-10

Learn the game of golf 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, 10:00 AM, 1h
6/17-7/3 Class #29442

Mon, Wed, Thu, Fri, 12:00 PM, 1h15m
7/8-7/12* Class #29443

No class 7/9, *4 classes
Swing Time Germantown
R \$61 NR \$65 5 classes

Little Jragons

Ages 3-6

Learn self-defense, including taekwondo, kickboxing, and basic escapes, from former ATA World and National Championship fighter, Jason Suav. Watch your child build amazing character qualities such as confidence, leadership, respect, and discipline. Classes are designed to improve large motor, fine motor, while enhancing their ability to pay attention and follow directions. A \$20 belt fee at the end of the session is optional for students wishing to earn rank and become a black belt someday.

Ages 3-4

Thu, 5:00 PM, 30m

6/20-7/25 Class #29826*

8/1-8/29 Class #29830*

Ages 5-6

Thu, 5:30 PM, 30m

6/20-7/25 Class #29827*

8/1-8/29 Class #29831

*No class 7/4

Riverside Cafeteria

Jason Jordan

R \$35 NR \$42 5 classes

TaeKwonDo

Ages 7-Adult

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

Tue & Thu, 6:00 PM, 1h10m

6/18-8/1 Class #29414

No class 7/2 & 7/4

Community Center Rm 102A & B
James Donne

R \$38 NR \$47 12 classes

2024 Optimist Club of Menomonee Falls

Kids Fishing Derby

Catch & Release Contest

Saturday, May 11

Mill Pond Park in Menomonee Falls

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**

FREE

Optimist Club
of Menomonee Falls



SESSION I June 17–June 28

★ MUST REGISTER BY MAY 16 ★

SESSION II July 8–July 19

★ MUST REGISTER BY MAY 30 ★



School District of Menomonee Falls
Engage | Learn | Improve

Supportive Programs

Fun, Challenging Enrichment

Credit Recovery

Sports & Fitness



Classes will run Monday through Friday.
No classes held the week of July 1-5.

Most classes are FREE!

Important Registration Information

- ✓ Register your student based on the grade they will be entering in Fall.
- ✓ 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.
- ✓ Bus transportation is not available for students.

Register on-line or through the CE & Rec office

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 17–June 28	Must Register by May 16
Session II	July 8–July 19	Must Register by May 30

Classes held Mon–Fri unless noted, No class July 1–5

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



Enrichment Courses Entering Grades 1–2		June 17–June 28		July 8–July 19	
		8:30–10:00	10:05–11:35	8:30–10:00	10:05–11:35
Art Skills and Projects	\$10	29449	29450	29451	29452
Being the Best Me		29455	29456	29457	29458
Bonjour! French		29459	29460		
Dance, Dance, Dance		29461	29462	29463	29464
Drama Camp		29465	29466	29467	29468
Golf for Beginners		29474	29475		
LEGO StoryStarter	\$10	29494	29495	29496	29497
Let's Get Cooking...	\$10	29498	29499	29500	29501
Mini Math Masters–Gr.1		29476	29477	29478	29479
Mini Math Masters–Gr.2		29480	29481	29482	29483
Page Turners–Gr. 1		29484	29485	29486	29487
Page Turners–Gr. 2		29488	29489	29492	29493
Playground Games		29502	29503	29504	29505

Entering Grades 4K or 5K	June 17–July 19, 8:15–11:30 (4 weeks)
Get Set for 4K	29472
Gateway to 5K	29469

Get Set For 4K

Students must be 4 years old by Sept. 1, 2024, 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 7/1–7/5.

Gateway to 5K

Students must be 5 years old by Sept. 1, 2024, 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 7/1–7/5.

Sports Entering Grades 1–2				
Basketball, Soccer, Cardio	Held at Shady Lane	June 17–June 28	12:30–1:30	29453
Basketball, Soccer, Cardio	Held at Shady Lane	July 8–July 19	12:30–1:30	29454

Continued ...

Register for one session only.

ENRICHMENT

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

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.

Bonjour! Fun in French

Calling all Francophiles! Do you know some French? Do you have an interest in learning more about French food and culture? In this class, we will learn basic French words and phrases. We will also use stories, songs and projects to learn about different French speaking countries.

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.

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.

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.

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.

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. You may only register child for one session.



QUESTIONS? For questions regarding Falls Summer Academy programs for Grades 4K-2, please contact Ms. Laura Alva-Garcia at alvalau@sdmfschools.org.



Courses for Grades 3–5

Held at Valley View School (unless noted)

Session I	June 17–June 28	Must Register by May 16
Session II	July 8–July 19	Must Register by May 30

Classes held Mon–Fri unless noted, No class July 1–5

- 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 both sessions of Math Masters, Page Turners or Boys/Girls Basketball which offer unique activities in Session I and Session II.**

Enrichment Courses Entering Grades 3–5	\$	June 17–June 28		July 8–July 19	
		8:15–9:45	9:50–11:20	8:15–9:45	9:50–11:20
BonJour! Fun in French				29528	29529
Business Basics		29513	29514	29515	29516
Chemistry & Cooking	\$10	29518	29520	29522	29523
Dance, Dance, Dance		29524	29525	29526	29527
Golf for Beginners				29530	29531
Intro to Robotics		29556	29557	29558	29559
Lego Design	\$10	29560	29561	29562	29563
Math Masters Gr. 3		29532	29533	29534	29535
Math Masters Gr. 4		29536	29537	29538	29539
Math Masters Gr. 5		29540	29541	29542	29543
Page Turners Gr.3		29544	29545	29546	29547
Page Turners Gr.4		29548	29549	29550	29551
Page Turners Gr.5		29552	29553	29554	29555
Scrapbooking	\$15	29564	29565	29566	29567
Sewing Skills & Crafts	\$15	29568	29570	29573	29575
Team Building		29576	29577	29578	29579
Theater Camp		29580	29581	29582	29583
Visual Art	\$10	29509	29510	29511	29512
World Adventures		29584	29585	29586	29587



SPORTS

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. Students can register for both sessions if desired.

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. Students can register for both sessions if desired.

Speed, Agility & Strength

Classes will be held 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.

Sports Held at MF High School				
Basketball – Boys	Grades 3–5	June 17–July 27 (M–Th)	2:00–3:00	29710
Basketball – Boys	Grades 3–5	July 8–July 18 (M–Th)	2:00–3:00	29711
Basketball – Girls	Grades 3–5	June 17–June 28	9:45–11:15	29712
Basketball – Girls	Grades 3–5	July 8–July 19	9:45–11:15	29713
Speed, Agility and Strength	Grade 5	June 17–July 19	8:30–9:30	29721

Continued ...



ENRICHMENT

Bonjour! Fun in French *NEW!*

Calling all Francophiles! Do you know some French? Do you have an interest in learning more about French food and culture? In this class, we will learn basic French words and phrases. We will also use stories, songs and projects to learn about different French speaking countries.

Business Basics

Students will learn about earning, spending, 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.

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.

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, please contact Ms. Laura Alva-Garcia at alvalau@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.

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.

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.

Visual Art | \$10

Students will have the opportunity to use a variety of materials to create their own unique pieces of art.

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.



Courses for Grades 6–8

Held at Menomonee Falls High School (unless noted)

Session I	June 17–June 28	Must Register by May 16
Session II	July 8–July 19	Must Register by May 30

Classes held Mon–Fri unless noted, No class July 1–5

- Register your child based on the grade they will be entering in fall.
- Do not register your child for the same course twice. Enrichment course content is the same for each session. **Exceptions: Supportive Math, Supportive Reading, Boys Diamond Development and Boys/Girls Basketball.**

Supportive Courses*	June 17–June 28		July 8–July 19	
	8:05–9:35	9:40–11:10	8:05–9:35	9:40–11:10
Gr. 6–8 Supportive Math	29622	29623	29624	29625
Gr. 6 Supportive Reading	29626	29627	29628	29629
Gr. 7 & 8 Supportive Reading	29630	29631	29632	29633

* Teacher Referral Required

Supportive Math (Teacher Referral Required)

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. May register for both sessions if desired.

Supportive Reading (Teacher Referral Required)

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. May register for both sessions if desired.

Sports Held at Menomonee Falls High School				
Basketball–Boys (M–Th)	Gr. 6–8	June 17–June 27	3:00–4:00	29718
Basketball–Boys (M–Th)	Gr. 6–8	July 8–July 18	3:00–4:00	29719
Basketball–Girls	Gr. 6–8	June 17–June 28	9:45–11:15	29716
Basketball–Girls	Gr. 6–8	July 8–July 19	9:45–11:15	29717
Speed, Agility and Strength	Gr. 6–8	June 17–July 19	8:30–9:30	29721
Boys Diamond Dev (M–Th)	Gr. 6	June 17–June 27	9:45–11:00	29701
Boys Diamond Dev (M–Th)	Gr. 6	July 8–July 18	9:45–11:00	29702
Boys Diamond Dev (M–Th)	Gr. 7	June 17–June 27	11:00–12:15	29703
Boys Diamond Dev (M–Th)	Gr. 7	July 8–July 18	11:00–12:15	29704
Boys Diamond Dev (M–Th)	Gr. 8	June 17–June 27	10:45–12:15	29705
Boys Diamond Dev (M–Th)	Gr. 8	July 8–July 18	10:45–12:15	29706

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

August 15	August 15	August 16	August 16
8:00–10:00	10:30–12:30	8:00–10:00	10:30–12:30
29600	29601	29602	29603

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.



Enrichment Courses Entering Grades 6–8	\$	June 17–June 28		July 8–July 19	
		8:05–9:35	9:40–11:10	8:05–9:35	9:40–11:10
Art: Open Studio	\$10	29588	29589	29590	29591
Code Studio		29592	29593	29594	29595
Creative Writing		29596	29597		
Lego Robotics		29598	29599		
Plan Your Ideal Vacation		29604	29605	29606	29607
Play It Fitness		29608	29609	29610	29611
Qwerty Camp				29612	29613
Spanish		29614	29615	29616	29617
Summer Finance Literacy		29618	29619	29620	29621
Tween Cuisine	\$15	29634	29635	29636	29637



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

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

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 will find students engaged in self paced coding sessions, relaxing breaks, unplugged activities, and a final cool down time with different coding games.

LEGO Robotics

Students will be introduced to the LEGO Mind Storm education curriculum. This involves students partnering up and building a variety of NXT LEGO robots along with downloading specific programming customized to the specific bot the students are working with in order to accomplish a particular task. Students will be exposed to scratch programming, blueprint reading, problem solving, engineering skills and technological concepts. Students will partner up to build and create working moving Education BOTS. This is sure to be a fun and creative experience.

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.

Plan Your Ideal Summer Vacation

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.

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.

Summer Finance Literacy **NEW!**

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." Students will create a budget as middle schoolers enter the working world. We will also take trips to the Trading Post and Falls Fan Gear store at the high school to learn how these stores are run by the students of Menomonee Falls High School.

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.

SPORTS

Boys Basketball* M-Th at 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* M-F at 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* M-Th at High School

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.

Speed, Agility & Strength M-F at 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.

* Students may register for both sessions of this class if desired.



High School Courses

Held at Menomonee Falls High School

Session I	June 17–June 28	Must Register by May 16
Session II	July 8–July 19	Must Register by May 30

Classes held Mon–Fri unless noted, No class July 1–5

- 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. **Exceptions: Boys Diamond Development and Girls Basketball.**

Credit Recovery Courses Entering Grades 10–12	June 17–July 19 (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 1 or 2)	29673	29674
Algebra 2 (Semester 1 or 2)	29675	29676
Biology Semester (Semester 1 or 2)	29677	29678
Earth & Space Science (Semester 1 or 2)	29679	29680
English (Semester 1 or 2)	29682	29683
Geometry (Semester 1 or 2)	29684	29685
US History (Semester 1 or 2)	29688	
World History (Semester 1 or 2)		29689
Economics	29681	
Government		29686
Personal Finance		29687

Online Learning*	10–12	June 17–July 19	online	29668
Quest				
Virtual Summer Academy*	9–12	June 17–July 19	online	29672

*Teacher referral code required

CREDIT RECOVERY

Online Learning*

Teacher Referral Code required to register. Grades 10–12. Enrollment is limited to students working online, under special circumstances, with prior approval from their assigned counselor.

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.



Credit Accrual Courses Entering Grades 10–12		
June 17–July 19 (4 week class)		
21st Century Wellness	Virtual	29667
Running Phoenix	7:30–:00 AM	29709
Speed, Agility & Strength	6:00–8:00 AM	29720
June 10–July 26		
Apprenticeship*	Online	29724
Internship*	Online	29723

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.

CREDIT ACCRUAL

21st Century Wellness (Virtual)

This class is a required credit for graduation and will run virtually in asynchronous 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.

Sneak Peek: Transition to High School (Entering Grade 9)

Class is held Mon, Tue, Wed

June 17–19	June 24–26	July 8–10	July 15–17
8:00–10:00 29692	8:00–10:00 29694	8:00–10:00 29696	8:00–10:00 29698
10:15–12:15 29693	10:15–12:15 29695	10:15–12:15 29697	10:15–12:15 29699

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.



Enrichment Courses

FBLA Officer Team Develop*		10–12	June 24–June 28	8:00–10:00	29691
Manufacturing & Robotics	\$25	9–12	June 17–July 19	10:15–12:15	29700
Einstein Relativity		9–12	June 17–June 19	8:00–10:00	29690
High School Success 101		9–12	June 17–June 21	8:00–10:00	29725
High School Success 101		9–12	June 24–June 28	8:00–10:00	29726
High School Success 101		9–12	July 8–July 12	8:00–10:00	29727
High School Success 101		9–12	July 15–July 19	8:00–10:00	29728
Jump Start for AP Art Studio*		11–12	online		29669
Jump Start for AP Biology*		10–12	online		29670
Jump Start for AP Chemistry*		11–12	online		29671

* Teacher referral code required

Sports

Boys Diamond Development (held at Trenary)	9	June 17–June 27	9:15–10:45	29707
Boys Diamond Development (held at Trenary)	9	July 8–July 18	9:15–10:45	29708
Girls Basketball – Strength & Conditioning	9–12	June 17–June 28	11:30–1:30	29714
Girls Basketball – Strength & Conditioning	9–12	July 8–July 19	11:30–1:30	29715
Speed, Agility & Strength	9	June 17–July 19	7:00–9:00	29722



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

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.

Apprenticeships* The Department of Workforce Development's Youth Apprenticeship Program offers students a chance to earn while they learn. The program is targeted at high-demand workforce areas specific to the State of Wisconsin. For more information, contact Lisa Kiefer, Coordinator of Career Programming at KiefLis@sdmschools.org

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 accessible 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.

High School Success 101

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.

Internships*

This class serves as a work experience for students. Students use their job as a chance to learn basic workplace skills. Students will be required to complete out-of-classroom activities that demonstrate their knowledge and growth. For more information or to enroll in this course, contact Lisa Kiefer, Coordinator of Career Programming at KiefLis@sdmschools.org.

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.

SPORTS

Boys Diamond Development* M-Th at Trenary

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. **Grade 10-12 students who successfully complete the class with good attendance may earn .5 elective physical education credit.**

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. **Grade 10-12 students who successfully complete the class with good attendance may earn .5 elective physical education credit.**

* Students may register for both sessions of this class if desired.



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



Class Name	Age	Class #	Day	Date	Time	Location
Sunset/Candlelight Hike	All	29378	Fri	5/3	7:00 PM	Meno. Park Picnic #2
Speed, Agility & Strength	8-19	30088	Sun	5/19	3:00 PM	Oakwood Soccer
Butts N Guts	18+	29638	Sat	6/8	9:30 AM	Rotary Park #1
Little Hooper Fitness	4-11	29750	Sun	6/9	10:00 AM	Oakwood BB Courts
Zumba	18+	29803	Mon	6/10	5:30 PM	Rotary Park Yoga
Barre, Strength & Conditioning Combo	18+	30090	Tue	6/11	1:00 PM	Rotary Park Shelter #2
Yoga	18+	29470	Wed	6/12	5:30 PM	Old Village Park
Intro to StrongBodies	55+	29821	Wed	6/12	11:00 AM	Willowood Park #2
Summer Outdoor Yoga	18+	29805	Tue	6/18	5:30 PM	Rotary Park Yoga
Strength & Cardio Circuit	18+	29758	Wed	6/19	6:00 PM	Willowood Park #2
Barre in the Park	18+	29490	Thu	6/20	6:00 PM	Oakwood Park East
Zumba	18+	29802	Mon	7/8	5:30 PM	Oakwood Park East
Intro to StrongBodies	55+	29822	Wed	7/10	11:00 AM	Willowood Park #2
Summer Outdoor Yoga	18+	29806	Tue	7/16	5:30 PM	Rotary Park Yoga
Strength Lite	18+	29764	Wed	7/17	12:00 PM	Rotary Park #1
Barre in the Park	18+	29491	Thu	7/18	6:00 PM	Oakwood Park East
Strength & Cardio Circuit	18+	29760	Sat	7/20	9:00 AM	Willowood Park #2
Pilates in the Park	18+	29473	Sun	7/21	8:00 AM	Oakwood Park East
Yoga	18+	29471	Wed	7/24	5:30 PM	Old Village Park
Balance and Stability	18+	29765	Wed	7/24	12:00 PM	Rotary Park #1
TRI the Y-Strength	12+	29517	Sat	7/27	6:00 PM	Village Park Amphitheater
TRI the Y-Cardio	12+	29519	Sat	7/27	10:00 AM	Village Park Amphitheater
TRI the Y-Core	12+	29521	Sat	7/27	11:15 AM	Village Park Amphitheater
Yoga in the Park	18+	29766	Wed	7/31	12:00 PM	Rotary Park #1
Intro to StrongBodies	55+	29823	Wed	8/7	11:00 AM	Willowood Park #2
Zumba	18+	29804	Mon	8/12	5:30 PM	Oakwood Park East
Summer Outdoor Yoga	18+	29807	Tue	8/20	5:30 PM	Rotary Park #1

FIT IN THE PARKS: Sunset/Candlelight Hike All Ages

Join us for a self-guided walk around Menomonee Park to kick off the 2024 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.

Fri, 7:00 PM, 2h
5/3 Class #29378
Menomonee Park, Picnic Area 2
FIT in the Parks staff

2024 Program Sponsors:

Hooper Hands Basketball Academy
Froedtert Health
Legacy Gym MKE
Menomonee Falls CE & Rec
Peace Yoga Studio & Wellness Center
Starting Point Fitness
The Contrology Center
Tri County YMCA
Waukesha County Parks
Wisconsin Athletic Club
Village of Menomonee Falls
UW-Extension Waukesha County

Detailed Fit in the Park class descriptions are online at <http://tinyurl.com/4zkfnjt>





ADULT DAY TRIPS

★ All Day Trips are now for ages 21+ ★

3 Reasons Why You Should Take a Trip with the CE & Rec

- ✓ We now have more spots available, so you can bring all your friends and family along.
- ✓ All the details are taken care of! Our amazing trip coordinator Lori has got you covered. With her keen eye for detail, Lori plans every trip by carefully selecting the best events and places to visit. From transportation to food, she has planned every detail to ensure that you have a memorable experience.
- ✓ We believe that inclusivity is key. We strive to create a welcoming and inclusive environment for all. So don't wait, and register today!



Adult Day Trips

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 will only be issued if we can register someone in your place.

Transportation

All trips travel by coach bus unless specified.

Trip: Chimps and Chocolate **NEW!**

Ages 21+

Our adventure will begin in Long Grove, IL where we will start off with a tasty chocolate tour at Long Grove Confectionery. We will have lunch at The Village Tavern, the oldest restaurant in Illinois, where you will have a choice of Homemade Chicken Salad, Broasted Chicken or BBQ Pulled Pork. After lunch you can make a stop at Ma & Pa's Candy store where you will take a sweet trip back in time with their penny candy. Lastly, we will visit the Sock Monkey Museum where you will get to stuff your own monkey that you will take home with you. Register by 5/10.

Wed, 6/12 Class #29941
Sign In 8:00 AM
Bus Leaves 8:15 AM
Bus Returns 5:00 PM
Community Center Parking Lot
R \$110 NR \$120 1 class

Trip: Brewer Game **NEW!**

Ages 21+

We are headed to American Family Field to cheer on the Brewers as they take on the World Series Champion Texas Rangers. We will be dropped off by the stadium and seated in the shady side of the Loge infield section. You will be on your own for lunch while at the park. Personalized food items or snacks will be allowed in clear bags. 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 5/23.

Wed, 6/26 Class #29661
Sign In 11:15 AM
Departure 11:30 AM
Return 5:15 PM
Community Center Parking Lot
R \$62 NR \$72 1 class

Trip: History in Bloom **NEW!**

Ages 21+

Join us as we explore Janesville! Our first stop will be Warm Belly Farm where they grow everbearing strawberries in their 3-season tunnel system. After hearing about their farm, you get to pick your own fruit from their raised system, no bending over! Next we will have a guided tour of the beautiful 20 acre Rotary Botanical Gardens. This will be a walking tour but there will be benches along the way or a cart for you to ride if needed. We will have a buffet lunch of salads, subs and pastas at the Italian House. After lunch we will stop by a Human Sundial where you yourself will tell the time. Our last stop will be the Milton House, the last certified Underground Railroad Station in Wisconsin that can be toured. Register by 6/18.

Thu, 7/18 Class #29942
Sign In 6:45 AM
Bus Leaves 7:00 AM
Bus Returns 5:15 PM
Community Center Parking Lot
R \$114 NR \$124 1 class

DAY TRIPS, continued**Trip: Wisconsin State Fair** **NEW!****Ages 21+**

Join us as we head to the Wisconsin State Fair! Explore the animals, music, exhibits and best of all the food! You will be on your own for lunch and to explore the grounds while we are there. This day could be as much walking as you would like it to be. A coach bus will drop us off right at the gate. Admission ticket is included. Register by 7/12.

Fri, 8/2 Class #29660
 Sign In 8:45 AM
 Leaves 9:00 AM
 Bus Returns 3:30 PM
 Community Center Parking Lot
 R \$49 NR \$59 1 class

Bourbon, Beer & Wine Tour **NEW!****Ages 21+**

We will begin our tour in the Fond du Lac area with a Mixology class. We will then head to Ledgerock Distillery for a tour and there will be time to check out the car show going on as well. Next, we will visit Knuth Brewing for a tour followed by a pizza and salad lunch buffet. We will finish our day at Vines & Rushes Winery with a tour, tastings and live music. Register by 7/11.

Sat, 8/10 Class #29943
 Sign In 7:45 AM
 Bus Leaves 8:00 AM
 Bus Returns 5:45 PM
 Community Center Parking Lot
 R \$90 NR \$100 1 class

**LIVE VIRTUAL ADULT CONVERSATIONAL SPANISH****Vamos a charlar! Let's chat. Beginner****Ages 18+**

Are you seeking opportunities to practice speaking Spanish? If so, this class is for you. Instructors will engage participants each week with real-life conversation scenarios to encourage chatting and conversation. Conversation topics include 'un poco de todo' a little of everything and everyday Spanish. In this dynamic and hands-on class, participants will practice useful Spanish vocabulary and conversation components that can be applied at home, workplace, travel, leisure, etc. Start speaking Spanish today! Open to new and previous Spanish conversation participants. Basic computer experience and the ability to access zoom is required.

Tue, 4:15 PM, 1h
 6/4-6/25 Class #29362
 Futura Language Professionals Staff
 R \$85 NR \$92 4 classes

Vamos a charlar! Let's chat. Intermediate & Advanced**Ages 18+**

Are you seeking opportunities to practice speaking Spanish? If so, this class is for you. Instructors will engage participants each week with real-life conversation scenarios to encourage chatting and conversation. Conversation topics include 'un poco de todo' a little of everything and everyday Spanish. In this dynamic and hands-on class, participants will practice useful Spanish vocabulary and conversation components that can be applied at home, workplace, travel, leisure, etc. Start speaking Spanish today! Open to new and previous Spanish conversation participants. Basic computer experience and the ability to access zoom is required.

Tue, 4:15 PM, 1h
 6/4-6/25 Class #29363
 Futura Language Professionals Staff
 R \$85 NR \$92 4 classes

Tarot Fun & Games**Ages 18+**

Tarot is a deck of 78 cards that we can use to explore the past and create our best future. But how do we learn the meanings of all 78 cards? Instead of memorizing, we play with our cards! Join us as we play Tarot games, activities, and art. Before you know it, you will be reading your own cards with confidence and having fun reading for friends and family. All Tarot levels are welcome. If you have cards, bring them to class.

Wed, 7/10, 1hr30m
 9:30 AM Class #29647
 6:30 PM Class #29648
 Community Center Rm 120
 Faye Ellen Bonini
 R \$23 NR \$28 2 classes

Breathwork Meditation **NEW!****Ages 18+**

Learn the basics and proper technique of SOMA Breath breathwork meditation. By practicing SOMA Breath you can actually protect against disease, balance emotion (especially good for stress), and help be in "flow". Mat is provided. Please wear comfortable clothing and wear socks to class. No Breathwork or Meditation experience needed.

Sun, 9:00 AM, 50m
 6/16-7/7 Class #29651
 Thu, 7:00 PM, 50m
 6/13-7/11 Class #29650
 No class 7/3

The Contrology Center Pilates Studio
 Renee Mrzyglod
 R \$57 NR \$57 4 classes

Crochet Amigurumi Animal **NEW!**

Ages 18+

Learn to make an adorable and ever popular stuffed animal. Pattern will be provided. Knowledge and ability of basic crochet is needed. †Supplies required.

Tue, 1:00 PM, 2h
7/2–7/30 Class #29794
Community Center Rm 123
Rachel Buss
R \$33 NR \$40 5 classes

Crochet Granny Squares **NEW!**

Ages 18+

Learn the basics of granny square stitches and changing yarn along the way, while then continuously working to create a single, jumbo granny square as well as how to join multiple smaller granny squares to one another. Patterns will be provided. Knowledge and ability of basic crochet is needed. †Supplies required.

Tue, 1:00 PM, 2h
8/6–8/27 Class #29795
Community Center Rm 123
Rachel Buss
R \$26 NR \$32 4 classes

Crochet Market Bag **NEW!**

Ages 18+

This month we will be working on a larger project using a variety of stitches. A market bag is perfect for those trips to the farmers markets, beaches, libraries, etc. Patterns will be provided. Knowledge and ability of basic crochet is needed. †Supplies required.

Tue, 1:00 PM, 2h
6/4–6/25 Class #29793
Community Center Rm 123
Rachel Buss
R \$26 NR \$32 4 classes

†Supplies required for this class are listed and available online during registration, and by contacting the Rec office at (262) 255-8460.

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
6/24–7/22 Class #29645
8/5–9/9 Class #29646
Riverside Cafeteria
Diane Tritz
R \$22 NR \$27 5 classes

Watercolor Techniques

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. A suggested supply list is available through the CE & Rec office.

Thu, 6/20, 2h
10:00 AM Class #29349
12:30 PM Class #29350
No class 7/4
Community Center Rm 106
Nancy Lohmiller
R \$40 NR \$48 6 classes

Learn to Knit Classes for You!

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.

Knitting: Beginning

Ages 18+

This class is geared for those that are new to knitting or feel like they would like more time to practice techniques. Needles and yarn will be provided for you at the first class.

Tue, 9:00 AM, 2h
6/4–6/25 Class #29654
7/9–8/20 Class #29655*
Community Center 102A
Sandra Henderson
R \$28 NR \$33 4 classes
R \$49 NR \$58 7 classes*

Knitting: Experienced

Ages 18+

This class is geared for those knitters that feel they have moved past the beginner stage.

Tue, 10:00 AM, 2h
6/4–6/25 Class #29656
R \$28 NR \$33 4 classes
7/9–8/20 Class #29657
R \$49 NR \$58 7 classes
Thu, 9:30 AM, 2h
6/6–6/27 Class #29658
R \$28 NR \$33 4 classes
7/11–8/22 Class #29659
R \$49 NR \$58 7 classes

Community Center Rm 102 A
Sandra Henderson





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.

FREE TRIAL

Barre Free Trial

Ages 18+

Barre focuses on high-reps, low impact movements to help tone and strengthen your body. You will target and engage muscles not normally worked in a general exercise class. We will focus on proper alignment and posture while executing movements to improve strength, balance, stability, and coordination. The technique is inspired by elements of ballet, yoga, and Pilates.

Tue, 1:00 PM, 45m
6/18 Class #29785
Community Center Rm 4LL
FREE, but registration required

Barre

Ages 18+

Barre focuses on high-reps, low impact movements to help tone and strengthen your body. You will target and engage muscles not normally worked in a general exercise class. We will focus on proper alignment and posture while executing movements to improve strength, balance, stability, and coordination. The technique is inspired by elements of ballet, yoga, and Pilates.

Tue, 1:00 PM, 45m
7/9–7/30 Class #29786
8/6–8/27 Class #29787
Community Center Rm 4LL
R \$20 NR \$25 4 classes

Aqua Barre Fitness

Ages 18+

This total body workout utilizes movements and positions from dance, Pilates and yoga that have been adapted to be unique, challenging, and effective in water. With a pool noodle as a ballet barre for stability and that water's resistance and buoyancy, you will work through ultra-low-impact movements without stress to muscles and joints to improve balance, coordination, stability, strength, and overall function.

Wed, 7:00 PM, 55m
6/19 Class #29969
No class 7/3
North Middle School Pool
R \$60 NR \$72 8 classes

Cardio Drumming

Ages 55+

Join this fun, fast-paced workout that incorporates drumming and cardio to the rhythm of music. Cardio Drumming increases heart rate, improves rhythm, strengthens the upper body, and improves motor skills and hand-eye coordination. Follow the instructor's routine, but of course at your own pace and comfort level. All supplies are provided and all levels of exercise ability are welcome as you can do Cardio Drumming standing or seated.

Thu, 10:15 AM, 30m
7/18–8/15 Class #29641
Community Center Rm 4LL
R \$13 NR \$15 5 classes

Let's Get Moving

Ages 55+

This low impact workout is a great way to keep your body limber and feeling good. We will exercise to maintain muscle tone, endurance, flexibility and balance. This fun, energizing class is a great way to start your day!

Tue, 9:00 AM, 1h
7/16–7/30 Class #29642
R \$14 NR \$17 3 classes
8/6–8/27 Class #29643
R \$19 NR \$23 4 classes
Community Center Rm 4LL
Sandy Neylon

Wake Up Workout

Ages 55+

This low-impact workout is a great way to keep your body limber and in good health. Our exercises are designed to maintain flexibility and muscle tone.

Thu, 9:00 AM, 1h
6/6–6/27 Class #29433
R \$17 NR \$20 4 classes
8/1–9/5 Class #29434
R \$26 NR \$32 6 classes
Community Center Rm 4LL
Patty Molzen



Pelvic Floor Workshop

Ages 18+

You will learn how to properly activate the pelvic floor muscles and specialized Pilates exercises for flexibility, strength, and coordination of the core and pelvic floor muscles. Come prepared for gentle movement and basic Pilates exercises.

Sat, 10:00 AM, 1h
6/15 Class #29652
The Contrology Center Pilates Studio
R \$16 NR \$21 1 class

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.

Mon, 9:30 AM, 45m
6/17-7/29 Class #29733
Community Center Rm 4LL
Carmen Bond
R \$35 NR \$42 7 classes

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.

Tue & Thu, 5:00 PM, 45m
6/18-8/1 Class #29732
No class 7/4
Community Center Rm 4LL
Carmen Bond
R \$35 NR \$42 13 classes

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.

Mon, 6/17-7/29, 45m
10:30 AM Class #29734
11:30 AM Class #29735
Community Center Rm 4LL
Carmen Bond
R \$51 NR \$62 7 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.

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.

Beginning Tai Chi

Ages 18+

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
6/4-6/25 Class #29781
7/9-7/30 Class #29797
Community Center Rm 4LL
Susan Pokorny
R \$26 NR \$32 4 classes

Wed, 9:00 AM, 45m
6/19-7/31 Class #29736
Community Center Rm 4LL
Carmen Bond
R \$51 NR \$62 7 classes

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
6/5-6/26 Class #29953
7/10-7/31 Class #29954
8/7-8/28 Class #29955
Community Center Rm 4LL
Levy Palos
R \$24 NR \$29 4 classes



Continuing Tai Chi

Ages 18+

This Advanced class is suitable for those ready to move to the next level..

Tue, 10:15 AM, 1h
6/4-6/25 Class #29782
7/9-7/30 Class #29798
Community Center Rm 4LL
Susan Pokorny
R \$26 NR \$32 4 classes

FREE TRIAL

Strength and Conditioning **NEW!**

Ages 18+

Strength and Conditioning will target all areas of the body to increase your strength, mobility, flexibility, and endurance through both static and dynamic exercises. A combination of resistance training and aerobic conditioning will help to improve your overall physical performance and daily movement.

Tue, 2:00 PM, 45m
6/18 Class #29788
Community Center Rm 4LL
FREE, but registration required

FREE TRIAL

Keeping Yourself Strong **NEW!**

Ages 18+

Observe and learn exercises to improve your posture, shoulder, and arm health. Stretches and exercises to help keep you strong at the grocery store, meal prep, and perform daily chores around the house.

Tue, 10:00 AM, 1h
6/18 Class #29796
Community Center Rm 123
Karen Heins
FREE, but registration required

Strength and Conditioning

Ages 18+

Strength and Conditioning will target all areas of the body to increase your strength, mobility, flexibility, and endurance through both static and dynamic exercises. A combination of resistance training and aerobic conditioning will help to improve your overall physical performance and daily movement.

Tue, 2:00 PM, 45m
7/9-7/30 Class #29789
8/6-8/27 Class #29790
Community Center Rm 4LL
R \$20 NR \$25 4 classes

Indoor Cycling

Ages 18+

Perfect for all fitness levels, this class utilizes stationary bikes, upbeat music, and a variety of body movement and cadence strategies to provide an awesome, low-impact exercise experience. 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 hard-soled tennis, running, or cycling shoes. Padded bike seats or padded shorts are recommended but not required.

Mon & Wed, 6:15 PM, 1h
8/5-8/28 Class #29737
Community Center Rm 4LL
John Gerkhardt
R \$38 NR \$46 8 classes

Intro to Ballroom Dance

Ages 18+

If you are wanting the perfect date night and to learn how to dance with your partner, this is the class for you two! A great introduction to the Foxtrot, smooth-flowing and danced to Frank Sinatra style music and Swing (Jitterbug) which will get you up and hoppin' when you hear artists like Glenn Miller and Chubby Checker. Learning the basics will get you off to a great start! Class price is for the couple.

Mon, 6:30 PM, 50m
6/3-6/24 Class #29956
Brookfield Ballroom
Cathy Binko-DeRaimo
R \$100 NR \$100 4 classes

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
5/22-6/26 Class #29779
Germantown DPW Highway Dept. Bldg.
R \$40 NR \$53 6 classes

Latin Dance Fusion— Singles or Couples

Ages 18+

Learn partner dancing from well-known local dancer, Jason Suave. Imagine feeling confident to dance with a partner to any music that you hear. Learn one simple step that can be used for swing, pop, rock, jazz and more. This class will be adapted for all levels. We will rotate partners for those that wish to. The price listed is per person

Thu, 6:00 PM, 50m
6/20-7/25 Class #29828
No class 7/4
8/1-8/29 Class #29829
Riverside Cafeteria
Jason Jordan
R \$46 NR \$55 5 classes



PRE-REGISTRATION NOT REQUIRED

Availability on a
First Come-First Served Basis

CASH ONLY, EXACT CHANGE

\$3 Residents / \$5 NR

per day

**Volleyball: Coed Open Gym****Ages 16+**

Coed open gym is a great way to get some exercise, meet new people, and play volleyball! Ages 16-17 can participate in open gym with an adult present. You do not need to be a player in our leagues to participate.

Mon, 6/3-8/26, 7:30 PM, 2h
No Open Gym on 7/22
North Middle School Gym

Wed, 6/5-8/28, 7:30 PM, 2h
Community Center Gym

**Golf Lessons: Adult****Ages 18+**

Come learn Golf, one of the greatest games ever played. These classes are intended to teach you how to swing and help you 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. What to Bring? Please bring along a 6, 7, 8 or 9 iron to the first class. Students must purchase golf balls at the range. Classes will be held rain or shine.

Mon & Wed, 8:30 AM, 1h
6/3-6/24 Class #29444
No class 6/19
6/26-7/15 Class #29441
Swing Time Germantown
R \$71 NR \$75 6 classes

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. Using a badminton sized court, tennis-height net, table tennis-type paddle, and a baseball-sized wiffle ball, this game has few rules and is far less strenuous than tennis. Bring your own racquet, we supply the balls.

Sat, 8:00 AM, 1h30m
6/8-6/29 Class #29353
7/6-7/27 Class #29354
Oakwood Park Tennis Courts
R \$20 NR \$25 4 classes

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
6/11-7/2 Class #29841
R \$25 NR \$30 7 classes
7/9-8/1 Class #29842
R \$29 NR \$35 8 classes
Tue & Thu, 7:00 PM, 1h
6/11-7/2 Class #29843
R \$25 NR \$30 7 classes
7/9-8/1 Class #29844
R \$29 NR \$35 8 classes
MFHS Tennis Courts

Adult Sports Leagues**Ages 18+****Summer Adult Basketball**

Returning team deadline is April 10. New teams accepted beginning April 12.

Fall Softball

Returning team deadline is July 10. New teams accepted beginning July 12.

Fall Basketball

Returning team deadline is July 31. New teams accepted beginning August 2.

Fall/Winter Volleyball

Returning team deadline is August 21. New teams accepted beginning August 23.

For additional information and contracts, go to fallsrec.org > adults > athletics

These classes listed are **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, 1h30m
The Classics: 4/10, 5/8, 6/12, 7/10
Book Lovers: 4/24, 5/22, 6/26, 7/24
Community Center Rm 106

Happy Hookers / Sit & Knit

Ages 40+

If you would like to knit for charity, have any unfinished knitting or crochet projects, but have lost your motivation to complete them, or would like to start a new project, join us!

Happy Hookers:
4/10, 5/8, 6/12, 7/10, 8/14
Sit & Knit:
4/24, 5/22, 6/26, 7/24, 8/28
Wed, 12:00 PM, 3h30m
Community Center Rm 123

Healthy Summer Strategies

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
5/14 Class #29430
Germantown Library
Dr. Brenda Holland

Using Technology to Stay Connected

Ages 18+

We will discuss social media and all its counterparts, how to stay connected using social networking and the basics of using FaceTime or Skype.

Mon, 10:00 AM, 1h
8/5 Class #29367
Community Center Rm 123

FREE
Classes

Cup of Health: Better Brain Health **NEW!**

Ages 18+

While age is the number one risk factor for dementia, dementia is NOT a normal part of aging. Many individuals maintain high levels of cognitive function well into their late years, but what you do with lifestyle matters! This session will teach participants what they can do to lower their dementia risk and keep their brains healthy.

Tue, 10:00 AM, 1h
6/25 Class #29347
Community Center Rm 123

Cup of Health: The Importance of Laughter **NEW!**

Ages 18+

It has been said that laughter is the best medicine. Actually, in most cases medicine is the best medicine, but laughter can be good for your health. Come learn how laughter reduces stress, boosts our immune system, aids in protecting our heart, and even burns calories. Also learn fun simple ways to add more laughter into your life.

Tue, 10:00 AM, 1h
8/27 Class #29348
Community Center Rm 123

Pokémon Go **NEW!**

Ages 50+

This group is for anyone who enjoys playing Pokémon Go or for anyone wanting to learn how it works. Be part of a group that gets together for Raids and Community Days. You can meet new friends to Raid with and Trade with! A Smartphone is required to play, as this is an app-based game.

Wed, 6:00 PM, 1h
6/5-10/30 Class #29791
Community Center Parking Lot

VIRTUAL ZOOM

Home Buying

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 before writing an offer. Learn about mortgage pre-approval, inspection, gap insurance, escalator clause, and how to write the offer in your best interest.

Tue, 6:30 PM, 1h30m
6/18 Class #29569
8/20 Class #29571

Mon, 6:30 PM, 1h30m
6/17 Class #29572
8/19 Class #29574
Kathleen Golembiewski

Tax Efficient Investing **NEW!**

Ages 18+

Investment and investment strategies for keeping more of your money and giving less to Uncle Sam.

Wed, 7/17, 1h
10:00 AM Class #29369
5:00 PM Class #29370
Community Center Rm 123
Matt Yerkes

FREE

FREE ADULT OPPORTUNITIES

These classes listed are **FREE**, but registration is required.

Broadway, the American Musical **NEW!**

Ages 18+

Enjoy an entertaining and insightful documentary about the composer, producer, director, and actors who created the spectacle of the Broadway show. Julie Andrews hosts this PBS series, and helps us experience the stories, music and performances that reflect American culture from 1920's–2014 in these six sessions.

Tue, 1:00 PM, 2h
5/14–6/18 Class #29644
Community Center Rm 102B

Annuities 101: What You Need to Know

Ages 18+

Are annuities really that bad? How do they work and how much do they cost? Learn the facts about annuities and how they are used (and shouldn't be used) in planning for retirement.

Wed, 8/14, 1h
10:00 AM Class #29371
5:00 PM Class #29372
Community Center Rm 123
Matt Yerkes

Aging Happily **NEW!**

Ages 18+

In this class we will discuss embracing the gifts of aging and what that means to you. The myths and facts about aging will be analyzed. We will also examine tips to help you age well and habits that may be speeding up aging.

Mon, 10:00 AM, 1h
6/3 Class #29366
Christopher Patterson
Community Center Rm 123

Upcoming Trips with Collette Travel **NEW!**

Ages 21+

This informational meeting will cover information on two trips: Canyon Country on April 23–30, 2025 and Alaska Discovery on August 13–24, 2025. A travel brochure is available at registration.

Tue, 5:30 PM, 1h
6/11 Class #29640
Community Center Rm 123

Travel Show with Premier **NEW!**

Ages 18+

Learn about a New York City Holiday trip December 6–10, 2024 featuring a New York City Tour, Rockettes Holiday Show, Broadway Show, Rockefeller Center, One World Observatory, Statue of Liberty/Ellis Island, 9/11 Memorial, Central Park, St. Patrick's Cathedral and more. Also, a preview of a Spring 2025 European River Cruise. A travel brochure is available at registration.

Wed, 5:30 PM, 1h
6/19 Class #29445
Community Center Rm 106

Are You Ready For Medicare?

Ages 18+

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
6/26 Class #29351

Thu, 7:00 PM, 1h30m
8/1 Class #29352
Community Center Rm 123
Jeff Martin



Summer Bash with Eric Diamond **NEW!**

Ages 18+

Join us for a fun time dancing or just listening to the music of Eric Diamond, a Neil Diamond tribute artist.

Wed, 1:00 PM, 1h
6/12 Class #29432
Community Center Gym

Medicare 101

Ages 18+

Are you confused about Medicare and what it covers? Hear our special guest speaker educating on the ins-and-outs of Medicare.

Tue, 8/20, 1h
10:00 AM Class #29360
5:30 PM Class #29361
Community Center Rm 123
Sam Burkart & Daniel Stich

Retirement Income Planning

Ages 18+

Learn the importance of having an income plan built specifically for you, so you can make it safely down the investment mountain.

Thu, 7/18, 1h
10:00 AM Class #29358
5:30 PM Class #29359
Community Center Rm 123
Sam Burkart & Daniel Stich

FREE ADULT OPPORTUNITIES

FREE

These classes listed are **FREE**, but registration is required.

Social Security Filing Seminar **NEW!**

Ages 18+

Learn the ins-and-outs of social security, when to file, and how to maximize your social security benefits.

Wed, 5:00 PM, 1h
6/12 Class #29368
Community Center Rm 106
Matt Yerkes

The 7 Most Common Retirement Risks

Ages 18+

Is your retirement plan built to accommodate for the various risks in retirement? Whether you're currently retired or are approaching, it's important to learn what risks may be the most impactful to you and your overall plan.

Thu, 6/6, 1h
10:00 AM Class #29357
5:30 PM Class #29365
Community Center Rm 120
Sam Burkart & Daniel Stich

Keeping Yourself Strong **NEW!**

Ages 18+

Observe and learn exercises to improve your posture, shoulder, and arm health. Stretches and exercises to help keep you strong at the grocery store, meal prep, and perform daily chores around the house. Free but registration is required.

Tue, 10:00 AM, 1h
6/18 Class #29796
Community Center Rm 123
Karen Heins

Community Band

Entering Gr 8-12 and Adults



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 7/18 at the MFHS Auditorium.

Tue, 7:00 PM, 1h30m 6/11-7/16 Class #29435
High School Rm 170

FREE, but registration is required



Thank You Sponsors

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

American Legion Post #382	Culver's	Falls
Apples Eye Photography	Curves	Menomonee Falls Downtown
APQ Printing	Falls Chiropractic	The Chamber
Bank of Flowers	Fast Signs	Midvintec
Batter & Mac	Felhofer CPA	Peace Yoga Studio
Chick-fil-A	Grace Commons	Poppy & Thyme
Children's Community Center	High Point Dentistry	Rustic Rehabs
Chiroway of Menomonee Falls	Just Kiln Time	Sal's Pub & Grill
Chocolate Falls	Karate America	The Lunch Box
CrossFit Time Warp	Kneaded Time Massage & Skincare	The McLario Firm
	Mathnasium of Menomonee	Waukesha State Bank
		YMCA of Greater Wauk. Co.



Falls Area
FOOD PANTRY

Open Tuesday & Thursday 12-2 PM and 5-7 PM
N85 W15382 Menomonee River Pkwy.

Food can be dropped off 24 hrs/day, 7 days a week

For information on Donating or Volunteering go to fallsfoodpantry.org



Mission Statement

To advocate for and enhance the opportunities of senior citizens to ensure their dignity and respect in the community.



Nutrition Site: Lunch Program

**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** by 11:30 AM one day in advance. Reserve in person or by phone at (262) 251-3406 between 9:00 AM and 11:30 AM. 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 Center

Open Monday-Friday 8:00 AM-4:30 PM (EXCEPT WHEN NOTED BELOW)

The Senior Center will be closed 5/27 and 7/4

- Our programs are open to all residents and non-residents. 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.
- The center includes a reading device for vision impaired, puzzles, and a lending library stocked by the older adults.
- The Community Center's facilities and parking lot are handicap accessible.



Menomonee Falls Senior Bus Service

Ages 60+ & adults with developmental disabilities

Available Monday-Friday, 9:00 AM-2:00 PM

- \$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. There is an annual membership fee. For more information, please contact Marilyn Fenske at (262) 251-2732. Dues are \$20 and include a bi-monthly newsletter. Sign up is also available at the meetings by cash or check.



**1st & 3rd Wednesday of the Month
1:00 PM Community Center Rm 102A**

Class #28745



Hand Crafts

Warm Up America

Ages 55+

Our Warm Up America group assembles crocheted & knitted squares into afghans for charity. The afghans are then donated to local organizations. Come join our friendly group and help assemble afghans for a good cause.

Tue, 9:30 AM, 1h30m
Community Center Rm 106

Happy Hookers / Sit & Knit

Ages 40+

If you would like to knit for charity, have any unfinished knitting or crochet projects, but have lost your motivation to complete them, or would like to start a new project, this drop-in group is for you.

Happy Hookers:

4/10, 5/8, 6/12, 7/10, 8/14

Sit & Knit:

4/24, 5/22, 6/26, 7/24, 8/28

Wed, 12:00 PM, 3h30m
Community Center Rm 123

FREE, but registration is required.

Book Club

Books Are Us

Ages 18+

Join our special group of book lovers for a lively and thought-provoking discussion. Everyone gets to give their thoughts and point of view. For the current book selection or additional information, call Mary Jo at (262) 251-8917.

Wed, 1:00 PM, 1h30m

The Classics:

4/10, 5/8, 6/12, 7/10

Book Lovers:

4/24, 5/22, 6/26, 7/24

Community Center Rm 106

FREE, but registration is required.

Yarn Donations Welcomed!

Donated yarn will be used to create items for families in need. If you have extra yarn you'd like to donate, please drop off at the Community Center.



Health Services

Toe Nail Trimmers

All Ages

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.

2nd & 4th Wed 9:00 AM–4:00 PM
Community Center Rm 102 A
\$35 each visit, make check payable to Toe Nail Trimmers

Blood Pressure Check

Ages 55+

Continuous high blood pressure is a serious condition. Blood pressure can be controlled in most cases, but should be monitored regularly. Come in and have your blood pressure checked for free by a registered nurse every month.

Mon, 11:00 AM–Noon
4/15, 5/20

Wed, 11:00 AM–Noon
6/26, 7/24, 8/28
Community Center
Froedtert Health Nurse
FREE, but registration is required.

Stronger Together, Coffee & Conversations



Meets the 3rd Thursday
4/18, 5/16, 6/20, 7/18, 8/15

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

10:00–11:00 AM Class #28201
Community Center
FREE, but registration is required.



Some programs are now listed in other sections of the Activity Guide:

Adult Day Trips
page 38

Free Classes & Programs
page 45



Drop-In Program Registration Procedures

First time to visitors 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 Community Senior Center for a program.



Thursday BINGO

Ages 55+

You could win big! Each player receives two cards for a \$2.00 cash entry fee. We will play 10 games.

1:15–2:30 PM

1st & 3rd Thu

4/4, 4/18, 5/2, 5/16, 6/6, 6/20,
7/18, 8/1, 8/15

Community Center Rm 102

Crafts with Grace Commons: 4th of July

Ages 55+

Have fun while creating a holiday themed craft. All supplies will be provided. Please bring your own hammer.

Fri, 10:00 AM, 2h

6/7 Class #29355

Community Center Rm 102A

FREE, but registration is required.

Crafts with Grace Commons: Fall Craft

Ages 55+

Have fun while creating a holiday themed craft. All supplies will be provided. Please bring your own hammer.

Fri, 10:00 AM, 2h

8/2 Class #29356

Community Center Rm 102A

FREE, but registration is required.



Check your email and voice mail inbox for messages from the CE&Rec Dept. in the event of program changes. Thank you!



GameTime

No program offered on days the Community Senior Center is closed

BINGO BLAST!

Ages 55+

Join us for an extra day of bingo and prizes. No money needed. Non-cash prizes awarded.

Wed, 5/29, 1:15–2:30 PM

Sponsored by Frontida

Wed, 7/31, 1:15–2:30 PM

Sponsored by Fox Rehab

Community Center Rm 102

FREE, no registration required.

Monday	Tuesday	Wednesday	Thursday	Friday
Chess Club* 9:30–11:30 Rm 102A	Bridge 1:00–3:00 Rm 106	Bunko!* 9:30–11:30 Rm 106	Scrabble* 1:00–3:00 Rm 102B	Cribbage* 10:00–12:00 Rm 102
Sheepshead 12:00–3:00 Rm 106	Mexican Train Dominos* 1:00–3:30 Rm 102A	\$1.00 for kitty 4/24, 5/22, 6/26, 7/24, 8/28		Sheepshead 12:00–3:00 Rm 106
American Mah Jongg 12:00–3:30 Rm 123				Bridge 1:00–3:00 Rm 102A
Hand and Foot* 12:30–3:00 Rm 120				

* Beginners welcome to these games

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 energy bill. Applicants must provide: proof of income, Social Security numbers for all in the home, photo ID, a current heating and electric bill, and verification of the previous 3 months income. If heat is included in your rent, you must bring a rent statement or letter from your landlord confirming that heat is included with rent. Please call 1-800-506-5596 for additional questions, eligibility income levels, and to schedule an interview over the phone.

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 \$1,632 or less per month for a single person, or \$2,215 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.



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 (on Town Line Rd)
Waukesha County Park System
(262) 548-7801

Important Village Contacts

Menomonee Falls Village Hall

menomonee-falls.org (262) 532-4200

Menomonee Falls Police Non-Emergency

menomonee-falls.org/64/Police (262) 532-8700

Menomonee Falls Public Library

menomoneefallslibrary.org (262) 532-8900

School District of Menomonee Falls

fallsschools.org (262) 255-8440

Menomonee Falls Downtown

menomoneefallsdowntown.com (262) 251-8797



COMMUNITY INFORMATION



Upcoming Events in the Village

Calendar at menomonee-falls.org/calendar

4/20	Community League Spring Marketplace	communityleague.com
5/3–5	Old Falls Revolutionary War Days	oldfallsvillagepark.com
5/3	Biergartens & Fish Fry Opens at Old Falls Village (See schedule online)	oldfallsvillagepark.com
5/10–11	Mai Fest Biergarten	oldfallsvillagepark.com
5/12	Mother's Day Tea	oldfallsvillagepark.com
5/17	Falls Family Movie Night: Monsters Inc.	menomoneefallsdowntown.com
5/18	Depot Beer Garden Opener at Old Falls Village (Most Saturdays from 3–9 through 9/28)	oldfallsvillage.com
5/25	Falls Memorial Fest	menomoneefallsdowntown.com
5/26	Concert for our Veterans	menomoneefallsdowntown.com
5/27	Memorial Day Parade	fallsparades.org
6/1	Polka Fest at Depot Beer Garden	oldfallsvillage.com
6/4	Picnic at the Plaza Seasoner Opener	menomoneefallsdowntown.com
6/5	Farmers Market Season Opens (Wed from 2–6 PM through 10/6)	fallsfarmersmarket.org
6/5	Village Park Beer Garden Season Opens (Wed from 5–9 PM through 10/6)	menomoneefallsdowntown.com
6/13	Falls Sunset Concert: Milwaukee Tool Shed Band	menomoneefallsdowntown.com
6/14	Falls Family Movie Night: Back to the Future	menomoneefallsdowntown.com
6/14–16	WWII Days & USO Themed Big Band Concert	oldfallsvillagepark.com
6/27	Falls Sunset Concert: The Britins	menomoneefallsdowntown.com
7/3	July 3 Parade	fallsparades.org
7/11	Falls Sunset Concert: Jay Matthes Band with Listening Party	menomoneefallsdowntown.com
7/12	Falls Family Movie Night: Space Jam	menomoneefallsdowntown.com
7/13	Community League Garden Tour	communityleague.com
7/14	Sunday Farmers Market Opener (10 AM–1 PM through 9/15)	fallsfarmersmarket.org
7/20–21	Civil War Encampment at Old Falls Village	oldfallsvillage.com
7/20	Lavender Festival	menomoneefallsdowntown.com
7/25	Falls Sunset Concert: Straight Outta Nashville/Nick Walker	menomoneefallsdowntown.com
7/27	Roaring 20's Lawn Party	oldfallsvillagepark.com
8/3–4	1960's Weekend and Vietnam War Reenactment	oldfallsvillagepark.com
8/6	National Night Out	menomoneefallsdowntown.com
8/8	Falls Sunset Concert: Cordovas with Trapper Schoepp	menomoneefallsdowntown.com
8/10	Falls Kids Festival	menomoneefallsdowntown.com
8/16–17	Maxwell Street Days	menomoneefallsdowntown.com
8/17	Makers Market at Old Falls Village	oldfallsvillage.com
8/22	Falls Sunset Concert: Chasin Mason with the Zach Pietrini Band	menomoneefallsdowntown.com
8/23	Old Falls Flicks: "Grease"	oldfallsvillagepark.com
8/24	Falls Festival of the Arts / Art in the Park	menomoneefallsdowntown.com



Affiliates

The Menomonee Falls School District does not directly plan or administer the following programs. Please contact the respective program providers for further information and how to get involved!

Accompany of Kids

(262) 251-5225 | aokwi.org
This MF based premier performing arts group trains youth ages 4–20 in vocal, dance and performance techniques. Members are showcased in various venues throughout 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.mfjpbbaseball.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.

Menomonee Falls Childrens Choir

mfchildrenschoir.org
Open to boys and girls in grades K–8, the choir enriches the lives of elementary through middle school aged children by laying the foundation of musicianship skills through quality singing experiences. Performances in December and April each year.

MF Dolphinettes

(262) 623-6100 | Facebook
The Olympic Sport of Artistic 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

mfwcelliott@gmail.com
Open to youth K–8 with the goals of teaching the fundamentals of wrestling, providing competition and teaching good sportsmanship. Season runs December thru March with registration in late October.

Falls Patio Players

Box Office (262) 255-8372
Email fallspatioplayers@gmail.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 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.

Milwaukee Sports Club Soccer

www.milwaukeeclubsoccer.com
Email derek.hathaway@milwaukeeclubsoccer.com for more information. Recreational and Competitive soccer club for boys and girls.



Online registration is available at fallsrec.org

Last / First Name		Birthdate (Month/Date/Year)	Gender (M or F)
Address		City	Zip
Home Phone ()	Work Phone ()	Email address	
Cell Phone ()	Cell Phone Carrier*	Must be included to receive a receipt	

*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
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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				

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, 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.

ADULT SIGNATURE		DATE
<p style="margin: 0;">Make checks payable to: MF CE & Rec, mail to W152 N8645 Margaret Rd., Menomonee Falls, WI 53051 or fax to (262) 255-8411</p>		
Cardholder Name:	VCODE	Cardholder Signature
Exp.	Number:	



Engage | Learn | Improve



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.

SCHOOL DISTRICT OF MENOMONEE FALLS



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

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 all Adult and Youth Athletic Leagues, Club Sports, Red Cross Safety Classes, 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 may not be given.

Senior Discount

The fees for programs listed in the 55+ section reflect a small discount.

Medical Conditions

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

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.



W152 N8645 Margaret Road
Menomonee Falls, WI 53051

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

ECRWSS
RESIDENTIAL CUSTOMER

NEW!

YOUTH CLASSES

Eureka STEM Makers:
Gadgets & Gizmo

Mad Science Underground
Explorers

Smart Start Art

Stem Mix Mania

BricQ Prime

CSI

Tennis Drill

Theater Camps:

Finding Nemo Kids

SpongeBob the Musical
Footloose

ADULT CLASSES

Keeping Yourself Strong

Strength and Conditioning

Crochet Amigurumi Animal

Crochet Granny Squares

Crochet Market Bag

Social Security Filing
Seminar

Tax Efficient Investing

Breathwork Meditation

Aging Happily

Broadway: The American
Musical

Cup of Health: Better Brain
health

Cup of Health: The
Importance of Laughter

Pokemon Go

Summer Bash with
Eric Diamond

Travel Show with Premier

Collette Travel

Adult 21+ Trips:

Chimps and Chocolate
Brewers vs. Texas Rangers
History in Bloom
Wisconsin State Fair
Bourbon, Beer & Wine
Tour

Online
Registration
OPENS
Sunday, April 14
at 9:00 PM

 **FALLS
SUMMER
ACADEMY**

SESSION I:
June 17-June 28
Must register by May 16

SESSION II:
July 8-July 19
Must register by May 30

fallsrec.org

