

SOUTH MILWAUKEE RECREATION DEPARTMENT
901 15th Ave. South Milwaukee, WI 53172 766-5081 www.smrecdept.org

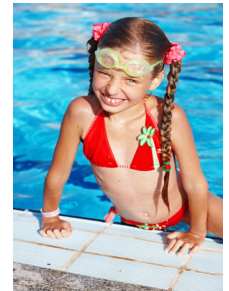
2017-18 WINTER PROGRAMS

SWIM LESSONS



Tragically, drowning remains the leading cause of unintended, injury related death for children ages 1-5, and the second leading cause of accidental death for children under 14. Research shows participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged 1 to 4, yet many kids do not receive formal swimming or water safety training. Certified Red Cross Instructor: Taylor York

WINTER SWIM SESSION	Middle School Pool	Enter Door #34	Saturday, Feb 3, 10, 17, 24; Mar 3, 10, 17, 24
Parent/child 2-5 years	10:00 — 10:30 am	Activity Code SW201.200	\$44R/\$54NR
Level 1 6-12 years	10:35 — 11:15 am	Activity Code SW201.201a	\$44R/\$54NR
Level 2 6-12 years	10:35 — 11:15 am	Activity Code SW201.202a	\$44R/\$54NR
Level 3 6-12 years	10:35 — 11:15 am	Activity Code SW201.203a	\$44R/\$54NR
Level 1 6-12 years	11:20 — 12:00 pm	Activity Code SW201.201b	\$44R/\$54NR
Levels 2/3 6-12 years	11:20 — 12:00 pm	Activity Code SW201.202b	\$44R/\$54NR



MEET SWIM LESSON INSTRUCTOR: Ms. Taylor York

Taylor York is a RED CROSS certified Lifeguard and Water Safety Instructor. She is also certified in RED CROSS CPR and First Aid and she is a physical education Instructor at SM Middle School and High School. She is looking forward to teaching your child.

Ms. York is also available for PRIVATE LESSONS. If INTERESTED and would like to learn more please email her: tyork@sdsm.k12.wi.us. You will need to fill out a registration form (South Milwaukee Recreation Department) and coordinate times/dates that work for both you and Ms. York. Fee \$140 - 1 child/4 lessons; \$210 - 2 children/4 lessons; and \$240 - 3 children/4 lessons.

SOUTH MILWAUKEE AQUATIC CLUB	Middle School Pool-Door #34	6:00 - 8:00 pm
January 8 - March 9 Mon-Tue-Thu-Fri	No class: Jan 22; Feb 22, 23, 26	
Priority Registration on or before January 8	Activity Code: SW201.206	\$88R/\$98NR
Registration After January 8	Activity Code: SW201.206	\$98R/\$108NR

A parent/athlete concussion agreement form must be signed.



SEC VOLLEYBALL TRYOUTS	Middle School Gym	7th & 8th Girls	
	Friday & Wednesday	January 12 & 17	3:15 - 4:45 pm

The \$120 player fee, physical card, registration form and concussion form must all be submitted prior to your 1st team practice.. The fee can be paid at the Recreation Department or on line at www.smrecdept.org. Physical cards may be obtained at the Recreation Department or HS Athletic Dept. For added information you may call the HS Athletic Director, Ante Udovicic at 766-5070. Parents and players will be informed about the specifics by the coaches prior to the season beginning.

LITTLE BUCKS BASKETBALL CAMP	Rawson School Gym - Door #9	Boys & Girls
Saturday, Dec 2, 9, 16; Jan 6, 13, 20, 27; Feb 3, 10	<i>No Program Dec 24 & 31</i>	
Instructor: Tom Stoj		
K4 & K5	2:15 - 3:05 pm (time subject to change)	Activity Code: LB201.201 \$36R/\$46NR
1st & 2nd grade	3:15 - 4:05 pm (time subject to change)	Activity Code: LB201.202 \$36R/\$46NR



Each week we may ask for parent volunteers for part of the time to assist us when we work on specific drills. There are many kids enrolled in each session, so your assistance is appreciated to keep things moving smoothly. Parents are welcome to move throughout the gym with their child. Parents are welcome and encouraged to stay and watch.

WINTER THEATRE WORKSHOP WITH GRETTA Middle School Gym Enter door 34 6:30 - 8:00 pm

Thursday, Feb 1, 8, 15, (no class Feb 22); Mar 1, 8, 15, 22; 29

Students ages 8 - 14 years old explore acting skills through theatre games, improvisation and scene study. Actors will learn audition techniques to find a place ON STAGE and how to SHINE in that part. The workshop will end with a **SPOTLIGHT FINALE** where all the actors will be able to perform scenes or a short play for an audience.

This workshop is also designed for students who wish to enhance creative expression while developing theatrical and improvisation skills through the use of movement activities, drama exercises and role playing. Focus will be on character development, mastery of voice and facial expressions and body movements. Theatre games will be taught to build team work and self-esteem. An active and vibrant class environment is encouraged where fun is the priority! Please join us for a wonderful class experience. Register now on-line at www.smrecdept.org or in person at the Recreation Office. You may also mail your registration to the Rec. Dept. at 901 15th Ave or call us a 766-5081. Activity Code: DR201.201 \$60R/\$70NR

FREE THROW TOURNEY High School Fieldhouse Saturday, January 27 2:00 - 4:00 pm 3rd - 8th grade
Participants will compete in this local community competition based upon their current grade level. Each grade division will then send a representative to the county finals held in March at West Allis. This program is part of a cooperative effort with the South East Park and Recreation Council. *No Charge!*

MS WRESTLING TEAM Middle School Wrestling Room Enter door 34 Middle School Students
November 21 - December 21 Tuesday & Thursday 6:30 - 8:00 pm *No class Nov 23*
January 2 - March 22 Monday - Friday 6:30 - 8:00 pm *No class Jan 22; Feb 21, 22, 23, 26*
Activity Code: WR201.202 Fee: \$120
A parent/athlete concussion agreement form must be signed. Wrestling Coordinator: Coach Dave Hoepfner

WRESTLING CLUB Middle School Wrestling Room Enter door 34 K-5th Grade
November 21 - December 21 Tuesday & Thursday 5:30 - 6:30 pm *No class Nov 23*
January 2 - Feb 15 Tuesday & Thursday 5:30 - 6:30 pm *No class Jan 22*
Activity Code: WR201.201 Fee: \$40R/\$50NR
A parent/athlete concussion agreement form must be signed. Wrestling Coordinator: Coach Dave Hoepfner
Students will be introduced to the basics and fundamentals of High School wrestling. Information will also be available to parents whose children wish to enter in wrestling tournaments throughout the area. A parent/athlete concussion agreement form must be

RUNNING CLUB Middle School Gym 3:15-4:00 pm 6th, 7th & 8th Grade Boys & Girls
Monday - Thursday November 1 - March 15 Activity Code: R201.201 Fee: \$24R/\$34NR
Before each session the runners will meet in the hallway located on the second floor outside of the High School Walking Track. Students may either walk from the Middle School to this location or exit the building and re-enter at Door #24 then proceed to the second floor via the Fitness Center staircase. Once everyone has assembled, runners will proceed to the High School walking track. Attendance is not mandatory and students may come on the days they can. Running Club does NOT meet on non-school days.



Pickleball is a real sport and really fun! Think of it as table tennis, meets traditional tennis, meets badminton. You have a net, a court, paddles and a light-weight ball (similar to a whiffle ball). Player can face off as singles or doubles, just as in traditional tennis.

Anyone from school aged children through elderly retirees can enjoy the game of pickleball. Because the court is smaller than a tennis court, play is more compact and slightly less strenuous. Yet, because of its “non-threatening” nature, pickleball is a great way to get outside and have fun. You won’t even notice that you are exercising as you play the entertaining game!

Nets, paddles and temporary line markers will be provided. Please register online through the South Milwaukee Recreation Department webpage (www.smrecdept.org) Pickleball may be found through a search under Exercise.

Winter Session; Mondays Nov 27 - Feb 12 (10 weeks) **No class Dec 25 and Jan 1**
Class will be held at Blakewood School Gym - enter door #9 from 7:00-8:30 pm.
Enrollment is Min 8 and Max 12 students.
The activity code is Ex201.266 The fee is \$12/R and \$22/NR.



ADULT EXERCISE PROGRAM

Monday	Nov 27; Dec 4, 11, 18; Jan 8, 15, 22, 29; Feb 5, 12	Location	Instructor
EZ Yoga/Tai Chi	9:00-9:50 am Activity Code: EX201.201	High School PAC	Catherine
Gentle Yoga	6:00-6:50 pm Activity Code: EX201.203	E. W. Luther Gym	Tina
Zumba	6:00-6:50 pm Activity Code: EX201.202	Blakewood Gym	Amy
Triple Threat	6:00-6:50 pm Activity Code: EX201.204	Fitness Center	Sarah
Pilate	7:00-7:50 pm Activity Code: EX201.205	Fitness Center	Jamie

Tuesday	Nov 28; Dec 5, 12, 19; Jan 2, 9, 16, 23, 30; Feb 6	Location	Instructor
SilverSneaker Classes	9:00-9:50 am SilverSneaker Members ONLY	Fitness Center	Sarah
NEW/AM Chiseled	10:00-10:50 am Activity Code: EX201.207	Fitness Center	Sarah
Chiseled	6:00-6:50 pm Activity Code: EX201.206	HS Room #1125	Sarah
Step'n Strength	7:00-7:50 pm Activity Code: EX201.210	HS Room #1125	Sarah

Wednesday	Nov 29; Dec 6, 13, 20; Jan 3, 10, 17, 24, 31; Feb 7	Location	Instructor
EZ Yoga/Tai Chi	9:00-9:50 am Activity Code: EX201.208	High School PAC	Catherine
Triple Threat	6:00-6:50 pm Activity Code: EX201.212	Fitness Center	Sarah
NEW /Yoga (Vinyasa)	7:00-7:50 pm Activity Code: EX201.216	E. W. Luther Gym	Renee
NEW /Hydro Aerobic Weight Water Aerobics	7:30-8:20 pm Activity Code: EX201.213	Middle School Pool	Janet

Thursday	Nov 30; Dec 7, 14, 21; Jan 4, 11, 18, 25; Feb 1, 8	Location	Instructor
SilverSneaker Classes	9:00-9:50 am SilverSneaker Members ONLY	Fitness Center	Sarah
NEW/AM Step'n Strength	10:00-10:50 am Activity Code: EX201.217	Fitness Center	Sarah
Chiseled	6:00-6:50 pm Activity Code: EX201.214	Fitness Center	Sarah
Chiseled	6:00-6:50 pm Activity Code: EX201.215	Fitness Center	Sarah
Zumba	6:00-6:50 pm Activity Code: EX201.209	Blakewood Gym	Danielle
Yoga	7:00-7:50 pm Activity Code: EX201.211	Blakewood Gym	Danielle

Silversneakers (See Fitness Center for schedule

FEES:

Land Exercise Class Fee: \$38R/\$48NR
Water Aerobics Class Fee: \$44R/\$54NR

SM Fitness Center Members - Resident Rates

LOCATIONS:

Blakewood School Gym Enter door #9
Middle School Pool/MPR Enter door #34
E. W. Luther School Gym Enter door #5
SFC Classroom #1125 Enter door #24
High School PAC Enter door #9



Register Early & Tell a Friend: classes will only run if there are at least 7 registered participants 3 business days prior to start date. You may register NOW by mail, in person, by phone, or online at www.smrecept.org. Call Us: 766-5081. High School Door #24

ZUMBA is a fusion of mostly Latin and other International music. The class combines fast and slow rhythms, allowing participants to achieve a unique blend of cardio and muscle-toning benefits. Ditch the Workout; join the party!

TRIPLE THREAT Looking for variety in your workout? Divided into three segments - cardio, toning and core work - you'll be getting a little bit of everything in one action packed 50 minute class, leaving you feeling like you got a total body workout! Cardio segments will consist of drills, cardio kickboxing, step and floor aerobics. We'll utilize steps, stability balls and hand weights for toning, and will push your core to its limits. This class will definitely keep you on your toes!

STEP'N STRENGTH Burn calories and increase metabolism with the perfect combination of cardio and strength training. Fun, easy to follow step choreography will be paired with upper and lower body toning, as well as core work. A great overall workout!

PILATES is an innovative way to improve flexibility, balance, coordination. Improve your posture and realign your spine while strengthening your core musculature. Please bring your own mat.

CHISELED This class is the ultimate sculpting experience designed to challenge both your muscular strength and muscular endurance. Every muscle group is targeted, leaving you with a totally defined and toned body!

WATER AEROBICS Come splash and move in a fun environment that takes the weight off your joints. Great for all ages! Enter the Middle School through door #34.

YOGA helps develop a healthy mind and body. Reduce stress, increase muscular strength, and learn to "go within" to experience peace and restoration, while focusing on proper breathing techniques and correct posture alignment. Please bring your own mat.

EZ YOGA/TAI CHI Poses are modified to be done from a seated position or standing and are great for people with arthritis, and trouble getting up off the floor due to poor joints. This class will work all muscles of the body but at your pace and limitations. No special skills or previous training needed. Please bring your own water and wear comfortable clothing that allows you to move easily and appropriate shoes.

CAMPS COMING IN SPRING



NEW! NEW! NEW! EASTER-BREAK - "FUN CAMP"

The South Milwaukee Recreation Department will offer a "FUN CAMP" for boys and girls ages 5 - 12. The camp will be held the week of Easter Break; April 2 - 6, 7:00 am to 5:30 pm at Rawson School. Please enter door #3

The camp will allow the participant to be introduced to a wide variety of recreational activities including various sports and games. Students will have fun and an enjoyable time developing wholesome and healthful attitudes towards a lifetime recreational activities.

Registration is now being accepted on line, by mail or in person on a first come - first serve basis at the South Milwaukee Recreation Department. The resident camp fee is \$114; non-resident fee is \$124. Parents are encouraged to sign-up early, as the camp size will be limited. Should you have questions or need additional information please visit our webpage and view the camp handbook - there are several forms listed in the handbook (*camper data form-code of conduct form-and early release notice*) that you must complete and bring to camp with you on the first day. If you have additional questions you may call our office at 766-5081.

Program Coordinator: Amy Pinkos

MORE SPRING CAMPS

SOFTBALL PITCHING CAMP Saturday, March 3, 10, 17, 24	Middle School Gym - Door #34 Activity Code: SB301.301	6 - 14 years \$24R/\$34NR	8:30 - 9:20 am Instructor: Coach Jim Malek
SOFTBALL HITTING CAMP Saturday, March 3, 10, 17, 24	Middle School Gym - Door #34 Activity Code: SB301.302	6 - 14 years \$24R/\$34NR	9:30 - 10:20 am Instructor: Coach Jim Malek
BASEBALL CATCHING & THROWING CAMP Saturday, March 3, 10, 17, 24	Rawson Gym - Door #3 Activity Code: BB301.301	6 - 8 years \$24R/\$34NR	8:30 - 9:20 am Instructor: Coach John Galewski
BASEBALL PITCHING CAMP 9-12 years 9:30 - 10:20 am 13 - 14 years 10:30 - 11:20 am	Rawson Gym - Door #3 Activity Code: BB301.302 Activity Code: BB301.303	Saturday, March 3, 10, 17, 24 \$24R/\$34NR \$24R/\$34NR	Instructor: Coach John Galewski
BASEBALL HITTING CAMP 6 - 9 years 1:00 - 1:50 pm 10 - 14 years 2:00 - 2:50 pm	Middle School Gym - Door #34 Activity Code: BB301.304 Activity Code: BB301.305	6 - 14 years \$24R/\$34NR \$24R/\$34NR	Saturday, March 3, 10, 17, 24 Instructor: Coach John Galewski
T-BALL CAMP Saturday, March 3, 10, 17, 24	Rawson Gym - Door #3 Activity Code: TB301.301	4 - 6 years \$24R/\$34NR	1:00 - 1:50 pm Instructor: Tom Stoj
GOLF INSTRUCTION 7th or 8th grade boys & girls will learn proper grip, stance, swing mechanics, putting, and chipping. You will need to bring all of your clubs with you. Due to room constraints, this class will be limited to 16 students.	Middle School Wrestling Room Activity Code: G301.301	March 21 -22 Fee: \$10.00	3:00-4:15 pm Instructor: Coach Kubel
HUNTER EDUCATION Department of Natural Resources Certified Instructors teach a 16-hour course on proper hunting skills. To register: Go online to www.dnr.wi.gov Contact: Bill Alvey 414-380-5922	High School #24 Rooms 6:30 - 9:00 pm	Tue & Thu PRE-REGISTRATION IS REQUIRED	March 6, 8, 13, 15, 20, 22
VOLLEYBALL CAMP Ages 6-9 Ages 10-12	Middle School Gym Entrance 34 6:00-6:50 pm 7:00-7:50 pm	Monday-Thursday April 16, 17, 18, 19 Activity Code VB301.301 Activity Code VB301.302	\$24R/\$34NR \$24R/\$34NR

This camp is designed for beginner/intermediate players who will learn proper fundamentals and technique of volleyball. Players will learn how to serve, spike, set, bump, and more! This camp will help you to improve your game and move up the ladder of success!
Instructor: Physical Education Instructor Sharon Stellwagen

REGISTRATION FORM

South Milwaukee Recreation Dept.; 901 15th Avenue
South Milwaukee, WI 53172; 414-766-5081 or 414-766-5082
www.smrecdept.org



PART 1 - FAMILY INFORMATION (please print clearly)

Family Last Name: _____ First Name: _____

Address: _____ City: _____ Zip: _____

Home Ph:(____)-____-____ Business Ph:(____)-____-____ Cell Ph:(____)-____-____

E-mail address: _____

PART 2 - SIGN THE WAIVER/RELEASE

I, the undersigned, do hereby agree to allow the individual named herein to participate in the activities indicated. I am aware and understand there may be potential risk inherent with participation in any recreation activity, and that the School District of South Milwaukee does not provide accident insurance and cannot assume responsibility for injury to any participants in the recreation programs. I further understand the eligibility requirements for the program as stated in the department brochure or flyers and that there is no transfer of fees allowed or refunds given unless the department changes a class. I also agree to allow publication of any photos taken of me or the participant(s) at any program, event, or facility of the South Milwaukee Recreation Department.

Participant/Parent/Guardian Signature

Date

PART 3 - PARTICIPANT INFORMATION

Participant Name	M/F	DOB	Grade	Activity Name	Activity Code	Fee

Special Information (i.e. medical, physical, allergies): _____

Payment TOTAL FEES: \$ _____ Check # _____ Cash _____

Make checks payable to the South Milwaukee Recreation Department

PART 4 - MAIL-IN REGISTRATION FORM TO THE RECREATION DEPARTMENT

Mark your calendars! We do not send confirmations. The Recreation Department will contact you in case a class is full, or if there is a waiting list for the program for which you registered. You may assume your registration has been processed as requested unless you hear from us. Thank you for taking the time to register.

If you are signing up for a program that involves youth games, matches or meets, you must submit the **CONCUSSION PARENT/ATHLETE AGREEMENT FORM** at the time of registration. Concussion information and agreement form is available at the recreation dept. or online at www.smrecdept.org

T-Shirt size for Fun Camp: Youth Sizes S M L XL

PARENT/ATHLETE CONCUSSION FORM

South Milwaukee Recreation Department

Return this form to The Recreation Department.

School year: 2016-17

Call us at 414-766-5081

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

SIGNS AND SYMPTOMS OF CONCUSSION

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion listed below after a bump, blow, or jolt to the head or body, s/he must be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom free and it's OK to return to play.

Symptoms Reported by Athletes

Headaches or "pressure" in the head
Nausea or vomiting
Balance problems or dizziness
Double or blurry vision
Sensitivity to noise or light
Feeling sluggish, hazy, foggy or groggy
Concentration or memory problems
Confusion
Just not "feeling right"

Signs Observed by Parents/others

Appears dazed or stunned
Is confused about assignment or position
Forgets an instruction
Is unsure of game, score, or opponent
Moves clumsily
Answers questions slowly
Loses consciousness (even briefly)
Mood, behavior, or personality changes
Can't recall events prior to hit or fall
Can't recall events after hit or fall

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (even a brief loss of consciousness should be taken seriously)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play. Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

PARENT/GUARDIAN AGREEMENT STATEMENT

I have read and fully understand this information sheet regarding concussions and I agree that if it appears that my child may have sustained a concussion or head injury that he/she is to be removed from any program activity until such time that a trained medical professional can examine him/her and approve their return to play in the activity, pursuant to Section 118.293 Wisconsin Statutes relating to concussions and other head injuries. In such case, I understand that I am to provide a written clearance from a trained medical professional for my child to return to play in the activity.

NAME OF PARENT OR LEGAL GUARDIAN (please print) _____ DATE _____

SIGNATURE OF PARENT OR LEGAL GUARDIAN _____ DATE _____

ATHLETE AGREEMENT STATEMENT

I have read and fully understand this information sheet regarding concussions and I agree that if it appears that I may have sustained a concussion or head injury that I am to be removed from any program activity until such time that a trained medical professional can examine me and approve my return to play in the activity, pursuant to Section 118.293 Wisconsin Statutes relating to concussions and other head injuries. In such case, I understand that I am to provide a written clearance from a trained medical professional for me to return to play in the activity.

NAME OF ATHLETE (please print) _____ DATE _____

SIGNATURE OF ATHLETE: _____ DATE _____