



# PARK AND RECREATION DEPARTMENT WINTER/SPRING 2019 PROGRAMS



**Registrations received by mail or drop box will be processed in the order received.**

### **COMPLETE THE REGISTRATION FORM ON PAGE 42**

Your payment must be included with the completed registration form.  
Make checks payable to the Village of Brown Deer.

### **PARK AND RECREATION DEPARTMENT STAFF**

Chad Hoier, Park and Recreation Director  
Danielle Gross, Recreation Supervisor

### **PARK AND RECREATION COMMITTEE**

Rachel Ledezma • Marie Lieber • Nicole Munns  
Elissa Retkowski • Gary Springman

Village of Brown Deer Park and Recreation Department  
4800 W. Green Brook Drive, Brown Deer, WI 53223-2496  
(414) 371-3070 • browndeerwi.org

**REGISTER EARLY!**  
Call (414) 371-3070  
for more  
information

# VILLAGE OF BROWN DEER PARK AND RECREATION DEPARTMENT INFORMATION

## General Information

The Village of Brown Deer Park and Recreation Department is responsible for the development and operation of recreation programs and park facilities in Brown Deer. Department policies and procedures are governed by the Brown Deer Park and Recreation Committee. Committee meetings are held on the first Tuesday of the month at 7 p.m. in Village Hall and are open to the public.

The Department Office is located in the lower level of Village Hall at 4800 W. Green Brook Drive. **Office hours are 8 a.m. to 4:30 p.m., Monday through Friday, (414) 371-3070.**

## Ways to Register

**ONLINE:** Visit our online registration website at [apm.activecommunities.com/bdparkrec](http://apm.activecommunities.com/bdparkrec)

### DIRECTIONS FOR ONLINE REGISTRATION:

- Create an account.
- Answer all information including security information.
- Create account.
- Under 'Other Services' click on 'Register for Activities'.
- Click on activity desired.
- Click on the day desired if more than one is offered.
- Add to cart.
- Add family member or continue.
- Answer all questions and continue.
- If finished, proceed to checkout.
- Check waiver information.
- Enter all credit card information.
- Click 'continue' and finish.

### BY MAIL OR DROP BOX:

- Complete registration form.
- Make check payable to Village of Brown Deer.
- No confirmation or receipt will be mailed.

The *Drop Box* is located in front of Village Hall. Registrations will be processed in the order received.

**IN PERSON:** Monday-Friday from 8 a.m.-4:30 p.m. **Sorry, we are unable to complete registrations over the phone.**

**REGISTER EARLY!** *If a program does not meet its minimum registration requirement within five days of the start date of the program, the program may be cancelled.*

## Residency Policy

Individuals who live in the Village of Brown Deer and students who attend Brown Deer schools may register for programs as residents. 2019 Resident I.D. cards may be obtained at the Village Hall front desk.

## Fees and Refunds Policy

Program fees are established to recover the direct operational costs of each facility and program. **All fees must be paid at the time of registration. Fees will not be prorated for individuals who are unable to attend all sessions of a program.**

Full refunds will be issued if a program is cancelled or changed by the Park and Recreation Department. When a single program session is cancelled due to weather or change in facility availability, no refunds will be issued.

Full or partial refunds of instructional and membership fees will be issued only in situations when an individual or family is unable to participate because of a medical condition or unusual circumstance. **Full or partial refunds of instructional and membership fees will be subject to a 20% administrative fee.**

## Program Policies

**Inclement Weather** No programs, conducted in school buildings, will be held when the schools are closed due to inclement weather.

**Insurance** The Park and Recreation Department does not provide hospital or medical insurance coverage for individuals who participate in sponsored programs. Participants are advised to obtain their own insurance coverage prior to registration in any program.

**Physician Referral** Participants who are over 40 years of age or who have health problems are advised to consult a physician prior to registration in adult fitness classes.

**Photographs** For program promotion purposes, photographs may be taken of participants during a program. If you do not want your or your child's photograph taken, please advise the class instructor.

**Child Care** Child care is not provided for adult programs. Children are not permitted to attend adult programs without supervision of another adult who is not actively participating in the activity.

**Program Confirmations** Confirmations will not be sent. Assume you are enrolled and plan to attend unless otherwise notified.

**Waiting Lists** The Park and Recreation Department will make every effort to accommodate individuals on waiting lists. If an opening becomes available, you will be contacted by telephone.

## Adaptive Program

Pursuant to the Americans with Disabilities Act, the Brown Deer Park and Recreation Department will make all reasonable accommodations for persons with disabilities to participate in department programs, services and activities. If you require special accommodations to participate in a department program, please let us know when you register.

## New Programs

The Brown Deer Park and Recreation Department is interested in developing new programs. Contact us with your suggestions for new classes at (414) 371-3070 or email Danielle at [dgross@browndeerwi.org](mailto:dgross@browndeerwi.org).

# WINTER/SPRING PROGRAMS 2019

## AMERICAN RED CROSS LEARN TO SWIM PROGRAM

### Open to Children and Teens

Two 8-week sessions of American Red Cross water safety classes will be held at Brown Deer Middle/High School Pool, 8060 N. 60th Street. The first session will offer lessons on Monday and Thursday evenings, and Saturday mornings. The second session offers lessons on Thursdays only. Participants must furnish their own suit, towel and lock for their locker. If you are not sure which level your child should enroll in, please contact the Park and Recreation Department at (414) 371-3070 before registering.

**NOTE:** If your child needs adjustment to the water and requires additional assistance, please advise the Park and Recreation Department at registration.

### Swim Assessment

Wed, January 9 • 6:00 – 7:00 p.m.

Location: Middle/High School Pool, 8060 N. 60th St.

Fee: Free

Swim assessments are offered to swimmers who are new to our Swim Lessons or who are returning after a break from lessons. Staff will provide one-on-one skill screening for placement and will introduce new swimmers to the Brown Deer Middle/High School Pool. **You must register in advance** by contacting the Park and Recreation Department at (414) 371-3070.

### Children 6 Months Through 5 Years

**Parent/Child:** Children 6 months-4 years old. Parent is in the water with their child.

**Pre-School 1:** Children ages 3-5 who need water adjustment or first time in water. No parent is in the water.

**Pre-School 2:** Orients children ages 4-5 to the aquatic environment and basic aquatic skills.

**Pre-School 3:** Children ages 4-5 will start to gain basic swimming propulsive skills to be comfortable in and around water.

### Parent/Child

#### Session I

Sat, January 19 – March 9 • 9:00 – 9:30 a.m.

#### Session II

Sat, April 6 – May 25 • 9:00 – 9:30 a.m.

### Preschool 1

#### Session I

Mon, January 21 – March 11 • 6:00 – 6:30 p.m.

Thurs, January 24 – March 14 • 6:00 – 6:30 p.m.

Sat, January 19 – March 9 • 9:40 – 10:10 a.m.

#### Session II

Thurs, April 4 – May 23 • 6:00 – 6:30 p.m.

### Preschool 2

#### Session I

Mon, January 21 – March 11 • 6:00 – 6:30 p.m.

Thurs, January 24 – March 14 • 6:00 – 6:30 p.m.

Sat, January 19 – March 9 • 9:40 – 10:10 a.m.

#### Session II

Thurs, April 4 – May 23 • 6:00 – 6:30 p.m.

### Preschool 3

#### Session I

Mon, January 21 – March 11 • 6:00 – 6:30 p.m.

Thurs, January 24 – March 14 • 6:00 – 6:30 p.m.

Sat, January 19 – March 9 • 9:40 – 10:10 a.m.

#### Session II

Thurs, April 4 – May 23 • 6:00 – 6:30 p.m.

Location: Middle/High School, 8060 N. 60th St.

Fee: \$36 Residents/ \$44 Non-residents

### Learn to Swim Levels

#### Ages 6 and Older

**Level 1:** Helps students feel comfortable in the water. Participants learn to enter and exit the water safely, fully submerge their head, exhale underwater, float on their fronts and backs with support and begin to swim on their fronts and backs using arm/leg action.

**Level 2:** Gives students independent success with fundamental skills. Participants learn to independently enter and exit the water safely, swim on their sides, submerge entire head for five seconds, float on their fronts and backs without support, glide on their fronts and backs unsupported and swim on their fronts and backs using combined strokes for 15 feet unsupported.

**Level 3:** Builds on skills learned in Level 2. Participants learn to jump into deep water from the side, dive from kneeling or standing position, perform front and back float for 30 seconds, swim front crawl for 15 yards, swim back crawl for 15 yards, the butterfly kick and the butterfly body motion.

**Level 4:** Develops confidence and strength to improve skills learned and introduces new aquatic skills. Participants learn to swim underwater, perform a feet-first surface dive, perform open turns on their front and back, tread water for one minute, swim front and back crawl for 25 yards, swim breaststroke and elementary backstroke for 15 yards, swim butterfly for 15 yards and swim on their sides using a scissors kick for 15 yards.

**Level 5:** Provides further coordination and refinement of strokes, swimming further distances. Participants learn to tread water for two minutes, perform standing dives, swim sidestroke and elementary backstroke for 25 yards, perform tuck and pike surface dives, perform front and back flip turns, swim front and back crawl for 50 yards and swim butterfly and breaststroke for 25 yards.

**Level 6:** Refines strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

## Level 1

### Session I

Mon, January 21 – March 11 • 6:40 – 7:20 p.m.  
Thurs, January 24 – March 14 • 6:40 – 7:20 p.m.  
Sat, January 19 – March 9 • 10:20 – 11:00 a.m.

### Session II

Thurs, April 4 – May 23 • 6:40 – 7:20 p.m.

## Level 2

### Session I

Mon, January 21 – March 11 • 6:40 – 7:20 p.m.  
Thurs, January 24 – March 14 • 6:40 – 7:20 p.m.  
Sat, January 19 – March 9 • 10:20 – 11:00 a.m.

### Session II

Thurs, April 4 – May 23 • 6:40 – 7:20 p.m.

## Level 3

### Session I

Mon, January 21 – March 11 • 6:40 – 7:20 p.m.  
Thurs, January 24 – March 14 • 6:40 – 7:20 p.m.  
Sat, January 19 – March 9 • 10:20 – 11:00 a.m.

### Session II

Thurs, April 4 – May 23 • 6:40 – 7:20 p.m.

## Level 4

### Session I

Mon, January 21 – March 11 • 7:30 – 8:10 p.m.  
Sat, January 19 – March 9 • 11:10 – 11:50 a.m.

### Session II

Thurs, April 4 – May 23 • 7:30 – 8:10 p.m.

## Level 5

### Session I

Mon, January 21 – March 11 • 7:30 – 8:10 p.m.  
Sat, January 19 – March 9 • 11:10 – 11:50 a.m.

### Session II

Thurs, April 4 – May 23 • 7:30 – 8:10 p.m.

## Level 6

### Session I

Mon, January 21 – March 11 • 7:30 – 8:10 p.m.  
Sat, January 19 – March 9 • 11:10 – 11:50 a.m.

### Session II

Thurs, April 4 – May 23 • 7:30 – 8:10 p.m.

Location: Middle/High School Pool

Fee: \$36 Residents/ \$44 Non- Residents

## Junior Swim Club

### Session I

Thurs, January 24 – March 14 • 7:30 – 8:10 p.m.  
Sun, January 20 – March 10 • 1:30 – 2:10 p.m.

### Session II

Sat, April 6 – May 25 • 9:00 – 9:40 a.m.  
Location: Middle/High School Pool, 8060 N. 60th St.

Fee: \$36 Residents/ \$44 Non-Residents

This club will introduce competitive swimming while continuing to build upon stroke mechanics and other swimming skills established in the Learn to Swim Program. Participants must have completed Level 5 to participate.

## RECREATIONAL AQUATICS

### Lap Swim

#### Session I

Sat, January 19 – March 9 • 9:00 – 10:00 a.m.

#### Session II

Sat, April 6 – May 25 • 9:00 – 10:00 a.m.

Location: Middle/High School, 8060 N. 60th St.

Fee: \$22 Residents/ \$27 Non-Residents

Adults and teens are invited to register for Lap Swim at the Brown Deer Middle/High School pool. Preregistration is required.

### Open Swim

Sun, January 20 – March 10 • 1:30 – 3:30 p.m.

Sat, April 6 – May 25 • 10:00 a.m. – 12:00 p.m.

Location: Middle/High School Pool

#### Fees:

Children 2 years and younger: Free

Children 3-7 years of age: \$1

Residents with I.D.: \$2

Non-Residents: \$3

Looking for something fun to do? Come and participate in open swim! Participants must furnish their own suit, towel, and lock for the locker room. Children 7 years and younger must be accompanied by an adult.

Open swim end times are subject to change related to lack of attendance.

## AMERICAN RED - CROSS SAFETY TRAININGS

### Babysitter's Training

Friday, February 22 • 9 a.m. - 4:30 p.m.

Location: Brown Deer Village Hall Rm B26

Fee: \$95 Residents/ \$100 Nonresidents

American Red Cross Babysitter's Training will be offered for students 11-15 years of age. Participants are asked to bring a lunch. The deadline to register is Friday, February 9th.

### Lifeguard Training

Wed, May 1 – May 22 • 6:00 – 9:00 p.m.

Sat, June 1 (Pond Guards Only) • 9:00 a.m. – 5:00 p.m.

Location: Middle/High School Pool

Fee: \$150 Residents/ \$200 Non-Residents

Free with commitment to work the 2019 Brown Deer Pond Season

At the completion of the class, participants will have a two-year certification in American Red Cross Lifeguard Training, CPR for the Professional Rescuer, Automated External Defibrillator and Waterfront Lifeguard (Pond commitment only). Successful completion of a swimming skills test on the first night is required. Interested people

16 years or older (or will be 16 by June 7) can take the lifeguarding course.

If you are interested in working at the Brown Deer Pond this summer as a lifeguard and aren't already a lifeguard, with commitment to work the 2019 Pond season, this course is FREE.

Contact Danielle Gross at [dgross@browndeerwi.org](mailto:dgross@browndeerwi.org) or 414-371-3073 for registration information.

## YOUTH ENRICHMENT ACTIVITIES

### **Snow Tubing Trip to Sunburst**

**Grades 7 & 8**

**Fri, December 21 • 4:00 – 8:00 p.m.**

**Grades 4, 5, 6**

**Sat, January 5 • 12:00 – 4:00 p.m.**

**Location: Novak Family Fieldhouse, 8200 N. 60th St. (Pickup/Drop-off)**

**Fee: \$30**

Bundle up for this new, exciting trip offered by the Brown Deer Park and Recreation Department! Students of the Brown Deer School District will enjoy two hours of tubing at Sunburst Winter Sports Complex, the largest tubing complex in the world! Registration can be completed in person at the Village Hall, where a waiver must be signed by a parent to participate.

### **Kids Ltd.**

**Fri, February 15, March 15 • 6:30 – 9:00 p.m.**

**Location: Elementary School, 5757 W. Dean Rd.**

**Fee: \$3 for each date**

Calling all 4th, 5th, and 6th grade students who reside in Brown Deer or attend Brown Deer Schools. The kids will spend the evening participating in supervised fun activities: games, open gym, arts and crafts and other special events.

**Pre-registration is preferred but walk-ins are accepted.**

### **Spring Break Art Camp**

**Mon – Thurs, March 25 – 28 • 10:00 a.m. – 12:00 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$28 Residents/\$46 Non-residents**

During this four-day camp students will spend time working on three major functional art projects; Printed Pillow, Filo Clay Bowl, and a Reed Woven Basket. Fee includes supply cost and is non-refundable.

### **Exploring Arts and Crafts**

**Wed, January 23 – March 13 • 5:30 – 6:30 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$28 Residents/ \$46 Non-residents**

Students will have the opportunity to explore multiple art medias. In this introductory Arts and Crafts class there will be adventures with Drawing, Painting, Basket Weaving, and Clay. Students produce take home items to share with friends and family. Fee includes supply cost and is non-refundable.

### **Kidstage**

**Ages 3 & 4**

**DRAGONS!**

**Sat, January 5 – February 9 • 9:30 – 10:15 a.m.**

**COME JOIN THE CIRCUS!**

**Sat, April 6 – May 18 • 9:30 – 10:15 a.m.**

**Fee: \$60 Resident/ \$70 Non-Resident**

**Ages 5-7**

**DRAGONS!**

**Sat, January 5 – February 9 • 10:30 – 11:30 a.m.**

**COME JOIN THE CIRCUS!**

**Sat, April 6 – May 18 • 10:30 – 11:30 a.m.**

**Fee: \$70 Resident/ \$80 Non-Resident**

**Location: Lydell Community Center: Room 15, 5205 N. Lydell Ave**

Dragons: We will use multiple story books that involve dragons to help us learn how to use our bodies and imaginations to tell a story. The theater activities and games played in class will focus on teamwork, confidence and creativity. We will end our session with a presentation that allows each student to showcase their new skills and creativity. Class limit is 20.

Join the Circus: Join us this spring as we enter the world of the circus. We will learn to use our voice, body and imagination to help us explore all the different animals and characters in a circus. Specify section. Class limit is 20.

## YOUTH SPORTS

### **Judo**

**Mon, February 4 – March 25 • 6:15 – 7:30 p.m.**

**Location: Judo Inc., 7818 N. Teutonia Ave.**

**Fee: \$49**

The Brown Deer Park and Recreation Department will co-sponsor Judo classes at Judo Inc., for boys and girls 5-17 years of age. Call Norman Miller, at (414) 354-1898 for more information or to register for the spring session.

### **Karate**

**Ages 4-6**

**Session I: Tues, January 8 – March 26 • 4:30 – 5:00 p.m.**

**Session II: Tues, April 2 – June 18 • 4:30 – 5:00 p.m.**

**Ages 7-10**

**Session I: Tues, January 8- March 26 • 5:00 – 5:45 p.m.**

**Session II: Tues, April 2 – June 18 • 5:00 – 5:45 p.m.**

**Location: Range Line School Gym, 11040 N. Range Line Rd**

**Fee: \$179 Residents /\$190 Non-Residents (25% off additional family members)**

Let your child experience the challenges of the Young American Martial Arts Club. This dynamic program has been developed in cooperation with the UW-Milwaukee Children's Center, a leader in early childhood development and education. This innovative martial arts program will encourage your child to develop a positive attitude, perseverance, self-confidence, and self-discipline. All this and more at the Young American Martial Arts Club conveniently located at Range Line School.

## MiKro Soccer

**Fri, April 26 – June 7 (except May 24) • 5:00 – 6:00 p.m.**  
**Location: Fairy Chasm Park, 5712 W. Fairy Chasm Rd.**  
**Fee: \$66**

The Milwaukee Kickers MiKro Soccer program is a fun introduction to the game of soccer for 3-6-year olds. Classes meet once per week for six weeks and are led by trained college-aged individuals or high school students, age 17 or older, with experience in athletics or working with children. Soccer skills are learned through engaging activities and age-appropriate challenges. MiKro encourages children to enhance their ability to follow directions and offers opportunities for physical activity, socialization, coordination, agility and teamwork. Participants should come dressed in tennis shoes and comfortable clothing, ready to play! A soccer ball is required for each practice (preferably a size 3). The fee includes a T-shirt.

## Youth Soccer Clinic

### Ages 5-7

**Sat, January 19 – March 16 (except March 2) • 9:00 – 9:55 a.m.**

### Ages 8-12

**Sat, January 19 – March 16 (except March 2) • 10:00 – 10:55 a.m.**

**Location: Elementary School Gym, 5757 W. Dean Rd.**  
**Fee: \$36 Residents/\$46 Non-Residents**

An 8-week session of soccer instruction emphasizing the fundamentals of the game, techniques, conditioning, and sportsmanship will be held for boys and girls, 5-12 years of age. Scrimmage games will also be played. Participants are asked to bring a soccer ball.

## YOUTH SPORTS DIRECTORY

### **Brown Deer Junior Baseball**

Jenny Coleman (414) 305-4658

Email: BDJBFPS@gmail.com

### **Brown Deer Soccer and Select Teams**

Paul Retkowski (414) 354-4906

Email: retkow@hotmail.com

### **Brown Deer Youth Football**

Michael Hensler (920) 210-2384

Email: bdyouthfb@hotmail.com

## ADULT FITNESS

### Morning Indoor Walking

**Mon – Thurs, October 1, 2018 – April 11, 2019**  
**6:30 – 8:00 a.m.**

**Location: Novak Family Field House, 8200 N. 60th St.**  
**Fee: Free**

Indoor walking on the field house track is offered for free to all Brown Deer residents. Participants will enter through the northwest door (N25) to the field house and will be required to sign in and out each time they walk. Walking will not be offered on days when school is not in session. **Advance registration is required at the Brown Deer Park and Recreation Department (414-371-3070).**

## Indoor Walking

**Mon/Thurs, January 21 – March 14 • 6:00 – 8:00 p.m.**  
**Sat, January 19 – March 9 • 9:00 – 11:00 a.m.**  
**Location: Middle/High School, 8060 N. 60th St.**  
**Fee: Free**

Enter the school from the pool entrance doors (W33) to check in and out with the Park and Recreation Building Supervisor. Adults may walk the hallways at their own pace. **Advance registration is required. Please call the Brown Deer Park and Recreation Department to register (414-371-3070).**

## Hatha Yoga

### Session I

**Tues, January 29 – March 19 • 6:00 - 7:00 p.m.**

**Thurs, January 31 – March 21 • 5:30 – 6:30 p.m.**

### Session II

**Tues, March 26 – May 14 • 6:00 – 7:00 p.m.**

**Thurs, March 28 – May 16 • 5:30 – 6:30 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$28 Residents/ \$32 Non-Residents (one class per week for one session)**

Hatha Yoga increases flexibility and body awareness, strengthens and improves muscle tone and posture, and relaxes and clears the mind. The class is open to adults and youth 16 years and older. Participants may register for one or two days per week and are asked to bring their own yoga mat, towel and water bottle.

## Tai Chi

### Session I

**Tues, January 15 – March 19 • 9:30 – 10:30 a.m.**

### Session II

**Tues, March 26 – May 21 • 9:30 – 10:30 a.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$60 Residents/ \$70 Non-Residents**

Tai Chi is a series of gentle, flowing movements that have been practiced as health exercise since ancient times in China. The movements emphasize the importance of weight transference, which helps balance and prevents falls. The Sun Style Tai Chi form will be taught by our instructor, Alice Kuramoto, along with some Qigong exercises.

## Fitness Dance for Adults

### Session I

**Mon, January 21 – April 1 • 6:30 – 7:30 p.m.**

**Wed, January 23 – April 3 • 9:00 – 10:00 a.m.**

### Session II

**Mon, April 22 – July 1 (except May 27) • 6:30 – 7:30 p.m.**

**Wed, April 24 – July 3 • 9:00 – 10:00 a.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$36 Residents/ \$41 Non-Residents (one class per week for one session)**

Join us in low impact, choreographed dances! Have fun and become more fit as you move to a variety of music such as current songs, country, jazz, Latin pop and oldies.

Ann Covert, our experienced instructor for more than 20 years, will lead you in an aerobic and conditioning total body workout. Movements are easy to follow and designed for different fitness levels and active adults, ages 40 to 80+. No dance experience is required. A toning component uses light hand weights. Class ends with a safe stretching routine to soothing music. Participants are asked to furnish their own individual exercise mat and light weights. Class limit is 12.

## Cardio & Toning Combo for Adults

### Session I

**Tues, January 22 – April 2 • 4:30 – 5:30 p.m.**

**Wed, January 23 – April 3 • 6:30 – 7:30 p.m.**

### Session II

**Tues, April 23 – July 2 • 4:30 – 5:30 p.m.**

**Wed, April 24 – July 3 • 6:30 – 7:30 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$36 Residents/ \$41 Non-Residents (one class per week for one session)**

Join us in the best combination workout of low-impact, choreographed dances and aerobic toning using hand weights! You will shape muscle, increase strength, improve balance and burn fat. Ann Covert, our experienced instructor for more than 20 years, will lead you through a choreographed workout to a wide variety of music such as current songs, country, jazz, Latin pop, and oldies. Routines are easy to follow and suitable for active adults, ages 40 to 80+, with different fitness levels. Class ends with a safe stretching routine to soothing music. Participants are asked to furnish their own individual exercise mat and light weights. Class limit is 12.

## Strong & Fit for Adults

### Session I

**Mon, January 21 – April 1 • 9:00 – 10:00 a.m.**

**Thurs, January 24 – April 4 • 6:45 – 7:45 p.m.**

### Session II

**Mon, April 22 – July 1 (except May 27) • 9:00 – 10:00 a.m.**

**Thurs, April 25 – June 27 • 6:45 – 7:45 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$36 Residents/ \$41 Non-Residents (one class per week for one session)**

Increase your energy and feel more confident! Join us in a low-impact, aerobic toning class using hand weights to shape muscle, increase strength, improve balance and burn fat. Ann Covert, our experienced instructor for more than 20 years, will lead you through a choreographed workout to a wide variety of music such as current songs, country, jazz, Latin pop and oldies. Routines are easy to follow and suitable for different fitness levels and active adults, ages 40 to 80+. Class ends with a safe stretching routine to soothing music. Participants are asked to furnish their own individual exercise mat and light weights. Class limit is 12.

## Zumba

### Session I

**Tues, January 22 – March 12 • 6:30 – 7:30 p.m.**

### Session II

**Tues, March 26 – May 14 • 6:30 – 7:30 p.m.**

**Location: Elementary School Gym, 5757 W. Dean Rd.**

**Fee: \$37 Residents/ \$45 Non-Residents (per session)**

Zumba is a 60-minute cardio workout that uses simple footwork, body movements and core fitness. Swing your arms, clap your hands, dip, slide and spin along to Latin instrumentals and other rhythms as you work out with our instructor, Neila Bond. Classes are open to adults and youth 16 years and older. Participants are asked to wear athletic shoes and comfortable clothing and to bring a water bottle.

## Serenity Boot Camp

### Session I

**Mon, January 21 – March 11 • 6:30 – 7:30 p.m.**

### Session II

**Mon, March 25 – May 13 • 6:30 – 7:30 p.m.**

**Location: Elementary School Cafeteria, 5757 W. Dean Rd.**

**Fee: \$37 Residents/ \$45 Non-Residents (per session)**

This class takes fitness to another level by blending Piyo core work, Barre and traditional strength training for an amazing cardiovascular, toning and stretching workout with Neila Bond, our instructor. Classes are open to adults and youth 16 years and older. Participants are asked to wear athletic shoes and comfortable clothing and to bring a water bottle. **Equipment needed: yoga mat and a stability ball.**

## R.I.P.P.E.D.- Fitness Camp

### Session I

**Wed, January 23 – March 13 • 6:30 – 7:30 p.m.**

### Session II

**Wed, March 27 – May 15 • 6:30 – 7:30 p.m.**

**Location: Elementary School Gym, 5757 W. Dean Rd.**

**Fee: \$37 Residents/ \$45 Non-Residents (per session)**

The One Stop Body Shock® is a fitness program that encompasses all aspects of physical fitness which R.I.P.P.E.D. is an acronym for; Resistance, Interval, Power, Plyometrics, Endurance, and Diet. The first five components are taught in a 50-minute class, while the last component, Diet, can be found on the website. Your instructor, Neila Bond is a Venice Nutrition Coach and R.I.P.P.E.D. certified. This class is designed for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout. The R.I.P.P.E.D. class follows its acronym and changes up the workout every 6 to 9 minutes, allowing every muscle group to get a quick yet effective workout.

Follow Us  
on facebook!



## ADULT SPORTS

### Thursday Men's Softball League

The 2019 softball season will open the week of April 22. It will be a combined softball league comprised of the Brown Deer Park & Recreation Department and the Nicolet Recreation Department. Teams may begin registering **Monday, January 7**. No registrations will be accepted after **Friday, March 29**. Games will begin Thursday, April 25 with locations to be announced.

Player registration cards and roster sheets are now available in the Park and Recreation Department.

**Fee: 2019 team fee \$275 (including tax)**  
**Nonresident player fee \$22 (including tax)**

### Pickleball

**Tues, December 4 – May 28 • 1:00 – 3:00 p.m.**

**Thurs, December 6 – May 30 • 1:00 – 3:00 p.m.**

**Sat, December 1 – May 25 • 9:00 – 11:00 a.m.**

**Location: Range Line School Gym, 11040 N. Range Line Rd**

**Fee: \$30 Residents/ \$33 Non-Residents for 10-play punch card**

Yes, PICKLEBALL – the fun game with the funny name, is one of the fastest-growing sports in the nation! Created in the backyard of Washington Congressman Joel Pritchard in 1965, it is a combination of badminton, tennis and table tennis, and is enjoyed by all age groups. Using a badminton-sized court, tennis-height net, table tennis-type paddle, and a baseball-sized whiffle ball, usually played by doubles, this game has few rules and is far less strenuous than tennis. It is easy to learn and provides plenty of exercise and eye-hand coordination; a game of strategy for both men and women, you don't have to be tall and powerful. Want to watch a video? Go to [www.USAPA.org](http://www.USAPA.org), click on link "What is Pickleball?" under Training and Court Info link or sit in on any Tuesday, Thursday, or Saturday open court session to see if you'd like it.

**Pickleball players can purchase a 10-play punch card in the Recreation Office (Monday – Friday - 8am – 4pm) good for any day of play and DOES NOT EXPIRE. Each participant is responsible for bringing and punching their card each time they play. Once the card is full, another can be purchased. Drop in rate for participants without a punch card is a \$5.00 fee. There will not be open courts on: December 13, 15, 25, January 1, February 19, April 2, 4,6 and May 2 and 4.**

## ADULT ENRICHMENT

### Sheepshead Tournament

**Sat, March 23 • 9:00 a.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$8**

Participants must register in advance for the Sheepshead Tournament consisting of three rounds of 15 games, which will be played in an hour. Registration Deadline is March 15!

### Beginning Mah Jongg

**Tues, April 23 – May 21 (except May 14) • 1:00 – 3:00 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$24 Residents/ \$30 Non-Residents**

Learn how to play the game of Mah Jongg, a fascinating game of luck and skill. It is a rummy-like game played with tiles rather than cards. You will be able to play Mah Jongg before the end of this class. Fee includes current National Mah Jongg League Cards and instructional materials. Mah Jongg sets will be provided in class.

### Yes, You Can Draw

**Mon, January 21 – March 18 (except Feb 18) • 5:30 – 6:30 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$28 Residents/ \$46 Non-Residents**

An adult drawing class for beginners! This step by step class establishes the building blocks of drawing, so that with practice you'll be able to create drawings in your own style within the drawing media.

### Grow Your Own Shiitake Mushrooms

**Thurs, April 18 • 6:00 – 9:00 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$25 Residents/ \$30 Non-Residents**

In this hands-on workshop, you will learn about growing organic shiitake mushrooms. In the workshop you will inoculate your own hardwood log and learn how to grow and harvest shiitake mushrooms from the log. Wear work clothes and if you have them, please bring work gloves and safety glasses. This workshop is offered by Happy Destiny Farm, LLC.

### Straw Bale Gardening

**Thurs, April 25 • 6:00 – 9:00 p.m.**

**Location: Community Center, 4355 W. Bradley Rd.**

**Fee: \$25 Residents/ \$30 Non-Residents**

Learn how to grow vegetables the easy way! With straw bale gardening there are no weeds, it is difficult for rabbits to chew on your plants, and you get better productivity. Straw bale gardening works especially well in locations with limited space. If you have a small patio, you can still have a garden. The workshop fee includes an organic straw bale that will be delivered to you, all the organic inputs for the process (chicken poop fertilizer tea; bone meal) and two complementary plants. This workshop is offered by Happy Destiny Farm, LLC.

### Grow Small Fruit in Your Backyard

**Thurs, May 2 • 6:00 – 9:00 p.m.**

**Location Community Center, 4355 W. Bradley Rd.**

**Fee: \$25 Residents/ \$30 Non-Residents**

In this workshop, you will learn how to grow organic small fruit in your backyard. You will learn about currants, gooseberries, jostaberries, Nanking cherries, blueberries, elderberries, raspberries, and honeyberries. You will receive your own live plant to take home to plant in your backyard. This workshop is offered by Happy Destiny Farm, LLC.





## Latin Dance Sampler

**Thurs, February 21 – April 11 • 7:00 – 8:00 p.m.**

**Location: Shorewood High School Performing Arts Building-Rm 276, 1701 E. Capitol Dr.**

**Fee: \$50 Residents/ \$75 Non-Residents**

Come ready to learn the basic steps and rhythms of this Latin Dance. We will introduce you to Salsa, Merengue, and Bachata! No partner necessary. All ability levels are welcome! Class limit is 20.

## Pet First Aid and CPR

**Sat, January 19 • 9:00 – 11:30 a.m.**

**Sat, March 16 • 9:00 – 11:30 a.m.**

**Location: Nicolet High School–Athletic Conference Room(A106), 6701 N. Jean Nicolet Rd.**

**Fee: \$35 Residents/ \$45 Non-Residents**

The goal of this course is to teach you about first aid for common problems as well as CPR for cats and dogs. Some topics covered in the course are: taking vital signs, wound care and bandaging, recognizing true emergencies, treatment for choking, strains and sprains, and more. This course is instructed by Dr. Beatty from My Pet's Vet in Glendale. Class limit is 10.

## Old Family Photos in The Digital Age

**Mon, January 14 • 6:30 – 8:30 p.m.**

**Location: Nicolet High School-Room D111, 6701 N. Jean Nicolet Rd.**

**Fee: \$22 Residents/ \$32 Non-Residents**

Working on your old family photo prints and slides is a perfect Cabin Fever project. This two-hour seminar covers your options for scanning photo prints and slides into digital picture files – whether you have a computer or not – for a multitude of uses and sharing. Topics include creating a workflow, how to scan, how to get and stay organized, and how to backup your pictures onto other storage devices. Class limit is 20.

## Advanced Digital Photography

**Mon, February 18 & 25 • 6:30 – 8:30 p.m.**

**Location: Nicolet High School-Room D111, 6701 N. Jean Nicolet Rd.**

**Fee: \$42 Residents/ \$52 Non-Residents**

Bring your camera to this hands-on workshop to learn how to “get out of automatic” and use your camera’s exposure modes and functions in situations like: Sports, Portraits, Nature, Kids, Low Light, and more. This two session class, totaling four hours, is ideal for people who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with Program, Shutter/Aperture Priority, and Manual exposure modes. Class limit is 20.

## You Have Pictures In Your Cameras- Now What?

**Mon, March 4 • 6:30 – 8:30 p.m.**

**Location: Nicolet High School-Room D111, 6701 N. Jean Nicolet Rd.**

**Fee: \$22 Residents/ \$32 Non-Residents**

We have hundreds - if not thousands - of pictures in our cameras, smartphones and computers. Now what...?

This two-hour seminar teaches techniques

to save pictures from cameras and smartphones to your computer, to external devices and to “the Cloud.” Class covers how to organize your pictures, viewing pictures from any device, printing options, and how to archive your pictures for the decades to come. Class limit is 15.



## Intro to Computers - Beginner

**Tues, January 15 – February 12 • 6:00 – 7:20 p.m.**

**Location: Nicolet High School-Room C107, 6701 N. Jean Nicolet Rd.**

**Fee: \$64 Residents/ \$74 Non-Residents**

This is a “hands on” course that is geared toward the newer computer user. The fundamentals of navigating Microsoft’s Windows 7 Operating System are the primary focus. Topics taught include: computer terminology, starting and stopping windows, text management, basic layouts of Windows Applications, and more. Class limit is 12.

## Intro to Computers - Intermediate

**Tues, February 19 – March 19 • 6:00 – 7:20 p.m.**

**Location: Nicolet High School-Room C107, 6701 N. Jean Nicolet Rd.**

**Fee: \$64 Residents/ \$74 Non-Residents**

This is a “hands on” course that is geared toward the intermediate computer user. The fundamentals of navigating Microsoft’s Windows 7 Operating System are the primary focus. Topics taught include: file management, folder management, sending and saving email attachments, customization of the taskbar, and more. Class limit is 12.

## Microsoft Word - Introductory

**Tues, January 15 – February 13 • 7:40 – 9:00 p.m.**

**Location: Nicolet High School-Room C107, 6701 N. Jean Nicolet Rd.**

**Fee: \$64 Residents/ \$74 Non-Residents**

This is a “hands on” course that is geared toward the newer Microsoft Word user. The core fundamentals of using Microsoft Word are the primary focus. Topics taught include: overview of word processing, document navigation, manipulating fonts, size, and style, paragraph and page formatting, and more. Class limit is 12.

## Microsoft Word - Intermediate

Tues, February 19 – March 19 • 7:40 – 9:00 p.m.

Location: Nicolet High School-Room C107, 6701 N.

Jean Nicolet Rd.

Fee: \$64 Residents/ \$74 Non-Residents

This is a “hands on” course that is geared toward the Microsoft Word users with some experience. The focus is on more advanced topics than the core fundamentals of Microsoft Word. Topics taught include: outlines, borders and shading of paragraphs, headers and footers, creating and managing tables within a document, and more. Class limit is 12.

## Microsoft Excel - Intermediate

Tues, April 2 – April 30 • 6:00 – 7:20 p.m.

Location: Nicolet High School-Room C107, 6701 N.

Jean Nicolet Rd.

Fee: \$64 Residents/ \$74 Non-Residents

This is a “hands on” course that is geared toward the Microsoft Excel users with some experience. The focus is on more advanced topics than the core fundamentals of Microsoft Excel. Topics taught include: cell naming, cell referencing, formulas, charting data, auto filtering of rows, and more. Class limit is 12.

## Korean Cooking: Create a Traditional Korean Rice Bowl

Wed, January 30 • 5:30 – 7:30 p.m.

Location: Nicolet High School-Room B133, 6701 N.

Jean Nicolet Rd.

Co-Op Fee: \$30 Residents/ \$40 Non-Residents

Learn to make a beautiful, healthy and traditional Korean Rice Bowl using an assortment of delicious vegetables and protein! Discover how easy it is to make Bibimbap, Korea's National Dish for any occasion! Saehee Chang is a Korean Culture and Language Consultant and loves to share her knowledge of Korean cooking with everyone! Class limit is 20.

## Korean Cooking: Healthy Korean Noodles

Thurs, April 11 • 6:00 – 8:00 p.m.

Location: Nicolet High School-Room B133, 6701 N.

Jean Nicolet Rd.

Fee: \$30 Residents/ \$40 Non-Residents

Noodles are popular in Korea, so let's learn to make some delicious and festive noodles! Saehee Chang will share two of her favorite Korean noodle recipes, Jap Chae and Kimchi Noodles. This class is interactive and hands on, so get ready to chop, dice, stir and mix! Class limit is 20.

## Indian Cooking: Indian Food Truck Nibbles and Snacks

Thurs, April 4 • 6:00 – 8:30 p.m.

Location: Nicolet High School-Room B133, 6701 N.

Jean Nicolet Rd.

Fee: \$30 Residents/ \$40 Non-Residents

It's hard to visit India and not be enticed by the aromas lofting up from all the food trucks lining the streets. Join us to learn how to bring a taste of India into your own home.

## Indian Cooking: Home-Style Indian Cooking

Thurs, May 9 • 6:00 – 8:30 p.m.

Location: Nicolet High School-Room B133, 6701 N.

Jean Nicolet Rd.

Fee: \$30 Residents/ \$40 Non-Residents

Home-style Indian cooking is nothing like the food you find in restaurants. Attend this hands-on vegetarian cooking class to learn how to make recipes passed on from actual Indian kitchens.

## SPECIAL EVENTS

### 4th of July

The Brown Deer Annual 4th of July Celebration will be held on July 4. Brown Deer residents, businesses, and community organizations are invited to volunteer to assist the Committee with next year's celebration. Meetings are held at 5:00 p.m. on the third Wednesday of the month at Village Hall. Contact the Park and Recreation Department at **(414) 371-3070** for additional information or to volunteer.

## PARK PERMITS

### Fairy Chasm Park

Fairy Chasm Park, 5712 W. Fairy Chasm Road, is a 10-acre park designed primarily for youth soccer and baseball. The facilities include three soccer fields, two baseball diamonds, outdoor basketball court, play structure, and restroom facility.

Permits are issued for both seasonal and occasional use by youth athletic groups only. No permits will be issued for adult games or practices. Contact the Park and Recreation Department at **(414) 371-3070**.

### Village Park

Nestled behind Brown Deer Village Hall next to the Pond and along a small creek, Village Park is the perfect place to plan your families next event. Amenities include access to the Oak Leaf Trail, Scenic water views, A play structure, picnic Shelters, walking paths, and access to horse shoe toss and volleyball nets.

## Lois and Tom Dolan Community Center

The Gathering Hall inside the Lois and Tom Dolan Community Center is a multi-purpose room large enough to accommodate gatherings and meetings for up to 100 people. This room is available to rent for receptions, showers, classes, meetings, luncheons and more. Please call the Park and Recreation Department at (414) 371-3070 for rental information or to schedule a showing.

## PARK PERMITS & FACILITY RENTALS

Visit us online for village park information and permit fees for the 2019 season!

[www.browndeerwi.org/departments/parkrecreation](http://www.browndeerwi.org/departments/parkrecreation)

# Especially for Seniors!

## Senior Citizens Club

The Senior Citizens Club is a social organization for Brown Deer residents. Membership is also open to nonresidents. **Meetings are held on the first and third Wednesdays of the month at 1:15 p.m. in the Lois and Tom Dolan Community Center, 4355 W. Bradley Road.** Activities include live entertainment, cards, health services, legislative activities, service programs, special events and tour and travel. A bi-monthly newsletter is mailed to all members. Annual dues are \$12 for residents and \$15 for nonresidents. Call the Park and Recreation Department at (414) 371-3070 for membership information.

## Upcoming Brown Deer Senior Citizens Club Events

First and third Wednesdays of the month

**JANUARY 2: Speaker to Be Determined.**

**JANUARY 16: Craig Siemsen-** Craig is a songwriter, musician and humorist. He plays guitar, sings and tells stories from the time period of the songs he sings. He has rated very high by our club and this will be his fourth appearance.

**FEBRUARY 6: Michael Hall, Village Manager** will give an update on the projects and activities happening in the Village

**FEBRUARY 20: Brown Deer High School Jazz Band-** The Brown Deer High School Jazz Band will provide the classic easy listening and smooth sounds that will transport you from Brown Deer to a smoky east side lounge. Gentlemen bring your sport coats and ladies your flappers as we embark on a musical journey through the roaring 1920's.

**MARCH 6: Joe Austin,** Associate Professor at University Wisconsin-Milwaukee will share information about Street Art.

**MARCH 20: Tom Stanfield-** Tom plays the keyboard, sings and also plays the trombone. He puts on a great variety show and has handled our New Year's Party for the last three years, this will be his fourth appearance.

**APRIL 3: Wisconsin State Representative**

**APRIL 18: Movie Day – Movie to Be Determined**

**MAY 1: Citizen of the Year** program and presentation.

**MAY 15: Carolyn Wehner-** Carolyn is a full-time pianist and vocalist. Devoting one hundred percent of her time doing the

## Senior Meal Program

A Milwaukee County Senior Meal Program is located at the Lois and Tom Dolan Community Center, 4355 W. Bradley Road. The meal program is held at 11:30 a.m. on Monday through Friday, excluding holidays, and is open to individuals 60 years of age or older and their spouses. Reservations are required. Call the Senior Meal Program at (414) 357-7002 during morning hours to register or the Brown Deer Park and Recreation Department at (414) 371-3070 for additional information.

## Senior Exercise

Senior Exercise is offered to senior citizens, 55 years and older. The program includes light conditioning, stretching, walking and health information. Participants may register for one or two days a week.

**Tuesdays and Thursdays, 8-8:45 a.m.**

**Winter Session: January 8-March 21**

**Fee: FREE (Registration required)**

**Spring Session: March 26-April 25**

**Fee: FREE (Registration required)**

**Fellowship Hall at Trinity Community Church, 9450 N. 60th St.**

type of performance that she puts on for us, and it shows. She consistently gets our top rating. This will be her eighth appearance dating back to 2007.

## Computer Geeks

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# Brown Deer Park and Recreation Department 2019 Winter/Spring Registration Form

**ALL INFORMATION MUST BE COMPLETED FOR REGISTRATIONS**

**PLEASE PRINT!**



## ADULT PARTICIPANT OR PARENT/GUARDIAN OF PARTICIPANT

First name \_\_\_\_\_ Last name \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Email \_\_\_\_\_  
 Cell phone \_\_\_\_\_ Cell phone carrier (e.g., Verizon, etc.) \_\_\_\_\_

## EMERGENCY CONTACT FOR ALL PARTICIPANTS

First name \_\_\_\_\_ Last name \_\_\_\_\_  
 Relationship to participant \_\_\_\_\_  
 Home phone \_\_\_\_\_ Work phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Participant Information	M/F	Birth date/Age	Grade	Program	Days/Times/ Session	Fee	T-shirt size (if applicable)
First/Last Name		Fall 2018	(If swim lessons, indicate level)				
_____							
_____							
_____							
_____							
_____							
_____							

Please Check (✓):  Attends School in Brown Deer  Other District  
**TOTAL FEES \$** \_\_\_\_\_  Check  Cash

Make checks payable to Village of Brown Deer. Mail registration form and payment to Brown Deer Park and Recreation Department, 4800 W. Green Brook Dr., Brown Deer, WI 53223. You may also use the drop box located in front of Village Hall. Please call (414) 371-3075 for assistance.

Please list any medical conditions, allergies, or special needs: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_