

Youth/Teen/Adult

Hunter Safety (Ages 10-Adult)

Take aim for the hunting season. The Department of Natural Resources certified program is available to those individuals interested in firearm safety. Course content includes instruction on how to handle a firearm safely, storage tips, maintenance, and safety in the field.

Students will not be allowed to bring firearms or ammunition to class, as all is provided. Attendance at all classes is mandatory for certification. **Pre-approved DNR online course must be completed prior to first day of class with verification of receiving certification.** More information to follow upon course registration.

Instructor: Muskego Police Department Instructors

Location: Tess Corners Fire Department, #1
W144S6731 Tess Corners Drive

Class #	Days	Dates	Time
CE4041	Wed. & Thur.	Sept. 19-20	5:00-9:00 PM

Cost: Resident \$10.00/Non-resident \$10.00

Enrollment: Minimum 5, Maximum 20

For DNR classes -

Prior to class, students are to call WDNR at 1-888-936-7463 to get a Customer ID# which you will give to the instructor on the first night of class. This is only required if you have not previously taken a DNR safety program in the past and do not have an ID#.

Boating Safety DNR Course (*Ages 12-Adults)

Have the self-assurance and skills you need before casting off. This boating safety program is designed to meet the needs of the average boater. You will learn the tips on boat handling and safety, trailering, navigation rules, and much more! **Attendance at all dates is mandatory for certification.** When registering, please include birth date.

(*Parents who have never taken the Boating Safety course are encouraged to register for the program with their children.

Instructor: Muskego Police Department Instructors

Location: Tess Corners Fire Department, #1
W144S6731 Tess Corners Drive

Class #	Days	Dates	Time
CE4204	Tues.-Fri.	May 22-25	5:00-7:30 PM

Cost: Resident \$10.00 / Non-resident \$10.00

Enrollment: Minimum 10, Maximum 30

Baby-sitting Course (Ages 11-16)

This class provides useful information for anyone caring for small children and especially so for young people who are beginning their careers in baby-sitting. The program content focuses on the responsibilities of the baby-sitter during child care. This program will increase your child care skills and your knowledge of safety, emergency procedures and accident prevention in the home. The program is certified by the American Red Cross. Bring a snack or light lunch and a drink to each class.

Due to Red Cross materials purchased for the class, there are no refunds for this program if participant cancels.

Instructor: Julie Behm

Location: Location yet to be determined
We will update you at registration

Class #	Days	Dates	Time
CE3874	Monday	June 18	8:30 AM-3:00 PM
CE3875	Monday	July 9	8:30 AM-3:00 PM
CE3876	Monday	July 23	8:30 AM-3:00 PM
CE3877	Monday	August 6	8:30 AM-3:00 PM

Cost: Resident \$56.00 / Non-resident \$84.00

Enrollment: Minimum 6, Maximum 12

WEATHER CANCELLATIONS

Every attempt will be made to get in outdoor classes. If possible we will still hold class in light rain or mist if ground conditions allow. But if there is heavy rain or lightning, classes will be cancelled. Please call the hotline before leaving for class to verify if programs are cancelled due to the weather. Hot-line number is 262-679-5645, press #1 for cancellations.



Golf Lessons (Ages 16-Adult)

Classes are for beginners. Participants will learn proper grip, stance, set up, chipping, sand play, equipment, basic rules and golf etiquette. Dress for the weather. Bring clubs if you have them; some clubs are available.

Golf balls are not included. You can rent a bucket of golf balls on site (Buckets: large \$11/medium \$9/small \$7).

Instructor: Mike Vance, PGA Professional

Location: Moorland Road Golf Course
5900 S. Moorland Road, New Berlin

Class #	Days	Dates	Time
CE3882	Mondays	June 4-25	6:30-7:30 PM

Cost: Resident \$50.00 / Non-resident \$75.00

Enrollment: Minimum 6, Maximum 10

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To Register: Call 262-679-4108 OR complete registration form OR visit our website at www.cityofmuskego.org for on-line registration.

Tennis Lessons for Teens (Ages 13-17)

This class is for those with no experience up to those who have played and would like to brush up on their skills. We will separate the skill levels to ensure proper teaching.

Beginner - We will work on basic tennis skills including forehand, backhand, volley, and serve. Players will learn game scoring and court courtesy. **Intermediate** - Players will be expected to have a basic understanding of forehand, backhand, volley, and serve. We will work on improved those strokes and work on court strategy.

In case of rain, please call the Hotline # at 1-262-679-5645.

Instructor: Lauren Longhenry & Staff

Location: Kurth Park
S70W14415 Belmont Drive

Class #	Days	Dates	Time
CE4005	Mon.-Thu.	June 18-28	6:15-7:00 PM
CE4006	Mon.-Thu.	July 9-19	6:15-7:00 PM
CE4266	Mon.-Thu.	July 23-Aug. 2	6:15-7:00 PM
CE4267	Mon.-Thu.	Aug. 6-16	6:15-7:00 PM

Cost/Class: Resident \$40.00 / Non-resident \$60.00

Enrollment: Minimum 4, Maximum 8

Meet Our Tennis Instructor:

My name is Lauren Longhenry, this will be my third year instructing through the park & rec. I have been playing tennis my whole life. I played on the varsity team for Muskego and love to coach just as much as I love to play. I instruct all ages of tennis players. I am currently a junior at the University of Wisconsin-Eau Claire, were I am studying CSD with the hope of going to graduate school for audiology.

WEATHER CANCELLATIONS

Every attempt will be made to get in outdoor classes. If possible we will still hold class in light rain or mist if ground conditions allow. But if there is heavy rain or lightning, classes will be cancelled. Please call the hotline before leaving for class to verify if programs are cancelled due to the weather. Hot-line number is 262-679-5645, press #1 for cancellations.

Tennis Singles Leagues (Adult)

Tennis league is offered for all levels of play. There will be no scheduled court time for matches as the High School tennis courts will be unavailable this year due to resurfacing. Match times will need to be coordinated between you and your opponent and scores called into recreation office.

Winners in each division will receive a T-shirt.

We will have a league meeting Wednesday, June 7th, 6:30pm at Kurth Park. **Please register for the appropriate skill level.**

Tennis Lessons for Adults (Adult)

This class is for those with no experience up to those who have played and would like to brush up on their skills. We will separate the skill levels to ensure proper teaching.

In case of rain, please call the Hotline # at 1-262-679-5645.

Instructor: Lauren Longhenry & Staff

Location: Kurth Park
S70W14415 Belmont Drive

Class #	Days	Dates	Time
CE4010	Saturdays	June 23-Jul. 14	8:00-9:00 AM
CE4011	Saturdays	July 21-Aug. 11	8:00-9:00 AM

Cost/Class: Resident \$30.00 / Non-resident \$45.00

Enrollment: Minimum 4, Maximum 8

Kurth Tennis Court Improvements

This spring and early summer, the City will be installing 3 new tennis courts at Kurth Park. These courts will be used for our instructional programs as well as open to the public for use.

Once fully completed, the old tennis courts will be converted into a new parking lot to address the parking issues at Kurth Park.



Class #	Sex	Days	Dates
Beginners			
CE4305	Women's	varies	June 4- Aug. 11
CE4298	Men's	varies	June 4- Aug. 11
Intermediate/Advanced			
CE4300	Women's	varies	June 4- Aug. 11
CE4299	Men's	varies	June 4- Aug. 11

Cost: Resident \$20.00/Non-resident \$30.00

Enrollment: Minimum 4, Maximum 8

Youth/Teen/Adult

Recreational Tree Climbing

In partnership with Waukesha County Parks
(Ages 7-Adult)

Fun, Fitness, Adventure! Peaceful and invigorating, recreational tree climbing allows climbers to ascend into and explore trees safely. Gain a new appreciation for trees, nature, and your County Parks. Recreational tree climbing is a unique activity that can be enjoyed by an individual, in small groups, and especially rewarding to families. All gear and instruction is provided. Participants should wear long pants, sturdy shoes, and bring a sense of adventure.

Instructors: Waukesha County Park Staff

Location: Muskego County Park
S83W20370 Janesville Road

Class #	Days	Dates	Time
CE3849	Friday	July 13	3:30-5:30 PM

Cost: Resident \$35.00 / Non-resident \$52.50

Enrollment: Minimum 10, Maximum 24

3rd Annual Fall Fishing Fiesta

This unique event is the perfect opportunity to introduce youngsters ages 5-10 to the benefits of fishing and the abundance of public access opportunities available in our community. No fishing gear? No problem! Each participant will receive a fishing pole, tackle box, basic instruction, and a grill-out lunch. This event is limited to the first 25 kids. All participants must be accompanied by a parent, guardian or chaperone.

If you'd like to help make this event a success by volunteering, make a donation or providing door prizes, please contact Adam Young at: ayoung@cityofmuskego.org.

Location: Muskego County Park
S83W20370 Janesville Road

Class #	Days	Dates	Time
CE4335	Saturday	October 6	9:00 AM-12:00 PM

Cost: Resident \$35.00 / Non-resident \$52.50

Enrollment: Minimum 10, Maximum 20

Badertscher Preserve Guided Hike

(Ages 7-Adult)

Come enjoy an interpretive 3-mile hike through the rugged glacier-carved terrain at Badertscher Preserve by our own City Forester. See native plants in full bloom in the restored prairie, wetland, oak savanna, and woodland habitats and learn the history and the natural history of this remote site in Muskego.

Learn to Play Pickleball

(Ages 15-Adult)

What is pickleball? Pickleball is a blend of tennis, badminton and ping pong. The game was developed in the mid-60's in Washington State and has spread across the country with its popularity.

Pickleball is a great way to meet new people and play a game that is right for a variety of skill levels and ages. It is a fun, easy sport to learn! Come swing a paddle with us and enjoy one of the fastest growing sports in America.

The City of Muskego Recreation has partnered with local pickleball enthusiasts to host young adult open co-ed pickleball. You will not need to bring anything along besides a willingness to learn the game. Balls and paddles provided.

Location: Lions Park, Pickleball Courts
S77W18950 Lions Park Dr.

Class #	Days	Dates	Time
CE4058	Monday	June 18	9:00-11:00 AM
CE4059	Monday	June 18	5:30-7:30 PM

Cost: Free

Enrollment: Minimum 6, Maximum 15



WEATHER CANCELLATIONS

Every attempt will be made to get in outdoor classes. If possible we will still hold class in light rain or mist if ground conditions allow. But if there is heavy rain or lightning, classes will be cancelled. Please call the hotline before leaving for class to verify if programs are cancelled due to the weather. Hot-line number is 262-679-5645, press #1 for cancellations.

Instructors: Tom Zagar, City Forester

Location: Badertscher Preserve
S74W20312 Field Drive

Class #	Days	Dates	Time
CE4111	Saturday	July 14	10:00 AM-12:00 PM

Cost: Resident \$5.00 / Non-resident \$7.50

Enrollment: Minimum 5, Maximum 25

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To Register: Call 262-679-4108 OR complete registration form OR visit our website at www.cityofmuskego.org for on-line registration.

Pickleball (Adults/Seniors)

Come play Pickleball on our outdoor courts at Lions Park! Pickleball is a blend of tennis and ping pong played on a badminton size court. Pickleball provides plenty of exercise, hand-eye coordination and you don't have to be 'super athletic' to play. Men and women of all ages welcome. Tennis shoes required, eye protection encouraged, equipment is provided. ***If ability level meets advanced requirements, please feel free to sign up for both sessions.

Compliance with Muskego's Court Etiquette Policy expected from all players.

Social Play

This session is structured for players of all ability levels. Players will improve their skills while having fun! Within Social Play, players will be working towards consistency in serving, returning serves, and sustaining a rally of volley.

Mon/Wed/Fri/ mornings 9:00am-11:30am

Advanced Play

This session is for **ADVANCED** players only, with high intensity play. Players within this session should display consistent and dependable strokes. This includes directional control and depth on both forehand and backhand shots, reliable serves, lobs, overheads, approach shots and volleys, as well

as spin shots with some success. Players should demonstrate position strategies, with 3rd shot drops and dinking. Fast-paced intense fun will be enjoyed by all! **Please note**, during Pickleball League dates (Tuesday's, June 12th-July 31st), advanced play will be cancelled.

Mon/Tues/Thurs evenings 5:30pm-8:00pm

Open Play

Open Play is for all ability levels. Your registration within either the Social or Advanced Competitive play covers your time within these sessions. Courts may be divided upon ability level at discretion from our program volunteers.

Wednesday's 5:30pm-8:00pm AND Saturday's 9:00am-11:30am

Location: Lions Park, Pickleball Courts
S77W18950 Lions Park Dr.

Class #	Skill Set	Dates	
CE4057	SOCIAL	Jun. 4-Sep. 1	see listed times/days
CE4257	COMPETITIVE	Jun. 4-Sep. 1	see listed times/days

Cost: Resident \$15.00 / Non-resident \$25.00

Enrollment: Minimum 10, Maximum 125

Pickleball League (Adult)

Attendance for all league dates is strongly desired for league continuity.

In for a second season, Muskego's league play is open to Advanced Players Only. **This league is NOT for beginners.** You must play between a 3.0 and 4.0 level based on the United States of America Pickleball Association (USAPA) guidelines. League coordinators have the final determination of a player's level of play for entry into the league. Maximum of 25 players.

USAPA rules apply. Five games will be played each night in a round robin format. Courts change after each game. No player will play with same partner twice except as a substitution.

This league is based on total points received. The highest four point getters will receive a token reward. All players will receive a Muskego Pickleball League t-shirt. The Onyx II ball will be used and provided. Player provides own paddles & equipment. **No league play July 3.**

No online registration for this class. Please stop by office or call in to register.

League Coordinator: Keith Werner

Location: Lions Park, Pickleball Courts
S77W18950 Lions Park Dr.

Class #	Days	Dates	Time
CE4088	Tuesdays	June 12-July 31	5:30-8:30 PM

Cost: Resident \$15.00 / Non-resident \$22.50

Enrollment: Minimum 10, Maximum 25



WEATHER CANCELLATIONS

Every attempt will be made to get in outdoor classes. If possible we will still hold class in light rain or mist if ground conditions allow. But if there is heavy rain or lightning, classes will be cancelled. Please call the hotline before leaving for class to verify if programs are cancelled due to the weather. Hot-line number is 262-679-5645, press #1 for cancellations.

Teen/Adult/Seniors

The following fitness classes are being offered in collaboration with Preferred Fitness.

Instructors: Preferred Fitness Staff

Location: Preferred Fitness, Group Exercise Area, 574W17009 Janesville Road

Notes: A temporary membership card will be issued first day of class. Bring water. Sweat towels and locks will be provided.

No classes July 3, 4, 5

Outdoor Boot Camp (Adult)

Preferred Fitness Outdoor Boot Camp is a 4-week fitness program packed with challenging, fun and energizing workouts designed to help you reach your fitness goals. Whether your goal is to lose weight, get fit, or just live a healthier lifestyle, this is the program for you! Everyone will be challenged to their ability and no one will be left behind. Let's Sweat Outside! Rain or shine. All equipment is provided, bring a towel and water bottle.

Class #	Days	Dates	Time
CE3957	Mon., Wed., Fri.	Jun. 18-Jul. 13	5:30-6:30 AM
CE3958	Mon., Wed., Fri.	Jul. 30-Aug. 24	5:30-6:30 AM

Cost: Resident \$100.00 / Non-resident \$150.00
*special fee of \$80 for 2nd session enrollment.

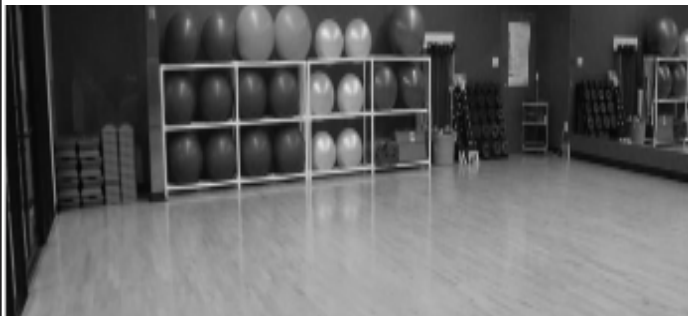
Enrollment: Minimum 4, Maximum 10 for this class

Define (Adult)

Want to condition your whole body? This non-aerobic fitness program class is geared to turn loose muscle into strong and hard muscle. Come and feel the burn. This combines balance work, stretching, and strength training to give your body a total workout. Start the day off right!

Class #	Days	Dates	Time
CE3945	Tues.	Jun. 19-Aug. 14	9:30-10:30 AM

Cost: Resident \$48.00 / Non-resident \$72.00



Ripped (Adult)

RIPPED-is a total body high intensity program utilizing free weights, resistance, and body weight. Its Effective, Tough yet doable, and will challenge your fitness levels. Achieve results and burn up to 1000 calories in just 50 minutes. Lets get RIPPED!!

Class #	Days	Dates	Time
CE4015	Sat.	Jun. 23-Aug. 11	7:00-8:00 AM

Cost: Resident \$48.00 / Non-resident \$72.00

Restore Your Core (Adult)

Gain the benefits of stretching, core strengthening, overall body toning and awareness. Combining the benefits of yoga and Pilates to enhance strength, posture, flexibility, and balance for an overall sense of well being. Modifications are provided so any level can participate and develop lean muscle and core strength. This full body workout will transform your body awareness and leave you feeling stronger and confident

Class #	Days	Dates	Time
CE3934	Thur.	Jun. 21-Aug. 16	9:30-10:30 AM

Cost: Resident \$60.00 / Non-resident \$90.00

Enrollment: Minimum 4, Maximum 10 for this class

Senior Savvy (Adult 60+)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, endurance, range of movement, and activity for daily living skills. Handheld weights, elastic tubing, with handles, and balls are offered for resistance; a chair issued for seated exercises and / or standing support.

Class #	Days	Dates	Time
CE3949	Wed. & Fri.	Jun. 20-Aug. 3	10:30-11:15 AM

Cost: Resident \$48.00 / Non-resident \$72.00

Fitness Note...

Before you start any fitness program, you should consult with your physician, especially if you are over 35 years of age, are taking any form of medicine, have not exercised regularly, or if you have had any symptoms of heart disease or other serious illness that might affect your ability to exercise.

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To Register: Call 262-679-4108 OR complete registration form OR visit our website at www.cityofmuskego.org for on-line registration.

Teen/Adult/Seniors

Hula Fit

This is a collaborative with Franklin.
(Ages 16+)

Hula Fit is a total body workout inspired by dances of the Pacific Islands set to the sounds of Polynesian drum beats fused with some Middle Eastern belly dance music as well. Take off your shoes, put on a hip wrap, let's dance, burn some calories and have fun. This workout focuses on the core and especially the abs. **No class July 5 and July 12.**

Instructors: Diane Maegli-Hippert,
Hot Hula certified Instructor

Location: Robinwood Elementary- E Pod.
10705 W. Robinwood Lane, Franklin
(room is to the left of the library)

Class #	Days	Dates	Time
CE4242	Thursday	June 7-July 26	6:15-7:15 PM

Cost: Resident \$27.00/ Non-resident \$40.50

Enrollment: Minimum 8, Maximum 20

Couch to 5K!

This is a collaborative with Franklin.
(Ages 16+)



Move from the couch to the finish line with this 6-week running program which will start off slow while you gradually increase your strength and endurance. Spend just 20 to 30 minutes, three times a week, for six weeks, and you'll be ready to finish your first 5K (3.1-mile) race and prove to yourself you CAN be a runner.

End this program by running the 5K Famous Racing Sausages event thru Miller Park on July 21st! You can register for the race online by July 18: www.brewers.race-mlb.com

Notes: Bring a water bottle and a phone or watch with a stop watch as we will be running in time intervals, not distance.

Instructors: Leah Voss, Franklin Recreation Staff

Location: Franklin High School, Track
8222 S. 51 Street, Franklin

Class #	Days	Dates	Time
CE4243	Tuesdays	June 12-July 24	5:30-6:30 PM
No class July 3 - Race Day July 21st (optional)			

Cost: Resident \$10.00/ Non-resident \$15.00

Join us for one of Muskego's Beer Gardens at Veterans Memorial Park. More information on these events on page 5.

Parkinson Exercise Class

This is a collaborative program with Franklin.
(Ages Adult)

What is Parkinson's disease?

♦Parkinson's disease (PD) is a motor system disorder, which results from the loss of brain cells producing dopamine. Loss of dopamine means loss of motor control.

♦Some of the side effects include: tremors, slowness of movement, impaired balance and coordination

♦It affects about 1 in 100 Americans over the age of sixty years. The average age of onset is about sixty, and while the illness is less common at younger ages, it does occur. The exact number of cases in younger individuals is difficult to determine, but it is estimated that five to ten percent are diagnosed prior to age forty.

For an entire hour, the class will incorporate stretches, deep breathing exercises, balance, and strength training. Make sure to bring your exercise mats for floor work. During class, you will be introduced to past participants and notice that exercising does without a doubt slow down the progression of Parkinson's and improve the quality of many lives, while having fun and camaraderie.

NOTE: Please wear comfortable clothing; bring a water bottle, a towel and an exercise or Yoga mat to class. Floor exercise will be incorporated, however modifications will be provided for various populations and/or environmental conditions to ensure a safe and effective setting for all class participants.

Instructor: Mary Spidell, is certified in Parkinson's and Aquatic Exercise. For the past 9 years she has taught an exercise class for people who have Parkinson's disease.

Location: Robinwood Elementary- Multi-Purpose Rm.
10705 W. Robinwood Lane, Franklin
(enter blue double doors to the left of the main entrance)

Class #	Days	Dates	Time
CE4244	Mon.	June 18-Aug. 13 No class on July 2	10:00-11:00 AM
CE4245	Wed.	June 20-Aug. 15 No class on July 4	10:00-11:00 AM

Cost/date: Resident \$36.00 / Non-resident \$54.00

Enrollment: Minimum 6, Maximum 12

Fitness Note...

Before you start any fitness program, you should consult with your physician, especially if you are over 35 years of age, are taking any form of medicine, have not exercised regularly, or if you have had any symptoms of heart disease or other serious illness that might affect your ability to exercise.



Meet our Cooking Instructor:
Staci Joers graduated from MATC with an Associated Degree in Restaurant & Hotel Cooking. She has had the privilege of working with many great chefs. Cooking and baking are her main hobbies.

Find Kids Cupcake Decorating classes on page 15.

Pilates (Adult)

This particular Pilates mat class is designed to challenge the beginner and the practicing Pilates student. Mat classes are a great way to learn the fundamental principles of the Pilates method. Pilates is a full body-conditioning program comprised of a series of approximately 500 designed movements performed on a mat and/or on specific apparatus. Pilates improves strength, flexibility, balance, control and muscular symmetry. The rhythmic exercises promote elongated and toned muscles, and are noted for developing abdomen, lower back and buttocks strength, and create a strong body core. Modifications will be shown to make this class suitable for all ages or abilities.

Instructor: Shawna Jesse

Location: Fit & Fab U
S63W13700 Janesville Road
(Between Glo 10 and Leah's)

Class #	Days	Dates	Time
CE4258	Tuesday	June 19-July 31 No class July 3	10:30-11:15 AM

Cost: Resident \$42.00 Non-Resident \$63.00

Enrollment: Minimum 6, Maximum 20



Cooking with Class...Food Demonstrations by Staci Joers

This is a collaborative program with Franklin.
(Adults)

Instructor: Staci Joers

Location: Franklin High School, Room B264
(Enter main entrance, south doors)
8222 S. 51 Street, Franklin

Cost/Class: Resident \$24.00 / Non-resident \$36.00

Class Note: Due to the purchasing of food, NO refunds can be given five (5) days before the class, unless the department cancels the class.

Enrollment: Minimum 12, Maximum 25

Corn

A celebration of great summer ingredient, Corn! Indigenous to Central and North America, corn has been loved around the world for its sweetness and texture since the 16th century. Easily adapted to a wide array of cuisines, we will barely touch upon some of the incredible dishes made with fresh corn in a handful of cultures. You'll sample:

- Mexican Street-Style Corn on the Cob
- Roasted Corn Salad w/ Basil Vinaigrette, grape tom & pine nuts
- Spicy Corn Dip with Parmesan Dippers
- Black Bean-n-Corn Quesadilla with Chipotle Mayo

Class #	Days	Dates	Time
CE3879	Tuesday	June 26	6:30-8:30 PM
Registration deadline is June 19			

Peach Perfect

Beaches and barbecues aren't all you have to look forward to during the summer because nothing says summer like a juicy peach! Peaches are enormously versatile and deserve to be highlighted in awesome recipes. They range from sweet to savory and everything in between. Whether they're your favorite summer fruit or not, there's sure to be at least one peachy remix in tonight's class to please everyone. You'll sample:

- Mixed Greens with Peachy-Jalapeno Vinaigrette
- Oven baked Ribs with Sticky Peach-Bourbon Glaze served with Eddie Martini-style Potato and Bacon Hash
- Warm Peaches-n-Basil over ice cream

Class #	Days	Dates	Time
CE3881	Wednesday	July 11	6:30-8:30 PM
Registration deadline is July 3			

Easy Weeknight Meals

Weeknight meals don't have to suffer as a result of your busy schedule. In this class you'll learn several ways to quickly and easily prepare healthy and filling meals for your family. You'll sample my most popular, best-loved and greatest weeknight dinner recipes of all time and even dessert! I'll prepare:

- Easy Mediterranean Chicken Pasta
- Baked Fish-n-Chips
- Tarragon Pork with Mustard Creme and Orzo pilaf
- Cinnamon Streusel Coffee Cake

Class #	Days	Dates	Time
CE3880	Wednesday	August 8	6:30-8:30 PM
Registration deadline is August 1.			

Teen/Adult/Seniors

Instructional Languages

Come learn the beginning skills needed to learn how to speak, read and write Spanish in these 7-week courses. Please bring a notebook and pencil to each class.

Instructor: Erynn Pratt

Location: Muskego City Hall, Lions Den
W182S8200 Racine Avenue

Cost/class: Resident \$75.00/ Non-resident \$112.50

Enrollment: Minimum 8, Maximum 12

Espanol Basico (Ages 15-Adult)

Are you just starting out in the world of Spanish? Did you take a Spanish class a while ago and need a refresher of the language? Either way, this is the class for you. In this class we will be starting out from the beginning which includes the alphabet, numbers, colors, shapes, etc. But, we will also be going over some basic conversation as well. Join us to learn this beautiful language that nowadays seems to be everywhere! **No class July 3 & 5.**

Class #	Days	Dates	Time
CE3987	Tues. & Thur.	Jun. 12-Aug. 2	5:20-6:20PM

Espanol para Conversar (Ages 18 and up)

Have you always wanted to learn Spanish? Do you work in a Spanish-speaking environment, or do you want to? Or maybe you'd like to travel to Mexico on vacation and want to learn some conversation starters? Whatever may be the case; this is the class for you to begin your Spanish-speaking skills. Come join us and start to discover the wonderful world of Spanish! **No class July 3 & 5.**

Class #	Days	Dates	Time
CE3988	Tues. & Thur.	Jun. 12-Aug. 2	6:25-7:25PM

Spanish Language Classes for children can be found on page 15.



Veggie Container Gardening

This is a collaborative program with Franklin (Adult)



Learn how to plant a vegetable garden to provide you with healthy, fresh produce all season long. We'll explore the many factors that go into a productive garden including garden location, soil health, how much to plant, when to plant and much, much more. This is a great class for beginner gardeners and a refresher for veterans alike. Extensive handouts will be provided.

Instructor: Deanne Phillips

Location: Franklin High School, B233
8222 S. 51 Street, Franklin
(enter main entrance)

Class #	Days	Dates	Time
CE4106	Tuesday	July 17	6:30-7:30 PM

Cost: Resident \$7.00 / Non-resident \$10.50

Enrollment: Minimum 10, Maximum 15

Perennial Gardening From a SE Wisconsin Point of View

This is a collaborative program with Franklin. (Adult)

Take Time to Smell the Roses. Jeff Trader has designed his gardens to encourage the viewer to sit relax and enjoy! Jeff's gardens delight from early Spring throughout the Fall. Perennials abound with a touch of annuals for the enjoyment of these gardens. Waterfalls and a lily pond add to the enjoyment of these gardens. Whimsical, French, Japanese, and Chihuly-like themes are incorporated into the various gardens.

Jeff's presentation will highlight the key elements in garden design whether for garden beds or containers. Come and enjoy, while getting some wonderful ideas as you contemplate your plans for 2018 and beyond!

Instructor: Jeff Trader, Master Gardener

Location: Franklin High School- B233
8222 S. 51 Street, Franklin WI
(Enter Upper, Main Doors)

Class #	Days	Dates	Time
CE4246	Wednesdays	June 27	6:00-8:00 PM

Cost: Resident \$10.00 / Non-resident \$15.50

Enrollment: Minimum 4, Maximum 20

If you have a special talent or skill you would like to share, please call the Parks & Recreation office at 262-679-4108 to learn more about setting up a class.

We are always looking for energetic, innovative instructors.

You Are What You Eat.

This is a collaborative program with Franklin.

(Adult)



It's true: you are what you eat. Eating well isn't about focusing on the foods you should eat less of, it's about focusing on nourishing your body by adding in lots of goodness! Do you find yourself confused and overwhelmed by all the conflicting stories you hear every day regarding food? If so, you are not alone. We are continuously inundated with the latest and greatest "healthiest" way to eat. From Paleo to Vegan or full fat to fat free, they all claim to be healthy. So what is the truth?

One truth is we are all unique and what works for one may not work for another. However, there are underlying truths that cannot be ignored. In this workshop, we will cut through the hype, give you the facts and get back to the basics. Come with an open mind and be ready to learn.

Instructors: Monica A. Judge, L. Ac., Dipl. Ac., MSOM, BS Nutrition

Location: Franklin High School, B233
8222 S. 51 Street, Franklin
(enter main entrance)

Class #	Days	Dates	Time
CE4107	Monday	June 18	6:30-8:00 PM

Cost: Resident \$7.00 / Non-resident \$10.50

Enrollment: Minimum 5, Maximum 15



Life Essentials Workshop

This is a collaborative program with Franklin

(Adult)

- ♦Do you know what toxins are in your food?
- ♦Do you know what's lurking in your water?
- ♦Are you constantly lacking energy?

This workshop will educate you on all of these and more! On average, a person is exposed to approximately 800 toxins a day!

Come be part of the Natural Health Revolution! Find out which plan the National Institute of Health says is "the most nutrient dense botanical on earth."

Sample the most nutrient dense plant on the earth, as well as learn how to remove toxins from your home by replacing everyday products with Clinical Grade Essential Oils. Finally, learn how to enhance your workout routine with proper nutrition.

Instructor: Victoria Valenza, TNC

Location: Franklin High School, B233
8222 S. 51 Street, Franklin
(enter main entrance)

Class #	Days	Dates	Time
CE4104	Wednesday	June 20	6:30-8:00 PM

Cost: Resident \$7.00 / Non-resident \$10.50

Enrollment: Minimum 6, Maximum 14

Program Note: This information is not intended to treat, diagnose, cure or prevent any disease or medical condition, and is provided for educational purposes only. Always seek the advice of your physician regarding any medical conditions, and before undertaking any diet, exercise, medication, or other health programs.

Intro to Essential Oils

This is a collaborative program with Franklin.

(Adult)

Have you been hearing a lot about essential oils and wondering what all the hype is about? Wish you had a first line of defense for things like eczema, fever, athlete's foot, migraines, panic attacks, sunburn, nausea, cold, flu and those other things that plague your family? If you're interested in the benefits of essential oils, this is the class for you.

You'll learn:

- The history of oils and how they transform your health
- What are essential oils
- Why essential oils are so powerful
- How to use oils
- Learn about the 10 most powerful oils

Instructor: Linda Kochiu and Tabitha Schultz

Location: Franklin High School- Library
8222 S. 51 Street, Franklin
(Enter Upper, Main Doors)

Class #	Days	Dates	Time
CE4110	Wednesday	June 6	6:00-8:30 PM

Registration Deadline: Thursday, May 24

Cost: Resident \$6.00 / Non-resident \$9.00

Enrollment: Minimum 4, Maximum 18

Program Note: This information is not intended to treat, diagnose, cure or prevent any disease or medical condition, and is provided for educational purposes only. Always seek the advice of your physician regarding any medical conditions, and before undertaking any diet, exercise, medication, or other health programs.

Join us for one of Muskego's Beer Gardens at Veterans Memorial Park.

More information on these events on page 5.

Adult/Seniors

Ballroom Dance Workshops for Adults

This is a collaborative program with Franklin.

Grab your dancing partner and get ready to have some fun while learning new dances or brushing up on the ones that you already know. Dancing is a great exercise and a stress reliever. Come join Eric and Vanessa as they show you how to maneuver your way around the dance floor.

INSTRUCTOR: **Vanessa Arboleda** Vanessa Arboleda was born and raised in Quito, Ecuador and moved to Wisconsin with her family in her early teens. She has been dancing "street" Latin ever since she can remember, but became exposed to formal dance at the age of 18.

Location: Franklin High School, Multi-Purpose Room A206

8222 S. 51 Street, Franklin

Enrollment: Minimum 6 couples, Maximum 10 couples

NOTE: Please do not wear tennis shoes or sandals. Hard soled shoes are best. Fee is per person. Please list names of both people attending on the registration form.

Rumba - 3 week Series

Looking for something to do with your sweetheart? Then come and learn the basic steps of Rumba. We will concentrate on routines to get you comfortable moving together around the dance floor.

Class #	Days	Dates	Time
CE4075	Thursdays	June 7-21	7:00-8:30 PM
Registration Deadline: May 31			

Cost/person : Resident \$25.00 / Non-resident \$37.50

Salsa/Mambo - 3 week Series

Salsa and Mambo are flavorful Latin rhythms originated from a mix of Cuban, Puerto Rican and Columbian music. While Mambo reflects stronger influences from African rhythms and Caribbean culture, Salsa became widespread in the northern hemisphere when it was born in New York and incorporated other rhythms that included mainly the Mambo. I invite you to explore these rhythms with me, find their similarities and their unique features on the dance floor and let's have fun doing it!

Class #	Days	Dates	Time
CE4076	Thursdays	July 12-26	7:00-8:30 PM
Registration Deadline: July 5			

Cost/person : Resident \$25.00 / Non-resident \$37.50

Bachata - 3 week Series

Come learn Bachata! This slow sensual dance originally from the Dominican Republic, is spreading fast throughout the world. Experience for yourself the moves that make this dance so popular in Latin clubs, while we put emphasis on body movement.

Class #	Days	Dates	Time
CE4072	Thursdays	August 9-23	7:00-8:30 PM
Registration Deadline: August 2			

Cost/person : Resident \$25.00 / Non-resident \$37.50



Date Night Ballroom (Adult)



A fun rotation of Basic Ballroom and Swing taught for the "Social Dance Floor" so you won't look like you went to a dance studio, you'll look just like you. Air conditioned - Fun-Relaxed Atmosphere. No class July 5.

Instructor: MAJK Dance Instructors

Location: MAJK Dance & Gymnastics, W182S8365 Racine Ave.

Class #	Days	Dates	Time
CE4014	Thursdays	June 28-July 26	6:00-7:00 PM

Cost/couple: Resident \$70.00 / Non-resident \$105.00

Enrollment: Minimum 5 couples, Maximum 15 couples

Fitness Note...

Before you start any fitness program, you should consult with your physician, especially if you are over 35 years of age, are taking any form of medicine, have not exercised regularly, or if you have had any symptoms of heart disease or other serious illness that might affect your ability to exercise.

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To Register: Call 262-679-4108 OR complete registration form OR visit our website at www.cityofmuskego.org for on-line registration.

Join us for one of Muskego's Beer Gardens at Veterans Memorial Park. More information on these events on page 5.

Purchasing a Home or Condo in the Near Future?

This is a collaborative program with Franklin.

(Adult)

This seminar is a must! Learn the differences between a "traditional real estate agent" and a "Buyer's Agent" who will represent only you in the buying process. Become informed regarding the mortgage pre-approval, the home inspection, negotiating defects discovered at the home inspection, gap insurance, escalator clause, and how the offer can be written in your best interest. The instructors will guide you through the entire process of buying a home/condo plus the loan process.

Presenters: Kathleen Colembiewski & Penny Charlson

Location: Franklin High School- Library
8222 S. 51 Street, Franklin WI
(Enter Upper, Main Doors)

Class #	Days	Dates	Time
CE4261	Tuesday	June 19	6:30-8:00 PM

Cost/household: Res. \$10.00 / Non-res. \$15.00

Enrollment: Minimum 5, Maximum 20

Selling Your Home with the Quickest & Best Results

This is a collaborative program with Franklin.

(Adult)

Learn valuable tips in this market, plus the definition of a "market analysis" which is supplied by a licensed broker/realtor. How does "deferred maintenance" affect the marketing? How to negotiate the "defects" determined by the Home Inspector. What questions need to be answered prior to listing a property. Do you need an attorney? What is the role of the title company? The instructor will answer these questions, plus many more. Do not miss this seminar if contemplating selling your home in the near future.

Presenters: Kathleen Colembiewski & Penny Charlson

Location: Franklin High School- Library
8222 S. 51 Street, Franklin WI
(Enter Upper, Main Doors)

Class #	Days	Dates	Time
CE4263	Monday	June 18	6:30-8:00 PM

Cost/household: Res. \$10.00 / Non-res. \$15.00

Enrollment: Minimum 5, Maximum 20

INTERNATIONAL MIGRATORY BIRD DAY CELEBRATION & BIRD OBSERVATION HIKE

Saturday, May 12
8:00-10:30 AM

Engel Conservation Area

(S92W19656 Henneberry Dr.)

Come celebrate International Migratory Bird Day and Muskego's recognition as a Bird City Wisconsin at Big Muskego Lake State Wildlife Area! May is peak migration time in this area and provides an outstanding opportunity to see several dozen species of birds in one day! International Migratory Bird Day brings awareness to approximately 350 species that travel from their wintering grounds in South and Central America, Mexico, the Caribbean, and the southern U.S. to more northerly reaches of North America. Both experienced birders and beginners will enjoy observing birds as we hike trails through woodland, prairie, and wetland habitats.

- Free of charge.
- Coffee, juice, milk and donuts available at 8:00 a.m.
- Bird observation hikes start at 8:30 a.m.
- Wear footwear to hike trails in possible wet conditions.
- Please bring binoculars, camera, & bird field guide if you have them.
- Call (262) 679-5617 for more information.



If you have a special talent or skill you would like to share, please call the Parks & Recreation office at 262-679-4108 to learn more about setting up a class. We are always looking for energetic, innovative instructors.

Aquatic Activities

Stand-Up Paddleboard (SUP) Basics with Sherri

This is a collaborative program with Franklin.
(Ages 12 to Adult)

If you've been hooked by the stand-up paddleboard bug, you'll want to work on improving your basic skills so you can get the most enjoyment out of the sport. In SUP Basics, you'll learn the proper way to perform basic strokes to increase your stamina, improve your control, and reduce the risk of injury. We'll also cover some of the information to help you make good choices when buying your own equipment. You must be at least 12 years old to take this class. Children ages 12-16 must have a paying parent or guardian take the class with them. **Plan to get wet!**

Skills and Information Covered in this Course:

- Intro. to equipment – boards, leashes, paddles, life jackets
- Sizing a paddle
- Paddling while prone, sitting, kneeling, and standing
- Carrying and cartopping a board
- Forward/Reverse/Draw/Sweeps & Turn strokes
- Bracing
- Launching and landing from shore and docks
- Safety considerations for SUP paddling

All equipment provided. Bring water to drink, sun protection and dress in synthetic quick-dry clothing for optimal comfort.

Instructor: Sherri Mertz

Location: Wind Lake - Sportman's Landing
25313 W. Loomis Road

Class #	Day	Date	Time
CE4083	Saturday	July 28	10:00 AM-12:30 PM

Cost: Resident \$65.00 / Non-resident \$97.50

Enrollment: Minimum 2, Maximum 5

WEATHER CANCELLATIONS

Every attempt will be made to get in outdoor classes. Please call the hotline before class to verify if cancelled due to the weather. Hotline number is 262-679-5645, press #1 for cancellations.

Stand Up Paddle Board Instruction (Adult)

NEW

Stand up paddle boarding (SUP) offers a fun way to play on the water, with the added benefit of a full-body workout. And, since you stand at full height on your board, it gives you a unique vantage point for viewing what's down under the water and out on the horizon.

If you are interested in Stand Up Paddle Boarding, but do not have a board? No problem! Sign up for our SUP instruction. All equipment will be provided; Paddle Board, PFD, and paddle. All skill levels are welcome. Please wear comfortable attire for the weather and water bottle, and possibility of falling in. We will be meeting at the Idle Isle Park shelter.

Sherri Mertz - is an ACA-certified Open Water Coastal and Level 3 River Kayaking Instructor with over 10 years of teaching experience. She has been paddling all kinds of canoes and kayaks in lots of different place for more than 20 years. Sherri has her own company, SherriKayaks Outdoor Programs, offering paddle sports lessons and trips in southeast Wisconsin.

Questions: Call Sherri Mertz at:
262-895-2008 sherri@sherrikayaks.com

DAY OF TRIP CALL: 414-791-8877

Class note for Sherri's classes:
Participants are required to complete a waiver form.
Go to: www.franklin.k12.wi.us to find waiver

Kayaking Basics w/Sherri (Adult)

This is a collaborative program with Franklin.

In this 2.5-hour class you will learn the basic strokes and safety skills needed to enjoy paddling a recreational kayak on our many calm inland lakes and rivers. By improving your skills and understanding the strengths and limitations of these kayaks, you will be safer and more comfortable when paddling.

All equipment provided. Bring water to drink, sun protection and dress in synthetic quick-dry clothing for optimal comfort.

Instructor: Sherri Mertz

Location: Wind Lake - Sportman's Landing
25313 W. Loomis Road

Class #	Day	Date	Time
CE4084	Saturday	July 28	1:30-4:00 PM

Cost: Resident \$65.00 / Non-resident \$97.50

Enrollment: Minimum 2, Maximum 10

Instructor: Lauren Longhenry

Location: Idle Isle Park, Little Muskego Lake
W182S6666 Hardtke Dr.

Class #	Days	Dates	Time
CE4313	Monday	June 18	9:00-10:30 AM
CE4314	Sunday	June 24	3:00-4:30 PM
CE4315	Monday	July 16	9:00-10:30 AM
CE4316	Sunday	July 22	3:00-4:30 PM
CE4317	Sunday	August 5	3:00-4:30 PM
CE4318	Monday	August 6	9:00-10:30 AM

Cost: Resident \$25.00 / Non-resident \$37.50

Enrollment: Minimum 4, Maximum 8

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To Register: Call 262-679-4108 OR complete registration form OR visit our website at www.cityofmuskego.org for on-line registration.

Water Ski Lessons (Ages 9-Adult)

If you ever wanted to learn the thrill of water-skiing, here's your chance! Life jackets will be worn at all times. The Water Bugs Ski Team, Inc. (Water Bugs) will offer students who successfully complete their lessons a discount on first-year membership. Due to inclement weather, dates and times may change.

Instructors: Ski Team, Water Bugs

Location: Idle Isle Park,
W182S6666 Hardtke Drive

Class #	Day	Date	Time
CE4078	Saturdays	June 23 & July 7	8:30-11:30 AM

Cost: Resident \$70.00/Non-resident \$95.00

Enrollment: Minimum 5, Maximum 20

Adult Kayak Instruction (Adult)

Are you interested in kayaking, but do not have a kayak? No problem! Sign up for our kayak classes and learn how to maneuver your way around Little Muskego Lake. All equipment will be provided; kayak, PFD, and paddle. All skill levels are welcome. Please wear comfortable attire for the weather and water bottle. We will be meeting at the Idle Isle Park shelter.

Instructor: Lauren Longhenry

Location: Idle Isle Park, Little Muskego Lake
W182S6666 Hardtke Dr.

Class #	Days	Dates	Time
CE4306	Wednesday	June 20	9:00-10:30 AM
CE4307	Sunday	June 24	6:00-7:30 PM
CE4308	Wednesday	July 18	9:00-10:30 AM
CE4309	Sunday	July 22	6:00-7:30 PM
CE4310	Sunday	August 5	6:00-7:30 PM
CE4311	Wednesday	August 8	9:00-10:30 AM

Cost: Resident \$20.00 / Non-resident \$30.00

Enrollment: Minimum 4, Maximum 8

NEW

Family Kayak Instruction (Ages 9-Adult)

Are you interested in kayaking, but do not have a kayak? No problem! Sign up for our kayak classes and learn how to maneuver your way around Little Muskego Lake. All equipment will be provided; kayak, PFD, and paddle. All skill levels are welcome. Please wear comfortable attire for the weather and water bottle. We will be meeting at the Idle Isle Park shelter. **Children must be accompanied by a paying adult.**

Instructor: Lauren Longhenry

Big Muskego Lake Scenic Kayak Tours (Ages Adult)

Come join the Muskego Recreation staff and our very own Conservation Coordinator guiding you on a kayaking excursion on beautiful Big Muskego Lake.

Big Muskego Lake is recognized as a regionally significant natural area and an Important Bird Area. Enjoy an evening of paddling this deep water marsh habitat via kayak to observe nesting colonies of Endangered Forster's terns, nesting Bald Eagles and Ospreys, as well as many other marsh birds and waterfowl. This trip will require competent paddling ability. Bring binoculars (and/or camera).

Attendees are encouraged to bring their own kayak or canoe, paddles, & PFD, however these will be provided at an additional expense, if needed.

Trip will commence and end at a remote access point on the western shore. No restroom facilities are available.

You will not be able to register for this class online. Please stop by office or call in to register.

Instructors: Tom Zagar & Adam Young

Location: Big Muskego Lake Dam
off Muskego Dam Road

Class #	Days	Dates	Time
CE4049	Monday	June 11	6:00-9:00 PM
CE4050	Monday	June 25	6:00-9:00 PM
CE4051	Monday	July 16	6:00-9:00 PM
CE4052	Monday	July 30	6:00-9:00 PM

Cost for Tour: Resident, own kayak \$15.00
Non-resident, own kayak \$25.00

Kayak Rental for those without is \$30/person

CE4053	June 6
CE4054	June 7
CE4055	June 27
CE4056	June 28

Cost for Kayak Rental: \$30.00/person

Enrollment: Minimum 10, Maximum 20

Location: Idle Isle Park, Little Muskego Lake
W182S6666 Hardtke Dr.

Class #	Days	Dates	Time
CE4295	Tuesday	June 19	9:00-10:30 AM
CE4301	Sunday	June 24	4:30-6:00 PM
CE4296	Tuesday	July 17	9:00-10:30 AM
CE4302	Sunday	July 22	4:30-6:00 PM
CE4303	Sunday	August 5	4:30-6:00 PM
CE4297	Tuesday	August 7	9:00-10:30 AM

Cost: Resident \$20.00 / Non-resident \$30.00

Enrollment: Minimum 4, Maximum 8