

Youth/Teen/Adult

Adult Painting classes on pages 34-35.
Computer class on page 42.
Ballroom Dance on pages 29-30.

Hip Hop Funk Dance (Ages 5th-8th Gr.)

This class teaches a combination of jazz and hip hop/funk dance routines to popular pop and hip hop songs you hear in videos and on the radio. This class is for people of all different dance levels with no previous dance experience required, just a desire to dance, have fun, and enjoy a great workout! If you can count, you can dance.

Instructor: Miss Becky's Dance Staff
Location: Bay Lane Middle School, Auxiliary Gym
S75W16399 Hilltop Drive.

Class #	Day	Date	Time
CE3282	Wednesdays	Dec. 6-Feb. 21	6:50-7:35 PM
CE3283	Wednesdays	Mar. 7-May 16	6:50-7:35 PM

Cost: Resident \$54.00 / Non-Resident \$81.00

Enrollment: Minimum 7, Maximum 12

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 #	Day	Date	Time
CE3509	Wednesday	April 18	4:30-6:30 PM
CE3510	Thursday	May 24	4:30-6:30 PM

Cost: Resident \$38.00 / Non-resident \$57.00

Enrollment: Minimum 6, Maximum 18

Classes must reach their minimum enrollment 4 business days before the start of class or the program can be cancelled due to low enrollment.

So don't delay in registering!

Archery (Ages 8-Adult)

Beginner/casual archery is a five-week course where instruction will be given to beginners and those wanting to improve their archery skills. Students will learn the sport of archery. All safety rules will be explained and enforced throughout classes. Children under 16 must have a parent or guardian present. Registrants should have their own equipment including bow, arrows, tab/release and arm guard. No crossbows or broad head arrows are permitted. **Those without equipment will be charged an additional \$10.00 fee for provided equipment usage and will be sharing equipment with others in class. Please use class # CE1689 to rent equipment for these classes.**

For more information and map location, visit www.schultzgunclub.com

Instructor: Archery Staff, Schultz Gun Club

Location: Schultz Rod and Gun Club
W145S8016 Schultz Lane

Class #	Days	Dates	Time
CE3378	Wednesdays	Apr. 25-May 23	5:00-7:00 PM

Cost w/Equipment: Res. \$40.00 / Non-Res. \$60.00
#CE3379 \$10.00 equipment rental fee if needed

Enrollment: Minimum 1, Maximum 6

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. It is mandatory that you attend all dates listed for the class number. **Due to supplies purchased there are no refunds for this program if participant cancels.** Recommended to bring a sweater as the classroom temperature varies. There is no required age for certification in the Baby-sitter's Training course; however, it is recommended that children be at least 11 to participate in the course.

Instructor: Julie Behm

Location: Muskego City Hall, Durham Hill Room
W182S8200 Racine Avenue

Class #	Days	Dates	Time
CE3336	Mondays	Jan. 8 & 15	4:00-7:00 PM
CE3337	Mondays	Feb. 5 & 12	4:00-7:00 PM
CE3338	Mondays	March 5 & 12	4:00-7:00 PM
CE3339	Mondays	April 16 & 23	4:00-7:00 PM

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

Enrollment: Minimum 6, Maximum 12

Muskego Next Level Fitness (Ages 14-Adult)

This club is a coed opportunity for athletes of all ability levels to learn proper acceleration and sprinting form, while increasing strength, power, speed, agility, endurance, coordination and flexibility. Athletes will receive expert coaching and training methods, and use the latest and greatest training aids and equipment. Athletes will also engage in character development by learning skills in patience, selflessness, cooperation, readiness, respect, responsibility and work ethic.

Each session will begin with a dynamic warmup, form drills and a series of coordinated skipping patterns. Athletes will then participate in workouts designed to increase their maximum level of performance. Each session ends with cool down routine consisting of mobility/flexibility training and abdominal exercises. Each session also includes weight training.

Meets 2 times a week for 16 sessions. Includes Speed and Endurance training plan. Please include size when registering. Please bring a water bottle and a positive attitude to every class. Thank you!

Instructor: Owen Jarrett & Staff - Owen is Head Track & Field Coach at Muskego High School

Location: Muskego High School, Cafeteria
W183S8750 Racine Avenue
(please enter through door # 16)

Class #	Days	Dates	Time
CE3329	Sun. & Wed.	Jan. 3-Feb. 25	6:00-8:00 PM

Cost: Resident \$160.00 / Non-resident \$200.00

Enrollment: Minimum 6, Maximum 50

Emerging Elite (Track Club) (Grades 4th-8th)

The Muskego Track Club is a coed opportunity for athletes of all levels to learn proper acceleration and sprinting form, while increasing strength, power, speed, agility, endurance, coordination and flexibility. Athletes will receive expert coaching and training methods, and use the latest and greatest training aids and equipment. In addition, athletes will engage in character development by learning skills in patience, selflessness, cooperation, readiness, respect, responsibility and work ethic. Each session will begin with a dynamic warmup, form drills, and a series of coordinated skipping patterns. Athletes will then participate in a running workout designed to increase their maximum level of performance. Then athletes will split into different event groups to practice event specific technique.

During each 2 hour practice athletes will learn what it takes to perform their best. Athletes will learn proper techniques for each track & field event and will gain training that will help them become stronger & faster and help them with every other sport they play. Meets 2 times a week for 16 sessions. **No practice on May 13th (Mother's Day)**

Instructor: Coach Owen Jarrette & Staff

Location: Muskego High School, Track
W183S8750 Racine Avenue

Class #	Days	Dates	Time
CE3626	Sun. & Wed.	Apr. 4-May 30	4:30-6:30 PM

Cost: Resident \$160.00 / Non-resident \$210.00

Enrollment: Minimum 6, Maximum 50

Muskego Track Club practices will start at the northwest corner of the track, located next to the score board. Please bring a water bottle and a positive attitude to every practice.

Strength, Power and Speed Development For 7th & 8th Graders

**This is a collaborative with Franklin.
(Grades 7-8)**

Coach Dan Mlachnik is a Physical/Health Education teacher and the Strength and Conditioning Coach at Muskego High School. He has been coaching and training young athletes for over 20 years, utilizing his experiences from being a collegiate and professional athlete.

This co-ed program is open to students in 7th and 8th grade who are looking for an edge to complement their sport skills. The program aligns with Muskego High School's long-term athletic development plan. With an understanding that development needs and abilities vary greatly, instructors will teach participants how to safely and properly use their body weight, selected machines, and free weights to improve their strength, speed, and agility. Daily skill development will consist of elements of speed and strength.



Instructors: Coach Dan Mlachnik & Coach Collin Smith

Location: Muskego High School, Weight Room
W183S8750 Racine Avenue
(please enter through door # 10)

Class #	Days	Dates	Time
CE3414	Mon. & Wed.	Nov. 27-Feb. 28 No class Dec. 25, 27, Jan. 1	6:00-7:30 PM

Cost: Resident \$100.00 / Non-resident \$150.00

Enrollment: Minimum 30, Maximum 75

Teen/Adult/Seniors

Cookie Decorating

This is a collaborative program with Franklin.

(Adult)

Learn to decorate sugar cookies like a Pro! Recipes and tips for the perfect sugar cookie will be given and at least 5 cookies themed with the upcoming holiday or current season will be created. This hands on class will allow you to experiment with different techniques in frosting your cookies using royal icing. A supply list will be provided at registration where cost will be less than \$10. These items will help you continue decorating cakes and cookies in your home. Each participant should bring a flat box to class to transport cookie creations.

Registration deadline is one week prior to class date, no refunds given after registration deadline.

Instructor: Tracy Doome

Location: Bay Lane Middle School, Foods Room
S75W16399 Hilltop Drive.

Please entry through door #5 on the lower level

Class #	Day	Date	Time
CE3410	Wednesday	January 17	6:00-8:00 PM

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

Enrollment: Minimum 4, Maximum 14

Cupcake Decorating for Kids can be found on page 21.

Cake Decorating for Young Adults

This is a collaborative program with Franklin.

(Ages 9-18)

Learn the delicious art of cake decorating. Children will learn about the basics of cake decorating and by the end of the class they will complete a delicious and spectacular dessert that may just be too awesome to eat. Students will learn about basic buttercream techniques and all the tools it takes to start decorating. A short supply list will be provided and please bring a container to bring home your tasty treats!

Registration deadline is one week prior to class date, no refunds given after registration deadline.

Instructor: Tracy Doome

Location: Bay Lane Middle School, Foods Room
S75W16399 Hilltop Drive.

Please entry through door #5 on the lower level

Class #	Day	Date	Time
CE3411	Wednesday	February 21	6:00-7:30 PM

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

Enrollment: Minimum 5, Maximum 14



Cake Pops

This is a collaborative program with Franklin.

(Adult)

Learn how to make and decorate basic cake pops from start to finish. You will enjoy the whole molding, dipping and decorating experience, plus take home your cake pops to share with family and friends.

Registration deadline is one week prior to class date, no refunds given after registration deadline.

Instructor: Tracy Doome

Location: Bay Lane Middle School, Foods Room
S75W16399 Hilltop Drive.

Please entry through door #5 on the lower level

Class #	Day	Date	Time
CE3412	Tuesday	March 20	6:00-8:00 PM

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

Enrollment: Minimum 4, Maximum 14

Classes must reach their minimum enrollment 4 business days before the start of class or the program can be cancelled due to low enrollment.

So don't delay in registering!

Tap and Jazz

This is a collaborative program with New Berlin and Elm Grove.

(Adult)

No experience necessary - just a willingness to have fun. Dancing is a great way to exercise and a fun way to meet people! Classes will include a light jazz warm-up, tap dance, and a cool down. Wear loose clothing that will allow easy movement. Tap shoes required at the first class. Tap shoes can be purchased at Ballera in Brookfield.

Instructor: Miss Becky's Dance Studio, LLC

Location: Hickory Grove (use door #1)
2600 S. Sunnyslope Rd, New Berlin

Class #	Days	Dates	Time
CE3440	Mondays	Jan. 8- Mar. 26	7:30-8:15 PM

Cost: Resident \$59.00 / Non-resident \$88.50

Enrollment: Minimum 3, Maximum 3

TRY Zumba Gold for FREE

Come and try this program for FREE before you decide on the full session! Pre-register for one of the free dates by using the following class numbers:

CE3655 January 22 11:00 AM-12:00 PM
 CE3656 January 29 11:00 AM-12:00 PM
 CE3657 April 2 11:00 AM-12:00 PM

Zumba Gold (55+)

Zumba Gold class is a low to moderate-intensity, no-impact class that's perfect for beginners, active older adults and anyone who would prefer a gentle class full of Zumba flavor! Enjoy fun and exciting Latin, international and popular music, and fun, easy-to-follow moves that increase heart health, endurance, and range of motion. **No class May 28.**

Instructors: Karen Mikolainis, Zumba Gold® instructor

Location: Muskego Circle Community Center
 S63W13694 Janesville Road

Class #	Days	Dates	Time
CE3636	Mondays	Feb. 5-Mar. 26	11:15 AM-12:15 PM
CE3637	Mondays	Apr. 9-June 4	11:15 AM-12:15 PM

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

Enrollment: Minimum 6, Maximum 15

Weight Lifting for Women

This is a collaborative program with Franklin.

(Adult)



If you want to lose fat or change your body, one of the most important things you can do is LIFT WEIGHTS. Many women think that weight lifting will make them big, thick and muscular. WRONG! Weight lifting will help reduce your weight faster by:

- Helping to raise your metabolism
- Strengthening your bones
- Making you strong & increasing your muscle endurance
- Helping you avoid injury

Come and learn how to make a smaller, tighter, leaner, healthier you while targeting your "hot spots". **No expensive machines or equipment needed.**

Note: Bring a water bottle and exercise mat or towel for floor work. "Exercise Bands are utilized."

Instructor: Sharon Cole, Physical Therapist at Franklin Rehabilitation

Location: Franklin High School- Multi-purpose Rm.
 8222 S. 51 Street, Franklin WI
 (Enter North Doors)

Class #	Days	Dates	Time
CE3326	Wednesday	January 24	6:30-8:00 PM

Cost: Resident \$7.00 / Non-resident \$9.00

Enrollment: Minimum 5, Maximum 15

Ballroom Dance

This is a collaborative program with New Berlin.

(Ages 16+)

Are you left out when the music starts playing at the wedding or cruise when others take the dance floor? You can learn the basics of Ballroom Dance even if you have two left feet. **No class February 19.**

Two levels will be offered. **Intermediate** is for couples with at least two semesters of prior experience. Please wear non-floor marking shoes. This session will focus on the Waltz and Fox Trot (4 weeks of each style and a summary class at the end).

Please note: Cost listed is price per person, so you must register each partner. Cost per couple is \$79/residents and \$118.50/non-residents.

Instructor: Scott Lamster

Location: Hickory Grove Center
 2600 S. Sunnyslope Road

Class #	Days	Dates	Time
Beginners			
CE3436	Mondays	Jan. 15-Mar. 19	7:15-8:05 PM
CE3438	Mondays	Apr. 9-Jun.4	7:15-8:05 PM
Intermediate			
CE3437	Mondays	Jan. 15-Mar. 19	8:10-9:00 PM
CE3439	Mondays	Apr. 9-Jun.4	8:10-9:00 PM

Cost/person: Resident \$39.50 / Non-resident \$59.25

Enrollment: Min. 7 couples, Max. 18 couples

**Seniors, need a ride to class?
 Call Muskego Senior Taxi at 262-679-4754.**

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 (small bucket \$6/lesson, medium \$8/lesson, large \$10/lesson).

Instructor: Mike Vance, PGA Golf Instructor & Staff

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

Class #	Days	Dates	Time
CE3395	Tuesdays	Apr. 24-May 15	6:45-7:45 PM

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

Enrollment: Minimum 7, Maximum 10

Teen/Adult/Seniors

Ballroom Dance Workshops for Adults

This is a collaborative program with Franklin and Oak Creek.

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 just like the stars do.

INSTRUCTOR: Eric Guy began his ballroom dance experience looking to lose weight. He's been dancing for over 3 years and has taken off substantial weight. He has already passed his certification exam in American Ballroom through the United States Imperial Society of Teacher of Dancing and is working on his American Rhythm certification.

Location: Ben Franklin School, Multi-purpose Room, Enter northeast door
7620 S. 83rd St., Franklin (Enter 83rd from Drexel)

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.

Beginner Ballroom Dance 1

Beginner Ballroom - Foxtrot, Waltz, & Swing New to ballroom dancing? Experienced but looking for a refresher? Preparing for a special occasion, such as a wedding? Then this is the class for you! We will concentrate on the basic steps and variations that will get you comfortable moving around the floor.
Reg. Deadline 1/9

Class #	Days	Dates	Time
CE3318	Tuesdays	January 16-30	7:00-8:30 PM

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

Tango/Rumba Valentine's Day Workshop

Looking for something special to do with your sweetheart for Valentine's Day? Then come learn the basic steps of Rumba and Tango. We will concentrate on routines to get you comfortable moving together around the dance floor.
Reg. Deadline 2/6.

Class #	Day	Date	Time
CE3319	Tuesday	February 13	7:00-8:30 PM

Cost/person : Resident \$12.00 / Non-resident \$18.00

Bolero Workshop

Looking to try something new? Then join us for the dramatic Bolero! We will learn the basic steps along with a routine to get you moving around the dance floor as well as have fun!
Reg. Deadline 3/6

Class #	Day	Date	Time
CE3320	Tuesday	March 13	7:00-8:30 PM

Cost/person : Resident \$12.00 / Non-resident \$18.00

Cha Cha - Workshop

Come join us and experience the fun and flash of the sassy Cha Cha! We will learn several basic and combination steps to get you moving comfortably along the dance floor.
Reg. Deadline 4/3

Class #	Days	Dates	Time
CE3321	Tuesdays	April 10	7:00-8:30 PM

Cost/person : Resident \$12.00 / Non-resident \$18.00

Salsa/Mambo Workshop

Salsa and Mambo are flavorful Latin rhythms originating from a mix of Cuban, Puerto Rican, and Columbian music. While Mambo reflects stronger influences from the 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!
Reg. Deadline 4/17

Class #	Days	Dates	Time
CE3322	Tuesday	April 24	7:00-8:30 PM

Cost/person : Resident \$12.00 / Non-resident \$18.00

Waltz Workshop

See the grace and majesty of the beautiful Waltz! This class is designed for people who have little or no dance experience. In this class, we will learn basic steps and variations of the Waltz as well as teach you a routine so you will be ready for your next special occasion.
Reg. Deadline 5/1.

Class #	Day	Date	Time
CE3323	Tuesday	May 8	7:00-8:30 PM

Cost/person : Resident \$12.00 / Non-resident \$18.00

30

To Register: Call 262-679-4108 OR complete registration form on page 6 OR visit our website at <https://www.antaeusllc.com/site/muskego/display> for on-line registration.

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: Chris Jansen

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

Class #	Days	Dates	Time
CE3623	Fridays	Jan. 19- Mar. 9	9:30-10:30 AM
CE3624	Fridays	Mar. 30- May 18	9:30-10:30 AM

Cost: Resident \$69.00/Non-resident \$103.50

Enrollment: Minimum 8, Maximum 15

Jazzercise (Ages 12-Adult)

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today!

Class times and locations subject to change/relocation. Call instructor with any questions before sign-up Christine @ 414-690-7448 or christine.bigbendjazzercise@gmail.com

Instructor: Christine Komburger

Location: Jazzercise Fitness Center
W231S7680 Big Bend Dr., Big Bend

Class #	Days	Dates	Time
CE3431	Daily	Jan. 1-Feb. 25	see below
CE3432	Daily	Feb. 26-Apr. 22	see below
CE3433	Daily	Apr. 23-June 17	see below

Cost: Resident \$55.00/Non-resident \$82.50

Enrollment: Minimum 2, Maximum 30

Class times-

6:50-7:30 AM = Monday
7:00-8:00 AM = Wednesday, Friday
8:00-9:00 AM = Sunday, Tuesday, Thursday
7:30-8:30 AM = Saturday
4:45-5:45 PM = Monday, Wednesday
5:50-6:50 PM = Monday thru Thursday

Pound (Adult)

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, strength movements, plyometrics and isometric poses. Through continual upper body motion using our lightly weighted exercise drumsticks, called Ripstix, you'll turn into a calorie-torching drummer, POUNDing off the pounds as each song flies by.

Class times for each 6 week session-

Monday=6:00-6:45 p.m.
Tuesday= 9:30-10:15 a.m., 5:30-6:15 p.m.
Wednesday= 5:15-6:00 p.m.
Thursday= 9:30-10:15 a.m.
Saturday= 8:30-9:15 a.m.

Instructor: Shawna Jesse

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

One Class per Week/session (\$25.00)

Class #	Dates	Time
CE3497	Jan. 8-Feb. 17	time varies
CE3498	Feb. 19-Mar. 31	time varies
CE3499	Apr. 2-May 12	time varies
CE3500	May 14-Jun. 23	time varies

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

Unlimited Classes per Week/session (\$44.00)

Class #	Dates	Time
CE3501	Jan. 8-Feb. 17	time varies
CE3502	Feb. 19-Mar. 31	time varies
CE3503	Apr. 2-May 12	time varies
CE3504	May 14-Jun. 23	time varies

Cost/class: Resident \$44.00 / Non-resident \$66.00

WERO (Adult)

WERO is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERO Instructors build a playlist based on trendsetting pop and hip hop music. Each week a couple new routines are introduced, so you get to WERO the routines you know and challenge yourself with ones you're learning.

Instructor: Shawna Jesse

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



Class #	Days	Dates	Time
CE3505	Wed.	Jan. 10-Feb. 14	6:15-7:00 PM
CE3506	Wed.	Feb. 21-Mar. 28	6:15-7:00 PM
CE3507	Wed.	Apr. 4-May 9	6:15-7:00 PM
CE3508	Wed.	May 16-Jun.20	6:15-7:00 PM

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

Enrollment: Minimum 2, Maximum 30

Adult/Seniors

The following fitness classes for those ages 18 and over are being offered in collaboration with Preferred Fitness.

Instructors: Preferred Fitness Staff

Location: Preferred Fitness, Group Xercise Area, S74W17009 Janesville Road

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

Enrollment for all classes: Minimum 1, Maximum 12

Burn Bootcamp

Whether you are just getting started or looking for a more challenging workout, small group training is for you- always led by a certified personal trainer- Get ready to BURN some calories! **Class meets Mon./Wed. at 5:30-6:30 PM, Mon./Wed. at 6:30-7:30 PM and Saturdays 9:00-10:00 AM.**

Class #	Days	Dates	Time
CE3526	Mon., Wed., Sat.	Jan. 8-Feb. 5	See times above
CE3527	Mon. Wed., Sat.	Feb. 12-Mar. 17	See times above

Cost: Resident \$80.00 / Non-resident \$120.00

Zumba

This Latin-inspired workout combines easy to do Latin dance steps with a mixture of body sculpting movements. Zumba features aerobic/fitness interval training to maximize caloric output to increase fat burning with total body toning. Zumba is a "feel happy" workout that is great for both the body and the mind.

Class #	Days	Dates	Time
CE3528	Thursdays	Jan. 11-Mar. 1	6:30-7:30 PM
CE3529	Saturdays	Jan. 13-Mar. 3	9:00-10:00 AM
CE3530	Thursdays	Apr. 5-May 24	6:30-7:30 PM
CE3531	Saturdays	Apr. 7-May 26	9:00-10:00 AM

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

Kickcore

This fun class allows you to get all the of the benefits from both styles by focusing on the two different disciplines during the same workout. You will punch, kick, jab, crunch, and do pushups a great way to maximize your workout.

Class #	Days	Dates	Time
CE3532	Tuesdays	Jan. 9-Feb. 27	5:00-6:00 AM
CE3533	Tuesdays	Apr. 3-May 22	5:00-6:00 AM

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

Bootcamp

This high energy, high intensity class keeps moving from strength training to cardiovascular exercises at a fast continuous pace. Expect to hit every major muscle group.

Class #	Days	Dates	Time
CE3534	Fridays	Jan. 12-Mar. 2	5:00-6:00 AM
CE3535	Fridays	Apr. 6-May 25	5:00-6:00 AM

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

Define

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
CE3536	Tuesdays	Jan. 9-Feb. 27	9:30-10:30 AM
CE3537	Tuesdays	Jan. 9-Feb. 27	5:00-6:00 PM
CE3538	Tuesdays	Apr. 3-May 22	9:30-10:30 AM
CE3539	Tuesdays	Apr. 3-May 22	5:00-6:00 PM

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

RIPPED

RIPPED-is a total body high intensity program utilizing free weights, resistance and body weight. It's effective tough yet doable and will challenge your fitness levels. Achieve results and burn up to 1000 calories in just 50 minutes. Let's get ripped.

Class #	Days	Dates	Time
CE3540	Wednesdays	Jan. 10-Feb. 28	6:30-7:30 PM
CE3541	Saturdays	Jan. 13-Mar. 3	7:00-8:00 AM
CE3542	Wednesdays	Apr. 4-May 23	6:30-7:30 PM
CE3543	Saturdays	Apr. 7-May 26	7:00-8:00 AM

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

Senior Savvy/Silver Sneakers (Senior)

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. Hand-held 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
CE3562	Wed. & Fri.	Jan. 10 - Feb. 28	10:30-11:15 AM
CE3563	Wed. & Fri.	Mar. 21-May 11	10:30-11:15 AM

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

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.

BaQua Zhang

This is a collaborative program with Franklin.
(Adult)

BaQua Zhang or Eight Trigram palm is eight specific palm defenses. Each is practiced eight times leading up to 64 palms. The palms once understood can lead to an infinite number of methods and practice concerning how to move with them and their usage. BaQua Zhang is practiced on a circle. This is to root the body and connect the mind, breath, as well as the spirit.

One practices in a relaxed, slow motion. Practiced properly it can also strengthen and return health to the practitioner. It is excelled for stretching and stamina. Loose comfortable clothes should be worn. **No class February 27 & April 3**

Instructor: Mark Fedran

Location: Franklin High School – Room A206
8222 S. 51 Street, Franklin
(Enter upper, main entrance)

Class #	Days	Dates	Time
CE3312	Tuesdays	Jan. 9-May 1	7:00-8:30 PM

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

Enrollment: Minimum 10, Maximum 15

Tai Chi

This is a collaborative program with Franklin.
(Adult)

An exercise for all ages. Tai Chi movements are soft, graceful and flowing and do not put stress on joints or muscles. It can be learned by anyone, regardless of age or physical limitations. It fosters an inner quiet that relieves stress, tension and body aches. Tai Chi is a totally unique form of exercise during which the student will experience a marvelous sense of well-being as the physical body is slowly and gently healed and integrated with the mind and spirit. Participants should wear loose-fitting clothes and tennis shoes/soft-soled shoes.

Continuing -for students previously enrolled in Beginning Tai Chi continuing the 13 postures. **No class January 24, February 26 and 28, April 2, 4, 18.**

Instructor: Mark Fedran, B. A. Mark studied & taught Tai Chi in Taiwan, Republic of China for 7yrs.

Location: Franklin High School–Multipurpose Rm A206
8222 S. 51 Street, Franklin
(Enter upper, main entrance)

Class #	Level	Days	Dates	Time
CE3317	Beg.	Mon.	Jan.8-Apr. 30	7:00-8:30 PM
CE3313	Cont.	Wed.	Jan. 10-May 2	7:00-8:30 PM

BEG. Cost/class: Res. \$75.00 / Non-res. \$112.50

CONT. Cost/class: Res. \$65.00 / Non-res. \$97.50

Enrollment: Minimum 10, Maximum 15

Put Some Spring in Your Step with Hatha Yoga!

(Ages 13-Adult, Co-ed)

Yoga for beginners & advanced beginners Yoga literally means to yoke or bind mind, body and spirit. Hatha yoga classes welcome all levels of practitioners, first-timers to life-timers. Strengthen and tone the body through postures such as forward folds, backbends, twists, balance and standing postures. Calm and focus the mind through pranayama-yogic breathing exercises. The practice concludes with savasana- time to refresh with stillness for five minutes. We cue, assist and adjust if you allow. Modifications will be made as needed. Bring a mat, strap and block if you have them. Best not to eat one hour before class. 13 years of age or older. No previous experience required.

Instructors: Registered Yoga Teachers Gail Levin (TH/FR)

Location: To Be Determined
will be notified at registration of location

Class #	Days	Dates	Time
CE3456	Thurs.	January 4-25	6:30-7:30 PM
CE3458	Thurs.	February 1-22	6:30-7:30 PM
CE3460	Thurs.	Mar.15-Apr. 5	6:30-7:30 PM
CE3462	Thurs.	Apr. 12-May 3	6:30-7:30 PM
CE3457	Friday	January 5-26	8:15-9:15 AM
CE3459	Friday	February 2-23	8:15-9:15 AM
CE3461	Friday	Mar. 16-Apr. 6	8:15-9:15 AM
CE3463	Friday	Apr. 13-May 4	8:15-9:15 AM
CE3465	Thurs.	May 10-31	8:15-9:15 AM

Cost/class : Resident \$42.00 / Non-resident \$63.00

Enrollment/class: Minimum 6, Maximum 15

Classes must reach their minimum enrollment 4 business days before the start of class or the program can be cancelled due to low enrollment. So don't delay in registering!

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 March 16.**

Instructors: Diane Maegli-Hippert,
Hot Hula certified Instructor

Location: Ben Franklin Elementary – Resource A East
7620 S. 83rd St, Franklin

Class #	Days	Dates	Time
CE3315	Thursday	Jan. 11-Feb. 8	6:15-7:15 PM
CE3316	Thursday	Feb. 22- Mar. 22	6:15-7:15 PM

Cost: Resident \$32.00/ Non-resident \$48.00

Enrollment: Minimum 8, Maximum 20

Adult/Seniors

Watercolor & Mixed Media Painting (Adult)

In this class we will explore the effects achieved when applying India ink or pastels over watercolor. No prior art skills are required, you will also learn how to apply watercolor if you are a novice.

Supplies needed: 140# cold pressed watercolor paper (pad, block or sheets) board, (for mounting if not in a block), masking tape, water container, paper towel, bath sized towel, palette (foam or white plastic plate will do), watercolor paints (basic set would be fine), brushes (round #6, 1/4' flat, 1-1/2 - 2' Haki or similar inexpensive brush for larger washes, plus any other you would want), India ink and nibs (or marker equivalent), pastel pencil set. **Please note:** I will have paint, brushes and pastels for use during class to supplement your supplies.

Instructor: Jean Curley

Location: Inspire Studio (corner of Janesville & Parkland)
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE3423	Wednesdays	May 2-23	10:00-11:30 AM
CE3424	Wednesdays	May 2-23	7:00-8:30 PM

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

Enrollment: Minimum 6 Maximum 15

Continuing Watercolor (Adult)

This is a collaborative program with Franklin.

(Adult)

Using the skills you've already learned, we will continue to use the watercolor medium through controlled washes and a variety of techniques. Students should have some prior experience.

Participants must provide their own supplies which include: paper (140# cold pressed pad, block or sheet), brushes (round #6, 1/4' and 1/2' flat, 1-1/2' - 2' Haki or similar (inexpensive) for larger washes and any other you may want), paint (tubes of paint in colors: red, yellow, blue, green, burnt sienna, paynes grey and any other color of your choice), board to hold paper, masking fluid, masking tape, water container, paper towel, palette (foam or white plastic plate will do).

Instructor: Jean Curley

Location: Inspire Studio (corner of Janesville & Parkland)
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE3417	Tuesdays	Jan. 23-Mar. 6	3:30-5:00 PM
CE3418	Tuesdays	Jan. 23-Mar. 6	7:00-8:30 PM
CE3419	Wednesdays	Jan. 24-Mar. 7	10:00-11:30 AM

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

Enrollment: Minimum 6, Maximum 15

Beginning Watercolor (Adult)

This is a collaborative program with Franklin.

(Adult)

This class is geared towards the beginner. You will learn how to mix, control and maneuver watercolor paints. Use tips and techniques to paint subjects provided by the instructor.

****Participants must provide their own supplies** which include: paper (140# cold pressed pad, block or sheet), brushes (round #2, 1/2' flat, any other you may want), 1-1/2 or 2' inexpensive brush for wetting paper, paint (tubes of cadmium red, yellow, ultra marine blue, paynes grey, burnt sienna, sap green and any other color of your choice), board to hold paper, masking tape, masking fluid, water container, paper towel, palette (white paper or plastic plate, etc.)

Instructor: Jean Curley

Location: Inspire Studio (corner of Janesville & Parkland)
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE3416	Tuesdays	Jan. 23-Mar. 6	1:00-2:30 PM

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

Enrollment: Minimum 6, Maximum 15

Beginning Oil/Acrylic Painting (Adult)

(Adult)

Whether you choose oil or acrylic paints, you will learn paint mixing and basic techniques of applying the paint to your canvas or board. You will paint subjects provided by the instructor and that of your choosing.

Supplies needed: Paints, oil or acrylic (The minimum, white-larger tube, black, ultramarine blue, red, yellow. If you can: orange, curulean blue, burnt Sienna, raw umber, sap green or viridian green), primed stretched canvas or canvas board, choose small sizes, 5x7, 6x8, 9x12, the largest. Brushes, 1/2" flat or filbert, 1/4" flat or filbert, a medium round, (4) and a small round, (1 or 2), palette knife and palette. For acrylic, a water container and paper towel. For oil, I use water soluble, water container, linseed oil, odorless mineral spirits, small glass containers with good seal to store linseed oil and mineral spirits you pour out to use, paper towel.

Instructor: Jean Curley

Location: Inspire Studio (corner of Janesville & Parkland)
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE3421	Tuesdays	May 1-22	1:00-2:30 PM
CE3422	Tuesdays	May 1-22	7:00-8:30 PM

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

Enrollment: Minimum 6, Maximum 15

Watercolors Masters Class (Adult)

This class is designed for the student who is ready to work more independently to develop their own style of work. Students will be asked to bring in their own subject matter to coincide with each week's techniques or topics. Subject matter for the first week will be supplied by instructor.

Instructor: Jean Curley

Location: Inspire Studio (corner of Janesville & Parkland)
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE3420	Wednesdays	Jan. 24-Mar. 7	7:00-8:30 PM

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

Enrollment: Minimum 6, Maximum 15



Learn to Play Pickleball (Ages 16-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 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 #	Day	Date	Time
CE3577	Monday	April 23	9:00-11:00 AM
CE3578	Monday	April 23	5:30-7:30 PM

Cost: Free

Enrollment: Minimum 6, Maximum 40

Intro to Essential Oils (Adult)

This is a collaborative program with Franklin.

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 all those other things that plague your family? If you're interested in the benefits of essential oils, this is the class for you.

You will learn:

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

Registration deadline: Thursday, February 8th.

Instructors: Linda Kochiu and Tabitha Schultz

Location: Franklin High School, Library
8222 S. 51 Street, Franklin
(Enter upper, main entrance)

Class #	Days	Dates	Time
CE3544	Thursday	February 15	6:30-8:00 PM

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

Enrollment: Minimum 4, Maximum 18

The 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 condition, and before undertaking any diet, exercise, medication, or other health program.

**Open Play Pickleball
Information on page 45.
Both social & advanced level play offered.**

Pruning

This is a collaborative program with New Berlin.

(Adult)

Not sure how to prune your trees and shrubs, or when to do it? This workshop will give you the basics on what to prune, when to prune and how to prune. Bring specific questions about your trimming needs.

Instructors: Arborist Paul Fliss

Location: New Berlin Community Center
14750 W. Cleveland Avenue, New Berlin

Class #	Day	Date	Time
CE3579	Tuesday	April 10	6:30-8:00 PM

Cost/Class: Resident \$14.00 / Non-resident \$21.00

Enrollment: Minimum 5, Maximum 10

Adult/Seniors

Social Security: What's My Year? (Adult)

Understand the myths and truths of Social Security. Develop a plan to maximize your benefits by understanding: how benefits are calculated, what is Full Retirement Age (FRA), when to start taking benefits, other benefits for family members, and how and when your benefits are taxed.

Instructor: Joe Roubik, Tax Specialist of Focused Tax Solutions, LLC

Location: Muskego Public Library, Room 1
S73W16663 Janesville Road

Class #	Day	Date	Time
CE3551	Monday	February 26	6:45-7:45 PM
CE3552	Monday	April 16	6:45-7:45 PM
CE3553	Monday	May 21	6:45-7:45 PM

Cost/Household: Resident \$7.00 / Non-resident \$10.00

Enrollment: Minimum 5, Maximum 20



Classes must reach their minimum enrollment 4 business days before the start of class or the program can be cancelled due to low enrollment. So don't delay in registering!

Navigating Senior Living and Long Term Care Expenses (Adult)

Join us as we debunk the myths surrounding the complex world of long term care. Learn how to navigate the world of senior housing, long-term care, and how you and your family can prepare for it – emotionally, physically and financially. Attend for yourself, or for someone you love. - Open to all ages!

Facilitators: Shelly Wohler, Thrivent Financial
Pam Foti & Jenny Wagner, Vesta Senior Network

Location: Muskego Public Library, Room 1
S73W16663 Janesville Road

Class #	Day	Date	Time
CE3330	Wednesday	February 7	7:00-8:00 PM
CE3331	Tuesday	March 20	7:00-8:00 PM

Cost/Household: Resident \$9.00 / Non-resident \$13.50

Enrollment: Minimum 5, Maximum 25

College Planning Workshop (Adult)

While a college degree gives graduates a competitive edge in today's job market, it comes with a hefty price tag that continues to increase—often at twice the rate of inflation. That's why it's so important to begin saving as early as possible. At this event, you'll learn: projected future college costs, tax-advantaged ways to save for college, the basics of financial aid and ways to fill the college funding gap.

Instructor: Shelly Wohler, Thrivent Financial

Location: Muskego Public Library, Room 1
S73W16663 Janesville Road

Class #	Day	Date	Time
CE3575	Monday	January 29	6:30-7:30 PM

Cost/Household: Resident \$9.00 / Non-resident \$13.50

Enrollment: Minimum 5, Maximum 20

Positive Parenting Seminar

provided by  Children's
Hospital of Wisconsin
Primary Care

Triple P: The Power of Positive Parenting



Presented by: **Trisha Kohn, RN, CPNP**
(pediatric nurse practitioner at Franklin Pediatrics)

Triple P teaches families how to spend less time battling misbehavior and more time building close relationships. You'll develop the positive parenting skills to manage stress and encourage healthy habits, and that can mean more good days for your family.

Dates offered: Wednesday, March 28 (class #: CE3586)
Wednesday, April 25 (class #: CE3587)

Time: 6:00-7:30 p.m.

Location: Muskego Public Library, room 1

Enrollment: Min. 5, Max. 50

Fee: Free

Please register for the course through the Muskego Parks & Recreation system using the class number(s) listed above.

Franklin Pediatrics is one of 20+ Children's Hospital of Wisconsin primary care offices in southeast Wisconsin.

Learn more at chw.org/franklinpeds.

 CHILD ABUSE & NEGLECT
Prevention Board



Children's complies with Federal civil rights laws. We do not discriminate based on race, color, national origin, age, disability or sex. Si no habla inglés, se programarán servicios de idiomas en forma gratuita. Llame al (414) 266-7848 (TTY: 414-266-2465). Yog hais tias koj tsis txawj hais lus Askiv, peb yuav teem sij hawm muab kev pab txhais lus pub dawb rau koj. Hu rau (414) 266-7848 (TTY: 414-266-2465).

Spend, Save, Share (Ages 3-5, with Parent)



Join us for fun activities promoting financial literacy in kids. Event includes a Piggy Bank kids can use to sort their money into spending, saving and sharing! Parents learn tips on how to support your kids with a healthy financial future.

Instructor: Shelly Wohler & Melissa Hofmeister
Thrivent Financial

Location: Muskego Circle Community Center
S63W13694 Janesville Road

Class #	Day	Date	Time
CE3556	Tuesday	February 6	10:00-11:00 AM
CE3557	Tuesday	March 27	10:00-11:00 AM

Cost: Resident \$9.00 / Non-resident \$13.50

Enrollment: Minimum 5, Maximum 20

Identity Theft: What You Need to Know (Adult)



Understand identity theft, and how it happens. Learn how to protect yourself. Know what steps to take if you become a victim.

Facilitators: Shelly May Wohler & Melissa Hofmeister
Thrivent Financial

Location: Muskego Public Library, Room 4
S73W16663 Janesville Road

Class #	Day	Date	Time
CE3545	Thursday	January 18	6:00-7:00 PM

Cost/Household: Res. \$7.00 / Non-res. \$10.50

Enrollment: Minimum 5, Maximum 20

Spend, Save, Share (Ages 6-9, with Parent)



What do you do with money you get as a present or from doing chores? Join us for fun activities promoting financial literacy in kids, including a Piggy Bank they can use to sort their money into spending, saving and sharing! Parents learn tips on how to support your kids with a healthy financial future.

Instructor: Shelly Wohler & Melissa Hofmeister
Thrivent Financial

Location: Muskego Circle Community Center
S63W13694 Janesville Road

Class #	Day	Date	Time
CE3558	Friday	January 12	1:00-2:00 PM

Cost: Resident \$9.00 / Non-resident \$13.50

Enrollment: Minimum 5, Maximum 20



Adult Cooking page 38.
Cookie/Cake Decorating page 28.
Ballroom Dance pages 29-30.

Seniors, need a ride to class?
Call Muskego Senior Taxi at 262-679-4754.

Tax Planning (Adult)

Tax Planning 101. This workshop is for people who want to pay fewer taxes, especially in retirement. We discuss how the tax code works, the hidden tax from social security and the impact on taxable income from IRA withdrawals. Sound a bit dry, I know, but what you learn here will make you want to tell everyone you know to attend the next presentation. Tax planning is one of the most important steps to protecting what you have.

Instructor: Joe Roubik, Tax Specialist of Focused
Tax Solutions, LLC

Location: Muskego Public Library, Room 1
S73W16663 Janesville Road

Class #	Day	Date	Time
CE3546	Monday	February 5	6:45-7:45 PM
CE3547	Monday	March 5	6:45-7:45 PM
CE3548	Monday	May 7	6:45-7:45 PM

Cost/Household: Resident \$7.00 / Non-resident \$10.00

Enrollment: Minimum 5, Maximum 20

Adult/Seniors

Cooking with Class...Food Demonstrations by Staci Joers

This is a collaborative program with Franklin.

(Adult)

Staci graduated with an associate's degree in restaurant and hotel cookery from MATC in 1988 and has worked for such prestigious places as Hubbard Park Lodge and Brubakers. Staci has been teaching demonstration cooking classes since 1992. These classes are designed for novices as well as seasoned veterans. Please bring beverage, note pad and pen to class.

Location: Franklin High School, Room B213
8222 S. 51 Street, Franklin WI

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

Enrollment: Minimum 12, Maximum 25

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

Wisconsin Food Favorites

Ask someone from another state about the food of Wisconsin and they will most likely say "Beer, Brats, Cheese". Yet, there is so much more! Wisconsin has some incredible local foods; you can choose from an extraordinary array of edibles: produce from apples cranberries to zucchini; ethnic sausages and grass-fed meats; fish from lake and stream; foraged foods; and specialties like hand-crafted beers and wines and cream puffs. Tonight we'll sample some flavors that will please your friends and family...

- Brat-stickers with Beer-Soy dipping sauce
- Captains Steak Joynt-stye Beer Cheese Fondue w/Captains "Chips"
- Chicken Booyah
- Cranberry-Cherry Rustic Tart

Class #	Day	Date	Time
CE3369	Wednesday	January 17	6:30-8:30 PM
Registration deadline Jan. 10			

Southern Cooking

Again we'll take a peek at the culinary history of a traditional American region, the Deep South. The South is filled with wonderful foods based on the traditions of many different ethnic groups. You'll sample...

- Shrimp-n-Grits
- Hot Brown's
- Southern Corn Pudding
- Shoofly Pie

Class #	Day	Date	Time
CE3370	Wednesday	February 28	6:30-8:30 PM
Registration deadline Feb. 21			



Updated Irish for the American Home

We're going to celebrate the "Wearing o' the Green" and St. Patrick's Day with an evening of Irish Culinary History, some traditional Irish dishes and lots of recipes. You'll sample...

- Staci's version of Corned Beef & Cabbage
- Butter Braised Carrots and Potatoes Colcannon
- Guinness Cupcakes with Chocolate-Whiskey Filling & Baileys Cream Cheese Icing

Class #	Day	Date	Time
CE3371	Wednesday	March 7	6:30-8:30 PM
Registration deadline March 1			

Grilled Cheese and More

Cooked bread and cheese is an ancient food according to food historians, popular across the world in many cultures. Evidence indicates that, in the U.S., the modern version of the grilled cheese sandwich originated in the 1920's when inexpensive sliced bread and American cheese became readily available. But tonite we are going beyond the weird yellow cheese squares and taking it up a notch. These sandwiches are hearty and filling and delicious, yet still give you that childhood comfort food feeling. You'll sample...

- Gluten-free Grilled Cheese on Cauliflower "Bread"
- Deep-fried Salami & Pickle Grilled Cheese
- Whole Grain Grilled Buttermilk Bleu Cheese with Smashed Avocado & Roasted Tomatoes
- Brussel Sprout & Mushroom Grilled Cheese with Prosciutto

Class #	Day	Date	Time
CE3372	Wednesday	April 11	6:30-8:30 PM
Registration deadline April 4			

Backyard Summer Favorites

I've got some new and fun recipes for you to get you ready for the summer cooking season. These family-friendly recipes will get everyone excited for summer supper - they're even better if you eat them al fresco! You'll sample...

- Peanut Butter-stuffed and Bacon wrapped Jalapenos
- Beer Can Bacon Burgers stuffed w/Mushrooms, Cheese & Peppers
- Backyard Smashed Spuds
- Grilled Asparagus
- Pound Cake with Fresh Berries & Dark Chocolate

Class #	Day	Date	Time
CE3373	Wednesday	May 9	6:30-8:30 PM
Registration deadline May 2			

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To Register: Call 262-679-4108 OR complete registration form on page 6 OR visit our website at <https://www.antaeusllc.com/site/muskego/display> for on-line registration.

Beginning Quilting

This is a collaborative program with Franklin.

(Adult)

During this 3 part class, we will learn how to rotary cut fabric. Learn how to determine a 1/4" seam allowance. Piece our block together and finally how to layer the quilt block.

Supplies from home: Sewing Machine (don't forget the power cord and foot pedal), Thread, Fabric, Batting, Pins, Rotary Cutter, Mat. Instructor will provide iron and ironing pad.

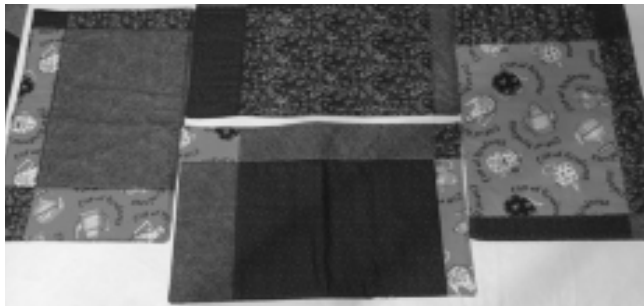
Instructor: Linda Artmann

Location: Muskego City Hall, Luther Parker Room
W182S8200 Racine Avenue

Class #	Day	Date	Time
CE3495	Mondays	February 5-19	6:30-8:30 PM
CE3496	Mondays	April 9-23	6:30-8:30 PM

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

Enrollment: Minimum 2, Maximum 10



Quilted Placemats

(Adult)

For Beginners or Experienced Quilters. Come learn an easy quilting technique to make 4 coordinating placemats. You can even try some of those decorative stitches on your machine that you have never used. Don't have any? No problem - straight stitches or zig zags work as well.

Supplies from home: Sewing machine (don't forget the power cord, foot pedal), Thread, Fabric, Batting, Pins, Rotary cutter, Mat

Instructor: Linda Artmann

Location: Muskego City Hall, Luther Parker Room
W182S8200 Racine Avenue

Class #	Day	Date	Time
CE3493	Mondays	Mar. 5 & 12	6:30-8:30 PM
CE3494	Mondays	May 7 & 14	6:30-8:30 PM

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

Enrollment: Minimum 2, Maximum 10

Bike Maintenance & Repair

This is a collaborative program with Franklin.

(Adult)



Nothing ruins a bike like a flat tire or squeaky brakes. In this beginner level class, Tom Labisch demonstrates how to perform bike fitting and basic bike repairs like fixing flat tires, drive train, derailleurs, and brakes. Learn the correct tools needed to perform basic, preventative maintenance, to trouble shoot and to fix common problems for most bikes. Special tools will be discussed, but are not necessary for the class. Each session will start with a demonstration. Participants can work on their own bike afterward with help from the instructor.

Instructor: Tom Labisch PT, D. PT, MSc, LAT, CSCS
Tom is a doctor of physical therapy, athletic trainer and strength and conditioning specialist. He was apart of the medical staff for the 1996 Olympic Games in Atlanta working with the international cycling teams. He is an avid cyclist, Nordic skier and runner and has been repairing bodies and bicycles for over 30 years.

Location: Franklin High School- Cafeteria
8222 S. 51 Street, Franklin WI

Class #	Day	Date	Time
CE3355	Wednesdays	Mar. 14-Apr. 4	7:00-8:30 PM

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

Enrollment: Minimum 5, Maximum 15

Seniors, need a ride to class?
Call Muskego Senior Taxi at
262-679-4754

3D Printing 101

(Adult)

3D printing 101! This one time introductory program is designed for you to learn the beginning stages of this art. Learn the different kinds of 3D printing, terminology, materials to work with, what equipment requirements you need and where to find print designs.

Instructor: Maarten Van Lier

Location: Muskego City Hall, Durham Hill Room
W182S8200 Racine Avenue

Class #	Day	Date	Time
CE3523	Tuesday	January 16	6:00-7:30 PM

Cost: Resident \$18.00 / Non-resident \$27.00

Enrollment: Minimum 6, Maximum 15

Classes must reach their minimum enrollment 4 business days before the start of class or the program can be cancelled due to low enrollment. So don't delay in registering!

Adult/Seniors

Veggie Gardens 101

This is a collaborative program with Franklin.

(Adult)



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

Instructor: Francie Dekker, UW Extension Master Gardener

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

Class #	Day	Date	Time
CE3356	Wednesday	April 18	6:00-7:30 PM

Cost: Resident \$11.00 / Non-resident \$16.50

Enrollment: Minimum 5, Maximum 20

Adult Painting (Water Color & Oils) on page 34
Fitness Classes on pages 29-33

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 #	Day	Date	Time
CE3376	Wednesdays	January 17	6:30-8:00 PM
CE3377	Wednesdays	April 25	6:30-8:00 PM

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

Enrollment: Minimum 5, Maximum 20

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

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

Class #	Day	Date	Time
CE3426	Wednesdays	April 11	6:00-7:00 PM

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

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 #	Day	Date	Time
CE3374	Monday	January 15	6:30-8:00 PM
CE3375	Monday	April 23	6:30-8:00 PM

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

Enrollment: Minimum 5, Maximum 20

40

To Register: Call 262-679-4108 OR complete registration form on page 6 OR visit our website at <https://www.antaeusllc.com/site/muskego/display> for on-line registration.

Preventative Care Workshop

This is a collaborative program with Franklin.

(Adult)



Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break from a fall, or in serious cases, from sneezing or minor bumps.

This course will emphasize nutrition and exercise recommendations for individuals with osteopenia and/or osteoporosis. We will go over preventative measures you can do at home to prevent/treat the effects of this very common bone disease.

Notes: Please bring an exercise or yoga mat to participate in exercise demonstrations and instruction.

Presenter: Jill Hackney, PT, DPT, GCS, CEEAA

Jill attended UW-Madison for Physical Therapy school and has 12 years of experience working in a variety of settings. She has taught at Marquette as Adjunct Faculty since 2008 as well as teaching nationally for the American Physical Therapy Association for the Geriatric Section. Jill is a certified clinical specialist in Geriatrics as well as Vestibular Rehabilitation. Additionally, she is proficient in exercise prescription for aged adults with a multitude of conditions.

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

Class #	Day	Date	Time
CE3345	Wednesdays	February 21	5:30-7:00 PM

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

Enrollment: Minimum 5, Maximum 20



**Seniors, need a ride to class?
Call Muskego Senior Taxi at
262-679-4754.**

Get the Junk Out

This is a collaborative program with Franklin.

(Adult)

Imagine waking up without an ache or pain, cruising through your day with energy and ending it by enjoying a refreshing night's sleep. Then, imagine waking up to do it all over again. Think it's impossible? Think again. The key is eliminating toxins from your body and your life. Toxins can leave you feeling sluggish, achy, heavy, and out-of-shape and can also be a factor in the development of chronic diseases. Purification or detoxification helps remove toxins from your body. Benefits of cleaning your body out include clear, unfoggy minds, decrease in body pains, decreased inflammation, decreased sugar cravings AND increased energy as well as achieving and maintaining a healthy weight. In this class we will discuss perceptions of detoxification, what type of detox is right for you, and how to eat for success. This is especially important as after the holidays!!!

Instructor: Monica A. Judge, L. Ac., MSOM, BS Nutrition

Location: Franklin High School- Room A110
8222 S. 51 Street, Franklin WI
(Enter lower Recreation Department Door)

Class #	Day	Date	Time
CE3427	Monday	February 12	6:30-8:00 PM

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

Enrollment: Minimum 5, Maximum 15

The Power of a Healthy Digestive System

This is a collaborative program with Franklin.

(Adult)



Being healthy isn't just what you eat or how you eat it, it is also whether your digestive system can process it and eliminate the waste. Contrary to popular belief, healthy weight is not about increasing metabolism but increasing the efficiency of metabolism. The quality of your digestion is directly related to the ability of your body to absorb nutrients required to build healthy tissue. Few people today experience a healthy digestive system. Symptoms of gas, bloating, indigestion, heartburn, irregular bowel movements, and lethargy after meals are so commonplace they are considered normal. In this class we will discuss ways to balance your digestive system and restore your health using acupuncture, healthy eating guidelines and lifestyle modifications.

Instructor: Monica A. Judge, L. Ac., MSOM, BS Nutrition

Location: Franklin High School- Room A110
8222 S. 51 Street, Franklin WI
(Enter lower, North Door)

Class #	Day	Date	Time
CE3428	Monday	March 12	6:30-8:00 PM

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

Enrollment: Minimum 5, Maximum 15

Adult/Seniors

Computer Classes

Join us to learn how to use various features of Microsoft Office in-depth. Pick and choose the right computer classes for you. Each class is scheduled for 2-hours which includes a 90-Minute Workbook plus extra time for practice and questions. Class is geared towards the newest Microsoft Office 2016 version but can be easily adjusted with any version.

Bring your own laptop for hands-on learning, or just follow along with the instructor's projector and your workbook while taking extra notes. Registration deadline 10 days in advance to accommodate ordering book supplies.

Instructor: Tracey Fridley, The Computer Help Button

Location: Muskego City Hall, Luther Parker Rm.
W182S8200 Racine Avenue

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

Enrollment: Minimum 3, Maximum 12

Creating Digital Photo Books

It's time to print your treasured photos into beautiful photo books! Tips on choosing pictures and using the free online Snapfish software. Choose a design theme, edit backgrounds, choose a photo layout, easily arrange images, select embellishments, and add text. Bring your laptop and photos to get a head start on your book!

Class #	Days	Dates	Time
CE3332	Monday	January 22	6:00-8:00 PM

Excel Getting Started

Learn how to create new workbooks from scratch, navigate, enter data, select, add, sort, move, copy, save, close, and print.

Class #	Days	Dates	Time
CE3333	Monday	February 26	6:00-8:00 PM

Excel Functions & Formulas

Learn how to create calculations in Excel. Topics include addition, subtraction, multiplication, and division, and a few functions such as SUM, AVERAGE, PMT, and TODAY.

Class #	Days	Dates	Time
CE3334	Monday	May 14	6:00-8:00 PM

Excel Formatting

Learn the basic formatting techniques necessary to enhance the way data displays on a worksheet and print. Do you want your worksheets to look more professional? Do you want to call special attention to areas of your spreadsheet?

Class #	Days	Dates	Time
CE3335	Monday	May 21	6:00-8:00 PM



Refurbishing Furniture

This is a collaborative program with Franklin.

(Adult)



It's all the trend... Repurposed and restored! Bring your own piece of furniture... Something that you can carry in one hand such as a small end table, large frame, or a chair, as you will have four hours to complete your project. We want you to take home something that you can proudly display with bragging rights! The instructor is the owner and designer of Belle et Vieille - She will give you all her tips and tricks from her experience of painting furniture for the last 10 years. Meaning "Old and Beautiful", Belle Et Vieille - Is a family owned shop located in downtown Greendale that specializes in restoring, restyling and reviving old furniture and making it beautiful and new again.

Note: aprons are provided, however, dress accordingly.

*Fees include all supplies including paint and wax for your piece.

***February Class -Special Valentine's Date Night-** Cheese, crackers and wine will be provided. Or feel free to bring your own favorite bottle to share as you work on 1 piece together. Cost for this class is \$100 for a couple.

****March Class -St. Patrick's Day Theme-** Green beer and snacks will be provided!

Presenters: Belle Et Vieille Staff

Location: Belle Et Vieille
5640 Parking Street, Greendale

Class #	Days	Dates	Time
CE3580	Saturday	January 13	10:30 AM-3:30 PM
CE3581	Monday	January 22	1:00-5:00 PM
CE3584	*Wednesday	February 14	5:00-9:00 PM
CE3582	Monday	February 19	1:00-5:00 PM
CE3583	**Saturday	March 17	10:30 AM-3:30 PM

Cost/session: Resident \$69.00/Non-resident \$103.50
Valentine's class is \$100/resident couple

Enrollment: Minimum 5, Maximum 20

Intermediate Piano/Digital Chord Playing

This is a collaborative program with Franklin.
(Ages 14-Adult)

OK...so you know HOW to play piano or you played a long time ago and want to start again, but the thought of having to take weekly lessons//practicing just does not work in your busy schedule. Well then, this is the class for you. This simple "hands on" workshop will show you a different way to play piano using the chord method and take the complexity out of that scary music. With your past experience of reading notes and learning a few simple chord tricks we will have you playing those songs you always wanted to play without hours of work. We will also learn/play various fun chord patterns you can either use for piano or simply have the digital piano play for you.

The "Intermediate" class is designed for the person that is acquainted with reading notes and simple music symbols. During this "hands on" session we will learn chord playing plus common patterns that can be applied to all your favorite songs.

Join our workshop and experience the simple chord method:

- Which type of piano/digital piano works best for you
- Options for finding music for chord playing
- Various chord patterns: 1 beat, Walking Base, Swing, Arpeggios run
- Octave full key play to play like a pro
- Adding harmony to melody
- Using digital piano to play patterns
- Best practice techniques to keep learning new songs

Instructor: Roman Blenski, Piano by Chords, By Best Way Resources, LLC
www.pianochords4fun.com

Location: Southwood Glen School, Music Room 116
9090 S. 35th Street, Franklin
(Enter gym entrance on the Northwest side of the building)

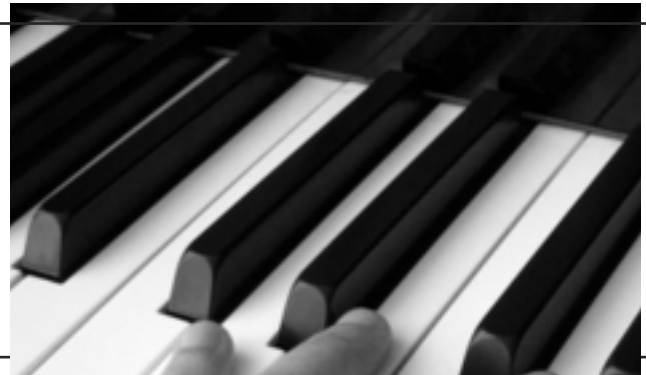
Class #	Days	Dates	Time
CE3325	Wednesday	April 11	6:00-9:00 PM

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

Enrollment: Minimum 3, Maximum 15

Classes must reach their minimum enrollment 4 business days before the start of class or the program can be cancelled due to low enrollment.

So don't delay in registering!



Beginner Piano/Digital Chord Playing

This is a collaborative program with Franklin.
(Ages 14-Adult)

Have you had the desire to play piano but never have the time for many lessons? Possibly you have a small digital piano you would like to learn how it works and just play a few quick tunes? Do you wish you could play those favorite songs without months of having to take private piano lessons? Well we have designed a unique workshop teaching young and older students HOW to play by just learning "8 simple notes" and 5 chords. This "hands on" concept will have people with "slow or fast hands" playing popular songs quickly without spending months to learn.

The "Basic" workshop is designed for the person that is new to playing piano and sheet music. During this session we learn how to read and play the 8 basic notes, some music symbols and 5 common chords.

Join our workshop and experience the simple chord method:

- Which type of piano/digital piano works best for you

- Options for finding music for chord playing
- Basic piano symbols such as key signatures etc
- Learn 3 most popular major chords/minor chords and the G7 chord
- Tricks for learning other chords often seen in music
- Options for playing digital piano and/or piano

Instructor: Roman Blenski, Piano by Chords, By Best Way Resources, LLC
www.pianochords4fun.com

Location: Southwood Glen School, Music Room 116
9090 S. 35th Street, Franklin
(Enter gym entrance on the Northwest side of the building)

Class #	Day	Date	Time
CE3324	Wednesday	February 7	6:00-9:00 PM

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

Enrollment: Minimum 3, Maximum 15

Adult/Seniors

Digital Camera Workshops

This is a collaborative program with New Berlin.
(Adult)

Instructor: C.T. Krueger

Location: New Berlin Community Center
14750 W. Cleveland Avenue, New Berlin

Enrollment: Minimum 4, Maximum 20

You Have Pictures In Your Camera - Now What?

We have hundreds - if not thousands - of pictures in our cameras, smartphones and computers. Now what... This two-hour seminar teaches technique to save pictures from your cameras and smartphone to your computer and "the Cloud," how to organize and view your pictures from any device, how to archive your pictures for the decades to come, and best printing options.

Class #	Day	Date	Time
CE3638	Monday	March 5	6:30-8:30 PM

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

iPad/iPhone—Tips, Tricks & Techniques

This class is specific to Apple iPhone, iPad and iPad Mini devices. Learn some tips, tricks and techniques to navigate, organize, backup and add useful apps to your iPhone, iPad or iPad mini device.

Class #	Day	Date	Time
CE3639	Monday	March 12	6:30-8:30 PM

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

Old Family Photos & the Digital Age

Your old family photo prints and slides can be converted to digital picture files-whether you have a computer or not-for a multitude of uses and sharing. This two-hour seminar covers scanning prints and slides, workflow, and how to get and stay organized. Information on computer use is for Windows PC computers.

Class #	Day	Date	Time
CE3640	Monday	February 26	6:30-8:30 PM

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



Seniors, need a ride to class?
Call Muskego Senior Taxi
at 262-679-4754.

Pickleball Open Play (Adults/Seniors)

Come play Pickleball on our 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.

Court play will be divided by ability levels. Men and women of all ages welcome. Tennis shoes required, eye protection encouraged, equipment is provided.

9:00-11:30AM Mon/Wed/Fri mornings, and 5:30-8:00PM Wednesday evening sessions are for social play.

5:30-8:00PM Mon/Tues/Thurs evening sessions are for advanced play.

9:00-11:30AM Saturday morning sessions are for both levels of play.



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

Class #	Day	Date	Time
CE3576	See days above	April 2-June 2	see above

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

Enrollment: Minimum 10, Maximum 100

Classes must reach their minimum enrollment at least 4 business days before the start of class or by the registration deadline listed. Otherwise, the class can be cancelled due to low enrollment.

Chicago Shopping and Navy Pier Bus Trip (with Franklin) (Open to all ages, but under age 18 must be accompanied by an adult.)

Come join us for a Chicago getaway with your family or friends. Shop at the Water Tower Place, Macy's, American Girl, and many others. Within walking distance you will find North Michigan Avenue known as the Magnificent Mile where many famous stores such as Saks, Crate & Barrel, Nike Town, Nordstrom, and Disney Store and more located.

Visit Nay Pier:

- Take a ride on Navy Pier's most visible attraction, the 150-foot-high Ferris Wheel, where you will see unparalleled views of the skyline and lakefront.
- Visit the Amazing Chicago Funhouse Maze
- Play at the 18-hole Link Miniature Golf Course
- Don't miss the Chicago's Children Museum
- 440-seat Navy Pier IMAX Theater
- Experience the nearby Shedd's Aquarium
- See the Smith Museum of Stained Glass Windows
- Shops, restaurants, boat tours, and more...

Bus will depart Chicago at 5:30PM sharp.

Pre-registration is required. DEADLINE TO REGISTER: WEDNESDAY, MAY 16.

Location: Bus departs and returns to Franklin High School Parking Lot, 8222 S, 51 St., Franklin . In order to assure we arrive on time, the bus will leave promptly at 8:00 AM. Check in will begin at 7:30 AM.

Class #	Day	Date	Departure Time Franklin	Departure Time Chicago
CE3357	Saturday	June 2	8:00 AM	5:30 PM

Cost: Resident \$29.00/Non-resident \$43.00 (Same price for adult and child; no "lap sitters")

Enrollment: Minimum 40, Maximum 53

Note: Due to bus scheduling, refunds for cancellations will not be approved. If you cannot attend, it is advisable to find someone to take your place and provide us their name and phone number for our records. Children are welcome with a parent. Alcohol is not permitted on the bus. Driver's tip is included.



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.