

# Wauwatosa School District

RECREATION DEPARTMENT

Classes and activities for youth, teens and adults. | [www.tosarec.com](http://www.tosarec.com)

★ REGISTER TODAY! ★



**Parent-Child  
Basketball...**

**Give it a  
Shot!**

See page 13

# Welcome!

We invite you to take a few moments to browse through our Winter & Spring Activity Guide, featuring programs for all ages and interests!

## Register TODAY!

See inside back cover for details on how to register.



### The Recreation Department Staff

|                    |                              |                |
|--------------------|------------------------------|----------------|
| Rick Beattie       | beattiri@wauwatosa.k12.wi.us | (414) 773-2910 |
| Diana Koziczkowski | koziczdi@wauwatosa.k12.wi.us | (414) 773-2905 |
| Chris Cera         | cerach@wauwatosa.k12.wi.us   | (414) 773-2906 |
| Steve Birney       | birneyst@wauwatosa.k12.wi.us | (414) 773-2911 |
| Kristin Murphy     | murphykr@wauwatosa.k12.wi.us | (414) 773-2908 |
| Janelle Pudenz     | pudenzja@wauwatosa.k12.wi.us | (414) 773-2907 |
| Thom Trepczyk      | tosarec@wauwatosa.k12.wi.us  | (414) 773-2912 |

*An Invitation from the Superintendent of the Wauwatosa School District:*



To the  
Wauwatosa  
Community:

As part of the Wauwatosa School District, the Recreation Department continues to provide opportunities for our community members to maintain a quality, healthy and active lifestyle. The Recreation Department continues to add programs to meet the changing needs of our students and community members.

As you look through this program guide, I am sure you will be impressed by the wide variety of offerings. Once enrolled, you will see the quality of the programs certainly match the quantity of programs!

Wauwatosa is a great place to live, work, go to school and play. Our Recreation Department is dedicated to ensure that continues.

For more information, stop in the Recreation Department at Wauwatosa West High School, call (414)773-2900, or visit [www.tosarec.com](http://www.tosarec.com).

*Phillip J. Ertl, Ed.D.*

### The Wauwatosa School Board:

|                 |               |
|-----------------|---------------|
| Lois Weber      | Michael Meier |
| Mary Jo Randall | Philip Kroner |
| Anne Fee        | Tom Jarosz    |
| Sharon Muehfeld |               |

### Recreation Department Activity Guide

November 2011

Published three (3) times yearly: March, August, November

Volume 1 (2011), Issue 3

**Wauwatosa School District**

**Recreation Department Office**

**11324 West Center Street**

**Wauwatosa, WI 53222**

**(414)773-2900 - Recreation Department**

**(414)773-2920 - FAX**

**[www.tosarec.com](http://www.tosarec.com)**



Wisconsin Park and  
Recreation Association



The Learning  
Resources Network



Southeast Park &  
Recreation Council



National Recreation  
and Park Association

## Office Info

**Recreation Department**  
**11324 West Center Street**  
**Wauwatosa, WI 53222**

**Office Hours**  
**8:00 a.m. - 5:00 p.m.**  
**Monday - Friday**

**Telephone**  
**(414) 773-2900**

**Fax**  
**(414) 773-2920**

**Online**  
**[www.tosarec.com](http://www.tosarec.com)**

Planning a child's birthday party? Looking for a fun activity that doesn't cost much? Want to spend quality time with your youngster on a cold Saturday afternoon?

### Attend a Wauwatosa Children's Theatre play!

Celebrating its 75th year, Children's Theatre has entertained generations of Wauwatosa area children with its live theatre offerings of classic and fantasy literature and other performing arts.

All performances begin at 2:00 p.m., at East or West High School. Single admission tickets are only \$4.00 and may be purchased at the box office on the day of the performance.

#### Children's Theatre of Wauwatosa 2011 - 2012 Series

##### To Laugh is to Live

Dec. 3 at EAST | Dec. 10 at WEST

##### The Crying Princess and The Golden Goose

Jan. 14 at EAST | Jan. 21 at WEST

##### The Princess Went Thataway

Feb. 11 at EAST | Feb. 18 at WEST

##### The Land of the Dragon

Mar. 3 at EAST | Mar. 17 at WEST

##### Let's Keep the Dream Alive and The Musicians

By Patsy Ford Simms

Apr. 28 at EAST | Mar. 31 at WEST

#### Our mission . . .

*To enhance the quality of life for Wauwatosa citizens of all ages by providing a variety of recreational activities, special events, and services which encourage lifelong learning, fitness, and fun.*

## Contents

|                                  |                          |                                    |                                  |    |                                  |    |
|----------------------------------|--------------------------|------------------------------------|----------------------------------|----|----------------------------------|----|
| <b>Art</b>                       | <b>Adult Education</b>   | <b>Drama</b>                       | Wet Workout                      | 4  | Music Maker & More               | 9  |
| Cartoon Drawing & Coloring       | Art                      | Children's Theatre Performance     | Winterim Aerobics                | 15 | Parent Tot Movement              | 10 |
| Chocolate Candy Making           | Cooking - Gluten Free    | Schedule                           | Yoga                             | 17 | Parent Tot Tumbling              | 10 |
| Little Art Masters               | Dance - Ballroom         | Back Cover                         | Zumba                            | 16 | Pre-Beginner Swim                | 2  |
| Little Imaginations              | Digital Photography      | Drama Classes for Children         |                                  |    | Tales and Tails                  | 9  |
| Oil Painting (Intro)             | Get Your Book Published  | 8                                  | <b>Gymnastics &amp; Tumbling</b> |    | Tiny Tot Swim                    | 2  |
| Prehistoric Art                  | Guitar Skills & Drills   | 20                                 | Balance & Bounce                 | 11 |                                  |    |
| Storybook Adventures             | Knitting                 | Tryouts - Little Theatres Trouping | Beginner Gymnastics              | 11 | <b>Safety</b>                    |    |
| Tales and Tails                  | Organizing               | 8                                  | Jr. Prep Gymnastics              | 11 | Babysitting Instruction          | 5  |
| Watercolor Studio                | Retirement Planning      | 21                                 | Kidnastics 1 & 2                 | 10 | Boating Basics                   | 5  |
| Young Artists Club               | Sell Your Home           | Arthritis Foundation Exercise      | Intermediate Gymnastics          | 11 | CPR & First Aid                  | 5  |
| <b>Aquatics</b>                  | Senior Citizen Club      | 14                                 | Parent Tot Movement              | 10 | Lifeguarding Today               | 4  |
| Adaptive Swim                    | Sign Language            | 22-23                              | Parent Tot Tumbling              | 10 | Water Safety Instructor Training | 4  |
| Adult Swim Instruction           | Voice-Overs              | 20                                 | Petite Poms                      | 10 | <b>Sports</b>                    |    |
| Aquatic Club                     | Woodworking              | 20                                 | Power Tumbling                   | 11 | Baseball Camp                    | 12 |
| By Myself!                       | <b>Children's Fun</b>    | 18                                 | Pre-Beginner Gymnastics          | 11 | Basketball Camps                 | 13 |
| Children's Swim Instruction      | Art                      | 7                                  | <b>Music &amp; Dance</b>         |    | Basketball Open Play Adult       | 13 |
| Early Bird Swim                  | Candy Making             | 7                                  | Ballroom Dance                   | 21 | Golf                             | 12 |
| Just For You                     | Composting & Gardening   | 6                                  | Music Maker & More               | 9  | Karate Intro                     | 12 |
| Lap Swim                         | Day Trip - Sunburst      | 7                                  | Petite Poms                      | 10 | Rugby                            | 13 |
| Lifeguarding Today               | Drama & Theatre          | 8                                  | <b>Open Gym (Adults)</b>         |    | Soccer My First Coerver Camp     | 13 |
| Open Swim                        | Etiquette Class          | 6                                  | Open Play Basketball             | 13 | T'Ball Spring Training           | 13 |
| Pre-Beginner Swim                | <b>Community Info</b>    |                                    | Open Play Volleyball             | 13 | Tennis QuickStart                | 13 |
| Tiny Tot Swim                    | Community Band           | 21                                 | <b>Preschool Activities</b>      |    | Volleyball League (TVL)          | 12 |
| Water Safety Instructor Training | Ice Skating at Hart Park | 6                                  | Kidnastics 1 & 2                 | 10 | Volleyball Open Play Adult       | 13 |
| Wet Workout                      |                          |                                    | Little Art Masters               | 9  | Wrestling                        | 12 |
|                                  |                          |                                    | Little Imaginations              | 9  | <b>Registration Info</b>         | 25 |

# Aquatics

## Tiny Tot Swim

Popular class

Parent/Child Class

Ages \*18 - 36 months

Have fun with your child in the water doing activities emphasizing water adjustment and safety.

(\*MUST BE 18 months at the start of session.) One adult must accompany each child in the water.

There will be a **SCHEDULED OPEN HOUSE** - no observation during other classes.

Longfellow (pool) \$29 / \$44 Non-resident

|   |             |                  |           |
|---|-------------|------------------|-----------|
| S | 1/7 - 2/25  | 11:30am - 12noon | full      |
| T | 1/10 - 2/28 | 6:00 - 6:30pm    | 244010-01 |
| T | 3/6 - 5/1   | 6:00 - 6:30pm    | 344010-01 |
| S | 3/17 - 5/19 | 11:30am - 12noon | full      |

## Just For You

Popular class

Individualized swim lessons

Ages 8+

This special needs swim program is designed for participants who have difficulty accomplishing skills in group lessons, need special attention, or are extremely afraid of the water. Sign up for one of these 5-class sessions, designed to give swimmers one-on-one instruction. Call (414)773-2900 to be put on a wait list for a 2nd session.

\$45 / \$59 Non-resident

East (pool)

|   |             |                  |           |
|---|-------------|------------------|-----------|
| S | 1/7 - 2/4   | 11:30am - 12noon | 244050-E1 |
| S | 2/11 - 3/10 | 11:30am - 12noon | 244050-E2 |

## Adaptive Swim Lessons

These one-on-one lessons are designed for those identified as having a disability (physical limitations, cognitive delays and/or developmental delays) and may require direct physical assistance. Students can remain in these lessons, or these lessons may be used to prepare for inclusion to group lessons. Depending on the severity of the disability, parent or guardian may assist in the water.

Call for registration information and availability of classes: (414)773-2900. \$38 / \$57 Non-resident for 5 classes.

## Pre-Beginner Swim

Popular class

Parent/Child Class

\*3 to 7 years, or older if not ready for Children's Swim, or less than 48

inches tall.

Children will become comfortable in the water and have fun with their accompanying adult while learning introductory Red Cross swimming skills such as kicking, arm strokes, breath control, and more. One adult (need not be a skilled swimmer) must accompany each child in the water.

There will be a **SCHEDULED OPEN HOUSE** - no observation during other classes.

\*Age strictly adhered to.

Longfellow (pool)

**3 - 4 yr olds** \$32 / \$48 Non-resident

|   |            |                 |      |
|---|------------|-----------------|------|
| S | 1/7 - 3/10 | 8:30 - 9:00am   | full |
| S | 1/7 - 3/10 | 9:30 - 10:00am  | full |
| S | 1/7 - 3/10 | 10:30 - 11:00am | full |

**3 - 4 yr olds** \$27 / \$40 Non-resident

|   |             |                 |           |
|---|-------------|-----------------|-----------|
| S | 3/17 - 5/19 | 8:30 - 9:00am   | 344020-02 |
| S | 3/17 - 5/19 | 9:30 - 10:00am  | full      |
| S | 3/17 - 5/19 | 10:30 - 11:00am | 344020-04 |

**5 - 7 yr olds** \$32 / \$48 Non-resident

|   |            |                 |           |
|---|------------|-----------------|-----------|
| S | 1/7 - 3/10 | 9:00 - 9:30am   | 244030-02 |
| S | 1/7 - 3/10 | 10:00 - 10:30am | 244030-03 |

**5 - 7 yr olds** \$27 / \$40 Non-resident

|   |             |                 |           |
|---|-------------|-----------------|-----------|
| S | 3/17 - 5/19 | 9:00 - 9:30am   | 344030-02 |
| S | 3/17 - 5/19 | 10:00 - 10:30am | 344030-03 |

## By Myself!

Popular class

Small group swim lessons for 6 & 7 year olds who are ready to try lessons alone, but are less than 48 inches tall. Explore skills such as floating, rhythmic breathing, kicking, arm strokes, and the coordinated front crawl.

Longfellow (pool)

\$32 / \$48 Non-resident

|   |             |                 |           |
|---|-------------|-----------------|-----------|
| S | 1/7 - 3/10  | 11:00 - 11:30am | 244040-01 |
| T | 1/10 - 3/13 | 6:30 - 7:00pm   | 244040-02 |

\$27 / \$40 Non-resident

|   |             |                 |           |
|---|-------------|-----------------|-----------|
| S | 3/17 - 5/19 | 11:00 - 11:30am | 344040-01 |
| T | 3/20 - 5/15 | 6:30 - 7:00pm   | 344040-02 |

## Open Swim

Fun for the whole family!

Children 3 - 7 years old must be accompanied in the water by an adult. Coast Guard approved life jackets will be allowed on children in shallow water only, and with direct parental supervision (parent in the water). NO waterwings, inflated tubes, masks or snorkels.

East High School Pool

Saturdays: 12:15 - 2:15pm

January 7 - March 31

April 21 - May 19

(no Feb. 4, Mar. 3)

Mondays: 7:00 - 8:30pm

Wednesdays: 7:00 - 8:30pm

January 2 - March 28

April 16 - May 30

(no Jan. 16, Jan. 23, May 16, May 28)

-- All dates are subject to change. --

Children  
must be picked up by  
2:15 and 8:30pm  
SHARP!

\$1.00 - 17 years and under and Seniors 62+

\$1.50 - 18 years and older

Non-swimmers wishing to observe must pay.

Pay each time you attend. EXACT CHANGE, please.

A swim test may be given to children wishing to use the diving well or swim in deeper water.

Popular class

Classes fill QUICKLY.

Register as soon as possible.

Registration information may be found on the inside back cover of this guide.

Children 6 years and older should go through the same-gender locker room.

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Aquatics

## Children's Swim Instruction Popular class

Swim classes follow the American Red Cross guidelines. See below for prerequisites and class descriptions. All students will be tested at the first class to ensure proper level placement. We reserve the right to move students to the correct level for their safety. Children may have to repeat a level before all skills are completed satisfactorily. Must be AT LEAST age 7 and AT LEAST 48 inches tall.

### Level 1A

Learn and practice submerging, breath control, floats (front and back), safety skills, and the front crawl (arms, kicking, and coordination).

### Level 1B

Passed Level 1A; learn and practice breath control, safety skills, and front crawl (proper rotary breathing, arms, kicking & coordination).

### Level 2

Passed Level 1B; learn glides, bobbing, back crawl, elementary backstroke kick, jumping into deep water, treading water, and continue practicing coordinated front crawl.

### Level 3

Passed Level 2; learn elementary back stroke, butterfly kick and body motion, scissors kick,

treading water (deep), kneeling dive into deep water, increase endurance, and coordinated front and back crawl.

### Level 4A

Passed Level 3; learn breaststroke and standing dive, refine elementary backstroke, increase distance for front and back crawl.

### Level 4B

Passed Level 4A; learn sidestroke and butterfly. Refine elementary backstroke, front & back crawl, and breaststroke.

### Level 5

Passed Level 4B; learn flip turns and surface dives. Refine breaststroke, sidestroke, and butterfly, increase distance, and continue refining front & back crawls and elementary backstroke.

### Level 6 - Personal Water Safety

Passed Level 5; learn self-rescue techniques, basic water safety skills, surface dives, and survival swimming. Increase distance on front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly.

### Level 6 - Fitness Swimmer

Passed Level 5; improve efficiency for fitness/competitive swimming. Turns, setting up a fitness program, using pace clock and various training techniques; continue to refine/increase distance on front/back crawl, breaststroke, elementary backstroke, sidestroke and butterfly.

#### Winter: S 1/7 - 3/10 East

#### Spring: 3/17 - 5/19 East

(Open House: 2/11 - No observation during other classes.)  
\$32 / \$48 Non-resident

| Time    | Level | Course#   |
|---------|-------|-----------|
| 8:30am  | 1B    | full      |
| 8:30am  | 2     | 244110-E1 |
| 8:30am  | 3     | 244120-E1 |
| 9:00am  | 1A    | full      |
| 9:00am  | 1B    | full      |
| 9:00am  | 4B    | 244140-E2 |
| 9:30am  | 1A    | full      |
| 9:30am  | 3     | 244120-E3 |
| 9:30am  | 5     | 244150-E3 |
| 10:00am | 1B    | full      |
| 10:00am | 2     | 244110-E4 |
| 10:00am | 4A    | 244130-E4 |
| 10:30am | 1A    | full      |
| 10:30am | 2     | 244110-E5 |
| 10:30am | 4B    | 244140-E5 |
| 11:00am | 1A    | 244100-E6 |
| 11:00am | 3     | 244120-E6 |
| 11:00am | 6PWS* | 244160-E6 |

\*PWS = Personal Water Safety

(Open House: 5/5 - No observation during other classes.)  
\$32 / \$48 Non-resident

| Time            | Level | Course#   |
|-----------------|-------|-----------|
| 8:30 - 9:10am   | 1A    | 344100-E1 |
| 8:30 - 9:10am   | 2     | 344110-E1 |
| 8:30 - 9:10am   | 3     | 344120-E1 |
| 9:15 - 9:55am   | 1B    | 344190-E2 |
| 9:15 - 9:55am   | 2     | 344110-E2 |
| 9:15 - 9:55am   | 4A    | 344130-E2 |
| 10:00 - 10:40am | 1A    | 344100-E3 |
| 10:00 - 10:40am | 3     | 344120-E3 |
| 10:00 - 10:40am | 4B    | 344140-E3 |
| 10:45 - 11:25am | 1B    | 344190-E4 |
| 10:45 - 11:25am | 2     | 344110-E4 |
| 10:45 - 11:25am | 5     | 344150-E4 |



### Evenings - Winter

Th 1/5 - 2/23 Longfellow (pool)

(Open House: 2/9 - No observation during other classes.)  
\$32 / \$48 Non-resident

|               |    |           |
|---------------|----|-----------|
| 5:30 - 6:10pm | 1A | 244100-11 |
| 5:30 - 6:10pm | 1B | 244190-11 |
| 6:15 - 6:55pm | 1A | 244100-12 |
| 6:15 - 6:55pm | 2  | 244110-12 |

### Evenings - Spring

Th 3/1 - 5/3 Longfellow (pool)

(Open House: 3/29 - No observation during other classes.)  
\$32 / \$48 Non-resident

|               |    |           |
|---------------|----|-----------|
| 5:30 - 6:10pm | 1A | 344100-11 |
| 5:30 - 6:10pm | 1B | 344190-11 |
| 6:15 - 6:55pm | 1A | 344100-12 |
| 6:15 - 6:55pm | 2  | 344110-12 |

#### Spectators

Spectators are invited to attend scheduled Open House. No observation at other times. This ensures a good learning environment without distractions.

#### Pool Policies

Provide own suits, towels and locks. Showers must be taken before swimming. The Recreation Department is not responsible for lost or damaged articles.

#### Arrival Time

Arrive no earlier than 15 minutes before, and leave within 15 minutes of the end of each program. Locker rooms are not always staffed with attendants.

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Aquatics

## Wet Workout

Ages 13+ Enjoy this shallow water exercise program that improves cardiovascular fitness, flexibility, coordination, and overall body strength. This is a low-impact activity; reap the benefits of the water without the strain on joints. No swim skills needed.

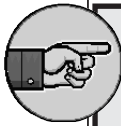
Longfellow (pool) \$35 / \$45 Non-resident  
 M 1/9 - 4/2 8:00 - 9:00pm 244700-01  
 T 1/10 - 4/3 7:15 - 8:15pm 244700-02  
 W 1/11 - 4/4 8:00 - 9:00pm 244700-03

Longfellow (pool) \$18 / \$28 Non-resident  
 M 4/16 - 5/21 8:00 - 9:00pm 344700-01  
 T 4/17 - 5/22 7:15 - 8:15pm 344700-02  
 W 4/18 - 5/23 8:00 - 9:00pm 344700-03

## Flex Wet Workout

Attend any or all of the Wet Workout classes during the session.

Winter: \$70 / \$80 Non-resident 244700-04  
 Spring: \$32 / \$42 Non-resident 344700-04



**Instructors NEEDED:**  
**American Red Cross**  
**Lifeguards, Water Safety**  
**Instructors and Assistant**  
**Swim Instructors for summer**  
**programming.**  
 . . . apply at  
**[www.tosarec.com](http://www.tosarec.com)**

## Lap Swim for Adults

Ages 18+  
 Supervised lap swimming for all ability levels. Great program to increase your fitness endurance or train for competition. Kickboards, pull buoys, and fins will be available to use during your workout.

East (pool) \$58 / \$87 Non-resident  
 MW 1/2 - 4/4 6:00 - 6:50pm 244650-01

East (pool) \$34 / \$50 Non-resident  
 MW 4/16 - 6/6 6:00 - 6:50pm 344650-01



## Early Bird Swim

Ages 18+  
 Start your day with an invigorating swim! This year-round activity provides supervised lap swimming opportunities for slow, medium, and fast swimmers.

East (pool) \$68 / \$102 Non-resident  
 MWF 1/2 - 3/23 6:30 - 7:30am 244600-01  
 MWF 3/26 - 6/22 6:30 - 7:30am 344600-01

**Special Olympics** The Wauwatosia Special Olympics program provides year-round sports training and athletic competitions for persons age 8 years and older with cognitive (intellectual) disabilities. For more info, call Dan or Mary Ellen, agency managers, (262)255-5086.

## Adult Swim Instruction

Ages 18+, Co-ed

### Beginner

Now is the time to learn to swim! Become comfortable in the water as you learn the front and back crawl strokes.

\$35 / \$53 Non-resident  
 Longfellow (pool)  
 M 1/2 - 3/5 6:15 - 7:00pm 244500-B1  
 M 3/12 - 5/21 6:15 - 7:00pm 344500-B1

### Continuing

Work on stroke technique (including front crawl, breast stroke, and side-stroke) to improve your efficiency for fitness or competition. Should be comfortable in deep water.

\$35 / \$53 Non-resident  
 Longfellow (pool)  
 M 1/2 - 3/5 7:00 - 7:45pm 244500-C1  
 M 3/12 - 5/21 7:00 - 7:45pm 344500-C1

## Lifeguarding Today

### American Red Cross

Age 15 to attend class, 16+ to guard.

Get trained for a great job!

Learn the skills and knowledge lifeguards need to prevent and respond to emergencies.

Watch our website ([www.tosarec.com](http://www.tosarec.com)) for information updates regarding the new American Red Cross lifeguard training program.

**For more information, or to express interest in the Lifeguarding class, please call (414)773-2900.**

## Water Safety Instructor Training

Ages 16+

Learn to teach aquatic and safety skills to swimmers of all abilities in this Red Cross course! Instructor candidates learn how to conduct swim sessions, provide stroke evaluation, create lesson plans, and evaluate participant's progress.

**For more information, or to express interest in a WSI class, please call (414)773-2900.**

## Aquatic Club (USS Competitive Swim Team)



Competitive swim program for children of all ages who can swim a **minimum of 25 yards each of the front and back crawl**. RED (novice) swimmers will learn the 4 competitive strokes, starts, and turns. WHITE (intermediate) swimmers will have some swim team experience and will focus on stroke technique, increased yardage, be introduced to interval work, and train for meets. BLUE (advanced) swimmers

will swim greater yardage, do interval work, and swim in meets. HS (high school) swimmers will maintain endurance and strokes with specialized workouts, and participate in meets. Coaches are experienced, have CPR and Lifeguarding, and are USS certified. The team competes year-round in local and state USS meets. Registration is ongoing. Spring Session practices will be held April 2 (with a week of stroke clinics) and run until June 7. See the *Summer 2012 Activity Guide* (available in March) for more details about the Spring and Summer sessions.

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Safety & Driver Education 5

## Community CPR, AED, First Aid Certification and Review Classes

Training combines lecture, interactive video demonstrations featuring emergency scenarios that are likely to occur in a variety of environments, and hands-on training to teach participants lifesaving skills.

**Adult CPR:** Learn how to perform CPR and care for breathing and cardiac emergencies in adults.

**Child and Infant CPR:** Learn how to prevent, recognize and respond to cardiac and breathing emergencies in infants and children under 12.

**AED:** Learn how to use the automatic external defibrillator.

**First Aid:** Participants learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illnesses, head, neck and back injuries, and heat and cold emergencies.

*Length of class will vary, dependent upon selection of topics. All First Aid, CPR and AED training carry 2-year certification.*

\*\* These classes are not suitable for Healthcare Providers or anyone wishing to obtain CPR Pro certification.

**For more information, or to express interest in taking a class, please call (414)773-2900. Please specify what skill(s) you would like to obtain.**

## Boating Basics

**Ages 10+** Learn and understand boating laws, boat classifications, equipment maintenance, boating regulations and emergency procedures. Youth ages 12 - 16 who attend all classes and successfully complete this course are able to operate a motor boat without adult supervision.

See the **Summer Activity Guide** (available in March) for class information, or watch [www.tosarec.com](http://www.tosarec.com) for updates.

## Babysitting Instruction



Popular class

Boys & girls, age 11 and older.

This American Red Cross class will teach you the responsibilities and qualities of being a good babysitter and what to expect from the parents who hire you. You'll learn how to:

- Supervise children and choose appropriate activities and games
- Handle emergencies and illnesses, perform first aid and help a choking child
- Perform basic care routines including diapering and dressing infants, feeding infants and children
- Interview for a job and market yourself safely

Participants must attend **BOTH** classes and pass skills and written tests to receive certification.

**Prerequisite: MUST be 11 years old by the END of the session.**

\$50 / \$75 Non-resident West (room 134)

|     |             |                 |           |
|-----|-------------|-----------------|-----------|
| S   | 1/14        | 9:00am - 5:00pm | full      |
| TTh | 1/17 - 1/19 | 4:00 - 7:30pm   | 262010-W2 |
| S   | 3/24        | 9:00am - 5:00pm | 362010-W1 |
| MW  | 3/19 - 3/21 | 4:00 - 7:30pm   | 362010-W2 |
| S   | 4/21        | 9:00am - 5:00pm | 362010-W3 |

No refunds or HH credits after 7 days prior to start date.

## Driver Education Winter / Spring 2012

**Register NOW!**



Applications for the Winter and Spring sessions of Driver Education are currently being accepted.

**Register online at [www.tosarec.com](http://www.tosarec.com)** or pick up an application at the Recreation Department, East High, West High, the school administration building (12121 W. North Ave.), or download from our website: [www.tosarec.com](http://www.tosarec.com)

Classroom Theory: 7:00 - 9:00pm

|     |             |      |           |
|-----|-------------|------|-----------|
| MW  | 1/23 - 3/14 | East | full      |
| TTh | 1/24 - 3/20 | West | 224000-W1 |
| MW  | 3/19 - 5/16 | East | 324000-E1 |

- All registration is done on a first-come, first-served basis.
  - Students must be at least 15 years old to begin Classroom Theory; 15 years + 6 months to begin Behind-the-Wheel.
  - Classroom Theory is 30 classroom hours; Behind-the-Wheel is 12 hours.
  - Mandatory attendance for all classes.
  - Fee \$350 (for any student of high-school age) must be paid at time of registration.
- NO REFUNDS;** fee may be applied to future Driver Education Class, pending instructor's approval.

### Choose a QUALITY Driver Education Program!

*The Wauwatosa School District's Driver Education Program offers:*

#### DPI 450 Licensed Instructors

All of our instructors are DPI (Department of Public Instruction) certified teachers specializing in driver training, who are updated annually in traffic safety laws and techniques.

#### Convenient Locations

Wauwatosa East High School and Wauwatosa West High School

#### Convenient Times

Evening Classroom Theory schedules accommodate busy students who participate in after-school activities and sports.

**Register NOW at [www.tosarec.com](http://www.tosarec.com)**

# Children's Fun

## Composting 101

Grades K5 - 5th

Whether you use a compost bin or worms, learn how to turn your garbage into great garden soil. Make and take a worm bin home with you, complete with live worms!

Instructor: UW Extension Master Gardener

\$10 / \$15 Non-resident

Longfellow (cafeteria)

Th 4/26 6:00 - 7:00pm 346802-01



## Space for Veggies to Grow, Above and Below

Grades K5 - 5th

Want to grow a vegetable garden? A vegetable is like you: it needs space to grow strong and healthy. Learn how to give plants the space they need to grow and produce delicious food. Take home several veggie seeds to plant in your backyard or container.

Instructor: UW Extension Master Gardener

\$10 / \$15 Non-resident

Longfellow (cafeteria)

Th 5/10 6:00 - 7:00pm 346802-02

## How to Eat a Brownie!

### Children's Etiquette Classes

**Popular class**

Ages 7 - 12

Children who are taught good manners have a lifelong advantage in job situations and personal relationships. We start with introductions, shaking hands, good posture, eye contact, and projecting confidence when meeting people. We continue with conversation skills, family etiquette, what the "R" stands for in R.S.V.P., and when, why and how to write memorable thank you notes. One class is devoted to table manners at home and in restaurants. It is fun, practical, and relevant to this age group. There are activities in each class. The reasons for the rules are always made clear.

Instructor: Margery Sinclair

[www.margerysinclair.com](http://www.margerysinclair.com)

\$70 / \$105 Non-resident

Longfellow (cafeteria)

T 1/17 - 1/31 4:30 - 6:00pm 246801-01

W 4/18 - 5/2 4:30 - 6:00pm 346801-01

## Public Ice Skating

Hart Park Muellner Building

7300 Chestnut Street  
(73rd & State)

Enjoy indoor public ice skating.



| Day       | Date  | Time (pm)                 |
|-----------|-------|---------------------------|
| Friday    | 11/25 | 1:00 - 3:00               |
| Saturday  | 11/26 | 1:00 - 4:00               |
| Sunday    | 11/27 | 1:00 - 4:00               |
| Saturday  | 12/3  | 1:00 - 4:00               |
| Sunday    | 12/4  | 1:00 - 4:00               |
| Sunday    | 12/18 | 1:00 - 4:00               |
| Monday    | 12/26 | 1:00 - 3:00 & 6:00 - 9:00 |
| Tuesday   | 12/27 | 1:00 - 3:00 & 6:00 - 9:00 |
| Wednesday | 12/28 | 1:00 - 3:00 & 6:00 - 9:00 |
| Thursday  | 12/29 | 1:00 - 3:00 & 6:00 - 9:00 |
| Friday    | 12/30 | 1:00 - 4:00 & 6:00 - 9:00 |
| Saturday  | 12/31 | 1:00 - 4:00               |
| Sunday    | 1/8   | 1:00 - 4:00               |
| Sunday    | 1/15  | 1:00 - 4:00               |

| Fees:        | Child | (18+) |                        |
|--------------|-------|-------|------------------------|
| Resident     | Free  | \$2   | Bring your own skates! |
| Non-resident | \$2   | \$4   | No rentals available.  |

## American Sign Language

Ages 7 - Adult

American Sign Language is the backbone of the American deaf culture. In this beginner's ASL class, we will explore the deaf culture through learning the alphabet, numbers, and sentence formation. By the end of the class, you will be able to tell a story through the art of sign language.

Instructor: Katie Jo Knapp

\$53 / \$80 Non-resident

Elm Grove Village Hall (O'Neill Room)

T 1/10 - 3/27

Ages 7 - 15 5:00 - 5:45pm 246358-01

Ages 16+ 6:00 - 6:45pm 246358-02

**Popular class** Classes fill QUICKLY. Register as soon as possible. Registration information may be found on the inside back cover of this guide.

## Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all Recreation Department activities are also cancelled.



Tune to local radio and tv stations for cancellation information.

Accredited by the National Academy of Early Childhood Programs

- Open Year Round 6:30 AM - 6 PM
- Limited Transportation Available

**SUMMER PROGRAMS**

- Kids Club - 6 years to 12 years
- Sunfest - 3 years to 5 years

FOR MORE INFORMATION CALL 414 - 479 - 3050

[www.wauwatosadaycare.com](http://www.wauwatosadaycare.com)

50 cents off medium or \$1.00 off large dish of gelato

Over 24 flavors available made fresh daily!

Pints available for take home

HOURS: Tues. - Thurs. 2pm - 9pm  
Fri. & Sat. 2pm - 10:30pm Sun. 12 - 8pm

5924 W. Vliet St. 414-727-9457

Register NOW at [www.tosarec.com](http://www.tosarec.com)

## Prehistoric Art

Grades 2 - 5

Calling all Neanderthals! Get your hands dirty as we create art using natural objects we find and make. Smash veggies into natural paints. Turn gooey paper pulp into slabs of rock for cave painting. Use clay to create dinosaur fossils and more. Come dressed to have messy fun and ready to learn a little about ancient art.

Instructor: Cathy Van Meter

\$36 / \$54 Non-resident

Longfellow (room 008)

S 1/14 - 2/4 9:30 - 10:20am 252010-01



## Animals to Aliens:

### Cartoon Drawing & Coloring

Grades 2 - 5

Learn how to create, draw and color cartoon animals and more in this fun, step-by-step class. Each week, we'll focus on the features of a different creature, using pencils, ink and watercolors to create a colorful cartoon illustration to take home. This unique class is designed to build artistic confidence and skills, while laughing at the characters we create.

Instructor: Cathy Van Meter

\$36 / \$54 Non-resident

Longfellow (room 008)

S 1/14 - 2/4 10:30 - 11:20am 252010-02

## Preschool Art Classes

Please see page 9.

## Storybook Adventures

Ages 5 - 7

Jump into a new adventure each week as we read fun and interesting books. Experience the stories firsthand through games, music and art activities!

Instructor: Sylvia Peine

\$38 / \$57 Non-resident

Longfellow (room 008)

S 2/11 - 3/24 9:00 - 10:30am 252010-03

## Young Artists Club

Ages 8 - 12

Learn about different artists, their lives, art and techniques. Discover not only how artists work but also how they think. Then, using the creative process, explore art materials and methods to become the artist you were meant to be.

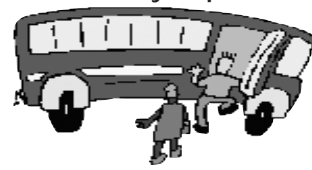
Instructor: Sylvia Peine

\$38 / \$57 Non-resident

Longfellow (room 008)

S 2/11 - 3/24 10:45am - 12:15pm 252010-04

**Day Trip**



**Sunburst Tubing Trip**

Ages 10 - 15

Thanks to the magic of snowmaking and grooming, you will be laughing all the way as your inner-tube whisks you down one of Sunburst's 900-foot long chutes, each with a 10-story drop, reaching speeds in excess of 40 miles per hour! With the help of a 540-foot long Magic Carpet Lift to take you back to the top, tubing will be easier and more fun than ever!

Monday, January 23

Depart from West High parking lot at 9:15am;  
Return approximately 2:00pm.

\$35 / \$53 Non-resident 246900-01

Registration Deadline: 1/16. No Refunds After 1/16.

## Chocolate Candy Making

Ages 7 - 12


It's fun and easy to make your own Valentine's chocolates with candy molds. The chocolate and supplies are included in the fee. A snack will be provided, so please indicate on the registration form any food allergies.

Instructor: Lauren Oliveri

\$27 / \$41 Non-resident

Elm Grove Village Hall (Community Room)

S 2/4 12:00 - 1:30pm 252250-01



**Wheaton Franciscan**  
**The Wisconsin Heart Hospital**

- Accredited Chest Pain Center
- 24/7 Emergency Department
- Top 1% in patient satisfaction nationwide

10000 W. Blue Mound Road, Wauwatosa • (414) 778-7800  
mywheaton.org/twhh

**DEPENDABLE**

**AUTO SERVICE, Inc.**

*Your Neighborhood Auto Shop*

Oil Changes - Brakes - Tires - Radiators  
Mufflers - Belts - Hoses - Shocks - Struts

**8107 W. North Ave. 414-257-3160**

8:00 AM - 5:30 PM Mon.-Fri.

Affordable & Dependable Domestic & Foreign

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Drama & Theatre

## Creative Drama

Popular class

K4 - 1st Grade students will be introduced to

- creative dramatization
- rhythmic movement to music
- creative storytelling
- pretend play
- use of props

This is a great opportunity for youngsters to learn the basics of acting!

Longfellow

\$27 / \$41 Non-resident

S 1/7 - 2/25 9:00 - 10:00am 248010-01

S 1/7 - 2/25 10:00 - 11:00am full

## Intermediate Drama Workshop

Grades 3 - 6

Advanced study and presentation including:

- voice creativity
- stage movement
- character interaction
- aspects of play production

A presentation of a dramatic scene, play or reading will complete this workshop.

(For students who have completed Beginning Actor's Workshop or have participated in a Children's Theatre play.)

Longfellow \$37 / \$56 Non-resident

S 1/7 - 2/25 10:00 - 11:30am 248040-01

## Beginning Actor's Workshop

Popular class

Grades 2 - 6

Discover the basic fundamentals of acting including:

- stage directions
- facial expressions
- vocal interpretation
- gestures
- auditioning



See what it takes to become a great actor or actress!

(At least one session of Beginning Actor's Workshop is required before participation in the Little Theatre's Spring Troupe in January.)

Longfellow

\$32 / \$48 Non-resident

S 1/7 - 2/25

Grades 2 - 3 9:00 - 10:00am 248030-01

Grades 2 - 3 10:00 - 11:00am 248030-02

Grades 4 - 6 9:00 - 10:00am 248030-03

Grades 4 - 6 10:00 - 11:00am 248030-04

## Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all Recreation Department activities are also cancelled.



Tune to local radio and tv stations for cancellation information.

Children's Theatre of Wauwatosa



Little Theatres 2012 announces tryouts for

## "Snow White and The Seven Dwarfs"

Children in grades 3 through 7, who have completed the Children's Theatre of Wauwatosa drama classes, sponsored by the Wauwatosa Recreation Department, are invited to tryout for the 2012 Little Theatre's Trouping production of "Snow White and The Seven Dwarfs", to be performed at all Wauwatosa elementary public and parochial schools in late February and March. Each cast will have an evening performance for their family and friends.

Tryouts:

Tuesday, January 10, 2012

OR

Wednesday, January 11, 2012

7:00 - 8:30 p.m.

Longfellow Middle School Auditorium

7600 W. North Avenue

**Grandma's House**  
Child Care

Wauwatosa Center  
11401 Watertown Plank Rd.  
475-9381  
www.grandmashouse.org

- 6 AM - 6 PM Daily
- Ages 6 weeks through 11 years
- Developmental Curriculum
- School Age Program
- Homemade Lunches & Snacks
- State Licensed

Highland Center  
6119 W. Vliet Street  
475-7605

**Vince Ingrilli & Sons**  
plumbing  
COMPANY, INC.

Your Full Service Plumbing Contractor  
Sewer & Drain Cleaning  
**258-1100**  
6734 W. Wells Street  
MP#225467

**Highland Park Family Dentistry, SC**  
6101 W. Vliet Street  
Wauwatosa, WI 53213  
414-475-9035  
**Robin Ann Gorman, DDS**  
Accepting New Patients

Register NOW at [www.tosarec.com](http://www.tosarec.com)

## Music Maker and More

### Pre-School Music Program

**Popular class**

Ages 9 mos. - 4 yrs.

All ages are recommendations, not restrictions; older and younger children are welcome to register.

This sing-along musical activity group is designed for children and their parents or caregivers. The class incorporates traditional children's songs, rhythm instruments, dance movements and puppets that help tell a story within a song. Bring your dancing feet and join this fun family class!

Instructor: Music Maker & More staff  
Lincoln (room 7)

\$84 / \$84 Non-resident

|   |            |                |           |
|---|------------|----------------|-----------|
| M | 1/30 - 4/2 | 9:00 - 9:30am  | 291010-01 |
| M | 1/30 - 4/2 | 9:40 - 10:10am | 291010-02 |
| W | 2/1 - 4/4  | 9:10 - 9:40am  | 291010-03 |
| W | 2/1 - 4/4  | 9:50 - 10:20am | 291010-04 |

Longfellow (room 235)

\$75 / \$75 Non-resident

|   |            |               |           |
|---|------------|---------------|-----------|
| S | 2/4 - 3/31 | 9:00 - 9:30am | 291010-05 |
|---|------------|---------------|-----------|

Lincoln (room 7)

\$42 / \$42 Non-resident

|   |             |                |           |
|---|-------------|----------------|-----------|
| M | 4/16 - 5/14 | 9:00 - 9:30am  | 391010-01 |
| M | 4/16 - 5/14 | 9:40 - 10:10am | 391010-02 |
| W | 4/18 - 5/16 | 9:10 - 9:40am  | 391010-03 |
| W | 4/18 - 5/16 | 9:50 - 10:20am | 391010-04 |

## Little Imaginations

**Popular class**

Ages 1 - 2.5 yrs.

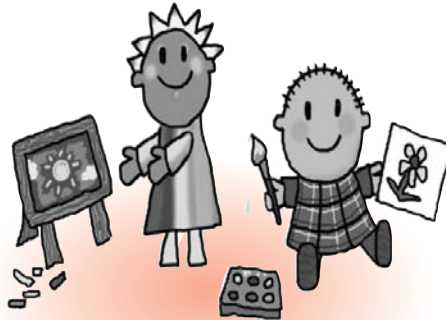
All ages are recommendations, not restrictions; older and younger children are welcome to register.

Your child will have a wonderful time exploring in this child-directed class. They will work with free art (no completed projects, just fun), manipulative toys, puzzles, books, puppets and songs. Children learn best through play, so our goal is for your child to be creative and use their imagination as they play. All supplies are included. Dress appropriately; art is messy.

Lincoln (room 7)

\$42 / \$42 Non-resident

|   |            |               |           |
|---|------------|---------------|-----------|
| F | 3/2 - 3/30 | 8:45 - 9:15am | 291400-01 |
|---|------------|---------------|-----------|



## Tales and Tails

Fun for K4 and Preschoolers!

Looking for a fun, creative activity before or after Junior Kindergarten? Children will learn all about animals (and their tails) with a unique interactive story time and animal-themed craft project each week. We'll read many beloved and beautifully illustrated books, such as *The Very Hungry Caterpillar*, *Click Clack Moo*, *Curious George*, and *Olivia*. Keepsake crafts include whiskery animal masks, fuzzy creatures, and more. Think how much fun it would be to have a tail, and don't forget your paint shirt!

Age K4 & K5: Parent/helper welcome but not required.

Ages 2 - 3 or Pre-K: With parent/adult helper.

Instructor: Cathy Van Meter

Lincoln (room 7)

\$36 / \$54 Non-resident

|    |            |                 |           |
|----|------------|-----------------|-----------|
| Th | 2/2 - 2/23 | 10:00 - 10:45am | 291101-01 |
| Th | 2/2 - 2/23 | 1:30 - 2:15pm   | 291101-02 |
| Th | 3/1 - 3/22 | 10:00 - 10:45am | 291101-03 |
| Th | 3/1 - 3/22 | 1:30 - 2:15pm   | 291101-04 |

**Popular class**

Classes fill QUICKLY.

Register as soon as possible.

Registration information may be found on the inside back cover of this guide.

## Little Art Masters

### A Parent/Child Class

**Popular class**

Ages 2 - 5

Swirl the stars like Van Gogh! Splatter paint like Pollack! Draw animals in an ancient cave! Each week, your Little Art Master will create works of art inspired by historical or modern artists from Michelangelo to Monet to Mondrian. Classes include a fun story or activity followed by multi-sensory art projects that encourage exploration, creativity. . . and getting paint between tiny fingers! Each month, classes feature new artists and projects, so you are encouraged to register for all! Materials are provided, but bring a smock or old paint shirt for messy fun.

Instructor: Cathy Van Meter

Lincoln (room 7)

\$36 / \$54 Non-resident

|   |            |                 |           |
|---|------------|-----------------|-----------|
| T | 2/7 - 2/28 | 9:30 - 10:15am  | 291100-01 |
| T | 2/7 - 2/28 | 10:30 - 11:15am | 291100-02 |
| T | 3/6 - 3/27 | 9:30 - 10:15am  | 291100-03 |
| T | 3/6 - 3/27 | 10:30 - 11:15am | 291100-04 |

## Tumbling & Kidnastics

Please see page 10.

## Tiny Tot Swim

### Pre-Beginner Swim

Please see page 2.

## Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all Recreation Department activities are also cancelled.

Tune to local radio and tv stations for cancellation information.



Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Tumbling & Kidnastics

## Petite Poms

Grades K5 - 5

Young pompon enthusiasts will receive an introduction to pompon activities. Perform during half-times of high school basketball games at both Tosa East and Tosa West!

Washington (multi-purpose room)

\$28 / \$42 Non-resident

Th 1/5 - 2/2 5:30 - 6:30pm 258000-01



## Parent/Tot Movement

Popular class

Ages 16 - 23 months

Designed to assist the parent and child in using their imagination through guided discovery of basic motor skills. This includes balancing, large muscle movements, and creative playing. One parent per child.

Longfellow (lower level/recreation room)

\$28 / \$42 Non-resident

S 1/7 - 1/28 8:30 - 9:00am 260015-01

S 1/7 - 1/28 11:45am - 12:15pm 260015-02

W 1/11 - 2/1 6:00 - 6:30pm 260015-03

S 2/4 - 2/25 8:30 - 9:00am 260015-04

S 2/4 - 2/25 11:45am - 12:15pm 260015-05

W 2/8 - 2/29 6:00 - 6:30pm 260015-06

S 3/3 - 3/31 8:30 - 9:00am 360015-01

S 3/3 - 3/31 11:45am - 12:15pm 360015-02

W 3/7 - 3/28 6:00 - 6:30pm 360015-03

W 4/18 - 5/9 6:00 - 6:30pm 360015-04

S 4/21 - 5/12 8:30 - 9:00am 360015-05

S 4/21 - 5/12 11:45am - 12:15pm 360015-06

Spectators are invited to attend scheduled Open House. No observation at other times. This ensures a good learning environment without distractions.

## Parent/Tot Tumbling

Popular class

Ages 24 - 36 months

A fun class for a parent and child to build a growing relationship through the learning of basic motor skills, coordination, and tumbling. One parent per child.

Longfellow (lower level/recreation room)

\$28 / \$42 Non-resident

S 1/7 - 1/28 9:00 - 9:30am full

S 1/7 - 1/28 12:15 - 12:45pm 260010-02

M 1/9 - 1/30 6:00 - 6:30pm 260010-03

W 1/11 - 2/1 6:30 - 7:00pm 260010-04

S 2/4 - 2/25 9:00 - 9:30pm full

S 2/4 - 2/25 12:15 - 12:45pm 260010-06

M 2/6 - 2/27 6:00 - 6:30pm 260010-07

W 2/8 - 2/29 6:30 - 7:00pm 260010-08

S 3/3 - 3/31 9:00 - 9:30am 360010-01

S 3/3 - 3/31 12:15 - 12:45pm 360010-02

M 3/5 - 3/26 6:00 - 6:30pm 360010-03

W 3/7 - 3/28 6:30 - 7:00pm 360010-04

M 4/16 - 5/7 6:00 - 6:30pm 360010-05

W 4/18 - 5/9 6:30 - 7:00pm 360010-06

S 4/21 - 5/12 9:00 - 9:30am 360010-07

S 4/21 - 5/12 12:15 - 12:45pm 360010-08

## Kidnastics

Popular class

Ages 3 - 4

Children will learn basic motor skills, improve coordination, and develop listening skills while being introduced to basic tumbling and gymnastics equipment.

Longfellow (lower level/recreation room)

\$34 / \$51 Non-resident

S 1/7 - 2/25 8:30 - 9:00am 260020-01

S 1/7 - 2/25 10:30 - 11:00am 260020-02

M 1/9 - 2/27 6:00 - 6:30pm full

W 1/11 - 2/29 6:45 - 7:15pm full

S 3/3 - 5/12 8:30 - 9:00am 360020-01

S 3/3 - 5/12 10:30 - 11:00am 360020-02

M 3/5 - 5/7 6:00 - 6:30pm 360020-03

W 3/7 - 5/9 6:45 - 7:15pm 360020-04

## Advanced Kidnastics

Ages 3 - 4

For children who have participated in the Kidnastics program. Build upon various skills taught in Kidnastics and concentrate on better control and form in tumbling skills.

Longfellow (lower level/recreation room)

\$34 / \$51 Non-resident

S 1/7 - 2/25 12:45 - 1:15pm 260030-01

M 1/9 - 2/27 7:15 - 7:45pm 260030-02

S 3/3 - 5/12 12:45 - 1:15pm 360030-01

M 3/5 - 5/7 7:15 - 7:45pm 360030-02

Popular class

Classes fill QUICKLY.

Register as soon as possible.

Registration information may be found on the inside back cover of this guide.



## Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all Recreation Department activities are also cancelled.

Tune to local radio and tv stations for cancellation information.



Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Gymnastics

## Pre-Beginner Gymnastics

Popular class

Ages 5 - 6

Learn backward rolls, tripods, and cartwheels. Enhance coordination and body strength.

Requirement: Must be able to do a forward roll unassisted.

Longfellow (lower level/recreation room)

\$38 / \$57 Non-resident

|   |             |                 |           |
|---|-------------|-----------------|-----------|
| S | 1/7 - 2/25  | 9:00 - 9:45am   | 260040-01 |
| S | 1/7 - 2/25  | 11:00 - 11:45am | 260040-02 |
| M | 1/9 - 2/27  | 6:30 - 7:15pm   | 260040-03 |
| M | 1/9 - 2/27  | 7:45 - 8:30pm   | 260040-04 |
| W | 1/11 - 2/29 | 6:00 - 6:45pm   | 260040-05 |
| W | 1/11 - 2/29 | 7:45 - 8:30pm   | 260040-06 |

|   |            |                 |           |
|---|------------|-----------------|-----------|
| S | 3/3 - 5/12 | 9:00 - 9:45am   | 360040-01 |
| S | 3/3 - 5/12 | 11:00 - 11:45am | 360040-02 |
| M | 3/5 - 5/7  | 6:30 - 7:15pm   | 360040-03 |
| M | 3/5 - 5/7  | 7:45 - 8:30pm   | 360040-04 |
| W | 3/7 - 5/9  | 6:00 - 6:45pm   | 360040-05 |
| W | 3/7 - 5/9  | 7:45 - 8:30pm   | 360040-06 |

Enrolled in Pre-Beginner or Beginner Level 1 Gymnastics? Try Balance and Bounce!

## Balance and Bounce

Popular class

Ages 5 - 7

Currently enrolled in Pre-Beginner Gymnastics or have taken at least one session of Pre-Beginner.

Designed to introduce basic skills on the balance beam, uneven bars, and vault. Each day will focus on a different piece of equipment.

Longfellow (lower level/recreation room)

\$38 / \$57 Non-resident

|   |            |                |           |
|---|------------|----------------|-----------|
| S | 1/7 - 2/25 | 9:45 - 10:30am | 260120-01 |
| M | 1/9 - 2/27 | 6:30 - 7:15pm  | 260120-02 |
| S | 3/3 - 5/12 | 9:45 - 10:30am | 360120-01 |
| M | 3/5 - 5/7  | 6:30 - 7:15pm  | 360120-02 |

Spectators are invited to attend scheduled Open House. No observation at other times. This ensures a good learning environment without distractions.

## Beginner Gymnastics

Passed Pre-Beginner

Learn different types of cartwheels, dance skills, and handstands. Concentrate on body control and strengthening.

Longfellow (lower level/recreation room)

\$43 / \$65 Non-resident

|   |            |                 |           |
|---|------------|-----------------|-----------|
| S | 1/7 - 2/25 | 10:30 - 11:30am | 260050-01 |
| M | 1/9 - 2/27 | 7:15 - 8:15pm   | 260050-02 |
| S | 3/3 - 5/12 | 10:30 - 11:30am | 360050-01 |
| M | 3/5 - 5/7  | 7:15 - 8:15pm   | 360050-02 |

## Jr. Prep Gymnastics

Ages 10 - 17

Designed for middle- and high-school participants who need to work on beginner or intermediate skills and are not comfortable in the Beginner, Intermediate or Advanced classes. Learn new skills on the floor, beam, uneven bars, and vault. Coaches will work each class period to improve dance and tumbling skills at each student's pace.

Longfellow (lower level/recreation room)

\$43 / \$65 Non-resident

|   |            |                |           |
|---|------------|----------------|-----------|
| S | 1/7 - 2/25 | 12:30 - 1:30pm | 260110-01 |
| S | 3/3 - 5/12 | 12:30 - 1:30pm | 360110-01 |

## Advanced Balance and Bounce

Passed Beginner Gymnastics and Balance and Bounce

While using the balance beam, uneven bars and vault, build on tumbling and dance skills learned in Beginner Gymnastics and Balance and Bounce. Learn new skills on each apparatus, mounts and dismounts.

Longfellow (lower level/recreation room)

\$38 / \$57 Non-resident

|   |             |               |           |
|---|-------------|---------------|-----------|
| W | 1/11 - 2/29 | 7:00 - 7:45pm | 260130-01 |
| W | 3/7 - 5/9   | 7:00 - 7:45pm | 360130-01 |

## Intermediate Gymnastics

Passed Beginner Gymnastics

Learn handstand to bridge, back bend kick-over, round-offs and dance skills, and review skills learned in Beginner Gymnastics. Concentrate on body control and strengthening.

Longfellow (lower level/recreation room)

\$43 / \$65 Non-resident

|   |            |                   |           |
|---|------------|-------------------|-----------|
| S | 1/7 - 2/25 | 11:30am - 12:30pm | 260070-01 |
| S | 3/3 - 5/12 | 11:30am - 12:30pm | 360070-01 |

## Advanced Gymnastics

Passed Intermediate Gymnastics

Learn front and back walk-overs and front handsprings. Connect tumbling and dance skills learned in Intermediate Gymnastics. Emphasis is on body control and form.

Longfellow (lower level/recreation room)

\$43 / \$65 Non-resident

|   |            |                |           |
|---|------------|----------------|-----------|
| S | 1/7 - 2/25 | 9:30 - 10:30am | 260075-01 |
| S | 3/3 - 5/12 | 9:30 - 10:30am | 360075-01 |

Popular class

Classes fill QUICKLY. Register as soon as possible. Registration information may be found on the inside back cover of this guide.

## Power Tumbling

Passed Intermediate Gymnastics

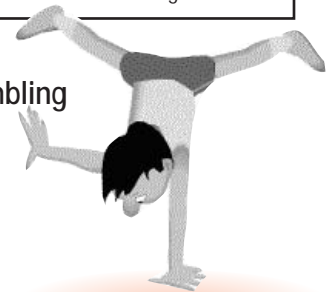
Focus on advanced tumbling skills such as front and back

handsprings, and connect them while maintaining body control and form.

Longfellow (lower level/recreation room)

\$43 / \$65 Non-resident

|   |             |               |           |
|---|-------------|---------------|-----------|
| W | 1/11 - 2/29 | 7:15 - 8:15pm | 260080-01 |
| W | 3/7 - 5/9   | 7:15 - 8:15pm | 360080-01 |

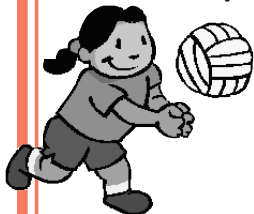


Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Sports

## Tosa Volleyball League (TVL)

Grades 4 - 8, Boys and Girls



Limited spaces available... Don't Delay!!

Compete in the sport of volleyball! The first two weeks will be instructional, focusing on the basics: bumping, setting, spiking, serving, rotation, and rules, followed by five weeks of league play. Team formation will be determined after the practice sessions by the on-site coaches. League play is co-ed.

Whitman (gym)

\$42 / \$63 Non-resident

S 4/21 - 6/2

Grade 4 9:00 - 10:00am 368120-04

Grade 5 10:00 - 11:00am 368120-05

Grade 6 - 8 11:00am - 12noon 368120-06

## Wrestling

Fee includes t-shirt and membership in the Tosa Wrestling Club.

Head Coach: Ryan Gottsaker

### Grades 2 - 5

Learn the moves and strategies involved in amateur wrestling. Get basic and advanced wrestling skills instruction, games, and live matches, and develop a love for the sport. Includes a fun club-only tournament.

Instructors: Aaron Sobieszczyk, Ryan Reagan and Tosa High School wrestlers

West (room 260) \$69 / \$79 Non-resident

TTh 1/31 - 3/15 6:30 - 8:00pm 268600-01

### Middle School - Grades 6 - 8

Learn more about the sport and get a head start on the January 30 start of the middle school wrestling season. Get info on local tournaments.

Instructors: Aaron Sobieszczyk, DJ Wurster, Justin Kachar, Isaac Roberson, Kelly Movroydis, and Cully Butterfield

West (room 260) \$26 / \$39 Non-resident

TTh 1/3 - 1/26 6:30 - 8:00pm 268600-02

## Trojan Baseball Camp

Grades 2 - 8, Boys and Girls

If you are looking to improve your baseball knowledge and fundamental skills, you have come to the right place. Join us for our spring Baseball Camp, hosted by Wauwatosia West's Varsity Coach Chad Mateske, and some of his staff and players. Work on your fielding, throwing, hitting and base running skills. Bring your glove, a drink, and your positive approach.

Pitchers, sign up for an additional camp, just for you. Emphasis is on pitching mechanics and fielding for all ages, plus holding runners, intro to throwing breaking balls, and change ups for 6 - 8th graders.

Whitman (ball field)

\$40 / \$60 Non-resident

S 4/21 - 5/5

Grades 2 - 5 9:00 - 10:15am 368700-01

Grades 6 - 8 9:00 - 10:15am 368700-02

Pitching Camp 10:30 - 11:30am 368700-P3

## Intro to Karate

Grades 1 - 5

Learn the basic techniques of Karate and safety training while having fun. This program promotes the development of physical and mental qualities that leads to success at home and at school. See improvement in focus, fitness, coordination, control, and confidence. Students are challenged in a positive way to do their personal best at blocking, striking and self-defense, while learning to avoid conflict and control confrontation. Where else can you learn to be a leader, get fit, and break a board at the same time?

*Instructor: Mark Weinberg*

Location: Black Belt Leadership Academy  
(10704 W. Burleigh Street)

\$27 / \$41 Non-resident

F 2/3 - 2/17 6:30 - 7:15pm 268800-01

F 5/4 - 5/18 6:30 - 7:15pm 368800-01

## Parent & Child Golf Lessons

Ages 8 - 14

Learn the basics of a good set-up, swing fundamentals, short game techniques, and etiquette. Parents will learn how they can help their child improve while having fun. Bring a 7-iron to class and wear athletic shoes.

East (small gym)

\$49 / \$59 Non-resident (per parent/child team)

S 3/10 - 3/31 9:00 - 10:00am 359010-01



## Golf Adult Beginner

Golf is about having fun. Learn the basics and how to feel comfortable on the course. We'll cover developing a good set-up position, swing basics, short game, rules and etiquette. Bring a 7-iron and non-marking soled shoes.

East (small gym)

\$33 / \$43 Non-resident

S 3/10 - 3/31 10:00 - 11:00am 359010-02

## Golf for 50+

Golf is a game for people of all ages. This session will address the special needs of golfers who are 50 years old and up. Special attention will be paid to exercise and stretching, as well as maintaining good fundamentals and "playing smart".

East (small gym)

\$33 / \$43 Non-resident

S 3/10 - 3/31 11:00am - 12noon 359010-03

Register NOW at [www.tosarec.com](http://www.tosarec.com)

## QuickStart Tennis

Ages 7 - 10

10 and Under Tennis,

using the Quick Start Tennis play format, is designed to enable children to learn, rally, play and compete right from the start. Tailoring equipment and courts to a child's size makes the game more accessible and fun. Participants will receive a water bottle and a free membership to United States Tennis Association (USTA).

Longfellow (small gym)

\$48 / \$72 Non-resident

S 1/7 - 2/25

Ages 7 - 8 1:00 - 2:00pm 264000-01

Ages 9 - 10 2:00 - 3:00pm 264000-02

S 3/17 - 5/19

Ages 7 - 8 1:00 - 2:00pm 364000-01

Ages 9 - 10 2:00 - 3:00pm 364000-02



## Trojan Basketball Camp

A Parent/Child Camp

Grade 1

Learn and practice the basic motor skills necessary to play organized basketball. Focus on dribbling/ball handling skills, shooting, passing/catching, and running/agility, without the threat of competition or the fear of getting hurt.

One parent or older sibling (16 or older) must participate with each child enrolled.

Whitman (multi-purpose room/cafeteria)

\$20 / \$30 Non-resident

S 1/7 - 1/28 9:00 - 9:45am 289040-01

S 2/4 - 2/25 9:00 - 9:45am 289040-02

## Trojan Basketball Camp

Grade 2

Second grade girls and boys will be introduced to basketball skills and game play. Learn the fundamental skills of basketball including dribbling, ball handling, shooting, lay up, passing, and rules of the game.

Whitman (multi-purpose room/cafeteria)

\$20 / \$30 Non-resident

S 1/7 - 1/28 1:00 - 1:45pm 269010-01

S 1/7 - 1/28 2:00 - 2:45pm 269010-02

S 2/4 - 2/25 1:00 - 1:45pm 269010-03

S 2/4 - 2/25 2:00 - 2:45pm 269010-04

## T'Ball Spring Training

Grades K4 & K5

Got softball fever? Can't wait for summer? Dust off your glove and join spring training for T'Ball! Learn the fundamentals of throwing, hitting, base running and team play before the start of the summer league season!

Longfellow (gym) \$28 / \$42 Non-resident

S 5/5 - 5/19 10:15 - 11:15am 389300-02

## Trojan Basketball Camp

Grades 4 - 8, Boys and Girls

Have fun and make new friends while learning the fundamentals of basketball. Work on dribbling, shooting, passing, rebounding and team play. Drills, contests, and games will combine to make this a fine learning experience.

West (gym)

\$30 / \$45 Non-resident

S 5/12

Grade 4 - 8 Girls 9:00am - 12noon 368010-01

Grade 4 - 8 Boys 1:00 - 4:00pm 368010-02



## My First Soccer Coerver Academy

Grades K4 - 2

An introduction to soccer for the beginning player. Emphasis is on skills, techniques, and teamwork. All equipment is provided. Parents are welcome to stay and participate in the camp.

Whitman (cafeteria)

\$59 / \$69 Non-resident

S 2/4 - 2/25 10:15 - 11:15am 268410-01

S 2/4 - 2/25 11:30am - 12:30pm 268410-02

## Open Play Gym

For Adults, 25 years and older

Whitman (gym)

\$34 / \$51 Non-resident (12-week session)

\$17 / \$26 Non-resident (6-week session)

Advance registration is required. Teams are organized nightly by the site coordinator.

### Basketball - Men's Open

Mondays 7:15 - 9:15pm

1/9 - 3/26 272000-01 \$34 / \$51

4/16 - 5/21 372000-01 \$17 / \$26

### Volleyball - Co-ed Open

Tuesdays 7:15 - 9:15pm

1/10 - 3/27 282000-01 \$34 / \$51

4/17 - 5/22 382000-01 \$17 / \$26

## Wauwatosa Rugby Club

Grades 9 - 12, Girls and Boys

Join this exciting, competitive contact sport! Separate leagues for girls and boys. Learn the sport of rugby and compete as part of an interscholastic club in the Wisconsin High School Rugby Conference.

\$100 Returning Player / \$125 New Player

### GIRLS:

Spring Season: March 19 - June 7

Girls practice Mondays, Wednesdays and Thursdays, 5:30 - 7:30pm at Fisher

Activity #: 239300-00

For more info please email Coach Dan at chanenda@wauwatosa.k12.wi.us

### BOYS:

In February, boys practice indoors (location, days and times TBA)

In spring, boys practice outdoors on Mondays, Wednesdays and Fridays, 4:30 - 6:00pm at Longfellow

Activity #: 239400-00

For more info please contact Coach Joe at jmc1025559@aol.com, or (414)443-9230.

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Adult Fitness

## What Are You Weighting For?

### Fitness Centers

The fitness centers at East and West High Schools are open for adult community use! Thanks to a generous PEP Grant, each center has been outfitted with multiple pieces of FreeMotion resistance and core training equipment, treadmills, elliptical "cross trainers" and recumbent and stationary bikes.



Get trained on state-of-the-art fitness equipment. Then, with the help of trained staff, develop your own personal fitness program. Sessions have a limited number of participants, so you can easily complete your workout and receive individualized attention from the staff. If you're already familiar with the equipment, use this time to work out on your own.

### East Fitness Center:

\$45 / \$55 Non-resident  
 MW 1/2 - 4/4 6:00 - 8:00pm 299075-E1  
 \$35 / \$45 Non-resident  
 S 1/7 - 6/2 8:30 - 11:30am 299075-E2  
 MW 4/16 - 6/6 6:00 - 8:00pm 399075-E1

### West Fitness Center:

\$45 / \$55 Non-resident  
 TTh 1/3 - 4/5 6:00 - 8:00pm 299075-W1  
 \$25 / \$35 Non-resident  
 TTh 4/17 - 6/7 6:00 - 8:00pm 399075-W1

### Flex Pass:

Work out on any scheduled days or nights during a session, at both locations.  
 \$80 / \$90 Non-resident  
 1/3 - 6/7 299075-F1



### Ultimate Total-Body Toner

Popular class

Ages 13+ Combine strength training exercises for an ultimate, all-over muscle toning and sculpting workout with the use of exercise balls, hand weights, and resistance bands.

Instructor: Michele Tonkovitz  
 East (fitness center)

\$55 / \$65 Non-resident  
 TTh 1/3 - 3/8 6:00 - 7:00pm 273082-01  
 TTh 3/13 - 5/31 6:00 - 7:00pm 373082-01

### Body Sculpt

Ages 16+ Work out your entire body! Conditioning exercises using mat work and hand weights will stretch, tone and shape your muscles and body, improve your posture and balance, and reduce stress.

Instructors: Karin Valdes  
 West (cafeteria)

\$39 / \$49 Non-resident  
 TTh 1/3 - 3/15 7:00 - 7:45pm 273040-01  
 TTh 3/20 - 6/7 7:00 - 7:45pm 373040-01

### Pilates Beginner/Intermediate

Ages 16+ Develop long, lean muscles without building bulk by focusing on the core of the body to assist in distributing strength evenly throughout the body. Increase flexibility, improve posture, build strong muscles, and reduce stress. Bring your own mat.

Instructor: Marj Chepp  
 East (small gym)  
 \$30 / \$40 Non-resident  
 MW 12/5 - 12/21 7:00 - 7:45am 173080-02

A.M. classes!

\$70 / \$80 Non-resident  
 MW 1/2 - 3/7 7:00 - 7:45am 273080-01  
 MW 3/12 - 5/23 7:00 - 7:45am 373080-01

Instructor: Jane Massopust  
 Elm Grove Village Hall (O'Neill Room)  
 \$80 / \$120 Non-resident  
 TTh 1/10 - 3/22 9:00 - 9:45am 273080-03  
 TTh 3/27 - 6/5 9:00 - 9:45am 373080-03

\$50 / \$75 Non-resident  
 W 3/28 - 5/30 7:15 - 8:00am 373080-04

### Arthritis Foundation Exercise Program

Suffering from joint problems? Avoiding exercise because you hurt or are overweight? Combine range of motion exercises, strength training, and gentle aerobics to increase flexibility and strengthen muscles surrounding weak joints. Practice pain management techniques. Use light weights, bands and balls for strengthening. Must be able to get up and down independently for floor work.

Instructor:  
 Marj Chepp, Arthritis Foundation certified  
 Longfellow (small gym)  
 \$50 / \$60 Non-resident  
 MW 1/2 - 2/15 6:00 - 6:45pm 273092-01  
 MW 2/20 - 4/4 6:00 - 6:45pm 273092-02  
 MW 4/16 - 5/30 6:00 - 6:45pm 373092-01

Register NOW at [www.tosarec.com](http://www.tosarec.com)

## Trim and Swim

A complete fitness program

**1st hour (gym):** This portion of the class includes a warmup, Cardio Fusion and endurance workout, strength training, a fusion of Pilates and yoga exercises for floor work, and a cool down. Classes will vary and will include interval training and the use of therabands and balls for resistance training. Work at your own pace: modifications will be demonstrated.

**2nd hour (pool):** Exercise in shallow water (no swim skills required) or swim widths in deep water. The water's resistance and buoyancy help provide a total body workout, without stress to muscles and joints.

Instructor: Marj Chepp

|                         |               |           |  |
|-------------------------|---------------|-----------|--|
| Longfellow (gym & pool) | 7:00 - 9:00pm |           |  |
| M 1/9 - 4/2             | \$45 / \$55   | 281000-01 |  |
| W 1/11 - 4/4            | \$45 / \$55   | 281000-02 |  |
| MW 1/9 - 4/4            | \$75 / \$85   | 281000-03 |  |
|                         |               |           |  |
| M 4/16 - 6/4            | \$23 / \$33   | 381000-01 |  |
| W 4/18 - 6/6            | \$23 / \$33   | 381000-02 |  |
| MW 4/16 - 6/6           | \$38 / \$48   | 381000-03 |  |

## Cardio Fusion

Ages 16+

This challenging 90-minute workout is designed for total body fitness. Cardiovascular conditioning, muscular strength training using light weights or exercise bands, and stretching will be combined to help you achieve a well-rounded level of fitness. Bring your own 1-3# weights (and exercise band if possible) and mat.

Instructor: Karin Valdes

|                          |                |           |
|--------------------------|----------------|-----------|
| Longfellow (gym)         |                |           |
| \$44 / \$54 Non-resident |                |           |
| S 1/7 - 3/31             | 8:30 - 10:00am | 273050-01 |
|                          |                |           |
| \$28 / \$38 Non-resident |                |           |
| S 4/21 - 6/9             | 8:30 - 10:00am | 373050-01 |

## Aerobics (Plus!)

Ages 16+

Add variety to your fitness routine! Basic steps, fun movement patterns, and high energy music provide a great cardio workout. Combine this with Pilates exercises for toning your core muscles, and the use of hand weights or resistance bands for strength training. End your workout with stretching and a cooldown.

Instructors: Karin Valdes & Alyson Coffman  
 McKinley (large gym) \$50 / \$75 Non-resident  
 MW 1/2 - 3/14 6:00 - 7:10pm 273010-01  
 MW 3/19 - 6/6 6:00 - 7:10pm 373010-01

T @ West (cafeteria) & Th @ Underwood (gym)  
 \$50 / \$75 Non-resident  
 TTh 1/3 - 3/15 6:00 - 7:00pm 273010-02  
 TTh 3/20 - 6/7 6:00 - 7:00pm 373010-02

## Aerobic Flex Schedule

Enroll for the "flex" schedule and attend any Aerobics, Cardio Fusion, Body Sculpt, Trim and Swim and Wet Workout classes you wish during the session.  
 1/2 - 3/17 \$85 / \$100 273070-01  
 3/19 - 6/7 \$85 / \$100 373070-01

## Regular EXERCISE may:

- Improve your mood.
- Help you manage your weight.
- Strengthen your heart and lungs.
- Promote better sleep.
- Improve circulation and raise your energy level.
- Combat chronic diseases like osteoporosis, high blood pressure and diabetes.
- BE FUN!!!



--www.mayoclinic.com

## Winterim Aerobics

Ages 16+

Jump-start your New Year's fitness plan! Stay in shape over the holidays! Attend any or all of the Aerobics classes you wish for the month of December. Free to Aerobics Flex members!

Pay-As-You-Go \$1.00

Locations: MW 6:00 - 7:00pm @ McKinley;  
 TTh 6:00 - 7:15pm @ West

MTWTh 11/28 - 12/28 173100-01

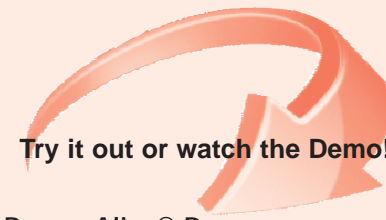
**Fantastic Value!**

## Drums Alive®

Ages 13+

Join the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is a unique sensory/motor program that is designed to give the mind and body instant feedback through continuous movement and rhythmical flow. Stressed? Drums Alive® is a fun and effective stress reliever. Some studies show that this type of exercise may improve memory and brainpower by using cross-coordinated movements and integration of memory-enhancing exercises. Leave the workout feeling "up beat"!

Instructor:  
 Marj Chepp (Drums Alive® Power Beats)  
 Elm Grove Village Hall (Community Room)  
 \$35 / \$51 Non-resident  
 Th 1/12 - 3/8 7:35 - 8:20pm 273120-01



**Try it out or watch the Demo!**

## Drums Alive® Demo

Active participant space is limited, but you can come and watch too! Donate two non-perishable food items at the demo for a local food pantry. Please call the Wauwatosa Recreation Department (414)773-2900, to reserve your spot.

Instructor:  
 Marj Chepp (Drums Alive® Power Beats)  
 Elm Grove Village Hall (Community Room)  
 Fee: 2 non-perishable food items  
 Th 12/15 7:35 - 8:20pm

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Adult Fitness

## Boot Camp

Ages 16+

Popular class

Fun work, hard play! A sure way to hit all muscle groups and dominate your cardio. Step up your fitness routine and shock your system with this fat-burning class. Dress for the weather; class will only be canceled for inclement weather.

Instructor: Chris Jansen

Meet at Tonawanda Elementary School

\$77 / \$116 Non-resident

MW 4/16 - 5/23 5:30 - 6:30am 373083-01

## Cardio Strength & Sculpt

Ages 16+

This low impact, high energy class offers a total body workout. Aerobics, strength training, and stretching to strengthen and tone will all be incorporated. Equipment provided.

Instructor: Chris Jansen

Elm Grove Village Hall (Community Room)

\$67 / \$101 Non-resident

MW 1/9 - 3/21 8:00 - 9:00am 273090-01

MW 3/26 - 6/4 8:00 - 9:00am 373090-01

## Ultimate Fitness Sampler

Ages 16+ Enjoy the benefits of a cardio class, strength class, or a combination of both, with the inclusion of gentle stretching. Each week will be different to keep you motivated and on your toes. Equipment provided.

Instructor: Kathy Fried

Elm Grove Village Hall (O'Neill Room)

\$60 / \$90 Non-resident

Th 1/12 - 3/22 6:45 - 7:30pm 273041-01

Th 3/29 - 5/31 6:45 - 7:30pm 373041-01

## Zumba

Ages 16+

Popular class

Work out, love working out, get hooked! Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic workout. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone your body, burn fat, and lift your spirits.

Instructor: Nadia Morse (T); Alex Billard (W)

\$43 / \$65 Non-resident

Underwood (gym)

T 1/3 - 3/6 6:30 - 7:30pm 273095-01

T 3/13 - 5/22 6:30 - 7:30pm 373095-01

Roosevelt (gym)

W 1/11 - 3/21 6:30 - 7:30pm 273095-02

W 3/28 - 6/6 6:30 - 7:30pm 373095-02

Instructor: Susan Zeimet

Elm Grove Village Hall (Community Room)

\$60 / \$90 Non-resident

M 1/9 - 3/12 6:30 - 7:25pm 273095-03

M 3/19 - 6/11 6:30 - 7:25pm 373095-03

Th 3/22 - 5/31 6:30 - 7:25pm 373095-04

## Zumba Toning

Ages 16+

It's an exciting, Latin inspired, dance 'n tone program, the original dance-fitness class taken to the next level. This innovative muscle training program, with the addition of light weights, is a challenging workout that will, in a short time, build coordination and muscle endurance. Now that you've worked on the lower body, its time to perfect the upper body! No experience necessary!

Instructor: Chris Jansen

Elm Grove Village Hall (Community Room)

\$60 / \$90 Non-resident

M 1/9 - 3/19 9:00 - 10:00am 273095-11

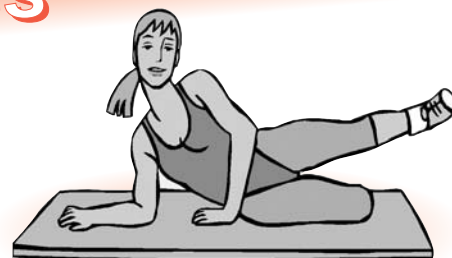
M 3/26 - 6/4 9:00 - 10:00am 373095-12

Popular class

Classes fill QUICKLY.

Register as soon as possible.

Registration information may be found on the inside back cover of this guide.



## Body Blast

Ages 16+

Define muscles. Strengthen your core. Use hand weights, resistance bands, resist-a-balls, stabilizing exercises and isometric holds to strengthen, condition, and stretch your muscles. Equipment provided.

Instructor: Kathy Fried (M), Lisa Lavellee (Th)

Elm Grove Village Hall (Community Room)

\$60 / \$90 Non-resident

M 1/9 - 3/26 5:30 - 6:15pm 273084-01

Th 1/12 - 3/22 7:15 - 8:00am 273084-02

M 4/9 - 6/18 5:30 - 6:15pm 373084-01

Th 3/29 - 5/31 7:15 - 8:00am 373084-02

## Cardio Dance and Kickboxing

Ages 16+

In this low-impact aerobic dance and kickboxing class, you'll feel the rhythm through simple, achievable aerobic patterns fused together with a variety of dance styles. Jab, hook and kick your way to improved cardiovascular fitness and great muscle definition.

Instructor: Donna Wolff

Elm Grove Village Hall (Community Room)

\$57 / \$86 Non-resident

F 1/13 - 3/23 8:00 - 9:00am 273086-02

F 3/30 - 6/1 8:00 - 9:00am 373086-02



## Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all

Recreation Department activities are also cancelled.

Tune to local radio and tv stations for cancellation information.



Register NOW at [www.tosarec.com](http://www.tosarec.com)

## Regular MEDITATION may:



- Help you relax.
- Improve your memory and ability to concentrate.
- Lower blood pressure, increase blood flow and slow the heart rate.
- Reduce anxiety.
- Decrease muscle tension associated with pain.
- Lower your chances of depression, obesity, insomnia and headache.
- Enhance the immune system.

--www.healthandyoga.com

## Yoga

Ages 16+ Learn proper breathing, stretching and holding postures that promote fitness and relaxation. Susan has a variety of approaches to yoga that includes increasing flexibility and improving posture. Her focus is on re-energizing the body, with a short relaxation period at the end of class. Geared toward intermediate and advanced levels; class is moderately paced. Bring your own mat.

Instructor: Susan Sternkopf, Yoga Alliance Underwood (gym)

\$91 / \$101 Non-resident

W 1/4 - 4/4 6:00 - 7:00pm 265010-B1

W 4/18 - 6/6 6:00 - 7:00pm 365010-B1

### 10-Session PASS

Purchase a 10-session PASS, then pick and choose which 10 Wednesday evening yoga sessions to attend during the session. You will need to sign in with the instructor before each class. Classes must be used by the end of the session date. No exceptions.

\$70 / \$80 Non-resident (per session)

Winter Session PASS 1/4 - 4/4 265010-B2

Spring Session PASS 4/18 - 6/6 365010-B2

## T'ai Chi Fundamentals for Beginners

T'ai Chi is a slow, gentle Chinese exercise that enhances relaxation skills, mental focus, and postural alignment while building leg strength, endurance, and stability. This reduces tension and pain in the back and neck. Research suggests that T'ai Chi can improve balance and reduce stress and enhance immune function. This non-impact, moderate-intensity cardiovascular exercise for all ages/abilities can complement any health care therapy regimen.

Instructor: Pat Corrigan Culotti

West (cafeteria)

\$100 / \$110 Non-resident

M 1/30 - 4/16 6:15 - 7:30pm 246400-01

\$50 / \$55 Non-resident

M 4/23 - 6/4 6:15 - 7:30pm 346400-01

## Fusion Yoga

More than just exercise, yoga is the fusion of ancient physical and mental exercise. Balance body and mind with this invigorating, creative fusion of yoga methods. For all levels. Bring your own mat.

Instructor: Edie Starrett, Certified Ayurvedic Educator and Registered Yoga Instructor Longfellow (recreation room)

\$91 / \$101 Non-resident

T 1/10 - 3/13 6:00 - 7:00pm 265010-C1

Th 1/12 - 3/15 6:00 - 7:00pm 265010-C2

\$80 / \$90 Non-resident

T 3/20 - 5/29 6:00 - 7:00pm 365010-C1

Th 3/22 - 5/31 6:00 - 7:00pm 365010-C2

## Yoga

Ages 16+

Experience the benefits of yoga to stretch and strengthen your body through various poses and controlled breathing. Equipment is provided.

Instructor: Kathy Fried

Elm Grove Village Hall (O'Neill Room)

\$67 / \$101 Non-resident

Th 1/12 - 3/22 5:30 - 6:30pm 265010-01

Th 3/29 - 5/31 5:30 - 6:30pm 365010-01

## Traditional Yang Style T'ai Chi Form & Corrections

For practitioners with previous T'ai Chi Fundamentals experience. Refine your form and learn more about the principles and meditative aspects of T'ai Chi. Experience the sharing of energy and healing abilities of chi. Studying this art with a qualified instructor encourages consistent and correct T'ai Chi practice, thus enhancing the mind body connection for a multitude of health benefits.

Instructor: Pat Corrigan Culotti

West (cafeteria)

\$100 / \$110 Non-resident

M 1/30 - 4/16 7:30 - 8:45pm 246400-02

\$50 / \$55 Non-resident

M 4/23 - 6/4 7:30 - 8:45pm 346400-02

## Vinyasa Yoga

Ages 16+ Vinyasa Yoga incorporates the practice of breath work and flowing postures to create a deeper connection between the mind and body. Reduce stress, relieve tension, tone your body, increase your strength, and clear your mind. Whether you are new to yoga or experienced, this class will allow you to develop into your own practice. Equipment provided. All levels are welcome.

Instructor: Donna Wolff (M)

Chris Jansen (W)

Elm Grove Village Hall (O'Neill Room)

\$67 / \$101 Non-resident

M 1/9 - 3/19 9:15 - 10:15am 273097-01

W 1/11 - 3/21 9:15 - 10:15am 273097-02

M 3/26 - 6/4 9:15 - 10:15am 373097-01

W 3/28 - 5/30 9:15 - 10:15am 373097-02

## Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all Recreation Department activities are also cancelled.



Tune to local radio and tv stations for cancellation information.

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Creative Connection

## Intermediate Woodworking

For the woodworker who has completed the Intro to Woodworking class. Start your first project under the expert guidance of the instructor. Safe operation of tools and equipment will be reviewed.

Instructor: Jim Peters

West (room 144)

\$57 / \$67 Non-resident

W 3/7 - 5/2 6:30 - 8:30pm 346550-C1



## Knitting

This class is for the beginner and beyond. Come learn the basics of this relaxing, portable, and time-honored craft, or take your skills to the next level. Beginning with the knit and purl stitch, casting on and binding off, you can work on a simple project to start, or bring your own work in progress to get help with the more intricate details of your pattern and build on your skill base. Enjoy support and fellowship with other knitters as you create your own handmade treasure. No experience necessary!

Instructor: Trish Ricci

West (room 134)

\$49 / \$59 Non-resident

Th 1/26 - 4/26 7:00 - 9:00pm 246305-01

## Intro to Oil Painting

Adults

Led by regional exhibiting artist, Mike Pintar, you will be creating numerous pieces using oil paints. You will use this classic medium to explore mixing color and value, avoiding "muddy colors" that are a common problem for beginning oil painters, use of different mediums, application techniques such as glazing and scumbling, and more. Prior drawing experience is helpful. All supplies are included.

East (room 119)

\$65 / \$87 Non-resident

T 2/7 - 3/6 7:00 - 9:00pm 246321-01

## Watercolor Studio

This is a great opportunity to gather with other watercolorists. If you never have enough time for your art, or don't have space to paint, or if there are too many interruptions at home, come to Watercolor Studio. Chris will be available for one-on-one instruction, short demonstrations, and group critique. Emphasis is on providing time for you to work.

Artists should bring their own supplies and reference material.

Suggested supply list will be listed on enrollment receipt.

Instructor: Chris Sommerfelt

West (room 126)

\$48 / \$72 Non-resident

T 1/10 - 2/28 7:00 - 9:00pm 246321-03

## Preparing Your Home for Sale

What is the secret to a quick home sale at the best possible price?

Prepare your home for sale before you put it on the market. Learn what most buyers like (and dislike), and how to present your home to quickly attract the best price. Hear about cost-effective methods to spruce up your home inside and out, and discover which changes give the best bang for your buck.

Instructor: Robert Smith

Elm Grove Village Hall (O'Neill Room)

\$25 / \$38 Non-resident

T 1/17 6:30 - 8:30pm 246220-01

W 2/15 6:30 - 8:30pm 246220-02



## Retirement Planning Today

It takes more than money to live a "rich life". Blend financial education and life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. Learn what they didn't teach you in school. Discover five strategies to manage investment risks, eleven ways you may save money on this year's taxes, important questions to ask before buying insurance coverage, how to invest in and take money out of your company's retirement plan, and how to determine the savings you need to retire today or in the future.

Instructor: Jared Thompson

West (room 235) \$49 per couple

Th 1/26 - 2/2 6:30 - 9:30pm 246210-10

S 2/4 - 2/11 9:00am - 12noon 246210-11

**FREE**   
**GUITAR LESSON**  
for more details call  
**WAUWATOSA**  
**SCHOOL OF MUSIC**  
414-813-1744  
10855 W. Potter Rd. Suites 5 & 6

**Pilgrim Child**  
**Development Center**  
Now Enrolling  
**ALL DAY 4 K**  
3 K half day program  
414-454-0888  
Six weeks to 5 years  
7011 W. Center Street

*Metcalf's*  
Saturday & Sunday,  
December 10-11  
WAUWATOSA  
68th & State  
414.259.8560

**Battle of the**  
**Chocolates!**

Register NOW at [www.tosarec.com](http://www.tosarec.com)



## Guitar Skills & Drills for Adults

Ages 18+

Drill skills will make you a better thinker/student of the guitar and greatly increase your learning ability. Get an introduction to understanding how fundamental musical structures are organized on the guitar, how the fingerboard maps out, how chords are built and why they look the way they do, and how chords work together. You will be introduced to basic music theory, coordinating rhythmic patterns, and building arpeggios and sequences anywhere on the fingerboard. Jump start your guitar-playing with concept-oriented skill drills, exercises and workouts.

Presented at an introductory level, but would be beneficial for intermediate players as well. Bring a guitar; all other materials are provided.

Instructor: Jim Barr

Longfellow (room 235)

\$75 / \$113 Non-resident

W 1/18 - 2/22 7:20 - 9:00pm 246481-01

## Tastes and Treats . . . Hold the Gluten

Ages 18+

What does "gluten-free" mean? Is the gluten-free diet a weight loss diet? What are the symptoms and "cures" of wheat allergy, gluten-intolerance and Celiac disease? This introductory class will look at these questions and more, including recipes, tips and tricks to make gluten-free cooking easier for you, or a family member or friend. We will discuss shopping for, and making, delicious food, and will demonstrate the making of a delicious bread, pizza crust and a cheese and sausage pizza, and brownies.

Instructor: Pamela Erickson

West (room 159)

\$30 / \$45 Non-resident

M 2/27 6:30 - 8:00pm 246010-01



## Gluten-Free Party Food, Meals and Snacks

Ages 18+

This class is for everyone . . . beginners and experienced cooks, vegetarians and those with multiple food allergies. Each class will focus on a different area of your day. We'll include quick and easy recipes, tips, tasting and resources.

This three-part class will include the following topics:

Week 1: Quick & Easy Recipes, Tips and Tasting . . . including an appetizer, Red Velvet Pancakes, Pulled Pork Sliders, and Molten Lava Chocolate Cake.

Week 2: A Day of Gluten-Free Meals . . . including a breakfast, lunch and dinner menu. Pack your gluten-free lunch, eat out, or eat at home. Quick & Easy Delicious Smoothies, Cinnamon Raisin Toast, Turkey Pesto Wrap, and mouth-watering Orange Chicken and Rice.

Week 3: Gluten-Free Tips, Tricks and Recipes for Travelling and Eating Out . . . includes easy-to-pack Granola Bars, Trail Mix and Muffins, copies of recipes and resources.

Instructor: Pamela Erickson

West (room 159)

\$40 / \$60 Non-resident

W 3/14 - 3/28 6:30 - 8:00pm 246010-02

## Law Office of Frederick P. Schoonmaker, LLC

Phone (414)731-7900 • Fax (414)226-5367

email: fschoonmaker@gmail.com

515 Glenview Avenue, Suite F • Wauwatosa, WI 53213

www.schoonmakerlaw.com



ATHLETIC UNIFORM AND SPORTSWEAR SPECIALISTS  
8700 Watertown Plank Rd. P - 414-607-6584  
Wauwatosa, WI 53226 e-mail- scott@riedelsports.com

## Learning Never Ends

*. . . An Evening For Adults*

Tuesday, April 24, 2012

6:45 - 9:30 p.m.

Wauwatosa West High School

11400 W. Center Street

Register NOW at [www.tosarec.com](http://www.tosarec.com)

# Creative Connection

## You & Your Digital Camera

Adults

Bring your digital camera (and its in-

Popular class

struction manual) to this 2-hour hands-on workshop on basic digital photography. People who are new to digital photography will learn how to overcome several common photography problems, discover some of the useful features and functions of the digital camera, and get sure-fire tips and techniques for making better photos.

Instructor: C.T. Kruger

\$18 / \$27 Non-resident

Elm Grove (O'Neill Room)

M 1/9 1:00 - 3:00pm 246310-01

West (room 126)

W 2/8 6:30 - 8:30pm 246310-02

## You Have Pictures in Your Camera . . . Now What?

Adults

Learn how to save, archive, and print your photos whether you have a computer or not. Discover photo printing options, basic photo editing, and use of photos in email, books, and multi-media (using Windows PC computers).

Instructor: C.T. Kruger

\$18 / \$27 Non-resident

Elm Grove Village Hall (O'Neill Room)

M 2/6 1:00 - 3:00pm 246310-21

West (room 126)

M 3/12 6:30 - 8:30pm 246310-22

## Advanced Digital Photography Techniques

Adults

Get out of "automatic" and learn how to use your camera's exposure modes and some camera functions for situations such as sports shots, portraits, low light, and more! For photographers who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with program, shutter/aperture priority, and manual exposure modes. Bring camera and instruction manual.

Instructor: C.T. Kruger

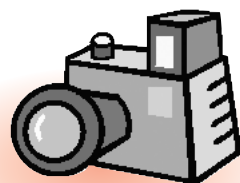
\$28 / \$42 Non-resident

Elm Grove Village Hall (O'Neill Room)

M 3/5 1:00 - 3:00pm 346310-11

West (room 126)

M 3/26 6:30 - 8:30pm 346310-12



## Old Family Photos & the Digital Age

Adults

Albums, boxes, and drawers of the old family photos and slides can be converted to digital images for prints, scrapbooking, hardcover books, and multi-media projects. You'll learn what your options are for copying old family photos, whether you have a computer or not. Great info for people who use Windows PC computers.

Instructor: C.T. Kruger

\$18 / \$27 Non-resident

Elm Grove Village Hall (O'Neill Room)

M 4/9 1:00 - 3:00pm 346310-31

## You're On the Air: How to Really Make it in Voice-Overs



VOICE-OVERS are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as Morgan Freeman, Glenn Close, and Alec Baldwin lending their voices to commercials, films and videos, one would think it next to impossible to break into this field. Not so! Learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full- or part-time business. Terry White will discuss the voice-over business as a whole, the numerous opportunities, the incredible income potential, and the all-important "demo" and how to have it produced. You'll step up to the mic and do some practice recording, and best of all, you will hear the results!

Instructor: Terry White, Such a Voice

West (room 145)

\$30 / \$45 Non-resident

W 2/22 7:00 - 9:00pm 246355-01

## American Sign Language

Ages 16+

American Sign Language is the backbone of the American deaf culture. In this beginner's ASL class, we will explore the deaf culture through learning the alphabet, numbers, and sentence formation. By the end of the class, you will be able to tell a story through the art of sign language.

Instructor: Katie Jo Knapp

\$53 / \$80 Non-resident

Elm Grove Village Hall (O'Neill Room)

T 1/10 - 3/27 6:00 - 6:45pm 246358-02

### Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all Recreation Department activities are also cancelled.

Tune to local radio and tv stations for cancellation information.



Register NOW at [www.tosarec.com](http://www.tosarec.com)

## Get Your Book Published

Milwaukee author and Journal Sentinel news reporter, Tom Kertscher, will talk about how he got his first two books published, and how he came up with the idea for what he hopes will be his third book (which, unlike the first two, is not about sports!). He will cover developing a book idea and seeking out a publisher or agent. Questions and discussion encouraged.

Instructor: Tom Kertscher, author of *Cracked Sidewalks and French Pastry: The Wit and Wisdom of Al McGuire* and *Brett Favre: A Packer Fan's Tribute*

West (room 134)

\$20 / \$30 Non-resident

T 1/10 7:00 - 8:30pm 146356-01  
T 5/22 7:00 - 8:30pm 246356-01

## Wauwatosa Community Band

Concerts:

December 13

March 13

May 8

Tuesdays, 7:30pm at Longfellow

The Wauwatosa Community Band, a 55 - 60 piece concert band, is open to anyone who plays an instrument and reads music. Tosa Jazz, an 18-piece swing band, is made up of musicians selected from the Concert Band. All sections are open and no audition is required. Rehearsals are on Tuesday evenings in the band room at Longfellow, at 7:00pm. Dues are established by committee, generally \$50 for the year. The Concert Band performs two to three full concerts a year in local school auditoriums. Tosa Jazz performs throughout the year at area malls and retirement homes. For more info, contact: Donna Kummer, (414)807-4915, kummer@arcfile.com [www.arcfile.com/tosaband](http://www.arcfile.com/tosaband)

## Dance for fun and fitness...

### Ballroom Dance - Winter

Learn the basics of the rumba and cha cha. Class will consist of four weeks of rumba and four weeks of cha cha, and one week of review.

A partner is necessary.

Instructor: Scott Lamster

Eisenhower (gym)

\$54 / \$81 Non-resident (per couple)

Th 1/5 - 3/8

Beginner 7:00 - 7:50pm 253000-B1

Intermediate 8:00 - 8:50pm 253000-C1

### Ballroom Dance - Spring

Learn the basics of the tango and a dance to be determined by the class. Class will consist of four weeks of tango and four weeks of class TBD, and one week of review.

A partner is necessary.

Instructor: Scott Lamster

Eisenhower (gym)

\$54 / \$81 Non-resident (per couple)

Th 3/15 - 5/17

Beginner 7:00 - 7:50pm 353000-B1

Intermediate 8:00 - 8:50pm 353000-C1

## Simplify! Get Organized!

### The Clutter Coach Course for Your Garage and Basement

Turn your basement and garage into useful storage! Learn how to decide what to keep, discard, or donate and how to organize what's left. Re-think how much "stuff" you really need/want in your life.

Instructor: Kathi Miller

West (room 128)

\$15 / \$23 Non-resident

Th 2/2 6:30 - 8:30pm 246500-01

### Clutter-Free Kitchen & Pantry

Need a bigger kitchen with more counter space? Maybe you just need this class, which provides the tools to identify what truly serves you, and the motivation to purge the excess. A clutter-free space is easy to use and keep clean. Learn how to set up your kitchen for maximum efficiency so that you can prepare your own meals in a usable, functional space.

Instructor: Kathi Miller

West (room 128)

\$15 / \$23 Non-resident

T 5/22 6:30 - 8:30pm 346500-02



### The Clutter Coach Course for Your Home Office

Learn an easy system for managing all of your paperwork, whether you run a business from your home, or are just trying to keep track of your mail. Reduce stress and increase your productivity.

Instructor: Kathi Miller

West (room 128)

\$15 / \$23 Non-resident

Th 3/15 6:30 - 8:30pm 246500-02

### Clutter-Free Closets & Drawers

Organize your closets and drawers. Discover how using the concept of "Magic Numbers" can simplify your life. Take charge of your belongings once and for all, and create and maintain a clutter-free life.

Instructor: Kathi Miller

West (room 128)

\$15 / \$23 Non-resident

Th 4/19 6:30 - 8:30pm 346500-01

Register ONLINE at [www.tosarec.com](http://www.tosarec.com)

# Tosa Senior Club

## Club Hours:

Tue 9:00 am - 3:00 pm

Wed 11:00 am - 3:00 pm

Fri 9:00 am - 3:00 pm

(Closed Dec. 23 thru Dec. 30, and Apr. 6)

## Location:

Wauwatosa Civic Center

7725 W. North Avenue

1st Floor Meeting Room

(Easily accessible from parking lot)

## Yearly Dues:

\$10 /\$15 Non-res.

## Coordinators:

Kathy Gagas & Lora Sunder

## Phone:

(414)479-8900 ext. 5789

# 55+

**Welcome to the  
Wauwatosa  
Senior Club!**

**Meet New People!**

**Develop Lasting Friendships!**

### Monthly Event Calendars

Available at the Club, in the Civic Center hallway literature racks, and at [www.tosarec.com](http://www.tosarec.com) under Adult Activities.

For more information, call the club or stop in on any Club day and see one of the coordinators.

## CARDS AND BINGO! FRIDAY LUNCHES SPEAKERS & ENTERTAINMENT MONTHLY BOOK DISCUSSIONS AFTERNOON MOVIES

### Cards & Games

**CARDS** - every Tuesday & Wednesday

Join the best card players in town for bridge, sheephead and rummy!

New players and game suggestions are welcome.

**BINGO** - monthly, on Fridays

**Holiday Bingo: December 16**

### Friday Lunches

Enjoy a healthy lunch every Friday at noon. Additional cost of \$4 - \$5 per meal. Preregistration is required.

### Speakers & Special Events

**Dec. 2:** **Club Christmas Party at Alioto's Restaurant**

Be sure to register at the Club for the Holiday party!

**Jan. 13:** **Life & Travel from the Midwest to the Middle East**

Presented by Fulbright Scholar and Wauwatosa native Becca Donaldson.

**Feb. 3:** **Help for Knee and Hip Pain**

Presented by Columbia St. Mary's Hospital

**Mar. 2:** **Drums Alive® with Marj Chepp**

(... as seen on Morning Blend! Drum your way to better health!)

**Mar. 30:** **International Folk Dance Music**

Presented by Ethnictricity Music Ensemble



### Senior Club Trips

The Tosa Senior Club enjoys occasional trips. Upcoming Trips include:

**Dec. 15:** Annual trip to Grand Geneva for lunch and *all new* Christmas show, plus beautiful holiday decorations!

**Feb. 23:** Historic Milwaukee Tour and lunch.

*Trips require preregistration and an additional fee.*

## Get a FREE Gold Pass

The Gold Pass entitles Wauwatosa residents who are 62 or older to free or reduced admission to many Wauwatosa School District events such as plays, musicals, concerts and sporting events. For more info, call (414)773-1000.

## All-Club Christmas Party

Alioto's

Friday, December 2, 2011

To pre-register, see  
Kathy or Lora at the Club.



## Book Discussion Group

Fridays - 1:00pm

- Jan. 20 *The Greatest Generation* (Tom Brokaw)
- Feb. 17 *The Help* (Kathryn Stockett)
- Mar. 16 *When Everything Changed: The Amazing Journey of American Women from 1960 to the Present* (Gail Collins)
- Apr. 20 *The Peach Keeper* (Sarah Addison Allen)



## Friday Afternoon at the Movies

Tosa Library Firefly Room - 12:45pm

- Dec. 9 *Christmas Vacation*
- Jan. 6 *Water For Elephants*
- Feb. 10 *Mao's Last Dancer*
- Mar. 9 *The Help*

## Aerobic Exercise for Active Older Adults

Join any time!  
New members welcome!



Join instructor Sue Voigt for an exercise program that is specially designed for older adults. Sue challenges the experienced and helps beginners get started on a path to physical fitness. Increase your strength and flexibility, balance and coordination, and get a low-impact cardiovascular workout. You may choose to add a twenty-minute workout using your own 1 - 3 lb. hand weights.

*Consult your doctor before participating.*

**Civic Center (main floor meeting room)**

**Tuesdays & Fridays**

9:00 - 9:45am (aerobics);

9:50 - 10:10am (weights)

*Open to Senior Club members only.*

\$1.00 / class - pay each time you attend.

**Monthly Blood Pressure Screenings**

Wauwatosa Health Department

Do you have a talent or skill to share with the Tosa Seniors?

Please call (414)479-8900 x 5789.

## Water Exercise for Active Older Adults

### Get Fit! Stay Fit!

Join active adults, age 55 and older, in this shallow-water exercise class. No swimming skills are needed! The water's resistance and buoyancy help provide a total body workout to improve your strength, balance, coordination and flexibility without stress to muscles and joints.

*Consult with your doctor before enrolling in this class.*

|                   |               | Winter      | Spring      |
|-------------------|---------------|-------------|-------------|
| Longfellow (pool) |               | 1/2 - 4/5   | 4/16 - 6/7  |
|                   |               | \$30 / \$45 | \$18 / \$33 |
| M                 | 4:30 - 5:15pm | 263010-01   | 363010-01   |
| T                 | 7:15 - 8:00pm | 263010-03   | 363010-03   |
| W                 | 4:30 - 5:15pm | 263010-04   | 363010-04   |
| Th                | 4:30 - 5:15pm | 263010-05   | 363010-05   |

FLEX Program: Popular Program

Attend as many Senior Water Exercise classes as you wish!

|                 |             |           |
|-----------------|-------------|-----------|
| Winter Session: | \$60 / \$85 | 263010-06 |
| Spring Session: | \$35 / \$45 | 363010-06 |

## Recreation Department Registration Form

**One household only – Please print clearly in ink.**

Each adult participant must sign below. The signature of a parent or legal guardian is required for youth registration.

I, the undersigned or parent/guardian of the individual(s) named below, do hereby agree to indemnify and hold harmless the Wauwatosa School District and its employees, officers and agents from and against any and all liability resulting from participation in the activities listed below. I understand that the program(s) in which I am enrolling, like all activity programs, has some inherent risk, for which I agree to assume the liability. Furthermore, the individuals named herein are in good physical health appropriate for the activities in which they will be participating. I understand that the Wauwatosa School District does not provide accident insurance.

Signature (Participating adult OR parent/guardian of minors listed below) \_\_\_\_\_

Signature (Participating adult #2) \_\_\_\_\_

### Household Information

Name(s) of Head(s) of Household: \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Office Use Only

\$ \_\_\_\_\_

Date \_\_\_\_\_

Initials \_\_\_\_\_

*Please list more than one choice of a class. If your first choice is filled, we will try your second choice. If both are filled, we will contact you.*

| Program Choice | Class Name | Activity Number | Participant's Name<br>(Include First, MI and Last Name)       | Date of Birth | Grade<br>2011-12 | School | Fee |
|----------------|------------|-----------------|---|---------------|------------------|--------|-----|
| 1st Choice     |            | ____--____      | Name:   |               |                  |        |     |
| Alternate      |            | ____--____      | <input type="checkbox"/> Male <input type="checkbox"/> Female |               |                  |        | \$  |
| 1st Choice     |            | ____--____      | Name:   |               |                  |        |     |
| Alternate      |            | ____--____      | <input type="checkbox"/> Male <input type="checkbox"/> Female |               |                  |        | \$  |
| 1st Choice     |            | ____--____      | Name:   |               |                  |        |     |
| Alternate      |            | ____--____      | <input type="checkbox"/> Male <input type="checkbox"/> Female |               |                  |        | \$  |
| 1st Choice     |            | ____--____      | Name:   |               |                  |        |     |
| Alternate      |            | ____--____      | <input type="checkbox"/> Male <input type="checkbox"/> Female |               |                  |        | \$  |
| 1st Choice     |            | ____--____      | Name:   |               |                  |        |     |
| Alternate      |            | ____--____      | <input type="checkbox"/> Male <input type="checkbox"/> Female |               |                  |        | \$  |

If enrolling in Orchestra / Band / Jazz, please list instrument: \_\_\_\_\_ Special considerations (medical, physical): \_\_\_\_\_

My child will need physical assistance and/or additional supervision to participate.  
3 digits

MasterCard VISA \_\_\_\_\_ exp. Date \_\_\_\_/\_\_\_\_ on back \_\_\_\_\_ Cardholder's Signature \_\_\_\_\_

**Fax to: (414)773-2920 OR Mail to: Wauwatosa Recreation Department 11324 W. Center Street Wauwatosa, WI 53222 Make all checks payable to Wauwatosa Recreation Department.**

Please note: For program promotion purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the photographer or instructor.

# Registration Information



Register TODAY!



**Online**  
[www.tosarec.com](http://www.tosarec.com)

## Register TODAY!

If you do not know your UserName and Password, please go to [www.tosarec.com](http://www.tosarec.com) and click on "Get Login Info", call (414)773-2900, or send email to [tosarec@wauwatosa.k12.wi.us](mailto:tosarec@wauwatosa.k12.wi.us)



## Mail

Wauwatosa Recreation Department  
11324 West Center Street  
Wauwatosa, WI 53222



## Fax

(414) 773-2920  
(MasterCard or VISA accepted)



## In-Person

Bring your registrations to:  
Recreation Department office  
11324 West Center Street  
Wauwatosa, WI 53222  
(Use the SE entrance of West High School)

Open Enrollment and Chapter 220 students may register as Wauwatosa residents.

## Confirmation of Registration (Receipt)

Online Registration will provide you with an **email receipt**. You may also view your registrations by logging into the online registration program and following the link to **My Account**.

If you register in person, you will receive a confirmation of registration before you leave the office. If you register by mail or fax, a confirmation of registration will be emailed or mailed to you. This confirmation will tell you the name of the class, dates, times and locations, as well as any additional specific information you need to know.

## Second Choice

If the activity you have chosen is filled,

Registering for programs is easy!

Register by visiting [www.tosarec.com](http://www.tosarec.com) and using the online RecTrac registration system.

If you need to establish a UserName and Password, or need a reminder of your current login information, please visit [www.tosarec.com](http://www.tosarec.com) and click on "Get Login Info", or call (414)773-2900 during normal business hours.

Popular class Classes fill QUICKLY.  
Register as soon as possible.



Questions? Contact Chris at  
[cerach@wauwatosa.k12.wi.us](mailto:cerach@wauwatosa.k12.wi.us)  
or Diana at  
[koziczdi@wauwatosa.k12.wi.us](mailto:koziczdi@wauwatosa.k12.wi.us)

## CLOSED for the Holidays!

The Recreation Department will be closed on

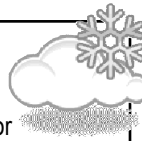
- November 24 & 25 (Thanksgiving)
- December 23 - 30 (Winter Holidays)

The Department re-opens Monday, January 2.

## Weather Cancellations

When the Wauwatosa School District cancels classes and/or extra-curricular activities, all Recreation Department activities are also cancelled.

**Tune to local radio and tv stations for cancellation information.**



|              |                           |
|--------------|---------------------------|
| East High    | 7500 Milwaukee Avenue     |
| West High    | 11400 West Center Street  |
| Longfellow   | 7600 West North Avenue    |
| Whitman      | 11100 West Center Street  |
| Eisenhower   | 11600 West Center Street  |
| Jefferson    | 6927 Maple Terrace        |
| Lincoln      | 1741 Wauwatosa Avenue     |
| Madison      | 9925 West Glendale Avenue |
| McKinley     | 2435 North 89th Street    |
| Roosevelt    | 2535 North 73rd Street    |
| Underwood    | 11132 West Potter Road    |
| Washington   | 2166 North 68th Street    |
| Wilson       | 1060 Glenview Avenue      |
| Hart Park    | 7300 Chestnut Street      |
| Webster Park | 4515 North Mayfair Road   |

## Returned Checks

\$15 fee for any returned checks.

## Didn't Receive a Confirmation?

If you registered with us but did not receive an emailed confirmation. . . Check your Spam or Junk Folder . . . adjust your Trusted Sender settings on your internet browser . . . check with us to make sure your email address is correct in our database.

## Wait Lists

If an activity is full, please call the Recreation Department (414)773-2900 or send email to [tosarec@wauwatosa.k12.wi.us](mailto:tosarec@wauwatosa.k12.wi.us) to see if there is a wait list.

you will be placed in your second choice. If both of your choices have filled, we will notify you.

## Class Availability

Log onto [www.tosarec.com](http://www.tosarec.com), or contact the Recreation Department office, (414) 773-2900, to find out about class availability. Instructors *are not* able to "okay" or accept registrations at the class site.

## Canceling Your Registration

To cancel your registration, call (414)773-2900. A credit for unused *upcoming* classes will be put on your Household Account for use with future registrations. No credit for classes that have passed, regardless of attendance.



**WAUWATOSA**  
**SCHOOL DISTRICT**  
•Your Educational Community•

Recreation Department  
11324 West Center Street  
Wauwatosa, WI 53222  
  
(414) 773-2900  
[www.tosarec.com](http://www.tosarec.com)

NON-PROFIT  
U.S. POSTAGE  
PAID  
MILWAUKEE, WI  
PERMIT NO.  
3010

*Dated material.  
Please deliver by December 5, 2011*

## **Children's Theatre of Wauwatosa 2011 - 2012 Series**

***Celebrating its 75th Year!***

Enjoy another season of live performances offered by the Children's Theatre of Wauwatosa.

### **To Laugh is To Live**

December 3 at EAST | December 10 at WEST

### **The Crying Princess and The Golden Goose**

January 14 at EAST | January 21 at WEST

### **The Princess Went Thataway**

February 11 at EAST | February 18 at WEST

### **The Land of the Dragon**

March 3 at EAST | March 17 at WEST

### **Let's Keep the Dream Alive and The Musicians**

*By Patsy Ford Simms*

April 28 at EAST | March 31 at WEST

All performances begin at 2:00 p.m. on Saturdays  
(Box Office opens at 1:30 p.m.)

Groups, including birthday parties, are welcome!  
Call **(414) 476-6311** in advance.

Single admission ticket: \$4.00

## **Want a Holiday Gift that's Cool? Give them a TOSA Pool Pass**

Family Pass \$225

Individual Pass \$75

### **APRIL 22, 2012 EARLY SIGN UP BONUS**

- Guest Passes
- 2012 Tosa Tumbler (\$1 refills)

### **TO ORDER GO TO**

[friendsofhoytpark.org](http://friendsofhoytpark.org)  
or call (414) 302-9160

