

WINTER/SPRING 2022 ADULT DANCE CLASSES



WERQ®

Ages 15+
 WERQ® is the fiercely fun dance fitness workout class based on pop, rock, and hip-hop music taught by Certified Fitness Professionals. The signature WERQ® warm-up previews the dance steps used in class and the signature WERQ™ cool down includes balance and yoga inspired poses. Are you ready to WERQ®? Class is recommended for ages 15 and over, though the instructor will take younger participants if they are mature or with a parent.
 Instructor: Brenda Buchanan
 Montessori (gym)
 \$36 / \$51 Non-Resident
 Tu 1/11 - 3/15 6:30 - 7:30pm 273097-01
 \$30 / \$45 Non-Resident
 Tu 3/29 - 5/17 6:30 - 7:30pm 373097-01

Tap Dance

Ages 16+
 Learn the basics of tap dance and put them into choreography. Have fun dancing and staying in shape while making music with your feet. Tap shoes required. (Some prior knowledge of tap dance basics is required).
 Instructor: Emily Rhodes
 Lincoln (community room)
 \$51 Resident & Non-Resident

Th	1/6 - 2/10	10:15 - 11:00am	273091-01
Th	2/17 - 3/31	10:15 - 11:00am	273091-02
Th	4/7 - 5/19	10:15 - 11:00am	373091-01

Wilson (stage)
 Tu 5/17 - 6/14 5:00 - 5:45pm 373091-02

Ballet Fitness

Ages 13+
 Channel your inner dancer with a ballet inspired workout. This class will help develop lean muscle mass while improving your balance, flexibility, and range of motion while slimming, trimming and strengthening your abs, glutes and legs. Leave the class feeling nimble and relaxed. (yoga mats suggested.)
 Instructor: Emily Rhodes
 \$51 Resident & Non-Resident
 Lincoln (community room)

Th	1/6 - 2/10	8:15 - 9:00am	273088-02
Th	2/17 - 3/31	8:15 - 9:00am	273088-04
Th	4/7 - 5/19	8:15 - 9:00am	373088-01
Th	5/19 - 6/16	8:30 - 9:15am	373088-03

Wilson (stage)
 Tu 5/17 - 6/14 6:00 - 6:45pm 373088-02

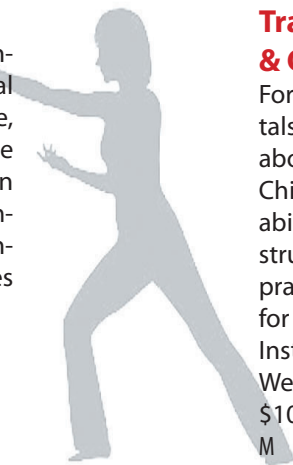


Adult Ballet

Ages 16+
 Learn and practice the basics of Ballet dance. Strengthen your muscles and point your toes to beautiful classical ballet music. Work on your balance and poise. Ballet shoes are strongly recommended.
 Instructor: Emily Rhodes
 \$51 Resident & Non-Resident
 Wilson (stage)
 Tu 5/17 - 6/14 6:45 - 7:30pm 373015-01

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, reduce stress and enhance immune function. This non-impact, moderate-intensity cardiovascular exercise for all ages and abilities can compliment any health care therapy regimen.
 Instructor: Pat Corrigan Culotti, BSA, CTI, MTF
 West (cafeteria)
 \$105 / \$135 Non-Resident
 M 1/17 - 4/11 6:00 - 7:00pm 246400-01



Traditional CMC 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, BSA, CTI, MTF
 West (cafeteria)
 \$105 / \$135 Non-Resident
 M 1/17 - 4/11 7:00 - 8:00pm 246401-01

Recreation Department Registration & Waiver 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 (Include First, MI and Last Name)	Date of Birth	Grade (2021-22)	School	Fee
1 st Choice		____-____-____	Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$ _____
Alternate		____-____-____					
1 st Choice		____-____-____	Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$ _____
Alternate		____-____-____					
1 st Choice		____-____-____	Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$ _____
Alternate		____-____-____					
1 st Choice		____-____-____	Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$ _____
Alternate		____-____-____					
1 st Choice		____-____-____	Name: _____ <input type="checkbox"/> Male <input type="checkbox"/> Female				\$ _____
Alternate		____-____-____					

Special considerations (medical, physical): _____ My child will need physical assistance and/or additional supervision to participate.

MasterCard VISA _____ exp. Date ____/____/____ on back _____ 3 digits _____ Cardholder's Signature _____

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

Email to: tosarec@wauwatosa.k12.wi.us

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.