

Youth/Teen/Adult

Adult Instructional Language classes for both French & Spanish can be found on page 35.

Bridge 1

This is a collaborative with Franklin.

(Ages 15-Adult)

Beginner/Refresher Course...Bridge is one of the greatest card games, and it can provide immense challenge and can be enjoyed at many skill levels. Instruction covers Bidding and Play (the two main parts of play). All instruction is through hands-on play.

Instructor: Michael Grimmer

Location: Franklin Public Library
9151 W Loomis Rd, Franklin

Class #	Day	Date	Time
CE1638	Fridays	Jan. 6-Feb. 3	10:15-11:45 AM

Cost: Resident \$43.00 / Non-Resident \$64.50

Enrollment: Minimum 7, Maximum 7

Bridge 2

This is a collaborative with Franklin.

(Ages 15-Adult)

Continuing Bridge...Bridge is one of the greatest card games, and it can provide immense challenge and can be enjoyed at many skill levels. This class is for players who completed Bridge 1 or have some prior Bridge experience.

Instructor: Michael Grimmer

Location: Franklin Public Library
9151 W Loomis Rd, Franklin

Class #	Day	Date	Time
CE1639	Fridays	March 3-31	10:15-11:45 AM

Cost: Resident \$43.00 / Non-Resident \$64.50

Enrollment: Minimum 7, Maximum 7

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

So don't delay in registering!

Archery (Ages 8-Adult)

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

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

Instructor: Archery Staff, Schultz Gun Club

Location: Schultz Rod and Gun Club
W14558016 Schultz Lane

Class #	Days	Dates	Time
CE1455	Wednesdays	Apr. 26-May 24	5:00-7:00 PM

Cost w/Equipment: Res. \$40.00 / Non-Res. \$60.00
#CE1689 \$10.00 equipment rental fee if needed

Enrollment: Minimum 1, Maximum 6

Baby-sitting Course (Ages 11-16)

This class provides useful information for anyone caring for small children and especially so for young people who are beginning their careers in baby-sitting. The program content focuses on the responsibilities of the baby-sitter during child care. This program will increase your child care skills and your knowledge of safety, emergency procedures and accident prevention in the home. The program is certified by the American Red Cross. Bring a snack or light lunch and a drink to each class. It is mandatory that you attend all dates listed for the class number. **Due to supplies purchased there are no refunds for this program if participant cancels.** Recommended to bring a sweater as the classroom temperature varies. There is no required age for certification in the Baby-sitter's Training course; however, it is recommended that children be at least 11 to participate in the course.

Instructor: Julie Behm

Location: Muskego City Hall, Durham Hill Room
W18258200 Racine Avenue

Class #	Days	Dates	Time
CE1393	Mon. & Tue.	Jan. 9 & 10	4:00 PM-7:00 PM
CE1394	Mondays	Feb. 6 & 13	4:00 PM-7:00 PM
CE1395	Mondays	March 6 & 13	4:00 PM-7:00 PM
CE1396	Monday	April 17	8:30 AM-3:00 PM
CE1397	Mondays	May 1 & 8	4:00 PM-7:00 PM

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

Enrollment: Minimum 6, Maximum 12

Muskego Next Level Fitness (Ages 14-Adult)



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

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

Meets 2 times a week for 17 sessions. Includes dri-fit Muskego Next Level Fitness shirt. Please include size when registering. Please bring a water bottle and a positive attitude to every class. Thank you!

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

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

Class #	Days	Dates	Time
CE1456	Sun. & Wed.	Jan. 1-Feb. 26	6:00-8:30 PM

Cost: Resident \$200.00 / Non-resident \$225.00

Enrollment: Minimum 6, Maximum 50

Strength, Power and Speed Development For 7th and 8th Graders (Grades 7-8)

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

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

Golf Lessons (Ages 16-Adult)

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

Golf balls are not included. You can rent a bucket of golf balls on site (small bucket \$6/lesson, medium \$8/lesson, large \$10/lesson).

Instructor: Mike Vance, PGA Golf Instructor & Staff

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

Class #	Days	Dates	Time
CE1387	Tuesdays	Apr. 25-May 16	6:30-7:30 PM

Cost: Resident \$45.00 / Non-resident \$67.50

Enrollment: Minimum 7, Maximum 10

Fitness Note...

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



Instructors: Coach Dan Mlachnik & Coach Collin Smith

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

Class #	Days	Dates	Time
CE1704	Mon. & Thur.	Nov. 28-Mar. 2 No class Dec. 26, 29, Jan. 2	6:00-7:15 PM

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

Enrollment: Minimum 30, Maximum 75

Teen/Adult/Seniors

Cupcake Decorating for Adults

This is a collaborative program with Franklin.

(Adult)

Cupcakes are the "in" thing right now and requests for Adult cupcake classes has been in demand...so here they are! Students will be supplied with pre-baked cupcakes where they will learn how to decorate them using several floral techniques. We will then take all the cupcakes to make a flower pot bouquet.

A short supply list will be provided and please bring a small box to help transport your finished product!

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

Instructor: Tracy Doome

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

Please entry through door #5 on the lower level

Class #	Day	Date	Time
CE1524	Monday	May 22	6:00-7:00 PM

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

Enrollment: Minimum 4, Maximum 15

Cupcake Decorating for Kids can be found on page 21.

Cake Decorating for Young Adults

This is a collaborative program with Franklin.

(Ages 9-18)

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

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

Instructor: Tracy Doome

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

Please entry through door #5 on the lower level

Class #	Day	Date	Time
CE1526	Tuesday	March 14	6:00-7:30 PM

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

Enrollment: Minimum 5, Maximum 12

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



Advanced Cake Decorating

This is a collaborative program with Franklin.

(Adult)

This class will be a 2-hour class devoted to looking at more advanced buttercream techniques of cake decorating such as, the basket weave, baby booties, roses, various border techniques, and flowers. We will also touch lightly on how to use Fondant as accents to your decorations! Join us as we explore the many different options you can use.

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

Instructor: Tracy Doome

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

Please entry through door #5 on the lower level

Class #	Day	Date	Time
CE1525	Tuesday	January 17	6:00-8:00 PM

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

Enrollment: Minimum 4, Maximum 10

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

So don't delay in registering!

Tap and Jazz

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

(Adult)

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

Instructor: Miss Becky's Dance Studio, LLC

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

Class #	Days	Dates	Time
CE1554	Mondays	Jan. 16- Mar. 27	7:45-8:30 PM

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

Enrollment: Minimum 3, Maximum 3

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

Zumba Gold (55+)

Zumba Gold class is a low to moderate-intensity, no-impact class that's perfect for beginners, active older adults and anyone who would prefer a gentle class full of Zumba flavor! Enjoy fun and exciting Latin, international and popular music, and fun, easy-to-follow moves that increase heart health, endurance, and range of motion. **No classes March 28 and 31.**

Instructors: Karen Mikolainis, Zumba Gold® instructor

Location: Old Settlement Centre, Old Town Hall
W184S8074 Racine Avenue

Class #	Days	Dates	Time
CE1523	Mondays	Jan. 9-Feb. 13	11:15 AM-12:15 PM
CE1656	Mondays	Feb. 27-Apr. 3	11:15 AM-12:15 PM
CE1657	Mondays	Apr. 10-May 22	11:15 AM-12:15 PM

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

Enrollment: Minimum 6, Maximum 15



Fitness Note...

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

Pound (Adult)

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

Instructor: Shawna Jesse

Fitness Note...

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

Belly Dance (Ages 13-Adult)

Basics/Level 1

With similarities to Polynesian dance, belly dance is an ancient folkloric dance form. Learn the basics of belly dancing while increasing strength, flexibility and improving posture. Have fun and discover your inner goddess through this ancient dance form. Great for any age, size or fitness level, all are welcomed in an encouraging environment that fosters a positive body image and increases self-esteem. No prior dance experience necessary.

Level 2

For students who have completed Level One, this class will build on the techniques and movements already learned and will introduce and focus on traveling, transitions, layering, choreography and improvisational skills. Middle Eastern rhythms and cultural aspects of the dance will be covered, as well as instruction in finger cymbal playing. Instructor will have finger cymbals available for purchase.

Instructor: Stephanie Schmidt

Location: Jensen Park Building, Upper Level
W185S6599 Agate Drive

Level 1

Class #	Days	Dates	Time
CE1616	Thursdays	Jan. 12-Feb. 16	6:00-7:00 PM
CE1617	Thursdays	Mar. 9-Apr. 13	6:00-7:00 PM
CE1618	Thursdays	May 4-June 8	6:00-7:00 PM

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

Level 2

Class #	Days	Dates	Time
CE1622	Thursdays	Jan. 12-Feb. 16	7:15-8:15PM
CE1623	Thursdays	Mar. 9-Apr. 13	7:15-8:15PM
CE1626	Thursdays	May 4-June 8	7:15-8:15PM

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

Enrollment: Minimum 3, Maximum 15

Location: Storage Masters, Multipurpose Room
S66W14444 Janesville Road

Class #	Days	Dates	Time
CE1677	Beg. Tues.	Jan. 17-Feb. 21	5:30-6:05 PM

Cost: Resident \$34.50 / Non-resident \$51.75

Class #	Days	Dates	Time
CE1680	Adv. Tues.	Jan. 17-Feb. 21	6:15-7:00 PM
CE1703	Adv. Tues.	Mar. 7-Apr. 11	5:45-6:30 PM

Cost: Resident \$41.50 / Non-resident \$62.25

Enrollment: Minimum 8, Maximum 10

Teen/Adult/Seniors

Ballroom Dance Workshops for Adults

This is a collaborative program with Franklin and Oak Creek.

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

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

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

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

Enrollment: Minimum 6 couples, Maximum 10 couples

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

Tango - 3 Day Series

Experience the drama and intensity of the Tango! This class is designed for people who have little or no experience dancing. We will concentrate on basic steps and variations that will get you comfortable moving around the floor as well as having fun and getting exercise! Instructor Eric. **Reg. Deadline 1/3**

Class #	Days	Dates	Time
CE1457	Tuesdays	January 10-24	7:00-8:30 PM
Cost/person : Resident \$19.00 / Non-resident \$28.50			

Salsa/Mambo- 3 Day Series

Salsa and Mambo are flavorful Latin rhythms originating from a mix of Cuban, Puerto Rican, and Columbian music. While Mambo reflects stronger influences from the African rhythms and Caribbean culture, Salsa became widespread in the northern hemisphere when it was born in New York and incorporated other rhythms that included mainly the Mambo. I invite you to explore these rhythms with me, find their similarities and their unique features on the dance floor, and let's have fun doing it! Instructor Vanessa **Reg. Deadline 2/23**

Class #	Day	Date	Time
CE1458	Thursday	March 2-16	7:00-8:30 PM
Cost/person : Resident \$19.00 / Non-resident \$27.50			

Cha Cha - 3 Day Series

Come join us and experience the fun and flash of the sassy Cha Cha! We will learn several basic and combination steps to get you moving comfortably along the dance floor. Instructor Eric. **Reg. Deadline 3/21**

Class #	Day	Date	Time
CE1459	Tuesdays	Mar. 28-Apr. 11	7:00-8:30 PM
Cost/person : Resident \$19.00 / Non-resident \$27.50			

Beginner Ballroom Dance 1

Beginner Ballroom - Foxtrot, Waltz, & Swing New to ballroom dancing? Experienced but looking for a refresher? Preparing for a special occasion, such as a wedding? Then this is the

class for you! We will concentrate on the basic steps and variations that will get you comfortable moving around the floor. Instructor Eric **Reg. Deadline 4/18**

Class #	Days	Dates	Time
CE1460	Tuesdays	Apr. 25-May 16	7:00-8:30 PM
Cost/person : Resident \$25.00 / Non-resident \$37.50			

Rumba - 3 Day Series

Come and experience the fun and enjoyment of being able to move around the dance floor! This class is designed for people who have little or no experience in dancing. We will concentrate on basic steps and variations that will get you comfortable moving around the floor as well as having fun and getting exercise! Instructor Vanessa. **Reg. Deadline 4/20**

Class #	Days	Dates	Time
CE1461	Thursdays	Apr. 27-May 11	7:00-8:30 PM
Cost/person : Resident \$19.00 / Non-resident \$27.50			

Bolero Workshop

Looking to try something new? Then join us for the dramatic Bolero! We will learn the basic steps along with a routine to get you moving around the dance floor as well as have fun! Instructor Eric. **Reg. Deadline 1/31**

Class #	Days	Dates	Time
CE1462	Tuesday	February 7	7:00-8:30 PM
Cost/person : Resident \$12.00 / Non-resident \$18.00			

Rumba Valentine's Day Workshop

Looking for something special to do with your sweetheart for Valentine's Day? Then come learn the basic steps of Rumba. We will concentrate on routines to get you comfortable moving together around the dance floor. Instructor Eric. **Reg. Deadline 2/7.**

Class #	Day	Date	Time
CE1463	Tuesday	February 14	7:00-8:30 PM
Cost/person : Resident \$12.00 / Non-resident \$18.00			

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

Ballroom Dance Workshops for Adults

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

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

Enrollment: Min. 6 couples, Max. 10 couples

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

Argentine Tango Workshop

Come join us and experience the beauty and drama of Argentine Tango! We will learn several basic steps along with a combination to get you moving around the dance floor. Instructor Eric. **Reg. Deadline 2/21.**

Class #	Day	Date	Time
CE1464	Tuesday	February 28	7:00-8:30 PM

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

Waltz Workshop

See the grace and majesty of the beautiful Waltz! This class is designed for people who have little or no dance experience. In this class, we will learn basic steps and variations of the Waltz as well as teach you a routine so you will be ready for your next special occasion. Instructor Eric. **Reg. Deadline 2/28.**

Class #	Day	Date	Time
CE1465	Tuesday	March 7	7:00-8:30 PM

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

"Swing" Into Spring Workshop

Do you have cabin fever? Do you need to get out of the house and celebrate Spring? Come and experience the fun and energy of the upbeat Swing! In this class, we will concentrate on East Coast swing with some basic patterns and combinations. Instructor Eric. **Reg. Deadline 3/14.**

Class #	Day	Date	Time
CE1466	Tuesday	March 21	7:00-8:30 PM

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

Fitness Note...

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

Jazzercise (Ages 12-Adult)

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

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

Instructor: Christine Komburger

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

Class #	Days	Dates	Time
CE1469	Daily	Jan. 1-Feb. 25	see below
CE1470	Daily	Feb. 26-Apr. 22	see below
CE1471	Daily	Apr. 23-June 17	see below

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

Enrollment: Minimum 2, Maximum 30

Class times-

6:50am-7:30am	Monday
7:00am-8:00am	Wednesday, Friday & Saturday
8:00am-9:00am	Tuesday, Thursday & Sunday
5:50pm-6:50pm	Monday, Tuesday & Thursday

Zumba Fitness (Adult)

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO." Zumba is not only great for the body, but is also great for the mind. ZUMBA is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training & resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Come and give it a try! **No classes Easter Week and 1 additional week during the 2nd session to be announced later.**

Instructor: Connie Bakker

Location: Old Settlement Centre, Old Town Hall
W184S8074 Racine Avenue

Class #	Days	Dates	Time
CE1467	Tues. & Thurs.	Jan. 10- Mar. 9	5:30-6:15 PM
CE1468	Tues. & Thurs.	Mar. 14-May 25	5:30-6:15 PM

(Registration deadlines are Jan. 4 & Mar. 15)

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

Enrollment: Minimum 12, Maximum 24

Adult/Seniors

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

Instructors: Preferred Fitness Staff

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

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

Enrollment for all classes: Minimum 1, Maximum 12

Burn Bootcamp

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

Class #	Days	Dates	Time
CE1472	Mon., Wed., Sat.	Jan. 9-Feb. 18	See times above
CE1473	Mon. Wed., Sat.	Feb. 20-Apr. 1	See times above

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

Zumba

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

Class #	Days	Dates	Time
CE1474	Thursdays	Jan. 19-Mar. 9	6:30-7:30 PM
CE1475	Saturdays	Jan. 21-Mar. 11	9:00-10:00 AM
CE1476	Thursdays	Mar. 30-May 18	6:30-7:30 PM
CE1477	Saturdays	Apr. 1-May 20	9:00-10:00 AM

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

Kickcore

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

Class #	Days	Dates	Time
CE1478	Tuesdays	Jan. 17-Mar. 7	5:00-6:00 AM
CE1479	Tuesdays	Mar. 28-May 16	5:00-6:00 AM

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

Fitness Note...

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

Define

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

Class #	Days	Dates	Time
CE1480	Tuesdays	Jan. 17-Mar. 7	9:30-10:30 AM
CE1481	Wednesdays	Jan. 18 - Mar. 8	5:00-6:00 AM
CE1482	Tuesdays	Mar. 28-May 16	9:30-10:30 AM
CE1483	Wednesdays	Mar. 29-May 17	5:00-6:00 AM

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

RIPPED

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

Class #	Days	Dates	Time
CE1485	Wednesdays	Jan. 18-Mar. 8	6:30-7:30 PM
CE1484	Saturdays	Jan. 21-Mar. 11	7:00-8:00 AM
CE1487	Wednesdays	Mar. 29-May 17	6:30-7:30 PM
CE1486	Saturdays	Apr. 1-May 20	7:00-8:00 AM

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

Senior Savvy/Silver Sneakers (Senior)

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

Class #	Days	Dates	Time
CE1488	Wed. & Fri.	Jan. 18 - Mar. 10	10:30-11:15 AM
CE1489	Wed. & Fri.	Mar. 29-May 19	10:30-11:15 AM

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

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



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

White Crane Fist

This is a collaborative program with Franklin.
(Adult)

White Crane Fist is similar to Tai Chi Fist in terms of practicing in a relaxed fashion. The style is based heavily on breath work in association with the hand and foot movement. Footwork and the five element hand strikes are first introduced along with the first form that is an entire gi gung exercise. Loose comfortable clothes should be worn.
No class January 31 & April 18.

Instructor: Mark Fedran

Location: Franklin High School – Room B235
8222 S. 51 Street, Franklin
(Enter upper, main entrance)

Class #	Days	Dates	Time
CE1629	Tuesdays	Jan. 10-May 9	6:30-8:00 PM

Cost: Resident \$85.00 / Non-resident \$127.50

Enrollment: Minimum 10, Maximum 15

Tai Chi

This is a collaborative program with Franklin.
(Adult)

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

Continuing -for students previously enrolled in Beginning Tai Chi continuing the 13 postures. **No class January 30 , February 1, April 17 and April 19.**

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

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

Class #	Level	Days	Dates	Time
CE1631	Beg.	Mon.	Jan.9-May 8	6:30-8:00 PM
CE1632	Cont.	Wed.	Jan. 11-May10	6:30-8:00 PM

Cost/class: Resident \$85.00 / Non-resident \$127.50

Enrollment: Minimum 10 , Maximum 15

Fitness Note...

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

Put Some Spring in Your Step with Hatha Yoga!

(Ages 13-Adult, Co-ed)

Yoga for beginners & advanced beginners Yoga literally means to yoke or bind mind, body and spirit. Hatha yoga classes welcome all levels of practitioners, first-timers to life-timers. Strengthen and tone the body through postures such as forward folds, backbends, twists, balance and standing postures. Calm and focus the mind through pranayama-yogic breathing exercises. The practice concludes with savasana- time to refresh with stillness for five minutes. We cue, assist and adjust if you allow. Modifications will be made as needed. Bring a mat, strap and block if you have them. Best not to eat one hour before class. 13 years of age or older. No previous experience required. **No class 4/13 & 4/14.**

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

Location: Twisted Cork, Events Rom
S74W16832 Janesville Road

Class #	Days	Dates	Time
CE1490	Thurs.	January 5-26	6:30-7:30 PM
CE1491	Thurs.	February 2-23	6:30-7:30 PM
CE1492	Thurs.	March 2-23	6:30-7:30 PM
CE1493	Thurs.	Mar. 30-Apr.27	6:30-7:30 PM
CE1494	Thurs.	May 4-25	6:30-7:30 PM

CE1495	Friday	January 6-27	8:15-9:15 AM
CE1496	Friday	February 3-24	8:15-9:15 AM
CE1497	Friday	March 3-24	8:15-9:15 AM
CE1498	Friday	Mar. 31-Apr. 28	8:15-9:15 AM
CE1499	Friday	May 5-26	8:15-9:15 AM

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

Enrollment/class: Minimum 6, Maximum 15

Hula Fit

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

Hula Fit is a total body workout inspired by dances of the Pacific Islands set to the sounds of Polynesian drum beats fused with some Middle Eastern belly dance music as well. Take off your shoes, put on a hip wrap, let's dance, burn some calories and have fun. This workout focuses on the core and especially the abs. **No class March 16.**

Instructors: Diane Maegli-Hippert,
Hot Hula certified Instructor

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

Class #	Days	Dates	Time
CE1627	Thursday	Jan. 12-Feb. 9	6:15-7:15 PM
CE1628	Thursday	Feb. 23- Mar. 30	6:15-7:15 PM

Cost: Resident \$23.00/ Non-resident \$34.50

Enrollment: Minimum 8, Maximum 20

Adult/Seniors

Watercolor & Mixed Media Painting

This is a collaborative program with Franklin.
(Adult)

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

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

Instructor: Jean Curley

Location: Twisted Cork, Art Space
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE1500	Wednesdays	May 3-24	10:00-11:30 AM
CE1501	Wednesdays	May 3-24	7:00-8:30 PM

Cost: Resident \$40.00 / Non-resident \$60

Enrollment: Minimum 6 Maximum 15

Continuing Watercolor

This is a collaborative program with Franklin.
(Adult)

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

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

Instructor: Jean Curley

Location: Twisted Cork, Art Space
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE1503	Wednesdays	Jan. 25-Mar. 8	10:00-11:30 AM
CE1504	Wednesdays	Jan. 25-Mar. 8	7:00-8:30 PM

Cost: Resident \$58.00 / Non-resident \$87.00

Enrollment: Minimum 6, Maximum 15

Beginning Watercolor

This is a collaborative program with Franklin.
(Adult)

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

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

Instructor: Jean Curley

Location: Twisted Cork, Art Space
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE1505	Tuesdays	Jan. 24-Mar. 7	1:00-2:30 PM
CE1506	Tuesdays	Jan. 24-Mar. 7	7:00-8:30 PM

Cost: Resident \$58.00 / Non-resident \$87.00

Enrollment: Minimum 6, Maximum 15

Beginning Oil Painting

This is a collaborative program with Franklin.

(Adult)

You will learn the basics of oil painting, how to mix and apply the paint to your canvas to paint subjects provided by the instructor and that of your choosing.

Supplies needed: Paints (Titanium White, Ivory Black, Cadmium Yellow, Cadmium Orange, Cerulean Blue, Ultramarine Blue, Burnt Sienna, Raw Umber, Viridian, Alizarin Crimson. The minimum: red, yellow, blue, black and white. NOTE: Get a large tube of white and black, you will use a lot for mixing; the other colors can be small tubes.), Primed, stretched canvas or canvas board; lean to the smaller side for starting out; 9"x12" perhaps being the largest you should go. Oil Painting Brushes: (Suggestions only) size 4 bright or flat, small round for details, size 12 or 14 filbert. Palette knife, linseed oil, mineral spirits (low odor please), container (glass) to store the linseed oil and mineral spirits you pour out to use. These can be small jars, just make sure the seal is good so they don't leak, and a palette.

Instructor: Jean Curley

Location: Twisted Cork, Art Space
S74W16832 Janesville Rd

Class #	Days	Dates	Time
CE1502	Thursdays	Feb. 2-Mar. 2	1:00-3:00 PM

Cost: Resident \$52.00 / Non-resident \$78.00

Enrollment: Minimum 6, Maximum 15

Instructional Languages for Adults

This is a collaborative program with Franklin.

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

Instructor: Erynn Pratt

Location: Muskego City Hall, Lions Den
W182S8200 Racine Avenue

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

Enrollment: Minimum 8, Maximum 12

Espanol Basico

Are you just starting out in the world of Spanish? Did you take a Spanish class a while ago and need a refresher of the language? Either way, this is the class for you. In this class we will be starting out from the beginning which includes the alphabet, numbers, colors, shapes, etc. But, we will also be going over some basic conversation as well. Join us to learn this beautiful language that nowadays seems to be everywhere!

Class #	Days	Dates	Time
CE1516	Tue. & Thur.	Mar. 7- Apr. 20	5:15-6:15 PM

Espanol para Conversar

Have you always wanted to learn Spanish? Do you work in a Spanish-speaking environment, or do you want to? Or maybe you'd like to travel to Mexico on vacation and want to learn some conversation starters? Whatever may be the case; this is the class for you to begin your Spanish-speaking skills. Come join us and start to discover the wonderful world of Spanish!

Class #	Days	Dates	Time
CE1517	Tue. & Thur.	Mar. 7- Apr. 20	6:30-7:30 PM

Espanol a Continuacion 1

Hola my returning students from either Basic Spanish or Conversational Spanish! In this class we will be increasing our knowledge and vocabulary from one or the other of our previous classes. Here we will be learning about even more things to talk about!! Come join us for even more Spanish fun! Hasta pronto!!!

Class #	Days	Dates	Time
CE1519	Tue. & Thur.	Mar. 7- Apr. 20	7:45-8:45 PM

Bienvenue au Francais

Bonjour! Have you had a curiosity for French but life got in the way, and you could never find the time? Did you take French in high school but feel like that was ages ago and you need a refresher? French is a beautiful language! Come join us for Beginning French, and you'll be saying 'Ooh La La' in no time!

Class #	Days	Dates	Time
CE1520	Mon. & Wed.	Mar. 6-Apr. 19	5:15-6:15 PM

Le Francais Conversationnel

Bonjour! Ca va? Come and join us for a little conversation en francais! Whether you took French in high school and feel like you may need a review, have a love for the French culture and language, or just want to start out on the basics, this is the class for you!

Class #	Days	Dates	Time
CE1521	Mon. & Wed.	Mar. 6-Apr. 19	6:30-7:30 PM

Le Francais C'est Fantastique 1

Bonjour! Welcome back to all my students from our beginning French class! This is the first of our many continuing on French classes in the series, where we explore more about the beautiful language that is French! Hope to see you there! A bien tot!

Class #	Days	Dates	Time
CE1522	Mon. & Wed.	Mar. 6-Apr. 19	7:45-8:45 PM

Pruning

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

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

Instructors: Arborist Paul Fliss

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

Class #	Day	Date	Time
CE1558	Tuesday	April 11	6:30-8:00 PM

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

Enrollment: Minimum 5, Maximum 10

Adult/Seniors

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

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

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

Location: Muskego Public Library, Room 1
573W16663 Janesville Road

Class #	Day	Date	Time
CE1559	Tuesday	January 10	6:45-7:45 PM
CE1560	Wednesday	February 8	6:45-7:45 PM
CE1561	Monday	March 13	6:45-7:45 PM
CE1562	Monday	April 10	6:45-7:45 PM
CE1563	Tuesday	May 16	6:45-7:45 PM

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

Enrollment: Minimum 5, Maximum 20

College Funding Solutions (Adult)

A four year college degree costs between \$50,000 and \$250,000. The good news is few students pay the full cost of college out of their own (or their parents) pocket. This class explores time tested strategies for getting the money you need for college. We discuss need-based financial aid, gifts and scholarships, saving opportunities, loans, debt management and tax strategies. Learn why understanding the FAFSA is as important as your 1040 tax form.

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

Location: Muskego Public Library, Room 1
573W16663 Janesville Road

Class #	Day	Date	Time
CE1565	Monday	January 9	6:45-7:45 PM
CE1566	Wednesday	March 8	6:45-7:45 PM
CE1568	Tuesday	May 9	6:45-7:45 PM

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

Enrollment: Minimum 5, Maximum 25

Learn to Play Pickleball (Ages 16-Adult)

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

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

The City of Muskego Recreation has partnered with local pickleball enthusiasts to host open co-ed pickleball. You will

not need to bring anything along besides a willingness to learn the game. Balls and paddles provided.

Location: Lions Park, Pickleball Courts
577W18950 Lions Park Dr

Class #	Day	Date	Time
CE1401	Monday	April 17	9:00-11:00 AM
CE1549	Monday	April 17	5:30-7:30 PM

Cost: Free

Enrollment: Minimum 6, Maximum 40

**Open Play Pickleball
Information on page 45.**

**Both social & advanced level
play offered.**

**Adult Instructional Language
classes for both
French & Spanish can be
found on page 35.**



Financial Strategies for Women (Adult)

More and more women are becoming responsible for their family's financial well-being. They also face unique financial challenges—like longer lifespans and caregiving responsibilities—that can affect their long-term financial security. Join us for a presentation that illustrates how important it is for women to develop a financial strategy.

Facilitators: Shelly May Wohler
Jeremy Keil CFA®, CFP®, ChFC®, CLTC®, CLU®, RICP®

Location: Muskego Public Library, Room 1
S73W16663 Janesville Road

Class #	Day	Date	Time
CE1624	Tuesday	March 28	6:00-7:00 PM

Cost/Household: Free

Enrollment: Minimum 5, Maximum 25

Retire Wisely (Adult)

Will I have enough to retire? – Will my retirement income last? – Are my assets protected? Manage six key risks all retirees face: Outliving their income, inflation, unpredictable events, market volatility, income taxes and rising healthcare costs. Turn retirement concerns into confidence. Get positive, professional guidance from a faith-based organization that has been helping our member-owners be wise with money and live generously for more than 100 years.

Facilitators: Shelly May Wohler
Jeremy Keil CFA®, CFP®, ChFC®, CLTC®, CLU®, RICP®

Location: Muskego Public Library, Room 1
S73W16663 Janesville Road

Class #	Day	Date	Time
CE1615	Tuesday	January 31	6:00-7:00 PM
CE1619	Wednesday	March 29	6:00-7:00 PM

Cost/Household: Free

Enrollment: Minimum 5, Maximum 25

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

So don't delay in registering!

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

Navigating Senior Living and Long Term Care Expenses (Adult)

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

Facilitators: Shelly May Wohler,
Jeremy and Pam Foti and Jenny Wagner
of Vesta Senior Network

Location: Muskego Public Library, Room 1
S73W1663 Janesville Road

Class #	Day	Date	Time
CE1620	Tuesday	January 31	7:00-8:00 PM
CE1621	Wednesday	March 29	7:00-8:00 PM

Cost/Household: Free

Enrollment: Minimum 5, Maximum 25

Tax Planning (Adult)

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

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

Location: Muskego Public Library, Room 1
S73W16663 Janesville Road

Class #	Day	Date	Time
CE1570	Monday	January 16	6:45-7:45 PM
CE1571	Monday	February 13	6:45-7:45 PM
CE1572	Tuesday	March 7	6:45-7:45 PM
CE1573	Monday	May 8	6:45-7:45 PM

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

Enrollment: Minimum 5, Maximum 20

Adult/Seniors

Cooking with Class...Food Demonstrations by Staci Joers

This is a collaborative program with Franklin.

(Adult)

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

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

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

Enrollment: Minimum 12, Maximum 25

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

Ramen

Ramen is certainly having a "moment" right now, enjoying a popularity that's reserved for only the trendiest foods. There's a certifiable "cult of ramen," populated by the chefs that are pushing ramen to its limits and also by the fans who will wait hours in line for the best bowls around. So, tonight you'll sample my take on Ramen dishes. It's not just for poor college students anymore! You'll sample...

- Asian Shrimp Noodle Soup
- Tom Kha Goong Ramen
- Spicy Mushroom Miso
- Beef Ramen Noodle Soup with Enoki Mushrooms

Class #	Day	Date	Time
CE1594	Wednesday	January 11	6:30-8:30 PM
Registration deadline Jan. 4			

Vibrant Winter Entertaining

Come out and enjoy some new recipes loaded with color, texture and flavor. This is a fabulous menu to prepare for your special someone on Valentine's Day! You'll sample...

- Lemon Butter Artichokes
- Cauliflower-crust Pizza with Grape Tomatoes & Basil
- Cucumber-Avocado Caprese Salad
- Dark Chocolate Cake with Chocolate Buttercream

Class #	Day	Date	Time
CE1595	Wednesday	February 8	6:30-8:30 PM
Registration deadline Feb. 1			

Using Bread in Everyday Cooking

Bread is a pretty fantastic food. It's the backbone of any sandwich, and is often used to accompany meals when entertaining. It's incredibly versatile, which means if you have a lot of it left over, you can use it in ways you've probably

never thought to before. From soups to soufflés, you won't have any reason to toss that extra loaf with these ideas. You'll sample....

- Panzanella
- Roasted Tomato Bread Soup
- Mac n Cheese with Bacon, Cheddar and Sage with Brown Butter Bread Crumbs
- Sweet Bread Pudding with Pecan-Bourbon Sauce

Class #	Day	Date	Time
CE1596	Wednesday	March 8	6:30-8:30 PM
Registration deadline March 1			

Food in Books & Movies...Knock-off recipes from Bubba Gump Shrimp Co.

Forrest Gump is a 1986 novel by Winston Groom. The title character retells adventures ranging from shrimp boating and ping pong championships, to thinking about his childhood love, as he bumbles his way through American history, with everything from the Vietnam War to college football becoming part of the story. Released as a movie in 1994 starring Tom Hanks.

"Anyway, like I was sayin', shrimp is the fruit of the sea. You can barbecue it, boil it, broil it, bake it, saute it. There's shrimp-kabobs, shrimp creole, shrimp gumbo. Pan fried, deep fried, stir-fried. There's pineapple shrimp, lemon shrimp, coconut shrimp, pepper shrimp, shrimp soup, shrimp stew, shrimp salad, shrimp and potatoes, shrimp burger, shrimp sandwich. That, that's about it." – Bubba
You'll sample...

- Shrimpin' Dippin' Broth with Baguettes
- Dumb Luck Coconut Shrimp
- Shrimp Po' Bo with Remoulade
- Mama's Bread Pudding with Whiskey Butter Sauce

Class #	Day	Date	Time
CE1597	Wednesday	April 5	6:30-8:30 PM
Registration deadline March 29			

Asparagus

Asparagus is a harbinger of spring but is now available nearly year round. This vegetable delicacy has a flavor like no other; if I had to describe it, I would say that it tastes slightly like broccoli and celery with a little artichoke-y flavor, too. Asparagus is actually the sweet, tender, early shoot of a plant in the lily family. Tonight I will make several recipes featuring asparagus that will "wow" family and friends. You'll sample...

- Prosciutto wrapped Asparagus with Hollandaise
- Crust-less Asparagus Quiche
- Cream of Asparagus Soup with lemon, parmesan & thyme
- Asparagus Risotto

Class #	Day	Date	Time
CE1598	Wednesday	May 3	6:30-8:30 PM
Registration deadline April 26			



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

Drawing for Beginners

This is a collaborative with Franklin.
(Ages 18-Adult)



This class is designed to be a fun, step by step class for people who have not drawn before, as well as students who would like a refresher in the basics. Whether your goal is to be able to draw from life, photos, or your imagination, the class will help. You'll learn how to draw objects based on simple shapes, and how to add shading and textures to make your drawings look real and three-dimensional. Each week we will focus on drawing something new, from still objects, people and animals using graphite pencil and charcoal. **No class February 1.**

Please bring to class the following materials:

Strathmore 400 Series drawing pad (24 sheets)-11" x 14"
Pencils - 1 each HB, 2B, 4B, 6B, 8B
Erasers - a kneaded eraser and a white rubber eraser
Charcoal pencils - Hard, Medium, and Soft
Pencil Sharpener
Paper Bending Stumps

Instructor: Karen Johnson- Karen is a life long artist and children's book illustrator. She has also been an animator for clients such as Disney, Mattel and Fisher Price and worked on the animated movie "Fern Gully The Last Rainforest"

Location: Franklin High School, Room B206
8222 S. 51 Street, Franklin WI

Class #	Day	Date	Time
CE1675	Wednesdays	Jan. 18-Feb. 22	6:30-7:30 PM
CE1676	Wednesdays	Mar. 8-Apr. 5	6:30-7:30 PM

Cost: Resident \$39.00 / Non-Resident \$58.50

Enrollment: Minimum 8, Maximum 20

Parenting the Love and Logic Way Highlights Class (Parents of children ages 6-17)

This program is effective for children ages: 6 to 17 years old. This 2-hour class will teach parents how to:

- Put an end to arguing, back talk and begging
- Teach responsibility without losing their love
- Set limits without waging war
- Avoid power struggles

Instructor: Lisa Reid, Independent Facilitator for the 'Parenting the Love and Logic Way' Curriculum

Location: Muskego City Hall, Durham Hill Room
W182S8200 Racine Ave.

Class #	Day	Date	Time
CE1352 (SINGLE)	Tuesday	April 4	6:00-8:00 PM
CE1353 (DOUBLE)	Tuesday	April 4	6:00-8:00 PM

Cost/Couple: Resident \$44.00 / Non-resident \$66.00
Cost/Single: Resident \$25.00 / Non-resident \$37.50

Enrollment: Minimum 5, Maximum 20

Early Childhood Love and Logic Highlights (Parents of children ages Birth- 6 years)

This program is effective for children ages: birth to 6 years old. This 2 hour class will teach parents of young children how to:

- How to Put an End to arguing and whining
- Handle misbehavior without breaking a sweat
- Avoid power struggles
- Create limits in a loving way
- Have more fun while parenting

Instructor: Lisa Reid, Independent Facilitator for the 'Early Childhood Parenting Made Fun!' Curriculum

Location: Muskego City Hall, Durham Hill Room
W182S8200 Racine Ave.

Class #	Day	Date	Time
CE1348 (SINGLE)	Tuesday	March 28	6:00-8:00 PM
CE1350 (DOUBLE)	Tuesday	March 28	6:00-8:00 PM

Cost/Couple: Resident \$44.00 / Non-resident \$66.00
Cost/Single: Resident \$25.00 / Non-resident \$37.50

Enrollment: Minimum 5, Maximum 20

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

Adult/Seniors

Easy E-Books on Amazon

(Adult)

Publish your own e-book using Amazon Kindle Direct. Learn how to open an account, upload your content, create a basic cover (and why it's important), and sell your work. We will discuss basic copyright, pricing, and e-book marketing strategies. Dust off that old novel or how-to - it's time to get your words out!

Prerequisites: Familiarity with using personal computers, a mouse and a keypad, and familiarity with email and the internet is recommended.

Instructor: Lynn Van Lier

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

Class #	Day	Date	Time
CE1585	Tuesday	February 7	6:30-8:30 PM

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

Enrollment: Minimum 4, Maximum 15

Online Fundraising / Crowdfunding

(Adult)

Sites like Indiegogo and Go Fund Me are easy ways to make money for a cause. Learn the secrets to launching and managing an online fundraiser for medical costs, to start a business/artistic project, or help a charity. We will cover how to write a compelling pitch, add pictures and video, and stay on top of your campaign from start to finish. Prerequisites:

Familiarity with using personal computers, a mouse and a keypad, and familiarity with email and the internet is recommended.

Instructor: Lynn Van Lier

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

Class #	Day	Date	Time
CE1586	Tuesday	February 14	6:30-8:30 PM

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

Enrollment: Minimum 4, Maximum 15

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

**Adult Painting (Water Color & Oils) on page 34
Adult Beginning Drawing on page 39**

Basic Blogging with WordPress

(Adult)

Are you funny, inspirational, or an expert on something? Do you have a small business you'd like to promote? Have you thought about starting a blog, but were afraid to take the leap? This is your class! We will explore the basic (free) WordPress blog site, look at templates and formats, craft posts, add graphics and launch your ideas. Blogs are fun and easy ways to share your talents and insights. What are you waiting for?

Prerequisites: Familiarity with using personal computers, a mouse and a keypad, and familiarity with email and the internet is recommended.

Instructor: Lynn Van Lier

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

Class #	Day	Date	Time
CE1587	Thursday	February 16	6:30-8:30 PM

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

Enrollment: Minimum 4, Maximum 15

Zentangle

(Ages 7-Adult)

Zentangle is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. You also can increase your focus and create a different mood and state of mind. Zentangle is simple to understand and easy to enjoy-even if you are convinced you are not an artist. A 2 session introductory includes supplies and a set of tools and tiles for creating more at home.

Instructor: Debbie Krivitz & Carol Schlintz

Location: Inward Journeys, Suite 7
S71W23325 National Ave., Big Bend.

Class #	Day	Date	Time
CE1630	Mondays	Jan. 9-16	1:00-3:00 PM
CE1633	Wednesdays	Feb. 8-15	10:00 AM-12:00 PM
CE1634	Thursdays	Mar. 2-9	6:00-8:00 PM
CE1635	Mondays	Apr 10-17	2:00-4:00 PM
CE1636	Wednesdays	May 3-10	1:00-3:00 PM
CE1637	Tuesdays	May 9-16	6:00-8:30 PM

Cost/session: Resident \$57.50/ Non-resident \$75.00

Enrollment: Minimum 5, Maximum 20

40

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

The Clutter Coach Courses

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

Kathi J Miller of The Clutter-Free Life has been an educator, mentor, and entrepreneur. She spent 10 years as a clutter coach working with clients in their homes and offices. She currently teaches, speaks, and writes about clutter-free living, motivating others to declutter their homes, offices, and schedules. Website: www.kathijmiller.com

Instructor: Kathi Miller

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

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

Enrollment: Minimum 8, Maximum 15

Clutter-free Living Level One

If you want to live better with less stuff and enjoy a less stressful life, but you don't know how or where to begin, this class is for you. Clutter can drag down your energy and suck all the fun out of life. Whether you have overflowing storage, an overwhelming Inbox, or too many tasks to accomplish each day, you will learn ways to create and maintain a clutter-free life.

Class #	Day	Date	Time
CE1599	Friday	February 10	10:00 AM-12:00 PM

DIY European Travel

You don't need a lot of money or a guide to travel to most European countries. My husband and I have traveled to Europe on a regular basis since 1988, including 19 trips to Paris! The course includes:

- how to travel light yet be well-dressed
- how to use public transportation and railroads
- which words & phrases to learn in the foreign language
- how and why to rent an apartment for as few as 4 days
- what to see and do
- what to buy
- currency conversion
- cultural differences
- how to minimize jet lag
- photos of places and spaces

Class #	Day	Date	Time
CE1600	Friday	March 3	10:00 AM-12:00 PM

Garages and Basements

Learn how to decide what to keep, discard, or donate and how to organize what's left. Be able to find what you own. Turn your basement and garage into useful storage! This course is especially good for spouses who think they don't need to get rid of anything! It's also a good introductory class to help anyone rethink how much stuff they really need in their lives. Invite reluctant family members to register and attend along with you.

Class #	Day	Date	Time
CE1601	Friday	March 24	10:00 AM-12:00 PM

Get the Junk Out

This is a collaborative program with Franklin.
(Adult)



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

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

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

Class #	Day	Date	Time
CE1716	Monday	February 27	6:30-8:00 PM

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

Enrollment: Minimum 5, Maximum 15

Everything You Always Wanted to Know about Food

This is a collaborative program with Franklin.
(Adult)



Do you find yourself confused and overwhelmed by all the conflicting stories you hear every day regarding food? If so, you are not alone. We are continuously inundated with the latest and greatest "healthiest" way to eat. From Paleo to Vegan, from full fat to no fat, they all claim to be healthy. So what is the truth?

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

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

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

Class #	Day	Date	Time
CE1715	Monday	March 27	6:30-8:00 PM

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

Enrollment: Minimum 5, Maximum 15

Adult/Seniors

Computer Classes

Join us to learn how to use various features of Microsoft Office in-depth. Pick and choose the right computer classes for you. Each class is scheduled for 2-hours which includes a 90-Minute Workbook plus extra time for practice and questions. Class is geared towards the newest Microsoft Office 2016 version but can be easily adjusted with any version. **Bring your own laptop for hands-on learning, or just follow along with the instructor's projector and your workbook while taking extra notes. Registration deadline 10 days in advance to accommodate ordering book supplies.**

Instructor: Tracey Fridley, The Computer Help Button

Location: Muskego City Hall, Luther Parker Rm.
W18258200 Racine Avenue

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

Enrollment: Minimum 3, Maximum 12

Word Getting Started

Learn the terminology of Microsoft Word and develop the skills to create and work with basic documents. Are you new to Microsoft Word? Do you want to create simple letters, reports, and other documents? Do you need to edit, save, and print documents? Do you want to spell check your documents and learn to use online help?

Class #	Days	Dates	Time
CE1640	Tuesday	February 21	6:00-8:00 PM

Word Document Formatting

Learn formatting techniques you can use to make your Word documents more readable, more visually pleasing, and more effective as communication tools. Do you want to make your documents look more professional? Do you want to enhance the text within a document with font changes, borders, or shading? Do you want to create numbered or bulleted lists, or change the way text lines up on the page?

Class #	Days	Dates	Time
CE1641	Tuesday	February 28	6:00-8:00 PM

Word Tables

Learn how to create tables to present information more effectively. If you're using tabs to enter columns of text, do you ever end up with a mess when you need to add or delete information? Do tabs seem to "jump" around in your document unexpectedly? Would you like to learn another way to present information effectively or to define the layout of your page?

Class #	Days	Dates	Time
CE1642	Tuesday	March 7	6:00-8:00 PM

Word Mail Merge

Learn how to use Word to manage mass mailings. Do you need to send the same letter to several people? Do you need to create envelopes or mailing labels? Do you need to create similar reports where variable information needs to be inserted?

Class #	Days	Dates	Time
CE1643	Tuesday	March 14	6:00-8:00 PM

Excel Getting Started

Learn the terminology and capabilities of Excel 2010. Learn how to create a spreadsheet, enter data, and create simple formulas. Do you want to learn the basics of using an electronic spreadsheet? Do you want to learn to input data and add rows and columns? Do you want to do simple calculations? Do you want to be able to create, edit, print, save, and open spreadsheets?

Class #	Days	Dates	Time
CE1644	Tuesday	March 21	6:00-8:00 PM

Excel Functions & Formulas

Learn the basic formatting techniques necessary to enhance the way data displays on a worksheet and in print. Do you want to perform calculations in your Excel spreadsheets? Do you want to use any of the 300+ built-in Excel functions? Do you want to learn how to efficiently create worksheets that update automatically?

Class #	Days	Dates	Time
CE1645	Tuesday	April 4	6:00-8:00 PM

Excel Formatting Spreadsheets 1

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

Class #	Days	Dates	Time
CE1646	Tuesday	April 11	6:00-8:00 PM

Excel Creating Charts

Learn to create several types of professional-looking charts. Identify chart objects and learn to modify, add, and format charts to enhance the presentation of your data. Could your statistical information be presented more clearly in a graph or chart? Would a chart spice up an upcoming presentation? Would you like to clearly show comparisons such as forecasted to actual, last year to this year, etc.?

Class #	Days	Dates	Time
CE1647	Tuesday	April 25	6:00-8:00 PM

Computer Classes

Continued from page 41...

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

Instructor: Tracey Fridley,
The Computer Help Button

Location: Muskego City Hall, Luther Parker Rm.
W18258200 Racine Avenue

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

Enrollment: Minimum 3, Maximum 12



Google Photos (Adult)



Learn how to easily store, safely back up, and automatically sync all your digital photographs by using Google Photos. Your pictures are then searchable by what's in the photo like dog, a particular place like beach, or even grouped by people's faces. Organize with albums, create animations, design collages, edit your photos, and share with family and friends. Google Photos is a free online software program which allows you to store unlimited high quality photos. Great solution to free up storage space on your cell phone. Bring your computer, cell phone, camera, and other gadgets to class for help with setup.

Class #	Days	Dates	Time
CE1648	Tuesday	May 2	6:00-8:00 PM

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



Beginner Piano/Digital Chord Playing

This is a collaborative program with Franklin.

(Ages 14-Adult)

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

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

Join our workshop and experience the simple chord method:

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

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

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

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

Class #	Day	Date	Time
CE1557	Wednesday	February 8	6:00-9:00 PM

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

Enrollment: Minimum 3, Maximum 15

Adult/Seniors

Digital Camera Workshops

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

Instructor: C.T. Krueger

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

Enrollment: Minimum 4, Maximum 20

You Have Pictures In Your Camera - Now What?

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

Class #	Day	Date	Time
CE1649	Wednesday	January 18	6:30-8:30 PM
Cost: Resident \$26.00 / Non-resident \$39.00			

iPad/iPhone—Tips, Tricks & Techniques

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

Class #	Day	Date	Time
CE1650	Wednesday	January 25	6:30-8:30 PM
Cost: Resident \$26.00 / Non-resident \$39.00			

Advanced Digital Photography—Exposure

Bring your camera and its instruction manual to this two-hour workshop designed to get you "out of automatic" and use your camera's exposure modes and functions in situations like Sports, Portraits, Low Light, and more. This class is ideal for people who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with Program, Shutter / Aperture Priority, and Manual exposure modes.

Class #	Day	Date	Time
CE1651	Wednesday	February 1	6:30-8:30 PM
Cost: Resident \$29.00 / Non-resident \$43.50			

Advanced Digital Photography – Lenses, Light & Composition

Bring your camera and its instruction manual to this two-hour workshop designed to help you understand lens selection and use, use of existing light and flash, and composition ideas. This is an excellent follow-up class for students who have attended either "Advanced Digital Photography Techniques" or "Advanced Digital Photography –Exposure". This class is ideal for people who have purchased interchangeable lens (DSLR) cameras, or have an advanced digital camera with Program, Shutter / Aperture Priority, and Manual exposure modes.

Class #	Day	Date	Time
CE1652	Wednesday	February 8	6:30-8:30 PM
Cost: Resident \$29.00 / Non-resident \$43.50			

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



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

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

Visit Nay Pier:

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

Bus will depart Chicago at 5:30PM sharp.

Pre-registration is required. DEADLINE TO REGISTER: WEDNESDAY, MAY 18.

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

Class #	Day	Date	Departure Time Franklin	Departure Time Chicago
CE1556	Saturday	June 3	8:00 AM	5:30 PM

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

Enrollment: Minimum 40, Maximum 53

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

Pickleball Open Play (Adults/Seniors)

Come play Pickleball on our courts at Lions Park! Pickleball is a blend of tennis and ping pong played on a badminton size court. Pickleball provides plenty of exercise, hand-eye coordination and you don't have to be 'super athletic' to play.

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

9:00-11:30 AM Monday/Thursday mornings and 5:30-8:00 PM Wednesday evenings are for social play.

5:30-8:00 PM Monday, Tuesday and Thursday evening sessions are for advanced play.

Saturday mornings, 9:00-11:30AM are for all levels of play.

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

Class #	Day	Date	Time
CE1398	See days above	April 3-June 10	varies

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

Enrollment: Minimum 10, Maximum 75



Fitness Note...

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

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

Adult Leagues

Registration Opens November 14

Deadlines are 1 week prior to the first night of the league, limited spots are available, so sign up fast! Register at the Muskego Parks & Recreation Office located at W182S8200 Racine Avenue. For more information, please call 262-679-4108 or visit us online at www.cityofmuskego.org

Co Rec Kickball

League Offerings and Locations
Friday—Park Arthur

Season: 8 weeks
beginning April 7

Format: Co-Ed, 10 players on the field (minimum of 4 players of each sex), minimum of 8 players to avoid forfeit.

End of season tournament,
details to follow.

\$250/Team

Championship T-shirts will be given to the team with the best overall season record.

Adult Softball

League Offerings and Locations:

Wednesday Men's - Mill Valley
Thursday Women's - Mill Valley
Thursday 55+ Co-ed - Mill Valley

55+ league will start on May 4 with a player over-all practice/evaluation. Teams will be created by a team manager draft that following week.

Season: up to 12 weeks depending on the league with play beginning early May.

Format: 8 players minimum to start game, game length 50 minutes.

End of season tournament,
details to follow.

\$400/Team Men's & Women's
\$25/player for 55+ league

Championship T-shirts will be given to the Tournament Champion

Co-ed Doubles Tennis

League Offerings and Locations
Wednesdays— Muskego High School

Season: 6 weeks
evenings beginning, May 3

Please sign up with a partner. If you don't have a partner let us know we will take names to match partners up. We will have a league meeting on Wednesday, April 26 at 6:30 p.m.

\$20/player

Information on Open Play Pickelball can be found on page 45.

Learn to Play Pickelball can be found on page 36.