

# Sports Programs

## Co-Rec Volleyball Leagues

adults

There are three leagues with a maximum of 12 players per team and 4 teams per Monday league (3 leagues).

Monday A, Monday B, and Monday C available.

**Dates:** Mondays  
October 12-December 7/14  
(9-week season based on number of teams)

**Times:** 6:45, 7:45 and 8:45 p.m.

**Place:** Greendale Middle School  
Gym

**Fee:** \$150.00 team fee plus  
\$5.00 Resident player  
\$10.00 Non-Resident player

**Note:** Spots will be filled on a first-come, first-serve basis. Register at the Park and Recreation office during office hours. The \$150.00 team fee must accompany the registration. Currently we are on a waiting list for Monday leagues. Will know after September 25th if openings. Call to go on a waiting list.



## Recreational Tree Climbing

ages 7 years and older and adults

Fun, Fitness, Adventure! Peaceful and invigorating, recreational tree climbing allows climbers to ascend into and explore trees! Gain a new appreciation for trees, nature, and your local parks. Recreational tree climbing is a unique activity that can be enjoyed by an individual, in small groups, and especially rewarding to families. All gear and instruction is provided.

**Date:** Tuesday, October 6 #212907.1

**Time:** 4:30-6:00 p.m.

**Place:** Greendale High School  
Trees across from District Office on back side of High School (SE corner)

**Fee:** Resident \$37.50  
Non-Resident \$47.50

**Instructor:** Owner/staff of Treetop Explorer LLC

**Note:** Participants must wear long pants, sturdy shoes, and bring a sense of adventure!

Due to the nature of this activity, there are only 7 spots available so please register early through our registration process!

## "Intro to Pickleball"

adults

Have you heard of Pickleball? Do you have friends playing, but you don't know the rules or strategy? This intro program will cover the basics to get you started. Don't feel left out when your social group goes to play anymore! You'll be "spiking" in the "kitchen" in no time!

The goal of this program is to give a brief background and create understanding of the game to be able to play socially moving forward.

**Date:** Wednesday, September 30 #211604.1

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

**Place:** Community Center Park  
Tennis Courts

**Fee:** Resident \$15.00  
Non-Resident \$25.00

**Instructor:** Southridge Athletic Club Staff

**Note:** Paddles and balls will be available for use during the program for those individuals who do not have their own. Participants should bring indoor tennis shoes and a filled bottle of water.

## Open Recreational Volleyball

adults

Supervision is provided for adults to get together and play volleyball. Department provides the equipment, you provide the energy! Participants must wear gym shoes and provide their own towels, locks, etc.

**Dates:** Thursdays #211601.1  
October 15-December 17  
exclude November 26

**Time:** 7:00-9:30 p.m.

**Place:** Greendale Middle School  
Main Gym

**Fee:** Resident \$36.00  
Non-Resident \$46.00

**Supervisor:** Dominic Graziano



NEW!

## ColdCaching: Discover the Geology of the Ice Age Trail

ages 16 years and older and adults

Did you know that the Ice Age National Scenic Trail is a thousand-mile footpath that highlights the glacial landscape left behind 12,000 years ago? The trail is entirely within Wisconsin and is one of only eleven National Scenic trails.

*Definition: An EarthCache is a Geocache that is a geological treasure. A ColdCache is an Earthcache along the Ice Age trail.*

This event will be a presentation about the special ColdCache (EarthCache) program you and your family can use to discover these special hidden glacial geological features across the Ice Age Trail landscape. Learn about EarthCaches, how you can find and log

NEW! **Geocaching 101**  
ages 16 years and older and adults



Geocaching, a global game of treasure hunting using longitude and latitude coordinates, is a fun-filled adventure for all ages. With you smart phone or a GPS receiver, and internet access, you are ready to explore and hunt for a "geocache". This presentation will focus on the basics needed to get started in participating in this eco-friendly family friendly sport including suggested equipment, the website, how to search for a cache, and types of caches. Learn how you, your family, and even friends, can explore the parks in a new way!

**Date:** Monday, October 12 #212901.1

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

**Place:** Zoom

**Fee:** No charge; however, pre-registration is required to receive the Zoom link.

**Instructor:** Renee Vanselow, a geocacher since February 2004 and a member of the Wisconsin Geocaching Association and Board of Directors since February 2009. Renee has met people from around the world through geocaching and has friendships from their shared experiences!



them, plus the resources available to you to make your hiking adventure on the Ice Age Trail an educational one as well. Learn about the patches you can earn for hiking the Ice Age Trail and finding ColdCache EarthCaches.

**Date:** Monday, October 26 #212904.1

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

**Place:** Zoom

**Fee:** No charge; however, pre-registration is required to receive the Zoom link.

**Instructor:** Renee Vanselow, a geocacher since February 2004 and a member of the Wisconsin Geocaching Association and Board of Directors since February 2009.

## Fastpitch Softball Fundamentals of Windmill Pitching

girls, grades 3 through 12

This 8-week session is for girls interested in learning how to be a fastpitch pitcher. Through drill work and repetition, athletes will learn all phases of the fastpitch motion to accomplish proper mechanics, speed, and control. They will learn the importance of their mental approach to being on the mound and being in control of a game. Pitching is a highly specialized skill that requires dedication, patience, and lots of practice outside of this 8-week clinic. Girls who are willing to commit the time and effort are encouraged to register.

**Dates:** Mondays  
October 12-December 7  
exclude November 2

**Times:**  
grades 3-6 6:30-7:20 p.m. #221601.1  
grades 7-12 7:30-8:20 p.m. #221601.2

**Place:** Canterbury School Gym

**Fee:** Resident \$120.00  
Non-Resident \$130.00

**Instructor:** Abby Mahsem, 4 year starting pitcher at Wisconsin Lutheran College coached by Katie Boyle. In 2018 earned 1st Team All NACC and 2nd Team All Region honors while becoming the first pitcher in WLC program history to be named NACC Pitcher of the Year. As the reigning Pitcher of the Year, she finished out her career in 2019 again earning 1st Team All NACC, NACC Pitcher of the year, and 2nd Team All Region honors.

**Note:** A catching partner is required to attend. Class size is limited to ensure personalized attention and player safety.



## Fall Fishing Fiesta

ages 5 through 10 with parent/adult caregiver



This unique event is the perfect opportunity to introduce youngsters, ages 5-10, to the benefits of fishing and the abundance of public access opportunities available in our community. No fishing gear? No problem! Each participant will receive a fishing pole, tackle box, basic instruction, and a grill-out lunch. This event is limited to the first 20-25 kids (between Muskego and Greendale).

**Date:** Sunday, September 27 #222212.1  
**Time:** 9:00 a.m.-12:00 p.m.  
**Place:** Idle Isle Park Fishing Pier  
W182 S6666 Hardtke Drive-Muskego

**Fee per pair:** Resident \$35.00  
Non-Resident \$52.50

**Instructor:** Staff of Muskego Parks & Rec

**Note:** All participants must be accompanied by a parent, guardian or chaperone.

**Deadline to register: September 23**

**Participants may register for this program beginning September 21 by calling the Park and Recreation office.**

## Fall T-Ball

ages 3 through 5

Learn the fundamentals in a fun and relaxing environment! New teams picked each class.

**Dates:** Mondays and Wednesdays #221604.1  
September 23-October 12

**Time:** 5:00-5:45 p.m.

**Place:** Greendale Community Center Park  
6200 S. 76th Street  
(grass area north of tennis courts)

**Fee:** Resident \$22.00  
Non-Resident \$32.00

**Instructor:** "Coach Meri" Misko

**Note:** Children should bring a water bottle marked with their name each time and a glove if you have one.

**Participants may register for this class beginning September 21 by calling the Park & Rec office.**

## Ice Skating Lessons

ages 3 years and older through adults



Ice skating is one of the world's greatest sports! Skating is fun, challenging, and rewarding. Levels are designed to develop preliminary coordination and strength necessary to maneuver on the ice and gain basic knowledge to advance to specialized levels. Following the program designed by the U.S. Figure Skating Association, this progressive lesson program is perfect for the beginner or "not so" beginner skater!

**\*Dates:** Saturdays  
Session I October 31-December 19 #221672.1  
exclude November 28

Session II January 9-February 20 #321672.1

**\*Time:** 1:45-2:30 p.m.

**Place:** Wilson Park Recreation Center  
4001 S. 20th Street-Milwaukee

**\*\*Fee per session:**  
Resident \$125.00  
Non-Resident \$135.00

**Instructor:** Greater Milwaukee Figure Skating Club

**Note:** \*It should be noted that times may vary on occasion if Wilson Park schedules a tournament, etc. Also, there may be a couple of exclusion dates that were not known at the time of the printing of the brochure. Staff of the program will provide up-to-date information to registrants. Program fee is based on a 7-week schedule.

\*\*If registered for two consecutive 7-week sessions at the same time, the fee for each session is \$110.00 (\$220.00 total). Also, family discount, 3rd person registered in same family receives a \$30.00 discount.


Skate rental is NOT included. Rentals are \$3.00 per lesson at the Wilson Ice Center.



## Flag Football Instruction

grades 2 and 3

This instructional program will teach participants about the fundamentals of flag football including passing, catching, route-running, defense, flag-pulling and more! We will work up to scrimmages during our four week program.

**Dates:** Tuesdays **#221620.1**  
September 22-October 20  
exclude October 6  
**Time:** 5:00-6:00 p.m.  
**Place:** Community Center Park  
6200 S. 76th Street  
**Fee:** Resident \$20.00  
Non-Resident \$30.00   
**Instructor:** Bob Krol  
**Note:** Participants should bring a water bottle and dress for outside play.

Participants may register for this class beginning September 21 by calling the Park & Rec office.

## Bowling Instruction

ages 5 through 11

A great beginner bowling program. Participants will learn about bowling etiquette, scoring, and mechanics during the instruction portion of each lesson. Following the instruction, kids will take to the lanes to apply what they learned.

**Dates:** Saturdays **#221670.1**  
September 26-October 31  
**Time:** 12:00-1:00 p.m.  
**Place:** Classic Lanes-Greenfield, 5404 W. Layton Avenue  
**Fee:** Resident \$60.00  
Non-Resident \$70.00  
**Instructor:** Staff of Classic Lanes  
**Note:** Each lesson contains instruction, three games of bowling, and shoe rental.

Participants may register for this class beginning September 21 by calling the Park & Rec office.



## Soccer Academy

ages 5 through 11

For the "rec-to-select" soccer player (girl or boy), here's an opportunity to work on skills and drills of soccer. Through dribbling, change of pace and direction, 1v1, 2v1, 2v2, to 4v4 small sided games, technical training involving heading, long balls, fast footwork, fitness training, change of point and speed of play, you'll be ready for the spring season of your favorite sport! Bring a filled water bottle.

**Dates:** Saturdays  
January 9-March 6  
exclude January 23  
**\*Times:** ages 5-7 4:00-5:00 p.m. **#221648.1**  
ages 8-11 5:00-6:00 p.m. **#221648.2**  
**Place:** Greendale High School, Main Gym  
**Fee:** Resident \$85.00  
Non-Resident \$95.00  
**Instructor:** TBD  
**Note:** Participants must bring shin guards and wear indoor soccer or tennis shoes for participation in this program. Bring a filled water bottle.

## Basketball League

grades 5K through 1

This basketball program will introduce 5K and 1st grade children to the game. The first half of each Saturday will be spent working on skills and drills. The second half will include instructional scrimmages as they progress.

Parent coaches will be used, but will be provided lesson plans to help prepare for the first 30 minutes of practice on Saturday mornings. These parent volunteers do not need previous coaching experience, just an interest in helping young athletes get their first experience of organized sports.

Enrollment will determine the number of teams and ability to keep students with their fellow elementary school teammates.

Schedules will be released the week of December 7th.

**Dates:** Saturdays **#221624.1**  
December 12-January 30  
exclude December 26 & January 2  
**Time:** 10:45-11:45 a.m.  
**Place:** Greendale Middle School  
Gym  
**Fee (inc. t-shirt):** Resident \$30.00  
Non-Resident \$40.00  
**Instructor:** Greendale Park & Rec Staff/Parent Volunteers  
**Note:** Parents interested in helping as a volunteer coach should contact the Park & Rec office.

GET  
IN THE  
GAME



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(connected to On The Edge Bar & Grill)  
southridgeathleticclub.com

Our courts and banquet hall are available for special events.  
Gather your family, friends, and coworkers and call us to reserve space.

Special events open to the entire community run throughout the year.

## Special Olympics Bowling

ages 8 through adults

Greendale Park and Recreation is the Agency Manager for Greendale Special Olympics. Special Olympics provide a variety of Olympic-type sports for children and adults with intellectual disabilities. Special Olympics is currently working through a "Return to Play" phase plan. This plan may or may not allow for practices and regional and state competition this season. Greendale is committed to participating in bowling with practice on Saturdays this fall even if there are no scheduled competitions this season. Future sports will include basketball skills (winter) and athletics (track and field) in spring.

**Dates:** Saturdays **#224001.1**  
October 10-December 12  
exclude November 28

**Time:** 12:00-2:00 p.m.

**Place:** Country Lanes Bowling Alley  
11231 W. Forest Home Avenue-  
Franklin

**Fee:** No charge; however must pre-register

**Coach:** Mark Ulmen

**Note:** Please email Greendale Park & Recreation at [park.rec@greendaleschools.org](mailto:park.rec@greendaleschools.org) as soon as possible to be sure to comply with Special Olympics nation-wide rules and deadlines. Participants must be 8 years old by October 1, 2020. This program is for residents only.



## Academy of Shaolin Martial Art Kung Fu, Kenpo, Tai Chi

ages 6 years and older and adults

Come learn a traditional martial art for its history, health, and mental improvement. You will learn traditional forms, self-defenses, and basics to improve ones' health and physical well-being. Learn from certified Master (4th) level teacher in Pai Lum Tao (The Way of the White Dragon).

**Little Dragons** – ages 6 through 11 years of age.

**Junior/Adult Dragons** – ages 12 years of age and older and adults.

**Dates/Times:** Monday  
Session I October 12- November 2  
Little Dragons 5:45-6:40 p.m. **#222701.1a**  
Jr./Adult Dragons 6:40-7:35 p.m. **#222701.1b**  
Session II November 9-December 14  
exclude November 23

Little Dragons 5:45-6:40 p.m. **#222701.2a**  
Jr./Adult Dragons 6:40-7:35 p.m. **#222701.2b**

**Place:** Community Learning Center  
5647 Broad Street  
(lower level)

**Fee per session:** Resident \$45.00  
Non-Resident \$55.00

**Instructor:** Sigung Dennis Shain 4th (Master) Level in the Martial Arts

**Note:** Wear black sweat pants (no pockets or please sew pockets shut), a black t-shirt, and tennis shoes or bare feet. Students continuing after one session of classes will be required to purchase a uniform (Instructor Shain will provide more information at class). Registrants in the Greendale class will be able to receive extra training at either the Five Elements Kung Fu Academy, or at the Iron Dragon Kung Fu Academy. Check out Instructor Shain's web site at [twindrgnsmartialarts.com](http://twindrgnsmartialarts.com).



## Introduction to Martial Arts

ages 3 through seniors



This program is open to only "new" students of Martial Arts America.

From focusing, to goal setting, to self-discipline, to self-respect – kids emerge from this program changed for the better having worked to reach their full potential and having a ton of fun at the same time. And their parents won't be happier!

With "flex scheduling", registrants may begin their program any time **before** November 1st. The program meets twice a week for 6 weeks...so pick what days and times work best for your schedule and when you receive your call from the staff, you'll be ready to begin... on your schedule!

**Date/Times:** Scheduling options include: **#222705.1**  
ages 3-7 Mondays at 5:15 p.m.;

Wednesdays at 5:15 p.m.;

Thursdays at 6:30 p.m. **#222705.2**

ages 8+ Mondays at 6:00 p.m.;

Wednesdays at 6:00 p.m.;

Thursdays at 6:00 p.m.

**Place:** Martial Arts America  
6930 Industrial Loop

**\*Fee:** Resident \$49.00  
Non-Resident \$59.00

**Instructor:** Staff of Martial Arts America

**Note:** All classes are 30-minutes in duration. Upon registration, expect a follow-up phone call from the staff of Martial Arts America to schedule your specific class time.

Proper health and safety precautions are in place.

\*Fee includes one free private lesson and tour of facility, "My First 6 Weeks Martial Arts" workbook, and uniform.

