

SPORTS PROGRAMS

Fall Tennis Lessons

ages 5 through 13 years of age

Pee Wee (ages 5 through 7)

Program is a modified version of tennis that anyone can play the first day. Children will progress toward the traditional game of tennis.

Beginner I (ages 8 through 13)

No or limited knowledge.

Beginner II (ages 8 through 13)

Have basic fundamental skills in forehand/backhand, need more work on serving.

Dates: Tuesdays and Thursdays
September 14-October 7

Times:

Pee Wee 5:30-6:00 p.m. #221701.1
Beg I 6:05-6:50 p.m. #221704.1
Beg II 6:55-7:40 p.m. #221704.2

Place: Community Center Park
Tennis Courts
6200 S. 76th Street
Fee: Resident \$25.00
Non-Resident \$50.00

Instructor: Jennifer Derksen

Note: Bring your own racquet if you have one; otherwise, appropriate sized racquets will be provided and balls.

Participants may register for this program beginning August 30th by calling the Park and Recreation office.

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
September 30-December 16
exclude November 25

Time: 7:00-9:30 p.m.
Place: Greendale Middle School
Main Gym

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

Supervisor: Dominic Graziano



#211601.1

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 5 #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!

Fall Ball

boys and girls, grades 1 through 4

Here's your chance to step up your game!

It's time to show off what you learned in the just completed season and bring your game to the fall! This program offers the same fundamentals and skills training as what are offered through private programs!

The first two days will be spent working on baseball drills such as hitting, fielding, position, and base running. The remainder of the program we will provide scrimmage time (7 innings weather/light dependent) – beginning September 15th!

Clear your calendars... we start September 8th!

Dates: Mondays and Wednesdays
September 8-29
October 4 and 6 Rainout/Make-ups

Times: gr. 1 & 2 4:30-5:30 p.m. #121688.1
gr. 3 & 4 4:30-5:30 p.m. #121688.2

Place: Community Center Park
6200 S. 76th Street
Fee (inc. t-shirt): Resident \$35.00
Non-Resident \$45.00

Coaches/Instructors: TBD

Note: Students must bring a glove, water bottle, and wear athletic pants and shoes with rubber cleats. Students may also bring their own bat and helmet if they have; otherwise, these will be provided.

Participants may register for this program beginning August 30th by calling the Park and Recreation office. This program has been registering since May 2021.



SOUTHRIDGE
ATHLETIC CLUB

(414) 421-5770 • 6815 W. Edgerton Avenue
(connected to On The Edge Bar & Grill)
southridgeathleticclub.com

Fun and fitness is a warm, friendly environment with....

- Cardio Equipment
- Weight Room
- Personal Training
- Group Classes

Racquetball,
Basketball, Volleyball
Pickleball, Badminton

*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.

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 4-November 22

Times:
grades 3-6 6:30-7:20 p.m. #221601.1
grades 7-12 7:35-8:25 p.m. #221601.2

Place: College Park 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 area. 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 26 #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 \$40.00
Non-Resident \$60.00

Instructor: Staff of Muskego Parks & Rec

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

Deadline to register: September 15

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
September 20-October 6

Times:
Session I 4:15-5:00 p.m. #221604.1
Session II 5:05-5:50 p.m. #221604.2

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

Fee per session: Resident \$25.00
Non-Resident \$35.00

Instructor: "Coach Meri" Misko

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

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 September 11-October 23 #221672.1
Session II October 30-December 18 #221672.1
exclude November 27

***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.


Participants may register for Session I for this program beginning August 30th by calling the Park and Recreation office.



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 14-October 5
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 August 30th by calling the Park & Recreation 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 18-October 9
Time: 12:00-1:00 p.m.
Place: Classic Lanes-Greenfield, 5404 W. Layton Avenue
Fee: Resident \$41.00
Non-Resident \$51.00
Instructor: Staff of Classic Lanes
Note: Each lesson contains instruction, three games of bowling, and shoe rental.



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 8-March 5
exclude January 22
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.

Basketball Instruction

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 volunteers will be used. These parent volunteers do not need previous coaching experience, just an interest in helping young athletes get their first experience of organized sports.

Dates: Saturdays **#221624.1**
December 11-January 29
exclude December 25 & January 1
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 should contact the Park & Rec office.

NEW!

Milwaukee Bucks One Day Clinic

boys and girls, ages 4 through 12

This Milwaukee Bucks Fall Clinic is an excellent way for your son or daughter to keep their basketball game sharp. This group of professional camp coaches are selected for the Clinic for their basketball knowledge and ability to teach kids of all ages and skill levels.

Date: Saturday, November 13
Times: ages 4-6 10:45-11:45 a.m. **#221665.1**
ages 7-12 12:00-1:00 p.m. **#221665.2**
Place: Greendale Middle School
Gym
Fee: Resident \$45.00
Non-Resident \$55.00
Instructor: Milwaukee Bucks Staff/The National Basketball Academy

Note: Come dressed for some fast and fun activity. Please bring gym shoes to change into at the gym.



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. Greendale is committed to participating in bowling with practice on Saturdays this fall. Future sports will include basketball skills (winter) and athletics (track and field) in spring.

Dates: Saturdays **#224001.1**
September 18-December 4

Time: 10:00 a.m.-12:00 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 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, 2021. This program is for Greendale 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 September 20-October 18
exclude October 4

Little Dragons	5:45-6:40 p.m.	#222701.1a
Jr./Adult Dragons	6:40-7:35 p.m.	#222701.1b
Session II	October 25-November 15	
Little Dragons	5:45-6:40 p.m.	#222701.2a
Jr./Adult Dragons	6:40-7:35 p.m.	#222701.2b
Session III	November 29-December 20	
Little Dragons	5:45-6:40 p.m.	#222701.3a
Jr./Adult Dragons	6:40-7:35 p.m.	#222701.3b

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.



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.

Participants may register for this program beginning August 30th by calling the Park and Recreation office.

