

SPORTS PROGRAMS

Fall Tennis Lessons

ages 5 through 13

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 10-October 3

Times:
Pee Wee 5:30-6:00 p.m. #221701.1
Beg I 6:10-6:55 p.m. #221704.1
Beg II 7:00-7:45 p.m. #221704.2

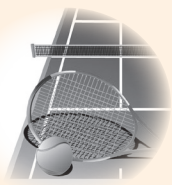
Location: Community Center Park
Tennis Courts
6200 S. 76th Street

Fee: Pee Wee Beg I & II
Resident \$32.00 Resident \$48.00
Non-Resident \$42.00 Non-Resident \$58.00

Instructor: Jennifer Derksen

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

Registration for this class began during the summer so you if you are interested in registering, please call Park and Recreation office at 414-423-2790 to see if there are still openings.



ETS Performance Youth Performance Camps

ages 7 through 14

At ETS Performance, our mission is to provide unparalleled athletic performance training in the areas of acceleration, deceleration, speed, and overall strength development. We cater to athletes of all sports, ranging in age from 7 and up. Our approach is centered around individualized programming, ensuring that each athlete receives the personalized attention they need to excel.

Speed Plus

ages 7 through 11

This program includes dynamic movement preparation, change of direction and linear sprint mechanics development, relative bodyweight strength training, leadership and confidence development, and technical mastery of basic athletic movement.

Dates: Monday-Friday
September 23-December 6
Time: 5:15-6:00 p.m.
Fee: Resident \$460.00
Non-Resident \$470.00

Location: ETS Performance
Franklin Business Park #220701.1
5080 W. Ashland Way
Franklin, WI 53132
Instructor: ETS Performance Staff
Note: Attend as many sessions per week as you'd like. One to five times weekly.

Total Performance

ages 11 through 14

Similar to the younger kids, all of these middle schoolers will learn how to move efficiently and effectively to aid in injury prevention, they'll be coached on sprinting and lateral change of direction mechanics, how to decelerate and accelerate, be introduced to strength and power development using weights and banded resistance and develop confidence by training alongside enthusiastic coaches and with their peers in an electric, exciting environment.

Dates: Monday-Saturday
September 23-December 7
Time: To Be Scheduled with instructor
once registered
Fee: Resident \$835.00
Non-Resident \$845.00

Location: ETS Performance
Franklin Business Park #220710.1
5080 W. Ashland Way
Franklin, WI 53132
Instructor: ETS Performance Staff
Note: Attend up to 3x per week

Greendale Youth Wrestling Phase I

grades 5K through 8

Not sure if wrestling is the sport for you? This program will provide students work on wrestling skills and strategies, but more importantly, it will incorporate all-around physical activity through competitive games and activities including tumbling which enhances the wrestling experience. Students will leave invigorated...and tired from a great workout!

Dates: Tuesdays and Thursdays
October 29-December 17
exclude November 28

Times: Beginner 6:00-6:45 p.m. #221633.1
Advanced 7:00-8:00 p.m. #221633.2

Location: Greendale Middle School
Upper Gym

Fee: Beginner Resident \$55.00
Non-Resident \$65.00
Advanced Resident \$85.00
Non-Resident \$95.00

Instructor: Brandon Kircher, NCAA National Qualifier at UW-Parkside, WI
State Place winner, 3x WIAA state qualifier

Note: Participants are expected to be on-time and come prepared for activity. Dress should be tennis shoes, socks, t-shirts, and shorts or sweatpants (no zippers) and no jewelry. Also, bring a water bottle.

Those who are a beginner wrestler will have had no wrestling experience and are new to the sport. The beginner program will focus on the fundamentals of wrestling. The advanced program will focus on live hands-on wrestling. To be considered for the advanced program, you have completed Phase I of the program previously, have experience wrestling, and are comfortable with the sport. The Department will be offering a Phase II program beginning in late January which will provide more skill development and learning opportunities. To participate in the Phase II program, students will have had to complete this fall wrestling program or have other wrestling experience. Whitnall residents will pay resident fee due to the Co-Op WhitDale Wrestling program.



Skyhawks HoopsterTots

ages 2 through 4

Learning basketball has never been more fun! These classes focus on dribbling, shot technique, passing and teamwork. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge. Parent participation is required.

Dates: Thursdays
October 17-November 7

Times: ages 2-3 5:30-6:00 p.m. #221668.1
ages 3-4 6:10-6:40 p.m. #221668.2

Location: Canterbury Elementary School
Gym

Fee: Resident \$60.00
Non-Resident \$70.00

Instructor: Skyhawks Sports

Skyhawks Volleykats

ages 4 through 6

A great way to learn the signature sport of summer! One of the more difficult motor skills to grasp for children, these forgiving classes help them learn to bump, set, and spike, as well as develop agility, reaction, speed, and teamwork.

Dates: Thursdays
November 21-December 19
exclude November 28

Times: 5:15-6:00 p.m. #221642.1

Location: Canterbury Elementary School
Gym

Fee: Resident \$69.00
Non-Resident \$79.00

Instructor: Skyhawks Sports

Skyhawks Baseball Tots

ages 2 through 4

Baseball Tots is a developmental program that uses a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. We build fitness, muscle coordination, baseball fundamentals and create a love of the game. Parent participation is required.

Dates: Mondays
September 16-October 7

Times: ages 2-3 9:00-9:30 a.m. #221603.1
ages 3-4 9:40-10:10 a.m. #221603.2

Location: Greendale Community Center Park, Field #2
6200 S. 76th Street

Fee: Resident \$60.00
Non-Resident \$70.00

Instructor: Skyhawks Sports

Note: Children should bring a glove and filled water bottle marked with their name each time.

Skyhawks Floor Hockey

ages 5 through 8

Played on a hard surface, these classes focus on hand- eye coordination and reaction time to learn the sport of hockey. These young athletes will learn stickhandling, passing, shooting, and teamwork in a non-contact environment.

Dates: Wednesdays
November 20-December 18
exclude November 27

Times: ages 5-6 5:30-6:30 p.m. #221674.1
ages 7-8 6:40-7:40 p.m. #221674.2

Location: Canterbury Elementary School
Gym

Fee: Resident \$79.00
Non-Resident \$89.00

Instructor: Skyhawks Sports

Skyhawks Volleyball

ages 7 through 9

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player and includes a focus on critical life skills such as leadership and teamwork.

Dates: Thursdays
November 21-December 19
exclude November 28

Times: 6:10-7:10 p.m. #221643.1

Location: Canterbury Elementary School
Gym

Fee: Resident \$79.00
Non-Resident \$89.00

Instructor: Skyhawks Sports

Skyhawks Soccer Tots

ages 2 through 4

This soccer-themed class helps youngsters develop motor skills while getting involved in sports. We develop kicking, running control, and dribbling. This course will help kiddos learn to listen and follow instructions all while playing a variety of fun games with lots of physical activity. Parent participation is required.

Session I Outdoors

Dates: Wednesday, September 18-October 9

Times:

ages 2-3 9:00-9:30 a.m. **#221645.1**

ages 3-4 9:40-10:10 a.m. **#221645.2**

Location: Greendale Community Center Park
6200 S. 76th Street

Session II Indoors

Dates: Wednesdays, October 16-November 6

Time:

ages 2-4 5:00-5:30 p.m. **#221645.3**

Location: Canterbury Elementary School
Gym

Fee Per Session:

Resident \$60.00

Non-Resident \$70.00

Instructor: Skyhawks Sports

Skyhawks Soccer

ages 5 through 11

Using our progressional curriculum, our sport-specific staff will ensure your young athlete will gain the technical skills & sport knowledge required for their next step into soccer. This camp focuses on dribbling, passing, shooting, and ball control. By the end of the camp your child will have learned new life skills such as teamwork and sportsmanship, made new friends and improved their sport skills preparing them to play for the playground or league play!

Session I Outdoors

Dates: Wednesdays, September 18-October 9

Times:

ages 5-7 5:00-6:00 p.m. **#221647.1**

ages 8-11 6:10-7:10 p.m. **#221647.2**

Location: Greendale Community Center Park
6200 S. 76th Street

Session II Indoors

Dates: October 16-November 6

Times:

ages 5-7 5:40-6:40 p.m. **#221647.3**

ages 6-8 6:50-7:50 p.m. **#221647.4**

Location: Canterbury Elementary School
Gym

Fee Per Session:

Resident \$79.00

Non-Resident \$89.00

Instructor: Skyhawks Sports

Skyhawks 1st Down Tots

ages 2 through 4

1stDownTots is a developmental program that uses a variety of fun games to engage kids while teaching the sport of football and developing fundamental skills. We build fitness, muscle coordination, football fundamentals and create a love of the game. We do not do any tackling or blocking at this level. Parent participation is required.

Session I Outdoors

Dates: Saturdays, September 21-October 12

Times:

ages 2-3 9:00-9:30 a.m. **#221613.1**

ages 3-4 9:40-10:10 a.m. **#221613.2**

Location: Greendale Middle School Outdoor
Athletic Fields

Note: Rain location is Greendale Middle School Gym

Session II Indoors

Dates: Saturdays, November 16-December 21
exclude November 30 & December 7

Times:

ages 2-3 1:00-1:30 p.m. **#221613.3**

ages 3-4 1:40-2:10 p.m. **#221613.4**

Location: Greendale High School
Upper Gym

Fee Per Session:

Resident \$60.00

Non-Resident \$70.00

Instructor: Skyhawks Sports

Skyhawks Flag Football

ages 5 through 12

Flag Football is the perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The last class ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron!

Session I Outdoors

Dates: Saturday, September 21-October 12

Times:

ages 7-8 10:20-11:20 a.m. **#221602.1**

ages 9-10 11:30 a.m.-12:30 p.m. **#221602.2**

Location: Greendale Middle School Outdoor
Athletic Fields

Note: Rain location is Greendale Middle School Gym

Session II Indoors

Dates: Saturday, November 16-December 21
exclude November 30 & December 7

Times:

ages 5-7 2:20-3:20 p.m. **#221602.3**

ages 8-12 3:30-4:30 p.m. **#221602.4**

Location: Greendale High School
Upper Gym

Fee Per Session:

Resident \$79.00

Non-Resident \$89.00

Instructor: Skyhawks Sports

Kidokinetics SportsPlay

ages 2 through 4

SportsPlay is a playful introduction to sports where kids get to have fun, get exercise, and build confidence! In each class kids are introduced to one of over 20 different sports and activities from a Kido-certified coach. Sports might include pickleball, bowling, volleyball, scoops, golf, noodles, and more. Every class includes a warm-up with an age-appropriate anatomy & physiology lesson, an introduction to fundamental skills of a new sport, challenges or games, free play, and a cool-down. Every kid gets equipment and every kid plays, every time. Each session will feature different sports, so it's absolutely possible to register for both!

Dates: Mondays
Session I September 16-October 21 #221689.1
Session II October 28-December 16 #221689.2
exclude November 4 and 25
Time: 6:00-6:45 p.m.
Location: Edgewood Elementary School
4711 S 47th St, Greenfield
Gym
Fee: Resident Fee: \$76.00
Non-Resident Fee: \$86.00
Instructor: Kidokinetics Greater Milwaukee Area Staff
Note: Adult participation is not required, but we do ask that you remain in the facility in the event that your child needs your attention.

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 may include basketball skills (winter) and athletics (track and field) in spring.

Dates: Saturdays #224001.1
September 28-November 23
Time: 10:00 a.m.-12:00 p.m.
Location: Country Lanes Bowling Alley
11231 W. Forest Home Avenue
Franklin
Fee: No charge; however must pre-register
Coach: Mark Ulmen
Note: After registering, please email Greendale Park & Recreation Supervisor Kelly Schmidt at kelly.schmidt@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, 2024.

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
October 12-November 16
Time: 11:00 a.m.-12:00 p.m.
Location: Classic Lanes-Greenfield, 5404 W. Layton
Avenue
Fee: Resident \$70.00
Non-Resident \$80.00
Instructor: Staff of Classic Lanes
Note: Each lesson contains instruction, an hour of bowling, and shoe rental.



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

ages 6 through 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 (6th) level teacher in Pai Lum Tao (The Way of the White Dragon).

Little Dragons – ages 6 through 10 years of age.
Junior/Adult Dragons – ages 11 years of age and older through adults
Dates/Times: Mondays
Session I October 7-28
Little Dragons 5:45-6:40 p.m. #222701.1a
Jr./Adult Dragons 6:45-7:40 p.m. #222701.1b
Session II November 25-December 16
Little Dragons 5:45-6:40 p.m. #222701.2a
Jr./Adult Dragons 6:45-7:40 p.m. #222701.2b
Location: Community Learning Center
5647 Broad Street
Lower Level
Fee per session: Resident \$45.00
Non-Resident \$55.00
Instructor: Sigung Dennis Shain
6th (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).



Ice Skating Lessons

ages 3 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 5-November 16 #221672.1
Session II November 23-January 4 #221672.2
***Time:** 1:45-2:30 p.m.
Location: 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

grades 4 through 5

Program structured around game play with continued emphasis on learning and developing fundamentals (throwing, catching, and positions). Various drills will be utilized to introduce and practice new skills.

Dates: Saturdays #221611.1
September 21–October 12
Time: 1:00–2:00 p.m.
Location: Konkel Park
51st and Layton
Fee: Resident: \$45.00
Non-Resident: \$67.50
Instructor: Greenfield Park & Recreation Staff

High School Athletic Schedules



SCAN ME

Hooper Hands Basketball

ages 4 through 11

Basketball 101

Ages 4–7 years

This class designed to give your child an overview of basic basketball skills. During the class, participants will be introduced to dribbling, shooting, rebounding, and passing.

Basketball 201

Ages 8–11 years

This class is designed to develop the basic fundamentals of the game of basketball. Participants will be introduced to various ball handling, shooting, passing and rebounding drills. To show case skills learned in class, the Hooper's will perform team play at the end of some classes.

Session I

Dates: Fridays
October 4–October 25

Times:
ages 4–5 5:45–6:30 p.m. #221621.1a
ages 6–7 6:40–7:25 p.m. #221621.1b
ages 8–11 7:35–8:20 p.m. #221621.1c
Fee: Resident \$68.00
Non-Resident \$78.00



The Physics of Basketball

Building upon all skills needed to learn the game of basketball! Each week students will split into stations working on agility, dribbling, passing, defense and shooting drills. We plan to end each class with a fun game.

Session II

Dates: Fridays
November 1–22

Times:
ages 4–5 5:45–6:30 p.m. #221621.2a
ages 6–7 6:40–7:25 p.m. #221621.2b
ages 8–11 7:35–8:20 p.m. #221621.2c
Fee: Resident \$68.00
Non-Resident \$78.00

Pass-Shoot-Score

This is a mini-basketball-league-class. In the beginning of class, participants will complete a series of different basketball fundamental drills and skills. We will conclude class with players being divided into teams and competing against each other.

Session III

Dates: Fridays
December 6–December 20

Time:
ages 4–5 5:45–6:30 p.m. #221621.3a
ages 6–7 6:40–7:25 p.m. #221621.3b
ages 8–11 7:35–8:20 p.m. #221621.3c
Fee: Resident: \$53.00
Non-Resident: \$63.00

Location: Greendale Middle School
Main Gym

Instructors: Staff of Hooper Hands

Note: Please bring a bottle full of water marked with the child's name.

Milwaukee Bucks One Day Clinic

ages 5 through 12

Share the energy of Bucks basketball with your youngsters! Milwaukee Bucks Fall Clinics introduce kids ages 5–12 to the most exciting elements of the game and bring the fundamentals of basketball to life. Bucks clinic coaches are selected for their basketball knowledge and ability to engage with youth of all ages. All fall clinic registrants will have the option to add a Milwaukee Youth branded basketball or performance t-shirt to their clinic package for an additional fee.

Date: Saturday, November 9
Times: 11:00–1:00 p.m.
Location: Greendale Middle School
Gym
Fee: Resident \$50.00
Non-Resident \$60.00

#221665.1



Instructor: Milwaukee Bucks Clinic Staff

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

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
December 7–January 25
exclude December 21 & 28

Time:

Session I 9:15–10:15 a.m. #221624.1
Session II 10:30–11:30 a.m. #221624.2

Location: Greendale Middle School
Gym

Fee Per Session (inc. t-shirt):
Resident \$35.00
Non-Resident \$45.00

Instructor: Linda Jacobson

Note: Parents interested in helping as a volunteer should contact the Park & Rec office. Can only register for one session.

Open Play Pickleball

adults

Pickleball is a great sport to get and stay active, and increase cardio exercise, while being social and meeting new Pickleballers!

This Pickleball program is open, drop-in style for recreational play. Participants with previous experience will be able to join recreational group play.

- Dates:** Mondays and Thursdays
September 26-October 21 **#211605.1**
- Time:** 10:30 a.m.-12:30 p.m.
- Location:** Community Center Park
6200 S. 76th St
Pickleball Courts
- Fee:** Resident \$26.00
Non-Resident \$36.00

Supervisor: Greendale Park & Recreation Volunteers
Note: Paddles and balls will be available for use during the program for those individuals who do not have their own. Participants should bring their own lawn chair and water for between games.

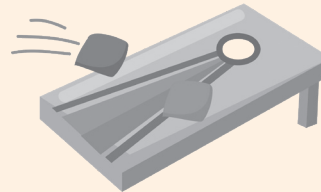
Adult Bags League

ages 21 years and older

The Greendale Park and Recreation Department will begin accepting 2024 adult fall Bags team registration on Monday August 5th. There is a Monday and/or Wednesday league choice. All games will be played at the space between the Community Learning Center and the Panther Pub (6:15, 7:00, 7:45 p.m.). This six-week season will begin in early September and continue in October. Maximum of 4 players per team. Team fee is \$40.00. Top fishers will receive a gift card to the Panther Pub and Eatery.

Bags League contract and roster form can be found on the Greendale Park and Recreation website under "Sports", then "Bags". Completed Bags League contract and roster form can be dropped off or mailed to the Park and Recreation Department or emailed to Recreation Supervisor, Kelly Schmidt, at kelly.schmidt@greendaleschools.org.

For further information, contact the Park and Recreation Department at (414) 423-2790 or email Recreation Supervisor, Kelly Schmidt, at kelly.schmidt@greendaleschools.org.



Open Recreational Volleyball

coed 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, no street shoes.

- Dates:** Thursdays **#211601.1**
September 26-December 12
exclude November 28
- Time:** 7:00-9:30 p.m.
- Location:** Greendale Middle School
Main Gym
- Fee:** Resident \$44.00
Non-Resident \$54.00
- Supervisor:** Greendale Park & Recreation Staff



Free Passes to Athletic Events

adults 65+



Passes are available to Greendale residents ages 65 and older for free admittance to any Greendale High School home athletic event (excluding WIAA regional or sectional events). Away athletic events are excluded. Non-transferable. Pass is available at the High School Athletic office, Monday-Friday from 9:00 a.m.-3:00 p.m. during the school year or Greendale Park and Recreation Office located at 5647 Broad Street between 9:00 a.m.-4:00 p.m. beginning early August. A picture identification indicating age and address must be shown to obtain a pass.

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, Monday C leagues available.

- Dates:** Mondays
September 16-December 9
exclude November 4
- Times:** 6:45, 7:45, and 8:45 p.m.
- Location:** Greendale Middle School
Gym
- Fee:** \$210.00 team fee plus
Resident \$5.00
Non-Resident \$10.00

Supervisor: Greendale Park & Recreation Staff
Note: Spots will be filled on a first-come, first-serve basis. Co-Rec Volleyball Managers Contract and Team Roster Form can be found on the Greendale Park and Recreation website under "Sports", then "Volleyball". Completed Co-Rec Volleyball League contract and roster forms can be dropped off or mailed to the Park and Recreation Department or emailed to Recreation Supervisor, Kelly Schmidt, at kelly.schmidt@greendaleschools.org. The \$210.00 team fee must accompany the registration. Returning teams were given the opportunity to register at the beginning of July so spots may be limited. Contact Kelly at the Park and Rec Office for league availability.

