

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
September 9–November 25/December 2
(12-week season based on number of teams)

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

Place: Greendale Middle School Gym

Fee: \$200.00 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 \$200.00 team fee must accompany the registration. Currently we are on a waiting list for Monday leagues. Will know after August 20th 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/Times:
Session I Thursday, September 19 #212907.1
4:00–6:00 p.m.
Session II Tuesday, October 22 #212907.2
4:00–5:30 p.m.

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

Fee per session: 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 10 spots available for each time slot 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, October 23 #211604.1
Time: 6:00–7:30 p.m.
Place: Southridge Athletic Club
6815 W Edgerton Ave, Greenfield
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 water.

Open Recreational Volleyball

adults

Supervision is provided for adults to get together and play basketball and 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
September 26–December 19
exclude November 28

Time: 7:00–9:30 p.m.

Place: Greendale Middle School Main Gym

Fee: Resident \$48.00
Non-Resident \$58.00

Supervisor: Dominic Graziano



“Open Play” Pickleball - Indoor

adults

Pickleball is a great sport to get and stay active, and increase cardio exercise, while being social and meeting new Pickleballers! Courts are modified making this a great opportunity to practice basics and skills while socializing.

This Pickleball program is open, drop-in style for recreational play. Participants will form their own teams and rotate opponents. Those with no previous experience will be able to join recreational group play.

Dates: Thursdays #211606.1
October 31–December 19
exclude November 28

Time: 8:30–10:30 a.m.

Place: Southridge Athletic Club
6815 W Edgerton Ave., Greenfield

Fee: Resident/Non-Resident \$21.00
Note: Paddles and balls will be available for use during the program for those individuals who do not have their own. We will play at Southridge Athletic Club on their racquetball courts, which are slightly smaller than regulation pickleball courts. Bring indoor tennis shoes and water.

Outdoor “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! Join us for this new program.

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 #211605.1
September 9–October 14
Thursdays #211605.2
September 12–October 17
Mondays & Thursdays #211605.3
September 9–October 17

Time: 9:00–11:00 a.m.

Place: Community Center Park
6200 S. 76th Street
Pickleball Courts

Fee per session:
Mon. OR Thurs. Resident \$18.00
Non-Resident \$28.00
Mon. AND Thurs. Resident \$27.00
Non-Resident \$37.00

Supervisor: Greendale Park & Rec 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.

Participants may register for this program upon receipt of this brochure by calling the Park & Rec office.

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
September 30-November 18

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.



NEW!

Fall Ball

boys and girls, grades 3 through 6

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 11th!

Clear your calendars... we start September 4th!

Dates: Mondays and Wednesdays
September 4-30
October 2 and 7 Rainout/Make-ups

Times:
gr. 3 & 4 4:30-5:30 p.m. **#121688.1**
gr. 5 & 6 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: Dave Blask & Twi-Nite Coaches
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 upon receipt of this brochure by calling the Park & Rec 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 16-October 2

Time: 5:15-5:55 p.m.

Place: Jaycee Park Grass Area (across from Greendale HS) or
Grass area east of GHS lower parking lot

Fee: Resident \$21.00
Non-Resident \$31.00

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 7-October 19 **#221672.1**
Session II October 26-December 14 **#221672.2**
exclude November 30

Session III January 4-February 15 **#321672.3**

***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 upon receipt of this brochure by calling the Park & Rec office.



Youth Wrestling

Skindergarten through grade 5



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: Mondays and Thursdays
December 2-January 20
exclude December 23, 26, 30 & January 2
Time: 7:00-8:15 p.m.
Place: Greendale Middle School
Upper Gym
Fee (inc. t-shirt): Resident \$35.00
Non-Resident \$45.00
Instructor: Brandon Kircher, NCAA National Qualifier
at UW-Parkside; 3 time WIAA wrestling
qualifier; WI state place winner

#221649.1

Note: Participants are expected to be on-time and come prepared for activity. Dress should be tennis shoes, t-shirts, and shorts or sweatpants (no zippers) and no jewelry. Also bring a water bottle. The Department will be offering a Phase II program beginning in late-January which will provide more skill development and learning opportunities...with possibly a couple of tournament opportunities. To participate in this Phase II program, students will have had to complete this fall wrestling program or have other wrestling experience.

Pee Wee Tennis Lessons

Skindergarten through grade 3



5Kgn through Grade 1 (Pee Wee I)

Learn the basics of tennis including grip, stance and basic strokes. A special racket designed for the younger player will be utilized.

Grades 2 & 3 (Pee Wee II)

Continued tennis instruction for older players and those who participated in Pee Wee Tennis I. Classes will teach proper mechanics, using a variety of fun drills and games. As skills progress, modified tennis matches may be played.

Dates: Mondays
October 21-November 11
Times:
Pee Wee I 5:15-6:00 p.m. #221701.1
Pee Wee II 6:00-6:45 p.m. #221701.2
Place: Edgewood Elementary Gym - Greenfield
Fee: Resident \$30.00
Non-Resident \$60.00
Instructor: Greenfield Parks & Rec Staff
Note: Appropriate sized racquets will be provided and balls.

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
October 5-November 9 #221670.1
Time: 11:30 a.m.-12:30 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.



NEW!

Scooter Hockey

ages 5 through 10



No need to know how to skate! This program is sure to please all with floor scooters, foam paddles and a foam ball. Scoot your way across the floor while trying to score on the opponent. The focus will be on teamwork and fun with games played each week!

Dates: Mondays
November 18-December 9
Times:
ages 5-7 5:30-6:15 p.m. #221692.1
ages 8-10 6:30-7:15 p.m. #221692.2
Place: Edgewood Elementary
Gym-Greenfield
Fee: Resident \$25.00
Non-Resident \$37.00
Instructor: Greenfield Parks & Rec Staff



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!

Dates: Saturdays
January 4-March 7
exclude January 25
***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.

*Classes on February 29 will run from 4:30-5:30 p.m. and 5:30-6:30 p.m. respectively.

Racquet Sports

grades 3 through adults



We will offer a different racquet sport each week. Participants will experience basic rules, strategy and technique before participating in open play with rotation. Class rotation: Pickleball on December 4; Racquetball on December 11; and Badminton on December 18.

Dates: Wednesdays
December 4-18 #221641.1
Time: 6:00-7:00 p.m.
Place: Southridge Athletic Club
6815 W. Edgerton Avenue
Fee: Resident \$18.00
Non-Resident \$28.00
Instructor: Scott Lein, Owner-Southridge Athletic Club
Note: Participants should have protective eye wear, especially for racquetball. Southridge Athletic Club has a few extra glasses, but if participants want to guarantee protection, proper fit, or prescription, bringing their own is best. Dress should be appropriate for fitness activities and clean, indoor only shoes.

NEW! **Milwaukee Bucks Clinic**
presented by Froedtert &
the Medical College of Wisconsin
ages 4 through 15

The upcoming Milwaukee Bucks Clinic is designed to teach the mechanics of basketball and improve the participant's overall skill level by shooting, dribbling, passing and more! The clinic is run by our expert coaching staff who will focus on correct form through explanation and practice. Do not miss out on the chance to get better at basketball and have fun!

Date: Saturday, November 16
Times: ages 4-7 10:45-11:45 a.m.
ages 8-15 12:00-1:00 p.m.
Place: Greendale Middle School Gym
Fee: Resident \$45.00
Non-Resident \$55.00
Instructor: Milwaukee Bucks Staff
Note: Each participant will receive Bucks giveaway items.

#221693.1
#221693.2



Youth Open Gym for Basketball
grades 1 through 5

This program is for youth interested in playing basketball and participating in a fun setting that will include some drills and shooting games, as well as scrimmages. Our goal is to have fun and improve on basic skills while learning fundamentals. Teams will change throughout the day and game size may vary from 3-on-3 to 5-on-5 depending on the number of children enrolled and attending. A parent or caregiver should attend each week with the possibility of helping structure some of the drills.

Dates: Saturdays October 26-November 16
Time: 4:15-5:45 p.m.
Place: Greendale High School Upper Gym
Fee: Resident \$18.00
Non-Resident \$28.00
Instructor: Linda Jacobson
Note: Participants should bring a water bottle and indoor shoes.

#221630.1



Pee Wee Football

ages 4 through 6 with parent/caregiver



This instructional Pee-Wee Football program is designed to educate your child about football in a non-contact setting. They will learn the basics of football: throwing, catching, and running. On the last day of the session, children will participate in football skill games.

Dates: Saturdays September 28-October 19 #221619.1
Time: 1:00-2:00 p.m.
Place: Konkel Park
Fee: Resident \$30.00
Non-Resident \$45.00
Instructor: Greenfield Parks & Rec Staff
Note: All participants should wear tennis shoes, t-shirt, and shorts/sweatpants. Be sure to bring water to class. Class will be held outdoors.

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 September 3-24 #221620.1
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 program upon receipt of this brochure by calling the Park & Rec office.



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 9th.

Dates: Saturdays December 14-February 1 #221624.1
exclude December 28 & January 4
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 Derek Donlevy at Derek.Donlevy@greendaleschools.org.



Middle School Night Dodgeball

grades 6 through 8



"If you can dodge a wrench, you can dodge a ball."

No need to practice like they do in the movies. Have a blast playing dodgeball with your friends on Thursday nights. Each week teams will be formed, and then, let the dodgeball frenzy begin. Each week new, fun variations will be used.

Dates: Thursdays **#221629.1**
October 31-November 21
Time: 6:00-7:00 p.m.
Place: Edgewood Elementary School
Gym-Greenfield
Fee: Resident \$15.00
Non-Resident \$20.00
Facilitator: Greenfield Parks & Rec Staff
Note: Bring a water bottle and gym shoes.



Special Olympics

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. This fall we will participate in **bowling** with practice on Saturdays. We will also compete in the regional competition in Wauwatosa. Future sports will include basketball skills (winter) and athletics (track and field) in spring.

Dates: Saturdays **#224001.1**
September 7-November 16
exclude September 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
Coaches: Mark Ulmen
Note: Please email Derek at Derek.Donlevy@greendaleschools.org as soon as possible to be sure to comply with Special Olympics nation-wide rules and deadlines. Participants for this bowling program must be 8 years old by October 1, 2019. This program is for residents only.

Participants may register for this program upon receipt of this brochure by calling the Park & Rec office.

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 16-October 7
Little Dragons 5:45-6:40 p.m. **#222701.1a**
Jr./Adult Dragons 6:40-7:35 p.m. **#222701.1b**
Session II October 14- November 4
Little Dragons 5:45-6:40 p.m. **#222701.2a**
Jr./Adult Dragons 6:40-7:35 p.m. **#222701.2b**
Session III November 11-December 9
exclude November 25
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 twindrgrnsmartialarts.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 5:30 p.m.;
Tuesdays at 6:00 p.m.;
Wednesdays at 5:30 p.m.;
Thursdays at 6:00 p.m.; and
Saturdays at 10:00 a.m. **#222705.2**
ages 8+

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.

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

Try Something

New!