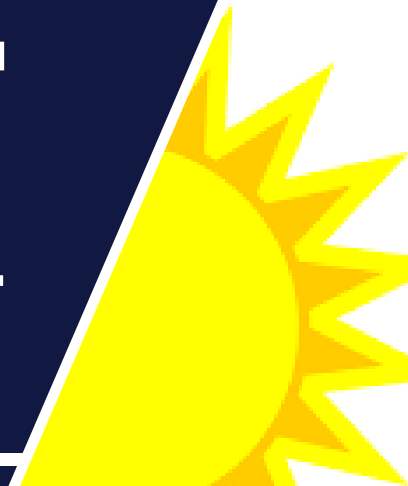




BULLETIN OF PROGRAMS

# NICOLET RECREATION DEPARTMENT

TODDLERS | YOUTH | TEENS | ADULTS | SENIOR ADULTS



proudly serving the communities of Bayside, Fox Point, Glendale, River Hills and beyond!



**SUMMER  
2022**





Saturday, May 21, 2022 | 7-9pm  
Old Heidelberg Park at the Bavarian Bierhaus  
700 W. Lexington Blvd., Glendale

Entertainment by *The Five Card Studs* 

Unlimited Wine, Beer, Chocolate, Spirits & Liqueurs Samplings

General Admission  
&  
VIP ticket options

VIPs get an extra hour of sampling  
from 6-7pm and hot & cold appetizers

TICKETS ON SALE NOW AT [SFCCKIDS.ORG](https://www.sfcckids.org)

**NICOLET RECREATION DEPARTMENT**  
6701 N. JEAN NICOLET RD.  
GLENDALE, WI 53217

PHONE: (414) 351-7566  
FAX: (414) 351-4053  
WWW.NICOLET.US /ACTIVITIES/RECREATION.CFM



**ONLINE REGISTRATION: [HTTPS://WEB2.VERMONTSYSTEMS.COM/NICOLET.HTML](https://web2.vermontsystems.com/nicolet.html)**

## HOURS OF OPERATION

Monday	7:30am - 4:00pm
Tuesday	7:30am - 4:00pm
Wednesday	7:30am - 4:00pm
Thursday	7:30am - 4:00pm
Friday	7:30am - 4:00pm

*Closed for public holidays*

## DISTRICT ADMINISTRATOR

Greg Kabara, **EdD**

## NHS DISTRICT SCHOOL BOARD

Leigh Wallace Tabak, **President**  
Libby Gutterman, **Vice-President**  
Theresa Seem, **Treasurer**  
Marilyn Franklin, **Clerk**  
Delicia Randle-Izard, **Member**

## COMMUNITY CONTACTS

Glendale Little League Baseball  
[www.glendalelittleleague.com](http://www.glendalelittleleague.com)

Just Drive - Driver's Education  
[www.justdrivewi.com](http://www.justdrivewi.com)

North Shore Library  
[www.mcfls.org/northshorelibrary](http://www.mcfls.org/northshorelibrary)

## NICOLET RECREATION DEPARTMENT STAFF

Nate Brooks, **Director**  
Caleb Franklin, **Recreation Supervisor**  
Al Bell, **Administrative Assistant**  
Cindy Schlidt, **Aquatics Coordinator**

## - MISSION STATEMENT -

*The Nicolet Recreation Department provides recreational and lifelong learning opportunities for Nicolet area residents and surrounding communities in an effort to enhance physical and intellectual well-being for ALL.*

## NICOLET RECREATION ADVISORY COMMITTEE

Lisa Vondra, **Chairperson**  
Mario Angeli  
Bill Boppe  
Marilyn Franklin  
Carolyn Landwehr  
Art Sonnenschein

## WE ARE A PROUD MEMBER OF:



## NICOLET RECREATION DEPARTMENT BULLETIN OF PROGRAMS

March 2021

Published three (3) times yearly: March, July, November

Volume 12 (2022), Issue 2

Nicolet High School District

6701 N. Jean Nicolet Rd.

Glendale, WI 53217

### REGISTRATION IS EASY

Residents and non-residents can register in five hassle-free ways. The Nicolet Recreation Department welcomes ONLINE, mail-in, fax-in, walk-in and drop box (south driveway of campus). Remember to register early as cancellations may occur due to low enrollment. We welcome cash, check, Visa and Master Card debit/credit cards.



#### COOPERATIVE PROGRAMS

If you see this logo it indicates we are offering co-op programs with other area recreation departments. By working with other departments, we are able to better serve you.



#### NEW PROGRAMS

If you see this logo it indicates we are offering this program for the very first time. Please contact us if you would like to offer a new program with the recreation department. We are always looking for new program ideas.



#### VIRTUAL PROGRAMS

If you see this logo it indicates we are offering this program in a virtual format. You can participate from the comfort of your own home. The instructor will email meeting log-in credentials prior to the start of the program.

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## SUMMER REGISTRATION INFORMATION

- Online registration begins Monday, April 4.
- All other forms of registration (mail-in, fax, walk-in, & drop box) begins on Monday, April 18.

### WEEKEND AND EVENING RECREATION ACTIVITIES

Please enter Nicolet High School through the North Entrance located near the Tennis Courts.

### WEATHER CANCELLATIONS

The Nicolet Recreation Department utilizes our Facebook page to better serve our recreational sport organizations when inclement weather happens.

Please visit the following link for updates:

<https://www.facebook.com/NicoletRecDept>

The Nicolet Recreation Department makes every effort to reschedule a canceled class due to weather conditions. If a class cannot be rescheduled we do not refund for canceled classes due to weather conditions.

Dear Nicolet High School Community Member,

Thank you Nicolet community for your continued support. We are looking forward to our Summer programming going back to "normal." As you page through our 2022 Summer Bulletin you will find a total of 136 different programs which includes 20 brand new programs like Pickleball & ESports. There is truly something for everyone as we have programs for toddlers, youths, teens, adults, and senior adults. For your convenience, we have activities at 19 different locations. We hope you will take advantage of the numerous activities offered and enjoy your involvement in them!

Yours in recreation,

*Nathan M. Brooks*

Nate Brooks, Recreation Director





# NICOLET HIGH SCHOOL

## REFERENDUM 2022

Our Community, Our School, Our Future

# FACILITIES REFERENDUM 2022

## WHY NOW?

The district has been examining Nicolet High School's facility and campus-wide needs for nearly two years and developed an extensive renovation plan that addresses high priority facility needs. The Nicolet Union High School District School Board unanimously approved moving forward with a facilities referendum for community vote on April 5, 2022.



## OUR NEEDS



### Safety, Security, & Accessibility

Update ADA accessibility throughout the facilities, as well as provide secure and controlled entrances and more.



### Building Conditions & Systems

Replace major building systems such as mechanical (HVAC), electrical and lighting, plumbing and sanitary pipes, fire alarms and sprinklers, ceilings, flooring, and roofing.



### Learning Environments, Physical Education, & Athletic Spaces

Renovate and expand classrooms, labs, physical education areas, and outdoor athletic facilities.

## FINANCIAL IMPACT

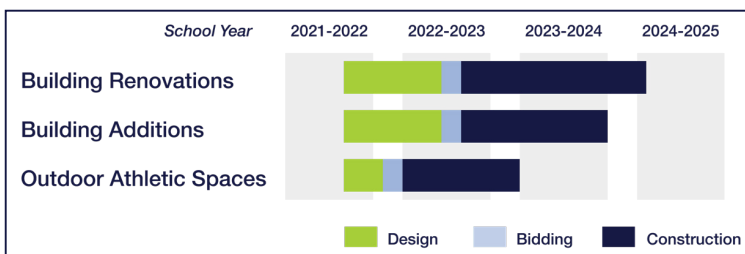
If the \$77.4M project is approved by voters, the estimated tax increase for the cost of the project for each \$100,000 of fair market property value would be \$111 per year (\$9.25 per month) for approximately 21 years.

### ESTIMATED PROPERTY TAX IMPACT CHART

PROPERTY VALUE	MAXIMUM ANNUAL IMPACT	MAXIMUM MONTHLY IMPACT
\$100,000	\$111.00	\$9.25
\$250,000	\$277.50	\$23.13
\$400,000	\$444.00	\$37.00

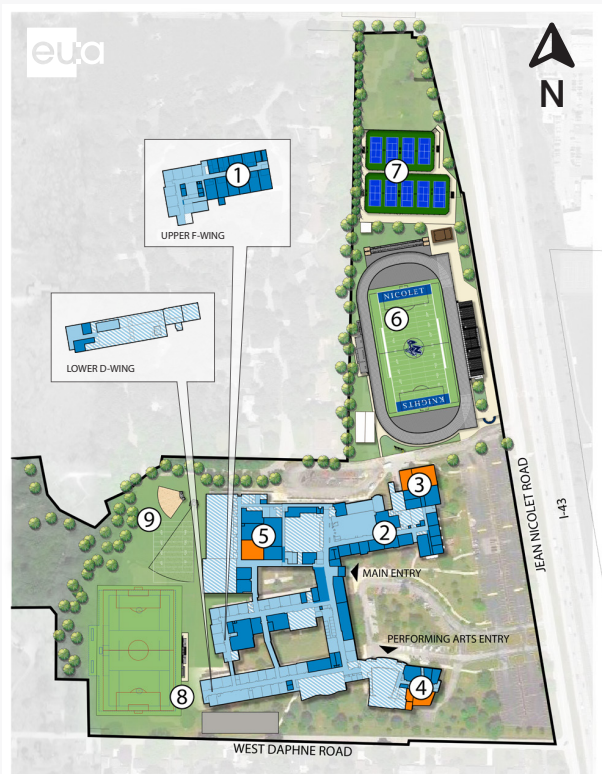
Estimates provided by Robert W. Baird are based on multi-phased borrowings amortized over 21 years at a planning interest rate of 3.50%.

## PRELIMINARY CONSTRUCTION TIMELINE



## PROPOSED PLAN

Nicolet High School has carefully evaluated our facilities and considered how our building meets our vision. The proposed projects address our key areas of need throughout the building with a solution that incorporates both renovation and new construction in specific areas.



- Capital Improvements
- Light Renovation & Capital Improvements
- Heavy Renovation & Capital Improvements
- New Construction

- ① Renovate science classrooms and labs
- ② Renovate and relocate Career, Visual Arts, and Technical Education classrooms
- ③ Renovate and expand fabrication, robotics and technology labs
- ④ Renovate and expand music and performing arts spaces
- ⑤ Renovate and expand physical education/wellness areas
- ⑥ New multi-purpose stadium with synthetic turf athletic field, track, 2,500 seats, storage, restrooms and concession stand
- ⑦ Nine new tennis courts
- ⑧ New multi-purpose synthetic turf athletic practice and competition field, parking
- ⑨ New discus and shot put areas, and reconfigured grass physical education field



LEARN MORE: Contact Superintendent Dr. Greg Kabara at [greg.kabara@nicolet.us](mailto:greg.kabara@nicolet.us) or (414) 351-7525



[www.nicolet.us](http://www.nicolet.us)

ALL CHILDREN SHOULD BE RE-EVALUATED OR CALL CINDY AT (414) 531-SWIM IF YOU WERE NOT REGISTERED DURING THE LAST 4 MONTHS. PARTICIPATION IN A PARTICULAR SKILL LEVEL DOES NOT GUARANTEE PASSING INTO THE NEXT LEVEL. PRACTICE IS STRONGLY ENCOURAGED.

## CLASS & REQUIREMENT DESCRIPTION

### PARENT /CHILD LEVEL 1

Familiarize children between the ages of 6 months and 3 ½ years of age with the water and teach swimming readiness. Provide safety information for parents and teach techniques parents can use to orient their children to the water. Parent must accompany every child to each class in the water.

### PARENT/CHILD LEVEL 2

Improve skills learned in Parent & Child Level 1 and teach more advanced skills. Continue to build on water safety knowledge. Child must have reached a comfort level with skills. Parent must accompany every child to each class in the water.

### PRESCHOOL AQUATICS LEVEL 1

Familiarize children between the ages of 3 ½ and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practices in and around the water. Child must be at least 3 ½ years old by the first day of class.

### PRESCHOOL AQUATICS LEVEL 2

Build on and improve skills learned in Preschool Aquatics Level 1. Increase knowledge of water safety topics introduced in Preschool Aquatics Level 1. Must have successful demonstration of all Preschool exit skills assessment prior to this level. Enter independently, using either the steps or side of pool, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds, then safely exit the water. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position. Using alternation arm and leg action swim 2 body lengths on front and back. Using simultaneous leg and arm action swim 2 body lengths on front and back.

### PRESCHOOL AQUATICS LEVEL 3

Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Level 2. Successful demonstration of the Preschool Aquatics Level 2 skills assessment. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths. Upon completion a skill assessment will be made as to which School Age level the child should be placed.

### SCHOOL AGE LEVEL 1

Orient participants ages 6 years and up to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around the water. Participants must be at least 6 years old.

### SCHOOL AGE LEVEL 2

Build on the basic aquatic skills and water safety skills and concepts learned in Level 1. Successful demonstration of the School Age Level 2 exit skills assessment. Enter independently, using either steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. Alternating leg and arm action on front and back for 2 body lengths. Simultaneous arm and leg action on front and back for 2 body lengths.

### SCHOOL AGE LEVEL 3

Build on the basic aquatic skills and water safety skills and concepts learned in Level 1. Successful demonstration of the School Age Level 2 exit skills assessment. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and /or back for at least 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

### SCHOOL AGE LEVEL 4

Improve participant proficiency in performing the swimming strokes that were introduced in Level 3, successful demonstration of Level 3 exit skills assessment. Perform front crawl with breathing, back crawl with bent elbow push, sidestroke, elementary back, and whip kick on stomach as in breaststroke. Jump into deep water from the side, recover to the surface, maintain position by treading for 1 minute, rotate on full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

### SCHOOL AGE LEVEL 5

Help participants refine their performance of all six swimming strokes previously listed. Successful demonstration of the School Age Level 4 exit skills assessment. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water. Swim 25 yards butterfly, sidestroke, front crawl, back crawl, breaststroke and elementary back.

### SCHOOL AGE LEVEL 6 (Swimming and skill proficiency, Personal water safety, fundamentals of diving, and fitness swimmer)

Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques. Teach fundamental diving skills. Successful demonstration of School Age Level 5 exit skills assessment. Swim 25 yards butterfly, sidestroke, front crawl, back crawl, breaststroke and elementary back. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, the swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

### SPECIAL NEEDS-ALL AGES

This class provides children with special concerns swimming skills to meet their special circumstances with a parent. Parent must provide all locker room care and in pool water assistance. Instructor will teach parents the skills to assist their child.

### TEEN/ADULT SWIM LEARNING THE BASICS

Help participants gain basic aquatic skills and swimming strokes. Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Must be at least 13 years old to participate.

## ALL SWIM LESSONS TAKE PLACE AT GLEN HILLS MIDDLE SCHOOL

LEVEL	DATE	DAY	TIME	PROGRAM#
Preschool Level 1	June 6 - August 1 (skip 7/4)	Mondays	3:45 - 4:15pm	315010-01
School Age Level 1, 2	June 6 - August 1 (skip 7/4)	Mondays	4:15 - 5:00pm	315010-02
Preschool Level 2, 3	June 6 - August 1 (skip 7/4)	Mondays	5:00 - 5:30pm	315010-03
Preschool Level 1	June 6 - August 1 (skip 7/4)	Mondays	5:30 - 6:00pm	315010-04
School Age Level 3, 4	June 6 - August 1 (skip 7/4)	Mondays	6:00 - 6:45pm	315010-05
Preschool Level 2, 3	June 7 - July 26	Tuesdays	3:45 - 4:15pm	315010-06
Preschool Level 1	June 7 - July 26	Tuesdays	4:15 - 4:45pm	315010-07
School Age Level 4, 5, 6	June 7 - July 26	Tuesdays	4:45 - 5:30pm	315010-08
School Age Level 3	June 7 - July 26	Tuesdays	5:30 - 6:15pm	315010-09
Preschool Level 1	June 7 - July 26	Tuesdays	6:15 - 6:45pm	315010-10
Teen/Adult Beg. & Inter.	June 7 - July 26	Tuesdays	7:30 - 8:15pm	315010-11
School Age Level 1, 2	June 8 - July 27	Wednesdays	3:45 - 4:30pm	315010-12
School Age Level 3	June 8 - July 27	Wednesdays	4:30 - 5:15pm	315010-13
Preschool Level 2, 3	June 8 - July 27	Wednesdays	5:15 - 5:45pm	315010-14
School Age Level 4, 5, 6	June 8 - July 27	Wednesdays	5:45 - 6:30pm	315010-15
School Age Level 4, 5, 6	June 9 - July 28	Thursdays	3:45 - 4:30pm	315010-16
School Age Level 3	June 9 - July 28	Thursdays	4:30 - 5:15pm	315010-17
School Age Level 1, 2	June 9 - July 28	Thursdays	5:15 - 6:00pm	315010-18
Preschool Level 1	June 9 - July 28	Thursdays	6:00 - 6:30pm	315010-19
Preschool Level 2, 3	June 9 - July 28	Thursdays	6:30 - 7:00pm	315010-20
School Age Level 1, 2	June 11 - July 30	Saturdays	8:45 - 9:30am	315010-21
Preschool Level 1	June 11 - July 30	Saturdays	9:30 - 10:00am	315010-22
Preschool Level 2, 3	June 11 - July 30	Saturdays	10:00 - 10:30am	315010-23
Parent/Child Level 1	June 11 - July 30	Saturdays	10:30 - 11:15am	315010-24
Parent/Child Level 2	June 11 - July 30	Saturdays	11:15 - 12noon	315010-25
School Age Level 3	June 11 - July 30	Saturdays	12noon - 12:45pm	315010-26
School Age Level 4, 5, 6	June 11 - July 30	Saturdays	12:45 - 1:30pm	315010-27
Special Needs (all ages)	June 11 - July 30	Saturdays	1:30 - 2:15pm	315010-28

### NICOLET POOL

AVERAGE TEMPERATURE: 80 DEGREES  
 DIMENSIONS: 75FT X 30FT  
 LANES: 8  
 DEEPEST DEPTH: 13FT (DIVING WELL)  
 SHALLOWEST DEPTH: 3.6FT

### FEE:

**\$54.00R / \$64.00NR**

### QUESTIONS?

CALL AQUATICS COORDINATOR  
 CINDY SCHLIDT (414) 531-SWIM

### GLEN HILLS POOL

AVERAGE TEMPERATURE: 84 DEGREES  
 DIMENSIONS: 75FT X 20 FT  
 LANES: 6  
 DEEPEST DEPTH: 10 FT  
 SHALLOWEST DEPTH: 2.6 FT

THE NICOLET REC. DEPT. IS HIRING LIFEGUARDS & WATER SAFETY INSTRUCTORS. STOP BY THE ATHLETICS/RECREATION OFFICE TO PICK-UP AN APPLICATION OR VISIT OUR WEBSITE AT: [HTTP://WWW.NICOLET.US/ACTIVITIES/JOB\\_OPENINGS.CFM](http://www.nicolet.us/activities/job_openings.cfm)

PRIVATE & SEMI-PRIVATE SWIM LESSONS ALSO AVAILABLE. FOR MORE INFORMATION PLEASE CALL CINDY SCHLIDT AT (414) 531-SWIM. FEE: \$32.00R/\$42.00NR FOR PRIVATE LESSONS & \$27.00R/\$37.00NR FOR SEMI-PRIVATE LESSONS PER 30 MINUTE PERIOD

## American Red Cross Aquatics are taught by certified instructors/aides with lifeguard training.

Swimming instruction is a great way to introduce your child to the water, strengthening positive attitudes and proper swimming techniques. *Nicolet Recreation Department is an authorized American Red Cross provider.*

### Please read the following carefully:

- ◇ Children ages **4** years and up need to go into the locker room for their respective gender.
- ◇ All participants should be evaluated prior to the first day of lessons to ensure they are in the proper level, if they haven't been evaluated in the last 4 months, unless they are in the lowest level.
- ◇ Parents that have children in the lessons must observe lessons from the outer pool lobby only.
- ◇ Lessons may be combined or canceled based on enrollment numbers. No makeup classes will be given.
- ◇ Classroom enrollment minimum is 5 participants; maximum is 6 participants per instructor for preschool levels.
- ◇ Class enrollment minimum is 6 participants; maximum is 10 participants per instructor for school age levels.
- ◇ All persons must exit the building 15 minutes after the conclusion of any aquatic program.
- ◇ Contact Cindy at (414) 531-SWIM if you need a five minute skill assessment.
- ◇ Please wear masks in the building and the pool area

## OPEN SWIM

This program of family swim is a great opportunity for you and your family to enjoy water indoors. Open swim is open to all ages. A swim test will be required for those children wishing to swim in the deep end. Swim Test: Swim 25 yards front crawl non-stop with breathing—then exit the pool, jump in deep water submerging the entire head, surface and tread water for 60 seconds. Due to safety reasons, water rings and tubes are not allowed. It is recommended that all persons come dressed to swim. Pool rules, regulations and other pertinent information are posted in the pool area. All children under 8 years of age must be accompanied in the pool by a paying adult. Children under 4 years free with a paying adult in the pool. Limit 2 children per adult. All persons must exit the building after the conclusion of any aquatic program.

*The Nicolet Recreation Department does not accept cash payments for Open/Lap Swim, Masters Swim and Water Aerobics. Customers will need to purchase a punch pass & drop-in through the online registration system under the aquatics category.*

## LAP SWIM

This program is for persons 12 years of age or older who wish to swim non-stop in a lap lane. Lanes are limited at the Glen Hills pool location.

### Open Swim - Glen Hills Pool

<b>Date:</b>	<b>Day:</b>	<b>Time:</b>
June 6 - August 1 (skip 7/4)	Mondays	3:45 - 6:45pm
June 8 - July 27	Wednesdays	3:45 - 6:30pm
June 11 - July 30	Saturdays	8:45am - 1:30pm

### Fees:

\$40.00R/\$50.00NR 20-punch pass

\$50.00R/\$60.00NR 30-punch pass

\$3.00R/\$5.00NR Drop-in

### Lap Swim - Nicolet High School Pool

<b>Date:</b>	<b>Day:</b>	<b>Time:</b>
June 1 - September 2 (skip 7/4)	Mondays - Fridays	5:45 - 6:45am
June 8 - July 27	Wednesdays	6:45 - 7:30pm

## MASTERS SWIM

Stay in shape, build strength, stamina, and cardiovascular fitness. Great for triathletes, competing Master Swimmers, and for stay-in-shape swimmers. Registration with the National Masters Program is not included. If you need more information, please call or leave a message for Coach Cindy Schlidt at (414) 531-SWIM. Competition is optional and the workouts are exhilarating. Must be able to swim two lengths of front crawl & back crawl. Are you from another swim team or just visiting? Drop in for only \$5.00R/\$7.00NR per person payable through the online registration system (Program#: 135080-02). Locker room closes after completion.

<b>Date:</b>	June 6 - September 2 (skip 7/4)	<b>Age:</b>	18 years and up
<b>Day:</b>	Mondays, Tuesdays, Thursdays, Fridays	<b>Fee:</b>	\$110.00R/\$130.00NR
<b>Time:</b>	5:45 - 6:45am	<b>Program#:</b>	335080-01
<b>Location:</b>	Nicolet High School - Pool	<b>Instructor:</b>	Cindy Schlidt

IF YOU ARE INTERESTED IN SETTING UP A WATER BADGE WORKSHOP FOR YOUR BOY OR GIRL SCOUT GROUP PLEASE CALL CINDY SCHLIDT AT (414) 531-SWIM.

THE COMPLETE NICOLET & GLEN HILLS AQUATIC SCHEDULE IS LOCATED ON THE NICOLET WEBSITE: [HTTPS://WWW.NICOLET.US/ACTIVITIES/RECREATION.CFM](https://www.nicolet.us/activities/recreation.cfm)



## PROFESSIONAL CPR & AED

Automated External Defibrillator training with the combination of professional CPR. Certification is good for two years. Good for physical therapists and day care employees. Certification in adult, child and infant CPR with a pocket mask (included) Must pass a written test with 80% or higher plus practical skills to be certified. No refunds will be given.

*Registration deadline is two weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites. Once customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class. Household credits are an option.*

<b>Date:</b>	August 2	<b>Fee:</b>	\$93.00R/\$103.00NR
<b>Day:</b>	Tuesday	<b>Program#:</b>	334060-01
<b>Time:</b>	7:00am - 2:30pm	<b>Min/Max:</b>	6/10
<b>Location:</b>	Nicolet High School - Room B113	<b>Instructor:</b>	Cindy Schlidt
<b>Age:</b>	11 years and up		

## LIFEGUARDING REVIEW CLASS

This program is for currently certified or recently expired American Red Cross Lifeguards by less than 30 days from the completion of the course enrolled who have been employed as lifeguards during their 2 year certification period. This course does not cover all materials to be tested and it is the responsibility of the participants to study and practice prior to the start of this course. You will be tested on all CPR/AED/First Aid skills as well as the lifeguarding water and book skills. You will be given two scenario tests to pass also.

You must pass all practical, scenario and written tests with 80% or greater on the test. You will be given one chance to pass the scenario and written tests. No refunds will be given. Please bring your pocket masks to class.

*Registration deadline is two weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites. Once customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class. Household credits are an option.*

<b>Date:</b>	May 31, June 1, 2	<b>Fee:</b>	\$177.00R/\$197.00NR
<b>Day:</b>	Tuesday, Wednesday, Thursday	<b>Program#:</b>	334043-01
<b>Time:</b>	5:00 - 8:30pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Nicolet High School - Pool	<b>Instructor:</b>	Cindy Schlidt
<b>Age:</b>	11 years and up		

## LIFEGUARD TRAINING INTENSIVE CLASS

Program includes Lifeguarding, CPR, First Aid, and AED. A pocket mask is included in the fee. Lifeguarding certification is currently for two years. A pre-test will be held on the first day of the program. Persons unable to complete the pre-test satisfactorily will not be allowed to continue. Participation in all sessions is required. Must pass all tests with 80% or higher plus practical skills to be certified. Please bring proof of age to first class. No refunds will be given.

*If you work for the Nicolet Rec. Dept. as a lifeguard after completion of this certification we will reimburse you for this program fee. You must work continuously for at least one year.*

*Registration deadline is two weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites.*

*Once customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class.*

*Household credits are an option.*

<b>Date:</b>	August 1 - 5	<b>Fee:</b>	\$228.00R/\$258.00NR
<b>Day:</b>	Monday - Friday	<b>Program#:</b>	334040-01
<b>Time:</b>	7:00am - 2:30pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Nicolet High School - Pool	<b>Instructor:</b>	Cindy Schlidt
<b>Age:</b>	15 years & up		

## LIFEGUARD TRAINING BLENDED LEARNING INTENSIVE CLASS

Program includes Lifeguarding, CPR, First Aid, and AED. A pocket mask is included in the fee. Lifeguarding certification is currently for two years.

A pre-test will be held on the first day of the program. Persons unable to complete the pre-test satisfactorily will not be allowed to continue.

Participation in all sessions is required. Must pass all tests with 80% or higher plus practical skills to be certified. Please bring proof of age to first class.

No refunds will be given after the registration deadline begins. You must complete all online work prior to in person class start. Please print a completion certificate and send it to the instructor prior to class start date. You will be able to access the American Red Cross system once the date of class starts. Register with your personal email only.

*If you work for the Nicolet Rec. Dept. as a lifeguard after completion of this certification we will reimburse you for this program fee. You must work continuously for at least one year.*

*Registration deadline is two weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites.*

*Once customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class.*

*Household credits are an option.*

<b>Date:</b>	August 12, 13 & 14	<b>Fee:</b>	\$200.00R/\$230.00NR
<b>Day:</b>	Friday, Saturday & Sunday	<b>Program#:</b>	334042-01
<b>Time:</b>	7:00am - 2:30pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Nicolet High School - Pool	<b>Instructor:</b>	Cindy Schlidt
<b>Age:</b>	15 years & up		



## BABYSITTING PARTIAL BLENDED CAMP

The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Skills include a guide to leadership, the business of babysitting, being safe and sound on the job, understanding kids from 0 to 10, caring for kids from feeding to bedtime, and if it's an emergency...Now what? Must attend the entire day, complete all skills with competency. Please bring a notebook and pen. Includes Pediatric CPR/First Aid/AED certification opportunities. Certification will be in the blended learning format. Participants must complete online before camp starts.

*Registration deadline is two weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites. Once customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class. Household credits are an option.*

<b>Date:</b>	August 9 - 11	<b>Fee:</b>	\$150.00R/\$170.00NR
<b>Day:</b>	Tuesday - Thursday	<b>Program#:</b>	334050-01
<b>Time:</b>	1:00 - 4:30pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Nicolet High School - Room B113	<b>Instructor:</b>	Cindy Schlidt
<b>Age:</b>	11 years & up		

## WATER SAFETY INSTRUCTOR BLENDED LEARNING CLASS

Blended Learning (homework & lectures are completed online only)

The purpose of the American Red Cross Water Safety Instructor course is to train instructor candidates to teach courses and presentations in the American Red Cross swimming and water safety program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. There are no refunds for this program.

Prerequisites: 16 years old by the final scheduled lesson of this course; demonstrate 25 yards of front crawl, back crawl, breaststroke, elementary backstroke, side stroke and 15 yards of butterfly to level 4 skills or higher; maintain back float for one minute and tread water one minute. This will be conducted on the first day of class. Please bring proof of ID. Persons unable to complete the pre-test will not be allowed to continue. Registration deadline is 3 weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites.

Must send certification of completion of all 9 online rounds prior to class start date. All materials are online. Must attend all days and complete all water and oral assignments. Must pass all practical skills and obtain 80% or higher on a written test to pass. This is a once only test. No retakes allowed.

Please plan on several hours of homework. Please register with your own personal email address. No refunds will be given once registration deadline has passed.

*Registration deadline is three weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites. Once customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class. Household credits are an option.*

<b>Date:</b>	August 5 (5:00 - 9:00pm), 6 & 7	<b>Fee:</b>	\$228.00R/\$258.00NR
<b>Day:</b>	Friday, Saturday, Sunday	<b>Program#:</b>	334041-01
<b>Time:</b>	8:00am - 6:00pm	<b>Min/Max:</b>	6/6
<b>Location:</b>	Nicolet High School - Pool & Room B113	<b>Instructor:</b>	Cindy Schlidt
<b>Age:</b>	16 years & up		

## PEDIATRIC CPR/AED/FIRST AID BLENDED LEARNING

This is an online course with in-person testing for CPR/AED/First Aid that covers ages 1-12 years. Online portion must be completed and the completion certificate emailed to the instructor prior to the class start date. An American Red Cross email will be automatically generated to your email to enter into the system two weeks prior to class. Certification is valid for two years.

Register with your personal email only. No refunds will be given once the registration deadline arrives.

*Registration deadline is two weeks before class begins. An email will be sent prior to class detailing the manual/prerequisites requirements.*

*Once customer is registered for an American Red Cross class, refunds cannot be provided due to the costs, supplies and preparation associated with the class. Household credits are an option.*

<b>Date:</b>	August 10	<b>Fee:</b>	\$84.00R/\$94.00NR
<b>Day:</b>	Wednesday	<b>Program#:</b>	334012-01
<b>Time:</b>	4:30 - 6:30pm	<b>Min/Max:</b>	6/9
<b>Location:</b>	Nicolet High School - Room B113	<b>Instructor:</b>	Cindy Schlidt
<b>Age:</b>	11 years & up		



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## GYMNASTICS

The Gymnastics recreation classes are centered around creating confident young athletes. We help them reach their full potential at their own pace. Classes focus on developing strength, flexibility, and coordination. We help each child understand the fundamentals of gymnastics through skill progression drills and hands-on spotting.

*All gymnasts in this program must pass through evaluations for each level in order to move to the next level. Please contact the instructor to make sure your child is placed in the proper program for their safety and well being.*

### Parent & Tot (18 months - 3 years old)

This class is designed to support your little ones as they develop basic coordination. We will focus on body awareness and building confidence as they are guided through a variety of obstacle courses with their adult helper. They will jump, climb, swing, slide and roll all while learning to participate in a positive class environment.

### Nicsters (3 years old)

Your 3 year olds are introduced to each piece of gymnastics apparatus as they are taught very beginner gymnastics skills and body positions. We help them develop coordination, balance, strength, and body awareness. Children also practice life skills such as working as a group, lining up, listening and following directions. Skills include forward and backward rolls, two footed handstands and cartwheels, jumping up to and off of mats of varying heights, swinging on the bars, walking on the balance beam, animal walks and so much more.

### Nicotiers (4 & 5 years old)

Gymnasts will begin learning gymnastics terminology and develop a basic understanding of skills. Skills will include forward and backward rolls, cartwheels, handstands, beginner jumps on floor, walking on the low and high beams, swinging and front supports on bars. We continually emphasize the importance of cheering for their peers and celebrating everyone's accomplishments, no matter how big or small.

**Day:** Mondays  
**Location:** Nicolet High School - Gym 2 (gymnastics area)  
**Fee:** \$69.00R/\$79.00NR

**Min/Max:** 4/12  
**Instructor:** NHS Gymnastics Staff

Level:	Age:	Date:	Time:	Program#:
Parent & Tot	18 months - 2 years old	June 6 - July 18 (skip 7/4)	5:00 - 5:30pm	311141-01
Nicsters	3 years old	June 6 - July 18 (skip 7/4)	5:35 - 6:05pm	311141-02
Nicotiers	4 - 5 years old	June 6 - July 18 (skip 7/4)	6:10 - 6:45pm	311141-03
Mom & Tot	18 months - 2 years old	July 25 - August 29	5:00 - 5:30pm	311141-04
Nicsters	3 years old	July 25 - August 29	5:35 - 6:05pm	311141-05
Nicotiers	4 - 5 years old	July 25 - August 29	6:10 - 6:45pm	311141-06

GYMNASTICS LEVELS 1 - 5 ALSO AVAILABLE SEE PAGE 23

THE NICOLET REC DEPT OFFERS GYMNASTICS BIRTHDAY PARTIES! FOR MORE INFO CONTACT NATE.BROOKS@NICOLET.US



PROGRAMMING: AGES 1 - 4

## JUNIOR JAMBOREE

Get moving and singing in this music class for children and their parents or caregivers. Your child will be immersed in children's songs, interactive finger play, creative dance music and the exploration of different rhythms. We hope you will learn some new songs while inspiring the love of music in your child. Bring your dancing feet and come share some special music moments together in this fun family class.

**Day:** Tuesdays  
**Location:** Lydell Community Center - Front Lawn or Room 17 (5205 N. Lydell Ave. - Whitefish Bay)  
**Age:** 6 months - 4 years old  
**Fee:** \$55.00R/\$65.00NR  
**Program#:** 212107-01  
**Min/Max:** 5/12  
**Instructor:** Dana Sherman



Session:	Date:	Time:	Program#:
I	June 7 - July 12	8:45 - 9:15am	312542-01
II	June 7 - July 12	9:25 - 9:55am	312542-02
III	June 7 - July 12	10:05 - 10:35am	312542-03
IV	July 26 - August 30	8:45 - 9:15am	312542-04
V	July 26 - August 30	9:25 - 9:55am	312542-05
VI	July 26 - August 30	10:05 - 10:35am	312542-06

## AMAZING ATHLETES

Amazing Athletes is an educational sports and fitness program teaching children the basic fundamentals and mechanics of the following 10 sports: Baseball, Basketball, Football, Golf, Hockey, Lacrosse, Soccer, Tennis, Track & Field and Volleyball. We will also focus on the 7 key areas of motor-development through games, obstacle courses and other fun fitness activities. Our program incorporates exercises for gross motor development, hand-eye coordination, cardio-vascular fitness, speed and agility and stretching and muscle tone.

By introducing kids to a variety of sports and physical activities at a young age, they have a greater chance of finding a few things they like. Children participating in sports and fitness at an early age will expose to them an active and healthy lifestyle, which is our main goal!

**Day:** Wednesdays  
**Location:** Range Line Community Center - Gym 2 (11040 N. Range Line Rd. - Mequon)  
**Fee:** \$100.00R/\$120.00NR  
**Min/Max:** 6/15  
**Instructor:** Amazing Athletes Staff



Session:	Date:	Age:	Time:	Program#:
I	June 1 - July 13	2 years old	10:30 - 10:55am	311441-01
II	June 1 - July 13	3 - 6 years old	11:00 - 11:30am	311441-02
III	July 20 - August 31	2 years old	10:30 - 10:55am	311441-03
IV	July 20 - August 31	3 - 6 years old	11:00 - 11:30am	311441-04

## MOM AND ME 'LITTLE DRAGONS'!

Fun games and activities helping toddlers work on gross motor skills, hand eye coordination, following directions and interacting with other children. Moms will also learn proven self defense basics and ways to improve flexibility, strength, and balance.

**Date:** June 2 - 23  
**Day:** Thursdays  
**Time:** 11:00 - 11:30am  
**Location:** J.K. Lee Black Belt Academy  
 (6838 N. Santa Monica Blvd. Fox Point 53217)  
**Age:** 2 - 3 years old  
**Fee:** \$20.00R/\$30.00NR (includes a J.K. Lee t-shirt!)  
**Program#:** 311261-01  
**Min/Max:** 4/18  
**Instructor:** Instructor Kathy Kludt and/or trained Assistant Instructors from J.K. Lee Black Belt Academy



## ZUMBINI

Created by Zumba® and BabyFirst for kids ages 0-4 (and caregivers) the Zumbini® program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun!

**Date:** June 18 - July 30 (skip 7/2)  
**Day:** Saturdays  
**Time:** 9:00 - 9:45am  
**Location:** Nicolet High School - Dance Studio (Room A113)  
**Age:** 0 - 4 years old  
**Fee:** \$65.00R/\$75.00NR  
**Program#:** 313040-01  
**Min/Max:** 4/8  
**Instructor:** Jo Duncan

PROGRAMMING: AGES 1 - 4





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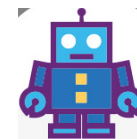
## MAD SCIENCE ROBOT ACADEMY

Welcome to the Mad Science Robot Academy! Join us for a week of fun as we experiment with our entire Mad Science Robot Fleet! We will learn about the many uses of robots around the world as we explore the exciting field of robotics. We'll also discover the science of circuits and how robots use sensors to explore things around them. We will also spend time learning about basic coding concepts, engineering principles and basic robots. Each Jr. Robot Engineer will also build their very own OWI Ozkar Vacuum Robot (Retail Value: \$19.95) to take home with them! Our camp will provide a great mix of fun and education as we strive to create a positive, supportive learning environment where kids feel comfortable working in groups and are encouraged to learn new things. Mad Science has always made the safety and security of kids in our programs an utmost priority. We will be following all Covid-19 regulations

**Date:** July 18 - 22  
**Day:** Monday - Friday  
**Time:** 9:00am - 4:00pm  
**Location:** Nicolet High School - Room B133



**Age:** 7 - 12 years olds  
**Fee:** \$399.00R/\$439.00NR  
**Program#:** 312140-01  
**Min/Max:** 10/25  
**Instructor:** Mad Science Staff



## CAMP AT THE HILLS

The Nicolet Recreation Department Summer Camp at the Hills is designed to provide participants with a safe, primarily outdoor, age-appropriate playing and learning opportunity. Recreational experiences enhance all children's developmental needs and help create a positive self image through socialization and creativity.

Camp activities include swimming, sports, arts and crafts, special guests, and more! Campers will be grouped according to their grade as of Fall 2022.

More information, including how to register, for Camp at the Hills can be found on our website:

<https://www.nicolet.us/activities/recreation.cfm>

**Date:** June 27 - July 28 (skip 7/4)  
**Day:** Mondays - Thursdays  
**Time:** 12noon - 6:00pm  
**Location:** Glen Hills Middle School  
**Grade:** K5 - 6th (as of Fall 2022)  
**Fee:** \$340.00R/\$380.00NR  
**Program#:** 312210-01  
**Min/Max:** 25/100  
**Camp Director:** Caleb Franklin, Nicolet Rec Dept Recreation Supervisor



## BUILD EPIC WORLDS TOGETHER IN MINECRAFT

In our Minecraft World Builder course, you will learn how to run a city, manage money, protect the environment, all within the 3D world of Minecraft! This course is not coding based but a platform for you to learn more about real world economics, city planning, and life management! In Minecraft World Builder, you will be a part of a committee and learn to manage money by building onto your ever growing city with your peers!

**Camp Outcomes:** At the end of the camp week, each camper will have learned many skills that will help them in the real world. They will have an understanding of money management and the costs associated with building towns. How selling items from a shop affects the economy. They will learn how to present presentations through virtual meetings, while defending their position on certain topics. They will make connections to the real world through Minecraft!

**Date:** July 11 - 14  
**Day:** Monday - Thursday  
**Time:** 12noon - 2:30pm  
**Location:** Virtual (instructor will email meeting log-in info prior to the start of the program)



**Age:** 6 - 9 years old  
**Fee:** \$275.00R/\$305.00NR  
**Program#:** 312107-01  
**Min/Max:** 1/12  
**Instructor:** Code Wiz Reading



## GAME-BASED PYTHON

Do you love playing games? Do you want to learn how to code? Well, you are in the right place! In our Game-Based Python course, you'll learn to code by playing a game and solving coding puzzles that get increasingly challenging. As you go, you'll get to create your own game in Python using the skills and problem solving skills you have just gained!

**Camp Outcomes:** By the end of the camp, each camper will have an understanding of Python programming language in a visual format. They will have built their own games and they will have learned problem solving and basic coding concepts such as variables, conditionals loops, function and so much more.

**Date:** August 8 - 11  
**Day:** Monday - Thursday  
**Time:** 12noon - 2:30pm  
**Location:** Virtual (instructor will email meeting log-in info prior to the start of the program)



**Age:** 8 - 12 years old  
**Fee:** \$275.00R/\$305.00NR  
**Program#:** 312108-01  
**Min/Max:** 1/12  
**Instructor:** Code Wiz Reading



**PROGRAMMING: AGES 4 - 12**



## SPANISH CULTURE/TRAVEL CLASS

¡Ven con nosotros! Come with us as we “visit” the countries of Mexico, Spain, Puerto Rico and Guatemala in this exciting 4-day cultural Spanish course. Each day your child will “visit” a new country, learning about its unique customs, arts, foods, and music -- All in Spanish! Our interactive & dynamic class will include games, stories, and traditional crafts. While adding stamps to their passport and creating postcards for each country, your student will be introduced to exciting travel vocabulary and learn how to order in Spanish. Open to incoming Grades 1-5. No previous Spanish required.

**Date:** June 27 - 30  
**Day:** Monday - Thursday  
**Time:** 9:00 - 11:00am  
**Location:** Nicolet High School - Room B111  
**Grade:** 1st - 5th  
**Fee:** \$160.00R/\$180.00NR  
**Program#:** 310220-01  
**Min/Max:** 8/15  
**Instructor:** Futura Language Professionals



## NATURE DETECTIVE DAY CAMP

Your kids will experience all the screen-free outdoor fun and adventure of the traditional day camp of your childhood- with 2 qualified teachers! 5.5 hours each day will give us LOTS of exciting options. Possibilities include hiking, deep woods trail blazing, animal encounters, natural science connections and conservation, fort building and camp craft, art, games, stories, exploring music on funky instruments, journaling and silly camp songs and traditions . By the way...they say there is a mysterious woods legend about.....well come to camp and find out!

Plan to bring a NON PERISHABLE lunch in RECYCLABLE containers and dress to get down and dirty! Avoid disappointment-sign up early!

**Date:** June 15 - 17  
**Day:** Wednesday - Friday  
**Time:** 10:00am - 3:30pm  
**Location:** Nicolet High School - Backwoods  
**Age:** 6 - 10 years old  
**Fee:** \$155.00R/\$175.00NR  
**Program#:** 312193-01  
**Min/Max:** 4/8  
**Instructor:** 'Ant'Wendy, and Chris Seaman

## WISCONSIN SCHOLASTIC CHESS FEDERATION (WSCF) CHESS CAMP

The **beginner's camp** is for those students who are new to chess or have some experience. We encourage students to come to camp knowing how to move the pieces. This can be done easily for free on many websites. One useful website is [www.ChessKid.com](http://www.ChessKid.com) where students can get a free basic membership and take the 1st six lessons. This camp will teach opening principles, the first six mating strategies and if time permits, then focus on some of the basic tactics including pins, forks, skewers, and discovered check. Students will participate in a 5 round tournament competing for trophies and medals. Grades 2 – 8

The **intermediate camp** is for those students who have participated in a previous club , class or camp and have learned some of the strategies from the beginner's camp. Students will work on mastering the 6 basic mating strategies, six to ten of the most used tactics, opening principles and attacking strategies. Students will compete for trophies in a 5 round Swiss or round robin tournaments. Grades 2 – 12

*If there are not enough students for either class, then the two camps will be combined.*

**Date:** June 20 - 24  
**Day:** Monday - Friday  
**Location:** Nicolet High School - Room C111  
**Grade:** Open to all grades starting in 2nd grade (grade as of Fall 2022)  
**Fee:** \$90.00R/\$100.00NR  
**Min/Max:** 8/24  
**Instructor:** Wisconsin Scholastic Chess Federation Staff



WISCONSIN SCHOLASTIC  
CHESS FEDERATION  
GROWING YOUNG MINDS FOR THE FUTURE

Session:	Level:	Time:	Program#:
I	Beginner	9:00am - 12noon	312160-01
II	Intermediate	1:00 - 4:00pm	312160-02

## CHESS SCHOLARS CAMP

Develop your child's intellect through the royal game of chess! Current research has shown a strong link between chess and academic performance in a variety of areas, including mathematics and language arts. Chess has been proven to enhance children's motivation, concentration, focus, social skills, and creativity. Each class will consist of a fun, interactive teaching period and guided practice time. Both beginner and experienced players are welcome and will learn under the guidance of an experienced Chess Scholars coach.

**Date:** August 1 - 5  
**Day:** Monday - Friday  
**Time:** 9:00am - 12noon  
**Location:** Nicolet High School - Room B111  
**Grade:** K - 8th (grade as of Fall 2022)  
**Fee:** \$195.00R/\$215.00NR  
**Program#:** 312161-01  
**Min/Max:** 5/15  
**Instructor:** Chess Scholars Staff



**PROGRAMMING: AGES 4 - 12**



## YOUTH PAINTING CLASS

Do you have a mini Picasso? We have just the thing! Children will explore their creative side while following step by step instructions to create their very own masterpiece. Instructions courtesy of Grape Escape LLC.

<b>Day:</b>	Saturday	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	11:00am - 12noon	I	June 18	312150-01
<b>Location:</b>	Nicolet High School - Room B111 (Knightskeller)	II	July 30	312150-02
		III	August 20	312150-03
<b>Age:</b>	6-12 years old			
<b>Fee:</b>	\$22.00R/\$32.00NR			
<b>Min/Max:</b>	5/25			
<b>Instructor:</b>	Briona Conway			

## SUMMER ART STUDIO

Join us for some Summer Art Studio fun!! We will get creative with Paint, Model Magic, Perler beads, Yarn, and More! You will have lots of choices and tons of Fun with Friends!! All art supplies included. Please bring a water bottle and snack daily.

<b>Day:</b>	Mondays - Thursdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	1:00 - 3:00pm	I	June 27 - 30	312152-01
<b>Location:</b>	Nicolet High School - Room D109 (Art Room)	II	July 11 - 14	312152-02
		III	July 25 - 28	312152-03
<b>Grade:</b>	1st - 4th (grade as of Fall 2022)			
<b>Fee:</b>	\$80.00R/\$90.00NR			
<b>Min/Max:</b>	10/20			
<b>Instructor:</b>	Mrs. Angela McGuire, Parkway School Art Teacher			



## YOUNG REMBRANDTS

### ANIME-MANGA CHARACTER CREATION DRAWING CAMP

If you have Manga Mania, sign up for this class. Join Young Rembrandts for a 5 day drawing workshop; we'll be drawing and coloring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging – this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings. Sign up today! For more info: [www.youngrembrandts.com](http://www.youngrembrandts.com)

<b>Date:</b>	July 25 - 29
<b>Day:</b>	Monday - Friday
<b>Time:</b>	1:00 - 3:00pm
<b>Location:</b>	Nicolet High School - Room B111 (Knightskeller)
<b>Age:</b>	6 - 12 years old
<b>Fee:</b>	\$89.00R/\$99.00NR
<b>Program#:</b>	312810-01
<b>Min/Max:</b>	5/20
<b>Instructor:</b>	Young Rembrandts Instructor



## STUDY SKILLS FOR MIDDLE SCHOOL STUDENTS

Do you think your child has more academic potential? Does your child's homework not make its way home, or make it home but not back to school? Has your child been taught HOW to study? Ensure academic success for the 2022-2023 school year by enrolling your student in the study skills workshop. Students will be taught how to organize and manage their time, habits, and materials. They will learn how to take notes both from their textbooks and from teacher lectures. Students will also acquire test-preparation and test-taking strategies. Start the upcoming school year right in every subject with strong study skills from Knowledge Studio One.

<b>Date:</b>	August 8 - 11
<b>Day:</b>	Monday - Thursday
<b>Time:</b>	10:00am - 12noon
<b>Location:</b>	Range Line Community Center - Rooms 109 & 110 11040 N. Range Line Rd. - Mequon
<b>Grade:</b>	6th - 9th (grades as of Fall 2022)
<b>Fee:</b>	\$185.00R/\$205.00NR
<b>Program#:</b>	312770-01
<b>Min/Max:</b>	3/7
<b>Instructor:</b>	Knowledge Studio One Staff



## INTRODUCTION TO MAGIC

Professional magician Glen Gerard teaches stunning magic tricks that you can perform with items found around the house. Students will learn sleight of hand and misdirection, and showmanship. Fool your friends and family with magic and be a hit at any event.

<b>Date:</b>	June 27
<b>Day:</b>	Monday
<b>Time:</b>	10:00 - 11:30am
<b>Location:</b>	Shorewood High School - LMC (1701 E Capitol Dr. - Shorewood)
<b>Grade:</b>	3rd - 8th (grades as of Fall 2022)
<b>Fee:</b>	\$20.00R/\$30.00NR
<b>Program#:</b>	312520-01
<b>Min/Max:</b>	1/6
<b>Instructor:</b>	Glen Gerard



PROGRAMMING: AGES 4 - 12



## PIRATES, ALIENS, ROBOTS AND WHO?

Alas...the Pirates have landed and are looking for their Treasure Chest! This class is filled with Robots of every kind and chocked full of adventures! Go on a Treasure Hunt with Roamer the Robot, Dig up Dinosaur bones with Bee Bot, Rev your Engines with Speedy the Race car, Land on the Moon with the Aliens from outer space and much more. Students will work with several versions of LOGO Programming (simple sequence programming using numbers, shapes, colors, etc). Guaranteed to generate smiles, giggles and laughs every class!.

**Date:** June 13 - 16  
**Day:** Monday - Thursday  
**Time:** 9:30 - 10:30am  
**Location:** Nicolet High School - Room B111 (Knightskeller)  
**Age:** 4 - 6 years old  
**Fee:** \$55.00R/\$65.00NR  
**Program#:** 312120-01  
**Min/Max:** 8/16  
**Instructor:** Computer Explorers Staff



## STREAM SAMPLER WEEK

Step into the STREAM Zone (Science, Technology, Reading, Engineering, Arts & Math) and sample some of the newest technology programs. This program covers it all! Each class will explore a different concept which could include: Coding, Robotics & Engineering with LEGO Educational kits including LEGO WeDo and BricQ sets, Video Game Design, Catapults, Digital Movie Making, LOGO Programming, GPS, Snap Circuits, Creative Writing, Art exploration and may more. This class has been updated with new technology gadgets and is guaranteed to be 100% Fun!

**Date:** June 13 - 16  
**Day:** Monday - Thursday  
**Time:** 10:45 - 11:45am  
**Location:** Nicolet High School - Room B111 (Knightskeller)  
**Age:** 4 - 6 years old  
**Fee:** \$55.00R/\$65.00NR  
**Program#:** 312121-01  
**Min/Max:** 8/16  
**Instructor:** Computer Explorers Staff



## STREAM SAMPLER WEEK

Step into the STREAM Zone (Science, Technology, Reading, Engineering, Arts & Math) and sample some of the newest technology programs. This program covers it all! Each class will explore a different concept which could include: Coding, Robotics & Engineering with LEGO Educational kits including LEGO WeDo and BricQ sets, Video Game Design, Catapults, Digital Movie Making, LOGO Programming, GPS, Snap Circuits, Creative Writing, Art exploration and may more. This class has been updated with new technology gadgets and is guaranteed to be 100% Fun!

**Date:** June 13 - 16  
**Day:** Monday - Thursday  
**Time:** 12:15 - 1:15pm  
**Location:** Nicolet High School - Room B111 (Knightskeller)  
**Age:** 7 - 12 years old  
**Fee:** \$55.00R/\$65.00NR  
**Program#:** 312122-01  
**Min/Max:** 8/16  
**Instructor:** Computer Explorers Staff



## LEGO BRICQ

The LEGO® Education BricQ Motion Essential set engages students in the exploration of physical science within a sports context. BricQ Motion helps foster an understanding of forces, motion, and interactions by providing easy hands-on learning experiences. Think Sail Racers, Luge Runs, Hockey, Basketball, Catapults and more!! With excellent building instructions, and a wide variety of projects, this class has something for everyone!

**Date:** June 13 - 16  
**Day:** Monday - Thursday  
**Time:** 1:30 - 2:30pm  
**Location:** Nicolet High School - Room B111 (Knightskeller)  
**Age:** 7 - 12 years old  
**Fee:** \$55.00R/\$65.00NR  
**Program#:** 312123-01  
**Min/Max:** 8/16  
**Instructor:** Computer Explorers Staff



## PRETEEN/TEEN KIDS INTRODUCTION TO COOKING

Kids learn the basics of prepping and cooking with some advanced chopping skills and take home something tasty. Kids will receive a cloth chef hat. \*Experience in steel knife skills required.

**Date:** June 27 - 29  
**Day:** Monday - Wednesday  
**Time:** 9:30 - 11:30am  
**Location:** Nicolet High School - Room B133  
**Age:** 11 - 13 years old  
**Fee:** \$200.00R/\$230.00NR  
**Program#:** 312020-01  
**Min/Max:** 5/10  
**Instructor:** Tam Neyer

## CSI CRIME SCENE INVESTIGATION

Get ready to become part of the biggest crime scene of the century! Did you commit the crime or the friend sitting next to you? It's up to you to solve the crime using CSI techniques used by the experts. Think Lie Detectors, Motion Detectors, Surveillance Cameras, Digital Microscopes to examine fingerprints, hair and powder samples left at the crime scene and so much more. The last class will end with a class participating crime scene activity. Which one of your classmates is the suspect in the case? Possibly, maybe...even you! Past students have taken this class several times as it is always changing to include the student's personalities and interests!

**Date:** June 13 - 16  
**Day:** Monday - Thursday  
**Time:** 2:45 - 3:45pm  
**Location:** Nicolet High School - Room B111 (Knightskeller)  
**Age:** 7 - 12 years old  
**Fee:** \$55.00R/\$65.00NR  
**Program#:** 312124-01  
**Min/Max:** 8/16



**PROGRAMMING: AGES 4 - 12**



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## 360 VOLLEYBALL ACADEMY GIRLS CAMPS



360 Volleyball Academy is happy to offer an array of volleyball camp opportunities to participants who range in age and experience. We have training opportunities for athletes of all ages and ability levels. From beginning levels to high level varsity players, we have a training program for every female athlete looking to play volleyball.

Under the direction of Dann Jacobson, Director of 360 Volleyball Academy and current Nicolet girls varsity volleyball coach, each of our camps will focus on improving skills, increasing knowledge, and developing well-rounded athletes in a fun, safe and competitive environment. Camp instructors will include 360VBA coaches, local high school coaches, and current and former college players. All of our camps are designed to help every player develop to their fullest potential on and off the court. In everything we do our goal remains the same - work hard, get better, have fun.

For more information go to: [www.360volleyballacademy.com](http://www.360volleyballacademy.com) including information about the competitive club season.

### GIRLS VOLLEYBALL ALL-SKILLS

This camp is for the player who wants to improve all of their skills (passing, setting, defense, serving, blocking, and attacking) through fast paced training. We will focus on technical training that includes specific mechanics related to volleyball. A wide variety of drills, games and competitive play will be used to put these techniques into practice. Grade as of Fall 2022.

**Day:** Monday - Thursday  
**Location:** Nicolet High School - Gym 1  
**Min/Max:** 6/24  
**Instructor:** 360 Volleyball Academy Coaching Staff

<b>Session:</b>	<b>Grade:</b>	<b>Date:</b>	<b>Time:</b>	<b>Fee:</b>	<b>Program#:</b>
I	4th - 6th	June 20 - 23	10:00 - 11:00am	\$60.00R/\$70.00NR	311112-01
II	7th - 9th	June 20 - 23	11:30am - 1:30pm	\$120.00R/\$140.00NR	311112-02
III	10th - 12th	June 20 - 23	2:00 - 4:30pm	\$140.00R/\$160.00NR	311112-03
IV	4th - 6th	August 1 - 4	10:00 - 11:00am	\$60.00R/\$70.00NR	311112-04
V	7th - 9th	August 1 - 4	11:30am - 1:30pm	\$120.00R/\$140.00NR	311112-05
VI	10th - 12th	August 1 - 4	2:00 - 4:30pm	\$140.00R/\$160.00NR	311112-06

### GIRLS ADVANCED TRAINING PROGRAM

The ATP is designed to help players of various levels develop in all phases of volleyball-strength and conditioning, overall athleticism, leadership, confidence and teamwork. We use two courts so players are able to train with athletes at similar ability and experience levels. This is a great opportunity to get outstanding and consistent training throughout the summer and prepare for the Fall season. Instructors will include: Dann Jacobson, Nicolet varsity girls volleyball head coach and Director of 360, highly qualified high school and club coaches, and current and former college players. Grade as of Fall 2022.

**Date:** June 13 - August 3 (skip 7/4)      **Level:** I      **Grade:** 6th - 8th      **Program#:** 311114-01  
**Day:** Mondays & Wednesdays      II      9th - 11th      311114-02  
**Time:** 5:00 - 6:30pm  
**Location:** Nicolet High School - Gym 1  
**Fee:** \$390.00R/\$430.00NR  
**Min/Max:** 4/12  
**Instructor:** Dann Jacobson and 360 Volleyball Academy Coaching Staff



**PROGRAMMING: AGES 4 - 18**

## 360 VOLLEYBALL ACADEMY GIRLS CAMPS

### GIRLS HITTING/BLOCKING CAMP

This camp will sharpen your hitting and blocking skills whether you are an outside, middle, or right side attacker/blocker. Our focus will be on developing sound fundamental hitting and blocking skills, teaching advanced techniques and increasing your hitting and blocking IQ. Players will be grouped based on ability level.

<b>Day:</b>	Monday, Tuesday, Wednesday	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	10:00 - 11:00am	I	June 27 - 29	311113-01
<b>Location:</b>	Nicolet High School - Gym 1	II	July 18 - 20	311113-02
<b>Grade:</b>	7th - 12th (grade as of Fall 2022)			
<b>Fee:</b>	\$50.00R/\$60.00NR			
<b>Min/Max:</b>	12/24			
<b>Instructor:</b>	Dann Jacobson and 360 Volleyball Academy Coaching Staff			

### GIRLS SETTING CAMP

This camp is designed as an intensive training opportunity for setters of all levels. The camp will focus on important setter training including hand position and release, footwork, jump setting, setting at multiple tempos, attacking the second ball, and running a variety of offensive systems. Players will be grouped based on ability level.

<b>Day:</b>	Monday, Tuesday, Wednesday	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	11:00am - 12noon	I	June 27 - 29	311116-01
<b>Location:</b>	Nicolet High School - Gym 1	II	July 18 - 20	311116-02
<b>Grade:</b>	7th - 12th (grade as of Fall 2022)			
<b>Fee:</b>	\$50.00R/\$60.00NR			
<b>Min/Max:</b>	12/24			
<b>Instructor:</b>	Dann Jacobson and 360 Volleyball Academy Coaching Staff			

### GIRLS DEFENSE/SERVING/SERVE RECEIVE CAMP

The outcome of most volleyball matches are determined by the team with the ability to serve, receive, and defend proficiently. This camp will help you develop the fundamentals involved with the most important skills in volleyball, the first contact! Our focus will be on the technical aspects of serving, passing, and defense. This camp will focus on the elements of the game that are critical to the libero/defensive specialist, but it is also appropriate for front row players who wish to play all 6 rotations. Players will be grouped based on ability level.

<b>Day:</b>	Monday, Tuesday, Wednesday	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	12noon - 1:00pm	I	June 27 - 29	311117-01
<b>Location:</b>	Nicolet High School - Gym 1	II	July 18 - 20	311117-02
<b>Grade:</b>	7th - 12th (grade as of Fall 2022)			
<b>Fee:</b>	\$50.00R/\$60.00NR			
<b>Min/Max:</b>	12/24			
<b>Instructor:</b>	Dann Jacobson and 360 Volleyball Academy Coaching Staff			



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## KNIGHTS SWIM TEAM

### WHITE TEAM (6-8 YEARS OLD)

This program is aimed at children who can swim and are interested in developing a stronger set of swimming skills. The program introduces children to competitive swimming and small meets are included. Children must be able to swim 2 x 25 yards (two lengths of the pool - one freestyle and one backstroke).

Participants are encouraged to attend both practices each week. The Schroeder Swim Team staff directs the program.

<b>Date:</b>	June 6 - July 27 (skip 7/4)	<b>Fee:</b>	\$125.00R/\$145.00NR
<b>Day:</b>	Mondays & Wednesdays	<b>Program#:</b>	311040-01
<b>Time:</b>	4:45 - 5:45pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Nicolet High School - Pool	<b>Instructor:</b>	Schroeder YMCA Coaching Staff
<b>Age:</b>	6 - 8 years old		

### LIGHT BLUE TEAM (9-12 YEARS OLD)

This program is aimed at children who can swim and are interested in developing a stronger set of competitive swimming skills. This is a competitive swimming program and athletes race in the Schroeder Conference meets and against other area recreation department teams. Children must be able to swim 50 yards (50 yd freestyle and 50 yd backstroke).

Participants are encouraged to attend three practices each week. The Schroeder Swim Team staff directs the program.

<b>Date:</b>	June 6 - July 28 (skip 7/4)	<b>Fee:</b>	\$175.00R/\$195.00NR
<b>Day:</b>	Mondays, Wednesdays & Thursdays	<b>Program#:</b>	311041-01
<b>Time:</b>	5:45 - 7:00pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Nicolet High School - Pool	<b>Instructor:</b>	Schroeder YMCA Coaching Staff
<b>Age:</b>	9 - 12 years old		

### DARK BLUE TEAM (13+ YEARS OLD)

This program is designed to get young swimmers ready for high school swim team participation or to extend a successful high school experience. Athletes should be strong swimmers. The Schroeder Swim Team staff and directs the program.

Participants are encouraged to attend three practices each week. The Schroeder Swim Team staff directs the program.

<b>Date:</b>	June 6 - July 28 (skip 7/4)	<b>Fee:</b>	\$195.00R/\$215.00NR
<b>Day:</b>	Mondays, Wednesdays & Thursdays	<b>Program#:</b>	311042-01
<b>Time:</b>	5:45 - 7:00pm	<b>Min/Max:</b>	6/20
<b>Location:</b>	Nicolet High School - Pool	<b>Instructor:</b>	Schroeder YMCA Coaching Staff
<b>Age:</b>	13 years old & up		

**PARTICIPANTS ARE WELCOME TO JOIN AT ANYTIME. PRACTICE SCHEDULE SUBJECT TO CHANGE.**

### DISCOVER SCUBA DIVING

Have you ever wondered what it is like to breathe underwater? Then this PADI Discover Scuba Diving experience is your chance to give scuba a try in a fun, inexpensive, no-pressure setting. During this experience, we will let you try scuba to see if you like it without a big commitment of time or money because there is nothing like breathing underwater for the very first time. It takes a little getting used to but after a few minutes, you will realize how easy scuba diving really is. No experience is required. You will learn some basic skills and safety rules that can show if a full certification is for you!

<b>Day:</b>	Saturday	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	2:30 - 4:30pm	I	June 11	311490-01
<b>Location:</b>	Nicolet High School - Pool	II	June 25	311490-02
<b>Age:</b>	10 years old and up			
<b>Fee:</b>	\$60.00R/\$70.00NR			
<b>Min/Max:</b>	4/12			
<b>Instructor:</b>	Aquatic Adventures, Inc.			



**PROGRAMMING: AGES 4 - 18**

## GYMNASTICS LEVELS 1-5

The Gymnastics Recreation classes are centered around creating confident young athletes. We help them reach their full potential at their own pace. Classes focus on developing strength, flexibility, and coordination. We help each child understand the fundamentals of gymnastics through skill progression drills and hands-on spotting.

*All gymnasts in this program must pass through evaluations for each level in order to move to the next level. Please contact the instructor to make sure your child is placed in the proper program for their safety and well being.*

### Level 1 & 2 (age 6+)

Gymnasts will be introduced to the basic skills on all four apparatus: vault, bars, beam and floor. Skills will include forward and backward rolls, cartwheels, handstands, splits and bridges on floor, pull-overs and casting on bars, basic walks, kicks and jumps on beam, and Tumb Trak vaulting drills.

### Level 3 & 4

Gymnasts will continue to master the fundamentals learned in Level 1 & 2. They will begin working towards back and front walk-overs, roundoffs and front and back handsprings on floor; back hip circles, squat ons and casting on bars; jumps, turns and basic tumbling on the balance beam; and front handsprings on vault. It is recommended, not required, that gymnasts attend two days/week at this level.

### Level 5

INVITATION ONLY

**Location:** Nicolet High School - Gym 2 (gymnastics area)  
**Age:** 6 -11 years  
**Fee:** \$79.00R/\$89.00NR  
**Min/Max:** 8/12  
**Instructor:** NHS Gymnastics Staff

<b>Level:</b>	<b>Date:</b>	<b>Day:</b>	<b>Time:</b>	<b>Program#:</b>
Level 3, 4 & 5	June 6 - July 18 (skip 7/4)	Mondays	6:45 - 8:15pm	311130-01
Level 1 & 2	June 7 - July 19 (skip 7/5)	Tuesdays	5:00 - 5:45pm	311130-02
Level 3 & 4	June 7 - July 19 (skip 7/5)	Tuesdays	5:45 - 7:15pm	311130-03
Level 5	June 7 - July 19 (skip 7/5)	Tuesdays	7:15 - 8:45pm	311130-04
Level 3, 4 & 5	July 25 - August 29	Mondays	6:45 - 8:15pm	311130-05
Level 1 & 2	July 26 - August 30	Tuesdays	5:00 - 5:45pm	311130-06
Level 3 & 4	July 26 - August 30	Tuesdays	5:45 - 7:15pm	311130-07
Level 5	July 26 - August 30	Tuesdays	7:15 - 8:45pm	311130-08

GYMNASTICS FOR TODDLERS ALSO AVAILABLE SEE PAGE 12



PRIVATE GYMNASTICS LESSONS ALSO AVAILABLE. FOR MORE INFORMATION PLEASE CONTACT MOLLY.MCKENZIE@NICOLET.US

THE NICOLET REC DEPT OFFERS GYMNASTICS BIRTHDAY PARTIES! FOR MORE INFO CONTACT NATE.BROOKS@NICOLET.US

PROGRAMMING: AGES 4 - 18



## LADY KNIGHTS FASTPITCH SOFTBALL - (2022 SEASON)

Lady Knights is a select fastpitch softball program. It is open to girls in second through ninth grade living in the Nicolet Partner School District. The program is designed to advance fundamentals of fastpitch softball and to develop leadership, teamwork, patience, self-respect and respect for other players and coaches. We are looking to form U12, U14 and U16/U18 teams for the 2022 season.

Please register asap through the Nicolet Recreation Department. We need early commitments so teams can be formed and schedules can be available by mid March 2022.

Teams practice typically 2-3 times a week beginning in May. Clinics are offered during the off-season for a minimal fee. Games and/or tournaments take place in May through July. This program's intent is to provide a complete experience to participants and parents alike.

Questions, contact Caleb Franklin: [caleb.franklin@nicolet.us](mailto:caleb.franklin@nicolet.us)

**Registration Fee: \$225.00**

Plus uniform cost. Fees are used for league costs, tournament fees, equipment, umpire fees and practice space rental.



### Season Registration

Age:	Program#:
U12 (born 2009 and later)	311010-01
U14 (born 2007 and later)	311010-02
U16/U18 (born 2005 and later)	311010-03

## YOUTH SOFTBALL LEAGUE

Our two co-ed youth leagues cover boys and girls from 1st through 4th grade. Beginners at all age levels have learned the sport quickly, gained personal confidence, and made meaningful contributions to their teams! Experienced multi-sport athletes playing spring soccer, lacrosse, fast pitch softball and even Little League have participated in two sports because of our league's low time commitment of only 1-3 hours per week, its affordability, and team roster sizes that allow for occasional conflicts.

Players are assigned to teams randomly, but we honor and encourage requests to be paired with other friends to help with car-pooling and to make it a comfortable and enjoyable experience for the kids. Teams are run by volunteer parents with a passion for teaching the game to young people. There are no rules with regard to how many boys or girls are on each team's roster or in the field of play at any given time, but efforts are made to maintain competitive integrity. Managers ensure that all players receive an ample amount of playing time regardless of ability. Games are umpired by adult recreation staff, and the season will conclude by July 31st. We will be offering two leagues, Parent Pitch (1st-2nd grade) as well as a Junior League (3rd-4th grade). The Parent Pitch league will use a "squishy" softball and have parents/coaches pitch, while the Jr League will use a 10" softball and have players pitch. In the Junior League scores and league standings are kept. Games will be played on Monday and Wednesday evenings. *Depending on registration numbers, if necessary, the two leagues may be combined into a single 1st-4th grade league. In this event, rules may be adapted to fit all ages appropriately.*

Please email the Program Director at [caleb.franklin@nicolet.us](mailto:caleb.franklin@nicolet.us) if you have any questions.

TEAMS WILL BE FORMED BY May 1st, practices will begin May 9th, and games will begin June 1st.

Date:	League:	Grade:	Program#:
May 9 - July 27 (skip 7/4)	Parent Pitch	1st & 2nd Grade	311800-01
Day: Mondays & Wednesdays	Junior	3rd & 4th Grade	311800-02
Time: Evenings			
Location: Nicolet High School - Backfields & Maslowski Park - Nicolet Softball Field			
Fee: \$50.00R/\$60.00NR			
Min/Max: 30/100			

## SOCCER SKILLS & SCRIMMAGE CAMP

Designed to introduce young children to the game of soccer. This program involves soccer based activities, aids group interaction and is an excellent form of exercise. We promote developmental skill building, teamwork and fun! (Skill training+scrimmage format).

Children will need to bring with them a size 3 soccer ball.

Indoor programming wear athletic shoes (no cleats allowed). Shin guards suggested, but not required.

<b>Date:</b>	July 18, 19, 20
<b>Day:</b>	Monday, Tuesday & Wednesday
<b>Time:</b>	12noon - 1:30pm
<b>Location:</b>	Nicolet High School - Backfields (gym 2 if weather is inclement)
<b>Age:</b>	5 - 8 years old
<b>Fee:</b>	\$60.00R/70.00NR
<b>Program#:</b>	311070-01
<b>Min/Max:</b>	12/40
<b>Instructor:</b>	North Shore United Grassroots/Recreational Director & Staff



**PROGRAMMING: AGES 4 - 18**



## BASEBALL CAMPS

**Location:** Maslowski Park - MSOE Raider Stadium      **Min/Max:** 25/50      **Instructor:** NHS Baseball Staff and Alumni

### Nicolet Baseball Camp

All baseball players are encouraged to attend our camp for all skill levels. Players will work with players and coaches from Nicolet to improve their baseball skills. Each day players will work on hitting, fielding skills and participate in live games. Grade as of Fall 2022.

Session:	Date:	Day:	Grade:	Time:	Fee:	Program#:
I	June 27 - 30	Monday - Thursday	7th - 9th	9:30 - 11:30am	\$100.00R/\$120.00NR	311290-01
II	June 27 - 30	Monday - Thursday	3rd - 6th	1:00 - 3:00pm	\$100.00R/\$120.00NR	311290-02

### Nicolet Future Knights Hitting Camp

This camp is an opportunity to develop as a hitter. This camp is designed to help players develop from a series of drills and instruction related to hitting mechanics. Players will work with Nicolet coaches and players. Grade as of Fall 2022.

Session:	Date:	Day:	Grade:	Time:	Fee:	Program#:
I	July 25 & 26	Monday & Tuesday	7th - 9th	10:30 - 11:45am	\$40.00R/\$50.00NR	311290-03
II	July 25 & 26	Monday & Tuesday	3rd - 6th	2:15 - 3:30pm	\$40.00R/\$50.00NR	311290-04

### Nicolet Future Knights Pitching Camp

This camp is an opportunity to develop as a pitcher. This camp is designed to help players develop from a series of drills and instruction related to pitching mechanics. Players will work with Nicolet coaches and players. Grade as of Fall 2022.

Session:	Date:	Day:	Grade:	Time:	Fee:	Program#:
I	July 25 & 26	Monday & Tuesday	7th - 9th	9:15 - 10:30am	\$40.00R/\$50.00NR	311290-05
II	July 25 & 26	Monday & Tuesday	3rd - 6th	1:00 - 2:15pm	\$40.00R/\$50.00NR	311290-06

## HIT RX SUMMER CAMP

This camp will include both hitting and fielding. Our drill work will be catered to each player which is why we will have smaller groups. This will allow us to have a good player to coach ratio to be able to give more attention to players needs. Video analysis will be provided for each player and sent to their parent or guardian to be able to take with them.

\*Malcolm Frazier is a hitting coach and contracts out of Milwaukee Baseball Academy & Beckum Stapleton Little League. He played junior college baseball at the College of Lake County where he made the all conference and regional team. After two years there, he decided to join the US Navy and served for five years. His love for the game has brought him back to baseball and his passion to help kids become the best version of themselves as players keeps him dedicated to continuously seek knowledge.



Day:	Location:	Age:	Fee:	Min/Max:	Instructor:	Session:	Date:	Time:	Program#:
Monday - Friday	Maslowski Park - MSOE Raider Stadium	6 - 14 years old	\$300.00R/\$340.00NR	5/5	Malcolm Frazier*	I	June 13 - 17	9:30 - 11:30am	311291-01
						II	June 13 - 17	12:30 - 2:30pm	311291-02
						III	June 20 - 24	9:30 - 11:30am	311291-03
						IV	June 20 - 24	12:30 - 2:30pm	311291-04



## CO-ED MOUNTAIN BIKE ESSENTIALS

Cross country mountain biking is one of the fastest growing high school sports because it is a fun, accessible sport that one can enjoy for leisure or sport at any age. Certified and trained coaches along with the MKE Northshore and Whitefish Bay High School Mountain Bike Teams will teach you the skills for safe and fun mountain biking. This camp is geared towards beginners and those with some experience in grades 6-8th (in the fall). Participants will receive fundamental instruction, as well as having fun riding and playing bike games.

*Participants must have a mountain bike in good working condition and a properly-fitted helmet. Additionally, all riders must have two water bottles or a hydration backpack.*

<b>Date:</b>	June 20 - 23	<b>Fee:</b>	\$60.00R/\$70.00NR
<b>Day:</b>	Monday - Thursday	<b>Program#:</b>	311460-01
<b>Time:</b>	1:00 - 4:00pm	<b>Min/Max:</b>	5/16
<b>Location:</b>	Kletsch Park - Pavilion	<b>Instructor:</b>	Jennine Pufahl
<b>Grade:</b>	6th - 8th (grade of Fall 2022)		



PROGRAMMING: AGES 4 - 18



## TENNIS

This professionally designed six-week program begins the week of June 13th and runs through July 21st. These structured tennis lessons have an emphasis on developmental skills, fitness, and fun! All skill levels are welcome and are taught by an experienced staff, including current collegiate players and certified teachers. Coach Koppa and his family have a passion for the sport of tennis. Together they have created a recreation program that builds a love for lifelong tennis skills. Each program is 50 minutes in length and is held at the Nicolet High School tennis courts. Participants are encouraged to bring their own racket, water, and a good attitude! Lessons may be canceled due to inclement weather and may not be rescheduled. Refunds are not issued due to weather conditions.

**Date:** June 13 - July 21 (skip 7/4)  
**Day:** Mondays - Thursdays  
**Location:** Nicolet High School - Lower Tennis Courts  
**Fee:** \$190.00R/\$210.00NR  
**Min/Max:** 5/30

Level:	Time:	Program#:
Pee Wee	10:00 - 10:50am	311020-01
Pee Wee	11:00 - 11:50am	311020-02
Beginner	10:00 - 10:50am	311020-03
Beginner	11:00 - 11:50am	311020-04
Beginner	12noon - 12:50pm	311020-05
Advanced Beginner	11:00 - 11:50am	311020-06
Advanced Beginner	12noon - 12:50pm	311020-07
Intermediate	11:00 - 11:50am	311020-08
Intermediate	12noon - 12:50pm	311020-09

### INSTEAD OF WATCHING YOUR CHILD PLAY TENNIS YOU CAN PLAY AS WELL! - CARDIO TENNIS FOR ADULTS

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels.  
*Walk-ups welcome, drop-in fee of \$15.00.*

**Date:** June 13 - July 20 (skip 7/4)  
**Day:** Mondays & Wednesdays  
**Time:** 12:00 - 12:50pm  
**Location:** Nicolet High School - Lower Tennis Courts  
**Fee:** \$143.00R/\$163.00NR  
**Program#:** 331020-01  
**Min/Max:** 5/8  
**Instructor:** Tim Koppa

#### CLASSIFICATION

**PEE WEE:** STRICTLY AGE 4-6 YEARS.

**BEGINNER (7-14 YEARS OLD):** HAS BASIC MOTOR SKILLS AND IS STRONG ENOUGH TO BEGIN ADVANCE STROKES AND STRATEGY.

**ADVANCE BEGINNER (7-14 YEARS OLD):** STROKES ARE PROFICIENT BUT NOT CONSISTENT. THIS PLAYER SHOWS INTEREST IN COMPETITION.

**INTERMEDIATE (7-14 YEARS OLD):** STROKES ARE MORE CONSISTENT AND PLAYER IS INTERESTED IN MATCH PLAY.

#### TIM KOPPA - INSTRUCTOR

COACH KOPPA HAS BEEN THE HEAD BOYS AND GIRLS TENNIS COACH AT NICOLET FOR THE LAST 27 YEARS. HE HAS BEEN A WELLNESS TEACHER AT NICOLET FOR THE LAST 25 YEARS. COACH KOPPA TAKES GREAT PRIDE IN HIS LOW TEACHER TO STUDENT RATIO. IT CREATES A SAFE LEARNING ENVIRONMENT FOR ALL ATHLETES. MANY NICO LET TENNIS STARS HAVE STARTED THROUGH THIS PROGRAM. "WHY PAY ELITE COUN TRY CLUB RATES FOR A LESSER EXPERIENCE?" ~COACH TIM KOPPA

#### SAMI KOPPA - INSTRUCTOR

SAMI HAS BEEN INVOLVED WITH TENNIS FOR THE MAJORITY OF HER LIFE. SHE HAS JUST COMPLETED HER FIRST YEAR TEACHING AT STORMMOUTH ELEMENTARY SCHOOL AS A SECOND GRADE TEACHER. SAMI PLAYED COLLEGIATE TENNIS AT UW-OSHKOSH. SHE HAS INSTRUCTED TENNIS LESSONS FOR PEOPLE OF ALL AGES AND SKILL RANGES. OVER THE PAST EIGHT YEARS, SAMI HAS DEVELOPED A UNIQUE PROGRAM FOR COACHING PEEWEES THE BASICS. ONE OF HER FAVORITE THINGS ABOUT TENNIS IS THAT ANYONE CAN LEARN TO PLAY!

#### EMMA KOPPA - INSTRUCTOR

EMMA GRADUATED FROM NICOLET HIGH SCHOOL IN 2019, WITH A DOUBLES STATE TITLE. EMMA IS CURRENTLY A STUDENT-ATHLETE PLAYING TENNIS AT LAWRENCE UNIVERSITY IN APPLETON, WI. FOR THE PAST SIX YEARS, EMMA HAS BEEN TEACHING AND INSTRUCTING TENNIS FOR THE KOPPA TENNIS ACADEMY. EMMA RECEIVED 1ST TEAM ALL CONFERENCE HONORS IN DOUBLES THIS YEAR.

#### KOBE HOLDREN - INSTRUCTOR

KOBE HAS BEEN INVOLVED WITH TENNIS AND ATHLETICS ALMOST ALL OF HIS LIFE. HE WORKED WITHIN THE GLENDALE SCHOOL DISTRICT THIS LAST YEAR AS A PARAPROFESSIONAL. KOBE ALSO COACHED AT NICOLET SERVING AS THE GIRLS JV TENNIS COACH AND OSHKOSH NORTH HIGH SCHOOL AS THE VARSITY HEAD COACH. KOBE HAS GIVEN LESSONS IN PICKLEBALL, LEARNING FROM SOME OF THE BEST COACHES ON THE WEST COAST.

#### QUESTIONS?

TIM KOPPA

(414) 852-4563

[TIM.KOPPA@NICOLET.US](mailto:TIM.KOPPA@NICOLET.US)



PROGRAMMING: AGES 4 - 18

PRIVATE TENNIS LESSONS & PRIVATE DRILLS ALSO AVAILABLE. FOR MORE INFORMATION PLEASE CALL TIM KOPPA AT (414) 852-4563

## HALF-DAY JUNIOR GOLF CAMPS

These camps teach the fundamentals of golf through fun and educational activities. These camps develop positive and confident students, both on and off the course. Our program is designed to build leadership skills and overall performance skills.

Our Junior Golf Camps will be directed by Chris Goodwick. Chris is a class "A" PGA professional, and has served as Director of Golf and Head Golf Professional throughout his award-winning career. Currently, Chris is the boys varsity golf coach at Cedarburg High School and has been the assistant golf coach at Concordia University Wisconsin for 5 years.

Chris provides exceptional golf instruction, an inclusive student-specific player development program, and performance-based coaching for everyone from the inexperienced player to the aspiring professional golfer.

*Where learning is fun & results are guaranteed!*



**Day:** Monday - Friday  
**Time:** 9:00am - 12noon  
**Location:** Missing Links Golf Club  
 12950 N. Port Washington Rd. - Mequon  
**Age:** 7 - 12 years old  
**Fee:** \$399.00R/\$439.00NR  
**Min/Max:** 4/12  
**Instructor:** Missing Links Golf Professionals

<u>Session:</u>	<u>Date:</u>	<u>Program#:</u>
I	June 13 - 17	311066-01
II	June 20 - 24	311066-02
III	June 27 - July 1	311066-03
IV	July 11 - 15	311066-04
V	July 18 - 22	311066-05
VI	July 25 - 29	311066-06
VII	August 1 - 5	311066-07
VIII	August 8 - 12	311066-08

## HALF-DAY SPORTS CAMPS

Supervised fun with golf, foot-golf, mini-golf, kickball, scavenger hunts, trivia, and games, oh my! A week full of outdoor competition and, if it rains, we play virtual golf in covered stalls. Also treats - what more could you want?



**Day:** Monday - Friday  
**Time:** 9:00am - 12noon  
**Location:** Missing Links Golf Club  
 12950 N. Port Washington Rd. - Mequon  
**Age:** 6 - 12 years old  
**Fee:** \$299.00R/\$329.00NR  
**Min/Max:** 4/12  
**Instructor:** Missing Links Golf Professionals

<u>Session:</u>	<u>Date:</u>	<u>Program#:</u>
I	June 13 - 17	311068-01
II	June 20 - 24	311068-02
III	June 27 - July 1	311068-03
IV	July 11 - 15	311068-04
V	July 18 - 22	311068-05
VI	July 25 - 29	311068-06
VII	August 1 - 5	311068-07
VIII	August 8 - 12	311068-08

Now accepting applications for the 2022-23 school year. Apply today at [www.steugene.school](http://www.steugene.school).



## TIGER TOTS

The grand familiarization of golf geared towards introducing and entertaining the youngest golfer. Tiger Tots offers a fun exposure to the mechanics of the swing, hand-eye coordination, putting, stretching, and safe practice. Let's not forget about priceless photo ops with equipment and the best positive reinforcement... fresh baked cookies! *Lessons include: four hours of instruction, golf clubs provided at no additional cost and one round of golf.*

**Location:** Missing Links Golf Club  
12950 N. Port Washington Rd. - Mequon  
**Ages:** 4 - 6 years old

**Fee:** \$115.00R/\$135.00NR  
**Min/Max:** 2/5  
**Instructor:** Missing Links Golf Professionals



Saturdays at 9:30 - 10:15am  
**Session:**      **Date:**      **Program#:**  
I                      April 30 - May 21      311060-01  
II                     June 4 - 25              311060-02  
III                    July 9 - 30              311060-03  
IV                    August 6 - 27          311060-04

Wednesdays at 9:30 - 10:15am  
**Session:**      **Date:**      **Program#:**  
I                      June 15 - July 6      311060-09  
II                     July 13 - August 3    311060-10  
III                    August 10 - 31        311060-11

Saturdays at 10:45 - 11:30am  
**Session:**      **Date:**      **Program#:**  
I                      April 30 - May 21      311060-05  
II                     June 4 - 25              311060-06  
III                    July 9 - 30              311060-07  
IV                    August 6 - 27          311060-08

Wednesdays at 10:45 - 11:30am  
**Session:**      **Date:**      **Program#:**  
I                      June 15 - July 6      311060-12  
II                     July 13 - August 3    311060-13  
III                    August 10 - 31        311060-14

Wednesdays at 5:00 - 5:45pm  
**Session:**      **Date:**      **Program#:**  
I                      June 15 - July 6      311060-15  
II                     July 13 - August 3    311060-16  
III                    August 10 - 31        311060-17

## MICKELSON MIDLERS

These lessons provide a thorough introduction to the golf swing. Our award-winning PGA pros discuss goals and then help to perfect your grip, alignment, posture, and swing mechanics. At Missing Links an emphasis is put on the short game instruction focusing on putting and chipping. *Lessons include: four hours of instruction, golf clubs provided at no additional cost and one round of golf.*

**Location:** Missing Links Golf Club  
12950 N. Port Washington Rd. - Mequon  
**Ages:** 7 - 10 years old  
**Fee:** \$119.00R/\$139.00NR  
**Min/Max:** 2/10  
**Instructor:** Missing Links Golf Professionals

Tuesdays at 11:30am - 12:30pm  
**Session:**      **Date:**      **Program#:**  
I                      June 14 - July 5      311061-17  
II                     July 19 - August 9    311061-18



Saturdays at 9:00 - 10:00am  
**Session:**      **Date:**      **Program#:**  
I                      April 30 - May 21      311061-01  
II                     June 4 - 25              311061-02  
III                    July 9 - 30              311061-03  
IV                    August 6 - 27          311061-04

Wednesdays at 9:00 - 10:00am  
**Session:**      **Date:**      **Program#:**  
I                      June 15 - July 6      311061-19  
II                     July 20 - August 10   311061-20

Saturdays at 10:15 - 11:15am  
**Session:**      **Date:**      **Program#:**  
I                      April 30 - May 21      311061-05  
II                     June 4 - 25              311061-06  
III                    July 9 - 30              311061-07  
IV                    August 6 - 27          311061-08

Wednesdays at 10:15 - 11:15am  
**Session:**      **Date:**      **Program#:**  
I                      June 15 - July 6      311061-21  
II                     July 20 - August 10   311061-22

Saturdays at 11:30am - 12:30pm  
**Session:**      **Date:**      **Program#:**  
I                      April 30 - May 21      311061-09  
II                     June 4 - 25              311061-10  
III                    July 9 - 30              311061-11  
IV                    August 6 - 27          311061-12

Wednesdays at 11:30am - 12:30pm  
**Session:**      **Date:**      **Program#:**  
I                      June 15 - July 6      311061-23  
II                     July 20 - August 10   311061-24

Tuesdays at 9:00 - 10:00am  
**Session:**      **Date:**      **Program#:**  
I                      June 14 - July 5      311061-13  
II                     July 19 - August 9    311061-14

Thursdays at 9:00 - 10:00am  
**Session:**      **Date:**      **Program#:**  
I                      June 16 - July 7      311061-25  
II                     July 21 - August 11   311061-26

Tuesdays at 10:15 - 11:15am  
**Session:**      **Date:**      **Program#:**  
I                      June 14 - July 5      311061-15  
II                     July 19 - August 9    311061-16

Thursdays at 10:15 - 11:15am  
**Session:**      **Date:**      **Program#:**  
I                      June 16 - July 7      311061-27  
II                     July 21 - August 11   311061-28

Thursdays at 11:30am - 12:30pm  
**Session:**      **Date:**      **Program#:**  
I                      June 16 - July 7      311061-29  
II                     July 21 - August 11   311061-30

**PROGRAMMING: AGES 4 - 18**



## PALMER'S PLAYERS

These lessons provide a thorough introduction to the golf swing. Our award-winning PGA pros discuss goals and then help to perfect your grip, alignment, posture, and swing mechanics. At Missing Links an emphasis is put on the short game instruction focusing on putting and chipping. Same instruction as the Mickelson Middlers but geared towards an older, more mature youth.

*Lessons include: four hours of instruction, golf clubs provided at no additional cost and one round of golf.*

**Location:** Missing Links Golf Club  
12950 N. Port Washington Rd. - Mequon

**Ages:** 11 - 17 years old

**Fee:** \$119.00R/\$139.00NR

**Min/Max:** 2/10

**Instructor:** Missing Links Golf Professionals



Saturdays at 1:00 - 2:00pm

Session:	Date:	Program#:
I	April 30 - May 21	311062-01
II	June 4 - 25	311062-02
III	July 9 - 30	311062-03
IV	August 6 - 27	311062-04

Wednesdays at 1:00 - 2:00pm

Session:	Date:	Program#:
I	June 15 - July 6	311062-07
II	July 20 - August 10	311062-08

Tuesdays at 1:00 - 2:00pm

Session:	Date:	Program#:
I	June 14 - July 5	311062-05
II	July 19 - August 9	311062-06

Thursdays at 1:00 - 2:00pm

Session:	Date:	Program#:
I	June 16 - July 7	311062-09
II	July 21 - August 11	311062-10

## JUNIOR SUMMER GOLF LEAGUE

For over 20 years, Junior League at Missing Links has been the most entertaining program that we offer for kids! Junior League is the perfect opportunity to put all the golf instruction to use and have some FUN in a semi-competitive environment. League meets once a week for the majority of the summer. Sign up for multiple days! Besides learning some tips and strategy on the course, our camp will cover basic rules, etiquette, different golf games, and tweaking your swing. Every week prizes will be awarded for a variety of fun games and contests. The last week of camp is reserved for the Club Championship and a pizza banquet with more awards! We will be skipping the week of the 4th of July this year.

**Location:** Missing Links Golf Club  
12950 N. Port Washington Rd. - Mequon

**Age:** 10 - 17 years old

**Fee:** \$220.00R/\$250.00NR

**Min/Max:** 4/12

**Instructor:** Missing Links Golf Professionals



Session:	Date:	Day:	Time:	Program#:
I	June 13 - August 1 (skip 7/4)	Mondays	9:30am - 12noon	311063-01
II	June 14 - August 2 (skip 7/5)	Tuesdays	9:30am - 12noon	311063-02
III	June 15 - August 3 (skip 7/6)	Wednesdays	12:30 - 3:00pm	311063-03
IV	June 16 - August 4 (skip 7/7)	Thursdays	9:30am - 12noon	311063-04
V	June 17 - August 5 (skip 7/8)	Fridays	9:30am - 12noon	311063-05

## JUNIOR ONE DAY GOLF CLINIC

Everything, plus more, condensed into one day. Clinic golfers should have prior lesson or golf experience. Instruction in the morning and course play in the afternoon.

**Day:** Friday

**Time:** 9:00am - 3:00pm

**Location:** Missing Links Golf Club  
12950 N. Port Washington Rd. - Mequon

**Age:** 10 - 17 years old

**Fee:** \$125.00R/\$145.00NR

**Min/Max:** 4/12

**Instructor:** Missing Links Golf Professionals

Session:	Date:	Program#:
I	June 17	311064-01
II	June 24	311064-02
III	July 8	311064-03
IV	July 15	311064-04
V	July 22	311064-05



## SUMMER ADVENTURE CAMP

This 5-day program offers youth the opportunity to experience rock climbing, rappelling, canoeing, kayaking, biking and hiking all within the city limits. This is all done under the tutelage of experienced staff. Training on equipment and safety will be conducted in order to guarantee a safe and successful experience for your child. All equipment, including helmets, is supplied.

Biking: Own Bike and Helmet. Canoeing & Kayaking: Bring towel and clothes to get wet in. Rocking & Rappelling: Loose fitting clothes and sturdy shoes. Hiking: Sturdy shoes. Miscellaneous items: Small backpack, food, bug spray, drink in plastic container, towel Sunscreen  
*Schedule subject to change. Registrants will be emailed an updated schedule prior to the start of the program.*

Monday: Canoeing/Kayaking (bring towel and clothes to get wet in)  
 Meet - TBA

Tuesday: Rock Climbing (wear loose fitting clothes and sturdy shoes)  
 Meet at Belleview & Newhall

Wednesday: Canoeing/Kayaking (bring towel and clothes to get wet in)  
 Meet - TBA

Thursday: Biking (bring own bike and helmet)  
 Estabrook Park Beer Garden

Friday: Hiking/Cook-out (sturdy shoes)  
 Meet at Estabrook Park Picnic Area #6



**Date:** August 8 - 12  
**Day:** Monday - Friday  
**Time:** 9:00am - 12noon  
**Age:** 9 - 12 years  
**Fee:** \$164.00R/\$184.00NR  
**Program#:** 313201-01  
**Min/Max:** 6/12  
**Instructor:** Riverwest Outdoor Enterprises Staff

## PARENT-CHILD MINDFUL YOGA

Parents and children can strengthen and relax their minds and bodies together. This fun and engaging class incorporates mindfulness and yoga to help reduce stress and increase resilience. With our busy lifestyles, it is truly a gift for parents and children to simultaneously take care of themselves and enjoy time with one another.

**Date:** June 22 - July 20 (skip 7/6)  
**Day:** Wednesdays  
**Time:** 6:30 - 7:20pm  
**Location:** Lydell Community Center, Room 15 and 17  
 5205 N. Lydell Ave. - Whitefish Bay

**Age:** 7 years and up  
**Fee:** \$60.00R/\$70.00NR  
**Program#:** 313031-01  
**Min/Max:** 1/2  
**Instructor:** Jamie Lynn Tatera, Certified Yoga Instructor



## BADMINTON

Badminton players will be paired with others that have compatible skills. Beginner players are welcome, however, individual instruction may not always be available. Rackets and shuttlecocks will be provided or you may bring your own racket. Participants are expected to remain for the duration of the program. Written permission is required from a parent or guardian for any player wanting to leave early.

**Date:** June 15 - July 27 (skip 7/4)  
**Day:** Mondays & Wednesdays  
**Time:** 1:30 - 2:45pm  
**Location:** Whitefish Bay High School - Field House  
 1200 E. Fairmount Ave. - WFB

**Grade:** 6th - 12th (grade as of Fall 2022)  
**Fee:** \$25.00R/\$35.00NR  
**Program#:** 311170-01  
**Min/Max:** 6/24  
**Instructor:** Doug Kane



**PROGRAMMING: AGES 4 - 18**

## CREATIVE I/II CREATIVE MOVEMENT & PRE-BALLET

This program is a Creative Movement, Dance Rhythms, Pre Ballet, and Tumbling class. Students will learn the basics of ballet while having fun with crowns, pom-poms, bean bags, and more. At the end of the session students would perform in a recital for parents and friends.

Dress code is a leotard, tights and ballet slippers.

*\*End-of-the-year performance on Saturday, August 13 at 10:00am in the dance studio.*

**Date:** June 11 - August 13\* (skip 7/2)  
**Day:** Saturdays  
**Time:** 10:00 - 10:45am  
**Location:** Nicolet High School - Dance Studio (A113)  
**Age:** 3 - 5 years old  
**Fee:** \$70.00R/\$80.00NR  
**Program#:** 312680-01  
**Min/Max:** 6/15  
**Instructor:** Academy of Dance Arts Staff



## ELEMENTARY BALLET & TAP COMBO

Students will learn ballet terminology, basic barre work, and begin center work in ballet. Beginner tap technique and terminology will also be started. At the end of the session students would perform either a ballet or tap dance for parents and friends. Dress code is a leotard, tights, leather ballet slippers for ballet and any color tap shoes.

*\*End-of-the-year performance on Saturday, August 13 at 10:00am in the dance studio.*

**Date:** June 11 - August 13\* (skip 7/2)  
**Day:** Saturdays  
**Time:** 10:45 - 11:45am  
**Location:** Nicolet High School - Dance Studio (A113)  
**Age:** 6 - 8 years old  
**Fee:** \$70.00R/\$80.00NR  
**Program#:** 312681-01  
**Min/Max:** 6/15  
**Instructor:** Academy of Dance Arts Staff



## BEGINNER HIP-HOP

Learn the latest hip-hop moves and technique taught in a gentle format. A final dance will be created that is fun and energetic. Comfortable stretch clothing must be worn with tennis shoes. All music will be age and content appropriate.

*\*End-of-the-year performance on Saturday, August 13 at 10:00am in the dance studio.*

**Date:** June 11 - August 13\* (skip 7/2)  
**Day:** Saturdays  
**Time:** 11:45 - 12:30pm  
**Location:** Nicolet High School - Dance Studio (A113)  
**Age:** 8 - 11 years old  
**Fee:** \$70.00R/\$80.00NR  
**Program#:** 312682-01  
**Min/Max:** 6/15  
**Instructor:** Academy of Dance Arts Staff



## BOWLING INSTRUCTION

Come learn the basic fundamentals of bowling. We will "moon-glow" bowl on Thursday. PARTICIPANTS MUST WEAR SOCKS TO BOWL.

<b>Date:</b> July 18 - 21	<b>Session:</b> I	<b>Grade:</b> 3rd - 4th	<b>Time:</b> 9:00 - 9:45am	<b>Program#:</b> 311360-01
<b>Day:</b> Monday - Thursday	II	1st - 2nd	10:00 - 10:45am	311360-02
<b>Location:</b> Shorewood High School - Bowling Lanes 1701 E. Capitol Dr. - Shorewood	III	5th - 6th	11:00 - 11:45am	311360-03
<b>Fee:</b> \$22.00R/\$32.00NR				
<b>Min/Max:</b> 2/4				
<b>Instructor:</b> Gary Brueggemann				



## TABLE TENNIS CAMP

This is a table tennis training camp. Students will learn some of the important fundamental techniques of the sport of table tennis, including forehand and backhand strokes, serving, how to return and put spin on the ball, and the official rules. Footwork will be stressed. The course will be conducted by Linda Leaf, the only USATT and ITTF Certified Level II Table Tennis Coach in Wisconsin.

**Date:** July 25 - August 4  
**Day:** Monday - Thursday  
**Location:** Shorewood Intermediate School - Gym  
3830 N. Morris Blvd. - Shorewood  
**Min/Max:** 1/4  
**Instructor:** Linda Leaf, Certified Table Tennis Coach



<b>Session:</b> I	<b>Grade:</b> 3rd - 6th	<b>Time:</b> 10:00 - 10:45am	<b>Fee:</b> \$80.00R/\$90.00NR	<b>Program#:</b> 311361-01
II	7th - 12th	11:00 - 12:45pm	\$160.00R/\$180.00NR	311361-02

PROGRAMMING: AGES 4 - 18



## JUNIOR KNIGHTS GRIDIRON

### TACKLE FOOTBALL

The Junior Knights are committed to making this youth football program a great experience. Junior Knights football is designed to teach the basic fundamentals of tackle football and to develop leadership, teamwork, patience, self-respect and the respect for other players and coaches. The objective of the Junior Knights program is more about learning than winning. We applaud the efforts of the team and reinforce the importance of teamwork to our players. All efforts are made to ensure quality playing time for all participants.

The Junior Knights youth tackle football program is open to all students residing or attending school in the Nicolet Partner School District who will be attending grades 5th through 8th during the year of participation. All participants are provided an opportunity to contribute to their team through practice and game-day participation. All necessary practice and game-day equipment is furnished by the Junior Knights program with the exception of football cleats.

The program starts with pre-season practices beginning August 9th at the Nicolet High School practice fields. Games will begin in September on Saturdays. This program's intent is to provide a complete experience to participants and parents alike.

Grade as of 2022-23 school year

Registration Fee - \$250.00

<b>Grade:</b>	<b>Program#:</b>
5th & 6th Grade	111031-01
7th Grade & 8th Grade	111031-02



### FLAG FOOTBALL

This co-ed 5 vs. 5 program focuses on teaching the basics of football while preparing players for tackle football. Players will learn the fundamentals of running, throwing, receiving, and kicking. Participants play for their respective schools and compete against other schools in the district. Please note that schools may be merged depending on registration numbers and evaluation. All participants will receive a t-shirt. This program's intent is to provide a complete experience to participants and parents alike.

Registration fills up fast—don't delay, register today! Registration deadline: Friday, September 3rd. A \$15.00 late fee will be assessed for registrations after the deadline date if slots are available. Setting a deadline for this program is a must to allow time for making team assignments, ordering team shirts, securing equipment, and creating game schedules.

Parents, we need you! Teams will be coached by parent volunteers. For those interested in coaching, please email: [caleb.franklin@nicolet.us](mailto:caleb.franklin@nicolet.us) There will be a coaches' meeting in early September. All coaches MUST attend the meeting. You will receive rosters, game schedules, and go over rules, etc. Volunteers are vital to this program.

An evaluation day will take place on Saturday, September 3rd with the time and details tbd. Practices will take place at Nicolet High School on Tuesdays starting tentatively September 6th thru October 18th from 6:00 - 7:00pm. Games will be played at Nicolet High School on Saturdays beginning September 17 thru October 22nd and culminate with games during the evening on Monday, October 24th at Nicolet High School.

Grade as of 2022-23 school year

Registration Fee - \$65.00

1st & 2nd Grade League

<b>School:</b>	<b>Program#:</b>
Parkway	111030-01
Stormonth	111030-02
Indian Hill	111030-03
St. Eugene/St. John	111030-04
Other Schools	111030-05

3rd & 4th Grade League

<b>School:</b>	<b>Program#:</b>
Parkway/Glen Hills	111030-06
Stormonth	111030-07
Maple Dale	111030-08
St. Eugene/St. John	111030-09
Other Schools	111030-10



**PROGRAMMING: AGES 4 - 18**



## JR. KNIGHTS YOUNG ATHLETE CLASS

The Jr. Knights Athlete Class will progress from the fundamentals of athlete training taught in the young athlete class. We will be working on improving explosiveness in all planes of movement, core strength, upper and lower body strength, speed, agility, and injury prevention. This class will then progress through the program day-to-day and week-to-week. It is important that the kids stay consistent attending the class.

**Date:** June 13 - July 27 (skip 7/4)  
**Day:** Mondays & Wednesdays  
**Time:** 12:30 - 1:15pm  
**Location:** Nicolet High School - Strength and Conditioning Center (The Armory)  
**Grade:** 5th - 6th  
**Fee:** \$45.00R/\$55.00NR  
**Program#:** 313071-01  
**Min/Max:** 10/30  
**Instructor:** Evan Rosa



## FLAG FOOTBALL LEAGUE

Each week players will have a half-hour practice session, followed by a league game. Volunteer parents will provide coaching. A coach's meeting will be held on Wednesday, September 7th at 6:00pm at the Lydell Community Center. Rosters and equipment will be handed out at that time. Please indicate your willingness to coach on the registration form, one reciprocal player request only.

<b>Date:</b>	September 10 - October 29	<b>Session:</b>	<b>Grade:</b>	<b>Program#:</b>
<b>Day:</b>	Saturdays	I	5th - 6th	111032-01
<b>Time:</b>	9:30am - 4:00pm	II	7th - 8th	111032-02
<b>Location:</b>	Whitefish Bay High School - Practice Field (1200 E. Fairmount Ave. - WFB)			
<b>Fee:</b>	\$70.00R/\$80.00NR			
<b>Min/Max:</b>	8/15			
<b>Instructor:</b>	Whitefish Bay Rec. Dept. Staff & Parent Volunteer Coaches			

## JR. KNIGHTS BOYS BASKETBALL CAMP

Participate in drills simulating the most common situations in a typical basketball game. Learn and practice the fundamentals of offense, defense, and team work. Participants will be divided among grade level. Instructed by the NHS Boys Basketball staff.  
*Registrants will be divided up according to grade level.*

**Date:** July 25 - 28  
**Day:** Monday - Thursday  
**Time:** 9:00 - 11:00am  
**Location:** Nicolet High School - Gym 1  
**Grade:** 3rd - 8th grade (grade as of Fall 2022)  
**Fee:** \$50.00R/\$60.00NR  
**Program#:** 311050-01  
**Min/Max:** 12/50  
**Instructor:** NHS Boys Basketball Coaching Staff



## NICOLET GIRLS YOUTH BASKETBALL CAMP

NHS Girls Basketball staff, guest coaches, and camp counselors spend 120 minutes for 4 days with your young athlete(s) as we help each individual improve basketball skills, gain a better knowledge of the game, and build confidence and a positive mindset. Get ready to improve your game and have some serious fun!  
*Registrants will be divided up according to grade level.*

**Date:** July 11 - 14  
**Day:** Monday - Thursday  
**Time:** 9:00 - 11:00am  
**Location:** Nicolet High School - Gym 1  
**Grade:** 3rd - 8th grade (grade as of Fall 2022)  
**Fee:** \$50.00R/\$60.00NR  
**Program#:** 311055-01  
**Min/Max:** 12/50  
**Instructor:** NHS Girls Basketball Coaching Staff



## PARENT/CHILD ARCHERY

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Equipment is provided. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Participants are welcome to bring their own bows. We recommend parents attend the program with child. Register for two of the Summer sessions and get the Fall session for FREE.

<b>Day:</b>	Tuesdays, Wednesdays & Thursdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	5:00 - 5:30pm	I	June 7 - 16	311131-01
<b>Location:</b>	Kletzsch Park - Archery Range	II	June 21 - 30	311131-02
<b>Age:</b>	5 - 9 years old	III	July 5 - 14	311131-03
<b>Fee:</b>	\$59.00R/\$69.00NR	IV	July 19 - 28	311131-04
<b>Min/Max:</b>	4/8			
<b>Instructor:</b>	Inna Lebedinsky			

## ARCHERY - PRETEEN

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Equipment is provided. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Participants are welcome to bring their own bows. Register for two of the Summer sessions and get the Fall session for FREE.

<b>Day:</b>	Tuesdays, Wednesdays & Thursdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	5:30 - 6:15pm	I	June 7 - 16	311134-01
<b>Location:</b>	Kletzsch Park - Archery Range	II	June 21 - 30	311134-02
<b>Age:</b>	10 - 13 years old	III	July 5 - 14	311134-03
<b>Fee:</b>	\$59.00R/\$69.00NR	IV	July 19 - 28	311134-04
<b>Min/Max:</b>	4/8			
<b>Instructor:</b>	Inna Lebedinsky			


## GIRLS LACROSSE CLINIC

This is an instructional clinic offering drills/skills and fundamentals for beginners to intermediate players. This is a great opportunity for girls to learn to play lacrosse - the fastest growing sport in the United States. No experience necessary. Our program focuses on empowering girls to develop skill, athleticism, heart, determination, and a love for the game of lacrosse. Experienced and enthusiastic coaches and players from the WNS (Whitefish Bay / Nicolet / Shorewood) high school program will lead the clinic. Lacrosse sticks, goggles and mouth guard are required. If you need to borrow equipment or if you have any questions, please contact Kathryn Amato at [wns.jr.wolfpack@gmail.com](mailto:wns.jr.wolfpack@gmail.com)

<b>Date:</b>	August 7		<b>Grade:</b>	1st - 5th	
<b>Day:</b>	Sunday		<b>Fee:</b>	\$25.00R/\$35.00NR	
<b>Time:</b>	10:00am - 12noon		<b>Program#:</b>	311224-01	
<b>Location:</b>	Whitefish Bay High School - Lubar Stadium (1200 E Fairmount Ave, Whitefish Bay, WI 53217)		<b>Min/Max:</b>	3/10	
			<b>Instructor:</b>	WNS Wolfpack Staff	

## BOYS LACROSSE CLINIC

Lacrosse is a fast sport that combines aspects of soccer, hockey and basketball. This fun program is for boys going into 1st through 6th grade in fall. The clinic is geared toward new players and those with one year of playing experience. Open only to boys who live in communities that serve the Whitefish Bay, Nicolet, or Shorewood public schools; or live in east-side Milwaukee. Through skills and drills, and small-sided, no contact scrimmages players will learn about the game of lacrosse. All lacrosse equipment (gloves, elbow and shoulder pads, helmets, and sticks) will be provided if needed. Players must bring a mouth guard. Cleats and an athletic cup are recommended. This is a great opportunity for boys who are new to the sport to give it a try. Come out and play this sport that Sports Illustrated calls the "Fastest Growing Sport in the US", plus have fun with friends. Participants need to show up at 2:30pm on the first day to get equipment.

<b>Day:</b>	Monday - Friday	
<b>Time:</b>	3:00 - 4:30pm	
<b>Location:</b>	Shorewood High School - Football Field (1701 E Capitol Dr, Shorewood)	
<b>Fee:</b>	\$40.00R/\$50.00NR	
<b>Min/Max:</b>	3/7	
<b>Instructor:</b>	Kevin Kane	

<b>Session:</b>	<b>Grade:</b>	<b>Date:</b>	<b>Program#:</b>
I	K5 - 3rd	June 13 - 17	311223-01
II	4th - 6th	June 20 - 24	311223-02



**PROGRAMMING: AGES 4 - 18**



## ESPORTS LEAGUES

The Nicolet Rec Dept is proud to announce our new partnership with GGLeagues to provide new gaming opportunities through Esports. Our competitive league will offer your favorite video games and consist of players across the state of Wisconsin. GGLeague referees organize, officiate, and monitor the game sessions in order to ensure proper conduct and sportsmanship. To participate, you must register first with the Nicolet Rec Dept. Instructions will be sent out via email on how to enroll with GGLeagues.

\*A player only needs to purchase 1 season pass which will unlock all the games offered in the Summer season. If the game is team based, all players will need to purchase a season pass.

**Location:** Virtual (instructor will email instructions prior to the start of the league)  
**Fee:** \$40.00R/\$50.00NR\*  
**Min/Max:** 1/12  
**Coordinator:** GGLeagues Staff



### Madden 21 (PS4 with Playstation Plus Subscription)

Session:	Age:	Date:	Day:	Time:	Program#:
I	8 - 12 years old	July 11 - August 29	Mondays	7:00 - 8:00pm	312109-01
II	13 - 18 years old	July 11 - August 29	Mondays	8:00 - 9:00pm	312109-02

### Madden 21 (Xbox One with Xbox Live Subscription)

Session:	Age:	Date:	Day:	Time:	Program#:
III	8 - 12 years old	July 11 - August 29	Mondays	7:00 - 8:00pm	312109-03
IV	13 - 18 years old	July 11 - August 29	Mondays	8:00 - 9:00pm	312109-04

### Mario Kart 8 Deluxe (Nintendo Switch with Nintendo Switch Online Subscription)

Session:	Age:	Date:	Day:	Time:	Program#:
V	8 - 12 years old	July 11 - August 29	Mondays	7:00 - 8:00pm	312109-05
VI	13 - 18 years old	July 11 - August 29	Mondays	8:00 - 9:00pm	312109-06

### Fortnite 1v1 (PC, Nintendo Switch, Playstation, Xbox)

Session:	Age:	Date:	Day:	Time:	Program#:
VII	13 - 18 years old	July 12 - August 30	Tuesdays	8:00 - 9:00pm	312109-07

### Rocket League 1v1 - Beginner (PlayStation, Xbox, PC, Nintendo Switch)

Session:	Age:	Date:	Day:	Time:	Program#:
VIII	8 - 12 years old	July 13 - August 31	Wednesdays	7:00 - 8:00pm	312109-08
IX	13 - 18 years old	July 13 - August 31	Wednesdays	8:00 - 9:00pm	312109-09

### Rocket League 1v1 - Competitive (PlayStation, Xbox, PC, Nintendo Switch)

Session:	Age:	Date:	Day:	Time:	Program#:
X	8 - 12 years old	July 13 - August 31	Wednesdays	7:00 - 8:00pm	312109-10
XI	13 - 18 years old	July 13 - August 31	Wednesdays	8:00 - 9:00pm	312109-11

### Rocket League 3v3 - Competitive (PlayStation, Xbox, PC, Nintendo Switch) Teams must come registered with a TEAM OF 3

Session:	Age:	Date:	Day:	Time:	Program#:
XII	8 - 12 years old	July 13 - August 31	Wednesdays	7:00 - 8:00pm	312109-12
XIII	13 - 18 years old	July 13 - August 31	Wednesdays	8:00 - 9:00pm	312109-13

### Rocket League 3v3 - Beginner (PlayStation, Xbox, PC, Nintendo Switch) Teams must come registered with a TEAM OF 3

Session:	Age:	Date:	Day:	Time:	Program#:
XIV	8 - 12 years old	July 13 - August 31	Wednesdays	7:00 - 8:00pm	312109-14
XV	13 - 18 years old	July 13 - August 31	Wednesdays	8:00 - 9:00pm	312109-15

### Super Smash Bros (Nintendo Switch with Nintendo Switch Online Subscription)

Session:	Age:	Date:	Day:	Time:	Program#:
XVI	8 - 12 years old	July 14 - September 1	Thursdays	7:00 - 8:00pm	312109-16
XVII	13 - 18 years old	July 14 - September 1	Thursdays	8:00 - 9:00pm	312109-17

### Fortnite 2v2 (PC, Nintendo Switch, Playstation, Xbox) Teams must come registered with a TEAM OF 2

Session:	Age:	Date:	Day:	Time:	Program#:
XVIII	13 - 18 years old	July 15 - September 2	Fridays	8:00 - 9:00pm	312109-18

**PROGRAMMING: AGES 4 - 18**



## LEARN TO SKATE - KEEP COOL

Join the "Big Chill" in the Polly and Henry Uihlein Ice Arena at the University School of Milwaukee. Beat the heat and learn to ice skate at the same time. No ice-skating experience necessary. Ice activities include skills and drills, games, mazes, ice art, and strength and conditioning. This class is for beginners through advanced levels.

\*Instructor Jill Herbst's credentials: 6 Time Member of the PSA Honor Roll of Coaches; Listed in the Who's Among American Teachers; Member of the USFSA, PSA and ISI; Certified Synchronized Skating Team Judge for ISI; Coach of 16 Midwestern Regional medals (7 golds), 4 US National medals and 2 ISI National titles; 2 Time Recipient of the Boyd Wietecter Award for the Open Junior Team; Former Member of the U.S Figure Skating Synchronized Skating Committee; Former Member of the USFSA's Learn to skate Committee; Moves in the Field Coach  
 Questions? [wicoach@hotmail.com](mailto:wicoach@hotmail.com)

**Date:** June 14 - July 21  
**Day:** Tuesdays & Thursdays  
**Location:** University School of Milwaukee - Polly and Henry Uihlein Sr. Ice Arena (2100 West Fairy Chasm Rd. - Milwaukee)  
**Age:** 3 - 14 years old  
**Fee:** \$264.00R/\$294.00NR  
**Min/Max:** 4/12  
**Instructor:** Jill Herbst\*

Session:	Time	Program#:
Learn To Skate	3:45 - 4:30pm	311313-01
Learn To Play Hockey	3:45 - 4:30pm	311313-02
Learn To Skate	4:30 - 5:15pm	311313-03
Advanced Figure Skating	4:30 - 5:15pm	311313-04

## YOUTH HOCKEY, LEARN TO PLAY, ATOMS AND MITES

Program will focus on footwork, agility, coordination, fast starts and accelerations, crossovers, endurance, edge control and tricks and turns. Prerequisites: basic skating skills with confidence and backward skating.

**Day:** Monday - Friday  
**Location:** University School of Milwaukee - Polly and Henry Uihlein Sr. Ice Arena (2100 West Fairy Chasm Rd. - Milwaukee)  
**Age:** 3 - 14 years old  
**Fee:** \$240.00R/\$270.00NR  
**Min/Max:** 4/12  
**Instructor:** Jill Herbst\*

Session:	Date:	Time	Program#:
Session I	August 8 - 12	9:00 - 10:30am	311314-01
Session II	August 8 - 12	11:00am - 12:30pm	311314-02
Session III	August 15 - 19	9:00 - 10:30am	311314-03
Session IV	August 15 - 19	11:00am - 12:30pm	311314-04
Session V	August 22 - 26	9:00 - 10:30am	311314-05
Session VI	August 22 - 26	11:00am - 12:30pm	311314-06

## LEARN TO SKATE AND FIGURE SKATING

Basic and advanced skating skills, games and activities, balance, coordination, stroking and edges, spins and jumps, rhythm and power. Skaters may exhibit the skills they learned at camp on the last day.

Prerequisites: Beginner skater must be able to stay upright on skates without assistance. Skaters must also be able to use the bathroom without assistance (if needed, teachers can help remove the outer layer of clothing and wait outside the open restroom door).

**Day:** Monday - Friday  
**Location:** University School of Milwaukee - Polly and Henry Uihlein Sr. Ice Arena (2100 West Fairy Chasm Rd. - Milwaukee)  
**Age:** 3 - 14 years old  
**Fee:** \$240.00R/\$270.00NR  
**Min/Max:** 4/12  
**Instructor:** Jill Herbst\*

Session:	Date:	Time	Program#:
Session I	August 8 - 12	1:00 - 2:30pm	311315-01
Session II	August 8 - 12	3:00 - 4:30pm	311315-02
Session III	August 15 - 19	1:00 - 2:30pm	311315-03
Session IV	August 15 - 19	3:00 - 4:30pm	311315-04
Session V	August 22 - 26	1:00 - 2:30pm	311315-05
Session VI	August 22 - 26	3:00 - 4:30pm	311314-06



**PROGRAMMING: AGES 4 - 18**

## OPEN ICE SKATING

Come to the "Five Friday Family Nights" and enjoy ice skating at the University School Ice Arena.

<b>Date:</b>	June 24; July 8, 22; Aug 5, 19	<b>Session:</b>	<b>Fee:</b>	<b>Program#:</b>
<b>Day:</b>	Fridays	Pre-Registration	\$40.00R/\$50.00NR	311316-01
<b>Time:</b>	6:00 - 7:30pm	Drop-In	\$10.00R/\$20.00NR	311316-02
<b>Location:</b>	University School of Milwaukee Polly and Henry Uihlein Sr. Ice Arena (2100 West Fairy Chasm Rd. - Milwaukee)			
<b>Age:</b>	All Ages	<b>Min/Max:</b>	4/12	<b>Supervisor:</b> Jill Herbst


## SUMMER VOLLEYBALL

Join in the fun with Ms. Lingard. Volleyball skills such as serving, passing, and setting skills will be developed through drills and lead-up games using age appropriate equipment and net height. Bring a water bottle.

<b>Date:</b>	June 20 - 23	
<b>Day:</b>	Monday - Thursday	
<b>Time:</b>	10:00 - 10:45am	
<b>Location:</b>	Glen Hills - Gym	
<b>Grade:</b>	1st - 4th grade (grade as of Fall 2022)	
<b>Fee:</b>	\$40.00R/\$50.00NR	
<b>Program#:</b>	311410-01	<b>Min/Max:</b> 10/24
<b>Instructor:</b>	Amy Lingard	

## SUMMER TENNIS

Stay active this summer with Ms. Lingard! Tennis skills such as serving, ground strokes and volley skills will be developed through drills and lead-up games using age appropriate equipment. Bring a water bottle. Tennis racquets and tennis balls will be provided. Children are welcome to bring their own racquet.

<b>Date:</b>	August 8 - 11	
<b>Day:</b>	Monday - Thursday	
<b>Time:</b>	9:00 - 9:45am	
<b>Location:</b>	Glen Hills Middle School - Tennis Courts	
<b>Grade:</b>	1st - 4th grade (grade as of Fall 2022)	
<b>Fee:</b>	\$40.00R/\$50.00NR	
<b>Program#:</b>	311412-01	<b>Min/Max:</b> 10/20
<b>Instructor:</b>	Amy Lingard	

## AN INTRO TO THE CHARACTER ENRICHING MARTIAL ART OF TAEKWONDO FOR CHILDREN AND/OR FAMILIES!

Growing up in today's society, children need additional skills in order to be their best in life. J.K. Lee Black Belt Academy has developed a high energy physically fit and fun beginner level course designed to build focus and discipline skills in children so they can better deal with some of the modern day challenges of growing up while learning a basic martial arts curriculum. Our instructors will cover proven verbal self defense techniques designed to de-escalate conflict and end bullying aimed at themselves, siblings or others.

Topics also include building confidence, respect, making good choices, and doing acts of self-discipline and acts of kindness. Children will earn their White Belts! For adults, our goal is to deliver the many benefits of martial arts, including improved muscle tone, increased cardiovascular fitness, lower stress levels, increased energy, and greater balance and flexibility. For everyone, as soon as you become a martial arts student, you join a community that works together toward improved physical strength and stamina, better focus and concentration, greater self-discipline, competency in self-defense and, most importantly, increased self-confidence. Our flexible class times allow for your busy schedule. What to Wear: A J.K. Lee t-shirt (provided) and comfortable workout pants. Participation is allowed only once in one of the two sessions offered for this introductory course.

\*Taekwondo Class Schedule for Beginning Children Classes and Beginning Family Classes:  
PLEASE CALL JK LEE FOR CURRENT CLASS SCHEDULE 414-540-9161

<b>Day:</b>	Mondays - Saturdays (you may attend up to 2 classes per week)		
<b>Location:</b>	J.K. Lee Black Belt Academy (6838 N. Santa Monica Blvd. Fox Point 53217)		
<b>Age:</b>	Children ages 4-10, Families ages 4 through 79		
<b>Min/Max:</b>	4/24		
<b>Instructor:</b>	Instructor Danielle Holcomb, Instructor Kathy Kludt and/or trained Assistant Instructors from J.K. Lee Black Belt Academy		



<b>*Session:</b>	<b>Date:</b>	<b>Fee:</b>	<b>Program#:</b>
Beginning Children Classes	June 1 - 30	\$30.00R/\$40.00NR	311262-01
Beginning Family Classes	June 1 - 30	\$50.00R/\$60.00NR	311262-02
Beginning Children Classes	July 1 - 30	\$30.00R/\$40.00NR	311262-03
Beginning Family Classes	July 1 - 30	\$50.00R/\$60.00NR	311262-04

**PROGRAMMING: AGES 4 - 18**





# TURN I WISH INTO I CAN



SCAN ME

When seconds and inches mean all the difference, our sports performance services can help you gain a competitive edge. Turn to us for athletic training, physical therapy and sports health physicians.

[aurora.org/FreeInjuryEval](http://aurora.org/FreeInjuryEval)



**Aurora Health Care**  
Sports Health

We are  Advocate  Aurora Health

Aurora Sports Health is the athletic training choice of your Nicolet Knights.

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# JUST DRIVE

## DRIVER'S EDUCATION

- OUR CURRICULUM EXCEEDS THE WISCONSIN DEPARTMENT OF TRANSPORTATION STANDARDS AND WAS DEVELOPED WITH TODAY'S LEARNERS IN MIND
- LOCALLY OWNED AND OPERATED
- PATIENT AND EXPERIENCED INSTRUCTORS
- CLASSROOM AND BEHIND THE WHEEL PICKUP AT NICOLET HIGH SCHOOL
- EASY ONLINE REGISTRATION AND BEHIND THE WHEEL SCHEDULING
- 2018 HONDA CIVICS USED FOR BEHIND THE WHEEL LESSONS

### COURSES WE OFFER:

- ONLINE COURSE + BEHIND THE WHEEL
- TRADITIONAL COURSE + BEHIND THE WHEEL
- BEHIND THE WHEEL ONLY COURSE

**\*ALL OF OUR COURSES ARE WISCONSIN DOT APPROVED\***

**PLEASE VISIT OUR WEBSITE FOR DATES, TIMES, AND PRICES!**

[WWW.JUSTDRIVEWI.COM](http://WWW.JUSTDRIVEWI.COM)

**HIGH SCHOOL RUN CLUB**

The program is organized to promote cardio training over the summer break in preparation for fall sports or the achievement of personal running related goals. Participants will have the opportunity to train with others who have similar fitness levels in a group environment. Workouts include plyometrics, strength, speed, and endurance training to get you in top shape to reach your potential and meet your goals. This program is highly recommended for cross country athletes.

**Date:** June 20 - August 11 (skip 7/4)  
**Day:** Mondays, Tuesdays & Thursdays  
**Time:** 8:00 - 9:30am (rain or shine)  
**Location:** Nicolet High School - Track/Outside  
**Grade:** 9th - 12th (grade as of Fall 2022)  
**Fee:** \$85.00R/\$95.00NR  
**Program#:** 323080-01  
**Min/Max:** 10/75  
**Instructor:** Jeff Fishbach and the Cross Country Coaching Staff

**RUNNING CAMP**

Do you want to improve as a runner, get to know your teammates and make new friends? Come to Running Camp. We'll gather for five days and four nights on the scenic UW-Parkside campus for:

- \* Daily runs
- \* Team meals
- \* Nightly bonfires
- \* Games (frisbee golf, capture the flag, ghosts in the graveyard)
- \* Strength training sessions
- \* A day trip to Chicago
- \* Beach time

We'll stay in a university dormitory and eat most meals at the campus cafeteria. While we will have scheduled activities, you'll also have lots of free time. *More details will be communicated before the camp begins.*

**Date:** July 27 - 31  
**Day:** Wednesday - Sunday  
**Location:** UW-Parkside, Kenosha  
**Grade:** 7th - 12th (grade as of Fall 2022)  
**Fee:** \$425.00R/\$475.00NR  
**Program#:** 323082-01  
**Min/Max:** 10/75  
**Instructor:** Dan Simmons, Nicolet Head Cross Country Coach

**ARCHERY**

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Equipment is provided. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Participants are welcome to bring their own bows. Register for two of the Summer sessions and get the Fall session for FREE.

<b>Day:</b>	<b>Time:</b>	<b>Location:</b>	<b>Age:</b>	<b>Fee:</b>	<b>Min/Max:</b>	<b>Instructor:</b>	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
Tuesdays, Wednesdays & Thursdays	6:15 - 7:00pm	Kletzsch Park - Archery Range	14-18 years old	\$59.00R/\$69.00NR	4/8	Inna Lebedinsky	I	June 7 - 16	321130-01
							II	June 21 - 30	321130-02
							III	July 5 - 14	321130-03
							IV	July 19 - 28	321130-04

**ACT WORKSHOP**

Students will learn how to identify the types of questions they will see on the four multiple-choice sections of the ACT test as well as a variety of strategies to attack the various questions. The instructor has designed this workshop based on 26 years of successfully helping students prepare for the ACT.

Students will need to purchase a copy of *The Official ACT Prep Guide 2021-2022* prior to the first session. Many students order the book from Amazon or purchase it at a local bookstore. Students will also need a **blank spiral notebook** for each session.

**Date:** August 1 - 12  
**Day:** Mondays - Fridays  
**Time:** 10:30am - 12:30pm  
**Location:** Nicolet High School - Room F105  
**Grade:** 11th - 12th

**Fee:** \$220.00R/\$240.00NR  
**Program#:** 322080-01  
**Min/Max:** 6/30  
**Instructor:** Fred Silver

**PROGRAMMING: AGES 13 - 18****MIDDLE SCHOOL RUN CLUB**

The program is organized to promote cardio training over the summer break in preparation for fall sports or the achievement of personal running related goals. Participants will have the opportunity to train with others who have similar fitness levels in a group environment. Workouts include plyometrics, strength, speed, and endurance training to get you in top shape to reach your potential and meet your goals. This program is highly recommended for cross country athletes.

**Date:** June 20 - August 11 (skip 7/4)  
**Day:** Mondays, Tuesdays & Thursdays  
**Time:** 8:30 - 10:00am (rain or shine)  
**Location:** Nicolet High School - Track/Outside  
**Grade:** 4th - 8th (grade as of Fall 2022)  
**Fee:** \$85.00R/\$95.00NR  
**Program#:** 323081-01  
**Min/Max:** 10/75  
**Instructor:** Jeff Fishbach and the Cross Country Coaching Staff

**HIGH SCHOOL GYMNASTICS OPEN GYM**

Get in shape for the gymnastics season. Open to all Nicolet High School students

**Date:** June 7 - August 30 (skip 7/5)  
**Day:** Tuesdays  
**Time:** 6:55 - 7:55pm  
**Location:** Nicolet High School - Gym 2 (gymnastics area)  
**Grade:** 8th - 12th (grade as of Fall 2022)  
**Fee:** \$79.00R/\$89.00NR  
**Program#:** 311143-01  
**Min/Max:** 8/15  
**Instructor:** NHS Gymnastics Staff



IT'S BACK!

The Nicolet Recreation Department invites you to the

15TH ANNUAL  
AUTUMN ARTISAN'S  
FAIR

Saturday, November 5th, 2022

10:00am - 4:00pm

Nicolet High School

**\$3.00**  
*Admission*

70+ Artists from southeastern Wisconsin!

Questions about the event or interested in becoming a vendor, contact:

Nate Brooks

Nicolet Recreation Department Director

[nate.brooks@nicolet.us](mailto:nate.brooks@nicolet.us)

(414) 351-7568





## RUSTIC SOUR DOUGH BREAD

Our ancestors ate mostly fermented foods, including bread which was leavened using various strains of healthy bacteria. Recently an explosive interest in making this fermented bread has taken place. Making sour dough bread is easy and healthy and delicious

This class includes all aspects of sour dough bread baking: the Starter, Flours, Salting, Hydration ratios, the Leaven, the Autolyse, Kneading/ resting/stretching, proofing, (baskets/Bannetons), the Rise, Etching, Dutch oven baking, the Crumb, the Crust. A sour dough starter is included so you can make great sour dough bread at home. We will make a wonderful sour dough bread using steel cut oats (for texture) and two kinds of King Arthur Flours. We will taste our freshly baked bread along with butter and honey from Steve's Bees. Course documents will be supplied. Bring a pen/pencil to take notes.

\* Steve Shapson has been instructing in the culinary arts for over 15 years, which include cheese/yogurt/kefir/kombucha making, edible mushroom cultivation. Sour dough bread is his latest passion after having three friends introduced him to the wonderful taste.

**Date:** June 9  
**Day:** Thursday  
**Time:** 6:00 - 7:30pm  
**Location:** Nicolet High School - Room B133  
**Fee:** \$30.00R/\$40.00NR  
**Program#:** 332029-01  
**Min/Max:** 10/30  
**Instructor:** Steve Shapson\*



## KOREAN WEEKNIGHT DINNER

Learn how to cook bulgogi (Korean marinated beef). Or, choose tofu. Make vegetable side dishes. Your meal is all set with kimchi that's provided and rice. (Some allergies and dietary restrictions can be accommodated. Please email [perillakitchen@gmail.com](mailto:perillakitchen@gmail.com) first.)

\*Jenny Lee is the chef/owner of Perilla Kitchen. She sells kimchi with locally grown Napa cabbage when it's in season in November and December. She worked in restaurants for several years.

For more info, go to [www.perillakitchen.com](http://www.perillakitchen.com)

**Date:** May 25  
**Day:** Wednesday  
**Time:** 6:30 - 8:30pm  
**Location:** Nicolet High School - Room B133  
**Fee:** \$40.00R/\$50.00NR  
**Program#:** 332020-01  
**Min/Max:** 6/16  
**Instructor:** Jenny Lee\*



## KOREAN RICE BOWL (BIBIMBAP)

Learn how to make Korean rice bowls! You'll make Korean marinated beef or choose tofu, depending on your dietary preference. Cook matchstick carrots, spinach and other vegetables. We will try to use produce from the farmers' market! You'll make a spicy sauce to mix in the bowl. It's healthy and delicious! (Some allergies and dietary restrictions can be accommodated.)

Please email [perillakitchen@gmail.com](mailto:perillakitchen@gmail.com) first.)

\*Jenny Lee is the chef/owner of Perilla Kitchen. She sells kimchi with locally grown Napa cabbage when it's in season in November and December. She worked in restaurants for several years.

For more info, go to [www.perillakitchen.com](http://www.perillakitchen.com)

**Date:** June 8  
**Day:** Wednesday  
**Time:** 6:30 - 8:30pm  
**Location:** Nicolet High School - Room B133  
**Fee:** \$40.00R/\$50.00NR  
**Program#:** 332021-01  
**Min/Max:** 6/16  
**Instructor:** Jenny Lee\*



## INDIAN COOKING WITH RICE

Rice is very versatile in Indian cooking. It's used in appetizers, side and main dishes, and desserts. Join us to learn just how amazingly simple and tasty these rice dishes can be.

**Date:** June 1  
**Day:** Wednesday  
**Time:** 6:00 - 7:30pm  
**Location:** Nicolet High School - Room B133  
**Fee:** \$30.00R/\$40.00NR  
**Program#:** 332022-01  
**Min/Max:** 5/20  
**Instructor:** Susan Pack



## EVENING ADULT SPANISH PROGRAMS

**Continuing Spanish 3:** Learn Spanish skills in a small class setting. Is recommended for this level, that students are familiar with present and past tenses. Students will focus on expanding vocabulary and verb tenses.

**Conversational Spanish:** It is time to use your Spanish skills in a small class setting. We will work with all the tenses, grammar, reading and comprehension skills.

**Beginning Spanish:** Learn Spanish skills in a small class setting. Pick up new vocabulary with a focus on traveling, education and leisure, as well as learning about Latin American cultures. Students will focus on grammatical skills, verb conjugation and idiomatic expressions.

**Continuing Spanish 2:** Learn Spanish skills in a small class setting. Pick up new vocabulary with a focus on traveling education, sentence structures, verb tenses and leisure, as well as learning about Latin American cultures.

**Location:** Nicolet High School - Room C111  
**Fee:** \$179.00R/\$199.00NR  
**Min/Max:** 1/10  
**Instructor:** Rosalba Romero

Level:	Date:	Day:	Time:	Program#:
Continuing Spanish 3	June 6 - August 8 (skip 7/4)	Mondays	5:30 - 6:30pm	332200-01
Conversational Spanish	June 6 - August 8 (skip 7/4)	Mondays	6:30 - 7:30pm	332200-02
Beginning Spanish	June 8 - August 10 (skip 7/6)	Wednesdays	5:30 - 6:30pm	332200-03
Continuing Spanish 2	June 8 - August 10 (skip 7/6)	Wednesdays	6:30 - 7:30pm	332200-04

## DRY NEEDLING 101

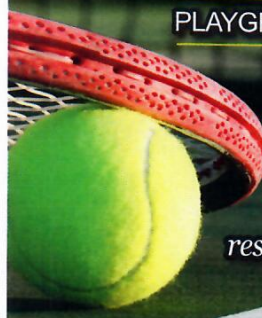
Come learn about Dry Needling, a revolutionary pain-relieving procedure. Intramuscular Dry Needling treatment is directed at myofascial trigger points, related to maintenance of the pain cycle. Trigger points are known to be involved in acute and chronic, localized, and wide-spread pain including common conditions such as migraine headaches, fibromyalgia, Achilles tendonitis, sciatica, and tennis elbow. Dry Needling had been proven to reduce muscle tension, promote healing and increase range of motion. All attendees will receive a complimentary Dry Needling session.

**Date:** July 20  
**Day:** Wednesday  
**Time:** 12:30 - 2:30pm  
**Location:** Nicolet High School - Athletic Conference Room  
**Fee:** \$10.00/R\$20.00NR  
**Program#:** 332872-01  
**Min/Max:** 3/15  
**Instructor:** Scott Coonen, MPT



## "Tennis Anyone?"

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**PROGRAMMING: AGES 18+**

## HOME SELLING (VIRTUAL FORMAT)

Selling your home in these challenging times can be quite a project. Get the advice you need from the experts. This class will help you learn how to prepare your home for sale and how to deal with prospective customers. You will learn about the pros and cons of working with a Realtor or selling on your own. The class will point out important things to know about the "Offer to Purchase" and the home inspection. Understand more clearly some of the financial issues involved in a home sale. Learn from two experts in the fields of Real Estate Sales and Mortgage lending in a relaxed classroom setting that encourages your questions and concerns.

\* Instructor will email meeting log-in info prior to the start of the program.

<b>Day:</b>	Thursday	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:30 - 8:00pm	I	June 2	332051-01
<b>Location:</b>	Virtual*	II	August 25	332051-02
<b>Fee:</b>	\$10.00R/\$20.00NR			
<b>Min/Max:</b>	3/15			
<b>Instructor:</b>	Penny Charlson			



## THE PATH 2 BUY HOME BUYING SEMINAR (VIRTUAL FORMAT)

Buying your first home can be a very intimidating experience. This class should give you lots of answers and information so you can make educated decisions about that first home purchase. This class will walk you through the entire process from start to finish. We begin at the preapproval process with your lender, explain how and why to work with a Realtor, the loan application process, and finally closing. Along the way you will learn about credit reports and scoring, appraisals and home inspections, negotiating your offer to purchase, title insurance and the closing process. This class is held in a very informal setting to encourage you to ask your questions of two very experienced professionals in the Real Estate and mortgage lending business.

\* Instructor will email meeting log-in info prior to the start of the program.

<b>Day:</b>	Wednesday	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:30 - 8:00pm	I	June 1	332050-01
<b>Location:</b>	Virtual*	II	August 24	332050-02
<b>Fee:</b>	\$10.00R/\$20.00NR			
<b>Min/Max:</b>	3/15			
<b>Instructor:</b>	Penny Charlson			



## REAL ESTATE - BUYER'S GUIDE TO THE 2022 HOUSING MARKET

Looking to purchase a home in 2022 and don't know where to begin? Sign up for this informative and valuable session with established and well-respected Realtor, Daria Aitken Siegel of Shorewest Realtors. Daria has been with Shorewest since 2012 and although she has done business in many parts of our State, she focuses on the City of Milwaukee, the Northshore communities and southeastern Ozaukee County. Daria ranks in the top 4% of all licensed Realtors registered with Metro MLS so come with a list of questions and take advantage of her expertise. Private Zoom sessions can also be arranged upon request.

<b>Date:</b>	May 24
<b>Day:</b>	Tuesday
<b>Time:</b>	6:30 - 8:00pm
<b>Location:</b>	Nicolet High School - Athletic Conference Room
<b>Fee:</b>	\$10.00R/\$20.00NR
<b>Program#:</b>	332052-01
<b>Min/Max:</b>	1/15
<b>Instructor:</b>	Daria Aitken Siegel

## REAL ESTATE - SELLER'S GUIDE TO THE 2022 HOUSING MARKET

Whether you purchased your home last year or many years ago, the market is in a constant state of motion and selling a home is a complex transaction. Sign up for this intimate session to learn how to get the most out of your home. You may think you will save money selling your house yourself or by using a "discount Broker", but evidence shows that is simply not the case. You get what you pay for, especially in the highly competitive real estate market. Daria ranks in the top 4% of all licensed Realtors registered with Metro MLS and has been with Shorewest Realtors since 2012. You will discuss how to prepare your home to maximize its value, keep yourself and your home protected and give you all the information you will need to make informed decisions regarding the home selling process from beginning to closing and beyond. In-home evaluations and private Zoom sessions can also be arranged upon request.

<b>Date:</b>	May 31
<b>Day:</b>	Tuesday
<b>Time:</b>	6:30 - 8:00pm
<b>Location:</b>	Nicolet High School - Athletic Conference Room
<b>Fee:</b>	\$10.00R/\$20.00NR
<b>Program#:</b>	332053-01
<b>Min/Max:</b>	1/15
<b>Instructor:</b>	Daria Aitken Siegel

## REAL ESTATE - HELPING YOUR LOVED ONE DOWNSIZE IN 2022

Downsizing is always daunting, but it can be even more challenging at this time. We all make better decisions when we are well-informed and know what to expect. I encourage you and/or your advocate to sign up for a this session to learn the correct steps and processes of downsizing. Daria ranks in the top 4% of all licensed Realtors registered with Metro MLS and has been with Shorewest Realtors since 2012. No matter where you are moving, this class which will provide resources to assist you in making the best choices to achieve your goals while staying and feeling safe during this time. In-home evaluations and private Zoom sessions can also be arranged upon request.

<b>Date:</b>	June 7	<b>Fee:</b>	\$10.00R/\$20.00NR
<b>Day:</b>	Tuesday	<b>Program#:</b>	332054-01
<b>Time:</b>	6:30 - 8:00pm	<b>Min/Max:</b>	1/15
<b>Location:</b>	Nicolet HS - Athletic Conference Room	<b>Instructor:</b>	Daria Aitken Siegel

**PROGRAMMING: AGES 18+**



## THE NEW COLLEGE SEARCH FOR PARENTS

Designed for parents/family members of students entering 9-12th grade in Fall 2022, this program will cover the basics of navigating a college search in the aftermath of COVID. Topics include the shifting landscape of college admissions, timeline of a successful college search, what colleges really look for, how to help your student be competitive for admission and scholarships, understanding new ACT/SAT policies, and assessing affordability and value. Presented by Julie Murphy, M.A., founder of Waverly Educational Consulting, a small business in Bayside, WI. Visit [www.waverly-consulting.com](http://www.waverly-consulting.com) to learn more about Julie's background and philosophy.

\* instructor will email meeting log-in info prior to the start of the program

**Location:** Nicolet High School - Room F105  
**Fee:** \$58.00R/\$68.00NR  
**Min/Max:** 8/20  
**Instructor:** Julie Murphy, M.A., Founder, Waverly Educational Consulting, LLC



Session:	Date:	Day:	Time:	Location:	Program#:
I	June 7	Tuesday	5:30 - 7:00pm	Nicolet High School - Room B113	332108-01
II	June 23	Thursday	5:30 - 7:00pm	Nicolet High School - Room B113	332108-02
III	July 20	Wednesday	11:30am - 1:00pm	Virtual*	332108-03

### I'M RETIRED! NOW WHAT DO I DO WITH THE REST OF MY LIFE?

If you are considering retirement or have retired, this course will help you to create the retirement of your dreams by discovering your forgotten passions, finding balance, creating your life goals, and feeling free to enjoy life to the fullest. Through presentations, discussions, and facilitated group sharing and reflection, we explore activities that help you initiate change, choose the direction you want for the rest of your life, and increase involvement in your renewed interests.

*\*Linda McGuire is a certified retirement coach and graduate of Coach U. She supports and guides individuals who are transitioning through life changes (retirees, empty nesters, widowed). Over the past few years, Linda has experienced many life transitions and can confidently work with individuals to successfully transition to the life they envision.*

**Date:** July 12 - 26  
**Day:** Tuesdays  
**Time:** 6:30 - 8:00pm  
**Location:** Nicolet High School - Room B111  
**Fee:** \$35.00R/\$45.00NR  
**Program#:** 332911-01  
**Min/Max:** 3/10  
**Instructor:** Linda McGuire\*

### BALLROOM DANCE

Are you left out when the music starts playing at a wedding or on a cruise? Join us for our special summer series. Both classes are all level. No experience necessary!

Session I: Social Wedding Ready - Foxtrot, Waltz, Rumba and Push Pull  
 Session II: Urban Rhythms, Cha Cha, Salsa, Merengue and Bachata

**Date:** May 10 - July 26  
**Day:** Tuesdays  
**Location:** Nicolet High School - Cafeteria  
**Fee:** \$78.00R/\$88.00NR per couple  
**Min/Max:** 5/20 couples  
**Instructor:** Jacqui Lefebvre

Session:	Time:	Program#:
I	6:30 - 7:25pm	332460-01
II	7:30 - 8:25pm	332460-02

### INTRO TO ACRYLIC PAINTING

Start painting! Working from photo, students will pick their own subject and learn how to develop it into acrylic paintings. We will start with the basics of color mixing and then move on to application techniques. Individual and group discussion will provide students with feedback throughout the class.

**Date:** May 3 - June 21  
**Day:** Tuesdays  
**Time:** 6:00 - 8:00pm  
**Location:** Nicolet High School - Room D109  
**Fee:** \$90.00R/\$100.00NR  
**Program#:** 332530-01  
**Min/Max:** 6/12  
**Instructor:** Beki Borman



### SELF-PUBLISHING 101

Learn the basics of self-publishing, from conception to completion, with a local, award-winning author. Discover the importance of marketing, engaging book covers, quality editing, and the power of social media. Have all of your burning questions answered and leave the course with the confidence to FINALLY publish your manuscript!

**Date:** June 11 - 25  
**Day:** Saturdays  
**Time:** 9:30 - 11:30am  
**Location:** Nicolet High School Athletic Conference Room  
**Fee:** \$100.00R/\$120.00NR  
**Program#:** 332770-01  
**Min/Max:** 5/15  
**Instructor:** Olivia Reel



**PROGRAMMING: AGES 18+**

## GET YOUR BOOTS WET! (WATER FITNESS CLASS)

The purpose of this program is to explore and improve dynamic power in strength, balance and muscular interaction between core and pelvic floor to challenge both stability and mobility in the pool environment. Fitness class for swimmers since we use deep and shallow water and lap swim too. Water shoes suggested.

<b>Date:</b>	June 6 - August 1 (skip 7/4)	<b>Fee:</b>	\$45.00R/\$55.00NR
<b>Day:</b>	Mondays	<b>Program#:</b>	335030-01
<b>Time:</b>	7:00 - 7:45pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Nicolet High School - Pool	<b>AEA Specialist:</b>	Cindy Schlidt
<b>Age:</b>	16 years and up		

## UNDERWATER CURRENTS (WATER FITNESS CLASS)

Control the fight against gravity! This fitness program is a non-impact workout that incorporates muscular strengthening, cardiovascular conditioning, and core toning movements using all three planes of motion. Exercise boosts cognitive functioning! This fitness program is done in deep water, therefore, participants should be comfortable in deep water. Water shoes optional.

<b>Date:</b>	June 7 - July 26	<b>Fee:</b>	\$45.00R/\$55.00NR
<b>Day:</b>	Tuesdays	<b>Program#:</b>	335060-01
<b>Time:</b>	6:45 - 7:30pm	<b>Min/Max:</b>	6/12
<b>Location:</b>	Glen Hills Middle School - Pool	<b>AEA Specialist:</b>	Cindy Schlidt
<b>Age:</b>	16 years and up		

WATER AEROBICS DROP-IN FEE OF \$8.00R/\$10.00NR FOR THOSE WITH A CHALLENGING SCHEDULE. PAY ON THE ONLINE REGISTRATION SYSTEM (PROGRAM # 432230-01).

## WAVES (WATER FITNESS CLASS)

A heart pounding, lung expanding, foot stomping never stop moving, calorie burning shallow water workout. This 45 minute experience is for anyone with a heartbeat! Water shoes required. Don't forget to draw your navel in!

<b>Date:</b>	June 8 - July 27	<b>Fee:</b>	\$45.00R/\$55.00NR
<b>Day:</b>	Wednesdays	<b>Program#:</b>	335070-01
<b>Time:</b>	7:00 - 7:45pm	<b>Min/Max:</b>	10/20
<b>Location:</b>	Nicolet High School - Pool	<b>AEA Specialist:</b>	Cindy Schlidt
<b>Age:</b>	16 years and up		

## AERO SWIM (WATER FITNESS CLASS)

The objective of this fitness class is to burn fat using cardio, strength and flexibility. This fitness program is a combination of deep water and lap swim movements. Improve your brain power through exercise! Water shoes optional.

<b>Location:</b>	Glen Hills Middle School - Pool
<b>Age:</b>	16 years and up
<b>Fee:</b>	\$45.00R/\$55.00NR
<b>Min/Max:</b>	6/8
<b>AEA Specialist:</b>	Cindy Schlidt

Session:	Date:	Day:	Time:	Program#
I	June 9 - July 28	Thursdays	7:00 - 7:45pm	335020-01
II	June 11 - July 30	Saturdays	8:00 - 8:45am	335020-02

## COMBINATION WATER FITNESS CLASS

This trial class offers two days of Get Your Boots Wet & three days of Aero Swim.

<b>Date:</b>	August 3, 8, 10, 15, 17, 18 (Thursday)	<b>Fee:</b>	\$45.00R/\$55.00NR
<b>Day:</b>	Mondays & Wednesdays	<b>Program#:</b>	335071-01
<b>Time:</b>	7:00 - 8:00pm	<b>Min/Max:</b>	6/15
<b>Location:</b>	Nicolet High School - Pool	<b>AEA Specialist:</b>	Cindy Schlidt
<b>Age:</b>	16 years and up		

PROGRAMMING: AGES 18+



## JAZZERCISE

Jazzercise is a calorie-torching, hip-swiveling dance party workout with a hot playlist to distract you from the burn. During our 60-minute high-intensity dance fitness classes, we mix modern moves with strength training to target the three major muscle groups for a full body workout. Think you can't dance? Oh yes, you can! The dance moves are basic enough for everyone, and our instructors will ensure you never miss a beat with our step-by-step instruction.

Wear comfortable clothing that is easy to move in and supportive athletic shoes, and bring water. Please bring your own exercise mat and hand-held weights, as we no longer provide shared equipment for safety reasons. (Our participants generally use 3-8-pound weights.) Jazzercise is an ongoing program, and you may attend any of our weekly classes as often as you'd like.

In-person Jazzercise classes are held at Good Hope Elementary School – 2315 West Good Hope Road in Glendale. The gym provides ample space for social distancing. There is no air conditioning in the gym, but we utilize fans and windows to circulate air. Masks are required in common areas of the building, but are optional during class in the gym. Feel free to reach out via phone or e-mail (below) to inquire about our current offerings, as we are regularly updating our menu of class offerings due to the pandemic, and there may have been changes since this program was submitted to the bulletin. Thanks for your understanding!

Questions? Contact Katie Kuehl at 414-916-2248 or [northshorejazzercise@gmail.com](mailto:northshorejazzercise@gmail.com)



<b>Date:</b>	June 20 - August 14	<b>Location:</b>	Good Hope School - Gym and Room 18
<b>Day/Time:</b>	Sundays - 8:30am	<b>Fee:</b>	\$99.00R/\$109.00NR
	Mondays - 9:00am, 4:45pm	<b>Program#:</b>	333050-01
	Tuesdays - 9:00am	<b>Min/Max:</b>	4/24
	Wednesdays - 9:00am, 4:45pm	<b>Instructor:</b>	Katie Kuehl
	Thursdays - 9:00am & Saturdays - 8:30am		

## FLOW YOGA WITH YOGA FITNESS

Enjoy a light flow-style of Hatha yoga to nourish mind and body as you unwind mentally and physically while aligning and toning the body. The format of class is multi-level and benefits all ages, fitness and yoga levels. This yoga class is a blended style that can help improve alignment, circulation, flexibility, and muscle-core-strength while promoting inner tranquility. Feel rejuvenated and gain more balance in your life - the benefits of yoga are truly endless both on and off the mat.

A limited amount of yoga mats, blocks and straps are supplied. **Bring to Class:** Yoga mat, pillow for support if needed, blanket if desired, water to stay hydrated is always a good idea especially in a warmer season. **Wear** comfortable, stretchy clothes and we remove shoes for class. It's always a good idea to consult your doctor before starting a new exercise routine including yoga. Make instructor aware of any special conditions so modifications may be offered. *Appropriate for all levels, acceptable to float between Tuesday/Wednesday/Thursday classes.*

<b>Location:</b>	North Shore Congregation Church (7330 N Santa Monica Blvd - Fox Point)
<b>Fee:</b>	\$78.00R/\$88.00NR
<b>Min/Max:</b>	5/16
<b>Instructor:</b>	Erica Boos, RYT, Yoga Alliance, 200-Hour YogaFit Certified



<b>Session:</b>	<b>Date:</b>	<b>Day:</b>	<b>Time:</b>	<b>Program:</b>
I	May 3 - June 28 (skip 6/21)	Tuesdays	9:30 - 10:30am	333030-01
II	May 3 - June 28 (skip 6/21)	Tuesdays	6:00 - 7:00pm	333030-02
III	May 4 - June 29 (skip 6/22)	Wednesdays	10:30 - 11:30am	333030-03
IV	May 5 - June 30 (skip 6/23)	Thursdays	9:30 - 10:30am	333030-04
V	July 5 - August 23	Tuesdays	9:30 - 10:30am	333030-05
VI	July 5 - August 23	Tuesdays	6:00 - 7:00pm	333030-06
VII	July 6 - August 24	Wednesdays	10:30 - 11:30am	333030-07
VIII	July 7 - August 25	Thursdays	9:30 - 10:30am	333030-08

## WOMEN'S SELF DEFENSE FOR HIGH SCHOOL, COLLEGE, AND BEYOND!

Learn realistic self-defense techniques and martial arts basics. Practice verbal defense skills to help keep serious situations from escalating. Good for all fitness levels. Perfect for mothers and daughters!

<b>Date:</b>	July 6 - 27
<b>Day:</b>	Wednesdays
<b>Time:</b>	7:00 - 7:45pm
<b>Location:</b>	J.K. Lee Black Belt Academy (6838 N. Santa Monica Blvd. Fox Point 53217)
<b>Fee:</b>	\$30.00R/\$40.00NR (includes a J.K. Lee t-shirt!)
<b>Program#:</b>	331261-01
<b>Min/Max:</b>	4/24
<b>Instructor:</b>	J.K. Lee Black Belt Academy Staff



**PROGRAMMING: AGES 18+**

## BA DUAN JIN - QIGONG

Ba Duan Jin is one of the oldest and most popular qigong sets, consisting of 8 easy-to-learn exercises that can be practiced by all ages. These exercises provide excellent health benefits when practiced on a regular basis.

Clinical tests in China have proven the medical benefits of Ba Duan Jin practice, including:

- Strengthening the bones and muscles in your lower and upper body
- Improving your posture and balance
- Increasing the functioning of your internal organs
- Reducing tension & stress

Questions? Contact Jim Janicik at 414-839-4315 or [jjanicik@nejjia-arts.com](mailto:jjanicik@nejjia-arts.com)

<b>Day:</b>	Mondays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:30 - 7:30pm	I	June 6 - 27	333100-01
<b>Location:</b>	Solful Fitness (8655 N 43rd Street - Brown Deer)	II	August 1 - 22	333100-02
<b>Fee:</b>	\$60.00R/\$70.00NR			
<b>Min/Max:</b>	2/18			
<b>Instructor:</b>	Jim Janicik - Certified Tai Chi Instructor			

冲气贯脊第三势



## YI JIN JING - QIGONG

Yi Jin Jing consists of a set of 12 challenging Qigong exercises. It emphasizes a full range of stretching, turning, and flexing of the tendons and muscles. These movements combine softness with strength by stretching and holding the body in specific positions for extended periods of time, while simultaneously using the mind to relax any tension that arises.

Regular practice of these forms will result in:

- Significant improvement in physical strength, flexibility, and endurance
- Increased range of motion, mobility, and resiliency
- Improved movement of internal fluids
- Relaxed mind and peaceful spirit

Questions? Contact Jim Janicik at 414-839-4315 or [jjanicik@nejjia-arts.com](mailto:jjanicik@nejjia-arts.com)

<b>Day:</b>	Wednesdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:30 - 7:30pm	I	June 1 - July 6	333101-01
<b>Location:</b>	Solful Fitness (8655 N 43rd Street - Brown Deer)	II	July 27 - August 31	333101-02
<b>Fee:</b>	\$90.00R/\$100.00NR			
<b>Min/Max:</b>	2/18			
<b>Instructor:</b>	Jim Janicik - Certified Tai Chi Instructor			

掉尾势



## 8 FOUNDATIONS OF TAI CHI CHUAN

In this 4-week class, we will cover the key theories and principles of Tai Chi Chuan, along with 8 essential neigong movements that create a foundation within you that will prepare you to learn and properly practice the Secret Yang Tai Chi Chuan form.

When practiced consistently over time, Tai Chi Chuan can help you:

- Improve your overall health and well-being
- Increase your strength, flexibility and balance
- Calm, focus, and center your mind



Jim Janicik is a 6th generation lineage holder of Secret Yang Tai Chi Chuan and brings over 35 years of experience in ancient internal arts (Neijia) practices to his students.

Questions? Contact Jim Janicik at 414-839-4315 or [jjanicik@nejjia-arts.com](mailto:jjanicik@nejjia-arts.com)

<b>Day:</b>	Thursdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:30 - 7:30pm	I	June 9 - July 28	333102-01
<b>Location:</b>	Solful Fitness (8655 N 43rd Street - Brown Deer)	II	August 4 - 25	333102-01
<b>Fee:</b>	\$60.00R/\$70.00NR			
<b>Min/Max:</b>	2/18			
<b>Instructor:</b>	Jim Janicik - Certified Tai Chi Instructor			

PROGRAMMING: AGES 18+



The Nicolet Recreation Department provides quality and affordable programming to the community. The Recreation Department seeks donors and sponsors to help offset program costs.



Why should you become a supporter of the Nicolet Recreation Department?

- Your company/organization will be exposed to thousands of Bayside, Fox Point, Glendale & River Hills area community members as being involved and supportive of the programs, special events, and parks within the community.
- Recognition is provided through various means, including printed material, media outlets, signage and other customized awards.
- To join a growing number of sponsors building a strong network of community support.
- To help maintain and enhance the great tradition of programs that keep the community active and a great place to live, work, and play.

We invite you to review the following options which categorize the needs of the Nicolet Recreation Department. If you find an option that you are interested in supporting, contact Nate Brooks at: [nate.brooks@nicolet.us](mailto:nate.brooks@nicolet.us) or (414) 351-7568

## SEASONAL BULLETIN ADVERTISING

The bulletin is delivered to every household (12,000) in Bayside, Fox Point, Glendale, and River Hills 3 times a year. There are 26,000+ residents in the four communities. Deadlines for the bulletins are Summer – March 1st, Fall – July 1st and Winter/Spring – November 1st.

	3 Issues	2 Issues	1 Issue
Full Page 8.5" (width) x 11" (length)	\$520	\$360	\$200
Half Page 8.5" (w) x 5.5" (l)	\$260	\$180	\$100
Quarter Page 8.5" (w) x 2.75" (l)	\$130	\$90	\$50

\*\*\*Glossy/Color advertisements are available on the inside front cover, inside back cover and back cover for an additional \$25.00\*\*\*

## WEBSITE ADVERTISING

Promote your business on our website. We average hundreds of visitors a week. Advertisements are located in the middle of the webpage. <http://www.nicolet.us/activities/recreation.cfm>

**1 Year** - \$300.00      **6 Months** - \$180.00

## RECGRAM ADVERTISING

The recgram is e-mailed weekly to a database of 3,500+ e-mail addresses using Constant Contact. The recgram is sent to participants to remind them of upcoming programs and other pertinent information from the Nicolet Recreation Department. Advertisements are located at the left-hand side or bottom of each recgram.

**4 Weeks** - \$180.00      **Weekly** - \$50.00

## FLYER ADVERTISING

The school folder flyers are distributed once a week to 2,000+ area partner school students. The flyers are sent to area students to remind them of upcoming recreation programs. Advertisements are a full page in size and would be on the back of the flyer.

**4 Weeks** - \$180.00      **Weekly** - \$50.00

## T-SHIRT SPONSOR

T-shirts are ordered each year for the youth programs including summer camp, flag football, youth softball, basketball and wrestling. \$500.00 - sponsor name and logo on the T-shirt.



## ARCHERY

Focused attention from the instructor with an emphasis on learning proper techniques and avoiding bad habits. Learn the fundamentals and build your skills. Equipment is provided. Instructed by Inna Lebedinsky, an Olympian who represented the Soviet Union in the 1980 Olympic Games. Participants are welcome to bring their own bows. Register for two of the Summer sessions and get the Fall session for FREE.

<b>Day:</b>	Tuesdays, Wednesdays & Thursdays	<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
<b>Time:</b>	6:15 - 7:00pm	I	June 7 - 16	331130-01
<b>Location:</b>	Kletzsch Park - Archery Range	II	June 21 - 30	331130-02
<b>Fee:</b>	\$59.00R/\$69.00NR	III	July 5 - 14	331130-03
<b>Program#:</b>	331130-01	IV	July 19 - 28	331130-04
<b>Min/Max:</b>	4/8			
<b>Instructor:</b>	Inna Lebedinsky			

### LEARN TO SKATE - "BIG CHILL"

Keep Kool for adults only. A fun and positive experience that will instill a lifelong love of ice skating. The adult curriculum is designed for beginning through advanced levels of ice skating. The class will focus on fitness, body alignment, coordination, agility, increased stroking power, edges, crossovers, and more.

<b>Date:</b>	June 14 - July 19
<b>Day:</b>	Tuesdays
<b>Time:</b>	5:30 - 6:15pm
<b>Location:</b>	University School of Milwaukee - Polly and Henry Uihlein Sr. Ice Arena (2100 West Fairy Chasm Rd. - Milwaukee)
<b>Fee:</b>	\$132.00R/\$142.00NR
<b>Program#:</b>	331310-01
<b>Min/Max:</b>	4/30
<b>Instructor:</b>	Jill Herbst

### MEN'S SOFTBALL LEAGUE

The men's slow-pitch softball league plays on Thursday nights starting on April 28th. Season is 12 games long. Prizes include team trophy and championship t-shirts.

For more information contact [caleb.franklin@nicolet.us](mailto:caleb.franklin@nicolet.us)

<b>Date:</b>	April 28 - August 11
<b>Day:</b>	Thursdays
<b>Time:</b>	6:00pm, 7:00pm rotating schedule
<b>Location:</b>	Maslowski Park
<b>Fee:</b>	\$500.00 per team
<b>Program#:</b>	331800-01
<b>Min/Max:</b>	4/8 teams

## ADULT GROUP GOLF LESSONS

These lessons provide a thorough introduction AND review of the fundamentals of playing golf. Our award-winning PGA pros discuss goals and then help to perfect grip, alignment, posture, and swing mechanics tailored to the individual's abilities. At Missing Links, we emphasize instruction on the short game, focusing on putting and chipping. Ideal for the beginner and advanced beginner.

<b>Location:</b>	Missing Links Golf Club (12950 N. Port Washington Rd. - Mequon)	<b>Instructor:</b>	Missing Links Golf Professionals
<b>Fee:</b>	\$125.00R/\$145.00NR		
<b>Min/Max:</b>	2/10		



Tuesdays at 6:00 - 7:00pm

<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
I	May 3 - 24	331060-01
II	June 7 - 28	331060-02
III	July 12 - August 2	331060-03
IV	August 16 - September 6	331060-04

Tuesdays at 7:00 - 8:00pm

<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
I	May 3 - 24	331060-05
II	June 7 - 28	331060-06
III	July 12 - August 2	331060-07
IV	August 16 - September 6	331060-08

Wednesdays at 6:00 - 7:00pm

<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
I	May 4 - 25	331060-09
II	June 8 - 29	331060-10
III	July 13 - August 3	331060-11
IV	August 17 - September 7	331060-12

Wednesdays at 7:00 - 8:00pm

<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
I	May 4 - 25	331060-13
II	June 8 - 29	331060-14
III	July 13 - August 3	331060-15
IV	August 17 - September 7	331060-16

Thursdays at 6:00 - 7:00pm

<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
I	May 5 - 26	331060-17
II	June 9 - 30	331060-18
III	July 14 - August 4	331060-19
IV	August 18 - September 8	331060-20

Thursdays at 7:00 - 8:00pm

<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
I	May 5 - 26	331060-21
II	June 9 - 30	331060-22
III	July 14 - August 4	331060-23
IV	August 18 - September 8	331060-24

**PROGRAMMING: AGES 18+**



## ADULT DOUBLES DRILL

Come learn more about doubles strategies. Tim Koppa, a leading expert in doubles will lead this dynamic drill. State league players, bring your partner or come on your own. This will build your knowledge and your thinking about more ways to improve your game and finish the point! *Walk-ups welcome, drop-in fee of \$30.00.*

**Date:** June 14 - July 19  
**Day:** Tuesdays  
**Time:** 8:30 - 10:00am  
**Location:** Nicolet High School - Lower Tennis Courts  
**Fee:** \$150.00R/\$170.00NR  
**Program#:** 331022-01  
**Min/Max:** 6/20  
**Instructor:** Tim Koppa

## CARDIO TENNIS FOR ADULTS

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels. *Walk-ups welcome, drop-in fee of \$15.00.*

**Date:** June 13 - July 20 (skip 7/4)  
**Day:** Mondays & Wednesdays  
**Time:** 12:00 - 12:50pm  
**Location:** Nicolet High School - Lower Tennis Courts  
**Fee:** \$143.00R/\$163.00NR  
**Program#:** 331020-01  
**Min/Max:** 5/8  
**Instructor:** Tim Koppa

## ADULT BEGINNER TENNIS LESSONS

Whether this is your first time playing tennis or you haven't played in years this class is for you! Come join the fun and learn how to play the game and develop your strokes under the instruction of Nicolet Head Tennis Coach Tim Koppa.

**Date:** June 13 - July 25 (skip 7/4)  
**Day:** Mondays  
**Time:** 6:00 - 7:00pm  
**Location:** Nicolet High School - Lower Tennis Courts  
**Fee:** \$78.00R/\$88.00NR  
**Program#:** 331021-01  
**Min/Max:** 4/30  
**Instructor:** Tim Koppa

## PICKLEBALL LADDERS

This competitive hour and a half is for all pickleball players, beginners-advanced athletes. Ladders are a blast. They are a great way to meet new players and improve match playing skills. The first part of the time together will be spent warming up and developing knowledge of match play. The rest of time will be spent playing competitively, by competing against various opponents. Join the fun of pickleball matches today!

**Date:** June 15 - July 20  
**Day:** Wednesdays  
**Time:** 6:00 - 7:30pm  
**Location:** Glen Hills Middle School - Tennis Courts  
**Fee:** \$120.00R/\$140.00NR  
**Program#:** 341251-01  
**Min/Max:** 4/30  
**Instructor:** Kobe Holdren and Tim Koppa



## PICKLEBALL LESSONS

Whether this is your first time playing pickleball or you've played for years this class is for you! Come join the fun and learn how to play the game and develop your strokes under the instruction of the Nicolet tennis staff. The class will be divided between instruction and play. *Walk-ups welcome, drop-in fee of \$15.00.*

**Date:** June 14 - July 21  
**Day:** Tuesdays & Thursdays  
**Time:** 12:00 - 12:50pm  
**Location:** Nicolet High School - Lower Tennis Courts

**Fee:** \$156.00R/\$176.00NR  
**Program#:** 341252-01  
**Min/Max:** 4/30  
**Instructor:** Kobe Holdren and Tim Koppa



## BADMINTON

Great physical conditioning and a lot of fun. Badminton players will be paired with others that have a compatible skill level and play games weekly. Due to the nature of this class, it is recommended that participants play at an intermediate to advanced level. Beginning players are welcome; however, individual instruction may not always be available. Rackets will be furnished or you may bring your own. Shuttlecocks will be provided. The schedule may change depending upon the school calendar. Provide your email address on your registration form to receive information regarding changes in the schedule.

**Date:** June 15 - August 17  
**Day:** Wednesdays  
**Time:** 7:30 - 9:30pm  
**Location:** Whitefish Bay High School - Field House  
 1200 E. Fairmount Ave. - WFB

**Fee:** \$30.00R/\$40.00NR  
**Min/Max:** 6/24  
**Program#:** 331170-01  
**Instructor:** Doug Kane



**PROGRAMMING: AGES 18+**

# REGISTRATION FORM

# 51



**Nicolet Recreation Department**  
 6701 N. Jean Nicolet Rd.  
 Glendale, WI 53217

Phone: (414) 351-7566  
 Fax: (414) 351-4053



Website: <https://www.nicolet.us/activities/recreation.cfm>

**Nicolet Recreation**

Household Information: \_\_\_\_\_ Date: \_\_\_\_\_ Alumni \_\_\_\_\_

Name (person filling out form): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Name	Sex	Birthdate	Grade	Program#	Program Name	Fee

**Reduced Fee School Meal Program for Nicolet School District Students**

For those families who meet the criteria for free school meal program, your child's class fee can be reduced by 50% (supplies and materials excluded). School lists will be used to verify eligibility. "I certify that my child/children is/are eligible for the reduced fee school meal program"

Signature \_\_\_\_\_

Subtotal Fee: \_\_\_\_\_

Less Reduced Fee: \_\_\_\_\_

Total: \_\_\_\_\_

Cash \_\_\_\_\_

Check \_\_\_ / # \_\_\_\_\_  
 make payable to Nicolet Rec. Dept.

**Waiver and Release of Claims**

"As a participant/parent/guardian in this program, I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss which I/my child may ward or sustain as a result of participating in any and/or all activities connected with or associated with such a program. I agree to waive and relinquish all claims I/my child may ward or may have as a result of participating in this program against the Nicolet Recreation Department/Nicolet High School and its officers, agents, servants and employees. I do hereby fully release and discharge the Nicolet Recreation Department/Nicolet High School and its officers, agents, servants, and employees from any and all claims from injuries, damage or loss which I/my child may ward or may have or which may accrue to me/them on account of my/our participation in this program. I further agree to indemnify and hold harmless and defend the Nicolet Recreation Department/Nicolet High School and its officers, agents, servants, and employees from any and all claims resulting from injuries, damages and losses sustained by me/them and arising out of, connected with, or in any way associated with the activities of this program. I have read and fully understand the above program details and waiver and release of all claims."

**For the activities that apply:**

**Concussion & Head Injury Disclosure**

"As a Parent and as an Athlete it is important to recognize the signs, symptoms, and behaviors of concussions. By agreeing to this form you are stating that you understand the importance of recognizing and responding to the signs, symptoms, and behaviors of a concussion or head injury."

For more information go to: [http://www.nicolet.k12.wi.us/cms\\_files/resources/concussion.pdf](http://www.nicolet.k12.wi.us/cms_files/resources/concussion.pdf)

**Parent Agreement:**

I have read the Parent Concussion and Head Injury Information and understand what a concussion is and how it may be caused. I also understand the common signs, symptoms, and behaviors. I agree that my child must be removed from practice/play if a concussion is suspected. I understand that it is my responsibility to seek medical treatment if a suspected concussion is reported to me. I understand that my child cannot return to practice/play until providing written clearance from an appropriate health care provider to his/her coach. I understand the possible consequences of my child returning to practice/play too soon.

**Athlete Agreement:**

I have read the Athlete Concussion and Head Injury Information and understand what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parents/guardian. I understand that I must be removed from practice/play if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/play. I understand the possible consequence of returning to practice/play too soon and that my brain needs time to heal.

Signature \_\_\_\_\_ Date \_\_\_\_\_

## CHAIR YOGA

For those with limited mobility and range of motion OR those healing from injury or living with chronic pain.

Chair Yoga is a gentle form of Yoga where the participant can either sit or stand and use the chair as support for those less active or mobile. This movement and mindful activity can help relieve pain in common areas (hips, low back and shoulders) and improve circulation and flexibility to muscles and joints while promoting relaxation - with seated and some standing postures and beneficial breathing techniques. Improve your range of motion and general well being for your whole self - body, mind and spirit - all from the seat or use of chair for support and stability.

**Notes for Class:** Yoga mats are available in class or you can bring your own. Wear comfortable, stretchy clothes and shoes are removed for class. It's always a good idea to consult your doctor before starting a new exercise routine including yoga and it should never replace regular medical care. Props will be provided.



**Date:** May 5 - June 30 (skip 6/23)  
**Day:** Thursdays  
**Time:** 11:15am - 12:15pm  
**Location:** North Shore Congregation Church  
 (7330 N Santa Monica Blvd - Fox Point)  
**Fee:** \$78.00R/\$88.00NR  
**Program#:** 343030-01  
**Min/Max:** 4/10  
**Instructor:** Erica Boos, RYT,  
 Yoga Alliance, 200-Hour YogaFit Certified

## BREWERS GAME

Attend a Brewer Game with family and friends and you won't have to worry about the parking. The Cincinnati Reds are in town for this home stand as we arrive in grand style in our coach bus. For easier walking we will be dropped off at the handicapped entrance. It is a special day for seniors with great seats in the loge section along the first base line with afternoon shade and easy access to food and restrooms. Our group name will even be on the scoreboard. When registering, please indicate seat pairings for the game and bus. *Deadline for tickets is June 10. No refunds will be issued after this date. Register early! Low Registration can result in cancellation.*

**Date:** July 27  
**Day:** Wednesday  
**Time:** 1:10pm Start Time; Bus loads at 10:45am;  
 Bus departs at 11:00am; Bus returns approx. 4:30pm  
**Location:** Range Line School - Parking Lot (SW corner)  
 11040 N. Range Line Rd. - Mequon  
**Fee:** \$50.00R/\$60.00NR  
**Program#:** 342060-01  
**Min/Max:** 7/25



## MILWAUKEE COUNTY AGING AND DISABILITY RESOURCE CENTER (ADRC)

Milwaukee County Aging & Disabilities Services empowers safe, healthy and meaningful lives by connecting older adults and individuals with disabilities to resources that promote independence and inclusion, giving them choices for living in, and giving to our community. This presentation will give an overview of the services we provide for older adults and people with disabilities including: Information & Assistance, Benefits Specialists, Options Counseling, Dementia Care, Senior Centers, Senior Dining, Transportation, Wellness Programs and more.

**Day:** Wednesday  
**Time:** 10:00 - 11:00am  
**Location:** Nicolet High School - Room B113  
**Fee:** FREE  
**Min/Max:** 20/30  
**Instructor:** Michelle Allison, Information and Outreach Coordinator



<b>Session:</b>	<b>Date:</b>	<b>Program#:</b>
I	June 15	343111-01
II	August 10	343111-02



**PROGRAMMING: AGES 55+**

## FALL PREVENTION SAFETY FOR SENIORS

The goal of this session is to help Seniors reduce their risk of taking falls. Falls are a leading cause of life changing injuries, higher medical costs, and a loss of independent living. The objectives of this session are to provide practical information and guidance that Seniors can use in their residence and community on a daily basis. Participants will learn about a wide range of tips and risk factors to help improve their safety. The session includes video and other content from the National Council on Aging, the Milwaukee County Fall Prevention Coalition, and other nationally recognized organizations. Video, fun and interactive questionnaires, a Fall Risk Prevention Checklist, and an individualized Fall Risk Assessment for each participant are included.

**Date:** June 20  
**Day:** Monday  
**Time:** 10:00am - 12noon  
**Location:** Nicolet High School - Room B113  
**Fee:** FREE  
**Program#:** 342110-01  
**Min/Max:** 5/30  
**Instructor:** Shawn McComb, Owner of Right at Home



## SEWING LAB

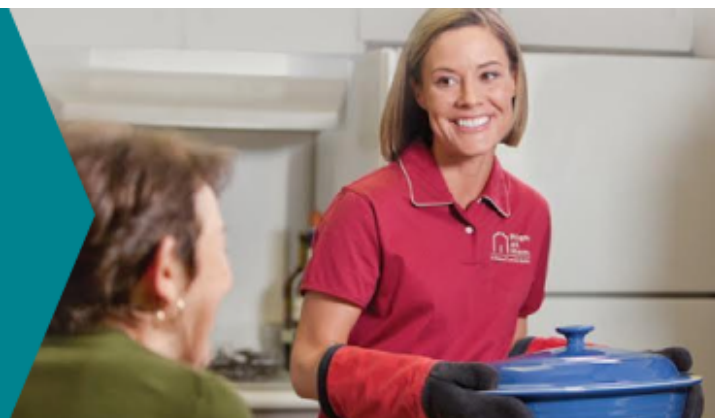
Sewing Lab is designed to provide you with a premium workspace, allowing you to work side-by-side with fellow sewers. An instructor will be available at each class to offer direction and advice as needed. Come have fun in this social, creative, and fun environment. All participants must bring their projects and fabric to the first class.

**Date:** June 6 - August 15 (skip 7/4)  
**Day:** Mondays  
**Time:** 12:30 - 3:00pm  
**Location:** Lydell Community Center - Room 22  
 5205 N Lydell Ave - Whitefish Bay  
**Fee:** \$60.00R/\$70.00NR  
**Program#:** 342501-01  
**Min/Max:** 6/16



Do you, or someone you know, need help caring for a loved one?

*Call for a Free Assessment Today!*



In-home care is the perfect choice for those who want to remain independent but are challenged by activities of daily living

### SERVICES WE PROVIDE:

- Personal Care
- Companion Care
- Respite Care
- Light Exercise
- Shopping & Errands
- Med / Appointment Reminders
- Meal Preparation
- Bathing & Hygiene Needs
- Transportation
- Laundry, Light Housekeeping



Right at Home is rated as one of the top home care companies in the Milwaukee area.

316 E. Silver Spring Dr. #213 | Whitefish Bay, WI 53217 | 414.877.1635 | RightAtHome.net

Located in the Fox Bay Theater Building

PROGRAMMING: AGES 55+



# WHAT'S ON TAP IN GLENDALE?

From Glendale's Convention, Visitors, and Business Association

## 2022 EVENTS

- Beer, Wine, & Chocolate Festival
- Bayshore Art & Artisan Fair
- Sprecherfest Weekend
- Music in the Glen
- Movies in the Glen
- Root Beer Bash
- Brew City Cigar Fest
- Oktoberfest
- Bayshore Sounds of Summer
- *And so much more.....*

*More event information at [WelcometoGlendale.com](http://WelcometoGlendale.com)*

## Be the **SPARK** in our Community!

Please volunteer for Glendale's Summer Events!  
No experience necessary, looks great on resumes!



**7 HOTELS CALL GLENDALE HOME**



**Residence Inn<sup>®</sup> Marriott**

**Fairfield<sup>®</sup> BY MARRIOTT**

**LAQUINTA<sup>®</sup> INNS & SUITES**

**Hampton<sup>®</sup> BY HILTON**

**Holiday Inn<sup>®</sup> AN IHG<sup>®</sup> HOTEL**

**LAQUINTA<sup>®</sup> BY WYNDHAM**

**6<sup>®</sup> by Hilton**

**GLENDALE'S SEVEN HOTELS OFFER GREAT VARIETIES OF LODGING. MOST HOTELS OFFER MEETING AND CONFERENCE SPACES.**

**PET FRIENDLY  
POOLS & AMENITIES  
FREE PARKING  
FITNESS CENTERS  
ACCESSIBILITY**



Networking Events

Professional Development

Marketing & Promotion Tools

Resources

Member Savings Programs



Join the new  
**Glendale Area Business Association**

"Designed by local businesses for North Shore organizations."

**TO LEARN ALL ABOUT EVENTS AND NEWS...**

**SIGN-UP FOR THE MONTHLY COMMUNITY EMAIL AT [WWW.WELCOMETOGLLENDALE.COM](http://WWW.WELCOMETOGLLENDALE.COM)**

**GET SOCIAL!**



**[WWW.WELCOMETOGLLENDALE.COM](http://WWW.WELCOMETOGLLENDALE.COM)**

## SOFTBALL

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
Apr 5, 2022 - Tue	4:30 PM - 6:15 PM	Nicolet Varsity Softball @ Port Washington	Thomas Jefferson Middle School
Apr 7, 2022 - Thu	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. Slinger	Maslowski Community Park
Apr 11, 2022 - Mon	4:30 PM - 5:15 PM	Nicolet Varsity Softball @ Homestead	Homestead High School
Apr 12, 2022 - Tue	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. West Bend West	Maslowski Community Park
Apr 14, 2022 - Thu	4:30 PM - 6:15 PM	Nicolet Varsity Softball @ Hartford	Hartford High School
Apr 19, 2022 - Tue	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. Grafton	Maslowski Community Park
Apr 21, 2022 - Thu	4:30 PM - 6:15 PM	Nicolet Varsity Softball @ Cedarburg	Cedarburg High School
Apr 23, 2022 - Sat	10:00 AM - 4:00 PM	Nicolet Varsity Softball - Tournament	Island Park
Apr 25, 2022 - Mon	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. Whitefish Bay	Maslowski Community Park
Apr 26, 2022 - Tue	4:30 PM - 6:15 PM	Nicolet Varsity Softball @ West Bend East	West Bend East High School
Apr 28, 2022 - Thu	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. Port Washington	Maslowski Community Park
May 2, 2022 - Mon	4:30 PM - 6:15 PM	Nicolet Varsity Softball @ Slinger	Slinger Middle School
May 3, 2022 - Tue	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. Homestead	Maslowski Community Park
May 5, 2022 - Thu	4:30 PM - 6:15 PM	Nicolet Varsity Softball @ West Bend West	West Bend West High School
May 7, 2022 - Sat	11:00 AM - 3:00 PM	Nicolet Varsity Softball vs. Roncalli (DH)	Maslowski Community Park
May 9, 2022 - Mon	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. Hartford	Maslowski Community Park
May 10, 2022 - Tue	4:15 PM - 5:45 PM	Nicolet Varsity Softball @ Grafton	John Long Middle School
May 12, 2022 - Thu	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. Cedarburg	Maslowski Community Park
May 14, 2022 - Sat 1	0:00 AM - 2:00 PM	Nicolet Varsity Softball vs. Martin Luther (DH)	Maslowski Community Park
May 16, 2022 - Mon	4:30 PM - 6:15 PM	Nicolet Varsity Softball @ Whitefish Bay	Whitefish Bay High School
May 17, 2022 - Tue	4:30 PM - 6:00 PM	Nicolet Varsity Softball vs. West Bend East	Maslowski Community Park

## BOYS GOLF

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
Apr 12, 2022 - Tue	12:00 PM - 4:00 PM	Nicolet Varsity Boys Golf - Invitational	Hidden Glen Golf Club
Apr 16, 2022 - Sat	9:00 AM - 3:00 PM	Nicolet Varsity Boys Golf - Invitational	Hartford High School
Apr 18, 2022 - Mon	4:00 PM - 7:00 PM	Nicolet Varsity Boys Golf - Meet	Ozaukee Country Club
Apr 19, 2022 - Tue	4:00 PM - 7:00 PM	Nicolet Varsity Boys Golf - Meet	Mee-Kwon Golf Course
Apr 20, 2022 - Wed	10:00 AM - 3:00 PM	Nicolet Varsity Boys Golf - Invitational	Blackwolf Run Golf Course
Apr 21, 2022 - Thu	10:00 AM - 3:00 PM	Nicolet Varsity Boys Golf - Invitational	Whistling Straits - Irish Course
Apr 25, 2022 - Mon	4:00 PM - 7:00 PM	Nicolet Varsity Boys Golf - Meet	West Bend Country Club
Apr 29, 2022 - Fri	8:00 AM - 3:00 PM	Nicolet Varsity Boys Golf - Invitational	Hawthorne Hills Golf Course
Apr 30, 2022 - Sat	10:00 AM - 3:00 PM	Nicolet Varsity Boys Golf - Invitational	The Club at Lac La Belle
May 2, 2022 - Mon	4:30 PM - 7:00 PM	Nicolet Varsity Boys Golf - Meet	Washington County Golf Course
May 5, 2022 - Thu	1:00 PM - 6:00 PM	Nicolet Varsity Boys Golf - Invitational	Hidden Glen Golf Club
May 12, 2022 - Thu	8:30 AM - 3:00 PM	Nicolet Varsity Boys Golf - Invitational	West Bend Lakes Golf Course
May 13, 2022 - Fri	4:30 PM - 7:00 PM	Nicolet Varsity Boys Golf - Meet	Hawthorne Hills Golf Course
May 17, 2022 - Tue	12:00 PM - 5:00 PM	Nicolet Varsity Boys Golf - Invitational	The Legend At Brandybrook
May 18, 2022 - Wed	9:30 AM - 4:00 PM	Nicolet Varsity Boys Golf - NSC Meet	Erin Hills Golf Course



## NICOLET SPIRIT STORE

Visit the Nicolet Spirit Store on Wednesdays 11 a.m. - 1:30 p.m. while school is in session.

Shop online 24/7 at (<http://nicoletspiritstore.square.site>), pick up online orders at school, or opt for FREE DELIVERY if you live in the area.

Follow us on Facebook or Instagram @Nicolet Spirit Store to see new products & special evening store hours. All Proceeds fund athletic funding needs and athletic scholarships.



## BASEBALL

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Mar 30, 2022 - Wed	4:30 PM - 6:00 PM	Nicolet Varsity Baseball @ USM	University School of Milwaukee
Apr 1, 2022 - Fri	5:00 PM - 7:00 PM	Nicolet Varsity Baseball vs. Menomonee Falls	Maslowski Community Park
Apr 6, 2022 - Wed	4:45 PM - 6:45 PM	Nicolet Varsity Baseball @ Port Washington	Port Washington High School
Apr 8, 2022 - Fri	4:45 PM - 7:00 PM	Nicolet Varsity Baseball vs. Slinger	Maslowski Community Park
Apr 9, 2022 - Sat	1:30 PM - 3:30 PM	Nicolet Varsity Baseball @ Waukesha North	Frame Park
Apr 11, 2022 - Mon	4:45 PM - 6:45 PM	Nicolet Varsity Baseball @ Homestead	Rennicke Field
Apr 13, 2022 - Wed	4:45 PM - 7:00 PM	Nicolet Varsity Baseball vs. West Bend West	Maslowski Community Park
Apr 20, 2022 - Wed	4:45 PM - 6:45 PM	Nicolet Varsity Baseball @ Hartford	Hartford High School
Apr 22, 2022 - Fri	4:45 PM - 7:00 PM	Nicolet Varsity Baseball vs. Grafton	Maslowski Community Park
Apr 25, 2022 - Mon	4:45 PM - 6:45 PM	Nicolet Varsity Baseball @ Cedarburg	Cedarburg High School
Apr 27, 2022 - Wed	4:45 PM - 7:00 PM	Nicolet Varsity Baseball vs. Whitefish Bay	Maslowski Community Park
Apr 29, 2022 - Fri	4:45 PM - 6:45 PM	Nicolet Varsity Baseball @ West Bend East	West Bend East High School
May 2, 2022 - Mon	5:00 PM - 7:00 PM	Nicolet Varsity Baseball vs. Port Washington	Maslowski Community Park
May 4, 2022 - Wed	5:00 PM - 6:45 PM	Nicolet Varsity Baseball @ Slinger	Slinger High School
May 6, 2022 - Fri	5:00 PM - 7:00 PM	Nicolet Varsity Baseball vs. Homestead	Maslowski Community Park
May 7, 2022 - Sat	7:30 PM - 9:30 PM	Nicolet Varsity Baseball vs. New Berlin Eisenhower	Maslowski Community Park
May 9, 2022 - Mon	5:00 PM - 6:45 PM	Nicolet Varsity Baseball @ West Bend West	West Bend West High School
May 11, 2022 - Wed	5:00 PM - 7:00 PM	Nicolet Varsity Baseball vs. Hartford	Maslowski Community Park
May 13, 2022 - Fri	5:00 PM - 6:45 PM	Nicolet Varsity Baseball @ Grafton	Grafton High School
May 14, 2022 - Sat	4:00 PM - 6:00 PM	Nicolet Varsity Baseball vs. Brookfield Central	Maslowski Community Park
May 16, 2022 - Mon	5:00 PM - 7:00 PM	Nicolet Varsity Baseball vs. Cedarburg	Maslowski Community Park
May 19, 2022 - Thu	5:00 PM - 7:00 PM	Nicolet Varsity Baseball @ Whitefish Bay	Cahill Park
May 23, 2022 - Mon	5:00 PM - 7:00 PM	Nicolet Varsity Baseball vs. West Bend East	Maslowski Community Park
May 24, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Baseball vs. South Milwaukee	Maslowski Community Park
May 26, 2022 - Thu	5:00 PM - 7:00 PM	Nicolet Varsity Baseball vs. Milwaukee King	Maslowski Community Park

## BOYS TENNIS

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Apr 1, 2022 - Fri	12:00 PM - 7:00 PM	Nicolet Varsity Boys Tennis - Invitational	Nicolet High School
Apr 2, 2022 - Sat	8:30 AM - 4:00 PM	Nicolet Varsity Boys Tennis - Invitational	Nicolet High School
Apr 7, 2022 - Thu	4:00 PM - 6:00 PM	Nicolet Varsity Boys Tennis @ Brookfield East	Brookfield East High School
Apr 12, 2022 - Tue	4:00 PM - 5:30 PM	Nicolet Varsity Boys Tennis vs. Stevens Point	Nicolet High School
Apr 13, 2022 - Wed	4:00 PM - 6:00 PM	Nicolet Varsity Boys Tennis @ Menomonee Falls	Menomonee Falls High School
Apr 19, 2022 - Tue	3:30 PM - 5:30 PM	Nicolet Varsity Boys Tennis @ Slinger	Slinger High School
Apr 21, 2022 - Thu	3:30 PM - 5:30 PM	Nicolet Varsity Boys Tennis vs. West Bend West	Nicolet High School
Apr 26, 2022 - Tue	3:30 PM - 5:30 PM	Nicolet Varsity Boys Tennis @ Grafton	Grafton High School
Apr 27, 2022 - Wed	3:30 PM - 5:30 PM	Nicolet Varsity Boys Tennis vs. Brookfield Central	Nicolet High School
Apr 29, 2022 - Fri	1:00 PM - 7:00 PM	Nicolet Varsity Boys Tennis - Invitational	Brookfield East High School
Apr 30, 2022 - Sat	8:00 AM - 5:00 PM	Nicolet Varsity Boys Tennis - Invitational	Brookfield East High School
May 3, 2022 - Tue	3:30 PM - 5:30 PM	Nicolet Varsity Boys Tennis vs. Whitefish Bay	Nicolet High School
May 6, 2022 - Fri	1:00 PM - 7:00 PM	Nicolet Varsity Boys Tennis - Invitational	Nicolet High School
May 7, 2022 - Sat	9:00 AM - 5:00 PM	Nicolet Varsity Boys Tennis - Invitational	Nicolet High School
May 10, 2022 - Tue	3:30 PM - 5:30 PM	Nicolet Varsity Boys Tennis vs. Homestead	Nicolet High School
May 13, 2022 - Fri	4:00 PM - 7:00 PM	Nicolet Varsity Boys Tennis - Invitational	Sun Prairie High School
May 14, 2022 - Sat	9:00 AM - 5:00 PM	Nicolet Varsity Boys Tennis - Invitational	Sun Prairie High School
May 17, 2022 - Tue	12:00 PM - 3:00 PM	Nicolet Varsity Boys Tennis - NSC Meet	Hartford High School
	4:00 PM - 7:00 PM	Nicolet Varsity Boys Tennis- NSC Meet	Cedarburg High School
May 18, 2022 - Wed	12:00 PM - 3:00 PM	Nicolet Varsity Boys Tennis - NSC Meet	Nicolet High School
	4:00 PM - 7:00 PM	Nicolet Varsity Boys Tennis- NSC Meet	Nicolet High School
May 20, 2022 - Fri	9:00 AM - 5:00 PM	Nicolet Varsity Boys Tennis - Invitational	UW-Whitewater - Kachel Fieldhouse
May 21, 2022 - Sat	9:00 AM - 5:00 PM	Nicolet Varsity Boys Tennis - Invitational	UW-Whitewater - Kachel Fieldhouse



## GIRLS SOCCER

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Apr 5, 2022 - Tue	7:15 PM - 9:15 PM	Nicolet Varsity Girls Soccer vs. Milwaukee Reagan	Uihlein Soccer Park
Apr 8, 2022 - Fri	4:30 PM - 6:30 PM	Nicolet Varsity Girls Soccer - Tournament	Shorewood High School
Apr 9, 2022 - Sat	10:00 AM - 12:00 PM	Nicolet Varsity Girls Soccer - Tournament	Shorewood High School
Apr 12, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer @ Port Washington	Thomas Jefferson MS
Apr 14, 2022 - Thu	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Wauwatosa West	Uihlein Soccer ParkField
Apr 19, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Slinger	Uihlein Soccer Park
Apr 22, 2022 - Fri	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Wauwatosa East	Uihlein Soccer Park
Apr 26, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer @ Homestead	Homestead High School
Apr 28, 2022 - Thu	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Racine Horlick	Uihlein Soccer Park
May 3, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer @ Hartford	Hartford High School
May 6, 2022 - Fri	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Oregon	MSOE Viets Field
May 10, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Grafton	Uihlein Soccer Park
May 13, 2022 - Fri	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Mukwonago	MSOE Viets Field
May 17, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer @ Cedarburg	Cedarburg High School
May 19, 2022 - Thu	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer vs. Whitefish Bay	Uihlein Soccer Park
May 24, 2022 - Tue	7:00 PM - 9:00 PM	Nicolet Varsity Girls Soccer @ West Bend Co-op	West Bend East High School
May 27, 2022 - Fri	5:30 PM - 7:30 PM	Nicolet Varsity Girls Soccer vs. West De Pere	MSOE Viets Field

## BOYS & GIRLS TRACK & FIELD

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Mar 18, 2022 - Fri	3:30 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - Invitational	Carthage College
Mar 19, 2022 - Sat	0:00 AM - 5:00 PM	Nicolet Varsity Boys Track & Field - Invitational	Carthage College
Mar 31, 2022 - Thu	4:00 PM - 9:00 PM	Nicolet JV Boys Track & Field - Invitational	Homestead High School
	4:00 PM - 9:00 PM	Nicolet JV Girls Track & Field - Invitational	Homestead High School
Apr 1, 2022 - Fri	4:00 PM - 9:00 PM	Nicolet Varsity/JV Boys Track & Field	UW-Parkside
	4:00 PM - 9:00 PM	Nicolet Varsity/JV Girls Track & Field - Invitational	UW-Parkside
Apr 12, 2022 - Tue	4:00 PM - 9:00 PM	Nicolet Varsity Boys Track & Field - Invitational	Brookfield East High School
Apr 13, 2022 - Wed	4:00 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - Invitational	Brookfield East High School
Apr 20, 2022 - Wed	4:00 PM - 9:00 PM	Nicolet JV Boys Track & Field - Invitational	Hart Park
	4:00 PM - 9:00 PM	Nicolet JV Girls Track & Field - Invitational	Hart Park
Apr 21, 2022 - Thu	4:00 PM - 9:00 PM	Nicolet Varsity Boys Track & Field - Invitational	Whitnall High School
	4:00 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - Invitational	Whitnall High School
Apr 28, 2022 - Thu	4:00 PM - 9:00 PM	Nicolet JV Boys Track & Field - Invitational	Port Washington HS
	4:00 PM - 9:00 PM	Nicolet JV Girls Track & Field - Invitational	Port Washington HS
Apr 30, 2022 - Sat	9:00 AM - 5:00 PM	Nicolet Varsity Boys Track & Field - Invitational	Waukesha North HS
	9:00 AM - 5:00 PM	Nicolet Varsity Girls Track & Field - Invitational	Waukesha North HS
May 2, 2022 - Mon	4:00 PM - 8:00 PM	Nicolet JV Boys Track & Field - NSC Relays	Slinger High School
	4:00 PM - 8:00 PM	Nicolet JV Girls Track & Field - NSC Relays	Slinger High School
May 4, 2022 - Wed	4:00 PM - 9:00 PM	Nicolet Varsity Boys Track & Field - NSC Relays	Port Washington HS
	4:00 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - NSC Relays	Port Washington HS
May 7, 2022 - Sat	3:15 PM - 9:00 PM	Nicolet Varsity Boys Track & Field - Invitational	Arrowhead High School
	3:15 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - Invitational	Arrowhead High School
May 11, 2022 - Wed	4:15 PM - 9:00 PM	Nicolet Varsity Boys Track & Field - Invitational	Hart Park
	4:15 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - Invitational	Hart Park
May 12, 2022 - Thu	4:00 PM - 9:00 PM	Nicolet JV Boys Track & Field - Invitational	USM
	4:00 PM - 9:00 PM	Nicolet JV Girls Track & Field - Invitational	USM
May 13, 2022 - Fri	4:00 PM - 9:00 PM	Nicolet Varsity Boys Track & Field - Invitational	Hartford High School
	4:00 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - Invitational	Hartford High School
May 17, 2022 - Tue	4:00 PM - 9:00 PM	Nicolet Varsity Boys Track & Field - NSC Meet	Grafton High School
	4:00 PM - 9:00 PM	Nicolet Varsity Girls Track & Field - NSC Meet	Grafton High School

## A

ACT, **39**  
Adventure, **30**  
Amazing Athletes, **13**  
Archery, **34; 39; 49**  
Art, **17**

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## B

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Badminton, **30; 50**  
Baseball, **25**  
Basketball, **33**  
Biking, **25**  
Bowling, **31**

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## C

Chess, **16**  
Coding, **15**  
College Planning, **44**  
Cooking, **18; 41**  
CPR, **9-10**

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## D

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## E

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## F

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## G

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Gymnastics, **12; 23; 39**

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## H

## I

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## J

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Junior Jamboree, **13**

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## K

## L

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Legos, **18**  
Lifeguarding, **9-10**

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## M

Mad Science, **15**  
Magic, **17**

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## N

Nature, **16**

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## O

## P

Painting, **17; 44**  
Pickleball, **50**  
Publishing, **44**

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## Q

## R

Real Estate, **43**  
Retirement, **44**  
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Scuba Diving, **22**  
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## T

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Tennis, **26; 31; 37; 50**

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## U

## V

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## W

Wellness, **42; 52; 53**

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## X

## Y

Yoga, **30; 46; 52**

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## Z

Zumbini, **13**

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