

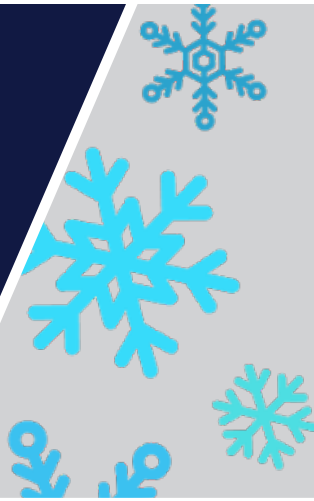


BULLETIN OF PROGRAMS

NICOLET

RECREATION DEPARTMENT

TODDLERS | YOUTH | TEENS | ADULTS | SENIOR ADULTS



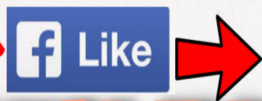
proudly serving the communities of Bayside, Fox Point, Glendale and River Hills



WINTER/
SPRING
2022



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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

COMMUNITY CONTACTS

Glendale Little League Baseball
www.glendalelittleleague.com

Just Drive - Driver's Education
www.justdrivewi.com

North Shore Library
www.mcfls.org/northshorelibrary

- 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.

DISTRICT ADMINISTRATOR

Greg Kabara, **EdD**

NHS DISTRICT SCHOOL BOARD

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

NICOLET RECREATION DEPARTMENT STAFF

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

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

November 2021

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

Volume 12 (2022), Issue 1

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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FALL REGISTRATION INFORMATION

- Online registration begins Monday, December 6.
- All other forms of registration (mail-in, fax, walk-in, & drop box) begins on Monday, December 20.

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 throughout the pandemic. We are looking forward to our Winter/Spring programming going back to "normal." As you page through our 2022 Winter/Spring Bulletin you will find a total of 123 different programs which includes 15 brand new programs like Head2Toe Bodyworks & Fastpitch Softball Pitching Clinics. 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 22 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, Assistant Recreation Director



NICOLET HIGH SCHOOL NEWS

The Nicolet Union High School District exists to positively impact the world through education by accelerating the achievement of every student, in every classroom, every day.

EIGHT NICOLET SENIORS NAMED 2022 NATIONAL MERIT SCHOLARSHIP PROGRAM SEMIFINALIST

Eight Nicolet High School seniors have been recognized as semifinalists in the 2022 National Merit Scholarship Program. Seona Maskara, Luis McDougall, Micah Packman, Elise Scheuer, Haley Shamah, Daniel Stein, Alexavier Sudemir and Thomas Vielmetti will continue to compete for the Merit Scholar title.



SEONA
MASKARA



LUIS
MCDUGALL



MICAH
PACKMAN



ELISE
SCHEUER



HALEY
SHAMAH



DANIEL
STEIN



ALEXAVIER
SUDEMIR



THOMAS
VIELMETTI

Congratulations!



Watch your mailbox for District Newsletters highlighting students and faculty accomplishments. Visit www.nicolet.us for news and information.

FOLLOW NICOLET HIGH SCHOOL ON SOCIAL MEDIA  /nicolethighschool  @nicoletknights

Congratulations



HERR WAGNER

Congratulations to German Teacher Mark Wagner. Herr Wagner will be one of only 5 educators nationwide to be recognized with the Goethe-Institut / AATG Certificate of Merit for his achievement in furthering the teaching of German.



photo by Wyatt Chang, Senior

OUTDOOR PURSUITS

Junior, Addie Ellis, along with her co-pilot Superintendent, Dr. Kabara, took advantage of the beautiful weather to embark on her fourth and final ride this semester, with her Outdoor Pursuit class, to the Kletzsch Park waterfall.

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#
School Age Level 1, 2	January 11 - March 1	Tuesdays	4:45 - 5:30pm	215010-01
Preschool Level 2, 3	January 11 - March 1	Tuesdays	5:30 - 6:00pm	215010-02
School Age Level 3	January 11 - March 1	Tuesdays	6:00 - 6:45pm	215010-03
Teen/Adult (all levels)	January 11 - March 1	Tuesdays	7:30 - 8:15pm	215010-04
Preschool Level 2, 3	January 13 - March 3	Thursdays	4:15 - 4:45pm	215010-05
Preschool Level 1	January 13 - March 3	Thursdays	4:45 - 5:15pm	215010-06
School Age Level 4, 5, 6	January 13 - March 3	Thursdays	5:15 - 6:00pm	215010-07
School Age Level 1, 2	January 13 - March 3	Thursdays	6:00 - 6:45pm	215010-08
School Age Level 1, 2	January 15 - March 5	Saturdays	8:45 - 9:30am	215010-09
Preschool Level 1	January 15 - March 5	Saturdays	9:30 - 10:00am	215010-10
Preschool Level 2, 3	January 15 - March 5	Saturdays	10:00 - 10:30am	215010-11
Parent/Child I	January 15 - March 5	Saturdays	10:30 - 11:15am	215010-12
Parent/Child II	January 15 - March 5	Saturdays	11:15 - 12noon	215010-13
School Age Level 4, 5, 6	January 15 - March 5	Saturdays	12:00 - 12:45pm	215010-14
School Age Level 3	January 15 - March 5	Saturdays	12:45 - 1:30pm	215010-15
Special Needs	January 15 - March 5	Saturdays	1:30 - 2:15pm	215010-16
School Age Level 1, 2	March 8 - May 3 (skip 3/22)	Tuesdays	4:45 - 5:30pm	215010-17
School Age Level 4, 5, 6	March 8 - May 3 (skip 3/22)	Tuesdays	5:30 - 6:15pm	215010-18
Preschool Level 2, 3	March 8 - May 3 (skip 3/22)	Tuesdays	6:15 - 6:45pm	215010-19
Teen/Adult (all levels)	March 8 - May 3 (skip 3/22)	Tuesdays	7:30 - 8:15pm	215010-20
Preschool Level 2, 3	March 10 - May 5 (skip 3/24)	Thursdays	4:15 - 4:45pm	215010-21
School Age Level 3	March 10 - May 5 (skip 3/24)	Thursdays	4:45 - 5:30pm	215010-22
School Age Level 1, 2	March 10 - May 5 (skip 3/24)	Thursdays	5:30 - 6:15pm	215010-23
Preschool Level I	March 10 - May 5 (skip 3/24)	Thursdays	6:15 - 6:45pm	215010-24
School Age Level 1, 2	March 12 - May 7 (skip 4/16)	Saturdays	8:45 - 9:30am	215010-25
Preschool Level 1	March 12 - May 7 (skip 4/16)	Saturdays	9:30 - 10:00am	215010-26
Preschool Level 2, 3	March 12 - May 7 (skip 4/16)	Saturdays	10:00 - 10:30am	215010-27
Parent/Child I	March 12 - May 7 (skip 4/16)	Saturdays	10:30 - 11:15am	215010-28
Parent/Child II	March 12 - May 7 (skip 4/16)	Saturdays	11:15 - 12noon	215010-29
School Age Level 4, 5, 6	March 12 - May 7 (skip 4/16)	Saturdays	12:00 - 12:45pm	215010-30
School Age Level 3	March 12 - May 7 (skip 4/16)	Saturdays	12:45 - 1:30pm	215010-31
Special Needs	March 12 - May 7 (skip 4/16)	Saturdays	1:30 - 2:15pm	215010-32

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/LAP SWIM

This combined program of family swim and lap swim is a great opportunity for you and your family to enjoy water indoors. Open swim is open to all ages, while lap swim is open to ages 12 years and up. 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 due to social distancing. 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 paying adults 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.

Open Swim - Glen Hills Pool

Date:	Day:	Time:
January 11 - May 5	Tuesdays & Thursdays	4:45 - 6:30pm
January 15 - May 7	Saturdays	8:45am - 1:30pm

Lap Swim - Nicolet High School Pool

Date:	Day:	Time:
January 3 - May 27	Mondays - Fridays	5:45 - 6:45am
January 12 - May 4	Wednesdays	7:05 - 8:00pm

Fees:

\$40.00R/\$50.00NR 20-punch pass
 \$50.00R/\$60.00NR 30-punch pass
 \$3.00R/\$5.00NR Drop-in

Glen Hills and Nicolet Pools will be closed January 1; March 21 - 25 (morning lap swim open on these dates); April 15 - 17; May 31

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.

Day:	Mondays, Tuesdays, Thursdays, Fridays	Session:	Date:	Program#:
Time:	5:45 - 6:45am	I	November 29 - March 4	235080-01
Location:	Nicolet High School - Pool		(skip 12/24 - 12/31)	
Age:	18 years and up	II	March 7 - June 3	235080-02
Fee:	\$110.00R/\$130.00NR		(skip 4/15 & 5/30)	
Instructor:	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)

BLENDLED LEARNING PROFESSIONAL CPR & FIRST AID/AED

This is a combination of online work as well as a class testing component. Automated External Defibrillator training with the combination of professional CPR and first aid. This course trains individuals with a duty to act including lifeguards, police, security personnel, firefighters, and athletic trainers to respond to breathing and cardiac emergencies in adults, children, and infants until more advanced medical personnel take over. This is also intended for individuals serving in roles that would be called upon to provide support in emergency situations such as aquatic facility, gym, fitness club or community recreation center staff. Please bring bag lunch. 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. 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. All manuals for the Nicolet Recreation Department American Red Cross programs are online and should be read prior to class.

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

Date:	March 22	Fee:	\$93.00R/\$103.00NR
Day:	Tuesday	Program#:	234060-01
Time:	7:30am - 12:00noon	Min/Max:	6/10
Location:	Nicolet High School - Room B113	Instructor:	Cindy Schlidt
Age:	15 years and up		



BLENDLED LEARNING PEDIATRIC CPR & FIRST AID (FOR NEWBORNS TO 11 YEARS OLD)

This is a combination of online work and classroom testing. The purpose of this course is to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies; to know how to care for a suddenly injured or ill person until more advanced medical personnel arrive and take over. Must pass practical skills tests to be certified. Certification is valid for two years. 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. All manuals for the Nicolet Recreation Department American Red Cross programs are online and online work must be completed prior to class.

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

Time:	2:15 - 4:15pm	Session:	Date:	Day:	Program#:
Location:	Nicolet High School - Room B113	I	March 24	Thursday	234010-01
Age:	11 years and up	II	May 28	Saturday	234010-02
Fee:	\$84.00R/\$94.00NR				
Min/Max:	6/10				
Instructor:	Cindy Schlidt				



BLENDLED LEARNING ADULT CPR/AED (CPR FOR AGES 12+ YEAR OLDS)

This class is a combination of online and classroom testing. The online portion must be completed prior to the start of the classroom testing. The purpose of this course is to help participants recognize and respond appropriately to cardiac and breathing emergencies until more advanced medical personnel arrive and take over. Must pass practical skills tests to be certified. Certification is valid for two years. Registration deadline is 2 weeks before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites. All manuals for the Nicolet Recreation Department American Red Cross programs are online and should be read prior to class.

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

Time:	4:15 - 5:15pm	Session:	Date:	Day:	Program#:
Location:	Nicolet High School - Room B113	I	March 24	Thursday	234012-01
Age:	11 years and up	II	May 28	Saturday	234012-02
Fee:	\$68.00R/\$78.00NR				
Min/Max:	6/10				
Instructor:	Cindy Schlidt				



BABYSITTING BASIC

The purpose of the Babysitting training program is to provide youth ages 11-15 years old who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This course helps participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave, and learn about basic child care. Must attend the entire day and complete all skills with competency. Please bring a notebook, pen, print-out of book or online laptop/tablet with manual downloaded. Registration deadline is a week before class begins. An email will be sent prior to the class start date with details of class requirements/prerequisites. All manuals for the Nicolet Recreation Department American Red Cross programs are online and should be read prior to class.

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

Time:	8:00am - 2:00pm	Session:	Date:	Day:	Program#:
Location:	Nicolet High School - Room B113	I	March 24	Thursday	234050-01
Age:	11 years and up	II	May 28	Saturday	234050-02
Fee:	\$98.00R/\$108.00NR				
Min/Max:	6/12				
Instructor:	Cindy Schlidt				

AMERICAN RED CROSS: AGES 11+



BLENDING LEARNING POOL LIFEGUARD TRAINING

The full lifeguarding class is a combination of online and classroom testing. Online work must be completed prior to the start of the classroom. Review class participants must bring their own pocket mask and fanny pack to class. Program includes Lifeguarding, CPR, First Aid and AED. A pocket mask is included in the fee for non-review participants. 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. Registration deadline is two weeks before class begins. An email will be sent upon registration detailing the manual/prerequisites requirements and online accessibility to complete online work prior to the start of the in-person section of the class. All manuals for the Nicolet Recreation Department American Red Cross programs are now online. Registrants for classes must read the manual prior to class start. Please bring bag lunch for full class. Full class fee will be refunded if employed on a regular schedule with the Nicolet Recreation Department for one continuous year.

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

Location: Nicolet High School - Pool & Room B113
Age: 15 years and up
Min/Max: 6/12
Instructor: Cindy Schlidt



Option:	Date:	Day:	Time:	Fee:	Program#:
Review	January 8	Saturday	7:30am - 5:30pm	\$177.00R/\$197.00NR	234040-01
Full	March 21, 22, 23	Monday - Wednesday	7:30am - 3:00pm	\$200.00R/\$230.00NR	234040-02
Review	May 1	Sunday	7:30am - 5:30pm	\$177.00R/\$197.00NR	234040-03
Full	May 20, 21 & 22	Fri (6:00 - 8:00pm); Sat, Sun	7:30am - 5:30pm	\$200.00R/\$230.00NR	234040-04

BLENDING LEARNING WATER SAFETY INSTRUCTOR 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. This class includes approximately 30 hours of online work prior to the start date.

Prerequisites: be at least 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 for 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. Must email proof of all online completion lessons prior to class. All materials are online. Must attend all days, pass all water and oral assignments, pass all practical skills and obtain 80% or higher on a written test to pass. This is a once only test. No retakes allowed. An email will be sent prior to the class start date with details of class requirements/prerequisites.

Refunds are not provided for this program unless the instructor cancels the entire class. Full class fee will be refunded if employed with the Nicolet Recreation Department of one continuous year on a regular schedule as a WSI instructor

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

Location: Nicolet High School - Pool & Room B113
Age: 16 years and up
Fee: \$228.00R/\$258.00NR
Min/Max: 6/6
Instructor: Cindy Schlidt



Session:	Date:	Day/Time:	Program#:
I	May 13, 14 & 15	Friday (5:00 - 9:00pm); Saturday & Sunday (8:00am - 6:00pm)	234041-01
II	June 3, 4 & 5	Friday (5:00 - 9:00pm); Saturday & Sunday (8:00am - 6:00pm)	234041-02



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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.

Location: Nicolet High School - Gym 2 (gymnastics area)
Fee: \$74.00R/\$84.00NR

Min/Max: 4/10
Instructor: NHS Gymnastics Staff

Level:	Age:	Date:	Day:	Time:	Program#:
Parent & Tot	18 months - 3 years	January 10 - February 21 (skip 1/17)	Mondays	5:30 - 6:00pm	211141-01
Nicsters	3 years	January 10 - February 21 (skip 1/17)	Mondays	6:05 - 6:35pm	211141-02
Nicotiers	4 - 5 years	January 10 - February 21 (skip 1/17)	Mondays	6:40 - 7:15pm	211141-03
Parent & Tot	18 months - 3 years	February 28 - April 11 (skip 3/21)	Mondays	5:00 - 5:30pm	211141-04
Nicsters	3 years	February 28 - April 11 (skip 3/21)	Mondays	5:35 - 6:05pm	211141-05
Nicotiers	4 - 5 years	February 28 - April 11 (skip 3/21)	Mondays	6:10 - 6:45pm	211141-06
Parent & Tot	18 months - 3 years	April 2 - May 14 (skip 4/16)	Saturdays	10:00 - 10:30am	211141-07
Nicsters	3 years	April 2 - May 14 (skip 4/16)	Saturdays	10:35 - 11:05am	211141-08
Nicotiers	4 - 5 years	April 2 - May 14 (skip 4/16)	Saturdays	11:10 - 11:45am	211141-09
Parent & Tot	18 months - 2 years	April 18 - May 23	Mondays	5:00 - 5:30pm	211141-10
Nicsters	3 years	April 18 - May 23	Mondays	5:35 - 6:05pm	211141-11
Nicotiers	4 - 5 years	April 18 - May 23	Mondays	6:10 - 6:45pm	211141-12

GYMNASTICS LEVELS 1 - 5 ALSO AVAILABLE SEE PAGE 23

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: January 6 - 27
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#: 211261-01
Min/Max: 6/18
Instructor: Master Gendelman, Mrs. Kludt and/or trained Assistant Instructors from J.K. Lee Black Belt Academy



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	Session:	Date:	Program#:
Time:	10:10 - 10:40am	I	January 4 - February 8	212542-01
Location:	Lydell Community Center - Room 19 (5205 N. Lydell Ave. - Whitefish Bay)	II	February 22 - April 12 (skip 3/1, 4/5)	212542-02
Age:	6 months - 4 years old	III	April 26 - May 31	212542-03
Fee:	\$66.00R/\$76.00NR			
Program#:	212107-01			
Min/Max:	5/12			
Instructor:	Dana Sherman			



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 School - Room 107 (11040 N. Range Line Rd. - Mequon)
Fee:	\$85.00R/\$95.00NR
Min/Max:	6/20
Instructor:	Amazing Athletes Staff



Session:	Date:	Age:	Time:	Program#:
I	January 12 - February 16	2 years old	10:30 - 10:55am	211441-01
II	January 12 - February 16	3 - 6 years old	11:00 - 11:30am	211441-02
III	February 23 - April 6 (skip 3/23)	2 years old	10:30 - 10:55am	211441-03
IV	February 23 - April 6 (skip 3/23)	3 - 6 years old	11:00 - 11:30am	211441-04
V	April 13 - May 25	2 years old	10:30 - 10:55am	211441-05
VI	April 13 - May 25	3 - 6 years old	11:00 - 11:30am	211441-06

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:	April 9 - May 21 (skip 4/16)
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#:	213040-01
Min/Max:	4/12
Instructor:	Jo Duncan

PROGRAMMING: AGES 1 - 4





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MINECRAFT MODDING

Explore, create or survive! Mine deep into the minecraft world and create the future! In this creative camp, challenge the odds, craft your own kinds of weapons and build dream worlds using code. Do this while also learning fundamental programming concepts, level design and problem solving skills. You will make use of Ready made coding blocks to create mini versions of Minecraft games.

Your child will learn how to develop skills on problem solving and finding the best solutions to a targeted goal. They will have an understanding of programming within the context of Minecraft modding, and will learn game design all within the comfort of Minecraft.

A PC or a Mac is required, Chromebook will not work for this class.

Date:	January 12 - February 16
Day:	Wednesdays
Time:	5:30 - 6:30pm
Location:	Virtual (instructor will email meeting log-in info prior to the start of the program)
Age:	8 - 14 years old
Fee:	\$174.00R/\$194.00NR
Program#:	212107-01
Min/Max:	1/12
Instructor:	Code Wiz Reading



GAME-BASED PYTHON

Dive into the world of code by creating your own space shooter games, trivia games, music bands, beautiful computer-generated art, and math simulations, or tell a story! You can also use code to create science and social science projects! You will get to incorporate what you are passionate about into the programs you create! The confidence in being unique will be taught to kids and communicated through their code creations. Your child will learn

How to program and design their own applications. They will build an understanding of problem-solving, coding skills in scratch or Python such as variables, loops, and functions!

A PC or a Mac is required, Chromebook will not work for this class.

Date:	March 2 - April 6
Day:	Wednesdays
Time:	5:30 - 6:30pm
Location:	Virtual (instructor will email meeting log-in info prior to the start of the program)
Age:	7 - 14 years old
Fee:	\$174.00R/\$194.00NR
Program#:	212108-01
Min/Max:	1/12
Instructor:	Code Wiz Reading



ROBLOX CODING

Become a Roblox game wiz using Lua! Create versions of your fairytale universe with Roblox. Roblox studio has all the tools to make your wildest gaming imaginations a reality. In this class, you and other passionate kids will learn how to make use of the many tools on Roblox to code terrific games, relaying your imaginative capabilities to the world. By using Lua, you'll be creating extensions to the Roblox game while fostering your creativity and learning real-world computer coding.

Students will be placed in the appropriate level based on their experience:

- Intro (Code Your Own Games/Obstacle Course)
- Intermediate (Create Your Own Adventure/Scavenger Hunt)
- Advanced (Battle Royale/Tycoon Games)

A PC or a Mac is required, Chromebook will not work for this class.

Date:	April 20 - May 25
Day:	Wednesdays
Time:	5:30 - 6:30pm
Location:	Virtual (instructor will email meeting log-in info prior to the start of the program)
Age:	7 - 14 years old
Fee:	\$174.00R/\$194.00NR
Program#:	212109-01
Min/Max:	1/12
Instructor:	Code Wiz Reading



YOUNG REMBRANDTS DRAWING CLASSES

Young Rembrandts Drawing Classes – We grow creative, young minds and praise individual differences through the Power of Drawing. Unlock your child’s potential and watch their confidence blossom as they develop skills critical to tomorrow’s innovators. With BRAND-NEW lessons every week (we never repeat), your child will enjoy learning through our award-winning, educational drawing program (www.youngrembrandts.com). All supplies included.



Fee: \$79.00R/\$89.00NR
Min/Max: 5/20
Instructor: Young Rembrandts Instructor

Location:	Date:	Day:	Time:	Grade:	Program#:
St. John’s School	January 12 - February 16	Wednesdays	3:05 - 4:05pm	K4 - 3rd	212810-01
St. John’s School	March 2 - April 13 (skip 3/30)	Wednesdays	3:05 - 4:05pm	K4 - 3rd	212810-02
St. John’s School	April 20 - May 25	Wednesdays	3:05 - 4:05pm	K4 - 3rd	212810-03
Stormonth School	January 7 - February 11	Fridays	2:40 - 3:40pm	K5 - 4th	212810-04
Stormonth School	February 25 - April 22 (skip 3/4, 3/25 & 4/15)	Fridays	2:40 - 3:40pm	K5 - 4th	212810-05
Stormonth School	April 29 - June 3	Fridays	2:40 - 3:40pm	K5 - 4th	212810-06
Indian Hill School	January 6 - February 10	Thursdays	3:35 - 4:45pm	K5 - 3rd	212810-07
Indian Hill School	February 17 - March 31 (skip 3/24)	Thursdays	3:35 - 4:45pm	K5 - 3rd	212810-08
Indian Hill School	April 7 - May 12	Thursdays	3:35 - 4:45pm	K5 - 3rd	212810-09

CHESS SCHOLARS

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.

Day:	Date:	Session:	Program#:
Wednesdays	January 19 - March 9	I	212162-01
6:00 - 7:00pm	April 6 - May 25	II	212162-02
Location: Nicolet High School - Library			
Grade: K5 - 8th			
Fee: \$140.00R/\$160.00NR			
Min/Max: 6/15			
Instructor: Chess Scholars Staff			

MUSICAL THEATER AND ACTING LAB

Learn to “get out of your shell” and express yourself through singing, acting and dancing. This class is all about creative expression and collaboration. Gain confidence and make new friends while having fun at the same time! Miss Angie has produced over 100 children’s theater shows and is a lifetime arts leader. Visit <https://ozaukeetalent.com> to find out more about Ozaukee Talent.

Date: March 1 - May 24 (skip 3/22)
Day: Tuesdays
Time: 5:45 - 6:45pm
Location: Lydell Community Center - Gym
 5205 N. Lydell Ave. - Whitefish Bay
Fee: \$230.00R/\$260.00NR
Program#: 212390-01
Min/Max: 10/20
Instructor: Angie Mack Reilly, Founder of Ozaukee Talent



PROGRAMMING: AGES 4 - 12

SWING INTO SPANISH!

DON'T GET LOST- SIGN UP FOR SPANISH! Grab on your compass - We are going camping in SPANISH! In this exciting 8-week theme-based class ¡Vamos a Acampar! students learn Spanish through imaginary adventures in the great outdoors. Whether swimming, canoeing, or repelling down a cave your child will be engaged every step of the way. And YOU will be impressed with the amazing way that the vocabulary and builder phrases your child down a path of lifetime language learning! Classes fill up fast - Register today, Don't delay!

Date: February 7 - April 11 (skip 2/21, 3/21)
Day: Mondays
Time: 3:05 - 4:05pm
Location: St. John's School
Grade: K4 - 3rd
Fee: \$145.00R/\$165.00NR
Program#: 210220-01
Min/Max: 8/16
Instructor: Futura Language Professionals' Staff



SWING INTO SPANISH!

DON'T GET LOST- SIGN UP FOR SPANISH! Grab on your compass - We are going camping in SPANISH! In this exciting 8-week theme-based class ¡Vamos a Acampar! students learn Spanish through imaginary adventures in the great outdoors. Whether swimming, canoeing, or repelling down a cave your child will be engaged every step of the way. And YOU will be impressed with the amazing way that the vocabulary and builder phrases your child down a path of lifetime language learning! Classes fill up fast - Register today, Don't delay!

Date: February 8 - April 5 (skip 3/22)
Day: Tuesdays
Time: 3:35 - 4:35pm
Location: Indian Hill School
Grade: K4 - 3rd
Fee: \$145.00R/\$165.00NR
Program#: 210221-01
Min/Max: 8/16
Instructor: Futura Language Professionals' Staff



INDIAN HILL'S LEGO LEAGUE

BRICKS, BRICKS and more BRICKS!! If you are a LEGO Fan this is the class for you! Working with over 1,000,000+ misc. LEGO bricks along with various instructional LEGO Datca kits, this class will allow you to become a master LEGO builder. Equipment will be rotated to ensure a new challenge each session. Free style and Instructional build will allow each student to explore new engineering concepts at their ability level. Rev up your imagination and let the building begin!!

Day: Mondays	Session: I	Date: January 10	Program#: 212122-01
Time: 3:35 - 5:15pm	Session: II	Date: February 7	Program#: 212122-02
Location: Indian Hill School	Session: III	Date: March 7	Program#: 212122-03
Grade: K4 - 3rd	Session: IV	Date: April 4	Program#: 212122-04
Fee: \$20.00R/\$30.00NR	Session: V	Date: May 2	Program#: 212122-05
Min/Max: 10/30			
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!!

Date: February 1 - March 1 (skip 2/15)
Day: Tuesdays
Time: 3:05 - 4:05pm
Location: St. John Lutheran School
Grade: K4 - 4th
Fee: \$45.00R/\$55.00NR
Program#: 212120-01
Min/Max: 8/16
Instructor: Computer Explorers Staff



LEGOS CARS, CATAPULTS AND BRIDGES

This class focuses on teaching the fundamentals of engineering using LEGO technic sets. Each session will build upon the student's skill level as they learn about simple machines, levers, wheels/axels, gears, ratchet/drive trains and motorized systems. Projects can include building: drawbridges, motorized cars, amusement park rides, cranes, catapults and much more! This class has been chosen 1# by students time and time again - join in on the fun while you explore engineering concepts that you can use at home for your own projects.

Date: March 8 - April 5 (skip 3/22)
Day: Tuesdays
Time: 3:05 - 4:05pm
Location: St. John Lutheran School
Grade: K4 - 4th
Fee: \$45.00R/\$55.00NR
Program#: 212121-01
Min/Max: 8/16
Instructor: Computer Explorers Staff



LEGO MANIA!!!

Calling all LEGO Fans! LEGO Mania will satisfy that need to build the biggest, coolest, most complicated project that you could ever imagine. With over 1,000,000+ Lego pieces available to construct your individual or group projects - the possibilities are endless. Instructional and free build projects will be offered daily to ensure that every student is challenged and meets their own personal building goals. This class produces extremely creative and imaginative project every time - amazing !e.

Date: April 19 - May 10
Day: Tuesdays
Time: 3:05 - 4:05pm
Location: St. John Lutheran School

Grade: K4 - 4th
Fee: \$45.00R/\$55.00NR
Program#: 212123-01
Min/Max: 8/16

Instructor: Computer Explorers Staff

PROGRAMMING: AGES 4 - 12



MAD SCIENCE - NASA ACADEMY OF FUTURE SPACE EXPLORERS

Sun & Stars

This stellar program is your ticket to the stars! Watch star dust burn and journey through a soapy galaxy as you investigate the life cycle of stars. Use your creativity to make your very own constellations on a Cosmic Disk.

Living in Space

Experience the life of an astronaut as you suit up for space flight! Use teamwork to complete an important space mission, building a model space station! Take the challenge and complete the Spacewalk Mission!

Space Technology

Discover technology designed for outer space! Steer a laser beam through a laser maze, find hidden mountains using the principles of radar technology and discover everyday objects originally designed for use in space! Become an eyewitness to the wonders of the universe with your Stereoscopic Viewer.

Atmosphere & Beyond

We're on a mission to explore the atmosphere of Earth, and beyond! Mix up various planetary atmospheres, one molecule at a time! Check out the current conditions with your own Meteorological Station.

Planets & Moons

Explore the farthest reaches of our solar system and create a lunar eclipse in this "mad" planetary tour! Learn how the planets stack up. Explore the universe with the Gravity Assisted Launcher.

Space Travel

Learn what it takes to be a true globetrotter! Race a balloon rocket and design your own car engine as you learn about thrust! See the principles of propulsion at work in a real rocket launch, and build your own Space Copter to fly to the skies!

Grade: K5 - 4th **Fee:** \$110.00R/\$130.00NR
Min/Max: 12/25 **Instructor:** Mad Science Staff



<u>Session:</u>	<u>Location:</u>	<u>Date:</u>	<u>Day:</u>	<u>Time:</u>	<u>Program#:</u>
I	Stormonth School	January 25 - March 1	Tuesdays	2:40 - 3:40pm	212140-01
II	Indian Hill School	January 26 - March 2	Wednesdays	3:35 - 4:35pm	212140-02
III	St. John's School	January 27 - March 3	Thursdays	3:05 - 4:05pm	212140-03

MAD SCIENCE - AMAZING MAGNETS AND MORE!

Magnetic Magic

Explore the power of magnets. Create electromagnets and control a compass needle. See a magnetic accelerator in action. Grab a Magnet Lab for some at-home research.

Mission: Nutrition

Step into some healthy habits. Put together a food pie and lay out a perfectly proportioned meal. Burn calories and shake up an emulsion. Clip on your Step-O-Meter and walk on.

Optical Illusions

Work against your eyes. Trick your brain with lines and coils. Discover how mirrors and their reflections can play tricks on what you see. Make a Periscope to see above and beyond.

Tantalizing Taste

Use your sense of taste. Magnify your taste buds and unplug your nose. Find your favorite flavor and try a carbonated taste test. Continue the fun at home with your Taste Test Kit.

Watts-Up

Charge up on static electricity. Make indoor lightning and conduct hair-raising experiments with an electro-static generator. Use your Static Stick on electrons at home.

Harnessing Heat

Take-on temperature. Build a thermometer and heat things up with friction. Feel how hot and cold can change at a touch. Apply your red-hot knowledge to your Heat Sheet.

Grade: K5 - 4th **Fee:** \$110.00R/\$130.00NR
Min/Max: 12/25 **Instructor:** Mad Science Staff



<u>Session:</u>	<u>Location:</u>	<u>Date:</u>	<u>Day:</u>	<u>Time:</u>	<u>Program#:</u>
I	Stormonth School	April 5 - May 10	Tuesdays	2:40 - 3:40pm	212141-01
II	Indian Hill School	April 6 - May 11	Wednesdays	3:35 - 4:35pm	212141-02
III	St. John's School	April 7 - May 12	Thursdays	3:05 - 4:05pm	212141-03



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 including information about the competitive club season.
#WorkHardGetBetterHaveFun

360 VOLLEYBALL ACADEMY: GIRLS ADVANCED TRAINING PROGRAM

The ATP is designed to help experienced players develop in all phases of volleyball, strength and conditioning, overall athleticism, leadership, confidence and teamwork. While club volleyball is an outstanding way to get game experience and exposure to colleges, it may not be the best fit for every player and family. The 360 ATP offers an excellent opportunity for those kids who are not involved in club volleyball to gain valuable training during the winter and spring.

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.

Day/Time/Facility: Sundays (6:00 - 7:30pm - gym 2) & Mondays (7:30 - 9:00pm - gym 1)
Location: Nicolet High School
Grade: 7th - 8th
Fee: \$390.00R/\$430.00NR
Min/Max: 6/14
Instructor: 360 Volleyball Academy Staff

Session:	Date:	Program#:
I	December 5 - February 7 (skip 12/26, 12/27, 1/17, 1/31)	211112-01
II	February 13 - April 4	211112-02

360 VOLLEYBALL ACADEMY: GIRLS YOUTH DEVELOPMENT PROGRAM

The YDP is designed to help both beginner and intermediate players develop fundamental skills, knowledge of the game and a love for the sport. Drills, games and fun competitions will help all players develop proper techniques and a passion for volleyball.

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.

Day:	Time:	Location:	Grade:	Fee:	Min/Max:	Instructor:	Session:	Date:	Program#:
Sundays	6:00 - 7:00pm	Nicolet High School - Gym 1	4th - 6th	\$120.00R/\$140.00NR	6/24	360 Volleyball Academy Staff	I	January 9 - February 27	211111-01
							II	March 6 - May 1 (skip 4/17)	211111-02



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.

Day:	Mondays & Wednesdays	Session:	Date:	Program#:
Time:	6:00 - 7:00pm	I	January 10 - March 9 (skip 1/17)	211040-01
Location:	Nicolet High School - Pool	II	April 4 - May 25	211040-02
Age:	6 - 8 years old			
Fee:	\$125.00R/\$145.00NR			
Min/Max:	4/10			
Instructor:	Schroeder Coaching Staff			

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.

Day:	Mondays, Wednesdays, Thursdays	Session:	Date:	Program#:
Time:	6:30 - 7:30pm	I	January 10 - March 10 (skip 1/13, 1/17)	211041-01
Location:	Nicolet High School - Pool	II	April 4 - May 26	211041-02
Age:	9 - 12 years old			
Fee:	\$175.00R/\$195.00NR			
Min/Max:	4/20			
Instructor:	Schroeder Coaching Staff			

DARK BLUE TEAM

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.

Day/Time:	Mondays, Wednesdays, Thursdays	Session:	Date:	Program#:
Time:	6:30 - 7:45pm	I	January 10 - March 10 (skip 1/13, 1/17)	211042-01
Location:	Nicolet High School - Pool	II	April 4 - May 26	211042-02
Grade:	7th & 8th grade			
Fee:	\$195.00R/\$225.00NR			
Min/Max:	4/20			
Instructor:	Schroeder Coaching Staff			

FOR SWIMMERS WHO ARE IN HIGH SCHOOL (GRADES 9 - 12), SWIMMERS WILL REGISTER WITH THE SCHROEDER SWIM TEAM. RATHER THAN REGISTERING AND PAYING THE NICOLET RECREATION DEPARTMENT, REGISTRATION AND PAYMENT WILL BE DONE THROUGH THE SCHROEDER SWIM TEAM WEBSITE: [HTTPS://WWW.TEAMUNIFY.COM/TEAM/WIWSAC/PAGE/SWIM-TEAM1/REGISTER--SIGN-UP-FOR-SWIM-TEAM](https://www.teamunify.com/team/wiwsac/page/swim-team1/register--sign-up-for-swim-team)

PLEASE EMAIL BETH HARTLIEB - SCHROEDER OFFICE MANAGER - FOR HELP WITH REGISTRATION BEFORE YOU ATTEMPT TO COMPLETE THE ELECTRONIC REGISTRATION LINKED ABOVE. BHARTLIEB@WSACLTD.ORG

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

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, March 12 at 10:00am in the dance studio.*

Date: January 8 - March 12 (skip 2/12)*
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#: 212680-01
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.

Dress code is a leotard, tights, leather ballet slippers for ballet and any color tap shoes.

**End-of-the-year performance on Saturday, March 12 at 10:00am in the dance studio.*

Date: January 8 - March 12 (skip 2/12)*
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#: 212681-01
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, March 12 at 10:00am in the dance studio.*

Date: January 8 - March 12 (skip 2/12)*
Day: Saturdays
Time: 11:45am - 12:30pm
Location: Nicolet High School - Dance Studio (A113)
Age: 8 - 11 years old
Fee: \$70.00R/\$80.00NR
Program#: 212682-01
Min/Max: 6/15
Instructor: Academy of Dance Arts Staff



AQUATIC ADVENTURES, INC.

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. 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. You will get to wear scuba diving equipment, breathe underwater and learn some basic skills and safety rules that can show if a full certification is for you! There will be sign-offs/permission slips emailed to you a few weeks prior to the class date. No experience is required.

Day:	Saturday	Session:	Date:	Program#:
Time:	1:00 - 3:30pm	I	January 29	211490-01
Location:	Whitefish Bay High School - Pool (1200 E Fairmount Ave - WFB)	II	February 19	211490-02
		III	March 19	211490-03
Age:	10 years old and up			
Fee:	\$55.00R/\$65.00NR			
Min/Max:	1/3			
Instructor:	Aquatic Adventures, Inc.			



AQUATIC ADVENTURES
diveaai.com



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 Tumbler 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 - 12 years
Fee: \$79.00R/\$89.00NR
Min/Max: 8/12
Instructor: NHS Gymnastics Staff

Level:	Date:	Day:	Time:	Program#:
Level 5	January 10 - February 21 (skip 1/17)	Mondays	7:20 - 8:20pm	211130-01
Level 1 & 2	January 11 - February 15	Tuesdays	5:30 - 6:15pm	211130-02
Level 3 & 4	January 11 - February 15	Tuesdays	6:15 - 7:15pm	211130-03
Level 5	January 11 - February 15	Tuesdays	7:15 - 8:15pm	211130-04
Level 5	February 28 - April 11 (skip 3/21)	Mondays	6:50 - 7:50pm	211130-05
Level 1 & 2	March 1 - April 12 (skip 3/22)	Tuesdays	5:00 - 5:45pm	211130-06
Level 3 & 4	March 1 - April 12 (skip 3/22)	Tuesdays	5:50 - 6:50pm	211130-07
Level 5	March 1 - April 12 (skip 3/22)	Tuesdays	6:55 - 7:55pm	211130-08
Level 1 & 2	April 2 - May 14 (skip 4/16)	Saturdays	11:50am - 12:35pm	211130-09
Level 3, 4 & 5	April 2 - May 14 (skip 4/16)	Saturdays	12:40 - 1:40pm	211130-10
Level 5	April 18 - May 23	Mondays	6:50 - 7:50pm	211130-11
Level 1 & 2	April 19 - May 24	Tuesdays	5:00 - 5:45pm	211130-12
Level 3 & 4	April 19 - May 24	Tuesdays	5:50 - 6:50pm	211130-13
Level 5	April 19 - May 24	Tuesdays	6:55 - 7:55pm	211130-14

GYMNASTICS FOR TODDLERS ALSO AVAILABLE SEE PAGE 12



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



QUICKSTART TENNIS

This introductory 10 and under tennis program uses the Quick-start format. Low compression balls and a graduated court method will allow juniors to begin playing tennis immediately, even if he or she has never picked up a racquet before. Participants must furnish their own racquet.

Location: Elite Sports Clubs - Northshore
5750 N. Glen Park Rd. - Glendale 53209
Min/Max: 5/10
Instructor: Northshore Elite Staff



(3-4 years old)

Session:	Date:	Day:	Time:	Fee:	Program#:
I	March 7 - June 6 (skip 3/21, 5/30)	Mondays	4:30 - 5:00pm	\$180.00R/\$200.00NR	211021-01
II	March 10 - June 9 (skip 3/24)	Thursdays	4:30 - 5:00pm	\$195.00R/\$225.00NR	211021-02
III	March 12 - June 11 (skip 3/26)	Saturdays	9:00 - 9:30am	\$195.00R/\$225.00NR	211021-03

(5-6 years old)

Session:	Date:	Day:	Time:	Fee:	Program#:
I	March 7 - June 6 (skip 3/21, 5/30)	Mondays	5:00 - 6:00pm	\$360.00R/\$400.00NR	211021-04
II	March 10 - June 9 (skip 3/24)	Thursdays	5:00 - 6:00pm	\$390.00R/\$440.00NR	211021-05
III	March 12 - June 11 (skip 3/26)	Saturdays	9:30 - 10:30am	\$390.00R/\$440.00NR	211021-06

(7-8 years old)

Session:	Date:	Day:	Time:	Fee:	Program#:
I	March 7 - June 6 (skip 3/21, 5/30)	Mondays	5:00 - 6:00pm	\$360.00R/\$400.00NR	211021-07
II	March 10 - June 9 (skip 3/24)	Thursdays	5:00 - 6:00pm	\$390.00R/\$440.00NR	211021-08
III	March 12 - June 11 (skip 3/26)	Saturdays	9:30 - 10:30am	\$390.00R/\$440.00NR	211021-09

(9-10 years old)

Session:	Date:	Day:	Time:	Fee:	Program#:
I	March 7 - June 6 (skip 3/21, 5/30)	Mondays	5:00 - 6:00pm	\$360.00R/\$400.00NR	211021-10
II	March 10 - June 9 (skip 3/24)	Thursdays	5:00 - 6:00pm	\$390.00R/\$440.00NR	211021-11
III	March 12 - June 11 (skip 3/26)	Saturdays	10:30 - 11:30am	\$390.00R/\$440.00NR	211021-12

JUNIOR BEGINNER TENNIS

Our introductory tennis program for juniors is put together with special care to give young players confidence, build skills, and pave the way for them to enjoy the sport of a lifetime. Participants must furnish their own racquet.

Date: March 10 - June 9 (skip 3/24)
Day: Thursdays
Time: 4:00 - 5:00pm
Location: Elite Sports Club - Northshore (5750 N. Glen Park Rd. - Glendale 53209)
Age: 11-13 years
Fee: \$440.00/R\$490.00NR
Program#: 211022-01
Min/Max: 5/10
Instructor: Northshore Elite Staff



BOWLING INSTRUCTION

Learn the fundamentals of bowling. Our instructor, Emily Punzel, has 22 years of bowling experience and currently competes on the National level. We will "moon-glow" bowl on the last week of the program. PARTICIPANTS MUST WEAR SOCKS TO BOWL.

Date: February 20 - April 9
Day: Sundays
Time: 3:15 - 4:30pm
Location: Shorewood High School - Bowling Lanes
1701 E. Capitol Dr. - Shorewood

Grade: 1st - 6th
Fee: \$22.00R/\$32.00NR
Program#: 211360-01
Min/Max: 2/4
Instructor: Emily Punzel



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

Day:	Mondays - Saturdays (you may attend up to 2 classes per week)
Location:	J.K. Lee Black Belt Academy 6838 N. Santa Monica Blvd. Fox Point 53217
Age:	Children ages 4-10, Families ages 4 through 81
Min/Max:	4/24
Instructor:	Master Gendelman, Mrs. Kludt, Mrs. Holcomb and/or trained Assistant Instructors from J.K. Lee Black Belt Academy



*Session:	Date:	Fee:	Program#:
Beginning Children Classes	January 3 - 31	\$30.00R/\$40.00NR	211262-01
Beginning Family Classes	January 3 - 31	\$50.00R/\$60.00NR	211262-02
Beginning Children Classes	February 1 - 28	\$30.00R/\$40.00NR	211262-03
Beginning Family Classes	February 1 - 28	\$50.00R/\$60.00NR	211262-04

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 both spring sessions and receive the Summer session for FREE.

Day:	Tuesdays, Wednesdays, Thursdays	Session:	Date:	Program#:
Time:	4:00 - 4:30pm	I	May 3 - 12	211131-01
Location:	Kletzsch Park - Archery Range	II	May 17 - 26	211131-02
Age:	5 - 9 years old			
Fee:	\$54.00R/\$64.00NR			
Min/Max:	4/8			
Instructor:	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 both spring sessions and receive the Summer session for FREE.

Day:	Tuesdays, Wednesdays, Thursdays	Session:	Date:	Program#:
Time:	4:30 - 4:50pm	I	May 3 - 12	211134-01
Location:	Kletzsch Park - Archery Range	II	May 17 - 26	211134-02
Age:	10 - 13 years old			
Fee:	\$54.00R/\$64.00NR			
Min/Max:	4/8			
Instructor:	Inna Lebedinsky			



LEARN TO SKATE & PLAY HOCKEY

ICE SKATING LESSONS FOR ALL ABILITY LEVELS.

Learn how to skate quickly and safely in an exciting environment by joining a group lesson class at The University School of Milwaukee. Build self-confidence, sportsmanship, meet new friends, and have fun on the ice. Students are evaluated by highly qualified instructors the first day of class to ensure that the class level matches the student's ability. Don't wait until Winter to learn or refresh ice skating skills.

*Instructor Jill Herbst's credentials: 6 Time Member of the PSA Honor Roll of Coaches; Listed in the Who's Who 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? jherbst@usmk12.org

Location: University School of Milwaukee - Polly and Henry Uihlein Sr. Ice Arena (2100 West Fairy Chasm Rd. - Milwaukee)
Min/Max: 2/10 **Instructor:** Jill Herbst* **Fee:** \$100.00R/\$110.00NR

Snow Plow Tots (ages 3 - 7)

Session:	Date:	Day:	Time:	Program#:
I	December 13 - January 17 (skip 12/27)	Mondays	12:30 - 1:15pm	233310-01
II	December 14 - January 18 (skip 12/28)	Tuesdays	12:30 - 1:15pm	233310-02
III	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	8:45 - 9:30am	233310-03
IV	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	9:30 - 10:15am	233310-04
V	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	10:15 - 11:00am	233310-05
VI	January 6 - February 3	Thursdays	9:30 - 10:15am	233310-06
VII	January 6 - February 3	Thursdays	12:30 - 1:15pm	233310-07
VIII	January 6 - February 3	Thursdays	9:30 - 10:15am	233310-08
IX	January 6 - February 3	Thursdays	12:30 - 1:15pm	233310-09
X	January 24 - March 7	Mondays	12:30 - 1:15pm	233310-10
XI	January 25 - March 8	Tuesdays	12:30 - 1:15pm	233310-11
XII	February 5 - March 5	Saturdays	8:45 - 9:30am	233310-12
XIII	February 5 - March 5	Saturdays	9:30 - 10:15am	233310-13
XIV	February 5 - March 5	Saturdays	10:15 - 11:00am	233310-14

Basic Skills (ages 5 to adult)

Session:	Date:	Day:	Time:	Program#:
I	December 13 - January 17 (skip 12/27)	Mondays	12:30 - 1:15pm	233310-15
II	December 14 - January 18 (skip 12/28)	Tuesdays	12:30 - 1:15pm	233310-16
III	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	8:45 - 9:30am	233310-17
IV	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	9:30 - 10:15am	233310-18
V	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	10:15 - 11:00am	233310-19
VI	January 6 - February 3	Thursdays	9:30 - 10:15am	233310-20
VII	January 6 - February 3	Thursdays	12:30 - 1:15pm	233310-21
VIII	January 6 - February 3	Thursdays	9:30 - 10:15am	233310-22
IX	January 6 - February 3	Thursdays	12:30 - 1:15pm	233310-23
X	January 24 - March 7	Mondays	12:30 - 1:15pm	233310-24
XI	January 25 - March 8	Tuesdays	12:30 - 1:15pm	233310-25
XII	February 5 - March 5	Saturdays	8:45 - 9:30am	233310-26
XIII	February 5 - March 5	Saturdays	9:30 - 10:15am	233310-27
XIV	February 5 - March 5	Saturdays	10:15 - 11:00am	233310-28

Snow Plow Tots (ages 3-7)

The Tot program is for young pre-kindergarten and kindergarten children. Skaters begin in Snow Plow Sam and quickly graduate to Basic Skills. Tots focuses on fun and interactive games as children learn how to balance, and skate forward and backward. For children interested in hockey, we provide sticks and pucks after skating skills are secure. Helmets and cloth face coverings are required.

Basic Skills (ages 5 to adult)

This program is designed for the skater who has passed through Snow Plow Sam, or, for the older skater who feels confident standing and walking on the ice. Skaters are moved quickly through skill levels and learn to skate fluently forward and backward, balance, glide on one foot, and turn from front to back while moving. Skaters will learn to stop, jump, and play an assortment of games with their friends. Helmets and cloth face coverings are required.

Advanced Figure Skating (ages 7 to adult)

For experienced skaters who have passed through the first three basic skill levels in Learn to Skate. Here, the skaters will choreograph skills to music, practice rhythm and flow, and begin to jump and spin. Class recitals will be held at the conclusion of the program – a commitment to attendance is particularly important at this level. Cloth face coverings are required.

Learn to Play Hockey (ages 4-12)

Children must have a basic level of experience on the ice. Each class will begin with new skills, and end with stick handling exercises. Hockey helmet with face mask and hockey stick are required.

Power Hockey Atoms (ages 5-6) and Mites (ages 7-8)

Skaters will work on increasing power, quickness, edge control and extension by reinforcing proper technique and using repetition to improve upon edgework. Hockey helmet with face mask and hockey stick are required.



LEARN TO SKATE & PLAY HOCKEY

Advanced Figure Skating (ages 7 to adult) - \$110.00R/\$130.00NR

Session:	Date:	Day:	Time:	Program#:
I	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	7:30 - 8:45am	233310-29
II	February 5 - March 5	Saturdays	7:30 - 8:45am	233310-30

Learn to Play Hockey (ages 4-12) - \$100.00R/\$120.00NR

Session:	Date:	Day:	Time:	Program#:
I	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	9:30 - 10:15am	233310-31
II	February 5 - March 5	Saturdays	9:30 - 10:15am	233310-32

Power Hockey Atoms (ages 5-6) and Mites (ages 7-8) - \$100.00R/\$120.00NR

Session:	Date:	Day:	Time:	Program#:
I	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	10:15 - 11:00am	233310-33
II	February 5 - March 5	Saturdays	10:15 - 11:00am	233310-34

CLIMB CLUB (ALL LEVELS. BEGINNERS, INTERMEDIATE & ADVANCED)

Rock climbing is a fun and satisfying sport that strengthens the body and mind. Rock climbing allows climbers to enjoy a sport in a non-competitive environment while still emphasizing teamwork, motivation, and self-confidence. Rock climbing also builds muscular endurance, flexibility, coordination, and mental focus. We aim to build strong, responsible climbers. This co-ed team welcomes climbers of all ability and experience levels. The team is open to climbers from 9 to 13 years old. However, age restriction may be waived with interest.

The team will be taught by experienced and knowledgeable coaches with a focus on:

- Skill and Strength Development
- Communication and Safety
- Mental Strategy
- Movement
- Environmental Stewardship

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.

If you have any questions please contact: riverwestoutdoors@gmail.com

Day:	Saturdays
Time:	10:00 - 11:30am
Location:	Milwaukee Turners Climbing Gym 1034 North Vel R. Phillips Ave. Milwaukee, WI 53203
Age:	8 - 12 years
Fee:	\$170.00R/\$190.00NR
Min/Max:	1/5
Instructor:	Riverwest Outdoors Staff



Session:	Date:	Program#:
I	February 5 - March 12	213200-01
II	April 2 - May 14	213200-02

ROCK CLIMBING: A BEGINNER'S COURSE

In this introductory course, students ages 8 - 14, will be guided through basic climbing techniques and safety precautions. Participants will enhance coordination, problem-solving, balance and strength, through bouldering (traversing) and climbing. Students will enhance their skills through games and challenges throughout the course. Climbers Ready?

Date:	February 23 - April 13
Day:	Wednesdays
Time:	6:00 - 7:00pm
Location:	Brown Deer High School - Novak Family Fieldhouse (8200 N. 60th St. - Brown Deer)
Age:	8 - 14 years
Fee:	\$30.00R/\$40.00NR
Program#:	213202-01
Min/Max:	1/5



PROGRAMMING: AGES 4 - 18



YOUTH BOYS LACROSSE

Lacrosse is a fast, physical sport that combines aspects of soccer, hockey and basketball. Spring is the official lacrosse season when we play other local programs. Outdoor practices start the week of April 4th. For the 3rd-8th grade teams, we will schedule approximately 13 games to be held on Saturday mornings and Sunday afternoons, starting April 23rd and ending on June 12th. The 1st/2nd grade team will have 4 scrimmages on Saturday and Sunday afternoons. All home games will be at Shorewood HS football field. Lacrosse helmet, shoulder pads, arm guards, gloves and stick are required. Players can rent lacrosse equipment and stick (\$40). Players must provide a mouth guard and an athletic cup. Cleats are recommended. It is expected that players doing multiple sports will split conflicts equally. This program is a co-op with the Whitefish Bay, Nicolet and Shorewood Rec Depts. Boys may participate on this team if they live in Milwaukee, Shorewood, Whitefish Bay or Nicolet communities, or attend public schools that serve those communities. All players must join US Lacrosse (\$30). We encourage you to sign up for the waiting list if the class roster is full. A second team will be formed if there are sufficient numbers.

If you have any questions, contact Kevin Kane at kkane@shorewood.k12.wi.us

Equipment Rental - \$40.00 (211224-05)

Min/Max: 2/8
Coordinator: Kevin Kane, Lacrosse Coach



1st & 2nd Grade Team (Program#: 211224-01)

Fee: \$90.00R/\$100.00NR

Session:	Date:	Day:	Time:	Location:
Practices	April 5 - June 9	Tuesdays & Thursdays	5:45 - 6:45pm	Lydell Community Center Field
Scrimmages	April 30 - June 11	Saturdays	TBD	TBD

3rd & 4th Grade Team (Program#: 211224-02)

Fee: \$190.00R/\$210.00NR

Session:	Date:	Day:	Time:	Location:
Practice	April 5 - June 9	Tuesdays & Thursdays	5:45 - 6:45pm	Lydell Community Center Field
Games	April 23 - June 12	Saturdays & Sundays	TBD	TBD

5th & 6th Grade Team (Program#: 211224-03)

Fee: \$270.00R/\$300.00NR

Session:	Date:	Day:	Time:	Location:
Practice	April 4 - June 8	Mondays & Wednesdays	5:30 - 7:00pm	Shorewood High School - Football Field
Games	April 23 - June 12	Saturdays & Sundays	TBD	TBD

7th & 8th Grade Team (Program#: 211224-04)

Fee: \$270.00R/\$300.00NR

Session:	Date:	Day:	Time:	Location:
Practice	April 4 - June 8	Mondays & Wednesdays	5:30 - 7:00pm	Shorewood High School - Football Field
Games	April 23 - June 12	Saturdays & Sundays	TBD	TBD

OPEN HOUSE

JANUARY 30, 2022
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PROGRAMMING: AGES 4 - 18

GIRLS YOUTH LACROSSE TEAM

Join the fastest-growing sport in the United States. No experience is necessary. Our program focuses on empowering girls to develop skill, athleticism, heart, determination, and a love for the game of lacrosse. Indoor practices will start February 27 and outdoor practices will start March 29. Games will be on Saturdays and Sundays starting April 23 and will end on June 12. Players must provide their own stick, goggles and mouthguard. Teams participate in the Milwaukee Area Youth Lacrosse Association (MAYLA) Spring League. In accordance with MAYLA regulations, girls who live in Whitefish Bay, Shorewood, Glendale, or Milwaukee may register. The team will be led by Whitefish Bay/Shorewood coaching staff and other experienced and enthusiastic coaches and volunteer parents. All players must join US Lacrosse for an additional \$30.00 fee. If the grade-level team is full, please ask to have your name placed on a waitlist. A second team may form if there are sufficient numbers and a coach available. If you have any questions, contact Kathryn Amato at wns.jr.wolfpack@gmail.com

Fee: \$260.00R/\$290.00NR
Min/Max: 14/24
Coordinator: Kathryn Amato, WNS Junior Wolfpack Coach



3rd & 4th Grade Team (Program#: 211220-01)

Session:	Date:	Day:	Time:	Location:
Practice	February 20 - March 20	Sundays	4:00 - 6:30pm	Whitefish Bay High School - Field House
Practice	March 29 - May 26	Tuesdays & Thursdays	5:30 - 7:00pm	Kletzsch Park
Games	April 23 - June 12	TBD	TBD	TBD

5th & 6th Grade Team (Program#: 211220-02)

Session:	Date:	Day:	Time:	Location:
Practice	February 20 - March 20	Sundays	4:00 - 6:30pm	Whitefish Bay High School - Field House
Practice	March 29 - May 26	Tuesdays & Thursdays	5:30 - 7:00pm	Kletzsch Park
Games	April 23 - June 12	TBD	TBD	TBD

7th & 8th Grade Team (Program#: 211220-03)

Session:	Date:	Day:	Time:	Location:
Practice	February 20 - March 20	Sundays	4:00 - 6:30pm	Whitefish Bay High School - Field House
Practice	March 29 - May 26	Tuesdays & Thursdays	5:30 - 7:00pm	Kletzsch Park
Games	April 23 - June 12	TBD	TBD	TBD

INTRO TO GIRLS LACROSSE

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. Experienced and enthusiastic instructors coach the clinics. This program does not participate in the MAYLA lacrosse league due to age restrictions, but there will be opportunities to scrimmage. Lacrosse stick, goggles, and mouthguard are required. If you need to borrow equipment or if you have any questions, contact Kathryn Amato at wns.jr.wolfpack@gmail.com

Date: April 5 - May 24
Day: Tuesdays
Time: 5:30 - 7:00pm
Location: Kletzsch Park
Grade: 1st & 2nd

Fee: \$100.00R/\$120.00NR
Program#: 211221-01
Min/Max: 14/24
Instructor: Kathryn Amato, WNS Junior Wolfpack Coach



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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

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

WINTER BASEBALL CAMP

The camp will provide the players with hitting knowledge that can help them build foundational fundamentals to become consistent hitters. The concepts introduced will be for the physical and mental aspect of hitting.

*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.

Date:	Session:	Time:	Program#:
February 16 - March 9	I	4:30 - 5:30pm	211290-01
Wednesdays	II	5:30 - 6:30pm	211290-02
Location: Nicolet High School - Gym 1 (upper south balcony)			
Age: 6 - 14 years old			
Fee: \$100.00R/\$120.00NR			
Min/Max: 4/10			
Instructor: Malcolm Frazier*			



FASTPITCH SOFTBALL PITCHING CLINICS

All participants will need a catcher; can be a parent or *sibling/friend/team catcher- need to provide their own catcher's gear. Anyone catching under 18 years old will need to wear a catcher's mask/helmet

*Analiese Glawe - A stand out pitcher at Wauwatosa East. Played for Delta's first ever fastpitch softball team in 2019. Analiese went on to pitch 2 years at Edgewood College in Madison. Now continues to coach with Delta Sports Performance.

Sign up for one session or all three!

Day:	Location:	Min/Max:	Instructor:
Sundays	Delta Sports Performance (6758 N. Sidney Pl, Glendale)	4/10	Analiese Glawe*



Session:	Date:	Time:	Fee:	Program#:
I - (Beginner Pitcher; 8-10 years old)	January 16	12:00 - 12:45pm	\$30.00R/\$40.00NR	211291-01
II - (Beginner Pitcher; 12-14 years old)	January 16	12:45 - 1:30pm	\$30.00R/\$40.00NR	211191-02
III - (Beginner Pitcher; 8-10 years old)	January 23	12:00 - 12:45pm	\$30.00R/\$40.00NR	211291-03
IV - (Beginner Pitcher; 12-14 years old)	January 23	12:45 - 1:30pm	\$30.00R/\$40.00NR	211191-04
V - (Beginner Pitcher; 8-10 years old)	January 30	12:00 - 12:45pm	\$30.00R/\$40.00NR	211291-05
VI - (Beginner Pitcher; 12-14 years old)	January 30	12:45 - 1:30pm	\$30.00R/\$40.00NR	211191-06
VII - (Beginner Pitcher; 8-10 years old)	January 16, 23, 30	12:00 - 12:45pm	\$75.00R/\$85.00NR	211291-07
VIII - (Beginner Pitcher; 12-14 years old)	January 16, 23, 30	12:45 - 1:30pm	\$75.00R/\$85.00NR	211191-08
IX - (Intermediate/Advanced Pitcher; 8-10 years old)	February 13	12:00 - 12:45pm	\$30.00R/\$40.00NR	211291-09
X - Intermediate/Advanced Pitcher; 12-14 years old)	February 13	12:45 - 1:30pm	\$30.00R/\$40.00NR	211191-10
XI - (Intermediate/Advanced Pitcher; 8-10 years old)	February 20	12:00 - 12:45pm	\$30.00R/\$40.00NR	211291-11
XII - (Intermediate/Advanced Pitcher; 12-14 years old)	February 20	12:45 - 1:30pm	\$30.00R/\$40.00NR	211191-12
XIII - (Intermediate/Advanced Pitcher; 8-10 years old)	February 27	12:00 - 12:45pm	\$30.00R/\$40.00NR	211291-13
XIV - (Intermediate/Advanced Pitcher; 12-14 years old)	February 27	12:45 - 1:30pm	\$30.00R/\$40.00NR	211191-14
XV - (Intermediate/Advanced Pitcher; 8-10 years old)	February 13, 20, 27	12:00 - 12:45pm	\$75.00R/\$85.00NR	211291-15
XVI - (Intermediate/Advanced Pitcher; 12-14 years old)	February 13, 20, 27	12:45 - 1:30pm	\$75.00R/\$85.00NR	211191-16



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.

Day: Mondays & Wednesdays
Location: Nicolet High School - Strength & Conditioning Center
Fee: \$45.00R/\$55.00NR
Min/Max: 10/30
Instructor: NHS Staff



<u>Session:</u>	<u>Grade:</u>	<u>Date:</u>	<u>Time:</u>	<u>Program#:</u>
I	5th - 6th	January 19 - March 16 (skip 2/21)	5:30 - 6:00pm	213071-01
II	7th - 8th	January 19 - March 16 (skip 2/21)	6:00 - 6:30pm	213071-02
III	5th - 6th	April 4 - May 25 (skip 4/18)	5:30 - 6:00pm	213071-03
IV	7th - 8th	April 4 - May 25 (skip 4/18)	6:00 - 6:30pm	213071-04

JUNIOR KNIGHTS WRESTLING TEAM – PHASE II

This club is for the beginner and experienced wrestlers looking to learn and improve on the fundamentals of wrestling. It will introduce & teach basic wrestling positions & moves from the up, down and neutral positions. Participants will learn wrestling with an emphasis on technique, positioning & sportsmanship in a fun, fast-paced atmosphere. Program instructed by Nicolet Wrestling Coaches. If you have questions about the program, please call Coach Tim at 414-690-0332 or email him at: tpanicucci@gmail.com

Date: January 25 - March 24
Day: Tuesdays and Thursdays
Location: Glen Hills Middle School - Upper Gym
Fee: \$55.00R/\$65.00NR
Min/Max: 10/50
Instructor: NHS Wrestling Coaching Staff



<u>Session:</u>	<u>Grade:</u>	<u>Time:</u>	<u>Program#:</u>
I	K4 - 2nd	6:00 - 6:45pm	211210-01
II	2nd - 8th	7:00 - 7:45pm	211210-02

INTRODUCTION TO SOCCER

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.

Day: Saturdays
Location: Nicolet High School - Gym 2 (outside in the backfields, weather permitting in the spring)
Fee: \$75.00R/\$85.00NR
Min/Max: 12/40
Instructor: North Shore United Grassroots/Recreational Director & Staff



<u>Session:</u>	<u>Age:</u>	<u>Date:</u>	<u>Time:</u>	<u>Program#:</u>
I	3 - 5 years old	January 15- March 5 (skip 2/19, 2/26)	9:00 - 9:50am	211070-01
II	6 - 7 years old	January 15 - March 5 (skip 2/19, 2/26)	10:00 - 10:50am	211070-02
III	3 - 5 years old	April 9 - May 21 (skip 4/16)	9:00 - 9:50am	211070-03
IV	6 - 7 years old	April 9 - May 21 (skip 4/16)	10:00 - 10:50am	211070-04



VIRTUAL ACT WORKSHOP

In this virtual ACT workshop (via Zoom) 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:	January 9 - March 6 (skip 1/16)	Fee:	\$220.00R/\$240.00NR
Day:	Sundays	Program#:	222080-01
Time:	6:30 - 8:30pm	Min/Max:	6/30
Location:	Virtual (instructor will email meeting log-in info prior to the start of the program)		
Instructor:	Fred Silver	Grade:	11th - 12th



COLLEGE PLANNING FOR HIGH SCHOOL JUNIORS

Designed for high school juniors, this 3-part series will give you a jump-start on your college search. You will end this series with a college planning timeline, an understanding of your college priorities and values, a plan for how to visit colleges and demonstrate interest (virtually or in-person), an understanding of how to research colleges, and a preliminary list of colleges that match your priorities. Most work will be completed during the sessions, in both individual and small-group format. It is recommended that participants bring a laptop. Presented by Julie Murphy, M.A., founder of Waverly Educational Consulting, a small business in Bayside, WI. Visit www.waverly-consulting.com to learn more about Julie's background and philosophy.

Date:	March 2 - 16
Day:	Wednesdays
Time:	6:30 - 8:00pm
Location:	Nicolet High School - Room F105
Grade:	11th (high school juniors)
Fee:	\$150.00R/\$170.00NR
Program#:	222108-01
Min/Max:	10/30
Instructor:	Julie Murphy, M.A., Founder, Waverly Educational Consulting, LLC



ARCHERY - TEEN

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. Questions, contact Inna Lebedinsky at (414) 333-8784. *Participants are welcome to bring their own bows.* Register for both spring sessions and receive the Summer session for FREE.

Day:	Tuesdays, Wednesdays, Thursdays	Session:	Date:	Program#:
Time:	5:30 - 6:30pm	I	May 3 - 12	221130-01
Location:	Kletzsch Park - Archery Range	II	May 17 - 26	221130-02
Age:	14 - 18 years old			
Fee:	\$54.00R/\$64.00NR			
Min/Max:	4/8			
Instructor:	Inna Lebedinsky			

OPEN "REC" BASKETBALL

This is a great opportunity to play basketball in a fun atmosphere. Sign-up with a friend to guarantee an open spot. Save money and a spot in the program by pre-registering.

Nicolet School District students only.

Current high school basketball players ineligible.

The Nicolet Recreation Department will no longer accept cash payments for drop-ins. Customers will need to purchase a drop-in through the online registration system under the teens category.

Date:	January 8 - May 14	Fee:	\$30.00 pre-register/\$5.00 drop-in
Day:	Saturdays	Program#:	221050-01
Time:	2:00 - 5:30pm	Min/Max:	10/20
Location:	Nicolet High School - Gym 2	Coordinator:	Ron Jaggard
Grade:	7th - 12th		



PROGRAMMING: AGES 13 - 18

HIGH SCHOOL GYMNASTICS OPEN GYM

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

Date: April 4 - May 25
Day: Mondays & Wednesdays
Time: 3:00 - 4:45pm
Location: Nicolet High School - Gym 2 (gymnastics area)
Grade: 8th - 12th
Fee: \$79.00R/\$89.00NR
Program#: 211143-01
Min/Max: 8/15

HIGH SCHOOL BASEBALL OPEN GYM

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

Date: January 9 - March 13
Day: Sundays
Time: 3:00 - 6:00pm
Location: Nicolet High School - Gym 2
Grade: 9th - 12th grade
Fee: \$25.00R/\$35.00NR
Program#: 221010-01
Min/Max: 10/50

HIGH SCHOOL FASTPITCH SOFTBALL OPEN GYM

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

Grade: 9th - 12th grade	Program#: 221011-01
Fee: \$10.00R	Min/Max: 5/18
Date: January 24 - March 7	Time: 6:00 - 7:30pm
Day: Mondays	Location: Nicolet High School - Batting Cages
Date: January 27 - March 10	Time: 8:30 - 10:00pm
Day: Thursdays	Location: Delta Sports Performance (6758 N. Sidney Pl. Glendale, WI - 53209)

HEAD GAMES - PERFORMANCE OPTIMIZATION FOR ATHLETES THROUGH MENTAL AND PHYSICAL FITNESS

This innovative 90-minute, 4-week program, combines the best of precision sports training with mental hygiene/ fitness. This specialized program attends to the WHOLE athlete; providing a powerful holistic conditioning to maximize an athlete's performance on and off the pitch. The health and success of an athlete is marked by superior dynamic balance both in body and mind. This training goes beyond sport and provides participants with exceptional, critical skills for life.

45 min - precision fitness training including the three core essentials, speed, strength, skills. - Led by Coach Hayden Knight
 45 min. - mental fitness training applying the latest neuroscience to improve focus, emotional regulation and resiliency. - Led by Iman L. Khan, LPC, LMHC

Date: January 15 - February 5	Fee: \$180.00R/\$200.00NR
Day: Saturdays	Program#: 222820-01
Time: 1:00 - 2:30pm	Min/Max: 10/50
Location: Nicolet High School - Room B113	Instructor: Iman L. Khan and Hayden Knight
Grade: 8th - 12th grade	



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OLD FAMILY PHOTOS AND THE DIGITAL AGE

Your old family photos prints and slides can be converted to digital picture files –whether you have a computer or not - for a multitude of digital uses and sharing. This two-hour seminar covers scanning prints and slides, workflow, and how to get and stay organized. Information on computer use is for Windows PC computers.

Date: January 10
Day: Monday
Time: 6:30 - 8:30pm
Location: Nicolet High School - Library
Fee: \$24.00R/\$34.00NR
Program#: 232270-01
Min/Max: 4/20
Instructor: C.T. Kruger

CUTTING THE CORD – CONTROLLING CABLE & INTERNET COSTS

Fees for cable television, home internet, smartphones and streaming services can quickly add up to hundreds of dollars. This seminar reviews your options to cut costs and still watch television programs and have internet access on your devices.

Date: April 4
Day: Monday
Time: 6:30 - 8:30pm
Location: Nicolet High School - Library
Fee: \$24.00R/\$34.00NR
Program#: 232271-01
Min/Max: 4/20
Instructor: C.T. Kruger

THE CAMERA IN YOUR SMARTPHONE

It's a camera, it's a photo album, it's a television - it's your phone. Learn about apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphones and tablets. This class will cover your device's camera, home and Cloud storage options, printing and more.

Date: April 11
Day: Monday
Time: 6:30 - 8:30pm
Location: Nicolet High School - Library
Fee: \$24.00R/\$34.00NR
Program#: 232272-01
Min/Max: 4/20
Instructor: C.T. Kruger

SMARTPHONE VIDEO & EDITING

Whether a parent, an instructor, a business professional or just a creative soul, shooting and editing video with your smartphone is an efficient way to produce spectacular videos of your family, a lesson or a marketing message.

This two-hour workshop covers smartphone video shooting techniques and how to combine video clips, photos, narration and music into a single video using the smartphone apps VN Video Editor.

Date: April 18
Day: Monday
Time: 6:30 - 8:30pm
Location: Nicolet High School - Library
Fee: \$24.00R/\$34.00NR
Program#: 232273-01
Min/Max: 4/20
Instructor: C.T. Kruger

YOU HAVE PICTURES IN YOUR CAMERAS – NOW WHAT

We have hundreds - if not thousands - of pictures in our cameras, smartphones and computers. Now what...?

This two-hour seminar teaches techniques to save pictures from cameras and smartphones to a computer, to external devices and to "the Cloud" using Windows 10 PCs.

Date: April 25
Day: Monday
Time: 6:30 - 8:30pm
Location: Nicolet High School - Room D111
Fee: \$24.00R/\$34.00NR
Program#: 232274-01
Min/Max: 4/15
Instructor: C.T. Kruger



INTRO TO COMPUTERS - BEGINNER

This is a "hands on" course that is geared toward the newer computer user. The fundamentals of navigating Microsoft's Windows 7 Operating System are the primary focus.

Topics taught include:

- Computer Terminology
- Hardware vs. Software
- Understanding the Windows User Interface so that the student will recognize the visual cues that allow successful navigation. Items such as menus, lists, drop lists, buttons, radio buttons, dialog boxes, and toolbars are taught as well as many others.
- Starting and stopping Windows.
- Starting and stopping Windows Applications.
- Text management which includes: editing, selecting, fonts, cut/copy/paste, etc...
- Basic layouts of Windows Applications.
- Managing application windows which include: sizing, minimizing, maximizing, moving, and multiple applications (task) management.
- *Basic file operations

*Optional topic which will be included if time allows.

Date: February 1 - March 1
Day: Tuesdays
Time: 6:00 - 7:20pm
Location: Nicolet High School - Room C107

Fee: \$64.00R/\$74.00NR
Program#: 232010-01
Min/Max: 8/12
Instructor: Mike Brown

INTRO TO COMPUTERS - INTERMEDIATE

This is a "hands on" course that is geared toward the intermediate computer user. The fundamentals of navigating Microsoft's Windows 7 Operating System are the primary focus.

Topics taught include:

- Learning file management. This will involve creating, editing, naming, deleting, and cut/copy/paste of files.
- Learning folder management: This will involve the relationship of folders to files as well as creating, editing, naming, deleting, and cut/copy/paste of folders.
- Sending e-mail attachments and saving attachments from e-mails.
- Using USB Flash drives to store and retrieve data.
- Learning the usage, creation, editing, and deleting of Desktop shortcuts to speed access to common activities.
- Pinning programs to the Start Menu and Task Bar for quick access.
- Managing Windows Recycle Bin, including restoring deleted items.
- Control of display settings and its many options to personalize Windows (enhancing visibility, screen savers, desktop background, sounds, window colors)
- Mouse settings that allow better control of mouse tracking speed, double click speed, etc.. The mouse can be challenging for some, so Windows allows customization that can make the mouse easier to use.
- Customization of the taskbar and start menu to help the user create a better experience.

Date: March 8 - April 12 (skip 3/22)
Day: Tuesdays
Time: 6:00 - 7:20pm
Location: Nicolet High School - Room C107
Fee: \$64.00R/\$74.00NR
Program#: 232010-02
Min/Max: 8/12
Instructor: Mike Brown



MICROSOFT WORD - INTRODUCTORY

This is a “hands on” course that is geared toward the newer Microsoft Word user. The core fundamentals of using Microsoft Word are the primary focus.

Topics taught include:

- Overview of word processing.
- Document navigation.
- Creating new documents from scratch, from existing documents, or from Microsoft provided templates.
- Manipulating fonts within the document to control the size, look, and style of the text in the document.
- Paragraph formatting to control line spacing, paragraph spacing, alignment, and pagination.
- Indentation of paragraphs.
- Page layout including margins, binding options, paper size, and orientation of text on the page.
- Section breaks.
- Undo/Redo capabilities.
- Cut/Copy/Paste within Microsoft Word and how it affects formatting.
- Bullets and numbering

Date: February 1 - March 1
Day: Tuesdays
Time: 7:40 - 9:00pm
Location: Nicolet High School - Room C107
Fee: \$64.00R/\$74.00NR
Program#: 232012-01
Min/Max: 8/12
Instructor: Mike Brown

MICROSOFT WORD - INTERMEDIATE

This is a “hands on” course that is geared toward the Microsoft Word users with some experience. The focus is on more advanced topics than the core fundamentals of Microsoft Word.

Topics taught include:

- Outline numbering (multilevel lists).
- Borders and shading of paragraphs and text within the document, as well as page borders.
- Tab stops to control text alignment within paragraphs.
- Headers and footers that repeat at the top and bottom of pages respectively as the pages break.
- Inserting and controlling images in documents.
- Creating and managing tables within the document.

Date: March 8 - April 12 (skip 3/22)
Day: Tuesdays
Time: 7:40 - 9:00pm
Location: Nicolet High School - Room C107
Fee: \$64.00R/\$74.00NR
Program#: 232012-02
Min/Max: 8/12
Instructor: Mike Brown

MICROSOFT EXCEL - INTERMEDIATE

This is a “hands on” course that is geared toward the Microsoft Excel users with some experience. The focus is on more advanced topics than the core fundamentals of Microsoft Excel.

Topics taught include:

- Cell naming
- Cell referencing.
- Formulas (math calculations) using the data of other cells.
- Functions (Excel provided calculations) using the data from other cells, which also includes sub ranges.
- Conditional logic using functions.
- Absolute vs. relative cell references, this is critical to successfully copying and pasting formulas and functions within Excel.
- Charting data in Excel. The primary focus is three types of charts: Pie Charts, Line Charts, and Bar Charts.
- Auto filtering of rows based on data and conditions.
- Conditional formatting of cells.

Date: April 19 - May 17
Day: Tuesdays
Time: 6:00 - 7:20pm
Location: Nicolet High School - Room C107
Fee: \$64.00R/\$74.00NR
Program#: 232011-01
Min/Max: 8/12
Instructor: Mike Brown



WATERCOLOR PAINTING

Now is the time to learn how to paint with watercolors in a friendly environment. This beautiful but challenging medium is fun to work with when you learn the basics and have one-on-one instruction. There will be demonstrations and critiques during class. All skill levels are welcome. Your instructor is a member of the Wisconsin Watercolor Society. Judy has many of her watercolors at major companies throughout Wisconsin. Her on-line gallery is at www.judithgahnmurphy.com. A suggested supply list will be sent to you prior to the first class. Approximate cost of supplies is \$80.

Date: January 24 - April 18 (skip 2/14, 3/7, 4/11)
Day: Mondays
Time: 5:00 - 7:30pm
Location: Nicolet High School - Room D109
Fee: \$110.00R/\$130.00NR
Program#: 232450-01
Min/Max: 9/15
Instructor: Judy Gahn Murphy

STAINED GLASS

A revered art form brings added elegance to modern decor (copperfoil method). Students will receive a supply list at the start of the program and will need to purchase supplies.

Date: January 19 - April 13 (skip 3/23)
Day: Wednesdays
Time: 6:30—9:00pm
Location: Nicolet High School - Room C109
Fee: \$95.00R/\$105.00NR
Program#: 232440-01
Min/Max: 10/15
Instructor: Marion Allen

OPEN ART STUDIO

Come and work on your art projects: painting, sketching, pastels, calligraphy or crafts in a relaxed, friendly environment in the school's art studio. No storage available.

Date: January 13 - May 19 (skip 3/3, 3/24)
Day: Thursdays
Time: 6:00 - 8:30pm
Location: Nicolet High School - Room D109

Fee: \$55.00R/\$65.00NR
Program#: 232530-01
Min/Max: 9/15
Coordinator: Barb Rossi

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Check out a Hotspot or use free Wi-Fi at the library!



HEART HEALTHY ASIAN STIR-FRY & A SWEET FINISH OF CRAB RANGOON OR BAKED MINI-HAZELNUT HAND PIES

Delicious multi-colored veggie stir-fry. Mixed with flavorful and aromatic oil and spices Served w/rice/lo mein noodles

Day: Thursday
Time: 6:00 - 7:30pm
Location: Nicolet High School - Room B133
Fee: \$40.00R/\$50.00NR
Min/Max: 8/12
Instructor: Tam Neyer



Session:	Date:	Program#:
I	February 10	232026-01
II	February 24	232026-02

INDIAN VEGETABLES

Have you ever seen those unusual-looking vegetables in an Indian grocery and wonder what they are? Join us and you will learn, not only what they are, by why they are so important to your health, and how to cook them in many delicious ways. This is one class you don't want to miss.

Date: April 21
Day: Thursday
Time: 6:00 - 7:30pm
Location: Nicolet High School - Room B133
Fee: \$30.00R/\$40.00NR
Program#: 232024-01
Min/Max: 5/20
Instructor: Susan Pack

HEALTHY INDIAN

Like all cuisines and cultures, there are healthy foods and unhealthy foods. At this class, we will focus just on the healthy Indian foods. By the end of class, you will know how to cook these recipes, how delicious they are, and more importantly, exactly why they are extremely healthy for you. This class will also help you pick up out future nutritious food options for you and your family

Date: May 19
Day: Thursday
Time: 6:00 - 7:30pm
Location: Nicolet High School - Room B133
Fee: \$30.00R/\$40.00NR
Program#: 232025-01
Min/Max: 5/20
Instructor: Susan Pack

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 Fours. 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: January 5
Day: Wednesday
Time: 6:00 - 7:30pm
Location: Nicolet High School - Room B133
Fee: \$30.00R/\$40.00NR
Program#: 232029-01
Min/Max: 10/30
Instructor: Steve Shapson*



PROGRAMMING: AGES 18+

STRESS-FREE COLLEGE PLANNING FOR PARENTS

Designed for parents/family members of high school sophomores and juniors, this program will lay the groundwork for an intentional, low-stress college search and application process. Topics include: what your student can do now to prepare, what colleges look for, navigating new ACT/SAT testing policies, college affordability and scholarships, and most importantly, how to help your teen navigate the process in a way that will empower them to practice their "adulting" skills. Presented by Julie Murphy, M.A., founder of Waverly Educational Consulting, a small business in Bayside, WI.

Visit www.waverly-consulting.com to learn more about Julie's background and philosophy.

Location: Nicolet High School - Room F105
Fee: \$60.00R/\$70.00NR
Min/Max: 10/30
Instructor: Julie Murphy, M.A., Founder, Waverly Educational Consulting, LLC



Session:	Date:	Day:	Time:	Program#:
I	February 5	Saturday	8:30 - 10:30am	232108-01
II	February 17	Thursday	6:00 - 8:00pm	232108-02
III	April 12	Tuesday	6:00 - 8:00pm	232108-03
IV	April 27	Wednesday	6:00 - 8:00pm	232108-04

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	March 28 - May 23	Mondays	5:30 - 6:30pm	232200-01
Conversational Spanish	March 28 - May 23	Mondays	6:30 - 7:30pm	232200-02
Beginning Spanish	March 30 - May 25	Wednesdays	5:30 - 6:30pm	232200-03
Continuing Spanish 2	March 30 - May 25	Wednesdays	6:30 - 7:30pm	232200-04

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: March 28, April 4 & 11
Day: Mondays
Time: 6:00 - 7:30pm
Location: Nicolet High School - Room F105
Fee: \$35.00R/\$45.00NR
Program#: 232911-01
Min/Max: 3/10
Instructor: Linda McGuire*

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.

Day:	Thursday	Session:	Date:	Program#:
Time:	6:30 - 8:00pm	I	February 10	232051-01
Location:	Virtual*	II	May 12	232051-02
Fee:	\$10.00R/\$20.00NR			
Min/Max:	3/15			
Instructor:	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.

Day:	Wednesday	Session:	Date:	Program#:
Time:	6:30 - 8:00pm	I	February 9	232050-01
Location:	Virtual*	II	May 11	232050-02
Fee:	\$10.00R/\$20.00NR			
Min/Max:	3/15			
Instructor:	Penny Charlson			



THE INFORMED INVESTOR:

RETIREMENT PLANNING FOR FINANCIAL SUCCESS

Take charge of your finances and get equipped with the facts you need to prepare for a financially secure retirement. Learn why having a financial plan is not just for the 1%. This course will teach you how to maximize your income and get more from your investments. Learn how to protect your hard-earned money from inflation, income taxes and potential long-term health care needs. This course is designed for those approaching retirement and those who have recently transitioned into retirement.

Date:	January 25
Day:	Tuesday
Time:	6:00 – 8:30pm
Location:	Nicolet High School - Room F105
Fee:	\$10.00R/\$20.00NR
Program#:	232300-01
Min/Max:	4/15
Instructor:	Jess Henrickson, Financial Advisor, Robert W. Baird

UNLOCKING SOCIAL SECURITY:

MAKING YOUR BENEFITS WORK FOR YOU

This course will provide education about Social Security along with tips to help you maximize your Social Security benefits. We also will discuss common concerns and unique strategies relating to: (1) when to file for benefits, (2) spousal benefits, and (3) working while receiving Social Security.

Date:	February 1
Day:	Tuesday
Time:	6:00 – 8:30pm
Location:	Nicolet High School - Room F105
Fee:	\$10.00R/\$20.00NR
Program#:	232301-01
Min/Max:	4/15
Instructor:	Jess Henrickson, Financial Advisor, Robert W. Baird



PROGRAMMING: AGES 18+

SCOTTISH COUNTRY DANCE – BASIC LEVEL

Join in on the fun and learn this traditional style of dance enjoyed all over the world! No previous dance experience necessary. Certificated teachers from the Milwaukee Scottish Country Dancers will guide participants through basic steps and formations of Scottish Country Dance (a social ballroom dance of Scotland). Sign up with a partner or sign up alone, as students will dance in groups of 6 - 8 people to lively fiddle, accordion, pipe and piano music.

Need: soft-soled shoes or stocking feet

Date: April 6 - June 1 (skip 5/4)
Day: Wednesdays
Time: 7:30 - 9:00pm
Location: Range Line School - Gym
 11040 N. Range Line Rd. - Mequon

Fee: \$20.00R/\$30.00NR
Program#: 232461-01
Min/Max: 6/50

Instructor: Terry Garner and Rebecca Renee Winnie, Teaching Certificate, Part 1; Certificated by the Royal Scottish Dance Society; teachers with Milwaukee Scottish Country Dancers and with John Muir, Branch of RSCDS (Madison, Wisconsin)



LATIN DANCE SAMPLER

Come ready to learn the basic steps and rhythms of this Latin Dance. We will introduce you to Salsa, Merengue, and Bachata! No partner necessary. All ability levels are welcome!

Date: January 20 - March 10
Day: Thursdays
Time: 7:00 - 8:00pm
Location: Shorewood High School - Studio Theater
 1701 E Capitol Dr - Shorewood

Fee: \$60.00R/\$70.00NR
Program#: 232840-01
Min/Max: 2/6
Instructor: Rosalita Villa



BALLROOM DANCE

Are you left out when the music starts playing at a wedding or on a cruise? Learn to Ballroom Dance and have a great time doing it! Dances covered in a year: Waltz, Foxtrot, Rumba, Cha Cha, Swing, Salsa and Tango.

Basic I (Beginner): Instruction on basic level steps for all social Ballroom Dances, plus lead/follow and floor craft.

Intermediate/Advanced: Review of fundamentals, groupings from all popular Ballroom Dances and plenty of practice time! Must register with dance partner.

Date: January 11 - April 5 (skip 3/22)	Level: Basic I (Beginner)	Time: 6:30 - 7:25pm	Program#: 232460-01
Day: Tuesdays	Level: Intermediate/Advanced	Time: 7:30 - 8:25pm	Program#: 232460-02
Location: Nicolet High School - Cafeteria			
Fee: \$78.00R/\$88.00NR (per couple)			
Min/Max: 10/25 couples			
Instructor: Jacqui Lefebvre			

LADIES NIGHT OUT – A NIGHT FOR WOMEN

May is Women's Health Month. Join us for an evening of interesting conversation and connect with other women. Listen to female experts in the field, educate and discuss pertinent women's health topics. Learn a few key exercises that are helpful to women of all ages. There will be plenty of time for Q & A, an excellent opportunity to ask questions about your health and body. Bring a friend and have an evening of education. This is an event for women of all ages. Registration is required.

Date: May 17
Day: Tuesday
Time: 6:00 - 7:30pm
Location: Freedom Physical Therapy
 6908 N Santa Monica Blvd - Fox Point

Fee: FREE (please register for class)
Program#: 232872-01
Min/Max: 3/15
Instructor: Freedom Physical Therapy Staff



ESSENTIAL OILS 101:

SIMPLE SOLUTIONS TO FEEL BETTER NATURALLY

Learn how to support your immune system, get a good night's sleep, aid digestion, have happy healthy joints, clean without chemicals and so much more with therapeutic-grade essential oils. In this class, we will discuss what essential oils are, how to use them and some wellness benefits of Young Living's therapeutic-grade essential oils. Essential oils are natural aromatic compounds found in the seeds, flowers, bark, rinds and leaves of plants, extracted and distilled for health benefits. They are 100% pure, easy to use, and benefit your health in countless ways.

Date: April 4
Day: Monday
Time: 9:30 - 11:00am
Location: Lydell Community Center - Room 22
 5205 N. Lydell Ave. - Whitefish Bay

Fee: \$15.00R/\$25.00NR
Program#: 232890-01
Min/Max: 6/12
Instructor: Amanda Carron



PROGRAMMING: AGES 18+



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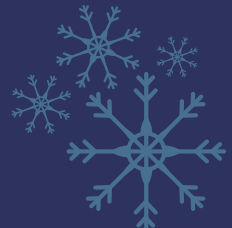
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THE WISCONSIN ATHLETIC CLUB

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....AND MORE ARE BEING ADDED WEEKLY!

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, along with the surrounding sinews, bones, joints, ligaments, and muscles. You will learn to move properly into each specific posture and hold it for an extended period of time. Simultaneously use your mind and breath to relax any tension that arises. This class can help you - Significantly improve your physical strength, flexibility, and endurance - Increase your range of motion, mobility, and resiliency - Improve movement of your internal fluids (blood, synovial and lymph) - Relax your mind and calm your spirit. It is an ideal supplement for Tai Chi Chuan practitioners. 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. *Wear comfortable clothing (loose) and shoes (flat sneakers) that are easy to move around in. Bring bottled water if desired.*

Day: Thursdays
Time: 6:00 - 7:00pm
Location: Greensquare Integrative Health Center
 Lower Level Education Room (6789 N. Green Bay Ave. Glendale)
Fee: \$90.00R/\$100.00NR
Min/Max: 1/18
Instructor: Jim Janicik



Session: Date:
 I February 3 - March 10
 II April 21 - May 26

Program#:
 233101-01
 233101-02



BA DUAN JIN - QIGONG

Ba Duan Jin (aka Eight Pieces of Brocade) is a relatively easy to learn set of 8 Qigong exercises that are used to improve the body's health and energy. It can be conveniently practiced in a small amount of space in about 15 minutes or less. Its origin dates back to at least the Song Dynasty (960-1279) based upon written records, and likely back to the Han Dynasty (202 BC - 9 AD) based upon visual evidence contained in ancient Dao Yin Tu paintings. This class can help you - Strengthen your bones and muscles - Improve your posture and balance - Reduce tension and stress - Increase the functioning of your internal organs. 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. *Wear comfortable clothing (loose) and shoes (flat sneakers) that are easy to move around in. Bring bottled water if desired.*

Day: Thursdays
Time: 6:00 - 7:00pm
Location: Greensquare Integrative Health Center
 Lower Level Education Room (6789 N. Green Bay Ave. Glendale)
Fee: \$60.00R/\$70.00NR
Min/Max: 1/18
Instructor: Jim Janicik



Session: Date:
 I January 6 - 27
 II March 17 - April 14
 (skip 3/24)

Program#:
 233100-01
 233100-02



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. Please 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

Day/Time: Sundays – 8:30am
 Mondays – 9:00am, 4:45pm
 Tuesdays – 6:00pm
 Wednesdays – 9:00am, 4:45pm
 Fridays – 9:00am
 Saturdays – 8:30am
Location: Good Hope School - Gym and Room 18
Fee: \$99.00R/\$109.00NR
Min/Max: 4/24
Instructor: Katie Kuehl, Certified Jazzercise Instructor

Session: Date: Program#:
 I January 10 - March 6 233050-01
 II March 28 - May 22 233050-02



PROGRAMMING: AGES 18+

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.*

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



Session:	Date:	Day:	Time:	Program:
I	January 4 - February 22	Tuesdays	9:30 - 10:30am	233030-01
II	January 4 - February 22	Tuesdays	6:00 - 7:00pm	233030-02
III	January 5 - February 23	Wednesdays	10:30 - 11:30am	233030-03
IV	January 6 - February 24	Thursdays	9:30 - 10:30am	233030-04
V	January 6 - February 24	Thursdays	6:00 - 7:00pm	233030-05
VI	March 1 - April 26 (skip TBD)	Tuesdays	9:30 - 10:30am	233030-06
VII	March 1 - April 26 (skip TBD)	Tuesdays	6:00 - 7:00pm	233030-07
VIII	March 2 - April 27 (skip TBD)	Wednesdays	10:30 - 11:30am	233030-08
IX	March 3 - April 28 (skip TBD)	Thursdays	9:30 - 10:30am	233030-09
X	March 3 - April 28 (skip TBD)	Thursdays	6:00 - 7:00pm	233030-10

RESTORATIVE YOGA WORKSHOPS

Open to all levels who need a very chill yoga experience, mostly floor postures.

Enjoy an evening of gentle, restorative yin yoga - combining supported posture, breath and guided meditation - with an extended savasana (relaxation and meditation) finale. Learn postures and techniques to reduce stress and recharge - with a format of slow sequence long-hold supported floor postures designed for your body to release tension and to deeply relax. When you slow your yoga practice down it becomes a practice of exploring what your body needs and how your body feels - meeting it's walls and hopefully breaking them down. This class will mindfully guide you into stillness and will leave you feeling rejuvenated and balanced.

Important Note: Must be able to be on floor much of the time. Mats and props will be available in limited supply. You are encouraged to bring along your own yoga mat, light blanket, pillow and water.

Day: Wednesdays
Time: 6:00 - 7:00pm
Location: North Shore Congregation Church
(7330 N Santa Monica Blvd - Fox Point)
Fee: \$15.00R/\$25.00NR
Min/Max: 4/16
Instructor: Erica Boos, RYT, Yoga Alliance, 200-Hour YogaFit Certified



Session:	Date:	Program:
I	January 26	233031-01
II	February 23	233031-02
III	March 30	233031-03
IV	April 27	233031-04
V	May 25	233031-05

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!

Date: January 5 - 26
Day: Wednesdays
Time: 7:00 - 7:45pm
Location: J.K. Lee Black Belt Academy (6838 N. Santa Monica Blvd. Fox Point 53217)
Fee: \$30.00R/\$40.00NR (includes a J.K. Lee t-shirt!)
Program#: 231261-01
Min/Max: 4/24
Instructor: Master Gendelman, Mrs. Holcomb, Mrs. Kludt and/or trained Assistant Instructors from J.K. Lee Black Belt Academy



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 the pelvic floor to challenge both stability and mobility in the pool environment. Fitness class is for swimmers since we use the deep and the shallow water as well as lap swim. Water shoes suggested.

Day:	Mondays	Session:	Date:	Program#:
Time:	6:45 - 7:30pm	I	January 10 - February 28	235030-01
Location:	Glen Hills School - Pool	II	March 7 - May 2 (skip 3/21)	235030-02
Age:	16 years and up			
Fee:	\$35.00R/\$45.00NR			
Min/Max:	6/9			
AEA Specialist:	Cindy Schlidt			

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. This fitness program is done in deep water, therefore, participants should be comfortable in deep water with a flotation belt. Water shoes optional.

Day:	Tuesdays	Session:	Date:	Program#:
Time:	6:45 - 7:30pm	I	January 11 - March 1	235060-01
Location:	Glen Hills School - Pool	II	March 8 - May 3 (skip 3/22)	235060-02
Age:	16 years and up			
Fee:	\$35.00R/\$45.00NR			
Min/Max:	6/10			
AEA Specialist:	Cindy Schlidt			

WATER AEROBICS DROP-IN FEE OF \$5.00R/\$7.00NR 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 naval in!

Day:	Wednesdays	Session:	Date:	Program#:
Time:	7:05 - 7:50pm	I	January 12 - March 2	235070-01
Location:	Nicolet High School - Pool	II	March 9 - May 4 (skip 3/23)	235070-02
Age:	16 years and up			
Fee:	\$35.00R/\$45.00NR			
Min/Max:	6/10			
AEA Specialist:	Cindy Schlidt			

AERO SWIM (WATER FITNESS CLASS)

This fitness program is a head-to-toe non-impact workout that incorporates muscular strengthening cardiovascular conditioning and core toning. This fitness program is a combination of deep water and lap swim movements. This is a program done in deep water, therefore, participants should be comfortable in deep water with a flotation belt (belt provided if needed). Water shoes optional.

Location:	Glen Hills - Pool
Age:	16 years and up
Fee:	\$35.00R/\$45.00NR
Min/Max:	6/10
AEA Specialist:	Cindy Schlidt

Session:	Date:	Day:	Time:	Program#
I	January 13 - March 3	Thursdays	6:45 - 7:30pm	235020-01
II	January 15 - March 5	Saturdays	8:00 - 8:45am	235020-02
III	March 10 - May 5 (skip 3/24)	Thursdays	6:45 - 7:30pm	235020-03
IV	March 12 - May 7 (skip 4/16)	Saturdays	8:00 - 9:00am	235020-04



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.



Nicolet Recreation

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 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.

INTERMEDIATE ADULT TENNIS INSTRUCTION

If you are working to refine skill and technique, this is the program for you! Tennis balls are provided but students must bring their own racquets.

Date:	April 21 - June 9	Fee:	\$65.00R/\$75.00NR
Day:	Thursdays	Program#:	231020-01
Time:	6:00 - 7:00pm	Min/Max:	8/16
Location:	Glen Hills Middle School - Tennis Courts	Instructor:	Marty Goldin

ADULT TENNIS INSTRUCTION

Beginner and intermediate players will enjoy learning basic tennis skills and strategy. Participants must furnish their own racquet.

Location:	Elite Sports Club - Northshore 5750 N. Glen Park Rd. - Glendale 53209
Min/Max:	5/10
Instructor:	Northshore Elite Staff



Session:	Date:	Day:	Time:	Fee:	Program#:
Beginner	March 7 - June 6 (skip 3/21, 5/30)	Mondays	6:00 - 7:00pm	\$405.00R/\$455.00NR	231021-01
Intermediate	March 8 - June 7 (skip 3/22)	Tuesdays	7:00 - 8:00pm	\$440.00R/\$490.00NR	231021-02
Intermediate	March 10 - June 9 (skip 3/24)	Thursdays	7:30 - 8:30pm	\$4440.00R/\$490.00NR	231021-03

COED OPEN VOLLEYBALL

Serve, bump and volley. Come improve your skills during open volleyball. For beginner to advanced players.

Date:	January 10 - April 25 (skip 2/14, 3/21, 4/4)
Day:	Mondays
Time:	7:45 - 9:45pm
Location:	Shorewood High School - North Gym 1701 E Capitol Dr - Shorewood
Fee:	\$60.00R/\$70.00NR
Program#:	231111-01
Min/Max:	5/10



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:	January 5 - May 18 (skip 3/23, 4/13)
Day:	Wednesdays
Time:	8:00 - 10:00pm (7:30 - 9:30pm starting on 3/9)
Location:	Whitefish Bay High School - Field House 1200 E. Fairmount Ave. - WFB
Fee:	\$55.00R/\$65.00NR
Min/Max:	6/24
Program#:	231170-01
Instructor:	Doug Kane



PROGRAMMING: AGES 18+

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. Questions, contact Inna Lebedinsky at (414) 333-8784. *Participants are welcome to bring their own bows.* Register for both spring sessions and receive the Summer session for FREE.

Day:	Tuesdays, Wednesdays, Thursdays	Session:	Date:	Program#:
Time:	5:30 - 6:30pm	I	May 3 - 12	231130-01
Location:	Kletzsch Park - Archery Range	II	May 17 - 26	231130-02
Fee:	\$54.00R/\$64.00NR			
Min/Max:	4/8			
Instructor:	Inna Lebedinsky			

ADULT SKATING

This program is designed for both beginning and experienced skaters. Whether you are on the ice for fitness, both muscular and cardiovascular, or to improve technique, this class is for you. Skating is a lifetime sport, and helps increase balance, strength, and overall fitness! Helmets and cloth face coverings are required.

Location:	University School of Milwaukee - Polly and Henry Uihlein Sr. Ice Arena (2100 West Fairy Chasm Rd. - Milwaukee)
Min/Max:	2/10
Instructor:	Jill Herbst
Fee:	\$100.00R/\$110.00NR

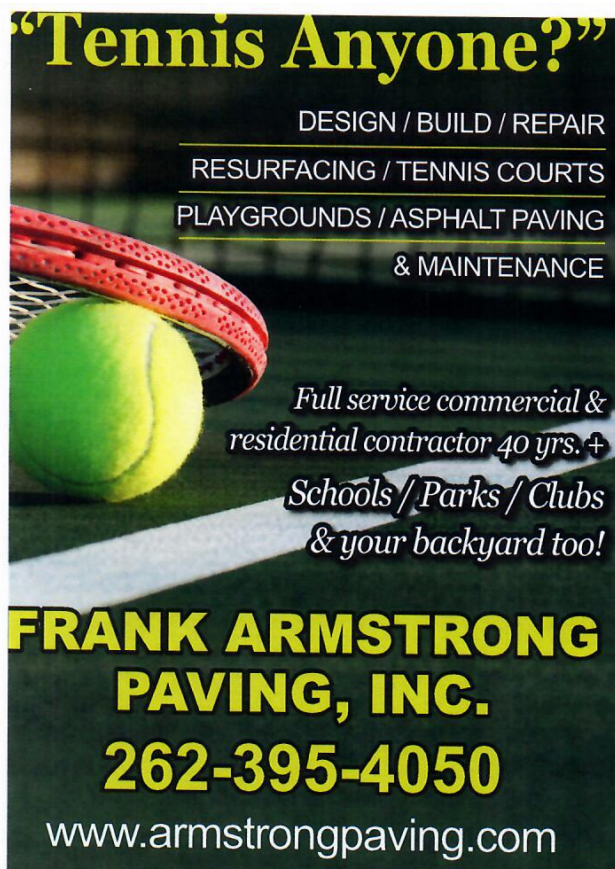
Session:	Date:	Day:	Time:	Program#:
I	December 18 - January 29 (skip 12/25, 1/1)	Saturdays	8:45 - 9:30am	231310-01
II	December 14 - January 18 (skip 12/28)	Tuesdays	9:30 - 10:15am	231310-02
III	February 5 - March 5	Saturdays	8:45 - 9:30am	231310-03
IV	January 25 - March 8	Tuesdays	9:30 - 10:15am	231310-04

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@nicoleet.us

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



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HEAD2TOE BODYWORKS

Learn a series of simple and easy to perform exercises that will make a big difference in how your body feels. The Head2Toe Bodyworks program incorporates the principles of the slow, relaxed movement of Tai Chi Chuan and is ideal for middle-aged people and seniors. Ongoing, regular practice of these exercises can help you: - Reduce your aches and pains - Increase your range of motion and flexibility - Improve your strength and balance - Help you feel years younger. Jim Janicik, a certified Tai Chi Chuan instructor, was inspired to create the Head2Toe Bodyworks program to help his 91 year old neighbor overcome many of the difficulties that come with living in an aging body. Each class will cover a certain area of the body - Neck - Shoulders & Elbows - Back & Hips - Fingers & Wrists - Knees & Ankles
Wear comfortable clothing (loose) and shoes (flat sneakers) that are easy to move around in. Bring bottled water if desired.



Day:	Wednesdays		Session:	Date:	Program#:
Time:	7:00 - 8:00pm		I	January 19 - February 16	243101-01
Location:	Greensquare Integrative Health Center	II	February 23 - March 23	243101-02	
	Lower Level Education Room (6789 N. Green Bay Ave)	III	March 30 - April 27	243101-03	
Fee:	\$75.00R/\$85.00NR	IV	May 4 - June 1	243101-04	
Min/Max:	1/18				
Instructor:	Jim Janicik				



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Please Contact Jason at: (414) 559-1883 • jcalvert@bsnsports.com

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PROGRAMMING: AGES 55+

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.

Day: Thursdays
Time: 11:15am - 12:15pm
Location: North Shore Congregation Church
 (7330 N Santa Monica Blvd - Fox Point)
Fee: \$78.00R/\$88.00NR
Min/Max: 4/10
Instructor: Erica Boos, RYT, Yoga Alliance, 200-Hour YogaFit Certified



Session:	Date:	Program#:
I	January 6 - February 24	243030-01
II	March 3 - April 28 (skip TBD)	243030-02

WALK THE HALLS

Work toward achieving that New Year's resolution by walking the halls of Nicolet High School! You can walk all four evenings (or just one) at your own pace. Sign-up with a friend. Please pick up an identification pass at the front desk when walking.

Date:	January 3- March 24 (skip 1/17)	Fee:	\$20.00R/\$30.00NR
Day:	Mondays - Thursdays	Program#:	243210-01
Time:	5:00 - 7:00pm	Min/Max:	5/30
Location:	Nicolet High School - Hallways		

PICKLEBALL

Yes, PICKLEBALL – the fun game with the funny name, is one of the fastest-growing sports in the nation! Created in the backyard of Washington Congressman Joel Pritchard in 1965, it is a combination of badminton, tennis and table tennis, and is enjoyed by all age groups. Using a badminton-size court, tennis-height net, table tennis-type paddle, and a baseball-sized wiffle ball, usually played by doubles, this game has few rules and is far less strenuous than tennis. It is easy to learn and provides plenty of exercise and eye-hand coordination; a game of strategy for both men and women, you don't have to be tall and powerful. Want to watch a video? Go to www.USAPA.org, click on link "What is Pickleball?" under Training and Court Info link or sit in on any Tuesday, Thursday, or Saturday open court session to see if you'd like it.

Pickleball players can register for a 10-play punch card for \$30 for residents/\$40 for non-residents, good for any day of play and DOES NOT EXPIRE. The punch pass will then be mailed to the customer or the pass will be available for you at the location of Pickleball on the first day of each session (you get one extra day for free if you show up on the first day). Each participant is responsible for bringing and punching their card each time they play. Once the card is full, another can be purchased. Drop in rate for participants without a punch card is a \$5.00 fee.

11:30am – 1:00pm on Tuesdays is reserved for Beginner Lessons ONLY Just show up!! – Get 1 lesson FREE, then you will have to buy a punch card.

Location: Range Line School - Gym (11040 N. Range Line Rd. - Mequon)
Fee: \$30.00R/\$40.00NR
Program#: 241250-01
Min/Max: 4/20



Session:	Date:	Day:	Time:
I	December 14 - May 31 (skip 2/15, 3/8, 4/5)	Tuesdays	1:00 - 3:00pm
II	December 2 - May 26 (skip 12/9, 12/23, 12/30, 2/17, 3/10)	Thursdays	1:00 - 3:00pm
III	December 4 - May 28 (12/11, 12/25, 1/1, 3/12)	Saturdays	9:00 - 11:00am

PROGRAMMING: AGES 55+



BEGINNERS SHEEPSHEAD

Learn the popular card game of Sheepshead (Schafkopf – In German). It is a card game, originated in Central Europe in the late 1700s, and popular in Wisconsin, because of its large German-American population. Many European nationalities now enjoy this game of Sheepshead, which uses 32 cards (7s thru Aces), and accumulates points to determine the winner.

Sign up for this fun and low-key course to learn the basics, or to improve your fundamental concepts. The Instructor has many years of experience and knowledge to share with you. You may even want to participate in the Nicolet Recreation Department's (and the Glendale Senior Citizens' Club) Annual Sheepshead Tournament, held in the Spring of each year.

Date:	March 7 - May 9 (skip 3/21, 4/18)	Fee:	\$30.00R/\$40.00NR
Day:	Mondays	Program#:	222370-01
Time:	4:00 - 5:00pm	Min/Max:	6/10
Location:	Nicolet High School - Room B111	Instructor:	Dennis Staral
Age:	13 years and over		

MAH JONGG

Learn an ancient game with a modern twist. Mah Jongg has been a popular game in America since the 1920's. (Note: this is NOT merely matching tiles, sometimes erroneously called Mah Jongg.) Combining both luck and skill, you will find people of all ages who enjoy this game. Although this game of Chinese tiles is played by 4 people, the play is individual so partners are not needed. Groups of "Mahj" friends play regularly for years, so come and see why so many people have endured this game for so long! You too will be able to play after this class. Fee includes current National Mah Jongg League cards and materials.

Date:	April 13 - May 18
Day:	Wednesdays
Time:	12:30 - 2:30pm
Location:	Range Line School - Room 109 11040 N. Range Line Rd. - Mequon
Fee:	\$74.00R/\$84.00NR
Program#:	242072-01
Min/Max:	6/12
Instructor:	Jackie Bloomberg



QUILTING

Prepare to have fun, learn, and share. There will be no "Quilt Police" in our classes, we'll just have the freedom to explore and experiment. New techniques and design ideas will be introduced each session for beginner to advanced students. Bring your sewing machine and be prepared to give it a spin. If you have unfinished objects (UFOs), bring those too. We will get you unstuck and motivated. Take a deep breath, relax your shoulders, and enjoy the art of quilting.

Date:	January 12 - March 16
Day:	Wednesdays
Time:	6:00 - 8:30pm
Location:	Nicolet High School - Room B133
Program#:	242105-01
Fee:	\$65.00R/\$75.00NR
Min/Max:	6/10
Instructor:	Sonja Pavlik



AARP SMART DRIVER

This is a completely revamped course that has taken two years of planning, research and testing. Learn safety strategies that can reduce the likelihood of having a crash and increase confidence. Learn how aging, medications, alcohol and other related issues affect driving. In addition to a Guidebook, a new video has been developed. You might even get an insurance discount! You don't have to take a test either! Millions of people have taken advantage of this valuable course.

Bring to class: Valid driver's license and your AARP card if you have one.

Day:	Tuesday
Time:	8:45am - 1:00pm
Location:	Range Line School - Conference Room 11040 N. Range Line Rd. - Mequon
Fee:	\$28.00R/\$38.00NR
Min/Max:	10/25
Instructor:	John Graber

Session:	Date:	Program#:
I	March 15	242070-01
II	May 10	242070-02



PROGRAMMING: AGES 55+

BALANCE YOUR BLADDER AND BEYOND

Did you know urinary incontinence, the involuntary loss of bladder control, is actually more common than asthma or diabetes? If you leak urine when you laugh or cough, have to rush to the bathroom, or would simply like to prevent these problems then this class is for you! You will learn how to optimize the health of your bladder through simple tips and exercises. Nina Olson is a Doctor of Physical Therapy and Anne Nord is an Occupational Therapist that specialize in bowel and bladder function in both men and women. She is happy to help you take control of your bladder. New to the class, find out more information on pelvic organ prolapse, how to help prevent it and what to do if you have that feeling of heaviness "down there."

Date: February 1
Day: Tuesday
Time: 10:00 - 11:30am
Location: Freedom Physical Therapy
 6908 N Santa Monica Blvd - Fox Point
Fee: \$10.00R/\$20.00NR
Program#: 242870-01
Min/Max: 3/15
Instructor: Nina Olson, DPT, and Anne Nord, MOT



MANAGING CHRONIC PAIN

Chronic pain is categorized by symptoms lasting more than 6 months. 100 million Americans suffer from this condition which significantly affects the quality of life including activity restriction, sleep disturbance, and often depression and anxiety. Nicole Guy, Doctor of Physical Therapy, will discuss the ways that chronic pain can be managed, allowing you to return to activities, work, and recreation more pain and symptom-free. Come learn the different treatment options used by Nicole to break the cycle of pain!

Date: February 24
Day: Thursday
Time: 5:30 - 7:00pm
Location: Nicolet High School - Room B113
Fee: \$10.00R/\$20.00NR
Program#: 242871-01
Min/Max: 3/15
Instructor: Nicole Guy, DPT, CMTPT



REUSABLE FABRIC JOURNAL COVER

Learn basic cartonnage techniques and create a beautiful fabric, reusable journal cover. Use your journal for notes, bullet journaling, junk journaling, and sermon notes, whatever! Take home a unique, hand-crafted item that also makes a great gift! This class is for students who are ages 13+.

Bring to Class: Students are asked to bring cotton quilting fabric in two coordinating designs one fat quarter each (18 in X 22 in each design). Please avoid black and plain solid color fabrics.

Date: March 29
Day: Tuesday
Time: 6:00 - 9:00pm
Location: Range Line School - Room 108
 (11040 N. Range Line Rd. - Mequon)
Fee: \$50.00R/\$60.00NR
Program#: 242990-01
Min/Max: 4/8
Instructor: Joyce Gitter



ACBL BRIDGE LESSON PROGRAM - DIAMOND SERIES

This 10 week class focuses on the fundamentals of Declarer play emphasizing a process of careful planning and covers basic techniques of developing extra tricks, common pitfalls to avoid and proper timing of play choices. Familiarity with basic bidding techniques is necessary. Review of defense techniques will also take place. This class requires a textbook which is available from the instructor. .

*The instructor is Yvette Neary an ACBL Accredited teacher and Emerald Life Master who has taught numerous classes for over a dozen years. She can be reached at 414-526-9035 or yneary@gmail.com if you have any questions.

Date: January 4 - March 15 (skip 2/22)
Day: Tuesdays
Time: 9:00 - 11:00am
Location: Range Line School - Room 107
 (11040 N. Range Line Rd. - Mequon)
Fee: \$90.00R/\$100.00NR
Program#: 242490-01
Min/Max: 12/24
Instructor: Yvette Neary*



SEWING LAB

Sewing Lab is designed to provide you with a premium workspace, allowing you to work side-by-side with fellow sewers. Come have fun in this social, creative and fun environment. All participants must bring their projects and fabric to the first class.

Location: Lydell Community Center - Room 22 (5205 N. Lydell Ave. - Whitefish Bay)
Fee: \$35.00R/\$45.00NR
Min/Max: 6/12



Session:	Date:	Day:	Time:	Program#:
I	January 3 - March 7	Mondays	12:30 - 3:00pm	242500-01
II	January 5 - March 9	Wednesdays	9:30am - 12noon	242500-02
III	March 14 - May 23 (skip 4/18)	Mondays	12:30 - 3:00pm	242500-03
IV	March 16 - May 18	Wednesdays	9:30am - 12noon	242500-04

PROGRAMMING: AGES 55+



REGISTRATION FORM

54



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

<p>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"</p> <p>Signature _____</p>	<p>Subtotal Fee: _____</p> <p>Less Reduced Fee: _____</p> <p>Total: _____</p> <p>Cash _____</p> <p>Check ___ / # _____ make payable to Nicolet Rec. Dept.</p>
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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
 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 _____

BOYS BASKETBALL

Date	Time	Event	Location
Nov 30, 2021 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Kenosha Tremper	Nicolet High School
Dec 3, 2021 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Slinger	Slinger High School
Dec 7, 2021 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Homestead	Nicolet High School
Dec 10, 2021 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Hartford	Hartford High School
Dec 14, 2021 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. West Bend West	Nicolet High School
Dec 16, 2021 - Thu	7:00 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Martin Luther	Martin Luther HS
Dec 17, 2021 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Grafton	Grafton High School
Dec 21, 2021 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Cedarburg	Nicolet High School
Jan 5, 2022 - Wed	7:00 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Dominican	Dominican High School
Jan 7, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Whitefish Bay	Nicolet High School
Jan 8, 2022 - Sat	3:30 PM - 5:30 PM	Nicolet Varsity Boys Basketball vs. Urbana (IL)	Nicolet High School
Jan 11, 2022 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Port Washington	Port Washington HS
Jan 14, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. West Bend East	Nicolet High School
Jan 17, 2022 - Mon	3:00 PM - 5:00 PM	Nicolet Varsity Boys Basketball vs. Milwaukee Bradley	Brown Deer HS
Jan 21, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Slinger	Nicolet High School
Jan 25, 2022 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Homestead	Homestead High School
Jan 28, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Hartford	Nicolet High School
Feb 1, 2022 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ West Bend West	West Bend West HS
Feb 4, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Grafton	Nicolet High School
Feb 8, 2022 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Cedarburg	Cedarburg High School
Feb 11, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ Whitefish Bay	Whitefish Bay HS
Feb 18, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball vs. Port Washington	Nicolet High School
Feb 24, 2022 - Thu	7:15 PM - 9:00 PM	Nicolet Varsity Boys Basketball @ West Bend East	West Bend East HS

GIRLS BASKETBALL

Date	Time	Event	Location
Nov 13, 2021 - Sat	9:00 AM - 11:00 AM	Nicolet Varsity Girls Basketball - Scrimmage	Wauwatosa West HS
Nov 26, 2021 - Fri	2:00 PM - 4:00 PM	Nicolet Varsity Girls Basketball - Tournament	Menomonee Falls HS
Nov 27, 2021 - Sat	2:00 PM - 4:00 PM	Nicolet Varsity Girls Basketball - Tournament	Menomonee Falls HS
Dec 3, 2021 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball vs. Slinger	Nicolet High School
Dec 7, 2021 - Tue	5:45 PM - 7:00 PM	Nicolet Varsity Girls Basketball vs. Homestead	Nicolet High School
Dec 10, 2021 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball vs. Hartford	Nicolet High School
Dec 14, 2021 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball @ West Bend West	West Bend West HS
Dec 17, 2021 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball vs. Grafton	Nicolet High School
Dec 21, 2021 - Tue	5:45 PM - 7:00 PM	Nicolet Varsity Girls Basketball vs. Cedarburg	Nicolet High School
Dec 28, 2021 - Tue	10:00 AM - 6:00 PM	Nicolet Varsity Girls Basketball - Tournament	Beloit Memorial HS
Dec 29, 2021 - Wed	10:00 AM - 6:00 PM	Nicolet Varsity Girls Basketball - Tournament	Beloit Memorial HS
Jan 7, 2022 - Fri	5:45 PM - 7:00 PM	Nicolet Varsity Girls Basketball vs. Whitefish Bay	Nicolet High School
Jan 11, 2022 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball vs. Port Washington	Nicolet High School
Jan 14, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball @ West Bend East	West Bend East HS
Jan 15, 2022 - Sat	4:45 PM - 6:00 PM	Nicolet Varsity Girls Basketball @ Oshkosh North	Oshkosh North HS
Jan 21, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball @ Slinger	Slinger High School
Jan 25, 2022 - Tue	5:45 PM - 7:00 PM	Nicolet Varsity Girls Basketball @ Homestead	Homestead High School
Jan 28, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball @ Hartford	Hartford High School
Jan 31, 2022 - Mon	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball vs. East Troy	Nicolet High School
Feb 1, 2022 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball vs. West Bend West	Nicolet High School
Feb 4, 2022 - Fri	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball @ Grafton	Grafton High School
Feb 8, 2022 - Tue	5:45 PM - 7:00 PM	Nicolet Varsity Girls Basketball @ Cedarburg	Cedarburg High School
Feb 11, 2022 - Fri	5:45 PM - 7:00 PM	Nicolet Varsity Girls Basketball @ Whitefish Bay	Whitefish Bay HS
Feb 15, 2022 - Tue	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball @ Port Washington	Port Washington HS
Feb 17, 2022 - Thu	7:15 PM - 9:00 PM	Nicolet Varsity Girls Basketball vs. West Bend East	Nicolet High School

GYMNASTICS

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Dec 8, 2021 - Wed	6:30 PM - 8:30 PM	Nicolet Varsity/JV Gymnastics vs. Grafton/Cedarburg	Nicolet HS
Dec 14, 2021 - Tue	6:30 PM - 8:30 PM	Nicolet Varsity/JV Gymnastics @ Homestead	Homestead HS
Dec 18, 2021 - Sat	9:00 AM - 5:00 PM	Nicolet Varsity Gymnastics - Invitational	West Bend West
Jan 5, 2022 - Wed	6:30 PM - 8:30 PM	Nicolet Varsity/JV Gymnastics vs. West Bend West	Nicolet HS
Jan 8, 2022 - Sat	9:00 AM - 5:00 PM	Nicolet Varsity Gymnastics - Invitational	Homestead HS
Jan 12, 2022 - Wed	6:30 PM - 8:30 PM	Nicolet Varsity/JV Gymnastics @ Hartford	Hartford HS
Jan 26, 2022 - Wed	6:30 PM - 8:30 PM	Nicolet Varsity/JV Gymnastics vs. Whitefish Bay	Nicolet HS
Feb 2, 2022 - Wed	6:30 PM - 8:30 PM	Nicolet Varsity/JV Gymnastics @ West Bend East	West Bend East
Feb 9, 2022 - Wed	6:30 PM - 8:30 PM	Nicolet Varsity/JV Gymnastics vs. Port Washington	Nicolet HS
Feb 12, 2022 - Sat	9:00 AM - 5:00 PM	Nicolet Varsity Gymnastics- Invitational	Whitefish Bay HS
Feb 19, 2022 - Sat	10:00 AM - 5:00 PM	Nicolet Varsity/JV Gymnastics - NSC Meet	Nicolet HS
Feb 26, 2022 - Sat	10:00 AM - 3:00 PM	Nicolet Varsity Gymnastics - WIAA Sectionals	TBD
Mar 5, 2022 - Sat	3:30 PM - 7:30 PM	Nicolet Varsity Gymnastics - WIAA State Meet	Wisconsin Rapids

WRESTLING

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Dec 2, 2021 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling @ Cedarburg	Cedarburg High School
Dec 4, 2021 - Sat	8:00 AM - 5:00 PM	Nicolet Varsity Wrestling - Invitational	Nicolet High School
Dec 9, 2021 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling vs. Port Washington	Nicolet High School
Dec 16, 2021 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling @ Whitefish Bay	Whitefish Bay HS
Dec 17, 2021 - Fri	5:00 PM - 9:00 PM	Nicolet Varsity Wrestling - Invitational	West Allis Central HS
Dec 18, 2021 - Sat	9:30 AM - 5:00 PM	Nicolet Varsity Wrestling - Invitational	West Allis Central HS
Dec 27, 2021 - Mon	9:00 AM - 5:00 PM	Nicolet Varsity Wrestling - Invitational	UW-Whitewater
Dec 28, 2021 - Tue	9:00 AM - 5:00 PM	Nicolet Varsity Wrestling - Invitational	UW-Whitewater
Jan 6, 2022 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling @ West Bend East	West Bend East HS
Jan 7, 2022 - Fri	4:00 PM - 9:00 PM	Nicolet Varsity Wrestling - Invitational	Port Washington HS
Jan 13, 2022 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling @ West Bend West	West Bend West HS
Jan 15, 2022 - Sat	9:30 AM - 5:00 PM	Nicolet Varsity Wrestling - Invitational	Badger High School
Jan 20, 2022 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling vs. Homestead	Nicolet High School
Jan 21, 2022 - Fri	4:00 PM - 9:00 PM	Nicolet Varsity Wrestling - Invitational	Homestead High School
Jan 22, 2022 - Sat	8:00 AM - 5:00 PM	Nicolet Varsity Wrestling - Invitational	Sheboygan North HS
Jan 27, 2022 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling vs. TBD	Nicolet High School
Feb 4, 2022 - Fri	4:00 PM - 9:00 PM	Nicolet Varsity Wrestling - NSC Tournament	Homestead High School
Feb 12, 2022 - Sat	7:00 AM - 7:00 PM	Nicolet Varsity Wrestling - WIAA Regionals	Nicolet High School
Feb 15, 2022 - Tue	6:00 PM - 8:00 PM	Nicolet Varsity Wrestling - WIAA Team Sectionals	Nicolet High School
Feb 19, 2022 - Sat	10:00 AM - 5:00 PM	Nicolet Varsity Wrestling - WIAA Sectionals	Homestead High School
Feb 24, 2022 - Thu	3:00 PM - 9:00 PM	Nicolet Varsity Wrestling - WIAA State Ind. Tournament	UW-Madison
Feb 25, 2022 - Fri	10:00 AM - 9:00 PM	Nicolet Varsity Wrestling - WIAA State Ind. Tournament	UW-Madison
Feb 26, 2022 - Sat	10:00 AM - 9:00 PM	Nicolet Varsity Wrestling - WIAA State Ind. Tournament	UW-Madison
Mar 4, 2022 - Fri	5:30 PM - 9:00 PM	Nicolet Varsity Wrestling - WIAA State Team Tournament	UW-Madison
Mar 5, 2022 - Sat	3:00 PM - 7:00 PM	Nicolet Varsity Wrestling - WIAA State Team Tournament	UW-Madison

BOYS SWIMMING & DIVING

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Nov 23, 2021 - Tue	6:00 PM - 8:00 PM	Nicolet Varsity/JV Boys Swimming/Diving @ Cedarburg	Cedarburg HS
Nov 30, 2021 - Tue	6:00 PM - 8:00 PM	Nicolet Varsity/JV Boys Swimming/Diving @ Whitefish Bay	Whitefish Bay HS
Dec 4, 2021 - Sat	8:00 AM - 5:00 PM	Nicolet Varsity Boys Swimming - Invitational	Nicolet HS
Dec 7, 2021 - Tue	6:00 PM - 8:00 PM	Nicolet Varsity/JV Boys Swimming/Diving vs. West Bend	Nicolet HS
Dec 11, 2021 - Sat	10:00 AM - 5:00 PM	Nicolet Varsity Boys Swimming/Diving - Invitational	Brown Deer HS
Dec 14, 2021 - Tue	4:00 PM - 8:00 PM	Nicolet Varsity Boys Swimming/Diving - NSC Relays	West Bend East H
Dec 21, 2021 - Tue	6:00 PM - 8:00 PM	Nicolet Varsity/JV Boys Swimming/Diving @ Hartford	Hartford HS
Jan 6, 2022 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity/JV Boys Swimming/Diving vs. Port Washington	Nicolet HS
Jan 8, 2022 - Sat	8:30 AM - 5:00 PM	Nicolet Varsity Boys Swimming/Diving - Invitational	Cedarburg HS
Jan 13, 2022 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity/JV Boys Swimming/Diving vs. Grafton	Nicolet HS
Jan 21, 2022 - Fri	6:00 PM - 8:00 PM	Nicolet Varsity Boys Diving - Invitational	Nicolet HS
Jan 27, 2022 - Thu	6:00 PM - 8:00 PM	Nicolet Varsity/JV Boys Swimming/Diving @ Homestead	Homestead HS
Feb 3, 2022 - Thu	5:00 PM - 7:00 PM	Nicolet Varsity/JV Boys Diving - NSC Meet	Grafton HS
Feb 4, 2022 - Fri	5:30 PM - 8:30 PM	Nicolet JV Boys Swimming - NSC Meet	Whitefish Bay HS
Feb 5, 2022 - Sat	11:00 AM - 5:00 PM	Nicolet Varsity Boys Swimming - NSC Meet	Grafton HS
Feb 11, 2022 - Fri	5:00 PM - 9:00 PM	Nicolet Varsity Boys Diving - WIAA Sectionals	TBD
Feb 12, 2022 - Sat	10:00 AM - 5:00 PM	Nicolet Varsity Boys Swimming - WIAA Sectionals	Whitefish Bay HS
Feb 18, 2022 - Fri	1:30 PM - 9:00 PM	Nicolet Varsity Boys Swimming/Diving - WIAA State Meet	Waukesha South

BOYS HOCKEY

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
Nov 19, 2021 - Fri	8:00 PM - 10:00 PM	WNS Varsity Boys Hockey vs. Monroe	MSOE Kern Center
Nov 23, 2021 - Tue	7:00 PM - 9:00 PM	WNS Varsity Boys Hockey @ Marquette	Eble Ice Arena
Nov 26, 2021 - Fri	TBD	WNS Varsity Boys Hockey - Tournament	Sheboygan Lakers Ice
Nov 30, 2021 - Tue	7:00 PM - 9:00 PM	WNS Varsity Boys Hockey @ Arrowhead	Mullet Ice Arena
Dec 4, 2021 - Sat	5:00 PM - 7:00 PM	WNS Varsity Boys Hockey vs. Milton	MSOE Kern Center
Dec 11, 2021 - Sat	2:00 PM - 4:00 PM	WNS Varsity Boys Hockey vs. West Bend	MSOE Kern Center
Dec 17, 2021 - Fri	6:30 PM - 8:30 PM	WNS Varsity Boys Hockey vs. Marquette	MSOE Kern Center
Dec 28, 2021 - Tue	TBD	WNS Varsity Boys Hockey - Tournament	Waupaca Expo Center
Dec 29, 2021 - Wed	TBD	WNS Varsity Boys Hockey - Tournament	Waupaca Expo Center
Dec 30, 2021 - Thu	TBD	WNS Varsity Boys Hockey - Tournament	Waupaca Expo Center
Jan 7, 2022 - Fri	6:00 PM - 8:00 PM	WNS Varsity Boys Hockey @ Muskego	Wilson Park
Jan 8, 2022 - Sat	9:00 AM - 11:00 AM	WNS Varsity Boys Hockey @ Waukesha North	Naga-Waukee Ice Rink
Jan 12, 2022 - Wed	7:00 PM - 9:00 PM	WNS Varsity Boys Hockey @ Homestead	Ozaukee Ice Center
Jan 20, 2022 - Thu	7:00 PM - 9:00 PM	WNS Varsity Boys Hockey @ Janesville	Janesville Ice Skating
Jan 22, 2022 - Sat	7:00 PM - 9:00 PM	WNS Varsity Boys Hockey @ Cedarburg	Ozaukee Ice Center
Jan 28, 2022 - Fri	8:00 PM - 10:00 PM	WNS Varsity Boys Hockey vs. Brookfield	Cahill Park
Jan 29, 2022 - Sat	3:00 PM - 5:00 PM	WNS Varsity Boys Hockey @ Monroe	Stateline Ice
Feb 1, 2022 - Tue	9:10 PM - 11:00 PM	WNS Varsity Boys Hockey vs. West Bend	Ozaukee Ice Center
Feb 3, 2022 - Thu	7:10 PM - 9:00 PM	WNS Varsity Boys Hockey vs. Homestead	Ozaukee Ice Center
Feb 5, 2022 - Sat	2:30 PM - 4:30 PM	WNS Varsity Boys Hockey vs. Cedarburg	Ozaukee Ice Center
Feb 8, 2022 - Tue	8:15 PM - 10:15 PM	WNS Varsity Boys Hockey vs. Fox Valley	MSOE Kern Center
Feb 11, 2022 - Fri	8:00 PM - 10:00 PM	WNS Varsity Boys Hockey vs. Kenosha Bradford	MSOE Kern Center
Feb 15, 2022 - Tue	TBD	WNS Varsity Boys Hockey - WIAA Regional Semifinal	TBD
Feb 18, 2022 - Fri	TBD	WNS Varsity Boys Hockey - WIAA Regional Final	TBD
Feb 22, 2022 - Tue	TBD	WNS Varsity Boys Hockey - WIAA Sectional Semifinal	TBD
Feb 25, 2022 - Fri	WNS Varsity Boys Hockey - WIAA Final		Mullet Ice Arena
Mar 4, 2022 - Fri	WNS Varsity Boys Hockey - WIAA State Semifinal		TBD
Mar 5, 2022 - Sat	WNS Varsity Boys Hockey - WIAA State Championship		TBD

A

ACT, **32**
Archery, **25; 32; 49**
Art, **38**

B

Babysitting, **9**
Badminton, **48**
Baseball, **30; 33**
Basketball, **32**
Bowling, **28**
Bridge Lessons, **53**

C

Chess, **16**
Climbing, **27**
Coding, **15**
College Planning, **32; 40**
Computers, **36-37**
Cooking, **39**
CPR, **9**

D

Dance, **22; 42**
Drawing, **16**
Driving, **52**

E

F

Financial, **41**

G

Gymnastics, **12; 23; 33**

H

I

Ice Skating, **26-27; 49**

J

Jazzercise, **44**

K

L

Lacrosse, **28-29**
Legos, **17**
Lifeguarding, **10**

M

Mah Jongg, **52**
Martial Arts, **12; 25; 45**

N

O

P

Pickleball, **51**

Q

Quilting, **52**

R

Retirement, **40**

S

Science, **18**
Sewing, **53**
Sheepshead, **52**
Singing, **13**
Soccer, **31**
Softball, **30; 33; 49**
Spanish, **17; 40**
Sports & Fitness, **13**
Stained Glass, **38**
Strength & Conditioning, **31**

T

Tai Chi, **44; 50**
Tech Classes, **35**
Tennis, **24; 48**
Theater, **16**

U

V

Volleyball, **20; 48**

W

Walking, **51**
Water Safety Instructor, **10**
Wrestling, **31**
Watercolors, **38**
Wellness, **33, 42; 53**

X

Y

Yoga, **45; 51**

Z

Zumba, **13**



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