

Port Washington Parks & Recreation

LIFE AFTER SUMMER . . .
FALL-WINTER PROGRAMS 2011-12

REVISED AS OF 11/01/11



FUN exercise to fit into your schedule, budget and fitness level. We made it easy, affordable and flexible for your schedule. All classes held at the Recreation Center, 201 N. Webster St., Port Washington

Instructor: Joann DeMerit and Staff

Days/Times: Varies

Dates: September 6 – December 17, 2011

Check the website for changes to class offerings:
www.ci.port-washington.wi.us/ParkandRecreation

Yoga – All Levels – Adults:
Mon. 6:15 p.m., Tues. 8:45 a.m., Thurs. 6 a.m., Fri 8:45 a.m.

Basic Yoga: Thursday 6:30 p.m.

Yoga-Lates: Wednesday 6:15 p.m.

Power Hour: Monday 9 a.m.

Yoga for Kids: (starts in January 2012)
Thursday 5:30 p.m.

Zumba for Adults:
Tuesday 6:15 p.m., Friday 6:30 p.m.

Zumba for Kids:
Tuesday 5:30 p.m.

Ballet:

Tots (2-4): Saturday 9:30-10:00 a.m. 9/17-11/19

Kids (5-11): Saturday 10:15-11:00 a.m. 9/17-11/19

Health & Wellness Workshops

How to purchase an Exercise Session:

Purchase just a few or enough for a couple of months. Your choice! Attend any class during the time slots offered - or attend them all. **Sign up at any time!**

Fee: 1 Class \$8.00 5 Classes \$40.00
10 Classes \$65.00 20 Classes \$95.00

Fall Gymnastics

Balance, poise, and coordination are all attributes of young gymnasts. Our instructors will improve these skills for children four years and older.

Instructors: Jesi Conradt & Staff

Day/Date: Wednesday, Sept. 7 thru Oct. 26, 2011

Bouncing Bugs (4 & 5 year olds) - 5:30-6:15 p.m.

Leap Frogs (6-8 year olds) - 6:15-7:00 p.m.

Tumble Bees (Ages 9+) - 7:00 to 8:00 p.m.

Fee: \$45 Resident PWSSD, \$55 non-resident



Gymnastics & Beyond – Monday, Sept. 12 thru Oct. 31 6-8 pm **Fee:** \$80 Resident PWSSD, \$90 non-resident

Location: Port Washington High School

Flag Football 1st & 2nd Grade

This program will give the 1st and 2nd graders an opportunity to play flag football. It is similar to the 3rd & 4th grade program, but geared toward younger kids.

VOLUNTEER PARENT/COACHES ARE NEEDED

Day: Tuesday

Times: Games are at 6:00 or 7:00 p.m.

Dates: September 6 – Orientation 6:00 p.m.

Games: September 13 – October 18

Location: Municipal Softball Outfield (TJ Middle School)

Fee: \$25.00 Resident City of Port (T-shirt included)

\$32.00 Non-resident (T-shirt included)



Flag Football 3rd & 4th Grade

This program will teach players the rules and fundamental skills needed to play football. Participants learn and develop their skills through practice in a variety of situations.

VOLUNTEER PARENT/COACHES ARE NEEDED

Day: Wednesday

Times: Games are at 6:00 or 7:00 p.m.

Dates: September 7 - Orientation 6:00 p.m.

Games: September 14 - October 19

Location: Municipal Softball Outfield (TJ Middle School)

Fee: \$25.00 Resident City of Port (T-shirt included)

\$32.00 Non-resident (T-shirt included)

Open Gym

CANCELLED

Port Washington High School gym is open to adults, and students from 5th grade through high school to use for pick up basketball games on Saturday afternoons. Call (262) 284-5881 for a complete schedule.

Day: Saturday

Times: 12:30 to 2:00 pm

Dates: TBA

Location: Port Washington High School

Fee: \$2.00 for adults and \$1.00 for students per day

Port Washington Hometowne Basketball League 4th – 8th Grade

This program stresses the age appropriate fundamentals of basketball and is an exciting combination of skill building and competitive play for 4th – 8th grade boys and girls.

Players will learn drills and skills also used by both the Port Hoops and Port Washington High School basketball programs.

The program will also reinforce the skills in a variety of challenging and fun, competitive games. Skills, games and teammates will change each week to create an environment that focuses on improving skills for all levels of participants while mixing the players for a more balanced experience.

VOLUNTEER PARENTS ARE NEEDED!

Day/Time: Saturdays 10:00 – 11:30 a.m.
Start Date: November 19, 2011 (8 week program)
Location: Port Washington High School
Fee: \$50.00 Resident PW/Sauville School District
\$60.00 Non-Resident of District
(Jersey Included)



Port Washington Hometowne Basketball League K – 3rd Grade

This program stresses the age appropriate fundamentals of basketball and is an exciting combination of skill building and competitive play for K – 3rd grade boys and girls.

Players will learn drills and skills also used by both the Port Hoops and Port Washington High School basketball programs.

The program will also reinforce the skills in a variety of challenging and fun, competitive games. Skills, games and teammates will change each week to create an environment that focuses on improving skills for all levels of participants while mixing the players for a more balanced experience.

VOLUNTEER PARENTS ARE NEEDED!

Day/Time: Saturdays 8:00 – 9:00 a.m.
Start Date: January 7, 2012 (4 week program)
Location: Lincoln Elementary School
Fee: \$25.00 Resident PW/Sauville School District
\$32.00 Non-Resident of District
(T-shirt Included)

Youth Bowling

The Park & Rec. Dept. and Harbor Hills Rec. Center are co-sponsoring bowling lessons for girls and boys ages 8 years and up. The program will work on core, fundamental skills: stance, grip, steps, arm swing, slide and follow-through, etiquette and scoring.

Day: Saturday
Times: 1:30 – 2:30 p.m.
Dates: December 3, 10, 17, 2011
January 7 & 14, 2012
Location: Harbor Hills Recreation Center
Fee: \$30.00 Resident of City of Port
\$37.50 Non-Resident



Pickleball

Drop-in sessions for pickleball will be held at Lincoln Elementary School on Thursdays from 6:30-8:30 p.m. starting October 6th. No pickleball on October 27, November 24 and the month of December. Will start again in January. Cost is \$3.00 per person

Not sure what pickleball is? Check out the official website for pickleball at www.usapa.org

Polar Express

All aboard! Hop on the "train" for a magical journey to the North Pole again this year. The tri-community event will take place on December 17 and will be hosted in Port Washington (Port Washington Firehouse). Bring the family for a chance to see Santa and the wonders of his workshop. \$5.00 per person. Tickets go on sale for residents on November 14th and for non-residents on November 21st.



Fall Registration Now Being Accepted

In-person/walk-in registrations will be accepted on a first-come, first-served basis at the Parks & Recreation office during regular business hours.

Office hours are from 9:00 a.m. to 4:00 p.m. Monday through Friday.

For a copy of the registration form, visit:

www.ci.port-washington.wi.us/ParkAndRecreation
Registration forms may be faxed to (262) 284-7678
or mailed to

Port Washington Parks & Recreation Department
201 N. Webster Street
Port Washington, WI 53074
262-284-5881