

Port Washington Parks & Recreation

SPRING PROGRAMS 2012

Revised 2/16/12

Golf Lessons

Refine your swing under the watchful eye of our teaching professional. Enjoy learning the fundamentals or knock off the winter rust. Bring your own clubs. Ages 12 and over.

Instructor: Frank Carini

Day: Choose Tuesdays *or* Thursdays

Times: 6:30 *or* 7:15 p.m.

Dates: Tuesdays - March 6 - March 27, 2012 *or*
Thursdays - March 8 - March 29, 2012

Fee: \$45.00 Resident PW/Saukville School Dist.
\$55.00 for Non-Resident of District

Location: Port Washington High School
Last night will be at Missing Links, Mequon



Spring Gymnastics

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

Instructors: Jesi Conradt & Staff

Bouncing Bugs (4 & 5 years old)

Day: Wednesday

Times: 5:30 - 6:15 pm

Leap Frogs (6-8 years)

Day: Wednesday

Times: *Filled* 6:15 - 7:00 pm

Tumble Bees (9 years & up)

Day: Wednesday

Times: 7:00 - 8:00 pm

Dates: February 29 to April 25, 2012

Fee: \$45 Resident PW/Saukville School District
\$55 Non-Resident of District

Location: Port Washington High School

Gymnastics & Beyond (Advanced)

Day: Monday

Times: 6:00 to 8:00 pm

Dates: February 27 to April 23, 2012

Fee: \$80 Res PW/Saukville School District
\$90 Non-resident of District

Location: Port Washington High School



No class on
April 11th

No class on
April 9th

Yoga and More

Basic Yoga is for the newer student or for those looking for a less aerobic yoga practice that focuses on flexibility, balance, relaxation and providing energy & clarity. **Thursday 4:45 pm at the Justice Center, 1201 S. Spring St.**

All Level Yoga is modified to accommodate all levels and conditions for both beginners & experienced students. **Mon. 10 am & 6:15 pm, Tues. 8:45 am, Thurs. 6 am New!! - Tues. 12:15 pm at the Port Washington Court House, 121 West Main St.**

Yoga-lates combines traditional yoga: building strength, balance, joint mobility and flexibility, with Pilates, focusing on deep core strength. No prior experience, age, or fitness level is required. **Wednesday 6:15 pm.**

Power Hour is designed to increase your heart rate, strengthen, tone & sculpt your body with low impact, high energy athletic training techniques. **Monday 9:00 am**

Zumba is a dynamic exercise class for all ages and fitness levels. **Tuesday 6:15 pm and Friday 6:30 pm**

Zumba-Kids is a playful format allowing kids (ages 4-11) to shimmy and shake to the quick rhythm of Zumba music. Kids don't have any problems learning the dance steps; before they know it they are having fun and won't leave the dance floor. **Mon. 5:00 pm**

Kids Yoga for 4 yrs. & older children to discover the basic principles of yoga; improving balance, coordination and concentration, creating greater strength and flexibility and experiencing relaxation through simple breathing techniques in a fun and playful setting. **Two five week sessions, Thursdays, February 9 to March 8 and April 19 to May 17, at 6:15 pm**

Health and Wellness Workshops: Check the website or flyer for specific dates and times of these informational workshops.

Instructors: Joann DeMerit and Staff

Dates: Starts January 4 (unless otherwise noted)

Location: Park & Rec. Center, 201 N. Webster St. (unless otherwise noted)

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. **Continuous registration, unless noted. Expires Dec. 2012**

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

**Tots Tumbling and Kids Ballet offered through
Yoga & More on the reverse side** →

Tots Tumbling (Ages 3-5)

This class encourages creative movement through music, as well as balance by crawling and jumping through obstacle courses. Tots will learn basic tumbling skills. There are two five week sessions - pick one or both.

Days/Times: Saturdays from 9:30 - 10:15 am

Dates: **1st session:** February 4 - March 3

2nd session: April 21 - May 19

Location: Port Washington Recreation Center
201 N. Webster St.

Fee: \$40.00/session or purchase classes through the Yoga & More class pack method.

Kids Ballet (Ages 6-11)

Learn to move gracefully through beginner ballet steps and positions. We will learn a wide variety of what the ballet world has to offer in an age appropriate setting. There are two five week sessions - pick one or both.

Days/Times: Saturdays from 10:30 - 11:15 am

Dates: **1st session:** February 4 - March 3

2nd session: April 21 - May 19

Location: Port Washington Recreation Center
201 N. Webster St.

Fee: \$40.00/session or purchase classes through the Yoga & More class pack method.

Lifeguard Certification Class

This American Red Cross class will certify you as a Lifeguard. Course fee includes a Lifeguard book and rescue mask. **You must attend all classes in order to receive certification.** Must be age 15 or older. Register and pay at the Cedarburg Park and Rec Office before February 17. Call 262-375-7611 for more info.

Pickleball

The game of Pickleball has swept the nation! A fun sport with many social benefits; it is a game for any age.

Days/Times: Thursdays 6:30 pm-8:30 pm

Dates: January 5 through May 31

Location: Lincoln Elementary School

Fee: \$3.00 per person/visit

No Pickleball
on April 12
& April 26



Port Youth Theatre

NEW!!

"Aladdin, Kids" is the first show for the new Port Youth Theatre which is a condensed version of the popular Disney film. For students in 1st - 8th grades.

Director: Diana Neumeyer

Days/Times: Tuesday & Thursdays 5-6 pm

Dates: Rehearsals begin March 6

Production on Friday, May 4

Location: Rehearsals will be held at the Parks & Recreation Dept. 201 N. Webster St.

Public performance at the PW High School auditorium

Fee: \$100 Resident of the PW/Saukville School Dist.

\$110 Non-resident

Shelter Reservations

Do not delay reserving a park area or shelter for your family or group outing. The reservation form and availability of park sites can be found on-line at:

www.ci.port-washington.wi.us/ParkandRecreation

or call the Parks & Recreation Office at 262-284-5881 for shelter descriptions and locations of Areas and Pavilions.

Registration for Gymnastics & Golf Begins Monday, February 6, 2012

Registration for all other classes will be accepted at any time.

In-person/walk-in registrations will be accepted on a first-come, first-serve basis at the Parks & Recreation Office during normal business hours. Office hours are from 9:00 am to 4:00 pm Monday through Friday. Call the Office for more information at (262) 284-5881.

For a copy of the registration form go to www.ci.port-washington.wi.us/ParkandRecreation

Mail-In: Mail a completed registration form along with a check, money order or credit card information to:

City of Port Washington Parks & Recreation Department

201 N. Webster Street

Port Washington, WI 53074

Fax or E-mail: Faxed or e-mailed registrations will only be accepted with a credit card payment. Complete the registration form, include credit card information, sign & fax the form to **(262) 284-7678** or e-mail to:

dmverheyen@ci.port-washington.wi.us