



SHEBOYGAN AREA
— SCHOOL DISTRICT —

NOTE: This meeting will be held in the Boardroom.

**Starting/ending times may vary*

Tuesday, August 9, 2022

Starting Time: 6:30 p.m. – 6:35 p.m.

CHAIR: Mr. Burg

MEMBERS: Mr. Laster, Vice Chair
Mr. Mancl

Ms. Ruiz-Harrison

(a quorum of the Board may be present)

The Facilities/Recreation/Theatre Committee meeting will be held in the Board of Education meeting room, 3330 Stahl Road, Sheboygan, Wisconsin on **Tuesday, August 9, 2022 at 6:30 p.m.** The following items will be presented for consideration at that time:

Please note some Board members may be participating in this Board meeting via teleconference or other remote access technology. Members of the public who attend the meeting will be able to hear any open session dialogue between such members and the Board members present in the Boardroom. In addition, the District is offering audio and video access to the meeting via phone connection by calling 1-312-626-6799 with meeting ID: 817 9599 4427 and Passcode: 485147 or <https://us06web.zoom.us/j/81795994427?pwd=YWlZMDNwOU40YWlLNXJlYkwvWkc0dz09> at the scheduled meeting time.

**REPORT TO THE FACILITIES/RECREATION/THEATRE COMMITTEE
AGENDA**

- 5 Min. 1. **SUMMER PROGRAM UPDATE/FALL COMMUNITY RECREATION DEPARTMENT MARKETING
INSERT – Mr. John Koehler** (Information)

The administration will present a recap of summer program highlights and the Beacon marketing insert for the Community Recreation Department's fall slate of programs.



Community Recreation Department Fall Program Insert

On-line program registration opens Thursday, August 25 at 8:00am at www.sheboyganrec.com

All drop off registrations will be randomly processed starting at 8:00am
Walk-in and phone registrations will be accepted starting at Noon



Grades K-6 Boys and Girls

Deadline is October 26

Our youth basketball leagues are designed to develop young players through fun and instruction.

Players are placed on teams based on their current 2022/23 school grade and organized by coach, school and neighborhood location.

K and 1st grade teams practice and play every Saturday.

2nd grade and older teams practice once a week as assigned by their volunteer coach and play games on Saturdays.

Grades may be combined based on registration numbers.



Practices may start the week of November 14th • Games start December 3rd - February 18th

Grade	League	Practice	Location	Day	Fee	Non Res Fee	Code
K	Combined	before game	Horace Mann	Saturday	\$18.00	\$26.00	10121
1	Combined	before game	Horace Mann	Saturday	\$18.00	\$26.00	10122
2	Boys	week night	North/South	Saturday	\$25.00	\$35.00	10123
2	Girls	week night	North/South	Saturday	\$25.00	\$35.00	10124
3	Boys	week night	North/South	Saturday	\$25.00	\$35.00	10125
3	Girls	week night	North/South	Saturday	\$25.00	\$35.00	10126
4	Boys	week night	North/South	Saturday	\$25.00	\$35.00	10127
4	Girls	week night	North/South	Saturday	\$25.00	\$35.00	10128
5	Boys	week night	North/South	Saturday	\$25.00	\$35.00	10129
5	Girls	week night	North/South	Saturday	\$25.00	\$35.00	10130
6	Boys	week night	North/South	Saturday	\$25.00	\$35.00	10131
6	Girls	week night	North/South	Saturday	\$25.00	\$35.00	10132

HIGH SCHOOL BASKETBALL

Deadline is November 4

This program is for high schoolers currently in 9th-12th Grade who are not participating in high school sponsored basketball.

Players form their own team.

All teams must have an adult manager at least 21 years of age at practices and games.

Matching T-shirts with numerals are required.

Mondays & Thursdays

December 5 – Approx February 27
Games are scheduled after 5:00 pm

\$250.00 team fee

\$10.00 for individual Non Resident fee
(max of \$40.00)

Questions?

Please email...tschoblaske@sasd.net

ADULT BASKETBALL

Deadline is October 6

*Form your own teams

*Leagues will be divided into competitive or recreational levels.

Games are scheduled
between the hours of 6:00-9:00 pm

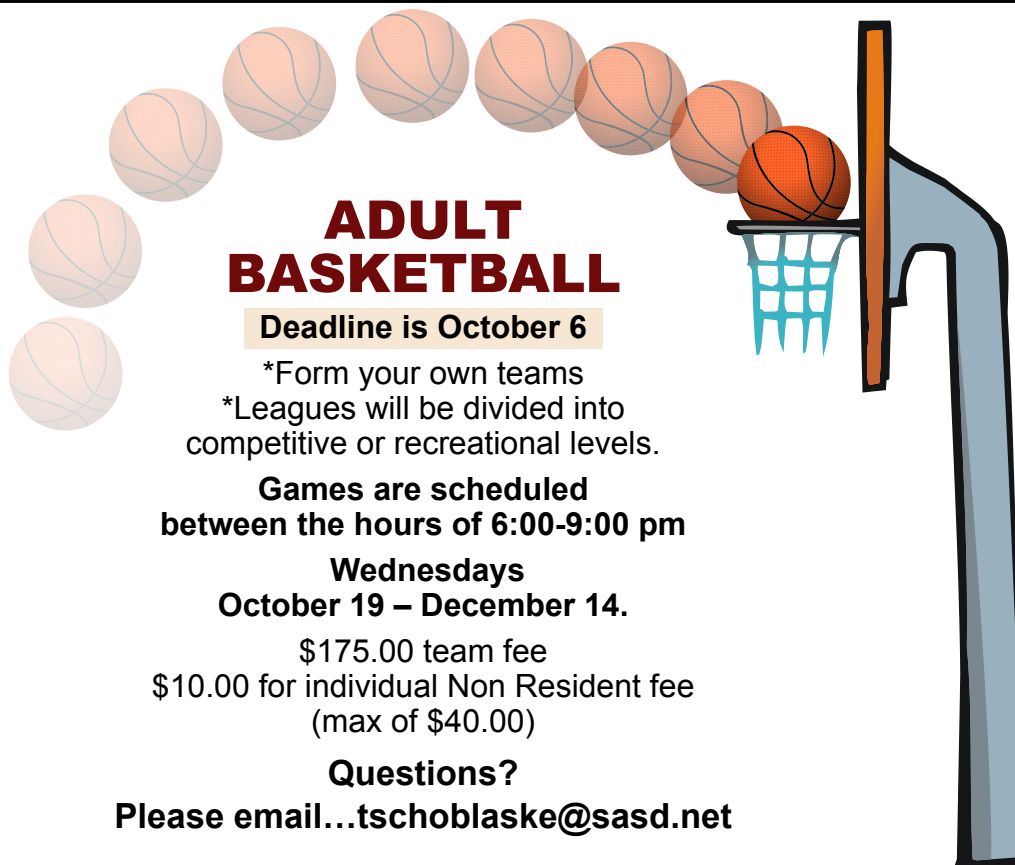
Wednesdays
October 19 – December 14.

\$175.00 team fee

\$10.00 for individual Non Resident fee
(max of \$40.00)

Questions?

Please email...tschoblaske@sasd.net





SHEBOYGAN AREA
SCHOOL DISTRICT
Community Recreation

Community Recreation Department Fall Program Insert
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www.sheboyganrec.com

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Walk-in and phone registrations will be accepted starting at Noon

3,4,5 YEAR OLD SOCCER

Parents and children learn soccer together.
Rec Dept staff will teach basic fundamentals of soccer to you and your child.

Tuesdays
September 13 – October 18

Roosevelt Park
1103 Mead Avenue

3 yr old soccer 5:00-5:40 pm..... Code 10062
4 yr old soccer 5:45-6:30 pm..... Code 10063
5 yr old soccer 6:40-7:25 pm..... Code 10064

Thursdays
September 15 – October 20

Pigeon River Rec Center
3508 N 21st Street

3 yr old soccer 5:00-5:40 pm..... Code 10059
4 yr old soccer 5:45-6:30 pm..... Code 10060
5 yr old soccer 6:40-7:25 pm..... Code 10061

\$14.00 Resident • \$21.00 Non Resident



ADULT SOCCER

Another season of open soccer on our amazing artificial turf outdoor "stadium" soccer field at
Horace Mann Soccer Complex
2820 Union Avenue

Pre-registration is encouraged, but drop ins allowed.

Wednesdays
August 17 – October 28.....7:45-9:45 pm

\$88.00 Resident • \$132.00 Non Resident

11 week session • Code 9803



FLAG FOOTBALL

Grades 1st-8th boys and girls are welcome to register.

Deadline: August 9

Teams of 8-10 players will be formed by the Rec Dept primarily by school and where players live (5 players on the field at one time)
Players who have registered will be contacted by their assigned coach (if one is in place) the week of August 29th.

Fee: \$26.00 Resident • \$39.00 Non Resident
After deadline \$31.00 Resident • \$44.00 Non Resident

League Play: Grades 1, 2 & 3
Wednesdays, September 14-October 26
Games scheduled between 5:00-8:00 pm at
Roosevelt Park • 1103 Mead Avenue



League Play: Grades 4, 5, 6, 7 & 8
Mondays, September 12-October 24
Games scheduled between 5:00-8:00 pm at
Roosevelt Park • 1103 Mead Avenue



YOUTH VOLLEYBALL INSTRUCTION

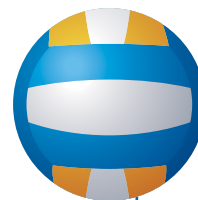
Girls and boys will learn the fundamentals of volleyball from experienced instructors.

All ability levels are welcome!

Grades 3/4.....Monday 6-730pm Sept 12-Oct 17 Code 10057
Grade 5/6.....Tuesday 6-730pm Sept 13-Oct 18..... Code 10058

Cooper Elementary School Gym
2014 Cooper Avenue

\$18.00 Resident • Non Resident \$27.00



ADULT VOLLEYBALL LEAGUES

Form your own team
*One official for all league

Deadline: August 21

Women's A, B+, C
Tuesdays, September 13-November 28
Coed A/B and C
Mondays, September 13- November 29

Team Fee \$180.00
\$10.00 extra with a max of \$40.00 for each Non Resident

DROP IN VOLLEYBALL

Horace Mann Middle School Gyms
2820 Union Avenue

\$3.00 Resident • \$4.00 Non Resident
Limit to 42 participants. ID required for admission

Middle School Mondays, Oct 24-Nov 14 (No 10/31) 5:30-7:00 pm
High School.....Tuesdays, Oct 4-Dec 13 (No 11/22) 6:30-8:00 pm
Adult Wednesdays, Oct 5 - Dec 14 (No 11/23) 6:30-8:30 pm
(NO High School Students)

GYMNASTICS

Program is designed to introduce youngsters to basic tumbling and gymnastic skills. Activities will be geared to the ability of the individual.

Child must be toilet trained if not in a Parent/Child class.

**7 Week Class • Saturdays
September 24-November 5**

2/3 year old Parent/Child	8:30-9:00 am.....	Code 10065
4 year old.....	9:15-9:45 am.....	Code 10066
5/6 Beginners.....	10:00-10:45 am.....	Code 10067
5/6 Intermediate.....	11:00-11:45 am.....	Code 10068
7-12 year old	12:00-1:00 pm.....	Code 10069

\$16.00 Residents • \$28.00 Non Resident

**Follow us on Facebook at
Sheboygan Community
Recreation Department
and Instagram
[sheboyganrecreationdept](https://www.instagram.com/sheboyganrecreationdept)**

KARATE BASED MARTIAL ARTS

**Self defense for ages 13 to adult- Instructor: Mr. George Joseph
September 27-November 3 at South High School in the Shell Space**

These classes will teach the basic concepts and principles of self defense. The sessions concentrate on unarmed combat including an emphasis on punching and kicking into pads. This style of karate is called Okinawa Shorin Ryu, which is reputed to have been developed in response to the oppressive military occupation of the island of Okinawa. Shorin Ryu is taught through a series of progressively advancing lessons (called "kata".) Each "kata" taught and studied is analyzed to extract (unarmed) attacking patterns. Self defense is emphasized.

New students will learn the basics of punching, kicking, takedowns and their fighting applications. Returning students will practice and hone their "kata" methods and fighting applications. Opportunistic weapons are introduced early with an emphasis on the defense of the hearth and home. In terms of self defense, we subscribe to General George Patton's philosophy and quote. "The best form of defense is to attack and the best form of attack is to attack." Lots of movement and hitting are involved which transcends into a vigorous cardiovascular workout. Class instructor Mr. Joseph has been practicing martial arts for several years, concentrating on Shorin Ryu since 1992. He has taught Karate Based Martial Arts since 2009 in addition to teaching several self defense classes for women for the Sheboygan CRD.

We look forward to your participation in this important self defense class

**\$40.00 Resident • \$60.00 Non Resident • \$34.00 Senior
Code 10120**



ADULT KICKBALL LEAGUES

10 VS 10, fun and competitive outdoor kickball league with games played on local baseball fields.

**Games are scheduled once per week
beginning at 5:00 pm**

All leagues have a referee provided and standings kept.
Adults 18+ and not currently in high school.

Form your own teams

Thursday nights beginning Sept 8 to Oct 20

Deadline: August 18

Entry Fees: Team fee \$125.00

ADULT WEAVING CLASSES

**This program provides instruction for the Beginner
and the Advance Beginner adults**

Students will be assisted in setting the loom. After completing basic projects students will be able to develop individual projects under the guidance of Nancy, the instructor.

Monday Afternoon

Noon – 3:30 pm

September 19 – November 21

Code: 10071

Monday Evening

5:45 – 9:15 pm

September 19 - November 21

Code: 10072

Thursday Morning

9:00am – 12:30 pm

September 15 – November 17

Code: 10073

\$88.00 Resident, \$132.00 Non Resident, \$75.00 Senior





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60 minutes 2 times a week • \$50.00 Resident, \$75.00 Non Resident, \$42.50 Senior

Class	Day/Time		Location	Instructor	Code	Class Description
Cardio Dance & Sculpt	Mon/Wed - 8/29-10/19	8:30-9:30 am	PRRC	Lynne	10074	Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.
	Mon/Wed - 10/24-12/14	8:30-9:30 am			10076	
	Tue/Thu - 8/30-10/20	8:30-9:30 am	PRRC	Lynne	10075	
	Tue/Thu - 10/25-12/15	8:30-9:30 am			10077	
Yoga Basics	Mon/Wed - 8/29-10/19	4:00-5:00 pm	PRRC	Amy	10078	Practice yoga breathing techniques, gentle stretching and basic poses to calm the mind, strengthen the body and refresh the spirit. Beginners welcome!
	Mon/Wed - 10/24-12/14	4:00-5:00 pm			10080	
	Tue/Thu - 8/30-10/20	4:00-5:00 pm	ELC	Amy	10079	
	Tue/Thu - 10/25-12/15	4:00-5:00 pm			10081	
Cardio Dance & Sculpt	Mon/Wed - 8/29-10/19	5:30-6:30 pm	Sheridan	Sandy	10082	Easy cardio dance movements to energize you followed by a combination of weights and exercises to strengthen and tone your body.
	Mon/Wed - 10/24-12/14	5:30-6:30 pm			10084	
	Tue/Thu - 8/30-10/20	5:45-6:45 pm	PRRC	Lynne	10083	
	Tue/Thu - 10/25-12/15	5:45-6:45 pm			10085	
Steppin' Up	Mon/Thu - 8/29-10/20	5:45-6:45 pm	PRRC (Mon)	Julie	10086	An advanced, fast paced step/cardio class that will keep you moving. This class will offer a total body workout consisting of athletic moves.
	Mon/Thu - 10/24-12/15	5:45-6:45 pm	PR School (Thu)		10087	
Senior Yoga	Mon - 8/29-10/19	2:30-3:30 pm	PRRC	Amy	10088	Yoga for Seniors or anyone that could benefit from chair based yoga. Gentle yoga poses and breathing techniques are practiced to feel calm, comfortable and refreshed. Beginners welcome.
	Wed	2:45-3:45 pm				
	Mon - 10/24-12/14	2:30-3:30 pm			10089	
	Wed	2:45-3:45 pm				
Gentle Yoga	Tue/Thu - 8/30-10/20	8:30-9:30 am	Immanuel	Monica	10090	A beginner class introducing stretching and gentle poses to increase flexibility, balance and range of movement.
	Tue/Thu - 10/25-12/15	8:30-9:30 am	Lutheran		10091	
Fusion Fitness	Tue/Thu - 8/30-10/20	5:30-6:30 pm	Sheridan	Sandy	10092	Combine Pilates and Yoga with traditional exercises to get a well rounded program of 20 minutes of aerobics, toning/stretching exercises, and stretching and relaxation.
	Tue/Thu - 10/25-12/15	5:30-6:30 pm			10093	
Tighten & Tone	Mon/Wed - 8/29-10/19	5:30-6:30 pm	Madison	Lynn	10094	TNT uses dumbbells, dyna bands and our own body weight to get a full body workout. TNT preventative for falling issues, osteoporosis, improved mental health and mood for an overall better life.
	Mon/Wed - 10/24-12/14	5:30-6:30 pm			10096	
	Tue/Thu - 8/30-10/20	12:30-1:30 pm	PRRC		10095	
	Tue/Thu - 10/25-12/15	12:30-1:30 pm			10097	

45 minutes 2 times a week • \$40.00 Resident, \$60.00 Non Resident, \$34.00 Senior

Class	Day/Time		Location	Instructor	Code	Class Description
S.T.A.R	Mon/Wed - 8/29-10/19	4:45-5:30 pm	Cooper	Terrie	10098	Start with a heart pumping aerobic warm up, followed by a total body sculpt session, then finish it off with a relaxing stretch segment.
	Mon/Wed - 10/24-12/14	4:45-5:30 pm			10099	
Body Recharge	Tue/Thu - 8/30-10/20	9:45-10:30 am	PRRC	Lynne	10100	Pump it up with Body Recharge! We will increase your cardiovascular endurance along with strength and flexibility. Get fit and have some fun!
	Tue/Thu - 10/25-12/15	9:45-10:30 am			10101	
Step it up	Tue/Thu - 8/30-10/20	4:45-5:30 pm	Cooper	Terrie	10102	Learn step moves that are guaranteed to get the heart pumping and burn unwanted calories set to energizing music that keeps you moving.
	Tue/Thu - 10/25-12/15	4:45-5:30 pm			10103	
Traditional Pound	Mon/Thu - 8/29-10/20	5:30-6:15 pm	Wilson	Carrie	10104	The workout is easily modifiable, providing the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

PRRC: Pigeon River Recreation Center...**3508 North 21st Street**

ELC: Early Learning Center...**1227 Wilson Avenue**

Madison: James Madison Elementary...**2302 David Avenue**

PR School: Pigeon River Elementary...**3508 North 21st Street**

Immanuel Lutheran: Immanuel Lutheran...**1626 Illinois Avenue**

Cooper: Cooper Elementary School...**2014 Cooper Avenue**

Wilson: Wilson Elementary School...**1625 Wilson Avenue**

Location,
Location,
Location!

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30 minutes 1 time a week • \$11.50 Resident, \$17.25 Non Resident, \$9.75 Senior

Class	Day/Time	Location	Instructor	Code	Class Description
*Pound Unplugged	Thu - 10/27-12/15 5:30-6:00 pm	Wilson	Carrie	10105	Announcing POUNDFIT'S latest program geared towards your mental health! POUND UNPLUGGED is a 30 minute class that balances focused, high-intensity movements with restorative stretches, rhythmic breathing, and meditation. You will be able to sweat, release, and boost your neurochemicals while quickly settling back into a peaceful, recharged, and empowered state.
**Special Class Price	Mon (Traditional Pound) 10/24-12/12 Thurs (Pound Unplugged) 10/27-12/15 \$22.00 Resident, \$33.00 Non Resident, \$18.75 Senior	Wilson	Carrie	10106	
Quick Fit	Sat - 9/3-10/22 Sat - 10/29-12/17 8:50-9:20 am 8:50-9:20 am	PRRC	Rotation	10107 10108	Want your workout and your weekend too? We've got you covered!
Restorative Yoga	Sun - 9/11-10/30 Sun - 11/6-12/18 9:30-10:15 am 9:30-10:15 am	PRRC	Lynn	10109 10110	Restorative yoga is a style of yoga that encourages physical, mental and emotional relaxation. Key benefits include the following: relaxes mind and body, soothes the nervous system, enhances mood, improves sleep and is gentle on the body.

45 minutes 1 time a week • \$18.00 Resident, \$27.00 Non Resident, \$15.25 Senior

Class	Day/Time	Location	Instructor	Code	Class Description
*Traditional Pound	Mon - 10/24-12/12 5:30-6:15 pm	Wilson	Carrie	10111	The workout is easily modifiable, providing the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!
Keepin' It Real Step	Sat - 9/3-10/22 Sat - 10/29-12/17 8:00-8:45 am 8:00-8:45 am	PRRC	Rotation	10112 10113	It's early for a Saturday morning and we know it-so complex choreography is out and a real workout is in! This class won't go "back to the basics" but it won't put your brain in a "freeze frame" either!
Dance Express	Sat - 9/3-10/22 Sat - 10/29-12/17 9:30-10:15 am 9:30-10:15 am	PRRC	Rotation	10114 10115	A 45 minute class of dancing!

60 minutes 1 times a week • \$22.00 Resident, \$33.00 Non Resident, \$18.75 Senior

Class	Day/Time	Location	Instructor	Code	Class Description
Cardio Dance	Fri - 9/2-10/21 Fri - 10/28-12/16 8:30-9:30 am 8:30-9:30 am	PRRC	Rotation	10116 10117	Easy cardio dance movements to energize you.
Tighten & Tone	Sun - 9/11-10/30 Sun - 11/6-12/18 8:30-9:30 am 8:30-9:30 am	PRRC	Lynn	10118 10119	TNT uses dumbbells, dyna bands, and your own body weight to get a full-body workout. TNT preventive for falling issues, osteoporosis, improved mental health and mood for an overall better life.



**Follow us on Facebook at
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WATER FITNESS AT CENTRAL HIGH SCHOOL POOL 607 SOUTH WATER STREET

Wake up With Water	Start your day with this NON aerobic water class. 25 minutes of stretching and toning along with 25 minutes of water walking or lane swim. There is no need to swim in this program	Mon/Wed 7:00-7:50 am Sept 7-Oct 19 Code 10044 Oct 31-Dec 7 Code 10049	\$40.00 Resident \$30.00 Senior \$51.00 Non Resident
Water Power Aerobics <i>*note time change!</i>	Make the commitment to work out hard and you won't be sorry! Instructor leads a powerful and challenging water workout while using strong voice motivation and music will keep you moving. Various equipment will also be used.	Mon/Wed 8:30-9:25 am Sept 7-Oct 19 Code 10045 Oct 31-Dec 7 Code 10050	\$42.00 Resident \$31.00 Senior \$52.00 Non Resident
Water Break	Take a break and recharge your body for the rest of the day! This water aerobic class is just the thing to strengthen, tone, and energize you. No swimming required.	Mon/Wed 11:30-12:15 pm Sept 7-Oct 19 Code 10046 Oct 31-Dec 7 Code 10051	\$31.00 Resident \$24.00 Senior \$42.00 Non Resident
Splash & Jam	Join us for this water power styled workout to get your heart pumping, body moving and burning extra calories. Commit to be fit!	Mon/Wed 6:00-6:55 pm Sept 7-Oct 19 Code 10047 Oct 31-Dec 7 Code 10052	\$42.00 Resident \$31.00 Senior \$52.00 Non Resident
Get Up & Go	Join us for this lower water powered aerobic class. Swimming skills are not required since all exercises are done in the shallow end of the pool.	Tue/Thu 8:00-8:55 pm Sept 6-Oct 20 Code 10048 Nov 1-Dec 8 Code 10053	\$42.00 Resident \$31.00 Senior \$52.00 Non Resident

FITNESS CENTERS

NORTH HIGH SOUTH HIGH

August 29-December 30

**Monday - Thursday 5:15-7:45 am
and 4:00-8:00 pm**

Friday 5:15-7:45 am and 4:00-6:00 pm

Saturdays starting Oct 1

@ North only: 6:30 am-1:00 pm

*All participants must attend a drop-in
orientation before participating
at the fitness center.*

Orientations Mon, Tue, Wed @ 6:00 pm

Annual Fees:

Resident fee \$40.00 • Senior Resident \$35.00

Daily Fees:

\$3.00 daily Resident • \$4.00 Non Resident

FOR YOUR INFORMATION



***Everyone who enters the pool must take a thorough shower before class.**

***Children should use the bathroom before class.**

***The Recreation Department is not responsible for lost or stolen items. Please bring a lock.**

***James Madison pool is reserved for children 7 years of age or younger. Children 8 years and above need to go to Central.**

***Parents are responsible for their own children before, during and after swimming lessons – this includes their time in the locker room.**

**If you have questions or concerns,
please call Geri Rusch at 920-459-6739
or grusch@sasd.net**



SWIM LESSONS @ JAMES MADISON ELEMENTARY

Children must be 42 inches tall to swim at James Madison

\$15.00 Resident • \$23.00 Non Resident

Parent/Child: \$22.00 Resident • \$32.00 Non Resident

Monday 9/12-10/17	4:30-5:10 pm	Step 1 (4-5 yrs)	10002
	5:30-6:10 pm	Step 2 (5-7 yrs)	10003
	6:30-7:10 pm	Parent/Child 18-36 mon	10004
Tuesday 9/13-10/18	4:30-5:10 pm	Step 2 (5-7 yrs)	10005
	5:30-6:10 pm	Parent/Child 3/4 yrs	10006
	6:30-7:10 pm	Step 1 (4-5 yrs)	10007
Wednesday 9/14-10/19	4:30-5:10 pm	Step 1 (4-5 yrs)	10008
	5:30-6:10 pm	Step 2 (5-7 yrs)	10009
	6:30-7:10 pm	Parent/Child 6-18 mon	10010
Thursday 9/15-10/20	4:30-5:10 pm	Step 2 (5-7 yrs)	10011
*No class 9/29	5:30-6:10 pm	Step 1 (4-5 yrs)	10012
	6:30-7:10 pm	I Can Do It! (3-5 yrs)	10013
Saturday 9/17-10/22	9:30-10:10 am	Parent/Child 18-36mon	10014
	10:30-11:10 am	Parent/Child 3/4 yrs	10015
	11:30-12:10 am	Step 2 (5-7 yrs)	10016

Monday 10/24-11/28	4:30-5:10 pm	Par/Child 3/4	10017
*No class 10/31	5:30-6:10 pm	Step 1 (4-5 yrs)	10018
	6:30-7:10 pm	Step 2 (5-7 yrs)	10019
Tuesday 10/25-11/29	4:30-5:10 pm	Step 2 (5-7 yrs)	10020
	5:30-6:10 pm	I Can Do It! (3-5 yrs)	10021
	6:30-7:10 pm	Step 1 (4-5 yrs)	10022
Wednesday 10/26-11/30	4:30-5:10 pm	Step 2 (5-7 yrs)	10023
	5:30-6:10 pm	Step 1 (4-5 yrs)	10024
	6:30-7:10 pm	Parent/Child 18-36 mon	10025
Thursday 10/27-12/1	4:30-5:10 pm	Step 1 (4-5 yrs)	10026
*No class 11/24	5:30-6:10 pm	Parent/Child 6-18mon	10027
	6:30-7:10 pm	Step 2 (5-7 yrs)	10028
Saturday 10/29-12/3	9:30-10:10 am	Parent/Child 18-36 mon	10029
*No class 11/26	10:30-11:10 am	Step 2 (5-7 yrs)	10030
	11:30-12:10 am	Parent/Child 3/4 yrs	10031

Parent & Child 6 months to 4 years: Parents are with their children in the water the whole time playing games and introducing water skills. Swim diapers are required for all children who are not toilet trained.

I Can Do It!: Parents are with their child in the water for the first half of classes then separated to encourage independence. *Please Note: if your child is unable to stand unassisted you will be asked to stay with them for all the classes.*

Step 1 (4 & 5 years only): Basic adjustment skills, floats and breath control are worked on using a variety of games.

Step 2: Develops flutter kick, free floating on front and back, and front crawl are introduced. (Step 2 at James Madison pool is for ages 5, 6, 7 only.)

Step 3: Coordinated rhythmic breathing for front crawl, back crawl, butterfly kick and diving.

Step 4: Perfects both front and back crawls, elementary back stroke and breast stroke kick. Added endurance on all strokes and standing dives.

Step 5: Refines all strokes and flip turns are added. More endurance and surface dives.

SWIM LESSONS @ CENTRAL HIGH SCHOOL POOL

Children must be 48 inches tall to swim at Central Pool

\$15.00 Resident • \$23.00 Non Resident

Tuesday 9/13-10/18	4:30-5:10 pm	Step 2	10032
Tuesday 9/13-10/18	5:30-6:10 pm	Step 3	10033
Wednesday 9/14-10/19	4:00-4:40 pm	Step 3	10034
Wednesday 9/14-10/19	5:00-5:40 pm	Step 4	10035
Thursday 9/15-10/20	4:30-5:10 pm	Step 3	10036
Thursday 9/15-10/20	5:30-6:10 pm	Step 2	10037

Tuesday 10/25-11/29	4:30-5:10 pm	Step 3	10038
Tuesday 10/25-11/29	5:30-6:10 pm	Step 4	10039
Wednesday 10/26-11/30	4:00-4:40 pm	Step 2	10040
Wednesday 10/26-11/30	5:00-5:40 pm	Step 3	10041
Thursday 10/27-12/1	4:30-5:10 pm	Step 3	10042
Thursday 10/27-12/1	5:30-6:10 pm	Step 2	10043

Parent Child Open Swim James Madison Pool Fridays only

September 16
thru December 2

5:30-7:30pm

\$2.00 per person

*Parent must swim with child



Open Swim South High Pool Mondays & Wednesdays

September 12
thru December 14

6:30-8:00pm

\$2.00 per person





Community Recreation Department Fall Program Insert
On-line program registration opens Thursday, August 25 at 8:00am at
www.sheboyganrec.com

All drop off registrations will be randomly processed starting at 8:00am
Walk-in and phone registrations will be accepted starting at Noon

89th Season

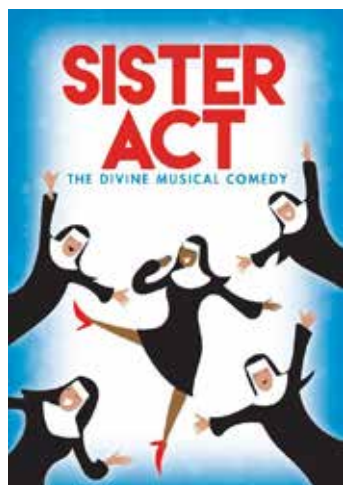


SEASON TICKETS ON SALE NOW!

Adult tickets \$70.00 • Senior (60 yrs and older) \$48.00 • Student \$32.00
10 pack \$175.00

Individual show tickets go on sale August 22

Call for tickets 920-459-3773 • stcshows@gmail.com



September 30-October 8



December 2-10



February 17-25



May 12-20

THE SPOOKTACULAR PUMPKIN FUN RUN

*Join the Sheboygan Community Recreation Department
in a Family Fun Pumpkin Run*

Bring your own Pumpkin to carve at 4:30 or bring an already carved
pumpkin to light along the finish line of the race!

Make sure you are dressed in your Halloween Costumes!

Tuesday, October 25 • 4:30pm

at Pigeon River Rec Center, 3508 N 21st Street

**\$15.00 per runner for 1 mile and \$10.00 for 1/2 mile
with a max of \$50.00 for family**



NOW HIRING

**Kid Stop Child Care Staff • Fitness Instructors • Lifeguards
Gymnastic Instructors • Adult Volleyball Referee**

Aquatic Instructors • Youth Flag Football Referee • Youth Basketball Officials

To Apply: www.sheboyganrec.com • 920-459-3773