

VILLAGE OF HARTLAND RECREATION

program guide



FREE TRY-IT-WEEK: SEPTEMBER 12-16

FALL 2016

GENERAL INFORMATION

REFUND AND CREDIT POLICY

A full refund or credit will be granted to any participant requesting a refund not less than 2 weeks prior to the first day of the program. Any refund requests that occur 2 weeks or less from the first day of the program will receive a refund or credit, less a 20% administrative fee. Refunds or credit will not be given once the program has started, because the decision to hold a class is based on the first day enrollment. The fee for any class that the participant will miss during the program will not be prorated. Participants may not attend another program to make-up for a missed class. Participants assume the risk of changes in personal affairs, health or vacation, when they are unable to participate in trips, classes, programs or special events.

The Hartland Recreation & Community Education Department has the right to cancel or combine any program, class, special event or trip due to insufficient registration or for any other reasons that would prevent the Village of Hartland Recreation & Community Education Department from providing a quality program. If the Hartland Recreation & Community Education Department does cancel a class a full refund will be given. Please allow 2 - 3 weeks to receive a refund check. Alternatively a credit will be processed immediately to your account.

RESIDENCY REQUIREMENT

The Hartland Recreation & Community Education Department and Hartland Lakeside School District has developed a partnership to provide programs for the community. The purpose of the partnership is to provide expanded programming and greater access to the tax-supported School District facilities. All residents who pay taxes to the Village of Hartland, City of Delafield, or the Hartland Lakeside School District will be considered a "resident". One who pays taxes to other municipalities or school districts will be considered a "non-resident."

Employees of businesses in the Village of Hartland will receive the RESIDENT RATE when they sign up for a class at the Hartland Recreation Department. In order to receive the resident rate, participant must first complete a registration form and submit it by mail, fax or drop it off at 210 Cottonwood Ave, Hartland.

HOW TO REGISTER

You will receive a receipt if your email is provided.



Online registration: visit www.villageofhartland.com and click on the "Recreation Registration!" icon to set up your online account.



Drop off registration form in the drop box in front of Village Hall or in the Hartland Community Center, 210 Cottonwood Ave, Hartland



Mail registration form or register in person at: Village of Hartland, 210 Cottonwood Ave., Hartland, WI 53029. Office hours are Monday - Friday, 7:30 am - 4:30 pm.



Fax your registration form with credit card information to 262-367-2430.

INCLEMENT WEATHER

If the weather is questionable and may cause classes to be cancelled, please visit www.villageofhartland.com to see if your class is cancelled.

ANNUAL FEE

Non-residents may purchase an Annual Non-Resident Card for \$50.00 per person or \$150.00 per family (up to 4 members). After purchase the individual or family members will then be eligible to receive the resident rate for all programs. All family members must reside at the same address. The Annual Non-Resident Card expires one year from date of purchase. A card and number will be issued and must be written on the registration form at the time of registration.

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HARTLAND RECREATION DEPARTMENT

210 Cottonwood Ave, Hartland, WI

Phone: 262-367-0352

Email: kelly@villageofhartland.com

www.villageofhartland.com

INCLUSION

The Village of Hartland Recreation Department & Community Education Department complies with the Americans with Disabilities Act and will make reasonable modifications to support inclusive recreation participation. Please direct any questions to Kelli at kelly@villageofhartland.com or 262-367-0352.

INSURANCE POLICY

The Village of Hartland does not provide hospital or medical insurance coverage for person(s) participating in sponsored activities and can not assume responsibility for injury to participants in its recreation and community education programs, special events, classes or trips. Participants are encouraged to obtain their own insurance coverage prior to the start of the program and to consult with a physician before participation in any strenuous activity.

REGISTRATION FORM

VILLAGE OF HARTLAND, 210 COTTONWOOD AVENUE, HARTLAND, WI 53029

PHONE 262-367-0352 FAX 262-367-2430

www.villageofhartland.com

PLEASE PRINT & FILL OUT COMPLETELY (Make additional copies as needed)

Payer Name _____

Address _____ Apt # _____

City _____ State _____ Zip _____

Home Phone _____ Work/Cell Phone _____ E-Mail _____

I would like to be signed up to receive *Hartland Happenings*, Hartland's e-Newsletter, by email (please circle): Yes No

I would like to be signed up to receive current recreation program information by email (please circle): Yes No

Geographic Area (i.e., Village of Hartland, Town of Delafield, Village of Merton) _____

If you are an employee of a Village of Hartland business, please list: Name of business you work for _____

Address of business _____ Phone number of business _____

In case of an emergency, please contact me at home or work and if I cannot be reached please contact:

Name _____ Phone _____ Relation to participant _____

Fill in programs for each participant:

PARTICIPANT'S NAME		BIRTHDATE			SEX	PROGRAM TITLE or PROGRAM NUMBER	DATES OF PROGRAM	TIME	PROGRAM FEE
FIRST	LAST	MO	DAY	YEAR					

<p>All participants are requested to sign the following release. Parent or guardians must sign for minors. I/We the undersigned, do hereby agree to allow the above named to participate in the activity indicated. I/We are aware of and understand that there may be potential risks inherent with participating in any recreational activities and that the Village of Hartland does not provide accident insurance. I/We assume all risks and hazards incidental to such participation including transportation to and from the activities and do hereby waive, release, absolve, indemnity and agree to hold harmless the Hartland Recreation Department employees, staff, and other persons for any and all claims, injuries, liabilities, damage or right of action directly or indirectly arising out of the use of Hartland Recreation Department facilities, equipment, and/or participation in Village of Hartland Recreation Department activities. In the event of medical emergency, I authorize the Recreation Department staff to obtain medical treatment for the above named. I give permission for myself or my child to appear in media/promotion materials approved by the Village of Hartland.</p> <p>SIGNATURE _____ DATE _____</p>	<p> <input type="checkbox"/> Check (payable to Village of Hartland) <input type="checkbox"/> Cash <input type="checkbox"/> Credit Card <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa Expiration Date: ____/____/____ Payment Amt _____ Card #: _____ Card Holder Name: _____ Signature _____ </p>	Total
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FREE TRY-IT-WEEK: SEPTEMBER 12-16

The classes listed below are participating in the Free Try-It-Week. If you would like to try one that is listed, please check the time, location and day and show up for that class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Core Fitness 8:30 - 9:30 am Hartland Community Center	Yoga for Life 8:45 - 10:00 am Hartland Community Center	Core Fitness 8:30 - 9:30 am Hartland Community Center	Yoga for Life 8:45 - 10:00 am Hartland Community Center	Yoga for Athletes 8:30 - 9:30 am Hartland Community Center
Gentle Core Fitness 9:45 - 10:45 am Hartland Community Center	Yoga Takes a Hike 10:30 - 11:30 am Delafield Fish Hatchery	Cardio Fit 9:45 - 10:45 am Hartland Community Center	Chair Yoga 10:15 - 11:00 am Hartland Community Center	Cardio Fit 9:45 - 10:45 am Hartland Community Center
Qi Gong 11:30 - 12:30 pm Hartland Community Center	Chair Yoga 10:15 - 11:00 am Hartland Community Center		Yoga for Life 5:45 - 7:00 pm Hartland Community Center	
Nia 12:00 - 1:00 pm Delafield Fish Hatchery	Yoga for Life 5:45 - 7:00 pm Hartland Community Center			
Core Fitness 5:15 - 6:15 pm Hartland Community Center				

PROGRAM LOCATIONS: The following locations and addresses are where programs will be held.

Centennial Park 701 HWY K, Hartland, WI	Delafield Fish Hatchery 417 Main St. Delafield, WI	Hartland Community Center 100 E. Park Ave. Hartland, WI
Hartland Fire Dept. Classroom 150 Lawn St., Hartland, WI	Hartland Library 110 E. Park Ave., Hartland, WI	Hartland North Elementary 232 Church St. Hartland, WI
Hartland South Elementary 651 E. Imperial Dr., Hartland, WI	Heat Athletics N64W22480 Main St. #100 Sussex, WI	Knollwood Stables 2800 Oakwood Rd. Hartland, WI
Lake Country Fine Arts 112 W. Capitol Dr., Hartland, WI	Lake Country Martial Arts 600 Hartbrook Dr. Hartland, WI	Little Red Schoolhouse N35W29288 North Shore Dr. Hartland, WI
Mullet Ice Center 700 North Ave., Hartland, WI	Naga-Waukeke Ice Arena 2699 Golf Rd., Delafield, WI	Nixon Park 175 E. Park Ave. Hartland, WI
North Shore Middle School 800 N. Shore Dr., Hartland, WI	Sussex Civic Center N64W23760 Main St., Sussex, WI	Sussex Community Center W240N5765 Maple Ave. Sussex, WI
TTP Dance Academy 352 Cottonwood Ave. Suite B Hartland, WI	Wagner Park N31W23320 Green Rd. Pewaukee, WI	

* NEW* ZEN YOGA GETAWAY - with Mary

Hartland Community Center

This is a great time to immerse yourself in various aspects of yoga, and meditation, while rejuvenating the soul. A retreat can be life changing. Tap into your own voice, your true self. Pick and choose your classes or stay for the whole day. Bring your yoga mat if you have one, otherwise there are plenty supplies available. **Saturday, October 1st, 2016**

Class #	WKSP	TIMES	PRICE
3300.100	Meditation & Hartha Yoga	8:30 - 9:45 AM	\$10
3300.101	Fermentation Bring a quart mason jar with lid, sharp knife & cutting board	10:00 - 11:00 AM	\$15
3300.102	Lunch (provided)	11:15 AM - 12:15 PM	\$5
3300.103	Mala Bracelet - make your own and learn about it's significance.	12:30 - 1:15 PM	\$15
3300.104	Power Yoga	1:30 - 2:30 PM	\$15
3300.105	Gentle Stretch, infused with essential oils	2:45 - 3:30 PM	\$10

PUNCH CARD CLASSES

PUNCH CARD CLASSES

Punch card classes are classes that do not have a start nor end date, but there is an expiration date. At any time you may register for a punch card class. For each card you purchase, you will receive 6 punches. The punches represent the number of classes you may attend. If you wish to continue attending that class after your punches are used, you will then need to purchase another card. Zumba is the only class that only has 5 punches on the card. You may register online, fax, mail, or drop off a registration form. If you come in to register, you will receive your punch card immediately. If you register online, fax or mail in your registration form, you will receive your punch card in the mail, except for Zumba. Once you register and receive your receipt by email, you may start attending class by taking your receipt to class before your punch card comes in the mail.

QIGONG - w/Maria

Hartland Community Center

18yrs+

Strength, flexibility, balance and relaxation; all three can be discovered through the Chinese health practice of Qigong. Anyone can benefit from QiGong's easy to learn exercise. You will learn about the history and philosophy behind this ancient Chinese art as you strengthen and balance mind, body and internal energy. Maria Sprecher of the ShaoLin Study Center of Waukesha will lead this fun and exciting class, suitable for all ages and levels. **FREE TRY-IT-WEEK CLASS.**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.008	MON	11:30 - 12:30 PM	\$40R & \$48NR

ZUMBA - w/Christina & Jenny

Delafield Fish Hatchery

16yrs+

Zumba is a Latin-inspired dance fitness workout in which you move your body to the music of songs from around the world. It is fun, increases your energy, tones the body, and in a single class can burn 500 - 1000 calories. Zumba classes are exercise in disguise, as everyone has such a good time they don't realize they are working out. All fitness levels will enjoy this class. Come join the party! For this class you have a choice to either sign up for a punch card or session. Christina and Jennifer are teaching Tuesdays and Thursdays. Punch cards are good for 90 days after the date of purchase. If you are interested in trying out this class please call the Recreation Department at 262-367-0352 to schedule a time to try it. Zumba punch cards will only have 5 punches on them. If you sign up by mailing in your registration form, dropping off in the drop box, or online for zumba, you must take your receipt to class to confirm you have purchased a punchcard. There will no longer be a physical punch card passed out after registration. Please bring your receipt to class to have your name added to the punch card list.

SESSION INFORMATION FOR ZUMBA			
CLASS #	DAYS/DATES	TIMES	PRICE
3200.027	TUES, 8/23 - 10/25	5:45 - 6:45 PM	\$50R & \$60NR
3200.127	THRS, 8/25 - 10/27	6:00 - 7:00 PM	\$50R & \$60NR
3300.026	TUES, 11/1 - 1/10 NO CLASS 11/22	5:45 - 6:45 PM	\$50R & \$60NR
3300.226	THRS, 11/3 - 1/12 NO CLASS 11/24	6:00 - 7:00 PM	\$50R & \$60NR

YOGA TAKES A HIKE - w/Kerry

Delafield Fish Hatchery

16yrs+

Try a "yoga fusion" class – take your yoga outside and combine it with a brisk walk! This class will combine 30 minutes of hiking with 30 minutes of yoga. We will start with a brisk walk, do some yoga along the way, and finish up with some yoga stretches and relaxation. This class will generally meet at the Delafield Fish Hatchery parking lot and we will hike to Cushing Park. If the weather is bad, we will do some or all of the class indoors. Yoga Takes a Hike will be offered up through November 1. **FREE TRY-IT-WEEK CLASS!**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.116	TUES	10:30 - 11:30 AM	\$42R & \$51NR

PUNCH CARD INFORMATION FOR ZUMBA			
PUNCH CARD #	DAYS	TIMES	PRICE
1300.015	TUES NO CLASS 11/22	5:45 - 6:45 PM	\$42R & \$50NR
1300.115	THRS NO CLASS 11/24	6:00 - 7:00 PM	\$42R & \$50NR

NEW GENTLE CORE FITNESS w/Marjorie

Hartland Community Center

16yrs+

Discover new ways to relieve aches and pains, improve your posture and reduce fatigue by joining us in Gentle Core Fitness. Gentle Core Fitness is designed to help you strengthen the front, sides and back of your core in a slow-paced, gentle atmosphere. Based on fundamentals from the American Council of Exercise (ACE) and Hatha yoga, the class utilizes techniques to strengthen your entire core, which helps to reduce low-back pain, facilitates all daily activities, and allows you to move more efficiently. The class introduces various postures and props, including core balls, foam rollers and yoga blocks. All levels are welcome. **FREE TRY-IT-WEEK CLASS!**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.213	MON	9:45 - 10:45 AM	\$40R & \$48NR \$36RS & \$44NRS

CHAIR YOGA - w/Mary

Hartland Community Center

18yrs+

Receive yoga's healing and restorative benefits while being supported by a chair, either seated or standing. Yoga relaxes your body and mind and elevates your overall well being.

FREE TRY-IT-WEEK CLASS!

PUNCH CARD #	DAYS	TIMES	PRICE
1300.004	TUES & THRS	10:15 - 11:00 AM	\$40R & \$48NR \$36RS & \$44NRS

PUNCH CARD CLASSES

WAKE UP THE WRITER WITHIN - w/Joanne Hartland Public Library

18yrs+

Explore or rediscover your love of writing! Join a group of supportive peers to spend time writing together, trying out new ideas and getting feedback about your fiction, nonfiction or poetry. This class, appropriate for the beginner as well as the experienced writer, will offer participants proven techniques to enhance creativity, opportunities to gain insights from each other, and time to write in a safe and nurturing environment. Use your punch card to attend as frequently as you'd like. Bring a notebook and pen or laptop to each class. Class will meet every 1st and 3rd Tuesday of the month. **Try it for free on Tuesday, September 20.**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.011	TUES	10:00 - 11:00 AM	\$42R & \$51NR

CORE FITNESS - w/Marjorie Hartland Community Center

16yrs+

Are you seeking new ways to strengthen your core, improve your posture, and increase your overall energy level? If so, then Core Fitness is the course for you. Core Fitness utilizes fundamentals from the American Council of Exercise (ACE) and Hatha yoga to help develop a strong and stable core. Many people work their front abdominals and neglect strengthening the sides and backs of their core. An unbalanced, weak core can lead to low-back pain, poor posture and early fatigue. The core consists of an entire hoop and acts to hold us up, protect our spine and operate as the center of all movement. By increasing core strength and stability, all daily activities and athletic performances become easier and more efficient. The class teaches you how to move in a functional manner with various postures and props--Core balls, foam rollers and yoga blocks. Core Fitness strives to help strengthen your core, improve your daily living activities and increase your energy. All levels are welcome. **FREE TRY-IT-WEEK CLASS!**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.013	MON	8:30 - 9:30 AM	\$40R & \$48NR \$36RS & \$44NRS
	MON	5:15 - 6:15 PM	
	WEDS	8:30 - 9:30 AM	

YOGA FOR LIFE - w/Mary Hartland Community Center

16yrs+

This class is to teach beginners as well as those who want to learn how to challenge their yoga practice through various breathing techniques, vinyasa's, poses and stretching. Modifications will be given in order to allow for individuals needs. The mind, body and spirit will be incorporated into each class. Please bring a yoga mat. The schedule listed below for Yoga for Life will begin Sept 13. **FREE TRY-IT-WEEK CLASS!**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.001		TUES & THRS	\$40R & \$48NR \$36RS & \$44NRS
		8:45 - 10:00 AM	
		5:45 - 7:00 PM	

MODERATE YOGA - w/Kerry Delafield Fish Hatchery

16yrs+

In this class we will explore a mindful approach to yoga postures, alignment, breath, meditation, and relaxation. Participants will learn tools to build strength and flexibility, improve balance, release tension, and improve overall well being. Appropriate for beginners or those who have some experience – modifications will be given to varying levels. All ages and body types are welcome. **FREE TRY-IT-WEEK CLASS!**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.003	MON & WEDS	8:30 - 9:45 AM	\$42R & \$51NR

GENTLE YOGA STRETCH - w/Kerry Delafield Fish Hatchery

16yrs+

For older adults or those who are newer to yoga and are interested in a slower-paced, gentle class. We may use a chair for support and/or to assist in getting up and down. Join us for some wonderful stretches to increase flexibility and relieve tightness, stiffness and discomfort. Finishing up with deep relaxation, you will leave class feeling rested, relaxed and renewed. No need to be fit or flexible - join us and breathe, stretch and relax. **FREE TRY-IT-WEEK CLASS!**

PUNCH CARD #	DAYS	TIMES	PRICE
1300.002	MON & WEDS	10:00 - 11:00 AM	\$42R & \$51NR

YOGA FOR ATHLETES - w/Marjorie Hartland Community Center

18yrs+

Looking for a new way to cross-train and benefit your overall athletic performance? Try Yoga for Athletes. Yoga for Athletes offers poses and techniques designed to facilitate training, reduce risk of injury, and maximize recovery. This class utilizes postures to counteract sport-specific imbalances by restoring and elongating tight muscles; building core strength and muscle endurance; increasing range of motion and flexibility; and developing proper postural alignment. Learn to stay centered and focused through challenging poses with breath awareness, which prepares the athlete to stay mentally focused during challenging training sessions and events.

FREE TRY-IT-WEEK CLASS!

PUNCH CARD #	DAYS	TIMES	PRICE
1300.014	FRI	8:30 - 9:30 AM	\$40R & \$48NR \$36SR & \$44NRS

NIA - w/Carol Delafield Fish Hatchery

16yrs+

Nia (pronounced "nee-a") is the fusion of fun and fitness. This class combines the martial arts, (Tae Kwon Do, Tai Chi, and Aikido) dance arts (Jazz, Modern and Duncan) and the healing Arts (Yoga, the Teachings of Moshe Feldenkrais and the Alexander Technique) to create a movement class. Choreographed to music, Nia is a high energy, low impact way to improve strength, flexibility, mobility, agility, and stability. It is a holistic class that calls on the mind, body, spirit and emotions to play together in a fun-filled hour of movement. This class is appropriate for all fitness levels - from the "couch potato" to the high level athlete. Nia is done in comfortable clothes and bare feet. Floor work is done at the end of each class, so participants may want to bring a mat. Carol is a certified Brown belt.

FREE TRY-IT-WEEK CLASS!

PUNCH CARD #	DAYS	TIMES	PRICE
1300.007	MON	12:00 - 1:00 PM	\$40R & \$48NR

ADULT CLASSES

****NEW** GENTLE YOGA FOR BEGINNERS**

Delafield Fish Hatchery

Ages 16+

This class introduces the beginner student to yoga and provides a slower paced gentle class to those looking to restart their practice. Props are utilized to maximize students' comfort and stability. We will begin by getting grounded and in touch with our bodies, and do postures to increase strength and flexibility, improve balance and promote stability. Basic yoga breathing exercises will be taught to enhance mental clarity and a sense of calm. No need to be fit or flexible - all ages and body types welcome.

CLASS #	DAYS/DATES	TIMES	PRICE
3300.030	WEDS, 9/14 - 10/26	6:00 - 7:00PM	\$70R & \$84NR
3300.031	WEDS, 11/2 - 12/21	6:00 - 7:00PM	\$70R & \$84NR

***NEW* CARDIO FIT - FOR OLDER ADULTS**

Hartland Community Center

55yrs+

Combine fun with fitness with our new Cardio Fitness for Older Adults class. Cardio Fitness is designed to help you improve your overall health and well-being with exercises that are safe, heart-healthy and gentle on your joints. The workout includes easy-to-follow low-impact steps, upper & lower-body strengthening, core conditioning, stretching and relaxation techniques. Please join our 12-session and have fun while you increase your energy, strength, balance, and flexibility. **FREE TRY-IT-WEEK CLASS!**

CLASS #	DAYS/DATES	TIMES	PRICE
2300.174	WEDS, 9/21 - 12/7	9:45 - 10:45 AM	\$30
2300.172	FRI, 9/23 - 12/9	9:45 - 10:45 AM	\$30
2300.173	WEDS & FRI 9/21 - 12/9	9:45 - 10:45 AM	\$55

AGELESS BALLET & TAP

TTP Dance Academy

This class is for everyone, and adults 18+ Stay Healthy in Mind and Body and get some great exercise. A downsized ballet class using barre, center work and combos, is followed by Tap-Cardio style.

CLASS #	DAYS/DATES	TIMES	PRICE
3300.010	WEDS, 9/14 - 11/16	7:45 - 8:45 PM	\$90
3300.011	WEDS, 11/30 - 2/22	7:45 - 8:45 PM	\$90

SO YOU CAN DANCE

TTP Dance Academy

18yrs+

This class was introduced last year and it was a HUGE HIT! Adults learn new routines about every 3-5 weeks and many styles. From Footloose to Phantom, and Mama Mia to Inside Out.

CLASS #	DAYS/DATES	TIMES	PRICE
3300.016	WEDS, 9/14 - 11/16	7:00 - 7:45 PM	\$90
3400.016	WEDS, 11/30 - 2/22	7:00 - 7:45 PM	\$90

FLOOR BARRE

TTP Dance Academy

18yrs+

Do you like Yoga? Pilates? Getting conditioned and flexible without the stress? Then this is the class for you! In just 30 minutes you will work all major muscle groups using the combined principals of Ballet, Yoga, and Pilates.

CLASS #	DAYS/DATES	TIMES	PRICE
3300.014	MON, 9/12 - 10/10	9:30 - 10:00 AM	\$50
3300.015	MON, 10/17 - 11/14	9:30 - 10:00 AM	\$50
3300.013	MON, 11/21 - 1/16	9:30 - 10:00 AM	\$50
3300.012	MON, 1/23 - 2/20	9:30 - 10:00 AM	\$50

***NEW* BASEBALL DARTS**

Little Red Schoolhouse

55yrs+

Join Hartland Lakeside School District and Hartland Recreation Department for an afternoon playing Baseball Darts. What is Baseball Darts? Also known as Dartball is a game in which darts are thrown at a large wooden or homasote board that resembles a baseball field with colored areas. Dartball uses baseball like rules and scoring. Call 262-367-0352 if you are intersted in playing.

DAYS	DATES	TIMES	PRICE
TUES	9/6 - 1/31	1:00 PM - 3:00 PM	FREE

Wii BOWLING

Little Red Schoolhouse

55yrs+

Wii bowling is a great way to have fun and get fit, while doing some low-impact exercise. You'll use a wireless remote as it follows your movements as you bowl.

DAYS	DATES	TIMES	PRICE
WEDS	8/31 - 1/25	10:00 AM - 12:00 PM	FREE

LINE DANCING

Hartland Community Center

18yrs+

For new participants, no prior line dancing experience is necessary. Practice your cha-cha, waltz, and Charleston moves! Come join us for this FUN exercise. No partner needed; men and women are welcome! Anybody is welcome to watch or try it out.

DAYS	DATES	TIMES	PRICE
TUES	9/5 - 5/23	11:30 AM - 12:30 PM	FREE

ADULT CLASSES

CRAFTERS WEEKEND

Hartland Community Center

Ages 18+

Looking for some time and space to get some of your arts and craft projects done? If so, join us as you will spend time with other crafters at the Crafters Weekend. This will be the perfect time to finish a project, start one, or share some ideas.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.052	SAT, 9/17	8:00 AM - 9:00 PM	\$10
2300.053	SUN, 9/18	9:00 AM - 3:00 PM	\$10
2300.152	SAT & SUN 9/17 & 9/18	8:00 AM - 9:00 PM 9:00 AM - 3:00 PM	\$15
2300.252	SAT, 10/15	8:00 AM - 9:00 PM	\$10
2300.253	SUN, 10/16	9:00 AM - 3:00 PM	\$10
2300.254	SAT & SUN 10/15 & 10/16	8:00 AM - 9:00 PM 9:00 AM - 3:00 PM	\$15
2300.255	SAT, 11/19	8:00 AM - 9:00 PM	\$10
2300.256	SUN, 11/20	9:00 AM - 3:00 PM	\$10
2300.257	SAT & SUN 11/19 & 11/20	8:00 AM - 9:00 PM 9:00 AM - 3:00 PM	\$15

GLASS FUSING WORKSHOP

Lake Country Fine Arts School and Gallery

6yrs+

Learn to cut, arrange and layer the multi-colored glass pieces to create 2 different pendants. They will be fired to fusion and ready to pick up with a bail attached by the following Tuesday.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.010	SAT, 9/10	9:30 - 10:30 AM	\$25R & \$30NR
2300.006	SAT, 10/8	9:30 - 10:30 AM	\$25R & \$30NR
2300.008	SAT, 11/12	9:30 - 10:30 AM	\$25R & \$30NR
2300.009	SAT, 12/10	9:30 - 10:30 AM	\$25R & \$30NR

ART STUDIO FOR ADULTS

Delafield Fish Hatchery

18yrs+

Enjoy painting and drawing in the beautiful setting of the Delafield Fish Hatchery. Learn new skills in the medium of your choice (watercolor, oil, acrylic, pastels, charcoal, etc.) under the guidance of an experienced art instructor. Receive individual as well as group instruction. All levels of experience welcome. Bring your own supplies. Lists for the medium of your choice are available through the Hartland Rec. Dept. Susan Farmer-Tiefenthaler is an emeritus professor of art and art education in the UW-Madison Department of Liberal Studies and the Arts. Her paintings and drawings are filled with the color she finds around her mill home in Delafield. For many years Susan taught drawing and painting to people of all ages in studio workshops, including Studio Painting at Green Lake and School of the Arts at Rhinelander. She currently teaches at WCTC as well.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.057	THRS, 9/22 - 11/10	9:30 AM - 12:00 PM	\$90R/\$100NR \$80SR/\$90NR
2300.058	THRS, 9/22 - 11/10	1:00 - 3:30 PM	\$90R/\$100NR \$80SR/\$90NR

POTTERY ON POTTER'S WHEEL

Lake Country Fine Arts School and Gallery

11yrs+

This class will consist of 2 weeks of throwing on the potter's wheel, while gradually increasing size and complexity. You will glaze all your pots the 3rd week of class. Marlene has a ceramic degree from UW-Stout. She has been teaching for over 18 years.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.011	TUES, 10/4 - 10/18	4:15 - 6:15 PM	\$105

DRAWING TECHNIQUES ON WOOD

Lake Country Fine Arts School and Gallery

7yrs+

This class includes 1 hour of drawing technique instruction followed by 1/2 hour of project drawing each day. Students will take home 1 completed colored pencil drawing, on wood, ready to hang.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.007	THRS, 9/8 - 9/29	5:30 - 7:00 PM	\$100
2400.007	THRS, 10/6 - 10/27	5:30 - 7:00 PM	\$100

THE CRAFTY CLUB

Looking to get together with some fellow crafters to on some crafts such as knitting, crocheting, or quilting? We are looking to start up either a quilter's club, knitting/crocheting club. If you are interested, please contact Kelli at 262-367-0352 or kelly@villageofhartland.com.



ADULT CLASSES

***NEW* PROGRESSIVE PAWS**

**Hartland South Elementary
Nixon Park - Fine Arts Center**

18yrs+

Do you have a well-mannered dog? Or a “mostly” well-mannered dog? Have you ever wondered if your dog would be a good candidate for therapy work? If any of this sounds interesting to you, why not consider taking a Canine Good Citizen (CGC) class to practice some of the basic skills needed to be a responsible dog owner with a well-mannered dog. CGC is an AKC (American Kennel Club) program that provides testing of 10 key skills that are fairly important to have in a well-behaved dog. Our class will help you practice all of these skills over the course of 5 weeks with the actual AKC CGC test/evaluation being done on week 6. Dogs and handlers who pass the 10 step test will earn a certificate and if you so choose, the official AKC CGC title. (Completion of a basic obedience class is highly recommended as basic commands such as sit, down, stay and walking on a loose leash is necessary.)

CLASS #	DAYS/DATES	TIMES	PRICE
2300.082 NIXON PARK	WEDS, 9/28 - 10/19	7:15 - 8:15 PM	\$75R & \$90NR
2300.083 HARTLAND SOUTH	WEDS, 11/2 - 11/23	6:00 - 7:00 PM	\$75R & \$90NR

***NEW* BARK AT YOU SEMINARS ASK THE TRAINER SERIES**

Hartland South Elementary

18yrs+

These short seminars are meant to help cover some hot topics that most dog owners have questions or concerns about handling properly. There will be a short presentation on the “hot topic” with lots of do’s and don’ts, helpful tips, and resource options (if applicable to the topic). Then the remaining time will be open to ask questions related to the topic (or at least mostly), enjoy some refreshments, get to know the trainer better, and hopefully meet other dog owners in your neighborhood who also want to be the best dog parent/guardian/owner they can be.

“DAYCARE AND TRAINING AND BOARDING...OH MY!”

We’ll discuss the general basics of dog ownership and all the various resources that are now available for “pet parents” to help have a more harmonious home. Does your dog really need daycare? What is dog socialization anyway? Do I have to do the training myself? What about “Board and Train” options?

CLASS #	DAYS/DATES	TIMES	PRICE
2300.190	THRS, 11/3	6:00 - 7:30 PM	\$15R & \$18NR

***NEW* “BOOT CAMP” BASIC PAWS**

Nixon Park - Fine Arts Center

18yrs+

This class will cover everything the Basic Paws class would cover over 4 weeks but instead of meeting once a week, we will meet every day for 1 week.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.170 NIXON PARK	MON - FRI 9/19 - 9/23	7:15 - 8:15 PM	\$75R & \$90NR
2300.171 NIXON PARK	MON - FRI 11/14 - 11/18	7:15 - 8:15 PM	\$75R & \$90NR

***NEW* TRICKY PAWS**

Hartland South Elementary

18yrs+

(Kids are welcome and encouraged to attend with an adult) Roll over, take a bow, sit pretty, take a nap...have you ever wanted to teach your dog some fun tricks? If so, this class is for you. We will work on teaching a few favorite tricks and even one of your choice. Training your dog should be fun and what’s more fun than teaching your dog a trick or two? And yes, you can teach an old dog a new trick!

CLASS #	DAYS/DATES	TIMES	PRICE
2300.088	TUES, 11/22 - 12/13	6:00 - 7:00 PM	\$75R & \$90NR

“HAPPY HOWL-A-DAYS FOR EVERYONE!”

We’ll discuss the many challenges of the holidays with our hounds. How to set up a “Zen Den” for your dog, how to help your dog cope with travel, guests, and all those delicious food smells associated with the holiday season.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.191	WEDS, 12/7	6:00 - 7:30 PM	\$15R & \$18NR

Prong, choke, or electronic collars are not allowed in all of the dog training classes. Class sizes are small and will vary between 4 - 6 dogs. All classes are taught by Marie.

***NEW* BASIC PAWS -**

Nixon Park - Fine Arts Center

18yrs+

This class is designed to be an accelerated basic manners obedience type class. We will cover the basic commands of sit, down, stay, come and walking on a leash. Ideally you and your pup will have already started working on some of these basic skills but if not we will do our best to get you up and running. The added challenge to this class is that it is held outdoors where distractions are abundant but that’s real life, right? No worries, you’ll be surprised at how quickly your dog responds to positive reinforcement training. Just have fun!

CLASS #	DAYS/DATES	TIMES	PRICE
2300.081 NIXON PARK	THRS, 9/22 - 10/13	10:00 - 11:00 AM	\$75R & \$90NR
2300.181 NIXON PARK	THRS, 9/22 - 10/13	6:00 - 7:00 PM	\$75R & \$90NR
2300.182 NIXON PARK	TUES, 10/11 - 11/1	10:00 - 11:00 AM	\$75R & \$90NR
2300.183 NIXON PARK	TUES, 10/11 - 11/1	7:15 - 8:15 PM	\$75R & \$90NR

TO DOG PARK OR NOT TO DOG PARK

That’s a really good question!”

We’ll discuss dog parks in general, how to choose a “good” park, general park etiquette, is it right for your dog, basic dog body language and the do’s and don’ts when at the park.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.192	WEDS, 9/14	6:00 - 7:30 PM	\$15R & \$18NR

ADULT CLASSES

NEW CGC (CANINE GOOD CITIZEN)

Nixon Park - Fine Arts Center

18yrs+

Do you have a well-mannered dog? Or a “mostly” well-mannered dog? Have you ever wondered if your dog would be a good candidate for therapy work? If any of this sounds interesting to you, why not consider taking a Canine Good Citizen (CGC) class to practice some of the basic skills needed to be a responsible dog



owner with a well-mannered dog. CGC is an AKC (American Kennel Club) program that provides testing of 10 key skills that are fairly important to have in a well-behaved dog. Our class will help you practice all of these skills over the course of 5 weeks with the actual AKC CGC test/evaluation being done on week 6. Dogs and handlers who pass the 10 step test will earn a certificate and if you so choose, the official AKC CGC title. (Completion of a basic obedience class is highly recommended as basic commands such as sit, down, stay and walking on a loose leash is necessary.)

CLASS #	DAYS/DATES	TIMES	PRICE
2300.079	TUES, 9/20 - 10/25	6:00 - 7:00 PM	\$90R & \$95NR

NEW FEISTY PUPS 101

Nixon Park - Fine Arts Center

18yrs+

This class is for those dogs who already have basic manners skills and have also already taken a focus or impulse control type class but still become a bit too excited/frustrated/reactive when seeing other dogs, squirrels, people, etc. when outside. This class is a very behavior driven and focused class for practicing your skills in this challenging environment. Instructor approval and initial instructor meeting is required.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.089	THRS, 9/15 - 10/20	7:30 - 8:30 PM	\$100R & \$105NR

RELAX, RENEW, REJUVENATE

Hartland Community Center

Ages 16+

Face it - stress is everywhere in our modern life. Have you heard that over 80% of doctors' office visits are stress related? What's important, though, is that there are potent tools for relieving stress, anxiety and the feeling of being overwhelmed. In a RRR class, you will obtain these tools, learn ways to care of yourself and neutralize the negative effects of stress. Picture what it would feel like if you could experience a nurturing, calming experience in the middle of a work week! Learn powerful breathing techniques to 'flip' a switch in your nervous system off stress and on to ease and relaxation. Feel your body releasing stress as you experience imagery and guided relaxation exercises - and experience the most powerful relaxation exercise of all (as practiced in Dr. Dean Ornish's program for reversing heart disease). Learn over 20 mindfulness practices - all easy to do in just minutes a day, and yet can powerfully counteract stress in your life. Practice the one technique guaranteed to bring you more happiness in your life. The truth is we can create peace and relaxation in our lives... and it's easy with these powerful tools!

CLASS #	DAYS/DATES	TIMES	PRICE
2300.033	MON, 10/17 - 11/7	6:30 - 7:45 PM	\$57R & \$67NR

NEW MY BEST COLORS

Look younger, healthier and more vibrant by knowing your color season!

North Shore Middle School

18yrs+

Do you wonder why some outfits make you feel “blah” and others elicit tons of complements? It's probably the color of the garment. Color can enhance or detract from your natural good looks. It can be aging or make you look years younger!!! There are many myths and fallacies on how to choose your right colors. You cannot find your colors by looking at your eyes!!! Neither is it possible to know by holding up silver and gold jewelry. The only true way to know your correct colors is through a professional Color Analysis. A professional color analysis will give you a broad spectrum of “correct” colors to choose from. You will instantly see how the wrong colors make you look tired, lifeless and old and the right colors make a dramatic difference immediately. How we look is affected not only by our makeup and wardrobe colors, but also those that surround us in our décor. This class will give you an education on the colors in our world and how to use them to your best advantage as well as the psychology behind color. EACH PARTICIPANT WILL RECEIVE A FULL COLOR ANALYSIS BY A CERTIFIED IMAGE CONSULTANT, A \$350 VALUE. YOU WILL ALSO RECEIVE A COLOR CARD FOR YOUR CORRECT COLOR FAMILY.

INTRODUCTION TO MEDITATION

Hartland Community Center

Ages 18+

In this class you will learn: Two methods of meditation which are used by millions of people throughout the world.

- The remarkable health giving benefits of meditation.
- Common stumbling block to meditation and how to overcome them. Two proven breathing practices to center your mind and calm the body

CLASS #	DAYS/DATES	TIMES	PRICE
2300.035	MON, 9/12 - 10/3	6:30 - 7:45 PM	\$57R & \$67NR

DESIGNING THE LIFE OF YOUR DREAMS... ENERGY PSYCHOLOGY

Hartland Community Center

Ages 16+

'The very purpose of our life is to be happy.' Dalai Lama. Each session of this class will give you powerful techniques for coping with behaviors/beliefs that may stand in the way of your happiness. Some of the techniques you will learn include learning to access the alpha state; the power of imagery; using your personal 'truth detector' and learning EFT - one of the most powerful - and effective - behavior change techniques available. Please join us for this transformative and fun class. A fifth week has been added onto this class, so there will be plenty of time to practice, and master your new skills.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.034	MON, 11/21 - 12/12	6:30 - 7:45 PM	\$57R & 67NR

CLASS #	DAYS/DATES	TIMES	PRICE
2300.021	TUES, 9/27	6:30 - 8:30 PM	\$25R & \$30NR

ADULT CLASSES

CAMERA IN YOUR SMARTPHONE

North Shore Middle School

18yrs+

It's a camera, it's a photo album, it's a television - it's your phone. Learn about the apps, tips, tricks and limitations of iPhone/Android smartphone/tablet for pictures and video. This class will cover your smartphone/tablet's camera, backup options, email and messaging.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.002	WEDS, 11/30	6:30 - 8:30 PM	\$15R & \$18NR

OLD FAMILY PHOTOS

North Shore Middle School

18yrs+

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 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.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.001	WEDS, 11/16	6:30 - 8:30 PM	\$15R & \$18NR

MAKEUP 201: ADVANCED TECHNIQUES—HOLIDAY EMPHASIS

Tricks to Camouflage and Enhance

North Shore Middle School

18yrs+

This class is designed for the true makeup junky!!! Or, someone who wants techniques to correct prominent features or cover discolorations. If you are wondering what eyeshadow technique is best for your eye shape, you will learn what colors to use and how different intensities can change your look. Perfect your brows by knowing how the shape of your face and eyes influences your brow. Learn contouring techniques to create a more desirable facial shape. Cover imperfections and discolorations with special colors and tools. In addition, learn what styles work for casual, business or dressy occasions. Color analysis, facial shape analysis and a lifestyle evaluation will help us determine your needs.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.017	WEDS, 11/30	6:30 - 9:00 PM	\$25R & \$30NR

IPAD/IPHONE TIPS & TECHNIQUES

North Shore Middle School

18yrs+

This class is specific to Apple iPhone, iPad and iPad Mini devices. Learn tips, tricks and techniques to navigate, organize, backup and add useful apps to your iPhone, iPad or iPad mini device.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.004	WEDS, 12/7	6:30 - 8:30 PM	\$15R & \$18NR

SECRETS OF AGELESS SKIN

You Can Have the Power to Turn Back Time

North Shore Middle School

18yrs+

Learn the secrets to reverse the seven signs of aging with guaranteed results!!! Experience the latest technology to combat every problem – discolorations, acne, sagging, lines, varicose veins, scars, stretch marks and more!!!! Are you using expensive crèmes but not seeing any benefits? Find out why. Are you confused by advertising claims and myriad products on the market? Do you just want something that works for you personally and solves your problems? This class will give you answers that make sense. You will receive an individualized skin prescription through the use of patented skin sensors and learn the latest techniques to maintain healthy skin as well as resurface damaged skin. You will also receive a subcutaneous damage analysis. Each participant will experience a spa-quality transformation facial and a breakthrough treatment that combines the benefits of a chemical peel and microderm abrasion and is valued at over \$200.* NEW: Oxygen Zone Tool. This unique tool uses a high frequency current that is a safe and pure way to correct multiple skin disorders! We also use non-surgical fillers for a special anti-aging lift. These are results-driven treatments you will see immediately. *Please note that these treatments are interactive and you will be an active participant in the application. NOTE: Wear comfortable clothing and little or no makeup. If you wish to wash your face before class, please do so one hour prior and don't apply anything to your skin.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.022	THRS, 10/6	6:30 - 8:30 PM	\$25R & 30NR
2300.023	WEDS, 11/9	6:30 - 8:30 PM	\$25R & 30NR

LOOKING BETTER FOR LESS

Look Slimmer, Younger & Save Money!

North Shore Middle School

18yrs+

Do you feel overwhelmed in a department store or even your closet? Do you wear the same outfits over and over? Are you interested in looking slimmer and younger? Do you waste money on clothes you don't wear? We can help! Get control of your closet now! We'll teach you how to shop quickly and efficiently and make choices that are not only flattering but work for your lifestyle and budget constraints. Learn how to "build a wardrobe" that works for you not against you. Each participant will receive a personal color, body type and fashion personality analysis. You will also receive your personalized color chart and key style recommendations for your body type to take home. NOTE: Dress in clothing that will allow measurements, with little or no makeup.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.018	THRS, 11/3	6:30 - 8:30 PM	\$25R & \$30NR

MAKEUP 101: BASIC TECHNIQUES

North Shore Middle School

18yrs+

A Guide to Personalized Color and Formulation Selection Makeup is meant to enhance your natural beauty, not make you feel uncomfortable! Selections based on your coloring, personality and lifestyle are essential to achieve that goal. So why try to guess if a lip color, foundation or eyeshadow will work? Choose wisely and easily by knowing your color season. If you're afraid you'll end up looking like Dracula's mother, rest assured we'll evaluate your fashion and makeup personality and make selections to reflect you! Finally, learn proper application techniques as well as how to apply your look in only minutes!! Discover your true beauty! You will receive a color, fashion and makeup personality and facial shape analysis during the class. This invaluable information can give you a lifetime of smart choices!

CLASS #	DAYS/DATES	TIMES	PRICE
2300.020	THRS, 10/27	6:30 - 9:00 PM	\$25R & \$30NR

ADULT CLASSES

ADVANCED BEEKEEPING

North Shore Middle School

18yrs+

For those buzzing with excitement about keeping bees, this class is for you. Building on the foundation of the Intro class, this 2-part class covers seasonal maintenance of bees, what to do when inspecting your hive, harvesting honey, and how to respond when common issues arise. Although video footage of hives will be shown, no live bees will be present.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.067	TUES, 11/29 & 12/6	6:30 - 8:00 PM	\$30R & \$36NR

INTRODUCTION TO BACKYARD BEE-KEEPING

North Shore Middle School

18yrs+

Find out what the buzz is about! Whether you are new to beekeeping or want a refresher on the foundations of beekeeping, this class is for you! In this class we cover what the process entails, how to get started, where to find helpful resources, and how to successfully introduce bees into a new hive. No live bees will be present in class.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.066	TUES, 11/22	6:30 - 8:00 PM	\$15R & \$18NR

FERMENTATION CLASS

North Shore Middle School

18yrs+

Fermentation is an historical way to preserve food. It uses beneficial microorganisms to "sour" food and allows it to stay safe to eat for months when refrigerated. Because of the way it's preserved, it provides nutrients, probiotics and good taste. It isn't a complicated process. This class will provide samples of 5-6 different fermented vegetables to taste. Participants will then have a chance to make sauerkraut and a choice of one other vegetable to ferment and take home. Participants will receive jars, food to finish fermenting at home, multiple recipes and informational handouts. The veggies at the farmers markets are calling you! Bring your knowledge and we'll share ideas.

CLASS #	DAYS/DATES	TIMES	PRICE
2200.062	THRS, 9/22	6:30 - 8:30 PM	\$19R & 23NR

MUG MEALS

North Shore Middle School

18yrs+

When you like to eat but don't want a lot of dishes to clean up this is perfect for you. We will explore single serving options that are just what you need. Breakfast, lunch or desserts that can be microwaved right in a cup! Easy and tasty. Real food meals for that can help navigate the busy holiday season. They are also a fun stocking stuffer when given with a mug. An assortment of recipes like French toast, meatloaf, eggs, brownies, peach cobbler, and more will be available and you will have a chance to try one of them for yourself during this demonstration.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.064	THRS, 11/10	6:00 - 8:00 PM	\$19R & \$23NR
2300.164 AGES 10 -18	THRS, 11/10	6:00 - 8:00 PM	\$10

REPEL BUGS THE NATURAL WAY

North Shore Middle School

18yrs+

In this class come and identify plants and natural products that can help repel insects and soothe painful insect bites. Watch some natural products being made that can help you enjoy your outdoor experience while avoiding harsh chemicals. Students will get recipes for natural products that they can sample in class.

CLASS #	DAYS/DATES	TIMES	PRICE
2100.094	TUES, 3/21	6:30 - 8:00 PM	\$19R & \$23NR

BOOST YOUR HEALTH WITH BUZZIN' BEE PRODUCTS

North Shore Middle School

18yrs+

Whether you are a beekeeper, an athlete, or just concerned about improving your health, this class is for you. Find out the many valuable uses of products harvested from bee hives like raw honey, pollen, propolis, royal jelly, and beeswax and how you can use them to boost your health!

CLASS #	DAYS/DATES	TIMES	PRICE
2100.093	TUES, 3/7	6:30 - 8:00 PM	\$19R & \$23NR

ORGANIZING OLD PHOTOS

North Shore Middle School

18yrs+

How many boxes of old photos are languishing in your closets and basement? They're out of sight but not forgotten. If you're ready to start dealing with them, this class is for you! Bring 1 or 2 boxes or bags of your old photos to class. You'll receive help deciding what to keep, what to toss and how to organize what's left so you can truly enjoy them.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.030	THRS, 10/20	6:30 - 8:30 PM	\$15R & \$18NR

HOW TO STAY ORGANIZED

North Shore Middle School

18yrs+

You've taken some classes, read some books, gone through your belongings and donated what seemed like lots of stuff. Yet, the clutter returns. Learn the skills needed to maintain a clutter-free life. Re-evaluate what's most important to you. This class is specifically designed for people who have already done some paring down. Take your life to the next level!

CLASS #	DAYS/DATES	TIMES	PRICE
2300.031	THURS, 9/22	6:30 - 8:30 PM	\$15R & \$18NR

LET'S COOK A VARIETY OF GRAIN

North Shore Middle School

18yrs+

There's more to grains than the common wheat products most of us eat each day. Add some variety to the grain portion of your diet. Find ways to include grains like quinoa, wheat berries, brown rice, barley, bulgur or oats as part of any meal, as a main dish or a side dish. Find out why this is important. The class participants will get information about grains and sample several recipes in class. Bring containers to take extra food home. More information will be available in the Winter/Spring Program Guide.



CLASS #	DAYS/DATES	TIMES	PRICE
2300.063	TUES, 2/21	6:00 - 8:00 pm	\$23R & \$27NR

ADULT CLASSES

PICKLEBALL

Hartland South or Sussex Civic Center

18yrs+

Pickleball is a sport that combines elements of badminton, tennis and table tennis. The sport is played on a court with the same dimensions as a badminton court. The net is lower than most other racquet sports, allowing for faster play. The game is played with a hard paddle and a wiffle ball, making the technique required for pickleball different than other sports. Pickleball is very popular with people who are looking for a low-impact racquet sport. Nets, balls and paddles will be available to borrow.

PICKLEBALL HELD AT HARTLAND SOUTH ELEMENTARY

CLASS #	DAYS/DATES	TIMES	PRICE
2300.060	TUES, 9/6 - 10/25	6:00 - 8:00 PM	\$12R & \$15NR
2300.160	TUES, 11/1 - 1/17	6:00 - 8:00 PM	\$20R & \$25NR

PICKLEBALL HELD AT SUSSEX CIVIC CENTER

CLASS #	DAYS/DATES	TIMES	PRICE
2300.260	TUES, 11/1 - 1/17	9:30 - 11:30 AM	\$20R & \$25NR
2300.360	WEDS, 11/2 - 1/18	9:30 - 11:30 AM	\$20R & \$25NR
2300.460	THRS, 11/3 - 1/19	9:30 - 11:30 AM	\$20R & \$25NR
2300.860	ALL DAYS, 11/1 - 1/19	9:30 - 11:30 AM	\$40R & \$50NR

NEW TRIVIA AFTERNOON

Little Red Schoolhouse

55yrs+

Join us as we play some classic board games and trivia games. We'll play some of your favorite board games: monopoly, scrabble, life and etc. Advanced registration is required.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.091	THRS, 9/8	2:00 - 4:00 PM	FREE
2300.085	THRS, 10/13	2:00 - 4:00 PM	FREE
2300.086	THRS, 11/10	2:00 - 4:00 PM	FREE
2300.087	THRS, 12/8	2:00 - 4:00 PM	FREE
2100.091	THRS, 1/12	2:00 - 4:00 PM	FREE
2100.092	THRS, 2/10	2:00 - 4:00 PM	FREE

NEW MOVIES

Little Red Schoolhouse

55yrs+

Every first Friday of the month, we'll be showing a movie at the Little Red Schoolhouse. Call 262-367-0352 if you would like more information or would like to share what movie you would like to see. Snacks and refreshments will be provided.

DAYS	DATES	START TIME	MOVIE	PRICE
FRI	9/2	2:00 PM	RUN AWAY BRIDE	FREE
FRI	10/7	2:00 PM	GRUMPY OLD MEN	FREE
FRI	11/4	2:00 PM	MRS. DOUBTFIRE	FREE
FRI	12/2	2:00 PM	AMERICA'S SWEETHEARTS	FREE
FRI	1/6	2:00 PM	PATCH ADAMS	FREE
FRI	2/3	2:00 PM	WHAT WOMEN WANT	FREE



CPR/AED & FIRST AID CLASSES

Hartland Fire Department Classroom in Survive Alive House behind the Fire Station

The staff of the Hartland Fire Department is offering American Heart Association Heartsaver CPR/AED & First Aid classes. First Aid classes will cover basic first aid; recognizing/managing medical emergencies, bleeding control, splinting, and using an epi pen. 16 years and older.

CLASS #	Class	DAYS/DATES	TIMES	PRICE
2300.106	CPR/AED Adult, Child, Infant (infant optional)	TUES, 9/13	6:00 - 9:00 PM	\$25
2300.107	CPR/AED Adult, Child, Infant (infant optional)	THRS, 9/15	6:00 - 9:00 PM	\$25
2300.108	FIRST AID	TUES, 9/20	6:00 - 9:00 PM	\$25
2300.109	FIRST AID	THRS, 9/22	6:00 - 9:00 PM	\$25
2300.110	CPR & FIRST AID	TUES, 9/13 & TUES, 9/20	6:00 - 9:00 PM	\$40
2300.111	CPR & FIRST AID	TUES, 9/13 & THRS, 9/22	6:00 - 9:00 PM	\$40
2300.112	CPR & FIRST AID	THRS, 9/15 & TUES, 9/20	6:00 - 9:00 PM	\$40
2300.113	CPR & FIRST AID	THRS, 9/15 & THRS, 9/22	6:00 - 9:00 PM	\$40

BINGO

Little Red Schoolhouse

55yrs+

Join Hartland Lakeside School District for an afternoon of BINGO! Prizes will be given. Advanced registration is required.

CLASS #	DAYS/DATES	TIMES	PRICE
2200.485	WEDS, 9/21	2:00 - 4:00 PM	FREE
2300.585	WEDS, 10/19	2:00 - 4:00 PM	FREE
2300.185	WEDS, 11/16	2:00 - 4:00 PM	FREE
2300.285	WEDS, 12/21	2:00 - 4:00 PM	FREE
2300.385	WEDS, 1/18	2:00 - 4:00 PM	FREE

SHEEPSHEAD

Hartland Community Center

55yrs+

Come for the cards and stay for the conversation. We currently have groups playing Sheepshead. Come on in, start another able or game. **No registration necessary.**

DAYS	DATES	TIMES	PRICE
TUES & FRI	ONGOING	12:00 - 4:00 PM	FREE



TRIPS

DOOR COUNTY PENINSULA MYSTERY TOUR

Ages 18+

We have had requests to do a mystery tour, so we thought we would try one this fall. Trust in us as we head up the Lake Michigan shoreline for a day in the Door County Peninsula. You are sure to enjoy the day with us as we travel on a coach bus to one of Wisconsin's most popular tourist destinations. Full details and itinerary will be given the day of the trip. Lunch and light dinner included. **Sussex Community Center, W240N5765 Maple Ave, Sussex, WI. Register by September 15.**

CLASS #	DAYS/DATES	TIMES	PRICE
6300.003	THRS, OCT 13	6:30 AM - 7:30 PM	\$84R & \$89NR

WARRENS CRANBERRY FESTIVAL

18yrs+

At the world's largest Cranberry Festival, you will enjoy over 70 different food booths, 850 art and craft booths and over 100 farmers' market booths! A coach bus will be provided along with coffee and donuts prior to departure.

For more information, check at cranfest.com. This is an all day walking trip. **Hartland participants will board the bus at Nixon Park, 175 E. Park Ave, Hartland. Register by September 15.**



CLASS #	DAYS/DATES	TIMES	PRICE
6200.006	SAT, 9/24	7:15 AM - 8:30PM	\$39R & \$44NR

TRIP TO AMERICAN GIRL PLACE

Our trip takes us to American Girl Place in the heart of Chicago. On arrival, we'll have lunch in the American Girl Café. After lunch, you can explore the store ... treat your doll to the American Girl hair salon or pose with her in the American Girl photo studio for a special portrait to highlight your day together. For full details of the options available at the American Girl store, visit http://www.americangirl.com/stores/location_chi.php. The shops of Michigan Avenue are footsteps away for more shopping options. Fee includes lunch and transportation. **Hartland participants will board the bus at Nixon Park, 175 E. Park Ave, Hartland. Deadline to register August 19.**

CLASS #	DAYS/DATES	TIMES	PRICE
6200.009	SAT, 10/22	7:30 AM - 7:30 PM	\$64R & 76NR

SINGIN' IN THE RAIN

55yrs+

Our coach bus is headed to the Marriott Theatre in Lincolnshire, IL, where we'll enjoy a production of "Singin' in the Rain". Tap your toes and sing along in the splashy adaptation of the celebrated and beloved MGM classic. Filled with every memorable moment from the film and a downpour of unforgettable songs, Singin' in the Rain is full of old-fashioned musical comedy joy! We will enjoy a delicious lunch of either Stuffed Chicken Breast or Roasted Sirloin of Beef. Please indicate your choice when registering. **Hartland participants will board the bus at the Sussex Community Center, W240N5765 Maple Ave, Sussex, WI. Register by October 21.**

CLASS #	DAYS/DATES	TIMES	PRICE
6300.004	THRS, 12/15	8:45 AM - 6:15 PM	\$89R & \$94NR

THE ILLUSIONISTS

18yrs+

Our coach bus is headed downtown to the Marcus Center for the Performing Arts where we will see The Illusionists, live from Broadway! This mind Blowing spectacular showcases the jaw dropping talents of seven of the most incredible Illusionists on earth. This non-stop show is packed with thrilling and sophisticated magic of unprecedented proportions. Prior to the show we will have dinner at the Water Street Brewery. You will have a choice of a Reuben, BBQ Bacon Burger or a Grilled Chicken Salad. **Hartland participants will board the bus at the Sussex Community Center, W240N5765 Maple Ave, Sussex, WI. Register by January 6.**

CLASS #	DAYS/DATES	TIMES	PRICE
6100.010	THRS, 2/16	4:15 PM - 11:00 PM	\$94R & \$99NR

PRESERVING OUR PAST

18yrs+

Although we love our Packers, there's more to the Green Bay area. We'll spend the day learning about some of the foundations of our country and how they shaped our country, including the Native Americans and the railroad. We'll begin the day on a cultural tour of the Oneida Nation that will share many attractions to learn what it was like, what happened, and life today in the Oneida Nation including an apple orchard, Log Home Restoration Area, Buffalo Overlook, the oldest episcopal church and then enjoy a Native American favorite for lunch. Then, it's on to the National Railroad Museum for a guided tour including a train ride highlighting the museum's collection, including: the General Motors Aerotrains, General Eisenhower's WWII command train, the Union Pacific Big Boy, Pennsylvania Railroad GG-1 electric locomotive, the Pullman porters and the Wisconsin 40&8 boxcar. **Hartland participants will board the bus at the Sussex Community Center, W240N5765 Maple Ave, Sussex, WI. Register by September 1.**

CLASS #	DAYS/DATES	TIMES	PRICE
6300.001	WEDS, 9/21	6:30 AM - 6:30 PM	\$69R & \$74NR

CHRISTMAS SHOPPING IN CHICAGO

18yrs+

Head out to the "Windy City" on your year-end shopping trip this holiday season! The morning will start with coffee and sweets prior to loading a coach bus for a smooth ride to downtown Chicago. The bus will take you to the heart of the shopping mecca where you will be able to spend the day as you wish. *Fee includes transportation, tip and coffee/bakery. **Hartland participants will board the bus at the Wagner Park. Register by November 18.**



CLASS #	DAYS/DATES	TIMES	PRICE
6300.002	SAT, 12/3	8:00 AM - 8:00 PM	\$35R & \$40NR

DANCE CLASSES

Dance classes are brought to you by TTP Academy. TTP Academy is a group of experience, professional dance educators who want to share their passion and talent with people of all ages. The director previously owned To The Pointe in Hartland. Boys are welcome in all classes. Questions? Contact Nina, Director of TTP Academy at (262) 442-4906 or ngfedak@gmail.com. All TTP Academy dance classes will be held at 352 Cottonwood Ave, Hartland Suite B. Classes will not be held November 20 - November 27 and December 19 - January 8, 2017. Learn more about TTP Academy at www.ttpacademy.com. *****These classes are eligible to perform in the annual recital. Must sign up for all three sessions.**

***BOYZ MAKIN' NOYZ AND DANCE

TTP Academy

7yrs+

This class is strictly for guys. Tap and Jazz-funk are both in this one class for guys 7 and up. Younger students may be enrolled after a trial class.

CLASS #	DAY/DATES	TIMES	PRICE
3300.202	TUES, 9/13 - 11/15	6:45 - 7:45 PM	\$120
3400.202	TUES, 11/29 - 2/21	6:45 - 7:45 PM	\$120

ACRO & CONDITIONING

TTP Academy,

10yrs+

For dancers age 10 and up enrolled in ballet. Learn more strengthening techniques and work on acrobatic skills used in

CLASS #	DAYSDATES	TIMES	PRICE
3300.106	TUES, 9/13 - 11/15	7:00 - 8:00 PM	\$120
3400.101	TUES, 11/29 - 2/21	7:00 - 8:00 PM	\$120

***Tap I thru V

TTP Academy

7yrs+

A true American dance form with many styles. Start with basic steps and then add speed and faster tempos.

CLASS #	DAYSDATES	TIMES	PRICE
TAP I 3300.247	TUES, 9/13 - 11/15	4:30 - 5:00 PM	\$100
TAP I 3400.247	TUES 11/29 - 2/21	4:30 - 5:00 PM	\$100
TAP II 3300.248	TUES, 9/13 - 11/15	5:05 - 5:50 PM	\$110
TAP II 3400.248	TUES 11/29 - 2/21	5:05 - 5:50 PM	\$110
TAP III 3300.249	TUES, 9/13 - 11/15	5:55 - 6:40 PM	\$110
TAP III 3400.237	TUES 11/29 - 2/21	5:55 - 6:40 PM	\$110
TAP IV 3300.238	TUES, 9/13 - 11/15	7:45 - 8:30 PM	\$110
TAP IV 3400.238	TUES 11/29 - 2/21	7:45 - 8:30 PM	\$110
TAP V 3300.250	TUES, 9/13 - 11/15	7:45 - 8:30 PM	\$110
TAP V 3400.239	TUES 11/29 - 2/21	7:45 - 8:30 PM	\$110

MINI POMS

TTP Academy

Ages 5 - 7

Learn the basics of using Pom Poms, the movements and steps, while you work on staying together and everyone moving the same way at the same time.

CLASS #	DAYSDATES	TIMES	PRICE
3300.203	SAT, 9/17 - 11/19	10:40 - 11:10 AM	\$100
3400.203	SAT, 12/3 - 2/25	10:40 - 11:10 AM	\$100

POMS

TTP Academy

8yrs+

The skills and technique are more intricate you work as a group to look sharp, on count, and precise. Movements become quicker and more challenging as the group progresses.

CLASS #	DAYSDATES	TIMES	PRICE
3300.205	SAT, 9/17 - 11/19	11:15 AM - 12:00 PM	\$110
3400.205	SAT, 12/3 - 2/25	11:15 AM - 12:00 PM	\$110

***BALLET CLASSES

TTP Academy

7yrs+

Our ballet program is based on the Vaganova (Russian) and French methods of technique. Each level challenges the student with new techniques and skills to create a well-developed dancer both physically and mentally. Levels I and II are one-year programs while Levels II through VI are all two year programs. Level III through Level VI students attend at least two classes per week.

CLASS #	DAY/DATES	DATES	FEE
BALLET I 3300.201	THRS, 9/15 - 11/17	5:15 - 6:00 PM	\$110
BALLET I 3400.201	THRS, 12/1 - 2/23	5:15 - 6:00 PM	\$110
BALLET II 3300.204	THRS, 9/15 - 11/17	5:00 - 6:00 PM	\$120
BALLET II 3400.204	THRS, 12/1 - 2/23	5:00 - 6:00 PM	\$120
BALLET III 3300.207	MON, 9/12 - 11/14	6:15 - 7:30 PM	\$120
BALLET III 3400.207	MON, 11/28 - 2/20	6:15 - 7:30 PM	\$120
BALLET III 3300.208	THRS, 9/15 - 11/17	6:30 - 7:45 PM	\$120
BALLET III 3400.208	THRS, 11/1 - 2/23	6:30 - 7:45 PM	\$120

***POINTE & PRE-POINTE

TTP Academy

11yrs+

Dancers at Ballet III level and above may be eligible for pointe work based on strength, body structure, weight, and age (minimum of 11). Director evaluation is required. Students chosen to participate begin with Pre-Pointe for one year and then are required to take two ballet classes and two pointe classes per week. Pre-requisites: TTP's Ballet III or 5 years of experience taking Ballet.

CLASS #	DATES	TIMES	PRICE
POINTE 3300.222	MON, 9/12 - 11/14	7:35 - 8:05 PM	\$100
POINTE 3400.222	MON, 11/28 - 2/20	7:35 - 8:05 PM	\$100
POINTE 3300.221	THRS, 9/15 - 11/17	7:50 - 8:20 PM	\$100
POINTE 3400.221	THRS, 12/1 - 2/23	7:50 - 8:20 PM	\$100
PRE 3300.219	MON, 9/12 - 11/14	7:35 - 8:05 PM	\$100
PRE 3400.219	MON, 11/28 - 2/20	7:35 - 8:05 PM	\$100
PRE 3300.220	THRS, 9/15 - 11/17	7:50 - 8:20 PM	\$100
PRE 3400.220	THRS, 12/1 - 2/23	7:50 - 8:20 PM	\$100

CLASS #	DAY/DATES	TIMES	FEE
BALLET IV 3300.209	MON, 9/12 - 11/14,	6:15 - 7:30 PM	\$120
BALLET IV 3400.209	MON, 11/28 - 2/20	6:15 - 7:30 PM	\$120
BALLET IV 3300.210	THRS, 9/15 - 11/17	6:15 - 7:30 PM	\$120
BALLET IV 3400.210	THRS, 12/1 - 2/23	6:15 - 7:30 PM	\$120
BALLET V 3300.213	THRS, 9/15 - 11/17	6:15 - 7:30 PM	\$120
BALLET V 3400.213	MON, 11/28 - 2/20	6:15 - 7:30 PM	\$120
BALLET VI 3300.216	THRS, 9/15 - 11/17	6:30 - 7:45 PM	\$120
BALLET VI 3400.216	THRS, 12/1 - 2/23	6:30 - 7:45 PM	\$120

DANCE CLASSES

***BALLET & TAP FOR 6 YEAR OLDS

TTP Academy

6yrs+

This class is a scaled down version of a technique class. The students start with a barre warm up, then move to center. Both Ballet and Tap are taught and the teacher chooses which style will be used in the recital.

CLASS #	DAY/DATES	TIMES	PRICE
3300.232	THRS, 9/15 - 11/17	4:30 - 5:15 PM	\$110
3400.232	THRS, 12/1 - 2/23	4:30 - 5:15 PM	\$110

***PRIMARY DANCE I

TTP Academy

4yrs

A complete introduction to dance for 4 year olds. Ballet positions, steps, and concepts using French terms are used to individually work with each student to help them become comfortable in the studio environment. Tap is introduced. Creative games and "play" an important part of all the primary classes.

CLASS #	DAY/DATES	TIMES	PRICE
3300.234	MON, 9/12 - 11/14	4:50 - 5:20 PM	\$100
3400.234	MON, 11/28 - 2/20	4:50 - 5:20 PM	\$100
3300.235	SAT, 9/17 - 11/19	10:05 - 10:35 AM	\$100
3400.235	SAT, 12/3 - 2/25	10:05 - 10:35 AM	\$100

***PRIMARY DANCE II

TTP Academy

5yrs

Similar to Primary Dance I but developed for 5 year olds. A bit more tap is used as the students' control and knowledge increase.

CLASS #	DAY/DATES	TIMES	PRICE
3300.233	WEDS, 9/14 - 11/16	4:30 - 5:00 PM	\$100
3400.233	WEDS, 11/30 - 2/22	4:30 - 5:00 PM	\$100
3300.231	SAT, 9/17 - 11/19	10:05 - 10:35 AM	\$100
3400.231	SAT, 12/3 - 2/25	10:05 - 10:35 AM	\$100

***BE-BOP FOR TOTS

TTP Academy

3yrs

A special class for 3 year olds. Counting to 5 in French, learning first and second position and all the arms (port des bras), gross motor skills including skipping, hopping, jumping, and leaping. Listening skills, and defining right and left are important goals. Music, games, and dance all combine to help your 3 year old grow and learn.

CLASS #	DAY/DATES	TIMES	PRICE
3300.107	MON, 9/12 - 11/14	4:15 - 4:45 PM	\$100
3400.102	MON, 11/28 - 2/20	4:15 - 4:45 PM	\$100
3300.108	THRS, 9/15 - 11/17	9:30 - 10:00 AM	\$100
3400.103	THRS, 12/1 - 2/23	9:30 - 10:00 AM	\$100

TINY TOTS

TTP Academy

2yrs

For 2 year olds, or other adult as a leader. Music, tempo, listening skills, and becoming comfortable in a studio class environment are the focus.

CLASS #	DAY/DATES	TIMES	PRICE
3300.237	WEDS, 9/14 - 10/20	10:00 - 10:30 AM	\$50
3400.237	WEDS, 10/19 - 11/16	10:00 - 10:30 AM	\$50
3100.237	WEDS 11/30 - 1/18	10:00 - 10:30 AM	\$50

NEXT STEP 3 & 4 YRS

Hartland Community Center

A fun class that will teach some basic dance term, steps, and combinations.

CLASS #	DATES	TIMES	PRICE
3300.236	WEDS, 9/14 - 11/16	5:15 - 5:45 PM	\$80
3100.240	WEDS, 11/30 - 2/22	5:15 - 5:45 PM	\$80

NEXT STEP 5 & 6 YRS

Hartland Community Center

Same as the 3 & 4 year old class with slightly more involved

CLASS #	DAY/DATES	TIMES	PRICE
3300.251	WEDS, 9/14 - 11/16	5:50 - 6:20 PM	\$80
3100.239	WEDS, 11/30 - 2/22	5:50 - 6:20 PM	\$80

***MUSICAL THEATRE DANCE

TTP Academy

9yrs+

Learn the styles, characterization, and how to show your pizzazz in this fun class for age 9 & up.

CLASS #	DAY/DATES	TIMES	PRICE
3300.252	THRS, 9/15 - 11/17	8:30 - 9:15 PM	\$110
3400.243	THRS, 12/1 - 2/23	8:30 - 9:15 PM	\$110

ACT IT OUT THEATRE

TTP Academy

Ages 5 - 7

This class does not require reading and is the perfect age to introduce a child to acting and becoming a character, following instructions, using listening skills, and working as a group.

CLASS #	DAY/DATES	TIMES	PRICE
3300.245	MON, 9/12 - 11/14	4:30 - 5:00 PM	\$100
3400.245	MON, 11/28 - 2/20	4:30 - 5:00 PM	\$100

PAGE TO STAGE THEATRE

TTP Academy

8yrs+

Learn auditioning skills, how to write a resume, learning your lines, creating a character, and much more. This class will develop into various learning sections as the students continue in the programs. Students are eligible to be a part of the recital, summer performances, and year-round performing opportunities if they take at least the first and third of the 10 week units offered during the school year.

CLASS #	DAY/DATES	TIMES	PRICE
3300.246	MON, 9/12 - 11/14	5:05 - 5:50 PM	\$110
3400.246	MON, 11/28 - 2/20	5:05 - 5:50 PM	\$110



DANCE & YOUTH CLASSES

***HIP HOP

TTP Academy

7yrs+

YES! We're talking real, urban-style Hip-Hop along with some break dance. Mr. Malcolm has studied with Cedric Gardner from So You Think You can Dance, and others. His style is smooth, funky, and high energy. Everyone welcome!

CLASS #	DAY/DATES	TIMES	PRICE
3300.238	MON, 9/12 - 11/14	5:25 - 6:10 PM	\$110
3400.236	MON, 11/28 - 2/20	5:25 - 6:10 PM	\$110

***JAZZ INTRO THROUGH IV

For students age 7 and up also enrolled in ballet. Many styles are explored including; classic jazz, funk, lyrical and more.

CLASS #	DAYS/DATES	TIMES	PRICE
INTRO 3300.254	THRS, 9/15 - 11/15	6:00 - 6:30 PM	\$100
INTRO 3400.254	THRS, 12/1 - 2/23	6:00 - 6:30 PM	\$100
JAZZ I 3300.253	THRS, 9/15 - 11/15	6:00 - 6:30 PM	\$100
JAZZ I 3400.240	THRS, 12/1 - 2/23	6:00 - 6:30 PM	\$100
JAZZ II 3300.241	THRS, 9/15 - 11/15	8:25 - 9:05 PM	\$100
JAZZ II 3400.241	THRS, 12/1 - 2/23	8:25 - 9:05 PM	\$100
JAZZ III 3300.242	THRS, 9/15 - 11/15	8:25 - 9:05 PM	\$100
JAZZ III 3400.242	THRS, 12/1 - 2/23	8:25 - 9:05 PM	\$100
JAZZ IV 3300.243	THRS, 9/15 - 11/15	8:25 - 9:05 PM	\$100
JAZZ IV 3400.247	THRS, 12/1 - 2/23	8:25 - 9:05 PM	\$100

CLASSICAL FENCING (Italian Foil)

Hartland South Elementary

7yrs+

This introduction to Italian Foil teaches historical fencing in the style of the 19th and early 20th century, when dueling was a skill needed by the upper class. Today, fencing has become an exciting sport that is practiced world wide and is featured as a part of the summer Olympics. Learn the fundamentals of classic fencing including hand positions, proper footwork, and attacks and re posts. Fencing, sometimes described as "physical chess" is a life long art based on subtlety and precision and offers continue challenge and satisfaction.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.105	TUES, 10/4 - 11/1	4:00 - 5:00 PM	\$13R & \$15NR

KALI FOR KIDS

Lake Country Martial Arts

7yrs+

The Filipino arts of Escrima, Kali and Arnis are broad terms for the many styles of Martial arts practiced in the Philippine islands. This introductory class will focus on escrima (a rattan stick) and will teach basic offensive and defensive angles, agility in movement, and building strength and coordination in a fun and safe environment. Take advantage of this rare opportunity to train with three members of the US Nationals Full Contact Stick Fighting Team.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.103 AGES 7-9	SAT, 12/10	2:00 - 3:00 PM	\$13R & \$15NR
4300.107 AGES 10-12	SAT, 12/10	3:30 - 4:30PM	\$13R & \$15NR

CHEER 101

Heat Athletics

Ages 7 - 12

This class will teach athletes new to cheerleading the basics of stunting, tumbling, jumps, and dance.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.098	SAT, 9/17 - 10/22	11:00 AM - 12:00 PM	\$73R & \$91NR
4300.099	SAT, 11/5 - 12/17	11:00 AM - 12:00 PM	\$73R & \$91NR

TUMBLING CLASSES

Heat Athletics

Ages 3 - 8

Participants will learn the basic movements and body positions needed to begin tumbling! This is an introductory class. No experience is necessary! Participants will safely learn new skills in our facility. Learn to flip, jump, and twirl with Heat Athletics. All participants that attend a class at Heat Athletics must fill out a Heat Athletics Waiver on the first day if they are new. Heat Athletics Waiver can be found at www.heatathletics.com. Attire: clothes you can move in, gym shoes or bare feet and hair pulled back.

TINY TUMBLING

Ages 3 - 5

CLASS #	DAYS/DATES	TIMES	PRICE
4301.001	SAT, 9/17 - 10/22	9:00 - 9:45 AM	\$61R & \$76NR
4301.002	TUES, 9/13 - 10/18	4:30 - 5:15 PM	\$61R & \$76NR
4301.003	SAT, 11/5 - 12/17	9:00 - 9:45 AM	\$61R & \$76NR
4301.004	TUES, 11/1 - 12/13	4:30 - 5:15 PM	\$61R & \$76NR

BEGINNER TAEKWONDO

Hartland South Elementary

7yrs+

In this class students will learn the basics of the Korean art of Taekwondo including kicks, punches, blocks, and self-defense with an emphasis on the discipline, courtesy, and respect that governs the art. Students will work under direct instructor supervision on pads and training bags and will not have any kicking or striking contact with other students during this beginner class. The last class will include a brief belt ceremony in which students will show their skills, break a board, and earn their White belt.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.101	WEDS, 11/2 - 11/30	4:00 - 5:00 PM	\$13R & \$15NR

OPEN ART STUDIO FOR EARLY RELEASE THURSDAYS

Lake Country Fine Arts

Grades 1 - 8

Choose to glaze a ceramic sculpture form a clay sculpture or create a glass pendant. Your creation will be fired and ready for pick up the following Tuesday.

CLASS #	DAYS/DATES	TIMES	PRICE
2300.005	THRS, 9/15	1:15 - 3:15 PM	\$15
2300.105	THRS, 10/20	1:15 - 3:15 PM	\$15
2300.205	THRS, 11/17	1:15 - 3:15 PM	\$15
2300.305	THRS, 12/22	1:15 - 3:15 PM	\$15

MINI TUMBLING

Ages 6 - 8

CLASS #	DAYS/DATES	TIMES	PRICE
4301.011	SAT, 9/17 - 10/22	10:00 - 10:45 AM	\$61R & \$76NR
4301.012	TUES, 9/13 - 10/18	5:30 - 6:15 PM	\$61R & \$76NR
4301.013	SAT, 11/5 - 12/17	10:00 - 10:45 AM	\$61R & \$76NR
4301.014	TUES, 11/1 - 12/13	5:30 - 6:15 PM	\$61R & \$76NR

YOUTH CLASSES

BABYSITTER BASICS

North Shore Middle School or
Hartland Community Center

11yrs+

This babysitting certification course is created especially for kids and teens ages 11 and up who are interested in becoming babysitters. Taught in full compliance with the most up to date American Academy of Pediatrics and American Safety and Health Institute curriculums this course includes safety, basic child care, strategies to plan ahead to avoid the most common babysitting problems, as well as guidelines for building strong, lasting relationships with your clients.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.213 NORTH SHORE MIDDLE SCHOOL	FRI, 9/30	5:30 - 8:30 PM	\$44R & \$53NR
4300.113 HARTLAND COMMUNITY CENTER	SAT, 10/22	1:00 - 4:00 PM	\$44R & \$53NR
4300.114 NORTH SHORE MIDDLE SCHOOL	FRI, 11/18	5:30 - 8:30 PM	\$44R & \$53NR
4300.214 HARTLAND COMMUNITY CENTER	SUN, 12/11	1:00 - 4:00 PM	\$44R & \$53NR

LEARN TO SKATE

Nagawaukee Ice Rink

Ages 4 - 12

This class is a cooperative program between the Village of Hartland, Waukesha County Parks and surrounding communities. It consists of developing basic ice skating skills. Youth will develop confidence on the ice by learning to go forward, backward, turning, stopping, falling and recovery. It is suggested children bring helmets (bike or other helmet is fine) to class. Skates are provided.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.109 AGES 4 - 6	SAT, 10/15 - 11/19	1:45 - 2:15 PM	\$65
4300.110 AGES 7 - 12	SAT, 10/15 - 11/19	2:15 - 2:45 PM	\$65
4100.100 AGES 4 - 6	SAT, 1/7 - 2/11	1:45 - 2:15PM	\$65
4100.101 AGES 7 - 12	SAT, 1/7 - 2/11	2:15 - 2:45 PM	\$65

LEARN TO SKATE - MULLETT

Mullett Ice Center

Ages 4 - 12

Learn to Skate at Arrowhead High School's premier on campus Ice Center. Our group lessons are run by qualified instructors. Lessons consist of 7 weekly sessions on Wednesday nights at 5:30pm. & 6:15pm. Instructors will teach fundamentals of skating, including but not limited to falling down, standing up, forward stride, backward stride, and basic edge work and balance. Helmets and gloves are strongly suggested, bike helmets are acceptable. Skate rental is available if needed for an additional charge.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.205 NO SKATE RENTAL	MON, 11/7 - 12/19	5:30 - 6:15 PM	\$75
4300.206 SKATE RENTAL	MON, 11/7 - 12/19	5:30 - 6:15 PM	\$89
4300.207 NO SKATE RENTAL	MON, 11/7 - 12/19	6:15 - 7:00 PM	\$75
4300.208 SKATE RENTAL	MON, 11/7 - 12/19	6:15 - 7:00 PM	\$89
4100.209 NO SKATE RENTAL	MON, 1/16 - 2/27	5:30 - 6:15 PM	\$75
4100.210 SKATE RENTAL	MON, 1/16 - 2/27	5:30 - 6:15 PM	\$89
4100.211 NO SKATE RENTAL	MON, 1/16 - 2/27	6:15 - 7:00 PM	\$75
4100.212 SKATE RENTAL	MON, 1/16 - 2/27	6:15 - 7:00 PM	\$89

TODDLER SCULPTING WITH CLAY

Lake Country Fine Arts

Ages 2 - 4

We will squish, squeeze and pinch clay to create beautiful works of art. The students are given flexibility and encouraged to use creativity while making successful seasonal projects. All materials are food safe. Parents/guardians participation is required.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.015	WEDS, 10/5 & 10/12	3:00 - 3:45 PM	\$30R & \$36NR

BASIC HORSEMANSHIP

Knollwood Stables

7yrs+

Basic Horsemanship classes specialize in English style. Levels range from beginner through advanced. Hard soled shoes and long pants (preferably jeans) required. Helmet required and provided.

CLASS #	DAYS/DATES	TIMES	PRICE
5200.007	MON, 8/29 - 10/24	6:30 - 7:15 PM	\$260
5300.001	MON, 10/31 - 12/19	6:30 - 7:15 PM	\$260
5200.008	TUES, 8/30 - 10/18	5:30 - 6:15 PM	\$260
5300.002	TUES, 11/1 - 12/20	5:30 - 6:15 PM	\$260
5200.003	WEDS, 8/31 - 10/19	6:30 - 7:15 PM	\$260
5300.003	WEDS, 11/2 - 12/21	6:30 - 7:15 PM	\$260
5200.009	SUN, 8/28 - 10/16	2:30 - 3:15 PM	\$260
5300.009	SUN, 10/23 - 12/18	2:30 - 3:15 PM	\$260

ARCHERY - w/Dave

Hartland South Elementary

Ages 8 - 13

This class will teach youth ages 8 - 13 the basics of archery. Class will be instructed by Dave Christman, Hartland Lakeside's North Shore Middle School Phy. Ed teacher and a Certified Archery Instructor. During this class, youth will learn about safety and archery equipment. Youth will also learn the technique and the mental concentration that is required to perform this sport.



CLASS #	DAYS/DATES	TIMES	PRICE
4100.070 BEGINNERS	SUN, 1/15- 2/12	12:30 - 1:15 PM	\$45R & \$57NR
4100.071 INTERMEDIATE	SUN, 1/15- 2/12	1:30 - 2:15 PM	\$45R & \$57NR

YOUTH CLASSES

KIDSPORTS SOCCER

Centennial Park

Ages 4 - 7

The KidsSports Soccer program is designed to introduce the game of soccer in a fun but challenging environment. We will teach proper soccer skills like dribbling, passing, trapping, shooting, defending as well as other basic soccer concepts such as rules. The program



consists of 45 minutes of energized age appropriate games and activities each week along with organized actual small-sided matches.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.171 AGES 4 & 5	SAT, 9/10 - 10/1 MAKEUP 10/8	9:30 - 10:10 AM	\$50R & \$60NR
4300.172 AGES 6 & 7	SAT, 9/10 - 10/1 MAKEUP 10/8	10:20 - 11:00 AM	\$50R & \$60NR

KIDSPORTS MULTISPORT

Centennial Park

Ages 3 - 6

The KidsSports MultiSport program is designed to include a variety of fun active games and activities professionally designed to provide a brief introduction to children on a multitude of specific sports such as soccer, baseball, football and kickball. Sports-specific skills will be emphasized along with general motor skills such as eye-hand and foot-eye coordination, large and fine motor skills, muscle development, body balance and agility. All in a relaxed environment with a focus on discovery for potential future focus.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.168 AGES 3 & 4	MON, 9/12 - 10/3 MAKE-UP 10/10	4:30 - 5:10 PM	\$50R & \$60NR
4300.170 AGES 5 & 6	MON, 9/12 - 10/3 MAKE-UP 10/10	5:20 - 6:00 PM	\$50R & \$60NR

KIDSPORTS SPORTSTART

Centennial Park

Ages 2 - 3

The KidsSports SportsStart program introduces children to sports through sports concepts like throwing, catching, hitting, jumping, bouncing and more using fun and unique skill building games and activities. Parent participation is required for the 2 - 3 year old classes.

CLASS #	DAYS/DATES	TIMES	PRICE
4300.174 AGES 2 & 3	SAT, 9/10 - 10/1 MAKE-UP 10/8	11:10 - 11:50 AM	\$50R & \$60NR
4300.173 AGES 2 & 3	MON, 9/12 - 10/3 MAKE-UP 10/10	6:10 - 6:50 PM	\$50R & \$60NR

BASKETBALL 101

Hartland North Elementary

Ages 4 - 8

Basketball 101 is a class designed to give your child an overview of basic basketball skills. During the class, participants will be introduced to dribbling, shooting, rebounding, and passing.



CLASS #	DAYS/DATES	TIMES	PRICE
4301.019 AGES 4-5	THRS, 9/8 - 9/29	5:30 - 6:15 PM	\$60R & \$73NR
4301.020 AGES 6-8	THRS, 9/8 - 9/29	6:20 - 7:05 PM	\$60R & \$73NR

PRINCIPLES OF DRIBBLING II

Hartland North Elementary

Ages 4 - 8

Participants are highly-encouraged to have taken both Basketball 101 and Dribble 101. We will increase ball-handling techniques with 1- on- 1 moves to the basket along with more repetitious dribbling.



CLASS #	DAYS/DATES	TIMES	PRICE
4301.023 AGES 4-5	THRS, 11/3 - 12/11	5:30 - 6:15 PM	\$60R & \$73NR
4301.024 AGES 6-8	THRS, 11/3 - 12/1	6:20 - 7:05 PM	\$60R & \$73NR

PRINCIPLES OF DRIBBLING I

Hartland North Elementary

Ages 4 - 8

This class will build upon the fundamentals learned in Basketball 101. Participants will compete in different ball-handling drills, games and stations to develop those Hooper Hands.



CLASS #	DAYS/DATES	TIMES	PRICE
4301.021 AGES 4-5	THRS, 10/6 - 10/27	5:30 - 6:15 PM	\$60R & \$73NR
4301.022 AGES 6-8	THRS, 10/6 - 10/27	6:20 - 7:05 PM	\$60R & \$73NR

NEW!!! OPEN GYM

Hartland South Elementary

Ages 10+

Youth and adults can shoot around at Hartland South Elementary. Ages 10 - 18 are \$3.00 at the door or \$10.00 if they sign up in advance for all 5 weeks. Parent and Guardians are \$1.00 at the door or pay \$4.00 in advance for the whole session. Participants do not have to attend the Hartland Lakeside School District to be eligible to participate. Individuals from all school districts are welcomed.

CLASS #	DAYS	DATES	TIMES	PRICE
4100.072 Ages 10-18	SUN	12/4 - 1/15 No open gym 12/25 & 1/1/17	3:00 - 5:00 PM	\$10
4100.073 PARENT/ GUARDIAN	SUN	12/4 - 1/15 No open gym 12/25 & 1/1/17	3:00 - 5:00 PM	\$4.00



Village of Hartland
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262-367-2430 fax
www.villageofhartland.com

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