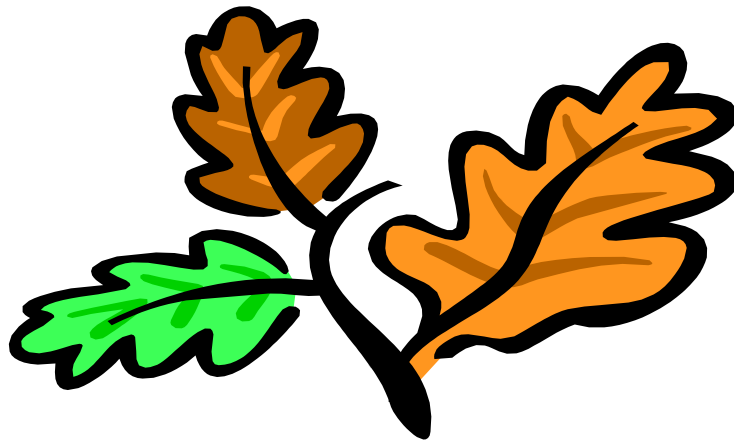


St. Francis 2010 Fall Recreation Program



FALL RECREATION SIGN-UP
WILL TAKE PLACE ON
SATURDAY, SEPTEMBER 11, 2010
AT DEER CREEK GYM BUILDING
9:00AM-11:00AM
ANY QUESTIONS, PLEASE CALL
747-3921

Phone registrations will be accepted after September 13th

ADULT ACTIVITIES

WATER AEROBICS

WATER AEROBICS SIGN UP TAKES PLACE AT THE FIRST CLASS

Take a jump into the warm water for a great workout that won't put stress on your joints. Classes held in the Deer Creek Pool.

DAYS/DATES: Mondays & Wednesdays
September 13 - October 27

CLASS TIMES: Class 1 - 5:30pm - 6:15pm
Class 2 - 6:15pm - 7:00pm

COST: \$20 Resident; \$40 Non-Resident



Bring your own towel. Swim caps are optional.

WATER AEROBICS SIGN UP TAKES PLACE AT THE FIRST CLASS

WALK THE HALLS

Walk the halls at St. Francis High School. It's a great way to stay out of the cold and still get a workout.

DAYS/DATES: Mondays - Wednesdays - Thursdays
Begins Monday, November 1st

TIME: 5:00pm - 8:00pm

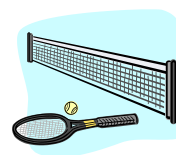
No fee or sign up required.



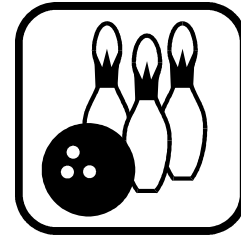
TRACK & TENNIS

The high school track and tennis courts are open until mid October to the public. Tennis courts are used by our high school teams Monday through Friday until 6:00pm.

No fee or sign up required.



BOWLING CAMP FOR KIDS
Ages K-5 thru 8th grade
Ges



AMF SOUTH PARK LANES is offering this fun class for Ages K5-8th Grade. Come learn the popular and fun sport of bowling and improve your game while making new friends.

SATURDAYS

SESSION 1: SEPT 18,25, OCT 2, 9, 16, 23

SESSION 2: OCT 23,30, NOV 6,13,20, 27

SESSION 3: DEC. 4, 11, 18, JAN. 8, 15, 22

Beginners- Ages 5-8

An AMF South Park coach will teach you, on the lanes, how to choose the correct ball, grip, the proper starting position, set up and beginning the approach, how to swing the ball and the proper release.

Intermediate-Ages 9-12

For those who have attended the previous camp, we will continue to improve your abilities. First by refreshing your beginner's techniques, then adding the 4-step approach, spare shooting and scoring.

10:30 AM UNTIL FINISHED

HELD AT AMF SOUTH PARK LANES, 305 N. CHICAGO AVE., SOUTH MILWAUKEE

IF YOU HAVE QUESTIONS, CALL DON OR DARLENE AT 414-762-9500

Includes 2 games of bowling and shoe rental (lighter bowling balls available, and bumper lanes will be used for the younger children).

Cost is \$40 for St. Francis residents,

\$60 for non- residents

CLASSES FOR KIDS

DANCE PROGRAM

**REGISTRATION FOR ALL DANCE CLASSES MUST BE DONE
AT WWW.STFRANCISDANCE.COM.**

Join Amanda Schabowski, choreographer of the award-winning St. Francis Junior High and State Champion High School Dance Teams, along with her staff of trained dancers in these exciting classes for kids under 18:

3-year and older beginning ballet
Ballet/Tap Combo
Jazz
Hip Hop

No dance experience is needed to join!

Semester 1: September 8 - mid-January
Semester 2: Mid-January - May recital*



ALL INFORMATION REGARDING DAYS AND TIMES WILL BE PROVIDED ON THE DANCE WEBSITE, WWW.STFRANCISDANCE.COM.

~ Registration for dance classes will ONLY take place on line ~

WWW.STFRANCISDANCE.COM.

Hurry, Space is limited!!!!

COST: \$60 (RESIDENTS AND NON-RESIDENTS) PER SEMESTER

*In order to be in the recital in May, you must enroll in the same class for both semesters.



SWIM LESSONS

The St. Francis Recreation Department offers the American Red Cross "Learn to Swim" Program. Swimming lessons are taught by a Red Cross Certified instructor and are designed to teach and improve skills and to instill a positive and safe attitude towards water. Participants must provide their own swimsuit and towel. Participants whose hair is shoulder length or longer are required to wear a swim cap.



LEVEL 2 CLASS:

For students who are able to submerge their face, bob and float on stomach/back with assistance.

DAY/DATE: Tuesday evenings (September 14 - November 1)

TIME: 5:00pm - 6:00pm

COST: \$20 Resident, \$40 Non-Resident

CLASS SIZE: Minimum 6 students, maximum 20 students.

LEVEL 3 CLASS:

For students who have successfully completed Level 2 and are comfortable entering deep water. They must be able to float on their front and back unassisted, submerge head, and swim 10 yards on their front and back without support.

DAY/DATE: Tuesday evenings (September 14 - November 1)

TIME: 6:00pm - 7:00pm

COST: \$20 Resident, \$40 Non-Resident

CLASS SIZE: Minimum 6 students, maximum 20 students.

LEVEL 4 & 5 CLASS:

For students who have successfully completed Level 3.

DAY/DATE: Tuesday evenings (September 14 - November 1)

TIME: 7:00pm - 8:00pm

COST: \$20 Resident, \$40 Non-Resident

CLASS SIZE: Minimum 6 students, maximum 20 students.

ACTIVITIES FOR THE WHOLE FAMILY

OPEN SWIM



The Deer Creek pool will be open beginning Monday, September 13.

DAYS/TIMES: Mondays & Wednesdays 7:30pm - 9:00pm
Thursdays 5:30pm - 7:00pm

COST: \$1.00 Students & Seniors
\$1.50 Adults

KARATE CLASSES

Join our 8-week session at the Deer Creek Gym building. We offer individual attention that focuses on conditioning, improving self-confidence and self-control as well as building self-awareness. Belt progression is available. This is a great opportunity to join a class with your child. Class meets twice per week.

DAYS/DATES: Tuesdays and Thursdays
September 14 - November 4

TIME: 6:30pm - 8:00pm

COST: \$20 Resident, \$40 Non-Resident

