

2023



# SUMMER ACTIVITY *Guide*



**LEARN, PLAY AND GROW TOGETHER**

CEDARBURG PARKS, RECREATION & FORESTRY DEPARTMENT  
[WWW.CEDARBURGPARKANDREC.COM](http://WWW.CEDARBURGPARKANDREC.COM)

# FREE Memberships

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We offer a **free** health club solution for  
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**REAL FITNESS & HEALTH CENTER**  
**W61 N513 Washington Avenue Cedarburg, WI 53012**

DECEMBER 2021 **MHL** 9

# BEYER'S

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*Cedarburg, WI 53012*  
*262-377-1313*

*Proudly serving  
Cedarburg since 1956*



## PARKS AND RECREATION DEPARTMENT OFFICE HOURS

8:30-11:30 A.M. and 12:30-4:30 P.M.  
Monday through Friday

**City Hall-Lower Level**  
**W63 N645 Washington Ave.**  
**P.O. Box 49**  
**Cedarburg, WI 53012**

## TELEPHONE NUMBERS

Parks and Recreation  
Office ————— 375-7611  
Senior Center ————— 375-7644  
Forestry ————— 375-7662  
Community Pool ————— 375-7665

## DEPARTMENT STAFF

Danny Friess, CPRP, AFO  
*Director of Parks, Recreation, & Forestry*  
Kevin Westphal, Certified Arborist  
*City Forester*  
Maggie Anderson, CPRP, AFO, LGI  
*Recreation Superintendent*  
Chandler Steffen  
*Recreation Coordinator*  
Gretel Anderson  
*Senior Center Director*  
Jason Scheer  
*Parks Maintenance*  
Kara LeGault  
*Horticulturist*  
Matt Kettner  
*Arborist*

Website: [www.cedarburgparkandrec.com](http://www.cedarburgparkandrec.com)  
Rec Email: [rec@ci.cedarburg.wi.us](mailto:rec@ci.cedarburg.wi.us)

## MEMBERS OF

International Society of Arboriculture  
Southeast Park and Recreation Council  
Wisconsin Park and Recreation Association  
National Recreation and Park Association  
International Society of Municipal Arborists

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## PROGRAM REGISTRATION INFORMATION

Registrations will be accepted beginning Monday, April 3, 2023. \*Summer Playground Camp will only have in-person registration starting on March 21st at the Parks and Rec office. See page 7 for special registration dates and new registration information. Registration is ongoing until the classes fill or through the start of the program.

**SWIM INSTRUCTION:** In-person Resident ONLY registration for summer group swim instruction will be held on Monday, April 17, 2023 at the Community Gym, W63 N641 Washington Ave, from 4:30PM to 6:30PM. Registrations will then be accepted at the Community Pool for residents and non-residents during preseason registration hours (see page 17). Swim instruction registrations WILL NOT be accepted in the Parks and Recreation Office. No swim instruction registrations will be accepted prior to April, 17, 2023. Town residents are considered a non-resident for the pool.

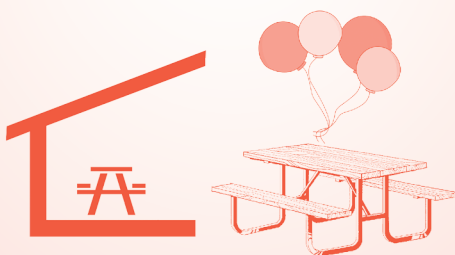
## FACILITY RESERVATIONS:

The City of Cedarburg has park and recreation facilities which are available for rent. Contact the Parks and Recreation Department at 375-7611 for details on rental costs and reservation procedures.

## Summer Park Rentals

Summer park rental information is available for pick up at the Cedarburg Parks and Recreation Office in the lower level of City Hall. Reservations for Summer 2023 are accepted the first business day in January.

For additional information please visit our website at:  
[www.cedarburgparkandrec.com](http://www.cedarburgparkandrec.com)



## HOW TO REGISTER

### STEP 1

Complete the registration form on page 22. Please fill out all information clearly. Note: some of the programs will have special registration forms available at a later date

### STEP 2

Make checks payable to:  
CEDARBURG PARKS AND RECREATION DEPT.  
Or, pay with a credit card in the office.



### STEP 3

#### MAIL-IN

Simply fill out the registration form and mail your check or money order to:

**Cedarburg Parks and Recreation Department**  
**W63 N645 Washington Avenue**  
**PO Box 49**  
**Cedarburg, WI 53012**

#### DROP-OFF

24-hour drop box is located outside the south entrance of City Hall. Place your registration form with payment in an envelope, addressed to Parks and Recreation Department.

#### WALK-IN

Registrations for summer activities will be accepted in person during office hours of 8:30 - 11:30 A.M. and 12:30 - 4:30 P.M. Monday through Friday, beginning Monday, April 3.

### STEP 4

#### CONFIRMATIONS

The Cedarburg Parks and Recreation Department will send a confirmation if a registrant includes a self-addressed stamped envelope when registering by mail or drop box. If one is not enclosed, no confirmation will be sent. You will be contacted by phone only if classes are canceled or filled. If you are not notified, assume your class will continue as scheduled and attend the first class

#### REFUNDS:

A \$10.00 processing fee will be charged for refunds prior to the program start date. Once the program begins, no refunds are issued unless the program is canceled by the department.

## 2023 DISCOUNTED TICKET PROGRAM

CASH or CHECK are the only accepted forms of payment for Summer Ticket Sales!

In cooperation with the Wisconsin Parks & Recreation Association, our Department is offering discounted tickets for attractions throughout the state.

Tickets are available May 8 - August 25.

### Wisconsin Dells Attractions

<u>Attraction</u>	<u>Gate Price</u>	<u>Our Price</u>
Mt. Olympus Water & Theme Park (2 & under Free)	\$34.99	\$10.00
Noah's Ark (under 36" are Free)	\$54.99	\$35.00
Pirates Cove Adventure Golf (4 & under Free)	\$11.00	\$8.00

### Other Attractions

<u>Attraction</u>	<u>Gate Price</u>	<u>Our Price</u>
Milwaukee County Zoo (Adult/Child 3-12) 2 & under Free	\$17.75/\$14.75	\$13.50/\$10.50

# PLAY HOCKEY

## IT'S MORE THAN JUST A GAME.

### OZAUKEE YOUTH HOCKEY

### Try Hockey For Free

Ozaukee Ice Center  
For Boys & Girls ages 5-14  
Saturdays in September  
\*\* All equipment provided \*\*  
Register at [ozaukeehockey.com](http://ozaukeehockey.com)



### Registration Opens July 1st!

Co-Ed and Girls Teams  
4k - 8th Grade  
Programs run  
September - March  
No experience necessary  
\*\* Equipment rental available \*\*

**FOR MORE INFORMATION VISIT: [OZAUKEEHOCKEY.COM](http://OZAUKEEHOCKEY.COM)**  
**OZAUKEE ICE CENTER, 5505 PIONEER RD, MEQUON, WI 53097**



### CHESS CAMP - BEGINNERS

The Beginner's camps are for those students who are new to chess or have some experience. This camp will teach opening principles, the first six mating strategies and if time permits, focus on some of the basic tactics including pins, forks, skewers, and discovered check. We encourage students to come to camp knowing how to move the pieces. This can be done easily for free on many websites. One useful website is [www.ChessKid.com](http://www.ChessKid.com) where students can get a free basic membership and take the first six lessons. Students will participate in a five round tournament competing for trophies and medals.

DAYS: Monday - Friday  
DATES: July 31 - August 4  
TIMES: 9:00 a.m.-12:00 p.m.  
LOCATION: Robert P. Zaun Pavilion  
AGES: 7-14  
INSTRUCTOR: Camp instructed by Wisconsin Scholastic Chess Federation (WSCF).  
FEE: \$75  
MIN/MAX: 4/12

### CHESS CAMP - INTERMEDIATE

The intermediate camps are for those students who have participated in a previous club, class or camp and have learned some of the strategies from the beginner's camp. Students will work on mastering the six basic mating strategies, six to ten of the most used tactics, opening principles and attaching strategies. Students will compete for trophies in a five round Swiss or round robin tournaments.

In some cases, if there are not enough students for either class, then the two camps are combined.

DAYS: Monday - Friday  
DATES: July 31 - August 4  
TIMES: 1:00 p.m.-4:00 p.m.  
LOCATION: Robert P. Zaun Pavilion  
AGES: 7-17  
INSTRUCTOR: Camp instructed by Wisconsin Scholastic Chess Federation (WSCF).  
FEE: \$75  
MIN/MAX: 4/12

### SAND VOLLEYBALL CAMP

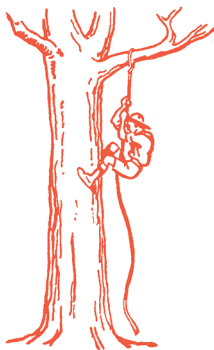
Come have a little fun in the sun while learning volleyball skills at the Cedarburg Community Pool Volleyball Courts.

DAYS: Mondays and Wednesdays  
DATES: June 19-July 19 (no class July 3 & 5)  
TIME: 8:00am-10:00am  
FEE: \$65 (Includes T-Shirt)  
GRADES: 5-8 (22/23 school year)  
REGISTER BY: June 2nd  
\*Separate registration form required.  
Min. 25, Max. 35

### RECREATIONAL TREE CLIMBING

Fun, Fitness, Adventure! Recreational tree climbing allows climbers to ascend into and explore trees safely. Gain a new appreciation for trees, nature, and your City Parks. Recreational tree climbing is a unique activity that can be enjoyed by an individual, in small groups, and especially rewarding to families. All gear and instruction is provided. Participants should wear long pants, sturdy shoes, and bring a sense of adventure!

DAY: Tuesday  
DATE: April 25  
TIME: 4:30 - 6:00pm  
LOCATION: Cedar Creek Park  
FEE: \$45  
Min/MAX: 6/7  
AGE: 7 years +



### COED YOUTH T-BALL

Our summer coed youth t-ball program introduces and develops age appropriate skills and game play strategies that lead to steady improvement and a lifelong enjoyment of the game. Children will be taught proper technique, will be given the time to practice, master and build upon learned skills, and be given plenty of opportunity to showcase their newly developed skills in scheduled league games that are centered on positive encouragement, inclusion and sportsmanship. All registered children will participate in weekly practices the first month of the season and games for the remaining months. Children will receive a team t-shirt, hat and most other equipment is provided (bats, helmets, etc). Just bring your glove, and let's play!

DAYS: Mondays and Wednesdays  
DATES: May 8 - August 16  
LOCATION: Zeunert Park  
Baseball Fields  
AGES: 4-6 years old  
FEE: \$50  
REGISTER BY: Friday, April 14



### FORM AND FITNESS YOUTH CLASSES

To register and for times contact program director Mikkel Kotila at [mikkel.formandfitness@gmail.com](mailto:mikkel.formandfitness@gmail.com).

All classes will be held at Form And Fitness Health Club  
2020 Cheyenne Court, Grafton

#### Elite Performance

Are you ready to become ELITE? This program is for athletes who already have exceptional ability and strength in all movement patterns. Here, we refine mechanics, drills, and exercises to the finest details on the chase to mastery.  
AGES: 15+

#### Total Performance

This strength and speed training will introduce fundamental movement patterns and mechanics. Coaches will instill a physical foundation through the lower body, upper body, and correlated strength, to improve speed, power, aerobic, and sport-specific training.  
AGES: 9-13

#### Advanced Performance

The Advanced Performance program accommodates all types of athletes! Whether you want to take your game to the next level, bounce back from an injury, or reinforce your athletic ability, this program will be a great fit. Increase top speed, linear/multidirectional acceleration, strength, power, explosiveness, and mental resilience.  
AGES: 12+



**Mention this ad to try out one class FREE!**

**CEDARBURG SUMMER PLAYGROUND CAMP**

**\*DUE TO COVID-19, PROGRAM INFORMATION IS SUBJECT TO CHANGE. NO REFUNDS AFTER PROGRAM BEGINS (THIS INCLUDES INCLEMENT WEATHER AND PANDEMIC RELATED ISSUES).\***

The summer playground camp program offers a safe and fun place for your children to enjoy summer activities with other children their age. All sites have adult supervisors who are education majors at local colleges. Your children will play games, do arts and crafts, go to the pool, and go on field trips during this 9-week camp. All activities are included in registration price except pool admission fee. The program is open to children ages 3 – 12. **\*All children must be potty trained.**

Full day starting at 8:00am and ending at 5:00pm will include lunch time as well. Parents who leave their child for the whole day must provide a bag lunch. If an afternoon pool session is scheduled, drop-off will be at Centennial Park (located next to the pool) and they will walk to the pool.

**\*Registration Information – We will be continuing our Tier system for registration. Program may fill up before some registration dates.**

**Registration will be held in-person in the Parks and Recreation office from 8:00am-4:00pm each day. \* Please note people may start lining up outside City Hall prior\***

**Returning Participants from 2022:** Tuesday, March 21  
**City of Cedarburg Residents:** Wednesday, March 22  
 (Proof of residency required)  
**Non-residents:** Thursday, March 23  
 (including Town of Cedarburg)

**DAYS:** Monday - Friday  
**DATES:** June 12 - August 11 (off July 3&4)  
**TIMES:** Cedar Creek AM Session Class #1142-1  
 8:00am - 12:00pm  
 Cedar Creek PM Session Class #1142-4  
 1:00pm - 5:00pm  
 Cedar Creek All Day Class #1142-3  
 8:00am - 5:00pm

Cedar Pointe AM Session Class #1147-1  
 8:00am - 12:00pm  
 Cedar Pointe PM Session Class #1147-2  
 1:00pm - 5:00pm  
 Cedar Pointe All Day Class #1147-3  
 8:00am - 5:00pm

**AGE:** 3-12  
**FEE:** Half Day \$550 Full Day \$700

**TAE KWON DO**

Exciting opportunity for youth to learn self-defense, martial arts, values, have fun and stay physically fit.

**CLASS:** #1141-1  
**DAYS:** Tuesdays and Thursdays  
**DATES:** June 13-July 20  
**TIMES:** 10:15am - 11:00am  
**LOCATION:** Chay's Tae Kwon Do  
 N19 W6733 Commerce Ct.  
**AGES:** 7-16  
**FEE:** \$80 \*\*includes uniform

**BABYSITTING SAFETY**

In cooperation with the American Red Cross, a babysitting course for youth, ages 11 and older, will stress babysitter safety. Participants will learn to recognize dangerous situations, simple first aid and the correct techniques for diapering, holding and feeding a baby. Bring a bag lunch with you. (Depending on class size, class may get out early.)

**DAYS:** Wednesdays and Thursdays  
**DATES:** Class #1115-5 June 21 & 22  
 Class #1115-6 July 19 & 20  
 Class #1115-7 August 23 & 24  
**TIMES:** 9:30am - 12:30pm  
**LOCATION:** Cedarburg City Hall, Room 2, lower level  
**AGE:** 11 and older  
**FEE:** \$85  
 Min. 6, Max. 12

**OZAUKEE SPECIAL OLYMPICS**

A year round program that provides athletic training and sports competition for individuals with development disabilities. Open to athletes 8 years and older. Athletes participate in volleyball, bowling, baseball, and golf. For further information contact Pat Armbruster at 375-2651.

## Searching for the right high school for your family?

Take a closer look at LWLHS with your Parent Info Packet.

**Inside you'll discover:**

- The foundation of our distinctly Christian framework for education
- A glimpse of our school culture where your child can thrive



**DOWNLOAD YOUR PARENT INFO PACKET TODAY!**

Scan the QR code with your phone's camera.



2230 Living Word Ln  
 Jackson, WI  
[www.lwlhs.com](http://www.lwlhs.com)

**TRY FIELD HOCKEY**

Try a new sport! Participants will practice on two indoor hockey courts and should wear shin guards and a mouth guard. Field hockey sticks and balls will be available for use.

**DAY:** Wednesday  
**DATE:** April 5, 2023  
**TIME:** 6:30 - 7:45pm  
**LOCATION:** Kennedy Elementary School Gym  
**AGES:** 7-13  
**INSTRUCTORS:** Field Hockey Coaches  
 Jennie Mulcahy & Nancy Kellner  
**FEE:** \$5  
**CLASS SIZE:** Min. 4/Max. 13

### TETRA BRAZIL SOCCER CAMPS \*NEW\*

Tetra Brazil Soccer Camps combine learning Brazilian techniques, footwork, moves and fun! Tetra Brazil camps feature professional, comprehensive high quality soccer training from talented and experienced Brazilian soccer coaches. Campers receive a T-shirt.

**For pricing of camp and to register please visit:**

**<https://www.tetrabrazil.com/cedarburg>**

**DAYS:** Monday-Friday  
**DATES:** August 7-11  
**TIMES:** 4 – 5-year-olds: 8:00-9:00am  
 6 – 13-year-olds: 9:00am-12:00pm OR 5:00-8:00pm  
 7 – 13-year-olds: 9:00am – 4:00pm  
**LOCATION:** Prairie View Park  
**AGES:** 4-13 years old  
**INSTRUCTOR:** Brazilian Soccer Camp Instructor, Terry Gordon

### MADISON RADICALS ULTIMATE FRISBEE CAMP \*NEW\*

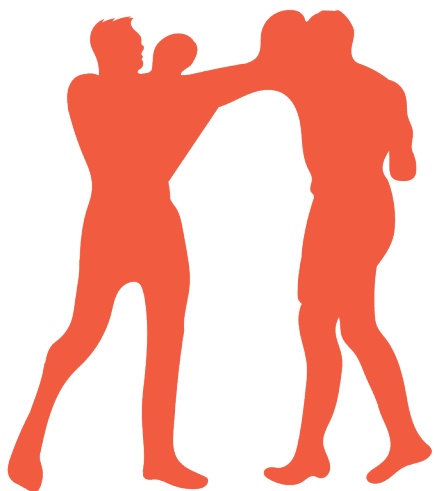
The Madison Radicals are hosting a week-long ultimate frisbee camp for youth aged 8-14! This camp is open to players of all skill levels and will be taught by professional players. Don't miss out on this opportunity to improve your ultimate frisbee skills and have a blast! All registrants will receive a Madison Radicals frisbee.

**DAYS:** Monday-Friday  
**DATES:** July 10-14  
**TIME:** 9:00am – 12:00pm  
**LOCATION:** Prairie View Park  
**AGES:** 8-14 years old  
**FEE:** \$125  
**MIN:** 10

### LADIES/COLLEGE STUDENTS/TEENS SELF DEFENSE

Would you like to have more confidence in dealing with everyday safety issues? Would you like to have your child be safer as they go off on a date or off to college? Here's a perfect course to achieve that confidence! Our class is a hands on course that combines techniques of Tae Kwon Do, Krav Maga and Hapkido!

**DAYS:** Saturdays  
**DATES:** July 8 - July 29  
**TIME:** 11:30am – 12:15pm  
**LOCATION:** Chay's Tae Kwon Do  
**AGES:** 16+  
**FEE:** Free



### CULTURAL CENTER YOUTH ACTIVITIES AND SUMMER CAMPS

#### MOMMY & ME: PAINTED POTS & PLANTING SEEDS WITH NOORA BADEEN

Session 1 Saturday, April 29: 12-1:30 pm  
 Session 2 Saturday, April 29: 1:30-3 pm  
 Parent and one child: \$38 CCC Members / \$46 Non-Members  
 Parent and two children: \$48 CCC Members / \$58 Non-Members

#### COLOR YOUR WORLD CHILDREN'S WEEKLONG ART CAMP WITH CHRIS BEHR

Monday-Friday, June 12-16: 9 am to Noon  
 \$160 CCC Members / \$185 Non-Members

#### YOUTH PLEIN AIR CONTEST

Tuesday, June 13 - Wednesday, June 21, 2023  
 \$110 CCC Members / \$132 Non-Members

#### WEEKLONG SCULPTURE WORKSHOP WITH MICHELLE SAVAS THOMPSON

Monday-Friday, July 10-14: 10 am-Noon  
 \$160 CCC Members / \$185 Non-Members

#### COLOR YOUR WORLD 2 CHILDREN'S WEEKLONG ART CAMP WITH CHRIS BEHR

Monday-Friday, July 17-21: 9 am to Noon  
 \$160 CCC Members / \$185 Non-Members

#### ACRYLIC PAINTING ART CAMP WITH JEANNE KOLLMAYER

Tuesday-Friday, July 25-28: 10 am-12 pm  
 \$110 Members / \$132 Non-Members

#### CELEBRATE SUMMER MULTIMEDIA ART CAMP WITH JEANNE KOLLMAYER

Tuesday-Thursday, July 25-27: 1-3 pm  
 \$76 CCC Members / \$90 Non-Members

#### ILLUSTRATE YOUR OCEAN STORY WITH ROBIN EBERHARDT

Monday-Friday, July 31-August 4: 1-2 pm  
 \$65 CCC Members / \$77 Non-Members

#### DRAWING WORKSHOP WITH ROBIN EBERHARDT

Monday-Thursday, July 31-August 3: 10 am-12 pm  
 \$110 CCC Members / \$132 Non-Members

For more information and to register, go to:  
[cedarburgculturalcenter.org/classes](https://cedarburgculturalcenter.org/classes).



### MY FIRST SOCCER ACADEMY

An introduction to soccer for the beginning player. Emphasis is on skills, techniques and teamwork. Parents and older siblings are encouraged to participate. Bring shin guards, a bottle of water and athletic shoes or rubber cleats. All other equipment will be provided.

DAYS: Monday-Thursday  
 DATES: June 12-15  
 TIME: 9:00am - 9:45am  
 LOCATION: Prairie View Park  
 AGES: 3-5 years old  
 FEE: \$75

### YOUTH SOCCER ACADEMY II

This program is designed for the soccer player who wants to sharpen skills and cultivate a passion for the game. Fitness and skill training will be included. Small-sided group play will be conducted. Focus on ball mastery and moves. Bring shin guards, a bottle of water and athletic shoes or rubber cleats. All other equipment will be provided.

DAYS: Monday-Thursday  
 DATES: June 12-15  
 TIME: 10:00am - 11:30am  
 LOCATION: Prairie View Park  
 AGES: 6-9 years old  
 FEE: \$75

### CHALLENGER SPORTS SOCCER CAMP

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the company develop one of the most innovative approaches to coaching youth soccer in the US. Our experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament.

DAYS: Monday-Friday  
 DATES: July 17-21  
 TIMES: 3-4 years old: 8:00-8:45am  
 5-6 years old: 8:00-8:45am  
 6-12 years old: 9:00am-12:00pm OR 1:00-4:00pm  
 7-12 years old: 9:00am-4:00pm

LOCATION: Prairie View Park  
 Register at: [www.challengersports.com](http://www.challengersports.com)

### YOUTH TRACK CLUB

The Track and Field Program is a joint program between the Cedarburg, Grafton and Port Washington Parks and Recreation Departments. The program will be held at the Port Washington High School Track. Participants will learn skills such as sprints, hurdles, relays, jumps and throws (with the exception of pole vault). Wellness such as proper stretching and strength training will also be taught.

DAYS: Mondays & Wednesdays  
 DATE: June 12-July 19 (off July 3)  
 TIME: 4:30pm - 6:00pm  
 LOCATION: Port Washington High School Track  
 AGES: 7-14  
 FEE: \$60



SCAN ME



### SPRING YOUTH SOCCER LEAGUE

This league will be for K4-K5, 1st-2nd grade, 3rd-4th grade. (Grades determined by 2022/23 school year) Practices and Games will be held May 4 - June 15 from 5:30-6:30pm. Practices and games will be run by parent volunteers.

\*A separate registration form required

DAY: Thursdays  
 DATES: May 4 - June 15  
 TIME: 5:30-6:30pm  
 LOCATION: Prairie View Park  
 FEE: \$65 includes team shirt  
 REGISTER BY: April 10th (program may fill up before deadline)  
 \*Please have child wear shin guards to all practices and games.

### FALL YOUTH SOCCER LEAGUE

Registration starts June 1. This league will be for K4-K5, 1st-2nd grades, 3rd-4th grades. (Grades determined by 2023/24 school year) Practices and Games will be held August 22 - October 3 from 5:30-6:30pm. Practices and games will be run by parent volunteers.

\*A separate registration form required

DAY: Tuesdays  
 DATES: August 22 - October 3  
 TIME: 5:30-6:30pm  
 LOCATION: Prairie View Park  
 FEE: \$65 includes team shirt  
 REGISTER BY: July 22nd (program may fill up before deadline)  
 \*Please have child wear shin guards to all practices and games.

### CEDARBURG DAWGS YOUTH FLAG FOOTBALL LEAGUE

The leagues we will be offering are: K4/K5, 1st/2nd, and 3rd/4th. Practices are on Wednesday nights from 5:30-6:30pm for 1st-2nd grades, Thursday nights from 5:30-6:30 for 3rd/4th grade, and Saturday mornings for K4/K5; Games will be played on Saturday mornings between 10:00am-1:00pm.

(K4/K5 will be Saturdays ONLY)

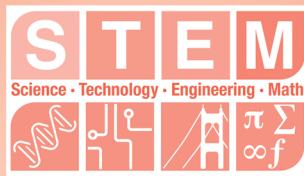
DAY: Wednesdays (1st/2nd grades)  
 Thursdays (3rd/4th grades)  
 Saturdays (K4 - K5)  
 DATES: August 9 - October 14  
 LOCATION: CHS Practice Fields/ Prairie View Park  
 GRADES: K4 to 4th grade (23/24 school year)  
 FEE: \$60 (Includes jersey and flags) \*fee after deadline is \$75  
 REGISTER BY: June 9, 2023



### "GET GOLF READY" JUNIOR GOLF PROGRAM

Students will be introduced to the fundamentals of the game of golf. Those include: Pre-swing fundamentals such as grip, aim, posture and set-up. In-swing fundamentals include: club path, timing, tempo, and balance. Short game skills like chipping, pitching, and putting will be introduced. Learn how to play the game using a state-of-the-art practice range and finish your week using a regulation golf course to test your new skills. All participants should have their own clubs. They will also be available to buy from the golf shop. All students will receive a "participation gift". Instructed by two PGA Certified Instructors: Andy Runkel and Chris Van Peitersom

DAYS: Monday - Friday  
 SESSION DATES:  
 SESSION 1: June 12-16 5:00pm-6:00pm  
 SESSION 2: July 10-14 5:00pm-6:00pm  
 SESSION 3: July 24-28 5:00pm-6:00pm  
 SESSION 4: August 14-18 4:30pm-5:30pm  
 LOCATION: The Bog Golf Club (3121 Hwy I, Saukville)  
 AGES: 6-16  
 FEE: \$125 includes participation gift  
 Max 25 per session



### LEGOS CARS, CATAPULTS AND BRIDGES

This class focuses on teaching the fundamentals of engineering using LEGO technic sets. Each session will build upon the student's skill level as they learn about simple machines, levers, wheels/axels, gears, ratchet/drive trains and motorized systems. Projects can include building: drawbridges, motorized cars, amusement park rides, cranes, catapults and much more! This class has been chosen 1# by student's time and time again – join in on the fun while you explore engineering concepts that you can use at home for your own projects.

DAYS: Monday – Thursday  
DATES: August 7 – 10  
TIME: 9:00am-10:00am  
LOCATION: Robert P. Zaun Pavilion  
AGES: 7-12  
FEE: \$55  
Min. 4 / Max 8

### LEGO BRICQ MOTION PRIME **\*\*NEW!\*\***

If you liked BricQ, then you are ready for BricQ Motion Prime. This engaging hands-on STEAM based kit engages students to experiment with forces, motion, pneumatics and much more. Let's build a Ski Slope, Soccer Game, Sail Car, Propeller Car and even a Swinging Gorilla Gymnast. Projects are more involved but with the super clear instruction's booklets, students will be able to complete their projects!

DAYS: Monday – Thursday  
DATES: August 7 – 10  
LOCATION: Robert P. Zaun Pavilion  
FEE: \$55  
TIME: 10:15am – 11:15am  
AGES: 7 – 12  
Min. 4 / Max 8

### MOTOR MADNESS - REMOTE CONTROL MACHINES & ZOO ANIMALS **\*\*NEW!!\*\***

This class is your chance to build your very own Remote-control vehicle! Choose your vehicle, construct it with a friend, add on the remote control and let the fun begin with you directing its actions!! Excavators, Movers, Lifters, Graders, and more are waiting for you to let the action begin! These projects will require at least 2 class periods to build per vehicle. Precise building to details is required. Let's build and hit the road with our creations! Remote control Zoo Animals will also be available for easier build projects.

DAYS: Monday – Thursday  
DATES: August 7 – 10  
TIME: 11:30am – 12:30pm  
LOCATION: Robert P. Zaun Pavilion  
AGES: 7 – 12  
FEE: \$55  
Min. 4 / Max 8



### VIDEO GAME DESIGN

Do you have a future game programmer at home? Let their imaginations run wild in this multimedia adventure using block coding to explore the gaming world! Working with the newest Scratch program - a drag and drop program, students will create their own interactive stories, animated adventures, comics, games and much more. Students should bring a flash drive to class to save their work. Students will receive information on how to download this free software so they can continue to work on their projects at home. Think Donkey Kong, Pac Man and your very own creations that will challenge your family and friends!

DAYS: Monday – Thursday  
DATES: August 7 – 10  
TIME: 1:00-2:00pm or 2:15pm – 3:15pm  
LOCATION: Robert P. Zaun Pavilion  
AGES: 7 – 12  
FEE: \$60  
Min. 3 / Max 6



### MAD SCIENCE ASTRO INNOVATORS CAMP

Think and act like NASA Innovators during this hands-on program inspired by NASA's current missions. The primary focus will include the ARTEMIS mission to the moon which NASA will land the first woman and next man on the moon's surface by 2024, using innovative technologies to explore more of the lunar surface than ever before. Kids will love to design their mission patches and build their own rovers as they put themselves in the shoes of an astronaut.

**\*Children should bring their own beverage and snack to camp each day (no peanut products, please).**

DAYS: Monday – Friday  
DATES: July 24 – 28  
TIME: 12:00pm – 4:00pm  
LOCATION: Cedarburg City Hall, Room 2, Lower Level  
AGES: 6 – 12  
FEE: \$250  
Min. 6 / Max 7

### CRAYOLA WORLD OF DESIGN CAMP

Crayola World of Design is a summer camp that takes kids on a journey to the edges of their imagination and beyond! They learn about Mars, the rainforest, and cities of the future, and get engaged in the creative design process to solve real-world problems. Each camp day focuses on a specific field of design, and our young architects, illustrators and graphic designers develop their ideas from concept, to sketch, to finished product. They bring their concepts to life by experimenting with Crayola products, and exploring art techniques like sculpting, storyboarding, mixed media and collage. Combining art, design, fun active games and inspiring themes from around the world, this camp is designed to inspire!

**\*Children should bring their own beverage and snack to camp each day (no peanut products, please).**

DAYS: Monday – Friday  
DATES: July 10-14  
TIME: 12:00pm – 4:00pm  
LOCATION: Cedarburg City Hall, Room 2, lower level  
AGES: 6 – 12  
FEE: \$250  
Min. 6 / Max 7

# POMS AND ADULT DANCE CLASSES

W63 N645 Washington Ave. | PH: 262.375.7611 | [cedarburgpoms@wi.rr.com](mailto:cedarburgpoms@wi.rr.com)

## CLASS SCHEDULE SPRING • SUMMER 2023

### POMS and ACROBATS

**FEES:** Spring or Summer, \$90 each session. (*Poms dancers are required to buy a t-shirt to perform.*)

### ADULT CLASS FEES:

Spring or Summer: \$70

### DATES (all classes):

**SPRING** • May 8 - July 1, 2023

**SUMMER** • July 10 - September 2, 2023

### TO REGISTER: Visit

[ci.cedarburg.wi.us](http://ci.cedarburg.wi.us); choose "Recreation and Forestry" and then "Register Here."

**CEDARBURG POMS** is an elementary and middle school dance team for grades K3 - 8th. It's a fun dance, fitness and performance class that allows kids to be more involved in the Cedarburg community! Teams perform at parades, festivals, special events and football and basketball games. *Classes take place at the Cedarburg Community Gym, W63 N645 Washington Ave., Cedarburg.*

**CEDARBURG POMS** has three programs: **Recreation Poms** requires no experience; **Performance Team** requires some dance experience; and **Competition Team**, which also requires previous dance experience and sometimes a tryout (*see below for info*).

### RECREATION POMS SCHEDULE:

#### MONDAY

4:00 - 4:45 pm 1st - 3rd grade POMS  
4:00 - 4:45 pm K3 - K5 Acrobats  
4:45 - 5:30 pm 1st - 3rd grade POMS  
4:45 - 5:30 pm 1st and up Acrobats

#### WEDNESDAY

4:00 - 4:45 pm 1st - 3rd grade POMS  
4:45 - 5:30 pm 4th - 5th grade POMS  
4:45 - 5:30 pm 1st - 5th grade Hip Hop

#### TUESDAY

4:00 - 4:45 pm K3 - K5 POMS  
4:45 - 5:30 pm K3 - K5 POMS

#### THURSDAY

3:15 - 4:00 pm 6th - 8th grade POMS  
4:00 - 4:45 pm K3 - K5 POMS  
4:45 - 5:30 pm 4th - 5th grade POMS

### CLASS DESCRIPTIONS:

**Poms:** A fun dance class utilizing principles of jazz, ballet and fitness.

**Acrobats and Hip Hop Tricks:** Learn gymnastics floor work and hip hop tricks.

**Hip Hop Dance (2nd grade-up):** A fun class featuring a (clean) "street dance" style.

For **Poms Performance or Competition Team** information please email Stacy Sylvester at [cedarburgpoms@wi.rr.com](mailto:cedarburgpoms@wi.rr.com) or text/call 414.975.7822.

**Facebook** • [www.facebook.com/cedarburgpoms](http://www.facebook.com/cedarburgpoms)

**Instagram** | **Tik Tok** | **Twitter** • @cedarburgpoms

## Adult Classes: BARRE and TAP

#### TUESDAY

5:45 - 6:30 pm Barre  
6:30 - 7:15 pm Tap

### CLASS DESCRIPTIONS:

**BARRE:** A full-body strength workout based on Yoga and Ballet.

**TAP:** (*Ages 14 and up*) A fun workout class to get your feet tappin'.





# REAL HEALTH AND

## REAL HEALTH AND FITNESS CENTER Your one stop for fitness!

Fun and friendly atmosphere  
Certified, dedicated professionals  
Committed to lifetime health and wellness



## MEMBERSHIPS

All memberships include all classes!

Student  
Pay As You Go  
12, 18, 24 Month  
TAF (Total Access Facility) Card  
Senior  
Free memberships  
with participating  
insurance  
programs

Check with your employer or healthcare  
provider for reimbursement opportunities



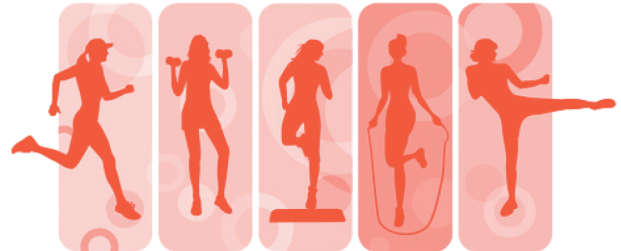
## WHAT IF

You could enjoy yourself, be with like minded  
people, in a safe environment and in just 90 days  
find yourself in the best shape of your life?  
What if this Summer you could feel great and wear  
what you want!  
The journey starts now!

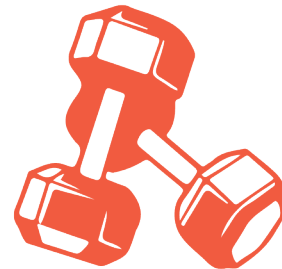
See our ad on the inside cover.  
Stop in and check out a class or have your metabolism tested.

## GROUP FITNESS CLASSES

A wide variety  
Geared toward all ages and fitness levels



Check our website for a complete schedule of  
Group Fitness Classes



## Strength and Conditioning

Build Healthy Bones  
Boost Energy and Metabolism  
Increase Overall Strength



## Functional Fitness

Move, feel, and function better



## for Every "Body"

Improve flexibility and balance  
Relieve tension  
Enhance mood

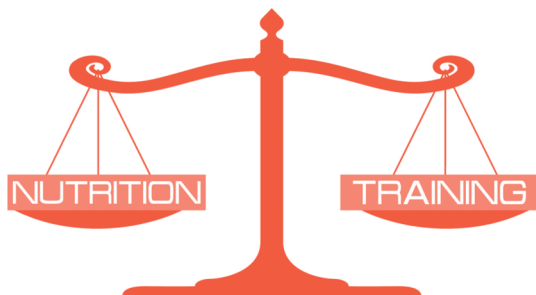
# FITNESS CENTER

**Let us help you get started!**

**15 Days for \$15**

Includes a FREE metabolic assessment and a FREE consultation with a Personal Trainer.

Boost your energy and attitude!  
Move better and feel younger!  
Improve your sleep, memory, and appearance!



## Nutrition Counseling

Provided by a Registered Dietitian  
Tailored to your needs and goals

## Personal Training

We can help you select the option that is right for you:  
**One-on-One • Two Person • Small Group**

Real Health and Fitness Personal Trainers excel at helping you achieve your goals!

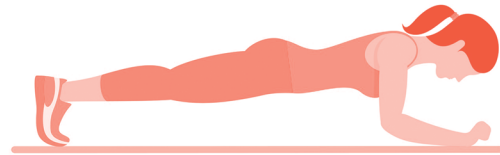
Let us help you:

**DO IT RIGHT  
STAY ON TRACK  
GET RESULTS**

*Wherever you are in your journey through life  
REAL HEALTH AND FITNESS CENTER  
will help you enjoy the ride!*

## BOOT CAMPS

WISCONSIN EXCELLENCE AWARD WINNER



**Motivating, metabolic boosting workouts**

**Non-military**

**Work at your own pace**

**Lose weight**

**Improve STRENGTH, SPEED, AGILITY,  
FLEXIBILITY, AND BALANCE**

**Transform yourself**

**HAVE FUN!**

**Contact us to make arrangements for your**

**FREE Trial Class!**

See website for dates and times.  
[www.getrealfit.com](http://www.getrealfit.com)



**REAL HEALTH AND FITNESS**

**W61 N513 Washington Avenue**

**Cedarburg, WI 53012**

**262-376-2680**

For more details regarding all of our classes,  
programs and memberships, go to

**[www.getrealfit.com](http://www.getrealfit.com)**

**We make joining a gym easy!**

### ADULT (18+) PICK-UP SOCCER

All adults (18+) are invited to play in this adult only pick-up soccer league. There is no pre-registration required. Just show up and play! \*Bring a dark and white shirt each time!

DAY: Wednesdays  
DATES: June 14 - August 23  
TIME: 6:30pm  
LOCATION: Prairie View Park  
FEES: FREE

### PICKLEBALL OPEN PLAY - INDOOR

The Community Gym will be set up for 3 courts during the week for open pickleball. The fee per time is \$3.00 and all equipment will be provided. A volunteer instructor will be available upon request to help you learn the game, when available. The courts are on a first come first serve basis. Each game lasts 10-15 minutes.

*\*If there is inclement weather, the gym may not be available for pickleball. Please call 375-7611 to verify if pickleball will be open.*

DAYS/TIMES: Tuesdays 1:00pm-3:00pm  
Wednesdays 1:30pm-3:30pm  
Thursdays 1:00pm-3:00pm

DATES: May 2 - July 28  
FEE: \$3 per time

### PICKLEBALL OPEN PLAY - OUTDOOR

DATE: June-August  
LEVEL/DAYS/TIMES: Beginners/Passive: Tuesday & Thursday  
9:00-11:00am and 6:00-8:00pm.  
Intermediate/Advanced: Monday, Wednesday & Friday  
9:00-11:00am and 6:00-8:00 pm.

All other dates and times are open play  
LOCATION: Adlai Horn Pickle-Ball Courts  
FEE: FREE

### WOMEN'S PICK-UP SOCCER

All Women are invited to play in the women's only pick-up soccer league. There is no pre-registration required. Just show up and play! \*Bring a dark and white shirt each time!

DAY: Tuesdays  
DATES: June 13 - August 22  
TIME: 6:30pm  
LOCATION: Prairie View Park  
FEES: FREE



### "GET GOLF READY" ADULT GOLF LESSONS

Two PGA Certified Golf Professional Instructors will be teaching you how to get golf ready this spring at the Bog Golf Course! They will help you work on your golf fundamentals using a state-of-the-art practice facility. Fundamentals include: Pre-swing fundamentals such as grip, aim, posture and set-up. In-swing fundamentals include: club path, timing, tempo, and balance. Short game skills like chipping, pitching, and putting will also be covered. You will even have the opportunity to view your swing using high-speed video. Don't delay! Sign up is limited to 12 students per timeframe. For ages 18 years and older.

DAYS: Sessions 1&2 Tuesdays  
Sessions 3&4 Wednesdays

#### SESSION DATES:

SESSION 1: May 9- June 6 5:30pm-6:30pm  
SESSION 2: May 9- June 6 6:30pm-7:30pm  
SESSION 3: May 10- June 7 5:30pm-6:30pm  
SESSION 4: May 10- June 7 6:30pm-7:30pm  
LOCATION: The Bog Golf Club (3121 Hwy I, Saukville)  
AGE: 18+  
FEE: \$130 for a 5 week session  
Max 12 per session

### ADULT ENRICHMENT CLASSES

#### SESSION 1: Cutting the Cord – Controlling Cable & Internet Costs

Fees for cable, television, home internet, smartphones and streaming services can quickly add up to hundreds of dollars. This seminar reviews your options to cut the costs and still watch television programs and have internet access on your devices.

#### SESSION 2: The Camera in Your Smartphone

It's a camera, it's a photo album, it's a television – it's your phone. Learn about apps, tips, tricks and limitations for pictures and video from iPhone and Android smartphones and tablets. This class will cover your device's camera, home and Cloud storage options, printing and more.

#### SESSION 3: Smartphone Video and Editing

Whether a parent, an instructor, a business professional or just a creative soul, shooting and editing video with your smartphone is an efficient way to produce spectacular videos of your family, a lesson or a marketing message. This two-hour workshop covers smartphone video shooting techniques and how to combine video clips, photos, narration and music into a single video using the smartphone apps VN Video Editor.

#### SESSION 4: You Have Pictures in Your Cameras – Now What?


We have hundreds – if not thousands – of pictures in our cameras, smartphones, and computers. Now what...? This two-hour seminar teaches techniques to save pictures from cameras and smartphones to a computer, to external devices and to "the Cloud" using Windows 10 PCs.

DAYS: Tuesdays  
DATES: Session 1 – April 4  
Session 2 – April 11  
Session 3 – April 18  
Session 4 – April 25



TIME: 6:30 – 8:30 pm  
LOCATION: Grafton Senior Center  
FEE: \$22 per session  
CLASS SIZE: Min. 4, Max. 20

# GIVE WRESTLING A SHOT

**with the  
Cedarburg  
Matdogs**



**All Youth grades K - 8<sup>th</sup> invited to join our team!**

For club info visit [www.matdogs.com](http://www.matdogs.com)



**YOGA IN THE PARK**

Join YogaOne for an all-level outdoor yoga class in Centennial Park! Please bring your own yoga mat and props. We will cancel outdoor yoga due to rain or temperature below 60 degrees. Make-up credit will be offered for in-person classes at YogaOne Studio.

**JUNE SESSIONS:**

Monday's June 12 – June 26  
 Friday's June 16 – June 30

**JULY SESSIONS:**

Monday's July 10 – July 24  
 Friday's July 7 – July 21

TIME: 8:00am – 9:00am  
 LOCATION: Centennial Park  
 FEE: \$30 for 3 classes  
 Drop in price is \$15 per class

**DIFFERENT WAYS TO DECLUTTER AND ORGANIZE YOUR HOME \*NEW\***

There is no "one-way fits all" when it comes to decluttering and organizing our homes. We will discuss different styles to see which works best for you to get started and maintain.

DAY: Wednesday  
 DATE: July 19, 2023  
 TIME: 6:30-8:30 p.m.  
 LOCATION: Grafton Multipurpose Senior Center,  
 Dining Room  
 FEES: \$26  
 MIN/MAX: 7/20

**ADULT SOFTBALL LEAGUES**

Enjoy a night of great softball and come and watch local players! Leagues have been formed for the season. Games are played at Behling Field from May through August.

Coed-League-Monday nights  
 "Over 28" Men's League-Wednesday nights  
 Church League-Thursdays nights  
 Men's League-Friday nights

**TOTAL BODY FITNESS**

Join us for a fun and healthy workout the low impact way! One foot on the ground at all times minimizes the impact on your joints. Class involves a full range of aerobic exercise, strength training and stretching to build stamina, maintain muscle tone, and achieve greater flexibility. We encourage you to work at your own pace and we offer alternatives if needed. Every "Body" is welcome! Register prior to the first class using the registration form in the booklet or in person at the Department Office.

CLASS: #2217  
 DAYS: Tuesdays and Thursdays  
 DATES: June 13 - August 3  
 TIME: 8:00am-9:00am  
 LOCATION: Community Center Gym  
 FEES: \$40  
 Min. 10 participants  
 Instructor: Janis Gralewski

**PLAY SOCCER!**

**all ages -- all abilities**

**grassroots -- recreational -- academy/select -- adaptive**  
**starting at age 3 to adult!**

**VISIT OUR WEBSITE**  
**northshoreunited.org**

**CONTACT MELISSA K.**  
**FOR MORE**  
**INFORMATION**

**melissak@northshoreunited.org**





## Silent Wake

### KAYAK KICKSTART

Intended for the person who just purchased a kayak, or who is thinking about taking up the sport. Topics include: Basic paddling skills, differences in types of kayaks, proper paddle attire, how to get in/ out of your kayak, and what to do if you fall into the water. Participants are encouraged to bring their own kayak/gear, otherwise we may provide you a loaner. **\*Waiver required.**

LOCATION: Boy Scout Park  
DATE: July 8  
TIME: 10:00am- 2:00pm  
COST: \$65  
AGE: 16+\*  
INSTRUCTORS: Daren Barrett,  
ACA Certified Instructor Kristin Vogel  
MIN/MAX: 3/8

### KAYAK ESSENTIALS

This session is intended for the amateur paddler who would like to increase their knowledge and expertise on the water. This session will provide skills to maneuver your kayak around obstacles, how to perform the proper paddle stroke, discovering additional paddle strokes in your repertoire, as well as observing self-rescue techniques. Participants are encouraged to bring their own kayak/gear, otherwise we may provide you a loaner. **\*Waiver required.**

LOCATION: Boy Scout Park  
DATE: July 29  
TIME: 10:00am - 2:00pm  
COST: \$65  
AGE: 16+\*  
INSTRUCTORS: Daren Barrett,  
ACA Certified Instructor Kristin Vogel  
MIN/MAX: 3/8

\*If under 18, you must have a parent or guardian to sign the waiver

## COMMUNITY ORGANIZATION DIRECTORY

**PLEASE NOTE:** The Cedarburg Parks & Recreation Department does not administer nor does it directly sponsor any of the following programs. This information is given for public reference. Please contact respective program providers for information.

### American Legion Post No. 288

377-9987

### Cedarburg Dawgs Youth Football

[www.cedarburgfootball.com](http://www.cedarburgfootball.com)

### Cedarburg Chamber of Commerce

377-5856

### Festivals - Cedarburg

377-3891

### Cedarburg Soccer Club

[www.northshoreunited.org](http://www.northshoreunited.org)

### Cedarburg Basketball Club

[www.cedarburgbasketball.com](http://www.cedarburgbasketball.com)

### Cedarburg Lions Club

414-228-4402

[www.cedarburglionsclub.org](http://www.cedarburglionsclub.org)

### 5-corners Lions Club

375-4228

### Cedarburg Select Baseball

414-254-9356

### Cedarburg Girls Select Fastpitch

Dave Goethel [dgoethel@wi.rr.com](mailto:dgoethel@wi.rr.com)

### Cedarburg Matdogs Wrestling

[www.matdogs.com](http://www.matdogs.com)

### Cedarburg Friends of the Library

[www.cedarburglibrary.org](http://www.cedarburglibrary.org)

### Cedarburg Woman's Club

[www.cedarburgwomensclub.org](http://www.cedarburgwomensclub.org)

### Cultural Center

375-3676

### Ozaukee Ice Center

375-6851

### School District

376-6100

### Volunteer Center of Oz. Co.

377-1616

### Cedarburg Visitor Center

377-9620

### Cedarburg/Grafton Rotary

[www.cedarburggraftonrotary.com](http://www.cedarburggraftonrotary.com)

### Cedarburg Senior Center Chorus

375-7644

### Cedarburg Art Museum

377-6123 - [www.cedarburgartmuseum.org](http://www.cedarburgartmuseum.org)

### Ozaukee Flag Rugby Club

Jeff Holmes 262-229-5207

### The Student Union

[www.thestudentu.org](http://www.thestudentu.org)

\*If your organization is interested in being in this directory please call the Recreation office at (262) 375-7611

# CEDARBURG COMMUNITY POOL

## (262-375-7665)

For pass sales, pass renewals, swim lesson registration, pool rentals and group admission requests please visit the pool during pre-season registration hours. The hours will be Monday and Wednesday evenings 4-6pm, May 8, 2023 to May 24, 2023. When the pool is open for the swim season, all registrations and sales must be done at the pool during hours of operation. See schedule below.

### 2023 POOL SCHEDULE

#### PRE-SEASON: JUNE 3 - 4 (CLOSED JUNE 5-9)

Saturday: 10:00am - 7:00pm Open Swim

Sunday: 12:00pm - 6:00pm Open Swim

#### SUMMER SEASON: JUNE 10 - AUGUST 20

Mon., Wed., & Fri:

6:30am - 11:45am	Adult Lap Swim
8:30am - 11:45am	Structured Activities
8:45am - 11:45am	Parent/Tot Swim
12:00pm - 4:30pm	Open Swim
4:45pm - 7:00pm	Adult Lap Swim
4:45pm - 7:00pm	Parent/Tot Swim
4:45pm - 7:00pm	Structured Activities
7:15pm - 8:15pm	Sharks Practice (No Fri)

Tues. & Thurs.:

6:30am - 11:45am	Adult Lap Swim
8:30am - 11:45am	Structured Activities
8:45am - 11:45am	Parent/Tot Swim
12:00pm - 4:30pm	Open Swim
4:45pm - 7:00pm	Adult Lap Swim
4:45pm - 7:00pm	Parent/Tot Swim
4:45pm - 7:00pm	Structured Activities
7:15pm - 8:45pm	Open Swim
9:00pm - 10:00pm	Pool Rentals

Saturday:

8:30am - 9:30am	Sharks Practice
10:00am - 7:00pm	Open Swim
10:00am - 12:00pm	Family Swim
	(No August 5)
7:00pm - 9:00pm	Pool Rentals

Sunday:

12:00pm - 6:00pm	Open Swim
4:00pm - 6:00pm	Family Swim
6:00pm - 8:00pm	Pool Rentals

### RENTALS

Pool rentals are available Tuesday and Thursday 9pm - 10pm, Friday and Saturday 7pm - 9pm, and Sunday 6pm - 8pm. Please stop by the pool and speak with a facility manager for details and to complete a request form.

**All pool passes, swim team, lessons, water fitness, lap swim, etc. must be paid with CASH OR CHECK ONLY.**

### FAMILY SWIM

Families are invited to bring small, single-user flotation devices and toys to the pool. Only children accompanied by a swimming adult may bring toys in the pool. These fun family events are held Saturdays from 10am - 12pm and Sundays from 4pm - 6pm.

**(No Family Swim August 5.)**

### ADULT LAP SWIM

Adult Lap Swimming will be from June 12 - August 18, Monday through Friday from 6:30am - 11:45am and 4:45pm - 7:00pm. Participants must pay the daily admission fee or purchase a season pass.

### PARENT & TOT SWIM

A special time for parents with small children, infant through age six, to enjoy the pool. A designated area in the shallow end of the pool will be available June 12 - August 18, Monday through Friday from 8:45am - 11:45am and 4:45pm - 7:00pm. **\*Parents MUST remain in the water with their child at all times.** Participants must pay the daily admission fee or purchase a season pass to receive a wristband for swim.

### OZAUKEE COUNTY SUPER PASS

The Cedarburg, Grafton, Port Washington, and Mequon Parks and Recreation Departments are excited to offer the Ozaukee Super Pass for a third season. Purchase a 2023 Season Pool Pass for your community's pool and upgrade your pass to a Super Pass! The Super Pass Allows you to utilize the Cedarburg, Grafton, Port Washington, and Mequon Aquatic Centers during the Summer Season! Contact your local Parks and Recreation Department for more details.

Super Pass Fees:

\$25 Resident Individual
\$35 Non Resident Individual
\$40 Resident Family
\$55 Non Resident Family

**\*The Super Pass fees are in addition to the price of a season pass.**

### "DADS SWIM FREE ON FATHER'S DAY"

Hey kids, bring Dad to the Cedarburg Community Pool on Father's Day! In honor of Father's Day 2023 and to promote family recreation, the Cedarburg Community Pool has announced a "DADS SWIM FREE DAY!" on Sunday, June 18th, 2023. Any dad accompanied by at least one paying customer (including season passes) will be admitted free during the regular Sunday pool schedule.

### ADMISSION FEES

Daily Fees	Residents (City only)	Non-Residents (Town included)
CHILD (Under 2)	FREE	FREE
YOUTH (2-17)	\$5	\$10
ADULT (18-64)	\$6	\$12
SENIOR (65 & older)	\$4	\$8

Season Pass Fees	Residents (City only)	Non-Residents (Town included)
CHILD (Under 2)	FREE	FREE
YOUTH (2-17)	\$85	\$125
ADULT (18-64)	\$95	\$135
SENIOR (65 & older)	\$80	\$120
FAMILY (immediate)	\$170	\$220

**\*\*Each person, 2 years of age or older, will receive an ID pass. This pass must be brought with you to the pool each time to be admitted into the facility.**



## WATER FITNESS

Interested in some sun and a good workout? Come join the water fitness class! It's a great reduced-impact exercise that is easy on the joints, while challenging the muscles with the water's resistance. Water resistance is 12 times greater than air! Classes are designed to be fun while increasing aerobics training, flexibility, muscular strength and endurance. Swimming ability is not necessary to participate. The class is 45 minutes plus a 15 minute cool down/toning period. No passes are needed to participate in the Water Fitness Class. Simply pay the daily program fee and enjoy the water!

DATES:	June 12 - August 18	
DAYS/TIMES:		
Monday through Friday:	Water Fitness	7:30am-8:30am
Tuesday:	Deep Water Walking	7:30am-8:30am (non-instructional)
Thursday:	Deep Water Walking	7:30am-8:30am (non-instructional)
Monday, Wednesday:	Water Fitness	5:15pm-6:15pm
Tuesday, Thursday:	Aqua Zumba	5:15pm-6:15pm
FEES:		
	Residents \$5 per class	
	Non-Residents (Town included) \$7 per class	
SEASON PASS (Allows a participant to attend any class any time)		
	Resident: \$120	Non-Resident (Town included): \$185

**\*SEASON PASS CANNOT BE USED FOR LAP SWIMMING OR DAILY ADMISSION\***



## CEDARBURG SHARKS

### RECREATIONAL SWIM TEAM

Freestyle, backstroke, breaststroke or fly your way to the pool to join the Cedarburg Sharks.

AGE LEVEL:	All Sharks must be able to swim 25 yards (one pool length) of a competitive swimming stroke.
LOCATION:	Cedarburg Community Pool
TIME:	Mon. and Wed. from 7:15pm-8:15pm Sat. 8:30am-9:30am
DATES:	June 12 to August 5
FEES:	Residents \$85 Non-Residents (Town included) \$105 **Includes team T-shirt

Registration will be conducted during pre-season registration hours (see pg. 17) or during regular hours of operation.

## SWIM MEET SCHEDULE

July 8	Pirates' Hollow (Port Washington)
July 14	Grafton Family Aquatic Center
Aug. 5	Cedarburg Community Pool
TBD	Mequon
TBD	Fox Pointe
TBD	Elm Grove



Recommended Uniform  
Black suit (one piece for females)  
Swim Cap

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**Cedarburg  
Community**  
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## **SWIM INSTRUCTION REGISTRATION**

See page 4 for dates and details on swim instruction registration. In-person RESIDENT registration will be held on April 17, 4:30pm - 6:30pm at the Community Gym. **All other swim instruction registration must be done in person at the Community Pool starting May 8 during preseason registration hours.**

### **Lesson Schedule**

Session 1: June 19 - June 30  
 Session 2: July 10 - July 21  
 Session 3: July 24 - August 4  
 Session 4: August 7 - August 18  
 (Limited Classes)

Lessons held Monday through Friday. Lessons are not canceled due to rain or cold weather. Safety skills are taught during inclement weather in the bathhouse or community room. **CANNOT register for more than one session at a time.** Subsequent registration will take place following each session to ensure proper class placement for your child.

### **Times & Class Levels**

9:20am - 10:00am	Levels PS, 2, 3, 4, 5
10:10am - 10:50am	Levels PS, 1, 3, 4, 5
11:00am - 11:40am	Levels 1, 2, 3, 4, 6
4:45pm - 5:25pm	Levels PS, 2, 3, 4
5:30pm - 6:10pm	Levels 1, 2, Parent/Child

### **Session 4 Only Available Classes**

10:10am - 10:50am	Levels PS, 1, 2, 3, 4
11:00 am - 11:40am	Levels PS, 1, 2, 3
5:30pm - 6:10pm	Parent/Child

Fees: Resident Youth \$50  
 Non-Resident Youth \$70  
 (including town)

**\*Cash or Check payment only**

### **PRIVATE LESSONS**

Private Swim instruction is available depending on number of instructors during regularly scheduled group lesson times, based on availability of instructors. Interested participants should contact the Swim Lesson Coordinator to complete a request form. The coordinator will schedule a mutual time and instructor. Fees are per student for three (3) half-hour sessions.

Fees: Resident \$70; Non-resident \$140

**\*Cash or Check payment only**

## **SWIM LESSON INFORMATION**

The Cedarburg Community Pool uses the American Red Cross Learn-to-Swim program. The program begins with Parent and Child Aquatics and continues through level VI. Please review class descriptions below for appropriate child placement. The Cedarburg Community Pool Staff encourages parents to emphasize learning new skills and improving on existing skills. Over-emphasizing that children pass levels can lead to disappointment and discouraged youth.

### **PARENT/CHILD AQUATICS**

Designed for children six months to three years of age and parents. This class builds swimming readiness by emphasizing fun in the water. Parents and children participate in guided classes during which children learn elementary skills such as water entry, bubble blowing, kicking, floating and underwater exploration.

### **PS (PRESCHOOL)-INTRODUCTION TO WATER SKILLS**

Students enrolled in this class must be between three and five years of age. Children should be comfortable in the water without a parent. Skills involved in this class include: submerging mouth, nose, and eyes, opening eyes underwater and retrieving submerged objects, floating on front and back without support, swimming on front and back using arm and leg actions, basic water safety skills.

### **LEVEL I-INTRODUCTION TO WATER SKILLS**

Students enrolled should be at least five years old on the first date of the class. Skills involved in this class include: submerging mouth, nose, and eyes, opening eyes underwater and retrieving submerged objects, floating on front and back without support, swimming on front and back using arm and leg actions, basic water safety skills.

### **LEVEL II-FUNDAMENTAL AQUATIC SAFETY**

Students must have passed Level I. Skills involved in this class include: submerging entire head, unsupported front and back glides, bobbing, treading water, swimming on front and back using a combined stroke, basic water safety skills.

### **LEVEL III-STROKE DEVELOPMENT**

Students must have passed Level II. Skills involved in this class include: submerging and retrieving an object, front and back glides, front crawl, back crawl, kneeling and standing dive, butterfly kick and body motion and aquatic survival skills.

### **LEVEL IV-STROKE IMPROVEMENT**

Students must have passed Level III. Skills involved in this class include: dive from stride position, elementary backstroke, breaststroke, butterfly, front crawl, back crawl, surface dives, and aquatic survival skills.

### **LEVEL V-STROKE REFINEMENT**

Students must have passed Level IV. Skills involved in this class include: front and back crawl turns, elementary backstroke, breaststroke, butterfly, front crawl, back crawl, surface dives, diving, rescue breathing and survival swimming.

### **LEVEL VI-SWIMMING AND SKILL PROFICIENCY**

Students must have passed Level V. This course is designed to refine strokes so students can swim them with ease, efficiency, power and smoothness over great distances. This course can prepare students for participation in more advanced courses such as Lifeguard Training and Water Safety Instructing.



## OLDER ADULT ACTIVITIES

### WEEKLY EVENTS AND CLASSES

#### **Bingo**

1st and 3rd Monday of each month

12:45 - 2:30 pm

#### **Knitting**

2nd and 4th Monday of each month

1:00 - 4:00 pm

#### **Tai Chi**

Mondays & Wednesdays

10:00 - 10:45 am

#### **Chorus**

Mondays, 1:00 - 2:00 pm

#### **Mahjongg**

Mondays, 9:00 am

Tuesdays, 10:00am

#### **Contract Bridge**

Tuesdays, 1:00 pm

#### **Exercise - Fitness with Focus**

Tuesdays and Thursdays

10:00-11:00 am

Through June 9th - Resume in September

#### **Sheepshead**

Wednesdays, 12:30 - 3:30 pm

#### **Canasta**

Thursdays, 12:45 pm-4:00pm

#### **Teddy Bear Class**

Fridays, 9:00 - 11:00 am

#### **Chair Yoga**

Fridays, 9:30 - 10:30 am

#### **Pickle Ball**

Fridays, 9:30 - 11:30 am

#### **Hand & Foot**

Fridays, 12:45 - 4:00pm

#### **Play Pool**

Call for days/times availability

### OZAUKEE COUNTY SENIOR CONFERENCE

June 15th at Grafton High School

This year's theme is Change to This year's theme is "Getting Older in Wisconsin – How to Weather the Weather" with guest speaker Rob Haswell, weatherman at Fox 6 News. He is an AMS Certified Broadcast Meteorologist and two time Emmy Award Winner. Enjoy workshops on a range of topics and the opportunity to visit exhibits from community businesses and resources. Lunch is also provided. Space is limited and pre-registration is required. Forms are available at the Senior Center.

### THE CEDARBURG DINING CENTER IS OPEN!

Lunch is served at noon Monday-Friday. Enjoy conversation along with a delicious nutritious meal. Make reservations 2 days in advance by calling Jenny, the Cedarburg meal site manger at 262-483-2876. If you would like to receive Home Delivered Meals you can make reservations by calling the ADRC at 262-284-8120, or contact Jenny. A \$5 donation is suggested.



### THE CEDARBURG SENIOR CENTER

The Cedarburg Senior Center, located in the Lincoln Building, W63 N643 Washington Avenue, is open Monday through Friday, 9:00am to 4:00pm. All persons 55 and older are welcome.

Special events, programs, speakers and tours are advertised in the bi-monthly newsletter and calendars available at the Senior Center, city website, or through the mail. Call 375-7644 for more information.

### STOP BY THE CEDARBURG SENIOR CENTER GIFT & RESALE SHOP!

Our shop is open Monday – Friday from 9:30 to 3:30.

\*Home décor & kitchen items \*Children's items & handcrafted teddy bears \*Greeting cards & craft supplies \*Jewelry & accessories \*Puzzles, books & so much more.



The Cedarburg Senior Center provides a unique venue for local senior artists & senior crafters to display and sell their work year round. Stop by to see our displays!

### LOOSE WATERCOLOR LANDSCAPES

with Les Thompson or Erin Blum.

Classes will be held on Wednesdays at 1 p.m.

Learn wet-on-wet technique, define edges, create atmosphere, and more! Bring your own photo of a lake, country scene or flowers and do a painterly interpretation of it. Get bold with the gorgeous colors of watercolors! Four-week classes are ongoing.

RSVP to (262) 375-7644. Cost: \$68

### MAY IS OLDER AMERICAN'S MONTH

The theme for 2023 is "Age Unbound". Join us on Friday May 26th at 11:00 am to celebrate with a character performance of Abigail Adams: A Lifeline of Letters; As she recalls the days of revolution and friendships as a diplomat's wife. Mrs. Adams brings to life the early days of Washington DC from the windows of an unfinished White House. \*RSVP Requested

### 28TH ANNUAL OZAUKEE SENIOR GAMES 2023

May 31st-June 20th

The Benefits Are Endless

Fun, friendly competition hosted by Cedarburg, Grafton and Port Washington. Registration fee of \$15 includes opening social, T-shirt, award breakfast and entry into any or all events. 2023 Events include: Opening walk, Pickleball, Bowling, Mini-Golf, Horseshoes, 8 Ball, Corn Hole, Shuffleboard, BocceBall, PingPong, Bike Ride, Cribbage, Mahjongg, and Mexican Train. Registration forms available in the office of the Senior Center. \*Entry Deadline is May 17th



# OLDER ADULT ACTIVITIES

## HEALTH & FITNESS

Group Fitness Instructors Janis Gralewski & Linda Short  
**TUESDAYS & THURSDAYS 10:00 - 11:00 am**

**Through June 8th**

Have fun! Meet friends! Join the Cedarburg Senior Center's "Fitness with Focus", a program to enhance your body and brain capabilities with movement and mental challenges. Functional fitness moves are incorporated both in and out of chairs using strength training, flexibility, balance and movement to music. Brain exercises are done each day to challenge memory and creativity. Come try this community run program to stay active and on the go! **Cost: is \$3 per class or buy a punch card for \$30 that includes 11 classes.**

## CHAIR YOGA

**with Certified Instructor Takako Willden**

**Fridays 9:30 - 10:30 am**

Yoga is the practice of combining mindful movement with breathing techniques. Chair yoga is a great way for older adults to get the wonderful health benefits of yoga without moving to the floor. The chair allows for added support in seated poses and gives stabilization for standing poses. It is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. **Cost: \$5 per class (1st class is free).**

## TAI CHI

**with Fitness Instructor Liz Rolland**

**Mondays and Wednesdays at 10 a.m.**

East meets West in our practices adapted from eastern movement traditions such as Tai Chi and Qigong which have been recognized for numerous health benefits by Harvard Medical School. These 45 minute sessions will focus the breath, calm the mind, and open the heart as we take the body through gentle movements which have been used for centuries. Whether you sit or stand, with regular practice you will leave each session feeling both relaxed and energized. **Cost \$4 per class**

## PICKLEBALL

**Fridays at 9:30 - 11:30 am**

The Cedarburg Senior Center is offering Pickle Ball at the Community Gym. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle rackets and a plastic, poly baseball with holes. Cost is \$3 per person, per time. 3 indoor courts.

## TENNIS & BEGINNING PICKLEBALL

**60+ 9:00 - 11:30 am Fridays (May - Oct.)**

Play doubles tennis with other adults 60+, or try pickleball with other beginners.

Play at Zeunert Courts (N28 W5600 Lincoln Blvd).

## TOE NAIL TRIMMERS, LLC

**First, Second and Third Thursdays of each month**

**From 9 am to 2 pm.**

The cost is \$31 for a 30 minute session.

Convenient on site care includes Toenail trim and Foot assessment. **Appointments are required.**

**Call 262-719-0336 to schedule.**

## YOUR WELL-BEING

**with Kelly Barboza BSN, RN Infection Prevention,**

**Community Outreach Educator Aurora Medical Center**

Explore a wide range of physical and mental health topics, each designed to engage and inspire. **\*RSVP requested\***

## CEDARBURG SENIOR CHORUS

If you love to sing, come sing with us Mondays from 1:00-2:00 pm. The Cedarburg Senior Chorus performs at area senior care facilities, and Senior Center events.

## FIRESIDE TOURS 2023

Fireside – Legends in Concert	June 22nd
Cranes, Trains & Lavender Fields	June 27th
Brewers vs Cincinnati Reds	July 26th
Fireside – Mary Poppins	August 3rd
Summer Mystery Trip	August 22nd
Fireside – Titanic the Musical	September 14th
Vine to Wine Experience	October 10th
Ho Chunk Casino	November 3rd
Fireside – Scrooge the Musical	November 10th and December 14th

Fireside trip cost is \$117 plus gratuity. Seats are limited.

## WANT TO GET AWAY? EXTENDED TOURS 2023

**Please stop in to pick up a flier with all the details**

Colorado's Historic Trains	June 16th-25th
Alaskan Cruise	July 25th-August 6th
Tropical Costa Rica	November 6th-15th
Christmas on the Danube	December 2nd-11th

**Please call for the latest information.**

## Please consider donating to the Cedarburg Senior Center.

Invest in recreation, leisure, and educational programs for Cedarburg area older adults. Make a yearly financial contribution to the Cedarburg Senior Center and invest in the future of our older adult programs and van service. Donate \$10, \$15 or more and become an Investor.

**\*Thank you to those who have already contributed!**

## Aging Mastery Program

The Aging Master Program (AMP) was developed by the Nation Council on Aging and has been successful at helping older adults build their own playbook for aging well. Over the 6 week course you'll hear from local experts about: Sleep, Healthy Eating, Financial Fitness, Medication Management, Fall Prevention and more. Classes are held at the Senior Center on Thursdays starting March 16th from 3-5:45 pm and concluding on April 20th. Donation :\$10 for all course materials. Join the Adventure!!

# 2023 COMMUNITY EVENTS

## APRIL

1 Easter Egg Hunt  
TBD Historic Cedarburg Pub Crawl

## MAY

28 Maxwell Street Days  
31 Memorial Day Parade

## JUNE

2-10 Plein Air Painting Event  
TBD Civic Band Concert - Cedarburg Art Museum  
10 Kids Kickoff to Summer Event at Cedar Creek Park  
16 Summer Sounds at Cedar Creek Park (Friday Nights)  
18 "Dads" Swim Free Event at the Pool  
24-25 Strawberry Festival

*June - October Friday Farmers Market*

## JULY

4 Hometown Celebration and Parade  
9 Maxwell Street Days  
TBD Wisconsin Women's Cycling Ride & Festival

## AUGUST

2-6 Ozaukee County Fair  
5 Sharks Swim Meet  
TBD Civic Band Concert - City Hall Front Lawn  
25-26 Country in the Burg

## SEPTEMBER

3 Maxwell Street Days  
16-17 Wine and Harvest Festival

## OCTOBER

1 Maxwell Street Days  
7-8 Cedarburg Oktober Festival  
23 Scary Bloody Mary Walk

## CEDARBURG PARKS & RECREATION PROGRAM REGISTRATION

Parent's Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work phone & Name of person to contact: \_\_\_\_\_

Email Address: \_\_\_\_\_

Participant's Name	Sex	Age	Grade	Birth Date	Program Name	Class #	Shirt Size	Fee
FOR OFFICE USE: CHECK _____ CASH: _____ DATE: _____							TOTAL:	



# CEDARBURG PARKS & RECREATION KID'S KICKOFF TO SUMMER

**FREE EVENT!!**

*Saturday, June 10th*  
*10:00am - 1:00pm*  
*Cedar Creek Park*

Sponsored By:



Food Trucks, Face Painting, Balloon Twisting, Bounce Houses & More!!!

Five great festivals...one little town!



Ask about our Student Mentorship Program!



June 24-25, 2023



September 16-17, 2023



October 7-8, 2023



Mid-November  
through Christmas



February 17-18, 2024

Civic & cultural  
support



Festivals of Cedarburg is a  
501(c)3 nonprofit corporation...  
learn more at  
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Economic vitality



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# Summer Coding

## Camps & Classes

**Registration Opens February 1<sup>st</sup>** **Save \$25 with code CEDARBURG**

- 1-Week Gaming Camps with MineCraft or Roblox
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🌐 [codewizardshq.com/summer](http://codewizardshq.com/summer)

## Anvil Pub & Grille

Located in the Historic Cedar Creek Settlement.

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[anvilpubandgrille.com](http://anvilpubandgrille.com)

Tuesday - Thursday Serving 11:00-8:00

Friday & Saturday Serving 11:00-9:00

[anvilpubandgrille.com](http://anvilpubandgrille.com) for online ordering

