

Sussex Parks & Recreation

Recreation Guide

Fall 2016

**Spooky
Sussex**



**5-8:30 pm
Friday, October 21
Sussex Village Park**

**Online Registration
Begins August 8**

**In-Person &
Mail-in Registration
Begins August 18**

VILLAGE
OF

Sussex



Welcome to the Village of Sussex Parks & Recreation 2016 Fall Recreation Guide.

As we welcome in fall and the start of a new school year, we are also welcoming some exciting changes to the Village. This summer we saw the installation of two playgrounds, at Grogan and Weyer Parks, and the Civic Center building has really taken shape.

Village staff will move into the Civic Center in mid-October and we will have the opportunity to move our classes in as well. We will operate the Community Center on Maple through the end of the year for rentals and hope to start moving classes to the Civic Center once we get settled. Your class instructors will keep you posted as we get closer to that date. We hope you are as excited as we are to enjoy the fabulous new space!

If you have any questions or comments, call the Recreation Department at (262) 246-6447 or email us at recinfo@villagesussex.org.

Your leaders of fun,



Sasha Snapp
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General Office Hours

8 am to 5 pm Monday–Friday

Village Offices Closed

Monday, September 5
Friday, September 30
Friday, October 14 & Monday, October 17
Thursday & Friday, November 24 & 25
Friday, December 23 & Monday, December 26
Friday, December 30 & Monday, January 2

Find us online!



Sussex Community Center

W240 N5765 Maple Avenue
Sussex, WI 53089
Phone (262) 246-6447
Fax (262) 246-6337

Sussex Village Hall/Civic Center

N64W23760 Main Street
Sussex, WI 53089

www.villagesussex.org

Five Easy Ways to Register . . .

- 1 Online**
Register online at <https://apm.activecommunities.com/sussexrec/home>. After setting up an account, you're ready to enroll in our programs. Processing fees apply, which are non-refundable.
- 2 By Mail**
Mail completed registration form along with payment or credit card information to: Sussex Community Center, W240N5765 Maple Avenue, Sussex, WI 53089. We accept Visa, MasterCard, Discover and American Express.
- 3 24-Hour Drop Box**
Drop your completed registration form and payment (in a sealed envelope) into the drop box at Village Hall. (Currently accessible only on foot as it is in the construction zone.)
- 4 Fax**
Fax your completed registration form to 262-820-3132, 24 hours a day, seven days a week. Faxed registrations must use the credit card option for payment.
- 5 In Person**
Register in person at the Recreation Department Office, W240N5765 Maple Avenue, Sussex, from 8 am to 5 pm Monday-Friday. Please complete your registration form and payment method prior to your arrival.

Why Register Online?

- Online registration is safe and secure.
- Register and pay at your convenience—anytime, anywhere.
- Instantly know program availability.
- Register, pay and immediately receive a receipt.
- There is no need to fill out registration forms, initially or time after time.
- Monitor and/or manage your daily, weekly or monthly activity schedules.
- Track your family's participation and history.

Be an Early Bird

The decision to hold classes is determined at least one week prior to the start of the program. Therefore, the Recreation Department needs an early indication of how many people will be enrolled in a particular program. If classes do not meet the minimum registration requirements, they may be cancelled or combined.

Looking for a Place to Host a Party or Family Event?

The Park & Recreation Department has several facilities that may be rented throughout the year. Park & Facility Permit forms, pricing and guidelines, credit card payment options and the policies and procedures are available at the Community Center, the Sussex Village Hall, or can be downloaded from the Village's website at www.villagesussex.org.

Our new Civic Center will offer multiple rentable spaces that can accommodate meetings, trainings, parties and events from 20-250 people. Look for full details and pricing on the Village website later this Fall.

If you have any questions regarding the rental of any park or facility, call the Parks & Recreation Department at 262-246-6447 or email recinfo@villagesussex.org.

ENCLOSED FACILITIES

Enclosed Facilities	Location	Rental Fee	Deposit	Capacity	Equipment/Amenities
Lion's Building	Sussex Village Park	\$100	\$100	40	Electricity, Restrooms, Tables, Chairs, Refrigerator
Community Center	W240N5765 Maple Avenue	\$150	\$100	80	Electricity, Restrooms, Tables, Chairs
Craft/Meeting Room	W240N5765 Maple Avenue	\$75	\$100	20	Electricity, Tables, Chairs, Restrooms
Craft/Meeting Room add on to main rental	W240N5765 Maple Avenue	\$50	N/A	20	Electricity, Tables, Chairs, Restrooms
Armory Concession Stand	Armory Park	\$50	\$100	20	Electricity

OPEN SHELTERS

Shelter	Location	Rental Fee	Deposit	Capacity	Equipment/Amenities
Lion's Open Air	Sussex Village Park	\$155	\$100	240	Electricity, Port-A-John, Picnic Tables
North Open Air	Sussex Village Park	\$80	\$100	60	Electricity, Port-A-John, Picnic Tables
Early Days Open Air	Sussex Village Park	\$55	\$100	40	Electricity, Port-A-John, Picnic Tables
Armory Park Open Air	Armory Park	\$55	\$100	40	Electricity, Picnic Tables, Restrooms

*****Restrooms available upon request for above shelters*****



Sussex Parks and Recreation Department Registration Form

W240N5765 Maple Ave., Sussex WI 53089



262-246-6447 Office

262-246-6337 Fax

www.villagesussex.org

recinfo@villagesussex.org

Parent/Guardian or Adult Participant Name: _____ Adult Date of Birth: _____
Last Name First Name (s) (ex. 01/01/1960)

Address: _____ City: _____ State: _____ Zip: _____

Phone: () _____ Cell: () _____ E-mail address: _____

Emergency Name: _____ Relationship to Participant: _____ Phone: () _____

I/We _____ would like to **volunteer coach or assist** with the following: _____
Name of volunteer (s) Program (s)

Americans With Disabilities Act - The Village of Sussex complies with the Americans with Disabilities Act and will make reasonable modifications to support inclusive recreation participation. The Recreation Department requests ample notice regarding special assistance needs. This will allow our department proper planning time to accommodate special assistance needs. For answers to your questions about recreation inclusion, call Megan Sackett at 262-246-6447 or e-mail Megan at msackett@villagesussex.org. I/We need reasonable modifications to participate in recreational programming.
Circle one: Yes No

Class/Trip ID# Example: 1118.0 Found in each Description.	Program Name Example: senior fitness, t-ball, coach pitch	First Name of Participant (s) Note: If last name of child is different from parent listed above, please provide the child's last name.	Male Female		Date of Birth Required for everyone. Youth Adults Senior Citizens	Age	Grade	T-Shirt Size <u>Youth Team Sports</u> YS - 6-8 YM - 10-12 YL - 14-16 <u>Adults</u> S, M, L, XL, XXL	Fee/Cost Be sure to submit the appropriate fees.
			Circle One						
			M	F					
			M	F					
			M	F					
			M	F					
			M	F					
			M	F					

Transaction TOTAL

Payment Method (Check all that apply.) <input type="checkbox"/> Checks Payable to: Village of Sussex <input type="checkbox"/> Cash <input type="checkbox"/> Gift Certificate <input type="checkbox"/> Credit Card If for any reason payment is returned as "not payable" a service fee of \$30 is charged for each returned submission. Full payment plus accrued service fees must be paid in full to become registered.	Statement of Liability and Understanding The undersigned, participant (adult), parent/guardian or a designee do hereby understand that I have registered the individuals herein to participate in the aforementioned activities. I further agree to completely indemnify and hold harmless the Village of Sussex and its employees, officers and agents from and against any and all liability. I understand the requested programs, like all activity, has some inherent risk involved. Furthermore, the individuals named herein are in good physical condition appropriate for the stated activity and the participants assume full responsibility for injuries incurred while taking part in an activity. No accident insurance is provided by the Village of Sussex. I have read and agree to the registration and related policies, procedures and/or guidelines. I understand that any intentional misrepresentation about residency or age will result in removal from programming (forfeiting all fees/costs). I agree to provide proof of residency upon request. I read the enclosed and accept. By signing this, I agree to comply with the Code of Conduct policy set forth by the Village of Sussex and will accept the ramifications should I not adhere to it. By signing this form, you are stating that you understand the importance of recognizing and responding to the signs, symptoms and behaviors of a concussion or head injury and have read the Parent Concussion and Head Injury information on the Village of Sussex website. I agree that my child must be removed from practice/play if a concussion is suspected and seek medical treatment. Adult Participant, Parent/Guardian, or an Adult Designee Signature is required for this registration to be valid. _____ Signature _____ Date
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Required Information for Credit Card Transactions (write legibly)
*This credit card information is required for mail-in, drop-box & faxed registrations.
 Present credit card for immediate processing.*

Circle One: Visa MasterCard Discover American Express Total amount to be applied to card: _____

Card #: _____ Expiration Date: _____

Entire name is it appears on the credit card (please print legibly): _____

I Cardholder acknowledges receipt of goods and/or services in the amount of the Total shown hereon and agrees to perform the obligations set forth in the Cardholder's agreement with the Issuer.

Signature (REQUIRED): _____ (This portion of the form will be destroyed after transaction is complete.)



Friday, October 21
5 to 8:30 pm
Sussex Village Park

Spooky Sussex is a family-friendly event specifically designed for those who seek a not-so-scary, but oh-so-fun activity for Halloween. The event will include food, caramel apple station, pumpkin decorating, a craft, games, face painting, wagon rides and a haunted trail. The activities are geared for ages 10 and under. This event will be held rain or shine, so dress for the weather.

Pre-registered guests, adults or children, will receive a food ticket, pumpkin, craft, wagon ride ticket and haunted trail ticket.

Walk-up (non-registered) guests are still welcome and may purchase a haunted trail ticket and/or a wagon ride ticket for \$1/ticket. Limited concessions will be available.

Fee: \$6 per person.

Check-in at the Lion's Open Air Shelter at Village Park

Event ID: 3620.1

Register By: Monday, October 17

Sponsored by



Sundays,
9:30 am-1 pm
thru October 16
Armory Park



The market supports Wisconsin growers/producers/farmers, prepared foods and Artisan crafts. In addition to the vendors they also provide live music and children's activities.

Feel free to direct questions to sussexfarmersmarket@gmail.com

Additional details about weekly events can also be found on the Sussex Farmers Market Facebook page.



Halloween Costume Drive

Volunteer Organization of Women in Sussex (VOWS) will once again accept new and gently used costumes to pass on to children in need within our community.

Watch the VOWS Facebook page or visit their website for specifics on drop-off locations and dates.

<http://www.vows-sussex.org>

Turkey Hunt

November
8-22

Use your detective skills and become a sleuth to find the laminated picture of a turkey that will be hidden in Sussex. Find the turkey and be presented with a gift basket of goodies.

Check for clues on the Village of Sussex website and our Facebook and Twitter pages.

New clues will be posted every Tuesday and Thursday at 4 pm (until turkey is found).



The Joy Tree

December 1-15

The Village of Sussex sponsors an annual project called **The Joy Tree**. The Joy Tree will stand in the Sussex Civic Center lobby, decorated with gift idea tags.

Community members are invited to choose as many tags as they wish and return the wrapped gift(s) to the Sussex Civic Center no later than Thursday, December 15.

The gifts are distributed at the Sussex Outreach Services holiday gift distribution event to those older adults who are most in need.



Tree Lighting

Friday, December 2
6 pm
Sussex Civic Center

Join in for the fun of the holiday tree lighting! This event is for children of all ages. The holiday celebration includes:

- Live musical performances by local children
- Countdown and lighting of the tree
- A visit from Santa

Hot chocolate and cookies will be served to warm your hearts and hands. If you are able, please bring a non-perishable food item and deposit the items into the designated bins for donation to the Sussex Food Pantry.

Sponsored by



BIRTHDAY PARTIES

Sit back, relax and let us do the work for your child's birthday party. We will take care of everything, from playing age-appropriate games, creating crafts and serving flavorful cupcakes—all based around one of the themes we offer:

- **HAWAIIAN**
- **DANCE**
- *Pirates*
- **OUTER SPACE**
- **Sports**
- *Princess*
- **Safari**
- **Harry Potter**
- *Spa*
- **DETECTIVE**

The base fee is for a 1-1/2-hour party for seven children. Full details and application forms are available at the Sussex Community Center. Submit your application with a \$25 deposit and we will schedule a birthday party that is just right for you. *Birthday parties must be scheduled at least two weeks prior to the intended party date.*

Base fee: \$135 R, \$160 NR
Additional fees for additional time and guests

Sussex Park & Recreation Board

The Park & Recreation Board meets at 6:30 pm every 3rd Tuesday of the month at the Sussex Civic Center.

Contact your Park & Recreation Board with any ideas and input about what will benefit the Village of Sussex Parks and Recreation Services.

Your representatives are:

Bob Fourness, Chairperson

Kelly Tetting

Chris Prange-Morgan

Don Spenner

Anne Golding

Wendy Stallings

Melissa Gierach

A proud supporter of Sussex Parks & Recreation!



Sussex Office
(262) 246-0442 • Hwy 164, just North of Hwy VV
www.WaukeshaBank.com • Member FDIC

Elmbrook Youth Hockey Association (EYHA) is a non-profit youth sport organization serving boys and girls ages 4-14 from Menomonee Falls, Brookfield, Wauwatosa, Elm Grove and Sussex.

Never played hockey? No problem! We offer a learn-to-play hockey programs! For more information, visit our website at: <http://www.elmbrookyouthhockey.org>

COME TRY HOCKEY FOR FREE WITH THE ELMBROOK YOUTH ASSOCIATION
Our first "Try Hockey" event is September 24

EYHA calls The Ponds of Brookfield their home. The Ponds is centrally located in the heart of Brookfield at 2810 Calhoun Road. For more information about the Elmbrook Youth Hockey program, contact Jessi Becker, EYHA's New Member Coordinator, at jessibecker11@yahoo.com



Hockey Player Initiation

Ages: 4-10 years
Saturdays, 1-1:45 pm
Naga-Waukee Ice Arena
Delafield

\$100 per session Register at the rink

Session 1:
October 15–November 19
SKATING DEVELOPMENT

Designed to teach your child how to skate for hockey.

Session 2:
January 2–February 20
PLAYER DEVELOPMENT

Introduces your child to the basics of shooting, passing, stick-handling and game play. Completion of a Learn-to-Skate course required.



Too sick to work,
BUT *too much work*
TO BE SICK?

Convenient hours.

mywheaton.org/FindADoctor

LET'S DANCE!

Creative Movement

Ages: 3–4 years
Thursdays, 5:15–6 pm
September 22–November 17
Sussex Community Center
\$43 R, \$54 NR
Class # 3201.1
Register by September 15
Instructor: Angela Wiedenhoef

In **Creative Movement**, students will start class with a ballet-themed craft and read a ballerina story. Students will work on rhythms while learning beginning dance steps and using creative dance movements. Students will also work on gross motor skills, ballet terms and steps, learn to count in French and develop memory and listening skills through creative movement. (No class September 29.)

Next Step Ballet

Ages: 5–6 years
Thursdays, 6:05–6:50 pm
September 22–November 17
Sussex Community Center
Class # 3201.2
\$43 R, \$54 NR
Register by September 15
Instructor: Angela Wiedenhoef

Next Step Ballet is a gentle introduction to ballet, covering beginning ballet with an emphasis on gross motor skill development, listening skills and peer interaction. This class will help build coordination and self-esteem. Students will learn ballet terms and steps, learn to count in French and develop memory and listening skills. We will also read a ballet-themed story and do a ballet-themed craft. (No class September 29.)

Showcase Dance

Ages: 4–14
Tuesdays, September 27–April 4
Sussex Community Center
\$89 R, \$111 NR
Register By September 20
Instructor: Jenny Oxley

Showcase Dance offers combo classes including both Tap and Ballet/Jazz. Techniques learned will be incorporated into fun routines to explore musicality, rhythm and expression. Students need tap shoes and ballet/jazz shoes (style and color do not matter). The ages listed are approximate. Showcase Performance: Saturday, April 8. There will be an additional costume expense for the showcase performance not to exceed \$30. Contact Jenny Oxley at Jenniferjoxley@gmail.com for questions or additional information.

Beginner (Age 4-6)

The introductory **Beginner** class is for those interested in learning more about dance or further developing their current dance skills. Students will explore both tap and ballet/jazz genres of dance with an emphasis on basic technique execution and exploring different levels of musicality.

Advanced Beginner I (Ages 6-7)

Advanced Beginner I grows on the beginner curriculum, while working to string together technical skills to create new and challenging combinations. Prior dance experience is recommended, but not required. Maturity and willingness to practice outside of class is desired for those that have not had prior dance experience.

Advanced Beginner II (Ages 8-14)

The pace of the **Advanced Beginner II** class increases and technique taught increases in difficulty. Those that show a passion for dance will be further challenged to learn and grow. Memorization and musicality will be further enhanced and explored. Instructor recommendation and/or prior experience is recommended.

Class #	Ages	Class	Day/Time	Register By
3202.1	4	Beg	TUE, 5–5:30 pm	Sept 20
3202.2	5–6	Beg	TUE, 5:30–6 pm	Sept 20
3202.3	6–7	Adv Beg I	TUE, 6–6:45 pm	Sept 20
3202.4	8–14	Adv Beg II	TUE, 6:45–7:30 pm	Sept 20

Tumbling & Cheer

Learn to flip, jump, and twirl with Heat Athletics!

All classes held at Heat Athletics, N64W22480 Main Street in Sussex.

Tiny Tumbling, Mini Tumbling and Cheer 101 are introductory classes; no experience necessary. Participants will safely learn the basic movements and body positions needed to begin tumbling.

Attire: Clothes you can move in, gym shoes or bare feet, hair pulled back. You must complete a Heat Athletics Waiver on the first day if you are new to Heat Athletics' classes. (No classes November 22 and 26.)



Tiny Tumbling

Ages: 3–5 years
Heat Athletics
\$61 R, \$76 NR
Instructor: Heat Athletics Staff

Class Skills: Forward roll, backward roll, tabletop bridge, handstand and cartwheel.

Class #	Day/Time	Dates	Register By
3203.1	SAT, 9–9:45am	Sept 17–Oct 22	Sept 6
3203.2	TUE, 4:30–5:15pm	Sept 13–Oct 18	Sept 6
3203.3	SAT, 9–9:45am	Nov 5–Dec 17	Oct 27
3203.4	TUE, 4:30–5:15pm	Nov 1–Dec 13	Oct 27

Mini Tumbling

Ages: 6–8 years
Heat Athletics
\$61 R, \$76 NR
Instructor: Heat Athletics Staff

Class Skills: Forward roll, backward roll, tabletop bridge, handstand and cartwheel.

Class #	Day/Time	Dates	Register By
3203.5	SAT, 10–10:45 am	Sept 17–Oct 22	Sept 6
3203.6	TUE, 5:30–6:15 pm	Sept 13–Oct 18	Sept 6
3203.7	SAT, 10–10:45 am	Nov 5–Dec 17	Oct 27
3203.8	TUE, 5:30–6:15 pm	Nov 1–Dec 13	Oct 27

Cheer 101

Ages: 7–12 years
Heat Athletics
\$73 R, \$91 NR
Instructor: Heat Athletics Staff

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

Class #	Day/Time	Dates	Register By
3204.1	SAT, 11 am–12 pm	Sept 17–Oct 22	Sept 9
3204.2	SAT, 11 am–12 pm	Nov 5–Dec 17	Oct 28



PRESCHOOL PROGRAMS

SportsStart

Ages: 2–4 years old
Wednesdays, Fridays, Saturdays
September Sessions at Armory Park
November Sessions at Sussex Civic Ctr
\$48 R, \$60 NR

The KidsSports SportsStart program is designed to include a variety of fun active games and activities professionally designed to develop sport-specific and general skills like eye-hand and foot-eye coordination, large and fine motor skills, muscle development, body balance and agility to name a few; all in a relaxed environment with a focus on beginning an active lifestyle. Parent participation will be required for each participant in the 2-year-old class. (No class November 25.)

Class #	Ages	Day/Time	Dates	Register By
3108.3	3/4	WED, 9:30–10:10 am	Sept 7-28	Sept 1
3108.4	2/3	WED, 10:20–11 am	Sept 7-28	Sept 1
3108.5	3/4	SAT, 12–12:40 pm	Sept 10–Oct 1	Sept 1
3108.6	2/3	SAT, 12:50–1:30 pm	Sept 10–Oct 1	Sept 1
3108.7	3/4	FRI, 9:30–10:10 am	Nov 4–Dec 2	Nov 1
3108.8	2/3	FRI, 10:20–11 am	Nov 4–Dec 2	Nov 1

KidsSports Soccer

Ages: 3–6
Fridays, Sept 9–30
Armory Park
\$50 R, \$62 NR
Instructor: KidsSport Staff

With the KidsSports SportsPaL Soccer program, your child will be introduced the game of soccer in a fun, but challenging environment. Your child will learn 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 with other teams within the league. Included in the registration fee is a team t-shirt.



Class #	Ages	Day/Time	Dates	Register By
3108.1	3/4	FRI 4:40–5:25 pm	Sept 9–30	Sept 1
3108.2	5/6	FRI, 5:40–6:25 pm	Sept 9–30	Sept 1

Little Chefs

Ages: 3–5 years old
Tuesdays, October 18–November 8
4–5 pm
Sussex Community Center
\$20 R, \$25 NR
Class # 3406.1
Register by October 11

Does your child want to help out in the kitchen? Each week, we will read a story and create a snack based on the story. All recipes will be peanut free.

Sing with Me!

Ages 1–3
Wednesdays 10:15–11 am
Sussex Community Center
\$50 R, \$63 NR
Instructor: Music Dynamics Instructor

This class is designed to bring the joy of music and movement to young children and their caregivers. Participate with your child as we sing, dance, move, listen to sounds and play simple instruments. Class taught by a licensed Musikgarten instructor. (No class November 23.)

Class #	Day/Time	Dates	Register By
3402.1	WED 10:15–11 am	Sept 14–Oct 19	Sept 7
3402.2	WED, 10:15–11 am	Nov 2–Dec 14	Oct 26

YOUTH ENRICHMENT

Uptown Art

Ages: 6–12 years
Uptown Art
\$18 R, \$24 NR
Instructor: Stacie Estrada

Create the themed painting of the day with step-by-step instructions by a talented instructor. Classes include everything you need to create your own masterpiece on an 11"x14" canvas.

Fall Owl
Friday, October 7
1:30–3 pm
Class # 3303.1
Register by Oct 1



Colorful Dolphin
Friday, November 4
1:30–3 pm
Class # 3303.2
Register by Oct 28

Babysitting



Ages: 11–15 years
Friday, October 21
9 am–4 pm
Sussex Community Center–Craft Room
\$96 R, \$120 NR
Class # 3422.1
Register by October 13
Instructor: American Red Cross staff

The Red Cross Babysitting Course is designed for 11-to-15-year-olds. Students will learn many enriching skills. Not only will participants learn about proper toys, nutrition, diaper changing and feeding, the babysitters training course can help you care for children and infants, be a good leader and role model, make good decisions and solve problems, keep you (the babysitter) and the children you watch safe, handle emergencies such as injuries, illnesses and household accidents.

Gifts Galore

Ages: 5 years and up
Our Creative Outlet in Sussex
\$60 R, \$75 NR
Instructor: Karen Norris

It's a perfect time to make personalized handmade gifts before the holiday rush. Make a fluted bowl decorated for the holidays, a small cookie platter/cheese tray, and an assortment of ornaments all made from clay and glazed with non-toxic glazes.

Class #	Day/Time	Dates	Register By
3302.1	THUR, 4–5:15 pm	Nov 3–17	Oct 27
3302.2	THUR, 4–5:15 pm	Dec 1–15	Nov 22

Kids in the Kitchen: Game Day Snacks

Ages: 6–10 years
Friday, October 7
1:30–3:30 pm
Sussex Community Center
\$17 R, \$22 NR
Class # 3421.1
Register by October 1

It's okay to get messy as we create some yummy football party-themed snacks any age can whip up in the kitchen and have lots of fun while doing it.

Throwing on the Potter's Wheel

Ages: 8 years and up
Thursdays, 4–5:30 pm
October 6–27
Our Creative Outlet in Sussex
\$120 R, \$150 NR
Class # 3301.1
Register by September 29
Instructor: Karen Norris

Learn to use the potter's wheel to create six to nine usable pots. With an emphasis on learning good technical skills, learn to center, open up the clay, bring up the sides, and shape the pots. Students with experience will be encouraged to create more complex pots. The stoneware pots will be glazed with food safe glazes during the fourth class.

YOUTH SPORTS

Okinawan Martial Arts

Ages: 5–17 years
Mondays, 5:30–6:20 pm
Okinawan Martial Arts, Sussex
\$60 R, \$72 NR

This instructional program introduces a variety of fundamental, realistic and useful martial arts techniques. Classes will be fun, interactive and emphasize age-appropriate personal development, education and physical fitness. All participants will demonstrate at the end of the session and receive a certificate of achievement. (No class Nov 21.)

Class #	Day/Time	Dates	Register By
3101.1	MON, 5:30–6:20 pm	Sept 12–Oct 17	Sept 7
3101.2	MON, 5:30–6:20 pm	Oct 31–Dec 12	Oct 26

Basic Horsemanship

Ages 7 years and up
\$260 R, \$286 NR
Knollwood Stables, 2800 Oakwood Rd., Hartland
Instructor: Knollwood Stables staff

These 8-week basic group horsemanship classes specialize in English-style riding. Riders will learn to hold a rein in each hand and post the trot. Students will learn the basic riding skills, all aspects of safety, the etiquettes of the arena and good horsemanship. Register at least one week in advance.

Class #	Day/Time	Dates
3431.1	SUN, 2:30–3:15 pm	Aug 28–Oct 16
3431.2	SUN, 2:30–3:15 pm	Oct 23–Dec 18
3432.1	MON, 6:30–7:15 pm	Aug 29–Oct 24
3432.2	MON, 6:30–7:15 pm	Oct 31–Dec 19
3433.1	TUE, 5:30–6:15 pm	Aug 30–Oct 18
3433.2	TUE, 5:30–6:15 pm	Nov 1–Dec 20
3434.1	WED, 6:30–7:15 pm	Aug 31–Oct 19
3434.2	WED, 6:30–7:15 pm	Nov 2–Dec 21

Learn to Skate

Ages 4–12
Saturdays
Naga-Waukee Ice Arena
2699 Golf Road, Delafield
\$60 R & NR

In cooperation with the Waukesha County Park System, this class is being offered to develop basic ice skating skills. Students develop confidence on the ice by making turns and stops, learning to forward and backward skate and falling and recovery techniques. Come early to allow time to put on skates and dress appropriately for the cold temperature in an ice rink. It is recommended that participants wear a helmet (bike helmet is fine). Skate rental is included.

Class #	Ages	Day/Time	Dates	Register By
3105.11	4-6	SAT, 1:45–2:15 pm	Oct 15–Nov 19	Oct 8
3105.12	4-6	SAT, 1:45–2:15 pm	Jan 7–Feb 11	Dec 21
3105.13	7-12	SAT, 2:15–2:45 pm	Oct 15–Nov 19	Oct 8
3105.14	7-12	SAT, 2:15–2:45 pm	Jan 7–Feb 11	Dec 21

Tennis Lessons

Tuesdays & Thursdays
September 6–29
Melinda Weaver Tennis Courts
\$44 R, \$53 NR

These structured lessons emphasize the fundamentals of the game through skill drills, practice techniques which will surely make you an “ACE” in no time. Youth racquets are available for use.

Class #	Ages	Day/Time	Dates	Register By
3120.10	5–7	TUE/TH, 4:30–5:15 pm	Sept 6–29	Sept 1
3120.20	8–12	TUE/TH, 5:20–6:05 pm	Sept 6–29	Sept 1

Flag Football

Ages 4–6 years
Saturday, September 10–October 15
Sussex Village Park: Lighted Diamond
\$51 R, \$64 NR

This introductory program will teach your child the fundamentals of football. Children must be age 4 by the start of the program and be in kindergarten or below. Practice and games will last one hour. Volunteers are essential to have a successful, quality program. Please indicate your desire to assist the coordinator by coaching. Parents will be notified of their child’s team the week prior to the start of the program.

Class #	Time	Dates	Register By
2112.3	9:30–10:30 am	SAT, Sept 10–Oct 15	Sept 1
2112.4	10:45–11:45 am	SAT, Sept 10–Oct 15	Sept 1

Beginning Archery

Ages 7–15 years
Tuesdays, September 13–October 11
4:30–6 pm
Menomonee Park
\$40 R & NR
Class # 3420.1
Register by September 2

Bulls eye! **Beginning Archery** is for beginners or those wanting to improve their archery skills. Concepts of proper safety will be explained in full and enforced in class. Children must have a parent or guardian present throughout the class period. All equipment is provided or students may bring their own. No crossbows or broad head arrows are permitted. Park entrance fee is included. Please register child only—one adult is included in fee.

Intro to Bow Hunting

Ages 10–16 years
Saturdays, September 10–24
4–6 pm
Menomonee Park
\$30 R & NR (Includes park entrance)
Class # 3420.2
Register by September 2

Intro to Bow Hunting is for beginners interested in learning the skills necessary to bowhunt successfully. Learn how to pick a hunting location, understand the inner workings of a deer, track an animal and, above all, stay safe in the woods. Previous archery experience is suggested. Equipment provided or students may bring their own. Children must have an adult present throughout the class period. Please register child only—one adult is included in fee.

Hooper Hands: Basketball 101

Ages 4–8
Saturdays, November 5–
December 17
Sussex Civic Center
\$65 R, \$79 NR
Coordinator: John Leavell



Hooper Hands Basketball Academy emphasizes the importance of developing young athletic minds in the field of basketball. Children are inspired to challenge themselves on court awareness, fundamentals, sportsmanship and perfecting their youth skills. **Basketball 101** is designed to give your child an overview of basic basketball skills. Participants will be introduced to dribbling, passing, shooting and rebounding. If your child masters the HOOPER homework and attends all classes, they will have increased their competitiveness and overall sense of confidence on the court. (No class November 26.)

Class #	Ages	Day/Time	Dates	Register By
3103.3	4&5	SAT, 10:15–11 am	Nov 5–Dec 17	Nov 1
3103.4	6–8	SAT, 11:15 am–12 pm	Nov 5–Dec 17	Nov 1

Rock Climbing: Wee Climb

Ages 6–8 years
Adventure Rock
21250 W. Capitol Drive, Pewaukee
\$100 R, \$125 NR

In **Wee Climb**, skilled coaches will introduce your child to rock climbing, a sport they can enjoy for a lifetime! Parents can participate with their children or simply drop them off.

Class #	Day/Time	Dates	Register By
3418.1	SAT, 9–10:15 am	Sept 24–Oct 29	Sept 17
3418.2	TH, 4:30–5:45 pm	October 6–Nov 10	Oct 1
3418.3	SAT, 9–10:15 am	Nov 12–Dec 17	Nov 5
3418.4	TH, 4:30–5:45 pm	Dec 1–Jan 5	Nov 25

Rockclimbing: First Ascent

Ages 9–13 years
Tuesdays, Saturdays
Adventure Rock
21250 W. Capitol Drive, Pewaukee
\$100 R, \$125 NR

During this 6-week class, Adventure Rock Climbing coaches focus on teaching kids the wide variety of skills required to become proficient in the sport. It can be quite a mind game at times. Price includes membership.

Class #	Day/Time	Dates	Register By
3419.1	SAT, 10:30–11:45 am	Sept 24–Oct 29	Sept 17
3419.2	TUE, 4:30–5:45 pm	Oct 4–Nov 8	Sept 27
3419.3	SAT, 10:30–11:45 am	Nov 12–Dec 17	Nov 5
3419.4	TUE, 4:30–5:45 pm	Nov 29–Jan 3	Nov 22

Youth Scholarship Program

Detailed information and applications for the Youth Scholarship Program can be viewed and downloaded from the Village of Sussex website at www.villagesussex.org or picked up at the Sussex Community Center.

Group Fitness Participants:

As you will notice, we are offering a limited number of fitness classes this fall. This is due to our transition to the new Civic Center building, currently under construction. We will offer a **Fitness Frenzy Week** starting October 24, and this will be a relaunch of our group fitness programs. During this time we will offer some new classes and will look to you, the participants, for feedback.

Things to look forward to in the new building:

- Fitness equipment storage in each exercise room
- Dedicated yoga/dance room
- Floating wood floor in main multipurpose space
- Storage cubbies for personal belongings in some spaces
- Spacious lobby area with ample seating
- New restroom facilities
- Increased parking

We appreciate your patience and hope you feel the way we do—that this mini break will be worth the wait once you see and experience our wonderful new space.

Fitness Frenzy Relaunch Week

October 24–30

Join us as we relaunch our **Group Fitness** program with a brand new facility and some brand new classes. This free week of classes offers the opportunity check it all out. No registration necessary; just show up at the appropriate day, time and location and the instructor will guide you through the class. The schedule will be available on the Village of Sussex website (www.villagesussex.org) by October 10.



Punch Card

Ages: 14+
\$75 R, \$95 NR

See individual program descriptions for days, times and locations of the group fitness programs you'd like to attend with the **Punch Card**. The Punch Card is for participants that would like to have the flexibility to participate in multiple group exercise classes each session. There are 12 punches per card. (No classes November 23-29.)

Class #	Dates	Register By
3726.1	Monday, Sept 12–Saturday, Oct 22	Sept 8
3726.2	Monday, Oct 31–Saturday, Dec 17	Oct 27

Yolates

Tuesdays, Thursdays, Saturdays
Sussex Community Center
Instructor: Rita Calatola-Pofahl
\$36 R, \$45 NR

Yolates is a combination of traditional Yoga and Pilates. It's the same class, just a new name! This is a workout that tones the entire body, enhances posture, improves your flexibility and reduces stress. Bring a yoga mat and wear comfortable clothing. (No class November 22, 24 and 26.)

Class #	Day/Time	Dates	Register By
3704.1	Saturdays, 8–9 am	Sept 17–Oct 22	Sept 5
3704.2	Tuesdays, 5–6 am	Sept 13–Oct 18	Sept 5
3704.3	Thursdays, 5–6 am	Sept 15–Oct 20	Sept 5
3704.4	Saturdays, 8–9 am	Nov 5–Dec 17	Oct 24
3704.5	Tuesdays, 5–6 am	Nov 1–Dec 13	Oct 24
3704.6	Thursdays, 5–6 am	Nov 3–Dec 15	Oct 24

Yoga

Sussex Community Center
Mondays, Wednesdays, Thursdays
Monday Instructor: Stacy Chic
Wednesday/Thursday Instructor: Jenny Steeger
\$36 R, \$45 NR

Yoga is an ancient exercise that enhances physical strength, flexibility, balance, and mental and emotional well-being. In this class, we will move through asanas or poses using our breath using a Vinyasa type yoga, creating heat in the body to develop muscular flexibility and to build strength by holding poses for a few breaths and finally deepening our poses for enhanced long-term flexibility. Needed: Yoga mat and comfortable clothing. (No class November 21, 23 and 24.)

Class #	Day/Time	Dates	Register By
3705.1	Mondays, 6–7 pm	Sept 12–Oct 17	Sept 5
3705.2	Wednesdays, 7–8 pm	Sept 14–Oct 19	Sept 5
3705.3	Thursdays, 7–8 pm	Sept 15–Oct 20	Sept 5
3705.4	Mondays, 6–7 pm	Oct 31–Dec 12	Oct 24
3705.5	Wednesdays, 7–8 pm	Nov 2–Dec 14	Oct 24
3705.6	Thursdays, 7–8 pm	Nov 3–Dec 15	Oct 24

Climbing 101

Ages: 18 years and up
Mondays
6:30–9 pm
Adventure Rock, 21250 W. Capitol Dr.,
Pewaukee
\$125 R, \$150 NR

Climbing 101 is perfect for any adult looking for a new challenge. This six-week class will turn you into a well-rounded climber. Learn the ins and outs of the sport of rock climbing through hands-on experience and discussion. Each week, certified Climbing Wall Instructors will focus on different aspects of climbing in a fun and social atmosphere. You can also practice what you've learned in class anytime you want with your complimentary six-week gym membership. With our guiding partner Apex, we'll even take you climbing outdoors at Devil's Lake State Park, in Baraboo, Wisconsin! This outdoor class is included as part of the continuing higher education of Climbing 101.

Class #	Day/Time	Dates	Register By
3801.1	MON, 6:30–9 pm	Sept 26–Oct 31	Sept 20
3801.2	MON, 6:30–9 pm	Nov 7–Dec 12	Nov 1

Pickleball

Tuesdays, Wednesdays, Thursdays
Sussex Civic Center
\$20 R, \$25 NR (one day)
\$40 R, \$50 NR (all days)
Register by October 25

Pickleball is a relatively hot new racquet sport which combines elements of badminton, tennis, and table tennis. Pickleball is very popular with people who are looking for a low-impact racquet sport. Sussex Recreation will provide nets and balls. A few paddles are available to borrow. (No class November 24.)

Class #	Day/Time	Dates	Register By
3999.1	TUE, 9:30–11:30 am	Nov 1–Jan 17	Oct 25
3999.2	WED, 9:30–11:30 am	Nov 2–Jan 18	Oct 25
3999.3	TH, 9:30–11:30 am	Nov 3–Jan 19	Oct 25
3999.4	All days	Nov 1–Jan 19	Oct 25

Fitness participants must be age 14 years or older. Participants under 18 years of age must have parent/guardian signature on registration form to participate.

LOOK FOR
FREE
Try-It Days
during our
WELCOME WEEK
October 24–30!

ADULT ENRICHMENT

Basketweaving Studio

Tuesdays, September 20–December 13
9 am–12 pm
Sussex Community Center
\$12 per person each week
No pre-registration necessary

Students of all levels are welcome to weave a project of their choice with the guidance of an experienced instructor. Project materials are available for purchase through the instructor or bring your own. Tips are provided for all aspects of basket making. This is an open studio—come on as many days as you'd like! Bring the following supplies to each session: clippers or strong scissors, 10–15 clip clothespins, old towel, small flat screwdriver, pail or bucket, plant mister, pencil and needle nosed pliers.

Fermentation Class

Thursday, September 22
6:30–8:30 pm
North Shore Middle School
\$19 R, \$23 NR
Class # 3915.1
Register by: September 15



Fermentation is a historical way to preserve food using beneficial microorganisms to “sour” food and allowing it to stay safe to eat for months when refrigerated. It provides nutrients, probiotics and good taste. It isn't a complicated process. This class will provide samples of five or six different fermented vegetables to taste. Participants will make sauerkraut and have their 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. Bring your knowledge and we'll share ideas.

Introduction to Backyard Beekeeping

Tuesday, November 22
6:30–8 pm
North Shore Middle School
\$15R, \$18NR
Class # 3909.1
Register by: November 15



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.

In the Kitchen Cooking Demos with Staci Joers

Fall Harvest of Flavors

Wednesday, October 5
6:30–9 pm
Wagner Park, Pewaukee
R & NR \$22
Class #3901.1
Register by September 28

Many varieties of produce available in the fall; apples, mushrooms, sweet potatoes, green beans, kale, tomatoes, cabbage, beets, broccoli and the list goes on and on. When you buy produce fresh and in-season it is generally less expensive and more nutritious. When food is not in season locally, it's either grown in a hothouse or shipped in from other parts of the world, and both affect the taste. Stacy will create a variety of recipes using fresh local produce to bring you a menu that will explode with flavor and color. You'll sample: Braised Pork with Apples, Mushrooms, and Calvados; Rosemary Mashed Sweet Potatoes with Caramelized Shallots; Green Beans with Wild Mushrooms; and Pear & Apple Tart Tatin.

Mushrooms

Monday, October 17
6:30–9 pm
Wagner Park, Pewaukee
R & NR \$22
Class # 3901.2
Register by October 10

The mushroom is used in many cuisines throughout the world and it is known as the “meat” of the vegetable world. Mushrooms are very nutritious. Differing species can be good sources of vitamins B and D along with essential minerals such as copper and potassium. You will explore the world of mushrooms and sample a variety of recipes, including Mushroom & Gruyere Tart, Pork with Mushroom Cream, Brussels Sprouts with Wild Mushrooms and Pancetta and Mushroom Risotto.

A New Twist on Holiday Side Dishes

Monday, November 21
6:30–9 pm
Wagner Park, Pewaukee
R & NR \$22
Class# 3901.3
Register by November 14

If you're tired of the same old fare, mix it up with this collection of recipes chock full of new flavors for the holidays. You'll sample Rosemary Mashed Sweet Potatoes with Caramelized Shallots, Quinoa and Squash Pilaf, Green Beans with Wild Mushrooms and Carrot Souffle.

Best Desserts & Bars for Holiday Entertaining

Monday, December 21
6:30–9 pm
Wagner Park, Pewaukee
R & NR \$22
Class # 3901.4
Register by December 14

Forget presents! All we want for Christmas are these sweet treats, but we don't always have time for fanciful, time-consuming dessert preparation. Stacy has gathered a collection of beautiful, delicious and simple recipes that satisfy every sweet tooth and are beautiful to serve. All of the recipes can be made in advance, are easily transported and I've even included a no-bake option. You'll sample Homemade Twix Bars (which includes a recipe for my famous Soft Butter Caramels), Butterfinger Cheesecake Bars, Chocolate Lava Cake, No-Bake Chocolate & Salted Caramel Tart.

Advanced Beekeeping

Tuesdays, November 29 & December 6
6:30–8 pm
North Shore Middle School
\$30 R, \$36 NR
Class # 3909.2
Register by November 22



For those buzzing with excitement about keeping bees, this class is for you. Building on the foundation of the Intro class, this two-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.

GIFT CERTIFICATES AVAILABLE

Surprise someone with a gift certificate for any dollar amount to be used toward a recreation program or trip.

Gift Certificates can be purchased at the Sussex Community Center from 8 am to 5 pm Monday-Friday.



ADULT/SENIOR TRIPS

Preserving our Past...

Ages: 18+
Wednesday, September 21
Depart Sussex at 6:30 am
Expected Return at 6:30 pm
Register by September 1
\$69 R, \$74 NR
Trip #2501.0

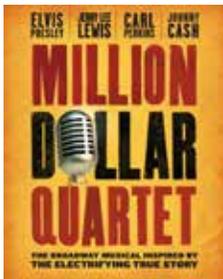
Although we love our Packers, there's more to the Green Bay area. We'll spend the day learning about some of the foundations of our country and how they shaped our country, including the Native Americans and the railroad. We'll begin the day on a cultural tour of the **Oneida Nation** that will share many attractions to learn what it was like, what happened, and life today in the Oneida Nation 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.

Warren's Cranberry Festival

Ages: 18+
Saturday, September 24
Depart Sussex at 7 am
Expected Return at 8:30 pm
\$39 R, \$44 NR
Trip #2502.0
Register by September 15



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 www.cranfest.com. **This is an all-day walking trip.**



Fireside Theatre Million Dollar Quartet

Ages: 18+
Wednesday, September 28
Depart Sussex at 8:15 am
Return to Sussex at 5:45 pm
\$94 R, \$99 NR
Trip #2507.0
Register by August 19

Our coach bus is headed to the Fireside where we will enjoy a delicious dinner and a production of **Million Dollar Quartet**. On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together for what would be one of the greatest jam sessions ever. Relive the era with the smash-hit sensation featuring an incredible score of rock 'n' roll, gospel, R&B and country hits, performed live onstage by world-class actors and musicians. Hit songs include: Blue Suede Shoes, Great Balls of Fire, Fever, Whole Lotta Shakin' Goin' On, and many more. On the way to the Fireside we will stop at the Jones Dairy Farm Outlet.

Door County Peninsula Mystery Tour

Ages: 18+
Thursday, October 13
Depart Sussex Community Center at 6:30 am
Expected Return at 7:30 pm
\$84 R, \$89 NR
Trip #3530.1
Register by September 15

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.

Christmas Shopping in Chicago

Ages: 18+
Saturday, December 3
8 am-8 pm (approximately)
Pick up at Wagner Park
\$35 R, \$40 NR
Register by November 18
Trip # 3501.1

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.

Celebrating the Holidays in Oshkosh

Ages: 55+
Tuesday, November 22
Depart Sussex at 8:30 am
Return to Sussex at 4:45 pm
\$64 R, \$69 NR
Trip # 3510.1
Register by October 21

Our coach bus is headed to Oshkosh where we'll visit the Oshkosh Public Museum's "Deck the Halls" exhibit. The historic Sawyer home will be decorated in its holiday splendor, and the life-size Christmas Village exhibit windows will delight. We will enjoy lunch at the Roxy Supper Club. Please indicate your choice of Broiled Haddock, Chicken Pecan or Chopped Sirloin when registering. After lunch we'll visit the Paine Center to view beautiful rooms elaborately decorated from scenes from the Nutcracker. On our way home, we'll stop at Hughes Chocolate Shop.

Singin' in the Rain

Ages: 55+
Thursday, December 15
Depart Sussex at 8:45 am
Return to Sussex at 6:15 pm
\$89 R, \$94 NR
Trip # 3520.1
Register by October 21

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.

The Illusionists

Ages: 18+
Thursday, February 16
Depart 4:15 pm from Sussex Community Center
Return at 11 pm
Register by January 6
\$94 R, \$99 NR
Trip # 3501.2



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 nonstop show is packed with thrilling and sophisticated magic of unprecedented proportions. Prior to the show we'll have dinner at the Water Street Brewery, where you'll have a choice of a Reuben, BBQ Bacon Burger or a Grilled Chicken Salad.

SENIOR ACTIVITIES

The Center of Attention

Complete senior programming details are listed in the the **Center of Attention** senior newsletter. Published quarterly, the Center of Attention provides our senior community with information about activities, events, trips, classes, seminars, support groups and resources. Copies are available at the Pauline Haass Public Library, the Sussex Village Hall, the Sussex Community Center, Sussex Mills, the Bristol Court apartment complexes and on the Village website at www.villagesussex.org.

Senior Dining Meal Site ... Fellowship, Food and Fun!

Senior Dining includes both senior dining centers and home-delivered meals. The senior dining centers provide low cost nutritious meals to persons 60 years of age and older, with an emphasis on reaching frail, isolated, homebound and disadvantaged older adults. In addition to a hot noon meal, older adults receive nutrition education, health information and screenings, outreach and support for themselves and their families.

Monthly menus are available at the Sussex Community Center, on the Village Web site at www.villagesussex.org and on the Waukesha County website at www.waukeshacounty.gov.

Reservations are required at least 24 hours in advance. Call (262) 246-6747 before 1 pm Monday-Friday or (262) 548-7848 anytime prior to 1 pm to make reservations.

Senior Fitness

Ages: 55+
Mondays, Thursdays
Sussex Community Center
\$17 R, \$21 NR
Monday Instructor: Miranda Laffin,
Thursday Instructor: Donna Wolff

Senior Fitness is a low-impact, aerobic program designed for ages 55 and older to improve flexibility and cardiovascular health while safely and appropriately stretching. This fitness routine is great for your overall wellness. Senior Fitness is not part of the All Class Exercise Pass. (No class November 24.)

Class #	Dates	Dates	Register By
3701.1	MON, 9-9:45 am	Sept 26-Nov 7	Sept 12
3701.2	TH, 9-9:45 am	Sept 15-Oct 27	Sept 12
3701.3	TH, 10-10:45 am	Sept 15-Oct 27	Sept 12
3701.4	MON, 9-9:45 am	Nov 14-Dec 26	Oct 31
3701.5	TH, 9-9:45 am	Nov 3-Dec 22	Oct 31
3701.6	TH, 10-10:45 am	Nov 3-Dec 22	Oct 31

Gentle Yoga

Ages: 55+
Wednesdays, Fridays
Sussex Community Center
\$22 R, \$28 NR
Instructor: Patti Breitbach-Rashid



Gentle stretches, breathing, relaxation and simple movements increase range of motion of the major joints. Gentle Yoga is appropriate for seniors or those who simply prefer to move at a slower pace. Individualized instruction and modifications are given to accommodate those with chronic symptoms such as muscle or joint pain, stiffness, weakness or fatigue. Gentle Yoga is NOT part of the All Class Exercise Pass.

Class #	Dates	Dates	Register By
3702.1	WED, 9-9:45 am	Sept 28-Nov 9	Sept 21
3702.2	FRI, 9-9:45 am	Sept 30-Nov 11	Sept 21
3702.3	WED, 9-9:45 am	Nov 16-Dec 28	Nov 9
3702.4	FRI, 9-9:45 am	Nov 18-Dec 30	Nov 9

Holiday Swag

November 29, 30 &
December 1



Sussex Support Group for Caregivers



4th Mondays of the month beginning August 22
12:45 pm
Sussex Community Center

Are you providing care and support for a family member or loved one with medical or dementia related needs? Could you use some helpful suggestions or just a friendly face and support from someone who understands what a day is like for you? Join us for our "all new" monthly support group, the 4th Monday of each month, right here in Sussex. For more information or questions, call Jean Horner, Sussex Senior Program Coordinator, at 246-6447.

Boost Your Brain & Memory

Mondays, (September 12, 19 & 26, October 3, 10, 17 & 24)
10-11:30 am
Sussex Community Center

Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness. Instructor-led activities guide adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the eight weekly sessions includes informational video segments followed by group discussion, exercises and activities. Participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention. To register, call Lee at ADRC of Waukesha County (262) 548-7848.

Senior Dinner Party **GOODBYE, Hello**

Thursday, September 29
4:30 pm Activities, 5 pm Dinner,
5:15 pm Entertainment
by Nick Contorno Trio
Sussex Community Center
\$5 per person
Class # 2909.1
Register by September 26

The time has come for our very last senior dinner party at the Sussex Community Center. Enjoy an evening of great food, great friends and much reminiscing about the friends we have made and the great memories that will last a lifetime! Join us to say "Hello" to what's ahead, and learn more about our brand new Sussex Community Center!



Honor Flight Presentation

Wednesday, November 9
12:45 pm
Sussex Civic Center

Stars and Stripes Honor Flight is the Southeastern Wisconsin chapter of the National Honor Flight organization. This non-profit organization's mission is to honor all veterans by flying WWII, Korean War and terminally ill veterans from other conflicts to Washington, DC to visit their memorials. We actively promote educational aspects of this mission in our communities and our schools. The local group has helped more than 3,000 Wisconsin Veterans visit the Memorials since it began in 2008 with a single flight carrying 70 vets.

WELCOME to our new Civic Center WEEK

*Watch for more details in our fall
Center of Attention newsletter*



Recreation Department Policies

Registration Policies

- Registrations are processed on a first-come, first-served basis, with this exception: registrations received prior to the designated registration dates will be kept in our safe until the designated registration date.
- Register early! Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment and purchasing supplies.
- Registration Expectations: A minimum and maximum numbers of participants are required for each program. These guidelines are necessary to ensure the best possible instruction for each participant. The department may increase or reduce program size if necessary.

Where enrollment is low, the Recreation Department reserves the right to cancel a program. Program cancellations due to low registration will be made at least two (2) days before the start of the program. Participants will be notified by the Recreation Department and will receive a 100% refund of the program fee.
- Do I pay resident or non-resident fees? If you pay your residential property taxes to the Village of Sussex, you are considered a resident. Any taxing municipality outside the Village of Sussex is non-resident. Unfortunately, being in the Sussex Hamilton School District or having a "Sussex" mailing address does not necessarily mean you are considered a resident of the Village. Non-resident participants pay higher fees because a portion of the Village of Sussex property taxes is designated to pay for the buildings, parks, instructors and administration of recreation services.
- Individuals under age 18 must have parent/guardian signature on registration in order to participate.
- Individuals are placed on waiting lists if their requested program is full. If space becomes available, we will call individuals on the waiting list.
- Registrations are not processed if an incorrect payment accompanies the registration form. We will not reserve spots open until full payment has been received. Inadvertent overpayments are placed on the payee's Activenet registration account.

- Do not participate in a program you are not registered for.
- If a payment is returned as "non-payable" for any reason, there will be a charge of \$30 for each returned submission. Accounts are suspended and individuals are removed from program rosters and must not attend any

further classes until issuer pays in full the balance due plus all accrued service charges.

Refund Policies

- Customers seeking refunds have two options. One is to receive a refund back in the original form of payment. The second option is to place the refunded amount on your Activenet registration account to be used for future recreation programming fees. Money placed on your Activenet registration account does not expire. Program registration cancellations requested prior to the registration deadline will receive a refund minus a \$10 administrative fee. If the refund is placed on the Activenet registration account, only a \$5 administrative fee will be assessed.
- Program registration refund requests can be made up to one week past the program start date. Should the request be approved, a refund will be made minus a \$10 administrative fee. If a refund request is made for which the Recreation Department has incurred expenses on your behalf, a refund may not be granted. Expenses may be but are not limited to: uniforms, equipment, supplies, etc.
- Online convenience fees are non-refundable.
- Program registration refund requests that are submitted after the first week will only be considered with a physician's note stating the patient is unable to participate in the activity that is required. The refund will be pro-rated based on the date of the physician's note.
- Once a program begins, registration remains open at the advertised registration fee as space allows and with instructor permission.
- Refunds will not be made for individual absences (i.e. illnesses, vacations, etc.) and cannot be made up nor may you participate in a class other than the one you are registered for.
- Trip cancellations must be made prior to the registration deadline date. Any trip cancellation received prior to that deadline date may receive a refund, minus a \$10 administrative fee. Cancellations requests received after that deadline will only receive a refund if a replacement is found. The \$10 administrative fee will still apply.
- The Parks & Recreation Department will try to reschedule a make-up class if a program has been cancelled due to adverse weather conditions. There will be no refund if a class cannot be rescheduled or if a participant cannot make the rescheduled class.

Registration Modifications/Transfers

Modifications to the original registration must be made in writing and are subject to a \$5 administrative fee per transaction. These may include but are not limited to transfer to another session or program, removal of Before or After care for Day Camp, etc. All assessed fees must accompany the written request.

An example of a modification or transfer would be if a child is registered for the first week of Day Camp and wants to transfer to Week 6 of Day Camp. This would also apply to any adjustments made to Before or After Care for Day Camp.

Program Information Distribution

The Parks & Recreation Department direct mails three seasonal Recreation brochures per year to all residents in the 53089 zip code, along with portions of Merton, Hartland, Colgate, Richfield, Pewaukee, Menomonee Falls and Lannon. In addition, copies of the Recreation Brochure are available at the Pauline Haass Library, Sussex Village Hall and Sussex Community Center or on the Village of Sussex website. Unfortunately, we do not mail individual copies upon request.

Adverse Weather Condition Guidelines

If adverse weather conditions exist and the Sussex Hamilton School District has closed its schools or cancelled their activities, the recreation programs and events are cancelled. When the District is no longer in session, the weather delay or cancellation announcements will be posted as listed below.

Should adverse weather conditions be imminent or exist, recreation staff will post notification of the cancellations/changes in the most effective manner. The responsibility lies also with individuals to inquire about potential closings or cancellations. Every effort is made to give reasonable, prudent and advanced notice to registered participants by any of the following:

- Facebook and Twitter
- www.villagesussex.org
- Taglines on local TV stations
- Email to registered participants

We DO NOT call individual registered participants to announce cancellations or changes.

Insurance/Liability

Activities are conducted in a safe manner. There is an adherent risk of injury when choosing to participate in recreational activities. The Village of Sussex does not provide hospital/medical insurance coverage for persons participating in our recreation programs and events. Participants are encouraged to obtain their own insurance coverage prior to and for the duration of the activity they take part in.

Americans with Disabilities Act

The Village of Sussex will make reasonable modifications to support inclusive recreation participation. We request ample notice regarding special assistance requests; this will allow us proper planning time to accommodate needs. If you require special accommodations in order to participate, please inform us when you register.

Program Observation

In an effort to better promote a positive learning environment for programs, only

registered participants are permitted in the program area. Our instructors welcome the opportunity to discuss participant's progress with parents after class.

Sharing Personal Information

The personal information provided to the Sussex Recreation Department on the registration form is used solely for the purpose of participating in Sussex Recreation programs. The Sussex Recreation Department will not share information with outside parties.

Say Cheese!

Our Recreation Department periodically takes pictures of participants in our classes, during special events, and in the Village's parks. Please be aware that these photos are for recreational use and may be used in the Village's brochures, pamphlets, flyers, or Web site. You must give us written notice if you or your family members do not want to be photographed or published.

Announcements

- Smoking and alcohol are strictly prohibited in any Village-owned property.
- No guns or weapons are allowed in any Village-owned building.

Lost and Found

The Recreation Department is not responsible for any items lost or stolen during participation in any Village-sponsored activities. Any found items are taken to the Sussex Community Center. Any unclaimed items are donated to a local charitable organization at the end of each season.

New Program Ideas

The Parks & Recreation Department is always receptive to suggestions for the development of programs. A program proposal form must be completed to provide preliminary information. The form is available on the Village of Sussex website.

Code of Conduct

Recreation programs can be used as an opportunity for people, young and old, to learn how to engage in healthy activities while maintaining respect for themselves and other participants. Benefits are derived from the participant's attitude toward the program and the adherence to accepted standards of behavior. The complete Code of Conduct Policy can be reviewed at www.villagesussex.org. By participating and authorizing participation in Sussex Recreation activities, programs and special events, individuals agree to adhere to the Codes of Conduct set forth.

Program Errors/Changes

Occasionally there may be a misprint within this program guide. We will make every effort to correct the error as soon as possible. The Parks & Recreation Dept. reserves the right to cancel, postpone, combine classes, change program locations or times for various reasons. Notification will be given in the most efficient manner possible.

Village of Sussex
**TRICK
or
 TREAT**

Saturday, October 29
 6-8 pm



Sussex Community Center
 W240N5765 Maple Avenue
 Sussex, WI 53089

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Village Parks, Facilities & Amenities

Village of Sussex Parks, Facilities & Amenities	Acres	Ball Diamonds	Basketball	Ice Skating	Sledding	Nature Trails	Playfield/Open Space	Picnic Area	Playground	Restroom	Shelter	Tennis Courts	Volleyball	Skate Park	Water Fountain	Soccer	Disc Golf
Armory Park (W239N5664 Maple Ave)	28	x		x		x	x	x	x	x	x		x	x	x	x	
Butler Wetlands (W240N7085 Maple Ave)	40																
Coldwater Creek (N78W23152 Coldwater Dr)	2						x	x	x						x		
Grogan Park (W245N6697 Grogan Dr)	13		x				x	x	x								
Madeline Park (N65W23284 Elm Dr)	7						x										
Melinda Weaver Park (W239N6046 Maple Ave)	2		x									x					
Mapleway Park (W239N6776 Maple Ave)	9					x		x	x								
Old Brooke Square (N63W23713 Main St)	1					x									x		
Prides Crossing (N70W23483 Prides Rd)	7		x			x	x	x	x								
Ridgeview Park (N75W23416 Water Tower Ct)	3							x	x								
Spring Green Park (N60W23548 Clover Dr)	7					x	x	x	x								
Stonewood Estates (W245N7336 Stonefield Dr)	2						x	x	x						x		
Sussex Nature Preserve (N72W22924 Good Hope Rd)	71																
Village Park (N63W24459 Main St)	75	x			x	x	x	x	x	x	x	x	x		x		x
Weyer Park (N64W23760 Main St)	7						x	x	x						x		

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