ST. FRANCIS SCHOOL DISTRICT

RECREATION CATALOG

Fall 2026



This month, our recreation department offers a wide array of wellness and extracurricular activities designed for both students and families.

DEER CREEK GIRLS BASKETBALL IS BACK FOR SEASON 2

MORNING ADULT WELLNESS CLASSES START THIS FALL!

Issue No. 01 | September 2026

https://www.stfrancisschools.org/page/sf-recreation

ST. FRANCIS RECREATION DEPT.

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WHO WE ARE

OUR MISSION

The mission of the St. Francis School District Department of Recreation is to enhance the quality of life of its students, families, and community members by providing youth development, education, recreation, and social opportunities in partnership with schools, organizations, and the St. Francis community. This includes recreational, vocational, avocational, civic, and cultural activities and projects in collaboration with the school district.







A WELCOME TO DR. RYAN KROHN





A Warm Welcome to Our New Superintendent, Dr. Kohn!

The St. Francis Recreation Department is thrilled to extend a warm welcome to Dr. Kohn as the new Superintendent of the St. Francis School District.

Strong schools and vibrant community programs go hand in hand. As we launch this season's lineup of activities, athletics, and enrichment opportunities, we look forward to working together under Dr. Kohn's leadership to foster active, healthy, and connected experiences for residents of all ages.

Please join the entire Recreation Department team and community in welcoming Dr. Kohn to the St. Francis family!

MEET THE TEAM

RECREATION STAFF DIRECTORY

DAVID CUNNINGHAM
Community Recreation Director & K-8 Athletic Director
414-482-8481
dcunnin@sfsd.k12.wi.us

DARRELL BOWIE
Basketball Coordinator
dbowie@sfsd.k12.wi.us

JENNY PERONTO
Administrative Assistant
Fees • Registrations • Scheduling • Programming
414-482-8484
jperont@sfsd.k12.wi.us

OFFICE HOURS

Monday–Friday • 7:30 AM–3:30 PM
Recreation staff are also available during programming hours.

About Our Team

The St. Francis Recreation Department is proudly powered by a dedicated team of roughly 55 staff members. Our passionate team supports local students and families across a variety of roles, including adult wellness instructors, athletic staff, event personnel, lifeguards, coaches, desk clerks, and support staff.





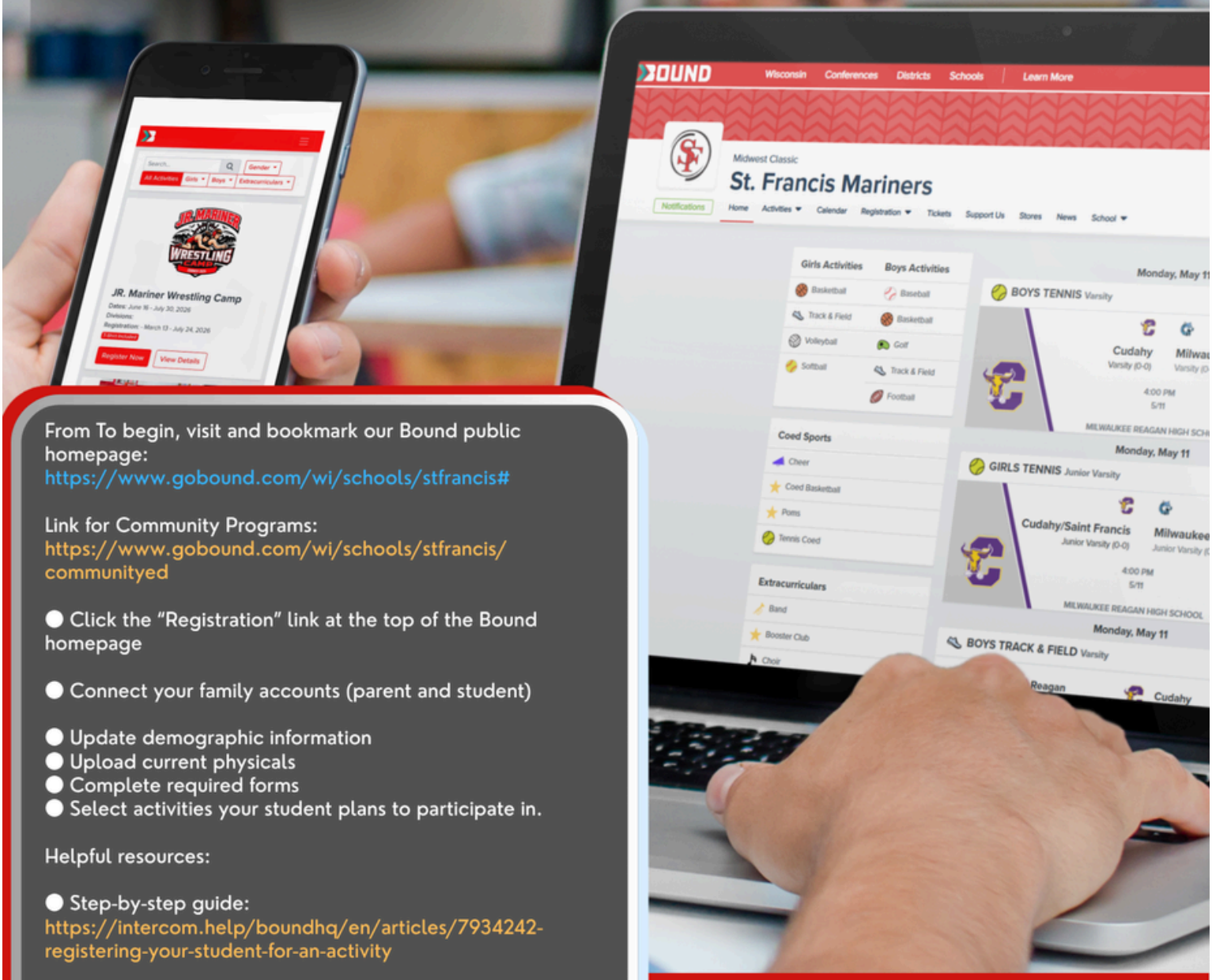


ST. FRANCIS IS NOW USING THE BOUND PLATFORM!

One Platform. One App. One Mariner Nation.

The St. Francis School District have officially transitioning to Bound a premier, all-in-one platform for all athletic and recreation registrations.

REGISTRATION GUIDE



From To begin, visit and bookmark our Bound public homepage:
https://www.gobound.com/wi/schools/stfrancis#

Link for Community Programs:
https://www.gobound.com/wi/schools/stfrancis/communityed

- Click the "Registration" link at the top of the Bound homepage
- Connect your family accounts (parent and student)
- Update demographic information
- Upload current physicals
- Complete required forms
- Select activities your student plans to participate in.

Helpful resources:

- Step-by-step guide:
https://intercom.help/boundhq/en/articles/7934242-registering-your-student-for-an-activity
- Video walkthrough:
https://share.synthesia.io/eec05cf3-cb64-43cf-b663-2857f9678613
- How to Add a Child to a 2nd Family
https://intercom.help/boundhq/en/articles/13687609-how-to-add-a-child-to-a-2nd-family

Need help? Contact Jenny Peronto at 414-482-8484 or jperont@sfsd.k12.wi.us.

STAY CONNECTED

RECREATION DEPARTMENT CALENDAR

Do you have the St. Francis Recreation Google Calendar yet? It's a great way to stay in the loop on games, events, and camps happening through our department. Check out the link below to stay connected!

HTTPS://CALENDAR.GOOGLE.COM/CALENDAR/U/1?CID=C2ZYZWNAC2ZZZC5RMTIUD2KUDXM

FALL SPORTS CALENDAR

JR. MARINER

2026 SCHEDULE

7TH/8TH GRADE | **5TH/6TH GRADE**

GAME				LOCATION	TIME
08/29	SCRIMMAGE	VS	TBD	St. Francis High School	9:00 AM
09/12	7th/8th Grade 5th/6th Grade	VS	Cudahy Brookfield Academy	Cudahy High School Brookfield Academy	9:00 AM 10:45 AM
09/19	7th/8th Grade 5th/6th Grade	VS	Lake Country Lutheran Lake Country Lutheran	Lake Country Lutheran 401 Campus Drive - Hartland	9:00 AM 10:45 AM
09/26	7th/8th Grade 5th/6th Grade	VS	St.Thomas More St.Thomas More	St. Thomas More 2601 E. Morgan Ave. Milwaukee	9:00 AM 10:45 AM
10/03	7th/8th Grade 5th/6th Grade	VS	Messwood Pius	St. Francis High School	9:00 AM 10:45 AM
10/10	7th/8th Grade 5th/6th Grade	VS	Nicolet Nicolet	St. Francis High School	9:00 AM 10:45 AM
10/17	7th/8th Grade 5th/6th Grade	VS	Shoreland Lutheran Kettle Moraine Lutheran	Shoreland Lutheran Kettle Moraine Lutheran	9:00 AM 10:45 AM
10/24	7th/8th Grade 5th/6th Grade	VS	Kettle Moraine Lutheran St. Joseph's	St. Francis High School	9:00 AM 10:45 AM

JR. MARINER FOOTBALL

STAY CONNECTED

FALL SPORTS CALENDAR



2026-27 8TH GRADE GIRLS BASKETBALL SCHEDULE

WHITNALL
9/10 • 3:45 PM

OAK CREEK EAST MS
9/15 • 4:10 PM

LAKE DENOON MS
9/17 • 3:30 PM

OAK CREEK WEST MS
9/22 • 3:45 PM

MUSKEGO LAKES MS
9/24 • 3:45 PM

GREENFIELD MS
9/29 • 3:30 PM

CUDAHY MS
10/1 • 3:45 PM

SOUTH MILWAUKEE MS
10/6 • 3:45 PM

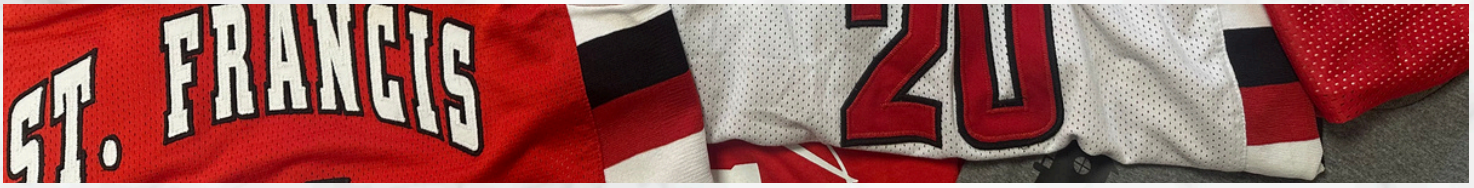
FOREST PARK MS
10/13 • 3:45 PM

OAK CREEK EAST MS
10/15 • 3:45 PM

GREENDALE
10/20 • 3:30 PM

FOREST PARK MS
10/22 • 3:45 PM

•HOME •AWAY *DOUBLE HEADER



FACILITIES

FACILITY RENTALS

Users must create a Bound account and apply for reserver access before they can request a facility.

1**. Create a Bound account**
Go to the school's public page for the facility. https://gobound.com/wi/schools/stfrancis#
If you are not logged in, Bound will ask you to log in or create a Bound account.

2. **Create a Facility Request account**
After logging in, click Create New Facility Request Account.
Enter the account name, email, address, phone, and description.

3. **Apply for access to the school**
Open the Facility Request account.
Go to Applications and click New Application. Type the school name, select it, and click Submit.

4. **Wait for approval**
The school must approve the application before you can submit a reservation request.

5. **Submit the reservation**
Click the school logo in your Facility Request account.
Select Create New Reservation and complete the reservation details.



WATER AEROBICS

AQUATICS • ADULT WELLNESS



ADULT CLASSES

QUICK INFO

DAYS
Mondays and Wednesdays

DATES
September 9 – October 28, 2026

TIME
5:30-6:15p, 6:15-7pm

COST
$30

GROUP
Adult

COACH / CLUB LEADER
Jill Zess

PROGRAM DESCRIPTION

Dive into a new fitness routine this autumn with Water Aerobics! If you are seeking an exciting, gentle path to staying active and healthy, our classes are designed for all experience levels. Enjoy a high-energy, full-body workout that is exceptionally easy on your joints. Our low-impact, high-energy class is ideal for people of all fitness levels. Have a fun, invigorating workout in a welcoming group setting!

REGISTER HERE



BEGINNING LINE DANCING

ADULT WELLNESS • DANCE

QUICK INFO

DAYS
Wednesdays Evenings / Friday Mornings

DATES
September 30 – November 20, 2026

TIME
Wednesdays (4:30-5:30pm) & Fridays (10am-11am)

COST
$30

GROUP
Adult

COACH / CLUB LEADER
Sandy Moen



ADULT CLASSES

PROGRAM DESCRIPTION

Are you searching for an energetic and enjoyable way to stay active? Join our Beginner Line Dancing class! Designed to be completely welcoming, this course guides you through straightforward choreography step by step. No previous dance experience or partner is required to participate. It provides a wonderful, lively opportunity to get moving, burn calories, and bring a bright smile to your face. Grab your sneakers and get ready to dance during the morning or early evening!

REGISTER HERE

STRETCH & UNWIND

REGISTER HERE

ADULT WELLNESS • FITNESS



ADULT CLASSES

QUICK INFO

DAYS Wednesdays	**DATES** September 30 – November 18, 2026	**TIME** 6:00 - 7:00 pm,
COST $30	**GROUP** Adult	**COACH / CLUB LEADER** Sandy Moen

PROGRAM DESCRIPTION

Take a deep breath, slow down, and give your body the care it deserves. Stretch & Unwind is a gentle fusion of yoga, Pilates, and ballet-inspired movement, blending the mindful flow of yoga with the core strength of Pilates and the graceful stretches found in barre. Throughout class, we will learn to move within your own unique range of motion, never forcing a stretch. We'll focus on body awareness while creating space to release tension from both the body and mind. Each class concludes with an extended guided meditation. Every movement can be adapted to meet your needs. You're welcome to join on the mat or complete the entire class from a chair, making Stretch & Unwind accessible to a variety of abilities and experience levels. Come as you are, move at your own pace, and leave feeling a better sense of connection with yourself.



BARRELESS BARRE — FALL SESSION

ADULT WELLNESS • FITNESS

QUICK INFO

DAYS
Thursday Mornings

DATES
October 1 – November 19, 2026

TIME
10am - 11am

COST
$30

GROUP
Adult

COACH / CLUB LEADER
Sandy Moen



PROGRAM DESCRIPTION

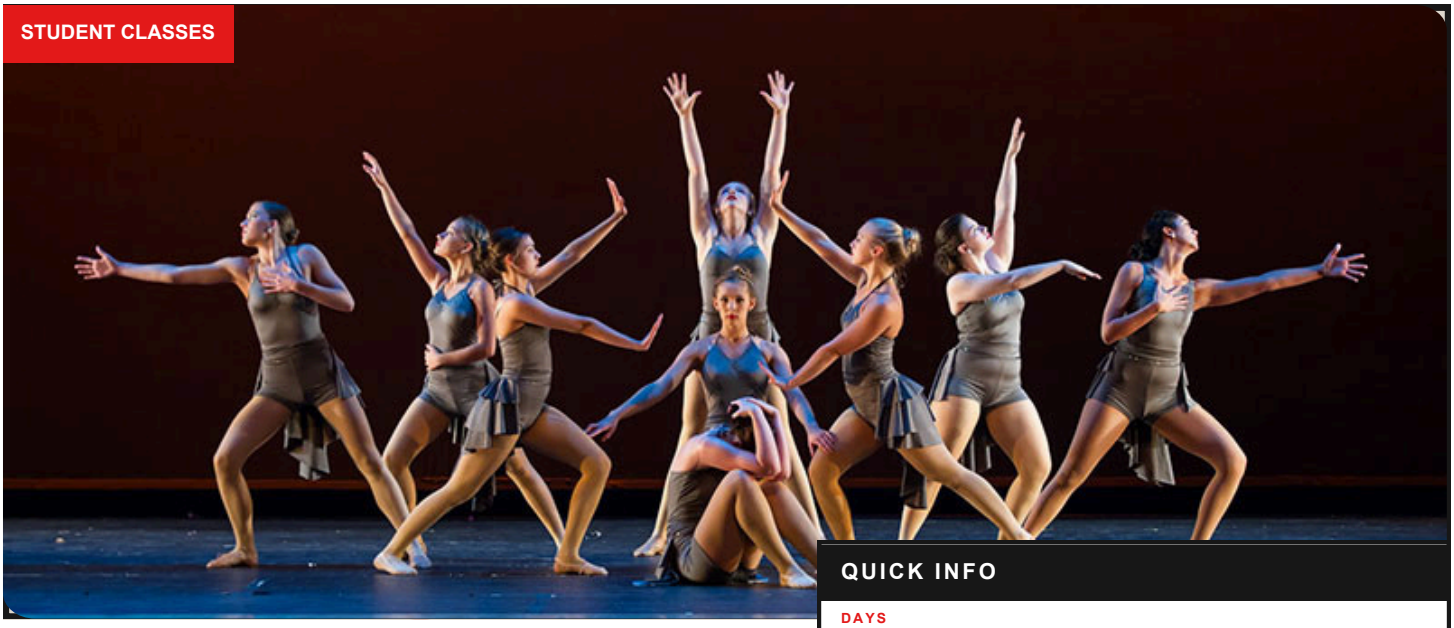
Experience an innovative approach to fitness! Returning for the Fall session, Barreless Barre offers a dynamic, low-impact routine designed to enhance balance, core stability, and functional strength. Led by instructor Sandy Moen, this class seamlessly integrates yoga's fluid stretches, Pilates' core-building techniques, and ballet's refined movements—no ballet barre required. Welcoming participants of all fitness levels, it provides a supportive space to sculpt your body and boost flexibility. Remember to bring your energy and a yoga mat!

REGISTER HERE

BARRELESS BARRE
ST. FRANCIS RECREATION

PERFORMANCE DANCE PROGRAM

DANCE • STUDENT



QUICK INFO

DAYS
Varies by class/level

DATES
September 14, 2026 – June 6, 2027

TIME
Varies by class/level

COST
$130 ($100 per section, Registration $30).

GROUP
Student • Ages 4–18 depending on style

COACH / CLUB LEADER
Amanda Sura + professional instructors

PROGRAM DESCRIPTION

Join Amanda Sura and her team of professional instructors for an exciting 12+ week dance journey! Our program is designed to educate dancers in various styles, culminating in a vibrant performance where students can showcase their skills in sparkly costumes for a live audience. Most importantly, we focus on ensuring every dancer has fun doing what they love most.

- Ballet/Lyrical (Ages 4–18)
- Jazz & Hip Hop (Ages 4–18)
- Poms (Ages 6–11)
- Tap (Ages 4–18)

REGISTER HERE

SF DANCE PROGRAM

DEER CREEK GIRLS BASKETBALL

BASKETBALL • STUDENT

STUDENT CLASSES



QUICK INFO

DAYS See team schedule	**DATES** First Practice: September 2, 2026 First Game: September 10, 2026	**TIME** See Bound / team communications
COST $75 • Free-lunch students exempt	**GROUP** Female Deer Creek students • Grades 5–8	**COACH / CLUB LEADER** Darrell Bowie & Grace Mattice

PROGRAM DESCRIPTION

Welcome to the Mariners Basketball Family! Whether you've been playing for years or have never picked up a basketball, there is a place for you here. Skill level doesn't matter, we care about your energy, effort, desire to have fun, and willingness to grow. Our coaches teach fundamentals, build confidence, and help every player improve. Joining the Mariners means making friends, learning teamwork, supporting one another, staying active, relieving stress, and building healthy habits. Financial assistance is available: students who receive free lunch are completely exempt from registration fees.

POMS DANCE TEAM

DANCE TEAM • STUDENT

QUICK INFO

DAYS
Tuesdays & Thursdays

DATES
Fall 2026 season • placement finalized during initial week

TIME
5:30 PM – 7:00 PM

COST
Registration fee includes team warm-up suit

GROUP
3K–8th Grade • all schools/communities welcome

COACH / CLUB LEADER
Rachael Obst & St. Francis Dance Team Staff



PROGRAM DESCRIPTION

Join the Award-Winning St. Francis Dance Teams! Our state champion program welcomes dancers from 3K through 8th grade. No experience is required, and dancers do not need to attend St. Francis schools. Team placements: Tinys (3K–1st), Minis (1st–3rd), Elementary (3rd–6th), Middle School (5th–8th). Whether your dancer wants to build confidence, develop skills, make friends, or compete at a high level, there is a place for them on our team. Specific team placements are finalized during the initial week of practice and shared directly with parents.

STUDENT CLASSES



ST. FRANCIS DANCE TEAM

IMPORTANT UPDATE: WILLOW GLEN SOCCER MOVING TO SPRING!

PROGRAM UPDATE

To our Willow Glen Elementary families:

Due to staffing and scheduling constraints this fall, our youth soccer program will officially move to Spring 2027.

We are using this transition to build a bigger and better experience for our athletes. Shifting to the spring allows us to expand the program, with plans underway to play games on Sarver Field.

Full registration details, dates, and division information will be shared later this school year. Thank you for your patience, flexibility, and continued support of our young athletes. We can't wait to see everyone this spring!

FALL OPEN SWIM SCHEDULE

Open Swim schedules will be published monthly on our website as soon as Lifeguard coverage is confirmed.

Adult Open Swim

September 13th & 27th

11 am - 1:00 pm

$3 per person

Family Open Swim

September 13th & 27th

1:30 pm - 4:30 pm

$4 per person

KARATE

MARTIAL ARTS • FAMILY

QUICK INFO

DAYS
Thursdays

DATES
September 3 – October 22, 2026

TIME
6:00 - 7:00 pm

COST
$30

GROUP
Family • Kids & Adults

COACH / CLUB LEADER
Jeff Obst





PROGRAM DESCRIPTION

Join us for a fun, engaging Martial Arts program designed for both kids and adults! Our experienced instructors focus on helping students build confidence, improve self-esteem, and learn how to avoid physical conflict. This practical, self-defense-focused program does not teach traditional forms or katas. Students learn multiple self-defense techniques tailored to real-life situations and progress through the belt ranking system from White to Black Belt.

Meet the Instructor: Martial Arts Coordinator Jeff Obst brings more than 45 years of martial arts experience and over 35 years in law enforcement. A certified Fifth-Degree Black Belt, Jeff has trained with instructors from the U.S. Secret Service, Milwaukee County Sheriff's Department, Greater St. Louis Training Academy, and more. He has taught at YMCA programs, Marquette University Public Safety, and the Milwaukee Suburban Police Academy, and is a nationally recognized community-relations leader.

REGISTER HERE

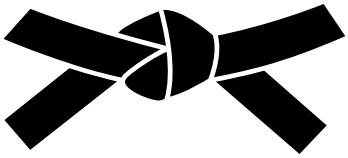
JUDO

JUDO & JUJITSU • FAMILY



QUICK INFO

DAYS Saturdays	**DATES** August 8 – October 3, 2026	**TIME** Advanced 9 am, Intermediate 10 am, Beginner 11am
COST $30	**GROUP** Family • Beginner through Advanced	**COACH / CLUB LEADER** Leland Roth



PROGRAM DESCRIPTION

Discover the art of Kodokan Style Judo and Jujitsu in a supportive, active environment! Led by Hall of Fame instructor Leland Roth, this program is designed for all skill levels. Beginners master safe falling, throwing, pinning, and essential Jujitsu self-defense techniques. Continuing students advance through progressive techniques toward higher belt ranks and promotions. Benefits include improved physical fitness and flexibility, self-defense skills, coordination, body awareness, and self-confidence.

Meet Your Instructor: Leland Roth is a 6th-degree black belt in both Judo and Jujitsu with more than 40 years of teaching experience. He was named USJA 2001 Coach of the Year and inducted into the Wisconsin Judo Hall of Fame in 2016.

REGISTER HERE

SFSD

Welcome back and have a great school year!



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