



Winter Programs

Registration begins December 4, 2017

☛ **Call:** 920-686-3060

☛ **Online:** www.manitowoc.org/227/Recreation

☛ **Stop in:** 3330 Custer Street, Manitowoc WI 54220

Youth Aquatics & Sports Programs

Infant Aquatic Program

January 24 - March 14, 2018

\$35.00 Resident | \$42.00 Non resident

Ages 6 months to 3 years

Builds basic water safety skills, helping infants and young children become comfortable in the water. Parents do enter the water with children. Classes are 30 minutes in length and will be held at Riverview School on Wednesday evenings at 5:15p or 5:45p.

Tot Aquatic Program

January 24 - March 14, 2018

\$35.00 Resident | \$42.00 Non resident

Ages 3 to 5 years

Provides young children a positive, age appropriate learning experience that emphasizes water safety and foundational swimming concepts. Parents do not enter the water with children. Classes are 30 minutes in length and will be held at Riverview School on Wednesday evenings at 6:15p or 6:45p.

Youth Swim Lessons

January 20 - March 10, 2018

\$35.00 Resident | \$42.00 Non resident

Ages 5 & up

Youth swim lessons will be held at Wilson Junior High on Saturday mornings. Level 1 classes are 30 minutes in length. All others are 50 minutes.

Schedule:	9:00a	Level 1 & 3	10:00a	Level 2 & Level 4
	9:30a	Level 1	11:00a	Level 2 & Level 5 & 6

Archery Club

January 15 - March 19, 2018

\$46.00 Resident | \$53.00 Non resident

Ages 9 to 18 years

Take the skills learned in our target-style Archery Workshops to a whole new level in our Archery Club, using state of the art equipment designed to fit every individual. Archers will have an opportunity to practice and hone their skills, post weekly scores and participate in an end of the year club tournament. The club will be structured and follow the National Archery in the Schools Program (NASP). Club will meet on Mondays at the Citizen Park Gymnasium from 4:00p to 5:00p.

Riflery

January 3 - March 8, 2018

\$34.00 Resident | \$41.00 Non resident

Ages 8 to adult

Participants will learn gun safety, participate in target shooting, and hone their skills. Rifles and shooting jackets are provided. Classes will be held at the Manitowoc County Sheriffs Dept. Range, 1025 S. 9th Street on either Wednesday evenings at 5:30p or 6:30p or Thursday evenings at 5:30p.

Rookie League Basketball

January 6 - March 10, 2018

\$200 Team fee | \$25 late fee

Ages 14 to 18 years

League is for players who do not participate on a high school team. The 10 game season is played on Saturdays and begins January 6. Manager's meeting will be held Wednesday, December 27 at 10:00a. Registration deadline is December 22.

Winter Programs



Fitness Classes

Adult Shape-Up

\$19.00 Residents | \$26.00 Non resident

This is an all around fitness class with a cardio mix of standard aerobics, interval training & kickboxing with toning through stretching, basic Pilates & strength training using light dumbbells. It's the perfect solution for anyone just starting out or for advanced exercisers, with options & modifications shown for all levels of fitness for your own optimum workout. Classes are held on Mondays and Wednesdays in the Monroe Elementary Gym at 6:30p.

Winter Session I: January 15 - February 14

Winter Session II: February 19 - March 21

Spring Session: April 2 - May 2



R.I.P.P.E.D.

\$19.00 Residents | \$26.00 Non resident

Get R.I.P.P.E.D in 2018! This total body workout puts the FUN in functional athletic training. The combination of Resistance, Intervals, Power, Plyometrics, Endurance and Diet will get you moving! Modifications will be shown for those of all fitness levels (both high & low impact). Light hand weights, water bottle and towel are needed. Classes are held on Tuesdays and Thursdays at 6:00p at the Senior Center/Recreation Division building at 3330 Custer Street.

Winter Session I: January 16 - February 15

Winter Session II: February 20 - March 22

Spring Session: March 27 - April 26

Adult Team Sports & Couples Programs

Ballroom Dancing

Couple Fee: \$36.00 Resident | \$43.00 Non resident

Find a partner and join this popular class! Participants will learn dances such as the Waltz, Fox Trot, Swing, Latin, Salsa, Polk, Tango, and Cha Cha. Classes will be held on Sunday nights, 5:30p-7:30p, at the Manitowoc Senior Center. No classes will be held on Super Bowl Sunday or Easter Sunday.

Session I: January 14 - February 18

Session II: February 25 - April 8



Men's Basketball

January 10 - March 15, 2018

\$200 Team fee | \$25 Late fee

This non officiated league is for all players. League will consist of 10 games played on either Wednesday or Thursday evenings, with games beginning week of January 10. Manager's meeting will be held Wednesday, December 27 at 5:30p. Registration deadline is December 22.

Volleyball

January 8 - March 14, 2018

\$100 Team fee | \$25 late fee

This non officiated league is for players of any ability. League play will consist of 10 matches, with games beginning week of January 8. Manager's meeting will be held Wednesday, December 27 at 6:30p. Registration deadline December 22.

Coed League: Monday evenings

Men's League: Wednesday evenings