

Team Sports & Fitness Classes

Men's Basketball

\$200 Team | \$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 7. Manager's meeting Thursday, December 27 at 5:30p. Registration deadline December 21.

Volleyball

\$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 7. Manager's meeting Thursday, December 27 at 6:15p. Registration deadline December 21.

Men's league: Wednesday evenings
Coed League: Monday evenings

ZUMBA/ZUMBA GOLD

\$19 City Resident | \$26.00 Non Resident

This high energy class is great for all levels. Whether you're a beginner or more advanced, you'll find your groove! Moves can be low impact and modifiable. Classes are held Monday and Wednesday at 6:30p at the Senior Center/ Recreation Division building.

Instructor Laura Kriese

Winter Session 1: January 14 - February 13

Winter Session 2: Feb 18 - March 20

No class 3/11 or 3/13

Session II fee: Resident: \$15.00

Non Res: 21.00



Fitness Classes

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

\$19.00 City Residents | \$26.00 Non Residents

Get R.I.P.P.E.D in 2019! This is a total body workout that puts the FUN in functional athletic training. The combination of Resistance, Intervals, Power, Plyometrics, Endurance and Diet will get you moving! Modifications shown for those of all fitness levels (both high and low impact). Light hand weights, water bottle and towel are needed. Classes are held on Tuesdays and Thursdays at 5:30p at the Senior Center/ Recreation Division building.

Winter Session 1: January 15-February 14

Winter Session 2: February 19 -March 21

Spring Session: March 26 - April 20

NO class : 4/18

Adult Shape Up

\$19.00 City Resident | \$26.00 Non Resident

Shape up is an all around fitness class, with a cardio mix of standard aerobics, interval training & kickboxing with toning through stretching, basic Pilates and strength training using light dumbbells. It is a great class for those just starting out and advanced exercisers. Classes are held Mondays and Wednesdays at 6:30p in the Monroe Elementary Gym. Enter through Main Door "A"

Winter Session 1: January 14 - February 13

No class 1/21

Winter Session 2: Feb 18 - March 20

Spring Session: March 25 - April 29

No class on 4/3



Manitowoc Recreation Division

Winter Programs 2019



**Registration begins
Monday, November 5**

Online: www.manitowoc.org/227/Recreation

Phone: (920) 686-3060

In Person: Recreation Division Office

3330 Custer Street, Manitowoc

Hours: Monday-Friday, 8a-4p

Youth Activities

Archery Club (Ages 9-18 years)

\$46.00 City Residents | \$53.00 Non Residents

Use the skills learned in the Archery Workshops to a whole new level in the Archery Club. Archers will use state of the art equipment designed to fit nearly every individual, and have the opportunity to practice and hone their skills, post weekly scores, and participate in an end of the year club tournament. The club is structured to follow the National Archer in the Schools Program (NASP).

Club will meet at the Citizen Park Gymnasium on Mondays from 4:00p-5:00p, January 21-March 25.

Riflery (Ages 8-adult)

\$34.00 City Residents | \$53.00 Non Residents

Through the Riflery program, participants have the opportunity to learn gun safety, participate in target shooting, or hone their skills. Rifles and shooting jackets are provided. Classes take place at the Manitowoc County Sheriff's Department Range, 1025 S. 9th Street, on Wednesday evenings at 5:30p or 6:30p; or Thursday evenings at 5:30p, January 2 - March 7

Rookie League Basketball (Ages 14-18 years)

\$200 Team fee | \$25 Late fee

League is for players who do not participate on a high school team. The 10 game season is played on Saturdays and begins January 5. Registration deadline is December 21.



Aquatic Programs

January 19 - March 9

Youth Aquatics will be held at **Wilson Junior High on Saturday mornings**. Level 1 classes are 30 minutes in length, all others are 50 minutes. Enter in door "C" On the southside of the building (facing Waldo Blvd)

YOUTH AQUATIC LESSONS

(Ages 5 & up)

Level 1-Intro to Water skills

Helps participants feel comfortable in the water. Classes held at 9:00a or 9:30a.

Level 2-Fundamental Skills

Gives participants success with fundamental skills. Classes held at 10:00a or 11:00a.

Level 3-Stroke Development

Builds on skills learned in Level 2 through additional guided practice in deeper waters. Class held at 9:00a.

Level 4-Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills. Class held at 10:00a.

Level 5-Stroke Refinement

Provides further coordination and refinement of strokes. Class held at 11:00a.

Level 6-Swimming & Skill Proficiency

Refines strokes so participants swim with efficiency, power and smoothness. Class held at 11:00a.



Aquatic Programs

January 17 - March 7

Infant & Tot Aquatics will be held at **Riverview School on Thursday evenings**. Classes are 30 minutes in length.

Infant Aquatics (Ages 6 mths to 3 yrs)

Builds basic water safety skills, helping infants and young children become comfortable in the water. Parents do enter the water with children. Classes held at 5:45p or 6:15p

Tot Swim/Preschool Aquatics (Ages 3-5yrs)

Provides young children a positive, age appropriate aquatic learning experience that emphasizes water safety and foundational swimming concepts. Parents do not enter the water with children. Classes held at 6:45p.

Be sure to register early for aquatic classes, as they do fill up quickly.

All aquatic class fees

\$35.00 City Residents | \$42.00 Non Residents

Couples Programs

Ballroom Dancing

\$36.00 City 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, Polka, Tango, and Cha Cha. Classes will be held on Sunday nights 5:30p to 7:30p, at the Manitowoc Senior Center. No class on Super Bowl Sunday. *[Fee per couple]*

Session 1: Jan 13-Feb 24 | Session 2: March 3 -April 7