

Team Sports

Men's Basketball

\$200 Team | \$25 Late fee

This non-officiated league is for all players. League will consist of 10 games played on Thursday evenings. Registration Deadline Sept. 16. Managers Meeting will be held at 6:00pm on Sept. 26. Season begins Oct. 3.

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 Sept 30. Manager's meeting Sept 26 @ 5:15pm. Registration deadline Sept. 16
Men's league: Wednesday evenings
Coed League: Monday evenings

Safe Winter Walking

Safe Winter Walking Program

This free indoor walking program will be held in the Citizens Park Gymnasium, 930 N 18th St. Monday through Friday from 8:00am—10:30am. Begins: Friday, November 1, 2019
Last Day: Friday, April 24, 2020
*No walking Nov 28, Dec 24-25 & 31, and Jan 1

Looking to the Winter

Ballroom Dancing Swim Lessons

RIPPED Adult Shape Up Volleyball

Basketball

Fitness Classes

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 6:30pm in the Monroe Elementary School Gym. Enter through Main Door "A".

Instructor: Jenny Kanieski

Fall Sessions

Session 1: Sept 9— October 4

Session 2: Oct. 7— November 8

Session 3: Nov. 11— December 19 *

(*No class Nov 27)



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, Plyometric, 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 5:30pm at the Senior Center/ Recreation Division building.

Instructor: Jenny Kanieski

Fall Sessions

Session 1: Sept. 17—October 17

Session 2: October 22— Nov. 21

Manitowoc Recreation Division



Fall Programs

2019



Registration begins
Monday, August 26, 2019

Online: www.manitowoc.org/227/Recreation

Phone: (920) 686-3060

In Person: Recreation Division Office

3330 Custer Street, Manitowoc

Hours: Monday—Friday, 8:00am—4:00pm

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 evenings from 4:00pm—5:00pm

Fall Session: Sept. 16—Nov. 18, 2019

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.

Wednesday evenings at 5:30pm or 6:30pm;

OR Thursday evenings at 5:30pm,

Fall Session: Oct 2—Dec. 12 (No class Nov. 27/28)

Spring Session: Jan. 2—Mar. 7, 2020



Aquatic Programs

October 12– November 16, 2019

*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 9:00am or 9:30am.

Level 2-Fundamental Skills

Gives participants success with fundamental skills.

Classes held at 9:00am or 11:00am

Level 3-Stroke Development

Builds on skills learned in Level 2 through additional guided practice in deeper waters. Class held at 10:00am.

Level 4-Stroke Improvement

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

Level 5-Stroke Refinement

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

Level 6-Swimming & Skill Proficiency

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



All aquatic class fees
\$35.00 City Residents | \$42.00 Non Residents

October 10–November 14, 2019

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

Infant Aquatics (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 held at 5:30pm or 6:00pm

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 6:30pm and 7:00pm

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

Home Alone Babysitting

\$65 Class Fee - City Resident & Nonresident
Saturday, October 19, 2019 8:00am-3:45pm

This comprehensive American Red Cross class is designed for kids ages 10-14 years old. Participants will learn winning ways to talk to young children. They will also learn information needed to handle emergencies, as well as CPR and AED use. Safety tips as children begin to stay home alone or with younger children will also be covered. This is an 8 hour class, which includes a lunch break (children must bring their own lunch). The class will be held at the Manitowoc Senior Center/Recreation Center.