**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 beings 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

**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

**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

Registration begins
Monday, August 26, 2019
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)

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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.

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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.