

Team Sports

Volleyball

\$80 Team fee | \$25 Late fee

This non officiated league is for players of any ability. League play will consist of 8 matches. Players must be at least 16 years of age. Each team may have one high school or college player.

The Managers meeting for all Leagues will be March 18, 2020 at 5:00 pm at the Recreation Department—3330 Custer St.

Coed League:

- Monday Evenings
- Play begins March 23, 2020

Men's League:

- Wednesday Evenings
- Play begins March 25, 2020

Women's League:

- Thursday Evenings
- Play begins March 26, 2020



Adult 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 6:30p in the Monroe Elementary Gym. Enter through Main Door "A"

Instructor: Jenny Kanieski A.C.E. Group Fitness Certified Instructor



Winter/Spring Sessions

Session 2: February 10th– March 18th

(No classes March 4th or 9th)

Session 3: March 25rd– April 29th

(No classes April 13th or 15th)

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 5:30 pm to 7:30 pm, at the Manitowoc Senior Center. [Fee is per couple]

Session: March 1st– April 5th

Manitowoc Recreation Division



Spring Programs

2020



**Registration begins
Monday, February 10, 2020**

Online: www.manitowoc.org/227/Recreation

Phone: (920) 686-3060

In Person: Recreation Office

3330 Custer Street, Manitowoc

Hours: Monday—Friday, 8:00am—4:00pm

Youth Programs

CPR/First Aid Class

In this 8 hour course students will learn how to perform CPR on Adults, Children, and Infants. Students will also learn how to perform basic First Aid including how to recognize a Medical Emergency, Injury Emergencies, and Environmental Emergencies. Students who have taken our Babysitting Course can use this class to renew their CPR/AED completion card!

The class will be on March 23, 2020 from 8:00am-4:00pm at the Senior Center: 3330 Custer St.

Call today to register: 920-686-3060



We will be back this summer for more swimming lesson FUN!

New Program!

Citizens Park Open Gyms!

Every Saturday during the Month of April we will holding an open Gym from 3:00pm-6:00pm at the Citizen Park Gymnasium.

During these Open Gyms we will have space available to shoot some hoops or practice your volleyball skills!

Bring a friend or bring the whole family!

There is a \$2.00 Drop-In fee for these open gyms!

For more information call the Manitowoc Recreation Department at 920-686-3060



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Safe Winter Walking

Safe Winter Walking Program

This free indoor walking program will be held in the Citizens Park Gymnasium, 930 N 18th St.

Please remember to bring dry shoes for walking— we don't want to make the floor slippery!

Monday through Friday from 8:00am—10:30am.

Begins: Friday, November 1, 2019

We are HIRING!

Who: Parks and Recreation Department

What: Job Fair

When: March 21, 2020; 9:00am-12:00pm

Where: Manitowoc Senior Center
3330 Custer St. Manitowoc

Why: The City is hiring for Summer Seasonal staff! Join us for an opportunity to meet with the Parks, Recreation, Aquatic Center, Zoo staff and more!

<https://www.governmentjobs.com/careers/manitowoccity>