



City of Two Rivers Parks & Recreation

Fall 2020 Programs

YOUTH ATHLETE SPEED STRENGTH TRAINING FOR TRACK AND OTHER SPEED POSITIONS

This is a fun but serious program for the serious athlete. (3) Triphasic 6 week training blocks is a combination strength speed program for young athletes with particular emphasis on track and softball/baseball.

Days: Mondays & Wednesdays

Time: 5:45-6:45 PM

Location: Gym Stage

Ages: 11-17

Fee: \$120.00/Block

Instructor: Ron Strong

Block 1– September 21-October 28, 2020

Focus on basic strength methods used for speed athletes and a basics

Block 2-November 9-December 16, 2020

Registration Deadline: November 2, 2020

Continued speed strength training and adding specific event drills i.e. speed techniques for sprinters, hurdlers, block set up and starts, others i.e. base running

*Each block is a progression to the next but speed benefits can be gained regardless. Maximum benefits will come from doing all 3 block progressions.

SUPERVISED OPEN GYM

No school today? Bored? Don't sit at home! Come out to the Community House Gymnasium and spend some time shooting hoops and hanging out with your friends! Concessions available!

Dates: October 2, 9, 16, 23, November 6, 13, 20, 27, 2020

Days: Fridays

Time: 1:00-4:00 PM

Location: Rocheleau Gymnasium

Ages: 10-18

Fee: \$ 2.00 per Open Gym

PICKLEBALL

Pickleball is a combination of tennis, badminton, and ping pong, played on a mini tennis court with what looks like oversized ping pong paddles and a whiffle ball. Sign up as an individual. Team pairings TBD weekly. *All pickleball games are drop in sessions.

Dates: October 4, 11, 18, 25, November 1, 8, 15, 22, 29, December 6, 13, 20, 27

Days: Sundays

Time: 3:30-6:00 PM

Dates: October 6, 13, 20, 27, November 3, 10, 17, 24, December 1, 8, 15, 22, 29

Days: Tuesdays

Times: 1:00-3:00 PM & 5:30-7:00 PM

Dates: October 1, 8, 15, 22, 29 November 5, 12, 19, December 3, 10

Days: Thursdays

Time: 1:00-3:00 PM

Location: Rocheleau Gymnasium

Fee: Unlimited Pickleball: \$55 Resident/\$75 Non-Resident

Sundays Only: \$25 Resident/ \$36 Non-Resident

or \$5 daily drop in if not registered

Bring: Players need their own paddle, ball is provided.

SLIMOLOGY WORKSHOP

Kids will make and customize their own slime at our slime lab to please their sense. This class is perfect for those that like to get their hands in action and have fun at the same time!

Date: October 9, 2020

Day: Friday

Time: 1:00-2:30 PM

Location: Behringer Room

Ages: 6-14

Fee: \$10.00

Registration Deadline: October 2, 2020

7 WEEKS STRENGTH AND CONDITION WORK FOR FEMALES

Strength and conditioning will be combination use of weights, med balls, and plyometrics.

Dates: October 5-November 18, 2020

Days: Mondays & Wednesdays

Time: 6:00-7:00 AM

Location: Gym Stage

Ages: 11-17

Fee: \$140.00

Registration Deadline: September 28, 2020

Instructor: Ron Strong

Dates: October 5-November 18, 2020

Days: Mondays & Wednesdays

Time: 4:30-5:30 PM

Location: Gym Stage

Ages: 11-17

Fee: \$140.00

Registration Deadline: September 28, 2020

Instructor: Ron Strong

HOWL-O-WEEN PARTY IN CENTRAL PARK

Need a Trick-or-Treat break? Join us during the Downtown Trick-or-Treat for a hot cup of cocoa, games for the family and a shot at winning prizes on our Plinko board.

Date: October 24, 2020

Day: Saturday

Time: 11:00 AM-2:00 PM

Location: Central Park, Two Rivers

*Rain Location: Rocheleau Gymnasium

Fee: FREE



TAEKWONDO

Taekwondo is an individual sport with the opportunity to work together as a team. Taekwondo will improve your coordination, strength, and overall level of confidence in addition to being a great way to develop discipline, honesty, and respect. Taekwondo is a great way to get fit, have fun, and make friends! In Taekwondo you will learn Olympic style sparring, forms, board breaking, and techniques! We encourage families of all ages and abilities to join Taekwondo together! It is a great way to bond and motivate each other to reach your goals.

The starting age to join is 5 and up!

*Participants with any form of martial arts training will be started at their current belt rank.

See instructor!

Days: Mondays @ 6:45-8:00 PM

Thursdays @ 6:45-8:00 PM

Saturdays @ 11:00 AM-12:30 PM

Location: Koska Room

Ages: 5+

Fee: \$53 Per Person/Session

\$80-2 From Family/Session

\$96-3+ From Family/Session

Instructor: Marissa's Martial Arts, LLC

Sessions:

October 15-November 14, 2020

October Dates: October 15, 17, 19, 24, 26, 31

November Dates: November 2, 7, 9, 14

Registration Deadline: October 1, 2020

TEEN NIGHT- ZOMBIE CAPTURE THE FLAG

Start the night out by fueling yourself with Zombie treats and drinks (snacks available at a minimal cost and free ice cream) before fighting for your life in a game of Zombie Capture the Flag.

Date: October 30, 2020

Day: Friday

Time: 6:00 PM-8:00 PM

Location: Rocheleau Gymnasium

Grades: 5-12 (2020-2021 School Year)

Fee: \$3.00

TWO RIVERS DANCE CONNECTION

A progressive, non-competitive, youth dance program.

Dates: October 28, 2020-January 22, 2021

No Session: November 25, 27, December 23, 25, 30, January 1

Days: Wednesdays & Fridays

Location: Koska Room

Ages: 4-16

Fee: \$45.00 Per Class

Registration Deadline: October 21, 2020

Instructor: Susan Wisniewski

Wednesdays

5:00-5:30 PM 4 & 5 year olds Ballet & Tap

5:30-6:00 PM 9 & 10 year olds Ballet & Tap

6:00-6:30 PM 9 & 10 year olds Jazz

6:30-7:00 PM 11-13 year olds Ballet & Tap

7:00-7:30 PM 11-13 year olds Jazz

Fridays

5:00-5:30 PM 6-8 year olds Ballet & Tap

5:30-6:00 PM 6-8 year olds Jazz

6:00-6:30 PM 14-16 year olds Jazz

6:30-7:00 PM 14-16 year olds Ballet & Tap

7:00-7:30 PM 14-16 year olds Pointe (No Beginners)

FIRM & BURN

Best of both worlds-cardio & sculpt! Forty-five (45) minutes of fat burning, muscle toning workout will get the beginner hooked and will challenge the fitness enthusiast. This class provides cardio circuits that are easy to modify for any fitness level and will include sculpt exercises for arms, abs, legs, and butt. Variety in each class will add to the challenge and excitement; you won't know what to expect next!

Class Resumes: October 5, 2020

Days: Mondays & Wednesdays

Time: 5:45-6:30 PM

Location: Behringer Room

Fee: \$20 Resident/\$24 Non-Resident (Punch Card*)

*8 Classes Per Punch Card

Instructor: Sara Brey

SIMPLY SENIORS

The Simply Seniors class is a fun way to socialize with new and long-time friends and get fit at the same time. On Tuesdays and Thursdays we work with weights and perform specialized exercises. We strive to keep you challenged in a warm, friendly community environment while building strength, increasing your range of motion and doing exercises that improve balance, thus decreasing your chances of falling.

Days: Tuesdays & Thursdays

Time: 9:15-10:00 AM

Location: Rocheleau Gymnasium

Fee: \$15 Punch Card*

*20 Classes Per Punch Card

Instructor: Patricia Klein

Cancellation Policy: If the Senior Center Closes for inclement weather, Simply Seniors is also cancelled for that day.

POUND

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Class Resumes: September 22, 2020

Days: Tuesdays

Time: 6:00-6:45 PM

Location: Behringer Room

Fee: \$26 Punch Card (4 Classes Per Card)

\$50 Punch Card (8 Classes Per Card)

Instructor: Kelsey Tienor


City of Two Rivers Trick or Treat
October 31, 5pm-7pm

**Register for all of your
favorite activities and programs
online at
trrec.activityreg.com**