

RECREATION



Adult Sports & Leagues

Open Volleyball

Ages 15 & up

Stop by Monday nights in the Marcus gym for this FREE to members program. Open to any and all ability levels.

Location: Marcus Gym

Dates: ONGOING:

Mondays, 7:30-9:30 PM

MEM FREE / COMM \$5 Per Night

Adult Pick-Up Basketball MEMBERS ONLY

Ages 18 & up

Free, competitive pick-up basketball. Please sign-in upon arrival into the gym.

Instructor: Gym Supervisor

Location: JCC Marcus Gym

Dates: ONGOING::

TUESDAYS

11:00 AM-1:00 PM

WEDNESDAYS

NOTE: Wed evenings for ages 30+ only

6:30-8:30 PM

THURSDAYS

11:00 AM-1:00 PM

SUNDAYS - Sep & Oct only

8:00 AM-12:00 PM

Women's Basketball Open League

Ages 18 & up

Join us for our inaugural season of this round-robin league.

Registration Deadline: Oct 8

Draft: Oct 10 at 7:00 PM

Instructor: Gym Supervisor

Location: JCC Marcus Gym

Tuesdays, Nov 15-March

No game: 11/26, 12/24, 12/31

6:00-8:30 PM

MEM \$85 / COMM \$120

(Early Birds save \$5 if register by 9/16)

Men's Basketball Open League

Ages 18 & up

Players must be members in order to play in our round-robin league.

Registration Deadline: Draft: Oct 8

Draft: Oct 15 at 7:00 PM

Location: Marcus Gym/ MJDS Fieldhouse

Sundays, Nov 2 – March

No game: 11/24, 12/22, 12/29

8:00 AM-12:00 PM

MEM \$85

(Early Birds save \$5 if register by 9/16)

Adult Dance

Open Israeli Dance

Adults 12 yrs and up

This FREE dance class is open to our members and to the public. Israeli folk dancing is excellent exercise for both the mind and the body, and it is great fun! Beginners are welcome and will receive direct instruction for the first 30 minutes of the class, from 7:30 - 8:00. The remainder of the class consists of open dancing and teaching of intermediate to advanced dances. Learning this style of dance takes some time and perseverance. If you are a beginner, please send an email to let us know you are coming. Contact MilwaukeeIFD@yahoo.com for questions regarding Israeli Dance.

Instructor: Deborah Schermer / Team Taught
Location: Studio B

ONGOING:

Mondays, 7:30-9:30 PM

Free

The Parkinson's Dance Class

Specifically designed for people in the Parkinson's community, this program is open to anyone seeking lifelong comfort and ease in their body movements. Feel the beat of varied music as you improve coordination, balance, posture, and confidence in your body. All abilities and fitness levels are welcome. Options include dancing in a chair, standing, and moving across the floor.

Instructors: Suzanne Carter, Jane Brooks Reilly, Kate Mann, Tom Thoreson, Barb Wesson

Location: Studio A

SESSION I

7 Fridays, Sep 13-Oct 25

2:15-3:30 PM

MEM \$70 / PTRN \$70 / COMM \$140

SESSION II

7 Fridays, Nov 1-Dec 20

2:15-3:30 PM

MEM \$70 / PTRN \$70 / COMM \$140

Drop in Fee: \$15

Spouse or caregiver pricing: \$40