



## Rec Center News New Park & Facility Coordinators



Karoline Mayville and Kelly McLaughlin

We're happy to welcome two new Park & Facility Coordinators to our full-time staff!

Kelly McLaughlin was hired in March 2011. Her previous experience includes five years with the City

of Ann Arbor Parks & Recreation. Kelly holds a B.S. in Parks, Recreation & Tourism Resources from MSU and is pursuing a Masters in Public Administration at EMU. She is currently assigned to the recreation center with specific responsibility for the group fitness classes and instructors.

Karoline Mayville was hired in September 2011. Prior to this she worked for two years as a Building Supervisor at the Livonia Recreation Center. Karoline holds a B.S. in Recreation and Parks Management from EMU. She is currently assigned to the recreation center, with specific responsibility for the pool staff, schedule and instructional swim program. ■

*Jon Keith, Recreation Superintendent*

Class registration options:

In person • Fax • Mail • Online

If you wish to register for classes by mail or fax, forms are available at the front desk or online at: [parks.ewashtenaw.org](http://parks.ewashtenaw.org)

(select "Forms & Publications" and under the "Application Forms" drop-down menu choose "Class Registration Form")

Mail to: Meri Lou Murray Recreation Center

P.O. Box 8645, Ann Arbor, MI 48107-8645 • Fax: 734-971-2094

### Facilities & Programs

- Track (1/12 mile)
- Gymnasium
- Heated Pool (Barrier-free)
- Cardio Training Equipment
- Strength Training Equipment
- Locker Rooms
- Assisted Care Locker Room
- Personal Trainers
- Private Swim Instruction

Classes:

- Fitness & Dance
- Instructional Swim
- Martial Arts
- Water Aerobics

### Building Hours

Mon–Fri, 6am–10pm  
Sat, 8am–6pm  
Sun, Noon–10pm

*Christmas Eve, Dec. 24 open 8am-noon*

*Christmas Day, Dec. 25 closed*

*New Year's Eve, Dec. 31 open 8am-5pm*

*New Year's Day, Jan. 1 closed*

### Visit Us!

2960 Washtenaw Avenue  
(entrance on Platt Road)  
Ann Arbor, Michigan  
(734) 971-6355

### Rates (Effective Jan. 1, 2011; subject to change)

Adult 18-61 • (Y) Youth 3-17 • (S) Senior 62+  
(D) Disabled (with doctor's note)

	County Resident	Non-Resident
<b>Daily Fees</b>		
Adult	\$7	\$9
Y/S/D	\$5	\$6
<b>Annual Passes</b>		
Adult	\$220 (\$200)	\$325 (\$305)
Y/S/D	\$165 (\$150)	\$240 (\$225)
Family	\$480 (\$460)	\$620 (\$600)
Over 80	\$50	\$50

*Renew before your Annual Pass expires to receive the discounted rate shown in parentheses ( ).*

### 6 Month Passes

Adult	\$165	\$245
Y/S/D	\$125	\$180
Family	\$360	\$465

### 30-Day Trial Pass

All	\$45	\$45
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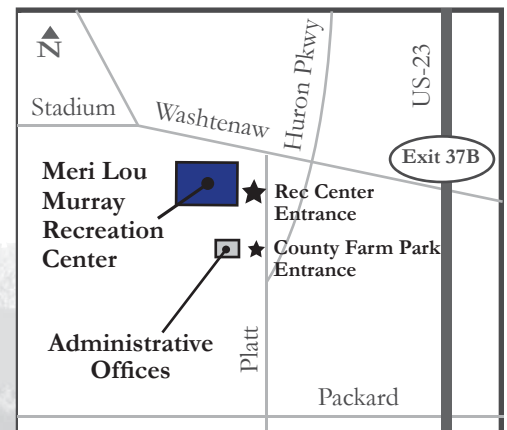
### Fitness/Instructional Swim Classes

See pages 6-8 for class registration fees\*

### Fitness Class "Drop-In" Rates\*

Adult (age 16-61)	\$7/class	\$9/class
Senior	\$5/class	\$6/class

\* Registered participants are allowed to make up their absences in any class priced at *equal or lesser value* of the class they're registered in. Non-registered individuals may drop in to Fitness classes when space is available.



# Group Fitness Classes

Online Registration: 12/4 - 12/31  
 Walk-in Registration: 12/5 - 12/31  
 (\$2 late fee per class for registration after 12/31)  
 Classes Run: 1/2 - 3/24  
 Post-Winter Interim: 3/25 - 3/31

## BADMINTON

**Badminton #23380**  
 Bring your game to the next level. This class will focus on all areas, including technique and footwork. No matter your current skill level, we can help strengthen and progress your abilities and level of play.

1/5-3/22 (12 week class)  
 Th 6:30-7:45p A \$72 (Sr. \$60)



Morning Badminton group celebrates the new year!

## CARDIO

**Basic Aerobics #23300**  
 Slower paced entry level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M 9:15-10:15a A \$51 (Sr. \$39)  
 F 9:15-10:15a B \$51 (Sr. \$39)

**Basic Step #23330**

Slower paced entry level workout for all ages. Sharpen balance awareness and increase cardiovascular and muscle endurance.

M 8:15-9:00a A \$38 (Sr. \$29)  
 W 8:15-9:00a B \$38 (Sr. \$29)

**Advanced Step #23210**

Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.

T 6:30-7:45a A \$64 (Sr. \$49)  
 T 4:30-5:30p B \$64 (Sr. \$49)  
 Th 6:30-7:45a C \$51 (Sr. \$39)  
 Th 4:30-5:30a D \$51 (Sr. \$39)  
 Sat 8:05-9:05a E \$51 (Sr. \$39)

**Step Interval #23231**

Combination of aerobic conditioning, step, hi/lo aerobics or gliding. This is a great cardiovascular workout!

Th 9:40-10:40a A \$51 (Sr. \$39)

## Super Sundays!

Work all major muscle groups while getting a great cardio workout. Each week will have a different combination of techniques. You name it, we do it. Join the fun!

Sun\* 1:30-2:30p Drop in Only  
 \*Super Sundays will be offered on certain dates throughout the session. Dates are announced at the front desk and on Facebook.

**Zumba Fitness #23132**

This Latin-based aerobic fitness class uses easy, fast, and slow rhythms set to fun Latin and international music. A real "feel happy" cardio workout!

W 9:15-10:15a A \$51 (Sr. \$39)  
 F 6:00-7:00p B \$51 (Sr. \$39)  
 Sat 10:35-11:35a C \$51 (Sr. \$39)

**Zumba + Kick #23135**

Fun and new combo of Zumba and kickboxing with the possibility of adding punching bags. Muscle conditioning and stretching also included. This high energy class has something for everyone!

Sun 5:30-6:45p A \$58 (Sr. \$45)

**Boot Camp #23400**

Ready to kick your workout routine up a notch? Come experience this high-energy, whole body workout! This class can be adapted to most fitness levels and is sure to generate results.

W 6:00-7:00a A \$51 (Sr. \$39)

## CONDITIONING

**Aerobic Strength Training (AST) #23180**

Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.

T 5:35-6:35p A \$51 (Sr. \$39)

**Basic Sculpt & Condition #23320**

Slower paced entry level workout for all ages. Hand weights and tubes strengthen and tone muscles, while improving flexibility and balance.

T 8:30-9:30a A \$51 (Sr. \$39)  
 Th 8:30-9:30a B \$51 (Sr. \$39)

**Sculpt & Condition #23200**

Tone and strengthen the total body. Mild aerobic workout, adaptable yet challenging for all fitness levels. Hand-held weights, tubes, bands provided.

T 9:40-10:40a A \$51 (Sr. \$39)  
 Sat 9:20-10:20a B \$51 (Sr. \$39)

**Power Sculpting #23190**

Intervals of aerobics and conditioning. Fast paced, easy to follow and a very effective fat burner.

M 5:30-6:30p A \$51 (Sr. \$39)  
 W 5:30-6:30p B \$51 (Sr. \$39)

## DANCE

**Line Dancing (instruction) #23010**

Have fun while exercising your mind and body. Class features fast-paced, but easy-to-learn dances to a wide variety of musical styles. Dances include movements, combinations and rhythms from many countries. Class time will include lessons, as well as time to just dance!

F 7:15-8:15p A \$51 (Sr. \$39)

## Open Line Dancing

Join us Friday nights for line dancing! Class will feature dances taught in the instruction class, as well as requested popular dances. This class features all dancing with no instruction. Fee: \$3 (\$2 for registered line dancing instruction class participants)

F 8:15-9:45p Drop in Only

## KICKBOXING

**Turbo Kick #23170**

Cardiovascular challenge improves agility and overall fitness! Techniques from dance, aerobics, kickboxing, and self defense.

M 6:40-7:55p A \$64 (Sr. \$49)  
 W 6:40-7:55p B \$64 (Sr. \$49)

## MARTIAL ARTS

**Tae Kwon Do**

Learn the technique, strength and proficiency of this martial arts style under the instruction of Grand Master B.C. Yu.

Youth (Ages 5-12) Sun/W 4:15-5:15p #23240  
 1/4-1/29 A \$48  
 2/1-2/29 B \$54  
 3/4-3/28 C \$48

Adult (Ages 12 and up) T/Th 7:45-8:45p #23241  
 1/3-1/31 A \$54  
 2/2-2/28 B \$48  
 3/1-3/29 C \$54

**Group Fitness Hotline**  
**734-971-6355, press 5...**

for daily class schedule  
 (current term), updated only to  
 announce class cancellations;  
 substitutes for regular  
 instructors will not be recorded

**MIND & BODY**

**Balanced Yoga #23273**

Using Ashtanga yoga movements and breathing techniques, we will relax and strengthen mind and body, while increasing flexibility and working core muscles.

Th 5:35-6:35p A \$51 (Sr. \$39)

**Fitness Pilates #23290**

Increase core strength and flexibility of the spine, improve posture, alignment and mind-body connection.

M 6:45-8:00a A \$64 (Sr. \$49)

**Just Exhale #23270**

Breathing and meditative exercises help relax, stretch, and release all muscle groups using yoga and Pilates.

M 12:15-1:15p A \$51 (Sr. \$39)

F 12:15-1:15p B \$51 (Sr. \$39)

**Matwork Pilates #23280**

Benefits include increased overall flexibility, abdominal strength and an overall sense of well being. Feel stronger and leaner as you develop your core.

Sun 3:00-4:00p A \$47 (Sr. \$36)

M 10:30-11:30a B \$51 (Sr. \$39)

W 10:30-11:30a C \$51 (Sr. \$39)

Sat 11:45-1:00p D \$64 (Sr. \$49)

**PiYo #23150**

Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.

Th 6:40-7:40p A \$51 (Sr. \$39)

**Senior Stretch Fit #23310**

Basic stretching, yoga-like exercises standing, wall and floor work. Improve muscle flexibility, increase range of motion and general well being.

T 10:50-11:50a A \$51 (Sr. \$39)

Th 10:50-11:50a B \$51 (Sr. \$39)

**Tai-Chi #23251**

Harmonize body & mind, better handle stressful situations, learn to release body energy to move with unified integrity using your structural alignment. All levels welcome. Instructed by Karla Groesbeck.

T 6:40-7:40p A \$51 (Sr. \$39)



**PERSONAL TRAINERS**  
If you're looking for that extra boost of motivation, personal trainers are available at the recreation center. Photos and bios of each trainer are available on our website at parks.ewashtenaw.org.

**WATER AEROBICS**

**Water Aerobics #21200**

Looking for a new and refreshing way to stay in shape? Water aerobics is a great low impact workout that can improve strength, flexibility, circulation and cardiovascular stamina. Workouts can easily be tailored to match your abilities. No swimming skills required.

M 9:00-10:00a A \$51 (Sr. \$39)

M 6:00-7:00p B \$51 (Sr. \$39)

T 9:00-10:00a C \$51 (Sr. \$39)

T 10:00-11:00a D \$51 (Sr. \$39)

W 9:00-10:00a E \$51 (Sr. \$39)

W 6:00-7:00p F \$51 (Sr. \$39)

Th 9:00-10:00a G \$51 (Sr. \$39)

Th 10:00-11:00a H \$51 (Sr. \$39)

F 9:00-10:00a I \$51 (Sr. \$39)

Sat 9:00-10:00a J \$51 (Sr. \$39)



**REC CENTER TIDBITS**

**ONLINE REGISTRATION!**

Online registration is available! Register for classes and events at your convenience.

Visit [parksonline.ewashtenaw.org](http://parksonline.ewashtenaw.org).

**Daddy-Daughter Dance**

Friday, February 10, 6:30-8:30p

Dads, Uncles, or any guy with a special little lady—join us for a night of fun and memory making with dancing, age-appropriate music, light refreshments, and more! Semi-formal/dressy-casual attire recommended.

Fee: \$8 per person. Pre-registration required, please visit [parks.ewashtenaw.org](http://parks.ewashtenaw.org) for info.

Don't forget your dancin' shoes!



Guests enjoying the balloon drop at the 2011 Daddy-Daughter Dance!

**Facebook and Twitter—Follow Us!**

For the latest updates and alerts on facility issues, upcoming events, and happenings, follow us on Facebook (Meri Lou Murray Recreation Center) and Twitter (mlmreccenter).



**Class Fee Refund Policy**

Cancelled or full class	Full refund
Before class begins	Full refund less \$5 service fee
After class begins*	Pro-rated refund less \$5 service fee
Missed class	No refund

\*Refund after 1<sup>st</sup> class only with letter from doctor for medical disability or from employer indicating transfer from the area

# Instructional Swim

Registration Required

## ADULT & TEEN

two 5-week sessions

Online Registration: 12/11 - 1/3  
Walk-in Registration: 12/12 - until full  
Classes Run: 1/4 - 2/1

Online Registration: 2/5 - 2/13  
Walk-in Registration: 2/6 - until full  
Classes Run: 2/15 - 3/14

Aquatics Program Supervisor  
(734) 971-6355  
No make-ups for missed instructional swim classes

### Learn to Swim \$50 (Sr. \$40)#22410

(13+ yrs) Two instructors will divide the class into two skill levels on the 1st day. Classes are designed for those who wish to learn to swim, improve strokes or just learn to be comfortable in the water.

		Session I	Session II
W	7:00-8:00p	A	B



### YOUTH

two 5-week sessions

Online Registration: 12/11 - 1/3  
Walk-in Registration: 12/12 - 1/4  
Classes Run: 1/5 - 2/4

Online Registration: 2/5 - 2/13  
Walk-in Registration: 2/6 - 2/14  
Classes Run: 2/16 - 3/17

### Private Swim Lessons \$72 #50001

(4+ yrs) One-on-one instruction to fit individual needs. Four week sessions. A second child can be added to the same lesson for \$36.

		Session I	Session II
Sun	2:00-2:30p	A	E
Sun	2:30-3:00p	B	F
Sun	3:00-3:30p	C	G
Sun	3:30-4:00p	D	H

NOTE: When registering online, select the name of the child you would like to enroll from the drop-down menu.

### Duck & Ducklings \$40 #21010

(6 mos-18 mos with adult) With adult participation, infants and toddlers learn to enjoy water activities. Songs and games teach the children water comfort. One adult per child.

		Session I	Session II
Sat	11:15-11:45a	A	B

### Otters & Pups \$40 #21020

(18 mos-3 yrs with adult) Through songs and games, and with adult help, pre-school aged children learn water comfort and simple water skills. One adult per child.

		Session I	Session II
Sat	10:35-11:05a	A	B

### Penguins & Chicks \$40 #21030

(2 1/2-4+ yrs with adult) We'll begin to practice Sea Stars skills; for kids who aren't ready to be in the water without a parent. One adult per child.

		Session I	Session II
Sat	10:00-10:30a	A	C
Sat	11:50-12:20p	B	D

### Sea Stars \$40 #21040

(At least 4 yrs) Great for beginners! Children with little or no water experience will learn water comfort, supported floating/kicking, basic arm movement.

		Session I	Session II
Th	4:00-4:30p	A	E
Th	5:00-5:30p	B	F
Sat	10:00-10:30a	C	G
Sat	11:15-11:45a	D	H

### Tadpoles \$40 #21050

(4-5 yrs) Children already comfortable in the water will practice swimming skills without support. Floating, kicking, front crawl and back crawl will be taught.

		Session I	Session II
Th	4:30-5:00p	A	F
Th	5:30-6:00p	B	G
Sat	10:35-11:05a	C	H
Sat	11:50a-12:20p	D	I
Sat	12:30-1:00p	E	J

### Goldfish \$40 #21060

(At least 5 yrs) Children who can float and kick on both front and back without support begin to complete their strokes. Focus on stroke completion and technique.

		Session I	Session II
Th	4:00-4:35p	A	F
Th	5:25-6:00p	B	G
Sat	10:00-10:35a	C	H
Sat	11:15-11:50a	D	I
Sat	12:30-1:05p	E	J

### Alligators \$40 #21070

(Must pass Goldfish or with permission) Learn to combine and coordinate basic swimming skills into complete strokes. Rhythmic breathing introduced; front and back crawls will improve.

		Session I	Session II
Th	4:40-5:20p	A	D
Sat	10:35-11:15a	B	E
Sat	11:50a-12:30p	C	F

### Sea Turtles \$40 #21080

(Must pass Alligators or with permission) Deep water comfort is a must. Improved stroke technique and endurance is the focus. Children work on more distance with front and back strokes, along with breaststroke and treading water.

		Session I	Session II
Th	4:00-4:40p	A	E
Th	4:40-5:20p	B	F
Sat	10:35-11:15a	C	G
Sat	11:50a-12:30p	D	H

### Dolphins \$40 #21090

(Must pass Sea Turtles or with permission) Students will refine and improve all strokes learned while increasing endurance and stroke efficiency. More distance is introduced.

		Session I	Session II
Th	5:20-6:00p	A	C
Sat	12:30-1:10p	B	D

## \*\*\* PLEASE READ \*\*\*

Children who are not potty trained must wear swim diapers with training pants and swimsuit

You may watch swim classes from the deck on the 1st & last days only; on other days use the main floor observation windows

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