

Meri Lou Murray Recreation Center

(734) 971-6355

Summer 2012



Rec Center News

Meet Our New Facility Coordinators



Meet Lyla and Allison!

Lyla Ellens holds a Bachelors degree in Human Kinetics from the University of Windsor. For the last five years, Lyla worked as a lifeguard and Seasonal Park Manager at Independence Lake Park. Given her background as a certified water safety instructor and lifeguard, Lyla will manage our aquatics division.

Allison Richards holds a Bachelors degree in Recreation and Leisure Management and Advertising/Public Relations from Spring Arbor University (SAU). In 2011, she received the SAU Recreation and Leisure Management award. Her previous work experience includes positions at the YMCA/JCC of Greater Toledo and the Club Fitness Center in Greenville, Mich. Allison will focus on youth and family programs and special events.

Welcome to our outstanding team! ■

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

(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

Closed:

Independence Day, July 4

Annual Shutdown, Aug 19 - Sept 4

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
Daily Fees		
Adult	\$7	\$9
Y/S/D	\$5	\$6
Annual Passes		
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

	\$45	\$45
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Summer Pass (Valid May 1-Aug 19, 2012)

	\$70	\$70
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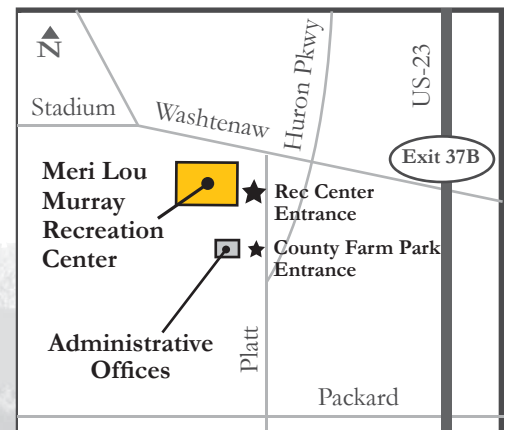
Fitness/Instructional Swim Classes

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: 5/27 - 6/23
 Walk-in Registration: 5/29 - 6/23
 (\$2 late fee per class for registration after 6/23)
 Classes Run: 6/24 - 9/22
 Post-Summer Interim: 9/23 - 9/29
 No Classes: 7/4

BADMINTON

Badminton #43380
 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.

Th	6:30-7:45p	A	\$72 (Sr. \$60)
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CARDIO

Basic Aerobics #43300
 Slower paced entry level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M	9:15-10:15a	A	\$43 (Sr. \$33)
F	9:15-10:15a	B	\$47 (Sr. \$36)

Basic Step #43330
 Slower paced entry level workout for all ages. Sharpen balance awareness and increase cardiovascular and muscle endurance.

M	8:15-9:00a	A	\$32 (Sr. \$25)
W	8:15-9:00a	B	\$32 (Sr. \$25)

Advanced Step #43210
 Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.

T	6:30-7:45a	A	\$59 (Sr. \$45)
Th	6:30-7:45a	B	\$59 (Sr. \$45)
Sat	8:05-9:05a	C	\$59 (Sr. \$45)

Step Interval #43231
 Combination of aerobic conditioning using step and muscle work through weights, bands, and/or ball. This is a great cardiovascular workout!

Th	9:40-10:40a	A	\$47 (Sr. \$36)
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Step & Condition #43140
 Cardio step (beginner/intermediate) along with an equal amount of muscle conditioning using weights and ball.

Tu	9:40-10:40a	A	\$47 (Sr. \$36)
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ZUMBA FITNESS® #43132
 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	\$43 (Sr. \$33)
W	5:30-6:30p	B	\$43 (Sr. \$33)
F	6:00-7:00p	C	\$47 (Sr. \$36)
Sat	10:35-11:35a	D	\$47 (Sr. \$36)

ZUMBA FITNESS® + Kick #43135
 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	\$59 (Sr. \$45)
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ZUMBA TONING® #43137
 An innovative muscle training program using lightweight dumbbells in combination with Latin-inspired dance rhythms. It provides participants with a safe, effective, redefining total body workout.

Mon	5:30-6:30p	A	\$43 (Sr. \$33)
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Boot Camp #43400
 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	6:10-7:10a	A	\$43 (Sr. \$33)
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CONDITIONING

Aerobic Strength Training (AST) #43180
 Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.

T	5:35-6:35p	A	\$47 (Sr. \$36)
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Basic Sculpt & Condition #43320
 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	\$47 (Sr. \$36)
Th	8:30-9:30a	B	\$47 (Sr. \$36)

Sculpt & Condition #43200
 Tone and strengthen the total body. Mild aerobic workout, adaptable yet challenging for all fitness levels. Hand-held weights, tubes, bands provided.

Sat	9:20-10:20a	A	\$47 (Sr. \$36)
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DANCE

Line Dancing (instruction) #43010
 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	\$47 (Sr. \$36)
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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
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Ballroom Dancing

#43015
 Join instructors, U.S. Dance Champions Roger Thaxton & Carrie Garrity, for a world class ballroom dancing experience! During each session participants will learn a new style of dance. Couples and individuals welcome. If you've never danced before or just want to get back on the dance floor...waltz, sashay, or dip over to register! Pre-registration is required, no drop-ins. Beginner and intermediate classes available.

Cha Cha 7/8-7/29 (4 weeks)
 Sun 7:00-8:00p (Beg.) A \$80/cpl. (\$48/ind.)
 Sun 8:00-9:00p (Interm.) B \$80/cpl. (\$48/ind.)

KICKBOXING

Turbo Kick #43170
 Cardiovascular challenge improves agility and overall fitness! Techniques from dance, aerobics, kickboxing, and self defense.

M	6:40-7:55p	A	\$54 (Sr. \$41)
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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 #43240
 7/1-7/29 A \$48
 8/1-8/15 B \$30
 9/4-9/30 C \$48

Adult (Ages 12 and up) T/Th 7:45-8:45p #43241
 7/3-7/31 A \$54
 8/2-8/16 B \$30
 9/4-9/27 C \$48

MIND & BODY

Balanced Yoga #43273

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 \$47 (Sr. \$36)

Fitness Pilates #43290

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

M 6:45-8:00a A \$54 (Sr. \$41)

Just Exhale #43270

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

M 12:15-1:15p A \$43 (Sr. \$33)

F 11:00a-12:00p B \$47 (Sr. \$36)

Matwork Pilates #43280

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 \$43 (Sr. \$33)

W 10:30-11:30a C \$43 (Sr. \$33)

Sat 11:45-1:00p D \$59 (Sr. \$45)

PiYo #43150

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

Th 6:40-7:40p A \$47 (Sr. \$36)

Senior Stretch Fit #43310

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 \$47 (Sr. \$36)

Th 10:50-11:50a B \$47 (Sr. \$36)

Tai-Chi #43251

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 \$47 (Sr. \$36)



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 #41200

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 \$43 (Sr. \$33)

M 6:00-7:00p B \$43 (Sr. \$33)

T 9:00-10:00a C \$47 (Sr. \$36)

T 10:00-11:00a D \$47 (Sr. \$36)

W 9:00-10:00a E \$43 (Sr. \$33)

W 6:00-7:00p F \$43 (Sr. \$33)

Th 9:00-10:00a G \$47 (Sr. \$36)

Th 10:00-11:00a H \$47 (Sr. \$36)

F 9:00-10:00a I \$47 (Sr. \$36)

Sat 9:00-10:00a J \$47 (Sr. \$36)



REC CENTER TIDBITS

ONLINE REGISTRATION!

Online registration is available! Register for classes and events at your convenience. Visit parksonline.ewashtenaw.org.

Ballroom Dance Party

Ballroom Dance Party happening this summer! Instructors Carie Garrity and Roger Thaxton will give an hour instruction of one dance followed by a two-hour dance party of rumba, fox trot, waltz, cha-cha, and swing. Event will include refreshments, food, DJ and hours of dancing for \$10 per person. Dates and times TBA. Visit the front desk or call 734-971-6355 for more information.

Summer Day Camp & Camp Big Heart

7 weeks of Summer Day Camp will be offered June 18-August 3 (Mon-Fri, 9:15-4:15). Fee: \$155/week
Pre-/post-care may be purchased for \$15/week
Camp Big Heart will be held August 6-10. Fee: \$25
Register online at: parksonline.ewashtenaw.org

Weight Room Orientation

Are you new to the Recreation Center? Schedule a weight room orientation to become more familiar with the facility and equipment. We offer a relaxed and educational overview for new members and schedule these appointments according to inquiry. Ask the front desk for more details.

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 1st class only with letter from doctor for medical disability or from employer indicating transfer from the area

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

Instructional Swim

Registration Required

ADULT & TEEN

one 5-week session

Online Registration: 6/24 - 7/10
 Walk-in Registration: 6/25 - until full
 Classes Run: 7/11 - 8/8

Aquatics Program Supervisor
 (734) 971-6355

No make-ups for missed instructional swim classes

PRIVATE SWIM LESSONS

Online Registration: 6/24 - 7/7
 Walk-in Registration: 6/25 - 7/7
 Lessons Run: 7/8 - 8/5

one 5-week session

Learn to Swim #42410

(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.

W 7:00-8:00p A \$50 (Sr. \$40)



Private Swim Lessons \$90 #50003

(4+ yrs) One-on-one instruction to fit individual needs. Four week sessions. A second child can be added to the same lesson for \$45.

Sun 2:00-2:30p	A
Sun 2:30-3:00p	B
Sun 3:00-3:30p	C
Sun 3:30-4:00p	D

YOUTH

Online Registration: 6/24 - 7/10
 Walk-in Registration: 6/25 - until full
 Classes Run: 7/12 - 8/11

one 5-week session

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

Duck & Ducklings \$40 #41010

(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.

Sat 11:20-11:50a A

Otters & Pups \$40 #41020

(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.

Sat 10:40-11:10a A

Sat 12:40-1:10p B

Penguins & Chicks \$40 #41030

(2½-4+ 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.

Sat 10:00-10:30a A

Sat 12:00-12:30p B

Sea Stars \$40 #41040

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

Th 4:00-4:25p A

Th 5:00-5:25p B

Sat 10:00-10:25a C

Sat 11:00-11:25a D

Sat 12:00-12:25p E

Tadpoles \$40 #41050

(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.

Th 4:30-4:55p A

Th 5:30-5:55p B

Sat 10:30-10:55a C

Sat 11:30-11:55a D

Sat 12:30-12:55p E

Goldfish \$45 #41060

(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.

Th 4:00-4:40p A

Th 4:50-5:30p B

Th 5:40-6:20p C

Sat 10:00-10:40a D

Sat 10:50-11:30a E

Sat 11:40a-12:20p F

Sat 12:30-1:10p G

*** 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

Alligators \$45 #41070

(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.

Th 4:00-4:40p A

Th 4:50-5:30p B

Th 5:40-6:20p C

Sat 10:00-10:40a D

Sat 10:50-11:30a E

Sat 11:40a-12:20p F

Sat 12:30-1:10p G

Sea Turtles \$45 #41080

(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.

Th 4:00-4:40p A

Th 4:50-5:30p B

Sat 10:00-10:40a C

Sat 11:40a-12:20p D

Dolphins \$45 #41090

(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.

Th 5:40-6:20p A

Sat 10:50-11:30a B

Sat 12:30-1:10p C

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