



# Meri Lou Murray Recreation Center

Summer 2017

Washtenaw County Parks & Recreation Commission

[parks.ewashtenaw.org](http://parks.ewashtenaw.org)

Credit: Fred Golden Photography



## Rates (Effective July 1, 2013; subject to change)

Individual 16-61 • (Y) Youth 3-15 • (S) Senior 62+  
(D) Disabled (with doctor's note)

	County Resident	Non-Resident
<b>Daily Fees</b>		
Individual	\$8	\$9
Y/S/D	\$6	\$7
<b>Annual Passes</b>		
Individual	\$230*	\$345*
Y/S/D	\$180*	\$270*
Family	\$495*	\$745*
Over 80	\$60	\$60
*Renew before your Annual Pass expires to receive a \$10 discount. (Does not apply to "Over 80".)		
<b>6 Month Passes</b>		
Individual	\$175	\$265
Y/S/D	\$135	\$205
Family	\$370	\$555
<b>30-Day Pass</b>		
	\$45	\$45
<b>Summer Pass (Valid May 1-Aug 19, 2017)</b>		
	\$80	\$90
<b>Fitness/Instructional Swim Classes</b>		
See pages 6-8 for class registration fees†		
<b>Fitness Class "Drop-In" Rates†</b>		
Individual	\$8/class	\$9/class
Senior	\$6/class	\$7/class

† Registered participants are allowed to make up their absences in any class priced at **equal or lesser value** of the class in which they are registered (excluding martial arts and self defense classes). Non-registered individuals may drop in to Fitness classes when space is available.

## About Us

### 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
- Swim Instruction
- Fitness Classes

### Building Hours

Mon-Fri, 6am-10pm  
 Sat, 8am-6pm  
 Sun, Noon-10pm  
*Independence Day, July 4 - Closed*  
*Annual Maintenance, Aug. 21 - Sept. 4 - Closed*

### Visit Us!

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



# Group Fitness Classes

Online Registration: 5/21 - 6/24

Walk-in Registration: 5/22 - until filled

(\$2 late fee per class for registration after 6/24)

Classes Run: 6/25 - 9/23

No Classes: 7/4, 8/21 - 9/4

## CARDIO

### Aerobic Interval #43200

Combination of aerobic conditioning and muscle work using weights, bands, balls and steps. This is a great cardiovascular workout!

Th 9:40-10:40a A \$58 (Sr. \$47)

### Basic Aerobics #43210

Slower paced, entry-level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M 9:15-10:15a A \$53 (Sr. \$43)

F 9:15-10:15a B \$58 (Sr. \$47)

### Basic Step #43220

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

M 8:15-9:00a A \$40 (Sr. \$32)

W 8:15-9:00a B \$44 (Sr. \$35)

### Boot Camp #43230

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 \$58 (Sr. \$47)

### Advanced Step #43240

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

T 6:45-8:00a A \$66 (Sr. \$53)

Th 6:45-8:00a B \$73 (Sr. \$59)

Sat 8:05-9:05a C \$58 (Sr. \$47)

### Step Interval #43250

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

F 3:55-4:55p A \$58 (Sr. \$47)

## CONDITIONING

### Aerobics and Strength #43300

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

T 5:35-6:35p A \$53 (Sr. \$43)

### Basic Sculpt & Condition #43310

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 \$53 (Sr. \$43)

Th 8:30-9:30a B \$58 (Sr. \$47)

### Power Sculpting #43320

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

M 5:30-6:30p A \$53 (Sr. \$43)

W 5:30-6:30p B \$58 (Sr. \$47)

### Sculpt & Condition #43330

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 \$58 (Sr. \$47)

## CYCLING

### Studio Cycling #43600

Experience the high gear cardio energy of this indoor cycling class! Blast calories, build muscle, and increase endurance.

**Drop-ins not permitted when class is at capacity.**

T 12:05-1:05p A \$70 (Sr. \$60)

F 6:15-7:15a B \$77 (Sr. \$66)

## DANCE

### Dance & Tone #43700

A blend of different dance and aerobic intervals (salsa, cha-cha, line dancing, etc.) combined with full body toning and sculpting work. A great fitness activity for those who enjoy dancing, aerobics, and having a good time!

T 9:40-10:40a A \$53 (Sr. \$43)

## MIND & BODY

### Balanced Yoga #43400

Use yoga movements and breathing techniques to relax and strengthen your mind and body, while increasing flexibility and working core muscles.

Th 5:35-6:35p A \$58 (Sr. \$47)

### Beginning Pilates #43410

Pilates with resistance bands for whole body conditioning. Strength training, stability work, and gentle stretching will improve core strength, posture, balance and flexibility.

Sat 11:45a-12:45p A \$58 (Sr. \$47)

### Fitness Pilates #43430

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

M 6:45-8:00a A \$66 (Sr. \$53)

### Matwork Pilates #43440

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

M 10:30-11:30a A \$53 (Sr. \$43)

W 10:30-11:30a B \$58 (Sr. \$47)

### Pilates Plus #43455

Class begins with moderate-level aerobic activity, followed by a Pilates workout for whole body conditioning. Strength training, stability work and gentle stretching will improve core strength, posture, balance and flexibility.

Sun 1:20-2:20p A \$53 (Sr. \$43)

### PiYo #43460

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

M 11:45a-12:45p A \$53 (Sr. \$43)

Th 6:40-7:40p B \$58 (Sr. \$47)

### Stretch and Strengthen #43480

This class is for all ages to strengthen and stretch all major muscle groups at their own level. Core work and balance will be addressed.

T 10:50-11:50a A \$53 (Sr. \$43)

Th 10:50-11:50a B \$58 (Sr. \$47)

### Yoga #43490

Class includes breath control, meditation, and the adoption of specific bodily postures to increase health and relaxation.

F 5:15-6:15p A \$58 (Sr. \$47)

## Personal Trainers!

If you're looking for that extra boost of motivation, personal trainers are available. Photos and bios of each trainer are available on the bulletin board at the facility and our website at [parks.ewashtenaw.org](http://parks.ewashtenaw.org).

For additional information, contact Sarah Walls, Parks & Facilities Supervisor (734) 971-6355 x0 | [walls@ewashtenaw.org](mailto:walls@ewashtenaw.org)

# REC CENTER BRIEFS

## MARTIAL ARTS & SELF DEFENSE

### 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 4:10-5:10p		#43500
7/2-7/30	A	\$54
8/2-8/20	B	\$36
9/6-9/27	C	\$42
Adult (Ages 12 and up) T/Th 7:45-8:45p		#43501
7/6-7/27	A	\$42
8/1-8/17	B	\$36
9/5-9/28	C	\$48

### Tai Chi

#43510

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	\$53 (Sr. \$43)
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### Warrior Self Defense

#43520

This self-defense class teaches tactics and techniques to survive violent encounters. Class is taught by instructor Mike Trester.

M	7:45-9:15p	A	\$71
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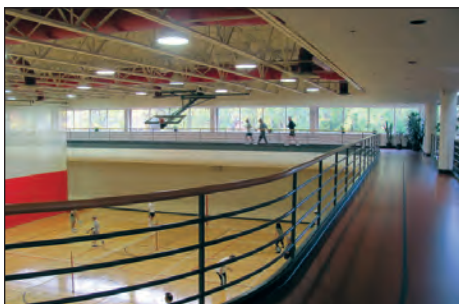
## WATER AEROBICS

### Water Aerobics

#42000

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	\$53 (Sr. \$43)
M	6:00-7:00p	B	\$53 (Sr. \$43)
T	9:00-10:00a	C	\$53 (Sr. \$43)
T	10:00-11:00a	D	\$53 (Sr. \$43)
W	9:00-10:00a	E	\$58 (Sr. \$47)
W	6:00-7:00p	F	\$58 (Sr. \$47)
Th	9:00-10:00a	G	\$58 (Sr. \$47)
Th	10:00-11:00a	H	\$58 (Sr. \$47)
F	9:00-10:00a	I	\$58 (Sr. \$47)
Sat	9:00-10:00a	J	\$58 (Sr. \$47)



## AEROBICS

### World Dance Fitness

#43100

This fun and easy to follow cardio dance class combines high-energy and motivating music with unique moves and combinations that make you feel like you are partying on the dance floor!

W	9:15-10:15a	A	\$58 (Sr. \$47)
Sat	10:35-11:35a	B	\$58 (Sr. \$47)

### Zumba Fitness®

#43110

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!

M	6:40-7:40p	A	\$53 (Sr. \$43)
Th	12:00-1:00p	B	\$58 (Sr. \$47)
F	7:45-8:45a	C	\$58 (Sr. \$47)
F	6:30-7:30p	D	\$58 (Sr. \$47)

### Zumba Gold®

#43120

Class combines zesty Latin and international rhythms with exhilarating, easy-to-follow moves and an invigorating party-like atmosphere. The pacing and moves are designed to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

F	10:20-11:20a	A	\$58 (Sr. \$47)
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### Zumba Toning®

#43130

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.

Sun	12:10-1:10p	A	\$53 (Sr. \$43)
W	6:40-7:40p	B	\$58 (Sr. \$47)

### Group Fitness Hotline

734-971-6355, #5

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



## Annual Shutdown

We will be closed for the annual maintenance shut down from 8/21/17 through Labor Day, 9/4/17 and reopen at 6am on Tuesday, 9/5/17. In addition to floor refinishing, painting, and general building maintenance, reconditioning the glass wall in the natatorium will be a major project. Recently, patrons have expressed interest in the locker rooms being updated. We are aware of this need and have scheduled this major reconstruction project during the 2018 shut down.

## Day Camp and Camp Big Heart

Day Camp begins 6/19/17 and goes through 8/11/17. Camp Big Heart is the week of 8/14/17 and ends 8/18/17. During this time, the east side of the gym will be closed for day camp and the pool schedule will also be modified.

## Weight Room Orientation

We currently offer weight room orientation Mondays at 10:30am. Our experienced staff will explain weight room etiquette and demonstrate how to use each station properly. The cost for these 1 1/2 - 2 hour sessions is \$12 per person. Please register in advance.

## Computer System Upgrade

Your patience is greatly appreciated as we work through our recently updated recreation software. Please let us know if you are experiencing difficulties with online registration at [dsk@ewashtenaw.org](mailto:dsk@ewashtenaw.org).

## Class Registration Options

### In person • Fax • Mail • Online

Online registration at: [parksonline.ewashtenaw.org](http://parksonline.ewashtenaw.org). 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

## 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

No cash refunds; credit card or check only.  
\*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

|| Online Registration: 5/28 - 6/18  
 Walk-in Registration: 5/30 - 6/20  
 (\$5 late fee per class for registration after 6/20)  
 Lessons Run: 6/25 - 7/29  
 No Classes: 7/4, Make up: 8/1

|| Online Registration: 7/16 - 7/30  
 Walk-in Registration: 7/17 - 8/1  
 (\$5 late fee per class for registration after 8/1)  
 Lessons Run: 8/6 - 9/23  
 No Classes: 8/21 - 9/4

For online registration, select the name of the child you would like to enroll from the drop-down menu.

## GROUP SWIM LESSONS

### YOUTH

**Parent Tot 1 \$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.

	Session I	Session II
Sat 11:00–11:25a	A	C
Sat 12:30–12:55p	B	D

**Parent Tot 2 \$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.

	Session I	Session II
Sat 10:30–10:55a	A	C
Sat 12:00–12:25p	B	D

**Parent Tot 3 \$40 #41030**  
 (2½–4+ yrs with adult) We'll begin to practice skills from Preschool 1; for kids who aren't ready to be in the water without a parent. One adult per child.

	Session I	Session II
Sat 10:00–10:25a	A	C
Sat 11:30–11:55a	B	D

**Preschool 1 \$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.

	Session I	Session II
Th 4:00–4:25p	A	G
Th 5:00–5:25p	B	H
Th 6:00–6:25p	C	I
Sat 10:00–10:25a	D	J
Sat 11:00–11:25a	E	K
Sat 12:00–12:25a	F	L

**Preschool 2 \$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.

	Session I	Session II
Th 4:30–4:55p	A	F
Th 5:30–5:55p	B	G
Sat 10:30–10:55a	C	H
Sat 11:30–11:55a	D	I
Sat 12:30–12:55p	E	J

**Level 1 \$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.

	Session I	Session II
Th 4:00–4:40p	A	H
Th 4:50–5:30p	B	I
Th 5:40–6:20p	C	J
Sat 10:00–10:40a	D	K
Sat 10:50–11:30a	E	L
Sat 11:40a–12:20p	F	M
Sat 12:30–1:10p	G	N

**Level 2 \$45 #41070**  
 (Must pass Level 1 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 4:00–4:40p	A	H
Th 4:50–5:30p	B	I
Th 5:40–6:20p	C	J
Sat 10:00–10:40a	D	K
Sat 10:50–11:30a	E	L
Sat 11:40a–12:20p	F	M
Sat 12:30–1:10p	G	N

**Level 3 \$45 #41080**  
 (Must pass Level 2 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 4:50–5:30p	B	F
Sat 10:00–10:40a	C	G
Sat 11:40a–12:20p	D	H

**Level 4 \$45 #41090**  
 (Must pass Level 3 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 5:40–6:20p	A	D
Sat 10:50–11:30p	B	E
Sat 12:30–1:10p	C	F

### ADULT & TEEN

**Beginning Swimmer \$50 (Sr. \$40) #41100**  
 (13+ yrs) Designed for those with little or no water experience. Class will focus on water comfort and introduction of strokes.

	Session I	Session II
Th 6:30–7:30p	A	B

**Intermediate Swimmer \$50 (Sr. \$40) #41110**  
 (13+ yrs) Designed for students with some water experience and swimming ability. Class will focus on stroke improvement, including correct breathing coordination.

	Session I	Session II
Th 6:30–7:30p	A	B



### PRIVATE SWIM LESSONS

**Private Swim Lessons \$100 #41000**  
 (4+ yrs) One-on-one instruction to fit individual needs. Five week sessions. A second person may be added to the same lesson for \$50.

	Session I	Session II
Sun 2:00–2:30p	A	K
Sun 2:30–3:00p	B	L
Sun 3:00–3:30p	C	M
Sun 3:30–4:00p	D	N
Tues 5:00–5:30p	E	O
Tues 5:30–6:00p	F	P
Tues 6:00–6:30p	G	Q
Tues 6:30–7:00p	H	R
Th 6:30–7:00p	I	S
Th 7:00–7:30p	J	T

(734) 971-6355 x0 | dsk@ewashtenaw.org

**No make-ups, refunds, or substitutions for missed instructional swim classes**

**Late registration for Instructional Swim will result in a \$5 late fee**