

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

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

*** 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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