

# Marine City Recreation Department 2016-2017 Winter Programs



There will be no programs offered the following weeks: Dec. 21—Jan. 3 • Feb. 17—20 • April 3—7



**Pickleball** is a fun, easy to learn game, that is a cross between tennis, badmitten & table tennis using paddles and a wiffleball.

**Schedule:** Monday & Friday • 6:00p—8:00p  
January 9—March 27

**Fee:** \$2.00 per person/ \$18.00 for 10 class pass

Ages 18+ Co-Ed Program

Open to Residents and Non-Residents!

**Where:** Belle River Elementary Gymnasium

\*Please bring your own paddle. Equipment is limited.

## SPLASH BASH

**Free Program!** Sponsored by HAP  
Drop-In Open Swim/Water Aerobics/Laps  
Open to Adults age 18+

\*\* Class schedule is subject to change—call Lynn at  
(810) 531-2004 prior to 1st class date for additional updates

**Schedule:** Tuesday & Thursday 10:00am—11:00am  
January 10—May 25 2017

**Where:** M.C. High School Pool—1085 Ward

## Water Aerobics

Open to ages 14+

**Schedule:** Monday • 6:00p—6:50p  
January 16th—April 24th

**Fee:** \$5.00 Resident/ \$7.00 Non Resident  
\$40.00 for a 10 class pass

**Where:** M.C. High School Pool—1085 Ward



## Swim Lessons

**Registration:** January 24-25 • 5:00pm—6:00pm \*  
303 S. Water St.—City Offices  
**Cash or Money Order ONLY**  
No Refunds unless class is cancelled

\*First day of registration is for M.C. & East China School District residents ONLY. Registration is on a first come/first serve basis

**Parent/Child Aquatics:** (4 years & under) 6:00-6:30pm  
\$35 res/\$40 non-res fee (Only actual swim diapers allowed)

**Levels 1 & 2** (Beginners 5-10 years old) 6:30-7:15pm  
\$45.00 resident/\$50.00 non-resident fee

**Levels 3 & 4** (Intermediate) 7:15pm-8:00pm  
\$45.00 resident/\$50.00 non-resident fee

**Schedule:** Wednesdays • Feb. 1, 8, 15, 22 • March 1. 8

**Where:** M.C. High School Pool - 1085 Ward

Spring Lessons will begin in April and run thru May

## Open Swim

Open to All ages \*

**Schedule:** Monday • 7:00p—7:50p  
January 16th—April 24th

**Fee:** \$2.00 per person/ \$5.00 per family  
\$1.00 for senior citizens

**Where:** M.C. High School Pool—1085 Ward

- Children under 4 ft tall will need a parent in the water with them

- Swim diapers are required for infants

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## 20/20/20 Program

Our 20/20/20 program is a whole body workout based on 20 minutes of cardio, 20 minutes of body sculpting using free weights & 20 minutes of core/abdominal stretching. A fun way to lose weight while increasing stamina and metabolism.

### Schedule

Tuesdays • 6:00pm - 7:00pm

### Fee

\$42.00/Resident • 6 week session  
\$60.00/Non-Res • 6 week session  
\$10.00/Resident • Drop-In Fee  
\$12.00/Non-Res • Drop-In Fee

### Location

Belle River Elementary  
1601 Chartier Rd.  
Marine City, MI 48039

\* Please bring hand held weights & exercise mat to class

## Relaxation YOGA

Our Beginner YOGA class will focus on the development of stress-relieving techniques using gentle, slow and deliberate movements to improve the body and mind and improve circulation, flexibility and stamina. An enjoyable and beneficial class for all fitness levels.

### Schedule

Tuesdays • 7:00pm - 8:00pm

### Fee

\$45.00/Resident • 6 week session  
\$63.00/ Non-Res • 6 week session  
\$10.00/Resident • Drop-In Fee  
\$12.00/Non-Res • Drop-In Fee

### Location

Belle River Elementary  
1601 Chartier Rd.  
Marine City, MI 48039

\* Please bring a yoga mat to class.



## Creative Kids Preschool Program

Enroll Today for 2nd Semester Classes • Cash or Money Order Only

3 Year Old Class: Tues & Thurs • 9:30am – 11:30am • Fee: \$75.00 Resident/\$75.00 Non-Resident

4 Year Old Class: Tues & Thurs • 9:30am – 1:30pm • Fee: \$125.00 Resident/\$130.00 Non-Resident



## Consumer Education Seminars

It is important to be a savvy consumer and aware of tricks criminals use to steal from you. The City of Marine City & The Michigan Attorney General office will be hosting seminars on Identity Theft on Monday, March 6th at 6:00pm, Phone, Mail & eScams on Monday, April 3rd at 6:00pm, and Online Safety on Monday, May 1st at 6:00pm. All seminars will be held at the Marine City Library.

Recreation Director: Lynn Zyrowski  
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Address: 303 S. Water St. Marine City