WE'RE LOOKING FOR YOU...

AAPS Child Care is looking for qualified, dedicated staff to join our team to provide top-notch care to elementary children in our before and after school programs. We endeavor to provide a safe, healthy, and stable childcare environment.

FOR ADDITIONAL INFORMATION GO TO: aareced.com
The Hawks & Eagles Of Michigan
Grades 10th-Adult. Are you interested in Michigan’s Birds of Prey? Did you know Michigan is the hawk migration capital of North America? Through in-class sessions and outdoor field trips, you learn how to identify hawk and eagle varieties found in Michigan. During the two in-class sessions, become familiar with hawks’ habits and behavior and then see them yourself on the field trips. Discover locations and techniques for viewing these beautiful birds on your own. This class includes a field trip (date TBD depending on hawk migration). Instructor: Jamie Platt, avid ornithologist.

**Thursdays - 2 classes.**

**ID# 1653.101**
Fee: $69
9/25 - 11/6
7:00pm to 8:30pm
Thursdays
Pioneer, C225

**ID# 1653.102**
Fee: $69
10/12 - 10/19
7:00pm to 8:30pm
Thursdays
Pioneer, C225

Cemetery History Tour
Ages 18-Adult. Forest Hill Cemetery is the final resting place for many famous (James Angell, Fielding Yost, Bo Schembechler) and not so famous Ann Arborites. Join local historian and storyteller Patti Smith as she takes you for a leisurely (1-1.5 mile) walk and shares stories of some of the people who graced our little city throughout the years. **Sunday - 1 class.**

**ID# 1655.101**
Fee: $25
10/13 1:00pm to 3:00pm
Sunday
Forest Hill Cemetery
Rain Date 10/20

**ID# 1655.102**
Fee: $25
10/27 1:00pm to 3:00pm
Sunday
Forest Hill Cemetery
Rain Date 11/3

Become A Master Composter
Ages 18-Adult. Transform yard debris and kitchen scraps into nutrient-rich, natural soil amendments. Identify your soil profile to create a low-maintenance, low-waste yard. Tour large- and small-scale compost operations. Learn to compost with red worms, compost tea, and other agents. Lessons are suitable for the general public and for Master Gardeners looking to continue their organic gardening education. A Washtenaw County Master Composter certification is available if you pass the take-home exam and volunteer 10 hours in the community. Volunteer hours are offered in the optional Fall Saturday Composting Practicum. This Washtenaw County Michigan Master Composter program is coordinated by Project Grow Community Gardens and Washtenaw County Public Works. **Wednesdays - 7 classes.**

**ID# 1641.101**
Fee: $59
9/25 - 11/6
6:00pm to 8:30pm
Wednesdays
Rec & Ed, Conf. Room
NEW! **Laughter Yoga Playshop**  
*Ages 18-Adult.* Want to bring more joy, laughter and a sense of well-being into your life? Research indicates that laughing strengthens our immune system, increases our lung capacity and adds to our general sense of good health. Join us for this hour of Laughter Yoga where you are introduced and guided through a series of breathing and relaxation exercises that generate laughter. These exercises are based on the premise that it is healthy just to laugh. We laugh just because we can... and laughter is infectious! Come join us for an hour of Laughter Yoga and have lots of fun! Instructor: Sandra Berman, Certified Laughter Yoga facilitator. **Wednesday - 1 class.**  
**ID# 1637.101**  
**Fee: $10**  
**10/23 6:00pm to 7:00pm**  
**Slauson, Rec Room**

**Aging With Purpose**  
*Ages 18-Adult.* Aging with Purpose encourages inquiry into our deep sources of creativity and wisdom as we embrace the 2nd half of life. Whether just starting out on the path of inner development or you have spent years in self exploration, this process promises increased awareness as life unfolds. In this 8 week workshop, the following topics are explored through individual inquiry and group sharing:  
- How do you feel about aging?  
- Life review and harvesting one’s life  
- Exploration of what is yet to be lived  
- The value of forgiveness and self love  
- Exploration of mortality and end of life issues  
- Intuition and wisdom  
- Gaia consciousness, paying attention to Mother Earth  
- Legacy work and gratitude  

If you have already taken this workshop, increased insight and depth is often experienced with its repetition. Instructor: Sandra Berman is a trained Sage-ing Circle facilitator as well as educator, counselor and pastoral care provider. She comes to this process through years of self-inquiry coupled with a daily meditation practice.  
**Thursdays - 8 classes.**  
**ID# 1636.101**  
**Fee: $149**  
**9/12 - 11/7 6:00pm to 8:00pm**  
**Westgate Library, Room B**  
**No class 10/31**

**Bridge For Beginners: Part I**  
*Grades 7th-Adult.* Bridge has been called the world’s greatest card game. Players return to the table time and again for the mental challenge, the competition and the company of others who share their love of the game. It is a game you can play at any age. The focus of this class is on basic bidding in the Standard American system with modern treatments. Each class will include instruction, fill in problems and discussion, with the last 30 minutes left for actual play of hands based on the lesson. Purchase text: *Bidding in the 21st Century* by Audrey Grant, and bring to the first night of class.  
Instructor: Ray Gentz. **Tuesdays - 11 classes.**  
**ID# 1634.101**  
**Fee: $159**  
**9/24 - 12/10 6:00pm to 8:00pm**  
**Tuesdays Pioneer, Room D205**  
**No class 11/5**

**NEW! Dia De Los Muertos**  
*Ages 18-Adult.* Dia de Los Muertos, or Day of the Dead, has become part of the celebration around Halloween. Learn about the history of this celebration, as we explore activities related to this holiday. You will have the opportunity to make a “calavera,” or sugar skull, and be provided with resources for other activities associated with the Day of the Dead. Instructor, Kristin Mahler. **Wednesday - 1 class.**  
**ID# 2189.101**  
**10/23 6:00pm to 8:00pm**  
**CAB, Room B**  
**Materials fee: $5 (cash only) due to the instructor at the beginning of class.**

**Parenting The Love & Logic Way**  
*Ages 18-Adult.* Would you like to feel more confident as a parent? Jim and Charles Fay and Foster Cline’s Love and Logic® is a proven program that offers techniques that can be used by parents of children of all ages. (Bill and Melinda Gates used Love and Logic parenting with their children,) Learn to break the cycle of whining and arguing. Get the answers you’re looking for to help you deal with those day-to-day frustrations. Practical help to raise kids who are responsible, respectful and fun to be around! Begin to have more fun as a parent. The course fee includes all handouts.  
Instructor: Gary Court, M.A., Ed.S, trained facilitator. **Thursdays - 2 classes.**  
**ID# 1824.101**  
**10/17 - 10/24 6:30pm to 8:30pm**  
**Thursdays Angell, Media Center**  
**Fee: $69**  
**Register your parenting partner for just $30 more.**
Salsa Dance Short Course
Ages 15-Adult. Learn the basic steps and fun patterns danced to energetic salsa music. No prior dance experience needed, just a willingness to have fun dancing. Register with a partner of your choice (family member, friend, or any partner of your choosing). Instructor: Louise Tamres. Tuesdays - 4 classes.
ID# 2261.101 Fee: $45/person Partner required
9/17 - 10/8 8:00pm to 9:00pm Tuesdays Forsythe, Cafeteria

NEW!
Swing Dance Short Course
Ages 15-Adult. Swing to a wide variety of music: Big Band, Motown, Oldies and Rock ‘n’ Roll – all the way to today’s top music hits. No prior dance experience needed, just a willingness to have fun dancing. Register with a partner of your choice (family member, friend, or any partner of your choosing). Instructor: Louise Tamres. Tuesdays - 4 classes.
ID# 2262.101 Fee: $45/person Partner required
10/22 - 11/19 8:00pm to 9:00pm Tuesdays Forsythe, Cafeteria No class 11/5

Line Dance
Ages 15-Adult. Line dancing is a great way to work out and provides fun for all ages. Learn a variety of basic steps, combinations and choreography that can be performed to nearly any genre; be it pop, country or R&B. No experience necessary, all levels welcome. Instructor: Earleen Wolford. Mondays - 9 classes.
ID# 2234.101 Fee: $109
9/23 - 11/18 7:15pm to 8:15pm Mondays Scarlett, Cafeteria

Wedding Dance
Ages 18-Adult. Prepare for that special day. Learn steps that can be used in your bridal dance, at the reception and at other social gatherings. Foxtrot, Rumba and Swing are a few of the dances taught. This class is fun for the entire bridal party and friends and even for partners wanting to learn to dance with each other for social gatherings. No experience necessary, just a willingness to have fun while you learn to dance with a partner of your choice. Enjoy the ambiance of Dorian’s Studio as you learn to dance the night away. Instructor: Dorian Deaver, Member of the Imperial Society of Teachers of Dancing. Sundays - 7 classes.
ID# 2264.101 Fee: $89/person Partner required
9/29 - 11/10 5:00pm to 5:55pm Sundays Dorian’s Studio

Ballroom: Beginner
Ages 16-Adult. Get ready for your next social event and learn some of the most popular ballroom dances. Dances vary but may include Swing, Waltz, Cha Cha and Foxtrot. You learn the basic steps to help you and your partner dance the night away. Register with a partner of your choice (family member, friend, significant other). Instructor: Sue Bareis, Rec & Ed dance instructor for over 35 years. Mondays - 10 classes.
ID# 2267.101 Fee: $115/person Partner required
9/30 - 12/2 6:30pm to 7:30pm Mondays Forsythe, Cafeteria
**Ballroom: Intermediate**
Ages 16-Adult. Polish up your style and technique of ballroom dance. You may learn new steps of the prerequisite dances or new dances may be introduced. Register with a partner of your choice (family member, friend, significant other). Prerequisite: Must know the basics of Foxtrot, Waltz and Swing. Instructor: Sue Bareis Rec & Ed dance instructor for over 35 years. **Wednesdays - 10 classes.**

| ID# 2263.101 | 10/2 - 12/11 | 7:00pm to 8:00pm | Fee: $115 | Wednesdays | Clague, Upper Gym | Partner required | No class 11/27 |

**Social Dance 101**
Ages 15-Adult. Dazzle your friends at the upcoming office party, wedding reception, or other social gatherings. A few easy dance steps are all you need to get on the dance floor. Louise Tamres introduces you to the basics of Ballroom, Latin, Swing, Tango, Waltz, Night Club, Slow Dancing and Disco. No prior dance experience needed, just the willingness to have fun dancing with a partner (can be a family member, friend or any partner of your choosing). Instructor: Louise Tamres. **Tuesdays - 10 classes.**

| ID# 2274.101 | 9/17 - 11/26 | 7:00pm to 8:00pm | Fee: $115 | Tuesdays | Forsythe, Cafeteria | Partner required | No class 11/5 |

**Traditional Argentine Tango: Try It!**
Ages 15-Adult. BEGINNING. Not sure if you want to enroll in a full series of Traditional Argentine Tango? Try it for free! Instructors: Lisa and Dennis Larkin and Tango Experience Ann Arbor teachers introduce you to the beauty of this dance and culture, in a fun, supportive environment. No partner or experience required, all are welcome! To protect the dance floor, street shoes are not permitted. **Friday - 1 class.**

| ID# 2257.101 | 9/20 | 7:00pm to 8:00pm | Fee: FREE | Friday | CAB, Room D |

**Traditional Argentine Tango: Beginning**
Ages 15-Adult. BEGINNING. Learn the basics of traditional Argentine Tango dance including the music and culture. Instructors teach you the cabeceo, how to use your eyes to invite your partner to dance, the milonga, an Argentine Tango dance party, the ronda, the flow of the dancers that allows large numbers of people to dance socially in the tango community and the tanda, how Argentine music is played to entice dancers to join in the ronda. Registration fee includes the practica where you can practice your technique; ask your instructors for details on dates and times. NO partner required to register! Instructors: Lisa and Dennis Larkin and Tango Experience Ann Arbor teachers. **Fridays - 8 classes.**

| ID# 2256.101 | 9/27 - 11/15 | 7:00pm to 8:00pm | Fee: $69 | Fridays | CAB, Room D | Senior recipients $34.50 |

**Traditional Argentine Tango: Intermediate**
Ages 15-Adult. INTERMEDIATE. Hone your dancing skills, with specific emphasis on improving the structure and mechanics of basic tango techniques like the boleo and sacada. We work on exercises and strategies that lead to improved clarity in the lead, sensitivity in the follow with the goal of finding a comfortable and precise connection on the social dance floor. Registration fee includes the practica where you can practice your technique; ask your instructors for details on dates and times. Prerequisite: experience in traditional Argentine Tango or instructor permission. NO partner required to register! Instructors: Lisa and Dennis Larkin and Tango Experience Ann Arbor teachers. **Fridays - 8 classes.**

| ID# 2259.101 | 9/27 - 11/15 | 8:00pm to 9:00pm | Fee: $69 | Fridays | CAB, Room D | Senior recipients $34.50 |

**Are you unable to attend an entire session of Traditional Argentine Tango?**
Sign up for a 4 class pass for $40!
Must have previous Traditional Argentine Tango experience or have taken at least one term of Traditional Argentine Tango to register for the pass.

| ID# 2258.101 | Fee: $40 |
Wine Down @ Flipside: Paint Your Pet
Ages 21-Adult. Wine down at Flipside! Let’s open a bottle and wine down, and enjoy as you paint your pet! Spend the evening with the artists at Flipside Art Studio who help you create a one of a kind portrait of your pet. After signing up for the class we request a picture of your pet; it can be your cat, dog, snake, bird or any other furry, feathery, or scaly friend of yours! Your pet will already be drawn onto the canvas before you arrive, and then you are guided through the steps to paint the exact likeness of your pet. Wine is included in registration but feel free to bring your own beverage and light snacks. You must be 21 or older to participate in the class. Fine art materials are provided. Instructor: Flipside Art Studio staff. Friday - 1 class.

ID# 2173.101  
Fee: $49  
10/18 6:30pm to 9:30pm  
Flipside Art Studio, Ann Arbor

Watercolor: Beginning & Continuing
Ages 13-Adult. BEGINNING: Explore a variety of techniques using this dynamic medium. Challenge your mind while developing a solid foundation in watercolor painting. Each week, the instructor introduces a new watercolor technique and design concepts such as color integration, tonal contrast and composition. CONTINUING: Work on independent projects in a supportive, encouraging environment. Instructor offers guidance as needed, including technical help, problem solving and goal setting. Prerequisite: You must have completed one semester of beginner instruction or the equivalent and must be able to work independently. See receipt for supply list.  
Instructor: Nancy Lybrink. Thursdays - 10 classes.

ID# 2182.101  
Fee: $195  
9/26 - 12/5 6:30pm to 8:30pm  
Thursdays CAB, Room B  
No class 11/28

Introduction To Weaving
Ages 14-Adult. In this intro class, create one of a kind tapestries using a wooden multi-craft weaving loom that you can take home with you! Learn how to warp your looms, basic weaving stitches including plain weave and fringe, and how to use yarn to create texture and shapes. Absolutely no experience required! Materials are provided. Instructor: Flipside Art Studio staff. Sunday - 1 class.

ID# 2170.101  
Fee: $49  
10/13 1:00pm to 4:00pm  
Flipside Art Studio, Ann Arbor

Drawing: Beginning/Intermediate
Ages 18-Adult. While learning the steps to realistic drawing using dry mediums such as graphite, charcoal, and Prismacolor Pencils, you are instructed in the breaking down of objects into shapes, shadows, and details. Beginners and those who haven’t drawn in a while learn new skills, while intermediate students build upon what they know with challenging projects. All materials are provided during class. Optional supply list is provided on the first day of class. Instructor: Flipside Art Studio Staff. Tuesdays - 10 classes.

ID# 2188.101  
Fee: $199  
9/23 - 11/25 6:00pm to 9:00pm  
Mondays Pioneer, Room E101

Acrylic Painting
Ages 15-Adult. BEGINNING & CONTINUING. Versatile, fast-drying, bright and fun, acrylic paints are easy to use and suitable to a variety of projects from landscapes to abstractions. All skill levels welcome! Instructor, Mary Thiefels, educator with Rec & Ed for nearly 20 years and founder of TreeTown Murals, will guide the class into making successful works of art through weekly in-class demonstrations, showcasing an explanation of all materials, in-depth color theory practices, color mixing, brush handling techniques, tricks, collage and mixed media. Enjoy a lively classroom setting, where we build community and explore the joy of having a unique painting practice. See receipt and online notes for a basic first day supply list. Mondays - 10 classes.

ID# 2186.101  
Fee: $195  
9/24 - 12/3 6:30pm to 8:30pm  
Tuesdays Pioneer, Room E105  
No class 11/5
Pottery
Grades 7th-Adult. In this open studio format, create pieces to be proud of with the help of William Schultz answering your questions and guiding you through your projects. Create as many as 4-6 medium to large pieces incorporating techniques such as tile making, slab construction, sculpture, press molding, wheel throwing, coiling, extrusions and glazes depending on your interest. Some experience is helpful, but not required. William can guide both beginning or continuing students in any class. Class size is limited to allow access to equipment and assistance from the instructor. Instructor: William Schultz.

Sundays, Tuesdays, Wednesdays or Thursdays - 10 classes.
ID# 2198.101 10/13 - 12/15 Noon to 3:00pm
Fee: $305
ID# 2198.102 10/15 - 12/17 6:00pm to 9:00pm
Fee: $305
ID# 2198.103 10/16 - 12/18 6:00pm to 9:00pm
Fee: $305
ID# 2198.104 10/17 - 12/19 6:00pm to 9:00pm
Fee: $305
Scholarship recipients $55 (adult); $50 (youth)
Seniors and 50% scholarship recipients $173 (adult)

Please see page 43 for the parent/child “Exploring Clay Together” class.

Jewelry & Metalworking
Ages 15-Adult. BEGINNING & CONTINUING. Learn to make jewelry in a well-equipped professional studio in a small group. Jewelry designer and metalsmith Idelle Hammond-Sass teaches you the basics of jewelry fabrication while creating a sterling pendant, an etched bracelet and a project of your choosing, which may include a pendant, earrings, or linked bracelet. Incorporate techniques such as soldering, skills, sweat soldering, roller printing, forming, and etching. Returning or advanced students continue to build skills and design pieces that may include stone setting, ring making and other techniques such as creating a hollow form. Materials include silver, saw blades, sandpaper, plus copper and brass; additional silver may be purchased as needed. Studio time is available. Bring your notebook or sketchbook and any materials or ideas that inspire you to the first class. Tuesdays - 6 classes.

ID# 2166.101 9/24 - 10/29 6:30pm to 9:30pm
Fee: $269 Tuesdays Idelle’s Studio
$35 materials fee is due to the instructor at the start of the class.

Fairy Door Walking Tour
For Families
Ages 3-Adult. Everyone will enjoy this enchanted walk downtown as we visit the original fairy doors of Ann Arbor, we may even see other wee fairy doors that aren’t affiliated with the urban fairy doors! Visit a series of whimsical fairy, elf and gnome doors scattered along a picturesque nature trail. Following the tour, join back at the studio to decorate your very own wooden fairy door to take home with you! Weather permitting a fairy storytime will conclude this enchanted adventure. Tour begins and ends at Flipside Art Studio. Bring your walking shoes and be prepared to walk a total of 1-2 miles. Children under 13 must register with an adult. Please register everyone in your group. Instructor: Flipside Art Studio staff. Sunday - 1 class.

ID# 2178.101 9/22 1:00pm to 3:30pm
Fee: $19/person Sunday Flipside Art Studio,
$38 for 2 people Rain date 9/29 Ann Arbor
$49 for 3-4 people
UMS and Ann Arbor Rec & Ed Present:

**UMS 101: Dance ~ Grupo Corpo**

Ages 18-Adult. Grupo Corpo. Explore the diversity of influences that inspired Brazilian choreographer Rodrigo Pederneiras’s two works for Grupo Corpo (Bach & Gira). How does Bach’s baroque music fuse with contemporary Brazilian dance? How do Afro-Brazilian religious rituals provide inspiration for choreographed movements? Registration includes a workshop led by a locally-based content expert, a ticket to the performance, and light snacks. If you already have a ticket and would like to register for just the workshop please register for 1771.102. Instructor: UMS Staff. Sunday - 1 class.

**Workshop & Performance**

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<th>ID#</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>1771.101</td>
<td>10/6</td>
<td>2:00pm to 5:45pm</td>
<td>Power Center for Performing Arts</td>
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<td>2:00pm to 3:30pm</td>
<td>Power Center for Performing Arts</td>
</tr>
</tbody>
</table>

Sorry, no refunds one week prior to the show. Scholarship recipients $39, Seniors $45

Registration closes 9/22

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**UMS 101: Theater/Cabaret ~ John Cameron Mitchell**

Ages 18-Adult. John Cameron Mitchell. John Cameron Mitchell’s beloved off-Broadway smash hit *Hedwig & the Angry Inch* left an indelible impression on the modern American theater scene. How did the music evolve and what is the relationship between the club and cabaret scenes that helped develop new musicals? Gain a deeper understanding of the ways musical theater develops and how it reflects our contemporary culture. Registration includes a workshop led by a locally-based content expert, a ticket to the performance, and light snacks. If you already have a ticket and would like to register for just the workshop please register for 1772.102. Instructor: UMS Staff. Saturday - 1 class.

**Workshop & Performance**

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<td>1772.101</td>
<td>11/2</td>
<td>6:00pm to 9:30pm</td>
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<td>Hill Auditorium</td>
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</table>

Sorry, no refunds one week prior to the show. Scholarship recipients $49, Seniors $55

Registration closes 10/19

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Curious about UMS performances, but haven’t taken the plunge? Want to learn more about an unfamiliar artist or genre?

Each UMS 101 class is facilitated by an arts expert and features conversation, interactive exercises, and mini lectures to help you better understand the art form and have a more enjoyable UMS performance experience. The classes bring you together with other audience members who are curious about the performing arts and want to learn more. Class curricula are focused around key questions embedded in each performance that allow attendees to dig deeper into artist intention, cultural context, and personal interpretation.
**Mariachi**

**Ages 18-Adult. Mariachi Vargas de Tecalitlán.** Spend your Valentine’s day learning about the rich background and traditions of the heart-wrenching vocals and virtuosic instrumentals of Mexico’s beloved Mariachi music. What are the roots of Mariachi music and what is its role in today’s society? Discover why Mariachi music resonates with audiences of so many different ages, backgrounds, and cultures. Registration includes a workshop led by a locally-based content expert, a ticket to the performance, and light snacks. If you already have a ticket and would like to register for just the workshop please register for 1776.202. Instructor: UMS Staff. **Friday - 1 class.**

**Workshop & Performance**

<table>
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<th>ID# 1776.201</th>
<th>2/14</th>
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<tr>
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<td>6:00pm to 7:30pm</td>
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Sorry, no refunds one week prior to the show. Scholarship recipients $35, Seniors $41

Registration closes 1/31

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**Classical Music**

**Ages 18-Adult. Chineke! Orchestra.** Chineke! Orchestra was founded in 2015 to provide career opportunities to young Black and minority classical musicians in the UK and Europe. Why is Chineke’s mission important, and what does it say about the future of classical music? How do the experiences of Black and minority musicians influence the culture and traditions of the orchestra world? Registration includes a workshop led by a locally-based content expert, a ticket to the performance, and light snacks. If you already have a ticket and would like to register for just the workshop please register for 1775.302. Instructor: UMS Staff. **Thursday - 1 class.**

**Workshop & Performance**

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<tr>
<th>ID# 1775.301</th>
<th>4/23</th>
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<tr>
<td>ID# 1775.302</td>
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<td>5:30pm to 7:00pm</td>
<td>Hill Auditorium</td>
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</table>

Sorry, no refunds one week prior to the show. Scholarship recipients $39, Seniors $45

Registration closes 4/9

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**Jazz**

**Ages 18-Adult. Tarek Yamani Trio.** Take a deeper look into the pioneering cross-cultural connections of Tarek Yamani’s fusion-jazz music. How can traditional Arab music intersect with standard American jazz? What are the elements of Arab music that Yamani uses and how does he pay homage to jazz icons? Registration includes a workshop led by a locally-based content expert, a ticket to the performance, and light snacks. Workshop will be within short walking distance of the performance venue. If you already have a ticket and would like to register for just the workshop please register for 1774.202. Instructor: UMS Staff. **Friday - 1 class.**

**Workshop & Performance**

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<tr>
<td>ID# 1774.202</td>
<td>3/13</td>
<td>6:00pm to 7:30pm</td>
<td>Location TBD</td>
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</table>

Sorry, no refunds one week prior to the show. Scholarship recipients $25, Seniors $31

Registration closes 2/28

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**Ann Arbor Civic Chorus**

**Ages 18-Adult.** Ann Arbor Civic Chorus is for adult singers with previous choral experience who want to rediscover the joy of making music with others. The Chorus sings musical selections from the classical, pop, jazz, folk, Broadway, and modern styles and performs two concerts annually. Winter concert date tentatively scheduled for 12/15. Musical Director: Karen TenBrink. **Mondays - 14 classes.**

<table>
<thead>
<tr>
<th>ID# 1770.101</th>
<th>Mondays, 9/16 - 12/16</th>
<th>7:00pm to 9:00pm</th>
<th>Slauson, Orchestra Room</th>
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<tr>
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<tr>
<th>ID# 1770.102</th>
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<th>10:00am to Noon</th>
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<tr>
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Scholarship recipients $30, Seniors $60
**Ukulele: Beginning**
Grades 9th-Adult. This enjoyable class is designed for the beginning ukulele player. No musical background is needed to learn this simple instrument. Learn strum patterns and chords and be playing songs at your first lesson. Bring your own ukulele. Come and join the fun! Instructor: Mary Bigler, has been a music teacher, K-12 teacher, and university professor for many years. She is an active member of several ukulele clubs and enjoys sharing her enthusiasm for the ukulele with others. Tuesdays - 6 classes.

**ID# 1747.101**  
9/24 - 10/29  
Fee: $159  
Materials fee ($10, cash only) due to the instructor at the first class.

**Ukulele: Continuing**
Grades 9th-Adult. This class is designed for those who completed the Beginning Ukulele class or those who have a knowledge of basic chords and simple strum patterns. We learn additional chords, barre chords and more complex strum patterns. Learn how to read tablature to play simple melody lines. Come join people of all ages to play and sing familiar and fun songs. Instructor: Mary Bigler, has been a music teacher, K-12 teacher, and university professor for many years. She is an active member of several ukulele clubs and enjoys sharing her enthusiasm for the ukulele with others. Tuesdays - 6 classes.

**ID# 1746.101**  
9/24 - 10/29  
Fee: $159  
Materials fee ($10, cash only) due to the instructor at the first class.

**Japanese Taiko Drumming: Level I**
Ages: 16-Adult. Anyone can join this fun course (no experience necessary!) which focuses on the basic form, movement, and rhythms of Japanese taiko drumming. Beginners and continuing students alike can enjoy our approach to developing taiko skills as we practice proper stance at the drum, move and drum with our whole body, use our voice, play together as a group with classmates, and explore basic rhythms that we can use to compose any taiko song. Each five week section features a different renshu (practice) song, so you can sign up for one or both sections. We provide drums for class; you need to purchase or bring your own pair of sticks (bachi), wear comfortable clothes, and plan to play barefoot or with indoor shoes (no street shoes). Students are welcome to invite family and friends to the last class of each section, and also mark your calendars for our Taiko Center Holiday Party on December 15th!

Instructors: Eileen Ho and Larry An, members of Raion Taiko ensemble from the Great Lakes Taiko Center. Wednesdays - 5 classes.

**ID# 1766.101**  
9/25 - 10/30  
Fee: $95  
Materials fee ($10) due to instructor for a pair of sticks/bachi; Practice drum/gomidaiko (optional): $65

**ID# 1766.102**  
11/6 - 12/11  
Fee: $95  
Materials fee ($10) due to instructor for a pair of sticks/bachi; Practice drum/gomidaiko (optional): $65

**Guitar Instruction: Beginning**
Grades 9th-Adult. BEGINNING: Do you have an old guitar sitting in the corner gathering dust? Have you recently bought a new instrument, but don’t know where to begin? Well, pick up that guitar and let’s start playing! Your musical dream is closer than you think. Learn the fundamentals of guitar from the ground up, including strumming technique, chord shapes and basic music theory that will have you playing your favorite songs in no time. We also focus on how to practice and help you overcome common roadblocks you may encounter along the way. Bring your own guitar. Instructor modifies the class according to the group so the class can be repeated. Instructor: Spencer Michaud is an experienced songwriter, performer and teacher. Mondays - 8 classes.

**ID# 1762.101**  
9/23 - 11/11  
Fee: $175  
Materials fee ($10, cash only) due to the instructor at the first class.

**Japanese Taiko Drumming: Level II**
Ages: 16-Adult. If you want to play more challenging taiko, and have taken at least one taiko class with us or have equivalent experience, then join us in this 75 minute taiko class! As we build our taiko song repertoire, we continue working on basic exercises (practicing form, movement and rhythms) along with creative play (solo composition and improvisation) and musical exploration (song phrasing, drumming styles, and group arrangements). Each five week section features a different matsuri (festival) song, so you can sign up for one or both sections. We provide drums for class; you need to purchase or bring your own pair of sticks (bachi), wear comfortable clothes, and plan to play barefoot or with indoor shoes (no street shoes). You are welcome to invite family and friends to the last class of each 5 week section, and also mark your calendars for our Taiko Center Holiday Party on December 15th.

Instructors: Eileen Ho and Larry An, members of Raion Taiko ensemble from the Great Lakes Taiko Center. Wednesdays - 5 classes.

**ID# 1767.101**  
9/25 - 10/30  
Fee: $115  
Materials fee ($10) due to instructor for a pair of sticks/bachi; Practice drum/gomidaiko (optional): $65

**ID# 1767.102**  
11/6 - 12/11  
Fee: $115  
Materials fee ($10) due to instructor for a pair of sticks/bachi; Practice drum/gomidaiko (optional): $65

**UMC**
- **Grades 9th-Adult.**
- **ID# 1767.101**  
  9/25 - 10/30  
  Fee: $115  
  Materials fee ($10, cash only) due to the instructor at the first class.
NEW!

Tour Your Local TV Studio

Ages 18-Adult. If you’ve wondered how what you watch on TV goes from an idea to what you see on your screen, join us for this interactive and hands-on tour of Ann Arbor’s public, education and government access TV studio, CTN Ann Arbor. CTN staff take you on a tour of the studio where you learn about pre-production planning, watch (and try!) various production tips and tricks, and post-production techniques. Instructor: Mike Koski, CTN Training & Facility Coordinator. Wednesday - 1 class.

ID# 2307.101  10/16  6:00pm to 7:30pm  Fee: $19

Cinema Club

Ages 18-Adult. Mad about movies? Join our friendly film discussion group and share your enthusiasm. Watch a range of contemporary independent American and foreign dramas, comedies and documentaries, and participate in illuminating discussions led by your instructor. No need to be an expert, everyone is welcome. Explore story, technique and meaning. You need to purchase your own tickets for each movie, sometimes in advance. Instructor will inform you ahead of time about each week’s selection. Instructor: Mark Ziemba, former editor of arts and entertainment magazine Current.

Wednesdays or Thursdays - 5 classes.

ID# 2308.101  9/18 - 10/16  7:00pm to 10:00pm  Fee: $69

ID# 2308.102  9/19 - 10/17  7:00pm to 10:00pm  Fee: $69

ID# 2308.103  11/6 - 12/11  7:00pm to 10:00pm  Fee: $69

ID# 2308.104  11/7 - 12/12  7:00pm to 10:00pm  Fee: $69

Note: Registration closes on 9/13 for sections 101 & 102, and on 11/1 for sections 103 & 104.

Improv For Non-Actors

Ages 14-Adult. Increase your confidence and your ability to “think on your feet.” Improv promotes teamwork, creativity, innovation and helps people overcome their fear of public speaking. The exercises taught in this class are applicable to careers in music, classroom teaching, business and a wide variety of other professional fields where you interface with the public. Instructor: Mike Fedel has an M.A. in Performance and has studied improvisation at Second City in Chicago.

Wednesdays - 5 classes.

ID# 1632.101  9/25 - 10/30  6:00pm to 7:30pm  Fee: $89

No class 10/23

ID# 1632.102  9/26 - 10/31  6:00pm to 7:30pm  Fee: $89

No class 11/28

ID# 1632.103  11/7 - 12/12  6:00pm to 7:30pm  Fee: $89

No class 11/27

ID# 1632.104  11/8 - 12/13  6:00pm to 7:30pm  Fee: $89

No class 11/28
NEW!

**Chicken Parmigiano**

Grades 10th-Adult. Hands-On/DEMO. Watch Francesca prepare chicken parmigiano, but this won’t be your typical meal! To accompany the chicken parmigiano, she’ll make homemade cavatelli pasta. As a side, Francesca sautees zucchini topped with slivered almonds, thyme and parmigiano cheese. And of course, no meal is complete without dessert—marinated blueberries topped with mascarpone cheese. Instructor: Francesca Giarraffa. **Thursday - 1 class.**

**ID# 1675.101**  
10/10 6:00pm to 8:30pm  
Fee: $65  
Thursday  Huron, Room 6219  
Scholarship recipients: $29, Seniors: $45

NEW!

**Holiday Meal**

Grades 10th-Adult. DEMO. Learn to create some traditional Italian holiday dishes and spice up your holiday fare. Francesca demonstrates how to make **pasta au gratin**, a fettuccine egg pasta layered with tiny meatballs, tomato sauce and cheese. She continues with a pan seared beef tenderloin stuffed with mushrooms and herbs. To accompany the meal, a side of swiss chard. And don’t forget to save room for dessert, an orange tiramisu! Feel free to bring beer or wine to accompany your meal if desired. Leave this class with the recipes to recreate at home. Instructor: Francesca Giarraffa. **Thursday - 1 class.**

**ID# 1685.101**  
11/21 6:00pm to 8:30pm  
Fee: $65  
Thursday  Casa di Cesca  
Scholarship recipients: $29, Seniors: $45

**Pizza! - Family Class**

**Ages 7-Adult. DEMO/Hands-On.** In this hands-on class, learn to make dough for two kinds of pizza: one fried and one baked. Francesca offers an array of toppings to choose from for the pizzas. Leave this class with the tips and tricks and take home pizza dough to make these dishes at home. Please register everyone in your group. Instructor: Francesca Giarraffa. **Thursday - 1 class.**

**ID# 1688.101**  
10/24 6:00pm to 8:30pm  
Fee: $59  
Thursday  Huron, Room 6219  
Includes 1 adult and 1 child; $15/addl person  
Children under 14 must be accompanied by an adult.  
Scholarship recipients: $29, Seniors: $45
Mixology 101: The Cocktail Is Back!
HANDS ON Ages 21-Adult. In this 3 hour hands-on workshop, learn the fundamentals of making a delicious and well-crafted cocktail. Learn all about the tools, techniques and ingredients needed to mix up a variety of classic and modern cocktails and gain the skills to come up with your own drinks. Samples are provided (equivalent of 2-3 cocktails throughout the workshop). You must be 21 and provide valid ID to participate in this class. Instructor: Tammy Coxen, owner of Tammy’s Tastings.
Sunday - 1 class.
ID# 1686.101 10/27 1:00pm to 4:00pm
Fee: $55 Sunday The Last Word
Materials fee ($25) due to instructor at the beginning of the workshop.
Scholarship recipients: $20 plus materials fee

Bløm Meadworks Tour & Tasting
Ages 21-Adult. Learn all about mead--what it is and how it is made, tour a taproom and production area, taste the ingredients, and sample four meads and ciders in this tour and tasting at Bløm Meadworks (pronounced “bloom”). Bløm Meadworks makes session meads and ciders, they’re light, dry, carbonated, and remarkably sessionable. For their meads, they start with the same ingredients as a traditional mead- honey, water and yeast, but unlike most meads, theirs are fermented like a dry craft cider, so the result isn’t nearly as thick or sweet as traditional mead. And with simple ingredients, everything in their products are sourced from Michigan. You must be 21 and provide valid ID to participate in this tour and tasting. Instructors: Lauren Bloom and Matt Ritchey, owners of Bløm Meadworks. Sunday - 1 class.
ID# 1687.101 10/20 3:00pm to 4:00pm
Fee: $5 Sunday Bløm Meadworks
Materials fee ($10) due to instructors at the beginning of the tour.
**Woodworking With Power 101**

**Ages 18-Adult.** Have you always wanted to try working with wood but were intimidated by the power tools? Learn to safely cut, drill, form and join wood using a variety of power tools. Once comfortable, begin a woodworking project of your choosing and complete it under the guidance of your instructor. Tools and safety goggles provided. Come with ideas for projects or ask the instructor for suggestions. Instructor: Mark Williams. **Wednesdays - 8 classes.**

**ID# 1711.101**  
9/25 - 11/13  
6:30pm to 9:00pm  
Fee: $199  
Wednesdays  
Slauson, Room 142

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**Woodworking With Power: Open Lab**

**Ages 18-Adult.** Do you have a project you are working on but need access to machines and tools? Perhaps you have taken Woodworking with Power 101 and want to further develop your woodworking skills? This open-ended workshop provides supervised access to saws (band, miter, radial arm, table), routers, lathes, a drill press and a jointer. Experienced woodcrafter Joe Kyle is on hand as a friendly resource to answer questions and give guidance, but the choice of what to create is yours. Class size is limited to allow more access to machines and work benches. The ability to safely and independently operate power tools is expected. Bring all your own materials to class. Prerequisite: Woodworking with Power 101 or supervisor's approval.

**Thursdays - 8 classes.**

**ID# 1713.101**  
9/26 - 11/21  
6:30pm to 9:00pm  
Fee: $175  
Thursdays  
Slauson, Room 142  
No class 10/31

*No discounts or scholarships, except Staff Passes/BOEs*

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**NEW! Knitting For Beginners**

**Ages 14-Adult.** If you have always wanted to learn how to knit or are looking for a refresher, this class is for you! Start from the beginning, where you learn how to cast on a simple wash cloth project. Learn both the knit stitch and purl stitch, how to read a pattern and finish your project binding off. In the process of learning how to knit, discover how relaxing and meditative knitting can be. Please see receipt and online notes for supply list. Instructor: Jill Garl has been knitting for over 50 years and cannot image not having a project going on her needles. **Thursdays - 3 classes.**

**ID# 1751.101**  
10/10-10/24  
6:00pm to 8:00pm  
Fee: $75  
Thursdays  
Rec & Ed, Staff Lounge

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**NEW! Holiday Knitted Angel**

**Ages 14-Adult.** This is a fun holiday class where we create a sweet knitted angel to decorate your house during the holidays or to give as a gift! “Angel Kits” are available to purchase ($7, cash, due to instructor) which has the yarn and pattern you need to complete your angel. Please bring size 4 double pointed needles (for knitting in the round) or size 4 straight needles (for knitting flat) your choice. Prerequisite: basic knitting knowledge. Instructor: Jill Garl has been knitting for over 50 years and cannot image not having a project going on her needles. **Thursday - 1 class.**

**ID# 1752.101**  
11/14  
6:00pm to 8:00pm  
Fee: $29  
Thursday  
Rec & Ed, Staff Lounge

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**Woodworking With Hand Tools**

**Ages 18-Adult.** Discover the satisfaction that comes from shaping beautiful objects out of wood using just 3 versatile hand tools: the chisel, plane and saw. Learn the craft of woodworking and practice essential techniques that have been handed down through the centuries. The first half covers selection, construction, maintenance and use of all three tools. The second half covers dovetail joinery, which creates a strong, snug fit without nails, glue or screws. Leave this class knowing how to achieve better results with your woodworking projects. Option to work on a simple box or picture frame. No prior woodworking experience necessary. All materials and tools are provided.

Instructor: Aaron Landy. **Mondays - 8 classes.**

**ID# 1715.101**  
9/23 - 11/11  
6:30pm to 9:00pm  
Fee: $159  
Mondays  
Slauson, Room 142

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**Textile Arts**

**734-994-2300, ext. 53234**
Beginning French: Through Francophone Film
Grades 10th-Adult. French Level 1. Explore French language and culture through topics and vocabulary introduced in various Francophone films from around the world. Beginning grammar and pronunciation is addressed each week. No prior language required. Materials: Some course material will come from the textbook Practice Makes Perfect: Complete French Grammar, Premium Third Edition by Annie Heminway. ISBN-13: 978-1259642371. Some film clips will be viewed in class. Other films will be available to rent or purchase through youtube.com (from $1.99). Additional grammar and vocabulary exercises are provided by the instructor. Instructor: Towela Okwudire, French Immersion teacher at The Roeper School. Wednesdays - 6 classes.
ID# 1512.101  9/18 - 10/23  6:00pm to 7:30pm
Fee: $145  Wednesdays  Pioneer, Room C211

Intermediate/Advanced French: Through Francophone Film
Grades 10th-Adult. French Level 2. Expand your vocabulary and deepen your understanding of French culture and language through Francophone cinema from around the globe. It is recommended that you have successfully completed French level 1 or have some prior French experience. Materials: Practice Makes Perfect: Complete French Grammar, Premium Third Edition by Annie Heminway. ISBN-13: 978-1259642371. Available for about $35 on Amazon, or through the instructor. Some film clips will be viewed in class. Other films will be available to rent or purchase through youtube.com (from $1.99). Extra grammar and vocabulary exercises are provided by the instructor. Instructor: Towela Okwudire, French Immersion teacher at The Roeper School. Wednesdays - 6 classes.
ID# 1513.101  9/18 - 10/23  7:40pm to 9:10pm
Fee: $145  Wednesdays  Pioneer, Room C211

Spanish: Level 1
Ages 18-Adult. Learn the foundations of Spanish, whether you’re getting ready to travel to a Spanish speaking country, to help you at work, or communicate with friends or family. Emphasis is placed on simple conversation and everyday vocabulary in this beginner level class. In addition, this course covers greetings, the alphabet, numbers, as well as conjugation of the present tense of verbs. Instructor: Sarah Kairis, Ann Arbor Public Schools Spanish teacher.
Mondays - 8 classes.
ID# 1509.101  9/23 - 11/11  6:00pm to 7:30pm
Fee: $179  Mondays  Pioneer, Room D207

German: Introduction to Conversation
Ages 18-Adult. Learn the foundations of German in this class geared towards beginners and those seeking a refresher. Build your vocabulary and practice basic dialogue and pronunciation. Learn how to ask for directions and find transportation if you plan to travel to Germany. Basic grammar of nouns and verbs reviewed for proper usage. Purchase text, German DeMYSTIFIED, and bring to first class. Instructor: George Hinman, lived and studied in Germany for 8 years and has over 30 years of experience teaching. Wednesdays - 8 classes.
ID# 1506.101  9/25 - 11/13  7:00pm to 8:30pm
Fee: $169  Wednesdays  Pioneer, Room D205

Private Lessons
For more information, call 734-994-2300, ext.53234

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<tr>
<th>LANGUAGE</th>
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<tr>
<td>Chinese</td>
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<td>Alice Chang</td>
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<tr>
<td>Japanese</td>
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<td>Kiyoe Ise</td>
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<td>(ESL) English</td>
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<td>Marla Metler</td>
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<tr>
<td>German</td>
<td>$59/hour</td>
<td>George Hinman</td>
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</table>
The High Cost Of Long Term Care
Ages 18-Adult. Did you know that 50% of people 65 years or older will spend some time in a nursing home and that it costs $8,000 a month for such care? Because neither health insurance nor Medicare covers these costs, losing your life savings in these situations is a natural fear. Learn about ways to avoid the nursing home, in-home care options, payment options, long term care insurance, life insurance conversions and hybrids, Veteran’s and Medicaid benefits, special needs trusts and more. There have been significant changes to the Medicaid and VA rules. Learn how to prevent Medicaid’s estate recovery process from impacting your family. Instructor: Christopher Lindsay, Elder Law attorney. Tuesday - 1 class.

The High Cost Of Long Term Care

Estate Planning Basics
Ages 18-Adult. Probate, long term care and tax laws are constantly changing. Find out how to prevent your assets from going through probate, how to protect unnecessary taxation, how to retain control of your affairs and how to protect yourself against the costs of long term care. Discover the dangers of using joint accounts and quit claim deeds as estate planning tools. Learn about medical and financial powers of attorney, wills, “Ladybird” deeds and living trusts. Understand how “gifting” can affect you and the recipient, including gift tax laws, capital gains tax laws, as well as eligibility for Medicaid and Veterans benefits. The class will cover recent changes in Michigan’s real estate laws, which prevent the reassessment of the taxable value of the property for transfers to family members. Learn about Michigan’s “Estate Recovery” law, whereby the State can seek repayment from a person’s estate for governmental benefits paid, and ways to prevent that from happening. Attendees receive a Personal Affairs Organizer. Instructor: Christopher Lindsay, Elder Law attorney. Tuesday - 1 class.

Retiring From U Of M
Ages 18-Adult. Discuss strategies for drawing income from your retirement plans. Understand benefits, including recent changes and tips to help guide you to a successful and rewarding retirement. Instructor: Nick Muraca, Financial Planner, Insight Financial Group. CRN202106-240242. Thursday - 1 class.
Look for this symbol to register an additional person for only $10!

Required Minimum Distributions
Ages 18-Adult. The decisions you make today can have a tremendous impact on your retirement income plan, the sustainability of your investment portfolio and the amount of taxes you will pay over your lifetime. Develop an understanding of the three distribution options to consider when deciding how to meet your RMDs. Learn why it is important to calculate your RMDs correctly, how to coordinate distributions with your overall asset allocation, how to manage the impact RMDs will have on your taxes and how to structure your investments to help simplify the management of RMDs. Instructor: Patrick Shope, CWS®, Sigma Planning Corporation, a registered investment advisor.
Tuesday - 1 class.
ID# 1921.101 10/22 6:00pm to 8:00pm
Fee: $25 Tuesday Pioneer, Room D207

Allocating Your 401K, 403(b) Or 457 For Retirement
Ages 18-Adult. If you are a retiree or soon-to-be retiree, learn how to make the most of your 401K, 403b and 457 in retirement. Discover the advantages and disadvantages of different types of retirement plans. Gain insights on distributing income from your retirement plan smartly and efficiently. Understand what to watch out for when Required Minimum Distributions are approaching and what the impact of inheriting a 401K versus an IRA has on beneficiaries. Instructor: Patrick Shope, CWS®, Sigma Planning Corporation, a financial advisor serving the needs of retired and soon-to-be retired investors. Tuesday - 1 class.
ID# 1920.101 11/19 6:00pm to 8:00pm
Fee: $25 Tuesday Pioneer, Room D203

Retirement Planning Today
Ages 18-Adult. In simple language, Retirement Planning Today® explains time-tested strategies that help you to make informed financial decisions. Whether your objective is to build a nest egg, protect your assets or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence. By attending Retirement Planning Today®, you learn about the many ways to save for retirement as well as the advantages and disadvantages of each. You discover how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses. Above all, this course shows you how to assess your financial situation and develop a personalized plan to achieve your retirement goals. This course includes a 223-page illustrated textbook for each participant. Instructor: Patrick Shope is a financial advisor serving the specific needs of retired and soon to be retired investors. Tuesdays or Thursdays - 2 classes.
ID# 1923.101 9/26 - 10/3 6:00pm to 9:00pm
Fee: $49 Thursdays Pioneer, Room D203
ID# 1923.102 10/1 - 10/8 6:00pm to 9:00pm
Fee: $49 Tuesdays Pioneer, Room D203

Buying A Home In Today’s Market
Ages 18-Adult. Buying a home is a major investment and an exciting time. Be prepared for making the best choice in today’s unique market. Gain a broad overview of all aspects involved in purchasing a home and learn how to determine your price range. Review conventional and alternate financing, working with realtors, negotiating sales agreements and the logistics of actual purchase. Instructor: Maria Gilbert, Charles Reinhart Co. and guest speakers. Tuesdays - 2 classes.
ID# 1922.101 10/8 - 10/15 7:00pm to 9:00pm
Fee: $29 Tuesdays Pioneer, Room C222
Start Selling On eBay
Ages 18-Adult. Have you been thinking about selling on eBay to bring in extra cash in your spare time? Maybe even developing your own home-based business with internet sales? Jump-start your new venture with the help of this enthusiastic instructor who’s been selling on eBay and other sites since 2004! Save yourself a lot of time by learning essential skills and how to avoid common rookie mistakes so you can start selling with confidence. And if you like to help others and make a difference in the world, your new eBay expertise can give you lots of options. Check out the class handbook’s table of contents at: perkysebayplus.wordpress.com. Prerequisites: Please make sure you understand how eBay and PayPal work before the first class. Contact the instructor prior to the class if you have any questions. Instructor: Peggy Lubahn runs a successful storefront on eBay. Wednesdays - 2 classes.

ID# 1910.101 10/2 - 10/9 6:00pm to 8:30pm
Fee: $69 Wednesdays Pioneer, Room D207
$10 materials fee due to the instructor in class.
No scholarships or discounts, except Staff Passes/BOEs

Private Technology Lessons
Ages 18-Adult. Frustrated with your computer, tablet, or smartphone? Private lessons with James Giordani are designed to take that frustration out of technology through customized lesson plans built to empower you with the skills to operate your devices confidently and independently. All brands and devices welcome. After you register, James will contact you to set up a meeting that fits your schedule and needs. Instructor: James Giordani specializes in adult and senior computer lessons with Clear Computing and works in ITS at the University of Michigan.

ID# 1203.101 Fee: $95 for 90 minutes session
Please call 734-994-2300 ext. 53234 to register.
No scholarships or discounts, except Staff Passes/BOEs

Introduction To Photography
Grades 10th-Adult. Learn to take better photographs through hands-on experience and begin to master your camera’s basic settings. Learn the rules for taking photographs and composition as well as the different types of cameras, the fundamentals of photography, and history. Topics covered include: rule of thirds, aperture, shutter speeds, ISO, focus, and different photo editing programs. Each week you have a in class exercises and mini-assignments to practice what you learned in class followed by a review at the next class. Bring a digital camera, its manual, fully charged battery, memory card and a notebook with pen/pencil to every class. Please note: Internet access, basic computer skills, and the ability to import and export images from camera to computer are expected.
Instructor: Katelend Rosaen is a fine art photographer who has exhibited her art work in multiple countries and has a Masters of Art; Katelend changes people’s perspective one photo at a time. Wednesdays - 8 classes.

ID# 1253.101 9/25 - 11/13 6:30pm to 8:30pm
Fee: $159 Wednesdays Pioneer, Room D203
Registration begins August 14, 2019
FALL 2019

**Feldenkrais®**

**Feldenkrais Method®:**
**Lower Back & Hips**

Grades 10th-Adult. Part of the Get Your Back Back Series. Get your hips and lower back playing together nicely again. Restore that connection and bring harmony to your hips and back. You learn to use functional movement patterns, your attention and simple props to effortlessly bring significant change. Leave class with better posture and overall feeling of well-being. Audio recording to help you with your home practice. Please note, all classes involve lying on mats on the floor. If you cannot easily lay on the floor, a few elevated tables are available but must be requested in advance. Bring a yoga mat and 3 towels. Instructor: Dale Jensen, Guild Certified Feldenkrais Practitioner. Sunday - 1 class.

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**Feldenkrais Method®:**
**Upper Back, Neck & Shoulders**

Grades 10th-Adult. Part of the Get Your Back Back Series. Get rid of that pain in your neck and tension in your shoulders. Your neck, shoulders and upper back can become immobilized with tension. Leave class with relaxed neck and shoulders, a light and free head and a more upright and effortless posture. Audio recording to help you with your home practice. Please note, all classes involve lying on mats on the floor. If you cannot easily lay on the floor, a few elevated tables are available but must be requested in advance. Bring a yoga mat and 3 towels. Instructor: Dale Jensen, Guild Certified Feldenkrais Practitioner. Sunday - 1 class.

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**Feldenkrais Method®:**
**Relax Your Jaw**

Grades 10th-Adult. Find relief for jaw tension and associated neck, shoulder and hip tension in this 2-part workshop. Learn a variety of exercises from the Feldenkrais Method for improving the organization of your jaw, neck, shoulders and hips. Pain or difficulty in one part of your body often is related to multiple parts of your body. Therefore, exercises address common patterns of tension that affect the jaw, neck, shoulders and hips. The exercises help you find relief from jaw tension and headaches, bruxism, TMJ and more. You may register for one or attend both and receive a $15 discount! Instructor: Dale Jensen, Guild Certified Feldenkrais Practitioner. Sunday - 1 class.

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<thead>
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<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>1847.101</td>
<td>10/13</td>
<td>1:00pm to 3:00pm</td>
<td>Pioneer, Fitness Room</td>
</tr>
<tr>
<td>1847.102</td>
<td>10/27</td>
<td>1:00pm to 3:00pm</td>
<td>Pioneer, Fitness Room</td>
</tr>
<tr>
<td>Fee: $45</td>
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</table>

**SAVE $15 when you register for any 2 CLASSES in the Get Your Back Back Series (1851.101, 1851.102, 1852.101, 1852.102) Each section covers different movement patterns. Sign up for both and practice a wider variety of exercises.**

### Feldenkrais®

**Beginning Insight Meditation**

Grades 9th-Adult. This class leads you step by step through beginning insight meditation related to mindfulness practices. Learn ways to work toward becoming more present with our experience, explore how mindfulness may enrich our daily lives, and investigate ways of applying practices to difficulties with stress that we experience in our lives. Although historically the techniques come from Buddhist traditions, this course has no religious content and will approach the practices from a down-to-earth, secular perspective. The class is intended for those with no previous meditation experience, but all are welcome. Wear comfortable clothing. Instructor: Jim Whiteside, Still Mountain Buddhist Meditation Center. **Wednesday - 6 classes.**

<table>
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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
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<td>Wednesdays - Pioneer, Media Center</td>
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<tr>
<td>Fee: $85</td>
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</table>

**Introduction To Hypnotherapy**

**For Weight Loss**

Ages 18-Adult. Group hypnotherapy may just be the thing to finally give you the success you seek. Develop an understanding of what hypnotherapy is and how it works. Banish exaggerated movie and stage portrayals. Participate in a group hypnosis session (9/25) designed to change your behaviors. Follow up with a one hour session the next week (10/2) to reinforce the first session. Instructor: Marjorie Wells Farnsworth is a certified hypnotherapist. **Wednesdays - 2 classes.**

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<th>Time</th>
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</thead>
<tbody>
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</table>

**SAVE $15 when you register for both classes in the Relax Your Jaw Series**
Self-Care Energy Work
(Intro To Qigong)
Ages 18-Adult. Use self-care techniques to give you an energy cleanse and revitalize your sense of well-being. Learn basic stretches, breathing and visualization meditations, as well as self-massage techniques to reduce muscle tension. These sessions introduce you to exercises that can be easily added to your self-care tool box and used daily. The studio is located one flight downstairs and there is no elevator available. Once enrolled, you can attend one or all of the following times. Instructor: Master Wasentha Young. Mondays, Tuesdays or Thursdays - 12 classes.

Focus On Meditations
ID# 1822.101 Fee: $189
9/9 - 12/9 9:00am to 10:00am Mondays Peaceful Dragon No class 10/14, 11/25

Focus On Acu-Point System And Theory
ID# 1822.102 Fee: $189
9/10 - 12/10 6:00pm to 7:00pm Tuesdays Peaceful Dragon No class 10/15, 11/26

Applied Self-Care Techniques
ID# 1822.103 Fee: $189
9/12 - 12/12 6:00pm to 7:00pm Thursdays Peaceful Dragon No class 10/17, 11/28

Introduction To Tai Chi: Level 1
Ages 18-Adult. Through movement, meditation and breathwork, you learn to cultivate energy. Regular practice can improve balance, coordination and confidence. These sessions are designed as an introduction for beginning students. The studio is located one flight downstairs and there is no elevator available. Instructor: Master Wasentha Young and Sifu Jim Carey. Mondays, Tuesdays or Thursdays - 6 classes.

ID# 1821.101 Fee: $95
9/9 - 10/21 10:00am to 11:15am Mondays Peaceful Dragon No class 10/14

ID# 1821.102 Fee: $95
9/10 - 10/22 7:15pm to 8:30pm Tuesdays Peaceful Dragon No class 10/15

ID# 1821.103 Fee: $95
9/12 - 10/24 7:15pm to 8:30pm Thursdays Peaceful Dragon No class 10/17

Introduction To Tai Chi: Level 2
Ages 18-Adult. If you have completed Level 1 or have instructor permission, complete the first/third of the Yang Style Tai Chi form. Once enrolled you may attend all three sessions each week as desired at no extra cost. The studio is located one flight downstairs and there is no elevator available. Instructors: Master Wasentha Young and Sifu Jim Carey. Prerequisite: Level 1 or instructor permission. Mondays, Tuesdays or Thursdays - 6 classes. No classes 11/25 - 11/28.

ID# 1823.101 Fee: $95
9/9 - 10/21 10:00am to 11:15am Mondays Peaceful Dragon No class 10/14

ID# 1823.102 Fee: $95
9/10 - 10/22 7:15pm to 8:30pm Tuesdays Peaceful Dragon No class 10/15

ID# 1823.103 Fee: $95
9/12 - 10/24 7:15pm to 8:30pm Thursdays Peaceful Dragon No class 10/17

Couples Massage
Ages 18-Adult. Sign up with a friend or partner for a massage workshop that is both relaxing and energizing. Learn to give and receive a therapeutic massage using techniques from an experienced massage therapist. Wear comfortable clothing and bring 2 pillows and a blanket. Oils and creams optional. Whether you’ve never done massage before or want to continue to learn, all are welcome. Instructor: Jim McGinity, Certified Massage Therapist. Saturday - 1 class.

ID# 1880.101 Fee: $75/couple
10/12 Noon to 3:00pm Saturday Scarlett, Media Center Only one registration required per couple
Aikido
Ages 14-Adult. Learn to fly—and land without getting hurt! Aikido is a form of Japanese Budo based on the philosophy and martial arts of the Japanese Samurai. Aikido, the way of harmony, involves redirecting an attack using throws and pins in a fun, non-competitive atmosphere. BEGINNING: Basic throws, pins and break falls are introduced to you while you work at your own pace. CONTINUING: Add more advanced break falls and weapons techniques to your skills. Loose workout clothing is recommended.
Instructor: Jon Dunkerley, Aikido Yoshokai Association of North America. Mondays - 10 classes.
Beginning
ID# 3308.101 9/16 - 11/18 7:00pm to 7:45pm
Fee: $99 Mondays Scarlett, Upper Gym
Continuing
ID# 3308.102 9/16 - 11/18 7:00pm to 8:15pm
Fee: $125 Mondays Scarlett, Upper Gym

Adult Self-Defense
Ages 16-Adult. Are you looking for an exciting and informative self-defense class that prepares you for almost anything? Learn how to defend yourself and your family from bare hands attacks, guns and knives. Men and women welcome, no experience necessary. Wear comfortable clothes. Instructor: Lynda Gronlund-Naeem and Jibril Naeem, 3rd degree black belt, certified instructors. Wednesdays - 8 classes.
ID# 3314.101 9/25 - 11/13 7:50pm to 8:50pm
Fee: $89 Wednesdays PKSA Karate Dojang

Sanchin-Ryu Karate - Family
Ages 4 and up with parent. This program is set in a non-competitive and informative atmosphere that allows parents and children to learn together. Through Sanchin-Ryu Karate, you and your child build self-confidence, understand stress management and increase composure and self-defense awareness. Physical techniques are taught with drills and exercises for a positive self-defense education. You learn to use your whole body, so size is not important. Instructor: Sensei Michael Newberry, 3rd Degree Black Belt with over 30 years martial arts experience. Thursdays - 10 classes.
ID# 3318.101 9/26 - 12/12 7:30pm to 8:15pm
Fee: $119/family of 2 or more Thursdays Abbot, MPR
No class 10/31, 11/28

Sanchin-Ryu Karate - Individual
Grades 9th-Adult. Training is designed to empower you with the knowledge that can save your life. You learn a broad range of techniques, strikes, how to get out of grabs and more. Courses can be repeated to increase your knowledge and technique. Instructor: Sensei Michael Newberry, 3rd Degree Black Belt with over 30 years martial arts experience. Thursdays - 10 classes.
ID# 3316.101 9/26 - 12/12 8:15pm to 9:00pm
Fee: $59 Thursdays Abbot, MPR
No class 10/31, 11/28

Strike Force Bowling
Grades 9th-Adult. Bowling is a great way to meet friends and get exercise. Fee includes bowling and shoe rental and assistance from adapted staff and volunteers to ensure you have a fun time. The last session is a pizza party and awards ceremony where you receive a personalized award. This is an adapted program for young adults and adults with mental or physical challenges. Instructor: Tom Ellison. Mondays - 12 classes.
ID# 6112.101 Mondays, 9/16 - 12/2
Fee: $145 4:00pm to 5:30pm Revel & Roll
Scholarship recipients: $75

Fun Night Out
Grades 9th-Adult. Socialize with your friends and enjoy a variety of fun activities each week including table and Wii games, music and sing-a-longs, cooking, crafts and movies. Don’t miss the fun, sign up now. This is an adapted program for young adults and adults with mental or physical challenges. Instructor: Nan Nelson. Thursdays - 8 classes.
ID# 6118.101 Thursdays, 9/19-11/14
Fee: $129* 6:30pm to 8:30pm No class 10/31
High Point, YA Kitchen
*Fee includes Halloween Spooktacular on 10/24
Scholarship recipients: $35

Halloween Spooktacular
Grades 9th-Adult. You are invited to a costume party. No costume? No problem! Listen to Halloween tunes while you play games, sing and dance. Seasonal refreshments served. Adapted staff and volunteers look forward to a great night of memories and fun with you. Thursday - 1 class.
ID# 6105.101 Thursday, 10/24
Fee: $19 6:30pm to 8:30pm High Point, YA Kitchen
Scholarship recipients: $10

Adapted classes are for adults and children with mental or physical challenges.
Get Ready To Start Playing Tennis!

Levels: Beginner - NTRP 2.0. Tennis is not just a sport, it’s a passion! Rec & Ed Tennis is part of the USTA’s Start/Restart program, the perfect program for adults looking to start playing tennis for the first time or wanting to get back on the court after a period away from the game. Sundays, Wednesdays, Thursdays or Saturdays, 4 to 7 classes.

<table>
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<tr>
<th>ID#</th>
<th>Location</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
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<td>Pioneer</td>
<td>Sundays</td>
<td>9/8 - 10/6</td>
<td>11:00am to 12:30pm</td>
<td>$95 - 5 classes</td>
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<tr>
<td>3610.131</td>
<td>Tappan</td>
<td>Wednesday</td>
<td>9/11 - 10/9</td>
<td>6:00 to 7:30pm</td>
<td>$95 - 5 classes</td>
</tr>
<tr>
<td>3610.141</td>
<td>UM Varsity</td>
<td>Thursdays</td>
<td>9/12-10/24</td>
<td>9:00am to 10:30am</td>
<td>$189 - 7 classes</td>
</tr>
<tr>
<td>3610.142</td>
<td>UM Varsity</td>
<td>Thursdays</td>
<td>10/31-12/19</td>
<td>9:00am to 10:30am</td>
<td>$189 - 7 classes</td>
</tr>
<tr>
<td>3610.161</td>
<td>A2 STEAM, Gym</td>
<td>Saturdays</td>
<td>10/19 - 11/9</td>
<td>Noon to 1:30pm</td>
<td>$75 - 4 classes</td>
</tr>
<tr>
<td>3610.162</td>
<td>A2 STEAM, Gym</td>
<td>Saturdays</td>
<td>11/16 - 12/14</td>
<td>Noon to 1:30pm</td>
<td>$75 - 4 classes</td>
</tr>
</tbody>
</table>

Rec & Ed Tennis offers a rewarding Adult Recreational Pathway that allows players to develop their skills in a fun, social environment. For Varsity Tennis Center classes, participants must wear tennis court shoes with non-marking soles. For all classes, no running shoes please. Registered participants may check out a loaner tennis racquet from the Rec & Ed office one week prior to start of class. Rec & Ed Tennis follows the USTA Code of Conduct. Scholarship participants pay $75 co-pay for indoor clinics at Varsity. To learn more about NTRP ratings and our program, visit our homepage: a2schools.org/recedtennis.

TWO Kinds Of Cardio Tennis! Cardio Tennis Blast

All Levels: Beginner - Advanced. Have a blast getting fit, moving and grooving to music, and hitting hundreds of balls! Using Cardio balls (orange tennis balls) equalizes the playing field and ensures a great workout. In classes of 6-8 people most women burn 300 to 500 calories per hour and men burn between 500 to 1,000. Not only are you getting a great workout, but you are also learning/improving a whole range of tennis skills. visit cardiotennis.com for more information. Classes held indoors.

<table>
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<tr>
<th>ID#</th>
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<th>Day</th>
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<th>Time</th>
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<td>Mondays</td>
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<tr>
<td>3606.113</td>
<td>UM Varsity</td>
<td>Mondays - No class 11/25</td>
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<td>A2 STEAM, Gym</td>
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<td>10/19 - 11/9</td>
<td>10:00am to 11:00am</td>
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<td>$59 - 4 classes</td>
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<td>A2 STEAM, Gym</td>
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<td>$59 - 4 classes</td>
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<tr>
<td>3606.164</td>
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<td>11/16 - 12/14</td>
<td>11:00am to Noon</td>
<td>$59 - 4 classes</td>
</tr>
</tbody>
</table>
Social Leagues - Outdoors
Meet new players, build match play skills, and gain confidence in a fun, low key, social setting. Fast four, team scoring, and timed match formats create a fun and social play environment. Sundays - 5 classes.

Beginner Social League NTRP 2.0 - 2.5
Great for recent Start/Restart players and players seeking doubles match play experience.

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Intermediate/Advanced Social League NTRP 3.0 - 5.0
Experienced players meet new players in a fun and social setting.

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<th>Time</th>
<th>Fee</th>
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<tbody>
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<tr>
<td></td>
<td>Sundays</td>
<td>Pioneer</td>
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Mix n Mingle @ UM Varsity
Our holiday season social tennis event. Meet new players, build match play skills, in a fun, low key, social setting. Santa hats are welcome! Saturdays - 1 class. Registration opens October 30.

Cardio Tennis @ UM Varsity
Level: NTRP 3.0 and higher*
Stay fit hitting hundreds of (yellow) balls in this fun, fast-paced, high intensity, aerobic tennis workout.

Recommended for players with full range of mobility.

Instructor determines if player’s level and mobility are appropriate during the first class. No beginners please.

*NTRP 2.5 league players must have instructor permission.
Instructor: Head Pro Fode Camara.

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Drill And Play @ Varsity Tennis Center
LEVEL: NTRP 2.5-3.0 (Advanced Beginner) and NTRP 3.5-4.0 (Intermediate/Advanced).
Develop your strokes and competitive skills in this combination of intensive drilling and instruction along with plenty of supervised live ball games. Instructor: Fode Camara. Wednesdays - 7 classes.

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<th>Date</th>
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<td>3604.134</td>
<td>10/30 - 12/18</td>
<td>7:30pm to 9:00pm</td>
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Registration begins August 14, 2019
## Women's Clinics @ UM Varsity Tennis Center
Continue developing your game through instructional drilling, coaching, live ball feeding games and doubles match play. Great for league players! *Instructor’s permission required.*

<table>
<thead>
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<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>10:30am to Noon</td>
<td>9/10 - 10/22</td>
<td>$189 - 7 classes</td>
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<td>Tuesdays</td>
<td>10:30am to Noon</td>
<td>10/29 - 12/17</td>
<td>$219 - 8 classes</td>
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<tr>
<td>3602.136</td>
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<td>Wednesdays</td>
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<tr>
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<td>Wednesdays - No class 11/27</td>
<td>10:30am to Noon</td>
<td>10/30 - 12/18</td>
<td>$189 - 7 classes</td>
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**Instructor:** Vanda Shadigian

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<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
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<td>3602.113</td>
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<td>Mon/Wed</td>
<td>10:30am to Noon</td>
<td>9/9 - 10/23</td>
<td>$375 - 14 classes</td>
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<td>3602.114</td>
<td>Women's NTRP 2.5+/3.0</td>
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<td>10:30am to Noon</td>
<td>10/28 - 12/18</td>
<td>$399 - 15 classes</td>
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<td>3602.116</td>
<td>Women's NTRP 3.0</td>
<td>Mondays</td>
<td>9:00am to 10:30am</td>
<td>9/9 - 10/21</td>
<td>$189 - 7 classes</td>
</tr>
<tr>
<td>3602.117</td>
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<td>9:00am to 10:30am</td>
<td>10/28 - 12/16</td>
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<tr>
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<td>Wednesdays - No class 11/27</td>
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<td>10/30 - 12/18</td>
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<tr>
<td>3602.151</td>
<td>Women's NTRP Players 3.5-4.0 Clinic</td>
<td>Fridays - No class 9/20</td>
<td>10:00am to Noon</td>
<td>9/13 - 10/25</td>
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<td>10:00am to Noon</td>
<td>11/1 - 12/20</td>
<td>$219 - 7 classes</td>
</tr>
</tbody>
</table>

**Instructor:** Fode Camara

## Coed Clinics @ UM Varsity Tennis Center
Coed Clinics include level specific skill development, play-based games, and match play. *Instructor’s permission required.*

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>3602.121</td>
<td>Adv Beginner Coed Clinic NTRP 2.5</td>
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<td>$219 - 8 classes</td>
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**Instructor:** Vanda Shadigian

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<tr>
<td>3602.141</td>
<td>60+ Clinic NTRP 2.5-3.0</td>
<td>Thursdays</td>
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<td>10:30am to Noon</td>
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**Instructor:** Certified Staff

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<th>Fee</th>
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<td>3602.123</td>
<td>Doubles Clinic NTRP 3.0-3.5</td>
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<td>$249 - 8 classes</td>
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</table>

**Instructor:** Fode Camara
Adult Fitness

Fitness classes are for men and women, grade 10 to adult.
If you are new to working out or haven’t worked out in a long time, you should choose a class that includes LEVEL 1 or 2.
If you want a moderate form of exercise, choose a class that includes LEVEL 3.
If you are looking for a challenging workout, select LEVEL 4 or 5.
Your fitness instructor will help you meet your personal needs.

Waiver of Liability - Fitness Classes
A doctor’s review of your health is advised before starting any fitness program. You are strongly encouraged to adapt the activity of the class to a level appropriate for you. Although participation in a physical fitness or yoga program can result in injury or disability, every effort will be made to ensure the health and safety of all participants.
All fitness instructors are certified and experienced.

Personal Fitness Levels

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Beginning</td>
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<tr>
<td>Level 2</td>
<td>Advanced Beginning</td>
</tr>
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<td>Level 3</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Level 4</td>
<td>Intermediate Advanced</td>
</tr>
<tr>
<td>Level 5</td>
<td>Advanced</td>
</tr>
</tbody>
</table>

Brain Gym
Adult. Level 1-2. Come have fun with healthy aging activities for brain & body! Improve your well-being, prevent falls, enhance cognitive skills and build self-confidence. Keep your brain sharp, improve your balance, lower your stress level, and get the chance to play like a kid again! Open to any adult. Licensed Brain Gym® instructor: Katy Held, over 10 years experience. Tuesdays - 1 to 8 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3183.101</td>
<td>9/24</td>
<td>6:00pm to 7:00pm</td>
<td>Lawton, Gym</td>
</tr>
<tr>
<td>3183.102</td>
<td>10/1 - 12/3</td>
<td>6:00pm to 7:00pm</td>
<td>Lawton, Gym</td>
</tr>
</tbody>
</table>

Yoga Pilates
Grades 10th-Adult. Level 2-5. Looking for a mind body practice done to music that will challenge your whole body while calming your mind? Weight training through the use of your own body weight will increase your lean body mass while improving your stamina, strength, flexibility, balance and posture. Various level options will be demonstrated so you can easily create your own practice. Any yoga or Pilates experience is recommended. Practiced in bare feet. Please bring your own mat and water bottle. Instructor: Victoria Cendrowski, M.Ed., over 45 years experience.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>3110.110</td>
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<td>CAB, Dance Studio</td>
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<tr>
<td>3110.111</td>
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<td>9:15am to 10:30am</td>
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<td>9/27</td>
<td>9:15am to 10:30am</td>
<td>CAB, Dance Studio</td>
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<tr>
<td>3110.102</td>
<td>9/25</td>
<td>9:15am to 10:30am</td>
<td>CAB, Dance Studio</td>
</tr>
<tr>
<td>3110.103</td>
<td>9/27</td>
<td>9:15am to 10:30am</td>
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Cardio Dance & Pilates

<table>
<thead>
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<th>ID#</th>
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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>3108.110</td>
<td>9/5 - 9/19</td>
<td>6:00pm to 7:00pm</td>
<td>Eberwhite, Gym</td>
</tr>
<tr>
<td>3108.101</td>
<td>9/24</td>
<td>6:00pm to 7:00pm</td>
<td>Eberwhite, Gym</td>
</tr>
<tr>
<td>3108.102</td>
<td>9/26</td>
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<tr>
<td>3108.103</td>
<td>9/24</td>
<td>6:00pm to 7:00pm</td>
<td>Eberwhite, Gym</td>
</tr>
</tbody>
</table>

Enroll in any 2 Fitness or Yoga Classes, improve your well-being, and SAVE $5!
Hiit Fit
Grades 10th-Adult. Level 1-5. Get a full body workout! Challenge your speed, strength and stamina. Circuits include strength work and bursts of high intensity interval training (Hiit). Hiit helps you to be more efficient in less time. Modifications are offered so all levels are welcome! Please bring your own mat, water bottle and light hand weights. Instructor: Donna Kujat, CPT, over 25 years experience. Tuesdays - 3 to 10 classes.

ID# 3106.110
Fee: $25
9/3 - 9/17  6:00pm to 7:00pm
Tuesdays  AA Open@Mack, Gym
3 classes

ID# 3106.101
Fee: $89
9/24 - 12/10  6:00pm to 7:00pm
Tuesdays  AA Open@Mack, Gym
10 classes
No class 11/5, 11/26

NEW! Strength Training
Grades 10th-Adult. Level 1-5. Be strong! This class is designed to change each week as we target all major muscle groups with hand weights, body weight and resistance bands. Maintain muscle mass, strength, balance and function as we age. All levels are welcome. Please bring your own mat, water bottle and light hand weights. Instructor: Donna Kujat, CPT, over 25 year experience.

Thursdays - 10 classes.

ID# 3102.101
Fee: $89
9/26 - 12/5  6:00pm to 6:45pm
Thursdays  AA Open@Mack, Gym
No class 11/28

Cardio Barre
Grades 10th-Adult. Level 1-5. High-energy and fun! Get your heart rate up with this challenging workout. Balance, strengthen, stretch and tone the entire body through the integration of barre work, body weight, Pilates and light weights. Great for sports conditioning! Please bring your own mat, water bottle and light hand weights. Instructor: Donna Kujat, CPT, over 25 years experience.

Saturdays - 10 classes.

ID# 3104.101
Fee: $89
9/28 - 12/7  10:30am to 11:15am
Saturdays  Clague, Upper Lobby
No class 11/30

Pilates Matwork
Grades 10th-Adult. Level 3-5. Are you looking for a mind-body workout that will strengthen, lengthen, stretch and tone your body? Improve your muscular endurance and flexibility with an emphasis on core body mat work. Please bring your own mat and water bottle. Instructor: Stephanie Riegle, over 25 years experience. Mondays - 11 classes.

ID# 3112.101
Fee: $109
9/23 - 12/9  6:00pm to 7:00pm
Mondays  Bach, Gym

NEW! GROOVE
Grades 10th-Adult. Level 1-3. Nurture you heart, mind, body and soul! Exercise for fun while uniting rhythms and simple movements so you can dance in your own unique way. There is no right or wrong. GROOVE is liberating and for all body shapes, sizes, abilities and fitness levels. No prior dance experience required. Certified GROOVE Facilitator: Hsiao-Wen Lo.

Saturdays - 1 to 8 classes.

ID# 3148.101
Fee: FREE (trial class)
10/5  9:30am to 10:30am
Saturday  Scarlett, Café

ID# 3148.102
Fee: $75 - 8 classes
10/12 - 12/7  9:30am to 10:30am
Saturdays  Scarlett, Café
No class 11/30

BellyFit
Adult. Level 1-4. Bellydance for fitness! Everything you love about Bellydance with a core focus on strengthening and toning the abs in a highly effective way. Experience an enjoyable workout that fuses international music with the fluidity of Middle Eastern belly dancing. No experience necessary, come join us! Instructor: Abby Humphrey.

Tuesdays - 3 to 12 classes.

ID# 3193.110
Fee: $35 - 3 classes
9/3 - 9/17  9:30am to 10:30am
Tuesdays  CAB, Dance Studio

ID# 3193.101
Fee: $135 - 12 classes
9/24 - 12/10  9:30am to 10:30am
Tuesdays  CAB, Dance Studio
Zumba® & Weights*
Grades 10th-Adult. Level 1-4. Double the fun! You’ll do Zumba for cardio and weights for strength. Wear fitness shoes and bring a water bottle, mat and light hand weights. Certified Zumba® Fitness Instructor: Doris Farrugia, over 30 years of experience. **Mondays - 10 classes.**

**ID# 3144.101**
Fee: $89
9/23 - 12/2  6:00pm to 7:00pm
Mondays  Scarlett, Cafe
No class 11/25

NEW! Dance Hiit Fit*
Grades 10th-Adult. Level 1-4. Get fit while having fun! Dance for cardio, build strength and stretch out. High-intensity interval training (Hiit) combines short bursts of intense exercise with short recovery breaks. Hiit gives you the results you’re looking for. Please bring your own mat, water bottle and light hand weights. Instructor: Tanya Smith, 10 years experience. **Wednesdays - 10 classes.**

**ID# 3140.101**
Fee: $89
9/25 - 12/4  6:00pm to 7:00pm
Wednesdays  Haisley, Gym
No class 11/27

Cardio Drumming*
Grades 10th-Adult. Level 1-4. Enter a new dimension of fitness! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high energy workout. Drums Alive® Power Beats combine cardio movement with powerful drum beats. Please bring fitness shoes and a water bottle. Certified Drums Alive® Instructor: Geraldine Powell. **Tuesdays or Thursdays - 10 classes.**

**ID# 3171.101**
Fee: $99
9/24 - 12/10  7:05pm to 8:00pm
Tuesdays  Pioneer, Fitness Room
No class 11/5, 11/19

**ID# 3171.102**
Fee: $99
9/26 - 12/12  6:00pm to 6:55pm
Thursdays  Pioneer, Fitness Room
No class 11/21, 11/28

Weight Training*
Grade 12th-Adult. Level 1-5. You’ll tone up, trim down and build strength when you learn basic weight training principles. Flexibility and core body work included at the end of each class. Please bring a water bottle and fitness shoes. Instructor: Geraldine Powell, CPT. **Tuesdays or Thursdays - 10 classes.**

**ID# 3124.101**
Fee: $99
9/24 - 12/10  6:00pm to 7:00pm
Tuesdays  Pioneer, Weight Room
No class 11/5, 11/19

**ID# 3124.102**
Fee: $99
9/26 - 12/12  7:00pm to 8:00pm
Thursdays  Pioneer, Weight Room
No class 11/21, 11/28

Zumba® Gold*
Adult. Level 1-3. Join the high energy party! For beginners or active older adults. Easy to follow dance steps that focus on balance, cardio, range of motion and fun. No street shoes. Bring fitness shoes and a water bottle. Certified Zumba® Gold Instructor: Geraldine Powell. **Fridays - 10 classes.**

**ID# 3142.101**
Fee: $99
9/27 - 12/13  11:00am to Noon
Fridays  CAB, Dance Studio
No class 11/22, 11/29

H2O Hiit Boot Camp*
Grades 10th-Adult. Level 2-5. Experience a high intensity interval training (Hiit) workout in the water. You’ll challenge your strength, speed and stamina. All levels are welcome! For swimmers and non-swimmers, but must be comfortable in deep water. Please bring a water noodle. Instructor: Donna Kujat, CPT, over 25 years experience. **Mondays or Saturdays - 10 classes.**

**ID# 3164.101**
Fee: $95
9/23 - 12/2  6:00pm to 7:00pm
Mondays  Forsythe, Pool
No class 11/25

**ID# 3164.102**
Fee: $95
9/28 - 12/7  9:00am to 10:00am
Saturdays  Clague, Pool
No class 11/30

H2O Circuits*
Grades 10th-Adult. Level 1-4. You’ll get a great workout at your own pace! Timed circuits will include strength work and bursts of high intensity interval training. Modifications are offered so all levels are welcome! For swimmers and non-swimmers, but must be comfortable in deep water. Please bring a water noodle. Instructor: Nancy Herlocher. **Tuesdays - 6 classes.**

**ID# 3163.101**
Fee: $59
9/24 - 10/29  7:00pm to 8:00pm
Tuesdays  Forsythe, Pool

Weights & Yoga*
Grades 10th-Adult. Level 1-4. You’ll get 2 workouts in 1. Circuit training using weight machines and free weights for cardio and strength, followed by flow yoga to enhance stamina, strength, flexibility and relaxation. Please bring a yoga mat, water bottle and fitness shoes. Instructor: Carl Gunderson, CPT, over 10 years experience. **Wednesdays - 10 classes.**

**ID# 3126.101**
Fee: $115
9/25 - 12/18  6:00pm to 7:00pm
Wednesdays  Pioneer, Fitness Room
No class 10/16, 11/6, 11/27

See pages 24 & 25 for 2 types of Cardio Tennis classes!

$ Enroll in any 2 Fitness or Yoga Classes, improve your well-being, and SAVE $5!
**Foot And Gait Workshop**

Adult. Move More. Move Better. Gain the tools essential for getting in touch with your toes, Feet and ankles. Introduce yourself to the 26 bones, 33 joints and 100’s of muscles, tendons and ligaments in your Feet. You will move, stretch, and strengthen all of them. Learn how healthy Feet can improve your gait, balance and movement patterns. All ages and levels welcome. Please bring a mat, water bottle, small hand towel and soft practice lacrosse ball.

Instructor: Gwyn Jones. **Sunday - 1 class.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td>3151.101</td>
<td>1/2</td>
<td>SATURDAYS</td>
<td>1:00pm to 3:00pm</td>
<td>10/13</td>
<td>Gwyn Jones</td>
<td>$39</td>
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**Let’s Roll Workshop**

Adult. Feel better! Learn how to correctly roll on a foam roller and massage therapy balls. Self-release your muscles, tissues, fascia and the stuck stress that is hidden in the nooks and crannies throughout your body. Rolling can reduce pain, improve natural movement patterns, strengthen stability muscles, and assist with body alignment and balance. All ages and levels welcome. Please bring a mat, water bottle, small hand towel and soft foam roller.

Instructor: Gwyn Jones. **Sunday - 1 class.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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<td>SATURDAYS</td>
<td>1:00pm to 3:00pm</td>
<td>10/20</td>
<td>Gwyn Jones</td>
<td>$39</td>
</tr>
</tbody>
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**Family Capoeira**

**Ages 4-Adult.** Jump, kick, flip, tumble and roll while learning the basics of capoeira. Capoeira is music, movement, dance, culture, self-defense and more. Capoeira not only trains the body, it also strengthens the mind. Learn how to have a conversation without the use of words. Capoeira offers a non-competitive and non-combative way of training the body to move efficiently, hone reflexes and be stronger.

Instructor: Marika Smith, PT. **Saturdays - 8 classes.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3116.101</td>
<td>5</td>
<td>SATURDAYS</td>
<td>9:00am to 10:00am</td>
<td>10/5 - 11/23</td>
<td>Gwyn Jones</td>
<td>$95 for 2SATURDAYS</td>
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**Nordic Walking Workshop**

Adult. Level: 1-4. Burn calories and build cardio-vascular fitness! This activity is based on cross-country skiing, but without the snow. Learn and experience proper technique while engaging both upper and lower body muscles, stretching techniques included. For all ages and levels of ability. Bring your own water bottle. Training poles are provided or bring your own. Instructor: Inge Gaiser, PT. **Sunday - 1 class.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td>3131.101</td>
<td>1</td>
<td>SUNDAY</td>
<td>2:00pm to 4:00pm</td>
<td>10/13</td>
<td>Inge Gaiser</td>
<td>$35</td>
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**It’s All About Knees Workshop**

Adult. Develop functional knees for long-term health. Assess your knee alignment, learn self-care techniques and simple exercises to add to your everyday movement patterns. Eliminate, reduce or prevent painful knees. Maintain a mindful knee connection for better whole body movement patterns. All ages and levels welcome. Please bring a mat, water bottle and small hand towel.

Instructor: Gwyn Jones. **Sunday - 1 class.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
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<tbody>
<tr>
<td>3155.101</td>
<td>1</td>
<td>SUNDAY</td>
<td>1:00pm to 3:00pm</td>
<td>10/20</td>
<td>Gwyn Jones</td>
<td>$39</td>
</tr>
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**Spinning® @ Bodies In Balance Studio**

**Ages 13-Adult.** Sit while getting a great workout! Spinning® is cardiovascular exercise on specially designed stationary bikes. A certified instructor uses music, imagery and goal setting to simulate a ride on the open road and guides you through changing terrain. **Sundays, Mondays, Tuesdays, Wednesdays, Thursdays or Saturdays - 10 to 11 classes.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>3115.101</td>
<td>1</td>
<td>SUNDAYS</td>
<td>9:30am to 10:15am</td>
<td>9/29 - 12/8</td>
<td>Elmo Morales</td>
<td>$99 - 11 classes</td>
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<tr>
<td>3115.102</td>
<td>3</td>
<td>MONDAYS</td>
<td>5:45pm to 6:45pm</td>
<td>9/30 - 12/9</td>
<td>Michael Abner</td>
<td>$99 - 11 classes</td>
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<tr>
<td>3115.103</td>
<td>1</td>
<td>TUESDAYS</td>
<td>9:30am to 10:15am</td>
<td>10/1 - 12/10</td>
<td>Elmo Morales</td>
<td>$99 - 11 classes</td>
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<tr>
<td>3115.104</td>
<td>1</td>
<td>TUESDAYS</td>
<td>5:45pm to 6:30pm</td>
<td>10/1 - 12/10</td>
<td>Jeanette Figurel</td>
<td>$99 - 11 classes</td>
</tr>
<tr>
<td>3115.105</td>
<td>3</td>
<td>WEDNESDAYS</td>
<td>5:45pm to 6:45pm</td>
<td>10/2 - 12/11</td>
<td>Michael Abner</td>
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<tr>
<td>3115.106</td>
<td>1</td>
<td>THURSDAYS</td>
<td>No class 11/28</td>
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<td>Elmo Morales</td>
<td>$95 - 10 classes</td>
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<tr>
<td>3115.107</td>
<td>1</td>
<td>THURSDAYS</td>
<td>No class 11/28</td>
<td>5:45pm to 6:30pm</td>
<td>Jeanette Figurel</td>
<td>$95 - 10 classes</td>
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<tr>
<td>3115.108</td>
<td>1</td>
<td>SATURDAYS</td>
<td>9:30am to 10:15am</td>
<td>10/5 - 12/14</td>
<td>Elmo Morales</td>
<td>$99 - 11 classes</td>
</tr>
</tbody>
</table>
Adult Yoga

Yoga classes are for men and women, grade 10 to adult. Yoga helps you become more aware of your body’s alignment and patterns of movement while increasing your range of motion, balance and strength.

One of the foremost reasons people want to start a yoga practice is to relax and help alleviate the stresses of daily life. Attend a yoga class to feel better and be more energetic, happier and peaceful.

Waiver of Liability - Yoga Classes
A doctor’s review of your health is advised before starting any fitness program. You are strongly encouraged to adapt the activity of the class to a level appropriate for you. Although participation in a physical fitness or yoga program can result in injury or disability, every effort will be made to ensure the health and safety of all participants.

All yoga instructors are certified and are ready and willing to meet your personal needs.

Intro To Yoga
Grades 10th-Adult. Level 1. Balance your body and increase energy through yoga. Standing and seated poses along with breath work will release physical and mental tension. Improve your balance, body alignment and range of motion. Must be able to get down and up from the floor. Please bring your own mat.
Instructor: Cinda Hocking, CYI.
Tuesdays - 10 classes.
ID# 3701.101 9/24 - 12/10 6:00pm to 7:00pm
FEE: $109 Tuesdays Haisley, Gym
No class 11/5, 11/26

Yoga Flow
Grades 10th-Adult. Level 2-5. Unwind after a long day. Balance your whole body, calm your mind and lift your spirit with this mind-body practice done to soothing music. Flowing poses improve stamina, strength, flexibility, balance and body alignment. Connect your breath to your movement. Any yoga experience is recommended. Please bring a yoga mat and water bottle. Practiced barefoot. Instructor: Chelsea Cendrowski, RYT 200, 10 years experience. Tuesdays - 3 to 11 classes.
ID# 3711.110 9/3 - 9/17 6:00pm to 7:15pm
Fee: $35 - 3 classes Tuesdays CAB, Dance Studio
ID# 3711.101 9/24 - 12/10 6:00pm to 7:15pm
Fee: $125 - 11 classes Tuesdays CAB, Dance Studio
No class 11/26

Prenatal Yoga
Grades 10th-Adult. Level 1-3. Support your body, mind, and well-being during pregnancy. Practice postures to improve balance, circulation, strengthen muscles and ease into the changes that are taking place. Learn breathing techniques and relaxation, empowering yourself with useful tools to stay focused and calm during labor and into motherhood. Please consult your physician or midwife before taking prenatal yoga. Please bring a mat, water bottle and 2 pillows.
Instructor: Chelsea Cendrowski, RN, Doula, RYT 200.
Sundays - 8 classes.
ID# 3770.101 9/29 - 11/17 5:00pm to 6:00pm
Fee: $95 Sundays CAB, Dance Studio

Yoga For Runners
Grades 10th-Adult. Level 1-4. Are you looking to enhance your stride and find more joy every time you run? Gain supportive strength and promote flexibility designed with running in mind. Cyclists also welcome. Please bring your own yoga mat and water bottle.
Instructor: Nancy Herlocher, CYI, Marathoner.
Tuesdays - 6 classes.
ID# 3730.101 9/24 - 10/29 6:00pm to 6:45pm
Fee: $59 Tuesdays Forsythe, Cafe

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Class Physical Activity Levels

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<tr>
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<tr>
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<tr>
<td>Level 2</td>
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<tr>
<td>Level 4</td>
<td>Moderately High</td>
</tr>
<tr>
<td>Level 5</td>
<td>High</td>
</tr>
</tbody>
</table>

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$ Enroll in any 2 Fitness or Yoga Classes, improve your well-being, and SAVE $5!

* If you have to miss any classes, ask your instructor for a make up slip that can be used in designated Fitness or Yoga classes during the current term.
(Excludes Spinning and Workshops.)
Adult Yoga

*734-994-2300, ext. 5534*

**FALL 2019** Register online at aareced.com

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**Yoga For Anxiety & Depression**

Grades 9th-Adult. Level 1-3. Are you feeling anxious or depressed? Integrate the healing use of breath, yoga postures and meditation to relieve depressed or anxious moods. Bring a sense of calm, peace and happiness into your life. Please bring your own mat, blanket and water bottle. Instructor: Carl Gunderson, CYI., over 10 years experience. **Sundays - 9 classes.**

- **ID# 3725.101**
  - 9/29 - 12/15
  - 11:00am to Noon
  - Fee: $109
  - Sundays
  - CAB, Dance Studio
  - No class 10/20, 11/10, 12/1

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**Yoga For Emotional Healing**

Grades 9th-Adult. Level 1-3. Find your own healing path in a safe place. If you are experiencing any form of trauma, such as dealing with a loss, injury, sexual assault, domestic violence, or PTSD, you are welcome in this class. Find peace in this gentle, mostly floor-based, mind-body practice as we integrate breathing techniques, yoga postures, relaxation, mindfulness, and meditation. No prior yoga experience necessary. Please bring your own mat, blanket, and water bottle. Instructors: Vicki Schmitz, ERYT 500 and Chelsea Cendrowski, RYT 200, 10 years experience. **Sundays - 10 classes.**

- **ID# 3726.101**
  - 9/29 - 12/8
  - 3:30pm to 4:30pm
  - Fee: $119
  - Sundays
  - CAB, Dance Studio
  - No class 12/1

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**Iyengar Yoga**

Grades 10th-Adult. Level 1-4. Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress and release tension through physical activity and meditation. The use of yoga props and individualized teaching are emphasized so students of varying experience, ages, flexibility and strength can participate together. You need to be able to get down to and up from the floor. Please bring your own yoga mat and water bottle. Instructor: David Rosenberg, CYI, over 25 years experience. **Sundays, Mondays, Thursdays or Saturdays - 3 to 12 classes.**

- **ID# 3706.101**
  - 9/5 - 9/19
  - 7:00pm to 8:30pm
  - Thursdays
  - CAB, Dance Studio
- **ID# 3706.110**
  - 9/7 - 9/21
  - 10:00am to 11:30am
  - Saturdays
  - Pathways, Gym
- **ID# 3706.102**
  - 9/29 - 12/8
  - 10:00am to 11:30am
  - Sundays
  - Pathways, Gym
  - No class 12/1
- **ID# 3706.103**
  - 9/23 - 12/9
  - 6:00pm to 7:30pm
  - Mondays
  - CAB, Dance Studio
- **ID# 3706.104**
  - 9/26 - 12/12
  - 7:00pm to 8:30pm
  - Thursdays
  - CAB, Dance Studio
  - No class 11/28
- **ID# 3706.105**
  - 9/28 - 12/7
  - 10:00am to 11:30am
  - Saturdays
  - Pathways, Gym
  - No class 11/30

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**Restorative Yoga**

Grades 10th-Adult. Level 1-2. Explore mindful breathing, stress reduction and deeper holds in poses. Restore the nervous system and help release deeply held tensions from the body and mind while improving a sense of well-being. Must be able to get down and up from the floor. All levels welcome. Please bring your own mat and water bottle. Instructor: Shay Maxwell, CYI., over 20 years experience. **Mondays - 8 classes.**

- **ID# 3755.101**
  - 9/30 - 11/18
  - 7:15pm to 8:15pm
  - Fee: $89
  - Mondays
  - Community H.S., Gym

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**Hatha Yoga**

Grades 10th-Adult. Level 2-3. Do you prefer a mellow yoga practice that seeks to unify body and mind? This balanced form of yoga will use a combination of asanas, breathing techniques and relaxation to increase your balance, strength, flexibility and steady your mind. Please bring a yoga mat, blanket or towel and water bottle. Instructor: Jeanne Hagadone, RYT 200. **Wednesdays - 10 classes.**

- **ID# 3718.101**
  - 9/25 - 12/4
  - 6:00pm to 7:00pm
  - Fee: $109
  - Wednesdays
  - Bach, Gym
  - No class 11/27

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**Enroll in any 2 Fitness or Yoga Classes, improve your well-being, and SAVE $5!**
**Chair Yoga**

**Adult, Level 1-2.** Combine breath and movement. Gently stretch your body and bring a sense of calm to your mind. Learn how to practice yoga sitting in a chair and how to use the chair as support in standing poses. Your focus is on breath work, stretching, strengthening, gentle movement of the joints, relaxation and meditation. Open to all ages and abilities. Please bring a yoga mat.

Instructors: Carl Gunderson, CYI (101), Jeanne Hagadone, RYT 200 (102). **Tuesdays or Fridays - 8 to 10 classes.**

**ID# 3719.101**

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**Fee:** $99 - 8 classes

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**Healthy Back Yoga**

**Grades 10th-Adult. Level 1-3.** Soothe tension throughout your body and develop a healthy spine using classic yoga postures and techniques. Increase your flexibility in restricted muscles and joints that inhibit the use of the spine and strengthen muscles that support the back. Please bring your own mat, blanket and water bottle.

Instructor: Carl Gunderson, CYI, over 10 years experience. **Fridays - 10 classes.**

**ID# 3724.101**

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**Fee:** $119
First Steps

Fall Classes
September 9 - December 14

More details on our website at bit.ly/NewFirstStepsAA

Registration Begins
Wednesday, August 14
8:00am

First Steps is an early childhood program for babies, toddlers, preschoolers, and their adults. With enriching and fun classes, monthly family gatherings, parent education events and a newsletter, First Steps offers a community experience for parents/guardians and their 0-5 year olds. Classes are held at the Westerman Preschool & Family Center, Eberbach Cultural Arts Building, Haisley Elementary and outdoor fields for preschool soccer.

First Steps provides the information, support and encouragement parents need to help their children develop optimally during the crucial early years of life. All families with children from birth until kindergarten entry are welcome! Please note: Families pay a fee for each child enrolled unless they are a sibling under 6 months.

Partial and full scholarships are available through Rec & Ed. Download the application at http://bit.ly/recedscholarships. All qualified scholarship children pay a small fee - see individual class. If you work for AAPS, you may use your BOE/Staff Pass to take any adult/child class with us this Fall!

3 EASY WAYS TO JOIN!

1. Attend an Open House to meet us. Sign up!
2. Fill out paperwork and come to the Rec & Ed office to register.
3. Register for your FALL 2019 class online.

WANT TO MEET US FIRST?
If you are wondering what a First Steps class is like, bring your children and invite a friend with children to a

FREE VISIT TO OUR CLASSROOM
Ann Arbor Preschool & Family Center at W. Scott Westerman Preschool
2775 Boardwalk Drive (North of Eisenhower Parkway)
Thursday, August 22, 10:00am - 11:00am or Friday, September 6, 10:00am - 11:00am

We think meeting us is a great way to begin, but if you don’t have time for an Open House, you may visit us at our office, or simply register yourself online at firststeps@a2schools.org.
First Steps Classes: For Babies, Toddlers, Preschoolers ... And Their Adults!

Curious WiggleWorms
Ages 3-11 months & an Adult. 1 hour class. Come have fun with your baby and meet new friends! Encourage your baby’s natural curiosity and practice emerging skills together with fun-filled explorations of puppets, developmental toys, balls, tunnels and each other. Then make music with interactive songs while clapping, moving and playing with the parachute. Class includes discussions covering a variety of developmental topics determined by all of you. Instructor: Sara Callaghan or Susanna Brown. Wednesdays or Thursdays - 13 classes.

3 - 11 months
ID# 9702.105 9/11 - 12/11 11:30am to 12:30pm
Fee: $159 Wednesdays Preschool & Family
Add'l child $95 No class 11/27

5-13 months
ID# 9702.106 9/12 - 12/12 2:00pm to 3:00pm
Fee: $159 Thursdays Preschool & Family
Add'l child $95 No class 11/28
Scholarship recipients $10

Fun At One
Ages 13-24 months & an Adult. 1 hour class. One year olds are on the move! This class supports gross motor development with free-play activities to try out new ways to explore and develop. Tunnels, ride-on toys, and other active options are offered each week. This is followed by teacher-led group activities with bubbles, songs, movement and a short book. Class always ends with a hand stamp. Instructor: Susanna Brown. Fridays - 13 classes.

ID# 9706.107 9/13 - 12/13 9:30am to 10:30am
Fee: $159 Fridays Preschool & Family
Add'l child $95 No class 11/29

ID# 9706.108 9/13 - 12/13 10:45am to 11:45am
Fee: $159 Fridays Preschool & Family
Add'l child $95 No class 11/29
Scholarship recipients $10

Storybook Adventures
New Day!
Ages 18-36 months & an Adult. 1.25 hour class. Books! Books! Books! This class celebrates the magic of children’s storybooks. But don’t worry, we won’t just be sitting around reading! Songs, activities, crafts, movement, and even snack work together to bring the stories and characters to life. This immersive exploration of books will stimulate your child’s imagination while building early literacy skills. Each class includes free play, a short circle time, craft and a snack. All activities and books are specifically chosen for children aged 18 months to 3 years. Instructor: Bonnie Kerber. Tuesdays - 13 classes.

ID# 9712.101 9/10 - 12/10 10:00am to 11:15am
Fee: $159 Tuesdays Preschool & Family
Add'l child $95 No class 11/5
Scholarship recipients $10

Exploration Zone @ Preschool & Family Center - Room C-112
Ages Birth-5 & an Adult. 1½ hour class. Our fabulous playroom has a wide variety of free-play activity centers to explore: art projects, dramatic play, puzzles, blocks, climbing and plenty of time to work on social skills. Adults help children find interesting choices each week. A simple snack is offered and it ends with a circle time of songs, rotating props and a story. Wonderful practice for preschool. This class works well for all ages! Instructors: Kelly Bauer (111), Sara Callaghan (112, 113, 114), Annette Smith (115). Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 13 classes.

<table>
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<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<td>9/13 - 12/13 - No class 11/29</td>
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</table>
**Music Together**

**Ages Birth-5 & an Adult. 45 minute class.** This is the original Music Together® class and children may attend from birth through age five through 3 years of different song collections. Child development researchers recommend mixed-age groupings because they foster natural, family-style learning. In our classes, your child interacts with peers of different ages and participates at their own level in singing, moving, listening, observing, chanting or exploring musical instruments. Younger children enjoy watching and imitating older ones and older children learn by leading younger ones. Children attend with their caregivers for a rich, community-music experience for all. Fee includes a CD, access to download music plus a music book. Instructor: Melissa Hudson. **Mondays or Tuesdays - 12 classes.**

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<th>Dates</th>
<th>Fee</th>
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<tr>
<td>9718.119</td>
<td>Tuesdays</td>
<td>10:45am to 11:30am</td>
<td>9/10 - 12/3 - No class 11/5</td>
<td>$209 - Add’l child $95</td>
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</table>

Scholarship recipients $50; Add’l scholarship recipient $10
Marvelous Mazes
Ages Walking to 5 years & an Adult. 1 hour class. What's the best way to start a Saturday? That's right, with movement! Join us in the fun-filled gym at Westerman Preschool where children can run, jump and climb their way through a series of obstacle courses and mazes! Each week a new course or maze gives children the chance to explore what their bodies can do. A short warm up and a quick cool down starts and ends this class with music and movement and fun with friends. Water bottles are encouraged. Instructor: Noureen Vaid. Saturdays - 6 classes.

ID# 9709.102  9/12 - 12/14  10:00am to 11:00am
Fee: $85  Saturdays  Preschool & Family
Add'l child $50  No class 11/30  Center, B-108
Scholarship recipients $10

Make Believe With Me
Ages 2-5 & an Adult. 1 hour class. This imaginative class is all about role playing and dramatic experiences centered around realistic activities (airport, doctor's office, camping, etc.) and fairy tales. The room transforms into something new every two weeks to delve more deeply into the roles. You’re even welcome to bring your own contributing props and/or costumes! Classes include a variety of imagination-led scenarios, puppet shows, stories, and songs. Pretend play is FUN! Instructor: Susanna Brown. Thursdays - 13 classes.

ID# 9702.108  9/12 - 12/12  11:00am to Noon
Fee: $159  Thursdays  Preschool & Family
Add'l child $95  No class 11/28  Center, Room D107
Scholarship recipients $10

Movin’ & Groovin’ In The Gym!
Ages Walking-5 & an Adult. 45 minute class. Late Fall is a great time to find an indoor space to move and groove. We begin each week with some warm-up activities and songs and then enjoy the other options available in the gym. There is wall climbing, tunnel crawling, wedge jumping and many more ways to expend energy. Join us in the beautiful gym at the Westerman Preschool in this active and social class. Water bottles are encouraged. Instructor: Susanna Brown.

Wednesdays - 5 classes.

ID# 9703.111  11/6 - 12/11  4:00pm to 4:45pm
Fee: $60  Wednesdays  Preschool & Family
Add'l child $40  No class 11/27  Center, Gym B-108
Scholarship recipients $10

Let’s Get Physical!
New Day! New Location!
Ages Walking-5 & an Adult. Movement is one of the best ways to learn and practice new concepts. In this class, children will be physically active through game play. Each week games and activities will focus on a particular theme to encourage learning through movement. Themes may include letter recognition and sounds, counting, rhyming, planets, matching and more. Class ends with a short circle time. Kelly Bauer has a background in physical education and elementary teaching and brings her love of kids and families to this wonderful offering. Instructor: Kelly Bauer. Fridays - 9 classes.

ID# 2208.101  9/20 - 11/15  9:45am to 10:30am
Fee: $129  Fridays  Preschool & Family
Scholarship recipients $10  Center, Gym B-108

NEW! Muscle Memories!
Ages Walking-5 & an Adult. Let’s create muscle memories through fitness and movement. Our focus is to have fun and create a passion for movement while exploring fine and gross motor muscle movements, including balancing and strengthening activities. Each class consists of stations and obstacle courses to explore how our body moves. Muscle Memories offers a wonderful space for practicing motor planning and development. Kelly Bauer has a background in physical education and elementary teaching and brings her love of kids and families to this wonderful offering. Instructor: Kelly Bauer.

Fridays - 9 classes.

ID# 2211.101  9/20 - 11/15  11:00am to 11:45am
Fee: $129  Fridays  Preschool & Family
Scholarship recipients $10  Center, Gym B-108

Little Tykes Sports City
New Day!
Ages 2-5 & an Adult. 1 hour class. Does your child love physical activity? Each week a different sports theme is introduced from basketball to soccer to t-ball. Children, with their adult, practice skills for every sport in a non-competitive, enjoyable class held in the Westerman gym. You’ll be amazed at how much they learn! Class ends with a musical circle time and a short story. Instructor: Noureen Vaid.

Sundays - 6 classes.

ID# 9711.104  9/15 - 10/20  10:00am to 11:00am
Fee: $85  Sundays  Preschool & Family
Add'l child $50  Center, Gym
Scholarship recipients $10
Little Bouncy Boppers
Ages 6-24 Months & an Adult. This class for babies and toddlers focuses on fun movements for building your baby’s body and brain. Class begins with welcoming songs in the middle of the dance floor. Then you’re introduced to a variety of dance and movement activities with lots of repetition. We end with parachute and the freeze dance. Give your baby bonding time with you through the joys of song, dance and movement! Instructor: Lisa Bandemer or Anna Gradwohl. Tuesdays - 12 classes.

ID# 2215.102
9/10 - 12/3
Tuesdays
10:45am to 11:30am
CAB, Room D

Fee: $129
Scholarship recipients $10

Toe Tappers
Ages 3-5. Sam Snell, our wonderful Dance It Out! teacher, is also skilled at teaching tap! This form of dance focuses on rhythm and feeling the beat with your whole body. Children learn about balance using both sides of the body as they switch feet. Sam introduces children to basic tap steps as well as ways to move through space like skipping, sliding, jumping and hopping. Students participate in Parent Observation Weeks. Tap shoes are required. Instructor: Sam Snell. Mondays - 12 classes.

ID# 2214.101
9/23 - 12/9
11:45am to 12:30pm
CAB, Room D

Fee: $119
Scholarship recipients $10

Creative Dancer
Ages 3-6. This high-energy class teaches rhythm, coordination and balance through age-appropriate movements set to upbeat music. Your young dancer develops muscle memory in this independent class while having lots of fun. The dancing style is great for girls and boys who like to move and aren’t as interested in traditional dance classes. Students participate in a performance opportunity in December. Instructor: Gina Danene Thompson. Mondays or Saturdays, 11 - 12 classes.

ID# 2210.101
9/21 - 12/14
9:50am to 10:35am
Saturdays
CAB, Room D
No class 12/7

Fee: $119

ID# 2210.102
9/23 - 12/9
4:30pm to 5:15pm
Mondays
CAB, Room D

Fee: $129
Scholarship recipients $10

Dance It Out!
Ages 2-4 & an Adult. You and your child explore a variety of creative movement activities designed to develop gross motor skills! Music provides the medium for jumping, hopping, stepping sideways and lots of balancing. Children use their imaginations as they move to the beat. Lots of amazing pops and parachute time add to your child’s enjoyment. Instructors: Sam Snell (101, 102), or Gina Danene Thompson (103).

Mondays, Thursdays or Saturdays - 11 or 12 classes.

ID# 2209.101
9/21 - 12/14
10:45am to 11:30am
CAB, Room D

Fee: $129

ID# 2209.102
9/26 - 12/12
9:30am to 10:15am
CAB, Room D

Fee: $109
Add’l child $9
No class 11/28

ID# 2209.103
9/21 - 12/14
9:00am to 9:45am
CAB, Room D

Fee: $119
Add’l child $109
No class 12/7

Scholarship recipients $10

NEW! Hip Hop & All That Jazz
Ages 4-6. Gina is teaching our first Hip Hop class for the younger age kids and she’s including jazz to keep it really cool. It’s all about the beat and moving deliberately and in new ways. This dancing style is great for girls and boys who love dancing to fun music and aren’t as interested in traditional dance classes. Students participate in a performance opportunity in December. Instructor: Gina Danene Thompson. Wednesdays - 11 classes.

ID# 2215.101
9/25 - 12/11
4:30pm to 5:15pm
Wednesday
CAB, Room D

Fee: $119
No Class 11/27

Scholarship recipients $10

Register online at aareced.com
Hello Toes Ballet
Age 3. Does your child pretend to be a ballet dancer? Then he or she will love this class designed for our newest ballet students. The instructor uses props and musical activities to teach balance, rhythm, movement and coordination, along with basic ballet steps. They’ll learn the French words for the ballet movements too. The main purpose is to gently encourage our youngest dancers so they gain confidence. Students participate in Parent Observation Weeks. Ballet attire recommended.
Instructor: Dianna Edmonson (101) or Tyra Johnson (102).
Tuesdays or Saturdays - 11 or 12 classes.
ID# 2213.101 9/14 - 12/7 11:00am to 11:45am
  Saturdays CAB, Room D
  Fee: $129
  No class 11/30
ID# 2213.102 9/24 - 12/10 1:00pm to 1:45pm
  Tuesdays CAB, Room D
  Fee: $119
  No class 11/5
Scholarship recipients $10

PreBallet
Ages 3-4. If your children have taken Hello Toes and are comfortably independent, they’re ready for PreBallet. Students build on skills already learned or it could be your older preschooler’s first ballet class. Basic ballet skills, terminology, rhythm, and coordination are taught, practiced, and developed through movement and music in a supportive environment. Students participate in Parent Observation Weeks. Ballet attire recommended. Instructors: Dianna Edmonson (101) or Tyra Johnson (102). Tuesdays or Saturdays - 11 or 12 classes.
ID# 2212.101 9/14 - 12/7 11:50am to 12:35pm
  Saturdays CAB, Room D
  Fee: $129
  No class 11/30
ID# 2212.102 9/24 - 12/10 2:00pm to 2:45pm
  Tuesdays CAB, Room D
  Fee: $119
  No class 11/5
Scholarship recipients $10

Preschool Yoga
Ages 2-4 & a Parent or Caregiver. Feel like a kid again and do yoga with your little one! Get ready for a fun mixture of partner poses, stories and games that are age appropriate. Enhance concentration and listening skills while refining motor coordination. Please bring your own mat. Instructor: Alona Henig, RYT 200.
Wednesdays - 8 classes.
ID# 3710.101 10/2 - 11/20 11:00am to 11:45am
  Fee: $95 Wednesdays
  $19/Add’l child
  ID# 3710.102 10/2 - 11/20 2:00pm to 2:45pm
  Fee: $95 Wednesdays
  $19/Add’l child
**NEW! Say It In Mandarin**

3-5 & an Adult. 1 hour class. Find a whole other world through a new language! Come join this new class and have fun talking in Mandarin! Each week, non-native children learn functional conversation through different themes: from greetings to numbers, from body parts to interests, your toddler will be able to order food at Chinese restaurants by the end of this class! Our circle time also includes a hands-on Chinese craft, toy making, Chinese stories and songs. Adults will be amazed how quickly toddlers can learn a new language and also be proud of how they can use it as a tool in everyday life. Fee includes MP3 so everyone can practice at home. Instructor: Renee Lin. Thursdays - 10 classes.

**ID# 2115.101**  
**Fee:** $135  
Thursdays  
Haisley, Room 302  
No class 11/14, 11/28

Scholarship recipients $15

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**Hola Amigos**

2½-5 & an Adult. This class is an introduction to Spanish for young children and their adults. Each week we sing songs, learn finger plays and read picture books in Spanish to acquire vocabulary words and phrases for toys, colors, foods, routines, animals and much more. Play a maraca, interact with a puppet and dance alongside your child. This is a fun and interactive class (taught by a native Spanish speaker) where children discover the joy of learning a foreign language. Fun for Spanish-speaking families too.  
Instructor: Florencia Covasanschi. Wednesdays - 9 classes.

**ID# 2105.101**  
**Fee:** $129  
Wednesdays  
Haisley, Room 302

Scholarship recipients $10

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**Explore, Invent, Discover In 1 SUPER Day**

Ages 2½-5 & an Adult. 2 hours. Laura Emmer creates a new kind of preschool experience with this 2 hour weekly class. Laura has a wealth of experience in early elementary and preschool settings and is excited to share this with you and your children. Each week, you and your preschooler delve into a topic such as outer space, animals or seasons exploring each theme through art, music, science experiments, books, and play. Play-based choices are a wonderful way to support your child’s love of learning while building skills and you get to be there too! Instructor: Laura Emmer.  
Mondays or Tuesdays - 8 classes.

**ID# 2108.104**  
**Fee:** $159  
Mondays  
Haisley, Room 302

**ID# 2108.105**  
**Fee:** $159  
Tuesdays  
Haisley, Room 302

Scholarship recipients $15

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**Storybook Adventures II - New Day!**

3-6 & an Adult. 1.5 hour class. Books! Books! Books! This class celebrates the magic of children’s storybooks with older preschoolers & their adults. But don’t worry, we won’t just be sitting around reading! Songs, activities, crafts, movement, and even snack work together to bring the stories and characters to life. This immersive exploration of books will stimulate your child’s imagination while building early literacy skills. Each class includes free play, a short circle time, craft and a snack. This afternoon class is a fun supplement to any preschool program!  
Instructor: Bonnie Kerber. Tuesdays - 8 classes.

**ID# 9712.105**  
**Fee:** $119  
Tuesdays  
Preschool & Family Center, D-107  
No class 11/5

Scholarship recipients $10
Launch Into Literacy
Ages 3-6 & an Adult. A unique class that combines independent literacy activities, small group learning, and one-on-one reading support. Laura Emmer, who has a masters in early literacy development, strives to create an environment that helps to develop your child’s love for literacy and identity as a ‘reader’. With one and a half hours of instruction, the students learn to retell familiar stories as well as experience some of the basic fundamentals of reading all in a social setting. Adults are welcome to stay and participate, but are not required to do so. Instructor: Laura Emmer. Tuesdays - 8 classes.
ID# 2108.111  9/10 - 10/29  12:30pm to 2:00pm
Fee: $139  Tuesdays  Haisley, Room 302
Scholarship recipients $10

Nature Kids In Eberwhite Woods
2-6 & an Adult. Join Naturalist Chris Colaner in an innovative class entirely outside in Eberwhite Woods! No need for screen time as we explore the woods with all of our senses, learn about flora and fauna, and spend time enjoying nature. Each class is loosely guided by a theme and/or activity, and includes exploration, free-play and stories. Art and music are often part of the experience too. Class meets rain, snow or shine so dress for the weather and bring a change of clothing just in case as this class makes it fun to get outside! Meet at the entrance of Eberwhite Woods next to Eberwhite School, 800 Soule, 48103. If weather conditions are unsafe, a make-up will be scheduled. Instructor: Chris Colaner. Mondays - 8 classes.
ID# 2106.101  9/9 - 10/28  10:00am to 11:00am
Fee: $119  Mondays  Eberwhite Woods
Scholarship recipients $10

Exploratory Art
Ages 2-4 & an Adult. This class is all about sharing the excitement of art with young children. A variety of mediums are presented each week that involve paint, glue, collage as well as practice with scissors and other art tools. Projects focus on the process of creating as well as some emphasis on building skills. Each week offers a new exciting theme to stimulate your child’s imagination no matter their developmental level. Instructor: Carey Hutmacher. Mondays - 11 classes.
ID# 2154.101  9/16 - 12/2  9:45am to 10:30am
Fee: $139  Mondays  CAB, Room B
No class 11/25
ID# 2154.102  9/16 - 12/2  11:00am to 11:45am
Fee: $139  Mondays  CAB, Room B
No class 11/25
Scholarship recipients $15 for materials

My Big Messy Art Class
NEW Day!
3-5 & an Adult. 45 minute class. Dress for mess and artistic success! Inspire your child’s creativity and help build fine motor skills through this art class with Miss Nina. Nina has a Master’s of Fine Arts degree and loves helping young children find their inner artist. Your child can smear, squeeze, splatter and otherwise explore artistic possibilities using a variety of materials including paints, doughs, crayons, chalk, and collage. Get ready for a messy good time!
Instructor: Nina Gilmore. Thursdays - 11 classes.
ID# 9712.102  9/19 - 12/5  9:30am to 10:15am
Fee: $139  Thursdays  CAB, Art Room B
No class 11/28
Scholarship recipients $15

NEW! Creation Station
3-8 & an Adult. From the teacher of My First Art Class comes a special Makerspace-style ART class for older preschoolers and home-schooled kids too. You and your child have the opportunity to meet, think, tinker, create, craft, build, invent and discover with no stress or mess for you! The class is set up with a wide variety of materials and resources to encourage open-ended exploration for all. Join us and let your child’s curiosity and imagination come to life. Instructor: Shannon Pedersen. Wednesdays - 10 classes.
ID# 2165.101  9/18 - 11/20  10:00am to 11:15am
Fee: $129  Wednesdays  CAB, Room B & C
Scholarship recipients $15 for materials

Registration begins August 14, 2019  FALL 2019  41
Preschool Sports
734-994-2300, ext. 53186

British Elite PRE-Preschool Soccer
NEW For Littles!
Ages: 2-3. Would you like your toddler to have fun learning about soccer by playing games with YOU that involve falling, rolling, balancing, kicking, catching and starting and stopping their body? In this new class, you and your child play together working on movement, balance, coordination and following instructions all with a soccer ball (at times!). These critical skills are taught with your help and are part of the beginning of a love for soccer. Join us outside this fall! Instructors: British Elite Soccer staff. Tuesdays, Wednesdays, or Saturdays - 5 classes.

ID# 3417.101 Fee: $75 9/21 - 10/19 10:00am to 10:45am Saturdays Eberwhite
ID# 3417.102 Fee: $75 9/17 - 10/15 10:00am to 10:45am Tuesdays Allmendinger
ID# 3417.103 Fee: $75 9/18 - 10/16 10:00am to 10:45am Wednesdays Allmendinger

ID# 3407.101 Fee: $79 9/21 - 10/19 9:00am to 9:45am Saturdays Eberwhite
ID# 3407.102 Fee: $79 9/21 - 10/19 10:00am to 10:45am Saturdays Eberwhite
ID# 3407.103 Fee: $79 9/17 - 10/15 10:00am to 10:45am Tuesdays Allmendinger
ID# 3407.104 Fee: $79 9/18 - 10/16 10:00am to 10:45am Wednesdays Allmendinger
ID# 3407.105 Fee: $79 9/19 - 10/17 10:00am to 10:45am Thursdays Allmendinger
ID# 3407.106 Fee: $79 9/20 - 10/18 10:00am to 10:45am Fridays Allmendinger

Online registration for some classes closes at 8:00am the day prior to their start date. To register after online registration has closed, call 734-994-2300, x53234. A non-refundable late registration fee of $10 will be added to the cost of all classes with this symbol * after the fee.

Youth Film & Drama
734-994-2300, ext. 53234

Lights, Camera, Action
Grades 6th-8th. Learn how to produce, direct and make TV. Students will identify and produce short videos for television and online. They write stories, be on-air talent, run studio cameras, understand lighting techniques, explore green screen technology and much more. Special screening for family and friends on the last day. All participants will be on CTN’s YouTube channel and on TV. Equipment provided by CTN. Instructor: CTN staff. Tuesdays - 8 classes.

ID# 1314.101 Fee: $59 10/1 - 11/19 4:30pm to 6:30pm Tuesdays CTN

Build A Play
Grades 2nd-5th. From script to the stage, students build a performance. Valuable skills are developed such as listening, articulation, physical awareness and teamwork, as well as basic stagecraft. The program culminates with a performance of fables, folktales or poetry for an invited audience. Instructor: Becky Fox and Anne Rhoades from Nova Children’s Theater. Wednesdays - 10 classes.

ID# 2303.101 Fee: $125* 9/18 - 12/11 4:10pm to 5:40pm Wednesdays Allen, Music Room

*Online registration for some classes closes at 8:00am the day prior to their start date. To register after online registration has closed, call 734-994-2300, x53234. A non-refundable late registration fee of $10 will be added to the cost of all classes with this symbol * after the fee.
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<td>2150.105</td>
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<td>2150.107</td>
<td>Wines, Room 113</td>
<td>Mondays</td>
<td>4:10pm to 5:10pm</td>
<td>9/21 - 10/14</td>
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**The Power Of Drawing**  
Grades K-5th. **EARLY FALL.** Fall is in full swing at Young Rembrandts, with lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their visual skills as they render a detailed gumball machine. Then, building upon the layers of a sandwich, they will make a mouth watering composition! We become a part of the ancient Egyptian culture, creating a pharaoh’s decorative headress. A powerful illustration celebrating the fall season will introduce our young artists to the valuable relationship of colors. Every student can learn exciting and empowering new visual skills that benefit them for life! Instructors: Young Rembrandts: Foundation of Creative Vision staff. **Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 5 classes.**

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<td>2150.114</td>
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<td>11/7 - 12/12</td>
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<td>2150.115</td>
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<td>2150.116</td>
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<td>2150.117</td>
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<td>Mondays</td>
<td>4:10pm to 5:10pm</td>
<td>10/28 - 11/25</td>
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**Exploring Clay Together**  
Grades K-6th & an Adult. Fee is per pair. Parents and children learn classical techniques of tile making, slab construction, sculpture, press molding, coiling and glazes. Fee includes glazing and firing of 3-6 medium to large pieces and material costs. Instructor: William Schultz. **Sundays - 10 classes.**

**ID # 2199.101**  
10/13 - 12/15  10:00am to Noon  
Fee: $245  
Sundays  
CAB, Room A  
Add’l child $199  
Scholarship recipients $65/child  
Scholarship 50% recipients $155/child
Artful Explorers @ Lakewood: Painting And Drawing
Grades 2nd-6th. From drawing and painting to mixed media and paper crafting, we do it all. Students explore genres of art and their history in this project based class. All projects are new, and students will complete at least two pieces of work to take home. Supervision is provided for students 3:59pm-4:10pm. They are welcome to bring a snack for this time period. Materials fee of $5 is payable to the instructor at the first class. Instructor: Michelle Kaucheck. Tuesdays - 4 classes.
ID# 2113.101
Fee: $69*
9/24 - 10/15 Tuesdays 4:10pm to 5:10pm Lakewood, Art Room
ID# 2113.102
Fee: $69*
11/19 - 12/17 Tuesdays No class 11/26

Journey Through Time With Art
Grades Young 5-5th. Come travel with us through time! Young budding artists explore the different art periods/movements, the artists, works, and events that define some of the major art movements. They take a journey through the ages, each week learning from and mimicking various artists and their historical influences. They will create with a variety of different mediums from painting to sculpture and mixed media all the while learning how art evolved to our present day. Instructors: Flipside Art Studio staff. Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 8 classes.

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<td>2145.102</td>
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<td>3:30pm to 4:30pm</td>
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<td>Tuesdays - No class 11/5</td>
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<td>9/24 - 11/19</td>
<td>$115*</td>
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<td>2145.113</td>
<td>Logan, Art Room</td>
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<td>2145.114</td>
<td>Pattengill, Art Room</td>
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<td>4:10pm to 5:10pm</td>
<td>9/18 - 11/20</td>
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Exploring Great Artists
Grades Young 5-5th. Children will not want to miss this historical art class as we narrow thousands of possibilities down to several innovative artists. Take a trip with us around the wonderful world of ART as we create artwork inspired by the great abstract artist Wassily Kandinsky. We will paint beautiful spring like flowers in the style of Georgia O’Keeffe, and we will explore Henry Mattisse’s collages, to name a few! Children will be excited as they learn to recognize the actual works of art by these artists when they visit art museums around the world. Instructors: Flipside Art Studio staff. Mondays - 6 classes.
ID# 2145.121
Fee: $89*
9/23 - 10/28 Mondays 4:10pm to 5:10pm Carpenter, Art Room

Focus Of Each Journey Through Time With Art Class:
Class 1: Stone Age - Cave painting
Class 2: Egyptian Art - Sculpture
Class 3: Byzantine - Mosaics
Class 4: Renaissance - Fresco-like painting
Class 5: Impressionism - Working with light /watercolors
Class 6: Fauvism - Exploring Color
Class 7: Surrealism - Fantasy Art
Class 8: Abstract Expressionism - Cut paper & important design elements

Online registration for some classes closes at 8:00am the day prior to their start date. To register after online registration has closed, call 734-994-2300, x53234. A non-refundable late registration fee of $10 will be added to the cost of all classes with this symbol ★ after the fee.
### Spanish Or French

**Beginning and Intermediate Levels. New and returning students welcome!** Learn through conversation, songs, interactive games, some writing or coloring, and culture projects. Session will include greetings, days of the week, family and community, and revolve around fall colors, animals we see, food, and Spanish or French holidays. Returning students review their previous knowledge and learn new material in each class. Students will bring home worksheet and new vocabulary list they learned for fun family practice! Learning another language gives students an academic advantage and makes them aware of the richness of other cultures. Instructors: Language Adventure staff. **Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 10 classes.**

### Chinese Language & Culture

**Grades K-5th.** Through singing, acting, reading, writing, playing games and making crafts, students learn Chinese language and culture. They learn greetings, self-introduction, family, friends, numbers, days/dates, time, colors, animals, food and hobbies. Come celebrate fall season and holidays here and across the Ocean such as Mid-Autumn Festival, Halloween, Thanksgiving and Christmas. Students will make Chinese paper cutting/folding, practice Chinese calligraphy, sing songs and dance. The curriculum design is based on the 5C (Communication, Cultures, Connections, Comparisons, and Communities) ACTEL standards. Instructors: Ann-Hua Chinese School staff. **Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 10 classes.**

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<td>1458.106</td>
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<td>Thurston, Media Center</td>
<td>Mondays</td>
<td>4:10pm to 5:10pm</td>
<td>9/27 - 12/12</td>
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</table>

Scholarship recipients $30
NEW! Cecchetti Ballet Preparatory

Grades K-2nd. Ballet is an excellent foundation for all styles of Dance. In this traditional style class, students work on strength, balance and flexibility while training their bodies to move with grace and ease. This is a feeder class for students interested in training for Cecchetti method ballet examination. Students participate in Parents Observation Weeks. Instructor Dianna Edmonson is a qualified teacher member of the Cecchetti Council of America. Saturdays - 12 classes.

**ID# 2273.101**
Fee: $149
9/14 - 12/7 12:45pm to 1:30pm
Saturdays  CAB, Room D

Ballet Beginner

Grades 2nd-4th. Ballet techniques help students to better perform any style of dance they choose to try. Students explore the fundamentals of this traditional-style dance. Instructor: Dianna Edmonson, qualified teacher member of the Cecchetti Council of America. Saturdays - 12 classes.

**ID# 2223.101**
Fee: $149
9/14 - 12/7 1:40pm to 2:35pm
Saturdays  CAB, Room D

Move And Groove: Foundations Of Hip Hop

Grades 5th-8th. Move and groove with us while you learn the basic foundations of Hip Hop dance in this six-week session! Students learn the styles of popping, boogaloo, locking, house, breaking, and social dances. Whether you are an experienced dancer or a beginner, this class is for you! Instructor: Anna Gradwohl.

**ID# 2181.101**
Fee: $125
9/23 - 11/4 6:00pm to 7:00pm
Mondays  Clague, Upper Gym  No class 10/14

**ID# 2181.102**
Fee: $125
9/18 - 11/6 6:00pm to 7:00pm
Wednesdays  Tappan, Rec Room  No class 9/25, 10/23

**ID# 2181.103**
Fee: $125
9/16 - 11/11 4:10pm to 5:05pm
Mondays  Clague, Gym

**ID# 2181.104**
Fee: $125
9/18 - 12/4 6:00pm to 6:45pm
Wednesdays  CAB, Room D  No class 9/25, 10/23

Just Dance!

Grades K-5th. Jump into a fun-filled six-week dance class that is perfect for any level and is offered right after school! Students gain self-confidence and creativity through introductory steps and terminology of Ballet, Jazz, and Creative Movement. They also learn a choreographed dance, which will be performed during a final performance on the last day of class. Dance shoes are encouraged but not required for this class. Instructor: Anna Gradwohl.

**ID# 2151.101**
Fee: $125
9/18 - 11/6 4:05pm to 5:05pm
Wednesdays  Angell, Gym  No class 9/25, 10/23

**ID# 2151.102**
Fee: $125
9/24 - 10/29 4:05pm to 5:05pm
Tuesdays  King, Room 100

**ID# 2151.103**
Fee: $125
9/23 - 11/4 4:05pm to 5:05pm
Mondays  Logan, Gym  No class 10/14

Break Dance

Grades K-5th. Join Maurice Archer as he teaches America’s popular… Break Dance! Students build self-confidence, listening skills and self-awareness. They express themselves through movement in a safe, fun, disciplined and friendly environment. Students also learn about hip hop culture and what it means to be a Bboy or Bgirl.

**ID# 2253.101**
Fee: $109
9/18 - 11/4 3:30pm to 4:15pm
Thursdays  A2 STEAM, MPR Stage  No class 10/31

**ID# 2253.102**
Fee: $109
9/18 - 12/4 4:10pm to 5:05pm
Wednesdays  Abbot, Gym  No class 9/25, 10/23

**ID# 2253.103**
Fee: $109
9/16 - 11/11 4:10pm to 5:05pm
Mondays  Bach, Gym

**ID# 2253.104**
Fee: $109
9/18 - 12/4 6:00pm to 7:00pm
Wednesdays  CAB, Room D  No class 9/25, 10/23
NEW! Creative Writing: Graphic Novels & Comics

Grades 4th-5th. Do you love to write? Do you wish that you were better at expressing your creative side through words? During creative writing, we will inspire you and help guide the talent that is already inside of you. Writers will have the opportunity to create a mini-graphic novel and explore graphic novels by authors such as Jeff Kinney, Raina Telgemeier, Gene Luen Yang and Kazu Kibuishi. Writing is play, so write it your way!

Instructors: Talisha Sutton-Kennedy. Tuesdays - 5 classes.

ID# 1451.101 9/17 - 10/15 4:10pm to 5:45pm
Fee: $69* Tuesday, King, Media Center

NEW! Game Strategy: Board & Card Games

Grades 4th-5th. Playing board or card games stimulates and encourages critical thinking and creativity in solving problems. Join us to explore the game mechanics of all-time favorite games like Golf, 5-Minute Dungeon, Friday, Ticket To Ride and On The Dot Brain Teaser in a fun, cooperative and friendly competitive settings.

Instructors: Talisha Sutton-Kennedy. Tuesdays - 6 classes.

ID# 1453.101 10/29 - 12/17 4:10pm to 5:45pm
Fee: $95* Tuesday, King, Media Center
No class 11/15, 11/26

Kids In The Woods

Grades K-5th. Does your child love exploring the great outdoors? Or do you wish they had more confidence to take healthy risks? Kids in The Woods is designed to keep students connected to their love of nature and muddy and messy exploration, as they gain confidence, problem solving skills and a greater sense of self. Through exploratory time in the woods, team building, adventure skill building and reflective journaling, students will learn about forest plants and animals, survival techniques, nature art and land stewardship. This program takes place outdoors in all kinds of weather. Please have your child dressed for outdoor exploration including rain gear, mud boots, and many layers. Instructor: Apple Playschools staff.

Mondays, Tuesdays or Thursdays - 8 classes.

FOCUS OF THIS TERM:

- Trees: Changing of the season, forest progression, animal homes and shelter building
- Finding Your Way: Map reading, compasses, geocache searching
- Animals Under Our Feet: Life on the forest floor
- Nature Art: Using nature to create works of art

ID# 2337.101 9/16 - 11/4 4:10pm to 5:30pm
Fee: $159* Mondays, Eberwhite, Room 134

ID# 2337.102 9/17 - 11/12 4:10pm to 5:30pm
Fee: $159* Tuesdays, Mitchell, Art Room
No class 11/5

ID# 2337.103 9/19 - 11/14 4:10pm to 5:30pm
Fee: $159* Thursdays, Thurston, Teachers Lounge
No class 10/31

Online registration for some classes closes at 8:00am the day prior to their start date. To register after online registration has closed, call 734-994-2300, x53234. A non-refundable late registration fee of $10 will be added to the cost of all classes with this symbol * after the fee.

Youth Music

734-994-2300, ext. 53234

Little Bands

Grades 1st-3rd. Students join a band, learn to sing and play fun songs on piano, ukelele and drums. The band goes through a series of songs and every band member learns every song on every instrument!! The band will choose a band name and compose a band theme song to perform at the end of the 6-week session. Each band member will receive a music book and audio recording of all the songs. Join us to start on a lifelong musical journey that boosts confidence. Instructor: Little Bands staff. $10 material fee is due to the instructor on the first day of class.

Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 6 classes.

ID# 1312.101 9/18 - 11/6 3:30pm to 4:30pm
Fee: $179* Wednesdays, A2 STEAM, Music Room
No class 9/25, 10/23

ID# 1312.102 9/23 - 10/28 4:10pm to 5:10pm
Fee: $179* Mondays, Allen, Music Room

ID# 1312.103 9/24 - 10/29 4:10pm to 5:10pm
Fee: $179* Tuesdays, Burns Park, Media Center

ID# 1312.104 9/26 - 11/7 4:10pm to 5:10pm
Fee: $179* Thursdays, Lakewood, Music Room
No class 10/31

ID# 1312.105 9/27 - 11/1 4:10pm to 5:10pm
Fee: $179* Fridays, Thurston, Music Room

Registration begins August 14, 2019  FALL 2019  47
NEW! Into The Wild

Grades K-5th. Join the Nutty Scientists as we take a step out of the normal and INTO THE WILD! Exciting classes filled with hands-on and interactive activities bringing STEAM to the great outdoors! Students learn what it takes to be “Junior Survivalists”. We learn to use creativity and ingenuity to gain crucial skills such as knot tying, shelter building, water purification, and so much more. With each thrilling activity, students gather their senses, put their new skills to the test and conquer every challenge Mother Nature throws their way!

Instructors: Nutty Scientists staff.

Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 6 classes.

Focus Of Each Class:
• Knots, Knots, and more Knots!
• Make Your Own Survival Candles
• Dirty water... NOPE! - Homemade Water Filters
• Can You Build a Shelter?
• Take Care of Our Planet - Recycle/Upcycle
• Mystery WILD Challenge

ID# 2335.101
Fee: $159*
9/23 - 10/28
3:30pm to 4:30pm
Mondays
A2 STEAM, Room 102

ID# 2335.102
Fee: $159*
9/18 - 11/6
4:10pm to 5:10pm
Wednesdays
No class 9/25, 10/23

ID# 2335.103
Fee: $159*
9/24 - 10/29
4:10pm to 5:10pm
Tuesdays

ID# 2335.104
Fee: $159*
9/26 - 11/7
4:10pm to 5:10pm
No class 10/31

ID# 2335.105
Fee: $159*
9/27 - 11/1
4:10pm to 5:10pm
Fridays

Nutty Robotics

Grades 3rd-5th. Join the Nutty Scientists to explore programming, coding, Battlebots, Mystery Robot Challenge, and so much more! Students learn complex robotic concepts and use these skills to complete weekly challenges. Instructors: Nutty Scientists staff.

Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 6 classes.

Focus Of Each Class:

**OZOBOTS**
Learn how ozobot reads colors and codes. Use an iPad to write and load programs onto the Ozobot.

Class 1 Build An Ozobot City: Design a city and code an ozobot to go through the map.

Class 2 Dancing Robots: Code your ozobot and show off its dance moves.

**SPHEROS**
Learn to calibrate, drive and program Spheros using draw programming to solve challenges. Learn script coding, shortcuts (ex. “loop” commands) and convert your codes into Javascript.

Class 3 Battlebots!: Design a Sphero Gladiator to “battle” other gladiators.

Class 4 Spheros Script Challenges: Solve this week’s challenge using script and coding.

**ROBOT DESIGN**

Class 5 Bristle Bots: Build your own drawing robot that you can take home.

Class 6 Lego Boost: Get several options of robots to build, modify, code and control.

All Nutty Robotics class times are from 4:10pm to 5:10pm

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Nutty Robotics Junior

Grades Young 5-2nd. Come join us to explore the amazing science of robotics with a Nutty Scientists spin! Junior scientists design, modify and program robots with a purpose. They meet several different robot friends, learn to control them and even learn basic coding skills! Each week students add their own creativity to their robots, and there’s no limit to what we can accomplish! Instructors: Nutty Scientists staff. **Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 6 classes.**

All Nutty Robotics classes are from 4:10pm to 5:10pm

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Focus Of Each Class:

**OZOBOTS**

Learn how to use lines, shapes, and colors to create codes with Ozobot Evo.

**Class 1**

**Intro To Ozobots:** Learn the basics of Ozobot programming, and design creative robot “skins”.

**Class 2**

**Ozobots (Take two!):** Use and improve Ozobot programming skills at the “Ozobot Dance Party”! Learn how ozobot reads colors and codes.

**SPHEROS**

Learn to calibrate, drive Spheros and use block programming to further expand robotic skills.

**Class 3**

**Battlebots!** Design a Sphero Gladiator to “battle” other gladiators.

**Class 4**

**Lego Boost:** You get several options of robots to build, modify, code and control.

**CODING**

**Class 5**

**Sphero Bees:** Help our buzzing robot friends to collect as much pollen as possible (learn Sphero control systems)

**Class 6**

**Sphero Soccer:** Can you score a sphero goal? Use programming to play a robotic soccer game.
NEW! Crazy Chemistry
Grades 1st-5th. Are you ready to explore the world of Chemistry with hands-on experiments? The possibilities are endless with chemistry; test tubes, polymers, slime and much more! Students take home what they make in class each week, and the best part about this class is... We Make Science FUN! Instructors: Nuts About Science staff. Tuesdays or Fridays - 7 classes.

Focus Of Each Class:
Crazy Chemistry: Let’s learn what matter is by experimenting with ordinary kitchen items and make tons of Chemistry FUN!
Slippery, Slimy Science: Explore how matter changes physically and chemically as we create Slime and homemade Silly Putty. Get ready this is a messy one!
Halloween Science: Join us for this spooky science activity as we create a Halloween Science lab and make some cool concoctions. Ooooh scary!!
Bubble, Fizz, POP!!: Let’s perform discoveries with CO2 gas by making spaghetti dance, blowing up a balloon without using any breath, and lastly making a CO2 sandwich!!
Test Tube Adventures: Static electricity/density tube, test tube volcano, bubbling blob/lava tube! Do they have anything to do with density, electricity and the states of matter?
Colorful Chemistry: Is black ink really black? We’ll experiment with ink and color to find the answer. then students create a custom designed Sharpie Pen tie dyed t-shirt.
Polymers Please: Have fun with the polymers! We’ll make a super bouncy ball, watch clear spheres grow from tiny pebbles to the size of marbles, and to top it all off play with amazing Kinetic Sand!

ID# 1395.101  9/27 - 11/8  4:10pm to 5:15pm  Fee: $185*  Burns Park, Art Room
ID# 1395.102  9/24 - 11/12  4:10pm to 5:15pm  Fee: $185*  Pattengill, Art Room

Scholarship recipients $35

NEW! Freaky Fun Physics
Grades 1st-5th. Join us as we investigate Sir Isaac Newton and experiment with forces, make awesome explosions, learn all about air, the power of magnets, light and color!! Don’t miss out on the freaky fun! Instructors: Nuts About Science staff. Tuesdays or Fridays - 6 classes.

Focus Of Each Class:
Forces and Motion: Play with a Reaction Rocket and a Newton’s Yoyo to learn about forces, gravity, motion, speed and inertia. May the force be with you!
Awesome Explosions!: Make a cork pop out of a test tube, take the Mentos diet-cola challenge, and pop the top off a film canister.
All About Air: Watch the Egg-in-a-Bottle trick and learn the fundamental properties of Air. Build and race an air powered car. Ready, set, blow!
Magnet Mania: Test different items to see which are attracted to magnets and take the paperclip challenge. Saving the best for last, we’ll make a homo-polar motor.
The Sounds of Science: Discover how sound is created, what pitch is, and how to create resonance. Create a chicken cup, a screaming balloon and play with different sound toys including a kazoo.
Light, Color, Action!: What is light? What is color? Discover the science of light and color by experimenting with color changing beads, awesome prism glasses and make a rainbow in a test tube.

ID# 1395.111  12/6 - 1/24  4:10pm to 5:15pm  Fee: $169*  Fridays Burns Park, Art Room
ID# 1395.112  12/3 - 1/21  4:10pm to 5:15pm  Fee: $169*  Tuesdays Pattengill, Art Room

Scholarship recipients $30

*Online registration for some classes closes at 8:00am the day prior to their start date. To register after online registration has closed, call 734-994-2300, x53234. A non-refundable late registration fee of $10 will be added to the cost of all classes with this symbol * after the fee.
Youth Chess With Mr. Garrison, Arbor Chess

Mr. Garrison has been teaching chess to children since 1996. His teams have won numerous state championships. King Elementary won the state championship in 2018 and 2019. Mr. Garrison holds the #1 rank of overall game player (out of over 25,000 players) at www.littlegolem.net, an international thinking games website. He is also the top ranked human in the world at the strategy games “LYNGK” and “Breakthrough” and is also a top ten player in many different abstract games. Mr. Garrison has played more than 1000 US Chess Federation tournaments and is ranked in the top 100 players in Michigan. His highest achieved USCF rating thus far is 2067. Mr. Garrison achieved the title of “Candidate Master” from the USCF in 2016.

New students must purchase “Chess Tactics Workbook” on the first day of class for $20.

### Early Fall Before School
6 classes. No class 10/23, 11/5.

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### Early Fall After School / Evening
6 classes. No class 10/23, 11/5.

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### Late Fall Before School
6 classes. No class 11/27, 11/29, 12/16 - 1/10

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### Late Fall After School / Evening
6 classes. No class 11/27, 11/29, 12/16 - 1/10

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<td>1317.113</td>
<td>Beg/Int</td>
<td>Eberwhite, Art Room</td>
<td>Mon</td>
<td>11/18 - 1/27</td>
<td>4:05pm to 5:05pm</td>
<td>$115*</td>
</tr>
<tr>
<td>1317.114</td>
<td>Beg/Int</td>
<td>A2 STEAM, MC</td>
<td>Tue</td>
<td>12/3 - 2/4</td>
<td>3:30pm to 4:30pm</td>
<td>$115*</td>
</tr>
<tr>
<td>1317.115</td>
<td>Beg/Int</td>
<td>Lawton, MC</td>
<td>Fri</td>
<td>11/15 - 1/24</td>
<td>4:05pm to 5:05pm</td>
<td>$115*</td>
</tr>
</tbody>
</table>

Beginning/Intermediate: Grades K-8th.
For students with no or some experience in chess. Students are introduced to the basic history of chess, opening principles, tactics, basic endgame techniques, and tournament preparedness.

Intermediate/Advanced: Grades K-9th.
For students familiar with forks, pins, discovery and checkmate. Players review Grandmaster chess games and improve work on tactics and endings. USCF membership may be required (may purchase first day of class).

Advanced: Grades 1st-12th.
For truly advanced players with an established USCF rating. Players will learn how to analyze games and become skilled at the finer points of chess opening theory. Students will learn how to study chess for self improvement. USCF membership required (may purchase first day of class).
Youth Chess With All the King's Men
Grades K-5th. Chess is a game that once you learn how to play, you will enjoy it forever. The strategy and planning skills students learn in chess help them in decision-making situations in school and throughout their whole life! Students learn chess history, etiquette, the playing board, its chessmen, how the pieces move, value of the pieces, common opening moves, tactics, endgame strategies and how to checkmate their opponent. Chess has been shown to improve academic skills, assist in critical thinking, focusing and long-term planning, teach good sportsmanship, enhance social skills and self-esteem.

New students must purchase "Chess Tactics Workbook" on the first day of class. for $20.

### Early Fall Before School
6 classes. No class 9/25, 10/23, 10/31, 11/5.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Location</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1321.101</td>
<td>Beg/Int</td>
<td>Carpenter, MC</td>
<td>Thu</td>
<td>9/26 - 11/7</td>
<td>7:55am to 8:55am</td>
<td>$115</td>
</tr>
<tr>
<td>1321.102</td>
<td>Beg/Int</td>
<td>Mitchell, MC</td>
<td>Wed</td>
<td>9/18 - 11/6</td>
<td>7:55am to 8:55am</td>
<td>$115</td>
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</table>

### Early Fall After School
6 classes. No class 9/25, 10/23, 10/31, 11/5.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Location</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1321.103</td>
<td>Beg/Int</td>
<td>AA Open, Art Room</td>
<td>Wed</td>
<td>9/18 - 11/6</td>
<td>3:30pm to 4:30pm</td>
<td>$115*</td>
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<tr>
<td>1321.104</td>
<td>Beg/Int</td>
<td>Abbot, Art Room</td>
<td>Mon</td>
<td>9/23 - 10/28</td>
<td>4:10pm to 5:10pm</td>
<td>$115*</td>
</tr>
<tr>
<td>1321.105</td>
<td>Beg/Int</td>
<td>Angell, MC</td>
<td>Thu</td>
<td>9/26 - 11/7</td>
<td>4:10pm to 5:10pm</td>
<td>$115*</td>
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<tr>
<td>1321.106</td>
<td>Int/Adv</td>
<td>Angell, Art Room</td>
<td>Fri</td>
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<td>4:10pm to 5:10pm</td>
<td>$115*</td>
</tr>
<tr>
<td>1321.107</td>
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<td>Mon</td>
<td>9/23 - 10/28</td>
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<tr>
<td>1321.108</td>
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<td>Tue</td>
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<td>$115*</td>
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### Late Fall Before School

<table>
<thead>
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<th>Level</th>
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<th>Days</th>
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<th>Time</th>
<th>Fee</th>
</tr>
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<tbody>
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<td>1321.111</td>
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<tr>
<td>1321.112</td>
<td>Beg/Int</td>
<td>Mitchell, MC</td>
<td>Wed</td>
<td>11/13 - 1/8</td>
<td>7:55am to 8:55am</td>
<td>$115</td>
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### Late Fall After School

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Location</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1321.113</td>
<td>Beg/Int</td>
<td>AA Open, Art Room</td>
<td>Wed</td>
<td>11/13 - 1/8</td>
<td>3:30pm to 4:30pm</td>
<td>$115*</td>
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<tr>
<td>1321.114</td>
<td>Beg/Int</td>
<td>Abbot, Art Room</td>
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<tr>
<td>1321.117</td>
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<tr>
<td>1321.118</td>
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<td>Tue</td>
<td>11/12 - 1/7</td>
<td>4:10pm to 5:10pm</td>
<td>$115*</td>
</tr>
</tbody>
</table>
**Youth Chess With G-Powers**

*Grades K-5th.* Playing chess helps children improve their math skills, develop self-confidence and cultivate patience. The strategies and skills they learn have a long-lasting effect on them.

**Early Fall** 6 classes. No class 9/25, 10/23.

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1331.101</td>
<td>Allen, MC</td>
<td>Tue</td>
<td>9/24 - 10/29</td>
<td>4:10pm to 5:10pm</td>
<td>$109*</td>
</tr>
<tr>
<td>1331.102</td>
<td>Burns Park, MC</td>
<td>Mon</td>
<td>9/23 - 10/28</td>
<td>4:10pm to 5:10pm</td>
<td>$109*</td>
</tr>
<tr>
<td>1331.103</td>
<td>Wines, Art Room</td>
<td>Wed</td>
<td>9/18 - 11/6</td>
<td>4:10pm to 5:10pm</td>
<td>$109*</td>
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</tbody>
</table>

**Late Fall** 6 classes. No class 11/27, 12/23 - 12/25, 12/31 - 1/1.

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1331.111</td>
<td>Allen, MC</td>
<td>Tue</td>
<td>11/12 - 1/7</td>
<td>4:10pm to 5:10pm</td>
<td>$109*</td>
</tr>
<tr>
<td>1331.112</td>
<td>Burns Park, MC</td>
<td>Mon</td>
<td>11/4 - 12/9</td>
<td>4:10pm to 5:10pm</td>
<td>$109*</td>
</tr>
<tr>
<td>1331.113</td>
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<td>Wed</td>
<td>11/13 - 1/8</td>
<td>4:10pm to 5:10pm</td>
<td>$109*</td>
</tr>
</tbody>
</table>

**Youth Martial Arts**

734-994-2300, ext. 53234

**Kids Power Karate**

*Grades 1st-6th.* Students learn self defense, physical fitness and coordination, teamwork, anti-kidnapping techniques, self-discipline, respect for parents and teachers, and self-confidence in a positive, fun environment with experienced professional martial arts instructors. At the end of the course they will have completed the introductory curriculum of the Korean martial art of Tang Soo Do and will receive their yellow belt (there is now no fee for the belt). Class size is now strictly capped to ensure each student receives personal attention and correction. Parents may participate with their children (optional). Last class includes a martial arts demonstration and each child will break a board under the safe supervision of instructors. A responsible adult must remain in attendance for this 45-minute class. Instructor: PKSA Karate Instructors.

Mondays, Thursdays or Fridays - 6 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3312.101</td>
<td>9/23 - 10/28</td>
<td>Mondays</td>
<td>6:45pm to 7:30pm</td>
<td>Logan, Gym</td>
<td>$59</td>
</tr>
<tr>
<td>3312.102</td>
<td>10/3 - 11/14</td>
<td>Thursdays - No class 10/31</td>
<td>7:00pm to 7:45pm</td>
<td>PKSA Dojang</td>
<td>$59</td>
</tr>
<tr>
<td>3312.103</td>
<td>9/27 - 11/1</td>
<td>Fridays</td>
<td>7:00pm to 7:45pm</td>
<td>PKSA Dojang</td>
<td>$59</td>
</tr>
</tbody>
</table>

**Little Ninjas Karate**

*Ages 4-K.* Little Ninjas teaches introductory martial arts skills to young children ages 4 and 5. The class is catered to the abilities and attention span of this age group. Children will learn discipline, self-control, respect for teachers, parents and classmates, physical fitness, coordination, balance, memory and focus. Learning is done through fun games and activities, and experienced, professional martial arts instructors keep the children moving and engaged. Class size is now strictly capped in order to ensure a focused learning environment. Each child will complete the introductory curriculum of Little Ninjas and receive their first Ninja belt (no additional fee). A responsible adult must remain in attendance for this half-hour class. Instructor: PKSA Karate Instructors.

Mondays or Fridays - 6 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3313.101</td>
<td>9/23 - 10/28</td>
<td>Mondays</td>
<td>6:00pm to 6:30pm</td>
<td>Logan, Gym</td>
<td>$59</td>
</tr>
<tr>
<td>3313.102</td>
<td>9/27 - 11/1</td>
<td>Fridays</td>
<td>6:15pm to 6:45pm</td>
<td>PKSA Dojang</td>
<td>$59</td>
</tr>
</tbody>
</table>

**Sanchin-Ryu Karate**

*Grades K-8th.* Students are trained with proven, age-appropriate techniques that are necessary to protect themselves from attackers using Sanchin-Ryu Karate. Class is set in a fun, yet structured environment that focuses on healthy attitudes rather than perfection! It is an ongoing course for students to work at their own pace. Students achieve great self-confidence and leadership skills through step-by-step instructions, drills and exercises. Instructor: Michael Newberry, certified instructor with 2nd Degree Black Belt.

Thursdays - 10 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>3319.101</td>
<td>Thursdays, 9/26 - 12/12</td>
<td>6:45pm to 7:30pm</td>
<td>PKSA Dojang</td>
<td>$59</td>
<td></td>
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</tbody>
</table>

**Aikido**

*Grades 1st-8th.* Learn to fly and land without getting hurt! Aikido is a form of Japanese Budo based on the philosophy and martial arts of the Japanese Samurai. Aikido, the way of harmony, involves redirecting an attack by using throws and pins in a fun, non-competitive atmosphere. Children learn safe falls, throwing and locking techniques. They practice movements that improve flexibility, focus and self control. Instructor: Jon Dunkerley, Aikido Yoshokai Assoc. of North America. Mondays - 10 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
<tr>
<td>3311.101</td>
<td>Mondays, 9/16 - 11/18</td>
<td>6:00pm to 6:45pm</td>
<td>Scarlett, Upper Gym</td>
<td>$115</td>
<td></td>
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</table>
**Kid Yoga**

Grades Y5-5th. Improve your fitness & focus while having fun! This cooperative form of yoga is held in a stress-free environment where kids can explore poses and group activities while building self-esteem and teamwork. Please bring your own mat. All instructors are Yoga Certified. **Tuesdays, Thursdays or Fridays - 8 classes.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>INSTRUCTOR</th>
<th>FEE*</th>
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<tbody>
<tr>
<td>3715.101</td>
<td>A2 Open, Auditorium</td>
<td>Thu</td>
<td>10/3 - 12/5</td>
<td>3:30pm to 4:30pm</td>
<td>Victoria Khalsa</td>
<td>$85*</td>
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<tr>
<td>3715.102</td>
<td>A2 Steam, Music Room</td>
<td>Tue</td>
<td>10/1 - 12/3</td>
<td>3:30pm to 4:30pm</td>
<td>Sara Addington</td>
<td>$85*</td>
</tr>
<tr>
<td>3715.103</td>
<td>Allen, Gym</td>
<td>Fri</td>
<td>10/4 - 12/13</td>
<td>4:10pm to 5:00pm</td>
<td>Carl Gunderson</td>
<td>$85*</td>
</tr>
<tr>
<td>3715.104</td>
<td>Bach, Gym</td>
<td>Tue</td>
<td>10/1 - 12/3</td>
<td>4:10pm to 5:00pm</td>
<td>Victoria Khalsa</td>
<td>$85*</td>
</tr>
<tr>
<td>3715.105</td>
<td>Burns Park, Music Room</td>
<td>Fri</td>
<td>10/4 - 11/22</td>
<td>4:10pm to 5:00pm</td>
<td>Victoria Khalsa</td>
<td>$85*</td>
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<tr>
<td>3715.106</td>
<td>King, Room 100</td>
<td>Fri</td>
<td>10/4 - 11/22</td>
<td>4:10pm to 5:00pm</td>
<td>Pradeepa Iswarya</td>
<td>$85*</td>
</tr>
<tr>
<td>3715.107</td>
<td>Thurston, Gym</td>
<td>Tue</td>
<td>10/1 - 12/3</td>
<td>4:10pm to 5:00pm</td>
<td>JT Quon</td>
<td>$85*</td>
</tr>
</tbody>
</table>

Online registration for some classes closes at 8:00am the day prior to their start date. To register after online registration has closed, call 734-994-2300, x53234. A non-refundable late registration fee of $10 will be added to the cost of all classes with this symbol * after the fee.

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**Youth Instructional Sports**

**G-Powers After School Soccer**

Grades Y5-5th. Your child can improve their soccer skills and have fun with friends right after school. This class will focus on the fundamentals of soccer with engaging drills and small-sided games. In addition to introducing the basics, students will enjoy making new friends and being active. Instructors: G-Powers Training staff. **Mondays, Tuesdays, Thursdays or Fridays - 6 classes.**

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>GRADES</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE*</th>
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<tbody>
<tr>
<td>3409.101</td>
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<td>Y5-2</td>
<td>Mondays</td>
<td>9/30 - 11/4</td>
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<td>3409.102</td>
<td>Mitchell</td>
<td>Y5-2</td>
<td>Tuesdays</td>
<td>10/1 - 11/12</td>
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<tr>
<td>3409.103</td>
<td>Pattengill</td>
<td>3-5</td>
<td>Tuesdays</td>
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<tr>
<td>3409.104</td>
<td>Angell</td>
<td>Y5-2</td>
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<td>3409.107</td>
<td>Lawton</td>
<td>Y5-2</td>
<td>Tuesdays</td>
<td>10/1 - 11/12</td>
<td>4:10pm to 5:10pm</td>
<td>$79*</td>
</tr>
</tbody>
</table>
**G-Powers Little Hoopers**

Grades K-2nd. Your child can learn the fast-paced and fun game of basketball right after school. This class will teach the fundamentals of ball control, passing, shooting and defense with engaging drills and small sided games. In addition to introducing the basics, students will enjoy a fun time with friends and challenging physical activity. Instructors: G-Powers Training staff.

Mondays, Tuesdays, Thursdays or Fridays - 6 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>LOCATION</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE*</th>
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<tbody>
<tr>
<td>3408.101</td>
<td>Bach</td>
<td>Fridays</td>
<td>9/27 - 11/1</td>
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<tr>
<td>3408.102</td>
<td>Pittsfield</td>
<td>Mondays</td>
<td>9/30 - 11/4</td>
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<tr>
<td>3408.103</td>
<td>Wines</td>
<td>Tuesdays</td>
<td>10/1 - 11/12</td>
<td>4:10pm to 5:10pm</td>
<td>$79*</td>
</tr>
<tr>
<td>3408.104</td>
<td>Abbot</td>
<td>Tuesdays</td>
<td>11/19 - 1/7</td>
<td>4:10pm to 5:10pm</td>
<td>$79*</td>
</tr>
<tr>
<td>3408.105</td>
<td>Haisley</td>
<td>Mondays</td>
<td>11/18 - 1/6 - No class 12/23, 12/30</td>
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<tr>
<td>3408.106</td>
<td>Dicken</td>
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<td>10/3 - 11/14 - No class 10/31</td>
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<tr>
<td>3408.107</td>
<td>Thurston</td>
<td>Thursdays</td>
<td>10/3 - 11/14 - No class 10/31</td>
<td>4:10pm to 5:10pm</td>
<td>$79*</td>
</tr>
<tr>
<td>3408.108</td>
<td>Logan</td>
<td>Fridays</td>
<td>10/4 - 11/8</td>
<td>4:10pm to 5:10pm</td>
<td>$79*</td>
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</tbody>
</table>

**G-Powers Private Basketball Training @ A2 STEAM Gym**

Grades 2nd-8th. Take advantage of this fantastic opportunity to move your child’s game to the next level. Coach Grek and staff will work one-on-one with your child in a private training setting. Focus is on becoming a better dribbler, shooter and defender while increasing knowledge of the game. Written analysis of your child’s skills will be provided along with take home drills to practice. Reschedules will not be provided for this program. Instructors: G-Powers Training staff. Saturdays or Sundays - 4 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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<tbody>
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<td>Saturdays</td>
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<td>6:00pm to 7:00pm</td>
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**G-Powers 3-On-3 Basketball Training @ A2 STEAM Gym**

Grades 2nd-8th. Take your basketball training to the next step with dynamic 3-on-3 training. Sign up as an individual or with your siblings or teammates. Take advantage of this fantastic opportunity to move your game to the next level. Focus is on becoming a better passer, shooter and defender while working together as a team. Written analysis of your skills will be provided along with take home drills to practice. Reschedules will not be provided for this program. Instructors: G-Powers Training staff. Saturdays or Sundays - 4 classes.

<table>
<thead>
<tr>
<th>ID#</th>
<th>GRADES</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>FEE</th>
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<td>3438.102</td>
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<td>5:00pm to 6:00pm</td>
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<tr>
<td>3438.104</td>
<td>6-8</td>
<td>Sundays</td>
<td>10/27 - 11/17</td>
<td>2:00pm to 3:00pm</td>
<td>$145</td>
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</tbody>
</table>
NEW! Open Soccer Training
Grades K-5. Open Soccer Training is for players of any level grades K-5 looking to get professional coaching for their child. This is a great addition for players in Rec and Ed to give them a taste of professional coaching and get feedback as to where their child is best suited for development in the future. Run by Coach Ducks/Coach Sam and their staff, players will learn the basics to advanced technical and tactical aspects of the game. Curriculum is designed so players get lots of touches in game situations, learn problem solving, and continue to develop a passion for the game. The session runs for 1 hour, and 15-20 min of each session is spent playing at the end, focusing on the topic for the day. Mondays - 6 classes.

**Grades K-2**

ID# 3406.101  9/9 - 10/14  5:30pm to 6:30pm  Fee: $160  Mondays  Scarlett

**Grades 3-5**

ID# 3406.102  9/9 - 10/14  6:30pm to 7:30pm  Fee: $160  Mondays  Scarlett

NEW! Champion Force After School Cheer
Grades K-5. Champion Force Athletics is a fun and exciting program for students in grades K-5, with or without previous experience. Students will learn jumps, kicks, arm motions, stunting, cheers and chants and learn a pom dance routine. Students will learn the necessary skills needed for school cheerleading tryouts. Our program works to build self confidence, poise, self esteem and physical fitness. Tuesdays or Thursdays - 8 classes.

**Grades K-2**

ID# 3537.101  9/17 - 11/12  4:10pm to 5:10pm  Fee: $128*  Tuesdays  Bach, Multipurpose Room  No class 11/5

**Grades 3-5**

ID# 3537.102  9/19 - 11/7  4:10pm to 5:10pm  Fee: $128*  Thursdays  Bach, Gym

Intro To Fencing
Ages 6-15. Fencing is a physically and mentally demanding sport that improves speed, agility, and reflexes. Join us to learn how to apply problem solving skills under pressure and shake hands to show respect, regardless of the result. Use your mind and body to overcome your adversary. Equipment is included. Dress in sports clothing including sneakers and sports pants. Instructor: Tony Kosla, North American Cup medalist with more than 10 years of coaching experience. Saturdays - 6 classes

**ID# 3801.101**  9/28 - 11/2  10:00am to 11:00am  Fee: $149  Saturdays  AA Open @ Mack, Gym

**ID# 3801.102**  9/28 - 11/2  11:00am to 12:00pm  Fee: $149  Saturdays  AA Open @ Mack, Gym

Olympic Style Weightlifting
Ages 6-18. Do you want to have a blast while getting stronger, faster, more coordinated and more explosive? Olympic style weightlifting is the answer. The sport of Olympic weightlifting contains two main lifts: snatch, and clean & jerk. These lifts are utilized by most major sports training to help athletes develop higher bone density, become faster and have greater muscle mass, all of which lead to fewer sport-related injuries. Olympic weightlifting actually has one of the lowest rates of injury across all sports. Our experts will teach Olympic style weightlifting in a completely safe and responsible manner, focusing on proper technique for these lifts as well as squatting and accessory movements. Instructors: Joelle Emery and Jeff Pillars.

Tuesdays or Thursdays - 6 classes

**Ages: 6 - 11**

ID# 3427.101  9/19 - 10/24  6:00pm to 6:45pm  Fee: $99  Thursdays  Lily Weightlifting

**Ages: 12 - 18**

ID# 3427.102  9/17 - 10/22  6:30pm to 7:30pm  Fee: $119  Tuesdays  Lily Weightlifting
Join us as part of the NET Generation!
Get your kids active learning tennis FUNdamentals with Red, Orange, Green and Yellow ball progressions (www.netgeneration.com). For more information about our USTA accredited youth tennis program, visit our website: a2schools.org/recedtennis.

Red

Ages 4 - 7. Red Ball. 36’ court. Racquet size - 19”, 21”, 23”. Kids get excited learning their tennis ABC’s (agility, balance, coordination skills), ball tracking, receiving, hitting, and playing fun games! Classes accommodate Level 1 (new/inexperienced) and Level 2 players (experienced). 4:1 student teacher ratio.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
<td>3603.171</td>
<td>NEW! RED Ages 4-5</td>
<td>Tappan</td>
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<td>RED Ages 6-7</td>
<td>Tappan</td>
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<td>RED Ages 5-7</td>
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</table>

Orange

Ages 8-11. Orange Ball. 60’ court. Racquet size - 23”or 25”. Level 1: Beginner/Advanced Beginner; Level 2: Intermediate. (Instructor Recommendation) Orange balls fly faster and kids move faster, cover more distance, and use a wider selection of shots. Players love the Orange court! Players repeat Level 1 until Instructor recommends Level 2. On one Saturday, Orange players will have fun competing in an Orange Ball Team Challenge.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Activity</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
<tr>
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<td>ORANGE 1</td>
<td>Practice Challenge</td>
<td>Tappan Huron HS</td>
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<td>3:00pm to 4:15pm</td>
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<td>3601.172</td>
<td>ORANGE 2</td>
<td>Practice Challenge</td>
<td>Tappan Huron HS</td>
<td>Sundays</td>
<td>4:15pm to 5:30pm</td>
<td>9/8 - 10/6</td>
<td>$105 - 5 classes 1 challenge</td>
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<tr>
<td>3601.121</td>
<td>ORANGE 1</td>
<td>Practice Challenge</td>
<td>Clague Huron HS</td>
<td>Tuesdays</td>
<td>6:00pm to 7:15pm</td>
<td>9/10 - 10/8</td>
<td>$105 - 5 classes</td>
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</table>

Green

Ages 9 - 13. Green Ball, 78’ (Full) court, Racquet size 26”- 27”. Intermediate. Prerequisite: Orange Level 2 or equivalent with instructor permission. The green “dot” ball is pivotal in developing comfort and success with the full court. Players continue to work on consistency, stroke technique, and movement while learning singles and doubles strategy and match play skills. Precursor to Junior Team Tennis. On one Saturday, players will have fun competing in a Green Team Challenge.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Activity</th>
<th>Location</th>
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<th>Time</th>
<th>Dates</th>
<th>Fee</th>
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<tbody>
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<td>Green</td>
<td>Practice Challenge</td>
<td>Tappan Huron HS</td>
<td>Fridays</td>
<td>4:30pm to 6:00pm</td>
<td>9/6 - 10/4</td>
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</table>

Fast Track Tennis

Ages 12 - 15. Various Court Sizes/Balls. Racquet size 25” - 27” New/Inexperienced Players. It’s not too late to start playing tennis! Instructors “fast track” learning essential tennis skills in a fun, yet relaxed environment. Players repeat Fast Track until they are comfortable playing full court with green “dot” ball. Players progress to Green or Junior Team Tennis with instructor’s permission, and with practice, will play JV high school tennis. Players will enjoy one Saturday FTT Team Challenge.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Activity</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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<td>4:30pm to 6:00pm</td>
<td>Tappan: Practice</td>
<td>10/5 1:30pm to 3:00pm</td>
<td>Huron HS: Challenge</td>
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Junior Team Tennis - JTT

Ages 11 - 18. Middle and High School Age players. Yellow Ball, Full (78”) Court Skill Development Practice. Intermediate. Prerequisite: Green, Middle School or High School JTT, JV high school tennis experience, or equivalent. Practice includes instruction, drilling, live ball games, and match play. Goals include improving consistency, stroke technique, gaining singles and doubles strategy.

<table>
<thead>
<tr>
<th>ID#</th>
<th>Level</th>
<th>Activity</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
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<td>3608.151</td>
<td>9/6 - 10/4</td>
<td>6:00pm to 7:30pm</td>
<td>Tappan: Practice</td>
<td>9/29 &amp; 10/6 3:00pm to 4:30pm</td>
<td>Pioneer: Challenge</td>
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Youth After School Classes

Online registration for After School Classes closes at 8:00am the day prior to their start date. To register after online registration has closed, call 734-994-2300, x53234. A $10 non-refundable late registration fee will be added to the cost of these classes.

<table>
<thead>
<tr>
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<th>Class</th>
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<tbody>
<tr>
<td>M</td>
<td>9/23 - 11/11</td>
<td>Y5 - 5</td>
<td>Journey Through Time With Art</td>
<td>44</td>
</tr>
<tr>
<td>T</td>
<td>9/17 - 10/15</td>
<td>K - 5</td>
<td>The Power of Drawing</td>
<td>43</td>
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<tr>
<td>TH</td>
<td>10/3 - 12/5</td>
<td>Y5 - 5</td>
<td>Kid Yoga</td>
<td>54</td>
</tr>
<tr>
<td>F</td>
<td>9/27 - 12/6</td>
<td>K - 4</td>
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AA OPEN

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<td>T</td>
<td>9/23 - 10/28</td>
<td>K - 5</td>
<td>NEW! Into The Wild</td>
<td>48</td>
</tr>
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<td>T</td>
<td>10/1 - 12/3</td>
<td>Y5 - 5</td>
<td>Kid Yoga</td>
<td>54</td>
</tr>
<tr>
<td>W</td>
<td>9/18 - 11/6</td>
<td>1 - 3</td>
<td>Little Bands</td>
<td>47</td>
</tr>
<tr>
<td>TH</td>
<td>9/19 - 11/21</td>
<td>K - 5</td>
<td>Break Dance</td>
<td>46</td>
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<td>F</td>
<td>9/27 - 12/6</td>
<td>K - 5</td>
<td>Chinese Language &amp; Culture</td>
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A2 STEAM

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<td>K - 5</td>
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<td>48</td>
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<tr>
<td>T</td>
<td>10/1 - 12/3</td>
<td>Y5 - 5</td>
<td>Kid Yoga</td>
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<td>9/18 - 11/6</td>
<td>1 - 3</td>
<td>Little Bands</td>
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<td>TH</td>
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<td>Break Dance</td>
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<tr>
<td>F</td>
<td>9/27 - 12/6</td>
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ABBOT

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<td>Journey Through Time With Art</td>
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<tr>
<td>W</td>
<td>9/18 - 12/4</td>
<td>K - 5</td>
<td>Break Dance</td>
<td>46</td>
</tr>
<tr>
<td>W</td>
<td>11/20 - 1/15</td>
<td>K - 2</td>
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ALLEN

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<td>Little Bands</td>
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<td>M</td>
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<td>Y5 - 2</td>
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<td>2 - 5</td>
<td>Build A Play</td>
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<td>TH</td>
<td>9/26 - 11/7</td>
<td>3 - 5</td>
<td>Nutty Robotics</td>
<td>48</td>
</tr>
<tr>
<td>TH</td>
<td>11/21 - 1/16</td>
<td>Y5 - 2</td>
<td>Nutty Robotics Junior</td>
<td>49</td>
</tr>
<tr>
<td>F</td>
<td>9/27 - 11/15</td>
<td>Y5 - 5</td>
<td>Journey Through Time With Art</td>
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<td>Y5 - 5</td>
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ANGELL

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<td>M</td>
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<td>Y5 - 5</td>
<td>Journey Through Time With Art</td>
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<td>K - 4</td>
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<td>K - 5</td>
<td>NEW! Into The Wild</td>
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<td>9/18 - 11/6</td>
<td>K - 5</td>
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BACH

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<td>9/17 - 11/12</td>
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BRYANT

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BURNS PARK

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</tr>
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<td>W</td>
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<td>K - 5</td>
<td>The Power of Drawing</td>
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CARPENTER

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DICKEN

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<tbody>
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<td>K - 5</td>
<td>NEW! Into The Wild</td>
<td>48</td>
</tr>
<tr>
<td>W</td>
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<td>Y5 - 5</td>
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<td>TH</td>
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EMBERWHITE

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<tr>
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## Youth After School Classes

### HAISLEY

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### LAKEWOOD

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### LAWTON

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<td>9/27 - 11/1</td>
<td>K - 5</td>
<td>NEW! Into The Wild</td>
<td>48</td>
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### Before & After School Chess

See pages 51 - 53 for Before & After School Chess Classes at the following locations: AA Open, A2 STEAM, Abbot, Angell, Bach, Bryant, Burns Park, Carpenter, Dicken, Eberwhite, King, Lawton, Mitchell, Thurston, and Wines.

Registration begins August 14, 2019   FALL 2019  59
Please print and fill out Registration Form in its entirety.

### PHOTO POLICY
I understand and agree that the Ann Arbor Public School’s Rec & Ed Department may take pictures or videos of youth and adult participants in any Rec & Ed activity, including classes, team sports, and childcare. Images may be used in Rec & Ed or school district promotional materials, (brochures, catalog, website, social media). For your safety, names will never be used. My (or my child’s) enrollment in an activity with Rec & Ed indicates my approval. I may opt out by emailing dishman@a2schools.org.

Is your primary residence within the Ann Arbor Public School District?  Yes  No
How did you hear about this class/activity?  Catalog  Rec & Ed e-Newsletter  Website  Other
By registering for a physical fitness or yoga class, you release the Ann Arbor Public Schools Community Education & Recreation and its staff from liability for injury, disability or damages arising from participation. See pages 27 and 31 for more information.

### IF YOU ARE REGISTERING A YOUTH UNDER AGE 18, PLEASE COMPLETE ALL OF THE FOLLOWING QUESTIONS.

Write the name and phone number of an emergency contact person (other than parent/guardian) who can immediately pick your child up in case of an emergency:

(_______) _______  _______  _______  _______

Emergency Contact Name  Emergency Contact Phone Number

Please list all adults who have permission to pick up your child from class. (If someone is not on this list, please send a note in advance giving that person permission to pick up your child. That person will need to show ID).

What AA Elementary School is your child attending this year?

Is your child a “School of Choice” student?  Yes  No
Does your child regularly ride the bus home?  Yes  No  If yes, please indicate bus route number: ____________________________
If your child is currently enrolled in the childcare program on the day of this class, will your child be returning to the childcare program after the class ends?  Yes  No
Please list any allergies, medical, or emotional conditions, our staff should be aware of, or indicate *None* __________________________________________________________________________

Does your child have a teacher’s assistant/one-on-one assigned to them during the regular school day?  Yes  No  If yes, please contact the Rec & Ed Office at 734-994-2300 at least 3 weeks prior to the start of class to discuss possible after-school accommodation options.
Does your child have/carry an Epi Pen?  Yes  No  Does your child carry an inhaler?  Yes  No  Does your child have an IFSP, IEP or 504?  Yes  No

Parent/Guardian Signature  Date

### PAYOR INFO
(Person paying for class(es) activities)

First Name ___________________________  Last Name ___________________________
Address __________________________________________  City __________________  State ________  Zip __________
Home Phone (___) ___________________________  Work Phone (___) ___________________________
Email ___________________________________________
Birth Date _____________  Gender M  F

Payment Method:  Check  Credit Card  Scholarship ID#  Credit on Rec & Ed Account

### CREDIT CARDS
Please complete entire section

Name (exactly as it appears on the card) __________________________________________

Visa  Master Card  Am Express  (Sorry we cannot accept debit cards at this time)

Total Fee (Required) $ _____________  Exp. Date _____________  CVV# _____________

Cardholder Signature (Required) __________________________________________

Make check payable to:
AAPS (Ann Arbor Public School(s). Do not send cash.

Include payment:
Credit from Rec & Ed account: $ ___________________________
$1 donation to the Rec & Ed Scholarship Fund
Amount Paid: $ _____________

Mail entire form to:
Rec & Ed FALL 2019
1515 S. Seventh St.
Ann Arbor, MI 48103
Rec & Ed Policies And General Information

2019 Rec & Ed Cancellation/Withdrawal/Refund Policy for Classes  You will be issued a refund (as paid) minus a $10 processing fee* per class cancelled if:
- A written request of cancellation is received at least three business days prior to the start of the first day of the class/activity and sent by US mail, by email to: cancel@aaps.k12.mi.us or received in person at the Rec & Ed office.
- Cancellation requests received less than three business days prior to the first day of a class/activity may be approved for non-refundable credit on your Rec & Ed account for extenuating circumstances.
- No refunds or credits issued after the first date for the class/activity. *Option to waive processing fee is possible if refund is applied as a non-refundable credit to your Rec & Ed account for future use. Go to a2schools.org/Page/6638 to view the complete refund policy.

Don’t let your class get cancelled. Please enroll early; classes with low enrollments may be cancelled 3-days before the start date!

Wait List Policy  Participants who register after a class/activity has reached its maximum enrollment will be placed on a wait list for that class.
- A wait list confirmation is mailed
- You will be contacted when an opening is available
- Please do not attend the class/activity for which you are wait-listed until our staff notifies you
If an opening does not occur, payment made with an individual check will be returned to the payer. Payment made with a single check for multiple registrations will be credited to the payer’s account. This credit may be used for future registrations or will be refunded upon receipt of a written request. Credit cards are not charged for class/activity registrations that are wait listed.

Weather & Facility Cancellation Hotlines  Rec & Ed activities are cancelled when the Civil Preparedness office issues a severe weather or tornado warning. Rec & Ed activities for youth programs will be cancelled when the National Weather Service issues a tornado warning prior to the start of an activity. When a school is closed due to power loss or other facility problems, the Rec & Ed activities in that school are cancelled. Check our website aareced.com or dial 734-994-2300 followed by the extension.
- Department-wide, Ext. 53114
- Fitness, Ext. 53132
- Team Sports, Ext. 53115
- Tennis, Ext. 53117

Mail-in and Drop-off registration forms will be randomly processed in daily batches beginning August 14, 2019.

*Online option not available for scholarships, senior discounts, or Staff Passes/BOEs.
Spend some fun time together at a Rec & Ed family class.

Rec & Ed offers many opportunities for family time while growing up, getting fit, learning, or just having fun.

Check out these Fall 2019 Classes where you can explore, create and grow - together!

**FIRST STEPS**

35
Curious Wiggleworms
Fun At One • Exploration Zone
Storybook Adventures

36
Jump Into Speech
Music Together
Play, Learn, Grow

**ART**

41
NEW! Creation Station
Exploratory Art
My Big Messy Art Class

**ENRICHMENT**

9
Fairy Door Walking Tour

40
Explore, Invent, Discover
Hola Amigos!
NEW! Say It In Mandarin
Storybook Adventures II

41
Launch Into Literacy
Nature Kids In Eberwhite Woods

**FIT & PHYSICAL**

23
Sanchin-Ryu Karate

30
Family Capoeira

33
Family Yoga

39
Preschool Yoga

53
Kids Power Karate

**DANCE!**

38
Dance It Out
Little Bouncy Boppers
Build confidence from the start.
Science says the foundation for a child’s cognitive growth is rooted in two key factors: a safe environment and learning through guided play. While we’re focused on the serious stuff, your family will be focused on the fun. It’s what we call The Science of SwimPlay®.

+ INDIVIDUALIZED PROGRESSION PLANS
+ TRAINED & CERTIFIED INSTRUCTORS
+ FREE MAKE-UP LESSONS
+ FLEXIBLE CLASS TIMES

Enroll by September 1 & receive FREE Family Swims through the end of 2019!