

ANN ARBOR PUBLIC SCHOOLS

COMMUNITY EDUCATION & RECREATION

# Rec & Ed



PROGRAMS AND CLASSES FOR ALL AGES

FALL REGISTRATION BEGINS AUGUST 14, 2019



ANN ARBOR PUBLIC SCHOOLS  
COMMUNITY EDUCATION & RECREATION

## 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.*

- |   |   |
|---|---|
| <input type="checkbox"/> Great Team Environment                       | <input type="checkbox"/> Paid Health Care Benefits                                    |
| <input type="checkbox"/> Motivated, Energetic, Caring Staff           | <input type="checkbox"/> Part Time  |
| <input type="checkbox"/> Flexible Hours                               | <input type="checkbox"/> Licensed Child Care Programs                                 |
| <input type="checkbox"/> Before and After School Program (Y5-Grade 5) | <input type="checkbox"/> Paid Orientations, Training, Holidays, Sick Days & Snow Days |

FOR ADDITIONAL INFORMATION  
GO TO: [aareced.com](http://aareced.com)

2019-2020 SEASON

# NOT JUST FOR KIDS

PRESENTED BY **TOYOTA**



## THE MAGIC SCHOOL BUS

SUN. OCT. 3 • 3 PM

Hop on the Magic School Bus for a ride in Theaterworks USA's musical adaptation based on the book series!

BUY TICKETS AT [MICHTHEATER.ORG/NJFK](http://MICHTHEATER.ORG/NJFK)



PNC  
FOUNDATION

NIB  
NATIONAL INDEPENDENT BUSINESS



PRIME RESEARCH

MICHIGAN  
THEATRE

ANN ARBOR'S DOWNTOWN CENTER FOR FINE FILM & THE PERFORMING ARTS  
603 E. LIBERTY ST. • (734) 668-8397 • [MICHTHEATER.ORG](http://MICHTHEATER.ORG)

COMCAST



## LEARN MORE. DO MORE. SHARE MORE.

### INTERNET ESSENTIALS™ FROM COMCAST

AFFORDABLE, HIGH-SPEED INTERNET

Internet Essentials gives you access to affordable, high-speed Internet. You may qualify if you have at least one child who is eligible for the National School Lunch Program, receive HUD housing assistance, or are a low-income veteran who receives state and/or federal assistance.

APPLY NOW

[InternetEssentials.com](http://InternetEssentials.com)

1-855-8-INTERNET

\$9<sup>95</sup>  
per month + tax

NO CONTRACT  
NO CREDIT CHECK  
NO INSTALLATION FEE  
IN-HOME WIFI INCLUDED  
ACCESS TO 40 1-HOUR SESSIONS OF XFINITY WIFI HOTSPOTS OUTSIDE THE HOME EVERY 30 DAYS

INTERNET  
ESSENTIALS  
from Comcast

Restrictions apply. Not available in all areas. Limited to Internet Essentials service for new residential customers meeting certain eligibility criteria. Advertised price applies to a single outlet. Actual speeds may vary and are not guaranteed. After initial participation in the Internet Essentials program, if a customer is determined to be no longer eligible for the program and elects a different Xfinity Internet service, regular rates will apply to the selected Internet service. Subject to Internet Essentials program terms and conditions. WiFi Hotspots: Available in select locations. Requires compatible WiFi-enabled laptop or mobile device. Limited to forty 60-minute sessions per 30-day period per person/account. If session is terminated before 60 mins. remaining time expires. Unused time does not carry over to subsequent sessions or 30-day periods. Not responsible for lost data resulting from terminated Internet session or any other reason. A maximum of up to 10 devices may be registered to a single Xfinity WiFi On Demand account. May not be combined with other offers. Call 1-855-846-8376 for restrictions and complete details, or visit [InternetEssentials.com](http://InternetEssentials.com). © 2019 Comcast. All rights reserved.

Rec & Ed, the Ann Arbor Public Schools Community Education and Recreation Catalog, is published five times a year in Ann Arbor, MI. Our mission is to enhance the quality of life for our community through education and recreation.

# INSIDE!

## CLASSES & ACTIVITIES

ISSUE NO. 68

**FALL 2019**

SEPTEMBER THRU  
JANUARY

## Adults

### Active Aging

Aging With Purpose.....	5
Brain Gym.....	27
Cemetery History Tour.....	4
Chair Yoga.....	33
Estate Planning Basics.....	18
Feldenkrais Method.....	21
Foot & Gait Workshop.....	30
Healthy Back Yoga.....	33
Intro To Tai Chi: Level 1.....	22
It's All About Knees.....	30
Line Dance.....	6
The High Cost Of Long Term Care.....	18
Therapeutic Yoga.....	33
Zumba Gold.....	29

### The Arts

Ann Arbor Civic Chorus.....	11
Art.....	8-9
Beginning/Intermediate Drawing.....	8
Dance.....	6-7
Film, Drama & Literary Arts.....	13
Jewelry & Metalworking.....	9
Music.....	10-12
Pottery.....	9
University Musical Society.....	10-11

### Enrichment

<b>NEW!</b> Dia de Los Muertos.....	5
Finance.....	18-19
Food & Drink.....	14-15
Home & Garden.....	4
Language.....	17
Me & My Michigan.....	4
Textile Arts.....	16
Woodworking.....	16

### Health, Yoga & Fitness

<b>NEW!</b> Laughter Yoga Playshop ...	5
Feldenkrais Method® Series ...	21
Fitness.....	27-30
Health & Wellness.....	21-22
Intro To Qigong Energy.....	22
Intro To Tai Chi 1 & 2.....	22
Martial Arts.....	23
Personal Enrichment.....	5
Tennis.....	24-26
Yoga.....	31-33
Zumba.....	29

### Adult Workshops

<b>NEW!</b> Dia de Los Muertos.....	5
<b>NEW!</b> Laughter Yoga Playshop ...	5
Intro To Weaving.....	8
Foot & Gait.....	30
It's All About Knees.....	30
Let's Roll.....	30
Nordic Walking.....	30
Traditional Argentine Tango.....	7
UMS Workshops.....	10-11

## Preschool

Art.....	41
Dance & Movement.....	38-39
Enrichment.....	40-41
<b>First Steps</b> .....	34-37
<b>NEW!</b> Say It In Mandarin.....	40
<b>NEW!</b> Creation Station.....	41
<b>NEW!</b> Hip Hop & All That Jazz.....	38
<b>NEW For Ages 2-3!</b> British Elite Preschool Soccer.....	42
Preschool Yoga.....	33 & 39
Preschool Sports.....	42

## Youth

### After School Classes

<b>At-A-Glance</b> .....	58-59
--------------------------	-------

### The Arts

Art.....	43-44
Dance.....	46
<b>NEW!</b> Cecchetti Ballet Preparatory.....	46
Film & Drama.....	42
Music.....	47

### Enrichment

Chess.....	51-53
Enrichment.....	47
<b>NEW!</b> Creative Writing: Graphic Novels & Comics.....	47
<b>NEW!</b> Game Strategy: Board & Card Games.....	47
Languages: Spanish, French, Chinese.....	45

### Fitness & Tennis

Martial Arts.....	53
Tennis.....	57
Yoga.....	54
Youth Fitness.....	56

### Science

<b>NEW!</b> Into The Wild.....	48
<b>NEW!</b> Crazy Chemistry.....	50
<b>NEW!</b> Freaky Fun Physics.....	50
Robotics & Robotics Junior.....	48-49

### Sports

G-Powers After School Soccer.....	54
G-Powers Basketball Training ..	55
Preschool Sports.....	42
<b>NEW!</b> Champion Force After School Cheer.....	56
<b>NEW!</b> Open Soccer Training ...	56
Intro To Fencing.....	56
Olympic Style Weightlifting.....	56

## Families



Look for this symbol throughout this book for activities you can do with a toddler, child or teen!

Curious Wiggleworms.....	35
<b>NEW!</b> Creation Station.....	41
Dance It Out.....	38
Exploration Zone.....	35
Exploratory Art.....	41
Explore, Invent, Discover.....	40
Exploring Clay Together.....	43
Fairy Door Walking Tour.....	9
Family Capoeira.....	30
Family Yoga.....	33
<b>First Steps</b> .....	34-37
Fun At One.....	35
Hola Amigos.....	40
Jump Into Speech.....	36
Launch Into Literacy.....	41
Let's Get Physical.....	37
Little Bouncy Boppers.....	38
Little Tykes Sports City.....	37
Kids Power Karate.....	53
Make Believe With Me.....	37
Marvelous Mazes.....	37
Movin' & Groovin' In The Gym ..	37
Muscle Memories.....	37
Music Together.....	36
My Big Messy Art Class.....	41
Nature Kids In Eberwhite Woods.....	41
Play, Learn, Grow.....	36
Preschool Yoga.....	33 & 39
Sanchin Ryu Karate.....	23
<b>NEW!</b> Say It In Mandarin.....	40
Storybook Adventures First Steps.....	35
Storybook Adventures II.....	40

## Rec & Ed Info

**Rec & Ed Offices are closed  
September 2, November 5,  
November 27 - 29 and  
December 23 - January 3.**

Registration Form.....	60
Registration Information.....	61
Map.....	62

### Meet the AAPS Recreational Advisory Commission

The Recreational Advisory Commission (RAC) is a citizens' advisory group that helps Rec & Ed deliver the best programs possible for our residents.

Tim Genyk	Ruth Kraut,	Glenn Nelson
Angela Johnson	PAC Liason	Patti Smith
Chris King	Santana Malnaik	

**Thank you, RAC. We appreciate your service to our community!**

## Adapted

### All Ages

Fun Night Out.....	23
Strike Force Bowling.....	23
Halloween Spooktacular.....	23



# Me And ... My Michigan **734-994-2300, ext. 53234**



## 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.**

<a href="#">ID# 1653.101</a>	9/12 - 9/19	7:00pm to 8:30pm
Fee: \$69	Thursdays	Pioneer, C225

## ... My Home

**734-994-2300, ext. 53234**

## 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.**

<a href="#">ID# 1641.101</a>	9/25 - 11/6	6:00pm to 8:30pm
Fee: \$59	Wednesdays	Rec & Ed, Conf. Room

## ...My Ann Arbor

**734-994-2300, ext. 53234**

### 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.**

<a href="#">ID# 1655.101</a>	10/13	1:00pm to 3:00pm
Fee: \$25	Sunday	Forest Hill Cemetery
	Rain Date 10/20	

<a href="#">ID# 1655.102</a>	10/27	1:00pm to 3:00pm
Fee: \$25	Sunday	Forest Hill Cemetery
	Rain Date 11/3	



# Personal Enrichment

734-994-2300, ext. 53234

## 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** 10/23 6:00pm to 7:00pm  
Fee: \$10 Wednesday 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** 9/12 - 11/7 6:00pm to 8:00pm  
Fee: \$149 Thursdays 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** 9/24 - 12/10 6:00pm to 8:00pm  
Fee: \$159 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  
Fee: \$19 Wednesday 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  
Fee: \$69 Thursdays Angell, Media Center

Register your parenting partner for just \$30 more.

**Registration begins August 14, 2019**

**FALL 2019**





## 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.**

<b>ID# 2261.101</b>	9/17 - 10/8	8:00pm to 9:00pm
Fee: \$45/person	Tuesdays	Forsythe, Cafeteria
Partner required		

## 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.**

<b>ID# 2262.101</b>	10/22 - 11/19	8:00pm to 9:00pm
Fee: \$45/person	Tuesdays	Forsythe, Cafeteria
Partner required 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.**

<b>ID# 2234.101</b>	9/23 - 11/18	7:15pm to 8:15pm
Fee: \$109	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.**

<b>ID# 2264.101</b>	9/29 - 11/10	5:00pm to 5:55pm
Fee: \$89/person	Sundays	Dorian's Studio
Partner required		

## 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.**

<b>ID# 2267.101</b>	9/30 - 12/2	6:30pm to 7:30pm
Fee: \$115/person	Mondays	Forsythe, Cafeteria
Partner required		

## Ballroom: Intermediate

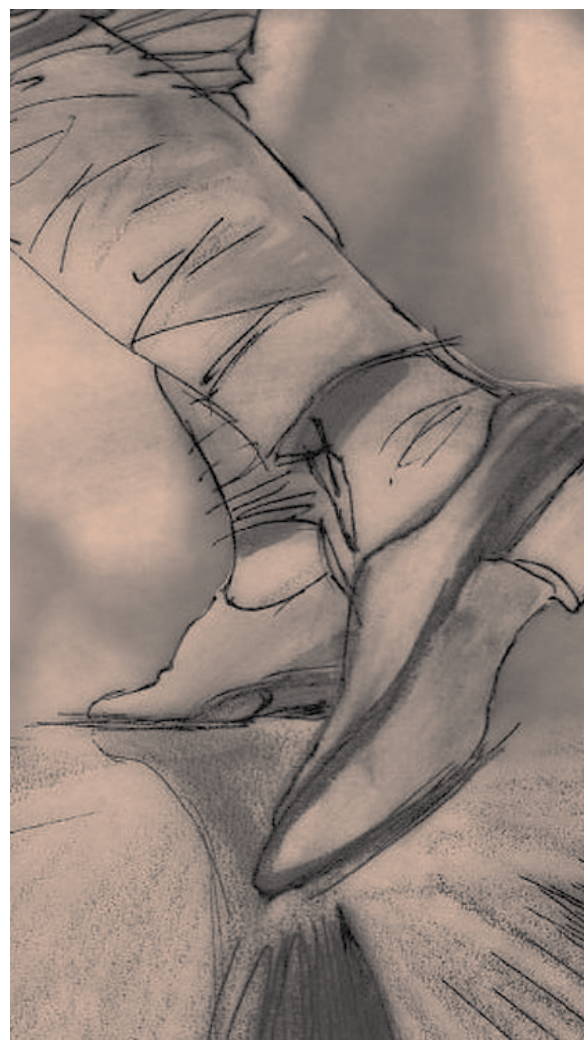
**Ages 16-Adult.** Polish up your style and technique of ballroom dance. You may learn new steps of the prerequisite dances or new dances may be introduced. Register with a partner of your choice (family member, friend, significant other). Prerequisite: Must know the basics of Foxtrot, Waltz and Swing. 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** 10/18 6:30pm to 9:30pm  
 Fee: \$49 Friday Flipside Art Studio,  
 Ann Arbor

## 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** 10/13 1:00pm to 4:00pm  
 Fee: \$49 Sunday 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# 2186.101** 9/24 - 12/3 6:30pm to 8:30pm  
 Fee: \$195 Tuesdays Pioneer, Room E105  
 No class 11/5

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

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





## 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.**

<b>ID# 2198.101</b>	10/13 - 12/15	Noon to 3:00pm
Fee: \$305	Sundays	CAB, Room A
<b>ID# 2198.102</b>	10/15 - 12/17	6:00pm to 9:00pm
Fee: \$305	Tuesdays	CAB, Room A
<b>ID# 2198.103</b>	10/16 - 12/18	6:00pm to 9:00pm
Fee: \$305	Wednesdays	CAB, Room A
<b>ID# 2198.104</b>	10/17 - 12/19	6:00pm to 9:00pm
Fee: \$305	Thursdays	CAB, Room A
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.**

<b>ID# 2166.101</b>	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.**

<b>ID# 2178.101</b>	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

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.



Photo by Jose Luiz Pederneiras

### 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

<b>ID# 1771.101</b>	10/6	2:00pm to 5:45pm
Fee: \$49	Sunday	Power Center for Performing Arts

#### Workshop only

<b>ID# 1771.102</b>	10/6	2:00pm to 3:30pm
Fee: \$15	Sunday	Power Center for Performing Arts

Sorry, no refunds one week prior to the show.

Scholarship recipients \$39, Seniors \$45

Registration closes 9/22

### 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 help 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

<b>ID# 1772.101</b>	11/2	6:00pm to 9:30pm
Fee: \$59	Saturday	Hill Auditorium

#### Workshop only

<b>ID# 1772.102</b>	11/2	6:00pm to 7:30pm
Fee: \$15	Saturday	Hill Auditorium

Sorry, no refunds one week prior to the show.

Scholarship recipients \$49, Seniors \$55

Registration closes 10/19



# Adult Music

734-994-2300, ext. 53234

## 101: **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**

<a href="#">ID# 1776.201</a>	2/14	6:00pm to 9:30pm
Fee: \$45	Friday	Hill Auditorium

### **Workshop only**

<a href="#">ID# 1776.202</a>	2/14	6:00pm to 7:30pm
Fee: \$15	Friday	Hill Auditorium

Sorry, no refunds one week prior to the show.  
Scholarship recipients \$35, Seniors \$41  
Registration closes 1/31

## 101: **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**

<a href="#">ID# 1775.301</a>	4/23	5:30pm to 9:30pm
Fee: \$49	Thursday	Hill Auditorium

### **Workshop only**

<a href="#">ID# 1775.302</a>	4/23	5:30pm to 7:00pm
Fee: \$15	Thursday	Hill Auditorium

Sorry, no refunds one week prior to the show.  
Scholarship recipients \$39, Seniors \$45  
Registration closes 4/9

## 101: **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**

<a href="#">ID# 1774.201</a>	3/13	6:00pm to 9:30pm
Fee: \$35	Friday	Location TBD

### **Workshop only**

<a href="#">ID# 1774.202</a>	3/13	6:00pm to 7:30pm
Fee: \$15	Friday	Location TBD

Sorry, no refunds one week prior to the show.  
Scholarship recipients \$25, Seniors \$31  
Registration closes 2/28

## **Ann Arbor Civic Chorus**

734-994-2300, ext. 53234

### **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.**

#### [ID# 1770.101](#)

Mondays, 9/16 - 12/16  
7:00pm to 9:00pm  
Slauson, Orchestra Room  
Fee: \$120

#### [ID# 1770.102](#)

Mondays, 9/16 - 12/16  
10:00am to Noon  
Zion Lutheran Church  
Fee: \$120

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 6:00pm to 7:15pm  
 Fee: \$159 Tuesdays Pioneer, Room C211  
 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 7:30pm to 8:45pm  
 Fee: \$159 Tuesdays Pioneer, Room C211  
 Materials fee (\$10, cash only) due to the instructor at the first class.



## 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 6:00pm to 7:00pm  
 Fee: \$175 Mondays Pioneer, Room C222

## 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 7:00pm to 8:00pm  
 Fee: \$95 Wednesdays CAB, Dance Studio  
 No class 10/16

**ID# 1766.102** 11/6 - 12/11 7:00pm to 8:00pm  
 Fee: \$95 Wednesdays CAB, Dance Studio  
 No class 11/27

Materials fee (\$10) due to instructor for a pair of sticks/bachi; Practice drum/gomidaiko (optional): \$65

## 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 8:00pm to 9:15pm  
 Fee: \$115 Wednesdays CAB, Dance Studio  
 No class 10/16

**ID# 1767.102** 11/6 - 12/11 8:00pm to 9:15pm  
 Fee: \$115 Wednesdays CAB, Dance Studio  
 No class 11/27

Materials fee (\$10) due to instructor for a pair of sticks/bachi; Practice drum/gomidaiko (optional): \$65





## 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.**

<b>ID# 2307.101</b>	10/16	6:00pm to 7:30pm
Fee: \$19	Wednesday	CTN

### 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.**

<b>ID# 2308.101</b>	9/18 - 10/16	7:00pm to 10:00pm
Fee: \$69	Wednesdays	Michigan or State Theaters

<b>ID# 2308.102</b>	9/19 - 10/17	7:00pm to 10:00pm
Fee: \$69	Thursdays	Michigan or State Theaters

<b>ID# 2308.103</b>	11/6 - 12/11	7:00pm to 10:00pm
Fee: \$69	Wednesdays	Michigan or State Theaters
	No class 11/27	

<b>ID# 2308.104</b>	11/7 - 12/12	7:00pm to 10:00pm
Fee: \$69	Thursdays	Michigan or State Theaters
	No class 11/28	

*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.**

<b>ID# 1632.101</b>	9/25 - 10/30	6:00pm to 7:30pm
Fee: \$89	Wednesdays	Pioneer, Room C222
	No class 10/23	



# Fresh Italian Cooking

WITH FRANCESCA

## 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 sautes 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.**

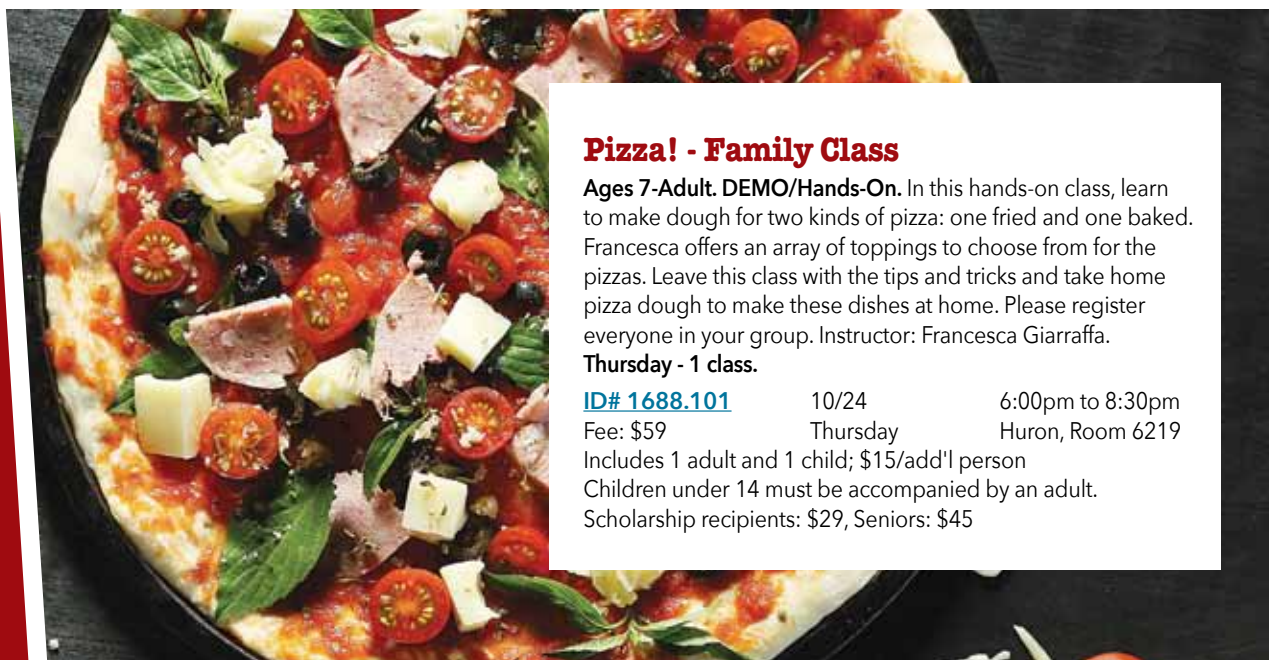
**ID# 1675.101** 10/10 6:00pm to 8:30pm  
Fee: \$65 Thursday Huron, Room 6219  
Scholarship recipients: \$29, Seniors: \$45

## 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/add'l 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

## 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*



## 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 imagine 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

## 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



## Textile Arts

734-994-2300, ext. 53234

## 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 imagine 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



## 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

LANGUAGE	COST	INSTRUCTOR
Chinese	\$59/hour	Alice Chang
Japanese	\$59/hour	Kiyoe Ise
(ESL) English	\$59/hour	Marla Metler
German	\$59/hour	George Hinman



Look for this symbol to register an additional person for only \$10!



## 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.**

<b>ID# 1915.101</b>	10/1	6:00pm to 8:00pm
Fee: \$25	Tuesday	Pioneer, Room D207



## 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.**

<b>ID# 1916.101</b>	11/12	6:00pm to 8:00pm
Fee: \$25	Tuesday	Pioneer, Room D203



## 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.**

<b>ID# 1926.101</b>	11/7	7:00pm to 9:00pm
Fee: \$25	Thursday	Pioneer, Room D205





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.**

<b>ID# 1921.101</b>	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.**

<b>ID# 1920.101</b>	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.**

<b>ID# 1923.101</b>	9/26 -10/3	6:00pm to 9:00pm
Fee: \$49	Thursdays	Pioneer, Room D203
<b>ID# 1923.102</b>	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.**

<b>ID# 1922.101</b>	10/8 - 10/15	7:00pm to 9:00pm
Fee: \$29	Tuesdays	Pioneer, Room C222





## 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

## Computers

734-994-2300, ext. 53234

### 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](http://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





## Beginning Insight Meditation

**Grades 9th-Adult.** This class leads you step by step through beginning insight meditation and related 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. **Wednesdays - 6 classes.**

**ID# 1837.101** 10/9 - 11/13 6:30pm to 8:30pm  
Fee: \$85 Wednesdays Pioneer, Media Center

## Introduction To Hypnotherapy For Weight Loss

**Ages 18-Adult.** Group hypnotherapy may be just 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.**

**ID# 1818.101** 9/25 - 10/2 6:00pm to 8:00pm  
Fee: \$39 Wednesdays Pioneer, Media Center

## Feldenkrais®

**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 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, a spring in your step and an overall feeling of well-being. Receive an 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. Please bring a yoga mat and 3 towels. Instructor: Dale Jensen, Guild Certified Feldenkrais Practitioner. **Sunday - 1 class.**

**ID# 1851.101** 9/15 1:00pm to 3:00pm  
Fee: \$45 Sunday Pioneer, Fitness Room

**ID# 1851.102** 11/3 1:00pm to 3:00pm  
Fee: \$45 Sunday Pioneer, Fitness Room

### 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. When you learn to move your body so its various parts work together rather than in opposition, the movement itself becomes the antidote to immobility. Leave class with relaxed neck and shoulders, a light and free head and a more upright and effortless posture. Receive an 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. Please bring a yoga mat and 3 towels. Instructor: Dale Jensen, Guild Certified Feldenkrais Practitioner.

**Sunday - 1 class.**

**ID# 1852.101** 9/29 1:00pm to 3:00pm  
Fee: \$45 Sunday Pioneer, Fitness Room

**ID# 1852.102** 11/17 1:00pm to 3:00pm  
Fee: \$45 Sunday Pioneer, Fitness Room

**SAVE \$15**

when you register for both classes in the Relax Your Jaw Series

### 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.**

**ID# 1847.101** 10/13 1:00pm to 3:00pm  
Fee: \$45 Sunday Pioneer, Fitness Room

**ID# 1847.102** 10/27 1:00pm to 3:00pm  
Fee: \$45 Sunday Pioneer, Fitness Room



## 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 Wasantha Young and Sifu Jim Carey.

**Mondays, Tuesdays or Thursdays - 6 classes.**

<b>ID# 1821.101</b>	9/9 - 10/21	10:00am to 11:15am
Fee: \$95	Mondays	Peaceful Dragon
	No class 10/14	
<b>ID# 1821.102</b>	9/10 - 10/22	7:15pm to 8:30pm
Fee: \$95	Tuesdays	Peaceful Dragon
	No class 10/15	
<b>ID# 1821.103</b>	9/12 - 10/24	7:15pm to 8:30pm
Fee: \$95	Thursdays	Peaceful Dragon
	No class 10/17	

## 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 Wasantha Young.

**Mondays, Tuesdays or Thursdays - 12 classes.**

### Focus On Meditations

<b>ID# 1822.101</b>	9/9 - 12/9	9:00am to 10:00am
Fee: \$189	Mondays	Peaceful Dragon
	No class 10/14, 11/25	

### Focus On Acu-Point System And Theory

<b>ID# 1822.102</b>	9/10 - 12/10	6:00pm to 7:00pm
Fee: \$189	Tuesdays	Peaceful Dragon
	No class 10/15, 11/26	

### Applied Self-Care Techniques

<b>ID# 1822.103</b>	9/12 - 12/12	6:00pm to 7:00pm
Fee: \$189	Thursdays	Peaceful Dragon
	No class 10/17, 11/28	

## 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.**

<b>ID# 1880.101</b>	10/12	Noon to 3:00pm
Fee: \$75/couple	Saturday	Scarlett, Media Center
Only one registration required per couple		

## 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 Wasantha Young and Sifu Jim Carey. Prerequisite: Level 1 or instructor permission.

**Mondays, Tuesdays or Thursdays - 6 classes.**

No classes 11/25 - 11/28.

<b>ID# 1823.101</b>	10/28 - 12/9	10:00am to 11:15am
Fee: \$95	Mondays	Peaceful Dragon
	No class 11/25	
<b>ID# 1823.102</b>	10/29 - 12/10	7:15pm to 8:30pm
Fee: \$95	Tuesdays	Peaceful Dragon
	No class 11/26	
<b>ID# 1823.103</b>	10/31 - 12/12	7:15pm to 8:30pm
Fee: \$95	Thursdays	Peaceful Dragon
	No class 11/28	





## 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 Thursdays Abbot, MPR  
of 2 or more 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

# Adult Adapted

734-994-2300, ext. 53234

**Adapted classes are for adults and children with mental or physical challenges.**

## 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

# Adult Tennis [adulttennis@a2schools.org](mailto:adulttennis@a2schools.org)



## 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.**

<a href="#">ID# 3610.171</a>	9/8 - 10/6	11:00am to 12:30pm
Fee: \$95 - 5 classes	Sundays	Pioneer
<a href="#">ID# 3610.131</a>	9/11 - 10/9	6:00 to 7:30pm
Fee: \$95 - 5 classes	Wednesday	Tappan
<a href="#">ID# 3610.141</a>	9/12-10/24	9:00am to 10:30am
Fee: \$189 - 7 classes	Thursdays	UM Varsity
<a href="#">ID# 3610.142</a>	10/31-12/19	9:00am to 10:30am
Fee: \$189 - 7 classes	Thursdays	UM Varsity
	No class 11/28	
<a href="#">ID# 3610.161</a>	10/19 - 11/9	Noon to 1:30pm
Fee: \$75 - 4 classes	Saturdays	A2 STEAM, Gym
<a href="#">ID# 3610.162</a>	11/16 - 12/14	Noon to 1:30pm
Fee: \$75 - 4 classes	Saturdays	A2 STEAM, Gym
	No class 11/30	

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](http://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](http://cardiotennis.com) for more information. Classes held indoors.

ID#	Location	Day	Time	Dates	Fee
<a href="#">3606.111</a>	UM Varsity	Mondays	6:00pm to 7:00pm	9/9 - 10/21	\$135 - 7 classes
<a href="#">3606.112</a>	UM Varsity	Mondays	7:00pm to 8:00pm	9/9 - 10/21	\$135 - 7 classes
<a href="#">3606.113</a>	UM Varsity	Mondays - No class 11/25	6:00pm to 7:00pm	10/28 - 12/16	\$135 - 7 classes
<a href="#">3606.114</a>	UM Varsity	Mondays - No class 11/25	7:00pm to 8:00pm	10/28 - 12/16	\$135 - 7 classes
<a href="#">3606.143</a>	UM Varsity	Thursdays - No class 11/28	8:00am to 9:00am	10/31 - 12/19	\$125 - 7 classes
<a href="#">3606.161</a>	A2 STEAM, Gym	Saturdays	10:00am to 11:00am	10/19 - 11/9	\$59 - 4 classes
<a href="#">3606.162</a>	A2 STEAM, Gym	Saturdays	11:00am to Noon	10/19 - 11/9	\$59 - 4 classes
<a href="#">3606.163</a>	A2 STEAM, Gym	Saturdays - No class 11/30	10:00am to 11:00am	11/16 - 12/14	\$59 - 4 classes
<a href="#">3606.164</a>	A2 STEAM, Gym	Saturdays - No class 11/30	11:00am to Noon	11/16 - 12/14	\$59 - 4 classes



# Adult Tennis [adulttennis@a2schools.org](mailto:adulttennis@a2schools.org)

## 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.

**ID# 3622.178** 9/8-10/6 12:30pm to 2:00pm  
Fee: \$59 Sundays Pioneer

### Intermediate/Advanced Social League NTRP 3.0 - 5.0

Experienced players meet new players in a fun and social setting.

**ID# 3622.179** 9/8-10/6 2:00pm to 3:30pm  
Fee: \$59 Sundays Pioneer

### 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.**

#### NTRP 2.0 - 2.5

**ID# 3622.166** 12/7 12:30pm to 2:00pm  
Fee: \$29 Saturday UM Varsity

**ID# 3622.167** 12/14 12:30pm to 2:00pm  
Fee: \$29 Saturday UM Varsity

#### NTRP 3.0 - 5.0

**ID# 3622.168** 12/7 2:00pm to 3:30pm  
Fee: \$29 Saturday UM Varsity

**ID# 3622.169** 12/14 2:00pm to 3:30pm  
Fee: \$29 Saturday UM Varsity



## 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.**

### Level: NTRP 2.5-3.0

**ID# 3604.131** 9/11 - 10/23 6:00pm to 7:30pm

Fee: \$219 Wednesdays

**ID# 3604.132** 10/30 - 12/18 6:00pm to 7:30pm

Fee: \$219 Wednesdays  
No class 11/27

### Level: NTRP 3.5-4.0

**ID# 3604.133** 9/11 - 10/23 7:30pm to 9:00pm

Fee: \$219 Wednesdays

**ID# 3604.134** 10/30 - 12/18 7:30pm to 9:00pm

Fee: \$219 Wednesdays  
No class 11/27

## 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.

ID#	Day	Time	Dates	Fee
<a href="#">3606.121</a>	Tuesdays	9:00am to 10:00am	9/10 - 10/22	\$125 - 7 classes
<a href="#">3606.122</a>	Tuesdays	9:00am to 10:00am	10/29 - 12/17	\$139 - 8 classes
<a href="#">3606.141</a>	Thursdays	9:00am to 10:00am	9/12 - 10/24	\$125 - 7 classes
<a href="#">3606.142</a>	Thursdays	9:00am to 10:00am	10/31 - 12/19	\$125 - 7 classes
<a href="#">3606.151</a>	Fridays - No class 9/20	9:00am to 10:00am	9/13-10/25	\$109 - 6 classes
<a href="#">3606.152</a>	Fridays - No class 11/29	9:00am to 10:00am	11/1 - 12/20	\$125 - 7 classes
<a href="#">3606.171</a>	Sunday - No class 9/22	10:00am to 11:00am	9/8 - 10/20	\$115 - 6 classes
<a href="#">3606.172</a>	Sunday - No class 9/22	11:00am to Noon	9/8 - 10/20	\$115 - 6 classes
<a href="#">3606.173</a>	Sunday - No class 9/22	Noon to 1:00pm	9/8 - 10/20	\$115 - 6 classes
<a href="#">3606.174</a>	Sunday - No class 12/1	10:00am to 11:00am	10/27 - 12/15	\$135 - 7 classes
<a href="#">3606.175</a>	Sunday - No class 12/1	11:00am to Noon	10/27 - 12/15	\$135 - 7 classes
<a href="#">3606.176</a>	Sunday - No class 12/1	Noon to 1:00pm	10/27 - 12/15	\$135 - 7 classes

## 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.*

ID#	Level	Day	Time	Dates	Fee
Instructor: Vanda Shadigian					
<a href="#">3602.125</a>	Women's NTRP 2.5-3.0	Tuesdays	10:30am to Noon	9/10 - 10/22	\$189 - 7 classes
<a href="#">3602.126</a>	Women's NTRP 2.5-3.0	Tuesdays	10:30am to Noon	10/29 - 12/17	\$219 - 8 classes
<a href="#">3602.136</a>	Women's NTRP 2.5-3.0	Wednesdays	10:30am to Noon	9/11 - 10/23	\$189 - 7 classes
<a href="#">3602.137</a>	Women's NTRP 2.5-3.0	Wednesdays - No class 11/27	10:30am to Noon	10/30 - 12/18	\$189 - 7 classes

Instructor: Fode Camara

<a href="#">3602.113</a>	Women's NTRP 2.5+/3.0	Mon/Wed	10:30am to Noon	9/9 - 10/23	\$375 - 14 classes
<a href="#">3602.114</a>	Women's NTRP 2.5+/3.0	Mon/Wed - No class 11/27	10:30am to Noon	10/28 - 12/18	\$399 - 15 classes
<a href="#">3602.116</a>	Women's NTRP 3.0	Mondays	9:00am to 10:30am	9/9 - 10/21	\$189 - 7 classes
<a href="#">3602.117</a>	Women's NTRP 3.0	Mondays	9:00am to 10:30am	10/28 - 12/16	\$219 - 8 classes
<a href="#">3602.138</a>	Women's NTRP 3.0	Wednesdays	9:00am to 10:30am	9/11 - 10/23	\$189 - 7 classes
<a href="#">3602.139</a>	Women's NTRP 3.0	Wednesdays - No class 11/27	9:00am to 10:30am	10/30 - 12/18	\$189 - 7 classes
<a href="#">3602.151</a>	Women's NTRP Players 3.5-4.0 Clinic	Fridays - No class 9/20	10:00am to Noon	9/13 - 10/25	\$189 - 6 classes
<a href="#">3602.152</a>	Women's NTRP Players 3.5-4.0 Clinic	Fridays - No class 11/29	10:00am to Noon	11/1 - 12/20	\$219 - 7 classes

## Coed Clinics @ UM Varsity Tennis Center

Coed Clinics include level specific skill development, play-based games, and match play. *Instructor's permission required.*

ID#	Level	Day	Time	Dates	Fee
Instructor: Vanda Shadigian					
<a href="#">3602.121</a>	Adv Beginner Coed Clinic NTRP 2.5	Tuesdays	9:00am to 10:30am	9/10 - 10/22	\$189 - 7 classes
<a href="#">3602.122</a>	Adv Beginner Coed Clinic NTRP 2.5	Tuesdays	9:00am to 10:30am	10/29 - 12/17	\$219 - 8 classes

Instructor: Certified Staff

<a href="#">3602.141</a>	60+ Clinic NTRP 2.5-3.0	Thursdays	10:30am to Noon	9/12 - 10/24	\$189 - 7 classes
<a href="#">3602.142</a>	60+ Clinic NTRP 2.5-3.0	Thurs - No class 11/28	10:30am to Noon	10/31 - 12/19	\$189 - 7 classes

Instructor: Fode Camara

<a href="#">3602.123</a>	Doubles Clinic NTRP 3.0-3.5	Tuesdays	10:00am to Noon	9/10 - 10/22	\$219 - 7 classes
<a href="#">3602.124</a>	Doubles Clinic NTRP 3.0-3.5	Tuesdays	10:00am to Noon	10/29 - 12/17	\$249 - 8 classes
<a href="#">3602.143</a>	Players Clinic NTRP 3.5-4.0	Thursdays	10:00am to Noon	9/12 - 10/24	\$219 - 7 classes
<a href="#">3602.144</a>	Players Clinic NTRP 3.5-4.0	Thurs - No class 11/28	10:00am to Noon	10/31 - 12/19	\$219 - 7 classes



# 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 a 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

Level 1	Beginning
Level 2	Advanced Beginning
Level 3	Intermediate
Level 4	Intermediate Advanced
Level 5	Advanced



*\* 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.)*

## 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.**

**ID# 3183.101** 9/24 6:00pm to 7:00pm  
Fee: Free (trial class) Tuesdays Lawton, Gym

**ID# 3183.102** 10/1 - 12/3 6:00pm to 7:00pm  
Fee: \$85 - 8 classes Tuesdays Lawton, Gym  
No class 11/5, 11/26

## 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.

**Mondays, Wednesdays or Fridays - 3 to 11 classes.**

**ID# 3110.110** 9/4 - 9/18 9:15am to 10:30am  
Fee: \$29 - 3 classes Wednesdays CAB, Dance Studio

**ID# 3110.111** 9/6 - 9/20 9:15am to 10:30am  
Fee: \$29 - 3 classes Fridays CAB, Dance Studio

**ID# 3110.101** 9/23 - 12/9 9:15am to 10:30am  
Fee: \$109 - 11 classes Mondays CAB, Dance Studio  
No class 11/25

**ID# 3110.102** 9/25 - 12/4 9:15am to 10:30am  
Fee: \$99 - 10 classes Wednesdays - Flow Style CAB, Dance Studio  
No class 11/27

**ID# 3110.103** 9/27 - 12/6 9:15am to 10:30am  
Fee: \$99 - 10 classes Fridays CAB, Dance Studio  
No class 11/29

## Cardio Dance & Pilates

**Grades 10th-Adult. Level 1-4.** Move to the music! Get a full body workout with low impact moves for cardiovascular conditioning and Pilates for strength and flexibility. Please bring your own mat, water bottle and light hand weights. Instructor: Jenine "Chip" Grover, M.Ed., over 30 years experience. **Tuesdays, Thursdays or Tuesdays/Thursdays - 3 to 20 classes.**

**ID# 3108.110** 9/5 - 9/19 6:00pm to 7:00pm  
Fee: \$25 - 3 classes Thursdays Eberwhite, Gym

**ID# 3108.101** 9/24 - 12/10 6:00pm to 7:00pm  
Fee: \$89 - 10 classes Tuesdays Eberwhite, Gym  
No class 11/5, 11/26

**ID# 3108.102** 9/26 - 12/12 6:00pm to 7:00pm  
Fee: \$89 - 10 classes Thursdays Eberwhite, Gym  
No class 11/21, 11/28

**ID# 3108.103** 9/24 - 12/12 6:00pm to 7:00pm  
Fee: \$175 - 20 classes Tuesdays/Thursdays Eberwhite, Gym  
No class 11/5, 11/21, 11/26, 11/28



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

**ID# 3106.101** 9/24 - 12/10 6:00pm to 7:00pm  
 Fee: \$89 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** 9/26 - 12/5 6:00pm to 6:45pm  
 Fee: \$89 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** 9/28 - 12/7 10:30am to 11:15am  
 Fee: \$89 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** 9/23 - 12/9 6:00pm to 7:00pm  
 Fee: \$109 Mondays Bach, Gym  
 No class 11/25

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

**ID# 3148.102** 10/12 - 12/7 9:30am to 10:30am  
 Fee: \$75 - 8 classes 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** 9/3 - 9/17 9:30am to 10:30am  
 Fee: \$35 - 3 classes Tuesdays CAB, Dance Studio

**ID# 3193.101** 9/24 - 12/10 9:30am to 10:30am  
 Fee: \$135 - 12 classes 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** 9/23 - 12/2 6:00pm to 7:00pm  
 Fee: \$89 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** 9/25 - 12/4 6:00pm to 7:00pm  
 Fee: \$89 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** 9/24 - 12/10 7:05pm to 8:00pm  
 Fee: \$99 Tuesdays Pioneer, Fitness Room  
 No class 11/5, 11/19

**ID# 3171.102** 9/26 - 12/12 6:00pm to 6:55pm  
 Fee: \$99 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** 9/24 - 12/10 6:00pm to 7:00pm  
 Fee: \$99 Tuesdays Pioneer, Weight Room  
 No class 11/5, 11/19

**ID# 3124.102** 9/26 - 12/12 7:00pm to 8:00pm  
 Fee: \$99 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** 9/27 - 12/13 11:00am to Noon  
 Fee: \$99 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** 9/23 - 12/2 6:00pm to 7:00pm  
 Fee: \$95 Mondays Forsythe, Pool  
 No class 11/25

**ID# 3164.102** 9/28 - 12/7 9:00am to 10:00am  
 Fee: \$95 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** 9/24 - 10/29 7:00pm to 8:00pm  
 Fee: \$59 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** 9/25 - 12/18 6:00pm to 7:00pm  
 Fee: \$115 Wednesdays Pioneer, Fitness Room  
 No class 10/16, 11/6, 11/27

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



## 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.**

**ID# 3116.101** 10/5 - 11/23 9:00am to 10:00am  
 Fee: \$95 for 2 Saturdays Scarlett, Upper Gym  
 \$19/add'l family member

## 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.**

**ID# 3131.101** 10/13 2:00pm to 4:00pm  
 Fee: \$35 Sunday County Farm Park  
 Rain Date 10/20

## 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.**

**ID# 3155.101** 10/20 1:00pm to 3:00pm  
 Fee: \$39 Sunday CAB, Dance Studio

## 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.**

ID#	Level	Day	Time	Dates	Instructor	Fee
<a href="#">3115.101</a>	1 - 5	Sundays	9:30am to 10:15am	9/29 - 12/8	Elmo Morales	\$99 - 11 classes
<a href="#">3115.102</a>	3 - 5	Mondays	5:45pm to 6:45pm	9/30 - 12/9	Michael Abner	\$99 - 11 classes
<a href="#">3115.103</a>	1 - 5	Tuesdays	9:30am to 10:15am	10/1 - 12/10	Elmo Morales	\$99 - 11 classes
<a href="#">3115.104</a>	1 - 5	Tuesdays	5:45pm to 6:30pm	10/1 - 12/10	Jeanette Figurel	\$99 - 11 classes
<a href="#">3115.105</a>	3 - 5	Wednesdays	5:45pm to 6:45pm	10/2 - 12/11	Michael Abner	\$99 - 11 classes
<a href="#">3115.106</a>	1 - 5	Thursdays No class 11/28	9:30am to 10:15am	10/3 - 12/12	Elmo Morales	\$95 - 10 classes
<a href="#">3115.107</a>	1 - 5	Thursdays No class 11/28	5:45pm to 6:30pm	10/3 - 12/12	Jeanette Figurel	\$95 - 10 classes
<a href="#">3115.108</a>	1 - 5	Saturdays	9:30am to 10:15am	10/5 - 12/14	Elmo Morales	\$99 - 11 classes

## 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.**

**ID# 3151.101** 10/13 1:00pm to 3:00pm  
 Fee: \$39 Sunday CAB, Dance Studio

## 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 are welcome. Class is done barefoot or wear socks with rubber soles. Please bring a mat, water bottle, bath towel and a soft foam roller.

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

**ID# 3156.101** 11/3 1:00pm to 3:00pm  
 Fee: \$39 Sunday CAB, Dance Studio



*\* 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

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.

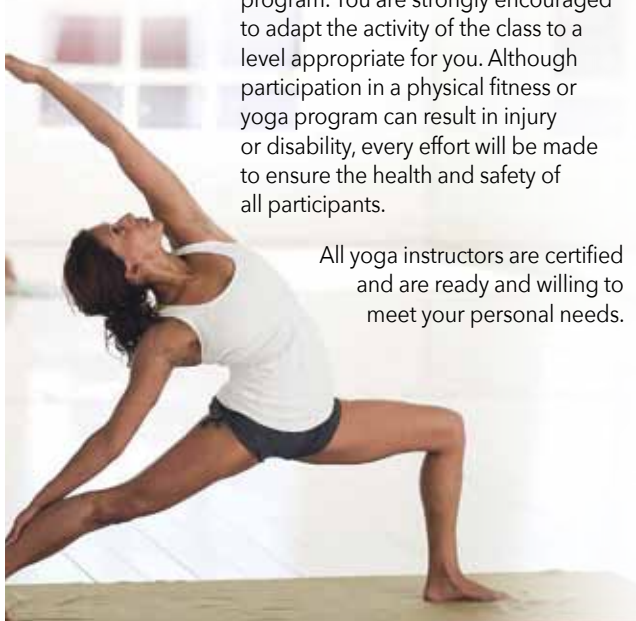
One of the foremost reasons people want to start a yoga practice is to relax and help alleviate the stresses of daily life.

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.



## Class Physical Activity Levels

Level 1	Low
Level 2	Moderately Low
Level 3	Moderate
Level 4	Moderately High
Level 5	High

**\$ 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.)*

## 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

This symbol indicates activities you can do with a toddler, child or teen!



## 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.**

<b>ID# 3706.110</b>	9/5 - 9/19	7:00pm to 8:30pm
Fee: \$35 - 3 classes	Thursdays	CAB, Dance Studio
<b>ID# 3706.111</b>	9/7 - 9/21	10:00am to 11:30am
Fee: \$35 - 3 classes	Saturdays	Pathways, Gym
<b>ID# 3706.101</b>	9/29 - 12/8	10:00am to 11:30am
Fee: \$119 - 10 classes	Sundays	Pathways, Gym
	No class 12/1	
<b>ID# 3706.102</b>	9/23 - 12/9	6:00pm to 7:30pm
Fee: \$139 - 12 classes	Mondays	CAB, Dance Studio
<b>ID# 3706.103</b>	9/26 - 12/12	7:00pm to 8:30pm
Fee: \$129 - 11 classes	Thursdays	CAB, Dance Studio
	No class 11/28	
<b>ID# 3706.104</b>	9/28 - 12/7	10:00am to 11:30am
Fee: \$119 - 10 classes	Saturdays	Pathways, Gym
	No class 11/30	

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

## 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.**

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

## 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.**

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

## 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.**

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

## 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.**

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



## Kundalini Yoga \*

**Grades 10th-Adult. Level 1-3.** Bring balance to your brain and body. Awaken your body's energy through dynamic exercise, breath, sound and meditation. Strengthen the nervous, glandular and muscular systems. Build internal strength to overcome external pressures. All ages and levels of ability are welcome. Instructor: Victoria Khalsa, RYT 500, over 20 years experience. **Wednesdays - 9 classes.**

**ID# 3737.101** 9/25 - 11/20 6:00pm to 7:15pm  
Fee: \$99 Wednesdays Community H.S., Gym

## Therapeutic Yoga \*

**Adult. Level 1-2.** Start your journey toward better health and wellness! If you are recovering from or living with an illness or injury, this soothing practice is for you. Experience restorative yoga poses, breath-work and guided meditation. Must be able to get down and up from the floor. Please bring your own mat, blanket and water bottle. Instructor: Carl Gunderson, CYI., over 10 years experience.

**Thursdays - 9 classes.**  
**ID# 3750.101** 9/26 - 12/12 10:30am to 11:30am  
Fee: \$109 Thursdays CAB, Dance Studio  
No class 10/17, 11/7, 11/28

## 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** 9/27 - 12/20 5:30pm to 6:30pm  
Fee: \$119 Fridays CAB, Dance Studio  
No class 10/18, 11/8, 11/29

## 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** 9/24 - 12/3 6:00pm to 7:00pm  
Fee: \$99 - 8 classes Tuesdays Preschool, D108  
No class 10/15, 11/5, 11/26

**ID# 3719.102** 9/27 - 12/6 9:30am to 10:30am  
Fee: \$125 - 10 classes Fridays Ann Arbor Senior  
No class 11/29 Center

## Family Yoga \*

**Ages 2-Adult.** Bring your whole family! Have fun with interactive and partner poses for kids and adults to do together. You will do age appropriate yoga poses, breathing, movement games, and relaxation. No yoga experience required. Please bring your own mat and water bottle. Instructor: Natalie Berry, CYI. **Mondays - 8 classes.**

**ID# 3790.101** 9/30 - 11/18 6:00pm to 6:45pm  
Fee: \$95 for 2 Mondays Dicken, Gym  
\$19/add'l family member

## 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 CAB, Dance Studio  
\$19/Add'l child



**ADULT**  
**CO-REC INSTRUCTIONAL**  
**VOLLEYBALL**

Monday night games  
beginning mid-September

**PLAYERS REGISTER AT: [aareced.com](http://aareced.com)**

Need more info?  
Contact: Karen Draves, [draves@a2schools.org](mailto:draves@a2schools.org)  
734.994.2300 x53254

**Adult Yoga**  
734-994-2300, ext. 53254

**FALL 2019 Registration begins August 14, 2019**

This symbol indicates activities you can do with a toddler, child or teen!



## First Steps

### Fall Classes

September 9 -  
December 14

More details on our website at  
[bit.ly/NewFirstStepsAA](http://bit.ly/NewFirstStepsAA)

### Registration Begins

Wednesday, August 14  
8:00am

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 Westernman 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

OR



2

OR



3

Attend an Open House  
to meet us. Sign up!



Fill out paperwork and come to  
the Rec & Ed office to register.



Register for your FALL 2019 class online.

Go to:  
[bit.ly/NewFirstStepsAA](http://bit.ly/NewFirstStepsAA)  
and choose  
**FALL  
Class  
Schedule**

### 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 Westernman 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](http://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 Center, Room C-112

### 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 Center, Room C-112  
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 Haisley, Room 302  
Add'l child \$95 No class 11/29

**ID# 9706.108** 9/13 - 12/13 10:45am to 11:45am  
Fee: \$159 Fridays Haisley, Room 302  
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 Center, D-107

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.**

ID#	Day	Time	Dates	Fee
<a href="#">9701.111</a>	Mondays	10:00am to 11:30am	9/9 - 12/9 - No class 11/25	\$159 - Add'l child \$95
<a href="#">9701.112</a>	Tuesdays	10:00am to 11:30am	9/10 - 12/10 - No class 11/5	\$159 - Add'l child \$95
<a href="#">9701.113</a>	Wednesdays	9:30am to 11:00am	9/11 - 12/11 - No class 11/27	\$159 - Add'l child \$95
<a href="#">9701.114</a>	Thursdays	10:00am to 11:30am	9/12 - 12/12 - No class 11/28	\$159 - Add'l child \$95
<a href="#">9701.115</a>	Fridays	10:00am to 11:30am	9/13 - 12/13 - No class 11/29	\$159 - Add'l child \$95

This symbol indicates activities you can do with a toddler, child or teen!



## Jump Into Speech New Day!

**Ages 15-24 months & an Adult. 1 hour class.** Between 15 and 24 months toddlers develop their vocabulary at an amazing rate. In this class, parents practice strategies that enhance language learning with their children through interactive play, making choices and social connections. Each class has 2 circle times. The first one includes songs and activities and the second concludes the class with "What's in the Box!" Instructor: Susanna Brown. **Mondays - 6 classes.**

<b>ID# 9703.141</b>	9/9 - 10/14	9:30am to 10:30am
Fee: \$85	Mondays	Preschool & Family Center, D-107
Add'l child \$50		
<b>ID# 9703.142</b>	9/9 - 10/14	10:45am to 11:45am
Fee: \$85	Mondays	Preschool & Family Center, D-107
Add'l child \$50		
<b>ID# 9703.143</b>	10/28 - 12/9	9:30am to 10:30am
Fee: \$85	Mondays	Preschool & Family Center, D-107
Add'l child \$50	No class 11/25	
<b>ID# 9703.144</b>	10/28 - 12/9	10:45am to 11:45am
Fee: \$85	Mondays	Preschool & Family Center, D-107
Add'l child \$50	No class 11/25	

Scholarship recipients \$10



## Play, Learn, Grow!

**Ages 1-3 & an Adult. 1 hour class.** This class has it all! Each week offers a different combination of play-based learning centers to encourage social interactions, gross and fine motor development and making choices around the room. Our beginning circle time includes singing, moving and using rotating props. Then grown-ups follow their children's lead and play together. We end with a short story, goodbye song and handout highlighting a child development topic. Instructor: Susanna Brown.

**Wednesdays or Thursdays - 13 classes.**

<b>ID# 9707.108</b>	9/11 - 12/11	9:30am to 10:30am
Fee: \$159	Wednesdays	Preschool & Family Center, D-107
Add'l child \$95	No class 11/27	
<b>ID# 9707.109</b>	9/11 - 12/11	10:45am to 11:45am
Fee: \$159	Wednesdays	Preschool & Family Center, D-107
Add'l child \$95	No class 11/27	
<b>ID# 9707.110</b>	9/12 - 12/12	9:30am to 10:30am
Fee: \$159	Thursdays	Preschool & Family Center, D-107
Add'l child \$95	No class 11/28	
Scholarship recipients \$10		



## 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.**

ID#	Day	Time	Dates	Fee
<b>9718.115</b>	Mondays	9:45am to 10:30am	9/9 - 12/2 - No class 11/4	\$209 - Add'l child \$95
<b>9718.116</b>	Mondays	10:45am to 11:30am	9/9 - 12/2 - No class 11/4	\$209 - Add'l child \$95
<b>9718.118</b>	Tuesdays	9:45am to 10:30am	9/10 - 12/3 - No class 11/5	\$209 - Add'l child \$95
<b>9718.119</b>	Tuesdays	10:45am to 11:30am	9/10 - 12/3 - No class 11/5	\$209 - Add'l child \$95

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: Noreen Vaid.

**Saturdays - 6 classes.**

<b>ID# 9709.102</b>	11/2 - 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.**

<b>ID# 9702.108</b>	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.**

<b>ID# 9703.111</b>	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.**

<b>ID# 2208.101</b>	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.**

<b>ID# 2211.101</b>	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: Noreen Vaid.

**Sundays - 6 classes.**

<b>ID# 9711.104</b>	9/15 - 10/20	10:00am to 11:00am
Fee: \$85	Sundays	Preschool & Family
Add'l child \$50		Center, Gym
Scholarship recipients \$10		



# Preschool Movement & Dance

734-994-2300, ext. 53186



## 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.**

<a href="#">ID# 2210.101</a>	9/21 - 12/14	9:50am to 10:35am
Fee: \$119	Saturdays	CAB, Room D
	No class 12/7	

<a href="#">ID# 2210.102</a>	9/23 - 12/9	4:30pm to 5:15pm
Fee: \$129	Mondays	CAB, Room D

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.**

<a href="#">ID# 2215.102</a>	9/10 - 12/3	10:45am to 11:30am
Fee: \$129	Tuesdays	CAB, Room D
	No class 11/5	

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 props 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.**

<a href="#">ID# 2209.101</a>	9/23 - 12/9	10:45am to 11:30am
Fee: \$119	Mondays	CAB, Room D
Add'l child \$109		

<a href="#">ID# 2209.102</a>	9/26 - 12/12	9:30am to 10:15am
Fee: \$109	Thursdays	CAB, Room D
Add'l child \$9	No class 11/28	

<a href="#">ID# 2209.103</a>	9/21 - 12/14	9:00am to 9:45am
Fee: \$119	Saturdays	CAB, Room D
Add'l child \$109	No class 12/7	

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.**

<a href="#">ID# 2214.101</a>	9/23 - 12/9	11:45am to 12:30pm
Fee: \$129	Mondays	CAB, Room D

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.**

<a href="#">ID# 2215.101</a>	9/25 - 12/11	4:30pm to 5:15pm
Fee: \$119	Wednesdays	CAB, Room D
	No Class 11/27	

Scholarship recipients \$10

# Preschool Movement & Dance

734-994-2300, ext. 53186



## 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.**

<b>ID# 2213.101</b>	9/14 - 12/7	11:00am to 11:45am
Fee: \$129	Saturdays	CAB, Room D
	No class 11/30	

<b>ID# 2213.102</b>	9/24 - 12/10	1:00pm to 1:45pm
Fee: \$119	Tuesdays	CAB, Room D
	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.**

<b>ID# 2212.101</b>	9/14 - 12/7	11:50am to 12:35pm
Fee: \$129	Saturdays	CAB, Room D
	No class 11/30	

<b>ID# 2212.102</b>	9/24 - 12/10	2:00pm to 2:45pm
Fee: \$119	Tuesdays	CAB, Room D
	No class 11/5	

Scholarship recipients \$10

## Preschool Yoga

734-994-2300, ext. 53234



### 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.**

<b>ID# 3710.101</b>	10/2 - 11/20	11:00am to 11:45am
Fee: \$95	Wednesdays	CAB, Dance Studio
\$19/Add'l child		



# Enrichment For Preschoolers & Their Adults

734-994-2300, ext. 53186

## **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**      9/26 - 12/12      9:30am to 10:30am  
 Fee: \$135      Thursdays      Haisley, Room 302  
 No class 11/14, 11/28

Scholarship recipients \$15

## **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**      9/25 - 11/20      9:30am to 10:30am  
 Fee: \$129      Wednesdays      Haisley, Room 302

Scholarship recipients \$10

## **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**      10/1 - 11/26      12:30pm to 2:00pm  
 Fee: \$119      Tuesdays      Preschool & Family  
 No class 11/5      Center, D-107

Scholarship recipients \$10



## **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**      9/9 - 10/28      9:45am to 11:45am  
 Fee: \$159      Mondays      Haisley, Room 302  
**ID# 2108.105**      9/10 - 10/29      9:30am to 11:30am  
 Fee: \$159      Tuesdays      Haisley, Room 302

Scholarship recipients \$15



This symbol indicates activities you can do with a toddler, child or teen!



# Enrichment For Preschoolers & Their Adults

734-994-2300, ext. 53186



## 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

# Preschool Creative Arts

734-994-2300, ext. 53186



## 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



## 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



## 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

Registration begins August 14, 2019 FALL 2019

## 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.**

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

## British Elite Preschool Soccer

**Ages: 3½-5.** Would you like your preschooler involved in soccer without the pressure of being on a team? In preschool soccer your child learns the very basic, beginner level soccer skills through FUN-damental games, exercise and imagination. Players develop motor skills, balance and movement in a soccer environment that will help them greatly when they are ready to join a soccer or other sport team. Instructors: British Elite Soccer staff. **Tuesdays, Wednesdays, Thursdays, Fridays or Saturdays - 5 classes.**

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

## 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.**

<b>ID# 1314.101</b>	10/1 - 11/19	4:30pm to 6:30pm
Fee: \$59	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.**

<b>ID# 2303.101</b>	9/18 - 12/11	4:10pm to 5:40pm
Fee: \$125*	Wednesdays	Allen, Music Room
	No class 9/25, 10/23, 11/27	

“Amazing, engaging, and just the right length.”

“Excellent experience. Built her confidence and skills.”





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.



## 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

## 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 headdress. 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.**

Early Fall	ID#	LOCATION	DAYS	TIME	DATES	FEE*
	<a href="#">2150.101</a>	AA Open, Art Room	Tuesdays	3:30pm to 4:30pm	9/17 - 10/15	\$95*
	<a href="#">2150.102</a>	Burns Park, Art Room	Wednesday No class 9/25, 10/23	4:10pm to 5:10pm	9/18 - 10/30	\$95*
	<a href="#">2150.103</a>	Dicken, Media Center	Thursdays	4:10pm to 5:10pm	9/19 - 10/17	\$95*
	<a href="#">2150.104</a>	King, Media Center	Thursdays	4:10pm to 5:10pm	9/19 - 10/17	\$95*
	<a href="#">2150.105</a>	Lawton, Teachers Lounge	Wednesdays No class 9/25, 10/23	4:10pm to 5:10pm	9/18 - 10/30	\$95*
	<a href="#">2150.106</a>	Thurston, Art Room	Fridays	4:10pm to 5:10pm	9/20 - 10/18	\$95*
	<a href="#">2150.107</a>	Wines, Room 113	Mondays	4:10pm to 5:10pm	9/16 - 10/14	\$95*

**Grades K-5th. LATE FALL.** Boost visual foundational skills! Young artists will personify and transform a koala bear into an animated seasoned tourist. A unique video game still life will be rendered, showing off its accessories. We'll draw a holiday-inspired detailed nutcracker rendering. A surprisingly silly cartoon awaits everyone's creative cravings. Learning to draw is empowering! Instructors: Young Rembrandts: Foundation of Creative Vision staff. **Mondays, Tuesdays, Wednesdays, Thursdays or Fridays - 5 classes.**

Late Fall	ID#	LOCATION	DAYS	TIME	DATES	FEE*
	<a href="#">2150.111</a>	AA Open, Art Room	Tuesdays No class 11/5, 11/26	3:30pm to 4:30pm	10/29 - 12/10	\$95*
	<a href="#">2150.112</a>	Burns Park, Art Room	Wednesdays No class 11/27	4:10pm to 5:10pm	11/13 - 12/18	\$95*
	<a href="#">2150.113</a>	Dicken, Media Center	Thursdays - No class 11/28	4:10pm to 5:10pm	11/7 - 12/12	\$95*
	<a href="#">2150.114</a>	King, Media Center	Thursdays - No class 11/28	4:10pm to 5:10pm	11/7 - 12/12	\$95*
	<a href="#">2150.115</a>	Lawton, Teachers Lounge	Wednesdays No class 11/27	4:10pm to 5:10pm	11/13 - 12/18	\$95*
	<a href="#">2150.116</a>	Thurston, Art Room	Fridays - No class 11/29	4:10pm to 5:10pm	11/1 - 12/6	\$95*
	<a href="#">2150.117</a>	Wines, Room 113	Mondays	4:10pm to 5:10pm	10/28 - 11/25	\$95*



## 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 Kauchek.

**Tuesdays - 4 classes.**

**ID# 2113.101** 9/24 - 10/15 4:10pm to 5:10pm  
Fee: \$69\* Tuesdays Lakewood, Art Room

**ID# 2113.102** 11/19 - 12/17 4:10pm to 5:10pm  
Fee: \$69\* Tuesdays Lakewood, Art Room  
No class 11/26

## 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 Matisse'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** 9/23 - 10/28 4:10pm to 5:10pm  
Fee: \$89\* Mondays Carpenter, Art Room

## 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.**

**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

ID#	LOCATION	DAYS	TIME	DATES	FEE*
<a href="#">2145.101</a>	AA Open, Art Room	Mondays	3:30pm to 4:30pm	9/23 - 11/11	\$115*
<a href="#">2145.102</a>	A2 STEAM, Art Room	Fridays	3:30pm to 4:30pm	9/27 - 11/15	\$115*
<a href="#">2145.103</a>	Abbot, Art Room	Tuesdays - No class 11/5	4:10pm to 5:10pm	9/24 - 11/19	\$115*
<a href="#">2145.104</a>	Allen, Art Room	Fridays	4:10pm to 5:10pm	9/27 - 11/15	\$115*
<a href="#">2145.105</a>	Angell, Art Room	Mondays	4:10pm to 5:10pm	9/23 - 11/11	\$115*
<a href="#">2145.106</a>	Bach, Art Room	Mondays	4:10pm to 5:10pm	9/23 - 11/11	\$115*
<a href="#">2145.107</a>	Bryant, Art Room	Tuesdays - No class 11/5	4:10pm to 5:10pm	9/24 - 11/19	\$115*
<a href="#">2145.108</a>	Burns Park, Art Room	Thursdays - No class 10/31	4:10pm to 5:10pm	9/26 - 11/21	\$115*
<a href="#">2145.109</a>	Dicken, Art Room	Wed - No class 9/25, 10/23	4:10pm to 5:10pm	9/18 - 11/20	\$115*
<a href="#">2145.110</a>	Eberwhite, Art Room	Thursdays - No class 10/31	4:10pm to 5:10pm	9/26 - 11/21	\$115*
<a href="#">2145.111</a>	Haisley, Art Room	Fridays	4:10pm to 5:10pm	9/27 - 11/15	\$115*
<a href="#">2145.112</a>	Lakewood, Art Room	Wed - No class 9/25, 10/23	4:10pm to 5:10pm	9/18 - 11/20	\$115*
<a href="#">2145.113</a>	Logan, Art Room	Thursdays - No class 10/31	4:10pm to 5:10pm	9/26 - 11/21	\$115*
<a href="#">2145.114</a>	Pattengill, Art Room	Wed - No class 9/25, 10/23	4:10pm to 5:10pm	9/18 - 11/20	\$115*
<a href="#">2145.115</a>	Pittsfield, Art Room	Tuesdays - No class 11/5	4:10pm to 5:10pm	9/24 - 11/19	\$115*



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.**

ID#	GRADES	LOCATION	DAYS	TIME	DATES	FEE*
-----	--------	----------	------	------	-------	------

### Spanish

<a href="#">1401.101</a>	K-4	A2 STEAM, Media Center	Mondays	3:30pm to 4:30pm	9/23 - 11/25	\$149*
<a href="#">1401.102</a>	K-4	Angell, Room 123	Thu - No class 10/31, 11/28	4:10pm to 5:10pm	9/26 - 12/12	\$149*
<a href="#">1401.103</a>	K-4	Bach, Media Center	Fridays - No class 11/29	4:10pm to 5:10pm	9/27 - 12/6	\$149*
<a href="#">1401.104</a>	K-4	Eberwhite, Media Center	Tuesdays - No class 11/5, 11/26	4:10pm to 5:10pm	9/24 - 12/10	\$149*
<a href="#">1401.105</a>	K-4	Haisley, Media Center	Mondays	4:10pm to 5:10pm	9/23 - 11/25	\$149*
<a href="#">1401.106</a>	K-4	King, Room 116	Wed - No class 9/25, 10/23, 11/27	4:10pm to 5:10pm	9/18 - 12/11	\$149*
<a href="#">1401.107</a>	K-4	Thurston, Media Center	Tuesdays - No class 11/5, 11/26	4:10pm to 5:10pm	9/24 - 12/10	\$149*
<a href="#">1401.108</a>	K-4	Wines, Room 113	Wed - No class 9/25, 10/23, 11/27	4:10pm to 5:10pm	9/18 - 12/11	\$149*

### French

<a href="#">1403.101</a>	K-5	AA Open, Media Center	Fridays - No class 11/29	3:30pm to 4:30pm	9/27 - 12/6	\$149*
<a href="#">1403.102</a>	K-5	Angell, Room 123	Tuesdays - No class 11/5, 11/26	4:10pm to 5:10pm	9/24 - 12/10	\$149*
<a href="#">1403.103</a>	K-5	Burns Park, Music Room	Wed - No class 9/25, 10/23, 11/27	4:10pm to 5:10pm	9/18 - 12/11	\$149*

Scholarship recipients \$30

## Chinese Language

**Grades K-5th.** Students learn Chinese language and culture through games, songs, rhymes, character writing and daily conversation based on a highly interactive curriculum. From greetings to school life, time, weather, hobbies, transportation and travel, students head off on an awesome Chinese language learning journey. Continuing students further develop their language and communication skills with new materials. Instructor: Alice Chang. **Tuesdays or Wednesdays - 8 or 10 classes.**

<b>ID# 1408.101</b>	9/17 - 12/3	4:10pm to 5:10pm	<b>ID# 1408.102</b>	9/18 - 11/20	4:10pm to 5:10pm
Fee: \$149*	Tuesdays	Bach, Media Center	Fee: \$119*	Wednesdays	Eberwhite, Room 111
	No class 11/5, 11/26			No Class 9/25, 10/23	

## 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.**

ID#	LOCATION	DAYS	TIME	DATES	FEE*
<a href="#">1458.101</a>	A2 STEAM, Media Center	Fridays - No class 11/29	3:30pm to 4:30pm	9/27 - 12/6	\$149*
<a href="#">1458.102</a>	Angell, Room 123	Wed - No class 9/25, 10/23, 11/27	4:10pm to 5:10pm	9/18 - 12/11	\$149*
<a href="#">1458.103</a>	Burns Park, Media Center	Thu - No class 10/31, 11/28	4:10pm to 5:10pm	9/26 - 12/12	\$149*
<a href="#">1458.104</a>	Lawton, Media Center	Thu - No class 10/31, 11/28	4:10pm to 5:10pm	9/26 - 12/12	\$149*
<a href="#">1458.105</a>	Logan, Media Center	Tuesdays - No class 11/5, 11/26	4:10pm to 5:10pm	9/24 - 12/10	\$149*
<a href="#">1458.106</a>	Thurston, Media Center	Mondays	4:10pm to 5:10pm	9/23 - 11/25	\$149*

# Youth Dance

734-994-2300, ext. 53234



## 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.**

<a href="#">ID# 2273.101</a>	9/14 - 12/7	12:45pm to 1:30pm
Fee: \$149	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.**

<a href="#">ID# 2223.101</a>	9/14 - 12/7	1:40pm to 2:35pm
Fee: \$149	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.

**Mondays or Wednesdays - 6 classes.**

<a href="#">ID# 2181.101</a>	9/23 - 11/4	6:00pm to 7:00pm
Fee: \$125	Mondays	Clague, Upper Gym
	No class 10/14	

<a href="#">ID# 2181.102</a>	9/18 - 11/6	6:00pm to 7:00pm
Fee: \$125	Wednesdays	Tappan, Rec Room
	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.

**Mondays, Tuesdays or Wednesdays - 6 classes.**

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

<a href="#">ID# 2151.102</a>	9/24 - 10/29	4:05pm to 5:05pm
Fee: \$125*	Tuesdays	King, Room 100

<a href="#">ID# 2151.103</a>	9/23 - 11/4	4:05pm to 5:05pm
Fee: \$125*	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.

**Mondays, Wednesdays or Thursdays - 9 classes.**

<a href="#">ID# 2253.101</a>	9/19 - 11/21	3:30pm to 4:15pm
Fee: \$109*	Thursdays	A2 STEAM, MPR Stage
	No class 10/31	

<a href="#">ID# 2253.102</a>	9/18 - 12/4	4:10pm to 4:55pm
Fee: \$109*	Wednesdays	Abbot, Gym
	No class 9/25, 10/23	

<a href="#">ID# 2253.103</a>	9/16 - 11/11	4:10pm to 4:55pm
Fee: \$109*	Mondays	Bach, Gym

<a href="#">ID# 2253.104</a>	9/18 - 12/4	6:00pm to 6:45pm
Fee: \$109	Wednesdays	CAB, Room D
	No class 9/25, 10/23	



# Youth Enrichment

734-994-2300, ext. 53234

## 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.**

<b>ID# 1451.101</b>	9/17 - 10/15	4:10pm to 5:45pm
Fee: \$69*	Tuesdays	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.**

<b>ID# 1453.101</b>	10/29 - 12/17	4:10pm to 5:45pm
Fee: \$95*	Tuesdays	King, Media Center
	No class 11/5, 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

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

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

<b>ID# 2337.103</b>	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, ukulele 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.**

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

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

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

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

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



Registration begins August 14, 2019 **FALL 2019**

## 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/Ucycle
- Mystery WILD Challenge

**ID# 2335.101**

Fee: \$159\*

9/23 - 10/28

Mondays

3:30pm to 4:30pm

A2 STEAM, Room 102

**ID# 2335.102**

Fee: \$159\*

9/18 - 11/6

Wednesdays

4:10pm to 5:10pm

Angell, Art Room

No class 9/25, 10/23

**ID# 2335.103**

Fee: \$159\*

9/24 - 10/29

Tuesdays

4:10pm to 5:10pm

Dicken, Art Room

**ID# 2335.104**

Fee: \$159\*

9/26 - 11/7

Thursdays

4:10pm to 5:10pm

Pittsfield, Art Room

No class 10/31

**ID# 2335.105**

Fee: \$159\*

9/27 - 11/1

Fridays

4:10pm to 5:10pm

Wines, Art Room

## 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

ID#	LOCATION	DAYS	DATES	FEE*
<a href="#">1315.101</a>	Allen, Art Room	Thursdays	9/26 - 11/7 No class 10/31	\$169*
<a href="#">1315.102</a>	Bach, Art Room	Thursdays	9/26 - 11/7 No class 10/31	\$169*
<a href="#">1315.103</a>	Eberwhite, Media Center	Fridays	9/27 - 11/1	\$169*
<a href="#">1315.104</a>	Haisley, Art Room	Wednesdays	9/18 - 11/6 No class 9/25, 10/23	\$169*
<a href="#">1315.105</a>	King, Art Room	Mondays	9/23 - 10/28	\$169*
<a href="#">1315.106</a>	Lakewood, Media Center	Mondays	9/23 - 10/28	\$169*
<a href="#">1315.107</a>	Lawton, Teachers Lounge	Tuesdays	9/24 - 10/29	\$169*
<a href="#">1315.108</a>	Logan, Teachers Lounge	Tuesdays	9/24 - 10/29	\$169*
<a href="#">1315.109</a>	Mitchell, Art Room	Fridays	9/27 - 11/1	\$169*
<a href="#">1315.110</a>	Thurston, Art Room	Wednesdays	9/18 - 11/6 No class 9/25, 10/23	\$169*

# Youth Science & Technology

734-994-2300,  
ext. 53234

## 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.**



### 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.

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

ID#	LOCATION	DAYS	DATES	FEE*
<a href="#">1315.111</a>	Allen, Art Room	Thursdays	11/21 - 1/16 No class 11/28, 12/26, 1/2	\$169*
<a href="#">1315.112</a>	Bach, Art Room	Thursdays	11/21 - 1/16 No class 11/28, 12/26, 1/2	\$169*
<a href="#">1315.113</a>	Eberwhite, Media Center	Fridays	11/15 - 1/10 No class 11/29, 12/27, 1/3	\$169*
<a href="#">1315.114</a>	Haisley, Art Room	Wednesdays	11/20 - 1/15 No class 11/27, 12/25, 1/1	\$169*
<a href="#">1315.115</a>	King, Art Room	Mondays	11/11 - 12/16	\$169*
<a href="#">1315.116</a>	Lakewood, Media Center	Mondays	11/11 - 12/16	\$169*
<a href="#">1315.117</a>	Lawton, Teachers Lounge	Tuesdays	11/12 - 1/7 No class 11/26, 12/24, 12/31	\$169*
<a href="#">1315.118</a>	Logan, Teachers Lounge	Tuesdays	11/12 - 1/7 No class 11/26, 12/24, 12/31	\$169*
<a href="#">1315.119</a>	Mitchell, Art Room	Fridays	11/15 - 1/10 No class 11/29, 12/27, 1/3	\$169*
<a href="#">1315.120</a>	Thurston, Art Room	Wednesdays	11/20 - 1/15 No class 11/27, 12/25, 1/1	\$169*



Registration begins August 14, 2019 FALL 2019





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.



## 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. Ooohh 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\* Fridays Burns Park, Art Room

**ID# 1395.102** 9/24 - 11/12 4:10pm to 5:15pm  
Fee: \$185\* Tuesdays Pattengill, Art Room  
No class 11/5

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  
No class 12/27, 1/3

**ID# 1395.112** 12/3 - 1/21 4:10pm to 5:15pm  
Fee: \$169\* Tuesdays Pattengill, Art Room  
No class 12/24, 12/31

Scholarship recipients \$30



## 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](http://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.

### 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 understand 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).

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.

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE/AFTER 9/24
<a href="#">1317.101</a>	Int/Adv	King, MPR	Tue	10/1 - 11/12	7:55am to 8:55am	\$105/\$115
<a href="#">1317.102</a>	Beg/Int	Bach, MC	Wed	10/2 - 11/13	7:55am to 8:55am	\$105/\$115

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

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE/AFTER 9/24
<a href="#">1317.103</a>	Beg/Int	Eberwhite, Art Room	Mon	10/7 - 11/11	4:05pm to 5:05pm	\$105/\$115*
<a href="#">1317.104</a>	Beg/Int	A2 STEAM, MC	Tue	10/1 - 11/12	3:30pm to 4:30pm	\$105/\$115 *
<a href="#">1317.105</a>	Beg/Int	Lawton, MC	Fri	10/4 - 11/8	4:05pm to 5:05pm	\$105/\$115 *
ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE/AFTER 9/24
<a href="#">1317.106</a>	Beg/Int	Thurston, MPR	Tue	10/1 - 11/12	5:15pm to 6:15pm	\$105/\$115
<a href="#">1317.107</a>	Adv	Thurston, MPR	Tue	10/1 - 11/12	6:30pm to 7:45pm	\$105/\$115
<a href="#">1317.108</a>	Beg/Int	King, Modular	Wed	10/2 - 11/13	5:00pm to 6:00pm	\$105/\$115
<a href="#">1317.109</a>	Int/Adv	Lawton, MC	Fri	10/4 - 11/8	5:15pm to 6:30pm	\$105/\$115

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

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE
<a href="#">1317.111</a>	Int/Adv	King, MPR	Tues	12/3 - 2/4	7:55am to 8:55am	\$115
<a href="#">1317.112</a>	Beg/Int	Bach, MC	Wed	11/20 - 1/29	7:55am to 8:55am	\$115

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

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE*
<a href="#">1317.113</a>	Beg/Int	Eberwhite, Art Room	Mon	11/18 - 1/27	4:05pm to 5:05pm	\$115*
<a href="#">1317.114</a>	Beg/Int	A2 STEAM, MC	Tue	12/3 - 2/4	3:30pm to 4:30pm	\$115*
<a href="#">1317.115</a>	Beg/Int	Lawton, MC	Fri	11/15 - 1/24	4:05pm to 5:05pm	\$115*
ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE
<a href="#">1317.116</a>	Beg/Int	Thurston, MPR	Tue	12/3 - 2/4	5:15pm to 6:15pm	\$115
<a href="#">1317.117</a>	Adv	Thurston, MPR	Tue	12/3 - 2/4	6:30pm to 7:45pm	\$115
<a href="#">1317.118</a>	Beg/Int	King, Modular	Wed	11/20 - 1/29	5:00pm to 6:00pm	\$115
<a href="#">1317.119</a>	Int/Adv	Lawton, MC	Fri	11/15 - 1/24	5:15pm to 6:30pm	\$115

# Youth Chess

734-994-2300, ext. 53234

FALL 2019 Registration begins August 14, 2019

## 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.**



**Beginning/Intermediate:** Chess rules and basic tactics are reviewed. Students then delve deeper into more advanced tactics, short and long range strategies, and preparation for tournament play.

**Intermediate/Advanced:** Experienced students explore tactical play, short and long-term planning, mating patterns, and game analysis. Students learn tournament play using USCF rules.

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

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE
<a href="#"><u>1321.101</u></a>	Beg/Int	Carpenter, MC	Thu	9/26 - 11/7	7:55am to 8:55am	\$115
<a href="#"><u>1321.102</u></a>	Beg/Int	Mitchell, MC	Wed	9/18 - 11/6	7:55am to 8:55am	\$115

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

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE*
<a href="#"><u>1321.103</u></a>	Beg/Int	AA Open, Art Room	Wed	9/18 - 11/6	3:30pm to 4:30pm	\$115*
<a href="#"><u>1321.104</u></a>	Beg/Int	Abbot, Art Room	Mon	9/23 - 10/28	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.105</u></a>	Beg/Int	Angell, MC	Thu	9/26 - 11/7	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.106</u></a>	Int/Adv	Angell, Art Room	Fri	9/27 - 11/1	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.107</u></a>	Beg/Int	Bryant, MC	Mon	9/23 - 10/28	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.108</u></a>	Beg/Int	Dicken, MC	Tue	9/24 - 10/29	4:10pm to 5:10pm	\$115*



### Late Fall Before School 6 classes. No class 11/26 - 11/29, 12/23 - 1/3.

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE
<a href="#"><u>1321.111</u></a>	Beg/Int	Carpenter, MC	Thu	11/14 - 1/9	7:55am to 8:55am	\$115
<a href="#"><u>1321.112</u></a>	Beg/Int	Mitchell, MC	Wed	11/13 - 1/8	7:55am to 8:55am	\$115

### Late Fall After School 6 classes. No class 11/26 - 11/29, 12/23 - 1/3.

ID#	LEVEL	LOCATION	DAYS	DATES	TIME	FEE*
<a href="#"><u>1321.113</u></a>	Beg/Int	AA Open, Art Room	Wed	11/13 - 1/8	3:30pm to 4:30pm	\$115*
<a href="#"><u>1321.114</u></a>	Beg/Int	Abbot, Art Room	Mon	11/4 - 12/9	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.115</u></a>	Beg/Int	Angell, MC	Thu	11/14 - 1/9	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.116</u></a>	Int/Adv	Angell, Art Room	Fri	11/8 - 12/20	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.117</u></a>	Beg/Int	Bryant, MC	Mon	11/4 - 12/9	4:10pm to 5:10pm	\$115*
<a href="#"><u>1321.118</u></a>	Beg/Int	Dicken, MC	Tue	11/12 - 1/7	4:10pm to 5:10pm	\$115*



## 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.

ID#	LOCATION	DAYS	DATES	TIME	FEE*
<a href="#">1331.101</a>	Allen, MC	Tue	9/24 - 10/29	4:10pm to 5:10pm	\$109*
<a href="#">1331.102</a>	Burns Park, MC	Mon	9/23 - 10/28	4:10pm to 5:10pm	\$109*
<a href="#">1331.103</a>	Wines, Art Room	Wed	9/18 - 11/6	4:10pm to 5:10pm	\$109*

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

ID#	LOCATION	DAYS	DATES	TIME	FEE*
<a href="#">1331.111</a>	Allen, MC	Tue	11/12 - 1/7	4:10pm to 5:10pm	\$109*
<a href="#">1331.112</a>	Burns Park, MC	Mon	11/4 - 12/9	4:10pm to 5:10pm	\$109*
<a href="#">1331.113</a>	Wines, Art Room	Wed	11/13 - 1/8	4:10pm to 5:10pm	\$109*

**Beginning/Intermediate:** Students with no or some experience in chess are welcome to join. They learn basic opening and ending strategies and further learn how to use forks and pins. Instructor: Mr. Grek Powers from G-Powers.



# Youth Chess

734-994-2300, ext. 53234

## 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.**

<a href="#">ID# 3312.101</a>	9/23 - 10/28	6:45pm to 7:30pm
Fee: \$59	Mondays	Logan, Gym
<a href="#">ID# 3312.102</a>	10/3 - 11/14	7:00pm to 7:45pm
Fee: \$59	Thursdays - No class 10/31	PKSA Dojang
<a href="#">ID# 3312.103</a>	9/27 - 11/1	7:00pm to 7:45pm
Fee: \$59	Fridays	PKSA Dojang

### 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.**

<a href="#">ID# 3313.101</a>	9/23 - 10/28	6:00pm to 6:30pm
Fee: \$59	Mondays	Logan, Gym
<a href="#">ID# 3313.102</a>	9/27 - 11/1	6:15pm to 6:45pm
Fee: \$59	Fridays	PKSA Dojang

### 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.**

<a href="#">ID# 3319.101</a>	Thursdays, 9/26 - 12/12
Fee: \$59	6:45pm to 7:30pm
	Abbot, MPR

### 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.**

<a href="#">ID# 3311.101</a>	Mondays, 9/16 - 11/18
Fee: \$115	6:00pm to 6:45pm
	Scarlett, Upper Gym

FALL 2019 Registration begins August 14, 2019

## 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.**

ID#	LOCATION	DAYS	DATES	TIME	INSTRUCTOR	FEE*
<a href="#">3715.101</a>	A2 Open, Auditorium	Thu	10/3 - 12/5 No class 10/31, 11/28	3:30pm to 4:30pm	Victoria Khalsa	\$85*
<a href="#">3715.102</a>	A2 Steam, Music Room	Tue	10/1 - 12/3 No class 11/5, 11/26	3:30pm to 4:30pm	Sara Addington	\$85*
<a href="#">3715.103</a>	Allen, Gym	Fri	10/4 - 12/13 No class 10/18, 11/8, 11/29	4:10pm to 5:00pm	Carl Gunderson	\$85*
<a href="#">3715.104</a>	Bach, Gym	Tue	10/1 - 12/3 No class 11/5, 11/26	4:10pm to 5:00pm	Victoria Khalsa	\$85*
<a href="#">3715.105</a>	Burns Park, Music Room	Fri	10/4 - 11/22	4:10pm to 5:00pm	Victoria Khalsa	\$85*
<a href="#">3715.106</a>	King, Room 100	Fri	10/4 - 11/22	4:10pm to 5:00pm	Pradeepa Iswarya	\$85*
<a href="#">3715.107</a>	Thurston, Gym	Tue	10/1 - 12/3 No class 11/5, 11/26	4:10pm to 5:00pm	JT Quon	\$85*



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 Instructional Sports

734-994-2300,  
ext. 53226

### 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.**



ID#	LOCATION	GRADES	DAYS	DATES	TIME	FEE*
<a href="#">3409.101</a>	Allen	Y5-2	Mondays	9/30 - 11/4	4:10pm to 5:10pm	\$79*
<a href="#">3409.102</a>	Mitchell	Y5-2	Tuesdays	10/1 - 11/12 - No class 11/5	4:10pm to 5:10pm	\$79*
<a href="#">3409.103</a>	Pattengill	3-5	Tuesdays	10/1 - 11/12 - No class 11/5	4:10pm to 5:10pm	\$79*
<a href="#">3409.104</a>	Angell	Y5-2	Thursdays	10/3 - 11/14 - No class 10/31	4:10pm to 5:10pm	\$79*
<a href="#">3409.105</a>	Lakewood	Y5-2	Thursdays	10/3 - 11/14 - No class 10/31	4:10pm to 5:10pm	\$79*
<a href="#">3409.106</a>	Eberwhite	Y5-2	Fridays	10/4 - 11/8	4:10pm to 5:10pm	\$79*
<a href="#">3409.107</a>	Lawton	Y5-2	Tuesdays	10/1 - 11/12 - No class 11/5	4:10pm to 5:10pm	\$79*

# Youth Instructional Sports

**734-994-2300,  
ext. 53226**

## 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.

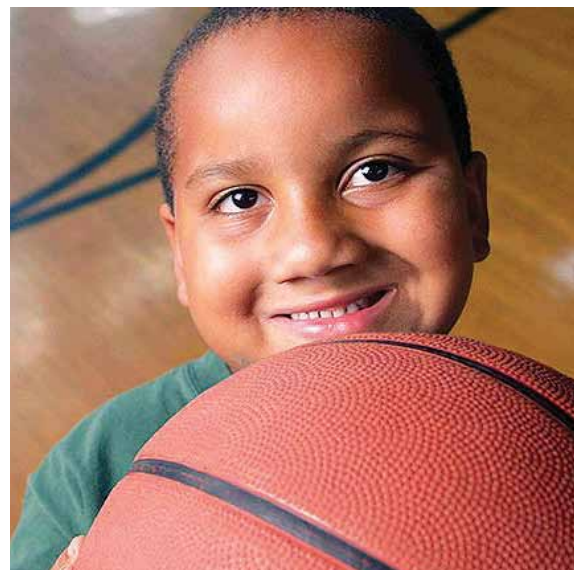
**Mondays, Tuesdays, Thursdays or Fridays - 6 classes.**

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

## 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.**

ID#	DAYS	DATES	TIME	FEE
<a href="#">3428.101</a>	Saturdays	9/28 - 10/19	6:00pm to 7:00pm	\$159
<a href="#">3428.102</a>	Saturdays	9/28 - 10/19	7:00pm to 8:00pm	\$159
<a href="#">3428.103</a>	Sundays	9/29 - 10/20	Noon to 1:00pm	\$159
<a href="#">3428.104</a>	Sundays	9/29 - 10/20	1:00pm to 2:00pm	\$159
<a href="#">3428.105</a>	Saturdays	10/26 - 11/16	6:00pm to 7:00pm	\$159
<a href="#">3428.106</a>	Saturdays	10/26 - 11/16	7:00pm to 8:00pm	\$159
<a href="#">3428.107</a>	Sundays	10/27 - 11/17	Noon to 1:00pm	\$159
<a href="#">3428.108</a>	Sundays	10/27 - 11/17	1:00pm to 2:00pm	\$159



## 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.**

ID#	GRADES	DAYS	DATES	TIME	FEE
<a href="#">3438.101</a>	2-5	Saturdays	9/28 - 10/19	5:00pm to 6:00pm	\$145
<a href="#">3438.102</a>	6-8	Sundays	9/29 - 10/20	2:00pm to 3:00pm	\$145
<a href="#">3438.103</a>	2-5	Saturdays	10/26 - 11/16	5:00pm to 6:00pm	\$145
<a href="#">3438.104</a>	6-8	Sundays	10/27 - 11/17	2:00pm to 3:00pm	\$145

**Registration begins August 14, 2019 FALL 2019**



## 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



## 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



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 \$10 non-refundable late registration fee will be added to the cost of all classes with this symbol ★ after the fee.



## 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

## 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](http://www.netgeneration.com)). For more information about our USTA accredited youth tennis program, visit our website: [a2schools.org/recedtennis](http://a2schools.org/recedtennis).



**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.

ID#	Level	Location	Day	Time	Dates	Fee
<b>3603.171</b>	<b>NEW!</b> RED Ages 4-5	Tappan	Sundays	1:10pm to 2:00pm	9/8 - 10/6	\$69 - 5 classes
<b>3603.172</b>	RED Ages 6-7	Tappan	Sundays	2:00pm to 2:50pm	9/8 - 10/6	\$69 - 5 classes
<b>3603.121</b>	RED Ages 5-7	Clague	Tuesdays	5:10pm to 6:00pm	9/10 - 10/8	\$69 - 5 classes



**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.

ID#	Level	Activity	Location	Day	Time	Dates	Fee
<b>3601.171</b>	ORANGE 1	Practice Challenge	Tappan Huron HS	Sundays Saturday	3:00pm to 4:15pm 12:15pm to 1:30pm	9/8 - 10/6 10/5	\$105 - 5 classes 1 challenge
<b>3601.172</b>	ORANGE 2	Practice Challenge	Tappan Huron HS	Sundays Saturday	4:15pm to 5:30pm 12:15pm to 1:30pm	9/8 - 10/6 10/5	\$105 - 5 classes 1 challenge
<b>3601.121</b>	ORANGE 1	Practice Challenge	Clague Huron HS	Tuesdays Saturday	6:00pm to 7:15pm 12:15pm to 1:30pm	9/10 - 10/8 10/5	\$105 - 5 classes 1 challenge



**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.

ID#	Level	Activity	Location	Day	Time	Dates	Fee
<b>3609.151</b>	Green	Practice Challenge	Tappan Huron HS	Fridays Saturday	4:30pm to 6:00pm 1:30pm to 3:00pm	9/6 - 10/4	\$115 - 5 classes 1 challenge

## 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.

<b>ID# 3607.131</b>	9/11 - 10/9	4:30pm to 6:00pm
Fee: \$115	Wednesdays	Tappan: Practice
	10/5	1:30pm to 3:00pm
	Saturday	Huron HS: Challenge

## 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. On two Sundays, JTT players will enjoy match play.

<b>ID# 3608.151</b>	9/6 - 10/4	6:00pm to 7:30pm
Fee: \$135	Fridays	Tappan: Practice
	9/29 & 10/6	3:00pm to 4:30pm
	Sunday	Pioneer: Challenge

# Youth After School Classes At-A-Glance

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.

## AA OPEN

Day	Dates	Grades	Class	Pg
M	9/23 - 11/11	Y5 - 5	<u>Journey Through Time With Art</u>	44
T	9/17 - 10/15, 10/29 - 12/10	K - 5	<u>The Power of Drawing</u>	43
TH	10/3 - 12/5	Y5 - 5	<u>Kid Yoga</u>	54
F	9/27 - 12/6	K - 4	<u>French</u>	45

## A2 STEAM

Day	Dates	Grades	Class	Pg
M	9/23 - 11/25	K - 4	<u>Spanish</u>	45
M	9/23 - 10/28	K - 5	<b>NEW!</b> <u>Into The Wild</u>	48
T	10/1 - 12/3	Y5 - 5	<u>Kid Yoga</u>	54
W	9/18 - 11/6	1 - 3	<u>Little Bands</u>	47
TH	9/19 - 11/21	K - 5	<u>Break Dance</u>	46
F	9/27 - 12/6	K - 5	<u>Chinese Language &amp; Culture</u>	45
F	9/27 - 11/15	Y5 - 5	<u>Journey Through Time With Art</u>	44

## ABBOT

Day	Dates	Grades	Class	Pg
T	9/24 - 11/19	Y5 - 5	<u>Journey Through Time With Art</u>	44
W	9/18 - 12/4	K - 5	<u>Break Dance</u>	46
W	11/20 - 1/15	K - 2	<u>G-Powers Little Hoopers</u>	55

## ALLEN

Day	Dates	Grades	Class	Pg
M	9/23 - 10/28	1 - 3	<u>Little Bands</u>	47
M	9/30 - 11/4	Y5 - 2	<u>G-Powers After School Soccer</u>	54
W	9/18 - 12/11	2 - 5	<u>Build A Play</u>	42
TH	9/26 - 11/7	3 - 5	<u>Nutty Robotics</u>	48
TH	11/21 - 1/16	Y5 - 2	<u>Nutty Robotics Junior</u>	49
F	9/27 - 11/15	Y5 - 5	<u>Journey Through Time With Art</u>	44
F	10/4 - 12/13	Y5 - 5	<u>Kid Yoga</u>	54

## ANGELL

Day	Dates	Grades	Class	Pg
M	9/23 - 11/11	Y5 - 5	<u>Journey Through Time With Art</u>	44
T	9/24 - 12/10	K - 4	<u>French</u>	45
W	9/18 - 11/6	K - 5	<b>NEW!</b> <u>Into The Wild</u>	48
W	9/18 - 11/6	K - 5	<u>Just Dance!</u>	46
W	9/18 - 12/11	K - 5	<u>Chinese Language &amp; Culture</u>	45
TH	9/26 - 12/12	K - 4	<u>Spanish</u>	45
TH	10/3 - 11/7	Y5 - 2	<u>G-Powers After School Soccer</u>	54

## BACH

Day	Dates	Grades	Class	Pg
M	9/23 - 11/11	Y5 - 5	<u>Journey Through Time With Art</u>	44
M	9/16 - 11/11	K - 5	<u>Break Dance</u>	46
T	9/17 - 12/3	K - 5	<u>Chinese</u>	45
T	10/1 - 12/3	Y5 - 5	<u>Kid Yoga</u>	54
T	9/17 - 11/12	K - 2	<b>NEW!</b> <u>Champion Force After School Cheer</u>	56
TH	9/26 - 11/7	3 - 5	<u>Nutty Robotics</u>	48
TH	11/21 - 1/6	Y5 - 2	<u>Nutty Robotics Junior</u>	49
TH	9/19 - 11/7	3 - 5	<b>NEW!</b> <u>Champion Force After School Cheer</u>	56
F	9/27 - 12/6	K - 4	<u>Spanish</u>	45
F	9/27 - 11/1	K - 2	<u>G-Powers Little Hoopers</u>	55

## BRYANT

Day	Dates	Grades	Class	Pg
T	9/24 - 11/19	Y5 - 5	<u>Journey Through Time With Art</u>	44

## BURNS PARK

Day	Dates	Grades	Class	Pg
T	9/24 - 10/29	1 - 3	<u>Little Bands</u>	47
W	9/18 - 10/30, 11/13 - 12/18	K - 5	<u>The Power of Drawing</u>	43
W	9/18 - 12/11	K - 4	<u>French</u>	45
TH	9/26 - 11/21	Y5 - 5	<u>Journey Through Time With Art</u>	44
TH	9/26 - 12/12	K - 5	<u>Chinese Language &amp; Culture</u>	45
F	9/27 - 11/8	1 - 5	<b>NEW!</b> <u>Crazy Chemistry</u>	50
F	12/6 - 1/24	1 - 5	<b>NEW!</b> <u>Freaky Fun Physics</u>	50
F	10/4 - 11/22	Y5 - 5	<u>Kid Yoga</u>	54

## CARPENTER

Day	Dates	Grades	Class	Pg
M	9/23 - 10/28	Y5 - 5	<u>Exploring Great Artists</u>	44

## DICKEN

Day	Dates	Grades	Class	Pg
T	9/24 - 10/29	K - 5	<b>NEW!</b> <u>Into The Wild</u>	48
W	9/18 - 11/20	Y5 - 5	<u>Journey Through Time With Art</u>	44
TH	9/19 - 10/17, 11/7 - 12/12	K - 5	<u>The Power of Drawing</u>	43
TH	10/3 - 11/7	K - 2	<u>G-Powers Little Hoopers</u>	55

## EBERWHITE

Day	Dates	Grades	Class	Pg
M	9/16 - 11/4	K - 5	<u>Kids In The Woods</u>	47
T	9/24 - 12/10	K - 4	<u>Spanish</u>	45
W	9/18 - 11/20	K - 5	<u>Chinese</u>	45
TH	9/26 - 11/21	Y5 - 5	<u>Journey Through Time With Art</u>	44
F	9/27 - 11/1	3 - 5	<u>Nutty Robotics</u>	48
F	11/15 - 1/10	Y5 - 2	<u>Nutty Robotics Junior</u>	49
F	10/4 - 11/8	Y5 - 2	<u>G-Powers After School Soccer</u>	54



# Youth After School Classes At-A-Glance

## HAISLEY

Day	Dates	Grades	Class	Pg
M	9/23 - 11/25	K - 4	<u>Spanish</u>	45
M	11/18 - 1/6	K - 2	<u>G-Powers Little Hoopers</u>	55
W	9/18 - 11/6	3 - 5	<u>Nutty Robotics</u>	48
W	11/20 - 1/15	Y5 - 2	<u>Nutty Robotics Junior</u>	49
F	9/27 - 11/15	Y5 - 5	<u>Journey Through Time With Art</u>	44

## KING

Day	Dates	Grades	Class	Pg
M	9/23 - 10/28	3 - 5	<u>Nutty Robotics</u>	48
M	11/11 - 12/16	Y5 - 2	<u>Nutty Robotics Junior</u>	49
T	9/24 - 10/29	K - 5	<u>Just Dance!</u>	46
T	9/17 - 10/15	4 - 5	<b>NEW!</b> <u>Writing: Graphic Novels &amp; Comics</u>	47
T	10/29 - 12/17	4 - 5	<b>NEW!</b> <u>Game Strategy</u>	47
W	9/18 - 12/11	K - 4	<u>Spanish</u>	45
TH	9/19 - 10/17 11/7 - 12/12	K - 5	<u>The Power of Drawing</u>	43
F	10/4 - 11/22	Y5 - 5	<u>Kid Yoga</u>	54

## LAKEWOOD

Day	Dates	Grades	Class	Pg
M	9/23 - 10/28	3 - 5	<u>Nutty Robotics</u>	48
M	11/11 - 12/16	Y5 - 2	<u>Nutty Robotics Junior</u>	49
T	9/24 - 10/15	2 - 6	<u>Artful Explorers @ Lakewood</u>	44
T	11/19 - 12/17	2 - 6	<u>Artful Explorers @ Lakewood</u>	44
W	9/18 - 11/20	Y5 - 5	<u>Journey Through Time With Art</u>	44
TH	9/26 - 11/7	1 - 3	<u>Little Bands</u>	47
TH	10/3 - 11/7	Y5 - 2	<u>G-Powers After School Soccer</u>	54

## LAWTON

Day	Dates	Grades	Class	Pg
T	9/24 - 10/29	3 - 5	<u>Nutty Robotics</u>	48
T	11/12 - 1/7	Y5 - 2	<u>Nutty Robotics Junior</u>	49
T	10/1 - 11/12	Y5 - 2	<u>G-Powers After School Soccer</u>	54
W	9/18 - 10/30 11/13 - 12/18	K - 5	<u>The Power of Drawing</u>	43
TH	9/26 - 12/12	K - 5	<u>Chinese Language &amp; Culture</u>	45

## LOGAN

Day	Dates	Grades	Class	Pg
M	9/23 - 11/4	K - 5	<u>Just Dance!</u>	46
T	9/24 - 12/10	K - 5	<u>Chinese Language &amp; Culture</u>	45
T	9/24 - 10/29	3 - 5	<u>Nutty Robotics</u>	48
T	11/12 - 1/7	Y5 - 2	<u>Nutty Robotics Junior</u>	49
TH	9/26 - 11/21	Y5 - 5	<u>Journey Through Time With Art</u>	44
F	10/4 - 11/18	K - 2	<u>G-Powers Little Hoopers</u>	55

## MITCHELL

Day	Dates	Grades	Class	Pg
T	9/17 - 11/12	K - 5	<u>Kids In The Woods</u>	47
T	10/1 - 11/12	Y5 - 2	<u>G-Powers After School Soccer</u>	54
F	9/27 - 11/1	3 - 5	<u>Nutty Robotics</u>	48
F	11/15 - 1/10	Y5 - 2	<u>Nutty Robotics Junior</u>	49

## PATTENGILL

Day	Dates	Grades	Class	Pg
T	9/24 - 11/12	1 - 5	<b>NEW!</b> <u>Crazy Chemistry</u>	50
T	12/3 - 1/21	1 - 5	<b>NEW!</b> <u>Freaky Fun Physics</u>	50
T	10/1 - 11/12	3 - 5	<u>G-Powers After School Soccer</u>	54
W	9/18 - 11/20	Y5 - 5	<u>Journey Through Time With Art</u>	44

## PITTSFIELD

Day	Dates	Grades	Class	Pg
M	9/30 - 11/4	K - 2	<u>G-Powers Little Hoopers</u>	55
T	9/24 - 11/19	Y5 - 5	<u>Journey Through Time With Art</u>	44
TH	9/26 - 11/7	K - 5	<b>NEW!</b> <u>Into The Wild</u>	48

## THURSTON

Day	Dates	Grades	Class	Pg
M	9/23 - 11/25	K - 5	<u>Chinese Language &amp; Culture</u>	45
T	9/24 - 12/10	K - 4	<u>Spanish</u>	45
T	10/1 - 12/3	Y5 - 5	<u>Kid Yoga</u>	54
W	9/18 - 11/6	3 - 5	<u>Nutty Robotics</u>	48
W	11/20 - 1/15	Y5 - 2	<u>Nutty Robotics Junior</u>	49
TH	9/19 - 11/14	K - 5	<u>Kids In The Woods</u>	47
TH	10/3 - 11/14	K - 2	<u>G-Powers Little Hoopers</u>	55
F	9/20 - 10/18, 11/1 - 12/6	K - 5	<u>The Power of Drawing</u>	43
F	9/27 - 11/1	1 - 3	<u>Little Bands</u>	47

## WINES

Day	Dates	Grades	Class	Pg
M	9/16 - 10/14, 10/28 - 11/25	K - 5	<u>The Power of Drawing</u>	43
T	10/1 - 11/12	K - 2	<u>G-Powers Little Hoopers</u>	55
W	9/18 - 12/11	K - 4	<u>Spanish</u>	45
F	9/27 - 11/1	K - 5	<b>NEW!</b> <u>Into The Wild</u>	48

## 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.

# Rec & Ed 2019 FALL Registration Form

Please print and fill out Registration Form in its entirety.

## CLASS SELECTIONS

Class ID#	Class Title	Fee

Registering a child for class includes permission for that child to participate in class field trips.

## PARTICIPANT INFORMATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Birth Date \_\_\_\_\_ Gender ☐ M ☐ F Grade \_\_\_\_\_ School \_\_\_\_\_

SHIRT SIZE Child: ☐ S ☐ M ☐ L Adult: ☐ S ☐ M ☐ L ☐ XL ☐ 2XL

**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](mailto: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 \_\_\_\_\_  
Street 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) \$ \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ CW# \_\_\_\_\_

Cardholder Signature (Required) \_\_\_\_\_

1

### Make check payable to:

AAPS (Ann Arbor Public School(s)). Do not send cash.

2

### Include payment:

Credit from Rec & Ed account: \$ \_\_\_\_\_

☐ \$1 donation to the Rec & Ed Scholarship Fund

Amount Paid: \$ \_\_\_\_\_

3

### Mail entire form to:

Rec & Ed FALL 2019  
1515 S. Seventh St.  
Ann Arbor, MI 48103

# 4

## Easy Ways To Register For FALL Classes

### Online \*

Beginning  
August 14, 2019  
at [aareced.com](http://aareced.com)  
with your VISA,  
Master Card, or  
American Express.  
First Time? Setting  
up your account and  
registering  
is easy!

### In Person

Bring your registration  
and payment to the  
Rec & Ed office starting  
August 14, 2019.  
Hours: Monday - Friday,  
8:00am to 5:00pm. Or  
use the 24-hour Lobby  
Drop Box. The light  
will come on when you  
open the door.

### By Mail

Processing begins  
August 14, 2019.  
Mail your registration  
form and payment to:  
Rec & Ed  
FALL 2019  
1515 S. Seventh St.  
Ann Arbor, MI 48103

### By Phone

Call 734-994-2300, ext  
53275, Monday - Friday,  
8:00am to 5:00pm,  
starting August 14, 2019  
to register and pay by  
credit card. Due to the  
call volume, you may  
need to leave  
a message.

## 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](mailto: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](http://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](http://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

**Americans with Disabilities Act** Access to programs and facilities is intended to be non-discriminatory. Please call at least four weeks in advance if you are requesting a special accommodation. For more information on special accommodations, call 734-994-2300, ext. 53234.

**NEW! Scholarship Program** (Online registration is not available for scholarship recipients). Fee waivers (scholarships) are available to individuals and families who are permanent residents of the Ann Arbor Public School District, and to families with children enrolled in AAPS. Scholarship application and detailed information are available at the Rec & Ed office, online at [a2schools.org/recedscholarships](http://a2schools.org/recedscholarships), or you may email: [scholarships@aaps.k12.mi.us](mailto:scholarships@aaps.k12.mi.us). This discount may be limited in some classes and camps and additional fees may be assessed. All adults 18 years and older who are scholarship recipients are required to pay a minimum co-pay of \$5.00 for each class plus any materials fee. Please read the guidelines you received with your approval letter. Additional information may be obtained by emailing [scholarships@aaps.k12.mi.us](mailto:scholarships@aaps.k12.mi.us).

**Senior Adult Discount** (Online registration is not available for this discount.) Residents of the Ann Arbor Public School District age 65 and older are eligible for a discount up to 25% on one class per term. The discount does not apply to co-sponsored classes, material and supply charges, field trips, golf, or tickets to performances. This discount may be limited/not available for some classes; additional fees may be assessed.

**Allergies** Our Rec & Ed staff follows the Ann Arbor Schools' Nut Aware Snack and Nutrition policy. If your child has any allergies or medical conditions of which we should be aware, please indicate at registration. If your child has an allergy action plan, please let us know at least 4 weeks in advance of your child's participation in a camp or class/activity. For more information call 734-994-2300 ext. 53234.

**SAY CHEESE! 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 camps, classes, team sports, and childcare. Images may be used in Rec & Ed or school district promotional materials (brochures, catalog, website, and social media). For your safety, names will never be used. Rec & Ed will not sell or authorize others to use such photographs for commercial purposes. Enrollment in an activity with Rec & Ed indicates approval. To opt out, email [dishman@a2schools.org](mailto:dishman@a2schools.org).

**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.**





## Rec & Ed Locations

**Rec & Ed Office**.....E-7.5  
 Conf Rm, Classrooms & Lounge  
 1515 S. Seventh, E. Wing, Pioneer  
 Enter at Pioneer High Drive off 7th St.

**Ann Arbor Preschool & Family Center** .....G-8.5  
 2775 Boardwalk

**CAB** .....G-7  
 Eberbach Cultural Arts Building  
 1220 S. Forest Ave @ Wells St.

**High Point** .....B-7.5  
 1735 S. Wagner Rd

**WISD - Washtenaw**.....B-8  
 Intermediate School District  
 1819 S. Wagner Rd

## Elementary Schools

**Abbot** 2670 Sequoia Pkwy.....B-4

**Allen** 2560 Towner Blvd .....I-9

**Angell** 1608 S. University.....H-6

**Bach** 600 W. Jefferson.....F-5

**Bryant** 2150 Santa Rosa Dr.....I-10

**Burns Park** 1414 Wells St .....H-7

**Carpenter** 4250 Central Blvd .....N-9

**Dicken** 2135 Runnymede.....C-7

**Eberwhite** 800 Soule .....E-6

**Haisley** 825 Duncan.....C-4

**King** 3800 Waldenwood Dr .....M-5

**Lakewood** 344 Gralake.....B-5.5

**Lawton** 2550 S. Seventh St .....D-8

**Logan** 2685 Traver .....J-2

**A2Open@Mack** 920 Miller .....F-4

**Mitchell** 3550 Pittsview.....K-10

**A2 STEAM @Northside** 912 Barton Drive .....H-3

**Pattengill** 2100 Crestland Dr.....I-8

**Pittsfield** 2543 Pittsfield Blvd .....L-9

**Thurston** 2300 Prairie .....K-2

**Wines** 1701 Newport Rd.....E-3

## Middle Schools

**Clague** 2626 Nixon Rd.....K-2

**Forstyhe** 1655 Newport Rd.....E-3

**Scarlett** 3300 Lorraine .....K-10

**Slauson** 1019 W. Washington.....D-5

**Tappan** 2251 E. Stadium Blvd .....I-7

## High Schools

**Community** 401 N. Division .....F-5

**Huron** 2727 Fuller Rd .....K-5

**Pioneer** 601 W. Stadium Blvd.....E-7

**Skyline** 2552 N. Maple Rd .....B-3

**Pathways to Success** 2800 Stone School Rd.....I-9

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



# 37

Let's Get Physical  
Little Tykes Sports City  
Make Believe With Me  
Marvelous Mazes  
Movin' & Groovin' In The Gym  
Muscle Memories



## 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

## ART

# 41

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

# 43

Exploring Clay Together

## 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





*Learning*  
just add water.

## 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!**

**ANN ARBOR | 734.864.5555**

2107 W. Stadium Boulevard | Ann Arbor, MI 48103  
goldfishswimschool.com |    

