

# KCP 2024 SPRING/SUMMER SCHEDULE

Visit [kines.umich.edu/KCP](https://kines.umich.edu/KCP) to learn more and register for 2024 spring/summer community programs.



## SWIMMING (Ages 18+) Beginner I, Beginner II & Intermediate

Beginner I: Saturdays from 5:00–6:00 pm..... \$140  
Beginner I: Saturdays from 6:00–7:00 pm..... \$140  
Beginner II: Saturdays from 6:00–7:00 pm..... \$140  
Intermediate: Saturdays from 7:00–8:00 pm..... \$140

All levels:

Session 1: June 1–29  
Session 2: July 13–August 10

Please bring your own towel and goggles (optional, but recommended). Meet on the pool deck at your class time. **This class is held off campus, so please allow extra travel time.**

Location: Whitmore Lake High School Community Pool, 7430 Whitmore Lake Rd, Whitmore Lake, MI 48189, use South Entrance.



## TENNIS (Ages 18+) Beginner & Intermediate

### Ypsilanti Community High School

Beginner: 5:00–6:00 pm  
Intermediate: 6:00–7:00 pm

Both levels:

Session 1: Mondays & Wednesdays, June 3–26.....\$200  
Session 1: Fridays, June 7–28.....\$100  
Session 2: Mondays & Wednesdays, July 15–Aug 7....\$200  
Session 2: Fridays, July 19–August 9.....\$100

Please bring your own racquet. These classes are held outside. **This class is held off campus, so please allow extra travel time.**

Location: Ypsilanti Community High School Tennis Courts, 2095 Packard St, Ypsilanti, MI 48197

### Varsity Tennis Center

Beginner: Sundays from 6:00–7:00 pm.....\$135  
Intermediate: Sundays from 7:00–8:00 pm.....\$135

Both levels:

Session 1: June 2–30  
Session 2: July 14–August 18 (**no class July 21**)

Please bring your own racquet and wear non-marking sole tennis shoes. These classes are held indoors.

Location: Varsity Tennis Center, 2250 S State St, Ann Arbor, MI 48104

### Chippewa Tennis Club

Beginner: Saturdays from 11:00 am–12:00 pm.....\$135  
Intermediate: Saturdays from 12:00–1:00 pm.....\$135

Both levels:

Session 1: June 1–29  
Session 2: July 13–August 10

Please bring your own racquet and wear non-marking sole tennis shoes. These classes are held indoors. **This class is held off campus, so please allow extra travel time.**

Location: Chippewa Tennis Club, 2525 Golfside Dr, Ypsilanti, MI 48197



## PICKLEBALL (Ages 18+) Beginner/Novice

Beginner/Novice: Tuesdays from 5:30–7:00 pm..... \$140  
Session 1: May 7–28      Session 4: August 6–27  
Session 2: June 4–25      Session 5: September 3–24  
Session 3: July 9–30

Paddles available for use during class. No street shoes allowed, please wear non-marking tennis/court shoes. **This class is held off campus, so please allow extra travel time.**

Location: Wolverine Pickleball, 235 Metty Dr, Ann Arbor, MI 48103



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## Questions? We've got answers.

Scan the QR code or visit [kines.umich.edu/KCP](https://kines.umich.edu/KCP) for class descriptions, facility information, the latest Health & Safety Practices, inclement weather policy and more.

Please monitor [kines.umich.edu/KCP](https://kines.umich.edu/KCP) for additional class offerings and potential openings in classes that are full.



## EMPOWERMENT SELF-DEFENSE (Ages 18+)

Thursday, May 16th from 5:00–7:00 pm..... \$30  
Wednesday, August 14th from 5:00–7:00 pm..... \$30

Participants will enroll in one 2-hour session, which will include lecture, discussion, demonstration, and practice of physical skills. Instructor: Candace Dorsey, Empowerment Self Defense Program Manager, University of Michigan–Division of Public Safety & Security. **Please meet outside of the main entrance on North University Ave. (across from Hill Auditorium) at 4:55 pm, to be escorted inside.**

Location: School of Kinesiology Building, 830 N. University Ave, #4600, Ann Arbor, MI 48109



## DISC GOLF (Ages 18+)

Open to all levels of experience:  
Wednesdays from 6:00–7:30 pm ..... \$120

Session 1: July 10–31  
Session 2: August 7–28  
Session 3: September 4–25

Are you interested in learning to play disc golf? Do you already play and want to improve your game? Join us this summer! You can use what you learn to get out to play while enjoying the outdoors. Please bring your own equipment. If you do not have equipment, starter sets are available for purchase on site (new or used). A starter set consists of a putter, a midrange, and a driver, and can be purchased at most big box stores, local sporting goods stores, and online retailers. **This class is held off campus, so make sure to allow extra travel time.**

Location: BRATS (private course), 5171 Waters Rd, Ann Arbor, MI, 48104



## AMERICAN RED CROSS ADULT CPR/AED & FIRST AID (Ages 18+)

Sunday, May 12th from 10:00 am–noon..... \$50

Adult CPR/AED & First Aid is a blended learning class. Participants will be emailed a link the Thursday before class, to be completed online, and skills testing will take place on Sunday from 10:00 am–noon. **Please meet outside of the main entrance on North University Ave. (across from Hill Auditorium) at 9:55 am to be escorted inside.**

Location: School of Kinesiology Building, 830 N. University Ave, #4600, Ann Arbor, MI 48109



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Beginner: Mondays from 6:00–7:00 pm .....\$135

Intermediate: Mondays from 7:15–8:15 pm.....\$135

Both levels:

Session 2: April 22–May 20

Session 3: June 17–July 15

Session 4: July 22–August 19

Session 5: August 26–September 23

Session 6: September 30–October 28

Beginner: Tuesdays from 6:00–7:00 pm .....\$135

Intermediate: Tuesdays from 7:15–8:15 pm .....\$135

Both levels:

Session 2: April 23–May 21

Session 3: June 18–July 16

Session 4: July 23–August 20

Session 5: August 27–September 24

Session 6: October 1–October 29

If you have your own clubs, please bring them. If you do not have equipment, you can borrow some during class. **This class is held off campus, so make sure to allow extra travel time.**

Location: Miles of Golf, 3113 Carpenter Rd, Ypsilanti, MI, 48197

## Just for Kids!



### Beginning Adaptive Tennis for Kids (Ages 8–12)

Session 1: Tuesdays & Thursdays, June 4–27 from 5:00–6:00 pm.....\$200

Session 1: Saturdays, June 8–29 from 10:00–11:00 am.....\$100

Session 2: Tuesdays & Thursdays, July 16–August 8 from 5:00–6:00 pm .....\$200

Session 2: Saturdays, July 20–August 10 from 10:00–11:00 am.....\$100

### Beginning Tennis for Kids (Ages 8–12)

Session 1: Tuesdays & Thursdays, June 4–27 from 6:00–7:00 pm .....\$200

Session 1: Saturdays June 8–29 from 11:00 am–12:00 pm .....\$100

Session 2: Tuesdays & Thursdays, July 16–August 8 from 6:00–7:00 pm .....\$200

Session 2: Saturdays, July 20–August 10 from 11:00 am–12:00 pm .....\$100

Please bring your own racquet. These classes are held outside. **This class is held off campus, so please allow extra travel time.**

Location: Ypsilanti Community High School Tennis Courts, 2095 Packard St, Ypsilanti, MI 48197

### Beginning Golf for Kids (Ages 7–13)

Thursdays from 6:00–7:00 pm .....\$135

Session 1: June 20–July 18    Session 2: July 25–August 22

If you have your own clubs, please bring them. If you do not have equipment, you can borrow some during class.

**This class is held off campus, so make sure to allow extra travel time.**

Location: Miles of Golf, 3113 Carpenter Rd, Ypsilanti, MI, 48197

