EAST LANSING

Connect

Your guide to parks, recreation & arts

Fall 2019
Are you looking for a unique, affordable and convenient place to work out? Check out the Fitness Center at the East Lansing Hannah Community Center!

The Fitness center features core workout space, a cardio theater, free weights, treadmills, ellipticals, exercise bikes, cross training equipment and strength training machines.

We have a variety of pass types and offer monthly payment options. Come visit us! We're the right fit for your fitness needs.

Stop by, call (517) 333-2580 ext. 0, or visit us online at www.cityofeastlansing.com.
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   Winter Glow and Green Friday

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CLASS REGISTRATION INFORMATION

How to Register

☐ Online: Visit www.cityofeastlansing.com, click on
   “Parks, Recreation and Arts” and then click on
   “Class Registration.”

☑ Call: (517) 333-2580 ext. 0 and have class
   information ready.

☒ Stop By: Come to the East Lansing Hannah
   Community Center, 819 Abbot Road. There is
   plenty of free parking!

Class Cancellation Process: ELPRA reserves the right to
   cancel any class or program due to low enrollment and
   will provide a refund. Participants will have the option
   to enroll in another class if space is available. An effort
   will be made to schedule a make-up class if a class is
   canceled due to inclement weather or causes beyond our
   control. If that is not possible, no partial refund will be
   provided.

Withdrawal/Credit Procedure: To withdraw from a class
   or program, call (517) 333-2580 ext. 0. Requests must
   be made 48 hours prior to the first class in order to
   receive a refund. All withdrawals are subject to a $5
   processing fee. A 50% credit will be given if requested
   prior to the second class. No cash or credit card refunds
   will be issued. The household credits will be held on
   account for one year and may be used by any member
   of your household for any ELPRA classes or services.
   ELPRA may modify this procedure and exclude classes or
   programs at any time.

Accessibility: ELPRA classes, programs and facilities
   are open to all persons without regard to race, creed,
   national origin, gender, age, or physical or mental
   ability. In compliance with the Americans with Disabilities
   Act, ELPRA will make reasonable accommodation to
   support participants with varying abilities. Requests for
   accommodation can be made when registering or by
   calling (517) 333-2580 ext. 0 at least seven days prior to
   the start of the class or program.

Inclement Weather: Decisions to cancel a class or
   program because of inclement weather are made on a
   case-by-case basis. Call the inclement weather hotline at
   (517) 333-2580 ext. 6565 for up-to-date information.

Youth and Adult Dance/Yoga Scholarships: For more
   information about financial assistance, call
   (517) 333-2580 ext. 0.

Editorial Policy

The East Lansing Department of Parks, Recreation and
   Arts (ELPRA) strives to ensure that information in the
   Connect East Lansing magazine is accurate at the time
   of publication.

However, last-minute changes—such as dates, times
   and locations—may be necessary due to circumstances
   beyond our control. We apologize in advance for any
   inconvenience and thank you for your patience and
   understanding.

A GUIDE TO THE CLASS &
ACTIVITY CODE LOCATIONS

ELHCC: East Lansing Hannah Community Center
ELHS: East Lansing High School
ELFAC: East Lansing Family Aquatic Center
ELHCC DS: Dance studio
RECITAL: Recital Room
ELHCC CL: Ceramics lab
PP: Patriarche Park
PKSA: Professional Karate School of America
All-of-us Express Children’s Theatre

2019-2020 season

POE: DREAMS OF MADNESS
By Alyssa Hynes
October 25 & November 1 • 7 p.m.
October 26 & November 2 • 3 p.m.
October 27 & November 3 • 3 p.m.

ROBIN HOOD
By Larry Blamire
February 7 & 14 • 7 p.m.
February 8 & 15 • 3 p.m.
February 9 & 16 • 3 p.m.

FANTASTIC MR. FOX
By Sally Reid, based on the book by Roald Dahl
April 24 & May 1 • 7 p.m.
April 25 & May 2 • 3 p.m.
April 26 & May 3 • 3 p.m.

DISNEY’S FROZEN JR.
July 24 & 31 • 7 p.m.
July 25 & August 1 • 3 p.m.
July 26 & August 2 • 3 p.m.
CITY OF EAST LANSING
ENVIRONMENTAL STEWARDSHIP PROGRAM

Transforming East Lansing’s parks one plant, one volunteer and one workday at a time!

Workdays consist of restoration of natural areas through invasive plant removal, native plant plantings, mulching trails and gardening.

2019 FALL WORKDAYS:
September 14 • October 12
November 9 • December 14

To volunteer and to get more information on the program email Heather Majano, Environmental Stewardship Coordinator at hsurf@cityofeastlansing.com

WINTER GLOW
SATURDAY
DEC. 7 • 2 - 5 P.M.
DOWNTOWN EAST LANSING
ANN STREET PLAZA

FREE WINTER ACTIVITIES
PHOTOS WITH SANTA
CARRIAGE RIDES
LIVE MUSIC
CHILDREN’S ACTIVITIES & GAMES
WINTER FARMERS MARKET

GREEN FRIDAY
& Saturday too!

FRIDAY & SATURDAY
DEC. 6-7 • ALL DAY
DOWNTOWN EAST LANSING

ONE WEEKEND SHOP HOLIDAY SPECIALS
SUPPORT LOCAL BUSINESSES
**YOUTH ART**

**Clay-tastic for Kids (Ages 6-12)**

Students will learn a variety of hand-building techniques in this exciting class. Shaping, texturing and glazing will be taught to enhance each piece. Supply fee: $10. No class 11/30.

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Start Date</th>
<th>Start Time</th>
<th>Location</th>
<th>Res.</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>212511-A</td>
<td>Sat</td>
<td>10/5/2023</td>
<td>10 a.m.-12 p.m.</td>
<td>ELHCC CL</td>
<td>$50</td>
<td>$55</td>
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<tr>
<td>212511-B</td>
<td>Sat</td>
<td>11/16-11/12</td>
<td>10 a.m.-12 p.m.</td>
<td>ELHCC CL</td>
<td>$50</td>
<td>$55</td>
</tr>
</tbody>
</table>

**YOUTH DANCE & SPORTS**

**Lil’ Tykes Ballet I (Ages 3-5)**

This class is designed for the shorter attention spans of younger dancers. They will learn basic moves, rhythm and creative movement. This is a very introductory dance class. No class: 11/30.

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Start Date</th>
<th>Start Time</th>
<th>Location</th>
<th>Res.</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>213101-A</td>
<td>Sat</td>
<td>9/21-10/26</td>
<td>10:10 a.m.</td>
<td>ELHCC DS</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td>213101-B</td>
<td>Sat</td>
<td>9/21-10/26</td>
<td>11:30 a.m.-12 p.m.</td>
<td>ELHCC DS</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td>213101-C</td>
<td>Sat</td>
<td>11/9-12/14</td>
<td>10:10 a.m.</td>
<td>ELHCC DS</td>
<td>$38</td>
<td>$43</td>
</tr>
<tr>
<td>213101-D</td>
<td>Sat</td>
<td>11/9-12/14</td>
<td>11:30 a.m.-12 p.m.</td>
<td>ELHCC DS</td>
<td>$38</td>
<td>$43</td>
</tr>
</tbody>
</table>

**Lil’ Tykes Ballet II (Ages 4+)**

Participants should have some previous, early dance experience. In this class, dancers will expand on basic ballet moves. No class: 11/30.

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
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<th>Start Time</th>
<th>Location</th>
<th>Res.</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>213101-E</td>
<td>Sat</td>
<td>9/21-10/26</td>
<td>10:45-11:15 a.m.</td>
<td>ELHCC DS</td>
<td>$45</td>
<td>$50</td>
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<tr>
<td>213101-F</td>
<td>Sat</td>
<td>11/9-12/14</td>
<td>10:45-11:15 a.m.</td>
<td>ELHCC DS</td>
<td>$38</td>
<td>$43</td>
</tr>
<tr>
<td>213101-C</td>
<td>Sat</td>
<td>11/9-12/14</td>
<td>10-10:30 a.m.</td>
<td>ELHCC DS</td>
<td>$45</td>
<td>$50</td>
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<tr>
<td>213101-D</td>
<td>Sat</td>
<td>11/9-12/14</td>
<td>11:30 a.m.-12 p.m.</td>
<td>ELHCC DS</td>
<td>$38</td>
<td>$43</td>
</tr>
</tbody>
</table>

**Little Ninjas Karate (Ages 4-5)**

The Little Ninjas Karate Program is an introductory karate class specifically designed for children ages 4–5. It focuses on teaching children 8 important main life skills: Focus, Memory, Teamwork, Discipline, Self-Control, Fitness, Balance and Coordination. This is achieved through exciting and fun games and activities! Wear loose fitting clothes. A responsible adult must remain in attendance during class.

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Start Date</th>
<th>Start Time</th>
<th>Location</th>
<th>Res.</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>113241-A</td>
<td>M</td>
<td>9/23-10/28</td>
<td>5-5:30 p.m.</td>
<td>PKSA</td>
<td>$45</td>
<td>$50</td>
</tr>
<tr>
<td>113241-B</td>
<td>M</td>
<td>9/23-10/28</td>
<td>5:45-6:30 p.m.</td>
<td>PKSA</td>
<td>$45</td>
<td>$50</td>
</tr>
</tbody>
</table>

**Kids Power Karate (Ages 6-12)**

The Kids Power Karate Program offers traditional martial arts training to children ages 6–12 and emphasizes self-defense, physical fitness, conflict resolution, team work and anti-kidnapping techniques. This program is designed specifically for children and teaches prevention first. It does not promote active aggressiveness, but teaches children to respect themselves, others and the skills they learn. Wear loose fitting clothes. A responsible adult must remain in attendance during class.

<table>
<thead>
<tr>
<th>Course</th>
<th>Days</th>
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<th>Location</th>
<th>Res.</th>
<th>Non-Res.</th>
</tr>
</thead>
<tbody>
<tr>
<td>212545-A</td>
<td>Th</td>
<td>9/26-10/31</td>
<td>10-10:45 a.m.</td>
<td>ELHCC DS</td>
<td>$75</td>
<td>$80</td>
</tr>
</tbody>
</table>

**Zumbini (Ages 0-5)**

**NEW!**

Designed for kids ages 0–5 and their caregivers, Zumbini combines music, dance and educational tools for 45 minutes of can’t stop, won’t stop bonding and fun. Tap your toes, sing-along and get lost in the only program to combine early-childhood development with the magical joy of Zumba® Fitness. Supply fee: $35

<table>
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<tr>
<td>212545-A</td>
<td>Th</td>
<td>9/26-10/31</td>
<td>10-10:45 a.m.</td>
<td>ELHCC DS</td>
<td>$75</td>
<td>$80</td>
</tr>
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</table>

**BEFORE & AFTER SCHOOL CHILDCARE**

Registration has begun for the City of East Lansing’s Before and After School Childcare programs! The programs are located in each of the five East Lansing elementary schools and operate daily from 7-9 a.m. and 3-6 p.m. Healthy snacks, homework help, arts and crafts and outdoor and gym times are offered daily. Rates are $6 per morning and $10 per afternoon.

Rates, fees and details at: cityofeastlansing.com/SchoolAgeChildcare.
YOUTH ART, DANCE & SPORTS

YOUTH SPORTS

Girls Volleyball (Grades 7-8)
Tryouts for MacDonald Middle School students will be held Tuesday, August 27 and Wednesday, August 28 at 3:10 p.m. for 8th grade and at 5:30 p.m. for 7th grade. A registration parent meeting will be Thursday, September 5 at 5:30 p.m. at the MacDonald Middle School Cafeteria. A ten game schedule will begin mid-September and go through the end of October. All participants of middle school sports must have a physical on file at the school office prior to competing. Program cost is $200.

Cross Country, Girls and Boys (Grades 6-8)
MacDonald Middle school students are invited to run with the team on Tuesday, August 27–Thursday August 29 from 3:15-5 p.m. each day. Optional preseason conditioning will take place Aug. 19-22 from 3-5 p.m. behind the middle school. Registration and parent meeting will be held on Wednesday, September 4 at 5:30 p.m. at the MacDonald Middle school cafeteria. Meets begin mid-September and go through mid-October. Program cost is $160. Please note all participants of middle school sports must have a physical on file at the school office prior to competing.

Boys Basketball (Grades 7-8)
Tryouts for MacDonald Middle school students will take place Mid-October. Registration parent meeting will be Wednesday, October 23 at 5:30 p.m. at the MacDonald Middle school cafeteria. A ten game schedule will begin November 6 and go until winter break. All participants of Middle School sports must have a physical on file at the school office prior to competing. Program cost is $200.

Youth Basketball (Grades 2-6)
Youth basketball practices begin the week of December 2. Games are typically held on Saturdays beginning January 11 and run through mid-March. Some weeknight games are possible. An early registration discount of $15 will be applied if registered by Friday, Nov. 1. Cost is $85/person (or $70 if registered by Nov. 3).

Youth Volleyball (Grades 4-6)
A youth volleyball clinic will be offered on Tuesday January 7, 2019. This 75 minute, one day a week, 6 session clinic will focus on teaching the fundamentals of volleyball. The objective is to introduce the game and better prepare the participants for playing in 7-8th grade. On the last night of the clinic, organized games will be played. The cost is $54; registration information will be available at www.cityofeastlansing.com in mid-October.

Dontate Gently Used Equipment!
Do you have gently used blue/red recreation game shirts, baseballs, or other sports equipment? Consider donating them to the City of East Lansing so they can be used in leagues or passed on to families in need. Drop off items at the East Lansing Hannah Community Center @ 819 Abbot Road.

CLUB ELMS

This after school club is for MacDonald Middle School students! Supervised activities from 3–6 p.m. daily. Fitness, crafts, games, homework help, healthy snacks and more!

Rate: $10/afternoon

Questions? Please call Julie Anne Jennings at (517) 319-6979.
Please contact Marcia Olds, (517) 333-4430, for details on class placement and leotard color. All classes are held at the East Lansing Hannah Community Center. Registration fee: $15 per student and a $75 recital fee per family.

- 2020 Recital: Monday, June 1, 2020
- Class min: 5, max: 12
- No class dates will be listed on your school policy.

**YOUTH CLASSES**

**Primary Ballet I (Ages 4-6)**

213106-A  Tu  9/10-6/1  6:40 p.m.  ELHCC 142  Res: $47/mo  Non-Res: $52/mo

**Primary Ballet II+ (Ages 6-8)**

213106-B  Tu  9/10-6/1  5:15-6 p.m.  ELHCC DS  Res: $47/mo  Non-Res: $52/mo

**Classical Ballet I (Ages 8-10)**

213106-C  M  9/9-6/1  5:15-6:05 p.m.  ELHCC142  Res: $47/mo  Non-Res: $52/mo

**Classical Ballet II (Ages 10-12)**

213106-D  M  9/9-6/1  5:10-6:10 p.m.  ELHCC DS  Res: $49/mo  Non-Res: $54/mo

**Classical Ballet II/III Pointe I (Ages 12-14)**

213106-E  M  9/9-6/1  6:10-7:10 p.m.  ELHCC DS  Res: $49/mo  Non-Res: $54/mo

**Irish Step Workshop Level II (Ages 8-12)**

213106-F  Th  9/12-12/12  6:15-7 p.m.  ELHCC 142  Res: $141  Non-Res: $146

**Irish Step Workshop Beginning Level I**

213106-G  Th  9/12-12/12  7-7:45 p.m.  ELHCC 142  Res: $141  Non-Res: $146

**Hip Hop/Jazz Workshop (Ages 9-15)**


**TEEN/ADULT CLASSES (16+)**

**Cecchetti Exam IV (Ages 16+)**

213106-I  Tu  9/10-6/1  6:05-7:20 p.m.  ELHCC DS  Res: $52/mo  Non-Res: $57/mo

**Pointe Intermediate IV (Ages 16+)**

213106-J  Th  9/21-10/1  5:15-6:30 p.m.  ELHCC DS  Res: $52/mo  Non-Res: $57/mo

**Lyrical Ballet IV (Ages 16+)**

213106-K  Tu  9/10-6/1  7:20-8:10 p.m.  ELHCC DS  Res: $47/mo  Non-Res: $52/mo

**Beginning Adult Ballet (Ages 30+)**

213106-L  M  9/16-10/21  12:45-1:30 p.m.  ELHCC DS  Res: $84/mo  Non-Res: $89/mo

**Beginning Adult Ballet (Ages 30+)**

213106-M  M  11/4-12/9  12:45-1:30 p.m.  ELHCC DS  Res: $84/mo  Non-Res: $89/mo

**Advanced Adult Ballet V-VI (Ages 30+)**

213106-N  M  9/9-6/1  7:15-8:30 p.m.  ELHCC DS  Res: $52/mo  Non-Res: $57/mo
POTTERY

Ceramics (Ages 14+)

Come get your hands dirty with us! You will be able to explore a variety of creative hand building and wheel throwing techniques. Students may concentrate on one technique or use all techniques, such as hand building or wheel throwing, to create their project. Students will have the opportunity to explore different surface decorations, glazing and firing techniques. Children under 14 may enroll if their parent is also enrolled. Supply Fee: $35

Wheel Throwing (Ages 14+)

All skill levels. Learning will focus on the relationship between the ceramic form and surface. We will begin with centering and throwing the cylinder then progress to more complex forms and techniques. A more in-depth exploration will be available to intermediate and advanced students. Intermediate/Advanced students will work with lidded pieces, combination forms, large thrown pieces, and a variety of other more complex forms. Students will also learn about stains, glazes and personalizing your pieces. No class 11/27.

Pottery for Fun (Ages 14+)

Get a little dirty and make your own pot, vase or teapot. This class will take you from a ball of clay to a work of art. No class 11/28.

Daytime Pottery

This daytime class is for any skill level; beginner through advanced. Lane will help you master the basic wheel throwing techniques or show you how to take your pottery to the next level. Students can also pursue other pottery methods such as hand building, slab building and coil pots. Supply Fee: $35

MIXED MEDIA

Mixed Media Class (Ages 18+)

Students will explore a wide range of mixed media techniques; watercolor, drawing and image transfer printing. Personal collages will be constructed with watercolor wash, drawing and transfer image prints to develop a focal point and individual theme. A photo, poem or other personal items will be collaged and transfer printed to embellish the mixed media. Supply fee $10.
Sharon received her formal education from Chicago’s American Academy of Art and a Masters Degree at the Art Institute of Chicago.

**Professional Affiliations and Representation:**
Associate with Distinction, American Women Artists
Master status, Great Lakes Plein Air Painters Association
Member, Plein air Artists of West Michigan

Sharon’s paintings are included in collections across the USA and in several countries abroad. Michigan Galleries include: Coyote Woman Gallery, Harbor Springs and Framer’s Edge, Okemos

**Essential Drawing for Beginners-Intermediate (Ages 18+)**
Drawing is the building block of all good painting. Students will learn the beauty of line, shape, shading, perspective and more. Beginners welcome! All necessary supplies should be brought to the first session. Supply fee: $12.

222501-A  W  9/25-11/13  3-5 p.m.
ELHCC 233  Res: $125  Non-Res: $130

**Essential Painting and Beyond (Ages 18+)**
Focus on fine art painting techniques appropriate for oil, acrylic and pastel. Enjoy learning techniques not found in craft painting classes. Intermediate/advanced students will build and broaden their skills. Teacher demonstrations will also be given. Please note: all necessary supplies should be brought to the first session. Prerequisite: Drawing. Supply fee: $12.

222505-A  Th  9/26-11/14  3-5 p.m.
ELHCC 233  Res: $125  Non-Res: $130
**TEEN & ADULT FITNESS**

**Pickleball Beginners (Ages 18+)**
Learn the basics of the fastest-growing sport in America. Paddles, balls and all other equipment will be provided. Wear tennis shoes and comfortable clothing. This is a class for people who have played little or no pickleball.

223220-A  Th  11/7-11/21  3:45-3:50 p.m.  E/W GYM  Res: $40  Non-Res: $45

**Strengthen & Sculpt (Ages 16+)**
Build your strength, sculpt your body, increase bone density and decrease body fat. Use a variety of weight and strength training equipment to change the shape of your body and speed up your metabolism.

223207-A  Tu  9/10-10/22  5:45-6:45 p.m.  W GYM  Res: $63  Non-Res: $68

**SAMPLER:** 223207-B  Tu  10/29  5:45-6:45 p.m.  W GYM  Res: FREE  Non-Res: FREE

223207-C  Tu  11/5-12/17  5:45-6:45 p.m.  W GYM  Res: $63  Non-Res: $68

**POP Pilates (Ages 16+)**
POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to upbeat pop songs. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. Participants love that each class is like a “dance on the mat.”

223219-A  M  9/9-10/28  5:45-6:30 p.m.  RECITAL  Res: $80  Non-Res: $85

**Pound Fitness (Ages 16+)**
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Using lightly weighted drumsticks engineered specifically for exercising. POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels. Rockout. Workout.

**SPOOKY SAMPLER:** 223210-A  W  9/18  6-7 p.m.  ELHCC DS  Res: FREE  Non-Res: FREE

223210-B  W  9/25-10/30  6-7 p.m.  ELHCC DS  Res: $54  Non-Res: $59

223210-C  W  11/13-12/18  6-7 p.m.  ELHCC DS  Res: $45  Non-Res: $49

**Vixen Workout (Ages 16+)  NEW!**
The Vixen Workout is a dance fitness HIIT format that uses commercial choreography, killer music remixes, and stage lighting so you can experience yourself as a performer. Our class creates a non-judgmental environment where you can experience emotional release, mind-body connection, and a sense of community while burning away the calories. No class 12/2.

**SAMPLER:** 223231-A  M  9/16  6-7 p.m.  W GYM  Res: FREE  Non-Res: FREE

223231-B  M  9/23-10/28  6-7 p.m.  W GYM  Res: $54  Non-Res: $59

223231-C  M  11/11-12/16  6-7 p.m.  W GYM  Res: $45  Non-Res: $49

**Women's Self-Defense (Ages 15+)**
This class is intended for women who want to learn serious defensive techniques. This is the perfect way to learn the basics of protecting yourself in a variety of situations while also building confidence and increasing your awareness in public. PKSA Karate has designed this program with basic techniques that are highly effective yet easy to learn.

This is a perfect class for beginners as well as mothers and daughters to take together. This program has been taught to a variety of age and demographic groups with results! You will find you are much more aware of your surroundings and will have increased confidence in your abilities to keep yourself and your family safe.

223240-C  Sat  10/5  12 p.m. -2 p.m.  PKSA  Res: $35  Non-Res: $35
PERSONAL TRAINING

If group fitness isn’t for you, hire a personal trainer! Personal training is for everyday people who want a certified instructor to guide them, motivate them and give expert advice.

Alan, our certified personal trainer, will get you on the path toward fitness. You’ll benefit from an individualized workout schedule. Semi-private and group sessions are available. Call the East Lansing Hannah Community Center at (517) 333-2580 ext. 0 for appointments, rates and hours.

ADULT DANCE & YOGA SCHOLARSHIPS

Adult dance and yoga scholarships are available to individuals age 18 and over. If your budget is tight, don’t give up on your dance or yoga class. See us instead! Just stop by the East Lansing Hannah Community Center or call (517) 333-2580, ext. 0.

FITNESS PASS

10 PASSES FOR $90

For only $9 per class get the flexibility you need in order to participate in our fitness classes! Passes are good for a full season (fall, winter/spring, or summer) – active over a three-month period. For more information, stop by the East Lansing Hannah Community Center and visit the front desk staff or call (517) 333-2580, ext. 0.

WANTED

We’re looking for high-energy, certified group fitness instructors! We’re also interested in dance and art instructors. Please call (517) 319-6963 for information.
ZUMBA

Zumba® Sampler (Ages 16+)
Wondering what the Zumba® excitement is all about? Come experience a class for free with us. Super effective? Super fun? Check and check.
223211-Y W 9/11 6-7 p.m. W GYM Res: $FREE Non-Res: $FREE

Zumba® Wednesday (Ages 16+)
Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® fitness classes are often called exercise in disguise. No class 11/27.
223211-A W 9/18-10/30 6-7 p.m. W GYM Res: $65 Non-Res: $70
223211-B W 11/6-12/18 6-7 p.m. W GYM Res: $56 Non-Res: $61

YOGA & WELL-BEING

Advanced Tai Chi (Ages 18+)
This is a self-directed club for those wishing to practice and perfect their skills in a group setting. No instructor or instruction provided. No class 11/27.
223250-A W 9/11-12/4 7-8 p.m. W GYM Res: $60 Non-Res: $65

Beginning Tai Chi (Ages 18+)
This is a beginning Thai Chi program designed to help students stretch and strengthen their body in a relaxed, low impact environment.
223250-B W 9/25-10/30 7-7:45 p.m. PKSA Res: $45 Non-Res: $50

Yoga Basics
A beginning yoga class that teaches the fundamentals of traditional yoga. Control over the breath, body and mind will begin. Meant for the beginning student but all levels are welcome. Bring a mat or towel. No class 11/27.
223209-D Th 9/12-10/24 5:15-6:15 p.m. RECITAL Res: $76 Non-Res: $81
223209-E Th 11/7-12/19 5:15-6:15 p.m. RECITAL Res: $65 Non-Res: $70

Yoga All Levels
A beginning yoga class that teaches the fundamentals of traditional yoga such as control over the breath, body and mind. Meant for the beginning student but all levels are welcome. Bring a mat or towel. No class 11/27.

Yogaflex+ (Ages 16+) NEW!
Hatha yoga for mind and body. Increased flexibility, strength and stress reduction through breathing techniques and yoga poses.

STAY UP TO DATE!
Visit cityofeastlansing.com and click on “Notify Me” to sign up for the monthly Parks, Recreation and Arts e-newsletter.
We accept drop-ins for all of our fitness classes. For just $10, you can try a new class today!
AQUATICS

YOUTH AQUATICS

Parent & Child Aquatics (Ages 6 mo.+)


<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Res. Fee</th>
<th>Non-Res. Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>211301-A</td>
<td>Sat</td>
<td>9/7/10/12</td>
<td>9:45-10:15 a.m.</td>
<td>ELHCC</td>
<td>$42</td>
<td>$47</td>
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<tr>
<td>211301-B</td>
<td>Sat</td>
<td>9/7/10/12</td>
<td>10:30-11:10 a.m.</td>
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<tr>
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<td>9/9/10/2</td>
<td>6:45-7:25 p.m.</td>
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<td>211301-D</td>
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<td>9/10/10/3</td>
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<tr>
<td>211301-E</td>
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<td>10/7/10/30</td>
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<td>211301-F</td>
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<td>10/8/10/29</td>
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<tr>
<td>211301-G</td>
<td>Sat</td>
<td>10/19/11/23</td>
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<tr>
<td>211301-H</td>
<td>Sat</td>
<td>10/19/11/23</td>
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<td>$47</td>
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<tr>
<td>211301-I</td>
<td>M/W</td>
<td>11/4/11/25</td>
<td>6:45-7:25 p.m.</td>
<td>ELHCC</td>
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<tr>
<td>211301-J</td>
<td>T/Th</td>
<td>11/5/11/26</td>
<td>6:50-7:30 p.m.</td>
<td>ELHCC</td>
<td>$49</td>
<td>$54</td>
</tr>
</tbody>
</table>

**Level I: Intro to Water Skills (Ages 4-8)**

**Purpose:** To help students feel comfortable in the water. **Skills Learned:** Buoyancy. Breath control. Supported floating and kicking on front/back. Intro to front crawl. Getting help in an emergency. Reaching assists without equipment. Using a life jacket.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Res. Fee</th>
<th>Non-Res. Fee</th>
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<tbody>
<tr>
<td>211304-A</td>
<td>Sat</td>
<td>9/7/10/12</td>
<td>9:45-10:15 a.m.</td>
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<td>211304-B</td>
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<td>10:30-11:10 a.m.</td>
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<td>$47</td>
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<td>211304-C</td>
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<td>9/9/10/2</td>
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<td>ELHCC</td>
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<td>$61</td>
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<tr>
<td>211304-D</td>
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<td>9/10/10/3</td>
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<td>$61</td>
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<td>211304-E</td>
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<td>10/8/10/29</td>
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<td>$61</td>
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<tr>
<td>211304-G</td>
<td>Sat</td>
<td>10/19/11/23</td>
<td>9:45-10:15 a.m.</td>
<td>ELHCC</td>
<td>$42</td>
<td>$47</td>
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<tr>
<td>211304-H</td>
<td>Sat</td>
<td>10/19/11/23</td>
<td>10:30-11:10 a.m.</td>
<td>ELHCC</td>
<td>$42</td>
<td>$47</td>
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<tr>
<td>211304-I</td>
<td>M/W</td>
<td>11/4/11/25</td>
<td>6:45-7:25 p.m.</td>
<td>ELHCC</td>
<td>$49</td>
<td>$54</td>
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<tr>
<td>211304-J</td>
<td>T/Th</td>
<td>11/5/11/26</td>
<td>6:50-7:30 p.m.</td>
<td>ELHCC</td>
<td>$49</td>
<td>$54</td>
</tr>
</tbody>
</table>

**Level II: Fundamental Aquatic Skills (Ages 4-8)**

**Purpose:** To impart fundamental skills. **Skills Learned:** Floating and kicking on front/back. Rhythmic breathing and combined stroke. Turning over. Treading water. Intro to side stroke. Recognize/help a swimmer in distress.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Res. Fee</th>
<th>Non-Res. Fee</th>
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<tbody>
<tr>
<td>211305-A</td>
<td>Sat</td>
<td>9/7/10/12</td>
<td>9:45-10:15 a.m.</td>
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<td>$47</td>
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<td>211305-B</td>
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<td>9/7/10/12</td>
<td>10:30-11:10 a.m.</td>
<td>ELHCC</td>
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<td>$47</td>
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<tr>
<td>211305-C</td>
<td>M/W</td>
<td>9/9/10/2</td>
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<td>ELHCC</td>
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<td>$61</td>
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<td>211305-D</td>
<td>T/Th</td>
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<td>ELHCC</td>
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<td>211305-E</td>
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<td>ELHCC</td>
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<td>211305-G</td>
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<td>211305-H</td>
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<td>211305-I</td>
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<tr>
<td>211305-J</td>
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<td>11/5/11/26</td>
<td>6:50-7:30 p.m.</td>
<td>ELHCC</td>
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</tbody>
</table>

**Level III: Stroke Development (Ages 4+)**

**Purpose:** To build on Level II skills with additional guided practice. **Requirements:** Successful completion of Level II or complete exit skill test. **Skills Learned:** Intro to rotary breathing. Intro to butterfly kick and body motion. Front and back glide. Tread water. Front and back crawl. Head first entry standing or kneeling. HELP and huddle positions.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
<th>Location</th>
<th>Res. Fee</th>
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<tbody>
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<td>211306-A</td>
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<td>211306-B</td>
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<td>11:15-11:55 a.m.</td>
<td>ELHCC</td>
<td>$42</td>
<td>$47</td>
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</table>
Level III: Stroke Development continued

211306-C M/W 9/9/10/2 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211306-D M/W 10/7/10/30 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211306-E Sat 10/19/11/23 9:45-10:25 a.m. ELHCC Res: $42 Non-Res: $47
211306-F Sat 10/19/11/23 11:15-11:55 a.m. ELHCC Res: $42 Non-Res: $47
211306-G M/W 11/4-11/25 6:45-7:25 p.m. ELHCC Res: $49 Non-Res: $54

Level IV: Stroke Improvement (Ages 4+)

Purpose: To develop confidence in strokes and improve other aquatic skills.
Requirements: Successful completion of Level III or complete exit skill test. Skills Learned: Diving from standing or compact position. Open turn. Tread water. Front crawl, back crawl and sidestroke. Intro to butterfly arm action, breaststroke and elementary backstroke. Water safety.

211307-A Sat 9/7/10/12 9:9:40 a.m. ELHCC Res: $42 Non-Res: $47
211307-B M/W 9/9/10/2 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211307-C M/W 10/7/10/30 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211307-D Sat 10/19/11/23 9:40 a.m. ELHCC Res: $42 Non-Res: $47
211307-E M/W 11/4-11/25 6:45-7:25 p.m. ELHCC Res: $49 Non-Res: $54

Level V: Stroke Refinement (Ages 8-12)


211308-A Sat 9/7/10/12 10:30-11:10 a.m. ELHCC Res: $42 Non-Res: $47
211308-B M/W 9/9/10/2 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211308-C M/W 10/7/10/30 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211308-D Sat 10/19/11/23 10:30-11:10 a.m. ELHCC Res: $42 Non-Res: $47
211308-E M/W 11/4-11/25 6:45-7:25 p.m. ELHCC Res: $49 Non-Res: $54

Level VI: Fitness Swimmer (Ages 8-12)

Purpose: Further refinement of all strokes and learning conditioning skills. Requirements: Successful completion of Level V or complete exit skill test. Skills Learned: Endurance. Refine all strokes. Practice all turns: flip, open and speed. Use pull buoy and pace clock.

211309-A Sat 9/7/10/12 10:30-11:10 a.m. ELHCC Res: $42 Non-Res: $47
211309-B M/W 9/9/10/2 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211309-C M/W 10/7/10/30 6:45-7:25 p.m. ELHCC Res: $56 Non-Res: $61
211309-D Sat 10/19/11/23 10:30-11:10 a.m. ELHCC Res: $42 Non-Res: $47
211309-E M/W 11/4-11/25 6:45-7:25 p.m. ELHCC Res: $49 Non-Res: $54

TROJAN AQUATICS SWIM TEAM

Trojan Aquatics is a competitive swim team. Coaches will work with swimmers on all four competitive strokes, starts, and turns, and most important—to have fun as a team! Coaches will evaluate swimmers during the first week of practice to ensure they are placed in the proper group. For details and registration information, visit Trojan Aquatics at www.trojanaquatics.swimtopia.com

Trojan Tide (Grades 1-5)
The Trojan Tide is a pre-team developmental group designed for swimmers in grades 1-5 who can swim one length of the pool (25 yards) without stopping and are interested in working toward the competitive team. All swimmers in Grades 1-3 must enroll in this group; swimmers in Grades 4-5 with no prior swim team experience must start at this level and have coach permission to move up to the Trojan Wave. Emphasis is on developing the four competitive strokes, starts, and turns. $10 drop-in fee per class.

211401-A Tu/Th 9/3-10/17 4:30-5:15 p.m. ELHCC Res: $112 Non-Res: $117
211401-B Tu/Th 10/22/12/5 4:30-5:15 p.m. ELHCC Res: $112 Non-Res: $117

Trojan Wave (Grades 4-5)
The Trojan Wave group is designed for experienced swimmers who want to compete in occasional meets. Ability to swim 50 yards freestyle without stopping is required. $10 drop-in fee per class. Swimmers must have coach permission to enroll in Trojan Wave. Emphasis is on continuing to develop the four competitive strokes, starts, and turns and preparing for the East Lansing middle school swim team.

211401-C Tu/Th 9/3-10/17 5:15-6:10 p.m.
ELHCC Res: $112 Non-Res: $117
211401-D Tu/Th 10/22/12/5 5:15-6:10 p.m.
ELHCC Res: $112 Non-Res: $117

Trojan Typhoon, Fall (Grades 6-8)
Fall practices will be two days per week between Sept. 3 to Nov. 15 at East Lansing High School. The middle school team will begin November 18 and run through the end of February. For registration information please visit: www.trojanaquatics.swimtopia.com

ADULT AQUATICS
Masters Swim (Ages 18+)
Masters Swim offers fitness and competitive swimming for adults with coached practices. Competition is done within age and gender groups. New members are always welcome! For details, call Jim Jennings at (517) 333-2580. Drop-in rate: $5/class.

221402-A M/Th 9/9/12 8:30-9:30 p.m.
ELHS Res: $90 Non-Res: $95

PRIVATE LESSONS
Youth and Adult
Are group lessons not right for you? We offer one-on-one instruction, which is catered to your specific needs. Ask our aquatic staff about private lessons. For more information, please call: 333-2580, x6562.
**East Lansing Hannah Community Center**

**Effective September 3, 2019**

Private swim lessons may take place during open family swim times.

Water slides will only be available during Family Swim.

Please call (517)333-2580 for questions and daily rate information.

Schedule subject to change

### Pool Schedule Fall 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 a.m.–10:30 a.m.</td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>Learn to Swim</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>Learn to Swim</strong></td>
<td><strong>CLOSED</strong></td>
</tr>
<tr>
<td>10:30 a.m.–11:30 a.m.</td>
<td><strong>Prime Time Senior Water Aerobics</strong></td>
<td>10:30 a.m.–11:30 a.m.</td>
<td><strong>Adult Lap Swim</strong></td>
<td><strong>Adult Lap Swim</strong></td>
<td><strong>Adult Lap Swim</strong></td>
<td><strong>Adult Lap Swim</strong></td>
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<tr>
<td>11:30 a.m.–1:30 p.m.</td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
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<tr>
<td>1:30 p.m.–5:00 p.m.</td>
<td>Open Swim / 2 Lap Lanes</td>
<td>Swim Club</td>
<td>Open Swim / 2 Lap Lanes</td>
<td>Swim Club</td>
<td>Open Swim / 2 Lap Lanes</td>
<td>Family Swim (3-5 p.m.)</td>
</tr>
<tr>
<td>5 p.m.–7:30 p.m.</td>
<td>2 Lap Lanes / Lessons</td>
<td>Swim Club</td>
<td>2 Lap Lanes / Lessons</td>
<td>Swim Club</td>
<td>Open Swim / 2 Lap Lanes</td>
<td><strong>CLOSED</strong></td>
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<tr>
<td>6 p.m.–7:30 p.m.</td>
<td>Learn to Swim</td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td><strong>CLOSED</strong></td>
<td>Family Swim until 8 p.m.</td>
</tr>
</tbody>
</table>

Available for rental 5 - 6 p.m. or 6 - 7 p.m.
CITY OF EAST LANSING DEPARTMENT OF PARKS, RECREATION AND ARTS

The Department of Parks, Recreation and Arts’ mission is to provide quality facilities and opportunities for leisure through active community participation and support.

CITY COUNCIL
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Mayor Pro Tem Erik Altmann
Councilmember Ruth Beier
Councilmember Shanna Draheim
Councilmember Aaron Stephens

CITY MANAGER
George Lahanas

PARKS & RECREATION ADVISORY COMMISSION
Gary Beaudoin, Chair
Pam Weil, Vice Chair
EJ Buss
Merle Heidemann
Charles Overbey
Jon Novello
Nathan Triplett

DIRECTOR OF PARKS, RECREATION AND ARTS
Timothy M. McCaffrey

PHOTOGRAPHY POLICY
City photographers commonly take pictures of parks and recreation activities as well as at community events. These photos may be subsequently used online and in print—including on the City’s website and social media sites and in City publications.

If you would prefer not to be included in such photos, please let the photographer know before they begin taking the photos. Thank you!
CITY OF EAST LANSING DEPARTMENT OF PARKS, RECREATION AND ARTS

Class Registration/East Lansing Hannah Community Center
819 Abbot Road
Phone: (517) 333-2580
Fax: (517) 333-2995
Theater; banquet/conference rooms; fitness center; pool; gyms; Prime Time Seniors’ Program

East Lansing Soccer Complex
3700 Coleman Road
Reservations: (517) 319-6809
Northern Tier Trail access; four recreational fields and three competitive fields

East Lansing Softball Complex
6408 Abbot Road
Reservations: (517) 319-6809
Northern Tier Trail access; four full-size, lit, competitive fields

Family Aquatic Center
6400 Abbot Road
Phone: (517) 332-4420 (during season)
Phone: (517) 333-2580 (off season)
Open June through Labor Day

Northern Tail Dog Park
6408 Abbot Road
Gated off-leash park north of the East Lansing Softball Complex and adjacent to the Northern Tier Trail

Northern Tier Trail
System of paved, non-motorized pathways (4.5 miles)

Valley Court Community Center
201 Hillside Ct.
Phone: (517) 372-6671
Helping Hands Respite Center

Parks, Recreation & Arts Administrative Office
410 Abbot Road
Phone: (517) 319-6809
Fax: (517) 337-1607
parks@cityofeastlansing.com

Visit www.cityofeastlansing.com or call (517) 333-2580 for information.