

Eaton Rapids Public Schools Community Education

Activity Guide



Spring/Summer 2010

REGISTER FOR CLASSES

By Mail: Send a completed registration form with a check or money order to:

Brenda Stohr, Director
ERPS Community Education
912 S. Greyhound Drive
Eaton Rapids, MI 48827

Please make checks payable to ERPS Community Ed

In Person: Bring your completed registration form, or fill one out when you arrive at the Community Education office. Our office is open between 7:30 a.m. and 4:00 p.m.

Class Cancellation Process: Most classes require a minimum number of participants in order to be held. If we cancel a class due to low enrollment, we will contact you by phone within 24 hours of the first class and a refund will be issued to you within 30 days.

Refund Procedures: To cancel a class registration, please call 663-1209. Class cancellations must be made 48 hours prior to the first class to receive a 100 percent refund. A 50 percent refund will be given if requested before the second class. No refund is available after the second class. In case of a one-day workshop, no refunds are given after the first class. Refunds will be issued in approximately 30 days

Eaton Rapids Public Schools Community Education Registration Form

Name _____

Parent Name (if child enrolling) _____

Address _____

Phone Number _____ Other Contact # _____

E-Mail Address _____

Age (if child) _____

Enrichment Classes	Session/Day	Cost
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_____	_____	_____
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_____	_____	_____
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_____	_____	_____
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Swim Classes

Name _____ Age _____ Level _____ Session _____ Time _____

Name _____ Age _____ Level _____ Session _____ Time _____

Name _____ Age _____ Level _____ Session _____ Time _____

**If school is cancelled because of the weather,
community classes will be cancelled and rescheduled.**

SPRING AQUATICS

The pool will be closed Monday-Saturday, May 10-May 15 for annual maintenance.
We will reopen Monday May 17, for our regular scheduled activities.

Lifeguard Certification

We will be offering a Lifeguard certification class this spring. In order to take this class you must be 15 years old and pass the following swim pretest:

Swim 300 yds (12 lengths), 4 front crawl,
4 breast stroke, 4 your choice
Swim 20 yds, dive 7 ft for 10 lb brick, and
swim back 20 yds.

The class is 30 hours of instruction and practice. Successful completion includes Red Cross certification in Lifeguarding, First Aid, and CPR for the professional rescuer. Cost includes book and supplies. Class is a total of 30 hours for \$185 on these dates:

Fri, May 7 (pretest), 14, 21	6:00-9:00 pm
Sat, May 8, 15, 22	9:00 am - 2:00 pm
Thurs, May 13, 20	6:00-9:00 pm

Open Swim

All swimmers must be 42" at the chin or with an adult in the water. You may bring your own flotation aid for young children, but it does not replace your close supervision. **If no swimmers have arrived after 45 minutes from the start of Open Swim, the pool will close.**

Wednesday	7:30-9:00 pm
Saturday	1:00 -3:00 pm

Cost: \$4.00/ adult, \$3.00/ student
\$7.00 for a family of 4
\$1.00 for each additional family member

Punch cards are available

Lap Swim

Use our kickboards, fins and other training aids to vary your workout. You can also use the Aqua Jogger equipment and "jog" your laps.

Tues & Thurs	11:00 am-12:30 pm & 5:30-7:00 pm
Saturday	9:00 -11:00 am & Noon-1:00 pm

Cost: \$3.00 at the door
Punch Cards: \$25 for 10 punches
Senior Discount: \$20 for 10 punches (60+)

Aquatic Fitness Classes

Water Aerobics

This class is low to medium intensity and low joint impact. It is designed to give you some cardio conditioning while increasing strength and flexibility.

Mon & Wed	9:00-10:00 am - & 6:30-7:30 pm
Friday	10:30 am - 1:30 pm
Saturday	11:00 am - Noon

Aqua Jogger

This is a medium to high intensity cardio class that is totally non-impact. Deep water provides the maximum resistance for a great aerobic and toning workout. Floatation belts are provided, so no swimming skills are needed.

Tues & Thurs 7:00 pm – 8:00 pm

These are drop-in classes and run year round. Come try us out for free! The first visit is on us!

Cost for Fitness Classes: \$5.00 at the door.
Punch Cards: \$45 for 10 punches
Senior Discount: \$37 for 10 punches (60+)

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YOUTH CLASSES

Introduction to Horsemanship

(Ages 7 - 12)

Students will learn how to ride and communicate with horses! Let Massman Stables' skilled instructors help your child gain knowledge and confidence while working with horses on the ground and in the saddle. Level 1 students will be introduced to horse body language, parts of the horse, types of equipment used and basic riding skills. In Level 2, students will get more detailed instruction in horsemanship, maneuvering the horse's body and learn different types of activities involving horses.

Dates: Mondays- Session 1

Level 1 – 5/3-5/17

Level 2 – 6/7-6/21

Mondays- Session 2

Level 1 – 7/5-7/19

Level 2 – 8/2-8/16

Time: 6:00-8:00 pm

Location: Massman Stables

714 Hogsback Road, Mason

Cost: \$77

Register directly with Massman Stables by calling Kelly Beaubien at 517-676-8555.



Eaton Rapids Public Schools is participating in the **Summer Food Service Program**. Anyone 18 and under is eligible for free breakfast and lunch. The meals will be served at Greyhound Intermediate School starting June 14. Watch for further details in school newsletters or you can call Linda Vainner at 517-663-4280.

Sanchin-Ryu's Karate for Kids

(Grades K-8)

This program is set in a fun, yet structured, environment. We focus on healthy attitudes versus perfection! Participants will achieve great self confidence and leadership through the physical techniques, mental strategies, drills and exercises they are lead through.

Dates: Thurs, 6/17-8/26 (10 weeks)

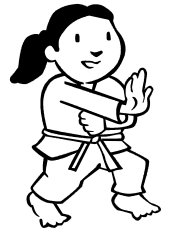
No class on 8/5

Time: 6:00-7:00 pm

Location: Union Street Center

Certified Sanchin-Ryu Instructor

Cost: \$30



POOL RENTAL

Looking for a unique place for a party or gathering?
Why not a POOL PARTY?

2 hours of pool rental includes:

Lifeguard

Games

Underwater music

Tables for food or gifts

Outdoor patio (weather permitting)

Phone 663-3484 for details

YMCA/ERCAC YOUTH BASEBALL & SOFTBALL

Deadline to register is Sunday,
April 18. Register online at
<http://www.ymcaoflansing.org>



For more information
call Fred Thomas at
517-827-9665

ADULT / YOUTH CLASSES

Sanchin-Ryu's Karate for Families!

A parent AND child program for all ages set in a fun, non-competitive and informative atmosphere, this program allows parents to learn alongside their children. Physical techniques will be taught along with drills and exercises to help you have a positive experience with your self-defense education. Sanchin-Ryu will teach you how to use your whole body, rather than just certain muscle groups, so size and stature are not an issue!

Dates: Thurs, 6/17-8/26 (10 weeks)

No class on 8/5

Time: 7:00-8:00 pm

Location: Union Street Center

Certified Sanchin-Ryu Instructor

Cost: \$60



Zumbatomic (Children 4 - 12 with Adult)

The time to start Building a Healthy Lifestyle with your child is NOW! Kids love to move and Kids love Zumba! ZumbAtomic is the perfect combination of fitness & fun! Our classes combine high energy, motivating music with easy to follow kid-friendly moves. We incorporate dance, games and interaction among kids. It's about making fitness a natural part of their lives. You and Your kids are going to love this class!

Dates: Session 1: Sat, 4/24-5/15

Session 2: Sat, 5/22-6/12

Time: 9:30-10:15 am

Location: Union Street Center

Instructor: Joanna Jennens

Cost: \$28/family session
(up to 3 people)

\$7 drop-in rate



Asset Building in Our Community

HOBBY FEST

Saturday, April 17

1:00-4:00 p.m.

Union Street Center

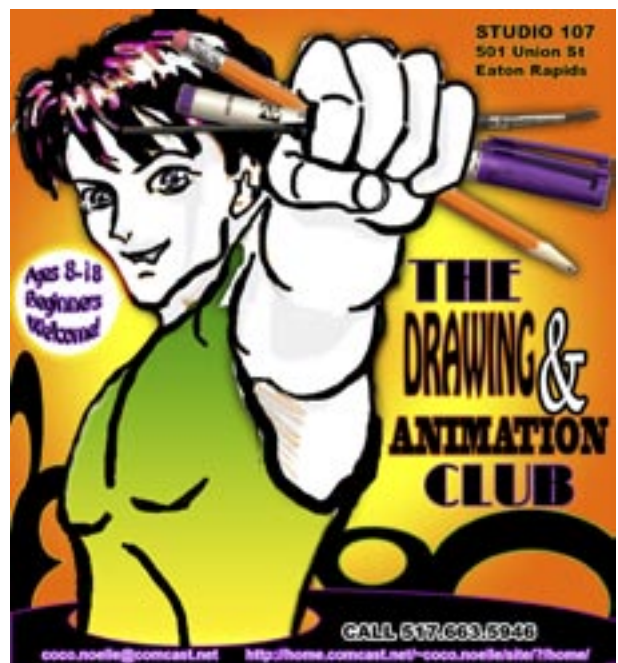


Free Event

Come and explore all types of hobbies and potential interests.

For more information call Ron Byerly at 663-4907

CALLING ALL ARTISTS (and Artist hopefuls!)



Introduction to Disc Golf

Disc golf is basically golf with hard plastic discs. The objective is to throw the disc into a metal basket. This class will familiarize students with the fundamental rules of the game and the equipment involved. Disc golf is a great family activity as well as fun to play with a group of friends.



Dates: Wed, 5/19-7/7

Time: 6:00-7:00 pm

Location: High School Tennis Court

Instructor: Mike Bohms, high school teacher

Cost: \$30 (includes disc, \$10 value)

Join The Drawing and Animation Club for summer fun!! Topics include supplies, sketching, storyboards & more!

Dates: Saturdays, 4/24 - 8/21 (3 Saturdays a month)

Time: 10:00 am - 12:00 noon

Location: Studio 107, 501 Union Street

Cost: \$10.00 per session (registration is required)

Call to set a private appointment before registering. Bring your portfolio and sketches if you have them.

ADULT CLASSES

Introduction to MS Office and Internet/Email (Adults 18+)

This is a four-session class. Sign up for one session or all four. Learn the basics of Microsoft Word, Excel and PowerPoint for the very beginner. You will learn how to create, save, open and close documents. This class will teach individual students how to create letters, spreadsheets and presentations. Students will also learn how to cut and paste from document to document if needed and more. Session 4 will introduce students to the Internet, emphasizing how to utilize your email. You must have an email address and password to take this class or contact the instructor prior to the first class to obtain an email address.

Dates: Wednesdays

Session 1: 5/5-5/26 (Word)

Session 2: 6/2-6/30 (Excel)

Session 3: 7/7-7/28 (PowerPoint)

Session 4: 8/4-8/25 (Internet/Email)

Times: 6:00-7:00 pm

Location: Greyhound Central

Instructor: Terri Rhoads (663-4677)

Cost: \$35 per session / \$120 for all four sessions

Wedding Bell Special

Whether you are the bride, groom, in the wedding party, or on the guest list, this class is perfect for you. You will learn the most popular dance steps to get you ready for that special occasion.

Dates: Session 1 Friday, 4/30

Session 2 Friday, 8/6

Time: 7:00-8:30 pm

Location: Greyhound Central

Instructor: Vickie Verstraete,

LET'S GET DANCIN!

Cost: \$25 per Couple



Small Business Classes

These classes are designed for individuals who are considering self-employment, or are at the beginning stages of starting their business. The Eaton Rapids Incubation and Education Center is offering these free classes. The Center's mission is to help nurture entrepreneurial and economic development in Eaton Rapids.

Class Dates:

April 21 **Writing a Business Plan**

Instructor: Ben Dancer

May 19 **Incorporation & Legal Structures**

Instructor: Sally Babbitt VanDenBerg

June 16 **Small Business Marketing Strategies**

Instructor: Jennifer Painter

Sept 15 **Create a Business Website**

Instructor: Gary Vittoz

Oct 20 **How to Find & Bid on Government Contracts**

Instructor: Mike Morgan

Time: 6:00-7:00 pm

Location: Union Street Center, Room 105

Cost: Free



Eaton Rapids Parks & Recreation and the Michigan Recreation & Parks Association presents...

Join the Eaton Rapids Parks and Recreation Department as we walk towards a healthier you. These 30 to 60 minute walks are free, non-competitive, and open to persons of all ages. Bring out your friends and family and enjoy a different tour of our Grand City each week. Walks will leave from the Amphitheater at 315 W. Knight Street. All walks begin at 6:30 p.m. and end 30 to 60 minutes later, beginning on Friday, May 7 and continuing every Friday until September 24. Call Kim at (517) 663-8118 ext. 8109 for more information.

ADULT CLASSES

Sanchin-Ryu's Karate for Adults!

(Ages 13 and up)

Set in a fun, non-competitive and informative atmosphere, this program is designed to empower today's adults with knowledge that can save your life! Students will learn a broad range of techniques including individual strikes, advanced combinations and more.

Dates: Thurs, 6/17-8/26 (10 weeks)

No class on 8/5

Time: 8:00-9:00 pm

Certified Sanchin-Ryu Instructor

Location: Union Street Center

Cost: \$30

Introduction to Horsemanship

(Ages 18 - 40)

Why let your kids have all the fun! Fulfill your dream of learning how to ride and communicate with horses. Let Massman Stables' skilled instructors help you gain knowledge and confidence while working with horses on the ground and in the saddle. Level 1 students will be introduced to horse body language, communicating with the horse through leading activities, types of equipment used and basic riding skills. In Level 2 students will get more detailed instruction in horsemanship, maneuvering the horse's body and learn how horses can be a form of therapy. Space is limited so please sign up early to ensure your spot!

Dates: Wednesdays

Session 1

Level 1 – 5/5-5/19

Level 2 – 6/8-6/23

Session 2

Level 1 – 7/7-7/21

Level 2 – 8/4-8/18

Time: 6:00-8:00 pm

Location: Massman Stables

714 Hogsback Road, Mason

Cost: \$77

Register directly with Massman Stables by calling Kelly Beaubien at 517-676-8555.

Zumba (Ages 13 and up)

A Latin-inspired dance/fitness class that incorporates Latin and International music and dance movements which creates a dynamic, exciting, and effective fitness system. This class format combines fast and slow rhythms that tone and sculpt the body.

Dates: Wednesdays

Session 1: 6/2-6/23

Session 2: 6/30-7/21

Session 3: 7/28-8/18

Time: 5:30-6:30 pm

Location: Greyhound Central

Instructor: Denise Perkins

Cost: \$20 per session; \$5 per class for drop-in



Zumba (Ages 13 and up)

Ditch the workout and join the party!!! Zumba is a fusion of Latin and International music and dance themes that create a dynamic, exciting, and effective workout system. Zumba combines high energy and motivating music, unique moves that allow participants to Dance and have fun while getting fit. Zumba is based on the principle that a workout should be "fun" and "easy to do" motivating participants to stick to the Zumba System program and achieve long term health benefits. Zumba is a feel-happy workout, great for the mind, body, and soul!

Dates: Session 1: Friday, 4/23-5/14

Session 2: Friday, 5/21-6/11

Time: 7:30-8:30 pm

Location: Union Street Center

Instructor: Joanna Jennens

Cost: \$20 per session (\$5 drop-in)

COMMUNITY ACTIVITIES

Come Grow with Us!

Come to a Meeting to
Learn More!

Thursday, April 15
6:30-7:30 p.m.

Public Safety Building
Or

Saturday, April 17
6:30-7:30 p.m.

Union Street Center



Tour the Community Garden-
Growing Community

Tuesday, April 20
6:30-7:30 p.m.

6135 E Clinton Trail, Eaton Rapids

Eaton Rapids Community Gardens

A community garden is a place where families, friends, and neighbors grow flowers, vegetables, fruits, and friendships.



Three Gardens, Three Opportunities for You to “Grow”

You will learn about all three gardens at these meetings.

City Community Garden

Public Safety Building
101 Line Street

Chief Paul Malewski
663-8118

Community Garden – Growing Community

6135 E Clinton Trail, Eaton Rapids

Elizabeth Mestelle
663-7115/mestelle4@gmail.com

Union St. Community Garden

501 Union Street

Joe Hecksel
663-8339/jhecksel@voyager.net

Brenda Stohr
663-1144/bstohr@erpsk12.org

SUMMER CAMPS

MAD SCIENCE SCIENTIFIC EXPLOSION CAMP

DATE: JULY 19 - 23

TIME: 10:00 AM – 4:00 PM

**AGES: K-2 GRADE SESSION
3-5 GRADE SESSION**

COST: \$195



EXTENDED HOURS (8:30 AM – 6:00 PM) ARE AVAILABLE FOR AN EXTRA FEE OF \$42 PER WEEK

Parents choose 1 day, 2 day, 3 days, 4 days or 5 days

2 day camps run Monday and Wednesday OR Tuesday and Thursday

3 day camps run Tuesday, Wednesday and Thursday

4 day camps run Monday, Tuesday, Wednesday and Thursday

**WATCH FOR REGISTRATION FORMS THAT WILL COME HOME WITH YOUR CHILD OR
CALL MAD SCIENCE AT 269-978-8543.**

¡Fútbol! Soccer In....SPANISH! A Theme-Based Spanish Summer Day Camp (Grades 2-5)

Join in the fun of learning Spanish while playing soccer! In this dynamic and active camp your children will be introduced to the Spanish speaking world's most popular sport. Students will become members of a national team from a Spanish speaking country. They will learn soccer chants and PLAY SOCCER in each and every session. They will do all of these activities while learning soccer specific vocabulary and SPEAKING SPANISH! Students will love the interactive and action packed format of this fun-filled camp.

Date: June 21-24

Time: 9:00-11:00 am

Cost: \$105

Location: Union Street Center

Children should bring: white t-shirt, water bottle, light daily snack



**WATCH FOR REGISTRATION FORM THAT WILL COME HOME WITH YOUR CHILD OR
CALL (734) 785-9557.**

SUMMER AQUATICS

SUMMER HOURS BEGIN ON JUNE 9TH

Open Swim

Come for a Swim! Healthy, active fun! All swimmers must be 42" at the chin or accompanied by an adult in the water. You may bring your own flotation aide for young children, but it does not replace your close supervision. **If no swimmers have arrived after 45 minutes from the start of Open Swim, the pool will close.**

Mon, Wed & Fri 1:30 - 3:00 pm
Tues & Thurs 7:30 - 9:00 pm
Sat & Sun 1:00 - 3:00 pm

Cost: \$4.00/ adult, \$3.00/ student
\$7.00 for a family up to 4 family members,
then \$1.00 for each additional member.
Punch cards are available.

Splash Party Pool Dance

The perfect mix of rockin' music and water fun! Put on your dancing "fins" and have a blast. Concession stand will be open after swimming.

Dates: 2nd Saturday of the Month
6/12, 7/10, 8/14
Time: 8:00-10:00 pm
Cost: \$3.00 per swimmer



Aquatic Fitness

Whatever your fitness level, adding a water workout to your weekly schedule can have great health benefits. The properties of water provide a no to low joint impact workout that can burn more calories than doing the same workout on land. Already workout? Adding swimming or water aerobics classes to your routine can help lessen injuries and muscle memory. These are drop-in classes and run year round. Come try us out! The first time is always free!



Water Aerobics

This class is low to medium intensity and low joint impact. It is designed to give you some cardio-conditioning while increasing strength and flexibility.

Mon, Wed, Fri 9:00 - 10:00 am
Tues & Thurs 7:00 - 8:00 am; 6:30 - 7:30 pm
Saturday 11:00 am - Noon

Cost: \$5.00 at the door
Punch Cards: \$45 for 10 punches
Senior (60+) Discount: \$37 for 10 punches

Lap Swim

Get out of the heat or just change up your routine with swimming. Use our kickboards, fins and other training aids to vary your workout. You can also use the Aqua Jogger equipment and "jog" your laps.

Mon & Wed 6:00 - 7:00 pm
Tues & Thurs 11:00 am - 12:30 pm
Saturday 9:00 - 11:00 am & 12:00 - 1:00 pm

Cost: \$3.00 at the door
Punch Cards: \$25 for 10 punches
Senior (60+) Discount: \$20 for 10 punches

Water Walking

Haven't exercised in a while? Recovering from injury or illness? Gentle, safe Water Walking is ideal for reducing stiffness and loosening muscles and joints. No special equipment is necessary, but water shoes are helpful. Also, no swimming skills are needed. Stairs and chair lift are available for those that need help getting in and out of the pool. Get moving with less stress on your joints, stretch, and improve your balance.

Mon & Wed 11:00 am - 12:30 pm

Cost: \$3.00 at the door
Punch Cards: \$25 for 10 punches
Senior (60+) Discount: \$20 for 10 punches

SUMMER AQUATICS

AMERICAN RED CROSS “LEARN TO SWIM” LESSONS

One of the best things about living in Michigan is all the water related activities that are available. Learning to swim is important for safety as well as fitness. We have classes for all ages and skill levels. It's never too early or too late to LEARN TO SWIM!

Preschool Aquatics (Ages 4 & 5)

Level PS1

Orienting children to the pool and water environment will help them be comfortable starting basic swimming skills like kicking, blowing bubbles, and putting their face in the water.

Level PS2

Helps children gain greater independence in their skills and develop more comfort in and around water while they improve their coordination skills.



Learn to Swim (Ages 6 & up)

Level 1

First lessons for children 6 and older, over 42” at the chin. Students will explore putting their face in water, floating, and moving through the water with help.

Level 2

Continued work on swimming with their face in the water, floating, kicking and arm movement on their fronts and backs.

Level 3 & 4

Students will learn to swim across the pool with rhythmic breathing. Additional strokes, diving and survival techniques are learned.

Level 5 & 6

Stroke Refinement and swimming skill for fitness. Call Aquatics Office for Level 6 class availability.

Cost for all classes is \$24 for 4 lessons. A \$4 discount is offered if you pre-registered before the first day of class. All classes must have 4 swimmers registered to run.

More detailed descriptions of the different levels is available on our website.

SILVER SHARKS SWIMMING & DIVING

Ready to take swimming to the next level? Silver Sharks swimmers develop their swimming skills and stamina while making friends and learning sportsmanship. Swimmers should be age 6 and up, able to swim one length of the pool, and have passed Level 4 of swim lessons. A 10% discount for families with more than 1 swimmer.

Dates: 6/14 - 8/6 (8 weeks)

Maroon Team

High School or other team experience

Mon - Thurs 3:30 pm – 6:00 pm Cost: \$200

Silver Team

Tues & Thurs 4:30 pm – 6:00 pm Cost: \$96

Diving Team (Ages 11 and up)

Diving is a sport of coordination and perfection. If you have had gymnastics or dance, why not try competitive diving? We will teach you the basics of safe diving. Some swimming skill is required.

Dates: 6/14 - 8/14

Mon & Wed 6:30 pm - 7:30 pm

Cost: \$98



SUMMER AQUATICS

SUMMER SWIM LESSON SCHEDULE

Code	Level	Days	Time	Dates
SS10PS1	PS1	Saturday	9-9:30 AM	6/12-7/3
SS101	1	Saturday	9-9:30 AM	6/12-7/3
SS102	2	Saturday	9:30-10:10 AM	6/12-7/3
SS103	3	Saturday	10:15-10:55 AM	6/12-7/3
ES1PS1	PS1	Mon & Wed	6- 6:30 PM	6/14-6/23
ES11	1	Mon & Wed	6:30-7 PM	6/14-6/23
ES14	4	Mon & Wed	7-7:45 PM	6/14-6/23
DS11	1	Tues & Thurs	9-9:30 AM	6/15-6/24
DS12	2	Tues & Thurs	9:30-10:10 AM	6/15-6/24
DS13	3	Tues & Thurs	10:15-10:55 AM	6/15-6/24
DS21	1	Tues & Thurs	9-9:30 AM	6/29-7/8
DS22	2	Tues & Thurs	9:30-10:10 AM	6/29-7/8
DS24	4	Tues & Thurs	10:15-10:55 AM	6/29-7/8
ES2PS2	PS2	Mon & Wed	6- 6:30 PM	7/12-7/21
ES22	2	Mon & Wed	6:30-7 PM	7/12-7/21
ES25	5	Mon & Wed	7-7:45 PM	7/12-7/21
DS3PS1	PS1	Tues & Thurs	9-9:30 AM	7/13-7/22
DS32	2	Tues & Thurs	9:30-10:10 AM	7/13-7/22
DS33	3	Tues & Thurs	10:15-10:55 AM	7/13-7/22
SS2PS2	PS2	Saturday	9-9:30 AM	7/17-8/7
SS21	1	Saturday	9-9:30 AM	7/17-8/7
SS22	3	Saturday	9:30-10:10 AM	7/17-8/7
SS23	4	Saturday	10:15-10:55 AM	7/17-8/7
DS4PS2	PS2	Tues & Thurs	9-9:30 AM	8/3-8/12
DS41	1	Tues & Thurs	9:30-10:10 AM	8/3-8/12
DS44	4	Tues & Thurs	10:15-10:55 AM	8/3-8/12
ES31	1	Mon & Wed	6- 6:30 PM	8/9-8/18
ES32	2	Mon & Wed	6:30-7 PM	8/9-8/18
ES34	4	Mon & Wed	7-7:45 PM	8/9-8/18

Private Lessons (All Ages / Levels)

If our schedule doesn't fit your schedule, we can work it out. Private lessons are built around your busy schedule and needs. From new swimmers, to timid adults, or fitness swimmers wanting to improve their technique, we can help you be a better more confident swimmer. The cost is \$45 for four lessons. Call the Aquatics Office to arrange lessons.

COME TRY US OUT!

Don't worry. Come try any of our drop-in Water Fitness Classes. Your first time is always FREE!

ONLINE PAYMENTS / EVENTS



ONLINE PAYMENT

If you have a student in ERPS you can make payments online at

<http://www.sendmoneytoschool.com>

and follow these steps:

- Login
- Click on School Store at top of page
- Begin typing Eaton Rapids Public Schools
- Click on Community Education
- Click on the Class you wish to register for
- Add to cart (a \$2 processing fee will be added)
- Follow prompts for payment

You will still need to mail/drop off the class registration form to the Community Ed office.

For questions, please call Brenda Stohr at 517-663-1144.

Community Education Staff

Brenda Stohr
Director
663-1209
bstohr@erpsk12.org

Lori Chapman
Aquatics Coordinator
663-3484
lchapman@erpsk12.org

Cindy Smith
Clerical Assistant
clsmith@erpsk12.org

	<p><i>The American Cancer Society Relay For Life is a community event where <u>everyone</u> can join us in the fight against <u>every</u> cancer.</i></p> <p>Teams participate overnight and raise much-needed funds for research, education, advocacy and patient services.</p> <p>Everyone is encouraged to participate in Relay For Life, including friends, families, businesses, organizations, elementary, middle and high school students, college groups, churches, youth organizations, community groups and, most importantly, cancer patients and survivors. The event includes entertainment and family activities, an inspiring Victory lap by survivors and a powerful Luminaria Ceremony at dusk that remembers those who have lost their battle to cancer.</p>
<p>Hate Cancer? Fight Back!</p>	
<p>Relay For Life of Eaton Rapids Invites <u>YOU</u> to learn more about how you can fight back in the battle against Cancer!</p>	
<p>For more information, please visit www.relayforlife.org/eatonrapidsmi or Contact Molly Day at: 517-664-1404</p>	
<p>Relay For Life of Eaton Rapids June 4 & 5 Union Street Community Center</p>	

YMCA SUMMER ADULT CLASSES

Session Dates: June 14-August 8, 2010 Registration Begins: May 31, 2010
Classes are held at Union Street Program Center. 517-827-9670

Body Makeover

Are you ready to get a complete head to toe makeover? This is the class for you. Our Extreme Body Makeover Class will push you like nothing ever has before. This is an action packed hour of out of this world total body conditioning. Get ready to try extreme movements that will produce extreme results.

66634 5:30pm–6:30pm...Mon

66633 5:30pm–6:30pm...Wed

Fee: \$38 Y Member: \$28

Group Cycling Beginners

Beginner level group cycle class. Designed to cater to the beginner - learn the basics from a trainer to insure a safe workout.

66648 5:45pm–6:30pm...Thur

66647 5:45pm–6:30pm...Tue

66646 6:45pm–7:30pm...Tue

Fee: \$38 Y Member: \$28

Kickboxing Aerobics

The energy of kickboxing and self defense moves plus aerobic training is combined into a total body workout for all abilities and levels. Hand wraps recommended.

66645 4:30pm–5:30pm...Mon

66644 4:30pm–5:30pm...Wed

Fee: \$38 Y Member: \$28

Pilates

The Pilates method focuses on deep muscle body conditioning exercises and techniques which can improve posture, coordination, and develop mindbody awareness. All levels welcome; options will be given for experienced exercisers.

66643 6:45pm–7:45pm...Mon

66642 6:45pm–7:45pm...Wed

Fee: \$38 Y Member: \$28

Parent Child Yoga

Yoga is one of the few disciplines which can be enjoyed by almost any age. The class will develop strength and flexibility adapting postures to each individual. Using a circle format, this class helps parents and children enjoy time together in a relaxed atmosphere. Designed for ages 5-8.

Limited enrollment; Price is per pair; 7-week class.

67133 4:30pm–5:30pm...Mon

67135 4:30pm–5:30pm...Wed

Fee: \$38 Y Member: \$28

Step Aerobics

Ever popular step aerobics! Control the intensity of your workout by adding arm movements and adjusting the step height.

66641 4:30pm–5:30pm...Thur

66835 4:30pm–5:30pm...Tue

Fee: \$38 Y Member: \$28

Strength & Stretch

This non aerobic workout is basic resistance training using hand weights and bands. All levels welcome; options will be given for beginners and diehards alike. The class will also include a stretch and relaxation segment for long lean muscles and stress relief.

66834 5:30pm–6:30pm...Thur

66833 5:30pm–6:30pm...Tue

Fee: \$38 Y Member: \$28

Yoga

The essence of yoga is breathing, feeling and listening to the body. This yoga class will utilize traditional yoga postures linked together in a flowing format that will increase your strength & flexibility. A relaxation segment will be included.

66832 6:30pm–7:30pm...Mon

66831 6:30pm–7:30pm...Wed

Fee: \$38 Y Member: \$28

Yogalates

Get the best of Yoga and Pilates all in one class. Focus the mind and body with the power of a deep core workout and develop strength and flexibility with Yoga postures.

66830 5:35pm–6:35pm...Mon

66829 5:35pm–6:35pm...Wed

Fee: \$38 Y Member: \$28

Senior Programs

Enhance Fitness

Lively and interactive studio class filled with variety for all fitness levels. Nationally certified instructor will provide a safe and encouraging atmosphere to improve your fitness. Ages 50+.

66632 11:00am–12:00pm...Mon, Wed, Fri

66649 5:30pm–6:30pm...Mon, Wed, Fri

Fee: \$50 Y Member: \$35

YMCA ADVENTURE CAMPS

These camps are fun, fun, fun! Each day camp coordinates with the weekly theme. We will give the campers the opportunity to improve on specific skills in a fun and safe environment. Campers will spend the first half of the day doing activities based on the weekly theme. In the afternoon they will enjoy swimming, gym games, arts & crafts and other activities to allow for all sorts of fun in their day. These programs are held at 805 Greyhound Dr. Eaton Rapids, 517-827-9666

Week 1 - 6/14 to 6/18

Ages: 5 to 12

Everyday Super Heroes

Campers will be flying high as they enter the world of super heroes and discover their own super hero qualities.

Fee: \$115 YMCA Member: \$100

Week 2- 6/21 to 6/25

Ages: 5 to 12

Soccer

The building blocks of soccer will be taught including dribbling, passing, receiving, shooting, finishing and goal keeping.

Fee: \$115 YMCA Member: \$100

Week 3- 6/28 to 7/2

Ages: 5 to 12

Star Spangled

This week campers will learn why we celebrate our Nation's Independence. Campers will be participating in many activities to show off their holiday spirit.

Fee: \$115 YMCA Member: \$100

Week 4- 7/5 to 7/9

Ages: 5 to 12

Survivor Week

Campers will become part of a tribe and get to compete to see who will be the sole survivor.

Fee: \$115 YMCA Member: \$100

Week 5- 7/12 to 7/16

Ages: 5 to 12

All Sports

Game On! This camp is designed to teach general skills in the following sports: soccer, basketball, baseball, volleyball, football and floor hockey.

Fee: \$115 YMCA Member: \$100

Week 6- 7/19 to 7/23

Ages: 5 to 12

Fit Kids Challenge

Campers will explore fitness activities, healthy eating and wellness with fun projects and activities. This week will get you movin' and groovin'.

Fee: \$115 YMCA Member: \$100

Week 7- 7/26 to 7/30

Ages: 5 to 12

YMCA Idols

Do you have what it takes to be a star? This week we will have a talent competition, karaoke contest and other activities fit for any young idol. Come and share your talent with us.

Fee: \$115 YMCA Member: \$100

Week 8- 8/2 to 8/6

Ages: 5 to 12

Wacky Water Week

Getting wet and wild is what this camp is all about.

Campers will be doing many different water activities and a trip to the water park will make this adventure the greatest.

Fee: \$115 YMCA Member: \$100

Week 9- 8/9 to 8/13

Ages: 5 to 12

Silly Sports

There's water balloon volleyball, capture the flag, paper airplane contest, water bucket brigade, balloon waddle walk, hoop-to-loop, just to name a few. Along with the fun, campers learn about team building, sportsmanship and friendly competition.

Fee: \$115 YMCA Member: \$100

Week 10- 8/16 to 8/20

Ages: 5 to 12

Chemistry Kidz

Campers will explore science through hands on activities. Fun and safe science experiments will be produced each day.

Fee: \$115 YMCA Member: \$100

Week 11- 8/23 to 8/27

Ages: 5 to 12

Basketball

Campers will work on basketball fundamentals in a fun environment. Games played will be instructional to help improve fitness and skill level.

Fee: \$115 YMCA Member: \$100Camps

Week 12- 8/30 to 9/3

Ages: 5 to 12

YMCA Amazing Race

Campers will be participating in a scavenger hunt that lasts all week. Fun challenges, games, problem solving activities and teamwork will make this week truly amazing.

Fee: \$115 YMCA Member: \$100Camps

Additional Rates

3 Days Fee: \$69 Member: \$60

2 Days Fee: \$46 Member: \$40

Union Street Center

501 Union Street

Eaton Rapids, Michigan 48827

For more information about leasing space and/or
Center programs contact Brenda Stohr at 517-663-1144.

Aggie Mae's Bakery & Sweet Shoppe

Neva Austin 517-663-2300

Children's Creations Theatre Company

Vickie Verstrate 517-663-2510

CoCo Noelle Creative Arts

Colleen Palmer 517-663-2677

ERPS Community Education Classes

Brenda Stohr 517-663-1290

Eaton Rapids Early Childhood Advocates

Dawn Tomlin 517-242-4534

Guardian Angel Childcare

Jennifer Hector 517-663-2597

Lisa's Island Dance Centre

Lisa Hovey 517-663-2738

Open Arms Lutheran Church

Gordon Phillips 517-983-9152

YMCA Before /After School and Fitness Classes

Before/After School Program Brenda Hiemstra 517-663-2765

Fitness Classes Joy Berwald 517-827-9677

Youth Sports Fred Thomas 517-9665