

# KCP 2024 WINTER SCHEDULE

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



## SWIMMING

### Beginner I, Beginner II & Intermediate

Beginner I: Saturdays from 4:00–5:00 pm..... \$300  
Beginner I: Saturdays from 5:00–6:00 pm..... \$300  
Beginner II: Saturdays from 5:00–6:00 pm..... \$300  
Intermediate: Saturdays from 6:00–7:00 pm..... \$300

All levels: January 27–April 20

**No classes February 24 and March 2**

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.



## PICKLEBALL

### Beginner/Novice

Beginner/Novice: Tuesdays from 5:30–7:00 pm..... \$120  
January 9–30, 2024  
February 6–27, 2024  
March 6–26, 2024

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

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



## TENNIS

### Beginner & Intermediate

#### \*2 LOCATIONS\*

#### Varsity Tennis Center

Beginner: Sundays from 6:00–7:00 pm ..... \$275  
Intermediate: Sundays from 7:00–8:00 pm ..... \$275

Both levels: January 21–April 21

**No classes February 25, March 3, and March 31**

Please bring your own racquet and wear non-marking sole tennis shoes.

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

#### Chippewa Tennis Club

Beginner: Saturdays from 8:00–9:00 am..... \$300  
January 20–April 20

**No class February 24 and March 2**

Intermediate: Mondays from 9:00–10:00 pm ..... \$300  
January 22–April 15

**No class February 26**

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

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

*Continued on next page*

## 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, 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.



SCHOOL OF KINESIOLOGY  
**COMMUNITY PROGRAMS**  
UNIVERSITY OF MICHIGAN

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## AMERICAN RED CROSS ADULT CPR/AED & FIRST AID

Adult CPR/AED

Sunday, February 4, 2024 from 10:00 am–noon.....\$40

Adult CPR/AED & First Aid

Sunday, March 10, 2024 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 the Sunday you register for, 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



## EMPOWERMENT SELF-DEFENSE

Wednesday, January 24, 2024 from 5:00–7:00 pm.....\$30

Thursday, March 21, 2024 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) 5 minutes prior to class, to be escorted inside.**

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

**Winter is no excuse to hibernate -  
Kinesiology Community Programs can  
help you stay active all season long!**

### KCP Email List Sign-Up

Scan the QR code or go to [kines.umich.edu/KCP](https://kines.umich.edu/KCP) and click on **KCP Activity Classes** to sign up for our email list to get the most up-to-date information about our programs!



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