Live a HEALTHY ACTIVE Life

with Kinesiology Community Programs

Register online only for Fall 2020 classes at UM-KCP.eventbrite.com

HEALTH & WELLNESS

- Maintain a physical distance of 6 feet or more between yourself and others.
- Wear a face covering that covers your mouth, nose and chin anywhere on campus including indoors, outside and on U-M transportation.
- Wash your hands frequently with soap and warm water for 20 seconds. If unable to wash your hands, use hand sanitizer.
- Cover your coughs and sneezes. Avoid touching your face.
- If you're gathering with others, meet outdoors when possible and limit the size. The smaller the group, the safer the event.
- Do not share common food and beverages.
- If you feel sick, stay home and away from others. Seek medical attention if necessary.
- Get vaccinated against the flu.

Additionally, all in-person class participants are required to complete the responsiblue.umich.edu health screening attestation every day before coming to campus. The app will give you instructions on what to do if you're experiencing COVID-19 symptoms.

SCHOOL OF KINESIOLOGY
COMMUNITY PROGRAMS
UNIVERSITY OF MICHIGAN

For more than three decades, the University of Michigan School of Kinesiology has offered community programs for Southeastern Michiganders at all stages of life. We're proud to serve our neighbors through educational and motivational programs that inspire healthy and active lifestyles.

Learn more at: kines.umich.edu/KCP

KCP 2020 Fall Schedule

TENNIS

MONDAYS & WEDNESDAYS: September 9-October 12

4:00-5:00 pm	Beginning Tennis	$125
5:00-6:00 pm	Intermediate Tennis	$125

TUESDAYS & THURSDAYS: September 8-October 8

4:00-5:00 pm	Beginning Tennis	$125
5:00-6:00 pm	Intermediate Tennis	$125

Bring own tennis racquet and non-marking sole tennis shoes.

PICKLEBALL

FRIDAYS: September 11-October 9

4:00-6:00 pm	All Levels	$40

SUNDAYS: September 13-October 11

4:00-6:00 pm	All Levels	$40

Pickleball paddle will be provided.

ADULT/CHILD/INFANT CPR, AED & FIRST AID

SUNDAYS

Blended Learning Classes—Participants will complete an online portion (approximately 2.5 hours) from home, and then register to come to the CCRB for review and skills testing.

September 13	8:00-10:00 am **or** 10:00 am-12:00 pm	$45
September 20	8:00-10:00 am **or** 10:00 am-12:00 pm	$45
September 27	8:00-10:00 am **or** 10:00 am-12:00 pm	$45
October 4	8:00-10:00 am **or** 10:00 am-12:00 pm	$45

LIFETIME FITNESS (LTF) @ HOME

Classes are designed for senior adults, however all are welcome!

Classes will be held over Zoom. Links will be emailed upon registration.

MONDAYS

Chair Yoga: A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support, is offered. Benefits of chair yoga include improved strength, flexibility, proprioception, mental clarity, reduced stress, and pain management.

9:00-10:00 am	Session 1 (September 14-28)	$9
9:00-10:00 am	Session 2 (October 5-26)	$12
9:00-10:00 am	Session 3 (November 2-30)	$15
9:00-10:00 am	Session 4 (December 7-14)	$6

WEDNESDAYS

Golden Dance: You will dance to a fusion of Latin and international music at a modified intensity. It's a fun experience and great workout for all the elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance. No experience necessary!

9:00-10:00 am	Session 1 (September 9-30)	$12
9:00-10:00 am	Session 2 (October 7-28)	$12
9:00-10:00 am	Session 3 (November 4-25)	$12
9:00-10:00 am	Session 4 (December 2-16)	$9

FRIDAYS

Chair Aerobics: Aerobics classes are carefully structured to include a warm-up, pre-aerobic stretch, sitting and standing aerobics, strength training, cool down, and a final stretch.

9:00-10:00 am	Session 1 (September 11-25)	$9
9:00-10:00 am	Session 2 (October 2-30)	$15
9:00-10:00 am	Session 3 (November 6-20)	$12
9:00-10:00 am	Session 4 (December 4-18)	$9

CLASS LOCATIONS:

Tennis classes are held on Palmer Courts, north of Central Campus Recreational Building (CCRB).

Pickleball classes are held on the blacktop area next to Palmer Courts, north of Central Campus Recreational Building (CCRB).

Adult/Child/Infant CPR, AED & First Aid testing will be held outside, in the grassy area at the CCRB entrance on the corner of Washtenaw & Geddes.

LTF @ Home classes will be held over Zoom. Links will be emailed upon registration.

REFUNDS:

Submit refund requests on Eventbrite a minimum of 7 days prior to class start date.

QUESTIONS? WE'VE GOT ANSWERS.

Visit kines.umich.edu/KCP to download our FAQs and Policies flyer.

Please monitor our Eventbrite site for additional class offerings and potential openings in classes that are full.

UM-KCP.eventbrite.com

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