Live a HEALTHY ACTIVE Life
with Kinesiology Community Programs

Register online only for Winter 2021 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 Winter 2021 Schedule

**PICKLEBALL**

**Pickleball paddle will be provided.**

**TUESDAYS**

New players with no or limited pickleball experience.

- 5:00–7:00 pm  
  Session 1 (January 26 - March 2) Beginner/Novice  
  $75
- 5:00–7:00 pm  
  Session 2 (March 9–April 13) Beginner/Novice  
  $75

**SUNDAYS**

For experienced pickleball players looking to take their game to the next level.

- 4:00–6:00 pm  
  Session 1 (January 29-March 5) Advanced  
  $75
- 4:00–6:00 pm  
  Session 2 (March 12-April 16) Advanced  
  $75

**ADULT/CHILD/INFANT CPR, AED & FIRST AID**

Online portion link emailed to you from the American Red Cross the Thursday before your registered class date.

**SUNDAYS**

Blended Learning Classes—Participants will complete an online portion (approximately 2.5 hours) from home, and then complete skills testing (socially distanced, masks required) in person on the date chosen during registration.

- January 31  
  8:00-10:00 am or 10:00 am-12:00 pm  
  $55
- February 14  
  8:00-10:00 am or 10:00 am-12:00 pm  
  $55
- February 28  
  8:00-10:00 am or 10:00 am-12:00 pm  
  $55
- March 28  
  8:00-10:00 am or 10:00 am-12:00 pm  
  $55
- April 11  
  8:00-10:00 am or 10:00 am-12:00 pm  
  $55

**CLASS LOCATIONS:**

- Pickleball: Wolverine Pickleball Warehouse, 119 Jackson Industrial Drive, Ann Arbor, MI 48108
- Adult/Child/Infant CPR, AED & First Aid Testing: The Kinesiology Building, 830 N. University Ave, Ann Arbor, MI 48109. Participants should meet outside the entrance on N. University Ave and will be escorted to Room 4600.
- 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**

**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 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. Instructor: Peter K.

- 9:00-10:00 am  
  Session 1 (January 25-February 22)  
  $30
- 9:00-10:00 am  
  Session 2 (March 1-29)  
  $30
- 9:00-10:00 am  
  Session 3 (April 5-26)  
  $24

**TUESDAYS**

**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. Instructor: Kate B.

- 9:00–10:00 am  
  Session 1 (January 26–February 23)  
  $30
- 9:00–10:00 am  
  Session 2 (March 2–30)  
  $30
- 9:00–10:00 am  
  Session 3 (April 6–27)  
  $24

**WEDNESDAYS**

**LTF Strength Training:** A total body workout. The exercises will focus on the entire body to improve balance, stability, and flexibility. Equipment not required. Participants may use household objects (soup cans, water bottles, etc.), exercise bands or 1-5 lb weights. Instructor: Geraldine (Jerry) P.

- 9:00–9:30 am  
  Session 1 (January 27–February 24)  
  $15
- 9:00–9:30 am  
  Session 2 (March 3–31)  
  $15
- 9:00–9:30 am  
  Session 3 (April 7–28)  
  $12

**THURSDAYS**

**ZUMBA Gold:** 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! Instructor: Geraldine (Jerry) P.

- 9:00–10:00 am  
  Session 1 (January 28–February 25)  
  $30
- 9:00–10:00 am  
  Session 2 (March 4–25)  
  $24
- 9:00–10:00 am  
  Session 3 (April 1–29)  
  $30

**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. Instructor: Peter K.

- 9:00–10:00 am  
  Session 1 (January 29–February 25)  
  $30
- 9:00–10:00 am  
  Session 2 (March 5–26)  
  $24
- 9:00–10:00 am  
  Session 3 (April 2-30)  
  $30

**CLASS LOCATIONS:**

- Pickleball: Wolverine Pickleball Warehouse, 119 Jackson Industrial Drive, Ann Arbor, MI 48108
- LTF @ Home classes will be held over Zoom. Links will be emailed upon registration.

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