



# ***ACTIVE, HEALTHY ME***

Register online only for Summer 2021 classes at  
**UM-KCP.eventbrite.com**



## **Tennis - Beginner & Intermediate**



## **Lifetime Fitness (LTF) @ Home - Chair Aerobics, Chair Yoga, Zumba Gold & Strength Training**

### **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](https://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.**

# KCP Summer 2021 Schedule

## TENNIS

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

### MONDAYS & WEDNESDAYS

**Session 1** (June 14-July 14, NO CLASS July 5)

4:30-5:30 pm	Beginning Tennis	\$162
5:30-6:30 pm	Intermediate Tennis	\$162

**Session 2** (July 19-August 18)

4:30-5:30 pm	Beginning Tennis	\$180
5:30-6:30 pm	Intermediate Tennis	\$180

### TUESDAYS & THURSDAYS

**Session 1** (June 15-July 15)

4:30-5:30 pm	Beginning Tennis	\$180
5:30-6:30 pm	Intermediate Tennis	\$180

**Session 2** (July 20-August 19)

4:30-5:30 pm	Beginning Tennis	\$180
5:30-6:30 pm	Intermediate Tennis	\$180

### FRIDAYS

Players looking for doubles match experience (singles when court space is available). Instruction and coaching given as needed, however focus will be on match play itself. Timed matches to be played, with matchups based on game winning percentage.

**Session 1** (June 18-July 16)

4:30-5:30 pm	Match Play	\$60
5:30-6:30 pm	Match Play	\$60

**Session 2** (July 23-August 20)

4:30-5:30 pm	Match Play	\$60
5:30-6:30 pm	Match Play	\$60

### CLASS LOCATIONS:

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

LTF @ Home classes are 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](https://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](https://um-kcp.eventbrite.com)

## LIFETIME FITNESS (LTF) @ HOME

Join us on ZOOM from wherever you are for a variety of Lifetime Fitness classes including chair aerobics, chair yoga, strength training and Zumba Gold. Classes are designed for senior adults, however all are welcome! 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	<b>Session 5</b> (June 7-28)	\$24
9:00-10:00 am	<b>Session 6</b> (July 12-26, NO CLASS July 5)	\$18
9:00-10:00 am	<b>Session 7</b> (August 2-30)	\$30

### 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	<b>Session 5</b> (June 1-29)	\$30
9:00-10:00 am	<b>Session 6</b> (July 6-27)	\$24
9:00-10:00 am	<b>Session 7</b> (August 3-31)	\$30

### 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	<b>Session 5</b> (June 2-30)	\$15
9:00-9:30 am	<b>Session 6</b> (July 7-28)	\$12
9:00-9:30 am	<b>Session 7</b> (August 4-25)	\$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	<b>Session 5</b> (June 3-24)	\$24
9:00-10:00 am	<b>Session 6</b> (July 1-29)	\$30
9:00-10:00 am	<b>Session 7</b> (August 5-26)	\$24

