KCP 2024 WINTER SCHEDULE

Visit 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.

**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
- Intermediate: Mondays from 9:00–10:00 pm ............... $300

Both levels: January 20–April 21

**No class February 24 and March 2**

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

**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

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QUESTIONS? We’ve got answers.
Scan the QR code or visit kines.umich.edu/KCP for class descriptions, facility information, the latest Health & Safety Practices, and more.
Please monitor kines.umich.edu/KCP for additional class offerings and potential openings in classes that are full.
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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 and click on KCP Activity Classes to sign up for our email list to get the most up-to-date information about our programs!