



KCP 2024 FALL SCHEDULE

Visit kines.umich.edu/KCP to learn more and register for 2024 fall community programs.



TENNIS (Ages 18+) Beginner & Intermediate

Varsity Tennis Center

Beginner: Sundays from 6:00–7:00 pm\$325
 Intermediate: Sundays from 7:00–8:00 pm\$325
 12 classes, September 8–December 8
No class November 10 or December 1

Beginner: Wednesdays from 6:30–7:30 pm \$300
 11 classes, September 11–December 4
No class October 2 or November 27

Please bring your own racquet and wear non-marking sole tennis shoes. These classes are held indoors.

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


Chippewa Tennis Club

Beginner: Saturdays from 8:00 am–9:00 am\$325
 12 classes
 September 14–December 7, **No class November 30**

Intermediate: Mondays from 9:00 pm–10:00 pm \$350
 13 classes
 September 9–December 9, **No class October 14**

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

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




SWIMMING (Ages 18+) Beginner I, Beginner II & Intermediate

Beginner I: Sundays from 5:30–6:30 pm \$340
 Beginner I: Sundays from 6:30–7:30 pm..... \$340
 Beginner II: Sundays from 6:30–7:30 pm..... \$340
 Intermediate: Sundays from 7:30–8:30 pm \$340
 All levels: September 15–December 8,
No class on December 1

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 (Ages 18+) Beginner/Novice

Beginner/Novice: Tuesdays from 5:30–7:00 pm..... \$140
 Session 1: October 1–22
 Session 2: October 29–November 19

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

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

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, inclement weather policy and more.

Please monitor kines.umich.edu/KCP for additional class offerings and potential openings in classes that are full.





AMERICAN RED CROSS CPR/AED & FIRST AID (Ages 18+)

Adult CPR/AED & First Aid
Sunday, September 29 from 10:00 am–noon..... \$55

Adult and Pediatric CPR/AED & First Aid
Sunday, November 10 from 10:00 am–noon..... \$80

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 (Ages 18+)

Thursday, October 10 from 5:00–7:00 pm..... \$30
Wednesday, December 4 from 6:00–8:00 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



DISC GOLF (Ages 18+)

Open to all levels of experience:
Wednesdays from 6:00–7:30 pm \$120
Session 3: September 4–25

Are you interested in learning to play disc golf? Do you already play and want to improve your game? Join us this summer! You can use what you learn to get out to play while enjoying the outdoors. Please bring your own equipment. If you do not have equipment, starter sets are available for purchase on site (new or used). A starter set consists of a putter, a midrange, and a driver, and can be purchased at most big box stores, local sporting goods stores, and online retailers. **This class is held off campus, so make sure to allow extra travel time.**

Location: BRATS (private course), 5171 Waters Rd, Ann Arbor, MI, 48104



GOLF (Ages 18+) Intermediate

Intermediate: Mondays from 7:15–8:15 pm..... \$135
Session 6: September 30–October 28

Intermediate: Tuesdays from 7:15–8:15 pm \$135
Session 6: October 1–October 29

If you have your own clubs, please bring them. If you do not have equipment, you can borrow some during class. **This class is held off campus, so make sure to allow extra travel time.**

Location: Miles of Golf, 3113 Carpenter Rd, Ypsilanti, MI, 48197

Just for Kids!

Beginning Golf for Kids (Ages 7–13)

Thursdays from 6:00–7:00 pm \$135
Session 3: September 26–October 24

If you have your own clubs, please bring them. If you do not have equipment, you can borrow some during class. **This class is held off campus, so make sure to allow extra travel time.**

Location: Miles of Golf, 3113 Carpenter Rd, Ypsilanti, MI, 48197

