



KINESIOLOGY COMMUNITY PROGRAMS 2025 SPRING/SUMMER SCHEDULE



SWIMMING (2 Locations, Ages 18+) **Beginner I, Beginner II, Beginner III,** **Intermediate & Masters**

Whitmore Lake Community Pool

Beginner I: Sundays from 6:00–7:00 pm\$140
Beginner I: Sundays from 7:00–8:00 pm\$140
Beginner II: Sundays from 7:00–8:00 pm\$140
All levels:
May 11–June 15 (**no class May 25**)
July 13–August 17 (**no class August 10**)

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

EMU Rec/IM Pool

Intermediate: Tuesdays from 6:00–7:00 pm\$120
Masters: Tuesdays from 6:00–7:00 pm\$100
All levels:
May 13–June 17
July 8–August 12

Please bring your own towel and goggles. Meet on the pool deck at your class time. **This class is held off campus, so please allow extra travel time.** There will be a **fee for parking** anywhere on EMU's campus.

Location: Eastern Michigan University Rec/IM, 500 E. Circle Dr,
Ypsilanti, MI 48197



TENNIS (2 Locations, Ages 18+) **Beginner & Intermediate**

Varsity Tennis Center

Beginner: Sundays from 6:00–7:00 pm\$140
May 11–June 15 (**no class May 25**)
June 29–August 3 (**no class July 6**)

Intermediate: Sundays from 7:00–8:00 pm\$140
May 11–June 15 (**no class May 25**)
June 29–August 3 (**no class July 6**)

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 9:00–10:00 am **or** 10:00–11:00 am\$140
May 31–June 28
July 12–August 9

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

**Visit kines.umich.edu/KCP to learn more and register
for 2025 spring/summer community programs.**



SCHOOL OF KINESIOLOGY COMMUNITY PROGRAMS UNIVERSITY OF MICHIGAN



BEACH TENNIS (Ages 21+) Learn to Play

A 1-day class, introducing you to beach tennis.

Friday from 6:00–7:30 pm\$15

May 9
May 30
June 13
July 18
August 8

**NEW
ACTIVITY!**

Jump into the exciting world of beach tennis! Learn the basics of gameplay, key techniques, and winning strategies before putting your skills to the test in fun matches with fellow participants. All equipment is included. **This class is held off campus, so please allow extra travel time.**

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



BOCCE BALL (Ages 21+) Learn to Play

A 1-day class, introducing you to bocce ball.

Friday from 6:00–7:30 pm\$15

May 9
May 30
June 13
July 18
August 8

**NEW
ACTIVITY!**

Get rolling with the basics of bocce ball! Learn gameplay, tips, and strategies, then put your skills to the test in games with fellow participants. All equipment is included. **This class is held off campus, so please allow extra travel time.**

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



PICKLEBALL (Ages 18+) Beginner/Novice

Beginner/Novice: Tuesdays from 5:30–7:00 pm\$140

May 6–27
June 3–24
July 8–29
August 5–26
September 2–23

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



GOLF (Ages 18+) Beginner & Intermediate

Beginner: Mondays from 6:00–7:00 pm\$140

Session 3: June 2–30
Session 4: July 7–August 4

Intermediate: Mondays from 7:15–8:15 pm\$140

Session 3: June 2–30
Session 4: July 7–August 4

Beginner: Tuesdays from 6:00–7:00 pm\$140

Session 3: June 3–July 1
Session 4: July 8–August 5

Intermediate: Tuesdays from 7:15–8:15 pm\$140

Session 3: June 3–July 1
Session 4: July 8–August 5

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



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.



SCHOOL OF KINESIOLOGY COMMUNITY PROGRAMS UNIVERSITY OF MICHIGAN



EMPOWERMENT SELF-DEFENSE (Ages 18+)

Tuesday, May 27 from 5:30–7:30 pm \$30
Wednesday, August 13 from 5:30–7:30 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) at 5:25 pm, to be escorted inside.**

Location: School of Kinesiology Building, 830 N. University Ave, #4600, Ann Arbor, MI 48109



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

Sunday, May 18 from 10:00 am–noon \$55

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 Sunday, 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

Just for Kids!

Parents must remain on site with their children during the entire class.

Beginner & Advanced Swimming for Kids (Ages 5–9)

Level 1, Beginner, Sundays from 5:00–5:30 pm \$70
Level 1, Advanced, Sundays, 5:30–6:00 pm \$70

May 11–June 15 (no class May 25)

July 13–August 17 (no class August 10)

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

Beginner Golf for Kids (Ages 7–13)

Thursdays from 6:00–7:00 pm \$140

Session 3: June 5–July 3 | Session 4: July 10–August 7

Saturdays from 12:00–1:00 pm \$140

Session 3: June 7–July 5 | Session 4: July 12–August 9

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



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