



KCP Activity Classes | Fall 2026

Register online at kines.umich.edu/KCP



Tennis | Two Locations | Adults 18 or Older | Beginner & Intermediate

Varsity Tennis Center

Beginner

Day	Time	Dates	Price
Sundays	6:00–7:00 PM	September 13–December 13 (no class Oct 18 or Nov 29)	\$360
Mondays	8:00–9:00 PM	September 14–December 7 (no class October 19)	\$360

Intermediate

Day	Time	Dates	Price
Sundays	7:00–8:00 PM	September 13–December 13 (no class Oct 18 or Nov 29)	\$360
Mondays	9:00–10:00 PM	September 14–December 7 (no class October 19)	\$360

Please bring your own racquet and wear non-marking sole tennis shoes.

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

Chippewa Tennis Club

Beginner

Day	Time	Dates	# of Classes	Price
Mondays	9:00–10:00 PM	Sept 14–Dec 7 (no class on Oct 19)	12 classes	\$360
Thursdays	9:00–10:00 PM	Sept 17–Dec 10 (no class on Nov 26)	12 classes	\$360
Saturdays	8:00–9:00 AM	Sept 26–Dec 12 (no class on Oct 17 or Nov 28)	10 classes	\$300

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 Drive, Ypsilanti, MI 48197



Pickleball | Adults 18 or Older | Beginner/Novice

Day	Time	Dates	Price
Tuesdays	5:30–7:00 PM	Sept 1–22, Sept 29–Oct 20, Oct 27–Nov 17	\$140

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 Drive, Ann Arbor, MI 48103



American Red Cross CPR/AED & First Aid | Adults 18 or Older

Class Type	Date	Time	Price
Adult CPR/AED & First Aid	Sunday, October 4	10:00 AM–noon	\$70
Adult and Pediatric CPR/AED & First Aid	Sunday, November 8	10:00 AM–noon	\$90

Adult CPR/AED and 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. If you do not complete the online skills portion, you cannot attend the Sunday in person skills portion. Please meet outside of the main entrance on N 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



Swim | Adults 18 or Older | Beginner I, Beginner II, Intermediate & Masters

Level	Day	Time	Price
Masters	Sundays	5:30–6:30 PM	\$240
Intermediate	Sundays	5:30–6:30 PM	\$300
Beginner I	Sundays	6:30–7:30 PM	\$360
Beginner II	Sundays	7:30–8:30 PM	\$360

All Levels: September 13–December 13 (no class on October 18 or November 29)

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 Road, Whitmore Lake, MI 48189



Beach Tennis | Learn to Play | Adults 21 or Older |

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

Day	Time	Date	Price
Friday	6:00–7:30 PM	September 11	\$15

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 | Learn to Play | Adults 21 or Older |

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

Day	Time	Date	Price
Friday	6:00–7:30 PM	September 11	\$15

Get rolling with the basics of bocce ball! Learn game-play, tips, and strategies, then put your skills to the test in games with fellow participants. All equipment is included. Participants must be 21 or older. **This class is held off campus, so please allow extra travel time.**

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



Empowerment Self Defense | Adults 18 or Older

Day	Time	Date	Price
Thursday	5:30–7:30 PM	September 24	\$35
Monday	5:30–7:30 PM	November 9	\$35

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 N 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



Yoga | Adults 18 or Older

Day	Time	Dates	# of Classes	Price
Fridays	12:00–12:45 PM	Sept 18–Dec 11 (no class on Nov 27)	12 classes	\$120

Lunchtime yoga is an opportunity to provide your body with some gentle movement, strengthening, stretching and balancing. We will use different poses to reconnect with our senses, to breathe some life back into ourselves, find internal balance and to recover from the efforts of the work week. The focus is on calm reconnection with ourselves rather than a strenuous workout. Please wear comfortable clothing and bring a mat and water bottle.

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

Questions? We've got answers.

Visit **kines.umich.edu/KCP** for class descriptions, facility information, inclement weather policy and more.

KCP Email List Sign-Up

Visit **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!