Don’t Hibernate this Winter: Stay Fit–Have Fun!

2019 Winter Available Classes:

Beginning & Intermediate Tennis
Beginning & Intermediate Swim* • Coached Swimming Workouts
LG: American Red Cross Lifeguarding*
WSI: American Red Cross Water Safety Instructor*
American Red Cross Adult/Child CPR/AED and First Aid

*May be taken for academic credit.
Check with your advisor to ensure if the credit will be accepted by your school/college.

Online Only! Register at UM-KCP.eventbrite.com

For more than three decades, the University of Michigan School of Kinesiology has offered community programs for Southeastern Michiganders at all stages of life. We’re proud to serve our neighbors through educational and motivational programs that inspire healthy and active lifestyles.

Learn more at kines.umich.edu/KCP
2019 Winter Schedule (January 14th–April 23rd)

No classes on: January 21st and March 3rd–March 9th
No tennis classes on: January 27th, and March 3rd

**MONDAYS & WEDNESDAYS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00–7:00 pm</td>
<td>Coached Swimming Workouts</td>
<td>$200</td>
<td>Bell Pool</td>
</tr>
<tr>
<td>7:00–8:00 pm</td>
<td>Beginning Swim 1* (PE 140 001)</td>
<td>$250</td>
<td>Bell Pool</td>
</tr>
<tr>
<td>8:00–9:00 pm</td>
<td>Beginning Swim 2* (PE 141 001)</td>
<td>$250</td>
<td>Bell Pool</td>
</tr>
</tbody>
</table>

**TUESDAYS & THURSDAYS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00–7:00 pm</td>
<td>Intermediate Swim* (PE 142 001)</td>
<td>$250</td>
<td>Bell Pool</td>
</tr>
<tr>
<td>7:00–8:00 pm</td>
<td>Beginning Swim 1* (PE 140 002)</td>
<td>$250</td>
<td>Bell Pool</td>
</tr>
<tr>
<td>7:00–8:00 pm</td>
<td>Beginning Swim 2* (PE 141 002)</td>
<td>$250</td>
<td>Bell Pool</td>
</tr>
<tr>
<td>8:00–9:00 pm</td>
<td>Intermediate Swim* (PE 142 002)</td>
<td>$250</td>
<td>Bell Pool</td>
</tr>
<tr>
<td>8:00–9:00 pm</td>
<td>Coached Swimming Workouts</td>
<td>$200</td>
<td>Bell Pool</td>
</tr>
</tbody>
</table>
| 5:30–9:00 pm  | LG: Lifeguarding* (PE 143 001)    | $210 | 3733 CCRB/Bell Pool
| Tuesday Nights (Jan. 22nd–Feb. 26th) |
| 5:30–9:00 pm  | WSI: Water Safety Instructor* (PE 349 001) | $225  | 3733 CCRB/Bell Pool
| Tuesday Nights (Mar. 5th–Apr. 23rd) |

* May be taken for academic credit. Check with your advisor to ensure if the credit will be accepted by your school/college.

**SUNDAY NIGHTS** (Jan. 20th, Feb. 3rd–24th, Mar. 10th–31st, and April 7th–21st)

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Fee</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00–9:00 pm</td>
<td>Beginning Tennis</td>
<td>$150</td>
<td>Varsity Tennis Center</td>
</tr>
<tr>
<td>9:00–10:00 pm</td>
<td>Intermediate Tennis</td>
<td>$150</td>
<td>Varsity Tennis Center</td>
</tr>
</tbody>
</table>

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

Save a Life!

Get certified in American Red Cross Adult/Child CPR/AED and First Aid for only $55

Sundays, 8:00 am–noon

- January 27th
- March 17th or 31st
- February 10th or 24th
- April 14th

Room 3040 Central Campus Recreation Building (CCRB)

Class will meet outside of Room 3064 CCRB and participants will then be escorted to Room 3040 CCRB.

Please monitor our Eventbrite site for additional class offerings and potential openings in classes that are full.

NO REFUNDS after the first class has met.

To receive credit:

- Register online at UM-KCP.eventbrite.com.
- Pay the registration fee.
- Contact the KCP director by email at kebwink@umich.edu to obtain an override to register on Wolverine Access.
- You must pay both the class fee to KCP and the hourly tuition rate for the class (to U-M if applicable).
- To drop the class, you must drop both on Wolverine Access and through the KCP office.

Class locations:

Tennis classes are held at the Varsity Tennis Center at 2250 S. State St.

Swim classes are held in the Margaret Bell Pool inside CCRB. You must be a registered U-M student or have a U-M Recreational Sports membership in order to attend swim classes.

WSI and Lifeguarding classes will meet in room 3733 CCRB/Bell Pool. Enter building from Geddes Road Kinesiology entrance.

Adult/Child CPR/AED and First Aid classes will meet outside of Room 3064 CCRB and participants will then be escorted to Room 3040 CCRB. Enter building from the footbridge over Washtenaw Ave.

Questions? We’ve got answers.
Visit https://www.kines.umich.edu/community-programs/activity-classes to download our FAQs and Policies flyer.