

## Indoor Walking Club

Ages 55+

Stay active and meet new people by participating in this free club open to members. Meet in the main lobby and walk the indoor track. Refreshments will be served after each session.

**Location: Mentor Community Recreation Center**

**MCRC Member: \$0 |**

**MCRC Non-Member: \$10 (guest pass)**

2nd and 4th Monday of the month, 10:00 - 11:00 a.m.

## Cornhole and Coffee

Ages 55+

Join us for a fun and casual morning of cornhole and coffee! Whether you're a seasoned cornhole player or a complete beginner, this self-governed class offers a relaxed, social environment where you can improve your skills, meet new people, and enjoy a delicious cup of coffee. Sessions will take place outside, weather permitting.

**Location: MCRC - Soccer Field**

**MCRC Member: \$0 |**

**MCRC Non-Member: \$10 (guest pass)**

2nd and 4th Tuesday of the month, 10:00 - 11:00 a.m.

## Tai-Chi for Health

Ages 14+

Tai-Chi has been described as moving meditation. This gentle, continuously moving exercise and mind-body practice is based upon ancient Chinese martial arts. More recently it was adapted for improvements in health such as balance, flexibility and pain and stress reduction. Martial artist Denise Molesch will guide you through warmups, Qi Gong and practice in the Sun style forms and exercises for adults of all ages and capabilities. Please wear loose, comfortable clothing and tennis shoes.

**Instructor: Denise Molesch**

**Location: Mentor Community Recreation Center**

**MCRC Member: \$20 | MCRC Non-Member: \$28**

**Wednesday(s), 11:00 - 11:50 a.m.**

dates: May 7 - 28, June 4 - 25, July 9 - 30, Aug 6 - 27

## Cardio Kickboxing

Ages 14+

This class is designed to increase your stamina and flexibility, tone your muscles, lose weight, and strengthen your core. It's done utilizing martial arts techniques and a variety of other exercises. It's all done to music and non-intimidating. The goals are real but not without having fun achieving them. You will be amazed with what you are capable of! Bring a water bottle and exercise mat to all classes and 3-5 pound weights on Wednesdays.

**Instructor: Gary Remner**

**Location: Mentor Community Recreation Center**

**(May Monday session)**

**MCRC Member: \$15 | MCRC Non-Member: \$21**

**MCRC Member: \$20 | MCRC Non-Member: \$28**

**(June Monday & July Wednesday session)**

**MCRC Member: \$25 | MCRC Non-Member: \$35**

dates	day	time
May 5 - May 19	Monday	7:15 - 8:15 p.m.
May 7 - May 28	Wednesday	7:15 - 8:15 p.m.
June 2 - June 30	Monday	7:15 - 8:15 p.m.
June 4 - June 25	Wednesday	7:15 - 8:15 p.m.
July 7 - July 28	Monday	7:15 - 8:15 p.m.
July 2 - July 30	Wednesday	7:15 - 8:15 p.m.
Aug 4 - Aug 25	Monday	7:15 - 8:15 p.m.
Aug 6 - Aug 27	Wednesday	7:15 - 8:15 p.m.

## MCRC Aquatics



### Parent and Child Swim Instruction

6 months - 3 years old

Min: 3 Max: 12

Parent and Child Swim Classes help young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, kicking, floating and underwater exploration with an emphasis on safety and fun.

**Location: MCRC Indoor Pool**

**MCRC Member: \$32 | MCRC Non-Member: \$40**

**(per session of 8)\*\*(No Class Week of June 29-July 5)\*\***

dates	day	time
June 2 - July 28	Mon	5:10 - 5:40 p.m.
June 3 - July 29	Tues	11:30 a.m. - 12:00 p.m.
June 4 - July 30	Wed	4:50 - 5:20 p.m.
June 4 - July 30	Wed	6:10 - 6:40 p.m.
June 5 - July 31	Thurs	11:30 a.m. - 12:00 p.m.
June 7 - Aug 2	Sat	9:00 - 9:30 a.m.
June 7 - Aug 2	Sat	10:45 - 11:15 a.m.
June 1 - July 27	Sun	10:30 - 11:00 a.m.

### I'm 3 Look at Me! Swim Lessons

3 years old

Min: 3 Max: 4

This class is designed for 3-year-olds who are ready to learn to swim without a parent by their side. Ratio will be 4:1 instructor. Skills/Activities: Comfort in the water, enter and exit water, blow bubbles through nose and mouth, submerging face, bobbing, front and back floats and glides while kicking feet. Emphasis on learning while playing. NOTE: This class is geared toward 3-year-olds who have taken part in the parent/child class and are ready for a new challenge.

**Location: MCRC Indoor Pool**

**MCRC Member: \$32 | MCRC Non-Member: \$40**

**(per session of 8)\*\*(No Class Week of June 29-July 5)\*\***

dates	day	time
June 2 - July 28	Mon	4:35 - 5:05 p.m.
June 3 - July 29	Tues	11:00 - 11:30 a.m.
June 4 - July 30	Wed	5:40 - 6:10 p.m.
June 5 - July 31	Thurs	11:00 - 11:30 a.m.
June 7 - Aug 2	Sat	9:35 - 10:05 a.m.
June 7 - Aug 2	Sat	11:30 a.m. - 12:00 p.m.
June 1 - July 27	Sun	10:35 - 11:05 a.m.

## Preschool Swim Lessons

Min: 3 Max: 5

Children ages 4 and/or 5 learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing children to achieve success by disguising learning through play.

### Preschool Level 1 4 & 5 year olds

Skills/Activities: Enter and exit water, blow bubbles through nose and mouth, submerging face, front and back floats and glides, alternating arm stroke with kicking and assistance on front and back, arm and leg action for treading water.

Location: MCRC Indoor Pool

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8)\*\*(No Class Week of June 29-July 5)\*\*

dates	day	time
June 2 - July 28	Mon	4:00 - 4:30 p.m.
June 3 - July 29	Tues	12:00 - 12:30 p.m.
June 4 - July 30	Wed	6:10 - 6:40 p.m.
June 7 - Aug 2	Sat	9:50 - 10:20 a.m.
June 1 - July 27	Sun	10:00 - 10:30 a.m.
June 1 - July 27	Sun	11:25 - 11:55 a.m.

### Preschool Level 2 4 & 5 year olds

Skills/Activities: Enter and exit water, bobbing, retrieve submerged object, front and back floats and glides, roll from front to back and back to front, tread water, combined arm and leg action on front and back, finning arm action on back.

Location: MCRC Indoor Pool

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8)\*\*(No Class Week of June 29-July 5)\*\*

dates	day	time
June 2 - July 28	Mon	5:45 - 6:15 p.m.
June 3 - July 29	Tues	12:30 - 1:00 p.m.
June 7 - Aug 2	Sat	10:10 - 10:40 a.m.

### Preschool Level 3 4 & 5 year olds

Skills/Activities: Jumping into deep water; fully submerge and hold breath; bobbing; front, jellyfish and tuck floats; recovering from front and back floats and glides, tread water using arm and leg actions, combined arm and leg actions on front and back independently. Next class is LTS Level 2 if 6 years old.

Location: MCRC Indoor Pool

MCRC Member: \$32 | MCRC Non-Member: \$40

(per session of 8)\*\*(No Class Week of June 29-July 5)\*\*

dates	day	time
June 4 - July 30	Wed	6:00 - 6:30 p.m.
June 7 - Aug 2	Sat	10:25 - 10:55 a.m.

First time online registering with us?

Call one of our facilities so we can set up a new account for you.

## American Red Cross Learn - To - Swim Program

The Learn-to-Swim (LTS) program is designed for children ages 6 to 12 years old. Each child progresses through each level at his/her own pace, mastering the skills in one level before advancing to the next. It is very common to take a class more than once prior to mastering and moving on to the next. Each level of our LTS program includes training in basic water safety.

### LTS Level 1: Introduction to Water Skills 6 - 14 year olds

Min: 3 Max: 5

Skills: Enter and exit water, blow bubbles through nose and mouth, bobbing, retrieve submerged objects, front and back floats and glides, alternating and simultaneous arm and leg actions on front and back, combined arm and leg action on front and back.

Location: MCRC Indoor Pool

MCRC Member: \$40 | MCRC Non-Member: \$50

(per session of 8)\*\*(No Class Week of June 29-July 5)\*\*

dates	day	time
June 2 - July 28	Mon	4:00 - 4:45 p.m.
June 3 - July 29	Tues	11:00 - 11:45 a.m.
June 4 - July 30	Wed	4:50 - 5:35 p.m.
June 5 - July 31	Thurs	11:00 - 11:45 a.m.
June 7 - Aug 2	Sat	9:00 - 9:45 a.m.
June 7 - Aug 2	Sat	11:00 - 11:45 a.m.
June 1 - July 27	Sun	10:00 - 10:45 a.m.

### LTS Level 2: Fundamental Aquatic Skills 6 - 14 year olds

Min: 3 Max: 5

Skills: Fully submerge and hold breath; bobbing; retrieve submerged objects; front, jellyfish and tuck floats; front and back floats and glides; roll from back to front and front to back; tread water; combined arm and leg action on front and back; and finning arm action on back. Skills should be performed comfortably with minimal assistance.

Location: MCRC Indoor Pool

MCRC Member: \$40 | MCRC Non-Member: \$50

(per session of 8)\*\*(No Class Week of June 29-July 5)\*\*

dates	day	time
June 2 - July 28	Mon	4:50 - 5:35 p.m.
June 3 - July 29	Tues	11:45 a.m. - 12:30 p.m.
June 7 - Aug 2	Sat	9:50 - 10:35 a.m.

### LTS Level 3: Stroke Development 6 - 14 year olds

Min: 3 Max: 5

Skills/Activities: Jumping into deep water; sitting and kneeling dives; rotary breathing; survival float; change from vertical to horizontal position on front and back; tread water; flutter, dolphin, scissor, and breaststroke kicks; front crawl; and elementary backstroke.

Location: MCRC Indoor Pool

MCRC Member: \$40 | MCRC Non-Member: \$50

(per session of 8)\*\*(No Class Week of June 29-July 5)\*\*

dates	day	time
June 2 - July 28	Mon	5:45 - 6:30 p.m.
June 3 - July 29	Tues	12:30 - 1:15 p.m.
June 4 - July 30	Wed	5:25 - 6:10 p.m.
June 7 - Aug 2	Sat	9:00 - 9:45 a.m.
June 1 - July 27	Sun	11:10 - 11:55 a.m.

### LTS Level 4: Stoke Improvement

6 - 14 year olds

Min: 3 Max: 6

Improves proficiency of strokes and the ability to swim longer distances. Skills: Standing dives; underwater swimming; feet first surface dive; survival swimming; front crawl and backstroke; side stroke; breaststroke and butterfly.

**Location: MCRC Indoor Pool**

**MCRC Member: \$40 | MCRC Non-Member: \$50**

*(per session of 8)\*\*(No Class Week of June 29-July 5)\*\**

dates	day	time
June 2 - July 28	Mon	6:15 - 7:00 p.m.
June 4 - July 30	Wed	4:00 - 4:45 p.m.
June 7 - Aug 2	Sat	10:40 - 11:25 a.m.

### LTS Level 5/6: Stroke Refinement

6 - 14 year olds

Min: 3 Max: 6

Refine swimming skills in all competitive strokes: butterfly, breaststroke, backstroke and front crawl. Diving, turns and strategies for improving techniques and increasing speeds for each stroke as well as rescue skills training will be included.

**Location: MCRC Indoor Pool**

**MCRC Member: \$40 | MCRC Non-Member: \$50**

*(per session of 8)\*\*(No Class Week of June 29-July 5)\*\**

dates	day	time
June 4 - July 30	Wed	4:00 - 4:45 p.m.

## Adapted Aquatics Swim Lessons

Min: 1 Max: 1

This is a class for individuals with special needs. This is not a therapeutic program; it is designed to provide participants with a positive water acclimation experience. Participants are paired with a Certified Swim Instructor whose goal is to create a fun play environment while teaching important safety and swimming skills. Skills and games will be played in a 1:1 setting.

A parent, sibling or a responsible friend is required to be in the water to assist the instructor until a relationship is developed. A meeting with the guardian, participant and the instructor will take place at the beginning of the first class to discuss goals and any considerations that will aid the participant and instructor to have a positive experience.

Class is only 30 minutes long, please be dressed and use the restroom prior, so we can start class on time.

**Location: MCRC Indoor Pool**

**\$95 per session of 4 classes (MCRC Member)**

**\$130 per session of 4 classes (MCRC Non-Members)**

## Private and Semi-Private Swim Lessons

Our private swim lesson program teaches the confidence that children or adults need to be successful in the water. Private swim lessons are offered to members & non-members of any age to assist in meeting your swimming goals. Participants will have fun while learning how to swim or improving strokes and technique with their favorite instructors. Please register at the front desk or online.

### Private Swim Lessons

One-on-One instruction with an ARC Water Safety Instructor to meet your goals including learn how to swim, improve current skills through stroke refinement techniques and get over fears. Your class meets when it's convenient for you and your personal instructor.

**Location: MCRC Indoor Pool**

**One 30-minute lesson:**

**Member: \$30 | Non-Member: \$45**

**Four 30-minute lessons:**

**Member: \$110 | Non-Member: \$165**

**Eight 30-minute lessons:**

**Member: \$200 | Non-Member: \$300**

### Semi-Private Swim Lessons

Two-on-One instruction with an ARC Water Safety Instructor to meet your goals including learn how to swim, improve current skills through stroke refinement techniques and get over fears. Your class meets when it's convenient for you and your personal instructor.

**Location: MCRC Indoor Pool**

**One 30-minute lesson:**

*(available for 2 family members of similar swimming skills only)*

**Member: \$50 | Non-Member: \$63**

**Four 30-minute lessons:**

*(available for 2 family members of similar swimming skills only)*

**Member: \$190 | Non-Member: \$240**

**Eight 30-minute lessons:**

*(available for 2 family members of similar swimming skills only)*

**Member: \$360 | Non-Member: \$445**

## Water Workout Classes

### Stretch and Tone

Min: 6 Max: 24

Light toning and gentle stretching exercises in shallow warm water. This class is perfect for all ages to help with relaxation, stress relief, pain relief, and improved range of motion.

**Intensity: Low | Location: MCRC Indoor Pool**

**Tuesday(s), 10:00 - 10:50 a.m.**

**May/June: MCRC Member: \$20 | Non-Member: \$30**

**July: MCRC Member: \$25 | Non-Member: \$38**

**August: MCRC Member: \$15 | Non-Member: \$23**

**Thursday(s), 10:00 - 10:50 a.m.**

**June: MCRC Member: \$20 | Non-Member: \$30**

**May/July: MCRC Member: \$25 | Non-Member: \$38**

**August: MCRC Member: \$15 | Non-Member: \$23**