

Group Fitness

Get in shape at the MCRC and have fun doing it! We offer a variety of classes to keep you motivated and keep you moving.

Guidelines for all Group Fitness Classes

1. Ages 14+
2. All classes are 50 minutes in length.
3. Schedule is subject to change.

Class Registration

For the full class schedule visit <https://mentorrec.com/programs-activities/group-fitness-classes/>. Each class is available for registration on a monthly basis. Rates only apply to MCRC Group Fitness classes.
Four Class Sessions - Member \$20 | Non-Member \$28
Five Class Sessions - Member \$25 | Non-Member \$35

Drop-In Fees per class (If class space is available)

Member \$8
 Non-Member \$10
 Unlimited Monthly Fitness Pass \$50
 (limited quantities available, Only available to MCRC Members)

Group Fitness Class Descriptions

For the full class schedule visit <https://mentorrec.com/programs-activities/group-fitness-classes/>

MCRC Athletics

Introduction to Racquetball

Ages 10+

The Introduction to Racquetball Class is designed to help beginners efficiently learn the basics of racquetball and to get started in a safe and fun manner! The class will cover equipment, rules of the game, game strategy, and court positioning. Participants are encouraged to bring a racquetball racquet and safety goggles.

Instructor: Mark Ruth

Location: Mentor Community Recreation Center

MCRC Member: \$8 | MCRC Non-Member: \$10

| dates | day | time |
|----------------|-------------|-------------------|
| May 3 - Aug 30 | Saturday(s) | 9:00 - 10:30 a.m. |

Racquetball Challenge Court Night

Ages 18+

Compete with adult players of diverse levels of skill, meet fellow racquetball players and have your game/level of play assessed to support future growth by our Racquetball Coordinator, Mark Ruth. **Price is per occurrence.**

Instructor: Mark Ruth

Location: Mentor Community Recreation Center

MCRC Member: \$0 | MCRC Non-Member: \$10 (guest pass)

| dates | day | time |
|----------------|------------|------------------|
| May 6 - Aug 26 | Tuesday(s) | 5:30 - 7:30 p.m. |

More information about racquetball can be found at mentorrec.com.

Preschool Sports

Discover Sports

Ages 3-4

Designed to introduce preschoolers to a variety of sports including soccer, basketball, football, baseball and more. Players are encouraged to bring a water bottle to each class. All equipment is provided. Parent/guardian participation is recommended. **No class May 26 & Sept 1.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$40 | MCRC Non-Member: \$48

| dates | day | time |
|-------------------|--------|--------------------------|
| May 12 - June 16 | Monday | 4:00 - 4:45 p.m. (age 3) |
| May 12 - June 16 | Monday | 5:00 - 5:45 p.m. (age 4) |
| June 30 - July 28 | Monday | 4:00 - 4:45 p.m. (age 3) |
| June 30 - July 28 | Monday | 5:00 - 5:45 p.m. (age 4) |
| Aug 11 - Sept 15 | Monday | 4:00 - 4:45 p.m. (age 3) |
| Aug 11 - Sept 15 | Monday | 5:00 - 5:45 p.m. (age 4) |

Discover Football

Ages 3-4

This class is designed to introduce preschoolers to skills used in flag football such as passing, catching, defensive techniques and ball handling as well as participate in speed/agility drills. Players are encouraged to bring a football (peewee size) and water bottle to each class. Parent / guardian participation is recommended.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$40 | MCRC Non-Member: \$48

| dates | day | time |
|-------------------|---------|--------------------------|
| May 13 - June 10 | Tuesday | 4:00 - 4:45 p.m. (age 3) |
| May 13 - June 10 | Tuesday | 5:00 - 5:45 p.m. (age 4) |
| June 24 - July 22 | Tuesday | 4:00 - 4:45 p.m. (age 3) |
| June 24 - July 22 | Tuesday | 5:00 - 5:45 p.m. (age 4) |
| Aug 5 - Sept 2 | Tuesday | 4:00 - 4:45 p.m. (age 3) |
| Aug 5 - Sept 2 | Tuesday | 5:00 - 5:45 p.m. (age 4) |

Discover Soccer

Ages 3-4

Players learn the fundamentals of soccer including dribbling, passing, goal keeping, trapping and shooting in this fun and interactive class. Players are encouraged to bring a soccer ball (size 3) and water bottle to each class. Parent / guardian participation is recommended.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$40 | MCRC Non-Member: \$48

| dates | day | time |
|-------------------|-----|--------------------------|
| May 14 - June 11 | Wed | 4:00 - 4:45 p.m. (age 3) |
| May 14 - June 11 | Wed | 5:00 - 5:45 p.m. (age 4) |
| June 25 - July 23 | Wed | 4:00 - 4:45 p.m. (age 3) |
| June 25 - July 23 | Wed | 5:00 - 5:45 p.m. (age 4) |
| Aug 6 - Sept 3 | Wed | 4:00 - 4:45 p.m. (age 3) |
| Aug 6 - Sept 3 | Wed | 5:00 - 5:45 p.m. (age 4) |

Discover Basketball

Ages 3-4

A fun way to introduce preschoolers to the basics of basketball. Through interactive games, players learn dribbling, passing, shooting and defensive techniques. Players are encouraged to bring a miniature basketball (size 25.5") and water bottle to each class. Parent / guardian participation is recommended.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$40 | MCRC Non-Member: \$48

| dates | day | time |
|-------------------|-------|--------------------------|
| May 15 - June 12 | Thurs | 4:00 - 4:45 p.m. (age 3) |
| May 15 - June 12 | Thurs | 5:00 - 5:45 p.m. (age 4) |
| June 26 - July 24 | Thurs | 4:00 - 4:45 p.m. (age 3) |
| June 26 - July 24 | Thurs | 5:00 - 5:45 p.m. (age 4) |
| Aug 7 - Sept 4 | Thurs | 4:00 - 4:45 p.m. (age 3) |
| Aug 7 - Sept 4 | Thurs | 5:00 - 5:45 p.m. (age 4) |

Tennis

Tiny Tennis

Ages 4 - 5

The purpose of the Ages 4-5 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way through the use of skill builders, games and basic technique. This is a perfect introduction for your young one. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 19" - 21". **No class May 26.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$72 | MCRC Non-Member: \$86

| dates | day | time |
|-----------------|--------|------------------|
| May 5 - June 16 | Monday | 4:00 - 4:45 p.m. |
| July 7 - Aug 11 | Monday | 4:00 - 4:45 p.m. |

Little Stars Tennis

Ages 6 - 8

The purpose of the Ages 6-8 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. Whether you are new to the sport or still learning the game, this class teaches techniques, pre-rallying, and movement needed to move to the next level. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 19" - 23". **No class May 26.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$72 | MCRC Non-Member: \$86

| dates | day | time |
|-----------------|-----|---------------------------------|
| May 5 - June 16 | Mon | 5:00 - 5:45 p.m. (Beginner) |
| May 5 - June 16 | Mon | 6:00 - 6:45 p.m. (Intermediate) |
| July 7 - Aug 11 | Mon | 5:00 - 5:45 p.m. (Beginner) |
| July 7 - Aug 11 | Mon | 6:00 - 6:45 p.m. (Intermediate) |

Junior Aces Tennis

Ages 9 - 12

The purpose of the Ages 9 - 12 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. Whether you are new to the sport or still learning the game, this class teaches techniques and movement needed for the development of match play. Intermediate is for those players that have had lessons and can rally. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 23" - 25".

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$72 | MCRC Non-Member: \$86

| dates | day | time |
|-----------------|-----|---------------------------------|
| May 7 - June 11 | Wed | 5:00 - 5:45 p.m. (Beginner) |
| May 7 - June 11 | Wed | 6:00 - 6:45 p.m. (Intermediate) |
| July 9 - Aug 13 | Wed | 5:00 - 5:45 p.m. (Beginner) |
| July 9 - Aug 13 | Wed | 6:00 - 6:45 p.m. (Intermediate) |

Tennis Aces

Ages 13 - 18

The purpose of the Ages 13-18 Tennis Program is to expose children to the skills of tennis in a fun and enjoyable way. This class teaches techniques and movement with focus on rallying, serving and point play. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 26" +.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$72 | MCRC Non-Member: \$86

| dates | day | time |
|-----------------|------|---------------------------------|
| May 6 - June 10 | Tues | 5:00 - 5:45 p.m. (Beginner) |
| May 6 - June 10 | Tues | 6:00 - 6:45 p.m. (Intermediate) |
| July 8 - Aug 12 | Tues | 5:00 - 5:45 p.m. (Beginner) |
| July 8 - Aug 12 | Tues | 6:00 - 6:45 p.m. (Intermediate) |

Adult Tennis

Adults 18+

Players will be introduced to the basic skills for play including ground strokes, serving and volleys with the incorporation of rallying and basic point play. Ask a friend to register with you! Beginner is designed for players with a National Tennis Rating Program (NTRP) of 1.0 - 2.0, and Intermediate is designed for players with a National Tennis Rating Program (NTRP) of 2.5 - 3.5. Players are encouraged to bring a racquet and water bottle to each class. Recommended racquet size: 27" +.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$72 | MCRC Non-Member: \$86

| dates | day | time |
|------------------|------|---------------------------------|
| May 8 - June 12 | Thur | 5:30 - 6:30 p.m. (Beginner) |
| May 8 - June 12 | Thur | 6:30 - 7:30 p.m. (Intermediate) |
| July 10 - Aug 14 | Thur | 5:30 - 6:30 p.m. (Beginner) |
| July 10 - Aug 14 | Thur | 6:30 - 7:30 p.m. (Intermediate) |

Pickleball

Introduction to Pickleball

Adults 18+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle and water bottle to each class. **Cost is per month.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
MCRC Member: \$48 | MCRC Non-Member: \$58

Wednesday(s), 5:30 - 6:30 p.m.

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

Intermediate Pickleball

Adults 18+

This low intermediate class (USA Pickleball rating of 3.0) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class. **Cost is per month.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
MCRC Member: \$48 | MCRC Non-Member: \$58

Wednesday(s), 6:30 - 7:30 p.m.

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

Advanced Pickleball

Adults 18+

Designed for high intermediate - advanced skill levels (USA Pickleball rating of 3.5+), this class covers stroke mechanics, dinking, strategy and match play. Players are encouraged to bring a paddle and water bottle to each class. **Cost is per month.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
MCRC Member: \$48 | MCRC Non-Member: \$58

Wednesday(s), 7:30 - 8:30 p.m.

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

Beginner Pickleball For Seniors

Adults 55+

Come learn the fastest growing sport in America! This class is for the novice player (USA Pickleball rating of 1.0 - 2.5) and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle and water bottle to each class. **Cost is per month.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
MCRC Member: \$48 | MCRC Non-Member: \$58

Tuesday(s), 11:30 a.m. - 12:30 p.m.

dates: May 6 - 27, June 3 - 24, July 8 - 29, Aug 5 - 26

Intermediate Pickleball For Seniors

Adults 55+

This intermediate class (USA Pickleball rating of 3.0 - 3.5) covers the fundamentals of pickleball including serving, rallying, keeping score, dinking, and match play. Players are encouraged to bring a paddle and water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
MCRC Member: \$48 | MCRC Non-Member: \$58

Tuesday(s), 12:30 - 1:30 p.m.

dates: May 6 - 27, June 3 - 24, July 8 - 29, Aug 5 - 26

Pickleball Open Play

Ages 18+

Gather up some friends and work on your game. This member exclusive format, with no instructor, allows athletes to play at their own pace. Registration is required. All skill levels are welcome.

Location: Mentor Community Recreation Center
MCRC Member Only: Free

May 1 - Aug 31st

Sundays, 3:00 - 5:00 p.m. (ages 6+)

Mondays, 9:00 - 11:00 a.m.

Fridays, 10:00 a.m. - 12:00 p.m.

Fridays, 6:30 - 8:30 p.m.

Saturdays, 1:00 - 3:00 p.m.

Pickleball Clinic

Ages 18+

Designed for intermediate - advanced skill levels, these clinics will focus on forehand roll / topspin, resets and counters, playing in No Man's Land, group drilling, and learning to use a ball machine. The intent of each class is to elevate your game. Players are encouraged to bring their own paddle; balls will be provided. Price is per occurrence.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
MCRC Member: \$12 | MCRC Non-Member: \$15

| <i>dates</i> | <i>day</i> | <i>time</i> |
|-----------------|------------|-------------------------|
| June 3 - Aug 19 | Tuesday(s) | 1:00 - 2:00 p.m. |
| June 4 - Aug 20 | Wed(s) | 11:00 a.m. - 12:00 p.m. |

Any Doubles Beginner Pickleball League

Adults 18+

Designed for those with a USA Pickleball rating of 2.0 - 2.5, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. Price and registration are per team. Captains meeting is June 17 at 5:30 p.m. & 6:45 p.m. **No games July 1.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center
Session Fee: \$108

| <i>dates</i> | <i>day</i> | <i>time</i> |
|------------------|------------|------------------|
| June 17 - Aug 19 | Tuesday | 6:00 - 8:30 p.m. |

Any Doubles Low Intermediate Pickleball League Adults 18+

Designed for those with a USA Pickleball rating of 3.0 - 3.4, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. Price and registration are per team. Captains meeting is June 16 at 5:30 p.m. & 6:45 p.m. **No games June 30.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Session Fee: \$108

| dates | day | time |
|------------------|-----------|------------------|
| June 16 - Aug 18 | Monday(s) | 6:00 - 8:30 p.m. |

Any Doubles High Intermediate - Advanced Pickleball League Adults 18+

Designed for those with a USA Pickleball rating of 3.5+, this indoor league consists of 5 games per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played to 11 points, win by 2 and are played 2 vs. 2 (any doubles combination), self-officiated. The top 12 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles, balls are provided. Price and registration are per team. Captains meeting is June 19 at 5:30 p.m. & 6:45 p.m. **No games July 3.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Session Fee: \$108

| dates | day | time |
|------------------|-------------|------------------|
| June 19 - Aug 21 | Thursday(s) | 6:00 - 8:30 p.m. |

Youth Athletics

Rookie Flag Football Ages 5-7

In this active class, athletes receive training on skills used in flag football such as passing, route running, defensive techniques and ball handling as well as participate in speed/agility drills. The last class concludes with a scrimmage. Athletes are encouraged to bring a football (pee wee size) and a water bottle to each class. **No class July 2.**

Instructor: MCRC Staff

Location: MCRC - Soccer Center

MCRC Member: \$40 | MCRC Non-Member: \$48

| dates | day | time |
|-------------------|---------|------------------|
| May 13 - June 10 | Tuesday | 6:00 - 6:45 p.m. |
| June 24 - July 22 | Tuesday | 6:00 - 6:45 p.m. |
| Aug 5 - Sept 2 | Tuesday | 6:00 - 6:45 p.m. |

Junior Flag Football Ages 8-12

In this active class, athletes receive training on skills used in flag football such as passing, route running, defensive techniques and ball handling as well as participate in speed/agility drills. The last class concludes with a scrimmage. Athletes are encouraged to bring a football (youth size) and a water bottle to each class.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

MCRC Member: \$40 | MCRC Non-Member: \$48

| dates | day | time |
|-------------------|---------|------------------|
| May 13 - June 10 | Tuesday | 7:00 - 7:45 p.m. |
| June 24 - July 22 | Tuesday | 7:00 - 7:45 p.m. |
| Aug 5 - Sept 2 | Tuesday | 7:00 - 7:45 p.m. |



Soccer Ages 5 - 12

Skyhawks soccer uses our progression curriculum to ensure your young athlete will gain the technical skills; sport knowledge required for their next step into soccer. This beginner program focuses on dribbling, passing, shooting, and ball control. By the end of the session your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their sport skills! **Cost is per month.**

Instructor: Skyhawks Sports Academy

Location: MCRC - Soccer Center

MCRC Member: \$70 | MCRC Non-Member: \$84

Ages 5 - 7, Wednesday(s), 5:30 - 6:30 p.m.

dates: May 28 - June 18, July 2 - 23, Aug 6 - 27

Ages 8 - 12, Wednesday(s), 6:30 - 7:30 p.m.

dates: May 28 - June 18, July 2 - 23, Aug 6 - 27

Basketball Academy Ages 5 - 7

This class meets twice a week and is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including skill development and competitive drills, game-like breakdowns, conditioning, core and footwork. **Cost is per month.**

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center (May, June, & Aug)

MCRC Member: \$120 | MCRC Non-Member: \$144 (July)

MCRC Member: \$150 | MCRC Non-Member: \$180

Tuesday(s) & Thursday(s), 4:45 - 5:30 p.m.

dates: May 6 - 29, June 3 - 26, July 1 - 31, Aug 5 - 28



Basketball Academy Ages 8 - 10

This class meets twice a week and is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including skill development and competitive drills, game-like breakdowns, conditioning, core and footwork. **Cost is per month.**

Instructor: The National Basketball Academy (TNBA)
Location: Mentor Community Recreation Center (May, June, & Aug)
MCRC Member: \$120 | **MCRC Non-Member:** \$144 (July)
MCRC Member: \$150 | **MCRC Non-Member:** \$180
Tuesday(s) & Thursday(s), 5:30 - 6:30 p.m.
dates: May 6 - 29, June 3 - 26, July 1 - 31, Aug 5 - 28

Basketball Academy Ages 11 - 14

This class meets twice a week and is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including skill development and competitive drills, game-like breakdowns, conditioning, core and footwork. **Cost is per month.**

Instructor: The National Basketball Academy (TNBA)
Location: Mentor Community Recreation Center (May, June, & Aug)
MCRC Member: \$120 | **MCRC Non-Member:** \$144 (July)
MCRC Member: \$150 | **MCRC Non-Member:** \$180
Tuesday(s) & Thursday(s), 6:30 - 7:30 p.m.
dates: May 6 - 29, June 3 - 26, July 1 - 31, Aug 5 - 28

Dance



Hip-Hop and Tumble Ages 3 - 5

A high-energy class combining sassy hip-hop moves with the fundamentals of tumbling! Kids will build strength, learn proper technique, and have a blast dancing and flipping their way through class. **Cost is per month.**

Instructor: Communities in Motion
Location: MCRC - Fitness Room D
MCRC Member: \$65 | **MCRC Non-Member:** \$78
Tuesday(s), 5:00 - 5:30 p.m.
dates: April 22 - May 13, May 27 - June 17, July 1 - 22, Aug 5 - 26

Move and Groove Ages 2 - 4

Designed to get your little one moving and comfortable in a group setting! This class incorporates interactive movements and fun props to keep kids engaged and active. **Cost is per month.**

Instructor: Communities in Motion
Location: MCRC - Fitness Room D
MCRC Member: \$65 | **MCRC Non-Member:** \$78
Tuesday(s), 5:30 - 6:00 p.m.
dates: April 22 - May 13, May 27 - June 17, July 1 - 22, Aug 5 - 26

Princess Ballet Ages 3 - 5

A magical introduction to ballet! Dancers will learn basic ballet movements and fun routines set to kid-friendly songs from beloved Disney movies. This class focuses on balance, coordination, and creative expression. **Cost is per month.**

Instructor: Communities in Motion
Location: MCRC - Fitness Room D
MCRC Member: \$65 | **MCRC Non-Member:** \$78
Tuesday(s), 6:00 - 6:30 p.m.
dates: April 22 - May 13, May 27 - June 17, July 1 - 22, Aug 5 - 26



Cheer & Hip-Hop Ages 6 - 9

Get ready to move! This energetic class teaches a hip-hop routine set to upbeat, kid-friendly music while also introducing cheers, chants, jumps, and motions to build coordination and spirit. **Cost is per month.**

Instructor: Communities in Motion
Location: MCRC - Fitness Room D
MCRC Member: \$65 | **MCRC Non-Member:** \$78
Tuesday(s), 6:30 - 7:00 p.m.
dates: April 22 - May 13, May 27 - June 17, July 1 - 22, Aug 5 - 26

Fitness

Group Fitness Schedule:



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. |