

## Cycling

A high intensity exercise class utilizing a cycling bike. This class combines basic cycling movements to create different energy zones including endurance, strength, interval, and race day zones. The classes combine inspiring music, visualization, and breathing for a true mind body experience.

## Yoga

Vinyasa yoga is a creative form of yoga where poses are linked together with a flowing sequence. Classes include breath and movement, a range of standing, seated, twists, balance postures, flexibility work, and targeted core training.

## Anything Goes

Each class is different but always includes strength and cardiovascular conditioning. Classes will range from HITT, functional training, circuit training, mobility work, kickboxing and anything in between. Classes can be challenging but options and modifications are always offered.

## Zumba

Zumba is a fusion of Latin and international music/dance themes that create an exciting, dynamic class based on the principal that a workout should be "Fun and Easy to Do." The routines feature an aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Dance your way to a fitter and healthier you!

## Barre

Barre incorporates low-impact, high-intensity and dynamic movements inspired by elements of aerobics, yoga and Pilates. Focus will be on improving balance, flexibility and muscle strength and endurance.

## Core and More

This class will improve functional strength for daily activities while using Pilates-type exercises that will tighten, tone, as well as focus on strengthening abdominals, back, hips and glutes.

## Strength Training

This class incorporates barbells, dumbbells, and kettlebells to increase the level of resistance to help develop muscular strength and increase endurance. Classes will include body weight training, different agility and balance drills, as well as interval and resistance training. Some Cross Fit and High Intensity Interval Training (HITT) components are incorporated to help push beyond your individual comfort zone.

## Balance & Burn

Using light weights and bodyweight, this weight training class will focus on strengthening the body through balance and mobility work. These workouts can be adjusted for extremely fit to novice participants.

## Drum & Pump

Drum & Pump consists of an amazing full body cardio drumming mixed with strength training using light weight dumbbells in between songs. Drum & Pump will consist of 8 cardio songs and 8 light dumbbell exercises, this could vary depending on the exercises.

## Cardio Drumming

Cardio Drumming is a low-impact workout that people of all fitness levels and all ages can do. This class combines an aerobic workout with drumming movements that help increase strength and endurance and improves coordination.

## ALL IN 1: BODY

ONE and DONE! Total body workout so that you can get on with your day.

## Tone-N-Tennis

A fun way to get all the benefits of movement and the sport. No experience necessary to take this class, just enjoy the heart pumping and muscle toning workout leaving you feeling great!

## Athletics

### 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. **No class July 4.**

**Instructor: MCRC Staff**

**Location: Mentor Community Recreation Center**

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

dates	day	time
May 9 - June 6	Thursday	4:00 - 4:45 p.m.
June 13 - July 18	Thursday	4:00 - 4:45 p.m.
July 25 - Aug 22	Thursday	4:00 - 4:45 p.m.

### 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. **No class July 3.**

**Instructor: MCRC Staff**

**Location: Mentor Community Recreation Center**

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

dates	day	time
May 8 - June 5	Wednesday	4:00 - 4:45 p.m.
June 12 - July 17	Wednesday	4:00 - 4:45 p.m.
July 24 - Aug 21	Wednesday	4:00 - 4:45 p.m.

## 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 (pee wee size) and water bottle to each class. **No class July 2.**

**Instructor: MCRC Staff**

**Location: Mentor Community Recreation Center**

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

dates	day	time
May 7 - June 4	Tuesday	4:00 - 4:45 p.m.
June 11 - July 16	Tuesday	4:00 - 4:45 p.m.
July 23 - Aug 20	Tuesday	4:00 - 4:45 p.m.



## Any Doubles Recreational Pickleball League

Ages 18+

This indoor beginner-intermediate 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. Games are played 2 vs. 2 (any doubles combination) and are 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 and balls. Price is per team. Captains meeting is June 4 at 5:30 p.m. **No games July 2.**

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$108**

dates	day	time
June 4 - Aug 6	Tuesday	6:00 - 8:30 p.m.

## 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. **No class May 27.**

**Instructor: MCRC Staff**

**Location: Mentor Community Recreation Center**

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

dates	day	time
May 6 - June 10	Monday	4:00 - 4:45 p.m.
June 17 - July 15	Monday	4:00 - 4:45 p.m.
July 22 - Aug 19	Monday	4:00 - 4:45 p.m.

## Introduction to Pickleball

Ages 18+

Come learn the fastest growing sport in America! This class is for the novice player and covers the basics of pickleball including rules, terminology, fundamentals and introduces match play. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

**Instructor: Brian Murphy**

**Location: Mentor Community Recreation Center**

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

dates	day	time
May 8 - May 29	Wednesday	5:30 - 7:00 p.m.
June 5 - June 26	Wednesday	5:30 - 7:00 p.m.
July 10 - July 31	Wednesday	5:30 - 7:00 p.m.
Aug 7 - Aug 28	Wednesday	5:30 - 7:00 p.m.

## Any Doubles Competitive Pickleball League

Ages 18+

This indoor advanced league consists of one match per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. A match consists of 3 games played to 11 points, win by 2. Games are played 2 vs. 2 (any doubles combination) and are self-officiated. The top 8 teams compete in the playoff tournament. The playoff championship team receives a prize. Players are encouraged to bring their own paddles and balls. Price is per team. Captains meeting is June 6 at 5:30 p.m. **No games July 4.**

**Coordinator: MCRC Staff**

**Location: Mentor Community Recreation Center**

**Session Fee: \$108**

dates	day	time
June 6 - Aug 8	Thursday	6:00 - 8:30 p.m.

## Pickleball 201

Ages 18+

Designed for intermediate - advanced skill levels, this class covers stroke mechanics, dinking, strategy and match play. Players are encouraged to bring a paddle, but paddles are provided, and water bottle to each class.

**Instructor: Brian Murphy**

**Location: Mentor Community Recreation Center**

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

dates	day	time
May 8 - May 29	Wednesday	7:00 - 8:30 p.m.
June 5 - June 26	Wednesday	7:00 - 8:30 p.m.
July 10 - July 31	Wednesday	7:00 - 8:30 p.m.
Aug 7 - Aug 28	Wednesday	7:00 - 8:30 p.m.

## 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: Mentor Community Recreation Center**

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

dates	day	time
May 7 - June 4	Tuesday	5:00 - 5:45 p.m.
June 11 - July 16	Tuesday	5:00 - 5:45 p.m.
July 23 - Aug 20	Tuesday	5:00 - 5:45 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. **No class July 2.**

**Instructor:** MCRC Staff

**Location:** Mentor Community Recreation Center

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

dates	day	time
May 7 - June 4	Tuesday	6:00 - 6:45 p.m.
June 11 - July 16	Tuesday	6:00 - 6:45 p.m.
July 23 - Aug 20	Tuesday	6:00 - 6:45 p.m.

## Basketball Academy

Ages 5-7

For athletes in grades K - 2, 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. **No class July 4.**

**Instructor:** The National Basketball Academy (TNBA)

**Location:** Mentor Community Recreation Center

**MCRC Member: \$120 | MCRC Non-Member: \$144**

**(May, June & Aug)**

**MCRC Member: \$135 | MCRC Non-Member: \$162**

**(July)**

dates	day	time
May 7 - May 30	Tues & Thurs	4:45 - 5:30 p.m.
June 4 - June 27	Tues & Thurs	4:45 - 5:30 p.m.
July 2 - Aug 1	Tues & Thurs	4:45 - 5:30 p.m.
Aug 6 - Aug 29	Tues & Thurs	4:45 - 5:30 p.m.

## Basketball Academy

Ages 8-10

For athletes in grades 3 - 5, 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. **No class July 4.**

**Instructor:** The National Basketball Academy (TNBA)

**Location:** Mentor Community Recreation Center

**MCRC Member: \$120 | MCRC Non-Member: \$144**

**(May, June & Aug)**

**MCRC Member: \$135 | MCRC Non-Member: \$162**

**(July)**

dates	day	time
May 7 - May 30	Tues & Thurs	5:30 - 6:30 p.m.
June 4 - June 27	Tues & Thurs	5:30 - 6:30 p.m.
July 2 - Aug 1	Tues & Thurs	5:30 - 6:30 p.m.
Aug 6 - Aug 29	Tues & Thurs	5:30 - 6:30 p.m.

## Basketball Academy

Ages 11-14

For athletes in grades 6 - 9, 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. **No class July 4.**

**Instructor:** The National Basketball Academy (TNBA)

**Location:** Mentor Community Recreation Center

**MCRC Member: \$120 | MCRC Non-Member: \$144**

**(May, June & Aug)**

**MCRC Member: \$135 | MCRC Non-Member: \$162**

**(July)**

dates	day	time
May 7 - May 30	Tues & Thurs	6:30 - 7:30 p.m.
June 4 - June 27	Tues & Thurs	6:30 - 7:30 p.m.
July 2 - Aug 1	Tues & Thurs	6:30 - 7:30 p.m.
Aug 6 - Aug 29	Tues & Thurs	6:30 - 7:30 p.m.

## Speed-Dating for the Soul

Join yoga teacher and "creativity midwife" Kristina Ambrosia for a creativity session sure to re-energize our bodies, minds, spirits, and relationships by moving rapidly through four mini-super-charged exercises. We will begin with some light movement, ideate on a big idea, select a word to see us through the rest of the year, and find out how to level up our relationships.

It's like speed dating for the soul, but instead of meeting a new romantic prospect, you get to fall in love with your way of moving through the world.

**Instructor:** Kristina Ambrosia

**Location:** Mentor Community Recreation Center

**MCRC Member: \$30 | MCRC Non-Member: \$36**

date	day	time
July 15	Monday	6:00 - 7:00 p.m.

## Charka Series - Color Wash Series

Join us for a summer color wash chakra series! Fill out your color wash score card by attending at least 5 of our 7-hour long vinyasa classes and get a surprise gift. Price is per class.

**Instructor:** Kristina Ambrosia

**Location:** Mentor Community Recreation Center

**MCRC Member: \$14 | MCRC Non-Member: \$17**

dates	day	time
June 23	Sunday	9:00 - 10:00 a.m.
June 24 - June 28	Mon - Fri	6:00 - 7:00 p.m.
June 29	Saturday	9:00 - 10:00 a.m.

## Pickleball Open Play

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 per week and opens 1-week in advance of event date at 9:59 p.m. Schedule subject to change.

**Location:** Mentor Community Recreation Center

dates	day	time
May - Aug	Monday	12:00 - 2:00 p.m.
May - Aug	Thursday	8:30 - 10:00 p.m.
May - Aug	Friday	6:30 - 8:30 p.m.
May - Aug	Saturday	1:00 - 3:00 p.m.

## Rise Girl™

Rise Girl™ is a program focused on helping girls thrive mentally and physically. This program is designed to encourage exercise, healthy body image, positive mindset, nutrition, stress management, friendship and connection. Each day, girls engage in a class featuring a unique blend of confidence-building activities and invigorating workout sessions. We spend time each day in our Rise Girl™ Journal, and we focus on self-reflection, celebration and personal growth. What sets Rise Girl™ apart is our commitment to building confidence within the girls, to teaching positive mindset as well as our healthy habit focus of the day.

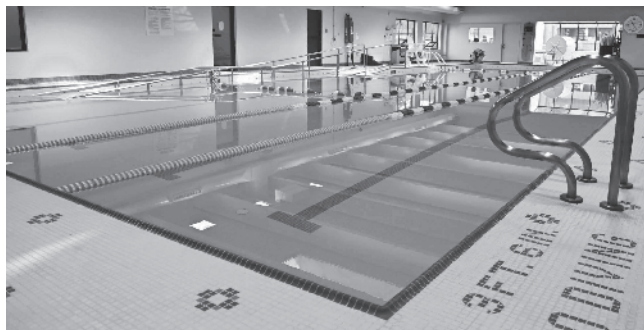
**Instructor: Rise Girl™ Staff**

**Location: Mentor Community Recreation Center**

**MCRC Member: \$199 | MCRC Non-Member: \$239**

dates	day	time
June 18 - 20	Tues & Thurs	9:30 a.m. - 12:00 p.m.
July 16 - 18	Tues & Thurs	9:30 a.m. - 12:00 p.m.

## Aquatics



MCRC Outdoor Pool Open  
 Memorial Day Weekend - Labor Day  
 Monday - Saturday 10:00 a.m. - 8:00 p.m.  
 Sunday 10:00 a.m. - 5:30 p.m.

**\*Note: Hours in August will differ once school starts**

**\*Note: MCRC Indoor Pool will be closed**

**Aug 5 - 10 to drain.**

## 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 classes July 1, 2, 3, 4 or 6)\*\***

dates	day	time
June 3 - July 29	Mon	4:30 - 5:00 p.m.
June 3 - July 29	Mon	6:30 - 7:00 p.m.
June 4 - July 30	Tues	11:30 a.m. - 12:00 p.m.
June 5 - July 31	Wed	6:00 - 6:30 p.m.
June 6 - Aug 1	Thurs	11:30 a.m. - 12:00 p.m.
June 8 - Aug 3	Sat	9:00 - 9:30 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 classes July 1, 2, 4 or 6)\*\***

dates	day	time
June 3 - July 29	Mon	4:00 - 4:30 p.m.
June 4 - July 30	Tues	11:00 - 11:30 a.m.
June 6 - Aug 1	Thurs	11:00 - 11:30 a.m.
June 8 - Aug 3	Sat	9:00 - 9:30 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

Ages 4-5

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 classes July 1, 2, 3 or 6)\*\***

dates	day	time
June 3 - July 29	Mon	4:00 - 4:30 p.m.
June 3 - July 29	Mon	4:30 - 5:00 p.m.
June 4 - July 30	Tues	12:00 - 12:30 p.m.
June 5 - July 31	Wed	6:00 - 6:30 p.m.
June 8 - Aug 3	Sat	9:30 - 10:00 a.m.

### Preschool Level 2

Ages 4-5

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 classes July 1, 3, 4 or 6)\*\***

dates	day	time
June 3 - July 29	Mon	6:30 - 7:00 p.m.
June 5 - July 31	Wed	4:45 - 5:15 p.m.
June 6 - Aug 1	Thurs	12:00 - 12:30 p.m.
June 8 - Aug 3	Sat	9:30 - 10:00 a.m.