

Twirl Lab

Ages 10-13

Designed for athletes looking to compete at the high school level. Students will learn baton terminology and basic twirling skills while continuing to develop hand-eye coordination. Focus on twirls, rolls and tosses using proper form and technique.

Instructor: Leighann Hay **No Class July 8**

Location: MCRC - Racquetball Court

MCRC Member: \$100 | MCRC Non-Member: \$120

Wednesday(s), 6:45 - 7:30 p.m.

*dates: May 6 - 27, June 3 - 24, July 1 - 29***

High School Twirlers

Ages 14-17

This class is for students in 7th through 12th grade who are focused on building their twirling skills. Previous experience twirling, dancing, spinning, etc. is recommended. The goal of this class is to teach twirlers the basic tricks and skills that are necessary to perform with marching bands or during halftime performances at football/basketball games. The focus of skills for this class will be on field tricks, multiple batons and more.

Instructor: Leighann Hay **No Class July 8**

Location: MCRC - Racquetball Court

MCRC Member: \$100 | MCRC Non-Member: \$120

Wednesday(s), 7:45 - 8:30 p.m.

*dates: May 6 - 27, June 3 - 24, July 1 - 29***

Fitness

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 **No Class Aug 19**

Location: Mentor Community Recreation Center

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

MCRC Member: \$15 | MCRC Non-Member: \$21 (Aug)

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

*dates: June 3 - 24, July 8 - 29, Aug 5 - 26***

Personal Training by Butler Fitness

Butler Fitness is proud to be the certified personal training team at the Mentor Community Recreation Center. We offer science-based training and personalized coaching to help you build strength, boost endurance, and improve overall wellness. No matter your fitness level, we're here to support your goals—every step of the way. Let us help you strengthen your life!



Group Fitness Schedule:



MCRC Aquatics

Registration Dates:

May 11 Currently enrolled members

May 13 for All MCRC Members

May 18 for MCRC Non-Members

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 1 - July 27**	Mon	5:10 - 5:40 p.m.
June 1 - July 27**	Mon	6:30 - 7:00 p.m.
June 2 - July 28**	Tues	11:30 a.m. - 12:00 p.m.
June 3 - July 29**	Wed	4:50 - 5:20 p.m.
June 3 - July 29**	Wed	6:10 - 6:40 p.m.
June 4 - July 30**	Thurs	11:35 a.m. - 12:05 p.m.
June 6 - Aug 1**	Sat	9:00 - 9:30 a.m.
June 6 - Aug 1**	Sat	10:45 - 11:15 a.m.
June 7 - Aug 2**	Sun	10:50 - 11:20 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 1 - July 27**	Mon	4:35 - 5:05 p.m.
June 2 - July 28**	Tues	11:00 - 11:30 a.m.
June 3 - July 29**	Wed	5:40 - 6:10 p.m.
June 4 - July 30**	Thurs	11:00 - 11:30 a.m.
June 4 - July 30**	Thurs	11:40 a.m. - 12:10 p.m.
June 4 - July 30**	Thurs	12:15 - 12:45 p.m.
June 6 - Aug 1**	Sat	9:35 - 10:05 a.m.
June 6 - Aug 1**	Sat	11:30 a.m. - 12:00 p.m.
June 7 - Aug 2**	Sun	10:50 - 11:20 a.m.

Preschool Swim Lessons

Min: 3 Max: 5

Location: MCRC Indoor Pool

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

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

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

dates	day	time
June 1 - July 27**	Mon	5:45 - 6:15 p.m.
June 2 - July 28**	Tues	12:30 - 1:00 p.m.
June 6 - Aug 1**	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.

dates	day	time
June 1 - July 27**	Mon	5:10 - 5:40 p.m.
June 6 - Aug 1**	Sat	10:25 - 10:55 a.m.

American Red Cross Learn - To - Swim Program

Location: MCRC Indoor Pool

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

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

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: 6-12 year olds

Introduction to Water Skills

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.

dates	day	time
June 1 - July 27**	Mon	4:00 - 4:45 p.m.
June 1 - July 27**	Mon	6:15 - 7:00 p.m.
June 2 - July 28**	Tues	11:00 - 11:45 a.m.
June 3 - July 29**	Wed	4:50 - 5:35 p.m.
June 4 - July 30**	Thur	10:50 - 11:35 a.m.
June 6 - Aug 1**	Sat	9:00 - 9:45 a.m.
June 6 - Aug 1**	Sat	11:00 - 11:45 a.m.
June 7 - Aug 2**	Sun	10:00 - 10:45 a.m.
June 7 - Aug 2**	Sun	11:25 a.m. - 12:10 p.m.

LTS Level 2: 6-12 year olds

Fundamental Aquatic Skills

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.

dates	day	time
June 1 - July 27**	Mon	4:50 - 5:35 p.m.
June 2 - July 28**	Tues	11:45 a.m. - 12:30 p.m.
June 6 - Aug 1**	Sat	9:50 - 10:35 a.m.
June 7 - Aug 2**	Sun	11:25 a.m. - 12:10 p.m.

LTS Level 3: 6-12 year olds

Stroke Development

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.

dates	day	time
June 1 - July 27**	Mon	5:45 - 6:30 p.m.
June 2 - July 28**	Tues	10:15 - 11:00 a.m.
June 3 - July 29**	Wed	5:25 - 6:10 p.m.
June 6 - Aug 1**	Sat	9:00 - 9:45 a.m.
June 7 - Aug 2**	Sun	10:35 - 11:20 a.m.

LTS Level 4: 6-12 year olds

Stroke Improvement

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.

dates	day	time
June 1 - July 27**	Mon	6:15 - 7:00 p.m.
June 3 - July 29**	Wed	4:00 - 4:45 p.m.
June 6 - Aug 1**	Sat	10:40 - 11:25 a.m.

LTS Level 5/6: 6-12 year olds

Stroke Refinement

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.

dates	day	time
June 3 - July 29**	Wed	4:00 - 4:45 p.m.

Adult Swim Lessons Ages 13+

This class is designed to assist adults of all swim levels to set personal goals and achieve those goals. If you are getting over fears, swimming for the first time, or learning a new stroke, this class will provide you with a personalized plan to help you learn the skills necessary to reach your goals.

Location: MCRC Indoor Pool

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

(per session of 8)

dates	day	time
June 7 - Aug 2**	Sun	10:00 - 10:45 a.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

MCRC Member: \$95 | MCRC Non-Member: \$130

(per session of 4)

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

(M = Member | NM = Non-Member)

No Class Aug 11, 13, 18 or 20)

dates	day	cost
May 5 - 26	Tuesday	\$20 M \$30 NM
May 7 - 28	Thursday	\$20 M \$30 NM
June 2 - 30	Tuesday	\$25 M \$37.50 NM
June 4 - 25	Thursday	\$20 M \$30 NM
July 7 - 28	Tuesday	\$20 M \$30 NM
July 2 - 30	Thursday	\$25 M \$37.50 NM
Aug 4 - 25**	Tuesday	\$10 M \$15 NM
Aug 6 - 27**	Thursday	\$10 M \$15 NM