

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 HIIT, 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.

Cardio Kickboxing

Cardio Kickboxing 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.

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.

Pilates Strength

Pilates Strength is a whole-body workout with controlled movements targeting specific muscle groups. Very effective to trim the waistline, sculpt the abdominal muscles, while developing a similar, stronger physique.

MCRC Athletics 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.

Instructor: MCRC Staff ****No class May 25 & Aug 17****

Location: Mentor Community Recreation Center

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

dates	day	time
May 4 - June 8**	Monday	4:00 - 4:45 p.m. (age 3)
May 4 - June 8**	Monday	5:00 - 5:45 p.m. (age 4)
June 22 - July 20	Monday	4:00 - 4:45 p.m. (age 3)
June 22 - July 20	Monday	5:00 - 5:45 p.m. (age 4)
Aug 3 - Sept 14**	Monday	4:00 - 4:45 p.m. (age 3)
Aug 3 - Sept 14**	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.

Instructor: MCRC Staff ****No class Aug 18****

Location: Mentor Community Recreation Center

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

dates	day	time
May 5 - June 2	Tuesday	4:00 - 4:45 p.m. (age 3)
May 5 - June 2	Tuesday	5:00 - 5:45 p.m. (age 4)
June 16 - July 14	Tuesday	4:00 - 4:45 p.m. (age 3)
June 16 - July 14	Tuesday	5:00 - 5:45 p.m. (age 4)
July 28 - Sept 1**	Tuesday	4:00 - 4:45 p.m. (age 3)
July 28 - Sept 1**	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.

Instructor: MCRC Staff ****No class Aug 19****

Location: Mentor Community Recreation Center

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

dates	day	time
May 6 - June 3	Wed	10:00 - 10:45 a.m. (age 3 & 4)
May 6 - June 3	Wed	11:00 - 11:45 a.m. (age 3 & 4)
May 6 - June 3	Wed	4:00 - 4:45 p.m. (age 3)
May 6 - June 3	Wed	5:00 - 5:45 p.m. (age 4)
June 17 - July 15	Wed	10:00 - 10:45 a.m. (age 3 & 4)
June 17 - July 15	Wed	11:00 - 11:45 a.m. (age 3 & 4)
June 17 - July 15	Wed	4:00 - 4:45 p.m. (age 3)
June 17 - July 15	Wed	5:00 - 5:45 p.m. (age 4)
July 29 - Sept 2**	Wed	10:00 - 10:45 a.m. (age 3 & 4)
July 29 - Sept 2**	Wed	11:00 - 11:45 a.m. (age 3 & 4)
July 29 - Sept 2**	Wed	4:00 - 4:45 p.m. (age 3)
July 29 - Sept 2**	Wed	5:00 - 5:45 p.m. (age 4)

Discover Baton

Ages 3-6

Class focus on listening skills, direction following, and building hand eye coordination through basic baton movements.

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

Location: MCRC - Raquetball Court

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

Wednesday(s), 5:00 - 5:30 p.m.

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

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.

Instructor: MCRC Staff ****No Class Aug 20****

Location: Mentor Community Recreation Center

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

dates	day	time
May 7 - June 4	Thur	4:00 - 4:45 p.m. (age 3)
May 7 - June 4	Thur	5:00 - 5:45 p.m. (age 4)
June 18 - July 16	Thur	4:00 - 4:45 p.m. (age 3)
June 18 - July 16	Thur	5:00 - 5:45 p.m. (age 4)
July 30 - Sept 3**	Thur	4:00 - 4:45 p.m. (age 3)
July 30 - Sept 3**	Thur	5:00 - 5:45 p.m. (age 4)

Discover Baseball

Ages 3-4

Designed to introduce preschoolers to the basics of baseball. Through interactive activities including kickball, players learn hitting, catching, throwing, base running and more. Wiffle ball and kickball equipment will be used. Players are encouraged to bring a water bottle to each class.

Instructor: MCRC Staff ****No Class Aug 20****

Location: Mentor Community Recreation Center

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

Thursday(s), 6:00 - 6:45 p.m.

dates: May 7 - June 4, June 18 - July 16
July 30 - Sept 3**

Discover Tumbling

Ages 3-4

Preschoolers will learn the building blocks of acrobatics and tumbling. Classes include a high-energy warm up and drills and activities that teach the basics of tumbling. Focus is on safely performing skills, while practicing balance, flexibility and strengthening. Students will have fun using a variety of props, obstacle courses, songs and games. Participants are encouraged to bring a water bottle to each class.

Instructor: MCRC Staff ****No Class June 26****

Location: Mentor Community Recreation Center

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

dates	day	time
June 5 - July 10	Friday	10:00 - 10:45 a.m.
June 5 - July 10	Friday	11:00 - 11:45 a.m.
July 17 - Aug 14	Friday	10:00 - 10:45 a.m.
July 17 - Aug 14	Friday	11:00 - 11:45 a.m.

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".

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

Tuesday(s), 4:00 - 4:45 p.m.

dates: May 12 - June 16, July 7 - Aug 11

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. Beginner: This class teaches techniques, pre-rallying, and movement needed to move to the next level. Intermediate: focuses on improving footwork, developing consistent hitting, and practicing serving; for players that have taken lessons. Players are encouraged to bring a racquet and water bottle to each class. Athletic attire is required. Recommended racquet size: 19" - 23".

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 12 - June 16	Tue	5:00 - 5:45 p.m. (Beginner)
May 12 - June 16	Tue	6:00 - 6:45 p.m. (Intermediate)
July 7 - Aug 11	Tue	5:00 - 5:45 p.m. (Beginner)
July 7 - Aug 11	Tue	6:00 - 6:45 p.m. (Intermediate)

First time online registering with us?

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

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. Beginner: teaches court positioning, serving techniques and movement needed for the development of match play. Intermediate: skills focused on are shot variations, placement of serves, and maintaining rallies with control; for players that have taken lessons. Players are encouraged to bring a racquet and water bottle to each class. Athletic attire is required. Recommended racquet size: 23" - 25".

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates	day	time
May 14 - Jun 18	Thur	4:00 - 4:45 p.m. (Beginner)
May 14 - Jun 18	Thur	5:00 - 5:45 p.m. (Beginner)
May 14 - Jun 18	Thur	6:00 - 6:45 p.m. (Intermediate)
July 9 - Aug 13	Thur	4:00 - 4:45 p.m. (Beginner)
July 9 - Aug 13	Thur	5:00 - 5:45 p.m. (Beginner)
July 9 - Aug 13	Thur	6:00 - 6:45 p.m. (Intermediate)

SCAN FOR FULL LIST OF UP-TO-DATE CLASSES



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.

Instructor: MCRC Staff ****No Class Aug 19****

Location: Mentor Community Recreation Center

MCRC Member: \$48 | MCRC Non-Member: \$58

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

dates: May 6 - 27, June 3 - 24
July 8 - 29, Aug 5 - Sept 2**

Intermediate Pickleball Adults 18+

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 ****No Class Aug 19****

Location: Mentor Community Recreation Center

MCRC Member: \$48 | MCRC Non-Member: \$58

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

dates: May 6 - 27, June 3 - 24
July 8 - 29, Aug 5 - Sept 2**

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.

Instructor: MCRC Staff ****No Class Aug 18 & 20****

Location: Mentor Community Recreation Center

MCRC Member: \$48 | MCRC Non-Member: \$58

dates	day	time
May 5 - 26	Tuesday	11:30 a.m. - 12:30 p.m.
May 7 - 28	Thursday	9:00 - 10:00 a.m.
June 2 - 23	Tuesday	11:30 a.m. - 12:30 p.m.
June 4 - 25	Thursday	9:00 - 10:00 a.m.
July 7 - 28	Tuesday	11:30 a.m. - 12:30 p.m.
July 9 - 30	Thursday	9:00 - 10:00 a.m.
Aug 4 - Sept 1**	Tuesday	11:30 a.m. - 12:30 p.m.
Aug 6 - Sept 3**	Thursday	9:00 - 10:00 a.m.

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 ****No Class Aug 18 & 20****

Location: Mentor Community Recreation Center

MCRC Member: \$48 | MCRC Non-Member: \$58

dates	day	time
May 5 - 26	Tuesday	12:30 - 1:30 p.m.
May 7 - 28	Thursday	10:00 - 11:00 a.m.
June 2 - 23	Tuesday	12:30 - 1:30 p.m.
June 4 - 25	Thursday	10:00 - 11:00 a.m.
July 7 - 28	Tuesday	12:30 - 1:30 p.m.
July 9 - 30	Thursday	10:00 - 11:00 a.m.
Aug 4 - Sept 1**	Tuesday	12:30 - 1:30 p.m.
Aug 6 - Sept 3**	Thursday	10:00 - 11:00 a.m.

Any Doubles Senior Pickleball League Adults 55+

Designed for those with a USA Pickleball rating of 2.0 - 3.0, 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 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.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Fee: \$108

dates	day	time
June 10 - Aug 5	Wednesday	1:00 - 3:00 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 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.

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Session Fee: \$108

dates	day	time
June 8 - Aug 3	Monday	6:00 - 8:30 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 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.

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Session Fee: \$108

dates	day	time
June 9 - Aug 4	Tuesday	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 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.

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

Session Fee: \$108

dates	day	time
June 11 - Aug 6	Thursday	6:00 - 8:30 p.m.

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

Mon, Fri, Wed & Sat, 9:00 - 11:00 a.m.

Wednesday(s), 7:30 - 9:30 p.m.

Friday(s), 6:30 - 8:30 p.m.

Youth Athletics



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.

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

MCRC Member: \$65 | MCRC Non-Member: \$78

Monday(s), 5:00 - 5:30 p.m.

dates: Apr 27 - May 18, June 1 - 22, July 6 - 27

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.

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

MCRC Member: \$65 | MCRC Non-Member: \$78

Monday(s), 5:30 - 6:00 p.m.

dates: Apr 27 - May 18, June 1 - 22, July 6 - 27



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.

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

MCRC Member: \$65 | MCRC Non-Member: \$78

Monday(s), 6:30 - 7:00 p.m.

dates: Apr 27 - May 18, June 1 - 22, July 6 - 27

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.

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

MCRC Member: \$65 | MCRC Non-Member: \$78

Monday(s), 6:00 - 6:30 p.m.

dates: Apr 27 - May 18, June 1 - 22, July 6 - 27

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. Athletes are encouraged to bring a football (peewee size) and a water bottle to each class.

Instructor: MCRC Staff ****No Class Aug 18****

Location: MCRC - Soccer Center

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

Tuesday(s), 6:00 - 6:45 p.m.

dates: May 5 - June 2, June 16 - July 14

July 28 - Sept 1**

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. Athletes are encouraged to bring a football (youth size) and a water bottle to each class.

Instructor: MCRC Staff ****No Class Aug 18****

Location: Mentor Community Recreation Center

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

Tuesday(s), 7:00 - 7:45 p.m.

dates: May 5 - June 2, June 16 - July 14

July 28 - Sept 1**

Rookie Basketball

Ages 5-7

This class is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including ball handling, shooting, passing, defensive techniques, and more. Players are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

****No Class Aug 18 & 20****

Location: Mentor Community Recreation Center

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

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

dates: May 5 - 28, June 2 - 25,

July 7 - 30, Aug 4 - Sept 3**



Junior Basketball

Ages 8-12

This class is intended to increase a player's skill level through a fun and exciting atmosphere. Players are taught basketball fundamentals including ball handling, shooting, passing, defensive techniques, and more. Players are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

****No Class Aug 18 & 20****

Location: Mentor Community Recreation Center

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

Tuesday(s) & Thursday(s), 5:30 - 6:30 p.m.

dates: May 5 - 28, June 2 - 25,

July 7 - 30, Aug 4 - Sept 3**

Soccer

Ages 5-8

This beginner program focuses on dribbling, passing, shooting, agility, and ball control. Athletes are encouraged to bring a soccer ball (size 3) and a water bottle to each class.

Instructor: MCRC Staff ****No Class Aug 19****

Location: Mentor Community Recreation Center

MCRC Member: \$60 | MCRC Non-Member: \$72

Wednesday(s), 5:45 - 6:30 p.m.

dates: May 6 - June 3, June 17 - July 15

July 29 - Sept 2**

Mini Majorettes

Ages 7-9

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), 5:45 - 6:30 p.m.

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

First time online registering with us?

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

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.