

Boys U14 Soccer League

Ages 12 - 13

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 6 vs. 6 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week



Girls U18 Soccer League

Ages 14 - 17

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 6 vs. 6 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

Boys U18 Soccer League

Ages 14 - 17

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 6 vs. 6 (includes a goalie) and consist of two, 25-minute halves. **Each team is responsible for paying a \$16 referee fee before each game.** Teams need to provide their own uniforms. The number of teams determines the schedule. All skill levels are welcome. Game balls (size 5) are provided. Price and registration are per team, practices not included. **No games April 5.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center
Sunday - Saturday, TBD

dates: Jan 3 - Feb 22, Feb 28 - Apr 12

Fee: \$750 (Jan - Feb) 8 week | \$575 (Mar - Apr) 6 week

MCRC Aquatics

SWIM LESSONS AT MCRC

Registration Dates:

Jan-March classes:
Dec 8 for Currently enrolled members
Dec 10 for All MCRC Members
Dec 15 for MCRC Non-Members.

March-May classes:

Mar 2 for Currently enrolled Members
Mar 4 for All MCRC Members
Mar 9 for MCRC Non-Members

Parent and Child Swim Instruction

6 months - 3 years

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

SESSION 1 ; SESSION 2 **** (No classes April 4 and 5) ****

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 5:25 - 5:55 p.m., 6:15 - 6:45 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 11 - 11:30 a.m., 5:05 - 5:35 p.m., 6 - 6:30 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 5:25 - 5:55 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 11:00 - 11:30 a.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:00 - 9:30 a.m., 10:25 - 10:55 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:00 - 10:30 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

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

SESSION 1 ; SESSION 2 **** (No classes April 4 and 5) ****

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:00 - 4:30 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 11:35 a.m. - 12:05 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 4 - 4:30 p.m., 4:50 - 5:20 p.m., 6 - 6:30 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 11:35 a.m. - 12:05 p.m., 12:10 - 12:40 p.m.

Friday(s), Jan 23 - Mar 13 ; Apr 3 - May 22

times: 11:00 - 11:30 a.m., 11:35 a.m. - 12:05 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:35 - 10:05 a.m., 11:00 - 11:30 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:00 - 10:30 a.m., 10:50 - 11:20 a.m., 11:25 - 11:55 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

Registration Dates: See page 21 for registration dates.

Preschool Swim Lessons

Min: 3 Max: 5

Children ages 4 - 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

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:50 - 5:20 p.m., 5:05 - 5:35 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 12:10 - 12:40 p.m., 4:30 - 5:00 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 5:10 - 5:40 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 4:30 - 5:00 p.m., 5:40 - 6:10 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:50 - 10:20 a.m., 10:00 - 10:40 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:35 - 11:05 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

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

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 5:10 - 5:40 p.m., 5:35 - 6:05 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 4:35 - 5:05 p.m., 5:05 - 5:35 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 5:05 - 5:35 p.m.

Friday(s), Jan 23 - Mar 13 ; Apr 3 - May 22

times: 12:10 - 12:40 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:00 - 9:30 a.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

Preschool Level 3

Ages 4 - 5

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

SESSION 1 ; SESSION 2

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:35 - 5:05 p.m., 5:40 - 6:10 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 4:35 - 5:05 p.m., 5:45 - 6:15 p.m.

MCRC Mem: \$32 | MCRC Non-Mem: \$40 (per session of 8)

American Red Cross Learn - To - Swim Program

Min: 3 Max: 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:

Ages 6-12

Introduction to Water Skills

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

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:00 - 4:45 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 4:15 - 5:00 p.m., 5:40 - 6:25 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 4:30 - 5:15 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 10:45 - 11:30 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 11:10 - 11:55 a.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 2:

Ages 6-12

Fundamental Aquatic Skills

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

SESSION 1 ; SESSION 2 *** (No classes April 4 and 5) ***

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 6:30 - 7:15 p.m.

Wednesday(s), Jan 21 - Mar 11 ; Apr 1 - May 20

times: 4:00 - 4:45 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 6:10 - 6:55 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:00 - 9:45 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:35 - 11:20 a.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 3:

Ages 6-12

Stroke Development

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

SESSION 1 ; SESSION 2 **** (No classes April 4 and 5) ****

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 4:15 - 5:00 p.m., 4:45 - 5:30 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 6:30 - 7:15 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 5:20 - 6:05 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 9:35 - 10:20 a.m.

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 11:25 - 12:10 p.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 4:

Ages 6-12

Stroke Improvement

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

SESSION 1 ; SESSION 2

Monday(s), Jan 19 - Mar 9 ; Mar 30 - May 18

times: 5:45 - 6:30 p.m.

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 5:10 - 5:55 p.m.

Thursday(s), Jan 22 - Mar 12 ; Apr 2 - May 21

times: 6:15 - 7:00 p.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

LTS Level 5/6:

Ages 6-12

Stroke Refinement

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

SESSION 1 ; SESSION 2 **** (No class April 4) ****

Tuesday(s), Jan 20 - Mar 10 ; Mar 31 - May 19

times: 5:40 - 6:25 p.m.

Saturday(s), Jan 24 - Mar 14 ; Mar 28 - May 13**

times: 10:25 - 11:10 a.m.

MCRC Mem: \$40 | MCRC Non-Mem: \$50 (per session of 8)

FIRST TIME ONLINE REGISTERING WITH US?

CALL ONE OF OUR FACILITIES SO WE CAN
SET UP A NEW ACCOUNT FOR YOU.

Adult Swim Lessons

Ages 13+

Adult Learn to Swim Introduction

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

SESSION 1 ; SESSION 2 **** (No class April 5) ****

Sunday(s), Jan 18 - Mar 8 ; Mar 29 - May 24**

times: 10:00 - 10:45 a.m.

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

(per session of 8)

Home School Swim & Gym

Want to get your gym or physical education credits in a fun way? Join us for an hour of movement on land then an hour in the heated pool. Try out different kinds of sports and activities for ages 5-18.

Location: Mentor Community Recreation Center

Wednesday(s), 1:00 - 3:00 p.m.

dates: Jan 7 - Jan 28, Feb 4 - Feb 25, Mar 4 - Mar 25

MCRC Member: \$28 | MCRC Non-Member: \$34

Drop in Fee: \$12

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)

dates: A time that is convenient for you

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), 10:00 - 10:50 a.m.

months: January, February, March, April

Jan/Feb/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Mar Price: MCRC Member: \$25 | MCRC Non-Member: \$38

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

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38



Cardio Splash

Min: 6 Max: 24

A combination of Cardio, Toning & Stretching with a Splash of Fun!

Intensity: Low or Moderate

Location: MCRC - Indoor Pool

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

months: January, February, March, April

Feb/Mar/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Jan: MCRC Member: \$25 | MCRC Non-Member: \$38

Move and Groove

Min: 6 Max: 15

A Pool Fitness Party with energetic cardio exercises set to fun upbeat music. This water class is a fun Low-impact, high energy challenge for participants of all ages and fitness levels.

Intensity: Low, Moderate or High...completely up to you!

Location: MCRC - Indoor Pool

Thursday(s), 6:45 - 7:35 p.m.

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38

Saturday(s), 8:00 - 8:50 a.m.

months: January, February, March, April

Feb/Mar/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Jan: MCRC Member: \$25 | MCRC Non-Member: \$38

Shallow/Deep

Min: 6 Max: 15

A combination of shallow and deep-water exercises to tone your body while getting your heart pumping. Jump in and make a splash, you won't want to miss this dynamic cardiovascular workout that tones the full body.

Intensity: Low, Moderate or High...completely up to you!

Location: MCRC - Indoor Pool

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

months: January, February, March, April

Jan/Feb/Apr: MCRC Member: \$20 | MCRC Non-Member: \$30

Mar: MCRC Member: \$25 | MCRC Non-Member: \$38

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

months: January, February, March, April

Jan/Feb/Mar: MCRC Member: \$20 | MCRC Non-Member: \$30

Apr: MCRC Member: \$25 | MCRC Non-Member: \$38