

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.

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 (HIIT) 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 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 slimmer, stronger physique.

MCRC Athletics

RACQUETBALL & GOLF

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. Price is per occurrence. **Registration required.**

Coordinator: Mark Ruth

Location: Mentor Community Recreation Center

Saturday(s), 9:00 - 10:30 a.m.

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

Indoor Golf League

Adults 18+

Swing away in this indoor recreational league that consists of one game per week for 8 weeks followed by a 1-week, single-elimination, playoff tournament. Games are played 2 vs. 2, 9-hole best ball scoring. Each week will feature a different golf course on our Foresight golf simulators. The top 4 teams compete in the playoff tournament. The playoff championship team receives a prize. All skill levels are welcome. Players must bring their own clubs and balls. Rubber tees are provided. Price and registration are per team. **No games March 16.**

Coordinator: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 26 - Mar 30	Monday	5:30 - 9:30 p.m.

Fee: \$270

FIRST TIME ONLINE REGISTERING WITH US?

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SET UP A NEW ACCOUNT FOR YOU.

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

Location: Mentor Community Recreation Center

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 5 - Feb 2	Mon	4:00 - 4:45 p.m. (age 3)
Jan 5 - Feb 2	Mon	5:00 - 5:45 p.m. (age 4)
Jan 7 - Feb 4	Wed	9:00 - 9:45 a.m. (ages 3&4)
Feb 9 - Mar 9	Mon	4:00 - 4:45 p.m. (age 3)
Feb 9 - Mar 9	Mon	5:00 - 5:45 p.m. (age 4)
Feb 11 - Mar 11	Wed	9:00 - 9:45 a.m. (ages 3&4)
Mar 23 - Apr 20	Mon	4:00 - 4:45 p.m. (age 3)
Mar 23 - Apr 20	Mon	5:00 - 5:45 p.m. (age 4)
Mar 25 - Apr 22	Wed	9:00 - 9:45 a.m. (ages 3&4)

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

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.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 6 - Feb 3	Tues	4:00 - 4:45 p.m. (age 3)
Jan 6 - Feb 3	Tues	5:00 - 5:45 p.m. (age 4)
Feb 10 - Mar 10	Tues	4:00 - 4:45 p.m. (age 3)
Feb 10 - Mar 10	Tues	5:00 - 5:45 p.m. (age 4)
Mar 24 - Apr 21	Tues	4:00 - 4:45 p.m. (age 3)
Mar 24 - Apr 21	Tues	5:00 - 5:45 p.m. (age 4)

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

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

Location: Mentor Community Recreation Center

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 7 - Feb 4	Wed	10:00 - 10:45 a.m. (age 3&4)
Jan 7 - Feb 4	Wed	4:00 - 4:45 p.m. (age 3)
Jan 7 - Feb 4	Wed	5:00 - 5:45 p.m. (age 4)
Feb 11 - Mar 11	Wed	10:00 - 10:45 a.m. (age 3&4)
Feb 11 - Mar 11	Wed	4:00 - 4:45 p.m. (age 3)
Feb 11 - Mar 11	Wed	5:00 - 5:45 p.m. (age 4)
Mar 25 - Apr 22	Wed	10:00 - 10:45 a.m. (age 3&4)
Mar 25 - Apr 22	Wed	4:00 - 4:45 p.m. (age 3)
Mar 25 - Apr 22	Wed	5:00 - 5:45 p.m. (age 4)

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

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

Location: Mentor Community Recreation Center

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 - Feb 5	Thurs	4:00 - 4:45 p.m. (age 3)
Jan 8 - Feb 5	Thurs	5:00 - 5:45 p.m. (age 4)
Feb 12 - Mar 12	Thurs	4:00 - 4:45 p.m. (age 3)
Feb 12 - Mar 12	Thurs	5:00 - 5:45 p.m. (age 4)
Mar 26 - Apr 23	Thurs	4:00 - 4:45 p.m. (age 3)
Mar 26 - Apr 23	Thurs	5:00 - 5:45 p.m. (age 4)

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

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

Location: Mentor Community Recreation Center

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 8 - Feb 5	Thurs	6:00 - 6:45 p.m.
Feb 12 - Mar 12	Thurs	6:00 - 6:45 p.m.
Mar 26 - Apr 23	Thurs	6:00 - 6:45 p.m.

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

Preschool Playtime

Ages 6 months - 5 years

Burn off some energy and have fun playing games with your little one in this self-regulated program. Our gym will be filled with a variety of sports equipment and tumbling mats. Adult supervision is required. Price is per child, per occurrence. Pre-registration is preferred.

Location: MCRC - Gymnasium

<i>days</i>	<i>day</i>	<i>time</i>
Jan 6 - Apr 28	Tuesdays	9:00 - 11:00 a.m.

MCRC Member: \$2 | MCRC Non-Member: \$3

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 March 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

<i>dates</i>	<i>day</i>	<i>time</i>
Jan 6 - Feb 10	Tuesday	4:00 - 4:45 p.m.
Mar 3 - Apr 14	Tuesday	4:00 - 4:45 p.m.

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

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". **No Class March 16 & 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Feb 9	Mon	4:00 - 4:45 p.m. (Beginner)
Jan 6 - Feb 10	Tue	5:00 - 5:45 p.m. (Beginner)
Jan 6 - Feb 10	Tue	6:00 - 6:45 p.m. (Intermediate)
Jan 10 - Jan 31	Sat	10:00 - 10:45 a.m.
Feb 7 - Feb 28	Sat	10:00 - 10:45 a.m.
Mar 2 - Apr 13	Mon	4:00 - 4:45 p.m. (Beginner)
Mar 3 - Apr 14	Tue	5:00 - 5:45 p.m. (Beginner)
Mar 3 - Apr 14	Tue	6:00 - 6:45 p.m. (Intermediate)
Mar 7 - Mar 28	Sat	10:00 - 10:45 a.m.
Apr 4 - Apr 25	Sat	10:00 - 10:45 a.m.

MCRC Mem: \$72 | MCRC Non-Mem: \$86 (Tue)

MCRC Mem: \$80 | MCRC Non-Mem: \$96 (Sat)

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". **No Class March 19.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Feb 9	Mon	5:00 - 5:45 p.m. (Beginner)
Jan 5 - Feb 9	Mon	6:00 - 6:45 p.m. (Intermediate)
Jan 8 - Feb 12	Thu	4:00 - 4:45 p.m. (Beginner)
Jan 8 - Feb 12	Thu	5:00 - 5:45 p.m. (Beginner)
Jan 8 - Feb 12	Thu	6:00 - 6:45 p.m. (Intermediate)
Jan 10 - Jan 31	Sat	10:45 - 11:30 a.m.
Feb 7 - Feb 28	Sat	10:45 - 11:30 a.m.
Mar 2 - Apr 13	Mon	5:00 - 5:45 p.m. (Beginner)
Mar 2 - Apr 13	Mon	6:00 - 6:45 p.m. (Intermediate)
Mar 5 - Apr 16	Thu	4:00 - 4:45 p.m. (Beginner)
Mar 5 - Apr 16	Thu	5:00 - 5:45 p.m. (Beginner)
Mar 5 - Apr 16	Thu	6:00 - 6:45 p.m. (Intermediate)
Mar 7 - Mar 28	Sat	10:45 - 11:30 a.m.
Apr 4 - Apr 25	Sat	10:45 - 11:30 a.m.

MCRC Mem: \$72 | MCRC Non-Mem: \$86 (Thur)

MCRC Mem: \$80 | MCRC Non-Mem: \$96 (Mon & Sat)

Teens/High School Tennis

Ages 13 - 17

Focus is on developing fundamentals, improving skills, and preparing for competitive play, including high school and tournament play. This program may cater to different skill levels, from beginners learning basic strokes to advanced players honing their game for competition. Emphasis is placed on game-based drills and cooperative play. Athletic attire is required.

Instructor: Mike Miheli

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Jan 26	Mon	7:00 - 7:45 p.m.
Jan 7 - Jan 28	Wed	7:00 - 7:45 p.m.
Jan 10 - Jan 31	Sat	11:30 a.m. - 12:15 p.m.
Feb 2 - Feb 23	Mon	7:00 - 7:45 p.m.
Feb 4 - Feb 25	Wed	7:00 - 7:45 p.m.
Feb 7 - Feb 28	Sat	11:30 a.m. - 12:15 p.m.
Mar 2 - Mar 23	Mon	7:00 - 7:45 p.m.
Mar 4 - Mar 25	Wed	7:00 - 7:45 p.m.
Mar 7 - Mar 28	Sat	11:30 a.m. - 12:15 p.m.
Apr 4 - Apr 25	Sat	11:30 a.m. - 12:15 p.m.
Apr 6 - Apr 27	Mon	7:00 - 7:45 p.m.
Apr 8 - Apr 29	Wed	7:00 - 7:45 p.m.

MCRC Member: \$80 | MCRC Non-Member: \$96

Adult Tennis

Ages 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! Designed for players with a National Tennis Rating Program (NTRP) of 1.0 - 3.5. Players are encouraged to bring a racquet and water bottle to each class. Athletic attire is required.

Instructor: Mike Miheli

Location: Mentor Community Recreation Center

dates	day	time
Jan 5 - Jan 26	Mon	6:00 - 7:00 p.m.
Jan 7 - Jan 28	Wed	6:00 - 7:00 p.m.
Jan 8 - Jan 29	Thu	6:00 - 7:00 p.m.
Feb 2 - Feb 23	Mon	6:00 - 7:00 p.m.
Feb 4 - Feb 25	Wed	6:00 - 7:00 p.m.
Feb 5 - Feb 26	Thu	6:00 - 7:00 p.m.
Mar 2 - Mar 23	Mon	6:00 - 7:00 p.m.
Mar 4 - Mar 25	Wed	6:00 - 7:00 p.m.
Mar 5 - Mar 26	Thu	6:00 - 7:00 p.m.
Apr 6 - Apr 27	Mon	6:00 - 7:00 p.m.
Apr 8 - Apr 29	Wed	6:00 - 7:00 p.m.
Apr 9 - Apr 30	Thu	6:00 - 7:00 p.m.

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

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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. **No class March 18.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

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

Mar 4 - Apr 1, Apr 8 - Apr 29

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

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. **No class March 18.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

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

Mar 4 - Apr 1, Apr 8 - Apr 29

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

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. **No class March 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates: Jan 6 - Jan 27, Feb 3 - Feb 24

Mar 3 - Mar 31, Apr 7 - Apr 28

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

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. **No class March 17.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates: Jan 6 - Jan 27, Feb 3 - Feb 24

Mar 3 - Mar 31, Apr 7 - Apr 28

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

Pickleball Open Play

Adults 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.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

January 2 - April 29

Sunday(s) 3:00 - 5:00 p.m. (ages 6+)

Monday(s) 9:00 - 11:00 a.m.

Wednesday(s) 9:00 - 11:00 a.m.

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

Friday(s) 9:00 - 11:00 a.m.

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

Saturday(s) 9:00 - 11:00 a.m.

Fee: \$0 (MCRC Members Only)

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.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Tuesday(s), 6:00 - 8:30 p.m.

dates: Jan 13 - Mar 10, Mar 24 - May 19

Fee: \$108



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.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Monday(s), 6:00 - 8:30 p.m.

dates: Jan 12 - Mar 9, Mar 23 - May 18

Fee: \$108

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.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Thursday(s), 6:00 - 8:30 p.m.

dates: Jan 8 - Mar 5, Mar 26 - May 21

Fee: \$108

YOUTH ATHLETICS

Speed School

Ages 13 - 17

This 8-week program is built for athletes that want to improve linear speed, agility / change of direction, and lower body power. The focus will be on running mechanics, mind-body connection, and the use of targeted drills with the intention of improving speed / power. Athletes are encouraged to wear athletic clothing and bring a water bottle. **No class March 19.**

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

Thursday(s), 2:30 - 3:30 p.m.

dates: Jan 8 - Feb 26, Mar 12 - May 7

MCRC Member: \$96 | **MCRC Non-Member:** \$115

Rec Sports

Ages 10 - 14

Rec Sports introduces athletes to a variety of sports including dodgeball, pickleball, lacrosse, volleyball, kickball and more! Each week, participants will receive basic speed and agility training, learn the fundamentals / rules, and compete in structured games. Participants are encouraged to bring a water bottle to each class. Equipment is provided.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

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

dates: Jan 5 - Feb 2, Feb 9 - Mar 9, Mar 23 - Apr 20

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

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.

Instructor: MCRC Staff

Location: MCRC - Soccer Center

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

dates: Jan 6 - Feb 3, Feb 10 - Mar 10, Mar 24 - Apr 21

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

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

Location: MCRC - Soccer Center

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

dates: Jan 6 - Feb 3, Feb 10 - Mar 10, Mar 24 - Apr 21

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

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)

Location: Mentor Community Recreation Center

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

dates: Jan 6 - Jan 29, Feb 3 - Feb 26

Mar 3 - Mar 26, Apr 7 - Apr 30

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

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)

Location: Mentor Community Recreation Center

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

dates: Jan 6 - Jan 29, Feb 3 - Feb 26

Mar 3 - Mar 26, Apr 7 - Apr 30

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

Spring Break Basketball Camp

Ages 7 - 13

Join the National Basketball Academy and learn the game through specialized drills and games that will help your athlete take their game to the next level. Skills taught include ball handling, finishing at the rim, shooting, defense and transition play, passing, and more. Players will showcase their skills through camp competitions including 3-on-3, 5-on-5, and shooting challenges. Athletes are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

dates **day** **time**

Mar 16 - Mar 20 Mon - Fri 9:00 a.m. - 12:00 p.m.

MCRC Member: \$225 | **MCRC Non-Member:** \$270

Holiday Basketball Clinic

Ages 7 - 13

Players will work through high-energy stations designed to improve their game then participate in 3-on-3 and/or 5-on-5 games. Players will be separated by skill level. Skills taught include ball handling, shooting, defensive techniques, footwork, finishing at the rim, and more. Athletes are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: The National Basketball Academy (TNBA)

Location: Mentor Community Recreation Center

Monday(s), 9:00 a.m. - 12:00 p.m.

dates: Jan 19 & Feb 16

MCRC Member: \$45 | MCRC Non-Member: \$54



Basketball Drills & Scrimmages

Ages 8 - 13

This co-ed class is designed to improve players' basketball skills through structured drills and game-like experiences. Each week includes a half hour of drills and half hour of scrimmages, with teams switching each week. Participants will work on fundamental techniques such as dribbling, passing, shooting, and defense and apply what they learn in a game setting. Each player will receive a jersey that they keep. Athletes are encouraged to wear athletic clothing and bring a basketball and water bottle.

Instructor: MCRC Staff

Location: Mentor Community Recreation Center

dates **day** **time**

Mar 28 - May 2 Sat 11:00 a.m. - 12:00 p.m.

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

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

Location: MCRC - Basketball Court

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

dates: Jan 7 - Feb 4, Feb 11 - Mar 11, Mar 25 - Apr 22

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

Beginner Fencing

Ages 8+

Learn the fundamentals of modern foil fencing in this class with instruction that includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics and bout-ing in this 6-week course. Fun and safety are emphasized while developing hand-eye coordination, agility, dexterity and stamina as well as social skills and manners. And you'll have a skill not many others share! All equipment is provided, so come out and try something new. This class is designed for youth and adult!

Instructor: Tom Nagy

Location: MCRC - Community Room

Tuesday(s), 6:00 - 7:15 p.m.

dates: Jan 6 - Feb 10, Feb 24 - Mar 31, Apr 14 - May 19

MCRC Member: \$64 | MCRC Non-Member: \$80

Intermediate Fencing

Ages 8+

Learn the fundamentals of modern foil fencing in this class with instruction that includes stretching, footwork, lunges, attack, parry-riposte, strategy, tactics and bout-ing in this 6-week course. Fun and safety are emphasized while developing hand-eye coordination, agility, dexterity and stamina as well as social skills and manners. And you'll have a skill not many others share! All equipment is provided, so come out and try something new. This class is designed for youth and adult!

Instructor: Tom Nagy

Location: MCRC - Community Room

Tuesday(s), 7:16 - 8:30 p.m.

dates: Jan 6 - Feb 10, Feb 24 - Mar 31, Apr 14 - May 19

MCRC Member: \$64 | MCRC Non-Member: \$80



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. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

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

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

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

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. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

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

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

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

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. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

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

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

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

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. **No class April 6.**

Instructor: Communities in Motion

Location: MCRC - Fitness Room D

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

dates: Jan 5 - Jan 26, Feb 9 - Mar 2, Mar 16 - Apr 13

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

Karate

Ages 7 - 12

Self-confidence, balance, focus, discipline, strike combinations, self-defense and coordination are taught during this active program. Athletes are encouraged to wear athletic clothing and bring a water bottle to each class. Karate uniforms are not required but are available from the instructor for an additional fee. Each session concludes with belt testing; testing fee is included with registration.

Instructor: Joseph Duczman

Location: MCRC - Fitness Room B

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

dates: Jan 14 - Mar 11, Mar 25 - May 20

MCRC Member: \$169 | MCRC Non-Member: \$203

Dodgeball Open Gym

Ages 8+

Gather up some friends and participate in some good 'ol fashion dodgeball. Open to both youth and adults, all games are self-officiated, and foam balls are used. Registration is required. All skill levels are welcome. Price is per session.

Location: MCRC - Basketball Court #3

Friday(s), 6:00 - 8:00 p.m.

dates: Jan 9 - Apr 24

MCRC Member: \$5 | MCRC Non-Member: \$10

FIRST TIME ONLINE REGISTERING WITH US?
CALL ONE OF OUR FACILITIES SO WE CAN
SET UP A NEW ACCOUNT FOR YOU.

FITNESS

GROUP FITNESS SCHEDULE:



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!*



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

2nd and 4th Monday of the month, 10:00 - 11:00 a.m.

MCRC Member: \$0 |

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

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

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

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

Apr 8 - Apr 29, May 6 - May 27

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

Chair Volleyball

Ages 55+

Join us for chair volleyball which is much like regular volleyball but is played in a seated position. It is played on a smaller court with taped lines and a lower net. A fun alternative way to play volleyball and stay in shape!
Location: Mentor Community Recreation Center
2nd and 4th Thursday of the month, 10:00 - 11:00 a.m.
MCRC Member | Non-Member: \$10 (guest pass)

YOUTH INDOOR SOCCER LEAGUES

Co-ed U8 Soccer League

Ages 6 - 7

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (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 3) 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 U10 Soccer League

Ages 8 - 9

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (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 4) 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 U10 Soccer League

Ages 8 - 9

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (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 4) 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 U12 Soccer League

Ages 10 - 11

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (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 4) 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 U12 Soccer League

Ages 10 - 11

Take the pitch in this indoor recreational league that consists of one game per week. Games are played 7 vs. 7 (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 4) 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

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Girls 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

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)