

## 1st Step Baseball



### First Step Baseball for 3, 4, and Young 5 year old Boys, Girls & Parents



This instructional clinic lets players work on skills, drills and fun games to learn the basic concepts of baseball. It is a step-by-step approach that builds confidence and makes baseball fun. A parent or adult (16 and over) is required to participate with each child. Each child receives a variety of equipment to keep including: 1 Soft-Baseball, 1 Soft Baseball Bat, 1 Youth Baseball Glove, a 1st Step Jersey, and drill/skill manual. (Online registration for this program began in March. Limited space available.)

**Program Starts:** Monday, May 13  
**Program Ends:** Monday, June 17 (5 weeks)  
**Cost:** \$74.00 Residents  
\$86.00 Non-Residents  
**Time:** Mon - 1st Session: 5:45-6:45 pm  
Mon - 2nd Session: 6:55-7:55 pm  
**Place:** Creasey Bicentennial Park,  
Field #6 Grass Area



**NO CLASS:**  
May 27

## 1st Step Soccer



### First Step Soccer for 3, 4, and Young 5 year old Boys, Girls & Parents

This instructional clinic lets players work on skills, drills and fun games to learn the basic concepts of soccer. It is a step-by-step approach that builds confidence and makes soccer fun. A parent or adult (16 and over) is required to participate with each child. Each child receives a variety of equipment to keep including: 1 size 4 Soccer ball, 4 Soft Cones, a 1st Step Jersey, and drill/skill manual.

**Program Starts:** Wednesday, May 15

**Ends:** Wednesday, June 12 (5 weeks)

**Cost:** \$74.00 Residents

\$86.00 Non-Residents

**Time: Wed** - 1st Session: 5:45-6:45 pm

**Wed** - 2nd Session: 6:55-7:55 pm

**Place:** Creasey Bicentennial Park,  
Field #6 Grass Area



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IRT-1848D-A

## Growing Imagination & Creation



Create your own adventures and the art to go along with them. Imagine you're an astronaut who is lost in space, a brave knight facing a dragon, or a pirate on the high sea.

We will travel on our journeys and record them through ART!

All materials provided.

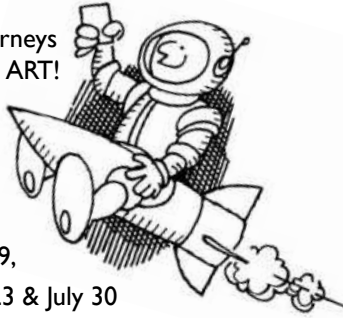
**Dates:** Tuesdays  
June 25, July 9,  
July 16, July 23 & July 30

**Time:** 12:30 pm to 2:00 pm

**Cost:** \$49 resident  
\$60 non resident

**Location:** Grand Blanc HS West  
Room 711

**Ages:** 5 – 9



## Creative Drawing



Learn new drawing techniques and about some of the masters. We will explore all different mediums and genres, building knowledge and self-confidence. It is not hard and all abilities are welcome to the class.

### Inside, everyone is an artist!

**Days:** Thursdays

**Dates:** June 27, July 11,  
July 18, July 25 & Aug 1

**Time:** 12:30 pm to 2:00 pm

**Cost:** \$49 resident  
\$60 non resident

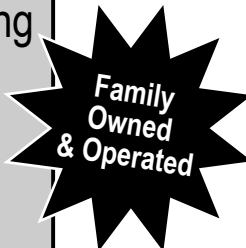
**Location:** Grand Blanc HS West - Room 711

**Ages:** 5 – 9

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# Summer Technology Classes for YOUTH



## JUNE 24 - JUNE 27

9:00 - 11:30 am GameCoders (Howd)  
 12:00 - 2:30 pm BotCommanders  
 3:00 - 4:40pm Code Jr

## JULY 8 - JULY 11

9:00 - 11:30 am Code Tronics  
 12:00 - 2:30 pm GameBuilders  
 3:00 - 4:40pm Build Jr

## JULY 15 - JULY 18

9:00 - 11:30 am DroneZone  
 12:00 - 2:30 pm BuildLab  
 3:00 - 4:40pm Laser League

**Days:** Monday-Tuesday-Wednesday-Thursday **Location:** ALL Summer Classes at McGrath Elementary

## COURSE DESCRIPTIONS:

### GameCoders: Design and Program Your Own Web Game

Learn how to code and create your own online game! We'll be using Scratch, a way to code with instructions that snap together like puzzle blocks. Create any game style, from mazes to flying games, boss fights or trivia--whatever you can imagine! This class will work for beginners or students that have used Scratch before. All materials provided. For students entering 2nd through 6th grade in the fall. **Cost: \$99**

### GameBuilders: Create and Design Your Own Retro Arcade Game

Come create your own retro-style arcade game! We will use real-life blocks to design characters and create levels with obstacles, coins, and enemies. Then we'll use an app to convert the block design to a playable online game! This class will work for any level of experience. The class comes with a Bloxels kit for game design that you can take with you to create more games at home! A mobile phone or tablet is required for use of the app (iOS, Android, or Kindle Fire apps available). For students entering 2nd through 6th grade in the fall. **Cost: \$129**

### BotCommanders: Draw, Design, Play, Program Robots

Learn how to drive, move, control and program your very own robot in this class! Yes, you get to have and keep your own Ozobot when the class is finished! We'll draw mazes, courses, and towns for robots to drive through. We'll make games and run robo-races, getting our bots to do cool moves with secret codes. Later, we'll program the robot to move and dance using an online puzzle-block coding language just like Scratch. This course comes with an Ozobot Bit that your student takes with them after the course is finished. Markers also included. For students entering 2nd through 6th grade in the fall. **Cost: \$149**

### DroneZone: Learn to Fly, Perform Tricks, and Video with Mini-Drones

Become a drone pilot in DroneZone! Learn how to launch, fly, flip, perform tricks, move and control your very own mini-drone in this class! We will set up obstacle courses, race, and turn our drones into spy gear! We will play drone games and use our drones for search and rescue! This course comes with a mini-drone that your student takes with them after the course is finished. For students entering 2nd through 6th grade in the fall. Beginners welcome. **Cost: \$139**

### CodeTronics: Coding and Programming Mini-Electronics

In CodeTronics, you'll learn how to go beyond coding things that only happen on a screen. Coding games is fun, but CodeTronics will show you how to program actual electronics you can hold in your hand! Learn how to code your own Micro:Bit electronic board to light up, play games, be a spy gadget, send messages, or play sounds. Micro:Bit codes with block codes similar to Scratch. Each student will get to take their Micro:Bit electronic kit home with them when the class is finished! For students entering 2nd through 6th grade in the fall. All materials provided. **Cost: \$129**

### CodeJr: Design and Program Games and Stories

Learn how to code and create simple games and stories! We'll be using ScratchJr, a way to code with instructions that snap together like puzzle blocks. We'll create games, stories, races, animations and more-- the sky's the limit! All materials provided, but if students want to save projects, a tablet or chromebook would be needed. For students entering 1st through 3rd grade in the fall. **Cost: \$59**

### BuildJr: Create and Build Electronic Gizmos and Gadgets

Learn how to create simple electrical circuits and machines! We'll be using motors, buzzers, lights, switches, batteries and other electronics. Learn to make flying saucers, alarms, doorbells, space sounds, alarms and more! Each student will get a Snap Circuits Jr. kit to use and take with them when the class is finished! All materials provided. For students entering 1st through 3rd grade in the fall. **Cost: \$79**

### Laser League: BattleGB

Join Laser League and take part in epic laser battles! We'll be playing team matches, tournaments, Capture the Flag, and I v I v I v I Fortnite-style survival battles! New games every day! Each student will get their own laser tag gun to use and take with them when the class is finished! All materials provided. For students entering 2nd through 6th grade in the fall. **Cost: \$79**

### BuildLab: Design and Build Your Own Inventions!

In BuildLab, you'll invent ways to control games, apps, and digital instruments using real-world objects. We'll make instruments, games, electric circuits, and other inventions using the Makey Makey invention kit. Control your Makey Makey with Play Doh, clay, people, leaves, drawings, foil, even water! Almost anything can be turned into a mouse, sensor, or controller. Each student will get to take their Makey Makey kit home with them when the class is finished so they can create even more inventions when the class is over! For students entering 2nd through 6th grade in the fall. **Cost: \$149**

## AFTER SCHOOL CLASSES

**APRIL 22, 24, 29 & MAY 1 - MCGRATH ELEM**

4 - 5 pm Google CS First Music & Sound

**MAY 6, 8, 13 & 15 - MCGRATH ELEM**

4 - 5 pm Google CS First Art

### Google CS First Music & Sound

Make. Code. Music. Create your own digital music and sounds! Use the computer to design your own music, create your own instruments and music videos, and learn how technology is used in the music industry! Bring your friends! No previous computer experience is necessary. Have your friends join too - the CS First Music & Sound class is social and fun! For current students in 2nd through 5th grades. **Cost: \$35**

### Google CS First Art

Art. Design. Coding. Create your own digital works of art! Use the computer to design your own animations, create a paint editor tool, and learn how technology is used in the art world! Bring your friends! No previous computer experience is necessary. Have your friends join too -- the CS First Art class is social and fun! For current students in 2nd through 5th grades. **Cost: \$35**



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**The 2019 Farmers Market season will begin on May 19th!**

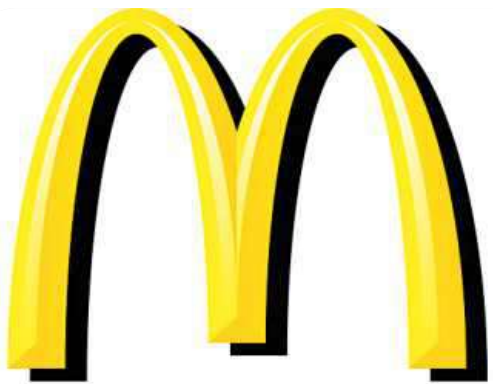
**Grand Blanc City Farmers Market**



fresh foods • local crafts • community fun

**SUNDAY MARKETS**  
~ BEGIN ~  
May 19 through October 13  
10am to 3pm

**Location:** Grand Blvd - DT Grand Blanc



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**Too busy this summer?**  
Join us for our **Back To School Special**  
Sept. 3rd - 19th, 4:30 - 6:30 pm weekdays, (no class Fri, 9/13) and receive **Segment 2 FREE!!**

**Hurry! Summer classes fill up fast!**



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**Grand Blanc class schedule**  
Classes held at 5452 Perry Road, Grand Blanc, on the corner of Perry and Belsay Roads

<p><b>Weekend classes:</b> Held Sat &amp; Sun, 4:30 - 6:30 &amp; Mon 6:30 - 8:30 pm April 27th - May 20th June 1st - 24th July 6th - 29th August 3rd - 26th September 7th - 30th October 5th - 28th November 2nd - 25th</p>	<p>3 classes will start June 17th These classes will be weekdays from <b>June 17th until July 2nd:</b>  Class # 521 is 8 am - 10 am Class # 522 is 10:30 am - 12:30 pm Class # 523 is 4:30 - 6:30 pm</p>	<p><b>Classes July 8th - 25th will be Mon thru Thur</b> Class # 525 is 8 am - 10 am Class # 526 is 4:30 - 6:30 pm</p> <p><b>Classes July 29th - Aug. 13th will be weekdays</b> Class # 527 is 8 am - 10 am Class # 528 is 4:30 - 6:30 pm</p> <p><b>Classes August 14th - 29th will be weekdays</b> Class # 530 is 8 am - 10 am Class # 531 is 4:30 - 6:30 pm</p>
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Classes in Grand Blanc not right for your schedule? Check out our weekday or weekend schedule at our new Fenton location at 14160 N. Fenton Rd. or our Davison location at 1086 N. Irish Rd. in the Stonehouse Farm Plaza.

**Finished with Segment 1?**  
**Check out our Segment 2 schedule!**  
Sign up anytime with our online schedule at  
**www.AllSafeDriversEd.com**  
**or call (810) 606-0094**



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# The Grand Blanc Activity Center

## Connecting You to Activities & Programs for Adults 50 & over

**Summer  
Programs**



**Office Hours: 8:00 – 4:00 • Phone : (810) 695-3202**

**12632 Pagels Dr. • Grand Blanc, MI 48439 • Visit us on the web at [gbseniorcenter.com](http://gbseniorcenter.com)**

We believe that at all times of our life, we must keep our minds and body in continued activity. Our bodies are our only true possession that at all times should be treated with kindness and great respect.

<b>BEGINNER YOGA</b>	Fridays	10:30 am
<b>LIFETIME BODY FITNESS</b>	Monday & Wednesday	9:30 am
<b>SILVER SNEAKERS CHAIR YOGA</b>	Monday, Thursday, Friday	Mon 8:30 am, Thurs & Fri 9:00 am
<b>TAI CHI (Multiple Levels)</b>	Monday & Friday	Times Vary
<b>ARTHRITIS EXERCISE</b>	Tuesday & Thursday	10:00 am - 11:00 am
<b>STRENGTH &amp; BALANCE</b>	Monday	10:45 am - 11:45 am
<b>LINE DANCING</b>	Monday & Thursday	Mon 12:00 pm - 6:30 pm Thurs 1:45 pm - 2:45 pm
<b>ZUMBA</b>	Friday	1:00 pm - 2:00 pm
<b>PICKELBALL</b>	Monday & Thursday	Mon 3:45 pm, Thur 11:30 am

The Grand Blanc Senior Center is happy to announce our noon luncheon program. Meals offered 5 days per week. This meal is provided by Genesee County with support from the senior millage. The meals are open to everyone. The suggested donation is \$3.50 for individuals under 60 and \$2.00 for individuals 60 and over. Please call the center for reservations by noon the day before you plan on attending.

### PROGRAMS

- Watercolor Class
- Knitting/Crocheting
- Table Tennis
- Lunch/Bingo
- Euchre/Poker/Bridge
- Chess
- Social Dancing
- Acrylics Painting
- Mah-Jongg
- Scrabble
- Book Discussion

### SERVICE PROGRAMS

- Blood Pressure Screenings
- Hearing Scening
- MiCafe/Project Fresh
- Medicare/Medicaid Assistance
- Income Tax Filing Assistance
- Health Fair
- Educational Presentations
- Flu Shots
- Guest Speakers
- Transportation
- Medical Loan Closet
- Support Groups

**Membership is open to all men and women age 50 and older.  
Membership donations of \$10.00 (per person) are appreciated.**

**Make checks payable to: Grand Blanc Parks and Recreation**

**Send to: Grand Blanc Activity Center • 12632 Pagels Dr., Grand Blanc, MI 48439**

Name \_\_\_\_\_ Birthday \_\_\_\_\_

Spouse Name \_\_\_\_\_ Birthday \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

### Up-Coming Trips 2019

**Complete trip flyers may  
be picked up at the center.**

May 29	Discover Saugatuck	\$117
July 16	Dow Gardens & Canopy Walk	\$64
July 23-25	UP Lighthouse & Fall Tour	\$304
Aug 14	Clinton River Luncheon Cruise	\$79
Sept 9-11	Grand Traverse Wine Country	\$319

Stop by the Center for more trips.

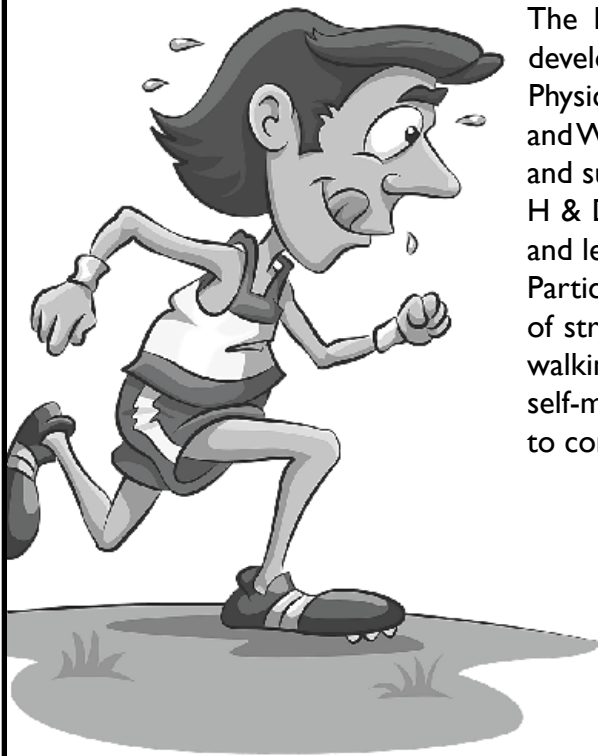
#### Sign Up Early for Trips!

Please take notice to when money is due for a trip, if you are unsure call the center for more information.



# Hills & Drills Fitness Program

Summer Programs



The Hills and Drills (H & D) program was developed by and is sponsored by Advanced Physical Therapy Center & Bauman's Running and Walking Shop. It is held weekly during the spring and summer months at Creasey Bicentennial Park. H & D is a drop-in program with weekly workouts designed and led by experts in running and performance improvement. Participants go through a monitored warm-up and do a variety of strength and conditioning exercises, including running and walking up the sledding hill as many times as possible. It is a self-monitored workout group for people of all fitness levels to come together to work hard and have fun.

**Days:** Wednesdays

**Time:** 6:00 pm to 7:00 pm

**When:** May, June & July

**Where:** Creasey Bicentennial Park, 1505 E. Grand Blanc rd. Sled Hill Pavilion

**Cost:** FREE

**Who:** Adults of All ages, 18

# Adult Kickball

Summer Programs



**Date:** July 10-August 28, 2019

**When:** Wednesday Evenings

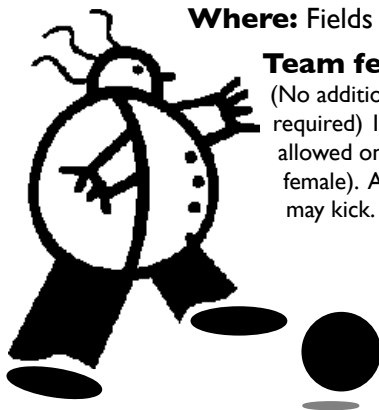
**Time:** 6:15 and/or 7:20 pm

**Location:** Creasey Bicentennial Park

**Where:** Fields #1 - #10

**Team fee:** \$350.00

(No additional player fees required) 10 defensive players allowed on the field (5 male, 5 female). All players on the roster may kick. (Limited to 40 teams.)



Kickball is a great sport for friends, family and co-workers. Anyone (18 and over) is welcome to play in the league.

**Compete in one of three separate divisions of play:**

**Red Giant:** (Comp/Rec 6-8 teams) For former athletes and experienced kickball players. Speed and quickness is optional, but recommended.

**White Dwarf:** (Rookies and New Teams 6-8 teams) For new teams and teams with less than 2 years experience.

**Black Hole:** (For the Young, Old or Unskilled 6-8 teams) A division for teams who return with less than 3 wins, teams with players 35 and older or for those who just want to play for fun.

All teams will make the playoffs, and the playoffs will be seeded by wins/losses, not division of play. Trophies for regular season, playoffs and MVPs.



# Fall Programs

## First Step Football Kindergarten & 1st Grade Boys & Girls



This instructional clinic lets players and parents work on skills, drills and fun games together. It is a step-by-step approach that builds confidence and makes football fun. A parent is required to participate with each child. Each child receives a variety of equipment to keep including:

**1-Mini football, 4 cones, a first step jersey, and a work at drill/skill manual.**

**Site:** Creasey Bicentennial Park Field #6

**Time:** 9:30 a.m. - 10:30 a.m.

**Day:** Saturdays

**Starts:** September 7

**Ends:** October 5 (5 weeks)

**Cost:** \$75.00 Residents

**Late Fee:** \$15 starts July 15



## Flag Football for 2nd - 3rd Graders & 4-6th Graders



We will be offering two flag football leagues for girls and boys. We will again offer our traditional league for 2nd and 3rd grade players and also a new league for 4th - 6th grade players. This is exciting, wide-open, 7 on 7 flag football with rules that emphasize speed/movement and lots of scoring! This is a great league with practices generally once per week and games on Saturday mornings. Volunteer coaches and assistants will be needed.

**Site:** Creasey Bicentennial Park Field #6

**Game Times:** Saturday mornings  
(9:30 a.m. - 1:30 p.m. based on schedule)

**Games Start:** September 7

**Last Game:** October 19 (7 weeks)

**Cost:** \$99.00 Residents \$108.00 Non-Residents

**Includes:** A solid color Football jersey with last name. Players must register by July 15 to receive name printed on jersey. (2 sided/2 color; numbered and a 2 color print.)

**Registration Begins:**  
April 30, 2019

**Late Registration Fee:** of \$15 starts July 15.

## Junior League Cheerleading



The Fall program is offered to: girls ages 5-8 and 9-13. Each squad will have 10-12 cheerleaders who will perform side-line cheers and group dance routines through-out the season. Cheer vest, bow, socks, bloomers, and poms included in price. Cheer skirts loaned for the season. Get outside this fall and cheer for the football season! First practice will be as one large group. Girls will be divided into two groups after the first practice.

**Site:** Creasey Bicentennial Park

**Cost:** \$89.00 Residents \$101.00 non-Residents

**First Meeting:** Thursday, August 22 - 6 pm Bicentennial Park

**First Practice:** Thursday, August 29 - 6 pm Bicentennial Park  
at the Large South Pavilion

**Last Practice:** Thursday, October 17

(Indoors @ Elem gym TBD)

**Game Times:** Saturday Mornings

**Games Start:** Saturday, September 7

**Last Game:** Saturday, October 19 @ GBHS

**Late Fee:** \$15 start July 15

• **Registration begins:**  
April 30, 2019



## NERF WARS

Coming Fall of 2019

\$12/person

Grand Blanc HS Turf Room

Grades K-2nd 5:00 - 6:00pm

Grades 3rd-5th 6:15 - 7:15pm

Grades 6th-8th 7:30 - 8:30pm

We'll form teams and BATTLE. Games such as capture the flag, zombie tag, eliminator and more. Nerf darts, team bandanas, and protective eyewear included. All you need is your nerf gun!

**Must Pre Register @ [gbparks.recdesk.com](http://gbparks.recdesk.com)**



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<p><b>30' x 4"</b> <b>HEAVY DUTY 1-PIECE ALUMINUM FLAGPOLE</b> <b>\$750</b> INSTALLED</p> <p><small>Not valid with any other offers. One coupon per customer Expires: 12-31-19 Coupon Guide</small></p>	<p><b>\$500 OFF</b> <b>ANY FLAG PURCHASE</b></p> <p><small>Not valid with any other offers. One coupon per customer Expires: 12-31-19 Coupon Guide</small></p>



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# Fall Swimming



## Swim Lessons

**Begins:** September 21      **Ends:** November 23  
**Length:** 10 weeks      **Location:** HS West Pool  
**Fee:** \$76.00 Resident      \$88.00 Non-Resident

## Class Descriptions:

- Aqua Tots:** Ages: Min. 2, 3 & 4 Parent or adult needed in water for each child
- PreSchl:** (3 & 4 yr olds) Pre-beginner, **must be able to be comfortable in water without parent.**
- Level 1:** (Pre-Beg.) Ages 4 & 5-Basic Skills Taught. Face in water, floating, basic stroke skills
- Level 2:** Needs to submerge head & face in water
- Level 3:** Float on front and back for 5 seconds, swim 15 ft. on front and back, open eyes under water
- Level 4:** (Adv. Beg.) Front/back crawl width of pool. Elementary bkstroke / kick, dolphin kick, breaststroke/kick, kneel dive.
- Level 5:** (Inter.) Front/back crawl for length of pool. Sidestroke, breast stroke, standing dive
- Level 6:** (Swimmers) Front and Back crawl, elementary backstroke, sidestroke and breaststroke

## Saturday Schedule

9:00 - 9:40 am..... Levels 2, 3, & 5  
 9:45 - 10:25 am..... Levels 2, 3, & 4  
 10:30 - 11:10 am..... Levels 2, 3, & 6  
 11:15 - 11:55 am..... Preschool (ages 3 & 4) & Levels 4 & 5  
 Noon - 12:30 pm ..... Aquatots & Level 1 (Beg 4 & 5)

## Fall Open Swim

**Days:** Monday & Wednesday Evenings  
**Time: Longer single session. 7:00 - 8:25 pm**  
**Location:** High School West  
**Cost:** \$3.00 per person, per session  
**Starts:** September 23  
**Ends:** December 11  
**Important:** Need a minimum of 6 participants to offer session.



## Aqua Aerobics Fall 1 & Fall II



Enjoy the healing properties of water exercise! You may sweat, but you'll never know it in the water. This class will be geared toward moderate/high intensity, however all fitness levels are welcome. Each class will include a warm up, cardio, deep water, a cool down and stretch. It is so much fun that it does not feel like a workout. Minors 14-17 years old may attend this class with a parent or guardian. Participants are taught by a certified Arthritis Foundation Aquatic Program Leader.

**Instructor:** Griffel  
**Date:** Tues & Thurs  
**Time:** 6:00 - 7:00 pm  
**Location:** High School West Pool

**Fall I:** 9/12 - 10/15 (10 Sessions)  
**Fall II:** 10/22 - 12/3 (10 Sessions)  
**No Class:** 10/31, 11/5, 11/28  
**Cost:** \$89

## TEE OFF AT TWILIGHT Glow Golf

**Friday, September 20**

The Jewel of Grand Blanc  
 5270 Perry Rd • Grand Blanc

**First Round: 3:30pm**

**Golf Cart Decorating: 5:00pm**

**Dinner: 6:30pm**

Includes pre-golf dinner and after golf pizza party.

**Glow Golf: 7:45 pm**





9 holes of Glow Golf - \$70  
 18 holes (9 day/9 glow) - \$90  
**Foursome:** \$250 (9 holes of Glow Golf)  
 \$330 (18 holes - 9 Day/9 Glow)



MOTHER - SON  
DANCE

WEDNESDAY, OCTOBER 9TH, 2019



6:30 - 8:30 PM | \$40 per couple  
Theme: Carnival Nights  
Tickets include: dinner, dessert,  
dancing and carnival games

Grand Blanc Parks & Recreation  
Tickets available at [gbparks.recdesk.com](http://gbparks.recdesk.com)



# Gymnastics



## Preschool Gymnastics

### POLLYWOG

Age: Crawling – 2 years  
Length: 30 minutes  
Requires participation with ONE parent/guardian

### TADPOLE

Age: 2-3 years  
Length: 45 minutes  
Requires participation with ONE parent/guardian

### LEAPFROG

Age: 3-5 years  
Length: 45 minutes  
Participates independent of his/her parent/guardian and are fully potty trained

### TREEFROG

Age: 4-5 years  
Length: 55 minutes  
Participates independent of their parent/caretaker and are fully potty trained

## School-Age Gymnastics

### GIRLS GYMNASTICS

#### Level 1

Age: 6 & up  
Length: 70 minutes

#### Level 2

Length: 90 minutes

#### Level 3

Length: 90 minutes

### Advanced Gymnastics

Length: 90 minutes

### BOYS GYMNASTICS

#### Beginner Boys

Age: 6 & up  
Length: 60 Minutes

#### Intermediate Boys

Length: 60 Minutes

#### Advanced Boys

Length: 90 minutes

## Tumbling & Cheer

### Tumbling

This class is designed for cheerleaders, those who need to incorporate acrobatics into other activities such as dance, wrestling or karate or for those interested in tumbling. The focus will be on learning tumbling skills and improving the strength and flexibility required to perform such skills

Length: 60 minutes

### Cheer Tumble

This is a fun "cheer" class that will teach students skills they need to prepare for cheer tryouts. Students may learn a routine and compete in mock competition toward other groups in the class. They will also practice motions, jumps, basic stunting, tumbling, routines, flat cheer and choreography.

Length: 90 minutes

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## Pre-Beginning Yoga



This class is designed for the student who is unfamiliar with yoga and meditation. If you have wanted to enroll in a beginner class but have felt too intimidated, this class is for you! Each class will include plenty of discussion and Q&A sessions. Basic yoga postures are taught in a clear and concise manner with modifications being offered to meet your physical ability. For example, if you can't lie flat on the floor, simply bend your knees or sit in a chair. Please bring a yoga mat and a blanket to class. Dress in comfortable clothing that allows for movement. And remember, if you can breathe, you can do yoga!

**Instructor:** Gruszka      **Min:** 4    **Max:** 12  
**Date:**                      Wednesdays  
**Time:**                        6:30-8:00 pm  
**Location:**                Mason Community Room  
**Session 1:**                September 25 - November 20 (8 sessions)  
**No Class:**                November 13  
**Cost:**                        \$94

## Zumba®



Work out to the hottest fitness craze that combines easy dance steps with body sculpting moves using Latin and International rhythms such as Salsa, Cumbia, Merengue, Reggaeton, Belly Dance, and some current music. The music is contagious and Fun! Grab a friend, low-tread shoes, your water bottle, and a towel . . . get ready to sweat! "Ditch the work-out! Join the Party!" Minors 14-17 years old may attend this class with a parent or guardian.

**Instructor:** Thiel                                      **Min:** 8    **Max:** 25  
**Day:**    Thursdays  
**Time:**    5:45 pm - 6:45 pm  
**Location:** Myers Elementary Gym  
**Meetings:** September 19 - November 21 (8 sessions)  
**No Class:**    October 31 or November 14  
**Cost:**    \$51

## Candle Lit Yoga



This class incorporates meditation, yoga breathing, gentle yoga stretches, and relaxation in a calming, candlelit atmosphere. It is designed to soothe your stressful soul while at the same time energize you to face the stressors waiting you tomorrow. Please bring a yoga mat and a blanket to class. Dress in comfortable clothes that allow for movement. Appropriate for all levels of ability.

**Instructor:**                Gruszka                                      **Min:** 4    **Max:** 20  
**Day of Week:**            Mondays (6 sessions)  
**Session 1:**                September 23 - October 28  
**No Class:**                November 13  
**Session 2:**                November 11 - December 16  
**Time:**                        6:30 pm to 7:30 pm  
**Location:**                Mason Community Room  
**Cost:**                        \$47 per student

## Men's Adult Basketball League



**Looking for a place to play with your friends or co-workers?**

\$650 per team,  
 10 games plus min 2 playoff games.

Includes staff, 2 officials, court time and awards.

**Dates:**                        Wednesday Nights  
**Time:**                        Game will be at 6:30, 7:30, or 8:30 pm  
**Location:**                    Wednesdays  
    Grand Blanc West Middle School  
**When:**                        Mid-November - Late February/  
    Early March



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