




KCP 2025 WINTER SCHEDULE

Visit kines.umich.edu/KCP to learn more and register for 2025 winter community programs.




SWIMMING (Ages 18+) Beginner I, Beginner II & Intermediate

Beginner I: Sundays from 5:30–6:30 pm\$315
 Beginner I: Sundays from 6:30–7:30 pm.....\$315
 Beginner II: Sundays from 6:30–7:30 pm.....\$315
 Intermediate: Sundays from 7:30–8:30 pm\$315
 All levels: January 19–April 13,
No class on March 2 & 9

Please bring your own towel and goggles (optional, but recommended). Meet on the pool deck at your class time. **This class is held off campus, so please allow extra travel time.**

Location: Whitmore Lake High School Community Pool, 7430 Whitmore Lake Rd, Whitmore Lake, MI 48189, use South Entrance.



PICKLEBALL (Ages 18+) Beginner/Novice

Beginner/Novice: Tuesdays from 5:30–7:00 pm..... \$140
 Session 1: January 7–28
 Session 2: February 4–25
 Session 3: March 4–25
 Session 4: April 1–29 (5 classes, \$175)

Paddles available for use during class. No street shoes allowed, please wear non-marking tennis/court shoes. **This class is held off campus, so please allow extra travel time.**

Location: Wolverine Pickleball, 235 Metty Dr, Ann Arbor, MI 48103



TENNIS (2 Locations, Ages 18+) Beginner & Intermediate

Varsity Tennis Center

Beginner: Sundays from 6:00–7:00 pm\$275
 Intermediate: Sundays from 7:00–8:00 pm\$275
 10 classes, January 19–April 20
No class January 26, March 2, 9, & 30

Beginner: Wednesdays from 9:00–10:00 pm\$325
 12 classes, January 22–April 16, **No class March 5**

Please bring your own racquet and wear non-marking sole tennis shoes. These classes are held indoors.

Location: Varsity Tennis Center, 2250 S State St, Ann Arbor, MI 48104

Chippewa Tennis Club

Beginner: Saturdays from 8:00–9:00 am.....\$325
 12 classes, January 18–April 19, **No class March 1 & 8**

Beginner: Thursdays from 9:00–10:00 pm\$325
 12 classes, January 23–April 17, **No class March 6**

Intermediate: Mondays from 9:00–10:00 pm\$325
 12 classes, January 27–April 21, **No class March 3**

Please bring your own racquet and wear non-marking sole tennis shoes. These classes are held indoors. **This class is held off campus, so please allow extra travel time.**

Location: Chippewa Tennis Club, 2525 Golfside Dr, Ypsilanti, MI 48197



Questions? We've got answers.

Scan the QR code or visit kines.umich.edu/KCP for class descriptions, facility information, the latest Health & Safety Practices, inclement weather policy and more.

Please monitor kines.umich.edu/KCP for additional class offerings and potential openings in classes that are full.



EMPOWERMENT SELF-DEFENSE (Ages 18+)

Thursday, February 20 from 5:00–7:00 pm \$30
 Tuesday, March 18 from 5:30–7:30 pm \$30

Participants will enroll in one 2-hour session, which will include lecture, discussion, demonstration, and practice of physical skills. Instructor: Candace Dorsey, Empowerment Self Defense Program Manager, University of Michigan–Division of Public Safety & Security. **Please meet outside of the main entrance on North University Ave (across from Hill Auditorium) 5 minutes prior to class, to be escorted inside.**

Location: School of Kinesiology Building, 830 N. University Ave, Ann Arbor, MI 48109

AMERICAN RED CROSS CPR/AED & FIRST AID (Ages 18+)

Adult CPR/AED & First Aid
 Sunday, February 9 from 10:00 am–noon..... \$55

Adult and Pediatric CPR/AED & First Aid
 Sunday, March 16 from 10:00 am–noon..... \$80

CPR/AED & First Aid is a **blended learning class**. Participants will be emailed a link the Thursday before class, to be completed online, and skills testing will take place on the Sunday you register for, from 10:00 am–noon. **Please meet outside of the main entrance on North University Ave (across from Hill Auditorium) at 9:55 am to be escorted inside.**

Location: School of Kinesiology Building, 830 N. University Ave, Ann Arbor, MI 48109

YOGA (Ages 18+)

Wednesdays from noon–12:45 pm..... \$40
 Session 1: January 22–February 26
 Session 2: March 12–April 16

Lunchtime yoga is an opportunity to provide your body with some gentle movement, strengthening, stretching and balancing - we will use the poses (asanas) to reconnect with your senses, to breathe some life back into ourselves, find internal balance and to recover from the efforts of the work week. The focus is on calm reconnection with ourselves rather than working out. Please wear comfortable clothing and bring a mat and water bottle.

Location: School of Kinesiology Building, 830 N. University Ave, Ann Arbor, MI 48109

KCP Email List Sign-Up

Scan the QR code or go to kines.umich.edu/KCP and click on **KCP Activity Classes** to sign up for our email list to get the most up-to-date information about our programs!

