

MARINE CITY SUMMER RECREATION 2017

BEACH and LIGHTHOUSE PARK:
NO LIFE GUARD ON DUTY
Parental supervision



Beach Park is Tobacco Free
SWIM AT OWN RISK!
strongly recommended!

POOL Programs are at the Marine City High School Pool Phone: 810-765-8094 www.marinecity-mi.org

Program:	Schedule:	Fees: Resident/Non-Resident:
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Competitive Swim Team!	6/20-8/4/17 Tue & Thurs: 9:30am-11:00am	\$50.00 res/ \$60.00 non-resident
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AGES 18 & UNDER: Must be able to swim (1) length of pool, any style. Improves stroke & technique, builds endurance and teamwork! Compete with other community swim teams in the Blue Water area. Practice at Marine City HS Pool; "Meets" on Fridays, Includes T-shirt! *No Program July 3-9



REGISTRATION : Competitive Swim Team: June 13-29, 8am-5:45pm @ City Offices, 303 S Water.

CASH OR MONEY ORDER ONLY ~ NO REFUNDS UNLESS CLASS IS CANCELLED

Splash Bash! 6/20-8/4/17
Tues & Thurs: 8:30-9:30am
Drop-In Open Swim/Water Aerobics



FREE!! SPONSORED BY HAP!!
MCHS Pool
Open to Adults, men & women age 18+

ABC GYMNASTICS Instruction by Coach Keith. 6/14-7/19/17 Wednesdays Location: MCHS
Parent/Tot (ages 2-3) Time: TBD \$57.00/\$60.00 This is a great class for young children to develop social and large motor skills. Must be accompanied by a parent or guardian.
Pre-School (ages 3-5) Time: TBD \$62.00/\$65.00 For pre-schoolers ready for instruction on their own. Class will cover basics with fun, but disciplined atmosphere. Low beams, trampoline & other tot friendly gymnastic equipment.
6 and Up Time: TBD \$67.00/\$70.00 Beginner level gymnastics.
Participants will be challenged with group and individual activities. New games offered every week.

ABC Gymnastics is a structured recreational gymnastics program based on a progressive learning system, emphasizing safety and success. Your child will be guided through step-by-step skill progressions from beginner to advanced levels with the opportunity to effectively achieve and refine gymnastic skills.

Creative Kids Preschool Program Tues & Thurs Sept -May, 2017 9:30-11:30am for 3 year olds. \$75. 9:30am-1:30pm for 4 year olds, Fee: \$125 resident/\$130 Non-res. St. Martin's Lutheran Church. Play-based, Teaches children social and cognitive skills. Child must be toilet-trained. **CALL NOW TO RESERVE A SEAT: 810-765-8094.**

HAP DAY! June 16th, 10:00am-1:00pm @ MC Fire Hall, 200 Parker St. Free Blood Pressure checks, cooking demonstrations, wellness checks and many give-aways. Try out the Enhanced Fitness Class for free! Fitness classes through the National Kidney Foundation of Michigan. **Sponsored by HAP!**

NEW! Enhanced Fitness Classes: Free! June 13-Aug 4, 10:00-11:00am, MCHS Aux gym
Low Impact Aerobics followed by weight lifting to increase strength & stamina. All fitness levels welcome. Weights provided. Wear comfortable clothes and gym shoes. For info: lzyrowski@marinecity-mi.org

BRIDGE TO BAY- Bicycle & Pedestrian Trail: Website for maps and details: www.bridgetobaytrail.org

COMING SOON! Detroit Tiger Trips & Family events @ the Beach!
Visit www.marinecity-mi.org for updates!