



SPORTS, FITNESS AND WELLNESS

TINY TUMBLERS FOR 2'S (Age 2)

Your child will be introduced to a tumbling mat and the basics of tumbling including jumping, rolling and form. Parent participation is required to help the child stay focused on activity. Instructor: Stretch-n-Grow. 5 sessions.

Activity #313150A \$30/Res; \$35/Non-Res
4/12-5/10 Mon 5-5:30 pm Gier

TINY TUMBLERS I (Ages 3-5)

Your preschooler will learn the basics of tumbling in addition to learning how to do forward rolls, jumps, head stands and more. Your child will learn the importance of exercising by moving to child-friendly music. Instructor: Stretch-n-Grow. 5 sessions.

Activity #313151A \$30/Res; \$35/Non-Res
4/12-5/10 Mon 5:45-6:15 pm Gier

TINY TUMBLERS II (Ages 3-5)

This class will begin with a quick review of the movements covered in our Tiny Tumblers I class and then move on to new and exciting material your child is sure to enjoy. Pre-requisite: Tiny Tumblers I or similar class. Instructor: Stretch-n-Grow. 5 sessions.

Activity #313153A \$30/Res; \$35/Non-Res
4/12-5/10 Mon 6:30-7 pm Gier

PINT SIZE NIA (Ages 5-8)

NIA is an exciting opportunity for your child to experience the joy of movement through creative expression and music. We will play with guided and non-guided movements and expressions. Children are welcome and encouraged to participate in a way that feels comfortable to them. Instructor: Trudie Wilson. 8 sessions.

Activity #350300D \$32/Res; \$37/Non-Res
4/15-6/3 Thu 4-4:45 pm Southside (Hill)

Activity #450300D \$32/Res; \$37/Non-Res
6/24-8/12 Thu 4-4:45 pm Southside (Hill)

BASKETBALL UNIVERSITY (Grades 1st-4th)

The concentration of this training centers on 5 components, Productive Basketball Skill Training-(ASQ)Speed, Agility, Quickness Training-Instinctive Play-Mental Preparation-Physical Conditioning. This fast pace/detail oriented skill development training and basketball oriented program is for boys and girls in grades 1st-4th. Our goal is to enable players at various levels to perform with greater confidence and effectiveness with advance knowledge of fundamentals and instructional training.

Activity #314290A (1st & 2nd Gr) \$35/Res; \$40/Non-Res
4/9-4/30 Fri 6-7 pm Letts

Activity #314290B (3rd & 4th Gr) \$35/Res; \$40/Non-Res
4/9-4/30 Fri 7-8 pm Letts



SKILLZ UP BASEBALL (Ages 10-17)

The goals of Skillz Up Baseball training is to introduce, teach and work with all players interested in developing the skills needed to excel playing baseball. Athletic excellence instills self-confidence and teaches life-long values of discipline, respect and dedication for success endeavors. Instructor: Jesus Rodriquez played winter baseball in the Caribbean Leagues, college and men's travel leagues.

Activity #332060A \$35
3/14 Sun 11 am- 12 pm Gier

Activity #332060AA \$60
3/14 Sun 11 am-1 pm Gier

Activity #332060B \$35
3/21 Sun 11 am- 12 pm Gier

Activity #332060BB \$60
3/21 Sun 11 am-1 pm Gier

Activity #332060A \$35
3/28 Sun 11 am- 12 pm Gier

Activity #332060CC \$60
3/28 Sun 11 am-1 pm Gier

BEGINNING ARCHERY (Ages 9-Adult)

Concentrates on range rules, safety and fundamentals of archery and is taught using re-curve equipment. This session is appropriate for those who have never shot a bow, or those with little previous experience that are seeking a refresher session. All safety gear and equipment will be provided: (bows, arrows, quiver, and targets). Certified Archery Instructor. 4 sessions

Activity #313291C (Ages 9-15) \$24/Res; \$29/Non-Res
4/24-5/15 Sat 1-2:30 pm Gier

Activity #413291D (Ages 9-15) \$24/Res; \$29/Non-Res
7/6-7/27 Tue 7:15-8:15 pm Gier

Activity #313291E (Adults) \$24/Res; \$36/Non-Res
4/24-5/15 Sat 11 am-12:30 pm Gier

Activity #413291F (Adults) \$24/Res; \$36/Non-Res
7/6-7/27 Tue 11 am-12:30 pm Gier

JUST ABOVE THE GROUND (Ages 4-6)

Designed to provide kids with the basics of rock climbing on an indoor climbing wall, this is an ideal opportunity for children who have never climbed before or are just beginning. Your child will have fun, learn safety and enjoy a unique physical challenge. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313051A \$15/Res; \$20/Non-Res
4/17-5/8 Sat 10-11 am Gier

Activity #413051A \$15/Res; \$20/Non-Res
6/9-6/30 Wed 5-6 pm Gier

Activity #413051B \$15/Res; \$20/Non-Res
7/14-8/4 Wed 5-6 pm Gier

FAR ABOVE THE GROUND (Ages 7 -9)

Designed to provide kids with the basics of learning how to climb a rock wall, these sessions are an ideal opportunity for youth who have never climbed or only have novice experience. Learn rock climbing terms, equipment, safety techniques, and much more. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313052A \$15/Res; \$20/Non-Res
4/17-5/8 Sat 11:30 am-12:30 pm Gier

Activity #413052A \$15/Res; \$20/Non-Res
6/9-6/30 Wed 6:30-7:30 pm Gier

Activity #413052B \$15/Res; \$20/Non-Res
7/14-8/4 Wed 6:30-7:30 pm Gier

HIGH ABOVE THE GROUND (Ages 10-12)

Learn basic techniques, knots, footwork, commands, safety equipment and much more for climbing a rock wall; ideal for beginners and immediate rocker's with little experience. Instructor: Lansing Parks & Recreation Staff. 4 sessions.

Activity #313053A \$15/Res; \$20/Non-Res
4/17-5/8 Sat 1-2 pm Gier

Activity #413053A \$15/Res; \$20/Non-Res
6/8-6/29 Tue 7:30-8:30 pm Gier

Activity #413053B \$15/Res; \$20/Non-Res
7/6-7/27 Tue 7:30-8:30 pm Gier

TEENS WHO ROCK (Ages 13-17)

The gym is open to climbers. All climbers must have a liability waiver form on file signed by their parent or legal guardian. You are required to wear a safety helmet while climbing the wall. All climbers age 14 and older must pass a certification test to top-rope or lead climb. 4 sessions. No class 5/28.

Activity #313054A \$15/Res; \$20/Non-Res
5/7-6/4 Fri 6-8 pm Gier

Activity #413054A \$15/Res; \$20/Non-Res
6/17-7/8 Thu 7:30-8:30 pm Gier

Activity #413054B \$15/Res; \$20/Non-Res
7/15-8/5 Thu 7:30-8:30 pm Gier

FAMILY THAT ROCKS

Designed to give the family time to climb together and learn the basics of climbing safety, harnesses, knots, belaying, commands, and climbing techniques. All equipment is provided for the course. Family consists of 4 related individuals; each additional member is \$2 for City of Lansing residents and \$3 for non-residents. Instructor: Lansing Parks and Recreation Staff. 4 sessions.

Activity #313055A \$45/Res Fam; \$67/Non-Res Fam
4/22-5/13 Thu 6:30-8:30 pm Gier

Activity #313055B \$45/Res Fam; \$67/Non-Res Fam
5/20-6/10 Thu 6:30-8:30 pm Gier

