



PILATES: SCULPTING A NEW SELF! (Adults)

Centering self by taking control of your body, mind and spirit is a way of true living. Pilates is an art of breathing techniques, strengthening your stomach muscles, toning and aligning the body, and eliminating body fat. All this with no equipment! Bring a towel (mat opt.) and wear loose clothing. Certified Pilates Instructor: Susan Bracamonte. 7 sessions.

Activity #312612A \$35/Res; \$52/Non-Res
4/10-5/22 Sat 10:30-11:30 am Foster

CIRCUIT TRAINING ROOM AT FOSTER CENTER!

Foster has joined in on the circuit training craze sweeping the nation! We have developed a circuit that will work your whole body in an hour. Using a combination of stability balls, resistance bands, steps and jump ropes our circuit training room promises to give you a good work out. Cost is just \$1 to drop in. Instructions are clearly posted and music will cue you to move throughout the room. Call ahead for room availability.

WALKING FOR THE HEALTH OF IT (Ages 50+)

A low to moderate level health fitness class for older adults with warm-up stretches and the option of (1) walking for 30 minutes or (2) combining walking and 10 strength exercise stations. A cool down stretch will follow the walking portion of the session. Maps of outdoor walking courses will be provided for those preferring to walk outside. Advance registration required. Funded by Tri-County Office on Aging through Michigan Services to the Aging. Instructor: Jane Braatz. No class 5/28, 6/11.

4/5-9/3 Mon-Wed-Fri 8:45-9:45 am Foster Free

Tennis

TENNIS FOR TOTS AND YOUNG STARS

Tennis for Tots and Young Stars will introduce students to tennis through the QuickStart format. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court. 6 sessions. No class 4/10

Tennis for Tots (Ages 3-4)

Activity #213171D \$26/Res; \$35/Non-Res
3/6-4/17 Sat 11-11:30 am Court One North

Young Stars Tennis (Ages 5-7)

Activity #213172D \$26/Res; \$35/Non-Res
3/6-4/17 Sat 11:30 am-12 pm Court One North

LOCAL EXCELLENCE TRAINING (High School)

This program is designed for local high school students looking to better their game through match play, match strategy, drill sessions, and conditioning. Students should have had previous experience in high school tennis or competitive play. Placement in this level will be determined on the first day of class by the instructor. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One Professionals. 8 sessions. No class 4/10.

Activity #213173B \$35/Res; \$55/Non-Res
3/20-5/15 Sat 12-2 pm Court One North



NATIONAL JUNIOR TENNIS & LEARNING (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis & Learning of Lansing (NJTL) is a tennis development program. Focus is on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One. 8 sessions. No class 4/9, 4/10.

Activity #213174B (Ages 13-18) \$35/Res; \$55/Non-Res
3/20-5/15 Sat 12-1 pm Court One North

Activity #213174BB (Ages 13-18) \$35/Res; \$55/Non-Res
3/20-5/15 Sat 1-2 pm Court One North

Activity #213174D (Ages 8-12) \$35/Res; \$55/Non-Res
3/19-5/14 Fri 6-7 pm Court One North

Activity #213174DD (Ages 8-12) \$35/Res; \$55/Non-Res
3/19-5/14 Fri 7-8 pm Court One North

LOCAL EXCELLENCE TRAINING (High School)

This tennis program is designed for local high school students looking not only to better their game, but gain valuable leadership, team building, and problem solving skills. Leadership speakers will reinforce these skills along with field trips that may include The Kalamazoo Air Zoo, Detroit Science Center, Binder Park Zoo, The Global Village, and the Lansing Lugnuts at Oldsmobile Park. A trip to the Boys 16s and 18s National Tennis Tournament in Kalamazoo will be an additional highlight at the end of the summer. An end of year awards picnic along with a t-shirt for each participant round out the activities. This program is provided and staffed by Todd Martin Development Fund. Participants should have had previous experience in tennis instruction and competitive play. 4 week sessions. Level to be determined on first day of class by site director. No program 7/5-7/10. Program will meet at Eastern HS Courts June 16 and June 17. (First week of each session will start on Wednesday)

Activity #413173A \$35/Res; \$65/Non-Res
6/16-7/16 M-F 12-2 pm Lansing Catholic Central Courts

Activity # 413173B \$35/Res; \$65/Non-Res
7/21-8/13 M-F 12-2 pm Lansing Catholic Central Courts

NATIONAL JUNIOR TENNIS & LEARNING (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis & Learning of Lansing (NJTL) is a tennis development program open to youth, ages 8-18. Instruction and practice matches will focus on development and competition of the beginner and intermediate player. The program also focuses on leadership, team building, and problem solving skills. Field trips and leadership speakers will reinforce these skills and will include field trips that may include The Kalamazoo Air Zoo, Detroit Science Center, Binder Park Zoo, The Global Village, and the Lansing Lugnuts at Oldsmobile Park. A trip to the Boys 16s and 18s National Tennis Tournament in Kalamazoo will be an additional highlight at the end of the summer. An end of year awards picnic along with a t-shirt for each participant round out the activities. This program is provided and staffed by Todd Martin Development Fund. 4 week sessions. No program 7/5-7/10. (First week of each session will start on Wednesday)

Session 1 Jun 16-Jul 16 M-F \$30/Res; \$60/Non-Res
(First week will start on Wednesday)

| Activity # | Ages | Times | Locations |
|------------|-------|---------|-----------------------|
| 413174A | 8-12 | 9-11 am | Letts Courts |
| 413174B | 13-18 | 12-2 pm | Letts Courts |
| 413174C | 8-12 | 9-11 am | Eastern HS Courts |
| 413174D | 13-18 | 12-2 pm | Eastern HS Courts |
| 413174E | 8-12 | 9-11 am | Wainwright Elementary |
| 413174F | 13-18 | 12-2 pm | Wainwright Elementary |

Session 2 Jul 21 - Aug 13 \$30/Res; \$60/Non-Res
(First week will start on Wednesday)

| Activity # | Ages | Times | Locations |
|------------|-------|---------|-----------------------|
| 413174AA | 8-12 | 9-11 am | Letts Courts |
| 413174BB | 13-18 | 12-2 pm | Letts Courts |
| 413174CC | 8-12 | 9-11 am | Eastern Courts |
| 413174DD | 13-18 | 12-2 pm | Eastern Courts |
| 413174EE | 8-12 | 9-11 am | Wainwright Elementary |
| 413174FF | 13-18 | 12-2 pm | Wainwright Elementary |

