

## Open Recreation

### Free After School Program (Ages 6 - 17)

Lansing Parks and Recreation's After School Programs are designed to provide all school age children with enrichment and recreational activities in a fun and safe environment by opening their three Community Centers after school. Monday - Thursday, at no cost to the participant.

All after school programs are as follows, unless otherwise noted:

Foster	Monday - Thursday	3:30 - 5:30
Gier	Monday - Thursday	2:30 - 5:30
Letts	Monday - Thursday	3:00 - 5:30

### Holiday Closures

Monday September 3rd, 2007	Monday December 24th, 2007	Tuesday January 1st, 2008
Monday November 12th, 2007	Tuesday December 25th, 2007	Monday January 21st, 2008
Thursday November 22nd, 2007	Monday December 31st, 2007	Monday May 26th, 2008

### No School Days: Centers open 12:30 - 4:30

Tuesday November 6th, 2007	Wednesday - Friday January 2 - 4, 2008	Monday - Thursday April 7-10, 2008
Wednesday November 21th, 2007	Monday February 18th, 2008	
Wednesday - Friday December 27- 29, 2007	Tuesday March 11th, 2008	

### Free Evening Teen Programs (Ages 13-17)

Time reserved just for teens to play basketball, pool and a variety of other recreational activities. Closed: 11/21, 12/24, 12/26, 12/31, 1/21, 3/26

Foster	Monday & Wednesday	6:30 - 8:30
Letts	Monday & Wednesday	6:00 - 8:45

### Free Saturday Recreation (Ages 6-17)

Join us on Saturday for more fun! Begins Saturday Oct 6th. Closed: 11/24, 3/24

Foster	Saturday	12:00 - 3:00
Letts	Saturday	10:00 - 1:00

### Men's Basketball (Ages 21+)

Open time for men to play recreational basketball. Pick-up games only - no teams, children or spectators. Space is limited to the first 20 players. Be prepared to show pictured ID. Special events may take priority.

Activity # 114010B			\$2/at the door
10/3-12/19	Tue	7:30-8:45 pm	Letts
Activity # 114010B			\$2/at the door
1/8-3/15	Tue	7:30-8:45 pm	Letts

### Men's Basketball (Adults)

Open time for men to play recreational basketball. Pick-up games only--no teams or children. Pictured I.D. required. Special events may take priority, please call ahead. Limit of 20 people. 1 court available. No spectators! No activity 11/24, 12/22, 12/29, 3/22.

10/3-11/14	Wed	7:15-8:45 pm	Foster	\$2/at the door
10/6-3/29	Wed	7:15-8:45 pm	Foster	\$3/at the door

### Women's Basketball (Ages 15+)

This is open time for women to play recreational basketball. Pick-up games only--no teams or children. Special events take priority--please call ahead. Limit of 20 people. 1 court available. No spectator. No class 11/24, 12/22, 12/29, 3/22.

10/6-3/29 Sat 11 am-12:30 pm Foster \$2/at the door

### Co-ed Volleyball (Adults)

Open time for adults to play recreational volleyball. Pick-up games only--no teams or children. Special events take priority--please call ahead. Limit of 18 people. 1 court available. No activity 12/18, 12/22, 1/1.

10/2-3/25 Tue 7:15-8:30 Foster \$2/at the door

### Teen Tailgate Party (Ages 12-17)

Pizza Party with chips and a pop for the teens. Play arena football, basketball or take the 'gockey challenge'.

#### MSU vs. Michigan

11/3 Sat 12-3 pm Foster Free



## STEP UP TO HEALTH with Lansing Parks and Recreation



In participating in this activity, you have taken the first step towards leading a healthy and active life. Exercise is not only fun, but it can easily be incorporated into your everyday life. Listed below are activities that will keep you active and help you reach and maintain a healthy weight.

Activity	Calories Burned Every 10 Minutes			
	125 lbs	150 lbs	175 lbs	200 lbs
Gardening	41	49	57	65
Volleyball	28	34	40	45
Walking (15 minute/mile)	44	52	61	70
Walking upstairs	150	175	202	229
Basketball	77	94	106	125
Cycling (5.5 mph)	36	44	51	58
Rope Skipping (slow)	83	100	117	133
Soccer	78	94	110	125
Swimming (slow crawl)	97	116	135	154
Golf (pull/carry clubs)	48	55	64	74
Golf (power cart)	22	26	31	35
Cross Country Skiing	78	94	109	125
Fishing	38	45	53	60
Frisbee	28	33	39	44
Cleaning (light/moderate effort)	33	40	46	53