



2013

SUMMER PROGRAM GUIDE



Safety Town 2012



Community Center
750 Lakeside Drive SE
East Grand Rapids, MI 49506

Phone: 616.949.1750
Fax: 616.831.6144
recadmin@eastgr.org

www.eastgr.org

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April 18 FOR RESIDENTS
April 25 FOR NON-RESIDENTS



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GET INVOLVED

If you are interested in sponsoring and/or volunteering at one of our events, contact the Parks and Recreation Department for details.

616.949.1750
recadmin@eastgr.org



MISSION STATEMENT

The City of East Grand Rapids Parks and Recreation Department, in strong partnership with the community and school district, is committed to providing courteous and efficient delivery of services in safe and secure facilities.

We are committed to providing enrichment, educational and sports programming for all ages to promote healthy lifestyles, family interaction and a sense of community.

We are dedicated to preserving, enhancing and protecting our parks, green spaces, indoor and outdoor facilities in a fiscally responsible manner for present and future generations.

Breton Elementary
2500 Boston SE

Lakeside Elementary
2325 Hall St. SE

Wealthy Elementary/Pool
1961 Lake Dr. SE

EGR Middle School
2425 Lake Dr. SE

EGR High School/Pool
2211 Lake Dr. SE

Canepa Tennis Courts
2915 Hall St. SE

Comm. Center/Parks & Rec. Dept.
750 Lakeside Dr. SE

John Collins Park
650 Lakeside Dr. SE

Manhattan Park
3180 Cascade Rd. SE

Manhattan Park Pavilion
430 Manhattan SE

Remington Park
2210 Reeds Lake Blvd. SE

Waterfront Park
2205 Reeds Lake Blvd. SE

James E. Morse @ Woodcliff
2915 Hall St. SE

YOUTH SPORTS

Rocket Football (Ages 8-14)

Join our rocket football program and learn life-long skills, make new friends and have a great time! Learn the great sense of accomplishment when committing to a sport like football. Teams are formed in the following age divisions. (8/9, 10/11 and 12-14). East Grand Rapids teams will play against other teams in the Northern Rocket Football League. This is a traveling league and parents will need to help car pool. Please visit our website for more information at www.eastgr.org. Players must provide their own equipment (full gear is mandatory and includes helmet, shoulder pads, pants w/pads, mouthpiece and rubber molded cleats.) Game jerseys will be provided by the EGR Parks & Recreation Department and must be returned at the end of the season. Teams are selected using a draft procedure, which means you may not request a buddy or to be on a particular team. Weight divisions are 8/9 = 125lbs., 10/11 = 145lbs., 12/14 = 170lbs., players weigh in before each game with all equipment minus helmet. Age is determined as of November 1, 2013. There will be a scale available at the Parks & Recreation Department to check your child's weight. If your child is close to the weight limit, please contact Susan Perry (949-1750) to discuss the options available to your child. Please note that printable football forms are available online at www.eastgr.org

Location: EGR Fields

CODE	AGE	DATES	TIME	RES/NR
21108-Z	8/9	8/19-10/19	TBD	\$94/\$109
21110-Z	10/11	8/19-10/19	TBD	\$94/\$109
21112-Z	12/14	8/19-10/19	TBD	\$94/\$109

Sign up by the deadline of July 29 to save \$20 and be guaranteed a place on a team.

Coed Youth Flag Football (Ages 4-7)

Whether you're a boy or a girl flag football is a great way to burn off energy, have fun and meet new friends. Teams will be divided into age groups of 4-5 yr olds and 6-7 yr olds. Practices will begin on July 22 and 23 with a time TBD by the coach. Games will start on Aug. 5 and 6 with times of 6:00 or 7:00p. Please bring a water bottle to practice. Coaches are needed, so please sign up if interested when you register your child. The buddy system does apply for this sport.

Location: Manhattan Rec. Area

Min. 20/Max. 60

CODE	DAYS	DATES	GAME TIME	RES/NR
(Ages 4-5)				
21105-Z,V	M	7/22-8/26	6:00P-8:00P	\$59/\$69
(Ages 6-7)				
21107-Z,V	Tu	7/23-8/27	6:00P-8:00P	\$59/\$69

Sign up by the deadline of July 5 to save \$20 and be guaranteed a place on a team.

78ers Football (Grade 8)

This program is for EGR 8th grade middle school students. All games will be played on Wednesday evenings against other schools in the greater Grand Rapids area. Bus transportation is provided to away games. Practice will begin the week of August 12, 2013 with times TBA. Players must provide their own equipment (full gear is required). Game jerseys will be provided by the EGR Parks & Recreation Department and must be returned at the end of the season.

Head Coaches: Rob Henkey and Brian Davis

Location: EGR High School Practice Field

Min. 40/Max. 50

CODE	DAYS	DATES	TIME	RES/NR
21180-Z	Varies	8/12-10/23	5:30P-7:45P	\$138/\$158

Sign up by the deadline of June 14 to save \$20 and be guaranteed a place on a team.

Girls 3rd - 6th Basketball

Teams will practice 1-2 times a week with games on Saturday mornings and an occasional weeknight, if necessary, at EGR Elementary Gyms. Volunteer coaches are needed! Please let us know when you register your daughter if you are willing to coach and make sure your name is entered in the computer.

Location: EGR Schools

Min. 40/Max. 100

(Grades 3-4)

Get ready to learn to play basketball in this 3rd & 4th grade basketball league! There will not be evaluations; the "buddy system" WILL be available for this league.

CODE	DAYS	DATES	TIME	RES/NR
21403-V,Z	Varies	10/21-12/21	9:00A-2:00P	\$83/\$98

(Grades 5-6)

Be part of the quickly growing 5th & 6th grade basketball league for girls this fall! **Evaluation date is Monday, October 7, 2013 for the 5th/6th grade league.**

CODE	DAYS	DATES	TIME	RES/NR
21405-V,Z	Varies	10/21-12/21	9:00A-2:00P	\$83/\$98

Sign up by the deadline of September 27 to save \$20 and be guaranteed a place on a team.

Little Sluggers Tee Ball Leagues (Ages 5-6; Grades 1-2)

Your child will have a ball learning America's pastime and each player will receive a team T-shirt! Coed practices and games will be held on EGR fields. Coaches will contact players by Mid May with schedules; practices begin the week of May 20th. Most teams will practice one night per week throughout the league. Each coach schedules practices for one hour on a weeknight as early as 4p.m. There will be 6 games on Monday and Thursday evenings. First game will take place June 3. If you would like to volunteer to coach or assist, please let us know when you register your child. The buddy system applies for this sport. **Sign up by the deadline April 26 to save \$20 and be guaranteed a place on a team.** **Location: EGR Baseballs Fields**

Little Sluggers Tee Ball (Ages 5-6)

CODE	DAYS	DATES	TIME	RES/NR
11700-Z	M-Th	5/20-6/20	5:00P-8:00P	\$69/\$84

1st/2nd Little Sluggers League (Grades 1-2)

CODE	DAYS	DATES	TIME	RES/NR
11751-Z	M-Th	5/20-6/20	5:00P-8:00P	\$69/\$84

INTERSCHOLASTIC LEAGUE SPORTS



Interscholastic League Sports: Governed under the Michigan High School Athletic Association. (MHSAA)

- Participants must be enrolled as an EGRMS student and are required to carry a 2.0 GPA per marking period.
- A current athletic physical must be on file with EGRMS dated on or after April 15 of the current school year.
- Transportation is not provided. Parents will need to car pool to away competitions.
- All registration will now take place at the Parks & Recreation Department. You may register in person, over the phone or online with a user name and password provided by the Rec. Department.
- We are part of the West Michigan Middle School Conference.

Volleyball Pre-season Camp (Grade 7-8)

EGR middle school coaches will help players sharpen their skills in time for evaluations and season. Don't forget to sign up for the EGRMS Volleyball league that begins on Aug. 26.

Location: EGR Middle School

Instructor: Middle School Coaches and staff

Min. 24/Max. 100

CODE	DAYS	DATES	TIME	RES/NR
(EGRMS Students 7th grade)				
11651-A	M-W	8/19-8/21	5:00P-6:30P	\$50/\$65
(EGRMS Students 8th grade)				
11651-B	M-W	8/19-8/21	6:30P-8:00P	\$50/\$65

Interscholastic Volleyball League (Grade 7-8)

Our teams will compete against other teams in the WMMSC. Weekday practices will be TBA by coaches. Weekday competition start times will vary between 4:00pm and 5:00pm. Volleyball players will be divided into "A" and "B" teams that will be announced after evaluations. These teams will have a tentative max of 12 players per team to accommodate for playing time.

Saturday Tournament:

Oct. 12 @ Northview for 7th grade

Oct. 19 @ FHN for 8th grade

Player Evaluations:

Aug. 26, 27, and 28

Location: EGR Middle School Gym

Time: 7th Grade: 5:00-6:30 and 8th 6:30-8:00

Location: Full Gym @ EGR Middle School

Min. 20/Max. 100

CODE	DAYS	DATES	TIME	RES/NR
(Grade 7)				
92001-B	M-Th, Sa	8/26-10/19	4:00P-6:00P	\$165/\$185
(Grade 8)				
92001-C	M-Th, Sa	8/26-10/19	4:00P-6:00P	\$165/\$185

Deadline to register Friday, August 16

Interscholastic Coed Cross Country (Grades 7-8)

Competition will come from middle schools in the surrounding area. Practice will begin Sept. 3 and will be held Monday-Thursday from 4:00-5:30. Week day competitions will begin at 4:00pm.

Location: Complex @ Manhattan Rec. Area

Instructor: TBD

Min. 20/Max. 40

CODE	DAYS	DATES	TIME	RES/NR
92001-A	M-Th,Sa	9/3-10/16	4:00P-6:00P	\$180/\$200

Deadline to register Friday, August 16

**For further questions
please call or email:
EGRMS Athletic Director
Shannyn Fasbender**

**Email: Sfasbend@eastgr.org
Phone: 616-949-1750**

**Fall Scholarship opportunities
available for those in need of
financial assistance. Forms
available online at:**

www.eastgr.org

YOUTH SPORTS

Coed Fall Soccer League (Grades 6-8)

Competition will come from other middle schools in the surrounding area. Participants will have 2-3 practices a week held at the Manhattan Recreation Area. Games will be played evenings during the week and early morning to late afternoon on weekends. Practices will be TBD by coaches. **Sign up by the deadline of Aug. 9 to save \$20 and be guaranteed a place on a team.**

Needed Equipment: Soccer Cleats and Shin Guards

Evaluations: Aug. 19, 20, 21 from 6:00P-7:30P

Location: Manhattan Rec. Area

Coaches: TBD

Location: Manhattan Rec. Area

Min. 20/Max. 70

CODE	DAYS	DATES	TIME	RES/NR
21278-Z	Varies	8/19-10/19	TBD	\$94/\$109

EGR Rec Dept.: NEW Pioneer Soccer Academy League (K-5)

This highly popular recreational program has been improved and is open to children currently in Kindergarten through 5th grade. The revised program offers a soccer curriculum that emphasizes technical skill, player development and greater training opportunities. The program consists of a weekly team practice, game and 3 optional Academy Training sessions per week. The optional Academy Training sessions are open to all players. Academy Training sessions will focus on player development through enhancing the technical skill of each player in a structured environment that is challenging and fun. East Grand Rapids High School Varsity Coach Pat Doyle will direct the Academy Training sessions in conjunction with the current EGR Pioneer Girls and Boys Varsity Players. EGR Volunteer coaches are encouraged to attend but not mandatory. The program is committed to offering the highest level of soccer coaching for beginners and experienced players alike. Sign up by the deadline Aug. 9 to save \$20 and take advantage of the buddy system.

Needed Equipment:

Molded Soccer Cleats or Athletic Shoes, Shin Guards

Kindergarten: Size 3 soccer ball for practice

1st-5th: Size 4 soccer ball for practice

Location: Manhattan Rec. Area

Min. 60/Max. 100

CODE	DAYS	DATES	1 HR Practice	RES/NR
21200-V, Z	M-Sa	9/3-10/19	Varies	\$80/\$95
(Grades 1-2)				
21201-V, Z	M-Sa	9/4-10/19	Varies	\$80/\$95
(Grades 3-5)				
21203-V, Z	M-Sa	9/3-10/19	Varies	\$80/\$95

Volunteer Coach

Volunteers are needed to coach and assist youth leagues.

Consider sharing your time and knowledge helping youngsters

learn more about the sport. We will provide you with drills and information to help you be a great coach! Although the game dates are set for each league, the practice days and times are up to each coach (so you can plan around your schedule). If you are interested in volunteering, please let us know when you sign up your child or give us a call at 616.949.1750.

Pee Wee Soccer League (Age 4-5) NEW

This soccer league is open to all players turning 4-5 years of age by October 19, 2013. Games and practices will take place on Saturdays. Each team will have a ½ practice and a game consisting of three 5 minute quarters. If you would like to volunteer to coach or assist, let us know when you register your child. **Sign up by the deadline of Aug. 9 to save \$20 and take advantage of the buddy system.**

Needed Equipment:

Molded Soccer Cleats or Athletic Shoes, Shin Guards

Pre K-K: Size 3 soccer ball for practice

Location: Manhattan Rec. Area

Min. 60/Max. 100

CODE	DAYS	DATES	TIME	RES/NR
21204-Z	Saturdays	9/14-10/19	Varies	\$65/\$80

Pee Wee Kickers Soccer Camp (Ages 4-Kindergarten)

Basics/fundamentals: trapping, passing, shooting, dribbling and team games. Please remember to wear comfortable clothes, shin guards, dress for weather, and bring a water bottle. Please bring a size 3 or 4 soccer ball to camp with your name on it.

Location: Field #5 @ Manhattan Rec. Area

Instructors: EGR Coaches Pat Doyle and Kristen Eible

Min. 20/Max. 60

CODE	DAYS	DATES	TIME	RES/NR
11030-A	M-Th	6/17-6/20	9:00A-11:00A	\$84/\$104
11030-B	M-Th	7/22-7/25	9:00A-11:00A	\$84/\$104

Beg/Int. - Advanced Soccer Camp (Grades 1-8)

Basic to intermediate skills and advanced skills, tactics, teamwork and games. Please remember to wear comfortable clothes, shin guards, dress for weather, and bring a water bottle. Please bring a Size 4 soccer ball with your name on it.

Location: Field 5 @ Manhattan Rec. Area

Instructors: EGR Coaches Pat Doyle and Kristen Eible

Min. 20/Max. 60

Beg/Int. Soccer (Grades 1-6)

CODE	DAYS	DATES	TIME	RES/NR
11031-A	M-Th	6/17-6/20	11:00A-1:00P	\$84/\$104
11031-B	M-Th	7/22-7/25	11:00A-1:00P	\$84/\$104

Advanced Soccer (Grades 5-8)

CODE	DAYS	DATES	TIME	RES/NR
11032-A	M-Th	6/17-6/20	11:00A-1:00P	\$84/\$104
11032-B	M-Th	7/22-7/25	11:00A-1:00P	\$84/\$104

YOUTH SPORTS

Boys Basketball Camp (Grades 3-8)

Join the new Varsity basketball Coach Craig Welch and his crew as they help sharpen up your basketball skills. Drills and scrimmages will be used to develop and improve fundamentals. The camps are designed to teach each player the proper techniques of passing, dribbling, shooting, free throws, offense, and defense positioning. **Grade as of Fall 2013.**

Location: EGR High School (Lower Gym)
Instructor: EGR Coach Craig Welch and staff
 Min. 10/Max. 40

CODE	DAYS	DATES	TIME	RES/NR
(Grades 3-4)				
11050-A	M-Th	6/10-6/13	9:00A-10:30A	\$78/\$93
(Grades 5-6)				
11050-B	M-Th	6/10-6/13	10:30A-12:00P	\$78/\$93
(Grades 7-8)				
11050-C	M-Th	6/10-6/13	1:00P-2:30P	\$78/\$93

Girls Basketball Camp (Grades 3-9)

Join EGR Varsity girls' basketball coaches and players as they help sharpen up your basketball skills. Drills and scrimmages will be used to develop and improve fundamentals. The camps are designed to make sure each player learns the proper techniques of passing, dribbling, shooting, offense, and defense positioning. **Grade as of Fall 2013.**

Location: EGR High School (Lower Gym)
Instructor: EGR Coach Lindsay Liefers and staff
 Min. 10/Max. 40

CODE	DAYS	DATES	TIME	RES/NR
(Grades 3-4)				
11051-A	M-W	6/17-6/19	9:00A-10:30A	\$74/\$89
(Grades 5-6)				
11051-B	M-W	6/17-6/19	10:30A-12:00P	\$74/\$89
(Grades 7-9)				
11051-C	M-W	6/17-6/19	1:00P-3:00P	\$74/\$89

Pioneer Baseball Camp (Grades 3-8)

This camp teaches hitting, pitching, throwing, fielding, sliding and general rules and strategies. Pitching machines will be used to help players polish up their hitting skills. Players are asked to bring a mitt. If you have a bat please bring it along. **Grade as of Fall 2013. Participants will be divided into two groups based on grade and ability.**

Location: Field 2 @ Manhattan Rec. Area
Instructor: EGR Coach Chris LaMange and staff
 Min. 10/Max. 30

CODE	DAYS	DATES	TIME	RES/NR
11040-A	M-Th	6/17-6/20	9:00A-11:00A	\$78/\$93
11040-B	M-Th	7/15-7/18	9:00A-11:00A	\$78/\$93

Football Camp I (Grades Y5-8)

This program is designed for young players who wish to learn the fundamentals and proper techniques of the game of football. Various positions, stances, blocking and tackling, passing and catching, punting and kicking, basic formations and game situations will be covered. Please come dressed in shorts and t-shirt and bring a water bottle.

Location: Memorial Field
Instructor: Peter Stuursma & Staff
 Min. 5/Max. 100

CODE	DAYS	DATES	TIME	RES/NR
(Grades Y5-2nd)				
11090-A	Th & F	6/13-6/14	9:00A-11:00A	\$65/\$80
(Grades 3-8)				
11090-B	Th & F	6/13-6/14	1:00P-3:00P	\$65/\$80

Football Camp II (Ages Pre K-8)

This program is designed as a continuation of Football Camp I, or if you could not attend Football Camp I. Players will continue to learn the fundamentals and proper techniques of the game of football. Various positions, stances, blocking and tackling, passing and catching, punting and kicking, basic formations and game situations will be covered. Please come dressed in shorts and t-shirt and bring a water bottle.

Location: Memorial Field
Instructor: Peter Stuursma and Staff
 Min. 10/Max. 150

CODE	DAYS	DATES	TIME	RES/NR
11092-A	M & W	7/22-7/24	9:00A-11:00A	\$65/\$80
11092-B	M & W	7/22-7/24	1:00P-3:00P	\$65/\$80

Strength/Agility Training Camp (Grades K-8)

This 2-day action packed camp for Girls and Boys will help players gain knowledge in speed training techniques. This camp is great for kids that want additional strength and agility training, regardless of prior experience. Please come dressed in shorts and t-shirt and bring a water bottle.

Location: Memorial Field
Instructor: Peter Stuursma and Staff
 Min. 10/Max. 100

CODE	DAYS	DATES	TIME	RES/NR
11091-A	Tu & Th	7/9-7/11	1:00P-3:00P	\$65/\$80

Youth Badminton Camp (Grades 2-8)

Come enhance your eye hand co-ordination, learn the basic skills and rules of the best backyard game. Participants will be paired according to grade level.

Location: EGR Middle School Gym
Instructor: EGRMS teacher Chris LaMange
 Min. 10/Max. 36

CODE	DAYS	DATES	TIME	RES/NR
(Grades 2-5)				
11060-B	M-Th	6/10-6/13	10:00A-11:00A	\$40/\$55
(Grades 6-8)				
11060-C	M-Th	6/10-6/13	10:00A-11:00A	\$40/\$55

YOUTH SPORTS

MVP Tennis: Big Shots (Ages 4-5)

Players must furnish their own racquet and wear tennis shoes. Balls will be provided. Players are encouraged to bring water to each lesson! Children will learn basic tennis strokes, hand-eye coordination, and other athletic skills.

***Rainouts will be made up on Fridays.**

Location: Canepa Tennis Ctr. @ James E. Morse Bldg.

Instructor: MVP Staff

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
11011-A	M-Th	6/10-6/13	10:00A-11:00A	\$64/\$79
11011-B	M-Th	6/17-6/20	10:00A-11:00A	\$64/\$79
11011-C	M-Th	6/24-6/27	10:00A-11:00A	\$64/\$79
11011-D	M-Th	7/8-7/11	10:00A-11:00A	\$64/\$79
11011-E	M-Th	7/15-7/18	10:00A-11:00A	\$64/\$79
11011-F	M-Th	7/22-7/25	10:00A-11:00A	\$64/\$79
11011-G	M-Th	7/29-8/1	10:00A-11:00A	\$64/\$79

MVP Tennis: Champs (Ages 6-8)

Players must furnish their own racquet and wear tennis shoes. Balls will be provided. Players are encouraged to bring water to each lesson! This class is designed to further develop the basic tennis strokes. Children will take part in drills where they will hit many different shots and get plenty of exercise. Participants will learn correct form, tennis scoring and rally.

***Rainouts will be made up on Fridays.**

Location: Canepa Tennis Ctr. @ James E. Morse Bldg.

Instructor: MVP Staff

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
11021-A	M-Th	6/10-6/13	10:00A-11:00A	\$64/\$79
11021-B	M-Th	6/17-6/20	10:00A-11:00A	\$64/\$79
11021-C	M-Th	6/24-6/27	10:00A-11:00A	\$64/\$79
11021-D	M-Th	7/8-7/11	10:00A-11:00A	\$64/\$79
11021-E	M-Th	7/15-7/18	10:00A-11:00A	\$64/\$79
11021-F	M-Th	7/22-7/25	10:00A-11:00A	\$64/\$79
11021-G	M-Th	7/29-8/1	10:00A-11:00A	\$64/\$79

Volleyball Camp (Grades 2-8)

This camp will introduce and develop the basic skills of the game by training the fundamentals: serving, passing, setting, hitting, blocking and defense. Grade as of Fall 2013.

Location: EGR High School (Auxiliary-Upper Gym)

Instructor: EGR Coach Christine Grunewald and staff

Min. 12/Max. 50

CODE	DAYS	DATES	TIME	RES/NR
(Grades 2-4)				
11650-A	M-Th	7/22-7/25	9:00A-10:30A	\$78/\$93
(Grades 5-6)				
11650-B	M-Th	7/22-7/25	10:45A-12:15P	\$78/\$93
(Grades 7-8)				
11650-C	M-Th	7/22-7/25	1:00P-2:30P	\$78/\$93

MVP: Jr. Development (Ages 8-13)

Players must furnish their own racquet and wear tennis shoes. Balls will be provided. Players are encouraged to bring water to each lesson! This class is designed for players to further develop baseline rally skills and serves. A heavy emphasis will be placed on the technique of each stroke and players will take part in many drills and games where competition, strategy, and scorekeeping will be taught.

***Rainouts will be made up on Fridays.**

Instructor: MVP Staff

Location: Canepa Tennis Ctr. @ James E. Morse Bldg.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
11023-A	M-Th	6/10-6/13	10:00A-11:00A	\$64/\$79
11023-B	M-Th	6/17-6/20	10:00A-11:00A	\$64/\$79
11023-C	M-Th	6/24-6/27	10:00A-11:00A	\$64/\$79
11023-D	M-Th	7/8-7/11	10:00A-11:00A	\$64/\$79
11023-E	M-Th	7/15-7/18	10:00A-11:00A	\$64/\$79
11023-F	M-Th	7/22-7/25	10:00A-11:00A	\$64/\$79
11023-G	M-Th	7/29-8/1	10:00A-11:00A	\$64/\$79

Girls Lacrosse Camp (Grades 1-8)

This will be a fun and educational 4-day camp led by EGR High School coaching staff and varsity players. Emphasis will be on individual skill development with a maximum 4 to 1 player to coach ratio. Our goal is to teach skills, increase players' lacrosse I.Q.'s and inspire a love of the game. Players are required to have eye protection and mouth guards. Grade as of Fall 2013.

Location: Practice Field @ EGR High School

Instructor: EGR Coach Rich Axtell and staff

Min. 10/Max. 45

CODE	DAYS	DATES	TIME	RES/NR
(New Youth players: Grades 1-5)				
11070-A	M-Th	6/10-6/13	8:30A-10:00A	\$64/\$79
(Experienced Youth players: Grades 1-5)				
11070-B	M-Th	6/10-6/13	10:30A-12:30P	\$84/\$104
(Grades 6-8)				
11070-C	M-Th	6/10-6/13	2:00P-4:00P	\$84/\$104

Girls Lacrosse Training (Grades 6-9)

Four weeks of evening clinics for middle school and high school players looking to improve their skills in a small group setting. Directed by the EGR High School coaching staff with assistance from collegiate and varsity high school players. Drills and activities will be game-based and competitive (i.e. more fun than your average practice--it is summer after all). Previous participants have found this clinic to be very helpful with the transition to the high school game.

Class Will Not Meet On: 7/1 & 7/3

Location: Practice Field @ EGR High School

Instructor: EGR Coach Rich Axtell and staff

Min. 10/Max. 45

CODE	DAYS	DATES	TIME	RES/NR
(Grades 6-8)				
11070-DM & W		6/17-7/17	6:00P-7:30P	\$80/\$100
(Grades 9-12)				
11070-E M & W		6/17-7/17	7:30P-9:00P	\$80/\$100

YOUTH SPORTS & FITNESS

Field Hockey Camp (Grades 6-8)

NEW

Beginning players will learn and practice basic skills like dribbling, passing, field hockey terminology, and basic defense during the first part of the session. The second part of this morning session will include team-based play and short scrimmages with a focus on positioning and communication. Sticks will be provided for beginners and goalkeeping equipment will be provided on a rotating basis for anyone who wants to play goalie. Both goalkeepers and field players are welcome!

Location: Practice Field @ EGR High School

Instructor: EGR Coach Sarah Bergfeld

Min. 12/Max. 30

CODE	DAYS	DATES	TIME	RES/NR
11071-A	M-Th	7/29-8/1	9:00A-12:00P	\$80/\$100

Field Hockey Day Camp (Grades 9 - 12)

NEW

9AM - 12PM and 1PM - 4PM: The morning session will include individual skills ranging from the basics like dribbling, dodging, and passing, for those who have never played before, to more advanced skills like shooting, lifting, advanced defense, and team play for those returning players who would like to work on specific aspects of their game. Following a one-hour lunch break, the afternoon session will include more involved team-play drills and full-field scrimmages. This camp is a cheaper, local alternative and/or supplement to camps run by local college coaches, so come ready to play! Sticks will be provided for beginners and goalkeeping equipment will be provided on a rotating basis for anyone who wants to play goalie. Both goalkeepers and field players are welcome!

Location: Practice Field @ EGR High School

Instructor: EGR Coach Sarah Bergfeld

Min. 12/Max. 30

CODE	DAYS	DATES	TIME	RES/NR
11071-B	M-Th	7/29-8/1	9:00A-4:00P	\$150/\$170

Youth Wrestling Camp (Grades K-8)

NEW

This camp has been carefully designed so that wrestlers have a positive experience in a closely supervised environment. Your child will leave our camp with the basic skills of wrestling with knowledge of various takedown positions.

Location: EGR High School (Lower Gym)

Instructor: EGR Coach Tom Baranoski, John Shelton and staff

Min. 10/Max. 50

CODE	DAYS	DATES	TIME	RES/NR
(Grades K-3) 11061-A	M-Th	6/24-6/27	5:00P-6:00P	\$45/\$60
(Grades 4-8) 11061-B	M-Th	6/24-6/27	6:30P-8:00P	\$45/\$60
(Grades K-3) 11061-C	M-Th	7/29-8/1	9:30A-11:00A	\$45/\$60
(Grades 4-8) 11061-D	M-Th	7/29-8/1	11:00A-12:30P	\$45/\$60

Firecracker Cheer Camp (Ages 3-11)

Come dazzle the community with your awesome display of cheers, jumps and leaps at the EGR 4th of July parade and performance in John Collins Park. Parade T-shirts are provided, bring your own Pom Poms, but not required for camp. Volunteer parents to walk in parade with cheerleaders.
July 4 activities: 12:00p parade walk; 1:00p performance at John Collins Park.

Location: Program Room 104 @ EGR Rec. Dept.

Instructor: Sarah Depoy

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
(Ages 3-5) 14440-A	M-Th	7/1-7/4	1:30P-2:30P	\$24/\$29
(Ages 6-11) 14440-B	M-Th	7/1-7/4	2:30P-3:30P	\$24/\$29

Youth Archery Camp (Grades 4-7)

Get your friends together and have some fun! This camp will teach you the basic skills of Archery in a safe and supervised environment.

Location: EGR Middle School Gym

Instructor: EGRMS teacher Chris LaMange

Min. 10/Max. 36

CODE	DAYS	DATES	TIME	RES/NR
11060-A	M-Th	6/10-6/13	9:00A-10:00A	\$40/\$55

Teen Yoga (Ages 13+)

You'll increase strength, flexibility and coordination in this class designed just for teens. Yoga mats are available at the Parks and Rec. Dept., or bring your own mat. Please wear comfortable exercise clothes and bring a water bottle, blanket or towel.

Class Will Not Meet On: 7/1

Location: Program Room 104 @ EGR Rec. Dept.

Instructor: Denise Mollenhauer

Min. 8/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
14700-B	M	6/10-8/19	3:25P-4:20P	\$77/\$97

Youth Yoga (Ages 6-12)

Join the fun! We'll practice a variety of kid-friendly yoga poses, increasing flexibility, strength, and coordination. Boys and girls will love playing yoga games while learning how to manage stress, relax and concentrate. Yoga mats are available at the Parks & Recreation Dept., or bring your own mat. Your child should wear comfortable exercise clothing and bring a water bottle.

Class Will Not Meet On: 7/1

Location: Program Room 104 @ EGR Rec. Dept.

Instructor: Denise Mollenhauer

Min. 8/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
14700-A	M	6/10-8/19	4:30P-5:25P	\$77/\$97

YOUTH ART CAMPS

AbraKadabra! Camp (Ages 6-12)

Do you believe in magic? Get swept up in hocus-pocus fun and arty creative activities! Learn a new magic trick each day! Mix up a new, interesting color for a bubbling magic potion. Create a rabbit; then make him disappear. Use special paper and PRESTO your artwork magically appears. Put on your magic hat and join the FUN! This concoction of art and magic includes ten art and creativity projects along with a cauldron of magical activities and games. AbraKadabra is brought to you by AbraKadoodle, winner of seven Nickelodeon Parent Picks awards for the "Best Art Classes to Inspire Your Child's Inner Picasso". Join us because you never can tell what might happen when magic is in the air.

Location: Program Room 103 @ EGR Rec. Dept.

Instructor: AbraKadoodle Art Camp

Min. 8/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
14336-A	M-F	6/24-6/28	12:30P-3:30P	\$243/\$263

Kids on the Runway Camp (Ages 3-5)

Attention boys and girls: Join us for AbraKadoodle's ultimate style camp. From Leonardo da Vinci to Louis Vuitton this is the place to create your own unique style inspired by the illustrators, designers and artists who focus on the world of high fashion and design! Get in the spotlight and ready for the Ultimate Kids Runway Show featuring unique portfolio designs created by YOU.

Location: Program Room 103 @ EGR Rec. Dept.

Instructor: AbraKadoodle Art Instructor

Min. 8/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
14338-A	M-F	8/5-8/9	12:30P-1:30P	\$85/\$105

3 Ring Circus Art Camp (Ages 3-5) **NEW**

Ladies and gentlemen, boys and girls...welcome to the greatest camp on earth! The circus is coming to town, AbraKadoodle style! Be the ringmaster of your own imagination at the Big AbraKadoodle Circus complete with carnival games, costumes, laughter, oohs and aahs and spectacular fun!

Location: Program Room 103 @ EGR Rec. Dept.

Instructor: AbraKadoodle Art Instructor

Min. 8/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
14337-A	M-F	8/26-8/30	10:30A-11:30P	\$85/\$105

Wild-n-Wacky Art Camp (Ages 3-5)

Get ready to use your imagination to create some wild and wacky art! You will paint a bridge that comes alive with dancing lines. Discover a Blue Dog, Frogs that Fly and Crazy looking faces and cakes that are good enough to eat. All lessons are fun for young minds and small hands. A collection of wild and wacky art will be displayed at the end of class.

Location: Program Room 103 @ EGR Rec. Dept.

Instructor: AbraKadoodle Art Instructor

Min. 8/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
14335-A	M-F	8/26-8/30	9:00A-10:00A	\$85/\$105

Art Classes Led by Debbie Bell

Located in Program Room 103



Debbie Bell's Bio: A resident of East Grand Rapids, I graduated from Kendall College of Art & Design (BFA concentration in Illustration). I currently teach in the Department of Arts & Humanities at Montcalm Community College, and I'm also the Director & Curator of the Belding Art Gallery where I teach all ages, from 5 years to 85 years. I love drawing & painting from life and imagination. I very much look forward to bringing you into the world of arts through a variety of fun and exciting projects that we will experience together.

Art Academy (Ages 6-12)

Come join this fun and exciting class designed to foster the creativity and imagination within each child. Students will learn basic art techniques, as well as art appreciation. Artists will create new and beautiful projects. We will work with etching, paint, and many other materials to create masterpieces. Each session will have different projects.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14831-A	M-F	6/24-6/28	10:45A-11:45A	\$56/\$71
14831-B	M-F	8/19-8/23	10:45A-11:45A	\$56/\$71

Ceramics (Ages 6-12)

Express yourself in clay! Come join our popular ceramics class for kids. Students will learn the basic clay techniques to create sculptures, pots and much more. Students will also learn different building and sculpting techniques.

Min. 6/Max. 13

CODE	DAYS	DATES	TIME	RES/NR
14842-A	M-F	6/24-6/28	9:30A-10:30A	\$56/\$71

Drawing 1 (Ages 6-12)

This is a class for students who want to draw realistically. We will study various drawing techniques. Our drawing subjects will include still life, portraits, animals, nature and landscapes. We will use a variety of media ranging from graphite to pastels, watercolor pencils and more.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14871-A	M-F	6/10-6/14	10:30A-11:45A	\$62/\$77
14871-B	M-F	7/8-7/12	10:30A-11:45A	\$62/\$77

Drawing 2 (Ages 6-12)

This class is for students who have been introduced to drawing and want to continue to learn the process. Our drawing subjects will include still life, portraits, animals, nature and landscapes. We will use a variety of media ranging from graphite to pastels, watercolor pencils and more.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14881-A	M-F	6/17-6/21	10:45A-12:00P	\$66/\$81
14881-B	M-F	8/12-8/16	10:45A-12:00P	\$66/\$81



WELLNESS & YOUTH ART CAMPS

Mixed Media (Ages 6-12)

NEW

Develop wonderful works of art by mixing together art mediums within a single composition. We will be working on creating unique portraits, landscapes, still life's and tessellations.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14841-A	M-F	8/19-8/23	9:30A-10:30A	\$62/\$77

Pastel Possibilities (Ages 6-12)

NEW

This class is designed for children who love working with color! Color theory and psychological effects will be examined through projects in oil and soft pastels. Come join the fun as we explore various techniques with a different project everyday with pastel.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14851-A	M-F	8/5-8/9	10:45A-11:45A	\$56/\$71

Preschool Picassos (Ages 4-5)

Each day students will be given the opportunity to explore art and their own imagination through the use of clay, paints, and fabric. Each week of camp will have different projects.

Min. 6/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
14801-A	M-F	6/10-6/14	9:30A-10:15A	\$56/\$71
14801-B	M-F	7/8-7/12	9:30A-10:15A	\$56/\$71
14801-C	M-F	8/5-8/9	9:30A-10:15A	\$56/\$71

Sculpture (Ages 7-12)

Students will explore working with a variety of sculpting materials from clay, plaster, wire and paper. We will develop skills to make a variety of creative 3D projects.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14861-A	M-F	7/29-8/2	9:30A-10:30A	\$56/\$71

Stretching Your Imagination (Ages 8-12)

In this class students will experience stretching their imaginations through metamorphosis, design, and composition from a variety of materials such as pen, oil pastels, colored pencil, and watercolor.

Min. 6/Max. 12

NEW

CODE	DAYS	DATES	TIME	RES/NR
14860-A	M-F	7/29-8/2	10:45A-11:45A	\$62/\$77

Watercolor Workshop (Ages 6-9)

This class is for students who want to learn about watercolor. We will manipulate the paint, develop skills in a variety of techniques, but also have freedom to experiment. The subjects of our paintings will vary from landscape, portraits, and abstract.

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14852-A	M-F	6/17-6/21	9:30A-10:30A	\$56/\$71
14852-B	M-F	8/12-8/16	9:30A-10:30A	\$56/\$71

Wellness Classes for Ages 16+

Will be led by a Kent County Health Dept. Educator in Program Room 107 - Min. 6/Max. 15

Herbs and Spices

Eliminate salt from your cooking and have fun with new flavors! Get tips on using fresh and dried herbs, spices and learn how pairing flavors with healthy foods can take your meals to the next level.

CODE	DAYS	DATES	TIME	RES/NR
15401-A	W	6/19	5:30P-7:00P	\$15/\$20

Great Grains

Quinoa. Wheatberries. Flaxseed. Farro. Explore these grains plus many more and start thinking beyond processed wheat products when it comes to whole grains. Taste test new grains and leave with many inspirational recipes.

CODE	DAYS	DATES	TIME	RES/NR
15401-B	W	6/26	5:30P-7:00P	\$15/\$20

The Flexitarian

Are you aiming to eat less meat for health and food budget reasons? Adopting a "Flexitarian Diet" will help you gradually introduce meatless meals into your weekly menu. Leave with many recipe ideas and tips for using whole foods and meatless proteins.

CODE	DAYS	DATES	TIME	RES/NR
15401-C	W	7/10	5:30P-7:00P	\$15/\$20

What's a Cook to do?

Pomegranate, Jicama, Leeks, Kale, Figs, Parsnips, Kohlrabi, oh, my! What's a cook to do? This educational class will illustrate techniques, tips and tricks on how to incorporate a variety of uncommon fruits and vegetables in your diet.

CODE	DAYS	DATES	TIME	RES/NR
15401-D	W	7/17	5:30P-7:00P	\$15/\$20

YOUTH ENRICHMENT

Household Pets Summer Art (Ages 6-12)

Our students will be elated as we celebrate our cuddly friends in the new Household Pets workshop. Pencils, color pencils, markers, and chalk pastels (on day 3) will be our tools in creating our wonderful drawings! From aquariums to birdcages we will explore graphic drawings, realistic pictures, and some fun with cartoons.

Location: Program Room 103 @ EGR Rec. Dept.
Instructor: Young Rembrandts Instructor
 Min. 6/Max. 20



CODE	DAYS	DATES	TIME	RES/NR
14350-A	M-W	7/1-7/3	9:00A-11:30A	\$101/\$121

Rock Out! Workshop (Ages 6-12)

For every child who dreams of partying like a rock star, Young Rembrandts offers its Rock Out! Workshop. It's loaded with artistic, rock and roll imagery. Students will draw stylized instruments, illustrate close-up portraits of rock stars and create rock-inspired cartoons. Finally, it's time to hit the stage as we draw an awesome concert scene to close out our time together.

Location: Program Room 101-102 @ EGR Rec. Dept.
Instructor: Young Rembrandts Instructor
 Min. 6/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14340-A	M-W	7/15-7/17	9:00A-11:30A	\$101/\$121

Superhero Cartoon Workshop (Ages 6-12)

Pow! Bang! Wow! Now you can learn to draw your own comic book superhero. Each day we will complete several drawings while we explore a variety of characters. We will learn to draw the basic muscular superhero body and adapt it to the character of our choice. We will learn to draw action and movement while we complete the scenes around our superheroes, using pencils, markers and Sharpies(R).

Location: Program Room 101 @ EGR Rec. Dept.
Instructor: Young Rembrandts Instructor
 Min. 6/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14351-B	M-W	8/19-8/21	9:00A-11:30A	\$101/\$121

Fashion Runway Workshop (Ages 6-12)

This stylish Young Rembrandts workshop is tailored for the aspiring fashionista. Draw your model stepping out onto the runway in your fashion originals. If you love to design clothes and are hip to the latest fashions, this drawing workshop is a perfect fit.

Location: Program Room 101 @ EGR Rec. Dept.
Instructor: Young Rembrandts
 Min. 6/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14351-A	M-W	8/26-8/28	9:00A-11:30A	\$101/\$121



Mind Boggle Summer Camps

Mind Boggle programs help children discover that science, math, and engineering are fun by using hands-on activities that promote critical thinking, literacy, and team work. Research suggests that on average, students lose approximately 2.6 months of grade level equivalency in math during the summer. Therefore, every Mind Boggle Summer Camp day includes an hour of fun-filled, hands-on math activities in addition to super science experiments. More information about our programs is available at www.mind-boggle.org.



Food Science Fun (Grades K-2)

Learn about the chemistry behind some of your favorite foods. In this program students will extract the iron out of breakfast cereal and grape juice, use baking soda to inject air bubbles in cake, and watch a lemon transform into a battery. *The math theme of the week is measurement!

Location: Program Room 107 @ EGR Rec. Dept.
Instructor: Mind Boggle Instructor
 Min. 8/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
(Grades K-2) 14423-A	M-Th	7/8-7/11	9:00A-11:30A	\$95/\$115
(Grades 3-6) 14423-B	M-Th	6/17-6/20	1:00P-3:30P	\$95/\$115

Mind Boggle CSI (Grades 3-6)

The popularity of criminal investigative television shows is a great segue to forensic science investigations. Using chromatography students identify criminals based on ink evidence. Students also learn about DNA when they extract it from spinach. *The math theme of the week is functions and algebra!

Location: Program Room 107 @ EGR Rec. Dept.
Instructor: Mind Boggle Instructor
 Min. 8/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
14423-E	M-Th	8/5-8/8	9:00A-11:30A	\$115/\$135

Super Sonic Science of Sound (Grades K-6)

A dog may not be able to talk, but he has hearing fit for a superhero! Faster than the speed of sound, and able to calculate wavelength and frequency in a single day, get ready for Super Sonic Science! Kids get a kick out of learning about the fundamental properties of sound waves in this fun camp. *The math theme of the week is math games and puzzles!

Location: Program Room 101 or 107 @ EGR Rec. Dept.
Instructor: Mind Boggle Instructor
 Min. 8/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
(Grades K-2) 14423-C	M-Th	6/17-6/20	9:00A-11:30A	\$95/\$115
(Grades 3-6) 14423-D	M-Th	7/8-7/11	1:00P-3:30P	\$95/\$115

YOUTH ENRICHMENT

Amusement Park 2 (Ages 5-10)

New Rides! Get your ticket to ride at Bricks 4 Kidz very own Amusement Park that is constructed using LEGO® bricks. Campers will design and build a working amusement park, building motorized models each day, learning how to make things spin, roll, turn and rock. Then they will take what they have learned to design their own thrills and challenges. Motorized models maximize the action and the fun. Each camp day includes group challenges, model-building, park designing and more. Parents are invited the last day to view the amusement park design.

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Bricks 4 Kidz Instructor

Min. 6/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14326-A	M-Th	7/8-7/11	9:00A-12:00P	\$122/\$142

Bricks 4 Girlz (Ages 5-10)

Grab your friends and come hang out with us for a girls-only week of crafting, creating and building with LEGO® bricks. Introduce your friends to our "Friends" as we get to know LEGO® brand's newest line of girl-themed models. Build Mia's puppy house, Olivia's invention workshops, Stephanie's Pet Patrol, our fun motorized models and more. An action packed fun camp week where we will do lot's of unique things with bricks, from jewelry making to brick art. Take home projects at the end of camp!

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Bricks 4 Kidz Instructor

Min. 6/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14323-A	M-Th	6/17-6/20	9:00A-12:00P	\$135/\$155

Jr. Robotics (Ages 8-12)

How would you like to turn your next LEGO® creation into a robot? Build and program a Roaring Lion, a Hungry Alligator, and other wild creatures! NEW Junior Robotics camp offers all the fun of building with LEGO® bricks, PLUS the challenge of computer programming! Kids will learn to use drag-and-drop icon-based software to program their creations, a great introduction to the world of computer-programming and robotics. This action-packed week combines real-life skills with real-kid fun! *All Campers take home a custom mini-figure and a certificate at the end of the week.

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Bricks 4 Kidz Instructor

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14325-A	M-Th	7/8-7/11	1:00P-4:00P	\$149/\$169
14325-B	M-Th	7/29-8/1	1:00P-4:00P	\$149/\$169



Let's Build 2 (Ages 5-11)

This camp is about building, building, building! Children take part in model-building using LEGO® bricks. Kids will build buildings, vehicles, motorized models, popular LEGO® sets, and even LEGO® games. Your child will LOVE all the variety. Each day will be different and focus on a different theme. Your child will have loads of fun as they learn, build and play with the Bricks 4 Kidz way!

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Bricks 4 Kidz Instructor

Min. 6/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14324-A	M-W	7/1-7/3	9:00A-12:00P	\$102/\$122

Lil' Engineers Camp (Ages 4 1/2-6)

This camp is designed for the older preschooler. Campers will be introduced to the more challenging DUPLO models, then progress to regular LEGO bricks, focusing on architectural structures. The class finishes with building a motorized model using LEGO bricks.

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Bricks 4 Kidz Instructor

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14322-A	M-Th	6/17-6/20	1:00P-3:00P	\$108/\$128
14322-B	M-Th	7/22-7/25	1:00P-3:00P	\$108/\$128



Movie Making (Ages 9-13)

Lights, cameras, action! Use LEGO® bricks to tell YOUR story, complete with music, special effects and all your favorite LEGO® mini-figure characters! In this unique and creative camp, students will plan, script, stage, shoot, and produce their own mini-movie using Stop Motion Animation. Working as a team, students will use LEGO® bricks and components to build the set and props, then shoot their movie using a digital camera. Teams will use movie-making software to add special effects, titles, credits and more. When the movie is complete, campers will impress friends and family with a screening party on the last day of camp. Don't miss your chance to be in the movies!

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Bricks 4 Kidz Instructor

Min. 6/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
14327-A	M-F	7/29-8/2	9:00A-12:00P	\$149/\$169

CIT/DANCE INFO & FAIRY CAMP

CIT Program (Ages 13+)

The Counselor in Training program is for individuals that are interested in gaining volunteer experience or working as a future counselor for our department. This program will develop strong leadership skills, build self-confidence, and encourage personal development. The CIT will assist and observe the Head Instructor and Aide(s) as well as help plan, organize and implement daily activities, design and teach arts and crafts, chaperone and supervise children, and help create and organize special theme days. The CIT must be able to perform these duties as well as other job related duties that may arise during the time commitment.

- Candidates must be 13 years of age as of June 10, 2013.
- Candidates must successfully complete a criminal background check, and interview.
- A written recommendation from a teacher, principal, or counselor MUST accompany application.
- Please fill out an application on line, pick one up at the EGR Parks and Rec Dept. or call to have one mailed.



Fairy Camp (Ages 4-7)

Come spend an enchanted week learning the ways of the fairies in the hopes of earning your wings. In this camp, we will explore fairy stories, costumes, songs, dances, and crafts. We will also build homes for our fairy friends and prepare a tea party for the last day of class.

Location: Program Room 102 @ EGR Rec. Dept.
Instructor: Annie VandenBerg
 Min. 6/Max. 8

(Age 4)

CODE	DAYS	DATES	TIME	RES/NR
14500-A	M-F	6/17-6/21	9:15A-11:00A	\$69/\$84
14500-D	M-F	7/8-7/12	9:15A-11:00A	\$69/\$84
14500-H	M-F	8/5-8/9	9:15A-11:00A	\$69/\$84

(Ages 5-7)

CODE	DAYS	DATES	TIME	RES/NR
14500-B	M-F	6/17-6/21	11:30A-1:30P	\$82/\$102
14500-C	M-F	6/17-6/21	2:00P-4:00P	\$82/\$102
14500-E	M-F	7/8-7/12	11:30A-1:30P	\$82/\$102
14500-I	M-F	8/5-8/9	11:30A-1:30P	\$82/\$102
14500-J	M-F	8/5-8/9	2:00P-4:00P	\$82/\$102

Saturday Dance Camps (Ages 4-10)



This camp is the perfect introduction to a variety of dance styles and can help your young dancer decide which form they would like to learn more about in our fall program. A snack, craft and more will be incorporated. Each week will be a different theme.

Location: Program Room 104 @ EGR Rec. Dept.
Instructor: Rebecca Mumby
 Min. 4/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
Ages 4 - 6				
14411-A1	Sa	6/22	9:00A-12:00P	\$39/\$54
14411-B1	Sa	7/20	9:00A-12:00P	\$39/\$54
14411-C1	Sa	8/17	9:00A-12:00P	\$39/\$54
Ages 7 - 10				
14411-A2	Sa	6/22	12:30P-3:30P	\$39/\$54
14411-B2	Sa	7/20	12:30P-3:30P	\$39/\$54
14411-C2	Sa	8/17	12:30P-3:30P	\$39/\$54



Fairies Forever 1 & 2 (Ages 6-12)

Calling all fairy camp graduates, there is a new class for you big girls! We will re-visit favorites from past fairy camps and also work on new projects. Plan to learn new stories of fairy lore, make crafts, and even learn some favorite recipes.

Location: Program Room 102 @ EGR Rec. Dept.
Instructor: Annie VandenBerg
 Min. 6/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
(FF1 = Ages 6-8)				
14500-F	M-F	7/29-8/2	9:00A-11:00A	\$82/\$102
(FF2 = Ages 8-12)				
14500-G	M-F	7/29-8/2	11:30A-1:30P	\$82/\$102

YOUTH CAMPS

iMovie Workshop (Ages 8-18) **NEW**

Students will learn the ins and outs of iMovie, and how to make their own films. Each student will be required to bring their own Apple Computer, and are encouraged to bring their own Video Camera. As a class we will shoot footage in East Grand Rapids that we will then edit using the techniques taught in class. **The final class will be an extended class period from 11:30a-2:30p.**

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Fusion Film Academy

Min. 10/Max.20

CODE	DAYS	DATES	TIME	RES/NR
14315-A	W	7/10-8/7	11:30A-1:30P	\$199/\$219

Advanced Filmmaking (Ages 12-18) **NEW**

Students will be given the opportunity to experience all of the different positions that go into making a movie. In preproduction students will learn what goes into writing a script, how to envision what scenes look like before getting to set, how to stage characters, what it means to "speak through the lens," proper set etiquette, and equipment terms. During production students will have the chance to try every position on the crew, from the Director to the Production Assistant; every position is crucial to the films' completion. During postproduction students will see how film is edited and what goes into the selling of a film. **The final class will be an extended period from 3:00p-6:00p.**

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Fusion Film Academy

Min. 10/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14314-A	W	7/10-8/7	2:00P-4:00P	\$199/\$219

For additional information visit www.fusionfilmacademy.com or www.youtube.com/fusion2311.



Lights Camera Action (Ages 10-18) **NEW**

In this exciting class students will be studying the classic film Hook, and work on an adaptation and translation of the film into a fifteen-minute short. Students will learn about acting, producing, writing, directing, casting, set design, lighting, and the craft of cinematography. Students will spend two days shooting a short film with professional equipment. After the footage is collected, the film will be edited and put on YOUTUBE. By working in this creative environment students will accomplish their dream of making a movie. **The final class will be an extended period from 8:00a-11:00a.**

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Fusion Film Academy

Min. 10/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
14313-A	W	7/10-8/7	9:00A-11:00A	\$199/\$219

Safety Town 1 (Ages 4-6)

This program teaches children how to be safe while having a great time! They will learn about fire safety, playground safety, water safety, how to safely cross the street and many other safety facts. Parents are asked to attend the first class session for about 10 minutes. The program will be explained and all questions answered. The last class is "graduation" - parents, grandparents, friends, and family are encouraged to attend.

Location: Cafeteria @ EGR High School

Min. 12/Max. 30

CODE	DAYS	DATES	TIME	RES/NR
14201-A	M-F	6/17-6/28	9:30A-11:30A	\$74/\$89
14201-B	M-F	7/15-7/26	9:30A-11:30A	\$74/\$89
14201-C	M-F	8/5-8/16	9:30A-11:30A	\$74/\$89

Safety Town 2 (Grades K-3)

This class is for anyone who has graduated from Safety Town 1 and is 6 or 7 years old. Safety tips and facts learned in Safety Town 1 will be reinforced and covered more in-depth. New ways to be safe will also be introduced. Participants will also have one day to swim at the Wealthy pool for a few hours and learn about water safety. Please remember to pack a lunch each day for your child.

Location: Cafeteria @ EGR High School

Min. 10/Max. 30

CODE	DAYS	DATES	TIME	RES/NR
14221-A	M-Th	7/8-7/11	9:30A-3:00P	\$79/\$99
14221-B	M-Th	7/29-8/1	9:30A-3:00P	\$79/\$99



YOUTH CAMPS & ENRICHMENT

Horseback Riding 1/2 day (Ages 6-14)

This is a fun-filled and educational riding camp where participants will learn proper horsemanship and equitation skills. The primary focus of this camp is learning about our equine friends and how to safely care for, groom, and ride. Each day we will cover an educational topic, craft or game session, as well as a mounted riding lesson. Bottled water and snacks will be provided. Safety helmets will be provided for each participant. Students should wear jeans or riding breeches and boots with a low heel (no tennis shoes). Rivendell Stables is located at 11555 West Grand River, 4 miles east of the Cascade Road and Alden Nash Intersection. Ave (Cascade Rd), Lowell, MI 49331, Phone: (616) 897-8976. www.Rivendellstables.com

Location: Rivendell Stables
Instructor: Rivendell Instructors
 Min. 4/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
14505-A	M-Th	6/17-6/20	9:00A-1:00P	\$200/\$220
14505-B	M-Th	6/24-6/27	9:00A-1:00P	\$200/\$220
14505-C	M-Th	7/15-7/18	9:00A-1:00P	\$200/\$220
14505-D	M-Th	8/5-8/8	9:00A-1:00P	\$200/\$220

Pony Camp (Ages 4-6)



This is a fun-filled three day camp to meet the needs of our younger participants. Come learn about life on a horse farm, safety around our pony friends, and of course ride a pony each day. Bottled water and snacks will be provided. Safety helmets will be provided for each participant. Students should wear jeans or riding breeches and boots with a low heel.

Location: Rivendell Stables
Instructor: Rivendell Instructor
 Min. 4/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
14506-A	W-F	7/10-7/12	10:00A-12:00P	\$90/\$119
14506-B	M-W	7/29-7/31	10:00A-12:00P	\$90/\$119

Babysitting (Ages 11 +)

Learn the ins and outs of creating a great babysitting business! Find answers to common babysitting questions about sibling squabbling, meal time tips, American Heart Association CPR, diapering duties, and much more. Each participant will receive a certificate of completion through Heartbeat, LLC. Please bring a sack lunch.

Location: Program Room 102 @ EGR Rec. Dept.
Instructor: Heartbeat, LLC Instructor
 Min. 10/Max. 24

CODE	DAYS	DATES	TIME	RES/NR
14410-A	Sa	6/8	9:00A-2:00P	\$47/\$62
14410-B	M	6/10	9:00A-2:00P	\$47/\$62

TumbleTime Summer Adventures

These sessions host exciting themes including TumbleTime Olympics, a day at the beach, and track and field! 35 minutes of physical education, age appropriate challenges and games, basic sports skills practice, and large and small motor development activities. Boys and girls also develop classroom and listening skills. www.tumbletimekids.com

Preschool TumbleTime (Ages 3-6)

Class Will Not Meet On: 7/15
Location: Program Room 102 @ EGR Rec. Dept.
Instructor: Erica Peninger
 Min. 5/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
(Ages 3-4)				
14512-A	M	6/17-7/29	2:30P-3:05P	\$58/\$73
(Ages 5-6)				
14512-B	M	6/17-7/29	3:15P-3:50P	\$58/\$73

Summer PE TumbleTime (Ages 5-6)

Location: Program Room 102 @ EGR Rec. Dept.
Instructor: Erica Peninger
 Min. 5/Max. 9

CODE	DAYS	DATES	TIME	RES/NR
14513-A	M & F	6/17-6/28	4:00P-4:35P	\$39/\$49

TumbleTime Camp (Ages 3-6)

Location: Program Room 102 @ EGR Rec. Dept.
Instructor: Erica Peninger
 Min. 5/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
(Ages 3-4)				
14514-A	Tu-Th	6/25-6/27	1:00P-1:35P	\$29/\$39
(Ages 5-6)				
14514-B	Tu-Th	6/25-6/27	1:45P-2:30P	\$29/\$39



YOUTH CAMPS

All About Baby! (Ages 0–15 months)

Enjoy special time with your baby and learn new songs and chants that you can use at home and out and about!

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Janet Kremers

Min. 4/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
14554-A	Th	6/20	9:30A-10:30A	\$11/16
14554-B	Th	8/1	9:30A-10:30A	\$11/16

Around the World (Ages 3-5)

Each day we will explore a new culture and introduce music, dances, and games from everywhere we “visit”.

Location: Program Rooms @ EGR Rec. Dept.

Instructor: Janet Kremers

Min. 4/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
14550-A	M-F	6/17-6/21	1:00P-2:00P	\$52/67
14550-B	M-F	7/29-8/2	11:00A-12:00P	\$52/67

I Love Music! (Ages 3-5)

Children will explore a different instrument family each day. They will sing songs, play musical games and spend time moving to beats of different styles of music and have a short “performance” for parents on the last day.

Location: Program Rooms @ EGR Rec. Dept.

Instructor: Janet Kremers

Min. 4/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
14551-A	M-F	8/12-8/16	1:00P-2:00P	\$52/67

Mini Music Day Camps with Miss Janet (Ages 15 months–3)

Spend some time with your child enjoying music. We will sing, dance, make crafts, have a snack, and play instruments. Each class will have a specific theme. Sign up for one or all themes! This is an adult/child class.

Location: Program Rooms @ EGR Rec. Dept.

Instructor: Janet Kremers

Min. 5/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
Into the Woods				
14552-A	Tu	6/4	9:30A-10:30A	\$11/16
Fun at the Beach				
14552-B	Tu	6/25	9:30A-10:30A	\$11/16
Frogs				
14552-C	Tu	7/9	9:30A-10:30A	\$11/16
Fun with Nursery Rhymes				
14552-D	Tu	7/30	9:30A-10:30A	\$11/16
Up in the Sky				
14552-E	Tu	8/6	9:30A-10:30A	\$11/16
Animals all Around				
14552-F	Tu	8/20	9:30A-10:30A	\$11/16

These United States (Ages 5-7)

Children will explore music by American composers such as Woody Guthrie, Aaron Copeland and more. Styles of music from jazz to folk songs along with crafts and snacks, movement and games will round out this fun week.

Location: Program Rooms @ EGR Rec. Dept.

Instructor: Janet Kremers

Min. 4/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
14553-A	M-F	7/15-7/22	11:00A-12:00P	\$52/67
14553-B	M-F	8/12-8/16	11:00A-12:00P	\$52/67

Creative Crafts (Ages 3-5)

You will use your imagination in this fun and exciting class. From goop to crayon art, from yarn bowls to homemade playdough, the imagination and ideas are endless. Campers will use all different media to create fun craft projects to bring home daily.

Location: Program Room 103 @ EGR Rec. Dept.

Instructors: Molly, Delaney and Maggie Vetter

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14328-A	M-F	7/15-7/19	9:00A-11:00A	\$81/101

Fun with Cooking! (Ages 3-8)

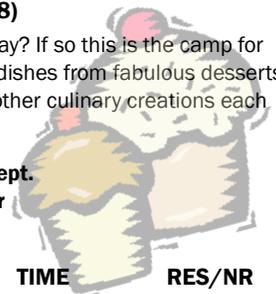
Do you have the next Bobby Flay or Rachael Ray? If so this is the camp for your budding chef. Your child will create easy dishes from fabulous desserts and healthy snacks to groovy smoothies and other culinary creations each day of camp.

Location: Program Room 103 @ EGR Rec. Dept.

Instructor: Molly, Delaney and Maggie Vetter

Min. 6/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
Ages 3 – 5				
14329-A	M-F	7/22-7/26	9:00A-11:00A	\$81/101
Ages 6 – 8				
14329-B	M-F	7/22-7/26	1:00P-3:00P	\$81/101



Chinese Summer Camp (Ages 6-10)

A fun and interactive learning environment. We have experienced teachers and curriculum that fits students of all ages and levels. Students will learn through roll playing, stories, games, arts and fun activities. Students will be able to greet people, express their feelings and tell stories in Chinese.

Location: Program Rooms @ EGR Rec. Dept.

Instructor: Lingua China

Min. 5/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
14305-A	M-F	6/24-6/28	1:00P-2:30P	\$130/150
14305-B	M-F	7/22-7/26	9:00A-10:30A	\$130/150

ADULT WELLNESS & LEISURE

AARP Adult Driver Safety (Ages 50+)

Looking for a way to tune up your driving skills? You can continue to be a safe driver by reviewing key concepts. We'll talk about maintaining proper following distance, the affects of medication on driving and more. A class graduate reported "this class helped me out of a few close calls, and is necessary for seniors to stay up on their driving skills." The course is taught in the classroom (no driving) and there is no final test to pass. All ages are welcome. Course graduates may receive a discount on insurance! Check with your agent today! For more information, visit aarp.org/driver_safety

Location: Program Room 105 @ EGR Rec. Dept.
Instructor: John Gahrs
 Min. 6/Max. 24

CODE	DAYS	DATES	TIME	RES/NR
16262-A	Tu & W	7/16-7/17	1:00P-5:00P	\$12/\$14



Beginning Guitar (Ages 12+)

Acoustic or electric guitars are welcome and a variety of techniques and styles will be explored. This is a fast paced, fun, and friendly environment focused on building your skills rapidly. Guitars are not furnished, so bring your guitar to each class.

Class Will Not Meet On: 6/29 (Reeds Lake Run)
Location: Program Room 101 @ EGR Rec. Dept.
Instructor: Sean Moeller
 Min. 4/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
15312-A	Sa	6/1-7/13	10:00A-11:00A	\$67/\$82
15312-B	Sa	7/20-8/24	10:00A-11:00A	\$67/\$82

Bridge-Scrabble Night (Ages 16+)

Join us for a fun social night of Bridge and Scrabble. Players of all levels are invited to play and learn with others. **Register for the entire session and save! We must have a minimum of 8 people sign up to offer Bridge-Scrabble Night.**

Location: 107 - Lg. LL Conf.Rm @ EGR Rec. Dept.
 Min. 8/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
15231-A	W	6/5-7/10	7:00P-9:00P	\$27/\$37
15231-B	W	7/17-8/28	7:00P-9:00P	\$31/\$41
			* Drop-in Fee	\$6/\$7

Did you know?

One of the Breton Elementary tennis courts is lined for Pickle Ball.

Intro to Ballroom and Latin Dance (Ages 18+)

A fast, fun, and easy way to get off your seat and on your feet anywhere that there is dancing. Quickly learn today's essential social dances including Nightclub, Texas Two Step, Salsa, Swing, and more! **Partner required.**

Location: Prog. Rooms 101/102 @ EGR Rec. Dept.
Instructor: John and Sally Panchuk
 Min. 4/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
15525-A	Tu	6/4-8/20	8:05P-9:00P	\$144/\$164
15525-A1	Tu	6/4-8/20	8:05P-9:00P	\$0/\$0

Continuing Ballroom and Latin (Ages 18+)

Expands into more advanced figures and a greater variety of dances. This class is for those that want to make dancing a part of their lives and have some experience as a foundation. **Partner required.**

Class Will Not Meet On: 7/4
Location: Prog. Rooms 101/102 @ EGR Rec. Dept.
Instructor: John and Sally Panchuk
 Min. 4/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
15525-B	Th	6/6-8/22	8:05P-9:00P	\$132/\$152
15525-B1	Th	6/6-8/22	8:05P-9:00P	\$0/\$0

Lunching at Local Restaurants (Ages 50+)

Are you interested in dining out with others once a month at a local restaurant? The purpose of the group is to build community and connect with others, while discussing topics of interest...come and make some new friends! We'll meet at the restaurant at 11:30 a.m. Order and pay for what you'd like off the menu. Please call 949-1750 to RSVP.

Location: To Be Announced
 Min. 6/Max. 30

CODE	DAYS	DATES	TIME
16500-A	F	7/19	11:30A-1:00P
16500-B	F	8/16	11:30A-1:00P
16500-C	F	9/20	11:30A-1:00P



POOL MEMBERSHIPS

Memberships

Memberships are available for both residents and non-residents, students and senior citizens. All passes must be purchased at EGR Parks & Rec. Dept. during normal business hours; Monday through Friday 8:00A-5:00P.

Resident Membership

Type	Adult	55+	19 & Under	Family
10 Visit	\$23	\$16	\$16	NA
3 month	\$48	\$33	\$33	\$108
6 month	\$84	\$57	\$57	\$188
1 year	\$148	\$99	\$99	\$275

Non-Resident Membership

Type	Adult	55+	19 & Under	Family
10 Visit	\$33	\$22	\$22	NA
3 month	\$68	\$46	\$46	\$152
6 month	\$119	\$79	\$79	\$265
1 year	\$208	\$139	\$139	\$358

Drop in Rates

Money will be taken at the pool for those without a membership or punch card. The rates are \$3 dollars for residents and \$4 for non-residents. Payment can be made in the form of cash or check made payable to the EGR Parks and Rec. Dept. Please bring exact cash amount if possible.

100 Mile Club (Ages 15+)

Join the club! Swim 100 miles or more in 1 calendar year and get a t-shirt and your name up at the pool. Keep track of your distances with the pool staff and follow your progress with monthly postings. Build a healthy community with others as you swim together the distance of 100 miles!

Location: East Grand Rapids High School Pool

CODE	DATES	TIME	RES/NR
33280-A	1/1-12/31	Lap/Open Swim Times	\$5/\$10

Important Pool Telephone Nos.
Pool Hotline:
940.4800 ext. 302

Cancellation Hotline:
940.4800 ext. 301

After Hours Hotline:
940.4800 ext. 602

RESERVE YOUR POOL PARTY TODAY!

Rental Information

Wealthy Pool and the High School Pool are available for private rental on a space available basis. Call 949.1750 or visit www.eastgr.org for rules and policies.

High School Pool - Rental rate includes the cost of two guards, which can accommodate up to 50 swimmers (use of the diving board may require a third guard).

Wealthy Pool - Rental rate includes the cost of one guard, which will accommodate up to 25 swimmers. Rentals that have a majority of users under the age of 11 may require a second guard. If you need a room to have cake, ice cream, and/or open presents, the Wealthy Pool Multi-purpose room may also be rented at the Wealthy Party Rate.

RATES (Includes Lifeguard Fees)

	RES	NR
Wealthy Pool	\$71/hr.	\$91/hr.
Wealthy Party	\$119/hr.	\$159/hr.
High School Pool	\$157/hr.	\$199/hr.
Add Lifeguard	\$12.50/hr.	\$12.50/hr.

Find a Pool Schedule online at our website!

REGISTER ONLINE

www.eastgr.org

IT'S QUICK & EASY

616.949.1750

Call for your username and password



**EAST GRAND RAPIDS:
 PARKS & RECREATION DEPT.**

SAILING

The Grand Rapids Junior Sailing Association, on site at the **Grand Rapids Yacht Club at 740 Lakeside Dr. SE**, offers: 4-two week youth sessions and separate adult sessions meeting once per week for 8 weeks. Students at all levels will experience the thrill of sailing through a variety of games, activities, and informal competitions designed to develop boat handling and safety skills. Class size is limited. The younger students will learn to sail on a nearly indestructible boat, Optimist Pram. Older students and Adults will learn on the 12-foot Butterfly. Snipe and Laser sailboats are used with experienced sailors.

*** NO ONLINE REGISTRATION FOR SAILING.**

The East Grand Rapids Parks and Recreation Department provides registration services for Sailing Classes offered by the Grand Rapids Junior Sailing Association. Registrants will need to complete medical and liability forms for GRJSA. All refunds will be handled by GRJSA, please see the refund policy below. [For more information visit www.sailgrandrapids.com](http://www.sailgrandrapids.com)

All students must pass a swim test administered during the first class. A US Coastguard approved life jacket is required. For registration call the EGR Parks and Recreation Department at 949-1750.

***\$10 Discount for each additional session when registered simultaneously within the same family.**

REFUND POLICY: All refunds shall be handled directly through the Grand Rapids Junior Sailing Association not the EGR Parks and Recreation Department. GRJSA charges a \$30 administration fee for any refund. No fees will be charged for switching to similar priced sailing sessions, if done prior to 5 business days before the session. No refunds will be made less than 5 business days prior to the start of the session.

Session Dates for Opti-Expedition I through Teen Intermediate

Session A
June 17 - 27
M-Th both weeks

Session B
July 1 - 11
Wk. 1: M,T,W,F
Wk. 2: M-Th

Session C
July 15 - 25
M-Th both weeks

Session D
July 29-August 8
M-Th both weeks

Sailing Opti-Explorer (Ages 5-9)

This class is designed to give children a controlled introduction to sailing using Optimist Prams. Parents are encouraged to observe. Instructors will be onboard each boat with the children. This class meets 4 days in a two week session.

Class Will Not Meet On: 7/4

Max. 12

CODE	DAYS	DATES	TIME	MEM/NM
14600-A	Tu & Th	6/18-6/27	4:00P-5:30P	\$90/\$110
14600-B	Tu,Th,F	7/2-7/11	4:00P-5:30P	\$90/\$110
14600-C	Tu & Th	7/16-7/25	4:00P-5:30P	\$90/\$110
14600-D	Tu & Th	7/30-8/8	4:00P-5:30P	\$90/\$110

Sailing Opti-Expedition I (Ages 7-9)

First time sailors sail Optimist Prams with a partner to learn sailing basics. Each child will have some tiller time, learning to sail upwind and down wind. Students will learn boat part names and to rig the boat themselves.

Class Will Not Meet On: 7/4

Max. 12

CODE	SESSIONS	TIME	MEM/NM
14601	ABCD	10:00A-11:30A	\$145/\$165



Sailing Opti-Expedition II (Ages 7-9)

This class is designed for the students who have successfully completed Opti Expedition I, or have instructor approval. Students in this class will continue to build on the basic sailing skills, points of sail, and should leave feeling comfortable sailing on their own.

Class Will Not Meet On: 7/4

Max. 12

CODE	SESSIONS	TIME	MEM/NM
14602	ABCD	12:30P-2:00P	\$145/\$165

Sailing Opti-Expedition III (Ages 7-12)

This class is for students who have successfully completed both Opti Expedition I and II or have instructor approval. Students will continue to build on previous sailing skills as well as learn early racing techniques. Opti III students should be able to handle an Opti by themselves in a variety of wind conditions and begin to sail in club races. Junior sailors take this class 4 or more sessions before moving on to Race Team.

Class Will Not Meet On: 7/4

Max. 10

CODE	SESSIONS	TIME	MEM/NM
14603	ABCD	2:15P-3:45P	\$145/\$165

SAILING

Sailing Level I (Ages 10-18)

This class is ideal for the first time sailor or a beginner sailor seeking more confidence on the water. This class introduces boat parts, rigging, steering and points of sail. Students may request to be paired with a friend. Students should take at least one session of Level I Sailing and some will need two or three sessions of this class prior to moving to Level II Sailing.

Class Will Not Meet On: 7/4

Max. 14

CODE	SESSIONS	TIME	MEM/NM
14604	ABCD	9:00A-10:30A	\$145/\$165
14605	ABCD	10:45A-12:15P	\$145/\$165

Sailing Level II (Ages 10-18)

Prerequisite: At least one or more sessions of Level I. Students in this class will continue to work on boat handling skills. They will expand on points of sail, specifically improving their upwind and downwind sailing. It is recommended that students take two or more sessions of Level II, and many students take three or more sessions of Level II before progressing to Level III.

Class Will Not Meet On: 7/4

Max. 14

CODE	SESSIONS	TIME	MEM/NM
14606	ABCD	12:45P-2:15P	\$145/\$165

Sailing Level III (Ages 10-18)

Prerequisite: Successful completion of Level II, instructor approval. Sailors in this class should be comfortable sailing on the boat alone or with a crew in a variety of wind conditions and begin to sail in club races. They will sail on Butterflies and Lasers. They will be introduced to racing, racing rules and starting sequences. Emphasis of this class is to master boat handling skills while participating in a variety of fun and races. Wednesdays are devoted to racing. Junior sailors take this class 4 or more sessions before moving to Race Team.

Class Will Not Meet On: 7/4

Max. 12

CODE	SESSIONS	TIME	MEM/NM
14607	ABCD	2:30P-5:00P	\$175/\$195



Sailing - Teen Beginner (Ages 13-18)

This class introduces rigging, steering, and boat handling skills. Ideal for the more confident student, but yet new to sailing. Similar to Level I

Class Will Not Meet On: 7/4

Max. 8

CODE	SESSIONS	TIME	MEM/NM
14608	ABCD	10:45A-12:15P	\$145/\$165

Sailing - Teen Intermediate (Ages 13-18)

Prerequisite: Successful completion of Level II or Teen Beginner. This class is ideal for the more experienced teen sailor. The focus of this course is learning the finer points of Laser Sailing. Teens will work on upwind tactics, downwind strategies, and develop sail trim to increase speed.

Class Will Not Meet On: 7/4

Max. 8

CODE	SESSIONS	TIME	MEM/NM
14609	ABCD	12:45P-2:15P	\$145/\$165



Adult Learn to Sail (Ages 18+)

This is a basic introduction to sailing, rigging, steering, and boat handling skills. On the water sail time will enable instructors to coach students in points of sail. Perfect for the first time sailor or a good refresher course. Instruction is based on skill level or knowledge. This course includes a textbook.

Class Will Not Meet On: 7/4

Max. 14

CODE	DAYS	DATES	TIME	MEM/NM
15601-A	M	6/17-8/5	6:00P-9:00P	\$195/\$270
15601-B	W	6/19-8/7	6:00P-9:00P	\$195/\$270
15601-C	Th	6/20-8/8	6:00P-9:00P	\$195/\$270

Adult Learn to Race (Ages 18+)

A perfect introduction to the sailboat racing world. Students will learn racing rules, become familiar with the race course, starting sequences, and compete in mini races with on-the-water coaching. Intermediate level sailing is appropriate for this class; sailors should have good boat handling skills. Students will be sailing a one design class boat, focusing on the Lasers, but varied from week to week.

Class Will Not Meet On: 7/4

Max. 9

CODE	DAYS	DATES	TIME	MEM/NM
15603-A	W	6/19-8/7	6:00P-9:00P	\$195/\$270

ADULT FITNESS

PUNCH CARD GUIDELINES

Punch cards are only for **Total Body Workout, Yogalates and Zumba.**

If you purchase a punch card you may bring a family member, friend or guest, but you must be present. The punch card allows flexibility and the possibility to try new classes. Punch cards for Summer session will expire August 30, 2013. **Classes will not meet on 7/5.**

CODE	PUNCH#	RES/NR
15009-A	5	\$36/\$46
15009-B	10	\$66/\$81
15009-C	20	\$120/\$140
Drop-in	1	\$8/\$10

Total Body Workout (Ages 15+)

This fun hour long class provides an excellent overall workout! Come join us! We'll focus on cardio and strength training using hand weights, resistance tubes, weighted bars, and workout balls. This class incorporates a lot of variety to keep you motivated! Choose any combination of days and times that fit your schedule! Total Body Workout is ideal for beginner through advanced exercisers. Please bring a clean pair of gym shoes and water bottle to class.

Class Will Not Meet On: 7/5

Location: Program Room 104 @ EGR Rec. Dept.

Instructor: Joan Otte

Min. 10/Max. 25

DAYS	DATES	TIME
M	6/3-8/26	8:30A-9:30A
W	6/5-8/28	8:30A-9:30A
F	6/7-8/30	8:30A-9:30A



Yogalates (Ages 15+)

We will begin class with exercises to strengthen the core (Pilates) then continue on to gently stretch and increase muscle flexibility with gentle yoga poses. Balance exercises will also be included. Mats are provided but feel free to bring your own yoga mat. All levels welcome.

Location: Program Room 104 @ EGR Rec. Dept.

Instructor: Joan Otte

Max. 25

DAYS	DATES	TIME
F	6/7-8/30	9:40A-10:40A



Zumba (Ages 13+)

You'll have an absolute blast in one exhilarating hour of calorie burning, heart racing, muscle pumping, and body energizing movements. By integrating Zumba into your life, you'll achieve long term benefits! Salsa/Merengue, Samba, Cumbia, African, Reggaeton, Belly Dance and more... simple dance steps for an efficient workout with tantalizing international music...Zumba is for everyone! Please wear comfortable exercise clothes, gym shoes, and bring a water bottle. Check it out at www.Zumba.com

Location: Program Room 102 @ EGR Rec. Dept.

Instructor: Annie Vandenberg

Min. 10/Max. 17

DAYS	DATES	TIME
Tu	6/11-8/27	9:30A-10:30A
W	6/12-8/28	6:30P-7:30P
F	6/14-8/30	9:30A-10:30A

The Recreation Department reserves the right to cancel any punch card class if not averaging 5 participants per class.

ADULT FITNESS

Beginning Yoga and Pilates (Ages 16+)

Everyone can benefit from practicing yoga and Pilates! Come join us in a class paced just right for beginners. You'll improve strength, flexibility, coordination and range of motion. You'll also enjoy reduced stress, relaxation, and improved circulation. Yoga mats are available at the Parks & Rec. Dept., or you may bring your own mat. Please wear comfortable exercise clothes. You may also want to bring a water bottle, blanket or towel. **Class Will Not Meet On: 7/1 & 7/2**

Location: Program Room 104 @ EGR Rec. Dept.
Instructor: Denise Mollenhauer
 Min. 8/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
16255-A	M	6/10-8/19	6:45P-7:45P	\$77/\$97
16255-E	Tu	6/11-8/20	9:15A-10:15A	\$77/\$97

Continuing Yoga and Pilates (Ages 16+)

Now that you've mastered the beginning stages of yoga, you're ready to move to the next step! This class introduces more challenging poses, while enhancing familiar poses with more detail. We'll incorporate the Pilates method, famous for developing strength, flexibility and coordination. Participants should have completed at least one session of Beginning Yoga with Pilates and/or have some previous experience with yoga and Pilates. Yoga mats are available at the Parks & Rec. Dept., or bring your own. Please wear comfortable exercise clothes; you may also want to bring a blanket or towel and water bottle. **Class Will Not Meet On: 7/1**

Location: Program Room 104 @ EGR Rec. Dept.
Instructor: Denise Mollenhauer
 Min. 8/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
16255-B	M	6/10-8/19	5:35P-6:35P	\$77/\$97

Rooftop Yoga (Ages 16+)

Celebrate summer with a rooftop yoga class this! You'll love the breathtaking views of Reeds Lake while practicing yoga atop Wege Plaza at the EGR Community Center. Rooftop yoga is for beginner through intermediate practitioners. Yoga mats are available at the Parks & Rec. Dept., or bring your own mat. Please wear comfortable exercise clothes and bring a water bottle and towel. In case of inclement weather, class will be held indoors at EGR Parks and Recreation.

Location: Wege plaza
Instructor: Denise Mollenhauer
 Min. 8/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
16255-C	Sa	7/13-8/3	10:30A-11:30A	\$29/\$39

Sunset Yoga (Ages 16+)

Come and enjoy yoga while watching the sunset over Reeds Lake!

Location: Wege Plaza
Instructor: Denise Mollenhauer
 Min. 8/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
16255-D	F	7/12-8/2	9:00P-10:00P	\$29/\$39

Aqua Zumba (Ages 16+)

Jump into the Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party that makes working out a splash.

Location: Wealthy Pool @ Wealthy School
 Min. 8/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
13250-A	W	6/5-7/31	12:30P-1:15P	\$91/\$111



AquaFit (Ages 15+)

Pump up your workout with fun, upbeat cardio! The constant resistance from the water and a variety of equipment tones and strengthens your body for a refreshed, healthy feeling.

Class Will Not Meet On: 7/2, 7/4
Location: Wealthy Pool @ Wealthy School
 Min. 5/Max. 15

CODE	DAYS	DATES	TIME	RES/NR
13210-A1	Tu	6/4-7/31	7:00P-8:00P	\$91/\$111
13210-A2	Th	6/6-8/1	7:00P-8:00P	\$91/\$111
13210-A3	Tu & Th	6/4-8/1	7:00P-8:00P	\$160/\$180

Gentle Aquatic Exercise (Ages 18+)

Surprise yourself at how gentle and effective exercise can be in the warm water of Wealthy Pool! Exercises are designed to improve breathing, balance, posture, circulation, coordination, joint mobility and overall flexibility as well as general ease of movement. A variety of exercise methods including Ai Chi, Yoga, Feldenkrais, Acupressure, and Arthritis Foundation exercises will be taught. Open to non-swimmers.

Class Will Not Meet On: 7/1, 7/3
Location: Wealthy Pool @ Wealthy School
 Min. 8/Max. 12



CODE	DAYS	DATES	TIME	RES/NR
43220-A	M & W	4/22-6/5	9:30A-10:30A	\$124/\$144
13220-A	M & W	6/10-8/7	9:30A-10:30A	\$141/\$161

Water Wellness (Ages 15+)

In this arthritis friendly class you will be able to get your heart rate up while still catering to your body's needs. With cardio, equipment, and strength building, you will take control of your joints!

Class Will Not Meet On: 7/2
Location: Wealthy Pool @ Wealthy School
 Min. 5/Max. 15

CODE	DAYS	DATES	TIME	RES/NR
13260-A1	Tu	6/4-7/30	12:00P-1:00P	\$91/\$111

Parent Child I (Ages 0-3)

Parents and their child, work together with an instructor to learn basic water safety and swimming skills. Songs and games are also used to create an enjoyable water adjustment. This class is a great way to meet other children and parents in a fun atmosphere!

Location: Wealthy Pool @ Wealthy School

Min. 6/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
13010-A1	M-Th	6/10-6/20	6:30P-6:55P	\$69/\$84
13010-B1	M-Th	7/8-7/18	8:00A-8:25A	\$69/\$84

Preschool Level 1 (Ages 3-5)

Children are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around the water. This class helps children achieve success and is an enjoyable social interaction with other children. Skills include: Enter and exit water using ladder, steps or side and submerge mouth, nose and eyes.

Location: Wealthy Pool @ Wealthy School

Min. 4/Max. 4

CODE	DAYS	DATES	TIME	RES/NR
13030-A2	M-Th	6/10-6/20	6:30P-6:55P	\$80/\$100
13030-B2	M-Th	7/8-7/18	6:00P-6:25P	\$80/\$100
13030-C1	M-Th	7/22-8/1	8:00A-8:25A	\$80/\$100

Preschool Level 2 (Ages 3-5)

Children are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around the water. This class helps children achieve success and is an enjoyable social interaction with other children, helps children gain greater independence in their skills. Skills include: Open eyes under water and retrieve submerged objects and front and back floats and glides.

Location: Wealthy Pool @ Wealthy School

Min. 4/Max. 4

CODE	DAYS	DATES	TIME	RES/NR
13040-A1	M-Th	6/10-6/20	8:30A-8:55A	\$80/\$100
13040-B1	M-Th	7/8-7/18	9:00A-9:25A	\$80/\$100
13040-B2	M-Th	7/8-7/18	6:30P-6:55P	\$80/\$100
13040-C1	M-Th	7/22-8/1	8:00A-8:25A	\$80/\$100
13040-C2	M-Th	7/22-8/1	6:30P-6:55P	\$80/\$100

Preschool Level 3 (Ages 4-5)

Preschool-age children are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around the water. Helps children start to gain basic swimming propulsive skills for comfort in and around water. Skills include: Enter water by jumping in, front, jellyfish and tuck floats and combined arm and leg actions on front and back.

Location: Wealthy Pool @ Wealthy School

Min. 4/Max. 4

CODE	DAYS	DATES	TIME	RES/NR
13050-A1	M-Th	6/10-6/20	8:00A-8:25A	\$80/\$100
13050-B1	M-Th	7/8-7/18	8:30A-8:55A	\$80/\$100
13050-C1	M-Th	7/22-8/1	6:00P-6:25P	\$80/\$100

Swim-Level 1 (Ages 5+)

This level helps participants feel comfortable in the water with assistance from an instructor or flotation. Skills include: Recover to vertical position, alternating and simultaneous leg actions on front and back, and age-appropriate water safety topics.

Location: Wealthy Pool @ Wealthy School

Min. 5/Max. 7

CODE	DAYS	DATES	TIME	RES/NR
13110-A1	M-Th	6/10-6/20	8:00A-8:45A	\$72/\$87
13110-B2	M-Th	7/8-7/18	6:00P-6:45P	\$72/\$87
13110-C1	M-Th	7/22-8/1	8:00A-8:45A	\$72/\$87

Swim-Level 2 (Ages 5+)

Level 2 incorporates independence to the fundamental skills learned in Level 1. Skills include fully submerge and hold breath, roll from front to back and back to front and finning arm action.

Location: Wealthy Pool @ Wealthy School

Min. 5/Max. 7

CODE	DAYS	DATES	TIME	RES/NR
13120-A1	M-Th	6/10-6/20	8:45A-9:30A	\$72/\$87
13120-B1	M-Th	7/8-7/18	8:50A-9:35A	\$72/\$87
13120-C1	M-Th	7/22-8/1	8:45A-9:30A	\$72/\$87
13120-C2	M-Th	7/22-8/1	6:00P-6:45P	\$72/\$87

Swim-Level 3 (Ages 5+)

Level 3 builds on the skills in Level 2 through additional guided practice in deeper water. Participants should be able to swim one full length only stopping once for rest. Skills include: rotary breathing, survival float, and flutter and dolphin kicks on front.

Location: High School Pool @ EGR High School

Min. 5/Max. 7

CODE	DAYS	DATES	TIME	RES/NR
13130-A2	M-Th	6/10-6/20	9:00A-9:45A	\$72/\$87
13130-B1	M-Th	7/8-7/18	9:00A-9:45A	\$72/\$87
13130-C1	M-Th	7/22-8/1	9:00A-9:45A	\$72/\$87

Swim-Level 4 (Ages 5+)

Stroke Improvement develops confidence in the skills learned and improves other aquatic skills. Skills include: Headfirst entries from the side in compact and stride positions, open turns, added technique to strokes, survival swimming, and tread water using two different kicks.

Location: High School Pool @ EGR High School

Min. 5/Max. 7

CODE	DAYS	DATES	TIME	RES/NR
13140-A	M-Th	6/10-6/20	9:45A-10:35A	\$72/\$87
13140-B	M-Th	7/8-7/18	9:45A-10:35A	\$72/\$87
13140-C	M-Th	7/22-8/1	9:45A-10:35A	\$72/\$87

AQUATICS & ADULT SPORTS

Swim-Level 5/6 (Ages 5+)

Stroke Refinement provides further coordination and added technique to strokes. Skills include: tuck and pike surface dives, submerge completely and front and back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, and flip turns.

Location: High School Pool @ EGR High School
Min. 5/Max. 7

CODE	DAYS	DATES	TIME	RES/NR
13150-A	M-Th	6/10-6/20	10:40A-11:25A	\$72/\$87
13150-B	M-Th	7/8-7/18	10:40A-11:25A	\$72/\$87
13150-C	M-Th	7/22-8/1	10:40A-11:25A	\$72/\$87

Lifeguard Training (Ages 15+)

Are you 15 or older and looking for a great job or a challenging career? American Red Cross Lifeguarding is the best place to start! Lifeguarding puts you in an exciting position. Certification includes: Waterfront Lifeguarding, First Aid, CPR For Professional, and AED.

Prerequisites:

- Minimum age of 15.
- 550-yard swim: 200 yards front crawl, 200 yards of breast stroke & 150 yards of front crawl or breaststroke.
- 20-yard back and forth swim, surface dive, retrieve a 10-pound object from a depth of 7' within 1 minute 40 seconds.
- Swim 5 yards; submerge retrieve three dive rings placed 5 yards apart in 4-7 feet of water; resurface; swim 5 yards to the side of the pool.

Location: High School Pool @ EGR High School
Min. 10/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
13320-A	M & W	7/22-8/5	5:00P-10:00P	\$207/\$227



Adult Aquatic Fitness Classes on Page 23

Adult Softball

If you enjoy softball, this league is for you. Our recreational league is open to residents and non-residents. Team fee includes 2 game balls, Umpires and score cards per game. We will have a 10 game season.

Returning teams can register starting March 4, new teams may register April 8.

Location: Manhattan Park and Wealthy Elementary
Start Date: June 5

Wednesdays (Ages 18+) Co-ed League
Thursdays (Ages 18+) Men's League

For more information, new teams, or interest in umpiring:

Contact: Leigha Oberle
Email: Loberle@eastgr.org

DATES	GAME TIMES	TEAM FEE
Jun-Aug	6:15P-7:30P	\$430

Adult Soccer Leagues (Ages 18+)

This league is open to men and women who are 18+ years of age. Depending on the number of teams that enroll placement will range from Experienced, Semi Experienced, and Recreational. Teams will have 8 games and play 2-40 minute halves with game times of 6:15 and 7:45.

Deadline to register: April 26, 2013

Location: EGR Turf and Grass fields(Mehney, Memorial and Manhattan)
Fee: \$540 per team (Payment due in full no partial payments)

Max: 12 teams per night

Min: 4 teams per night

Uniforms: All teams must wear shin guards and supply a same colored t-shirt with a number on the back for games.

Registration Dates:

March 18 - April 26 (Returning 2012 teams)

April 15 - April 26 (New teams)

League Nights:

Monday	Night Coed Open League
Tuesday	Night Men's Open
Wednesday	Night Coed 30+ League
Thursday	Night Coed Open League
Friday	Night Men's Open League



MAC CLASSES

The East Grand Rapids Parks & Recreation Department and the Michigan Athletic Club (the "MAC") have partnered up to improve your fitness! Select the class(es) that fit your interest and schedule and register through EGR Parks & Rec. Dept. All classes are held at the MAC's beautiful facility, located at 2500 Burton SE. You may use the MAC's showers and locker room area too. www.michiganathleticclub.com. **All class instructors are from The MAC.**



Aqua Challenge (Ages 13+)

This aquatics class offers a high intensity water workout that incorporates the use of resistance equipment, water buoys, noodles, vests and fins to enhance your workout. Plyometrics and intervals are part of this challenging and fun class. Join us to burn calories and tone muscles in a class where you don't have to sweat to get in shape!

CODE	DAYS	DATES	TIME	RES/NR
17510-A	Tu	6/4-7/9	4:30P-5:30P	\$48/\$63
17510-A2	Tu	7/16-8/27	4:30P-5:30P	\$56/\$71
17510-B	Th	6/6-7/11	4:30P-5:30P	\$48/\$63
17510-B2	Th	7/18-8/29	4:30P-5:30P	\$56/\$71
17510-C	Sa	6/8-7/13	8:30A-9:30A	\$48/\$63
17510-C2	Sa	7/20-8/31	8:30A-9:30A	\$56/\$71

Aqua Yoga 30 (Ages 13+)

A combination of traditional yoga poses and other dynamic moves that improve joint range of motion, balance, flexibility, muscle tone and strength.

CODE	DAYS	DATES	TIME	RES/NR
17510-D	F	6/7-7/12	10:00A-10:30A	\$24/\$29
17510-D2	F	7/19-8/30	10:00A-11:00A	\$28/\$38

Body Attack (Ages 13+)

The sports inspired cardio workout for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Go to www.lesmills.com for a preview!

CODE	DAYS	DATES	TIME	RES/NR
17505-A	Tu	6/4-7/9	6:00P-7:00P	\$48/\$63
17505-A2	Tu	7/16-8/27	6:00P-7:00P	\$56/\$71
17505-B	W	6/5-7/10	8:30A-9:30A	\$48/\$63
17505-B2	W	7/17-8/28	8:30A-9:30A	\$56/\$71
17505-C	F	6/7-7/12	9:30A-10:30A	\$48/\$63
17505-C2	F	7/19-8/30	9:30A-10:30A	\$56/\$71
17505-D	F	6/7-7/12	5:30P-6:30P	\$48/\$63
17505-D2	F	7/19-8/30	5:30P-6:30P	\$56/\$71
17505-E	Sa	6/8-7/13	10:30A-11:30A	\$48/\$63
17505-E2	Sa	7/20-8/31	10:30A-11:30A	\$56/\$71

Body Barre (Ages 13+)

New! A fast and effective way to change the shape of your body. Using small isometric movements, you create long, lean muscles without the bulk.

CODE	DAYS	DATES	TIME	RES/NR
17501-A	Th	6/6-7/11	6:45P-7:45P	\$48/\$63
17501-A2	Th	7/18-8/29	6:45P-7:45P	\$56/\$71
17501-B	F	6/7-7/12	11:00A-12:00P	\$48/\$63
17501-B2	F	7/19-8/30	11:00A-12:00P	\$56/\$71

Body Flow (Ages 13+)

Body Flow is a Yoga, Tai Chi and Pilates inspired work out leaving you feeling long, strong, calm and centered.

CODE	DAYS	DATES	TIME	RES/NR
17509-A	M	6/3-7/8	12:00P-1:00P	\$48/\$63
17509-A2	M	7/15-8/26	12:00P-1:00P	\$56/\$71
17509-B	Tu	6/4-7/9	4:30P-5:30P	\$48/\$63
17509-B2	Tu	7/16-8/27	4:30P-5:30P	\$56/\$71
17509-C	Sa	6/8-7/13	8:30A-9:30A	\$48/\$63
17509-C2	Sa	7/20-8/31	8:30A-9:30A	\$56/\$71

Body Pump (Ages 13+)

Body PUMP(c) is a head to toe strength workout using barbells and hand weights. This is the place to be to get stronger, leaner and have fun while you're at it! Great music and clear instruction will keep you moving!

CODE	DAYS	DATES	TIME	RES/NR
17503-A	M	6/3-7/8	8:45A-9:45A	\$48/\$63
17503-A2	M	7/15-8/26	8:45A-9:45A	\$56/\$71
17503-B	W	6/5-7/10	8:30A-9:30A	\$48/\$63
17503-B2	W	7/17-8/28	8:30A-9:30A	\$56/\$71
17503-C	Th	6/6-7/11	4:30P-5:30P	\$48/\$63
17503-C2	Th	7/18-8/29	4:30P-5:30P	\$56/\$71
17503-D	F	6/7-7/12	9:00A-10:00A	\$48/\$63
17503-D2	F	7/19-8/30	9:00A-10:00A	\$56/\$71
17503-E	Sa	6/8-7/13	7:20A-8:20A	\$48/\$63
17503-E2	Sa	7/20-8/31	7:20A-8:20A	\$56/\$71
17503-F	Su	6/9-7/14	9:00A-10:00A	\$48/\$63
17503-F2	Su	7/21-9/1	9:00A-10:00A	\$56/\$71

M3 Cycle 45 (Ages 13+)

We have new top of the line indoor M3 Cycle bikes by Kelser. Computerized to bring you up a level in awareness and challenge. You can track your cadence, heart rate, power and trip distance. Knowledgeable instructors, motivating music, and these amazing bikes give you a non-impact workout like no other!

CODE	DAYS	DATES	TIME	RES/NR
17506-A	M	6/3-7/8	7:30P-8:15P	\$36/\$46
17506-A2	M	7/15-8/26	7:30P-8:15P	\$42/\$57
17506-C	W	6/5-7/10	7:30P-8:15P	\$36/\$46
17506-C2	W	7/17-8/28	7:30P-8:15P	\$42/\$57
17506-D	Th	6/6-7/11	12:00P-12:45P	\$36/\$46
17506-D2	Th	7/18-8/29	12:00P-12:45P	\$42/\$57
17506-E	F	6/7-7/12	5:45P-6:30P	\$36/\$46
17506-E2	F	7/19-8/30	5:45P-6:30P	\$42/\$57

MAC CLASSES

M3 Cycle/Core (Ages 13+)

We have new top of the line indoor M3 Cycle bikes by Kelsor. Computerized to bring you up a level in awareness and challenge. You can track your cadence, heart rate, power and trip distance. Knowledgeable instructors, motivating music, and these amazing bikes give you a non-impact workout like no other!

CODE	DAYS	DATES	TIME	RES/NR
17506-B	Tu	6/4-7/9	12:00P-1:00P	\$48/\$63
17506-B2	Tu	7/16-8/27	12:00P-1:00P	\$56/\$71

Pilates I (Ages 13+)

Mind/Body Class utilizing the exercises developed by Joseph Pilates to strengthen your core. Level I focuses on the basics.

CODE	DAYS	DATES	TIME	RES/NR
17504-C	F	6/7-7/12	8:00A-9:00A	\$48/\$63
17504-C2	F	7/19-8/30	8:00A-9:00A	\$56/\$71

Pilates II (Ages 13+)

Mind/Body Class utilizing the exercises developed by Joseph Pilates to strengthen your core. Level II works at a higher level of challenge.

CODE	DAYS	DATES	TIME	RES/NR
17504-B	W	6/5-7/10	9:45A-10:45A	\$48/\$63
17504-B2	W	7/17-8/28	9:45A-10:45A	\$56/\$71
17504-D	W	6/5-7/10	5:15P-6:15P	\$48/\$63
17504-D2	W	7/17-8/28	5:15P-6:15P	\$56/\$71

S.P.E.W (Ages 13+)

High end cardio & strength boot camp style intervals for the brave fitness enthusiast.

CODE	DAYS	DATES	TIME	RES/NR
17505-F	M	6/3-7/8	5:30P-6:30P	\$48/\$63
17505-F2	M	7/15-8/26	5:30P-6:30P	\$56/\$71

CHILDCARE OFFERED AT MAC

Your child can enjoy the MAC's playroom while you attend your group fitness class (limited hours available).

\$5.00 FOR 1 CHILD;
\$10.00 FOR 2 OR MORE CHILDREN

Contact Jennie Jorstad 616.956.8003

TurboKick (Ages 13+)

The hottest kickboxing class around! We give you the very best kickboxing sports drills, leg and ab work, and mix it to the latest tunes! We will leave you sweatin' and smiling! Don't miss this party!

CODE	DAYS	DATES	TIME	RES/NR
17524-A	M	6/3-7/8	5:30A-6:30A	\$48/\$63
17524-A2	M	7/15-8/26	5:30A-6:30A	\$56/\$71
17524-B	Th	6/6-7/11	5:45P-6:45P	\$48/\$63
17524-B2	Th	7/18-8/29	5:45P-6:45P	\$56/\$71
17524-C	Sa	6/8-7/13	9:30A-10:30A	\$48/\$63
17524-C2	Sa	7/20-8/31	9:30A-10:30A	\$56/\$71
17524-D	Su	6/9-7/14	4:00P-5:00P	\$48/\$63
17524-D2	Su	7/21-9/1	4:00P-5:00P	\$56/\$71

Yoga I (Ages 13+)

Learn the basics and review the fundamentals. Emphasis is on proper alignment and body/breath awareness.

CODE	DAYS	DATES	TIME	RES/NR
17520-A	M	6/3-7/8	9:50A-10:50A	\$48/\$63
17520-A2	M	7/15-8/26	9:50A-10:50A	\$56/\$71
17520-C	F	6/7-7/12	10:00A-11:00A	\$48/\$62
17520-C2	F	7/19-8/30	10:00A-11:00A	\$56/\$71
17520-D	Su	6/9-7/14	5:10P-6:10P	\$48/\$63
17520-D2	Su	7/21-9/1	5:10P-6:10P	\$56/\$71

Yoga II (Ages 13+)

Improve your balance, get stronger and relieve stress in this great all-around class.

CODE	DAYS	DATES	TIME	RES/NR
17520-B	Tu	6/4-7/9	7:00P-8:00P	\$48/\$63
17520-B2	Tu	7/16-8/27	7:00P-8:00P	\$56/\$71

Zumba (Ages 13+)

Zumba is a fusion of Latin & International dance and music that creates a fun, exciting fitness class. There is no wrong way to do Zumba, come for the fun! You won't even know you're exercising!

CODE	DAYS	DATES	TIME	RES/NR
17508-A	M	6/3-7/8	6:00P-7:00P	\$48/\$63
17508-A2	M	7/15-8/26	6:00P-7:00P	\$56/\$71
17508-B	Th	6/6-7/11	5:30P-6:30P	\$48/\$63
17508-B2	Th	7/18-8/29	9:30A-10:30A	\$56/\$71

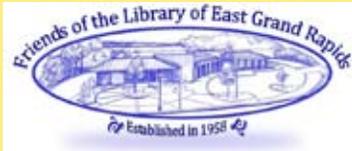


THE MAC

EVENTS & ADVERTISEMENTS

MOVIES IN THE PARK 2013

SPONSORED BY



JUNE 7
JULY 12
JULY 26
AUGUST 9
AUGUST 23

AUGUST 30 (RAIN DATE)

FRIDAY NIGHTS @ DUSK IN JOHN COLLINS PARK
(650 LAKESIDE DR. SE, EGR, MI)

IN CASE OF SEVERE WEATHER, MOVIES MAY BE CANCELED
AND RESCHEDULED IF POSSIBLE.

CALL (616)940-4800 EXT. 300 FOR DETAILS!

4TH OF JULY CELEBRATION INFO ON BACK COVER

4th Annual REEDS LAKE TRAIL BLAZER

Thursday, July 4, 2013 at 8:30 A.M.
Walk or run 4.5 miles
Strollers and kids under 10 on bikes welcome!
www.reedslaketrailblazer.com
PROCEEDS BENEFIT THE TRAIL

2013 Summer Concerts!

Sponsored by



Location: John Collins Park
(650 Lakeside Dr. SE EGR, MI)

Concerts start at 7:00pm

Bring your lawn chair, sunglasses,
and a blanket for an evening of
family fun!

Please call the hotline at
(616)940-4800 ext. 300 for more
information and updates about
the concerts.

**Dates include June 25, July 9,
16 & 30, August 13 & 27**

In case of severe weather, concerts may be
canceled and not rescheduled.

GRAND RAPIDS

G★R★G

GYMNASTICS

Grand Rapids Gymnastics offers preschool and recreational gymnastics classes, tumbling classes, field trips, open gym, birthday parties, summer camps and more.
More information at GRGymnastics.com

facebook.com/GRGymnastics | 616.975.2992

All Star Driver Education
@ East Grand Rapids Community Center

Classes taught by Todd Keck

Summer Classes
Starting On:
June 10 - July 8 - August 5

\$10 Off Segment One

Go online or call to sign up!
www.allstarde.com
(800) 967-7719

REGISTRATION

STEP 1: You may register using 1 of 5 ways: online, phone, fax, by mail, or in person.



www.eastgr.org



616.949.1750



616.831.6144



750 Lakeside Dr. SE
East Grand Rapids, MI



8:00A-5:00P
Mon. - Fri.

STEP 2: If you register by mail or fax, please send or fax the following form.
Registration begins April 18 for residents and April 25 for non-residents.

EGR PARKS & RECREATION REGISTRATION FORM

Parent Name

Enrollee Name

Birthdate

Gender

Grade

Program Name/Code

<input type="text"/>
<input type="text"/>
<input type="text"/>

Address

Phone

Cell

Email

STEP 3: Choose your method of payment and complete the remaining portion of the form.
The registration fee must be paid upon registering.



Name on Card/Credit Card Type/Number/Expiration

Check Number OR Money Order Number
(please include check or money order with registration form)

Signature/Date

TERMS & CONDITIONS

Household Transfers: Individuals may transfer from an enrolled program to another currently publicized program without incurring an administrative fee. Transfers must be made two full business days prior to the starting date of the program you are cancelling. If there is a difference in class fees, the difference will need to be paid at the time of the transfer and/or any remaining credit balance will be placed on your household account for future use.

Program Cancellations: Must be made a minimum of five full business days prior to the start of the program and will incur a 20% administrative fee up to a maximum of \$15 for each program. Program cancellations made a minimum of two full business days prior to the start of the program will incur a 40% administrative fee up to a maximum of \$30 for each program.

League Sport Cancellations: Must be made a minimum of five full business days prior to the leagues first game. Cancellations will incur a 20% administrative fee up to a maximum of \$15 for each program. Cancellation refunds will not be granted for any cancellations made less than 5 full business days prior to the first scheduled game.

Injury or Illness: Refunds can be given to individuals who are injured or ill. A doctor's statement, verifying the illness or injury, must be received within two weeks from the time of the illness or injury for a refund to be considered. We reserve the right to issue a partial refund determined by the amount of participation in the program prior to the illness or injury.

Waiting List Guidelines: We will create waiting lists for programs/activities that reach maximum capacity and/or for registrants who register after the deadline. Waiting lists are kept in chronological order for placing enrollees if openings develop. It is important for parents/participants to understand coaches and instructors do not have the authority to add participants to their roster. Waiting list placement will be made solely by the departmental staff for consistency and fairness. Any participant added to a roster without the consent of the Recreation Department will be grounds for dismissal from the activity and a one-year suspension from future programs.

Sign Up Guidelines for Youth League Sports:

We will accept all sign ups for youth league sports by the deadline date. Signing up prior to the deadline, participants receive a \$20 discount and are guaranteed placement on a team. Participants may sign up for a sport after the deadline only if slots are available. If teams are filled, participants will be placed on a waiting list and placement on a team will only occur if an opening develops. Waiting lists are kept chronologically and placement will occur accordingly. *Signing up after the deadline jeopardizes your child's opportunity to participate.*

Buddy System: The buddy system applies to the following youth sports: Flag Football, K-5 Soccer Leagues, Little Sluggers Tee Ball Leagues, 3 & 4 Girls Basketball and 3 & 4 Girls Lacrosse. The buddy system is designed to allow children to know at least one child on their team. It may also help families with carpool issues. We are requiring both children's parents to complete and sign the form to be valid. The form must be completed in person or on line so we know that you, the registrants, have requested your child to play with one other child. Limit one buddy request per child and must be completed by the program deadline. *Due to various criteria, the "Buddy System" does not guarantee that your request will be honored. This is a service our department provides for our patrons.*

Photo Disclaimer EGR Parks & Recreation is committed to providing timely information to the public about our many offerings and programs. We accomplish this through regular printing of detailed brochures and updates on our website. These publications often include pictures of participants in action to give the public a sense of the fun and adventure awaiting them. If you don't want to be in photos for publicity please let the individual know that is taking pictures.

Interscholastic League Sports: Governed under the Michigan High School Athletic Association (MHSAA).

-Participants must be enrolled as an EGRMS student and are required to carry a 2.0 GPA per marking period.

- A current athletic physical must be on file with EGRMS dated on or after April 15 of the current school year.

-Transportation is not provided. Parents will need to car pool to away competitions.

- All registration will now take place at the Parks & Recreation Department. You may register in person, over the phone or online with a user name and password provided by the Rec. Department.

-We are part of the West Michigan Middle School Conference.

UPCOMING RACES...



New for 2013 Shaggy Pines Doggie Dash 5K Run or Walk

SIGN UP
TODAY!

Date: June 29, 2013

Time: 8:00 AM

Distance: 5K Run & Walk ~ 5K Dog/Owner Run & Walk ~ 10K Run ~ Kids Races

Location: East Grand Rapids, MI

All fees include a t-shirt

Race Entry Fee: 5K Run/Walk and 10K Run \$25 by June 21 ~ \$27 June 22 - June 27 ~ \$30 June 28 & 29.

5K Dog Race \$20 by June 21 ~ \$22 June 22 - June 27 ~ \$25 June 22 - June 27 ~ \$25 June 28 & 29.

Kids Races \$10 by June 21 ~ \$12 June 22 - June 27 ~ \$15 June 28 & 29. On line registration at www.eastgr.org

Packet Pick Up & Late Registration:

June 28, 2013 East Grand Rapids High School: 4:30P - 7:00P (2211 Lake Dr. EGR, MI)

June 29, 2013 Race Day, same location: 6:30A - 8:15A

Award Ceremony: 10:15A in John Collins Park

For more information: 616.949.1750 ~ www.reedslakerun.com ~ www.eastgr.org



Saturday, September 7, 2013

7:10 AM Start Time



Rhoades McKee Reeds Lake
TRIATHLON · DUATHLON

Entry Fees:

Triathlon:

\$70 by August 30, \$73 by August 31-September 5, \$78 by September 6

3 Person Relay Team (Triathlon ONLY):

\$165 by August 30, \$168 by August 31-September 5, \$173 by September 6

Duathlon:

\$60 by August 30, \$63 by August 31-September 6, \$68 by September 6

Duathlon
2 Mile Run
17.2 Mile Bike
4.9 Mile Run
Triathlon
0.5 Mile Swim
17.2 Mile Bike
4.9 Mile Run

Packet Pick up:

Friday, September 6 from 3P-6:30P

Saturday, September 7 from 5:30A-7A

For information and registration call 949.1750 or visit www.eastgr.org

City of East Grand Rapids
Parks & Recreation Department
750 Lakeside Drive SE
East Grand Rapids, MI 49506

PRST.STD.
U.S. POSTAGE
PAID
GRAND RAPIDS, MI
PERMIT NO.40



REGISTRATION BEGINS:
April 18 for Residents
April 25 for Non-Residents

TO REGISTER:
Call: 616.949.1750
Online: www.eastgr.org



4th of July Celebration! **Sponsored by Spectrum Health** **Blodgett Hospital**

- ~ Noon Parade
- ~ 1:00P-5:00P Family Fun in John Collins Park
- ~ 1:30P-2:30P Grand City Show Skiers on Reeds Lake
- ~ 8:30P-Dusk Musical Performance in John Collins Park
- ~ Dusk Firework Display (over NW side of Reeds Lake)