



# 2016 FALL PROGRAM GUIDE



**Open Swim Practice for Rhoades McKee  
Reeds Lake Triathlon 2015**

**CITY OF EAST GRAND RAPIDS**  
**EGR PARKS & RECREATION DEPARTMENT**  
KEEPING OUR COMMUNITY CONNECTED  
EXPLORE • CREATE • PARTICIPATE

**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](http://www.eastgr.org)**

**REGISTRATION BEGINS  
JULY 14 FOR RESIDENTS  
JULY 21 FOR NON-RESIDENTS**



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## Publication Information City of East Grand Rapids Parks & Recreation Dept.

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Check out  
our **NEW**  
classes!

Cover Photo: Rhoades McKee Reeds Lake Tri Open Swim Practice 2015

# 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](mailto: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

# 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.

## Interscholastic Girls Volleyball (Grade 7 - 8)

Our teams will compete against other teams in the WMMSC. Weekday practices TBA by coaches. Weekday competition start times will vary between 4:00P and 5:00P. **Transportation not provided. Must be enrolled as an EGRMS student to participate.**

Evaluations will take place Aug. 29, 30, 31

Location: EGR Middle School Gym

Time: 7th Grade: 4:00P-5:30P and 8th Grade: 6:00P-7:30P

Saturday tournament: Oct. 15 - 7th grade at Northview

Oct. 22 - 8th grade at FHN

Depending on enrollment 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.

Location: Full Gym @ EGR Middle School

Min. 24/Max. 100

CODE	DAYS	DATES	TIME	RES/NR
<b>(Grade 7)</b>				
92001-B	M-Th	8/29-10/24	4:00P-6:00P	\$180/\$200
<b>(Grade 8)</b>				
92001-C	M-Th	8/29-10/24	4:00P-6:00P	\$180/\$200

Sign up by the deadline of Friday, August 26.

## Interscholastic Coed Cross Country

(New Grades 6-7-8)

Competition will come from middle schools in the surrounding area. There will be separate boys and girls races and 6th (new), 7th and 8th graders will run a 2 mile course together. **Transportation not provided. Must be enrolled as an EGRMS student to participate.**

**Practices:** Monday-Thursday from 3:30P-4:30P

**League Meets:**(Day subject to change)

-Tuesdays starting 4:00P and 4:15P

-2017: Girls will run first and Boys will run second

**Saturday Meets:**(Day subject to change)

Sept. 17 (Sparta Invite)

Sept. 24 (Cougar Falcon Invite)

Oct. 8 (Portage Invite)

Head Coach: Jacki Cronin

Meeting Location: EGR Middle School café

Min. 20/Max. 45

CODE	DAYS	DATES	TIME	RES/NR
92001-A	M-Th,Sa	9/6-10/18	3:30P-4:30P	\$160/\$180

Sign up by the deadline of Friday, September 2.

## Winter Interscholastic Boys Basketball (Grade 7 - 8)

League Rules: (4) 6-minute quarters. All players are guaranteed the equivalent of (1) 6-minute quarter determined by the coach. **Transportation not provided. Must be enrolled as an EGRMS student to participate.**

Player Evaluations: Oct. 25, 26, 27 (Tues.-Thurs.)

Times: 7th Grade: 4:00P-5:30P and 8th Grade: 6:00P-7:30P

Practices: Monday through Thursday; Friday practices may be offered but not mandatory.

Games: 1-2 games a week. Start times 4:00P or 5:00P

Location: Full Gym @ EGR Middle School

Min. 48

CODE	DAYS	DATE	RES/NR
<b>(Grade 7)</b>			
92002-A	M-Th	10/25-12/21	\$145/\$165
<b>(Grade 8)</b>			
92002-B	M-Th	10/25-12/21	\$145/\$165

Sign up by the deadline of Friday, October 14.

## Winter Interscholastic Swim and Dive

(Coed New Grades 6-7-8)

Practices: Subject to change

TBD from 5:00P-6:00P or 6:00P-7:00P

Meet times: 4:00P

Saturday Tournament: Dec. 17, 2016

**Transportation not provided. Must be enrolled as an EGRMS student to participate.**

Location: EGR High School Pool

Min. 40

CODE	DAYS	DATE	RES/NR
92002-I	M-Sa	11/1-12/17	\$185/\$205

Sign up by the deadline of Friday, October 21.

For further questions  
please call or email:  
EGRMS Athletic Director  
Shannyn Fasbender  
Email: Sfasbend@eastgr.org  
Phone: 616-949-1750

# YOUTH SPORTS

## NOW ENROLLING

### Rocket Football (Grades 3 - 7)

Welcome to Rocket football. The mission of Rocket Football is to provide a safe, fun environment for learning and playing youth football. Rocket Football is a team sport that teaches life-long skills and players will feel a great sense of accomplishment. Teams are formed in the following grade divisions. 3<sup>rd</sup>/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup> and 7<sup>th</sup>. **New for 2016**, we have broken away from the Northern Rocket Football League and formed a new league called WMYFL (West Michigan Youth Football League). The schools in the new league are: EGR, Rockford, Northview, Lowell, Caledonia and Kentwood. We will travel to these areas so parents will need to help car pool. All coaches are trained and certified through USA Football. Please visit our website for more information at [www.eastgr.org](http://www.eastgr.org). Players must provide their own equipment (full gear is mandatory and includes helmet, shoulder pads, pants w/pads, athletic cup, 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 by grades: 3<sup>rd</sup>/4<sup>th</sup> = 125lbs., 5<sup>th</sup>/6<sup>th</sup> = 145lbs., 7<sup>th</sup> = 170lbs., players weigh in before each game with all equipment minus helmet. Age is determined as of September 1, 2016. There will be a scale available at the Parks & Recreation Department to check your child's weight. As required by the league, player insurance is included in your enrollment. Please note that printable Football forms are available online at [www.eastgr.org](http://www.eastgr.org)

#### Location: EGR Fields

Min. 30/Max. 100

CODE	GRADE	DATES	TIME	RES/NR
21108-Z	3/4	8/22-10/22	TBD	\$105/\$125
21110-Z	5/6	8/22-10/22	TBD	\$105/\$125
21112-Z	7	8/22-10/22	TBD	\$105/\$125

**Sign up by the deadline of July 11 to save \$20 and be guaranteed a place on a team.**



## NOW ENROLLING

### 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. Practice will begin the week of August 15, 2016 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.

#### Location: Inside the EGR High School track

Min. 30/Max. 50

CODE	DAYS	DATES	TIME	RES/NR
21180-Z	M-F	8/15-10/21	5:30P-7:45P	\$144/\$164

### Girls Field Hockey Clinic (Grades 3 - 5)

Come try this exciting, challenging, and fun sport! This program is designed to introduce the sport of Field Hockey, its rules, and how it is played. Clinics will be a combination of drills, instruction, field play, and scrimmages. Field Hockey sticks and balls will be provided for use at the clinic.

**Needed Supplies: Shin guards, goggles, mouth guard, and a water bottle.**

#### Location: EGR Middle School (Grass Back Field)

Instructor: TBA

Min. 10/Max. 40

CODE	DAYS	DATES	TIME	RES/NR
21070-A	M	9/12-10/3	5:00P-6:00P	\$50/\$65

### Girls Field Hockey League (Grades 6 - 8)

Players will be split up into teams and participate in inter squad games. Participants will play 6 v 6 on a smaller field.

**Needed Equipment: Shin guards, goggles, stick and mouth guard.**

**Practices: First practice day, Tuesday, Sept. 6**

**M/W 3:30P-4:30P (Off Sept. 5)**

**T/TH 5:30P-6:30P**

#### Location: Back Field @ EGR Middle School

Instructors: EGRHS Field Hockey Staff and Players

Min. 20/Max. 50

CODE	DAYS	DATES	TIME	RES/NR
21070-B	M-Th	9/6-10/20	3:30P-6:30P	\$74/\$94

**Sign up by the deadline of Aug. 25 to save \$20.**

### Youth Cheerleading (Grades 3 - 7)

Come and be a part of this fun-filled cheerleading program. Cheerleaders will learn skills in simple tumbling, jumps, kicks, cheers, chants and basic stunting. Performances will be at selected Home or Away Saturday Rocket Football games. Transportation not included.

**M/TH Practices: 5:30P-7:00P**

**Saturday Game Times: TBD**

**Class Will Not Meet On: 9/5**

**Location: Cafeteria @ EGR Middle School**

**Instructor: Sarah Depoy**

Min. 10/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
21183-A	M,Th, Sa	8/15-10/15	5:30P-7:00P	\$66/\$81

# YOUTH SPORTS

## Pioneer Soccer Academy League

(Coed Grades 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 4 optional Academy Training sessions per week. The optional Academy Training sessions are open to all registered players and will be instructed by specialized academy coaches and current high school 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. The program is committed to offering the highest level of soccer coaching for beginners and experienced players alike. More information about the training session times will be emailed out at a later date.

**\*Volunteer team coaches are still needed for all grade levels.**

**\*Practices begin: Week Sept. 5th**

**\*First games: Saturday, Sept. 17th**

**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: EGR Fields**

CODE	DAYS	DATES	TIME	RES/NR
<b>(Kindergarten)</b>				
21200-Z	M-Sa	9/5-10/22	9:00A-2:00P	\$80/\$95
21200-V = Coaches				
<b>(Grades 1<sup>st</sup> -2<sup>nd</sup>)</b>				
21201-Z	M-Sa	9/5-10/22	9:00A-2:00P	\$80/\$95
21201-V = Coaches				
<b>(Grades 3<sup>rd</sup> -5<sup>th</sup>)</b>				
21203-Z	M-Sa	9/5-10/22	9:00A-2:00P	\$80/\$95
21203-V = Coaches				

**Sign up by the registration deadline of Aug. 5 to save \$20 and be guaranteed a place on a team and take advantage of the buddy system.**

## Pee Wee Soccer League (Coed Ages 4 - 5)

This soccer league is open to all players turning 4 -5 years of age by September 26, 2016. \*Current Kindergarteners are allowed to play in this league or the Pioneer soccer academy. 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.

**Needed Equipment: Molded soccer cleats or athletic shoes, shin guards**

**Soccer Ball: Size 3 soccer ball for practice**

**Location: EGR Fields**

CODE	DAYS	DATES	TIME	RES/NR
21204-Z	Sa	9/10-10/22	9:00A-11:00A	\$65/\$80
21204-V (Coaches)				

**Sign up by the registration deadline of Aug. 5 to save \$20 and be guaranteed a place on a team and take advantage of the buddy system.**



## Coed 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 during the week and weekends. Depending on enrollment we will try and have a separate 6th grade team and combined 7th and 8th grade teams. Practices will be TBA by coaches.

**Needed Equipment: Soccer Cleats and Shin Guards**

**Evaluations: Aug. 15, 16 and 17 from 6:00P-7:30P**

**Location: Manhattan Rec. Area**

CODE	DAYS	DATES	TIME	RES/NR
21278-Z	M-Sa	8/15-10/15	6:00P-7:30P	\$94/\$109

**Sign up by the registration deadline of Aug. 5 to save \$20.**

## Weather Policy

Cancellations of programs and pool closings due to the weather can be found on a voice recording by calling 940-4800 ext. 301 after 4:00P. Patrons are welcome to call our office(616-949-1750) during business hours for cancellation confirmation. If East Grand Rapids Public schools are closed due to severe and inclement weather, any Parks & Recreation programs scheduled in a school building are thereby canceled.

# YOUTH SPORTS - FALL/WINTER

## Coed Pre K - 2nd Grade Basketball (Grades Pre K - 2)

This is a fun introductory basketball program! Players will be divided into teams and each Saturday they will have a 30 min. practice followed by a 30 min. game. Pre K and Kindergarteners will be placed together and 1<sup>st</sup> and 2<sup>nd</sup> graders will be placed together. Volunteers are needed to coach and assist youth leagues. Consider sharing your time and knowledge helping youngsters learn more about the sport. **Meet your coach and teammates 1/28/16. Each team will be scheduled a 60 min. practice time on this date.**

**Class Will Not Meet On: 2/18**

**Location: Gym @ Wealthy School**

Max. 150

CODE	DAYS	DATES	TIME	RES/NR
31302-Z	Sa	1/28-3/25	9:00A-1:00P	\$85/\$100
31302-V	Sa	1/28-3/25	9:00A-1:00P	\$0/\$0 - Coaches



**Sign up by the deadline of Dec. 28 to save \$20 and be guaranteed a place on a team. Dec. 28 is the deadline for buddy forms.**

## Girls 3rd & 4th Basketball (Grades 3 - 4)

Get ready to learn to play basketball in this 3rd & 4th grade basketball league! Teams will practice 1-2 times a week with games on Saturday mornings. 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. **There will not be evaluations; the "buddy system" WILL be available for this league.**

**Location: To Be Announced**

CODE	DAYS	DATES	TIME	RES/NR
21403-Z	TBD	10/17-12/17	TBD	\$87/\$102

**Sign up by the deadline Sept. 23 to save \$20 and be guaranteed a place on a team.**

## Girls 5th & 6th Basketball (Grades 5 - 6)

Be part of the quickly growing 5th & 6th grade basketball league for girls this fall! Teams will practice 1-2 times a week with games on Saturday mornings. 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. **Evaluation date TBD for the 5th/6th grade league, time TBD. The buddy system does NOT apply to this league.**

**Location: To Be Announced**

CODE	DAYS	DATES	TIME	RES/NR
21405-Z	TBD	10/17-12/17	TBD	\$87/\$102

**Sign up by the deadline Sept. 23 to save \$20 and be guaranteed a place on a team.**

## Girls 3rd - 6th Basketball Coaches (Ages 18 +)

Volunteers are needed to coach and assist youth leagues. Consider sharing your time and knowledge helping youngsters learn more about the sport. 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 949-1750.

CODE	DAYS	DATES	TIME
<b>(Grades 3rd/4th)</b>			
21403-V	TBD	10/17-12/17	TBD
<b>(Grades 5th/6th)</b>			
21405-V	TBD	10/17-12/17	TBD

## Boys 3rd & 4th Basketball (Grades 3 - 4)

Don't miss out on this fun winter basketball league! Players will practice 1 time a week starting the week of January 2. Games will be on Saturday mornings at EGR Schools beginning in mid-January. **A player evaluation for all players is December 3 from 9-9:45A, location TBD. The buddy system does not apply for this sport.**

**Location: EGR Wealthy Gym for practice, EGR Middle School for games**

CODE	DAYS	DATES	TIME	RES/NR
31503-Z	TBD	1/4-3/4	TBD	\$87/\$102

**Sign up by the deadline of Nov. 21 to save \$20 and be guaranteed a place on a team.**

## Boys 5th & 6th Basketball (Grades 5 - 6)

Don't miss out on this fun winter basketball league! Players will practice 1 time a week starting the week of January 2. Games will be on Saturday mornings at EGR Schools beginning in mid-January. **A player evaluation for all players is December 3 from 10:30-11:30A, location TBD. The buddy system does NOT apply to this sport.**

**Location: EGR Breton Gym for practice, EGR Middle School for games**

CODE	DAYS	DATES	TIME	RES/NR
31505-Z	TBD	1/2-3/4	TBD	\$87/\$102

**Sign up by the deadline of Nov. 21 to save \$20 and be guaranteed a place on a team.**

## Boys 3rd - 6th Basketball Coaches (Ages 18+)

Volunteers are needed to coach and assist youth leagues. Consider sharing your time and knowledge helping youngsters learn more about the sport. 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 949-1750.

CODE	DAYS	DATES	TIME
<b>(Grades 3rd/4th)</b>			
31503-V	TBD	1/2-3/4	TBD
<b>(Grades 5th/6th)</b>			
31505-V	TBD	1/2-3/4	TBD

# YOUTH SPORTS & INFO.

## Youth Volleyball League (Grades 5 - 6)

This league is a great stepping stone to middle school volleyball. Teams will have a 1 day a week 1 hour practice between 6:00P and 8:00P determined by the coaches. Games will be played on Saturday mornings.

**Evaluations: December 10, 2016 at Lakeside School gym**

**5th Graders 1:00P-2:00P**

**6th Graders 2:00P-3:00P**

**First week of practices: January 2**

**First games: Saturday, January 14**

**Location: Full Gym @ Lakeside School**

Min. 40/Max. 100

CODE	DAYS	DATES	PRACTICE TIME VARIES	RES/NR
31650-Z	Sa	1/2-3/4	6:00P-8:00P	\$79/\$94
31650-V (Volunteer Coach)				



**Sign up by the deadline of Monday, Dec. 5 to save \$20 and be guaranteed a place on a team. Buddy System does not apply for this sport.**

## Volunteer Coaches

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.

**Program Cancellation  
Hotline:  
940.4800 ext. 301**

## CANCELING A CLASS?

Please review our terms and conditions before enrolling so that you are familiar with how program transfers, cancellations, waitlists and injury/illness refunds are processed by our department staff.

These policies apply to both residents and non-residents. Terms and conditions are outlined in every program guide and program cancellation language is printed on every program receipt.

## Concussion Awareness Forms

NEW State Law; Public Acts 342 and 343

In June of 2013, the State of Michigan instituted a new law whereby all participants under the age of 18 must have a signed Concussion Awareness Form. This form must be filed with our department and once received it is kept on file for the duration of participation or until age 18 for each family member.

Forms can be found at our city website ([www.eastgr.org](http://www.eastgr.org)) and can easily be submitted electronically to our office. We also have blank forms at the Recreation Department front counter for your convenience.

All Parks & Recreation Department coaches are required to participate in Concussion training.

To learn more about concussions, go to [www.cdc.gov/concussion](http://www.cdc.gov/concussion).

## Don't Miss the Boat!

Please don't wait until the last minute to make a decision about registering for a class. At some point decisions must be made to cancel a program due to low enrollment. Registering at the last minute may mean that the class you were hoping to participate in has already been canceled.

# YOUTH ENRICHMENT

## Art Academy (Ages 5 - 12)

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

**Location:** Program Room 103 @ EGR Rec. Dept.  
**Instructor:** Debbie Bell  
 Min. 4/Max. 10



CODE	DAYS	DATES	TIME	RES/NR
24355-A	W	9/7-10/5	4:30P-5:30P	\$66/\$81

## Painting (Ages 5 - 12)

This class is for artists who want to learn about watercolor and acrylic painting. Guided step by step instructions and techniques.

**Location:** Program Room 103 @ EGR Rec. Dept.  
**Instructor:** Debbie Bell  
 Min. 4/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24355-B	W	10/12-11/9	4:30P-5:30P	\$66/\$81

## Ceramics (Ages 5 - 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.

**Location:** Program Room 103 @ EGR Rec. Dept.  
**Instructor:** Debbie Bell  
 Min. 4/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24355-C	W	11/16-12/14	4:30P-5:30P	\$66/\$81



## Clay Pot Decorating and Planting

(Ages 4 +)

Parents and children, join us to paint a small clay pot, plant some seeds and learn about gardening! This program is geared towards children, a participating adult is required.

**Location:** Program Room 103 @ EGR Rec. Dept.  
**Instructor:** Julie Brunson  
 Min. 6/Max. 25

CODE	DAYS	DATES	TIME	RES/NR
25113-A	Tu	9/6	6:30P-7:30P	\$12/\$17

## Pet Club (Grades K - 5)

Join Humane Society of West Michigan as we explore the world of pets! Meet animals both furry and scaly, as you get to know about different types of animals and how we take care of them. Animal interactions and crafts provided at every session.

**Location:** Program Room 101 @ EGR Rec. Dept.  
**Instructor:** Humane Society of West MI Instructor  
 Min. 10/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
24452-A	Tu	9/27-10/25	4:00P-5:00P	\$32/\$42



## Peaceful Dragons (Ages 5 - 15)

This fun course is designed for self-defense purposes emphasizing child safety awareness. The children practice martial arts moves to help them get out of dangerous situations. We show them how to walk away from a fight and when necessary, defend themselves. The students have the opportunity to spar (light contact) and to progress to higher belts. Additional fees apply in these. The children can also earn certificates and medals. This program is designed specifically for children ages 5-15 and is taught by a black belt who has extensive training in teaching children.

**Class Will Not Meet On:** 11/25

**Location:** Program Room 102 @ EGR Rec. Dept.  
**Instructor:** Rachel Ostrowski  
 Min. 5/Max. 24

CODE	DAYS	DATES	TIME	RES/NR
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### Beginners (Ages 5 - 8)

24030-A	F	9/30-12/2	6:00P-6:45P	\$79/\$99
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### Beginners (Ages 9 - 15)

24030-B	F	9/30-12/2	6:45P-7:30P	\$79/\$99
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## Babysitting (Ages 11 - 18)

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

**Location:** Program Room 105 @ EGR Rec. Dept.  
**Instructor:** Heartbeat, LLC Instructor  
 Min. 10/Max. 25

CODE	DAYS	DATES	TIME	RES/NR
24410-A	Sa	10/8	9:00A-2:00P	\$49/\$64

## Bricks 4 Kidz Wheels In Motion (Grades 1 - 4)

These wheels are ready to roll! Students will use LEGO® Bricks, axles, pulleys, gears, motors and more to build a variety of models on wheels. Kids will build some amazing models, such as K-9 Bot, and the locomotive. Do you have a need for speed? We'll explore concepts of speed and force, and gain non-vehicle knowledge from the unconventional Wheels in Motion models as well. Let's roll!

**Location: EGR Elementary Schools**  
**Instructor: B4K Instructor**  
Min. 8/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
24323-A	M-WE	10/3-10/24	3:45P-4:45P	\$64/\$79
24323-B	W-LA	10/5-10/26	3:45P-4:45P	\$64/\$79
24323-C	Th-BR	10/6-10/27	3:45P-4:45P	\$64/\$79

## Bricks 4 Kidz Factory Contraptions (Grades 1 - 4)

Have you ever wondered how things are made? Or wanted to operate the big machines in a factory? Factories rely on special machines to help build, move and package the things we use every day. You'll learn about the engineering challenges involved in machine design using LEGO® bricks, motors and battery packs.

**Class Will Not Meet On: 11/23 & 11/24**  
**Location: EGR Elementary Schools**  
**Instructor: B4K Instructor**  
Min. 8/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
24324-A	M-WE	11/7-11/28	3:45P-4:45P	\$64/\$79
24324-B	W-LA	11/2-11/30	3:45P-4:45P	\$64/\$79
24324-C	Th-BR	11/3-12/1	3:45P-4:45P	\$64/\$79

## Bricks 4 Kidz Animal Kingdom Time (Grades 1 - 4)



It's a zoo in here! This is a unit sure to delight kids who love creatures. We'll be building models of spiders, birds, and more. Each week we'll discuss fascinating facts about the animals we build, including the chameleon that changes colors. Kids will love these moving models that celebrate the wonders of the animal kingdom, built from LEGO® bricks, motors and battery packs.

**Class Will Not Meet On: 12/19, 12/21, 12/22, 12/26, 12/28, 12/29, 1/2**  
**Location: EGR Elementary Schools**  
**Instructor: B4K Instructor**  
Min. 8/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
24325-A	M-WE	12/5-1/16	3:45P-4:45P	\$64/\$79
24325-B	W-LA	12/7-1/11	3:45P-4:45P	\$64/\$79
24325-C	Th-BR	12/8-1/12	3:45P-4:45P	\$64/\$79



# YOUTH CAMPS

## Bricks 4 Kidz – Holiday Camps

(Ages 6 - 11)

Location: Program Room 102 @ EGR Rec. Dept.

Instructor: Bricks 4 Kidz Instructor

Min. 8/Max. 16



Happy  
Holidays!



## Remote Control Mania

Making it move is the name of the game at this exciting camp! Kids will love to see their creations in motion using LEGO® wireless remote controls. Each day, campers will use fascinating and challenging LEGO® components to create dynamic vehicles, inventions, machines and more.

CODE	DAYS	DATES	TIME	RES/NR
24328-A1	M-Th	12/19-12/22	9:00A-12:00P	\$152/\$172

## Holiday Break Build-A-Thon

In this camp, building is the name of the game. This camp is filled with a variety of building models. Kids will have fun building, architectural builds, to building with motors, battery packs, having team building challenges, and fun and games with LEGO® bricks.

CODE	DAYS	DATES	TIME	RES/NR
24328-A2	M-Th	12/19-12/22	1:00P-4:00P	\$152/\$172

## Brick Explorer Camp

Get ready for a building quest that will take you on exciting missions around the globe! Encounter worst case scenario survival brick challenges in the snowy Norwegian forest aboard Sven's sleigh. Venture to Queen Elsa's secluded brick ice castle. Explore far away kingdoms as your favorite brick knight for resources needed to construct a base camp to complete your quest. Build a lava launcher to defeat the evil jester. Do you have what it takes to go on an extreme explorer quest?

CODE	DAYS	DATES	TIME	RES/NR
24328-B1	Tu-Th	12/27-12/29	9:00A-12:00P	\$125/\$145

## Super Hero Camp

Join Bricks 4 Kidz building Super Heroes with LEGO® Bricks. Explore all the caped crusaders and discover their super powers. Create a fantasy world and protect it against all the evil arch enemies with custom contraptions made with LEGO® Bricks.

CODE	DAYS	DATES	TIME	RES/NR
24328-B2	Tu-Th	12/27-12/29	1:00P-4:00P	\$125/\$145



# YOUTH ENRICHMENT

## Suzuki Violin (Ages 4 - 15)

The arts always sustain and lift our spirits! Have a fun and enjoyable experience by attending lessons and learning along with your child. EGR Suzuki Talent Education program allows every child to progress at their own rate and to succeed. Students are given many opportunities to show their progress in a group or individually. Group sessions meet on Tuesday starting at 4:15P. Individual and partner sessions meet on Thursdays. Students who cannot meet on Tuesday or Thursday may contact Gretchen Weaver at 949-5094 to discuss other options. A parent information meeting is scheduled for Thursday, September 15 at 8:00P; individual class will start on Tuesday, Sept. 20 in room 121 at the EGR Middle School.

**Class Will Not Meet On: 11/22, 11/24, 12/20, 12/22, 12/27, 12/29**

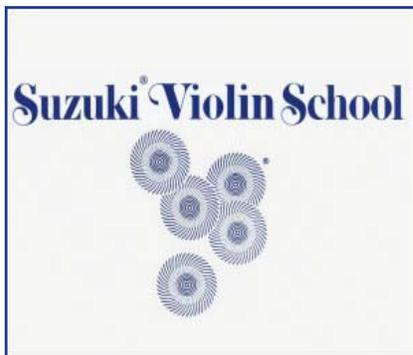
**Location: Orchestra Room 121 @ EGR Middle School**

**Instructor: Gretchen Weaver, Suzuki certified Unit 10**

Min. 6/Max. 40

CODE	DAYS	DATES	TIME	RES/NR
<b>Group and 30 min.</b>				
24300-A	Tu & Th	9/20-1/24	3:30P-6:00P	\$320/\$340
<b>Group and 15 min.</b>				
24300-B	Tu & Th	9/20-1/24	3:30P-6:00P	\$220/\$240
<b>Group only</b>				
24300-C	Tu & Th	9/20-1/24	3:30P-6:00P	\$120/\$140

**Sign up by the deadline Sept. 19 and get a \$10 discount.**



**“Kindermusik not only helps your child musically, but also with early reading and math.”**  
~Janet Kremers, instructor



## Kindermusik with Miss Janet



### Village (Ages 17 days - 17 months)

This parent-child music and movement class will help you strengthen those early parent child bonds, understand your baby's development and heavily focus on communication. You and your baby will enjoy instrument play, dance and exploration time. Materials include one book and an instrument.

**Class Will Not Meet On: 11/21**

**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Janet Kremers**

Min. 4/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
24550-A	M	10/10-12/5	10:15A-11:00A	\$145/\$165
24550-A1	M-no mat.	10/10-12/5	10:15A-11:00A	\$115/\$135



### Our Time (Ages 17 months - 3 years)

Toddlers will uncover an engaging musical world while building self-confidence, self-control and communication skills. Our Time is a unique opportunity for parent and child to interact and learn together. Milk and Cookies is the theme this session. Materials include two books, two cds and an instrument all of which support in-class learning.

**Class Will Not Meet On: 10/3, 10/4, 11/21, 11/22, 11/23**

**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Janet Kremers**

Min. 4/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
24551-A	M	9/12-12/12	9:15A-10:00A	\$177/\$197
24551-A1	M-no mat.	9/12-12/19	9:15A-10:00A	\$137/\$157
24551-B	Tu	9/13-12/13	9:30A-10:15A	\$177/\$197
24551-B1	Tu-no mat.	9/13-12/13	9:30A-10:15A	\$137/\$157
24551-C	W	9/14-12/14	6:30P-7:15P	\$177/\$197
24551-C1	W-no mat.	9/14-12/14	6:30P-7:15P	\$137/\$157

# YOUTH ENRICHMENT



## Get Ready, Play! (Ages 4 - 6)

This is an opportunity for your child to gain musical skills prior to further lessons. Your budding musician will be introduced to reading music, both rhythms and pitches, along with building expressive musicianship through movement and learning.

**Class Will Not Meet On: 10/3 & 11/21**

**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Janet Kremers**

Min. 4/Max. 7

CODE	DAYS	DATES	TIME	RES/NR
24553-A	M	9/12-12/12	4:15P-5:15P	\$177/\$197

## Friday Fun (Ages 3 - 5)

Preschoolers will learn musical terms and concepts through instruments, singing and creative play. Each week will have a different theme such as pets, Fall, sports, Halloween and others.

**Class Will Not Meet On: 11/25**

**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Janet Kremers**

Min. 4/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24552-A	F	10/7-10/28	1:00P-2:00P	\$52/\$67
24552-B	F	11/4-12/2	1:00P-2:00P	\$52/\$67



## Follow us on Facebook!

East Grand Rapids: Parks & Recreation Dept.

## Youth Beginning Fencing (Ages 7 - 15)

Fencing is considered an art of enjoyment, a science of arms as well as a sport. Basic skills are achievable in a few weeks. Training for fencing will improve posture, balance, flexibility, reactions and mental agility. You will learn the skills necessary to bout with all provided equipment. Professional coaches, Mikhail and Arkady Sarkisov, both of who are former Soviet Champions and World Cup finalists, are among the qualified instructors. This class will be combined with other Parks and Recreation Departments. Class will be held at Grand Rapids Area Fencing Academy (GRAFA) located at 1345 Monroe NW, Suite 102, Grand Rapids, MI 49505.

**Location: GRAFA**

**Instructor: GRAFA Instructors**

Min. 6/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
24450-A	Tu	9/13-10/18	6:00P-7:00P	\$70/\$85
24450-B	Tu	11/1-12/6	6:00P-7:00P	\$70/\$85

## Gymboree Baby and Me (Ages 0 - 1)

Explore the senses and support visual and auditory development with tummy time, flashlight play, first songs, cuddle time and more. This baby class includes parent discussion time as well as bubble and parachute time.

**Class Will Not Meet On: 11/24**

**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Gymboree Instructor**

Min. 6/Max. 15

CODE	DAYS	DATES	TIME	RES/NR
24222-A	Th	9/15-10/20	11:00A-11:45A	\$69/\$84
24222-A1	Th	10/27-12/8	11:00A-11:45A	\$69/\$84

## Gymboree Parachute Play (Ages 1 - 5)

We offer fun classes devoted to support multi-age learning. Children are encouraged to socially interact and learn from each other. We bring a bright parachute, amazing Gymboree bubbles, and lots of fun equipment to keep the class exciting and fun as well as songs to get kids moving. This class is for children to participate with their parent or caregiver. Our classes help promote socialization and cognitive development.

**Class Will Not Meet On: 11/24**

**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Gymboree Instructor**

Min. 6/Max. 15

CODE	DAYS	DATES	TIME	RES/NR
24222-B	Th	9/15-10/20	10:00A-10:45A	\$69/\$84
24222-B1	Th	10/27-12/8	10:00A-10:45A	\$69/\$84

**E-MAIL is our main form of communication. Please confirm any e-mail changes with us. This is how we contact you for registrations, class changes, updates and cancellations. Please check your e-mail frequently before a program begins in case of any date, time or location changes. Thank you!**

# YOUTH DANCE

## Tiny Toes (Ages 2 - 3)

Your child will have fun in this beginning movement class. This class will help build independence and get your child ready for preschool. The parents will ease out of the room by the last the class.

**Class Will Not Meet On: 11/21, 11/22, 11/25**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Shannon Fauble**

Min. 5/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24400-A	M	9/12-10/17	11:45A-12:15P	\$58/\$73
24400-A1	M	10/24-12/5	11:45A-12:15P	\$58/\$73
24400-B	Tu	9/13-10/18	9:15A-9:45A	\$58/\$73
24400-B1	Tu	10/25-12/6	9:15A-9:45A	\$58/\$73
24400-C	F	9/16-10/21	9:45A-10:15A	\$58/\$73
24400-C1	F	10/28-12/9	9:45A-10:15A	\$58/\$73

## Twinkle Toes 1 (Ages 3 - 4)

The perfect "first dance class"! In this class new dancers will be introduced to basic positions and terminology while learning the grace of ballet and exciting rhythms of tap. This is a great class for the young attention span and teaches movement along with what it means to be a dance student. Ballet and tap shoes required. This class is for 3 year olds and young 4 year olds with no dance experience.

**Class Will Not Meet On: 11/21, 11/22, 11/24, 11/25**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Shannon Fauble - SF**

**Annie VandenBerg - AV**

Min. 5/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24401-A	M-SF	9/12-12/5	9:45A-10:30A	\$108/\$128
24401-B	M-SF	9/12-12/5	10:45A-11:30A	\$108/\$128
24401-C	Tu-SF	9/13-12/6	10:00A-10:45A	\$108/\$128
24401-D	Th-AV	9/15-12/8	9:15A-10:00A	\$108/\$128
24401-E	F-SF	9/16-12/9	10:30A-11:15A	\$108/\$128

## Twinkle Toes 2 (Ages 4 - 5)

In this class, dancers will learn positions, basic terminology and continue to expand ballet and tap skills. Dancers will also work on rhythm, locomotor skills and coordination. This class is great for the new or returning 5 year old dancer or for 4 year olds with at least one session of TT 1. Ballet and tap shoes required.

**Class Will Not Meet On: 11/22, 12/6, 11/24, 11/25**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Shannon Fauble - SF**

**Annie VandenBerg - AV**

Min. 5/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24402-A	Tu-AV	9/13-12/6	11:00A-11:50A	\$115/\$135
24402-B	Tu-SF	9/13-12/6	11:00A-11:50A	\$115/\$135
24402-C	Tu-SF	9/13-12/6	3:45P-4:35P	\$115/\$135
24402-D	Th-AV	9/15-12/8	10:15A-11:05A	\$115/\$135
24402-E	F-SF	9/16-12/9	11:30A-12:20P	\$115/\$135

## Beyond Twinkle Toes (Ages 5 - 7)

This class is a slightly more difficult combination of ballet and tap. This class is for dancers who have taken Twinkle Toes 2 at least twice. Ballet and tap shoes required by 2nd class. Dance clothes preferred.

**Class Will Not Meet On: 11/22**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Shannon Fauble**

Min. 5/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24403-A	Tu	9/13-12/6	4:45P-5:35P	\$115/\$135

## Beyond Twinkle Toes 2 (Ages 7 - 9)

This class is for the dancer who would like to continue their training in ballet, tap and jazz. Perfect for those dancers who have completed Twinkle Toes or Big Kids classes and are ready to move on.

**Class Will Not Meet On: 11/23**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Annie VandenBerg**

Min. 5/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
24404-A	W	9/14-12/7	4:00P-4:50P	\$115/\$135



## Big Kids Combo (Ages 9 - 13)

This class is for experienced dancers to continue expanding their skills. Dancers will work in tap and jazz and will also start learning how to work together to create their own choreography. Students should have completed BTT 2, our "Big Kids" classes, or have similar dance experience. Jazz and tap shoes required.

**Class Will Not Meet On: 11/23**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Annie VandenBerg**

Min. 5/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
24434-A	W	9/14-12/7	5:00P-6:00P	\$115/\$135

## Big Kids Jazz (Ages 7 - 9)

This is an introduction to jazz technique. Dancers will work on basic jazz steps in the center traveling and have a chance to learn some fun choreography. This is a way to get your heart pumping and learn some dance in a high energy and upbeat environment. Jazz shoes required.

**Class Will Not Meet On: 11/22**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Shannon Fauble**

Min. 5/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
24431-A	Tu	9/13-12/6	5:45P-6:35P	\$115/\$135

# YOUTH DANCE & YOGA

## Irish Dance 1 (Ages 5 - 13)

This class offers entry-level instruction in Irish dancing technique and provides an excellent cardio workout while building confidence. No prior dance experience is required. Our mission is to offer quality Irish Dance instruction for boys and girls, while providing a safe, supportive and positive learning environment that lends itself to developing well-rounded and confident dancers. \*Must not be enrolled in another CLRG Irish dancing school.

**Class Will Not Meet On: 11/4, 11/18, 11/26**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Elizabeth Brennan**

Min. 3/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
24428-A	F	9/16-12/16	4:45P-5:45P	\$61/\$76

## Kids Hip Hop (Ages 5 - 15)

Hip Hop is one of the fastest growing dance styles in the world; it is a fusion of different urban dances that require stamina, coordination and a great imagination. Using age appropriate music this class is sure to get the dancers moving.

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Tiffany Owens**

Min. 8/Max. 12

CODE	DAYS	DATES	TIME	RES/NR
24223-A	M	9/12-10/24	5:30P-6:00P	\$33/\$48

**Hip Hop 2 (ages 9 - 15)**

24223-B	M	9/12-10/24	6:05P-6:35P	\$33/\$48
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Courtesy of Tyler Steimle/Ghost Code Studios

## EGR DANCE DEPARTMENT

The FALL session will end with an  
IN CLASS RECITAL during  
the last week of the session for  
family and friends.  
Stay tuned for details!

## Mom and Baby Yoga (Ages newborn to crawlers)

Nurture your baby while caring for yourself. Mom and Baby Yoga invites babies and their caregivers (moms, dads, grandparents, nannies) to bond through loving touch, sight, sound, and movement. Let baby in on the yoga practice physically, mentally, and spiritually to build a strong bond of trust and security, the foundation of self-confidence for baby. While incorporating your little one into the yoga sequence, you also receive a nurturing, strengthening practice designed specifically to gently engage with and calm body and spirit. The class offers a chance for new mama and caregiver networking, too. You'll find a warm, supportive community, essential during the fourth trimester or postpartum period! Mom and Baby yoga is perfect for babies newborn - crawling.



**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Amanda Holbert - Renew Mama Studio**

Min. 4/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
24702-A	W	10/5-11/9	9:30A-10:30A	\$121/\$141

## Youth Yoga (Ages 6 - 12)

Join the fun! We'll practice a variety of kid-friendly yoga poses, increasing flexibility, strength, and coordination. 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.

**Also, please be courteous and arrive a few minutes early and silence all cell phones. We also ask that no perfume or cologne be applied prior to class.**

**Class Will Not Meet On: 10/31**

**Location: Program Room 103 @ EGR Rec. Dept.**

**Instructor: Denise Mollenhauer**

Min. 3/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
24700-A	M	9/12-12/12	4:30P-5:25P	\$107/\$127

## Teen Yoga (Ages 13 - 19)

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 and blanket or towel.

**Also, please be courteous and arrive a few minutes early and silence all cell phones. We also ask that no perfume or cologne be applied prior to class.**

**Class Will Not Meet On: 10/31**

**Location: Program Room 103 @ EGR Rec. Dept.**

**Instructor: Denise Mollenhauer**

Min. 3/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
24700-B	M	9/12-12/12	3:25P-4:20P	\$107/\$127

# ADULT LEISURE & EDUCATION

## Art with Debbie Bell

Location: Program Room 103 @ EGR Rec. Dept.  
Min. 6/Max. 15



### Acrylic Painting (Ages 18 +)

Learn how to paint still life flowers, fruit and landscapes with quick drying acrylic paint! Please bring a 14X18 canvas board, brushes and Acrylic paint. Please see receipt for materials list.

CODE	DAYS	DATES	TIME	RES/NR
25305-A	W	9/7-10/19	1:00P-3:00P	\$101/\$121

### Beginning Drawing (Ages 13 +)

Students will learn basic drawing techniques to help them "see" as an artist. Still life set ups will be drawn with multi-grade pencils. Please see receipt for supply list.

CODE	DAYS	DATES	TIME	RES/NR
25112-A	W	9/7-10/19	10:00A-12:00P	\$101/\$121

### Adult Artist Studio (Ages 13 +)

We are offering you a space to work on your own art projects with other community artists. Art instructor Debbie Bell will be available for students to ask questions, give feedback and help you complete your work of art. Students need to bring their own supplies to complete their art project of choice.

Class Will Not Meet On: 11/23

CODE	DAYS	DATES	TIME	RES/NR
25303-A	W	10/26-12/14	1:00P-3:00P	\$80/\$100

### Beginning Watercolors (Ages 13 +)

Learn techniques in watercolor and how to control it to create beautiful works of art. Step by step instruction is offered while implementing your own unique twist. Please see receipt for materials list.

Class Will Not Meet On: 11/23

CODE	DAYS	DATES	TIME	RES/NR
25302-A	W	10/26-12/14	10:00A-12:00P	\$101/\$121



### Beginning Dog Obedience (Ages 10 +)

Make life with your dog easier and more enjoyable! We'll show you how to teach your dog basic "doggie manners." Can you picture pleasant walks, fun playtime in the yard, peaceful evenings at home, and less household chaos? This class is for any dog 6 mos. and up. Kids ages 10 and up are welcome, as long as they can handle the dog, and are serious about working with the dog. **Proof of vaccination required to the Parks & Rec Dept. at least one week before class begins.** Your vet's office can fax the vaccination papers to 831-6144 attn: Rachel or email to rseese@eastgr.org. Participants must provide a choke collar and a 4 foot leash for class.

Class Will Not Meet On: 10/31

Location: Prog. Rooms 101/102 @ EGR Rec. Dept.

Instructor: Linda Sanchez

Min. 5/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
25200-A	M	9/19-11/14	6:30P-7:30P	\$65/\$80

### Continuing Dog Obedience (Ages 12 +)

Does your dog cooperate on a lead and understand basic obedience commands? This class expands on what was taught in the Beginning Dog Obedience class and adds new challenges and fun lessons. **You are required to show proof of vaccination to the Parks & Rec Dept. at least one week before class begins.** Your vet's office can fax the vaccination papers to 831-6144 attn: Rachel or email to rseese@eastgr.org. Participants must provide a choke collar and a 4 foot leash for class.

Location: Prog. Rooms 101/102 @ EGR Rec. Dept.

Instructor: Linda Sanchez

Min. 5/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
25200-B	M	9/19-11/14	7:30P-8:30P	\$65/\$80

### Photography 101 (Ages 16 +)

Digital cameras are powerful tools, but they only produce great results when you know how to use all the features. Join Grand Rapids senior portrait photographer, Josh Weiland, for a hands-on photography course! If your photos are sometimes too light, too dark, or just plain blurry, Josh's course can teach you how to easily fix those frustrating problems. This photography course is designed for anyone who already owns a camera and wants to learn how to properly use its settings and modes to take better photos of family, friends, or nature.

Location: Program Room 101 @ EGR Rec. Dept.

Instructor: Josh Weiland

Min. 5/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
25310-A	W	9/7-9/21	6:30P-8:30P	\$51/\$66

# ADULT LEISURE & EDUCATION

## Sustainable Gardening (Ages 16 +)

What is sustainable gardening? Learn the process of getting back to gardening as nature intended. Students will learn the benefits of sustainable gardening and how to get started. Students will create their own ideal garden design as well as select the plants to be used in their garden. Each student will pot and bring home their choice from a selection of heirloom organic seeds.

**Location: Prog. Rooms 103 @ EGR Rec. Dept.**

**Instructor: Julie Brunson**

Min. 6/Max. 20

CODE	DAYS	DATES	TIME	RES/NR
25113-B	W	9/14	6:30P-8:00P	\$34/\$49

## Sustainable Gardens-How to design, compost and companion planting (Ages 16 +)

Week 1: Growing a sustainable garden

What is sustainable gardening? Learn the process of getting back to gardening as nature intended. Students will learn the benefits of sustainable gardening and how to get started today or in the future.

Week 2: Design and plant selection

Students will create their own ideal garden design as well as select the plants to be used in their garden. We will be covering how to optimize your space to get the most produce out of your garden.

Week 3: Soil preparation and planting

This class will focus on how to prepare the soil as well as maintain your garden. We will also be learning how to start your own potted plants. Each student will pot and bring home their choice from the selection of heirloom organic seeds provided to get your garden started.

**Location: Program Room 102 @ EGR Rec. Dept.**

**Instructor: Julie Brunson**

Min. 6/Max. 30

CODE	DAYS	DATES	TIME	RES/NR
25113-C	Th	9/22-10/6	1:00P-2:00P	\$51/\$66

## 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](http://aarp.org/driver_safety)

**Location: 107 - Lg. LL Conf.Rm @ EGR Rec. Dept.**

**Instructor: John Gahrs**

Min. 12/Max. 20

CODE	DAYS	DATES	TIME	MEM/NM
26261-A	Tu & W	9/20-9/21	1:00P-5:00P	\$15/\$20



## Introduction to Retro Dance (Ages 18 +)

Lets go back in time to the great decades of the past! Join us as we experience the joy in doing the Waltz, Fox Trot, Jitterbug and more. Partner is required. Please register your partner in 25525-D1, F1



**Class Will Not Meet On: 11/22**

**Location: Prog. Rooms 101/102 @ EGR Rec. Dept.**

**Instructor: John & Sally Panchuk**

Min. 5/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
25525-D	Tu	9/13-10/18	6:30P-7:30P	\$72/\$87
25525-D1	Tu	9/13-10/18	6:30P-7:30P	\$0/\$0
25525-F	Tu	10/25-12/6	6:30P-7:30P	\$72/\$87
25525-F1	Tu	10/25-12/6	6:30P-7:30P	\$0/\$0



## Introduction to Ballroom and Latin Dance (Ages 18 +)

Are you looking to learn how to ballroom dance for a special occasion or for a fun evening activity? Well look no further! Introduction to Ballroom and Latin Dance is an excellent class for beginners to learn in a supportive and friendly environment. A partner is required for this class. Please sign them up under 25525- A1, B1

**Class Will Not Meet On: 11/24**

**Location: Prog. Rooms 101/102 @ EGR Rec. Dept.**

**Instructor: John & Sally Panchuk**

Min. 5/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
25525-A	Th	9/15-10/20	6:30P-7:30P	\$72/\$87
25525-A1	Th	9/15-10/20	6:30P-7:30P	\$0/\$0
25525-B	Th	10/27-12/8	6:30P-7:30P	\$72/\$87
25525-B1	Th	10/27-12/8	6:30P-7:30P	\$0/\$0

## Continuing Ballroom and Latin Dance (Ages 18 +)

Take your dance to the next level in Continuing Ballroom and Latin. Students will transform from beginners to experienced ballroom dancers through review from Introduction to Ballroom along with learning fun new steps. A partner is required for this class. Please register partner under C1.

**Class Will Not Meet On: 11/24**

**Location: Prog. Rooms 101/102 @ EGR Rec. Dept.**

**Instructor: John & Sally Panchuk**

Min. 5/Max. 16

CODE	DAYS	DATES	TIME	RES/NR
25525-C	Th	9/15-12/15	7:30P-8:30P	\$156/\$176
25525-C1	Th	9/15-12/15	7:30P-8:30P	\$0/\$0

# ADULT LEISURE & FITNESS

## Adult Hip Hop (Ages 18 +)

Hip Hop is one of the fastest growing dance styles in the world; it is a fusion of different urban dances that require stamina, coordination and a great imagination. This class will get you moving!

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Tiffany Owens**

Min. 4/Max. 15

CODE	DAYS	DATES	TIME	RES/NR
25223-A	M	9/12-10/24	6:40P-7:30P	\$60/\$75

## Adult Irish Dance (Ages 14 +)

This class is open to dancers of all levels. Instruction will be focused on technique, dance routines and "ceili" or partner dancing. Learn traditional Irish Dancing and get an excellent cardio workout. \*Must not be enrolled in another CLRG Irish dancing school.

**Class Will Not Meet On: 11/4, 11/18, 11/25**

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Elizabeth Brennan**

Min. 3/Max. 8

CODE	DAYS	DATES	TIME	RES/NR
25428-A	F	9/16-12/16	6:00P-7:00P	\$61/\$76

## Women's Wellness Workshop: Healthy Lifestyle Transformation (Ages 18 +)

Does the idea of losing a few pounds and having more energy that lasts all day sound good to you? You are not alone! Each week in this fun, informative and interactive class, your Certified Health Coach, Dawn Reed, will help you develop your very own wellness plan based on your individual needs and preferences. You will receive step-by-step instructions, individual guidance, and support throughout the duration of this class! On the last day, you will be well prepared and equipped to continue progressing with your goals throughout the weeks and months ahead! Sign up on your own or round up a friend or two to join you! Free gifts for everyone who attends!

**Location: Program Room 101 @ EGR Rec. Dept.**

**Instructor: Dawn Reed**

Min. 6/Max. 20



CODE	DAYS	DATES	TIME	RES/NR
25102-A	W	10/5-10/26	10:00A-11:30A	\$59/\$74

## 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! Participants will meet at the restaurant at 11:30A. Order and pay for what you'd like off the menu. Please call Rachel at 949-1750 to RSVP.

**Location: To Be Announced**

Min. 30/Max. 30

CODE	DAYS	DATES	TIME
26500-A	F	10/21	11:30A-1:00P
26500-B	F	11/18	11:30A-1:00P
26500-C	F	12/16	11:30A-1:00P

## PUNCH CARD SYSTEM & GUIDELINES

Punch cards are only for **Total Body Workout and Zumba**. Your fitness punches do not expire with our card system!

Each fitness participant will receive a bar coded photo ID that will be scanned with each visit. Photos will be required for the initial purchase and must be taken at the Parks & Recreation Department counter.

After your initial purchase you may add additional punches at any time at the Recreation Department. There is no online registration.

You may bring a family member, friend or guest, but you must be present. The punch card continues to allow flexibility and the possibility to try new classes. **Class Will Not Meet On: 11/21, 11/22, 11/23, 11/25**

PUNCH#	RES/NR
5	\$36/\$46
10	\$66/\$81
20	\$120/\$140
Drop-in	\$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.

**Location: Program Room 104 @ EGR Rec. Dept.**

**Instructor: Joan Otte**

Max. 17

DAYS	TIME
M	7:40A-8:25A or 8:30A-9:30A
W	7:40A-8:25A or 8:30A-9:30A
F	7:40A-8:25A or 8:30A-9:30A

## 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](http://www.Zumba.com)

**Location: @ EGR Rec. Dept.**

**Instructor: Annie VandenBerg**

Max. 17

DAYS	TIME
Tu	9:40A-10:40A
W	6:30P-7:30P
F	9:40A-10:40A



# ADULT & AQUA FITNESS

## Gentle Chair Yoga (Ages 16 +)

Everyone can benefit from practicing yoga and Pilates! Come join us in a class set at the pace just right for you and your comfort. 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. **Also, please be courteous and arrive a few minutes early and silence all cell phones. We also ask that no perfume or cologne be applied prior to class.**

**Class Will Not Meet On: 11/22**

**Location: Program Room 103 @ EGR Rec. Dept.**

**Instructor: Denise Mollenhauer**

Min. 3/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
26255-D	Tu	9/13-12/13	10:20A-11:20A	\$107/\$127

## Beginning Yoga with 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. **Also, please be courteous and arrive a few minutes early and silence all cell phones. We also ask that no perfume or cologne be applied prior to class.**

**Class Will Not Meet On: 10/31 & 11/22**

**Location: Program Room 103 @ EGR Rec. Dept.**

**Instructor: Denise Mollenhauer**

Min. 3/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
26255-A	M	9/12-12/12	6:45P-7:45P	\$107/\$127
26255-C	Tu	9/13-12/13	9:15A-10:15A	\$107/\$127

## Continuing Yoga with 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. **Also, please arrive a few minutes early and silence all cell phones. We also ask that no perfume or cologne be applied prior to class.**

**Class Will Not Meet On: 10/31**

**Location: Program Room 103 @ EGR Rec. Dept.**

**Instructor: Denise Mollenhauer**

Min. 3/Max. 18

CODE	DAYS	DATES	TIME	RES/NR
26255-B	M	9/12-12/12	5:35P-6:35P	\$107/\$127

## Gentle Aquatic Exercise (Ages 18 +)

Want to move more easily and fun doing it? This class is for you. Gentle Aquatic Exercise is gentle yet challenging ... exercising your mind as well as your body! Surprise yourself at how gentle and effective exercise can be with this proven series of exercise. This class is designed to improve breathing, balance, posture, circulation, joint mobility and general ease of movement. A variety of exercise methods including Ai Chi, Feldenkrais, Water Qigong, and Arthritis Foundation exercises will be taught. Be a part of the fun...meet new friends and get ready for the day in the warm water of Wealthy Pool. Open to non-swimmers.

**Class Will Not Meet On: 11/23**

**Location: Wealthy Pool @ Wealthy School**

**Instructor: Diane Collier**

Min. 8/Max. 15



CODE	DAYS	DATES	TIME	RES/NR
23220-A	M & W	9/12-10/26	9:30A-10:30A	\$147/\$167
23220-B	M & W	10/31-12/14	9:30A-10:30A	\$137/\$157

## AquaFit (Ages 15 +)

Join these restructured upbeat classes designed to burn, fat, calories, strengthen and tone the body. The resistance of the water gives you a great workout while the buoyancy of the water is easy on your joints. You don't even need to know how to swim!

**Class Will Not Meet On: 11/24**

**Location: Wealthy Pool @ Wealthy School**

**Instructor: Angela Compton**

Min. 10/Max. 15

CODE	DAYS	DATES	TIME	RES/NR
<b>One day a week</b>				
23210-A1	Tu or Th	9/13-10/27	7:00P-8:00P	\$75/\$95
23210-B1	Tu or Th	11/1-12/15	7:00P-8:00P	\$75/\$95
<b>Two days a week</b>				
23210-A2	Tu & Th	9/13-10/27	7:00P-8:00P	\$147/\$167
23210-B2	Tu & Th	11/1-12/15	7:00P-8:00P	\$137/\$157



Adult Zumba May 2016 - Courtesy of Tyler Steimle/Ghost Code Studios

# WAVES ADVERTISING

## EGRA Waves 2016-2017

Come and make Waves with our program! We are a local based swim club that provides opportunities to swimmers and parents of all levels and commitment. We are open to East Grand Rapids residents and surrounding communities.

Through competitive swimming, we teach kids about having fun, dedication, sportsmanship and work ethic. Many of our swimmers go on to the high school swim team, other sports and the collegiate level.

Swim season runs September 12, 2016 through February 17, 2017 (March for Championship meet swimmers). The Waves offer competitive opportunities for swimmers of all abilities. We compete in both West Michigan Swim League (WMSL) and USA meets. All Waves swimmers are registered with USA Swimming. There is something for swimmers of all abilities. For more information about competitive meets, please read our handbook on our web site. [www.egrawaves.com](http://www.egrawaves.com)

Swimmers are placed in one of six levels after an evaluation. They will practice with swimmers of similar ability. Practices are held at East Grand Rapids High School and Wealthy Pool. Descriptions of each group are included in our handbook on our website.

**Waves Web Site:** [www.egrawaves.com](http://www.egrawaves.com)

**Head Coach:** Brandon Converse  
(616)460-5630 or [coachconverse@egrawaves.com](mailto:coachconverse@egrawaves.com)

### **Volunteering:**

We provide a great experience for our members by hosting several events and activities throughout the season. These events are for our athletes and we need help from all Waves members! There are many ways to help. All families will have volunteer hours for the season. Any hours not fulfilled are billed at \$15/hr to help cover costs of hiring people to fill jobs.

### **Placement Sessions:**

- All new swimmers should be observed before registration.
- Please email the following coaches for an observation:
  - Josh Doleck (beginning swimmers; ages 6-10) [coachdolecki@egrawaves.com](mailto:coachdolecki@egrawaves.com)
  - Dave Carson (novice to advanced; ages 9-14) [coachcarson@egrawaves.com](mailto:coachcarson@egrawaves.com)
  - Brandon Converse (advanced to high school: 12-18) [coachconverse@egrawaves.com](mailto:coachconverse@egrawaves.com)

### **Registration Dates:**

All registrations for the Waves will be taken through our website  
Groups usually fill so sign-up early!

#### Current Swimmers (Swam during the 2015-2016 year)

- August 2 starting at 8am – August 14

#### New EGR Residents

- August 15 - August 28

#### All registrants

- August 29 - until groups fill.



### **Practice Times/Group**

**Descriptions/Cost:** All practice times, cost and group descriptions are on our website.

# POOL MEMBERSHIPS

## Memberships

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

**NEW PRICING**

### Resident Membership

Type	Adult	55+	19 & Under	Family
10 Visit	\$25	\$18	\$18	NA
3 month	\$52	\$36	\$36	\$108
6 month	\$91	\$62	\$62	\$188
1 year	\$160	\$107	\$107	\$275

### Non-Resident Membership

Type	Adult	55+	19 & Under	Family
10 Visit	\$35	\$24	\$24	NA
3 month	\$72	\$49	\$49	\$152
6 month	\$126	\$84	\$84	\$265
1 year	\$220	\$147	\$147	\$358

## Drop in Rates

Money will be taken at the pool for those without a membership or punch card. The rates are \$3 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.

## Silver & Fit for Aquatics

Wealthy Pool and the EGR High School Pool are now hosting locations to the Silver & Fit program.

If you are 65 years of age or older and have qualifying insurance, email our office at [egrrec@eastgr.org](mailto:egrrec@eastgr.org) or call 616.949.1750 for more information.

Eligibility includes pool membership for drop-in swimming.  
\*Not eligible for programs.

### Important Pool Telephone Nos.

**Pool Hotline:**  
**940.4800 ext. 302**

**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. Please complete the online pool rental form to begin the rental process. Call 949.1750 or visit [www.eastgr.org](http://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.

**Wealthy Pool Party** - Rental rate includes the cost of two lifeguards, the use of the multi-purpose room (great for presents & cake time) and swimming for up to 35 swimmers.

### RATES (Includes Lifeguard Fees)

	RES	NR
Wealthy Pool	\$75/hr.	\$96/hr.
Wealthy Party	\$148/hr.	\$189/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](http://www.eastgr.org)**

IT'S QUICK & EASY

616.949.1750

Call for your username and password

## swimEGR

The Aquatics Department is excited to announce our swimEGR Learn to Swim program.

swimEGR offers a progression of Learn to Swim classes to meet the needs of your swimmer. Class focus is on skill development and swimmer safety. Our instructors provide a safe, educational and fun environment for your swimmer to excel. Group and private lessons are available.



### Parent Child (Ages 0 - 3)

This class allows parents and children to learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The classes are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

**Class Will Not Meet On: 11/26\***

**Location: Wealthy Pool @ Wealthy School**

Min. 6/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
23010-A	M	9/19-10/24	6:00P-6:30P	\$58/\$73
23010-B	Sa	9/24-10/29	9:00A-9:30A	\$58/\$73
23010-A1	M	11/7-12/12	6:00P-6:30P	\$58/\$73
23010-B1	Sa*	11/5-12/17	9:00A-9:30A	\$58/\$73

### Beginner Level 1 (Ages 2 - 5)

This is a swimmer's first class without a parent in the water. This class will help swimmers gain greater independence in their skills and develop more comfort in and around water. Skills include: open eyes under water and retrieve submerged objects and front and back floats and glides.

**Class Will Not Meet On: 11/23, 11/26**

**Location: Wealthy Pool @ Wealthy School**

Min. 4/Max. 4

CODE	DAYS	DATES	TIME	RES/NR
23030-A	M	9/19-10/24	6:30P-7:00P	\$58/\$73
23030-B	W	9/21-10/26	6:00P-6:30P	\$58/\$73
23030-C	W	9/21-10/26	6:30P-7:00P	\$58/\$73
23030-D	Sa	9/24-10/29	9:30A-10:00A	\$58/\$73
23030-E	Sa	9/24-10/29	10:30A-11:00A	\$58/\$73
23030-A1	M	11/7-12/12	6:30P-7:00P	\$58/\$73
23030-B1	W	11/2-12/14	6:00P-6:30P	\$58/\$73
23030-C1	W	11/2-12/14	6:30P-7:00P	\$58/\$73
23030-D1	Sa	11/5-12/17	9:30A-10:00A	\$58/\$73
23030-E1	Sa	11/5-12/17	10:30A-11:00A	\$58/\$73

### Advanced Level 1 (Ages 3 - 5)

This level helps swimmers begin to gain basic swimming skills including jumping in, front and combined arm and leg action on front and back. Swimmers will begin work on recovering to a vertical position, alternating and simultaneous leg actions on front and back.

**Class Will Not Meet On: 11/23, 11/26**

**Location: Wealthy Pool @ Wealthy School**

Min. 4/Max. 4

CODE	DAYS	DATES	TIME	RES/NR
23040-A	M	9/19-10/24	7:00P-7:30P	\$58/\$73
23040-B	W	9/21-10/26	6:00P-6:30P	\$58/\$73
23040-C	W	9/21-10/26	6:30P-7:00P	\$58/\$73
23040-D	Sa	9/24-10/29	10:00A-10:30A	\$58/\$73
23040-E	Sa	9/24-10/29	11:00A-11:30A	\$58/\$73
23040-A1	M	11/7-12/12	7:00P-7:30P	\$58/\$73
23040-B1	W	11/2-12/14	6:00P-6:30P	\$58/\$73
23040-C1	W	11/2-12/14	6:30P-7:00P	\$58/\$73
23040-D1	Sa	11/5-12/17	10:00A-10:30A	\$58/\$73
23040-E1	Sa	11/5-12/17	11:00A-11:30A	\$58/\$73

### Level 2 (Ages 5 +)

Swimmers will focus on the following skills: fully submerge and hold breath, rolling from front to back and back to front. Swimmers will continue working on building confidence with front and back crawl and begin work on endurance skills.

**Class Will Not Meet On: 11/23, 11/26**

**Location: Wealthy Pool @ Wealthy School**

Min. 5/Max. 5

CODE	DAYS	DATES	TIME	RES/NR
23120-A	M	9/19-10/24	6:00P-6:30P	\$58/\$73
23120-B	W	9/21-10/26	7:00P-7:30P	\$58/\$73
23120-C	Sa	9/24-10/29	10:00A-10:30A	\$58/\$73
23120-D	Sa	9/24-10/29	11:00A-11:30A	\$58/\$73
23120-A1	M	11/7-12/12	6:00P-6:30P	\$58/\$73
23120-B1	W	11/2-12/14	7:00P-7:30P	\$58/\$73
23120-C1	Sa	11/5-12/17	10:00A-10:30A	\$58/\$73
23120-D1	Sa	11/5-12/17	11:00A-11:30A	\$58/\$73

# AQUATICS

## Level 3 (Ages 5 +)

Level 3 encourages stroke development through additional guided practice in deeper water. New techniques and strokes are learned while building endurance of fundamental and new skills. Skills include: rotary breathing, stream line, and flutter and dolphin kicks.

**Class Will Not Meet On: 11/23, 11/26**

**Location: Wealthy Pool @ Wealthy School**

Min. 5/Max. 5

CODE	DAYS	DATES	TIME	RES/NR
23130-A	M	9/19-10/24	6:30P-7:00P	\$58/\$73
23130-B	W	9/21-10/26	7:00P-7:30P	\$58/\$73
23130-C	Sa	9/24-10/29	9:30A-10:00A	\$58/\$73
23130-D	Sa	9/17-10/29	10:30A-11:00A	\$58/\$73

23130-A1	M	11/7-12/12	6:30P-7:00P	\$58/\$73
23130-B1	W	11/2-12/14	7:00P-7:30P	\$58/\$73
23130-C1	Sa	11/5-12/17	9:30A-10:00A	\$58/\$73
23130-D1	Sa	11/5-12/17	10:30A-11:00A	\$58/\$73

## Level 4 (Ages 5 +)

Stroke Improvement builds confidence and endurance in the water. 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.

**Class Will Not Meet On: 11/23 & 11/26**

**Location: Wealthy Pool @ Wealthy School**

Min. 5/Max. 5

CODE	DAYS	DATES	TIME	RES/NR
23140-A	W	9/21-10/26	7:00P-7:30P	\$58/\$73
23140-B	Sa	9/24-10/29	9:00A-9:30A	\$58/\$73
23140-A1	W	11/2-12/14	7:00P-7:30P	\$58/\$73
23140-B1	Sa	11/5-12/17	9:00A-9:30A	\$58/\$73

## Lifeguard Class (Ages 15 +)

Are you 15 or older and looking for a great job opportunity or a challenging career? American Red Cross Lifeguarding is the best place to start. Certification includes: Lifeguarding, First Aid, CPR for the Professional, and AED. You must attend all session.

Prerequisites:

- Must be 15 years old
- Swim 300 yards: 100 yards front crawl, 100 yards of breaststroke and 100 yards of either front crawl or breaststroke.
- 20 yard swim, surface dive, retrieve 10lbs object from a depth of 7", and exit the pool within 1 minute and 40 seconds.
- Tread water for 2 minutes without arms.

**Class Will Not Meet On: 11/23**

**Location: High School Pool @ EGR High School**

Min. 3/Max. 10

CODE	DAYS	DATES	TIME	RES/NR
23320-A	W & Su	11/2-12/14	6:30P-9:30P	\$207/\$227

**Sunday sessions 12-6P, 11/6/16 and 12/11/16**



## Private Swim Lessons (Ages All)

Do you want to become a stronger swimmer for a triathlon? Does your little swimmer need some extra attention while learning how to put their eyes in the water? Are you trying to perform a flip turn? Private swim lessons are a great way to meet one on one with an instructor who can assist you with mastering swimming skills.

**Location: Wealthy Pool @ Wealthy School**

RES	NR
\$29	\$39

Contact Betsy at the EGR Recreation Department, 616-949-1750, to schedule your lesson. Lessons are available during the daytime, evenings and on the weekends.

## 100 Mile Club (Ages 15 +)

Swim 100 Miles in 1 Calendar year and you will get a t-shirt, and your name up at the wall! Track your mileage with the staff at the pool and receive monthly postings and updates with your distances.

**Location: High School Pool @ EGR High School**

CODE	DATES	TIME	RES/NR
33280-C	1/1-12/31	6:45P-7:45P	\$5/\$10



# UPCOMING EVENT

## SAVE THE DATE! **SWEET HEART DANCE** (Formerly known as the Daddy Daughter Dance)



Please reserve the date: Winter 2017; date TBD

For the Annual Sweet Heart Dance!

This special evening is for girls in Young 5's through 8th grade. Girls are invited to bring their dad, grandpa, uncle or special friend.

More information in our Winter Program Guide available in October!



**East Grand Rapids Community Center  
750 Lakeside Dr.  
East Grand Rapids, MI 49506**

*Over 50 years of teaching... Over 100,000 safe drivers and counting!*

***Segment 1 and Segment 2 classes available!***

**Classes held at community center with  
experienced, fun instructor Garry Strong.**

**Get \$25 off with coupon code: EGR25**

**Call 1-800-967-7719 or register online at [AllStarDe.com](http://AllStarDe.com)**



## **PIONEER PICNIC**

**Wednesday, September 7th**

**6:00PM-8:00PM**

**Memorial Field**

High School Gym in case of Rain

**Meet the 2016 Varsity Football Team**

**Get Autographs from the Players**

Posters Free / Trading Cards \$5/pack

**Play Games on Memorial Field  
with the Players**

**Have Dinner at Concessions**

Hot Dog Meal Deal \$5 / Hamburger Meal Deal \$6

**Purchase 2016 Football T-Shirts**

**Visit the Spirit Shop**

**Reconnect with Family and Friends  
... and Football!**

**Go East!**

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Photo courtesy of J. Maclean

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### SPARKLERS

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Tim Kolkman - Discount Home Improvement  
Joe Rossi for Judge  
Ben Symka for 17th Circuit Court  
Tom Walker & Judy Freeman



**Mary Free Bed**  
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1891 | 2016

We're not just neighbors ... The histories of Mary Free Bed and East Grand Rapids are intertwined.

In 1920, the Mary Free Bed Guild established the area's first children's orthopedic clinic at Blodgett Hospital in East Grand Rapids and the first formally trained physical therapist arrived the next year.

It's your right to choose where you'll receive rehabilitation. Just Ask for Mary!

[AskForMary.com](http://AskForMary.com)



# THANK YOU SPONSORS!

## OUR SINCERE THANKS TO ALL SPONSORS & VOLUNTEERS...

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Gold Sponsor



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Bronze Sponsor



### Concerts & Movies in the Park



# RHOADES MCKEE TRIATHLON/DUATHLON



**SAVE THE DATE**

September 10, 2016 // Reeds Lake // [eastgr.org/triathlon](http://eastgr.org/triathlon)



Rhoades McKee Reeds Lake  
TRIATHLON • DUATHLON

## OUR SPONSORS



## HELP WANTED!



The EGR Parks & Recreation Department is always looking for volunteers for different programs and special events. Volunteers include coaches, officials, program aides, such as our Counselor-in-Training program and a variety of race helpers.

Part-time employment is also available for life guards and water safety instructors.

Join our team. Employment applications are online at [www.eastgr.org](http://www.eastgr.org).



# REGISTRATION

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



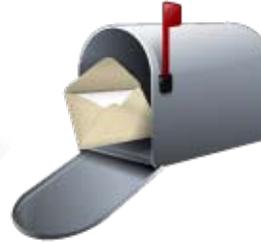
www.eastgr.org



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 July 14 for residents and July 21 for non-residents.*

## EGR PARKS & RECREATION REGISTRATION FORM

Parent Name

Enrollee Name	Birthdate	Gender	Grade	Program Name/Code	School
<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: K-5 Soccer Leagues, Little Sluggers Tee Ball Leagues, Pre K- 2nd Coed Basketball, 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.



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



# DAVID KIRCHGESSNER

REALTOR – EAST GRAND RAPIDS

*You've probably heard that our local market is experiencing a historically low inventory of houses. Now more than ever, you need an agent with intimate knowledge of our area and who is networked into our community. My home, heart and office are all located in EGR.*

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616.617.4644 | david.kirchgessner@gmail.com

Greenridge Realty Gaslight Village | 2213 Wealthy St, Grand Rapids



**For Students with Learning Challenges**

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Is your child struggling in the regular classroom, even with reading and other support services? For over 35 years, the Arrowsmith program has helped students build and develop their cognitive processes. Like exercise helps build muscle strength, Arrowsmith helps build brain strength. This worldwide, non-denominational program has proven results, allowing students to perform — even excel — in a traditional classroom setting.

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- Develops attention, visual memory, auditory processing and comprehension
- Ideal for grades 3-8



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

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PERMIT NO.40

**NEW  
DATE**

# You're invited!

## Mom and Son Night

**(Ages 4 - 12)**

Sports, sports and more sports! Spend some quality time with your son, grandson, nephew or friend and come for a fun filled evening of sports themed games. Bring your camera to capture a keepsake photo and more. An open house style event with check-in by 7:00P. Join in the fun for all 3 hours or part of the time. Don't forget to wear sports themed attire and dress to move and be active. This special event is open to all elementary school-aged boys and their favorite adult date (mom, grandma, aunt or special friend).

**Location: FULL GYM @ EGR High School**  
Min. 50/Max. 100

CODE	DAYS	DATES	TIME	RES/NR
24600-A	Sa-cpl.	11/12	5:30P-8:30P	\$38/\$48
24600-B	Sa-indiv.	11/12	5:30P-8:30P	\$26/\$36

**Sign up by October 26 and get a \$5 discount.**



**REGISTRATION BEGINS:**  
July 14 for Residents  
July 21 for Non-Residents

**TO REGISTER:**  
Call: 616.949.1750  
Online: [www.eastgr.org](http://www.eastgr.org)

