

# Parks & Recreation

City of Tecumseh

810 N. Evans Street • Tecumseh, MI 49286 • Phone: 517-423-5602 • [www.mytecumseh.org](http://www.mytecumseh.org)

## A. Smith Recreation Center

# Schedule for November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Office Hours</b> 9 AM - 8 PM <b>Senior Exercise</b> 9:00 AM \$1/person  <b>REFIT! Cardio</b> 9:00 AM \$8 non-resident, \$7 resident/class <b>Cancelled 11/7</b>  <b>Tot Lot Open Gym</b> 10:00 - 11:00 AM \$1/child  <b>Walking /Adult Open Gym</b> 12:00 - 2:00 PM \$1/person *Adults only/No strollers  <b>Meditation</b> 1:00 PM \$8 non-resident, \$7 resident/class  <b>After School Open Gym</b> <b>5th - 12th graders</b> 2:30 - 4:30 PM \$1/participant  <b>Drop-in Pickle Ball</b> <b>Ages 16 &amp; up</b> 7:00 - 9:00 PM \$4 non-resident, \$3 city resident/person  <b>Drop-in Ping Pong</b> <b>Ages 16 &amp; up</b> 7:00 - 9:00 PM \$4 non-resident, \$3 city resident/person <b>Beginning 11/14</b>  <b>Yoga with Karen Basile</b> 7:00 PM \$8 non-resident, \$7 resident/class <b>Cancelled 11/7</b>	<b>Office Hours</b> 9 AM - 8 PM  <b>Yoga with Karen Basile</b> 9:00 AM \$8 non-resident, \$7 resident/class <b>Cancelled 11/8</b>  <b>Walking /Adult Open Gym</b> 12:00 - 2:00 PM \$1/person *Adults only/No strollers  <b>After School Open Gym</b> <b>5th - 12th graders</b> 2:30 - 4:30 PM \$1/participant  <b>Tai Chi</b> 7:00 PM \$8 non-resident, \$7 resident/class  <b>Cardio Drumming</b> 7:00 PM \$8 non-resident, \$7 resident/class  <b>Adult Drop-in Basketball</b> 8:00 - 10:00 PM \$6 non-resident, \$5 city resident/person  All programs cancelled on 11/8 due to the recreation center being a polling location for elections.	<b>Office Hours</b> 9 AM - 5PM  <b>Senior Exercise</b> 9:00 AM \$1/person <b>Class cancelled 11/9</b>  <b>Zumba</b> 9:00 AM \$8 non-resident, \$7 resident/class <b>Cancelled 11/23</b>  <b>Drop-in Pickle Ball</b> <b>Ages 16 &amp; up</b> 10:00 - 12:00 PM \$4 non-resident, \$3 city resident/person  <b>Walking /Adult Open Gym</b> 12:00 - 2:00 PM \$1/person *Adults only/No strollers  <b>After School Open Gym</b> <b>5th - 12th graders</b> 2:30 - 4:30 PM \$1/participant  <b>Cardio Drumming</b> 2:30 - 4:30 PM \$1/participant  <b>Drop-in Soccer</b> <b>Ages 16 &amp; up</b> 7:00 - 9:00 PM \$6 non-resident, \$5 city resident/person <b>Beginning 11/16</b>	<b>Office Hours</b> 9 AM - 8 PM  <b>REFIT! Cardio</b> 9:00 AM \$8 non-resident, \$7 resident/class  <b>Walking/Adult Open Gym</b> 12:00 - 2:00 PM \$1/person *Adults only/No strollers  <b>After School Open Gym</b> <b>5th - 12th graders</b> 2:30 - 4:30 PM \$1/participant  <b>Cardio Drumming</b> 7:00 PM \$8 non-resident, \$7 resident/class <b>Last class 11/10</b>  <b>FitMix w/ Bart Bradley</b> 7:00 PM \$8 non-resident, \$7 resident/class <b>Last class 11/17</b>  <b>Adult Drop-in Basketball</b> 8:00 - 10:00 PM \$6 non-resident, \$5 city resident/ person	<b>We are closed on Fridays</b>  <b>Saturdays</b> Beginning November 12:  <b>PIYO with Karen Basile</b> 8:00 AM \$8 non-resident, \$7 resident/class <b>Cancelled 11/19</b>  <b>Cardio Drumming</b> 8:30 AM \$8 non-resident, \$7 resident/class  <b>REFIT! Cardio</b> 9:00 AM \$8 non-resident, \$7 resident/class <b>Cancelled 11/19</b>  We will have classes on 11/26
				<b>Sunday</b>  We are closed on Sundays  Be on the look-out for Sunday programs beginning in January.

## **Class Prices**

**Adult Fitness** classes are drop-in for \$8 non-residents, \$7 city residents/class or you may purchase a punch card: **11 visits for \$60 non-resident, \$50 city residents.** These classes include Yoga, Cardio Drumming, Zumba, Bootcamp, Meditation, Tai Chi, and REFIT! Cardio.

**For Cardio Drumming you will need a bucket, exercise ball, and drum sticks.**

**Yoga requires you to bring a yoga mat.**

**Drop-in Pickle Ball and Ping Pong** is \$4 non-resident, \$3 city resident/drop-in or you may purchase a punch card: **11 visits for \$30 non-resident, \$20 city resident.**  
This drop in time is for ages 16 & up.

**Adult Drop-in Basketball and Volleyball** is \$6 non-resident, \$5 city resident/drop-in or you may purchase a punch card:

**11 visits for \$40 non-residents, \$30 city residents.** Basketball drop in time is for adults 18 & over.

**Walking** is \$1/person. No strollers are permitted and is for adults only.

**Tot Lot** is \$1/child or you may purchase a punch card 11 visits for \$20. A parent or guardian must accompany their child for the duration of Tot Lot.

**After School Open Gym for 5th—12th graders** is \$1/participant Monday through Thursday from 2:30 - 4:30 PM. The participants must have arrangements to leave the AJ Smith Recreation Center at 4:30 PM, whether they will be picked up or walking. This gives the department time to clean and be ready for evening activities. Children under 10 years old must be accompanied by an adult.

Parks & Recreation also offers youth sports that practice in the gymnasiums in the evenings. Please ask a Parks & Recreation employee for more information about these programs or call us at 517-423-5602 to learn more.

***Clean soft soled shoes must be worn in the gyms.***