



Meri Lou Murray Recreation Center

Washtenaw County Parks & Recreation Commission

washtenaw.org/parks



Credit: Fred Golden Photography

Rates (Effective July 1, 2013; subject to change)

Individual 16-61 • (Y) Youth 3-15 • (S) Senior 62+
(D) Disabled (with doctor's note)

	County Resident	Non-Resident
Daily Fees		
Individual	\$8	\$9
Y/S/D	\$6	\$7
Annual Passes		
Individual	\$230*	\$345*
Y/S/D	\$180*	\$270*
Family	\$495*	\$745*
Over 80	\$60	\$60

*Renew before your Annual Pass expires to receive a \$10 discount. (Does not apply to "Over 80")

	County Resident	Non-Resident
6 Month Passes		
Individual	\$175	\$265
Y/S/D	\$135	\$205
Family	\$370	\$555

	County Resident	Non-Resident
30-Day Pass	\$45	\$45

Fitness/Instructional Swim Classes

See pages 4-6 for class registration fees †

Fitness Class "Drop-In" Rates †

Individual	\$8/class	\$9/class
Senior	\$6/class	\$7/class

† Registered fitness class participants are allowed to make up their absences in any class priced at equal or lesser value of the class in which they are registered (excluding martial arts classes). There are no make-ups for missed swim lessons. Non-registered individuals may drop in to Fitness classes when space is available.

About Us

Facilities & Programs

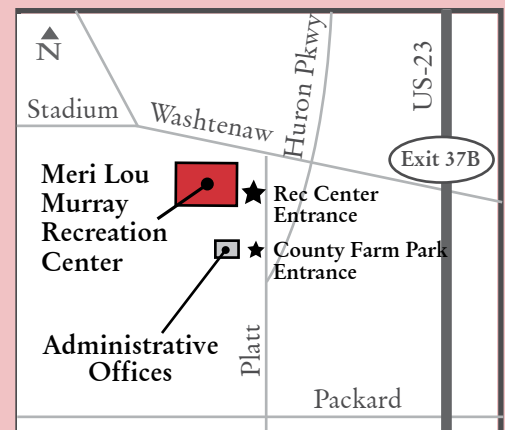
- Indoor Track (1/12 mile)
- Gymnasium
- Heated Pool (Barrier-free)
- Cardio Training Equipment
- Strength Training Equipment
- Locker Rooms
- Assisted Care Locker Room
- Personal Trainers
- Swim Instruction
- Fitness Classes

Building Hours

Mon-Fri, 6am-10pm
 Sat & Sun, 8am-6pm
Christmas Eve, Dec. 24 - 6am-12pm
Christmas Day, Dec. 25 - Closed
New Years Eve, Dec. 31 - 6am-5pm
New Years Day, Jan. 1, 2020 - Closed

Visit Us!

2960 Washtenaw Avenue
 (entrance on Platt Road)
 Ann Arbor, Michigan
 (734) 971-6355



Group Fitness Classes

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 Online Registration: 12/8 - 1/4
 Walk-in Registration: 12/9 - until filled
 (\$2 registration late fee after class begins)
 Classes Run: 1/5 -3/21

CARDIO

Aerobic Interval #23200
 Combination of aerobic conditioning and muscle work using weights, bands, balls and steps. This is a great cardiovascular workout!

Th 9:40-10:40a A \$58 (Sr. \$47)

Basic Aerobics #23210
 Slower paced, entry-level workout for all ages. 40 min. aerobics, 20 min. conditioning & stretch.

M 9:15-10:15a A \$58 (Sr. \$47)
 F 9:15-10:15a B \$58 (Sr. \$47)

Step It Up! #23220
 Basic step class designed for anyone who loves to move! Class includes light weights and bands. Get those hearts moving and step along with us. No prior step instruction required.

M 8:15-9:00a A \$44 (Sr. \$35)
 W 8:15-9:00a B \$44 (Sr. \$35)

Boot Camp #23230
 Ready to kick your workout routine up a notch? Come experience this high-energy, whole body workout! This class can be adapted to most fitness levels and is sure to generate results.

W 6:10-7:10a A \$58 (Sr. \$47)

Advanced Step #23240
 Targets lower extremities, excellent fat burner. Advanced choreography and/or intensity.

T 6:45-8:00a A \$73 (Sr. \$59)
 Th 6:45-8:00a B \$66 (Sr. \$53)
 Sat 8:05-9:05a C \$58 (Sr. \$47)

Step Interval #23250
 Combination of aerobic conditioning using step and muscle work through weights, bands, and/or ball. This is a great cardiovascular workout!

F 4:00-5:00p A \$58 (Sr. \$47)

Cardio Drumming ★ NEW! #23260
 Brings together drumsticks, an exercise ball, and a base to create one of the most fun workouts. Using an exercise ball and the floor as your drum, cardio drumming turns rhythm into a workout. Equipment provided.

T 12:30-1:30p A \$58 (Sr. \$47)

CONDITIONING

Aerobics and Strength #23300
 Tone, strengthen and firm your entire body! Bands, weights, resistance tubes, floor mats provided.

T 5:35-6:35p A \$58 (Sr. \$47)

Basic Sculpt & Condition #23310
 Slower paced entry level workout for all ages. Hand weights and tubes strengthen and tone muscles, while improving flexibility and balance.

T 8:30-9:30a A \$58 (Sr. \$47)
 Th 8:30-9:30a B \$53 (Sr. \$43)

Body Sculpt #23320
 Blending easy aerobic activities and strength training. Hand weights are used to tone and firm the entire body. This class focuses on all major muscle groups.

Th 6:35-7:35p A \$58 (Sr. \$47)

Sculpt & Condition #23330
 This class offers a little of everything and is designed to increase balance, flexibility, coordination, agility, and strength. In this class, participants will use weights, bands, and various equipment. A chair is used for seated or standing support.

Sat 9:20-10:20a A \$58 (Sr. \$47)

CYCLING

Studio Cycling #23600
 Experience the high gear cardio energy of this indoor cycling class! Blast calories, build muscle, and increase endurance. **Drop-ins not permitted when class is at capacity.**

F 6:15-7:15a B \$77 (Sr. \$66)

Group Fitness Hotline
 734-971-6355, #5
 Call for daily, current class schedule; updated only to announce class cancellations. (Substitutes for regular instructors will not be recorded)

Personal Trainers!
 If you're looking for that extra boost of motivation, personal trainers are available. Photos and bios of each trainer are available on the bulletin board at the facility and our website at washtenaw.org/parks.

AEROBICS

Zumba Fitness® #23110
 This Latin-based aerobic fitness class uses easy, fast, and slow rhythms set to fun Latin and international music. A real "feel happy" cardio workout!

M 6:40-7:40p A \$58 (Sr. \$47)
 F 6:30-7:30p B \$58 (Sr. \$47)
 Sat 10:35-11:35a C \$58 (Sr. \$47)

Zumba Gold® #23120
 Class combines zesty Latin and international rhythms with exhilarating, easy-to-follow moves and an invigorating party-like atmosphere. The pacing and moves are designed to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

F 10:20-11:20a A \$58 (Sr. \$47)

Zumba Toning® #23130
 An innovative muscle training program using lightweight dumbbells in combination with Latin-inspired dance rhythms. It provides participants with a safe, effective, redefining total body workout.

Sun 12:10-1:10p A \$58 (Sr. \$47)
 W 6:40-7:40p B \$58 (Sr. \$47)

Zumba Step® #23140
 Looking to strengthen and tone your legs and glutes? Step right up. This class combines the awesome toning and strengthening power of step aerobics, with the fun fitness-party of Zumba. Increase your cardio and calorie burning, while adding moves that sculpt your core and legs.

M 4:15-5:15p A \$58 (Sr. \$47)



Credit: Bryan Mitchell



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MARTIAL ARTS & SELF DEFENSE

Tae Kwon Do

Learn the technique, strength and proficiency of this martial arts style under the instruction of Grand Master B.C. Yu.

For dates and times, contact the Meri Lou Murray Recreation Center Front Desk.

(734) 971-6355 x0 | dsk@washtenaw.org

Tai Chi

#23510

Harmonize body & mind, better handle stressful situations, learn to release body energy to move with unified integrity using your structural alignment. All levels welcome. Instructed by Karla Groesbeck.

T 6:40-7:40p A \$58 (Sr. \$47)
Sun 10:30-11:30a B \$58 (Sr. \$47)

Tai Chi for Fall Prevention #23530

The Tai Chi for Fall Prevention Program is recommended by the CDC both as effective exercise for improving balance/preventing falls and a program designed to enhance general health and wellness for people with arthritis.

W 9:15-10:15a A \$58 (Sr. \$47)

Commando Krav Maga #23520

Commando Krave Maga is not traditional or sport-based martial art. There are no competitions, rules, or regulations. Instead, CKM is designed for the primary goal of survival in a no-rules environment.

M 7:45-9:15p A \$78

WATER AEROBICS

Water Aerobics

#22000

Looking for a new and refreshing way to stay in shape? Water aerobics is a great low impact workout that can improve strength, flexibility, circulation and cardiovascular stamina. Workouts can easily be tailored to match your abilities. No swimming skills required.

M 9:00-10:00a A \$58 (Sr. \$47)
M 6:00-7:00p B \$58 (Sr. \$47)
T 9:00-10:00a A \$58 (Sr. \$47)
T 10:00-11:00a D \$58 (Sr. \$47)
W 9:00-10:00a E \$58 (Sr. \$47)
W 6:00-7:00p F \$58 (Sr. \$47)
Th 9:00-10:00a G \$58 (Sr. \$47)
Th 10:00-11:00a H \$58 (Sr. \$47)
F 9:00-10:00a I \$58 (Sr. \$47)
Sat 9:00-10:00a J \$58 (Sr. \$47)

Class Fee Refund Policy

Cancelled or full class	Full refund
Before class begins	Full refund less \$5 service fee
After class begins*	Pro-rated refund less \$5 service fee
Missed class	No refund

No cash refunds; credit card or check only.
*Refund after 1st class only with letter from doctor for medical disability or from employer indicating transfer from the area.

MIND & BODY

Balanced Yoga

#23400

Use yoga movements and breathing techniques to relax and strengthen your mind and body, while increasing flexibility and working core muscles.

Th 5:30-6:30p A \$58 (Sr. \$47)

Pilates with Bands

#23410

Pilates with resistance bands for whole body conditioning. Strength training, stability work, and gentle stretching will improve core strength, posture, balance and flexibility

Sat 11:45a-1:00p A \$73 (Sr. \$59)

Fitness Pilates

#23430

Increase core strength and flexibility of the spine, along with improving posture, alignment and mind-body connection.

M 6:45-8:00a A \$73 (Sr. \$59)

Matwork Pilates

#23440

Benefits include increased overall flexibility and abdominal strength along with an overall sense of well being. Feel stronger and leaner as you develop your core.

M 10:30-11:30a A \$58 (Sr. \$47)
W 10:30-11:30a B \$58 (Sr. \$47)

PiYo

#23460

Mix of Pilates & yoga that increases flexibility and core strength. All fitness levels welcome.

M 11:45a-12:45p A \$58 (Sr. \$47)

Stretch and Strengthen

#23480

This class is for all ages to strengthen and stretch all major muscle groups at their own level. Core work and balance will be addressed.

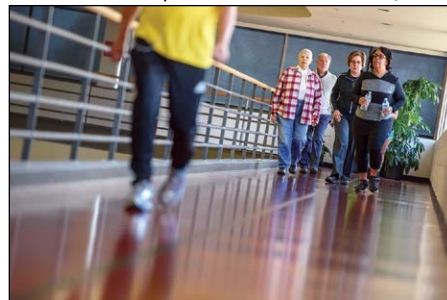
T 10:50-11:50a A \$58 (Sr. \$47)
Th 10:50-11:50a B \$58 (Sr. \$47)
M 5:30-6:30p C \$58 (Sr. \$47)

Yoga

#23490

Class includes breath control, meditation, and the adoption of specific bodily postures to increase health and relaxation.

F 5:20-6:20p A \$58 (Sr. \$47)



Credit: Bryan Mitchell

Friendly Reminders

Age Restriction - The minimum age for unsupervised participation in facility activities is 13. You must be 14, and have completed a weight room orientation for unsupervised use of the cardio or weight rooms. Following a fitness orientation, 12-13 year olds may be granted limited, supervised access to the fitness rooms. See front desk for more details.

Santa & Friends Series

Sunday, December 15, 4:30-6:30pm
Cost: \$8/person
Pre-registration required:
[#55350-A](http://parksonline.ewashtenaw.org).
Jump into the holiday season with your favorite Frozen characters. Enjoy a fun family swim, meet Elsa & Anna, and participate in cookie decorating.
Children 5 and under must be accompanied by an adult in the water at all times.

Children 6-8 who cannot pass the deep end test* must be accompanied by an adult in the water at all times.

Children 6 and older who can swim** must have an adult in the pool area at all times.

*Deep end test consists of swimming one full length of the pool without stopping and immediately treading water for 60 seconds without stopping.

**Can swim is defined by passing the deep end test. Deep end testing will take place before the event 3:30-4:15pm. Parents of children 6 and older who do not plan on swimming must have child participate in deep end testing prior to the event. Deep end tests can be administered during operation hours, please contact dsk@washtenaw.org to schedule a deep end test at another time prior to the event.

Daddy-Daughter Dance

Saturday, February 15, 6:30-8:30pm
Cost: \$20/couple, \$5/each additional child
You and your sweetheart will make lasting memories with dancing and age-appropriate music, light refreshments, a souvenir, and tons of fun to go around! Pre-registration required:
[#55000-A](http://parksonline.ewashtenaw.org).

Weight Room Orientation

We currently offer fitness room orientations free of charge on Mondays; 11:30am, 3:00pm and 4:15pm, Tuesdays; 9:00am, 10:30am, and 7:00pm. Please sign up at the front desk.

Class Registration Options

In Person • Online
Online registration at:
parksonline.ewashtenaw.org.
In person at the Meri Lou Murray Recreation Center
2960 Washtenaw Ave., Ann Arbor, MI 48104
Phone: 734-971-6355

For additional information, contact
Meri Lou Murray Recreation Center
Front Desk
(734) 971-6355 x0 | dsk@washtenaw.org

Instructional Swim

Registration Required - Winter 1 & Spring 1 Sessions

WI Online Registration: 12/8 - 1/4
 Walk-in Registration: 12/9 - 1/4
 (\$5 late fee per class for registration after 12/21)
 Lessons Run: 1/5 - 2/22

SI Online Registration: 2/9 - 2/29
 Walk-in Registration: 2/10 - 2/29
 (\$5 late fee per class for registration after 2/29)
 Lessons Run: 3/1 - 4/19
 No Classes: 4/15

PRIVATE LESSONS AVAILABLE AT OTHER TIMES BASED ON AVAILABILITY. FOR MORE INFO EMAIL, DSK@WASHTENAW.ORG.

GROUP SWIM LESSONS

YOUTH

Parent Tot 1 \$56 #21010
 (6 mos–18 mos with adult) With adult participation, infants and toddlers learn to enjoy water activities. Songs and games teach the children water comfort. One adult per child.

	Session I	Session II
Sun 10:30–10:55a	A	C
Sat 10:30–10:55p	B	D

Parent Tot 2 \$56 #21020
 (18 mos–3.5 yrs with adult) Through songs and games, and with adult help, pre-school aged children learn water comfort and simple water skills. One adult per child.

	Session I	Session II
Sun 11:00–11:25a	A	C
Sat 11:00–11:25a	B	D

Preschool 1 \$56 #21040
 (At least 4 yrs) Great for beginners! Children with little or no water experience will learn water comfort, supported floating/kicking, basic arm movement.

	Session I	Session II
Sun 10:00–10:25a	A	E
Sun 12:00–12:25p	B	F
Sat 10:00–10:25a	C	G
Sat 12:00–12:25a	D	H

Preschool 2 \$56 #21050
 (4–5 yrs) Children already comfortable in the water will practice swimming skills without support. Floating, kicking, front crawl and back crawl will be taught.

	Session I	Session II
Sun 11:30–11:55a	A	E
Sun 12:30–12:55p	B	F
Sat 11:30–11:55a	C	G
Sat 12:30–12:55p	D	H

Level 1 \$63 #21060
 (At least 5 yrs) Fundamental aquatic skills for children who can fully submerge head, float and kick on both front and back without support to begin to complete their strokes.

	Session I	Session II
Sun 10:00–10:40a	A	I
Sun 10:50–11:30a	B	J
Sun 11:40a–12:42p	C	K
Sun 12:30–1:10p	D	L
Sat 10:00–10:40a	E	M
Sat 10:50–11:30a	F	N
Sat 11:40a–12:20p	G	O
Sat 12:30–1:10p	H	P

Level 2 \$63 #21065
 (Must pass Level 1 or with permission) Learn to combine and coordinate basic swimming skills into complete strokes. Rhythmic breathing introduced; front and back crawls will improve.

	Session I	Session II
Sun 10:00–10:40a	A	I
Sun 10:50–11:30a	B	J
Sun 11:40a–12:20p	C	K
Sun 12:30–1:10p	D	L
Sat 10:00–10:40a	E	M
Sat 10:50–11:30a	F	N
Sat 11:40a–12:20p	G	O
Sat 12:30–1:10p	H	P

Level 3 \$63 #21070
 (Must pass Level 2 or with permission) Deep water comfort is a must. Improved stroke technique and endurance is the focus. Children work on more distance with front and back strokes, along with intro to breaststroke and butterfly. Treading water for at least 30 seconds.

	Session I	Session II
Sun 10:00–10:40a	A	C
Sat 10:00–10:40a	B	D

Level 4 \$63 #21075
 (Must pass Level 3 or with permission) Students will refine and improve strokes for those who can swim front and back crawl, and demonstrate breaststroke and butterfly. Must be able to tread water for 1 minute.

	Session I	Session II
Sun 10:50a–11:30p	A	C
Sat 10:50a–11:30p	B	D

Level 5 \$63 #21080
 (Must pass Level 4 or with permission) Students work on stroke refinement for those who have coordinated freestyle, backstroke, breaststroke and butterfly.

	Session I	Session II
Sun 11:40a–12:20p	A	C
Sat 11:40a–12:20p	B	D

Endurance Training \$63 #21090
 (Must pass Level 5 or with permission) Students work on building endurance and focus on stroke technique for swim club/team.

	Session I	Session II
Sun 12:30–1:10p	A	C
Sat 12:30–1:10p	B	D

ADULT & TEEN

Beginning Swimmer \$70 #21100
 (13+ yrs) Designed for those with little or no water experience. Class will focus on water comfort and introduction of strokes. Seniors 62 & Over will receive a \$10 discount.

	Session I	Session II
Th 6:30–7:30p	A	B

Intermediate Swimmer \$70 #21110
 (13+ yrs) Designed for students with some water experience and swimming ability. Class will focus on stroke improvement, including correct breathing coordination.

	Session I	Session II
Th 6:30–7:30p	A	B



Credit: Bryan Mitchell

PRIVATE SWIM LESSONS

Private Swim Lessons \$140 #21000
 (4+ yrs) One-on-one instruction to fit individual needs. Six week sessions. A second person may be added to the same lesson for \$70. Thursday lessons in Session II will be discounted due to the holiday.

	Session I	Session II
Sun 10:00–10:30a	A	S
Sun 10:30–11:00a	B	T
Sun 11:00–11:30a	C	U
Sun 11:30a–12:00p	D	V
Sun 12:00–12:30p	E	W
Sun 12:30–1:00p	F	X
Th 5:00–5:30p	G	Y
Th 5:30–6:00p	H	Z
Th 6:00–6:30p	I	Z1
Th 6:30–7:00p	J	Z2
Th 7:00–7:30p	K	Z3
Th 7:30–8:00p	L	Z4
Sat 10:00–10:30a	M	Z5
Sat 10:30–11:00a	N	Z6
Sat 11:00–11:30a	O	Z7
Sat 11:30a–12:00p	P	Z8
Sat 12:00–12:30p	Q	Z9

(734) 971-6355 x 0 | dsk@washtenaw.org

No make-ups, refunds, or substitutions for missed instructional swim classes

Late registration for Instructional Swim will result in a \$5 late fee