



Spring/Summer 2023 Community Programs at Chelsea and Dexter Wellness Centers

COMMUNITY EDUCATION

FREE SUMMER OUTDOOR YOGA Sat 6/3- 8/19

Please bring your own yoga mat or towel

Yoga in the Park- Dexter Mill Creek Park 8:00 am – 9:00 am**

Yoga on the Lawn – Chelsea Library 10:00 am – 11:00 am**

Yoga at the Lake – Grass Lake County Park 10:00 am – 11:00 am**

**Weather/Instructor permitting. Visit the Wellness Centers social media pages for up to date information.

Yoga Class: Honoring Our Connection

Dianna Kause Yoga & Meditation Instructor, Life Transition Coach

For anyone with a special relationship to honor, this class is for you!

Bring your mom, adult child, sibling, aunt, uncle, dad, friend or yourself. This class is beginner friendly with a theme of CONNECTION weaved throughout. **Registration is required.**

Sunday, 5/14 10:15 am – 11:15 am FREE CHE

Senior Health and Fitness Day

Seniors workout FREE at any Center on Wednesday 5/24

Chair Yoga 10:30 am FREE CHE

Cardio Strength Lite! 10:30 am FREE DEX

Zumba Gold® 9:15 am FREE STK

Water Safety Week Lectures at the Wellness Centers

June 13 CHE June 14 DEX 12:00 pm – 2:30 pm

In this lecture families will discuss safety skills including drowning prevention, responding to swimmers in distress, and how to safely have fun at water parks and beaches. The second half of the lecture will be in-water; participants will play games to develop water safety skills such as: performing a reaching assist, cuing to enter the water, and floating to prevent fatigue through water. Prizes will be available for participants. This lecture is for all ages. Families welcome

Registration Required. Call 734-214-0220 CHE 734-580-2500 DEX

QPR- Question, Persuade, Refer- Suicide Prevention Training

Question, Persuade, Refer (QPR) teaches participants how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. The course topics include the common causes of suicidal behavior, the warning signs of suicide, and how to get help for someone in crisis and other information on preventing suicide. Registration is required.

Thurs 5/18 6:00 pm – 7:00 pm FREE CHE

WIM Hof Method

Tim Mann, LPC, SCL, Peak-Performance Coach, Certified Wim Hof Method Instructor, AED/CPR/First Aid Certified.

The Wim Hof Method (WHM) can help you gain control of your autonomic nervous system and open the door to an array of health benefits. For more information and to register please visit <https://www.wimhofmethod.com/instructors/timothy-mann-1>

Saturday July 22 9:00 am – 1:00 pm CHE

CHE = Chelsea Wellness Center DEX = Dexter Wellness Center STK = Stockbridge Wellness Center
734-214-0220 734-580-2500 517-851-4486

MEM = Chelsea, Dexter or Stockbridge Wellness Center Member
Senior = 60+
Registration required for all events. Please call to register or for more information.

*Scholarships Available

COMMUNITY EDUCATION

Men's Health & Fitness

Men workout for FREE at any Center during the week!

Call the Center for more details.

June 12-18 Week

Scholarship Opportunities

Wellness Center membership and Community Education Scholarships, through the 5 Healthy Towns Foundation, are available to individuals meeting financial criteria.

For more information, visit 5healthytowns.org or call Karen Bradley at 734-214-0232.

Rock Steady Boxing

A non-contact boxing-based fitness program designed to minimize the effects of Parkinson's disease and improve activities of daily living.

Mon/Wed/Fri 1:30 pm – 3:00 pm \$129/month CHE

Call for more information. 734-214-0220

Game of Go

Game of Go lessons and group problem-solving at 10 AM every Saturday, with paired games starting at 11 AM. Beginners and all level of players are welcome.

Saturdays FREE DEX

FITNESS CLASSES

For all Fitness Classes call the Center for more details on pricing!

Cardio Beats

This class combines cardio exercise and drumming to the rhythm of upbeat music for a workout that is perfect for all levels of fitness.

Monday 5/1- 8/28 11:30 am – 12:30 pm CHE

Sivananda Yoga

This class offers a modified version of the classic Hatha yoga practice. This practice is accessible for all levels.

Monday 5/1- 8/28 5:30 pm – 6:30 pm CHE

Tuesday 5/2- 8/29** 4:00 pm – 5:00 pm DEX

**No class 7/4

Line Dancing

Line Dances are choreographed dances with a repeating series of steps that are performed in unison.

Thursday 5/4- 8/31 1:15 pm – 2:15 pm CHE

Zumba®

A fusion of Latin and international music help create a dynamic, exciting, effective workout with fun aerobic/fitness interval training! So fun, you don't notice how high your heart rate can get!

Friday 5/5-8/25 11:00 am – 12:00 pm DEX



AQUA CLASSES

All Aqua Classes:

\$72 non-member \$66 member per 6 week session

Water Babies

For toddlers ages 0 - 2 who need an adult to be with them in the water. This class will have a focus on water safety and will primarily feature songs and games. This will take place in the warm water pool. Min.3 Max. 10 participants

| | | |
|--------------------------------|---------------------|-----|
| Thursday 5/18-6/22 & 7/13-8/17 | 4:00 pm – 4:30 pm | |
| Saturday 5/20-6/24 & 7/15-8/19 | 11:30 am – 12:00 pm | CHE |
| Monday 5/15- 6/19 & 7/10-8/14 | 4:00 pm – 4:30 pm | |
| Friday 5/19-6/23 & 7/14-8/18 | 3:30 pm – 4:00 pm | DEX |

Preschool Swim

For younger students, ages 3-4, who would benefit from a smaller class size. This class will have a focus on water safety, floating, and blowing bubbles. This class will take place in the warm pool. Parents are welcome to join, but not required. Min.3 Max. 4 participants

| | | |
|---------------------------------|-------------------|-----|
| Monday 5/15- 6/19 & 7/10-8/14 | 4:45 pm – 5:15 pm | |
| Wednesday 5/17-6/21 & 7/12-8/16 | 3:30 pm – 4:00 pm | |
| Friday 5/19-6/23 & 7/14-8/18 | 4:15 pm – 4:45 pm | DEX |

Level 1 Swim

For all students aged 4-8 who are not yet comfortable going under water. Class will focus on kicking, floating, blowing bubbles, and water safety. This class will take place in the warm pool. Parents not in the water. Min. 3 Max. 5 participants

| | | |
|--------------------------------|---------------------|-----|
| Tuesday 5/16-6/20 & 7/11-8/15 | 4:00 pm – 4:30 pm | |
| Thursday 5/18-6/22 & 7/13-8/17 | 4:45 pm – 5:15 pm | |
| Saturday 5/20-6/24 & 7/15-8/19 | 12:15 pm – 12:45 pm | CHE |
| Monday 5/15- 6/19 & 7/10-8/14 | 5:30 pm – 6:00 pm | DEX |

Level 2 Swim

For students ages 5-10. Class will focus on kicking and scooping independently, breathing while swimming, and water safety. Students should be comfortable going underwater and floating with assistance prior to the start of class. This class takes place in the warm pool. Parents not in the pool. Min. 3 Max. 5 participants

| | | |
|---------------------------------|-------------------|-----|
| Tuesday 5/16-6/20 & 7/11-8/15 | 4:45 pm – 5:15 pm | |
| Thursday 5/18-6/22 & 7/13-8/17 | 5:30 pm – 6:00 pm | |
| Saturday 5/20-6/24 & 7/15-8/19 | 1:00 pm – 1:30 pm | CHE |
| Monday 5/15- 6/19 & 7/10-8/14 | 6:15 pm – 6:45 pm | |
| Wednesday 5/17-6/21 & 7/12-8/16 | 6:15 pm – 6:45 pm | DEX |

Level 3 Swim

For students ages 7-14 who are able to swim on their own a short distance but have not mastered any swimming strokes. This class will focus on developing stroke techniques, going underwater in the deep end, and water safety. This class will take place in the lap pool. Parents not in the pool. Min. 3 Max. 6 participants

| | | |
|----------------------------------|-------------------|-----|
| Tuesday 5/16-6/20 & 7/11-8/15 | 5:30 pm – 6:00 pm | |
| Saturday 5/20-6/24 & 7/15-8/19 | 1:45 pm – 2:15 pm | CHE |
| Wednesday 5/17- 6/21 & 7/12-8/16 | 4:45 pm – 5:15 pm | |
| Friday 5/19-6/23 & 7/14-8/18 | 5:00 pm – 5:30 pm | DEX |

Level 4 Swim

For students ages 7-14 who are familiar with several swimming strokes, but cannot swim who full laps without stopping. Students should be able to swim 25 meters (one length of the pool) before participating. This class will take place in the lap pool. Parents are not required. Min. 3 Max. 6 participants

| | | |
|---------------------------------|---------------------|-----|
| Tuesday 5/16-6/20 & 7/11-8/15 | 6:15 pm – 6:45 pm | CHE |
| Saturday 5/20- 6/24 & 7/15-8/19 | 12:00 pm – 12:30 pm | DEX |

CHE = Chelsea Wellness Center 734-214-0220 DEX = Dexter Wellness Center 734-580-2500 STK = Stockbridge Wellness Center 517-851-4486

MEM = Chelsea, Dexter or Stockbridge Wellness Center Member
Senior = 60+
Registration required for all events. Please call to register or for more information.

*Scholarships Available

AQUA CLASSES

Level 5/6 Swim

For students 7-16 who are interested in training to become competitive swimmers in middle or high school. Students should be familiar with all strokes and be able to swim two full laps prior to enrollment. This class takes place in the therapy pool. Parents are not in the water. Min. 3 Max. 6 participants

Saturday 5/20- 6/24 & 7/15-8/19 11:15 am – 11:45 am DEX

Adult Beginner Swimming

For students ages 14+ who are either new to swimming, or are interested in rebuilding a strong swimming foundation starting with floating in the water. This class takes place in the therapy pool.

Min. 3 Max. 8 participants

Friday 5/19-6/23 & 7/14-8/18 5:45 pm – 6:15 pm DEX

Adult Intermediate Swimming

This is for students ages 14+ who are familiar with one or more strokes but don't have the endurance to swim multiple laps. Class will focus on fitness, but students will learn how to continue developing their stroke outside of class during lap swim. This class takes place in the lap pool. Min. 3 Max. 8 participants

Wednesday 5/17-6/21 & 7/12-8/16 5:30 pm – 6:00 pm DEX

Adult Fitness Swimming

For students 14+ who are interested in swimming for fitness. Swimmers of all levels are welcome, but students should be able to swim one lap before participating. This class takes place in the lap pool. Min. 3 Max. 8 participants

Thursday 5/18-6/22 & 7/13-8/17 6:15 pm – 7:00 pm CHE
Saturday 5/20-6/24 & 7/15-8/19 10:15 am – 11:00 am DEX

\$84 non-member \$72 member per 6 week session.

SMALL GROUP PERSONAL TRAINING

Beginner Pickleball Class

This beginning clinic consists of four one-hour sessions. It includes an overview of pickleball rules, court layout, equipment, strategy and game play. No previous pickleball experience is necessary.

Tuesday & Thursday 5/2-5/11 10:00 am – 11:00 am FEE \$40 DEX
Tuesday & Thursday 5/23-6/1 10:00 am – 11:00 am FEE \$40 DEX
Tuesday & Thursday 6/13-6/22 10:00 am – 11:00 am FEE \$40 DEX

Adaptable Movement

\$42 per 6-week session

Wednesday 5/24- 7/5 3:45 pm – 4:45 pm DEX
Wednesday 7/12- 8/16 3:45 pm – 4:45 pm DEX

****No class 6/14**

Pilates Reformer

Unlike mat Pilates, Reformer Pilates is performed on an intelligently designed piece of equipment with a system of springs and pulleys to provide resistance. This builds balanced strength and flexibility, working your body through its full range of motion. Pilates is a full body workout that aligns the body to allow you to do whatever else you want to do more efficiently. Pilates can be modified to fit any body at any age or stage of life. Registration Required

Tuesday 5/2- 8/22 8:00 am – 9:00 am
Wednesday 5/3-8/23 12:00 pm – 1:00 pm
Thursday 5/4-8/23 9:30 am – 10:30 am

Please contact the member service desk for more information on sessions/prices. DEX

