



# Fall 2023 Community Programs at Chelsea and Dexter Wellness Centers

## COMMUNITY EDUCATION

### 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](http://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. Monday/Wednesday/Friday 1:30 pm – 3:00 pm \$129/month **CHE**  
Call for more information. 734-214-0220

### Yoga for Parkinson

People with PD have been shown to respond favorably to the practice of Yoga. This class is suitable for people with PD as well as their caregivers. While yoga cannot reverse PD, it can ease symptoms by improving core strength, flexibility, and balance. Yoga may also decrease stress and bring calm to a busy mind, allowing for deeper relaxation. In addition to postures, breathing techniques will be shared to apply anytime during your day that may help with one's symptoms. All levels are welcomed, modifications will be given. Tuesday 9/5-9/26 2:00 pm – 3:00 pm FEE \$56 MEM \$40 **CHE**

### 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**

### Women's Health and Fitness Day

Free visit for Women on Wednesday, September 27. Women will have access to our state-of-the-art facility including the fitness floor, pools, classes, and more!

### Appetizers and Art

We will be creating a project with Eli from Curiouser Clay. Registration required. Limit 30 people. Wednesday 9/27 5:30-7:00pm Fee: FREE **CHE**

**CPR/First Aid, Lifeguard, & Babysitter Training Available at the Wellness Centers. Contact the Member Service Desk for more details.**

## SMALL GROUP PERSONAL TRAINING

### Adaptable Movement

Wednesday 8/23- 9/27	3:45 pm – 4:45 pm	FEE\$42	<b>DEX</b>
Wednesday 10/4- 11/8	3:45 pm – 4:45 pm	FEE \$42	<b>DEX</b>
Wednesday 11/15- 12/20	3:45 pm – 4:45 pm	FEE \$42	<b>DEX</b>

**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

## SMALL GROUP PERSONAL TRAINING

### Strengthening Your Posture

Tuesday 9/26- 10/31	12:00 pm – 1:00 pm	FEE \$90	MEM \$84	<b>CHE</b>
Tuesday 11/7- 12/12	12:00 pm – 1:00 pm	FEE \$90	MEM \$84	<b>CHE</b>

### 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 9/19-9/28	10:00 am – 11:00 am	\$40	<b>DEX</b>
Tuesday & Thursday 9/19-9/28	4:00 pm – 5:00 pm	\$40	<b>DEX</b>
Tuesday & Thursday 10/17-10/26	10:00 am – 11:00 am	\$40	<b>DEX</b>
Tuesday & Thursday 11/7-11/16	10:00 am – 11:00 am	\$40	<b>DEX</b>
Tuesday & Thursday 12/5-12/14	10:00 am – 11:00 am	\$40	<b>DEX</b>

### Advanced Beginner/Refresher Pickleball Class

Tuesday & Thursday 10/17-10/26	4:00 pm – 5:00 pm	\$40	<b>DEX</b>
Tuesday & Thursday 11/7-11/16	4:00 pm – 5:00 pm	\$40	<b>DEX</b>

### 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. Please contact the Member Service Desk for more information on sessions/prices. **DEX**

Tuesday 9/5- 9/26 & 10/3-10/24	8:30 am – 9:30 am
Thursday 9/7-9/28 & 10/5-10/26	9:30 am – 10:30 am
Saturday 9/9-9/23	9:00 am – 10:00 am & 10:00am – 11:00am
Saturday 10/7-10/21	9:00 am – 10:00 am & 10:00am – 11:00am
Tuesday 11/7-11/21	8:30 am – 9:30 am
Thursday 11/2-11/16	9:30 am – 10:30 am
Saturday 11/4-11/18	9:00 am – 10:00 am & 10:00am – 11:00am
Tuesday 12/5-12/19	8:30 am – 9:30 am
Thursday 12/7-12/21	9:30 am – 10:30 am
Saturday 12/2-12/16	9:00 am – 10:00 am & 10:00am – 11:00am

### Training Your Pelvic Floor

This class improves the strength and mobility of the pelvic floor, effectively improving the function of multiple systems. Pelvic floor muscle training exercises can help strengthen the muscles under the uterus, bladder, and bowel. Members learn to contract and relax pelvic floor muscles relative to other muscles. They also learn breathing and timing techniques that make the exercises more effective. The exercises are designed to stretch tight muscles, strengthen weak muscles and boost flexibility. This class can help both men and women who have problems with urine leakage, bowel control, endometriosis, weak pelvic floor muscles, pre- and post-natal clients and menopause.

Thursday 11/2- 11/30 5:00 pm – 6:00 pm FEE \$90 MEM \$84 **DEX**  
**\*no class 11/23**



## AQUA CLASSES

### 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 9/7-10/19 & 11/9-12/21	3:30 pm – 4:00 pm	
Saturday 9/9- 10/28 & 11/11-12/23	9:40 am – 10:10 am	CHE
Sunday 9/3- 10/15 & 11/12-12/17	8:00 am – 8:30 am	
Monday 9/11- 10/23 & 11/6-12/18	3:30 pm – 4:00 pm	DEX

No Classes 9/16-9/23 & 11/20-11/25

### 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.4 Max. 5 participants

Tuesday 9/5- 10/17 & 11/7- 12/19	4:10 pm – 4:40 pm	
Thursday 9/7- 10/19 & 11/9- 12/21	4:10 pm – 4:40 pm	
Saturday 9/9- 10/28 & 11/11-12/23	10:20 am – 10:50 am	CHE
Sunday 9/3- 10/15 & 11/12- 12/17	10:00 am – 10:30 am	
Monday 9/11- 10/23 & 11/6- 12/18	4:10 pm – 4:40 pm	
Friday 9/8- 10/20 & 11/10- 12/22	3:30 pm – 4:00 pm	DEX

No Classes 9/16-9/23 & 11/20-11/25

### 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. 4 Max. 5 participants

Tuesday 9/5- 10/17 & 11/7- 12/19	4:50 pm – 5:20 pm	
Thursday 9/7- 10/19 & 11/9- 12/21	4:50 pm – 5:20 pm	
Saturday 9/9- 10/28 & 11/11- 12/23	11:00 am – 11:30 am	CHE
Sunday 9/3- 10/15 & 11/12- 12/17	10:40 am – 11:10am	
Monday 9/11- 10/23 & 11/6- 12/18	4:50 pm – 5:20 pm	
Friday 9/8- 10/20 & 11/10- 12/22	4:10 pm – 4:40pm	DEX

No Classes 9/16-9/23 & 11/20-11/25

### 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. 4 Max. 5 participants

Tuesday 9/5- 10/17 & 11/7- 12/19	5:30 pm – 6:00 pm	
Thursday 9/7- 10/19 & 11/9- 12/21	5:30 pm – 6:00 pm	
Saturday 9/9- 10/28 & 11/11- 12/23	11:40 pm – 12:10 pm	CHE
Sunday 9/3- 10/15 & 11/12- 12/17	11:20 am – 11:50 am	
Monday 9/11- 10/23 & 11/6- 12/18	5:30 pm – 6:00 pm	
Friday 9/8- 10/20 & 11/10- 12/22	4:50 pm – 5:20 pm	DEX

No Classes 9/16-9/23 & 11/20-11/25

### 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 9/5- 10/17 & 11/7- 12/19	6:10 pm – 6:40 pm	
Thursday 9/7- 10/19 & 11/9- 12/21	6:10 pm – 6:40 pm	
Saturday 9/9- 10/28 & 11/11- 12/23	1:00 pm – 1:30 pm	CHE
Sunday 9/3- 10/15 & 11/12- 12/17	8:40 am – 9:10 am	
Monday 9/11- 10/23 & 11/6- 12/18	6:10 pm – 6:40 pm	
Friday 9/8- 10/20 & 11/10- 12/22	5:30 pm – 6:00 pm	DEX

No Classes 9/16-9/23 & 11/20-11/25

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 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 9/5- 10/17 & 11/7- 12/19	6:50 pm – 7:20 pm	
Saturday 9/9- 10/28 & 11/11- 12/23	12:20 pm – 12:50 pm	CHE
Sunday 9/3- 10/15- 11/12- 12/17	9:20 am – 9:50 am	DEX

No Classes 9/16-9/23 & 11/20-11/25

### 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 9/9- 10/28 & 11/11- 12/23	9:00 am – 9:30 am	CHE
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No Classes 9/16-9/23 & 11/20-11/25

### 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. 6 participants

Saturday 9/9- 10/28 & 11/11- 12/23	9:20 am – 9:50 am	DEX
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No Classes 9/16-9/23 & 11/20-11/25

### 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. 6 participants

Saturday 9/9- 10/28 & 11/11- 12/23	8:40 am – 9:10 am	DEX
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No Classes 9/16-9/23 & 11/20-11/25

### 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

Saturday 9/9- 10/28 & 11/11- 12/23	8:00 am – 8:30 am	DEX
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No Classes 9/16-9/23 & 11/20-11/25

### Homeschool Swim

The homeschool swim program is for older children, ages 7- 16 years, in level 2, level 3 or level 4 that are available in the afternoon. This class takes place in the lap pool. Min. 3 Max. 6 participants

#### Level 2 Homeschool Swim

Tuesday 9/5- 10/17 & 11/7- 12/19	1:00 pm – 1:30 pm	CHE
Monday 9/11- 10/23 & 11/6- 12/18	1:00 pm – 1:30 pm	DEX

#### Level 3 Homeschool Swim

Tuesday 9/5- 10/17 & 11/7- 12/19	1:40 pm – 2:10 pm	CHE
Monday 9/11- 10/23 & 11/6- 12/18	1:40 pm – 2:10 pm	DEX

#### Level 4 Homeschool Swim

Tuesday 9/5- 10/17 & 11/7- 12/19	2:20 pm – 2:50 pm	CHE
Monday 9/11- 10/23 & 11/6- 12/18	2:20 pm – 2:50 pm	DEX

No Classes 9/16-9/23 & 11/20-11/25

\*\*\*No Aqua Classes 9/16-9/23 & 11/20-11/25\*\*\*

Registration Deadline September - October: **August 30**

Registration Deadline November - December: **November 1**

