



# SUMMER FUN GUIDE 2012

*U* NIVERSITY  
*Club*

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MICHIGAN STATE UNIVERSITY

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# Hours of Operation\*

## SWIMMING POOL.....353-POOL

**MON-FRI** 11:30 a.m. - 9:00 p.m.

**SAT-SUN** 10:00 a.m. - 9:00 p.m.

## FITNESS CENTER & SPA.....353-5113

**MON-FRI** 5:30 a.m. - 9:00 p.m.

**SAT-SUN** 7:00 a.m. - 5:00 p.m.

## KIDZ CLUB CHILDCARE.....353-5113

For ages newborn - 12 years; open to all members and guests while on the premises. Reservations required for children under 24 months.

**Members:** \$3.25/hr first child;  
\$2.00/hr each additional child in family

**Non-Members:** \$4.25/hr first child;  
\$2.50/hr each additional child in family

**MON-FRI** 8:30 a.m. - 1:00 p.m.  
5:00 p.m. - 8:00 p.m.

**During Camp Weeks:** 7:30 a.m. - 1:00 p.m.  
4:00 p.m. - 8:00 p.m.

**SAT** 8:30 a.m. - 1:00 p.m.

## FOREST AKERS GOLF COURSES 355-1635

Forest Akers is open from early spring through late fall, weather permitting. Hours vary; call for details.

# Dining Hours

## MINGLE RESTAURANT

Breakfast **MON-FRI** 7:00 - 10:00 a.m.

**& SAT** 8:00 - 11:00 a.m.

Brunch **SUN** 11:00 a.m. - 2:00 p.m.

Lunch **MON-FRI** 11:30 a.m. - 2:00 p.m.

Dinner **TUES-SAT** 5:30 - 9:00 p.m.

## MIXX LOUNGE

**TUES-THURS** 4:00 - 9:00 p.m.

**FRI** 4:00 - 10:00 p.m.

**SAT** 11:30 a.m. - 10:00 p.m.

## GARDEN TERRACE June 1 - Sept. 1

**MON-SAT** 11:30 a.m. - 2:00 p.m.

**TUES-SAT** 5:30 - 9:00 p.m.

## MAUI BEACH SNACK BAR

**Weekdays,** May 29 - June 8; 3:00 - 7:30 p.m.

**Weekends,** May 26 - June 10; 11:30 - 7:30 p.m.

**Daily,** June 11 - Sept. 3; 11:30 - 7:30 p.m.

## SUNSET GRILL Sundays, June 17 - Sept. 2

(Also June 22 & Sept. 3) 5:00 - 7:30 p.m.

July 4 4:00 - 6:30 p.m.

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\*Please note that weather, special events, and holidays could affect the hours of operation. See the club newsletter, website ([www.universityclubofmsu.org](http://www.universityclubofmsu.org)) or call 353-5111 for details.

# Club Leadership

## BOARD OF DIRECTORS

**Wanda Lipscomb - President & Summer Rec. Chair**

Patrick McPharlin, *Vice President*

William Beekman, *Secretary & Membership Chair*

Ray Schmidgall, *Treasurer & Finance Chair*

David Brower, *Director* • Stella Cash, *Social Chair*

David Closs, *Director* • William Dansby, *Past President*

Glenn Granger, *Facilities Chair & Golf Chair*

Mark Haas, *Director* • James Potchen, *Director*

June Youatt, *Director*

## SUMMER RECREATION COMMITTEE

**Wanda Lipscomb - Chair**

Kim Cronin • Marissa Cruz • Liz Goeble

Jennifer Guenther • Christie Lemon

Tamara Reid-Bush • Robyn Robins

Hollie Rusthoven • Phyllis Schroder

Karen Selin • Katie Taunt

## GOLF COMMITTEE

**Glenn Granger - Chair**

James Farrell • Ronald Gillum • Eric Grasse

Ron LaVigne • Darryl Massa • Mike Morrow

Dave Otis • Michael Phelps

Ernie Phillips • Robert Stapelman

## U-CLUB MANAGEMENT

General Manager & CEO.....Richard Bruner

Chief Operating Officer.....Karen Grannemann

Wellness & Recreation Director.....Ann Kostin-McGill

Membership Director.....Phyllis Riley

Catering Director.....Marilyn Mays

Food & Beverage Service Director.....Brandi Kirchoff

Executive Chef.....John Findley

Controller.....Rosemarie Harman

Chief Engineer.....John Fischette

Human Resources Director.....Debbie Barosko

## CLUB PHONE NUMBERS

Reservations & General Assistance .....353-5111

Banquet & Catering.....353-5112

Fitness Center & Spa.....353-5113

Executive Offices.....353-5114

Member Services (*membership, accounting, HR*) .....353-5350

Food & Beverage.....353-5351

## SUMMER PROGRAM MANAGEMENT

**Fitness Center & Spa.....353-5113**

Ann Kostin-McGill - *Wellness & Recreation Director*

**Summer Fun Office.....353-POOL (353-7665)**

**MSU Tennis Center.....355-2209**

Heather Mactaggart - *Tennis Director*

**Forest Akers.....355-1635**

Steve Ruthenberg - *Golf Course Manager* .....353-9376

**Camps.....353-5113**

Judy Rademacher - *Camp Program Director*

# Summer Fun Staff



## ANN KOSTIN-MCGILL

*Wellness & Recreation Director*

Ann joined the staff last fall and is responsible for directing all of the Club's summer recreation programs, as well as the Fitness Center, Spa, and Kidz Club. She holds a bachelor's degree from

Central Michigan University in Health Fitness Promotion, and has more than 20 years experience in the fitness and recreation industry, including 11 years at the City of Lansing Parks and Recreation. Ann is certified as a personal trainer and group fitness instructor, and is American Red Cross First Aid and CPR certified.



## JUDY RADEMACHER

*Camp Program Director*

Judy, or "Ms. Judy" as she's known to the kids, is the creative mastermind behind the Club's highly-regarded children's programs and summer camps. She has been with the U-Club

since 2005 and currently develops and manages all of the childcare and camp programs. She has a bachelor's degree from MSU in Audiology and Speech Pathology with a minor in Education and was a preschool teacher at the Holt Child Enrichment Center for 12 years.



## BRYAN HARRIS

*Junior Golf Instructor*

Bryan has coached both the East Lansing and Okemos High School Boy's Golf teams, competed in many state golf tournaments, and attended Ferris State University's Golf School. He has been

trained on the best golf instruction equipment, as well as apprenticed with two biomechanics instructors who have worked with LPGA and PGA tour players.



## TARIK ENUSTUN

*Head Tennis Pro*

A Lansing native, Tarik grew up playing tennis recreationally and began to play competitively by the age of 12. Playing number one singles for most of his high school career, he went on to play

for the Michigan State University Men's Tennis Team and graduated with a major in family and child ecology. Whether instructing children or adults, his objective is to improve confidence both on and off the court.

**Meet all of our summer staff on the bulletin board next to the Summer Fun Office !**



# Register Today !

Early registration is encouraged to help us staff and plan based on enrollments. Sessions fill quickly, and you don't want to be disappointed!

You may register in any of the following ways:

**By Phone** - Call **353-7665 (353-POOL)**

**In Person** - Drop by the U-Club Fitness Center and complete a registration form. *Beginning June 4*, visit us at the Summer Fun Office adjacent to the pool.

**Online** - [www.universityclubofmsu.org](http://www.universityclubofmsu.org). Visit the Club's website and find our online pdf form. Print, complete, and deliver to the Club's front desk or fax to **353-1991**, OR simply complete and submit online!

# Guest Policy

The Club's programs have been designed for the enjoyment of members and their immediate family (spouse & children) residing at the same address.

**Locally residing relatives** are considered non-members and must pay the non-member rate for summer programs and the guest fee to use the pool.

**Grandchildren age 15** and under who have been registered at the Summer Fun Office may enjoy complimentary use of the U-Club pool when accompanied by the member grandparent, and may register for Club summer programs at member rates.

**Adult children no longer living at home, other relatives, and friends** will be welcomed at the pool when accompanied by the member and upon payment of the guest fee. They may also participate in summer programs with a member at the non-member rate.

If you know a non-member who enjoys the Club's programs and would like to join the Club, contact the Membership Department at **353-5350**.

**Refund Policy** *Unless stated otherwise, the refund policy for all instructional programs is as follows:*

To ensure quality instruction, enrollment in each program is limited. When the Club accepts a registration, a spot is reserved for the registrant, often turning away other interested members when sessions fill.

The Club schedules instructional staff based on enrollments for each session. For these reasons, there will be no refund for enrollments canceled after 4:00 p.m. on the Thursday before the desired class.

The Club has the right to declare a class full, cancel a class, or to combine classes if there are not enough people registered. There will be no refunds or rebates for classes missed by the participant due to illness, travel, or other reasons.

## Registration Policies & Late Fees

To ensure personalized instruction, class sizes are capped and late registrations will be accepted on a space-available basis.

A \$10 surcharge will be applied for any registration received after 4:00 p.m. on the Thursday prior to the start of the desired class.

# Dining Options

See inside cover for hours.



## MEMBER RESTAURANT

Mingle is a modern and elegant restaurant with outstanding food; perfect for business, pleasure, and special occasions!



## COCKTAIL LOUNGE

Hip, cool surroundings combined with refreshing beverages and tasty menu items create the perfect Mixx!



## OUTDOOR DINING

Dine al fresco with a gorgeous view of the pool and Forest Akers West. When the weather's right, it's a great place to dine!



## SNACK BAR

A perfect poolside menu of burgers, hot dogs, sandwiches, salads, ice cream treats, slushies, and soft drinks, plus limited beer, wine, and cocktails.



## POOLSIDE GRILL

Place your order at the Maui Beach Snack Bar and choose from three full dinner options grilled poolside: salmon, chicken, or steak, all served with coleslaw, corn-on-the-cob, and a baked potato.

## POOLSIDE SERVICE

On busier days, our servers will take your order for beverages, snacks, or a meal - from the comfort of your poolside chair!



## Mom & Dad:

Childcare is available for you and your guests while you dine! See the inside front cover for details.

# Special Events

## Garden Terrace Opening

**FRI June 1 • 5:30-9:00 p.m.**

**SAT June 2 • 11:30 a.m.-2:00 p.m. & 5:30-9:00 p.m.**

It's the official start to outdoor summer dining at the U-Club! Come out for lunch or dinner and enjoy!

## Free Guest Days at the Pool

**SAT-SUN June 9-10 • 10:00 a.m.-9:00 p.m.**

Bring your friends, neighbors, and extended family to the pool for FREE this weekend! (Rain date: June 16-17. Check our website for details.)



## Summer Cocktail Mixxology Class

**THURS June 14 • 6:00-7:30 p.m.**

Learn the art of creating the perfect summer cocktail from U-Club Beverage

Manager Tom Mayes. He'll give you tips on how to mix, layer, muddle, and blend your favorite drink, plus - some new and classic recipes to try at home!

## Father's Day Brunch

**SUN June 17 • 11:00 a.m.-2:30 p.m.**

Honor your father or special man in your life with a lavish brunch buffet at the Club.

## "Club U" Margaritaville Party

**FRI June 22 • 6:00-9:00 p.m. • FREE & Open to all ages**

Come enjoy monster floats, live music, and a frozen margarita or other cocktail at our member-signed Tiki bar! Dinner available in Mixx, Mingle, the Garden Terrace, Maui Beach Snack Bar, and Sunset Grill.

## Fourth of July Pool Day

**WED July 4 • 11:30 a.m.-9:00 p.m.**

Celebrate Independence Day at the U-Club with special guest fees of only \$2 per person. Snack bar open regular hours; Sunset Grill available 4:00 - 6:30 p.m.

## Seafood & Lobster Lovers' Weekend

**FRI-SAT July 20-21 • 5:30-9:00 p.m.**

Enjoy your favorite seafood delights from our à la carte menu of seaside specialties, including lobster, shrimp, fish, and more! Plus, some selections for landlubbers too!



## Oceanside Extravaganza

**Seafood Buffet**

**FRI Aug. 17 • 5:30-9:00 p.m.**

Enjoy all your buffet favorites: seafood entrées, savory side dishes, summer fresh salads, and homemade breads!

## End of Summer Big Top Carnival

**SUN Aug. 19 • 2:00-5:00 p.m.**

It's a ton of fun at our 7th annual extravaganza featuring a dinner buffet, Jump Start DJ, bounce house, carnival games, and prizes!





# Weekly Activities

EVERY  
SUN

## Family & Friends Pool Nights

SUN • June 17-Sept. 2 • 4:00-9:00 p.m.

Special reduced guest fees of \$2 per person for entry after 4:00 p.m. make it easy to bring lots of friends to the U-Club pool! Enjoy dinner at Sunset Grill too (see below).

EVERY  
SUN

## Sunset Grill

SUN • June 17-Sept. 2 • 5:00-7:30 p.m.

Also available: June 22, July 4, Sept. 3

The Maui Beach Snack Bar expands its offerings on Sunday nights to include three full dinner options (served with coleslaw baked potato, and corn-on-the-cob):



- Grilled Salmon with fruit salsa
- One-half BBQ Chicken
- Top Sirloin Steak

Place your order at the Snack Bar and relax as we grill your selection right on the pool deck! (Not available Aug. 19 due to the Big Top Carnival.)

EVERY  
TUE

## Themed Cuisine Dinner Specials

TUES • June 5-Aug. 28 • 5:30-9:00 p.m.

### Mixx, Mingle & Garden Terrace

We're featuring a different cuisine each month for our Tuesday night dinner specials this summer. Come on out and enjoy!



- June: Shish Kabobs
- July: Sips & Sliders
- Aug.: Fresh Catch

EVERY  
WED

## Ladies Night

WED • June 20-Aug. 29 • 5:30-9:00 p.m.

### Mixx & Garden Terrace

Ladies rule at the U-Club on Wednesday nights! Groups of two or more ladies will receive:

- 50% off Small Plate Appetizers
- \$4 Margaritas and Mojitos
- Monthly U-Club Spa Promotions and Perks

EVERY  
WED

## Monster Float Nights

WED • June 20-Aug. 15 • 6:30-9:00 p.m.



(To ensure safety, Monster Floats are reserved for kids 8 & under from 6:30 - 7:30 p.m.)

We'll crank up the music and keep the snack bar open late, while you play games and enjoy the Monster Floats in the pool. Bring your own favorite float and make a big splash! (Lap lanes will be closed.)

Jump Start DJ will add to the fun starting at 6:30 p.m. on these dates: June 20, July 18, Aug. 15

# Weekly Activities

EVERY  
WED

## Tween & Teen Nights Age 11+

WED • June 20-Aug. 15 • 9:00-10:30 p.m.



When the pool normally closes at 9:00 p.m., we're keeping things open exclusively for tweens and teens (ages 11 and up, or those who have completed 6th grade). The Monster Float remains in the pool and the Snack Bar is open late. Bring a friend -

guests pay only \$2 to enter!

Jump Start DJ will add to the fun on these dates:

June 20, July 18, Aug. 15

PARENTS are invited to the Garden Terrace to enjoy cocktail service and complimentary chips and salsa while they wait.

EVERY  
TH

## Member Mixxers

THURS • June 7-Aug. 30 • 4:00-6:00 p.m.

### Mixx Lounge

Come socialize with fellow members in Mixx and enjoy our featured drink special and complimentary appetizer, plus 50% off well and call cocktails and all small plate appetizers on the menu. Then, head to Mingle or the Garden Terrace for a fabulous summer dinner with friends!

EVERY  
FRI

## Friday Night BBQ Delight

FRI • June 8-Aug. 31 • 5:30-9:00 p.m.



### Mixx, Mingle & Garden Terrace

Got a craving for BBQ? Come to the Club! We'll be offering a different BBQ special each week, from chicken, pork, and ribs, to seafood, veggies, and a variety of sauces! (Not available July 20 or Aug. 17.)

The **University Club of Michigan State University** is on Facebook! Check us out:

[www.facebook.com/universityclubofmsu](http://www.facebook.com/universityclubofmsu)



"Like" our page to follow our Facebook posts with current events, news, photos, and other useful information about your Club!



# U-Club Camps

CAMP THEMES:  
PG.11-12

## Kidz Camp Age 5-12

**(CKC) MON-FRI 9:00 a.m.-4:00 p.m.**

At Kidz Camp, your child will experience curriculum-based activities, including science, cooking, and more, to engage and stimulate their exploratory and creative mind. Also includes free play time, structured games and activities, recreational swimming, a healthy lunch, and two tasty snacks.

• Members: \$180 • Non-Member Guest: \$235

## Cadet Camp Age 3-6

**(CCC) MON-FRI 9:45 a.m.-2:00 p.m.**

Cadet Camp is perfect for your young child who might be more comfortable with a smaller group or shorter day. Crafts, activities, and games are made more age appropriate, and children are served a healthy lunch. Campers will join full-day campers for special activities. *(Does not include daily recreational swimming. During the two recreational camps, swimming skills will be assessed and the kiddie pool will be available for basic water adjustment classes; golf is not included due to time constraints.)*

• Members: \$130 • Non-Member Guest: \$170

## Kaleidoscope Camp Age 3-6

**(CKS) MON-FRI 2:00-4:00 p.m.**

*(Available during the weeks of Kidz Camp & Cadet Camp.)*

This fun freestyle camp is perfect for half-day campers with siblings attending full-day camp or for parents who want an afternoon break. Kids will enjoy relaxing, non-structured playtime, along with fun activities such as nature hikes, sidewalk chalk, water color painting, outdoor story time, and more.

• Members: \$55 • Non-Member Guest: \$70

## Chill Zone Age 8-12

**(CCZ) MON-FRI 4:00-6:00 p.m.**

*(Available during the weeks of Kidz Camp & Cadet Camp.)*

This laid back and relaxing extension to the full-day camp is the perfect solution for parents who may not be able to pick up their campers at 4:00 p.m. Age-appropriate activities will be low-key and less structured and we'll encourage social time and relaxing activity choices to help them wind down at the end of the day. We'll also have a few special opportunities available to this small group.

• Members: \$45 • Non-Member Guest: \$60



### Important Camp Information:

Prices are per child for each one-week session. Minimum enrollment required. Before and after childcare is available in Kidz Club beginning at 7:30 a.m. and from 4:00 - 8:00 p.m.; regular hourly childcare rates apply. Kids not picked up on time will be taken to Kidz Club and charged accordingly. There will be no refunds for cancellations received less than 14 days prior to the start of a session, or rebates for camper absences.





# Kidz Camp & Cadet Camp: Camp Themes

## Recreation Camp

**(Session A) June 18-22**

This very popular camp includes lessons and recreational play for swimming, tennis, and golf, as well as various other fun fitness activities! Each day concludes with recreational swimming. Sign up for the Kidz Camp Olympics too and continue the fun of recreation camp but with a variety of different activities!

## Veterinary Discovery

**(Session B) June 25-29**

This camp is a must for all animal lovers! Campers will learn about dogs, cats, birds, and other pets, as well as farm animals and exotic animals. They'll practice animal exams and discover healthy animal diets, habitats, and more, as they collect animal clues and evidence to solve some mysteries. A local veterinarian and MSU veterinary students will visit to give us first-hand knowledge of what it takes to work in the field. Plus, fun themed crafts, outdoor activities, games, and a visit from the Sierra Rose Farms horses will round out the fun-filled week!



## GLEE - The Encore

**(Session C) July 9-13**

Camp Glee returns for an encore presentation! The show will be even more amazing than last year, as we learn new dance steps and choreography. We'll practice our

routines like never before, have a blast creating fancy props and costumes, make lots of new friends, and build self-esteem. There's something for everyone this week; performers, prop builders, comedians, and tech hands.

**ON FRIDAY,** *Kidz Camp* will be extended until the start of the *Glee-ful Dinner Theatre* at 5:30 p.m. A separate fee for dinner applies. More details will be distributed at the beginning of the camp week.

## Camp Iron Chef Kidz

**(Session D) July 16-20**

Team up for food challenges and cooking lessons in the U-Club's Kitchen Stadium! Learn about the importance of nutrition, measurements, and hygiene in the kitchen. Enjoy a tour of the U-Club's kitchen and a special visit from our Chef. Each day, campers will team up for a different food challenge that will excite and thrill them as they gain practical cooking skills! Crafts, games, and outdoor activities will also be included in the fun. Campers will make a homemade recipe book of the week's experiences.



## Where in the World is Kidz Camp?

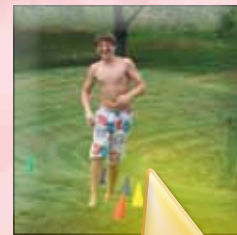
**(Session E) July 23-27**

Come try new foods, learn new languages, and experience new cultures. Join the fun as we collect information through our adventures and experiences to solve the mystery and figure out **where in the world we are!** It's a different mystery and location each day. We'll explore many different continents and help save endangered animals and help others in need, while using our problem-solving skills and discovering the world! Along the way, we may even encounter some friendly pirates and swashbuckling adventures!

## Kidz Camp Olympics!

**(Session F) July 30-Aug. 3**

Get ready to cheer for Team USA as we suit up for a week of Olympic fun and games. This recreation camp includes swimming and tennis in the morning and a sampling of various Olympic sports in the afternoon, like golf, table tennis, volleyball, and more! We'll be active and busy all week learning and trying new Olympic events, while also learning about England's history, culture, and traditions. A gold medal is likely as we get ready for the 2012 Olympics!



Rec camp with a twist!



## Summer Space Exploration

**(Session G) Aug. 6-10**

Attention all earthlings: spend a week with us in amazing outer space exploring the universe! Travel to the moon, planets, and some undiscovered places, too!

Enjoy taking part in an earth invasion, a space race, and practicing Moon Golf. Learn about the space station and take a mission to Mars. Experiment with stargazing and discover outer space through adventures, activities, glow-in-the-dark crafts, games, and fun. Meet lots of new friends and enjoy a camp that is **out of this world!** You might even experience your very own Jedi training!

## Camp U-Avatar!

**(Session H) Aug. 13-17**

Step into your very own full-action, real-life, live video game where YOU have all the adventure. Solve challenges, collect tokens, supplies and alliances, and play with Ping Pong ball catapults, egg towers, chocolate grabbers, and more! Step into a life-size Angry Birds level, or gobble up Pac Man dots while you collect points to move to the next level! Get your mind and body ready for some exercise this week, as the wheels will be turning. We'll take the fun outside for a messy madness level full of adventure! Everything is action packed this week as we all work together to beat the game!

## Bring a Buddy!

Bring a non-member buddy to camp with you and receive a **\$20 U-Club Gift Card** to spend as you like at the Club! Limit one per child, per camp session.

## Tennis & Swim Team Members:

Save \$15 on each session of full-day Kidz Camp!




# Youth Specialty Programs

## Counselor in Training **Age 13-16**

**(CCIT) FRI & SAT June 15 & 16 • 9:00 a.m.-2:00 p.m.**  
 Highly-motivated teens will learn the basics of child development, safety, and emergency procedures, and learn how to be professional, communicate in a positive way, manage time, and plan activities. Successful completion of this course will allow you to assist in at least one of our summer camp weeks (the number of weeks permitted will depend on volume of Jr. Counselors and the needs of each camp). Price includes lunch & materials. Due to the nature of this course, age restrictions will be strictly enforced.  
 - Members: \$90

## Babysitter Training **Age 11-15**

**(CBT) SAT May 19 • 9:00 a.m.-4:00 p.m.**   
 This American Red Cross certification course gives youth the knowledge and confidence to care for infants and school-aged children. Combining video, activities, hands-on skills training, and discussions for a complete learning experience, Babysitter Training teaches youth how to respond to emergencies and illnesses with first aid, rescue breathing, and appropriate care. They'll also learn how to manage young children, make decisions under pressure, communicate with parents, and recognize safety and hygiene issues when feeding and diapering infants. It also includes tips on starting your own babysitting business!  
 Price includes lunch & materials.  
 - Members: \$85 • Non-Member Guest: \$110

## Extreme Girl Power **Age 8-13**

**(CEGP) WED • June 20-Aug. 1 • 4:00-5:30 p.m.**  
 This 6-week program is designed to empower young ladies and keep them feeling healthy, confident, and strong. Covers self-esteem, body image, healthy lifestyle, social skills (like handling bullies and how to be a good friend), speaking with confidence, cyber safety, basic etiquette, and much more! (No class July 4.)  
 - Members: \$55 • Non-Member Guest: \$80  
 - Chill Zone Campers: \$25



## Mighty Power Players **Age 8-13**

**(CMPP) WED • June 20-Aug. 1 • 4:00-5:30 p.m.**  
 Come together once a week to practice staying healthy and fit. Learn valuable lessons such as dealing with conflict and bullies, speaking with confidence, cyber safety, basic etiquette, and handling social pressures. (No class July 4.)  
 - Members: \$55 • Non-Member Guest: \$80  
 - Chill Zone Campers: \$25

### Did You Know?

Although your account will reflect all camp charges upon registration, you may **pay as you go** throughout the summer. Each camp, team, or activity, however, **MUST** be paid in full 14 days prior to its start date.  
**ALSO:** U-Club camps qualify for the childcare tax credit on your federal tax return. **Federal ID# 23-7044560.**

# Forest Akers Golf

## Forest Akers Golf Courses

**East Course** at Harrison Road  
**West Course** at the Henry Center, on Forest Road  
**(517) 355-1635 • www.golf.msu.edu**

ALL U-Club members have signing privileges at Forest Akers. Simply identify yourself as a U-Club member, and you will be given a guest check to sign with your name and member number. Charges will be reflected on your next month's U-Club statement.

## U-CLUB GOLF MEMBERSHIP

U-Club Golf members enjoy unlimited golf at Forest Akers Golf Courses, including the All-Weather Practice Center, plus many other great benefits (additional monthly dues apply). A series of U-Club golf tournaments, events, and leagues are held each summer for Social and Golf members! (See page 16.)

## New Benefit!

Children of golf members play for free!  
 Grandchildren for just \$7.50 for 9 holes,  
 \$15 for 18 holes! (Ages 15 & under.)  
 See Club website for details.



You can also opt to have it all - Social, Golf and Fitness - with our new value-priced Everything Membership. Call **353-5111** for full membership details.

## CLUB STORAGE FACILITIES

Store your clubs at the Forest Akers storage facility so they're always at the course when you need them!

- Seasonal club storage: \$80
- Seasonal pull cart storage: \$45
- Daily club storage: \$2

## SEASONAL LOCKER RENTALS

**Available: April 2 - Oct. 27**  
 Reserve your own locker in the Fitness Center during the golf season! For details or to sign up, call **353-5113**. (Locker rooms open during regular Fitness Center hours only.)  
 - \$140 • Add personal laundry service: \$70

## Adult Classes & Programs

- Discover Golf
- Golf for Beginners
- Golf for Women
- Short Game Program
- Lessons at Lunch
- Cure your Slice Clinic
- Custom Club Fitting
- Private Lessons

### For information or to register:

Call Forest Akers: **355-1635** or visit **www.golf.msu.edu**.  
 Golf members receive a 10% discount on all regularly scheduled adult Forest Akers classes and clinics.

# Junior Programs

# U-Club Events & Leagues

## U-Club Members

Take 10% off all Forest Akers Junior Golf Programs listed below! For more information or to register, contact Forest Akers at **355-1635** or visit **www.golf.msu.edu**.

## SNAG Golf Instruction Age 4-7

11:45 a.m.-12:30 p.m.

Series 1: June 15, 22

Series 2: July 13, 20



SNAG contains the basic elements of golf but in a form junior golfers ages 4-7 can enjoy. SNAG falls between miniature golf and regulation golf, allowing golfers to use all golf swings.

- \$25 per two-lesson series or \$15 per individual session

## Discover Golf for Juniors Age 8-14

May 12 or May 26 • 9:00-10:00 a.m.

This FREE orientation program covers the skills needed for the junior golfer to get started in golf: club grip, stance, aim and alignment, putting, chipping, pitching, and full swings.

## Junior Golf School Age 7-15

May 5, 12 & 19, June 12-14, July 10-12, July 24-26

Age 7-11: 10:00-11:00 a.m.

Age 12-15: 11:00 a.m.-Noon

Junior golfers review and refine their core skills during three 60-minute classes covering the hold of the club, aim and alignment, stance, short game skills, and full swings.

- \$35/three-lesson session (includes equipment and range ball usage, swing analysis, and coupon book)

+\$55 for upgrade package (includes a \$30 range card & a short game range day pass.)

## MSU Girls Junior Golf Age 9-17

THURS • June 14-Aug. 2 • 1:00-4:00 p.m.

This exciting, new seven-week program is designed exclusively for girls. Limited to 50 girls, the first two weeks cover etiquette, safety, rules, and all the swing fundamentals for different golf shots. Starting the third week, students meet for a one-hour clinic and then play on the golf course for two hours. No class July 5.

- \$79 per person (includes all instructional fees, range ball usage and golf course fees.)

## Spartan Junior Golf Program Age 9-18

MON • June 11-Aug. 6 • Age 9-10, 11-12, 13-18

Start time: 7:30-9:30 a.m., depending on age group

This nine-week league includes instructional clinics covering basic skills of golf: aim and alignment, stance and hold, short game mechanics, and full swing techniques.

- \$99 for first child

- \$79 for each additional child (in same family)

+\$11 East Course, Weekly League Fee

+\$18 West Course, Weekly League Fee

(See Forest Akers website for items included and other details.)

For more information on these events, watch your Club newsletter and website calendar of events.

To register, call **Ray Dolish** at **355-1636**.

## Match Play

Watch your newsletter and email for more details.

## U-Club Guest Nights

TUES June 12 • FRI July 13

THURS July 19 • TUES Aug. 14

Evening Tee Times, West Course. U-Club Golf members are invited to bring a guest for a fun round of golf, followed by a social hour in Mixx or Mingle.

- \$25 per two-person team (one golf member and one guest; includes bucket of balls, greens fees, cart, and a coupon for 2 free appetizers for that night in Mixx or Mingle.)

## Season Kick-Off Outing

SAT May 12 • West Course • 10:00 a.m. Shotgun start

A four-person, mixed handicap, 18-hole 'Red, White & Green Shamble' event. Individual players will be paired into teams. Lunch held following the event. Open to ALL U-Club members and their guests.

## U-Club Member - Guest Invitational

SAT June 23 • West Course • 9:00 a.m. Shotgun start

An 18-hole handicapped invitational event, consisting of a set of 6-hole round-robin matches and an exciting sudden death elimination shootout. Sign up in two-person teams. Continental breakfast; awards lunch immediately following play. Open to ALL U-Club members and their guests.

New!

## Club Championship Tournament & Awards Brunch

SAT Aug. 18 East Course • 8:00 a.m. Shotgun start

SUN Aug. 19 West Course • 8:00 a.m. Shotgun start

A 36-hole, two-day tournament on the East and West courses. Continental breakfast included both days with an awards brunch following play on Sunday. Open to ALL U-Club members.

## Men's Golf League

MON • April 16-Aug. 20

West Course • 5:30 p.m. Shotgun start

Organizational meeting: MON April 9 • 5:30 p.m.

Final awards banquet: MON Aug. 20 • 5:30 p.m.

- Golf Members: \$100 • Social Members: \$450

## Fall Golf League (Open to men and women)

MON • Aug. 27 - Oct. 22 • 4:00-5:00 p.m. Tee Times

- Golf Members: \$40 • Social Members: \$225

For more information on either of these leagues, contact **Jerry Zimmerman** at **jzimmerman@sigmarep.com** or by phone: **517-393-4570**.







The **U-Club Fitness Center & Spa** offers the finest in health club services and amenities, from state-of-the-art exercise equipment and personal trainers, to fitness classes, spa treatments, child care, and more!

**MON-FRI • 5:30 a.m. - 9:00 p.m.**

**SAT-SUN • 7:00 a.m. - 5:00 p.m.**

## FITNESS MEMBERSHIP

U-Club Social members may add Fitness at any time. An initiation fee plus additional monthly dues of \$72 for one adult member; \$102 for two, and \$122 for three or more adult family members apply. You can also opt to have it all - Social, Golf and Fitness - with our new value-priced Everything Membership. Call **353-5111** for full membership details.

## SEASONAL FITNESS MEMBERSHIPS

**(FSM) May 28 - Sept. 3**

Privileges granted from Memorial Day to Labor Day. It's perfect for the U-Club parent who will frequently be bringing children to the Club for summer programs. *Open only to Social or Golf members.*

- Fee: \$249 with no initiation fee



## LOCKERS & LAUNDRY

Enjoy care-free workouts by renting your own locker and letting us launder your workout clothes for you every day! *Available to Fitness and Golf members only.*

- Locker Rental: \$20/month
- Laundry Service: \$10/month

**Need more personal space?** Add a second locker (in the same locker room) for an extra \$10/month.

## U-CLUB SPA (Open to All)

Our experienced massage therapists and estheticians offer an array of services including manicures, pedicures, massage, and body, skin and hair treatments. Check the U-Club website for a full list of services and prices!

**HEY LADIES!** Why not let the guys golf-



And book yourself a spa appointment! They can **HIT NINE**, & you get **ME TIME!**

Enjoy the Club together.  
Call 353-5113 for an appointment.

Feel free to bring a friend...  
The spa is open to all!



## AM Training

**(FAIM) By appointment**

This three-month personal coaching program is designed to help you with **A**dherence, **I**ncentive, and **M**otivation. Your trainer will create a program designed specifically for you and then contact you weekly to review your exercise journal, modify your program, set new weekly goals, and fine-tune your nutrition. You'll also receive a skin fold body composition assessment and muscular strength test.

- Members: \$99

## Summer Spin Series

**(FSS) SAT • May 12, June 23, July 21, Aug. 18**  
**9:00-10:30 a.m.**

Each 90-min ride will be devoted to a different terrain. Gear up for a ride that will take you on a climb through the mountains, jump through the hills, and a sprint on the race course, all designed to get you in the best shape of your life! *Pre-registration required.*

- Members: Free • Others: \$10/session

## Personal Training

This is the perfect service if you are training for a specific competition, athletic activity, or goal. It's also helpful for specific health conditions such as diabetes, arthritis, circulation problems, or balance issues. You will be guided through selected exercises and receive a precise, written workout routine. You may benefit even more from multiple sessions.

## Youth Personal Training Age 8-17

Many middle and high school athletes are looking for a competitive edge! The U-Club's staff can make you faster and stronger with state-of-the-art equipment, advanced training techniques, nutritional counseling, and more! Schedule a session with one of our degreed and certified personal trainers of your choice by calling **353-5113**.

## PERSONAL TRAINING RATES:

60-min session:

- Fitness Members: \$55-\$69 • Others: \$60-\$76

30-min session:

- Fitness Members: \$35-\$44 • Others: \$38-\$48

*Prices vary based on the level of the trainer selected.*



## HAVE YOU TRIED TENNIS?

Try the "Sport for a Lifetime" - TENNIS! The MSU Tennis Center staff directs the Club's outdoor tennis programs, right here at the U-Club's courts (except as noted). Loaner tennis racquets and a hopper of tennis balls are available to sign out at the Summer Fun Office.

**The MSU Tennis Center** is a full-service, eight-court facility serving Greater Lansing and is home to MSU tennis teams. The Center offers year-round lessons for all skill levels, plus leagues, racquet repair, supplies and equipment, and much more!

3571 E. Mount Hope Ave.

**(517) 355-2209 • [www.msutennis.msu.edu](http://www.msutennis.msu.edu)**

*ALL U-Club members have signing privileges at the MSU Tennis Center. Simply identify yourself as a U-Club member, and you will be given a guest check to sign with your name and member number. Charges will be reflected on your next month's U-Club statement.*

## TENNIS POLICIES FOR U-CLUB COURTS

The U-Club has four convenient outdoor courts on the premises, to which the following policies apply. Please show courtesy to fellow members by being familiar with and following the policies below. Problems or concerns should be directed to a U-Club staff member.

1. U-Club courts are available on a first-come, first-served basis, but programmed events (classes, teams, lessons) have priority over individual play. Contact the Summer Fun Office **(353-7665)** to check availability.
2. Tennis courts are for the exclusive use of U-Club members, their immediate families and guests. Members must accompany their guests.
3. Proper tennis attire and footwear required.
4. Lights available by request until 9:00 p.m.
5. Please limit play to one hour when others are waiting.
6. When outdoor areas are cleared due to lightning, players will be asked to move away from the courts and seek shelter. Tornado shelter is inside the main building on the lower level and in the locker rooms.

## TENNIS CANCELLATION POLICY

During inclement weather, lessons may be moved indoors to the MSU Tennis Center. One lesson may be canceled due to weather if indoor courts are not available. However, if more than one lesson is canceled, those additional lessons will be rescheduled. Call the **Summer Fun Office** at **353-7665** one hour before the scheduled activity to verify the status of lessons and their location. Classes may be canceled or combined if registration is low.

## U-CLUB TENNIS MEMBERSHIP

If you love tennis, you'll love the University Club's MSU Tennis Center Membership option! Upgrade for additional monthly dues and you'll enjoy free or reduced price court time at the MSU Tennis Center throughout the year; plus many other great benefits. Call **353-5111** for more details.



Reservations are required for events listed below; call the **Summer Fun Office** at **353-7665**.

- Week of Junior Club Championships **July 23 - 26**
- Free Adult/Junior Doubles Tournament **July 26**  
**11:00 a.m. - 1:00 p.m.** at the U-Club Courts

## Private/Small Group Lessons

The best way to focus on improving tennis skills is with a private or small group tennis lesson. Rates for outdoor private instruction at the U-Club are:

- Director of Tennis/Head Professional: \$45/hour
- Staff Professional: \$35/hour
- Indoor & Group Lessons: Rates upon request

Contact the **MSU Tennis Center** at **355-2209** to make an appointment at the Club or at their facility (*different indoor rates apply*).

## Marvelous Mondays

**(TAM) MON • 5:30-6:30 p.m.**

Session A: **June 11, 18 & 25**

Session B: **July 9, 16 & 23**

Meet your friends for a marvelous Monday night tennis lesson designed for beginner to intermediate levels.

- Members: \$35 for each 3-lesson session
- Non-Member Guest: \$52.50 per session

## Cardio Tennis



This fun, heart-pumping aerobic workout is designed for adult players of all ability levels who want a quick, calorie-burning workout while playing tennis. This one-hour class is comprised of drills and tennis-based activity, accompanied by uplifting, heart-pumping music. Classes are held at the MSU Tennis Center throughout the summer. Call **355-2209** for the class schedule, pricing, and to register. (*Childcare is available to members at Kidz Club. See inside front cover for hours and cost.*)

# Junior Tennis Classes

# Tennis Teams

## Jr. Tennis Instruction Sessions

- |                              |                                  |
|------------------------------|----------------------------------|
| Session 1: <b>June 11-14</b> | Session 6: <b>July 16-19</b>     |
| Session 2: <b>June 18-21</b> | Session 7: <b>July 23-26</b>     |
| Session 3: <b>June 25-28</b> | Session 8: <b>July 30-Aug. 2</b> |
| Session 4: <b>July 2-5</b>   | Session 9: <b>Aug. 6-9</b>       |
| Session 5: <b>July 9-12</b>  | Session 10: <b>Aug. 13-16</b>    |



### **Pee Wee** Age 4-6

**(TJP) MON-THURS • 9:00-9:40 a.m.**  
Offered sessions: 1-10

### **Young Beginners** Age 5-9

**(TJYA) MON-THURS • 9:00-9:40 a.m.**

**(TJYB) MON-THURS • 9:45-10:25 a.m.**

An introduction to the game of tennis, emphasizing fun and basic skills; perfect for those who have never played or those with very little or no formal instruction. This class is combined with specific instruction for each age group. Participants may sign up for multiple sessions or can graduate to the Beginners class, depending on age and skill level. Offered during sessions 1-10.

- Members: \$32/four-lesson session
- Non-Member Guest: \$48/four-lesson session



### **Beginners** Age 9-13

**(TJB) MON-THURS • 10:30-11:25 a.m.**

See description above. Participants may sign up for multiple sessions or graduate to Advanced Beginner class, based on age

and skill level. Offered during sessions 1-10.

- Members: \$42/four-lesson session
- Non-Member Guest: \$63/four-lesson session

### **Advanced Beginners** Age 9-14



**(TJA) MON-THURS • 10:30-11:25 a.m.**

Some past tennis experience (preferably formal instruction at the beginning level) is recommended. More emphasis will be placed on skill development with a focus on learning all of the strokes. Graduates move

on to the Junior Tennis Team. Offered during sessions 1-10.

- Members: \$42/four-lesson session
- Non-Member Guest: \$63/four-lesson session



New team participants must complete a skills assessment test and obtain approval from the tennis pro. Please call **Heather** or **Tarik** at **355-2209** to schedule.

### **Junior Tennis Team** Age 8-12

**(TTJ) MON-THURS June 18 - Aug. 2 • 12:30-2:00 p.m.**

This program provides seven weeks of instruction designed for more serious players looking to prepare for future tennis team participation, as well as to learn the basic skills needed to compete in tennis. Approval from tennis pro is required; participants may be on the junior team for more than one season. Optional pre- and post-season teams are also available (see below).

- Members: \$210 - Fee includes coaching, team photo, pancake breakfast, and T-shirt (if registration is received by 4:00 p.m. on Wednesday, June 6).
- Non-Member Guest: \$320

### **Tennis Team** Age 9-18

**(TTA) Age 9-13; 12:30-2:00 p.m.**

**(TTB) Age 14-18; 2:00-3:30 p.m.**

**MON-THURS June 18-Aug. 2**

This program provides seven weeks of instruction, practice, competition and tournaments, and is divided into two age groups. Match play is on Fridays, and parents provide transportation for away matches. Matches will be held on **June 22 & 29 and July 13, 20 & 27** (adult/junior doubles tournament). Optional pre- and post-season teams are also available (see below).

- Members: \$210 • Non-Member Guest: \$320 - Fee includes coaching, team photo, pancake breakfast, matches, and T-shirt (if registration is received by 4:00 p.m. on Wednesday, June 6).

### **Pre- & Post-Season Tennis Team**

**(TTPRE) MON-THURS June 11-14 • 12:30-2:00 p.m.**

- Members: \$30 • Non-Member Guest: \$45

**(TTPOST) MON-THURS Aug. 6-9 • 12:30-2:00 p.m.**

- Member: \$30 • Non-Member Guest: \$45

### **Tennis Team & Jr. Tennis Team:**

Save \$15 on each session of full-day Kidz Camp!

**Turn the page for more important team details!**



# JOIN THE TEAM



Team members  
save \$15  
on each session  
of full-day  
Kidz Camp!

SEE PREVIOUS PAGE  
FOR MORE TENNIS TEAM INFO



**University Club of MSU  
2011 Tennis Team**

SEE NEXT PAGE  
FOR MORE SWIM TEAM INFO



**University Club of MSU  
2011 Swim Team**

For fun all summer long, join the U-Club's fabulous **SWIM** team or **TENNIS** team (or **BOTH**)! Improve your skills, make friends, be active, and enjoy the outdoors! Both teams are conveniently timed to provide you with non-stop summer fun!

Each team offers seven weeks of practice and friendly competition, from June 18 - August 3. You may also add one week BEFORE (June 11-15) and/or one week AFTER (August 6-10), for up to nine weeks of active fun!

Please note this important information about teams:

### PARENT MEETING Mon, June 18

Parent assistance is needed with swim meets and tennis matches. All parents are asked to attend a brief informational meeting at EITHER:  
**8:45 a.m.** OR **2:00 p.m.** on the Terrace.

### SPECIAL TEAM EVENTS

To build team spirit and celebrate the season's accomplishments, team members and their family are invited to the following special events:

**Pancake Breakfast & Pep Rally:  
THURS, June 28 • 8:30 a.m.**

Free for team participants; \$6\*\* each for family & friends.

**Team Awards Banquet: THURS Aug. 2 • 5:30 p.m.**  
Pre-registration and additional fee required; further information will be provided at the parent meeting.

### TEAM PHOTOS THURS, June 28

Team members should wear their team T-shirts and be ready at the indicated time for the annual team photo:

**SWIM TEAM 8:30 a.m. • TENNIS TEAM 1:55 p.m.**

### TEAM APPAREL

A FREE team t-shirt will be provided for both Tennis Team and Swim Team members who register BY 4:00 p.m. on Wednesday, June 6. After that time, team t-shirts will not be available. Please state t-shirt size when registering:

- Youth Small (6-8)
- Youth Medium (10-12)
- Youth Large (14-16)
- Adult Small
- Adult Medium
- Adult Large

*Due to supplier policy, there can be no exchanges.*

### OPTIONAL SWIM TEAM SUITS

Those who wish may order an optional U-Club Swim Team swimsuit directly from LAND'S END at [www.landsend.com](http://www.landsend.com) for \$27 plus tax and shipping.

For a nominal additional fee, bring your suit to the U-Club Summer Fun Office by Friday, June 1 to have the U-Club logo screen printed on it. Swimsuits will be returned to participants at the practice on Monday, June 18.

For assistance, please call **Ann Kostin-McGill** at **353-5113**.



Item # 38457-3AH5 (girls' suit)  
Item # 41108-2AH8 (boys suit)

## Youth Swim Teams Age 5-17

Introduces competitive swimming to young people ages 5 -17. Swimmers of all abilities are welcome to participate (*members only*). Our swimmers have fun, while learning the values of sportsmanship and fitness! The focus is on participation and the development of swimming skills, with special emphasis on building confidence. Fun social events add to the fellowship of the team. Team practices and meets are held from **June 18-Aug. 4** with an option to add one week before and/or one week after (*see below*). If new to the team, call **Ann Kostin-McGill** at **353-5113** to determine swim level. To ensure a safe and quality program, participants may attend only the session in which they are registered.

**(STA) MON-FRI • 8:45-9:30 a.m. • Age 5+ All Levels**  
- Members: \$185/swimmer for one 7-week session\*

**(STB) MON-WED • 5:15-6:30 p.m. • Age 8+ & Level 4+**  
- Members: \$185/swimmer for one 7-week session\*

**(STC) MON-FRI • 8:45-10:15 a.m. • Age 8+ & Level 4+**  
Includes on-land and deep-water training.  
- Members: \$250/swimmer for one 7-week session\*

\*Fee includes coaching, team photo, pancake breakfast, meets, ribbons & awards, plus T-shirt (if registration is received by 4:00 p.m. on Wednesday, June 6).

**See pages 25-26 for more important team details!**



## Swim Team Meets

\*Warm up at 5:30 p.m.; competition at 6:00 p.m.

**THURS June 28:** CCL vs. U-Club @ U-Club\*

**THURS July 12:** WHCC vs U-Club @ U-Club\*

**THURS July 19:** MAC vs. U-Club @ U-Club\*

**THURS July 26:** Relay Meet @ MAC\*

**SAT Aug. 4:** Championship Meet @ U-Club  
(Warm up at 9:00 a.m.; competition at 9:30 a.m.)

- Parent volunteers are essential in ensuring meets run smoothly. Call **353-7665** to volunteer.
- The pool, lap lanes, and diving well will be closed during meets.

## Pre/Post-Season Swim Team

Want more than seven weeks of swim team? Add one week before and/or after team season. All levels.

**(STPRE) MON-FRI June 11-15 • 8:45-9:30 a.m. \$30**

**(STPOST) MON-FRI Aug. 6-10 • 10:45-11:30 a.m. \$30**



## Pool Hours

**May 26 - September 3**

(weather permitting)

**MON-FRI 11:30 a.m. - 9:00 p.m.**

**SAT-SUN 10:00 a.m. - 9:00 p.m.**

## POOL CLOSURES

When uncertain, please call the **Summer Fun Office (353-7665)** to make sure the pool is open before coming!

- **Incident Weather:** Pool closes when weather is posing a threat to safety or would result in low attendance.
- **Swim Meets:** Pool area closes for several hours. See page 27.
- **Lifeguard Training**  
Diving well closed periodically, June 15-17.
- **Monster Float Nights:** Lap lanes not available. See page 7.



## WIRELESS INTERNET

Relax by the pool and stay connected! Free wireless internet is available on the Garden Terrace and Pool Deck, as well as in Mingle and Mixx.

## ADULT SWIM

Fifteen-minute breaks are held hourly from 12:45 - 3:45 p.m., clearing the pool of all those under 18 years of age. At these times, only adults are allowed to be in the pool, and children are encouraged to use the rest rooms. Additional adult swim sessions may be held if attendance warrants in accordance with the policies adopted by the U-Club Board of Directors.

## Early Morning Lap Swim June 18-Aug. 3

A roped-off lane is available during most pool hours for those wishing to swim laps. In addition, the following designated dates and times are provided exclusively for lap swimming (*not for recreational swimming*):

**MON, WED, FRI • 7:45-8:45 a.m.**

**TUES & THURS • 7:00-8:45 a.m. & 10:45-11:30 a.m.**

Lap lanes are not available during swim meets (see page 27), and other special events. Alternative options for recreational swimming may be available.



# Specialty Classes

# Specialty Classes

## AMERICAN RED CROSS - LEARN TO SWIM

The U-Club is an authorized provider of the American Red Cross "Learn to Swim" program, covering levels 1 - 6. Most classes are offered in one-week sessions; however, most children require more than one week in each swim level before graduating to the next level. All U-Club swim instructors are trained and certified in WSI, an advanced American Red Cross training program. If you have any questions, please call **Ann Kostin-McGill** at **353-5113**.



- Level 1: Introduction to Water Skills
- Level 2: Fundamental Aquatic Skills
- Level 3: Stroke Development
- Level 4: Stroke Improvement
- Level 5: Stroke Refinement
- Level 6: Swimming and Skill Proficiency

### Group Swim Lessons

- |                              |                                  |
|------------------------------|----------------------------------|
| Session 1: <b>June 11-15</b> | Session 6: <b>July 16-20</b>     |
| Session 2: <b>June 18-22</b> | Session 7: <b>July 23-27</b>     |
| Session 3: <b>June 25-29</b> | Session 8: <b>July 30-Aug. 3</b> |
| Session 4: <b>July 2-6</b>   | Session 9: <b>Aug. 6-10</b>      |
| Session 5: <b>July 9-13</b>  | Session 10: <b>Aug. 13-17</b>    |

### Group Swim Instruction **Age 4+**

**(SL945) MON-FRI • 9:45-10:30 a.m.**

Daily 45-min. lessons; levels 1-3; Offered sessions 1-10  
 - Members: \$42/5-lesson session  
 - Non-Member Guest: \$63/5-lesson session

**(SL1045) MON-FRI • 10:45-11:30 a.m.**

Daily 45-minute lessons; levels 4-6; Offered sessions 1-10  
 - Members: \$42/5-lesson session  
 - Non-Member Guest: \$63/5-lesson session

### Private/Semi-Private Lessons

Work on a certain trouble area or personal goal, or follow Red Cross level guidelines. To schedule lessons, contact the desired instructor or call **353-7665**. *Appointments missed or canceled less than 24 hours in advance will be billed at 50% of the fee for that service.*

- (SPL1)** One 30-minute lesson (up to 2 students): \$20
- (SPL3)** Three 30-minute lessons (up to 2 students): \$50
- Non-Member Guest: +\$6/day

### CANCELLATION/ LATE REGISTRATION POLICIES

To ensure personalized instruction, class sizes are capped and late registrations will be accepted on a space-available basis. A \$10 surcharge will be applied for each registration received after 4:00 p.m. on the Thursday prior to the start of the desired class. Each class must have a minimum of three participants as of 4:00 p.m. on the Thursday before the first day of class, or it will be cancelled or combined with another level. There will be NO refunds for registrations cancelled after 4:00 p.m. on the Thursday before the start of class. Classes may be canceled or combined if registration is low. If more than one lesson is canceled due to weather; those additional lessons will be rescheduled. *Please see pages 3-4 for more cancellation/ late registration policy information.*

## Adult Deep Water Aerobics

**(SDA) TUES & THURS • June 12 - Aug. 16**

**10:00-10:45 a.m.**

Get moving in the mornings! Join us for a low-impact yet vigorous workout that will get your heart pumping!

- Members: \$40
- Non-Member Guest: \$60
- Drop in rate: \$5/session

## Adult Shallow Water Aerobics

**(SSA) MON & WED • June 11-Aug. 15 (No class July 4)**

**10:30-11:15 a.m.**

A cardiovascular workout adding in strength, flexibility and abdominal exercises. Non-swimmers welcome!



- Members: \$40
- Non-Member Guest: \$60
- Drop in rate: \$5/session

## Aqua Pilates

**(SAP) MON • 7:30-8:10 p.m.**

Session **A: June 18-July 16**

Session **B: July 23-Aug. 20**

Pilates in the pool works your abs, hips, glutes, shoulders, and your core, and it's great fun! We use foam noodles to help keep us stable and buoyant, so strong swimming skills are not necessary.

- Members: \$55/5-class session
- Non-Member Guest: \$74/5-class session

## Guard Start (Jr. Lifeguard Program) **Age 11-14**

**(SGS) MON-FRI, Aug. 6-10 • 9:45-11:30 a.m.**

Prepare for the Lifeguard Training Course and learn about prevention, fitness, response, leadership, and professionalism. Class includes more than eight hours of instruction. Prerequisites: Swim 25 yards with proper breathing, tread water one minute, swim 10 ft underwater.

- Members: \$60 (includes materials and snacks)
- Non-Member Guest: \$90

## Lifeguard Training **Age 15+**

**(SLG) FRI-SUN, June 15-17 • 9:00 a.m.-6:00 p.m.**

Upon successful completion, participants will receive American Red Cross certificates in Lifeguarding, First Aid, CPR, & AED.

**Prerequisites:** Swim 500 yards continuously, using these strokes in the indicated order:

1. 100 yds of front crawl using rhythmic breathing and a stabilizing, propellant kick.
2. 100 yds of breaststroke using a pull, breathe, kick and glide sequence.
3. 100 yds of front crawl, breaststroke, or combo.

**Class Requirements:** Timed test: Start in the water; swim 20 yds (front crawl or breaststroke), surface dive 7-10 feet retrieving a 10 lb object, swim 20 yds back to the starting point with the object, exit the water without using a ladder or steps; all within one min, 40 sec.

- Members: \$225 (includes texts, CPR mask, and lunches)
- Non-Member Guest: \$275

## Guest Policies & Guest Fees

Complimentary pool privileges are extended to members and their immediate family (*spouse and children*) residing with the member. Please sign in at the desk upon arrival. Members may bring guests to the pool for a guest fee of \$6 per person (*including weekends, holidays, and special member events at the pool*). Guest passes may be purchased in groups of ten for \$50 at the Summer Fun Office. Members must be present when hosting guests.

Locally residing relatives and friends are considered non-members and may come with you as your guest(s) upon payment of the applicable guest fees. They may also participate in summer programs at the non-member rate if accompanied by a member.

Registered grandchildren age 15 and under may enjoy complimentary use of the U-Club pool when accompanied by the member grandparent, and may enroll for Club summer programs at member rates.

A guest fee is not charged for registered babysitters bringing a member's children to the pool without a parent. Registered babysitters accompanied by a member parent will be considered guests and charged a guest fee. To register your grandchild or sitter, fill out the proper form available at the Summer Fun Office (*or call 353-7665*).

## Pool Locker Rentals/Towel Service

Members may rent a locker in the pool locker rooms for the season for \$50. Register in the Summer Fun Office. Towel service may be included for an additional \$40 per season. This provides you with two towels each day.

## Retail Items, Games & Equipment

The Summer Fun Office carries a full line of beverages, swimming gear, sunscreen, and tennis supplies. Cash is only accepted in the Summer Fun Office on Tween & Teen Nights and during swim meets; all other times cash purchases may be made at the Snack Bar. Toys, games and recreational equipment are also available to check out (*please provide your member number, which will be charged only if items are not returned*).

## Pool Parties

Members may schedule pool parties during regular pool hours or after-hours for a private pool party by calling the catering department at **353-5112**. Various options are available and cakes may be ordered.

## Parental Supervision at the Pool

Lifeguards are on duty at all times when the pool is open. However, your role as a supervising parent or guardian is crucial to your safety and that of your children. Parents must advise children to obey all rules and the instructions of staff, as these rules will be enforced to promote the safety and enjoyment of all.

Please review the full list of pool rules & regulations at the Summer Fun Office or online at: [www.universityclubofmsu.org](http://www.universityclubofmsu.org)  
These rules are required for your health & safety.

## Health Standards Regulations

- Before entering pool: thoroughly shower with soap and wash hands after using the toilet facilities.
- Swimsuits only; no cutoffs, boxers, or street clothes.
- Children: wear tight-fitting plastic pants and/or disposable diapers made for swimming pool use if not potty trained (*for sale in the Summer Fun Office*).
- Please use restroom changing facilities, do not rinse children in the pool before, during, or after diaper changes.
- Animals are not allowed on the pool deck, in the pool, locker room, or picnic areas (*service dogs excluded*).

## Food, Beverages & Smoking

- Eating and drinking are not allowed in the locker rooms or shower areas.
- Smoking is prohibited within the entire pool area, locker rooms, and surrounding decks.
- No glass containers allowed anywhere in the pool area.
- Please clear your eating area when you're done and dispose of trash. Unattended food will be considered trash.
- Please do not feed animals.
- In accordance with liquor regulations, **absolutely no alcoholic beverages may be brought onto the premises.**

## Emergency Situations

**Accidents:** Report accidents immediately to the pool staff. First aid supplies and an AED are available at the Summer Fun Office.

**Rescues:** Whistles are used as a mode of communication between the lifeguard staff and swimmers. When heard, swimmers should stop and look at the lifeguard.

- 1 short blast - Lifeguard is trying to get the attention of a swimmer.
- 2 short blasts - Lifeguard is trying to get the attention of a staff member.
- 3 short blasts - Emergency action plan being activated.
- 1 long blast - Clear the water.

**Thunderstorms, Lightning, and Tornadoes:** For your safety, when the pool is cleared due to lightning, you will be asked to move indoors. Tornado shelters include the lower level inside the main building and the locker rooms.

## General Safety

- Swimmers allowed in pool only with lifeguard on duty.
- Flotation aids and toys are NOT life preservers and should be approved by the guards on duty before use. *All devices must be Coast Guard approved.* Children with swimmies/floaties must be directly supervised and accompanied by an adult. NO flotation aids/toys, floaties, or swimmies are allowed in the diving well at any time.
- The wading pool is for smaller children who cannot use the main pool. They must be under direct supervision and accompanied by an adult at all times. Older children are not permitted in the wading pool at any time (*safety breaks included*).
- Short noodles and water toys may be used in the wading pool and are available in the office.



**LIFEGUARD**

**SWIM**

**TENNIS**

**CAMPS**

**PROGRAMS**

**GOLF**

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**Lifeguard Training**  
Age 15+  
F-Su June 15-17  
9:00-6:00 Pg. 30

**Guard Start**  
Age 11-14  
M-F Aug. 6-10  
9:45-11:30  
Pg. 30

**Team A** Age 5+  
All Levels  
M-F June 18-Aug.4  
8:45-9:30 Pg. 27

**Team C** Age 8+ L4+  
M-F June 18-Aug.4  
8:45-10:15 Pg. 27

**Group Instruction**  
Age 4+/Levels 1-3  
M-F 9:45-10:30  
Pg.29

**Group Instruction**  
Age 4+/Levels 4-6  
M-F 10:45-11:30  
Pg. 29

**Team B**  
Age 8+/Levels 4+  
M-W June 18-Aug.4  
5:15-6:30  
Pg. 27

**Pee Wee** Age 4-6  
& **Young Beginners**  
Age 5-9  
M-Th 9:00-9:40  
Pg. 23

**Young Beginners**  
Age 5-9  
M-Th 9:45-10:25  
Pg. 23

**Beginner** Age 9-13  
& **Adv. Beg.** Age 9-14  
M-Th 10:30-11:25  
Pg. 23

**Jr. Tennis** Age 8-12  
M-Th June 18-Aug. 2  
12:30-2:00  
Pg. 24

**Team A** Age 9-13  
M-Th June 18-Aug. 2  
12:30-2:30 p.m.  
Pg. 24

**Team B** Age 14-18  
M-Th June 18-Aug. 2  
2:00-3:30  
Pg. 24

**Before-Camp Care**  
Age 3-12  
Regular Kidz Club  
Rates Apply,  
M-F 7:30-9:45  
Pg. 10

**Kidz Camp** Age 5-12  
M-F 9:00-4:00  
Pg. 10-12

**Cadet Camp**  
Age 3-6  
M-F 9:45-2:00  
Pg. 10-12

**Kaleidoscope Camp**  
Age 3-6 Pg. 10  
M-F 2:00-4:00  
Pg. 10

**Chill Zone** Age 8-12  
M-F 4:00-6:00  
Pg. 10

**After-Camp Care**  
Age 3-12 Reg. Rates.  
M-F 4:00-8:00 Pg. 10

**Counselor in Training**  
Age 13-16  
F-Sa June 15-16  
9:00-2:00  
Pg. 13

**Babysitter Training**  
Age 11-15  
SAT May 19  
9:00-4:00  
Pg. 13

**Extreme Girl Power** Age 8-13  
WED June 20-Aug.1 4:00-5:30  
Pg. 13

**Mighty Power Players** Age 8-13  
WED June 20-Aug.1 4:00-5:30  
Pg. 13

**Spartan Junior Golf Program**  
Age 9-18  
MON June 11-Aug. 6  
Starts 7:30-9:30  
Pg. 15

**Discover Golf for Jrs**  
Age 8-14  
May 12 or 26  
9:00-10:00  
Pg. 15

**Junior Golf School**  
Age 7-11  
10:00-11:00  
3 Day Sessions  
Pg. 15

**Junior Golf School**  
Age 12-15  
11:00-12:00  
3 Day Sessions  
Pg. 15

**Snag Golf**  
Age 4-7  
11:45-12:30  
June 15,22 or July 13,20  
Pg. 15

**MSU Girls Junior Golf**  
Age 9-17  
THURS June 14-Aug. 2  
1:00-4:00  
Pg. 15

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# Sponsor a New Member...

We couldn't do it without **U!**



## BECOME AN AMBASSADOR & EARN VALUABLE REWARDS!

Members who successfully sponsor one or more new members will become a U-Club Ambassador and receive Ambassador Rewards!

- \$50 U-Club Gift Card for the first new member you sponsor
  - \$100 U-Club Gift Card for the second new member you sponsor within a year's time
- \$150 Gift Card for each additional new member you sponsor within a year of the last member you've sponsored

Ambassadors will also be recognized at the annual Ambassador Society event and receive the Ambassador Society lapel pin.

**Get started today** by filling out the nomination form available online or call or email the Club's membership department with the name and contact information for your nominee. A membership packet will be sent to them on your behalf.

For more information, or to sponsor a new member, contact **Phyllis Riley at 353-5111**.

## Thank You Ambassadors!

- 1 Sponsored a new member in 2011    2 Sponsored 2 new members  
 H Heritage Fund Donor

- |                           |                           |
|---------------------------|---------------------------|
| Karen Burgess H           | Jim Kirsch 1              |
| Donna Banks H             | Peter & Susan Lark 1      |
| Robert Banks              | Jay LaVigne 1             |
| Tim Barron 1 H            | Christie Lemon 1          |
| Ken Beachler H            | Michael Levine H          |
| William Beekman H         | Thomas Lindsay H          |
| George & Patty Brookover  | Wanda Lipscomb H          |
| David Brower H            | Patty Lloyd-Barnas        |
| George & Sandy Burkitt    | Paul Long                 |
| Stella Cash H             | Tim & Cathy McKenna 1 H   |
| Ed Castellani 1           | Patrick McPharlin 1 H     |
| Dan Chegwidan             | Larry Meyer H             |
| Mark & Jaye Clark 1       | Gordon Miracle 1          |
| David Closs H             | Mike & Betty Moore 2 H    |
| Kim Cronin                | Bill & Ellie Noonan       |
| Marissa Cruz              | Donald & Tracy Nourse 1 H |
| William Dansby 1 H        | David Otis                |
| Jack Davis H              | Jim Parish                |
| David & Susan Dec         | Michael Phelps            |
| Kathy Eiferle             | David Picone              |
| James D. Farrell          | James Potchen H           |
| Mark Farrell 1            | Jack Preiss H             |
| Justus Fiechtner 1        | Jack & Naomi Rachman 1    |
| John & Pam Flood 1        | Courtney Riggins 1        |
| Anita Folino              | Victoria Ringler 1        |
| David Ford                | Steven Robbins 1 2        |
| Larry Gardner 2           | Robyn Robins              |
| Ronald M. Gillum          | Hollie Rusthoven          |
| Liz Goebel                | Ray Schmidgall H          |
| Glenn Granger H           | Phyllis Schroder          |
| Lisa Granger              | Michael Sekoni 1          |
| Eric & Cheris Grasse 1 2  | Karen Selin               |
| Janis & Norine Griganse 2 | Robert Stapelman H        |
| Jennifer Guenther         | Norman Otto Stockmeyer    |
| Richard Halik 1           | Katie Taunt               |
| Debbie Horak 1            | Roger & Teri Thornburg 1  |
| Mel Humphrey H            | Bill & Linda Trevarthen 1 |
| Henry & Pamela Hunt 1     | Bob & Darlene Wenner 1    |
| Kristine Hynes            | Thomas Woods 1            |
| James Kennedy 1           | June Youatt H             |

## JUNE 2012

SUN	MON	TUES	WED	THU	FRI	SAT
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## JULY 2012

SUN	MON	TUES	WED	THU	FRI	SAT
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## AUGUST 2012

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29	30	31	1	2	3	4	
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12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31	1	
2	3	Pool Closed For Season					

## SUMMER PLANNING NOTES

Visit [www.universityclubofmsu.org](http://www.universityclubofmsu.org) to download a registration form and sign up today!





MICHIGAN STATE UNIVERSITY

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