

# Carmel • Clay Parks & Recreation

Summer 2010

May - August

317.848.7275 | TTY: 317.843.3877 | [www.carmelclayparks.com](http://www.carmelclayparks.com)



Registration begins  
April 1, 2010

# WELCOME

## NAME CHANGE: THE MONON CENTER → MONON COMMUNITY CENTER

Welcome to the Carmel Clay Parks & Recreation Summer 2010 Brochure. We are proud to offer so many great opportunities to the community this year: summer camps, fitness and wellness outlets, arts and culture, sports, outdoor activities, and social opportunities for all ages. It is this commitment to our community that has prompted a new development. The Monon Center has gone through a name change and will now be the Monon Community Center. You will see this change appear slowly over time—the facility name abbreviated as MCC, an adjustment in the logo, the new name being used in all of our print materials and website, and, eventually, even changes in facility signage. This community built, jewel of Carmel Clay Parks & Recreation is a beautiful gathering place at the center of our great community and we felt it was important that this identity was reflected in the name. We hope that several things within these pages catch your attention and make you and your family and friends eager to spend some of your summer with us. The staff at the Monon Community Center—MCC—and throughout Carmel Clay Parks & Recreation looks forward to seeing you soon.

## SUSAN BEAURAIN, MONON COMMUNITY CENTER (MCC) DIVISION MANAGER

Hello! My name is Susan Beaurain and I am the new Division Manager at the Monon Community Center. I wanted to take a moment and introduce myself. My adventure with Carmel Clay Parks & Recreation began in January and I am already enjoying the challenges and rewards of my new town. I have been in parks and recreation administration for nearly 8 years. Originally from the Midwest—Wisconsin—my education and career have taken me all over the country, including Minnesota, Maryland, Texas, and Washington. I come to Carmel and the Monon Community Center with great experiences and a true passion for building my community through traditional and nontraditional recreational opportunities for all ages. With my start in Aquatics and my involvement with the American Red Cross, safety is a top priority for me. I also have a deep belief that while recreation is key infrastructure to any community it is the responsibility of all professional recreators to minimize the financial burden on the taxpayers while maximizing the number of people positively impacted by our programming. I eagerly anticipate meeting and talking with participants and guests, both loyal and new. I am very excited to be here and I look forward to being a long-time part of Carmel Clay Parks & Recreation and moving the Monon Community Center forward.

# HOURS OF OPERATION

## MONON COMMUNITY CENTER

### West Building

Monday-Friday	5:00am-10:00pm
Saturday	7:00am-8:00pm
Sunday	9:00am-8:00pm

### Track

Monday-Friday	5:00am-5:00pm
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\*Free to any Carmel or Clay Township resident.

### Open Gym

Minimum of one court available for open gym play. Others may be available, but only one court is guaranteed with few exceptions. A monthly gym calendar may be picked up at the front desk or online.

### KidZone (childcare)

Monday-Friday	8:00am-1:00pm; 4:00-8:00pm
Saturday	9:00am-1:00pm

### East Building

Monday-Friday	8:00am-5:00pm
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\*Extended hours for banquets, rentals and programs

## HOLIDAY HOURS

### Date

Memorial Day (5/31)
July 4 (7/4)
Labor Day (9/6)

### MCC

8:00am-6:00pm
8:00am-6:00pm
8:00am-6:00pm

### Waterpark

11:00am-6:00pm
11:00am-6:00pm
11:00am-5:00pm

## WATERPARK

### Waterpark Season (May 29-August 9)

Monday-Sunday	*11:00am-7:00pm
Bonus Family Time	7:00-8:00pm (Every Tue, Thurs & Sat)

### Waterpark Post-Season (August 10-September 5)

Monday-Friday	10:00am-12:00pm & 4:30-7:00pm
Saturday & Sunday	11:00am-7:00pm

## INDOOR AQUATICS

### Lap Pool (May 29-September 10)

Monday-Friday	5:00am-7:00pm
Saturday	7:00am-7:00pm
Sunday	9:00am-7:00pm

Indoor Activity Pool is NOT available for public swim during Waterpark season and post-season. Indoor Aquatics schedule will resume after Labor Day.

# GENERAL INFORMATION

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## WAYS TO REGISTER (PROGRAMS & PASSES)

1. Register online at [www.carmelclayparks.com](http://www.carmelclayparks.com)
  2. Drop off forms in-person at MCC
  3. Fax to 317.573.5254
  4. Call 317.848.7275
  5. Mail form to MCC East
- Make checks payable to Carmel Clay Parks & Recreation
  - VISA, MasterCard and American Express are accepted

## PROGRAM REFUND POLICY (EXCLUDES ESE)

If a class is cancelled by Carmel Clay Parks & Recreation, a full refund - less a \$7 service charge - will be given. For any other reason, a Refund Request Form may be filled out and submitted at least 7 days prior to program start date. All refunds are subject to approval of the Monon Community Center Division Manager. All check refunds are subject to State Board of Accounts claim procedures and may take up to 3-4 weeks to process.

## PROGRAM REGISTRATION DEADLINE

One week prior to the start date of the program.

## MAKE-UP CLASSES

No make-up classes permitted unless cancelled by Carmel Clay Parks & Recreation.

## EXCLUSIVE HEALTHCARE PARTNER



## BECOME A VOLUNTEER

Would you like to volunteer for Carmel Clay Parks & Recreation? Volunteering is a great way to learn new skills, meet people and make a difference in our community. Look for the MCC leaf by the programs that accept volunteers.

To become a volunteer, please fill out a volunteer form online at [www.carmelclayparks.com](http://www.carmelclayparks.com) or call 317.573.5243.

# PASS & ADMISSION RATES

## PASS AGE GROUPS

**Youth:** 3-15 years (Children age 2 and under are admitted free when accompanied by an adult)

**Adult:** 16-64 years

**Senior:** 65+ years

	Monon Pass
<b>Base Rates</b>	
Adult	\$35/month*
Youth or Senior	\$23/month*
Household	\$95/month*
<b>Benefits</b>	
• Indoor Aquatics	
• Waterpark	
• Gymnasium	
• Fitness Center	
• Track	
• KidZone (childcare)	
• Group Fitness Classes (excluding Zumba & Beginning Tai Chi)	Included with Household Pass \$20/month* add-on for Adult, and Senior Passes

Provides unlimited access during regular hours of operation to the Waterpark, Indoor Aquatics, Fitness Center, 1/8-mile Track, Gymnasium during open gym times, KidZone (childcare). The Monon Household Pass also includes unlimited participation in fitness programs for the adults and seniors (excluding Zumba and Beginning Tai Chi). Passes do not include participation in swim lessons and structured recreation or sports programs.

KidZone (childcare) is available to children ages six months to ten years for up to a maximum of two hours per visit. Parent(s) or guardian(s) must remain in the MCC during the time of visit. Reservations are recommended; drop-ins will be accommodated on a first-come, first-served basis as long as staff-to-child ratios remain within 1:12 guidelines.

\*The Monon Pass is available for purchase at an annual or monthly rate. Monthly pass requires automatic payment from a checking account, savings account or credit/debit card.

## Daily Pass Options

	Monon Daily Pass
Adult	\$10
Youth or Senior	\$8
Household	N/A
KidZone	\$5

## Waterpark Pass Options

	Daily	Waterpark Pass
Adult	\$8	\$85
Youth or Senior	\$5	\$60
Household	N/A	\$240

Ask about group rates. Contact Carrie Keaveney at [ckeaveney@carmelclayparks.com](mailto:ckeaveney@carmelclayparks.com) or 317.573.5250.

## PARTY RENTALS

Celebrate your party in style at the MCC. We handle everything from start to finish. Customize your party with our “Build Your Own” format. Go to [www.carmelclayparks.com](http://www.carmelclayparks.com) and click on the rentals tab. Scroll down and click on the parties form. Please fill it out and submit it to [parties@carmelclayparks.com](mailto:parties@carmelclayparks.com). Our party attendant will contact you within two business days from the date you submit your request.

## ROOM RENTALS

The Monon Community Center is the perfect location for hosting corporate events, wedding receptions and parties. The banquet facility at the MCC spans 3,375 square feet which may be divided up into three smaller or one large room, depending on the event. The banquet facility, which features large floor-to-ceiling windows that look onto spectacular nature views also include bars and a performance stage. A spacious balcony with picturesque views add ambiance to the banquet facility and allows guests to enjoy the outdoors.

This 690 square foot picturesque meeting room is great for corporate events and retreats. The room offers magnificent views through its floor-to-ceiling windows and can be set up a variety of ways including theater and classroom style seating, accommodating up to 50 individuals. Contact [rentals@carmelclayparks.com](mailto:rentals@carmelclayparks.com).

Additional available amenities for all room rentals: AV equipment, coffee service, linens, Wi-Fi, catering, dance floor.

## PARK SHELTER RENTALS

To request and reserve a shelter, please download the Park Reservation Request form from [www.carmelclayparks.com](http://www.carmelclayparks.com), complete and fax to 317.573.5254 or mail to 1235 Central Park Drive East, Carmel, IN 46032. Email [shelters@carmelclayparks.com](mailto:shelters@carmelclayparks.com) with shelter reservation questions. Request of facilities or equipment does not guarantee availability of use. There may be an additional fee for the use of department facilities or equipment. Note: payment must be received before the reservation is finalized.

Park	Rate
Carey Grove Park (shelter accommodates 20-25 people)	\$50/day
Flowing Well Park (shelter accommodates 20-25 people)	\$50/day
Flowing Well Park (observation deck) (shelter accommodates 20-25 people)	\$45/day
Lawrence W. Inlow Park (shelter accommodates 40 people)	\$50/day/side
Meadowlark Park (shelter accommodates 20 people)	\$25/day
River Heritage Park (shelter accommodates 100+ people)	\$50/day
West Park (shelter accommodates 60-80 people)	\$100/day
West Park Silos (shelter accommodates 15-20 people)	\$25/day for one silo
	\$40/day for two silos
	\$50/day for three silos

## GYM RENTALS

The cost to rent the gym is \$58.85/court/hour, including sales tax, which entitles you to the full court. To reserve, contact Matt at 317.573.5248 or [mleber@carmelclayparks.com](mailto:mleber@carmelclayparks.com).

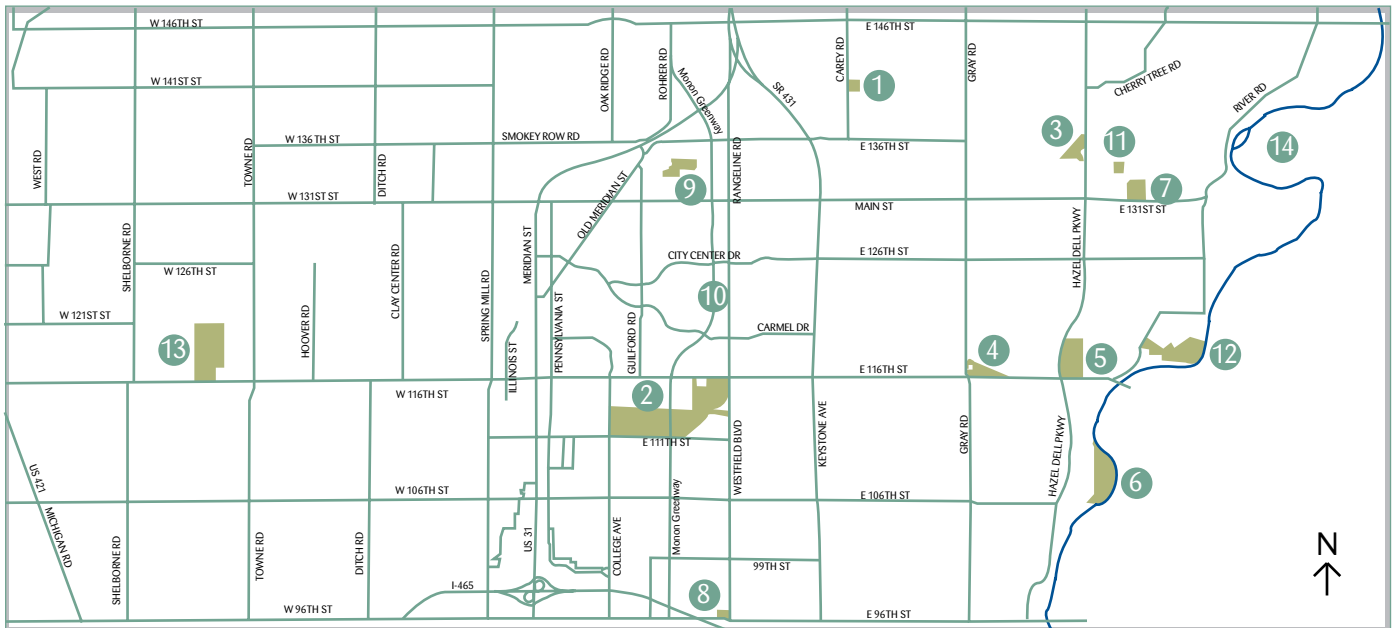
## NEW WATERPARK RENTALS

The Waterpark is a perfect location for company picnics, corporate events or other large group parties. It is available to host your private two-hour party between 7:30-9:30pm (Monday, Wednesday, Friday & Sunday) and 8:30-10:30pm (Tuesday, Thursday & Saturday). The rental rate includes two-hour Waterpark usage and lifeguard/pool attendant staffing. Concession Stand add-on is available at a rate of \$125/party or catering through the Ritz Charles. To schedule your aqua rental, please contact Carrie Keaveney at [ckeaveney@carmelclayparks.com](mailto:ckeaveney@carmelclayparks.com).

Level 1 (up to 250 guests)	\$750
Level 2 (up to 500 guests)	\$995
Level 3 (up to 750 guests)	\$1250

Groups over 750 will be charged an additional \$75 per set of 50 people.

# PARKS



	Adjacent to White River	Water Feature	Fishing	Open Grass	Prairie	Playground	Basketball Court	Softball Field	Soccer Field	Sand Volleyball Court	Interpretive Trail	Natural Trail	Paved Trail	Amphitheater	Picnic Area	Restrooms	
1 Carey Grove Park 14001 N. Carey Road																	5 acres
2 Central Park 1195 Central Park Drive West																	161 acres
3 Cherry Tree Park 13720 Hazel Dell Parkway																	12 acres
4 Flowing Well Park 5100 E 116th Street																	18 acres
5 Founders Park 11675 Hazel Dell Parkway																	39 acres
6 Hazel Landing Park 10601 Hazel Dell Parkway																	44 acres
7 Lawrence W. Inlow Park 6310 E. 131st Street																	16 acres
8 Lenape Trace Park 9602 Westfield Boulevard																	5 acres
9 Meadowlark Park 450 Meadow Lane																	17 acres
10 Monon Greenway 96th Street North to 146th Street																	5.2 miles of trail
11 Prairie Meadow Park 5282 Ivy Hill Drive																	5 acres
12 River Heritage Park 11813 River Road																	40 acres
13 West Park 2700 W. 116th Street																	121 acres
14 White River Greenway 13410 River Road																	2.5 miles of trail



# SPECIAL EVENTS



## ➤ SARAH CARLING Special Events Supervisor

My favorite part about running special events is meeting all the wonderful families, children and pets who continue to participate in the large variety of programs offered. I am always trying to create an atmosphere for families and individuals to form lasting memories they can share for years.

317.573.5243 | scarling@carmelclayparks.com

## COMMUNITY GARAGE SALE

The MCC is a one-stop shop! Why drive all day searching for your local garage sale? Come to our Community Garage Sale and leisurely browse through all sorts of items.

Location: MCC - East Parking Lot

Dates	Day	Time	Fee
May 22		10:00am-4:00pm	Sa Free

**Vendors:** The fee for vendors is \$5 for a parking space. You must bring a table/chair. A limited number of tables and chairs will be available at an additional cost of \$5. Any leftover items may be donated to Goodwill. If inclement weather, this event will be cancelled. Vendor Activity # 109049-01

## SPLASHTACULAR 🌿

Come help us start and end the summer right by participating in our celebration of summer. Activities and games will be spread throughout the day to encourage participation from patrons of all ages and abilities. Whether you take part in the water balloon toss, build a cardboard boat and participate in our boat race or compete in our cannon ball contest, we ensure that everyone will have a great time. \*Fee is general admission into the Waterpark. (Youth: \$5 Adult: \$8)

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
109055-01	May 31	M	11:00am-5:00pm	\$5/8*
109055-02	Sept 6	M	11:00am-5:00pm	\$5/8*

## KIDS KONCERTS

Bring your picnic basket, a blanket and get ready for our annual Kids Koncerts! All performances are interactive and geared towards children ages 2-5 years. In case of inclement weather, concerts will be held in MCC Banquet Rooms.

Performer: Bobbie Lancaster (River Heritage Park, 11813 River Rd )

Activity #	Dates	Day	Time	Fee
109004-01	May 26	W	10:00-11:00am	Free

Performer: Mik the Musicman & The Bounce House Band (West Park, 2700 W 116<sup>th</sup> Street)

Activity #	Dates	Day	Time	Fee
109004-02	Jun 2	W	10:00-11:00am	Free

Performer: Stacia Demos Duo (River Heritage Park, 11813 River Rd )

Activity #	Dates	Day	Time	Fee
109004-03	Jun 9	W	10:00-11:00am	Free

Performer: Kid Kazooy (West Park, 2700 W 116<sup>th</sup> Street)

Activity #	Dates	Day	Time	Fee
109004-04	Jun 16	W	10:00-11:00am	Free

Performer: Max the Moose (River Heritage Park, 11813 River Rd )

Activity #	Dates	Day	Time	Fee
109004-05	Jun 23	W	10:00-11:00am	Free

Performer: Sensible Shoes Trio (West Park, 2700 W 116<sup>th</sup> Street)

Activity #	Dates	Day	Time	Fee
109004-06	Jul 7	W	10:00-11:00am	Free

Performer: Ruditoonz (River Heritage Park, 11813 River Rd )

Activity #	Dates	Day	Time	Fee
109004-07	Jul 14	W	10:00-11:00am	Free

Performer: Island Breeze (West Park, 2700 W 116<sup>th</sup> Street)

Activity #	Dates	Day	Time	Fee
109004-08	Jul 21	W	10:00-11:00am	Free

## BECOME A VOLUNTEER



Would you like to volunteer for Carmel Clay Parks & Recreation? Volunteering is a great way to learn new skills, meet people and make a difference in our community. Look for the MCC leaf by the programs that need volunteers.

Please fill out a volunteer form online at [www.carmelclayparks.com](http://www.carmelclayparks.com) or call 317.573.5243.

# SPECIAL EVENTS

## MOVIES IN THE PARK

Invite your friends and family, gather up your lawn chairs, blankets and picnic baskets and head over to the big screen at West Park. In case of inclement weather, this event will be cancelled.

Location: West Park, 2700 W 116<sup>th</sup> Street

Movie: Cloudy with a Chance of Meatballs (PG)

Activity #	Dates	Day	Time	Fee
109001-01	Jun 11	F	At Dusk	Free

Movie: Where the Wild Things Are (PG)

Activity #	Dates	Day	Time	Fee
109001-02	Jul 9	F	At Dusk	Free

Movie: How to Train Your Dragon (PG)

Activity #	Dates	Day	Time	Fee
109001-03	Aug 14	Sa	At Dusk	Free

## FAMILY CAMPOUT

Load up the kids, dig out your tents and head over to West Park for our Family Campout. Campers will chow down on tasty camping classics such as beans, hotdogs and hamburgers. Then we will all enjoy family games and a movie under the stars Cloudy with a Chance of Meatballs (PG)). Night owls are invited to join a late night hike around the park. Participants must bring their own tent, bug spray and flashlights - we will provide the rest. Fee includes dinner, a light breakfast, a T-shirt and all activities. Tent setup is between 4:30-6:00pm. Pre-registration is required. In case of inclement weather, the rain date will be June 18-19. \*Fee is per family.

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
109002-01	Jun 11-12	F, Sa	4:30pm-9:00am	\$40*

## FLICK N' FLOATS

Our Movies in the Park series has made a splash landing at the Waterpark! Come enjoy a night of family fun as we view movies on the giant screen. Get ready to lay back, relax and enjoy the flick while floating in the pool!

Location: MCC - Waterpark

Movie: Jaws (PG)

Activity #	Dates	Day	Time	Fee
109071-01	Jul 23	F	At Dusk	\$2

Movie: Band Slam (PG)

Activity #	Dates	Day	Time	Fee
109071-02	Aug 6	F	At Dusk	\$2

## CLASSIC MOVIE SERIES

Watch your favorite classic movies under the stars. Be sure to bring your lawn chairs, blankets and picnic baskets, as they are permitted for your comfort and convenience. Snacks will be available for purchase. In case of inclement weather, this event will be cancelled.

Location: West Park, 2700 W 116<sup>th</sup> Street

Movie: Goonies (PG)

Activity #	Dates	Day	Time	Fee
109070-01	Jun 26	Sa	At Dusk	Free

Movie: E.T. (PG)

Activity #	Dates	Day	Time	Fee
109070-02	Jul 24	Sa	At Dusk	Free

## PICNIC IN THE PARK

Picnic and games are a great way to spend the day at one of our largest parks. Pack a lunch for the trip to West Park and enjoy a variety of games while meeting other families this summer. Don't forget your lunch and picnic basket. Pre-registration is required. In case of inclement weather, event will be cancelled.

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
109042-01	Jun 15	Tu	12:30-2:00pm	Free
109042-02	Jul 13	Tu	12:30-2:00pm	Free
109042-03	Aug 3	Tu	12:30-2:00pm	Free

## BIKE RODEO

Bike Rodeo will help your child learn the necessary skills needed to ride their bikes safely. While attending this class, children will be taught how to safely and confidently ride their bicycles and demonstrate their skills in a obstacle course. They will learn road and trail rules, basic maintenance tips, and have the opportunity to check their bikes and helmets for safety. Parents are required to stay with their child at all times. Participants are strongly encouraged to bring their own bicycles.

Instructor: City of Carmel & Staff

Location: TBD



Activity #	Dates	Day	Time	Fee
109072-01	Jun 5	Sa	9:00-11:00am	Free
109072-02	Jun 5	Sa	10:30am-12:30pm	Free
109072-03	Jun 5	Sa	12:00-2:00pm	Free

# SPECIAL EVENTS

## TOUCH A TRUCK

Climb on it! Run around it! Sit in it! Honk the horn-just don't drive it away! Join us for our annual Touch a Truck, where kids can explore all sorts of amazing trucks and vehicles. Children will have the opportunity to meet the drivers, honk the horns and explore their favorite vehicles, such as ambulances, dump trucks and mowers. An adult must accompany all children. This program is held rain or shine.

Location: Carmel High School Stadium, 136<sup>th</sup> St., west of Keystone

Activity #	Dates	Day	Time	Fee
109003-01	Jul 28	W	10:00am-12:00pm	Free



## FAMILY FISHING DERBY

Gather up your fishing equipment and come out to West Park for the Family Fishing Derby. We will have fishing contests to see who catches the biggest, smallest and most fish. This is a catch and release tournament. Participants are required to supply their own fishing equipment and have a current fishing license. Fee includes a T-shirt. \*Fee is per person.

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
109048-01	Jul 24	Sa	9:00am-12:00pm	\$10*



## IRONKIDS CARMEL TRIATHLON

IronKids will hold its second annual youth triathlon in Carmel, Ind., drawing youth ranging from 6 to 15 years of age. The triathlon will take place at The Monon Community Center where participants will see a pool swim followed by a bike course utilizing closed roads. The run encompasses paved walkway and grass trails surrounding The Monon Community Center. All finishers will receive a commemorative medal and trophies will be awarded for those within the older division. Distances for the IronKids Triathlon will vary, depending on the age of participants:

- Ages 6 to 8: 50-yard swim, 2-mile bike and 500-yard run
- Ages 9 to 11: 150-yard swim, 4-mile bike and 1-mile run
- Ages 12 to 15: 300-yard swim, 8-mile bike and 2-mile run

The IronKids mission is to inspire and motivate youth through sport to lead an active, positive and healthy lifestyle.

To register for the IronKids Carmel Triathlon and learn more about the event visit [www.IronKids.com](http://www.IronKids.com).

Dates	Day	Time	Fee
July 25	Su	8:00am	See website



## SHRED-IT

Bring your personal, financial or any other documents that you would like to have shredded to the MCC. We will have a professional shredding company shredding all of your documents. Limited to one car load per person.

Location: MCC - East Parking Lot

Activity #	Dates	Day	Time	Fee
109037-01	Jun 26	Sa	9:00am-12:00pm	Free

# SPECIAL EVENTS

## BARK IN THE DARK

Is your dog itching to go on a late night walk and do you like to admire the stars? Then you are bound to have a howling good time! This is a great chance to meet and socialize with other dog lovers. All dogs must be on a leash at all times and "oops" bags will be provided. Do not forget your flashlight! Pre-registration is required.

Skate Park, 1235 Central Park Drive East

Activity #	Dates	Day	Time	Fee
109035-01	May 28	F	9:00pm	Free

West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
109035-02	June 25	F	9:00pm	Free

Skate Park, 1235 Central Park Drive East

Activity #	Dates	Day	Time	Fee
109035-03	Jul 23	F	9:00pm	Free

West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
109035-04	Aug 13	F	9:00pm	Free

## POOCH PICNIC

Whether you have two legs or four, everyone likes to socialize. Come bark with your buddies at our Pooch Picnic. This event is for both owners and dogs looking for a fun day out in the park. There will be light snacks provided for four legged friends and their owners. We will be having a best trick contest, sit and stay contest, a walk throughout the park and a socialization time for both owner and pet. Dogs must be on a leash at all times.

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
109068-01	Jun 6	Su	2:00-4:00pm	Free
109068-02	Aug 21	Su	2:00-4:00pm	Free



## BACK TO SCHOOL BASH

Summer vacation is coming to an end, but the fun and excitement is just getting started. School is back and your first assignment is to visit the MCC and participate in our Back to School Bash. You will be able to enjoy swimming, structured aquatic games, relays, cornhole, a bounce house, live music and if you are up for it, a Flick n' Float (Band Slam (PG)). Prizes will be awarded to those who participate in our games.

\*Fee is general admission into the Waterpark. (Youth: \$5 Adult: \$8)

Activity #	Dates	Day	Time	Fee
109010-01	Aug 6	F	5:00pm	\$5/8*

## DOGGIE DAYZ

Join us as the Waterpark "goes to the dogs." Bring your favorite pooch for a dip in the pool! The Waterpark is closed for the human season and opening for the canine season (for one night anyway). This special open swim for dogs will sure be a "treat" for you and your special pet. Doggy treats will be available. Social dogs only. Dogs must be on a leash until they are in the water. You are strongly encouraged not to swim in the pools with the dogs.

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
109036-01	Sept 6	M	6:00-8:00pm	\$6/dog



# SPECIAL EVENTS

## ST.VINCENT TOUR DE CARMEL

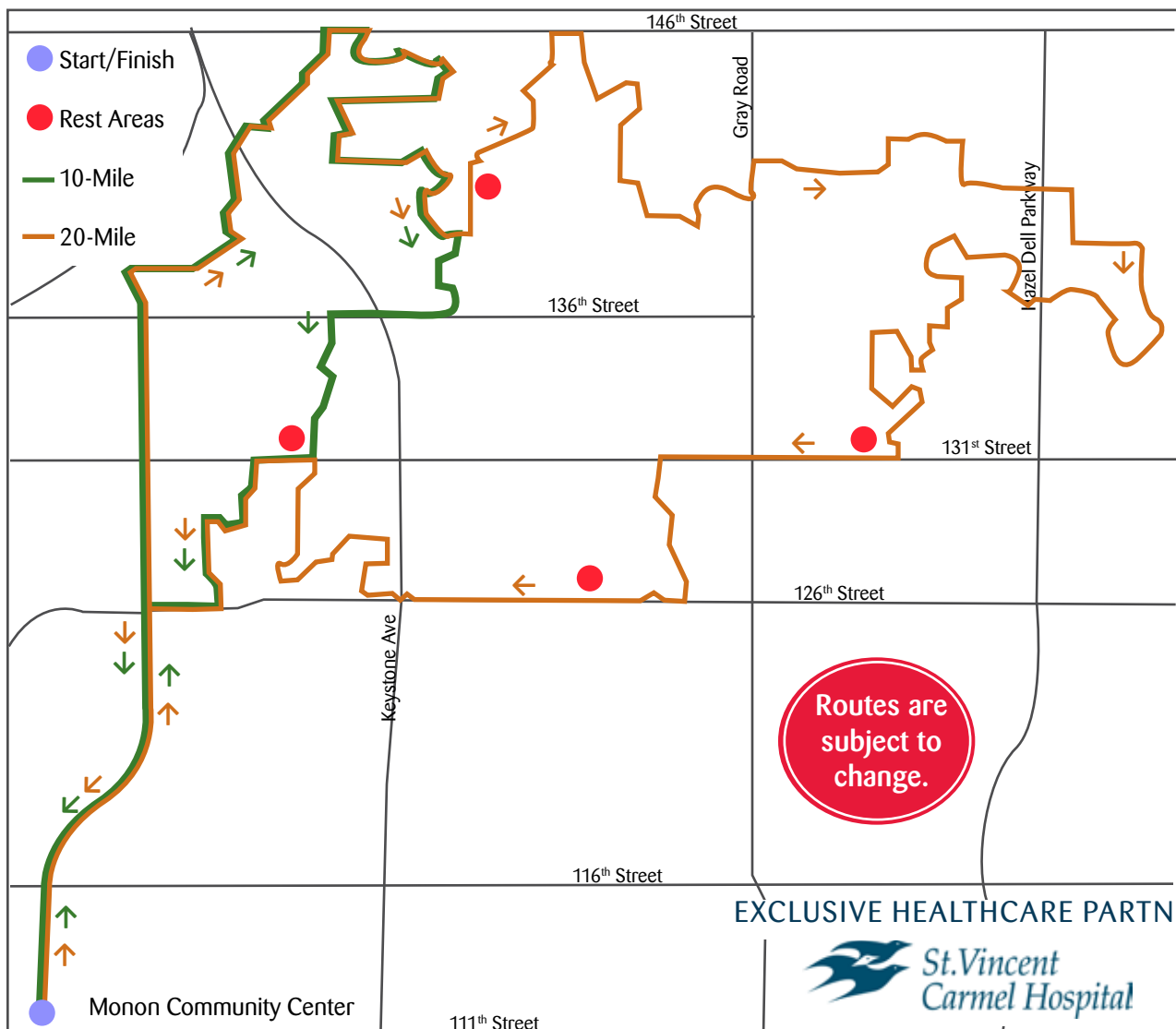
Join us for our most popular special event! St.Vincent Tour de Carmel is a bike ride along 10-mile and 20-mile routes through Carmel. Along the ride, stop at any of our rest stops for a variety of healthy snacks, drinks and entertainment. After the ride is complete, you can join us at the finish line for more entertainment and refreshments. Pre-registration is required in order to secure a T-shirt and goodie bag. Day of event registrations will be accepted. You can pre-register online at [www.carmelclayparks.com](http://www.carmelclayparks.com) or pick up a form at the MCC. All participants will receive a goodie bag and a T-shirt if registered on or before 8/27/2010. Check-in on event day is from 7:30-9:00am. No riders will be allowed to begin the tour after 9:00am and must complete the course no later than noon. In case of inclement weather, this event will be cancelled.

**Adaptive 10-mile Ride:** This ride is for individuals with special needs only. Individuals will ride as a group on the 10-mile route. Staff will be staggered within the group throughout the ride. Group will meet at the MCC in the designated tent at the start line for check-in at 8:00am. Group will begin the ride at 8:30am sharp. Contact Brooke at [btaflinger@carmelclayparks.com](mailto:btaflinger@carmelclayparks.com) or 317.573.5245.

Saturday, September 11 | 7:30am-12:00pm (Adaptive: 8:00am-12:00pm)

Fee: \$6/person | Starting Location: MCC - East Parking Lot

10-mile - Activity# 109012-01 | 20-mile - Activity#109012-02 | Adaptive 10-mile Ride - Activity# 109012-03





# PARENT/CHILD

## TODDLER OPEN GYM

Come enjoy some active quality time exploring all of the different stations in this parent/child open gym. We will supply the balls, mats and equipment so you and your child can explore a variety of gross motor activities. Play is on your own; there will be no instructor. A drop-in fee of \$5 per child may be paid if you can only make a single session. **No class on 7/21.**

Age: 0-5 years, with parent or caregiver

Location: MCC - Gym C

Activity #	Dates	Day	Time	Fee
105102-01	May 5-26	W	10:30-11:30am	\$16
105102-02	Jun 2-30	W	10:30-11:30am	\$20
105102-03	Jul 7-28	W	10:30-11:30am	\$12
105102-04	Aug 4-25	W	10:30-11:30am	\$16

## WEEKEND TODDLER OPEN GYM

Your favorite parent/child activities are now offered one Saturday of every month! Come enjoy some active quality time exploring all of the different stations in this parent/child open gym. We will supply the balls, mats and equipment so you and your child can explore a variety of gross motor activities. Play is on your own; there will be no instructor.

Age: 0-5 years, with parent or caregiver

Location: MCC - Gym C

Activity #	Dates	Day	Time	Fee
105100-01	May 15	Sa	10:30-11:30am	\$5
105100-02	Jun 19	Sa	10:30-11:30am	\$5
105100-03	Jul 17	Sa	10:30-11:30am	\$5
105100-04	Aug 14	Sa	10:30-11:30am	\$5



➤ **CRYSTAL ALLEN**  
Preschool Supervisor

I have been with Carmel Clay Parks & Recreation for over two years and have worked in the recreation field for four years. I am a former preschool director and head teacher. I really enjoy children of all ages but my passion is the 0-5 age group because of their wonder and excitement for life.

317.843.3869 | callen@carmelclayparks.com

## TODDLER OPEN ROAD

Come enjoy active quality time with your child on wheels. You can bring your own bike or use one of our bikes or cars. Each child must bring and wear a helmet. The riding area will be set-up with road signs and cones. A staff member will be present to ensure the safety of all children but no instruction will be given.

Age: 1-5 years, with parent or caregiver

Location: MCC - East Parking Lot

Activity #	Dates	Day	Time	Fee
105139-01	May 20	Th	4:00-5:00pm	\$5
105139-02	Jun 17	Th	4:00-5:00pm	\$5
105139-03	Jul 22	Th	4:00-5:00pm	\$5
105139-04	Aug 19	Th	4:00-5:00pm	\$5

## BLOCK PARTY

Build away with a variety of blocks at the MCC Block Party! Bring your child for an hour of building where you both can share playtime while socializing with other children and parents. This is an open play opportunity with no instructor. All building materials will be provided so come join us for a building extravaganza!

Age: 0-5 years, with parent or caregiver

Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
105142-01	May 18	Tu	3:00-4:00pm	\$5
105142-02	Jun 15	Tu	3:00-4:00pm	\$5
105142-03	Jul 20	Tu	3:00-4:00pm	\$5
105142-04	Aug 17	Tu	3:00-4:00pm	\$5

# PARENT/CHILD

## MOMMY & ME BALLET

This class will combine ballet, creative movement, singing, dancing and parachute play. Dress attire includes ballet shoes, leotard and tights for the little ones and comfortable clothes with ballet shoes or socks for mom. No street shoes allowed on dance floor.

Age: 2.5-3 years, with parent or caregiver

Min/max: 4/8

Instructor: Dance Class Studio

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
105104-01	Jun 15-Aug 3	Tu	9:30-10:00am	\$65
105104-02	Jun 18-Aug 6	F	3:30-4:00pm	\$65

## MOM-N-ME GYMNASTICS

Moms and tots will work together to develop the child's motor skills. Class will begin with a fun warm-up set to music. Age appropriate steps and movements are incorporated into fun songs and rhymes. Moms and tots are then challenged with interactive skills using manipulative toys like scarves and balls. Tumbling skill activities follow with moms helping their tots in balancing, tumbling, hanging and agility. **No class on 7/20.**

Age: 1-2 years, with parent or caregiver

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
105121-01	May 4-25	Tu	10:30-11:00am	\$55
105121-02	May 4-25	Tu	5:15-5:45pm	\$55
105121-03	Jun 1-22	Tu	10:30-11:00am	\$55
105121-04	Jun 1-22	Tu	5:15-5:45pm	\$55
105121-05	Jul 6-27	Tu	10:30-11:00am	\$40
105121-06	Jul 6-27	Tu	5:15-5:45pm	\$40
105121-07	Aug 3-24	Tu	10:30-11:00am	\$55
105121-08	Aug 3-24	Tu	5:15-5:45pm	\$55

## BABY YOGA

The Baby Yoga class works through several of the unique yoga poses designed to support baby's development and augment their natural posture. Each class is filled with calming, nurturing ways to enhance bonding and improve baby's sleep and digestion. Babies enjoy yoga while on their backs, tummies or held in loving arms. Parents get the chance to bond with baby, meet other fitness-minded parents and learn about the fundamentals of yoga's breathing and relaxation techniques. We will introduce new techniques in each session. **No class on 7/22.**

Age: 0-1 years, with parent or caregiver (child cannot be walking)

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Fitness Studio B

Activity #	Dates	Day	Time	Fee
105205-01	Jun 3-24	Th	10:00-10:30am	\$55
105205-02	Jul 8-29	Th	10:00-10:30am	\$40

## BABY SIGN LANGUAGE

Using sign language with babies boosts intellectual development, helps babies talk sooner and reduces frustration! In this class, you will learn 50 signs through music, games and fun activities with the instructor and her signing bear, Bee-bo! We will experience a different theme each week including mealtime, bath time, pets and more. Bring your baby and join the fun! A signing DVD and other materials are included in your fee.

Age: 6 months-2 years, with parent or caregiver

Min/max: 5/8

Instructor: Baby Signs of Indiana

Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
105131-01	May 7-Jun 11	F	9:45-10:30am	\$85



## KINDERMUSIK: PEEK-A-BOO, I LOVE YOU

Learn new songs, lullabies and ways to say "I love you" using touch, Mother Goose rhymes, literature books and chants. Activities include instrument play, American Sign Language and special parent-baby dances that stimulate baby's eyes, body and mind. Parents connect with other newborns and families in the community as well as learn how music improves the child development process. Student kit includes a poster, baby book, CD and other special activity materials.

Age: 0-1.5 years, with parent or caregiver  
Min/max: 6/12  
Instructor: Musical Beginnings  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105108-01	May 28-Jun 25	F	9:30-10:15am	\$77

## NEW KINDERMUSIK: FAMILY & FRIENDS

Children will sing songs, say rhymes, dance and play all around the theme of friends and family. They will listen to grandma and grandpa calling on the phone, hear a conversation between two friends and take turns with classmates playing the triangle and rolling a ball. The story Flip-Flap, Sugar Snap will have the children enthralled. Come join the fun when we sing and play with your Family & Friends! Student kit includes a CD and Family Guide.

Age: 1.5-3.5 years, with parent or caregiver  
Min/max: 6/12  
Instructor: Musical Beginnings  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105109-01	May 7-28	F	10:30-11:10am	\$59



## KINDERMUSIK: CREATURES AT THE OCEAN

Children love this unit because they sing, move and play with Mom, Dad or caregiver while learning about the great outdoors, nature-friendly ideas and interesting creatures unique to the coastal environment. We will dive into lessons like Ahoy There, On My Beach Blanket, Coastal Waters, Riding the Waves and In the Deep Blue Sea. Put on your summer clothes and join us for an ocean adventure! Student kit includes a CD, story cards and an instrument.

Age: 1.5-3.5 years, with parent or caregiver  
Min/max: 6/12  
Instructor: Musical Beginnings  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105107-01	Jun 1-29	Tu	11:30am-12:20pm	\$79

## NEW KINDERMUSIK: OUT AND ABOUT

This month we're taking pretend adventures to the mountains, beach, going on bike rides and enjoying picnics. Meanwhile, your toddler gets lots of practice taking turns and interacting socially. You'll love the take-home activities in your student kit, with great ideas for making an easy, at-home bird feeder. In addition, when you incorporate these class activities into your playtime at home, you're sharing in the learning happening in class. Student kit includes a Family Guide and CD.

Age: 1.5-3.5 years, with parent or caregiver  
Min/max: 6/12  
Instructor: Musical Beginnings  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105106-01	Jun 4-25	F	10:30-11:10am	\$59
105106-02	Jun 8-29	Tu	10:30-11:10am	\$59

## NEW KINDERMUSIK: OUTSIDE MY WINDOW

You and your child will enjoy a range of imagination and listening skills in Outside My Window. This month's unit has the learning focus: "I hear and I listen. I can be loud or quiet." Listen at home and find empty cans, uncooked rice, cardboard boxes or uncooked pasta to imitate those sounds. In a child's visual world, this exercise helps bring focus to the attention required for listening. Student kit includes CD and Family Guide.

Age: 1.5-3.5 years, with parent or caregiver  
Min/max: 6/12  
Instructor: Musical Beginnings  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105112-01	Jul 9-30	F	10:30-11:10am	\$59



# PRESCHOOL/TODDLER

## START SMART SPORTS DEVELOPMENT

This program is a proven instructional program that prepares children for organized sports without the threat of competition or the fear of getting hurt. Parents work together with their children to learn throwing, catching, kicking and batting. Each parent/child team will receive their own take home kit that includes a participant manual, two Koosh balls, a Telson soccer ball, a Boingo ball, a bat and ball set, a glove and a mesh bag. **A parent or guardian must attend and participate in each class.**

Age: 3-5 years

Min/max: 5/15

Instructor: Staff

Location: River Heritage, 11813 River Road



Activity #	Dates	Day	Time	Fee
105145-01	May 19-Jun 23	W	4:30-5:30pm	\$60
105145-02	Jul 7-Aug 11	W	4:30-5:30pm	\$60

## START SMART BASEBALL

This program is a developmentally appropriate introductory baseball program that prepares children for organized tee ball, baseball and softball in a fun non-threatening environment. Age appropriate equipment is used in teaching throwing, catching, batting, running and agility. Each parent/child team will receive their own kit to take home that includes a participant manual, bat and ball set, glove and two koosh balls. **A parent or guardian must attend and participate in each class.**

Age: 3-5 years

Min/max: 5/15

Instructor: Staff

Location: River Heritage, 11813 River Road



Activity #	Dates	Day	Time	Fee
105146-01	May 18-Jun 22	Tu	4:30-5:30pm	\$60
105146-02	Jul 6-Aug 10	Tu	4:30-5:30pm	\$60

## NEW LEVEL SWING BASEBALL

The Level Swing Baseball Training offers an exciting new patent pending teaching method for T-Ball and beginning baseball players. This new method focuses on the core movements of the baseball swing. Throwing and catching is also taught at the beginning level.

Age: 4-5 years

Min/max: 2/5

Instructor: Michael Moos

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
105147-01	May 3-12	M, W	5:30-6:30pm	\$55
105147-02	May 17-26	M, W	5:30-6:30pm	\$55
105147-03	Jun 7-16	M, W	5:30-6:30pm	\$55

## PEE WEE GOLF

If you want to learn the life-long sport of golf, great lessons and expert instruction are crucial for both boys and girls alike. Children will get started off on the right foot as they learn golf safety, etiquette and swing movement while developing hand-eye coordination and love of the sport. Children can bring their own clubs or use the clubs supplied by Plum Creek Golf Course. All instructors are PGA professionals.

Age: 5-6 years

Min/max: 6/12

Instructor: Plum Creek Golf PGA Professionals

Location: Plum Creek Golf Course, 12401 Lynnwood Blvd.

Activity #	Dates	Day	Time	Fee
105014-01	Jun 22-25	Tu-F	8:30-9:30am	\$85
105014-02	Jun 22-25	Tu-F	10:00-11:00am	\$85
105014-03	Jul 13-Jul 16	Tu-F	8:30-9:30am	\$85
105014-04	Jul 13-Jul 16	Tu-F	10:00-11:00am	\$85

# PRESCHOOL/TODDLER

## LIL' DRAGONS: TAEKWONDO LEVEL I

Lil' Dragons Level I focuses on improving children's basic motor and listening skills. Our program will enhance your child's development in a fun and motivating way. The program focuses on eight skills: teamwork, self-control, balance, memory, discipline, focus, fitness and coordination through taekwondo moves and games. In our Lil' Dragons classes, we make learning fun and educational. **No class on 5/31.**

Age: 4-6 years  
Min/max: 5/15  
Instructor: Indy Taekwondo Academy  
Location: MCC - Gym C

Activity #	Dates	Day	Time	Fee
105001-01	May 10-Jun 28	M	5:30-6:00pm	\$40
105001-02	May 11-Jun 29	Tu	4:30-5:00pm	\$45
105001-03	Jul 5-Aug 23	M	5:30-6:00pm	\$45
105001-04	Jul 6-Aug 24	Tu	4:30-5:00pm	\$45

## LIL' DRAGONS: TAEKWONDO LEVEL II

Lil' Dragons Level II will continue to develop taekwondo moves and the eight basic skills: focus, teamwork, self-control, balance, memory, discipline, fitness and coordination. In this class, your child will be exposed to positive social interaction and learn how to work with others and follow directions from the instructors. In our Lil' Dragons classes, we make learning fun and educational.

Age: 4-6 years  
Min/max: 5/15  
Instructor: Indy Taekwondo Academy  
Location: MCC - Gym C

Activity #	Dates	Day	Time	Fee
105002-01	May 12-Jun 30	W	5:30-6:00pm	\$45
105002-02	May 13-Jul 1	Th	4:30-5:00pm	\$45
105002-03	Jul 7-Aug 25	W	5:30-6:00pm	\$45
105002-04	Jul 8-Aug 26	Th	4:30-5:00pm	\$45



Off the Wall Sports Weather Hotline  
317.340.9086

## LIL' KICKERS: BUNNIES

Bunnies classes guide toddlers in learning basic soccer skills while building fundamentals such as balance and coordination. Classes incorporate activities that are geared toward a toddler's unique way of learning and include parachutes, bubbles, noodles, cones, a lot of goal scoring and more. **No class on 7/3.**

Age: 1.5-2 years, with parent or caregiver  
Min/max: 3/15  
Instructor: Off the Wall Sports  
Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105003-01	Jun 2-Aug 4	W	9:30-10:20am	\$125
105003-02	Jun 5-Aug 14	Sa	10:30-11:20am	\$125

## LIL' KICKERS: THUMPERS

Parents and children will play organized games together to develop listening skills, balance, ball skills and foot-eye coordination. Thumpers is the ideal next step for Bunnies veterans and a perfect introduction to Lil' Kickers for new players. **No class on 7/3.**

Age: 2-2.5 years, with parent or caregiver  
Min/max: 3/12  
Instructor: Off the Wall Sports

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
105004-01	Jun 1-Aug 3	Tu	9:30-10:20am	\$125

Location: Carey Grove Park, 14001 N Carey Road

Activity #	Dates	Day	Time	Fee
105004-02	Jun 4-Aug 6	F	9:30-10:20am	\$125

Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105004-03	Jun 5-Aug 14	Sa	9:30-10:20am	\$125

# PRESCHOOL/TODDLER

## LIL' KICKERS: COTTONTAILS

Cottontails is a class designed for children who are ready for more of a challenge, but who are not quite ready to be on the field without an adult. The curriculum is designed to build fundamental skills such as balance, coordination and ball skills. The classes build a sense of independence. As children progress through the session and become ready for more independence, parents can choose to transition to a less active role in the class, helping prepare them for the transition into the Hoppers classes. **No class on 7/3.**

Age: 2.5-3.5 years, with parent or caregiver  
Min/max: 3/12  
Instructor: Off the Wall Sports

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
105005-01	Jun 1-Aug 3	Tu	10:30-11:20am	\$125

Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105005-02	Jun 2-Aug 4	W	10:30-11:20am	\$125
105005-03	Jun 5-Aug 14	Sa	10:30-11:20am	\$125

## LIL' KICKERS: HOPPERS

Hoppers classes are designed to be fun and fast-paced. Classes focus on building balance, coordination and fundamental soccer skills through creative play and help develop listening skills, cooperation and teamwork. This is the first class where children participate independently. **No class on 7/3.**

Age: 3-4 years  
Min/max: 3/14  
Instructor: Off the Wall Sports

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
105006-01	Jun 1-Aug 3	Tu	9:30-10:20am	\$125
105006-02	Jun 1-Aug 3	Tu	11:30am-12:20pm	\$125

Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105006-03	Jun 2-Aug 4	W	9:30-10:20am	\$125
105006-06	Jun 5-Aug 14	Sa	9:30-10:20am	\$125
105006-07	Jun 5-Aug 14	Sa	11:30am-12:20pm	\$125

Location: Carey Grove Park, 14001 N Carey Road

Activity #	Dates	Day	Time	Fee
105006-04	Jun 4-Aug 6	F	9:30-10:20am	\$125
105006-05	Jun 4-Aug 6	F	11:30am-12:20pm	\$125

## LIL' KICKERS: JACK RABBIT

Jack Rabbits classes are designed to help transition children into team play. Children play creative games to develop fundamental soccer skills and will be introduced to more one-ball oriented games and scrimmaging. The focus of the scrimmages will be to help players understand how to apply skills in different situations and building teamwork. Some small-sided non-competitive soccer games are introduced. **No class on 7/3.**

Age: 3-4 years  
Min/max: 3/14  
Instructor: Off the Wall Sports

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
105007-01	Jun 1-Aug 3	Tu	10:30-11:20am	\$125

Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105007-02	Jun 2-Aug 4	W	10:30-11:20am	\$125
105007-04	Jun 5-Aug 14	Sa	10:30-11:20am	\$125

Location: Carey Grove Park, 14001 N Carey Road

Activity #	Dates	Day	Time	Fee
105007-03	Jun 4-Aug 6	F	10:30-11:20am	\$125

## LIL' KICKERS: BIG FEET

Big Feet classes are for kids who have not played a lot of soccer before or who respond better to a low-key environment. Classes build basic soccer skills (dribbling, passing, trapping, scoring) and develop a sense of confidence on the field. Players will also learn sportsmanship and team play. Some small-sided, yet non-competitive soccer games are played to enhance learning how to apply skills in game situations. **No class on 7/3.**

Age: 5-6 years  
Min/max: 3/14  
Instructor: Off the Wall Sports

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
105008-01	Jun 1-Aug 3	Tu	11:30am-12:20pm	\$125

Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105008-02	Jun 2-Aug 4	W	11:30am-12:20pm	\$125
105008-03	Jun 5-Aug 14	Sa	9:30-10:20am	\$125

# PRESCHOOL/TODDLER

## LIL' KICKERS MICRO I

Micro classes are developmental classes that provide more advanced, yet age-appropriate instruction to enhance individual and team skills while emphasizing fun and focusing on effort. Micro classes are separated by age and ability. **No class on 7/3.**

Instructor: Off the Wall Sports

Age: 4-5 years

Min/max: 3/14

Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105009-01	Jun 2-Aug 4	W	11:30am-12:20pm	\$125
105009-03	Jun 5-Aug 14	Sa	11:30am-12:20pm	\$125

Location: Carey Grove Park, 14001 N Carey Road

Activity #	Dates	Day	Time	Fee
105009-02	Jun 4-Aug 6	F	10:30-11:20am	\$125

## CHALLENGER SPORTS SOCCER CLINIC

Does your child love the game of soccer? Carmel Clay Parks & Recreation is partnering with Challenger Sports British Soccer to offer a week long clinic dedicated to developing specific soccer skills. Instructors have years of experience playing and coaching in England. Each child will receive a T-shirt and a hand stitched soccer ball. Please register at [www.challengersports.com](http://www.challengersports.com) and remember that if you register 45 days before the clinic (April 23 and/or June 11), you will receive a FREE jersey.

Min/max: 6/16

Instructor: Challenger Sports British Soccer

Location: West Park, 2700 W 116<sup>th</sup> Street



First Kicks Age: 3 years

Activity #	Dates	Day	Time	Fee
105015-01	Jun 7-11	M-F	9:00-10:00am	\$95
105015-02	Jul 26-30	M-F	9:00-10:00am	\$95

Mini Soccer: Age: 4-5 years

Activity #	Dates	Day	Time	Fee
105016-01	Jun 7-11	M-F	9:00-10:30am	\$145
105016-02	Jun 7-11	M-F	10:30am-12:00pm	\$145
105016-03	Jul 26-30	M-F	9:00-10:30am	\$145
105016-04	Jul 26-30	M-F	10:30am-12:00pm	\$145

## PRESCHOOL GYMNASTICS

This class is broken up into three sections: warm-up, manipulatives and gymnastics skills. Our fun warm-ups increase flexibility while stretching muscles and exercising the heart. Every week we bring tumbling mats and one of many manipulatives to teach balance, hand-eye coordination, gross motor skills and teamwork. We utilize large stars, colorful cones, foam balls, rings, beanie babies and more! **No class on 7/20.**

Age: 3-6 years

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
105259-01	May 4-25	Tu	11:15-11:45am	\$55
105259-02	May 4-25	Tu	6:00-6:30pm	\$55
105259-03	Jun 1-22	Tu	11:15-11:45am	\$55
105259-04	Jun 1-22	Tu	6:00-6:30pm	\$55
105259-05	Jul 6-27	Tu	11:15-11:45am	\$40
105259-06	Jul 6-27	Tu	6:00-6:30pm	\$40
105259-07	Aug 3-24	Tu	11:15-11:45am	\$55
105259-08	Aug 3-24	Tu	6:00-6:30pm	\$55

## CHEER POM POM DANCING

This class demonstrates four aspects of cheerleading: cheers, jumps, dance and tumbling. The elements of dance and coordination are incorporated into each class. Experienced cheerleading students as well as novices can have a great time while expanding their horizons. Parents are encouraged to attend the last class for a very special cheer performance! **No class on 7/21.**

Age: 3-6 years

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
105258-01	May 5-26	W	3:15-4:00pm	\$55
105258-02	Jun 2-23	W	3:15-4:00pm	\$55
105258-03	Jul 7-28	W	3:15-4:00pm	\$40
105258-04	Aug 4-25	W	3:15-4:00pm	\$55

# PRESCHOOL/TODDLER

## BEAUTIFUL BALLERINA

Let your child become a Beautiful Ballerina as they learn the four positions of ballet; etiquette, gross motor skills, coordination and musicality. They may even surprise you with a dance at the conclusion of the session. Required dress attire is a leotard, tights and ballet shoes. **No class on 7/3.**

Min/max: 4/8

Instructor: Dance Class Studio

Location: MCC - Dance Studio B

Age: 3-5 years

Activity #	Dates	Day	Time	Fee
105241-01	Jun 12-Aug 7	Sa	10:45-11:15am	\$65
105241-02	Jun 14-Aug 2	M	9:30-10:00am	\$65
105241-03	Jun 15-Aug 3	Tu	11:45am-12:15pm	\$65
105241-04	Jun 16-Aug 4	W	11:00-11:30am	\$65
105241-05	Jun 16-Aug 4	W	4:00-4:30pm	\$65
105241-06	Jun 18-Aug 6	F	5:15-5:45pm	\$65

Age: 4-6 years

Activity #	Dates	Day	Time	Fee
105222-01	Jun 14-Aug 2	M	12:30-1:00pm	\$65
105222-02	Jun 15-Aug 3	Tu	9:00-9:30am	\$65
105222-03	Jun 16-Aug 4	W	11:30am-12:00pm	\$65
105222-04	Jun 16-Aug 4	W	12:45-1:15pm	\$65
105222-05	Jun 16-Aug 4	W	4:30-5:00pm	\$65
105222-06	Jun 16-Aug 4	W	6:30-7:00pm	\$65

## CREATIVE MOVEMENT

Walk like your favorite animal! Move like a leaf in the wind! Fun and easy movement exercises introduce young children to music, dance, themselves and each other. All of the activities invite children to use their imagination while exploring various rhythms, spatial concepts and patterns. Songs, dances, stories and games encourage children to interact and express themselves. Come join the fun!

Age: 3-5 years

Min/max: 5/10

Instructor: Tasha Ring

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
105221-01	Jun 17-Jul 22	Th	5:00-5:45pm	\$45

## PETITE DANCER

Coordination, large motor skill development, musical awareness, listening skills, counting skills, social skills and rhythm will be enhanced as students are introduced to tap, creative movement and ballet. Students will learn basic tap, ballet steps and terminology. Students will need black tap shoes, pink ballet shoes, tights and should wear their hair off their face in a ponytail or bun. **No class on 7/3.**

Min/max: 4/8

Instructor: Dance Class Studio

Location: MCC - Dance Studio B

Age: 3-5 years

Activity #	Dates	Day	Time	Fee
105227-01	Jun 12-Aug 7	Sa	10:00-10:45am	\$68
105227-02	Jun 14-Aug 2	M	10:00-10:45am	\$68
105227-03	Jun 16-Aug 4	W	10:00-10:45am	\$68
105227-04	Jun 16-Aug 4	W	5:45-6:30pm	\$68
105227-05	Jun 18-Aug 6	F	4:30-5:15pm	\$68

Age: 4-6 years

Activity #	Dates	Day	Time	Fee
105228-01	Jun 14-Aug 2	M	11:00-11:45am	\$68
105228-02	Jun 16-Aug 4	W	12:00-12:45pm	\$68
105228-03	Jun 16-Aug 4	W	5:00-5:45pm	\$68
105228-04	Jun 18-Aug 6	F	5:45-6:30pm	\$68

## GIRLS JUST WANNA HAVE FUN

This is a special time for mothers and daughters to share experiences and enjoy each other's company! The hour will be filled with games, crafts, music and other activities so that you can create memories with your little ones that will last a lifetime. You won't want to miss out on any of this quality time!

Age: 2.5-6 years

Min/max: 5/20

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105244-01	May 22	Sa	10:00-11:00am	\$10

Parents are  
only allowed in  
dance classes for  
the last class.

# PRESCHOOL/TODDLER

## BOYS WILL BE BOYS

This is a special time for fathers and sons to share experiences and enjoy each other's company! The hour will be filled with games, crafts, music and other activities so that you can create memories with your little ones that will last a lifetime. You won't want to miss out on any of this quality time!

Age: 2.5-6 years

Min/max: 5/20

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105245-01	Jul 24	Sa	10:00-11:00am	\$10

## MOMMY'S LITTLE MAN

This is a special time for mothers and sons to share experiences and enjoy each other's company! The hour will be filled with games, crafts, music and other activities so that you can create memories with your little ones that will last a lifetime. You won't want to miss out on any of this quality time!

Age: 2.5-6 years

Min/max: 5/20

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105246-01	Jun 26	Sa	10:00-11:00am	\$10

## DADDY'S LITTLE DARLING

This is a special time for fathers and daughters to share experiences and enjoy each other's company! The hour will be filled with games, crafts, music and other activities so that you can create memories with your little ones that will last a lifetime. You won't want to miss out on any of this quality time!

Age: 2.5-6 years

Min/max: 5/20

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105247-01	Aug 21	Sa	10:00-11:00am	\$10

## NEW OUTDOOR ICKY, GOOEY, SLIMY

Does your child love to get messy? Together we will create an Icky, Gooey, Slimy mess outside! No one will leave with clean clothes so dress for the mess! This class will meet in the East Building of MCC and go to the outdoor location as a group.

Age: 3-5 years

Min/max: 5/12

Instructor: Staff

Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
105210-01	May 17	M	4:00-5:00pm	\$10
105210-02	Jun 14	M	4:00-5:00pm	\$10
105210-03	Jul 19	M	4:00-5:00pm	\$10
105210-04	Aug 16	M	4:00-5:00pm	\$10

## CINCO DE MAYO CELEBRATION

Cinco de Mayo is a day for celebrating Mexican heritage and pride. At this preschool celebration, children will learn about the Mexican culture as they listen to music, make their own piñatas and more!

Age: 3-5 years

Min/max: 5/12

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105286-01	May 5	W	5:00-6:00pm	\$10

## MOTHER'S DAY GIFT CREATION

Children will be given the opportunity to make a homemade craft to show their Mom how special she is on Mother's Day. Each child will need to bring a current photo of themselves to this class (preferably 4x6 or smaller).

Age: 3-5 years

Min/max: 5/12

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105287-01	May 6	Th	5:00-6:00pm	\$10

# PRESCHOOL/TODDLER

## FATHER'S DAY GIFT CREATION

Children will be given the opportunity to make a homemade craft to show their Dad how special he is on Father's Day. Each child will need to bring a current photo of themselves to this class (preferably 4x6 or smaller).

Age: 3-5 years  
Min/max: 5/12  
Instructor: Staff  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105288-01	Jun 17	Th	5:00-6:00pm	\$10

## NEW CLAY MIRRORS

Bring your child to this hands-on art class where they will create their own clay mirror. Each child will get to use stamps, cutouts and texture tools on their project.

Age: 3-5 years  
Min/max: 3/12  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
105232-01	Jun 2	W	3:00-3:45pm	\$23

## WALL SCULPTURE MULTIMEDIA POTTERY

Bring your child to this hands-on art class where they will sculpt the sun and its rays! Each child will also create their own name plaque by using beads and other artistic materials.

Age: 3-5 years  
Min/max: 3/12  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
105224-01	Jun 3-17	Th	4:30-5:15pm	\$50

## NEW CLAY TURTLES

Your child will put their creativity to work while making their very own turtle out of clay! They will also have the opportunity to create an environment for their turtle as they learn all about this creature and its habitat.

Age: 3-5 years  
Min/max: 3/12  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
105300-01	Jul 7	W	10:00-10:45am	\$23

## NEW GIANTS MULTIMEDIA POTTERY

Bring your child to this hands-on art class where they will create dinosaurs, elephants and the habitats of each of these animals. Each child will have a chance to use different mediums like wood, glue, sculpting wire and more!

Age: 3-5 years  
Min/max: 3/12  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
105226-01	Jul 15-29	Th	5:15-6:00pm	\$50

## NEW KINDERMUSIK: ON THE ROAD

This program makes the most of a preschooler's imagination to help them learn more words and solve problems. Each week features music, stories, snacks and crafts where children take imaginary trips to summer vacation locations like the carnival, a summer cottage and the beach. Parents learn more about how music improves a preschooler's ability to think, reason, create and express. Children attend class without a parent. Student kit includes a literature book, CD and an instrument.

Age: 3-5 years  
Min/max: 6/12  
Instructor: Musical Beginnings  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105105-01	Jun 1-29	Tu	9:15-10:15am	\$94

# PRESCHOOL/TODDLER

## NEW KINDERMUSIK: ALL KEYED UP

This month, a piano and the well-known composer, J.S. Bach, will help your preschooler get ready for school. The answer is right at the tip of your fingers. The same fine motor skills and hand-eye coordination your preschooler needs to hold a pencil are developed through the special keyboard-playing activities we'll be playing in class. Student kit includes a pair of castanets, CD and Family Guide.

Age: 4-6 years

Min/max: 6/12

Instructor: Musical Beginnings

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105110-01	May 7-28	F	11:20am-12:00pm	\$74

## NEW KINDERMUSIK: RHYTHM OF THE LANDS

Come explore the rhythms and sounds of Native American music. As we investigate, compare and contrast a wide variety of drums, your preschooler develops the investigative vocabulary needed in the sciences. When you repeat rhythm patterns at home and share the activities in your student kit, your child gets an early start in math too. Student kit includes a Jingle Stick instrument, CD and Family Guide.

Age: 4-6 years

Min/max: 6/12

Instructor: Musical Beginnings

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105111-01	Jun 4-25	F	11:20am-12:00pm	\$74

## NEW KINDERMUSIK: SING A STORY

We introduce children to the world of opera. They will meet colorful characters from Wolfgang Amadeus Mozart's opera, The Magic Flute. They will listen to examples of solos, duets and practice pre-music reading skills by singing simple two-note patterns and playing a variety of musical instruments. Keyboard practice is included. Student kit includes CD and Family Guide.

Age: 4-6 years

Min/max: 6/12

Instructor: Musical Beginnings

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105113-01	Jul 9-30	F	11:20am-12:00pm	\$74

## STORYTELLING JOURNEY

Explore acting through storytelling! This fun class is a great introduction to the magic of theater. The young thespians explore acting through fairy tales, their own stories, creative games, exercises, music and movement. The class will focus on development of verbal and physical expression skills and improvisation. This is a wonderful class to build the younger actors' self-esteem by helping them to trust their own unique imagination. Extensive use of custom props will get your child even more excited about their favorite stories!

Age: 4-7 years

Min/max: 4/12

Instructor: International Talent Academy

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105193-01	May 3-24	M	4:00-4:55pm	\$58
105193-02	Jun 7-28	M	4:00-4:55pm	\$58
105193-03	Jul 12-Aug 30	M	4:00-4:55pm	\$99

## LET'S PRETEND!

Improvisation is one of the most unique skills that all people must have! It forces us to think "on our feet," stimulates imagination, thinking abilities and reaction. For an actor improvisation is the most important skill as it strengthens acting choices and stage presence. Children have a natural ability to act and react honestly, as they use their imagination and truly believe in their "made-up" character. This class will give young actors an opportunity to develop their improvisational speaking skills and gain self-confidence necessary to act on stage. The class will act out an improvisational story at the end of the session.

Age: 4-7 years

Min/max: 4/12

Instructor: International Talent Academy

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105213-01	May 4-Jun 22	Tu	4:00-4:55pm	\$99
105213-02	Jul 6-27	Tu	4:00-4:55pm	\$58
105213-03	Aug 3-24	Tu	4:00-4:55pm	\$58

# PRESCHOOL/TODDLER

## NEW COMMERCIAL ACTING

Do you see your youngster acting out scenes and pretending to be a TV star? Have you and your child ever been curious about acting in commercials? Find out what skills are needed, how to find an agent, how to audition for commercials and try it on camera! The instructor has helped many students of all ages learn the necessary skills and find representation in the Indianapolis area market. Each student will be filmed doing improvisational commercials with full lighting, costumes and scene set up.

Age: 4-7 years

Min/max: 4/12

Instructor: International Talent Academy

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
105225-01	May 5-Jun 23	W	4:00-4:55pm	\$99
105225-02	Jul 7-Aug 25	W	4:00-4:55pm	\$99

## IMAGINING WHO YOU ARE

Does your child like to pretend to be a different person, animal or creature? Do they like to be a star on the stage? This is a great time to provide them with the opportunity to do that! This program is a great introductory drama experience that allows children to develop speaking skills and creative expression through the presentation of the monologues of their favorite characters. Monologues will be provided for each student and may be used as audition pieces for your next stage adventure! New games and activities will be added in each class to help children gain confidence while having loads of fun.

Age: 4-7 years

Min/max: 4/12

Instructor: International Talent Academy

Location: MCC - Program Room B

Activity #	Dates	Day	Time	Fee
105194-01	May 6-27	Th	4:00-4:55pm	\$58
105194-02	Jun 3-24	Th	4:00-4:55pm	\$58
105194-03	Jul 8-29	Th	4:00-4:55pm	\$58
105194-04	Aug 5-26	Th	4:00-4:55pm	\$58



## MUSIC FOR LITTLE MOZARTS: LEVEL I

Music for Little Mozarts is an exciting and challenging program for young musicians who like to learn music theory and notes, dancing, singing, rhythm activities, pitch matching, playing different instruments and musical games. This program will prepare the students for piano lessons in a fun and friendly environment.

Age: 3-5 years

Min/max: 4/10

Instructor: International Talent Academy

Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
105217-01	May 8-Jun 26	Sa	10:00-10:45am	\$99

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
105217-02	Jul 10-Aug 28	Sa	10:00-10:45am	\$99

## MUSIC FOR LITTLE MOZARTS: LEVEL II

If you participated in the Music for Little Mozarts Level I or have any other musical experience, we invite you to take on a challenge! In this course, young musicians will continue learning different note values and new musical concepts using flash cards and a workbook. They will listen, analyze classical music and learn about different composers. Each class brings fun, playing, singing, dancing, ear training games and piano practice with the "Mozarts" lesson book! Each student will receive a workbook to take home.

Age: 4-6 years

Min/max: 4/10

Instructor: International Talent Academy

Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
105198-01	May 8-Jun 26	Sa	11:00-11:45am	\$99

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
105198-02	Jul 10-Aug 28	Sa	11:00-11:45am	\$99



# SUMMER CAMPSERIES

## SUMMER CAMP SERIES POLICIES

### Full Summer Rate

Parents/guardians receive a discount of \$158 (excluding Outdoor Explorers, Success on Stage, Skyhawks and I.M.P.A.C.T.) by registering their respective camper for the full summer rate. Payment must be made in full to receive the discount.

### Full Summer Rate - A La Carte

Parents/guardians may register their respective camper for individual weeks at Science of Summer, Vacation Station, Adventures in Art or Preschool Palace and still receive the fantastic advantage of paying the full summer rate. The parent/guardian must sign their camper up for the full summer rate to receive the discounted rate and must specify which weeks the camper will attend Science of Summer, Vacation Station, Adventures in Art or Preschool Palace (only applicable to 5 year olds).

### Partial Payment Plan (not applicable to full summer rate)

Parents/guardians may reserve a spot with a 50% non-refundable down payment for each summer day camp week. Payment in full is due by June 1 (the first day of camp). If payment in full has not been received by June 1, the reservation(s) will be cancelled.

### Transfer Policy

A transfer from one day camp to another day camp is contingent upon the availability of spots within the desired day camp. If the day camp is at maximum capacity, a transfer will be not allowed. In cases in which a camper is not able to transfer into camp as a result of maximum capacity, the camper will be placed on the waiting list for the desired camp. Campers on the waiting list will be prioritized based upon the notification date of the transfer.

### Waitlist Policy

In order to reserve a spot on the waitlist a registration form for each camper must be completed by the parent/guardian. There is no fee to be placed on the waitlist. If a spot becomes available in the desired day camp the camper's parent/guardian that is prioritized at the top of waitlist will be contacted via telephone and e-mail. The parent/guardian will have 24 hours from the time of the e-mail to make payment in full for the desired camp. If payment has not been received in full, the camper's parent/guardian next on the waitlist (prioritized according to date and time of the received registration form) will be contacted via telephone and e-mail.

### Age Policy

The cutoff date for a camper's age is September 1, 2010.

### Day Camp Cancellation & Refund Policy

- The department will issue a full refund if the department cancels a camp.
- Refunds for the full summer fee or scheduled weeks may not be pro-rated.
- Cancellations made through May 1, 2010, or within 24 hours of registration will receive a 100% refund, less a \$7 service charge for cancellation.
- Cancellations made after the initial registration through July 1, 2010 will receive 50% refund.
- Cancellations made on or after July 2, 2010, will receive 25% refund.
- All refunds are subject to the State Board of Accounts claim procedure and may take three to four weeks.

## I.M.P.A.C.T.

Looking to learn essential job skills? Are you a 12-15 year-old that wants to serve as a positive role model? The I.M.P.A.C.T. (Initiative Motivation Professionalism Achievement Compassion Teamwork) program will teach professionalism in an active format. Members of I.M.P.A.C.T. will attend a weekly job training session that will focus on each of the six elements of the program. Interested individuals must be 12 by June 1, 2010 and will interview to become a member of I.M.P.A.C.T. If selected, each member will be assigned to one of the following summer day camps: Vacation Station, Preschool Palace, Alternative Minds, Science of Summer or Adventures in Art.

Age: 12-15 years

Activity# 476008-01

## JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Campsites of Vacation Station, Preschool Palace, Alternative Minds, Science of Summer or Adventures in Art  
Days: Monday through Friday  
Hours: Dependent upon hours for campsite location  
Maximum: 25

Full Summer Fee: \$500

Looking for  
more Youth  
programs?  
Turn to  
page 35.

# SUMMER CAMP SERIES

## PRESCHOOL PALACE (3-5 YEARS)

Step into a ball of energy as preschool campers enter a camp filled with excitement and anticipation! Each week is truly unique, as campers enjoy a wide array of activities focused on the special themes. Campers will develop socialization skills, as they work within a team atmosphere. Each camper will also have the opportunity to create various projects, which will be available to be taken home, in each of the weekly camps. Campers will be able to cool down mid-week (every Wednesday), as they will go swimming at the MCC. Rest time will be provided daily in the afternoon and quiet activities will be available for children who do not need rest time. All campers must be able to take care of their respective bathroom needs. The ratio of staff-to-camper is a minimum of 1-to-8. Campers are responsible for bringing their own lunch and snack.

### JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Orchard Park, 10404 Orchard Park Drive South

Days: Monday through Friday

Hours: 8:30am-5:30pm

Minimum/Maximum: 12/25

Weekly Fee: \$160+

Full Summer Fee: \$1250\*

+Fee is \$128 for the week of June 1-4 (due to Memorial Day)

\* Full Summer has a \$158 discount

Full Summer

Activity# 476002-10

Way Out West (June 1-4)

Activity# 476002-01

Come join us as we learn about the wild wild west. Cowpokes, horses, cattle drives and ranch fun are just a few of the things we will learn about this week. We will finish off the week with our very own rodeo. Put your cowboy boots on and join us for some barrel racing, rope tying and many other fun activities.

Diggin the Dinos (June 7-11)

Activity# 476002-02

Have you ever wanted to travel back in time and explore the world of dinosaurs? If so, come join us in learning about the different kinds of dinosaurs. Many different kinds of dinosaurs lived millions of years ago. Some were big and tall, while others were small. Whichever one it is, we will be learning it all. At the end of the week the campers will become Paleontologists. We need help finding the missing dinosaur bone. Hurry, come help!

Under the Rainbow (June 14-18)

Activity# 476002-03

Color is an important part of every child's world. We will introduce the week with the colors of the rainbow. Each day we will focus on two different colors of the rainbow and do activities to go along with each color. We will finish the week learning about kaleidoscopes.

Zoo Crew (June 21-25)

Activity# 476002-04

Oh, I went to the zoo, and what did I see? I saw a great big elephant looking at me! Oh, I went to the zoo, and what did I see? I saw a great big monkey looking at me! Campers will take a journey around our make believe zoo and learn about the different animals' habitats, eating habits and characteristics.

Fun and Fantasy meets Traditional Tales (June 28-July 2)

Activity# 476002-05

The world of make-believe is a wonderful place for children. This week is filled with fantasy and offers many opportunities to distinguish between what is real and what is unreal. Everyone also loves a good

story, and stories passed down generation-to-generation have a life of their own. We will bring life to some of those old time favorites as we explore different tales each day. At the end of the week, children are able to bring fantasy to life as they dress up as their favorite cartoon or book character.

Wheels and Wings (July 5-9)

Activity# 476002-06

I need to take a trip, but how am I going to get there? I could take a train. Maybe I will take a boat. I could even take a plane. All of these things could get me where I need to go. Let's take an imaginary trip. Where do you want to go and how will you get there? Come learn about the different modes of travel as we take our trips.

What's the Weather (July 12-16)

Activity# 476002-07

A hat for the cold. An umbrella for the rain. We need a rake for the leaves, but most of all we need a hat and sunglasses for this hot sun! Come join us as we explore the different types of weather throughout the year. At the end of the week, campers will celebrate summer with an exciting water day.

Creepy Crawlies (July 19-23)

Activity# 476002-08

Check out the assortment of bugs, worms, caterpillars, spiders, etc. We will explore this week. Each day we will learn about the characteristics and habits of insects and other small creatures. Let's go on a bug hunt to see what we can find!

Fun on the Farm (July 26-30)

Activity# 476002-09

Farm animals have distinct characteristics from one another. They also give us great things that help us grow. Campers will get to participate in various learning activities, such as rhythmic songs, art creations and super neat science activities that help us understand the farm and its animals. Come join us as we talk about and explore all the great things you get from the farm.

# SUMMER CAMP SERIES

## ADVENTURES IN ART (5-11 YEARS)

Expand your horizons through the world of art! Campers will have the opportunity to create their own pieces of art (which will be available to be taken home) in a hands-on setting. Various techniques will be instructed in each of the weekly camps. Campers will be able to cool down mid-week (every Wednesday), as they will go swimming at the MCC. Each week will include an end-of-week field trip on Friday to culminate the weekly focus. All campers must be able to take care of their respective bathroom needs. The ratio of staff-to-camper is a minimum of 1-to-10. Campers are responsible for bringing their own sack lunch and snack.

### JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Carmel Middle School, 300 South Guilford Road

Days: Monday through Friday

Hours: 8:30am-5:30pm

Minimum/Maximum: 12/25

Weekly Fee: \$160+

Full Summer Fee: \$1250\*

+Fee is \$128 for the week of June 1-4 (due to Memorial Day)

\*Full Summer has a \$158 discount

#### Full Summer

Activity# 476007-10

#### Artistic Paper Projects (June 1-4)

Activity# 476007-01

Who knew there were so many art projects that you could make just by using paper? Come explore the many different projects that will be created from paper. Learn how to do origami, paper mache, different projects using tissue paper and much more. Field Trip: Indianapolis Art Center

#### Painters Palette (June 7-11)

Activity# 476007-02

Take a dive into paints! Learn techniques and styles that will make you the modern Monet! You will be exploring painting, different color blends and new techniques. Field Trip: Indianapolis Museum of Art

#### Cool Clay (June 14-18)

Activity# 476007-03

Get your hands dirty as you create your own clay creation! Campers will explore their skills and talents using a selection of clays as they let their imagination run free. You will even get a chance to work on a pottery wheel. Field Trip: MCC

#### Jazzy Jewelry (June 21-25)

Activity# 476007-04

Wear your work as you create jewelry just for you! Campers will be creating a number of unique pieces including necklaces, bracelets, earrings and more. A variety of styles and techniques will be used. Field Trip: Bead Boutique

#### Fun with Fabrics (June 28-July 2)

Activity# 476007-05

Have fun working on a variety of art projects with fabric. Tie-dye your own t-shirt, experience finger weaving and make your own fleece pillow. Have a blast while exploring new projects that can even be done at home. Field Trip: Connor Prairie

#### Cultural Art (July 5-9)

Activity# 476007-06

Campers will explore and learn about a variety of different cultures. We will adventure into the cultures of Mexico, Europe, Asia, Native America and more, all through a collection of art activities. Field Trip: Eiteljorg Museum

#### Dynamic Drawing (July 12-16)

Activity# 476007-07

Fine-tune your skills as you explore new techniques and mediums through drawing. Campers will take their drawing talents to the next level as they become familiar with new techniques for putting their ideas on paper. Field Trip: Indiana Beach

#### Recycled Art (July 19-23)

Activity# 476007-08

The world is going green and so are we. This week all art projects will be constructed out of materials that are recycled and reused. Families can help by donating used materials. A list of needed materials will be provided upon registration. Field Trip: Inlow Park

#### Colorful Crafts (July 26-30)

Activity# 476007-09

Enjoy creating some of your favorite camp crafts this week. You will be experimenting with a variety of new and exciting materials to create different craft projects including tie-dye t-shirts. You can even take home a different craft every day! Field Trip: Creative Escape Pottery & Mosaics



# SUMMER CAMP SERIES

## ALTERNATIVE MINDS (5-11 AND 12-15 YEARS)

Do you have a child with autism? This specialized camp is geared towards campers on the autism spectrum. Please note: This camp focuses on summer fun and is not a therapy or behavioral-based camp. With activities ranging from science experiments to soccer, the summer will provide endless opportunities to practice social interactions, try out new skills, and encourage team play. Each week will present a different exciting theme, encouraging campers to build friendships based on existing interests while letting their talents shine! Campers will have the opportunity to swim at the indoor pool at the MCC every Monday and Friday morning. On Wednesdays, campers will enjoy field trips geared towards that week's theme. All campers must be able to take care of their respective bathroom and feeding needs. Each camper must be able to work with a ratio of one staff member to three campers, and be capable of participating and interacting with the other campers for the duration of each camp day.

### JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Orchard Park, 10404 Orchard Park Drive South  
Days: Monday through Friday  
Hours: 8:00am-4:00pm  
Minimum/Maximum: 8/20 (ages 5-11)  
4/10 (ages 12-15)

Weekly Fee: \$160+  
Full Summer Fee: \$1250\*  
+Fee is \$128 for the week of June 1-4 (due to Memorial Day)  
\*Full Summer has a \$158 discount

#### Full Summer

Activity# 476004-10; Activity# 476004-20

#### Wild Kingdom (June 1-4)

Activity# 476004-01 (5-11 yrs); Activity# 476004-11 (12-15 yrs)  
From housecats to dinosaurs, join us as we explore nature and the animal world. We will be bringing in animals for show and tell, digging up ancient fossils and creating our own creatures in a variety of mediums. Find out the differences between animals, why they look and act the way they do and where you can find them. Field Trip: Eagle Creek

#### Art and Architecture (June 7-11)

Activity# 476004-02 (5-11 yrs); Activity# 476004-12 (12-15 yrs)  
Whether you like to build skyscrapers with legos or paint a masterpiece, this week will bring out your creative side. Activities will include art and craft projects, cardboard building and the famous egg drop contest. Try your hand at making a Rube Goldberg machine, and then stump your fellow campers with your obstacle course. Field Trip: Connor Prairie

#### Outer Space (June 14-18)

Activity# 476004-03 (5-11 yrs); Activity# 476004-13 (12-15 yrs)  
Learn all about stars, galaxies, and the rockets that get us there. How does an astronaut train for outer space, and what happens to their trash? What is a UFO? Find out everything you ever wanted to know about outer space. Field Trip: Pump It Up Party

#### The Elementals (June 21-25)

Activity# 476004-04 (5-11 yrs); Activity# 476004-14 (12-15 yrs)  
Four elements and five senses. An endless array of possibilities awaits you as we explore earth, air, fire and water. Play with clay, whipped cream, goop and sand, and then move on to music and dance. Next try out combining water with various solids to see what happens. In addition, do not forget to find out how important your sense of smell is regarding your memory, or how color affects your mood. Field Trip: MCC Outdoor Aqua Park

#### What a Character! (June 28-July 2)

Activity# 476004-05 (5-11 yrs); Activity# 476004-15 (12-15 yrs)  
This is a week for exploring possibilities. Every day campers are

encouraged to wear their favorite costumes to get into the spirit of play. Are you a superhero? A wild animal? An alien visitor? We'll explore acting, costumes, puppet-making, story creation, myths and fables, and everything else the imagination has to offer. Campers will have fun with face painting and making a variety of masks, as well as exploring movement exercises. Field Trip: Indianapolis Zoo

#### Media Makers (July 5-9)

Activity# 476004-06 (5-11 yrs); Activity# 476004-16 (12-15 yrs)  
Have you ever wanted to make a movie, be a newscaster, write a commercial, or create your own comic strip? Join us as we explore the variety of media surrounding us, and how it helps us communicate. This week we will be filming for our annual camp DVD! Field Trip: IMAX

#### Mad Science (July 12-16)

Activity# 476004-07 (5-11 yrs); Activity# 476004-17 (12-15 yrs)  
This is the week where you get to try your hand at all kinds of fun experiments. Create a working volcano, make rockets out of pop bottles and see how far you can make a film canister fly. Curiosity is the name of the game this week, as we practice safe ways to learn about the world around us. Field Trip: Children's Museum

#### Basic Training (July 19-23)

Activity# 476004-08 (5-11 yrs); Activity# 476004-18 (12-15 yrs)  
With a little help from the armed forces, you will spend this week getting in shape and learning what it means to be a respectful, responsible member of a distinguished team. See how many pushups you can do, learn what it means to trust someone else, and practice a variety of team building exercises in between learning how to create and follow a map and creating your own fort. Field Trip: McClain's Military Museum in Anderson

#### All-Stars (July 26-30)

Activity# 476004-09 (5-11 yrs); Activity# 476004-19 (12-15 yrs)  
Try your hand at all the sports we can throw at you! This week will be full of baseball, soccer, track, flag football, Frisbee and more. Learn how to stretch and warm up, take turns practicing martial arts kicks, and relax with yoga. And the most important part? Being a good sport, of course! Field Trip: Xscape

# SUMMER CAMP SERIES

## OUTDOOR EXPLORERS (5-11 YEARS)

Become one with nature as campers discover the outdoor surroundings around them! Monday-Thursday we hike an average of two miles with breaks on various camping trails as we explore nature. Each week will include field trips on Tuesday and Thursday to enhance the weekly focus. Campers will be able to cool down midweek (every Wednesday), as they will go swimming at the MCC. All campers must be able to take care of their respective bathroom needs. The ratio of staff-to-camper is a minimum of 1-to-10. Campers are responsible for carrying a backpack and bringing their own sack lunch and snack.

### JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Meeting House, 1507 E 116th Street

Days: Monday through Friday

Hours: 8:30am-3:30pm

Minimum/Maximum: 12/25

Weekly Fee: \$135+

Full Summer Fee: \$1050\*

+Fee is \$108 for the week of June 1-4 (due to Memorial Day)

\*Full Summer has a \$138 discount

#### Full Summer

Activity# 476003-10

#### Outdoor Survival (June 1-4)

Activity# 476003-01

If you can make it here, you can make it anywhere. Campers will learn basic outdoor survival skills. Venture through the week SURVIVOR STYLE! Field Trip: Eagle Creek Park & Garfield Park

#### Map Quest (June 7-11)

Activity# 476003-02

North? South? East? West? Campers will learn how to read camp trail maps. We will also make our own maps! Field Trip: Holliday Park & Southeastway Park

#### Safari Adventures (June 14-18)

Activity# 476003-03

Giraffes. Lions. Tigers and Bears. We will discuss various animals that live in hotter climates. We will learn about how they survive, and learn what makes each individual animal unique. Field Trip: Indianapolis Zoo & Indiana State Museum

#### Bird Watchers (June 21-25)

Activity# 476003-04

We will learn how to identify various birds. Using binoculars we will observe the various species of birds in Indiana. Field Trip: Ritchey Woods Nature Preserves & Cool Creek Park

#### Snakes and Lizards (June 28-July 2)

Activity# 476003-05

Cobras...Komodo Dragons...and Geckos. These are just a few of the many types of cold-blooded creatures we will explore. We will discuss if they have an importance to our ecosystems. Join us as we explore cool facts about these creatures. Field Trip: Indianapolis Zoo & Inlow Park

#### Bug-a-licious (July 5-9)

Activity# 476003-06

If you love bugs, this is the week for you. Campers will build their own bug houses, capture bugs observe them, and then release them back into their habitat. Field Trip: Cool Creek Park & Southeastway Park

#### Take A Hike (July 12-16)

Activity# 476003-07

Campers will use their outdoor survival skills to learn how to follow a trail and what is a good trail versus what is a bad trail. Field Trip: Holliday Park & McCormick's Creek State Park

#### Let's Go Fishing (July 19-23)

Activity# 476003-08

During this week, campers will make their own fishing rods. Then we will go FISHING! Of course, we will not keep the fish. Field Trip: Turkey Run Park & Raymond Park

#### Prehistoric Times (July 26-30)

Activity# 476003-09

Campers will look at animals from the prehistoric era and compare them with animals now. We will explore the similarities and differences with animals from the past and the present day. Field Trip: Children's Museum & Indianapolis State Museum IMAX



# SUMMER CAMP SERIES

## SCIENCE OF SUMMER (5-11 YEARS)

Experience the many wonders of the field of science! Campers will have the opportunity to create various projects (which will be available to be taken home) in a hands-on setting in each of the weekly camps. Campers will be able to cool down mid-week (every Wednesday), as they will go swimming at the MCC. Each week will include an end-of-week field trip on Friday to culminate the weekly focus. All campers must be able to take care of their respective bathroom needs. The ratio of staff-to-camper is a minimum of 1-to-10. Campers are responsible for bringing their own sack lunch and snack.

### JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Carmel Middle School, 300 South Guilford Road

Days: Monday through Friday

Hours: 8:30am-5:30pm

Minimum/Maximum: 12/25

Weekly Fee: \$160+

Full Summer Fee: \$1250\*

+Fee is \$128 for the week of June 1-4 (due to Memorial Day)

\*Full Summer has a \$158 discount

#### Full Summer

Activity# 476006-10

#### Safari Indiana (June 1-4)

Activity# 476006-01

Get ready to explore the creatures in your backyard and create your own mini ecosystem! In this camp, you will create habitats for a variety of animals and see what it takes to keep an ecosystem in balance. At the end of the week, we will take a field trip to the Indianapolis Zoo to observe even larger, wilder ecosystems! Field Trip: Indianapolis Zoo

#### Pre-Med Academy (June 7-11)

Activity# 476006-02

Have you ever thought, "When I grow up, I'd like to help people who are sick feel better?" Find out if you are meant to be in the medical field during this week of camp! Flu and colds will no longer be a mystery! We will investigate germs, bones and guts, among others, including surgery. At the end of the week, we'll explore the field of medicine at the Ruth Lilly Center! Field Trip: Ruth Lilly Center

#### Food Science (June 14-18)

Activity# 476006-03

What makes an egg float? Why do "Pop Rocks" pop? How does a cucumber become a pickle? Or how do Mentos create such an explosion in soda? These are just a few of the many food science questions we will answer during this week of camp. Through interactive, hands-on, crazy, wacky, gooey, slimy experiments, campers will learn the science behind food! Field Trip: Stuckey Farms

#### Bugs, Bugs, Bugs (June 21-25)

Activity# 476006-04

Do you like slimy, wiggly bugs? How about bugs that fly? Bugs that buzz? During this week of fun, you'll make an ant farm, collect bugs, and dispel the myth of bugs being gross! Metamorphosis will no longer be a mystery! At the end of the week, we'll also take a visit to Eagle Creek Park's Nature Center! Field Trip: Eagle Creek Park

#### Underwater Explorations (June 28-July 2)

Activity# 476006-05

It's time to leave land and take a dive in Oceanography! We will become marine biologists by learning about ocean animals and plant life! We will learn about all the organisms, from the tiniest to the largest, and all of the career possibilities the ocean has to provide to our young scientists.

At the end of the week, we will catch a dolphin show at the Indianapolis Zoo. Under the sea, there is more to discover! Field Trip: Indianapolis Zoo

#### Junior Archeologists (July 5-9)

Activity# 476006-06

Would you like to uncover fossils, study rocks and minerals and discover the field of archeology? In this weeklong adventure, explore the world of archeology like the one you have never before experienced! You'll dig for artifacts, find out how volcano eruptions preserve ancient civilizations and maybe even discover buried treasure! "X" marks the spot for this dig-a-thon! Field Trip: Children's Museum

#### Theme Park Science (July 12-16)

Activity# 476006-07

What is velocity? What is gravity? Why do rollercoasters crank slowly up a hill and then drop faster and faster? Learn about the physics behind theme parks. Not only will you visit a theme park to test out your predictions, but you will also build your own rollercoaster ride! All hands and feet inside for this ride! Field Trip: Indiana Beach

#### Going Green (July 19-23)

Activity# 476006-08

Are you concerned about pollution to our Earth? Would you like to know what you could do to improve your environment? Join us this week and we'll learn the science behind the earth, about pollution, and ways that kids can make a difference! We will also use our creativity to make projects using recycled items! Field Trip: Inlow Park

#### Goopity Goo! (July 26-30)

Activity# 476006-09

Ready to get messy? Make your own magic crystal gardens, slime, magic sand, bubble gum, worms and much, much more! We'll even have a science-based Double Dare competition to test your knowledge! To end the week, we'll take a trip to the Scienceworks exhibit at the Children's Museum. Field Trip: Children's Museum

# SUMMER CAMP SERIES

## SUCCESS ON STAGE (8-14 YEARS)

Be a part of a theatre production this summer! Campers in Success on Stage will have opportunities to develop their talents, whether they are a performer or interested in the technical aspects, in a theatre production. New this summer, there will be one, nine-week performance camp and nine, one-week production camps! At the end of the nine weeks, there will be a Thursday performance on July 29, 2010 at 3:00pm. All campers must be able to take care of their respective bathroom needs. If campers in the performance plan to miss more than two weeks, please let us know at the beginning of camp, as this will affect their role in the production. The ratio of staff-to-camper is a minimum of 1-to-10. There will be field trips or guest artists each week. Campers are responsible for bringing their own sack lunch and snack.

### JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Carmel Middle School, 300 South Guilford Road

Days: Monday through Friday

Hours: 8:30am-5:30pm

Minimum/Maximum Performance: 10/20

Minimum/Maximum Production: 10/20

Per Week Fee: \$135+

Full Summer Fee: \$1050\*

+Fee is \$108 for the week of June 1-4 (due to Memorial Day)

\*Full Summer has a \$138 discount

### PERFORMANCE (all 9 weeks including the performance)

**Disney's High School Musical 2 Jr (June 1-July 30)**

Activity# 476005-10

High school is the platform for dreams to take off. In Disney's HSM2 Jr., your favorite Wildcats are about to be seniors and are challenged a lot the summer before. What kind of decisions will they make? Will they make the right choice? Find out all of this firsthand as you join the cast of Disney's HSM2 Jr.!

June 1-4: Theatre Workshop (on-site)

June 7-11: GUEST ARTIST: Jonathan Thompson (on-site)

June 14-18: FIELD TRIP: Indiana Repertory Theatre

June 21-25: GUEST ARTIST: Movement Class (on-site)

June 28-July 2: FIELD TRIP: Consecro Fieldhouse

July 5-9: GUEST ARTIST: Hip Hop Class (on-site)

July 12-16: FIELD TRIP: Indiana Beach

July 19-23: GUEST ARTIST: Theatre Workshop (on-site)

July 26-30: FIELD TRIP: Woodland Bowl

### PRODUCTION (individual weekly camps)

Directing (June 1-4)

Activity# 476005-01

Campers will learn about how to develop a vision of a production, host auditions, and direct a short piece to be performed by the end of the week.

GUEST ARTIST: Director (on site)

Set Design (June 7-11)

Activity# 476005-02

All set designs start with a model. Throughout this week, campers will learn how to work with a director to design a set for a production. By the end of the week, campers will create set models that will be used for our production of Disney's High School Musical Jr. GUEST ARTIST: Set Designer (on site)

Props Design (June 14-18)

Activity# 476005-03

Campers will design and create the props that will be used in the production. Our field trip this week will be at the Indiana Repertory Theatre where campers will be able to tour the theatre and the rooms that are used for theatre design. FIELD TRIP: Indiana Repertory Theatre

Costume Design Act I (June 21-25)

Activity# 476005-04

Campers will learn the basics of costume design and learn how to design sketches. By the end of the week, campers will create a mock costume for the production. GUEST ARTIST: Costume Designer (on site)

Costume Design Act II (June 28-July 2)

Activity# 476005-05

Campers will continue to design and create by making jerseys and cheerleading gear for the production. By the end of the week, campers will do a costume parade of all the costumes they have created for the production. FIELD TRIP: Consecro Fieldhouse

Back Drops (July 5-9)

Activity# 476005-06

Our guest artist, Anthony Radford, will help campers learn how to create banners from different painting styles including rubber balls and water guns. Then the campers will take what they have learned in order to design and paint the backdrops that will be used in the production. GUEST ARTIST: Anthony Radford (on site)

Stage Make-Up (July 12-16)

Activity# 476005-07

Stage make-up makes everyday make-up look plain. Each day, campers will try a new stage make-up design. NOTE: We will be using latex products for those who have allergies to latex. FIELD TRIP: Indiana Beach

Technical Design (July 19-23)

Activity# 476005-08

How do you create a snowy scene using lights? What sound effects will create a sense of celebration? This week campers will find out all of these things and more! GUEST ARTIST: Lighting/Sound Designer (on site)

Tech Week (July 26-30)

Activity# 476005-09

Collaboration is a major part of theatre. This week, we will combine the production camp with the performance camp for the final performance of Disney's High School Musical 2 Jr. Campers will be able to get hands on experience for the production on Thursday, July 29! FIELD TRIP: Woodland Bowl

# SUMMER CAMP SERIES

## VACATION STATION (5-11 YEARS)

Join the fun and become one with Carmel Clay Parks & Recreation's largest and most popular day camp! Each week is truly unique, as campers enjoy a wide array of activities focused on the special themes. Every week is packed full of excitement, with the following daily highlights: Monday – Special Guests, Tuesday and Thursdays – Swimming at the MCC, Wednesday – Field Trip, and Friday – Party with a Purpose (new this summer – community service projects). All campers must be able to take care of their respective bathroom needs. The ratio of staff-to-camper is a minimum of 1-to-12. Campers are responsible for bringing their own sack lunch and snack.

### JUNE 1-JULY 30 (TOTAL OF 9, ONE-WEEK SESSIONS)

Location: Creekside Middle School, 3525 West 126th Street  
Clay Middle School, 5150 East 126th Street

Days: Monday through Friday

Hours: 7:00am-6:00pm

Minimum/Maximum: 50/200

Per Week Fee: \$160+

Full Summer Fee: \$1250\*

+Fee is \$128 for the week of June 1-4 (due to Memorial Day)

\*Full Summer has a \$158 discount

#### Full Summer

Creekside - Activity# 476001-10

Clay - Activity# 476001-20

#### Arrrrr You Ready for Summer!?! (June 1-4)

Creekside - Activity# 476001-01

Clay - Activity# 476001-11

Arrrrr you ready for an adventure? Then this is the perfect way to start your summer as we sail off with a bang! Through the week we will embark on one journey of discovery after another. Join the voyage as we navigate our way through art projects, learning pirate ways and caterwauling through sports and games. The perfect way to leave port for the summer! Field Trip: Pirate's Cove

#### Punt, Pass and Play (June 7-11)

Creekside - Activity# 476001-02

Clay - Activity# 476001-12

Join the fun as we Punt, Pass and Play our way through an exciting week of summer camp! Each day we will have games and activities that will excite and amaze our campers during this sports themed week. Field Trip: Victory Field

#### Wet N' Wild (June 14-18)

Creekside - Activity# 476001-03

Clay - Activity# 476001-13

Splash into the wacky world of water! Cool off in the sun with water games and water themed activities. You never know when or where we will get wet so remember to bring your swim suit. Field Trip: West Park or Inlow Park

#### Outstanding Olympians (June 21-25)

Creekside - Activity# 476001-04

Clay - Activity# 476001-14

Join us as we run, jump and throw like an Olympian! Each day is filled with fun and exciting activities as we prepare to end the week with our own camp Olympic Games where everyone is a winner! Field Trip: Cool Creek Park

#### Cinema Central (June 28-July 2)

Creekside - Activity# 476001-05

Clay - Activity# 476001-15

Lights, Camera, Action! Do you love the movies? We do! This week we will be one filled with laughter, drama and suspense as we take the stage to test our movie trivia, puppet making and acting skills. Field Trip: IMAX

#### Safari in the Summer (July 5-9)

Creekside - Activity# 476001-06

Clay - Activity# 476001-16

Lions, Tigers and Bears Oh My! Come explore the wild with us during this fun filled week of Zoo/Safari themed activities. Come monkey around with us as you make your own animal masks or play games like safari scavenger hunt and animal relays. Answer the call of the wild! Field Trip: Indianapolis Zoo

#### Medieval Mayhem (July 12-16)

Creekside - Activity# 476001-07

Clay - Activity# 476001-17

Oh, come ye gentle sirs and ladies as we celebrate the summer in true chivalric style! Every day will be filled with fun, adventure and fantasy. Campers will learn and experience the world of knights, damsels, story tellers, weavers and more. Will you join the quest? Field Trip: River Heritage Park

#### Jammin' Jumpers (July 19-23)

Creekside - Activity# 476001-08

Clay - Activity# 476001-18

Join us for a high flying week that will have you bouncing off the walls! Learn how to Double Dutch in pairs or singles, Chinese jump rope and jump to choreographed music. No Field Trip: On-Site Bounce Houses (All Day Wednesday)

#### Bonanza @ the Beach (July 26-30)

Creekside - Activity# 476001-09

Clay - Activity# 476001-19

Campers will have a splash-tacular time thru scuba relays, beach volleyball, swimming the grotto and much more with a beach time! End the summer with a big beach bash! Field trip: Indiana Beach

# SUMMER CAMP SERIES

## SKYHAWKS SPORTS CAMPS (3-16 YEARS)

Skyhawks programs are the centerpiece in delivering quality sports programs that not only equip the athlete with physical skills, but also teach life skills through athletics! Skyhawks programs develop skills, refine talents and prepare young athletes for future endeavors and competition. Skyhawks staff members are always experienced in the sport they support and have been trained to share that knowledge with a young audience. Skyhawks level programs teach the fundamentals in an appropriately competitive environment where winning and losing are not everything, but are a simple part of the game on the field and in life. These programs are designed for beginner to intermediate level players. Each camp includes quality instruction, t-shirt and merit award. Skyhawks participants should bring appropriate clothing, snack(s), a water bottle, shoes (running shoes are fine), and sunscreen to each camp. Please put your child's name and phone number on all personal belongings. For more information about the Skyhawks programs, visit their website at [www.skyhawks.com](http://www.skyhawks.com).

Location: Creekside Middle School, 3525 W 126<sup>th</sup> Street (unless noted otherwise)

### Ages 3-4 Tiny-Hawk (Soccer & Basketball)

Tiny-Hawk Multi-Sport programs help 3 and 4 year olds fine-tune their motor skills in soccer and basketball. Our staff is committed to creating a positive introduction to sports. Children must be potty-trained to attend. Pull-ups are not allowed. Participant-to-coach ratio is approximately 6:1. Min/max: 12/24. Fee: \$55.

July 5-9 (9:00-10:00am)  
Activity# 476009-19

July 5-9 (10:30-11:30am)  
Activity# 476009-20

July 26-30 (9:00-10:00am)  
Activity #476009-32

### Ages 3-4 Pre-K SNAG Golf

Skyhawks will be using the SNAG Coaching System, a new system for training beginning golfers using the most fun golf equipment around. Skyhawks will provide launchers and rollers designed with larger heads and greater hitting surfaces that make it easier to hit the ball while learning proper swing techniques. This is a very fundamental golf camp. The participant-to-coach ratio is approximately 6:1. Min/max: 12/24. Fee: \$55.

June 7-11 (9:00-10:00am)  
Activity# 476009-05

July 19-23 (9:00-10:00am)  
Activity #476009-28

### Ages 4-7 T-Ball

Skyhawks Sports t-ball is designed to teach the fundamental skills of the game. Each athlete will learn basic skills in exercises tailored to individuals through tee hitting. The participant-to-coach ratio is approximately 8:1. Also bring a baseball glove. Min/max: 15/40.

June 1-4 (1:00-4:00pm)  
Activity# 476009-01  
Fee: \$85

July 12-16 (9:00am-12:00pm)  
Activity #476009-21  
Fee: \$120

### Ages 4-7 Mini-Hawk Multi-Sport (Soccer, Baseball & Basketball)

Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace. The participant-to-coach ratio is approximately 8:1. Also bring shinguards and baseball glove. Min/max: 15/40. Fee: \$110.

June 14-18 (9:00am-12:00pm)  
Activity# 476009-08

July 5-9 (9:00am-12:00pm)  
Activity #476009-18

July 26-30 (9:00am-12:00pm)  
Activity #476009-31

### Ages 4-8 Tennis with Quickstart

Quickstart equipment is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. Athletes will learn the rules and etiquette that help make tennis a lifelong game. The participant-to-coach ratio is approximately 8:1. Participants will also become Junior Members of the USTA for one year. Perks of the membership include a USTA membership card, 1 year subscription to SMASH Magazine, access to USTA leagues and tournaments, preferred ticket access to member events and special tournaments, member savings on dining/travel/entertainment and merchandise and apparel discounts. Also bring a tennis racquet. Min/max: 12/32. Fee: \$99.

June 21-25 (5:00-7:00pm)  
Activity# 476009-09

July 19-23 (1:00-3:00pm)  
Activity #476009-27

### Ages 5-9 Beginning Lacrosse

Participants will enjoy a fun week of introductory-level activities designed to teach the basic rules of Lacrosse as well as stick handling, cradling, passing, shooting and defensive skills. The goal of this camp is to introduce kids to Lacrosse in a fun and positive way. This co-ed program is non-contact and skill-based. All equipment will be provided. Participant-to-coach ratio is approximately 12:1. Min/max: 15/48. Fee: \$120.

July 5-9 (1:00-4:00pm)  
Activity# 476009-17

# SUMMER CAMP SERIES

## SKYHAWKS SPORTS CAMPS CONTINUED

### Ages 5-9 Beginning Golf

Skyhawks Sports Golf focuses on building the confidence of young athletes through training in proper technique and foundational skills. To assist in this training, Skyhawks Sports has adopted the SNAG (Starting New At Golf) technology to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers, including oversized plastic club heads and "mini tennis balls" to help build confidence and to have fun. As a safety precaution, Skyhawks Sports will be utilizing golf helmets for protection. The participant-to-coach ratio is approximately 8:1. Please do not bring your own clubs. Fee: \$125. Min/max: 12/32.

June 7-11 (9:00am-12:00pm)

Activity# 476009-04

July 19-23 (9:00am-12:00pm)

Activity #476009-26

### Ages 5-12 Cheerleading

Cheerleading teaches young athletes all the essential skills to lead the crowd and support the team while preparing for competition. Each athlete will learn Skyhawks Sports cheers, as well as the proper hand and body movements and jumping techniques, that make cheering the competitive sport it is today. Each week concludes with a choreographed performance and perhaps a chance to cheer at a Skyhawks Sports football or basketball tournament! The participant-to-coach ratio is approximately 14:1. Min/max: 15/32. Fee: \$99.

June 28-July 2 (9:00am-12:00pm)

Activity# 476009-14

July 26-30 (9:00am-12:00pm)

Activity #476009-29

### Ages 6-10 Tennis

Tennis breaks down the fundamental skills of tennis through easily understood and applicable games and exercises that increase the athlete's abilities. Each athlete will learn proper grips, footwork, strokes, volleys and serves to help develop the total player. A series of drills and exercises designed to teach each skill in a fun and dynamic way will boost every participant's techniques and talents. The participant-to-coach ratio is approximately 8:1. Also bring a tennis racquet. Min/max: 12/32.

June 1-4 (9:00am-12:00pm)

Activity# 476009-03

Fee: \$85

July 12-16 (9:00am-12:00pm)

Activity #476009-23

Fee: \$120

### Ages 6-10 Skateboarding (Beginning)

Basic skateboarding instruction with an emphasis on balance, pushing the board, kick turns, maneuvering, and manual. A liability form will need to be signed by the parents before participation. Instructors from Skyhawks Sports Academy will direct Camp. Participant-to-coach ratio is approximately 12:1. Also bring a skateboard and helmet/wrist/elbow pads. Min/max: 12/24. Fee: \$99.

June 21-25 (9:00-11:00am)

Activity# 476009-10

MCC Skate Park, 1235 Central Park Drive East

### Ages 6-12 Soccer

All the skills and thrills of soccer are taught through fast-paced drills, skill-building exercises and game-speed scrimmages. Coaches will focus on the essential skills of dribbling, passing, shooting and ball control to enable young athletes to play with confidence and have fun. Skyhawks Sports soccer camp ends with a World Cup, allowing young athletes to display their skills in a camp-wide tournament. The participant-to-coach ratio is approximately 14:1. Also bring shinguards, lunch and snack. Min/max: 15/48. Fee: \$150.

June 7-11 (9:00am-3:00pm)

Activity# 476009-06

July 19-23 (9:00am-3:00pm)

Activity #476009-25

### Ages 6-12 Multi-Sport

Multi-sport camps are designed to introduce young athletes to a number of different sports in one camp. Sport sampling will allow them to learn, have fun and begin to formulate their passion for a particular sport. The participant-to-coach ratio is approximately 12:1. Also bring shinguards, baseball glove, lunch and snack. Before and/or after camp care will be offered at our two Multi-Sport programs the week of 6/1 and the week of 8/2. Min/max: 15/48.

Soccer, Baseball & Basketball

June 1-4 (9:00am-3:00pm)

Activity# 476009-02

Fee: \$120

Creekside Middle School, 3525 W 126th St.

Before care will be offered onsite from 8:00-9:00am for \$12 and after care will be offered from 3:00-5:00pm for \$24.

Soccer, Basketball, Volleyball & Kickball

August 2-6 (9:00am-3:00pm)

Activity# 476009-33

Fee: \$150

MCC, 1195 Central Park Drive West

Before care will be offered onsite from 8:00-9:00am for \$15 and After care will be offered from 3:00-5:00pm for \$30.



# SUMMER CAMP SERIES

## SKYHAWKS SPORTS CAMPS CONTINUED

### Ages 6-12 Flag Football

Skyhawks Sports flag football offers a complete package of skills and thrills that teaches young athletes to enjoy this fast-paced game. Athletes will get a rich introduction to all the positions on offense and defense, preparing them to be true champions on the gridiron. The camp introduces the core skills of passing, catching, and de-flagging or defensive positioning – all presented in a fun and invigorating training environment. The week ends with the Skyhawks Sports Bowl, giving participants a chance to display new and refined skills. The participant-to-coach ratio is approximately 14:1. Min/max: 15/48. Fee: \$150.

June 28-July 2 (9:00am-3:00pm)

Activity# 476009-15

July 26-30 (9:00am-3:00pm)

Activity #476009-30

### Ages 6-12 Basketball

Skyhawks Sports basketball breaks down this exhilarating sport into fundamental skills that all athletes need to succeed. Coaches will lead the athletes through game-speed drills and exercises, focusing on ball handling, passing, shooting, defense, and rebounding. Athletes will put their skills to the test in an end-of-the-week tournament! The participant-to-coach ratio is approximately 10:1. Also bring a lunch. Fee: \$150. Min/max: 15/48.

June 14-18 (9:00am-3:00pm)

Activity# 476009-07

July 12-16 (9:00am-3:00pm)

Activity# 476009-24

MCC, 1195 Central Park Drive West

### Ages 6-12 Track & Field

Track & Field programs combine technical development, fundamental techniques and fun while introducing young athletes to many Olympic-style events. The programs will teach fundamentals of body positioning, stride, proper stretching and cool-down techniques. Track events include long distance, sprints, soft hurdles, relays. Field events include javelin, shot put, discus, standing long jump. Participants will demonstrate their talent at the Skyhawks Sports track meet! The participant-to-coach ratio is approximately 14:1. Min/max: 12/32. Fee:\$99.

June 28-July 2 (9:00am-12:00pm)

Activity# 476009-13

### Ages 6-12 Volleyball

Volleyball takes the fun and excitement of a great team sport and delivers it in an appealing and engaging way. All the aspects of the game are developed in a series of drills and exercises focusing on passing, setting, hitting and serving. This co-ed program helps each athlete develop the fundamental skills of the game through game-speed drills and scrimmages aimed at developing the whole player. The participant-to-coach ratio is approximately 12:1. Fee: \$150. Min/max: 15/32.

July 12-16 (9:00am-3:00pm)

Activity# 476009-22

MCC, 1195 Central Park Dr. W.

### Ages 6-12 Baseball

Baseball is designed to teach and refine the fundamental skills of the game. Each athlete will learn basic skills in exercises tailored to individuals through tee hitting, soft toss and live pitching. These athletes will be equipped with the opportunity to succeed and will have fun all the way through. All participants will be challenged to take their skills to the next level! The participant-to-coach ratio is approximately 12:1. Also bring a baseball glove and lunch. Fee: \$150. Min/max: 15/48.

June 21-25 (9:00am-3:00pm)

Activity# 476009-12

### Ages 8-14 Boy's Lacrosse

The unique and popular game of lacrosse combines skills used in soccer, basketball and hockey. Athletes will learn all the fundamental skills, including stick handling, cradling, passing and shooting, in a no-checking environment. Athletes will test and improve these skills through game-speed drills and exercises focused on fun. Every athlete will come away with a deep understanding of the game and its traditions. The participant-to-coach ratio is approximately 12:1. Also bring protective gloves, helmet with full mask and lacrosse stick. You can rent Lacrosse equipment at [www.skyhawks.com](http://www.skyhawks.com) or call 1-800-804-3509. Min/max: 15/48. Fee: \$120.

July 5-9 (9:00am-12:00pm)

Activity# 476009-16

### Ages 11-16 Skateboarding (Intermediate)

Learn intermediate level skateboarding maneuvers including ollies, shuv-its, kick-flips, board-slides and grinds on flatland, transitions (ramps), and rails. A liability form will need to be signed by the parents before participation. Instructors from Skyhawks Sports Academy will direct Camp. Participant-to-coach ratio is approximately 14:1. Also bring a skateboard and helmet/wrist/elbow pads. Min/max: 12/24. Fee: \$99.

June 21-25 (11:30am-1:30pm)

Activity# 476009-11

MCC Skate Park, 1235 Central Park Drive East





# YOUTH



## ➤ LINDSAY ATKINSON Youth Supervisor

I enjoy working at the MCC because I love to see youth/teens grow and expand their knowledge of the world around them. Seeing them learn a new skill in a sport or a new technique in an art class really gives me a sense of accomplishment. The world wouldn't be the same without children and making a difference in their lives is rewarding.

317.573.5247 | latkinson@carmelclayparks.com

## TAEKWONDO: ADVANCED

Here is your chance to continue learning and perfecting your Taekwondo skills in this advanced class. Each participant must have Taekwondo instructor approval to enroll. Skill levels are blue belt and above.

Age: 6+ years  
Min/max: 5/20  
Instructor: Indy Taekwondo  
Location: MCC - Gym C

Activity #	Dates	Day	Time	Fee
106375-01	May 11-Jul 1	Tu, Th	6:00-6:50pm	\$115
106375-02	Jul 6-Aug 26	Tu, Th	6:00-6:50pm	\$115

## OFFENSIVE SKILLS CLINIC

Offensive Skills Clinic is co-sponsored by Carmel Clay Parks & Recreation and the Indiana Pacers. Assistant Coach Jay DeFuscio will be leading the clinic, which will be focused on offensive skills through demonstration and drills. Players from the Indiana Pacers may attend the clinic. The first 50 participants to sign up will receive a basketball.

Age: 8-13 years  
Min/max: 20/200  
Instructor: Jay DeFuscio  
Location: MCC - Gym



Activity #	Dates	Day	Time	Fee
106480-01	Jul 19-22	M-Th	9:00am-12:00pm	\$150

## FENCING: LEVEL I

This introductory fencing class gives children and adults the opportunity to learn the history and traditions of the sport as well as the basic blade and foot work. Your child and/or you will learn the basic skills needed to fence.

Age: 9+ years  
Min/max: 6/20  
Instructor: Jeanne Slain  
Location: MCC - Program Rooms B & C

Activity #	Dates	Day	Time	Fee
106308-01	Jun 7-28	M	6:15-7:15pm	\$85
106308-02	Jul 19-Aug 9	M	6:15-7:15pm	\$85

## TAEKWONDO: BEGINNER

Taekwondo is an Olympic sport that teaches self-defense, kicking and forms. It also gives you the opportunity to develop respect, discipline, self-control, listening skills, coordination and flexibility. Skill levels are white belt through blue stripe. **No class on 5/31.**

Age: 6+ years  
Min/max: 5/20  
Instructor: Indy Taekwondo  
Location: MCC - Gym C

Activity #	Dates	Day	Time	Fee
106374-01	May 10-Jun 30	M, W	6:00-6:50pm	\$110
106374-02	May 11-Jul 1	Tu, Th	5:00-5:50pm	\$115
106374-03	Jul 5-Aug 25	M, W	6:00-6:50pm	\$115
106374-04	Jul 6-Aug 26	Tu, Th	5:00-5:50pm	\$115

## FENCING: LEVEL II

Have you or your child taken fencing before? If so, you can continue working on your fencing skills in this class. Participants will learn more blade work, different techniques and refereeing skills. You must have taken Fencing I or have instructors approval to enroll in this course.

Age: 9+ years  
Min/max: 6/20  
Instructor: Jeanne Slain  
Location: MCC - Program Rooms B & C

Activity #	Dates	Day	Time	Fee
106307-01	Jun 7-28	M	7:30-8:30pm	\$85
106307-02	Jul 19-Aug 9	M	7:30-8:30pm	\$85

## NEW FENCING: LEVEL III

Do you or your child want to take your fencing skills even further? In this class, participants will learn even more advanced blade work and training techniques. You will also have the opportunity to learn about fencing tournaments. You must have taken Fencing II or have instructor's approval to enroll in this course. **No class on 6/5.**

Age: 9+ years  
Min/max: 6/20  
Instructor: Jeanne Slain  
Location: MCC - Program Rooms B & C

Activity #	Dates	Day	Time	Fee
106315-01	May 29-Jun 26	Sa	1:00-2:00pm	\$85
106315-02	Jul 24-Aug 14	Sa	1:00-2:00pm	\$85

## ELECTRIC SPORT FENCING

Your child and/or you will experience the excitement of electric fencing! Hook up for the sights and sounds as you score touches against your opponent and get a taste of competitive sport fencing. This class is recommended for participants of our Fencing I, II and III or has prior fencing experience.

Age: 9+ years  
Min/max: 2/20  
Instructor: Jeanne Slain  
Location: MCC - Program Rooms B & C

Activity #	Dates	Day	Time	Fee
106469-01	Aug 16	M	6:15-8:30pm	\$8

## START SMART GOLF

Start Smart Golf teaches children the basic motor skills necessary to play golf while they work one on one and spend quality time with their parent. Your child will learn the game without the threat of competition or the fear of getting hurt.

Age: 6-9 years, with parent or caregiver  
Min/max: 5/15  
Instructor: Staff  
Location: Inlow Park, 6310 E 131<sup>st</sup> Street



Activity #	Dates	Day	Time	Fee
106461-01	Jun 1-Jul 6	Tu	5:30-6:30pm	\$55

## FOOTBALL SKILL DEVELOPMENT

Does your child love to play football? This program will help your child develop all the necessary skills needed for the game of football. Your child will learn the basic skills of throwing, catching and kicking.

Age: 10-12 years  
Min/max: 5/15  
Instructor: Staff  
Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
106473-01	Jun 1-Jul 6	Tu	6:30-7:30pm	\$37

## START SMART FOOTBALL

Start Smart Football teaches children the basic motor skills necessary to play organized football while they work one on one and spend quality time with their parents. The program focuses on teaching children and their parents skills in throwing, catching, kicking/punting and running/agility. Your child will learn the skills necessary to play football without the threat of competition or the fear of getting hurt.

Age: 6-9 years, with parent or caregiver  
Min/max: 5/15  
Instructor: Staff  
Location: West Park, 2700 W 116<sup>th</sup> Street



Activity #	Dates	Day	Time	Fee
106472-01	Jun 1-Jul 6	Tu	5:15-6:15pm	\$55



## LIL' KICKERS MICRO II

Micro classes are developmental classes that provide more advanced, yet age-appropriate instruction to enhance individual and team skills while emphasizing fun and focusing on effort. Micro classes are separated by age and ability. **No class on 7/3.**

Instructor: Off the Wall Sports

Age: 6-7 years

Min/max: 3/12

Location: Carey Grove Park, 14001 N Carey Road

Activity #	Dates	Day	Time	Fee
105010-01	Jun 4-Aug 6	F	11:30am-12:20pm	\$125

Location: Inlow Park, 6310 E 131<sup>st</sup> Street

Activity #	Dates	Day	Time	Fee
105010-02	Jun 5-Aug 14	Sa	11:30am-12:20pm	\$125

## CHALLENGER BRITISH SOCCER CLINIC

Does your child love the game of soccer? Carmel Clay Parks & Recreation is partnering with Challenger Sports British Soccer to offer a week long clinic dedicated to developing specific soccer skills. Instructors have years of experience playing and coaching in England. Each child will receive a T-shirt and a hand stitched soccer ball. Please register at [www.challengersports.com](http://www.challengersports.com) and remember that if you register 45 days before the clinic (April 23 and/or June 11), you will receive a FREE jersey.

Min/max: 6/16

Instructor: Challenger Sports British Soccer

Location: West Park, 2700 W 116<sup>th</sup> Street



Age: 6-14 years, Half Day

Activity #	Dates	Day	Time	Fee
106484-01	Jun 7-11	M-F	9:00am-12:00pm	\$144
106484-02	Jun 7-11	M-F	1:00-4:00pm	\$144
106484-03	Jul 26-30	M-F	9:00am-12:00pm	\$144
106484-04	Jul 26-30	M-F	1:00-4:00pm	\$144

Age: 8-14 years, There will be an hour lunch break during the day.

Activity #	Dates	Day	Time	Fee
106494-01	Jun 7-11	M-F	9:00am-4:00pm	\$210
106494-02	Jul 26-30	M-F	9:00am-4:00pm	\$210

## NEW LEVEL SWING BASEBALL

The Level Swing Baseball Training offers an exciting new patent pending teaching method for T-Ball and beginning baseball players. This new method focuses on the core movements of the baseball swing. Throwing and catching is also taught at the beginning level.

Age: 6-7 years

Min/max: 2/5

Instructor: Michael Moos

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
106322-01	May 3-12	M, W	6:40-7:40pm	\$55
106322-02	May 17-26	M, W	6:40-7:40pm	\$55
106322-03	Jun 7-16	M, W	6:40-7:40pm	\$55

## ARCHERY

Archery is a great outdoor activity for your child to learn this summer! This class will teach your child the proper techniques and equipment of archery. They will have the opportunity to practice shooting arrows at targets while being supervised by a certified archer. **No class on 7/15 and 7/22.**

Age: 9-12 years

Min/max: 6/12

Instructor: Staff

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
106457-01	May 13-Jun 17	Th	4:30-5:30pm	\$12
106457-02	Jul 1-Aug 19	Th	4:30-5:30pm	\$12

## HIP HOP

Join us in this fast-paced, high-energy Hip Hop class where students will dance to upbeat music while learning all the latest funky moves. Formal dance experience is not necessary; just a love of having fun and moving to the beat of the music! Dress attire is comfortable clothes, jazz shoes or socks. **No class on 7/3.**

Min/max: 4/12

Instructor: Dance Class Studio

Location: MCC - Dance Studio B

Age: 6-9 years

Activity #	Dates	Day	Time	Fee
106341-01	Jun 12-Aug 7	Sa	11:15-11:45am	\$62

Age: 10-12 years

Activity #	Dates	Day	Time	Fee
106342-01	Jun 12-Aug 7	Sa	11:55am-12:25pm	\$62

## INTRO TO DANCE

This class is perfect for children who have taken dance before either with us in Petite Dancers or at another facility. This class, increased in length, will include tap, ballet and jazz. Dancers will continue to work on balance, coordination, poise and grace. Dress attire is a leotard, tights, ballet and tap shoes.

Age: 5-8 years

Min/max: 4/8

Instructor: Dance Class Studio

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106349-01	Jun 15-Aug 3	Tu	12:15-1:15pm	\$65

## PETITE DANCER

Coordination, large motor skill development, musical awareness, listening skills, counting skills, social skills and rhythm will be enhanced as students are introduced to tap, creative movement and ballet. Students will learn basic tap, ballet steps and terminology. Students will need black tap shoes, pink ballet shoes, tights and should wear their hair off their face in a ponytail or bun.

Age: 6-8 years

Min/max: 4/8

Instructor: Dance Class Studio

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106310-01	Jun 18-Aug 6	F	6:30-7:15pm	\$68

## BEAUTIFUL BALLERINA

Let your child become a Beautiful Ballerina as they learn the four positions of ballet; etiquette, gross motor skills, coordination and musicality. They may even surprise you with a dance at the conclusion of the session. Required dress attire is a leotard, tights and ballet shoes.

Age: 6-9 years

Min/max: 4/8

Instructor: Dance Class Studio

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106309-01	Jun 14-Aug 2	M	12:00-12:30pm	\$65
106309-02	Jun 18-Aug 6	F	4:00-4:30pm	\$65

Parents are only  
allowed in dance  
classes for the  
last class.

## JAZZ

Jazz is a style of dance that involves strong and sharp movements aided by the knowledge of ballet. It incorporates numerous dance styles with emphasis on originality and improvisation. The goal will be to express music through dramatic body movements. We will focus on basic moves and learn a short jazz routine. Come to observe the last class to see how fantastic and fun Jazz is for your child!

Age: 6-12 years

Min/max: 6/25

Instructor: Tumble Time Indiana

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106327-01	Jun 1-22	Tu	7:00-7:45pm	\$35
106327-02	Jul 6-27	Tu	7:00-7:45pm	\$35

## BREAKIN' 101

This acrobatic dance combines hip-hop style with strength and agility skills. Children learn the basics of this exciting dance form. Your child will work on steps, floor moves, freezes and "battling" with a partner. Bring water and be prepared to sweat!

Age: 6-12 years

Min/max: 6/25

Instructor: Tumble Time Indiana

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106492-01	Jun 3-24	Th	6:15-7:00pm	\$35
106492-02	Jul 8-29	Th	6:15-7:00pm	\$35
106492-03	Aug 5-26	Th	6:15-7:00pm	\$35

## DANCING LITTLE STAR

Dancing Little Star is a unique class for girls and boys to discover and learn new exciting rhythms, steps and exceptional posture through the International Ballroom and Latin Dance syllabus. Young dancers will learn the Bronze level steps of Cha-Cha, Waltz, Swing and more. Little Stars will have a lot of fun learning dance etiquette and expressing themselves through the elegant and graceful movements of ballroom dancing.

Age: 5-9 years

Min/max: 6/16

Instructor: International Talent Academy

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106372-01	Jul 12-Aug 30	M	4:30-5:20pm	\$112

## DANCING AS A STAR

Dancing as a Star is a unique class for girls and boys to discover and learn new exciting rhythms, steps and exceptional posture through the International Ballroom and Latin Dance syllabus. Young dancers will learn the bronze level steps of Cha-Cha, Waltz, Swing and more. Learning elegant moves and dance etiquette will give them confidence and endless possibilities to express themselves! Dancing as a Star provides a higher level of technique than the Dancing Little Star program.

Age: 10-14 years

Min/max: 6/16

Instructor: International Talent Academy

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106406-01	Jul 12-Aug 30	M	5:30-6:20pm	\$112

## ZOOMBA KIDS

This Latin dance style class is tailored to active kids. Our animal themed classes are zoo-rific! We utilize a variety of Latin dance styles in our routines, including Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco and Calypso. Music selections include both fast and slow rhythms to help tone and sculpt the body.

Age: 6-12 years

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106370-01	May 6-27	Th	3:45-4:30pm	\$35
106370-02	Jun 3-24	Th	3:45-4:30pm	\$35

## JUMP! ACROBATIC ROPE TRAINING

Our exciting jump rope class is full of sky-high skills and upside down turns. Jumpers will learn the fundamentals of group jump rope including Double Dutch and jump rhyming. The class also includes basic gymnastics and break dance training, all wrapped up in fun music the kids love! **No class on 7/3.**

Age: 6-12 years

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Gym B

Activity #	Dates	Day	Time	Fee
106456-01	Jun 5-Jul 17	Sa	10:00-11:00am	\$76
106456-02	Jul 24-Aug 28	Sa	10:00-11:00am	\$76

## NEW ROCK SOLID BOOT CAMP

This challenging "boot camp" style class is created to teach kids how to gain the attitudes and skills needed to establish healthy physical activity behaviors, in a fun atmosphere. We use a variety of powerful, short burst, high intensity workouts that will challenge each child. Each week has something new to offer, with purposeful use of graduated weight and intensity. All exercises may be performed indoors or out! Modifications will be offered for varying abilities. **No class on 7/3.**

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Gym B

Age: 6-8 years

Activity #	Dates	Day	Time	Fee
106329-01	Jun 5-Jul 17	Sa	11:15am-12:00pm	\$38
106329-02	Jul 24-Aug 28	Sa	11:15am-12:00pm	\$38

Age: 9-12 years

Activity #	Dates	Day	Time	Fee
106319-01	Jun 5-Jul 17	Sa	12:15-1:00pm	\$38
106319-02	Jul 24-Aug 28	Sa	12:15-1:00pm	\$38

## CHEERLEADING

This cheerleading course involves five aspects of cheerleading: cheers, jumps, dance, stunting and tumbling. The goal is to teach the fundamentals of the sport while having fun and instilling teamwork and unity. We incorporate conditioning, flexibility development and encourage children regardless of their skill level. Parents are encouraged to attend the last class for a very special performance.

Min/max: 6/15

Instructor: Tumble Time Indiana

Location: MCC - Party Rooms A & B

Age: 5-6 years

Activity #	Dates	Day	Time	Fee
106371-01	May 5-26	W	4:00-4:45pm	\$51
106371-02	Jun 2-23	W	4:00-4:45pm	\$51
106371-03	Jul 7-28	W	4:00-4:45pm	\$51
106371-04	Aug 4-25	W	4:00-4:45pm	\$51

Age: 7-10 years

Activity #	Dates	Day	Time	Fee
106368-01	May 5-26	W	5:00-5:45pm	\$51
106368-02	Jun 2-23	W	5:00-5:45pm	\$51
106368-03	Jul 7-28	W	5:00-5:45pm	\$51
106368-04	Aug 4-25	W	5:00-5:45pm	\$51

## ETIQUETTE KINGDOM

Good manners and social skills are important in all aspects of your child's life from the playground to the classroom. Social skills help them feel comfortable. Young children are most receptive to learning the rules of polite conduct. While playing fun and exciting games, your children will learn to use magic words, talk on the phone, interact with peers and adults, learn dining skills, dress up rules and much more!

Age: 6-10 years

Min/max: 3/12

Instructor: International Talent Academy

Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
106369-01	Jul 8-Aug 26	Th	4:45-5:30pm	\$98

## LIGHTS, CAMERA, ACTING!

Would you like to see your child in a movie? This class is for anyone interested in finding out what it takes to succeed in film, TV and commercials. Students will learn how to break down a script and understand characters, practice acting techniques and perform in front of the camera. Each child will be filmed doing actual commercial sides and acting scenes from well-known screenplays with full lighting, costumes and scene set up. Video will be reviewed in class as part of an instructive critique.

Age: 8-12 years

Min/max: 4/8

Instructor: International Talent Academy

Location: MCC - Banquet Room A

Activity #	Dates	Day	Time	Fee
106362-01	Jul 8-Aug 26	Th	6:00-7:00pm	\$98

## SAFE SITTER

This class is designed to prepare your children for the world of babysitting and responsible childcare. They will learn the appropriate actions to take if a child is choking or how to apply care to minor injuries. Safe Sitters is a nationally recognized, medically accurate babysitting program designed for boys and girls. Please bring a sack lunch.

Age: 11-13 years

Min/max: 10/12

Instructor: Staff

Location: MCC - Program Rooms A, B & C

Activity #	Dates	Day	Time	Fee
106425-01	May 1	Sa	9:00am-4:00pm	\$55
106425-02	Jun 5	Sa	9:00am-4:00pm	\$55

## NEW THE ACTING EXPERIENCE!

Develop your acting talents by working in a group. You will work on a script and everyone will share in the directing, acting, prop making, lighting and sound. Come have fun and be proud of being involved in an experience you will always remember!

Age: 11-12 years

Min/max: 6/10

Instructor: Center for Speech and Drama

Location: MCC - Banquet Room A

Activity #	Dates	Day	Time	Fee
106302-01	Jun 7-11	M-F	9:00am-12:00pm	\$200

## NEW NATURE JOURNAL

Looking for an outdoor activity for your child this summer? In this class, children will keep a journal of natural "wonders" that they collect from nature, photography or sketching. They will then create drawings and final paintings during their studio time in their journals. Each child will need to bring their own blank journal to class.

Age: 6-12 years

Min/max: 5/15

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
106447-01	Jun 17-Aug 5	Th	6:15-7:15pm	\$45

## NEW SKETCHING LARGER THAN LIFE

Here is your child's opportunity to use their imagination in a BIG way! In this Sketching Larger Than Life class, enormous paper will be used for the drawing projects. Pastels, charcoal and a variety of pencils will be used as well as an array of subjects to create their drawings.

Age: 6-12 years

Min/max: 5/15

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
106450-01	Jun 9-Jul 28	W	6:00-7:00pm	\$60

## POTTERY WHEEL MANIA CAMP

Students will create beautiful assembly projects in this pottery class. Unique vases, plates, wall creations and more will be created with the focus on the pottery wheel.

Age: 6-12 years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106317-01	Jul 26-30	M-F	1:30-4:00pm	\$155

## NEW CLAY MIRRORS

Kids can create their own clay mirror! Each child will use stamps, cut-outs and texture tools to design their own unique mirror.

Age: 6-12 years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106299-01	Jun 2	W	4:00-5:00pm	\$25

## NEW MULTIMEDIA POTTERY (AFRICA)

Here is a chance for your child to create a small clay drum and mask while learning the history of each item from the African culture. They will use leather, beads and more to decorate their finished projects.

Age: 7-11 years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106324-01	Aug 5-19	Th	5:15-6:15pm	\$64

## NEW SCULPTURE CLINIC

Children will learn to design and create their own master works! All projects such as vases, faces, reliefs and more will be designed on the pottery wheel or by hand. No experience is necessary.

Age: 6-12 years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106321-01	Jun 7-11	M-F	1:30-4:00pm	\$155

## NEW POTTERY VASES

Your child will have the opportunity to create many textured and unique vases in this pottery class. They will be using stamps, rollers, found objects and more to help create beautiful projects.

Age: 6-10 years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106458-01	Jun 3-17	Th	5:30-6:30pm	\$64

## NEW CLAY TURTLES

Your child will put their creativity to work while making their very own turtle out of clay! They will also have the opportunity to create an environment for their turtle as they learn all about this creature and its habitat.

Age: 6-12 years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106488-01	Jul 7	W	11:00am-12:00pm	\$25

Check out  
our Summer  
Camp Series  
on page 24.

## FAMILY POTTERY

Want to spend an evening with your family? Here is a chance to create art with your child! Everyone will have a chance to make a plate and your child will use the potter's wheel to create a bowl! Fee includes price per child and parents are free.

Age: 6+ years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106417-01	Aug 11	W	6:00-8:00pm	\$35

## NEW CLAYMANIA POTTERY CLINIC

Your child will have fun while creating a little bit of everything out of clay. They will make up to ten projects during the week such as animals, bowls, birdfeeders and more. Everyone will use the potter's wheel during this clinic.

Age: 6-12 years  
Min/max: 3/15  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106357-01	Jun 21-25	M-F	1:30-4:00pm	\$155

## VIOLIN: BEGINNER

This is a beginner program for any child who wants to learn how to play the violin and explore the art of music while meeting new friends! Students will learn the basics of violin through fun activities and musical pieces. No violin experience is necessary for your child to join the class. Participants must provide their own violin.  
**No class on 7/2.**

Min/max: 4/4  
Instructor: Impromptu Music  
Location: MCC - Meeting Room

Age: 6-8 years

Activity #	Dates	Day	Time	Fee
106274-01	Jun 4-Jul 16	F	3:45-4:45pm	\$112

Age: 9-12 years

Activity #	Dates	Day	Time	Fee
106275-01	Jun 4-Jul 16	F	5:00-6:00pm	\$112

## GUITAR

This class is divided into beginner and advanced groups once participants register based on experience. Both groups, beginners and advanced, will be introduced with the fundamentals of guitar playing and will study fun pieces during the course of this class. Students must bring their own guitar.

Age: 8-12 years  
Min/max: 4/10  
Instructor: Impromptu Music  
Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
106270-01	Jun 2-Jul 7	W	4:15-5:15pm	\$112
106270-02	Jul 14-Aug 18	W	4:15-5:15pm	\$112

## PIANO PREPARATION

Students will learn the basics of piano playing and music theory to prepare them for private lessons if they wish to continue. Some of the concepts covered will be hand position, finger numbers, dynamics, note names and learning to play fun pieces! Books will be provided in class and students will need to provide their own portable keyboard.

Min/max: 5/10  
Instructor: Impromptu Music  
Location: MCC - Meeting Room

Age: 6-8 years

Activity #	Dates	Day	Time	Fee
106268-01	Jun 7-Jul 12	M	3:00-4:00pm	\$112

Age: 9-12 years

Activity #	Dates	Day	Time	Fee
106267-01	Jun 7-Jul 12	M	4:15-5:15pm	\$112

## PRIVATE MUSIC LESSONS

Private lessons are available for any skill level. Lessons are available for the following mediums: Piano, Drums/Percussion (ages four and up), Violin, Viola, Guitar, Voice, Clarinet, Flute, French horn, Saxophone, Recorder (ages seven and up), Cello (ages eight and up), Bass (ages 10 and up). Additional instruments may be available. Instructor will contact you to set up lesson times. Fee is for six 30-minute lessons and participants must provide their own instrument except for piano lessons.

Age: 4-12 years  
Instructor: Impromptu Music  
Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
106412-01	May 1-Aug 28	Th, Sa	TBD	\$186



# TWEENS & TEENS

## TEEN COUNCIL

The MCC is currently looking for teens that are energetic, creative and would like to help plan activities and special events for Carmel Clay Parks & Recreation while also participating in fun activities as a group. We will also be completing community service projects that the council decides on as a whole. This is a great opportunity for you to meet new friends while developing skills to enhance your personal development. If you have any questions please contact Lindsay Atkinson, Youth Supervisor at 317.573.5247 or [latkinson@carmelclayparks.com](mailto:latkinson@carmelclayparks.com).

Age: 13-17 years  
Min/max: 4/20  
Instructor: Staff  
Location: MCC - East Conference Room

Activity #	Dates	Day	Time	Fee
106422-01	May 19	W	5:00-7:00pm	Free
106422-02	Jun 16	W	5:00-7:00pm	Free
106422-03	Jul 21	W	5:00-7:00pm	Free
106422-04	Aug 18	W	5:00-7:00pm	Free

## NEW OUTDOOR POOL PARTY

Do you want to enjoy some time in the Waterpark with your peers? Here is your chance to gather some friends and enjoy the Lazy River, Water Slides and Diving Well. There will be other activities to do such as water balloon fights and karaoke. Pre-registration is required.

Age: 13-17 years  
Instructor: Staff  
Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
106311-01	Jul 30	F	8:00-9:30pm	\$12

Follow us on Twitter  
<http://twitter.com/CarmelClayParks>

## NEW FOURTH OF JULY DANCE

Come dance the night away at the MCC's Fourth of July Dance. Bring your friends and a list of your favorite songs for this night full of memories. There will be a DJ and refreshments to keep you dancing. Dress attire is casual. Pre-registration is required.

Age: 13-15 years  
Instructor: Staff  
Location: MCC - Banquet Rooms A, B & C

Activity #	Dates	Day	Time	Fee
106474-01	Jul 2	F	7:00-9:00pm	\$22

## HIP HOP

Join us in this fast-paced, high-energy Hip Hop class where students will dance to upbeat music while learning all the latest funky moves. Formal dance experience is not necessary; just a love of having fun and moving to the beat of the music! Dress attire is comfortable clothes, jazz shoes or socks. **No class on 7/3.**

Age: 13-17 years  
Min/max: 4/12  
Instructor: Dance Class Studio  
Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106410-01	Jun 12-Aug 7	Sa	12:35-1:20pm	\$64

## ZUMBA TEENS

This Zumba class is tailored to active teens! Zumba is a fitness program inspired by Latin dance and music. Zumba uses a variety of styles in its routines including Merengue, Salsa, Reggaeton, Mambo, Rumba, Flamenco and Calypso. Music selections include both fast and slow rhythms to help tone and sculpt the body. "It's fun and addictive."

Age: 13-17 years  
Min/max: 6/15  
Instructor: Tumble Time Indiana  
Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106454-01	May 6-27	Th	4:45-5:30pm	\$35
106454-02	Jun 3-24	Th	4:45-5:30pm	\$35

# TWEENS & TEENS

## NEW BREAKIN' 101

This acrobatic dance combines hip-hop style with strength and agility skills. Children learn the basics of this exciting dance form. Your child will work on steps, floor moves, freezes and "battling" with a partner. Bring water and be prepared to sweat!

Age: 13-17 years

Min/max: 6/25

Instructor: Tumble Time Indiana

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106292-01	Jun 3-24	Th	7:00-7:45pm	\$35
106292-02	Jul 8-29	Th	7:00-7:45pm	\$35
106292-03	Aug 5-26	Th	7:00-7:45pm	\$35

## TEEN YOGA

Yoga focuses on the entire body as you learn beginning yoga postures or "Asanas." Balance, strength and flexibility are all important components of this class as you learn to connect your mind and body. The final relaxation pose, which closes this class, will leave you feeling calm and refreshed. This class is not included in the Unlimited Group Fitness Pass and you must register for it.

Age: 13-17 years

Min/max: 6/12

Instructor: Staff

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106497-01	May 3-24	M	6:40-7:30pm	\$28
106497-02	Jun 7-28	M	6:40-7:30pm	\$28
106497-03	Jul 5-26	M	6:40-7:30pm	\$28
106497-04	Aug 2-23	M	6:40-7:30pm	\$28

## TEEN PILATES

Pilates is great for teens to build flexibility, strength, endurance and coordination while sculpting your body's core muscles. This will also give you the chance to work on better posture and develop leaner muscles. This class is not included in the Unlimited Group Fitness Pass and you must register for it.

Age: 13-17 years

Min/max: 6/12

Instructor: Staff

Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
106396-01	May 5-26	W	7:15-8:05pm	\$28
106396-02	Jun 9-30	W	7:15-8:05pm	\$28
106396-03	Jul 7-28	W	7:15-8:05pm	\$28
106396-04	Aug 4-25	W	7:15-8:05pm	\$28

## TEEN CYCLING

Cycling is an incredible cardiovascular workout using a specially designed stationary bike. In this class, you can work at your own pace and resistance level as the instructor takes you through drills and hills geared toward improving your cardiovascular fitness. All skill levels are welcome! This class is not included in the Unlimited Group Fitness Pass and you must register for it.

Age: 13-17 years

Min/max: 6/12

Instructor: Staff

Location: MCC - Fitness Studio A

Activity #	Dates	Day	Time	Fee
106496-01	May 6-27	Th	6:00-6:50pm	\$28
106496-02	Jun 3-24	Th	6:00-6:50pm	\$28
106496-03	Jul 8-29	Th	6:00-6:50pm	\$28
106496-04	Aug 5-26	Th	6:00-6:50pm	\$28

## NEW THE ACTING EXPERIENCE!

Develop your acting talents by working in a group. You will work on a script and everyone will share in the directing, acting, prop making, lighting and sound. Come, have fun and be proud of being involved in an experience you will always remember!

Age: 13-17 years

Min/max: 6/10

Instructor: Center for Speech and Drama

Location: MCC - Banquet Room A

Activity #	Dates	Day	Time	Fee
106304-01	Jun 7-11	M-F	1:00-4:00pm	\$200



# TWEENS & TEENS

## NEW DIGITAL PHOTOGRAPHY BASICS

Learn the basics of good photography taught by one of the premier local photographers in the region. We will cover the fundamentals of camera operation, shooting techniques for different situations all while shooting on MCC grounds. Students must bring a point and shoot or SLR camera with them.

Age: 13-17 years  
Min/max: 8/15  
Instructor: Dario Impini Photography  
Location: MCC - Program Room B

Activity #	Dates	Day	Time	Fee
106348-01	Jun 8-Jul 13	Tu	6:00-7:00pm	\$112

## LIGHTS, CAMERA, ACTING!

This class is for anyone interested in finding out what it takes to succeed in film, TV and commercials. During this course, you will learn how to break down a script and understand characters, practice acting techniques and perform in front of the camera. You will be filmed doing actual commercial sides and acting scenes from well-known screenplays with full lighting, costumes and scene set up. Video will be reviewed in class as part of an instructive critique.

Age: 13-17 years  
Min/max: 4/10  
Instructor: International Talent Academy  
Location: MCC - Banquet Room A

Activity #	Dates	Day	Time	Fee
106376-01	Jul 7-28	W	5:00-7:00pm	\$114

## NEW FUSED GLASS JEWELRY

Glass jewelry is all the rage at art fairs so here is your chance to learn how to make your own original glass pieces. You will make a pendant, earrings and bracelet all while learning how to handle glass safely and how glass can be transformed under extreme heat in the kiln.

Age: 12-17 years  
Min/max: 5/12  
Instructor: Creative Escape  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106306-01	Jul 7-14	W	6:00-7:00pm	\$78

## NEW SILVER CLAY JEWELRY

This is a beginner's class where you will use clay made from 99% silver. All projects will be fired in the kiln to create lasting jewelry pieces that reflect your style. Wear your silver home at the end of class!

Age: 12-17 years  
Min/max: 5/10  
Instructor: Creative Escape  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106286-01	Jun 15	Tu	6:00-9:00pm	\$64

## NEW GLASS FUSING

Learn the basics of glass fusing, create glass projects such as a dish, suncatcher, and picture frame. You will learn how to handle glass safely and how glass can be transformed under extreme heat in the kiln.

Age: 12-17 years  
Min/max: 5/12  
Instructor: Creative Escape  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106287-01	Jun 14-28	M	6:00-8:00pm	\$92

## NEW PAINTING MOVIE POSTERS

Do you have a favorite movie? Here is your chance to create a poster for your favorite movie, using actors and scenes that you admire. Posters will be created using acrylic paints and your imagination.

Age: 13-17 years  
Min/max: 5/15  
Instructor: Staff  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
106495-01	Jun 8-Jul 27	Tu	6:00-7:00pm	\$55

# TWEENS & TEENS

## NEW SKETCHING LARGER THAN LIFE

Here is your opportunity to use your imagination in a BIG way! In this Sketching Larger Than Life class, enormous paper will be used for the drawing projects. You will use pastels, charcoal and a variety of pencils while using an array of subjects to create your drawings.

Age: 13-17 years

Min/max: 5/15

Instructor: Staff

Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
106451-01	Jun 9-Jul 28	W	7:15-8:15pm	\$60

## NEW SCULPTURE POTTERY

This pottery class focuses on sculptures where you will have the opportunity to grow artistically using clay. You will create a multimedia, freestanding sculpture and model your own vase. All skill levels are welcome!

Age: 13-17 years

Min/max: 3/15

Instructor: Jeremy South

Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106325-01	Aug 5-19	Th	6:30-8:00pm	\$78

## NEW MULTIMEDIA POTTERY (AFRICA)

In this pottery class, you will create a small clay drum and mask while learning the history of each item from the African culture. You will use leather, beads and more to decorate your finished projects. This is a great class for exploration!

Age: 11-14 years

Min/max: 3/15

Instructor: Jeremy South

Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
106323-01	Jun 3-17	Th	6:45-8:15pm	\$78

Become a fan of  
Carmel Clay Parks & Recreation  
on Facebook!

## PRIVATE MUSIC LESSONS

Private lessons are available for any skill level. Lessons are available for the following media: Piano, Drums/Percussion (ages four and up), Violin, Viola, Guitar, Voice, Clarinet, Flute, French horn, Saxophone, Recorder (ages seven and up), Cello (ages eight and up), Bass (ages 10 and up). Additional instruments may be available. Instructor will contact you to set up lesson times. Fee is for six 30-minute lessons and participants must provide their own instrument except for piano lessons.

Age: 13-17 years

Instructor: Impromptu Music

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
106411-01	May 1-Aug 28	Th, Sa	TBD	\$186

## GUITAR

This class is divided into beginner and advanced groups once participants register based on experience. Both groups, beginners and advanced, will be introduced with the fundamentals of guitar playing and will study fun pieces during the course of this class. Students must bring their own guitar.

Age: 13-17 years

Min/max: 4/10

Instructor: Impromptu Music

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
106269-01	Jun 2-Jul 7	W	5:30-6:30pm	\$112
106269-02	Jul 14-Aug 18	W	5:30-6:30pm	\$112

## PIANO PREPARATION

Students will learn the basics of piano playing and music theory to prepare them for private lessons if they wish to continue. Some of the concepts covered will be hand position, finger numbers, dynamics, note names and learning to play fun pieces! Books will be provided in class and students will need to provide their own portable keyboard.

Age: 13-17 years

Min/max: 5/10

Instructor: Impromptu Music

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
106278-01	Jun 7-Jul 12	M	5:30-6:30pm	\$112



# ADAPTIVE



➤ **BROOKE TAFLINGER, CTRS**  
Inclusion Supervisor

I love creating opportunities and avenues for individuals to express themselves, reach their goals, meet new friends and experience living a healthy leisure lifestyle. Working with individuals of all ability levels is not just my job, it's my passion.

317.573.5245 | btaflinger@carmelclayparks.com

## ARTS/CULTURE

### SENSORY SENSATION

Sensory Integration is important for the daily functioning of all individuals. Come join us while we explore a variety of different types of sensory stimulations. Each week we will focus on a different sense: sight, smell, sound, taste and touch. This is a great opportunity for your child to become in tune with their environment and senses.

Age: 6-12 years  
Min/max: 4/12  
Instructor: Staff  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
108106-01	Jun 1-29	Tu	5:30-6:30pm	\$48

### NEW CLAY CREATIONS

Do you love to work with clay and make beautiful creations? This class will explore various ways to play and mold clay into art projects. You will not only design your project, but mold and glaze it as well. You may create things such as bowls, mugs, animals and much more!

Age: 16+ years  
Min/max: 4/8  
Instructor: Staff  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
108126-01	Jul 6-27	Tu	10:30-11:30am	\$42

### WHAT IS ADAPTIVE?

Adaptive programs are exclusively offered to individuals with special needs. We encourage participation by all individuals and abilities. Our adaptive programs target all ages and are designed to meet the leisure needs and interests of individuals with special needs. The instructor to participant ratio is appropriate to accommodate the needs of the participants.

We believe that all individuals should be provided leisure opportunities that allow for performances at their highest level. If you or a family member has special needs and would like to participate in other programs or use a facility, we will be happy to make reasonable accommodations to meet your needs. Please indicate on the registration form if any accommodations are needed for successful inclusion in a program according to the Americans with Disabilities Act and we will be in contact with you to discuss those requests.

Requests for accommodations must be made at least two weeks prior to the session desired.

### CRAFT CLOSET

Come find out what craft supplies are hidden deep inside our craft closet. We will explore a multitude of supplies that you are already familiar with and some that may be new in order to create exciting art and craft projects. This will give your child an outlet to explore their creative thinking, fine and gross motor skills and social interaction.

Min/max: 4/8  
Instructor: Staff  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
108119-01	Jul 5-26	M	6:00-7:00pm	\$35

Activity #	Dates	Day	Time	Fee
108119-02	Aug 5-26	Th	7:00-8:00pm	\$35

Participate in our Adaptive Ride  
at St. Vincent Tour de Carmel.  
Turn to page 11 for more information.

## SPORTS

### YOUNG ATHLETES

Young Athletes is an innovative sports play program for children with intellectual disabilities and their families. It is designed to be a versatile program to benefit the athletes by enhancing their skills, developing confidence and increasing their readiness to compete in Special Olympics by the time they are eight years old. This program is geared towards fostering physical, cognitive and social development for athletes and their peers. **No class on 7/2.**

Age: 2-7 years  
Min/max: 4/12  
Instructor: Staff  
Location: MCC - Gym B

Activity #	Dates	Day	Time	Fee
108108-01	Jun 2-Jul 21	W	6:00-7:00pm	Free
108108-02	Jun 4-Jul 30	F	10:00-11:00am	Free

### KICKIN' SOCCER

Learn the fundamentals of soccer such as dribbling, passing, trapping and shooting. We will also be going over the rules, positions and skills necessary to play. This will be a great opportunity for you to meet new people, refine your soccer skills or learn a new sport. Please bring your own shin guards if interested.

Min/max: 4/20  
Instructor: Staff  
Location: West Park, 2700 W 116<sup>th</sup> Street

Age: 8-15 years

Activity #	Dates	Day	Time	Fee
108082-01	Jul 6-27	Tu	5:30-6:30pm	\$28

Age: 16+ years

Activity #	Dates	Day	Time	Fee
108082-02	Jul 6-27	Tu	6:30-7:30pm	\$28

## FITNESS

### WATER WALKING

Try this low impact program, which is great for improving balance, strength, coordination, range of motion and overall fitness. This will be a new way to exercise and socialize with friends!

Age: 15+ years  
Min/max: 4/10  
Instructor: Staff  
Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
108103-01	Jul 1-29	Th	10:00-11:00am	\$35

### NEW INTRO TO YOGA

Come take this introductory yoga class to increase strength, flexibility and coordination all while in a relaxing environment. This class is specifically designed to cater to all ability levels and provide encouragement and support to one another in a small group environment. Parents are encouraged to sign-up and take this class alongside your child. \*The program fee is per person.

Age: 15+ years  
Min/max: 5/12  
Instructor: Staff  
Location: MCC - Fitness Studio B

Activity #	Dates	Day	Time	Fee
108124-01	Jun 2-23	W	4:30-5:20pm	\$32*
108124-02	Aug 4-25	W	4:30-5:20pm	\$32*

### MUSCLE-UP

Come receive personal attention and a specific strength program designed for your needs and ability level. This class will introduce you to and educate you about various cardiovascular and strength machines to help you reach your goals.

Age: 13+ years  
Min/max: 4/6  
Instructor: Staff  
Location: MCC - Fitness Center

Activity #	Dates	Day	Time	Fee
108094-01	Jun 1-24	Tu, Th	2:00-3:00pm	\$38
108094-02	Aug 2-25	M, W	4:00-5:00pm	\$38

### NEW CYCLING

Cycling is currently a very popular program that will increase your fitness and cardiovascular levels for overall improved health. This small group setting will meet the needs and accommodations necessary for you to enjoy a ride on the bike. This is all done in an encouraging and upbeat environment.

Age: 15+ years  
Min/max: 5/12  
Instructor: Staff  
Location: MCC - Fitness Studio A

Activity #	Dates	Day	Time	Fee
108127-01	May 6-27	Th	5:00-5:45pm	\$32
108127-02	Jun 9-30	W	5:30-6:15pm	\$32

## OUTDOOR EDUCATION

### LAWN GAMES

Come join us as we participate and have fun playing our favorite lawn games. Bring a friend and refine your techniques or learn a new game such as bocce ball, ladder golf, cornhole, wiffleball and much more! This will be a relaxing environment to meet new people and learn a new game that you can play at home with your family.

Age: 13+ years

Min/max: 5/12

Instructor: Staff

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
108104-01	Jul 1-29	Th	6:00-7:00pm	\$26

### NEW SANDSATIONAL

Does your child love to play in the sandbox? This will be a great opportunity for your child to explore and use their imagination while playing in the sand. This is great for sensory integration and textiles. We will be building sand castles and making different creations each week in the sand.

Age: 3-10 years

Min/max: 4/8

Instructor: Staff

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
108123-01	Jul 5-26	M	10:00-11:00am	\$34

### NEW POWER HIKERS

Do you love the outdoors and hiking? This program will introduce you to some of Carmel's local parks and trails. We will meet at a new location each week to hike around or through a park. This is a great way to get active and have fun all while socializing with your friends. Park and trail locations will be distributed 1 week prior to the program start date.

Age: 13+ years

Min/max: 4/12

Instructor: Staff

Activity #	Dates	Day	Time	Fee
108121-01	Jul 7-Aug 4	W	5:30-6:30pm	\$25

All inclusion requests for non-adaptive programs must be made at least two weeks prior to the program start date.

## EXPLORE THE OUTDOORS

Do you love being in the outdoors playing with bugs and learning about nature? Sign up and join us in the fun of exploring things that are outdoors through activities such as nature hikes, identification of bugs and plants, participating in fun nature crafts and much more!

Age: 10-17 years

Min/max: 4/10

Instructor: Staff

Location: Flowing Well Park, 5100 E 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
108020-01	Aug 5-26	Th	5:30-6:30pm	\$34

## SOCIAL ENRICHMENT

### NEW SOCIAL ETIQUETTE

Learn the ins and outs of Social Etiquette. This class will teach you how to greet someone, shake hands, hold appropriate conversations, table manners, social rules, telephone etiquette and much more.

Min/max: 4/12

Instructor: Staff

Age: 18+ years

Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
108116-01	May 4-25	Tu	6:00-6:45pm	\$28

Age: 8-17 years

Location: MCC - Program Room B

Activity #	Dates	Day	Time	Fee
108116-02	Jun 3-24	Th	6:00-6:45pm	\$28

## TEEN NIGHT OUT

Come hang out with friends as you do various activities and programs throughout the night such as swimming, gym games, board and group games. Pizza and snacks will be provided. Contact Brooke at 317-573-5245 or btaflinger@carmelclayparks.com for registration details. Easter Seals Crossroad sponsors this program and will provide parents with a gift package to use while teens attend.

Age: 13-17 years

Instructor: Staff

Location: MCC - Party Rooms A & B



Activity #	Dates	Day	Time	Fee
108093-01	May 14	F	5:00-9:00pm	Free
108093-02	Jun 25	F	5:00-9:00pm	Free
108093-03	Jul 23	F	5:00-9:00pm	Free
108093-04	Aug 20	F	5:00-9:00pm	Free

## PARENTS NIGHT OUT

Parents, are you looking for a night out without your children? Drop your kids off at this fun night full of games, crafts, movies, snacks and more! Your children will love coming to the Parent's Night Out! Siblings are welcome to attend. \*Price is per child.

Age: 6-12 years  
Min/max: 6/12  
Instructor: Staff  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
108085-01	Jun 18	F	5:30-8:30pm	\$15*
108085-02	Jul 16	F	5:30-8:30pm	\$15*

## NEW GAME NIGHT

Do you like to play board games? Come play your favorite games with your friends. Games will be provided or you can bring your favorite game from home. This will be a great time to learn a new game and hang out with friends.

Age: 13+ years  
Min/max: 6/10  
Instructor: Staff  
Location: MCC - Program Room B

Activity #	Dates	Day	Time	Fee
108122-01	Aug 3-31	Tu	6:00-7:00pm	\$20

## SPECIAL EVENTS

### PARENT'S INFORMATION CLINIC

This workshop focuses on issues of interest to families who have a dependent with special needs. With Medicaid, waivers and social security difficult to predict and benefits often inadequate, planning has become critically important. Legal issues, including wills, special needs trusts and guardianship; financial issues, such as Trust Funding, Medicaid and SSI; Family Issues including Letter of Intent, and tips for grandparents seeking to help will all be covered.

Age: All ages  
Min/max: 1/25  
Instructor: Godan Homes Jr., CFP

Location: MCC - Banquet Room A

Activity #	Dates	Day	Time	Fee
108105-01	May 8	Sa	10:30am-12:00pm	\$5

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
108105-02	May 20	Th	6:30-8:00pm	\$5

## KARAOKE NIGHT

Come rock the night away as you sing your favorite songs. Participants choose if they want to sing solo or with a group of friends. You will enjoy an evening of singing, laughing and visiting with your peers.

Age: 13+ years  
Min/max: 5/20  
Instructor: Staff  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
108028-01	May 21	F	6:00-7:30pm	\$8
108028-02	Jun 11	F	6:00-7:30pm	\$8
108028-03	Jul 9	F	6:00-7:30pm	\$8
108028-04	Aug 13	F	6:00-7:30pm	\$8

## NEW SUMMER LUAU

Come kick off the summer with a Luau and swimming. This will be your chance to come have fun in the outdoor pool, play games and hang out with friends. A craft project and refreshments will be provided. Please bring your swimsuit, towel, sunscreen and any other items you may need for swimming. If a lifejacket is required it must be US Coast Guard approved, lifejackets are available for use at MCC. Please meet at the stage located in the Waterpark.

Age: 15+ years  
Min/max: 12/25  
Instructor: Staff  
Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
108125-01	Jun 27	Su	3:00-6:00pm	\$10

## SWIM LESSONS

### ADAPTIVE AQUATICS

The Adaptive Private Swim Lesson Program targets all ages and is designed to meet the needs of individuals with a disability. The individuals will receive 1:1 attention from a certified American Red Cross Instructor who has experience teaching adaptive swim lessons and working with individuals with a disability. Before registration, please make arrangements with Brooke at 317.573.5245 or [btaflinger@carmelclayparks.com](mailto:btaflinger@carmelclayparks.com). \*Fee is for ten 30-minute lessons.

Age: All ages  
Min/max: 1/50  
Instructor: Staff  
Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
108200-01	May 10-Aug 12	M-Th	TBD	\$200*



# ADULTS



## > MATT LEBER

### Adult Supervisor

Playing a role in keeping our community members active and healthy is very important to me. The classes we provide give you a chance to pick up a new hobby or interest, get active, and socialize with other members of the community. I look forward to seeing you in our programs this summer!

317.573.5248 | mleber@carmelclayparks.com

## MEN'S BASKETBALL LEAGUE

Get your team together and join the Men's Basketball League. This league provides a competitive atmosphere that you do not get from playing a pickup game. Teams must provide their own T-shirts with matching colors and numbers or penny jerseys will be provided. Carmel Clay Parks & Recreation must approve colors and T-shirt design. Max roster of 12 per team. **No games on 5/31.**

Age: 18+ years  
Min/max: 6/14  
Location: MCC - Gym C  
Registration Deadline: 5/3/10  
Captain's Meeting: 5/10/10

Activity #	Dates	Day	Time	Fee
107502-01	May 17-Aug 16	M	7:00-10:00pm	\$495/team

## COED DODGEBALL LEAGUE

Dodge, Dip, Duck, Dive are the basic rules of playing dodgeball. Come relive childhood memories and join our Coed Dodgeball League. This league utilizes soft dodgeballs. If you choose to have team shirts, Carmel Clay Parks & Recreation must approve the colors and T-Shirt design. Max roster of 12 per team. Team will consist of 3 males and 3 females.

Age: 18+ years  
Min/max: 6/12  
Location: MCC - Gym C  
Registration Deadline: 5/6/10  
Captain's Meeting: 5/13/10

Activity #	Dates	Day	Time	Fee
107501-01	May 20-Aug 5	Th	7:00-10:00pm	\$250/team

## COED SAND VOLLEYBALL LEAGUE

Join us at River Heritage Park this summer for our Coed Sand Volleyball League. This 6 on 6 league provides an enjoyable atmosphere for you and your friends to enjoy beautiful summer nights while playing volleyball. Max of 12 per roster. Team will consist of 3 males and 3 females.

Age: 18+ years  
Min/max: 6/12  
Location: River Heritage Park  
Registration Deadline: 5/19/10  
Captain's Meeting: 5/26/10

Activity #	Dates	Day	Time	Fee
107519-01	Jun 2-Aug 11	W	6:00-9:00pm	\$175/team

**NEW**

## COED FLAG FOOTBALL LEAGUE

Anxious for some action on the gridiron? You don't have to wait until fall for football. Join us for our Coed Flag Football League. This league provides a fun, competitive environment for you to showcase your skills. Max roster of 15 per team.

Age: 18+ years  
Min/max: 6/15  
Location: West Park, 2700 W 116<sup>th</sup> Street  
Registration Deadline: 5/25/10  
Captain's Meeting: 6/1/10

Activity #	Dates	Day	Time	Fee
107505-01	Jun 8-Aug 24	Tu	6:00-9:00pm	\$395/team

### Free Agent

If you don't have a team, sign up on our Free Agent List. Before leagues begin, we will try our best to add you to a team with openings. We cannot guarantee placement on a team.

## WOMEN'S GOLF CLINIC: BEGINNER

Our Women's Golf Clinics are a four lesson series designed to welcome new and returning golfers into the game and help women have fun playing golf. The lessons include instruction covering basic rules, short game, etiquette, putting and swing mechanics. You must provide your own clubs.

Age: 18+ years

Min/max: 5/8

Instructor: Plum Creek Golf

Location: Plum Creek Golf Course, 12401 Lynnwood Blvd.

Activity #	Dates	Day	Time	Fee
107513-01	May 4-25	Tu	5:30-7:00pm	\$112
107513-02	May 6-27	Th	9:00-10:30am	\$112

## MEN'S GOLF CLINIC

Get a leg up on your golf game before the season gets into full swing. Our Men's Golf Clinic will help elevate your game to the next level by producing a greater understanding of the game and instilling confidence on the course. Geared toward a golfer with some basic knowledge of golf, you will learn solid full swing and short-game fundamentals and sharpen your knowledge about basic USGA rules and etiquette. You must provide your own clubs.

Age: 18+ years

Min/max: 5/8

Instructor: Plum Creek Golf

Location: Plum Creek Golf Course, 12401 Lynnwood Blvd.

Activity #	Dates	Day	Time	Fee
107515-01	May 7-28	F	5:30-7:00pm	\$112

## TABLE TENNIS DROP IN

Polish your Table Tennis skills at the MCC drop in sessions every Sunday and Tuesday. We have players of all levels, including some of the top players in the state of Indiana. We play on six professional DHS Supreme Pro Tables. Racquets and balls will be provided upon request. A drop in fee of \$5 can be paid if you can only make one session. **No class on 5/30.**

Age: 18+ years

Min/max:

Location: MCC - Gym

Activity #	Dates	Day	Time	Fee
107523-01	May 2-30	Su	4:00-7:00pm	\$20
107523-02	May 4-25	Tu	7:00-9:30pm	\$20
107523-03	Jun 1-29	Tu	7:00-9:30pm	\$25
107523-04	Jun 6-27	Su	4:00-7:00pm	\$20
107523-05	Jul 6-27	Tu	7:00-9:30pm	\$20
107523-06	Jul 11-25	Su	4:00-7:00pm	\$15
107523-07	Aug 1-29	Su	4:00-7:00pm	\$25
107523-08	Aug 3-31	Tu	7:00-9:30pm	\$25

## DANCING AS THE STARS: BEGINNER

Are you ready for a workout full of spicy body and footwork? Come and dance your way to a slimmer body and sharper brain! You will enjoy learning fancy steps of Cha-Cha, Rumba, Swing, Waltz and other dances, while burning calories and improving your core strength and posture. Improve your skills through the exciting International Latin and Ballroom dance syllabus and meet others who have the same passion for dance!

Age: 18+ years

Min/max: 6/20

Instructor: International Talent Academy

Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
107396-01	Jul 8-Aug 26	Th	7:00-7:55pm	\$135

## DANCING AS THE STARS: INTERMEDIATE

If you have previous experience in Ballroom dancing and would like to sharpen your technique and learn more exciting steps, this class is for you! Prepare to work hard. Participants will have an opportunity to choose their favorite dances to learn from Cha-Cha, Rumba, Samba, Tango, Waltz, Foxtrot and many more! Come alone or with a partner and share your passion for dance!

Age: 18+ years

Min/max: 6/20

Instructor: International Talent Academy

Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
107397-01	Jul 8-Aug 26	Th	8:00-8:55pm	\$135

## EXERCISE IRISH STEP

You've seen Irish dancing on stage, screen and television, now you can be part of the fun! Come learn to jig rather than jog. Join in a reel, not a run. This course will combine the basic steps of Irish dance with stretching and strengthening exercises. Please bring comfortable shoes; ballet or tennis shoes will do. A water bottle and towel are recommended.

Age: 18+ years

Min/max: 5/16

Instructor: Staff

Location: MCC - Fitness Studio B

Activity #	Dates	Day	Time	Fee
107390-01	May 6-Jul 1	Th	7:00-8:00pm	\$35

## BALLROOM DANCE CLASSES

The ballroom classes at the MCC are better than ever! We are offering dance classes in which the whole session is devoted to only one dance. This will give you the chance to focus on one dance at a time, so that it can be learned more completely and more steps can be added. Sign up now, as there is a high demand for these classes.

Age: 18+ years  
Min/max: 8/20  
Instructor: Rob Jenkins  
Location: MCC - Dance Studio

### Rumba

Activity #	Dates	Day	Time	Fee
107395-01	May 7-Jun 25	F	6:15-7:15pm	\$98

### Salsa

Activity #	Dates	Day	Time	Fee
107365-01	May 7-Jun 25	F	7:25-8:25pm	\$98

### Waltz

Activity #	Dates	Day	Time	Fee
107382-01	May 7-Jun 25	F	8:35-9:35pm	\$98

### Swing

Activity #	Dates	Day	Time	Fee
107379-01	Jul 9-Aug 27	F	6:15-7:15pm	\$98

### Tango

Activity #	Dates	Day	Time	Fee
107383-01	Jul 9-Aug 27	F	7:25-8:25pm	\$98

### Samba

Activity #	Dates	Day	Time	Fee
107394-01	Jul 9-Aug 27	F	8:35-9:35pm	\$98

## BALLET: BEGINNER

Whether your leotards are gathering dust from your childhood days or you've never dared to put on a pair of ballet shoes, join us for our adult ballet class. You will awaken your love for this beautiful art form while gaining strength, endurance and flexibility. Ballet shoes are required.

Age: 18+ years  
Min/max: 4/15  
Instructor: Dance Class Studio  
Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
107372-01	Jun 16-Aug 4	W	9:00-10:00am	\$78
107372-02	Jun 16-Aug 4	W	7:15-8:15pm	\$78

## BALLET: INTERMEDIATE

Join us for an Intermediate Ballet class, which is intended for those who have ballet experience or who have joined us for a previous session. This class will move at a faster pace and consist of warm-up, stretching, barre work and center work. Ballet shoes are required.

Age: 18+ years  
Min/max: 4/15  
Instructor: Dance Class Studio  
Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
107371-01	Jun 16-Aug 4	W	8:25-9:25pm	\$78

## TAP: BEGINNER

Have you always wanted to give tap a try? Grab some tap shoes and join us as we learn tap fundamentals. We will put everything together for a cardio warm up and learn a routine. We will accomplish shuffles, flaps, buffalos and turns just to name a few. Tap shoes are required.

Age: 18+ years  
Min/max: 4/15  
Instructor: Dance Class Studio  
Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
107366-01	Jun 22-Jul 27	Tu	7:00-7:45pm	\$49

## TAP: INTERMEDIATE

Have you tapped before? Do you have the basics mastered and are ready to move at a faster pace and learn more intricate steps and combinations? If so, then this class is for you. You will have fun as we tap; all while having a cardio workout. Tap shoes are required.

Age: 18+ years  
Min/max: 4/15  
Instructor: Dance Class Studio  
Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
107401-01	Jun 22-Jul 27	Tu	8:00-8:45pm	\$49

## WADO RYU

This style of martial arts is a combination of Okinawan Karate and Juditsu. Wado Ryu karate is a fast, fluid style, which emphasizes body movements. Its soft, circular motions and flexible, natural body movements characterize Wado Ryu. In class, we will be learning Kata, sparring techniques and self-defense.

Age: 18+ years  
Min/max: 5/20  
Instructor: Staff  
Location: MCC - Dance Studio B

Activity #	Dates	Day	Time	Fee
107385-01	May 4-27	Tu, Th	7:45-9:15pm	\$52
107385-02	Jun 1-24	Tu, Th	7:45-9:15pm	\$52
107385-03	Jul 6-29	Tu, Th	7:45-9:15pm	\$52
107385-04	Aug 3-26	Tu, Th	7:45-9:15pm	\$52

## LOSE WEIGHT NATURALLY

Are you overweight or are you experiencing inflammation? Do you get stomach pains or cramping? Are you often tired? This is your opportunity to change your thinking and your life. Come and learn why you keep dieting and gaining all the weight back just by looking at cakes, cookies, chocolate and pastries.

Age: 18+ years  
Min/max: 4/20  
Instructor: Payne Family Chiropractic  
Location: MCC - Banquet Room C

Activity #	Dates	Day	Time	Fee
107280-01	May 19	W	7:00-8:00pm	\$5
107280-02	Jul 14	W	7:00-8:00pm	\$5

## INCREASE YOUR PEAK PERFORMANCE

Wouldn't it be great to wake up in the morning feeling motivated and full of energy, excited to tackle all the day has to offer? Stretching and exercise, good posture, proper nutrition, restful sleep, a positive attitude and a balanced spine are the key components to staying healthy and feeling great. Take the challenge to improve your quality of life and live without any obstacles.

Age: 18+ years  
Min/max: 4/20  
Instructor: Payne Family Chiropractic  
Location: MCC - Banquet Room C

Activity #	Dates	Day	Time	Fee
107281-01	Jun 2	W	7:00-8:00pm	\$5

## POWER NUTRITION

It is no secret that the standard American diet is less than optimal. We need to learn how we can have good health through good nutrition. This workshop will teach you how to be healthier, fit and more resistant to illness relative to your current health habits and food intake. You will learn strategies in how to achieve optimal health and discover personalized tools to change your life.

Age: 18+ years  
Min/max: 4/20  
Instructor: Payne Family Chiropractic  
Location: MCC - Banquet Room C

Activity #	Dates	Day	Time	Fee
107282-01	Jun 23	W	7:00-8:00pm	\$5

## GROWING HEALTHY CHILDREN

Children are bundles of energy, joy and wonder. Raising healthy children today can be a challenge for even the best parents. During this informative workshop, you will learn about the latest in natural health care. Learn concrete solutions for keeping your child healthy and little known secrets to strengthen their immune system to maximize their growing potential. Your children deserve to enjoy a life full of health and vitality.

Age: 18+ years  
Min/max: 4/20  
Instructor: Payne Chiropractic  
Location: MCC - Banquet Room C

Activity #	Dates	Day	Time	Fee
107283-01	Jul 28	W	7:00-8:00pm	\$5

## NO MORE BACK ATTACKS

Up to 80% of people will experience back pain at some point in their lives. Learn how to avoid back injuries by significantly increasing safety at home and on the job. You can drastically reduce the risk of injury by understanding how lifting and posture affects your health.

Age: 18+ years  
Min/max: 4/20  
Instructor: Payne Chiropractic  
Location: MCC - Banquet Room C

Activity #	Dates	Day	Time	Fee
107284-01	Aug 11	W	7:00-8:00pm	\$5

## NEW DIGITAL PHOTOGRAPHY BASICS

Learn the basics of good photography taught by one of the premier photographers in the region. We will cover the fundamentals of camera operation, shooting techniques for different situations and conduct an on location shoot on MCC grounds. Students must bring a point and shoot or SLR camera with them.

Age: 18+ years  
Min/max: 6/15  
Instructor: Dario Impini Photography  
Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
107219-01	Jun 8-Jul 13	Tu	7:15-8:15pm	\$112

## NEW DIGITAL PHOTOGRAPHY INTERMEDIATE

You will learn the basics of good photographic composition, posing individuals and groups and shooting in different types of light. This course will touch on tools for maximizing the impact of your photographs and includes a tour of a professional photo studio as well as active studio shoot time. Students must bring a point and shoot or SLR camera with them.

Age: 18+ years  
Min/max: 6/15  
Instructor: Dario Impini Photography  
Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
107220-01	Jul 20-Aug 31	Tu	6:15-7:15pm	\$140

## NEW PHOTOSHOP

Learn how to improve and enhance your photographs with the power of Adobe Photoshop Elements. Fix blemishes and blinks, add graphics and text, enhance color, add borders, recover imperfect shots and more!

Age: 18+ years  
Min/max: 6/12  
Instructor: Dario Impini Photography  
Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
107239-01	Aug 10-31	Tu	7:30-9:00pm	\$140

## NEW DATE NIGHT POTTERY

Looking for a great first date or just a getaway from the kids? Join us as you work together to create your own masterpiece. Each participant will create a piece on the potter's wheel.

Age: 18+ years  
Min/max: 3/12  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
107198-01	Jun 2	W	6:00-9:00pm	\$35

## POTTERY

If you have ever had a desire to work on a potter's wheel, the opportunity is now! Receive personal instruction on the pottery wheel and create bowls, vases and more. All pottery wheel experience levels are welcome.

Age: 18+ years  
Min/max: 2/9  
Instructor: Jeremy South  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
107197-01	Jul 15-29	Th	6:15-9:15pm	\$98

## NEW SKETCHING LARGER THAN LIFE

Participants will explore a wide variety of sketching techniques. There will be a variety of papers and pencils plus pen and ink for drawing in many different styles. Subject matter will be customized upon student's desires and interests. Our emphasis will be using pastels in very over-sized drawing formats.

Age: 18+ years  
Min/max: 4/12  
Instructor: Staff  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
107196-01	Jul 20-Aug 24	Tu	7:15-8:15pm	\$78

**WATERCOLOR PAINTING**

Participants will learn basic watercolor techniques and how to manipulate the page for the desired results. The student's interests will determine our subject matter; from very loose abstract to realistic, tightly rendered paintings. The class will be very interesting and informative as we share a variety of perspectives on this highly enjoyed medium.

Age: 18+ years  
Min/max: 4/12  
Instructor: Staff  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
107200-01	Jun 17-Jul 22	Th	7:30-8:30pm	\$78

**PENCIL DRAWING**

Drawing in this class will range from basic to very intricate styles. Student interest will determine the wide subject matter and a great variety of drawing instruments; paper and fabric surfaces will be used. We will draw with models, creative still life and nature as our subject matter and participants will be able to bring in objects of personal interest to sketch from.

Age: 18+ years  
Min/max: 4/12  
Instructor: Staff  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
107203-01	Jul 19-Aug 23	M	6:30-7:30pm	\$78

**NEW ACRYLIC ABSTRACT PAINTING**

This class will show you many ways to explore acrylics. Techniques for color mixing and application will be shown and the use of the palette knife for abstract work will be practiced. The resulting painting(s) will be non-representational with the emphasis on bold design, color and texture.

Age: 18+ years  
Min/max: 4/12  
Instructor: Staff  
Location: MCC - Program Room C

Activity #	Dates	Day	Time	Fee
107204-01	May 25-Jun 29	Tu	7:30-8:30pm	\$78

**NEW FUSED GLASS JEWELRY**

Glass jewelry is all the rage at art fairs so here is your chance to learn how to make your own original glass pieces. You will make a pendant, earrings and bracelet all while learning how to handle glass safely and how glass can be transformed under extreme heat in the kiln.

Age: 18+ years  
Min/max: 5/12  
Instructor: Creative Escape  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
107246-01	Jul 6-13	Tu	6:00-7:00pm	\$78

**NEW GLASS FUSING**

Learn the basics of glass fusing, create glass projects such as a dish, suncatcher and picture frame. You will learn how to handle glass safely and how glass can be transformed under extreme heat in the kiln.

Age: 18+ years  
Min/max: 5/12  
Instructor: Creative Escape  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
107245-01	Jun 16-30	W	6:00-8:00pm	\$92

**NEW SILVER CLAY JEWELRY**

This is a beginner's class where you will use clay made from 99% silver. All projects will be fired in the kiln to create lasting jewelry pieces that reflect your style. Wear your silver home at the end of class!

Age: 18+ years  
Min/max: 5/10  
Instructor: Creative Escape  
Location: MCC - Art Studio

Activity #	Dates	Day	Time	Fee
107244-01	Jun 8	Tu	6:00-9:00pm	\$63

## PRIVATE MUSIC LESSONS

Private lessons are available for any skill level. Lessons are available for the following mediums: Piano, Violin, Guitar, Voice, Clarinet, Saxophone, Cello and Viola. Instructor will contact you to set up lesson times. Fee is for six 30-minute lessons and participants must provide their own instrument except for piano lessons. Contact Matt Leber at 317.573.5248 or at mleber@carmelclayparks.com with your availability.

Age: 18+ years

Instructor: Impromptu Music

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
107424-01	May 1-Aug 28	Th, Sa	TBD	\$186

## STAGE ACTING WORKSHOP

If you have always wanted to be involved in a community or professional theater, this class will help you launch your dream! You will be introduced to the basic language of the stage, stage direction and blocking, as well as run scenes from contemporary stage plays. Each participant will be working on their individual roles and learning to understand the scene and the characters' motivations in given circumstances.

Age: 18+ years

Min/max: 4/10

Instructor: International Talent Academy

Location: MCC - Banquet Room A

Activity #	Dates	Day	Time	Fee
107150-01	Jun 7-28	M	7:00-8:00pm	\$68

## CAN YOU IMPROVISE?

Are you an actor, business professional, sales rep, teacher or lawyer? Don't be surprised, but this class is for you! Improvisation is one of the most important skills every professional should have. No matter what you do in your life, improvisation will help further your success! Through improvisational games and activities, you will develop creativity and imagination, improve your speech and thinking processes and build confidence that will lead you to big accomplishments!

Age: 18+ years

Min/max: 4/10

Instructor: International Talent Academy

Location: MCC - Banquet Room A

Activity #	Dates	Day	Time	Fee
107151-01	Jul 5-26	M	7:00-8:00pm	\$68

## YOU'RE ON THE AIR

You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt and Donald Sutherland lending their voices to commercials, films and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! You will practice voice-over technique and learn about the voice-over business as a whole. You will learn the numerous opportunities, income potential, all-important demo and how to have it produced. You'll step up to the microphone to do some practice recording, and best of all, hear the results!

Age: 18+ years

Min/max: 5/40

Instructor: Such A Voice

Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
107247-01	Jul 15	Th	7:00-9:00pm	\$30

## PET MANNERS: BASIC

This class is for the dog with little to no previous training. Your dog will be taught the basic skills to be a good companion. The training sessions are sure to be fun for both ends of the leash! Families are welcome.

Age: 18+ years

Min/max: 3/6

Instructor: Canines In Action

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
107290-01	Jun 8-Jul 13	Tu	7:00-8:00pm	\$182

## PET MANNERS: ADVANCED

Develop the skills from Basic Pet Manners and teach your dog to handle distractions and challenges. Can your dog come away from a friendly stranger offering food? Walk on a loose leash past another dog? At the end of this course, those who are interested may elect to test for the Canine Good Citizenship certificate.

Age: 18+ years

Min/max: 3/6

Instructor: Canines In Action

Location: West Park, 2700 W 116<sup>th</sup> Street

Activity #	Dates	Day	Time	Fee
107291-01	Jul 20-Aug 24	Tu	7:00-8:00pm	\$182

## COMPUTER: BASICS

This course is designed to help you get more comfortable using your home computer. We will cover computer hardware components and their purpose as well as the basics of working with your Windows operating system and Internet Explorer. We will also cover topics like backing up data and photos as well as protecting your computer from malware infections. For Outlook Email and Word instruction, please see the Microsoft Office Basics Class offering. The workshop is straight forward, taught in plain English and easy to understand.

Age: 18+ years  
Min/max: 6/30  
Instructor: Selective Training  
Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
107415-01	Jun 7	M	7:00-8:45pm	\$60
107415-02	Jul 12	M	7:00-8:45pm	\$60

## MICROSOFT OFFICE BASICS

This course will provide you with an introduction to the most popular Office 2007 Version Applications. We will cover the fundamentals of Outlook, Excel, Word and PowerPoint. This is an excellent entry level course for those looking to re-enter the workforce or students who will be required to use these applications at school.

Age: 18+ years  
Min/max: 6/30  
Instructor: Selective Training  
Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
107417-01	May 18	Tu	6:30-8:30pm	\$60
107417-02	Jul 27	Tu	6:30-8:30pm	\$60

## PARENTAL CONTROLS & INTERNET SAFETY

Parents, the repercussions of unrestricted Internet use are huge for your family. This class teaches you step by step how to implement the Parental Controls available in Vista and Windows 7 and with the cell companies. We cover third party software for parents who want even more control. Cell phones, MP3 players, gaming systems and social networking sites are also addressed. It is your responsibility to understand how to use these new controls. Let us help you.

Age: 18+ years  
Min/max: 6/30  
Instructor: Selective Training  
Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
107416-01	May 6	Th	7:00-8:45pm	\$60
107416-01	Jul 15	Th	7:00-8:45pm	\$60

## NEW INTERNET BASICS FOR ACTIVE ADULTS

This course is designed with the active adult in mind! You will learn the basics of using the Internet for web browsing and simple searches. You will also learn how to set up and use a web based email account so you can easily keep in touch with friends and family. We will even teach you how to open, save and send email attachments so you can view and save photos! This is a practical course taught in plain English with plenty of time for questions.

Age: 18+ years  
Min/max: 5/20  
Instructor: Selective Training  
Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
107418-01	May 1	Sa	1:00-2:30pm	\$35
107418-02	Jun 12	Sa	1:00-2:30pm	\$35

## SHUFFLEBOARD

Are you ready to shuffle? Grab a partner and join us for our shuffleboard drop in. Compete against local shufflers in this 500-year-old sport. \*This is a drop in program and fee is per visit.

Age: 18+ years  
Min/max: 2/12  
Instructor: Staff  
Location: MCC - Program Rooms B & C

Activity #	Dates	Day	Time	Fee
107009-01	Jul 7-Aug 11	W	6:00-7:30pm	\$5*

## NEW AMERICAN SIGN LANGUAGE

This class will give you an excellent start on the basics of American Sign Language, the primary signed language of the United States and Canada. Whether your interest is a mild curiosity or a desire to become fluent, you are sure to come away with a deeper understanding and appreciation for this visual and gestural language.

Age: 18+ years  
Min/max: 4/12  
Instructor: Staff

Beginner  
Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
107428-01	May 12-Jun 30	W	7:00-8:30pm	\$80

Advanced  
Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
107428-02	Jul 7-Aug 25	W	7:00-8:30pm	\$80

## BRIDGE CLUB

Bring your friends to play bridge with other local bridge enthusiasts. This friendly club is for the average bridge player. This is a social club and no instructor will be present. **No class on 5/31.**

Age: 18+ years  
Min/max: 4/20  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
107031-01	May 3-Aug 30	M	9:00-11:00am	\$12

## BRIDGE PRACTICE & PLAY

Put all of those lessons to work and polish up on your bridge game against other beginners. As you play, our instructor will answer questions and help to improve your game. Come join the fun!

Age: 18+ years  
Min/max: 8/16  
Instructor: Staff  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
107002-01	Aug 4	W	6:45-8:15pm	\$12
107002-02	Aug 11	W	6:45-8:15pm	\$12
107002-03	Aug 18	W	6:45-8:15pm	\$12

## BRIDGE DEFENSE

Learn more about opening leads and primary signals. It is time to STOP giving the declarer enough tricks to make their contract learn simple ways to defeat the declarer.

Age: 18+ years  
Min/max: 8/20  
Instructor: Staff  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
107001-01	Jul 13-Aug 17	Tu	6:45-8:15pm	\$32

## EUCHRE CLUB

Gather with other euchre enthusiasts each week for our Euchre Club. Bring a friend and socialize with others while playing the most popular card game in the state. This is a social club and no instructor will be present.

Age: 18+ years  
Min/max: 4/20  
Location: MCC - Program Room A

Activity #	Dates	Day	Time	Fee
107038-01	May 6-Aug 26	Th	9:00-11:00am	\$12

## GENEALOGY LAB

Genealogy is the study and tracing of family lineages and history. Genealogical research is a complex process that uses historical records to establish biological, genetic or familial kinship. Join us as we partner with the Historical Society to explore your family tree. This is a drop in course. **No class on 7/15.**

Age: 18+ years  
Min/max: 1/10  
Instructor: Historical Society  
Location: MCC - Computer Lab

Activity #	Dates	Day	Time	Fee
107999-01	May 4-25	Tu	10:00am-1:00pm	Free
107999-02	May 6-27	Th	6:30-8:30pm	Free
107999-03	May 7-28	F	10:00am-1:00pm	Free
107999-04	Jun 1-29	Tu	10:00am-1:00pm	Free
107999-05	Jun 3-24	Th	6:30-8:30pm	Free
107999-06	Jun 4-25	F	10:00am-1:00pm	Free
107999-07	Jul 6-27	Tu	10:00am-1:00pm	Free
107999-08	Jul 1-29	Th	6:30-8:30pm	Free
107999-09	Jul 2-30	F	10:00am-1:00pm	Free
107999-10	Aug 3-31	Tu	10:00am-1:00pm	Free
107999-11	Aug 5-26	Th	6:30-8:30pm	Free
107999-12	Aug 6-27	F	10:00am-1:00pm	Free



# SAFETY



## American Red Cross

### COMMUNITY FIRST AID AND CPR FOR ADULT, CHILD, AND INFANT

This American Red Cross course trains lay responders to overcome any reluctance to act in emergency situations and to recognize and care for life threatening respiratory or cardiac emergencies in adults, children and infants. It also provides lay responders the knowledge and skills necessary to give care in an emergency, help sustain life and minimize the consequences of injury or sudden illness until medical help arrives.

Age: 12+ years  
Min/max: 5/12  
Instructor: Staff  
Location: MCC - Party Rooms A & B

Activity #	Dates	Day	Time	Fee
107800-01	May 15	Sa	8:00am-4:30pm	\$75
107800-02	May 25-27	Tu, Th	5:00-8:30pm	\$75
107800-03	Jun 19	Sa	8:00am-4:30pm	\$75
107800-04	Jun 22-24	Tu, Th	5:00-8:30pm	\$75
107800-05	Jul 17	Sa	8:00am-4:30pm	\$75
107800-06	Jul 27-29	Tu, Th	5:00-8:30pm	\$75
107800-07	Aug 21	Sa	8:00am-4:30pm	\$75
107800-08	Aug 24-26	Tu, Th	5:00-8:30pm	\$75

### CPR FOR LIFEGUARD: CHALLENGE

This American Red Cross CPR Challenge is designed for the participant who is currently certified in CPR for the Lifeguard (also called CPR for the Professional Rescuer) and needs to demonstrate competence in order to renew their certificate. It is the responsibility of the participant to come prepared to complete the written and practical exams as dictated by the American Red Cross. This is NOT a full course, but only a challenge option.

Age: 15+ years  
Min/max: 5/20  
Instructor: Staff  
Location: MCC - Party Room B

Activity #	Dates	Day	Time	Fee
103024-01	May 18	Tu	5:30-6:30pm	\$35
103024-02	May 20	Th	5:30-6:30pm	\$35
103024-03	May 23	Su	3:30-4:30pm	\$35

### ARC LIFEGUARD: CHALLENGE

This American Red Cross Lifeguard Challenge is designed for the participant who has been certified as an American Red Cross Lifeguard and needs to demonstrate their competence in order to have their certificate renewed. The class will include all components of ARC Lifeguarding including CPR, AED, First Aid and water rescue skills. It is the responsibility of the participant to come prepared to complete the written and practical exams as dictated by the American Red Cross. This is NOT a full course, but only a challenge option.

Age: 15+ years  
Min/max: 5/20  
Instructor: Staff  
Location: MCC - Party Room B

Activity #	Dates	Day	Time	Fee
103025-01	May 18	Tu	5:30-8:30pm	\$60
103025-02	May 20	Th	5:30-8:30pm	\$60
103025-03	May 23	Su	3:30-6:30pm	\$60



# WELLNESS



➤ **LINDSAY WILLARD**  
Fitness Supervisor

As someone who loves working out, I find it rewarding when other people participate in classes and programs that encourage them to become more physically active. It makes me really proud of their achievements and it makes my job a lot of fun.

317.573.5249 | [lwillard@carmelclayparks.com](mailto:lwillard@carmelclayparks.com)

## PERSONAL TRAINING RATES

### Individual Sessions

	1 session	5 sessions	10 sessions
Half Hour	\$30	\$150	\$300
One Hour	\$55	\$250	\$450

### Group Sessions (one-hour)

	1 session	5 sessions	10 sessions
2 people	\$80	\$375	\$700
3 people	\$125	\$600	\$1150

## PERSONAL TRAINING

The benefits of working with a personal trainer are numerous. Are you completely new to exercise and you aren't sure where to begin? Are you already physically fit but you need an extra push to help you reach your goals? The certified personal trainers at the MCC are here to help. Our goal is to help you meet YOUR goal.

### FAQs about Personal Training at the MCC

**Q:** How do I get started if I want to work with a personal trainer?

**A:** Contact Lindsay Willard, Fitness Supervisor, at 317.573.5249 or [lwillard@carmelclayparks.com](mailto:lwillard@carmelclayparks.com). If there is a certain trainer you'd like to work with, Lindsay can put you in touch with him or her. If you aren't sure with whom you'd like to train, Lindsay can match you to the best trainer for your individual needs.

**Q:** Do I have to be a member of the MCC or a Carmel resident to do personal training?

**A:** Not at all. No membership is required, and you do not have to live in Carmel to participate.

**Q:** What will we do during our first appointment together?

**A:** Your initial appointment with a personal trainer will be a "getting to know you" appointment. You will be asked to complete a health history form, and you'll discuss your goals, needs and limitations with your trainer so that a safe, effective, client-specific program can be created for you. You'll also be working out, so come prepared to sweat!

**Q:** How often should I plan to meet with a personal trainer?

**A:** The answer to this is entirely up to you and what works best for you personally. Some guests meet with a trainer one time, simply to receive some guidance on a program they should follow. Some guests meet with a trainer once a month, once a week or even multiple times per week.

**Q:** I'm in terrible shape and I'm a little intimidated by the thought of working with a trainer. Is personal training right for me?

**A:** Our trainers have worked with people in all different stages of physical fitness. You'll appreciate their patience and willingness to work with you, no matter how fit (or un-fit) you are! No question is a bad question, so please come ready to work hard and learn a lot in the process.

Contact Lindsay Willard, Fitness Supervisor, at 317.573.5249 or [lwillard@carmelclayparks.com](mailto:lwillard@carmelclayparks.com) with any additional questions you may have.

## WHAT IS FITLINXX?

At Carmel Clay Parks & Recreation, we are committed to your health and safety. At no charge to our guests, we provide the FitLinxx system. FitLinxx is a computer program that coaches users through their workout for better safety and form during every exercise. The computer tracks your progress over time and keeps a log of all exercises completed including repetitions, sets and weight lifted for each exercise. You have the opportunity to also track your cardiovascular workouts and will receive periodic analysis of your workout routines.

When you schedule your appointment, you will meet with one of our knowledgeable attendants who will guide you through the workout session and teach you how to get started. FitLinxx users simply type in their PIN (selected during your appointment with a Fitness Attendant) to display their machine settings and target weights. As you exercise, FitLinxx coaches you on speed and range of motion. The FitLinxx system consists of seventeen strength machines in our circuit.

Stop by the Fitness Desk to schedule your free appointment. Follow-up appointments are also available at no charge.

Once you are entered into the system, you can then set up an account at [www.fitlinxx.com](http://www.fitlinxx.com) to further track your progress. Your workout sessions are uploaded to the website for your review. You will also be emailed monthly summaries from FitLinxx.

## FITNESS CENTER ORIENTATION

If you are new to exercise and using fitness equipment or just new to the MCC, this group orientation is a great first step. You will be led through a short tour of the Fitness Center and briefed on rules of use and guidelines for a safe workout. Required for youth ages 11-15 to utilize the Fitness Center.

Age: 11+ years  
Min/max: 1/10  
Instructor: Staff  
Location: MCC - Fitness Center

Activity #	Dates	Day	Time	Fee
104050-01	May 4	Tu	6:30-7:00pm	Free
104050-02	May 11	Tu	6:30-7:00pm	Free
104050-03	Jun 8	Tu	6:30-7:00pm	Free
104050-04	Jun 15	Tu	6:30-7:00pm	Free
104050-05	Jul 6	Tu	6:30-7:00pm	Free
104050-06	Jul 13	Tu	6:30-7:00pm	Free
104050-07	Aug 10	Tu	6:30-7:00pm	Free
104050-08	Aug 17	Tu	6:30-7:00pm	Free
104050-09	May 8	Sa	11:00am-12:00pm	Free
104050-10	Jun 12	Sa	11:00am-12:00pm	Free
104050-11	Jul 10	Sa	11:00am-12:00pm	Free
104050-12	Aug 14	Sa	11:00am-12:00pm	Free

## BODY ASSESSMENT

This 30-minute session with a Certified Personal Trainer will include a full assessment of your body composition. The trainer will determine your weight and height, determine body fat percentage and perform circumference measurements. Also included in this assessment is a calculation of your optimal heart-rate training zone and your body mass index. The remainder of the session can be used as a consultation to help you determine the best individualized exercise routine to help you achieve your fitness goals. This program does not include any instruction on weight equipment or the use of dumbbells or bands. Please arrive ten minutes prior to your scheduled appointment time, as you must show receipt of purchase at the time of your body assessment. To arrange an assessment, please contact Lindsay Willard at 317.573.5249 or [lwillard@carmelclayparks.com](mailto:lwillard@carmelclayparks.com).

Age: 15+ years  
Instructor: Staff  
Location: MCC - Fitness Center

Activity #	Dates	Fee
104060-01	May 1-Aug 31	\$25



Joint trouble?  
Try our Aqua  
Fitness classes.

Turn to page 69  
for more  
information.

## SUPER CYCLE

Are you training for an endurance race? Are you in great shape but need a little more intensity? This 2-hour cycle class will maximize your calorie burn and get your day off to a great start! Class includes a warm-up, cool-down and plenty of stretching. Please bring multiple water bottles and energy gels/snacks as needed.

Age: 15+ years  
Min/max: 3/16  
Instructor: Staff  
Location: MCC - Fitness Studio A

Activity #	Dates	Day	Time	Fee
104780-01	May 2	Su	9:15-11:15am	\$20
104780-02	Jun 6	Su	9:15-11:15am	\$20
104780-03	Jul 11	Su	9:15-11:15am	\$20
104780-04	Aug 1	Su	9:15-11:15am	\$20

## RACE DAY RIDE

This ride is for individuals who have been cycling at least a few months and have a good aerobic base. This class is not fit for a beginner or for new riders. Race Day Ride's intensity level is 80-92% of the maximum heart rate for the duration of the class, and tests the riders' training level. This class is designed to push the rider to new heights outside of the typical energy zones. Please bring multiple water bottles.

Age: 15+ years  
Min/max: 3/16  
Instructor: Staff  
Location: MCC - Fitness Studio A

Activity #	Dates	Day	Time	Fee
104305-01	May 1	Sa	7:15-8:15am	\$8
104305-02	Jun 5	Sa	7:15-8:15am	\$8
104305-03	Jul 10	Sa	7:15-8:15am	\$8
104305-04	Aug 7	Sa	7:15-8:15am	\$8

## SETTING YOUR SUMMER GOALS

With the summertime weather and increased outdoor activities, it's a great time to re-focus on your health and fitness goals. During this class, a MCC Personal Trainer will meet with a small group to help each participant break down his/her fitness goals so that they're measurable and achievable. No workouts will take place during this meeting but discussion of optimizing your cardio and strength routines will be the area of focus.

Age: 15+ years  
Min/max: 3/10  
Instructor: Staff  
Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
104603-01	May 3	M	6:00-7:00pm	\$15
104603-02	Jun 7	M	6:00-7:00pm	\$15

## NEW OUTDOOR FLEXIBILITY

Join a MCC Personal Trainer as you enjoy the great outdoors while stretching and performing flexibility exercises. You will meet under the Oasis (which connects the East building to the West building). The group will spend the duration of class focusing on flexibility, allowing you to elongate your muscles and leave class feeling energized. Towels and water bottles are recommended. In the event of inclement weather, the group will meet in the lobby of the East building.

Age: 15+ years  
Min/max: 3/10  
Instructor: Staff  
Location: MCC - Oasis

Activity #	Dates	Day	Time	Fee
104705-01	May 6	Th	9:00-10:00am	\$15
104705-02	Jun 10	Th	9:00-10:00am	\$15
104705-03	Jul 8	Th	9:00-10:00am	\$15
104705-04	Aug 12	Th	9:00-10:00am	\$15

## ON THE TRAIL TO FITNESS

Join a MCC Personal Trainer as you explore various Central Park trails during this 10-week walking program. Each walk will include a warm-up, cool-down and stretching/flexibility at the end of class. The class meets early to beat the heat! Groups will meet in the main lobby of the West building. In the event of inclement weather, the class will utilize the indoor walking track at the MCC.

Age: 15+ years  
Min/max: 3/10  
Instructor: Staff  
Location: MCC - West Entrance

Activity #	Dates	Day	Time	Fee
104500-01	May 7-Jul 9	F	8:00-9:00am	\$35

## TRIATHLON TRAINING

Work with Shea Rankin of "I Am Multisport" to improve your technical skills this summer. Whether new to triathlons or looking to shave valuable time from your personal record this season, Shea can provide techniques and strategies to improve your triathlon. Each class will involve a combination of swimming, biking and running.

Age: 15+ years  
Min/max: 5/18  
Instructor: I Am Multisport  
Location: MCC - Fitness Studio A

Activity #	Dates	Day	Time	Fee
104800-01	May 14-Jul 16	F	9:30-11:00am	\$140

## HEALTHY BACK

This educational program, led by one of our MCC Personal Trainers, will focus on exercises which are specifically targeted to build strength in the muscles of the back. These muscles are vitally important for proper posture, support and alignment. You will be asked to perform these movements under the trainer's guidance so that proper technique may be learned.

Age: 15+ years  
Min/max: 3/10  
Instructor: Staff  
Location: MCC - Fitness Studio B

Activity #	Dates	Day	Time	Fee
104710-01	May 14	F	1:00-2:00pm	\$15
104710-02	Jun 11	F	1:00-2:00pm	\$15
104710-03	Jul 9	F	1:00-2:00pm	\$15
104710-04	Aug 13	F	1:00-2:00pm	\$15

## DASH OF PREVENTION

Dietary factors have a significant impact on your heart health. Discover all the ways that diet affects your blood pressure, cholesterol levels, triglyceride levels and your risk for heart attack and stroke. Judy Porter, RD, will lead this program. Sodium is not the only culprit of high blood pressure; the class will touch on other dietary factors such as calcium, potassium, magnesium, fluid, exercise and more. The course will also explore the nutritional therapies that have the greatest impact on your lipid levels. You will receive practical tips and healthy recipes that will motivate you to implement a heart healthy lifestyle today!

Age: 15+ years  
Min/max: 5/20  
Instructor: Judy Porter, RD  
Location: MCC - Meeting Room

Activity #	Dates	Day	Time	Fee
104913-01	May 24	M	7:00-8:00pm	\$30
104913-02	Jul 26	M	7:00-8:00pm	\$30
104913-03	Aug 30	M	7:00-8:00pm	\$30

## NO-KNEES WORKOUT

Are your knees keeping you from getting a good workout? Do you find that you want to strengthen your muscles but you have limitations when it comes to exercises that involve squatting, sitting and bending? This "No-Knees Workout," led by a MCC Personal Trainer, will help you gain strength and protect your knees at the same time. The trainer will demonstrate safe and effective ways to get a good workout, and your knees will feel fine the whole way through!

Age: 15+ years  
Min/max: 3/10  
Instructor: Staff  
Location: MCC - Fitness Center

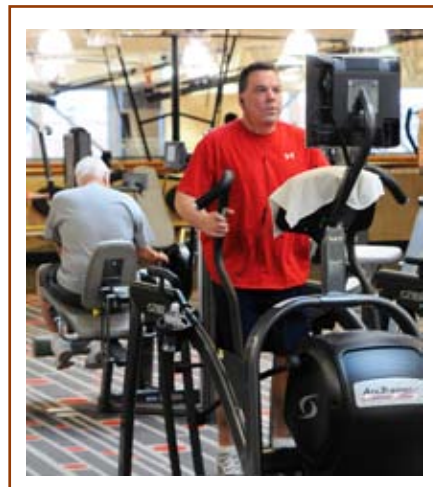
Activity #	Dates	Day	Time	Fee
104725-01	May 28	F	11:00am-12:00pm	\$15
104725-02	Jul 30	F	11:00am-12:00pm	\$15

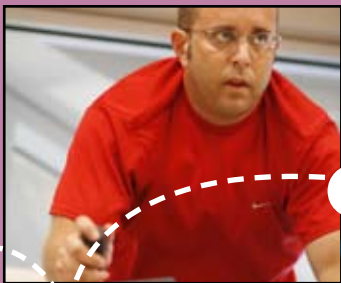
## NEW IRONMAN AT YOUR OWN PACE

Would you like to accomplish an Ironman Triathlon, but not all at once? Work at your own pace to complete a 2.4-mile swim, 112-mile bike ride and a 26.2-mile run. You'll have a total of 2 months to complete the distances. You will record your swimming, biking and running in the FitLinx system beginning on June 1<sup>st</sup>, 2010. Participants who complete their Ironman Triathlon by July 31 will have their name entered into a drawing to win a MCC prize package. Although there is no fee, registration is required to participate.

Age: 15+ years

Activity #	Dates	Fee
104735-01	Jun 1-Jul 31	Free





# GROUP FITNESS

## UNLIMITED GROUP FITNESS CLASS PASS

We offer an Unlimited Group Fitness Class Pass ideal for those who are unable to commit to a specific day or time, or for those who participate in multiple classes per week. For a \$300 annual or monthly fee, you have access to ALL of our group fitness classes (excluding Zumba and Beginning Tai Chi). A non-refundable seasonal (4-month) pass is available for \$125. Special rates available for annual and monthly Monon passholders. With any Unlimited Group Fitness Class Pass, there is no need to pre-register for a class.

## ZUMBA

Join the excitement of a Zumba class, one of the hottest trends in group fitness. Based on Latin dances and rhythms, Zumba combines high energy and motivating music with unique moves and combinations that allow Zumba participants to dance away their worries! Zumba is not only great for the body, but it is also great for the mind. It is a "feel-happy" workout. No dance experience is necessary. Appropriate for Beg/Int/Adv.

Age: 15+ years

Min/max: 5/25

Instructor: Brenda Barrett

Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
104201-01	May 3-24	M	7:00-7:50pm	\$28
104201-02	May 5-26	W	7:00-7:50pm	\$28
104201-03	Jun 7-28	M	7:00-7:50pm	\$28
104201-04	Jun 2-30	W	7:00-7:50pm	\$35
104201-05	Jun 4-25	F	11:00-11:50am	\$28
104201-06	Jul 5-26	M	7:00-7:50pm	\$28
104201-07	Jul 7-28	W	7:00-7:50pm	\$28
104201-08	Jul 2-30	F	11:00-11:50am	\$35
104201-09	Aug 2-30	M	7:00-7:50pm	\$35
104201-10	Aug 4-25	W	7:00-7:50pm	\$28

## BEGINNING TAI CHI

Tai Chi is known for its restorative and healing properties. This introductory level class is structured to teach you the movements and poses which make up the practice of Tai Chi. The instructor will guide you through the movements while providing modifications and critique so that you can master this ancient art.

Age: 15+ years

Min/max: 4/15

Instructor: Staff

Location: MCC - Dance Studio

Activity #	Dates	Day	Time	Fee
104410-01	May 5-26	W	8:00-9:30pm	\$42
104410-02	Jun 2-30	W	8:00-9:30pm	\$53
104410-03	Jul 7-28	W	8:00-9:30pm	\$42
104410-04	Aug 4-25	W	8:00-9:30pm	\$42



# GROUP FITNESS

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		♥ Cross Trainer (Jen)	Strictly Strength (Debbie W)	♥ Cross Trainer (Jen)	♥ Cycling (Renee)		
8:00am			WaterTrack Waterpark (May 30-Aug 7)		Water Track Waterpark (May 30-Aug 7)		♥ Step it Up (Debbie H)
8:30am		♥ Step it Up (Debbie W)	♥ Cardio Mix (Mimi)		♥ TurboKick (Amy)	Total Body Cond. (Stephanie)	♥ Cycling (Robbyn/Renee)
8:45am				♥ Total Body Cond. (Sharon)			
9:00am		Power Pilates (Mary) Deep Water Waterpark (May 30-Aug 7)	Aqua Blast (May 30-Aug 7)	Power Pilates (Mimi) Deep Water Waterpark (May 30-Aug 7)	Aqua Blast (May 30-Aug 7)		♥ TurboKick (Rachel) Strictly Strength (Amy/Debbie W) Deep Water Waterpark (May 30-Aug 7)
9:30am		Rock Bottom (Debbie W)	Strictly Strength (Amy) Aqua Blast (Betsy)		Strictly Strength (Amy) Aqua Blast (Ila)	Yoga (Stephanie) Interval (Mimi)	
9:45am				♥ Cycling (Renee)			
10:00am		♥ Cycling (Mary)		Yoga (Stephanie)			Pilates/Yoga Fusion (Carol)
10:30am			♥ Low Impact (Kim)	Basic Strength (Mimi)			
11:00am		Aqua Fit (Ila)		Aqua Fit (Betsy)		Zumba - June & July (Brenda) Aqua Blast (Arline)	Aqua Blast (Jennifer)
11:30am					Gentle Yoga (Dona)		
11:45am			♥ Cross Trainer (Kim)		♥ Cross Trainer (Kim)		
12:15pm	Strictly Strength (Debbie H/Kara)						
1:15pm	Power Pilates (Debbie H/Kara)						
4:30pm		♥ Total Body Cond. (Stephanie)	♥ Interval (Debbie H)		Power Pilates (Debbie H) Exercise w/Arthritis (Betsy)		
5:30pm		Amazing Abs (Rochelle)	Stability Ball (Carol) Aqua Fit (Kathy F)	Amazing Abs (Debbie H)	Stability Ball (Carol) Aqua Fit (Kathi W)		
6:00pm		Mat Pilates (Rochelle)	Strictly Strength (Carol) Aqua Fit (May 30-Aug 7)	Pilates/Yoga Fusion (Carol) Interval (Debbie H)	Strictly Strength (Carol) Mat Pilates (Rochelle) Aqua Fit (May 30-Aug 7)		
6:30pm		Outdoor Boot Camp (Kara)	♥ Cycling (Joy)	Outdoor Boot Camp (Joy) Cycling (Robbyn)			
7:00pm		Zumba (Brenda) Aqua Blast (Kathi)	♥ TurboKick (Amy)	Zumba (Brenda) Aqua Blast (Monica)	♥ Cycle (Kara) Yoga (Stephanie)		
7:30pm			Amazing Abs (Joy)				
8:00 pm		Yoga (Susan)		Beginner's Tai Chi (Jining) Yoga (Susan)			

\$ not included with Unlimited Group Fitness Class Pass  
 ♥ strength class  
 ♥ cardio conditioning class  
 ♥ mind/body class  
 ♥ aqua fitness

# GROUP FITNESS

Modifications will be offered in all classes based on participant skill levels. Age: 15+ years. Instructor: Staff. Location: MCC - Fitness Center. Be sure to stop by the Fitness Desk or check online for a modified Group Fitness schedule. Fee: Guests may pay a drop-in fee or purchase a monthly or an Unlimited Group Fitness Pass to enter Group Fitness classes. Group Fitness is included in the Monon Household pass.

## CARDIO

### CROSS TRAINER

Be prepared to experience it all in this class! Cross Trainer features a variety of techniques to keep you from hitting a fitness plateau. Classes change from day to day, and will include cycling, Pilates, cardio intervals and resistance training to offer you a well-rounded, comprehensive workout.

### STEP IT UP

Get your heart pumping and muscles toned with this awesome cardiovascular workout! Using the step, you will be led through a series of moves designed to target all of your lower body muscles while elevating your heart rate, burning calories and moving with the music. Appropriate for Int/Adv.

### CYCLING

Cycling is a great cardiovascular workout that allows you to work at your own pace and resistance. Your instructor will lead you through sprints, hills, climbs and recovery designed to improve your cardiovascular fitness.

### OUTDOOR BOOT CAMP

One of our most physically demanding classes, Outdoor Boot Camp challenges you by combining plyometrics, speed drills and strengthening exercises utilizing only the environment as your gym! Class meets on the Monon Trail beneath the Oasis. Please bring plenty of water and a towel.

### CARDIO MIX

This fun, energizing class uses a simple yet intense mix of high-impact, low-impact and step moves to challenge people of all fitness levels.

### LOW IMPACT

This class is a great way to burn calories and raise your heart rate without a lot of impact on your joints. An aerobics class appropriate for the beginning exerciser, seniors or those recovering from injury.

### TOTAL BODY CONDITIONING

Total Body Conditioning provides continuous cardio training and full-body resistance training. This athletic workout uses a variety of equipment and combines cardio activities with recovery and strength for an efficient, fun-to-follow interval workout.

### TURBOKICK

Come and experience the newest “kick” in group exercise. This energetic, fast-paced and music-driven class uses kicking, punching, and boxing/karate techniques to give you an innovative workout. This type of training will improve cardiovascular conditioning, muscle strength and flexibility. Beginners may choose to modify some of the moves to make them more appropriate for their skill level. This class is the ultimate cardio challenge!

### INTERVAL

Burn plenty of calories with this enjoyable and challenging class, which combines intervals of strength exercises with bouts of cardiovascular activity.



# GROUP FITNESS

Do you enjoy Group Fitness classes, but are you unable to commit to a specific day or time?  
Do you participate in multiple classes per week?

Then stop by the MCC and purchase an Unlimited Group Fitness Class Pass today!

Turn to page 65 for more information.

## STRENGTH AND CORE

### STRICTLY STRENGTH

This class is specifically designed for those who want to develop muscular strength, muscle tone and endurance. The class is formatted in an easy-to-follow workout that challenges every major muscle group using a variety of equipment.

### BASIC STRENGTH

Designed for beginners and for senior participants, this class focuses on building a foundation of strength and increased range of motion.

### AMAZING ABS

This 30-minute class provides an intense session to focus specifically on the muscles of the abdominals, obliques and lower back. A variety of exercises are used to target the core muscle groups.

### STABILITY BALL

This 30-minute class incorporates the use of a stability ball in each exercise.

These large stability/exercise balls can be used to work all major muscle groups and add the increased challenge of balance to target the deep stabilizing muscles of the abdominals.

### ROCK BOTTOM

This 30-minute class is a quick and effective way to add shape and definition to your lower body by utilizing free weights, exercise tubes, balls and body bars.

### EXERCISE WITH ARTHRITIS

Those with arthritis require special consideration when exercising. Following the Arthritis Foundation principles, this class provides a safe and effective workout. Using free weights, exercise bands, and oftentimes a chair for support, this class will work on strengthening movements to help increase flexibility of the joints.



Stop by  
the Fitness Desk  
at the first of  
every month for  
the most up-to-date  
Group Fitness  
schedule.

# GROUP FITNESS

## MIND AND BODY

### MAT PILATES

Unite the mind and body to gain core strength, control, stability and symmetry. This traditional mat workout focuses on controlled, graceful movements in order to lengthen and streamline the muscles. This non-aggressive workout is a great addition to balance your weekly fitness routine.

### POWER PILATES

Based on the same principles as Mat Pilates, this class is designed for those who are looking for an additional challenge and added resistance. This class incorporates strength equipment and is a slightly less-traditional version of a Mat Pilates class.

### YOGA

Yoga focuses on strengthening and lengthening the entire body by focusing on breathing and moving through a variety of Yoga poses or "Asanas." The class centers on balance, strength and flexibility while you learn to connect mind and body. You will leave class feeling calm and refreshed.

### GENTLE YOGA

Gentle yoga is designed for those individuals with a limited range of motion. It combines stretching and strengthening movements to increase flexibility and improve balance. In each class you will be taken through a series of poses and exercises, ending with a cool-down. Ideal for seniors, those recovering from an injury, or anyone looking for a gentler version of traditional yoga.

### PILATES/YOGA FUSION

This unique blend of Pilates and yoga movements will have you stretched and toned from head to toe. The instructor will lead you through yoga poses and Pilates movements to develop both strength and flexibility. The positions can be modified to accommodate participants of all abilities.



## AQUA FITNESS

**Modifications will be offered in all classes based on participant skill levels. Age: 15+ years. Instructor: Staff. Location: MCC - Indoor Aquatics and Waterpark. Fee: Guests may pay a drop-in fee or purchase a monthly or an Unlimited Group Fitness Pass to enter Group Fitness classes. Group Fitness is included in the Monon Household pass.**

### AQUA FIT

This is a basic-level shallow water aqua class. The class will focus on cardiovascular fitness and flexibility as you use the water's resistance to tone your muscles. Other benefits include increased range of motion and improved endurance. Modifications can be shown to accommodate all fitness levels. Appropriate for Beg. Location: Indoor Aquatics.

### AQUA BLAST

Aqua Blast provides a full-body workout designed to improve cardiovascular fitness, muscular endurance, strength, coordination and flexibility. Classes are held in the shallow water. Appropriate for Beg/Int. Location: Indoor Aquatics.

### DEEP WATER AEROBICS

Flotation belts will be worn that will suspend the body vertically in the water at shoulder level for an effective low-impact workout while activating core muscles for balance. Participants must be comfortable in deep water to participate. Location: Waterpark.

### WATER TRACK

Participants walk against the current in the Lazy River Pool to build muscles and increase stamina, and do yoga postures in the water to increase flexibility and balance. Water shoes are highly recommended. Location: Waterpark.



# SWIM LESSONS



## > ERIC MEHL Aquatic Supervisor

I enjoy working with aquatic programs because it gives me the opportunity to help kids and adults find exercise and activity in a new environment. I find the most joy in watching the babies experience the water for the first time in our Parent/Child classes. I feel a great sense of accomplishment when I help an adult learn to swim so they can have a challenging, new way to complete their workout.

317.573.4031 | emehl@carmelclayparks.com

## SEMI-PRIVATE LESSONS

Semi-Private lessons are a great way to build and increase confidence for students of similar swimming abilities. 2-3:1 student to staff ratio. Forms for semi-private lessons can be picked up at and returned to the MCC. You will be contacted to confirm your request and will be informed of the waiting time to receive the lesson you requested. Before registration, please make arrangements with Eric at emehl@carmelclayparks.com or 317.573.4031. \*Fee is for four 45-minute lessons, per person.

Age: All Ages

Instructor: Staff

Location: MCC - **Indoor Aquatics**

Dates	Day	Time	Fee
May 1-Aug 31	TBD	TBD	\$75*

Check out  
page 50 for our  
Adaptive private  
lessons.

## PRIVATE LESSONS

Private lessons are a great way to rapidly improve a swimmers confidence and skill development. 1:1 student to staff ratio. Forms for private lessons can be picked up at and returned to MCC. You will be contacted to confirm your request and will be informed of the waiting time to receive the lesson you requested. Before registration, please make arrangements with Eric at 317.573.4031 or emehl@carmelclayparks.com. \*Fee is for four 45-minute lessons.

Age: All Ages

Instructor: Staff

Location: MCC - **Indoor Aquatics**

Dates	Day	Time	Fee
May 1-Aug 31	TBD	TBD	\$120*

## ADULT GROUP LESSONS

This class provides the chance for beginning and intermediate adult swimmers to improve their strokes. Come receive personalized tips and helpful demonstrations to improve your performance in the pool.

Age: 16+ years

Min/max: 4/8

Instructor: Staff

Location: MCC - **Indoor Aquatics**

Activity #	Dates	Day	Time	Fee
103016-01	May 5-26	W	7:05-8:00pm	\$55
103016-02	May 8-29	Sa	8:05-9:00am	\$55
103016-05	Aug 4-25	W	7:05-8:00pm	\$55
103016-06	Aug 7-28	Sa	8:05-9:00am	\$55

Location: MCC - **Waterpark**

Activity #	Dates	Day	Time	Fee
103016-03	Jun 5-26	Sa	8:05-9:00am	\$55
103016-04	Jul 10-31	Sa	8:05-9:00am	\$55

# SWIM LESSONS

## WATER SAFETY INSTRUCTOR (WSI)

This class helps you develop valuable skills as a swim lesson instructor. Completion of this course will earn you an instructor certification American Red Cross Water Safety, and the fee includes all necessary manual and supplies. Upon successful completion of this course, you may apply for employment at the MCC as a swim lesson instructor. However, completion of this course does not guarantee you a position. You must be able to attend ALL scheduled classes for the session. Pre-requisite and Pre-Test Session information may be picked up at the MCC.

Age: 16+ years  
Min/max: 4/10  
Instructor: Staff  
Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103020-01	Apr 19-May 17	M, W	5:00-9:00pm	\$235
103020-02	Aug 21-22 & 28-29	Sa, Su	8:30am-5:30pm	\$235

## LIFEGUARD/CPR-PR CLASS

This class helps you develop valuable skills. Completion of this course will earn you certifications in CPR/AED/First Aid and Lifeguarding, and the fee includes all necessary manual and supplies. Upon successful completion of this course, you may apply for employment at the MCC. However, completion of this course does not guarantee you a position. You must be able to attend ALL scheduled classes for the session. Pre-requisite information may be picked up at the MCC. Pre-registration is required.

Age: 15+ years, by end of class  
Min/max: 4/15  
Instructor: Staff  
Location: MCC - Indoor Aquatics & Waterpark

Activity #	Dates	Day	Time	Fee
103023-01	Jun 8-11	Tu-F	8:30am-5:30pm	\$200
103023-02	Jul 20-23	Tu-F	8:30am-5:30pm	\$200

Are you interested in  
CPR and/or ARC Lifeguard Challenges?  
Turn to page 60 for more information.



## American Red Cross

### PARENT & CHILD - LEVEL 1

Parent and Child Level 1 classes introduce basic skills to you and your child ages 6 months to 3 years. You will be taught to safely work with your child in the water, including how to appropriately support and hold your child in the water and how to prepare and encourage your child to participate fully and try the skills. Your child will also be introduced to basic skills that lay a foundation to help them learn to swim. Several water safety topics are introduced that are directed to you as the parent. This class is not designed to teach children to become good swimmers or to survive in the water on their own.

Age: 6 months-3 years  
Min/max: 4/10  
Instructor: Staff

Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103001-01	May 3-24	M	9:30-10:00am	\$26
103001-02	May 4-25	Tu	6:30-7:00pm	\$26
103001-03	May 8-29	Sa	9:30-10:00am	\$26
103001-05	Jun 7-16	M, W	6:30-7:00pm	\$26
103001-08	Jun 22-Jul 1	Tu, Th	6:30-7:00pm	\$26
103001-10	Jul 5-14	M, W	6:30-7:00pm	\$26
103001-13	Jul 20-29	Tu, Th	6:30-7:00pm	\$26
103001-14	Aug 2-23	M	9:30-10:00am	\$26
103001-15	Aug 3-24	Tu	6:30-7:00pm	\$26
103001-16	Aug 7-28	Sa	9:30-10:00am	\$26

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103001-04	Jun 7-10	M-Th	9:30-10:00am	\$26
103001-06	Jun 5-26	Sa	9:30-10:00am	\$26
103001-07	Jun 21-24	M-Th	9:30-10:00am	\$26
103001-09	Jul 5-8	M-Th	9:30-10:00am	\$26
103001-11	Jul 10-31	Sa	9:30-10:00am	\$26
103001-12	Jul 19-22	M-Th	9:30-10:00am	\$26

# SWIM LESSONS

## PARENT & CHILD - LEVEL 2

Parent and Child Level 2 classes will start to familiarize your child (from ages 6 months to about 3 years) to the water and prepare them to learn to swim in the American Red Cross Preschool Aquatics or Learn-to-Swim courses. Children in this level are typically more comfortable in the water and seek a little more independence. You will be taught proper ways to give your child more freedom in the water. This class is not designed to teach children to become good swimmers or to survive in the water on their own.

Age: 6 months-3 years  
Min/max: 4/10  
Instructor: Staff

### Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103002-01	May 5-26	W	9:30-10:00am	\$26
103002-02	May 5-26	W	6:30-7:00pm	\$26
103002-03	May 8-29	Sa	10:30-11:00am	\$26
103002-04	Jun 8-17	Tu, Th	6:30-7:00pm	\$26
103002-07	Jun 21-30	M, W	6:30-7:00pm	\$26
103002-09	Jul 6-15	Tu, Th	6:30-7:00pm	\$26
103002-12	Jul 19-28	M, W	6:30-7:00pm	\$26
103002-14	Aug 4-25	W	6:30-7:00pm	\$26
103002-15	Aug 5-26	Th	9:30-10:00am	\$26
103002-16	Aug 7-28	Sa	10:30-11:00am	\$26

### Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103002-05	Jun 5-26	Sa	10:30-11:00am	\$26
103002-06	Jun 14-17	M-Th	9:30-10:00am	\$26
103002-08	Jun 28-Jul 1	M-Th	9:30-10:00am	\$26
103002-10	Jul 10-31	Sa	10:30-11:00am	\$26
103002-11	Jul 12-15	M-Th	9:30-10:00am	\$26
103002-13	Jul 26-29	M-Th	9:30-10:00am	\$26

### Outdoor Swim Lesson Weather Policy

All regularly scheduled Waterpark swim lessons will be moved to Indoor Aquatics on days where inclement weather prohibits a safe teaching environment or if the air temperature is below 60 degrees.

## PRESCHOOL - LEVEL 1

Preschool Level 1 classes are designed for children who have very little, if any, swimming experience. They may still be afraid of the deep end of the pool. Your child will start to develop good attitudes and safe practices in, on and around the water. They will learn to be comfortable putting their face in the water, paddling and kicking on their front and back with support, and floating on their front and back with support.

Age: 3-5 years  
Min/max: 4/5  
Instructor: Staff

### Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103003-01	May 2-23	Su	4:15-5:00pm	\$42
103003-02	May 3-24	M	8:15-9:00am	\$42
103003-03	May 3-24	M	6:15-7:00pm	\$42
103003-04	May 4-25	Tu	9:15-10:00am	\$42
103003-05	May 4-25	Tu	4:15-5:00pm	\$42
103003-06	May 5-26	W	1:15-2:00pm	\$42
103003-07	May 5-26	W	6:15-7:00pm	\$42
103003-08	May 6-27	Th	10:15-11:00am	\$42
103003-09	May 6-27	Th	6:15-7:00pm	\$42
103003-10	May 8-29	Sa	10:15-11:00am	\$42
103003-11	Jun 6-27	Su	4:15-5:00pm	\$42
103003-14	Jun 7-16	M, W	6:15-7:00pm	\$42
103003-15	Jun 8-17	Tu, Th	5:15-6:00pm	\$42
103003-16	Jun 8-17	Tu, Th	6:15-7:00pm	\$42
103003-17	Jun 4-25	F	6:15-7:00pm	\$42
103003-23	Jun 21-30	M, W	5:15-6:00pm	\$42
103003-24	Jun 21-30	M, W	6:15-7:00pm	\$42
103003-25	Jun 22-Jul 1	Tu, Th	6:15-7:00pm	\$42
103003-28	Jul 11-Aug 1	Su	4:15-5:00pm	\$42
103003-31	Jul 5-14	M, W	6:15-7:00pm	\$42
103003-32	Jul 6-15	Tu, Th	5:15-6:00pm	\$42
103003-33	Jul 6-15	Tu, Th	6:15-7:00pm	\$42
103003-34	Jul 9-30	F	6:15-7:00pm	\$42
103003-40	Jul 19-28	M, W	5:15-6:00pm	\$42
103003-41	Jul 19-28	M, W	6:15-7:00pm	\$42
103003-42	Jul 20-29	Tu, Th	6:15-7:00pm	\$42
103003-45	Aug 8-29	Su	4:15-5:00pm	\$42
103003-46	Aug 2-23	M	8:15-9:00am	\$42
103003-47	Aug 2-23	M	6:15-7:00pm	\$42
103003-48	Aug 3-24	Tu	9:15-10:00am	\$42
103003-49	Aug 3-24	Tu	4:15-5:00pm	\$42
103003-50	Aug 4-25	W	9:15-10:00am	\$42
103003-51	Aug 4-25	W	1:15-2:00pm	\$42
103003-52	Aug 4-25	W	6:15-7:00pm	\$42
103003-53	Aug 5-26	Th	10:15-11:00am	\$42
103003-54	Aug 5-26	Th	6:15-7:00pm	\$42
103003-55	Aug 7-28	Sa	10:15-11:00am	\$42

# SWIM LESSONS

## PRESCHOOL - LEVEL 1 (CONTINUED)

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103003-12	Jun 7-10	M-Th	9:15-10:00am	\$42
103003-13	Jun 7-10	M-Th	10:15-11:00am	\$42
103003-18	Jun 5-26	Sa	10:15-11:00am	\$42
103003-19	Jun 14-17	M-Th	9:15-10:00am	\$42
103003-20	Jun 14-17	M-Th	10:15-11:00am	\$42
103003-21	Jun 21-24	M-Th	9:15-10:00am	\$42
103003-22	Jun 21-24	M-Th	10:15-11:00am	\$42
103003-26	Jun 28-Jul 1	M-Th	9:15-10:00am	\$42
103003-27	Jun 28-Jul 1	M-Th	10:15-11:00am	\$42
103003-29	Jul 5-8	M-Th	9:15-10:00am	\$42
103003-30	Jul 5-8	M-Th	10:15-11:00am	\$42
103003-35	Jul 10-31	Sa	10:15-11:00am	\$42
103003-36	Jul 12-15	M-Th	9:15-10:00am	\$42
103003-37	Jul 12-15	M-Th	10:15-11:00am	\$42
103003-38	Jul 19-22	M-Th	9:15-10:00am	\$42
103003-39	Jul 19-22	M-Th	10:15-11:00am	\$42
103003-43	Jul 26-29	M-Th	9:15-10:00am	\$42
103003-44	Jul 26-29	M-Th	10:15-11:00am	\$42

## PRESCHOOL - LEVEL 2

Classes are for children who have some swimming experience.

Your child must be able to fully submerge their face in the water, paddle and kick on their front, back at least 5 feet with little support, and lie comfortably on their front and back with support. In this class, your child will learn to float with more independence and recover to a vertical position. They will also explore simultaneous and alternating arm and leg actions on their front and back to lay the foundation for future strokes.

Age: 3-5 years

Min/max: 4/5

Instructor: Staff

Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103004-01	May 2-23	Su	5:15-6:00pm	\$42
103004-02	May 3-24	M	10:15-11:00am	\$42
103004-03	May 3-24	M	6:15-7:00pm	\$42
103004-04	May 4-25	Tu	10:15-11:00am	\$42
103004-05	May 4-25	Tu	1:15-2:00pm	\$42
103004-06	May 4-25	Tu	5:15-6:00pm	\$42
103004-07	May 5-26	W	10:15-11:00am	\$42
103004-08	May 5-26	W	2:15-3:00pm	\$42
103004-09	May 5-26	W	4:15-5:00pm	\$42
103004-10	May 6-27	Th	8:15-9:00am	\$42
103004-11	May 6-27	Th	6:15-7:00pm	\$42
103004-12	May 8-29	Sa	9:15-10:00am	\$42
103004-13	May 8-29	Sa	11:15am-12:00pm	\$42
103004-14	Jun 6-27	Su	5:15-6:00pm	\$42
103004-17	Jun 7-16	M, W	5:15-6:00pm	\$42
103004-18	Jun 7-16	M, W	6:15-7:00pm	\$42
103004-19	Jun 8-17	Tu, Th	5:15-6:00pm	\$42
103004-20	Jun 8-17	Tu, Th	6:15-7:00pm	\$42
103004-21	Jun 4-25	F	5:15-6:00pm	\$42
103004-28	Jun 21-30	M, W	5:15-6:00pm	\$42
103004-29	Jun 21-30	M, W	6:15-7:00pm	\$42
103004-30	Jun 22-Jul 1	Tu, Th	5:15-6:00pm	\$42
103004-31	Jun 22-Jul 1	Tu, Th	6:15-7:00pm	\$42
103004-34	Jul 11-Aug 1	Su	5:15-6:00pm	\$42
103004-37	Jul 5-14	M, W	5:15-6:00pm	\$42
103004-38	Jul 5-14	M, W	6:15-7:00pm	\$42
103004-39	Jul 6-15	Tu, Th	5:15-6:00pm	\$42
103004-40	Jul 6-15	Tu, Th	6:15-7:00pm	\$42
103004-41	Jul 9-30	F	5:15-6:00pm	\$42
103004-42	Jul 10-31	Sa	9:15-10:00am	\$42
103004-48	Jul 19-28	M, W	5:15-6:00pm	\$42
103004-49	Jul 19-28	M, W	6:15-7:00pm	\$42
103004-50	Jul 20-29	Tu, Th	5:15-6:00pm	\$42
103004-51	Jul 20-29	Tu, Th	6:15-7:00pm	\$42
103004-54	Aug 8-29	Su	5:15-6:00pm	\$42
103004-55	Aug 2-23	M	10:15-11:00am	\$42
103004-56	Aug 2-23	M	6:15-7:00pm	\$42
103004-57	Aug 3-24	Tu	10:15-11:00am	\$42



See our  
certification classes  
on page 71.

Download an employment  
application online at  
[www.carmelclayparks.com](http://www.carmelclayparks.com).

# SWIM LESSONS

## PRESCHOOL - LEVEL 2 (CONTINUED)

Location: MCC - Indoor Aquatics (continued)

Activity #	Dates	Day	Time	Fee
103004-58	Aug 3-24	Tu	1:15-2:00pm	\$42
103004-59	Aug 3-24	Tu	5:15-6:00pm	\$42
103004-60	Aug 4-25	W	10:15-11:00am	\$42
103004-61	Aug 4-25	W	2:15-3:00pm	\$42
103004-62	Aug 4-25	W	4:15-5:00pm	\$42
103004-63	Aug 5-26	Th	8:15-9:00am	\$42
103004-64	Aug 5-26	Th	6:15-7:00pm	\$42
103004-65	Aug 7-28	Sa	9:15-10:00am	\$42
103004-66	Aug 7-28	Sa	11:15am-12:00pm	\$42

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103004-15	Jun 7-10	M-Th	9:15-10:00am	\$42
103004-16	Jun 7-10	M-Th	10:15-11:00am	\$42
103004-22	Jun 5-26	Sa	9:15-10:00am	\$42
103004-23	Jun 5-26	Sa	11:15am-12:00pm	\$42
103004-24	Jun 14-17	M-Th	9:15-10:00am	\$42
103004-25	Jun 14-17	M-Th	10:15-11:00am	\$42
103004-26	Jun 21-24	M-Th	9:15-10:00am	\$42
103004-27	Jun 21-24	M-Th	10:15-11:00am	\$42
103004-32	Jun 28-Jul 1	M-Th	9:15-10:00am	\$42
103004-33	Jun 28-Jul 1	M-Th	10:15-11:00am	\$42
103004-35	Jul 5-8	M-Th	9:15-10:00am	\$42
103004-36	Jul 5-8	M-Th	10:15-11:00am	\$42
103004-43	Jul 10-31	Sa	11:15am-12:00pm	\$42
103004-44	Jul 12-15	M-Th	9:15-10:00am	\$42
103004-45	Jul 12-15	M-Th	10:15-11:00am	\$42
103004-46	Jul 19-22	M-Th	9:15-10:00am	\$42
103004-47	Jul 19-22	M-Th	10:15-11:00am	\$42
103004-52	Jul 26-29	M-Th	9:15-10:00am	\$42
103004-53	Jul 26-29	M-Th	10:15-11:00am	\$42

## PRESCHOOL - LEVEL 3

Classes are designed for children who are quite comfortable performing tasks in the water. Your child must be able to swim at least 10 feet and float at least 5 seconds with little assistance on their front and back. The objective of Level 3 is to build on the skills in Level 2 to make them more independent by providing additional guided practice. They will also be introduced to the fundamentals of treading water. After successful completion of Preschool Level 3, your little student will move on to Learn to Swim Level 3 where they will start to develop their Freestyle and Elementary Backstroke.

Age: 3-5 years

Min/max: 4/5

Instructor: Staff

Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103005-01	May 2-23	Su	6:15-7:00pm	\$42
103005-02	May 3-24	M	5:15-6:00pm	\$42
103005-03	May 4-25	Tu	8:15-9:00am	\$42
103005-04	May 4-25	Tu	2:15-3:00pm	\$42
103005-05	May 4-25	Tu	6:15-7:00pm	\$42
103005-06	May 5-26	W	8:15-9:00am	\$42
103005-07	May 5-26	W	5:15-6:00pm	\$42
103005-08	May 6-27	Th	9:15-10:00am	\$42
103005-09	May 8-29	Sa	8:15-9:00am	\$42
103005-10	May 8-29	Sa	11:15am-12:00pm	\$42
103005-11	Jun 6-27	Su	6:15-7:00pm	\$42
103005-14	Jun 7-16	M, W	4:15-5:00pm	\$42
103005-15	Jun 7-16	M, W	5:15-6:00pm	\$42
103005-16	Jun 8-17	Tu, Th	4:15-5:00pm	\$42
103005-17	Jun 4-25	F	4:15-5:00pm	\$42
103005-24	Jun 21-30	M, W	4:15-5:00pm	\$42
103005-25	Jun 22-Jul 1	Tu, Th	4:15-5:00pm	\$42
103005-26	Jun 22-Jul 1	Tu, Th	5:15-6:00pm	\$42
103005-29	Jul 11-Aug 1	Su	6:15-7:00pm	\$42
103005-32	Jul 5-14	M, W	4:15-5:00pm	\$42
103005-33	Jul 5-14	M, W	5:15-6:00pm	\$42
103005-34	Jul 6-15	Tu, Th	4:15-5:00pm	\$42
103005-35	Jul 9-30	F	4:15-5:00pm	\$42
103005-42	Jul 19-28	M, W	4:15-5:00pm	\$42
103005-43	Jul 20-29	Tu, Th	4:15-5:00pm	\$42
103005-44	Jul 20-29	Tu, Th	5:15-6:00pm	\$42
103005-47	Aug 8-29	Su	6:15-7:00pm	\$42
103005-48	Aug 2-23	M	5:15-6:00pm	\$42
103005-49	Aug 3-24	Tu	8:15-9:00am	\$42
103005-50	Aug 3-24	Tu	2:15-3:00pm	\$42
103005-51	Aug 3-24	Tu	6:15-7:00pm	\$42
103005-52	Aug 4-25	W	8:15-9:00am	\$42
103005-53	Aug 4-25	W	5:15-6:00pm	\$42
103005-54	Aug 7-28	Sa	8:15-9:00am	\$42
103005-55	Aug 7-28	Sa	11:15am-12:00pm	\$42



# SWIM LESSONS

## PRESCHOOL - LEVEL 3 (CONTINUED)

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103005-12	Jun 7-10	M-Th	8:15-9:00am	\$42
103005-13	Jun 7-10	M-Th	10:15-11:00am	\$42
103005-18	Jun 5-26	Sa	8:15-9:00am	\$42
103005-19	Jun 5-26	Sa	11:15am-12:00pm	\$42
103005-20	Jun 14-17	M-Th	8:15-9:00am	\$42
103005-21	Jun 14-17	M-Th	10:15-11:00am	\$42
103005-22	Jun 21-24	M-Th	8:15-9:00am	\$42
103005-23	Jun 21-24	M-Th	10:15-11:00am	\$42
103005-27	Jun 28-Jul 1	M-Th	8:15-9:00am	\$42
103005-28	Jun 28-Jul 1	M-Th	10:15-11:00am	\$42
103005-30	Jul 5-8	M-Th	8:15-9:00am	\$42
103005-31	Jul 5-8	M-Th	10:15-11:00am	\$42
103005-36	Jul 10-31	Sa	8:15-9:00am	\$42
103005-37	Jul 10-31	Sa	11:15am-12:00pm	\$42
103005-38	Jul 12-15	M-Th	8:15-9:00am	\$42
103005-39	Jul 12-15	M-Th	10:15-11:00am	\$42
103005-40	Jul 19-22	M-Th	8:15-9:00am	\$42
103005-41	Jul 19-22	M-Th	10:15-11:00am	\$42
103005-45	Jul 26-29	M-Th	8:15-9:00am	\$42
103005-46	Jul 26-29	M-Th	10:15-11:00am	\$42



## LEARN TO SWIM - LEVEL 1

Classes are designed for children who have very little, if any, swimming experience. They may still be afraid of the deep end. Your child will start to develop good attitudes and safe practices around the water. They will learn to be comfortable putting their face in the water, paddling and kicking on their front and back with little support and floating on their front and back with little support.

Age: 6-15 years

Min/max: 4/6

Instructor: Staff

Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103006-01	May 2-23	Su	4:05-5:00pm	\$55
103006-02	May 3-24	M	5:05-6:00pm	\$55
103006-03	May 5-26	W	5:05-6:00pm	\$55
103006-04	May 8-29	Sa	9:05-10:00am	\$55
103006-05	Jun 6-27	Su	4:05-5:00pm	\$55
103006-07	Jun 7-16	M, W	4:05-5:00pm	\$55
103006-08	Jun 7-16	M, W	5:05-6:00pm	\$55
103006-09	Jun 8-17	Tu, Th	4:05-5:00pm	\$55
103006-10	Jun 8-17	Tu, Th	7:05-8:00pm	\$55
103006-11	Jun 4-25	F	4:05-5:00pm	\$55
103006-15	Jun 21-30	M, W	4:05-5:00pm	\$55
103006-16	Jun 21-30	M, W	7:05-8:00pm	\$55
103006-17	Jun 22-Jul 1	Tu, Th	4:05-5:00pm	\$55
103006-18	Jun 22-Jul 1	Tu, Th	5:05-6:00pm	\$55
103006-20	Jul 11-Aug 1	Su	4:05-5:00pm	\$55
103006-22	Jul 5-14	M, W	4:05-5:00pm	\$55
103006-23	Jul 5-14	M, W	5:05-6:00pm	\$55
103006-24	Jul 6-15	Tu, Th	4:05-5:00pm	\$55
103006-25	Jul 6-15	Tu, Th	7:05-8:00pm	\$55
103006-26	Jul 9-30	F	4:05-5:00pm	\$55
103006-30	Jul 19-28	M, W	4:05-5:00pm	\$55
103006-31	Jul 19-28	M, W	7:05-8:00pm	\$55
103006-32	Jul 20-29	Tu, Th	4:05-5:00pm	\$55
103006-33	Jul 20-29	Tu, Th	5:05-6:00pm	\$55
103006-35	Aug 8-29	Su	4:05-5:00pm	\$55
103006-36	Aug 2-23	M	4:05-5:00pm	\$55
103006-37	Aug 4-25	W	4:05-5:00pm	\$55
103006-38	Aug 7-28	Sa	9:05-10:00am	\$55

Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103006-06	Jun 7-10	M-Th	10:05-11:00am	\$55
103006-12	Jun 5-26	Sa	9:05-10:00am	\$55
103006-13	Jun 14-17	M-Th	8:05-9:00am	\$55
103006-14	Jun 21-24	M-Th	10:05-11:00am	\$55
103006-19	Jun 28-Jul 1	M-Th	8:05-9:00am	\$55
103006-21	Jul 5-8	M-Th	10:05-11:00am	\$55
103006-27	Jul 10-31	Sa	9:05-10:00am	\$55
103006-28	Jul 12-15	M-Th	8:05-9:00am	\$55
103006-29	Jul 19-22	M-Th	10:05-11:00am	\$55
103006-34	Jul 26-29	M-Th	8:05-9:00am	\$55

# SWIM LESSONS

## LEARN TO SWIM - LEVEL 2

Classes are for children who have some swimming experience. Your child must be able to fully submerge their face in the water, paddle and kick on their front and back at least 5 feet with little support, and lie comfortably on their front and back with support. In this class, your child will learn to float without support and recover to a vertical position. Your child will also explore simultaneous and alternating arm and leg actions on their front and back to lay the foundation for future strokes.

Age: 6-15 years

Min/max: 4/6

Instructor: Staff

### Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103007-01	May 2-23	Su	5:05-6:00pm	\$55
103007-02	May 4-25	Tu	5:05-6:00pm	\$55
103007-03	May 5-26	W	4:05-5:00pm	\$55
103007-04	May 6-27	Th	5:05-6:00pm	\$55
103007-05	May 8-29	Sa	10:05-11:00am	\$55
103007-06	Jun 6-27	Su	5:05-6:00pm	\$55
103007-09	Jun 7-16	M, W	4:05-5:00pm	\$55
103007-10	Jun 7-16	M, W	7:05-8:00pm	\$55
103007-11	Jun 8-17	Tu, Th	4:05-5:00pm	\$55
103007-12	Jun 8-17	Tu, Th	5:05-6:00pm	\$55
103007-13	Jun 8-17	Tu, Th	7:05-8:00pm	\$55
103007-14	Jun 4-25	F	5:05-6:00pm	\$55
103007-20	Jun 21-30	M, W	4:05-5:00pm	\$55
103007-21	Jun 21-30	M, W	5:05-6:00pm	\$55
103007-22	Jun 21-30	M, W	7:05-8:00pm	\$55
103007-23	Jun 22-Jul 1	Tu, Th	4:05-5:00pm	\$55
103007-24	Jun 22-Jul 1	Tu, Th	7:05-8:00pm	\$55
103007-27	Jul 11-Aug 1	Su	5:05-6:00pm	\$55
103007-30	Jul 5-14	M, W	4:05-5:00pm	\$55
103007-31	Jul 5-14	M, W	7:05-8:00pm	\$55
103007-32	Jul 6-15	Tu, Th	4:05-5:00pm	\$55
103007-33	Jul 6-15	Tu, Th	5:05-6:00pm	\$55
103007-34	Jul 6-15	Tu, Th	7:05-8:00pm	\$55
103007-35	Jul 9-30	F	5:05-6:00pm	\$55
103007-41	Jul 19-28	M, W	4:05-5:00pm	\$55
103007-42	Jul 19-28	M, W	5:05-6:00pm	\$55
103007-43	Jul 19-28	M, W	7:05-8:00pm	\$55
103007-44	Jul 20-29	Tu, Th	4:05-5:00pm	\$55
103007-45	Jul 20-29	Tu, Th	7:05-8:00pm	\$55
103007-48	Aug 8-29	Su	5:05-6:00pm	\$55
103007-49	Aug 3-24	Tu	5:05-6:00pm	\$55
103007-50	Aug 4-25	W	4:05-5:00pm	\$55
103007-51	Aug 5-26	Th	5:05-6:00pm	\$55
103007-52	Aug 7-28	Sa	10:05-11:00am	\$55

### Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103007-07	Jun 7-10	M-Th	8:05-9:00am	\$55
103007-08	Jun 7-10	M-Th	9:05-10:00am	\$55
103007-15	Jun 5-26	Sa	10:05-11:00am	\$55
103007-16	Jun 14-17	M-Th	8:05-9:00am	\$55
103007-17	Jun 14-17	M-Th	9:05-10:00am	\$55
103007-18	Jun 21-24	M-Th	8:05-9:00am	\$55
103007-19	Jun 21-24	M-Th	9:05-10:00am	\$55
103007-25	Jun 28-Jul 1	M-Th	8:05-9:00am	\$55
103007-26	Jun 28-Jul 1	M-Th	9:05-10:00am	\$55
103007-28	Jul 5-8	M-Th	8:05-9:00am	\$55
103007-29	Jul 5-8	M-Th	9:05-10:00am	\$55
103007-36	Jul 10-31	Sa	10:05-11:00am	\$55
103007-37	Jul 12-15	M-Th	8:05-9:00am	\$55
103007-38	Jul 12-15	M-Th	9:05-10:00am	\$55
103007-39	Jul 19-22	M-Th	8:05-9:00am	\$55
103007-40	Jul 19-22	M-Th	9:05-10:00am	\$55
103007-46	Jul 26-29	M-Th	8:05-9:00am	\$55
103007-47	Jul 26-29	M-Th	9:05-10:00am	\$55



# SWIM LESSONS

## LEARN TO SWIM - LEVEL 3

Classes are designed for children who have quite a bit of recreational swimming experience, but are interested in learning to develop proper strokes. Your child must be able to swim at least 15 feet and float at least 5 seconds independently on their front and back. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Your child will learn to coordinate Freestyle and Elementary Backstroke, as well as, be introduced to the fundamentals of treading water and Butterfly. They will also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool (outdoor only).

Age: 6-15 years

Min/max: 4/6

Instructor: Staff

### Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103008-01	May 2-23	Su	6:05-7:00pm	\$55
103008-02	May 3-24	M	7:05-8:00pm	\$55
103008-03	May 4-25	Tu	4:05-5:00pm	\$55
103008-04	May 5-26	W	7:05-8:00pm	\$55
103008-05	May 6-27	Th	5:05-6:00pm	\$55
103008-06	May 8-29	Sa	8:05-9:00am	\$55
103008-07	Jun 6-27	Su	6:05-7:00pm	\$55
103008-09	Jun 7-16	M, W	7:05-8:00pm	\$55
103008-10	Jun 8-17	Tu, Th	7:05-8:00pm	\$55
103008-11	Jun 4-25	F	6:05-7:00pm	\$55
103008-15	Jun 21-30	M, W	7:05-8:00pm	\$55
103008-16	Jun 22-Jul 1	Tu, Th	7:05-8:00pm	\$55
103008-18	Jul 11-Aug 1	Su	6:05-7:00pm	\$55
103008-20	Jul 5-14	M, W	7:05-8:00pm	\$55
103008-21	Jul 6-15	Tu, Th	7:05-8:00pm	\$55
103008-22	Jul 9-30	F	6:05-7:00pm	\$55
103008-26	Jul 19-28	M, W	7:05-8:00pm	\$55
103008-27	Jul 20-29	Tu, Th	7:05-8:00pm	\$55
103008-29	Aug 8-29	Su	6:05-7:00pm	\$55
103008-30	Aug 2-23	M	7:05-8:00pm	\$55
103008-31	Aug 3-24	Tu	4:05-5:00pm	\$55
103008-32	Aug 4-25	W	7:05-8:00pm	\$55
103008-33	Aug 5-26	Th	5:05-6:00pm	\$55
103008-34	Aug 7-28	Sa	8:05-9:00am	\$55

### Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103008-08	Jun 7-10	M-Th	8:05-9:00am	\$55
103008-12	Jun 5-26	Sa	8:05-9:00am	\$55
103008-13	Jun 14-17	M-Th	10:05-11:00am	\$55
103008-14	Jun 21-24	M-Th	8:05-9:00am	\$55
103008-17	Jun 28-Jul 1	M-Th	10:05-11:00am	\$55
103008-19	Jul 5-8	M-Th	8:05-9:00am	\$55
103008-23	Jul 10-31	Sa	8:05-9:00am	\$55
103008-24	Jul 12-15	M-Th	10:05-11:00am	\$55
103008-25	Jul 19-22	M-Th	8:05-9:00am	\$55
103008-28	Jul 26-29	M-Th	10:05-11:00am	\$55

## NEW LEARN TO SWIM - LEVEL 4

Classes are designed for swimmers who are interested in improving the strokes they have learned, as well as, learn a few new ones. Your child must be able to swim Freestyle and Elementary Backstroke for at least 15 yards. The objective of Level 4 is to develop your child's confidence in the strokes learned thus far and improve other aquatic skills. They will improve their skills and increase their endurance by swimming familiar strokes (Freestyle and Elementary Backstroke) for greater distances. They will also continue to build on the Butterfly and be introduced to Backstroke, Breaststroke and the Side Stroke.

Age: 6-15 years

Min/max: 4/8

Instructor: Staff

### Location: MCC - Indoor Aquatics

Activity #	Dates	Day	Time	Fee
103009-01	May 3-24	M	7:05-8:00pm	\$55
103009-02	May 8-29	Sa	11:05am-12:00pm	\$55
103009-04	Jun 7-16	M, W	7:05-8:00pm	\$55
103009-08	Jun 22-Jul 1	Tu, Th	7:05-8:00pm	\$55
103009-11	Jul 5-14	M, W	7:05-8:00pm	\$55
103009-15	Jul 20-29	Tu, Th	7:05-8:00pm	\$55
103009-17	Aug 2-23	M	7:05-8:00pm	\$55
103009-18	Aug 7-28	Sa	11:05am-12:00pm	\$55

### Location: MCC - Waterpark

Activity #	Dates	Day	Time	Fee
103009-03	Jun 7-10	M-Th	8:05-9:00am	\$55
103009-05	Jun 5-26	Sa	11:05am-12:00pm	\$55
103009-06	Jun 14-17	M-Th	8:05-9:00am	\$55
103009-07	Jun 21-24	M-Th	8:05-9:00am	\$55
103009-09	Jun 28-Jul 1	M-Th	8:05-9:00am	\$55
103009-10	Jul 5-8	M-Th	8:05-9:00am	\$55
103009-12	Jul 10-31	Sa	11:05am-12:00pm	\$55
103009-13	Jul 12-15	M-Th	8:05-9:00am	\$55
103009-14	Jul 19-22	M-Th	8:05-9:00am	\$55
103009-16	Jul 26-29	M-Th	8:05-9:00am	\$55

## Help Us Go Green!

View a digital version of the brochure online at [www.carmelclayparks.com](http://www.carmelclayparks.com).

Don't throw it away! Pass it along to a friend. We rely upon our friends to help us spread the word about our programs.

# CONTACT US

## CARMEL CLAY PARKS & RECREATION

317.848.7275 | TTY: 317.843.3877 | [www.carmelclayparks.com](http://www.carmelclayparks.com) | [guestservices@carmelclayparks.com](mailto:guestservices@carmelclayparks.com)

### MONON COMMUNITY CENTER

1235 Central Park Drive East  
317.848.7275 | Fax: 317.573.5254

Tess Pinter, CTRS, CPRP: 317.573.5238  
[tpinter@carmelclayparks.com](mailto:tpinter@carmelclayparks.com)

- Recreation Programming

Sarah Carling: 317.573.5243  
[scarling@carmelclayparks.com](mailto:scarling@carmelclayparks.com)

- Special Events
- Sponsorships & Volunteers

Crystal Allen: 317.843.3869  
[callen@carmelclayparks.com](mailto:callen@carmelclayparks.com)

- Parent/Child (2 years and under)
- Preschool/Toddler (3-5 years)

Lindsay Atkinson: 317.573.5247  
[latkinson@carmelclayparks.com](mailto:latkinson@carmelclayparks.com)

- Youth (6-12 years)
- Tweens & Teens (13-17 years)
- KidZone: 317.573.4032

Brooke Taflinger, CTRS: 317.573.5245  
[btaflinger@carmelclayparks.com](mailto:btaflinger@carmelclayparks.com)

- Adaptive/Inclusion (all ages)
- ADA/Accommodations

Matt Leber: 317.573.5248  
[mleber@carmelclayparks.com](mailto:mleber@carmelclayparks.com)

- Adults (18+ years)
- Gymnasium Rentals

Lindsay Willard: 317.573.5249  
[llwillard@carmelclayparks.com](mailto:llwillard@carmelclayparks.com)

- Wellness Programs
- Group Fitness
- Personal Training

Eric Mehl: 317.573.4031  
[emehl@carmelclayparks.com](mailto:emehl@carmelclayparks.com)

- Swim Lessons & Aquatic Programs
- ARC Classes

Carrie Keaveney: 317.573.5250  
[ckeaveney@carmelclayparks.com](mailto:ckeaveney@carmelclayparks.com)

- Aquatics
- Waterpark Rentals

Audrey Hughey: 317.573.5237  
[ahughey@carmelclayparks.com](mailto:ahughey@carmelclayparks.com)

- Guest Services

Michelle Compton: 317.843.3873  
[mcompton@carmelclayparks.com](mailto:mcompton@carmelclayparks.com)

- MCC Banquet & Party Rentals
- Park Shelter Rentals
- Concession/Vending Management

Lindsay Labas: 317.573.4020  
[llabas@carmelclayparks.com](mailto:llabas@carmelclayparks.com)

- Marketing

### EXTENDED SCHOOL ENRICHMENT (ESE)

1235 Central Park Drive East  
317.843.3865 | Fax: 317.573.5254

Carmel Elementary: 317.258.8266  
Cherry Tree Elementary: 317.698.6579  
College Wood Elementary: 317.418.5267  
Forest Dale Elementary: 317.258.6504  
Mohawk Trails Elementary: 317.418.8475  
Orchard Park Elementary: 317.679.9867  
Prairie Trace Elementary: 317.698.0816  
Smoky Row Elementary: 317.418.6917  
Towne Meadow Elementary: 317.698.7950  
West Clay Elementary: 317.698.4966  
Woodbrook Elementary: 317.418.1396

### PARK OPERATIONS & PLANNING

1427 E 116<sup>th</sup> Street  
317.571.4144 | Fax: 317.571.4143

### ADMINISTRATIVE OFFICE

1411 E 116<sup>th</sup> Street  
317.573.4023 | Fax: 317.571.4136

Tara Woolery: 317.573.4025  
[corppass@carmelclayparks.com](mailto:corppass@carmelclayparks.com)

- Corporate Pass Sales

Paula Schlemmer: 317.573.4023  
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- Accounts Payable

Serra Garske: 317.573.4026  
[sgarske@carmelclayparks.com](mailto:sgarske@carmelclayparks.com)

- Purchasing

Lisa Berry: 317.573.4024  
[lberry@carmelclayparks.com](mailto:lberry@carmelclayparks.com)

- Human Resources

### THE CARMEL/CLAY BOARD OF PARKS AND RECREATION

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- Michael Klitzing, CPRP, Assistant Director
- Susan Beaurain, Monon Community Center Division Manager
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