

CITY OF BIG RAPIDS
DEPARTMENT OF RECREATION
226 N. Michigan Ave

231-592-4038

Big Rapids, Michigan 49307

231-592-4059 Fax

2010 – 2011

OPEN GYM BASKETBALL

LOCATION: Crossroads Charter Academy elementary school gym. Must be 18 or older.

FEE: \$3.00 per person per night (we take the first 15 people who show up)

DATES: Starting September 19 2010

Sundays 6:00pm – 8:00pm and

Wednesdays 8:00pm – 10:00pm

FIT AND OVER FIFTY ACTIVITIES

50 + EXERCISE

Tuesdays, 1:00 - 2:00 P.M.

LOCATION: Evergreen Community Building

September 14, 21, 28
October 5, 12, 19, 26
November 2, 9, 16, (no class 23), 30
December 7, (no class 14, 21, 28)
January (no class 4), 11, 18, 25
February 1, 8, 15, 22
March 1, 8, 15, 22, 29
April 5, 12, 19, 26
May 3

50 + DANCE EXERCISE

Thursdays, 11:00 – 12:00 P.M.

LOCATION: Evergreen Community Building

September 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18 (no class 25)
December 2, 9, (no class 16, 23, 30)
January (no class 6), 13, 20, 27
February 3, 10, 17, 24
March 3, 10, 17, 24, 31
April 7, 14, 21, 28
May 5

50 + WATER AEROBICS -

Mondays/Wednesdays/Fridays, 8:30am – 9:30am AND 10:00am-11:00am

LOCATION: F.S.U. Recreation Center

FEE: \$3.00 per person per session

PARKING: Parking permit needed (permits free at FSU Public Safety Department).

ENTERING BUILDING: You enter and exit the building from the lobby (facing Stadium Drive), you will need to check in at the desk and notify them you're there for senior swim.

September 13, 15, 17, 20, 22, 24, 27, 29
October 1, 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29
November 1, 3, 5, 8, 10, 12, 15, 17, 19, (no class 22, 24, 26), 29
December 1, 3, 6, 8, 10
January (no class 3, 5, 7), 10, 12, 14, (no class 17), 19, 21, 24, 26, 28, 31
February 2, 4, 7, 9, 11, 14, 16, 18, 21, 23, 25, 28
March 2, 4, (no class 7, 9, 11), 14, 16, 18, 21, 23, 25, 28, 30
April 1, 4, 6, 8, 11, 13, 15, 18, (no class 20, 22), 25, 27, 29
May 2, 4, 6



Don't forget to attend the monthly BIRTHDAY LUNCHEONS!!!!!

Dates to be announced

