Adult Learn to Swim • Line Dancing • Yoga/Pilates • Zumba & More!
See back of flyer for details
**Adult Learn to Swim**
CRN# 31961  
3/26-5/14 Saturday 10-11 a.m. MRC 10  
Fee: $60.00  
This class is designed for people with little or no water experience. Class will provide an understanding of the basic skills required for swimming.

**Line Dancing**
CRN# 31811  
3/1-5/12 Tuesday and Thursday 5:30 – 6:30 p.m.  
MRC 34  
Fee: $108.00  
Learn basic urban-style dance steps to R&B songs, footwork, spins and structure.

**Yoga/Pilates**
CRN# 31809  
2/16-5/12 Tuesday and Thursday 7:15 – 8:00 a.m.  
MRC 34  
Fee: $122.00  
This class is a combination of these two forms: Pilates, designed to develop the core abdominal and trunk muscles, and yoga, consisting of Pranayama (breath control) and Dhyana (meditation).

**Zumba**
CRN# 31810  
2/29-5/11 Monday and Wednesday 5:30-6:30 p.m.  
MRC 34  
Fee: $108.00  
Zumba is a lively Latin-inspired cardio dance workout utilizing international music rhythms and hip-hop variations. These dance concepts are mixed with aerobic-based choreography to increase the heart rate and create cardio challenges.

**Community Membership Program**  
(Recreation and Wellness)  
CRN# 31959  
1/11 - 12/31 Monday–Saturday MRC  
Fee: $35.00  
This is the non-credit registration class that allows members of the community to enroll in the Community Membership Program. The program offers non-students the opportunity to utilize the Recreation Center facilities and obtain a 20% discount on services at the Preventative Care Center, Dental Hygiene Clinic and Optical Dispensary. Members also receive discounts on tickets to the Performing Arts Series, student theater productions and JazzFest.

Memberships are non-transferable and non-refundable. Members must be 18 years of age or older to enroll and must present their IDs to obtain discounts.  

Currently, you must register for this program in person at the Metro Campus Enrollment Center.

CANCELLATION AND REFUND POLICY

**Cancellations:** You will be contacted by the Recreation Department if a class has been canceled. Please make sure to provide a current phone number or email address when registering.

**Refunds:** Please contact the Continuing Education Department at (216) 987-3075 if you wish to withdraw from a class. You will receive a 100% refund, minus the non-refundable service charge, if the college cancels the course or you withdraw one or more weeks before the start of the class. An 80% refund applies if you withdraw after the first class and before the second class. No refunds are given after the second class.

CLOSURE POLICY

**Closures:** The Metropolitan Campus Recreation Center, which includes the fitness center, pool and gym, are closed when the College is closed. The Recreation Center also closes annually for maintenance.

Please note: Recreation Center hours are subject to change and may vary by semester.

For the most up-to-date hours, please go to www.tri-c.edu/metrorec