



FALL HAPPENINGS

AJ Smith Recreation Center

810 N. Evans St.

Tecumseh MI, 49286

517-423-5602

Senior/Adult Fitness Class



Designed for those looking for light cardio, light aerobics and increasing range of motion.

Whether you are recovering from surgery or just looking to be more active, this class is for you!

When: September 12 - October 31;

Thursdays only

Where: AJ Smith Recreation Center

Time: 9 AM - 9:45 AM

Cost: \$1/participant

Instructed by CJ Johnson

LINE DANCING

Fun for everyone. Doesn't require a partner. Great exercise.

Boot Scootin' Boogie!!

First class is FREE!

No experience required

When: September 24 - November 26;

Tuesdays only

Time: 10:30 AM - 11:30 AM

Cost: \$4; \$3 city resident

Punchcards are not valid!

Instructed by Gloria Bortnichak



FITMIX PLUS!



This fun class includes "Crossterval" training; fitness kickboxing, conditioning exercises and positive affirmations with upbeat music. Created for all fitness levels. Simply by moving your body and being mindful, you improve the quality of your life.

When: September 12 - October 31;
Thursdays only

Time: 7 - 7:45 PM

Where: AJ Smith Recreation Center

Cost: \$8;\$7 city resident or purchase a punchcard: 11 visits for \$65;
\$55 city resident

Instructed by Bart Bradley

ZUMBA



Let's get ready to Zumba!!

First class is FREE!

Starting September 10 - December 17;
Tuesdays only

Time: 7 PM - 8 PM

Where: AJ Smith Recreation Center

Cost: \$8;\$7 city resident or purchase a punchcard: 11 visits for \$65;\$55 city resident

Instructed by Barb Randolph

Yoga: Every class incorporates traditional yoga moves, but offers variety in its format.

Gentle Stretch: Minimal time spent on our wrists or knees opens your world to many poses.

Gentle Stretch: Mondays & Thursdays
@ 5:30 PM

Yoga: Mondays & Thursdays @ 7 PM
Cost: \$8; \$7 city resident or purchase a punchcard: 11 visits for \$65; \$55 city resident
Instructed by Stephanie Cole

YOGA/GENTLE STRETCH YOGA



Youth Basketball

TOT BASKETBALL

Our tot program is packed with tons of fun skills and drills. 30 minute session teaches the basics of basketball through station based activities. Parents assisting kids.

Ages: 3 & 4

Time: 5:45PM - 6:15PM

Where: AJ Smith Recreation Center

When November 11, 12, 13 and 14

Cost: \$45;\$35 city resident

U6 BASKETBALL

Dribble, pass, and shoot your way to fun in this five week basketball program! Following the Jr. NBA curriculum participants will learn the basics of basketball and scrimmage each week.

Time: 6 - 6:50PM; Birth year 2014

Where: AJ Smith Recreation Center

When: November 6, 13, 20 and

December 4, 11

Cost: \$60;\$50 city resident

8U BASKETBALL

Get in the Game! The basketball league is instructional and is a fun experience. This league focuses not just on skill development but team building skills through healthy competition. *Birth years: 2011, 2012, 2013*

Time: 5:45 PM - 7:45 PM

Where: AJ Smith Recreation Center

When: November 19, 21, 26 and

December 3, 5, 10, 12, 17 and 19

Cost:\$70;\$60 city residents





Ghost Tours of Tecumseh

Our annual Ghost Tours return in October! Every place has a history. Some told, some purposefully forgotten. Take a step back in time and discover some the eerie happenings on this walking tour of Tecumseh. Route is 1.5 - 2 miles on the city sidewalks. Dress for weather and wear sturdy shoes.

When: October 18 & October 19

Time: 7 PM & 9 PM each night.

Cost: \$6; \$5 city resident

Tot Lot



We offer a loosely organized time for children 4 and under to enjoy out gym space! Caregivers supervise their child. Part time group activities and part time free play this is a great time for your tot to run out that never ending energy!

When: Mondays @ 10 - 11 AM

New time/day - Fridays @ 9 - 10 AM

Cost is \$1/child.

Calling all ghosts and goblins! Our annual Tot Halloween Party takes place October 31st at the AJ Smith Rec Center from 10 AM - 11 AM. This FREE event is perfect for children 4 and younger and their caregivers. We'll have treats and fun for everyone! Costumes encouraged!

Tot Halloween Party



Tot Christmas Party



Come out December 16th from 10 AM -11 AM to the AJ Smith Recreation Center for fun and a chance to see Santa! This FREE party is perfect for ages 4 and younger with their caregiver.