

CLASS GUIDE

SPRING 2018

DIFFERENT STROKES

Swim lessons keep the 'fun' in fundamentals

-page 2

Registration begins at **7 a.m. Friday, March 9**

Register online: www.theMAC.com



It's all smiles for swim instructor Danielle Kershner and Clive De La Mare, 12, during a recent swim lesson.

Swim School: Lessons That Last a Lifetime

MAC members share their experiences with swim lessons at the club.

Water covers more than 70 percent of the Earth's surface. For those who want to severely limit their travel options, not learning how to swim is a great start.

Considering that drowning continues to be one of the most common causes of accidental death in children, future travel plans might not enter into the decision. Swimming is a fundamental skill of living, and whether for safety or athletic and leisure options, giving kids the opportunity to learn just makes good sense.

Just as persuasive as common sense, however, is the joy kids find in the pool. What follows are three stories about MAC Swim School. While safety and quality of life figure prominently into all of them, the most persuasive notions of all seem to be the fun and friendship members have wrung from their aquatic pursuits.

The Moore the Merrier

"It was never even a question," says Terra Moore of her decision to enroll her sons Micah, 5, and Carter, 7, in swim lessons. Like many MAC kids, Carter got started early, at age 2, with the Big Fish Little Fish program. "It was nonnegotiable for so many reasons, but that fear factor was a main one. I didn't want my kids to be afraid of the water."

Moore's boys now take lessons twice a week, and despite being a bit overscheduled between soccer, climbing, T-ball and a variety of other activities, they both love it. "The water's really calming to Micah," she says, adding that, "Their confidence around water means that we can go on vacation as a family and not have to stress when we go to the pool."

"At this point, Carter could probably rescue anyone in our family in the open ocean," she says, laughing. Moore and her husband are both avid snorkelers, so knowing that they will someday be able to bring their kids with them on adventures is a huge plus.

In that regard, Moore very much appreciates that staff members are confident and firm, even as they make sure the kids are having a good time. "They aren't easy, and they don't pass everyone on to the next level. They have it really dialed in."

McMahon Overboard

Not all kids take to swimming immediately, but according to Jill McMahon, it's only a matter of time. "Maybe it's the discipline or the structure, or maybe it's just the good friendships," she says. "The MAC program leads them all to become swimmers."

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ON THE COVER: Swim instructor James Labrador works with Carter Moore, 7, in the West Pool. Carter started swim lessons at MAC with the Big Fish, Little Fish program at age 2. Photo by Joseph Palazzo.

MULTNOMAH ATHLETIC CLUB

SPRING 2018 CLASS GUIDE



An insert in the March issue of *The Winged M* magazine

Guides to MAC camps and classes are inserted in the March, April, August and December issues of *The Winged M* magazine.

REGISTRATION

- **Registration begins at 7 a.m. Friday, March 9.**
- Register online at theMAC.com and use the class guide PDF with registration links.
- Directions for online registration are at theMAC.com/group/pages/spring-class-guide.
- Phone registration is available by calling 503-517-7235.
- Members may register in person through At Your Service, located on the main floor.
- For class-specific information and questions, contact the specific staff listed in the class guide.

Important

MAC classes and camps require the MAC Agreement Release and Waiver of Liability form completed by parents/guardians to give permission to treat children in the event of a medical emergency. To update a child's profile, log in as the child on the website and click "my profile" from any screen. Participants may not begin classes or camps until this information is complete.

USING THIS GUIDE

This class guide is alphabetized by program name and is meant to be a quick reference for seasonal and registerable camps, classes and clinics. Please use the table of contents on the right to cross-reference each department's offerings. Check theMAC.com for the most comprehensive listing of MAC's current programs, including complimentary drop-in fitness classes and wellness packages. Information listed in the guide after the class title and description is displayed in the following format:

Date(s)	Day(s)	Time	Location	Member/non-member fee	Reg. No.
4/8-6/3	SU	7-8 p.m.	Studio One	\$55/\$65	AEC126

ABOUT THIS GUIDE

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Junior Activities Supervisor Mike Donovan manages the content of this guide.

ADULT EDUCATION

MAC Member Events offers educational and activity classes to members and their non-member guests. Classes and workshops provide an opportunity for members to explore creative arts, music and dance, personal development and game playing. They can learn a new skill, brush up on a forgotten one, or meet new people with similar interests. If the class is assigned "PD Room," please check the daily Schedule of Events at the entrances for the private dining room assignment. For more information, contact Events and Catering at 503-517-6600.

CREATIVE ARTS

KNITTING AND CROCHETING

This 10-week class is for beginners and those who just need a refresher, or help with a project. Learn basic stitches, pattern reading, sweater design, and finishing. Beginners need one skein of light-colored worsted-weight yarn, size eight knitting needles and G-crochet hook. This class is instructed by Joyce Carlo. *No class 5/28

*4/9-6/18 M 10 a.m.-noon PD Room \$100/\$119 **AEC101**
4/13-6/15 F 10 a.m.-noon PD Room \$100/\$119 **AEC102**

TELL-YOUR-STORY WRITING

This class focuses on writing a memoir and is designed for students who want to write and develop skills in a supportive environment. Guests are limited to one per member and the class is a mix of new and repeat students. This class is instructed by Tom Hallman, Jr., a Pulitzer Prize winning writer.

4/9, 4/23, 5/7, 5/21 and 6/4
M 7-9 p.m. PD Room \$150/\$180 **AEC104**

WATERCOLOR

This nine-week class is designed to dramatize a subject through use of strong light and shadow, resulting in punched-up color and depth within any composition. Students use an array of painting surfaces, textures and fun tools of the trade. Beginners are welcome but the class is designed for advancing students. This class is instructed by Susan Hinton.

4/10-6/5 T 9:30 a.m.-12:30 p.m. TBD \$135/\$162 **AEC106**

CALLIGRAPHY *NEW CLASS*

Calligraphy translates to "beautiful writing," and is a historical form of western handwriting. Some of the styles are quite formal, some free and creative, some illegible and some absolutely incredible. In this "getting acquainted" with calligraphy workshop, students work with traditional writing tools and experience modern variations. Students pick an easier style of writing and use a traditional dip pen to create a small sampler book to take home. All materials are provided.

4/29 SU 9:30 a.m.-12:30 p.m. Activities Classroom \$30/\$36 **AEC139**

PERSONAL DEVELOPMENT

BEGINNING CONVERSATIONAL SPANISH

Students learn the basics of written and spoken Spanish using practical vocabulary and present-tense verb conjugations, and they gain confidence in everyday conversations in a relaxed atmosphere. They also learn Latino cultural differences between native speakers and academic speakers. The book is available for purchase through the instructor for \$16. This class is instructed by Walter Osorio. *No class 5/27

*4/8-6/3 SU 4-6 p.m. PD Room \$199/\$240 **AEC108**

PRE-INTERMEDIATE CONVERSATIONAL SPANISH

This class is for students who have some knowledge of Spanish. Students learn the past tense of basic conjugation, ser and estar, tener and common irregular verbs. Students also learn new vocabulary with more spoken Spanish during class and gain confidence in everyday conversations. Class includes discussions regarding cultural differences. The book is available for purchase through the instructor for \$16. This class is instructed by Walter Osorio. *No class 5/27.

*4/8-6/3 SU 2-4 p.m. PD Room \$199/\$240 **AEC109**

INTERMEDIATE CONVERSATIONAL SPANISH

Students practice conversational Spanish in a relaxed atmosphere, begin learning the subjunctive, increase vocabulary, read a young adult novel, and improve their ability to express themselves. New students are welcome. High school or college experience or equivalent is recommended. This class is instructed by Leslie Hayertz.

4/12-6/14 TH 10 a.m.-noon PD Room \$150/\$180 **AEC110**

ADVANCED CONVERSATIONAL SPANISH

Students enjoy conversation with fellow students in a relaxed atmosphere, practice advanced grammar and listening comprehension, learn additional vocabulary and read a novel. New students are welcome. This class is instructed by Leslie Hayertz.

4/12-6/14 TH 1-3 p.m. PD Room \$150/\$180 **AEC111**

IPHONE AND IPAD LEVEL 1: FUNDAMENTALS

This class is about getting to know iPads and iPhones at a deeper level, both as life-enriching tools and as entertaining toys. It starts with the fundamentals and builds in tips and tricks that make them easy to use. Students discover powerful built-in components, how to use the keyboard, and how to buy apps from the App Store. It also explores dictation, iCloud, all the settings and much more. This class is for all iPad and iPhone users, from those afraid to take them out of the box to experienced users who want to glean every tip they can. This class is instructed by Royalwise Computer Training and Support.

4/23 M 1-3 p.m. PD Room \$45/\$54 **AEC117**

IPHONE AND IPAD LEVEL 2: FUNDAMENTALS

Following Level I, this class explores how to use iPhones and iPads to keep track of busy lives and increase overall productivity. Topics include: Siri, built-in apps to increase productivity, iCloud, and the new iPhones 8 and X. This class is instructed by Royalwise Computer Training & Support.

4/23 M 3:30-5:30 p.m. PD Room \$45/\$54 **AEC118**

GROWING VEGETABLES IN RAISED GARDEN BEDS

Raised garden beds are a wonderful way to grow food in a small urban space. They also have advantages over traditional in-ground garden beds. Learn about the practice of growing veggies in raised beds, the benefits and drawbacks, what grows best in raised beds, the seasonal cycle of planting and caring for such gardens, and more! This class is instructed by Ian Wilson, owner and founder of Portland Edible Gardens.

4/24 T 7-8:30 p.m. PD Room \$20/\$24 **AEC112**

GROWING THE PERFECT TOMATO *NEW CLASS*

Few things are more beloved among gardeners than home-grown tomatoes. Students are invited to learn how to grow the perfect tomato in their home gardens using a few simple guidelines. The class also discusses ideal growing conditions, soil preparation, planting methods, tomato cages, favorite varieties, fertilizing, harvesting and more! This class is instructed by Ian Wilson, owner and founder of Portland Edible Gardens.

5/31 TH 7-8:30 p.m. PD Room \$20/\$24 **AEC113**

THE HISTORY, GRAPES AND TRADITIONS OF ITALIAN WINE *NEW CLASS*

In this interactive class, students taste a flight of eight classic Italian wines and discuss the country's wine history and present. Learn about Italy's indigenous grapes, the traditions that shape wine production, and how to decipher an Italian wine label. This class is taught by Wine & Spirit Archive.

5/23 W 7-9 p.m. PD Room \$50/\$60 **AEC120**

SECRETS TO USING TECHNOLOGY ABROAD

Designed for business and leisure travelers, this workshop covers options for using smart phones and tablets overseas, best data plans, SIM cards, data security strategies, travel apps and more. Students should bring their devices for in-class activities. Even seasoned travelers will find this class useful. It includes a private consultation for follow-up questions. This class is instructed by Dan Bare, world traveler and technology expert.

5/3 TH 6:30-9 p.m. PD Room \$48/\$57 **AEC121**

STOCKING A PLANT BASED PANTRY: VEGAN 101 *NEW CLASS*

Learn how to prepare nutrient-dense, delicious cuisine using a myriad of plant-based ingredients. This class moves from the pantry forward, so both new and experienced cooks can become acquainted with common elements, ingredients and tools that will inspire fresh ideas and satisfying meals. This class is instructed by Sabrina Louise.

4/25 W 2-5 p.m. PD Room \$36/\$43 **AEC138**

INTRO TO THE ASTROLOGICAL SIGNS AND ATHLETICS *NEW CLASS*

Learn about connections between astrology and physicality. This class covers various attributes of the twelve zodiac signs – color frequency, personality, physicality, kinesthetics, athletic gifts and more. Students also learn about pivotal research into astrological signatures of professional athletes. This class is presented by full-time instructors from the Portland School of Astrology.

5/7 M 2-4 p.m. PD Room \$36/\$43 **AEC137**



MAC offers youth basketball classes for newcomers to mid-level players ages 5 through 9 this spring.

MUSIC AND DANCE

BEGINNING BALLROOM DANCE

Designed for the complete beginner, this class teaches the staples of ballroom dance, focusing on the Waltz and American Tango. **Partners are required. This class is instructed by Bob and Nancy Laughland. *No class 5/27.

*4/8-6/3 SU 6-7 p.m. Studio One \$55/\$65 **AEC124**

INTERMEDIATE BALLROOM DANCE

Students build upon their elemental movements by adding more elaborate dance steps and begin forming simple routines that can be danced in several ballroom rhythm styles. They review proper lead and follow techniques and add styling to dancing. This class is instructed by Bob and Nancy Laughland. **Partners are required. *No class 5/27.

*4/8-6/3 SU 7-8 p.m. Studio One \$55/\$65 **AEC126**

**If you do not have a partner but are interested in taking classes, contact Krystal Anderson at 503-517-7270 or KAnderson@themac.com to be added to an interest list.

BEGINNING UKULELE

This class is for adult students who have always wanted to try playing the ukulele. No experience is needed. Music is provided, but students must provide their own instrument. For information on how to purchase a ukulele, contact instructor Tim Uecker at timueckermusic@gmail.com. A good starter ukulele is around \$60 and can be found online or at most local music stores.

4/11-5/30 W 4-5 p.m. Activities Classroom \$189/\$227 **AEC133**

BEGINNING GUITAR

This class is for juniors or adults who have had very little or no guitar experience. Students learn the basics of reading music, tablature and playing chords. Music is chosen from a range of classic to contemporary folk and rock. Students must provide their own guitar. This class is instructed by Tim Uecker.

4/11-5/30 W 5-6 p.m. Activities Classroom \$189/\$227 **AEC127**

INTERMEDIATE GUITAR

This class is for adults and for juniors, with approval, who have completed a beginning and beginning/intermediate guitar class at MAC, or have had some experience in

chording and strumming the guitar. It uses full chords, new strumming techniques, reading of tablature and some finger-style techniques. Students must provide their own guitar. This class is instructed by Tim Uecker.

4/11-5/30 W 6-7:30 p.m. Activities Classroom \$249/\$299 **AEC128**

FUN AND GAMES

DUPLICATE BRIDGE

Find a partner and join other enthusiastic bridge players at these ACBL-sanctioned stratified events. Play starts at 12:30 p.m. on the first, third and fifth Mondays of the month. New players are welcome, as well as guests when pre-registered and accompanied by a member. To register for any game, contact Tournament Director Jan Yocom at 503-265-8668 or janyocom@comcast.net.

4/2, 4/16, 4/30, 5/7, 5/21, 6/4 and 6/18
M 12:30-3:30 p.m. PD Room \$10

LEARN TO PLAY BRIDGE III *NEW CLASS*

This class is geared toward players ready to go beyond bridge basics. A short lecture will be followed by 90 minutes of play and discussion. Students learn concepts such as: when to pull trump, Michaels and unusual 2N, hand re-evaluation, attitude signals, responding to partner's double, active vs. passive defense and opening leads, cover cards, and balancing. Students continue to work on declarer play and begin to focus on defense. This class is instructed by Linda Wiener and Dave Brower, owners of Portland Bridge Club.

4/11-5/30 W 2-4 p.m. PD Room \$140/\$150 **AEC132**

INTERMEDIATE BRIDGE

This class covers the basics of intermediate bridge with an introduction to widely used conventions. It includes 30 minutes of lecture and 90 minutes of play each week. This class is instructed by Flo Savage. *No class 5/8.

*4/10-6/05 T 10 a.m.-noon PD Room \$105/\$125 **AEC129**

MAH JONGG

National League Mah Jongg is similar to rummy. Students are first introduced to the domino-like tiles and then move on to defensive plays and strategies to win. No partner is necessary. Price includes card and rule book from National Mah Jongg League. This class is instructed by Lilly Logan.

4/3-5/1 T 1-3 p.m. PD Room \$105/\$126 **AEC134**

BASKETBALL

MAC Court Sports offers a wide variety of competitive, recreational and developmental basketball programs. The goal of the basketball programs are to provide opportunities for adult and junior members to learn new skills, compete and have fun with others.

For a complete list of level and course descriptions and class policies, visit theMAC.com/group/pages/basketball. For more information, contact Van DeKoning at 503-517-7572 or VDeKoning@themac.com.

YOUTH BASKETBALL

These classes are designed for newcomers, returning beginners and moderate players. Players work on fundamentals such as defense, passing, dribbling, rebounding and shooting.

BEGINNERS YOUTH BASKETBALL (ages 5 to 6)

4/2-4/25 M/W 3:45-4:30 p.m. Main Gym-East \$104 **CJB012**

BEGINNERS YOUTH BASKETBALL (ages 7 to 9)

4/3-4/26 T/TH 3:45-4:30 p.m. Main Gym-East \$104 **CJB022**

BEGINNERS YOUTH BASKETBALL (ages 6 to 9)

4/30-5/23 M/W 3:45-4:30 p.m. Main Gym-East \$104 **CJB032**

ADULT BASKETBALL (ages 18 and older)

Each team faces each of the other teams in the league during the regular season. All teams in the league are admitted to the playoffs and play according to seeding. The Spring House League offers adults the opportunity to play with buddies. There is no draft as there is in the Fall House League. Players form their own team and designate a captain. Team captains must email a roster to VDeKoning@themac.com.

SPRING HOUSE LEAGUE

4/12-5/31 TH 6:30-8:30 p.m. Main Gym \$110 **CAB011**



Outdoor options abound at Spring Adventure Camp, where participants may go hiking, caving, rock climbing or exploring the coast, depending on weather conditions.

CAMPS

MAC's Athletic departments offer camps during holiday weeks and the summer. Non-member guests are allowed at camps, unless otherwise noted.

HOLIDAY DAY CAMPS (ages 5 to 13)

MAC offers holiday camps throughout the year during certain Portland Public School holidays and in-service days. The day camp offers activities such as basketball, soccer, floor hockey, dodgeball, wiffle ball, board games and an art table. Lunch is provided and swimming is offered if there are enough participants. For more information, contact Lauren Allison at 503-517-7556 or LAllison@themac.com.

3/26	M	9 a.m.-4 p.m.	Main Gym	\$80/\$96	YPC102
3/27	T	9 a.m.-4 p.m.	Main Gym	\$80/\$96	YPC103
3/28	W	9 a.m.-4 p.m.	Main Gym	\$80/\$96	YPC104
3/29	TH	9 a.m.-4 p.m.	Main Gym	\$80/\$96	YPC105
3/30	F	9 a.m.-4 p.m.	Main Gym	\$80/\$96	YPC106

GYMNASTICS SPRING BREAK CAMP (ages 5 to 14)

Recreational gymnasts from Kinder through Advanced are split into age/level-appropriate groups. They learn basic gymnastic skills, such as: rolls; handstands and cartwheels on the floor; various walks, jumps and balance moves on the beam; swinging and circling moves on the bars; jumping on the trampoline and into the foam pit; and traditional gymnastics camp games. For more information, contact Molly Gill at 503-517-7558 or MGill@themac.com.

3/26-3/30	M-F	9-11 a.m.	Gymnastics Arena	\$130/\$156	GYC021
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MY MAC PLAYSCHOOL SPRING BREAK CAMP (ages 2½ to 5)

Children experience a world of exploration in My MAC Playschool Camp. These camps are a great way to continue children's preschool learning during spring break. Camp

includes activities such as arts and crafts, music, movement, and group games. Camps are taught by three My MAC Playschool staff members. An optional lunch hour is available from 11 a.m.-noon for \$6.25. This camp is for MAC members only. For more information, contact Youth Programs Early Childhood Supervisor Jenny Robinett at 503-517-7217 or JRobinett@themac.com.

3/26-3/30	M-F	9-11 a.m.	Activities Classroom	\$100	YPC062
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SPRING BREAK CLIMBING CAMP (ages 6 to 13)

These camps offer a great opportunity for children of all skill levels who love adventure sports to stay active during Spring Break. Participants rotate through a variety of activities, including climbing, knot-tying, team-building games, scavenger hunts and more. The cost includes lunch. For more information, contact Kellie Halkinrude at 503-517-7575 or KHalkinrude@themac.com.

3/26	M	9 a.m.-4 p.m.	Climbing Gym	\$65/\$78	OCA401
3/27	T	9 a.m.-4 p.m.	Climbing Gym	\$65/\$78	OCA402
3/28	W	9 a.m.-4 p.m.	Climbing Gym	\$65/\$78	OCA403
3/29	TH	9 a.m.-4 p.m.	Climbing Gym	\$65/\$78	OCA404
3/30	F	9 a.m.-4 p.m.	Climbing Gym	\$65/\$78	OCA405

SPRING BREAK ADVENTURE CAMP (ages 8 to 13)

Campers experience five days of fun-filled outdoor activities that might include hiking, caving, rock climbing, exploring the coast and checking out waterfalls. Activities are based on weather and access. Participants should be prepared for a physically strenuous week in a diverse range of climate and weather conditions. For more information, contact Kellie Halkinrude at 503-517-7575 or KHalkinrude@themac.com. M – Silver Falls; T – Ape Caves; W – Hatchery, Bonneville Dam and Hiking; TH – Climbing or Hiking; F – TBD

3/26-3/30	M-F	9 a.m.-5 p.m.	various locations	\$299/\$359	OCA211
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CLIMBING

MAC's Outdoor Department offers classes and camps geared toward a variety of ages and climbing skill levels. All classes and camps are held in the Climbing Gym. Members not climbing are asked to help MAC staff maintain a safe, structured environment for young climbers by staying in the designated spectator area of the Climbing Gym.

For a complete list of level and course descriptions, visit theMAC.com/group/pages/rock-climbing-classes. For more information, contact Kellie Halkinrude at 503-517-7575 or KHalkinrude@themac.com.

TINY TOTS CLIMBING (ages 4 to 5)

This fun five-week class exposes MAC children to a new sport, and helps to build motor skills and instill self-confidence. Children are introduced to the basics of climbing in a structured atmosphere with qualified climbing instructors. This class is limited to six participants and is restricted to children ages 4 and 5, no exceptions.

4/10-5/8	T	4-4:45 p.m.	Climbing Gym	\$68	OCL011
5/15-6/12	T	4-4:45 p.m.	Climbing Gym	\$68	OCL012
4/11-5/9	W	4-4:45 p.m.	Climbing Gym	\$68	OCL021
5/16-6/13	W	4-4:45 p.m.	Climbing Gym	\$68	OCL022
4/12-5/10	TH	4-4:45 p.m.	Climbing Gym	\$68	OCL031
5/17-6/14	TH	4-4:45 p.m.	Climbing Gym	\$68	OCL032
4/13-5/11	F	4-4:45 p.m.	Climbing Gym	\$68	OCL041
5/18-6/15	F	4-4:45 p.m.	Climbing Gym	\$68	OCL042
4/14-5/12	SA	9-9:45 a.m.	Climbing Gym	\$68	OCL051
4/14-5/12	SA	10-10:45 a.m.	Climbing Gym	\$68	OCL052
4/14-5/12	SA	3-3:45 p.m.	Climbing Gym	\$68	OCL053
4/14-5/12	SA	4-4:45 p.m.	Climbing Gym	\$68	OCL054
5/19-6/16	SA	9-9:45 a.m.	Climbing Gym	\$68	OCL061
5/19-6/16	SA	10-10:45 a.m.	Climbing Gym	\$68	OCL062
5/19-6/16	SA	3-3:45 p.m.	Climbing Gym	\$68	OCL063
5/19-6/16	SA	4-4:45 p.m.	Climbing Gym	\$68	OCL064

CREATIVE CLIMBERS (ages 4 to 5)

In this class, children develop their creative side with arts and crafts while learning the sport of rock climbing. To ensure safety and quality instruction, class size is limited for a lower instructor-to-student ratio. The age restriction is strictly enforced.

4/12-5/3	TH	1-1:45 p.m.	Main/Climbing Gyms	\$79	YPT061
5/10-6/7	TH	1-1:45 p.m.	Main/Climbing Gyms	\$99	YPT062

AFTER SCHOOL CLIMBING (ages 6 to 8)

This class introduces climbing to juniors who are not old enough to belay. This class provides a great workout, instills self-confidence and creates team building in a safe and fun environment. This class is limited to twelve participants.

4/10-5/8	T	4-5:15 p.m.	Climbing Gym	\$98	OCL071
5/15-6/12	T	4-5:15 p.m.	Climbing Gym	\$98	OCL072
4/11-5/9	W	4-5:15 p.m.	Climbing Gym	\$98	OCL081
5/16-6/13	W	4-5:15 p.m.	Climbing Gym	\$98	OCL082
4/12-5/10	TH	4-5:15 p.m.	Climbing Gym	\$98	OCL091
5/17-6/14	TH	4-5:15 p.m.	Climbing Gym	\$98	OCL092
4/13-5/11	F	4-5:15 p.m.	Climbing Gym	\$98	OCL101
5/18-6/15	F	4-5:15 p.m.	Climbing Gym	\$98	OCL102
4/14-5/12	SA	9-10:15 a.m.	Climbing Gym	\$98	OCL103
4/14-5/12	SA	10:30-11:45 a.m.	Climbing Gym	\$98	OCL104
5/19-6/16	SA	9-10:15 a.m.	Climbing Gym	\$98	OCL105
5/19-6/16	SA	10:30-11:45 a.m.	Climbing Gym	\$98	OCL106

AFTER SCHOOL CLIMBING (ages 9 to 13)

This class introduces climbing to juniors who are not old enough to belay. This class provides a great workout, instills self-confidence and creates team building in a safe and fun environment. This class is limited to twelve participants.

4/10-5/8	T	5:30-6:45 p.m.	Climbing Gym	\$98	OCL111
5/15-6/12	T	5:30-6:45 p.m.	Climbing Gym	\$98	OCL112
4/12-5/10	TH	5:30-6:45 p.m.	Climbing Gym	\$98	OCL121
5/17-6/14	TH	5:30-6:45 p.m.	Climbing Gym	\$98	OCL122
4/13-5/11	F	5:30-6:45 p.m.	Climbing Gym	\$98	OCL131
5/18-6/15	F	5:30-6:45 p.m.	Climbing Gym	\$98	OCL132
4/14-5/12	SA	11 a.m.-12:15 p.m.	Climbing Gym	\$98	OCL141

5/19-6/16 SA 11 a.m.-12:15 p.m. Climbing Gym \$98 OCL142

HIGH SCHOOL CLIMBING AND CONDITIONING (ages 14 to 17)

This fun, social class is designed for high school students who want to try something new or take their climbing to new heights. The class combines basic and intermediate climbing techniques. It develops trust and interpersonal communication skills in a safe and exciting environment. Participants are eligible to become belay-approved.

4/10-5/8	T	5-6:15 p.m.	Climbing Gym	\$98	OCL161
5/15-6/12	T	5-6:15 p.m.	Climbing Gym	\$98	OCL162

HIGH SCHOOL GYM TO CRAG (ages 14 to 17)

This class introduces high school students to core concepts and skills used while climbing in the outdoors. They gain hands-on experience and knowledge from MAC's highly qualified team of climbing instructors and guides. This class includes one day of guided outdoor climbing where students put their new skills to the test. All experience and ability levels are welcome. *The off-site trip is weather-dependent and subject to change.*

4/12-5/10	TH	5-6:15 p.m.	Climbing Gym		
5/12	SA	8 a.m.-5 p.m.	Off-site Trip	\$192	OCL201
5/17-6/14	TH	5-6:15 p.m.	Climbing Gym		
6/16	SA	8 a.m.-5 p.m.	Off-site Trip	\$192	OCL211

FAMILY CLIMBING (ages 4 and older)

This beginner class is tailored for parents and children to climb together. Participants learn basic climbing skills, such as belaying, basic knot-tying, and fundamental climbing movement. Instructors focus on climbing terminology, safety, equipment and the skills necessary to navigate an indoor climbing facility. This class is limited to eight participants.

4/14-5/12	SA	Noon-1:30 p.m.	Climbing Gym	\$68	OCL171
5/19-6/16	SA	Noon-1:30 p.m.	Climbing Gym	\$68	OCL172
4/15-5/13	SU	11:30 a.m.-1 p.m.	Climbing Gym	\$68	OCL181
5/20-6/17	SU	11:30 a.m.-1 p.m.	Climbing Gym	\$68	OCL182

CLIMBING TEAM DEVELOPMENT (ages 8 and older)

This class teaches the skills necessary to be a part of the climbing team and prepare for competition. It is used as a springboard to join MAC's competitive climbing team. Most team members started in the development program, and the coaching staff finds this program is an invaluable tool. Coaches recommend that juniors participate in one session of the Development Class or Development Summer Camp before trying out for the MAC climbing team.

Prerequisite: Participants must have completed a climbing class or summer camp, and be willing to follow a structured training program. Students must receive approval from MAC's head climbing coach before participating in this class.

4/3-6/16	T, 5:30-7 p.m., and SA, 2:15-3:45 p.m.	Climbing Gym	\$220	OCL191
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WOMEN WHO ROCK (ages 18 and older)

This class brings members together to meet new friends and climbing partners. It can be incorporated into a morning workout and provides a great community for women. Women of all skill levels, from novice to expert, are welcome. There is no prerequisite. The cost is \$110 for one class per week; \$240 for all three days per week.

4/10-6/12	T	9:30-11:30 a.m.	Climbing Gym	\$110	OCL202
4/11-6/13	W	9:30-11:30 a.m.	Climbing Gym	\$110	OCL203
4/12-6/14	TH	9:30-11:30 a.m.	Climbing Gym	\$110	OCL204
4/13-6/15	F	9:30-11:30 a.m.	Climbing Gym	\$110	OCL205
4/10-6/15	T/W/F	9:30-11:30 a.m.	Climbing Gym	\$240	OCL206
4/10-6/15	T/TH/F	9:30-11:30 a.m.	Climbing Gym	\$240	OCL207

CLINICS

CLIMBING 101 CLINIC SERIES (ages 16 and older)

This series of clinics is designed to prepare athletes' parents and families for the climbing life. Climbing 101 serves as an introduction to the sport, but is helpful for experienced climbers who may be unfamiliar with competitive climbing or the nuances of climbing with a youth athlete. This five-week course covers top-rope belaying and climbing, speed climbing and belaying, and bouldering. Participants learn how to help their athlete grow to full potential and, at the end of the course, will be prepared to bring their athlete to MAC's Climbing Gym or any climbing gym for a productive climbing session. This clinic is limited to six participants.

4/11-5/9	W	5:30-7 p.m.	Climbing Gym	\$125	OCL301
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CLIMBING 102 CLINIC SERIES (ages 16 and older)

Prerequisite: Climbing 101 or coach/instructor approval

This series of clinics builds on the material covered in Climbing 101. Climbing 102 introduces more advanced skills and knowledge of competition climbing and training. This five-week course covers lead-belaying a younger athlete, continued training on speed climbing, and the basics of climbing-specific training techniques. It also builds a foundation for the Sport Clinic series, in which participants learn the skills for outdoor climbing. This clinic is limited to six participants.

5/16-6/13 W 5:30-7 p.m. Climbing Gym \$125 OCL311

BELAY SERVICE (ages 4 and older)

These sessions are for those who want to try climbing but don't have a partner to climb with. Climbing instructors provide belay service to junior and adult members at designated times during the week. This is a drop-in session; there is no registration. The cost is \$15 per person for the duration of the time specified. There is an extra fee for shoes and chalk if needed.

Ongoing SA/SU 1-4 p.m. Climbing Gym \$15 Drop In

BELAY CLASS (ages 14 and older)

In this class members learn to belay in MAC's Climbing Gym. This one-session class covers knots, equipment, climbing gym rules and belay techniques. Upon class completion, members are prepared to become top-rope belay approved in MAC's Climbing Gym.

4/10	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL401
4/12	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL402
4/14	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL403
4/17	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL404
4/19	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL405
4/21	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL406
4/24	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL407
4/26	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL408
4/28	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL409
5/1	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL410
5/3	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL411
5/5	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL412
5/8	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL413
5/10	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL414
5/12	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL415
5/15	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL416
5/17	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL417
5/19	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL418
5/22	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL419
5/24	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL420
5/26	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL421
5/29	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL422
5/31	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL423
6/2	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL424
6/5	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL425
6/7	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL426
6/9	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL427
6/12	T	6:15-7:30 p.m.	Climbing Gym	\$30	OCL428
6/14	TH	6:15-7:30 p.m.	Climbing Gym	\$30	OCL429
6/16	SA	Noon-1:15 p.m.	Climbing Gym	\$30	OCL430

DANCE

MAC Dance has something to offer members of all ages and levels. The Dance staff is dedicated to providing members with the best dance education possible in a fun and supportive environment. When an age range is listed for a class, minimum ages are required and will be enforced.

For a complete list of level and course descriptions, class options and policies, visit theMAC.com/group/pages/dance-classes-home.

The Multiple Class Discount Form can be found at theMAC.com/documents/10180/82387/dance_discount_form.pdf. For more information, contact Jon Jackson at 503-517-7522 or JJackson@thetmac.com.

*No classes 5/25-5/28 due to Memorial Day weekend

**Permission of instructor is required

INTRODUCTORY LEVEL CLASSES

DANCE WITH YOUR TODDLER (ages 1 to 2½)

This class is for little ones who have started walking. It is an exploration of movement and music using props of all shapes and sizes. The parent/caregiver must participate with their child.

*4/2-6/4	M	1-1:45 p.m.	Studio One	\$87.75	DAN011
*4/6-6/8	F	11-11:45 a.m.	Studio Two	\$87.75	DAN012

DANCE AND TUMBLE (ages 2 to 5)

This class is an introduction to moving with music, and covers basic dance technique and gymnastics skills.

Ages 2 to 3

*4/2-6/4	M	9-9:45 a.m.	Gymnastics Arena	\$87.75	DAN001
4/4-6/6	W	9-9:45 a.m.	Gymnastics Arena	\$97.50	DAN002

Ages 4 to 5

*4/2-6/4	M	Noon-12:45 p.m.	Gymnastics Arena	\$87.75	DAN003
4/4-6/6	W	Noon-12:45 p.m.	Gymnastics Arena	\$97.50	DAN004

CREATIVE MOVEMENT (ages 3 and 4)

This playful class offers the most basic training in movement for young dancers. Students learn to coordinate physical movements to music using props, instruments and stories. Students must be potty trained.

*4/7-6/9	SA	11-11:45 a.m.	Studio One	\$87.75	DAN024
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RHYTHM AND TAP (ages 3 and 4)

This class helps to develop a child's sense of rhythm. Students use tap shoes, drum sticks and other instruments to create sound. Students must be potty trained.

*4/2-6/4	M	2:45-3:30 p.m.	Studio One	\$87.75	DAN031
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PRESCHOOL BALLET (ages 4 and 5)

This class introduces the dancer to basic ballet steps. Emphasis is on coordination and developing a love of dance.

*4/2-6/4	M	3:45-4:30 p.m.	Studio One	\$87.75	DAN041
4/5-6/7	TH	1:15-2 p.m.	Studio One	\$97.50	DAN042
*4/7-6/9	SA	9-9:45 a.m.	Studio Three	\$87.75	DAN043

INTRO JAZZ/TAP (ages 5 and 6)

This class is for children who want to try both jazz and tap dance.

*4/6-6/8	F	3:45-4:30 p.m.	Studio Three	\$87.75	DAN051
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CLASSES FOR AGES 6 AND OLDER

FAMILY HIP-HOP – ALL AGES (ages 6 to adult)

*4/7-6/9	SA	1:30-2:15 p.m.	Studio One	\$101.25	DAN271
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BREAKDANCING – ALL AGES (ages 6 to adult)

*4/7-6/9	SA	3:30-4:15 p.m.	Studio One	\$101.25	DAN311
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BALLET – INTERMEDIATE 2/ADVANCED** (ages 10 and older)

*4/2-6/4	M	5:30-6:45 p.m.	Studio Three	\$121.50	DAN091
*4/7-6/9	SA	11 a.m.-12:30 p.m.	Studio Two	\$135	DAN092

BALLET – ADVANCED** (ages 10 and older)

4/4-6/6	W	6:45-8:15 p.m.	Studio Two	\$150	DAN111
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BALLET – POINTE/VARIATIONS** (ages 12 and older)

*4/7-6/9	SA	12:30-1 p.m.	Studio Two	\$51.75	DAN121
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CONDITIONING FOR DANCERS (ages 10 and older)

This class focuses on core strength using Pilates training methods and is specifically designed for dancers' needs.

*4/2-6/4	M	4:30-5:30 p.m.	Studio Three	\$101.25	DAN351
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CLASSES FOR ADULTS

BALLET – ADULT BEGINNING (ages 16 and older)

*4/2-6/4	M	11 a.m.-noon	Studio Three	\$101.25	DAN131
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TAP – ADULT BEGINNING (ages 16 and older)

4/4-6/6	W	12:30-1:30 p.m.	Studio Three	\$112.50	DAN221
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TAP – ADULT LOW INTERMEDIATE (ages 16 and older)

*4/6-6/8	F	11 a.m.-noon	Studio Three	\$101.25	DAN231
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The MAC Gymnastics program offers classes for nearly all ages – from 18 months through adult.

FAMILY HIP-HOP – ALL AGES (ages 6 to adult)

*4/7-6/9 SA 1:30-2:15 p.m. Studio One \$101.25 DAN271

BREAKDANCING – ALL AGES (ages 6 to adult)

*4/7-6/9 SA 3:30-4:15 p.m. Studio One \$101.25 DAN311

Note: The **Adult Dance Workshop Series** is offered throughout the year in four-week sessions, featuring a variety of unique dance opportunities. Contact Jon Jackson at 503-517-7522 or JJackson@themac.com.

GYMNASTICS

MAC Gymnastics offers recreational classes for all ages. Classes are offered for boys and girls ages 18 months through high school. Adult gymnastics classes, and specialty classes, such as parkour and tumbling for cheerleaders, also are offered. Competitive teams are available for boys and girls ages 6 to 18. There is also a recreational competitive team called Xcel. The goals of the program are to help children reach their personal best, achieve a positive self-image and to have fun learning gymnastics.

For a complete list of level and course descriptions and class policies, visit theMAC.com/group/pages/gymnastics-classes. For more information, contact Molly Gill at 503-517-7558 or MGill@themac.com.

*No classes 5/28 due to Memorial Day

JUNIOR ROSE PARADE (all ages)

MAC Gymnastics athletes and coaches march together in the Junior Rose Parade, showing off their tumbling and leaping skills. A T-shirt is provided. Note: Children ages 5 and younger must be accompanied by an adult.

6/6 W 12:30-3 p.m. NE Sandy and 53rd \$5 GYE001

GYMNASTICS PARENT/TOT CLASS (ages 18 months to 3 years)

Parent and tots participate together, exploring obstacle courses and basic motor movements.

4/3-6/5 T 10-10:45 a.m. Gymnastics Arena \$130 GYP001

GYMNASTICS PRE-GYM (ages 3 to 4)

This co-ed class teaches the most basic of movement concepts, such as bear walks, donkey kicks, monkey jumps and rolls. The class uses various apparatus for climbing, jumping, supporting and hanging. These building blocks of movement enhance a child's ability to move confidently through life as they explore new possibilities.

*4/2-6/4	M	10-10:45 a.m.	Gymnastics Arena	\$117	GYP011
*4/2-6/4	M	11:15-noon	Gymnastics Arena	\$117	GYP021
*4/2-6/4	M	1-1:45 p.m.	Gymnastics Arena	\$117	GYP031
4/3-6/5	T	11-11:45 a.m.	Gymnastics Arena	\$130	GYP041
4/3-6/5	T	1:30-2:15 p.m.	Gymnastics Arena	\$130	GYP051
4/4-6/6	W	10-10:45 a.m.	Gymnastics Arena	\$130	GYP061
4/4-6/6	W	11-11:45 a.m.	Gymnastics Arena	\$130	GYP071
4/4-6/6	W	1:30-2:15 p.m.	Gymnastics Arena	\$130	GYP081
4/5-6/7	TH	10-10:45 a.m.	Gymnastics Arena	\$130	GYP091
4/5-6/7	TH	11-11:45 a.m.	Gymnastics Arena	\$130	GYP101
4/5-6/7	TH	1-1:45 p.m.	Gymnastics Arena	\$130	GYP111
4/6-6/8	F	10-10:45 a.m.	Gymnastics Arena	\$130	GYP121
4/6-6/8	F	11-11:45 a.m.	Gymnastics Arena	\$130	GYP131
4/7-6/9	SA	9:15-10 a.m.	Gymnastics Arena	\$130	GYP141
4/7-6/9	SA	10:15-11 a.m.	Gymnastics Arena	\$130	GYP151
4/7-6/9	SA	11:30 a.m.-12:15 p.m.	Gymnastics Arena	\$130	GYP161

GYMNASTICS MIGHTY MOVERS (ages 4 to 6)

This co-ed class is targeted at kids with an extraordinary desire to excel in gymnastics. Mighty Movers is an accelerated class focusing on shapes, strength, form and the foundation for good gymnastics. It can be paired with a regularly scheduled class. This is a great way to give children an extra boost in the sport. Students must receive approval from Gymnastics coaches before participating in this class.

4/4-6/6	W	3:45-4:45 p.m.	Gymnastics Arena	\$130	GYM011
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GYMNASTICS KINDER (ages 5 and kindergarten)

This co-ed class introduces beginning gymnastics skills, such as rolls on the wedge mat, supports on the bar, and walking on the low beam, in a fun and safe environment.

*4/2-6/4	M	3:45-4:45 p.m.	Gymnastics Arena	\$117	GYK011
*4/2-6/4	M	5-6 p.m.	Gymnastics Arena	\$117	GYK021
4/3-6/5	T	3:45-4:45 p.m.	Gymnastics Arena	\$130	GYK031
4/4-6/6	W	3:45-4:45 p.m.	Gymnastics Arena	\$130	GYK041
4/4-6/6	W	5-6 p.m.	Gymnastics Arena	\$130	GYK051
4/5-6/7	TH	3:45-4:45 p.m.	Gymnastics Arena	\$130	GYK061
4/5-6/7	TH	5-6 p.m.	Gymnastics Arena	\$130	GYK071
4/6-6/8	F	3:45-4:45 p.m.	Gymnastics Arena	\$130	GYK081
4/6-6/8	F	5-6 p.m.	Gymnastics Arena	\$130	GYK091
4/7-6/9	SA	12:30-1:30 p.m.	Gymnastics Arena	\$130	GYK101

GYMNASTICS BEGINNING GIRLS (first grade and higher)

This class introduces basic gymnastics skills, such as headstands and cartwheels on the floor, pullovers on the bars, and various motor movements on the beam, in a fun and level-appropriate style.

*4/2-6/4	M	3:45-4:45 p.m.	Gymnastics Arena	\$117	GGB011
*4/2-6/4	M	5-6 p.m.	Gymnastics Arena	\$117	GGB021
4/3-6/5	T	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGB031
4/3-6/5	T	5-6 p.m.	Gymnastics Arena	\$130	GGB041
4/4-6/6	W	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGB051
4/4-6/6	W	5-6 p.m.	Gymnastics Arena	\$130	GGB061
4/5-6/7	TH	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGB071
4/5-6/7	TH	5-6 p.m.	Gymnastics Arena	\$130	GGB081
4/6-6/8	F	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGB091
4/6-6/8	F	5-6 p.m.	Gymnastics Arena	\$130	GGB101
4/7-6/9	SA	9-10 a.m.	Gymnastics Arena	\$130	GGB111
4/7-6/9	SA	10-11 a.m.	Gymnastics Arena	\$130	GGB121

GYMNASTICS INTERMEDIATE GIRLS (first grade and higher)

This class improves on the skills learned in the beginning level and teaches new skills, such as a back hip circle on bars, rolls on the beam and bridge kick-overs on the floor.

*4/2-6/4	M	3:45-4:45 p.m.	Gymnastics Arena	\$117	GGN011
*4/2-6/4	M	5-6 p.m.	Gymnastics Arena	\$117	GGN021
4/3-6/5	T	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGN031
4/3-6/5	T	5-6 p.m.	Gymnastics Arena	\$130	GGN041
4/4-6/6	W	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGN051
4/4-6/6	W	5-6 p.m.	Gymnastics Arena	\$130	GGN061
4/5-6/7	TH	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGN071
4/5-6/7	TH	5-6 p.m.	Gymnastics Arena	\$130	GGN081
4/6-6/8	F	3:45-4:45 p.m.	Gymnastics Arena	\$130	GGN091
4/7-6/9	SA	10-11 a.m.	Gymnastics Arena	\$130	GGN101

GYMNASTICS ADVANCED GIRLS (school age)

This class builds on the lessons of the previous levels and prepares gymnasts to try out for one of the competitive teams, if they desire. Skills learned are round-offs and walk-overs on the floor, handstands and cartwheels on the beam, swinging on the bars and more. Instructor approval is required.

*4/2-6/6	M/W	3:45-5 p.m.	Gymnastics Arena	\$247	GGA011
4/3-6/7	T/TH	5-6:15 p.m.	Gymnastics Arena	\$260	GGA021

BEGINNING BOYS (first grade and higher)

The goal of this class is to introduce basic gymnastics skills such as headstands and cartwheels on the floor, pullovers on the bars, and simple jumps and drops on the trampoline, in a fun and level-appropriate style.

*4/2-6/4	M	3:45-4:45 p.m.	Gymnastics Arena	\$117	GBB011
4/5-6/7	TH	5-6 p.m.	Gymnastics Arena	\$130	GBB021

INTERMEDIATE BOYS (ages 8 and older)

The goal of this class is to continue skill development and to prepare gymnasts to try out for the competitive teams if they desire. Some of the skills learned include round-offs on floor, pullovers and back-hip circles on the bar. Students must receive approval from Gymnastics coaches before participating in this class.

4/3-6/5	T	3:45-4:45 p.m.	Gymnastics Arena	\$130	GBN011
4/4-6/6	W	5-6 p.m.	Gymnastics Arena	\$130	GBN021

BEGINNING PARKOUR AND FREERUNNING (ages 8 and older)

First-time students learn basic parkour techniques while developing body awareness, movement skill and strength. Each class focuses on repetition of a specific technique, such as rolls, jumps and basic vaults. Classes consist of a warm up, techniques of the day, obstacle course, and a strong focus on safety.

4/6-6/8	F	5-6 p.m.	Gymnastics Arena	\$130	GPB011
4/7-6/9	SA	11:30 a.m.-12:30 p.m.	Gymnastics Arena	\$130	GPB021

INTERMEDIATE PARKOUR AND FREERUNNING (ages 8 and older)

In this next-level parkour class, students continue developing body awareness, learn intermediate movements and flipping basics, and begin working on building strength and flexibility.

4/3-6/5	T	5-6 p.m.	Gymnastics Arena	\$130	GPN011
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GYMNASTICS CHEERLEADER TUMBLING (ages 11 and older)

This class teaches tumbling skills, including rolls, cartwheels and round-offs for beginners, and handsprings and flips for more advanced students.

4/7-6/9	SA	12:30-1:30 p.m.	Gymnastics Arena	\$130	GYT011
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GYMNASTICS PRE-TEAM (ages 6 and older)

This invitation-only class helps prepare gymnasts for the competitive team. Tryouts occur twice per year. This class meets two times per week. There is no online registration.

Ongoing	T/TH	6-8 p.m.	Gymnastics Arena	\$96/month
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GYMNASTICS XCEL TEAM (girls, ages 11 and older)

This class offers a recreational level of training for girls who love gymnastics and prefer an alternative to the traditional competitive program. This class meets three days per week:

Ongoing	MW/TH	6-8 p.m.	Gymnastics Arena	\$111/month
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ADULT GYMNASTICS (men and women ages 18 and older)

This drop-in class provides a fun opportunity for adults to use gymnastics as a means to pursue physical fitness and social interaction. Class is open to all ability levels.

Ongoing	W	7:30-8:30 p.m.	Gymnastics Arena	no charge; drop-in
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GYMNASTICS OPEN GYM (all ages)

This drop-in class provides an opportunity for members to enjoy the gymnastics arena in a non-structured environment. Staff provide safety guidelines. All participants must fill out a waiver.

Ongoing	SA	2-6 p.m.	Gymnastics Arena	no charge; drop-in
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JUNIOR ACTIVITIES

MAC Junior Activities offers children ages 2 to 5 an opportunity to interact with others of similar age and participate in a variety of physical and social activities that help them learn about themselves and the world around them. In addition, it now offers active classes for babies and their moms. For a complete list of classes and course descriptions, visit theMAC.com. When members take more than one class, each additional class is billed at a reduced rate. Rates fluctuate from session to session due to the number of weeks per fall/winter/spring sessions. For more information, contact Junior Activities Lead Leslie Luttrell at 503-517-7573, LLuttrell@themac.com.

*No classes 5/28 due to Memorial Day

BABY YOGA (6 weeks to 7 months)

Prerequisite: six weeks after delivery, eight weeks after cesarean birth. Participants must have a physician's clearance for movement and exercise.

Instructor Erin Zintek emphasizes the parent's overall wellness, discussing the trials of new motherhood and stretching out muscles tense from cradling babies. A safe space is provided for babies to roll and be free. The class is geared toward the parent, but the babies are used in some of the postures, and there are some baby exercises as well!

4/2-4/30	M	11-11:45 a.m.	Batting Cage	\$31.25	YPT031
*5/7-6/4	M	11-11:45 a.m.	Batting Cage	\$25	YPT032

MOMMY AND ME YOGA (7 months to 14 months)

4/6-5/4	F	11-11:45 a.m.	Batting Cage	\$31.25	YPT041
5/11-6/8	F	11-11:45 a.m.	Batting Cage	\$31.25	YPT042

PEE WEE PLAYGROUND (24 months to 3 years)

Gain a connection to your child by going back to when you were their age, experiencing the wonders and magic of play. Parents participate with their children in activities incorporating movement and dance, such as: the hokey pokey, listen and freeze, galloping, skipping and running animal actions. A variety of music and equipment are used, such as balls, hula hoops, bean bags and instruments. Free play, parachute time and inflatables are included in the class.

4/3-5/1	T	9-9:45 a.m.	West Gym	\$31.25	YPT011
5/8-6/5	T	9-9:45 a.m.	West Gym	\$31.25	YPT012
4/4-5/2	W	10-10:45 a.m.	West Gym	\$31.25	YPT013
5/9-6/6	W	10-10:45 a.m.	West Gym	\$31.25	YPT014
4/5-5/3	TH	9-9:45 a.m.	West Gym	\$31.25	YPT015
5/10-6/7	TH	9-9:45 a.m.	West Gym	\$31.25	YPT016

MOVIN MUNCHKINS (24 months to 3 years)

Parents and their children participate in relays and different sports, such as soccer, baseball, and track and field. They get a workout by using hurdles, ladders and more.

4/2-4/30	M	9-9:45 a.m.	West Gym	\$31.25	YPT021
*5/7-6/4	M	9-9:45 a.m.	West Gym	\$25	YPT022
4/4-5/2	W	9-9:45 a.m.	West Gym	\$31.25	YPT023
5/9-6/6	W	9-9:45 a.m.	West Gym	\$31.25	YPT024
4/5-5/3	TH	11-11:45 a.m.	West Gym	\$31.25	YPT025
5/10-6/7	TH	11-11:45 a.m.	West Gym	\$31.25	YPT026

MUSIC AND MOVEMENT (ages 2½ to 5)

Children shake their wiggles out in Music and Movement. Each class explores a different theme, such as animals, colors or shapes. Children dance as the theme is incorporated into imaginative play, team building exercises and movement-based song and dance. This class is perfect for children who love to jump, get silly, interact with others and stretch their creativity.

4/4-5/2	W	6:30-7:15 p.m.	Child Care	\$37.50	YPC067
5/9-6/6	W	6:30-7:15 p.m.	Child Care	\$31.25	YPC068

MOVE AND GROOVE (ages 3 to 5)

Come move and groove with Melissa Nornes. This class is a fun way to explore movement through music, develop physical skills, channel energy, stimulate imagination and promote creativity. Move and Groove provides children with opportunities for non-competitive and creative experiences by exploring different ways to move, as well as challenging them to explore non-verbal forms of self-expression. The class promotes strength, coordination, balance, and spatial awareness, while integrating more progressive concepts, such as concentration, self-discipline, responsibility and respect.

4/4-5/2	W	1-1:45 p.m.	Main Gym	\$31.25	YPT051
5/9-6/6	W	1-1:45 p.m.	Main Gym	\$31.25	YPT052

CREATIVE CLIMBERS (ages 4 to 5)

In this class, children develop their creative side with arts and crafts while learning the sport of rock climbing. To ensure safety and quality instruction, class size is limited for a lower instructor-to-student ratio. The age restriction is strictly enforced.

4/12-5/3	TH	1-1:45 p.m.	Main/Climbing Gyms	\$79.40	YPT061
5/10-6/7	TH	1-1:45 p.m.	Main/Climbing Gyms	\$99.25	YPT062

FUN AND FITNESS (ages 3 to 5)

It's time to make fitness fun again, with elements of Speed and Quickness, Fitzone and Kids on the Move all wrapped up in one class. Participants test their skills on various equipment in the Fit Zone, show off their speed on the track, and see how high they can jump over hurdles.

4/2-4/30	M	1-1:45 p.m.	West Gym	\$31.25	YPT071
*5/7-6/4	M	1-1:45 p.m.	West Gym	\$25	YPT072
4/3-5/1	T	1-1:45 p.m.	West Gym	\$31.25	YPT073
5/8-6/5	T	1-1:45 p.m.	West Gym	\$31.25	YPT074
4/4-5/2	W	11-11:45 a.m.	West Gym	\$31.25	YPT075
5/9-6/6	W	11-11:45 a.m.	West Gym	\$31.25	YPT076
4/5-5/3	TH	10-10:45 a.m.	West Gym	\$31.25	YPT077
5/10-6/7	TH	10-10:45 a.m.	West Gym	\$31.25	YPT078
4/6-5/4	F	9-9:45 a.m.	West Gym	\$31.25	YPT079

5/11-6/8	F	9-9:45 a.m.	West Gym	\$31.25	YPT080
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SPORTY SPIDERS (ages 3 to 5)

Children learn the fundamentals of sports (basketball, baseball, soccer, track and field), sportsmanship, teamwork and fitness. Gymnasium and playground games and relays are included.

4/2-4/30	M	11-11:45 a.m.	West Gym	\$31.25	YPT091
*5/7-6/4	M	11-11:45 a.m.	West Gym	\$25	YPT092
4/3-5/1	T	11-11:45 a.m.	West Gym	\$31.25	YPT093
5/8-6/5	T	11-11:45 a.m.	West Gym	\$31.25	YPT094
4/4-5/2	W	9-9:45 a.m.	West Gym	\$31.25	YPT095
5/9-6/6	W	9-9:45 a.m.	West Gym	\$31.25	YPT096
4/4-5/2	W	1-1:45 p.m.	West Gym	\$31.25	YPT097
5/9-6/6	W	1-1:45 p.m.	West Gym	\$31.25	YPT098
4/5-5/3	TH	11-11:45 a.m.	West Gym	\$31.25	YPT099
5/10-6/7	TH	11-11:45 a.m.	West Gym	\$31.25	YPT100
4/6-5/4	F	10-10:45 a.m.	West Gym	\$31.25	YPT101
5/11-6/8	F	10-10:45 a.m.	West Gym	\$31.25	YPT102

SPEED AND QUICKNESS (ages 3 to 5)

Former winner of the NACAD Youth Fitness Program of the Year award, this fun, upbeat class gives children a vigorous workout, using speed ball, hurdles, parachutes, timed relays and ladder work.

4/2-4/30	M	10-10:45 a.m.	West Gym	\$31.25	YPT111
*5/7-6/4	M	10-10:45 a.m.	West Gym	\$25	YPT112
4/3-5/1	T	10-10:45 a.m.	West Gym	\$31.25	YPT113
5/8-6/5	T	10-10:45 a.m.	West Gym	\$31.25	YPT114
4/4-5/2	W	10-10:45 a.m.	West Gym	\$31.25	YPT115
5/9-6/6	W	10-10:45 a.m.	West Gym	\$31.25	YPT116
4/5-5/3	TH	1-1:45 p.m.	West Gym	\$31.25	YPT117
5/10-6/7	TH	1-1:45 p.m.	West Gym	\$31.25	YPT118
4/6-5/4	F	11-11:45 a.m.	West Gym	\$31.25	YPT119
5/11-6/8	F	11-11:45 a.m.	West Gym	\$31.25	YPT120

BASEBALL (ages 3 to 5)

Springtime means baseball season. In this class children learn to hit, throw, field and run the bases. They also get a chance to use the batting cage.

4/2-4/30	M	9-9:45 a.m.	West Gym	\$31.25	YPT131
*5/7-6/4	M	9-9:45 a.m.	West Gym	\$25	YPT132
4/3-5/1	T	9-9:45 a.m.	West Gym	\$31.25	YPT133
5/8-6/5	T	9-9:45 a.m.	West Gym	\$31.25	YPT134
4/4-5/2	W	11-11:45 a.m.	West Gym	\$31.25	YPT135
5/9-6/6	W	11-11:45 a.m.	West Gym	\$31.25	YPT136
4/5-5/3	TH	9-9:45 a.m.	West Gym	\$31.25	YPT137
5/10-6/7	TH	9-9:45 a.m.	West Gym	\$31.25	YPT138

ARTS AND AQUATICS (ages 3 to 5)

This class is a combination of art and swim lessons. Children make crafts and are then escorted to the West Pool for swim lessons. Staff transport children between activities and provide help changing. Children may be picked up at the Main Gym or West Pool at the conclusion of their activity period.

4/3-5/1	T	10-11:30 a.m.	West Gym/West Pool	\$66.25	YPT141
5/8-6/5	T	10-11:30 a.m.	West Gym/West Pool	\$66.25	YPT142

ACTIVE ARTISTS (ages 3 to 5)

This class is a combination of crafts and free play. Each week children make a different craft and then play on the toys and inflatables.

4/3-5/1	T	1-1:45 p.m.	Main Gym	\$31.25	YPT151
5/8-6/5	T	1-1:45 p.m.	Main Gym	\$31.25	YPT152

LI'L EXPLORERS (ages 3 to 5)

Children explore leaves, animals, birds and bugs inside and outside the club. They learn to use tools, such as binoculars, compass and magnifying glass, to find treasures.

4/2-4/30	M	1-1:45 p.m.	Main Gym	\$31.25	YPT161
*5/7-6/4	M	1-1:45 p.m.	Main Gym	\$25	YPT162

JUNIOR ACTIVITIES SPRING BREAK FUN (ages 3 to 5)

Children stay active during spring break with gym games, sports drills, hurdle races, an obstacle course, and inflatable time. There also is an area for coloring/drawing and story time. The cost is \$6.25 per hour per child.

3/26	M	9-11 a.m.	West Gym	\$6.25/hr.	Drop-in
3/27	T	9-11 a.m.	West Gym	\$6.25/hr.	Drop-in
3/28	W	9-11 a.m.	West Gym	\$6.25/hr.	Drop-in
3/29	TH	9-11 a.m.	West Gym	\$6.25/hr.	Drop-in
3/30	F	9-11 a.m.	West Gym	\$6.25/hr.	Drop-in

KARATE

MAC Karate provides a sense of confidence and has something for everyone, from the person who wants to generate a good sweat, to those who want to test for belt promotions and/or compete at tournaments. Students are expected to be in class on a regular basis and practice at home. Members may visit and watch any of the classes.

For a complete list of level and course descriptions, drop-in class options and class policies, visit theMAC.com/group/pages/karate. For more information, contact Matt Walsh at 503-517-7543 or MWalsh@themac.com.

*No classes 3/27 and 3/29 due to Spring Break

BEGINNING KARATE (ages 5 and older)

This class teaches traditional karate techniques and Japanese terminology to prepare students for their first belt test. Students are eligible to attend the next-level class when they pass their first test for orange belt or receive instructor permission. No kumite (sparring) is taught. This class is required for beginning students of all ages. Adults who have a problem making the 5:15 p.m. class time should contact Matt Walsh.

*3/6-4/19	T/TH	5-5:30 p.m.	Studio Three	\$40	KAB012
5/1-6/21	T/TH	5-5:30 p.m.	Studio Three	\$40	KAB013

JUNIOR KARATE CLASS

This class is designed for the more serious student and requires completion of Beginning Karate. Students must also have passed their first belt test for orange belt or have received instructor permission. Sparring techniques are introduced through prearranged sparring. Students also participate in free sparring. Students in this class are on track to test and are interested in competition. The only equipment needed is a mouth guard. Students in this class are eligible to participate in the Friday night Kata class.

*Ongoing	T/TH	5:30-6:15 p.m.	Studio Three	Call to register
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INTERMEDIATE/ADVANCED CLASS

This class is designed for the serious student of Japanese karate, willing to train two to three times per week. Students must have completed Beginning Karate prior to enrolling. All ages are allowed to participate, but students ages 11 and younger must have instructor permission. This class continues to emphasize the study of karate basics, various levels of prearranged sparring, jiyu kumite (free sparring), and kata (forms). Applied self-defense techniques are taught in their relationship to kata.

*Ongoing	T/TH	6:15-7:15 p.m.	Studio Three	Call to register
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FRIDAY CLASS

The Friday class is dedicated to the study of kata (forms). This is the only class in which students from the 4:45 p.m. and 6:15 p.m. classes train together. Students must have completed Beginning Karate prior to enrolling or receive instructor permission. This group is associated with the Japan Karate Federation, Ryobukai NW.

*Ongoing	F	6:30 p.m.	Studio One	Drop-in
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LETS GET FIT

Let's Get Fit (formerly SAQ) classes help athletes develop agility, acceleration, speed, coordination and timing through a curriculum developed by instructor Mel Kromer. Class takes place throughout the club, but participants meet in the Fit Zone at the beginning of class. For more information, contact Junior Activities Supervisor Lauren Allison at 503-517-7556 or LAllison@themac.com.

LET'S GET FIT

*No classes 5/28 due to Memorial Day

Ages 6 to 9

4/2-4/25	M/W	4-5 p.m.	Fit Zone/West Gym	\$96	YFT011
*4/30-5/30	M/W	4-5 p.m.	Fit Zone/West Gym	\$108	YFT012

Ages 10 to 13

4/2-4/25	M/W	5-6 p.m.	Fit Zone/West Gym	\$96	YFT021
*4/30-5/30	M/W	5-6 p.m.	Fit Zone/West Gym	\$108	YFT022

PLAYSCHOOL

Playschool offers a safe, high quality program for MAC's youngest members. The play-based curriculum helps children achieve developmentally appropriate goals while having fun in a small group setting. Daily activities focus on each child's cognitive, physical, and social development. For more information, contact Youth Programs Early Childhood Supervisor Jenny Robinett at 503-517-7217 or JRobinett@themac.com.

MY MAC PLAYSCHOOL (ages 2 to 5)

Five classes are offered for children ages 2 to 5 years by Oct. 1, 2018. Children participate in story time, arts and crafts, snack, 30 minutes of active play, and an occasional field trip.

My MAC Playschool follows the Portland Public School calendar and offers an optional lunch hour daily for an additional \$6.25; parents are asked to pack a nut-free lunch for their children. There is a \$100 non-refundable registration fee due at the time of registration that goes toward field trip fees and classroom supplies.

Fall registration is now open:

HUCKLEBERRIES (ages 3 to 5 years)

M-F	9 a.m.-noon	\$475/month	YPP060
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CRANBERRIES (ages 30 months to 40 months)

M/W/F	9 a.m.-noon	\$370/month	YPP061
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BLUEBERRIES (ages 30 months to 40 months)

M/W/F	9 a.m.-noon	\$370/month	YPP062
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STRAWBERRIES (ages 24 months to 36 months)

T/TH	9-11:30 a.m.	\$295/month	YPP063
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RASPBERRIES (ages 24 months to 36 months)

T/TH	9-11:30 a.m.	\$295/month	YPP064
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MY MAC PLAYSCHOOL KINDERGARTEN PREP (ages 4 to 5) NEW CLASS

This class is for children entering Kindergarten in the fall of 2018. It is a six-week session, and attendance for all six weeks is important. The class works on pre-literacy skills, writing and pre-math skills in a small-group setting. There is an optional lunch hour from noon-1 p.m. for an additional \$6.25; parents may pack a nut-free lunch for their children.

4/12-5/17	TH	1-2:30 p.m.	Middle MAC	\$100	YPP069
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RACQUETBALL

Court Sports offers a wide variety of competitive, recreational and developmental programs in the sport of racquetball. The goal of the racquetball program is to provide opportunities for adult and junior members to learn new skills, compete and have fun with others.

For a complete list of level and course descriptions and class policies, visit theMAC.com/group/pages/racquetball-new. For more information, contact Hank Marcus at 503-517-1811 or HMarcus@themac.com.

JUNIOR RACQUETBALL CLINICS (ages 6 to 18)

These free drop-in clinics are offered to juniors of all abilities. Clinics are instructed by MAC member coaches and MAC Head Professional Hank Marcus.

Ongoing-4/25 W 4-5:30 p.m. RB/HB Courts 7-10 no charge; drop in

RED CROSS CERTIFICATION

LIFEGUARD TRAINING (ages 15 and older)

The American Red Cross Lifeguard Training course provides participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies, as well as to care for breathing and cardiac emergencies, injuries and sudden illnesses. In order to take the course, participants must successfully demonstrate the required prerequisite skills. Successful completion will certify participants in Red Cross Lifeguarding, CPR/AED and First Aid. Attendance at all days and times is required. For more information on the course or prerequisites, contact Michael Wheeler at 503-517-7511 or MWheeler@themac.com.

5/26-28	SA-M	9 a.m.-5 p.m.	Location TBA	\$205/\$245	ALG011
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CPR/AED and FIRST AID (ages 15 and older)

The CPR/AED course prepares participants to recognize and care for breathing and cardiac emergencies. Successful completion of the course results in a two-year certification through the Red Cross. For more information on the course, contact Michael Wheeler at 503-517-7511 or MWheeler@themac.com.



Squash Pro Ashley Read teaches classes for beginners and competitive players, and also holds a junior Grand Prix series, which includes monthly match play to help juniors build their skills.

4/14 SA 9 a.m.-5 p.m. Location TBA \$90/\$100 ACP011

SAVE-A-LIFE PARTY (ages 18 and older)

If someone you loved needed help, would you know how to save them? The Save-A-Life Party is led by certified Red Cross CPR instructors, who will arm you with the basic knowledge you need to save a life. About 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one. Topics covered are basic CPR, choking, and extended first-aid techniques. Bring a friend and learn to save a life!

5/18 F 4-5 p.m. Location TBA no cost ACP021

SCUBA

MAC's Outdoor department, in conjunction with PADI (Professional Association of Diving Instructors), offers scuba classes for MAC children and adults. Classes are held at the West Pool. PADI is the world's leading scuba-diving training organization, offering a full range of dive courses from beginning to professional levels. If a class type that is not listed is desired, please ask; MAC's instructor can offer and customize any PADI class.

For a complete list of level and course descriptions, visit theMAC.com/group/pages/water. For more information and to register, contact Chad Failla at 503-517-7574 or CFailla@themac.com. There is no online registration.

PADI SCUBA CLASSES

TBD	Referral Class	West Pool	\$375
TBD	Private Referral	West Pool	\$400
TBD	Full Certification	West Pool	\$595
TBD	Scuba Refresher/Tune up	West Pool	\$110

SQUASH

MAC Squash offers a comprehensive program for all levels of squash players, from complete beginner to experienced athletes. The goal is to provide world-class training and fun, social and competitive events and leagues.

For a complete list of level and course descriptions, competitive junior program and class policies, visit theMAC.com/group/pages/lessons-clinics-open-play. For more information, contact Ashley Read at 503-517-7585 or ARead@themac.com.

JUNIOR SQUASH

JUNIOR SQUASH BEGINNERS (ages 7 to 9)

This is the entry-level class for junior squash players. All basic elements, including rules, safety and basic techniques, are introduced in a fun, relaxed environment. Rackets and goggles are supplied.

4/2-4/30	M	4-4:45 p.m.	Squash Courts 1/2	\$87.50	SJU043
5/7-6/4	M	4-4:45 p.m.	Squash courts 1/2	\$87.50	SJU044

JUNIOR SQUASH ADVANCED BEGINNERS (ages 9 to 11)

This class is the next step for juniors who have progressed through the beginner sessions. With their basic knowledge of squash, participants start improving their ball control and learning basic strategies through fun games and matches.

4/2-4/30	M	4:45-5:30 p.m.	Squash Courts 1/2	\$87.50	SJU053
5/7-6/4	M	4:45-5:30 p.m.	Squash courts 1/2	\$87.50	SJU054

JUNIOR SQUASH PRE-COMPETITIVE

These invitation-only classes are for juniors who have progressed through the Junior Advanced Beginner program. Juniors in these groups are able to complete basic drills and are playing long rallies during game play. Contact Ashley Read to register. There is no online registration.

Ongoing MWF 4-5 p.m. \$144/month

JUNIOR SQUASH COMPETITIVE

These invitational-only clinics are for advanced-level juniors. Advanced drills, conditioning games and technical and tactical analysis are taught each session. Juniors in these groups are playing U.S. Squash Silver, Gold and JCT-level events. Contact Ashley Read to register. There is no online registration.

Ongoing T/TH 5-6 p.m. \$192/month

JUNIOR SQUASH GRAND PRIX SERIES

These monthly invitational events are for pre-competitive and competitive juniors to get more competitive match play. Juniors get lots of games within one three-hour period each month. Points are accumulated throughout the season, and prizes are awarded at the end of the season depending on results. Grand Prix are held typically the last Sunday of each month, September through May. The cost is \$25 per event. Contact Ashley Read to register.

ADULT SQUASH

ADULT CLINICS

These clinics are for adults within the squash program. There are classes for women, beginners, intermediate, and advanced. Each week focuses on drills and games relevant to the level of player within the group. Numbers are kept low to ensure a good pro-to-player ratio. Contact Ashley at ARead@themac.com for more details and to register.

Ongoing M 6-7 p.m.

SWIM SCHOOL

MAC Swim School offers classes for swimmers of all abilities, ages 6 months and older. The goal of MAC Swim School is to provide a safe, fun environment where members of all ages learn safety and continually improve their swimming techniques. This educational program develops a foundation for members' lifelong enjoyment of aquatics, health and fitness.

For a complete list of level and course descriptions, drop-in class options and class policies, visit themac.com/group/pages/swim-school. For more information, contact Aquatics Supervisor Michael Wheeler at 503-517-7511 or MWheeler@themac.com.

*No class 4/21

BIG FISH LITTLE FISH (6 months to 3 years)

These classes are parent-child swim lessons. One parent must accompany each child in the water. With a focus on safety education, the goal is to instill a love of the water in each student while helping parents bond with their children.

4/8-5/20	SU	10-10:30 a.m.	Sun Deck Pool	\$49	ABF011
4/8-5/20	SU	10:30-11 a.m.	Sun Deck Pool	\$49	ABF012
4/2-4/25	M/W	6-6:30 p.m.	West Pool	\$56	ABF021
4/30-5/23	M/W	6-6:30 p.m.	West Pool	\$56	ABF022
4/3-4/26	T/TH	4-4:30 p.m.	West Pool	\$56	ABF031
5/1-5/24	T/TH	4-4:30 p.m.	West Pool	\$56	ABF032
4/3-4/26	T/TH	6:30-7 p.m.	West Pool	\$56	ABF041
5/1-5/24	T/TH	6:30-7 p.m.	West Pool	\$56	ABF042
4/4-4/25	W	9:20-9:50 a.m.	Sun Deck Pool	\$28	ABF051
5/2-5/23	W	9:20-9:50 a.m.	Sun Deck Pool	\$28	ABF052
*4/7-5/19	SA	10-10:30 a.m.	West Pool	\$42	ABF061
*4/7-5/19	SA	10:40-11:10 a.m.	West Pool	\$42	ABF071
*4/7-5/19	SA	11:10-11:40 a.m.	West Pool	\$42	ABF081

FLYING FISH (ages 3 to 5)

Children explore the water independently in a shallow-water environment. With the pool depth set at two feet, children become more comfortable in the water with the ability to touch the bottom and walk around. They discover the fun of swimming through instructor-led songs, games, and activities.

4/5-4/26	TH	10:45-11:30 a.m.	West Pool	\$28	AFF011
5/3-5/24	TH	10:45-11:30 a.m.	West Pool	\$28	AFF012

ARTS AND AQUATICS (ages 3 to 5)

This class is a combination of art and swim lessons. Children make crafts and are then escorted to the West Pool for swim lessons. Staff transport children between activities and provide help changing. Children may be picked up at the Main Gym or West Pool at the conclusion of their activity period.

4/3-5/1	T	10-11:30 a.m.	West Gym/West Pool	\$66.25	YPT141
5/8-6/5	T	10-11:30 a.m.	West Gym/West Pool	\$66.25	YPT142

LEVELS 1-6 (ages 3 to 12)

This program follows a progression-based curriculum in which students master each level at their own pace. Swimmers learn breath control, floating, proper body position, propelling themselves independently in the water, the basics of freestyle and backstroke, and water safety.

4/2-4/25	M/W	3-3:30 p.m.	West Pool	\$56	ASL011
4/30-5/23	M/W	3-3:30 p.m.	West Pool	\$56	ASL012
4/2-4/25	M/W	3:30-4 p.m.	West Pool	\$56	ASL021
4/30-5/23	M/W	3:30-4 p.m.	West Pool	\$56	ASL022
4/2-4/25	M/W	4-4:30 p.m.	West Pool	\$56	ASL031
4/30-5/23	M/W	4-4:30 p.m.	West Pool	\$56	ASL032
4/2-4/25	M/W	4:30-5 p.m.	West Pool	\$56	ASL041
4/30-5/23	M/W	4:30-5 p.m.	West Pool	\$56	ASL042
4/2-4/25	M/W	6-6:30 p.m.	West Pool	\$56	ASL051
4/30-5/23	M/W	6-6:30 p.m.	West Pool	\$56	ASL052
4/2-4/25	M/W	6:30-7 p.m.	West Pool	\$56	ASL061
4/30-5/23	M/W	6:30-7 p.m.	West Pool	\$56	ASL062
4/3-4/26	T/TH	1:30-2 p.m.	West Pool	\$56	ASL071
5/1-5/24	T/TH	1:30-2 p.m.	West Pool	\$56	ASL072
4/3-4/26	T/TH	2-2:30 p.m.	West Pool	\$56	ASL081
5/1-5/24	T/TH	2-2:30 p.m.	West Pool	\$56	ASL082
4/3-4/26	T/TH	2:30-3 p.m.	West Pool	\$56	ASL091
5/1-5/24	T/TH	2:30-3 p.m.	West Pool	\$56	ASL092
4/3-4/26	T/TH	3:30-4 p.m.	West Pool	\$56	ASL101
5/1-5/24	T/TH	3:30-4 p.m.	West Pool	\$56	ASL102
4/3-4/26	T/TH	4-4:30 p.m.	West Pool	\$56	ASL111
5/1-5/24	T/TH	4-4:30 p.m.	West Pool	\$56	ASL112
4/3-4/26	T/TH	4:30-5 p.m.	West Pool	\$56	ASL121
5/1-5/24	T/TH	4:30-5 p.m.	West Pool	\$56	ASL122
4/3-4/26	T/TH	6-6:30 p.m.	West Pool	\$56	ASL131
5/1-5/24	T/TH	6-6:30 p.m.	West Pool	\$56	ASL132
4/3-4/26	T/TH	6:30-7 p.m.	West Pool	\$56	ASL141
5/1-5/24	T/TH	6:30-7 p.m.	West Pool	\$56	ASL142
*4/7-5/19	SA	9-9:30 a.m.	West Pool	\$42	ASL151
*4/7-5/19	SA	9:30-10 a.m.	West Pool	\$42	ASL161
*4/7-5/19	SA	10-10:30 a.m.	West Pool	\$42	ASL171
*4/7-5/19	SA	10:40-11:10 a.m.	West Pool	\$42	ASL181
*4/7-5/19	SA	11:10-11:40 a.m.	West Pool	\$42	ASL191
*4/7-5/19	SA	11:40-12:10 p.m.	West Pool	\$42	ASL201

STROKE SCHOOL (ages 7 to 12)

Swimmers work on endurance as they continue to improve their freestyle and backstroke technique. They learn breaststroke, butterfly and the turns for each stroke. Stroke School is the advanced station program for Swim School. To enroll in this class, swimmers must have advanced from Swim School level 5. For more information, contact Assistant Swim Coach Jana McGill at JMcgill@themac.com or 503-517-7504.

4/2-6/15 M-F 4-4:45 p.m. Sun Deck Pool \$187

WATER POLO (ages 6 to 12)

Players learn the basic skills and understanding of water polo in a recreational format. The class is conducted mostly in the four-ft. shallow end. Floatation devices may be used to assist players. Players pass and swim with a water polo ball, and learn egg beater for treading water and how to work as a team. This class is mainly designed for fun and fitness. Participants need to have reached level 4 in the MAC swim lesson program. For more information, contact Aaron Bishow at 503-517-7505 or ABishow@themac.com.

4/4-4/25	W	6:45-7:30 p.m.	West Pool	\$28	AWP011
5/2-5/23	W	6:45-7:30 p.m.	West Pool	\$28	AWP012

SPECIAL NEEDS CLASSES (all ages)

One-on-one instruction is available for swimmers with special needs. Each student has unique capabilities and needs. Parents must contact Aquatics Supervisor Michael Wheeler at 503-517-7505 or MWheeler@themac.com to register and determine the appropriate curriculum. Thirty-minute classes follow the regular group lessons session dates, days, and times. Dedicated class time is available on Saturdays from 12:10-12:40 p.m. during the school year. Classes during the



Tennis Pro Paul Reber has introduced changes to youth tennis that make the game more approachable for kids.

weekdays are available only if the regular group lessons don't completely fill and an extra instructor is available.

4/2-4/25	M/W	3-5 or 6-7 p.m.	West Pool	\$56	
4/30-5/23	M/W	3-5 or 6-7 p.m.	West Pool	\$56	
4/3-4/26	T/TH	1:30-3, 3:30-5 or 6-7 p.m.	West Pool	\$56	
5/1-5/24	T/TH	1:30-3, 3:30-5 or 6-7 p.m.	West Pool	\$56	
*4/7-5/19	SA	12:10-12:40 p.m.	West Pool	\$42	

ADULT FITNESS SWIMMING (ages 18 and older)

Adults of all abilities are welcome to receive swimming instruction. Instructors teach stroke technique and provide workout ideas tailored to individual goals. Classes are offered on a drop-in basis all season long. Advanced series registration provides a discount. Sign up for the full session with a friend and both adults receive a 10 percent discount. The drop-in price is \$10 per lesson.

4/2-5/21	M	6:30-7:15 p.m.	50-meter Pool	\$56	AAC011
4/4-5/23	W	11-11:45 a.m.	50-meter Pool	\$56	AAC021
4/4-5/23	W	6:30-7:15 p.m.	50-meter Pool	\$56	AAC031

FLIP TURN CLINIC (ages 18 and older)

This clinic is perfect for regular lap swimmers, tri-athletes, and advanced swimmers looking to improve their flip turns. Swimmers of all levels receive personalized instructor feedback to help them achieve their goals.

4/15	SU	4-5 p.m.	West Pool	\$10	ASC011
5/20	SU	4-5 p.m.	West Pool	\$10	ASC012

SAVE-A-LIFE PARTY (ages 18 and older)

If someone you loved needed help, would you know how to save them? The Save-A-Life Party is led by certified Red Cross CPR instructors, who will arm you with the basic knowledge you need to save a life. About 80 percent of all out-of-hospital cardiac arrests happen at home, so being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death for a loved one. Topics covered are basic CPR, choking, and extended first-aid techniques. Bring a friend and learn to save a life!

5/18	F	4-5 p.m.	Location TBA	no cost	ACP021
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TENNIS

MAC Tennis offers classes and lessons for all ages. Members improve their stroke, develop new point strategies and get a great workout. Children are introduced to the game and given an opportunity to develop enthusiasm and basic skills. MAC tennis professionals reserve the right to place participants in the proper class. Unless otherwise noted, no drop-ins are allowed.

For a complete list of levels, course descriptions and program policies, visit themac.com/group/pages/tennis. For more information, contact Nolan Wilcock at 503-517-7531 or NWilcock@themac.com.

TENNIS RED BALL I (ages 4 to 7)

Players are introduced to the proper grips, preparation and swing shapes. A variety of games and activities are utilized to develop hand-eye coordination and movement. Players acquire the necessary skills for consistency and directional control as they learn to rally. The 36-ft. court is used for this class. Class instructors are Head Coach Paul Reber and Coach Waldemar Holowetzki. Class size is limited to 16.

4/2-4/30	M	3:30-4:15 p.m.	Tennis Court 1	\$64	CTE011
5/7-6/4	M	3:30-4:15 p.m.	Tennis Court 1	\$64	CTE012
4/4-5/2	W	3:30-4:15 p.m.	Tennis Court 1	\$64	CTE021
5/9-6/6	W	3:30-4:15 p.m.	Tennis Court 1	\$64	CTE022

TENNIS RED BALL II and III (ages 5 to 8)

Building off the fundamentals from Red Ball I, players continue to develop strokes and movements. Serving is introduced, as well as scoring and basic strategies. Red Ball III is reserved for players who have the ability to make their serve and hold a 2- to 3-ball rally consistently. Class instructors are Head Coach Paul Reber and Coach Waldemar Holowetzki. Class size is limited to 16. This class is for students who have been in at least one session of Red Ball I.

4/2-4/30	M	4:15-5 p.m.	Tennis Court 1	\$64	CTE031
5/7-6/4	M	4:15-5 p.m.	Tennis Court 1	\$64	CTE032
4/4-5/2	W	4:15-5 p.m.	Tennis Court 1	\$64	CTE041
5/9-6/6	W	4:15-5 p.m.	Tennis Court 1	\$64	CTE042

TENNIS RED BALL I, II and III (ages 4 to 8)

Please see class descriptions for Red Ball I and Red Ball II and III. Class instructors are Head Coach Paul Reber and coaches Carol Sandoz and Quintin Yray. Class size is limited to 16.

4/7-5/5	SA	Noon-12:45 p.m.	Tennis Court 1	\$64	CTE051
5/12-6/9	SA	Noon-12:45 p.m.	Tennis Court 1	\$64	CTE052

TENNIS ORANGE BALL I, II and III (ages 8 to 10)

Players begin using advanced stroke technique, utilizing spin, speed, height and depth. Doubles and singles play is used to develop competitive tournament players. As players develop, they advance within the Orange Ball group. The 60-ft. court is used for this class.

Orange I is designed for players with little or no experience.

Orange II and III are reserved for players who have some experience and a more advanced skills set.

Tuesdays: Head Coach Paul Reber and coaches Craig Koessler and Bjorn Budden

4/3-5/1	T	4-5 p.m.	Tennis Courts 1,2,3	\$85	CTE061
5/8-6/5	T	4-5 p.m.	Tennis Courts 1,2,3	\$85	CTE062

Wednesdays: Coaches Craig Koessler, Bjorn Budden and Quintin Yray

4/4-5/2	W	4-5 p.m.	Tennis Courts 2,3,4	\$85	CTE071
5/9-6/6	W	4-5 p.m.	Tennis Courts 2,3,4	\$85	CTE072

Thursdays: Head Coach Paul Reber and coaches Carol Sandoz and Bjorn Budden

4/5-5/3	TH	4-5 p.m.	Tennis Courts 1,2,3	\$85	CTE081
5/10-6/7	TH	4-5 p.m.	Tennis Courts 1,2,3	\$85	CTE082

Saturdays: Coaches Carol Sandoz and Quintin Yray

4/7-5/5	SA	12:45-1:45 p.m.	Tennis Courts 1,2	\$85	CTE091
5/12-6/9	SA	12:45-1:45 p.m.	Tennis Courts 1,2	\$85	CTE092

TENNIS PERFORMANCE (ages 11 to 14)

Play is on the full 78-ft. court using both green and yellow tennis balls. Stroke production continues and advanced techniques and strategies start to be used to allow players to continue developing a well-rounded game. As players progress, they advance within the Green/Yellow Ball group. Class size is limited to 18.

Performance I is designed for players with little or no experience.

Performance II and III are reserved for players who have some experience and a more advanced skills set.

Mondays: Coaches Craig Koessler, Bjorn Budden and Quintin Yray

4/2-4/30	M	4-5 p.m.	Tennis Courts 2,3,4	\$107	CTE101
5/7-6/4	M	4-5 p.m.	Tennis Courts 2,3,4	\$107	CTE102

Tuesdays: Head Coach Paul Reber and coaches Craig Koessler and Waldemar Holowetzki

4/3-5/1	T	5-6:15 p.m.	Tennis Courts 1,2,3	\$107	CTE111
5/8-6/5	T	5-6:15 p.m.	Tennis Courts 1,2,3	\$107	CTE112

Thursdays: Head Coach Paul Reber and coaches Carol Sandoz and Waldemar Holowetzki

4/5-5/3	TH	5-6:15 p.m.	Tennis Courts 1,2,3	\$107	CTE121
5/10-6/7	TH	5-6:15 p.m.	Tennis Courts 1,2,3	\$107	CTE122

TENNIS TOURNAMENT COMPETITION (ages 14 to 18)

This class is designed for players who are playing USTA tournaments, play on a high school team or are interested in playing high school tennis. This advanced training incorporates physical, mental and emotional aspects, preparing players for higher-level competition. Class instructors include Head Coach Paul Reber and Coach Waldemar Holowetzki. Class size is limited to eight. Register via email with Paul Reber at PReber@theMAC.com

4/3-5/1	T	6:15-7:45 p.m.	Tennis Courts 1,2	\$188
5/8-6/5	T	6:15-7:45 p.m.	Tennis Courts 1,2	\$188
4/5-5/3	TH	6:15-7:45 p.m.	Tennis Courts 1,2	\$188
5/10-6/7	TH	6:15-7:45 p.m.	Tennis Courts 1,2	\$188

RECREATIONAL TENNIS (ages 14 to 18)

This class is for middle and high school students looking to play tennis in a social, low-competition atmosphere. The fundamentals are emphasized, and simple point strategies are introduced. Class size is limited to 12.

Wednesdays: Coaches are Craig Koessler and Bjorn Budden.

4/4-5/2	W	5-6 p.m.	Tennis Courts 1,2	\$85	CTE151
5/9-6/6	W	5-6 p.m.	Tennis Courts 1,2	\$85	CTE152

ADULT MORNING and EARLY AFTERNOON CLASSES

TENNIS CONDITIONING

Players hit balls, develop point strategies for singles and doubles, and get a great workout. Classes are limited to NTRP levels as indicated. Class size is limited to eight. No drop-ins.

NTRP 2.0 Player has received some lessons but needs on-court experience, has obvious stroke weakness but is developing singles and doubles.

NTRP 3.0 Player can place shots with moderate success and can sustain a rally at a slow pace, but lacks control when trying for power.

NTRP 3.5 Player has achieved stroke dependability and direction on shots within reach, including forehand and backhand volleys. Player still lacks depth and variety, but seldom double faults and occasionally forces errors on the serve.

NTRP 3.0+ Coach Craig Koessler.

4/2-4/30	M	9:30-10:45 a.m.	Tennis Court 2	\$106	CTE201
5/7-6/4	M	9:30-10:45 a.m.	Tennis Court 2	\$106	CTE202

NTRP 2.5+ Coach Bjorn Budden

4/2-4/30	M	10:45 a.m.-noon	Tennis Court 3	\$106	CTE211
5/7-6/4	M	10:45 a.m.-noon	Tennis Court 3	\$106	CTE212

NTRP 2.5+ Coach Bjorn Budden

4/4-5/2	W	7-8:15 a.m.	Tennis Court 3	\$106	CTE221
5/9-6/6	W	7-8:15 a.m.	Tennis Court 3	\$106	CTE222
4/4-5/2	W	9:30-10:45 a.m.	Tennis Court 3	\$106	CTE223
5/9-6/6	W	9:30-10:45 a.m.	Tennis Court 3	\$106	CTE224

NTRP 3.0+ Coach Craig Koessler.

4/5-5/3	TH	9:30-10:45 a.m.	Tennis Court 2	\$106	CTE231
5/10-6/7	TH	9:30-10:45 a.m.	Tennis Court 2	\$106	CTE232

NTRP 3.0+ Coach Bjorn Budden.

4/6-5/4	F	9:30-10:45 a.m.	Tennis Court 3	\$106	CTE241
5/11-6/8	F	9:30-10:45 a.m.	Tennis Court 3	\$106	CTE242

TENNIS CONDITIONING 3.0 with Coach Carol Sandoz

4/6-5/4	F	Noon-1:15 p.m.	Tennis Court 1	\$106	CTE551
5/11-6/8	F	Noon-1:15 p.m.	Tennis Court 1	\$106	CTE552

TENNIS LADIES 3.0 AND BELOW

This is a drop-in class for women at levels 3.0 and below. It runs in conjunction with the Tuesday Women's Open Play. The class is taught by Coach Waldemar Holowetzki.

It provides a great workout for Women's Open Play. The cost is \$14 per class.

Ongoing	T	8:15-9 a.m.	Tennis Court 5	\$14	drop-in
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TENNIS DRILLS AND SKILLS

This fun, fast-paced group gets you moving and thinking at the same time. Drills work on individual shots and strategies. Class size is limited to six.

NTRP 3.5+, with Coach Waldemar Holowetzki

4/2-4/30	M	10:45 a.m.-noon	Tennis Court 1	\$106	CTE251
5/7-6/4	M	10:45 a.m.-noon	Tennis Court 1	\$106	CTE252

NTRP 3.0+ with Coach Waldemar Holowetzki

4/4-5/2	W	10:45 a.m.-noon	Tennis Court 1	\$106	CTE261
5/9-6/6	W	10:45 a.m.-noon	Tennis Court 1	\$106	CTE262

NTRP 3.0+ with Coach Bjorn Budden

4/6-5/4	F	10:45 a.m.-noon	Tennis Court 3	\$106	CTE271
5/11-6/8	F	10:45 a.m.-noon	Tennis Court 3	\$106	CTE272

NTRP 3.5+ with Coach Quintin Yray

4/7-5/5	SA	1:45-2:45 p.m.	Tennis Court 1	\$85	CTE281
5/12-6/9	SA	1:45-2:45 p.m.	Tennis Court 1	\$85	CTE282

POWER TENNIS

Learn to hit a harder ball without working too hard or hurting yourself in the process. Techniques are shown to help you get more power on all your shots, to use that power to your advantage, and to defend against a power player by using your body more efficiently. Class size is limited to six.

NTRP 3.5+ Coach Waldemar Holowetzki

4/2-4/30	M	Noon-1:15 p.m.	Tennis Court 1	\$106	CTE291
5/7-6/4	M	Noon-1:15 p.m.	Tennis Court 1	\$106	CTE292

NTRP 3.5+ Coach Waldemar Holowetzki

4/4-5/2	W	9:30-10:45 a.m.	Tennis Court 1	\$106	CTE301
5/9-6/6	W	9:30-10:45 a.m.	Tennis Court 1	\$106	CTE302

CARDIO TENNIS NEW CLASS

If you are bored of cardio equipment and only working out in the weight room, and want to develop better tennis skills, this is the class for you! It is a great way to get back into tennis or get started if you haven't played. It is a safe, fun and healthy way to get in shape, maintain or improve fitness, and become a better tennis player. This is a high-energy fitness activity, so come start your morning ready to burn calories. Class is taught by coaches Bjorn Budden and Craig Koessler. Class size is limited to 16.

4/4-5/2	W	5:45-7 a.m.	Tennis Courts 1,2	\$106	CTE311
5/9-6/6	W	5:45-7 a.m.	Tennis Courts 1,2	\$106	CTE312
4/5-5/3	TH	5:45-7 a.m.	Tennis Courts 1,2	\$106	CTE321
5/10-6/7	TH	5:45-7 a.m.	Tennis Courts 1,2	\$106	CTE322

TENNIS SINGLES STRATEGY

Improve your game with this singles-specific class. Emphasis is placed on different aspects of singles, such as attacking the net, playing high-percentage points and defending. Class size is limited to six.

NTRP 2.5-3.0 Coach Craig Koessler

4/2-4/30	M	10:45 a.m.-noon	Tennis Court 2	\$106	CTE331
5/7-6/4	M	10:45 a.m.-noon	Tennis Court 2	\$106	CTE332

NTRP 2.5-3.0 Coach Waldemar Holowetzki

4/6-5/4	F	10:45 a.m.-noon	Tennis Court 1	\$106	CTE351
5/11-6/8	F	10:45 a.m.-noon	Tennis Court 1	\$106	CTE352

TENNIS DOUBLES STRATEGY

Improve your game with this doubles-specific class. Emphasis is placed on different aspects of doubles, from basic formations to poaching to creating openings on the tennis court. Class size is limited to eight.

NTRP 2.5-3.0 with Coach Bjorn Budden

4/2-4/30	M	9:30-10:45 a.m.	Tennis Court 3	\$106	CTE361
5/7-6/4	M	9:30-10:45 a.m.	Tennis Court 3	\$106	CTE362

NTRP 3.0-3.5 Coach Bjorn Budden

4/5-5/3	TH	10:45 a.m.-noon	Tennis Court 3	\$106	CTE371
5/10-6/7	TH	10:45 a.m.-noon	Tennis Court 3	\$106	CTE372

NTRP 3.5+ Coach Waldemar Holowetzki

4/6-5/4	F	9:30-10:45 a.m.	Tennis Court 1	\$106	CTE381
5/11-6/8	F	9:30-10:45 a.m.	Tennis Court 1	\$106	CTE382

TENNIS 101

This class is for those who have little or no prior experience. Come out and learn one of the great lifetime sports. This class teaches the basics and gets you on your way to playing with friends. Class size is limited to six.

TENNIS 101 with Coach Craig Koessler

4/2-4/30	M	Noon-1:15 p.m.	Tennis Court 2	\$106	CTE401
5/7-6/4	M	Noon-1:15 p.m.	Tennis Court 2	\$106	CTE402

TENNIS 101 with Coach Waldemar Holowetzki

4/5-5/3	TH	9:30-10:45 a.m.	Tennis Court 1	\$106	CTE411
5/10-6/7	TH	9:30-10:45 a.m.	Tennis Court 1	\$106	CTE412

TENNIS 101 with Coach Quintin Yray

4/7-5/5	SA	8:15-9:30 a.m.	Tennis Court 3	\$106	CTE431
5/12-6/9	SA	8:15-9:30 a.m.	Tennis Court 3	\$106	CTE432

TENNIS 102 (NTRP 2.5-3.0)

This class is for players with some experience on the court. Time is spent refining individual strokes and learning simple strategies. Class size is limited to six. Class is taught by Coach Quintin Yray.

4/5-5/3	TH	Noon-1:15 p.m.	Tennis Court 1	\$106	CTE441
5/10-6/7	TH	Noon-1:15 p.m.	Tennis Court 1	\$106	CTE442

ADULT EVENING CLASSES

TENNIS CONDITIONING

Players hit balls, develop point strategies for singles and doubles, and get a great workout. Class size is limited to eight. No drop-ins.

NTRP 2.5-3.0 Coach Bjorn Budden

4/3-5/1	T	6:15-7:15 p.m.	Tennis Court 3	\$85	CTE451
5/8-6/5	T	6:15-7:15 p.m.	Tennis Court 3	\$85	CTE452

NTRP 3.0-3.5 Coach Bjorn Budden

4/5-5/3	TH	7:15-8:15 p.m.	Tennis Court 3	\$85	CTE461
5/10-6/7	TH	7:15-8:15 p.m.	Tennis Court 3	\$85	CTE462

POWER TENNIS

Learn to hit a harder ball without working too hard or hurting yourself in the process. Techniques are shown to help you get more power on all your shots, to use that power to your advantage, and to defend against a power player by using your body more efficiently. Class size is limited to six.

NTRP 3.5+ Coach Waldemar Holowetzki

4/4-5/2	W	7-8 p.m.	Tennis Court 2	\$85	CTE471
5/9-6/6	W	7-8 p.m.	Tennis Court 2	\$85	CTE472

TENNIS SINGLES STRATEGY

Improve your game with this singles-specific class. Emphasis is placed on different aspects of singles, such as attacking the net, playing high-percentage points and defending. Class size is limited to six.

NTRP 3.5+ Coach Quintin Yray

4/4-5/2	W	6-7 p.m.	Tennis Court 2	\$85	CTE481
5/9-6/6	W	6-7 p.m.	Tennis Court 2	\$85	CTE482

NTRP 3.0-3.5 Coach Quintin Yray

4/4-5/2	W	8-9 p.m.	Tennis Court 1	\$85	CTE491
5/9-6/6	W	8-9 p.m.	Tennis Court 1	\$85	CTE492

TENNIS DOUBLES STRATEGY

Improve your game with this doubles-specific class. Emphasis is placed on different aspects of doubles, from basic formations to poaching to creating openings on the tennis court. Class size is limited to eight.

NTRP 3.0+ Coach Bjorn Budden

4/5-5/3	TH	6:15-7:15 p.m.	Tennis Court 3	\$85	CTE511
5/10-6/7	TH	6:15-7:15 p.m.	Tennis Court 3	\$85	CTE512

NTRP 4.0+ Head Coach Paul Reber

4/5-5/3	TH	7:45-8:45 p.m.	Tennis Court 1	\$85	CTE521
5/10-6/7	TH	7:45-8:45 p.m.	Tennis Court 1	\$85	CTE522

TENNIS 101

This class is for those who have little or no prior experience. Come out and learn one of the great lifetime sports. This class teaches the basics and gets you on your way to playing with friends. Class size is limited to six. Class is taught by Coach Quintin Yray.

4/4-5/2	W	7-8 p.m.	Tennis Court 1	\$85	CTE531
5/9-6/6	W	7-8 p.m.	Tennis Court 1	\$85	CTE532

TENNIS 102 (NTRP 2.5-3.0)

This class is for players with some experience on the court. Time is spent refining individual strokes and learning simple strategies. Class size is limited to six. Class is taught by Coach Waldemar Holowetzki.

4/4-5/2	W	6-7 p.m.	Tennis Court 1	\$85	CTE541
5/9-6/6	W	6-7 p.m.	Tennis Court 1	\$85	CTE542

VOLLEYBALL

MAC Volleyball offers a variety of competitive, recreational and developmental volleyball classes. The goal of the volleyball program is to provide opportunities for junior members to learn new skills, compete and have fun with others.

For a complete list of level and course descriptions and class policies, visit theMAC.com/group/pages/volleyball. For more information, contact Lea Petock at 503-517-7566.

BEGINNERS YOUTH VOLLEYBALL CLASSES (ages 8 to 12)

This class covers basic volleyball fundamentals, including passing, hitting, serving, receiving, footwork and defensive techniques. It also teaches team-building techniques and instills a personal work ethic. This class is a great way for newcomers and returning beginners to prepare for the upcoming MAC volleyball season.

4/3-4/26	T/TH	3:45-4:30 p.m.	West Gym	\$92	CVB011
5/1-5/24	T/TH	3:45-4:30 p.m.	West Gym	\$92	CVB012

YOUTH ACTIVITIES

MAC's Youth Programs Department offers educational and activity classes to junior members during the fall, winter and spring class sessions. The goal of MAC activity classes and workshops is to provide the opportunity for juniors to have fun, explore creative arts and music, and foster development.

For a complete list of level and course descriptions, visit theMAC.com/group/pages/junior-activity. For more information, contact Mike Donovan at 503-517-7578 or MDonovan@themac.com.

BEGINNING GUITAR

This class is for juniors and adults who have had very little or no guitar experience. Students learn the basics of reading music, tablature and playing chords. Music is chosen from a range of classic to contemporary folk and rock. Students must provide their own guitar. This class is instructed by Tim Uecker.

4/11-5/30	W	5-6 p.m.	Activities Classroom	\$189/\$227	AEC127
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INTERMEDIATE GUITAR

This class is for adults and for juniors, with approval, who have completed a beginning and beginning/intermediate guitar class at MAC, or have had some experience in chording and strumming the guitar. It uses full chords, new strumming techniques, reading of tablature, and some finger-style techniques. Students must provide their own guitar. This class is instructed by Tim Uecker.

4/11-5/30	W	6-7:30 p.m.	Activities Classroom	\$249/\$299	AEC128
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TABLE MANNERS (ages 7 to 12)

In this fun luncheon workshop led by Chef Brian Quinn, formerly of Ivy House Restaurant, children learn proper placement and usage of table items, appropriate table conversations and other dining etiquette. Parents are welcome and the class includes lunch.

4/15	SU	11:30 a.m.-1 p.m.	Location TBA	\$50	YPA031
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OTHER PROGRAMS

COMPETITIVE ATHLETICS

Interested in joining one of MAC's nationally-ranked competitive athletic teams? Contact the coach listed below to sign up and visit theMAC.com for more information on your sport of choice.

BASKETBALL

Van DeKoning 503-517-7572 VDeKoning@themac.com
theMAC.com/group/pages/basketball

CLIMBING

Drew White 503-517-7576 DWhite@themac.com
theMAC.com/group/pages/climbing-team

DANCE

Laura Haney 503-517-7544 LHaney@themac.com
theMAC.com/group/pages/student-company

GYMNASTICS

Meg Doxtator 503-517-7561 MDoxtator@themac.com
theMAC.com/group/pages/gymnastics-classes

KARATE

Sensei Bill Plapinger 503-614-9142 Jkfkarate@comcast.net
theMAC.com/group/pages/karate

RACQUETBALL

Hank Marcus 503-639-3410 WORoutdoorRBall@aol.com
theMAC.com/group/pages/racquetball-new

SKI RACING

Justin Rackley 503-517-7581 JRackley@themac.com
theMAC.com/group/pages/ski-programs

SQUASH

Ashley Read 503-517-7585 ARead@themac.com
theMAC.com/group/pages/squash

SWIM TEAM

No registration is required. A basic understanding of freestyle, backstroke and breaststroke are required. Meets are optional at the beginner level but encouraged.

Alex Nikitin 503-517-7502 ANikitin@themac.com
theMAC.com/group/pages/swim-team

SYNCHRONIZED SWIMMING

No registration is required. A basic understanding of freestyle, backstroke and breaststroke are preferred. All children must be comfortable submerging under water in order to participate.

Lucie Svrčinova 503-517-7513 LSvrčinova@themac.com
theMAC.com/group/pages/synchro

TENNIS

Paul Reber 503-517-7594 PReber@themac.com
theMAC.com/group/pages/tennis

VOLLEYBALL

Lea Petock 503-517-7566 LPetock@themac.com
theMAC.com/group/pages/junior-volleyball

BIRTHDAY PARTIES

Have your child's next birthday bash at the MAC! Parties are offered for children of all ages with an array of activities to choose from. Whether you have a gymnastics, swimming, or Main Gym bounce house party, you can sit back and relax while MAC's birthday attendants make the day special. To book a party, contact Youth Programs Coordinator Lauren Allison at 503-517-7556 or LAllison@themac.com.

PERSONAL TRAINING/PRIVATE INSTRUCTION

MAC offers top-level private instruction and personal training in all programs offered. Contact the staff person below for more information and to schedule personal training.

BASEBALL

Matt Caputo 503-517-7577 MCaputo@themac.com

BASKETBALL

Matt Caputo 503-517-7577 MCaputo@themac.com

CLIMBING

Drew White 503-517-7576 DWhite@themac.com

CPR/FIRST AID CERTIFICATION

Michael Wheeler 503-517-7511 MWheeler@themac.com

DANCE

Laura Haney 503-517-7544 LHaney@themac.com

GYMNASTICS

Rob Petit 503-517-7559 RPetit@themac.com

FOOTBALL

Matt Caputo 503-517-7577 MCaputo@themac.com

KARATE

Sensei Bill Plapinger 503-614-9142 Jkfkarate@comcast.net

LACROSSE

Matt Caputo 503-517-7577 MCaputo@themac.com

LIFEGUARD/CPR CERTIFICATION

Michael Wheeler 503-517-7511 MWheeler@themac.com

OUTDOOR ACTIVITIES

Kellie Halkinrude 503-517-7575 KHalkinrude@themac.com

PERSONAL FITNESS TRAINING

Andy Shupp 503-517-7548 AShupp@themac.com

PILATES

Babs Dalbey 503-223-6251 ext. 1846 BDalbey@themac.com

RACQUETBALL

Hank Marcus 503-639-3410 WORoutdoorRBall@aol.com

SAQ (SPEED-AGILITY-QUICKNESS)

Matt Caputo 503-517-7577 MCaputo@themac.com

SQUASH

Ashley Read 503-517-7585 ARead@themac.com

SWIM SCHOOL

Michael Wheeler 503-517-7511 MWheeler@themac.com

SWIM TEAM

Alex Nikitin 503-517-7502 ANikitin@themac.com

SYNCHRONIZED SWIMMING

Lucie Svrčinova 503-517-7513 LSvrčinova@themac.com

TENNIS

Paul Reber 503-517-7594 PReber@themac.com

TRACK

Matt Caputo 503-517-7577 MCaputo@themac.com

VOLLEYBALL

Matt Caputo 503-517-7577 MCaputo@themac.com

WATER POLO

Aaron Bishow 503-517-7505 ABishow@themac.com

WATER FITNESS

Lisa Best 503-517-7514 LBest@themac.com

WELLNESS PACKAGES

Lisa Virtue 503-517-7528 LVirtue@themac.com

YOGA

Lisa Buchmiller 503-517-7540 LBuchmiller@themac.com

YOUTH FITNESS TRAINING

Matt Caputo 503-517-7577 MCaputo@themac.com



Swim instructor Hunter Quon works with Micah Moore, 5, during a swim lesson in the West Pool.

Swim Lessons

Continued from page 2

While her younger daughter, Ella, 5, loved the water immediately, her 7-year-old had a different reaction. “Ava screamed and screamed and screamed at first,” she recalls. “Now, we can’t get her out of the water. Just ask Hannah.”

The Hannah to whom she refers is Hannah Siemens, one of MAC’s Swim School Coordinators and an ace swim instructor. Along with Michael Wheeler, Amanda Colyer, and a number of other Aquatics staff, Hannah gets repeated praise from McMahon, Moore and other parents. It’s clear that, while safety and practicality might bring families to swim lessons, it’s the relationships they build that keep them coming back.

“Some of the kids’ best friendships have been formed in the water at MAC,” McMahon says. “That’s not to mention the parents bonding on the bench.”

“I find the lessons they’ve learned swimming helping them in other areas of their lives, as well. They’re stronger, healthier, and have more endurance,” she says, citing their performance in other pursuits such as soccer, softball and gymnastics.

“MAC does a good job in clearly defining levels, and letting students know how they can advance. Ava and Ella regularly receive great feedback,” she points out. “The safety part of it is huge, too, and I know that these skills will be important and useful their whole lives.”

De La Mare and Back Again

Melisse De La Mare has belonged to MAC her entire life, and has watched the club’s Swim School evolve over the years. “We used to have to get up at 5 a.m. to register for classes,” she says, but points out that it’s now easier than ever to get her kids the instruction they need. “There are more teachers, more times and more classes now.”

For one of her kids, Clive, the range of options and emphasis on confidence-building and fun have been life-changing. Clive, 12, was born without the left side of his brain, and De La Mare emphasizes what a great job MAC’s program has done in serving him.

“One of Clive’s teachers, Greg, helped him work through a near-drowning experience,” she says. “He’s now been swimming most of his life. The acceptance of a special-needs child has been really amazing for him, and for me and my husband.”

De La Mare believes there may be some parents out there who would still be shy about bringing their own special-needs kids into the club, but hopes that they will hear her story and give their children the chance to experience the freedom that Clive has found in the pool.

With two other kids who’ve both gone through MAC’s Swim School, De La Mare emphasizes that swimming has been something that’s brought her family closer together, whether at home or on vacation. “My kids all surf. We love the water. It’s something they can do together, something that they have in common. No matter where you are, you can always swim.”

-Jake Ten Pas WM



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