



# macactivities

JULY 2021 | MICHIGAN ATHLETIC CLUB MONTHLY PROGRAM GUIDE



# MAC UPDATES

- Outdoor Group Fitness – Check out the schedule [here](#)
- New MAC App for your iPhone or Android
- The Gratitude Board is back. Submit what you love about the MAC to [KErickson@TheMac.org](mailto:KErickson@TheMac.org) to have your thoughts displayed at the Service Desk.
- Seeking Positive News! We'd like to spotlight the positive impact the MAC has had on your lives. Each month, we'll pick one story to highlight in MACTivities. Please forward your uplifting success stories to [NSimmons@TheMac.org](mailto:NSimmons@TheMac.org).
- MAC Courtside Grill and MAC Shack are open. Come in today!

Check out the MAC's new website at [Sparrow.org/MAC](http://Sparrow.org/MAC)



# MAC hours of operation

Monday-Friday 5 a.m.-8 p.m.

Saturday-Sunday 7 a.m.-8 p.m.\*

*\*Indoor club areas close at 5 p.m., outdoor areas close at 8 p.m.*

*\*\*All pools close 30 minutes prior to club closing.*

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## **Courtside Grill:**

Monday through Friday; 7 a.m. until 8 p.m.

Saturday and Sunday; closed.

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## **The MAC Shack:**

Monday through Friday; 12 p.m. until 7 p.m.

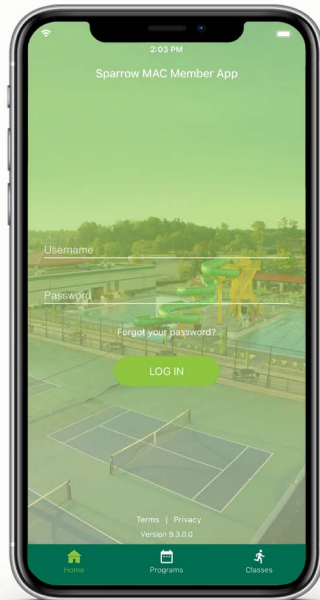
Saturday and Sunday; 11 a.m. until 5 p.m.

Chair service by the pool is available.

Check out the [new menu](#).

## Download the Sparrow MAC App!

Manage your Sparrow MAC membership on the go! Download our app today and our easy-to-use system can help with your monthly statement, your payment method, registering for your favorite class or program, and holds your membership key tag. Stop by the membership office for additional information.



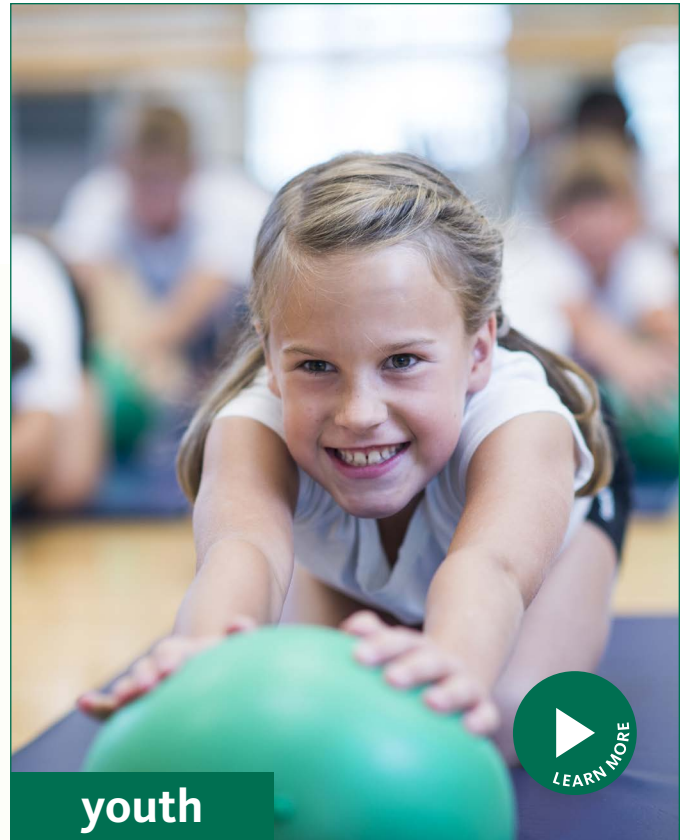
### JulyTrainer Tip

Natalie Greener brings you July's Trainer Tip.

With the warm weather here to stay and an increase in participating exercise and activities outdoors, it's more important than ever to stay hydrated.

Sweating and breathing both contribute to water loss, and what does the summer heat do to us when we are moving around outdoors? It causes us to sweat more and breathe heavier, resulting in an increase of water loss from the body.

Make sure you are drinking water not just during physical activity, but also before and after. Staying proactive with your intake will prevent dehydration and keep you in shape to tackle all your summer goals.



youth

## Kids Klub is Back!

Enjoy your workout while the kids have fun in Kids Klub! Reservations are required during our Phase 1 opening.

Age: 12 months-12 years

Masks are required

Please email Jen Gabriel at [JGabriel@TheMac.org](mailto:JGabriel@TheMac.org) for more information on our Phase 1 opening.

## Need to Burn Some Energy for Your Kids?

### Private Tumbling Lessons

Sign up for private tumbling lessons with one of our great instructors. Lessons can accommodate up to three children in the same household. Lessons are structured around your child's skill level from beginner to advanced! Email Jen at [JGabriel@TheMac.org](mailto:JGabriel@TheMac.org).

## fitness

### Group Fitness Updates

#### reFIT

We've stayed at home, we've worn our masks, we've done our social distancing. We have binge watched Netflix, cleaned out our sock drawer and maybe.... just maybe gotten a little out of shape. So, what do we do? We could sign up for the next 5K or begin doing hundreds of push ups and crunches. OR we could be kind to our body and register for the NEW PROGRAM at the MAC called reFIT.

With reFIT you will work under the guidance of a highly trained fitness expert who will help you slowly BUT surely get back into shape. ReFIT will blend workouts with short, informative fitness discussions. The workouts themselves will be designed to get you back into the "swing" of regular exercising without the pain that can come with "doing too much too fast."

Included in the program:

- Workouts for all levels
- Informational handouts
- Help from a trained professional

**Date:** Wednesdays at 10 a.m.  
July 7-28

**Cost:** Members | \$45  
Guests | \$60

#### Pilates Semi Privates

Certified Pilates instructors offering a five-week semi-private Pilates program, with one 45-minute session per week. Classes will utilize Pilates equipment including the reformer, chair, tower, ladder barrel and spine corrector. Pilates works to strengthen the core musculature, tone muscles, improve coordination and balance, and supports the spine!

**When:** July 12-Aug. 27

**Cost:** Members | \$175  
Guests | \$240

*Note: \$20 no show fee for all Group Fitness Classes*



#### Mat Pilates & Myofascial Release Workshop

This four-week workshop is available for all fitness levels and will incorporate Pilates exercises and myofascial release techniques using small equipment and props (including: balls, towel, weights, rollers and bands). Pilates is a great fitness regimen to decrease low back and joint pain while strengthening the core. Myofascial movement flow is wonderful for increasing blood flow and hydrating the tissue. The goal of this workshop is to increase core strength, challenge balance, and improve mobility while allowing the body to move freely in all planes of motion.

**When:** Thursdays at 10 a.m.

**Date:** July 15-Aug. 5

**Cost:** Members | \$45  
Guests | \$60

#### Medical Swipe

Join our certified water fitness instructors for a medically based aqua fitness class.

- Classes are held in the exercise pool
- Pool temperature is 85 and 87 degrees
- Classes are 45 minutes in length

The six-week program includes two classes per week. To enroll in the program, a physician's note and completion of the emergency contact and medical release form is required.

*Note: Left over swipes can be substituted for this program.*

**When:** Monday/Wednesday 12 p.m.  
July 19-Aug. 25

**Cost:** \$90 for 6 weeks

## fitness

### Commit to Fit

Commit to Fit will be running a ten-week session this summer! Experience a variety of workouts led by our expert trainers, enjoy the accountability of a tight-knit fitness community, and build healthy habits that will last a lifetime.

Commit to Fit welcomes all levels of fitness, whether you are new to exercising or looking for your next athletic challenge!

Join our trainers for a free information session on Thursday, July 22nd, at 9:00 a.m. or 6:00 p.m., to meet the team, check out what the program consists of, and more.

#### Session starts August 2nd

**When:** Mondays/Wednesdays 9-9:45 a.m.  
Mondays/Wednesdays 6-6:45 p.m.

**Cost:** Members | \$245  
Guests | \$325

## Youth Dance Camp

### The Wonderful World of Dance

Introduce your child to the world of movement and dance! This camp familiarizes dance techniques to upbeat music from Disney movie favorites. The dancers will build movement combinations and an understanding of space, balance, stretch, rhythm, and self-expression. No dance experience necessary.

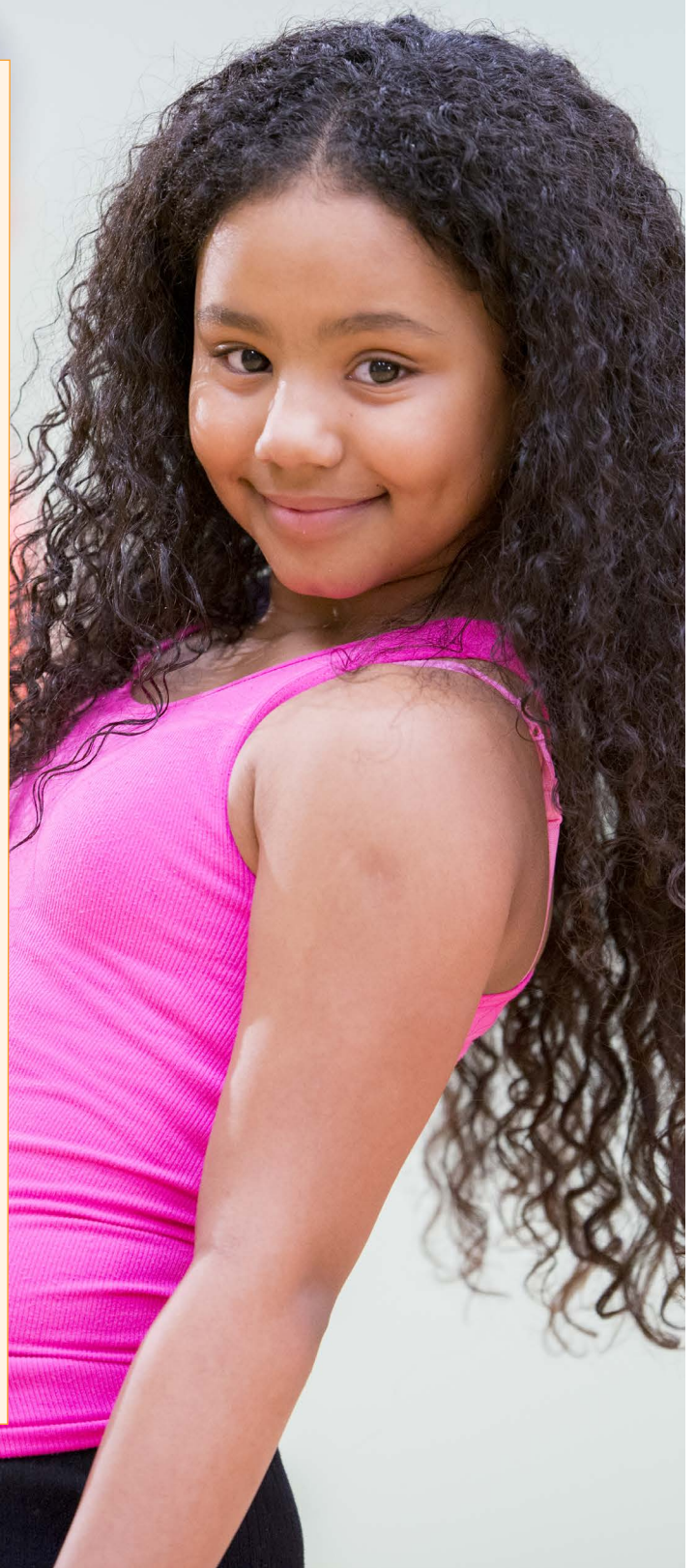
**Ages:** 6-10 years old

**Date:** July 19-22, Mon.-Thurs.

**Time:** 1-2:30 p.m.

**Instructor:** Beth

**Cost:** Members | \$80  
Guests | \$120



## aquatics

### Sign Up for Aquatics Lessons

#### MAC Swim School

The MAC Swim School is now open to help swimmers of all ages grow in their swim skills and water safety knowledge.

- \$20 enrollment per Member, up to \$40 for a family
- \$50 a month per swimmer
- Comes with a swim bag, t-shirt, goggles, and towel

Sign up today by emailing Amber Stefanski at [ASTefanski@TheMac.org](mailto:ASTefanski@TheMac.org)!

#### Private Swim Lessons

- 30 minutes | \$30
- 45 minutes | \$45
- 60 minutes | \$60

Call the Aquatic Supervisor for more information at 517.364.8842.

### Summer Swim Camp

**Dates:** Summer Swim Camp will begin June 14 through Aug. 20. Sessions run by the week and swimmers can sign up for one or multiple weeks.

All outdoor classes run Mon.–Thurs. each week. Pick your age group, pick your time, pick a week, and go!

**Cost:** Members | \$44  
Guests | \$77

	8:45 a.m.	9:30 a.m.	10:15 a.m.	11 a.m.
Parent Tot		•		•
Super Tot		•	•	•
Ages 3–5		•	•	•
Ages 5–7	•	•		•
Ages 7–9	•		•	
Ages 9–12	•		•	
Adult	•			

#### American Red Cross Lifeguard Classes at the MAC

**Cost:** Member/Guest | \$265

If you're looking for a rewarding job and a way to strengthen your resume, register for a Sparrow MAC lifeguard certification class.

You will receive:

- Red Cross Lifeguard Certification
- First Aid/CPR for the Professional Rescuer Certification
- Oxygen Delivery Certification
- Bloodborne Pathogens Certification

#### Course requirements:

- Must be at least 15 years old by the last day of the class.
- Must be able to swim 300 yards breaststroke or freestyle, demonstrating breath control and rhythmic breathing.
- Must be able to tread water for two minutes without using your hands.
- Must be able to swim up to 20 yards (no goggles), surface dive 7-10 feet to retrieve a 10-pound object, bring the object to the surface, and return to the starting point in under 1 minute and 40 seconds.

#### Session 1: July 23-25

Friday, July 23 | 4-9 p.m.

Saturday, July 24 | 8 a.m.-6 p.m.

Sunday, July 25 | 8 a.m.-6 p.m.

#### Session 2: July 30-Aug. 1

Friday, July 30 | 4-9 p.m.

Saturday, July 31 | 8 a.m.-6 p.m.

Sunday, Aug. 1 | 8 a.m.-6 p.m.

Must attend all days/time per session.  
48 hour cancellation required.



## aquatics



### Group Swim Lessons

Our Learn to Swim program is based on the American Red Cross guidelines. We have developed our program to emphasize safety, parent involvement, and one of the smallest instructor-to-student ratios in the mid-Michigan area. On the first day of class, we will place participants with instructors based on specific abilities. At the end of the last week of class, students will receive a report card that will show their progression through each level.

Group Lessons will run for five weeks each in two sessions June 14-July 12 & July 19-Aug. 16. Select your age group and preferred day of Monday or Wednesday to save your spot.

**Cost:** Member | \$55  
Guests | \$85

**Water Acclimation: Parent Tot** ▶

**Water Acclimation: Super Tot** ▶

**Swim Academy** ▶



### Update for MACkerales Swim Team

At this time, due to COVID Restrictions, we will not be offering a 2021 swim team season. We can't wait to have this program back in 2022, but to ensure all members can use the club as much as possible with current restrictions, we are choosing to not hold it this year. Our coaches miss you and hope to see you in Swim Academy!

We are offering an alternative class, Swim Academy, available for a five week session on Tuesdays 6-6:40 p.m. or Wednesdays 6-6:40 p.m.

**When:** June 15-July 14 & July 20 – Aug. 18

**Cost:** Member | \$55  
Guest | \$85

Ages 5+ must be able to swim 50 yards freestyle or breaststroke, tread water for one minute, and float on back.

Whether you're looking for a non-competitive activity or want to supplement training for race day, we can help you reach your goals. Our coaches will help you focus on endurance, strength training, and swim team drills while we provide an opportunity to improve your swimming skills and achieve success. There will be opportunities to "race yourself and beat your best time" to track improvements and reach personal goals.

We look forward to seeing you in the pool and having a great summer together! The coaches miss you!



## aquatics

### Mermaid/Shark Experience ▶

Join us and learn how to swim like a mermaid or a shark on the top or under the water! Offered for a full week at a time Mon.-Thurs. from 12-12:40 p.m. and 6-6:40 p.m. This 40-minute class is about safety, better swimming skills, and magic! In this fun-filled fin-tasy you will have the opportunity to learn what it takes to be a real mermaid, merman, or shark and master some of the basic techniques with our Mermaiding Swimming Association certified Instructors. Students must be able to swim independently one length of lap pool freestyle or breaststroke, tread water for one minute, and float on back. At the end of class, each student will receive a flashdrive with photos/videos to remember the experience.

**Cost:** Members | \$80  
Guests | \$112

### Log Rolling ▶

Log Rolling is a 45-minute low-impact activity with high rewards offered for a five week session on Friday mornings from 10-10:45 a.m. held in the outdoor leisure pool at five feet deep. Learn something new, and you can improve your balance, footwork and core strength. You will also greatly improve your cardiovascular and muscular endurance. Log Rolling is also a fun way to cross-train for other sports that require being quick on your feet. This is a great activity for anyone! We welcome ages 4 years and up. No shoes or equipment required. Come ready to roll in your suit or with any comfortable athletic clothing that can get wet. For log use during group events, please call the MAC.

**When:** June 18-July 16 and July 23-Aug. 20

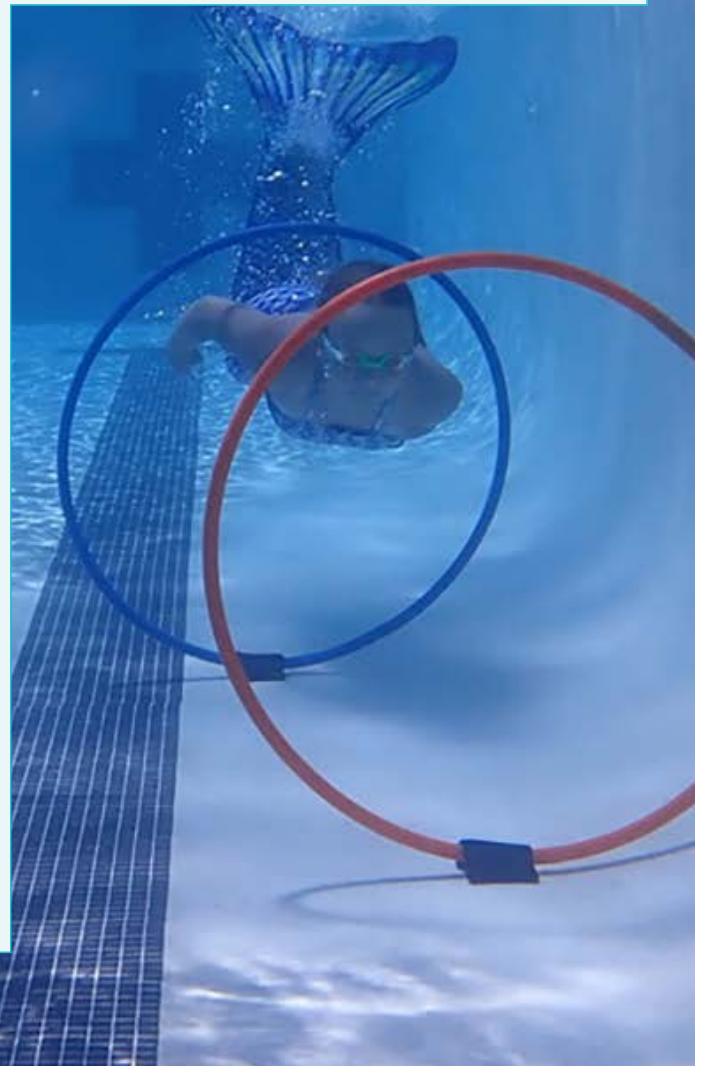
**Cost:** Members | \$48  
Guests | \$78

### Master Swim

Master Swimming is a program designed for adults that would like to continue to work on endurance, train for meets or triathlons, or just to remain active and meet new friends. Class is held in the outdoor lap pool. The coach on deck will provide a workout.

**Cost:** Member | Free  
Guest | \$20

Register to hold your spot each week on Tuesday or Thursday from 5-6 p.m.



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## tennis & pickleball

### Junior and Adult Tennis



#### Private Lessons

Private lessons are a great option for players wanting to fast track their improvement or fine tune their skills. Please contact Rich Thom at 517.364.8817 for scheduling information.

#### Junior Programs

**Summer Session 2 starts Monday, July 19.** This session is five weeks in length. Classes available for players three years of age and up.

- Session 2: July 19-Aug. 21

Registration is available via the member App or by calling Concierge at 517.364.8800

#### Adult Programs

**Summer Session 2 begins Monday, July 19.** Session 2 runs for five weeks! We have classes for those new to the game or the seasoned player. Sign up is available via the member App or by calling Concierge 517.364.8800

#### New Class!

##### 4.0 Liveball

Every Tuesday 6-7:30 p.m.

Sign up via Concierge, the member App or the Portal.

#### Summer Camps ▶

Summer Camps are continuing and run weekly Monday through Thursday. Click the button for more information.

Camps are available for players three years and up.

#### Tennis Info

Wimbledon is back and so is our PICK the WINNER competition.

Enter to win a FREE lesson with the Tennis Pro of your choice. Simply fill out the entry form located at the tennis office with who you believe will win the men's and or women's singles title.

The Championships run June 28–July 11. Entries close July 5.

#### UTR Matchplay Wednesdays ▶

Sign up via the UTR website for July 14.

#### Pickleball Info ▶

Play Pickleball Trivia! Enter to win a FREE lesson with a Pro of your choice. The winner will be chosen from the correct entries. Submit your answers to the entry box located at the indoor tennis and pickleball office.

**Question** — What year was pickleball invented?





# L | O | E Y E

## C A R E



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## summer 2021 events

### Mark your calendar for this month's events

#### Parent's Night Out

Friday, July 16 | 5-8 p.m.

Bring the kids to the MAC for an evening of fun. We'd love to see our MAC kids during this special evening of fun, friendship, and safe socialization.

#### Pickleball Event

Tuesday, July 6 | 5-7:30 p.m.

4.5+ Matchplay

Sign Up via the member app or by calling Concierge at 517.364.8800.

#### 4.0 Liveball Social

Thursday, July 15

Sign up via the member app or by calling Concierge at 517.364.8800.

Prizes for basket winners!

#### UTR Matchplay Wednesday

Matchplay runs weekly on Wednesdays 1:30-4 p.m. Click the play button to sign up via the UTR website.



#### Morning with Mimosas

Saturday July 31 | 10-11:30 a.m.

A 45-minute Aqua Zumba class followed by a 30-minute social event. Includes a snack and a mimosa (non-alcoholic options available).

**Where:** Leisure pool

**Cost:** Member | \$15  
Guest | \$25

### wellness

## Relax and unwind with a Massage at the MAC.

Make time for you. Relieve stress, reduce pain, enhance well-being. Choose from:

- Sports
- Deep Tissue
- Relaxation
- Couples Massage



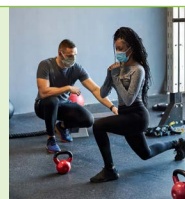
#### Promotion is back by popular demand

— Starting in June you can get the "20 for 20"! Enjoy a wonderful 20-minute chair massage for only \$20.

Contact the Concierge desk for details at 517.364.8888 to schedule your appointment today.

### Interested in personal training?

Purchase a 5, 10 or 20 pack today to get you started on your goals and stay committed.





## Host Your Department Outing, Retreat or Meeting at the MAC!

**Have fun, get some things done, and increase caregiver engagement! Plan your next department outing, retreat or meeting at the Sparrow Michigan Athletic Club.**

- Experience team bonding, strengthen relationships, and improve networking.
- Choose from a variety of activities for team building, including yoga, pickleball, cycling, volleyball, and more.
- Breakfast, lunch, and dinner options are available from the MAC Courtside Grill Restaurant.
- Costs vary based upon group size and selections.

**Contact Nicole Simmons at [NSimmons@TheMac.org](mailto:NSimmons@TheMac.org) or at 517.364.8870 for details.**

## REFER A MEMBER AND WIN!

Each time you refer a new member that joins you receive \$50 credit to the MAC.

It is a great time to join the MAC for a \$99 enrollment fee offer, with a complimentary jump start of their choice.

Contact the Membership Services Office for details at 517.364.8888.



## Member Spotlight

Ten years ago, **Kristen Pennock** received a trial membership at the MAC. Her family squeezed the most out of that one week, as if visiting a healthy all-you-can-eat buffet. Not looking back, they joined, and the MAC became a family affair. Kristen says fitness instructors taught her new skills, tennis coaches took her son from a beginner to his high school team, her daughter enjoyed the machines and cold plunge, and her husband walked the track and had a regular court time. Until COVID-19, at least one family member was at the MAC nearly every day.

When the MAC reopened, Kristen says her family felt safer at the MAC than other public places. She took up lap swimming, reserving a lane every morning before breakfast. Kristen says watching the sky brighten from the pool became the best part of her day, and a rare pandemic time for her to safely see people outside her family in person. She got to know members and staff over time with hellos and splashy waves. Those friendly connections inspired her to persevere, building up to a mile a day.

One very cold morning, Kristen was inspired by the rising sun illuminating the sky and water. As an architect and artist, she immediately wanted to memorialize the scene with a painting. She grabbed her phone before the light changed and captured reference photos while her swim buddy Jeff zipped past. Kristen has kindly shared the beautiful painting with us, and we appreciate her special talent and testimonial of the MAC!



## Contact

### Resturant

*Brittany Cotant*

Brittany.Cotant@Sparrow.org

### Youth Programs/Kids Klub

*Jen Gabriel*

JGabriel@TheMac.org

### Group Fitness/Pilates

*Taylor Jackson*

TJackson@TheMac.org

### Business Office/Admin

*Carol Murray*

CMurray@TheMac.org

### Facilities

*Bryan Sabec*

BSabec@TheMac.org

### Safety Specialist

*Tim Salinas*

TSalinas@TheMac.org

### Interim Executive Director

*Nicole Simmons*

NSimmons@TheMac.org

### Aquatics

*Amber Stefanski*

AS Stefanski@TheMac.org

### Tennis

*Rich Thom*

RThom@TheMac.org

### Member Services/Service Desk

*Elyse White*

EWhite@TheMac.org

## Time to schedule your appointments at the heat.

The Heat is social distanced and following best practices to ensure your health and safety. Call **517.575.6273** or email **HeatSalonEastLansing@gmail.com** to get your appointment scheduled.



**Sparrow**

Michigan Athletic Club