

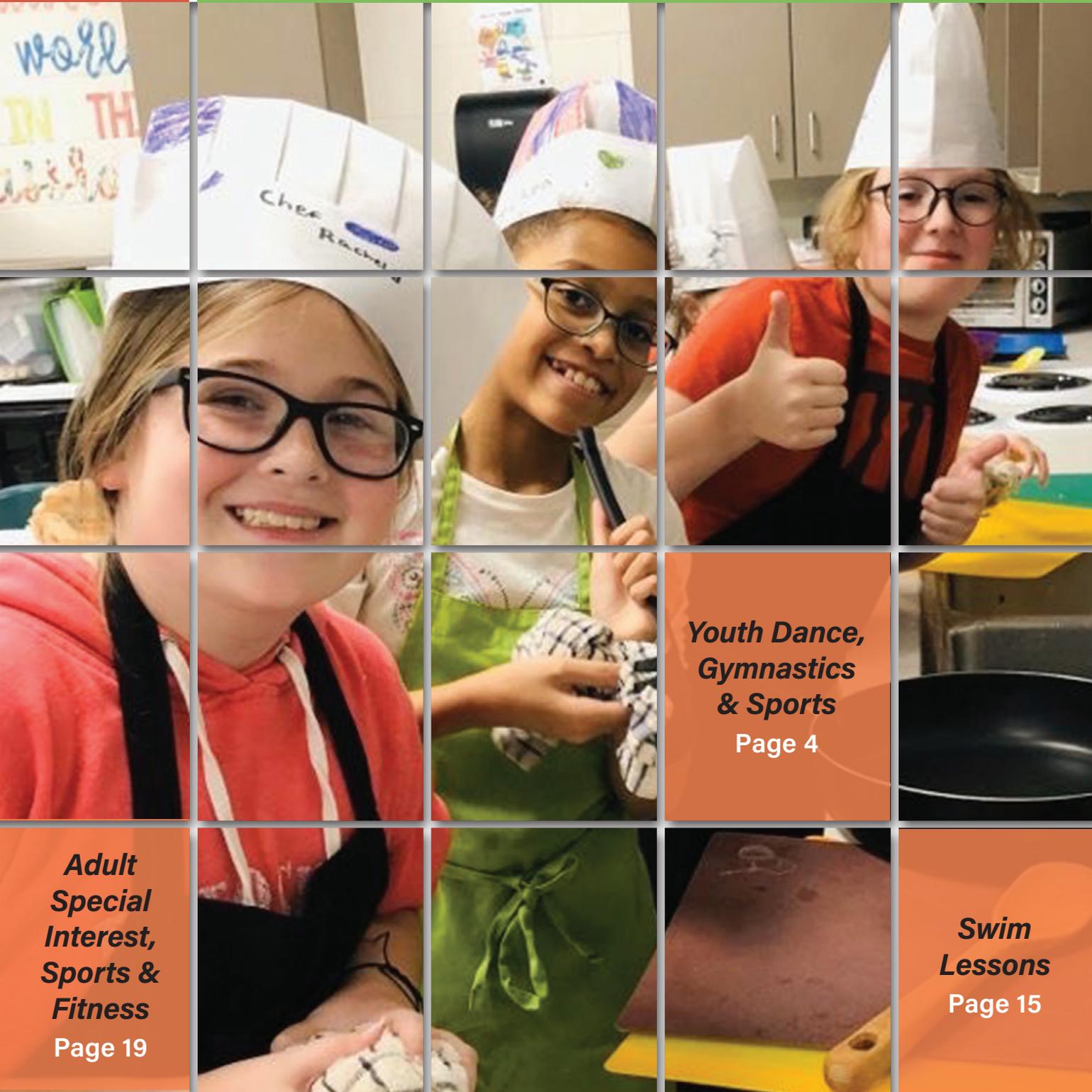


LAKE ORION COMMUNITY SCHOOLS

ENRICHMENT

SERVICES

SPRING/SUMMER 2022 CATALOG



*Youth Dance,
Gymnastics
& Sports*

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*Adult
Special
Interest,
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Lake Orion Community Schools is proud to support the Orion community. Not only do we educate children, but we strive to educate the community through the Enrichment Services Department. The class offerings serve students in their earliest years and Dragons all across our community, keeping multiple generations engaged and eager to learn and have life experiences outside of the formal classroom. Having such a vibrant community resource is one of the areas we are proud of as we remain connected to all our neighbors. Thank you for participating in these programs and thank you for helping keep Orion strong.



Ben Kirby
Superintendent
Lake Orion Community Schools

ENRICHMENT is published three times per year by the Lake Orion Community Schools Enrichment Services Department. To advertise in this publication, contact Lori McGraw at 248-693-5436, extension 1 or lori.mcgraw@lok12.org.



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 COMMUNITY SCHOOLS**

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Early Childhood
248-693-5439

Food Services
248-814-0201

Head Start
248-693-5687

Learning Options
248-693-5450

Youth Assistance
248-693-6878

LAKE ORION COMMUNITY SCHOOLS EARLY CHILDHOOD PROGRAMS

Programs to meet every family's needs.

FREE!

**Early Head Start,
Head Start,
Great Start
Readiness
Preschool**
248-693-5687
or 248-693-5439



Child Care

18 months
to 5 year olds
Monday—Friday
6:30 am to 6 pm

School Age Child Care

Grades DK-5
Monday—Friday
6:30 am to 6 pm

Blanche Sims: 248-693-5460
Carpenter: 248-391-5483
Orion Oaks: 248-393-0016
Paint Creek: 248-814-1727
Stadium Drive: 248-690-8222
Webber: 248-391-5472

LITTLE DRAGONS SUMMER PROGRAM



**Summer Early Childhood
Program designed
for children 18 months
to 5 years**

The focus of this program is
to combine an early childhood
curriculum with fun and exciting
summer activities and discoveries.

June 13–August 26 | 6:30 am to 6 pm

*No care offered July 4–8 or
August 29–September 2*

*To register call 248-693-5439. Fees located on website.
Summer Office hours vary, typically 9 am to 2 pm.*

PRE- KINDERGARTEN

2, 3, 4 & 5 years old
Monday—Friday
Half Day and
Full Day options



1155 Joslyn Road, Lake Orion, MI 48362
Early Childhood Office (248) 693-5439 ▪ Head Start Office (248) 693-5687
OFFICE HOURS Monday through Friday, 8 am to 4 pm
lakeorionschools.org/early-childhood-program-and-education



DANCE

Lake Orion Enrichment Services in cooperation with STARZ Performing Arts offers recreational children's dance lessons. Each eight-class session includes a costume. There are three sessions: fall, winter, and spring. Each session will conclude with an informal recital. Yearlong students in the program receive a trophy in May. The spring recital will be Thursday, May 26, at 6:30 pm at the CERC Building.

Mommy & Me Move

You and your child will participate in general movement activities to improve gross and fine motor skills and enhance awareness while having fun with the basics of tumbling, dancing, singing, jumping, and rolling with props such as puppets, balls, ribbons, bubbles, parachute, and more! Class may participate in recital.

Ages 6 months to 3 years. Each class meets 8 times in CERC Activity A.

2221SP22A Tues Apr 5—May 24 10–10:30 am \$59

2221SP22B Thurs Apr 7—May 26 6:15–6:45 pm \$59

Ballet/Tap/Jazz

This class develops a dance work ethic in a positive atmosphere that builds self-esteem and camaraderie. The students will learn proper ballet placement, turnout, technique, vocabulary, jumps, leaps, and extensions while incorporating them into many different styles of dance. Jazz incorporates stretching, across the floor combinations, and jazz routines. Tap concentrates on both rhythmic and classical methods. Students will learn vocabulary, rhythmic timing, improvisation, and tap choreography. Dance apparel and shoes suggested but not mandatory.



Each class meets 8 times.

AGES 3 TO 5

2226SP22A Mon Apr 4—May 23 4:45–5:30 pm \$99
CERC 109

2226SP22B Tues Apr 5—May 24 10:30–11:15 am \$99
CERC Activity A

GRADES K THROUGH 5

2226SP22C Mon Apr 4—May 23 5:30–6:15 pm \$99
CERC 109

Hip Hop/Acrodance

Fun, high energy, and upbeat! Class begins with a thorough warm up taught to fast, bass pumping music, then learn today's hottest dance style while we incorporate acrobatics. Dancers learn to isolate their bodies with control, precision, and rhythm. Music and choreography will be age appropriate.

Each class meets 8 times in CERC Activity A.



AGES 3 TO 5

2228SP22A Thurs Apr 7—May 26 4:45–5:30 pm \$99

GRADES K THROUGH 5

2228SP22B Thurs Apr 7—May 26 5:30–6:15 pm \$99

GYMNASTICS BY STARZ

Lake Orion Enrichment Services in cooperation with STARZ Performing Arts offers recreational children's gymnastics lessons. There are three sessions: fall, winter, and spring. Join us for one, two, or all three sessions; yearlong students in the program receive a trophy in June. Participants should wear leotards or fitness clothing (no jeans) and bring a water bottle. CERC provides a quiet waiting area in the main lobby where parents will remain during the class. A formal "Olympics" will be presented to the parents and guests on the last week to demonstrate skills and progress.

Twinkle Little STARZ

Your preschooler will enjoy learning the basics of gymnastics in this action packed class! In addition to learning how to complete basic skills on the floor, vault, beam and bars, your child will learn about the importance of exercising by moving to child-friendly music. Increase balance, flexibility, coordination, and strength in a fun way! Come and join the fun!

Ages 3 to 5. Each class meets 8 times in CERC Activity A.

2134SP22A Tues Apr 5—May 24 11:15 am–12 pm \$109

2134SP22B Tues Apr 5—May 24 5–5:45 pm \$109

2134SP22C Wed Apr 6—May 25 6–6:45 pm \$109

Rising STARZ Gymnastics

Basic level skills are reinforced, as more advanced skills are introduced in all apparatus: floor, vault, beam, and bars with an emphasis on building self-confidence, self-esteem, and body awareness. Class taught for all levels: beginner through intermediate with focus on completing USA Gymnastics Level 1 skills.

Grades K through 6. Each class meets 8 times in CERC Activity A.

2136SP22A Tues Apr 5—May 24 5:45–6:45 pm \$129

2136SP22B Wed Apr 6—May 25 5–6 pm \$129

Open Gym

Full access to Starz gymnastics room including mats, bars, beams, vault, and loads of props/toys. Practice your skills or just burn off some energy. Staff member is present to ensure safety; however, no formal lesson will occur.

Grades K through 8. Each class meets from 6:45 to 7:30 pm in CERC Activity A.

2138SP22A	Wed	Apr 6—May 25	8 classes	\$52
2138SP22B	Wed	Apr 6	1 class	\$8
2138SP22C	Wed	Apr 13	1 class	\$8
2138SP22D	Wed	Apr 20	1 class	\$8
2138SP22E	Wed	Apr 27	1 class	\$8
2138SP22F	Wed	May 4	1 class	\$8
2138SP22G	Wed	May 11	1 class	\$8
2138SP22H	Wed	May 18	1 class	\$8
2138SP22I	Wed	May 25	1 class	\$8

Tumbling Clinics

Join us for these clinics where we focus on a different skill each session. Students do not need to be able to complete the skills. Staff is knowledgeable on proper spotting techniques and participants will have access to mats and wedges. Please wear athletic clothing and bring a water bottle.

Grades K through 8. Each class meets from 6:45 to 7:30 pm in CERC Activity A.

2140SP22A	Cartwheel & Round-Off			
	Wed	Apr 13		\$15
2140SP22B	Back-Bend & Back Walkover			
	Wed	Apr 27		\$15
2140SP22C	Back Handspring	Wed	May 11	\$15
2140SP22D	Bars and Beam	Wed	May 18	\$15
2140SP22E	All tumbling clinics			
	Wed	Apr 13—May 18		\$50



SPECIAL INTEREST

Babysitting 101

Calling all future babysitters! Take this class to learn what it takes to be the best babysitter in town! Topics covered include how to care for various ages of children, what to do in case of an emergency, and how to manage your babysitting business. First aid basics will be covered.

Ages 10 and up. Class meets in CERC 111.

2225SP22	Thurs	May 19	5-8 pm	\$30
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Bucket Drumming: Beginner & Intermediate

Follow the beat, learn rhythms and playing techniques through group instruction and fun bucket drumming games. Instructors: Abigail Rennels and Jeremy Otto. Buckets and drumsticks provided. Registration fee includes \$5 materials fee.

Ages 7 to 16. Class meets 7 times in CERC 108.

2127SP22	Mon	Apr 18—Jun 6	6:30-7:15 pm	\$47
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Pokemon Club

Trade cards, play games, and talk Pokemon. Learn the basics or come share your expertise. All level players are welcome. Bring your Pokemon cards. Instructor: Abigail Rennels.

Ages 6 to 14. Class meets 6 times in CERC Cafeteria.

2128SP22	Tues	Apr 26—May 31	6-6:45 pm	\$42
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Theatre for Kindergarten and First Grade

Learn beginner's theatre through storytelling, games, and mini performances! This stress-free theatre class is a great way to have fun, gain confidence, and use your creativity. This would also be a great class for Tiger Cub Scouts and Daisy Girl Scouts!

Grades K through 1. Class meets 4 times in CERC 109.

1365SP22	Wed	Apr 20—May 11	6-7 pm	\$42
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Mother Daughter Hip-Hop

Moms, daughters, grandmas, aunts, sisters. Enjoy a night of choreographed dancing, games, and bonding. Pizza and refreshments provided. Wear casual clothing and bring a water bottle and be ready to move!

Best suited for ages 4 to 12. Class meets one time in Carpenter Gym.

2220SP22	Fri	May 6	5:30-7 pm	\$15 per person
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Self Defense for Girls and Women

This class focuses on environmental awareness as well as self-defense to avoid and get away from challenging situations. We cover a variety of attacks from a simple wrist grab to a full choke, covering techniques on how to escape as well as defense. As the threat escalates, we teach techniques to forcefully remove/defend yourself against the attacker. Specific skills taught include situational awareness, identification of personal weapons and their use (voice, phone, keys), defining target spots and appropriate techniques, kicking and punching techniques for beginners, and basic ground techniques to get away when an attacker has you pinned. Class is taught by American Martial Arts Academy Third Dan Black Belts.

Ages 13 and up. Class meets one time in CERC Gym.

2360SP22 Tues Jun 7 6:30–9 pm \$30

SPORTS

Basketball Class

This fun, skill-intensive program is designed for beginning to intermediate players. Using our progressional curriculum, we focus on the whole player—teaching sportsmanship and teamwork. Boys and girls will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction.

Ages 8 to 10. Class meets 5 times in CERC Gym.

2300W22B Wed Apr 20—May 18 5:30–6:30 pm \$97

Boys Basketball Spring Development Training

Strength and Conditioning Program for boys basketball players. We are aiming to develop a desire to train, to train hard, and a love for personal strength & athleticism. We will focus on building a family atmosphere, develop unity through training & skill development, instruct and develop individual strength and injury prevention. Types of activities will include strength building (lifting), plyometrics, agility & speed training, injury prevention, endurance training, and on court skill training.

Grades 7 to 12. Class meets 9 times in the LOHS Field House.

3105SP22 M/T/W May 16—Jun 2 6–8 pm \$98

Girls Basketball Spring Skill Development Class

Great opportunity to work on all your fundamentals. Focus will be ball handling and shooting. Training all levels from beginner to middle school. Great opportunity to improve your overall game.

Class meets 3 times in the LOHS Field House. Class will not meet on April 16.

GRADES 3-5

3113SP22A Sat Apr 9-30 10-11 am \$75

GRADES 6-8

3113SP22B Sat Apr 9-30 11 am-12 pm \$75

Cheernastics

Learn cheerleading basics including sideline cheers, floor cheers, jumps, tumbling and stunts, a pom/dance routine, and mounting/pyramids. Participants will perform in recital.

Grades K through 6. Class meets 8 times in CERC Activity A.

2219SP22 Thurs Apr 7—May 26 6:45–7:30 pm \$109

Karate

Join this exciting program that has been sponsored by Lake Orion Enrichment Services for over 33 years under the direction of Grand Master Leo Mayer 8th Dan Black Belt. The program teaches beginners, from first grade up through adults, the concepts of self-discipline, self-defense and self-confidence to



make the right choices. In this beginner class, parents are welcome to JOIN and train with their children and increase their flexibility while mastering proper balance and coordination skills in the same class. Stop by and talk to certified black belt instructors at the demonstration on the first night. Tournaments available. Registration fees payable at first night demonstration class.

Ages 6 and up. Class meets 13 times in the CERC gym. Class will not meet on May 30 and July 4.

2350SU22 Mon May 16—Aug 22 6–7 pm \$140

Kickstart Soccer Classes

Crawl...Walk...Run...Kick...Play! Kickstart Soccer is a soccer education program available for all skill levels and ages. This is a great way to introduce athletic movements, improve agility, learn soccer skills both on and off the field, all while preparing your little one for the next step and playing on a team.

Classes meet 7 times at Orion Oaks Elementary.

PEE-WEES (AGES 18-24 MONTHS)

2310SP22A Sat May 7—Jun 18 10-10:45 am \$115

ROOKIES (AGES 2-2½ YEARS)

2310SP22B Sat May 7—Jun 18 10-10:45 am \$115

PROS (AGES 3-3½ YEARS)

2310SP22C Sat May 7—Jun 18 11-11:55 am \$115

PROS PLUS (AGES 3½-4 YEARS)

2310SP22D Sat May 7—Jun 18 11-11:55 am \$115

ALL STARS (AGES 4½-7 YEARS)

2310SP22E Sat May 7—Jun 18 12-12:55 pm \$115

JUNIORS (AGES 7½-9 YEARS)

2310SP22F Sat May 7—Jun 18 12-12:55 pm \$115

Mini Hawks Class—Basketball and Soccer

Mini-Hawk programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork.

Ages 5 to 7. Class meets 5 times at the CERC Gym.

2330W22B Wed Apr 20—May 18 4:30-5:15 pm \$77

Trail Bike Riding Basics

Do you love taking adventures in the great outdoors? Love making new friends? Looking for a way to have loads of fun while exercising? Then come out and join us for some trail riding. All you need is yourself, a bike, and a helmet. We will teach you the rest. This class will introduce you to the basics of trail riding so you can bike while enjoying all that nature has to offer! Please arrive 30 minutes early for bike checks.

Ages 8 to 17. Class meets one time at Lake Orion High School. Please meet at the parking lot behind LOHS by the baseball fields.

GIRLS

2340SP22A Tues May 24 5-7:30 pm \$20

BOYS

2342SP22B Mon May 23 5-7:30 pm \$20

TENNIS

Mini Youth

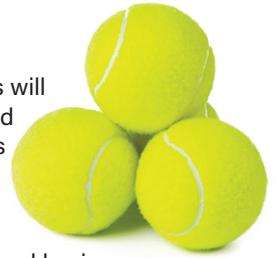
Mini Youth is designed for younger children with an interest in tennis. This program is for beginner and intermediate players. These courses introduce the game in a safe, fun, and enthusiastic environment.

Ages 4 to 6. Class meets 6 times at the Lake Orion High School Tennis Courts

2450SP22 Mon Apr 11—May 16 5:30-6:30 pm \$64

Youth

For elementary-aged beginner and intermediate players. These courses will introduce the game in a safe, fun and enthusiastic environment. This class will focus on stroke production and teach the fundamentals of movement on a tennis court. Grips, stroke technique, court movement, and basic tactics will all be worked on in class.



Ages 7 to 10. Class meets 6 times at the Lake Orion High School Tennis Courts.

2452SP22 Mon Apr 11—May 16 6:30-7:30 pm \$64

Open Middle School

Open Middle School will provide an enjoyable atmosphere for players to learn or continue their development of tennis skills. Emphasis will be on strokes and movement on the court. Introduction to proper grip, forehand, backhand, serve, and volley are taught with emphasis placed on technique, footwork, match play and rules of the game.

Ages 11 to 14. Class meets 6 times at the Lake Orion High School Tennis Courts.

2454SP22 Mon Apr 11—May 16 7:30-8:30 pm \$64

Middle School Coed Tennis Team

Learn tennis skills and be involved in the game of tennis. Matches will be scheduled with other districts beginning in mid-April and run through the end of May with a season ending tournament.

Grades 6 through 8. Class meets 14 times at the Lake Orion High School Tennis Courts.

2650SP22 W/F Apr 6—May 20 5-6:30 pm \$223

SUMMER DAY CAMPS

Sponsored By Lake Orion Community Schools Enrichment Services

We've got you covered for summer fun—lots of options to choose from! Our summer camps are from 9 am to 4 pm. Extended camp is available daily 7 to 9 am and 4 to 6 pm, \$6 per session. You pick your own schedule—come for whatever weeks you would like!

CAMP WANNA HAVE FUN is designed for children currently attending grades K–4.

CAMP EXPLORION is designed for students currently attending grades 5–7.



Choose how many days a week you need for **GREAT** weekly rates:

	CAMP WANNA HAVE FUN	CAMP EXPLORION
3 days a week	\$105	\$111
4 days a week	\$132	\$140
5 days a week	\$150	\$160

Both of these camps are located at the CERC building. Each camp features age appropriate activities, swimming at the Lake Orion High School pool, special event days, and lots of fun guaranteed to create memories that will last a lifetime! Snacks provided. Campers should bring a sack lunch and drink.

WEEKLY THEMES

Week #	Dates	Camp Wanna Have Fun	Camp Explorion
1	June 13–17	Blast Off	Dive in to Summer Fun!
2	June 20–24	Into the Wild	Traveling Around the World
3	June 27–July 1	Holiday Hoopla	Wacky and Wild Science
4	July 5–9	Sportstastic	Outdoor Adventures and Games
5	July 11–15	You're My Hero	Movies, Magic and Mysteries
6	July 12–22	Color Craze	Spartans vs. Athenians
7	July 25–29	Artful Antics	Tap into Creativity
8	August 1–5	Splashtacular	Water Week
9	August 8–12	Going Global	MythBusters Week
10	August 15–20	Game On	Last Blast!
11	August 22–26	Summer Send Off	NO CAMP FOR EXPLORION Have a great school year!

REGISTRATION INFORMATION

- ▶ Online registration begins on March 1 at lakeorion.ce.eleyo.com.
- ▶ Registration fee of \$25 per camper (nonrefundable) due when registering.
- ▶ Limited spaces available—please register early to guarantee your spot

ART

Summer Art Academy

The summer art academy provides children a wonderful introduction to several forms of visual art. In our academy, each day brings a new project including painting, drawing, printmaking and sculpture. A material fee of \$15 is payable to the instructor at the first class.



Grades K through 5. Class meets 4 times in CERC 111.

3010SU22 Mon–Thurs Jun 27–30 9–10:30 am \$36

Arts and Crafts Galore Camp

A perfect camp for the creative child who spends their summer days longing to play with paint, glitter, and everything messy! This will allow your child to create all those masterpieces without messing up a single room in your house and still encouraging their imagination. Campers will also explore some artistic movements with their body such as dance and gymnastics in between crafting sessions. Participants may get messy so please dress appropriately. Please pack a lunch and a water bottle.

Class meets 3 times in CERC 111.

AGES 3–5

3020SU22A Tues–Thurs Aug 16–18 10 am–12 pm \$59

GRADES K–5

3020SU22B Tues–Thurs Aug 16–18 10 am–1 pm \$89

BAND



Head Start Band Camp

Get a head start on beginning band! Learn the basics of playing your instrument. Student must be enrolled in 6th grade band at a Lake Orion Middle School in Fall 2022. Taught by Lake Orion Middle School band directors and other area teachers. Latchkey is available at 7:30 am each day if needed (additional fee of \$5 per day).

Class meets 5 times at Waldon Middle School.

2550SU22 Mon–Fri Jun 20–24 9–10:15 am \$65

Dragon Band Workshop

A week of intensive music, learning and fun! Taught by Lake Orion Middle School band directors and other area teachers. Latchkey is available at 7:30 am each day if needed (additional fee of \$5 per day).

Class meets 5 times at Waldon Middle School.

2500SU22 Mon–Fri Jun 20–24 9 am–3 pm \$185



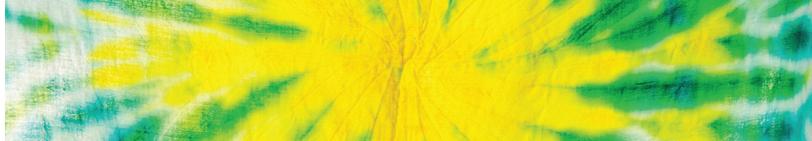
COOKING CAMP BY RATA2EE

Rata2ee Rangers Cooking Camp

Rata2ee is a culinary academy offering hands-on instruction in cooking techniques including: knife basics (cutting skills), cooking fundamentals, food science and nutrition (reading labels), kitchen safety, proper food handling, gardening 101 (very basics of gardening), and kids' yoga. This camp teaches a very holistic approach to healthy living. Children will make breakfast, a 3-course lunch, and dessert, so no packing snacks or lunches for parents. This camp teaches strong character-building skills. Registration includes material fee of \$99.

Grades 2 through 5. Class meets 5 times at Lake Orion High School, room 402.

3030SU22 Mon–Fri Aug 1–5 8:45 am–3:30 pm \$369



ROBOTICS

FIRST Tech Challenge JAVA Camp

The Lake Orion Robotics mentors and students will be hosting a Middle School Java Programming Camp. Students will learn the basics of programming the Middle school level robots in Java, using hardware platters to simulate the robot functions (no experience necessary). Students will also participate in a number of team building exercises, intended to practice imaginative thinking and teamwork. The 5-day camp will conclude with students presenting what they have learned to their parents at the end of the week. Camp shirt included if you register by May 23.

Grades 6 through 8. Class meets 4 times in the CERC Media Center.

3420SU22 Mon–Thurs Aug 8–12 6:30–9 pm \$139

FIRST Lego League Robotics Camp (4th and 5th graders—Fall 2022)

The Lake Orion Robotics mentors and students will be hosting a STEM camp based on the lessons of FIRST. Students will design and program LEGO® Spike Prime robots to drive autonomously using various sensors with block programming (no experience necessary). We will learn some basic science and math surrounding the parts of the robot. Students will also participate in a number of team building exercises, intended to practice imaginative thinking and teamwork. The 5-day camp will conclude with students presenting what they have learned to their parents at the end of the week. Camp shirt included if you register by May 23.

Grades 4 through 5. Class meets 5 times in CERC 108.

3410SU22 Mon–Fri Jun 20–24 9 am–12 pm \$139

SPECIAL INTEREST

Acrodance Hip-Hop Camp

Do you love being able to combine dance with gymnastics? What about using different props while you dance and move such as ribbons, balls, hats, chairs, and things. Join us for three days of dancing and moving to current hits while learning some fun and new hip-hop and acrodance moves. Small performance on Thursday. T-shirt provided. Please wear athletic clothing, bring a water, and pack a lunch.

Class meets 3 times in CERC Activity A.

AGES 3–5

3070SU22A Tues–Thurs Aug 23–25 10 am–12 pm \$59

GRADES K–5

3070SU22B Tues–Thurs Aug 23–25 10 am–1 pm \$89

Camp Move It!

Campers will be busy all week long with a variety of activities: dance, sports, drama, gymnastics, games, sing alongs, arts and crafts, and different fun activities! Making slime, having a water balloon fight, and racing cars are just some of the fun activities we will do! We want to bring diversified play back in a fun and safe environment and make new friends along the way. Please pack a lunch and a water bottle. Participants may get wet during activities.



Classes meet 3 times in CERC Activity A.

AGES 3–5

3040SU22A Tues–Thurs Jun 21–23 10 am–12 pm \$59

GRADES K–5

3040SU22B Tues–Thurs Jun 21–23 10 am–1 pm \$89

Dance Discovery Camp

Continue your dance education and gain experience in new styles including ballet, tap, jazz, lyrical, hip hop, hula, African, ballroom, belly dance, Celtic, and more! Learn about the dance history and the evolution of styles! Beginners to advanced welcome—we will break out into groups based on levels. Please pack a lunch and bring a water bottle. NOTE: this class also fulfills the girl scout dance badge requirement.

Class meets 3 times in CERC 109.

AGES 3–5

3042SU22A Tues–Thurs Aug 2–4 10 am–12 pm \$59

GRADES K–5

3042SU22B Tues–Thurs Aug 2–4 10 am–1 pm \$89

Encanto and Disney Camp

Explore your favorite Disney Classics as we sing, act, and dance to the favorite songs from our all time favorite movies such as Frozen, Cars, and our new favorite, Encanto! Each day will include warm-ups, dance, crafts, movie clips, singing, acting, and a snack. Groups will be divided by age and ability. Campers should bring a bag lunch.

Class meets 3 times in CERC 109.

AGES 3-5

3044SU22A Tues-Thurs Jul 19–21 10 am–12 pm \$59

GRADES K-5

3044SU22B Tues-Thurs Jul 19–21 10 am–1 pm \$89

Next Top Model Camp

Do you dream of being famous? Are you into make-up, fashion, and photography? Want to build confidence and self-esteem while practicing poise, balance, and body awareness? This camp is the perfect place to discover the model in you! Participants will learn and practice posing, pick an outfit and walk the runway while learning to do their own make up and photography. Please pack a lunch.

Grades K through 6. Class meets 3 times in CERC 109.

3050SU22 Tues-Thurs Jul 26–28 10 am–1 pm \$89

Princess, Fairy and Unicorn Camp

All the magic of the Fairytale Princesses and Unicorns come alive for your little girl. She will become a princess through stories, crafts, dance, and song. The Princesses will decorate their own tiaras and jewelry box as well as create other crafts. Snack and refreshments will be provided daily. A small performance will be presented on Thursday at 11:45 am. Optional dress: princess/fairy/unicorn apparel, leotards, tights and ballet slippers.



Ages 3 to 7. Class meets 3 times in CERC 109.

3060SU22 Tues-Thurs Jul 12–14 10 am–12 pm \$59

Self Defense for the College Bound Student

This three hour self-defense course focuses on scenarios more commonly seen in a college environment. Applicable and direct self-defense techniques are taught as well as in depth discussion of environmental awareness. Students are engaged in role playing and active self-defense, and will leave with increased awareness as well as specific self-defense tools.

Class meets one time in CERC Gym.

2362SU22 Thurs Jul 28 6–9:30 pm \$30

Tik Tok Camp

Were you cooped up in quarantine watching all the stars dance and record the newest Tik Tok dances but didn't know how to learn the routines yourself? We will spend our time learning the most popular tik tok dances and moves while recording them so you can share and become a viral Internet star! Campers will also be able to pick out costumes and do their own make-up for their final routine. Please pack a lunch and a water bottle.

Grades K through 6. Class meets 3 times in CERC Activity A.

3062SU22 Tues-Thurs Jul 12–14 10 am–1 pm \$89

SPORTS CAMPS

Baseball Camp

The 2022 Baseball Camp highlights include:

1. Daily hitting instruction and drills.
2. All players will learn several defensive positions.
3. Each day will have a specific base running focus.
4. Coach to player ratio will be 1–5.
5. Players will learn strength and conditioning exercises appropriate for their age and body type.



The Lake Orion HS 2007 MHSAA State Champions Varsity Head Coach, Andy Schramek, his veteran staff, current and former players will lead the daily sessions. Helmets are provided, however, campers are encouraged to bring their own personal protective equipment. Campers should bring a water bottle each day as well as their glove and bat. Fee includes official camp t-shirt, prizes throughout camp, and an award at the end of camp. Each session is limited to 20 players per session. Please register early to guarantee your spot.

Classes will meet 5 times on the LOHS Baseball Fields.

AGES 8-10

3100SU22A Mon-Fri Jul 25–29 9–10:30 am \$155

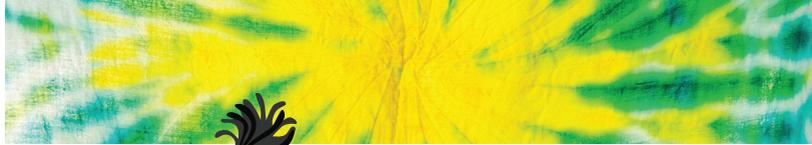
AGES 11-12

3100SU22B Mon-Fri Jul 25–29 10:30 am–12 pm \$155

AGES 13-16

3100SU22C Mon-Fri Jul 25–29 12–1:30 pm \$155

DAY CAMPS



Dragon Boys Basketball Camp

Dragons Boys Basketball Camp is designed for young players of all talent and experience levels. Designed and run by the Lake Orion High School Varsity Boys Basketball staff, campers are grouped according to age & experience to provide a welcome and challenging learning environment. Our goal is to ensure that every athlete leaves camp with new skills and passion for basketball. Our basketball camp features a variety of drills, competitions, and contests that keep all our campers engaged. All campers receive a camp T-shirt.

Class meets 4 times in the LOHS Fieldhouse.

GRADES 2-5

3106SU22A Mon-Thurs Jul 11-14 9 am-12 pm \$124

GRADES 6-9

3106SU22B Mon-Thurs Jul 11-14 12-3 pm \$124



Girls Basketball Camp

Skill emphasis will be on basketball fundamentals: dribbling, passing, shooting, rebounding, and defense. Elementary camp will also focus on introducing the girls to team basketball while the middle school camp will prepare the athletes to compete at the middle school level. Please bring a water bottle, reversible jersey, and a basketball. Camp is being run by the Lake Orion High School basketball coaching staff.

Camps meet 3 times in the LOHS Field House.

GRADES 3-5

3110SU22A Tues-Thurs Jun 14-16 10-11:30 am \$75

GRADES 6-8

3110SU22B Tues-Thurs Jun 14-16 12-1:30 pm \$95

Girls Basketball Middle School Readiness Clinic

This class is to help any and all incoming 6, 7, and 8th grade girls get a jump on their season with a fundamentals workout day and tryout prep day.

Class meets one time in the LOHS Field House.

3112SU22 Sat Aug 6 10 am-12 pm \$25



Cheerleading Camp

Whether you are an experienced cheerleader and need to brush up on your flexibility skills before tryouts or you are a beginner and want to learn all the basics, this is the camp for you! Coaches will go over jumps, splits, drills, tumbling, and basic stunts as well as what judges are looking for during tryouts. Cheerleaders will break out into groups based on age and skill level. T-shirts will be provided. Please wear tennis shoes, athletic wear, bring a water bottle and bag lunch.

Classes meet 3 times in CERC Activity A.

AGES K-8

3114SU22 Tues-Thurs Jun 28-30 10 am-1 pm \$89

Gymnastics Camp

Spend the week working on age appropriate gymnastics skills with all apparatus: vault, beam, bars and floor work/ tumbling. The emphasis is on building strength, self-confidence, and team building while having fun! Beginners and advanced gymnasts welcome. Please pack a lunch and a water bottle and wear appropriate athletic attire.

Classes meet 3 times in CERC Activity A.

AGES 3-5

3116SU22A Tues-Thurs Jun 28-30 10 am-12 pm \$59

GRADES K-5

3116SU22B Tues-Thurs Jun 28-30 10 am-1 pm \$89

Mini Hawks Sport Camp (Basketball, baseball & soccer)

Sports are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace.

Participants should wear appropriate clothing and running shoes; bring two snacks, a water bottle, and sunscreen. All children receive an award certificate, Skyhawks t-shirt and ball.



Ages 4 to 7. Class meets 5 times at the CERC Gym and LOHS Soccer Field.

3136SU22 Mon-Fri Jul 11-15 9 am-12 pm \$164

Kickstart Soccer Camps

Crawl...Walk...Run...Kick...Play! Kickstart Soccer is a soccer education program available for all skill levels and ages. This is a great way to introduce athletic movements, improve agility, learn soccer skills both on and off the field, all while preparing your little one for the next step and playing on a team.

Classes meet 3 times at Orion Oaks Elementary

PEE-WEES (AGES 18-24 MONTHS)

3120SU22A	Wed	Jul 13—27	5-5:45 pm	\$50
3120SU22B	Sun	Aug 7—21	11-11:45 am	\$50

ROOKIES (AGES 2-2 ½ YEARS)

3120SU22C	Wed	Jul 13—27	5-5:45 pm	\$50
3120SU22D	Sun	Aug 7—21	11-11:45 am	\$50

PROS (AGES 3-3 ½ YEARS)

3120SU22E	Wed	Jul 13—27	5-5:55 pm	\$50
3120SU22F	Sun	Aug 7—21	11-11:55 am	\$50

PROS PLUS (AGES 3 ½-4 YEARS)

3120SU22G	Wed	Jul 13—27	5-5:55 pm	\$50
3120SU22H	Sun	Aug 7—21	11-11:55 am	\$50

ALL STARS (AGES 4 ½-7 YEARS)

3120SU22I	Wed	Jul 13—27	5-5:55 pm	\$50
3120SU22J	Sun	Aug 7—21	11-11:55 am	\$50

JUNIORS (AGES 7 ½-9 YEARS)

3120SU22K	Wed	Jul 13—27	5-6 pm	\$50
3120SU22L	Sun	Aug 7—21	11-11:55 am	\$50

Skyhawks Multi Sport Camp (Basketball & Soccer)

Ages 7 to 10. Class meets 5 times at the CERC Gym and LOHS Soccer Field.

This Multi-Sport program is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship and teamwork. All children receive a Skyhawks t-shirt and ball.

3135SU22	Mon-Fri	Jul 18—22	9 am-12 pm	\$164
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Speed, Agility and Quickness Camp (SPARQ)

The Speed, Agility and Quickness program is offered to anyone who desires to improve their linear, lateral, and vertical movements. One of the most obvious assets for all athletes in a specialized sport is the ability to run or move fast. Running is a learned skill just like throwing, catching, kicking, hitting, or shooting a ball. Since running is a learned skill, it can be practiced and improved. Everyone can improve speed and dynamic athleticism through SPARQ Training. If you want to get more out of your game, no matter what the game is, our program is for you!

Ages 6 to 15. Class will meet 4 times on the LOHS Soccer Field.

3140SU22	Mon-Thurs	Jun 27—30	9-11:15 am	\$155
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Sports for Squirts Camp

Spend each day learning different sports including soccer, basketball, football, golf, baseball, track, gymnastics, and tennis. Participants will learn to be part of a team and have good sportsmanship. Participants may get wet during activities. Please pack a water bottle and lunch.

Classes meet 3 times in the CERC Gym.

AGES 3-5

3144SU22A	Tues-Thurs	Jul 26—28	10 am-12 pm	\$59
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GRADES K-5

3144SU22B	Tues-Thurs	Jul 26—28	10 am-1 pm	\$89
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Volleyball Camp

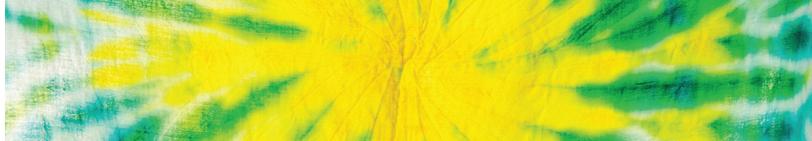
Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This camp is designed for the beginning to intermediate player. Please wear appropriate clothing and gym shoes. All participants receive an award certificate, Skyhawks t-shirt and ball.



Ages 8 to 13. Classes meet 5 times in the CERC Gym.

3148SU22A	Mon-Fri	Jun 20—24	9 am-12 pm	\$164
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3148SU22B	Mon-Fri	Aug 1—5	9 am-12 pm	\$164
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TENNIS

Located at the Lake Orion High School Tennis Courts Certified Tennis Professional, Eric Bracciano, and his staff will help you to build your strokes by teaching you solid fundamentals. Each player must bring their own racquet and water bottle with them. Fridays are reserved for rain days during the summer sessions.

Mini Youth

Mini Youth is designed for younger children with an interest in tennis. This program is for beginner and intermediate players. These courses introduce the game in a safe, fun, and enthusiastic environment.

Ages 4 to 6. Each class meets 8 times unless noted.

3150SU22A	M–Th	Jun 20–30	9–10 am	\$84
3150SU22B	M–Th	Jun 20–30	5:30–6:30 pm	\$84
3150SU22C	M–Th	Jul 5–14	9–10 am (7 sessions)	\$72
3150SU22D	T/Th	Jul 5–28	5:30–6:30 pm	\$84
3150SU22E	M–Th	Jul 18–28	9–10 am	\$84
3150SU22F	M–Th	Aug 1–11	9–10 am	\$84



Enrichment and camp scholarships are available for students who are interested in classes/camps and are experiencing financial hardship.

More information and forms are available under the Programs tab at lakeorionyouthassistance.com

Follow us!  /orionareayouthassistance

Youth

For elementary-aged beginner and intermediate players. These courses will introduce the game in a safe, fun and enthusiastic environment. This class will focus on stroke production and teach the fundamentals of movement on a tennis court. Grips, stroke technique, court movement, and basic tactics will all be worked on in class.

Ages 7 to 10. Each class meets 8 times unless noted.

3152SU22A	M–Th	Jun 20–30	10–11 am	\$84
3152SU22B	M–Th	Jun 20–30	6:30–7:30 pm	\$84
3152SU22C	M–Th	Jul 5–14	10–11 am (7 sessions)	\$72
3152SU22D	T/Th	Jul 5–28	6:30–7:30 pm	\$84
3152SU22E	M–Th	Jul 18–28	10–11 am	\$84
3152SU22F	M–Th	Aug 1–11	10–11 am	\$84

Open Middle School

Open Middle School will provide an enjoyable atmosphere for players to learn or continue their development of tennis skills. Emphasis will be on strokes and movement on the court. Introduction to proper grip, forehand, backhand, serve, and volley are taught with emphasis placed on technique, footwork, match play and rules of the game.

Ages 11 to 14. Each class meets 8 times unless noted.

3154SU21A	M–Th	Jun 20–30	11 am–12 pm	\$84
3154SU21B	M–Th	Jun 20–30	7:30–8:30 pm	\$84
3154SU21C	M–Th	Jul 5–14	11 am–12 pm (7 sessions)	\$72
3154SU21D	T/Th	Jul 5–28	7:30–8:30 pm	\$84
3154SU21E	M–Th	Jul 18–28	11 am–12 pm	\$84
3154SU21F	M–Th	Aug 1–11	11 am–12 pm	\$84

Middle School Coed Summer Tennis Club

The camp focus is to prepare players for the middle school tennis club and USTA Tournament Play. Emphasis will be placed on the players gaining an understanding of court positioning, footwork, grips and spin. Highlights of this program will be competitive drills, stroke production, tactics, strategy, on and off court conditioning and match play.

Grades 6 through 8. Each class meets 16 times.

3350SU22	T/Th	Jun 21–Aug 11	12–2 pm	\$247
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SPRING/SUMMER SWIM LESSONS

Parent/Toddler Aquatics

Parent/Toddler 1 This class is for children ages 6 months to 3 years old with parent in the water. Class stresses safety and teaches parents how to help their child become comfortable in the water. Swimming diapers are required under swimsuit. This is the first introduction to the water with the parent and child. Skills introduced: bubble blowing, front and back floats, reaching, kicking, jumping into the water, and safety in and around the water.

Parent/Toddler 2 This class is for children ages 2.5 to 4 years old with parent in the water. This class stresses safety and teaches parents how to help their child become comfortable in the water. This class will start the skills of

front and back, kicking on front and back, bubble blowing, gliding on the front and back, beginning of arm movements on the front and back all supported. Swimming diapers are required under swimsuits if child is not potty-trained. Level of support and assistance from parent will vary depending upon the skill level and confidence of the child.

Classes meets 8 times.

9120SP22F	Parent/Toddler 1&2	Apr 8–Jun 3 10:30–11 am	\$65
9120SP22TH	Parent/Toddler 1&2	Apr 28–Jun 16 6:25–6:55 pm	\$65

SPRING 2022 SWIM LESSONS AT-A-GLANCE

TUESDAY APR 26–JUN 14 8 CLASSES

9190SP22T	Level 3	5:40–6:30 pm	\$115
9200SP22T	Level 4	5:40–6:30 pm	\$115
9210SP22T	Level 3&4	6:35–7:25 pm	\$115
9240SP22T	Level 5&6	6:35–7:25 pm	\$115

THURSDAY APR 28–JUN 16 8 CLASSES

9120SP22TH	Parent/Toddler 1&2	6:25–6:55 pm	\$65
9130SP22TH1	Puddle Jumpers 1	5:15–5:45 pm	\$85
9130SP22TH2	Puddle Jumpers 1	6:25–6:55 pm	\$85
9140SP22TH	Puddle Jumpers 2	5:15–5:45 pm	\$85
9160SP22TH	Level 1	5:50–6:20 pm	\$85
9170SP22TH	Level 2	5:50–6:20 pm	\$85
9180SP22TH1	Level 1&2	5:15–5:45 pm	\$85
9180SP22TH2	Level 1&2	5:50–6:20 pm	\$85
9180SP22TH3	Level 1&2	6:25–6:55 pm	\$85

FRIDAY APR 8 – JUN 3 8 CLASSES

9120SP22F	Parent/Toddler 1/2	10:30–11 am	\$65
9130SP22F	Puddle Jumpers 1	11–11:30 am	\$85
9150SP22F	Puddle Jumpers 1/2	10–10:30 am	\$85



Preschool Aquatics

Puddle Jumpers 1 Children must be 3 years old or have been enrolled in a preschool program. This is the first class without the parent. The child must separate comfortably from the parent. Skills taught will be independent water entry, supported kicking, supported front and back floats and glides, supported front and back swims, bubble blowing, and face submerge. All skills will be done with support.

Puddle Jumpers 2 This class is for children between the ages of 3–5 years old. They must be able to front float and back float without assistance, face fully submerged, and are starting to do combined arm and leg action for 2 body lengths. They will be working towards independent swimming.

Classes meets 8 times.

9130SP22F	Puddle Jumpers 1	Apr 8–Jun 3 11–11:30 am	\$85
9130SP22TH1	Puddle Jumpers 1	Apr 28–Jun 16 5:15–5:45 pm	\$85
9130SP22TH2	Puddle Jumpers 1	Apr 28–Jun 16 6:25–6:55 pm	\$85
9150SP22F	Puddle Jumpers 1&2	Apr 8–Jun 3 10–10:30 am	\$85
9140SP22TH	Puddle Jumpers 2	Apr 28–Jun 16 5:15–5:45 pm	\$85



Learn to Swim—Beginner

Level 1 Children must be 5 years old and be able to do 5 head bobs and face fully submerged. To exit this class the child must be able to do a front glide without assistance for two body lengths.

Level 2 This class is for the child who can do a front glide and face fully submerged in water. To exit this class, the child must to a back float for 5 seconds without assistance; tread or float for 15 seconds and swim front or back crawl for 5 body lengths.

Classes meet 8 times.

9160SP22TH	Level 1	Apr 28–Jun 16	5:50–6:20 pm	\$85
9170SP22TH	Level 2	Apr 28–Jun 16	5:50–6:20 pm	\$85
9180SP22TH1	Level 1&2	Apr 28–Jun 16	5:15–5:45 pm	\$85
9180SP22TH2	Level 1&2	Apr 28–Jun 16	5:50–6:20 pm	\$85
9180SP22TH3	Level 1&2	Apr 28–Jun 16	6:25–6:55 pm	\$85



Learn to Swim Intermediate

Level 3 This class is for the child who can do a combined arm and leg action on the front and back independently for 5 body lengths. To exit this level, the child must be able to jump into deep water, recover, tread or float for 1 minute and do a 15 yard front crawl and elementary backstroke.

Level 4 This class is for the child who can do front crawl for 15 yards; jump in deep water and do elementary backstroke for 15 yards. To exit this level, the child must be able to do front crawl for 25 yards with rotary breathing; elementary backstroke for 25 yards; backstroke and breaststroke for 15 yards and 3–5 body lengths underwater.

Classes meet 8 times.

9190SP22T	Level 3	Apr 26–Jun 14	5:40–6:30 pm	\$115
9200SP22T	Level 4	Apr 26–Jun 14	5:40–6:30 pm	\$115
9210SP22T	Level 3&4	Apr 26–Jun 14	6:35–7:25 pm	\$115

Learn to Swim Advanced

Level 5 This class is for the child who can do front and back crawl for 15 yards. To exit this level, the child must be able to do a shallow dive in deep water; front crawl and elementary backstroke for 50 yards; breaststroke and back crawl for 25 yards using appropriate turning styles.

Level 6 This class if for the child who can do elementary backstroke, backstroke, and front crawl for 25 yards; to exit this level, the child must be able to do 500 yards continuously using any 3 strokes of choice at least 50 of each stroke; dive off the starting blocks.

Classes meet 8 times.

9240W22T	Level 5 & Level 6	Apr 26–Jun 14	6:35–7:25 pm	\$115
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Lifeguard Review

9300SP22 Sat/Sun Apr 30/May 1
9 am–2 pm \$100+\$41 for ARC fees

Registration is available online. This is a blended learning class. Email Debi McDonald at **Deborah.mcdonald@lok12.org** for links for online content. Preregistration is required at **lakeorion.ce.eleyo.com**.



Catch the wave AT THE LOHS NATATORIUM

Take a peek at what is happening on the pool deck.

Aqua Fitness

A shallow water workout. Emphasis is on fat burning cardio and strength building. Swimming is not a requirement, an attitude for fitness is. \$6 Drop-in. 10-punch card prices are \$56 for 60 and older, \$58.50 for 59 and under.

Class meets 28 times. No class Apr 15, May 30.

9800SU22MWF MWF Apr 4-Jun 10 9-9:45 am

Joint Ventures

Class meets 19 times. No class Apr 15, May 30

9800SP22MW MW Apr 4-Jun 8 10:15-11 am

Summer Aqua Fitness Class

Class meets 9 times. Jul and Aug schedule TBD.

9800SU22 MWF Jun 13-Jul 1 8:45-9:30 am

Masters Swim

Class meets 7 times. No class Apr 17, May 8

9700SP22SU Sunday Apr 3-May 22 8:30-10 am

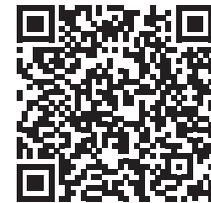
\$10 Drop-in fee, or 10-punch card available on site at \$85.

For information on
Open Swim Schedules

Punch Cards ▪ Pool Passes
Pool Rental ▪ Liquid Lightning
and more, visit

lakeorionschools.org/departments/enrichment-services/aquatics

or scan
this QR
code.



What's my favorite part of working at the LOHS Pool?



We're hiring! Join the Natatorium team!

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FALL | SEPTEMBER - DECEMBER
WINTER | JANUARY - MARCH
SPRING | APRIL - JUNE
SUMMER | JUNE - JULY

Visit us at: www.liquidlightning.org
or find us on Facebook

Team Philosophy: Liquid Lightning offers a year-round comprehensive swim program for school age athletes in a positive and supportive environment, where individual goals are established and every athlete is important. Swimmers are provided the opportunity for individual achievement, team membership, and most importantly, to learn life-long skills that build confidence, self-esteem, and healthy bodies.

ARTS AND CRAFTS

Studio Painting with Acrylics

Painting with others is the best way to share ideas and enjoy the companionship of fellow artists. We hope you will join us! Flexible schedule options allow you to choose how many classes you would like to attend during that time frame. Instructor: Dorothy Sedlock.



Classes meet 9:45 am—12:45 pm on Thursdays in CERC 111.

SPRING SESSION

Class dates are April 7 through June 9.

5210SP22A	6 classes	\$62
5210SP22B	8 classes	\$82
5210SP22C	10 classes	\$103

SUMMER SESSION

Class dates are June 16 through August 4.

5210SU22A	4 classes	\$42
5210SU22B	8 classes	\$82

DANCE

Adult Ballet (Dance, Sculpt and Tone)

Learn the fundamentals of ballet and improve your posture and balance while engaging in a full body workout sculpting your muscles and creating that lean ballet body. Barre work and floor work give a variation to the class that even experienced ballerinas will enjoy. Ballet shoes required.

Class meets 8 times in CERC 109.

5260SP22	Mon	Apr 4—May 23	6:15–7 pm	\$69
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Adult Tap Dance

Learn and review tap vocabulary, rhythmic timing, improvisation, and tap choreography in a fun, relaxed environment. Tap shoes required.

Class meets 8 times in CERC 109.

5265SP22	Mon	Apr 4—May 23	7–7:45 pm	\$69
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Adult Ballet and Tap Combo

Take both classes for a discounted rate.

5270SP22	Mon	Apr 4—May 23	6:15–7:45 pm	\$99
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Ballroom and Latin Dance

Get ready for weddings, cruises or special occasions by learning the Fox Trot, Waltz, Rumba, East Coast Swing, Tango, Salsa, Cha-Cha, Merengue, and Bachata. This class introduces basic steps, timing, and style of each dance as well as provides several eye-catching sequences while more experienced dancers can fine tune the steps they already know. Soon you will be gliding effortlessly across the floor! Wear smooth sole shoes. Partner not required.

Classes meet 7 times in the Carpenter Gym. Class will not meet on April 15.

BEGINNER

5271SP22A	Fri	Apr 8—May 27	7–7:45 pm	\$89/person
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INTERMEDIATE

5271SP22B	Fri	Apr 8—May 27	7:45–8:30 pm	\$89/person
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Ballroom Blitz Mini Session

This crash course will get you ready to hit the floor in style whether at a wedding or on a cruise. Learn beginning sequences Rumba, Waltz, and the East Coast Swing.

Class meets 3 times in the Carpenter Gym.

5272SP22	Fri	Apr 22—May 6	7–7:45 pm	\$99/couple
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Ballroom Dance Party

Take a basic dance lesson then spend most of the evening on the open dance floor. Bring a date or come alone. Just come on out for a night of FUN! Light refreshments and snacks will be available. No dance experience necessary, however we do request no jeans or sneakers please.

Class meets one time in the Carpenter Gym.

5280SP22	Fri	May 27	7–8:30 pm	\$10/person
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DOG TRAINING CLASSES



Classes taught by Julie Bennett, Michigan's only trainer to have three opportunities to work with Cesar Millan, National Geographic's The Dog Whisperer.
FIRST NIGHT ONLY: Meet at 7 pm. No dogs or puppies. Proof of rabies vaccine for dogs over 6 months only.

Puppy Training with Total Dog

Does your new puppy have you frazzled? Learn how to stop nipping, jumping and other behaviors. Socialization, basic obedience and manners. Tips on house-training, chewing and more! Join us for this fun, informative and effective class that Lake Orion has loved for more than 15 years!

Dogs 6 months and younger. Class meets 7 times in CERC Cafeteria.

5330SP22	Thurs	Apr 7—May 19	6:30–7:20 pm	\$185
5330SU22	Thurs	Jun 23—Aug 4	6:30–7:20 pm	\$185

Dog Training with Total Dog

Does your dog pull on a leash? Jump on company? Not come when called? Join this fun, informative class to fix these and many other behaviors. Basic obedience commands and so much more. Join the class that Lake Orion has loved for more than 15 years and you will be impressed by your own dog!

Class meets 7 times in Cafeteria.

5332SP22	Thurs	Apr 7—May 19	7:30–8:20 pm	\$185
5332SU22	Thurs	Jun 23—Aug 4	7:30–8:20 pm	\$185

FINANCE AND INVESTMENTS

Taxes in Retirement

This class will focus on how tax planning changes through four steps of retirement. We will focus on key areas such as knowing what retirement looks like "after-tax." Also, we will discuss tax traps around Social Security and Medicare. Most importantly, we will focus on managing your income and tax brackets efficiently.

Class meets one time in CERC 108.

5340SP22A	Wed	Apr 20	6–7:30 pm	\$29
5340SP22B	Wed	Apr 26	6–7:30 pm	\$29

Wills, Trusts, and Probate

This class will explore the advantages of proper estate planning and nursing home protection. Many legal documents are reviewed—Last Will & Testament, Living Trust, Power of Attorney, and Patient Advocate. This class is excellent for anyone who is concerned about protecting assets from taxes, spend downs, and probate. This class includes owners and beneficiaries of an estate. Spouse attends for free.

Class meets one time in CERC 107.

5350W22	Mon	Apr 11	7–8:30 pm	\$15
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SPECIAL INTEREST



Self Defense for Girls and Women

This class focuses on environmental awareness as well as self-defense to avoid and get away from challenging situations. We cover a variety of attacks from a simple wrist grab to a full choke, covering techniques on how to escape as well as defense. As the threat escalates,

we teach techniques to forcefully remove/defend yourself against the attacker. Specific skills taught include situational awareness, identification of personal weapons and their use (voice, phone, keys), defining target spots and appropriate techniques, kicking and punching techniques for beginners, and basic ground techniques to get away when an attacker has you pinned. Class is taught by American Martial Arts Academy Third Dan Black Belts.

Ages 13 and up. Class meets one time in CERC Gym.

2360SP22	Tues	Jun 7	6:30–9 pm	\$30
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SPORTS

Basketball Mens, 18+

Pick-up basketball. Pre-register or \$5 drop-in fee.

4010SP22B	Thurs	Waldon Gym	Apr 7—Jun 9	
		8–10 pm	10 classes	\$40

Karate

This exciting program is directed by Grand Master Leo Mayer 8th Dan Black Belt and has been sponsored by Lake Orion Enrichment Services for over 33 years. This martial arts karate program is designed for the modern teen and adults. It will deal with all levels of self-defense, physical fitness, and ways to deal with using your mind and body to defend yourself. Stop by and see how our trained certified black belts can increase your flexibility while mastering balance, coordination, and awareness skills. Tournaments available. Registration fees payable at first night demonstration class.

Class meets 13 times in the CERC gym. Class will not meet on May 30 and July 4.

BEGINNERS, AGES 6 AND UP

2350S22 Mon May 16—Aug 22 6-7 pm \$140

TEENS, ADULTS & ADVANCED STUDENTS

4030S22A Mon May 16—Aug 22 7:10-8:10 pm \$140

BLACK BELTS

4030S22B Mon May 16—Aug 22 8:20-9:30 pm \$140

Pickleball

Open to public. Drop in rate \$3 per session.

Daytime Tuesdays Apr 5—Jun 7 8:30—11:30 am
CERC Gym

Thursdays Apr 7—Jun 9 8:30—11:30 am
CERC Gym

Nighttime Tuesdays Apr 5—Jun 7 6-8 pm CERC Gym

Volleyball, Co-ed

For any level volleyball player. Two open courts. Pick-up games played weekly. Enjoy a good workout and an evening of fun. Drop in available, \$6 per session. Class will not meet on July 5.

SPRING

4060SP22 Thurs CERC Gym Apr 7—Jun 9
7-10 pm 10 classes \$52

SUMMER

4060SU22 Tues CERC Gym Jun 14—Aug 23
7-10 pm 10 classes \$52

PLAY FLAG FOOTBALL





NATIONAL FLAG FOOTBALL LEAGUES FORMING IN THE FALL

WHO
Exclusively for boys and girls in Pre-Kindergarten - 8th grade
No experience is necessary

WHERE
Lake Orion High School

WHEN
Season starts in September



\$10 OFF USE PROMO CODE 90518

www.MichiganYouthFlagFootball.com



STARZ FITNESS

Certified Instructors: Cynthia Bass, Traci Crocker, Jennifer Jones, Jennifer Tatge

STARZ Unlimited Zumba

Attend any of the STARZ Zumba or Zumba Toning classes during the 8-week session for one low price. Class will not meet on Apr 15.

4111SP22 Apr 4—May 27 \$175



Zumba

Zumba combines high energy and motivating music (a fusion of Latin and international music) with unique moves and combinations that allow participants to dance away their worries. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat-burning, and total body toning. This workout is FUN and easy, great for both the body and the mind.

Class meets 8 times.

4112SP22A Mon Apr 4—May 23 6–7 pm Carpenter Gym \$69

4112SP22B Wed Apr 6—May 25 9–10 am CERC Gym \$69

4112SP22C Wed Apr 6—May 25 6:30–7:30 pm Carpenter Gym \$69

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar! Using lightweight, maraca-like toning sticks, you can tone all the target zones while moving to the beat of Latin and International infused music. Zumba Toning is the perfect way to sculpt your body naturally while having a blast! Class will not meet on April 15.

Monday class meets 8 times and Friday class meets 7 times in the CERC Gym.

4114SP22A Mon Apr 4—May 23 9–10 am \$69

4114SP22B Fri Apr 8—May 27 9–10 am \$61

Yoga

Yoga is an ancient practice for creating unity between the body, mind, and spirit. Using traditional postures and stretches, we focus on total body movement, with attention to alignment, strength, and flexibility. Our yoga instruction is eclectic, with emphasis on precision of alignment, breath awareness, and present moment awareness. Quiet your mind—reduce your stress.

Class meets 8 times in CERC 109.

4118SP22 Tues Apr 5—May 24 9–10 am \$59

Therapeutic Relaxation Slow Flow Yoga

A mindful form of Hatha yoga presented through guided sequence. A class which offers strength and flexibility though breath awareness with soothing aromatherapy. Optional massage in final resting pose—great for all levels of yoga.

Class meets 8 times in CERC 109.

4131SP22 Tues Apr 5—May 24 6:30–7:30 pm \$79

MOM² MOM Sale



March 19 & October 15, 2022

BABY ITEMS KIDS CLOTHES TOYS

BOOKS KIDS FURNITURE

ASSORTED CHILD ITEMS

For info, call the Enrichment office at 248-693-5436, ext. 1 or email Lori McGraw at lori.mcgraw@lok12.org

Community Education Resource Center (CERC)

455 E. Scripps Road, Lake Orion

Early Bird Admission \$2

8:30 am to 1 pm

General Admission \$1

9 am to 1 pm



REGISTRATION FORM

ADULT NAME _____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ HOME PHONE _____ WORK PHONE _____

PARTICIPANT NAME		BIRTHDATE		GRADE	
Class #	Class Name	Location	Day & Date	Time	Amount

PARTICIPANT NAME		BIRTHDATE		GRADE	
Class #	Class Name	Location	Day & Date	Time	Amount

PAYMENT

Payment must be enclosed for registration to be valid.

CHECK ENCLOSED (PAYABLE TO LOCS) CHECK # _____

CREDIT CARD VISA MASTERCARD DISCOVER AMERICAN EXPRESS



CARD # _____ CVV _____ EXP _____

PRINT NAME _____

SIGNATURE _____

*Mail to Community Education Resource Center,
Attention Room 103, 455 E. Scripps Road, Lake Orion MI 48360 or fax to 248-814-0203.*

POSTAL CUSTOMER

4 Ways to Register

ONLINE	PHONE	FAX	MAIL
lakeorion.ce.eleyo.com	248-693-5436, extension 1 <i>Credit card only</i>	24 hours/ 7 days 248-814-0203	CERC Attention: Enrichment Services 455 E. Scripps Lake Orion, MI 48360

Credit Cards accepted: Visa, MasterCard, Discover, American Express



Location

Community Education
Resource Center (CERC)
455 E Scripps Road
Lake Orion, MI 48360

Enrichment Services
Office: Room 103

248-693-5436, ext. 1

Fax: 248-814-0203

Hours: Monday–Friday,
8:30 am to 4:30 pm

Enrichment Registration

Registration begins
March 1, 2022. All material or book fees are additional and payable to instructor at first class. No registration will be accepted at class. Confirmations will be mailed or emailed.

Senior Citizen Discount

Discount is 10% off all enrichment classes. You must be a resident of the Lake Orion Community School District.

Class Date Changes

Sometimes a class needs to be rescheduled or moved due to a building activity. Advance notice will be given when possible. **Please be sure to check your receipt for any important notices.**

General Registration Information

Enrichment Services programs are funded entirely by your fees. Any classes which do not meet the minimum

enrollment requirements may be canceled. Please register early to enhance our planning and ability to provide you with excellent service. Material fees, if applicable, are payable to the instructor at the first class.

Refunds

FULL REFUND if a class is canceled by the office.

STUDENT-REQUESTED REFUNDS: A request must be made prior to the beginning of the second class, regardless of attendance. A processing fee of \$10 will be deducted.

NO REFUNDS will be issued for classes/events meeting once or twice unless requested two business days in advance of starting date.

Parking

Parking for all events and classes held at CERC provided in the north parking lot behind the CERC Building. Visitors during the day must enter the CERC at the North Entrance.

School Closings

In the event of K-12 closing due to bad weather, all enrichment classes will also be canceled.