

# Family Fun Day – May 14, 2016

Family Fun Day (FFD) is a day of free access to campus amenities for Michigan Tech employees and their families. FFD is sponsored by Staff Council, Athletics and Recreation, and Dining Services

## Free Lunch!

11:00 AM – 2:00 PM

Free lunch will be served in the SDC Wood Gym.

Enjoy hotdogs, veggie dogs, mac and cheese, pop, and ice cream bars.



## Student Development Complex

**Fitness Center** 10:00 AM – 4:00 PM

Participants must be at least 16 years of age to use the Fitness Center.

**Multipurpose Room:** 10:00 AM – 4:00 PM

No black soled shoes.

**Open Swim** 10:00 AM – 4:00 PM

Lifeguard on duty.

**Racquetball Courts:** 10:00 AM – 4:00 PM

No black soled shoes.

**Equipment Check Out** Limited equipment

(badminton, basketball, racquetball, volleyball, wallyball) is available on a first come, first serve basis.

## Community Program Classes

**Creative Movement** (Dance Studio)

10:20AM – 11:00AM (Ages 3-4)

11:10AM – 11:50AM (Ages 5 -6)

**Zumba® Fitness for Kids** (Dance Studio)

12:00 PM – 12:40 PM

**Zumba® Step** (Dance Studio)

12:50 PM – 1:30 PM

**Aqua Zumba®** (SDC Pool)

An introduction to Aqua Zumba®. Make a splash by adding a low-impact, high energy aquatic exercise to your fitness routine.

2:00 PM – 2:40 PM

**African Dance** (Dance Studio)

3:00PM – 3:40PM

## Outdoor Activities

**Michigan Tech Trails**

10:00 AM – 4:00 PM

No trail pass needed.

Take a leisurely walk or bring your bike!



**Family Games\*** At the Challenge Course

10:00 AM – 12:00 PM

**Kickball** At the Hubbell Field just outside the SDC

10:00 AM – 12:00 PM

**High Ropes Course Introduction\***

10:00 AM – 12:00 PM

Participants have the opportunity to climb the access pole and try one of the high elements before exiting the course on a 250' zip line! The Outdoor Adventure Program will supply all necessary safety equipment and trained staff for a great experience 25 feet in the air. Signing of a waiver is required before being allowed on the course. Due to a limit to the number of people in the air at one time, there may be a wait time for your turn. There will be an age requirement.

**Disc Golf \*** At the Disc Golf Course

12:00 PM – 3:00 PM

Equipment checkout at registration desk

**Prince's Point Paddle Demo\***

2:00 PM – 4:00 PM

The Outdoor Adventure Program will provide some basic instruction on kayaking, canoeing, and stand-up paddleboarding at Prince's Point below the Rozsa on the Portage Canal. Qualified staff will cover basic padding strokes and tips before taking small groups out for a short paddle in the bay off Prince's Point. Participants will be required to sign a waiver before paddling and will be required to wear a PFD. Age requirement.



\*Weather Permitting

**Gates Tennis Center**

10:00 AM – 4:00 PM



## 2016 Family Fun Day Registration

Register online at <http://goo.gl/forms/M0f9Pc91C7>

or return this slip via campus mail to Heidi Reid, Human Resources

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Number of Family Members Attending (including yourself): \_\_\_\_\_

Enter to win prizes at the registration desk on May 14<sup>th</sup>.