

Michigan Style Spring Break March 24-30, 2008

What's it about?

- Fun activities & discounts for students in 7-12 grade in public & private schools in the Utica Community Schools attendance area.
- Student ID, report card or coupon (if indicated) are required for admission or discount.
- Friends from other schools are welcome with valid school IDs.
- Note: Students participating in Spring Break Michigan Style activities are NOT covered by UCS student insurance.
- Questions? E-mail ucat@rk-net.com

Sponsored by the Utica area
Community Action Team
and supported by local businesses.

Monday, March 24, 2008

Adventures at Life Time Fitness

14843 Lakeside Blvd., Shelby Twp. ~ (586) 226-5350

Club activities - 12 to 5 p.m. - \$10

- ◆ Student ID required for admission.
- ◆ Waiver must be signed by a parent or guardian. Waivers are available at www.lifetimefitness.com.

12-5 p.m. Open gym (basketball, volleyball or games)

12-3 p.m. Pool

12:30-1:30 p.m. Basic Training

2-4 p.m. Rock wall climbing

- ◆ Additional waiver must be signed for rock wall climbing.
- ◆ Club members must still pay \$5

\$5 to climb rock wall.

12:15 p.m. Strictly Strength

Tuesday, March 25, 2008

Adventures at Life Time Fitness

14843 Lakeside Blvd., Shelby Twp. ~ (586) 226-5350

Club activities - 12 to 5 p.m. - \$10

- ◆ Student ID required for admission.
- ◆ Waiver must be signed by a parent or guardian. Waivers are available at www.lifetimefitness.com.

12-5 p.m. Open gym (basketball, volleyball or games)

12-3 p.m. Pool

2-4 p.m. Rock wall climbing

- ◆ Additional waiver must be signed for rock wall climbing.
- ◆ Club members must still pay \$5

to climb rock wall.

12:15 p.m. Gentle Flow Yoga

1-4 p.m. 4-on-4 Soccer Tournament for \$5 per team.

Coupon

FREE

SLURPEE

Good for one 12-oz. Slurpee frozen beverage, any flavor.

One good at participating Slurpee stores. Limit one coupon per customer per day. Offer not valid with any other coupon or discount. No cash value.



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Valid March 24-30, 2008

Only at our 24 Mile & Shelby roads location

Wednesday, March 26, 2008

Adventures at Life Time Fitness

14843 Lakeside Blvd., Shelby Twp. ~ (586) 226-5350

Club activities - 12 to 5 p.m. - \$10

- ◆ Student ID required for admission.
- ◆ Waiver must be signed by a parent or guardian. Waivers are available at www.lifetimefitness.com.

12-5 p.m. Open gym (basketball, volleyball or games)

12-3 p.m. Pool

12:30-1:30 p.m. Basic Training

2-4 p.m. Rock wall climbing

- ◆ Additional waiver must be signed for rock wall climbing.
- ◆ Club members must still pay \$5 to

climb rock wall.

12:15 p.m. F.I.T.

Thursday, March 27, 2008

Adventures at Life Time Fitness

14843 Lakeside Blvd., Shelby Twp. ~ (586) 226-5350

Club activities - 12 to 5 p.m. - \$10

- ◆ Student ID required for admission.
- ◆ Waiver must be signed by a parent or guardian. Waivers are available at www.lifetimefitness.com.

12-5 p.m. Open gym (basketball, volleyball or games)

12-3 p.m. Pool

2-4 p.m. Rock wall climbing

- ◆ Additional waiver must be signed for rock wall climbing.
- ◆ Club members must still pay \$5

to climb rock wall.

1-4 p.m. 5-on-5 Dodge Ball Tournament for \$5 per team

This year, in partnership with the Utica/Shelby Kiwanis and the Shelby-Macomb Daybreakers Kiwanis clubs, UCAT is participating in the Kids Against Hunger Project, a volunteer project to package and distribute food in communities worldwide.

On March 27, from 4:30 to 7 p.m., and from 6:30 to 9 p.m., at Utica United Methodist Church, 8650 Canal Road in Sterling Heights, volunteers will gather to package food. All members of the community are welcome to assist us in packaging these goods. Register in advance with Greg Smith at 586-803-1759. Drop-ins are also welcome.

Friday, March 28, 2008

Adventures at Life Time Fitness

14843 Lakeside Blvd., Shelby Twp. ~ (586) 226-5350

Club activities - 12 to 5 p.m. - \$10

- ◆ Student ID required for admission.
- ◆ Waiver must be signed by a parent or guardian. Waivers are available at www.lifetimefitness.com.

12-5 p.m. Open gym (basketball, volleyball or games)

12-3 p.m. Pool

2-4 p.m. Rock wall climbing

- ◆ Additional waiver must be signed for rock wall climbing.
- ◆ Club members must still pay \$5

to climb rock wall.

12:15 p.m. Strictly Strength

All-Nighter at Life Time Fitness

10 p.m. to 5 a.m. ~ \$20

Activities include:

Volleyball, basketball, euchre, rock wall climbing, swimming & water slides, ping pong, inflatables, wallyball and dodgeball tournaments, board games, movies and more.

Food is included at the overnight event.

Registration and pre-payment required.

Sign up early! Only 150 students may attend.

Register by mail or at Life Time Fitness.

Send \$20 (payable to Life Time Fitness), a

completed rock wall waiver and a participation

agreement to: Life Time Fitness, 14843 Lakeside

Bldv. N., Shelby Township, MI 48315

Registration deadline is March 26, 2008

For rules and regulations, see reverse.