



## There are activities for everyone at MCC's Recreation & Fitness Center

By Shelly Springborn

**M**ontcalm Community College offers a variety of recreational offerings at its Recreation & Fitness Center in the Activities Building on the college's Sidney campus.

### Pool

MCC offers open swim, lap swim, water walking, water aerobics, swimming classes and more in its NCAA-sized indoor pool.

### Fitness Center

MCC's air-conditioned, self-directed fitness center offers quality fitness equipment, treadmills, elliptical trainers, bicycles and a free-weight area. Personal orientation by trained staff is available upon request. Users must be aged 16 or older and must sign a liability waiver at the recreation desk prior to using the fitness center.

### Gymnasium

Enjoy activities including basketball, volleyball, walking and more in MCC's Gymnasium. Equipment is available to use at no charge.

### Cornhole

Cornhole equipment may be borrowed at no charge at the MCC recreation desk for use during regular open gym hours, and Recreation & Fitness Center monitors are available to set up the playing area.

### Badminton

Badminton equipment may be borrowed at no charge at the MCC recreation desk for use during regular open gym hours, and Recreation & Fitness Center monitors are available to set up the playing area.

### Free indoor walking

Seniors aged 55 and older may join us for free use of our gymnasium for walking during regular open gym hours.

### Pickleball

Pickleball combines many elements of tennis, badminton and ping-pong and is played with a paddle and plastic ball with holes. MCC has two indoor courts, and equipment may be borrowed at no charge at the MCC recreation desk. Open pickleball is Mondays, Wednesdays and Fridays from 9 to 11 a.m. in the gymnasium on MCC's Sidney campus. You may also drop in during regular gym hours to play.

### Climbing Wall

MCC's indoor rock climbing wall features an automatic belay system. Users younger than 18 must be accompanied by a responsible adult. All patrons must sign a liability waiver at the recreation desk prior to use of the climbing wall, and they must have their belt and shoes checked by the monitor before climbing. The college has belts and shoes available for use.

### Tennis

Sharpen your tennis skills on three tennis courts available for use on MCC's Sidney campus. Tennis racquets and balls are available for users to borrow during regular hours, or users may bring their own equipment. There is no cost to use the tennis courts.

### Disc Golf

MCC's 18-hole disc golf course on the college's Sidney campus is free to use. Discs are available to rent at MCC's recreation desk, in the Activities Building, and are free for MCC students, faculty and staff with a valid MCC ID, and any community member with a valid MCC recreation pass. All others may use a disc for a \$2 fee.

### Kenneth J. Lehman Nature Trails

Take a hike on the Kenneth J. Lehman Nature Trails to experience nature's beauty. More than four miles of trails are marked with numbered trail posts, and maps are available at most major trail heads. There is no charge to visit these beautiful trails, which wind through forests, grasslands and wetlands.

### Lena Meijer Heartland Trail Connector

The Lena Meijer Heartland Trail Connector runs along paved shoulders on both sides of Sidney Road from the Heartland Trail east to the Montcalm Area Career Center, which transition to a separated pathway headed north around the Career Center and then east to MCC's Sidney campus, where you can connect with all of the college's recreational offerings.

### For more information:

Visit [montcalm.edu/recreation](http://montcalm.edu/recreation)

email [recreationdesk@montcalm.edu](mailto:recreationdesk@montcalm.edu)

Call 989-328-1259

Stop by the recreation desk in the Activities Building on MCC's Sidney campus



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## SilverSneakers®

Montcalm Community College's Recreation & Fitness Center is a SilverSneakers® site. That means community members who are 65 or older are free to move at no cost through select Medicare plans.

It's easy to sign up. Just visit the MCC Recreation & Fitness Center in the Activities Building on the college's Sidney campus to enroll today.