

Family Fun Day – May 11, 2019

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 and Athletics and Recreation.

Schedule of Events

Free Lunch!

11:00 AM – 1:00 PM

A free lunch will be served in the SDC Wood Gym.

Come and enjoy, while supplies last.

Photo with Blizzard

11:00 AM – 1:00 PM

Join Blizzard for a commemorative photo in the Hall of Fame room!

Scavenger Hunt

10:00 AM – 3:00 PM

Use your best sleuthing skills to decode clues which will have you exploring the SDC. Find them all and be entered into a drawing for a prize!

Find the Right Athletic Shoes for your Feet

10:15 AM -10:45 AM

Dance Studio

Wearing the proper shoe provides the proper foundation for your activities. Ann will administer a foot test to help determine which athletic shoe is right for you!

Student Development Complex

Equipment Check Out

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

Fitness Center

10:00 AM – 3:00 PM

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

Multipurpose Room

10:00 AM – 3:00 PM

Non-marking sole shoes required.

Rock Climbing Wall (Multipurpose room)

12:30 PM – 2:30 PM

All ages are welcome (as long as the equipment will safely fit) to come and climb the wall. Youth ages 12 and older can climb without parent supervision once a waiver has been completed.

Log Rolling (Pool)

10:00 AM – 11:30 AM

Join OAP for an open log rolling clinic. No experience necessary. Must be able to swim and are comfortable in the water.

Open Swim

11:30 AM – 3:00 PM

Lifeguard on duty.

Racquetball Demonstration (Racquetball courts)

10:30 AM – 11:00 AM and 1:00 PM – 1:30 PM

Ever wanted to actually learn how to play instead of just taking turns hitting a ball in an enclosed room? Learn some of the basics and then practice them during the rest of FFD! Eye guards needed.

Racquetball Courts

10:00 AM – 3:00 PM

Non-marking sole shoes required.

Gates Tennis Center

Tennis / Pickleball

Open 12:00 PM – 3:00 PM

Community Program Classes

Kid's Yoga (Dance Studio)

11:00 am – 12:00 pm

Join Beth as she stretches and strengthens through a series of yoga poses. This is a creative, relaxed, centered activity that builds positive habits at a young age. Great for the whole family.

Tai Chi (Dance Studio)

1:00 PM – 1:45 PM

Stress? Moving Meditation? Join Hilary as she guides you through a series of movements performed in a slow, focused manner and accompanied by deep breathing. Great gentle exercise for all skill and age levels.

Zumba® Familia (Dance Studio)

2:00 pm – 3:00 pm

Grab the family and join Adria and Allison as they salsa, merengue, and cumbia in kid-friendly fashion. Get the moves down and step it up for the last part of the class.

Outdoor Activities*

Michigan Tech Trails

10:00 AM – 3:00 PM

No trail pass needed.

Take a leisurely walk or bring your bike!

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 liability 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.

*Weather Permitting