NEW Dance Classes for Children and Adults!

Boo Bash

Ice Skating at the Southfield Sports Arena
Fall Features

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On the cover

Carpenter Lake Nature Preserve
located on the south side on Ten Mile Road, just east of Inkster Road.

Questions? (248) 796-4620 www.cityofsouthfield.com
Thank You

Thank You for a Fantastic Summer!

Thank You to our summer program sponsors

DTE Foundation and the Southfield Historical Society Sponsors of Summer in the City and the Gazebo Concert Series

DENSO Sponsor of Recreation On the Move

Oakland County Parks Great Parks for Great People Sponsors of Family Fun & Safety Night

vibe credit union

Park-it Family Fun Nights

Questions? (248) 796-4620 www.Facebook.com/SouthfieldParksandRecreation
Welcome Tammy Nesbitt-Alvarez
teaching Tiny Tappers & Tip Toes, Starlets Tap, Cheer/Pom, Tap Beginner/Intermediate, Tap Advanced and Theatre Dance Combo!
Owner and Director of The Dance Palace Performing Arts Academy. She has performed Flamenco professionally with Grupo Espana, competed in dance and modeling competitions and trained in many styles of dance before opening her own studio.

Ms. Tammy will be at the Parks & Recreation Building (Room 112) on Saturday, September 14 from 9:30-11:30 am with shoes and other dance supplies for sale.

Welcome Lisa McCall
teaching Children's African Dance, Hip Hop/Jazz Combo and Jazz for kids and Afro-Cuban for Adults!
Award winning educator with a career as a notable producer, director and choreographer in addition to being a professional dancer in NYC. Lisa has created premier television, film, concert tours and award shows for a number of celebrities including Aretha Franklin! Her background includes all forms of dance with a specialty in Afro-Cuban and Afro-Haitian.

Welcome Back Janet Clayton-Reid
teaching Tiny Dancers, Tiny Tappers, Aspiring Ballerinas, Graceful Beauties (Ballet 1), Ballet 2/3 and Contemporary Dance for kids and Adult Ballet and Adult Tap/Jazz Combo!
Professional dancer, instructor, choreographer and Company Director of Michigan’s professional MoreDances Contemporary Dance Company. Ms. Reid has performed in companies, review shows and musicals throughout the world. Janet has been teaching for Southfield for over 20 years!

We are saddened to report the passing of longtime Tap instructor Shirley St. Mary earlier this summer.
Ms. Shirley was a part of the Parks & Recreation Dance Program for over 60 years.
Welcome Back Makidah Shani teaching African Dance for adults!
Makidah has studied Traditional African Dance for over 25 years and received her training from a host of Master teachers in the U.S., as well as the Motherland Africa. Ms. Shani has been the African Dance instructor with Southfield P&R since 2009.

Welcome Back Mr. Dale Lott & Dr. Karyne Brantley-Johnson teaching Chicago Step, Motown Style Ballroom Parts 1-3, Popular Hustles and Hustles for Seniors!
Dale, has over 20 years of teaching experience with students, different staffs, and community centers. Karyne, a former Zizzy Johnson dancer, has also taught students, different staff members and at various centers. They have harmoniously taught together for 20 years through-out the Metropolitan Detroit area, Southfield, Farmington and West Bloomfield, giving private lessons, structured group lessons and formal classroom sessions.

Questions?  (248) 796-4620           www. Facebook.com/SouthfieldParksandRecreation
Youth Basketball Development Program
In partnership with the Jr. NBA Program, this fall Southfield Parks & Recreation will be conducting a Youth Basketball Development Program (YBDP). This 8-week program will work with kids in grades 4 thru 9 to help strengthen their basketball knowledge, conditioning and skills in preparation for upcoming league and/or school play. The Youth Basketball Development Program will emphasize basketball fundamentals through station work, drills and competition. Instruction by USA Basketball Certified Coaches.

This program, meets 2 days per week at 2 different times.

4th - 5th Grades
Resident: $80  N/R: $95
BW BBall Court 1  Activity Number: 6313
F  Oct 4-Nov 22  6:00-7:00 pm
Sa  Oct 5-Nov 23  9:00-10:00 am

6th - 7th Grades
Resident: $80  N/R: $95
BW BBall Court 1  Activity Number: 6314
F  Oct 4-Nov 22  7:00-8:00 pm
Sa  Oct 5-Nov 23  10:00-11:00 am

8th - 9th Grades
Resident: $80  N/R: $95
BW BBall Court 1  Activity Number: 6315
F  Oct 4-Nov 22  8:00-9:00 pm
Sa  Oct 5-Nov 23  11:00 am-12:00 pm

Youth Open Gym
Parents must register their child before they can participate in Open Gym. There is a $1 fee to replace a lost Open Gym Membership Card. Parents/adults are NOT allowed on the court. Limited to 20 kids per court.

Ages: 9 - 17 years old
Resident: $3/day  N/R: $5/day
3:30-6:00 pm  BW BBall Courts 1-3
M-F  Sep 3 - Dec 27

Grasshopper Basketball
Instructor: G. Hawthorne
Our goal is to provide the best possible learning experience for your children. Each day will consist of teaching through stations, lectures, drills and play! The skills we will focus on during this program will include passing, shooting, defense and dribbling. In this 6 week program we aim to have your child come out with a smile and a love for the game of basketball.

Ages: 4 - 6 years
Resident: $45  N/R: $60
9:00-9:50 am  BW BBall Court 3
Sa  Sep 14-Oct 19  Activity Number: 6247
Sa  Oct 26-Dec 7  Activity Number: 6213
**Youth Basketball Clinic**
Instructor: G. Hawthorne
During this clinic we will teach your child the skills they need both on and off the court to be a better athlete. This clinic will be taught by an advanced instructor with competitive basketball experience. Over the 6 week span of the clinic your child will learn the strategies of the game while developing the basic skills that are needed to play in a league format.

Ages: 7 - 10 years
Resident: $45 N/R: $60
10:00-10:50 am BW BBall Court 3
Sa Sep 14-Oct 19 Activity Number: 6248
Sa Oct 26-Dec 7 Activity Number: 6235

**Flag Football League - K-8 Grades**
Instructor: Flag Nation Sports
We believe Flag Football is the perfect introduction to sports for grades K-8. Flag Nation Sports is an instructional and recreational youth flag football program designed for players to have fun while learning rules and skills of the game. Flag Football means there is no contact or tackling. Kids practice the fundamentals of football like catching, passing, defense and offense and, in most cases, going the right way down the field through fun drills and games. The focus in this program is inclusion, teamwork, sportsmanship, and building confidence. It’s all about having fun and learning!

**K - 5 Grade**
Resident: $75 N/R: $95
9:00-11:00 am Inglenook Park
Sa Sep 21-Oct 26 Activity Number: 6310

**6 - 8 Grade**
Resident: $75 N/R: $95
11:00 am-1:00 pm Inglenook Park
Sa Sep 21-Oct 26 Activity Number: 6311

**Children**

**Youth Basketball Clinic**
Instructor: G. Hawthorne
During this clinic we will teach your child the skills they need both on and off the court to be a better athlete. This clinic will be taught by an advanced instructor with competitive basketball experience. Over the 6 week span of the clinic your child will learn the strategies of the game while developing the basic skills that are needed to play in a league format.

Ages: 7 - 10 years
Resident: $45 N/R: $60
10:00-10:50 am BW BBall Court 3
Sa Sep 14-Oct 19 Activity Number: 6248
Sa Oct 26-Dec 7 Activity Number: 6235

**Karate - Li’l Tot**
Instructor: S. Pinkney
This is an introductory karate class designed for children. It focuses on teaching the 8 important life skills: discipline, self-control, focus, memory, fitness, balance, coordination and teamwork.

Ages: 4 - 7 years
Resident: $40 N/R: $50
10:00-10:45 am BW Multipurpose Room
Sa Sep 7-Oct 19 Activity Number: 6218
Sa Oct 26-Dec 14 Activity Number: 6219

**Flag Football League - K-8 Grades**
Instructor: Flag Nation Sports
We believe Flag Football is the perfect introduction to sports for grades K-8. Flag Nation Sports is an instructional and recreational youth flag football program designed for players to have fun while learning rules and skills of the game. Flag Football means there is no contact or tackling. Kids practice the fundamentals of football like catching, passing, defense and offense and, in most cases, going the right way down the field through fun drills and games. The focus in this program is inclusion, teamwork, sportsmanship, and building confidence. It’s all about having fun and learning!

**Karate**
Instructor: S. Pinkney
Traditional Tang Soo Do Karate training emphasizing self-defense techniques, discipline, self control, focus, memory, physical fitness and teamwork. It teaches prevention first and not aggressiveness. Karate isn’t just for the kids, adults are welcome to join this class as well. Ranking program is available - Beginner through Master Black Belt levels. Master Patt Mundy, 7th Degree Black Belt Supervisor.

**Beginner** Ages: 7 and up
Resident: $40 N/R: $50
9:00 am-12:30 pm BW Multipurpose Room
Sa Sep 7-Oct 19 Activity Number: 6214
Sa Oct 26-Dec 14 Activity Number: 6215

**Intermediate** Ages: 7 and up
Resident: $40 N/R: $50
9:00 am-12:30 pm BW Multipurpose Room
Sa Sep 7-Oct 19 Activity Number: 6216
Sa Oct 26-Dec 14 Activity Number: 6217
Children

Dance/Music

Tiny Dancers
Instructor: J. Clayton-Reid
This class is geared toward our tiny dancers as it focuses on skills such as counting, musicality, following directions, basic dance positions, skipping, galloping and creative movement dances for their enjoyment. Dress requirements for all Ballet classes consists of Capezio ‘Ballet Pink’ tights and ballet shoes with a black leotard and short black chiffon skirt. All long hair is to be put up, preferably in a bun.

Ages: 2½ - 4 years  35 minute classes
7 weeks:  Resident: $47  N/R: $57
5:30-6:05 pm  AAB - Dance Room
W  Sep 4-Oct 16  Activity Number: 6260

8 weeks:  Resident: $53  N/R: $63
5:30-6:05 pm  AAB - Dance Room
W  Oct 30-Jan 8  Activity Number: 6271

Tiny Tappers
Instructor: J. Clayton-Reid
Introduce your child to the world of dance! Children will learn skips, hops, and simple tap combinations. Dress requirements for this class consist of black tap shoes, a leotard, and tights (any color).

Ages: 2½ - 4 years  35 minute classes
6 weeks:  Resident: $40  N/R: $50
9:25-10:00 am  AAB - Dance Room
Sa  Sep 7-Oct 12  Activity Number: 6265

7 weeks:  Resident: $47  N/R: $57
9:25-10:00 am  AAB - Dance Room
Sa  Oct 26-Dec 14  Activity Number: 6275

Tiny Tappers and Tip Toes
Instructor: T. Alvarez
Props, singing and dance are used to inspire and motivate the young dancer while building confidence, motor skill development and class participation. Skills such as skips, hops and so much more will also be worked on weekly. Both ballet and tap shoes will be needed.

Ages: 2½ - 4 years  45 minute classes
8 weeks:  Resident: $68  N/R: $78
11:00-11:45 am  P/R - Lower Level Dance Room
T  Sep 3-Oct 22  Activity Number: 6302
T  Nov 5-Jan 7  Activity Number: 6303

Cheer Pom
Instructor: T. Alvarez
Both jazz and hip hop styles will be combined into a fun pom routine. Students learn rhythm, coordination, isolations, stretches, turns and more. Black jazz pants, black jazz shoes, black leotards and a set of poms (available in class) will be needed for this class.

Ages: 7 - 11 years  45 minute classes
6 weeks:  Resident: $51  N/R: $61
5:20-6:05 pm  AAB - Dance Room
Th  Sep 5-Oct 10  Activity Number: 6301

8 weeks:  Resident: $68  N/R: $78
5:20-6:05 pm  AAB - Dance Room
Th  Oct 24-Jan 9  Activity Number: 6308

Questions?  (248) 796-4620  www.cityofsouthfield.com
**Ballet Classes**
Instructor: J. Clayton-Reid
All Ballet classes are taught as the Russian-based classical form. Students will learn a basic warm up, positions and steps in the center floor and traveling. Dress requirements for all Ballet classes consists of Capezio 'Ballet Pink' tights and ballet shoes with a black leotard and short black chiffon skirt. All long hair is to be put up, preferably in a bun.

### Wednesday Classes

**Aspiring Ballerinas**
Ages 3 - 6 years  
45 minute classes

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<tr>
<th>Duration</th>
<th>Resident</th>
<th>N/R</th>
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<td>6:05-6:50 pm</td>
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**Graceful Beauties (Ballet 1)**
Ages: 6 - 9 years  
45 minute classes

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### Saturday Classes

**Aspiring Ballerinas**
Ages: 3 - 6 years  
45 minute classes

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<td>AAB - Dance Room</td>
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<td>Sa Oct 26-Dec 14</td>
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**Graceful Beauties (Ballet 1)**
Ages: 6 - 9 years  
45 minute classes

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**Ballet 2/3**
Ages: 7 - 12 years  
60 minute classes

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<td>11:30 am-12:30 pm</td>
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<td>7 weeks</td>
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<td>11:30 am-12:30 pm</td>
<td>AAB - Dance Room</td>
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<td>Sa Oct 26-Dec 14</td>
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Children

Children’s African Dance
Instructor: L. McCall
This class will introduce students to the traditional culture of dances based in the African and Caribbean Diaspora. Students will learn the basic elements of dance through fun and energetic movement in its rich, traditional form.

Ages: 10 - 15 years  45 minute classes
6 weeks:  Resident: $51  N/R: $61
9:00-9:45 am  P/R - Lower Level Dance Rm.
Sa  Sep 7-Oct 12  Activity Number: 6292

7 weeks:  Resident: $60  N/R: $70
9:00-9:45 am  P/R - Lower Level Dance Rm.
Sa  Oct 26-Dec 14  Activity Number: 6293

Contemporary Dance
Instructor: J. Clayton-Reid
Contemporary Dance is a form of dance that combines ballet, jazz and modern dance with fluid and connecting movement. This is a popular style of dance that you see on TV shows like “So You Think You Can Dance” and “America’s Got Talent!” Dress requirements: leotard and tights of any color, bare feet and hair in a ponytail.

Ages: 9 - 13 years  45 minute class
6 weeks:  Resident: $51  N/R: $61
12:30-1:15 pm  AAB - Dance Room
Sa  Sep 7-Oct 12  Activity Number: 6269

7 weeks:  Resident: $60  N/R: $70
12:30-1:15 pm  AAB - Dance Room
Sa  Oct 26-Dec 14  Activity Number: 6282

Hip Hop/Jazz Combo
Instructor: L. McCall
This class will introduce kids to basic elements of hip-hop and jazz movement. Kids will perform choreography to today’s popular hits music, based on age appropriate content.

Ages: 6 - 8 years  45 minute classes
6 weeks:  Resident: $51  N/R: $61
9:00-9:45 am  P/R - Lower Level Dance Studio
Sa  Sep 7-Oct 12  Activity Number: 6289

7 weeks:  Resident: $60  N/R: $70
9:00-9:45 am  P/R - Lower Level Dance Studio
Sa  Oct 26-Dec 14  Activity Number: 6296

Ages: 9 - 11 years  45 minute classes
6 weeks:  Resident: $51  N/R: $61
9:55-10:40 am  P/R - Lower Level Dance Studio
Sa  Sep 7-Oct 12  Activity Number: 6290

7 weeks:  Resident: $60  N/R: $70
9:55-10:40 am  P/R - Lower Level Dance Studio
Sa  Oct 26-Dec 14  Activity Number: 6295

Ages: 12 - 15 years  45 minute classes
6 weeks:  Resident: $51  N/R: $61
10:50-11:35 am  P/R - Lower Level Dance Studio
Sa  Sep 7-Oct 12  Activity Number: 6291

7 weeks:  Resident: $60  N/R: $70
10:50-11:35 am  P/R - Lower Level Dance Studio
Sa  Oct 26-Dec 14  Activity Number: 6294

Children’s dance classes will not meet on the following days:

  Mon.,  Dec 23
  Tue, Sept 17, Dec 24, Dec 31
  Wed, Nov 27, Dec 25, Jan 1
  Thur, Oct 31, Nov 28, Dec 26, Jan 2
  Sat, Nov 30

Questions?  (248) 796-4620  www.cityofsouthfield.com
Jazz
Instructor: L. McCall
This class introduces children to stylized jazz movement based on a variety of different techniques, such as Broadway and lyrical jazz. Elements used to enhance and strengthen technique range from turns, leaps and conditioning exercises for flexibility and strength. Kids will also be learning combinations and developing basic dance skills.

**Ages: 6 - 8 years** 45 minute classes
6 weeks: **Resident: $51  N/R: $61**
5:30-6:15 pm  AAB - Dance Room
M  Sep 9-Oct 21  Activity Number: 6283

7 weeks: **Resident: $60  N/R: $70**
5:30-6:15 pm  AAB - Dance Room
M  Nov 4-Jan 6  Activity Number: 6287

**Ages: 9 - 11 years** 45 minute classes
6 weeks: **Resident: $51  N/R: $61**
6:30-7:15 pm  AAB - Dance Room
M  Sep 9-Oct 21  Activity Number: 6284

7 weeks: **Resident: $60  N/R: $70**
6:30-7:15 pm  AAB - Dance Room
M  Nov 4-Jan 6  Activity Number: 6288

Theatre Dance Combo
Instructor: T. Alvarez
Rooted in Broadway musicals, students will learn choreography from a selected musical. This class is a jazz based style with a musical flair. Dress requirements: black Jazz pants, black Jazz shoes and black leotard.

**Ages: 8 - 12 years** 45 minute classes
8 weeks: **Resident: $68  N/R: $78**
7:45-8:30 pm  P/R - Lower Level Dance Room
T  Sep 3-Oct 22  Activity Number: 6298
T  Nov 5-Jan 7  Activity Number: 6307

Tap Dance
Instructor: T. Alvarez
Dress requirements for all tap classes below: black tap shoes, tan tights, black leotard.

Starlets Tap - Beginner
Shuffle, Flap..... Stomp your feet and Rap Tap Tap! Dancers will grow and develop their tap dance skills with warm up, centering and across the floor dance steps in this fun and energized class!

**Ages: 5 - 7 years** 40 minute classes
8 weeks: **Resident: $61  N/R: $71**
5:30-6:10 pm  P/R - Lower Level Dance Room
T  Sep 3-Oct 22  Activity Number: 6261
T  Nov 5-Jan 7  Activity Number: 6304

6 weeks: **Resident: $46  N/R: $56**
6:10-6:55 pm  AAB - Dance Room
Th  Sep 5-Oct 10  Activity Number: 6299

8 weeks: **Resident: $61  N/R: $71**
6:10-6:55pm  AAB - Dance Room
Th  Oct 24-Jan 9  Activity Number: 6309

Beginner/Intermediate
Learn to tap or continue to enhance your skills in this fun age appropriate class.

**Ages: 8 - 12 years** 40 minute classes
8 weeks: **Resident: $61  N/R: $71**
6:15-6:55 pm  P/R - Lower Level Dance Room
T  Sep 3-Oct 22  Activity Number: 6277
T  Nov 5-Jan 7  Activity Number: 6305

Advanced
Students will learn intricate footwork and sounds to create rhythmic variations to accompany a variety of musical styles.

**Ages: 8 - 12 years** 40 minute classes
8 weeks: **Resident: $61  N/R: $71**
7:00-7:40 pm  P/R - Lower Level Dance Room
T  Sep 3-Oct 22  Activity Number: 6297
T  Nov 5-Jan 7  Activity Number: 6306
Special Events

Southfield City Centre Ghost Walk

Get into the spirit of the spooky season. This ¾ mile, 75-minute walking tour of the City Centre will enlighten... and frighten! Get ready for plenty of historical information and ghostly stories, too. Cider and doughnuts at the final stop.

October 22  6:00 & 7:30 pm
$10/Resident   $12/Non-resident

Register at the Parks & Recreation Information Desk, 26000 Evergreen Road
15 participants per time slot. Rain date October 29.

Most engaging for adults and kids 10 and older.

Proceeds benefit Southfield Historical Society and Friends of Southfield Public Arts.

Each walk begins inside at 7:45 am with a series of stretches led by a physical therapist from Surgeons Choice Medical Center to get participants prepared for the hour of walking. The bus will leave from the Parks & Recreation Building for the park at 8:00 am. A healthy snack and a bottle of water will be provided on the ride back.

A Walk in the Parks

Oct 1  Carpenter Lake Nature Preserve
Oct 8  Bedford Woods Park
Oct 15  Inglenook Park
Oct 22  Freeway Park
Oct 29  Civic Center Park
Hair Raising Hayrides to the Pumpkin Patch
last ride departs at 4:00 pm

Ghoulish Games  Creepy Crafts

Trick or Treating

Spooky Skating Party
from 2:30 pm to 3:50 pm

Saturday, October 19  2–4:30 pm
Southfield Pavilion

Admission for ages 2–12 years old
(Adults are Free!):

Early Registration (registered by October 15):
$8/Southfield resident; $10/Non-resident

Register early to avoid long lines the day of the event.

Registration from October 16–19:
$10/Southfield resident; $12/Non-resident

Tickets go on sale September 16!
Register in person at the
Parks and Recreation Building, 26000 Evergreen Road.

Questions?  (248) 796-4620  www. Facebook.com/SouthfieldParksandRecreation
Special Events

iHeart Radio’s

**Trunk or Treat**
is coming to Civic Center Park
Saturday, October 26
10 am - 12 pm
be on the lookout for details at our Facebook page and online at www.cityofsouthfield.com

The ‘field Zone presents their annual

**Holiday Talent Show**

Tuesday, December 10
6 - 8 pm
Join us for a great show with the Southfield Jazz Orchestra and members of the ‘field Zone.

Free Admission, please pre-register by calling (248) 206-4225
www.miclubs.org

Ride with Santa Contest

Open to all Southfield kids ages 3 – 8 years old!!

Our 2018 Ride with Santa Contest winner Eric

One lucky winner will win a P&R Goodie Bag and the chance to ride with Santa to the Burgh Park Tree Lighting Ceremony on December 3 where they will help city officials to kick off the holidays in Southfield!

Fill out the form below and bring it with you the next time you visit the Parks & Recreation Building or fill one out in person beginning November 1.

Prize drawing held on Monday, November 18 at 12 pm.

Name ____________________________________________________________
Address _________________________________________________________
Phone __________________________________________________________
Parent/Guardian Name ____________________________________________
School __________________________________________________________

Open to Southfield kids ages 3 - 8 years old.

Questions? (248) 796-4620 www.cityofsouthfield.com
Special Events

Burgh Historical Park

Tree Lighting Ceremony

Tuesday, December 3  6:30 pm

Free Admission

This is a (mostly) outdoor event so please dress for the weather.

Skate for a Cause

Free admission and skate rental with each non-perishable food donation.

Friday, December 27

11:30 am - 1:30 pm

All food donations will be made available to those in need in the community via the Southfield Human Services Department.

Southfield Sports Arena, 26000 Evergreen Road
All Ages

Tennis Lessons - Quick Start
Instructor: P. Woods
This program is designed to teach young children the game of tennis. They will be taught how to use their racquets, and judging the flight and direction of the ball while playing on a smaller court. Fun activities and games will be played using low compression and foam balls.

Ages: 4 - 6 years
Resident: $55 N/R: $70
9:00-9:50 am CCP - Tennis Courts (3 & 4)
Sa Sep 7-Oct 5 Activity Number: 6228

Tennis Lessons - Beginner
Get a grip (pun intended) on the basics. These classes are for those who have never played, or have just started playing the game. Discussion of rules and the basic fundamentals; grip, footwork, forehand, backhand, serve, volley and scoring will be covered.

Youth Beginner
Ages: 8 - 12 years Instructor: P. Woods
Resident: $55 N/R: $70
6:00-6:50 pm CCP - Tennis Courts (3 & 4)
W Sep 4-Oct 2 Activity Number: 6233

Teen Beginner
Ages: 13 - 17 years Instructor: P. Woods
Resident: $55 N/R: $70
6:00-6:50 pm CCP - Tennis Courts (3 & 4)
T Sep 3-Oct 1 Activity Number: 6230

Indoor Beginner
Ages: 8 and up Instructor: R. Hall Jr.
Resident: $55 N/R: $70
Senior: Resident: $49.50 N/R: $63
6:00-6:50 pm BW Court 3
M Oct 14-Nov 11 Activity Number: 6352

Tennis Lessons - Adult/Teen Intermediate
Instructor: R. Hall Jr.
You’ve got the basics down, now you are ready to take your game up a notch. Instructor will introduce the lob, overhead shots and half-volleys and help you continue to improve your serve, forehand and backhand. Competitive drills and games will be played to demonstrate consistency and game strategies.

Ages: 13 and up
Resident: $55 N/R: $70
Senior: Resident: $49.50 N/R: $63
7:00-7:50 pm CCP - Tennis Courts (3 & 4)
M Sep 9-Oct 7 Activity Number: 6226

Tennis Lessons - Family
Instructor: P. Woods
This class is designed for parents and children who want to take a beginner tennis lesson at the same time and location. Parent and child(ren) must each register for this class.

Ages: 7 and up
Resident: $55 N/R: $70
Senior: Resident: $49.50 N/R: $63
7:00-7:50 pm CCP - Tennis Courts (3 & 4)
W Sep 4-Oct 2 Activity Number: 6227
Karate
Instructor: M. Mundy
These classes will introduce students to karate techniques, self defense/safety strategies, stretches and exercises. Students will develop concentration and focus to prepare themselves for life's challenges and continuing into Karate Tang Soo Do ranking program - Beginner through Black Belt. Grand Master Michael Olivero, President.

**Attend One Day Only**

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**Two Days per Week**

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**Children’s Karate**

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**Adult Karate**

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**Family Karate**

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Questions?  (248) 796-4620  www. Facebook.com/SouthfieldParksandRecreation
Special Interest

Planetarium Fall Series
Instructor: C. Jones
Join us under the stars!!
The Vollbrecht Planetarium projects the 7,000 night sky stars (along with the planets, Sun, Moon and Milky Way) that are visible to the unaided eye onto its 30 foot star dome. The fall series will feature eight different 60 minute astronomy programs. Each show is designed for novice star gazers as well as advanced amateur astronomers and offers a lecture, star show, handouts, a Q&A period and door prizes. Private planetarium shows are available for groups. For further information on public and private shows, call the Planetarium message line at 248-746-8880 or check them out online at www.VollbrechtPlanetarium.com

Preregistration is required for all planetarium shows.

Series Fee: Resident: $30 N/R: $40
7:00-8:30 pm Vollbrecht Planetarium
W Sep 11-Nov 6 Activity Number: 6236

Our 13 Planet Solar System: 8 Planets and 5 Dwarf Planets
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Sep 11 Activity Number: 6237

Earth in the Goldilocks Zone
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Sep 18 Activity Number: 6238

Gas Giants: Jupiter and Saturn
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Sep 25 Activity Number: 6239

Telescopes and Binoculars
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Oct 2 Activity Number: 6240

Exoplanets in our Milky Way Galaxy
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Oct 9 Activity Number: 6241

Sky Tellers: Myths, Magic, Mystery
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Oct 16 Activity Number: 6242

UFO’s, IFO’s, Flying Saucers SETI
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Oct 30 Activity Number: 6243

From Quarks to Edge of the Universe
Resident: $5 N/R: $6
7:00-8:30 pm Vollbrecht Planetarium
W Nov 6 Activity Number: 6244

Participants are asked to use the Planetarium entrance at the east end of Adler Elementary School.
Motor City Wheelz Wheelchair Basketball Team
Ages: High School age and younger
Learn the basics of wheelchair basketball including dribbling, shooting and ball-handling. The team will practice at Beech Woods Recreation Center and will travel to several regional tournaments. Anyone, 18 or younger, or attending High School, with a lower physical challenge is welcome to join. There are two levels of play based on age; ages 12 and under play on the Prep Team shooting at the 8 ½’ basket; ages 13 and up play on the Varsity Team and shoot at the 10’ hoop. Be a part of the camaraderie and fun. For more information contact Claudia Brewer at 248-796-4673.

Registration taken at the Beech Woods Recreation Center only.
6:00-8:30 pm BW BBall Court 3
W Sep 25- Apr 8

Special Forces Adaptive Recreation Group
Southfield Special Forces offers programs, activities and trips for individuals with disabilities. Join in the fun at our bowling league at Hartfield Lanes in Berkley, or at one of our craft nights, dances, game nights, field trips or other fun activities. Programs that take place at Parks and Recreation are for individuals 16 years and older with a developmental disability. Our trips are open to individuals 18 years and older with a developmental disability. Please call (248) 796-4608 for more information or to be added to our monthly mailing list.

Easterseals Miracle League of Michigan
“Every Child Deserves The Chance to Play Baseball”
The City of Southfield is home to Michigan’s FIRST baseball field for children with any physical or cognitive disability, offering the true Major League experience. Easterseals Miracle League of Michigan teams play on a custom-designed, synthetic turf field that accommodates wheelchairs and other assistive devices while helping to prevent injuries. In the baseball off season they offer bowling and dance programs as well. Go to www.michiganmiracle.org for more information.
**General Skate Hours**

General Skate begins Wednesday, September 4! The Southfield Sports Arena will be closed on: Christmas Eve, Christmas Day, New Year’s Eve, New Year’s Day and Easter.

- **Lunch Skate**
  - M - F  11:30 am - 1:00 pm
- **Sticks & Pucks**
  - M - W & F  1:00 - 2:00 pm
  - Su  4:00 - 5:00 pm

All Sticks & Pucks participants must be 18 years of age or older and must bring and wear a helmet. A Participation Waiver must be signed at the office before participation.

- **General Skate**
  - Sa  5:00 - 6:30 pm
  - Su  5:30 - 7:00 pm

*General Skate schedule may vary due to hockey tournaments, please call (248) 796-4640 to verify.

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**General Skating Fees**

Anyone 2 years and older wishing to receive the Resident Rate, must show a Southfield Resident Leisure Card, Southfield driver’s license or Business Leisure Card.

- Lunch Skate  $4.00
- Sticks & Pucks  $7.50
- General Skate Resident  $4.00
- General Skate Non-Resident  $5.00
- Skate Rental  $2.50
Skate Lessons
Are you spending more time sitting on the ice or holding onto the rail than you are actually skating? It’s time to learn how to glide and skate with confidence! Lessons are for students of all levels and include 30 minutes of lesson time to develop your skills, together with 30 minutes of practice time. Each time slot is limited to 15 students maximum. All students will be evaluated at the first class and will be placed with the appropriate instructor for their level of skating ability.

Ages: 4 and up
Resident: $55      N/R: $60
2:30-3:30 pm    SSA - Ice Rink
Su  Nov 3-Nov 24  Activity Number: 6280
Su  Dec 8-Dec 29  Activity Number: 6281

Upcoming Special Events at Sports Arena Ice Rink

Boo Bash Spooky Skating Party

Saturday, October 19 from 2:30-3:50 pm
Free skate party with paid admission to Boo Bash. See page 13 for details.

Skate for a Cause
Friday, December 27 from 11:30 am - 1:30 pm
Food collection event for the Southfield community. See page 15 for more details.

Sticks & Pucks
Drop-in hockey at the Southfield Sports Arena

Monday, Tuesday, Wednesday and Friday
1:00 - 2:00 pm  $7.50/day

Sunday  4:00 - 5:00 pm  $7.50

All participants must be 18 years of age or older and must bring and wear a helmet. A Participation Waiver must be signed at the office before participation.
Schedule may vary due to tournaments, please call (248) 796-4640 to verify times.
Arts/Entertainment

Ceramics
Instructor: K. Robichaud
Create decorative clay forms through hand-building projects using slab and coil techniques. Learn several decorative techniques and develop an understanding of the firing process. The wheel will be available and there will be some outdoor sawdust and raku firing.

Ages: 16 and up
Resident: $150 N/R: $170
Senior: Resident: $135 N/R: $153
7:00-10:00 pm  Burgh - Art Center
W Sep 11-Nov 13  Activity Number: 6182

Painting with Oils
Instructor: M. Matovina
For beginning and advanced students. Beginning students will learn about value, composition, color and basic techniques necessary for creating a painting. Individual instruction will be given and different techniques will be demonstrated. Advanced students will be encouraged to work on individual styles and ideas. A supply list will be available prior to the start of the class or request a list be mailed to your home. Bring supplies to the first class.

Ages: 16 and up
Resident: $130 N/R: $140
Senior: Resident: $117 N/R: $126
No class: Sep 28
9:00 am-12:00 pm  P/R - Room 221
Sa  Sep 7-Nov 16  Activity Number: 6205

Athletics/Sports

Adult Open Gym
Participants must pre-register (current, state-issued picture ID required) to participate. Adult Open Gym is limited to the first 40 participants.

Ages: 18 years and up
Resident: $4 N/R: $6
12:30-3:00 pm  BW BBall Courts 1-3
M-F  Sep 3 - Dec 27

Dance/Music

Adult Ballet
Instructor: J. Clayton-Reid
A great class to tone, strengthen and stretch your body! Students will learn the basic barre exercises, positions and steps in the center floor and traveling. Dress requirements consists of pink tights and ballet shoes with a black leotard and short black chiffon skirt, and all long hair up (preferred in a bun). No jewelry is to be worn in class.

Ages: 16 and up  45 minute classes
7 weeks:  Resident: $60 N/R: $70
Senior: Resident: $54 N/R: $63
4:45-5:30 pm  AAB - Dance Room
W  Sep 4-Oct 16  Activity Number: 6259

8 weeks:  Resident: $68 N/R: $78
Senior: Resident: $61.20 N/R: $70.20
4:45-5:30 pm  AAB - Dance Room
W  Oct 30-Jan 8  Activity Number: 6270
Adult Tap/Jazz Combo
Instructor: J. Clayton-Reid
Both jazz and tap shoes will be needed for the class. We will be doing alternating weeks for each style of dance. Both classes consist of a warm up, across the floor and center dance combinations.

Ages: 16 and up 45 minute classes
7 weeks: Resident: $60 N/R: $70
Senior: Resident: $54 N/R: $63
7:35-8:20 pm AAB - Dance Room
W Sep 4-Oct 16 Activity Number: 6264

8 weeks: Resident: $68 N/R: $78
Senior: Resident: $61.20 N/R: $70.20
7:35-8:20 pm AAB - Dance Room
W Oct 30-Jan 8 Activity Number: 6274

African Dance
Instructor: M. Shani
Come Dance for Life! Embody your energy and graceful beauty by learning traditional African dances from Guinea, Mali, Senegal and Sierra Leone. Dance to express, not to impress!

Ages: 18 and up
6 weeks: Resident: $48 N/R: $58
Senior: Resident: $43.20 N/R: $52.20
No class: Nov. 28, Dec 26, Jan 2
7:00-8:30 pm AAB - Dance Room
Th Sep 4-Oct 9 Activity Number: 6183
Th Oct 24-Dec 5 Activity Number: 6184
Th Dec 12-Jan 30 Activity Number: 6185

Afro-Cuban
Instructor: L. McCall
This class explores the movements and rhythms of the African and Caribbean Diaspora. A component of Cuban dance and live drumming will be included. This is a fun, energetic adult class designed for all levels.

Ages: 16 and up
7 weeks: Resident: $68 N/R: $78
Senior: Resident: $61.20 N/R: $70.20
7:30-8:30 pm AAB - Dance Room
M Sep 9-Oct 21 Activity Number: 6285

10 weeks: Resident: $80 N/R: $90
Senior: Resident: $72 N/R: $81
7:30-8:30 pm AAB - Dance Room
M Nov 4-Jan 6 Activity Number: 6286

Chicago Step
Instructor: K. Johnson
This beginner course will introduce participants to this popular 8-count step partner dance. Originating in Chicago, this dance is seen in most popular nightclubs.

Ages: 18 and up
6 weeks: Resident: $40 N/R: $50
Senior: Resident: $36 N/R: $45
7:30-8:30 pm P/R - Lower Level Dance Room
W Sep 4-Oct 9 Activity Number: 6165
W Oct 16-Nov 20 Activity Number: 6173
Motown Style Ballroom Dance
Instructor: D. Lott
This unique and popular style of ballroom dance stems from the Baby Boomer generation and is done in some of the most popular Afro-American night spots. It is a combination of the Social and the Cha-Cha.

Part 1
Ages: 18 and up
6 weeks:  Resident: $45  N/R: $55  
Senior: Resident: $40.50  N/R: $49.50  
6:30-7:30 pm P/R - Lower Level Dance Room
M Sep 9-Oct 14 Activity Number: 6167
M Oct 21-Nov 25 Activity Number: 6178

6 weeks:  Resident: $45  N/R: $55  
Senior: Resident: $40.50  N/R: $49.50  
1:00-2:00 pm P/R - Lower Level Dance Studio
Sa Sep 7-Oct 12 Activity Number: 6169
Sa Oct 19-Nov 23 Activity Number: 6175

Part 2
Ages: 18 and up
5 weeks:  Resident: $46  N/R: $56  
Senior: Resident: $41.40  N/R: $50.40  
7:30-8:30 pm P/R - Lower Level Dance Studio
M Sep 9-Oct 7 Activity Number: 6168
M Oct 21-Nov 18 Activity Number: 6179

5 weeks:  Resident: $46  N/R: $56  
Senior: Resident: $41.40  N/R: $50.40  
2:00-3:00 pm P/R - Lower Level Dance Room
Sa Sep 7-Oct 5 Activity Number: 6170
Sa Oct 19-Nov 16 Activity Number: 6176

Part 3
Ages: 18 and up
5 weeks:  Resident: $48  N/R: $58  
Senior: Resident: $43.20  N/R: $52.20  
3:00-4:00 pm P/R - Lower Level Dance Studio
Sa Sep 7-Oct 5 Activity Number: 6171
Sa Oct 19-Nov 16 Activity Number: 6177

Popular Hustles
Instructor: K. Johnson
This is a dance class that features popular line dances without a partner.

Ages: 18 and up
5 weeks:  Resident: $30  N/R: $40  
Senior: Resident: $27  N/R: $36  
No class: Nov. 27
6:30-7:30 pm P/R - Lower Level Dance Room
W Sep 4-Oct 2 Activity Number: 6164
W Oct 9-Nov 6 Activity Number: 6172
W Nov 13-Dec 18 Activity Number: 6180
Fitness

Barre Toning
Instructor: Fitness RX
Our barre workout is designed to trim, tighten and tone your entire body with an emphasis on defining your glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long, lean physique in record time. The barre workout is also great for toning your upper body and core. Please bring a mat and light hand weights to class.

Ages: 18 and up
8 weeks:  Resident: $89  N/R: $104
Senior:  Resident: $80.10  N/R: $93.60
7:00-8:00 pm  P/R - Room 223
Th  Sep 12-Oct 31  Activity Number: 6200
Th  Nov 7-Dec 26  Activity Number: 6201

Fat-2-Lean - Aerobics w/Paulette
Instructor: P. Latimer
This 60-minute class offers an original jazz dance aerobic program that offers a blend of cardio, muscle toning and floor exercises. There are 30 minutes of cardio work and 30 minutes devoted to muscle toning: abdominals, abductors/adductors and gluteus. Strengthening segments use hand held weights between 3 and 5 lbs. Please be sure to bring your own hand weights, towel/mat and water to first class.

Ages: 18 and up
7 weeks:  Resident: $74  N/R: $84
Senior:  Resident: $66.60  N/R: $75.60
6:30-7:30 pm  P/R - Room 115
T  Sep 10-Oct 22  Activity Number: 6249
5 weeks:  Resident: $52.50  N/R: $62.50
Senior:  Resident: $47.25  N/R: $56.25
No class: Nov. 26
6:30-7:30 pm  P/R - Room 115
T  Nov 12-Dec 17  Activity Number: 6250
Fat-2-Lean - Step Aerobics
Instructor: P. Latimer
This exciting fitness program offers a blend of two workouts in one, designed to give you an outstanding cardio challenge and floor exercise. The class provides an extra boost by incorporating the action of stepping onto a platform which helps intensify your workout. 30 minutes of cardio step and 30 minutes of floor exercise working abs, glutes and legs for muscle tone. Please bring floor mat and water.

Ages: 18 and up
7 weeks:
Resident: $74  N/R: $84
Senior: Resident: $66.60  N/R: $75.60
6:30-7:30 pm  P/R - Room 115
W  Sep 11-Oct 23  Activity Number: 6251

5 weeks:
Resident: $52.50  N/R: $62.50
Senior: Resident: $47.25  N/R: $56.25
No class: Nov. 27
6:30-7:30 pm  P/R - Room 115
W  Nov 13-Dec 18  Activity Number: 6252

Fat-2-Lean - Teaches Zumba
Instructor: P. Latimer
Come join a class where there's always a party! You don't have to know how to dance, just move and groove your body to the beat of Latin, Hip Hop and Reggae music. It's easy! It's a lot of fun. It's the only class we know that you don't feel as if you have actually been working out. It’s the best thing going to help get into shape.

Ages: 18 and up
7 weeks:
Resident: $74  N/R: $84
Senior: Resident: $66.60  N/R: $75.60
6:30-7:30 pm  P/R - Room 115
M  Sep 9-Oct 21  Activity Number: 6253

6:30-7:30 pm  P/R - Room 115
Th  Sep 12-Oct 24  Activity Number: 6255

5 weeks:
Resident: $52.50  N/R: $62.50
Senior: Resident: $47.25  N/R: $56.25
No class: Nov. 25
6:30-7:30 pm  P/R - Room 115
M  Nov 11-Dec 16  Activity Number: 6254

No class: Nov. 28
6:30pm-7:30pm  P/R - Room 115
Th  Nov 14-Dec 19  Activity Number: 6256
**Stretch and Tone with a Touch of Pilates**
Instructor: C. Baugh
In this class you will learn proper form when weight training. You will strengthen and stretch each muscle group in the body from head to toe. The practice of Pilates helps to increase strength in the abdominal muscles and back, as well as improve posture and balance. If you have a 1 year Wellness Center membership, this program is included in your membership.

Ages: 16 and up
6 weeks:  Resident: $45  N/R: $60  
Senior: Resident: $40.50  N/R: $54  
5:00-6:00 pm  BW Multipurpose Room
W  Sep 11-Oct 16  Activity Number: 6190  
W  Oct 30-Dec 4  Activity Number: 6191

**WOW - Women On Weights**
Instructor: Fitness RX
This class is designed to help women transform their bodies through the latest innovations in strength training. The goals of WOW will be to help women improve posture, strength, lean mass (muscle), lose body fat and make the biggest transformation their body has ever seen! Please bring a set of light hand weights and a mat to class.

Ages: 18 and up
8 weeks:  Resident: $89  N/R: $104  
Senior: Resident: $80.10  N/R: $95.10  
4:30-5:30 pm  P/R - Room 115  
T  Sep 10-Oct 29  Activity Number: 6202

7 weeks:  Resident: $78  N/R: $93  
Senior: Resident: $70.20  N/R: $85.20  
4:30-5:30 pm  P/R - Room 115  
T  Nov 5-Dec 17  Activity Number: 6203

**Yoga for the Back**
Instructor: C. Baugh
A contemporary approach to classic yoga, targeting strength training and stretching of the back and abdomen. Poses are introduced step-by-step, in a seated or lying down position and emphasize the quality of movement, proper breathing, flexibility and deep relaxation.

Ages: 16 and up
6 weeks:  Resident: $60  N/R: $75  
Senior: Resident: $54  N/R: $67.50  
4:00-5:00 pm  BW Multipurpose Room  
W  Sep 11-Oct 16  Activity Number: 6192  
W  Oct 30-Dec 4  Activity Number: 6193
Evergreen Hills Golf Course
26000 Evergreen Road (248) 796-4666
Open for play into November weather permitting, daily from 7:00 am until Dusk. Opening hours may vary as sunrise and temperatures change.

2019 Fall Golf Fees
Proof of residency is required for Resident rates.
Rates listed are for 9 holes.
M-F Resident: $13 N/R: $15
Sa & Su Resident: $14 N/R: $16
Senior*: Resident: $8 N/R: $10
Youth** (Ages: 17 years and under)
M-Su Resident: $10 N/R: $12
Holidays Resident: $14 N/R: $16

Fall Special Rate Begins Sun., Sep 1
$2 off regular rates M-F from 10:30 am-3:30 pm and Sa & Su after 12:00 pm

Twilight Rate Begins Mon., Sep 16
$10 for 9 holes after 5 pm
*Senior Rate for ages 55 and older. Monday-Friday, before 3 pm, Sa and Su after 12 pm. Except holidays.
**Only $5 with Youth on Course membership.

Beech Woods Driving Range
Improve your skills by visiting the 50-tee driving range located at Beech Woods Golf Course (22202 Beech Road, south of Nine Mile Road). The range is open daily through October 31 until 8 pm (last bucket of balls sold at 7:30 pm) weather permitting.

Bucket Size Small Medium Large
Regular $5 $8 $10
Senior & Youth $4 $7 $9
Call (248) 796-4655 for times as weather may affect hours of operation.

Rentals
Fees are per-person for 9 holes of play.
Power Carts $8 Senior Rate: $6
Handicap Power Cart $6
Pull Carts $2.50

Save time, book your tee times online!

Go to
www.cityofsouthfield.com/ departments/parks-recreation/golf
and click the Book Your Tee Time button.
Golf Lessons
Instructor: T. Ryan, PGA Pro
Whether you are good at golf or you need a little help, our golf lessons can improve your game. Please register at the Parks & Recreation Information Desk or at the Beech Woods Recreation Center, not the driving range.

Beginner   Ages: 16 and up
Introduction to the game from how to address the ball and how to hold the club to aiming, swinging and putting.

The price of range balls ($6 per bucket) is not included in the registration fee.
**Resident:** $50  **N/R:** $65
**Senior:** Resident: $45  **N/R:** $58.50
6:00-6:50 pm  BW Driving Range
T  Sep 3-Oct 1  Activity Number: 6211
T  Oct 15-Nov 12  Activity Number: 6350
7:00-7:50 pm  BW Driving Range
W  Sep 4-Oct 2  Activity Number: 6210
W  Oct 16-Nov 13  Activity Number: 6348

Intermediate   Ages: 16 and up
You have the basics down but now you need a little help perfecting them. This program covers a fundamentals review, chipping and pitching along with full swing concentration.

The price of range balls ($6 per bucket) is not included in the registration fee.
**Resident:** $50  **N/R:** $65
**Senior:** Resident: $45  **N/R:** $58.50
7:00-7:50 pm  BW Driving Range
T  Sep 3-Oct 1  Activity Number: 6212
T  Oct 15-Nov 12  Activity Number: 6351

Family Golf Lesson
Instructor: T. Ryan
This NEW class gives the entire family the chance to learn the game of golf. We ask that at least 1 adult register for every 3 children. The first week will cover an introduction to the game of golf and putting. Please bring a putter to class the first day. Please register at the Parks & Recreation Information Desk or at the Beech Woods Recreation Center, not the driving range.

Ages: 5 and up
The price of range balls ($6 per bucket) is not included in the registration fee.
**Resident:** $30  **N/R:** $40.00.
**Senior:** Resident: $27  **N/R:** $36
6:00-6:50 pm  BW Driving Range
W  Sep 4-Sep 25  Activity Number: 6346
W  Oct 16-Nov 6  Activity Number: 6347

Lunchtime Golf Clinic
Each weekly session features a different aspect of the game taught by PGA teaching pro Terri Ryan and will also include pizza from a different Southfield pizzeria and a drink (pop or water). Players must call the Beech Woods Pro Shop at 248-796-4655 to pre-register by the Tuesday prior so we can plan lunch accordingly.

Sep 5  Putting  Register by Sep 3
Sep 12  Chipping/Pitching  Register by Sep 10
Sep 19  Irons  Register by Sep 17
Sep 26  Fairway Woods/Hybrids  Register by Sep 24
Oct 3  Drivers  Register by Oct 1

$15/session
12:00-1:00 pm  BW Driving Range
Th  Sep 5-Oct 3
Call 248-796-4655 to register
Make your next event Better at the Burgh!

Renovated turn-of-the-century buildings nestled within the beautiful manicured lawn and abundant flower gardens at the Burgh Historical Park, offer a unique venue for your wedding/reception, graduation or family reunion.

Burgh Historical Park
Northeast corner of Civic Center Drive and Berg Road

Site Viewing: By Appointment
(248) 796-4620 Main (248) 796-4644 Direct
www.cityofsouthfield.com
We are a personalized fitness facility where everyone feels like family.

Yearly Membership Fees
For details on membership, call (248) 796-4676 or the Beech Woods Recreation Center at (248) 796-4670.

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<tr>
<th>Category</th>
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<tr>
<td>Adult (16-49 yrs)</td>
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<td>Senior (ages 50+ yrs)</td>
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<tr>
<td>Student (ages 16-24 yrs)</td>
<td>$144</td>
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<tr>
<td>Family (2 parents + up to 3 students)</td>
<td>$300</td>
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Non-residents of Southfield pay an additional $20 per year.

The fitness faithful, as well as workout novices enjoy our comfortable atmosphere and friendly service.

A Beech Woods Wellness Center
Membership includes:
- Equipment orientation
- Use of all equipment:
  - Treadmill
  - Elliptical
  - Stair climber
  - 12 Circuit Training Machines
  - Upright Stationary Bike
  - Recumbent Bike
  - Concept 2 Rowing Machine
  - Dumbbells
- Indoor lap walking (Mon-Fri, 7 - 9 am) in Beech Woods Recreation Center gym.
- Twice-weekly Stretch & Tone class (with 1 year membership).

Located inside the Beech Woods Recreation Center
22200 Beech Road, Southfield, MI 48033
(248) 796-4676

Questions? (248) 796-4620  www. Facebook.com/SouthfieldParksandRecreation
Senior (50+)
Athletics/Sports

Senior Sport Drop In
This is a drop in program and you pay for only the programs you attend. Please check in and pay at the Beech Woods Recreation Center front desk to receive your wristband for the day.

Pickleball
All skill levels welcome.
Paddles and balls available to use on site.
Resident: $1/Day       N/R: $2/Day
9:00 am–12:00 pm       BW Gym
Tu      Sep 10-Dec 17

Senior Bounce Volleyball Practice
Please note: this program will be canceled by 10:30 am each day if there is not a minimum of 6 players present. *No Drop-in Practice on Wednesdays, Nov. 6 through Feb. 26 due to league play.*
Resident: $1/Day       N/R: $2/Day
10:00-11:00 am          BW VBall Court
M, W, F     Sep 11-Dec 20

Senior Bounce Volleyball Leagues
The game is played by standard volleyball rules except that the ball can bounce before you hit it. There is an Informational Meeting for the league on Wed., Sept. 11 at 9:30 am at the Beech Woods Recreation Center. Individuals and teams are welcome.
Ages: 50+
4 Person Team
Resident: $20/person       N/R: $30/person
10:00-11:00 am          BW VBall Court
W      Nov 6-Mar 4
Activity Number: 6196

6 Person Team
Resident: $20/person       N/R: $30/person
10:00-11:00 am          BW VBall Court
W      Nov 6-Mar 4
Activity Number: 6197

Senior Indoor Tennis
Whether you are a beginner or an experienced player, you will find a match that is right for you.
Resident: $1/Day       N/R: $2/Day
9:00 am–12:00 pm       BW Gym
W, Th, F     Sep 11-Dec 20
Dance/Music

Hustles for Seniors
Instructor: K. Johnson
Seniors will learn basic hustle steps and help create their own hustles to popular Motown music. No partner required.

Ages: 50 and up
5 weeks: Resident: $30 N/R: $40
No class: Nov. 28
12:00-1:00 pm P/R - Lower Level Dance Room
Th Sep 5-Oct 3 Activity Number: 6166
Th Oct 10-Nov 7 Activity Number: 6174
Th Nov 14-Dec 19 Activity Number: 6181

Moderate Yoga
Instructor: C. Bond
Release STRESS!!! Come and unwind with a moderate yoga class. We use basic Hatha Yoga techniques. Bring your mat, we begin class in a chair and end class on your mat.

Ages: 18 and up
7 weeks: Resident: $55 N/R: $65
11:30 am-12:30 pm P/R - Room 115
M Sep 9-Oct 21 Activity Number: 6206
M Nov 4-Dec 16 Activity Number: 6207
M Dec 23-Feb 3 Activity Number: 6208

Fitness

Beginning Tai Chi with Jeff Sotzen
Instructor: J. Sotzen
Learn the slow, gentle movements of the Tai Chi form that has been practiced for hundreds of years to nourish and strengthen the whole body, mind and spirit.

Ages: 16 and up
6 weeks: Resident: $23 N/R: $33
Senior: Resident: $20.70 N/R: $29.70
No class: Nov. 28
10:30-11:30 am BW Multipurpose Room
Th Sep 12-Oct 17 Activity Number: 6186
Th Oct 31-Dec 12 Activity Number: 6189

Tai Chi Form with Jeff Sotzen
Instructor: J. Sotzen
This class is a continuing Tai Chi class for those who know and understand the basics. Focus is on the Tai chi form. Instructor's approval is required to take this course.

Ages: 16 and up
6 weeks: Resident: $23 N/R: $33
Senior: Resident: $20.70 N/R: $29.70
No class: Nov. 28
10:30-11:30 am BW Multipurpose Room
Th Sep 12-Oct 17 Activity Number: 6187
Th Oct 31-Dec 12 Activity Number: 6189

Zumba Gold Plus Toning
Instructor: Fitness RX
Dance your way to vibrant health. Put on your aerobic shoes, bring a bottle of water and join us! Zumba Gold is the beginner's level of aerobic dance which breaks down the intricate step work of Zumba Basic. It's perfect for anyone just starting out in Zumba fitness!! Stretches will be performed at the end of class.

Ages: 45 and up
8 weeks: Resident: $89 N/R: $104
Senior: Resident: $80.10 N/R: $95.10
No class: Nov. 28
6:00-7:00 pm P/R - Lower Level Dance Room
Th Sep 12-Oct 31 Activity Number: 6198
Th Nov 7-Dec 26 Activity Number: 6199
Senior Programs

Flyers with details on the programs listed below can be found at the Senior Services office and on line at 
www.cityofsouthfield.com. Or you can call Senior Services at (248) 796-4650 for more information.

Learn to Play Mahjong
Want to learn something new? Join us as we learn to play Mahjong, a tile-based game similar to Gin Rummy that is usually played in groups of four.

$10/5 weeks
1:00-3:00 pm P/R Bldg.
Th Oct. 3, 10, 17, 24 and 31

Bingo
Cash payout is determined day of play. Bring something to drink and a snack, coffee available for purchase. Our Bingo program is staffed by volunteers and is intended for fun.

$0.25/card
10:00-11:30 am P/R Bldg.
2nd & 4th Tuesday of the month

Morning Movies
Join us for our monthly movie program in partnership with the Southfield Public Library. Due to license restrictions we can't list the titles but you can find them at www.southfieldlibrary.org or you can call (248) 796-4650 and we'll let you know.

Free
10:15 am-12:00 pm Southfield Public Library
Sep 12, Oct 10, Nov 14 & Dec 12

The Commission on Senior Adults (COSA) is always looking for new members! They meet on the 3rd Thursday of each month at 4:00 pm in the Parks & Recreation Building.

If you are interested in joining, please contact Rhonda Terry in the Human Services Department at (248) 796-4542 for all the details.

AARP is looking for a few good Men and Women!

The Southfield AARP Chapter #3483 is looking for “seasoned” men and women who want to ensure that health, economic and social benefits are available to all seniors. We meet from 1:00-3:00 pm on the 2nd Thursday of the month - from March to November, at the Southfield Parks & Recreation Building.

Please come and join our group! In our meetings we discuss legislative issues, community services, health issues specific to the aging population and ways to keep seniors safe from fraud attacks. We also participate in volunteer programs and plan fun outings together. We close out our year with our annual luncheon....and we would love to have you join us!!

If you have any questions please contact Doris Reeves, AARP Chapter President, at (248) 325-9272.
Fall Tea
$20 per person
Thursday, October 17 12 - 2 pm
Burgh Historical Park Church
Put on your best hat and join us for tea sandwiches, cakes and tea.
This event will sell out, please register in advance.

Thanksgiving Luncheon
Thursday, November 21 11 am - 1 pm
Southfield Parks & Recreation Building, Room 115
Admission $15/person
Includes hot turkey lunch, beverages and Family Feud game.

Holiday Luncheon
Thursday, December 19 11 am - 1 pm
Southfield Parks & Recreation Building, Room 115
Admission $15/person
Includes lunch (lasagna, salad, bread stick, cake, water/coffee) Bingo and more!

Questions? (248) 796-4620  www. Facebook.com/SouthfieldParksandRecreation
Looking Ahead

**Daddy-Daughter Dance**
January 18, 2020
6:30 - 8:30 pm

**NEW Location!!**
Best Western Premier Southfield
26555 Telegraph Road

Tickets go on sale in December. Register in person at the Parks and Recreation Building.

*Bring the family to Winter Fest 2020 and chill out with us!*

Winter Fest 2020

Admission is FREE
Sunday, March 1  2 - 4:30 pm
Southfield Pavilion & Sports Arena, 26000 Evergreen Road

Questions?  (248) 796-4620  www.cityofsouthfield.com
Looking Ahead

Southfield Celebrates
Black History Month

Returns February 2020.
Look for details at our Facebook page and online at www.cityofsouthfield.com

SCHOOL BREAK CAMPS

School Break Camps are for children ages 5-13 years old. Campers enjoy in-house experiences with special visitors and field trips around the metro Detroit area. Trips may include museums, zoos and entertainment centers. Campers may attend one day or the whole camp session.

Mid-Winter Break Camp
February 18 - 21, 2020

Spring Break Camp
April 6 - 10, 2020
Residents can enjoy Southfield’s beautiful parks throughout the entire year! Parks are open from dawn to dusk and there are no park entrance fees. Park Rules are posted at each park entrance. For more information on individual parks, please call the Parks Services division at (248) 796-4630.

Please Note: Written permission of the Southfield Parks & Recreation Department, via Special Use permit and associated fees, is required for large groups, tents, inflatable play structures and loud music at parks.

Southfield Parks and Garden Club
The Southfield Parks and Garden Club (SP&GC) is always seeking new members and donors to assist with the Club’s many community outreach and beautification activities throughout the city. For more information, e-mail sfdparks@hotmail.com or visit www.southfieldparksandgarden.org.

Southfield Parks and Garden Club is a 501(c)(3) non-profit organization. Membership is annual, March through November, with dues of $25, or $200 for lifetime membership. Dues are tax-deductible as are gifts and donations.

Adopt-A-Park
Your business or organization can contribute to the community by joining our Adopt-A-Park program. Help improve the environment through cleanups four times each season. For more information, please contact the Parks Services Division at (248) 796-4630.
Our picnic shelters are fantastic locations for:

- Graduation Parties
- Family Reunions
- Birthday Parties
- Company and Church Picnics

**Beech Woods Park**  $150  
Maximum occupancy 65 people (12 tables)

**Civic Center Park #1**  $200  
Maximum occupancy 100 people (15 tables)

**Pebble Creek Park**  $275  
Maximum occupancy 150 people (18 tables)

**Civic Center Park #2**  $100  
Maximum occupancy 50 people (10 tables)

- Reservations are on a first-come, first-served basis and must be made by a Southfield resident or Business Leisure Card holder.
- Payment in full is required at time of booking. We do not accept personal checks as payment for any class, program, special event or room/site rental.
- There are no refunds on shelter permits.

*Reservations for summer 2020 will begin at 8 am on Monday, March 2.*

Questions? (248) 796-4620  www.Facebook.com/SouthfieldParksandRecreation
On occasion, Parks & Recreation staff will take pictures of individuals using our parks and facilities or participating in our special events, programs or classes. Please be aware that these photos are for Parks & Recreation Department use only and may be used in future promotional pieces such as social media posts or printed materials such as flyers or activity brochures.
Facility Rentals
Parks & Recreation facilities can be rented for business meetings, private functions and recreational opportunities. For more information about fees, lease arrangements and facility capacities, please call the appropriate number below.

Burgh Historical Park ....................... (248) 796-4644
Available for outdoor and indoor events, the Burgh Historical Park offers a unique venue for your wedding, graduation party, family reunion, Bar or Bat Mitzvah or retirement party. The picturesque Gazebo and the Thomas Frommeyer Memorial Gardens Courtyard offer two distinct options for weddings and other important social occasions. Outdoor weddings or parties for up to 200 people. Indoor small parties for up to 72 people.

Parks & Recreation Building ............. (248) 796-4620

Southfield Pavilion (Indoor) ............ (248) 796-4620
The Southfield Pavilion has hosted conferences for over 2,000 people to trade shows featuring over 170 (8 x 8) exhibition booths. Break out space is available in five additional rooms located in the Parks & Recreation Building. Free parking for over 1,200 vehicles.

Picnic Shelter Rentals .....................(248) 796-4620
See page 39 for details on the 4 shelters available.

Athletic Fields & Courts .................(248) 796-4670
Soccer, baseball, sand volleyball and tennis courts are available at various parks.

Beech Woods Recreation Center (248) 796-4670
The Beech Woods Recreation Center features 17,000 square feet of recently renovated gymnasium space. The Center has the capability to run three basketball games simultaneously. If volleyball is more your game, the gym has the ability to run four volleyball games at once.

Southfield Sports Arena ............... (248) 796-4640
The Southfield Sports Arena is a multi-use complex with a regulation NHL ice surface (Sept. through May) and an Olympic-sized outdoor swimming pool (June through Aug.). There are vending machines on site providing refreshments.

Community Groups
Southfield Area Chamber of Commerce ..................................................(248) 557-6661
www.southfieldchamber.com

Historical Society ........................................ (248) 219-6963
www.southfieldhistoricalsociety.wordpress.com

Southfield Michigan Works .................(248) 796-4580

Southfield Parks & Garden Club..........(248) 356-2281
www.southfieldparksandgarden.org

Southfield Youth Assistance .............(248) 746-7658
www.southfieldya.org

Helpful Numbers
SMART Connector ........................................ (866) 962-5515

TOSS (Transportation of Southfield Seniors) ... (248) 796-4658

Oakland County Parks ....................... (888)OCPARKS
www.oakgov.com/parks

The ‘field Zone .............................................. (248) 206-4225
www.miclubs.org

Local Sports Leagues
These organizations are independent of the Parks & Recreation Department.

Baseball & Tee Ball
Southfield Youth Baseball .......... SouthfieldBSA@gmail.com
www.sybleague.org Ages 5 - 12 years old

Miracle League ........................................ (248) 506-4604
www.michiganmiracle.org (Mentally & Physically Challenged)

Youth Soccer
South Oakland County Soccer .......... (248) 496-8597
www.socsfc.com U5 - U19 teams
Spring 2020 Soccer Registration Jan 1-Mar 1

Youth Tackle Football & Cheerleading
Southfield Lathrup Falcons ............. (248) 457-8031
www.southfieldfalcons.org Ages 5 - 14 years old
Refund Policy

- A full refund/transfer is given if your class or activity is canceled by Southfield Parks & Recreation, or if we cannot register you because the program is full.
- Refund requests must be made in person, with your original receipt, at the place of registration.
- No refunds will be granted after the second meeting of the class.
- No refunds will be given after the activity has taken place.
- Requests for refunds received BEFORE the class/activity begins are subject to a $5 Service Fee. Refund requests received AFTER the class/activity has begun are subject to a $5 Service Fee PLUS cost of classes already held (the date on which you make your request determines the amount of your refund).
- Please allow four (4) weeks for refunds on cash transactions to be processed or 3 to 5 days for credit card transaction refunds.
- If you miss any portion of a class or event due to vacation, schedule conflict or other non-emergency situation, you are ineligible to receive a pro-rated refund.

Payment Options

- **YOU MUST REGISTER PRIOR TO THE START OF THE PROGRAM.** Instructors are not equipped to take registrations.
- Cash, money orders and VISA, American Express, Master Card or Discover are accepted for walk-in registration.
- Effective January 1, 2019 we no longer accept personal checks as payment for any class, program, special event, membership or room/site rental.
- Course fees are payable in full at the time of registration.
- Registration form must include a signed Liability Waiver. Parents/guardians must sign for their children; adults must sign for themselves.
- Proof of residency, or a Business Leisure Card, must be presented when registering to avoid paying the Non-Resident Fee.
Program Registration Form
This form is not valid for athletic league or camp program registrations.

Family Last Name ____________________________________________

Address ____________________________________________________

City __________________________ Zip ________________

Phone (Home) ____________________________ Cell ___________________

Emergency Contact (Name & Phone) ____________________________________

E-Mail Address ____________________________ Birth date __________________

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<th>Participant Name</th>
<th>Birth date (mm/dd/yr)</th>
<th>Gender</th>
<th>Activity Name</th>
<th>Activity #</th>
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Total

Payment Method:
Credit Card Visa, Master Card, Discover, American Express

# __________________________ Exp. Date __________

CSC/CVV #______________ (3-digit code on the back of Visa, MC or Discover cards, 4-digit code on front of AmEx)

Card holder Signature ____________________________________________

Southfield Parks & Recreation no longer accepts personal checks as payment for any class, program, special event, membership or room/site rental.

By registering for Parks & Recreation classes and programs, the registrant realizes and understands the inherent risks involved in the programs and appreciates the nature of the risks. The applicant holds the City of Southfield, and the Parks & Recreation Department harmless for any damages caused by participation in these programs. Participants registering for activities of a strenuous nature are encouraged to seek a physician’s approval.

Signature ____________________________________________ Date __________

Questions? (248) 796-4620 www.Facebook.com/SouthfieldParksandRecreation
New Instructors!

New class offerings for kids and adults!

Classes offered Monday through Thursday plus Saturday!

Improvements made to dance spaces over the summer!

Check out pages 4 - 5 for all the details