

Parks & Recreation

Winter 2020 Activities Guide

Southfield
the center of it all™

PR
Parks & Recreation

Winter Features



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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.

Program Locations

Parks & Recreation Building (P/R)

26000 Evergreen Road
 Information/Registration Desk (248) 796-4620
 Monday-Friday 8:00 am-7:00 pm
 Saturday 9:00 am-2:00 pm

Senior Services (former Adult Recreation Center 50+)

26000 Evergreen Road (248) 796-4650
 Monday-Thursday 8:30 am-4:00 pm
 Friday 8:30 am-2:00 pm

Arts & Activities Building (AAB)

26000 Evergreen Road (248) 796-4620
 (North end of Civic Center complex near tennis courts)

Beech Woods Recreation Center (BW)

22200 Beech Road (248) 796-4670
 Monday-Friday 7:00 am-9:00 pm
 Saturday 9:00 am-2:00 pm

Beech Woods Wellness Center (248) 796-4676

Monday-Friday 7:00 am-9:00 pm
 Saturday 8:00 am-4:00 pm
 Sunday 10:00 am-2:00 pm

Beech Woods Driving Range (BW Driving Range)

22202 Beech Road (248) 796-4655

Burgh Historical Park (Burgh - Art Center)

Northeast corner of Civic Center Drive & Berg Road
 26060 Berg Road (248) 796-4644

Park Services

26000 Evergreen Road (248) 796-4630
 Monday-Friday 7:30 am-3:30 pm

Southfield Sports Arena (SSA - Ice Rink)

26000 Evergreen Road (248) 796-4640
 Monday-Friday 10:00 am-7:00 pm
 Saturday 10:00 am-6:00 pm
 Sunday 10:00 am-6:00 pm

Southfield Pavilion

26000 Evergreen Road (248) 796-4620

Vollbrecht Planetarium

Located within Adler Elem. School (248) 796-4620



Children

Athletics/Sports

Grasshopper Basketball

Instructor: G. Hawthorne

Children will be introduced to the fast-paced game of basketball. Dribbling, shooting and passing will be taught to the children. A T-shirt and award are given to all participants.

Ages: 4 - 6 years

Resident: \$45 N/R: \$60

9:00-9:50 am BW BBall Court 3

Sa Jan 11-Feb 15 Activity Number: 6459

Sa Feb 22-Mar 28 Activity Number: 6460

Sa Apr 4-May 9 Activity Number: 6461

Youth Basketball Clinic

Instructor: G. Teasley

This clinic will be taught by an advanced instructor with competitive basketball experience. It is an excellent way to 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 Jan 11-Feb 15 Activity Number: 6465

Sa Feb 22-Mar 28 Activity Number: 6466

Sa Apr 4-May 9 Activity Number: 6467

Winter Basketball League

A 10 game schedule will be played on Saturdays at Beech Woods Recreation Center. A team T-shirt and participation award will be included.

All participants must attend the mandatory *Drills & Draft* on Sat., Jan. 18 as teams will be selected that day. Players and coaches must be registered before they attend *Drills & Draft*. Any player who can not attend the Drills will be randomly assigned to a team.

Sorry but due to the large number of participants, special requests can not be taken. All head and assistant coaches will be volunteer parents or helpers.

Grades 4 - 5

Resident: \$65

N/R: \$80

9:00-10:00 am

BW BBall Court 2

Sa Jan 18-Apr 11

Activity Number: 6462

Grades 6 - 8

Resident: \$65

N/R: \$80

10:00-11:00 am

BW BBall Court 1

Sa Jan 18-Apr 11

Activity Number: 6463

Grades 9 - 12

Resident: \$65

N/R: \$80

11:00 am-12:00 pm

BW BBall Court 2

Sa Jan 18-Apr 11

Activity Number: 6464



Children



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 (60 total participants).*

Ages: 9 - 17 years old

Resident: \$3/day **N/R: \$5/day**
3:30-6:00 pm BW BBall Courts 1-3
M-F Jan 6-May 29

Flag Football League

Instructor: Flag Nation Sports
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 flag 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 of this program is inclusion, teamwork, sportsmanship and building confidence. It's all about having fun and learning!



Grades K - 5

Resident: \$75 **N/R: \$90**
9:00-11:00 am Inglenook Park*
Sa Apr 25 - Jul 25 Activity Number: 6468

Grades 6 - 8

Resident: \$75 **N/R: \$90**
11:00 am-1:00 pm Inglenook Park*
Sa Apr 25 - Jul 25 Activity Number: 6469

**Location subject to change based on registration numbers.*

Is your son or daughter interested in playing soccer?

We are considering offering youth soccer clinics for all skill levels in the spring (late April, early May).



If you are interested in your child participating in these clinics, please call the Beech Woods Recreation Center at (248) 796-4670.

Dance/Music

Tiny Tappers

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



Ages: 2½ - 4 years 35 minute class
Resident: \$53 **N/R: \$63**

No class: Feb 15, Feb 22, Apr 4, Apr 11, May 23

9:25-10:00 am AAB - Dance Room
Sa Jan 4-Mar 7 Activity Number: 6409
Sa Mar 21-May 30 Activity Number: 6410



Children

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 class

Resident: \$68 N/R: \$78

No class: Feb 18, Apr 7

6:15-7:00 pm P/R - Lower Level Dance Room

T Jan 21-Mar 17 Activity Number: 6407

T Mar 31-May 26 Activity Number: 6408

Children's Dance Program Annual Recital

Dress Rehearsal:
Sat, June 6 9 am-1 pm

Recital:
Sun, June 7 4:30 pm

University High School Academy

Must be enrolled in Parks & Recreation dance program in order to participate in recital. Participating in recital is optional. There is a \$10 recital fee added to all session 4 children's dance classes for students wishing to participate in the recital. Please speak to the instructor directly regarding costume sale deadlines.

Ballet Classes

Instructor: J. Clayton-Reid

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 code for 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.

Aspiring Ballerinas

Ages: 3 - 5 years 45 minute class

Resident: \$68 N/R: \$78

No class: Feb 15, Feb 22, Apr 4, Apr 11, May 23

10:00-10:45 am AAB - Dance Room

Sa Jan 4-Mar 7 Activity Number: 6411

Sa Mar 21-May 30 Activity Number: 6412

No class: Feb 19, Apr 8

6:05-6:50 pm AAB - Dance Room

W Jan 22-Mar 18 Activity Number: 6415

W Apr 1-May 27 Activity Number: 6416

Graceful Beauties

Ages: 6 - 9 years 45 minute class

Resident: \$68 N/R: \$78

No class: Feb 15, Feb 22, Apr 4, Apr 11, May 23

10:45-11:30 am AAB - Dance Room

Sa Jan 4-Mar 7 Activity Number: 6413

Sa Mar 21-May 30 Activity Number: 6414

Cheer Pom

Instructor: T. Alvarez

A combination of 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 will be needed for this class.

Ages: 7 - 10 years 45 minute class

Resident: \$68 N/R: \$78

No class: Feb 18, Apr 7

7:45-8:30 pm P/R - Lower Level Dance Room

T Jan 21-Mar 17 Activity Number: 6401

T Mar 31-May 26 Activity Number: 6402

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: 7 - 15 years 45 minute class

Resident: \$68 N/R: \$78

No class: Feb 15, Feb 22, Apr 4, Apr 11, May 23

11:45 am-12:30 pm P/R - Lower Level Dance Room

Sa Jan 4-Mar 7 Activity Number: 6399

Sa Mar 21-May 30 Activity Number: 6400

Hip Hop Jazz

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 hit music, based on age appropriate content.

No class: Feb 15, Feb 22, Apr 4, Apr 11, May 23

Ages: 6 - 8 years 45 minute class

Resident: \$68 N/R: \$78

9:00-9:45 am P/R - Lower Level Dance Room

Sa Jan 4-Mar 7 Activity Number: 6393

Sa Mar 21-May 30 Activity Number: 6394

Ages: 9 - 11 years 45 minute class

Resident: \$68 N/R: \$78

9:55-10:40 am P/R - Lower Level Dance Room

Sa Jan 4-Mar 7 Activity Number: 6395

Sa Mar 21-May 30 Activity Number: 6396

Ages: 12 - 15 years 45 minute class

Resident: \$68 N/R: \$78

10:50-11:35 am P/R - Lower Level Dance Room

Sa Jan 4-Mar 7 Activity Number: 6397

Sa Mar 21-May 30 Activity Number: 6398

Starlets Tap - Beginner

Instructor: T. Alvarez

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! Dress Code: black tap shoes, tan tights, black leotard.

Ages: 5 - 7 years 40 minute class

Resident: \$61 N/R: \$71

No class: Feb 18, Apr 7

5:30-6:10 pm P/R - Lower Level Dance Room

T Jan 21-Mar 17 Activity Number: 6403

T Mar 31-May 26 Activity Number: 6404

Tap - Advanced

Instructor: T. Alvarez

Students will learn intricate footwork and sounds to create rhythmic variations to accompany a variety of musical styles. Dress Code: black tap shoes, tan tights, black leotard.

Ages: 8 - 12 years 40 minute class

Resident: \$61 N/R: \$71

No class: Feb 18, Apr 7

7:00-7:40 pm P/R - Lower Level Dance Room

T Jan 21-Mar 17 Activity Number: 6405

T Mar 31-May 26 Activity Number: 6406

Children's Dance Program Annual Recital

Dress Rehearsal:
Sat, June 6 9 am-1 pm

Recital:
Sun, June 7 4:30 pm

University High School Academy

Must be enrolled in Parks & Recreation dance program in order to participate in recital. Participating in recital is optional. There is a \$10 recital fee added to all session 4 children's dance classes for students wishing to participate in the recital. Please speak to the instructor directly regarding costume sale deadlines.



Children

School Break Camps

School Break Camps are for kids 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. Kids can come to one day or the whole camp session.



Mid-Winter Break Camp

Activities and field trips at Mid-Winter Break Camp will enhance our month-long *Southfield Celebrates Black History Month* program.

Ages: 5 - 13 years old

Register by Feb 14: Resident: \$35/day N/R: \$40/day

Register Feb 15 or later: Resident: \$40/day N/R: \$45/day

9:00 am-4:30 pm P/R Building

Tu-F Feb 18-Feb 21 (no camp Feb 17)



Spring Break Camp

Ages: 5 - 13 years old

Register by Apr 3: Resident: \$35/day N/R: \$40/day

Register Apr 4 or later: Resident: \$40/day N/R: \$45/day

9:00 am-4:30 pm P/R Building

M-Th Apr 6-Apr 9

Optional Latchkey

Latchkey is available for both the Mid-Winter and Spring Break camps. Note: Child **MUST** be pre-registered at least 24 hours in advance for Latchkey. **No drop-in Latchkey registration accepted.**

Morning Session:

For the safety of all participants we ask that parents come to the Latchkey desk to sign their child in each day. Doors open at 7:30 am.

\$5/day 7:30-9:00 am P/R Building

Afternoon Session:

*For the safety of all participants we ask that parents come to the Latchkey desk to sign out their child in person. *Children must be picked up by 6:00 pm or a monetary penalty will be assessed. Note: Children enrolled in the afternoon session of latchkey should bring an additional snack and drink.*

\$5/day 4:30-6:00 pm P/R Building

If your child wishes to attend camp, but you don't have the funds available, call Southfield Youth Assistance at (248) 746-7658. The volunteers at Southfield Youth Assistance raise money to provide scholarships for young people who are in need of an enriching camp experience. Southfield Youth Assistance is the only form of scholarship that we accept. We no longer accept FIA assistance.

**LATE POLICY: For latchkey services rendered after 6:00 pm an additional fee of \$5 for the first ten minutes and \$2 for each additional five minutes will be charged. If your child is not pre-registered for afternoon latchkey, these fees will be applied beginning at 4:30pm. All fees, including the late fee must be paid in cash directly to the Latchkey Coordinator on the day of service.*

Special Events

Daddy-Daughter Dance

January 18, 2020
6:30 - 8:30 pm

Young ladies ages 14 and younger are invited to dress their best for this special night of dancing and refreshments.



NEW Location!!

**Best Western
Premier Southfield**
26555 Telegraph Road



Early Registration (by January 14):
\$15/Southfield resident;
\$17/Non-resident
Registration (January 15-18):
\$20/Southfield resident; \$22/Non-resident



**Register in person, at the
Parks & Recreation Information Desk, 26000 Evergreen Road.
There are no ticket sales at the door.
Payment for this program must be made by
cash or charge only.**

Special Events

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



Sponsored by



Sunday, March 1 2 - 4:30 pm

Admission is FREE

Southfield Pavilion & Sports Arena, 26000 Evergreen Road

Questions? (248) 796-4620

www.Facebook.com/SouthfieldParksandRecreation

Special Events

Southfield Celebrates Black History Month **Kick-off Event**

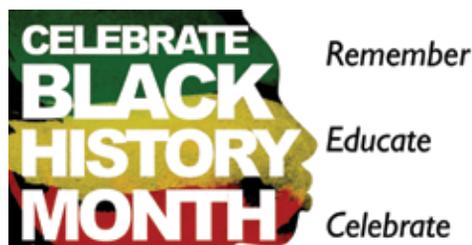
Saturday, February 1
4:00 - 9:00 pm



Black History 101 Mobile Museum
"Parallels in Time" exhibit
featuring over 150 original artifacts documenting
the Black experience from slavery to hip hop.

Presentation by
Black History 101 Mobile Museum
founder Dr. Khalid el-Hakim

Music with DJ DeezyD
and
Black-owned Business Marketplace



Free Admission
Southfield Pavilion, 26000 Evergreen Road
Suitable for ages 12 years and older



Special Events

Southfield Celebrates Black History Month



Movie Night

**Friday, February 7
7:00 - 9:00 pm**

featuring the 2016 documentary by director Ava DuVernay

13th

Rated TV-MA

Free Admission

Room 115, Parks & Recreation Building

Conversations & Cocktails



*R&B concert, spoken word artist,
refreshments available for purchase.
Cash bar.*

**Saturday, February 15
7 - 10 pm**

**Tickets are \$10/person
Southfield Pavilion**



Remember

Educate

Celebrate

Questions? (248) 796-4620

www.Facebook.com/SouthfieldParksandRecreation

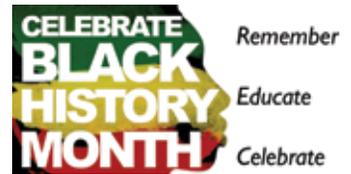
Special Events

Southfield Celebrates Black History Month Between the Lines Coloring Cafe



featuring *Naturally ILLUstrated*

Come color with Sherrie Savage, illustrator and graphic designer, who enjoys sharing her natural hair journey through her drawings to encourage other women and young girls to celebrate their natural tresses.



Saturday, February 22

1 - 4 pm

Free

Beech Woods Recreation Center



Friday, February 28

Pre-Glow

6 - 6:45 pm

Meet & Greet with
the performers

Performances

7 - 9 pm

REPARATION

HOSTED BY SATORI SHAKOOR

Tickets:

\$10

per person

**Cash Bar & Food for Purchase
Storytellers Marketplace**

Southfield Pavilion, 26000 Evergreen Road



Special Events

Southfield Celebrates Black History Month

The Spirit of Harriet Tubman

Written and Performed by: Leslie McCurdy



There are many plays about Harriet Tubman, but none share her entire life story like a visit with *The Spirit of Harriet Tubman*. Leslie McCurdy invokes the 'spirit' of Harriet Tubman as she portrays the life of the famous Underground Railroad conductor, recreating stories familiar and some rarely told.

Monday, February 17

6:30 pm

Free

Parks & Recreation Building



EGGS' travaganza

Saturday, April 4 2:00–4:30 pm

Southfield Pavilion

**Admission for kids 2–13 years old
(Adults are Free!):**

**Early Registration (by March 31):
\$5/Southfield resident; \$7/Non-resident**

**Registration (April 1–4):
\$8/Southfield resident; \$10/Non-resident**

**Tickets on sale beginning March 2
Parks & Recreation Building, 26000 Evergreen Rd.**



Questions? (248) 796-4620

www.Facebook.com/SouthfieldParksandRecreation

All Ages

Athletics/Sports



Indoor Tennis Lesson

Instructor: R. Hall Jr.

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.

Ages: 8 and up

Resident: \$55 N/R: \$70

Senior: Resident: \$49.50 N/R: \$63

6:00-6:50 pm Beech Woods Court D

M Jan 13-Feb 10 Activity Number: 6503

M Feb 17-Mar 16 Activity Number: 6508

M Mar 23-Apr 20 Activity Number: 6509

See page 28 for details about the

Tennis Free for All

free 90-minute clinic coming up on
May 2



Fitness

Li'l Tot Karate

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 Jan 11-Feb 29 Activity Number: 6504

Sa Mar 7-May 2 Activity Number: 6505

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. Ranking program is available - Beginner through Master Black Belt levels. Master Patt Mundy, 7th Degree Black Belt Supervisor.

Beginner Karate

Ages: 7 and up

Resident: \$40 N/R: \$50

Senior: Resident: \$36 N/R: \$45

11:00 am-12:30 pm BW Multipurpose Room

Sa Jan 11-Feb 29 Activity Number: 6485

Sa Mar 7-May 2 Activity Number: 6486

Intermediate Karate

Ages: 7 and up

Resident: \$40 N/R: \$50

Senior: Resident: \$36 N/R: \$45

12:15-1:45 pm BW Multipurpose Room

Sa Jan 11-Feb 29 Activity Number: 6506

Sa Mar 7-May 2 Activity Number: 6507



All Ages

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

Resident: \$30 N/R: \$40
Senior: Resident: \$27 N/R: \$36

OR

Two Days per Week

Resident: \$50 N/R: \$65
Senior: Resident: \$45 N/R: \$58.50

Children's Karate

6:00-7:00 pm Ages: 7 and up
BW Gym Activity Area

Two Days per Week

T, Th Jan 7-Feb 27 Activity Number: 6487
T, Th Mar 3-Apr 23 Activity Number: 6488

Tuesday Only

T Jan 7-Feb 25 Activity Number: 6491
T Mar 3-Apr 21 Activity Number: 6492

Thursday Only

Th Jan 9-Feb 27 Activity Number: 6489
Th Mar 5-Apr 23 Activity Number: 6490

Adult Karate

7:00-9:00 pm Ages: 7 and up
BW Gym Activity Area

Two Days per Week

T, Th Jan 7-Feb 27 Activity Number: 6479
T, Th Mar 3-Apr 23 Activity Number: 6480

Tuesday Only

T Jan 7-Feb 25 Activity Number: 6483
T Mar 3-Apr 21 Activity Number: 6484

Thursday Only

Th Jan 9-Feb 27 Activity Number: 6481
Th Mar 5-Apr 23 Activity Number: 6482

Family Karate

6:30-8:00 pm Ages: 7 and up
BW Gym Activity Area

Two Days per Week

T, Th Jan 7-Feb 27 Activity Number: 6493
T, Th Mar 3-Apr 23 Activity Number: 6494

Tuesday Only

T Jan 7-Feb 25 Activity Number: 6497
T Mar 3-Apr 21 Activity Number: 6498

Thursday Only

Th Jan 9-Feb 27 Activity Number: 6495
Th Mar 5-Apr 23 Activity Number: 6496



All Ages

Special Interest



Vollbrecht Planetarium Winter 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 Winter Series will feature eight different astronomy programs. Each show is designed for novice star gazers as well as advanced amateur astronomers and offers a lecture, star show, a Q&A period, handouts and door prizes. Private planetarium shows are available for groups, call the Planetarium message line at (248) 746-8880. www.VollbrechtPlanetarium.com

Pre-registration is required for all planetarium shows.

Full Winter Series

Resident: \$30

N/R: \$40

7:00-8:30 pm

Vollbrecht Planetarium

W Jan 8-Feb 26

Activity Number: 6470



MERCURY - Our Sun and effect of solar winds

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Jan 8

Activity Number: 6471

JUPITER - Gas giants are unique. Does Jupiter have rings?

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Feb 5

Activity Number: 6475

VENUS - Space probes to the sun and other planets in our Solar System

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Jan 15

Activity Number: 6472

SATURN - How many rings did Cassini find? Sky Tellers and Native American Stories

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Feb 12

Activity Number: 6476

EARTH - Earth in the Goldilocks Zone

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Jan 22

Activity Number: 6473

URANUS - Icy worlds are different than gas giants. Why?

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Feb 19

Activity Number: 6477

MARS - Telescopes and Binoculars

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Jan 29

Activity Number: 6474

NEPTUNE - The last planet. But there's more; 5 official Dwarf planets.

Resident: \$5

N/R: \$6

7:00-8:30 pm

Vollbrecht Planetarium

W Feb 26

Activity Number: 6478

Participants are asked to use the Planetarium entrance at the east end of Adler Elementary School.



Evergreen Hills Golf Course

26000 Evergreen Road (248) 796-4666
 Open for play this Spring once weather permits, daily from 7:00 am until Dusk. Opening hours will vary as sunrise and temperatures change.

Golf Leagues and Outing

Interested in starting a golf league or reserving an outing at Evergreen Hills Golf Course? Please contact Chris Riley at (248) 796-4672 or criley@cityofsouthfield.com for all the details.

Spring Break Youth Golf Lessons

Instructor: T. Ryan
 This 4-session lesson is an ideal way for your child to learn how to play golf. It will also help any youth player hone their skills. Clubs for these lessons are available for use at the range, free of charge.

Day 1. Introduction to Golf, grip, alignment, setup

Day 2: Chipping and Pitching

Day 3: Full swing

Day 4: Full swing and review.

Please register at the Parks & Recreation Building or Beech Woods Recreation Center, **not at the range.**

Please bring a 7 iron to the first class if you have one.

Ages: 6 - 17 years

The price of range balls is not included \$5/bucket (Junior rate).

Resident: \$40

N/R: \$50

12:00-12:50 pm

BW Driving Range

M-Th Apr 6-Apr 9

Activity Number: 6514

NR Heated Tees

The heated tees at Beech Woods Driving Range, managed by NR Golf, are open daily now through April 30 from 10 am – 7 pm (unless temps drop below 20 degrees). Please call (248) 304-4653 for more information.

Think Spring Golf Lessons

Instructor: T. Ryan

A great way to get your game ready for the course.

Day 1. Introduction to Golf, grip, alignment, setup

Day 2: Chipping and Pitching

Day 3: Full swing

Day 4: Full swing and review.

Please register at the Parks & Recreation Building or Beech Woods Recreation Center, **not at the range.**

Please bring a 7 iron to the first class.

Ages: 16 and up

The price of range balls is not included (\$6/bucket).

Resident: \$50

N/R: \$65

Senior: Resident: \$45

N/R: \$58.50

Evening Sessions

6:00-6:50 pm

BW Driving Range

M, W Mar 16-Mar 25

Activity Number: 6499

M, W Mar 30-Apr 8

Activity Number: 6510

M, W Apr 20-Apr 29

Activity Number: 6511

Morning Sessions

11:00-11:50 am

BW Driving Range

T, Th Mar 17-Mar 26

Activity Number: 6500

T, Th Mar 31-Apr 9

Activity Number: 6512

T, Th Apr 21-Apr 30

Activity Number: 6513

Ice Skating



SOUTHFIELD SPORTS ARENA 26000 Evergreen Road (248) 796-4640

General Skate Hours

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 12:00-2:30 pm
Su 5:30 - 7:00 pm

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

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 N/R	\$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

Sports Arena Ice Rink

Su Jan 12-Feb 2

Activity Number: 6519

Su Feb 9-Mar 1

Activity Number: 6520

Su Mar 8-Mar 29

Activity Number: 6521

Su Apr 5-Apr 26

Activity Number: 6522





Ice Skating



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

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.

Adult



Athletics/Sports

Adult Summer Softball

Registration Deadline: **Fri., Apr 3**

Leagues offered include: Men's C, D, and E; Co-Rec E and D, and Co-Rec Corporate Fun League. Mandatory Manager's Meeting is Tue, April 7 at Beech Woods Golf Pro Shop. Team fee includes game balls, regular season and playoff awards, USA Softball registration, and league administration. Game times are 6:20 pm and 7:30 pm with some possible 8:40 pm or 9:50 pm games. The season will begin the week of April 20. Rules are USA Softball.

Register at Beech Woods Recreation Center or for availability and more information call (248) 796-4670 or email cdael@cityofsouthfield.com.

Wed Co-Rec D Doubleheader League Fee: \$875

All Other Leagues Fee: \$600

All leagues: \$15 umpire fee/game (paid at field)

Mandatory Managers Meetings

5:45 pm, 6:30 pm, 7:30 pm

BW Multipurpose Room

Tu Apr 7



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 Jan 6-May 29

Adult Co-Rec Sand Volleyball - Summer

Registration Deadline: **Mon., April 27**

Begin your summer fun with co-workers and friends and join either our 4 v 4 or 6 v 6 Co-Rec Sand Volleyball Leagues! Games will be played on Monday Nights beginning May 4.

Teams are made up evenly of males and females (or more females). Games are self-officiated, recreational leagues and matches will be a best of 3 format.

Team fee includes 10 matches, court time, ball and awards. Game times will be 6:30 pm and/or 7:15 pm. Top 8 teams qualify for playoffs. Register at Beech Woods Recreation Center or for more information call (248) 796-4670 or email cdael@cityofsouthfield.com.

Team fee: \$200





Dance/Music

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

Resident: \$68 **N/R: \$78**

Senior: Resident: \$61.20 **N/R: \$70.20**

No class: Feb 19, Apr 8

6:50-7:35 pm AAB - Dance Room

W Jan 22-Mar 18 Activity Number: 6417

W Apr 1-May 27 Activity Number: 6418

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 Sierre Leone. Dance to express, not to impress!

Ages: 18 and up

Resident: \$48 **N/R: \$58**

Senior: Resident: \$43.20 **N/R: \$52.20**

7:00-8:30 pm AAB - Dance Room

Th Feb 6-Mar 12 Activity Number: 6363

Th Mar 19-Apr 23 Activity Number: 6364

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

Resident: \$40 **N/R: \$50**

Senior: Resident: \$36 **N/R: \$45**

7:30-8:30 pm P/R - Lower Level Dance Room

W Jan 8-Feb 12 Activity Number: 6369

W Feb 19-Mar 25 Activity Number: 6370

W Apr 1-Apr 29 Activity Number: 6373

Popular Hustles

Instructor: K. Johnson

This is a dance class that features popular line dances without a partner.

Ages: 18 and up

Resident: \$30 **N/R: \$40**

Senior: Resident: \$27 **N/R: \$36**

6:30-7:30 pm P/R - Lower Level Dance Room

W Jan 8-Feb 5 Activity Number: 6365

W Feb 12-Mar 11 Activity Number: 6366

W Mar 18-Apr 8 Activity Number: 6371



Adult



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

Resident: \$45 N/R: \$55

Senior: Resident: \$40.50 N/R: \$49.50

No class: Apr 13

6:30-7:30 pm P/R - Lower Level Dance Room

M Jan 6-Feb 10 Activity Number: 6374

M Feb 17-Mar 23 Activity Number: 6376

M Mar 30-May 4 Activity Number: 6378

Resident: \$45 N/R: \$55

Senior: Resident: \$40.50 N/R: \$49.50

No class: Apr 11

1:00-2:00 pm P/R - Lower Level Dance Room

Sa Jan 11-Feb 15 Activity Number: 6380

Sa Feb 22-Mar 28 Activity Number: 6384

Sa Apr 4-May 9 Activity Number: 6387

Part 2 Ages: 18 and up

Resident: \$46 N/R: \$56

Senior: Resident: \$41.40 N/R: \$50.40

No class: Apr 13

7:30-8:30 pm P/R - Lower Level Dance Room

M Jan 6-Feb 3 Activity Number: 6375

M Feb 17-Mar 16 Activity Number: 6377

M Mar 30-Apr 27 Activity Number: 6379

Resident: \$46 N/R: \$56

Senior: Resident: \$41.40 N/R: \$50.40

No class: Apr 11

2:00-3:00 pm P/R - Lower Level Dance Room

Sa Jan 11-Feb 8 Activity Number: 6381

Sa Feb 22-Mar 21 Activity Number: 6385

Sa Apr 4-May 2 Activity Number: 6388

Part 3 Ages: 18 and up

Resident: \$48 N/R: \$58

Senior: Resident: \$43.20 N/R: \$52.20

No class: Apr 11

3:00-4:00 pm P/R - Lower Level Dance Room

Sa Jan 11-Feb 8 Activity Number: 6382

Sa Feb 22-Mar 21 Activity Number: 6386

Sa Apr 4-May 2 Activity Number: 6389

Part 4 Ages: 18 and up

Resident: \$52 N/R: \$62

Senior: Resident: \$46.80 N/R: \$55.80

No class: Apr 11

4:00-5:00 pm P/R - Lower Level Dance Room

Sa Jan 11-Feb 8 Activity Number: 6383

Sa Apr 4-May 2 Activity Number: 6390





Fitness

Barre Toning

Instructor: Fitness RX

Our barre workout is designed to trim, tighten and tone your entire body with an emphasis with defining your glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long and 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

Resident: \$89

N/R: \$104

Senior: Resident: \$80.10 N/R: \$93.60

7:00-8:00 pm P/R - Room 223

Th Jan 9-Feb 27 Activity Number: 6439

Th Mar 12-Apr 30 Activity Number: 6438

Enhance Fitness

Presented by the National Kidney Foundation of Michigan and the City of Southfield

Enhance Fitness is an evidence based fitness program geared toward improving the overall functional fitness and wellbeing of primarily older adults (all adults are welcome). A certified fitness instructor leads classes providing social stimulation as well as physical benefits. Classes focus on cardiovascular conditioning, strength training, flexibility and balance training. All offered with modified movements. Please check in at the Beech Woods front desk before each class.

Ages: 18 and up

Resident: Free

N/R: \$1

9:00-10:00 am BW Gym Activity Area
M-T, Th Jan 6-Apr 9 Activity Number: 6427

6:00-7:00 pm BW Gym Activity Area
T, Th Jan 7-Apr 9 Activity Number: 6426

Fat-2-Lean - Aerobics w/Palette

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's 30 minutes of cardio work and 30 minutes devoted to muscle toning for abdominals, gluteus and abductors/adductors. 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

Resident: \$63

N/R: \$73

Senior: Resident: \$56.70 N/R: \$65.70

6:30-7:30 pm P/R - Room 115

T Jan 7-Feb 11 Activity Number: 6449

Resident: \$74

N/R: \$84

Senior: Resident: \$66.60 N/R: \$75.60

No class: Mar 10

6:30-7:30 pm P/R - Room 115

T Feb 25-Apr 14 Activity Number: 6450

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 intensifies your workout. There are 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

Resident: \$63

N/R: \$73

Senior: Resident: \$56.70 N/R: \$65.70

6:30-7:30 pm P/R - Room 115

W Jan 8-Feb 12 Activity Number: 6447

Resident: \$74

N/R: \$84

Senior: Resident: \$66.60 N/R: \$75.60

6:30-7:30 pm P/R - Room 115

W Feb 26-Apr 8 Activity Number: 6448

Adult



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 to name a few. It's easy! It's a lot of fun. It's the only class I 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

Resident: \$63 N/R: \$73

Senior: Resident: \$56.70 N/R: \$65.70

6:30-7:30 pm P/R - Room 115

M Jan 6-Feb 10 Activity Number: 6445

6:30-7:30 pm P/R - Room 115

Th Jan 9-Feb 13 Activity Number: 6443

Resident: \$74 N/R: \$84

Senior: Resident: \$66.60 N/R: \$75.60

No class: Mar 9

6:30-7:30 pm P/R - Room 115

M Feb 24-Apr 13 Activity Number: 6446

6:30-7:30 pm P/R - Room 115

Th Feb 27-Apr 9 Activity Number: 6444

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. Pilates helps to increase strength in the abdominal muscles and back, as well as improve posture and balance.

Ages: 16 and up

Resident: \$45 N/R: \$60

Senior: Resident: \$40.50 N/R: \$54

5:00-6:00 pm BW Multipurpose Room

W Jan 15-Feb 19 Activity Number: 6428

W Mar 4-Apr 8 Activity Number: 6429

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

Resident: \$78 N/R: \$93

Senior: Resident: \$70.20 N/R: \$85.20

4:30-5:30 pm P/R - Room 115

T Jan 14-Feb 25 Activity Number: 6441

T Mar 10-Apr 21 Activity Number: 6442



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

Resident: \$60 N/R: \$75

Senior: Resident: \$54 N/R: \$67.50

4:00-5:00 pm BW Multipurpose Room

W Jan 15-Feb 19 Activity Number: 6430

W Mar 4-Apr 8 Activity Number: 6431



Special Interest

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 Feb 5-Apr 8 Activity Number: 6419

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. Supplies not included in class fee.

Ages: 16 and up

Resident: \$104 N/R: \$114

Senior: Resident: \$93.60 N/R: \$102.60

9:00 am-12:00 pm P/R - Room 221

Sa Jan 11-Feb 29 Activity Number: 6362



Parks



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 conducts monthly meetings on the first Tuesday of the month (March through October) at 7:00 pm in the Parks and Recreation building (26000 Evergreen Road).

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. 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 sfldparks@hotmail.com or visit www.southfieldparksandgarden.org.

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.





Picnic Shelter Reservations

Planning the perfect summer outdoor party?

Southfield parks offer 4 of the best places to host it!

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



Beech Woods Park \$150

Maximum occupancy 65 people (12 tables)
Park features a playlot, tennis courts and sand volleyball court. The Beech Woods Driving Range is also on site (additional fees required).



Pebble Creek Park \$275

Maximum occupancy 150 people (18 tables)
There is a large grill within the shelter available for your use. Also on site are a paved walking path, a playlot, volleyball court, soccer field (permit required) and restrooms. Please note: no vehicles are allowed past the gate at Pebble Creek Park. No exceptions.



Civic Center Park #1 \$200

Maximum occupancy 100 people (15 tables)

Civic Center Park features a playlot, nature trail, tennis courts, sand volleyball courts (permit required) and a baseball field (permit required). Also on site are the Southfield Sports Arena Pool and the Evergreen Hills Golf Course (additional fees required).



Civic Center Park #2 \$100

Maximum occupancy 50 people (10 tables)
This shelter is available for rental only on the weekends.

- 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.

Looking Ahead



36th annual

FISHING DERBY

Saturday, May 2

8:00 am - 12:00 pm



Open to all ages, this is a great introduction to fishing for the whole family. No one needs a Fishing License to participate and you can come and go as you please.

Carpenter Lake Nature Preserve

Ten Mile Road, east of Inkster

Tennis Free For All

Saturday, May 2 10 - 11:30 am

FREE 90-minute
tennis clinic!



Civic Center Park tennis courts



Looking Ahead

Senior Vendor Fair

Representatives will be on hand from city departments, home health care services, insurance providers, senior housing facilities and more!



Free Admission

Tuesday, May 19 10 am- 12 pm

Southfield Pavilion, 26000 Evergreen

**Call Southfield Senior Services at
(248) 796-4650 for more information.**

Come work with us!

Southfield Parks & Recreation is hiring!



- Summer Camp Directors
- Assistant Camp Directors
- Camp Counselors
- Latchkey Counselors
- Mobile Recreation Staff
- Lifeguards/WSI (16 years or older)
- Park Maintenance Workers
- Golf Starters & Rangers
- Assistant Pool Managers
- Building Attendants
- Cashier/Receptionists

Applicants must be 18 years of age or a high school graduate unless otherwise noted.

Applications available on line at www.cityofsouthfield.com or at the Southfield Parks & Recreation Building, 26000 Evergreen Road, Southfield, MI 48076

Questions? (248) 796-4620

www.Facebook.com/SouthfieldParksandRecreation

Join In

Commission on Senior Adults (COSA)

The Commission on Senior Adults (COSA) was created to

present recommendations and information to the Mayor and City Council regarding the needs, concerns



and problems of senior adults living in Southfield. COSA works closely with City departments and local agencies which serve the senior adult community. COSA also monitors state and federal legislation and serves as an educational link to services and resources designed to support our senior community. They meet on the 3rd Thursday of each month at 4:00 pm in the Parks & Recreation Building.

COSA is always looking for new members! If you are interested in joining, please contact Rhonda Terry in the Human Services Department at (248) 796-4542 for all the details.

The Photographic Guild

The Photographic Guild is one of the oldest and largest camera clubs in the country. They are an informal group of friendly metro Detroit photography enthusiasts who meet weekly to teach, learn and grow. Their membership includes all ages, skill levels and areas of interest.



Examples of their work are on display in the Parks & Recreation Building lobby. Stop by one of their meetings in the 1854 Church at the Burgh Historical Park on the first, second and third Monday during the months of September through May to learn more about the group. For more information about the Photo Guild visit their web site at www.thephotoguild.org.

Southfield Historical Society

The Southfield Historical Society takes pride in preserving the past for the future generations. Founded in 1965, the volunteers at the Southfield Historical Society operate two museums; the Town Hall located at the Burgh Historical Park and the Mary Thompson House and Farm on Evergreen Road, just south of the Municipal Complex.



If you are interested in membership check out one of their monthly meetings on the 1st Wednesday of the month (except July and August) at 4:00 pm in the Mary Thompson House. Find more information on-line at Facebook@HistoricSouthfield or www.southfieldhistoricalsociety.wordpress.com.





Senior (50+)

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

Resident: \$30 N/R: \$40

12:00-1:00 pm P/R - Lower Level Dance Room

Th Jan 9-Feb 6 Activity Number: 6367

Th Feb 13-Mar 12 Activity Number: 6368

Th Mar 19-Apr 9 Activity Number: 6372

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

Resident: \$23 N/R: \$33

Senior: Resident: \$20.70 N/R: \$29.70

9:30-10:30 am BW Multipurpose Room

Th Jan 16-Feb 20 Activity Number: 6422

Th Mar 5-Apr 9 Activity Number: 6423

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 approval needed to take class.

Ages: 16 and up

Resident: \$23 N/R: \$33

Senior: Resident: \$20.70 N/R: \$29.70

10:30-11:30 am BW Multipurpose Room

Th Jan 16-Feb 20 Activity Number: 6424

Th Mar 5-Apr 9 Activity Number: 6425

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 Jan 7-Apr 28

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. *Beginning in April, drop in volleyball will return on Fridays.*

Resident: \$1/Day N/R: \$2/Day

10:00 am-12:00 pm BW VBall Court

M, W Jan 6-May 29

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 Jan 8-May 8

Moderate Yoga

Instructor: C. Bond

Release STRESS!!! Come and unwind with a moderate yoga class. We use basic Hatha Yoga techniques. Bring your mat and some non slip socks. We begin class in a chair and end class on your mat. Bring your own mat plus your socks with rubber/vinyl backing.

Ages: 18 and up

Resident: \$55 N/R: \$65

11:30 am-12:30 pm P/R - Room 115

M Feb 10-Mar 23 Activity Number: 6434

M Mar 30-May 4 Activity Number: 6435

Senior (50+)



Special Interest

Eat Smart, Live Strong

Instructor: MSU Extension

Enjoy fun and lively activities with other older adults. Talk about easy ways to make smart food choices and exercise more. Learn how you can eat smart and live strong!!

Ages: 50 and up

Resident: Free

N/R: Free

11:00 am-12:00 pm

P/R Bldg. - Room 112

M Jan 6-Feb 24

Activity Number: 6518

Spanish for Beginners

Instructor: M. Thompson

Beginner Spanish is based on learning basic grammar in an oral and written context. Using games and other fun activities every week, lessons will be fun and enjoyable.

Ages: 50 and up

There is a \$12 book fee in addition to registration fee.

Resident: \$72

N/R: \$82

12:00-1:00 pm

P/R - Room 115

T Jan 7-Feb 11

Activity Number: 6528

T Feb 25-Mar 31

Activity Number: 6529

Diabetes PATH (Personal Action Toward Health)

Instructor: Ascension Health

Diabetes PATH (Personal Action Toward Health) is a 6 week workshop that provides strategies and tools that can be used by people to help them manage their diabetes. This program is open to family members and caregivers and is free, but registration is required.

Ages: 50 and up

To register, visit healthcare.ascension.org/event.

For more information call (248) 849-5752.

Resident: Free

N/R: Free

10:00 am-12:30 pm

P/R Bldg.

T Jan 7-Feb 11

Diabetes Prevention Program (DPP)

Instructor: Ascension Health

The Diabetes Prevention Program (DPP) is a lifestyle change program for people who have prediabetes or are at risk for type 2 diabetes. The program begins with 16 weekly sessions, followed by 2 months of meeting twice a month and finishing up with 6 monthly support sessions and focuses on long term changes and lasting results.

Ages: 50 and up

To register, visit healthcare.ascension.org/event.

For more information, call (248) 849-5752.

Resident: Free

N/R: Free

10:00-11:00 am

P/R Bldg.

Th Jan 9-Dec 10



Senior (50+)

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.

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

Drop-In Mahjong

For those who already know how to play but are looking for game to join in on. Come check us out on Thursdays at the Parks & Recreation Building.

\$1/day

1:00-3:00 pm

P&R Building

Thursdays

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

Jan 9, Feb 6, Feb 13, Feb 20, Feb 27 & Mar 12

50+ Speaker Series

Join us at the 50+ Speaker Series to learn more on a wide range of subjects that are important as we age. Subjects like Estate Planning, health issues and scams to long term care options and more are discussed. These programs aren't just for seniors. Caregivers, adult children and others can benefit also from the information shared.

Free

8:30-9:30 am

P&R Building/Pavilion

Wednesdays



National Kidney Foundation Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is part of the CDC's *National Diabetes Prevention Program*. It helps people at risk learn how to make lifestyle changes and stick to them. As part of a small, supportive group, you'll learn how to eat healthier, lose weight, and incorporate more physical activity into your life. A trained coach will guide the group in how to make better choices over the course of 16 one-hour weekly sessions. After that, you'll meet monthly, for one full year of the program. It's helpful, it's enlightening and it works. This program is covered by various funders and insurers.



This is an Informational Session. Registration is through the National Kidney Foundation.

Ages: 50 and up

Resident: Free

N/R: Free

11:00 am-12:00 pm

BW Multipurpose Room

M Feb 10

(Program will begin Feb 24.)

Adaptive Recreation

Adaptive Recreation

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 Jan 8- 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.



Original Non-Competitive League – Ages 4 and up

Every player fields/hits and gets on base every inning and there are no outs. "Able-bodied" Buddies or family members are partnered with each player to assist and protect them during games.

Competitive League - Ages 10 and up

This Competitive League is for players who have the ability to make plays and hit the ball WITHOUT assistance. If a player has not played in this league before, they must be evaluated in person for safety reasons.

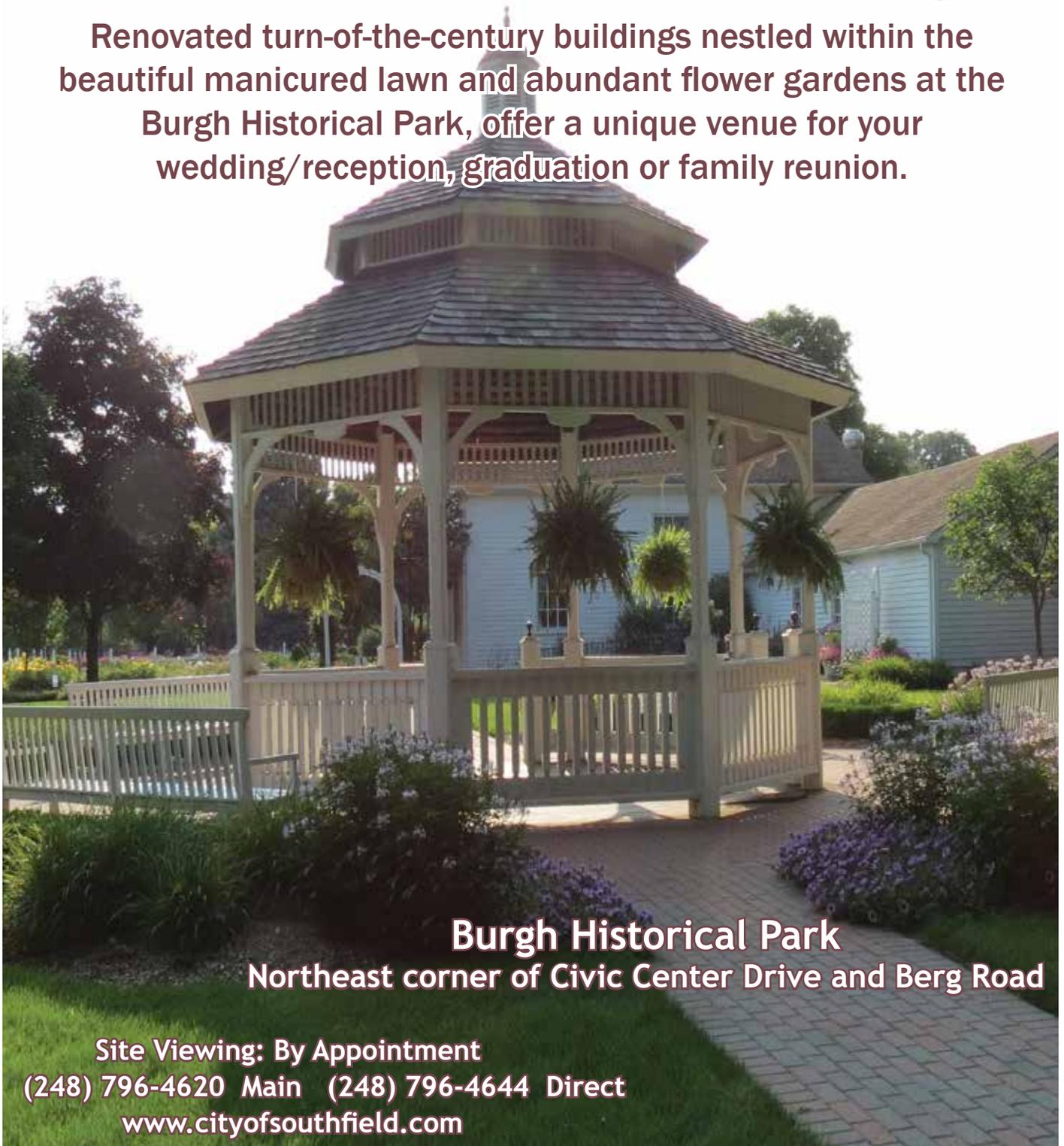
Volunteer to be a Buddy

One of the most important parts of the *Easterseals Miracle League* is the "buddy" system – pairing each player with an able bodied friend to assist them on and off the field during the game. Individuals must be 12 years or older to be a "buddy". Go to www.michiganmiracle.org/volunteer for more information.



*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



Beech Woods Wellness Center



Yearly Membership Fees

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

Adult (16-49 years old)	\$160
Senior (ages 50+ yrs)	\$144
Student (ages 16-24 yrs)	\$144
Family (2 parents + up to 3 students)	\$300
N/Rs of Southfield pay an additional \$20 per year.	

Wellness Center Hours

Winter Hours (Jan 6 - May 29)

Mon-Fri	7:00 am-9:00 pm
Sa	8:00 am-4:00 pm
Su	10:00 am-2:00 pm

The Wellness Center is closed on all major holidays.

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
 - Free Weights

- Indoor lap walking (Mon-Fri, 7 - 9 am) in Beech Woods Recreation Center gym.



Beech Woods Wellness Center

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



Registration

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)

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 27 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 gymnasium space and a 900 square foot multi-purpose room for programs, classes and rental. The Center can run three basketball games or up to four volleyball courts simultaneously.

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/signup 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

Registration



Walk-In

Parks & Recreation Information Desk

26000 Evergreen Road, Southfield, MI 48076

Monday-Friday 8 am-7 pm

Saturday 9 am-2 pm

Beech Woods Recreation Center

22200 Beech Road, Southfield, MI 48033

Winter (Jan 6 - May 29) Office Hours:

Monday-Friday 9 am-7 pm

Saturday 9 am-2 pm

Southfield Sports Arena

26000 Evergreen Road, Southfield, MI 48076

Monday-Friday 9 am-5 pm

Saturday 11 am-7 pm

Sunday 11 am-7 pm



Fax

(248) 796-4605

**No Mail or Fax registrations accepted for athletic leagues or camp programs.*

Mail

Registration

Southfield Parks & Recreation Dept.

26000 Evergreen Road, P.O. Box 2055

Southfield, MI 48037-2055

Please use the Registration Form on the following page, or a reasonable copy. Payment in full must accompany the form.



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.
- 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.
- 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.

Registration

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 _____

Participant Name	Birth date (mm/dd/yr)	Gender	Activity Name	Activity #	Time	Fee
		M F				
		M F				
		M F				

Total	
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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 _____

Southfield Parks & Recreation Department
26000 Evergreen Road
Southfield, MI 48076

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City Council

Lloyd Crews, *Council President*

Tawnya Morris, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Jason Hoskins

Michael "Ari" Mandelbaum

Linnie Taylor

Sherikia L. Hawkins, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

Parks & Recreation Board

Rosemerry D. Allen, *Chairperson*

Brandon B. Gray

Kathleen A. McNelis

Jeannine D. Reese

Adam Wolf

Amani Johnson, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*



Daddy-Daughter Dance

January 18, 2020

6:30 - 8:30 pm



NEW Location!!

Best Western Premier Southfield

26555 Telegraph Road



**Tickets are on sale now at the
Parks & Recreation Building!**