

Parks & Recreation

Virtual Activities Guide Summer 2020

Southfield
the center of it all™

PR
Parks & Recreation

Letter to our participants

Southfield Parks & Recreation is mindful of the effect that the coronavirus is having on our community. Our staff continues to monitor the Centers for Disease Control and Prevention(CDC), state and county guidelines for the safe reopening of our facilities and programs. As the virus affected our community so dramatically, we made the decision of canceling all summer programming (all classes, programs, camps, special events, athletic leagues and all senior programs and trips) including the closure of the Southfield Sports Arena pool, through August 31, 2020. This decision was made to keep our participants, our staff and our community safe.

In the absence of in-person programming, Parks & Recreation staff developed a virtual recreation program on Facebook, Stay INterActive. We will continue to develop and evolve this program and others throughout the coming months. Please visit our Facebook page @SouthfieldParksandRecreation to see what how you can Stay INterActive Southfield.

In addition to Stay INterActive, staff has developed summer programs which you will see on the following pages. We are excited and proud to present classes and programs either virtually or in person while observing social distancing guidelines.

Even as you look through the program offerings on the next few pages, our staff continues to plan for future programs. Please know that Parks & Recreation is taking measures to ensure the safety of our participants and staff. Stay up-to-date on Parks & Recreation programs by visiting www.cityofsouthfield.com/departments/parks-recreation and Facebook @SouthfieldParksandRecreation.

Facilities Update

- **Parks & Recreation Building** - Open via Southfield Pavilion entrance
- **Southfield Pavilion** - Not open for fitness walking
- **Evergreen Hills Golf Course** - Open (see page 10 for details)
- **Beech Woods Driving Range** - Open (see page 10 for details)
- **Beech Woods Recreation Center** - Closed to public, no programming, Wellness Center closed
- **Southfield Sports Arena pool** - Closed for the season
- **Arts & Activities Building** - Closed
- **Mary Thompson House and Farm** - Community Gardens are open
- **Burgh Historical Park buildings** - Closed
- **Picnic shelters** - Call after July 1 (248-796-4620) for available dates
- **Playlots** - Open, not sanitized
- **Athletic Fields** - Closed
- **Tennis Courts** - Open (see page 16 for safe play recommendations)
- **Racquetball Courts** - Closed
- **Public Restrooms:**
 - Beech Woods Park - Open
 - Donald F. Fracassi Municipal Campus - Open
 - Mary Thompson Farm - Open
 - Inglenook Park - Closed, reopening scheduled week of July 6
 - Pebble Creek Park - Closed, reopening scheduled week of July 6

Please know that as we all move forward in finding our way back to some of our familiar steps, that your Parks & Recreation team will be making those unfamiliar and new steps as comfortable and safe for everyone. We will continue developing and creating opportunities for healthy activity and experiences that you will enjoy safely this summer.



In the absence of in-person programming, Parks & Recreation staff have developed a virtual recreation program, **Stay INterACTIVE**, that features daily activities, arts & crafts, games, helpful links, video tips and more. Please visit Facebook @SouthfieldParksandRecreation to see how you can Stay INterACTIVE Southfield.



Weekly features include:
Fun How-To videos like *How to Make Bubbles* or
How to Listen and Identify Frogs at Night

Sam's Minute to Win It Challenges



Cathy's *Walks in the Parks* videos offering advice on the best places to fitness walk in Southfield

Like puzzles? So do we! Check out our on-line jigsaw puzzles and our Southfield word searches.

Inspirational quotes every Saturday morning to get you up and going for the weekend!

Keep in Touch Sundays offering ideas to reach out to family and friends when you can't do it in person.

Plus we have *Step Up - The Challenge* a monthly competition between Southfield and Lathrup Village to see who can walk the most steps as a community.

Plus much more!

Step Up - The Challenge
SOUTHFIELD VS.
LATHRUP VILLAGE



Visit us today at Facebook @SouthfieldParksandRecreation

On the Go Programs

Register online at apm.activecommunities.com/SouthfieldParks

Camp on the Go

Register your child for this program and "drive through" to pick up your Camp on the Go kit containing a week's worth of

"camp-like" activities and games for children ages 5-13 to do in the safety of their own homes. Each kit has a theme and includes supplies for 2-3 arts and crafts projects, 5 games or activities, one piece of equipment for a physical or outdoor activity, and more! This program is partially sponsored by Denso.

Parents register their child online for *Camp on the Go* by the session, one kit per child. *Camp on the Go* kits will be available for pick up the Friday before or the Monday that the session begins between the hours of 10 am and 12 pm in the P&R Building front circle. (Call 248-796-4604 for special arrangements if that time frame does not work.) Individuals picking up kits must show ID and receipt through the window of their vehicle.

Ages: 5 - 13

Resident: \$25 N/R: \$35
(Child's 1st kit includes a camp t-shirt.)

Week 1	<i>Stars & Stripes</i>
Jul 6-10	Activity Number: 6931
Week 2	<i>Fun in the Sun</i>
Jul 13-17	Activity Number: 6932
Week 3	<i>Animals</i>
Jul 20-24	Activity Number: 6933
Week 4	<i>Sports & Fitness</i>
Jul 27-31	Activity Number: 6934
Week 5	<i>Science & Nature</i>
Aug 3-7	Activity Number: 6939
Week 6	<i>Tropical Paradise</i>
Aug 10-14	Activity Number: 6940



Thank You to

DENSO

**for sponsoring Camp on the Go
and Recreation on the Move
for summer 2020**

DENSO

Crafting the Core

Recreation on the Move - In a Bag

Recreation on the Move - In a Bag let's you enjoy your favorite park crafts at home or in the park at a safe distance from each other. *Recreation on the Move* will visit two different parks each week so you can stop by and pick up that week's bag that will contain two different projects. You will need markers, crayons, glue or scissors for some of the projects. This program is sponsored by Denso.



Tue.	5:00-7:00 pm	*25 bags available per park
	Jul 7	Bauervic Woods Park
	Jul 14	Inglennook Park
	Jul 21	Bedford Woods Park
	Jul 28	Bauervic Woods Park
	Aug 4	Inglennook Park
	Aug 11	Bauervic Woods Park
	Aug 18	Inglennook Park
Thur.	5:00-7:00 pm	*25 bags available per park
	Jul 9	Inglennook Park
	Jul 16	Bauervic Woods Park
	Jul 23	Bauervic Woods Park
	Jul 30	Inglennook Park
	Aug 6	Freeway Park
	Aug 13	Bauervic Woods Park
	Aug 20	Inglennook Park

Gymnastics

Virtual Gymnastics

These virtual classes are taught by former Junior Olympic National Champion, Coach Kendyl Stewart.

*Although the ideal age limits are listed, these classes are based on experience. Students must be at least 5 years old to participate in these classes. Parents are not required, but parental supervision is always encouraged. No gymnastics equipment needed.

These are interactive virtual classes. Zoom information will be sent out via email prior to the first meeting. You will need access to a computer with a webcam and microphone, or a smart phone in order to participate in the class.

Parent & Tot Gymnastics

This class will focus on guided beginner tumbling skills, self-confidence, parental trust, strength development and flexibility for toddlers. Students will learn skills such as forward and backward rolls, levers, straight jumps, bridges and headstands. Parents will learn how to spot their children on these skills.

Ages: 1½ (18 months) - 4

6 weeks **Resident: \$60** **N/R: \$70**

30 minutes classes meet 2 times a week

Tue July 7-Aug 11 10:30 – 11:00 am

Wed July 8-Aug 12 4:30-5:00 pm

Activity Number: 6926

Beginner*

Focusing on mastering fundamental tumbling skills and drills on their own, strength development and gymnastics etiquette, students will learn to do everything on their own including: forward and backward rolls, handstands, cartwheels, levers, headstands and bridges. Students will also learn dance positions, moves and jumps associated with both traditional dance and gymnastics.

Ages: 5 - 9*

6 weeks **Resident: \$60** **N/R: \$70**

45 minute classes meet 2 times a week

Tue. July 7-Aug 11 11:30 am– 12:15 pm

Wed. July 8-Aug 12 5:30 – 6:15 pm

Activity Number: 6927

Intermediate*

This class will focus on advancing skill growth, perfecting form in current skills and increased strength and conditioning. Students in this class **MUST** have previous gymnastics, cheer or tumbling experience. Students will learn drills and skills such as bridge kickovers, front walkovers and round-offs. These students will also learn dance positions, moves and jumps associated with both traditional dance and gymnastics.

Ages: 7 - 12*

6 weeks **Resident: \$60** **N/R: \$70**

60 minute classes meet 2 times a week

Tue. July 7-Aug 11 4:45-5:45 pm

Sat. July 11-Aug 11 11:30 am-12:30 pm

Activity Number: 6928



**Credit card payment only. All major credit cards accepted.
Cash transactions not accepted at this time.**

Dance

Youth

Ballet

Instructor: J. Clayton-Reid

Virtual 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 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.

These are interactive virtual classes. Zoom information will be sent out via email prior to the first meeting. You will need access to a computer with a webcam and microphone, or a smart phone in order to participate in the class.



Aspiring Ballerinas

Ages: 3 - 6

6 weeks Resident: \$43 N/R: \$53

5:45-6:30 pm

M Jul 6-Aug 10 Activity Number: 6657

Graceful Beauties

Ages: 7 - 12

6 weeks Resident: \$43 N/R: \$53

6:30-7:15 pm

M Jul 6-Aug 10 Activity Number: 6659

Hip Hop Jazz

Instructor: L. McCall

This virtual 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. **These are interactive virtual classes. Zoom information will be sent out via email prior to the first meeting. You will need access to a computer with a webcam and microphone, or a smart phone in order to participate in the class.**

Ages: 6 - 9

6 weeks Resident: \$43 N/R: \$53

12:00-12:45 pm

F Jul 10-Aug 14 Activity Number: 6929

Ages: 10 - 15

6 weeks Resident: \$43 N/R: \$53

1:00-1:45 pm

F Jul 10-Aug 14 Activity Number: 6930

Adult

Ballet

Instructor: J. Clayton-Reid

This virtual class is great to tone, strengthen and stretch your body! Students will learn the basic barre exercises, positions and steps in the center floor and traveling. Dress code 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. **This is an interactive virtual class. Zoom information will be sent out via email prior to the first meeting. You will need access to a computer with a webcam and microphone, or a smart phone in order to participate in the class.**

Ages: 13 - Adult

6 weeks Resident: \$43 N/R: \$53

Senior: Resident: \$38.70 N/R: \$47.70

7:30-8:15 pm

M Jul 6-Aug 10 Activity Number: 6661

You must have a computer or smart device with Internet connection to follow these programs.

Summer Music



Featuring

**Angela Davis Alise King Sky Island
Little Moses Jones Cancel Monday**

One of our favorite things about summer in Southfield is the live music. While we can't be together and enjoy music in person right now, we can get together virtually. Tune in throughout the summer and we will bring the "live" music to you.

7 pm on Facebook @SouthfieldParksandRecreation

June 19 June 26 July 10 July 24 July 30

*Additional concerts may be added check Facebook for more information.

Gazebo Concert <<REWIND

We are teaming up with Cable 15 to bring you Gazebo Concert performances from years past.



**Tune in to Cable 15 or the
Cable 15 live page on the
City of Southfield website
starting in July to see some
not so live music!**



Questions? (248) 796-4620

[www. Facebook.com/SouthfieldParksandRecreation](https://www.facebook.com/SouthfieldParksandRecreation)

Fitness

You must have a computer or smart device with Internet connection to follow these programs.

Adult

Stretch and Tone with a Touch of Pilates

Instructor: C. Baugh

Stretch and Tone with a Touch of Pilates has moved to a virtual class. 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. **Please provide an email at registration. A link will be sent each week to attend the class.**

Ages: 16 and up

6 weeks Resident: \$33 N/R: \$43

Senior: Resident: \$29.70 N/R: \$38.70

5:00-6:00 pm

W Jul 8-Aug 12 Activity Number: 6679

Yoga for the Back

Instructor: C. Baugh

Join our instructor online each week for 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. **Please provide an email during registration. A link will be emailed to you each week to attend the class.**

Ages: 16 and up

6 weeks Resident: \$33 N/R: \$43

Senior: Resident: \$29.70 N/R: \$38.70

4:00-5:00 pm

W Jul 8-Aug 12 Activity Number: 6682

Land Based Water Exercise Program

Do you enjoy water aerobics? K-Wave is offering a low to moderate impact workout on land just for you! It will incorporate some moves that you are familiar with for a full body workout. All you'll need is a chair and noodle (optional). This workout is for all ages with modified moves specifically for the aging adult. **Once registered you will receive a link each week to tune into the class. You must have a computer or smart device to follow the class.**

Ages: 18 and up

4 weeks Resident: \$20 N/R: \$30

11:00 am-12:00 pm

M Jul 6-Jul 27 Activity Number: 6937

5 weeks Resident: \$20 N/R: \$30

11:00 am-12:00 pm

M Aug 3-Aug 31 Activity Number: 6941

Senior

Moderate Yoga

Instructor: L. Lerman

Release STRESS!!! Tune in and unwind with this Moderate Yoga class. We use basic Hatha Yoga techniques. Have your mat ready and some non slip socks. We begin class in a chair and end class on your mat. **When you register, you will receive the information for the virtual class.**

Ages: 18 and up

7 weeks Resident: \$35 N/R: \$45

11:30 am-12:30 pm

M Jul 6-Aug 17 Activity Number: 6935

**Credit card payment only. All major credit cards accepted.
Cash transactions not accepted at this time.**

Beech Woods Wellness Center Programs

The Beech Woods Wellness Center staff are presenting a virtual exercise program to help keep Southfield residents in shape throughout the summer.

Before starting an exercise program, please check with your physician.

Stretching with Southfield

Instructor: C. McKinley

Learn proper technique to safely stretch each muscle group to help keep muscles flexible, strong and healthy.

The only equipment you will need is an internet connection, and a computer or a smart device with a microphone and camera. You will also need a chair. **Please provide an email at registration. This is an interactive virtual class, a Zoom link will be sent prior to the first meeting.**

Ages: 18 and up

6 weeks Resident: \$25 N/R: \$35

Senior: Resident: \$22.50 N/R: \$31.50

10:40-11:00 am

Th Jul 23-Aug 27 Activity Number: 6995



Strengthening with Southfield

Instructor: C. McKinley

Strengthen your body at home. The only equipment you will need is a computer or smart device with a camera and microphone as well as an Internet connection, and 2 evenly weighted items (hand weights, canned food items, filled water bottles, etc.). **Please provide an email at registration. This is an interactive virtual class, a Zoom link will be sent prior to the start.**

Ages: 18 and up

6 weeks Resident: \$50 N/R: \$60

Senior: Resident: \$45 N/R: \$54

30 minute classes meet 2 times a week

10:00-10:30 am

M,Th Jul 20-Aug 27 Activity Number: 6996

Register online at apm.activecommunities.com/SouthfieldParks

Adaptive Recreation

Special Forces

Southfield Special Forces is an activity group for individuals 16 years and older with a developmental disability. During this time all activities have switched to virtual experiences. You can keep up-to-date on Special Forces activities by receiving their weekly newsletter, *Forces Unite* emailed to you. Each newsletter contains greetings from friends, information on that week's Zoom interactive call, fun at home activities to try and more. Send an email to teamsouthfieldnewsletter@gmail.com to get added to the list today!



Golf



Evergreen Hills Golf Course

26000 Evergreen Road (248) 796-4666
2,904-yard, par 34 course

Open daily for play, weather permitting.

M-F	8:00 am-Dusk
Sa & Su	7:00 am-Dusk

All tee times must be booked and paid in advance with a credit card by calling (248) 796-4666. Sorry, no cash or walk-ins accepted. Golfers will check in when they arrive at the course by calling the pro shop at (248) 796-4666. Riding carts, pull carts balls, tees, gloves and other accessories are available.

Please check online for current rates at www.cityofsouthfield.com/departments/parks-recreation/golf or call the Pro Shop.

Beech Woods Driving Range

Improve your skills by visiting the 50-tee range located at Beech Woods Pro Shop (22202 Beech Road, south of Nine Mile Road).

Open daily, weather permitting.

M-F	11 am - 9 pm
Sa & Su	8 am - 7 pm

Medium Bucket	\$10
Large Bucket	\$12

Call (248) 796-4655 for times as weather can affect hours of operation.



Save time, book your tee times online!

Go to

www.cityofsouthfield.com/departments/parks-recreation/golf
and click the Book Your Tee Time button.

Semi-private lessons at Beech Woods Driving Range

Work on your game in a small, semi-private lesson at the Beech Woods Driving Range. These lessons, taught by PGA teaching Pro Terri Ryan, will be limited to 3-6 people per session to allow for proper social distancing. Sign up today online at www.apm.activecommunities.com/SouthfieldParks



Ages: 16 and up

Putting

1 hour **\$15/person/session**

Jul 9	11:30 am-12:30 pm	Activity Number: 6842
Jul 13	11:30 am-12:30 pm	Activity Number: 6950
Jul 20	12:00-1:00 pm	Activity Number: 6951
Aug 3	11:00 am-12:00 pm	Activity Number: 6952
Aug 12	6:00-7:00 pm	Activity Number: 6953
Aug 18	11:30 am- 12:30 pm	Activity Number: 6954

Chipping

Jul 9	1:00-2:00 pm	Activity Number: 6962
Jul 28	6:00-7:00 pm	Activity Number: 6963
Aug 10	12:00-1:00 pm	Activity Number: 6964
Aug 19	6:00-7:00 pm	Activity Number: 6965

Pitching Wedge

Jul 16	12:00-1:00 pm	Activity Number: 6966
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Sand Wedge/Bunkers

Jul 22	6:00-7:00 pm	Activity Number: 6967
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Putting Clinic at Evergreen Hills Golf Course

Work on mastering your putting game with PGA teaching Pro Terri Ryan at the Evergreen Hills Golf Course Putting Green. These semi-private lessons will be limited to 3-6 people per session to allow for proper social distancing. Sign up today online at www.apm.activecommunities.com/SouthfieldParks

Ages: 16 and up

Putting

1 hour **\$15/person/session**

Jul 6	4:00-5:00 pm	Activity Number: 6955
Jul 8	12:00-1:00 pm	Activity Number: 6956
Jul 15	11:00 am-12:00 pm	Activity Number: 6957
Jul 23	6:00-7:00 pm	Activity Number: 6958
Aug 4	12:00-1:00 pm	Activity Number: 6959
Aug 13	5:00-6:00 pm	Activity Number: 6960
Aug 20	11:30 am-12:30 pm	Activity Number: 6961



Play with the Pro at Evergreen Hills Golf Course

PGA teaching Pro Terri Ryan will accompany your foursome through the first 5 holes and provide strategy on how to play each hole, club selection, swing tips and more.

\$150 includes one foursome for 9 holes, 2 carts and professional instruction. Please call our pro shop at (248) 796-4666 at least one week in advance to schedule your date and time with Terri Ryan.

Senior Programs

Register online at
[apm.activecommunities.com/
SouthfieldParks](http://apm.activecommunities.com/SouthfieldParks)

Bingo

Virtual Bingo! Spend some time with all of your Bingo Buddies. We will play three games each week. **When you register, each week you will receive an email with the links for your bingo cards and the platform to play.** This is a free program. We are playing for fun, not prizes.

8 weeks **Free**

10:00-11:00 am

T Jul 7-Aug 25 Activity Number: 6936

Coffee with Cathy

Get a cup of coffee or tea and join us for some conversation from the comfort of your own home! How is your garden doing? What are your favorite recipes? Tell us about your favorite celebrations and why? Keep your eye on the Southfield Parks & Recreation Facebook page for announcements of special guests. **Register up to the day before and we will send you the link to join us virtually.** This is a free program.

8 weeks **Free**

9:00-10:00 am

F Jul 10-Aug 28 Activity Number: 6938



Social Media “How To” Series

Be on the lookout on City Cable 15 for our new series of Social Media “How To” videos we are making in conjunction with City Cable 15 and the Southfield Public Library. Each episode will focus on a different social media platform such as Facebook or Instagram.

We’ll talk about how to set up an account, what you can do on that platform and give you tips for connecting with your family, friends or favorite businesses or entertainment figures.



**You must have a computer
or smart device with
Internet connection to follow
these programs.**

**Credit card payment only. All major credit cards accepted.
Cash transactions not accepted at this time.**

Senior Programs

National Kidney Foundation Diabetes Prevention Program

The Diabetes Prevention Program (DPP) is part of the Centers for Disease Control and Prevention's *National Diabetes Prevention Program*. DPP helps people at risk learn how to make lifestyle changes and stick to them. As part of a small, supportive group on-line, 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 right from home. After that, you'll join the group monthly, for one full year of the program.

To register please call 800-482-1455 or email PreventDiabetes@NKFM.org
Free to Oakland County residents 60 years old or older.



National
Kidney
Foundation® of
Michigan

Cooking Matters at The Store

The *National Kidney Foundation of Michigan* is partnering with *Share Our Strength* to provide virtual grocery store tours to adults with children in early care and elementary settings. Tours will be led by a trained facilitator. Tips on how to purchase budget friendly and healthy foods. Tips on how to properly read and compare food labels, and how to use unit pricing. Now hosting virtual tours on Zoom!

For more information or to register please contact:
Jennifer Reid | jreid@nkfm.org | 313-259-1574
Free to Oakland County residents 60 years old or older.

You must have a computer or smart device with Internet connection to follow these programs.

Walk With Ease

Walk With Ease is a 6-week physical activity program that can reduce pain and improve overall health by building up to 30 minutes of walking at least three days a week. If you can be on your feet for 10 minutes without increased pain, you can have success with *Walk With Ease*. You'll be sent a book, enrolled in weekly email communications, and connected to a coach who will "walk" you through the program over the phone. The program has helped participants improve balance, build confidence in walking pace, and improve limitations and symptoms.

For more information or to register contact
Samantha Raad: 313-259-1574 ext. 310 or email
her at sraad@nkfm.org.
Free to Oakland County residents 60 years old or older.

Better Choices, Better Health®

BCBH is the on-line version of the chronic disease self-management program PATH. It is a 6-week small group workshop offered on-line to help people living with chronic conditions to manage them better. Participants learn strategies to deal with pain, fatigue, and difficult emotions. Each week participants create personal action plans and set practical, achievable goals. Classes are offered through *Canary Health* and consist of about 25 people per workshop, with participants located across the country.

To register, please take the eligibility quiz at
www.nkfm.org/communities-families/better-choices-better-health
Free to Oakland County residents 60 years old or older.

Parks



MOVIE UNDER THE STARS!

Bring the whole family for a fun movie night, outside! We will provide socially distanced reserved spaces for families to spread out and watch the movie under the stars. Bring lawn chairs or a blanket to sit on, your favorite movie snacks and goodies or visit one of the food trucks on hand and watch the show. The movie will be shown in the parking lot on the north side of the *Donald F. Fraccasi Municipal Campus*, cars will be parked separate from the movie site for safety. Tickets (\$10 per family) must be purchased in advance. Food trucks will be on site with refreshments for purchase or bring your own. Must purchase tickets ahead of time.



\$10 per family/car

7:00-8:00 pm

Frozen 2 (rated PG)

Movie TBA

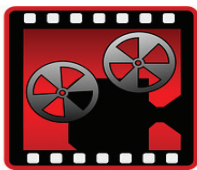
Parks & Recreation Building (parking lot)

M Jul 20

Activity Number: 6968

M Aug 17

Activity Number: 6969



A WALK IN THE PARKS

Summer is here! It's time to get out and explore our great Southfield parks with a morning stroll with friends.

Meet at the entrance to the park at 9 am

There is no transportation provided for this program. All participants must wear a face mask, practice physical distancing and bring their own water.

July 2	<i>Civic Center Park</i>
July 9	<i>Inglenook Park</i>
July 16	<i>Bedford Woods Park</i>
July 23	<i>Carpenter Lake Nature Preserve</i>
July 30	<i>Freeway Park</i>
August 6	<i>Civic Center Park</i>
August 13	<i>Inglenook Park</i>
August 20	<i>Bedford Woods Park</i>



As of this printing, restrooms in the parks remain closed.

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Questions? (248) 796-4620

www.cityofsouthfield.com

Sponsored in
part by **SURGEONS
CHOICE™**

Pop Up Exercise Circuit

Drop by for a fun workout for all ages outside at Civic Center Park. We will set up a series of 10 exercises on the front lawn of the *Donald F. Fracassi Municipal Complex* (between the Library and the Parks & Recreation Building) for participants to work through at their own pace and at a safe social distance from others. Each station will feature a sign with an exercise listed to try. Exercises will range from lunges or jumping jacks to knee bends or balancing and will change each day. Only do what you are comfortable doing. Bring your water bottle and comfy clothes.



Stop by the Parks & Recreation Information Desk and pick up a record sheet to keep track of your workout.

Free

9:00 - 11:00 am

M & W Jul 6-Aug 26 Civic Center Park

Laughter Yoga

Instructor: L. Lerman

Join us for a laughing good time. Reduce stress, engage muscles, enjoy the outdoors. Bring your water bottle and your beautiful smile. Laura Lerman, certified Laughter Yoga instructor, will lead us in a fun, easy yoga class. **Class fee includes class and a reusable smile face mask.**

All Ages

1 hour class **\$5/person**

6:30-7:30 pm Civic Center Park

W Jul 15 Activity Number: 6970

W Aug 19 Activity Number: 6971

Step Up Community Challenge

Join us in this fun virtual challenge where residents of all ages from Lathrup Village and Southfield compete against each other weekly and overall for highest average step count.

Step totals from both cities will also be combined each week to see how far we have traveled together as a community.

Upcoming Competition Dates:

July 5 - Aug 1 and Aug 2 - 29

For sign up information please check our Facebook page @SouthfieldParksandRecreation



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.

Questions? (248) 796-4620

[www.Facebook.com/SouthfieldParksandRecreation](https://www.facebook.com/SouthfieldParksandRecreation)

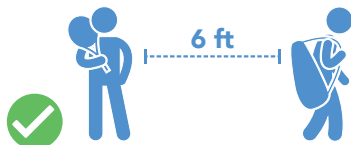
COVID-19

PLAYING TENNIS SAFELY

PLAYER TIPS AND RECOMMENDATIONS



WHEN PLAYING, PRACTICE THESE SAFETY GUIDELINES:



Try to stay at least six feet apart from other players.

Do not make physical contact with them (such as shaking hands or a high five).



Consider playing singles.

Playing singles could help prevent incidental contact and unwanted proximity. If you do play doubles, avoid all incidental contact.



Between points, use your racquet/foot to pick up balls and hit them to your opponent.

Avoid using your hands also when returning balls to another court.

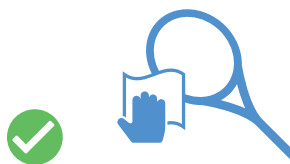


Wash your hands thoroughly or use a hand sanitizer before, during, and after play.



Stay on your side of court.

Avoid changing ends of the court.



Clean and wipe down your equipment, including racquets and water bottles.

Use new balls and a new grip, if possible.



Avoid touching your face after handling a ball, racquet or other equipment.

Wash your hands promptly if you have touched your eyes, nose or mouth.



Use only your own towels and water bottles.

Avoid sharing food and touching common surfaces such as court gates, fences, benches, etc.



Use Four Balls or Six Balls

Although unlikely, it's possible that a tennis ball can transmit the COVID-19 virus, as virtually any hard surface can transmit the disease. So here is an extra precaution you can take to keep safe when playing tennis:

Open two cans of tennis balls that do not share the same number on the ball.

Take one set of numbered balls, and have your playing partner take a set of balls from the other can.

Proceed with play, making sure to pick up your set of numbered balls only. Should a ball with the other number wind up on your side of the court, do not touch the ball with your hands. Use your racquet head or feet to advance the ball to the other side of the court.

PR
Parks & Recreation

To see the USTA's full list of guidelines and recommendations, visit:

usta.com/playersafety

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Picnic Shelter Reservations

There are numerous dates available for rental Monday through Friday beginning July 1. Call (248) 796-4620 to check on availability.

Beech Woods Park \$150

Maximum occupancy 65 people (12 tables)
Park features a playlot and tennis courts. 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 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 #2 \$100

Maximum occupancy 50 people (10 tables)

Civic Center Park features a playlot, nature trail and tennis courts. Also on site is the Evergreen Hills Golf Course is also located on the site (please see page 10 for details on golf fees and protocols).



- 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.



Registration

Walk-In (via Southfield Pavilion)

Parks & Recreation Information Desk
(248) 796-4620

Monday-Friday 9 am-5 pm

Credit card payment only. All major credit cards accepted. Cash transactions not accepted at this time.

Mail

Registration

Southfield Parks & Recreation Dept.

26000 Evergreen Road, P.O. Box 2055

Southfield, MI 48037-2055

Fax

(248) 796-4605

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

Online

Go to

apm.activecommunities.com/SouthfieldParks
and set up your account today!



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.
- 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.
- **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

Credit card payment only. All major credit cards accepted.

Cash transactions not accepted at this time.

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

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 _____



City Officials

Kenson J. Siver, *Mayor*

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*



Evergreen Hills Golf Course and Beech Woods Driving Range are open for the 2020 season!

See page 10 for details on rates and upcoming lesson opportunities.

