

# Parks & Recreation

## Fresh Air Fitness and Virtual Programs

**Safe, Fun Recreation**

*Southfield*  
the center of it all™

**PR**  
Parks & Recreation

- ✓ **Outdoor Opportunities**
- ✓ **Virtual Options**
- ✓ **Small Program Sizes**
- ✓ **Face Mask and Social Distancing requirements for participation**



# Fresh Air Fitness - Kids

## Baseball First Clinics

These clinics will be run by Corey Bell the Head Coach of the Southfield Youth Baseball Program and The Michigan Blue Knights Travel Baseball Program.

Due to COVID-19, face masks are required and participants must social distance from one another.

## Skills & Drills

In this clinic the kids will learn the fundamentals of baseball such as hitting, fielding and throwing.

### Ages: 7 - 8

5 weeks **Resident: \$75 NR: \$85**  
2:00-3:00 pm Inglenook Park - Diamond 2  
S Aug 30-Oct 4 Activity Number: 7067

### Ages: 9 - 10

5 weeks **Resident: \$75 NR: \$85**  
3:15-4:15 pm Inglenook Park - Diamond 2  
S Aug 30-Oct 4 Activity Number: 7068

### Ages: 11 - 12

5 weeks **Resident: \$75 NR: \$85**  
4:30-5:30 pm Inglenook Park - Diamond 2  
S Aug 30-Oct 4 Activity Number: 7069

## Pitching Basics

Learn the fundamentals of pitching in this 5-week course covering pitching mechanics, arm care, pitching accuracy and pitchers fielding position.

### Ages: 7 - 8

5 weeks **Resident: \$75 NR: \$85**  
6:00-7:00 pm Inglenook Park - Diamond 2  
T Sep 1-Sep 29 Activity Number: 7070

### Ages: 9 - 10

5 weeks **Resident: \$75 NR: \$85**  
6:00-7:00 pm Inglenook Park - Diamond 2  
W Sep 2-Sep 30 Activity Number: 7071

### Ages: 11 - 12

5 weeks **Resident: \$75 NR: \$85**  
6:00-7:00 pm Inglenook Park - Diamond 1  
Th Sep 3-Oct 1 Activity Number: 7072



*Recreation on the Move* will be at the park, weather permitting, so you can stop by and pick up an activity bag that will contain a craft along with coloring pages and more to do at home.

**Come join us at**

**Inglenook Park, Twelve Mile Road just west of Evergreen**  
**Tuesdays, Sept. 8 - Oct. 13 from 4 - 6 pm**  
and

**Saturdays, Sept. 12 - Oct. 17 from 10 am - 12 pm**

*\*Weather permitting. 25 bags available per park*

**DENSO**  
Crafting the Core



# Fresh Air Fitness - Kids

## Lunch and Recess

Kids 5-13 can take a break from virtual learning and enjoy a pizza lunch and active outdoor challenges on the front lawn of the Donald F. Fracassi Municipal Complex (26000 Evergreen Road).

**Fridays, 12-1:30 pm**

**Sept 18** Activity Number: 7100

**Sept 25** Activity Number: 7104

**Oct 2** Activity Number: 7105

**Oct 9** Activity Number: 7106

**\$1/day**



Children must be pre-registered and have an adult with them.  
Masks and social distancing are required.

### Youth Soccer Clinic

This clinic will consist of drills working on the technical aspects of soccer; dribbling, passing, shooting as well as fitness for kids of all skill levels. Each session will have different topics of focus.



The kids will be placed in small groups to work on their drills in safe, social distant areas of the park.

**Ages: 7 - 10**

5 weeks **Resident: \$55 NR: \$65**  
10:00-11:00 am Bedford Woods Park  
Sa Sep 12-Oct 10 Activity Number: 7096

**Ages: 11 - 14**

5 weeks **Resident: \$55 NR: \$65**  
11:30 am-12:30 pm Bedford Woods Park  
Sa Sep 12-Oct 10 Activity Number: 7097



### Fitness Trail for Kids

Use your imagination and get your body moving with a Fitness Trail made just for kids! Join us along the walking path at Civic Center Park on Wednesday mornings to hop, skip and jump your day off to an active start. We will set up a series of signs with exercises listed on them along the walking path on the front lawn of the *Donald F. Fracassi Municipal Complex*. Bring your adult with you, we have a separate Fitness Trail set up for them to do at the same time. Don't forget to bring your water bottle with you.

**Free**

9:00-11:00 am Civic Center Park Walking Path  
W Sep 9-Oct 28

# Fresh Air Fitness

## Popular Hustles

Instructor: K. Johnson

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

The class will take place outside at the Civic Center Park Picnic Shelter #1 where students can social distance.

Ages: 18 and up

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

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

6:30-7:30 pm Civic Center Park Shelter #1

T Sep 8-Oct 6 Activity Number: 6980

6:30-7:30 pm Civic Center Park Shelter #1

W Sep 9-Oct 7 Activity Number: 6982



## 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.

The class will take place outside at the Civic Center Park Picnic Shelter #1 where students can social distance.

Ages: 50 and up

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

12:00-1:00 pm Civic Center Park Shelter #1

Th Sep 10-Oct 8 Activity Number: 6978

## 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.

This class will take place in the grassy courtyard outside of Beech Woods Recreation Center where students can social distance. Please bring your own mat and towel. The class may incorporate chairs that will be provided and cleaned after each use.

Ages: 16 and up

4 weeks **Resident: \$30 NR: \$40**

**Senior: Resident: \$27 NR: \$36**

5:15-6:00 pm BWRC Courtyard

W Sep 9-Sep 30 Activity Number: 6972

## Yoga for the Back

Instructor: C. Baugh

Yoga for the Back is 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.

The class will take place outside on the grass where students can social distance. Please bring your own mat and a towel.

Ages: 16 and up

4 weeks **Resident: \$40 NR: \$55**

**Senior: Resident: \$36 NR: \$49.50**

4:00-5:00 pm BWRC Courtyard

W Sep 9-Sep 30 Activity Number: 6974

# Fresh Air Fitness



## Tai Chi with Jeff Sotzen

Instructor: J. Sotzen

Nourish and strengthen the whole body, mind and spirit while getting outside and enjoying nature. Learn the slow, gentle movements of the Tai Chi form that has been practiced for hundreds of years.

This class will take place outside on the patio and grassy courtyard at Beech Woods Recreation Center.

Ages: 16 and up

4 weeks **Resident: \$20** **NR: \$30**

**Senior: Resident: \$18** **NR: \$27**

9:30-10:30 am

BWRC Courtyard/Patio

Th Sep 10-Oct 1

Activity Number: 6997

## Moderate Yoga

Instructor: L. Lerman

Release STRESS!!! Tune in and unwind with a moderate yoga class. We use basic Hatha Yoga techniques. Bring your mat and wear non slip socks. We begin class in a chair and end class on your mat.

This class will take place outdoors at the Burgh Historical Park where students can social distance. Please bring your own mat and towel. The class may incorporate chairs and will be provided and cleaned after each use.

Ages: 50 and up

6 weeks **Resident: \$30** **NR: \$40**

11:30 am-12:30 pm

Burgh Historical Park

M Sep 14-Oct 26

Activity Number: 7018



## 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.

This class will take place outside on the patio and grassy courtyard at Beech Woods Recreation Center.

Ages: 16 and up

4 weeks **Resident: \$20** **NR: \$30**

**Senior: Resident: \$18** **NR: \$27**

10:30-11:30 am

BWRC Courtyard/Patio

Th Sep 10-Oct 1

Activity Number: 7107





# Fresh Air Fitness - Tennis

All Tennis Lesson participants are required to follow social distancing guidelines and to wear a mask. Participants should bring their own racquet and refrain from picking up balls with their hands. Class will be limited to 6 people.

## Tennis Lessons - Quick Start

Instructor: P. Woods

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

### Ages: 4 - 6

5 weeks **Resident: \$55 NR: \$70**  
9:00-9:50 am CCP - Tennis Courts 3 & 4  
Sa Sep 12-Oct 10 Activity Number: 7073

### Ages: 7 -10

5 weeks **Resident: \$55 NR: \$70**  
10:00-10:50 am CCP - Tennis Courts 3 & 4  
Sa Sep 12-Oct 10 Activity Number: 7074

## Tennis Lessons - Beginner

Instructor: P. Woods

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.

### Youth Beginner

Ages: 8 -15

5 weeks **Resident: \$55 NR: \$70**  
6:00-6:50 pm CCP - Tennis Courts 3 & 4  
W Sep 9-Oct 7 Activity Number: 7078

5 weeks **Resident: \$55 NR: \$70**

6:00-6:50 pm CCP - Tennis Courts 3 & 4  
M Sep 14-Oct 12 Activity Number: 7075

### Adult Beginner

Ages: 18 and up

5 weeks **Resident: \$55 NR: \$70**  
**Senior: Resident: \$49.50 NR: \$63**  
7:00-7:50 pm CCP - Tennis Courts 3 & 4  
M Sep 14-Oct 12 Activity Number: 7076

## Tennis Lessons - Intermediate

Instructor: P. Woods

Designed for those who have played before, but are looking to improve their game. Instruction of drills for control consistency, strategies and game play. Introduction of lob, overhead and half-volleys. Continued work on serve, forehand and backhand. Competitive drills and games will be played.

Ages: 16 and up

5 weeks **Resident: \$55 NR: \$70**  
**Senior: Resident: \$49.50 NR: \$63**  
7:00-7:50 pm CCP - Tennis Courts 3 & 4  
W Sep 9-Oct 7 Activity Number: 7077



# Fresh Air Fitness



Follow the clues and riddles left in Southfield parks from August 21-30 then submit your answers and be entered in a drawing to win a special reward.

All ages welcome!!

Free to participate but you must register to obtain the first clue!

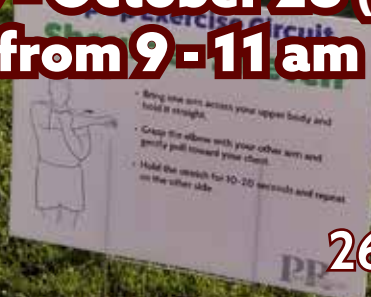
Sign up today by calling (248) 796-4620 or

online @ [apm.activecommunities.com/southfieldparks/Activity\\_Search](http://apm.activecommunities.com/southfieldparks/Activity_Search)

## Fitness Trail

Follow the signs placed along the walking path on the front lawn of the Donald F. Fracassi Municipal Complex for a fun, free workout.

**Every Monday & Wednesday**  
**September 9 - October 28 (closed Oct. 12)**  
**from 9-11 am**



26000 Evergreen Road

Questions? (248) 796-4620

[www.Facebook.com/SouthfieldParksandRecreation](http://www.Facebook.com/SouthfieldParksandRecreation)



# Fresh Air Fitness

## A WALK IN THE PARKS



### September 10 *Inglenook Park*

Twelve Mile Road between Evergreen and Lahser roads

### September 17 *Bedford Woods Park*

Lathrup Drive, north of Twelve Mile Road,  
east of Southfield Road

### September 24 *Carpenter Lake Nature Preserve*

south side of Ten Mile Road, east of Inkster Road

**Come join us as we exercise and explore our  
Southfield parks together.**

**Meet at the entrance to the park at 9 am**

Participants must wear a face mask, practice physical distancing and bring their own water.

### October 1 *Freeway Park*

located on the south side of Lincoln, just west of Greenfield

### October 8 *Civic Center Park*

26000 Evergreen Road, meet in front of the  
Parks & Recreation Building

### October 15 *Inglenook Park*

Twelve Mile Road between Evergreen and  
Lahser roads

### October 22 *Bedford Woods Park*

Lathrup Drive, north of Twelve Mile Road,  
east of Southfield Road

### October 29 *Carpenter Lake Nature Preserve*

south side of Ten Mile Road, east of Inkster Rd



*Sponsored in part by*



**SURGEONS CHOICE<sup>™</sup>**  
MEDICAL CENTER





## Evergreen Hills Golf Course

26000 Evergreen Road (248) 796-4666

9-hole, par 34, 2,954 yard course

USGA Course Rating/Slope Rating

32.6/112 (Men's White Tees)

32.4/100 (Women's Red Tees)

Open for play into November weather permitting.  
Opening hours may vary as sunrise and temperatures change.

M-F 8:00 am-Dusk

Sa & Su 7:00 am-Dusk

### 9 Hole Rates Walking With Cart

M - F \$12 \$22

Sa & Su \$13 \$23

Holidays \$13 \$23

Pull carts available - \$3

### Tee Time Process

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.

Save time, book your tee times online!

Go to

[www.cityofsouthfield.com/departments/parks-recreation/golf](http://www.cityofsouthfield.com/departments/parks-recreation/golf)

and click the Book Your Tee Time button.

Questions? (248) 796-4620

## Putting Clinics at

## Evergreen Hills Golf Course

Instructor: T. Ryan, PGA Pro

Work on your game in a small semi-private lesson at the Evergreen Hills Golf Course practice putting green.

These lessons will be limited to 3-6 people per session to allow for proper social distancing.

Ages: 16 and up

1 week Resident: \$15 N/R: \$15

12:00-1:00 pm Evergreen Hills GC  
F Sep 4 Activity Number: 7014

11:00 am-12:00 pm Evergreen Hills GC  
W Sep 9 Activity Number: 7009

5:00-6:00 pm Evergreen Hills GC  
T Sep 15 Activity Number: 7010

5:00-6:00 pm Evergreen Hills GC  
Th Oct 1 Activity Number: 7011



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



## 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).

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

Open daily, weather permitting.

M-F 11 am - 9 pm

Sa & Su 8 am - 7 pm

## Driving Range Rates

Medium Bucket \$10

Large Bucket \$12

## Driving Range Pro Shop Rules

Credit Payment Only - No Cash

1 person in Pro Shop at a time (must wear a face mask)

Please follow CDC social distancing guidelines while at the range.



## Clinics at Beech Woods Driving Range

Instructor: T. Ryan, PGA Pro

Work on your game in a small semi-private lesson at the Beech Woods Driving Range.

These lessons will be limited to 3-6 people per session to allow for proper social distancing.

## Chipping Clinic

Ages: 16 and up

1 week Resident: \$15 N/R: \$15

12:00-1:00 pm

BW Driving Range

T Sep 8

Activity Number: 7015

5:00-6:00 pm

BW Driving Range

W Sep 16

Activity Number: 7016

## Pitching Wedge Clinic

Ages: 16 and up

1 week Resident: \$15 N/R: \$15

12:00-1:00 pm

BW Driving Range

T Sep 22

Activity Number: 7063

5:00-6:00 pm

BW Driving Range

W Sep 30

Activity Number: 7064

## Sand Wedge/Bunkers Clinic

Ages: 16 and up

1 week Resident: \$15 N/R: \$15

10:00-11:00 am

BW Driving Range

Sa Sep 12

Activity Number: 7065

6:00-7:00 pm

BW Driving Range

Th Sep 24

Activity Number: 7066



## Golf Lessons

Instructor: T. Ryan, PGA Pro

Whether you are good at golf or you need a little help, our golf lessons can improve your game. Please register online or at the Parks & Recreation Information Desk window (inside the Southfield Pavilion).

These lessons will be limited to 3-6 people per session to allow for proper social distancing.

### Beginner

Ages: 16 and up

Introduction to the game from how to address the ball and how to hold the club to aiming, swinging and putting.

The price of range balls (\$6 per bucket) is not included in the registration fee.

4 weeks	<b>Resident: \$50</b>	<b>NR: \$65</b>
<b>Senior: Resident: \$45</b>	<b>N/R: \$58.50</b>	
6:00-6:50 pm	BW Driving Range	
W Sep 9-Sep 30	Activity Number: 7006	
7:00-7:50 pm	BW Driving Range	
Th Sep 10-Oct 1	Activity Number: 7007	
6:00-6:50 pm	BW Driving Range	
T Oct 6-Oct 27	Activity Number: 7062	

### Intermediate

Ages: 16 and up

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

The price of range balls (\$6 per bucket) is not included in the registration fee.

4 weeks	<b>Resident: \$50</b>	<b>N/R: \$65</b>
<b>Senior: Resident: \$45</b>	<b>N/R: \$58.50</b>	
7:00-7:50 pm	BW Driving Range	
T Sep 8-Sep 29	Activity Number: 7005	
7:00-7:50 pm	BW Driving Range	
Th Oct 8-Oct 29	Activity Number: 7008	



# Fresh Air Fun



## SENIORS IN THE PARK

These programs will be held outdoors in the Civic Center Park picnic shelter #1 (near the playground) so please dress accordingly. Face mask and social distancing required.

### Craft in the Park

Like to craft? Want to get out of the house? Crafting in a park is perfect. Try your hand at something new and useful. You will receive all the necessary supplies when you arrive. A snack will be provided.

Ages: 50 and up

#### Face Masks

Express yourself with a personally-designed face mask.

**Resident: \$10**

12:30-1:30 pm

Th Sep 17

**NR: \$10**

Civic Center Park Shelter #1

Activity Number: 7101

#### Beaded Bracelet

Learn how to make elastic bracelets. We will have a selection of different bead kits for you to choose from.

12:30-1:30 pm

Th Sep 24

Civic Center Park Shelter #1

Activity Number: 7102

#### Artist Trading Cards

Have you ever heard of Artist Trading Cards? They are a fun, quick craft you can share or keep for yourself.

**Resident: \$10**

12:30-1:30 pm

Th Oct 1

**NR: \$10**

Civic Center Park Shelter #1

Activity Number: 7103

### Bingo in the Park

In-person Bingo! Drop in and spend some time with all of your Bingo Buddies. We will play three games each session. Disposable cards and markers will be provided. This is a free program. We are playing for fun, not prizes.

Please note: we will also be running Virtual Bingo on these days at the same time.

4 weeks **Free**

10:00-11:00 am

T Sep 8

T Sep 22

T Oct 13

T Oct 27

Civic Center Park Shelter #1

Activity Number: 7093

Activity Number: 7108

Activity Number: 7109

Activity Number: 7110

### Picnic in the Park

Enjoy getting out with your friends or meeting new friends for a box lunch from Panera Bread. We will provide a boxed lunch; sandwich, chips, apple, cookie and water. After lunch we will play a rousing game of *Family Feud*.

**Resident: \$15**

12:00-1:30 pm

W Sep 16

**NR: \$20**

Civic Center Park Shelter #1

Activity Number: 7098

**Resident: \$15**

12:00-1:30 pm

W Oct 14

**NR: \$20**

Civic Center Park Shelter #1

Activity Number: 7099



## CHALK THE LOT

**Sunday, Sept 13 1 - 3 pm**

**\$10 per family (NRS \$15)**

**Parks & Recreation Parking Lot**

**We provide the chalk, you provide the art!!**

**Prizes will be awarded to the top 3 decorated spaces! This is an all outdoor event, and social distancing will be enforced. All participants must wear masks. Porta-potties and hand sanitizing stations will be available.**

## PHOTO WALKS



**Need a quick and creative escape? Grab your cell phone or camera and go for a walk. Each week we will reveal a new theme for participants to take pictures about. Using an application for your phone, you will be able to create a collage of your photos for posting to our private Facebook Group to display. This is a great program for families to do together! This is a FREE program.**



**SEPT 14 - OCT 26**

**ACTIVITY NUMBER: 7095**

# Fresh Air Fun

## Boo AT THE Burgh

**Friday, October 23**

**5:30–6:30 pm**

**Activity Number: 7024**

**7:30–8:30 pm**

**Activity Number: 7025**

**Saturday, October 24**

**3:30–4:30 pm**

**Activity Number: 7026**

**5:30–6:30 pm**

**Activity Number: 7027**

**7:30–8:30 pm**

**Activity Number: 7028**

**\$5/Resident; \$10/NR**

**Burgh Historical Park, northeast corner of Civic Center Drive and Berg Road**

One adult must be present per family for Halloween events. Families must social distance and each person must pay for a ticket. Masks are required.



## BOOK & BOO

Enjoy a Trick or Treat Story Trail with costumed characters handing out treats throughout Bedford Woods Park. Children will receive a pumpkin at the end of the trail.

For ages 2-10 years old.

**Saturday, Oct 31**

**1:00–2:00 pm      Activity Number: 7113**

**3:00–4:00 pm      Activity Number: 7114**

**\$5 per Resident (NR: \$10)**

**Bedford Woods Park,**

**Lathrup Drive, north of Twelve Mile Road (east of Southfield Rd.)**

Questions? (248) 796-4620

[www.cityofsouthfield.com](http://www.cityofsouthfield.com)



## Picnic Shelter Reservations

### **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, by credit card, is required at time of booking.
- There are no refunds on shelter permits.

**Call (248) 796-4620 to check on availability.**



# Virtual Programs

## ESPORTS

Ages 15 and up Streamed through STATE CHAMPS! Esports  
See page 21 for all the details

### LEAGUE OF LEGENDS LEAGUE

Sept 19-Nov 7 6-9 pm \$5/person Activity Number: 7059

### CALL OF DUTY WARZONE TOURNAMENT

Sept 26 & 27 5-10 pm \$5/person Activity Number: 7060

### FORTNITE TOURNAMENT

Oct 3 & 4 5-10 pm \$5/person Activity Number: 7061



# Virtual Bingo



We play 3 games a week, for fun, not prizes

**Tuesdays**  
**10 - 11 am**

This is a FREE activity but you must register to participate.

Links for bingo cards and virtual meeting are emailed to registered participants each week.

Call the Parks & Recreation Information Desk  
at (248) 796-4620 to register



# Virtual Programs

## Virtual Dance Classes

**with Impulse Dance Academy**

**\$68/Resident \$83/NR**



**Taps & Tutus (ages 3-5)**

**Mini Hip Hop (ages 4-7)**

**Jazz/Hip Hop Combo (ages 6-9)**

**Ballet/Tap Combo (ages 6-12)**

**JR/Teen Hip Hop (ages 8-15)**

**see page 19 for days and times**

## Coffee with Cathy

Get a cup of coffee or tea and join Cathy for a virtual conversation with friends.

**Fridays 9 - 10 am**

This is a FREE activity but you must register to participate.

The link to the virtual meeting will be emailed to registered participants each week.



**Call the Parks & Recreation Information Desk  
at (248) 796-4620 to register**

# Virtual Programs



## SEPTEMBER 2020

The mParks Foundation has partnered with communities throughout Michigan to raise monies for Parks & Recreation programs.

By selecting Southfield Parks & Recreation when you register, you will help generate funding for senior recreation opportunities in our parks and programs.

**\$33/person**

includes participation medal and t-shirt

**Sign up today at**

**[www.mparksfoundation.org/5k](http://www.mparksfoundation.org/5k)**

**Southfield**  
the center of it all™

**PR**  
Parks & Recreation



# PHOTO WALKS



**Need a quick and creative escape? Grab your cell phone or camera and go for a walk. Each week we will reveal a new theme for participants to take pictures about. Using an application for your phone, you will be able to create a collage of your photos for posting to our private Facebook Group to display. This is a great program for families to do together! This is a FREE program.**





# Virtual Programs - Dance

## Virtual Dance with Impulse Dance Academy

We are thrilled to welcome the *Impulse Dance Academy* to our Parks & Recreation dance family!

Participants will need a computer or smart device with a camera or microphone for these classes. A meeting link will be sent via email before the first class.

**Are you ready to dance?!**

### Virtual Taps & Tutus

Instructor: R. McMorris, Impulse Dance Academy

Level: **Beginners**

Foster a love of movement with this fun energetic class! This introductory level class explores rhythm, song, body awareness, coordination skills, imagination and creative expression. Lesson plan considers students' attention span and keeps them happily engaged while learning to translate music into movement. Children must be potty trained and able to be independent from their parent in class.

Dress Code: Black leotard; pink tights; pink ballet shoes; black tap shoes; hair in bun.

Ages: 3 - 5

6 weeks **Resident: \$68 NR: \$83**

6:00-6:45 pm

T Sep 22-Oct 27 Activity Number: 7111

T Nov 3-Dec 8 Activity Number: 7112

6 weeks **Resident: \$68 NR: \$83**

10:45-11:30 am

Sa Sep 26-Oct 31 Activity Number: 7048

Sa Nov 7-Dec 12 Activity Number: 7054



### Virtual Mini Hip Hop

Instructor: R. McMorris, Impulse Dance Academy

Introduction to the vocabulary, style and self-expression of hip-hop movement. This high energy class is taught to students with a passion to move!

Dress Code: comfortable, loose-fitting clothing that will allow ease of movement; dance shoes/sneakers (no street shoes or jeans)

Ages: 4 - 7

6 weeks **Resident: \$68 NR: \$83**

11:45 am-12:30 pm

Sa Sep 26-Oct 31 Activity Number: 7049

Sa Nov 7-Dec 12 Activity Number: 7050



# Virtual Programs - Dance

# COME DANCE WITH US!

Participants will need a computer or smart device with a camera or microphone for these classes. A meeting link will be sent via email before the first class.

## Virtual Ballet/Tap Combo

Instructor: R. McMorris, Impulse Dance Academy

Levels: Beginner, Intermediate

This combo class introduces classical ballet technique and terminology combined with tap that emphasizes the flow of rhythm and beats in music and their own bodies.

Dress Code: Black leotard; pink tights; pink ballet shoes; black tap shoes; hair in bun.

Ages: 6 - 12

6 weeks Resident: \$68 NR: \$83

12:45-1:30 pm

Sa Sep 26-Oct 31 Activity Number: 7055

Sa Nov 7-Dec 12 Activity Number: 7058

## Virtual JR/Teen Hip Hop

Instructor: R. McMorris, Impulse Dance Academy

Levels: Beginner, Intermediate

Introduction to the vocabulary, style and self-expression of hip-hop movement. This high energy class is taught to students with a passion to move!

Dress Code: comfortable, loose-fitting clothing that will allow ease of movement; dance shoes/sneakers; (no street shoes or jeans)

Ages: 8 - 15

6 weeks Resident: \$68 NR: \$83

8:00-8:45 pm

T Sep 22-Oct 27 Activity Number: 7089

T Nov 3-Dec 8 Activity Number: 7090

## Virtual Jazz/ HH Combo

Instructor: R. McMorris, Impulse Dance Academy

Levels: Beginner, Intermediate

This combo class infuses the funky style of hip hop with the technical side of jazz! Dancers alternate between the two styles during the program and will work on two performance pieces throughout the season.

Dress Code: any color leotard; black jazz pants/shorts; black tights; black jazz shoes/sneakers; hair in bun/ponytail

Ages: 6 - 9

6 weeks Resident: \$68 NR: \$83

7:00-7:45 pm

T Sep 22-Oct 27 Activity Number: 7087

T Nov 3-Dec 8 Activity Number: 7088





# Virtual Programs - Esports

We are excited to partner with *STATE CHAMPS! Esports* to bring esports to Southfield Parks & Recreation! Beginning this fall we will offer leagues and tournaments run across multiple game titles on multiple platforms. Players can play on Xbox One, PS4 or PC. The games will be streamed through *STATE CHAMPS! Esports*.

Headquartered on the campus of Lawrence Tech University here in Southfield, *STATE CHAMPS! Esports* has organized leagues and tournaments for high schools throughout the Midwest for the last 4 years. Their team also produces a weekly show focused on the world of Esports and gaming.



## League of Legends League

The *League of Legends League* will consist of 6-10 teams of 5 players with multiple games being played each week. It will be a 7 week, 14 game, best-of-one format season with a 4 team best-of-3 series playoff. Teams can't have more than 2 players Diamond Rank or higher. Teams will join the City of Southfield Discord for more information. The season will stretch from approximately Sep. 19 through Nov. 7.

Ages: 15 and up  
8 weeks    **Resident: \$5**    **NR: \$5**  
6:00-9:00 pm  
Sa    Sep 19-Nov 7    Activity Number: 7059

## How Tournaments Work

These tournaments will be double elimination point base games. For solo's you and your opponent will party up and go into a duo game, you play 2 games and whoever has the most eliminations moves onto the next round. The loser drops down into the lower bracket and plays a best-of-one elimination game against the other loser on their side of the bracket. The duo tournament will be the same thing except the two teams will party up and go into a quads game. In the finals the team that comes out of the lower bracket must beat the team coming out of the winners bracket twice to win.

## Call of Duty Warzone Tournament

Ages: 15 and up  
2 days    **Resident: \$5**    **NR: \$5**  
5:00-10:00 pm  
S,Sa    Sep 26-Sep 27    Activity Number: 7060

## Fortnite Tournament

Ages: 15 and up  
2 days    **Resident: \$5**    **NR: \$5**  
5:00-10:00 pm  
S,Sa    Oct 3-Oct 4    Activity Number: 7061



# 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.



## Online

Go to

[apm.activecommunities.com/SouthfieldParks](http://apm.activecommunities.com/SouthfieldParks)  
and set up your account today!

## Phone-In

(248) 796-4620

Monday-Friday 9 am-5 pm

## Fax

(248) 796-4605

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

## Mail

Registration

Southfield Parks & Recreation Dept.  
26000 Evergreen Road, P.O. Box 2055  
Southfield, MI 48037-2055

## 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 N/R Fee.

## 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.



# Registration

## Program Registration Form

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						

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

### 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 \_\_\_\_\_

# Fall 2020



#### **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*



# Fresh Air Fitness and Virtual Programs

**Registration for all programs  
can safely be done  
from your home:**

**Online at  
[apm.activecommunities.com/  
southfieldparks](https://apm.activecommunities.com/southfieldparks)**

**By phone (248) 796-4620**