

# Southfield Parks & Recreation

**Activities Guide**  
November - December 2020



# Safety First

Southfield Parks & Recreation is welcoming our residents and participants back indoors. Please know that as we move inside, we remain committed to providing programs with your safety as our priority. We have established a number of safety protocols for these programs, based on recommendations from the Centers for Disease Control (CDC) as well as the Michigan Department of Health and Human Services, the Oakland County Health Division and City of Southfield. These sources will continue to assist the department with any adjustments or updates as new information becomes available to assure that the safest environment possible is being provided.

The following safety protocols are in place for all Southfield Parks & Recreation Department indoor programs or events:

- Participants must pre-register for all programs. No drop-ins will be taken.
- All instructors, staff and participants are required to properly wear a face mask at all times, including during physical activity.
- Physical distancing from others must be maintained. Program sizes have been limited to help with physical distancing.
- Temperature checks are required before participation. Any person with a temperature above 100.4 will not be allowed entry.
- All restrooms will have a limit of one person at a time with 'Occupied/Available' signage posted.
- No equipment will be shared among participants during a program unless otherwise noted.
- Hand sanitizer will be available for participants' use.
- No spectators or non-registered individuals allowed inside the building.
- Participants may enter the building 10 minutes prior to class and must exit immediately upon conclusion.

If you or a family member is exhibiting symptoms, please stay home. Facilities, tables, chairs and equipment will be cleaned following each program. All programs at our facilities will continue to be City activities only. We are not accepting any indoor rental applications from the general public at this time.

We would like to thank you for your cooperation in helping us keep Southfield safe. If you would like more information concerning the safety protocols in place please call (248) 796-4620.



# Fresh Air Fun in the Parks



Carpenter Lake Nature Preserve, Ten Mile Road, east of Inkster

Southfield parks are open year round for residents to enjoy.

Don't let healthy habits like daily walks in nature that you established over the past few months slide. Pull on your boots and put on a warm coat and see your favorite parks in a whole new way.

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.

## Safe Park Use

Please do your part to protect yourself and others while visiting our parks.

- Do not visit the park if you are exhibiting symptoms
- Park amenities such as play equipment, benches and fencing are not sanitized
- Please keep a 6-foot distance between yourself and others and do not gather in groups.
- Share the trail and warn other trail users of your presence as you pass.
- Be prepared for limited or no access to restrooms and water fountains.

## Winter Park Closures

Outdoors restrooms and water access at

- Beech Woods Park
- Civic Center Park (near the Miracle Field)
- Inglenook Park
- Pebble Creek Parks
- Mary Thompson House and Farm

will close for the season beginning the week of November 2 .

The parking lot gates to the following parks will close for the season on December 1:

- Pebble Creek Park, access road off American Dr.
- Bedford Woods Park, Lathrup Blvd. entrance
- Freeway Park, Lincoln Drive entrance

# Craft Nights for Kids

Please note for all Craft Nights for Kids programs:

Please enter Room 115 through the west doors, before the entrance to the Southfield Pavilion (west of the P&R front circle).

## Craft Night 4 Kids

Make fall crafts with us! We will make a Wreath of Thanks, a Turkey Coaster and a "Give Thanks" charm bracelet. Participants will receive a bag with supplies needed to complete all 3 projects.

Ages: 5 - 12

1 day	<b>Resident: \$5</b>	<b>NR: \$10</b>
Th	Nov 5	P/R - Room 115
	5:30-6:30 pm	Activity Number: 7124

1 day	<b>Resident: \$5</b>	<b>NR: \$10</b>
F	Nov 6	P/R - Room 115
	5:30-6:30 pm	Activity Number: 7125
	7:15-8:15 pm	Activity Number: 7126

## Southfield Holiday Memories

Share your favorite Southfield holiday memory through art. Everyone will receive a bag of arts and crafts supplies. Write or draw your favorite memory and we will display it in our building and/or share it on social media.

Ages: 5 - 12

1 day	<b>Resident: \$5</b>	<b>NR: \$10</b>
F	Nov 20	P/R - Room 115
	5:30-6:30 pm	Activity Number: 7128
	7:15-8:15 pm	Activity Number: 7129



## Holiday Craft Night 4 Kids

Let's make holiday crafts together! We will make a snow globe and a jingle bell ornament. Participants will receive a bag with supplies needed for both projects.

Ages: 5 - 12

1 day	<b>Resident: \$5</b>	<b>NR: \$10</b>
F	Dec 11	P/R - Room 115
	5:30-6:30 pm	Activity Number: 7130
	7:15-8:15 pm	Activity Number: 7131

## Make Your Own Gingerbread House

Make a gingerbread house with us! Everyone will receive their own kit to make a gingerbread house.

Ages: 5 - 12

1 day	<b>Resident: \$15</b>	<b>NR: \$20</b>
F	Dec 18	P/R - Room 115
	5:30-6:30 pm	Activity Number: 7132
	7:15-8:15 pm	Activity Number: 7133



## Winter Craft Night 4 Kids

Make winter crafts with us! We will make a snowflake craft and a snowman craft. Participants will receive a bag with supplies needed to complete both projects.

Ages: 5 - 12

1 day	<b>Resident: \$5</b>	<b>NR: \$10</b>
F	Jan 8	P/R - Room 115
	5:30-6:30 pm	Activity Number: 7196
	7:15-8:15 pm	Activity Number: 7197



# Fun for Families

## Family Bingo

School is done for the day. Kids need something to do. It's a great time for Family Bingo!!! This is a free virtual program. You must have a tablet or computer to participate. Each week is a different theme; cute animals, nature, deserts, flowers and gardens. Register by noon on Tuesday to get your WebEx link and bingo card emailed to you.

1 day      **Free**  
4:00-5:00 pm      Virtual  
Tu      Nov 3-Dec 22      Activity Number: 7182



## Lite on "R" Feet Hustlers Drop In Hustle Class

This is a class for all ages! All children must be accompanied by an adult. Come dance, and move your body to some well known hustle dances! Pay per class or for the entire session at one time.

Please note:

Program is limited to 10 participants per day.

1 day      **Resident: \$5      NR: \$7**  
*No class Nov. 25*  
12:30-2:00 pm      SSA Lobby  
W      Nov 4-Dec 16

1 day      **Resident: \$5      NR: \$7**  
*No class Nov. 26*  
6:00-8:00 pm      AAB  
Th      Nov 5-Dec 17

## Themed Scavenger Hunt

Explore Southfield in a fun, physically distant way. These weekly scavenger hunts will feature a new theme each week. Participants will need to take a selfie with the answer to each question and submit it to the Parks & Recreation Scavenger Hunt Facebook Group. With your registration, you will receive an activity bag with the clues, snack and activity sheets to go with the theme. Activity Bags will be available for pick up on before the start of the hunt, at the Parks & Recreation Information Window inside the Southfield Pavilion.



All Ages

### Nature Week

1 week      **Resident: \$5      NR: \$5**  
S      Nov 1      Activity Number: 7189

### Civic Center Campus Week

1 week      **Resident: \$5      NR: \$5**  
S      Nov 8      Activity Number: 7190

### Art Week

1 week      **Resident: \$5      NR: \$5**  
S      Nov 15      Activity Number: 7191

### Parks Week

1 week      **Resident: \$5      NR: \$5**  
S      Nov 22      Activity Number: 7192

### Your Neighborhood Week

1 week      **Resident: \$5      NR: \$5**  
S      Nov 29      Activity Number: 7193

### Southfield History Week

1 week      **Resident: \$5      NR: \$5**  
S      Dec 6      Activity Number: 7194

### Stay at Home Week

1 week      **Resident: \$5      NR: \$5**  
S      Dec 13      Activity Number: 7195

# Athletics/Sports

## Youth

### Youth Basketball Clinic

Instructor: T. Marshall

During this clinic, limited to 9 students, we will teach your child the skills they need for both on and off the court to be a better athlete. Over the 5 week span of classes your child will learn the fundamentals and strategies of the game while developing the basic skills that are needed to play in a league format.



Please note:

Participants must bring their own basketball.

Ages: 5 - 7

5 weeks **Resident: \$50 NR: \$65**

**No class Nov. 28**

9:00-9:50 am

BWRC BBall Court 1

Sa Nov 7-Dec 12

Activity Number: 7198

Ages: 7 - 10

5 weeks **Resident: \$50 NR: \$65**

5:30-6:20 pm

BWRC BBall Court 1

Tu Nov 10-Dec 8

Activity Number: 7204

Ages: 8 - 12

5 weeks **Resident: \$50 NR: \$65**

**No class Nov. 28**

10:10-11:00 am

BWRC BBall Court 1

Sa Nov 7-Dec 12

Activity Number: 7199

### Youth Soccer Clinic

This clinic will consist of drills working on technical work, dribbling, passing, shooting, and fitness for kids of all skill levels. Each session will have different topics of focus. The kids in each session will be split off into smaller groups to work on their drills to help practice social distancing.

Please note:

Participants must bring their own soccer ball.

Ages: 7 - 14

5 weeks **Resident: \$55 NR: \$65**

**No class Nov. 28**

1:00-2:00 pm

BWRC BBall Court 2

Sa Nov 7-Dec 19

Activity Number: 7205



**The Southfield Sports Arena  
remains closed  
for General Skate and  
Sticks & Pucks at the time.**



# Athletics/Sports

## All Ages

### Indoor Tennis Lessons

Please note:

Participants must bring their own tennis racquet.  
Class size is limited to 3-6 students.

### Beginner

For those who want to learn how to play the great game of tennis. Discussion of rules and the basic fundamentals; grip, footwork, forehand, backhand, serve, volley and scoring.

Ages: 6 - 10 Instructor: P. Woods  
5 weeks Resident: \$55 NR: \$70  
No class Nov. 28  
9:30-10:20 am BWRC BBall Court 3  
Sa Nov 7-Dec 12 Activity Number: 7202

Ages: 11 - 17 Instructor: P. Woods  
5 weeks Resident: \$55 NR: \$70  
No class Nov. 28  
10:40-11:30 am BWRC BBall Court 3  
Sa Nov 7-Dec 12 Activity Number: 7203

Ages: 8 - 17 Instructor: R. Hall Jr.  
5 weeks Resident: \$55 NR: \$70  
5:00-5:50 pm BWRC BBall Court 3  
Tu Nov 10-Dec 8 Activity Number: 7200

Ages: 18 and up Instructor: R. Hall Jr.  
5 weeks Resident: \$55 NR: \$70  
Senior: Resident: \$49.50 NR: \$63  
6:10-7:00 pm BWRC BBall Court 3  
Tu Nov 10-Dec 8 Activity Number: 7201

### Intermediate (Adult)

This class is designed for those who have played before and want to improve upon their skills. Review of basic fundamentals and work on technical aspects of your game.

Ages: 18 and up Instructor: P. Woods  
5 weeks Resident: \$55 Non-resident: \$70  
Senior: Resident: \$49.50 Non-resident: \$63  
7:00-7:50 pm BWRC BBall Court 3  
M Nov 9-Dec 7 Activity Number: 7213

Questions? (248) 796-4620

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

## Senior

### Senior Sports Open Play

Please note:

Pre-registration is required, space is limited. Limited availability of volleyballs and pickleball equipment in the front office. Equipment is sanitized after each group. Please check in at the front desk for temperature check and health screening.

### Pickleball

Ages: 50 and up  
10 weeks Resident: \$10 Non-resident: \$20  
9:30-10:30 am BWRC Bball Court 3  
T Nov 10-Jan 12 Activity Number: 7209  
10 weeks Resident: \$10 Non-resident: \$20  
11:00 am-12:00 pm BWRC Bball Court 3  
T Nov 10-Jan 12 Activity Number: 7210

### Senior Bounce Volleyball

The game is played by standard volleyball rules except that the ball can bounce before you hit it.

Ages: 50 and up  
10 weeks Resident: \$20 Non-resident: \$30  
9:30-10:30 am BWRC Bball Court 1  
M,W Nov 9-Jan 13 Activity Number: 7207  
10 weeks Resident: \$20 Non-resident: \$30  
11:00 am-12:00 pm BWRC Bball Court 1  
M,W Nov 9-Jan 13 Activity Number: 7208

### Senior Indoor Tennis

All levels of play are welcome.

Ages: 50 and up  
7 weeks Resident: \$20 Non-resident: \$30  
9:30-10:30 am BWRC Bball Court 3  
Th-F Nov 12-Jan 15 Activity Number: 7211  
7 weeks Resident: \$20 Non-resident: \$30  
11:00 am-12:00 pm BWRC - Court D  
Th-F Nov 12-Jan 15 Activity Number: 7212

# Fitness

## 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.

Please note:

Enter Room 115 through the west doors, before the entrance to the Southfield Pavilion (west of the P&R front circle).

Ages: 18 and up

7 weeks **Resident: \$74 NR: \$84**  
**Senior: Resident: \$66.60 NR: \$75.60**

*No class Nov. 26*

6:30-7:30 pm P/R - Room 115  
M,Th Nov 9-Dec 21 Activity Number: 7140

### Moderate Yoga

Instructor: L. Lerman

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

Please note:

Please bring your own mat and non-slip socks.

Ages: 18 and up

8 weeks **Resident: \$20 NR: \$25**  
11:30 am-12:30 pm Burgh Church/Annex  
M Nov 2-Dec 21 Activity Number: 7155



### 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.

Please note:

Please bring your own mat and a towel.

Ages: 16 and up

6 weeks **Resident: \$45 NR: \$55**  
**Senior: Resident: \$40.50 NR: \$49.50**  
5:15-6:00 pm BWRC Multipurpose Rm  
W Nov 18-Dec 23 Activity Number: 7141



### 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.

Please note:

Please bring your own mat and a towel.

Ages: 16 and up

6 weeks **Resident: \$60 NR: \$75**  
**Senior: Resident: \$54 NR: \$67.50**  
3:45-4:45 pm BWRC Multipurpose Rm  
W Nov 18-Dec 23 Activity Number: 7134



## Walking at the Southfield Sports Arena

Many of us started a daily walking habit during the past few months. Keep that habit going with a few laps at the Southfield Sports Arena. It may not be a big area, but it is warm, dry and there is seating available for rests. Participants will need to call 248-796-4603 the day before to have their name added to the session they would like to attend. Please leave your name and phone number and which time you would like to attend.

Please note:

Maximum number of walkers per session is 15  
Please park on the west side of the building and enter only through those doors.

1 day **Free**  
9:00-9:45 am SSA  
M, W or F Call 248-796-4603 to register

1 day **Free**  
10:00-10:45 am SSA  
M, W or F Call 248-796-4603 to register



## Senior

### Beginning Tai Chi with Jeff Sotzen

Instructor: J. Sotzen

Learn the slow, gentle movements of the Tai Chi form that have been practiced for hundreds of years to nourish and strengthen the whole body, mind and spirit. Safety is a priority for us, in addition to the listed safety protocols we have limited the class size to 14 students.

Ages: 16 and up

6 weeks **Resident: \$25 NR: \$35**

**Senior: Resident: \$22.50 NR: \$31.50**

9:30-10:30 am

BWRC Multipurpose Rm

Th Nov 12-Jan 7

Activity Number: 7135

### 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. Safety is a priority for us, in addition to the listed safety protocols we have limited the class size to 14 students.

Ages: 16 and up

6 weeks **Resident: \$25 NR: \$35**

**Senior: Resident: \$22.50 NR: \$31.50**

10:45-11:45 am

BWRC Multipurpose Rm

Th Nov 12-Jan 7

Activity Number: 7136

# Fun at the Burgh

These programs for adults 18 and older will be held inside the 1854 Church and Annex at the Burgh Historical Park, corner of Civic Center Drive and Berg Road.

Please note the following safety protocols for all Fun at the Burgh programs:

- Properly worn face mask is required at all times, except when eating or drinking.
- Physical distancing required.
- Temperature checks are required before participation. If you or a family member is exhibiting symptoms, please stay home.
- Participants may enter the building 10 minutes prior to program and must exit immediately at the conclusion.
- Due to participation limits, you must be pre-registered for these programs.

## Bingo

Come spend an hour with a few of your Bingo Buddies as we play three games together each session. We are playing for fun, not prizes. Disposable cards and markers will be provided.

Ages: 18 and up

1 day	Resident: \$2	NR: \$3
10:00-11:00 am		Burgh Church/Annex
Tu Nov 3		Activity Number: 7168
Tu Nov 10		Activity Number: 7169
Tu Nov 17		Activity Number: 7170
Tu Nov 24		Activity Number: 7171
Tu Dec 1		Activity Number: 7172
Tu Dec 8		Activity Number: 7173
Tu Dec 15		Activity Number: 7174
Tu Dec 22		Activity Number: 7175

## Brain Games

Keep your brain working at its best! Challenging puzzles and games will keep you on your toes. All supplies will be provided.

Ages: 18 and up

1 day	Resident: \$2	NR: \$3
11:00 am-12:00 pm		Burgh Church/Annex
W Nov 4		Activity Number: 7156
W Nov 25		Activity Number: 7158
W Dec 2		Activity Number: 7159
W Dec 9		Activity Number: 7160
W Dec 23		Activity Number: 7161



## Coffee and Coloring

Take a break from the constant barrage of news and relax and enjoy a cup of coffee, a little coloring and some quiet conversation. Coffee, coloring sheets and supplies will be provided.

Ages: 18 and up

1 day	Resident: \$2	NR: \$3
11:00 am-12:00 pm		Burgh Church/Annex
F Nov 6		Activity Number: 7162
F Nov 13		Activity Number: 7163
F Nov 20		Activity Number: 7164
F Dec 4		Activity Number: 7165
F Dec 11		Activity Number: 7166
F Dec 18		Activity Number: 7167



# Fun at the Burgh

## Crafts at the Burgh

Like to craft? Join us for a small group craft program. Each week we will offer a different craft. You will receive all the necessary supplies when you arrive.



Ages: 18 and up

### Fall Wreath

1 day Resident: \$10 NR: \$12  
10:00-11:00 am Burgh Church/Annex  
Th Nov 5 Activity Number: 7176

### Decoupage terra cotta pots

1 day Resident: \$10 NR: \$12  
10:00-11:00 am Burgh Church/Annex  
Th Nov 12 Activity Number: 7177

### Holiday Face Masks

1 day Resident: \$10 NR: \$12  
10:00am-11:00am Burgh Church/Annex  
Th Nov 19 Activity Number: 7178

### Snow Man Decorations

1 day Resident: \$10 NR: \$12  
10:00-11:00 am Burgh Church/Annex  
Th Dec 3 Activity Number: 7179

### Memory Wire Bracelet

1 day Resident: \$10 NR: \$12  
10:00-11:00 am Burgh Church/Annex  
Th Dec 10 Activity Number: 7180

### Fabric Flower Pin

1 day Resident: \$10 NR: \$12  
10:00-11:00 am Burgh Church/Annex  
Th Dec 17 Activity Number: 7181

## Thanksgiving Luncheon

Enjoy a physically-distanced Thanksgiving lunch with your friends. The boxed lunch will feature turkey, stuffing, macaroni and cheese, green beans and dessert. Coffee, tea and water will be available. We will play a game after we eat. Face masks must be worn when not eating.

Ages: 18 and up

1 day Resident: \$20 NR: \$25  
12:30-2:00 pm Burgh Church/Annex  
Tu Nov 17 Activity Number: 7183

1 day Resident: \$20 NR: \$25  
12:30-2:00 pm Burgh Church/Annex  
W Nov 18 Activity Number: 7184

1 day Resident: \$20 NR: \$25  
12:30-2:00 pm Burgh Church/Annex  
Th Nov 19 Activity Number: 7185

## Holiday Luncheon

Join us for a Holiday Luncheon with your friends, in a physically distanced setting. A boxed lunch with lasagna, salad, bread sticks and a festive dessert are on the menu. Coffee, tea and water will be available. We will play a group game after we eat. Face masks must be worn when not eating.

Ages: 18 and up

1 day Resident: \$20 NR: \$25  
12:00-1:30 pm Burgh Church/Annex  
Tu Dec 15 Activity Number: 7186

1 day Resident: \$20 NR: \$25  
12:00-1:30 pm Burgh Church/Annex  
W Dec 16 Activity Number: 7187

1 day Resident: \$20 NR: \$25  
12:00-1:30 pm Burgh Church/Annex  
Th Dec 17 Activity Number: 7188

# Virtual Planetarium

## Vollbrecht Planetarium

### Remote Open House - Celebrating 50 years in Southfield and the Hubble Space Telescope's 30<sup>th</sup> Anniversary

Celebrate a jewel of the city and 30 years of the Hubble Space Telescope! Vollbrecht Planetarium, located in Adler Elementary, is



celebrating 50 years. We invite you to join our Planetarium instructors as they show you the universe and also recognize the 30<sup>th</sup> anniversary of The Hubble Space Telescope.

### NASA Lithograph Giveaway (drive thru event)

Receive a free lithograph from NASA of pictures taken from Hubble Telescope. Drive through the circle drive in front of the Parks & Recreation Building to pick up your lithograph along with the instructions and a link on how to attend the remote Open House. (You do not have to register for the Open House to receive a lithograph).

1 hour **Free**  
Sa Nov 14 9:00-10:00 am PR Building

### Remote Open House

1 hour **Free**  
12:00-1:00 pm Virtual  
Sa Nov 14 Activity Number: 7157

### 30 Years of Discoveries by the Hubble Space Telescope

Let's explore the accomplishments of the Hubble Space Telescope with multi-wavelength photos, video clips and info on future projects. Each remote class offers an interactive lecture and insight on "What's out tonight."

You will receive a WebEx code via email on the Tuesday before the class.

1 day **Resident: \$5 NR: \$6**  
7:00-8:30 pm Virtual  
W Nov 18 Activity Number: 7151

### Earth in the Goldilocks Zone

Earth in the Goldilocks Zone: Venus is too hot, Mars is too cold, Earth is just right. We'll explore the planets Mercury, Venus, Earth, Mars and dwarf planet, Ceres in the Asteroid Belt. Each remote class offers an interactive lecture and insight on "What's out tonight."

You will receive a WebEx code via email on the Tuesday before the class.

1 day **Resident: \$5 NR: \$6**  
7:00-8:30 pm Virtual  
W Nov 25 Activity Number: 7150

### Gas Giants

Explore the gas planets Jupiter and Saturn; icy worlds Uranus and Neptune and dwarf planets Pluto, Haumea, Makemake and Eris in this presentation. All hold surprises. Each remote class offers an interactive lecture and insight on "What's out tonight."

You will receive a WebEx code via email on the Tuesday before the class.

1 day **Resident: \$5 NR: \$6**  
7:00-8:30 pm Virtual  
W Dec 2 Activity Number: 7152

### Sky Tellers: Myths, Magic and Mysteries

Sky Tellers: The Myths, Magic and Mysteries of the Universe and the future of Vollbrecht Planetarium. This is a very relaxing program so get comfy on your couch and listen to new stories from around the world as well as Native American sky stories. Be ready to share your own story. Each remote class offers an interactive lecture and insight on "What's out tonight."

You will receive a WebEx code via email on the Tuesday before the class.

1 day **Resident: \$5 NR: \$6**  
7:00-8:30 pm Virtual  
W Dec 9 Activity Number: 7153



# Virtual Dance Lessons

## With instructor Rita McMorris of Impulse Dance Academy

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.

### Taps & Tutus Level: Beg

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 Virtual

Tu Nov 3-Dec 8 Activity Number: 7112

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

10:45-11:30 am Virtual

Sa Nov 7-Dec 12 Activity Number: 7054



### Mini Hip Hop Level: Beg

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: 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 Virtual

Sa Nov 7-Dec 12 Activity Number: 7050

### Ballet/Tap Combo Levels: Beg, Inter

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 Virtual

Sa Nov 7-Dec 12 Activity Number: 7058

### Jazz/Hip Hop Combo Levels: Beg, Inter

This 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.

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 Virtual

Tu Nov 3-Dec 8 Activity Number: 7088

### JR/Teen Hip Hop Levels: Beg, Inter

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: 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 Virtual

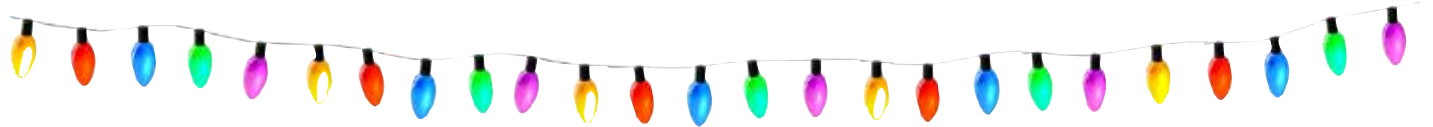
Tu Nov 3-Dec 8 Activity Number: 7090

# Holiday Happenings



## **SOUTHFIELD TREE LIGHTING 2020**

Kick off the Holiday season on Friday, December 4 at the Southfield Tree Lighting Ceremony. Join us from 6-9 pm on the front lawn of the Donald F. Fracassi Municipal Complex, 26000 Evergreen Road. Following the lighting ceremony at 6 pm, take a walk through our light up displays, enjoy refreshments (including the return of our famous s'mores), a live reindeer, ice carving demonstrations, craft kits for the kids and more! This is an all outdoor event so please dress accordingly. Face masks and physical distancing are required. Admission is FREE.



## **Show us your Holiday Light Displays**

If you are a Southfield resident that has a special holiday light display that you would like to share with us, send us a photo or send your address in along with when the lights will be on and we will come and take the picture.

We want to flood our Facebook page with the beautiful, hard work of our residents, and spread the joy of the season.

We will display pictures on our Facebook page @SouthfieldParksandRecreation until December 31.

Send us your photos as soon as possible and help us spread the holiday cheer!

Email photos to [hgraves@cityofsouthfield.com](mailto:hgraves@cityofsouthfield.com)

## **Show us your best Snowman/Snow Art**

Did your family make the BEST snowman ever? Or, maybe you have created the most impressive snow fort in town? Share it with us! We would love to see it!

We want to continue flooding our Facebook page with positivity and the creativity of our residents!



We will display your Snowman/Snow Art pictures on our Facebook page @SouthfieldParksandRecreation until March 1.

Email photos to [hgraves@cityofsouthfield.com](mailto:hgraves@cityofsouthfield.com)





# Beech Woods Wellness Center



Our top priority is keeping our members as safe and protected as possible while using our facilities. We will be opening while following strict guidelines from the CDC, state and county authorities.

PLEASE NOTE: While we are excited to begin operating, the locker rooms and showers will remain closed to the public.

Hours of Operation (Nov 9 - Dec 23):

M–F 8:00 am–8:00 pm

Sa 8:00 am–2:00 pm

Su Closed

Personal Trainer available:

M, W and F 8:00 am–1:00 pm

For more information please call the Beech Woods Wellness Center at (248) 796-4630.

## **Mandatory Wellness Center protocols:**

- Stay Home if You're Sick
- Temperature checks are required in the Beech Woods Recreation Center office upon entering the facility.
- Participants will be asked to sanitize their hands before using any equipment.
- Participants will be asked to sign a waiver stating that they understand that COVID-19 contagion remains a threat in our community and releasing the City of Southfield of responsibility should they become infected.
- Maximum of 8 gym participants including Wellness Attendant in the facility. Walk-ins are available only if the current hour has not reached capacity.
- Face masks covering mouth and nose must be worn the entire time in the Wellness Center except when in the restroom, wiping your face or taking a quick drink from your water bottle.
- The Wellness Center we will enforce the CDC-recommended social distancing guidelines of six feet between people. There will be signs posted to help you remember these hygiene and distancing protocols, as well as staff available to answer any questions or concerns that you may have.

# 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

## 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.



## 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.

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





**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*



# Winter - Session 1

## November - December 2020

**All programs require pre-registration.**

**Registration can be done 3 ways:**

- **In-person Monday-Friday from 9 am-5 pm at the Parks & Recreation Information Window inside the Southfield Pavilion (26000 Evergreen Road)**

- **By phone at (248) 796-4620, Monday-Friday from 9 am - 5 pm**

- **Online at <https://apm.activecommunities.com/southfieldparks>**