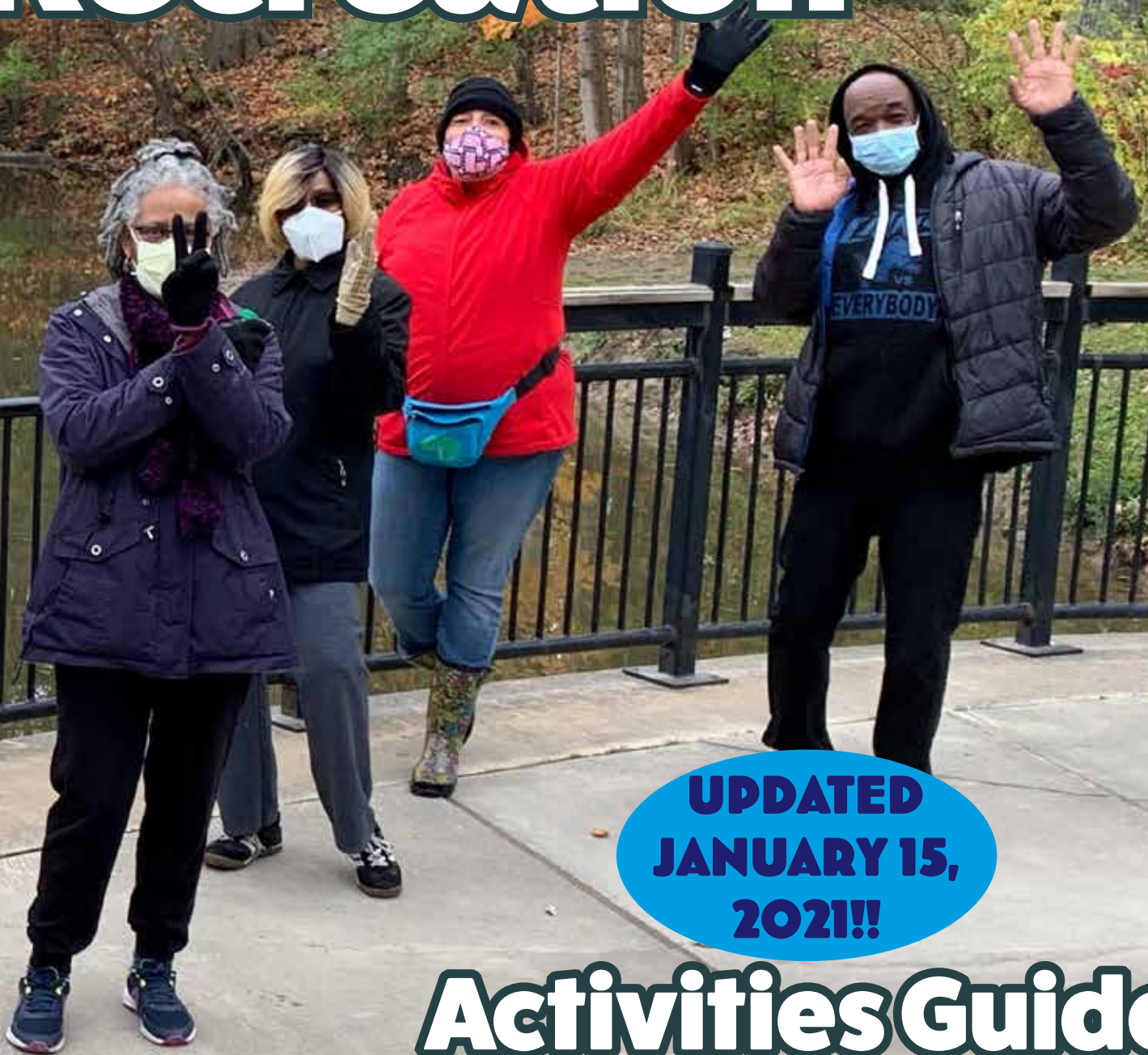


Southfield Parks & Recreation



**UPDATED
JANUARY 15,
2021!!**

Activities Guide

January - March 2021

Safety Protocols

Southfield Parks & Recreation has established a number of safety protocols for our indoor programs, based on recommendations from the Centers for Disease Control and Prevention (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 ensure 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:

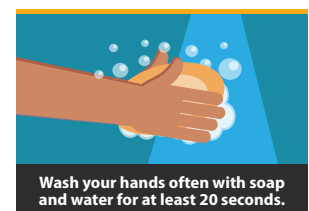
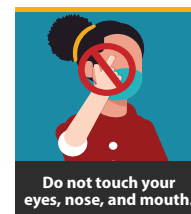
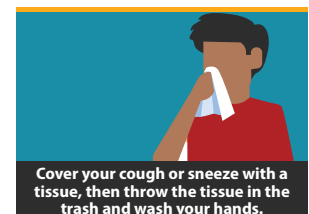
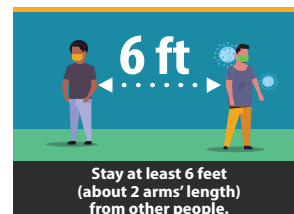
- Participants must pre-register for all programs. No drop-ins will be taken.
- All instructors, staff and participants are required to properly wear a face mask at all times, including during physical activity.
- Physical distancing from others must be maintained. Program sizes have been limited to assist 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.
- 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.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Fresh Air Fitness in the Parks



Southfield parks are open year round for residents to enjoy.

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 of COVID-19
- 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



Winter Park Closures

Outdoor restrooms and water access remain closed through May 1, 2021 at

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

The parking lot gates to the following parks are closed through May 1, 2021:

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



Kids Programs

Dance

Mini Hip Hop

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

Virtual Lessons

Ages: 4 - 6

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

11:45 am-12:30 pm Zoom

Sa Jan 16-Feb 20 Activity Number: 7279

5 weeks Resident: \$57 NR: \$72

No class Apr 3

11:45 am-12:30 pm Zoom

Sa Feb 27-Apr 10 Activity Number: 7285

Sa Apr 17-May 15 Activity Number: 7289

In-Person Lessons

Ages: 4 - 6

5 weeks Resident: \$57 NR: \$72

No class Apr 3

1:45 am-12:30 pm AAB - Dance Room

Sa Feb 27-Apr 10 Activity Number: 7299

Sa Apr 17-May 15 Activity Number: 7300

Please note the following additional safety protocols for all in-person youth dance lessons beginning in February 2021:

Dancer must come ready to dance. They will not be permitted to change in the building.

Please have all dancers use the bathroom at home before class.

Remember: there are no spectators or non-registered individuals allowed inside the building.



Face Mask Required For
All Indoor Programs



AAB

Arts & Activities Building

26000 Evergreen Road (North end of Civic Center
complex near tennis courts)

Kids Programs

Virtual Lessons

Virtual lessons are offered as an alternative to in-person lessons. Participants will need a computer or smartphone with a camera and a microphone. A Zoom link will be sent out via email prior to the first class date.



Taps & Tutus

Instructor: R. McMorris 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



Virtual Lessons

Ages: 3 - 5

6 weeks Resident: \$68 NR: \$83
6:00-6:45 pm Zoom
Tu Jan 12-Feb 16 Activity Number: 7275

10:45-11:30 am Zoom
Sa Jan 16-Feb 20 Activity Number: 7278

5 weeks Resident: \$57 NR: \$72
No class Mar 30
6:00-6:45 pm Zoom
Tu Feb 23-Apr 6 Activity Number: 7283
Tu Apr 13-May 11 Activity Number: 7291

No class Apr 3
10:45-11:30 am Zoom
Sa Feb 27-Apr 10 Activity Number: 7284
Sa Apr 17-May 15 Activity Number: 7290

In-Person Lessons

Ages: 3 - 5

5 weeks Resident: \$57 NR: \$72
No class Mar 30
6:00-6:45 pm AAB - Dance Room
Tu Feb 23-Apr 6 Activity Number: 7306
Tu Apr 13-May 11 Activity Number: 7307

No class Apr 3
10:45-11:30 am AAB - Dance Room
Sa Feb 27-Apr 10 Activity Number: 7301
Sa Apr 17-May 15 Activity Number: 7302

Kids Programs

Please note the following additional safety protocols for all in-person youth dance lessons beginning in February 2021:

Dancer must come ready to dance. They will not be permitted to change in the building.

Please have all dancers use the bathroom at home before class.

Remember: there are no spectators or non-registered individuals allowed inside the building.

Ballet/Tap Combo

Instructor: R. McMorris Levels: Beg, Int

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



Virtual Lessons

Ages: 5 - 11

6 weeks Resident: \$68 NR: \$83
12:45-1:30 pm Zoom
Sa Jan 16-Feb 20 Activity Number: 7280

5 weeks Resident: \$57 NR: \$72
No class Apr 3
12:45-1:30 pm Zoom
Sa Feb 27-Apr 10 Activity Number: 7286
Sa Apr 17-May 15 Activity Number: 7288

In-Person Lessons

Ages: 5 - 11

5 weeks Resident: \$57 NR: \$72
No class Apr 3
12:45-1:30 pm AAB - Dance Room
Sa Feb 27-Apr 10 Activity Number: 7297
Sa Apr 17-May 15 Activity Number: 7298

JR. Jazz/Hip Hop Combo

Instructor: R. McMorris Levels: Beg, Int

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

Virtual Lessons

Ages: 6 - 9

6 weeks Resident: \$68 NR: \$83
7:00-7:45 pm Zoom
Tu Jan 12-Feb 16 Activity Number: 7276

5 weeks Resident: \$57 NR: \$72
No class Mar 30
7:00-7:45 pm Zoom
Tu Feb 23-Apr 6 Activity Number: 7281
Tu Apr 13-May 11 Activity Number: 7292

In-Person Lessons

Ages: 6 - 9

5 weeks Resident: \$57 NR: \$72
No class Mar 30
7:00-7:45 pm AAB - Dance Room
Tu Feb 23-Apr 6 Activity Number: 7308
Tu Apr 13-May 11 Activity Number: 7309



Face Mask Required For All Indoor Programs

AAB

Arts & Activities Building

26000 Evergreen Road (North end of Civic Center complex near tennis courts)

Kids Programs

Athletics



Face Mask Required For All Indoor Programs

Indoor Tennis Lessons

Please note:

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

Beginner

For those children 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**
9:30-10:20 am BWRC - BBall Court 3
Sa Feb 27-Mar 27 Activity Number: 7326

Ages: 11 - 17 Instructor: P. Woods
5 weeks **Resident: \$55 NR: \$70**
10:40-11:30 am BWRC - BBall Court 3
Sa Feb 27-Mar 27 Activity Number: 7328

Ages: 8 - 17 Instructor: R. Hall Jr.
5 weeks **Resident: \$55 NR: \$70**
5:00-5:50 pm BWRC - BBall Court 3
Tu Feb 23-Mar 23 Activity Number: 7322



JR/Teen Hip Hop

Instructor: R. McMorris Levels: Beg, Int
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)

Virtual Lessons

Ages: 8 - 15
6 weeks **Resident: \$68 NR: \$83**
8:00-8:45 pm Zoom
Tu Jan 12-Feb 16 Activity Number: 7277

5 weeks **Resident: \$57 NR: \$72**
No class Mar 30
8:00-8:45 pm Zoom
Tu Feb 23-Apr 6 Activity Number: 7282
Tu Apr 13-May 11 Activity Number: 7293

In-Person Lessons

Ages: 8 -15
5 weeks **Resident: \$57 NR: \$72**
No class Mar 30
8:00-8:45 pm AAB - Dance Room
Tu Feb 23-Apr 6 Activity Number: 7310
Tu Apr 13-May 11 Activity Number: 7311

Virtual Lessons

Virtual lessons are offered as an alternative to in-person lessons. Participants will need a computer or smartphone with a camera and a microphone. A Zoom link will be sent out via email prior to the first class date.

BWRC Beech Woods Recreation Center 22200 Beech Road (South of Nine Mile Rd)

Questions? (248) 796-4620

www.Facebook.com/SouthfieldParksandRecreation

Kids Programs

Youth Basketball Clinic

Instructor: T. Marshall

During this clinic we will teach your child the skills they need 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
Each session limited to 9 participants

Ages: 5 - 7

5 weeks **Resident: \$50** **NR: \$65**
9:00-9:50 am BWRC - BBall Court 1
Sa Feb 6-Mar 6 Activity Number: 7330
Sa Mar 13-Apr 10 Activity Number: 7331

Ages: 7 - 10

5 weeks **Resident: \$50** **NR: \$65**
5:30-6:20 pm BWRC - BBall Court 1
Tu Feb 9-Mar 9 Activity Number: 7334
Tu Mar 16-Apr 13 Activity Number: 7335

Ages: 8 - 12

5 weeks **Resident: \$50** **NR: \$65**
10:10-11:00 am BWRC - BBall Court 1
Sa Feb 6-Mar 6 Activity Number: 7332
Sa Mar 13-Apr 10 Activity Number: 7333



Youth Soccer Clinic

Instructor: P. Lamarre

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.

Ages: 7 - 14

5 weeks **Resident: \$55** **NR: \$65**
11:20 am-12:20 pm BWRC - BBall Court 1
Sa Feb 13-Mar 13 Activity Number: 7287



**Face Mask Required For
All Indoor Programs**

Special Interest

Family Bingo (Virtual Program)

School is done for the day. Kids need something to do. 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, desserts, flowers and more. Register by Noon on Tuesday to get your Webex link and bingo card emailed to you.

All Ages
12 weeks **Free**
4:00-5:00 pm Webex
Tu Jan 12-Mar 30 Activity Number: 7238

BWRC Beech Woods Recreation Center 22200 Beech Road (South of Nine Mile Rd)

Fun for All Ages

WINTER PARK ADVENTURES



Come see how your favorite parks change in the winter season!

These guided winter hikes are a great way for all ages to get out for some exercise and fresh air. Since it's Michigan and the weather can change from week-to-week, we will monitor the weather and plan walks when conditions are best for all hiking abilities. We will post new walk days and locations on our Facebook and webpage one week prior to the hike.

Winter Park Adventures will take place on weekends beginning in January and are free. All participants are required to wear a face mask.

Email cfresia@cityofsouthfield.com with *Winter Park Adventures* in the subject line to receive notices about upcoming walks or changes to the schedule.



Show us your Snowman!!

Did your family make the
BEST snowman ever?
Maybe the most impressive
snow fort in town?



Share it with us! We would love to see it!
Email a photo of your snow creations to
hgraves@cityofsouthfield.com
We will post the pictures on our
Facebook page @SouthfieldParksandRecreation
until March 1.

Adult Programs

Arts/Entertainment

Ceramics

Instructor: K. Robichaud

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

Ages: 16 and up

8 weeks **Resident: \$130** **NR: \$150**

Senior: Resident: \$117 **NR: \$135**

7:00-10:00 pm BHP - Art Center

W Mar 24-May 12 Activity Number: 7222



Athletics

Indoor Intermediate Tennis Lesson

Instructor: P. Woods

This class is designed for those who have played before and want to improve upon their skills. It serves as a review of basic fundamentals and works on the technical aspects of your game.

Please note:

Participants must bring their own tennis racquet.

Class size is limited to 3-6 students.

Ages: 18 and up

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

Senior: Resident: \$49.50 **NR: \$63**

7:00-7:50 pm BWRC - BBall Court 3

M Mar 1-Mar 29 Activity Number: 7320

Dance

Motown Style Ballroom Dance

Instructor: D. Lott

This unique and popular style of ballroom dance stems from the Baby Boomer generation and is done in some of the most popular Afro-American night spots. It is a combination of the Social and the Cha-Cha.

Please note:

Partner is required to sign up!

Part 1

Ages: 18 and up

5 weeks **Resident: \$45** **NR: \$55**

Senior: Resident: \$40.50 **NR: \$49.50**

1:00-2:00 pm P/R - Room 115

Sa Mar 6-Apr 3 Activity Number: 7265

Part 2

Ages: 18 and up

4 weeks **Resident: \$46** **NR: \$56**

Senior: Resident: \$41.40 **NR: \$50.40**

2:15-3:15 pm P/R - Room 115

Sa Mar 6-Mar 27 Activity Number: 7266

Part 3

Ages: 18 and up

4 weeks **Resident: \$48** **NR: \$58**

Senior: Resident: \$43.20 **NR: \$52.20**

3:30-4:30 pm P/R - Room 115

Sa Mar 6-Mar 27 Activity Number: 7267

Popular Hustles

Instructor: K. Johnson

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

Ages: 18 and up

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

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

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

Tu Mar 2-Mar 30 Activity Number: 7268

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

W Mar 3-Mar 31 Activity Number: 7269

Adult Programs

Fitness

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 we know of that you don't feel as if you have actually been working out. It's the best thing going to help get into shape.

Ages: 18 and up

7 weeks **Resident: \$74** **NR: \$84**
 Senior: Resident: \$66.60 **NR: \$75.60**
 6:30-7:30 pm P/R - Room 115
 M,Th Feb 22-Apr 8 Activity Number: 7312

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 some nonslip socks. We begin class in a chair and end class on your mat. Plan to physical distance at all times.

Ages: 18 and up

5 weeks **Resident: \$45** **NR: \$50**
 11:30 am-12:30 pm BHP - Church/Annex
 M Mar 1-Mar 29 Activity Number: 7225



Face Mask Required For All Indoor Programs



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:

Participants must bring their own mat and 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 Feb 10-Mar 17 Activity Number: 7144
 W Mar 24-Apr 28 Activity Number: 7148

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:

Participants must bring their own mat and 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 Feb 10-Mar 17 Activity Number: 7145
 W Mar 24-Apr 28 Activity Number: 7149

BHP	Burgh Historical Park	26060 Berg Road (NE corner of Civic Center Dr & Berg Rd)
BWRC	Beech Woods Recreation Center	22200 Beech Road (South of Nine Mile Rd)
P/R	Parks & Recreation Building	26000 Evergreen Road

Adult Programs

Special Interest

Coloring and Coffee

Relax your brain and enjoy a cup of coffee, coloring and some quiet conversation. Coffee, coloring sheets and supplies will be provided. Masks must be worn at all times, except when drinking.



Ages: 18 and up
 1 hour **Resident: \$2** **NR: \$3**
 11:00 am-12:00 pm BHP - Church/Annex
 F Feb 12 Activity Number: 7254
 F Feb 19 Activity Number: 7255
 F Feb 26 Activity Number: 7256
 F Mar 5 Activity Number: 7257
 F Mar 12 Activity Number: 7258
 F Mar 19 Activity Number: 7259
 F Mar 26 Activity Number: 7260

Bingo

In-person Bingo for fun, not prizes. We will play five games each session. Disposable cards and markers will be provided. Space is limited.

Ages: 18 and up
 1 hour **Resident: \$2** **NR: \$3**
 10:00-11:00 am BHP - Church/Annex
 Tu Feb 9 Activity Number: 7230
 Tu Feb 16 Activity Number: 7231
 Tu Feb 23 Activity Number: 7232
 Tu Mar 2 Activity Number: 7233
 Tu Mar 9 Activity Number: 7234
 Tu Mar 16 Activity Number: 7235
 Tu Mar 23 Activity Number: 7236
 Tu Mar 30 Activity Number: 7237

Brain Games

Challenging puzzles and games will keep you on your toes. Supplies will be provided.

Ages: 18 and up
 1 hour **Resident: \$2** **NR: \$3**
 11:00 am-12:00 pm BHP - Church/Annex
 W Feb 10 Activity Number: 7243
 W Feb 17 Activity Number: 7244
 W Mar 3 Activity Number: 7245
 W Mar 10 Activity Number: 7246
 W Mar 24 Activity Number: 7247
 W Mar 31 Activity Number: 7248



Face Mask Required For All Indoor Programs

Walking at the Southfield Sports Arena

Come walk a few laps at the Southfield Sports Arena. Participants will need to call the day before to register. 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 - Lobby
 M, W or F Call 248-796-4603 to register

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

BHP	Burgh Historical Park	26060 Berg Road (NE corner of Civic Center Dr & Berg Rd)
SSA	Southfield Sports Arena	26000 Evergreen Road

Adult Programs

Drive-Thru Luncheons

Senior Services is presenting a monthly series of drive-thru luncheons. Lunches will be packaged and ready at 12 pm for you to drive up to the Parks & Recreation Building circle drive (26000 Evergreen Road) and pick up. No need to get out of the car, we will hand you your lunch and an activity packet with puzzles and other fun. Included in the packet will be the meeting link information if you would like to join into the virtual activities with Senior Services staff and other participants at 1 pm.

Black History Month Drive-Thru Luncheon

Lunch will be a *Beans & Cornbread* Shoebox lunch covered with Black History Month tidbits and stories. It will be packed with a protein, cornbread and 2 sides. Water and sweet treats included. The virtual meeting at 1 pm features Barbara Talley, former Southfield City Councilwoman, speaking on African American history in Southfield.



Ages: 18 and up
 1 day **Resident: \$20 NR: \$25**
 12:00-1:30 pm P/R - front circle drive
 W Feb 17 Activity Number: 7336

St. Patrick's Day Drive-Thru Luncheon

Corned beef sandwiches, chips and sweet treats. Water will be included. Join us for the virtual meeting at 1 pm for a new game.

Ages: 18 and up
 1 day **Resident: \$20 NR: \$25**
 12:00-1:30 pm P/R - front circle drive
 W Mar 17 Activity Number: 7263

Care for yourself one small way each day

Take breaks to relax and unwind through yoga, music, gardening, or new hobbies

Find new ways to safely connect with family and friends, get support, and share feelings

Take care of your body and get moving to lessen fatigue, anxiety, or sadness

Treat yourself to healthy foods and get enough sleep

Substance Abuse and Mental Health Services Administration
 Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

The Southfield Scribe

If you or someone you know is age 50+ tell them about The Southfield Scribe! This quarterly newsletter is full of information for Southfield adults on programs, resources and events.

Call the Senior Services office at 248-796-4650 to be put on The Southfield Scribe mailing list today.

Or check out the newest edition online at www.cityofsouthfield.com/departments/parks-recreation/senior-activities



P/R Parks & Recreation Building 26000 Evergreen Road

Senior Programs

Athletics

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** **NR: \$20**
9:30-10:30 am BWRC - Court D
Tu Feb 9-Apr 13 Activity Number: 7214

10 weeks **Resident: \$10** **NR: \$20**
11:00 am-12:00 pm BWRC - Court D
Tu Feb 9-Apr 13 Activity Number: 7215

Senior Indoor Tennis

Ages: 50 and up

10 weeks **Resident: \$20** **NR: \$30**
9:30-10:30 am BWRC - Court D
Th-F Feb 11-Apr 16 Activity Number: 7219

10 weeks **Resident: \$20** **NR: \$30**
11:00 am-12:00 pm BWRC - Court D
Th-F Feb 11-Apr 16 Activity Number: 7220

Dance

Hustles for Seniors

Instructor: K. Johnson

Classes are held in the Southfield Sports Arena lobby. Seniors will learn basic hustle steps and help create their own hustles to popular Motown music. No partner required.

Ages: 50 and up
5 weeks **Resident: \$30** **NR: \$40**
12:00-1:00 pm SSA - Lobby
Th Mar 4-Apr 1 Activity Number: 7270

Fitness

Beginning Tai Chi with Jeff Sotzen

Instructor: J. Sotzen

Learn the slow, gentle movements of the Tai Chi form that has been practiced for hundreds of years to nourish and strengthen the whole body, mind and spirit.



Ages: 16 and up

6 weeks **Resident: \$25** **NR: \$35**
 Senior: Resident: \$22.50 **NR: \$31.50**
9:30-10:30 am BWRC - Multipurpose Rm
Th Feb 11-Mar 18 Activity Number: 7142
Th Mar 25-Apr 29 Activity Number: 7146

Tai Chi Form with Jeff Sotzen

Instructor: J. Sotzen

This class is a continuing Tai Chi class for those who know and understand the basics. Focus is on the Tai Chi form. Instructor approval needed to take class.

Ages: 16 and up

6 weeks **Resident: \$25** **NR: \$35**
 Senior: Resident: \$22.50 **NR: \$31.50**
10:45-11:45 am BWRC - Multipurpose Rm
Th Feb 11-Mar 18 Activity Number: 7143
Th Mar 25-Apr 29 Activity Number: 7147



Face Mask Required For All Indoor Programs

BWRC Beech Woods Recreation Center
22200 Beech Road (South of Nine Mile Rd)
SSA Southfield Sports Arena
26000 Evergreen Road

Senior Programs

Special Interest

Coffee with Cathy (Virtual Program)

Get a cup of coffee or tea and join us for some conversation from the comfort of your own home! How is your week going? What are your favorite recipes? What have you read or saw on TV lately that was good? Register up to the day before and we will send you the link to join us virtually.

12 weeks **Free**
11:00 am-12:00 pm Webex
F Jan 8-Mar 26 Activity Number: 7337

Virtual Bingo

We play three games each week. Once registered, you will receive a weekly email with the links for your bingo cards and the virtual meeting. Join in every week or whenever you can. We play for fun, not prizes.

12 weeks **Free**
10:00-11:00 am Webex
Tu Jan 12-Mar 30 Activity Number: 7319

Connecting to Virtual Programs

Wondering how to connect to a program or class we are offering virtually?

First register for the program you are interested in.

- call the Parks & Recreation Information Desk (248-796-4620) and staff will register you
- or register online at <https://apm.activecommunities.com/southfieldparks>

Make sure you include your email address when registering so that staff can email you a link that allows you to access the class or program. We use the **Webex** platform for our virtual programs.

Click on the link at the start time (or just before). If you have Webex downloaded on your device you will be taken directly to the meeting. If you do not, click "**Open in Browser**" and it will take you to the meeting.

Once in the meeting, make sure there isn't a slash through the video camera and microphone icons (pictures) at the bottom of your screen. If there is, just click on them to turn them on so that everyone will be able to hear you and see you.

**Call Senior Services at 248-796-4650
if you have any questions.**



Senior Connection Program

Due to Covid-19 we recognize many of our seniors have been isolated and could use a friendly call. Please let us know if you or someone you know could benefit from a regular phone call from our Senior Services Staff to check in. We are here to help! Please call us to get on our Senior Connection calling list 248-796-4650. We are all in this together!

Coming Soon

Southfield Celebrates Black History Month 2021

The format may change but the message never will.

Southfield Parks & Recreation presents a February full of events to **Remember**, **Educate** and **Celebrate** Black History.



Virtual poetry and storytelling events along with safe, in-person opportunities are being planned. Follow our program announcements on **Facebook** at **@SouthfieldParksandRecreation** and on the City of Southfield webpage at **www.cityofsouthfield.com/departments/parks-recreation**

Picnic Shelter Reservations Begin on Thursday, APRIL 1 at 8 am



- 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 room/site rentals.
- There are no refunds on shelter permits.

Please call (248) 796-4620
for updated procedures and protocols for reserving
picnic shelters for the 2021 season.

Beech Woods Wellness Center

Beech Woods Wellness Center

Located inside the
Beech Woods Recreation Center
22200 Beech Road
Southfield, MI 48033

Hours of Operation (Feb 1 - Apr 3):

M-F 9:00 am-7:00 pm
Sa 9:00 am-2:00 pm
Su Closed

For more information please call the Beech Woods Wellness Center at (248) 796-4670.



Wellness Center Safety Protocols:

- Upon entering the facility, participants must pass a COVID-19 screening, temperature check, and sign a waiver in the main office before gaining access to the Wellness Center.
- Wellness Center capacity is limited to 25% (maximum of 8 people including staff). Wellness Center attendants will inform waiting participants when to enter.
- Exercise equipment has been properly spaced to ensure proper social distancing during use.
- Locker rooms, showers and drinking fountains are off-limits and signed "Out of Order" until further notice. South restrooms will be available for bathroom use.
- PPE is available for members throughout the center for easy access and sanitizing.
- Wellness Center attendants will clean and disinfect all equipment prior to opening, periodically during open hours and again after closing.
- Wellness Center hours have been adjusted to allow greater separation between groups and more time for facility cleaning.
- Face masks must be worn by staff and members at all times, with the exception of when taking a drink or wiping sweat from face.



Our top priority is keeping our members as safe and protected as possible while using our facilities.

PLEASE NOTE: The locker rooms and showers will remain closed to the public.



**Face Mask Required For
All Indoor Programs**

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.



Phone-In

Parks & Recreation Information Desk
(248) 796-4620

Monday-Friday 9 am-5 pm

Beech Woods Recreation Center
(248) 796-4670

Monday-Friday 9 am-5 pm

Saturday 9 am-2 pm

Online

Set up your account today at

apm.activecommunities.com/SouthfieldParks

Please use the Registration Form on the following page for Mail or Fax registrations. Payment in full must accompany the form.

Mail

Registration

Southfield Parks & Recreation Dept.

26000 Evergreen Road, P.O. Box 2055

Southfield, MI 48037-2055

Fax (248) 796-4605

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 NR Fee.

Due to the unpredictability of Covid-19, please call our Information Desk at (248) 796-4620 or check our website or Facebook page to check the status of a program.

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.
- 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

Linnie Taylor, *Council President*

Michael "Ari" Mandelbaum, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Lloyd Crews

Jason Hoskins

Tawnya Morris

Sherikia L. Hawkins, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

Parks & Recreation Board

Jeannine D. Reese, *Chairperson*

Rosemerry D. Allen

Brandon Gray

Kathleen A. McNelis

Adam Wolf

Amani Johnson, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*



Winter - Session 2 January - March 2021

All programs require pre-registration.

Registration can be done:

- **In-person*** Monday-Friday from 9 am-5 pm at the Parks & Recreation Information Window inside the Southfield Pavilion located at 26000 Evergreen Road.
- **By phone** at (248) 796-4620, Monday-Friday from 9 am - 5 pm
- **By mail** at Registration Southfield Parks & Recreation Dept. 26000 Evergreen Road, P.O. Box 2055 Southfield, MI 48037-2055
- **By fax** at (248) 796-4605
- **Online** at <https://apm.activecommunities.com/southfieldparks>

**All City of Southfield offices and facilities remain closed to the public until at least Monday, February 1, 2021 or further notice in accordance with the most recent state of Michigan public health order. In person registration will resume after that time.*