# SOUTHFIELD PARKS & RECREATION

SOUTHFIEL

PARK



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RECREATION

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Registration

On occasion, Parks & Recreation staff will take pictures of individuals using our parks and facilities or participating in our special events, programs or classes. Please be aware that these photos are for Parks & Recreation Department use only and may be used in future promotional pieces such as social media posts or printed materials such as flyers or activity brochures.

#### **Parks & Recreation Building**

26000 Evergreen Road	l (248) 796-4620
M-F	9:00 am-5:00 pm

Senior Services (former Adu	ult Recreation Center 50+)
26000 Evergreen Road	
M-Th	9:00 am-4:00 pm
F	9:00 am-2:00 pm

#### **Arts & Activities Building**

26000 Evergreen	Road	(248) 796-4620

#### **Beech Woods Recreation Center**

22200 Beech Road	
	Office Hours Apr 20-Aug 28
M-F	
Sa & Su	Closed

Beech Woods Wellness Center..... (248) 796-4676 May-August

M-F	9:00 am-5:00 pm
Sa & Su	Closed

#### **Beech Woods Driving Range**

Opens May 1, 2022	
22202 Beech Road	
M-F	9:00 am-8:00 pm
Sa & Su	9:00 am-7:00 pm

#### **Burgh Historical Park**

#### **Evergreen Hills Golf Course**

#### **Park Services**

#### **Southfield Sports Arena**

26000 Evergreen Road	(248) 796-4640
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#### **Southfield Pavilion**

26000 Evergreen Road	(248) 796-4620
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#### On the Cover:

Kids Concerts are back for Summer 2022!!

#### See page 13 for details

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Questions? (248) 796-4620

www. cityofsouthfield.com

# **Southfield Parks & Recreation**



Seasonal and Part-time Positions

# NOW HIRING?







Flexible Schedules

Facility Desk Staff Golf Staff (Driving Range and Golf Course) Community Gardens Staff

All applicants must be 18 years old or a high school graduate.

Application and job details available at cityofsouthfield.com/jobs Email completed app to cfresia@cityofsouthfield.com or call (248) 796-4603



#### **Attention Parents - Resident Registration Begins April 18**

Once again, we are allowing a limited number of campers this summer for Camps Tadpole, Wildwood and Evergreen at the Southfield Sports Arena site only. Unfortunately, we will be unable to provide latchkey for camps this summer. Registration will be conducted at the Southfield Parks & Recreation Information Desk beginning April 18. Non-resident (NR) registration begins Monday, April 25.

We will be following current protocols from the State of Michigan, the City of Southfield and the Oakland County Health Division to keep your children safe and healthy. We will provide all parents with a written copy of our safety protocols. You must sign off on these protocols in order for your child to attend camp.

No online, mail-in or faxed registrations will be accepted for any summer camp program. Registration must be done in person. Parents or guardians are asked to please be prepared with the following items at registration:

- Show child's Birth Certificate
- Fill out and sign medical/liability/COVID-19 protocol forms. (Signature must be parent or guardian and must be witnessed.)
- Provide medical and insurance information and emergency phone numbers.
- Payment for all camp fees must be made at time of registration by cash or credit card only.

There are maximum enrollments established for each program. Sessions are filled on a first-come, first-served basis. If space is not available for the camp you want to register your child for, you can elect to be placed on a waiting list. If a spot opens up and we call you from the waiting list you have 24 hours from the time of our call to respond before we call the next person in line.

#### **Session Fees**

Fees are listed under camp descriptions. There will be no off-site field trips, but on-site field trips are included in session fees. Participants will need to bring a lunch, snack and drinks every day.

#### Refunds

To receive a full refund on camp programs, notify the appropriate office in person no later than the WEDNESDAY prior to the first day of the program and present your original receipt.

#### **Camps Tadpole, Wildwood and Evergreen**

Camps Tadpole, Wildwood and Evergreen offer seven, 1-week sessions. Sessions are filled on a firstcome, first-served basis. Your child will be given a calendar with more camp details the first day of each session. Every day your child will need to bring a lunch, snack and two drinks.

Campers will enjoy sports, games, arts and crafts, nature activities and more.

Activity Number: 8409

Activity Number: 8410

Activity Number: 8417

#### There is no camp Jun 20 or the week of Jul 4-8.

#### **Camp Tadpole**

Ages:	5 - 7	
4 days	Resident:	\$120 NR: \$136
9:00 a	am-4:00 pm	SSA
Tu-F	Jun 21-Jun 24	Activity Number: 8404
1 week	Resident:	\$150 NR: \$170
9:00 a	am-4:00 pm	SSA
M-F	Jun 27-Jul 1	Activity Number: 8405
M-F	Jul 11-Jul 15	Activity Number: 8406
M-F	Jul 18-Jul 22	Activity Number: 8407
M-F	Jul 25-Jul 29	Activity Number: 8408

#### Camp Wildwood

M-F Aug 8-Aug 12

M-F

Aug 1-Aug 5

Aug 8-Aug 12

Cam	p Wildwood		
Ages:	8 - 9		
4 days	s Resident:	\$120	NR: \$136
9:00	am-4:00 pm	SSA	
Tu-F	Jun 21-Jun 24	Activity I	Number: 8411
1 weel	Resident:	\$150	NR: \$170
9:00	am-4:00 pm	SSA	
M-F	Jun 27-Jul 1	Activity I	Number: 8412
M-F	Jul 11-Jul 15	Activity I	Number: 8413
M-F	Jul 18-Jul 22	Activity I	Number: 8414
M-F	Jul 25-Jul 29	Activity I	Number: 8415
M-F	Aug 1-Aug 5	Activity I	Number: 8416

#### **Camp Evergreen**

Activities are planned for children ages 10-12, but we will accept 13 year olds in the program.

Ages: 1	0 - 13		
4 days	Resident:	\$120	NR: \$136
9:00 a	1m-4:00 pm	SSA	
Tu-F	Jun 21-Jun 24	Activity	Number: 8397
		+	
1 week			ND. C170
IWCCK	Resident:	Ş150	NR: \$170
	im-4:00 pm	SSA	NR: \$170
9:00 a		SSA	Number: 8398
9:00 a M-F	1m-4:00 pm	SSA Activity	

M-F	Jul 18-Jul 22	Activity Number: 8400
M-F	Jul 25-Jul 29	Activity Number: 8401
M-F	Aug 1-Aug 5	Activity Number: 8402
M-F	Aug 8-Aug 12	Activity Number: 8403



#### **Camp Scholarships**

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

CC	Λ
22	

M-F

**Southfield Sports Arena** 

26000 Evergreen Road

#### Southfield Basketball Camps

Instructor: G. Blackwell

The Reggie McKenzie Foundation "Commitment to Character" basketball camp will put campers through drills each day focusing on ball-handling, creating your own shot off the dribble, passing and other aspects of the game. This camp will also focus on the mental approach to the game as well as teaching campers the importance of leadership and sportsmanship while participating in sports. 5 on 5 games will also be played. Camp coordinators are Glynn Blackwell and Chico Hamilton.

Ages: 7 - 17

1 week	Resident:	\$170 NR: \$190
9:00 a	am-3:00 pm	BWRC - BBall Court 2
M-F	Jun 27-Jul 1	Activity Number: 8225
M-F	Jul 11-Jul 15	Activity Number: 8557
M-F	Jul 18-Jul 22	Activity Number: 8608
M-F	Aug 1-Aug 5	Activity Number: 8560
M-F	Aug 8-Aug 12	Activity Number: 8561
M-F	Aug 15-Aug 19	Activity Number: 8562

#### **Junior Golf Camp**

Instructor: T. Ryan

Children that want to learn the game of golf will receive expert instruction from PGA teaching professional Terri Ryan and members of her staff. Instruction will be a mix of drills and fundamentals as well as some games that teach necessary skills to become a better player. Students will be able to compare their swing at the beginning and end of camp with our swing analyzer. Please bring a snack and water bottle. There is no latchkey available for this camp. Friday will be used as a make-up day in case of severe weather.

#### Ages: 8 - 15

4 days Resident: \$130 9:00 am-12:00 pm M-Th Jun 27-Jun 30 M-Th Aug 1-Aug 4

NR: \$150 **BW** Driving Range Activity Number: 8250 Activity Number: 8396

#### Loves Summer Indoor Volleyball Camp

#### Instructor: Skillz Finest

Coach Alisha Love and staff will combine having fun with learning how to pass, serve, spike and set in a healthy and safe manner. Learn drills, show your skills and have thrills! Competitions will be held on the last day.

#### Ages: 8 - 18

1 wee	k Resident:	\$140	NR: \$160
9:00	am-12:00 pm	BWRC	- Court D
M-F	Jul 25-Jul 29	Activity	y Number: 8226
M-F	Aug 22-Aug 26	Activity	y Number: 8283

#### **Volley Tots**

Instructor: Skillz Finest

This camp offers an early introduction to volleyball to develop an appreciation of this team sport in a healthy and safe setting. Campers will develop hand-eye coordination along with their motor skills as they work through drills and fun games. Camp will use a much lighter ball and balloons for drills and games.

#### Ages: 3 - 7

2 days	Resident:	\$25	NR: \$35
12:30-	1:00 pm	BWRC	- Court D
Tu,Th	Aug 23-Aug 25	Activit	y Number: 8284

#### Softbell & Resebe

We are finalizing details on a recreation league with a focus on fun and skill development.



Teams will practice on local fields and play games in Southfield. Ferndale. Oak Park and Hazel Park.

Participants receive

lfyour child is interested, please call

#### **BWRC**

**Beech Woods Recreation Center** 

22200 Beech Road (South of Nine Mile Rd)

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Questions? (248) 796-4620

www.cityofsouthfield.com



#### **Youth Open Gym**

- All participants must register for the season at their first visit with a parent or guardian present.
- Participants age 9-13 must be signed in by a parent or guardian EVERY VISIT
- Open Gym limited to the first 45 participants to check in each day.
- Parents/adults are not allowed on the courts during Youth Open Gym
- There is a \$1 fee to replace Open Gym Card.

#### \*No Open Gym May 30, Jun 20 & Jul 4

 1 Day
 Resident: \$3
 N/R: \$5

 3:30-5:30 pm
 BWRC - BBall Courts 1-3

 Ages: 9 - 13
 Tu, Th
 May 3- Aug 25

 Ages: 14 - 18\*\*
 M, W
 May 2- Aug 24

 \*\*Current High School students with valid student ID only.
 Only.

#### T- Ball

#### Instructor: C. Bell

This is a recreational house T-Ball league that will focus on fun and skill development. Teams practice on local fields and play games in Southfield only. All Southfield participants receive a jersey and hat. Volunteers will be needed to assist players and coaches.

#### Ages: 5 - 6

5 weeks **Resident: \$80 N/R: \$95** 4:30-5:30 pm Inglenook Park Su May 1-May 22 Activity Number: 8568

#### Flag Football Skills Training

Instructor: Made 4 Greatness

This training will teach the skills needed to be a better athlete. We will incorporate fundamentals, teamwork, leadership and accountability. Self improvement and goal setting activities will also be integrated. Participants will be provided with team T-shirts/jerseys and team gifts at the end.

Ages: 8 - 14 6 weeks **Resident: \$75** 4:30-6:00 pm CC P Tu,Th May 3-Jun 9 Activ Tu,Th Jun 14-Jul 21 Activ Tu,Th Jul 26-Sep 1 Activ

**75 N/R \$90** CC Park - Flag Fball Field Activity Number: 8540 Activity Number: 8541 Activity Number: 8542

#### 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 players will be split off into smaller groups to work on their drills.

#### Ages: 4 - 14

5 weel	ks Resident:	\$55 N/R: \$70
1:00-2	2:00 pm	Bedford Woods Park
Sa	Apr 23-May 21	Activity Number: 8565
Sa	Jun 11-Jul 16	Activity Number: 8563
Sa	Jul 30-Aug 27	Activity Number: 8564

# Kids Dance with

#### **Mini Ballet**

Instructor: R. McMorris Introduction of classical ballet technique and terminology. Based on a combination of the French, Vaganova and Cecchetti methods as students progress.

Dress Code: black leotard; pink tights; pink ballet slippers; hair secured in a bun (no tutus/skirts). Registration includes a T-shirt.

#### Ages: 3 - 4

6 wee	ks <b>Resident</b>	:: \$75	NR: \$90
5:00-	5:45 pm	AAB ·	- Dance Room
Tu	Jul 12-Aug 16	Activi	ity Number: 8529

6 weeks Resident: \$75 NR: \$90 5:00-5:45 pm AAB - Dance Room Th Jul 14-Aug 18 Activity Number: 8534

#### **Mini Hip Hop**

Instructor: R. McMorris

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!

DANCE ACADEMY

Dress Code: comfortable, loose-fitting clothing that will allow ease of movement; dance shoes/sneakers (no street shoes, jeans or midriff tops). Registration includes a T-shirt.

Ages	: 5 - 6		
6 we	eks <b>Reside</b>	ent: \$75	NR: \$90
6:00	-6:45 pm	AAB -	Dance Room
Th	Jul 14-Aug 18	Activit	y Number: 8531

AAB	Arts & Activities Building	26000 Evergreen Road (Near the tennis courts)

Questions? (248) 796-4620

www.cityofsouthfield.com

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#### **Junior Jazz**

Instructor: R. McMorris

Combines technique of classical ballet and modern dance with current forms of popular dance. Emphasizes balance, isolations, flexibility, coordination, timing, strength and creative expression. Each level of jazz is a continuation of the previous level and increases in difficulty.

Dress Code: any color leotard; black jazz pants/ shorts; black tights; black jazz shoes; hair in bun/ponytail (no midriff shirts). Registration includes a T-shirt.

#### Ages: 6 - 9

6 weeks **Resident: \$75 NR: \$90** 6:00-6:45 pm AAB - Dance Room Tu Jul 12-Aug 16 Activity Number: 8530

#### Jr/Teen Ballet

#### Instructor: R. McMorris

Introduction of classical ballet technique and terminology. Class includes barre exercises, center work and across the floor combinations. Based on a combination of the French, Vaganova and Cecchetti methods as students progress.

Dress Code: black leotard; pink tights; pink ballet slippers; hair secured in a bun (no tutus/skirts) Registration includes a T-shirt.

Ages: 8	3 - 13			
6 wee	ks F	Resident: S	\$75	NR: \$90
7:00-2	7:45 pm		AAB - D	ance Room
Tu	Jul 12-Au	ug 16	Activity	Number: 8533

#### Jr/Teen Hip Hop

Instructor: R. McMorris 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, jeans or midriff shirts). Registration includes a T-shirt.

Ages: 8 - 13				
6 wee	ks <b>Resident</b> :	\$75	NR: \$90	
7:00-2	7:45 pm	AAB -	Dance Room	
Th	Jul 14-Aug 18	Activity	y Number: 8532	





#### **Quick Start Tennis Lessons**

#### Instructor: R. Hughes

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. Fun activities and games will be played using low compression and foam balls. Please bring your own racquet.

#### Quick Start Ages 4-6

5 wee	ks <b>Resident</b> :	\$55 NR: \$70
9:00-	9:50 am	CC Park - Courts 3 & 4
Sa	May 14-Jun 18	Activity Number: 8303
Sa	Jun 25-Jul 30	Activity Number: 8304
Sa	Aug 6-Sep 10	Activity Number: 8305

#### Quick Start Ages 7-10

5 weel	ks Resident:	\$55 NR: \$70
10:00	-10:50 am	CC Park - Courts 3 & 4
Sa	May 14-Jun 18	Activity Number: 8307
Sa	Jun 25-Jul 30	Activity Number: 8308
Sa	Aug 6-Sep 10	Activity Number: 8309

# Quick StartAges 11-165 weeksResident: \$55NR: \$7011:00-11:50 amCC Park - Courts 3 & 4SaJun 25-Jul 30Activity Number: 8536SaAug 6-Sep 10Activity Number: 8311

5 wee	eks <b>Resident</b>	:: \$55 NR: \$70	
11:00	-11:50 am	CC Park - Courts 3 & 4	-
Sa	May 14-Jun 18	Activity Number: 8535	5

CC Park	Civic Center Park - Tennis Courts	26000 Evergreen Road (north end of complex)
10	Questions? (248) 796-4620 w	ww. cityofsouthfield.com

#### **Beginner Tennis Lessons**

Discussion of rules and the basic fundamentals; grip, footwork, forehand, backhand, serve, volley and scoring. Please bring your own racquet.

5 week 6:00-0 Tu Tu Tu Tu	6:50 pm	CC Park - Courts 3 & 4 Activity Number: 8312 Activity Number: 8543 Activity Number: 8544 Activity Number: 8544
6:00-0 W W		7 Instructor: R. Hughes 55 NR: \$70 CC Park - Courts 3 & 4 Activity Number: 8537 Activity Number: 8319 Activity Number: 8320
5 week Senior 6:00-0 M	ks <b>Resident: S</b> : <b>Resident: S</b> 6:50 pm Apr 25-May 23	d up Instructor: R. Hall Jr. 555 NR: \$70 \$49.50 NR: \$63 CC Park - Courts 3 & 4 Activity Number: 8325 Activity Number: 8293
<b>Senior</b> 6:00-7	: Resident: S 7:05 pm	<b>55 NR: \$70</b> <b>\$49.50 NR: \$63</b> CC Park - Courts 3 & 4 Activity Number: 8290
7:00-7 W W W	7:50 pm Apr 27-May 25 Jun 8-Jul 6 Aug 3-Aug 31	CC Park - Courts 3 & 4 Activity Number: 8538 Activity Number: 8292 Activity Number: 8294
Adult 5 week Senior 7:00-7 Tu Tu Tu Tu Tu	s Resident: S	

#### **Beginner Tennis Lessons - Family**

#### Instructor: R. Hughes

This class is designed for parents and children who want to take a beginner tennis lesson at the same time and location. Parent and child(ren) must each register for this class. Please bring your own racquet.

Ages: 7 and up				
5 weel	ks Resident: S	\$55	NR: \$70	
Senior	: Resident: S	\$49.50	NR: \$63	
6:00-	6:50 pm	CC Park -	Courts 3 & 4	
Th	Apr 28-May 26	Activity N	Number: 8539	
Th	Jun 2-Jun 30	Activity N	Number: 8549	
Th	Jul 7-Aug 4	Activity N	Number: 8550	
Th	Aug 11-Sep 8	Activity N	Number: 8551	

#### **Intermediate Tennis Lessons**

Instructor: R. Hall Jr.

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.

Youth	Ages: 7 - 1	7
5 wee	ks <b>Resident:</b>	\$55 NR: \$70
7:00-	7:50 pm	CC Park - Courts 3 & 4
Th	Apr 28-May 26	Activity Number: 8318
Th	Jun 2-Jun 30	Activity Number: 8552
Th	Jul 7-Aug 4	Activity Number: 8553
Th	Aug 11-Sep 8	Activity Number: 8554
Teen	Ages: 13 -	17
4 wee	ks <b>Resident</b> :	\$55 NR: \$70
7:15-8	:20 pm	CC Park - Courts 3 & 4
М	Jun 6-Jun 27	Activity Number: 8299
5 wee	ks <b>Resident:</b>	\$55 NR: \$70
7:00-	7:50 pm	CC Park - Courts 3 & 4
М	Apr 25-May 23	Activity Number: 8298
Μ	Aug 1-Aug 29	Activity Number: 8300



Questions? (248) 796-4620

www.cityofsouthfield.com



#### The Persuasion Band Tue, July 12 7-8:30 pm

**Notorious** Tue, July 19 7-8:30 pm

onceri

#### Motor City Soul Tue, July 26 7-8:30 pm

🙀 Will be at the Gazebo Concert Series with hot dogs, sausages, chips, pop and nachos for purchase.

### Burgh Historical Park, 26060 Berg Rd.

wo Great Locations!!!

Wed, July 20 12-12:45 pm *Miss Paula & the Candy Bandits* Municipal Complex front lawn

#### Wed, August 17 7-8:30 pm *Funny Dumplings* Burgh Historical Park

Questions? (248) 796-4620

www. Facebook.com/SouthfieldParksandRecreation



Southfield Municipal Complex front lawn 11:30 am - 2 pm



# Fishing Fu

## Saturday, June 11

Fishing from Dawn to Dusk Activities & Crafts 10 am - 12 pm

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

No Fishing License required, it's Free Fishing Weekend in Michigan. Partidipants need to bring their own equipment and bait. We recommend artificial or live worms as bait for Blue Gill and Bass.

# A Walk

Come join us as we exercise in our Southfield parks together. Meet at the entrance to the park at 9 am For directions to the parks, visit the Park Locations page at www.cityofsouthfield.com/departments/parks-recreation/park-locations

- May 5 Lincoln Woods/Freeway Park
- **Berberian Woods Nature Preserve May 12**

May 19	Bedford Woods Park	lune 2	Beech Woods Park
May 26	Inglenook Park		Civic Center Park
		June 16	Carpenter Lake Nature Preserve
luly 7	Bedford Woods Park	June 23	Lincoln Woods/Freeway Park
July 14	Inglenook Park	June 30	Berberian Woods Nature Preserve
	Beech Woods Park		
	Civic Center Park	Aug. 4	Carpenter Lake Nature Preserve
		Aug. 11	Lincoln Woods/Freeway Park
		Aug. 18	Berberian Woods Nature Preserve
		Aug. 25	Bedford Woods Park

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## Karate

### at the Beech Woods Recreation Center

#### L'il Tots

Instructor: Master Bray

These concepts will be covered in this class as age permits:

Basic Technique Movements, Basic Drills, Stances, Respect, Class Etiquette, Mottos, Concentration, Endurance and Balance.

#### Ages: 4 - 5

5 weel	ks Resident:	\$30 NR: \$40
9:30-1	0:00 am	BWRC - Multipurpose Rm
Sa	May 14-Jun 18	Activity Number: 8374
Sa	Jun 25-Jul 30	Activity Number: 8384

6 weeks Resident: \$30 NR: \$40 9:30-10:00 am BWRC - Multipurpose Rm Sa Aug 6-Sep 17 Activity Number: 8392

#### **Young Tots**

Instructor: Master Bray These concepts will be covered in this class as age permits:

Basic Technique Movements, Basic Drills, Stances, Respect, Class Etiquette, Mottos, Concentration, Endurance and Balance.

#### Ages: 5 - 6

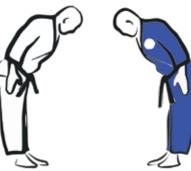
5 weel	ks Resident:	\$30 NR: \$40
10:15-1	10:45 am	BWRC - Multipurpose Rm
Sa	May 14-Jun 18	Activity Number: 8375
Sa	Jun 25-Jul 30	Activity Number: 8385
6 wee	s <b>Resident</b>	\$30 NR· \$40

6 weeks **Resident: \$30 NR: \$40** 10:15-10:45 am BWRC - Multipurpose Rm Sa Aug 6-Sep 17 Activity Number: 8393

BWRC

Beech Woods Recreation Center

22200 Beech Road (South of Nine Mile Rd)



#### Beginner

This class is for white belts AND anyone who has never participated in a martial arts class. These concepts will be covered in this class: Basic Technique Movements, Basic Drills, Stances, Respect, Class Etiquette, Mottos, Concentration, Endurance, and Balance.

Techniques will be combined into patterns (Forms/ Hyung/Kata). More practice drills will be learned. Exercises and stretches will be introduced and practiced. Technique focus will be practiced via board breaking. Advancement to colored belt is provided.

•	•	tor: Grand Master Mundy
6 wee	ks <b>Resident:</b>	\$30 NR: \$40
Senio	r: Resident:	\$27 NR: \$36
6:00-	6:50 pm	BWRC - Multipurpose Rm
Tu	May 10-Jun 14	Activity Number: 8378
Tu	Jun 21-Jul 26	Activity Number: 8380
Tu	Aug 16-Sep 20	Activity Number: 8388
6 wee	ks <b>Resident</b> :	\$30 NR: \$40
Senio	r: Resident:	\$27 NR: \$36
6:00-	6:50 pm	BWRC - Multipurpose Rm
Th	May 12-Jun 16	Activity Number: 8372
Th	Jun 23-Jul 28	Activity Number: 8383

Ages: 7	7 and up Ins	tructor: Master Bray
5 weel	ks Resident:	\$30 NR: \$40
Senior	: Resident:	\$27 NR: \$36
11:00 a	am-12:00 pm	BWRC - Multipurpose Rm
Sa	May 14-Jun 18	Activity Number: 8376
Sa	Jun 25-Jul 30	Activity Number: 8386

6 week Senior:		NR: \$40 NR: \$36
	m-12:00 pm Aug 6-Sep 17	Multipurpose Rm Number: 8394



#### Intermediate

This class is for colored belts from any style of martial arts classes. Concepts, forms, techniques, and drills will be enhanced and increased from the beginner class. Self-defense skills will be practiced more rigorously. Sparring will be added to class drills (per Covid-19 guidelines). Advancement up to Black Belt level is provided.

Ages: 2	7 and up Instruc	tor: Grand	Master Mundy
6 wee	ks Resident:	\$50	NR: \$65
Senio	r: Resident:	\$45	NR: \$58.50
7:00-2	7:50 pm	BWRC - N	Aultipurpose Rm
Tu,Th	May 10-Jun 16	Activity N	lumber: 8373
Tu,Th	Jun 21-Jul 28	Activity N	lumber: 8381
Tu,Th	Aug 16-Sep 22	Activity N	lumber: 8389

Ages:	7 and up	Instructor: Master Bray
5 wee	ks <b>Reside</b>	nt: \$30 NR: \$40
Senio	r: Reside	nt: \$27 NR: \$36
12:15-1	:15 pm	BWRC - Multipurpose Rm
Sa	May 14-Jun 18	Activity Number: 8377
Sa	Jun 25-Jul 30	Activity Number: 8387
6 wee	ks <b>Reside</b>	nt: \$30 NR: \$40
Senio	r: Reside	nt: \$27 NR: \$36
12:15-1	:15 pm	BWRC - Multipurpose Rm
Sa	Aug 6-Sep 17	Activity Number: 8395

#### **Advanced**

Instructor: Grand Master Mundy This class is for red and black colored belts from any style of martial arts classes. Concepts, forms, techniques, and drills will be enhanced and increased from the beginner class. Self-defense skills will be practiced more rigorously. Sparring will be added to class drills (per Covid-19 guidelines). Advancement up to Black Belt level is provided.

Ages:	7	and	up	
			-	

6 weeks	Resident: S	\$50 NR: \$65
Senior:	Resident: S	\$45 NR: \$58.50
8:00-8:50	pm	BWRC - Multipurpose Rm
Tu,Th May	10-Jun 16	Activity Number: 8379
Tu,Th Jun 2	21-Jul 28	Activity Number: 8382
Tu,Th Aug	16-Sep 22	Activity Number: 8390

Questions? (248) 796-4620

# FAMILY FUN & BIKE SAFETY NIGHT

## WEDNEJDAY, MAY 4

**Southfield Municipal Complex front lawn** 

- 7 PM



Questions? (248) 796-4620

www. cityofsouthfield.com



#### Μόν

Recreation on the Move will be at these parks, weather permitting, so you can stop by and have fun with us!



We bring activities, games and fun to the park that is suitable for ages 5-13.

Supervision is provided for all activities, and everyone can come and go they please.

Follow our social pages for program updates or weather cancellations.

#### Tuesdays 4 - 6 pm

June 21	Inglenook Park
June 28	Evergreen Hills Golf Course
July 5	Civic Center Park - Tennis
July 12	Bauervic Woods Park
July 19	Inglenook Park
July 26	Inglenook Park
August 2	Inglenook Park
August 9	Inglenook Park
August 16	Civic Center Park
August 23	Inglenook Park

#### Thursdays 4 - 6 pm

June 23	Beech Woods Driving Range
June 30	Inglenook Park
July 7	Inglenook Park
July 14	Inglenook Park
July 21	Inglenook Park
July 28	Civic Center Park - Tennis
August 4	Bauervic Woods Park
August 11	Inglenook Park
August 18	Inglenook Park
August 25	Inglenook Park



#### Hypertufa Workshop

The term "hypertufa" refers to a type of artificial stone. Made of peat, perlite and cement, these durable containers can withstand the winters and are light enough to move around. They



are perfect for alpine or fairy gardens. Included: Hypertufa forming mix, assorted size molds.

2 hours <b>Senior:</b>		Resident: \$55 Resident: \$49.50	NR: \$65 NR: \$58.50	
W	Apr 20	11:00 am-1:00	pm	MT Farm
Sa	Apr 23	11:00 am-1:00	pm	MT Farm

Activity Number: 8511 Activity Number: 8512

#### Cajun Container Garden

Cajun and Creole cuisines are filled with flavor and spice. In this workshop you will build a herb pot with flavors from the Southern U.S. Included: resin container, potting soil, 4 themed plants and resource materials.

2 hour	S	Resident: \$40	NR:	\$50	
Senior	:	Resident: \$36	NR:	\$45	
W	May 11	11:00 am-1:00	) pm	MT Farm	Activity Number: 8516

#### Thrill, Spill and Fill Container Garden

You are likely to see container gardens at homes, city squares and malls. Learn how to make a professional looking Thrill, Fill and Spill container garden on your budget. Included: resin container, potting soil, 4-5 annual plants and resource materials.

2 hou		Resident: \$40	NR: \$50	
Senio	r:	Resident: \$36	NR: \$45	
Tu	May 17	6:00-8:00 pm	MT Farms	Activity Number: 8520

#### **Fairy Garden Class**

Create a unique living space for your special fairy picked from a historical list of small imps. Included: resin container, potting soil, 4 miniature plants, resource materials and 3 garden accessories.

2 hou	ırs	Resident: \$55	NR: \$6	55	
Senio	or:	Resident: \$49.50	NR: \$5	58.50	
Sa	May 21	11:00 am-1:00	pm	MT Farm	Activity Number: 8515
20		Questions? (	(248) 7	96-4620	www. cityofsouthfield.com

#### **Veggie Container Garden**

Create a great looking container garden with some of your favorite vegetables! Learn what veggies do best in containers and what companion plants to grow together. Included: resin container, potting soil, 2-3 themed plants and resource materials.

2 hours		dent: \$40	NR: \$50
<b>Senior:</b>		dent: \$36	NR: \$45
6:00-8:00 Tu	•	MT Farm Activity Nu	umber: 8518

#### Herb Container Garden

There is nothing better than stepping outside and gathering fresh herbs for flavoring your favorite meals. Included: resin container, potting soil, 4-5 themed plants and resource materials.

2 hours	Resid	NR: \$50	
Senior:	Reside	ent: \$36	NR: \$45
11:00 am-	1:00 pm	MT Farm	
W	May 25	Activity Nur	mber: 8519

#### Mexican Salsa Container Garden

Ever wonder why Mexican food is great? It's all about the herbs. In this workshop you will create a Salsa garden. Included: resin container, potting soil, 3-4 themed plants and resource materials.

2 hours			NR: \$50 NR: \$45
Senior:	Resid	Resident: \$36	
11:00 am-1:00 pm		MT Farm	
W	Jun 8	Activity Num	ber: 8517



#### **Pollinator Garden Class**

What do carrots, parsnips, parsley, dill and even Queen Anne's lace have in common? They all provide food for the Swallowtail butterfly! Together we will create custom containers that will bring color, fragrance and food to support the pollinator populations. Included: resin container, potting soil, 4-5 annual pollinator plants and resource materials.

2 hours <b>Senior:</b>		ent: \$40 ent: \$36	NR: \$50 NR: \$45
11:00 am-	1:00 pm	MT Farm	
W	Jul 13	Activity Num	ber: 8527
Sa	Jul 16	Activity Num	ber: 8528

#### Sweetgrass/Dreamcatcher Workshop

Sweetgrass was used by the Native Americans for baskets, smudging and in ceremonies. Here we will learn about the Potawatomi culture and make a dreamcatcher with braided grass. Included: braiding sweetgrass, resource materials, asstorted beads and feathers.

2 hours	Resident: \$45		NR: \$55
Senior:	Reside	ent: \$40.50	NR: \$49.50
11:00 am-1:00 pm		MT Farm	
W	Jul 27	Activity Num	ber: 8521
Sa	Jul 30	Activity Num	ber: 8522

#### **Succulent Container Garden**

In this class we will explore the pairing of plants and their care needs. You will leave with a customized living arrangement and learn how to keep it thriving. Included: resin container, potting soil, 4 succulent plants and resource materials.



25630 Evergreen Road

MT Farm

Mary Thompson Farm

Questions? (248) 796-4620

www. Facebook.com/SouthfieldParksandRecreation

# Gardening Workshops

#### Garden Design Workshop I

Instructor: E. Blondin A beginner workshop focusing on the six principles of design: Balance, Focalization, Simplicity, Rhythm/Line, Proportion and Unity. Using a "Mixed Garden" philosophy and the same design process professionals use, you will leave with a rough sketch of your intended space that will have character in all four seasons. Included: graph paper, instructional handouts and resource materials.

Ages: 18 and up				
2 hou	Irs	Resident: \$65	NR: \$75	
Senic	or:	Resident: \$58.50	NR: \$67.50	
6:00	-8:00 pi	m P/R - Roo	om 223	
Tu	Apr 12	Activity I	Number: 8523	

#### **Garden Design Workshop II**

#### Instructor: E. Blondin

After taking Garden Design Workshop I, we will evaluate the site, sun exposure, water/drainage, site measurements, soil types and budget. Using the Principles of Composition method to create a comprehensive design and plant list specifically suited for your space. You will leave with a well thought out plan for your space that you can begin installing the next day! Included: graph paper, instructional handouts and resource materials.

Ages: 18 and up				
2 hour	S	Resident: \$65	NR: \$75	
Senio	r:	Resident: \$58.50	NR: \$67.50	
6:00-8:00 pm		n P/R - Ro	om 223	
Tu	Apr 19	Activity	Number: 8525	



#### **Stepping Stone for Mother's Day**

Instructor: E. Blondin

Make a stepping stone as a surprise for Mom or make one with Mom as a keepsake. Included: cement mix, assorted size molds.

Ages: 3 and up2 hoursResident: \$35NR: \$4511:00 am-1:00 pmMT FarmSaMay 7Activity Number: 8513

#### **Stepping Stone for Father's Day**

Instructor: E. Blondin Make a stepping stone as a surprise for Dad or make one with Dad as a keepsake. Included: cement mix, assorted size molds.

Ages: 3 and up			
2 hour	s Residen	t: \$35	NR: \$45
11:00 a	am-1:00 pm	MT Farm	
Sa	Jun 11	Activity N	lumber: 8514

P/R	Parks & Recreation Building 26000 Evergreen Road
MT Farm	Mary Thompson Farm 25630 Evergreen Road

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Questions? (248) 796-4620

www. cityofsouthfield.com

# Kary Thompson Farm Community Carden





Do you have a passion for gardening and enjoy the outdoors?

# Looking for a new socially distant pastime?

### Join us the Community Garden!

The City of Southfield provides:

- 400 square foot plot
- Mulch and water
- Free rental garden tools
- Public parking
- Restrooms (open early May)
- A beautiful place for community, tranquility, exercise and fun

Plots are \$70 for Southfield residents and \$85 for non-residents for the rental season. New gardeners can reserve a plot on a first-come first-serve basis starting March 8 for the 2022 season (April – October).

To register or for more information please call the Parks & Recreation Information Desk Monday – Friday from 9:00 am – 5:00 pm at (248) 796-4620.

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Questions? (248) 796-4620 www. Facebook.com/S

www. Facebook.com/SouthfieldParksandRecreation

Beech Woods Wellness Center

The Beech Woods Wellness Center is a complete workout facility designed not only to get you active now, but to keep you active for many years to come.

#### Yearly Membership Fees

For details on membership, call (248) 796-4676.

Adult (16-49 yrs)	<b>\$160</b>
Senior (ages 50+ yrs)	\$144
Student (ages 16-24 yrs)	\$144
Family	\$300
(2 parents + up to 3 students)	

NRs of Southfield pay an additional \$20 per year.

Summer Workout Blast!! \$10 per month May - August 2022

Featuring: Treadmill Elliptical Stair climber 12 Circuit Training Machines Upright Stationary Bike Recumbent Bike Concept 2 Rowing Machine Dumbbells

### **Beech Woods Wellness Center**

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

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Questions? (248) 796-4620

www.cityofsouthfield.com

## Picture your next meeting or small event outside on the Beech Woods Patio



Enclosed area with 6 round tables with umberellas



75 - 100 people \$250 per 4 hour block



Available Monday-Sunday 9 am - 9 pm

# Call (248) 796-4674 for more details or to reserve your event



20 SQUARE FEET HIGHLIGHTING YOUR COMPANY



REACH OVER 10,000 PEOPLE A YEAR

Ride With Us

For more information contact the Southfield Sports Arena. Call (248) 796-4677 for details.



# **Exciting news!!!** New playlots coming to Bedford Woods Park Civic Center Park and Freeway Park!!



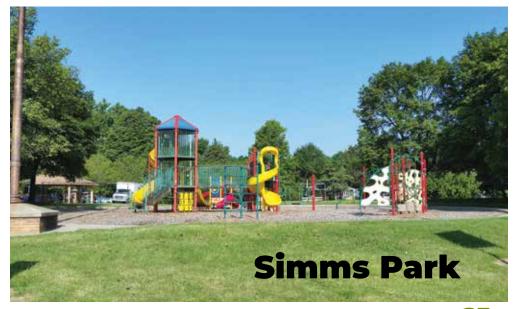


Questions? (248) 796-4620

www.cityofsouthfield.com

# **Exciting news!!!** Renovations at Miller Park and Simms Park!!





Questions? (248) 796-4620

www. Facebook.com/SouthfieldParksandRecreation

### Evergreen Hills Golf Course 26000 Evergreen Road (248) 796-4666

Open for play, weather permitting, 8 am - Dusk, Monday-Friday and 7 am - Dusk on weekends.

#### **2022 Golf Fees**

Proof of residency is required for Resident rates. Rates listed are for 9 holes.

M-F

Resident: \$12	N/R: \$13	Open - 3 pm
Resident: \$15	N/R: \$16	3 pm - Close

Sa, Su & Holidays

Resident: \$16	N/R: \$17	Open - 12 pm
Resident: \$14	N/R: \$15	12 - 4 pm
Resident: \$13	N/R: \$14	4 pm - Close

Senior (55+) and Youth\*\* (17 & under): Save \$1 M-F before 3 pm, Sa and Su after 12 pm. Except holidays. \*\*Only \$3 for 9 holes with Youth on Course membership.

Save time, book your tee times online! Go to www.cityofsouthfield.com/departments/ parks-recreation/golf and click the Book Your Tee Time button.

#### Rentals

Fees are per-person for 9 holes of play.
Power Cart \$10/rider
Senior Cart \$9/rider M-F before 3 pm, Sa & Su after 12 pm
Pull Carts \$3

#### **Golf Association of Michigan**

The Golf Association of Michigan is the governing body for amateur golf in the state. Members that join through Evergreen Hills Golf Course will receive \$1 off all regular rates and \$1 off/bucket of balls at the Beech Woods Driving Range in addition to all the other GAM benefits.

Go to www.gam.org for more information or to join. Be sure to use Evergreen Hills Golf Course in Southfield when joining!

Adult Membership Ages: 19 years and up \$39

#### Youth on Course (Junior GAM Membership)

All members play a round for only \$3 per 9 holes! There are 100 courses in Michigan that participate. Ages: 6 - 18 years \$15/calendar year

#### **GAM Foundation**

The GAM Foundation supports access to affordable golf for youth — an investment in the future of the game. Our simple goal is to help more kids play more golf for \$5 or less through *Youth on Course*. We are making golf more affordable and accessible at a local level — an effort which requires help from generous individuals like you.

If you are able, please consider donating to the GAM Foundation, visit www.GAM.org/Foundation for details.

**Opens May 1 - October 31 (weather permitting)** (248) 796-4655

22202 Beech Road Weekends 8 am-7 pm

Monday-Friday 9 am-8 pm

#### 2022 Bucket Fees

Last small bucket of balls sold 30 minutes before closing.

Bucket Size	Small	Medium	Large
<b>Resident &amp; Senior</b>	\$6	\$8	\$10
Non-Resident	\$8	\$10	\$12

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

#### **Youth Beginner Golf Clinic**

Instructor: T. Ryan

This one-hour clinic will introduce your child to the game of golf in a fun environment. PGA teaching pro Terri Ryan will teach students how to hold and swing a club, as well as the rules and etiquette of the game.

Please bring a 7 iron or similar club if you have one. Ages: 6 - 17

1 hour	Resident:	\$15 NR: \$20
11:00 a	am-12:00 pm	BW Driving Range
Sa	May 7	Activity Number: 8241
Sa	Jun 18	Activity Number: 8258
Sa	Aug 6	Activity Number: 8238
9:00-	10:00 am	BW Driving Range
Sa	Jul 23	Activity Number: 8259

#### **Adult Golf Camp**

Instructor: T. Ryan

Are you ready to work on your game before the season gets in full-swing? This 3-day camp taught by PGA teaching pro Terri Ryan will help you become a better player in no time!

Day 1: Swing analysis and work with irons, hybrids and woods

Day 2: Short game; putting, chipping, pitching, bunker shots and course management. Day 3: 9-hole scramble at Evergreen Hills Golf Course along with tips and instruction.

#### Ages: 19 and up

3 days	Resident: \$15	0 NR: \$170
Senio	r: Resident: \$13	5 NR: \$153
F, Sa, 9	Su May 13-May 15	Activity Number: 8242
F, Sa, 9	Su Jun 10-Jun 12	Activity Number: 8261
F	5:00-7:00 pm	BW Driving Range
Sa	8:00 am - 12:00 pm	BW Driving Range
Su	8:00 - 11:00 am	Evergreen Hills GC

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#### **Putting Clinic**

Instructor: T. Ryan Spend your lunch hour working on your putting game in this 50-minute clinic! PGA teaching pro Terri Ryan will show you tips and tricks to improve your score.

Ages: 16 and up			
1 hour	Resident:	\$15 NR: \$15	
12:00-	-12:50 pm	EHGC - Practice Green	
Th	Jun 2	Activity Number: 8237	
Th	Jul 21	Activity Number: 8240	
Th	Aug 11	Activity Number: 8236	

#### Senior Golf League (Ages 50+)

Like to golf and want to golf weekly? Want to meet new people or get together with friends? Join our Senior Golf League this summer. Individuals and foursomes are welcome. Reserved tee time, registered golfer giveaway, goody pack on the last day and contest opportunities included. For more information or to reserve your tee time spot, please contact Claudia at (248) 796-4673.

There will be an informational golf league meeting on Tue, April 26 at 10 am in the Southfield Pavilion.

#### Ages: 50 and up

Price does not include golf cart fee of \$9/person.15 weeksResident: \$170NR: \$1907:10-10:30 amEHGCTuMay 10-Aug 16Activity Number: 8272

#### **Course Management**

Come out and refine your game with course management tips and instruction from PGA teaching pro Terri Ryan.

Week 1: Warm-up and mental preparation Week 2: What to do and think walking to the tee Week 3: Play a hole or two Week 4: How to improve your score via tracking and analysis of your results

Ages: 16 and up				
4 weel	ks Resident:	\$50	NR: \$65	
Senior	: Resident:	\$45	NR: \$58.50	
12:00-	1:00 pm	EHGC		
Tu	May 24-Jun 14	Activity N	umber: 8555	



Evergreen Hills GC

Evergreen Hills Golf Course

26000 Evergreen Road (South entrance near Police Station)

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Questions? (248) 796-4620

www.cityofsouthfield.com

#### **Golf Lessons**

Instructor: T. Ryan

Come out and learn the game of golf from PGA teaching pro Terri Ryan. Each of the 4 sessions will cover a different aspect of the game. Register at the Parks & Recreation Information Desk or at the Beech Woods Recreation Center, **not the driving range**.

Level 1 Ages: 16 and up Session 1: Grip, stance, half-swing Session 2: Irons and full swing Session 3: Short game; chipping/pitching Session 4: Putting

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

2 weel Senio	ks Resident: S r: Resident: S	\$50 NR: \$65 \$45 NR: \$58.50	-
	11:50 am May 2-May 11	BW Driving Range Activity Number: 8251	
6:00- M,W M,W	6:50 pm May 16-May 25 Aug 22-Aug 31	BW Driving Range Activity Number: 8246 Activity Number: 8235	
	6:50 pm Jul 19-Jul 28	BW Driving Range Activity Number: 8256	
	7:50 pm Jul 18-Jul 27	BW Driving Range Activity Number: 8255	
Tu,Th Tu,Th Tu,Th	7:50 pm May 3-May 12 May 17-May 26 Jun 14-Jun 23 Aug 2-Aug 11	BW Driving Range Act-ivity Number: 8252 Activity Number: 8257 Activity Number: 8556 Activity Number: 8247	
	8:50 pm May 31-Jun 9	BW Driving Range Activity Number: 8254	

#### Youth Level 1 Ages: 7 - 17

The price of range balls (\$6/bucket) is not included.2 weeksResident: \$50NR: \$655:00-5:50 pmBW Driving RangeM,WMay 16-May 25Activity Number: 8244M,WJun 13-Jun 22Activity Number: 8245

#### Level 2 Ages: 16 and up Session 1: Review and work on ful

Session 1: Review and work on full swing Session 2: Hybrids and fairway woods Session 3: Driver Session 4: Short game

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

2 weel	ks Resident:	\$50 NR: \$65	
Senior	: Resident: S	\$45 NR: \$58.50	
11:00-	11:50 am	BW Driving Range	
M,W	Jul 18-Jul 27	Activity Number: 8233	
M,W	Aug 1-Aug 10	Activity Number: 8234	
M,W	Aug 22-Aug 31	Activity Number: 8232	
7:00-7	7:50 pm	BW Driving Range	
	May 2-May 11	Activity Number: 8239	
7:00-7	7:50 pm	BW Driving Range	
Tu,Th	May 31-Jun 9	Activity Number: 8249	
Tu,Th	Aug 23-Sep 1	Activity Number: 8260	
12:00-	-12:50 pm	BW Driving Range	

M,W Jun 13-Jun 22

BW Driving Range Activity Number: 8243



**BW Driving Range** 

**Beech Woods Driving Range** 

22202 Beech Road (enter at Pro Shop)

# Adult Programs

### **Athletics/Sports**

#### **Co-Rec Sand Volleyball League**

Games will be played on Monday nights and are self-officiated. Teams are made up evenly of males and females (or more females). Team fee includes regular season of 10 matches, court time and playoffs (top 8 teams qualify) with awards. Game times will be 6:30 pm and 7:15 pm with best of 3 matches format.

Ages: 18 and up 12 weeks **Team Fee: \$200** \*No play May 30 & Jul 4

6:30-9:00 pm M May 9-Jul 25

CC Park - Sand Vball Court Activity Number: 8371

#### Men's & Co-Rec Softball Leagues

A 14-game season (12 guaranteed). Teams will receive; game balls, rule book, scorebook and awards for league and playoff winners. All players must follow all league rules and current health and safety protocols. Playoffs for top 4 teams/league/night and games may be scheduled on any day the same class league plays. Email amickens@cityofsouthfield.com for more details.

Ages: 18 and up 12 weeks **Team Fee: \$600** Umpire Fee: \$15/game *\*No play May 30 & Jul 4* 

All Leagues: 6:20-8:50 pm

Inglenook Park

### 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.

CLUB

\$45 Materials Fee paid directly to instructor.

Ages: 16 and up				
10 we	eks	<b>Resident:</b>	\$155	NR: \$175
Senio	r:	<b>Resident:</b>	\$139.50	NR: \$157.50
7:00-	10:00 p	m	BHP - Art	Room
W	May 11	-Jul 13	Activity N	lumber: 8221

### Dance/Music

#### **Popular Hustles**

Instructor: K. Johnson This is a dance class that features popular line dances without a partner.

Ages: 18 and up NR: \$40 5 weeks Resident: \$30 Resident: \$27 NR: \$36 Senior: 6:30-7:30 pm P/R - Lower Level Dance Studio Т Apr 26-May 24 Activity Number: 8229 5 weeks Resident: \$30 NR: \$40 Resident: \$27 NR: \$36 Senior: 6:30-7:30 pm P/R - Lower Level Dance Studio Apr 27-May 25 W Activity Number: 8230 www.cityofsouthfield.com

Questions? (248) 796-4620

### Fitness

#### 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 bring your own mat and a towel. Class size is limited.

#### Ages: 16 and up

6 wee	ks Resident:	\$45	NR: \$55
Senior	: Resident:	\$40.50	NR: \$49.50
5:15-6	:00 pm	BWRC -	Multipurpose Rm
W	Apr 20-May 25	Activity I	Number: 8224
W	Jun 8-Jul 13	Activity I	Number: 8263
W	Jul 20-Aug 24	Activity I	Number: 8264

#### 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. Bringing your own mat and towel is highly recommended. Class size is limited.

#### Ages: 16 and up

6 wee	ks <b>Resident:</b>	\$60	NR: \$75
Senio	r: Resident:	\$54	NR: \$67.50
4:00-	5:00 pm	BWRC	-Multipurpose Rm
W	Apr 20-May 25	Activity	y Number: 8265
W	Jun 8-Jul 13	Activity	y Number: 8266
W	Jul 20-Aug 24	Activity	y Number: 8267

#### 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. It's easy! It's a lot of fun. It's the best thing going to help get into shape.

Ages: 18 and up 7 weeks Resident: \$74 NR: \$84 Senior: NR: \$75.60 Resident: \$66.60 6:00-6:45 pm P/R - Room 115 Μ Apr 11-May 23 Activity Number: 8273 5 weeks Resident: \$52.50 NR: \$62.50 Resident: \$47.25 NR: \$56.25 Senior: 6:00-6:45 pm P/R - Room 115 Activity Number: 8275 Μ Jun 6-Jul 18\* \*No class Jun 20 & Jul 4

6 wee Senio		•	NR: \$73 NR: \$65.70
6:00-	6:45 pm	P/R - Roo	
М	Jul 25-Aug 29	Activity N	umber: 8277

Ages: 18 and up

7 weel	ks <b>Resident</b>	: \$74	NR: \$84
Senior	: Resident	: \$66.60	NR: \$75.60
6:00-	6:45 pm	P/R - Ro	om 115
Th	Apr 14-May 26	Activity	Number: 8274

6 wee			NR: \$73
Senio	r: Residen	t: \$56.70	NR: \$65.70
6:00-	6:45 pm	P/R - Ro	om 115
Th	Jun 9-Jul 14	Activity I	Number: 8276
Th	Jul 28-Sep 1	Activity	Number: 8278

Inglenook Park	South side of Twelve Mile Rd	between Evergreen and Lahser roads
CC Park	Civic Center Park	26000 Evergreen Road
ВНР	Burgh Historical Park	26060 Berg Road
BWRC	Beech Woods Recreation Center	22200 Beech Road (South of Nine Mile Rd)
P/R	Parks & Recreation Building	26000 Evergreen Road

Questions? (248) 796-4620

www. Facebook.com/SouthfieldParksandRecreation



#### **Athletics/Sports**

#### **Senior Sport Drop-In**

Drop-in programs allow you to pay for only the days you attend. Please check in and pay at the Beech Woods Recreation Center front desk to receive your wristband for the day.

Per Day	Resident	: \$2	NR: \$3
10 Visits	Resident	: \$20	NR: \$30
10:00 am-1	2:00 pm	BWRC	C - Court D

#### Pickleball

Matches are set up each week among participants. Rackets and balls available to use on-site.

Tu Apr 12-May 31

#### **Senior Indoor Tennis**

All levels of play are welcome. Partners and play are determined each day.

#### \*No tennis Apr 15

Th-F Apr 14-May 6

#### Dance/Music

#### **Hustles for Seniors**

Instructor: K. Johnson

Seniors will learn basic hustle steps and help create their own hustles to popular Motown music. No partner required.

Ages: 50 and up

5 weeks Resident: \$30 NR: \$40 12:00-1:00 pm P/R - Lower Level Dance Studio Th Apr 28-May 26 Activity Number: 8231

#### **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. Class size is limited.

Ages: 16 and up					
6 wee	ks Resident:	\$25	NR: \$35		
Senior	: Resident:	\$22.50	NR: \$31.50		
9:30-1	0:30 am	BWRC - N	Aultipurpose Rm		
Th	Apr 21-May 26	Activity N	lumber: 8268		
Th	Jun 9-Jul 14	Activity N	lumber: 8269		

BWRC	Beech Woods Recreation Cente	er 22200 Beech Road (South of Nine Mile Rd)
P/R	Parks & Recreation Building	26000 Evergreen Road
84	Questions? (248) 796-4620	www. cityofsouthfield.com

#### 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. Class size is limited.

#### Ages: 16 and up

6 weeksResident: \$25NR: \$35Senior:Resident: \$22.50NR: \$31.5010:45-11:45 amBWRC - Multipurpose RmThApr 21-May 26Activity Number: 8270ThJun 9-Jul 14Activity Number: 8271

#### **Moderate Yoga**

Instructor: L. Lerman

Yoga for all abilities! This is a class for beginners through veteran yoga students. We use basic Hatha Yoga techniques. We begin class in a chair and end class on your mat. Bring a yoga mat and non-slip socks.

#### Ages: 18 and up

#### \*No class Jun 20

3 wee	eks <b>Residen</b>	ıt: \$30 NR: \$40
12:15-	1:15 pm	P/R - Rm 115
Μ	Jun 6-Jun 27*	Activity Number: 8367
Μ	Jul 11-Jul 25	Activity Number: 8368
4 wee	eks <b>Residen</b>	ידי \$40 NRי \$50

	No neoluent.		<b>J</b> JO
12:15-1	l:15 pm	P/R - Rm 115	
Μ	Apr 4-Apr 25	Activity Numb	er: 8365
Μ	May 2-May 23	Activity Numb	er: 8366
Μ	Aug 1-Aug 22	Activity Numb	er: 8369

### **Special Interest**

#### Mahjong

Join us as we learn to play Mahjong which is similar to Gin Rummy. Once you have learned to play, join us for weekly drop in games on Wednesdays.

Ages: 50 and up

4 weel	ks <b>Residen</b>	Resident: \$10	
1:00-3	8:00 pm	P/R -	Rm 223
W	Apr 6-May 4	Activit	ty Number: 8370

#### **Senior Drop-In Programs**

Call the Senior Services office at (248) 796-4650 for more information on any of the programs listed below. Drop-in fees are payable at the door.

#### Bingo

Cash payout is determined day of play. Coffee will be provided but please bring your own snacks.

 1½ hours
 \$2/Resident
 \$3/NR +\$0.25/card

 Tu
 Apr 5-Aug 30 10:00-11:30 am
 P/R - Rm 223

#### **Bid Whist**

Bid Whist is a partnership trick-taking variant of the classic card game whist. As indicated by the name, bid whist adds a bidding element to the game that is not present in classic whist.

3 ho	ours \$2	2/Resident	\$3/NR
Tu	Apr 5-Aug 3	30 12:00-3:00 pm	P/R - Rm 223

#### **Bridge Club**

Don't have a partner? Not a problem, we've got you covered! We welcome any and all bridge players to join us, no matter your level of play.

3 ho	ours \$2/Resident	\$3/NR
W	Apr 6-Aug 24 12:30-3:30 pm	P/R - Rm 115

#### Mahjong

Join us as we play Mahjong, a tile-based game similar to Gin Rummy that is usually played in groups of four.

2 hours **\$2/Resident \$3/NR** W Apr 6-Aug 24 1:00-3:00 pm P/R - Rm 223

#### **Chair Exercise**

Move to the music and get a full body sit down workout that is good for your heart and other muscle groups. We suggest you bring your own hand weights (1- 3 lbs.), 8 lb. stretch bands with handles, water and a towel with you to class.

1 hour \$2/I		Resident \$3/	NR
Μ	Apr 4-Jun 13	11:00 am-12:00 pm	P/R - Rm 115
W	Apr 6 -Jun 15	11:00 am-12:00 pm	P/R - Rm 115

P/R	Parks & Rec	reation Building	26000 Evergreen Road	
Questions?	(248) 796-4620	www. Facebook.con	n/SouthfieldParksandRecreation	35



#### **Fun Photo Friday**

Come out to the Southfield Pavilion and walk for the health of it. While you're here, smile a little, laugh a lot and give your core a nice workout. Take silly selfies at the fun backdrops we will set up in the Pavilion (don't forget your cell phone!). Celebrate April Fool's Day by acting a fool in a fun way.



#### **Funny Film Friday**

Do you remember the days of watching movies on film strips? It was reel fun. We won't go back that far, but we will show a fun movie and serve munchies (popcorn and water). Feel free to bring your favorite movie snack. Join us and give yourself a reason to laugh. Our feature movie will be the romantic comedy, *Bringing Down The House*, starring Steve Martin, Queen Latifah and Betty White.

2 hours **Free** F Apr 8 10:00 am–12:00 pm P/R - Room 115

#### **Laughter Yoga**

Instructor: L. Lerman

Join us for a laughing good time. Reduce stress and engage muscles. Bring your water bottle and your beautiful smile. Laura Lerman, certified Laughter Yoga instructor, will lead us in a fun, easy yoga class.

 1 hour
 Resident: \$5
 NR: \$7

 3:00-4:00 pm
 P/R - Room 115

 W
 Apr 27
 Activity Number: 8420

# Celebrate the Joy of Laughter with Senior services in April

Questions? (248) 796-4620

www. cityofsouthfield.com



Spring Tea \$15/Southfield resident \$20/Non-resident Tuesday, April 19 12 - 2 pm Burgh Historical Park Church, 26060 Berg Road

You must registered in advance for all Senior Luncheons.

## May Brunch \$15/Southfield resident \$20/Non-resident Wednesday, May 18 10:30 am - 12 pm Parks & Recreation Building, Room 115

Call (248) 796-4650 or come to the Parks & Recreation Information Desk (26000 Evergreen Road) to register.

## JUNETEENTH LUNCHEON

\$15/Southfield resident \$20/Non-resident Thursday, June 16 12 - 2 pm Parks & Recreation Building, Room 115

Questions? (248) 796-4620

www. Facebook.com/SouthfieldParksandRecreation

veteenth freedom day

# SENIOR (50+) ADDRECIATION NIGHT

5 - 8 pm <u>Wednesday, August 24</u>

Live Entertainment

**Boxed Dinner** 

**Community Vendors** 

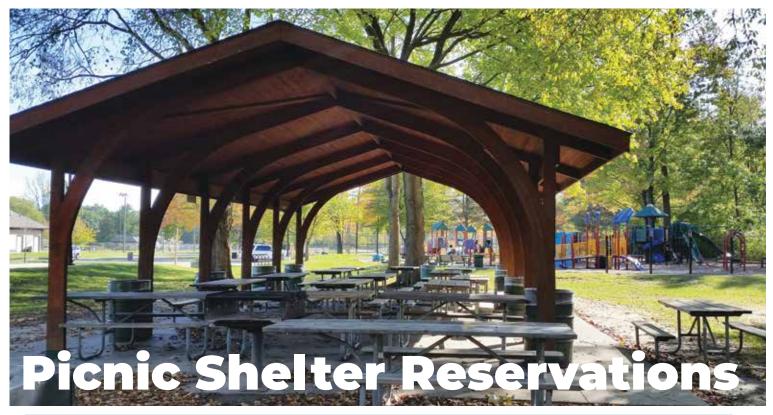
Goodie Bags

And it's all FREE! Front lawn of the Southfield Municipal Complex, 26000 Evergreen Road

Michigan's First Adaptive Baseball Field for Children with Special Needs is Registering for Our 2022 Summer Season!



Follow Us On Facebook at: Facebook.com/MichiganMiracle



- 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.
  - There are no refunds on shelter permits.
  - There are no tents or inflatables allowed on park property.

#### Beech Woods Park \$150

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

#### Pebble Creek Park

\$275

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

#### Civic Center Park #1 \$200

Maximum occupancy 100 people (15 tables) This shelter is available for rental only on the weekends.

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

Please note: There will be ongoing playscape construction at Civic Center Park throughout the summer.

#### Civic Center Park #2 \$100

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

# Please call (248) 796-4620 to check available dates remaining for the 2022 season.

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Please Note: Special Use permits are required for any large groups, tents, inflatable play structures and amplified music at parks not provided by Southfield Parks & Recreation. 40

Park Name	Location	Services
1. Bauervic Woods Park	9 Mile Road, W of Evergreen	Playlot Trails Picnic Area
2. Bedford Woods Park	Webster, W of Pierce	Playlot Walking Path Softball/Little League field Soccer Field
3. Beech Woods Park	22200 Beech Road	50-tee, lighted driving range Tennis courts Playlot Picnic Shelter
4. Brace Park	Evergreen Road, S of 9 Mile	Neighborhood Ballfields
5. Burgh Historical Park	NE corner of Civic Center Drive & Berg Rd	Flower Gardens Historic Site
6. Carpenter Lake Nature Preserve	10 Mile Road, E of Inkster	Interpretive nature trails Lake fishing access
7. Civic Center Park	26000 Evergreen Road	Sand Volleyball Soccer field Tennis courts (lighted) Racket/Handball courts (lighted) Ballfields (1 lighted) Restrooms Playlot 2 Picnic Shelters Nature trails
8. Freeway Park	Eastbound Lincoln, W of Greenfield Road	Playlot Walking Paths
9. Inglenook Park	12 Mile Road between Lahser & Evergreen	4 Softball fields Accessible play lot Restrooms 1 Kilometer long fitness trail
10. Miller Park	Webster, W of Southfield Road	Playlot Ballfield Tennis and basketball court
11. Lahser Woods Park	Lahser, N of 11 Mile Road	Picnic Area (no shelter)
12. Lincoln Woods	Enter through Freeway Park	Nature Trails Wetlands
13. Mary Thompson House & Farm	Evergreen Road, S of Civic Center	Southfield Community Gardens Historic Site
14. Pebble Creek Park	American Drive, W of Franklin	Playlot Picnic Shelter Soccer field Restrooms Walking/fitness trail
15. Seminole Park	Seminole St., north of Shiawassee	Playlot
16. Simms Park	Wiltshire, S of 12 Mile, E of Southfield Rd	Playlot Ballfield Tennis courts Small picnic shelter
17. Stratford Woods Commons	Pierce, S of 10 Mile Rd.	Play Area Picnic Area (no shelter)
18. Valley Woods Nature Preserve	Civic Center Drive, E of Telegraph	Nature Trail Fishing

Outdoor restrooms and water access remain closed through May 2 at Beech Woods Park , Civic Center Park (near the Miracle Field), Inglenook Park, Pebble Creek Park and the Mary Thompson House and Farm



#### Walk-In

Cash, money orders and VISA, American Express, Master Card or Discover are accepted.

Parks & Recreation Information Desk Window inside Southfield Pavilion Monday-Friday 9 am-5 pm

Beech Woods Recreation Center Monday-Friday 9 am-5 pm

#### **Phone-In**

Parks & Recreation Information Desk(248) 796-4620Monday-Friday9 am-5 pm

**Beech Woods Recreation Center** (248) 796-4670 Monday-Friday 9 am-5 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.
- Cash, money orders and VISA, American Express, Master Card or Discover are accepted. 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.

#### **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 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.

www. cityofsouthfield.com

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Questions? (248) 796-4620

#### **Summer 2022 Program Registration Form**

This form is not valid for athletic league or camp program registrations.

Family Last Name						
Address						
City				_ Zip		
Phone (Home)						
Emergency Contact (Name & Pho	ne)					
E-Mail Address				_ Birth date	·	
Participant Name	<b>Birth date</b> (mm/dd/yr)	Gender	Activity Name	Activity #	Time	Fee

L		(mm/dd/yr)					

Total

#### Payment Method:

Credit Card Visa, Master Card, Discover, American Express

# \_\_\_\_\_\_ Exp. Date \_\_\_\_\_\_

CSC/CVV #\_\_\_\_\_(3-digit code on the back of Visa, MC or Discover cards, 4-digit code on front of AmEx)

Card holder Signature \_\_\_\_\_

Southfield Parks & Recreation no longer accepts personal checks as payment for any class, program, special event, membership or room/site rental.

By registering for Parks & Recreation classes and programs, the registrant realizes and understands the inherent risks involved in the programs and appreciates the nature of the risks. The applicant holds the City of Southfield, and the Parks & Recreation Department harmless for any damages caused by participation in these programs. Participants registering for activities of a strenuous nature are encouraged to seek a physician's approval.

Signature\_\_\_

\_ Date \_\_\_\_



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

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#### **Residential Customer**



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Parks & Recreation Board Jeannine D. Reese, *Chairperson* Rosemerry Allen Brandon Gray Kathleen A. McNelis Adam Wolf Timothy Forrest, *Student Representative* 

Parks & Recreation Department Terry Fields, *Director* 



# See pages 12 - 14 for details about our summer concert<u>events.</u>

In the City June 24 -July 29 Fridays, 7 - 9 pm Southfield Municipal Complex

UMMER



July 12 July 19 July 26 Tuesdays 7-8:30 pm

Burgh Historical Park **EAT TO THE BEAT** June 9 July 14 Aug 11 Sept 8 11:30 am - 2 pm Southfield Municipal Complex