

Fall 2023



SOUTHFIELD
PARKS & RECREATION

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Parks & Recreation Building

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

Senior Services

26000 Evergreen Road (248) 796-4650
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..... (248) 796-4670
Office Hours Sept 1 - Dec 22
M-F..... 9:00 am-5:00 pm

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

Sept-Dec
M-F..... 9:00 am-4:00 pm

Beech Woods Driving Range

Closes at 3:00 pm on Tue., Oct. 31, 2023
22202 Beech Road..... (248) 796-4655
M, Tu, W & F 9:00 am-8:00 pm
Th..... 11:00 am-8:00 pm
Sa & Su..... 8:00 am-8:00 pm

Burgh Historical Park

Northeast corner of Civic Center Drive & Berg Road
26060 Berg Road..... (248) 796-4644

Evergreen Hills Golf Course

26000 Evergreen Road (248) 796-4666

Park Services

26000 Evergreen Road (248) 796-4630
M-F 7:30 am-3:30 pm

Southfield Sports Arena

26000 Evergreen Road (248) 796-4640

Southfield Pavilion

26000 Evergreen Road (248) 796-4620

On the Cover:

Parks & Recreation encompasses more than just athletics and playgrounds.

A favorite new class for kids, has been Robots & Coding.

See page 7 to learn more about how your child can learn the engineering process while having fun.

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.



Coming soon at

CARPENTER LAKE NATURE PRESERVE

Work has begun on new updates to the park including:



Parking lot expansion and improvement



All season restroom



Small open air shelter for programs



ANALOGOUS PHOTO — SEE ELEVATIONS FOR PROPOSED COLORS



ANALOGOUS PHOTO — SEE PLAN FOR PROPOSED LAYOUT AND ELEVATIONS FOR PROPOSED COLORS



Fun for Kids



Fee is for child only. One adult must accompany each child registered unless multiple children ages 3-5 are in the same household. Only registered children ages 3-5 may attend.

Preschool Teddy Bear Picnic

Bring your teddy bear and be ready for games, crafts and snacks!



Ages: 3 - 5

1 Day Resident: \$10

NR: \$15

11:30 am-1:00 pm

F Sept 15

P/R - Room 115

Activity Number: 9320

Preschool Thanksgiving Party

Join us for an entertaining Thanksgiving party!

Ages: 3 - 5

1 week

Resident: \$10

NR: \$15

11:30 am-1:00 pm

P/R - Room 115

F Nov 17

Activity Number: 9322

Preschool Halloween Party

Come in costume and be ready for some Halloween fun!



Ages: 3 - 5

1 Day

Resident: \$10

NR: \$15

11:30 am-1:00 pm

P/R - Room 115

F Oct 13

Activity Number: 9321



Preschool Holiday Party

Let's celebrate all the December holidays together!

Ages: 3 - 5

1 Day

Resident: \$10

NR: \$15

11:30 am-1:00 pm

P/R - Room 115

F Dec 8

Activity Number: 9323

P/R

Parks & Recreation Building

26000 Evergreen Road

4

Questions? (248) 796-4620

www.cityofsouthfield.com

Fun for Kids

Athletics/Sports

Grasshopper Basketball

Each class will consist of teaching through stations, lectures, drills, and even live play! The skills we focus on during this 6-week program include passing, shooting, defense, and dribbling. We aim to have your kid come out with a smile and a love for the game of basketball.

Ages: 4 - 6

6 weeks **Resident: \$50** **NR: \$65**
9:00-9:50 am BWRC - BBall Court 1
Sa Sept 16-Oct 21 Activity Number: 9326
Sa Oct 28-Dec 9* Activity Number: 9327
**No class Nov 25*

Basketball Skills & Drills

Instructor: T. Marshall

During this clinic, we 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.

Ages: 7 - 11

5 weeks **Resident: \$50** **NR: \$65**
6:00-6:50 pm BWRC - BBall Court 3
M Sept 18-Oct 23* Activity Number: 9329
M Nov 13-Dec 11 Activity Number: 9330
**No games Oct 9*

Fall Basketball League

These leagues are offered for boys and girls in grades 2 through 8, based on current school grade. A 6-game schedule will be played on Saturdays, with practices on Fridays, at Beech Woods Recreation Center. All participants will receive a team jersey. Participants must attend the mandatory *Drills and Draft* before practice begins.

Want to coach or help the team as a volunteer? Please email our Recreation Programmer, Angelica Mickens, at amickens@cityofsouthfield.com.

Grades 2 & 3 League Ages: 6 - 7
7 weeks **Resident: \$70** **NR: \$85**
9:00-10:00 am BWRC - BBall Court 2
Sa Sept 30-Nov 18 Activity Number: 9385

Grades 4 & 5 League Ages: 8 - 10
8 weeks **Resident: \$80** **NR: \$95**
10:00-11:00 am BWRC - BBall Court 2
Sa Sept 23-Dec 2* Activity Number: 9353
**No games or practice Nov 24 & Nov 25*

Grades 6 - 8 League Ages: 11 - 14
8 weeks **Resident: \$80** **NR: \$95**
11:00 am-12:00 pm BWRC - BBall Court 2
Sa Sept 23-Dec 2* Activity Number: 9354
**No games or practice Nov 24 & Nov 25*



Fun for Kids

Program Scholarships

If your child wants to attend a program, 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 experience.

Youth Basketball Clinic

Instructor: G. Teasley

These clinics are taught by an instructor with years of coaching experience. Your child will learn the strategies of the sport of basketball while developing skills they will need to play in game situations.

Ages: 7 - 10

6 weeks **Resident: \$50** **NR: \$65**
10:00-10:50 am BWRC - BBall Court 1
Sa Sept 16-Oct 21 Activity Number: 9325
Sa Oct 28-Dec 9* Activity Number: 9328

**No class Nov 25*

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.

Ages: 4 - 14

5 weeks **Resident: \$55** **NR: \$65**
1:00-2:00 pm CCP - Soccer Field
Su Sept 10-Oct 8 Activity Number: 9331

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. Optional: Personalized jersey with players name and number for an additional cost of \$20.

Ages: 7 - 10

6 weeks **Resident: \$100** **NR: \$115**
4:30-5:30 pm Bedford Woods Park
Tu,Th Sept 19-Oct 26 Activity Number: 9383

Ages: 11 - 16

6 weeks **Resident: \$100** **NR: \$115**
5:30-7:00 pm Bedford Woods Park
Tu,Th Sept 19-Oct 26 Activity Number: 9384

Open Gym

- All participants must register for the 2023/24 season upon their first visit; participants must be accompanied by a parent or guardian at registration.
- Anyone age 9-13 must be signed in by a parent or guardian EVERY VISIT.
- Open Gym is limited to 45 participants each day.
- Parents/adults are not allowed on the courts during Youth Open Gym.
- There is a \$1 fee to replace a lost Open Gym Membership Card.

Ages: 9 - 13

1 Day **Resident: \$3** **N/R: \$5**
3:30-5:30 pm BWRC - BBall Courts 1-3
M-Th Sept 11-Dec 14*

**No Open Gym Oct 9 & Nov 23*

BWRC	Beech Woods Recreation Center	22200 Beech Road (South of Nine Mile Rd)
Bedford Woods	Bedford Woods Park	End of Lathrup Drive, north of Twelve Mile (east of Southfield Rd)
CCP- Soccer	Civic Center Park	26000 Evergreen Road

Fun for Kids

Hobbies/Interests

Robots and Coding 1

Instructor: W. Hill

Build robots and learn to code them. No prior experience required. The robots are driven by a video game controller, which the student can code too. Students will use the engineering process while learning mechanics, materials, software and hardware. The class is taught by an Engineering Teacher provided by *ckingknowledge Institute*. Bring your own computer so you can keep your code.

Ages: 9 - 15

6 weeks Resident: \$150 NR: \$170

4:30-6:00 pm P/R - Room 223

M Sept 11-Oct 23* Activity Number: 9364

*No class Oct 9



Robots and Coding 2

Instructor: W. Hill

Must have taken *Robots and Coding 1*. In *Robots and Coding 2* you will continue to build on top of the BaseBot. You will add a robot arm and claw, then write software code to accomplish a variety of missions. Your skills will go to the next level by using the engineering process and practicing working as a team. You will also learn physics while working to make a robot which can fetch you items.

Ages: 9 - 15

6 weeks Resident: \$150 NR: \$170

4:30-6:00 pm P/R - Room 223

M Nov 6-Dec 11 Activity Number: 9366

P/R Parks & Recreation Building 26000 Evergreen Road

StarLab with



Join us for an astronomical evening in StarLab, Oakland County's inflatable indoor planetarium. We will embark on a naturalist-guided tour to learn about the constellations visible in the current night sky and learn about the legends and lore behind those constellations.

Appropriate for ages 6 and up.

Friday, November 17 P&R Bldg

5:30-6:30 pm Activity Number: 9484

6:30-7:30 pm Activity Number: 9489

Resident: \$5 NR: \$6



Dance/Music



IMPULSE
DANCE ACADEMY

Payment Options:

- All transactions must be done via credit card unless paying in full
- Monthly*: Pay in 10 equal installments – If you select the monthly payment plan, the first month's installment will be due at the time of registration. Subsequent payments will be processed on the 1st of each month, from October 1 – June 1, 2024.
- Year: Pay for the full season upfront (1 time payment)

	Monthly Installments (10 Payments)	Year in Full (1 Payment)
Southfield resident - weekly 45-minute class	\$42/month	\$420
Non-resident - weekly 45-minute class	\$52/month	\$520
Southfield resident - weekly 60-minute class	\$56/month	\$560
Non-resident - weekly 60-minute class	\$66/month	\$660

**At the time of registration, the first month's installment will be due. This is non-refundable. Installment payments are withdrawn on the 1st of the month and will be automatically billed to the credit card on file. Any declined payments not resolved within 5 days of first attempt to withdraw will incur a \$20 late fee.*

Registration & Tuition Policies:

- There is no tuition proration, refunds, or credits for any classes missed during the year.
- If you enroll mid-season, your tuition will be based on when you begin dancing with us.
- **Tuition is not based on the number of classes in a month or on attendance.**
- **Holidays and closures are already calculated into your 10 payments.**
- **All classes are scheduled more than 30 weeks for the year to accommodate for any weather closings, emergencies, and class cancellations for any reason. Make-ups for classes will only be scheduled if the year falls below 30 weeks.**
- Tuition does not include the recital fee, payment for dance attire or any other fees. The tuition is for taking the class only.

Parks and Recreation personnel will attempt to collect tuition. If it becomes more than one month past due, your child will be prohibited to attend class. If we do not hear from you after 30 days your child will be dropped from the class. Their spot will be open and you would need to re-register them in order to have them continue to take class

NOTE: Dancers can register for multiple classes if desired. The rates above are applicable to the number of classes a student is registered for.

Cancellation Policy

Tuition will continue to be charged monthly (on the 1st of each month) until Southfield Parks and Recreation has received a written request of cancellation (must be submitted in writing to sjenkins1@cityofsouthfield.com at least 15 business days prior to being charged). You can cancel at any time throughout the season. If it is 15 business days prior to the first of the month, you will not be charged for the next month.

For more information please call Samantha Jenkins (248) 796-4667
or email impulsedancestudio@yahoo.com

Fun for Kids

Mini Ballet

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 ballet tights; pink ballet slippers; hair secured in a bun, no tutus/skirts.

Ages: 3 - 5

37 weeks Resident: \$42/month or \$420
NR: \$52/month or \$520

5:30-6:15 pm AAB - Dance Room
Th Sept 14-Jun 13 Activity Number: 9438

37 weeks Resident: \$42/month or \$420
NR: \$52/month or \$520

11:30 am-12:15 pm AAB - Dance Room
Sa Sept 16-Jun 15 Activity Number: 9432

Taps & Tutus

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 (Sept-Dec): jazz shoes

Dress Code (Jan-June): black leotard, pink tights, pink ballet shoes.

Ages: 3 - 5

37 weeks Resident: \$42/month or \$420
NR: \$52/month or \$520

10:30-11:15 am AAB - Small Dance Room
Sa Sept 16-Jun 15 Activity Number: 9431

Mini Hip Hop

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

Dress Code: Loose fitting clothing that allows ease of movement. Dance sneakers or gym shoes. No jeans or crop/midriff tops.

Ages: 5 - 7

37 weeks Resident: \$42/month or \$420
NR: \$52/month or \$520

11:30 am-12:15 pm AAB Dance Room
Sa Sept 16-Jun 15 Activity Number: 9436



Mini/Jr Hip Hop

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

Dress Code: Loose fitting clothing that allows ease of movement. Dance sneakers or gym shoes. No jeans or crop/midriff tops.

Ages: 5 - 10

37 weeks Resident: \$42/month or \$420
NR: \$52/month or \$520

6:30-7:15 pm AAB - Dance Room
Th Sept 14-Jun 13 Activity Number: 9437

AAB

Arts & Activities Building

26000 Evergreen Road
(Near the tennis courts)

Fun for Kids

Jr Ballet/Jazz

Class combines techniques of classical ballet and modern jazz with current forms of popular music. Training emphasizes balance, isolations, flexibility, coordination, timing, strength and creative expression. Dancers alternate between the two styles during the program, and will work on a performance piece.

Dress Code (Sept-Dec): jazz shoes

Dress Code (Jan-June): black leotard; pink tights; pink ballet slippers; hair secured in a bun, no tutus/skirts.

Ages: 6 - 8

37 weeks **Resident: \$56/month or \$560**
NR: \$66/month or \$660

12:30-1:30 pm AAB - Dance Room
Sa Sept 16-Jun 15 Activity Number: 9433



Jr/Teen Hip Hop

Introduction to the vocabulary, style and self-expression of hip-hop movement.

Dress Code: Loose fitting clothing that allows ease of movement. Dance sneakers or gym shoes. No jeans or crop/midriff tops.

Ages: 8 - 14

37 weeks **Resident: \$42/month or \$420**
NR: \$52/month or \$520

1:30-2:15 pm AAB - Dance Room
Sa Sept 16-Jun 15 Activity Number: 9435

Jr/Teen Ballet Jazz

Class combines techniques of classical ballet and modern jazz with current forms of popular music. Training emphasizes balance, isolations, flexibility, coordination, timing, strength and creative expression. Dancers alternate between the two styles during the program, and will work on a performance piece.

Dress Code (Sept-Dec): any color leotard; black jazz pants/shorts; black tights; black jazz shoes

Dress Code (Jan-June): black leotard; pink tights; pink ballet slippers, hair in bun/ponytail, no tutus/skirts.

Ages: 9 - 12

37 weeks **Resident: \$56/month or \$560**
NR: \$66/month or \$660

12:30-1:30 pm AAB - Dance Room
Sa Sept 16-Jun 15 Activity Number: 9434



AAB

Arts & Activities Building

26000 Evergreen Road
(Near the tennis courts)

JOIN US FOR

Boo Bash

FOR AGES 2-12

GOULISH GAMES

WITCH
 CREEPY CRAFTS

TRICK OR TREATING

ENTERTAINMENT



SAT

OCT
28

1-4 PM

SOUTHFIELD
PAVILION

Admission \$10/Resident; \$15/Non-resident

One adult must be present per family, everyone must have a ticket.

All Ages - Tennis

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.

Ages: 4 - 6

5 weeks **Resident: \$55** **NR: \$70**
9:00-9:50 am CC Park - Courts 3 and 4
Sa Sept 16-Oct 14 Activity Number: 9373

Ages: 7 - 10

5 weeks **Resident: \$55** **NR: \$70**
10:00-10:50 am CC Park - Courts 3 and 4
Sa Sept 16-Oct 14 Activity Number: 9374



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.

Ages: 7 and up

5 weeks **Resident: \$55** **NR: \$70**
Senior: Resident: \$49.50 NR: \$63
7:00-7:50 pm CC Park - Courts 3 and 4
Th Sept 14-Oct 12 Activity Number: 9367

Beginner Tennis Lessons

Instructor: R. Hughes

For those who have never played, or have just started playing the game. Discussion of rules and the basic fundamentals; grip, footwork, forehand, backhand, serve, volley and scoring.

Youth

Ages: 8 - 12

5 weeks **Resident: \$55** **NR: \$70**
6:00-6:50 pm CC Park - Courts 3 and 4
Tu Sept 12-Oct 10 Activity Number: 9370

6:00-6:50 pm CC Park - Courts 3 and 4
Th Sept 14-Oct 12 Activity Number: 9372

Adult

Ages: 18 and up

5 weeks **Resident: \$55** **NR: \$70**
Senior: Resident: \$49.50 NR: \$63

6:00-6:50 pm CC Park - Courts 3 and 4
M Sept 11-Oct 9 Activity Number: 9368

7:00-7:50 pm CC Park - Courts 3 and 4
Tu Sept 12-Oct 10 Activity Number: 9371

Intermediate Tennis Lessons - Adult/Teen

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.

Ages: 13 and up

5 weeks **Resident: \$55** **NR: \$70**
Senior: Resident: \$49.50 NR: \$63
7:00-7:50 pm CC Park - Courts 3 and 4
M Sept 11-Oct 9 Activity Number: 9369

CC Park

Civic Center Park - Tennis Courts

26000 Evergreen Road
(north end of complex)

All Ages - Tennis

Quick Start Indoor 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.

Ages: 4 - 6

5 weeks **Resident: \$55** **NR: \$70**
12:00-12:50 pm BWRC - Court 3
Sa Oct 21-Nov 18 Activity Number: 9378

Ages: 7 - 10

5 weeks **Resident: \$55** **NR: \$70**
1:00-1:50 pm BWRC - Court 3
Sa Oct 21-Nov 18 Activity Number: 9379

Beginner Indoor Tennis Lessons - Youth

Instructor: R. Hughes

For those who have never played, or have just started playing the game. Discussion of rules and the basic fundamentals; grip, footwork, forehand, backhand, serve, volley and scoring.

Ages: 8 and up

5 weeks **Resident: \$55** **NR: \$70**
6:00-6:50 pm BWRC - Court 3
Th Oct 19-Nov 16 Activity Number: 9376

Ages: 11 - 17

5 weeks **Resident: \$55** **NR: \$70**
2:00-2:50 pm BWRC - Court 3
Sa Oct 21-Nov 18 Activity Number: 9380

Beginner Indoor 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.

Ages: 7 and up

5 weeks **Resident: \$55** **NR: \$70**
Senior: Resident: \$49.50 NR: \$63
7:00-7:50 pm BWRC - Court 3
Th Oct 19-Nov 16 Activity Number: 9377



STORYTIME WITH SANTA

FRIDAY, DECEMBER 22

6:30 - 8:00 PM

*Special Stories with a
Special Guy!
Hot Chocolate Bar,
Cookie Decorating
and more!*

Admission

\$10/Southfield resident;

\$15/NR

One adult must be present per family,
everyone must have a ticket

**Room 115,
Parks & Recreation
Building,**

26000 Evergreen Road





Saturday
DECEMBER 9

**SOUTHFIELD
PAVILION**

Details Coming
SOON!

SOULFUL SANTA CELEBRATION



**Visit and take
photos with Santa**

Watch our Social Media and Website for updates

All Ages - Karate

Karate - 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: 5 - 6

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

9:30-10:00 am BWRC - Multipurpose Rm

Sa Sept 16-Oct 21 Activity Number: 9337

Sa Oct 28-Dec 9* Activity Number: 9341

**No class Nov 25*



Karate - 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: 6 - 7

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

10:15-10:45 am BWRC - Multipurpose Rm

Sa Sept 16-Oct 21 Activity Number: 9338

Sa Oct 28-Dec 9* Activity Number: 9342

**No class Nov 25*

Karate - Beginner

This class is for white belts and anyone who has never participated in a martial arts class. Techniques will be combined into patterns (Forms/Hyung/Kata). More practice drills, exercises and stretches will be learned. Technique Focus will be practiced via board breaking. Advancement to colored belt is provided.

Ages: 7 and up **Instructor: Grand Master Mundy**

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

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

6:00-6:50 pm BWRC - Multipurpose Rm

Tu Sept 12-Oct 17 Activity Number: 9345

Tu Oct 24-Dec 5* Activity Number: 9349

**No class Nov 7*

6:00-6:50 pm BWRC - Multipurpose Rm

Th Sept 14-Oct 19 Activity Number: 9348

Th Oct 26-Dec 7* Activity Number: 9352

**No class Nov 23*

Ages: 7 and up **Instructor: Master Bray**

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

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

11:00 am-12:00 pm BWRC - Multipurpose Rm

Sa Sept 16-Oct 21 Activity Number: 9343

Sa Oct 28-Dec 9* Activity Number: 9339

**No Class Nov 25*

BWRC

Beech Woods Recreation Center

22200 Beech Road (South of Nine Mile Rd)

All Ages - Karate

Karate - Intermediate

This class is for colored belts from any style of martial arts. 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. Advancement up to Black Belt level is provided.

Ages: 7 and up **Instructor: Grand Master Mundy**

6 weeks **Resident: \$50 NR: \$65**
Senior: Resident: \$45 NR: \$58.50
7:00-7:50 pm BWRC - Multipurpose Rm
Tu,Th Sept 12-Oct 19 Activity Number: 9346
Tu,Th Oct 24-Dec 12* Activity Number: 9350
**No class Nov 7 & Nov 23*

Ages: 7 and up **Instructor: Master Bray**

6 weeks **Resident: \$30 NR: \$40**
Senior: Resident: \$27 NR: \$36
12:15-1:15 pm BWRC - Multipurpose Rm
Sa Sept 16-Oct 21 Activity Number: 9340
Sa Oct 28-Dec 9* Activity Number: 9344
**No class Nov 25*



Karate - Advanced

Instructor: Grand Master Mundy
This class is for colored belts from any style of martial arts. Concepts, forms, techniques, and drills will be enhanced and increased from the Intermediate class. Self-defense skills will be practiced more rigorously. Sparring will be included. Advancement up to Black Belt level is provided.

Ages: 7 and up
6 weeks **Resident: \$50 NR: \$65**
Senior: Resident: \$45 NR: \$58.50
8:00-8:50 pm BWRC - Multipurpose Rm
Tu,Th Sept 12-Oct 19 Activity Number: 9347
Tu,Th Oct 24-Dec 12* Activity Number: 9351
**No class Nov 7 & Nov 23*





Open Skate

Anyone 2 years old and above wishing to receive the Resident Rate must show a Southfield Resident Leisure Card, Southfield driver's license or Business Leisure Card.

Skate Rental available on a first come, first serve basis for \$3/person.

Weekday Lunch Skate

\$4/person

M, W, F Sept 6-Dec 29 12:00-1:20 pm

Weekend Open Skate

\$4/Resident \$5/NR

Sa Sept 9-Dec 16 12:00-1:20 pm

Su Sept 10-Dec 17 3:00-4:20 pm



Sticks & Pucks

All Sticks & Pucks participants must be 18 years or older and must bring and wear a helmet.

Sticks & Pucks is limited to the first 20 people to sign in each session.

\$8/person

M, W, F Sept 6-Dec 29 10:30-11:50 am

Su Sept 10 - Dec 17 12:00-1:20 pm



Learn to Skate

Our Learn to Skate lessons will be back in January! Details will be in our Winter Activities Guide mailed to residents in December.

Follow the Southfield Parks & Recreation Facebook page for up-to-date information on all classes and events held at the Southfield Sports Arena.

The Southfield Sports Arena will be closed on: Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, New Year's Day and Easter.

SSA

Southfield Sports Arena

26000 Evergreen Road

Southfield Sports Arena is Hiring



Facility Assistant 1

Be the face of the Southfield Sports Arena (Customer service, office duties and more)

Facility Assistant 2

Work on and off the ice, operate the Zamboni (Training available)

**BOTH POSITIONS REQUIRE SOME
EVENINGS & WEEKENDS
WORK UP TO 40 HOURS PER
WEEK (SEASONALLY)**

APPLY NOW



*Experience a moonlit walk with a Naturalist
from Oakland County Parks*

**OAKLAND
COUNTY PARKS**

Full Moon Walk at Beech Woods Park

Friday, September 29 7 - 8 pm

Owl Prowl at Civic Center Park

Saturday, October 28

6:15 - 7:15 pm

Winter Solstice Walk at Civic Center Park

Thursday, December 21 4 pm

**Dress for the weather and bring a flashlight,
lantern or head lamp along with hiking poles or a
walking stick with you if you have them.**

Nature Education Opportunities



Nature Center Educational Programs

Red Oaks and Wint Nature Centers offer year-round nature education programs. Topics include learning about wildlife, interpretive walks, local history, hands-on activities and more! Visit the Recreation tab on OaklandCountyParks.com to review the current season's schedule of nature education programs.

Homeshool Curriculum

Monthly homeschool programs are adapted for ages 6-9 and 10-13. Sessions run from 10:30 a.m.-12:30 p.m. and are designed as drop-off programs. All students are welcome, whether from a traditional homeschool, pod or virtual learning setting. A release form must be completed with registration. Cost: \$10/child per session.

Scout Badge Days

For decades, Oakland County Parks has provided diverse scout programming. Visit the Recreation tab on OaklandCountyParks.com to review the current badge program schedule. You can also schedule appointment-based Scout Badge Field Trips by calling 248-585-0100 (Red Oaks Nature Center) or 248-625-6473 (Wint Nature Center).

Field Trips

Field trips to the Nature Centers are a fun, educational outing for families, school or scout groups and more. Field trips are 1-2 hours and can cover a variety of topics depending on your interests or the Michigan Science Standards required. They are appropriate for school-aged children through active adults. Call the nature centers to schedule.

StarLab - Indoor Inflatable Planetarium

Book a naturalist-guided tour of the night sky in a portable, inflatable, indoor planetarium. StarLab can be reserved for the nature center or at your facility. Programs are designed to meet some Michigan Science Standards. Forty-five minute presentations can accommodate up to 30 people. Cost: \$225 for first show/\$100 each additional.

Wild Birthday Parties

Each party includes a nature presentation, interpretive hike and/or themed craft and goodie bags. Parties are designed for children aged 3 and older. Cost: \$10/child or \$100/minimum. Birthday child is free! Two weeks minimum notice and non-refundable \$25/deposit.



Scan for nature education information

Pre-registration is required for all programs; call 248-858-0916 on weekdays during regular business hours. On-site registration is not available.

Programs may take place outdoors or have an outdoor component. Dress for the weather. Waterproof shoes or boots are recommended. In case of inclement weather, programs will be canceled. Masks are no longer required but are available on-site.

Red Oaks Nature Center: 30300 Hales Street, Madison Heights, MI 48071
Hours: Tuesday – Saturday, 10 a.m.-5 p.m., Sunday 12-5 p.m. 248-858-0100

Wint Nature Center: 9501 Sashabaw Road, Clarkston, MI 48348
Hours: Thursday – Saturday, 10 a.m.-5 p.m., Sunday 1-5 p.m. 248-625-6473

OAKLAND COUNTY PARKS
OaklandCountyParks.com   

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.



2023 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.

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

Save time, book your tee times on-line!

Go to

www.cityofsouthfield.com/departments/parks-recreation/golf

and click the Book Your Tee Time button.

Tee Time With Terri (Golf Pro)

Instructor: T. Ryan

This class is designed for the player that knows the basics, but wants to become a better player. Learn tips and tricks from PGA Teaching Pro Terri Ryan. Each of the 5 weekly sessions will cover a different aspect of the game: warm-up, mental preparation, playing the course, how to improve your score, plus tracking and analysis of your results. Instruction will include playing some holes on the course with cart.

Ages: 18 and up

5 weeks Resident: \$75 NR: \$90

Senior: Resident: \$67.50 NR: \$81

6:30-7:50 pm EHGC

Tu Sept 12-Oct 10 Activity Number: 9363

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 on the practice putting green at the Evergreen Hills Golf Course.

Ages: 16 and up

1 hour Resident: \$15 NR: \$15

12:00-1:00 pm EHGC

Th Sept 14 Activity Number: 9362

Golf Lessons

Golf Lessons

Instructor: T. Ryan

Come out and learn to play the game of golf from PGA Teaching Pro Terri Ryan. Each of the 4 sessions will cover a different aspect of the game.

Ages: 16 and up

4 Days Resident: \$50 NR: \$65

Senior: Resident: \$45 NR: \$58.50

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

Level 1

Session 1: Grip, stance, ½ swing

Session 2: Irons and full swing

Session 3: Short game; chipping/pitching

Session 4: Putting

12:00-12:50 pm BW Driving Range
M,W Sept 11-Sept 20 Activity Number: 9357

7:00-7:50 pm BW Driving Range
M,W Sept 11-Sept 20 Activity Number: 9358

5:00-5:50 pm BW Driving Range
W,Th Sept 27-Oct 5 Activity Number: 9359

Level 2

Session 1: Review and work on full swing

Session 2: Hybrids and fairway woods

Session 3: Driver

Session 4: Short game

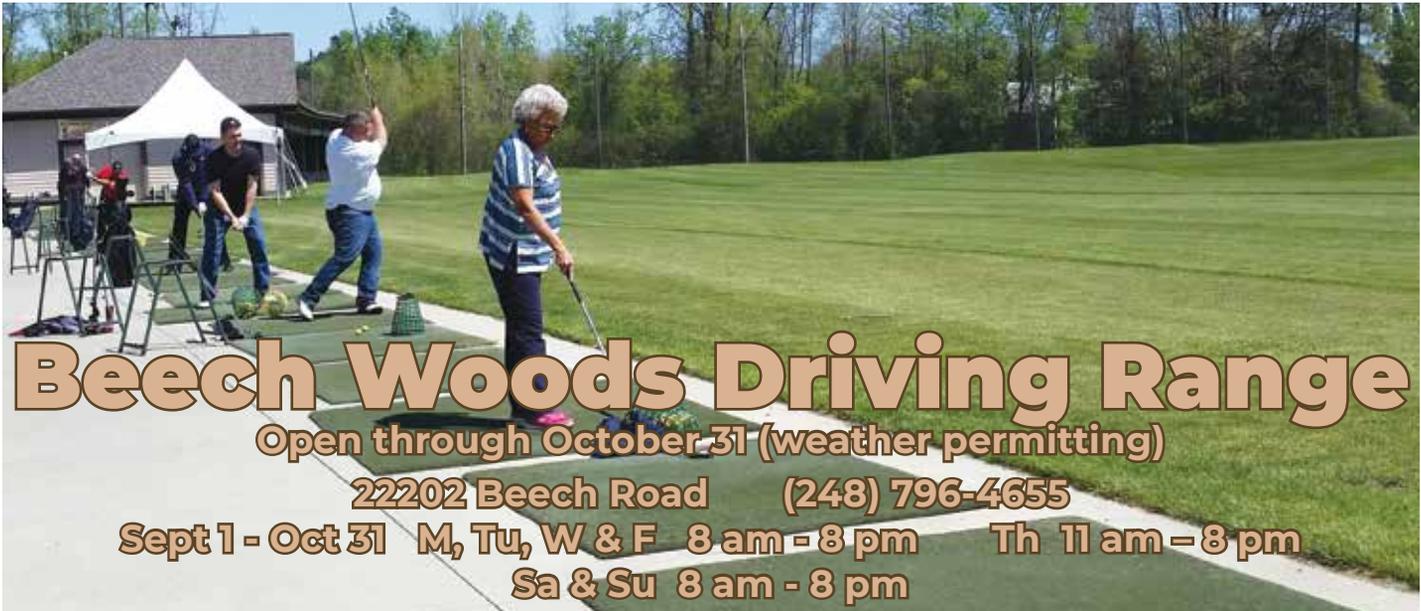
12:00-12:50 pm BW Driving Range
M,W Sept 25-Oct 4 Activity Number: 9360



BW Driving Range

Beech Woods Driving Range

22202 Beech Road (enter at Pro Shop)



Beech Woods Driving Range

Open through October 31 (weather permitting)

22202 Beech Road (248) 796-4655

Sept 1 - Oct 31 M, Tu, W & F 8 am - 8 pm Th 11 am - 8 pm
Sa & Su 8 am - 8 pm

2023 Bucket Fees

Last small bucket of balls sold at 7:30 pm.

Bucket Size	Small	Medium	Large
Resident & Senior	\$6	\$8	\$10
NR	\$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 instruct 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 am-12:00 pm	BW Driving Range	
Sa Sept 23	Activity Number: 9356	

Adult Golf Camp

Instructor: T. Ryan

This 3-day camp taught by PGA Teaching Pro Terri Ryan will make you a better player in no time!

Day 1: Swing analysis and working at the driving range 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. Tips and instruction from Terri.

Ages: 19 and up

3 Days Resident: \$150 NR: \$170

Senior: Resident: \$135 NR: \$153

F-Su Sept 15-Sept 17 Activity Number: 9355

F 5:00-7:00 pm BW Driving Range

Sa 8:00-11:00 am BW Driving Range

Su 8:00-11:00 am Evergreen Hills GC

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 signing up!

Save the Date

FRIDAY, MARCH 1, 2024



FRIDAY, MARCH 1, 2024

PICNIC SHELTER RESERVATIONS BEGIN MARCH 1

Watch our Social Media and website for updates.



KICK OFF THE SEASON WITH US AT THE

Southfield Tree Lighting Ceremony

TUESDAY, DECEMBER 5 • 6 - 8 PM
SOUTHFIELD MUNICIPAL CAMPUS FRONT LAWN,
26000 EVERGREEN ROAD

Ice Carvings Refreshments Visits with Santa and more!



Adult Programs

Arts

Acrylic Painting

Instructor: W. Fournier

Acrylic paint is a desired medium for many artists. In this class, we will explore techniques and materials to develop painting skills. A supply list will be available upon registration.

Ages: 18 and up

6 weeks **Resident: \$180** **NR: \$195**
Senior: **Resident: \$162** **NR: \$175.50**
10:00 am-1:00 pm P/R Bldg
M Sept 11-Oct 23 Activity Number: 9292
M Nov 6-Dec 11 Activity Number: 9293

6 weeks **Resident: \$180** **NR: \$195**
Senior: **Resident: \$162** **NR: \$175.50**
6:00-9:00 pm P/R Bldg
Tu Sept 12-Oct 17 Activity Number: 9294
Tu Nov 7-Dec 12 Activity Number: 9295

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.

\$50 Material Fee paid directly to instructor.

Ages: 16 and up

10 weeks **Resident: \$165** **NR: \$185**
Senior: **Resident: \$148.50** **NR: \$166.50**
7:00-10:00 pm BHP - Art Room
W Sept 13-Nov 15 Activity Number: 9386

The Fine Art of Drawing

Instructor: S. Gambord

This is a crash course for the inspired student excited about drawing and developing their drawing skills. No prior course work required. Supply list will be available before class starts.

Ages: 18 and up

6 weeks **Resident: \$180** **NR: \$195**
Senior: **Resident: \$162** **NR: \$175.50**
7:00-9:00 pm P/R Bldg
Th Sept 14-Oct 19 Activity Number: 9308
Th Nov 2-Dec 14* Activity Number: 9309

**No class Nov 23*



Watercolor Magic

Instructor: S. Gambord

Watercolor Magic is an introductory course for students that appreciate the beauty of watercolor transparencies and want to learn the techniques of the watercolor medium. Supply list will be available before class starts.

Ages: 18 and up

6 weeks **Resident: \$180** **NR: \$195**
Senior: **Resident: \$162** **NR: \$175.50**
7:00-9:00 pm P/R Bldg
M Sept 11-Oct 23* Activity Number: 9312
M Nov 6-Dec 11 Activity Number: 9313

**No class Oct 9*

BHP

Burgh Historical Park

26060 Berg Road

P/R

Parks & Recreation Building

26000 Evergreen Road

Adult Programs

Athletics/Sports



Adult Softball - Fall

A 10-game season is scheduled with 8 games guaranteed. Schedule will be mostly doubleheaders, but some single games will be played. Teams will receive game balls, rule book, score book and awards for league and playoff winners. Playoffs for top 4 teams/league/night and games may be scheduled on any day the same class league plays. Please email amickens@cityofsouthfield.com for more information.

Ages: 18 and up
7 weeks **Team Fee: \$450***
6:10-9:00 pm CCP - Diamond 1 and 2
***Teams pay umpires \$20/game**

Monday Men's E League

M Aug 21-Oct 2 Activity Number: 9333

Tuesday Men's D League

Tu Aug 22-Oct 3 Activity Number: 9334

Wednesday Co-Rec D League

W Aug 23-Oct 4 Activity Number: 9335

Thursday Men's D League

Th Aug 24-Oct 5 Activity Number: 9336

Adult Open Gym

- All participants must register for the 2023 season upon their first visit; current, state-issued picture ID required to participate.
- Open Gym is limited to the first 40 participants to check in each day.

Ages: 18 and up

Per Day Resident: \$4 NR: \$6
12:30-2:30 pm BWRC - BBall Courts 1 & 2
M, Tu & Th Sept 11-Dec 14*

***No Open Gym Oct 9 & Nov 23**



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.

Fall Special \$15/month*

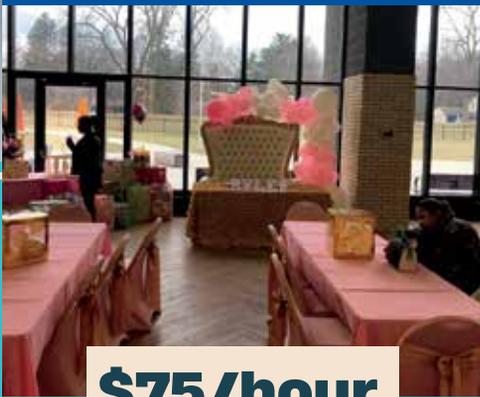
*automatically renewed until cancellation received with office.

Sept-Dec M-F 9:00 am-4:00 pm
BWWC closed Sept 4, Oct 9, Nov 10, Nov 23-24, Dec 25-26 & Dec 29

BWRC	Beech Woods Recreation Center	22200 Beech Road (South of Nine Mile Rd)
CCP	Civic Center Park	26000 Evergreen Road

BEECH WOODS
RECREATION
CENTER

Lobby/Atrium



\$75/hour
\$75 Deposit



Beech Woods Recreation Center

Outdoor Patio



\$250/4 hrs
\$100 Deposit

Gymnasium



17,000 sq. feet



Call (248) 796-4670 for details.

Adult Programs

Dance/Music

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 - Lower Level Dance Studio

Tu Sept 5-Oct 3 Activity Number: 9388

Tu Oct 17-Nov 14 Activity Number: 9393

6:30-7:30 pm P/R - Lower Level Dance Studio

W Sept 6-Oct 4 Activity Number: 9389

W Oct 18-Nov 15 Activity Number: 9395

7:30-8:30 pm P/R - Lower Level Dance Studio

W Sept 6-Oct 4 Activity Number: 9390

W Oct 18-Nov 15 Activity Number: 9397

4 weeks Resident: \$25 NR: \$35

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

6:30-7:30 pm P/R - Lower Level Dance Studio

Tu Nov 28-Dec 19 Activity Number: 9394

6:30-7:30 pm P/R - Lower Level Dance Studio

W Nov 29-Dec 20 Activity Number: 9396

7:30-8:30 pm P/R - Lower Level Dance Studio

W Nov 29-Dec 20 Activity Number: 9398

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

Ages: 18 and up

6 weeks Resident: \$63 NR: \$73

Senior: Resident: \$56.70 NR: \$65.70

6:00-6:45 pm P/R - Room 115

M Sept 25-Nov 6* Activity Number: 9401

**No class Oct 9*

7 weeks Resident: \$74 NR: \$84

Senior: Resident: \$66.60 NR: \$75.60

6:00-6:45 pm P/R - Room 115

Th Sept 28-Nov 9 Activity Number: 9403

5 weeks Resident: \$52.50 NR: \$62.50

Senior: Resident: \$47.25 NR: \$56.25

6:00-6:45 pm P/R - Room 115

M Nov 13-Dec 11 Activity Number: 9402

4 weeks Resident: \$42.28 NR: \$52.28

Senior: Resident: \$38.05 NR: \$47.05

6:00-6:45 pm P/R - Room 115

Th Nov 16-Dec 14* Activity Number: 9404

**No class Nov 23*



P/R

Parks & Recreation Building

26000 Evergreen Road

Adult Programs

Fat-2-Lean Low Impact Aerobics

Instructor: P. Latimer

A fun, full body workout for all fitness levels that includes 30 minutes of moderately paced, easy-to-follow cardio aerobics sequences designed to elevate the heart rate and keep you moving. Class finishes with 15-to-20 minutes of work using a combination of weights, balls and chairs to target strength, balance and functional movements that mimic daily life. This class includes many different modifications and options for low impact or higher impact work dependent upon the individuals desire to be challenged. No matter your fitness level or goals, this class is super fun and will leave you smiling and feeling accomplished!

Ages: 16 and up

6 weeks Resident: \$63 NR: \$73
Senior: Resident: \$56.70 NR: \$65.70
 10:00-10:45 am P/R - Room 115
 Tu Sept 26-Oct 31 Activity Number: 9405

4 weeks Resident: \$42.28 NR: \$52.28
Senior: Resident: \$38.05 NR: \$47.05
 10:00-10:45 am P/R - Room 115
 Tu Nov 14-Dec 12 Activity Number: 9406

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.

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 Sept 13-Oct 18 Activity Number: 9411
 W Nov 1-Dec 13* Activity Number: 9412

**No class Nov 22*



Yoga Basics

Instructor: R. Byas/Simply Well, LLC

This class is for all levels. Explore foundational poses, alignment, breath and movement. We will touch on restorative/gentle yoga and slow flows. We will incorporate the use of props: strap, block, bolster/blanket and chair for support.

Ages: 18 and up

8 weeks Resident: \$88 NR: \$98
Senior: Resident: \$79.20 NR: \$89.20
 6:30-7:30 pm P/R Bldg
 W Sept 13-Nov 1 Activity Number: 9303

7 weeks Resident: \$77 NR: \$87
Senior: Resident: \$69.30 NR: \$79.30
 6:30-7:30 pm P/R Bldg
 W Nov 8-Dec 20 Activity Number: 9304

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.

Ages: 16 and up

6 weeks Resident: \$60 NR: \$75
Senior: Resident: \$54 NR: \$67.50
 4:00-5:00 pm BWRC - Multipurpose Rm
 W Sept 13-Oct 18 Activity Number: 9413
 W Nov 1-Dec 13* Activity Number: 9414

**No class Nov 22*

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

Beginner Bird Watching

Instructor: D. Burlett
Walk with Oakland County Audubon Society President Don Burlett. Bring binoculars, if you have them.

Ages: 13 and up

1 Hour Resident: \$5 NR: \$6
Senior: Resident: \$4.50 NR: \$5.40

9:00-10:00 am CCP*
Tu Oct 3 Activity Number: 9514

*Group will meet in the parking lot by the Civic Center Park playlot

1 Hour Resident: \$5 NR: \$6
Senior: Resident: \$4.50 NR: \$5.40

9:00-10:00 am BW Park*
Th Oct 12 Activity Number: 9515

*Group will meet by the Beech Woods Driving Range Pro Shop

CPR and AED Training

Instructor: M. Medici
American Heart Association CPR and AED Training. Certification card is good for 2 years. Class is held in the Homeland Security & Emergency Preparedness Offices inside the Parks & Recreation Building

Ages: 18 and up

1 Day Resident: \$55 NR: \$65

9:00 am-12:00 pm P/R Bldg
Th Oct 5 Activity Number: 9457



Holiday Centerpieces

Instructor: E. Blondin
Learn how to make fresh centerpieces using seasonal foliage. Participants in the class will have the chance to work with a variety of fresh greens and other natural materials. All materials will be provided.

Ages: 18 and up

1 Day Resident: \$40 NR: \$50
Senior: Resident: \$36 NR: \$45

6:00-7:30 pm P/R Bldg
Tu Dec 12 Activity Number: 9381

New World Gardening

Instructor: E. Blondin
The Americas meant new plants, new garden techniques and new recipes. Learn about the food and farming techniques of native cultures. Make a pumpkin arrangement with succulents for your holiday celebration.

Ages: 18 and up

1 Day Resident: \$40 NR: \$50
Senior: Resident: \$36 NR: \$45

6:00-7:30 pm P/R Bldg
Tu Nov 14 Activity Number: 9382

Winter Bird Feeder Talk

Instructor: D. Burlett
Learn about what bird feeder and foods are the best to attract winter songbirds with Oakland County Audubon Society President Don Burlett.

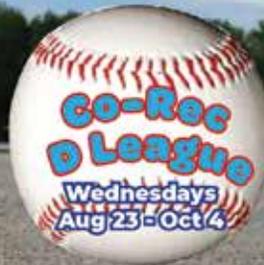
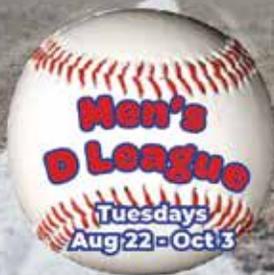
Ages: 13 and up

1 Hour Resident: \$5 NR: \$6
Senior: Resident: \$4.50 NR: \$5.40

6:00-7:00 pm P/R - Room 222/223
Th Nov 2 Activity Number: 9513

BW Park	Beech Woods Park	22200 Beech Road (South of Nine Mile Rd)
CCP	Civic Center Park	26000 Evergreen Road
P/R	Parks & Recreation Building	26000 Evergreen Road

Fall Softball Leagues



Fall leagues feature a 10-game season (mostly doubleheaders) with 8 games guaranteed.
Playoffs for top 4 teams/league/night
Team Fee: \$450 +\$20 Umpire fee/game

Beech Woods Wellness Center



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

For details on membership, stop by the Beech Woods Wellness Center or call (248) 796-4676 or (248) 796-4670.

Senior Drop-in Fun & Games

Weekly Planner

Monday	Tuesday	Wednesday	Thursday
Chair Exercise* 11 am - 12 pm	BINGO 10 - 11:30 am	Chair Exercise* 11 am - 12 pm	Bid Whist 12:30 - 3:30 pm
Games: Dominoes, Yahtzee, Chess, Backgammon 12:30 - 3:30 pm	Bid Whist 12:30 - 3:30 pm	Bridge 12:30 - 3:30 pm	Games: Dominoes, Yahtzee, Chess, Backgammon 12:30 - 3:30 pm
Cards: Euchre, Spades, Hand and Foot 12:30 - 3:30 pm		MAHJONG 12:30 - 3:30 pm	Cards: Euchre, Spades, Hand and Foot 12:30 - 3:30 pm

Senior Drop-in Packages, good for 10 visits, allow you to participate in a variety of drop-in programs at the Parks & Recreation Building. Stop in and come find a friendly game with friends new and old.

The Senior Drop-in package allows you to participate in any of the following programs:

Bid Whist Bingo Bridge Mahjong Dominoes Euchre Spades
Yahtzee Hand and Foot

\$20 Southfield Resident \$30 Non-Resident

*Chair Exercise is not part of the Senior Drop-in Package but it is a drop-in class, the daily drop-in fee for this program is \$5/Resident or \$6/Non-resident.

Call Senior Services at (248) 796-4650 for more information on drop-in programs at the Parks & Recreation Building.

P/R Parks & Recreation Building 26000 Evergreen Road

SENIOR SPORTS DROP-IN

AT BEECH WOODS
RECREATION CENTER



Monday

BOUNCE VOLLEYBALL OPEN PRACTICE
10 am - 12 pm

Tuesday

Pickleball 10 am - 12 pm
Matches set up each week.
Rackets and balls available



Wednesday

BOUNCE VOLLEYBALL 10 AM - 12 PM
Open Practice through Oct 30
League Play Nov 1 - March 6

Thursday

INDOOR TENNIS 10 AM - 12 PM
All levels welcome, partners
determined each day



Friday

INDOOR TENNIS 10 AM - 12 PM
All levels welcome, partners
determined each day



\$2/SOUTHFIELD RESIDENT PER DAY
\$3/NON-RESIDENT PER DAY

Drop-in programs allow you to pay for only the days you attend. Check in and pay at the Beech Woods Recreation Center front desk to receive your wristband for the day. **No class Oct 9, Nov 10 & Nov 23-24*

BWRC

Beech Woods Recreation Center

22200 Beech Road (South of Nine Mile Rd)

Senior Adult (50+) Programs

Athletics/Sports

Senior Bounce Volleyball League

Fee includes 14 weeks of play and t-shirt

Ages: 50 and up

4-Person Team

Team Fee: \$300

10:00-11:00 am

BWRC

W Nov 1-Mar 6

Activity Number: 9453

6-Person Team

Team Fee: \$300

11:00 am-12:00 pm

BWRC

W Nov 1-Mar 6

Activity Number: 9454

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 Sept 7-Oct 5 Activity Number: 9387

Th Oct 19-Nov 16 Activity Number: 9391

4 weeks

Resident: \$25

NR: \$35

12:00-1:00 pm P/R - Lower Level Dance Studio

Th Nov 30-Dec 21 Activity Number: 9392



Fitness

5-Point-0 Fusion Dance

Instructor: H. Patton

This low-impact, fun dance movement class is designed for seniors to improve cognitive skills. As a fusion class, you will experience a blend of exercises from different cultures and genres of music. Each 45-minute class will include a cognitive-focused workout to promote body, heart, mind, soul and spirit enrichment. No experience necessary. Wear comfortable clothing and shoes.

Ages: 16 and up

6 weeks

Resident: \$42

NR: \$52

Senior:

Resident: \$37.80

NR: \$46.80

11:45 am-12:30 pm P/R - Lower Level Dance Studio

Tu Sept 12-Oct 17 Activity Number: 9415

Tu Oct 31-Dec 5 Activity Number: 9416

10:30-11:15 am

P/R - Lower Level Dance Studio

Th Sept 14-Oct 19 Activity Number: 9417

Th Nov 2-Dec 14* Activity Number: 9418

**No class Nov 23*

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, beginning class in a chair and ending class on your mat. Bring your yoga mat and non-slip socks.

Ages: 18 and up

7 weeks

Resident: \$70

NR: \$80

12:15-1:15 pm

P/R Bldg

M Sept 11-Oct 30* Activity Number: 9301

M Nov 6-Dec 18 Activity Number: 9302

**No class Oct 9*

P/R

Parks & Recreation Building

26000 Evergreen Road

Senior Adult (50+) Programs

Nordic Pole Exercise Class

Instructor: K. Walton

Nordic Pole exercise classes are suitable for people of all fitness levels and can be adjusted to accommodate individual needs and goals. Participants will walk with the poles while performing a variety of exercises, such as lunges, squats and twists. The poles add an element of resistance to the workout, which can help strengthen the upper body and improve balance and stability. Must bring your own poles.



Ages: 50 and up
8 weeks **Resident: \$40** **NR: \$48**
11:00 am-12:00 pm P/R Bldg
F Sept 8-Oct 27 Activity Number: 9310

6 weeks **Resident: \$30** **NR: \$36**
11:00 am-12:00 pm P/R Bldg
F Nov 3-Dec 22* Activity Number: 9311
**No class Nov 10 & Nov 24*



Special Interest

AARP Smart Driver Course

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way! Bring a bag lunch for a 30 minute lunch break.

Ages: 50 and up
2 Days **Resident: \$30** **NR: \$35**
9:00 am-2:00 pm P/R Bldg
Th-F Oct 26-Oct 27 Activity Number: 9296

How Do I Take a Live Zoom Class?

Instructor: M. Wilson
Many instructors use Zoom for live/virtual classes. This class will help participants understand the process of getting to your Zoom classroom and navigating the features used in Zoom.

Ages: 50 and up
1 Day **Resident: \$40** **NR: \$45**
9:00-11:00 am P/R Bldg
F Sept 8 Activity Number: 9445

I Need to Host My Own Zoom Meeting

Instructor: M. Wilson
You will learn how to schedule and host meetings. Basic host controls can seem overwhelming, but we will explore them all. You will learn how to share your screen, invite and send links to e-mails

Ages: 50 and up
1 Day **Resident: \$40** **NR: \$45**
1:00-3:00 pm P/R Bldg
F Sept 8 Activity Number: 9446

BWRC	Beech Woods Recreation Center	22200 Beech Road (South of Nine Mile Rd)
P/R	Parks & Recreation Building	26000 Evergreen Road



Fall Equinox Luncheon

Enjoy salad and games with friends.

**\$20/Southfield resident
\$30/Non-resident**

Thursday, September 21

12 - 1:30 pm

Mary Thompson Farm



Pizza Party

Pizza and salad + games and friends = Pizza Party!!

**\$25/Southfield resident
\$35/Non-resident**

Thursday, October 16

12 - 1:30 pm

Parks & Recreation Building



Thanksgiving Luncheon

**\$25/Southfield resident
\$35/Non-resident**

**Thursday,
November 16**

12 - 1:30 pm

Parks & Recreation Building



HOLIDAY LUNCHEON

**\$25/Southfield resident
\$35/Non-resident**

Thursday, December 21

12 - 1:30 pm

Parks & Recreation Building

Senior Adult (50+) Programs

Microsoft Word: The Very Basics

Instructor: M. Wilson

Your instructor will break down the unknown Microsoft Word features and present them to you in a clear, sensible and enjoyable way. We will explore saving, alignments, bullets, numbering and indents. This is a class for anyone with Microsoft Word on their computers.

Ages: 50 and up

1 Day **Resident: \$40** **NR: \$45**
9:00-11:00 am P/R Bldg
F Oct 20 Activity Number: 9447

Getting More out of Microsoft Word

Instructor: M. Wilson

Let's make your tasks in Microsoft Word a lot easier. You will save time and frustration and see how to properly use tabs. We will go on to explore dictation, easy paragraph functions, the sort feature and using macros to eliminate laborious repetition. Get tips and tricks as well as use shortcuts to save time.

Ages: 50 and up

1 Day **Resident: \$40** **NR: \$45**
1:00-3:00 pm P/R Bldg
F Oct 20 Activity Number: 9448

All about Pictures

Instructor: M. Wilson

Find how to name and move pictures into folders. We will look at using the Photo Gallery, editing of pictures and inserting photos into Word documents.

Ages: 50 and up

1 Day **Resident: \$40** **NR: \$45**
9:00-11:00 am P/R Bldg
F Nov 17 Activity Number: 9449

Organizing Your {Digital} Documents

Instructor: M. Wilson

Learn how to save files with Microsoft Word, how to create a PDF file and why we would use them. Learn how to organize your documents, place them on flash drives, external drives and in the Cloud.

Ages: All Ages

1 Day **Resident: \$40** **NR: \$45**
1:00-3:00 pm P/R Bldg
F Nov 17 Activity Number: 9450

Using Google to Search for Anything

Instructor: M. Wilson

Understand how to use and get the best out of a search engine, such as Google.

Ages: 50 and up

1 Day **Resident: \$40** **NR: \$45**
9:00-11:00 am P/R Bldg
F Dec 8 Activity Number: 9451

Should I Click On That?

Instructor: M. Wilson

Find out what you should and should not click on. Learn about scams, suspicious popups, advertisements, email ads and links.

Ages: 50 and up

1 Day **Resident: \$40** **NR: \$45**
1:00-3:00 pm P/R Bldg
F Dec 8 Activity Number: 9452



P/R

Parks & Recreation Building

26000 Evergreen Road

Senior Adult (50+) Programs

Music History Series



A Great Day in Harlem

Instructor: S. Johnson

This program is built around the famous photo by Art Kane of 57 musicians in front of a Harlem brownstone. This presentation features a relatively in-depth back story of the picture, a short biography of some of the artists and the playing of one of their feature songs.

Ages: 50 and up

1 Day **Resident: \$5** **NR: \$6.50**
1:00-2:15 pm P/R - Room 223
F Sept 22 Activity Number: 9492

The Music of the 70's

Instructor: S. Johnson

70's music became an all-out revolution, bridging the Hippie lifestyle of the 60's with the Yuppie lifestyle of the 80's. New styles emerged, led by Disco, that are still heard today. We'll watch as Elton John says Goodbye to the Yellow Brick Road, The Eagles hole up at the Hotel California, a professional couple doing the Hustle, and others.

Ages: 50 and up

1 Day **Resident: \$5** **NR: \$6.50**
1:00-2:15 pm P/R - Room 223
F Nov 17 Activity Number: 9491

American Film Institute's (AFI)

100 Years...100 Songs

Instructor: S. Johnson

Explore some of the songs on the *100 Years...100 Best Of* list. Watch Gene Kelly sing and dance in the rain, John Travolta showing his disco moves to *Staying Alive*, and many others.

Ages: 50 and up

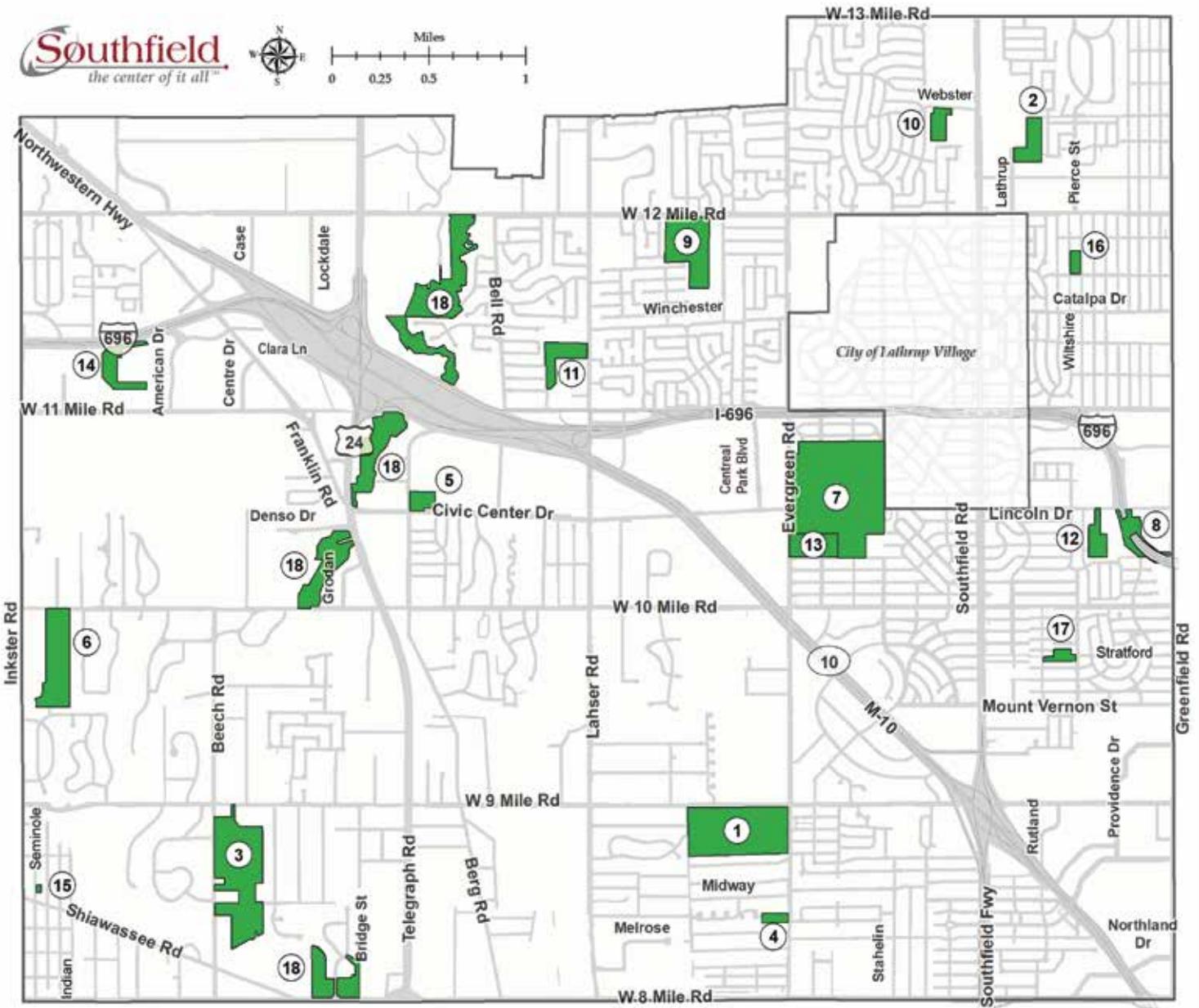
1 Day **Resident: \$5** **NR: \$6.50**
1:00-2:15 pm P/R - Room 223
F Oct 27 Activity Number: 9490



P/R

Parks & Recreation Building

26000 Evergreen Road



Park Rules

- Parks open from dawn to dusk.
- Alcoholic beverages are prohibited.
- All pets must be leashed and controlled.
- Golf is prohibited in park areas.
- No motorized vehicles are permitted beyond the parking lot.
- Please place litter in receptacles provided.
- No loitering.
- Group use by permit only.
- Pet droppings must be collected and removed by pet owner.
- Remote or radio-controlled aircraft prohibited.
- Feeding of wildlife prohibited.
- Fire in grills only.
- Fireworks prohibited.
- Dumping of household trash prohibited.
- Playing loud music will not be permitted.
- Tents not authorized by Southfield Parks and Recreation prohibited.

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.

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
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 Walking Path Pickleball and Basketball Courts
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
18. Simms Park	Wiltshire, S of 12 Mile, E of Southfield Rd	Playlot Ballfield Tennis and Basketball Courts Small Shelter Walking Path
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 will close on November 1 at Beech Woods Park , Civic Center Park (near the Miracle Field), Inglenook Park, Pebble Creek Park and the Mary Thompson House and Farm

Southfield Parks



Seasonal Park Closures

Outdoor restrooms and water access will close for the season on November 1 at:

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

Porta potties will be placed at Inglenook and Civic Center parks through the month of November, weather permitting.

The parking lot gates to the following parks will also close on November 1:

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



**Have you checked out
the resurfaced courts at
Civic Center Park?**

**Court #7 now includes
Pickleball!!**

Southfield parks are open year-round for residents to enjoy. Keep up those healthy habits you established throughout the summer. Pull on your boots, put on a warm coat and see your favorite parks in a whole new way.

Parks are open from dawn to dusk and there are no park entrance fees. Park Rules are posted at each park entrance. For more information on individual parks, please call the Parks Services division at (248) 796-4630.



Local Sports Leagues

These organizations are independent of the Southfield Parks & Recreation Department.

Baseball & Tee Ball

Miracle League (248) 506-4604
www.michiganmiracle.org (Mentally & Physically Challenged)

Youth Soccer

South Oakland County Soccer (248) 496-8597
www.socsf.com U3 - U19 teams

Youth Tackle Football & Cheerleading

Southfield Lathrup Falcons (248) 457-8031
www.southfieldfalcons.org Ages 5 - 14 years old

Special Forces

Adaptive Recreation Group

Southfield Special Forces is an activity group for individuals 16 years and older with a developmental disability. They offer programs, activities and trips for individuals with disabilities. You can keep up to date on Special Forces activities by joining our e-list or our monthly mailing list.

Please call (248) 796-4604 to be added to one or both of our mailing lists. You may also e-mail us at hgraves@cityofsouthfield.com

Community Groups

Southfield Area Chamber of Commerce (248) 557-6661
www.southfieldchamber.com

Historical Society..... (248) 219-6963
www.southfieldhistoricalsociety.wordpress.com

Southfield Michigan Works..... (248) 796-4580

Southfield Parks & Garden Club..... (248) 356-2281
www.southfieldparksandgarden.org

Southfield Youth Assistance (248) 746-7658
www.southfieldya.org

Helpful Numbers

SMART Connector (866) 962-5515

TOSS (Transportation of Southfield Seniors)..... (248) 796-4658

Oakland County Parks (888) OCPARKS
www.oakgov.com/parks

The 'field Zone..... (248) 206-4225
www.miclubs.org



Registration

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) 796-4620
Monday-Friday 9 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.

Fall 2023 Program Registration Form

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

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

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 does not accept 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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City Council

Michael "Ari" Mandelbaum, Council President

Linnie Taylor, Pro Tem

Nancy L.M. Banks

Daniel Brightwell

Lloyd Crews

Myron Frasier

Coretta Houge

Allyson Bettis, City Clerk

Irv M. Lowenberg, Treasurer

Frederick E. Zorn, CECD City Administrator

Parks & Recreation Board

Jeannine D. Reese, Chairperson

Rosemerry Allen

Chana Baumol

Brandon Gray

Kathleen A. McNelis

Timothy Forrest, Student Representative

Parks & Recreation Department

Terry Fields, Director



**See pages 5-10 for great options
to kids' bodies and minds active with
Southfield Parks & Recreation!**

