



# SOUTHFIELD PARKS & RECREATION

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## On the Cover:

### Southfield Celebrates Black History Month

Capture the vibrant spirit of Legacy Dance Studio, as they dazzle the stage with a live performance of African dance and drumming at our Black History Kick-Off Event.

Find details on all our 2024 Black History Month programs on pages 22-23.

## 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 (BWRC)

22200 Beech Road ..... (248) 796-4670  
M-F ..... 9:00 am-5:00 pm  
Sa/Su ..... Closed

## Beech Woods Wellness Center (inside BWRC)

22200 Beech Road ..... (248) 796-4676

### January - April

M-F ..... 9:00 am-4:00 pm  
Sa/Su ..... Closed

## Beech Woods Heated Tees

22202 Beech Road ..... (947) 216-4653  
Open daily, unless temperatures drop below 20°, as follows:

### November - February

M-F ..... 11:00 am-7:00 pm  
Sa & Su ..... 10:00 am-7:00 pm

### March - April

M-Su ..... 9:00 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

*Closed until Spring 2024*

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





# SUCCESS STORIES AT YOUR SOUTHFIELD PARKS

The Parks & Recreation Department has been busy this summer with numerous park improvement projects nearing completion. With over \$2.5 million invested in various city parks, we are thrilled to unveil the updates in the following pages.

Contact the Park Services Division at (248) 796-4630 if you have any questions regarding the parks or projects listed.

## CIVIC CENTER PARK TENNIS COURT RENOVATION

The courts closed to the public on May 15, 2023 and work began to address the cracks that had occurred on the courts. The existing lighting at the complex was repaired and updated during this time. On May 25 all seven courts were resurfaced. On July 7 the court lines were painted and nets installed. Playing lines for pickleball were added to Court #7 at this time. The courts reopened to the public on July 8. Resealing and painting of the existing parking lot was completed on September 29, 2023  
**Final Investment: \$448,017.18**



## BAUERVIC WOODS PARK

Bauervic Woods Park received a face lift of sorts with the removal of brush and trees in front of the park as well as in the playlot area. In June, the park was the site of the Eaton Corporation's "Annual Days of Caring" volunteer event with Rebuilding Together Southeast Michigan. Volunteers assisted in trail maintenance and the spreading of mulch throughout the play area. Severe storms in July targeted the southern portion of the park and led to emergency closure of the park to remove several trees from the trail area. In August, our Park Services crew installed two grills and additional picnic tables at the park to accommodate small family gatherings.



# SUCCESS STORIES AT YOUR SOUTHFIELD PARKS: NEW PLAY STRUCTURES

Playgrounds at Civic Center Park, along with Freeway and Bedford Woods parks were replaced beginning in December 2022. These three parks represent the first stage in the department's plan to replace all 12 playgrounds throughout our city.

## CIVIC CENTER PARK

Zipkrooz Track-style zip line  
Friendship Swing, Infant/Toddler and  
Bucket Seat Swings  
Spinners  
Slides  
Swiggleknots Bridge  
Sunbeam Climber  
Cozy Dome

**Final Investment: \$333,195.67**



## BEDFORD WOODS PARK

Zipkrooz Track-style zip line  
Friendship Swing, Infant/Toddler and  
Bucket Seat Swings  
Spinners  
Log Balance Beam and Steppers  
Slides  
Swiggleknots Bridge  
Sunbeam Climber  
Cozy Dome

**Final Investment: \$185,647.63**

## FREEWAY PARK

**Final Investment: \$231,156.34**



### Tot Lot (ages 2-5)

Mobius Climber  
Bouncers  
Infant/Toddler Swings



### Billows Playscape (ages 5-12)

Friendship Swing, Infant/Toddler  
and Bucket Seat Swings  
Spinners  
Slides  
Swiggleknots Bridge  
Sunbeam Climber  
4-person Seesaw



# SUCCESS STORIES AT YOUR SOUTHFIELD PARKS: PARK RENOVATIONS

## SIMMS PARK RENOVATION

Work began on May 10, 2022 at Simms Park with the demolition of the existing tennis and basketball courts. The new walking path was laid out and cut with paving beginning on the courts and path on May 25. New landscaping and trees were added to the park on June 1. On June 22 the courts were sealed and the 30-day curing period began. In August the courts were painted and nets and backboards were installed.

**Final Investment: \$125,934.59**

### New Features

A paved walking path

ADA accessibility to the park and its features

Two half-courts for basketball

A tennis court with playing lines for pickleball

13 new trees and updated landscaping.



## MILLER PARK RENOVATION

Work began at Miller Park in May 2022 in conjunction with the Simms Park project. Like Simms Park, the existing tennis courts were demolished, and a paved walking path through the park was added. Miller Park closed again to the public on April 12, 2023, as work began to bring the court area up to regulation size and add space for safer play. Step 1 of the paving process of the new court area was completed on May 5, 2023. Fifteen new trees were planted at the park in August, and a small number of trees that posed a safety issue due to their proximity to the courts were removed. Miller Park re-opened to the public on August 30, 2023.

**Final Investment: \$997,209.99**

### New Features

Paved walking path

Three half-courts for basketball, which can also be combined into a full-court for larger games

Four pickleball courts

ADA accessibility to the park and its features

New landscaping, which includes 15 new trees this year with more to come in the spring of 2024





# Preschool Fun

Calling all little munchkins aged 3-5 and their trusty sidekicks! Our Preschool Fun events are a monthly jam-packed jamboree of games, crafts, and yummy treats. \*The fine print: The fee covers one child only, and every mini superhero needs an adult partner (unless you have multiple kiddos in the same household). Remember, these programs exclusively for little ones aged 3-5 who are registered.

1 Day      **Resident: \$10\***      **NR: \$15\***  
 11:30 am-1:00 pm      P/R - Room 115

## Winter Wonderland Party

F Jan 19      Activity Number: 9605

## Happy Hearts Party

F Feb 16      Activity Number: 9619

## Spring Into Fun Party

F Mar 22      Activity Number: 9641



## Princess & Superhero Party

Dress up as your favorite princess or superhero!  
 F Apr 12      Activity Number: 9645

## Teddy Bear Picnic

Bring your favorite Teddy Bear to enjoy the fun with you!  
 F May 10      Activity Number: 9646



P/R

Parks & Recreation Building

26000 Evergreen Road





# Daddy-Daughter Dance



**SATURDAY, MARCH 23  
4-6 PM**

**\$20/SOUTHFIELD RESIDENT;  
\$25/NON-RESIDENT**

REGISTRATION APPLIES TO BOTH  
CHILDREN AND CHAPERONES.  
EVERY PERSON MUST HAVE A  
TICKET TO ENTER. THERE ARE NO TICKET  
SALES AT THE DOOR.



**SOUTHFIELD PAVILION,  
26000 EVERGREEN ROAD**



**YOUNG LADIES AGES 2-14 AND THEIR FAVORITE GUY ARE INVITED TO  
JOIN US FOR DANCING AND REFRESHMENTS.  
EACH GIRL WILL RECEIVE A SPECIAL GIFT. DON'T FORGET YOUR  
CAMERA TO CATCH ALL THE FUN AND SPECIAL MOMENTS.**

# FUN FOR KIDS

## Athletics/Sports

### Open Gym

- All participants must register for the season at 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                      Jan 8-May 23\*

*\*No Open Gym Jan 15 & Feb 19*

### Grasshopper Basketball

Instructor: G. Hawthorne

This program is designed to provide a dynamic and engaging experience for your child. Each day, your child will learn new skills through stations, lectures, drills, and even live play! Our focus will be on four key skills - passing, shooting, defense, and dribbling. We aim to have your child 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 - Court 3  
Sa                      Jan 13-Feb 17                      Activity Number: 9597  
Sa                      Feb 24-Mar 30                      Activity Number: 9598

### Youth Basketball Clinic

Instructor: G. Teasley

Your young sports star will team up with a seasoned coach at our clinics. Each dribble and dunk will be packed with top-notch tactics that'll hone their basketball game.

**Ages: 7 - 10**

6 weeks                      **Resident: \$50**                      **NR: \$65**  
10:00-10:50 am                      BWRC - Court 3  
Sa                      Jan 13-Feb 17                      Activity Number: 9599  
Sa                      Feb 24-Mar 30                      Activity Number: 9600

### Basketball Skills & Drills

Instructor: T. Marshall

This class is designed to teach your child the skills they need both on and off the court, to be a better athlete. Over the course of five weeks, your child will learn fundamental strategies and skills necessary to play in a team format.

**Ages: 7 - 11**

6 weeks                      **Resident: \$50**                      **NR: \$65**  
6:00-6:50 pm                      BWRC - Court 3  
M                      Jan 22-Feb 26                      Activity Number: 9601  
M                      Mar 4-Apr 8                      Activity Number: 9602





# FUN FOR KIDS

## Hobbies/Interests

### Robots and Coding 1

Instructor: W. Hill

Build robots and learn to code them. The robots are driven by a video game controller, which the student can code, too. No prior experience required. 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 on it.

Ages: 9 - 15

6 weeks

Resident: \$150

NR: \$170

4:30-6:00 pm

P/R - Room 223

M Jan 8-Feb 26\*

Activity Number: 9650

*\*No class Jan 15 or Feb 19*

### Robots and Coding 2

Instructor: W. Hill

Must have completed the prerequisite, *Robots and Coding 1*. In *Robots and Coding 2* you will continue to build on top of the Basebot. This time you will add a robot arm and claw, and 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 as a team. You will also learn physics while working to make a robot which can fetch your items.

Ages: 9 - 15

6 weeks

Resident: \$150

NR: \$170

4:30-6:00 pm

P/R - Room 223

M Mar 4-Apr 15\*

Activity Number: 9665

*\*No class Mar 25*



### Winter Basketball League

Looking for a fun and competitive winter basketball league for your child? Our league is open to boys and girls in grades 2 through 8 (based on current school grade). Enjoy an 8-game schedule (Grade 2-3 League is 6 weeks of games) on Saturdays at Beech Woods Recreation Center. Friday practices at Beech Woods will be held in preparation for the games. Each participant will receive a team T-shirt and participation award. All participants must attend the mandatory *Drills and Draft*. Please contact Angelica at [amickens@cityofsouthfield.com](mailto:amickens@cityofsouthfield.com) if you would like to coach.

**Grades 2-3** Ages: 6 - 7

**Drills and Draft** Sa, Feb 24 9:00 am

9 weeks

Resident: \$80

NR: \$95

10:00-11:00 am BWRC -Court 2

Sa Feb 24-Apr 20\* Activity Number: 9603

**Grades 4-5** Ages: 8 - 10

**Drills and Draft** Sa, Feb 17 9:00 am

11 weeks

Resident: \$90

NR: \$105

10:00-11:00 am BWRC -Court 2

Sa Feb 17-Apr 27\* Activity Number: 9603

**Grades 6 - 8** Ages: 11 - 14

**Drills and Draft** Sa, Feb 17 11:00 am

11 weeks

Resident: \$90

NR: \$105

11:00 am-12:00 pm BWRC - Court 1

Sa Feb 17-Apr 27\* Activity Number: 9604

*\*No practice or games Mar 29-30.*

BWRC

Beech Woods Recreation Center

22200 Beech Road (South of Nine Mile Rd)

P/R

Parks & Recreation Building

26000 Evergreen Road

Southfield Baseball & Softball Association Presents

*2024 Season*

# **BASEBALL & SOFTBALL**

## **T-BALL AGES 5 - 6**

MON & WED, JUNE 3 - 28 6 - 7 PM  
MILLER PARK  
\$80/RESIDENT \$95/NR

## **COACH PITCH/PEEWEE AGES 7 - 8**

MON & WED, JUNE 17 - JULY 24 6 - 8 PM  
MILLER PARK & CIVIC CENTER PARK  
\$80/RESIDENT \$95/NR

## **MINOR/MAJOR DIVISION AGES 9 - 12**

TUE & THUR, JUNE 18 - JULY 25 6 - 8 PM  
MILLER PARK  
\$80/RESIDENT \$95/NR

## **GIRLS FAST PITCH AGES 10 - 12**

TUE & THUR, JUNE 18 - AUG 8 6 - 8 PM  
SOUTHFIELD A&T HIGH SCHOOL  
\$70/RESIDENT \$85/NR

Volunteer coaches are needed for the T-Ball, Coach Pitch/PeeWee and Minor/Major Divisions.

Coaches are subject to a background check by Southfield Parks & Recreation. Coaches who volunteer will also be provided with one comp player registration. Maximum of two coaches per team.



***Ice Skating***

***Rock Climbing  
Wall & Bouncers***

***Marshmallow  
Roasting***

***Carriage Rides***

***Naturalists  
from  
Oakland County  
Parks***

# Winter Fest

2024

**Sunday, March 3**

**2 - 4:30 pm**

**\$4/Resident**

**\$5/Non-resident**

**Southfield Sports Arena, 26000 Evergreen Road**

# FUN FOR KIDS

## Special Interest

### The Art of Makeup and Etiquette

Instructor: R. Robinson

Discover the art of enhancing your natural beauty through expert makeup techniques while mastering the social skills and etiquette that will empower you to shine in any setting. Elevate your confidence and charm with this transformative class.



*Parents/guardians are welcome to register with their teen for this course.*

Ages: 13 and up

6 weeks      **Resident: \$180**      **NR: \$195**  
**Senior:**      **Resident: \$162**      **NR: \$175.50**  
5:00-7:00 pm      P/R - Room 223  
Tu      Jan 23-Feb 27      Activity Number: 9613  
Tu      Mar 5-Apr 9      Activity Number: 9614

P/R

Parks & Recreation Building  
26000 Evergreen Road



Register Online

## Dance Classes with Impulse Dance Academy

### Second Half of Season

Resident - 45-minute class	\$42/month
NR- 45-minute class	\$52/month
Resident - 60-minute class	\$56/month
NR - 60-minute class	\$66/month

*\*All transactions must be done via credit card. Monthly payments, starting with the first installment due at registration, continue on the 1<sup>st</sup> of each month from Feb 1-June 1, 2024. The first payment is non-refundable and will be automatically billed to the credit card on file. Any declined payments not resolved within 5 days of the first attempt to withdraw will incur a \$20 late fee.*

### Registration & Tuition Policies:

- No tuition proration, refunds, or credits for missed classes.
- Mid-season enrollment adjusts tuition based on start date.
- Tuition independent of monthly class count or attendance.
- Holidays and closures factored into 5 payments.
- Classes exceed 22 weeks, allowing for unforeseen disruptions.
- Make-ups scheduled if the session falls below 22 weeks.
- Tuition excludes recital fee, dance attire, and additional fees.
- Parks and Recreation collects tuition; overdue payments result in class prohibition.
- Non-responsive for 30 days leads to class removal; re-registration required.

**Note: Dancers can register for multiple classes with rates applicable to the number of classes.**

### Cancellation Policy:

- Monthly tuition continues until written cancellation request received.
- Submit cancellations 15 business days prior to first of month to [sjenkins1@cityofsouthfield.com](mailto:sjenkins1@cityofsouthfield.com).
- Cancel anytime; if 15 business days before the month starts, no next-month charge.
- For more info, call Samantha at (248) 796-4667 or email [impulsedancestudio@yahoo.com](mailto: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

22 weeks      Resident: \$42/month  
NR: \$52/month

5:30-6:15 pm      AAB - Dance Room  
Th Jan 11-Jun 13\*      Activity Number: 9438  
*\*No class Mar 28*

22 weeks      Resident: \$42/month  
NR: \$52/month

11:30 am-12:15 pm      AAB - Dance Room  
Sa Jan 6-Jun 15\*      Activity Number: 9432  
*\*No class Mar 30 & May 25*

## 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: black leotard; pink tights; pink ballet slippers, hair in bun/ponytail, no tutus/skirts.

Ages: 9 - 12

22 weeks      Resident: \$56/month  
NR: \$66/month

12:30-1:30 pm      AAB - Dance Room  
Sa Jan 6-Jun 15\*      Activity Number: 9434  
*\*No class Mar 30 & May 25*

## 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.

## Mini Hip Hop

Ages: 5 - 7

22 weeks      Resident: \$42/month  
NR: \$52/month

11:30 am-12:15 pm      AAB Dance Room  
Sa Jan 6-Jun 15\*      Activity Number: 9436  
*\*No class Mar 30 & May 25*

## Mini/Jr Hip Hop

Ages: 5 - 10

22 weeks      Resident: \$42/month  
NR: \$52/month

6:30-7:15 pm      AAB - Dance Room  
Th Jan 11-Jun 13\*      Activity Number: 9437  
*\*No class Mar 28*

## All Boys Hip Hop

Ages: 5 - 8

22 weeks      Resident: \$336      NR: \$416

5:30-6:15 pm      AAB Dance Room  
Th Jan 11-Jun 13\*      Activity Number: 9531  
*\*No class Mar 28*



AAB

Arts & Activities Building

26000 Evergreen Road  
(Near the tennis courts)

Come explore the night sky in Oakland County Parks' inflatable indoor planetarium

# STARLAB



**Saturday, April 6**

**Times Slots Available:**

**1:30 - 2:30 pm**

**2:30 - 3:30 pm**

**\$5/Resident; (\$6/Non-resident)**

**Southfield Parks & Recreation Building,  
26000 Evergreen Road**



**Register today by calling (248) 796-4620**

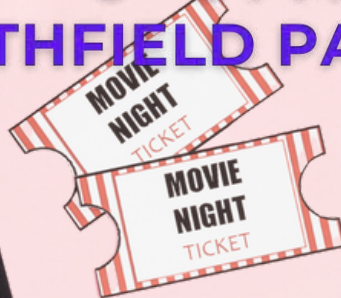
# FAMILY NIGHT

**FRIDAY, JANUARY 26**

**FRIDAY, APRIL 19**

**6 - 8 PM**

**SOUTHFIELD PAVILION**



**TICKETS:**

**\$5/RESIDENT**

**\$10/NON-RESIDENT**

**CHILDREN 2 AND UNDER ARE FREE.**





**Southfield**  
the center of it all™



Department of  
Public Works



# Southfield Touch-a- Truck

**Sunday, April 21**  
**1\* - 4 pm**

**Get up close with**  
**Big Trucks**  
**Little Trucks**  
**Emergency Vehicles**  
**Drones**

**Demonstrations**  
**Food Trucks**  
**and more!**

**\*Sensory**  
**Sensitive Hour**  
**1 - 2 pm**

Reduced lighting and sound, and  
quiet zones away from the action.

**At the**  
**Southfield**  
**Municipal Campus,**  
**26000 Evergreen Rd.**



# FULL MOON WALK & BAT CHAT

THURSDAY, JANUARY 25  
5:30 PM

BEECH WOODS PARK,  
22200 BEECH ROAD

FREE

CALL (248) 796-4620 FOR MORE  
INFORMATION



# Full Moon Walk

**Civic Center Park Nature Trail**

**Saturday, February 24 6 pm**





DETROIT  
SYMPHONY  
ORCHESTRA

NEIGHBORHOOD

## BACH & BEYOND

JANUARY 11 Southfield: Shaarey Zedek

CHAMBER

## FLUTE & STRINGS AROUND THE WORLD

MARCH 20 Southfield Parks & Recreation

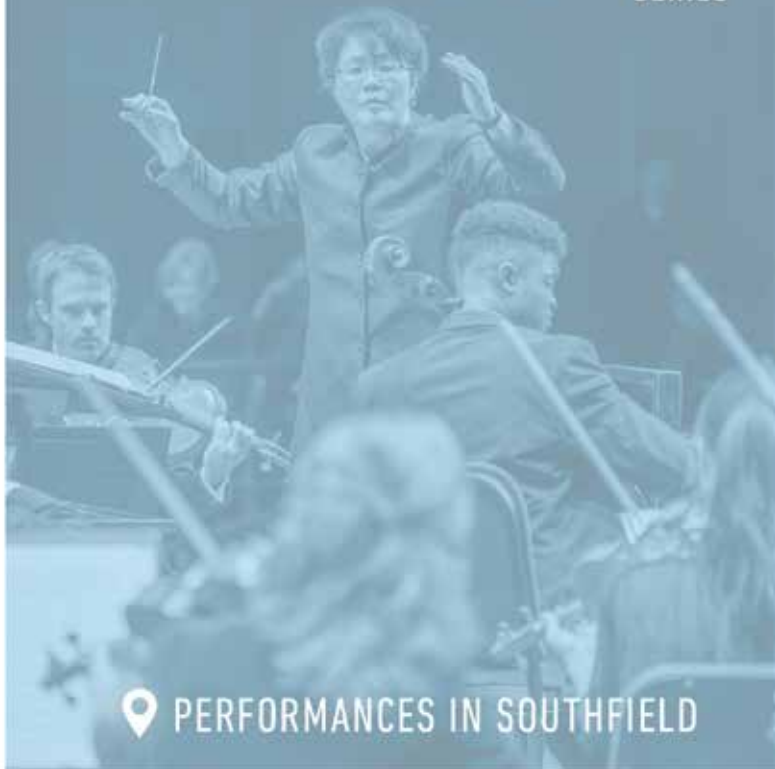
NEIGHBORHOOD

## RAVEL'S MOTHER GOOSE

APRIL 18 Southfield: Shaarey Zedek

BUY TICKETS • DS0.ORG • 313.576.5111

*William Davidson*  
NEIGHBORHOOD  
SERIES



PERFORMANCES IN SOUTHFIELD

# Earth Day Fun!

Crafts • Scavenger Hunt Games  
and more!

**Monday, April 22**

4 - 6 pm

Civic Center Park Shelter #1

\$5/Resident \$6/Non-resident



Southfield  
the center of it all™



Friends  
of the  
ROUGE

# KARATE • ALL AGES

Get ready to become a Karate star! Every class will have you covered on the essentials: technique, movements, drills, stances, respect, etiquette, mottos, concentration, endurance, and balance.

## Classes with Instructor Master Bray



### 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 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.

Ages: 8 and up

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

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

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

Sa      Jan 13-Mar 2      Activity Number: 9702

Sa      Mar 9-Apr 27\*      Activity Number: 9710

*\*No class Mar 30*

### Intermediate

This class is for green and red colored belts from any style of martial arts classes. We will build on the concepts, forms, techniques, and drills from the Beginner class. Self-defense skills will be practiced more rigorously. Sparring will be added to class drills. Advancement up to Black Belt level is provided.

Ages: 8 and up

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

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

12:15-1:15 pm      BWRC - Multipurpose Rm

Sa      Jan 13-Mar 2      Activity Number: 9703

Sa      Mar 9-Apr 27\*      Activity Number: 9711

*\*No class Mar 30*

### Karate - L'il Tots

Ages: 5 - 6

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

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

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

Sa      Jan 13-Mar 2      Activity Number: 9700

Sa      Mar 9-Apr 27\*      Activity Number: 9708

*\*No class Mar 30*

### Karate - Young Tots

Ages: 6 -7

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

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

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

Sa      Jan 13-Mar 2      Activity Number: 9701

Sa      Mar 9-Apr 27\*      Activity Number: 9709

*\*No class Mar 30*

# KARATE • ALL AGES

## Classes with Instructor Grand Master Mundy

### 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 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.

Ages: 8 and up

8 weeks	<b>Resident: \$30</b>	<b>NR: \$40</b>
<b>Senior:</b>	<b>Resident: \$27</b>	<b>NR: \$36</b>

### Tuesday Classes

6:00-6:50 pm	BWRC - Multipurpose Rm
Tu Jan 9-Feb 27	Activity Number: 9696
Tu Mar 5-Apr 23	Activity Number: 9704

### Thursday Classes

6:00-6:50 pm	BWRC - Multipurpose Rm
Th Jan 11-Feb 29	Activity Number: 9699
Th Mar 7-Apr 25	Activity Number: 9707

### Intermediate

This class is for purple and green colored belts from any style of martial arts classes. We will build on the concepts, forms, techniques, and drills from the Beginner class. Self-defense skills will be practiced more rigorously. Sparring will be added to class drills. Advancement up to Black Belt level is provided.

Ages: 8 and up

8 weeks	<b>Resident: \$50</b>	<b>NR: \$65</b>
<b>Senior:</b>	<b>Resident: \$45</b>	<b>NR: \$58.50</b>
7:00-7:50 pm	BWRC - Multipurpose Rm	
Tu,Th Jan 9-Feb 29	Activity Number: 9697	
Tu,Th Mar 5-Apr 25	Activity Number: 9705	

### Advanced

This class is for red and black colored belts from any style of martial arts classes. We will build on the concepts, forms, techniques, and drills from the Beginner and Intermediate classes. Self-defense skills will be practiced more rigorously. Sparring will be added to class drills. Advancement through Master Black Belt levels is provided.

Ages: 8 and up

8 weeks	<b>Resident: \$50</b>	<b>NR: \$65</b>
<b>Senior:</b>	<b>Resident: \$45</b>	<b>NR: \$58.50</b>
8:00-8:50 pm	BWRC - Multipurpose Rm	
Tu,Th Jan 9-Feb 29	Activity Number: 9698	
Tu,Th Mar 5-Apr 25	Activity Number: 9706	





# INDOOR TENNIS - ALL AGES

## Indoor 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	<b>Resident: \$55</b>	<b>NR: \$70</b>
11:30 am-12:20 pm	BWRC - Court 3	
Sa Jan 13-Feb 10	Activity Number: 9656	
Sa Feb 17-Mar 16	Activity Number: 9662	

### Ages: 7 - 10

5 weeks	<b>Resident: \$55</b>	<b>NR: \$70</b>
12:30-1:20 pm	BWRC - Court 3	
Sa Jan 13-Feb 10	Activity Number: 9657	
Sa Feb 17-Mar 16	Activity Number: 9663	

## Indoor Beginner 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	<b>Resident: \$55</b>	<b>NR: \$70</b>
6:00-6:50 pm	BWRC - Court 3	
Th Jan 11-Feb 8	Activity Number: 9654	
Th Feb 15-Mar 14	Activity Number: 9659	

### Ages: 11 - 17

5 weeks	<b>Resident: \$55</b>	<b>NR: \$70</b>
1:30-2:20 pm	BWRC - Court 3	
Sa Jan 13-Feb 10	Activity Number: 9658	
Sa Feb 17-Mar 16	Activity Number: 9664	



## Indoor 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	<b>Resident: \$55</b>	<b>NR: \$70</b>
<b>Senior:</b>	<b>Resident: \$49.50</b>	<b>NR: \$63</b>
7:00-7:50 pm	BWRC - Court 3	
Th Jan 11-Feb 8	Activity Number: 9655	
Th Feb 15-Mar 14	Activity Number: 9660	





# SUMMER JOB FAIRS

*Join us to experience  
the fun of working in  
Parks and Recreation!*

**TUESDAY,  
MARCH 5  
1 - 3 pm**

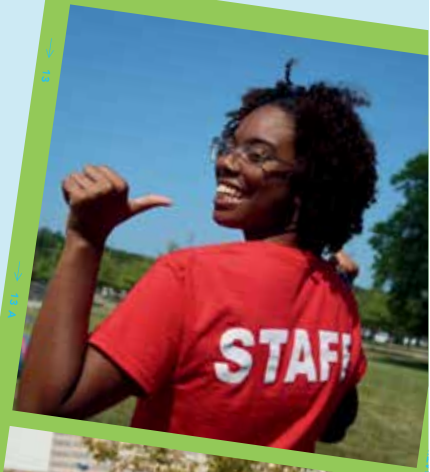
**THURSDAY,  
MARCH 7  
5 - 7 pm**

**SATURDAY,  
MARCH 9  
10 am - 12 pm**

**Job Opportunities Available for Seasonal  
and Part-Time Workers 18 Years and Older**

**There are a variety of positions available,  
such as Day Camp Staff, Park Maintenance,  
Golf, Community Gardens, Mobile  
Recreation, Senior Services, and Facilities.**

**CALL US FOR MORE DETAILS  
(248) 796-4620**



Southfield Celebrates Black History Month

**CELEBRATE BLACK HISTORY MONTH** Remember Educate Celebrate

# Kick-off Event



Black History 101 Mobile Museum & Dr. Khalid el-Hakim  
Impulse Dance Academy  
Head Wrap Demonstration by Love Rose  
B Intentional Black-owned Business Marketplace  
DJ DeezyD and more!!

**Saturday, February 3 4 - 8 pm**  
**Southfield Pavilion**

Free Admission  
Suitable for ages 12 years and older

Southfield Parks & Recreation

**CELEBRATE BLACK HISTORY MONTH**

## Swag

# NEW DESIGN FOR 2024!

\$20 -\$22 each  
Call (248) 796-4620 or come into the Parks & Recreation Information Desk beginning February 1 to get yours.

Southfield Celebrates Black History Month

# CONVERSATIONS & COCKTAILS

Saturday, February 10  
7 - 10 PM  
Southfield Pavilion  
\$15/Person

SPOKEN WORD  
HOSTED BY  
JOEL FLUENT GREENE

MUSICAL PERFORMANCE  
BY ALEX GOSS AND  
DETROIT SOUL RHYTHM


Ages 18 and older only  
Cash Bar and Food for Purchase

Southfield Parks & Recreation

**CELEBRATE BLACK HISTORY MONTH** Remember Educate Celebrate

Southfield Celebrates Black History Month

# WALK THROUGH HISTORY



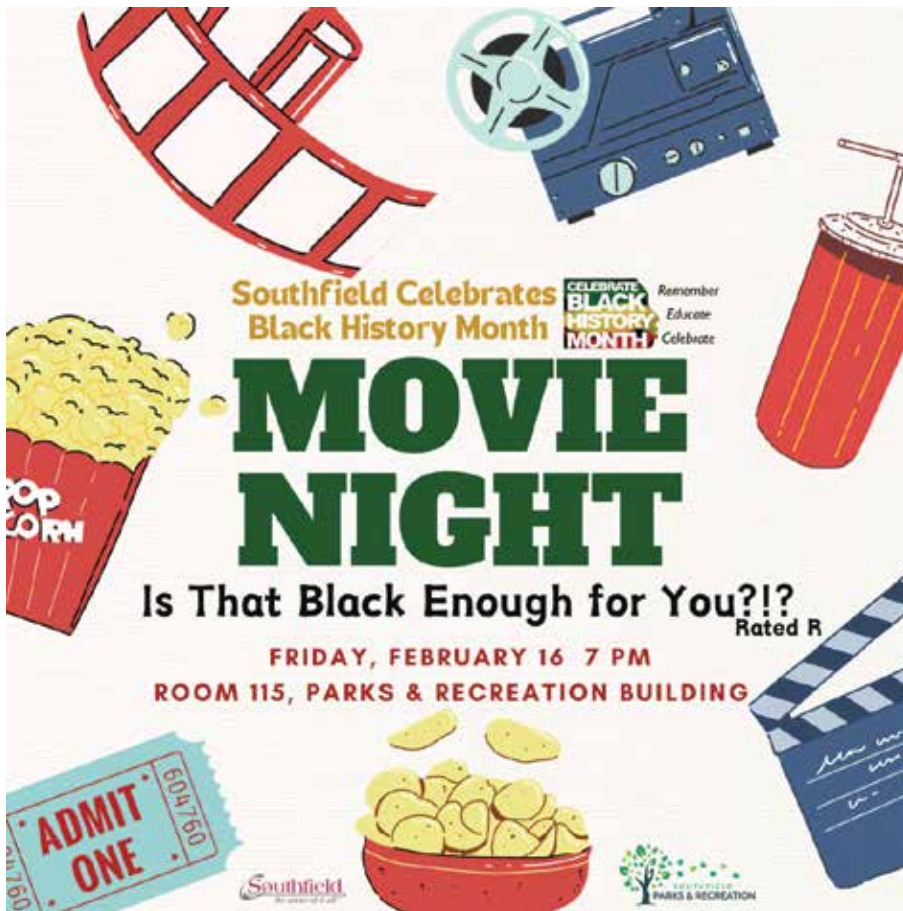
**FEBRUARY 1 - 29**

## KNOW THE PAST, SHAPE THE FUTURE

EXPLORE THE IMPACTFUL LIVES OF INFLUENTIAL AFRICAN AMERICANS WITH US. WALK THROUGH THEIR STORIES, ACHIEVEMENTS, AND LEGACIES IN A UNIQUE DISPLAY BRINGING HISTORY TO LIFE.

**INSIDE THE SOUTHFIELD PAVILION**



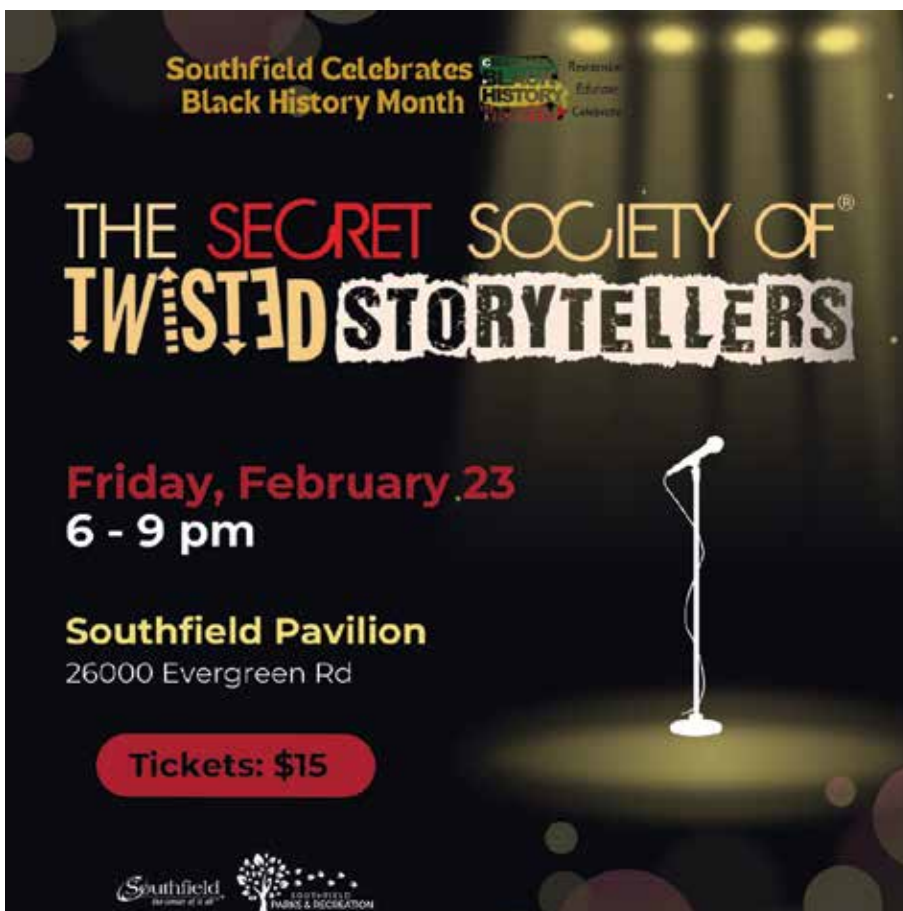


# BLACK HISTORY MONTH

SENIOR LUNCHEON

Thursday,  
February 15  
11:30 am - 1 pm  
\$25/Resident; \$30/NR  
Parks & Recreation  
Building

Call Senior Services  
at (248) 796-4650  
for details or to register.



# BLACK HISTORY MONTH

*Activity Bags*

Delve into the colorful world of Black History with Activity Bags for kids aged 5 to 12. Each bag holds a treasure trove of crafts and activities to discover and learn more about significant people and events.

**\$5 each**

Call (248) 796-4620 to order yours.

# Southfield Sports Arena Ice Rink

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

The Arena's last day of ice activities is April 25, 2024

For more information call (248) 796-4640

## Open Skate

Lace up your skates, or rent a pair of ours, and join us out on the ice for Open Skate! Please note that anyone aged 2 years and older who wishes skate at 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 Jan 3-Apr 23 12:00-1:20 pm

## Weekend Open Skate

\$4/Resident \$5/NR

Sa Jan 6-Apr 20 12:00-1:20 pm

Su Jan 7-Apr 21 3:00-4:20 pm

## Sticks & Pucks

Practice your hockey techniques, such as skating, puck handling, shooting, and passing, at Sticks & Pucks. All Sticks & Pucks participants must be 18 years or older and must bring and wear a helmet, gloves and your own skates.

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

\$8/person

M, W, F Jan 3-Apr 23 10:30-11:50 am

Su Jan 7-Apr 21 12:00-1:20 pm

## Learn to Skate Lessons

Instructor: J. Brook

Students of all levels from ages 4 to adult can come in for 50 minutes each Sunday to build on or develop the basics of Ice Skating. Each time slot is limited to 12 students maximum. All students will be evaluated at the first class and will be placed with the appropriate instructor for their level of skating ability. All classes will be 25 minutes of instruction and 25 minutes of practice.

Ages: 4 and up

Rental skates are available for an additional \$3 per pair, per class.

## January Session

*Last day to register is Fri, Jan 5 by 12:00 pm*

4 weeks Resident: \$60 NR: \$65

2:00-3:00 pm SSA Ice Rink

Su Jan 7-Jan 28 Activity Number: 9594

## February Session

*Last day to register is Fri, Feb 2 by 12:00 pm*

4 weeks Resident: \$60 NR: \$65

2:00-3:00 pm SSA Ice Rink

Su Feb 4-Feb 25 Activity Number: 9595

## March/April Session

*Last day to register is Fri, Mar 1 by 12:00 pm*

5 weeks Resident: \$75 NR: \$80

2:00-3:00 pm SSA - Ice Rink

Su Mar 10-Apr 21 Activity Number: 9596

SSA - Ice Rink

Southfield Sports Arena

26000 Evergreen Road



# ADULT PROGRAMS

## Adult Open Gym

- All participants must register for the 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      Jan 8-May 23\*

*\*No Open Gym Jan 15 & Feb 19*

## Beech Woods Wellness Center

The Beech Woods Wellness Center is an all-inclusive fitness facility that aims to not only get you moving now, but to keep you active for years to come. Our comfortable atmosphere and friendly service cater to both fitness enthusiasts and novices alike.

Stop by the Wellness Center, located inside the Beech Woods Recreation Center (22200 Beech Road) today to tour the facility, view the equipment available and talk about membership with staff.

Jan-May      M-F      9:00 am-4:00 pm

*BWWC closed Jan 1, Jan 15 & Feb 19*



## Arts/Entertainment

### 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 your 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 - Room 221

M      Jan 22-Mar 4\*      Activity Number: 9608

M      Mar 11-Apr 15      Activity Number: 9610

*\*No class Feb 19*

6 weeks      **Resident: \$180**      **NR: \$195**  
**Senior:      Resident: \$162      NR: \$175.50**

6:00-9:00 pm      P/R - Room 221

Tu      Jan 23-Feb 27      Activity Number: 9609

Tu      Mar 5-Apr 9      Activity Number: 9611

### Ceramics

Instructor: K. Robichaud

Unleash your creativity and learn how to create stunning clay forms through hand-building projects. This course offers a variety of decorative techniques, and provides insight into the firing process. You'll also have access to a wheel, and the opportunity to participate in outdoor sawdust and raku firing.

*\$50 Material Fee paid directly to instructor in class.*

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      Feb 21-Apr 24      Activity Number: 9567

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

# ADULT SOFTBALL LEAGUES

*Registration opens February 1!!*

## MEN'S E LEAGUE

MONDAY NIGHTS  
TEAM FEE \$600\*

## MEN'S C LEAGUE

TUESDAY NIGHTS  
TEAM FEE \$600\*

## MEN'S D LEAGUE

THURSDAY NIGHTS  
TEAM FEE \$600\*

## CO-REC E LEAGUE

TEAM FEE \$600\*

## MEN'S & WOMEN'S 40+ LEAGUE

TEAM FEE \$400\*

\*+\$20 Umpire Fee/game



*Are you ready for a  
14-game season and  
playoffs for the top 4  
teams per league?  
Anyone can register to  
play, so gather your  
team and gear up for the  
ultimate showdown on  
the field!*

Email [amickens@cityofsouthfield.com](mailto:amickens@cityofsouthfield.com) for more information.



# ADULT PROGRAMS

## Drawing Camp

Instructor: S. Gamburd

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

*\$10 Model Fee paid to directly to instructor in class.*

Ages: 18 and up

6 weeks **Resident: \$150** **NR: \$160**

**Senior: Resident: \$135 NR: \$144**

7:00-9:00 pm P/R - Room 221

Th Jan 11-Feb 15 Activity Number: 9617

Th Mar 7-Apr 11 Activity Number: 9618



## Watercolor Magic

Instructor: S. Gamburd

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.

*\$10 Model Fee paid to directly to instructor in class.*

Ages: 18 and up

6 weeks **Resident: \$150** **NR: \$160**

**Senior: Resident: \$135 NR: \$144**

7:00-9:00 pm P/R - Room 221

M Jan 22-Mar 4\* Activity Number: 9620

M Mar 11-Apr 15 Activity Number: 9621

*\*No class Feb 19*

## Dance/Music

### African Dance

Instructor: M. Shani

Come Dance for Life! Embody your energy and graceful beauty by learning traditional African dances from Guinea, Mali, Senegal and Sierra Leone. Dance to express, not to impress!



Ages: 16 and up

6 weeks **Resident: \$60** **NR: \$70**

**Senior: Resident: \$54 NR: \$63**

5:30-7:00 pm P/R - Lower Level Dance Studio

Th Jan 11-Feb 15 Activity Number: 9615

Th Mar 7-Apr 11 Activity Number: 9616

### 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**

### Tuesday Classes

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

Tu Jan 2-Jan 30 Activity Number: 9540

Tu Feb 13-Mar 12 Activity Number: 9543

Tu Mar 26-Apr 23 Activity Number: 9544

### Wednesday Classes

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

W Jan 3-Jan 31 Activity Number: 9541

W Feb 14-Mar 13 Activity Number: 9545

W Mar 27-Apr 24 Activity Number: 9547

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

W Jan 3-Jan 31 Activity Number: 9542

W Feb 14-Mar 13 Activity Number: 9546

W Mar 27-Apr 24 Activity Number: 9548

P/R

Parks & Recreation Building

26000 Evergreen Road

# ADULT PROGRAMS

## Fitness

### Balance and Pilates

Instructor: D. Leapheart

This program is great for beginners as it will introduce you to the core principles of Pilates. Pilates is a great full-body workout that focuses on improving strength, flexibility, and core stability. You will walk away from this journey with a better awareness of how Pilates can help you move efficiently, and specific skills to help you improve your balance.

Ages: 18 and up

5 weeks	<b>Resident: \$50</b>	<b>NR: \$60</b>
5:00-5:50 pm	BWRC - Multipurpose Rm	
M,Th Jan 22-Feb 22	Activity Number: 9738	
M,Th Mar 4-Apr 4	Activity Number: 9739	



### Fat-2-Lean Low Impact Aerobics

Instructor: P. Latimer

This workout combines 30 minutes of easy-to-follow cardio aerobics sequences that elevate your heart rate and keep you in motion. We wrap things up with 15 to 20 minutes of strength training. We'll use a combination of weights, balls and chairs to help you focus on balance, strength, and functional movements that mimic daily life activities. Regardless of your fitness goals, this class guarantees a great workout and leaves you feeling accomplished with a smile on your face!

Ages: 16 and up

#### Tuesday Classes

7 weeks	<b>Resident: \$74</b>	<b>NR: \$84</b>
<b>Senior:</b>	<b>Resident: \$66.60</b>	<b>NR: \$75.60</b>
10:00-10:45 am	P/R - Room 115	
Tu Jan 9-Feb 20	Activity Number: 9558	
Tu Mar 5-Apr 16	Activity Number: 9560	
Tu Apr 30-Jun 11	Activity Number: 9561	

#### Thursday Classes

6 weeks	<b>Resident: \$63</b>	<b>NR: \$73</b>
<b>Senior:</b>	<b>Resident: \$56.70</b>	<b>NR: \$65.70</b>
10:00-10:45 am	P/R - Room 115	
Th Jan 11-Feb 22*	Activity Number: 9564	

*\*No class Feb 15*

7 weeks	<b>Resident: \$74</b>	<b>NR: \$84</b>
<b>Senior:</b>	<b>Resident: \$66.60</b>	<b>NR: \$75.60</b>
10:00-10:45 am	P/R - Room 115	
Th Mar 7-Apr 18	Activity Number: 9563	
Th May 2-Jun 13	Activity Number: 9562	

BWRC

Beech Woods Recreation Center

22200 Beech Road (South of Nine Mile Rd)

P/R

Parks & Recreation Building

26000 Evergreen Road

# ADULT PROGRAMS

## Fat-2-Lean - Teaches Zumba

Instructor: P. Latimer  
Come join a class where there's always a party! You don't have to know how to dance, just move and groove your body to the beat of Latin, Hip Hop and Reggae music to name a few. It's the best thing going to help get into shape.

Ages: 18 and up

### Monday Classes

6 weeks      **Resident: \$63**      **NR: \$73**  
**Senior:**      **Resident: \$56.70**      **NR: \$65.70**  
6:00-6:45 pm      P/R - Room 115  
M      Jan 8-Feb 26\*      Activity Number: 9552  
*\*No class Jan 15, Feb 19*

7 weeks      **Resident: \$74**      **NR: \$84**  
**Senior:**      **Resident: \$66.60**      **NR: \$75.60**  
6:00-6:45 pm      P/R - Room 115  
M      Mar 4-Apr 15      Activity Number: 9553  
M      Apr 29-Jun 17\*      Activity Number: 9554  
*\*No class May 27*

### Thursday Classes

7 weeks      **Resident: \$74**      **NR: \$84**  
**Senior:**      **Resident: \$66.60**      **NR: \$75.60**  
6:00-6:45 pm      P/R - Room 115  
Th      Jan 11-Feb 22      Activity Number: 9555  
Th      Mar 7-Apr 18      Activity Number: 9556  
Th      May 2-Jun 13      Activity Number: 9557



## 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.

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      Jan 10-Feb 14      Activity Number: 9636  
W      Feb 28-Apr 3      Activity Number: 9637  
W      Apr 17-May 22      Activity Number: 9638

## 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      Jan 10-Feb 14      Activity Number: 9633  
W      Feb 28-Apr 3      Activity Number: 9634  
W      Apr 17-May 22      Activity Number: 9635

BWRC

Beech Woods Recreation Center

22200 Beech Road (South of Nine Mile Rd)

P/R

Parks & Recreation Building

26000 Evergreen Road



# ADULT PROGRAMS

## Beginning Tai Chi with Jay

Instructor: J. Little

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

Ages: 16 and up

### Monday Class at Parks & Recreation Bldg

6 weeks      Resident: \$30      NR: \$35  
Senior:      Resident: \$27      NR: \$31.50  
6:00-7:00 pm      P/R - Lower Level Dance Studio  
M      Jan 8-Feb 26\*      Activity Number: 9639  
M      Mar 11-Apr 15      Activity Number: 9640  
*\*No class Jan 15 & Feb 19*

### Thursday Class at Beech Woods Rec. Center

6 weeks      Resident: \$25      NR: \$35  
Senior:      Resident: \$22.50      NR: \$31.50  
9:30-10:30 am      BWRC - Multipurpose Rm  
Th      Jan 11-Feb 15      Activity Number: 9642  
Th      Feb 29-Apr 4      Activity Number: 9643  
Th      Apr 18-May 23      Activity Number: 9644



## Tai Chi Form

Instructor: J. Little

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

Ages: 16 and up

6 weeks      Resident: \$30      NR: \$35  
Senior:      Resident: \$27      NR: \$31.50  
10:45-11:45 am      BWRC - Multipurpose Rm  
Th      Jan 11-Feb 15      Activity Number: 9651  
Th      Feb 29-Apr 4      Activity Number: 9652  
Th      Apr 18-May 23      Activity Number: 9653

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

### The Art of Makeup and Etiquette

Instructor: R. Robinson

Elevate your confidence and charm with this transformative class. A delightful blend of beauty and grace taught by a highly experienced and licensed makeup artist. Discover the art of enhancing your natural beauty through expert makeup techniques while mastering the social skills and etiquette that will empower you to shine in any setting.

Ages: 18 and up

6 weeks	<b>Resident: \$180</b>	<b>NR: \$195</b>
<b>Senior:</b>	<b>Resident: \$162</b>	<b>NR: \$175.50</b>
7:00-9:00 pm	P/R - Room 223	
Tu Jan 23-Feb 27	Activity Number: 9730	
Tu Mar 5-Apr 9	Activity Number: 9731	

### CPR and AED Training

Instructor: M. Medici

American Heart Association CPR and AED Training. CPR (cardiopulmonary resuscitation) can help save a life if a person's breathing or heart stops. It's not just for healthcare workers and emergency responders. In fact, CPR can double or triple the chance of survival when bystanders take action! Certification card is good for 2 years.

Ages: 18 and up

1 day	<b>Resident: \$55</b>	<b>NR: \$65</b>
<b>Senior:</b>	<b>Resident: \$45.50</b>	<b>NR: \$58.50</b>
10:00 am-1:00 pm	P/R - Room 221	
Tu Jan 16	Activity Number: 9684	
Tu Mar 19	Activity Number: 9685	

### Feed Me!

Instructor: R. Obudzinski

Are calories king? What does counting macros even mean? Come join us for a one-time workshop as we discuss calories, macros, tracking, and nutrition labels. This class is taught by a certified nutritionist.

Ages: 18 and up

1 Hour	<b>Resident: \$25</b>	<b>NR: \$30</b>
<b>Senior:</b>	<b>Resident: \$22.50</b>	<b>NR: \$27.00</b>
6:00-7:00 pm	P/R - Room 115	
Tu Jan 23	Activity Number: 9688	

### Jump Start Your Health

Instructor: R. Obudzinski

Overwhelmed and tired of the endless cycle of starting and stopping diets? This 4-week course, taught by a certified nutritionist, will propel you to start making lasting changes with weekly actionable steps.

Ages: 18 and up

#### Wednesday Evening Class

4 weeks	<b>Resident: \$99</b>	<b>NR: \$109</b>
<b>Senior:</b>	<b>Resident: \$89.10</b>	<b>NR: \$98.10</b>
6:00-7:00 pm	P/R - Room 223	
W Mar 6-Mar 27	Activity Number: 9686	

#### Monday Morning Class

4 weeks	<b>Resident: \$99</b>	<b>NR: \$109</b>
<b>Senior:</b>	<b>Resident: \$89.10</b>	<b>NR: \$98.10</b>
10:00-11:00 am	P/R - Room 115	
M Mar 11-Apr 1	Activity Number: 9687	



P/R

Parks & Recreation Building

26000 Evergreen Road



# SENIOR DROP-IN FUN & GAMES



**Monday**  
**Chair Exercise\***  
11 am - 12 pm

**Games**  
*Dominoes, Chess, Backgammon*  
**Cards**  
*Euchre, Spades, Hand and Foot*  
12:30 - 3:30 pm

**Tuesday**  
**Bingo**  
10 - 11:30 am

**Bid Whist**  
12:30 - 3:30 pm

**Wednesday**  
**Chair Exercise\***  
11 am - 12 pm

**Bridge**  
12:30 - 3:30 pm

**Mahjong**  
12:30 - 3:30 pm

**Thursday**  
**Bid Whist**  
12:30 - 3:30 pm

**Games**  
*Dominoes, Chess, Backgammon*  
**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.

**\$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**  
**\$6/Non-resident.**



**at the Parks & Recreation Building,  
26000 Evergreen Road**

# SENIOR SPORTS DROP-IN

**at Beech Woods Recreation Center,  
22200 Beech Road**

**10 AM - 12 PM JAN 8 - MAY 17**



**Monday**

**BOUNCE VOLLEYBALL**

**Tuesday**

**Pickleball**

Matches set up each week. Rackets and balls available.



**Wednesday**

**BOUNCE VOLLEYBALL LEAGUE PLAY**  
Through March 13

**Thursday**

**INDOOR TENNIS**

All levels welcome, partners determined daily.



**Friday**

**INDOOR TENNIS**

All levels welcome, partners determined daily.



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



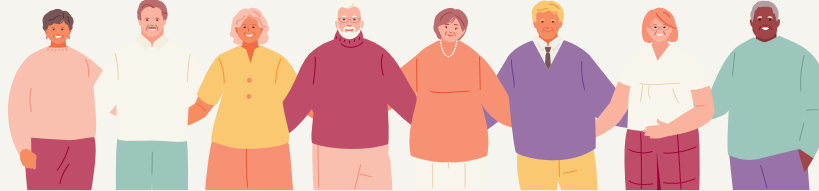
# SENIOR (50+) ADULT

SAVE THE DATE

FRIDAY, MARCH 8, 2024

## SENIOR VENDOR FAIR

MEET WITH LOCAL SENIOR RESOURCE VENDORS  
AND GET INFORMATION ON SERVICES AND GOODS  
AVAILABLE IN SOUTHFIELD.



FREE ADMISSION

SOUTHFIELD PAVILION, 26000 EVERGREEN ROAD

CALL SENIOR SERVICES AT (248) 796-4650 FOR MORE INFORMATION.

## 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 Jan 4-Feb 1 Activity Number: 9549

Th Feb 15-Mar 14 Activity Number: 9550

Th Mar 28-Apr 25 Activity Number: 9551



## Fitness

### 5-Point-0 Fusion Dance

Instructor: H. Patton

In this low-impact, 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. Dress comfortably.

Ages: 16 and up

#### Tuesday Class

6 weeks

Resident: \$42

NR: \$52

Senior:

Resident: \$37.80

NR: \$46.80

11:45 am-12:30 pm

AAB - Dance Room

Tu Jan 9-Feb 13

Activity Number: 9622

Tu Feb 27-Apr 2

Activity Number: 9623

Tu Apr 16-May 21

Activity Number: 9624

#### Thursday Class

6 weeks

Resident: \$42

NR: \$52

Senior:

Resident: \$37.80

NR: \$46.80

11:45 am-12:30 pm

AAB - Dance Room

Th Jan 11-Feb 15

Activity Number: 9625

Th Feb 29-Apr 4

Activity Number: 9626

Th Apr 18-May 23

Activity Number: 9627

P/R

Parks & Recreation Building

26000 Evergreen Road

AAB

Arts & Activities Building

26000 Evergreen Road (near the tennis courts)

# SENIOR (50+) ADULT

## Moderate Yoga

Instructor: L. Lerman

Moderate Yoga class offers a balanced and accessible approach to yoga, suitable for practitioners of all abilities. In this class, participants can expect a combination of gentle warm-up exercises, a variety of yoga poses and controlled breathing. Emphasis is on building strength, flexibility, and mindfulness in a supportive and encouraging environment. Bring your yoga mat and non-slip socks.

Ages: 50 and up

6 weeks **Resident: \$60** **NR: \$70**

12:15-1:15 pm P/R - Room 222/223

M Jan 22-Mar 4\* Activity Number: 9745

M Mar 11-Apr 15 Activity Number: 9746

*\*No class Feb 19*

## Nordic Pole Exercise Class

Instructor: K. Walton

Looking for a workout that's easy on the joints and can be tailored to suit your individual fitness level? Look no further than Nordic Pole exercise classes! These classes are designed for people of all fitness levels and can be adjusted to meet your specific needs and goals. During class, you'll walk with poles while performing various exercises, including lunges, squats, and twists. The poles provide resistance, which helps to strengthen the upper body and improve balance and stability. Remember to bring your own poles to class!

Ages: 50 and up

7 weeks **Resident: \$35** **NR: \$42**

11:00 am-12:00 pm P/R - Room 222-223

F Jan 12-Feb 23 Activity Number: 9606

6 weeks **Resident: \$30** **NR: \$36**

11:00 am-12:00 pm P/R - Room 222-223

F Mar 1-Apr 12\* Activity Number: 9607

*\*No class Mar 29*

## Special Interest

### Cooking for One

Instructor: I. Finley

Always cooked for a crowd? Learn how to cook for one or maybe two people. Hands-on food prep and cooking.



Ages: 50 and up

6 weeks **Resident: \$30** **NR: \$35**

9:00-10:30 am P/R - Room 115

W Jan 17-Feb 21 Activity Number: 9612

### Dine-In Dinner

Join us for dining and games at Southfield Parks and Recreation. This is a casual affair; enjoy conversation, laughs, and games such as cards, Cornhole, and more. Each month our dine-in meal will feature a different local restaurant.

Ages: 50 and up

1 Day **Resident: \$20** **NR: \$25**

4:00-5:30 pm P/R - Room 115

Th Jan 18 Activity Number: 9628

Th Mar 14 Activity Number: 9666

### Solve a Murder Mystery!

Do you have what it takes to catch a killer? We are looking for crime sleuths. You and a specially selected team of detectives will crack codes, analyze clues and work together to solve the mystery and find the murderer. Each month features a different mystery to solve.

Ages: 50 and up

1 Day **Resident: \$5** **NR: \$6**

10:00-11:30 am P/R - Room 223

Th Jan 25 Activity Number: 9680

Th Feb 22 Activity Number: 9681

Th Mar 28 Activity Number: 9682

# SENIOR (50+) ADULT

## Music History Series

### Over The Rainbow: The Music of Harold Arlen

A review of Arlen's career, a short introduction about a particular song, and then slides of the vocal artist who is performing that song, such as *Between the Devil and the Deep Blue Sea* (Ella Fitzgerald), *Blues in The Night* (Cab Calloway), *Black Magic* (Billy Eckstine), and of course, *Over the Rainbow* (Judy Garland).

Ages: 50 and up

1 Day      Resident: \$5      NR: \$6.50  
1:00-2:15 pm      P/R - Room 223  
F      Jan 26      Activity Number: 9629

### Harry Warren, The Great Unknown Composer

With as many songs on the Great American Songbook list as Irving Berlin and George Gershwin combined, Warren is frequently overlooked when the great composers of popular music are mentioned. Included will be song titles like *Chattanooga Choo-Choo*, America's first gold record; *September in the Rain*, *Serenade in Blue*, and *An Affair to Remember*.

Ages: 50 and up

1 Day      Resident: \$5      NR: \$6.50  
1:00-2:15 pm      P/R - Room 223  
F      Feb 23      Activity Number: 9630



### Irving Berlin:

#### Dean of American Songwriters

As with Harold Arlen and the others, this is a review of Berlin's life, an introduction to some of his songs and slides of the performer as the song is being played, such as *Always* by Patsy Cline, and *White Christmas* by Bing Crosby.

Ages: 50 and up

1 Day      Resident: \$5      NR: \$6.50  
1:00-2:15 pm      P/R - Room 223  
F      Mar 22      Activity Number: 9631



### Rhapsody in Blue: The Music of George Gershwin

Like the other composers in this *Music History Series*, the presenter will introduce a song written by Gershwin, then play a recording of it over slides of the performer. A handout will be used as the presenter briefly talks about Gershwin's life rather than telling it. All of Gershwin's great songs are included.

Ages: 50 and up

1 Day      Resident: \$5      NR: \$6.50  
1:00-2:15 pm      P/R - Room 223  
F      Apr 26      Activity Number: 9632

P/R

Parks & Recreation Building

26000 Evergreen Road





**DO YOU HAVE A PASSION FOR  
GARDENING AND ENJOY THE  
OUTDOORS?**

***Join us at the Community Garden!***

# **Mary Thompson Farm Community Garden**

**Season fee for plots (400 sq. ft.) are  
\$70 for Southfield residents  
and \$85 for non-residents.**

**New gardeners can reserve a plot on  
a first-come first-serve basis  
starting Monday, February 12, 2024  
for the 2024 season.**

**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.**





## CIVIC CENTER PARK SHELTER #1

**\$200**

Maximum occupancy 100 people (15 tables)



**BEGINS AT 9 AM  
FRIDAY, MARCH 1, 2024**

# SUMMER 2024 PICNIC SHELTER RESERVATIONS

- 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.



## PEBBLE CREEK PARK \$275

Maximum occupancy 150 people (18 tables)

Note: no vehicles are allowed past the gate at Pebble Creek Park. No exceptions.



## BEECH WOODS PARK \$150

Maximum occupancy 65 people (12 tables)



## CIVIC CENTER PARK SHELTER #2 \$100

Maximum occupancy 50 people (10 tables)

This shelter is available for rental only on the weekends.

**SOUTHFIELD PARKS &  
RECREATION BUILDING**  
26000 EVERGREEN ROAD



**CALL FOR DETAILS**  
**(248) 796-4620**

# GOLF

## Evergreen Hills Golf Course

(248) 796-4666

The course will open for play this spring once weather permits. Opening hours will vary as the sunrise and temperatures change.

Follow our Facebook page to stay up-to-date on our 2024 Opening Day.



## 2024 Golf Leagues and Outing

Interested in starting a golf league or reserving an outing at Evergreen Hills Golf Course? Please contact Terri Ryan at (248) 796-4666 or [tryan@cityofsouthfield.com](mailto:tryan@cityofsouthfield.com) for all the details.

## Senior Golf League

Ages 50+

Get ready to swing into action! Planning has begun for our annual Senior Golf League. Mark your calendars for the Informational Meeting:

Tue, April 23 at 10:00 am  
in the Southfield Pavilion

For more information contact Angie in Senior Services at (248) 796-4654.

## Beech Woods Heated Tees

Open daily, unless temperatures drop below 20°:

Nov-Feb

M-F ..... 11:00 am-7:00 pm

Sa & Su ..... 10:00 am-7:00 pm

Mar-Apr

M-Su ..... 9:00 am-8:00 pm

Call the Beech Woods Heated Tees at (947) 216-4653 with any questions.

## Adult Golf Camp

Instructor: T. Ryan

Want to improve your golf game before the season gets into full swing? Join PGA Teaching Pro Terri Ryan's 3-day camp and take your skills to the next level. Don't forget to bring your set of clubs!

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    Apr 26-Apr 28    Activity Number: 9689

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



## Putting Clinic

Instructor: T. Ryan

Swap your lunch bag for a golf bag and join us for some putting practice at the Evergreen Hills Golf Course! PGA Teaching Pro Terri Ryan will be your guide, sharing nifty tricks and hacks for perfecting your putting game in just 50 minutes.

Ages: 16 and up

1 Hour      Resident: \$15      NR: \$15

12:00-12:50 pm      Evergreen Hills GC

Th        Apr 25      Activity Number: 9690



## 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

2 Weeks      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, Half-swing

Session 2: Half-swing

Session 3: Full swing

Session 4: Full swing and balance

### Tuesday/Thursday Class

5:30-6:20 pm      BW Driving Range  
Tu,Th   Mar 19-Mar 28      Activity Number: 9693

### Monday/Wednesday Class

5:30-6:20 pm      BW Driving Range  
M,W   Mar 25-Apr 3      Activity Number: 9692  
M,W   Apr 8-Apr 17      Activity Number: 9691

### Level 2

Session 1: Review and work on full swing

Session 2: Hybrids and fairway woods

Session 3: Short Game

Session 4: Putting

5:30-6:20 pm      BW Driving Range  
Tu,Th   Apr 2-Apr 11      Activity Number: 9695

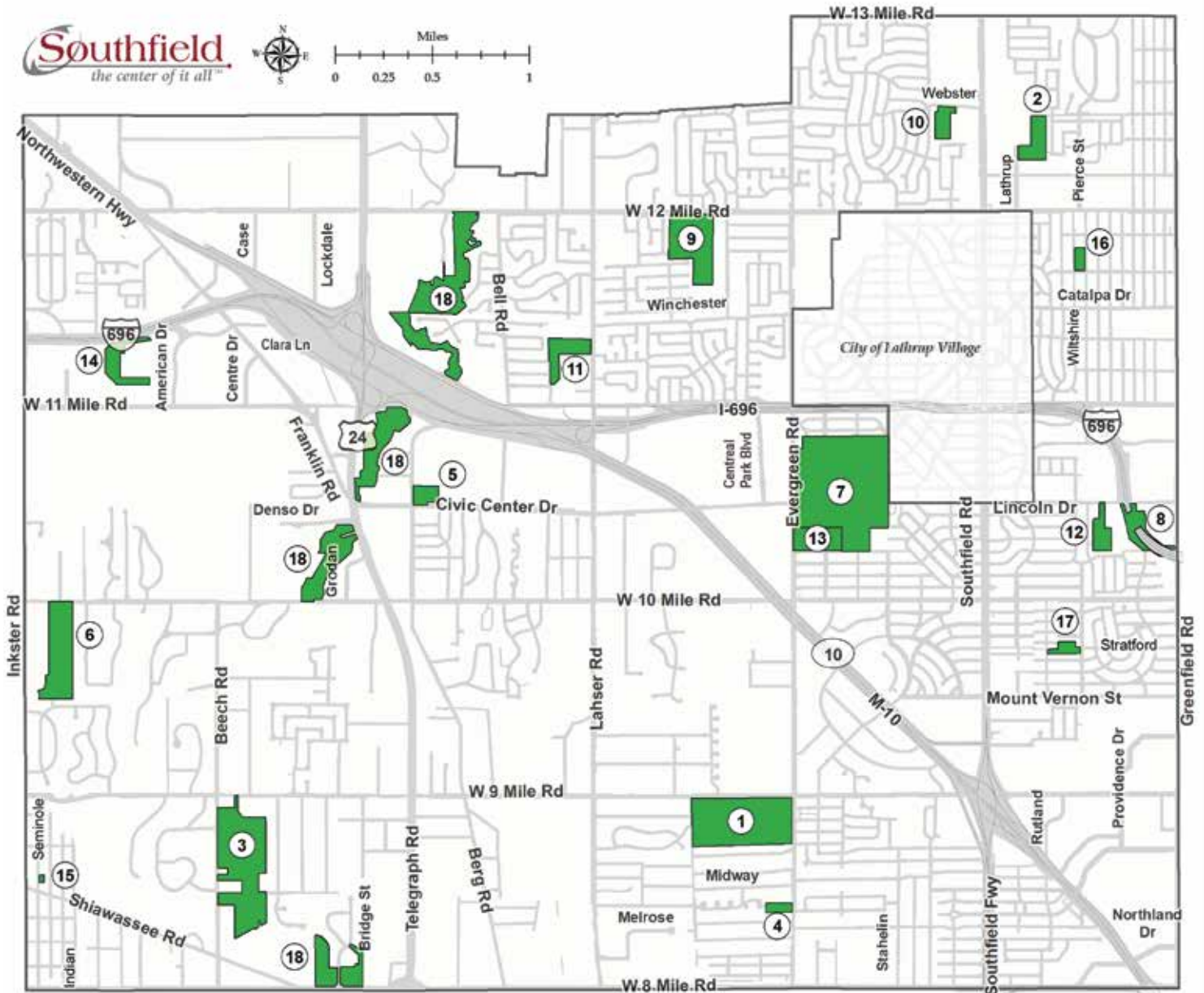


BW Driving Range

Beech Woods Driving Range

22202 Beech Road

(enter at Beech Woods Recreation Center entrance sign)



## 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 at Beech Woods Park, Civic Center Park (near the Miracle Field), Inglenook Park, Pebble Creek Park and the Mary Thompson House and Farm are closed/off through May 1.





### Walk-In or Phone-In

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

**Parks & Recreation Information Desk Window -**  
inside Southfield Pavilion

**(248) 796-4620**

Monday-Friday 9 am-5 pm

**Beech Woods Recreation Center**

**(248) 796-4670**

Monday-Friday 9 am-5 pm

### Online



Register Online

### Mail

Registration

Southfield Parks & Recreation Dept.

26000 Evergreen Road, P.O. Box 2055

Southfield, MI 48037-2055

**Fax (248) 796-4605**

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

**42**

Questions? (248) 796-4620

### Payment Options

- YOU MUST REGISTER PRIOR TO THE START OF THE PROGRAM. Instructors are not equipped to take payment or registration.
- 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](http://www.cityofsouthfield.com)

# Winter 2024 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	
-------	--

*Southfield Parks & Recreation does not accept personal checks as payment for any class, program, special event, membership or room/site rental.*

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

*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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Linnie Taylor

Janet Jackson, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

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Kathleen A. McNelis, *Chairperson*

Rosemerry Allen Chana Baumol

Brandon Gray Simon Rivers

**Parks & Recreation Department**

Terry Fields, *Director*



**CELEBRATE  
BLACK  
HISTORY  
MONTH**

