

Summer Camps 4 - 6	Parks & Recreation Building 26000 Evergreen Road(248) 796-4620
Recreation on the Move7	M-F 9:00 am-5:00 pm
Fun for Kids10 - 13	Senior Services 26000 Evergreen Road
Bike Safety Night14	F 9:00 am-2:00 pm
Park It15	Arts & Activities Building 26000 Evergreen Road(248) 796-4620
Tennis Lessons 16 - 17	Beech Woods Recreation Center 22200 Beech Road(248) 796-4670
Oak Park Pool18 - 19	Office Hours Apr 1-Aug 31 M-F9:00 am-5:00 pm
Karate20 - 21	Beech Woods Wellness Center (248) 796-4676 April 1 - Aug 31
Summer Music22 - 25	April 1 - Aug 31 M-F9:00 am-2:00 pm M-F4:00 pm-7:00 pm
Golf26 - 29	Beech Woods Driving Range Opens May 1, 2024
Adult Programs31 - 34	22202 Beech Road
Senior (50+) Programs 36 - 42	Th 11:00 am-8:30 pm Sa & Su 8:00 am-8:30 pm
Picnic Shelters43	Burgh Historical Park Northeast corner of Civic Center Drive & Berg Road 2000 Page Paral (2018) 700, 4014
Parks 44 - 45	26060 Berg Road(248) 796-4644 Evergreen Hills Golf Course
Registration46 - 47	Opens April 1, 2024 (weather permitting) 26000 Evergreen Road(248) 796-4666
	Park Services
On the Cover: Southfield Parks & Recreation Day Camps	26000 Evergreen Road
offer boys and girls the chance to have	Southfield Sports Arena
a memorable summer with their friends,	26000 Evergreen Road(248) 796-4640

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.



Get up close with

Big Trucks

Little Trucks

Emergency Vehicles

and more!

Sunday, April 21 1* - 4 pm



Police Drone Demonstration

2 pm

Police K9 Demonstration

2:45 pm

Southfield Municipal Campus, 26000 Evergreen Rd.

(248) 796-4620







Department of Public Works



SUMMER DAY CAMPS



Resident Registration Begins

APRIL 22

Non-Resident Registration Begins April 29

Weekly Resident Rate

Registration needs to be completed in person. Parents should have the following items ready for registration:

- Child's Birth Certificate
- Medical and insurance information, along with emergency contact numbers
- Camp fees must be paid by cash or credit card

Adults will be required to fill out and sign various medical, liability, and COVID-19 protocol forms for registration to be finalized. A signature from a parent or guardian is necessary and must be witnessed by our staff.





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

Camp Scholarships

If your child wishes to attend camp, but you don't have the funds available, call Southfield Youth Assistance at (248) 746-7658. The volunteers at Southfield Youth Assistance raise money to provide scholarships for young people who are in need of an enriching summer experience.

Southfield Youth Assistance is the only form of scholarship that we accept.

Sessions

There are set maximum enrollments for each program, and sessions are allocated on a first-come, first-served basis.

Camp fees are detailed in the descriptions. Campers are required to bring lunch, snacks, and drinks daily. Session fees cover field trip expenses.

Refunds

To receive a full refund on camp programs, notify the appropriate office in person no later than the WEDNESDAY prior to the first day of the program and present your original receipt (\$5 is withheld as an administrative charge).

Summer Day Camps

Camp Tadpole

Specially designed for little ones. This camp features arts & crafts, story time, games, songs, outdoor playtime and fun field trips. Each day child will need a sack lunch, snack, and at least two drinks.

Ages: 5 - 7

4 Days Resident: \$136 N/R: \$152 M-Tu,Th-F Jun 17-Jun 219:00 am-4:00 pm #9785

Southfield Sports Arena

1 week	Residen	t: \$170 N/R: \$190
M-F	Jun 24-Jun 28	9:00 am-4:00 pm #9786
M-F	Jul 8-Jul 12	9:00 am-4:00 pm #9787
M-F	Jul 15-Jul 19	9:00 am-4:00 pm #9788
M-F	Jul 22-Jul 26	9:00 am-4:00 pm #9789
M-F	Jul 29-Aug 2	9:00 am-4:00 pm #9790
M-F	Aug 5-Aug 9	9:00 am-4:00 pm #9791

Southfield Sports Arena

Camp Wildwood

Camp Wildwood offers kids a summer of fun making friends outdoors at the Civic Center Park. Small groups will spend their days playing organized games, doing arts & crafts and playing sports. Each week features a new theme such as Camp Olympics as well as a field trip. Each day child will need a sack lunch, snack, and at least two drinks.

Ages: 8 - 9

4 days Resident: \$136 N/R: \$152 M-Tu,Th-F Jun 17-Jun 21 9:00 am-4:00 pm #9792

🖓 Southfield Sports Arena

1 week	Residen	it: \$170 N/R: \$190
M-F	Jun 24-Jun 28	9:00 am-4:00 pm #9793
M-F	Jul 8-Jul 12	9:00 am-4:00 pm #9794
M-F	Jul 15-Jul 19	9:00 am-4:00 pm #9795
M-F	Jul 22-Jul 26	9:00 am-4:00 pm #9796
M-F	Jul 29-Aug 2	9:00 am-4:00 pm #9797
M-F	Aug 5-Aug 9	9:00 am-4:00 pm #9798

Southfield Sports Arena



Camp Evergreen

Camp Evergreen lets boys and girls spend their summer with their friends playing camp games, participating in special events and arts & crafts. Each weekly session brings a new theme and field trip destination. Each day child will need a sack lunch, snack, and at least two drinks. Activities are planned for children ages 10-12, but we will accept 13 year olds in the program.

Ages: 10 - 13

4 Days Resident: \$136 N/R: \$152 M-Tu,Th-F Jun 17-Jun 21 9:00 am-4:00 pm #9778

Southfield Sports Arena

1 week	Residen	it: \$170 N/R: \$190
M-F	Jun 24-Jun 28	9:00 am-4:00 pm #9779
M-F	Jul 8-Jul 12	9:00 am-4:00 pm #9780
M-F	Jul 15-Jul 19	9:00 am-4:00 pm #9781
M-F	Jul 22-Jul 26	9:00 am-4:00 pm #9782
M-F	Jul 29-Aug 2	9:00 am-4:00 pm #9783
M-F	Aug 5-Aug 9	9:00 am-4:00 pm #9784

Southfield Sports Arena



Summer Day Camps

Love's Summer Indoor Volleyball Camp

Instructor: S. Finest TNL

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

Ages: 8 - 18

1 week Resident: \$160 NR: \$180 M-F Jun 17-Jun 21 9:00 am-12:00 pm#9799 M-F Jul 22-Jul 26 9:00 am-12:00 pm#9800 M-F Aug 26-Aug 30 9:00 am-12:00 pm#9801

P BW Recreation Center - Court D

Southfield Basketball Camps

Instructor: G. Blackwell
The Reggie McKenzie
Foundation "Commitment
to Character" basketball
camp, will put campers
through drills each day
focusing on; ball-handling, creating your own
shot off the dribble, passing, and other aspects of
the game. The RMF camp
will also focus on the



mental approach to the game as well as teaching campers the importance of leadership and sportsmanship while participating in sports. Lastly, 5 on 5 games will also be played. The camp coordinators are Glynn Blackwell, Chico Hamilton and Alexus Williams.

Ages: 7 - 17

1 week	Residen	t: \$140	NR: \$160
M-F	Jun 24-Jun 28	9:00 am-3:	00 pm #9841
M-F	Jul 8-Jul 12	9:00 am-3:	00 pm #9842
M-F	Jul 15-Jul 19	9:00 am-3:	00 pm #9843
M-F	Jul 22-Jul 26	9:00 am-3:	00 pm #9844
M-F	Jul 29-Aug 2	9:00 am-3:	00 pm #9845
M-F	Aug 5-Aug 9	9:00 am-3:	00 pm #9846

BW Recreation Center - Court 2



Junior Golf Camp

Instructor: T. Ryan

Kids interested in learning golf can expect top-notch guidance from PGA professional Terri Ryan and her team. The instruction will blend drills, fundamental techniques, and engaging games aimed at enhancing essential skills for improvement. Students will have the opportunity to analyze their swing at the start and end using our swing analyzer tool. Please bring a snack & water bottle. Friday will be used as a make-up day in case of severe weather.

Ages: 8 - 15

4 days Resident: \$130 NR: \$150 M-Th Jun 24-Jun 27 9:00 am-12:00 pm #9975 M-Th Aug 5-Aug 8 9:00 am-12:00 pm #9976

🖓 BW Driving Range, 22202 Beech Rd

Tuesdays 4 - 6 pm

Beech Woods Park June 18 Freeway Park June 25 Miller Park July 2 Stratford Woods Park July 9 **Bauervic Woods Park** July 16 **Bedford Woods Park** July 23 Simms Park July 30 Miller Park August 6 **Bedford Woods Park** August 23

Golf
4-Square
Pickleball
Bocce
Memory Maze
Kites

Kites Kickball Pickleball Fishing



RECREATION

Activities, games and fun for ages 5 - 13 at the park.

Come join in!!



Thursdays 4 - 6 pm

lune 20 Bauervic Woods Park lune 27 Civic Center Park July 11 Simms Park July 17 Miller Park July 24 Civic Center Park August 1 Freeway Park August 8 Stratford Woods Park August 15 Simms Park

Disc Golf
Tennis
Basketball
Basketball
Dance
Obstacle Course
Disc Golf
Pickleball



WE ARE HIRING

Opportunities Available for Seasonal (up to 40 hours a week) and Part-Time (30 hours a week or less) Workers 18 Years and Older

MICHAEL Specialty Coordinator



From the moment I joined the team, I found myself surrounded by a group of passionate and dedicated individuals who are commited to creating a positive impact on the community.

Southfield Parks & Recreation is deeply connected to the residents it serves, and the sense of community involvement is plapable. Being a part of events and programs that bring joy, wellness and unity to the community has been incredibly fulfilling.

TARYN Recreation Assistant



The team is very warm and welcoming!

I joined the Southfield Parks & Rec team last summer and have loved every minute of working here!

I love how flexible the hours are, and the many growth opportunities available within the team!

Positions for summer and beyond!

Find details on all the Parks & Recreation postions available at





Located inside the

Beech Woods Recreation Center. 22200 Beech Road (248) 796-4676

STAIR CLIMBERS

ELLIPTICALS

ROWING MACHINES

12 CIRCUIT TRAINING MACHINES

UPRIGHT & RECUMBENT

STATIONARY BIKES

DUMBBELLS

OPEN MONDAY- FRIDAY

9:00 AM - 4:00 -

2:00 PM

7:00 PM



Athletics/Sports

Youth Open Gym

- All participants must register for the 2024 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 per 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

2 hours Resident: \$3 NR: \$5 M-Th Apr 1-Aug 30* 3:30-5:30 pm

BW Recreation Center - BBall Courts 1-3 *No Open Gym May 27, Jun 19 & Jul 4

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 six 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 Apr 22-Jun 3 6:00-6:50 pm Μ #9802

Salar BW Recreation Center -Court 3



This program gives parents the opportunity to see what sports we offer and players a chance to try it for FREE!!

Stop by Civic Center Park beginning at 10 am to give all 3 sports a try!! There will be a chance for parents to ask questions of the coaches and recreation staff on hand after the trials.

CIVIC CENTER PARK, 26000 EVERGREEN RD



(Søuthfield

SOCCER 10-11 AM **AGES: 4-14**

PARKS & RECREATION



SATURDAY MAY 4

FLAG **FOOTBALL**

11:30 AM -12:30 PM



BASEBALL/ SOFTBALL 1 - 2 PM

AGES: 4-14



Flag Football Skills Training

Instructor: M. Greatness

The training program focuses on enhancing athletic abilities through fundamental skills, teamwork, leadership, and accountability. It also includes activities for self-improvement and goal setting. Participants will receive team T-shirts/jerseys, with the option to customize a jersey with their name and number for an extra \$20.

Ages: 6 - 10

7 meetings Resident: \$100 NR: \$115 Tu,Th May 7-Jun 20 4:00-5:00 pm #9847 Tu,Th Jul 9-Aug 22 4:00-5:00 pm #9848 Bedford Woods Park

Ages: 11 - 16

Resident: \$100 7 meetings NR: \$115 Tu,Th May 7-Jun 20 5:00-6:00 pm #10028 Tu,Th Jul 9-Aug 22 5:00-6:00 pm #10029

Bedford Woods Park



Youth Baseball - T-Ball

Instructor: C. Bell

This recreational T-Ball league is designed for enjoyable play and skill enhancement. Teams practice on nearby fields and compete exclusively in Southfield. All participants receive a jersey and a hat. Parents must volunteer at least once during practice or a game.

Ages: 4 - 6

Players born after May 1, 2019 and born on or after May 1, 2018 are eligible to play in the T-ball division.

Resident: \$80 4 weeks NR: \$95 M,W |un 3-|un 26 6:00-7:00 pm #9803

Miller Park - Diamond 1

Youth Baseball

Instructor: C. Bell

Teams will play in the Southfield League or Quad City Alliance Baseball League competing with teams from Ferndale, Hazel Park, and Pleasant Ridge. This is a co-ed baseball league. Players are provided with jerseys and ball caps. Coaches are responsible for choosing practice times and locations. Game day will be determined once teams are set.

Coach/PeeWee Division Ages: 7 - 8

Players born on or after May 1, 2016, are eligible to play in the Coach/Peewee division.

Resident: \$75 5 weeks NR: \$90 M,W Jun 17-Jul 24 6:00-8:00 pm #9814 Miller Park - Diamond 1

Minor/Major Division Ages: 9 -12

Players born on or after May 1, 2014, are eligible to play in the Minor/Major division.

5 weeks Resident: \$75 NR: \$90 Tu,Th | lun 18-|ul 25* 6:00-8:00 pm #9815 *No practice/league play July 2 & 4

Miller Park - Diamond 1

Girl's Fast Pitch Softball

Instructor: C. Bell

This recreational league that will focus on fun and skill development. Teams practice on local fields and play games in Detroit PAL league and in Southfield area. All Southfield participants receive a jersey.

Ages: 10 - 14

7 weeks Resident: \$65 NR: \$80 Tu,Th Jun 18-Aug 8* 6:00-8:00 pm #9816

*No practice/league play July 2 & 4

Miller Park - Diamond 1

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.

Ages: 4 - 14

5 weeks **Resident: \$55 NR: \$65**Su May 5-Jun 9 3:00-4:00 pm #9852

▼ Bedford Woods Park

 Su
 Jun 23-Jul 21
 3:00-4:00 pm
 #9856

 Su
 Jul 28-Aug 25
 3:00-4:00 pm
 #9858

Civic Center Park - Soccer/Flag Football Field



Advance Youth Soccer Clinic

Instructor: P. Lamarre

Advance Soccer Training will focus on critical ball control, passing, shooting trapping and improving technique.

Ages: 4 - 14

5 weeks **Resident: \$65 NR: \$75**Su May 5-Jun 9 3:00-4:00 pm #9998

Bedford Woods Park

Su Jun 16-Jul 14 3:00-4:00 pm #9999 Su Jul 21-Aug 18 3:00-4:00 pm #10000

Civic Center Park - Soccer/Flag Football Field

Dance/Music

Mini Ballet

Instructor: Impulse Dance Academy Introduction of classical ballet technique and terminology. Based on a combination of the French, Vaganova and Cecchetti methods as students progress. Registration includes a T-shirt.

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

Ages: 3 - 5

6 weeks **Resident: \$85 NR: \$100**Tu Jul 9-Aug 13 5:30-6:15 pm #9981

Arts & Activities Building - Dance Room

6 weeks Resident: \$85 NR: \$100
Th Jul 11-Aug 15 5:30-6:15 pm #9978

Arts & Activities Building - Dance Room

Mini Hip Hop

Instructor: Impulse Dance Academy Introduction to the vocabulary, style and self-expression of hip-hop movement. Registration includes a T-shirt.

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

Ages: 5 - 7

6 weeks Resident: \$85 NR: \$100 Th Jul 11-Aug 15 6:30-7:15 pm #9979 Arts & Activities Building - Dance Room

All Boys Hip Hop

All boys introduction to the vocabulary, style and self-expression of hip-hop movement.

Ages: 5 - 9

6 weeks **Resident: \$85 NR: \$100** Th Jul 11-Aug 15 5:30-6:15 pm #9977

Arts & Activities Building - Dance Room

JR/Teen Ballet

Instructor: Impulse Dance Academy Introduction of classical ballet technique and terminology. Class includes barre exercises, center work and across the floor combinations. Registration includes a T-shirt.

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

Ages: 6 - 14

6 weeks Resident: \$85 NR: \$100 #9983 Tu Jul 9-Aug 13 7:30-8:15 pm

Arts & Activities Building - Dance Room

JR/Teen Hip Hop

Instructor: Impulse Dance Academy Introduction to the vocabulary, style and self-expression of hip-hop movement. Registration includes a T-shirt.

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

Ages: 8 - 14

NR: \$100 6 weeks Resident: \$85 #9980 Th Jul 11-Aug 15 7:30-8:15 pm

Arts & Activities Building - Dance Room

Special Interest

The Art of Makeup and Etiquette

Instructor: R. Robinson 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: 13 and up

6 weeks Resident: \$180 NR: \$195 Senior: Resident: \$162 NR: \$175.50 Tu May 7-Jun 11 5:00-7:00 pm #9886 Tu Jul 9-Aug 13 5:00-7:00 pm #9887

P&R Building - Room 223





NIGHT

THURSDAY, MAY 9 5:30-7:30 PM

Bring your bike and navigate the Skills Course provided by the **League of Michigan Bicyclists**



Have your bike safety checked by our experts

Learn more about bike safety from the **Southfield Police Department**



Free bike helmets courtesy of **Corewell Health Children**



SOUTHFIELD MUNICIPAL CAMPUS NORTH PARKING LOT, 26000 EVERGREEN RD

(248) 796-4620





CIVIC CENTER PARK

The fun begins at 6 pm!



Movie Under the Stars!

begins at 8 pm

Wednesday, June 26 Wednesday, August 14

Join us on the front lawn of the Southfield Municipal Campus for these FREE family events presented by the Southfield Parks & Recreation Department, along with Park It Family Fun Nights and their sponsors Meijer and Weingartz.



Outdoor Movie



Kids Activities



Giveaways

(248) 796-4620



All Ages - Tennis

Quick Start Tennis Lessons

Instructor: R. Hughes

This specially designed program is perfect for young children who wish to learn the game of tennis. Our experienced instructor will teach them how to utilize their racquets and how to gauge the trajectory and direction of the ball. With the use of low compression and foam balls, the kids will engage in fun activities and games. Don't forget to bring your own racquet!



Register Online

Ages: 4 - 6

5 less	ons Resider	nt: \$55 NF	R: \$70
Sa	May 11-Jun 15	9:00-9:50 am	#9949
Sa	Jun 22-Jul 27	9:00-9:50 am	#9955
Sa	Aug 3-Aug 31	9:00-9:50 am	#9958
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Civic Center Park - Courts 3 and 4

Ages: 7 - 10

5 lesso	ons Resider	ıt: \$55	NR: \$7	70
Sa	May 11-Jun 15	10:00-10:5	0 am	#9950
Sa	Jun 22-Jul 27	10:00-10:5	0 am	#9956
Sa	Aug 3-Aug 31	10:00-10:5	0 am	#9959

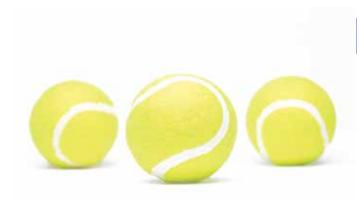
Civic Center Park - Courts 3 and 4

Ages: 11 - 16

5 lesso	ns Reside n	nt: \$55	NR: \$7	' O
Sa	May 11-Jun 15	11:00-11:50	am	#9951
Sa	Jun 22-Jul 27	11:00-11:50	am	#9957
Sa	Aug 3-Aug 31	11:00-11:50	am	#9960

♀ Civic Center Park - Courts 3 and 4





Beginner Tennis Lessons

If you're new to tennis, or have never given it a shot before, don't worry! This beginner's lesson will cover everything you need to know, including grip, footwork, forehand, backhand, serve, volley, and scoring. Remember to bring your own racquet.

Teen Ages: 13 - 17 Instructor: R. Hall Jr. 5 lessons Resident: \$55 NR: \$70 W Jun 5-Jul 10* 6:00-6:50 pm #9971 W Jul 17-Aug 14 6:00-6:50 pm #9973 *No class July 3

Civic Center Park - Courts 3 and 4

Adult Ages: 18 and up Instructor: R. Hall Jr. 5 lessons Resident: \$55 NR: \$70 Senior: Resident: \$49.50 NR: \$63 Μ Apr 29-Jun 3* 6:00-6:50 pm #9943 #9961 Μ Jun 10-Jul 15 6:00-6:50 pm #9963 Μ Jul 22-Aug 19 6:00-6:50 pm *No class May 27

Civic Center Park - Courts 3 and 4

W May 1-May 29 7:00-7:50 pm #9947 W Jun 5-Jul 10* 7:00-7:50 pm #9972 W Jul 17-Aug 14 7:00-7:50 pm #9974 *No class July 3

Civic Center Park - Courts 3 and 4

Adult Ages: 18 and up Instructor: R. Hughes Resident: \$55 NR: \$70 5 lessons Resident: \$49.50 NR: \$63 Senior: Tu Apr 30-May 28 7:00-7:50 pm #9945 Tu Jun 4-Jul 9 7:00-7:50 pm #9967 Tu Jul 16-Aug 13 7:00-7:50 pm #9969 Civic Center Park - Courts 3 and 4

Ages - Tennis

Beginner Tennis Lessons - Family

Instructor: R. Hughes

Designed for both parents and children, our Family Tennis Lessons are a perfect opportunity to learn the sport together in the same location and time. Please note that each parent and child must register separately. Don't forget to bring your own racquet!

Ages: 7 and up

5 lessons Resident: \$55 NR: \$70
Senior: Resident: \$49.50 NR: \$63
Th Jun 6-Jul 11* 6:00-6:50 pm #9952
Th Jul 18-Aug 15 6:00-6:50 pm #9970
*No class July 4

Civic Center Park - Courts 3 and 4

Intermediate Tennis Lessons

This course is tailored for intermediate players who want to enhance their game-play. We will teach you new techniques such as overhead, lob, and half-volleys, in addition to improving your current skills such as forehand, backhand, and serve. You'll also enjoy competitive drills and games to test your abilities. Don't forget to bring your own racquet.

Ages: 7 - 17 Youth Instructor: R. Hughes Resident: \$55 5 lessons NR: \$70 May 2-May 30 7:00-7:50 pm Th #9948 Th Jun 6-Jul 11* 7:00-7:50 pm #9953 Th 7:00-7:50 pm #9964 Jul 18-Aug 15 *No class July 4

Civic Center Park - Courts 3 and 4

Teen/Adult Ages: 13 and up Instructor: R. Hall Jr. 5 lessons Resident: \$55 NR: \$70 Senior: Resident: \$49.50 NR: \$63 Apr 29-lun 3 7:00-7:50 pm #9944 Μ Μ Iun 10-Iul 15 7:00-7:50 pm #9962 Μ Jul 22-Aug 19 7:00-7:50 pm #9965 Civic Center Park - Courts 3 and 4

Swim at the Oak Park Pool

The City of Southfield and City of Oak Park have entered into an intergovernmental agreement that will allow Southfield residents to use the Oak Park Pool throughout the summer at Resident rates. You must show your ID at registration to receive the Resident rate.

The Oak Park Pool is located at 14300 Oak Park Blvd. (between Greenfield and Coolidge) and features zero depth entry and a splash zone for the kids to enjoy. Call them at (248) 691-7555 for more details on any of the programs mentioned below.

2024 Early Extended Season

Th	May 30-June 13	5:00-7:00 pm
F	May 31-June 14	1:00-8:00 pm
Sa & Su	June 1 - 16	1:00-6:00 pm

Regular 2024 Swim Season

M, Tu, W, Th	June 17-Aug 15	2:00-7:00 pm
F	June 21-Aug 16	1:00-8:00 pm
Sa & Su	June 22-Aug 18	1:00-6:00 pm

2024 Late Extended Season

Th	Aug 22-Sept 5	5:00-7:00 pm
F	Aug 23-Sept 6	1:00-8:00 pm
Sa & Su	Aug 24-Sept 7	1:00-6:00 pm

Holiday Hours

Memorial Day	Μ	May 27	1:00-6:00 pm
Independence Day	Th	July 4	1:00-6:00 pm
Labor Day	Μ	Sept 2	1:00-6:00 pm

Open Swim Daily Rates

Resident rates apply to residents of Oak Park, Ferndale, Hazel Park, and Southfield. Payment for Oak Park Pool programs is by cash only.

 Ages 3 and Under 	FREE
• Ages 4-54	\$4 per day
• Ages 55 & Up	\$3 per day

Adult-Only Lap Swim

One lane will be available, additional lanes may be added based on pool attendance.

1 day	Resident: \$4	NR: \$6
M, W, F	May 29-Sept 6	9:00-10:30 am
M, Tu, W, Th	June 17 – Aug 18	4:30-6:30 pm
F	June 21 – Aug 16	5:30-7:30 pm
Sa & Su	June 22 – Aug 18	3:30-5:30 pm

Oak Park Pool, 14300 Oak Park Blvd

Resident rates apply to residents of Oak Park, Ferndale, Hazel Park, and Southfield. You must show your ID at registration to receive Resident rate.

Female-Only Swim

Only female lifeguards are on duty.

1 day	Resident: \$3	NR: \$5	
M, W	June 17-Aug 14	7:30-9:00 pm	
Su	May 26-Sept 1	10:30 am-12:00 pm	
Oak Park Pool 14300 Oak Park Blvd			

Male-Only Swim

Only male lifeguards are on duty.

1 day	Resident: \$3	NR: \$5
Tu	June 18-Aug 13	7:30-9:00 pm
Th	May 30-Sept 5	7:30-9:00 pm

Oak Park Pool, 14300 Oak Park Blvd

Water Aerobics

Water aerobics uses all aspects of a typical aerobics class but with the added health benefits of using water as a natural form of resistance, creating an excellent full-body workout with great heart benefits and endurance development.

1 day	Resident: \$3	NR: \$4
M, W, F	May 29-Sept 6	9:00-10:00 am
Sa	June 1-Sept 7	11:00 am-12:00 pm

💡 Oak Park Pool, 14300 Oak Park Blvd

Female-Only

Su	June 2-Sept 1	9:00-10:00 am
<u> </u>		

🖓 Oak Park Pool, 14300 Oak Park Blvd

SOUTHFIELD DAYS

at the

OAK PARK POOL

Southfield.

the center of it all [18]

Special Swim Times for Southfield residents only.



JUNE 23 | SUN | 6:30-8:30 PM JUNE 29 | SAT | 6:30-8:30 PM

JULY 13 | SAT | 6:30-8:30 PM JULY 21 | SUN | 6:30-8:30 PM

AUG 3 | SAT | 6:30-8:30 PM AUG 4 | SUN | 6:30-8:30 PM

Free Admission for Southfield residents!

Must show your ID

Thank you to our neighbors at the City of Oak Park for this great opportunity.

Free refreshments for the first 40 Southfield residents at each Southfield Day



All Ages - Karate



Karate

Instructor: Master Bray

The following fundamental karate concepts will be covered in this class, depending on the age range: basic technique movements, stances, basic drills, respect, class etiquette, mottos, concentration, endurance, and balance.

L'il Tots Ages: 5 -6 7 weeks **Resident: \$30** NR: **\$40** Sa May 4-Jun 22 9:30-10:00 am #9889 Sa Jun 29-Aug 24 9:30-10:00 am #9890 **№** BW Recreation Center - Multipurpose Rm

Young Tots Ages: 6 - 7 7 weeks Resident: \$30 NR: \$40 Sa May 4-Jun 22 10:15-10:45 am #9891 Sa Jun 29-Aug 24 10:15-10:45 am #9892 ▶ BW Recreation Center - Multipurpose Rm

Beginner Karate

Are you interested in martial arts but you're starting from scratch? This class is specially designed for white belts and anyone without prior experience. You can expect to learn a range of fundamental concepts, including basic technique movements, basic drills, stances, respect, class etiquette, mottos, concentration, endurance, and balance. Discover how techniques are combined into patterns, and practice drills to further hone your skills. You'll also be introduced to exercises and stretches to help develop your technique. Finally, put your skills to the test with board breaking exercises. Advancement to colored belt is provided.

Ages: 8 and up Instructor: Grand Master Mundy One Day Per Week Option

8 weeks Resident: \$30 NR: \$40
Senior: Resident: \$27 NR: \$36
Tu Apr 30-Jun 18 6:00-6:50 pm #9873
Tu Jun 25-Aug 27 6:00-6:50 pm #10027

© BW Recreation Center- Multipurpose Rm

Th May 2-Jun 20 6:00-6:50 pm #9875 Th Jun 27-Aug 29* 6:00-6:50 pm #9876 *No class July 4

Secretion Center - Multipurpose Rm

Two Days Per Week Option

8 weeks Resident: \$50 NR: \$65 Senior: Resident: \$45 NR: \$58.50 Tu,Th Apr 30-Jun 20 6:00-6:50 pm #9884 Tu,Th Jun 25-Aug 29* 6:00-6:50 pm #9881 *No class July 4

Secretaion Center - Multipurpose Rm

Ages: 7 and up Instructor: Master Bray
8 weeks Resident: \$30 NR: \$40
Senior: Resident: \$27 NR: \$36
Sa May 4-Jun 22 11:00 am-12:00 pm #9893
Sa Jun 29-Aug 24 11:00 am-12:00 pm #9894

P BW Recreation Center - Multipurpose Rm

All Ages - Karate

Intermediate Karate

This class is designed specifically for purple and green colored belts, regardless of martial arts style. With a focus on advancing fundamental concepts, forms, techniques, and drills, this class is the perfect stepping stone from beginner to advanced level. Expect to develop your self-defense skills with vigorous practice, and participate in sparring drills. Advancement up to Black Belt level is provided.

SW Recreation Center - Multipurpose Rm

Ages: 8 and up Instructor: Master Bray
8 weeks Resident: \$30 NR: \$40
Senior: Resident: \$27 NR: \$36
Sa May 4-Jun 22 12:15-1:15 pm #9895
Sa Jun 29-Aug 24 12:15-1:15 pm #9896

Page 15 BW Recreation Center - Multipurpose Rm

Advanced Karate

Instructor: Grand Master Mundy
This karate class is specifically designed for
practitioners with red and black belts from any
martial arts style. The course is designed to build
upon the concepts, forms, techniques, and drills
learned in beginner and intermediate classes, with
a greater emphasis on self-defense skills.
Additionally, sparring will be included as part of the
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
Tu,Th Apr 30-Jun 20 8:00-8:50 pm #9880
Tu,Th Jun 25-Aug 29* 8:00-8:50 pm #9881
*No class July 4

Secretary BW Recreation Center - Multipurpose Rm





GAZEBO CONCERT SERIES

July 9, 16 & 23 7 - 8:30 pm Burgh Historical Park







Bring your lawn chairs, pack a picnic dinner (no alcohol permitted) and join us for great music in a beautiful setting.

Admission is free and so is parking!

The Burgh Historical Park is located on the northeast corner of Civic Center Drive and Berg Road.





SUMULINIE WINE DOWN

Food Tirueks

Cash Bar

Local Vendors FRIDAY, AUGUST 16
7-9 PM ALLIE

Free outdoor concert with

ALEX GOSS &

DETROIT SOUL RHYTHM BAND

R&B and Soul music from the 70's 80's & 90's

Southfield Municipal Campus Front Lawn,

26000 Evergreen Road

Call (248) 796-4620 for more details.



2024 Golf Fees

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

M-F

Resident: \$15 Resident: \$16

Sa, Su & Holidays

Resident: \$16 Resident: \$15 N/R: \$16 12 - 4 pm N/R: \$15 4 pm - Close Southfield when joining! Resident: \$14

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

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.

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 N/R: \$16 Open - 3 pm \$1 off all regular rates and \$1 off/bucket of balls at N/R: \$17 3 pm - Close the Beech Woods Driving Range in addition to all the other GAM benefits.

N/R: \$17 Open - 12 pm Go to www.gam.org for more information or to join. Be sure to use Evergreen Hills Golf Course in

Adult Membership Ages: 19 years and up \$41

Youth on Course (Junior GAM Membership)

All members play a round for only \$3 per 9 holes! There are 100 courses in Michigan that participate. Ages: 6 - 18 years \$20/calendar year

GAM Foundation

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

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

Evergreen Hills Golf Course

Parent & Junior Golf League

Join us for our new Parent & Junior 9-hole golf league. This league will take place every other Sunday. Plus there will be competitive scrambles at weeks 3 and 6 (July 7 & Aug 18). Tee times start at 4:00 pm.

Ages: 7 and up

6 week league Parent & Child: \$120

Su Jun 9-Aug 18 4:00 pm #9932

♥ Evergreen Hills GC

Senior (Age 50+) Golf League

Enjoy playing golf? Interested in meeting new people or gathering with friends? Come join us at Evergreen Hills Golf Course this summer for our Senior Golf League. Individuals and foursomes are welcome. Reserved tee time, registered golfer giveaway, goody pack on the last day and contest opportunities included. For more information or to reserve your tee time spot, please contact Angie Verges at (248) 796-4654.

There will be an informational golf league meeting on Tue, April 23 at 10 am in the Southfield Pavilion.

Registration Deadline: F, Apr 30

Regular League Ages: 50 and up

Price does not include golf cart fee of \$9/person, per

week.

16 weeks **Resident: \$170 NR: \$190**Tu May 7-Aug 20 7:20-10:50 am #9825

Evergreen Hills GC

Rotating League Ages: 50 and up
Tee times and partners rotate each week.

Price does not include golf cart fee of \$9/person, per week.

15 weeks Resident: \$160 NR: \$180 Th May 9-Aug 22* 8:30-10:50 am #9826

*No league play July 4

♥ Evergreen Hills GC

Course Management

Instructor: T. Ryan

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

Session 1: Warm-up and Mental Preparation
Session 2: What to do and think about walking to

the tee

Session 3: Play a hole or two

Session 4: How to improve your score via tracking, and analysis of your results

Ages: 16 and up

4 weeks Resident: \$50 NR: \$65
Senior: Resident: \$45 NR: \$58.50
Tu May 21-Jun 11 12:00-1:00 pm #9900

♀ Evergreen Hills GC

Putting Clinic Golf

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

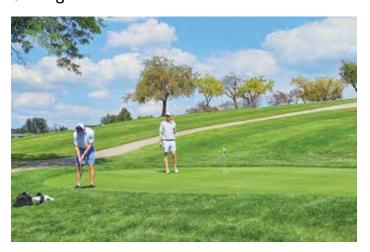
 1 hour
 Resident: \$15
 NR: \$15

 Th
 Jun 6
 12:00-12:50 pm
 #9901

 Th
 Jul 18
 12:00-12:50 pm
 #9902

 Th
 Aug 15
 12:00-12:50 pm
 #9903

? Evergreen Hills GC





2024 Bucket Fees

Last small bucket of balls sold at 8:00 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 teach students how to hold and swing a club, as well as the rules and etiquette of the game. Please bring a 7 iron or similar club if you have one.

Ages: 6 - 17					
1 hour	Res	sident: \$15	NR: \$2	20	
Sa	May 4	11:00 am-12	2:00 pm	#9904	
Sa	Jun 15	11:00 am-12	2:00 pm	#9905	
Sa	Jun 15	11:00 am-12	2:00 pm	#9906	
Sa	Jul 20	11:00 am-12	2:00 pm	#9907	
Sa	Aug 10	11:00 am-12	2:00 pm	#9908	
BW Dr	iving Range	2			

Adult Golf Camp

Instructor: T. Ryan

Are you ready to work on your game before the season gets in full-swing? This 3-day camp taught by PGA teaching pro Terri Ryan will take your skills to the next level. Don't forget to bring your 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	Residen	t: \$150	NR: \$170
Senio	r: Residen	t: \$135	NR: \$153
F-Su	Apr 19-Apr 21	Times Below	#9909
F-Su	May 3-May 5	Times Below	#9910
F-Su	Jun 7-Jun 9	Times Below	#9911
F-Su	Jul 12-Jul 14	Times Below	#9912
F-Su	Aug 9-Aug 11	Times Below	#9913
F	5:00-7:00 pm	BW	Driving Range
Sa	8:00-11:00 am	BW	Driving Range
Su	8:00-11:00 am	Ever	green Hills GC

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.

4 Lessons Resident: \$50 NR: \$65
Senior: Resident: \$45 NR: \$58.50
The price of range balls (\$6/bucket) is not included.

• BW Driving Range

Level 1

Session 1: Grip, stance, ½ swing Session 2: Irons and full swing

Session 3: Short game; chipping/pitching

Session 4: Putting

Youth	1	Ages: 7 ·	- 15
A4 \A/	A 20	M O	4.0

M,W Apr 29-May 8 4:00-4:50 pm #9923 M,W Jun 10-Jun 19 4:00-4:50 pm #9924

Adult Ages: 16 and up

M,W Apr 29-May 8 6:00-6:50 pm #9914 M,W Jun 3-Jun 12 6:00-6:50 pm #9915 M,W Aug 12-Aug 21 6:00-6:50 pm #9916 M,W Jul 8-Jul 17 7:00-7:50 pm #9922

Tu,Th Jul 9-Jul 18 5:00-5:50 pm #9917

Tu,Th Apr 30-May 9 7:00-7:50 pm #9918 Tu,Th May 21-May 30 7:00-7:50 pm #9919 Tu,Th Jun 11-Jun 20 7:00-7:50 pm #9920

Tu,Th Jul 23-Aug 1 7:00-7:50 pm #9921

Level 2

Session 1: Review and work on full swing Session 2: Hybrids and fairway woods

Session 3: Driver

Session 4: Short game

Adult Ages: 16 and up

M,W Apr 29-May 8 7:00-7:50 pm #9926 M,W Jun 10-Jun 19 12:00-12:50 pm #9925

M,W Jul 8-Jul 17 11:00-11:50 am #9927 M,W Jul 22-Jul 31 11:00-11:50 am #9928

M,W Aug 12-Aug 21 11:00-11:50 am

Tu,Th May 28-Jun 6 7:00-7:50 pm #9930 Tu,Th Aug 13-Aug 22 7:00-7:50 pm #9931



#9929



Multi Purpose Room

\$75/hour

\$75 Deposit



Beech Woods Recreation Center 22200 Beech Road



Gymnasium





Call (248) 796-4670 for details.

Athletics/Sports

Adult Open Gym

- All participants must register for the 2024 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.
- There is a \$1 fee to replace a lost Open Gym Membership Card.

Ages: 18 and up

2 hours Resident: \$4 N/R: \$6 Apr 1-Jun 7* 12:30-2:30 pm M. Tu & Th

*No Open Gym May 27

BW Recreation Center - Courts 1 & 2

Adult Softball

Are you ready for a 14game 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! Please email



amickens@cityofsouthfield.com for more details.

Ages: 18 and up

Men's E League - Mondays Team Fee: \$550* Men's C League - Tuesdays Team Fee: \$550* Men's D League - Thursdays Team Fee: \$550* Co-Rec E League Team Fee: \$550* Men's & Women's 40+ League Team Fee: \$450*

Softball - Full Team Option

*Team fee +\$20 Umpire fee/game 12 games May 6-Jun 24 6:20-8:50 pm #9865

Softball - Single Player Option

Single Player Fee: \$50 12 games

May 6-Jun 24 6:20-8:50 pm #9866 Μ

Arts/Entertainment

Ceramics

Instructor: K. Robichaud Craft artistic clay shapes by engaging in handbuilding projects that involve slab and coil techniques. Explore various decorative methods and gain insight into the firing process. Additionally, utilize the wheel for your creations and experience outdoor sawdust and raku firing.

\$50 Material Fee paid directly to instructor.

Ages: 16 and up

10 weeks Resident: \$165 N/R: \$185 Resident: \$148.50 N/R: \$166.50 Senior: May 8-Jul 17* 7:00-10:00 pm #9804 *No class June 19

💡 Burgh Historical Park - Art Room

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 N/R: \$40 Senior: Resident: \$27 N/R: \$36

Tuesday Class

May 7-Jun 4 6:30-7:30 pm #9806 Tu P&R Building - Lower Level Dance Studio

Wednesday Classes

W May 8-Jun 5 6:30-7:30 pm #9807 P&R Building - Lower Level Dance Studio

W May 8-Jun 5 7:30-8:30 pm #9808 P&R Building - Lower Level Dance Studio

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

Tuesday Class

Tu Jun 4-Jul 9 11:45 am-12:30 pm #9827 Tu Jul 23-Aug 27 11:45 am-12:30 pm #9828

Arts & Activities Bldg - Dance Room

Thursday Class

Th Jun 6-Jul 18* 10:30-11:15 am #9829 Th Jul 25-Aug 29 10:30-11:15 am #9830

*No class July 4

Arts & Activities Bldg - Dance Room



Fat-2-Lean - Teaches Zumba

Instructor: P. Latimer

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

Ages: 18 and up

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

Monday Class

M Apr 29-Jun 17 6:00-6:45 pm #9554 M Jun 24-Aug 5 6:00-6:45 pm #9984 M Aug 19-Oct 7 6:00-6:45 pm #9988

P&R Building - Room 115

Thursday Class

Th	May 2-Jun 13	6:00-6:45 pm	#9557
Th	Jun 27-Aug 8*	6:00-6:45 pm	#9985
Th	Aug 22-Oct 3	6:00-6:45 pm	#9990

*No class July 4

P&R Building - Room 115

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
W Jun 5-Jul 17* 5:15-6:00 pm #9833
W Jul 24-Aug 28 5:15-6:00 pm #9834

*No class June 19

SW Recreation Center - Multipurpose Rm

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: 50 and up

6 weeks Resident: \$20 NR: \$25 Senior: Resident: \$18 NR: \$22.50

Morning Class

Th Apr 18-May 23 9:30-10:30 am #9644 Th Jun 13-Jul 25* 9:30-10:30 am #9836

*No class July 4

SW Recreation Center - Multipurpose Rm

Evening Class

M Apr 22-Jun 3 6:00-7:00 pm #9837 M Jun 10-Jul 15 6:00-7:00 pm #9838

P&R Building - Lower Level Dance Studio

Tai Chi Form

Instructor: I. 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 Th Jun 13-Jul 25* 10:45-11:45 am #9835

*No class July 4

BW Recreation Center - Multipurpose Rm

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

*No class June 19

6 weeks Resident: \$60 NR: \$75
Senior: Resident: \$54 NR: \$67.50
W Jun 5-Jul 17* 4:00-5:00 pm #9831
W Jul 24-Aug 28 4:00-5:00 pm #9832

Secretaion Center - Multipurpose Rm

Special Interest

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

3 Hours Resident: \$45.50 NR: \$55.50 Tu May 14 10:00 am-1:00 pm #9867 Tu Jul 16 10:00 am-1:00 pm #9868

P&R Building - Room 223



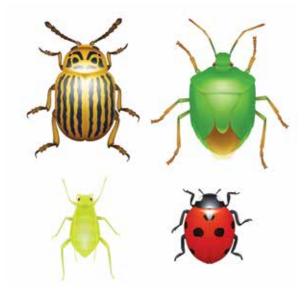
Garden Pests 101

Instructor: MSU Extension Introduction to garden pests, bugs, and other wildlife. Identifying, preventing and managing pests that can affect plants and gardens.

Ages: 18 and up

1½ hours Resident: \$5 NR: \$10 Th May 23 6:00-7:30 pm #9864

P&R Building - Room 222/223



Rain Gardens 101

Instructor: Friends of the Rouge Want to help improve the river while connecting with nature in your own yard? Join *Friends of the Rouge* to learn how you can create simple, low-cost, gardens designed to protect and improve local streams. These nature-based solutions to water pollution beautify the community and support human health and wellbeing. Registration in advance is recommended.

This discussion will also be held over Zoom. Please register in advance so the meeting link can be sent to you.

Ages: 18 and up

Free

M Apr 22 7:00-8:00 pm #9753

P&R Building - Room 115

The Art of Makeup and Etiquette

Instructor: R. Robinson

A delightful blend of beauty and grace taught by an 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. Elevate your confidence and charm with this transformative class.

Ages: 18 and up

6 weeks Resident: \$180 NR: \$195 Senior: Resident: \$162 NR: \$175.50 Tu May 7-Jun 11 7:00-9:00 pm #9885 Tu Jul 9-Aug 13 7:00-9:00 pm #9888

💡 P&R Building - Room 223





NATURE'S TAPESTRY: EXPLORING THE SEASONS OF THE PARK

Thursday, May 16 10:00 am Thursday, August 15 10:00 am Thursday, November 7 10:00 am Thursday, February 13 5:00 pm **Civic Center Park Nature Trails**

Join the Oakland County Parks nature crew for a whirlwind adventure through the Civic Center Park Nature Trails! Brace yourself for a sensory joyride as you witness the park's metamorphosis through all four seasons. From spring's vibrant renewal to summer's sunny escapades, the fiery hues of fall, and the tranquil winter wonderland - each season unveils a picture-perfect moment waiting to be explored.



Senior (50+) Programs

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 is required.

Ages: 50 and up

Fitness

Fat-2-Lean - Low Impact Aerobics

Instructor: P. Latimer

A fun, full body workout for all fitness levels that combines 30 minutes of moderately paced, easy to follow cardio aerobics sequences 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 individual's desire to be challenged.

Ages: 16 and up

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

Tuesday Class

Tu Apr 30-Jun 11 10:00-10:45 am #9561 Tu Jun 25-Aug 6 10:00-10:45 am #9986 Tu Aug 20-Oct 1 10:00-10:45 am #9989

P&R Building - Room 115

Thursday Class

Th May 2-Jun 13 10:00-10:45 am #9562 Th Jun 27-Aug 8* 10:00-10:45 am #9987 Th Aug 22-Oct 3 10:00-10:45 am #9991 *No class July 4

P&R Building - Room 115

Moderate Yoga

Instructor: L. Lerman

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

Ages: 18 and up

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

M Jun 3-Jul 8 12:15-1:15 pm #9818

M Jul 15-Aug 19 12:15-1:15 pm #9819

💡 P&R Building - Room 222/223

Golf

Senior Golf League (Ages 50+)

Join us at Evergreen Hills Golf Course this summer for our Senior Golf League. Individuals and foursomes are welcome. For more details or to reserve your tee time, please call Angie at (248) 796-4654.

Informational golf league meeting on Tue, April 23 at 10 am in the Southfield Pavilion.

Registration Deadline: F, Apr 30

Regular League Ages: 50 and up

Price does not include golf cart fee of \$9/person, per week.

16 weeks **Resident: \$170 NR: \$190**Tu May 7-Aug 20 7:20-10:50 am #9825

♀ Evergreen Hills GC

Rotating League Ages: 50 and up Tee times and partners rotate each week.

Price does not include golf cart fee of \$9/person, per

week.
15 weeks Resident: \$160 NR: \$180

Th May 9-Aug 22* 8:30-10:50 am #9826

*No league play July 4

♀ Evergreen Hills GC







Senior (50+) Programs

Special Interest

Jukebox Bingo

Jukebox Bingo is played like regular bingo, except with music. Games are themed, such as music from the 70's, 80's, Motown, Country, etc. Each player has one sheet with two bingo cards to play. The songs are displayed on a screen so each player can check the song title to their card for a match. Marker for cards provided, but feel free to being your own dabber.

Ages: 50 and up

1½ hours Resident: \$5 NR: \$6.50 Th Jun 6 1:00-2:30 pm #9870

P&R Building - Room 115



Quilting 101

Instructor: K. Garrett

Designed for both novices and experienced quilters, this class will lead you through a journey of traditional and contemporary quilting techniques. This class will inspire beginner and intermediate quilters to explore the joy that comes from creating something beautiful. Instructor has over 12 years of quilt making experience. Pattern, fabric and supply list will be available at the time of registration.

Ages: All Ages

6 weeks Resident: \$60 NR: \$65 Th May 30-Jul 11* 12:30-3:30 pm #9823 Th Jul 18-Aug 22 12:30-3:30 pm #9824

*No class July 4

P&R Building - Room 221



Mindful Movement and Meditation

Instructor: J. Miller, LPC and Mindfulness Instructor Simply being aware of your body as you move has the power to shift emotions and moods. Instructor will share simple, daily activities to help manage anxiety and stress and even sleep better! You are invited to join in some gentle and calming yoga postures as well as a walking meditation to demonstrate the powerful connection of mind and body. No exercise experience necessary, simply a willingness to tap into how you are already moving in a new way!

Ages: 50 and up

2 hours **Resident: \$10 NR: \$15** F May 24 10:00 am-12:00 pm #9899

P&R Building - Room 222/223



Register Online

Senior (50+) Programs

Windows 11-Starting from the Beginning

Instructor: M. Wilson

This is an adult-friendly Windows 11 class! See how to use the desktop and the new task bar. We will also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows 11 is organized.

Ages: 50 and up

2 hours **Resident: \$40 NR: \$45** F Apr 12 9:00-11:00 am #9855

P&R Building - Room 221



Getting to Know your iPhone

Instructor: M. Wilson

This class is designed for mature and recent iPhone users. Topics covered: the photo app, texting, navigation apps, contacts, e-mail, app store, settings and the internet. Not for Android users.

Ages: 50 and up

2 hours Resident: \$40 NR: \$45 F Apr 12 1:00-3:00 pm #9851

P&R Building - Room 221

Microsoft Word: The Very Basics

Instructor: M. Wilson

Your instructor will break down Microsoft Word and present it too 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

2 hours Resident: \$40 NR: \$45 F May 10 9:00-11:00 am #9850

P&R Building - Room 221

Excel for the Absolute Beginner

Instructor: M. Wilson

Your instructor will demonstrate how to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as Auto Sum and see how to generate simple formulas. Also, you will learn to use the fill handle, sort existing data, merge and enter, move cells and ranges and wrap text.

Ages: 50 and up

2 hours Resident: \$40 NR: \$45 F May 10 1:00-3:00 pm #9857

P&R Building - Room 221

All about Pictures - Finding, Organizing, Editing and Saving

Instructor: M. Wilson

This class will teach you how to manage pictures on your computer. Learn how to name and move pictures into folders. We will look at using the Photo Gallery, editing pictures, and inserting photos into Word documents.

Ages: 50 and up

2 hours **Resident: \$40 NR: \$45** F Jun 7 9:00-11:00 am #9839

P&R Building - Room 221

Organizing your Documents

Instructor: M. Wilson Learn how to save files with Microsoft Word, how to create a PDF file and why we would use them. Discover how to organize your documents, place them of flash drives, external drives and in the cloud.



Ages: 50 and up

2 hours **Resident: \$40 NR: \$45** F Jun 7 1:00-3:00 pm #9840

P&R Building - Room 221
www. cityofsouthfield.com

Senior (50+) Programs

Music History Series - Sinatra "The Beginning, The Middle, The End"

Instructor: S. Johnson

This is a two-part, one hour each program covering Frank Sinatra's career through his ups and downs and over and outs in songs and pictures from his birth in 1915 to his death in 1998.

Ages: 50 and up Sinatra - Part 1

1 hour Resident: \$5 NR: \$6.50 F May 24 1:00-2:15 pm #9853

P&R Building - Room 223

Sinatra - Part 2

1 Hour Resident: \$5 NR: \$6.50 F Jun 28 1:00-2:15 pm #9854 ▶ P&R Building - Room 223

Music of the 60's

Instructor: S. Johnson

The 1960's were a time of upheaval in society, fashion, attitudes and especially music. Before 1963/64, the music of the sixties still reflected the sound and style of the 50's. In the years that followed, a number of social influences, the Kennedy assassination, Vietnam, and the Civil Rights Movement changed what popular music was.

Ages: 50 and up

Music of the 60's - Part 1 (1960-1964)

1 hour **Resident: \$5 NR: \$6.50** F Jul 26 1:00-2:15 pm #9859

P&R Building - Room 223

Music of the 60's - Part 2 (1965-1969)

1 hour Resident: \$5 NR: \$6.50 F Aug 23 1:00-2:15 pm #9860

P&R Building - Room 223



Sign up today for our new ONE YEAR Drop-In Membership!

Hey there. Southfield seniors!



Senior Services Drop-In Programs offer multiple activities for one affordable price with no extra fees for joining multiple programs.

Register once in person, over the phone, or online, and enjoy a fun time with friends.



Board/Card Games - Mondays and Thursdays

Bingo - Tuesdays

Bid Whist - Tuesdays and Thursdays

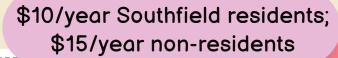
Bridge - Wednesdays

Mahjong - Wednesdays





Bounce Volleyball - Mondays
Indoor Pickleball - Tuesdays
Indoor Tennis - Thursdays and Fridays



Register online at our website or scan the QR code. For more information call Senior Services at (248) 796-4650.











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.



Maximum occupancy 150 people (18 tables)

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



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

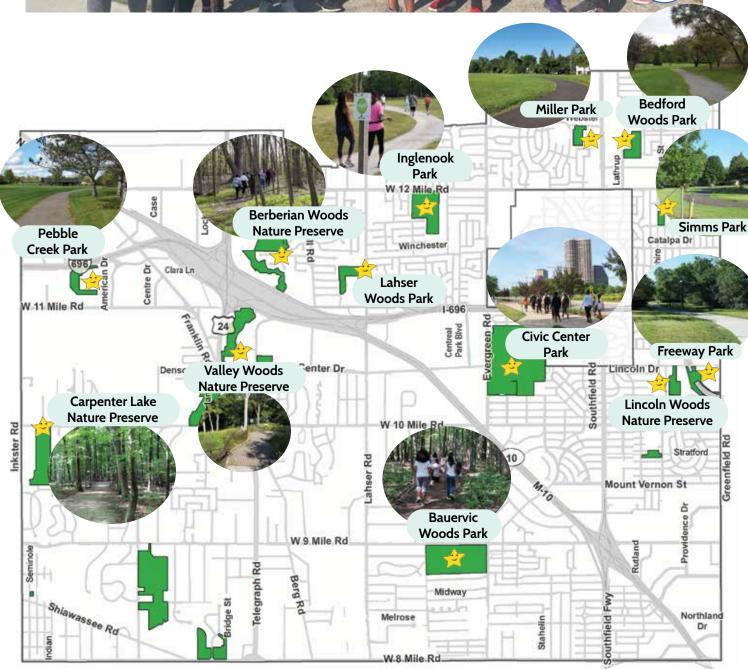




CALL FOR DETAILS

(248) 796-4620





Outdoor restrooms and water access remain closed through May 1 at Beech Woods Park, Civic Center Park (near the Miracle Field), Inglenook Park, Pebble Creek Park and the Mary Thompson Farm

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

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.



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

On-line

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 do not 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

Summer 2024 Program Registration Form This form is not valid for athletic league or camp program registrations.

Family Last Name							
Address							
City				Zip			
Phone (Home)	Co	Cell					
Emergency Contact (Name & F	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 Ca			•	Ex	κρ. Date		
CSC/CVV #(3-digi	it code on the back	of Visa, MC o	or Discover cards, 4-digit code c	on front of AmEx)			
Card holder Signature							
Southfield Parks & Recre			personal checks as pa ership or room/site rer	•	y class, pro	gram,	
By registering for Parks & Recreat involved in the programs and ap & Recreation Department harmle for activities of a strenuous natur	preciates the no ess for any dam	nture of the ages caus	erisks. The applicant hold: ed by participation in thes	s the City of Sou	ıthfield, and	the Parks	
Signature Date							

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

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Residential Customer



City Officials

Kenson J. Siver, Mayor

City Council

Michael "Ari" Mandelbaum, Council President

Nancy L.M. Banks, Pro-tem

Daniel Brightwell

Lloyd Crews

Yolanda C. Haynes

Charles Hicks

Coretta Houge

Janet Jackson, City Clerk

Irv M. Lowenberg, Treasurer

Frederick E. Zorn, CEcD City Administrator

Parks & Recreation Board

Kathleen A. McNelis, Chairperson

Rosemerry Allen

Chana Baumol

Brandon Gray

Simon Rivers

Micaela Beckford, Student Representative

Parks & Recreation Department

Terry Fields, Director















MADE HERE!