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# Program Locations Facilities Parks

<b>Parks &amp; Recreation Building</b>
& Southfield Pavilion

26000 Evergreen Rd	(248) 796-4620
M-F	8:00 AM-5:00 PM

### **Senior Services**

26000 Evergreen Rd	(248) 796-4650
M-Th	9:00 AM-4:00 PM
F	9:00 AM-2:00 PM

### **Arts & Activities Building**

26000 Evergreen Rd ...... (248) 796-4620

### **Evergreen Hills Golf Course**

26000 Evergreen Rd ...... (248) 796-4666

#### **Park Services**

26000 Evergreen Rd	(248) 796-4630
M-F	7·30 AM-3·30 PM

### **Southfield Sports Arena**

26000 Evergreen Rd ...... (248) 796-4640

### **Beech Woods Recreation Center**

22200 Beech Rd	(248) /96-46/0
	Office Hours Apr 1-Aug 31
M-F	9:00 AM-5:00 PM

**Beech Woods Wellness Center** .... (248) 796-4676 M-F ...... 9:00 AM-7:00 PM

### **Beech Woods Driving Range**

Opens May 1, 2025	
22202 Beech Rd	(248) 796-4655
M-W, F	9:00 AM-8:30 PM
Th	11:00 AM-8:30 PM
Sa & Su	8:00 AM-8:30 PM

#### **Oak Park Pool**

14300 Oak Park Blvd...... (248) 691-7555

### **Burgh Historical Park**

26060 Berg Rd, NE corner of Civic Center Dr and Berg Rd

#### **Bedford Woods Park**

Webster, W of Pierce

### **Carpenter Lake Nature Preserve**

27225 W Ten Mile Rd

#### **Civic Center Park**

26000 Evergreen Rd

### **Inglenook Park**

20901 W 12 Mile Rd

### **Mary Thompson House & Farm**

25630 Evergreen Rd

#### **Miller Park**

18401 Webster



## Discover all our park locations and amenities—see page 45 for the complete list!





## Southfield TOUCh-a-Truck

**Sunday, April 27 1\* - 4 PM** 

\*Sensory Sensitive Hour No horns, or flashing lights 1 - 2 PM

Southfield Municipal Campus, 26000 Evergreen Rd (248) 796-4620

Police Drone Demonstration 2:15 PM Police K9 Demonstration 2:45 PM















There are maximum enrollments established for each program. Sessions are filled on a first-come, first-served basis. Children may participate in one or more sessions of the same or different camps. Your child will be given a calendar and more information the first day of the program.

### **Camp Scholarships**

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

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. Camp Tadpole features arts & crafts, story time, games, songs, outdoor playtime, and fun field trips. Camper will need to bring a sack lunch, snack, and at least two drinks each camp day.

Ages: 5 - 7 as of June 16 (child must have completed Kindergarten and be toilet-trained)

4 days Resident: \$136 NR: \$152 M-W,F Jun 16-Jun 20 9:00 AM-4:00 PM #10514 Southfield Sports Arena

1 week	Residen	t: \$170	NR: \$1	90
M-F	Jun 23-Jun 27	9:00 AM-4:0	0 PM	#10515
M-F	Jul 7-Jul 11	9:00 AM-4:0	0 PM	#10516
M-F	Jul 14-Jul 18	9:00 AM-4:0	0 PM	#10517
M-F	Jul 21-Jul 25	9:00 AM-4:0	0 PM	#10518
M-F	Jul 28-Aug 1	9:00 AM-4:0	0 PM	#10519
M-F	Aug 4-Aug 8	9:00 AM-4:0	0 PM	#10520
O C -				

Southfield Sports Arena

### **Camp Wildwood**

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. Camper will need to bring a sack lunch, snack, and at least two drinks each camp day.

Ages: 8 - 9 as of June 16

4 days Resident: \$136 NR: \$152 M-W,F Jun 16-Jun 20 9:00 AM-4:00 PM #10521 Southfield Sports Arena

1 wee	k <b>Residen</b>	t: \$170	NR: \$1	.90
M-F	Jun 23-Jun 27	9:00 AM-4:0	0 PM	#10522
M-F	Jul 7-Jul 11	9:00 AM-4:0	0 PM	#10523
M-F	Jul 14-Jul 18	9:00 AM-4:0	0 PM	#10524
M-F	Jul 21-Jul 25	9:00 AM-4:0	0 PM	#10525
M-F	Jul 28-Aug 1	9:00 AM-4:0	0 PM	#10526
M-F	Aug 4-Aug 8	9:00 AM-4:0	0 PM	#10527
Southfield Sports Arena				



### **Camp Evergreen**

Each weekly session brings a new theme and field trip destination. Camper will need to bring a sack lunch, snack, and at least two drinks each camp day. Activities are planned for children ages 10-12, but we will accept 13 year olds in the program.

Ages: 10 - 13 as of June 16 (activities are planned for ages 10-12)

4 days Resident: \$136 NR: \$152 M-W,F Jun 16-Jun 20 9:00 AM-4:00 PM #10507 

✓ Southfield Sports Arena

1 wee	ek <b>Resider</b>	nt: \$170 NR:	\$190
M-F	Jun 23-Jun 27	9:00 AM-4:00 PM	#10508
M-F	Jul 7-Jul 11	9:00 AM-4:00 PM	#10509
M-F	Jul 14-Jul 18	9:00 AM-4:00 PM	#10510
M-F	Jul 21-Jul 25	9:00 AM-4:00 PM	#10511
M-F	Jul 28-Aug 1	9:00 AM-4:00 PM	#10512
M-F	Aug 4-Aug 8	9:00 AM-4:00 PM	#10513

Southfield Sports Arena

### **Summer Day Camps**

### **Southfield Basketball Camps**

Instructor: Reggie McKenzie Foundation Southfield Basketball Camp will help young athletes develop their skills through daily drills focused on ball-handling, shooting off the dribble, passing, and more. Campers will also learn the mental side of the game, along with leadership and sportsmanship. Plus, they'll get to put their skills to the test in 5-on-5 games!.

Presented in partnership with the *Reggie McKenzie Foundation*, Camp Coordinators are Glynn Blackwell, Chico Hamilton, and Alexus Williams.

Ages: 7 - 17

1 week	Residen	t: \$140	NR: \$1	60
M-F	Jun 23-Jun 27	9:00 AM-3:0	0 PM	#10568
M-F	Jul 7-Jul 11	9:00 AM-3:0	0 PM	#10569
M-F	Jul 14-Jul 18	9:00 AM-3:0	0 PM	#10570
M-F	Jul 28-Aug 1	9:00 AM-3:0	0 PM	#10571
M-F	Aug 4-Aug 8	9:00 AM-3:0	0 PM	#10572

P BW Recreation Center - Gym

### **Volley Tots**

Instructor: S. Finest TNL

This mini-clinic introduces young athletes to volley-ball in a fun, safe environment. Through engaging drills and games using lighter balls and balloons, participants will develop hand-eye coordination, motor skills, and an appreciation for this ultimate team sport.

Ages: 3 - 7

3 days Resident: \$45 NR: \$55 M,W,F Jul 14-Jul 18 12:30-1:00 PM #10549

Paw Recreation Center - Gym



### **Loves 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: \$175 NR: \$195
M-F Jun 23-Jun 27 9:00 AM-12:00 PM #10546
M-F Jul 14-Jul 18 9:00 AM-12:00 PM #10547
M-F Aug 11-Aug 15 9:00 AM-12:00 PM #10548



# BIKESAFETY NICHT

TUESDAY, MAY 5:30-7 PM

### BRING YOUR BIKE!!

Navigate the Skills Course

Have your bike safety checked

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

Free bike helmets courtesy of Corewell Health Children

> PARTICIPATE IN ALL THE STATIONS AND BE ENTERED TO WIN A NEW BIKE!

> > Southfield Municipal Campus, 26000 Evergreen Rd. (248) 796-4620







### **Fun for Kids**

### **Athletics/Sports**

### **Basketball Skills & Drills**

Instructor: T. Marshall

This class is designed to teach your child the skills they need for both on and off the court to be a better athlete. Your child will learn the fundamentals and strategies of the game while developing the basic skills that are needed to play in a league format.

Ages: 7 - 11

6 weeks Resident: \$50 NR: \$65

M Apr 21-Jun 2 6:00-6:50 PM #10480

PBW Recreation Center - Gym

### Youth Baseball - T-Ball

Instructor: C. Bell

Introduce your child to the sport of baseball with this recreational house T-Ball league that focuses on fun, along with skill development. Teams practice on local fields and play games in Southfield only. All Southfield participants will receive a jersey and hat. Parents are required to volunteer at least one practice or game.

Ages: 4 - 6

6 weeks **Resident: \$90 NR: \$105**W Jun 11-Jul 16 6:00-7:00 PM #10664

Omiller Park - Diamond #1



### **Fun for Kids**

### **Youth Baseball Clinic**

Instructor: C. Bell

Designed for young athletes, this clinic builds a strong baseball foundation with essential skills like hitting, fielding, throwing, and base running. Perfect for beginners or those refining their game, it offers a fun, supportive environment to boost confidence and improve fundamentals.

Ages: 7 - 12

6 weeks **Resident: \$90 NR: \$105**W Jun 11-Jul 16 7:00-8:00 PM #10665

💡 Miller Park - Diamond #1

### **Youth Open Gym**

- All participants must register for the season upon their first visit. Participants must have a parent or guardian present 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.

Ages: 9 - 18\* (Must bring valid student ID. Current

High School students only.)

2 hours Resident: \$3 NR: \$5

M-Th Apr 7- Aug 22\* 3:30-5:30 PM \*No Open Gym May 26, June 19, July 4

Page 15 BW Recreation Center - Gym

### **Youth Soccer Clinic**

Instructor: P. Lamarre

This clinic will consist of drills working on technical work, dribbling, passing, shooting, and fitness for kids of all skill levels. Each session will have different topics of focus.

Ages: 4 - 14

5 weeks Resident: \$55 NR: \$65 May 11-Jun 15 Su 3:00-4:00 PM #10564 Jun 22-Jul 20 Su 3:00-4:00 PM #10565 Jul 27-Aug 24 3:00-4:00 PM #10566 Su Civic Center Park - Soccer/Flag Football Field

**Flag Football Skills Training** 

Instructor: Made 4 Greatness
Flag Football Skills Training 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

9 weeks **Resident: \$120** NR: **\$135** M,W Jun 16-Aug 13 4:30-5:30 PM #10550

Paction Bedford Woods Park - Flag Football Field

Ages: 11 - 16

9 weeks **Resident: \$150 NR: \$165** M,W Jun 16-Aug 13 5:00-6:30 PM #10551

Pedford Woods Park - Flag Football Field

### **Dance/Music**

#### **Acro Dance**

Instructor: Impulse Dance Academy
This introductory level class introduces basic acro
skills for dance with a focus on developing body
awareness, strength, flexibility, balance and coordination.

Dress Code: any color Acro biketard (w/shorts)

Mini Acro Ages: 5 - 6

6 weeks **Resident: \$85 NR: \$100** W Jul 9-Aug 13 5:30-6:15 PM #10687

Arts & Activities Building - Dance Room

**Junior Acro** Ages: 7 - 10

6 weeks **Resident: \$85 NR: \$100** W Jul 9-Aug 13 6:30-7:15 PM #10688

🖓 Arts & Activities Building - Dance Room



Celebrate Kids to Parks Day with games, crafts and more!

Oakland County Parks Nature Education **COUNTY** will be there with fun activities too!



### Saturday, May 17 | 12 - 2 PM

Southfield Municipal Campus, 26000 Evergreen Road

For More Information: (248) 796-4620











### Fun for Kids

### **Ballet**

Instructor: Impulse Dance Academy Introduction of classical ballet technique and terminology.

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

Mini Ballet Ages: 3 - 5

Children must be potty trained and able to be independent from their parent in class.

6 weeks **Resident: \$85 NR: \$100**Tu Jul 8-Aug 12 5:30-6:15 PM #10681

Arts & Activities Building - Dance Room

6 weeks **Resident: \$85 NR: \$100** Th Jul 10-Aug 14 5:30-6:15 PM #10680

Arts & Activities Building - Dance Room

**Junior Ballet** Ages: 6 - 9

6 weeks **Resident: \$85 NR: \$100**Tu Jul 8-Aug 12 7:30-8:15 PM #10677

Arts & Activities Building - Dance Room

**Teen Ballet** Ages: 10 - 17

6 weeks **Resident: \$85 NR: \$100** Th Jul 10-Aug 14 6:30-7:15 PM #10683

Arts & Activities Building - Dance Room





Instructor: Impulse Dance Academy
This is an introduction to the vocabulary, style, and self-expression of hip-hop music.

Dress Code: comfortable, loose-fitting clothing. Dance shoes/sneakers (no street shoes or jeans).

All Boys Hip Hop Ages: 5 - 9

6 weeks **Resident: \$85 NR: \$100**Th Jul 10-Aug 14 5:30-6:15 PM #10676

♀ Arts & Activities Building - Dance Room

Mini Hip Hop Ages: 5 - 6

6 weeks **Resident: \$85 NR: \$100** Th Jul 10-Aug 14 6:30-7:15 PM #10682

Arts & Activities Building - Dance Room

**Junior Hip Hop** Ages: 7 - 9

6 weeks **Resident: \$85 NR: \$100** W Jul 9-Aug 13 7:30-8:15 PM #10678

Arts & Activities Building - Dance Room

**Teen Hip Hop** Ages: 10 - 17

6 weeks **Resident: \$85 NR: \$100** Th Jul 10-Aug 14 7:30-8:15 PM #10684

♀ Arts & Activities Building - Dance Room

### **Junior Jazz**

This class combines strength, flexibility, and conditioning techniques with progressions, turns, kicks, and leaps.

Dress Code: black leotard, black tights, black jazz shoes, hair in bun/ponytail

Ages: 6-9

6 weeks **Resident: \$85 NR: \$100**Tu Jul 8-Aug 12 6:30-7:15 PM #10679

Arts & Activities Building - Dance Room





Family Fun Nights

meijer

Monday, June 23 & Monday, August 11 6 - 9 PM



Outdoor Movie



DJ



Giveaways

Southfield Municipal Campus front lawn, 26000 Evergreen Rd



FREE activities, games and fun for ages 5 - 13 at the park. Come join in!

• June 24 Inglenook Park

• July 1 Bauervic Woods Park

• July 8 Freeway Park

• July 15 Simms Park

• July 22 Civic Center Park

• July 29 Beech Woods Park

August 5 Miller Park

August 12 Stratford Woods Park



# RECREATION MANUEL MANUE



Follow for program updates

@SouthfieldParksandRecreation

@southfieldparksrecreation

www.cityofsouthfield.com/ departments/parks-recreation • June 26 Inglenook Park

• July 3 Simms Park

• July 10 Civic Center Park

• July 17 Beech Woods Park

• July 24 Miller Park

• July 31 Freeway Park

August 7 Bedford Woods Park

August 14 Bauervic Woods Park

Call (248) 796-4620 for more details



26000 Evergreen Road (248) 796-4666 Open daily, weather permitting: M-F 8:00 AM-Dusk Sa & Su 7:00 AM-Dusk

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.

### **2025 Golf Fees**

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

M-F

N/R: \$16 Open - 3 PM Resident: \$15 Resident: \$16 N/R: \$17 3 PM - Close

Sa, Su & Holidays

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

Senior (55+) and Youth\*\* (17 & under): Save \$2

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** 

\$12/rider \$11/rider <sup>M-F</sup> Open- 3 PM, \$11/rider <sub>Sa</sub> & Su after 12 PM Senior Cart

**Pull Carts** \$3

### **Golf Association of Michigan**

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

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

Adult Membership Ages: 19 years and up \$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.

\$20/calendar year Ages: 6 - 18 years

#### **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**

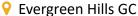
### **Putting Clinic Golf**

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	t: \$15	NR: \$1	5
W	May 21	12:00-12:50	PM	#10659
W	Jul 16	12:00-12:50	PM	#10661
Th	Jun 26	12:00-12:50	PM	#10660
Th	Aug 14	12:00-12:50	PM	#10662





### **Golf Lessons - 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 lessons Resident: \$55 NR: \$70
Senior: Resident: \$49.50 NR: \$63
M,W May 5-May 14 1:00-2:00 PM #10628

Fixergreen Hills GC

Tu,Th Aug 26-Sep 4 7:00-8:00 PM #10663

Evergreen Hills GC

### **Parent & Junior Golf League**

Instructor: T. Ryan

Join us for a fun Parent & Junior 9-hole golf league. This league will take place every other Sunday. Competitive Scrambles will take place on weeks 3 and 6 (July 8 and Aug 24). Tee times start at 3:00 PM.

Ages: 7 and up

6 week league Parent & Child: \$150

Su Jun 8-Aug 24 3:00-3:50 PM #10627

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 22 at 10 am in the Southfield Pavilion.

Registration Deadline: W, Apr 30

**Regular League** Ages: 50 and up

Price does not include golf cart fee of \$11/person,
per week.

**15 weeks Resident: \$180 NR: \$195** Tu May 6-Aug 12 7:30-11:00 AM #10613

Evergreen Hills GC

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

Price does not include golf cart fee of \$11/person, per week.

15 weeks **Resident: \$180 NR: \$195**Th May 8-Aug 21\* 8:30-10:50 AM #10614

\*No Play Jun 19

Evergreen Hills GC



**Open May 1 - October 31** 

22202 Beech Road (248) 796-4655 Open daily, weather permitting:

M-W, & F 9:00 AM-8:30 Pm Th 11:00 AM – 8:30 PM Sa & Su 8:00 AM-8:30 PM

### **2025 Bucket Fees**

Last small bucket of balls sold at 8:00 PM.

Bucket Size	Small	Medium	Large
Resident & Senior	\$7	\$9	\$11
NR	\$9	\$11	\$13

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

### **Youth Beginner Golf Clinic**

Instructor: T. Ryan

Ages: 6 - 17

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.

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1 hour		Resident: \$15	NR: \$2	20
Sa	May 3	11:00 AM-12:00	PM	#10647
Sa	Jun 7	11:00 AM-12:00	PM	#10648
Sa	Jul 19	11:00 AM-12:00	PM	#10649
Sa	Aug 9	11:00 AM-12:00	PM	#10650
<b>♀</b> BW □	Driving	Range		

### **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	Resident:	\$150 NK:	\$1/0
Senior	: Resident:	\$135 NR:	\$153
F-Su	Apr 25-Apr 27	<b>Times Below</b>	#10651
F-Su	May 16-May 18	<b>Times Below</b>	#10652
F-Su	Jun 20-Jun 22	<b>Times Below</b>	#10653
F-Su	Jul 18-Jul 20	<b>Times Below</b>	#10654
F-Su	Aug 15-Aug 17	<b>Times Below</b>	#10655
F	5:00-7:00 PM	O DW Drivin	a Dango
Г	5.00-7.00 PIVI	P BW Drivin	ig Kalige
Sa	8:00-11:00 AM	💡 BW Drivin	ig Range
Su	8:00-11:00 AM	Evergreen	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 (\$7/bucket) is not included.

-			
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	-/	<i>,</i> $\mathbf{e}_{\mathbf{i}}$	

Session 1: Grip, Stance, Setup, Intro to ½ swing

Session 2: ½ Swing, Intro to ¾ swing

Session 3: Full Swing Session 4: Chipping

\*Please bring a 7 or 8 Iron

**Youth** Ages: 7 - 15

M,W Jun 2-Jun 11 3:30-4:20 PM #10657

Tu,Th Jul 15-Jul 24 12:00-12:50 PM #10658

Adult Ages: 16 and up

**Monday Classes** 

Jun 2-Jun 11 11:00-11:50 AM #10634 M.W #10629 M,W Apr 28-May 7 6:00-6:50 PM M,W Jun 2-Jun 11 6:00-6:50 PM #10630 Jul 14-Jul 23 M,W 6:00-6:50 PM #10632 Aug 11-Aug 20 6:00-6:50 PM #10631 M,W

M,W May 12-May 21 7:00-7:50 PM #10633

**Tuesday & Thursday Classes** 

Tu,Th Apr 29-May 8 12:00-12:50 PM #10637

Tu,Th Jul 29-Aug 7 6:00-6:50 PM #10635

Tu,Th Jun 3-Jun 12 7:00-7:50 PM #10636

#### Level 2

Session 1: Review Level 1 skills Session 2: Full Irons & Hybrid Session 3: Fairway Woods & Driver

Session S. Fail way Woods & Dir

Session 4: Putting

Adult Ages: 16 and up Tuesday & Thursday Classes

Tu,Th May 13-May 22 12:00-12:50 PM #10643

Tu,Th May 20-May 29 6:00-6:50 PM #10638

Tu,Th Apr 29-May 8 7:00-7:50 PM #10639 Tu,Th Jun 17-Jun 26 7:00-7:50 PM #10640 Tu,Th Jul 15-Jul 24 7:00-7:50 PM #10642

Tu,Th Aug 12-Aug 21 7:00-7:50 PM #10641

**Monday Classes** 

M,W Jun 16-Jun 25 6:00-6:50 PM #10645

M,W Jul 28-Aug 6 7:00-7:50 PM #10646



### **All Ages**

### **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 Sierre Leone. Dance to express, not to impress!

Ages: 16 and up

6 weeks Resident: \$60 NR: \$70
Senior: Resident: \$54 NR: \$63
M Apr 14-May 19 5:30-7:00 PM #10531
M Jun 2-Jul 7 5:30-7:00 PM #10532

\*No class Aug 4

Arts & Activities Building - Dance Room

Jul 14-Aug 25\* 5:30-7:00 PM

### **Gardening Programs**

### Teen

### **Gardening for Youth**

Instructor:

Prepare for a fun and interactive Gardening Program for teens. This season-long experience is perfect for those who want to learn how to grow their food while enjoying hands-on activities, creative projects, movement and of course, gardening!

Ages: 13 - 18

22 weeks **Resident: \$200** NR: **\$210**Tu May 20-Oct 14 4:30-6:00 PM #10690

Mary Thompson Farm



Register Online

### **Adult**

### From Seed to Table

Instructor: E. Blondin

Are you ready to cultivate your own fresh and delicious vegetables and herbs? In this hands-on gardening class you will gain practical experience in every step of the gardening journey - from planting seeds to harvesting and preparing fresh meals. This class is for beginners, home gardeners looking to refine their skills and anyone interested in fresh, organic food. Come prepared to work in the garden. This class is taught by Ed Blondin from *Hortulus Gardens*.

Ages: 18 and up

#10533

### **Tuesday Morning Class**

6 weeks Resident: \$150 NR: \$160 Senior: Resident: \$135 NR: \$144 Tu Apr 22-Sep 23 8:30-10:30 AM #10691

### **Thursday Evening Class**

6 weeks Resident: \$150 NR: \$160 Senior: Resident: \$135 NR: \$144 Th Apr 24-Sep 25 6:00-8:00 PM #10692

Mary Thompson Farm

### **Starting Seeds with MSU Extension**

Instructor: MSU Extension

Learn how to start seeds for your garden with the Oakland County MSU Extension Consumer Horticulture Educator. We will learn about soils, watering and you will plant tomatoes, peppers and eggplant to take home for your garden.

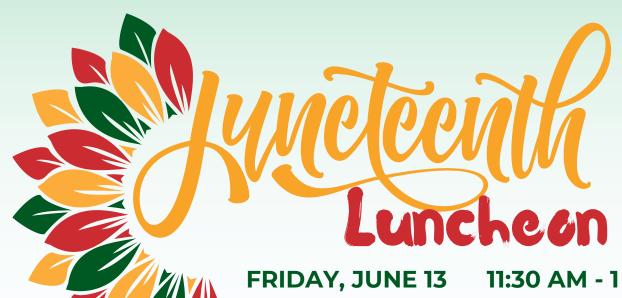
Ages: 21 and up

 1 hour
 Resident: \$10
 NR: \$15

 Senior:
 Resident: \$9
 NR: \$13.50

 Tu
 Apr 1
 6:00-7:00 PM
 #10615

P&R Building - Room 222/223



11:30 AM - 1 PM

Parks & Recreation Building, 26000 Evergreen Rd

\$25/RESIDENT \$30/NON-RESIDENT

For more information call Senior Services at (248) 796-4650



SATURDAY, JUNE 14



Southfield Municipal Campus front lawn, 26000 Evergreen Rd.

### **All Ages - Karate**

#### **Pre-Karate**

Instructor: M. Bray

Through interactive activities and structured lessons, children will learn basic techniques, stances, and drills, while also developing important life skills such as respect, class etiquette, concentration, endurance, and balance.

Ages: 5 - 7

Resident: \$30 NR: \$40

Spring Session 5 weeks \*No Class May 24

Sa May 10-Jun 14\* 9:30-10:00 AM #10588

Sw Recreation Center - Multipurpose Room

Resident: \$30 NR: \$40
Summer Session 8 weeks \*No Class Jul 5

Sa Jun 21-Aug 30\* 9:30-10:00 AM #10600 → BW Recreation Center - Multipurpose Room

### **Beginner Karate**

This class is designed for white or purple belts and anyone without prior experience. Learn fundamental concepts, including basic technique movements, basic drills, stances, respect, class etiquette, mottos, concentration, endurance, and balance. Advancement to colored belt is provided.

Ages: 7 and up

1 day/week Resident: \$30 NR: \$40 Senior: Resident: \$27 NR: \$36 2 days/week Resident: \$50 NR: \$65 Senior: Resident: \$45 NR: \$58.50

Samuel BW Recreation Center - Multipurpose Room

**Tuesday Only Class** Instructor: G. Mundy **Spring Session** 6 weeks \*No Class May 27 Tu May 6-Jun 10\* 6:00-6:50 PM #10581

**Summer Session** 9 wks \*No Class Jul 29 & Aug 10 Tu Jun 17-Aug 26\* 6:00-6:50 PM #10594

**Thursday Only Class** Instructor: G. Mundy **Spring Session** 6 weeks \*No Class May 27 Th May 8-Jun 12\* 6:00-6:50 PM #10587

Tuesday & Thursday Class Instructor: G. Mundy Spring Session 6 weeks \*No Class May 27

Tu,Th May 6-Jun 12\* 6:00-6:50 PM #10583

→ BW Recreation Center - Multipurpose Room

Summer Session 9 wks \*No Class Jul 29 & Aug 10
Tu,Th Jun 17-Aug 28\* 6:00-6:50 PM #10595

→ BW Recreation Center - Multipurpose Room



Saturday Class Instructor: M. Bray
Spring Session 5 weeks \*No Class May 24
Sa May 10-Jun 14\* 10:15-11:15 AM #10589

✓ BW Recreation Center - Multipurpose Room

Summer Session 8 weeks \*No Class Jul 5
Sa Jun 21-Aug 30\* 10:15 AM-11:15 AM 10601

→ BW Recreation Center - Multipurpose Room

### All Ages - Karate

### **Intermediate Karate**

This class is designed for colored belt practitioners from any martial arts style. Advance fundamental concepts, forms, techniques, and drills. Develop your self-defense skills, and participate in sparring drills. Advancement up to Black Belt level is provided.

Tuesday & Thursday Class Instructor: G. Mundy

Ages: 7 and up

Resident: \$50 NR: \$65 Resident: \$45 NR: \$58.50 Senior: **Spring Session** 5 weeks \*No Class May 27 Tu,Th May 6-Jun 12\* 7:00-7:50 PM #10584

P BW Recreation Center - Multipurpose Room

Summer Session 9 wks \*No Class Jul 29 & Aug 10 Tu,Th Jun 17-Aug 28\* 7:00-7:50 PM #10596

Samuel BW Recreation Center - Multipurpose Room

**Saturday Class** Instructor: M. Bray

Ages: 8 and up

NR: \$40 Resident: \$30 Senior: Resident: \$27 NR: \$36 **Spring Session** 5 weeks \*No Class May 24

May 10-Jun 14\* 11:00 AM-12:00 PM #10590

SW Recreation Center - Multipurpose Room

**Summer Session** 8 weeks \*No Class Jul 5 Sa Jun 21-Aug 30\* 11:00 AM-12:00 PM #10602

SW Recreation Center - Multipurpose Room

### **Advanced Karate**

Instructor: G. Mundy

This class is specifically designed for higher ranked practitioners of red and black belts with instructor's permission. 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.

Ages: 8 and up

### **Tuesday & Thursday Class**

Resident: \$50 NR: \$65 Resident: \$45 Senior: NR: \$58.50 **Spring Session** 6 weeks \*No Class May 27 Tu,Th May 6-Jun 12\* 8:00-8:50 PM #10585

Sw Recreation Center - Multipurpose Room

Summer Session 9 wks \*No Class Jul 29 & Aug 10 Tu,Th Jun 17-Aug 28\* 8:00-8:50 PM Sw Recreation Center - Multipurpose Room

### **Saturday Class**

Resident: \$30 NR: \$45 NR: \$40.50 Senior: Resident: \$27 **Spring Session** 5 weeks \*No Class May 24 May 10-Jun 14\* 12:15-1:05 PM #10591 Sw Recreation Center - Multipurpose Room

**Summer Session** 8 weeks \*No Class Jul 5 Sa Jun 21-Aug 30\* 12:15-1:05 PM #10603

Sw Recreation Center - Multipurpose Room



### **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!

#### Ages: 4 - 6

5 weel	ks <b>Residen</b>	t: \$55	NR: \$70
Sa	May 3-Jun 7	9:00-9:50 AN	ı #10490
Sa	Jun 14-Jul 19*	9:00-9:50 AN	/I #10497
Sa	Jul 26-Aug 23	9:00-9:50 AN	4
*No C	lass Iul 5		

💡 Civic Center Park - Tennis Courts 3 and 4

#### Ages: 7 - 10

5 week	ks <b>Residen</b> t	t: \$55	NR: \$7	0
Sa	May 3-Jun 7	10:00-10:50	AM	#10491
Sa	Jun 14-Jul 19*	10:00-10:50	AM	#10498
Sa	Jul 26-Aug 23	10:00-10:50	AM	#10505
*No Cl	ass Jul 5			

Civic Center Park - Tennis Courts 3 and 4

#### Ages: 11 - 16

5 wee	eks <b>Residen</b>	t: \$55	NR: \$7	0
Sa	May 3-Jun 7	11:00-11:50	AM	#10492
Sa	Jun 14-Jul 19*	11:00-11:50	AM	#10499
Sa	Jul 26-Aug 23	11:00-11:50	AM	#10506
*No C	class Jul 5			

Ocivic Center Park - Tennis 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.

**Youth** Ages: 7 - 17

Instructor: R. Hughes

5 weel	ks <b>Residen</b>	t: \$55	NR: \$70
Tu	Apr 29-May 27	6:00-6:50 PN	/I #10485
Tu	Jun 3-Jul 1	6:00-6:50 PN	/I #10493
Tu	Jul 8-Aug 5	6:00-6:50 PN	/I #10500

Civic Center Park - Tennis Courts 3 and 4

**Teen** Ages: 13 - 17

Instructor: R. Hall Jr.

5 wee	ks Residen	t: \$55	NR: \$7	<b>'</b> 0
W	Apr 30-May 28	6:00-6:50 P	M	#10554
W	Jun 11-Jul 9	6:00-6:50 P	M	#10558
W	Jul 16-Aug 13	6:00-6:50 P	M	#10562
<u> </u>				

Civic Center Park - Tennis Courts 3 and 4

Adult Ages: 18 and up

Instructor: R. Hall Jr.

5 wee	eks <b>Reside</b> r	nt: \$55	NR: \$7	70
Senio	r: Residen	t: \$49.50	NR: \$6	63
M	Apr 28-Jun 2	6:00-6:50 P	M	#10552
M	Jun 9-Jul 7	6:00-6:50 P	M	#10556
M	Jul 14-Aug 11	6:00-6:50 P	M	#10560
♀ Civi	c Center Park - Te	nnis Courts	3 and 4	

W	Apr 30-May 28	7:00-7:50 PM	#10555
W	Jun 11-Jul 9	7:00-7:50 PM	#10559
W	Jul 16-Aug 13	7:00-7:50 PM	#10563

Civic Center Park - Tennis Courts 3 and 4

Instructor: R. Hughes

5 weeks	Resident	t: \$55	NR: \$7	0
Senior:	Resident	t: \$49.50	NR: \$6	3
Tu A	pr 29-May 27	7:00-7:50 F	PM	#10486
Tu Ju	un 3-Jul 1	7:00-7:50 F	PM	#10494
Tu Ju	ul 8-Aug 5	7:00-7:50 F	PM	#10501

Civic Center Park - Tennis Courts 3 and 4

### **All Ages - Tennis**

### **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 weeks Resident: \$55 NR: \$70 Senior: Resident: \$49.50 NR: \$63 May 1-May 29 6:00-6:50 PM #10489 Th Th Jun 5-Jul 3 6:00-6:50 PM #10495 Th Jul 10-Aug 7 6:00-6:50 PM #10502 Civic Center Park - Tennis 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. Don't forget to bring your racquet.

**Youth** Ages: 7 - 17

Instructor: R. Hughes

5 weeks Resident: \$55 NR: \$70
Th May 1-May 29 7:00-7:50 PM #10487
Th Jun 5-Jul 3 7:00-7:50 PM #10496
Th Jul 10-Aug 7 7:00-7:50 PM #10503

Ocivic Center Park - Tennis Courts 3 and 4

Teen+ Ages: 13 and up

Instructor: R. Hall Jr.

5 weeks Resident: \$55 NR: \$70 Senior: **Resident: \$49.50** NR: \$63 Μ Apr 28-Jun 2 7:00-7:50 PM #10553 Jun 9-Jul 7 7:00-7:50 PM #10557 Μ Jul 14-Aug 11 7:00-7:50 PM #10561

Civic Center Park - Tennis 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.





Free Admission for Southfield residents!

Must show your ID

Saturday, June 14 6:30-8:30 PM Sunday, June 29 6:30-8:30 PM

Sunday, July 13 6:30-8:30 PM Saturday, July 26 6:30-8:30 PM

**Saturday**, **August 9** 6:30-8:30 **PM Sunday**, **August 17** 6:30-8:30 **PM** 

Oak Park Pool, 14300 Oak Park Blvd. (248) 691-7555

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

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



# GAZEBO CONCERTS

Tuesdays, July 8, 15 & 29 7 - 8:30 PM **Burgh Historical Park** 

Lineup coming soon!





## middle of the day!

Great food served from some of Southfield's best food trucks and enjoy the sounds of some of the best live bands in metro Detroit!

Lunchtime Food Truck and Concert Series SECOND THURSDAY OF EACH MONTH JUNE - SEPTEMBER · 11AM - 2PM

> For more information visit: SouthfieldCityCentre.com

LIVE. WORK PLAY, LEARN.



# SUMMER WINE DOWN

Food Thucks

Cosh Bor

Local Vandors FRIDAY, AUGUST 15
7-9 PM

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.



**EQUIPMENT** 

Treadmills

Stair climbers

• Ellipticals

Rowing Machines

- 12 Circuit Training Machines
- Upright & Recumbent Stationary **Bikes**
- Dumbbells



Join today and start your path to lifelong fitness!

> LOCATED INSIDE THE BEECH WOODS **RECREATION CENTER** 22200 Beech Road, **Southfield** (248) 796-4676

9:00 AM - 7:00 PM

### **Adult Programs**

### **Arts/Entertainment**

### **Ceramics**

Instructor: K. Robichaud

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

\$50 Material Fee paid directly to instructor.

Ages: 16 and up

10 weeks Resident: \$165 NR: \$185 Senior: Resident: \$148.50 NR: \$166.50 W May 14-Jul 16 7:00 PM-10:00 PM #10536

Pargh Historical Park - Art Bldg



### **Athletics/Sports**

### **Adult Open Gym**

- All participants must register for the season at 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

2 hours **Resident: \$4 NR: \$6** M-Tu, Th-F Apr 1-May 23 12:30-2:30 PM

BW Recreation Center - Courts 1 & 2

#### **Adult Softball**

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!

Please email amickens@cityofsouthfield.com for more details.

Ages: 18 and up

Men's E League - Mondays

Men's D League - Tuesdays

Men's D League - Thursdays

Co-Rec E League - Thursdays

Men's & Women's 40+ League

Team Fee: \$600\*

Team Fee: \$600\*

Team Fee: \$600\*

Team Fee: \$500\*

### **Softball - Full Team Option**

12 games \*Team fee +\$20 Umpire fee/game
See Above Apr 21 6:20-8:50 PM

✓ Inglenook Park

### Softball - Single Player Option

12 games Single Player Fee: \$50

See Above Apr 21 6:20-8:50 PM

### **Dance/Music**

### **Popular Hustles**

Instructor: K. Johnson

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

Ages: 18 and up

5 weeks Resident: \$30 NR: \$40 Senior: Resident: \$27 NR: \$36

#### **Tuesday Class**

Tu May 20-Jun 17 6:30-7:30 PM #10609

P&R Building - Lower Level Dance Studio

### **Wednesday Class**

W May 21-Jun 18 6:30-7:30 PM #10610

P&R Building - Lower Level Dance Studio

### **Adult Programs**

### **Fitness**

### **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: \$30** NR: **\$35** Senior: Resident: **\$27** NR: **\$31.50** 

### **Monday Class - P&R Building**

M Jun 2-Jul 7 6:00-7:00 PM #10577 M Jul 14-Aug 18 6:00-7:00 PM #10578

P&R Building - Lower Level Dance Studio

### **Thursday Class - BW Recreation Center**

Th Jun 5-Jul 17\* 9:30-10:30 AM #10579 Th Jul 24-Aug 28 9:30-10:30 AM #10580

\*No class Jun 19

Samuel BW Recreation Center - Multipurpose Room

### 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: 50 and up

6 weeks **Resident: \$30** NR: **\$35** Senior: Resident: **\$27** NR: **\$31.50** 

#### **Monday Class - P&R Building**

M Jun 2-Jul 7 6:30-7:30 PM #10582 M Jul 14-Aug 18 6:30-7:30 PM #10586

P&R Building - Lower Level Dance Studio

### **Thursday Class - BW Recreation Center**

Th Jun 5-Jul 17\* 10:45-11:45 AM #10592 Th Jul 24-Aug 28 10:45-11:45 AM #10593 \*No class Jun 19

Saw Recreation Center - Multipurpose 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 only class I know that you don't feel as if you have actually been working out. It's the best thing going to help get into shape.

Ages: 18 and up
Monday Class

6 weeks Resident: \$64 NR: \$74
Senior: Resident: \$57.60 NR: \$66.60
M Apr 28-Jun 9 6:00-6:45 PM #10617

💡 Parks & Recreation Building - Room 115

### **Thursday Class**

7 weeks Resident: \$74 NR: \$84
Senior: Resident: \$66.60 NR: \$75.60
Th May 1-Jun 12 6:00-6:45 PM #10616
Th Jun 26-Aug 7 6:00-6:45 PM #10618

Parks & Recreation Building - Room 115

### **Fat-2-Lean Low Impact Aerobics**

Instructor: P. Latimer

Features 30 minutes of easy-to-follow cardio to elevate your heart rate, followed by 15-20 minutes of strength and balance exercises using weights, balls, and chairs. You'll leave feeling accomplished and smiling!

Ages: 16 and up

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

**Morning Class** 

Tu Apr 29-Jun 10 10:00-10:45 AM #10612

Parks & Recreation Building - Room 115

### **Evening Class**

Tu Apr 29-Jun 10 5:30-6:15 PM #10620 Tu Jun 24-Aug 5 5:30-6:15 PM #10621

Parks & Recreation Building - Room 115

### **Adult Programs**

### Stretch and Tone with a Touch of Pilates

Instructor: C. Baugh

In this class you will learn proper form when weight training. You will strengthen and stretch each muscle group in the body from head to toe. Pilates helps to increase strength in the abdominal muscles and back, as well as improve posture and balance. Please 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 4-Jul 9 5:15-6:00 PM #10607
W Jul 23-Aug 27 5:15-6:00 PM #10608

SW Recreation Center - Multipurpose Room



Register Online



FOR THE MATURE CROWD 50+



# AN**EVENING**



### Saturday, May 10 5 - 8 pm Southfield Pavilion

Tickets:

\$50/Resident \$60/Non-resident

Available through May 2 or until sold out. No tickets at the door.

Dresscode:

Glamour

Thank You Sponsors:





Call (248) 796-4650 for tickets.

### Senior (50+) Programs



### **Athletics/Sports**

### **Drop-In Pickleball**

Come join in the Pickleball fun! Matches are set up each week among players. Equipment is available in the front office to check out.

Ages: 50 and up

Drop-in Membership Resident: \$10 NR: \$15 Tu Apr 2-May 13 10:00 AM-12:00 PM

💡 BW Recreation Center - Gym

### Drop-In Senior Bounce Volleyball Open Practice

Join us for our Senior Bounce Volleyball open practices. The game is played by standard volleyball rules except that the ball can bounce before you hit it.

Ages: 50 and up

Drop-in Membership Resident: \$10 NR: \$15 M, W Apr 2-May 12 10:00 AM-12:00 PM

💡 BW Recreation Center - Gym

### **Drop-In Senior Indoor Tennis**

Senior Tennis has moved indoors, come check it out! All levels of play are welcome and partners and play are determined each day.

Ages: 50 and up

Drop-in Membership Resident: \$10 NR: \$15 Th-F Apr 3-May 16 10:00 AM-12:00 PM

PBW Recreation Center - Gym

### 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 22 at 10 AM in the Southfield Pavilion.

Registration Deadline: W, April 30

**Regular League** Ages: 50 and up

Price does not include golf cart fee of \$11/person, per week.

**16 weeks Resident: \$180 NR: \$195** Tu May 6-Aug 12 7:30-11:00 AM #10613

Fixergreen Hills GC

**Rotating League** Ages: 50 and up
Tee times and partners rotate each week. *Price does not include golf cart fee of \$11/person, per week.* 

15 weeks **Resident: \$180 NR: \$195**Th May 8-Aug 28\* 8:30-10:50 AM #10614
\*No play Jun 19 & Jul 31

Evergreen Hills GC

### 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

5 weeks **Resident: \$30 NR: \$40** Th May 22-Jun 26\* 12:00-1:00 PM #10611

\*No class Jun 19

P&R Building - Lower Level Dance Studio

### **Fitness**

### **Chair Exercise**

Instructor: K. Walton

Join us for a fun and supportive chair exercise class for seniors aged 50 and up, suitable for all fitness levels. Using resistance bands, hand weights, and fitness balls, we'll work on strengthening and toning your body. Please bring your fitness bands, hand weights, and a water bottle.

1 hour Resident: \$5 NR: \$6

M, W, F Apr 2-Aug 29\* 11:00 AM-12:00 PM

\*No class Apr 18, May 26 & Jul 4

P&R Building - Room 115





# Senior (50+) Programs

# 5-Point-0 Fusion Dance

Instructor: H. Patton

This low-impact, dance movement class is designed for seniors to improve cognitive skills. Participants will experience a blend of exercises from different cultures and genres of music. Wear comfortable clothing and shoes.

Ages: 18 and up **Tuesday Class** 

6 weeks Resident: \$42 NR: \$52
Senior: Resident: \$37.80 NR: \$46.80
Tu Jun 3-Jul 8 11:45 AM-12:30 PM #10573
Tu Jul 22-Aug 26 11:45 AM-12:30 PM #10574

Arts & Activities Building - Dance Room

# **Thursday Class**

6 weeks Resident: \$42 NR: \$52
Senior: Resident: \$37.80 NR: \$46.80
Th Jun 5-Jul 17\* 10:30-11:15 AM #10575
Th Jul 24-Aug 28 10:30-11:15 AM #10576
\*No class Jun 19

# **Moderate Yoga**

Instructor: L. Lerman

A balanced and accessible approach to yoga, suitable for all abilities. 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: \$65 M Apr 14-May 19 12:15-1:15 PM #10528 M Jun 2-Jul 7 12:15-1:15 PM #10529

P&R Building - Room 222/223

7 weeks **Resident: \$70 NR: \$75** M Jul 14-Aug 25 12:15-1:15 PM #10530

P&R Building - Room 222/223

# SENIOR SERVICES PRESENTS





# **WEDNESDAYS**

MAY 7 JUNE 11 JULY 9 AUGUST 13 10:30 AM

Southfield Pavilion, 26000 Evergreen Rd.

# Senior (50+) Programs

# **Special Interest**

# American Heart Association 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: 50 and up

2 hours Resident: \$55 NR: \$65
Tu May 13 10:00 AM-12:00 PM #10534
Tu Jul 15 10:00 AM-12:00 PM #10535

P&R Building - Room 221



# **Mahjong**

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

Ages: 50 and up

5 weeks **Resident: \$10 NR: \$15** W Jun 4-Jul 2 1:00-3:30 PM #10538

P&R Building - Room 223

# **Quilting for Beginners**

Instructor: K. Garrett

Join this class for a trans-formative quilting journey filled with traditional quilt skill-building techniques and a modern approach to quilt making. Pattern, fabric and supply list will be available at the time of registration.

Ages: 50 and up

6 week	s <b>Residen</b>	t: \$60	NR: \$6	5
Th	Apr 17-May 22	12:30-3:30	PM	#10539
Th	Jun 5-Jul 17*	12:30-3:30	PM	#10540
Th	Jul 24-Aug 28	12:30-3:30	PM	#10541
*No class Jun 19				

P&R Building - Room 221

# **Seasoned Quilters**

Instructor: K. Garrett

This class is for the seasoned quilter, the focus is on guiding quilters through a journey of traditional and creative modern quilting. Pattern, fabric and supply list will be available at the time of registration.

Ages: 50 and up

6 week	s <b>Residen</b>	t: \$60	NR: \$65		
Th	Apr 17-May 22	5:30-8:30 PN	<i>/</i> 1 #	10542	
Th	Jun 5-Jul 17*	5:30-8:30 PN	<i>/</i> 1 #	10543	
Th	Jul 24-Aug 28	5:30-8:30 PN	<i>/</i> 1 #	10544	
*No class Jun 19					

P&R Building - Room 221

# **Tame Your Inner Gremlin & Finding Joy**

Instructor: J. Miller

Your gremlin is the negative narrator in your head who tells you who and how you are, often leaving you feeling anxious and sad, even angry and empty. Mindful awareness of your gremlin allows you to choose what to believe that's in your best self-interest. You learn to manage your gremlin and move closer to an appreciation of your true self.

Ages: 50 and up

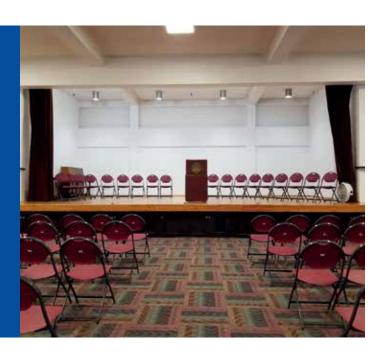
2 hours **Resident: \$10 NR: \$15** F May 9 10:00 AM-12:00 PM #10626

P&R Building - Room 221

# Room Rentals at the Parks & Recreation Building

Looking for the perfect space for your next event? We've got you covered!

Our versatile rooms accommodate groups from 2 to 200 and can be arranged for any occasion: business meetings, social gatherings, educational events, or leisure activities.



Four Meeting Rooms:
Options include a 16-person
Conference Room and a Double
Room with a capacity of 72.



Multi-Purpose Room (Room 115): Features a stage and can host up to 192 people in a lecture-style setup.



Lower-Level Dance Studio: Equipped with a mirrored wall and open flooring, perfect for up to 30 dancers.



# Southfield Parks & Recreation Building, 26000 Evergreen Road

# **Services**

- Rooms can be set is variety of styles from Classroom to conference, lecture style to banquet.
- Additional equipment such as projectors, screens or a microphone or speaker are available for an additional fee.
- Rooms may be rented up to 6 months in advance.

# **Cameron Morris**

Facility Supervisor (248) 796-4607 cmorris@cityofsouthfield.com





Let us help make your event a success!











Call (248) 796-4670 for details.



# 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.



PARK \$275

Max occupancy 150 people (18 tables) Note: no vehicles allowed past the gate. No exceptions.

SOUTHFIELD PARKS & RECREATION BUILDING

26000 EVERGREEN ROAD



PARK \$150

Max occupancy 65 people (12 tables)





CIVIC CENTER
PARK
SHELTER #2
\$100
Max occupancy 50 people (10 tables)
This shelter is available for weekend rentals only.

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

# Beech Woods Park Improvement Project



- Heated restroom Open year-round
- New picnic shelter
- State-of-the-art accessible playground
- Shaded benches and seating area, overlooking the new playground and park
- Paved accessible pathway connecting the playground and shelter
- A new, additional parking area behind the Beech Woods Recreation Center that will provide access to the entire park













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	20545 W Nine Mile Rd	Playlot Trails Picnic Area
<b>Bedford Woods Park</b>	Webster, W of Pierce	Playlot Walking Path Soccer Field Softball/Little League field
Beech Woods Park	22200 Beech Rd	50-tee, lighted driving range Tennis (w/pickleball lines) courts Playlot Picnic Shelter Restrooms (open May 1)
Burgh Historical Park	26080 Berg Rd NE corner Civic Center Drive and Berg Rd	Flower Gardens Historic Site
Carpenter Lake Nature Preserve	27225 W Ten Mile Rd	Boulder Garden Nature trails Lake fishing access Restrooms Small shelter
Civic Center Park	26000 Evergreen Rd	Sand Volleyball Soccer field Tennis courts (lighted) Racket/Handball courts (lighted) Ballfields (1 lighted) Restrooms (open May 1) Playlot 2 Picnic Shelters Nature trails
Freeway Park	Eastbound Lincoln, W of Greenfield Rd	Playlot Walking Paths
Inglenook Park	20901 W 12 Mile Rd	4 Softball fields Accessible play lot Restrooms <i>(open May 1)</i> 1 Kilometer long fitness trail
Miller Park	18401 Webster	Playlot Ballfield Walking Path Pickleball and basketball courts
Lahser Woods Park	27577 Lahser Rd	Paved walking path Picnic Area (no shelter)
Lincoln Woods	Enter through Freeway Park	Nature Trails Wetlands
Mary Thompson House & Farm	25630 Evergreen Rd	Southfield Community Gardens Historic Site
Pebble Creek Park	26355 American Dr	Playlot Picnic Shelter Soccer field Restrooms (open May 1) Walking/fitness trail
Seminole Park	Seminole St., north of Shiawassee	Playlot
Simms Park	28501 Pierce St.	Playlot Ballfield Small shelter Tennis and basketball courts 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, 26000 Evergreen Rd. Monday-Friday 8 AM-5 PM

## **Beech Woods Recreation Center**

22200 Beech Rd.

Monday-Friday 9 AM-5 PM

# **Phone-In**

Parks & Recreation Information Desk (248) 796-4620 Monday-Friday 8 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 2025 Program Registration Form This form is not valid for athletic league or camp program registrations.

Family Last Name						
Address						
City				Zip		
Phone (Home) Cel			Cell			
Emergency Contact (Name & P	hone)					
E-Mail Address			Birth date	_ Birth date		
Participant Name	Birth date (mm/dd/yr)	Gender	Activity Name	Activity #	Time	Fee
Payment Method: Credit Card Visa, Master C	ard. Discover. Ar	nerican Exr	press		Total	
#		·		Ex	p. Date	
CSC/CVV #(3-di	git code on the back	of Visa, MC c	or Discover cards, 4-digit cod	e on front of AmEx)		
Southfield Parks & Rec			personal checks as pa rship or room/site re		class, prog	ram,
By registering for Parks & Recre involved in the programs and a Parks & Recreation Departmen registering for activities of a sti	appreciates the not the notes that a	ature of the	e risks. The applicant ho s caused by participatio	olds the City of S on in these progr	outhfield, a	nd the
Signature				Da	ite	

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

PRSRT STD U.S. POSTAGE PAID SOUTHFIELD, MI PERMIT NO. 30 ECRWSS

### **Residential Customer**



City Officials

Kenson J. Siver, Mayor

## City Council

Michael "Ari" Mandelbaum, Council President

Charles Hicks, Pro-tem

Nancy L.M. Banks

Daniel Brightwell

Dr. Lloyd C. Crews

Yolanda C. Haynes

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



