

PARKS & RECREATION SOUTHFIELD

Fall 2026

Learn. Play. Grow. This Fall.



www.cityofsouthfield.com

Southfield
the center of it all™



26000 Evergreen Road
(248) 796-4620

Special Events

Pinktober Fest

Join us for a powerful day of awareness, support and community in the fight against breast cancer.

Participate in a 5K Walk, hear from experts with

Karmanos Cancer Institute, visit the Tribute Honor Wall, connect with wellness

vendors, and explore interactive "check yourself" pop-up stations.

Ages: 5 and up

Fee: FREE

Date: Sun, Oct 4 3-5 PM

Reg Deadline: Fri, Oct 2

Location: P&R Building - Rm 115



Wild About Southfield

Get ready for a wildly fun afternoon the whole family will love! Enjoy a live exotic animal show, create your own animal-inspired artwork, rock some temporary tattoos, and explore more wild surprises along the way. *Registration is limited and early registration is encouraged.*

Fee: \$15 per family

Date: Sat, Nov 14 1-3 PM

Reg Deadline: Mon, Nov 9

Location: P&R Building - Rm 115



Super Saturday

Join us each month for an afternoon of entertainment, and interactive activities for kids and teens.

Boo Bash - NEW LOCATION!!

Halloween fun is headed to Beech Woods Park!

Come dressed in costume and enjoy bounce houses, games and more at our new location. More details coming soon!

Ages: 2 - 12

Fee: Res: \$5/child NR \$10/child *Adults are free!*

Date: Sat, Oct 17 1-3 PM

Reg Deadline: Wed, Oct 14

Location: Beech Woods Park



Joel Tracey's Family Magic Show

Ages: 2 - 18

Fee: \$5 per child, adults are free

Date: Sat, Oct 10 12-1:30 PM

Reg Deadline: Thu, Oct 8

Location: P&R Building - Rm 115

Nutty Scientist Show

Ages: 2 - 18

Fee: \$5 per child, adults are free

Date: Sat, Nov 21 12-1:30 PM

Reg Deadline: Thu, Nov 19

Location: P&R Building - Rm 115

Crayola Day!

Ages: 2 - 18

Fee: \$5 per child, adults are free

Date: Sat, Dec 19 12-1:30 PM

Reg Deadline: Thu, Dec 17

Location: P&R Building - Rm 115

SAVE THE DATE!!

Southfield Tree Lighting Ceremony & Holiday Market

Celebrate the magic of the holiday season with family, friends, and the Southfield community. Join Santa and city officials for the annual Tree Lighting Ceremony, then enjoy visits with Santa and a new Holiday Market inside the Southfield Pavilion. More holiday fun will be announced soon!

Ages: All ages

Fee: Free

Date: Thu, Dec 10 4-9 PM

Location: Southfield Municipal Campus

Pumpkin Pop Up & Cider Social

Celebrate the season with pumpkin painting, warm cider, fresh donuts, and a festive fall photo scene. It's the perfect way to welcome autumn with family and friends.

Ages: 3 and up

Fee: Res: \$10 NR: \$13

Date: Thu, Oct 22 6-7:30 PM

Reg Deadline: Mon, Oct 19

Location: P&R Building

History & Heritage

Discover Southfield's rich history through these special programs and events.

Celebration of Mary Thompson's Life

Mary Thompson was a lifelong Southfield educator, community advocate, and local pioneer whose family farm became the foundation for the city's current municipal campus. Come visit the Mary Thompson Farm and join us for a guided tour of her historic house as we celebrate what would have been her 155th year.

Ages: 8 and up

Fee: Res: \$5 NR: \$7
Res 50+: \$4.50 NR 50+: \$6.50

Dates:

Sat, Oct 17 12:30-1:45 PM

Sat, Oct 17 2-3:15 PM

Reg Deadline: Thu, Oct 15

Location: Mary Thompson Farm

The Potawatomi of Southfield

Celebrate *National Native American Heritage Month* with Southfield Parks & Recreation and the Southfield Historical Society. Explore Potawatomi culture, the four compass points, and the Seven Grandfather Teachings. Lunch and a tour of the Southfield Historical Museum, including the Potawatomi exhibit, and historic Firehouse are included.

Ages: 14 and up

Fee: Res: \$15 NR: \$18
Res 50+: \$13.50 NR 50+: \$16.20

Date: Sat, Nov 7 11:30 AM-2 PM

Reg Deadline: Wed, Nov 4

Location: Burgh Historical Park - 1854 Church

Native American Heritage Celebration

Join Southfield Parks & Recreation, the Southfield Historical Society, and the Southfield Public Library for a day celebrating Native American culture. Enjoy hourly performances by the *Red Tribe Nation Dance Troupe*, Native storytelling, artisan vendors, and traditional Native American cuisine available for purchase.

Ages: All Ages

Fee: Free

Date: Sat, Nov 14 11 AM-4 PM

Location: Southfield Pavilion

Tail-Wagging Fun

New to the Dog Park at Lahser Woods? Learn about memberships on page 17.



Please note: Dogs that aren't current Dog Park members will need current vaccination records and a valid Southfield dog license for entry.

Paw-ty in the Park

Bring your pup and join us for a pawsome afternoon of fun for dogs and their humans! Enjoy interactive dog training activities, cool off at splash sprinkler pads, enter the dog trick contest, pose for a photo at the Doggy & Me photo scene, and create a keepsake at our dog paw print craft station.

Ages: 18 and up

Admission: Free

Date: Sun, Sept 20 2-4 PM

Location: The Dog Park at Lahser Woods



Pup-O-Ween Sniff & Treat

Get ready for a howlin' good time at Lahser Woods Dog Park's first-ever Pup-O-Ween Sniff & Treat! Bring your furry friend for an evening of Halloween fun featuring a Sniff & Treat activity, doggy paw-rade, costume contest, prizes, and more. Dress up your pup and join us for a spooktacular celebration at the park.

Ages: 18 and up

Fee: Free for Dog Park members

Date: Wed, Oct 14 5:30-7 PM

Reg Deadline: Fri, Oct 9

Location: The Dog Park at Lahser Woods

Special Interest

Certified Babysitter/CPR/First Aid and Safe Home Alone

Instructor: Live Safe Academy

Learn essential safety skills for babysitting and staying home alone, including first aid, CPR, choking response, and when to call 911. Participants receive a Babysitter/CPR/First Aid certification from *Live Safe Academy* (valid for 2 years).

Ages: 9 - 18

Fee: Res: \$60 NR: \$65

Date: Wed, Oct 14 5:30-8:30 PM

Reg Deadline: Tue, Oct 13

Location: P&R Building - Rm 221

Robots and Coding 1

Instructor: W. Hill, *ckingknowledge Institute*

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

Ages: 9 and up

Fee: Res: \$150 NR: \$170

Dates: Mon, Sept 14-Oct 26 6-7:30 PM

Reg Deadline: Fri, Sept 11

Location: P&R Building - Rm 222 & 223



Robots and Coding 2

Instructor: W. Hill, *ckingknowledge Institute*

Must have completed Robots and Coding 1.

In this course you will continue to build on top of the Basebot, adding a robot arm and claw, and writing software code to accomplish a variety of missions.

Ages: 9 and up

Fee: Res: \$150 NR: \$170

Dates: Mon, Nov 2-Dec 7 6-7:30 PM

Reg Deadline: Fri, Oct 30

Location: P&R Building - Rms 222 & 223

Self Defense for Children

Instructor: Live Safe Academy

This fun, age-appropriate workshop teaches children personal safety awareness, prevention strategies, and practical self-defense skills. Participants will learn how to recognize potentially dangerous situations, set boundaries, and respond confidently while reinforcing the message that everyone has the right to feel safe.

Ages: 9 - 15

Fee: Res: \$25 NR: \$25

Date: Tue, Oct 20 5:30-6:30 PM

Reg Deadline: Mon, Oct 19

Location: P&R Building - Rm 221

Self Defense for Teens and Adults

Instructor: Live Safe Academy

Learn practical self-defense skills designed to increase personal safety and confidence. This hands-on course teaches simple, realistic techniques that are easy to learn and remember. No previous training is required.

Ages: 12 and up

Fee: Res: \$45 NR: \$45

Date: Tue, Oct 20 6:30-8:30 PM

Reg Deadline: Mon, Oct 19

Location: P&R Building - Rm 221

Teens

Teen Volunteer Club

Make a difference in your community while gaining valuable volunteer experience! Join the *Teen Volunteer Club*! Members help plan events like *Girls Day In* and *Teen Game Night*, volunteer at Parks & Recreation special events, and brainstorm new ways to give back. It's a great opportunity to build leadership skills, meet new friends, and make a positive impact.

Ages: 10 - 18

Fee: FREE

Date: Wed, Sept 16-Dec 9 6-7 PM

Reg Deadline: Tue, Sept 15

Location: P&R Building - Rm 221

Southfield Sports Arena

Fall 2026 Open Skate Schedule

All sessions held at the Southfield Sports Arena Ice Rink

Ages: All Ages

Resident Rates & Rentals

Anyone wishing to receive the resident rate must show a Southfield Resident Leisure Card, Southfield driver's license, or Business Leisure Card.

Skate rental is available on a first-come, first-served basis for \$3 per person.

Weekday Lunch Skate

Take a break and hit the ice during lunch hour!

Daily Fee: Res: \$4 NR: \$4

Dates:

Mon, Sept 14-Dec 28	12-1:20 PM
Wed, Sept 9-Dec 30	12-1:20 PM
Fri, Sept 11-Dec 18	12-1:20 PM

Weekend Open Skate

Fun for the whole family on Saturday evenings and Sunday afternoons.

Daily Fee: Res: \$4 NR: \$5

Dates:

Sat, Sept 12- Dec 26	6:30-7:50 PM
Sun, Sept 13-Dec 27	3-4:20 PM



Bonus Open Skate Dates

We've added extra Open Skates during holiday breaks and special days!

Daily Fee: Res: \$4 NR: \$5

Dates:

Tue, Sept 29	12-1:20 PM
Thu, Dec 3	12-1:20 PM

Sticks & Pucks

Sharpen your skills or just get in some ice time at this casual, non-competitive drop-in session.

- **Ages:** All Ages
- **Adults (18 and up):** Must wear a hockey helmet, hockey gloves and hockey skates.
- **Ages 17 and under:** Must wear full hockey equipment, including a helmet with face mask, and be accompanied by a parent or guardian.
- **Note:** space is limited to the first 20 players to sign in at each session

Daily Fee: \$8/person

Dates:

Mon, Sept 14-Dec 28	10:30-11:50 AM
Wed, Sept 9-Dec 30	10:30-11:50 AM
Fri, Sept 11-Dec 18	10:30-11:50 AM
Sun, Sept 13-Dec 27	12-1:20 PM

Location: Southfield Sports Arena - Ice Rink



Learn to Skate

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

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

Art

Crayola® Epic Landmarks: World Wonders

Instructor: J. Brook

Explore world-famous landmarks like the Sphinx and the Pyramids of Giza through hands-on Crayola Creativity Club projects inspired by history and imagination.

Ages: 5 - 11

Fee: Res: \$110 NR: \$125

Dates: Sun, Nov 1-Nov 22 10:30-11:30 AM

Location: Arts & Activities Building

All Ages

Cozy Craft & Movie Night

Join us for a creative night where you'll enjoy crafting, making new friends, and watching classic cozy movies. Feel free to bring your own work in progress pieces or utilize ours. We'll provide the popcorn, crafts, and movie.

Ages: 14 and up

Fee: Res: \$5 NR: \$6

Res 50+: \$4.50 NR 50+: \$5.40

Times: 6:30-8:30 PM

Dates & Movies:

Mon, Nov 9 *The Princess Bride*

Fri, Dec 11 *My Neighbor Totoro*

Reg Deadline: Fri, Nov 6 & Thur, Nov 10

Location: P&R Building - Rm 115

The Giving Stitch: Knitting Club

This group of crafters makes handmade hats, blankets, and comfort items for hospital patients in need of a little extra warmth. No instructor present. New patterns will be introduced weekly.

Ages: 12 and up

Fee: FREE - No registration required

Date: Tue, Sept 15-Nov 17 5-7 PM

Location: P&R Building



Fall Colors iPhone Photography

Instructor: N. Jendrusina

Learn how to get the most out of your phone's camera while exploring composition, lighting, exposure, and built-in camera modes. *Participants must bring a fully charged iPhone. Those under age 15 must attend with a guardian.*

Ages: 8 and up

Fee: Res: \$12 NR: \$15

Res 50+: \$10.80 NR 50+: \$13.80

Date: Sat, Oct 10 10-11:30 AM

Location: Carpenter Lake Nature Preserve



Adult

Abstract Painting

Instructor: C. Shoemaker

Create your own abstract acrylic painting while learning techniques and creative approaches from the instructor. Follow along step by step or add your own personal touches to make your artwork uniquely yours. *All supplies are included. Please dress for a mess.*

Ages: 18 and up

Fee: Res: \$35 NR: \$40

Res 50+: \$31.50 NR 50+: \$36

Dates: Fri, Nov 20 1-4 PM

Reg Deadline: Wed, Nov 18

Location: P&R Building - Rm 115

Basket Weaving

Instructor: Michigan's Basket Mak'r

Students will be weaving a wine basket that's the perfect size for holding two bottles of wine. This class is perfect for both beginners and those who need a refresher on weaving. *All supplies are included.*

Ages: 18 and up

Fee: Res: \$85 NR: \$100

Res 50+: \$76.50 NR 50+: \$90

Dates: Thu, Oct 1 12-4:30 PM

Reg Deadline: Mon, Sept 28

Location: P&R Building - Rm 221

Beginner Acrylic Painting

Instructor: C. Shoemaker

Perfect for beginners or anyone looking to refresh their acrylic painting skills. Follow the instructor step by step or add your own creative touches to make your artwork uniquely yours. *Material fee of \$15 is due to the instructor by cash or check at the first class.*

Ages: 18 and up

Fee: Res: \$180 NR: \$195

Res 50+: \$162 NR 50+: \$175

Dates: Thu, Sept 24-Oct 29 1-4 PM

Reg Deadline: Mon, Sept 21

Location: Arts & Activities Building

Candle Pouring

Instructor: Paint Creek Ctr for the Arts

Scent up your home with handmade candles in this workshop with *Paint Creek Center for the Arts*. Participants will leave with one 18oz candle (wood wick optional).

Ages: 18 and up

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$32.50

Date: Mon, Sept 28 6:30-8:30 PM

Reg Deadline: Wed, Sept 23

Location: P&R Building - Rm 115

Ceramics

Instructor: K. Robichaud

Learn hand-building techniques like slab and coil to create decorative pieces with texture, shape, and personality. *\$50 materials fee, paid to instructor.*

Ages: 16 and up

Fee: Res: \$165 NR: \$185

Res 50+: \$148.50 NR 50+: \$166.50

Dates: Wed, Sept 16-Nov 18 7-10 PM

Reg Deadline: Mon, Sept 14

Location: Burgh Historical Park - Pottery Rm

Felted Pumpkins & Ghosts

Instructor: Paint Creek Ctr for the Arts

By utilizing colored wool and felting techniques, participants will learn how to make their own 3D pumpkins or ghosts. *All supplies are included.*

Ages: 18 and up

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$32.50

Date: Wed, Oct 14 6:30-8:30 PM

Reg Deadline: Mon, Oct 12

Location: P&R Building - Rm 115

Glass Etching Workshop

Instructor: Paint Creek Ctr for the Arts

Learn the art of glass etching using stencils and permanent etching cream. Leave with two custom, dishwasher-safe glasses you created yourself.

Ages: 18 and up

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$32.50

Date: Mon, Nov 16 6:30-8:30 PM

Reg Deadline: Fri, Nov 13

Location: P&R Building - Rm 115

LGBTQ+ Art Club

Instructor: J. Calverley

This workshop is taught by and intended exclusively for the LGBTQ+ community, providing a welcoming space to create and connect. *All supplies included.*

Screen Print Tote Bags – Mon, Sept 28

Ceramic Trinket Dishes – Mon, Oct 19

Linoleum Printmaking – Mon, Nov 30

Glass Etching – Mon, Dec 21

Ages: 16 and up

Fee: Res: \$13 NR: \$16

Times: 6:30-8:30 PM

Location: P&R Building



Paint Like... Acrylic Workshop Series

Instructor: C. Shoemaker

Recreate iconic works while learning techniques inspired by famous artists. *All supplies included.*

Choose Your Artist:

Monet – Fri, Sept 25 1-4 PM

Van Gogh – Fri, Dec 11 1-4 PM

Ages: 18 and up

Fee: Res: \$35 NR: \$40

Res 50+: \$31.50 NR 50+: \$36

Reg Deadlines: Tue, Sept 22 & Tue, Dec 8

Location: P&R Building - Rm 115

Watercolor Pumpkins

Instructor: C. Shoemaker

Create a seasonal watercolor pumpkin painting while learning watercolor techniques. *All supplies included.*

Ages: 18 and up

Fee: Res: \$35 NR: \$40

Res 50+: \$31.50 NR 50+: \$36

Dates: Fri, Oct 30 1-4 PM

Reg Deadline: Tue, Oct 27

Location: Arts & Activities Building

Athletics

Grasshopper Basketball

Instructor: G. Hawthorne

Perfect for beginners! This playful intro class teaches kids the basics of positioning, dribbling, and teamwork through fun games and easy-to-follow drills.

Ages: 4 - 6

Fee: Res: \$50 NR: \$65

Dates:

Sat, Sept 12-Oct 24 9-9:50 AM

Sat, Oct 31-Dec 12 9-9:50 AM

Reg Deadline: Fri, Sept 11 & Fri, Oct 30

Location: BW Rec Center - Gym



Basketball Skills & Drills

Instructor: T. Marshall

This class uses structured drills in shooting, defense, and ball handling to prepare players for league play and help them improve core skills with confidence.

Ages: 7 - 11

Fee: Res: \$50 NR: \$65

Dates:

Mon, Sept 14-Oct 12 6-6:50 PM

Mon, Oct 19-Nov 16 6-6:50 PM

Reg Deadlines: Fri, Sept 11 & Fri, Oct 30

Location: BW Rec Center - Gym

Youth Basketball Clinic

Instructor: G. Teasley

This clinic focuses on offense, defense, sportsmanship, and real game strategies to help young players build skills and game IQ.

Ages: 7 - 10

Fee: Res: \$50 NR: \$65

Dates:

Sat, Sept 12-Oct 24 10-10:50 AM

Sat, Oct 31-Dec 12 10-10:50 AM

Reg Deadlines: Fri, Sept 11 & Fri, Oct 30

Location: BW Rec Center - Gym

Youth Open Gym

This is your chance to shoot hoops, build skills, and play pickup with friends. All participants must register for the season, with their parent/guardian, at their first visit. **Adults are not allowed on the courts.**

Ages: 9 - 18 **ages 9-13 must be signed in by an adult*

Fee: Res: \$3 NR: \$5

Dates: Mon-Fri, Sept 1-Dec18** 3:30-5:30 PM

Location: BW Rec Center - Gym

**** No Open Gym Sept 7, Oct 12, Nov 3, Nov 11 & Nov 25-27**

Little Kickers

Instructor: D. Finegan

Kick off a love of soccer in this engaging program designed for young players. Participants will develop coordination, confidence, teamwork and a love of being active.

Ages: 3 - 4

Fee: Res: \$60 NR: \$70

Dates:

Sun, Sept 13-Oct 11 2-2:45 PM

Sun, Sept 13-Oct 11 3-3:45 PM

Reg Deadline: Fri, Sept 11

Location: Civic Center Park - Soccer Field

Youth Soccer Clinic

Instructor: D. Finegan

This fast-paced clinic focuses on footwork, ball control, passing and shooting.

Ages: 7 - 14

Fee: Res: \$65 NR: \$75

Dates: Sun, Sept 13-Oct 11 4-5 PM

Reg Deadline: Fri, Sept 11

Location: Civic Center Park - Soccer Field

Youth Volleyball Clinic

Build volleyball skills, confidence, game awareness, and teamwork in this fun, progressive clinic. Open to all skill levels, from beginners to advanced players.

Ages: 7 - 10 (Grades 2-4)

Fee: Res: \$50 NR: \$65

Dates: Sat, Sept 19-Nov 21 3-3:50 PM

Reg Deadline: Fri, Sept 11

Location: BW Rec Center - Gym

Ages: 11 - 14 (Grades 5-8)

Fee: Res: \$50 NR: \$65

Dates: Sat, Sept 19-Nov 21 4-4:50 PM

Reg Deadline: Fri, Sept 11

Location: BW Rec Center - Gym



Fall Basketball League

Players compete in 6 league games, with the top four teams advancing to the playoffs and championship. Teams practice Friday evenings, with games played Saturday mornings and afternoons.

Volunteer coaches are needed. For more information, contact amickens@cityofsouthfield.com

Ages: 8 - 10 (Grades 4-5)

Fee: Res: \$120 NR: \$140

Dates: Sat, Oct 3-Dec 12 10-11 AM

Reg Deadline: Fri, Oct 2

Location: BW Rec Center - Gym

Ages: 11 - 14 (Grades 6-8)

Fee: Res: \$120 NR: \$140

Dates: Sat, Oct 3-Dec 12 11 AM-1 PM

Reg Deadline: Fri, Oct 2

Location: BW Rec Center - Gym



All Ages

Tennis Lessons

Instructors: R. Hall, Jr. & R. Hughes

Quick Start, Beginner, and Intermediate lessons are offered for a variety of ages.

Fees: Res: \$55 NR: \$70

Res 50+: \$49.50 NR 50+: \$63

Location: Civic Center Park - Courts 3 & 4

Reg Deadline: Fri, Sept 11

Quick Start

Instructor: R. Hughes

Kids learn the basics of tennis through fun activities and games while practicing racquet handling, tracking the ball, and judging flight and direction.

Ages: 4 - 6

Dates: Sat, Sept 19-Oct 17 9-9:50 AM

Ages: 7 - 10

Dates: Sat, Sept 19-Oct 17 10-10:50 AM

Beginner

Learn tennis fundamentals including grip, footwork, forehand, backhand, serve, volley, and scoring. Players will also learn basic rules and court etiquette.

Instructor: R. Hughes

Ages: 8 - 12

Dates: Tue, Sept 15-Oct 13 6-6:50 PM

Ages: 18 and up

Dates: Sat, Sept 19-Oct 17 2-2:50 PM

Instructor: R. Hall, Jr.

Ages: 18 and up

Dates:

Mon, Sept 14-Oct 12 6-6:50 PM

Tue, Sept 15-Oct 13 7-7:50 PM

Adult Intermediate

Instructor: R. Hall, Jr.

Designed for players with prior tennis experience, this class focuses on stroke consistency, strategy, and match play.

Ages: 13 and up

Dates: Mon, Sept 14-Oct 12 7-7:50 PM

Athletics

Karate Classes

Instructors: G. Mundy & M. Bray

Karate classes are offered for a variety of ages and skill levels, from introductory Pre-Karate to advanced training for experienced practitioners.

Fees:

One Day Class: Res: \$30 NR: \$40 Res 50+: \$27 NR 50+: \$36
Two Day Class: Res: \$50 NR: \$65 Res 50+: \$45 NR 50+: \$58.50

Location: BW Rec Center - Multipurpose Rm

Reg Deadline: Mon, Sept 7 & Mon, Oct 19

Pre-Karate

A fun introduction to martial arts for younger students. Participants build focus, balance, and confidence while learning basic moves, drills, and stances along with lessons in respect and following directions.

Beginner Karate

Perfect for white belts and first-time students. Learn the fundamentals of martial arts including stances, drills, forms, and etiquette while building focus, balance, and endurance. Students may advance toward a colored belt.

Intermediate Karate

For students with colored belts. Build on foundational skills with more advanced drills, forms, and self-defense techniques. Sparring is introduced as students continue progressing toward Black Belt.

Advanced Karate

For red and black belt practitioners with instructor approval. Training focuses on mastering advanced techniques, sparring skills, and discipline through rigorous practice and testing.

	Instructor	Age	Session 1	Session 2
Pre-Karate	G. Mundy	5 - 7	Sat, Sept 12-Oct 17 9:30-10 AM	Oct 24-Dec 19 9:30-10 AM
Beginner (White Belt)	G. Mundy	7 and up	Tue, Sept 8-Oct 13 6-6:50 PM Thu, Sept 10-Oct 15 6-6:50 PM	Tue, Oct 20-Dec 15 6-6:50 PM Thu, Oct 22-Dec 17 6-6:50 PM
		7 and up	Tue & Thu, Sept 8-Oct 17 6-6:50 PM	Tue & Thu, Oct 20-Dec 17 6-6:50 PM
Beginner (White Belt)	M. Bray	7 and up	Sat, Sept 12-Oct 17 10:15-11:15 AM	Sat, Oct 24-Dec 19 10:15-11:15 AM
Intermediate (Colored Belts)	G. Mundy	7 and up	Tue & Thu, Sept 8-Oct 15 7-7:50 PM	
	M. Bray	7 and up	Sat, Sept 12-Oct 17 11 AM - 12 PM	Sat, Oct 24-Dec 19 11 AM - 12 PM
Advanced (Red/Black Belts)	G. Mundy	7 and up	Tue & Thu, Sept 8-Oct 15 8-8:50 PM	
	M. Bray	7and up	Sat, Sept 12-Oct 17 12:15-1:15 PM	Sat, Oct 24-Dec 19 12:15-1:15 PM

Adult

Fall 2026 Adult Softball Leagues



Planning to hit the diamond this fall? Watch the City of Southfield website and Parks & Recreation social media pages for league details and registration information. For early info, contact Angelica at (248) 796-4681



Paddle in the Park

Paddle in the Park is a free, beginner-friendly pickleball event open to all ages and skill levels. Whether you're brand new to the game or already love to play, this casual drop-in event is a great opportunity to get on the court, rally with friends, meet fellow players, and enjoy some fun in the park. No formal instruction will be provided, so come ready to play at your own pace. Bring your paddle and a positive attitude. A limited number of loaner paddles will be available.



Ages: 18 and up

Fee: Free

Dates: Sat, Sept 12

10 AM-12 PM

Location: Miller Park

Beech Woods Wellness Center

A friendly, community-focused fitness center with cardio and strength equipment. Our supportive staff and updated facility make it easy to stay active and feel your best.

Ages: 18 and up

Fall Special: \$15/month

Call (248) 796-4676 for fee details.

Dates: Mon-Fri, Sept 1- Dec 29* 9 AM-7 PM

Location: BW Rec Center

*Closed Sept 7, Oct 12, Nov 3, Nov 11, Nov 25-27, Dec 24-25 & Dec 30-31

Adult Open Gym

Whether you're looking to break a sweat, practice your shot, or just enjoy some pickup basketball, Open Gym is a great way to stay active. All participants must register for the season at their first visit.

Ages: 18 and up

Daily Fee: Res: \$4 NR: \$6

Dates:

Mon-Tue, Sept 1-Dec15* 12:30-2:30 PM

Thu-Fri, Sept 3-Dec18* 12:30-2:30 PM

Location: BW Rec Center - Gym

* No Open Gym Sept 7, Oct 12, Nov 3, Nov 11 & Nov 25-27



Adult Co-Rec Sand Volleyball League

Keep the summer fun going on the sand! Grab your teammates and enjoy a season of friendly competition, weekly matches, and playoff action.

Ages: 18 and up

Team Fee: \$150

League Details:

- 10-game season + playoffs for top 4 teams
- Co-Rec (even number of males and females, or more females)
- Matches are self officiated, best of 3 format

Dates: Fri, Sept 11-Oct 16

Reg Deadline: Fri, Sept 4

Game Times: 6:15 PM & 7 PM

Location: Civic Center Park

Dance

Youth Dance Classes with Impulse Dance Academy

Instructor: Impulse Dance Academy

Move, groove, and build confidence through a variety of fun youth dance classes. Dancers will develop coordination, rhythm, and self-expression through age-appropriate instruction. Classes are offered in a variety of styles including ballet, jazz, and hip hop.

MONTHLY Fee: Res: \$60 NR: \$70

****Tap/JazzCombo & Teen Ballet/Jazz:** Res: \$65 NR: \$75

Location: Arts & Activities Bldg - Dance Rm

Reg Deadline: Tue, Sept 8



IMPULSE
DANCE ACADEMY

	Age	Dates	Dress Code
Mini Ballet	3 - 5	Thu, Sept 10-June 17 5:30-6:15 PM Sat, Sept 12-June 19 11-11:45 AM	Black leotard, pink tights, pink ballet slippers, hair secured in a bun (no tutus/skirts).
Taps & Tutus	4 - 6	Wed, Sept 9-June 16 5-5:45 PM Sat, Sept 12-June 19 10-10:45 AM	Fall Session: Black leotard, pink tights, black Mary-Jane tap shoes needed Winter Session: Black leotard, pink tights, pink ballet shoes.
Mini Hip Hop	5 - 6	Sat, Sept 12-June 19 10-10:45 AM	Comfortable, loose-fitting clothing. Dance shoes/sneakers (no street shoes or jeans)
Mini/JR Hip Hop	5 - 10	Thu, Sept 10-June 17 5:30-6:15 PM	Comfortable, loose-fitting clothing. Dance shoes/sneakers (no street shoes or jeans)
Tap/Jazz Combo**	6 - 10	Thu, Sept 10-June 17 6:30-7:30 PM	Fall Session: Black leotard, black tights, black dance shorts/pants, black mary-jane tap shoes, hair in bun. Winter Session: Black leotard, black tights, black dance shorts/pants, black jazz shoes, hair in bun
All Boys Hip Hop	5 - 10	Thu, Sept 10-June 17 6:30-7:15 PM	Comfortable, loose-fitting clothing. Dance shoes/sneakers (no street shoes or jeans).
Jr Ballet/Jazz	6 - 10	Sat, Sept 12-June 19 12-1 PM	Fall Session: Black leotard; Black Jazz pants/shorts; black tights; black jazz shoes; hair in bun/ponytail. Winter Session: Black leotard; pink tights; pink ballet slippers, hair secured in a bun (no tutus/skirts)
Jr Hip Hop	7 - 10	Sat, Sept 12-June 19 11-11:45 AM	Comfortable, loose-fitting clothing. Dance shoes/sneakers (no street shoes or jeans)
Teen Ballet/Jazz**	11 - 18	Sat, Sept 12-June 19 1-2 PM	Fall Session: Black leotard; Black Jazz pants/shorts; black tights; black jazz shoes; hair in bun/ponytail. Winter Session: Black leotard; pink tights; pink ballet slippers, hair secured in a bun (no tutus/skirts)
Teen Hip Hop	11 - 18	Sat, Sept 12-June 19 12-12:45 PM	Comfortable, loose-fitting clothing. Dance shoes/sneakers (no street shoes or jeans)

Holiday Showcase

Celebrate the season with family and friends!

Participants enrolled in Impulse Dance Academy classes will have the opportunity to perform at the annual Holiday Showcase on **Saturday, December 12.**



Spring Recital

Celebrate a season of hard work and creativity as Impulse Dance Academy participants perform for family and friends at the annual Spring Recital on **Saturday, June 26, 2027.**

Adult

Adult Hip Hop

Instructor: Impulse Dance Academy, R. McMorris
Introduction to the vocabulary, style and self-expression of hip-hop movement. This high energy class is taught to students with a passion to move!

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

Ages: 18 and up

MONTHLY Fee: Res: \$60 NR: \$70

Dates: Thu, Sept 10-June 17 7:30-8:15 PM

Reg Deadline: Tue, Sept 8

Location: Arts & Activities Bldg - Dance Rm



Popular Hustles

Instructor: K. Johnson

Get moving with today's most popular line dances! This upbeat class covers partner-free hustle routines set to fun and familiar music. Perfect for beginners or seasoned dancers looking to stay active and have fun.

Ages: 18 and up

Fee: Res: \$30 NR: \$40

Res 50+: \$27 NR 50+: \$36

Dates:

Tue, Sept 8-Oct 6 6:30-7:30 PM

Tue, Oct 20-Nov 17 6:30-7:30 PM

Registration Deadlines: Tue, Sept 8 & Oct 20

Wed, Sept 9-Oct 7 6:30-7:30 PM

Wed, Oct 21-Dec 2 6:30-7:30 PM

Registration Deadlines: Wed, Sept 9 & Oct 21

Location: P&R Building - Lower Level

Tumble Bunnies



Please register early. A minimum of 8 participants is required for Tumble Bunnies classes to run.

**All Tumble Bunnies classes: no class Wed, Nov 25*

Tumble Bunnies Gymnastics

Instructor: Tumble Bunnies, Inc

Hop, bounce, and tumble through beginner gymnastics activities for young movers. Participants will explore equipment while building confidence, coordination, and body awareness. *Comfortable clothing and a water bottle are recommended.*

Itty Bitty Bunnies

Ages: 1½ - 3

Dates:

Wed, Sept 16-Oct 21 5:30-6 PM

Wed, Nov 4-Dec 16* 5:30-6 PM

Reg Deadline: Tue, Sept 15 & Tue, Nov 3

Fee: Res: \$95 NR: \$110

Location: P&R Building - Rm 223

Bizzy Bunnies

Ages: 3 - 4

Dates:

Wed, Sept 16-Oct 21 6:05-6:35 PM

Wed, Nov 4-Dec 16* 6:05-6:35 PM

Reg Deadline: Tue, Sept 15 & Tue, Nov 3

Fee: Res: \$95 NR: \$110

Location: P&R Building - Rm 223

Happy Hoppers

Ages: 5 - 7

Dates:

Wed, Sept 16-Oct 21 6:40-7:10 PM

Wed, Nov 4-Dec 16* 6:40-7:10 PM

Reg Deadline: Tue, Sept 15 & Tue, Nov 3

Fee: Res: \$95 NR: \$110

Location: P&R Building - Rm 223

Tumble Bunnies Yoga

Instructor: Tumble Bunnies, Inc

Children will explore yoga through age-appropriate poses, calming music, and imaginative themes while building strength, flexibility, balance, and confidence. *Comfortable clothing and a water bottle are recommended.*

Ages: 3 - 5

Dates:

Wed, Sept 16-Oct 21 4:35-5:05 PM

Wed, Nov 4-Dec 16* 4:35-5:05 PM

Reg Deadline: Tue, Sept 15 & Tue, Nov 3

Fee: Res: \$95 NR: \$110

Location: P&R Building - Rm 223

Tumble Bunnies Zumba®

Instructor: Tumble Bunnies, Inc

Kids will think they are at a dance party! Part aerobics and part dance, this high-energy class uses upbeat music and kid-friendly movements inspired by Latin dance styles. Participants will jump, shimmy, sway, and move their way through fun activities that keep them active and engaged. *Comfortable clothing, tennis shoes, and a water bottle are recommended.*

Ages: 3 - 5

Dates:

Wed, Sept 16-Oct 21 4-4:30 PM

Wed, Nov 4-Dec 16* 4-4:30 PM

Reg Deadline: Tue, Sept 15 & Tue, Nov 3

Fee: Res: \$95 NR: \$110

Location: P&R Building - Rm 223



Adults



5-Point-0 Fusion Dance

Instructor: H. Patton

This dance-based movement class helps improve coordination and cognitive skills, especially for seniors! Enjoy a blend of cultural dance styles and music genres. No experience needed; just comfy clothes and shoes.

Ages: 16 and up

Fee: Res: \$42 NR: \$52

Res 50+: \$37.80 NR 50+: \$46.80

Dates:

Tue, Sept 8-Oct 13 11:45 AM-12:30 PM

Tue, Oct 27-Dec 8 11:45 AM-12:30 PM

Reg Deadlines: Tue, Sept 1 & Tue, Oct 20

Thu, Sept 10-Oct 15 11:45 AM-12:30 PM

Thu, Oct 29-Dec 10 11:45 AM-12:30 PM

Reg Deadlines: Thur, Sept 3 & Thur, Oct 22

Location: Arts & Activities Bldg - Dance Rm

Fat-2-Lean Low Impact Aerobics

Instructor: P. Latimer

Get moving with 30 minutes of easy-to-follow cardio, then build strength, balance, and coordination using light equipment like weights, balls, and chairs. All fitness levels welcome!

Ages: 16 and up

Fee: Res: \$64 NR: \$74

Res 50+: \$57.60 NR 50+: \$66.60

Dates: (6 week Sessions)

Tue, Aug 18-Sept 22 10-10:45 AM

Thu, Aug 20-Sept 24 10-10:45 AM

Registration Deadlines: Tue, Aug 18 & Thu, Aug 20

Location: P&R Building - Rm 115

Fee: Res: \$74 NR: \$84

Res 50+: \$66.60 NR 50+: \$75.60

Dates: (7 week Session)

Tue, Oct 6-Nov 17 10-10:45 AM

Thu, Oct 8-Nov 19 10-10:45 AM

Registration Deadlines: Tue, Oct 6 & Thu, Oct 8

Location: P&R Building - Rm 115

Fat-2-Lean - Teaches Zumba®

Instructor: P. Latimer

Take the "work" out of working out! Zumba mixes easy-to-follow dance moves with Latin and world rhythms for high-energy movements that are fun and effective. All fitness levels welcome!

Ages: 18 and up

Fee: Res: \$54 NR: \$64

Res 50+: \$48.60 NR 50+: \$57.60

Dates: (5 week Session)

Mon, Aug 17-Sept 21 6-6:45 PM

Registration Deadline: Mon, Aug 17

Fee: Res: \$64 NR: \$74

Res 50+: \$57.60 NR 50+: \$66.60

Dates: (6 week Session)

Thu, Aug 20-Sept 24 6-6:45 PM

Mon, Oct 5-Nov 16 6-6:45 PM

Registration Deadlines: Thu, Aug 20 & Mon, Oct 5

Fee: Res: \$74 NR: \$84

Res 50+: \$66.60 NR 50+: \$75.60

Dates: (7 week Session)

Thu, Oct 8-Nov 19 6-6:45 PM

Registration Deadline: Thu, Oct 8

Location: P&R Building - Rm 115



Stretch and Tone with a Touch of Pilates

Instructor: L. Lerman

Strengthen, stretch, and refresh your body from head to toe. Build strength, improve flexibility, and increase body awareness through a full-body workout that blends gentle stretching with Pilates-inspired movements.

Fee: Res: \$45 NR: \$55

Res 50+: \$40.50 NR 50+: \$49.50

Dates: Wed, Sept 9-Oct 14 5:15-6 PM

Registration Deadline: Wed, Sept 9

Location: BW Rec Center - Multipurpose Rm

Golf

Beech Woods Driving Range

22202 Beech Rd (248) 796-4655

**Closes for the season at
3 PM October 31, 2026**

Driving Range Hours

Open daily, weather permitting:

Mon-Wed, & Fri: 9 AM - 8:30 PM
Thu: 11 AM - 8:30 PM
Sat & Sun: 8 AM - 8:30 PM

Last small bucket of balls sold at 7:45 PM.

Bucket Size	Res & 50+	Non-Res
Small	\$7	\$9
Medium	\$9	\$11
Large	\$11	\$13

Lessons (ages 16+)

Golf Lessons

Instructor: T. Ryan

Improve your game with instruction from
PGA Teaching Pro Terri Ryan.

Ages: 16 and up

Level 1 - Fundamentals

Learn grip, stance, and swing basics while building
toward a full swing and short-game skills.

Bring a 7 or 8 iron to class.

Fee*: Res: \$50 NR: \$65
Res 50+: \$45 NR 50+: \$58.50

Date:

Mon/Wed, Sept 14-23 12-12:50 PM

Mon/Wed, Sept 14-23 7-7:50 PM

Reg Deadline: Fri, Sept 11

Location: BW Driving Range

**Range balls are not included in the lesson fee.*

Level 2 - Developing Skills

Build on Level 1 with irons,
hybrids, woods, driver, and putting techniques.

Fee*: Res: \$50 NR: \$65
Res 50+: \$45 NR 50+: \$58.50

Date: Tue/Thu, Sept 15-24 7-7:50 PM

Reg Deadline: Fri, Sept 11

Location: BW Driving Range

**Range balls are not included in the lesson fee.*

Evergreen Hills Golf Course

26000 Evergreen Rd. (248) 796-4666

2026 Golf Fees

Proof of residency required for Resident rates.

<i>Rates are for 9 holes.</i>	Res	Non-Res
Mon - Fri		
Open - 3 PM	\$15	\$16
3 PM - Close	\$16	\$17
Sat & Sun		
Open - 12 PM	\$16	\$17
12 - 4 PM	\$15	\$16
4 PM - Close	\$14	\$15
Holidays		
Open - 12 PM	\$16	\$17
12 - 4 PM	\$15	\$16
4 PM - Close	\$14	\$15

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

M-F before 3 PM, Sa and Su after 12 PM. Except holidays.

**\$3 for 9 holes with Youth on Course membership.*

Putting Clinic

Instructor: T. Ryan

PGA teaching Pro Terri Ryan will show you tips and
tricks on the practice putting green.

Ages: 16 and up

Fee: Res: \$15 NR: \$15

Date: Thu, Sept 17 12-1 PM

Location: Evergreen Hills GC

Adult Golf Camp

Instructor: T. Ryan

Improve your game with this 3-day camp led by PGA
Teaching Pro Terri Ryan! Each day focuses on a
different part of the game, from full swing to short
game to on-course play.

Ages: 19 and up

Fee: Res: \$150 NR: \$170
Res 50+: \$135 NR 50+: \$153

Reg Deadline: Mon, Sept 7

Dates (Fri-Sun): Sept 11-13

Fri – Swing Focus 5–7 PM • BWDR

Swing analysis, irons, hybrids & woods.

Sat – Short Game/Strategy 8–11 AM • BWDR

Putting, chipping, pitching, bunker shots & strategy.

Sun – On-Course Instruction 8–11 AM • EHGC

9-hole scramble with coaching throughout.

Focus On: **Southfield Special Forces** *Friendship. Fun. Community.*



Southfield Special Forces offers recreation, outings, social activities and special events for adults ages 16+ with special needs. Throughout the year, participants enjoy opportunities to build friendships, explore the community and make lasting memories through programs designed with fun and inclusion in mind.

Please call (248) 796-4604 for more information or to be added to our monthly mailing list. You may also e-mail us at hgraves@cityofsouthfield.com.

Coming Up...

Oakland County Halloween Happiness

Celebrate Halloween with an evening of music, fun and festive activities for individuals with developmental and intellectual disabilities.



Ages: 16+

Date: Wed, Oct. 21 6–8 PM

Location: Southfield Pavilion

Registration through Oakland County Parks:
(248) 221-8040

Focus On: The Dog Park at Lahser Woods *Run. Play. Explore.*



The Dog Park at Lahser Woods is a members-only park where Southfield residents and their canine companions can run, play and socialize in a safe, welcoming environment. With separate areas for large and small dogs, walking paths and year-round special events, there's always something to wag about!

Ready to Join?

Residents can purchase annual memberships through Southfield Parks & Recreation. Scan for membership requirements, fees, licensing and vaccination information.



Don't miss these upcoming events!

- Paw-ty in the Park – Sept. 20
- Pup-O-Ween Sniff & Treat – Oct. 14

See page 3 for complete details.



Senior Services

TOSS: Transportation for Southfield Seniors

Need a ride? TOSS helps Southfield seniors stay independent, active, and connected with transportation to appointments, shopping, and more.

- Weekdays • 8:30 AM–3:30 PM
- Residents age 60+ in Southfield & Lathrup Village
- Service Area: 8 Mile–14 Mile; Coolidge–Middlebelt
- \$5 round trip (cash) or \$4 prepaid tickets
- Reservations required – no same/next-day rides

Schedule a ride:
(248) 796-4658

Ticket info:
(248) 796-4650

Supported by the
City of Southfield,
SMART, and
Corewell Health.



Senior Drop-In Membership

Join our welcoming community of active adults 50+ with a Senior Drop-In Membership! Your annual membership (Jan–Dec) includes access to all weekly drop-in sports and games for just \$10/year for residents or \$15/year for non-residents. Sign up once—in person, on-line, or by phone—and enjoy a whole year of fun, fitness, and friendships. Call (248) 796-4650 to register.

Drop-In Games

Parks & Recreation Building, 26000 Evergreen Rd.

- | | | |
|-------------------------------|-----------|---------------|
| • Bingo – \$0.25/card | Tue | 10–11:30 AM |
| • Sky-Jo | Tue | 12:30–3:30 PM |
| • Bid Whist | Tue & Thu | 12–3:30 PM |
| • Bridge & Mahjong | Wed | 12:30–3:30 PM |
| • Chess Club | Tue & Thu | 3:30–6:30 PM |

Drop-In Sports

Beech Woods Recreation Center, 22200 Beech Rd.

- | | | |
|--|-----------|-------------|
| • Bounce Volleyball Open Practice | Mon & Wed | 10 AM–12 PM |
| • Pickleball | Tue | 10 AM–12 PM |
| • Tennis | Thu & Fri | 10 AM–12 PM |

Ongoing 50+ Programs

Stay informed and connected with these programs for our 50+ community:

50+ Speaker Series

Join us each month for informative and engaging presentations from local experts and community partners.

Wed 9-10 AM Sfld Pavilion

Conversations with the Coordinator

Meet with Angie to hear what's coming up, share your ideas, and suggest classes or trips you'd love to see.

Wed, Sept 16, Oct 21, Nov 18 8:30–9 AM
Sfld Pavilion

Foot Doctor Visits with Dr. Taylor*

Foot care for adults 50+ includes diabetic care, callouses, corns, toenails and general evaluations. To schedule, call (248) 621-4800 and mention Southfield Senior Services and the Parks & Recreation Building location.

Thu, Sept 17, Oct 15, Nov 19 2–3 PM
P&R Building **Charges apply*

Eye Doctor Visits with Dr. Zacks*

Dr. Zacks provides complete eye exams for glaucoma, diabetic eye care, dry eye, macular degeneration, cataracts and blurred vision. To check insurance coverage and schedule, call **Eye Travel** at (248) 376-6046 and mention Southfield Senior Services and the Parks & Recreation Building.

Thu, Sept 17, Oct 15, Nov 19 1-4 PM
P&R Building **Charges apply*

All programs are free unless otherwise noted, and held in welcoming community spaces!

For more details, call the Senior Services office at **(248) 796-4650.**



Special Events

Thrive & Shine: Fitness Demo Days

Stay active, feel great, and connect with others at this energizing fitness demo day designed for older adults! Try a mix of *5-Point-0 Dance Fusion*, *Tai Chi* and *Chair Exercise* with our Parks & Recreation instructors. Enjoy light refreshments while discovering new ways to stay healthy and happy. *Sponsored by Aetna.*

Fee: Res 50+: \$5 NR 50+: \$6.50

Date: Sat, Sept 12 10 AM-12:30 PM

Registration Deadline: Thu, Sept 10

Location: Municipal Campus Front Lawn

Mocktails and Motown

This upbeat social will feature non-alcoholic cocktails and a playlist of Motown classics. Groove to the beat as you sip a *My Cherry Amour* or *Supreme Spritzer*. *I Heard it Through the Grapevine* that you don't want to miss this event.

Thank You: This free event is generously sponsored by the Friends of the Southfield Public Library.

Fee: Free

Date: Wed, Sept 23 6-7:30 PM

Reg Deadline: Pre-register by Wed, Sept 16 or until full. Call (248) 796-4650.

Location: Sfld Public Library - Community Rm



Fall Picnic

Ready for a picnic adventure? Gather your friends and let's go explore the Mary Thompson House & Farm. There will be a Honey Baked Ham picnic lunch, R&B Jazz entertainment, and time to tour The Mary Thompson House. You can walk around the beautiful gardens as well!

Fee: Res 50+: \$22 NR 50+: \$27

Date: Fri, Oct 2 11:30 AM-1 PM

Registration Deadline: Fri, Sept 25

Location: Mary Thompson House & Farm



Art

Intro to Quilting

Instructor: K. Garrett

Join this friendly beginner class and learn every step from threading your sewing machine, choosing fabrics, patterns and quilting tools. This class will take you through the steps of making your first quilt from start to finish. *No experience needed.*

Fee: Res 50+: \$60 NR 50+: \$65

Dates:

Thu, Sept 10-Oct 15 10:30 AM-12:30 PM

Thu, Oct 29-Dec 10* 10:30 AM-12:30 PM

Registration Deadlines: Thu, Sept 10 & Oct 29

Location: P&R Building - Rm 221

**No class Nov 26*

Quilting for Beginners

Instructor: K. Garrett

Discover the joy of creating your first beautiful quilt. Inspiring beginner quilters will explore the joy that comes from creating something beautiful. Pattern, fabric and supply list will be available at the time of registration.

Prerequisite for this class Must have taken Intro to Quilting or this beginners course at least once prior.

Fee: Res 50+: \$60 NR 50+: \$65

Dates:

Thu, Sept 10-Oct 15 12:30-3:30 PM

Thu, Oct 29-Dec 17* 12:30-3:30 PM

Registration Deadlines: Thu, Sept 10 & Oct 29

Location: P&R Building - Rm 221

**No class Nov 26*

Seasoned Quilters

Instructor: K. Garrett

Elevate your quilting with creative modern and traditional techniques. This class is for the seasoned quilter, the focus is on guiding quilters through a journey of traditional and creative modern quilting.

Fee: Res 50+: \$60 NR 50+: \$65

Dates:

Wed, Sept 9-Oct 14 12:30-3:30 PM

Wed, Oct 28-Dec 16* 12:30-3:30 PM

Registration Deadlines: Wed, Sept 9 & Oct 28

Location: P&R Building - Rm 221

**No class Nov 11*

Senior Services

Dance & Fitness



Chair Exercise

Instructor: K. Walton

Stay active with a seated workout using resistance bands, hand weights, and fitness balls to build strength and flexibility. Bring your equipment and a water bottle.

Daily Fee: Res 50+: \$5 NR 50+: \$6

Dates:

Mon, Sept 7-Dec 21 11 AM-12 PM

Wed, Sept 2-Dec 16 11 AM-12 PM

Fri, Sept 4-Dec 18 11 AM-12 PM

Location: P&R Building - Rm 115

Hustles for Seniors

Instructor: K. Johnson

Move to the music with Motown-inspired hustle routines made just for seniors! This class is designed with seniors in mind! There's no partner needed, just your love of music and movement.

Fee: Res 50+: \$30 NR 50+: \$40

Dates:

Thu, Sept 10-Oct 8 12-1 PM

Thu, Oct 22-Nov 19 12-1 PM

Registration Deadlines: Thu, Sept 10 & Oct 22

Location: P&R Building - Lower Level Dance Studio

Moderate Yoga

Instructor: L. Lerman

A gentle, balanced yoga class for all levels. Includes warm-ups, poses, and breathing exercises to improve strength and flexibility. Bring a mat and non-slip socks.

Fee: Res 50+: \$70 NR 50+: \$75

Dates:

Mon, Sept 14-Nov 2* 12:15-1:15 PM

Mon, Nov 9-Dec 21 12:15-1:15 PM

Registration Deadlines: Mon, Sept 14 & Nov 9

Location: P&R Building - Rm 115

**No class Oct 12*

Pickleball Lessons

Instructor: E. Starks

Learn the basics of Pickleball, including rules, scoring, and fundamental techniques to get you started on the court.

Fee: Res 50+: \$25 NR 50+: \$30

Dates:

Tue, Oct 6-Nov 10* 9:30-10:30 AM

Tue, Nov 17-Dec 15 9:30-10:30 AM

**No class Nov 3*

Tue, Oct 6-Nov 10 10:45-11:45 AM

Tue, Nov 17-Dec 15 10:45-11:45 AM

Reg Deadlines: Tue, Sept 29 & Tue, Nov 10

Location: BW Rec Center - Gym

Beginning Tai Chi with Jay

Instructor: J. Little

Learn the slow, gentle movements of the Tai Chi form.

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$31.50

Dates:

Evening Class @ Parks & Recreation Building

Mon, Sept 14-Oct 26* 6-7 PM

Mon, Nov 9-Dec 14 6-7 PM

Registration Deadlines: Mon, Sept 14 & Nov 9

Location: P&R Building - Lower Level Dance Studio

**No class Oct 12*

Morning Class @ Beech Woods Recreation Center

Thu, Sept 10-Oct 15 9:30-10:30 AM

Thu, Oct 29-Dec 10* 9:30-10:30 AM

Registration Deadlines: Thu, Sept 10 & Oct 29

Location: BW Rec Center - Multipurpose Rm

**No class Nov 26*

Stay connected with The Southfield Scribe!

Our quarterly senior newsletter highlights programs, trips, and activities.

Call (248) 796-4650 to receive it by mail
or view it on-line at

www.cityofsouthfield.com/departments/parks-recreation/senior-activities

Tai Chi Form

Instructor: J. Little

This class is a continuing Tai Chi class for those who know and understand the basics.

Instructor approval needed to take this class.

Fee: Res: \$30 NR: \$35
Res 50+: \$27 NR 50+: \$31.50

Dates:

Evening Class @ Parks & Recreation Building

Mon, Sept 4-Oct 19 7-8 PM

Mon, Nov 9-Dec 14 7-8 PM

Registration Deadlines: Mon, Sept 4 & Nov 9

Location: P&R Building - Lower Level Dance Studio

Morning Class @ Beech Woods Recreation Center

Thu, Sept 10-Oct 15 10:45-11:45 AM

Thu, Oct 29-Dec 10 10:45-11:45 AM

Registration Deadlines: Thu, Sept 10 & Oct 29

Location: BW Rec Center - Multipurpose Rm

Cornhole League

Grab a partner and join our Cornhole League for a fun and competitive season! Teams of two will compete in weekly games, leading up to a championship tournament with prizes and awards for top finishers.

Team Fee: \$60/team of 2

Dates: Wed, Sept 9-Oct 28 6-8 PM

Registration Deadline: Tue, Sept 4

Location: Sfld Pavilion

Senior Bounce Volleyball Leagues

The game is played by standard volleyball rules except that the ball can bounce before you hit it. Teams are welcome as well as individuals can be placed on a team.

Team Fee: \$300

Dates:

4-person Team

Wed, Nov 4-Mar 24 10-11 AM

6-person Team

Wed, Nov 4-Mar 24 11 AM-12 PM

Registration Deadline: Wed, Oct 28

Location: BW Rec Center - Gym

Enrichment Programs

Learn to Play Chess

Instructor: S. Mayberry

Learn the basics of chess in a fun, relaxed setting with no pressure, just friendly games and simple tips. You'll learn the rules, board setup, and basic strategies to build your skills and confidence. *Once you're comfortable, you're invited to join our Chess Club, held every Tuesday and Thursday, for casual play and more chances to sharpen your game!*

Fee: Res 50+: \$10 NR 50+: \$15

Dates:

Thu, Sept 3-Oct 1 3:30-6:30 PM

Thu, Oct 15-Nov 12 3:30-6:30 PM

Registration Deadlines: Thu, Aug 27 & Oct 8

Location: Sfld Pavilion

Music History Series

Instructor: S. Johnson

These presentations, include your favorite songs along with informational slides and handouts.

Fee: Res 50+: \$5/day NR 50+: \$6.50/day

Dates:

Fri, Sept 25 1-2:15 PM *Doo Wop*

Fri, Oct 16 1-2:15 PM *Words by Johnny Mercer*

Fri, Nov 20 1-2:15 PM *Music of the War Years*

Registration Deadlines:

Mon, Sept 21, Fri, Oct 9 & Mon, Nov 16

Location: P&R Building - Rm 223



Plan Your Park Adventure

With over 20 parks to explore, there's a perfect spot for every kind of day.
Use this guide to find the best park for your mood!

Park Name	Services	Location
Bauervic Woods Park	Playlot Trails Picnic Area Family-Friendly Park	20545 W Nine Mile Rd
Bedford Woods Park	Playlot Walking Path Soccer Field Softball/Little League field Family-Friendly Park	Webster, W of Pierce
Beech Woods Park	50-tee, lighted driving range Tennis Courts 2 Playlots Heated restroom open year-round 2 Picnic Shelters Sand Volleyball Court Public Parking Family-Friendly Park Active Rec Spot	22200 Beech Rd
Berberian Woods Nature Preserve	Nature Trail Nature & Quiet Trails	end of Streamwood Ln, S of Twelve Mile Rd.
Burgh Historical Park	Flower Gardens Historic Site Nature & Quiet Trails	26080 Berg Rd
Carpenter Lake Nature Preserve	Boulder Garden Nature trails Lake fishing access Restrooms Small shelter Nature & Quiet Trails	27225 W Ten Mile Rd
Civic Center Park	Sand Volleyball Soccer field Tennis courts (lighted) Racket/Handball courts (lighted) Ballfields (1 lighted) Restrooms (Closes Nov 1) Playlot 2 Picnic Shelters Nature trails Family-Friendly Park Active Rec Spot	26000 Evergreen Rd
Freeway Park	Playlot Walking Paths Tot-Lot & Family-Friendly Park	Eastbound Lincoln, W of Greenfield Rd
Inglenook Park	4 Softball fields Accessible play lot Fitness trail Restrooms (Closes Nov 1) Family-Friendly Park Active Rec Spot	20901 W 12 Mile Rd
Lahser Woods Park	Paved walking path	27577 Lahser Rd
The Dog Park at Lahser Woods	Separate areas for Large Dogs (25+ lbs.) and Small Dogs (under 25 lbs.), with secure access. Dog-Friendly Park	27577 Lahser Rd
Mary Thompson House & Farm	Southfield Community Gardens Historic Site Nature & Quiet Trails	25630 Evergreen Rd
Miller Park	Playlot Ball field Walking Path Pickleball and basketball courts Active Rec Spots	18401 Webster
Pebble Creek Park	Playlot Picnic Shelter Soccer field Walking/fitness trail Restrooms (Closes Nov 1) Active Rec Spots	26355 American Dr
Seminole Park	Playlot Family-Friendly Park	Seminole St., north of Shiawassee
Simms Park	Playlot Small shelter Ball field Walking Path Tennis & basketball courts Active Rec Spots	28501 Pierce St.
Stratford Woods Commons	Play Area Picnic Area (no shelter) Family-Friendly Park	Pierce, S of 10 Mile Rd.
Valley Woods Nature Preserve	Nature Trail Fishing Nature & Quiet Trails	Civic Center Drive, E of Telegraph

Register & Connect

Register for programs, find contact information, and plan your next visit.

Register for Programs

Online: bit.ly/SfldParksAndRecOnline

In Person:



- Parks & Recreation Building (26000 Evergreen Rd)
- Beech Woods Recreation Center (22200 Beech Rd)

Phone:

(248) 796-4620 - Parks & Recreation

(248) 796-4670 - Beech Woods Recreation Center



Helpful Information

- Picnic shelter reservations began in March. Scan the QR code for details on the 5 shelters available.



- Some programs fill quickly, early registration is recommended

Main Locations

Parks & Recreation Building & Pavilion

26000 Evergreen Rd • (248) 796-4620

Mon–Fri • 8 AM–6 PM

Beech Woods Recreation Center

22200 Beech Rd • (248) 796-4670

Mon–Fri • 8 AM–6 PM

Southfield Sports Arena

26000 Evergreen Rd • (248) 796-4640

Mon–Fri • 8:30 AM–5 PM

Evergreen Hills Golf Course

26000 Evergreen Rd • (248) 796-4666

Mon–Sun • hours Vary by Season

Beech Woods Driving Range

22202 Beech Rd • (248) 796-4655

Mon–Wed, & Fri • 9 AM–8 PM

Thur • 11 AM–8 PM

Sat & Sun • 8 AM–8 PM



Additional Facilities

Senior Services

(248) 796-4650

Mon–Thurs • 9 AM–4 PM • Fri • 9 AM–2 PM

Beech Woods Wellness Center

(248) 796-4676

Arts & Activities Building

(248) 796-4620

Park Services

(248) 796-4630

Mon–Fri • 7:30 AM–3:30 PM

Burgh Historical Park

26060 Berg Rd

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

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City Council

Charles Hicks, Council President

Coretta Houge, Pro-tem

Nancy L.M. Banks

Ashanti Bland

Daniel Brightwell

Yolanda C. Haynes

Michael "Ari" Mandelbaum

Gabi Grossbard, City Clerk

Irv M. Lowenberg, Treasurer

Frederick E. Zorn, CEcd City Administrator



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Brandon Gray, Chairperson

Rosemerry Allen

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Kathleen A. McNelis

Simon Rivers

Terrell Lockhart Jr., *Student Representative*



Parks & Recreation Department

Terry Fields, Director

Kiam Jones, Recreation Superintendent

Steve Griffith, Parks Superintendent