

SOUTHFIELD
**PARKS &
RECREATION**

Fall 2024

WELCOME

Explore Southfield Parks Under the Full Moon!

Join us for Full Moon Walks this Fall and experience nature like never before.
Perfect for the whole family!

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On occasion, Parks & Recreation staff will take pictures of individuals using our parks and facilities or participating in our special events, programs or classes. Please be aware that these photos are for Parks & Recreation Department use only and may be used in future promotional pieces such as social media posts or printed materials such as flyers or activity brochures.

Parks & Recreation Building & Pavilion

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

Senior Services

26000 Evergreen Road (248) 796-4650
M-Th..... 9:00 am-4:00 pm
F 9:00 am-2:00 pm

Arts & Activities Building

26000 Evergreen Road (248) 796-4620

Beech Woods Recreation Center

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

Beech Woods Wellness Center.....

(248) 796-4676
M-F..... 9:00 am-3:00 pm
M-F..... 4:00 pm-7:00 pm

Beech Woods Driving Range

Closes at 3 pm on Oct 31, 2024. Last Small Bucket sold at 8 pm.

22202 Beech Road..... (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

Burgh Historical Park

Please note: the Burgh Historical Park and it's buildings are not available for rental.

Northeast corner of Civic Center Drive & Berg Road
26060 Berg Road (248) 796-4620

Evergreen Hills Golf Course

26000 Evergreen Road (248) 796-4666

Park Services

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

Southfield Sports Arena

26000 Evergreen Road (248) 796-4640

www.cityofsouthfield.com

Thank you.



for your generous support of Juneteenth JUBILEE





CARPENTER LAKE NATURE PRESERVE

Carpenter Lake Nature Preserve, located at 27225 W Ten Mile Road, features interpretive nature trails and lake fishing access. The 42-acre preserve is home to an abundance of wildlife. As a nature preserve, the park is intended to be completely passive while encouraging public enjoyment of nature, providing a pleasant place to walk or fish, and to educate the public about the native plant and animal community. Interpretive signage along the trails educates the public about nature in the park including vernal ponds, deciduous forest and lake ecology. The ample trails provide an easy walking experience for young children, elderly and disabled visitors

Renovation Project

Over the past decade, there has been a growing interest in outdoor activities and spaces, leading the Parks & Recreation Department to prioritize investing in our outdoor areas.

Carpenter Lake Nature Preserve is one of the city's most popular parks, and there have been discussions about providing restrooms and water access and improving the parking lot at the site for some time. Thanks to a \$600,000 Michigan Economic Development Grant secured by State Senator Jeremy Moss, the project was initiated in 2023. For the safety of the public and workers, Carpenter Lake Nature Preserve closed to the public on July 31, 2023, to allow for these enhancements. With these improvements, the Parks & Recreation Department looks forward to offering a diverse range of nature programs for all ages at Carpenter Lake Nature Preserve.

Carpenter Lake Nature Preserve re-opened to the public in July 2024.

Final Investment: \$1,218,910.54

New Features

All season restroom (3 unisex bathrooms) plus drinking fountain

16' x 20' open air shelter (maximum capacity of 25 people)

Total of 71 parking spaces (3 accessible) plus parking for 2 buses

ADA accessibility curb ramps with a marked crosswalk from Boulder Garden to restroom/shelter area



THE BOULDER GARDEN AT CARPENTER LAKE

In 2016, attorney Marshall Lasser directly approached Mayor Ken Siver with a proposal for a significant donation to a Southfield park. The proposal entailed the installation of a captivating rock garden featuring various stones from the Great Lakes region. Mayor Ken Siver supported the project and successfully presented it to the Parks & Recreation department, the Parks & Recreation Board, and ultimately to the City Council.

The passive concept of Carpenter Lake Nature Preserve was considered a perfect fit for the project. Work began in the fall of 2017 with rocks collected from quarries around the Great Lakes: including the Upper Peninsula of Michigan, Wisconsin and SE Ontario, Canada. The boulders range in age from 1 to 2.7 billion years old. As participants explore the Boulder Garden, they can learn about the boulders through QR codes located on the rocks as well as through interpretive signage onsite. In addition to the meditative aspect of the installation, the Boulder Garden has quickly become a family-favorite activity in the area

Construction was completed by Ray Rogers of *Rockworks, LLC*. John Zawiskie of *Cranbrook Institute of Science* was the primary science content resource with additional input from Dr. Andrew Gangidine.

Fun for Kids - Sports

Athletics/Sports

Youth Open Gym

- All participants must register for the 2024/25 season upon their first visit; Participants must be accompanied by a parent or guardian at registration.
- Anyone age 9-13 must be signed in by a parent or guardian EVERY VISIT.
- Open Gym is limited to 45 participants per day.
- Parents/adults are not allowed on the courts during Youth Open Gym.
- \$1 fee to replace a lost Open Gym card.

Ages: 9 - 13

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

M-F Sept 3-Dec 20* 3:30-5:30 pm

📍 BW Recreation Center - Courts 1-3

**No Open Gym Oct 14, Nov 11 & Nov 28 & Nov 29*

Advanced Youth Soccer Clinic

Instructor: P. Lamarre

Advanced soccer training will focus on critical ball control, passing, shooting, trapping, and improving technique.

Ages: 4 - 14

5 weeks **Resident: \$65** **NR: \$75**

Su Sept 15-Oct 13 3:00-4:00 pm #10221

📍 Civic Center Park - Soccer Field/Flag Football

Youth Soccer Clinic

Instructor: P. Lamarre

Each week, young athletes will focus on a different essential soccer skill, including dribbling, passing, shooting, and more. Our experienced coaches will provide fun, engaging drills and activities that help build confidence and improve technique.

Ages: 4 - 14

5 weeks **Resident: \$55** **NR: \$65**

Su Sept 15-Oct 13 3:00-4:00 pm #10154

📍 Civic Center Park - Soccer/Flag Football Field

Flag Football Skills Training

Instructor: M. Greatness

This training will teach the skills needed to be a better athlete. We will incorporate fundamentals, teamwork, leadership and accountability. Self improvement and goal setting activities will also be integrated. Participants will be provided with team T-shirt/jersey. Optional: Personalized jersey with players name and number for an additional cost of \$20.

Ages: 6 - 10

7 weeks **Resident: \$100** **NR: \$115**

Tu,Th Sep 3-Oct 17 4:30-5:30 pm #9849

📍 Bedford Woods Park - Soccer Field

Ages: 11 - 16

7 weeks **Resident: \$100** **NR: \$115**

Tu,Th Sep 3-Oct 17 5:30-6:30 pm #10251

📍 Bedford Woods Park - Soccer Field

Fall Basketball League - Grades 2-3

Open to boys and girls in grades 2 and 3, this league offers a fun and engaging environment for young athletes to develop their skills and love for the game. Games will be played on Saturdays, with a 6-game schedule, at the Beech Woods Recreation Center. Practices are set for Fridays at the same location, ensuring that the kids get ample time to hone their skills. Each participant will receive a team jersey to wear with pride.

Attendance at the mandatory *Drills and Draft* is required to ensure fair and balanced teams.

For more information or to volunteer as a coach, please contact Angelica Mickens at amickens@cityofsouthfield.com.

2nd & 3rd Grades Ages: 6 - 7

6 weeks **Resident: \$80** **NR: \$95**

Sa Oct 5-Nov 9 9:00-10:00 am #10149

📍 BW Recreation Center - Court 2

Drills and Draft Sa Oct 5 9:00 am

Fun for Kids - Sports



Grasshopper Basketball

Instructor: G. Hawthorne

Grasshopper Basketball is designed to provide your children with the best possible learning environment. Over the course of six weeks, kids will engage in a variety of fun activities, including stations, drills, and live play. They'll develop essential skills such as passing, shooting, defense, and dribbling. Our goal is to ensure that every child finishes the program with a smile and a newfound love for basketball.

Ages: 4 - 6

6 weeks

Resident: \$50

NR: \$65

Sa Sept 14-Oct 19 9:00-9:50 am #10145

Sa Oct 26-Dec 7 9:00-9:50 am #10146

📍 BW Recreation Center - Court 1

Youth Basketball Clinic

Instructor: G. Teasley

Designed for kids aged 7-10, this clinic focuses on teaching the strategies of basketball and developing essential skills for game situations. Your child will learn and grow in a supportive environment, preparing them to excel on the court.

Ages: 7 - 10

6 weeks

Resident: \$50

NR: \$65

Sa Sept 14-Oct 19 10:00-10:50 am #10147

Sa Oct 26-Dec 7 10:00-10:50 am #10148

📍 BW Recreation Center - Court 1

Basketball Skills & Drills

Instructor: T. Marshall

This program will teach your child the skills they need for both on and off the court to be a better athlete. Over the 5-week span of classes your child will learn the fundamentals and strategies of the game while developing the basic skills that are needed to play in a league format.

Ages: 7 - 11

5 weeks

Resident: \$50

NR: \$65

M Sept 23-Oct 21 6:00-6:50 pm #10152

M Oct 28-Nov 25 6:00-6:50 pm #10153

📍 BW Recreation Center - Court 3

Fall Basketball League -Grades 4-8

Our Fall Basketball Leagues are back and better than ever! Open to boys and girls in grades 4-5 and 6-8, these leagues provide a fantastic opportunity for young athletes to enhance their skills and enjoy the excitement of competitive play.

Both leagues feature, an 8-game schedule with games held on Saturdays at Beech Woods Recreation Center. Practices are scheduled for Fridays, giving players plenty of time to improve their game. Each participant will receive a team jersey to showcase their team spirit.

Mandatory attendance at the *Drills and Draft* is required for all participants to ensure fair and balanced teams.

If you're interested in coaching or need more information about the program, please contact Angelica Mickens at amickens@cityofsouthfield.com.

4th-5th Grade

Ages: 8 - 10

8 weeks

Resident: \$100

NR: \$120

Sa Sept 28-Nov 23 10:00-11:00 am #10150

📍 BW Recreation Center - Court 2

Drills and Draft Sa Sept 28 10:00 am

6th-8th Grade

Ages: 11 - 14

8 weeks

Resident: \$100

NR: \$120

Sa Oct 5-Nov 23 11:00 am-12:00 pm

#10151

📍 BW Recreation Center - Court 2

Drills and Draft Sa Oct 5 11:00 am

Fun for Kids - Dance

Dance/Music

Payment Options:

- All transactions must be done via credit card unless paying in full
- Monthly*: Pay in 10 equal installments – The first month's installment will be due at the time of registration. Subsequent payments processed on the 1st of each month, from Oct 1, 24 – June 1, 25.
- Year in Full: Pay for the full season upfront (1 time payment)



IMPULSE
DANCE ACADEMY

	Monthly Installments (10 Payments)	Year in Full (1 Payment)
Southfield resident - weekly 45-minute class	\$48/month	\$480
NR - weekly 45-minute class	\$58/month	\$580
Southfield resident - weekly 60-minute class	\$62/month	\$620
NR - weekly 60-minute class	\$72/month	\$720

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

Registration & Tuition Policies:

- **Credit Card Transactions Only:** All transactions must be done via credit card unless paying in full.
- **No Proration, Refunds, or Credits:** There are no proration, refunds, or credits for any classes missed during the year.
- **Mid-Season Enrollment:** Tuition will be based on when you begin dancing with us if you enroll mid-season. You will still pay the full month your dancer joins PLUS the Registration Fee.
- **Tuition Basis:** Tuition is not based on the number of classes in a month or on attendance. Holidays and closures are already calculated into your 10 payments
- **Class Scheduling:** All classes are scheduled more than 30 weeks for the year to accommodate for any weather closings, emergencies, and class cancellations for any reason. Make-ups for classes will only be scheduled if the year falls below 30 weeks.
- **Past Due Payments:** Parks and Recreation personnel will attempt to collect tuition. If it becomes more than one month past due, your child will be prohibited from attending class. If we do not hear from you after 30 days, your child will be dropped from the class. Their spot will be open, and you would need to re-register them to continue taking classes.

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

Cancellation Policy

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

Fun for Kids - Dance

Taps & Tutus

Instructor: R. McMorris

Foster a love of movement with this fun, energetic class that explores rhythm, song, body awareness, coordination skills, imagination and creative expression. Lesson plans consider students' attention span and keeps them happily engaged while learning to translate music into movement. Children must be potty trained and able to be independent from their parent in class.

Tap Dress Code (Sept- Dec): Tap shoes needed.

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

Ages: 3 - 5

Thursday Class

40 weeks **Resident: \$48** **NR: \$58**
W Sept 13-June 13 6:00-6:45 pm #10247

📍 Arts & Activities Building - Dance Room

Saturday Class

40 weeks **Resident: \$48** **NR: \$58**
Sa Sept 14-June 14 10:30-11:15 am #10113

📍 Arts & Activities Building - Dance Room

Mini Ballet

Instructor: R. McMorris

Introduction of classical ballet technique and terminology. Based on a combination of the French, Vaganova and Cecchetti methods as students progress.

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

Ages: 3 - 5

Thursday Class

40 weeks **Resident: \$48** **NR: \$52**
Th Sept 12-June 12 5:30-6:15 pm #10120

📍 Arts & Activities Building - Dance Room

Saturday Class

40 weeks **Resident: \$48** **NR: \$58**
Sa Sept 14-June 14 11:30 am-12:15 pm #10119

📍 Arts & Activities Building - Dance Room

Hip Hop

Instructor: R. McMorris

Introduction to vocabulary, style, and self-expression of hip-hop music. These high energy classes are taught to students who have a passion to move!

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

Mini Hip Hop

Ages: 5 - 6
40 weeks **Resident: \$48** **NR: \$58**
Sa Sept 14-June 14 10:30-11:15 am #10121

📍 Arts & Activities Building - Dance Room

All Boys Hip Hop

Ages: 5 - 8
40 weeks **Resident: \$48** **NR: \$58**
Th Sept 12-June 12 5:30-6:15 pm #10117

📍 Arts & Activities Building - Dance Room

Mini/Jr Hip Hop

Ages: 5 - 10
40 weeks **Resident: \$48** **NR: \$58**
Th Sept 12-June 12 6:30-7:15 pm #10122

📍 Arts & Activities Building - Dance Room

Jr Hip Hop

Ages: 7 - 8
40 weeks **Resident: \$48** **NR: \$58**
Sa Sept 14-June 14 11:30 am-12:15 pm #10114

📍 Arts & Activities Building - Dance Room

Jr/Teen Hip Hop

Ages: 8 - 14
40 weeks **Resident: \$48** **NR: \$58**
Sa Sept 14-June 14 1:30-2:15 pm #10115

📍 Arts & Activities Building - Dance Room



Fun for Kids - Dance

Ballet/Jazz

Instructor: R. McMorris

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

Jazz Dress Code (Sept- Dec): any color leotard, black jazz pants/shorts, black tights, black jazz shoes, hair in bun/ponytail.

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

Jr Ballet/Jazz

Ages: 6 - 8

40 weeks **Resident: \$62** **NR: \$72**

Sa Sept 14-June 14 12:30-1:30 pm #10116

📍 Arts & Activities Building - Dance Room

Jr/Teen Ballet/Jazz

Ages: 9 - 12

40 weeks **Resident: \$62** **NR: \$72**

Sa Sept 14-June 14 12:30-1:30pm #10118

📍 Arts & Activities Building - Dance Room

COMING SOON

Adult Hip Hop

Instructor: 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 that will allow ease of movement; dance shoes/sneakers; (no street shoes, midriff shirts or jeans)

Ages: 18 and up

23 weeks **Resident: \$48** **NR: \$58**

Th Jan 9-June 12 7:30-8:15 pm #10248

📍 Arts & Activities Building - Dance Room

Holiday Showcase
SATURDAY, DECEMBER 21
SOUTHFIELD PAVILION

Southfield
the center of it all™

IMPULSE
DANCE ACADEMY

SOUTHFIELD
PARKS & RECREATION

Fun for Kids

THANK YOU SOUTHFIELD



FOR A GREAT SUMMER!



Hobbies/Interests

Robots and Coding 1

Instructor: W. Hill

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

Ages: 9 - 15

6 weeks

Resident: \$150

NR: \$170

M Sept 16-Oct 28* 4:30-6:00 pm #10096

**No class Oct 14*

📍 P&R Building - Room 222

Robots and Coding 2

Instructor: W. Hill

Must complete the prerequisite by participating in the **Robots and Coding 1**.

In Robots and Coding 2 students will continue to build on top of the Basebot. With this course we will add a robot arm and claw, and then write software code to accomplish a variety of missions. Participants will enhance their skills by utilizing the engineering process and collaborating as a team. They will also learn physics while working on a robot capable of retrieving items.

Ages: 9 - 15

6 weeks

Resident: \$150

NR: \$170

M Nov 4-Dec 16* 4:30-6:00 pm #10097

**No class Nov 11*

📍 P&R Building - Room 223

Boo Bash

FOR AGES 2-12

GOULISH GAMES

CREEPY CRAFTS



TRICK OR TREATING

ENTERTAINMENT



SAT



OCT
19



1-4 PM



SOUTHFIELD
PAVILION

Admission \$10/Resident; \$15/Non-resident
One adult must be present per family, everyone
must have a ticket.

Southfield
the center of it all™



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 Sept 11-Nov 13 7:00-10:00 pm #10112

📍 Burgh Historical Park - Art Bldg

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

7 weeks **Resident: \$70** **NR: \$80**

Senior: Resident: \$63 NR: \$72

M Sept 9-Oct 28* 5:30-7:00 pm #10086

**No class Oct 14*

📍 Arts & Activities Building - Dance Room

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

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

M Nov 4-Dec 16* 5:30-7:00 pm #10087

**No class Nov 11*

📍 Arts & Activities Building - Dance Room

Special Interest

Dog & Cat First Aid and CPR

Instructor: L. Jankowski

What would you do if your dog or cat got hurt? Learn how to respond to common emergency situations, first aid techniques and animal CPR (hands on lab to include animal CPR on a dog/cat mannequin). This two-hour class includes a certificate of training and take-home practical handouts.



Ages: 12 and up

2 hours **Resident: \$50** **NR: \$55**

Senior: Resident: \$45 NR: \$49.50

Sa Oct 12 10:00 am-12:00 pm #10098

Sa Nov 2 10:00 am-12:00 pm #10124

📍 P&R Building - Room 221

The Art of Makeup and Etiquette

Instructor: R. Robinson

Join our Makeup and Etiquette Class for a delightful blend of beauty and grace taught by an experienced, and licensed makeup artist. Discover the art of enhancing your natural beauty through expert makeup techniques while mastering the social skills and etiquette that will empower you to shine in any setting. Elevate your confidence and charm with this class.

Ages: 16 and up

6 weeks **Resident: \$180** **NR: \$195**

Senior: Resident: \$162 NR: \$175.50

Tu Sept 10-Oct 15 5:00-7:00 pm #10091

📍 P&R Building - Room 223

6 weeks **Resident: \$180** **NR: \$195**

Senior: Resident: \$162 NR: \$175.50

Tu Oct 29-Dec 3 5:00-7:00 pm #10092

📍 P&R Building - Room 221

All Ages - Karate

Karate

L'il Tots & Young Tots Karate

Instructor: M. Bray

These classes are tailored for young children, providing a fun and engaging introduction to the fundamentals of karate. 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.

L'il Tots

Ages: 5 - 6

7 weeks

Resident: \$30

NR: \$40

Sa Sept 7-Oct 19 9:30-10:00 am #10224

Sa Oct 26-Dec 14 9:30-10:00 am #10228

📍 BW Recreation Center - Multipurpose Rm

Young Tots

Ages: 6 - 7

7 weeks

Resident: \$30

NR: \$40

Sa Oct 26-Dec 14 10:15-10:45 am #10229

📍 BW Recreation Center - Multipurpose Room

Advanced Karate

Instructor: G. Mundy

This class is specifically designed for practitioners with red and black belts from any martial arts style. This course is designed to build upon the concepts, forms, techniques, and drills learned in beginner and intermediate classes, with a greater emphasis on self-defense skills. Additionally, sparring will be included as part of the class drills.

Ages: 7 and up

8 weeks

Resident: \$50

NR: \$65

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

Tu,Th Sept 3-Oct 24 8:00-8:50 pm #10234

📍 BW Recreation Center - Multipurpose Room

7 weeks

Resident: \$50

NR: \$65

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

Tu,Th Nov 5-Dec 19 8:00-8:50 pm #10238

📍 BW Recreation Center - Multipurpose Room

Beginner Karate

This class is designed for white belts and anyone without prior experience. Learn a range of fundamental concepts, including basic technique movements, basic drills, stances, respect, class etiquette, mottos, concentration, endurance, and balance. Discover how techniques are combined into patterns, and practice drills to further hone your skills. You'll



also be introduced to exercises and stretches to help develop your technique. Finally, put your skills to the test with board breaking exercises. Advancement to colored belt is provided.

Tuesday Class

Instructor: G. Mundy

Ages: 7 and up

8 weeks

Resident: \$30

NR: \$40

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

Tu Sept 3-Oct 22 6:00-6:50 pm #10232

📍 BW Recreation Center - Multipurpose Room

Tuesday & Thursday Class

Instructor: G. Mundy

Ages: 7 and up

8 weeks

Resident: \$30

NR: \$40

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

Tu,Th Sept 3-Oct 24 6:00-6:50 pm #10235

📍 BW Recreation Center - Multipurpose Room

7 weeks

Resident: \$30

NR: \$40

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

Tu,Th Nov 5-Dec 19 6:00-6:50 pm #10236

📍 BW Recreation Center - Multipurpose Room

Saturday Class

Instructor: M. Bray

Ages: 7 and up

7 weeks

Resident: \$30

NR: \$40

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

Sa Sept 7-Oct 19 11:00 am-12:00 pm #10226

Sa Oct 26-Dec 14 11:00 am-12:00 pm #10230

📍 BW Recreation Center - Multipurpose Room

Let's celebrate together!

SOULFUL SANTA CELEBRATION

December 14
12 - 5 pm



Professional photos with Black Santa
Children's Storyteller

Impulse Dance Academy dancers

Face Painting with *Jazzy the Clown*

Black Owned Vendor Marketplace

360 Photobooth Arts & Crafts

Letters to Santa Hot Chocolate and Cookies

Food for purchase



Tickets: \$8/Southfield resident
\$10/Non-Resident

Everyone ages 2 and up needs a ticket to enter

Southfield Pavilion,
26000 Evergreen Road

Call (248) 796-4620
for details.

All Ages - Karate & Tennis

Intermediate Karate

This class is designed for colored belt practitioners from any martial arts style. Focusing on advancing fundamental concepts, forms, techniques, and drills, this class is the perfect stepping stone from beginner to advanced level. Expect to develop your self-defense skills, and participate in sparring drills. Advancement up to Black Belt level is provided.

Tuesday & Thursday Class

Instructor: G. Mundy

Ages: 7 and up

8 weeks **Resident: \$50** **NR: \$65**
Senior: Resident: \$45 **NR: \$58.50**
Tu,Th Sept 3-Oct 24 7:00-7:50 pm #10233

📍 BW Recreation Center - Multipurpose Room

7 weeks **Resident: \$50** **NR: \$65**
Senior: Resident: \$45 **NR: \$58.50**
Tu,Th Nov 5-Dec 19 7:00-7:50 pm #10237

📍 BW Recreation Center - Multipurpose Room

Saturday Class

Instructor: M. Bray

Ages: 7 and up

7 weeks **Resident: \$30** **NR: \$40**
Senior: Resident: \$27 **NR: \$36**
Sa Sept 7-Oct 19 12:15-1:15 pm #10227
Sa Oct 26-Dec 14 12:15-1:15 pm #10231

📍 BW Recreation Center - Multipurpose Room



Tennis

Quick Start Tennis Lessons

Instructor: R. Hughes

This program is designed to teach young children the game of tennis. They will be taught how to use their racquets, and judging the flight and direction of the ball. Please bring your own racquet.

OUTDOOR Lessons

Ages: 4 - 6

5 weeks **Resident: \$55** **NR: \$70**
Sa Sept 14-Oct 12 9:00-9:50 am #10214

📍 Civic Center Park - Tennis Courts 3 and 4

Ages: 7 - 10

5 weeks **Resident: \$55** **NR: \$70**
Sa Sept 14-Oct 12 10:00-10:50 am #10215

📍 Civic Center Park- Tennis Courts 3 and 4



INDOOR Lessons

Ages: 4 - 6

5 weeks **Resident: \$55** **NR: \$70**
Sa Oct 19-Nov 16 12:00-12:50 pm #10218

📍 BW Recreation Center - Court 3

Ages: 7 - 10

5 weeks **Resident: \$55** **NR: \$70**
Sa Oct 19-Nov 16 1:00-1:50 pm #10219

📍 BW Recreation Center - Court 3

Ages: 11 - 17

5 weeks **Resident: \$44** **NR: \$59**
Sa Oct 19-Nov 16 2:00-2:50 pm #10220

📍 BW Recreation Center - Court 3

All Ages - Tennis



Beginner Tennis Lessons

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

OUTDOOR Lessons

Youth Ages: 8 - 12 Instructor: R. Hughes
5 weeks **Resident: \$55 NR: \$70**

Tu Sept 10-Oct 8 6:00-6:50 pm #10211

📍 Civic Center Park - Tennis Courts 3 and 4

Adult Ages: 18 and up Instructor: R. Hall Jr.

5 weeks **Resident: \$55 NR: \$70**

Senior: Resident: \$49.50 NR: \$63

M Sept 9-Oct 7 6:00-6:50 pm #10209

📍 Civic Center Park - Tennis Courts 3 and 4

Adult Ages: 18 and up Instructor: R. Hughes

5 weeks **Resident: \$55 NR: \$70**

Senior: Resident: \$49.50 NR: \$63

Tu Sept 10-Oct 8 7:00-7:50 pm #10212

📍 Civic Center Park - Tennis Courts (3 and 4)

INDOOR Lessons

Youth Ages: 8 and up Instructor: R. Hughes

5 weeks **Resident: \$55 NR: \$70**

Th Oct 17-Nov 14 6:00-6:50 pm #10216

📍 BW Recreation Center - Court 3

Intermediate Tennis Lessons

Instructor: R. Hall Jr.

For those who have played before, but are looking to improve their game. Instruction of drills for control consistency, strategies and game play. Introduction of lob, overhead and half-volleys. Competitive drills and games will be played.

Teen/Adult Ages: 13 and up

5 weeks **Resident: \$55 NR: \$70**

Senior: Resident: \$49.50 NR: \$63

M Sept 9-Oct 7 7:00-7:50 pm #10210

📍 Civic Center Park - Tennis Courts 3 and 4

Tennis Lessons - Family

Instructor: R. Hughes

This class is designed for parents and children who want to take a beginner tennis lesson at the same time and location. Parent and child(ren) must each register for this class.

Ages: 7 and up

OUTDOOR Lessons

5 weeks **Resident: \$55 NR: \$70**

Senior: Resident: \$49.50 NR: \$63

Th Sept 12-Oct 10 7:00-7:50 pm #10213

📍 Civic Center Park - Tennis Courts 3 and 4

INDOOR Lessons

5 weeks **Resident: \$55 NR: \$70**

Senior: Resident: \$49.50 NR: \$63

Th Oct 17-Nov 14 7:00-7:50 pm #10217

📍 BW Recreation Center - Court 3



Register Online



KICK OFF THE SEASON WITH US AT THE

Southfield Tree Lighting Ceremony

TUESDAY, DECEMBER 3 • 6 - 8 PM
SOUTHFIELD MUNICIPAL CAMPUS FRONT LAWN,
26000 EVERGREEN ROAD

Entertainment Crafts Refreshments Visits with Santa and more!



FULL MOON WALKS



*Experience the park like never before,
under the glow of the full moon!*

Friday
NOVEMBER 15
5 PM

Saturday
DECEMBER 14
4:45 PM

Civic Center Park,
26000 Evergreen Road

Join us for a serene evening walk just after sundown. Enjoy the unique sights and sounds as the park transforms in the moonlight. Dress for the weather and bring a flashlight, lantern, or headlamp.





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

Open Skate

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

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

Weekday Lunch Skate

\$4/person

M, W, F Sept 4-Dec 27 12:00-1:20 pm

Weekend Open Skate

\$4/Resident \$5/NR

Sa Sept 7-Dec 28 12:00-1:20 pm
 Su Sept 8-Dec 29 3:00-4:20 pm

Sticks & Pucks

All Sticks & Pucks participants must be 18 years or older and must bring and wear a helmet. Sticks & Pucks is limited to the first 20 people to sign in each session.

\$8/person

M, W, F Sept 4-Dec 27 10:30-11:50 am
 Su Sept 8 - Dec 29 12:00-1:20 pm

Learn to Skate

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

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

**JOIN OUR
TEAM**

**ZAMBONI
DRIVERS**

\$15 - \$20/hour *Based on Experience*
 Work on and off the ice, operate the Zamboni
 (Training available)
 Requires some evenings & weekends
 Work up to 40 hours per week (seasonally)

Southfield Sports Arena
 26000 Evergreen Road
 (248) 796-4640



WE ARE HIRING

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



BUS DRIVERS
CDL a plus, but not required

ZAMBONI DRIVERS
TRAINING AVAILABLE

FACILITY ATTENDANTS



Find details on all the Parks & Recreation positions available at
www.governmentjobs.com/careers/cityofsouthfield





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

2024 Golf Fees

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

M-F

Resident: \$15	N/R: \$16	<i>Open - 3 pm</i>
Resident: \$16	N/R: \$17	<i>3 pm - Close</i>

Sa, Su & Holidays

Resident: \$16	N/R: \$17	<i>Open - 12 pm</i>
Resident: \$15	N/R: \$16	<i>12 - 4 pm</i>
Resident: \$14	N/R: \$15	<i>4 pm - Close</i>

Senior (55+) and Youth (17 & under): Save \$1**

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

***Only \$3 for 9 holes (walking only) with Youth on Course membership.*

Rentals

Fees are per-person for 9 holes of play.

Power Cart	\$10/rider
Senior Cart	\$9/rider <i>M-F before 3 pm, Sa & Su after 12 pm</i>
Pull Carts	\$3

Putting Clinic

Instructor: T. Ryan

Spend your lunch hour working on your putting game in this 50-minute clinic! PGA Teaching Pro Terri Ryan will show you tips and tricks on the practice putting green at the Evergreen Hills Golf Course.

Ages: 16 and up

1 hour	Resident: \$15	NR: \$15
Th Sept 12	12:00-1:00 pm	#10203

📍 Evergreen Hills GC

Save time, book your tee times on-line!
 Go to <https://bit.ly/TeeTimeAtEHGC>
 and click the Book Your Tee Time button.

Golf Association of Michigan

The *Golf Association of Michigan* is the governing body for amateur golf in the state. Members that join through Evergreen Hills Golf Course will receive \$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 select "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 (walking) for only \$3 per 9 holes! 100+ courses in Michigan participate.
 Ages: 6 - 18 years \$20/calendar year



Closes for the season at 3:00 pm 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

2024 Bucket Fees

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

Bucket Size	Small	Medium	Large
Resident & Senior	\$6	\$8	\$10
NR	\$8	\$10	\$12

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

Adult Golf Camp

Instructor: T. Ryan

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

Day 1: Swing analysis and working at the driving range with irons, hybrids and woods

Day 2: Short game; putting, chipping, pitching, bunker shots and course management.

Day 3: 9-hole scramble at Evergreen Hills Golf Course. Tips and instruction from Terri.

Ages: 19 and up

3 days **Resident: \$150 NR: \$170**
Senior: Resident: \$135 NR: \$153

F-Su	Sept 13-Sept 15	Times	Below	#10208
F	5:00-7:00 pm		📍 BW Driving Range	
Sa	8:00-11:00 am		📍 BW Driving Range	
Su	8:00-11:00 am		📍 Evergreen Hills GC	

Golf Lessons

Instructor: T. Ryan

Learn to play the game of golf from PGA Teaching Pro Terri Ryan.

Ages: 16 and up

4 days **Resident: \$50 NR: \$65**
Senior: Resident: \$45 NR: \$58.50

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

Level 1

Session 1: Grip, stance, ½ swing

Session 2: Irons and full swing

Session 3: Short game; chipping/pitching

Session 4: Putting

M,W Sept 9-Sept 18 12:00-12:50 pm #10204
 📍 BW Driving Range

M,W Sept 9-Sept 18 7:00-7:50 pm #10205
 📍 BW Driving Range

W-Th Oct 2-Oct 10 4:00-4:50 pm #10206
 📍 BW Driving Range

Level 2

Session 1: Review and work on full swing

Session 2: Hybrids and fairway woods

Session 3: Driver

Session 4: Short game

M,W Sept 23-Oct 2 12:00-12:50 pm #10207
 📍 BW Driving Range

NATURE'S TAPESTRY

EXPLORING THE SEASONS OF THE PARK

Join the Oakland County Parks nature crew for a whirlwind adventure through the Civic Center Park Nature Trails!



Autumn Walk



Thur, November 7
10:00 am

Winter Walk



Thur, February 13
5:00 pm

Civic Center Park Nature Trails,
26000 Evergreen Road



Adult Programs

Athletics/Sports

Adult Open Gym

- All participants must register for the 2024/25 season upon their first visit; current, state-issued picture ID required to participate.
- Open Gym is limited to the first 40 participants to check in each day.

Ages: 18 and up

2 hours **Resident: \$4** **NR: \$6**
 M, Tu, Th & F Sept 3-Dec 20* 12:30-2:30 pm

**No Open Gym Oct 14, Nov 11, Nov 28 & Nov 29*

📍 BW Recreation Center - Courts 1 & 2



Beech Woods Wellness Center

The Beech Woods Wellness Center is a complete workout facility designed not only to get you active now, but to keep you active for many years to come. See page 28 for more information about the Beech Woods Wellness Center.

Fall Special \$15/month

Sept-Dec M-F 9:00 am-3:00 pm and
 4:00-7:00 pm

*BWWC closed Sept 2, Oct 14, Nov 11, Nov 28-29,
 Dec 24-25 & Dec 30-31*

Dance/Music



Popular Hustles

Instructor: K. Johnson

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

Ages: 18 and up

Tuesday Class

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

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

Tu Sept 10-Oct 8 6:30-7:30 pm #10103

Tu Oct 22-Nov 19 6:30-7:30 pm #10109

📍 P&R Building - Lower Level Dance Studio

Wednesday Classes

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

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

W Sept 11-Oct 9 6:30-7:30 pm #10104

W Oct 23-Nov 20 6:30-7:30 pm #10110

📍 P&R Building - Lower Level Dance Studio

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

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

W Sept 11-Oct 9 7:30-8:30 pm #10105

W Oct 23-Nov 20 7:30-8:30 pm #10111

📍 P&R Building - Lower Level Dance Studio

Adult Programs

Fitness

Balance and Pilates: Part One

Instructor: D. Leapheart

Discover the core principles of Pilates with our beginner-friendly program! This full-body workout enhances strength, flexibility, and core stability. Gain a better awareness of efficient movement and improve your balance. Bring your own exercise mat and towel for this Pilates class, and start your journey to a stronger, more flexible you!

Ages: 18 and up

4 weeks **Resident: \$50** **NR: \$60**

M Oct 7-Nov 4 5:30-6:20 pm #10167

📍 BW Recreation Center - Multipurpose Room

Fat-2-Lean Low Impact Aerobics

Instructor: P. Latimer

Enjoy a 30-minute cardio aerobics session with easy-to-follow moves to boost your heart rate. Finish strong with 15-20 minutes of strength, balance, and functional exercises using weights, balls, and chairs. Perfect for all fitness levels with options for low or high impact. This fun class will leave you smiling and feeling accomplished!

Ages: 16 and up

Tuesday Class

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

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

Tu Oct 15-Dec 10* 10:00-10:45 am #10101

**No class Nov 5, Dec 3*

📍 P&R Building - Room 115

Thursday Class

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

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

Th Oct 17-Dec 12* 10:00-10:45 am #10102

**No class Nov 7, Nov 28, Dec 5*

📍 P&R Building - Room 115

Fat-2-Lean - Teaches Zumba

Instructor: P. Latimer

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

Ages: 18 and up

Monday Class

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

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

M Oct 14-Dec 9* 6:00-6:45 pm #10099

**No class Nov 5, Dec 3*

📍 P&R Building - Room 115

Thursday Class

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

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

Th Oct 17-Dec 12* 6:00-6:45 pm #10100

**No class Nov 7, Nov 28, Dec 5*

📍 P&R Building - Room 115

Stretch and Tone with a Touch of Pilates

Instructor: C. Baugh

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**

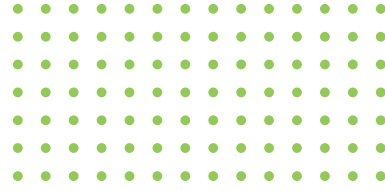
Senior: Resident: \$40.50 NR: \$49.50

W Sept 11-Oct 16 5:15-6:00 pm #10160

W Oct 30-Dec 11* 5:15-6:00 pm #10185

**No class Nov 27*

📍 BW Recreation Center - Multipurpose Room



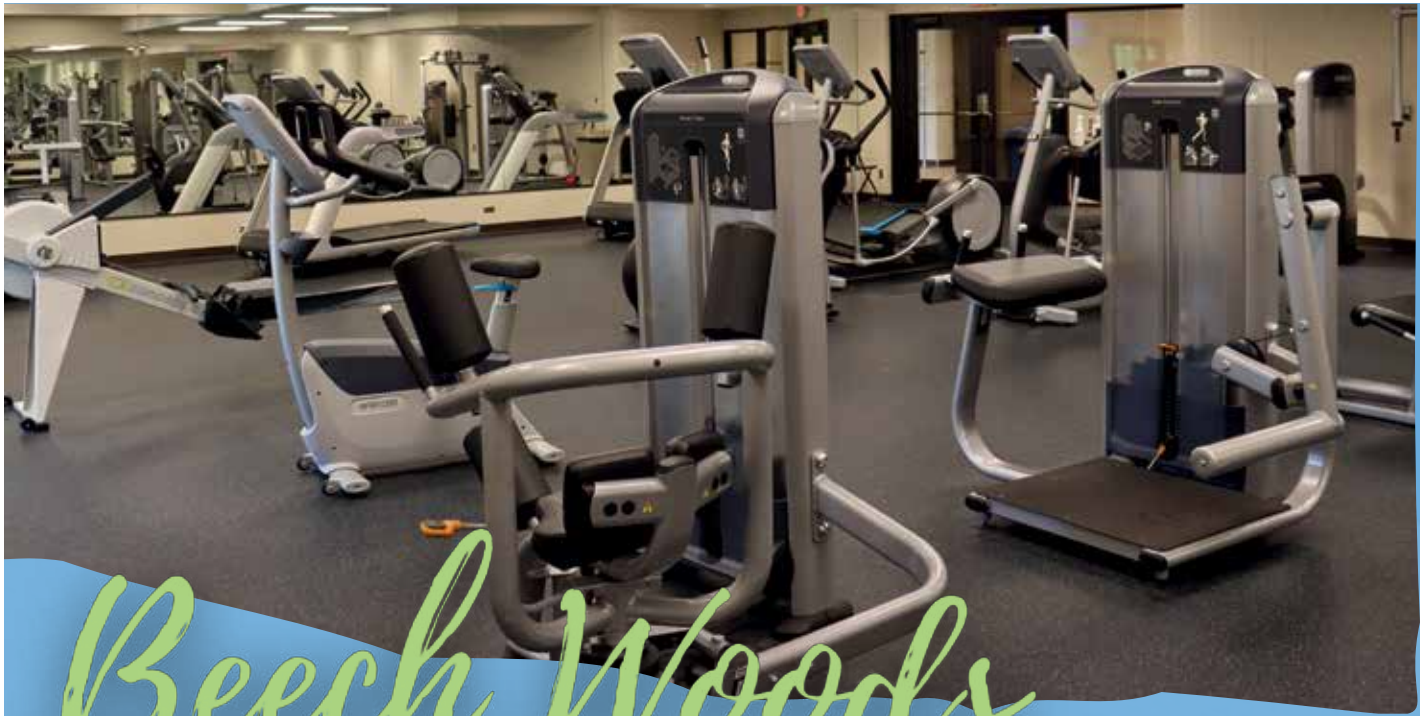
thank you



**URGENT CARE
SOUTHFIELD**

Thank you
IEP Urgent Care
Southfield for
sponsoring the
Summer in the City
concert series for
summer 2024!





Beech Woods WELLNESS CENTER

EQUIPMENT

- Treadmills
- Stair climbers
- Ellipticals
- Rowing Machines
- 12 Circuit Training Machines
- Upright & Recumbent Stationary Bikes
- Dumbbells

**Open
Monday- Friday**

9:00 am - 3:00 pm

4:00 - 7:00 pm

**LOCATED INSIDE THE
BEECH WOODS
RECREATION CENTER**

22200 Beech Road, Southfield
(248) 796-4676

Join today and start your path to lifelong fitness!



Senior (50+) Programs

Athletics/Sports



Pickleball Lessons

Discover the fundamentals of Pickleball, including rules, scoring, and essential techniques to kickstart your game on the court. Begin by mastering serving, positioning, and footwork. Limited paddles are available, but feel free to bring your own.

Ages: 50 and up

5 weeks	Resident: \$20	NR: \$25	
Tu	Oct 1-Oct 29	10:00-11:00 am	#10191
Tu	Nov 5-Dec 3	10:00-11:00 am	#10192

📍 BW Recreation Center - Courts 1 & 2

Senior Bounce Volleyball League

The game is played by standard volleyball rules, except that the ball can bounce before you hit it. Teams and individuals are welcome.

Ages: 50 and up

4-person Team

14 weeks	\$300/team	
W	Nov 13-Mar 12	10:00-11:00 am #10190

📍 BW Recreation Center - Courts 1 & 2

6-person Team

14 weeks	\$300/team	
W	Nov 13-Mar 12	11:00 am-12:00 pm #10189

📍 BW Recreation Center - Courts 1 & 2

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	Sept 12-Oct 10	12:00-1:00 pm	#10106
Th	Oct 24-Nov 21	12:00-1:00 pm	#10107

📍 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. We look forward to seeing you there!

1 hour	Resident: \$5	NR: \$6
M, W, F	Sept 3-Dec 19	11:00 am-12:00 pm

📍 P&R Building - Room 115

Senior (50+) Programs

5-Point-0 Fusion Dance

Instructor: H. Patton

This enjoyable low-impact dance movement class is designed for seniors to enhance cognitive skills. It's a fusion class, featuring exercises from various cultures and music genres. Each 45-minute session will include a cognitive-focused workout to promote overall well-being. No prior experience is needed. Simply wear comfortable clothing and shoes.

Ages: 16 and up

Tuesday Class

6 weeks **Resident: \$42** **NR: \$52**

Senior: Resident: \$37.80 NR: \$46.80

Tu Sept 10-Oct 15 11:45 am-12:30 pm #10162

Tu Oct 29-Dec 3 11:45 am-12:30 pm #10193

📍 Arts & Activities Building - Dance Room

Thursday Class

6 weeks **Resident: \$42** **NR: \$52**

Senior: Resident: \$37.80 NR: \$46.80

Th Sept 12-Oct 17 10:30-11:15 am #10161

Th Oct 31-Dec 12* 10:30-11:15 am #10194

**No class Nov 28*

📍 Arts & Activities Building - Dance Room

Moderate Yoga

Instructor: L. Lerman

This class offers a balanced and accessible approach to yoga, suitable for practitioners of all abilities. Participants can expect a combination of gentle warm-up exercises, a variety of yoga poses and controlled breathing. Bring your yoga mat and non-slip socks.

Ages: 18 and up

7 weeks **Resident: \$70** **NR: \$75**

M Sept 9-Oct 28 12:15-1:15 pm #10084

📍 P&R Building - Room 222/223

6 weeks **Resident: \$60** **NR: \$65**

M Nov 4-Dec 16 12:15-1:15 pm #10085

📍 P&R Building - Room 222/223

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: 18 and up

Monday Class - P&R Building

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

Senior: Resident: \$27 NR: \$31.50

M Sept 9-Oct 21* 6:00-7:00 pm #10070

M Nov 4-Dec 16* 6:00-7:00 pm #10196

**No class Oct 14, Nov 11*

📍 P&R Building - Lower Level Dance Studio

Thursday Class - BW Recreation Center

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

Senior: Resident: \$27 NR: \$31.50

Th Sept 12-Oct 17 9:30-10:30 am #10073

Th Oct 31-Dec 12* 9:30-10:30 am #10197

**No class Nov 28*

📍 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: 18 and up

Monday Class - P&R Building

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

Senior: Resident: \$27 NR: \$31.50

M Sept 9-Oct 21* 6:30-7:30 pm #10071

M Nov 4-Dec 16* 6:30-7:30 pm #10198

**No class Oct 14, NOV 11*

📍 P&R Building - Lower Level Dance Studio

Thursday Class - BW Recreation Center

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

Senior: Resident: \$27 NR: \$31.50

Th Sept 12-Oct 17 10:45-11:45 am #10164

Th Oct 31-Dec 12* 10:45-11:45 am #10195

**No class Nov 28*

📍 BW Recreation Center - Multipurpose Room

Sign up today for a ONE YEAR Drop-In Membership!

Hey there, Southfield seniors!



Senior Services Drop-In Programs offer multiple activities for one affordable price with no extra fees for joining multiple programs. Register once in person, over the phone, or online, and enjoy a fun time with friends for a year!

Parks & Recreation Building,
26000 Evergreen Road
12:30 - 3:30 pm

Board/Card Games - Mondays

Bingo - Tuesdays (10 - 11:30 am \$0.25/card)

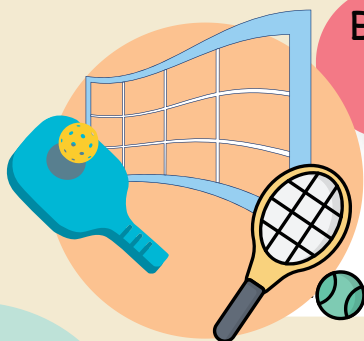
Bid Whist - Tuesdays and Thursdays

Bridge - Wednesdays

Mahjong - Wednesdays



Beech Woods Recreation Center,
22200 Beech Road
10:00 am - 12:00 pm



Bounce Volleyball - Mondays

Indoor Pickleball - Tuesdays

Indoor Tennis - Thursdays and Fridays

**\$10/year Southfield residents;
\$15/year non-residents**

Register online by scanning the QR code or come early to the program and sign up in person. For more information call Senior Services (248) 796-4650.



Conversations with the Coordinator



Angie Verges



Join us for "Conversations with the Coordinator," a unique opportunity to connect directly with our Senior Facility Coordinator, Angie!

This casual and fun gathering is your chance to hear about upcoming programs, share your thoughts, and suggest new classes, day trips, or events you'd love to see. Enjoy engaging conversations over coffee and help shape our community offerings.

Let's Talk

Dates: **Wednesdays**
September 11 October 9 November 20

Time: **8:30 am**

Place: **Southfield Pavilion, 26000 Evergreen Rd**

Contact Senior Services
(248) 796-4650
for more details.



Senior (50+) Programs

Yoga for the Back

Instructor: C. Baugh

Yoga for the Back is a contemporary approach to classic yoga, targeting strength training and stretching of the back and abdomen. Poses are introduced step-by-step, in a seated or lying down position and emphasize the quality of movement, proper breathing, flexibility, and deep relaxation. Bringing your own mat and towel is highly recommended.

Ages: 16 and up

6 weeks	Resident: \$60	NR: \$75
Senior:	Resident: \$54	NR: \$67.50
W Sept 11-Oct 16	4:00-5:00 pm	#10159
W Oct 30-Dec 11*	4:00-5:00 pm	#10184

**No class Nov 27*

📍 BW Recreation Center - Multipurpose Room



Register Online

Special Interest



AARP Smart Driver Course

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

Bring a bag lunch for a 30 minute lunch break.

Ages: 50 and up

2 days	Resident: \$30	NR: \$35
AARP Members:	Resident: \$20	NR: \$25
M-Tu Oct 21-Oct 22	10:00 am-3:00 pm	#10082

📍 P&R Building - Room 221

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

3 hours	Resident: \$45.50	NR: \$55.50
W Oct 16	10:00 am-12:00 pm	#10083

📍 P&R Building - Room 221

Senior (50+) Programs

Cooking for One

Instructor: I. Finlay

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

Ages: 50 and up

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

Th Sept 12-Oct 17 10:00-11:30 am #10090

📍 P&R Building - Room 115

Mindful Eating

Instructor: J. Miller

Can you recall what you ate at your last meal? Were you distracted to the point of mindlessly eating? Mindless Eating has been linked to overeating, stress, and increased anxiety. Mindful Eating helps you enjoy your food more, and experience greater pleasure, satisfaction, and nourishment from the food you eat. You will become more attuned to your body's signals of pleasure, hunger and fullness. You can make choices that are most attuned to supporting health and well-being.

Ages: 50 and up

2 hours **Resident: \$10** **NR: \$15**

F Oct 11 10:00 am-12:00 pm #10246

📍 P&R Building - Room 223

Quilting 101

Instructor: K. Garrett

Whether you are a beginner or a seasoned quilter, the focus is on guiding quilters through a journey of traditional and creative modern quilting. Inspiring beginner and intermediate quilters will explore the joy that comes from creating something beautiful. Instructor has over 12 years of quilt making experience. Pattern, fabric, and supply list will be available at the time of registration.

Ages: 50 and up

6 weeks **Resident: \$60** **NR: \$65**

Th Sept 5-Oct 10 12:30-3:30 pm #10093

Th Oct 17-Nov 21 12:30-3:30 pm #10094

📍 P&R Building - Room 221

Solve a Murder Mystery!

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

Ages: 50 and up

1½ hours **Resident: \$5** **NR: \$6**

Th Oct 24 10:00-11:30 am #10156

Th Nov 21 10:00-11:30 am #10157

📍 P&R Building - Room 223



Walking to Weight Loss

Instructor: R. Obudzinski

This transformative course combines the power of walking with weekly actionable steps focusing on nutrition, hydration, rest and relaxation, and movement. By the end of this course, you will not only witness positive changes in your physique but also cultivate a sustainable enjoyable wellness routine that can be integrated into your daily life. Now lace up those sneakers and let's step into a healthy, fitter you.

Ages: 18 and up

4 weeks **Resident: \$125** **NR: \$135**

Senior: Resident: \$112.50 NR: \$121.50

W Sept 11-Oct 2 6:00-7:00 pm #10088

📍 P&R Building - Room 221

JUKEBOX BINGO

**1 PM -
2:30 PM**

**FRIDAY,
NOVEMBER
15**

AGES 50+

**\$5/RESIDENT
\$6.50/NON-RESIDENT**

JUKEBOX BINGO IS PLAYED LIKE REGULAR BINGO, EXCEPT WITH MUSIC. GAMES ARE THEMED, SUCH AS MUSIC FROM THE 70'S, 80'S, MOTOWN, COUNTRY, ETC.

**PARKS & RECREATION BUILDING, ROOM 115,
26000 EVERGREEN RD.**



Holiday Luncheon

FRIDAY, DECEMBER 13

11:30 AM - 1 PM

**PARKS & RECREATION BUILDING,
26000 EVERGREEN RD**

**\$25/SOUTHFIELD RESIDENT
\$35/NON-RESIDENT**

**Call Senior Services at (248) 796-4650
to get your ticket today!**



Questions? (248) 796-4620

www.Facebook.com/SouthfieldParksandRecreation



CARPENTER LAKE
NATURE PRESERVE



Senior Nature Walk

THURSDAY, SEPTEMBER 26 10 AM

Join us for a free guided nature walk led by *Oakland County Naturalists* and explore the latest additions and improvements at the park. Discover the beauty of the lake and enjoy a relaxing, informative experience in nature. Don't miss this opportunity to connect with the outdoors and learn more about our park's enhancements.

Carpenter Lake Nature Preserve,
27225 W Ten Mile Road, east of Inkster

Fall Picnic

Ready for a picnic adventure? Gather your friends and let's go explore the Mary Thompson House & Farm. There will be hamburgers, picnic salads and treats. The Mary Thompson House will be open for tours and you can walk around the beautiful gardens as well!

THURSDAY, OCTOBER 3

11:30 AM - 1:00 PM

MARY THOMPSON HOUSE & FARM,
25630 EVERGREEN ROAD

\$22/RESIDENT
\$27/NON-RESIDENT

Call (248) 796-4650 for tickets.



Senior (50+) Programs

Music History Series

Take a trip back in time with us as we explore the rich history of music. Each program, led by passionate music enthusiast, Stu Johnson, includes your favorite songs along with informational slides and handouts. Guaranteed to leave you eager to discover more.

Boy Singers of the Big Band Era

From 1935 to 1946, some of the greatest songs were recorded by singers like Billy Eckstine, Perry Como, Frank Sinatra, Nat (King) Cole and Frankie Laines. Their popular songs are still heard today.

Ages: 50 and up

1 hour **Resident: \$5** **NR: \$6.50**
F Sept 27 1:00-2:15 pm #10144
📍 P&R Building - Room 223

A Great Day in Harlem

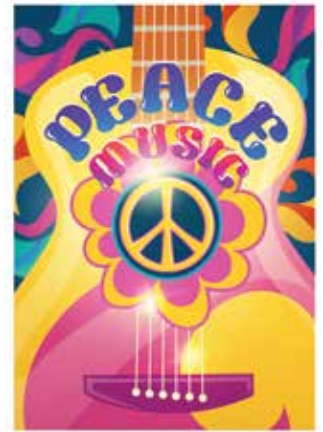
This program is built around the famous photo by Art Kane of 57 musicians in front of a Harlem brownstone. It features an in-depth back story of the picture, a short biography of some of the artists and the playing of one of their feature songs.

Ages: 50 and up

1 hour **Resident: \$5** **NR: \$6.50**
F Oct 25 1:00-2:15 pm #10182
📍 P&R Building - Room 223

The 70's

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



Ages: 50 and up

1 hour **Resident: \$5** **NR: \$6.50**
F Nov 22 1:00-2:15 pm #10183
📍 P&R Building - Room 223

MELODIES AT THE MUSEUM

**Thursdays,
September 26,
October 10 or
November 14
12:30-3:30 pm**

**Detroit Institute
of Arts**



There will be a musical performance when we arrive after which you can experience the DIA through a self-guided tour until it is time to leave.

This program is FREE and made possible through funding to the DIA to support Senior programs in Oakland, Wayne, and Macomb counties.

Each trip is limited to 45 participants. Register by calling (248) 796-4281.



Senior (50+) Programs

Tech Classes for Adults 50+

Join instructor Mike Wilson, who has successfully taught thousands of seniors to master their phones and computers! He will be offering a series of classes through November at the Parks & Recreation Building.

A Practical Computer Class

We will discuss the *YouTube* website that offers free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit the *AARP* site and other related websites for seniors, and navigate *Google Search*.

2 hours **Resident: \$40** **NR: \$45**
F Sept 20 9:30-11:30 am #10074

📍 P&R Building - Room 221

AI (Ai) Made Practical and Easy!

We will explore the practical benefits of using a basic form of AI called *ChatGPT*. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters and any other materials you are looking to create.

2 hours **Resident: \$40** **NR: \$45**
F Sept 20 12:30-2:30 pm #10075

📍 P&R Building - Room 221

Computer Scams & What not to Click On

Don't let your computer control you. Find out what you should and should NOT click on. Instructor will discuss scams to know, frustrating and suspicious popups, advertisements, e-mail ads, and links.

2 hours **Resident: \$40** **NR: \$45**
F Oct 4 9:30-11:30 am #10077

📍 P&R Building - Room 221

Windows 11-Starting from the Beginning

See how to use the desktop and taskbar. We will also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows 11 is organized.

2 hours **Resident: \$40** **NR: \$45**
F Oct 4 12:30-2:30 pm #10076

📍 P&R Building - Room 221

Microsoft Word: The Very Basics

Your instructor will break down Microsoft Word features and present them to you in a clear, sensible and enjoyable way. We will explore saving, alignments, bullets, numbering and indents.

2 hours **Resident: \$40** **NR: \$45**
F Oct 18 9:30-11:30 am #10078

📍 P&R Building - Room 221

Getting More out of Microsoft Word

Let's make your tasks in Microsoft Word easier. See how to properly use tabs, explore dictation, easy paragraph functions, the sort feature and using macros to eliminate laborious repetition.

2 hours **Resident: \$40** **NR: \$45**
F Oct 18 12:30-2:30 pm #10079

📍 P&R Building - Room 221

Getting to Know your Android

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

2 hours **Resident: \$40** **NR: \$45**
F Nov 1 9:30-11:30 am #10081

📍 P&R Building - Room 221

Getting to Know your iPhone

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

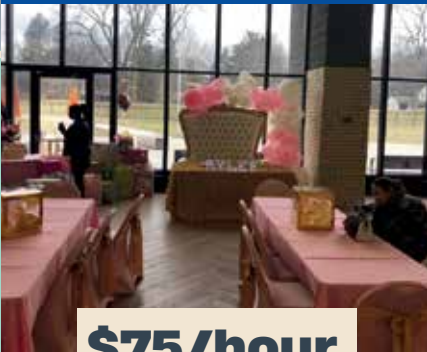
2 hours **Resident: \$40** **NR: \$45**
F Nov 1 12:30-2:30 pm #10080

📍 P&R Building - Room 221

BEECH WOODS
RECREATION
CENTER

PICTURE YOUR EVENT HERE

Lobby/Atrium



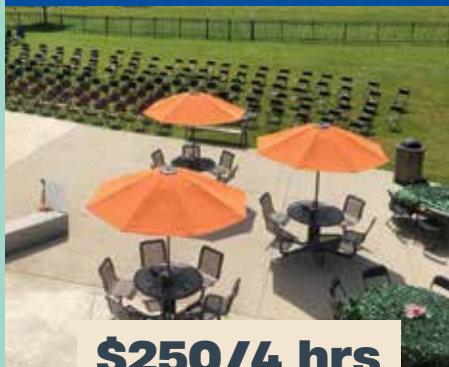
\$75/hour
\$75 Deposit

Multi Purpose Room



\$35/hour
\$50 Deposit

Outdoor Patio



\$250/4 hrs
\$100 Deposit

Gymnasium

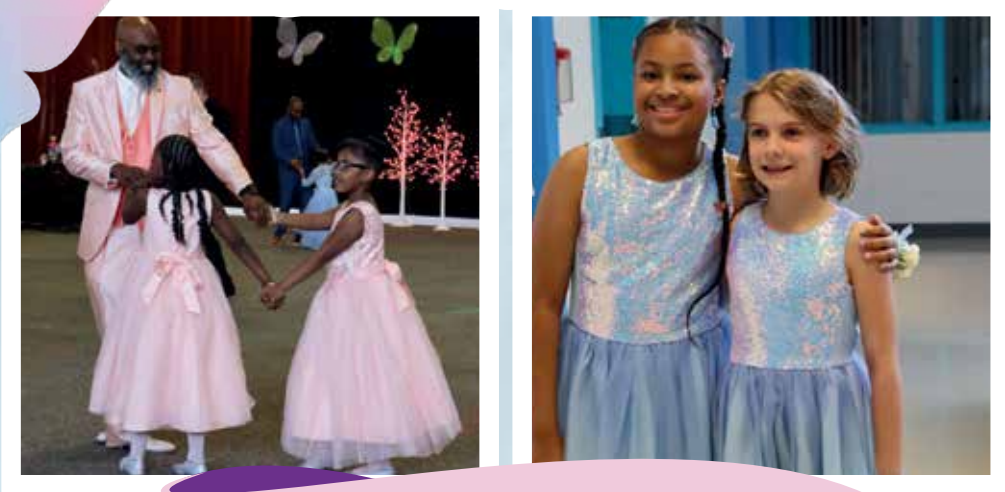


17,000 sq. feet
\$60/hour/court
\$60/court Deposit



Call (248) 796-4670 for details.

Daddy-Daughter Dance



Save the Date

SATURDAY, MARCH 22, 2025

4 - 6 PM



**SOUTHFIELD PAVILION,
26000 EVERGREEN ROAD**



Look for details on social media and online at www.cityofsouthfield.com.

SOUTHFIELD CELEBRATES



BLACK

HISTORY

MONTH

2025

REMEMBER.



EDUCATE.



CELEBRATE.



Questions? (248) 796-4620

www.facebook.com/SouthfieldParksandRecreation

Summer 2025 PICNIC SHELTER RESERVATIONS BEGIN

Monday, March 3, 2025



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 (cash or credit card only).

There are no refunds on shelter permits.

SOUTHFIELD PARKS & RECREATION BUILDING
26000 EVERGREEN ROAD

CALL (248) 796-4620 FOR DETAILS

Southfield
the center of it all™





Seasonal Park Closures

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

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

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

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

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



Park Rules

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

Please Note: Special Use permits are required for any large groups, tents, inflatable play structures and amplified music at parks not provided by Southfield Parks & Recreation.

WALKING PATHS



Embrace the beauty of Southfield parks in every season. Don't let the cooler weather keep you indoors—continue your healthy habits with a refreshing winter visit and experience your favorite parks in a whole new light.

Our parks are open from dawn to dusk, and there are no entrance fees. Park rules are posted at each entrance to ensure everyone has a safe and enjoyable visit. For more details about individual parks, contact the Parks Services Division at (248) 796-4630.

Park Name	Location	Services
Bauervic Woods Park	20545 W Nine Mile Rd	Playlot Trails Picnic Area
Bedford Woods Park	Webster, W of Pierce	Playlot Walking Path Softball/Little League field Soccer Field
Beech Woods Park	22200 Beech Road	50-tee, lighted driving range Tennis courts Playlot Picnic Shelter
Burgh Historical Park	26080 Berg Rd.	Flower Gardens Historic Site
Carpenter Lake Nature Preserve	27225 W Ten Mile Rd	Interpretive nature trails Lake fishing access Restrooms Small shelter
Civic Center Park	26000 Evergreen Road	Sand Volleyball Soccer field Tennis courts (lighted) Racket/Handball courts (lighted) Ballfields (1 lighted) Restrooms Playlot 2 Picnic Shelters Nature trails
Freeway Park	Eastbound Lincoln, W of Greenfield Road	Playlot Walking Paths
Inglenook Park	20901 W. 12 Mile Road	4 Softball fields Accessible play lot Restrooms 1 Kilometer long fitness trail
Miller Park	18401 Webster	Playlot Ballfield Walking Path Pickleball and basketball courts
Lahser Woods Park	27577 Lahser Road	Picnic Area (no shelter)
Lincoln Woods	Enter through Freeway Park	Nature Trails Wetlands
Mary Thompson House & Farm	25630 Evergreen Road	Southfield Community Gardens Historic Site
Pebble Creek Park	26355 American Dr, Southfield, MI 48034	Playlot Picnic Shelter Soccer field Restrooms Walking/fitness trail
Seminole Park	Seminole St., north of Shiawassee	Playlot
Simms Park	28501 Pierce St.	Playlot Ballfield Tennis and basketball courts Small shelter Walking Path
Stratford Woods Commons	Pierce, S of 10 Mile Rd.	Play Area Picnic Area (no shelter)
Valley Woods Nature Preserve	Civic Center Drive, E of Telegraph	Nature Trail Fishing



Walk-In

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

Parks & Recreation Information Desk Window -

inside Southfield Pavilion

Monday-Friday 9 am-5 pm

Beech Woods Recreation Center

Monday-Friday 9 am-5 pm

Phone-In

Parks & Recreation Information Desk

(248) 796-4620

Monday-Friday 9 am-5 pm

Beech Woods Recreation Center

(248) 796-4670

Monday-Friday 9 am-5 pm

On-line

Set up your account today at

apm.activecommunities.com/SouthfieldParks

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

Mail

Registration

Southfield Parks & Recreation Dept.

26000 Evergreen Road, P.O. Box 2055

Southfield, MI 48037-2055

Fax (248) 796-4605

Payment Options

- YOU MUST REGISTER PRIOR TO THE START OF THE PROGRAM. Instructors are not equipped to take registrations.
- Cash, money orders and VISA, American Express, Master Card or Discover are accepted. We do not accept personal checks as payment for any class, program, special event, membership or room/site rental.
- Course fees are payable in full at the time of registration.
- Registration form must include a signed Liability Waiver. Parents/guardians must sign for their children; adults must sign for themselves.
- Proof of residency, or a Business Leisure Card, must be presented when registering to avoid paying the NR Fee.

Refund Policy

- A full refund/transfer is given if your class or activity is canceled by Southfield Parks & Recreation, or if we cannot register you because the program is full.
- Refund requests must be made in person, with your original receipt.
- No refunds after the second meeting of the class.
- Requests for refunds received BEFORE the class/activity begins are subject to a \$5 Service Fee. Refund requests received AFTER the class/activity has begun are subject to a \$5 Service Fee PLUS cost of classes already held (the date on which you make your request determines the amount of your refund).
- Please allow four (4) weeks for refunds.
- If you miss any portion of a class or event due to vacation, schedule conflict or other non-emergency situation, you are ineligible to receive a pro-rated refund.

www.cityofsouthfield.com

Fall 2024 Program Registration Form

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

Family Last Name _____

Address _____

City _____ Zip _____

Phone (Home) _____ Cell _____

Emergency Contact (Name & Phone) _____

E-Mail Address _____ Birth date _____

Participant Name	Birth date (mm/dd/yr)	Gender	Activity Name	Activity #	Time	Fee

Total	
-------	--

Payment Method:

Credit Card Visa, Master Card, Discover, American Express

_____ Exp. Date _____

CSC/CVV # _____ (3-digit code on the back of Visa, MC or Discover cards, 4-digit code on front of AmEx)

Card holder Signature _____

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

By registering for Parks & Recreation classes and programs, the registrant realizes and understands the inherent risks involved in the programs and appreciates the nature of the risks. The applicant holds the City of Southfield, and the Parks & Recreation Department harmless for any damages caused by participation in these programs. Participants registering for activities of a strenuous nature are encouraged to seek a physician's approval.

Signature _____ Date _____

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

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LET'S GO FOR A WALK!

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Kenson J. Siver, *Mayor*

City Council

Michael "Ari" Mandelbaum, *Council President*

Nancy L.M. Banks, *Pro-tem*

Daniel Brightwell

Lloyd Crews

Yolanda C. Haynes

Charles Hicks

Coretta Houge

Janet Jackson, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

Parks & Recreation Board

Kathleen A. McNelis, *Chairperson*

Rosemerry Allen

Chana Baumol

Brandon Gray

Simon Rivers

Micaela Beckford, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*

