

Dearborn Heights Parks & Recreation...



We're Cool!!!



*Fall 2011 / Winter 2012
Complimentary*

*Inside This Issue...
Daddy-Daughter Date Night
Michigan Academy of Gymnastics
Ski and Snowboard Club
Spring Day Camp*

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DEARBORN HEIGHTS PARKS & RECREATION DEPARTMENT

Canfield Community Center
1801 North Beech Daly Road
Dearborn Heights, Michigan 48127
Phone: (313) 791-3600

OFFICE HOURS

8:00 A.M. - 5:00 P.M., Monday - Friday

DEPARTMENT STAFF

Kenneth P. Grybel Director
Kimberly S. Constan. Deputy Director
Mike Henegar. Recreation Coordinator,
Richard A. Young Recreation Center
Lisa Paschke. Senior Citizen Coordinator,
Eton Center
Diane Saunders. Senior Citizen Coordinator,
Berwyn Center
Elaine C. Darr Clerk Typist,
Parks & Recreation Department
Larry McKee. Building Manager,
Richard A. Young Recreation Center

CLIP AND SAVE THESE PHONE NUMBERS!



BASEBALL, SOFTBALL & T-BALL:

District #7 Dad's Club
North Dearborn Heights Baseball League
David Steines 378-9419
Southwest Dearborn Heights Little League

Gary Barkoff 292-5909
Website www.ndhbl.com
Email davidsteines@ndhbl.com
Tim Lafferty (734) 502-1306
Website www.swdhbl.org

BASKETBALL:

District #7 Dad's Club
Cheerleading

Gary Barkoff 292-5909
Shelly Gambino 562-0096

Website www.D7DADSCLUB.ORG

ICE HOCKEY:

Canfield Ice Arena

D7 Dad's Club Hockey

561-1960

Website canfieldicearena.com

Gary Barkoff 292-5909

SOCCER:

Dearborn Heights Soccer

Pee Wee (In House) 600-2684

Travel Program 505-0790

Website www.dhsoccer.com

YOUTH FOOTBALL & CHEERLEADING:

Dearborn Heights Redskins

Football: Leonard Issac 277-8745

Cheerleading: Pat 277-8745

Dearborn Heights Raiders Alex Osama Fasih

raidersjuniorfootball@yahoo.com

Website www.dearbornheightsraiders.com

District #7 Dads' Club

Football

Bobbi Crites 274-9296

Cheerleading

Shelly Gambino 562-0096

SWIMMING:

Crestwood High School

274-3719

278-0900

DRD Swim Club

Website www.swimdrd.org

WRESTLING:

Dearborn Heights Wildcats Wrestling Club

Scott McCoy 743-7479

coachb1975@gmail.com

PARK PERMITS

Park Permits will be available for Parkland Park, Van Houten and Swapka Park on Feb. 1 for residents and Mar. 1 for non-residents. Permits can be obtained from the Dearborn Heights Parks & Recreation Department, 1801 N. Beech Daly Road. Call 791-3600 for rental rates and date availability.

COMMUNITY ROOM RENTAL

The community rooms at the Richard A. Young Recreation Center and Canfield Community Center are available for public rental. Perfect for wedding and baby showers, graduation parties, anniversaries, birthdays, group meetings, etc. The cost is a \$60.00 set up fee plus \$40.00 per hour of use for residents and \$45.00 per hour for non-residents. Access to the kitchen area is \$20.00 for the duration of the rental. For information and availability call the Canfield Community Center at 791-3600 or the Richard A. Young Center at 277-7080.

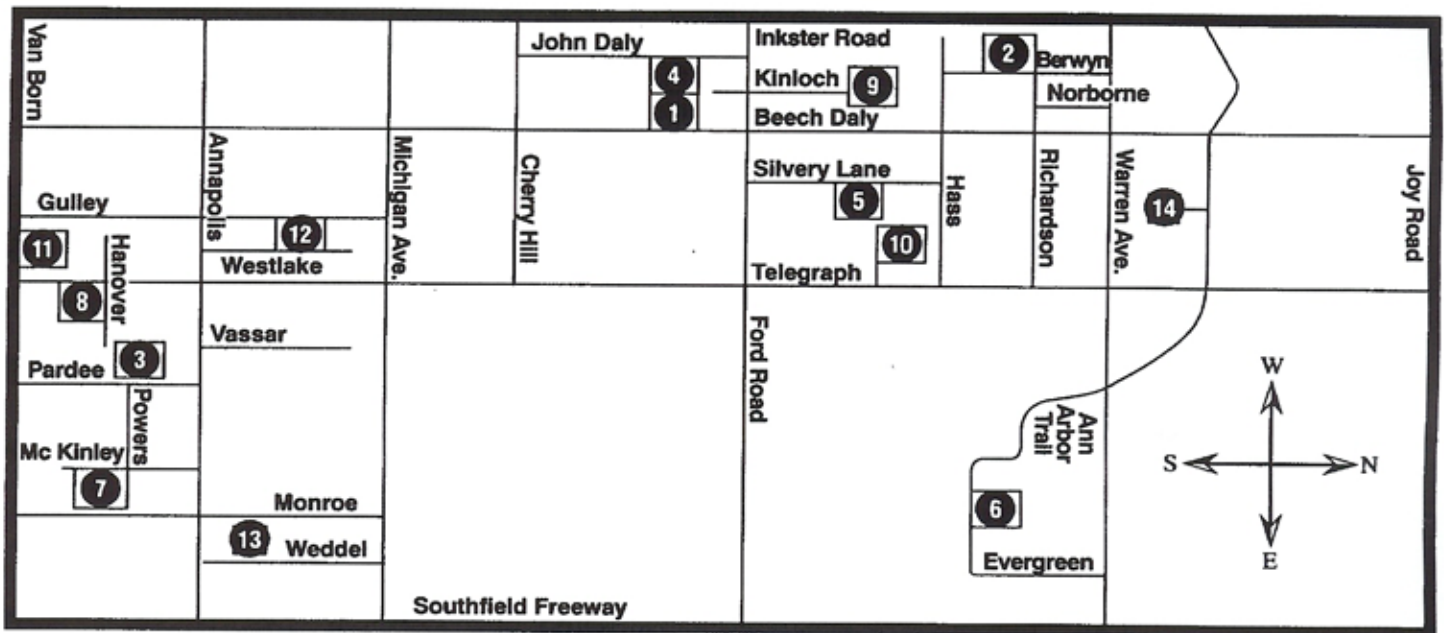
PROGRAM CHANGES

Program information including dates, times, locations and fees are subject to change per the discretion of the Dearborn Heights Parks & Recreation Department due to the number of participants enrolled, instructors and room availability.



SEASONAL JOBS

Part-time positions are available throughout the year. Part-time Computer Instructor, Softball & Basketball Scorekeepers, Field Supervisors, Custodial, Day Camp Supervisor & Leaders, Summer Recreation Playground Leaders, Floor Hockey Coaches, Officials, & Timekeepers. For more information on any of these positions please contact the Dearborn Heights Parks & Recreation Department at 791-3600.



1. Canfield Community Center
1801 N. Beech Daly
2. Berwyn Senior Citizen Center
26155 Richardson
3. Eton Senior Citizen Center
4900 Pardee
4. Central Park
2100 Kinloch
5. Van Houten Park
6044 Silvery Lane
6. Parkland Park
6500 Parkland
7. Richard A. Young Recreation Center
Swapka Park, 5400 McKinley
8. Heather Lane Park at N. Brookside
9. Kinloch Park, North of Ford Road
10. Caroline Kennedy Library
24590 George
11. John Kennedy Library
24602 Van Born Road
12. Daly Park
Between Lehigh & Hopkins
13. Weddel Park
14. Little Red Schoolhouse,
8050 N. Gulley
(behind St. Sabina's enter off Ann Arbor Trail)

WI-FI

Now you have the convenience of surfing the web while you are waiting for your child/children to finish an activity. WI-FI is now available at the Canfield Community Center and the Richard A. Young Center. Just see us at the counter or in the office and we will give you the passphrase. Enjoy!

**DEARBORN HEIGHTS
SENIOR CITIZEN CENTERS**

You Don't Have To Be A Member To Join!!!
Just 55 & over!

<p><u>Berwyn Center</u> 26155 Richardson Dearborn Heights Phone: 791-3550</p> <p><u>Activities:</u> Upholstery Ceramics Quilting Class Senior Citizen Clubs Food Commodities Woodcarving Referral Services Quilting Club Liquid Meals File of Life Program Free Cell Phone Program for 911 R.S.V.P. Program Home-bound Lunch Program Free Blood Pressure Monitoring Recreational Programs</p>	<p><u>Eton Center</u> 4900 Pardee Dearborn Heights Phone: 277-7765</p> <p>Gift Shops Pool Rooms Craft Clubs Health Services Lunch Program Card Room Special Events Trips Oil Painting</p>
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These activities are just some that are offered at the centers. Open Monday thru Friday 9:00 a.m. - 4:00 p.m.

*City
of
Dearborn
Heights*

Daniel S. Paletko, *Mayor*
Walter Prusiewicz,
City Clerk
John J. Riley II, *Treasurer*

City Council
Kenneth Baron, *Chairperson*
Janet Badalow,
Chairperson Pro-Tem
Elizabeth Agius
Ned Apigian
Tom Berry
Marge Horvath
Margaret Van Houten

Recreation Commission
Martin O'Sullivan, *President*
Bill Eby, *Vice President*
Dave Rhodes, *Secretary*
Richard Buckholz
Mary Fisher
Ed Schulte
Marilyn Somers



*Be sure to check out our website at
www.ci.dearborn-heights.mi.us*

Youth Programs



DEARBORN HEIGHTS KIDS KLUB SPRING DAY CAMP

Youth ages 6 - 13 can participate in this exciting program at the Richard A. Young Recreation Center. It will be held April 9, 2012 - April 13, 2012. Instructor and aide ratio will be 1 to every 12 children. Camp hours are 9:00 a.m. - 4:00 p.m. Participants are required to bring a sack lunch and a morning and afternoon snack. Drinks will be provided for snack time. Program will include 2 field trips, arts & crafts, sports, games, movies, etc. A program schedule will be available upon request. First come, first serve, there is a maximum of 60 participants. Cost is \$110.00 per resident and \$15.00 additional for non-residents. This fee includes entry fees for trips and t-shirt, but does not include spending money for trips.

Before Care and After Care Program

A Before Care and an After Care Program will be held for the participants registered for the Spring Day Camp. Toys, games and activities will be provided. It will be available mornings from 7:00 - 9:00 a.m. and afternoons from 4:00 - 6:00 p.m. at the Richard A. Young Recreation Center. The weekly cost for each 2-hour time block is \$20.00. If you register for both time blocks the cost is \$40.00. Pre-registration is required. The daily rate for each 2-hour time block is \$5.00 (2-2 hour time blocks per day will cost \$10.00).



DEARBORN HEIGHTS 8TH ANNUAL CITY-WIDE GARAGE SALE Saturday, August 11, 2012 9:00 a.m. - 4:00 p.m.

Located on the grounds of Dearborn Heights Canfield Community Center, 1801 N. Beech Daly Rd. "Everyone is welcome", 100 spaces available. Sign up beginning April 1st at the Dearborn Heights Parks & Recreation Department. Call 791-3600 for more information.

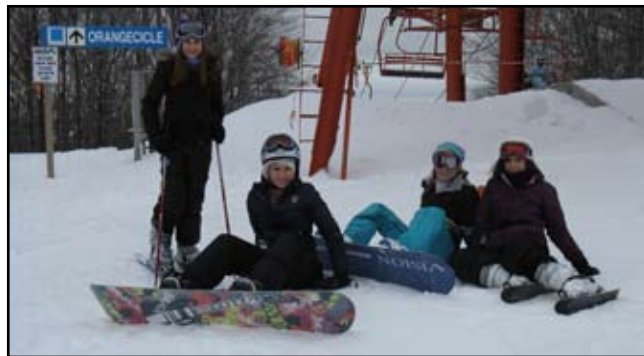
24TH ANNUAL MOTHER-CHILD DATE NIGHT

Ford Lanes
23100 Van Born Road
Monday, May 14, 2012

Doors open at 6:30 p.m. Bowling starts at 7:00 p.m. Children ages 4-17 may participate and if mother can't come, maybe grandma, an aunt, or big sister can. If you have more than one child, great! Bring them all!!! Bowl two games (scotch doubles format) and receive punch and cookies, a special gift and lots of fun for mother and child. Prizes awarded by draw. Cost is \$15.00 per couple and \$5.00 for each additional child. Registration and tickets will be available beginning Monday, April 2, 2012 at the Richard A. Young Recreation Center and the Canfield Community Center. Bumper Bowl will be available for those who want it.

MIDDLE SCHOOL DANCE NIGHT

On the first Friday of every month starting October 7th boys and girls in grades 6-8 will be invited to the Richard A. Young Recreation Center for an evening of dancing and fun. Each dance will run from 7:00 p.m. - 9:00 p.m. The cost is \$5.00 per person and the program will run through May. Disc jockey for all dances provided by Spectrum Entertainment.



DEARBORN HEIGHTS SKI/SNOWBOARD CLUB

Are you looking for a new and exciting challenge? Want to test your skills and learn a new sport? The Dearborn Heights Ski & Snowboard Club is ready to introduce you to skiing and snowboarding. This program is open for students 6th through the 12th grade for residents and non-residents. It is a teaching program and its purpose is to provide a safe fun environment. Trips will be on Fridays starting in January through February. There will be a special early season day trip on Wednesday, December 28, 2011 to Mt. Holly. Registration begins in November and the deadline to register is December 15, 2011. For additional information call the Dearborn Heights Parks & Recreation Department at (313) 791-3600 weekdays, 8:00 a.m. to 5:00 p.m.

Three Day Ski Trip - Searchmont Canada

A special 3 day/2 night trip will be planned to Searchmont Canada on March 2 - 4, 2012 for the members of the club, 8th grade and above. More details will follow.

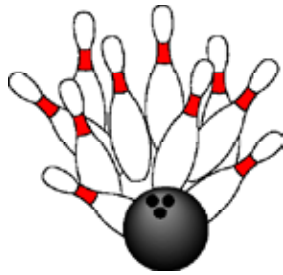
CHEER AMERICA

Join the fun! Cheer America is a cheerleading/pom pon/dance program that allows children to have fun and make friends while they learn. This program improves coordination, physical fitness, flexibility and the ability to work with others. Students will also learn popular high school cheers, work on jumps, leaps, splits and many other skills, as well as a choreographed pom pon routine. Classes will be held at the Richard A. Young Recreation Center every Friday. Open to any youth ages 4 - 15. Cost is \$7.00 per lesson. Class times are 4:00 - 4:45 p.m., 5:00 - 5:45 p.m. and 6:00 - 6:45 p.m.

Session I	Sept. 23, 2011 - Jan. 20, 2012 (No class on Nov. 25, Dec. 23 & 30)
Session II	Feb. 10 - June 8, 2012 (No class on Apr. 6)



Youth Programs



FORD LANES.

23100 Van Born Road 292-1700:

10 PIN TODDLERS - BUMPER BOWL is for children ages 3-6, beginning Mon., September 12th at 1:00 p.m. and Sat., September 17th at 9:00 a.m., 10:30 a.m. or 12 noon. Each session ends before Christmas. Cost is \$5.00 registration fee and \$5.00 per week. The fee includes one game of bumper bowling, drink & cookies, awards, recorded averages, trophy, use of house ball & shoes & end of the season party. Jan. Session begins Jan. 2nd and Jan. 7th.

MONDAYS – KID’S STUFF

Youth ages 6-14 4:00 p.m. starting
September 12, 2011

There is a \$17.00 registration fee and \$6.00 per week. Includes: 2 games of bowling, recorded averages, use of house ball and shoes and end of the season party. With the season paid in total, each bowler will receive a bowling ball, shoes, bag or jacket.

SATURDAYS

Youth ages 6-8 9:00 a.m. Bantams

Youth ages 9-11 10:00 a.m. Preps

Youth ages 12-16 10:00 a.m. Juniors/Majors
Begins Saturday, September 10, 2011. There is a \$17.00 registration fee and \$7.75 per week Prep & Jr/Major \$6.00 per week for Bantams. Includes: 3 games of bowling, recorded averages, use of house ball and shoes and end of the season party. With the season paid in total, each bowler will receive a bowling ball, shoes, bag or jacket.

ADULT/CHILD LEAGUES is for youth 6-18 yrs. old and adults. Every other week on Sundays beginning September 18th at 10:00 a.m. or September 11th at 1:00 p.m., 17 week season. Late entries welcome. Cost is \$7.75 per week per person. Includes 3 games of bowling, free use of house balls and shoes, recorded averages and end of the season party.

CHERRY HILL LANES.

300 N. Inkster Road 278-0400:

PEE WEE BUMPER BOWL is for any child age 3-6. They will learn to bowl with bumpers in the gutters. Parents are required to remain with pee wees. Program starts Sept. 20th, 21st, 23rd or Oct. 8th. Each program includes: 1 game of bowling, trophies, and end of the season party. Cost \$3.00 per week.

KID’S STUFF BOWLING is for any school age youth-beginner. Youth must be able to bowl 2 games with 1 hand. Program starts Sept. 21st or 23rd. Each program includes: 2 games of bowling, trophies and end of the season party. Cost is \$5.00 per week.

TEEN LEAGUE is for ages 12 - 17. Program starts Sept. 20th. Each program includes: 2 games of bowling, weekly pizza, trophies and end of the season party. Cost is \$6.50 per week.



SANCTIONED BOWLING begins Sept. 10th at 11:00 a.m. Bumpers: ages 3-6, Bantams: ages 6-8, Preps: ages 9-12, and Junior Majors: ages 12-17 are offered. For fees & sanction fees call Cherry Hill Lanes.

PARENT YOUTH LEAGUE “FAMILY AFFAIR” - This intergenerational program will begin Sept. 21st, 6:00 p.m. and Oct. 8th at 1:00p.m. Cost \$7.50 per bowler, per week. This program includes 3 games of bowling, trophies, and end of the season party. Special outing tickets for members are also included. The youth must be under 18 years of age and the adult must be over 18 years of age.

*Be sure to check out our website at
www.ci.dearborn-heights.mi.us*

BASIC ROLLER SKATING CLASS

Register at Riverside Arena

734-421-3540

\$40.00 for 5 weeks including skate rentals. Learn balance, skating forward, backward, starting, stopping and turning on quad or inline skates. Also includes the basics of dance and figure skating. Students advancing in all classes will have an opportunity to participate in league meets and our spring skating show.

Wednesdays

FALL CLASSES

5:15 - 6:00 p.m.

Session I - September 7

Session II - October 12

Session III - November 16

WINTER CLASSES

Session I - January 11

Session II - February 15

Session III - March 21

FALL CLASSES

Saturdays

10:15 – 11:00 a.m.

Session I - September 10

Session II - October 15

Session III - November 19

WINTER

Session I - January 14

Session II - February 18

Session III - March 24

PRESCHOOL SKATE

Wednesday 10:00 a.m. - 11:30 a.m.

\$4.00 per person includes instruction, skate rentals, open skate time and snack. Roller skates are available starting at size six juvenile and larger. Every Wednesday on a continuing basis. No registration is necessary, just drop in. For more info: www.riversidearena.com

SKATING - SPECIAL EVENTS

Halloween Costume Skate

Sun., Oct. 23, 2:00 - 5:00 p.m.

Skate with Santa

Sat., Dec. 10 & Sun., Dec. 18, 2:00 - 5:00 p.m.

Skating with Santa, pictures, games, and more!

New Year’s Eve Family Party Sat. Dec. 31,
5:30 - 8:00 p.m.

Giant balloon drops at 7pm, party favors, and much more!

YOUTH FLOOR HOCKEY

Open to boys and girls, grades 1 - 5. It will be held at the Richard A. Young Recreation Center. This is a non-competitive league, with coaching emphasis on basic skills, team work and sportsmanship. No checking will be allowed. Mouth pieces and eye protection will be provided at no charge and their use during play is required.

Grades 1 - 2

Grades 3 - 5

Thursdays

Thursdays

4:10 - 5:10 p.m.

5:10 - 6:10 p.m.

Dates: January 26 – March 22, 2012

(Registration begins Thursday, Dec. 1st)

The cost is \$30.00 per child.

Leisure Programs

DADDY-DAUGHTER SWEETHEART BALL

Join us for a special evening, Saturday, February 4, 2012, 7-8:30 p.m. (doors open at 6:30 p.m.), at the Richard A. Young Recreation Center. Any father who has a daughter age 3-17 can participate. If daddy can't come maybe grandpa, an uncle, or big brother can. If you have more than one daughter, great! Bring them all!!! Registration begins January 2, 2012. Entertainment is provided by a disc jockey. The cost is \$15 per couple for residents, \$17.00 per couple for non-residents and \$6.00 for each additional daughter. Program includes dancing, a special gift to remember the evening and refreshments. Tickets available at the Richard A. Young Recreation Center and the Canfield Community Center. Registration will be first come, first serve.



UPHOLSTERY CLASSES

Learn how to reupholster furniture at the Eton Center on Tuesdays from 9:00 a.m. - 12:00 p.m., or 1:00 p.m. - 4:00 p.m. Fall session is September 13 thru January 10, 2012 and the winter session is January 17 thru May 1, 2012. Class fees are \$60.00 per senior citizen resident, \$140.00 for an adult resident and an additional \$15.00 per non-resident. The class meets through May, you can join anytime, come check it out. It is held at the Eton Center. Call 277-7765 for more information.

QUILTING CLASSES

Will be held on Tuesday mornings, 9:00 a.m. - 12:00 p.m.

Session I Sept. 13th - Nov. 1, 2011

Session II Nov. 8th - Jan. 17, 2012

Session III Jan. 24th - Mar. 13, 2012

Session IV Mar. 20th - May 15, 2012

Each session is \$25 per senior resident (age 55 & over), \$35 Adult resident and an additional \$10 per non-resident. Classes are held at the Eton Senior Center, 4900 Pardee. Call 277-7765 for more information.

DEARBORN HEIGHTS RETIRED MEN'S LEAGUE

The Dearborn Heights Men's Retiree Golf League meets at Fellows Creek Golf Course every Wednesday at 8:30 a.m. starting in May. There are four flights and we are able to accommodate golfers of all skills. Contact League Secretary, Gerry Willemse at 791-3600, if you are interested or need more information.



MOTHER-SON SWEETHEART BALL

Join us for a special evening, Saturday, February 18, 2012, 7-8:30 p.m. (doors open at 6:30 p.m.), at the Richard A. Young Recreation Center. Sons ages 3-12 can participate. If mother can't come, maybe grandma, an aunt, or big sister can. If you have more than one son, great! Bring them all!!! Registration begins January 2, 2012. Entertainment is provided by a disc jockey. The cost is \$15 per couple for residents, \$17.00 per couple for non-residents and \$6.00 for each additional son. Program includes dancing, a special gift to remember the evening and refreshments. Tickets available at the Richard A. Young Recreation Center and the Canfield Community Center. Registration will be first come, first serve.



FITNESSFACTORY INC.
SINCE 1981

EXERCISE WITH FITNESS FACTORY

You won't be bored with this one! Take your workouts to the next level with this fun, full-body, fat-burning class. You'll get 30 minutes of different cardio segments and then 30 minutes of total body strength training. Modifications will be taught, so there is just one question - what are you waiting for?

Session I - 8 wks.

Cardio Sculpt

Fix Mix Class Sept. 13 Tues., 7:15 p.m.

Cardio Sculpt

Fix Mix Class Sept. 15 Thurs., 7:15 p.m.

One day \$52.00, two days \$92.00.

Session II begins Nov. 10th and Nov. 15th - no classes on Nov. 24th. Session II is 6 wks. and is \$39.00 for 1 day and \$69.00 for 2 days.

Bring a water bottle, mat and hand weights for the class. Classes are held at the Canfield Center. You must pre-register directly through the Fitness Factory, Inc. by calling (248) 353-2885 or register online at: www.thefitnessfactory.net.

DEARBORN HEIGHTS CIVIC THEATRE

Dearborn Heights Civic Theatre is excited to bring the following upcoming shows to you!

"Biloxi Blues" by Neil Simon
November 4,5,11,12 & 13, 2011

"You're a Good Man Charlie Brown"
April 20,21,27,28, & 29, 2012

Dearborn Heights Civic Theatre is committed to being a place to experience and enjoy live theatre. We are a community based group seeking anyone with an interest in acting, directing, singing, set design, costuming, stage assistance and stage management.

If you are interested in more info about our shows or about joining our theatre, please visit dhctstage.org.

DHCT is on Facebook! Become a fan today! And while you're at it, follow us on Twitter: @dhctstage!



DUPLICATE BRIDGE

Bridge is held on Wednesdays, 11:00 a.m., at the Richard A. Young Recreation Center. Entry fee is \$4.00. ACBL affiliated. For more information please contact Elaine Reininger at 1-734-287-3067.

Leisure Programs

INTERGENERATIONAL TRIPS

Watch throughout the year for trips that both youth, ages 5 & above and adults can participate in. We take trips to Red Wing games, Piston games, circuses, theatres, etc... Call 791-3600 to get details!



YOUTH TRAVEL CLUB NEWS

The Dearborn Heights Parks & Recreation Department will be taking an intergenerational trip during Christmas Break. Call 791-3600 for more information.

ATTENTION...

DEARBORN HEIGHTS PARKS & RECREATION WEBSITE

Visit our website at www.ci.dearborn-heights.mi.us for the latest and most current information on programs and facilities for all ages.



YOGA

Yoga is held 9:30 - 11:00 a.m., every Wednesday at the Canfield Community Center. No prior experience needed. \$5.00 each session attended. Bring a mat and wear loose and comfortable clothing. You reduce stress and at the same time you energize your body!



·AEROBICS·
·BODY SCULPTING·
·PILATES·KICKBOXING·

Get a rush and feel GREAT!

- Mon. 6-6:50 p.m. Strictly Cardio
7-7:50 p.m. Body Toning
- Tues. 6-6:45 p.m. Mixed Bag Cardio
6:55-7:40 p.m. Upper Body-Abs
- Wed. 6-6:50 p.m. Strictly Cardio
7:00-7:50 p.m. Body Toning
- Classes begin September 12th run for 8 weeks.

Classes are held at Richard Young Center and are designed for all levels of exercisers. Please bring a mat, a set of hand weights and water to each class. 1 class per week-\$48/2 classes per week-\$88/ Unlimited classes \$120 for eight weeks of classes. Register direct through Adrenaline Fitness (313) 516-9228. For more information please visit www.adrenafit.com.

WOMEN'S SELF DEFENSE SEMINAR

This one-day, three-hour seminar is designed to help women and girls 12 years and older build their self-confidence and reduce vulnerability to attack. Master Gordon Schollenberger, a retired police Sergeant and fourth degree black belt, teaches this valuable course. Learn methods to increase your awareness and protect and defend yourself. You will also learn mental preparation, targets, everyday tips, and how to use your built in weapons. Each one-day seminar will be held at the Richard A. Young Recreation Center. A minimum of 10 students are needed to run the class. Cost is \$25.00 per student.

- Seminar 1: Oct. 8th 12:00 - 3:00 p.m.
Seminar 2: Feb. 11th 12:00 - 3:00 p.m.
Seminar 3: May 12th 12:00 - 3:00 p.m.



DETROIT RED WINGS TRIP

The Dearborn Heights Parks & Recreation Department and SMART will be sponsoring a trip to see the Detroit Red Wings at the Joe Louis Arena on January 21, 2012. We will be watching them take on the Columbus Blue Jackets at a 7:00 p.m. game time. Trip will include transportation via deluxe motorcoach from the Canfield Community Center and admission ticket. We will depart at 5:30 p.m. Approximate return time is 11:00 p.m. Cost is \$62.00 for a Dearborn Heights resident and \$65.00 for a non-resident. Seats are in section 227 & 228 rows 7 & 8.



Offered by Elements of Exercise
Canfield Community Center

Free Demo Class Sep. 9, 2011 &
Jan. 13, 2012 @ 6:00 p.m.

Fridays, 6 - 7:00 p.m., for 8 weeks
Fall Session I: 9/16/11 - 11/4/11
Winter Session II: 1/20/12 - 3/9/12

Cost: 1 Day/Week \$50.00 residents/ \$55.00 non-residents; Drop in class \$10.00

There is ongoing registration for these classes! New class sessions will follow the above dates.

ZUMBA® is a fusion of Latin and International music and dance themes that create a dynamic, exciting, effective and fun fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Ditch the workout...Join the Party! Bring a bottle of water and a towel because you'll be sure to work-up a sweat! Ages 12 and up.

For more information visit
www.elementsofexercise.com
Register online at
www.myclasspro.com/elementofexercise or
call (888) 363-3635.

Sports Programs

BASEBALL AND SOFTBALL

The D7 Dads' Club offers a Sandlot program for girls and boys ages 4 and 5. Softball is offered to girls age 6-17 and Baseball for boys age 6-14. A Boys Travel League is offered to ages 13-16 on a first come, first serve basis. The Season runs from June to August. For more information, please contact Gary Barkoff at 292-5909.

The Southwest Dearborn Heights Baseball League's 2012 summer baseball program is open to all boys and girls from the ages of 4 – 15. All games are played at Thorne Elementary School on Annapolis and Gulley. The league provides the uniforms and all game equipment. For more information on the 2012 baseball season go online to www.swdhbl.org, or you may call Tim Lafferty at (734) 502-1306.



North Dearborn Heights Baseball League is online at www.NDHBL.com. Please check online for any updates or corrections. The league is for all children ages 5 to 18 years old. There is T-ball, baseball, softball and fastpitch. We are always looking for volunteers, sponsors, coaches and umpires. Registration can be downloaded from the web-site. Home fields are located on Inkster between Warren and Ann Arbor Trail. For additional information, please e-mail info@NDHBL.com Website: NDHBL.com.

BASKETBALL

The D-7 Dad's Club offers basketball for girls and boys ages 6-16. Cheerleading is offered to ages 3-17. All games will be played at the Richard A. Young Recreation Center. The 6 - 9 year olds play on Saturdays and the 10 - 16 year olds play on Sundays. Cheerleading is held on Sundays only. The season will run from January until March. Registration starts November 1st, practice starts in December. To register or for any information please contact Gary Barkoff at 292-5909 for basketball or Shelly Gambino at (313) 562-0096 for cheerleading or visit the website at www.d7dadsclub.org.

FALL PRIME-TIME BASKETBALL CAMP

When: Sat. Nov. 12 - Dec. 17, 2011
(No class Nov. 26th)
Where: Richard A. Young Center
Who: Grades 1-8 9:00 - 11:00 a.m.
Fee: \$49.00 per participant,
includes free T-Shirt

Participants will receive valuable personal one-on-one instruction in the following areas: Ball Handling, Rebounding, Shooting, PostPlay, Defense, and "Jab Step Series".

ADULT BASKETBALL

Dearborn Heights Parks and Recreation Department is offering adult basketball leagues for men. Games will be played once a week on Wednesdays and Thursdays at the Richard A. Young Recreation Center. Team registration fee is \$275 plus additional fees for non-resident players and referee fees for each game. For additional league information please call (313) 277-7080 or stop by the Young Center. Registration begins September 26th and ends October 28th.

YOUTH BASKETBALL CLINIC

The 2012 Youth Basketball Clinic will take place on Saturday mornings at the Richard A. Young Recreation Center for ten weeks. This clinic will be open for all children from 2nd grade through 8th grade. Students will learn valuable basketball fundamentals from qualified instructors. The hours will be as follows:

Grades 2 - 4	Grades 5 - 8
9:15 - 10:20 a.m.	10:25 - 11:30 a.m.
Jan. 21 - Mar. 24, 2012	

(Registration begins Thursday, Dec. 1st)
The cost is \$25.00 per child. Each session will be limited to 40 children.



START SMART™ PROGRAMS

Start Smart™ programs are sports based programs that are designed to be developmentally appropriate programs for girls and boys that prepare them for organized sports in a fun, non-threatening environment. The programs are designed to assist parents in supporting their children in development of the basic motor skills necessary to achieve success and confidence in specified sports. Emphasis is placed on skill development and good sportsmanship for both parents and children. Age-appropriate equipment is used to teach proper techniques for each sport. This may be the first sports program you and your child will participate in together, so "start smart" for a lifetime of sports activity. Active participation by both parent and child is required.

START SMART™ SPORTS DEVELOPMENT PROGRAM

Introductory program focuses on a variety of general sports skills including throwing, catching, kicking, and batting. Parents and children work one-on-one and spend quality time together. Class teaches basic motor skill tasks that gradually build confidence while children have FUN at the same time. Parent or guardian MUST attend and participate with the child.

When: Thurs. Sept. 22 - Oct. 27, 2011
Where: Richard A. Young Recreation Center
Who: Boys and Girls, ages 3-6,
with a parent
Time: 6:30 p.m. - 7:30 p.m.
Fee: \$30.00 per parent/child couple



START SMART™ BASKETBALL PROGRAM

Program prepares children for organized basketball in a fun, non-threatening environment. Parents and children work one-on-one while children learn a variety of basketball skills including dribbling/ball handling, shooting, passing/catching, and running/agility. Drills and exercise will increase in difficulty as the class progresses and children show improvement. Parent or guardian MUST attend and participate with the child.

When: Thurs. Mar. 22 – April 26, 2012
Where: Richard A. Young Recreation Center
Who: Boys and Girls, ages 4-6,
with a parent
Time: 6:30 p.m. - 7:30 p.m.
Fee: \$30.00 per parent/child couple

Sports Programs

JUNIOR TACKLE FOOTBALL AND CHEERLEADING

Raiders Junior Football Club will be offering football and cheerleading to all youth ages 8-13. First time participants must present a birth certificate. Registration for returning players will be by mail through the month of March. To register or for any information, please check the website www.dearbornheightsraiders.org or email Alex Fakih at raidersjuniorfootball@yahoo.com

The **Dearborn Heights Redskins** offer full contact junior football for ages 8-14 (70-175 lbs.). The season consists of 8 games. To register and for additional information contact Leonard at 277-8745 for football and Pat at 277-8745 for cheerleading.

The **D7 Dads' Club** offers Flag Football for ages 6-13 and Cheerleading for ages 3-17. All games are played on Sunday at the Annapolis High School field (behind Pardee School) on Pardee Street. The season will run from September until November. For any information, please contact Bobbi Crites at 274-9296 for football and Shelly Gambino at 562-0096 for cheerleading. For more information visit their website at www.d7dadsclub.org.



ICE HOCKEY

Dearborn Heights Dad's Club Ice Hockey will be available for ages 4 – 17. No experience necessary, all players get equal ice time and everyone makes a team. The program runs from October 1 through March. This is a "House League" and a fun hockey program. For any further information, please contact Gary Barkoff at 292-5909.

INDOOR WALKING PROGRAM

The gymnasium at the Richard A. Young Recreation Center is open to anyone wishing to get in an extra mile or two. It is open for walkers every Monday thru Friday from 7:00 - 8:30 a.m. There is no charge.



DRD SWIM CLUB

The Dearborn/Dearborn Heights Recreation Dolphins (DRD) Swim Club is a competitive swim program for boys and girls of elementary, middle school and high school ages. The primary purpose of the program is to develop the skills of swimmers for advancement through different levels of swimming competition sponsored by Michigan Swimming and USA Swimming. Practices are held Monday through Friday. Practices are held at Edsel Ford High School and O.L. Smith Middle School in Dearborn during the school year. Practices are held outside at Dunworth Pool located in Levagood Park in Dearborn during the summer. Information regarding registration time lines, fees and policies can be found on the Dearborn/Dearborn Heights Recreation Dolphins Swim Team web site at www.swimdrd.org or contact Whitney Baker at bakerwhitney@yahoo.com.

KARATE

Learn karate and self-defense in a class that is held year round. Master Gordon Schollenberger, an accomplished fourth degree black belt, will teach you how to defend yourself in case of need. The class meets every Tues. and Fri. from 6 - 7:00 p.m. at the Richard A. Young Center and Nova Schollenberger, a 2nd degree black belt, teaches the class on Tues. and Thurs. from 6 - 7:00 p.m. at the Canfield Center. Men, women and children are encouraged to participate. Children must be at least 8 years old. Cost is \$25.00 per month for residents and \$30.00 per month for non-residents. You can join anytime. There are no contracts to sign.

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Be sure to check out our website at
www.ci.dearborn-heights.mi.us

DEARBORN HEIGHTS SOCCER CLUB

Pee-wee division is open to all children between the ages of 4-8. Travel is open to players between the ages of 8-18. DHSC also offers tryouts for select and premier level teams.

The Club is a great place for your children to interact with others and for you to meet other soccer families. The Club puts on several social events each year to promote club spirit, good-sportsmanship and congratulate teams on their successes. The annual banquet and picnic are family oriented with good food, games, clowns and activities for the kids.

For more information about the Dearborn Heights Soccer Club please visit the website at <http://www.dhsoccer.com>. The site contains an event calendar and information concerning registration, referees, coaching, policies and soccer camps. For Pee Wee Soccer information please call 600-2684, email peeweereg@dhsoccer.org. For Travel Soccer call 505-0790, email: travelreg@dhsoccer.org Please come and join the fun with the Dearborn Heights Soccer Club. You won't be disappointed.



2012 SUMMER

SOFTBALL REGISTRATION

Attention all adult softball players! February is Fire Up month. This is the time of year to register your softball team for the summer softball program. Registration will take place at the Canfield Community Center located at 1801 N. Beech Daly and the Richard A. Young Recreation Center located at 5400 McKinley.

Registration Page



MAIL IT IN

Use the form below, Enclose check, money order, VISA, DISCOVER or MasterCard number and exp. date. Make checks payable to:

City of Dearborn Heights



PHONE IT IN

(313) 791-3600

Have your VISA, DISCOVER or MASTERCARD number, exp. date and program name ready.



FAX IT IN

(313) 791-3601

Use your VISA, MasterCard, or Discover



WALK IT IN

Come to your office at 1801 N. Beech Daly, Dbn. Hgts. between 8:00 a.m. and 5:00 p.m., Mon. thru Fri.

EACH PERSON MUST REGISTER SEPARATELY

Name: _____ Age: _____

Address: _____

City, State, Zip: _____

New Address? T-Shirt (if needed) _____

Telephone Day: _____ Evening: _____

Where did you hear of this/these programs:

Friend Brochure Newspaper Cable DH Today

Mail To: Registrar

Dearborn Heights Parks & Recreation Department
1801 N. Beech Daly Road
Dearborn Heights, MI 48127

Please add my name to your mailing list.

Session	Program/Location	Fee
Receipt # _____	Total	

I wish to pay by: Check# _____

_____ - _____ - _____ - _____

Signature: _____

Expires on: _____

VISA
 Mastercard

EACH PERSON MUST REGISTER SEPARATELY

Name: _____ Age: _____

Address: _____

City, State, Zip: _____

New Address? T-Shirt (if needed) _____

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Session	Program/Location	Fee
Receipt # _____	Total	

I wish to pay by: Check# _____

_____ - _____ - _____ - _____

Signature: _____

Expires on: _____

VISA
 Mastercard

REFUND POLICY

Refunds are given when:

- 1) A program is cancelled by the Dearborn Heights Parks & Recreation Department or
- 2) A request for refund is made either in writing accompanied by a receipt, or by contacting the Dearborn Heights Parks & Recreation Department by telephone at least 7 working days prior to the beginning date of the program. Telephone requests must be followed by the submission of your original receipt to the Dearborn Heights Parks & Recreation Department.

3) Special consideration for refunds will be given for medical reasons.

No requested refunds are processed without the original receipt. Processing takes 1 to 2 weeks. Your receipt must accompany any request for refund.

In keeping with the American with Disabilities Act as it pertains to access to programs, and upon receiving adequate notice, the Dearborn Heights Parks & Recreation Department will make reasonable accommodations for persons with special needs. Please call 791-3600 if you need assistance.

Where to Call

For general information about our programs or about registration procedures, call (313) 791-3600. Or E-mail us at recreation@ci.dearborn-heights.mi.us. Office Hours - 8:00 a.m.- 5:00 p.m.

Suggestions for New Programs!

We want to hear your suggestions for new programs and also any comments you might have about existing ones. Please submit your program ideas to: Dearborn Heights Parks & Recreation Department, 1801 N. Beech Daly, Dearborn Heights, MI 48127, or give us a call at (313) 791-3600.

Youth Programs



**MICHIGAN ACADEMY
OF GYMNASTICS
and
DEARBORN HEIGHTS
PARKS & RECREATION
OFFER GYMNASTICS AT
CANFIELD COMMUNITY CENTER
1801 N. BEECH DALY 791-3600**

Mondays thru January 23rd, 2012 (No class Sept. 5th, Oct. 31st, & Jan. 16th)

#3A111	Kinder I Class	3 - 4	4:30 - 5:15 p.m.
#3A210	Red (Beg.)	6 - 10	4:30 - 5:45 p.m.
#3A112	Kinder II Class	5 - 6	5:15 - 6:15 p.m.
#3A211	White (Inter.)	7 - 12	5:45 - 7:15 p.m.
#3A113	Super Kinder II	4 - 6	6:15 - 7:15 p.m.

Wednesdays thru January 25th, 2012

#3A130	Kinder I Class	3 - 4	4:30 - 5:15 p.m.
#3A131	Super Kinder I Class	3 - 4	4:30 - 5:15 p.m.
#3A132	Kinder II Class	5 - 6	4:45 - 5:45 p.m.
#3A133	Super Kinder II Class	4 - 6	5:15 - 6:15 p.m.
#3A230	Tumbling	8 - 16	5:15 - 6:15 p.m.
#3A231	Red (Beginner)	6 - 10	6:15 - 7:30 p.m.
#3A134	Parent & Tot Class	2 - 3	6:15 - 7:00 p.m.
#3A232	White/Blue	7 - 12	5:45 - 7:15 p.m.
#3A135	Kinder I Class	3 - 4	7:00 - 7:45 p.m.

10% Sibling
Discount on
Class Fees

Registration fee \$50 - 1st child/\$25 -2nd & any additional child/non-residents add a \$5.00. This is an annual fee due at the time of registration and each year after that date (non-refundable). Registration fee & 1st installment due at time of registration.

Class fees are as follows: (Prices will be pro-rated from when you begin.)

<u>Class Length</u>	<u>2 Installments</u>	<u>***20 wk. discounted fee***</u>	
45 minutes	\$112	\$210	You are responsible
1 hour	\$147	\$275	for 2 payments:
1 1/4 hour	\$180	\$335	1st due at registration
1 1/2 hour	\$210	\$390	2nd due November 7th

Prices listed above are for the full 20 weeks. 15% Second Class Discount. Make checks payable to Michigan Academy of Gymnastics.

Registration is on-going and you can register at anytime, as long as there is an opening in the class. Space is limited. Last week is parent's observation week. Instructor to student ratio is 1 to 8. Call 791-3600 for more information. No phone registrations accepted.

YOUTH LEARN TO SKATE PROGRAM

Learn to skate in this ten week session held at the Canfield Ice Arena. It will start September 11, 2011. Cost is \$30.00. A new ten week session will begin at the completion of each session.

OPEN SKATING AND ADULT HOCKEY OPENINGS

For open skate times at the Canfield Ice Arena call 313-561-1960.

Open skate will be held throughout the fall and winter.

There currently are openings in their Adult Hockey Leagues.



TREE LIGHTING CEREMONY

The City of Dearborn Heights annual Tree Lighting Ceremony will be held on Tuesday, December 6, 2011, 7:00 p.m., at the Dearborn Heights City Hall, 6045 Fenton. The welcoming of Santa Claus to Dearborn Heights highlights this festive event. How will Santa arrive this year? No one knows except Santa and his helpers. All residents of Dearborn Heights are encouraged to be in attendance and assist in the singing of Christmas Carols. At the conclusion of the ceremony, Santa will be available for visitations. Don't forget to bring your camera to make a memory!



SANTA'S MAILBOX

The City of Dearborn Heights will have its own direct access to the North Pole. For all those little nippers that would like to send Santa a personalized letter you may drop it off in Santa's own mailbox located outside of City Hall, 6045 Fenton. For an immediate response from Santa please include your name and address. (This way the elves can address the envelope while Santa writes the reply.) The mailbox will be available from November 28, 2011 through December 16, 2011. The mailbox will be open 24 hours.

DADDY-DAUGHTER DATE NIGHT

Our 24th Annual Daddy-Daughter Date Night will be held on February 11, 2012 at the Richard A. Young Center at 7:00 p.m., doors open at 6:30 p.m. for photos. Daughters age 3-17 can participate. If daddy can't come maybe grandpa, an uncle, or big brother can. There will be square dancing, punch and cookies, a long stem carnation, and a photo will be taken of the father and daughter(s) for a souvenir of the evening. Cost is \$15.00 per couple for residents, \$17.00 per couple for non-residents and \$6.00 for each additional daughter. Registration and tickets will be available beginning Monday, January 2, 2012 at the Richard A. Young Center, and the Canfield Center. Registration will be first come, first serve, space is limited.

Be sure to check out our website at www.ci.dearborn-heights.mi.us