

Dearborn Heights Parks & Recreation...



We Bring The Youth Out In Everyone!!!

Inside This Issue...

Michigan Academy of Gymnastics

Summer Day Camp

Summer Recreation Program

Tennis Lessons

*Spring/Summer 2011
Complimentary*

*Providing Quality Leisure
Opportunities to the
Dearborn Heights Community*

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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

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

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
Diane Saunders. Senior Citizen Coordinator,
Berwyn Center
Michael Stagg Building Manager,
Richard A. Young Recreation Center
Elaine C. Darr Clerk Typist,
Parks & Recreation Department

CLIP AND SAVE THESE PHONE NUMBERS!



BASEBALL, SOFTBALL & T-BALL:

District #7 Dad's Club
North Dearborn Heights Baseball League

Southwest Dearborn Heights Little League

Gary Barkoff 292-5909
Website www.ndhbl.com
Email kellyferensic@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

561-1960
Website canfieldicearena.com
Gary Barkoff 292-5909

D7 Dad's Club Hockey

SOCCER:

Dearborn Heights Soccer

Pee Wee (In House) 505-1018
Travel Program 505-0790
Website www.dhsoccer.org

YOUTH FOOTBALL & CHEERLEADING:

Dearborn Heights Redskins

Football: Leonard Issac 277-8745
Cheerleading: Pat 277-8745
Alex Osama Fakhri 949-3616

Dearborn Heights Raiders

Website www.dearbornheightsraiders.com

District #7 Dads' Club

Football
Cheerleading

Bobbi Crites 274-9296
Shelly Gambino 562-0096

SWIMMING:

Crestwood High School

274-3719
278-0900
Website www.swimdrd.org

DRD Swim Club

WRESTLING:

Dearborn Heights Wildcats Wrestling Club

Scott McCoy 743-7479
coachb1975@gmail.com

PARK PERMITS

Park Permits are available for Parkland Park, Van Houten Park and Swapka Park. 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.

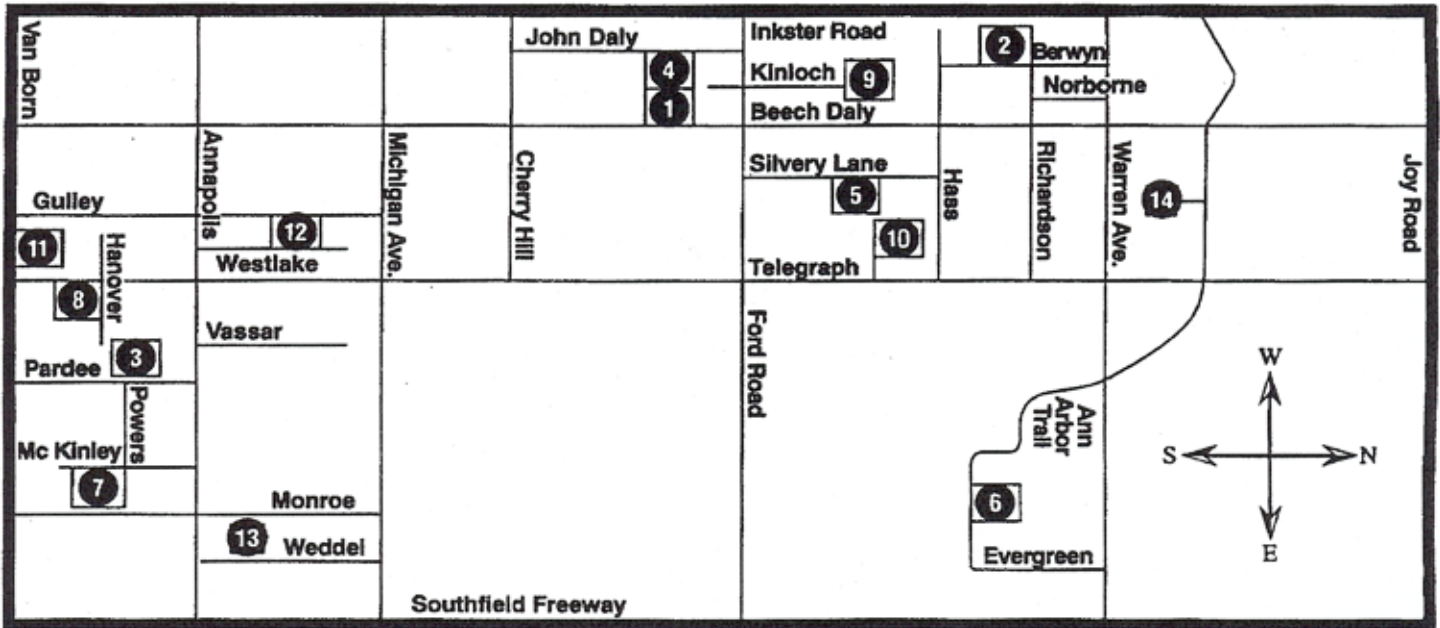
PROGRAM CHANGES

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. Gully
(behind St. Sabina's enter off Ann Arbor Trail)



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

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!

Berwyn Center
 26155 Richardson
 Dbn. Hgts.
 Phone: 791-3550

Activities:
 Upholstery
 Ceramics
 Quilting Class
 Senior Citizen Clubs
 Food Commodities
 Woodcarving
 Referral Services
 Quilting Club
 Liquid Meals
 File of Life Program
 Recreational Programs
 Home-bound Lunch Program
 Free Blood Pressure Monitoring
 Free Cell Phone Program for 911

Eton Center
 4900 Pardee
 Dbn. Hgts.
 Phone: 277-7765

Gift Shop
 Pool Rooms
 Craft Clubs
 Health Services
 Lunch Program
 Card Room
 Special Events
 Trips
 Oil Painting
 RSVP Program

These are just some of the activities offered at the centers. Open Monday thru Friday
 8:00 a.m. - 5:00 p.m.

City of Dearborn Heights

Daniel S. Paletko, *Mayor*
 S. Judith Dudzinski, *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

YOGA

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

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 Reiningger at 1-734-287-3067.

Youth Programs

RIVERSIDE ARENA
in conjunction with the
DEARBORN HEIGHTS
PARKS & RECREATION

BASIC ROLLER SKATING CLASS

Students will learn balance, skating forward, backward, starting, stopping and turning, on quad or inline skates. Also includes the basics of dance and figure skating. Skaters will receive a certificate or Star Program patch and graduate to the next level when achieving required skills.

Wed. 5:15 - 6:00 p.m.

Sat. 10:15 - 11:00 a.m.

\$40.00 for a 5 wk. course (includes rentals).

Class starting dates as follows:

Session I: 3/23/11 or 3/26/11

Session II: 4/27/11 or 4/30/11

Session III: 6/1/11 or 6/4/11

SUMMER CLASSES BEGIN:

Session I: 7/6/11 or 7/9/11

Session II: 8/10/11 or 8/13/11

No experience necessary. Ages 5 & over welcome.

ADVANCED : An advanced class meets Sat. from 9:30 - 10:15 a.m. Students will learn advanced techniques including figures, dance and free style skills. This class requires experience, basic class skill level and instructor approval.

PRESCHOOL SKATE AND TOT CLASS

Children learn balance, coordination, Hokey Pokey, Chicken Dance and more. Every Wed. from 10 - 11:30 a.m. on a continuous basis. Drop in, no registration is necessary. Cost is \$4.00 per person includes instruction, skate rentals, open skate time and snack. Skate rentals are available starting at size six juvenile and larger. No experience is needed. Parents, strollers and children six and under welcome. For more info: www.riversidearena.com.



MIDDLE SCHOOL DANCE NIGHT

On the first Friday of every month starting in October, 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. There will also be a Fall Kick-Off Dance on Friday, September 9. Disc jockey for all dances provided by Spectrum Entertainment.

23RD ANNUAL MOTHER-CHILD DATE NIGHT

Ford Lanes
23100 Van Born Road
Monday, May 9, 2011

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 4, 2011 at the Richard A. Young Recreation Center and the Canfield Community Center. Registration will be first come first serve, each session is limited. Note: Bumper Bowl will be available for all who are interested.

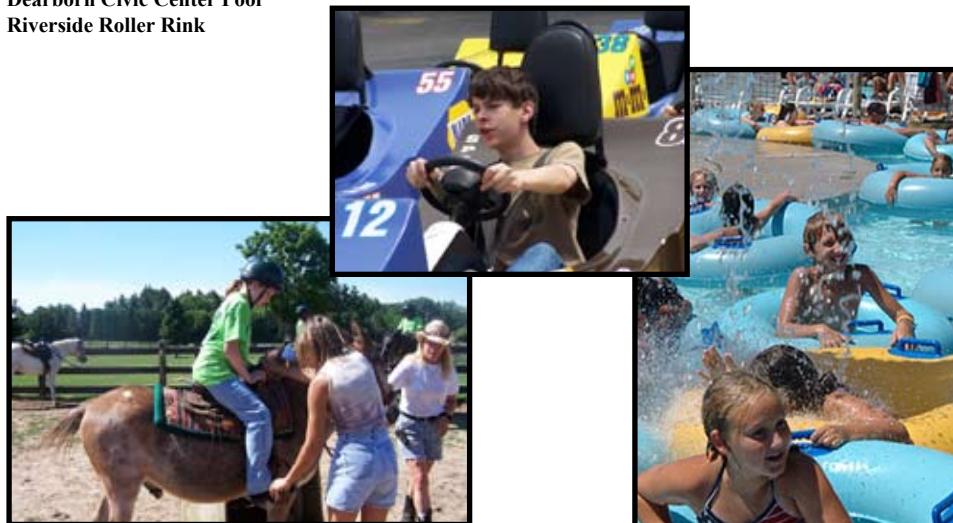
DEARBORN HEIGHTS YOUTH TRAVEL CLUB

GET OFF THE COUCH AND HAVE SOME FUN!!!

The Dearborn Heights Youth Travel Club will begin June 23, 2011 and will run for 8 weeks throughout the summer. Trips will take place on Tuesdays and/or Thursdays. Departure times will depend on the location of the trip and the activity. The bus will depart from the Canfield Community Center and the Richard A. Young Recreation Center. The bus will either be a school bus or a deluxe motor coach depending on the distance of the trip. Youth in grades 5-12 can participate. The registration fee is \$10.00 for Dearborn Heights residents, \$14.00 for non-residents. There will also be an additional cost for each trip you sign up for. A late fee of \$2.00 will be added for each trip signed up for following the registration deadline date. The cost will depend on the trip destination. **You do not have to sign up for every trip, you can pick and choose which trips you would like to go on.** A complete schedule of destinations, departure times and costs will be available in May. Contact the Dearborn Heights Parks and Recreation Department at 791-3600 for more information or to have a schedule sent to you when they are available. Some of the past locations have been:

Arcadia Laser Tag & Pizza
 Castaway Bay
 Frankenmuth - Bavarian Indoor Water Park
 Horseback Riding, Pizza Hut & Kensington Paddle Boats
 Zap Zone - Laser Tag & Arcade
 Fairlane Club - Swimming, Pizza, & Walleyball
 Great Lakes Crossing - Movie, Food Court, Game Works
 Glow in the Dark Putt Putt
 Wayne Aquatic Center
 Dearborn Civic Center Pool
 Riverside Roller Rink

Soak City
 Kalahari Resort
 Sportsway Putt Putt & CiCi's Pizza
 Red Oaks Water Park
 Cedar Point
 Splash Universe
 Toledo Zoo
 Waterford Oaks Water Park
 Full Blast - Battle Creek



For the 2011 schedule call 791-3600 or check our website at www.ci.dearborn-heights.mi.us

Youth Programs

DEARBORN HEIGHTS KIDS KLUB SUMMER DAY CAMP

Youth ages 6 - 12 can participate in this exciting summer program. The program runs weekly June 13th - August 26, 2011. 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 1 drink and 2 snacks (drinks for snack time will be provided). Program will include field trips twice a week, arts & crafts, sports, games, movies, etc. A program schedule will be available in May. Pre-registration and advance payment is required before each week begins. First come first serve, there is a maximum of 55 participants per each session. The cost for the Day Camp is \$115.00 per week for residents, \$125.00 per week for non-residents. You must also purchase a tee shirt for \$7.00 for field trips. The program will be held at the Richard A. Young Recreation Center.

Before Care and After Care Program

A Before Care and After Care Program will be held for the participants registered for the Summer Day Camp. Toys, games and activities will be provided. It will be available from 7:00 - 9:00 a.m. and 4:00 - 6:00 p.m. at the Richard A. Young Recreation Center. The weekly cost for a.m. care is \$30.00 per week. The weekly cost for p.m. care is \$30.00 per week. If you register for both a.m. and p.m. the cost is \$50.00 (*discount not available to non-residents*). Pre-registration is required. The daily rate for each 2 hour time block is \$8.00 (2-2 hour time blocks per day will cost \$16.00).

2011 TENNIS LESSONS

CHILDREN/YOUTH

SESSION I	JUNE 20 - JUNE 30
SESSION II	JULY 5 - JULY 14
SESSION III	JULY 18 - JULY 28
SESSION IV	AUG. 1 - AUG. 11
SESSION V	AUG. 15 - AUG. 25

LESSON

PEE WEE	7-8 YEARS OLD	9:00 a.m.
BEGINNERS	9-17 YEARS OLD	10:00 a.m.
BEGINNERS	9-17 YEARS OLD	11:00 a.m.
INTER/ADV.	9-17 YEARS OLD	12:00 p.m.

Each class will meet Mon.-Thurs. for 2 wks. and are 55 minutes in length. July 4th week will be Tues., July 5th - Fri., July 8th. Students will be grouped according to age. The instructor ratio will be 1 to 12 students, whenever possible.

Sessions will be held at Don Zielinski Tennis Courts. Fridays will be declared a make-up day in case of inclement weather. Cost is \$40.00 per resident, \$45.00 per non-resident.



2011 SUMMER RECREATION PROGRAM

The Dearborn Heights Parks & Recreation Department will be sponsoring the 2011 Summer Recreation Program beginning Monday, June 20, 2011 at 10:00 a.m. until 3:00 p.m. Anyone grades 1st through 5th can participate. The program will meet Monday through Friday ending August 12, 2011. Several Park Sites will be supervised by college students for the summer. They are as follows:

- SITE I CENTRAL PARK
- SITE II ST. SABINA
- SITE III MADISON



Registration will be by site and participants are able to attend all five days. The program will consist of special events such as: Putt-Putt Golf, Bowling, Rollerskating, Swimming, Carnivals, Parties and Picnics. Daily activities will include arts & crafts, organized games, sports, drama activities, etc... Transportation is not provided for trips.

The fee is 125.00 per Dearborn Heights resident individual or Dearborn Heights School Attendee individual or \$200.00 per resident family or \$200.00 per Dearborn Heights School Attendee family and \$150.00 per non-resident. There is no non-resident family rate. Registration for Dearborn Heights Residents/Dearborn Heights School Attendees begins April 1, 2011 and non-residents can register after May 2, 2011. Space is limited because of site reductions, so it is first come, first serve. Residents must show report card and/or proof of residency. Additional fees will be charged for special activities. Registration can be done at the Canfield Community Center and the Richard A. Young Recreation Center. Checks made payable to the City of Dearborn Heights.

2011 MRPA AMUSEMENT PARK TICKETS

<u>Amusement Park</u>	<u>Dates Available</u>	<u>Ages</u>	<u>Price</u>	<u>Savings</u>
Cedar Point	May 14-	Child (3+, Under 48", 62+)	19.00	\$ 2.00
	Oct. 30	Adult (3-61, 48" & Over)	\$38.25	\$ 8.74
	Ride/Slide 2 Day	Adult (2 Day)	\$71.25	\$ 5.74
Detroit Zoo	Jan. 1-	2-14	\$7.00	\$ 1.00
	Dec. 31	15-61	\$10.50	\$ 1.50
Red Oaks Wave Pool	May 28 -	30"-43"	\$7.25	\$.25-\$1.75
	Sept. 5	44" +	\$9.75	\$.25-\$6.25
Waterford Oaks Wave Pool	June 10 -	30"-43"	\$6.75	\$.25-\$2.25
	Sept. 5	44" +	\$8.75	\$.25-\$6.25

Leisure Programs

SPIRIT 2011 FESTIVAL

Wednesday, June 8, 2011

Amusement Rides & Midway
Festival Entertainment

4:00 p.m. - 11:00 p.m.

5:00 p.m. - 10:00 p.m.

Thursday, June 9, 2011

Amusement Rides & Midway
Festival Entertainment
"Taste of the Heights"

4:00 p.m. - 11:00 p.m.

5:00 p.m. - 10:00 p.m.

6:00 p.m. - 8:00 p.m.

Friday, June 10, 2011

Amusement Rides & Midway
Festival Entertainment

3:00 p.m. - 12:00 a.m.

5:00 p.m. - 10:00 p.m.

Saturday, June 11, 2011

Amusement Rides & Midway
Festival Entertainment

1:00 p.m. - 12:00 a.m.

2:00 p.m. - 10:00 p.m.

Sunday, June 12, 2011

Amusement Rides & Midway
Festival Entertainment

1:00 p.m. - 11:00 p.m.

2:00 p.m. - 10:00 p.m.



Special "pay one price" program will be available each day for all amusement rides.

JURIED CRAFT SHOW

presented by the

Eton Senior Citizen Center
Saturday, April 9, 2011
9:00 a.m. - 4:00 p.m.

Eton Senior Citizen Center
4900 Pardee
Dearborn Heights, MI 48125
313-277-7765



DEARBORN HEIGHTS CIVIC THEATRE

Dearborn Heights Civic Theatre is committed to being a place to experience and enjoy live theatre. We are a community based group seeking experienced professionals, as well as first-timers, with an interest in acting, directing, singing, set design, costuming, stage assistance and stage management. We are currently accepting proposals for future show ideas (email proposals@dhtstage.org).

To participate in our shows there is a brand new membership program! All membership terms are for one full calendar year. Cost: Adults: \$30 High school students: \$15 Youth (K-8): \$15 for the first child in the family, \$5 for each additional child.

All events take place at the Berwyn Center. 26155 Richardson, Dearborn Heights, 48127. Please visit www.dhtstage.org for more information..

Bowling Programs

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 peewees. Program starts in May and June for 14 weeks and October for 15 weeks. Each program includes: 1 game of bowling, shoe rental, trophies, recorded averages, end of the season party and light weight bowling ball to use.

KID'S STUFF BOWLING is for any school age youth-beginner. Youth must be able to bowl 2 games with 1 hand. Program starts in May and June for 14 weeks and late September for 15 weeks. Each program includes: 2 games of bowling, recorded averages, shoe rental, trophies and end of the season party.

TEEN LEAGUE is for youth ages 12-17. Program starts in May and June for 14 weeks and late September for 15 weeks. Includes 2 games of bowling, free shoe rental, trophies, recorded averages and weekly pop & pizza after bowling.

PARENT YOUTH LEAGUE "FAMILY AFFAIR" This inter-generational program begins in May and June for 14 weeks and late September for 15 weeks. It includes 3 games of bowling, trophies, shoe rental, recorded averages & special outing tickets. The youth must be under 18 years of age and the adult must be over 18 years of age.

FORD LANES

23100 Van Born Road 292-1700:

10 PIN TODDLERS - BUMPER BOWL is for children ages 3-6, beginning Wed., June 15th at 11:00 a.m., Thurs., June 16th at 6:00 p.m. and Sat., June 4th at 11:00 a.m. Cost is \$5.00 registration fee and \$5.00 per week. Includes one bumper game, drink & cookies, awards, recorded averages, trophy, use of house ball & shoes & end of the season party.

FUN LEAGUES

Youth ages 6-11 1:00 p.m.

Youth ages 12-14 1:00 p.m.

Begins Sat., June 4th or Wed., June 15th. There is a \$5.00 registration fee and \$7.00 per week. Includes: 3 games of bowling, hotdog, small pop, recorded averages, use of house ball and shoes and end of the season party.

ADULT/CHILD LEAGUES are for youth 6-18 yrs. old and adults. Begins on Thurs., June 9th at 6:30 p.m. Cost is \$7.50 per week per person. Includes 2 slices of pizza for each bowler, 3 games of bowling, free use of house balls and shoes, recorded averages and end of the season party.

SUMMER FUN PASS

Good for 2 free games of bowling for children ages 3-16 every day from May 1 - August 31st. Stop in and pick up a pass, call or e-mail us a request and we will mail one to you. Check out fordlanes.com

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

Leisure Programs



Offered by Elements of Exercise
with

Dearborn Heights Parks and Recreation

Canfield Community Center

Free Demo class March 18th @ 6:00 p.m.

Fridays, 6:00 - 7:00 p.m.

Session I: 3/25/11 - 5/20/11*

Session II: 6/3/11 - 8/1/11

*No class 4/22/11, 7/1/11 and 7/8/11

8 week sessions: Cost: 1 day/week

\$50.00/residents

\$55.00/non-residents

Drop in class: \$10.00

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.

Don't miss out on the hottest workout available--register today!

Register online at www.elementsofexercise.com or at the Canfield Community Center, 1801 N Beech Daly, 791-3600, or call 1-888-363-3635 for more info. www.elementsofexercise.com

ZUMBA GOLD

Gold makes the basic Zumba program accessible to active older adults, de-conditioned individuals and those recovering from injuries. It is given standing and seated to Latin and International music. It is held at the Eton Center, 4900 Pardee St., Dbn. Hts. Free class on Thurs. March 24, 2011 at 12:30 p.m.

Session I: 3/31/11 - 5/5/11

Session II: 5/12/11 - 6/16/11

1 day/6 weeks \$30.00 per session.

Call 313-277-7765 to register.



VAN HOUTEN PARK

Check our website for information on the Van Houten Park Splash Pad or call 313-791-3600.



FITNESSFACTORY INC.
SINCE 1981

Spring Class Schedule

Canfield Community Center

1801 N. Beech Daly

Dearborn Heights, MI 48127

(313) 791-3600

Top to Bottom Fit Mix (New)

Work your whole body! Move to motivating music as you sculpt, strengthen, trip & tone your way to a better you. Modifications for intensity and impact will be taught so each student gets what is needed. Bring a mat, 2 - 5 lb. hand weights.

Mar. 1st - Tues. 7:15 p.m.

Mar. 3rd - Thurs. 7:15 p.m.

(Session 3 begins April 19th & 21st)

Classes are 6 weeks long.

1 day-\$39.00 2 days-\$69.00

Must Pre-Register thru Fitness Factory at (248) 353-2885 or Register online at:

www.thefitnessfactory.net

NEWLY RE-BUILT TRACK

sponsored by the Dearborn Heights Tax Increment Finance Authority (TIFA)

It is located at the Robichaud High School football field, between S. Beech Daly & Gulley Roads, just south of Michigan Avenue.

Public Walking Hours are as follows:

Monday - Friday (School Days):

5:00 - 7:00 a.m. / 7:00 - 9:00pm

Monday - Friday (Non-School Days):

5:00 a.m. - 9:00 p.m.

Saturday & Sunday: 5:00 a.m. - 9:00 p.m.

(Track not open during school and community sponsored events.)

PRESENT MOMENT MEDITATION

Learn meditation, plus simple techniques for quieting the mind, relaxing the body, and ways to stay present and peaceful throughout your day. Just a few minutes of meditation helps improve overall health and well-being. It increases happiness, reduces stress and makes life's challenges more manageable. Present Moment Meditation uses a practical, light-hearted approach that makes meditating inviting and beneficial for everyone. All are welcome. Ages 15-Seniors. Chairs provided. Two Tuesday's a month, 7-8:15 pm. \$12 p/ class. For schedule call: (734) 674-6965, or email: kbhenning@myexcel.com.

Visit: www.LivingInThePresentMoment.com



•AEROBICS•
•BODY SCULPTING•
•PILATES•KICKBOXING•

Get a rush and feel GREAT!

Mon.	6-6:55 p.m.	Mid-Impact Aerobics
	7-7:55 p.m.	Body Sculpting
Tues.	6-6:45 p.m.	Mat Pilates
	7-8:00 p.m.	Cardio Kick boxing/Sculpting
Wed.	6-7:00 p.m.	Mid-Impact Aerobics
	7:15-8:15 p.m.	Body Sculpting

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. Exercise bands may be purchased from the instructor for \$5.00. 1 class per week-\$56/2 classes per week-\$96/Pilates only \$62/Kickboxing only \$50/Unlimited classes (56 total) \$160. Register direct through Adrenaline Fitness (313) 516-9228. For more information please visit www.adrenafit.com.



DETROIT TIGER BASEBALL TRIPS

We are offering trips to the "Detroit Tigers Senior Days" to see the Detroit Tigers on Thursday, July 28th to see Tigers vs. LAA and Wednesday, August 31st to see Tigers vs. KC. Game time is at 1:05 p.m. We will be traveling via deluxe motor coach with departure from the Berwyn and Eton Center. Seats are located in section 112. Any Dearborn Heights Resident age 55 & above can participate. Cost is \$28.00 per senior resident and \$30.00 per senior non-resident. Contact the Berwyn Center at 791-3550 or the Eton Center at 277-7765 for departure times and any additional information you may need.

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. The Raiders are part of the Downriver Jr. Football League and play their home games at Parkland Park. To register or for any information, please check the website www.dearbornheightsraiders.com or call Alex Osama Fakih at 949-3616.

The **Dearborn Heights Redskins** offer full contact junior football for ages 8-14 (65-155 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 and Cheerleading for ages 6-13. All games are played on Sunday at the Annapolis High School field (behind Pardee School) on Pardee Road. The season will run from September until November. For any information, please contact Bobbie Crites at 274-9296 or visit 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 292-5909.

24TH ANNUAL SR. CITIZEN RESIDENT GOLF TOURNAMENT

Senior Scramble Golf Tournament to be held Thursday, August 4, 2011 at Warren Valley Golf Course. 8:00 a.m. Shotgun Start. Cost will be \$25.00 per senior. Men's, Women's and Co-Ed teams. Lunch, prizes and awards follow golf. Registration begins Monday, June 20, 2011.



2011 SUMMER SOFTBALL REGISTRATION

Attention all adult softball players! Register your softball team NOW for the summer softball program. Men's and Co-Ed leagues are available. Team registration may be done at the Canfield Community Center located at 1801 N. Beech Daly and the Richard A. Young Recreation Center located at 5400 McKinley. Deadline to register is April 25, 2011. Call 277-7080 for costs and additional information.

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. This one-day seminar will be held at the Richard A. Young Recreation Center on Saturday, May 14, 2011 from 12:00 p.m. – 3:00 p.m. You must pre-register one week prior. A minimum of 10 students are needed to run the class. Cost is \$25.00 per student.

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 Dearborn High School and 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.



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.org>. The site contains an event calendar and information concerning registration, referees, coaching, policies and soccer camps. For Pee Wee Soccer information please call 505-1018, 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.

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.

Sports Programs

BASEBALL AND SOFTBALL

District #7 Dad's Club of Dearborn Heights is offering T-Ball, Baseball, and Softball for boys and girls 6-17 years. Also offered is a sandlot league for ages 4 and 5 years. For more information please contact Gary Barkoff at 292-5909.

The South West Dearborn Heights Baseball League is open to all boys and girls from the ages of 4-18. All games are played at Thorne Elementary School on Annapolis and Gulley. The league provides the uniforms and all game equipment. Early registration is \$50.00. For further information on the 2011 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



DEARBORN HEIGHTS PARKS & RECREATION 9 HOLE WOMEN'S GOLF LEAGUE

The league is 18 weeks long and meets Wednesday mornings at 8:30 a.m. at Warren Valley Golf Club (Warren west of Beech Daly) May 4 - August 31st. Should have some golfing experience. Call Mary Pasen at 278-7079 or Katherine Blasier at 562-5193 for more information.



18TH ANNUAL PRIME-TIME BASKETBALL CAMP

When: July 25 - 29, 2011
Where: Richard A. Young Recreation Center
Who: Grades 1-4 9:00 a.m. - 11:00 a.m.
Grades 5-9 12:00 p.m. - 2:00 p.m.
Fee: \$49.00 per participant
(includes free T-Shirt)

Grade level will be based on participants school grade as of fall 2011. Participants will receive valuable personal one-on-one instruction in the following areas: Ball Handling, Rebounding, Shooting, PostPlay, Defense, and "Jab Step Series".



DEARBORN HEIGHTS MEN'S GOLF LEAGUE

The Senior Men's Golf League is a group of golfers age fifty years and older. The group was formed to organize a golfing program with an emphasis on fellowship and fair play.

The league meets at Fellows Creek Golf Course, near Michigan Ave. & I-275 on Wednesday mornings starting in May. This is a handicapped league in four categories (A,B,C and D). Two players randomly selected from each category will play in a foursome.

You may join as a full time member or as a substitute. A meeting is scheduled for Wednesday, April 27th, 9:00 a.m., at the Canfield Center, 1801 N. Beech Daly, Dearborn Heights. Call 313-791-3600 for more information.

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. Program hours are every Monday thru Friday from 7:00 - 8:30 a.m. There is no charge.

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.

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. 24 - Apr. 28, 2011
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, includes free T-Shirt for the child.

2011 MASON-MOORE SOFTBALL TOURNAMENT

Dearborn Heights Parks and Recreation is sponsoring its annual summer softball tournament June 10, 11, 12, 2011 in conjunction with the City's annual SPIRIT Festival. Winner will advance to the USSSA Great Lakes Divisional Softball Tournament Labor Day weekend. Cost is \$200.00 per team. Registration deadline will be June 8, 2011. For more information please call 277-7080.



7TH ANNUAL WESTERN WAYNE COUNTY SENIOR OLYMPICS

August 15 - 19, 2011

Brochures will be available at the Berwyn and Eton Senior Citizen Centers in April. This year's event is hosted by Livonia.

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 18, 2011 – April 21, 2011 and April 25, 2011. 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 7TH ANNUAL CITY-WIDE GARAGE SALE

Saturday, August 13, 2011
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", over 100 spaces available. Sign up beginning April 1st at the Dearborn Heights Parks & Recreation Department. Call 791-3600 for more information.



MICHIGAN ACADEMY OF GYMNASTICS and DEARBORN HEIGHTS PARKS & RECREATION

**OFFER GYMNASTICS AT
CANFIELD COMMUNITY CENTER
1801 N. BEECH DALY 791-3600**

Mondays thru June 6, 2011 (No class May 30, 2011)

#3A110	Kinder I Class	3 - 4	4:15 - 5:00 p.m.
#3A210	Red (Beg.)	6 - 10	4:45 - 6:00 p.m.
#3A111	Kinder II Class/Super Kinder II	5 - 6	5:15 - 6:15 p.m.
#3A211	White (Inter.)	7 - 12	6:00 - 7:30 p.m.

Wednesdays thru June 8, 2011

#3A130	Kinder I Class	3 - 4	4:00 - 4:45 p.m.
#3A132	Super Kinder I Class	3 - 4	4:15 - 5:00 p.m.
#3A131	Kinder II Class	5 - 6	4:30 - 5:30 p.m.
#3A133	Super Kinder II Class	4 - 6	4:45 - 5:45 p.m.
#3A230	Tumbling	8 - 16	5:00 - 6:00 p.m.
#3A231	White/Blue	7 - 14	5:30 - 7:00 p.m.
#3A134	Parent & Tot Class	2 - 3	6:00 - 6:45 p.m.
#3A135	Kinder I Class	3 - 4	6:45 - 7:30 p.m.
#3A232	Red (Beginner)	6 - 10	7:00 - 8:15 p.m.

*Classes for
June 6 - 8th
will be held
at the M.A.G.
location
on Hix road
due to the
Spirit
Festival.*

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	You are responsible
1 hour	\$147	for 2 payments:
1 1/4 hour	\$180	\$335 1st due at registration
1 1/2 hour	\$210	\$390 2nd due Mar. 2nd.

Prices listed above are for the full 20 weeks. 15% Second Class Discount.

SUMMER SESSION

Wednesdays, June 22 - August 24, 2011 (July 6, 2011 - NO CLASSES)

#3S130	Kinder I Class	3 - 4	4:30 p.m. - 5:15 p.m.
#3S131	Super Kinder II & III	4 - 6	4:45 p.m. - 6:00 p.m.
#3S230	Girls White & Blue	6 - 14	5:15 p.m. - 6:45 p.m.
#3S231	Girls Red	6 - 10	6:00 p.m. - 7:15 p.m.
#3S132	Parent/Tot Class	2 - 3	6:45 p.m. - 7:30 p.m.
#3S133	Kinder I Class	3 - 4	7:30 p.m. - 8:15 p.m.
#3S232	Tumbling Class	8 - 16	7:30 p.m. - 8:30 p.m.

Register as soon as possible, classes fill quickly and are subject to minimum as well as maximum enrollment requirements. If a class does not meet requirements, you will have the option of transferring your child to another class.

Class fees: 8 week fee for 9 weeks of class:

45 minutes - \$90.00	1 hour - \$118,
1 ¼ hour - \$144.00	1 ½ hour - \$168

10% Sibling Discount on Class Fees
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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.