Dearborn Heights Parks & Recreation...

Inside This Issue...
- Michigan Academy of Gymnastics
- Daddy Daughter Princess Ball
- Fall Primetime Basketball
- Tree Lighting Ceremony
- Youth Ski & Snowboard Club
- 3 on 3 Youth Basketball Tournament
- Pickleball

Come Ride with Us!!!

Fall/Winter 2020
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 - Thursday

DEPARTMENT STAFF
Brian Haddad. . . . . . . . . . . . . . . . . . . . Director
Kimberly S. Constan. . . . . . . . . Deputy Director
Mike Henegar. . . . . . . . . . . . . . . . Recreation Coordinator,
Richard A. Young Recreation Center
Patty Maloy. . . . . . . . . . . . . . . . Senior Coordinator,
Berwyn Senior Recreation Center
Kristin Rockensuess. . . . . . . . . . . Senior Coordinator,
Eton Senior Recreation Center
Tamara Watt. . . . . . . . . . . . . . . . . . . Clerk II,
Parks & Recreation Department
Cheryl Frank . . . . . . . . . . . . . . . . . . . Clerk,
Parks & Recreation Department

CLIP AND SAVE THESE PHONE NUMBERS!

BASEBALL, SOFTBALL & T-BALL:
District #7 Dad’s Club
North Dearborn Heights Baseball League
David Steines 378-9419

BASKETBALL:
District #7 Dad’s Club
Cheerleading

SOCCER:
Dearborn Heights Soccer
Website www.dhsoccer.com
687-8264 (313-Mustang)
Email dhsoccer@dhsoccer.com

YOUTH FOOTBALL & CHEERLEADING:
Dearborn Heights Redskins
Football: Leonard Issac 277-8745
Cheerleading: Pat 277-8745

Dearborn Heights Raiders
Alex Osama Fakih
Website dearbornheightsraiders@gmail.com
raidersjuniorfootball@yahoo.com

District #7 Dad’s’ Club
Flag Football
Cheerleading

SWIMMING:
Crestwood High School
Website www.csdm.k12.mi.us
278-0900

DRD Swim Club
Website www.swimdrd.org

WRESTLING:
Dearborn Heights Wildcats Wrestling Club
Scott McCoy 743-7474
Email dearbornheightswildcats@yahoo.com

PARK PERMITS
Park Permits are available beginning February 3, 2020 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 bridal and baby showers, graduation parties, anniversaries, birthdays, group meetings, etc. The cost is a $60.00 set up fee plus:

Parquet Rooms $45.00 per/hr residents
$50.00 per/hr non-residents

Kitchen Access $20.00 for 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, such as: Part-time Computer Instructor, Softball Scorekeepers, Tennis Instructor, Field Supervisors, Custodial, Day Camp Supervisor & Leaders, Summer Recreation Playground Supervisor & Leaders. 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 Recreation Center
   26155 Richardson
3. Eton Senior Recreation 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**

You have the convenience of surfing the web while you are waiting for your child/children to finish an activity. WI-FI is available at the Canfield Community Center and the Richard A. Young Center.

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
- Fitness Rooms
- Recreational Programs
- Homebound Lunch Program
- Computer Labs
- Free Blood Pressure Monitoring

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

**Activities:**
- Focus Hope
- Pool Rooms
- Craft Clubs
- Health Services
- Lunch Program
- Card Room
- Special Events
- Trips
- Oil Painting
- Haircuts
- Massages
- Yoga
- Euchre

These are just some of the activities offered at the centers. Open Monday thru Thursday, 8:30 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**
Denise Malinowski Maxwell,
Chairperson
Bill Bazzi, Chairperson Pro-Tem
“Dave” Wassim Abdallah
Bob Constan
Lisa Hicks-Clayton
Ray Muscat
Tom Wencel

**Recreation Commission**
Martin O’Sullivan, President
Bilal Amen
Gary Barkoff
Michelle Doumont
Justin Toth

**DUPLICATE BRIDGE**

Bridge is held on Wednesdays, 11:00 a.m., at the Richard A. Young Recreation Center. Entry fee is $5.00. ACBL affiliated. For more information please contact Joyce Kozma at (313) 274-5587.
Youth Programs

32ND ANNUAL MOTHER-CHILD DATE NIGHT
Ford Lanes, 23100 Van Born Road
Monday, May 11, 2020
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 resident couple, $17.00 per non-resident couple and $6.00 for each additional child. Registration and tickets will be available beginning Monday, April 6, 2020 at the Richard A. Young Recreation Center and the Canfield Community Center. Bumper Bowl will be available for those who want it.

BOWLING
FORD LANES
23100 Van Born Road 292-1700

10 PIN TODDLERS - BUMPER BOWL
is for children ages 3-6, beginning Sat., Sept. 14th at 9:00 a.m., 10:00 a.m., or 12 noon. Winter session begins Jan. 4th. 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.

YOUTH LEAGUES
Youth ages 6-8 10:00 a.m. Bantams
Youth ages 9-11 10:00 a.m. Preps
Youth ages 12-17 10:00 a.m. Juniors/Majors
Beginns Sat., Sept. 7th. There is a $10.00 registration fee and $8.00 per week for Bantam's and $9.00 weekly for Preps, Juniors/Majors. Includes: 2 games of bowling for Bantams, 3 games of bowling for Preps, Juniors/Majors, recorded averages, use of house ball and shoes and end of the season party. With the season paid in full, each bowler receives a bowling ball, bowling shoes, or bowling bag.

ADULT/CHILD LEAGUES are for youth 6-18 yrs. old and adults. Every other week on Sundays, starting Sept. 15th at 1:00 p.m. Teams can be 3 youths and 1 adult or 2 adults and 2 youths. Cost: $9.00 per wk. per person. 17 week season, late entries welcome. Includes 3 games of bowling, free use of house balls and shoes, recorded averages and end of the season party.

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 18, 2019 through December 12, 2019. The mailbox will be open 24 hours.

YOUTH DANCE CLASSES
Instructor Laurel Alison Nadolski brings her School of Dance to Dearborn Heights! Learn basic Ballet, Jazz and Musical Theatre dance techniques in a fun, safe environment. We even have a class for pre-schoolers. Classes are held on Tuesdays and Wednesdays at the Richard A. Young Recreation Center beginning October 1, 2019.

Tuesdays
Baby Dance (ages 3-4) 6:30 - 7:00 p.m.
Beginning Ballet (ages 5-6) 7:00 - 7:30 p.m.
Beginning Ballet (ages 7-10) 7:30 - 8:00 p.m.
Musical Theatre (ages 7-12) 8:00 - 8:45 p.m.

Wednesdays
Beginning Jazz I (ages 5-8) 7:00 - 7:30 p.m.
Beginning Jazz II (ages 9-12) 7:30 - 8:00 p.m.
Inter. Ballet (ages 7-12) 8:00 - 8:45 p.m.
Pre-requisite Beginning Ballet
Cost: $6.00 per class for Baby Dance and Beginning Ballet & Jazz
$7.50 per class for Intermediate Ballet & Musical Theatre
Each month’s tuition is due by the first night of class each month. Monthly fees are calculated based on the number of weeks that classes are scheduled each month. No refunds are issued for student absences. A $5.00 registration fee is required at the time of registration in order to hold a spot in the class. Registration night is Sept. 24th, 7:00-9:00 p.m. For more information contact Laurel Alison Nadolski at 313-451-8229.

KIDS PLAY TIME
Kids play time is a directly supervised, non-instructional event, with a purpose of extra practice on developing hand-eye coordination, balance, body awareness and meeting new friends. It will be held every Monday and Wednesday from 12 - 1:00 p.m. and Tuesdays from 9:30 a.m. - 10:30 a.m. at the Canfield Center. Ages 2-5 must be with a parent and ages 6-10 is without a parent. It will begin June 15, 2019 and is $5.00 per visit. Bring your child to this fun experience at the Michigan Academy of Gymnastics Dearborn Heights Facility to explore bars, floor, beam, vault, rings and a lot more. Just show up and play!
CHAMPION FORCE CHEERLEADING
Join the fun! Champion Force 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 Thursday. Open to any youth ages 4 - 18. Cost is $8.00 per lesson. $10.00 registration fee due at sign-up.

Session I Sept. 12 - Jan. 23, 2020
(No class on Nov. 28, Dec. 26 or Jan. 2)
Session II Feb. 6 - June 4, 2020
(No Class on Apr. 9)
Division 1 - Ages 4-6 5:30 - 6:15 p.m.
Division 2 - Ages 7-9 6:15 - 7:00 p.m.
Division 3 - Ages 10+ 7:00 - 7:45 p.m.

See coach regarding higher divisions.
Call 1-800-940-7469 or visit www.championforce.com for more information.

YOUTH BASKETBALL CLINIC
The 2020 Youth Basketball Clinic will take place on Saturday mornings at the Richard A. Young Recreation Center for eight 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.

Dates:
January 18 - March 7, 2020
(Registration begins Monday, December 16th)

The cost is $25.00 per child. Each session will be limited to 35 children.

DEARBORN HEIGHTS SKI/SNOWBOARD CLUB
Are you looking for a new, exciting and non-competitive 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 Thursday, December 26, 2019 to Mt. Holly. You may register at anytime. For additional information call the Dearborn Heights Parks & Recreation Department at (313) 791-3600, Mon. - Thurs., 8:00 a.m. to 5:00 p.m.

Three Day Ski Trip
A special 3 day/2 night trip will be planned on March 6, 2020 - March 8, 2020 for the members of the club, 8th grade and above. More details will follow. You must be a member of the Dearborn Heights Ski Club to participate.

FOREIGN LANGUAGE CLASSES FOR KIDS
Learn a second language in a class that is held year round. Kids will have the opportunity to study Spanish, French, Mandarin and English through Adventure Learning Challenges. Classes are full immersion and taught by a native speaker or a fluent speaker of the language. Methods used in class are Total Physical Response (TPR), Rassais Method, and Multiple Intelligence.

Classes will be held once per week on the following days and times:
Toddler (18 months - 3 years) Tuesdays 3:45 - 4:30 p.m.
Preschool (3 - 5 yrs.) Thursdays 4:45 - 5:30 p.m.
Elementary (6 - 11) Tuesdays 4:45 - 5:30 p.m.
Location: Richard A. Young Recreation Center

Cost is $60 per month for one day per week. You can join anytime!

For more information please call Regina Gordon-Mayo at 248-716-1957 or email her at langokids-metrodetroit@gmail.com. To register please visit www.langometrodetroit.com

MOTHER-SON SWEETHEART BALL
Join us for a special evening, Saturday, February 15, 2020, 6:30 - 8:00 p.m. (doors open at 6:00 p.m.), at the Richard A. Young Recreation Center. Sons ages 3-17 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!!! Enjoy a memorable night of dancing to age-appropriate music, refreshments and a special keepsake to remember the evening. Tickets go on sale January 6th and must be purchased in advance. Space is limited, so don’t wait! The cost is $15 per couple for residents, $17.00 per couple for non-residents and $6.00 for each additional son. Tickets available at the Richard A. Young Recreation Center and the Canfield Community Center.

2020 MLB PITCH, HIT & RUN
Sunday, April 26, 2020
2:00 p.m.
Swapka Park, 5400 McKinley
This annual competition is for boys and girls ages 7-14 years old. Each age group will have a separate baseball and softball divisions. The participant’s age is determined as of July 15, 2020. Gym shoes or rubber cleats only. Sectional competition follows for all winners. Sectional winners may compete at Comerica Park prior to a Detroit Tigers home baseball game!! Cost is free!! Pre-registration is required. Go to www.pitchhitrun.com to register!
Leisure Programs

YOGA

Yoga is held 9:30-11:00 a.m., every Wednesday morning at the Canfield Community Center. No prior experience needed. $7.00 each session attended. Bring a mat, towel, water bottle and wear loose and comfortable clothing. You reduce stress and at the same time you energize your body! Learn to breathe, stretch and relax - rejuvenate! Don’t eat 2 hrs. before class. Vince Spadacini is a certified yoga instructor.

A yoga class for ages 55 & above is held at the Eton Center, 4900 Pardee St., from 11:30 a.m. - 12:30 p.m. on Mondays and from 10:00 a.m. - 11:00 a.m. on Thursdays and at the Berwyn Center, 26155 Richardson, from 10:00 - 11:00 a.m.on Tuesdays. Cost is $2.00 per class or $18.00 for 10 sessions.

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 Sept. 3rd until Dec. 10, 2019 and the winter session begins in Jan. 7th - April 14, 2020. Class fees are $65.00 per senior citizen resident, $145.00 for an adult resident and an additional $15.00 per non-resident. You can join anytime, come check it out. It is held at the Eton Center. Call 277-7765 for more information.

ABOUT BOATING SAFELY

This beginner boating class gives you the knowledge needed to obtain a boat license or safety certification in many states, including Michigan. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete “About Boating Safely”.

Taught by the U.S. Coast Guard Auxiliary and will be held at the Richard A. Young Recreation Center, 5400 McKinley. A minimum of 8 students are needed to run the class.

When: March 21, 2020
Time: 9:00 a.m. - 4:30 p.m.,
Cost: $20 per person
Advance registration required. Registration deadline is Friday, March 13, 2020.

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 6th - Sept. 2nd. Call Warren Valley at 561-1040 or Katherine Blasier at 562-5193 for more information.

GENTLE YOGA

Session I: Thursdays, 9/5/19 - 11/7/19
Cost: $60.00 residents/$70.00 non-residents

Session II: Thursdays, 11/14/19 - 1/16/20
No Classes: 11/21/2019 & 12/26/2020
Cost: $48.00 residents/$56.00 non-residents

Session III: Thursdays, 1/23/20 - 3/26/20
Cost: $60.00 residents/$70.00 non-residents

Session IV: Thursdays, 4/2/20 - 5/22/20
No classes in the summer from Memorial Day thru Labor Day, Will re-start 9/10/2020.
Cost: $48.00 residents/$56.00 non-residents
Class time is: 9:30 - 10:30 a.m.

Please bring water, gripped yoga mat & towel with you. Join us for a calming, therapeutic class designed for beginners, seniors, pregnant women, those recovering from injuries and those with limited mobility. Instructor Dianna Kinaschuk has been teaching Hatha Yoga for 31 years. For more information call (313) 791-3600. Held at the Canfield Community Center.

ONLINE REGISTRATION

You can now register for a program, request a rental date or purchase a membership online!

Check out our new online registration program at:
https://apm.activecommunities.com/DearbornHeightsRec
DADDY-DAUGHTER SWEETHEART BALL
Join us for a special evening, Saturday, February 8, 2020, 6:30 - 8:00 p.m. (doors open at 6:00 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!!! A very special day will be highlighted by dancing to age-appropriate music, refreshments and a special keepsake to remember the evening. Tickets go on sale January 6, 2020 and must be purchased in advance. Separate tickets will be required for each dance. Space is limited, so don’t wait! The cost is $15 per couple for residents and $17 per couple for non-residents, plus $6 for each additional daughter. Tickets will be available at the Richard A. Young Recreation Center and the Canfield Community Center.

CARDIO DRUMMING
Cardio Drumming is a full-body cardio jam session, combining light resistance with constant, simulated drumming. Drum off the pounds, aggression & stress! This is a one-of-a-kind workout for ALL levels. Burning between 400 and 900+ calories, strengthen and sculpt infrequently used muscles, with a combination of cardio moves, strength training and drumming. This combo works the entire body, raises the heart rate to a fat-burning zone, and forces each move to be as precise as a basic beat. Held at the Richard A. Young Center, 5400 McKinley, Dearborn Heights.

Classes will meet on Mondays and Thursdays from 6:30 – 7:20 p.m.
Cost is $5.00 walk-in fee per class, join anytime.
Participants are expected to bring their own equipment which consists of a 16-18 gallon plastic utility tub, a 65-75cm burst resistant yoga/exercise ball and a pair of drum sticks. Individuals who would prefer to rent equipment may do so at an additional cost of $5 per class.

For more information, please contact instructor Lisa at 313-717-3051.

DEARBORN HEIGHTS CITY-WIDE GARAGE SALE
Saturday, August 8, 2020
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.

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 fifth 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. Registration deadline is one week prior to each seminar. Cost is $30.00 per student.

Seminar 1: October 19, 2019
12:00 p.m. - 3:00 p.m.
Seminar 2: April 18, 2020
12:00 p.m. - 3:00 p.m.
**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 email raidersjuniorfootball@yahoo.com.

The Dearborn Heights Redskins Junior Football and Cheerleading Club will be offering tackle football and cheerleading to all youths ages 8-14 (football up to 175 lbs.). The Redskins are a part of the Western Suburban Jr. Football League and play home games at the Annapolis High School field. The practices start late July and the season goes to November and consists of 8 games and playoffs. Registration is on a first come basis. To register and for additional information, please call Leonard at 313-277-8745 and Pat at 313-277-8745 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 Street. The season will run from September until November. For any information, please contact Mike Doney at 701-2833.

**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**

Our inhouse Youth Development Program (YDP) offers soccer for ages 3-8. Recreational travel soccer is for ages 9-18 all levels of soccer player, novice to expert. DHSC offers tryouts in late spring for the Michigan RUSH - DA Club in which kids can try out for a team. The programs have two seasons that are each 8 – 10 weeks. Registration for spring starts in January till March and registration for fall starts in May and ends in July. Our program is a volunteer based program and we are always looking for volunteers and sponsors. You can go to our website at www.dhsoccer.com for these things and more like registration, coaching, camps, or up to the date calendar. If you need additional info, email us at dhsoccer@dhsoccer.com. Like us on Facebook!

**2020 SUMMER SOFTBALL REGISTRATION**

Attention all adult softball players! February is the time of year to register your softball team for the summer softball program. Leagues will be offered on Monday and Wednesday nights. 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.

**SENIOR DROP-IN PICKLEBALL**

It’s fun, fast, exciting and a great workout! Also, easy to learn! Pickleball is a sport described as “a combination of Ping-Pong, tennis, and badminton”. Open pickleball now going on at the Richard A. Young Recreation Center. Paddles and pickleballs provided. Just show up ready to have some fun!!! Open to anyone ages 50 and up. Call 277-7080 for more details.

When: Mondays, Tuesdays and Thursdays
Time: 10:00 a.m. – 12:00 p.m.
Cost: $1 per visit, or unlimited play for $12/six months or $24/year
**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 Mike Doney at 701-2833.

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: www.NDHBL.com.

**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. Skaters will receive a certificate or Star Program patch and graduate to the next level when achieving required skills.

Sat. 10:15 - 11:00 a.m.
$45.00 for a 5 wk. course (includes rentals).
Class starting dates as follows:
- Session I: 9/14/19
- Session II: 10/19/19
- Session III: 11/23/19
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.

**PRE-SCHOOL 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 $5.00 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

**FALL PRIME-TIME BASKETBALL CAMP**

- **When:** Sat., Nov. 9 - Dec. 14, 2019  
  **(No class Nov. 30th)**
- **Where:** Richard A. Young Recreation Center
- **Who:** Grades 1-8
- **12:00 p.m. - 2:00 p.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”.

**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 Warren Valley Golf Course 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 Thursday, April 23, 2020, 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 fifth degree black belt, will teach you how to defend yourself in case of need. The class meets every Tuesday and Friday evening from 6:00 - 7:00 p.m. at the Richard A. Young Recreation Center. Karate is also offered on Wednesday evening from 5:30 - 7:00 p.m. at the Berwyn Senior Center. Classes at Berwyn are run by Nova Schollenberger, a second degree black belt. 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.

**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™ 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:** Wed., from Feb 19 - Mar. 25, 2020
- **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.
**FITNESS CENTER USER FEES**

<table>
<thead>
<tr>
<th>Category</th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily</td>
<td>$ 5.00</td>
<td>$ 7.00</td>
</tr>
<tr>
<td>Monthly</td>
<td>10.00</td>
<td>14.00</td>
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<tr>
<td>6 Months</td>
<td>59.00</td>
<td>79.00</td>
</tr>
<tr>
<td>1 Year</td>
<td>99.00</td>
<td>119.00</td>
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**Family Member Add On***:

<table>
<thead>
<tr>
<th></th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Months</td>
<td>$ 50.00</td>
<td>$ 70.00</td>
</tr>
<tr>
<td>1 Year</td>
<td>79.00</td>
<td>99.00</td>
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**Family**:

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<thead>
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<tbody>
<tr>
<td>1 Year</td>
<td>$199.00</td>
<td>$ 299.00</td>
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**Sr. Citizens**:

<table>
<thead>
<tr>
<th></th>
<th>Residents</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Monthly</td>
<td>$ 9.00</td>
<td>$ 13.00</td>
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<tr>
<td>6 Months</td>
<td>50.00</td>
<td>75.00</td>
</tr>
<tr>
<td>1 Year</td>
<td>79.00</td>
<td>99.00</td>
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</table>

**Sr. Citizen Spouse**:

<table>
<thead>
<tr>
<th></th>
<th>Residents</th>
<th>Non-Residents</th>
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</thead>
<tbody>
<tr>
<td>6 Months</td>
<td>$ 40.00</td>
<td>$ 60.00</td>
</tr>
<tr>
<td>1 Year</td>
<td>60.00</td>
<td>79.00</td>
</tr>
</tbody>
</table>

**Youth (12-17 yrs. old)**:

<table>
<thead>
<tr>
<th></th>
<th>Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monthly</td>
<td>$ 9.00</td>
<td>$ 13.00</td>
</tr>
<tr>
<td>6 Months</td>
<td>50.00</td>
<td>75.00</td>
</tr>
<tr>
<td>1 Year</td>
<td>79.00</td>
<td>99.00</td>
</tr>
</tbody>
</table>

* Family Add On must be immediate family member and must reside at same address. **Youth may only use fitness center Monday thru Friday until 7:00 p.m. & all day Saturday and Sunday, 12-15 year olds must be accompanied by an adult. Registration includes the use of the fitness equipment, sauna and whirlpool. Fitness trainer available at designated times.

**Locker Fees**:

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<tr>
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</thead>
<tbody>
<tr>
<td>Daily</td>
<td>$0.25</td>
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<tr>
<td>Punch Card (12 punches)</td>
<td>$2.00</td>
<td></td>
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<tr>
<td>6 Month Unlimited Pass</td>
<td>$12.00</td>
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<tr>
<td>1 Year Unlimited Pass</td>
<td>$24.00</td>
<td></td>
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</table>

**OPEN GYM SCHEDULE**

* Drop-In gym time for grades 1 - 12 is offered for basketball. Fee: $3/Gr. 1-8; $4/Gr. 9-12
* Sr. Citizen Drop-In Volleyball is offered for ages 55 & over on Tuesdays from 7:00 - 9:00 p.m.
  Fees: Residents - Free; Non-Res - $2.00
* Adult Drop-In Basketball for ages 18 & over is held on Mondays.
* Adult Over 30 Basketball is offered on Tuesdays.
* Fees for Adult Drop-In Basketball are residents $5.00 and non-residents $8.00
* This schedule is subject to change due to program changes. For more information or schedule updates call 277-7080.

**WHIRLPOOL HOURS**

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<table>
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<tr>
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<tbody>
<tr>
<td>Men:Monday &amp; Wednesday</td>
<td>5:00 p.m. - 9:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Women:Tuesday &amp; Thursday</td>
<td>5:00 p.m. - 9:30 p.m.</td>
<td></td>
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<tr>
<td>Co-Ed:</td>
<td></td>
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</tr>
<tr>
<td>Monday - Thursday</td>
<td>7:00 a.m. - 5:00 p.m.</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>7:00 a.m. - 7:30 p.m.</td>
<td></td>
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<tr>
<td>Saturday</td>
<td>9:00 a.m. - 4:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>11:00 a.m. - 5:30 p.m. (Sept.-May)</td>
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<tr>
<td>Closed (Mem. Day - Labor Day)</td>
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**FITNESS CENTER HOURS**

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<table>
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<tbody>
<tr>
<td>Monday - Thursday</td>
<td>7:00 a.m. - 9:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td>7:00 a.m. - 7:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 a.m. - 4:30 p.m.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>11:00 a.m. - 5:30 p.m. (Sept.- May) (Closed Memorial Day - Labor Day)</td>
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</tbody>
</table>
MAIL IT IN
Use the form below, Enclose check, money order, VISA, Discover or MasterCard number, 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.

ONLINE REGISTRATION
https://apm.activecommunities.com/ DearbornHeightsRec
Use your VISA, Discover or MasterCard.

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 Thurs.

EACH PERSON MUST REGISTER SEPARATELY

Name: ____________________________ Age: ______
Address: _____________________________________________
City, State, Zip: ________________________________________
Email: ____________________________ T-Shirt (if needed)_____
Telephone Day: _________________ Evening: _______________
Where did you hear of this/these programs:
☐ Friend ☐ Brochure ☐ Newspaper ☐ Cable ☐ DH Today

Mail To: Dearborn Heights Parks & Recreation Department
1801 N. Beech Daly Road
Dearborn Heights, MI 48127
☐ Please add my name to your mailing list.

Parent’s Name: ____________________________ (please print)

EACH PERSON MUST REGISTER SEPARATELY

Name: ____________________________ Age: ______
Address: _____________________________________________
City, State, Zip: ________________________________________
Email: ____________________________ T-Shirt (if needed)_____
Telephone Day: _________________ Evening: _______________
Where did you hear of this/these programs:
☐ Friend ☐ Brochure ☐ Newspaper ☐ Cable ☐ DH Today

Mail To: Dearborn Heights Parks & Recreation Department
1801 N. Beech Daly Road
Dearborn Heights, MI 48127
☐ Please add my name to your mailing list.

Parent’s Name: ____________________________ (please print)

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 3 to 4 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 are Mon. - Thurs., 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

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 6, 2020 - April 9, 2020. Instructor and aide ratio will be 1 to every 12 children. Camp hours are 8:30 a.m. - 4:30 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, program is limited to 60 participants. Cost is $100.00 per resident and $10.00 additional for non-residents. There is a sibling discount of $10.00 off. This fee includes entry fees for trips but does not include spending money for trips or camp t-shirt ($7.00)

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 7:30 - 8:30 a.m. and afternoons from 4:30 - 5:30 p.m. at the Richard A. Young Recreation Center. The cost for a.m. is $15.00 and p.m. is $15.00 per week. The weekly cost for both time blocks is $25.00. Pre-registration is required. The daily rate is $5.00 per hour for before and/or aftercare.

MICHIGAN ACADEMY OF GYMNASTICS, INC.
and
DEARBORN HEIGHTS PARKS & RECREATION
OFFER GYMNASTICS AT
CANFIELD COMMUNITY CENTER
1801 N. BEECH DALY 313-791-3609
Fall Session: Now - January 18, 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>Time</th>
<th>Level</th>
<th>Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td>110 Kinder I</td>
<td>10:00-11:00 am</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>111 Parent &amp; Tot</td>
<td>10:45-11:30 am</td>
<td>2-3</td>
<td></td>
</tr>
<tr>
<td>112 Super Kinder I</td>
<td>1:15-2:00 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>113 Kinder I</td>
<td>2:00-2:45 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>114 Kinder I</td>
<td>4:15-5:00 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>115 Super Kinder II</td>
<td>4:30-5:30 pm</td>
<td>4-6</td>
<td></td>
</tr>
<tr>
<td>116 Kinder III</td>
<td>5:00-6:15 pm</td>
<td>4-6</td>
<td></td>
</tr>
<tr>
<td>210 Red</td>
<td>5:00-6:15 pm</td>
<td>6-8</td>
<td></td>
</tr>
<tr>
<td>211 Blue</td>
<td>5:30-7:00 pm</td>
<td>all</td>
<td></td>
</tr>
<tr>
<td>212 Red</td>
<td>6:15-7:30 pm</td>
<td>9+</td>
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<tr>
<td>213 White</td>
<td>6:15-7:45 pm</td>
<td>6-8</td>
<td></td>
</tr>
<tr>
<td>214 Tumbling</td>
<td>7:00-8:00 pm</td>
<td>9+</td>
<td></td>
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<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Time</th>
<th>Level</th>
<th>Ages</th>
</tr>
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<tbody>
<tr>
<td>120 Kinder I</td>
<td>10:30-11:15 am</td>
<td>3-4</td>
<td></td>
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<tr>
<td>121 Kinder I</td>
<td>1:15-2:00 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>122 Parent &amp; Tot</td>
<td>2:15-3:00 pm</td>
<td>2-3</td>
<td></td>
</tr>
<tr>
<td>123 Kinder I</td>
<td>3:00-3:45 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>124 Kinder II</td>
<td>4:30-5:30 pm</td>
<td>5-6</td>
<td></td>
</tr>
<tr>
<td>125 Kinder I</td>
<td>5:15-6:00 pm</td>
<td>5-6</td>
<td></td>
</tr>
<tr>
<td>126 Adv. Kinder</td>
<td>4:45-6:15 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>127 Parent &amp; Tot</td>
<td>5:45-6:30 pm</td>
<td>2-3</td>
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</tr>
<tr>
<td>128 Kinder I</td>
<td>6:15-7:00 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>129 Super Kinder II</td>
<td>6:30-7:30 pm</td>
<td>4-6</td>
<td></td>
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<tr>
<td>220 Red</td>
<td>4:30-5:45 pm</td>
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<tr>
<td>221 Red</td>
<td>6:00-7:30 pm</td>
<td>4-6</td>
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<th>Level</th>
<th>Ages</th>
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<td>130 Parent &amp; Tot</td>
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<td>2-3</td>
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<tr>
<td>131 Kinder I</td>
<td>11:15-12:00 pm</td>
<td>3-4</td>
<td></td>
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<tr>
<td>132 Super Kinder III</td>
<td>12:30-1:45 pm</td>
<td>4-6</td>
<td></td>
</tr>
<tr>
<td>133 Super Kinder I</td>
<td>2:00-2:45 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>134 Kinder II</td>
<td>4:30-5:30 pm</td>
<td>5-6</td>
<td></td>
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<tr>
<td>135 Kinder I</td>
<td>5:30-6:15 pm</td>
<td>3-4</td>
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<tr>
<td>136 Super Kinder I</td>
<td>6:15-7:00 pm</td>
<td>3-4</td>
<td></td>
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<tr>
<td>230 White</td>
<td>4:30-6:00 pm</td>
<td>6-8</td>
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<tr>
<td>231 Bronze</td>
<td>4:30-6:15 pm</td>
<td>all</td>
<td></td>
</tr>
<tr>
<td>232 Blue</td>
<td>5:15-6:45 pm</td>
<td>all</td>
<td></td>
</tr>
<tr>
<td>233 Red</td>
<td>6:00-7:15 pm</td>
<td>6-8</td>
<td></td>
</tr>
<tr>
<td>234 Red</td>
<td>6:45-8:00 pm</td>
<td>9+</td>
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<table>
<thead>
<tr>
<th>FRIDAY</th>
<th>Time</th>
<th>Level</th>
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<tbody>
<tr>
<td>150 Kinder II</td>
<td>10:00-10:45 am</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>151 Parent &amp; Tot</td>
<td>10:45-11:30 am</td>
<td>2-3</td>
<td></td>
</tr>
<tr>
<td>152 Super Kinder I</td>
<td>1:15-2:00 pm</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>153 Kinder I</td>
<td>2:00-2:45 pm</td>
<td>3-4</td>
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<table>
<thead>
<tr>
<th>SATURDAY MORNING</th>
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<tbody>
<tr>
<td>160 Super Kinder I</td>
</tr>
<tr>
<td>161 Parent &amp; Tot</td>
</tr>
<tr>
<td>162 Kinder I</td>
</tr>
<tr>
<td>163 Kinder I</td>
</tr>
<tr>
<td>164 Super Kinder II</td>
</tr>
<tr>
<td>260 Red</td>
</tr>
<tr>
<td>261 Tumbling</td>
</tr>
<tr>
<td>262 White</td>
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</table>

<table>
<thead>
<tr>
<th>KIDS PLAY TIME (Ages 1-10)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<tr>
<td>Tuesday</td>
</tr>
<tr>
<td>Wednesday</td>
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</tbody>
</table>

KINDER LEVEL PROGRESSION

Parent & Tot 3/4 hr. Ages 2-3
Kinder I 3/4 hr. Ages 3-4
Super Kinder I 3/4 hr. Ages 3-4
Kinder II 1 hr. Ages 5-6
Super Kinder II 1 hr. Ages 4-6
Super Kinder III 1 1/4 hrs. Ages 4-6
Adv. Kinder 1 1/2 hrs. Ages 5-6

10% SIBLING DISCOUNT
15% SECOND CLASS DISCOUNT

There is an ANNUAL REGISTRATION FEE (non-refundable) due at the time of registration and each year after that date.
Fee: $50 - 1st Child /$25 – 2nd Child +
In addition there is a $5.00 non-resident fee.

Class Length   *5 Installments   20 wk.
45 minutes          $64        $305
1 hour $74 $350
1 ¼ hours $86 $405
1 ½ hours $102 $480
1 ½ hours – 2 day $168 $800
1 ¾ hours $116 $545
1 ¾ hours – 2 day $189 $900