

# NORTHVILLE PARKS & RECREATION

[northvilleparksandrec.org](http://northvilleparksandrec.org)

## September 2020 Guide

Youth Recreation

Youth Athletics

Adult Athletics

Adult Leagues

Adult Health & Wellness

Senior Enrichment

Pickleball



# Youth Recreation:

## Outdoor TGA Premier Junior Golf:

TGA Premier Junior Golf combines athletic and life lessons to create a fun, safe, and educational program. We incorporate station-based drills that develop the fundamental skills of grip, backswing, chipping and full-swing. Participants will learn golf etiquette and life values. All skill levels welcome! All equipment provided.

Waitlist

**Ages:** K-7

**Day:** Monday

**Dates:** September 14-October 5

**Time:** 4:15-5:45pm

**Fee: Res:** \$139.00 **Non-Res:** \$149.00

**Location:** Millennium Park Field #2



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## Outdoor Family Yoga (up to 4 family members)

Family Yoga is a wonderful opportunity for family members to move, stretch, breathe, relax, and bond! These classes are designed to be beneficial and fun for ALL ages 2+ and all abilities, with a focus on the young elementary age level. Class includes breathing techniques, poses, games, partner and group activities, mindfulness practices, small crafts, and songs. You can expect partner and group activities and lots of fun! No yoga experience needed.

**Ages:** 2 and up

**Day:** Tuesdays

**Dates:** September 1-September 29

**Time:** 4:30-5:15pm

**Fee: Res:** \$80.00 **Non-Res:** \$90.00

*Additional Family Member: \$10*

**Location:** Millennium Park Pavilion

## Outdoor Mini Yogis & Me w/an adult

Are you looking for a class your children can participate with you? Mini-Yogis and Me teaches focus through breathing and relaxation techniques while creating an empowering bond between child and caregiver. Led by a trained and certified kid's yoga instructor you and your child will experience games, songs, stories and crafts in an age-appropriate setting.

**Ages:** 2-6

**Day:** Tuesdays

**Dates:** September 1-September 29

**Time:** 9:30-10:15am

**Fee: Res:** \$80.00 **Non-Res:** \$90.00

*Additional child: \$40*

**Location:** Millennium Park Pavilion

# Youth Recreation:

## Outdoor Intro to Fencing:

Fencing is a physically and mentally demanding sport that improves speed, agility and reflexes. Join us to learn how to apply problem solving skills under pressure and shake hands to show respect regardless of the result. Use your mind and body to overcome your adversary.

Equipment is included. Dress in sports clothing including sneakers and sports pants. Instructor:

**Ages:** 7-15

**Day:** Sunday

**Dates:** September 20-October 18

**Time:** 10:00-11:00am

**Fee: Res:** \$105.00 **Non-Res:** \$115.00

**Location:** Millennium Park Field #1

## Nuts About Science:

Students explore the many facets of Science in this seven-week session! We begin by discussing germs, bacteria, viruses and learn how to properly wash our hands and wear a mask. Then we investigate sound, light & color, learn the scientific explanations of a few magic tricks and perform them, celebrate Halloween with spooky science experiments and much more!!!

**Grades:** 1-5

**Fee: Res:** \$175.00 **Non-Res:** \$185.00

**Location:** Virtual

**Session One:** September 28-November 9

**Day:** Monday

**Time:** 4:30-5:30pm

**Session Two:** September 29-November 10

**Day:** Tuesday

**Time:** 4:30-5:30pm

**Session Three:** September 30-November 11

**Day:** Wednesday

**Time:** 4:30-5:30pm

**Session Four:** October 1-November 12

**Day:** Thursday

**Time:** 4:30-5:30pm

**Session Five:** October 2-November 13

**Day:** Friday

**Time:** 3:30-4:30pm

## Outdoor Kids Power Karate:

Karate is more than just punching and kicking. Our Kids Power Karate emphasizes self-defense, physical fitness, conflict resolution and respect through traditional martial arts training. Help your budding child develop a love for this lifetime sport of karate!

**Ages:** 7-5-12

**Day:** Thursday

**Dates:** September 17-October 15

**Time:** 5:00-5:30pm

**Fee: Res:** \$55.00 **Non-Res:** \$65.00

**Location:** Millennium Park Pavilion



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# Youth Recreation:

## Center Stage Dance Company



CSDC Classes are available virtually at the comfort of your own home or in-person at CSDC

Limited in-person registrations, unlimited virtual registrations

### In-Person/Virtual Hip Hop

This wildly popular form of street dance is fun and fitness all rolled into one! So You Think You Can Dance? Center Stage staff will make sure you can. Dress Code: loose fitting clothing, legs covered to the ankle and clean sneakers or jazz shoes. Students must be 5 years old by the first class.

**Ages:** 5-8

**Day:** Tuesday

**Dates:** September 15 - December 1

**Time:** 6:00-6:45pm

**Fee: Res:** \$190.00 **Non-Res:** \$200.00

**Location:** CSDC or the comfort of your own home

**Ages:** 9-13

**Day:** Tuesday

**Dates:** September 15 - December 1

**Time:** 6:45-7:30pm

**Fee: Res:** \$190.00 **Non-Res:** \$200.00

**Location:** CSDC or the comfort of your own home

### In-Person/Virtual Ballet/Tap Combo Preschool Dance

The basics of ballet, including feet and arm positions, standard barre exercises. Dress code: leotard, tights, ballet shoes, hair pulled up and away. Students must be 5 years old by the first class.

**Ages:** 3-5

**Day:** Thursday

**Dates:** September 17 - December 10

**Time:** 5:45-6:30pm

**Fee: Res:** \$190.00 **Non-Res:** \$200.00

**Location:** CSDC or the comfort of your own home

### In-Person/Virtual Ballet

The basics of ballet, including feet and arm positions, standard barre exercises. Dress code: leotard, tights, ballet shoes, hair pulled up and away. Students must be 5 years old by the first class.

**Ages:** 5-10

**Day:** Thursday

**Dates:** September 17 - December 10

**Time:** 6:30-7:15pm

**Fee: Res:** \$190.00 **Non-Res:** \$200.00

**Location:** CSDC or the comfort of your own home

# Youth Athletics:

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## Youth Tennis:

### Tots Tennis - Ages 4-6

401F	Mon, Wed	Aug 31 - Oct 5	4:15 - 5:15pm	\$104
402F	Tue, Thu	Sept 1 - Oct 1	4:15 - 5:15pm	\$104
403F	Sat	Sept 12 - Oct 24	9:00 - 10:00am	\$73

### Youth Tennis - Ages 7-9

404F	Beg - Adv Beg	Sat	Sept 12 - Oct 24	9:00 - 10:00am	\$90
405F	Beg - Adv Beg	Sat	Sept 12 - Oct 24	10:00 - 11:30am	\$142
406F	Beg - Adv Beg	Tue	Sept 1 - Oct 13	4:00 - 5:00pm	\$94
407F	Beg - Adv Beg	Tue/Thu	Sept 1 - Oct 1	5:00 - 6:00pm	\$132
408F	Int - Adv	Sat	Sept 12 - Oct 24	10:00 - 11:30am	\$142
409F	Int - Adv	Tue/Thu	Sept 1 - Oct 1	5:00 - 6:00pm	\$132

### Youth Tennis - Ages 9-11

410F	Beg - Adv Beg	Sat	Sept 12 - Oct 24	11:30am - 1:00pm	\$142
411F	Int - Adv	Sat	Sept 12 - Oct 24	11:30am - 1:00pm	\$142
412F	Beg - Adv Beg	Wed	Sept 2 - Oct 14	5:30 - 7:00pm	\$142
413F	Beg - Adv Beg	Mon/Wed	Sept 2 - Oct 5	5:30 - 7:00pm	\$201
414F	Int - Adv	Mon/Wed	Sept 2 - Oct 5	5:30 - 7:00pm	\$201
415F	Beg - Adv Beg	Thu	Sept 3 - Oct 15	4:00 - 5:00pm	\$94

### Teen Tennis - Ages 11-14

416F	Sat	Sept 12 - Oct 24	1:00 - 2:30pm	\$142
417F	Wed	Sept 2 - Oct 14	4:00 - 5:30pm	\$142
418F	Mon/Wed	Sept 2 - Oct 5	4:00 - 5:30pm	\$201

### JV Tennis - Ages 14-18

419F	Sat	Sept 12 - Oct 24	1:00 - 2:30pm	\$142
420F	Wed	Sept 2 - Oct 14	4:00 - 5:30pm	\$142
421F	Mon/Wed	Sept 2 - Oct 5	4:00 - 5:30pm	\$201

# Adult Athletics:

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## Adult Tennis:

### Adult Beginner/Advanced Beginner (2.0 - 2.5)

615F	Mon	Aug 31 - Oct 19	9:30 - 11:00am	\$138
616F	Mon	Aug 31 - Oct 19	6:00 - 7:30pm	\$138
617F	Tue	Sept 1 - Oct 13	9:30 - 11:00am	\$138
618F	Wed	Sept 2 - Oct 14	9:30 - 11:00am	\$138
619F	Thu	Sept 3 - Oct 15	6:00 - 7:30pm	\$138
620F	Fri	Sept 11 - Oct 23	11:00am - 12:30pm	\$138

### Adult Advanced Beginner/Intermediate (2.5-3.0)

621F	Tue	Sept 1 - Oct 13	11:00 - 12:30pm	\$138
622F	Wed	Sept 2 - Oct 14	12:30 - 2:00pm	\$138
623F	Fri	Sept 11 - Oct 23	9:30 - 11:00am	\$138

### Adult Intermediate/Advanced (3.5 & above)

624F	Mon	Aug 31 - Oct 19	11:00am - 12:30pm	\$138
625F	Tue	Sept 1 - Oct 13	6:00 - 7:30pm	\$138
626F	Fri	Sept 11 - Oct 23	12:30 - 2:00pm	\$138

### Adult Doubles Play!

627F	Wed	Sept 2 - Oct 14	11:00am - 12:30pm	\$69
628F	Wed	Sept 2 - Oct 14	6:30 - 8:00pm	\$69

### Adult Drill/Play (3.0 & above)

629F	Mon	Aug 31 - Oct 19	6:30 - 8:00pm	\$138
630F	Thu	Sept 3 - Oct 15	6:30 - 8:00pm	\$138
631F	Sat	Sept 12 - Oct 24	9:00 - 10:30am	\$138

No class September 7th

# Adult Leagues:

## Senior Men's Poker Softball League:

It's all about the fun! Want to play softball without forming a team? We've got you! Sign up for our "Pick-up League" where you play on a different team each week, poker style.

**Date:** September 15-October 13

**Day:** Tuesday

**Time:** 10:00am and 11:00am

**Location:** Millennium Park Field 5 & 6

**Fee:** \$35/player

Waitlist

# Health & Wellness:



## In-person Drop In Classes:

### Drop-In Slow Burn Yoga with Kelly:

**Date:** Wednesday, September 9-October 28

**Time:** 9:30am-10:30am

**Location:** Ford Field

**Fee:** \$7/class; punch cards available

No registration, just drop in.

### Drop-In Silver Chair Yoga with Suzanne:

**Date:** Friday, September 11-October 30

**Time:** 10:30-11:30am

**Location:** Ford Field

**Fee:** \$7/class, punch cards available

No registration, just drop in.

## Virtual Classes:

### Virtual Line Dancing:

**Date:** September 21-October 26

**Day:** Mondays

**Time:** 1:00-2:00pm

**Fee:** \$42

### Virtual Ballroom & Latin Dancing

**Date:** September 21-October 26

**Day:** Mondays

**Time:** 7:00-8:00pm

**Fee:** \$42

### Virtual Silver Strength & Stretch

**Date:** September 14-November 2

**Day:** Mondays

**Time:** 10:00-11:00am

**Fee:** \$56/session

**Date:** September 9-October 28

**Day:** Wednesday

**Time:** 10:00-11:00am

**Fee:** \$56/session

**Date:** September 11-October 30

**Day:** Friday

**Time:** 10:00-11:00am

**Fee:** \$56/session

## Virtual Blend Yoga

**Date:** September 8-October 27

**Day:** Tuesday

**Time:** 8:00am-9:00am

**Fee:** \$56/session

## Virtual Zumba Gold

**Date:** September 8-October 27

**Day:** Tuesday

**Time:** 11:00am-12:00pm

**Fee:** \$56/session

## Virtual Hatha Yoga

**Date:** September 9-October 28

**Day:** Wednesday

**Time:** 6:00-7:00pm

**Fee:** \$56/session

## Virtual Silver Chair Yoga

**Date:** September 10-October 29

**Day:** Thursday

**Time:** 10:00-11:00am

**Fee:** \$56/session

## Virtual Yoga for Healthy Hips & Backs

**Date:** September 13-November 1

**Day:** Sunday

**Time:** 10:00-11:00am

**Fee:** \$56/session

Need help with Zoom arrange a meet and greet with our Senior Center staff to prepare you to join one of our virtual classes! Call 248-305-2852 for more information.

# Senior Enrichment:



## Gary Allen What You Need to Know About 401K's & IRA's

Learn about the rules and regulations of retirement accounts, avoiding penalties, taking RMDs, "planning for a stretch IRA", and when to convert to a Roth IRA. Emphasis is on reducing income taxes and penalties.

**Date:** Tuesday, September 15

**Time:** 10:30am-12:00pm

**Location:** Northville Community Center

Call to register: 248-305-2852 , **FREE**

## Gary Allen Wills, Trust & Ladybird Deeds

Learn how to avoid probate and save thousands of dollars, why you probably don't need a trust, how to put a beneficiary on your home and cottage deeds, and why powers of attorney are your most important estate planning documents.

**Date:** Tuesday, October 20

**Time:** 10:30am-12:00pm

**Location:** Northville Community Center

Call to register: 248-305-2852 , **FREE**

## Fall Risk & Prevention

One-on-one fall risk assessments available after the presentation. This will include blood pressure measurements and 2 balance tests.

**Date:** Tuesday, September 22

**Time:** 11:00am-12:00pm

**Location:** Northville Community Center

Call to register: 248-305-2852 , **FREE**



## Flu Shot Clinic - Visting Nurses Association (VNA)

The clinic will be held at the Northville Community Center, 303 W. Main Street. The Michigan Community VNA will be offering the Quadrivalent Flu Vaccine. This vaccine targets a fourth strain, which is a second type B strain, in addition to the other three strains from the Trivalent Flu Vaccine.

Please bring insurance information.

Registration deadline: October 1

**Date:** Monday, October 12

**Time:** 1:00-3:00pm

**Location:** Northville Community Center

**Fee:** \$0 with insurance; \$33 without insurance.

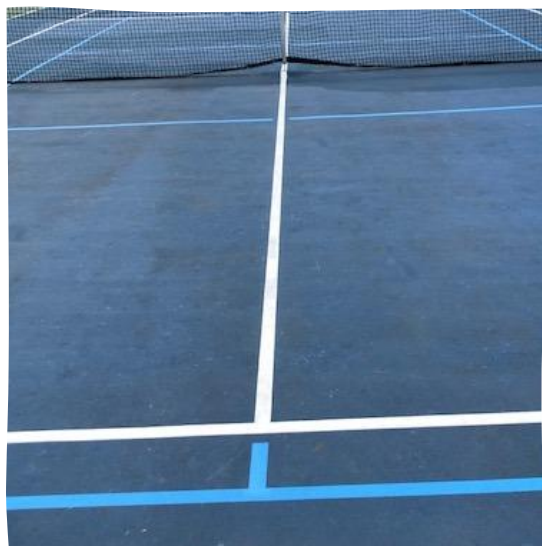
Must call to register: 248-305-2852

***Insurance Accepted: BCBS (except TEA Prefix), BCN, HAP (except CIGNA HAP), Health Plus of Michigan, their Medicare Advantage Plans, Physician Health Plan, Medicare, Priority Health Medicare. Must have your insurance card. All others will need to pay by cash or check payable to Michigan Community Wellness.***

## Pickleball:

### New Outdoor Pickleball Court:

Did you hear the news?!? Pickleball Court Lines have been added to court #5 at our Fish Hatchery Tennis Courts! Enjoy open play during the times listed below, the courts are first come, first serve.



## Open Play Time:

### August 18-30

Monday—12-4pm  
Tuesday—12-4pm  
Wednesday—12-4pm  
Thursday 12-4pm  
Friday—8-10:30am or 12pm-dusk  
Saturday 2:30pm-dusk  
Sunday—All day

### August 31—October 24

Monday—2-4pm  
Tuesday—12:30-4pm  
Wednesday—2-4pm  
Thursday 8am-4pm  
Friday—12:30pm-dusk  
Saturday 2:30pm-dusk  
Sunday—All day