

WINTER/SPRING 2017

Recreation Department, 14100 Civic Park Drive

For more information, check our
website at www.cityofriverview.com or call 734-281-4219

Check us out on Facebook: [Riverview Recreation Department](#)

Office Hours Monday – Friday 9:00 a.m. – 5:00 p.m.

Resident program registration begins Monday, November 28, 2016
Non-Resident program registration begins Monday, December 5, 2016

Recreation Staff

Todd Dickman, Recreation Director
Donna Mitchell, Administrative Technician II
Dorothy Withrow, Senior Coordinator

Recreation Commission

Harmoni Eggert
Andrea Mulheisen

Robert Miller
Lynette Prinz

David Mizzi
Cherita Rensi

The Recreation Commission meets the first Wednesday of each month at 7:00 p.m. in the Council Conference Room in City Hall, 14100 Civic Park Drive, 734-281-4219.

****Age Policy/Birth Certificates Are Required to Register****

Birth certificates are required to register for all children's programs & children's special events. **The grade must be the grade the child is currently in the Fall 2016.** If you have any questions, please call the Recreation Office at 734-281-4219

Non-Resident Fees

Youth, Adult, Senior Non-Residents: Programs and leagues will be opened for non-resident enrollment when space is available at no extra fee. Non-residents (including North Trenton and school of choice) will be permitted to register for programs the second week of registration. Photo ID is required.

Cancellation and Administration Fee

Cancellation of programs may be done at any time before the second class. Cancellations are subject to an administration/cancellation fee up to 25% of the cost of the program plus cost of supplies, equipment, materials, jerseys purchased for the program.

FAMILY & YOUTH PROGRAMS

Ice Skating at Young Patriots Reflection Pond

The City will permit ice skating on Young Patriots Reflection Pond when there is a minimum of 5” thickness of ice. Posted signs will keep residents informed as to whether or not skating will be permitted. Check the city website or the Riverview Recreation Facebook page for skating conditions. **ICE SKATE AT YOUR OWN RISK**

Sledding

When it’s snowy out this winter, bundle up, get your sleds and a thermos of hot chocolate and meet your friends at the best sled hill Downriver at The Riverview Highlands. Check the city website or the Riverview Recreation Facebook page for sledding conditions.

Sledding Hours: 11:00 a.m. – 5:00 p.m. **SLED AT YOUR OWN RISK**

YOUTH PROGRAMS

NERF Wars

Get out of the house and bring your NERF dart shooter to the gym for a showdown with your friends. We will engage in a variety of activities including shooting at targets and breaking into teams for an all out showdown. We will set up barriers in the gym and build forts. Participants **MUST** bring their own NERF dart shooter and darts. **Please make sure all your equipment is labeled. The Recreation Department will not be responsible for any broke/lost guns or ammos. Eye protection is required, MUST be worn during play. Teams will be randomly drawn at the program.**

Saturday, February 4 City Hall Gym
#2306 Grades: 1-3 5:00-6:00 p.m.
#2307 Grades: 4-6 6:30-7:30 p.m.
Cost: \$5.00 Limit: 20 **Pre-registration required by Monday, January 30, 2017**

Kindergarten-5th Grade Basketball “Fun”damentals

A great beginning to learn basketball skills for boys and girls. We’ll focus on dribbling, passing and ball handling with lots of fun drills and contests. Limit: 20

City Hall Gym \$25.00

Session I January 23 – March 6 (No class February 20)

#4500 Grades: K Tuesdays 5:15-6:00 p.m. Limit: 20

#4600 Grades: 1-2 Mondays 5:15-6:15 p.m. Limit: 20

Session II March 20 – May 2 (No class April 3 or April 4)

#4501 Grades: K Tuesdays 5:15-6:00 p.m. Limit: 20

#4601 Grades: 1-2 Mondays 5:15-6:15 p.m. Limit: 20

#4700 Grades: 3-5 Tuesdays 6:00-7:00 p.m. Limit: 20

Futsal

Come play this indoor style of soccer where the rules create improvisation, creativity and technique development. With no off sides the game keeps moving with more chances to score. Teams will be divided each week and then let the fun of Futsal began. Limit: 20

City Hall Gym Tuesdays Cost per session: \$25.00
Session I #4800 Grades: 3-5 January 24 –February 28 6:00-7:00 p.m.

Volleyball

Kids, come and learn some new volleyball skills, i.e. bumps, sets, spikes, serving and also learn proper rotation for team playing. After skills are taught you can practice during several scrimmage games. Limit: 20

City Hall Gym Thursdays Cost per session: \$25.00
Session I #2400 Grades: 3-5 January 26 –March 2 5:30-6:30 p.m.

Session II #2401 Grades: 3-5 March 23 –May 4 (no class April 6) 5:30-6:30 p.m.

Youth Soccer

A non-competitive city league where players learn basic fundamentals, play games & have lots of fun! Boys & girls are combined on teams.

April 22 – May 13

Saturdays Soccer Fields by City Hall Cost: \$20.00

#1003	Ages 3 & 4 (Not yet in Kindergarten)	10:00 a.m.-11:00 a.m.
#1004	Kindergarten-1st Grade	11:00 a.m.-12:00 p.m.
#1005	2nd Grade-4th Grade	12:00 p.m.-1:00 p.m.

Riverview Buccaneers Swim Team

Each child must be able to swim one length of the pool without stopping and display a level of comfort in water that is out of their depth. The coaches' discretion is the final say. All swimmers' are taught all four competitive swimming strokes, proper competitive starts and flip turns. All swimmers will swim at competitions regardless of ability. The age requirement is 6 years to high school senior. **Instructors: Shannon Seward & Nicole Tank**

Swimmers are required to have a practice suit and a team suit. Girls need a black one piece with the Buccaneers logo and boys need a black jammer with the Buccaneers logo. Swimmers must try the suits on at the store as competitive suits fit differently then a normal suit. Livonia Different Strokes Store for suits 248-477-0521.

Riverview Community High School Pool

January 9 – March 25, 2017

Practices are on Monday, Wednesday and Friday

Session I: 6:00-7:30 p.m. Session II: 7:30-9:00 p.m.

#3900 Cost: \$85.00 #3902 Additional child: \$75.00

ADULT PROGRAMS

Integrative Yoga Therapy

Participants are trained to become mindful of the body, breath, energy and emotions as they awaken to the mind, body, spirit connection. The program is designed to increase strength, flexibility, balance and endurance through focused breathing, stretching, sustained poses, movement and resistance. Each class ends with a guided relaxation and meditation. It is best to wear loose fitting clothing and refrain from eating at least one to two hours prior to class. Please bring a yoga mat.

Classes taught by Shannon McMahon Hodges, D. D., CYT

Bodymind Integrations, LLC/Yoga and Holistic Health

Held at the Riverview Community Center Building

Located next to the Riverview Public Library off Sibley Rd. just West of Fort St.

Class days and times:

Session I 8 weeks

Y1	Monday	January 2 - February 20	6:30 - 8:00 p.m.
Y2	Thursday	January 5 - February 23	9:00 - 10:30 a.m.

Session II 6 weeks

Y3	Monday	March 13 – April 17	6:30 - 8:00 p.m.
Y4	Thursday	March 16 – April 20	9:00 - 10:30 a.m.

Session III 8 weeks

Y5	Monday	May 1 – June 26 (No class May 29)	6:30 - 8:00 p.m.
Y6	Thursday	May 4 – June 29 (No class June 1)	9:00 - 10:30 a.m.

Number of Classes:

	Cost:
#5901 3 classes	\$33.00
#5902 4 classes	\$44.00
#5903 5 classes	\$55.00
#5904 6 classes	\$66.00
#5905 7 classes	\$77.00
#5906 8 classes	\$88.00
#5911 2 days a wk/6 wk session	\$108.00
#5913 2 days a wk/8 wk session	\$144.00

(Must take full 6 or 8 week session to get the special price on 2 days a week)

Aqua Aerobics

Use the resistance of the water to exercise and strengthen the cardiovascular system while increasing your muscle strength and endurance. Please bring a set of 1 to 5 pound hand weights. No swimming experience is necessary. **Instructor: Lisa Magyar**

Seitz Middle School Pool	10 weeks each session		
AQ1	Tuesdays	January 10 – March 14	7:00-8:00 p.m.
AQ2	Thursdays	January 12 – March 16	7:00-8:00 p.m.
AQ3	Tuesdays	March 21 – May 30 (No class April 4)	7:00-8:00 p.m.
AQ4	Thursdays	March 23 – June 1 (No class April 6)	7:00-8:00 p.m.

#6700	1 class per week	\$40.00
#6701	2 classes per week	\$75.00
#6705	Walk in	\$5.00

Fit and Fabulous

This class will focus on building your cardiovascular system while concentrating on muscle tone, bone strength, flexibility and balance. A fun, motivating workout with no/low impact and joint friendly exercises for everyone. Please bring a set of 1 to 5 pound hand weights. **Instructor: Lisa Magyar**

F1	Wednesdays	January 11 – March 15	6:00-7:00 p.m.	City Hall Gym	10 weeks
F2	Wednesdays	March 22 – May 31	6:00-7:00 p.m.	City Hall Gym	11 weeks

#6700	1 class per week/per 10 week session	\$40.00
#6702	1 class per week/per 11 week session	\$44.00
#6705	Walk in	\$5.00

Cardio Drumming

Cardio drumming combines easy-to-follow cardio moves with strength training and drumming. This fun, whole body workout is designed to be either low, mid or high impact- you decide how hard you work! This class can also be done seated for those who cannot stand during the workout. Classes include a warm up, cardio workout, toning, and a cool down/stretching session. Please bring your own 65 - 75 cm stability or yoga ball along with large plastic rope handled bucket for your stability ball to rest in. Bring drumsticks or purchase drumsticks in class. **Instructor: Lisa Magyar**

CD1	Wednesdays	January 11 – March 15	7:10-8:10 p.m.	City Hall Gym	10 weeks
CD2	Fridays	January 13 – March 17	6:45-7:45 p.m.	City Hall Gym	10 weeks
CD3	Wednesdays	March 22 – May 31	7:10-8:10 p.m.	City Hall Gym	11 weeks
CD4	Fridays	March 24 – June 2 (no class 4/14)	6:45-7:45 p.m.	City Hall Gym	10 weeks

#6700	1 class per week/10 week session	\$40.00
#6701	2 classes per week/10 week session	\$75.00
#6702	1 class per week/11 week session	\$44.00
#6703	2 classes per week/10/11 week session	\$79.00
#6705	Walk in	\$5.00

Rhythm Walking

This easy to follow walking combination that will get you moving and feeling great! No jumping in this low impact walking workout. Time is also dedicated to gaining strength with the use of light hand held weights and tubing. Equipment is included. Work is done standing, no floor exercises are offered. **Instructor: Sue (Flanary) Michetti**

Session I **January 2 – February 13** **No class Jan. 16** **6 weeks**

D1 Mondays 9:00-10:00 a.m. City Hall Gym

Session II **March 6 – May 15** **No class March 27, April 3 or 17** **8 weeks**

D2 Mondays 9:00-10:00 a.m. City Hall Gym

#5001 1 class per week/per 6 week session \$23.00

#5002 1 class per week/per 8 week session \$30.00

#4505 Walk-ins per class \$5.00

Classic Cardio Fitness Plus Toning

This cardio fitness class will allow you to “pick it up” or “take it down”. You’ll shape up quick, all while listening to some great music. Strength training with light weights, tubing and floor exercises are included. All equipment is provided. **Instructor: Sue (Flanary) Michetti**

Session I **January 2 – February 13** **No class Jan. 16** **6 weeks**

A1 Mondays 6:30-7:30 p.m. City Hall Gym

Session II **March 6 – May 15** **No class March 27, April 3 or 17** **8 weeks**

A2 Mondays 6:30-7:30 p.m. City Hall Gym

#5001 1 class per week/per 6 week session \$23.00

#5002 1 class per week/per 8 week session \$30.00

#4505 Walk-ins per class \$5.00

\$5.00

Zumba

Let loose with this invigorating Latin inspired cardio workout! After a fun warm up we pick it up to a fitness party pace. It never feels like exercise because it is disguised as fun! You’ll leave feeling refreshed and energized. **Instructor: Sue (Flanary) Michetti**

Session I **January 5 – February 23** **8 weeks**

Z1 Thursdays 7:15-8:15 p.m. City Hall Gym

Session II **March 9 – May 18** **No class March 30 or April 6** **9 weeks**

Z2 Thursdays 7:15-8:15 p.m. City Hall Gym

#5000 1 class per week/per 8 week session \$36.00

#5001 1 class per week/per 9 week session \$41.00

#4505 Walk-ins per class \$5.00

SENIORS 55+

Senior Walking City Hall Hallways

Monday-Friday

9:00-10:30 am

No Charge

Riverview Senior Computer Classes

The following private computer classes are for seniors 60 years and older. Each class is 50 minutes. You may sign up for (1) 50 minute session a week for 3 weeks at a time. You MUST pre-register at the Recreation Office. **Instructor: Kevin Galvin**

#7000 Private Lessons **\$7.00 per class**

January – May

Mondays or Wednesdays or Fridays

9:00 - 9:50 a.m. or 10:00 - 10:50 a.m. or 11:00 - 11:50 a.m.

Senior Cab Service

Any Riverview resident 60 years or older and unable to drive is eligible. Applications and information are available at the Recreation Office or online at www.cityofriverview.com

Senior Sit and Get Fit

This seated exercise class is designed for the mature adult in mind. You might be surprised at the workout you can get from the seat of your pants. Light weights are provided to help build strength. Balance activities are included. You'll need to wear comfortable clothes and a good fitting pair of athletic shoes. Please be advised that you should receive your physician's approval before starting any type of exercise program. **Instructor Sue (Flanary) Michetti**

City Hall Gym 10:15 – 11:00 a.m.

#5101	Mondays	January 9, 23, 30	\$9.00
#5102	Mondays	February 6, 13	\$6.00
#5103	Mondays	March 6, 13, 20	\$9.00
#5104	Mondays	April 10, 24	\$6.00
#5105	Mondays	May 1, 8, 15	\$9.00
	Walk ins		\$5.00

Senior Nutrition

Senior Hot Lunch Program

The Wayne County Office of Nutrition Services serves hot lunches at City Hall. Lunches are served Monday through Friday at 11:15 a.m. To be eligible for the hot meal program, you must be 60 years or older. Suggested donation is \$3.00. You must make reservations 24 hours in advance by calling 734-281-4200 ext. 3356.

Senior Home Delivered Meals

A hot, home delivered meal is available weekdays to seniors 60 years of age or older who are confined to their home. Suggested donation of \$3.00 per meal. To determine eligibility, a referral can be made to 734-727-7357 by a physician, family, or prospective client.

Registration Info

- Registration will be taken on a **first come basis** and cannot be held by phone. Walk-in registration is taken before mail-in registration.
- No one is allowed to enter a class without prior registration. Registration form **MUST** be signed.
- Adult classes are for 18 years and older. Senior classes are 55 years and older unless otherwise noted.
- Waiting lists will be formed when programs are filled and every attempt will be made to accommodate people on these lists whenever possible.
- The Riverview Recreation Department reserves the right to cancel, reschedule, or limit class size due to unforeseen conditions.
- Participants may be photographed and may be included in future Recreation advertising.
- All programs, events, dates, times and fees appearing in this newsletter may be subject to change. Please check with the Recreation Department to confirm information 734-281-4219.



NFL YOUTH FLAG FOOTBALL – EXPERIENCE THE DIFFERENCE

Grades Pre K – 8th

Presented by: National Flag Football

Are you ready for some football? Join the largest youth flag football organization in the country. This is a 5 vs. 5, non-contact, recreational, co-ed format. Teams are limited to 10 players to maximize playing time. This is an exceptional program for first time players who want to learn the fundamentals of football. This is also a wonderful opportunity for players who may want to continue to enhance their skills before taking the next leap into tackle football.

Games are played at Woodhaven High School on Sunday afternoons. Practices take place one hour prior to game time each week to ensure a convenient and fun experience for all. Participants will receive a NFL reversible jersey, flag belt and individual participation award. Games are officiated by MHSAA referees.

The season begins end of April and runs through the end of June.

There are no try-outs! Everyone participates! Children are placed on teams according buddy request, school, and grade.

Registration Deadline: February 24th, 2017

You must register on-line at:

www.NationalFlagFootball.com

For more information call (248) 454-9700