

FALL 2018

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 Wednesday, August 15, 2018

Non-Resident program registration begins Wednesday, August 22, 2018

Recreation Staff

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

Recreation Commission

Molly Chrusciel
Harmoni Eggert
Robert Miller
Cherita Rensi

Lou Ann Durand
David Hohmann
Guillermo Nino

Tim Durand
Kimberly Hohmann
Lynette Prinz

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 2018.** 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.

Disclaimer

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.

City Wide Garage Sale

Sponsored by the Beautification Commission

Friday-Sunday, September 28-30 8:00 – 4:00 p.m.

No permit needed, place signs only on your own property.

Secretary of State Mobile Unit

The Mobile Branch Office offers services closer to home. Whether you are changing your address or renewing your driver's license, the Mobile Branch Office is a great option for you. Some transactions can be processed up to six months ahead of time and no extra paperwork is necessary. The Mobile Unit will be parked in the City Hall Parking Lot.

Thursday, October 25 & Friday, October 26 12:00 p.m. – 6:00 p.m

YOUTH PROGRAMS

Youth Soccer

Players learn basic fundamentals, play games & have lots of fun! Boys & girls are combined.

September 15 – October 20

Saturdays Soccer Fields by City Hall Cost: \$30.00

#1000	Ages 3 & 4 (Not yet in Kindergarten)	10:00 a.m.-11:00 a.m.
#1001	Kindergarten-1st Grade	11:00 a.m.-12:00 p.m.
#1002	2nd Grade-4th Grade	12:00 p.m.-1:00 p.m.

Volleyball

Come learn some new volleyball skills, i.e. bumps, sets, spikes, serving and also learn proper rotation for team playing. **Instructor: Adrianna Ragain**

City Hall Gym	Thursdays	October 4 – November 8
#2400	\$25.00	Grades: 3-5 5:30-6:30 p.m. Limit: 20

Riverview Buccaneers Swim Team

The Buccaneers is a competitive swim team for kids ages 6-18. All swimmers will be taught all four competitive strokes, starts and turns. We compete with other teams in the area. We ask that each child comes to practice with goggles, a swim cap and competitive swim suit. **Instructors: Nicole Tank and Shannon Seward**

Riverview Community High School Pool

September 11 – November 20 Practices are held Monday thru Thursday

6:00-7:15 p.m. for younger/new swimmers

7:30-9:00 p.m. for older/experienced swimmers

#3900 Cost: \$100.00 #3902 Cost Each Additional Child: \$90.00

Youth Dance Program

Acct#	Subject	Level	Time	Limit	Cost
2801	Ballet	3-5 years	4:30 - 5:00	12	\$160.00
2802	Ballet	6-8 years	5:00 – 5:30	12	\$160.00
2803	Jazz/Hip Hop	3-5 years	5:30 – 6:00	12	\$160.00
2804	Jazz/Tap	6-9 years	6:00 – 6:45	12	\$240.00
2805	Jazz/Hip Hop	6-9 years	6:45 – 7:15	12	\$160.00
2806	Jazz/Hip Hop	10 & up	7:15 - 7:45	12	\$160.00
2807	Ballet	9 & up	7:45 – 8:15	12	\$160.00
2808	*Advanced Jazz audition only		8:15 – 9:00		\$240.00

Registration: Registration will take place before the first class, please arrive a half hour early and register at the Recreation Office prior to class. Sibling or multiple class discount-15% off for the 2nd class and each additional class. Students must be the correct age by September 1, 2018. Birth certificates are required at the time of registration. If you have any questions about which class your child should attend, please send an email to Kelly at riverviewdance@gmail.com

Class: Mondays, September 24, 2018 thru May 2019 in the City Hall Activity Room C, we will conclude the dance season with a recital in May with dates to follow. . No class on the following dates: Nov. 5, Dec. 24, Dec. 31, Jan. 21, Feb. 18 or April 1.

Fees: Class fees do not include the cost of dancewear, shoes, tights, recital costume or recital tickets. Recital costumes cost approximately \$65-\$70 and payment is due November 26.

Instructor: Kelly Schock is the dance instructor, she has studied Ballet, Tap, Jazz, Lyrical, Contemporary, Cheer, Hawaiian and Polynesian at Dance Korner and has been teaching dance for 17+ years. She was a member of the Henry Ford Community College Dance Company and has competed in several dance competitions. Kelly has a degree in Elementary Education from Eastern Michigan University.

***Auditions will take place the first week of class. Students should be at least 13 years of age and have had at least 2 years of ballet or dance experience. At the audition you will be taught some choreography and the instructor will let you know if you are ready for this advanced class.**

ADULT PROGRAMS

“Walk Your Way” Fit

Join this class it's really great! You may even lose some weight! The music's sweet...a real treat! The entire class is on your feet! No jumping...no floor, When you leave you'll want some more! Instructor: Sue (Flanary) Michetti

Session I 7 weeks City Hall Gym
D1 Mondays September 10 – October 22 9:00-9:50 a.m.

Session II 7 weeks City Hall Gym
D2 Mondays Oct. 29 – Dec. 17 (No class Nov. 5) 9:00-9:50 a.m.

#5001 1 class per week/per 7 week session \$28.00
#4505 Walk-ins per class \$5.00

“Hustle and Muscle” Cardio/Toning

Ready to try a workout that is focused “around you”? These easy to follow movement combinations, set to some awesome tunes, are taught in a low impact format with opportunities to ‘pick it up’ if you prefer. All fitness levels are invited. Challenge your muscles with resistance tubing, light weights, and stability balls (supplied by the instructor). Sculpt your legs and abs with mat exercises. Complete your workout with a relaxing stretch Instructor: **Sue (Flanary) Michetti**

Session I 7 weeks City Hall Gym
A1 Mondays September 10 – October 22 6:15-7:10 p.m.

Session II 7 weeks City Hall Gym
A2 Mondays Oct. 29 – Dec. 17 (No class Nov. 5) 6:15-7:10 p.m.

#5002 1 class per week/per 7 week session \$28.00
#4505 Walk-ins per class \$5.00

“Zumba Gold”

Improve your health from the inside out as you energize your body and mind. Learn exciting new moves like salsa, merengue and cumbia. The movements and pace are modified but we keep all the flavor and excitement of the party! Your awesome instructor will supply the Zumba Toning Sticks, if you choose to use them for some additional toning! The results are amazing. Now you can get groovin’ at a pace that’s right for you. Instructor: **Sue (Flanary) Michetti**

Session I 7 weeks City Hall Gym
Z1 Mondays September 10 – October 22 7:15-8:00 p.m.

Session II 7 weeks City Hall Gym
Z2 Mondays Oct. 29 – Dec. 17 (No class Nov. 5) 7:15-8:00 p.m.

#5000 1 class per week/per 7 week session \$32.00
#4505 Walk-ins per class \$5.00

Qi Gong

Qi Gong is similar to Tai Chi. In traditional Chinese medicine Qi represents life energy. The Monday class consists of eight standing postures of gentle, safe movements with breathing exercises to improve your Qi energy flow and the Wednesday class consists of 12 sitting/chair postures. It will help you take your consciousness, inner peace and general well-being to the next level. After learning 8 and 12 short forms of Qi Gong, students also will have the foundation/background to learn the full energetic potential of Tai Chi. All ages and levels welcome. **Instructor: Karen Ji**

Held at the Riverview Community Center Building

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

Session I 6 weeks

Q1	Monday	September 10 – October 15	9:30-10:30 a.m.
Q2	Wednesday	September 12 – October 17	6:30-7:30 p.m.

Session II 6 weeks

Q3	Monday	Oct. 29 – Dec. 10 (No class Nov. 19)	9:30-10:30 a.m.
Q4	Wednesday	Oct. 24 – Dec. 12 (No class Oct. 31 or Nov. 21)	6:30-7:30 p.m.

#5605	1 class per week/per 6 week session	\$27.00
#5606	2 classes per week/per 6 week session	\$51.00
#5602	Walk-ins per class	\$5.00

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.

Session I 6 weeks

Y1	Monday	September 10 – October 15	6:30 - 8:00 p.m.
Y2	Thursday	September 6 – October 11	9:00 - 10:30 a.m.

Session II 6 weeks

Y3	Monday	October 29 – December 10 (No class November 19)	6:30 - 8:00 p.m.
Y4	Thursday	October 25 – December 6 (No class November 22)	9:00 - 10:30 a.m.

Number of Classes:

#5901	3 classes	\$33.00
#5902	4 classes	\$44.00
#5903	5 classes	\$55.00
#5904	6 classes	\$66.00
#5911	2 days a wk/6 wk session	\$108.00

Cost:

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

#5805	Walk-ins	\$14.00 per class
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Aqua Aerobics

This higher intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water can provide up to 12 times more resistance than air, making it beneficial for strength and mobility training as well as improved cardiovascular conditioning. It also gives knees and backs a break from land based cardio workouts. Non-swimmers welcome and this class is for any age and ability. Noodles and foam weights provided. Please bring a pair of 1 to 5 pound hand weights. **Instructor: Lisa Magyar**

Seitz Middle School Pool	13 weeks		
AQ1	Tuesdays	Sept. 11 – Dec. 11 (No class Nov. 20)	7:00-8:00 p.m.
AQ2	Thursdays	Sept. 13 – Dec. 13 (No class Nov. 22)	7:00-8:00 p.m.

#6700	1 class per week	\$52.00
#6701	2 classes per week	\$98.00
#6705	Walk in	\$5.00

30 Minute Arms Express

For those with a busy schedule or those starting off in getting fit, you picked the right class -30 Minute Arms Express Workout! A quick, fun workout targeting the muscles in your arms, chest and back. A great way to tone your muscles, reduce arm flab and improve your flexibility. Please bring 1 to 5 pound weights. **Instructor: Lisa Magyar**

City Hall Gym	12 weeks		
F1	Wednesdays	Sept. 12 – Dec. 12 (No class Oct. 31 or Nov. 21)	6:00-6:30 p.m.
F2	Fridays	Sept. 14 – Dec. 14 (No class Oct. 12 or Nov. 23)	6:00-6:30 p.m.

#6702	1 class per week	\$33.00
#6703	2 classes per week	\$60.00
#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**

City Hall Gym	12 weeks		
CD1	Wednesdays	Sept. 12 – Dec. 12 (No class Oct. 31 or Nov. 21)	6:45-7:45 p.m.
CD2	Fridays	Sept. 14 – Dec. 14 (No class Oct. 12 or Nov. 23)	10:00-11:00 a.m.
CD3	Fridays	Sept. 14 – Dec. 14 (No class Oct. 12 or Nov. 23)	6:45-7:45 p.m.

#6704	1 class per week	\$52.00
#6706	2 classes per week	\$98.00
#6705	Walk in	\$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**
September 17 – December 7 (No Class October 12 or November 23)
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 Chair Fitness

A gentle, chair based exercise class for men and woman. This class will help muscle flexibility and all around make your body feel better. Simple exercises along with stretches help keep you moving. Come meet new friends and listen to some great music!! **Instructor: Lisa Magyar**

City Hall Gym 12 weeks
CD2 Fridays Sept. 14 – Dec. 14 (No class Oct. 12 or Nov. 23) 9:00-9:45 a.m.

#6708 1 class per week \$36.00
#6705 Walk in \$5.00

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 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.