

SUMMER 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 Monday, April 16, 2018
Non-Resident program registration begins Monday, April 23, 2018

Recreation Staff

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

Recreation Commission

Molly Chrusciel	Lou Ann Durand	Tim Durand
Harmoni Eggert	David Hohmann	Kimberly Hohmann
Robert Miller	Lynette Prinz	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 age must be the age the child will be on September 1, 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.

SUMMER YOUTH PROGRAMS

Everyday Science With Professor Ray

Come explore the eye popping world of science. This hands on class will show children the wonders of science and how it applies to everyday life. Professor Ray is a retired science teacher who performs shows at the Ann Arbor Hands on Museum.

City Hall Activity Area Ages: 5-11
Mondays June 25 – July 30 (No class July 2) 10:00-11:00 a.m.
#3300 Cost: \$40.00 Limit: 25

Chefs In Training

Do you enjoy making new dishes or eating new dishes? Come put your preparation skills and taste buds to the test as we explore new and delicious recipes!

Community Center Building Ages: 6-9
Mondays June 25 – July 30 1:00-2:30 p.m.
#3600 Cost: \$45.00 Limit: 12

Preschool Fun

Loads of summer fun for the little ones! Indoor/outdoor play for your preschooler including summer projects, stories, crafts and sports. This class is definitely “hands-on” and we’ll get very messy! Wear washable play clothes! **Ages: 3-5 years (Must be potty trained and be 3 before June 1, 2018)**

Preschool Scout Cabin in Memorial Park
Tuesdays June 26 – July 31 9:30-11:30 a.m.
#3100 Cost: \$40.00 Limit: 20

Sports Weekly

Take advantage of the summer sun and have fun learning a new sport. Every 2 weeks we will take on a new sport such as basketball, kickball and soccer. Make sure to wear sunscreen and bring water!

This is an outdoor program; we will meet in the City Hall Gym and move outdoors. If the weather is poor, we will stay inside the City Hall Gym.

Wednesdays June 27 – August 1 (No class July 4) 9:30-11:00 a.m. Ages: 5-8
#3201 Cost: \$25.00 Limit: 25

Sweets & Treats

Come satisfy your sweet tooth by trying new and delicious recipes! We will be creating and then tasting our desserts.

Community Center Building Ages: 10-12
Wednesdays June 27 – August 1 (No class July 4) 1:00-3:00 p.m.
#3601 Cost: \$55.00 Limit: 12

Art in the Park

This year we will explore how we can include the park in our art and create great new projects for you to express your creative talents.

Young Patriots Park Community Center Shelter	Ages: 5-11	
Thursdays	June 28 – August 2	9:30-11:30 a.m.
#3400	Cost: \$30.00	Limit: 20

SUMMER SWIM PROGRAMS

Memorial Park Splash Pad

Come cool off from the hot summer heat in our brand new Splash Pad! Don't forget to bring sunscreen and a towel. Play at your own risk, the splash pad is unsupervised. **Free Admission**
June 18 – September 3 Monday – Saturday 11:00 a.m. - 8:00 p.m.

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

May 7 – July 26 Practices are held Monday through Thursday

5:30-7:00 p.m. for younger/new swimmers

7:00-8:30 p.m. for older/experienced swimmers

#3901 Cost: \$100.00 #3903 Cost Each Additional Child: \$90.00

Open Swim & Swim Lessons

Riverview has worked out an agreement with Trenton for Riverview residents to use the Kennedy Outdoor Aquatic Center at resident rates. They will also be offering children's swim lessons to Riverview residents. For more information please call the Trenton Parks and Recreation Department at 734-675-7300.

ADULT PROGRAMS

Summer Shape Up & Toning

Shaping up this summer can be so much fun! Following an action packed low impact cardio session, the use of light weights will reshape your body from head to toe. Abdominal core strength and flexibility round out this awesome workout. All equipment is provided.

Instructor: Sue (Flanary) Michetti

<u>June 11 thru July 23</u>	<u>No class July 2</u>	<u>6 weeks</u>	
A1	Mondays	7:00-8:00 p.m.	City Hall Gym
#5004	1 class per week/per 6 week session		\$24.00
#4505	Walk-ins per class		\$5.00

Rhythm Walking Fitness

This cardiovascular class uses walking patterns to get the job done. No jumping allowed here, just getting down to some great tunes with a reasonable approach. Plan on taking 3500-4500 steps. Class includes lightweight training (no floor work) and balance work. Finish with a relaxing stretch and you're good to go! **Instructor: Sue (Flanary) Michetti**

<u>June 11 thru July 23</u>	<u>No class July 2</u>	<u>6 weeks</u>	
D1	Mondays	9:00-10:00 a.m.	City Hall Gym
#5004	1 class per week/per 6 week session		\$24.00
#4505	Walk-ins per class		\$5.00

Zumba

What a fun way to get fit! The wonderful sounds of Latin music help you get the party started. Rhythms include Salsa, Merengue, Cha Cha Cha and more! If you've never been to a Zumba class what are you waiting for, the time is now! When you're finished you will be able to conquer the world! **Instructor: Sue (Flanary) Michetti**

<u>June 14 thru July 26</u>	<u>No class July 5</u>	<u>6 weeks</u>	
Z1	Thursdays	7:00-8:00 p.m.	City Hall Gym
#5005	Zumba Z1		\$27.00
#4505	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.

Class days and times:

Session I 6 weeks

Y1	Monday	July 9 – August 13	6:30 - 8:00 p.m.
Y2	Thursday	July 12 – August 16	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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Qi Gong

Qi Gong is similar to Tai Chi. In traditional Chinese medicine Qi represents life energy. This class consists of eight pieces of gentle, safe movements with breathing exercises to improve your Qi energy flow. It will help you take your consciousness, inner peace and general well being to the next level. 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 April 30 – May 21 4 weeks

Q3	Mondays	9:30-10:30 a.m.	Community Center
Q4	Wednesdays	6:30-7:30 p.m.	Community Center

Session II July 9 – August 15 6 weeks

Q5	Mondays	9:30-10:30 a.m.	Community Center
Q6	Wednesdays	6:30-7:30 p.m.	Community Center

#5603	1 class per week/per 4 week session	\$18.00
#5604	2 classes per week/per 4 week session	\$34.00
#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

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	8 weeks		
AQ1	Tuesdays	June 19 – August 7	9:00-10:00 a.m.
AQ2	Thursdays	June 21 – August 16 (No class July 5)	9:00-10:00 a.m.

#6706	1 class per week	\$32.00
#6707	2 classes per week	\$60.00
#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 10 weeks City Hall Gym**

F1	Wednesdays	June 6 – August 15 (No class July 4)	6:00-6:30 p.m.
#6702	1 class per week	\$28.00	
#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 10 weeks City Hall Gym**

CD1	Wednesdays	June 6 – August 15(No class July 4)	6:45-7:45 p.m.
CD2	Fridays	June 8 – August 17 (No class July 6)	10:00-11:00 a.m.

#6708	1 class per week	\$40.00
#6709	2 classes per week	\$75.00
#6705	Walk in	\$5.00

Summer Grapevine Wreath

Come make a beautiful, flower grapevine wreath to brighten up your home. This beautiful wreath will be loaded with silk flowers and pretty ribbons adorned with summer embellishments. Please bring scissors, glue gun and glue sticks. Please bring scissors, glue gun and glue sticks. Supply fee \$25 CASH only, payable to the instructor at the class. **Instructor: Lisa Magyar**

Monday, June 18 6:30-8:30 p.m. City Hall Activities Room
#4803 \$15.00 Limit: 25 Must preregister for the class, no walk ins

Garden Stone

Learn how to use decoupage to decorate a plain stone into a beautiful work of art for your yard. Please bring scissors. Supply fee \$10 CASH only, payable to the instructor at the class. No crafting experience necessary. **Instructor: Lisa Magyar**

Monday, July 16 6:30-8:00 p.m. City Hall Activities Room
#4804 \$15.00 Limit: 25 Must preregister for the class, no walk ins

PARK ORDINANCES

Parks are closed from 10:00 p.m. to 6:00 a.m.

NO person shall bring or use any mechanically power-driven vehicle within the park system.

Mini-bikes & snowmobiles are prohibited from the park system.

NO person eighteen (18) years of age or older shall in any manner use any of the playground apparatus.

NO person shall beg or solicit within the park system.

NO alcoholic beverages.

NO person shall cut, break, climb on or in any way injure or deface any tree, shrub, plant or turf.

NO littering.

SENIORS PROGRAMS

Downriver Senior Olympics

The City of Flat Rock will be hosting the 33rd Annual Downriver Senior Olympics. The Senior Olympics has events for adults 50 years and older, and will run from July 23 – July 27, 2018.

Senior Trips

Senior trips are available to anyone 55 years and older. Information, dates, times and prices are subject to change. Trip information and registration dates are available in the Recreation Office, in the Senior Activities Area or online.

The following is a tentative list of upcoming trips:

June

Firekeepers Casino	June 4	\$31.00
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July

Windsor Casino	July 16 & 30	\$22.00
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August

Detroit Tigers vs. Chicago Cubs	August 22	\$35.00
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September

Zehnders-Beach Party Boys	September 11	\$45.00
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Senior Club

Seniors 55 years and older who are interested in getting together to play cards, bingo, pool, bocce, etc. are welcome to join the Senior Club. Membership dues are \$12.00 per year. Please contact Pat Tear on Tuesday or Thursday between 1:00-3:30 p.m. at the Senior Center in City Hall to pay your dues or join the club.

Senior Hot Lunch Program

The Wayne County Office of Nutrition Services serves hot lunches at the 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 is \$3.00. To determine eligibility, a referral can be made to 1-800-851-1454 by a physician, family, or prospective client.

REGISTRATION INFO

Resident program registration begins Monday, April 16, 2018
Non-Resident program registration begins Monday, April 23, 2018

1. Registration will be taken on a **first come basis** and cannot be held by phone. Walk-in registration is taken before mail-in registration.
2. No one is allowed to enter a class without prior registration.
3. Registration form **MUST** be signed.
4. All children's programs also need an emergency form filled out.
5. Adult classes are for 18 years and older. Senior classes are 55 years and older unless otherwise noted.
6. Waiting lists will be formed when programs are filled and every attempt will be made to accommodate people on these lists whenever possible.
7. The Riverview Recreation Department reserves the right to cancel, reschedule, or limit class size due to unforeseen conditions.
8. Participants may be photographed and may be included in future Recreation advertising.

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PARK LOCATIONS

LLOYD CARR PARK

(Krause between Longsdorf and Colvin)
Baseball/softball, basketball court,
playground equipment, and concession stand

COACHWOOD PARK

(Forest Subdivision; Coachwood south of Sibley)
Playground equipment and picnic area

JEFFERSON TOT LOT

(Jefferson between Sibley and Pennsylvania)
Playground equipment

KENNEBEC PARK

(Kennebec south of Pennsylvania)
Basketball court

MC SHANE PARK

(West of Fort Street, at the end of Dundee)
Playground equipment, baseball and picnic area

RAY STREET PARK

(Ray Street north of Sibley)
Playground equipment

GLENS PARK

(Middle of Glens Subdivision)
(Entrances on Parkridge & Kristin)
Playground equipment, tennis court, basketball court,
baseball and picnic area

VOS TOT LOT

(Corner of Colvin and Quarry)
Playground equipment

KINGSWOOD NATURE PARK

(Between Kingswood and Tudor)-Walking trail

VREELAND PARK

(Quarry & Vreeland, south of Pennsylvania)
Playground equipment, tennis courts, picnic area,
In-line hockey facility

YOUNG PATRIOTS PARK

(Sibley between Fort and Grange)
Baseball/softball, Reflection Pond, basketball courts,
playground equipment, Library & Community Center

MEMORIAL PARK

(Colvin, south of Pennsylvania, between Hamann & Valade)
Spray pool, scout cabin, basketball court, picnic area, playground equipment