

## WINTER/SPRING 2018

Recreation Department, 14100 Civic Park Drive

For more information, check our  
website at [www.cityofriverview.com](http://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, December 4, 2017**  
**Non-Resident program registration begins Monday, December 11, 2017**

### Recreation Staff

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

### Recreation Commission

Lou Ann Durand	Tim Durand	Harmoni Eggert	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 grade must be the grade the child is currently in the Fall 2017.** 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 6” 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

### Volleyball

Come learn some new volleyball skills, i.e. bumps, sets, spikes, serving and proper rotation for team playing. Class is open to boys and girls. Instructor: **Adrianna Ragain**, she has 5 years of Volleyball experience and has attended the Madonna University Volleyball Training Camp.

City Hall Gym                      Thursdays                      Cost per session: \$25.00  
Session I    #2400    Grades: 3-5    January 25 –March 1                      5:00-6:00 p.m.

Session II    #2401    Grades: 3-5    March 15 –April 26 (no class April 5) 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 14 – May 5  
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

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. 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. **Instructors: Nicole Tank and Shannon Seward**

Riverview Community High School Pool  
January 22 – March 22                      Practices are held Monday - Thursday  
6:00-7:30 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

## 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 6 weeks**

<b>Y1</b>	Monday	January 8 - February 12	6:30 - 8:00 p.m.
<b>Y2</b>	Thursday	January 11- February 15	9:00 - 10:30 a.m.

#### **Session II 6 weeks**

<b>Y3</b>	Monday	February 26 – April 9 (No class March 12)	6:30 - 8:00 p.m.
<b>Y4</b>	Thursday	March 1 – April 12 (No class March 15)	9:00 - 10:30 a.m.

#### **Session III 5 weeks**

<b>Y5</b>	Monday	April 23 – May 21	6:30 - 8:00 p.m.
<b>Y6</b>	Thursday	April 26 – May 24	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
#5914	2 days a wk/5 wk session	\$90.00

#### **Cost:**

(Must take full 5 or 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	10 weeks each session		
AQ1	Tuesdays	January 9 – March 13	7:00-8:00 p.m.
AQ2	Thursdays	January 11 – March 15	7:00-8:00 p.m.
AQ3	Tuesdays	March 20 – May 29 (No class April 3)	7:00-8:00 p.m.
AQ4	Thursdays	March 22 – May 31 (No class April 5)	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 N Fab/Sculpting & Body Bar Class

Whether you are just beginning your fitness journey or looking for a different workout, this fun class is the perfect blend of cardio, strength and core. This easy to follow class includes a head to toe workout concentrating on balance and body sculpting using your own body weight, hand weights and a weighted Body Bar (provided). A cardio warm up will start the class and a great stretching routine will end the class. Weight training helps shape and strengthen muscles and bones while building your body to use more calories. This class is for any age and ability. Please bring a pair of 1 to 5 pound hand weights. **Instructor: Lisa Magyar**

City Hall Gym	10 weeks each session		
F1	Wednesdays	January 10 – March 14	6:00-7:00 p.m.
F2	Wednesdays	March 21 – May 30 (No class April 4)	6:00-7:00 p.m.

#6700	1 class per week	\$40.00
#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	10 weeks each session		
CD1	Wednesdays	January 10 – March 14	7:00-8:00 p.m.
CD2	Fridays	January 12 – March 16	10:00-11:00 a.m.
CD3	Fridays	January 12 – March 16	6:30-7:30 p.m.
CD4	Wednesdays	March 21 – May 30 (No class April 4)	7:10-8:10 p.m.

CD5	Fridays	March 23 – June 1 (No class March 30)	10:00-11:00 a.m.
CD6	Fridays	March 23 – June 1 (No class March 30)	6:30-7:30 p.m.

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

**Romantic Rose Initial Wall/Door Hanger**

A beautiful hanging initial will compliment any occasion or holiday. Elegant design can be used in your home, on your door or a gift and makes a beautiful addition to any wedding or event. Please bring scissors, glue gun and glue sticks. **Please specify initial when registering.** Supply fee \$20 CASH only, payable to the instructor at the class. **Instructor: Lisa Magyar**

Sunday, February 4	4:00-6:30 p.m.	City Hall Activities Room
#4800	\$15.00	Limit: 25
		Must preregister for the class, no walk ins

**Decorative Clothespin Magnets**

Oh, the ideas that you will come up for these beautifully crafted clothespins. Decorated with paper, ribbons or embellishments. Great gift for wedding or shower favors or use to decorate your fridge or office. Please bring scissors, glue gun, glue sticks and a ruler. Supply fee \$15 CASH only, payable to the instructor at the class. **Instructor: Lisa Magyar**

Sunday, April 15	4:00-6:00 p.m.	City Hall Activities Room
#4801	\$15.00	Limit: 25
		Must preregister for the class, no walk ins

**Easy No Sew Patriotic Ribbon Garden/ Door Flag**

This easy to make flag is made out pretty ribbon. It will look nice hanging on a door or in your yard fluttering in the breeze. Perfect for the summer holidays or leave up all the time. Please bring scissors, glue gun, and glue. Supply fee \$15 CASH only, payable to the instructor at the class. **Instructor: Lisa Magyar**

Sunday, May 6	4:00-6:00 p.m.	City Hall Activities Room
#4802	\$15.00	Limit: 25
		Must preregister for the class, no walk ins

### Rhythm Walking

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**

<b>Session I</b>	<b>January 8 – March 12</b>	<b>10 weeks</b>
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D1	Mondays	9:00-10:00 a.m.	City Hall Gym
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<b>Session II</b>	<b>April 9 – May 21</b>	<b>7 weeks</b>
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D2	Mondays	9:00-10:00 a.m.	City Hall Gym
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#5001	1 class per week/per 10 week session	\$40.00
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#5002	1 class per week/per 7 week session	\$28.00
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#4505	Walk-ins per class	\$5.00
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### Classic Cardio Plus Toning

Get moving to your favorite tunes this winter/spring! This class offers easy to follow aerobic training. Picking it up or taking it down is up to you. All fitness levels are invited to attend. Muscular strength and endurance work follows. Light weights, mats for floor work, bands and stability balls are all included. Bring a water bottle. **Instructor: Sue (Flanary) Michetti**

<b>Session I</b>	<b>January 8 – March 12</b>	<b>10 weeks</b>
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A1	Mondays	7:00-8:00 p.m.	City Hall Gym
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<b>Session II</b>	<b>April 9 – May 21</b>	<b>7 weeks</b>
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A2	Mondays	6:30-7:30 p.m.	City Hall Gym
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#5001	1 class per week/per 10 week session	\$40.00
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#5002	1 class per week/per 7 week session	\$28.00
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#4505	Walk-ins per class	\$5.00
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### 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**

<b>Session I</b>	<b>January 11 – March 15</b>	<b>10 weeks</b>
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Z1	Thursdays	7:00-8:00 p.m.	City Hall Gym
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<b>Session II</b>	<b>April 12 – May 31</b>	<b>No class May 24</b>	<b>7 weeks</b>
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Z2	Thursdays	7:15-8:15 p.m.	City Hall Gym
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#5000	1 class per week/per 10 week session	\$45.00
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#5003	1 class per week/per 7 week session	\$32.00
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#4505	Walk-ins per class	\$5.00
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## **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 15 – 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](http://www.cityofriverview.com)

### **Deal Those Cards**

The Riverview Seniors will be hosting Pinochle card games on the first and third Wednesday of the month at 1:00 p.m. at the Riverview Senior Center, 14100 Civic Park Dr. The cost is \$1 and no pre-registration is required. Prizes are awarded for first, second, and third place winners.

### **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 mid April and runs through the end of June.

There are no try-outs! Everyone participates! Children are placed on teams according to their school and grade to ensure classmates are playing together.

**Registration Deadline: February 23rd, 2018**

**You must register on-line at:**

[www.NationalFlagFootball.com](http://www.NationalFlagFootball.com)

For more information call (248) 454-9700

**Use Coupon Code “RV5” to  
receive \$5.00 off the NFF  
Shop!**