

**Recreation Department, 14100 Civic Park Drive**  
For further information, check our  
website at [www.cityofriverview.com](http://www.cityofriverview.com) or call 734-281-4219

Office Hours                      Monday – Friday            9:00 a.m. – 5:00 p.m.  
Office Closed 12:00-1:00 p.m.

**Program registration begins Monday, August 23, 2010 unless otherwise stated**

**Recreation Staff**

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

**Recreation Commission**

Kimberly Canan	Sarah Caruso	Doug Kelly
Rebecca McKinney	David Mizzi	Rose Mosolgo
Russell Pickell	Cherita Rensi	David Wright

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

**Senior Recreation Commission**

Kaye Davies	Jeri Katai	Virginia Kaucher	Dominic Monea
Peggy Murphy	William Singer	George Tear	

The Senior Recreation Commission meets the second Tuesday of each month at 10:00 a.m. in the Senior Activities Area in City Hall, 14100 Civic Park Drive, 734-281-4219

**\*\*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 at the start of the program. The grade must be the grade the child will be in the Fall 2010. If you have any questions, please call the Recreation Office at 734-281-4219

**\*\*Proof of Residency is Required\*\***

Photo ID or photo ID of the **parent** is required to obtain resident rates. School of Choice participants will be charged as a non-resident.

**\*\*NEW\*\* Non-Resident Policy**

**Youth Programs:** Programs and leagues will be opened for non-resident enrollment when space is available and at an additional cost of \$15 per program of \$30 or higher. Programs \$29 and under non-residents will be charged an additional 50% of the program fee. Non-residents will be permitted to register for programs the second week of registration. North Trenton participants will be allowed to register at the same time as

residents and pay the resident fee. School of Choice participants will be charged as a non-resident.

**Adult Programs:** Programs will be opened for non-resident enrollment at an additional cost of \$15 per program. Non-residents will be permitted to register the second week of registration.

**Senior Citizen Programs:** Programs will be open for non-resident enrollment at an additional cost of \$10 per program of \$25 or higher. Programs \$24 and under non-residents will be charged an additional 25% of the program fee. Non-residents will be permitted to register the second week of registration. Non-Residents will be charged a \$5.00 non-resident fee on any city subsidized trips. On all other trips there will be no non-resident fee.

## **FALL YOUTH PROGRAMS & SPECIAL EVENTS**

### **Kid's Pizza Bingo**

Come and join your friends for some bingo, food, fun and prizes!!

#2301 Friday, September 17 6:30-8:30 p.m.

#2302 Friday, November 19 6:30-8:30 p.m.

City Hall Activity Rooms Grades: 2<sup>nd</sup>-5<sup>th</sup>

Cost: \$6.00/residents

Limit: 50 Pre-registration Required the day before.

### **Volleyball**

Come 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.

City Hall Gym Thursdays \$20.00

September 30 – November 4

#2400 Grades: 3-4 4:00-5:00 p.m. Limit: 20

#2401 Grades: 5-6 5:00-6:00 p.m. Limit: 20

### **Kindergarten-2<sup>nd</sup> 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.

City Hall Gym Mondays \$20.00

September 27 – November 1

#4500 Grades: K 4:00-5:00 p.m. Limit: 20

#4600 Grades: 1-2 5:00-6:00 p.m. Limit: 20

### **Preschool Move & Groove**

A wonderful combination of music and movement. Children will sing songs, dance, exercise; play games and instruments – to keep them moving! A great beginning for rhythm, motor skills and coordination. **Parents stay and have fun!**

City Hall Gym                      Wednesdays                      9:30-10:15 a.m.  
September 29 – December 8 (No class November 24)  
#1800                      \$30.00                      Ages: 2-5 years                      Limit: 20

### **Youth Soccer**

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

September 18 – November 6  
Saturdays                      Soccer Fields by City Hall

#1000	3, 4 & 5 year olds-not in Kindergarten	10:00 a.m.
#1001	K-1 grades	11:00 a.m.
#1002	2 - 3 grades	12:00 p.m.
#1003	4 - 5 grades	1:00 p.m.

Registration begins July 15 for residents and July 21 for non-residents. School of choice students will now be paying non-resident rates.

Resident Rates	Non-resident & School of Choice Rates
\$25.00    July 15 - August 13	\$35.00    July 21 - August 13
\$30.00    August 16 - September 1	\$40.00    August 16 - September 1

Late Registration (if space is available)  
September 2 - September 15  
\$35.00 resident  
\$45.00 non-resident/school of choice

*The Recreation Department does not accept special requests for team assignments (siblings only) as the games are played at the same time at adjoining fields.*

### **Volunteer Coaches Needed**

The Riverview Recreation Department will be using volunteer coaches for the 2010 Fall Soccer League.

If you would like to coach a team for the Fall Soccer League, please stop in the Recreation Office to fill out the Coaches Registration Form and Authorization For Release of Information by Wednesday, September 1. We also need a copy of your driver's license.

### Boys Basketball League

The youth boy's league will focus on game fundamentals, teamwork, equal play and fun!

**Clinic:** Seitz Middle School Gym-Saturday, January 8  
3<sup>rd</sup> & 4<sup>th</sup> grades – 9:00-10:30 a.m.  
5<sup>th</sup> & 6<sup>th</sup> grades – 10:30-12:00 p.m.

**Practices:** Start the week of January 17 and end mid March. The practices will be held at various Riverview Elementary schools and at the Riverview City Hall Gym on Mondays, Tuesdays, Wednesdays or Thursdays between 5:30-9:00 p.m. Each team will have one practice per week; day and time will depend on child's team.

**Games:** Start on January 22 and end mid March on Saturdays. All games are played between 8:30 a.m. & 3:30 p.m. at Seitz Middle School or City Hall Gym.

#5210 – 3<sup>rd</sup> grade  
#5211 – 4<sup>th</sup> grade

#5212 – 5<sup>th</sup> grade  
#5213 – 6<sup>th</sup> grade

Registration begins October 18 for residents and October 25 for non-residents. School of choice students will now be paying non-resident rates.

#### Resident Rates

\$30.00 October 18 – November 12  
\$35.00 November 15 – December 15

#### Non-resident & School of Choice Rates

\$40.00 October 25 – November 12  
\$45.00 November 15 – December 15

Late Registration (if space is available)

December 16 - January 5

\$40.00 resident

\$50.00 non-resident/school of choice

*The Recreation Department does not accept special requests for team assignments (siblings only).*

### Girl's Basketball League

The youth girl's league will focus on game fundamentals, teamwork, equal play and fun!

**Clinic:** Seitz Middle School Gym-Saturday, January 8  
3<sup>rd</sup> & 4<sup>th</sup> grades – 12:30-2:00 p.m.  
5<sup>th</sup> & 6<sup>th</sup> grades – 2:00-3:30 p.m.

**Practices:** Start the week of January 17 and end mid March. The practices will be held at various Riverview Elementary schools and at the Riverview City Hall Gym on Mondays, Tuesdays, Wednesdays or Thursdays between 5:30-9:00 p.m. Each team will have one practice per week; day and time will depend on child's team.

**Games:** Start on January 22 and end mid March on Saturdays. All games are played between 8:30 a.m. & 3:30 p.m. at Seitz Middle School or City Hall Gym.

#5200 – 3<sup>rd</sup> grade

#5202 – 5<sup>th</sup> grade

#5201 – 4<sup>th</sup> grade

#5203 – 6<sup>th</sup> grade

Registration begins October 18 for residents and October 25 for non-residents. School of choice students will now be paying non-resident rates.

Resident Rates

\$30.00 October 18 – November 12  
\$35.00 November 15 – December 15

Non-resident & School of Choice Rates

\$40.00 October 25 – November 12  
\$45.00 November 15 – December 15

Late Registration (if space is available)

December 16 - January 5

\$40.00 resident

\$50.00 non-resident/school of choice

*The Recreation Department does not accept special requests for team assignments (siblings only).*

**Volunteer Coaches Needed**

The Riverview Recreation Department will be using volunteer coaches for the 2011 Winter Basketball League.

If you would like to coach a team for the Winter Basketball League, please stop in the Recreation Office to fill out the Coaches Registration Form and Authorization For Release of Information by Tuesday, December 14. We also need a copy of your driver's license.

**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. **Instructor: Mark Buchanan**

Riverview Community High School Pool

#3901 September 14 – December 4

Practices are on Monday, Wednesday and Friday

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

Cost: \$55.00/residents

Cost each additional child: \$35.00/residents

### Gymnastics

Come learn to tumble with Downriver Gymnastics this fall! We will focus on cartwheels, round offs, even back walkovers and back handsprings!

City Hall Gym

Tuesdays October 5 – November 30 (No class Nov. 2)

#2702 Ages: 3-5 5:30-6:30 p.m. \$50.00

#2703 Ages: 6 & up 6:30-7:30 p.m. \$50.00

Limit: 27

### Karate

Learn Korean Karate (Tang Soo Do) and self defense in a year-round class. Students will develop coordination, confidence and self esteem. Taught by Gordon Schollenberger an accomplished Master 4<sup>th</sup> degree black belt. Open to men, women and children 7 years and older. Monthly registration of \$25.00 per resident will be taken at the class. Sign up on Wednesdays during class. Class begins September 15.

City Hall Gym Wednesdays 6:00-7:30 p.m.

## **ADULT PROGRAMS**

### Aqua Aerobics

Use the resistance of the water to exercise and strengthen the cardiovascular system while increasing your muscle strength and endurance. No swimming experience is necessary.

Instructor: Lisa Henri

Riverview Community High School Pool

AQ3 Tues Sept 21 – Dec 14 (No class Nov 23) 7:00-8:00 p.m.

AQ4 Thurs Sept 23 – Dec 16 (No class Nov 25) 7:00-8:00 p.m.

Number of Classes

Cost:

#6702 1 class per week \$45.00

#6703 2 classes per week \$84.00

#6705 Walk ins per class \$7.00

### 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 Hodges, D.D., CYT

Bodymind Integrations, LLC/Yoga and Holistic Health

Classes are held at the Riverview Community Center Building

Session II (6 weeks)

Y4	Mon	Sept 13 – Oct 18	7:00-8:30 p.m.
Y5	Thurs	Sept 9 – Oct 14	9:00-10:30 a.m.
Y6	Thurs	Sept 9 – Oct 14	7:00-8:30 p.m.

Session III (6 weeks)

Y7	Mon	Nov 1 – Dec 6	7:00-8:30 p.m.
Y8	Thurs	Oct 28 – Dec 9 (No class Nov 25)	9:00-10:30 a.m.
Y9	Thurs	Oct 28 – Dec 9 (No class Nov 25)	7:00-8:30 p.m.

Number of Classes		Cost:
#5901	3 classes per session	\$27.00
#5902	4 classes per session	\$36.00
#5903	5 classes per session	\$45.00
#5904	6 classes per session	\$54.00
#5805	Walk-ins per class	\$12.00
#5910	2 days a week	\$84.00

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

**Gentle Chair Yoga**

This class is designed to increase strength, flexibility, balance and endurance through focused breathing, stretching, sustained poses, gentle movements and resistance. Each class ends with a guided relaxation and meditation. Please bring a yoga mat and a blanket.

Classes taught by Shannon Hodges, D.D., CYT  
Bodymind Integrations, LLC/Yoga and Holistic Health  
Classes are held at the Riverview Community Center Building

YGC2	Thurs	Sept 9 – Oct 14	11:15-12:45 p.m.
YGC3	Thurs	Oct 28 – Dec 9 (No class Nov 25)	11:15-12:45 p.m.

Number of Classes		Cost:
#4700	4 classes per session	\$16.00
#4701	5 classes per session	\$20.00
#4702	6 classes per session	\$24.00
#4706	Walk-ins per class	\$7.00

**Classic Cardio**

Create the perfect cardio class for you with the “pick it up” or “take it down” combinations offered in this classic class. Finish with strength training using hand held weights, tubing and the stability ball. Join now and begin to feel calories scream in pain.

**Instructor: Sue (Flanary) Michetti**

**September 13 thru December 13 (No class November 8 or 29)**

A3	Mondays	7:00-8:00 p.m.	City Hall Gym
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**September 8 thru December 1 (No class November 10)**

A4	Wednesdays	7:00-8:00 p.m.	Huntington Gym
#5001	1 class per week/per session		\$42.00
#5002	2 classes per week/per session		\$72.00
#4505	Walk-ins per class		\$7.00

**Dance Walking**

This easy to follow walk/feel like your dancing class is just the right way to start your day. We mix and match movement combinations that leave you feeling light on your feet and on the scale, too! We dedicate time to strength training and balance, as well as flexibility in this “let’s do it for the rest of our lives” exercise class! **Instructor: Sue (Flanary) Michetti**

**September 13 thru December 13 (No class November 8 or 29)**

D3	Mondays	9:00-10:00 a.m.	City Hall Gym
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**September 9 thru December 9 (No class November 11 or 25)**

D4	Thursdays	9:00-10:00 a.m.	City Hall Gym
#5001	1 class per week/ per session		\$42.00
#5002	2 classes per week/ per session		\$72.00
#4505	Walk-ins per class		\$7.00

**Zumba Fitness**

Join the millions of people that have decided having fun and working out go hand in hand. The routines feature training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add the Latin flavor, the concept of a party and some international zest and you’ve got ZUMBA! **Instructor: Sue (Flanary) Michetti**

**September 9 thru December 9 (No class November 11 or 25)**

Z2	Thursdays	7:00-8:00 p.m.	City Hall Gym
#5000			\$52.00
#4505	Walk-ins per class		\$7.00

**Adult Basketball**

Come join the fun and get some exercise! This basketball program is for men or women ages 25 and over.

	Seitz Middle School Gym		
	Sept. 28 – Dec. 7 (No basketball Nov 2)		
	Tuesdays	(10 weeks)	8:00-9:30 p.m.
#5301		\$20.00	Limit: 20

### Line Dancing

Not just country anymore! A dance class that will teach you all kinds of line dancing with variations of music! Tons of fun & great exercise. Class is for singles and couples!

**Instructor: Connie Mullens**

City Hall Activity Room B	Thursdays	7:00 – 8:30 p.m.	
#5601	September 16 – November 4	\$30.00	8 weeks

### **SENIORS 55+**

#### Senior Trips

Senior trips and events are available to anyone 55 years and older. Flyers are available in the Recreation Office. Trips are subject to change. You must register for all trips at the Recreation Office.

		Resident
Sept. 20	Greektown Casino	\$17.00
Oct. 20	Frankenmuth-“The Reflections”	\$41.00
Nov. 10	Genitti’s Dinner Theatre “Saddle Sore Saloon”	\$36.00

#### Senior Walking

	City Hall Hallways	
Monday-Friday	9:00-10:30 am	No Charge

#### Senior Fitness

Developing muscular strength and improving cardiovascular function is the main goal in this seated exercise class offered to the mature adult population. Everything you need is included (light weights, mat, stability ball, etc.). 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	September 13, 20, 27	\$7.50
#5102	Thursdays	September 9, 16, 23, 30	\$10.00
#5103	Mondays	October 4, 11, 18, 25	\$10.00
#5104	Thursdays	October 7, 11, 18, 25	\$10.00
#5105	Mondays	November 1, 15, 22	\$7.50
#5106	Thursdays	November 4, 18	\$5.00

#### Riverview Senior Computer Classes

The following private computer classes are for Riverview seniors 60 years and older. Each class is one hour and you may sign up for 3 hours. All classes are **\$5.00** and you **MUST** pre-register at the Recreation Office. Instructor: Kevin Galvin

Private Lessons      **\$5.00 per lesson**

Mondays, Wednesday or Fridays  
September 20 - December 9 (No Class November 26)  
9:00 - 10:00 a.m. or 10:00 - 11:00 a.m. or 11:00 - 12:00 p.m.

### **Senior Cab Service**

Any Riverview resident 60 years or older is eligible. Applications and information are available at the Recreation Office or online at [www.cityofriverview.com](http://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 \$2.25. You must make reservations 24 hours in advance by calling 734-281-4219 ext. 356.

#### **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 \$2.25 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.

### **Refund Info**

NO refunds after the 2nd class.

**SICKNESS:** Refunds will be given, however if the program has begun, a prorated amount will be determined.

**CANCELLATIONS:** All registrants will be fully refunded should class/program be cancelled. Refunds will be issued 2-3 weeks after request is approved.