

Recreation Department, 14100 Civic Park Drive

For further 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, December 5, 2011
Non-Resident program registration begins Monday, December 12, 2011

Recreation Staff

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

Recreation Commission

Kimberly Canan	Doug Kelly	Rebecca McKinney
David Mizzi	Russell Pickell	Barbara Prusak
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	Dominic Monea	Peggy Murphy
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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 2011. 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.

Fee Assistance Program

Are you looking for help paying for programs? Call the Recreation Department for information on our fee assistance program.

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.

FAMILY & YOUTH PROGRAMS

Karate

Learn Korean Karate (Tang Soo Do) and self defense from **Gordon Schollenberger**, an accomplished 4th degree black belt. You will learn how to defend yourself, and develop coordination, confidence and self esteem. The class is open to all women, men and children 7 years & older. Monthly payments & registration will be taken at class.

City Hall Gym January 4 – June 13 Wednesdays 6:00-7:30 p.m.
Cost: \$25.00/per month resident \$37.50/per month non-resident

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. Call the 24 hour hotline for pre-recorded information on skating conditions. **734-281-4279 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. Call the 24 hour hotline for pre-recorded information on sledding conditions. **734-281-4279**
Sledding Hours: 11:00 a.m. – 5:00 p.m. **SLED AT YOUR OWN RISK**

YOUTH PROGRAMS

Kids Pizza Bingo

Come and join your friends for some pizza, bingo, fun & prizes! Everyone wins.

City Hall Activity Rooms Grades: 2nd – 5th

#2301 Friday, February 24 6:30-8:30 p.m.

#2302 Friday, May 4 6:30-8:30 p.m.

Cost: \$6.00 resident \$9.00 non resident Limit: 50

Pre-registration required the day before each event

Mother/Son Activity Night

Get ready moms and sons for an evening of **ACTIVE** fun, games and refreshments. If Mom can't make it – Grandma, Aunt or another adult female can attend. . Wear comfortable clothes for playing games in the gym i.e. jeans and gym shoes.

Friday, January 27 6:30-8:30 p.m.

Grades: K-5th City Hall Activities Area & Gym

\$5.00 per person resident \$7.50 per person non resident

Limit: 42 children #1100

Pre-registration required by Wednesday, January 25

Daddy/Daughter Activity Night

Get ready dads and daughters for an evening of **ACTIVE** fun, games and refreshments. If Dad can't make it – Grandpa, Uncle or another adult male can attend. Wear comfortable clothes for playing games in the gym i.e. jeans and gym shoes.

Friday, March 23 6:30 – 8:30 p.m.

Grades: K-5th City Hall Activity Area & Gym

\$5.00 per person resident \$7.50 per person non resident

Limit: 42 children #1101

Pre-registration required by Wednesday, March 21

Preschool Move 'N 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 & join the fun!!**

City Hall Gym Ages: 2-5 Wednesdays

#1805 Januray 25 – March 14 9:30-10:15 a.m.

#1806 March 28 – May 23 (**No Class April 11**) 9:30-10:15 a.m.

Cost per session: \$24.00 residents & \$36.00 non-residents

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		
Session I	#2400	Grades: 3-4	January 26 – March 1	4:00-5:00 p.m.
Session I	#2401	Grades: 5-6	January 26 – March 1	5:00-6:00 p.m.
Session II	#2402	Grades: 3-4	March 15 – May 3	4:00-5:00 p.m.
Session II	#2403	Grades: 5-6	March 15 – May 3	5:00-6:00 p.m.
			No class April 5 or 12	

Cost per session: \$20.00 residents & \$30.00 non-residents

Kindergarten-2nd 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		Mondays		
Session I	#4500	Grades: K	January 23 – March 12	4:00-5:00 p.m.
Session I	#4600	Grades: 1-2	January 23 – March 12	5:00-6:00 p.m.
			No class February 20 & 27	
Session II	#4501	Grades: K	March 26 – May 7	4:00-5:00 p.m.
Session II	#4601	Grades: 1-2	March 26 – May 7	5:00-6:00 p.m.
			No class April 9	

Cost per session: \$20.00 residents & \$30.00 non-residents

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 January 9 – March 30

Practices are on Monday, Wednesday and Friday

6:00-7:30 p.m. or 7:30-9:00 p.m.

#3900 Cost: \$55.00/residents & \$70.00/non-residents

Cost Each Additional Child: \$35.00/resident & \$50.00/non-resident

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 Hodges, D.D., CYT

Bodymind Integrations, LLC/Yoga and Holistic Health

Classes are held at the Riverview Community Center Building

Y1	Mondays	Jan. 2 – March. 26 (No class Feb. 27)	7:00-8:30 p.m.
Y2	Thursdays	Jan. 5 – March. 29 (No class March 1)	9:00-10:30 a.m.
Y3	Thursdays	Jan. 5 – March. 29 (No class March 1)	7:00-8:30 p.m.

Number of Classes	Cost	Residents	Non-Residents
#5901	3 classes per session	\$27.00	\$42.00
#5902	4 classes per session	\$36.00	\$51.00
#5903	5 classes per session	\$45.00	\$60.00
#5904	6 classes per session	\$54.00	\$69.00
#5905	7 classes per session	\$63.00	\$78.00
#5906	8 classes per session	\$72.00	\$87.00
#5907	9 classes per session	\$81.00	\$96.00
#5908	10 classes per session	\$90.00	\$105.00
#5909	11 classes per session	\$99.00	\$114.00
#5910	12 classes per session	\$108.00	\$123.00
#5805	Walk-ins per class	\$12.00	

Please see Shannon for a \$2.00 savings per class when registering for two classes per week.

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. **Instructor: Sue (Flanary) Michetti**

Session I	January 9 thru March 19	No class Feb. 27	10 weeks	
A1	Mondays	6:30-7:30 p.m.	City Hall Gym	
A2	Saturdays	9:00-10:00 a.m.	City Hall Gym	
Session II	April 9 thru June 18	No class May 28	10 weeks	
A3	Mondays	6:30-7:30 p.m.	City Hall Gym	
			Residents	Non-Residents
#5005	1 class per week/per session		\$35.00	\$50.00
#5006	2 classes per week/per session		\$65.00	\$80.00
#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 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**

Session I	January 9 thru March 19	No class Feb. 20	10 weeks	
D1	Mondays	9:00-10:00 a.m.	City Hall Gym	
D2	Thursdays	9:00-10:00 a.m.	City Hall Gym	
Session II	April 9 thru June 18	No class May 28	10 weeks	
D3	Mondays	9:00-10:00 a.m.	City Hall Gym	
D4	Thursdays	9:00-10:00 a.m.	City Hall Gym	
			Residents	Non-Residents
#5005	1 class per week/per session		\$35.00	\$50.00
#5006	2 classes per week/per session		\$65.00	\$80.00
#4505	Walk-ins per class		\$7.00	

Zumba

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. **Instructor: Sue (Flanary) Michetti**

Session I	January 11 thru March 15	10 weeks		
Z1	Wednesdays	10:30-11:30 a.m.	City Hall Gym	
Z2	Thursdays	7:00-8:00 p.m.	City Hall Gym	
Session II	April 11 thru June 14	10 weeks		
Z3	Wednesdays	10:30-11:30 a.m.	City Hall Gym	
Z4	Thursdays	7:00-8:00 p.m.	City Hall Gym	
			Residents	Non-Residents
#5007	1 class per week/per session		\$45.00	\$60.00
#4505	Walk-ins per class		\$7.00	

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

Seitz Middle School Pool

Session I – 9 weeks

January 17 – March 15

AQ1 Tuesdays 7:00-8:00 p.m.

AQ2 Thursdays 7:00-8:00 p.m.

Session II – 9 weeks

March 20 – May 24 **No class April 10 or 12**

AQ3 Tuesdays 7:00-8:00 p.m.

AQ4 Thursdays 7:00-8:00 p.m.

		Residents	Non-Residents
#6700	1 class per week per session	\$34.00	\$49.00
#6701	2 classes per week per session	\$63.00	\$78.00
#6705	Walk in	\$7.00	

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.	Residents	Non-Residents
#5603	January 5 – February 23	8 weeks		\$32.00	\$47.00
#5604	March 1 – April 19	8 weeks		\$32.00	\$47.00
#5605	April 26-June 14	8 weeks		\$32.00	\$47.00

Adult Basketball

Come join the fun and get some exercise! This is a basketball program for adults ages 25 & over. 10 weeks

Seitz Middle School Gym	Tuesdays	January 31 – April 3	8:00-9:30 p.m.
#5301	Cost: \$20.00 resident & \$35.00 non-resident		Limit: 20

SENIOR INFORMATION

Senior Walking

City Hall Hallways Monday – Friday 9:00 – 10:30 a.m. **NO CHARGE**

Senior Fitness

This seated exercise class is designed for the mature adult population in mind. You might be surprised at the workout you can get from the seat of your pants. The use of light weights helps build muscular strength. Balance activities are included. 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.

			Residents	Non-Residents
#5101	Mondays	January 9, 16, 23, 30	\$10.00	\$12.50
#5102	Thursdays	January 12, 19, 26	\$7.50	\$10.00
#5103	Mondays	February 6, 13, 27	\$7.50	\$9.50
#5104	Thursdays	February 2, 9, 16, 23	\$10.00	\$12.50
#5105	Mondays	March 5, 12, 19	\$7.50	\$10.00
#5106	Thursdays	March 1, 8, 15	\$7.50	\$9.50
#5107	Mondays	April 9, 16, 23, 30	\$10.00	\$12.50
#5108	Thursdays	April 12, 19, 26	\$7.50	\$9.50
#5109	Mondays	May 7, 14, 21	\$7.50	\$9.50
#5110	Thursdays	May 3, 10, 17, 24, 31	\$12.50	\$15.75
#5111	Mondays	June 4, 11, 18	\$7.50	\$10.00
#5112	Thursdays	June 7, 14	\$5.00	\$6.25

Riverview Senior Computer Classes

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

Private Lessons #7000 \$5.00 resident & \$6.25 non-resident per 1 hour lesson

Mondays or Wednesday or Fridays

Classes begin January 23

9:00 - 10:00 a.m. or 10:00 - 11:00 a.m. or 11:00 - 12:00 p.m.

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 Senior Activities Area or online.

Senior Cab Service

Any Riverview resident 60 years or older and unable to drive is eligible for cab service. Applications and information are available at the Recreation Office at City Hall or by calling 734-281-4219 & requesting a senior cab application and information will be mailed to you.

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 \$2.25. You must make reservations 24 hours in advance by calling 734-281-4200 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 is \$2.25. To determine eligibility, a referral can be made to 734-727-7357 by a physician, family, or prospective client.