

Northville Parks and Recreation ACTIVITY BROCHURE

Fall 2022 registration dates: August 22 residents • August 24 non-residents



**NORTHVILLE
PARKS &
RECREATION**

northvilleparksandrec.org

Office (248) 349-0203 • Weather Hotline (248) 449-9951 • recreation@twp.northville.mi.us



OFFICE LOCATIONS

The Parks and Recreation office is located at the Recreation Center at Hillside, at 775 N. Center Street, Suite B.

SENIOR SERVICES OFFICE

The Senior Services office is located at the Northville Community Center, 303 West Main Street, Northville.

24/7 access is available to our programs and registration on the internet at www.northvilleparksandrec.org.

OFFICE HOURS/CLOSURES

Parks and Recreation Office: Monday - Friday, 1:00pm - 4:30pm

Senior Services Office: Monday - Friday, 9:00am - 12:00pm

Holiday Office Closures: September 5, November 11, November 24, November 25, December 23, December 26 and December 31

INCLUSIVE SERVICES

Northville Parks and Recreation is committed to an inclusive approach to providing recreation services that allows our residents to participate as fully as possible. Northville Parks and Recreation will provide reasonable accommodation for individuals with challenges to participate in our programs and activities. Participants must be able to perform personal skills (feed, toilet and clothe) themselves. To request reasonable accommodation to a parks and recreation program/activity, please contact our office at (248) 349-0203.

NORTHVILLE TOWNSHIP BOARD OF TRUSTEES

- Mark Abbo, Supervisor
- Roger Lundberg, Clerk
- Jason Rhines, Treasurer
- Scott Frush
- Mindy Herrmann
- Cynthia Jankowski
- Chris Roosen

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- Brian Turnbull, Mayor
- Barbara Moroski-Browne, Mayor Pro-Tem
- Marilyn Price
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- Brian Turnbull
- Scott Frush
- Mindy Herrmann
- Angela Jaafar
- Barbara Moroski-Browne

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- Kim Campbell-Voytal, Secretary
- Lesa Buckland
- Marilyn Price
- Angela Jaafar
- Cynthia Jankowski
- Robert Lipmyer
- Dory Schmidt

HALLOWEEN EVENTS 4



ARCHERY 7



MEN'S BASKETBALL 14



SENIOR SERVICES 18

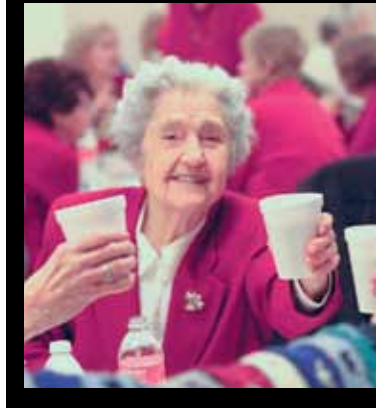


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SPECIAL EVENTS



HALLOWEEN SCAVENGER HUNT

Dress in your costume (optional) and join us at Thayer's Corner for a family friendly scavenger hunt. Get ready for a trick or treat scavenger hunt at Thayer's Corner, fun for the whole family. Wear your costume and grab a photo near our photo prop station. Walk through the trail and see if your group can spot all of our hunt items. Scavenger hunt, cider and donuts, pick a pumpkin, story time and other entertainment. No on-site registration will be available. Come anytime during the hour time slot.

Age: All Ages
Day: Tue
Session One: 4:00PM
Session Two: 5:00PM
Dates: Oct 25
Fee: \$10

Registration Deadline: Oct 21 4:30PM
Location: Thayer's Corner – 8250 Napier Rd

MOTHER-SON DANCE

Mothers and Sons enjoy a fun and exciting way to spend some quality time together. Dance the night away with our DJ, enjoy our face-painter, dinner & snacks, and much more!

Age: 5 - 13
Day/Time: Fri 6:00PM - 8:00PM
Date: Nov 18
Fee: Res: \$35 Non-Res: \$45

Registration Deadline: Nov 16 4:30PM
Location: Northville Community Center - Gym

TINY PUMPKINS

Have a fun time at our not-so-spooky Halloween event! Enjoy pumpkin decorating, dancing, coloring, Halloween stations and a costume contest for the tiny pumpkins. Parents and Grandparents welcome at no charge. No candy will be given out at this event.

Age: 5 and under
Day: Tue
Session One: 4:00PM - 5:00PM
Session Two: 5:15PM - 6:15PM
Dates: Oct 18
Fee: \$10

Registration Deadline: Oct 17 4:30PM
Location: Northville Community Center – Gym



YOUTH RECREATION



BIG MACHINES ART CLASS

Beep, beep! Honk! Rumble, rumble! Zoom! If your little one loves big machines, we've got the class for you.

While exploring a variety of different art materials, artists will create a clay construction zone and design their own 3D rollercoaster; they'll even create a rocket ship that really glows in the dark! This class is great for boys AND girls! Come and create right along with your child. Children must be accompanied by a caregiver.

Age: 3 - 6
Day/Time: Wed 9:30AM -10:30AM
Dates: Sep 14 - Oct 5
Fee: Res: \$90 Non-Res: \$100
Location: Northville Community Center - Ebert

GLOW-IN-THE-DARK HALLOWEEN SCENE ART CLASS

This is your child's chance to paint on a real canvas board. During this guided painting lesson, your child will create a Halloween scene featuring a spooky, swirly, starry night sky that glows in the dark! The children are welcome to wear their Halloween costumes to class!

Age: 4 - 9
Day/Time: Thu 5:00PM - 6:00PM
Dates: Oct 13
Fee: Res: \$30 Non-Res: \$40
Location: Northville Community Center - Ebert

LET'S DRAW ART CLASS

If it's drawing, sketching, and cartooning you're after, then this is the class for you! In this introductory drawing class, we'll learn basic techniques and principles of drawing as we create puppies, ponies, people, and more. The kids will master a simple step-by-step method that is essential to creating memorable drawings. Each child will receive their own take-home How to Draw booklet!

Age: 5 - 12
Day/Time: Sat 9:00AM - 12:00PM
Dates: Sep 17
Fee: Res: \$56 Non-Res: \$66
Location: Northville Community Center - Ebert

TUMBLE TOTS

Jump. Balance. Hang. Drop. Repeat. Your child will get their "wiggles out" and explore a variety of gymnastic and tumbling apparatus in this high-energy class. Parents will be a vital part of this class, helping their children to safely use each piece of equipment.

Age: 1 - 2
Day/Time: Wed 10:00AM - 10:50AM
Age: 2 - 3
Day/Time: Wed 11:00AM - 11:50AM

Session One: Sept 14 - Oct 19
Session Two: Nov 2 - Dec 14 **No class Nov 23**
Fee: Res: \$100 Non-Res: \$110
Location: Recreation Center at Hillside - Stinson Room



PRESCHOOLER SPORTS

Coach Dave teaches your little ones to field sports such as soccer, football, floor hockey, basketball, volleyball, tee-ball, and lacrosse. Goofy games such as Sea Monster, Scrambled Eggs, and Parachute compliment the hour. Fun and silly drills let kids work at their own pace. We emphasize sportsmanship & effort. Kids must be potty trained & age 3 by the first day of class. Bring a water bottle and wear gym shoes.

Age: 3 - 5
Day/Time: Tue 12:00PM - 1:00PM
Session One: Sep 20 - Nov 1 **No class Oct 18**
Session Two: Nov 15 - Dec 20
Fee: Res: \$90 Non-Res: \$100
Location: Northville Community Center - Gym

JUMP-A-RAMA GYMNASTICS

Each class will begin with muscle stretches and work into basic tumbling equipment at stations where students will learn many different skills. Students will also learn a basic routine on the balance beam, and be introduced to somersaults, cartwheels, and back walkovers. Students should wear loose clothing such as leotards or shorts. Beginners and advanced students are welcome.

Preschool Gymnastics

Age: 3 - 5
Day/Time: Wed 4:30PM - 5:15PM

Beginner/Intermediate Gymnastics

Age: 6 - 10
Day/Time: Wed 5:15PM - 6:00PM

Session One: Sept 14 - Oct 19
Session Two: Nov 2 - Dec 14 **No class Nov 23**
Fee: Res: \$100 Non-Res: \$110
Location: Recreation Center at Hillside - Stinson Room



FENCING

Fencing is a physically and mentally demanding sport that improves speed, agility and reflexes. Join us to learn how to apply problem solving skills under pressure and shake hands to show respect regardless of the result. Use your mind and body to overcome your adversary.

Equipment is included. Dress in sports clothing including sneakers and sports pants. Instructor: Tony Kosla, North American Cup medalist with more than 10 years coaching experience.

INTRO TO FENCING

Age: 7 - 15
Day/Time: Sun 9:45AM - 10:45AM
Session One: Sept 11 - Oct 2
Session Two: Oct 9 - Oct 30
Fee: **Res:** \$110 **Non-Res:** \$120
Location: PARC-Plymouth Arts & Recreation Complex Suite #115a

CONTINUING FENCING

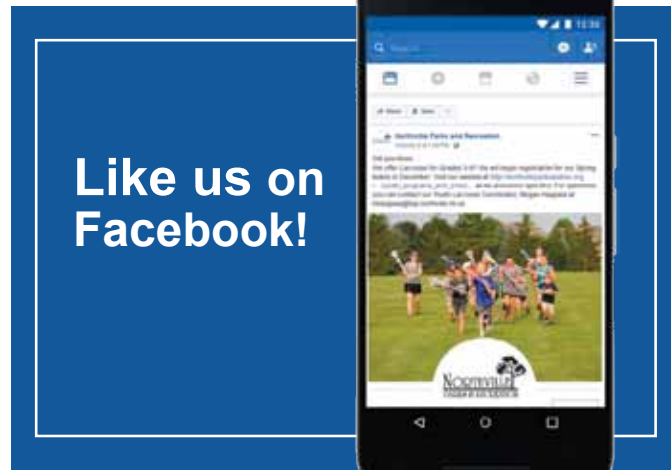
Age: 7 - 15
Day/Time: Sun 9:45AM - 10:45AM
Session One: Sep 11 - Oct 2
Session Two: Oct 9 - Oct 30
Fee: **Res:** \$110 **Non-Res:** \$120
Location: PARC-Plymouth Arts & Recreation Complex Suite #115a



BASKETBALL STARTERS

Fun, skill-oriented games and drills guide your youngsters through the basics of shooting, passing, and dribbling. In addition, we'll cover rules, positions, offense, and defense. Kids progress at their own pace. Bring a water bottle and wear gym shoes.

Age: 4 - 6
Day/Time: Tue 1:15PM - 2:15PM
Session One: Sep 20 - Nov 1 **No class Oct 18**
Session Two: Nov 15 - Dec 20
Fee: **Res:** \$90 **Non-Res:** \$100
Location: Northville Community Center - Gym



ARCHERY

Archery teaches so much more than just how to draw a bow and shoot an arrow. Archers also learn to slow down, focus on one part of the process, analyze mistakes and concentrate on improving one thing at a time... great skills for success whether in target or field archery, in the classroom, or in life. Classes are taught by USA Archery Certified Instructors and all equipment is provided (archers may bring their bows as long as the draw weight is under 30 pounds).

Archery 1: Introduction to Archery teaches safety and basic shooting skills. No prior archery experience is required.

Archery 2: Basic Archery Techniques build on skills learned in Archery 1 while focusing on improving accuracy. Completion of Archery 1 or instructor permission is required.

Archery 3: Intermediate Archery teaches the ISA Archery National Training System in a structured manner. This class is for those who want to adopt archery as a competitive sport.

Mustangs Archery Club (JOAD) This course is a shooting league for recreational and competitive archers.

Location: Northville Community Center – Gym

ARCHERY 1

Ages: 10+
Day/Time: Thu 6:30PM - 7:30PM
Session One: Sep 22 - Oct 13
Session Two: Oct 20 - Nov 10
Session Three: Nov 17 - Dec 15
Fee: **Res:** \$60 **Non-Res:** \$70

ARCHERY 2

Ages: 10+
Day/Time: Thu 5:30PM - 6:30PM
Session One: Oct 20 - Nov 10
Session Two: Nov 17 - Dec 15 **No class Nov 24**
Fee: **Res:** \$60 **Non-Res:** \$70

ARCHERY 3: INTERMEDIATE ARCHERY

Ages: 10+
Day/Time: Thu 7:30PM - 8:30PM
Dates: Oct 20 - Dec 15 **No class Nov 24**
Fee: **Res:** \$130 **Non-Res:** \$140

MUSTANGS ARCHERY CLUB (JOAD)

Age: 10 and over
Day/Time: Fri 5:30PM - 7:00PM
Session One: Sep 22 - Oct 13
Session One Fee: **Res:** \$60 **Non-Res:** \$70
Session Two: Sep 23 - Nov 11
Session Two Fee: **Res:** \$120 **Non-Res:** \$130
Location: Northville Community Center - Gym



LITTLE NINJAS KARATE

An introductory karate class for your child where they will learn important life skills such as focus, memory, self-control and teamwork through games and activities. Give them the opportunity to experience how much fun learning can be. Children should wear loose fitting clothing. Responsible adults must remain in attendance during class.

Age: 4 - 6
Day/Time: Thu 5:00PM - 5:30PM
Dates: Sep 15 - Oct 20
Fee: **Res:** \$50 **Non-Res:** \$60
Location: Recreation Center at Hillside - Waterford Room

KIDS POWER KARATE

Karate is more than just punching and kicking. Our Kids Power Karate emphasizes self-defense, physical fitness, conflict resolution and respect through traditional martial arts training.

Help your budding child develop a love for this lifetime sport of karate!

Age: 7 - 12
Day/Time: Thu 5:30PM - 6:15PM
Dates: Sep 15 - Oct 20
Fee: **Res:** \$60 **Non-Res:** \$70
Registration Deadline: Sep 16 12:00AM
Location: Recreation Center at Hillside - Waterford Room

CENTER STAGE DANCE COMPANY

All class fees include unlimited tickets to the end-of-session performance at the Northville High School Auditorium. Parents are invited into the classroom every 3-4 weeks to view the progress the dancers are making. Three comfortable lobbies are available for family members to occupy during class time. Get your dancer ready for her/his first class by visiting our in-house shoe & apparel store. It's quick and easy and provides an opportunity for you, and your dancer, to become familiar with our facility. Apparel can be purchased at the dance studio, before the first class.

Location: Center Stage Dace Company, 43334 7 Mile Road, Suite 250, Northville, MI 48167. In the Northville Research Center, east of Northville Road, north side of 7 Mile Road.

COMBO BALLET/TAP

This is a combination class of ballet and tap for the youngest of dancers. Each class includes singing, basic tap steps, basic ballet movement. **Dress code:** Girls: tap shoes, ballet shoes, leotard, and tights, hair pulled up and away. Boys: t-shirt and sweatpants. Students must be 3 years old and fully potty trained by the first class.

Age: 3 - 5
Day/Time: Mon 6:45PM - 7:30PM
Dates: Sept 12 - Dec 5 **No class Oct 31**
Fee: **Res:** \$199 **Non-Res:** \$209

HIP HOP

This wildly popular form of street dance is fun and fitness all rolled into one! So You Think You Can Dance? Center Stage staff will make sure you can. **Dress Code:** loose-fitting clothing, legs covered to the ankle, and clean sneakers or jazz shoes.

Age: 5 - 10
Day/Time: Mon 5:45PM - 6:30PM
Dates: Sept 12 - Dec 5 **No class Oct 31**
Fee: **Res:** \$199 **Non-Res:** \$209

LYRICAL

Lyrical dance is a style that combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires the expression of strong emotions. Lyrical pieces are often choreographed to a song about freedom or overcoming obstacles. Their movements attempt to show the meaning of the music. It is very passionate and can tell a story through movement. This style is becoming so popular because the audience can easily relate to the emotion of the dancer and the choreography. **Dress code:** leggings, leotard/fitted top, ballet shoes, layers for warmth.

Age: 5 - 10
Day/Time: Thu 6:30PM - 7:15PM
Dates: Sep 15 - Dec 8 **No class Nov 24**
Fee: **Res:** \$199 **Non-Res:** \$209

BALLET

The basics of ballet, including feet and arm positions, standard barre exercises. **Dress code:** leotard, tights, ballet shoes, hair pulled up and away. For experienced Ballet dancers!

Age: 5 - 10
Day/Time: Thu 5:45PM - 6:30PM
Dates: Sep 15 - Dec 8 **No class Nov 24**
Fee: **Res:** \$199 **Non-Res:** \$209



For information or questions, contact the studio at 248-380-1666

YOUTH ATHLETICS

YOUTH TENNIS LESSONS

Come join the fun and learn the exciting game of tennis with our pro-Todd Beyer and staff. Bring your racquet, water, and tennis shoes. Rain-out and make-up classes are offered for any reason (including your vacation) by attending another scheduled class of the same level. **You MUST make your arrangements for make-up sessions with Coach Todd directly (734-674-6754), not with the Parks & Recreation office staff.** Call the tennis weather hotline for updated cancellations (248) 349-0203 ext. 1



Youth Fall Tennis Sept 6 - Oct 31

Location: Fish Hatchery Tennis Courts, 641 Fairbrook, Northville

Fun introduction and review of fundamentals using drills, games and friendly competition.

TOTS

Introduction to tennis with low impact balls. Bring a children's racquet, water and tennis shoes.

BEGINNER/ADV. BEGINNER

for players that are new to the sport or have had some experience. The class will teach and review fundamentals through drills and fun/competitive games.

INTERMEDIATE

for players who can sustain a rally and already know the fundamentals of the game. Classes will be faster-paced and include stroke instruction, games, and point play situations. Students will be divided by ability in class.

Registration information and a complete list of classes including days, times and fees, will be posted on our website at www.northvilleparksandrec.org

VOLLEYBALL AFTER SCHOOL MINI CLINICS

Want to improve your volleyball skills and learn new ones? Our Mini Clinics are a short-term impactful way to build up, perfect and master volleyball techniques with kids your age.

Grade	Day	Date	Time
6 - 8	Tue	Sep 20 - Oct 11	3:30 - 4:30pm
3 - 5	Tue	Sep 20 - Oct 11	4:35 - 5:35pm
6 - 8	Wed	Sep 21 - Oct 12	3:30 - 4:30pm
3 - 5	Wed	Sep 21 - Oct 12	4:35 - 5:35pm
6 - 8	Tue	Oct 18 - Nov 8	3:30 - 4:30pm
3 - 5	Tue	Oct 18 - Nov 8	4:35 - 5:35pm
6 - 8	Wed	Oct 19 - Nov 9	3:30 - 4:30pm
3 - 5	Wed	Oct 19 - Nov 9	4:35 - 5:35pm
*6 - 8	Wed	Nov 15 - Dec 13	3:30 - 4:30pm
*3 - 5	Wed	Nov 15 - Dec 13	4:35 - 5:35pm
*6 - 8	Wed	Nov 16 - Dec 14	3:30 - 4:30pm
*3 - 5	Wed	Nov 16 - Dec 14	4:35 - 5:35pm

Fee: **Res:** \$60 **Non-Res:** \$70
Location: Recreation Center at Hillside – Waterford
***No Class Nov 22, Nov 23**



SUNDAY VOLLEYBALL SKILLS CLINIC

Sunday clinics are designed to work on individual skills. These clinics will help improve the overall volleyball skills of each player, no matter what the player's starting level.

Age: 7 - 14
Day/Time: Sun 12:00PM - 1:30PM
Session One: Sep 25 - Oct 16
Session Two: Nov 6 - Dec 4 **No class Nov 27**
Fee: **Res:** \$95 **Non-Res:** \$105
Location: Recreation Center at Hillside - Waterford Room

OUTDOOR TGA PREMIER JUNIOR GOLF

TGA Premier Junior Golf combines athletics, academics and life lessons to create a fun, safe, and engaging youth program. We incorporate station-based drills and games that develop the fundamental skills of grip, putting, chipping and full-swing. Participants will also learn rules, etiquette and life values. All skill levels welcome! All equipment provided. For more information contact Dave Robinson at (248) 252-0208 or drobenson@golftga.com.



OUTDOOR TGA GOLF

Grade: K - 7
Day/Time: Thu 4:30PM - 5:30PM
Dates: Sept 15 - Oct 20
Fee: **Res:** \$139 **Non-Res:** \$149
Location: Millennium Park Soccer Field #2

INDOOR TGA GOLF

Grade: K - 7
Day/Time: Thu 4:30PM - 5:30PM
Dates: Nov 3 - Dec 15 **No class Nov 24**
Fee: **Res:** \$139 **Non-Res:** \$149
Location: Recreation Center at Hillside - South Gym

YOUTH LEAGUES

FALL YOUTH BASKETBALL LEAGUES FOR BOYS GRADES 3 - 8

Our league emphasizes skill development, team play, and good sportsmanship for all involved. Volunteer coaches who are parents provide the leadership for this program. Evening practices are held once a week depending on coach and facility availability with Northville school gyms. Games will be played on Saturdays between 8:30 am and 5:30 pm. Practice will begin the week of October 10th. Games begin Saturday, October 22nd

Season Runs: Oct 22 - Dec 17

Boys Grades: 3 - 4, 5 - 6, 7 - 8

Girls Grades: 3 - 5, 6 - 8

Fee: Res: \$160 **Non-Res:** \$170

Registration Deadline: Wednesday, September 14th at 4:30pm

Location: Various Northville School Gyms

No games or practices will be held on No School Days.



TEAM AND COACH REQUESTS ARE NOT GUARANTEED! You can only request one player (must be reciprocal) or a coach. No refunds will be provided should your child make his/her school basketball and/or a travel league team.

VOLUNTEER COACHES NEEDED! Our program runs on the support of volunteer coaches; interested parents please contact Keith Dutkiewicz at kdutkiewicz@twp.northville.mi.us All those who volunteer must pass a background check before beginning the season. There will be a mandatory coaches meeting following the registration deadline.

BASKETBALL SCOREKEEPERS & OFFICIALS Positions are available for the upcoming 2022 season. For additional information regarding volunteering or employment, please email the Basketball Coordinator, Keith Dutkiewicz, at kdutkiewicz@twp.northville.mi.us, or visit northvilleparksandrec.org.

TEEN ENRICHMENT



BABYSITTER TRAINING COURSE

Girls and Boys...are you interested in babysitting? This class, taught by American Red Cross, covers the basics of caregiving for infants through school-aged children. Emphasis is on safety, first aid and emergency action skills, diapering, feeding and safe play. Topics also include professional and responsible behavior, interviewing for jobs and leadership roles. You will receive a certificate via email from American Red Cross after completion of program. Participants must be 11+ years old; no exceptions. Please bring a non-refrigerated lunch with beverage.



Age: 11 - 18

Day/Time: Sat 9:00AM - 4:00PM

Date: Oct 29

Fee: Res: \$115 **Non-Res:** \$125

Location: Northville Community Center - Banquet Room

SKI AND SNOWBOARD CLUB

Middle school and high school skiers and snowboarders of all skill levels are invited to join our Northville Ski & Snowboard Club!

Information about the club & pricing:

- Weekly registration this year. You can sign up for as many weeks as you want, provided spots are available.
- There will never be any one way travel. Participants must ride the bus to and from the ski resort. No expectations.
- If parents are interested in chaperoning they should fill out the form on the Northville Parks and Recreation website and submit to recreation@twp.northville.mi.us with a copy of their driver's license. Please note all parent chaperones are required to undergo a confidential background check.
- For more information, please visit our website.

Grades: 6 - 12

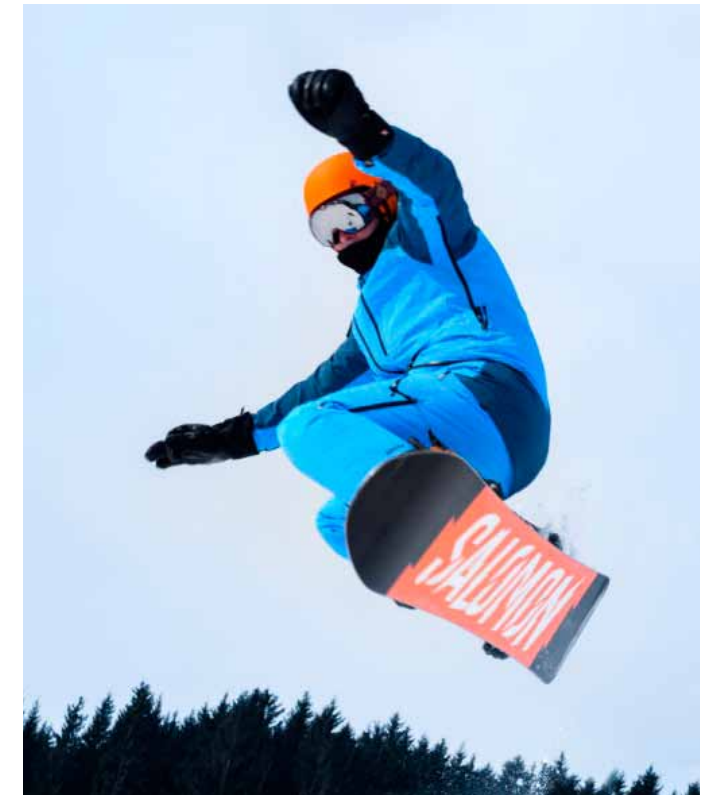
Day/Time: Fri 4:30PM - 9:45PM

Dates: 01/06/2023 - 02/10/2023

Fee: TBD in fall

Location: Recreation Center at Hillside

Registration begins:



SOULFUL FLOW YOGA

One hour yoga class integrating breath and movement while featuring a combination of Sun Salutations along with poses from the Ashtanga practice. Some yin poses to balance out the practice. Open to all levels, fully guided. Bring water and small towel.

Ages: 18+

Day/Time: Wed 6:00PM-7:00PM

Date: Sep 7 - Oct 12

Fee: Res: \$65 **Non-Res:** \$75

Location: Northville Community Center - Nield/Mainville

FLOW YOGA

One hour yoga class featuring a fully guided flow with sun salutations and longer holding strength and balance postures. Includes yin poses to balance out the practice. Open to all levels. Bring water and small towel

Ages: 18+

Day/Time: Sat 8:00AM-9:00AM

Date: Sep 10 - Oct 15

Fee: Res: \$65 **Non-Res:** \$75

Location: Northville Community Center - Nield/Mainville

SLOW BURN YOGA

One hour yoga class integrating breath and movement while featuring a combination of slow progressive sequences and longer holding strength and balancing postures. Some yin poses to balance out the practice. Open to all levels, fully guided. Bring water and small towel.

Ages: 18+

Day/Time: Mon 5:30PM - 6:30PM

Date: Sep 12- Oct 17

Fee: Res: \$65 **Non-Res:** \$75

Location: Northville Community Center - Nield/Mainville



ADULT RECREATION



WOMEN'S BOOTCAMP

Don't wish for it.....work for it! Celeste Johnson, certified fitness trainer and nutritionist, and owner of Get It & Go Fitness can help you achieve your health and fitness goals. Her class is designed for ALL ages and fitness levels.

Her class offers:

- Resistance training with weights, bands, and balls
- Cardio training, including circuits, high-intensity interval training (HIIT), drumming, boxing, and more
- Core training focused on upper abs, lower abs, and oblique's
- Modified exercises for women with joint problems
- Nutrition tips and lots of support

Age: 18 +
Day/Time: Mon, Wed, Thu 6:00PM - 7:00PM
Location: Northville Community Center - Stage
Monthly Fee: Res: \$99 Non-Res: \$109



INTRO TO BALLROOM DANCING

Would you like to move across a dance floor with ease and grace? Do you need to spruce up your moves for an approaching wedding? Ballroom dancing is fun to learn and a great exercise for both the body and the mind. Within a short period of time you will be gliding across the dance floor effortlessly, to the sounds of popular dance songs. Instead of watching "Dancing With The Stars" you will be dancing like one! Partners recommended, but not required. Soft soled shoes are a must. Dances in this grouping include: Waltz, Foxtrot, and Tango.

Must register as an individual.

Age: 18 and over
Day/Time: Tue 7:00PM - 8:00PM
Dates: Sep 20 - Oct 25
Fee: Res: \$75 Non-Res: \$85
Location: Northville Community Center - Stage

ADULT BALLET FITNESS

Ballet Fitness is a fusion of ballet barre exercises, core training and isolations for better body awareness and a noticeable improvement in strength, flexibility and balance. You do so much for others...do something for yourself and improve your health at the same time! **Dress Code:** Workout apparel and Ballet/Jazz shoes (or clean sneakers with no tread)

Age: 18 and over
Day/Time: Mon 7:30PM - 8:30PM
Dates: Sep 12 - Dec 5 **No class Oct 31**
Fee: Res: \$189 Non-Res: \$199
Location: Center Stage Dance Company, 43334 7 Mile Rd, Suite 250, Northville, MI 48167. In the Northville Research



PICKLEBALL CLINICS

101: Intro to Pickleball

This two-hour clinic is an introduction to the game of pickleball. Participants will learn the terminology, rules, and basic skills of the game. Equipment is provided, but please bring your own paddle if you have one, as paddles are limited.

Age: 18 and over
Day/Time: Mon 3:45PM - 5:45PM
Date: Sep 19
Date: Nov 14
Fee: Res: \$20
Location: Recreation Center at Hillside - North Gym

201: Supervised Play

This two-hour clinic builds upon the skills learned from Introduction to Pickleball 101 class. The class format will consist of supervised game playing to practice your new found skills. While the participants are playing, the instructor will engage with the students to assist with their game playing. Equipment is provided, but please bring your own paddle if you have one, as paddles are limited. This is not an introductory class, and participants should have basic knowledge of pickleball learned from the 101 class.

Age: 18 and over
Day/Time: Mon 3:45PM - 5:45PM
Date: Oct 17
Date: Dec 5
Fee: Res: \$20
Location: Recreation Center at Hillside - North Gym



ADULT INTRO TO FENCING

Fencing is a physically and mentally demanding sport that improves speed, agility and reflexes. Join us to learn how to apply problem solving skills under pressure and shake hands to show respect regardless of the result. Use your mind and body to overcome your adversary. Equipment is included. Dress in sports clothing including sneakers and sports pants. Instructor: Tony Kosla, North American Cup medalist with more than 10 years coaching experience.

Age: 18 and over
Day/Time: Thu 7:45PM - 9:15PM
Dates: Sep 8 - Sep 29
Fee: Res: \$140 Non-Res: \$150
Location: PARC - Plymouth Arts & Recreation Complex Suite #115a

ADULT LEAGUES



ADULT BASKETBALL

Enjoy a competitive basketball outing promoting good sportsmanship and healthy competition amongst friends.

Season includes a nine game minimum including one playoff game. High School game rules; two 20 minute halves with running clock; 5 on 5. Scorekeepers and officials provided.

Age: 18 and over

Day/Time: Sun 10:00AM - 6:00PM

League A: Sep 18 - Dec 4

League B: Sep 18 - Dec 4

Fee: Res: \$350* Non-Res: \$360*

Location: Recreation Center at Hillside – North Gym

***Referee Fee:** \$40 per game/per team, paid on site

COED AND WOMEN'S INDOOR VOLLEYBALL LEAGUES

Northville is the place to be if volleyball is your game, both competitive and intermediate. Team entry only, we do maintain an individual player list that is forwarded to teams seeking players, be sure to contact Sue Jostes if you're looking to play. Up to 12 weeks of play depending on number of teams registered. Interested new teams must contact Sue Jostes for available league entry and level of play at sjostes@twp.northville.mi.us

Game times: 6:30, 7:35, 8:40, and 9:45PM

Mondays: "A" level competition

Wednesdays: Intermediate level competition

League	Day	Date	Team Fee
Coed	Mon	Sep 12 - Dec 12	\$300/team
Women	Mon	Sep 12 - Dec 12	\$300/team
Coed	Wed	Sep 14 - Dec 14	\$300/team
Women	Wed	Sep 14 - Dec 14	\$300 team

No league play Oct 31 or week of Nov 23

Location: Recreation Center at Hillside



OPEN ACTIVITIES

Northville Parks and Recreation offers a variety of open activities at both the Recreation Center at Hillside and the Northville Community Center. Open Activities include: volleyball, basketball, pickleball, table tennis and badminton.

Visit our website northvilleparksandrec.org to see the monthly calendars for these activities. A new calendar will be posted each month.

ADULT ATHLETICS

ADULT TENNIS LESSONS

Join the fun, learn the exciting game of tennis with our pro-Todd Beyer and staff. Lessons and Drill/Play are offered for a variety of levels. Rain-out and make-up classes are offered for any reason (including your vacation) by attending another scheduled class of the same level. **You MUST make your arrangements for make-up sessions with Coach Todd directly (734-674-6754), not with the Parks & Recreation office staff.** Call the tennis weather hotline for updated cancellations (248) 349-0203 ext. 1.

Location: Fish Hatchery Tennis courts, 641 Fairbrook, Northville

ADULT BEGINNER/ADVANCED BEGINNER (2.0 – 2.5)

For players who are new to the sport or have had some experience. Players will learn/build on their skills and review fundamentals through drills and fun/competitive games.

ADULT ADVANCED BEGINNER/INTERMEDIATE (2.5 – 3.0)

For players who have learned the basic rules, strokes and can sustain a rally. The class will build on skills through drills and fun/competitive games..

ADULT INTERMEDIATE/ADVANCED (3.5 & above)

Ready to amp up your game? For advanced players. Drills and competitive point play.

ADULT DOUBLES PLAY!

Have a game of doubles with others from your Community. Our pro will be there to set up matches and fill in when needed. You do not need a partner to join.

Registration information and a complete list of classes including days, times and fees, will be posted on our website at www.northvilleparksandrec.org



**Adult Fall Tennis
Sept 6 - Oct 31**

FACILITY RENTALS

NORTHVILLEPARKSANDREC.ORG



BANQUET ROOM



COMMUNITY CENTER GYM

BEST EVENT RATES IN DOWNTOWN NORTHVILLE

Northville Community Center rental options:

- Climate Control Gym, 4 meeting rooms, stage with assembly seating
- Banquet room and kitchen that holds up to 120 people
- Audio visual needs and Wi-Fi included

Recreation Center at Hillside rental options:

- Two full size gyms and two mini-gyms, classroom/team meeting space

BALL FIELD AND PARK RENTALS



MILLENIUM PAVILION



COMMUNITY PARK

- Fish Hatchery Park: 641 Fairbrook St.
- Ford Field: 151 N. Griswold
- Henningsen Park: 41600 Six Mile Rd.

- Marv Gans Community Park: 5 Mile & Beck Rd.
- Millenium Park: 45769 Six Mile Road

FOR PARK AND FIELD RENTALS CALL: 248.349.0203

Northville Soccer



Northville Soccer Association was established in 1973. Our volunteers parent coaches and staff believe *soccer is the one sport you can play your entire life* — any ages, genders, sizes or abilities can play this sport. Players learn time management (school's homework), getting along with others, proper diet and develop improvements with their strength / cardio.

We have two seasons, Fall and Spring, 8 weeks each. Fall kicks off the seasonal year with registration over the summer through the first week of games. Teams are filled based on first come first serve basis and with a priority to returning players from the previous season. We encourage parents to register early. Fall games are played September through the end of October.

Spring season registration starts in January and goes through the first week of games. Spring games are played April through the end of the school year.

We hold two summer soccer camps also in June and August.

Our professional division of soccer, **Michigan Rush** is based on tryouts in June each year. The top licensed coaches in the state work locally here in Northville. They provide a level of guidance for young players to develop and achieve their best and we help them learn to love this great sport we call soccer.

Rush Jr. Academy is for players who want more. They work with our licensed coaches throughout the year, ages 4 through 7.

To Register goto:

www.NorthvilleSoccer.org

BRING YOUR POOCH TO A NORTHVILLE DOG PARK

FEES AND LOCATIONS OF DOG PARKS:

CADY STREET PASS

\$30 residents
\$60 non-residents

MARV GANS COMMUNITY PARK PASS

\$30 residents
\$60 non-residents

COMBINATION PASS allows access to both Cady Street and Marv Gans Community Park

\$40 residents
\$80 non-residents

Other fees:

- Extra Dog (up to 3) - \$12 each
- Fob Deposit - \$20 deposit, \$10 refunded when returned.



Dog Parks are open year round; yearly membership can be purchased at any time. Includes access to Novi Dog Park through partnership with Novi Parks Recreation & Cultural Services. See our website for more information www.northvilleparksandrec.org

SENIOR SERVICES

NORTHVILLE SENIOR SERVICES

303 W. Main Street, Northville
248-305-2851

Office hours: Monday – Friday, 9 am – 12pm



SPECIAL EVENTS

Don't miss out on our awesome events at the Northville Senior Center! Call (248) 305-2851 or see the *Inspire Newsletter* for more details.

- Ice Cream Social
- Senior Fest
- Concerts
- Thanksgiving Luncheon
- Holiday Luncheon
- Tree Lighting Ceremony
- Valentine's Day Tea



DAY TRIPS

Join us for an organized day trip offered by Northville Senior Services. We plan a wide variety of trips from sporting events, nature hikes, historical sites, and more.

Contact us at (248) 305-2851 or see our *Inspire Newsletter* for more details.



TRANSPORTATION SERVICE

Did you know the Northville Community Center offers transportation services to residents 60+ and residents who have a documented disability? Curb-to-Curb service is available Monday through Friday, 8:30am - 3:30pm, for medical and non-medical trips. Call (248) 449-9934 for more information or visit www.northvilleparksandrec.org.

ADDITIONAL SERVICES OFFERED

- Liquid Nutrition (Ensure)
- Medical Equipment Loans
- Telecare (Telephone Reassurance)
- Enrichment Classes
- Congregate Nutrition Program (at Allen Terrace)
- Flu Shots

FITNESS PROGRAM HIGHLIGHTS

For details and a schedule, please see the *Inspire Newsletter*, www.northvilleparksandrec.org

SILVER CHAIR YOGA -

gentle yoga poses and stretches, you will increase your breath capacity, body flexibility and strength. ALL LEVELS

SILVER STRENGTH AND STRETCH -

uses light hand weights and bands to strengthen your muscles, improve bone density and increase stamina while sitting or standing. ALL LEVELS

SILVER ZUMBA -

popular aerobic fitness program features movements inspired by various styles of Latin American dance. MODERATE LEVEL-ACTIVE SENIORS



Check out our other classes: Outdoor and Virtual Fitness, Blend Yoga, Slow Burn Yoga, Yoga for Healthy Hips and Back, and Cardio Drumming



Inspire Newsletter is filled with information on: classes, special events, programs and more! View it online at northvilleparksandrec.org



COME GET SOCIAL WITH SOME OF OUR GROUPS!

- Walking (Weekdays, FREE, 8:15-9:15am)
- Friday Flicks (Fri, \$1, 1:00pm)
- Puzzles (Weekdays, FREE)
- Bingo (monthly, FREE, 1:00pm)
- Northville's Out to Lunch Bunch (monthly)



CARDS & GAMES

\$2 drop in fee:

- Pinochle (Tue, 11:30am)
- Party Bridge (Wed, 11:30am)

COMMUNITY PARTNERS

Maybury State Park



49601 Eight Mile Road
Northville, Michigan 48167
(248) 349-8390



THAYER'S CORNER NATURE AREA

Thayer's Corner Nature Area is a Northville Township park, operated by volunteers, and provides an "up north" experience.

It is open dawn to dusk all year. The nature area offers walking trails, horse-back trails, and wildlife. The historic barn and picnic shelter are available for rent. See website for further information.

The nature area's semi-annual clean-up will be held October 22, 2022, from 9am until noon. Lunch is provided for volunteers. Please call 248-207-0765 for more information or to RSVP.

8250 Napier Road, Northville • 248-207-0765
www.thayerscorner.org



Northville Baseball & Softball Spring Registration

Northville Baseball and Softball Association, (NBSA) is a volunteer based organization dedicated to advancing the cause of baseball and softball to our communities' young ball players. Fun is our number one goal! If you are interested in being involved with NBSA, meetings are held on the last Monday of each month virtually.

Two levels of competition are available:

- **House Play, Recreational Leagues** - Ages 4-7, Co-ed • Ages 7-18, Boys • Ages 7-18, Girls
- **Travel Play** - Ages 8-18 Boys and Girls teams. Tryouts will be late July 2022.

Coaches: Please volunteer to coach. It is a great opportunity to work with our young players and support our program. Training for coaches is provided free of charge.

Umpires: Anyone 13 and older by July 31 may apply. No experience necessary as schooling is provided. Parent / Child umpiring teams encouraged.

For more information about Fall Baseball registration, please visit our website at www.NBSAonline.org

POLICIES

PROGRAM CANCELLATION POLICY:

Northville Parks and Recreation reserves the right to cancel an activity due to low enrollment and will provide a full refund to participants. Participants will have the opportunity to enroll in another activity if space is available. If an activity is cancelled due to inclement weather or circumstances beyond our control, Northville Parks and Recreation will make every effort to reschedule the activity. Activity information regarding cancellations and make-ups will be communicated via email.

SCHOOL DISTRICT RATE AND NON-RESIDENT RATES:

Novi residents in Northville School District receive the resident rate, participants that fall under this rate must call our office to receive the discount. Non-residents are charged an additional \$10 fee.

Refund Policy: A refund check or credit card refund will be issued and/or mailed to the payee within 3 to 4 weeks of the request.

- If the Northville Parks and Recreation Department cancels: Payee will be refunded the full amount.
- If participant cancels prior to the beginning of the 1st class: Refund will be full amount minus a \$15 processing fee, and any incurred costs.
- If participant cancels after 1st class and before the 2nd scheduled class: Refund will be 50% of class fee or \$15, whichever is greater and any incurred costs,
- Refunds will not be issued for requests made after the second scheduled class.
- Refund requests can be sent to: recreation@twp.northville.mi.us

Please note the following:

- Requests for refunds must be made in writing or e-mail and received by the Parks and Recreation Department prior to the beginning of the second class of the program.
- Fees with ticketed events, concerts, excursions & one-day activities are non-refundable.
- No refunds or reductions in fees will be given for classes missed by participants.
- All check refunds are subject to a \$15.00 administrative fee. Credit card refunds will not be charged an administrative fee. However, credit card refunds do not include the refund of the convenience fee.
- There are no pro-rated fees once class/activity has begun.
- Credit on account will expire one year after the processing date. Refunds under \$15 will not be refunded by check.

INCLEMENT WEATHER CANCELLATIONS:

Please contact the Parks and Recreation Department weather hotline at (248) 449-9951. Except in severe weather or power outages, department buildings will remain open for use, but some classes/services may be cancelled.

HOW TO REGISTER:

Online Registration: is available through our website at www.northvilleparksandrec.org

Mail in Registration:

Northville Parks and Recreation,
775 N. Center Street, Suite B, Northville, MI 48167

Walk-in Registration: Monday – Friday 1:00pm - 4:30pm, cash, check or credit cards (Visa, Master Card, and Discover) accepted.

Please note: There is a convenience fee charge on all credit card transactions at a rate of 2.5% of payment, with a minimum of \$1.95.



Say Cheese!

Enrollment in Parks and Recreation Department sponsored programs authorizes Northville Parks and Recreation, its departments, employees and contractors to take your photograph for use in future brochures, flyers, documents, displays, other publications, websites and on social networking websites. Parks and Recreation will not sell, use or authorize others to use such photographs for commercial purposes.

YOUTH MENTAL HEALTH FIRST AID

Anyone, anywhere can be the one to make a difference in the life of a youth with a mental health or substance use challenge – if they know what to do and what to say.

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches adults who regularly interact with youth (parents, school personnel, coaches, youth group leaders, caring citizens, etc.) how to identify, understand, and respond to signs of mental illnesses and substance use disorders. This full-day training provides the skills to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Course Information

When: Saturday, September 17th,
2022, 8AM - 4PM

Where: Northville Community Center

No cost for training and all course
materials provided

Participation is limited and
registration is required

What It Covers

Common signs and symptoms of mental illnesses
in this age group including but not limited to:

- Anxiety
- Depression
- Eating disorders
- Attention deficit hyperactivity disorder (ADHD)

Common signs and symptoms of substance use

How to interact with an adolescent in crisis

How to connect the adolescent with help

This course will teach you how to apply the ALGEE action plan:

- Assess for risk of suicide or harm
- Listen non-judgementally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

**FOR MORE INFORMATION
AND TO REGISTER FOR
THE COURSE VISIT**

NORTHVILLEYOUTHNETWORK.ORG



THIS PROGRAM IS SPONSORED BY

