



2010

Harper Woods Parks & Recreation Winter & Spring Program



A Harper Woods Resident's Guide to Winter & Spring Recreation Activities Beginning the Week of January 4, 2010



The City of Harper Woods

Mayor:

Kenneth A. Poynter

Mayor Pro Tem:

John M. Szymanski

City Manager:

James E. Leidlein

City Clerk:

Mickey D. Todd

City Council:

Vivian M. Sawicki
Cheryl A. Costantino
Michael P. Monaghan
Hugh Marshall
Daniel S. Palmer

CITY OFFICES

CLOSED:

- *Thursday December 24th & Friday, December 25th in observance of Christmas
- *Thursday December 31st & Friday, January 1st in observance of New Years
- *Monday, February 15th in observance of President's Day
- *Friday, April 2nd in observance of Good Friday
- *Monday, May 31st in observance of Memorial Day

COED FLOOR HOCKEY LEAGUE

Does the snow have your child down because they can't play roller hockey? Well, cheer up because it's floor hockey time! These exciting leagues will be available for children ages 5-12. The Recreation Department provides floor hockey sticks and prohibits players from bringing their own. While no other equipment is required, plastic goggles are suggested for protection. Floor hockey is one of our most popular programs, so register early! The season runs through mid-March. Clinics and games will be held on Tuesdays & Thursdays beginning January 5th at the Harper Woods Middle School Gym. Both boys and girls play at the following times:



5 & 6 year olds	6:15pm
7-9 year olds	6:45pm
10-12 year olds	7:30pm

Fees: \$40 for 1 child
\$60 for 2 in the same family
\$80 maximum

NEW Turbo Kickbox

~Men & Women~

It's the ultimate cardiovascular challenge. This class does not require previous kickboxing experience or equipment. You'll have more fun AND BURN LOTS OF FAT. Please bring mat for floor work. Mondays 6-7pm
Cost: \$60



Session I: January 25-March 15
Session II: March 22-May 10
Classes held at Beacon Elementary

NEW Women on Weights

~Women Only Please~

Research suggests that weight training can help reduce the risk of osteoporosis and improve your muscle strength and bone density. Come join us for a safe and effective workout with a Fitness Rx Certified personal Trainer.

Mondays 7-8pm
Cost: \$60



PINOCHLE AND CARD GAMES FOR SENIORS



Feeling lucky? You can tempt the luck of the draw every Thursday at the Community Center. Pinochle and other card games are played from 1:00 - 4:00 pm. You do not have to be a senior club member to play. All are welcome.

Need somewhere to hold your special event?

Use the Harper Woods Community Center for your next holiday party, birthday, or shower. For just \$150.00 to reserve the date, guests pay only \$75.00 per hour for use of the small hall. Both residents and non-residents can make use of this space and bring their own food and decorations. The community center will provide linens per customer request. Call the Harper Woods Community Center for further information: 313.343.2566.
Have your next event with us!



What's Inside...

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SWIMMING



Learning to swim is essential for children. Spending time at the beach or wherever there is water can be hazardous for a non-swimmer. Our lessons teach children how to be independent and safe in the water. Our certified instructors will teach your child all of the tools they need to become a good swimmer, and they have fun too!! The lessons are offered at the Harper Woods High School pool, and run for THREE 6 week sessions.

Schedule

Session I: January 11th - February 25th

*There will be no class January 18th, and February 15th - 18th

Session II: March 1st - April 22nd

*There will be no class March 29-April 8

Session III: April 26-June 7

*There will be no class May 31

Please register early, classes fill up fast. There is a limited amount of space in each class.

*Parents or observers are not allowed on the pool deck for any reason.

Monday Classes

5:30-6:00pm	Aquaducks
6:00-6:30pm	Level I & Level II
6:30-7:15pm	Level IV, V, VI, VII
7:15-8:00pm	Adult Lessons (18 & up)

New Class

Tuesday & Thursday Classes

6:30pm-7:30pm	Water Aerobics
6:30pm-7:30pm	Lap Swim

Wednesday Classes

5:30pm-6:00pm	Level I & II
6:00pm-6:30pm	Level II (ages 10 and up)
6:30pm-7:15pm	Level III
7:15pm-8:00pm	Open Swim



Water Aerobics: \$80.00 per 6 week session.

Lap Swim: \$80.00 per 6 week session.

Open swim: \$2 per child, \$3 per adult
Children who attend open swim MUST be accompanied by an adult 16 years or older with Level V ability, who will stay by the child in the water at all times. Children may attend unaccompanied only if they have passed Level III or have Level III ability.

Swim Fees per child

Aquaducks, Level I, & II: \$40 for 1, \$60 for 2, \$80 for 3 in same family
Level III and Up: \$50 for 1, \$70 for 2, \$90 for 3 in same family.

Course Descriptions

~Aquaducks

Ages 3 & under. Designed to acclimate young children to water. Parent must accompany child in water. Emphasis on fun, safety and gaining confidence in the water.

~Level I

Ages 3 & 4. Introduction to floating, submerging face, kicking, and safety skills.

~Level II

Ages 5 & up. Children with little experience in the water learn floating, kicking, front crawl and safety. Also introduction to alternating arms and proper kick.

~Level III

Crawl strokes with rhythmic breathing, elementary backstroke, kicking and safety.

~Level IV

Stress on diving, treading, safety, breathing, elementary backstroke, breaststroke kick, and scissors kick.

~Level V

Stress on sidestroke, breaststroke, open turns and dolphin kick.

~Level VI

Stroke refinement, endurance, plus competitive skills while developing maximum efficiency and endurance.

~Level VII

For excellent swimmers. Stresses competitive skills and advanced strokes. Encourages lifetime fitness.



FITNESS



FITNESS FIRM AEROBICS

Don't let the cool weather keep you from exercising. Fitness Firm is turning up the heat! These aerobics classes are taught by certified, experienced instructors. The low-impact exercise allows for muscle tone and fat reduction. Get in shape, reduce stress and improve your health. This balanced fitness program gives equal attention to the various muscle groups, promoting aerobic conditioning, flexibility, strength, toning and endurance. As long as you keep moving, you can burn 200 to 400 calories an hour. Classes will also include some of the new kickboxing exercises. You may bring in your own 1-2 lb. hand weights and a mat. For information on dates and times please call: **Judy Sheehy at 313-886-7534.**

YOGA

In today's society, it is easy to become overworked and under-rested. Yoga is an excellent way to shape up your body and mind. Instructor Bob France has been trained at the Integral Yoga Institute in the traditional Indian Yoga Practices. Yoga relaxes the mind and body while helping to develop concentration, awareness and balance. This class is held on Mondays in the Tyrone School Gym.

Dates: Session I: January 11th - March 1st

*No class Monday, January 18th

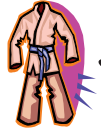
Session II: March 8th - April 19th

*No class April 5th

Times: 6:30-7:45

Fee: \$30 per session





SPORTS

LITTLE NINJAS KARATE

The Little Ninjas Karate Program is an introductory karate class specifically designed for children ages 4 and 5. Focus, Memory, Teamwork, Discipline, Self-Control, Fitness, Balance and Coordination is achieved through exciting and fun games and activities! Wear loose fitting clothes. A responsible adult must remain in attendance during class. This six week session will run on Wednesdays from 5:30-6:00pm at Beacon Elementary beginning January 6th. The cost is \$25.

KIDS POWER KARATE

The Kids Power Karate Program offers traditional martial arts training to children ages 6 through 12 and emphasizes self-defense, physical fitness, conflict resolution, team work and anti-kidnapping techniques. This introductory program to traditional Tang Soo Do has been commended by many communities, law enforcement personnel, teachers and parents for the positive impact it has on children. Wear loose fitting clothes. A responsible adult must remain in attendance during class. This class is offered on Wednesdays from 6:05-6:50pm at Beacon Elementary for six weeks beginning January 6th. The cost is \$30

SOFTBALL & BASEBALL

SOFTBALL REGISTRATION

The City of Harper Woods Little League Softball Program is a chartered program operated by the Recreation Department. Those interested in these fun, yet competitive leagues should come to the Harper Woods High School Commons Area between 10:00am and 2:00pm on Saturdays, January 30th and February 6th. The Recreation Department will be there to handle registrations for the Girls Leagues, ages 7 through 18 years and the Womens Softball Leagues. You need not wait that long to register. The Recreation Department will be taking registration as early as January 4th but no later than March 12th. After March 12th, those interested will be placed on a waiting list to fill available spots.

The cost for the 12 and under girls league is \$50 for 1, \$75 for 2, and \$95 for 3 in the same family. The 13 & older fast pitch league is \$75 per player.

The seasons for the different age groups begin in May and in June. The player must achieve the playing age before December 31st, 2010. The leagues are divided as follows:

Girls Instructional League	Ages 7-8
Girls Junior League	Ages 9-10
Girls Senior League	Ages 11-12
Girls Fastpitch League	Ages 13-14, 15-16, & 17-18

Softball Camp

Dates: December 28, 29 & 30th
Ages 8-10 will be held 12-1:30pm
Ages 11-14 will be held from 2-4pm
Please call the Recreation
Department at 313.343.2560
for more information.

BASEBALL REGISTRATION

The Harper Woods Little League runs one of the finest programs around!! This association is comprised of truly dedicated and devoted individuals working year round on this program. Registration for this league will take place on Saturdays, January 30th and February 6th at the Harper Woods High School Commons Area from 10:00am-2:00pm.

The divisions are as follows:

T-Ball	5&6 years
Pacific Coast	7&8 years
Minors	9-12 years
Majors	9-12 years
Juniors	13&14 years
Seniors	14-16 years
Big League	17&18 years



*Children MUST be Harper Woods residents and attain the age of 5 before April 30th, but not attain the age of 18 before April 30th to be eligible to play. Each family will receive an allotted number of raffle tickets according to the number of children playing baseball. The raffle tickets must be paid for when you register your child, however as you sell the tickets, you are able to reimburse yourself for the cost. Ideally, by selling all the tickets, your Little Leaguer will play for free. Volunteers for softball and baseball are always needed.

*Birth certificates and proof of residency are required at the time of registration. This rule applies to the Softball AND Baseball Leagues.

Park and Recreation Information

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PARK FACILITIES

The Recreation Department has three parks for community use, each with children's playground equipment and picnic sites. Picnic reservations may be taken for the months of May through mid-September. Only one picnic allowed per household. Reserve at least one month in advance.

FINANCIAL SCHOLARSHIP PROGRAM

The City of Harper Woods believes in providing recreation opportunities to all residents regardless of economic circumstances. For a confidential inquiry, please contact the Recreation Director.

RECREATION REFUND POLICY

1. Refund requests must be submitted in writing to the Recreation Department within the first two weeks of the program.
2. No refunds will be given after the second week of class, except under special circumstances, i.e. medical reasons.
3. Refunds will be given in check form through City Hall for amounts over \$10.00 or as credit for future recreation registration fees for amounts of \$10.00 or less.



To Register for Programs:

Register at the Recreation Office or mail in the registration form with payment.

Phone reservations not accepted. Please make checks payable to the City of Harper Woods.

Return the form and fee to:
Recreation Department
20221 Beaconsfield
Harper Woods, MI 48225

The 2010 Winter/Spring Program is one of three activity directories published yearly by the Recreation Department. The Recreation Department is located near the front of Johnston Park.

Office hours:
8:00am to 4:30pm,
Monday through Friday

For community updates, go to
www.nixle.com

Participants Name _____ Age _____ Birthdate _____

Address _____ Phone _____

Activity _____

Days/Times _____

Amount Enclosed \$ _____

The undersigned recognizes that injuries sometimes occur in connection with athletic activities, and hereby exonerates the City of Harper Woods Recreation Department, its employees and volunteers for any liabilities in connection therewith. The City of Harper Woods is not liable for any accidents or injuries to participants or spectators.

Signature of Parent, Guardian, or Adult Participant