

Macomb Township Parks & Recreation Department

R.E.A.C.H.

Recreation Events Activities & Center Happenings

www.macomb-mi.gov

20699 Macomb Street • Macomb, MI 48042 • (586) 992-2900
(Off Broughton Road, east of Romeo Plank, south of 25 Mile Road)

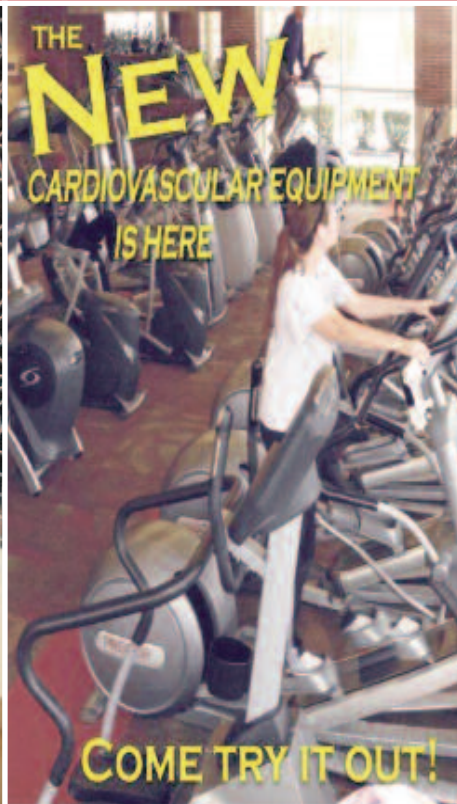
FALL/HOLIDAY 2013



Find All **REGISTRATION INFORMATION** on pages 38-39

Aquatic Center hours available on our website and at the Recreation Center

Like Us on [facebook](https://www.facebook.com/mtpr04) at: [facebook.com/mtpr04](https://www.facebook.com/mtpr04)



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(586) 226-BRACES
www.macomborthodontics.com



(586) 412-5758
www.genisyscu.org



(586) 416-4455
www.kennetortho.com

GOLD

Bounce About Party Rentals
(586) 980-9059
www.BOUNCEABOUT.com

Henry Ford Macomb Hospitals
www.henryfordmacomb.com
(800) 532-2411

Spalding DeDecker Associates
(248) 844-5400
sda@sda-eng.com

Finzel's Heating & Cooling
(586) 292-3917
www.finzelsheatingandcooling.com

Huntington Bank
1-800-480-BANK/www.Huntington.com

Team Rehabilitation
21 & Hall/30 & VanDyke
23 & Baker/23 & Schoenherr (2 Locations!)

Michigan Schools & Government
Credit Union
(586) 263-8800 / www.msgcu.org

SILVER

St. John Medical Center – Macomb – (586) 416-7500

BRONZE

Advanced Animal Emergency
(586) 466-6133

Eastside Endoscopy Center
(586) 416-7501

Jimmy Johns
19 & Hayes / Hall & Romeo Plank /
23 & Schoenherr

Cat's Veterinary
(586) 463-9550

Kids Dentistry & Ortho / Drs. Delaney,
Plunkett, Ralstrom, Makowski,
Thanasas, Ker and Associates P.C.
(586) 286-0700

M.E.R. Building Co., Inc.
(810) 217-6153

Cloverleaf Pizza
(586) 566-8220

G.I. Medicine Associates, PC.
(586) 447-0700

Seibert & Dloski PLC
(586) 469-3800

Deneweth's Garden Center
(586) 247-5012

Lee-Ellena Funeral Home
(586) 412-8999

Shield's Pizza
(586) 228-1400

Dicks Sporting Goods
www.dickssportinggoods.com

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Macomb County Sheriff Office
& Explorer Scouts

Suburban Ice Macomb

Fanchone Gourmet

Rock & Roll Prep School

Wolcott Mill Metro Park Farm Center

THANK YOU TO OUR SPONSORS & FRIENDS!

A LETTER FROM THE DIRECTOR

Dear Residents,

I hope your summer recreational activities have allowed you the opportunity to relax and rejuvenate. Hopefully you can keep all that positive energy going as we finish out the year. One way to continue is to visit the Recreation Center and workout on one of the 66 new pieces of cardio equipment we leased this August. By using a 3 year lease, we can continue to offer state of the art equipment, like the Jacobs ladder (see picture), while keeping the costs affordable. As fall approaches, the time has come to begin planning your fall and holiday activities. Please look over our most recent edition of R.E.A.C.H. This catalog features program offerings from September through December. As always, our staff has worked hard to offer programs for all ages. Hopefully we have offered something that interests you.



We always welcome feedback for any of our programs. Please go to the surveys portion of our website at www.macomb-mi.gov and please remember to like us on Facebook.

Sincerely,
 Salvatore A. DiCaro, Jr.
 Director of Parks & Recreation

MACOMB TOWNSHIP RECREATION CENTER

The Macomb Township Recreation Center was built for the recreational enjoyment of all members and our guests. Please treat the facility, other patrons and staff with respect. If you have any questions, please stop by the front desk.

- Guests must bring their own locks & towels.
- Guests must be currently in the 9th grade with proof (current school I.D.) to enter the facility without parental supervision.
- **All guests must have a waiver form on file prior to utilizing the center. Patrons under the age of 18 must have a signed waiver by a parent or legal guardian to enter. Waiver forms are available at the front desk or online.**

HOURS OF OPERATION

Monday-Friday 6:00am-10:00pm
 Saturday 8:00am-8:00pm
 Sunday 10:00am-6:00pm

Aquatics schedule varies,
 please stop by front desk for schedule.

TADPOLE TOWN CHILD WATCH

Monday-Saturday 8:30am-1:00pm
 Monday-Thursday 4:00pm-9:00pm

RATES

Child watch is \$2.00 per hour for the initial child and \$1.00 per hour for each additional child. Two hour maximum time per visit.

Waldenburg Park

Waldenburg Park is a developed park approximately 17 acres in size located on 21 Mile Road about ¼ mile east of Romeo Plank Road. It offers a children's play area, picnic pavilions, basketball court, 2 sand volleyball courts, restrooms and a walking trail.



Macomb Corners Park

Macomb Township's newest addition of parkland, Macomb Corners Park, opened in the summer of 2004. It is a 94 acre (35 developed) park site located on the north side of 25 Mile Road, just east of Luchtman Road. Park amenities include 8 soccer fields, 2 football fields, 6 lighted ball diamonds, inline skating rink, playscape, picnic pavilions and a rest room/concession building. The park is both



an active park hosting sporting events, and an inviting location for family activities.

Macomb TownCenter Park

Macomb TownCenter Park is a 15 acre park located on the south side of 25 Mile Road just west of Broughton Road. It is used for many community events, including summer concerts, Movie Under the Stars, children's activities, sports camps and athletic events.



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MTRC DAILY FEES

Residents.....	\$5.00
Non-Residents.....	\$10.00

Children ages 3 and under are admitted free with an adult paid daily admission.

All guests must show proper ID to receive Resident discount:

Driver's License OR State issued I.D.

MTRC MEMBERSHIP FEES**Resident**

Monthly: (Monthly Deductions from Checking or Savings account)

Head of Household	\$25.00
Spouse	\$15.00
Dependant	\$10.00
Seniors (55+)	\$15.00

Annual Membership:

Head of Household	\$300.00
Spouse	\$180.00
Dependant	\$120.00
Senior (55+)	\$180.00

Non-Resident Membership rates are double.

Current or past year's 1040 tax form must be shown to prove dependants for membership.

Trial Memberships: Individuals are eligible for a one time trial month period. These memberships are valid from the date of registration. Trial Memberships are \$25.00 for Residents and \$50.00 for Non-Residents. Daily admissions cannot be used toward the purchase of a Trial membership. Trial memberships are non-refundable.

Summer Memberships: Available beginning April 1. Summer memberships are valid for 3 months from date of purchase. Additional months can be purchased at the normal monthly rate on the day of purchase. Summer memberships are invalid after Labor Day (9/2/13)

Residents:	\$75.00 (additional months \$25.00)
Non-Residents:	\$150.00 (additional months \$50.00)

ADMITTANCE FOR CHILDREN 3 & UNDER

Paying adults (members are considered paying adults) are allowed to bring two children each who are **under 4 years old** for free. All additional children will be charged according to their residency.

REINSTATEMENT OF COLLEGE STUDENTS

College students who wish to reactivate their suspended memberships must show either a **school ID with the current year posted on the ID or their current transcript**. College ID's which do not indicate a date will no longer be accepted.

LOST & FOUND POLICY

Lost & found items will be kept at the Macomb Township Recreation Center for 10 days. After 10 days all items will be donated to a local charity. Please contact a staff member if you accidentally left any of your belongings at the Recreation Center during your visit.

INCLEMENT WEATHER

Call the Macomb Township Cancellation Hotline at 586-992-2909 to hear program cancellations or delays due to weather. Cancelled classes will be announced at least 45 minutes prior to the start of the class. Remember, a morning class cancellation will not automatically mean evening classes are cancelled. Keep informed, call our hotline.

**MTRC HOLIDAY & SPECIAL EVENTS SCHEDULE**

The Macomb Township Recreation Center will operate under modified hours for the following holidays:

- Labor Day – Monday, September 2, 2013
- Halloween Hoopla – Friday, October 18, 2013
- Holiday Tree Lighting – Wednesday, December 4, 2013
- Christmas Eve Day – Tuesday, December 24, 2013
- New Year's Eve Day – Tuesday, December 31, 2013
- New Year's Day – Wednesday, January 1, 2014

MODIFIED HOURS

Facility Hours:	6:00am – 5:00pm
Open Swim:	12:00pm – 4:00pm
Lap Swim:	6:00am – 12:00pm

MACOMB TOWNSHIP RECREATION CENTER AREA CLOSURES

The Macomb Township Recreation Center will be closed on:

- Thanksgiving Day – Thursday, November 28, 2013
- Christmas Day – Wednesday, December 25, 2013

Aquatics Center and Locker Rooms
Tuesday, September 3 thru 6, 2013

AQUATIC AREA

The MTRC aquatics center has a variety of features sure to provide fun to everyone of every age. Our water playground begins with a zero depth entrance where you can walk through or around geysers. This pool features a multi-level playground where children can interact with water controlling devices before shooting through the slide. This pool reaches a maximum depth of 18" inches.



For the more adventurous type, try our 3 story water slide. This journey begins as you climb the stairs up to the top of the center. The slide will take you around several curves before you exit into our splash down pool.

Others can stroll around in our lazy river, where a waterfall awaits for those who choose. Inside our river is a vortex where guests are spun around by circular water movement.

Ever wanted to walk on water? You can attempt to walk across our floating log walk. There are lap lanes for those who still enjoy a good swim. Older guests can relax in our hot tub or, weather permitting, catch some rays on our outdoor sun deck.

FITNESS CENTER & RUNNING TRACK

The MTRC fitness center consists of a Two-Story Rotunda of Cardiovascular Equipment, Selective Machines, & Free Weights.

- Treadmills
- Elliptical Cross trainers
- Total Body Elliptical
- Nu Step/REX
- Recumbent & Upright Bicycles
- Stair Climbers & Steppers
- Arc Trainers
- Rowing Machines
- Selectorized Machines (Paramount & Icarian brands)
- Dumbbells
- Curl Bars
- Multi-Functional Trainers
- Cable Tower System
- Smith Press & Leg Press Station
- Incline Benches
- Over 1,500 lbs. of weight plates



The MTRC Track is a figure eight configuration consisting of 3 lanes (walk, run, & pass). The track distance is 7.3 laps per mile.

Party Rooms – Our Party Rooms are a perfect place to host your child's next birthday party or team event! Our rooms are located at either end of the main atrium, the perfect location to enjoy the center. The rooms are equipped with their own counter and sink! Party Rooms can accommodate 1-49 people.



Tree-Top Town – Come play among the trees and enjoy our indoor play structure with slides, tubes, rock climbing walls, moveable helicopter and interactive toys. This large indoor play structure is ideal for children 10 years of age and under. An additional small play structure is available for toddlers. The room is floored with a soft play surface. Parents must accompany children. Socks are required.



Tadpole Town Child Watch – Two hour maximum child watch for ages 6 months to 10 years old. Various activities are offered such as games, movies, board games, arts-n-crafts, coloring, etc. The room is equipped with a small child's restroom.



Game Room – Guests can enjoy playing billiards, ping pong, or a wide variety of board games that are available for use while visiting.



Exercise/Aerobics Rooms

Our lower level room is a floating Sportwood Altra Star floor. The second level room is surfaced with high intensity cushion rubber flooring. Both rooms are equipped with a state-of-the-art sound system, and two mirrored walls. Aerobics, dance, and other exercise related activities have never been so enjoyable.



Locker Rooms

Separate male and female locker rooms and shower rooms. Each is equipped with lockers for storage of clothing. Guests must bring in their own lock.

Family Changing Cabanas

Six cabanas especially designed for families are available for use. Each is equipped with a shower, changing station, sink and toilet. Larger lockers are located outside of rooms for storage of multiple guests' items. To utilize these cabanas please see Family Changing Cabanas Policy on page 6.

Multi-Purpose Rooms

Our two multi-purpose rooms are great spaces for meetings, classroom settings, and parties. Each room is carpeted and equipped with tables and chairs which can be set as desired.



These rooms are able to host between 1 and 49 people. Audio/Visual equipment is also available for use.

MACOMB TOWNSHIP RECREATION CENTER

Age Policy & Procedure

All patrons **must** be currently in the 9th grade to be left unsupervised in the facility. All patrons not currently in the 9th grade must be supervised by a related adult (Parent or Sibling, 18 years of age or older) at all times while visiting the center. Patrons between the ages of 11 years and 9th grade must have an adult within the facility but not directly supervised. Patrons must show a driver's license, State I.D. or a school I.D. (indicating 9th grade) when initially entering the facility to show proof. Please note that patrons must currently have started the 9th grade to qualify, patrons who have completed the 8th grade are **not** considered 9th graders until school begins.

Please make certain you have these forms of I.D. and a daily waiver form on file prior to entering the facility without proper supervision. Patrons who are not currently in the 9th grade **will not be allowed to enter the center without proper supervision.**

Family Changing Cabanas Policy

Between the hours of 8:30am until the facility closes daily, the Family Changing Area will be locked. **Families with children** wishing to utilize the Family Changing Cabanas must check in at the front desk and check out a key card to gain access to the area. **Individuals with assistant aids** wishing to utilize the family changing cabana's must provide a doctor's note to the Front Desk prior to gaining access. Guests will be asked to leave their vehicle keys at the Front Desk in order to receive a pass access card. This access card will allow entry into both family changing room hallway doors. This policy has been implemented for the safety and protection of all patrons. **All patrons must use gender appropriate locker rooms.**

THANK YOU FOR YOUR COOPERATION

OPEN VOLLEYBALL SCHEDULE

Volleyball nets will be available on Thursdays, in Gymnasium A North from 6:00am-5:00pm.



SENIOR PICKLE BALL SCHEDULE

Pickle Ball nets will be available on the following days & times in Gymnasium A:

4 courts – Gymnasium A
North & South
Mon & Wed, 6:00am-2:00pm
2 courts – Gymnasium A
South Side
Friday, 6:00am-2:00pm



OPEN PICKLE BALL SCHEDULE

Pickle Ball nets will be available to the public on Wednesdays & Fridays from 2:00-4:00pm in Gymnasium A South.

ROOM RENTALS

Looking for a place to host a non-profit Business or Organization meeting? Look no further than the Macomb Township



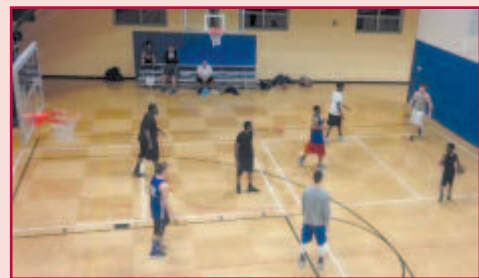
Recreation Center. The center can accommodate groups up to 50 people, complete with tables and chairs. Audio/Visual equipment is also available. The center can accommodate rentals 7 days per week and various hours. Please contact the Recreation Center front desk for further details.

LOOKING FOR A PLACE TO HOST A B-DAY PARTY OR SPECIAL EVENT?

Look no further than the Macomb Township Recreation Center. Parties and rentals can be booked up to 1 year in advance. A variety of food packages are available to choose from. Contact the Front Desk for additional information.

OPEN GYMNASIUM

All gymnasium times are designated for open basketball unless preplanned events occur. Organized pick-up basketball games will be allowed on both halves of Gymnasium B unless the facility is deemed too crowded by management. In the event the facility is deemed too crowded, open shooting will occur in the gymnasiums.



DID YOU KNOW...

Macomb Township has a Cable TV Station

Broadcast Media - MTGA

Macomb Township Government Access
<http://macomb-mi.pegcentral.com/>

A variety of Parks and Recreation events along with all other programs and Board of Trustees meetings can be seen on MTGA – Comcast Ch. 5. MTGA also has programming available online.



BIANCO TOURS PRESENTS...

BIANCO TRIP Flyers with additional information are available at the Macomb Township Recreation Center and the Marvin Blank Senior Center.

Historical Detroit

Tuesday, September 24, 2013

Registration No. 323100-C

MTR Fee: \$65.00 NR Fee: \$70.00

Please make checks payable to:

Macomb Township Treasurer & register with Macomb Township Parks & Recreation



Your Bianco Tour Includes:

- Round Trip Deluxe Motorcoach Transportation
- **Detroit Historical Museum** – The Detroit Historical Museum, long dedicated to telling our region's fascinating history, recently reopened and now boasts five, exciting new exhibits which showcase Detroit's rich legacy of music, innovation and culture. Exciting additions have also been added to signature exhibits such as the beloved "Streets of Old Detroit" and "Motor City." Join us as we reminisce and marvel over Detroit's spectacular past.
- **Included lunch at Detroit Beer Co.** – The Broadway business district has been revitalized with the addition of popular businesses and eateries such as The Detroit Beer Company. Housed in the recently restored Hartz Building with a grand view of the Detroit Opera House, this popular microbrewery features local favorites including: the legendary J.L. Hudson Maurice Salad, a delicious Detroit Burger, or Beer Battered Fish & Chips. But save room because everyone gets a Sander's Hot Fudge Sundae for dessert!
- **Guided tour and video of First Congregational Church of Detroit** – Historic First Congregational Church of Detroit is located on the stretch of Woodward Avenue once dubbed "Piety Row" because of the number of churches present. Built in 1891, Historic First, also known as the "Church of the Seven Arches," rivals the great cathedrals found in Europe. This beautiful church is loaded with opulent ornamentation, wood carvings, stained glass and dramatic ceiling portraits, still serves the neighboring congregation and is a favorite wedding spot for today's brides and grooms.

Hollywood Casino Hotel

Sunday, October 13, 2013

MTR Fee: \$134.00* NR Fee: \$139.00*

**Prices based on double occupancy / per person*

Please register with & make checks payable to:

Bianco Tours • 12555 Universal Dr.
Taylor, MI 48180



Featuring

- 1 Night stay at Hollywood Casino Hotel (Lawrenceburg, IN)
- **Hollywood Casino** – Everywhere you look there's endless excitement and the kind of thrills you just don't find anywhere else. Over 2,800 big-hitting slots, 80 action-packed table games, a 19-table poker room, Dance Club, five eateries and the kind of red carpet service you can only find in Hollywood. We've got all the newest slots plus all your traditional favorites from pennies to \$100 machines, plus the best variety of table games and a 19-table Poker Room. This is Hollywood – where you'll find one blockbuster hit after another.
Delicious entrées. Sizzling steaks. An endless buffet. Or just a casual bite. Classic American fare in the middle of all the action. We can handle any hunger you bring to the table.
Everyone will receive \$15.00 slot play & a \$8.00 food voucher!
- **Jungle Jim's International Market** – Shopping and lunch on your own.

Zehnder's Holiday Show - Frankenmuth

Wednesday, December 4, 2013

Registration No. 323100-B

MTR Fee: \$83.00 NR Fee: \$88.00

Please make checks payable to: Macomb Township Treasurer & register with Macomb Township Parks & Recreation

Your Bianco Tour Includes:

- Round Trip Deluxe Motorcoach Transportation
- **Zehnder's Holiday Luncheon Show** featuring "The Marlins" – These four brothers have been entertaining audiences all over the U.S. and Canada for over 25 years. This holiday variety show features something for everyone, including many of your favorite Christmas tunes. With voices melding together in wonderful harmony, the Marlins also play over 20 instruments creating a show that's upbeat and fun. Enjoy the famous Zehnder's 2-Piece Chicken Luncheon in our beautiful Main Dining Room while enjoying this top-notch entertainment.
- **Shopping Time** – Located in the lower level of our restaurant, Zehnder's Marketplace is a showcase of specialty food and gift items from around the world. From gourmet foods, Zehnder's wines, cheeses, preserves, noodles and seasonings to a wide selection of unique accessories, culinary ware and gift items.....there's something for everyone.



Detroit Lions vs. Cincinnati Bengals

Ford Field

Sunday, October 20, 2013

11:00am Departure

1:00pm Game Time

Registration No. 343200-A

MTR Fee: \$46.00 NR Fee: \$51.00



Here is your chance to experience the excitement of NFL Football, Ford Field and the Detroit Lions! Registration fee includes round trip luxury motor coach transportation and admission to the game. We will depart from the Marvin Blank Senior Center located at 19925 23 Mile Road, east of Romeo Plank at 11:00am. We will return to Macomb Township immediately after the game. Picnic coolers are welcome on the bus.

Tickets sell fast so register today at the front desk of the Macomb Township Recreation Center. Ticket sales are limited to 6 per household.

Holiday Nights At Greenfield Village



Saturday, Dec. 14

5:30pm Departure

6:30-10:00pm Event Time

Registration Numbers:

Adult-Ages 13 years and above – 343100-D

MTR Fee: \$24.75 NR Fee: \$29.75

Youth-Ages 5-12 years – 343100-D1

MTR Fee: \$19.50 NR Fee: \$24.50

Children-Ages 0-4 years – 343100-D2

MTR Fee: \$5.00 NR Fee: \$10.00

Re-live fond memories of the comfort and joy of Christmas past. Lit by the soft glow of hundreds of lanterns, this Greenfield Village after dark experience is a wonderful evening not to be missed as houses are open to explore 300 years of American holiday traditions.

Includes a turn-of-the century tree lot, ice skating (rentals available on-site), authentically decorated homes, carriage or sleigh rides, carolers, musicians, live reindeer, Santa and Mrs. Claus, shopping, and more. Concessions are available during this program at the Village for additional fees. The night concludes as you take part in a community sing-a-long on the Village Green, complete with fireworks.

Dress for the weather and extreme cold weather conditions – most activities are held outdoors.

Tips for the trip:

- Bring winter hat, boots, gloves, and dress in layers.
- Bring flashlight for walking around village – streets are dimly lit.
- Bring snacks and beverages for bus trip to and from village.

Trip includes transportation by luxury motor coach. Coolers (food & bev) welcome. Excursion departs from the Marvin Blank Senior Center, 19925 23 Mile Rd, east of Romeo Plank, at 5:30pm.

LEGENDS LIVE DINNER SHOW

Christmas with the King

Fern Hill Golf Club

17600 Clinton River Road

Clinton Township, MI 48038



Saturday, December 21, 2013

Dinner at 6:00pm ~ Show at 7:30pm

Registration No. 323100-D

MTR Fee: \$37.00 NR Fee: \$42.00

Legends Live, Michigan's #1 Tribute Show, presents "Christmas with The King" featuring Tim "E" one of the world's Top Ranked Elvis Tribute Artists. Plus musical tributes to: Dean Martin, Frank Sinatra, Roy Orbison, and Brenda Lee. **Make this Holiday Season an unforgettable experience!** Tickets include a delicious buffet dinner, dancing, and a live show including some of your favorite Christmas songs made famous by these music legends. A limited number of **discounted tickets** can be purchased through the Macomb Township Parks & Recreation. Transportation is **not** provided.

Elf the Musical

Detroit Opera House

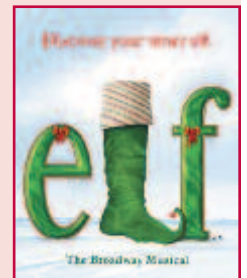
Friday, December 13, 2013

6:15pm Departure

7:30pm Show Time

Registration No. 323100-A

MTR Fee: \$37.00 NR Fee: \$42.00



One of the most beloved Hollywood holiday hits of the past decade is now a full grown Broadway!

ELF is the hilarious tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported back to the North Pole. Unaware that he is actually human, Buddy's enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. This modern day Christmas classic is sure to make everyone embrace their inner **ELF**.

The New York Times says that **ELF** is "SPLASHY, PEPPY, SUGAR-SPRINKLED HOLIDAY ENTERTAINMENT!"

Excursion departs from the Marvin Blank Senior Center, 19925 23 Mile Rd, east of Romeo Plank, at 6:15pm.

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

“Take Me Out to the Ballgame”

Mother & Son Day at Comerica Park / Detroit Tigers vs. Kansas City Royals

Sunday, September 15th / 11:15am Departure / 1:05pm Game Time / Registration No. 344102-A



MTR Fee: \$19.00 per person all ages—adults and children

NR Fee: \$24.00 per person all ages—adults and children

Moms and sons - here's your chance to spend a day enjoying an 'All American favorite pastime' together!

Fee includes roundtrip transportation by luxury motor coach, game ticket, and a commemorative mom/son photo. All kids attending will receive a free player poster and it is also Kids day at Comerica Park! Kids will have the opportunity to enjoy free rides on the carousel and ferris wheel as well as run the bases after the game (weather permitting).

We will depart at 11:15am from the Marvin Blank Senior Center located at 19925 23 Mile Rd., east of Romeo Plank. We will return to Macomb Township after the kids run the bases immediately following the game.

Do not delay! Register today at the front desk of the Macomb Township Recreation Center. Tickets sell fast and are limited.

PUNT PASS & KICK

FOOTBALL SKILLS CONTEST

Saturday, September 28

Macomb Corners Park (25 Mile Road, 1 mile east of Romeo Plank)

Registration begins at 11:00am

Competition begins at 12:00pm

Registration No. 322101-A

The official youth skills contest of the National Football League is coming to Macomb Township. This free local competition features three important aspects of the game of football (punting, passing & kicking).

The competition is open to youngsters 8-15 years of age as of December 31, 2013 with separate divisions for boys & girls competing in 8-9, 10-11, 12-13, and 14-15 years of age. Local qualifiers in each age group will advance to sectional competition.

Contest rules require that all participants provide a copy of their birth certificate at the time of registration in order to be eligible to participate.

During the competition, participants must wear regular gym shoes and cleats are not allowed. Each participant will only use the specific equipment (footballs & kicking tee) provided for this event by Macomb Township Parks & Recreation.

(Contest in conjunction with Fun & Fitness Fest - see Page 10)



SHOUT OUT!

**Congratulations to
Fallbrook Farms Subdivision**

Winner of the 2nd Annual

***Subs 4 Subs
Party Contest!***

*Thank You
Michigan Schools and Government Credit Union
for Sponsoring This Event.*

How are we doing?

**Please Visit
Parks & Recreation at:
www.macomb-mi.gov**

**Surveys located at the bottom of
Parks & Recreation Home Page**

Thank You!

3RD ANNUAL Family "FUN & FITNESS" FEST

MACOMB CORNERS PARK - PHASE II

25 Mile (1 mile east of Romeo Plank on the N side)

SATURDAY, SEPTEMBER 28th

12:00-2:00pm

Join us for a great day of Fun, Fitness & Entertainment for the whole family!



EVENT INCLUDES:

- Picnic Lunch (with Healthy Options)
- Music in the Park Motown Concert, featuring The PROLIFICS
- KidZone w/Inflatables
- Vintage Baseball Game
– Macomb Twp. Historical Commission
- 'Family Fitness Circuit Station
- 'Fun Run/Walk' (free RAFFLE ticket entry for all walker/runners)
- Kick Start Toddler Soccer (ages 2-5 years old)
- Freckle the Frog Fun Station (bring your cameras!)
- Farmer's Market Stand
- Punt, Pass & Kick Football Competition (see page 9 for registration information)
- Climbing Wall (12noon to 1:30pm)
- & More!!

PREMIER SPONSOR



AUXILIARY SPONSORS

Kennet Orthodontics
Henry Ford Macomb – Hospitals
Dick's Sporting Goods
Deneweth's Garden Center

CONTRIBUTORS

Better Made Potato Chips
Finzel's Heating & Cooling
State Farm – Aaron Seitz

HALLOWEEN HOOPLA

A Spooky, Kooky, Delightful, Frightful,
Family Friendly Costume Carnival

FRIDAY, OCTOBER 18

6:00-8:30PM

Macomb Township Recreation Center
Registration No. 344302-A (Registration for
Non-residents begins 10/1/13, space permitting.)

MTR Fee: \$5.00 NR Fee: \$10.00

Fee per person all ages-adults & children

Everyone is invited to dress-up for the best party in town! Dance the night away at "Monster Studio 54", take a stroll down our Trick or Treat Trail, get your hair & nails done at the "Freaky Hair Salon & Spa", eat at our "Caution Café", make crafts at our "BOO"-tique, get your picture taken at our "Adam's Family Portrait Studio", enjoy a magic show with funny magician Jason Magic, bouncers, games & other fun surprises!

Coolers and "outside" food are not allowed; concessions will be available for sale at the event.

Ticket sales are limited and must be purchased in advance. There will be no tickets sold at the door. Don't delay...**we sell out every year.**

Any business wishing to sponsor a table on the "Trick or Treat Trail" please email Michelle at dudam@macomb-mi.gov.

Free Family Portrait compliments of:
Shelby-Macomb
Daybreakers
Kiwanis Club



Entertainment Provided by:



Candy 4 Kids!

Donate Halloween Candy Leftovers!

Macomb Township Recreation Center



November 1-20 – We will be collecting left-over Halloween Candy for 2 special projects! Your donations of candy will help make Christmas special for 'kids in need' through 'Macomb Charitable Foundation' and for the St. John Hospital 'Christmas Store'. For more information, please call Michelle at (586) 992-2900, Ext 2908.

9th Annual HOLIDAY TREE LIGHTING & "AFTER GLOW"

Macomb Township Parks and Recreation Department cordially invites you to join us as we welcome the holiday season with our 9th Annual Holiday Lighting Ceremony. The event begins outside with caroling, a greeting from Township officials, the "Macomb Charitable Foundation" Toy Collection campaign kick-off, the arrival of "Santa" & the Tree Lighting. After the ceremony join us inside the Recreation Center for a warm festive celebration including: **Refreshments** (multiple stations), **Crafts**, **Holiday Dance Performances by MTPR dance students & Visits with Santa!** Start a "New" tradition or 'Carry on' the tradition if you are one of our many past attendees!

Mark your calendars for
**Wednesday
December 4 at 7:00pm**
in front of Township Hall for this **FREE** event!



FREE

PREMIERE SPONSORS



Auxiliary Sponsors

Eastside Endoscopy
Finzel's Heating & Cooling
GI Medicine
Macomb Orthodontics

Event Friends

Brohl's Greenhouses
Red Robin – Clinton Twp.
Empire Entertainment
St. Peter Lutheran Church & School
Macomb Twp. Fire Dept.



SANTA'S JINGLE BELL BRUNCH

(Registration Required)

Marvin Blank Senior Center • 19925 23 Mile Road (one mile east of Romeo Plank)

Saturday, December 7
9:00am – 10:30am (doors open at 8:50am)
Reg. No. 344301-A

Saturday, December 7
11:00am – 12:30pm (doors open at 10:50am)
Reg. No. 344301-B



MTR Fee: \$5.00 per person all ages-adults and children
NR Fee: \$10.00 per person all ages-adults and children

Parents, don't let your family miss this fun & festive morning with Santa as he carves out some time from his very busy schedule just for them! Santa will have a special interactive show with some of his favorite songs & stories !
Afterwards you'll have a chance to visit with Santa (remember to bring your camera) and receive a special holiday give-away! You will also enjoy making a holiday craft and a continental breakfast including pastries, fruit & juice.

Special Guest Appearance by Frosty the Snowman & Freckle the Frog in his holiday best!

Thank you to Santa's special helpers "Kiwanis Shelby-Macomb Daybreakers"

Aquatics – General Info

Macomb Township Recreation Center

SWIM TESTING

Anyone NEW to our program, wishing to enroll in Levels 1 – 4 must first participate in a REQUIRED swim test to ensure correct placement in lessons. Children should come prepared to swim. Preschool swim lessons do not require a swim test. Please refer to the class descriptions when enrolling your child in a preschool lesson.

SWIM TESTS will be conducted Monday-Friday, 6:00-9:00pm at the Macomb Township Recreation Center. No appointment necessary.

SPECIAL NOTE: Participants may be registered for only one section of swim lessons at a time. Registering for consecutive sections may result in the participant being enrolled in an inappropriate level for a later section, and cancellation may be required.

MAKE-UP SWIM LESSONS

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

If the pool is closed due to weather or maintenance, causing classes to be cancelled, a make-up class would occur on the next day in the sequence of classes after the last scheduled class date.

USE OF THE FACILITY

Participants will be allowed into the locker room facility **NO SOONER THAN 15 MINUTES** prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is available for Open Swim.

ONLINE REGISTRATION

Swim Lessons are now available to register for online. Before you can register online for any classes you must call the recreation center for you household I.D. and password. Don't forget your swim test if you are new to the program. Placing your child in the wrong level may result in being cancelled from the class.

ATTENTION AQUATICS PARTICIPANTS:

Participants will be allowed into the locker room facility no sooner than 15 minutes prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is available for Open Swim.

Aquatics Registration Information

SWIM LESSON REGISTRATION TIMETABLE

All swim lessons, including Adult and Private lessons will follow this schedule.

PARTICIPANTS MAY BE ENROLLED IN ONLY ONE CLASS AT A TIME.

Monday, August 26, Beginning at 6:00am – Sessions 1–4 are available for RESIDENT ONLINE registration.

Monday, August 26, Beginning at 12:00pm – Sessions 1–4 are available for RESIDENT registration (Online, Walk-In & Mail).

Thursday, August 29, 6:00am Sessions 1–4 available for resident and non-resident registration.

Monday, October 14, Beginning at 6:00am – Sessions 5 & 6 are available for RESIDENT registration.

Thursday, October 17, Beginning at 6:00am – Sessions 5 & 6 are available for resident and non-resident registration.

PLEASE NOTE: Participants may be enrolled in only ONE swim class at a time. Participants enrolled in multiple sessions of swim classes will be removed from all additional classes and credits will be placed on household accounts. Please register your children for only ONE swim class at a time.

MAKE-UP Swim Lessons

There will be **NO MAKE-UP CLASSES** or refunds for classes that participants are unable to attend.

**MTPR CANCELLATIONS HOTLINE
(586) 992-2909**

Shallow Water Lifeguard Training

Macomb Township Recreation Center

Registration No. 311115-A

October 14-20

Registration No. 311115-B

December 9-15

Monday/Wednesday/Friday/Sunday

4:00-9:00pm Mo/We/Fr

8:00am-5:00pm Su

MTR Fee: \$150.00 NR Fee: \$155.00

MTRC Members receive \$5.00 discount.

Class Size: Minimum 6, Maximum 10

Participant MUST be 15 years or older by the last day of class. This American Red Cross course will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies in Shallow Water Pool Facilities. Participants who successfully complete this course will receive certifications in Shallow Water Lifeguarding, First Aid, CPR and AED.



Swim Lesson Class Descriptions

Preschool Swim Lessons (6 months – 4 years)

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members Receive \$5.00 discount

Please note: Children 5 years of age & older should NOT be enrolled in the Preschool Program. Please look at the Learn-To-Swim Program for classes suitable for 5 years and above. The zero depth pool will be used minimally during the first 2 instruction times. All other classes will be instructed from the activity pool.

LEVEL A (6 months – 2 years)

Children 3 yrs & above should NOT be enrolled in this level

Parent **MUST** accompany child in the water.

Activities include: Enter/exit water safely, feel comfortable in the water, submerge, explore buoyancy on front and back, change body position in water, and learn about choosing and using life jackets. This is a class for children who **MUST** have a parent with them in the water.

LEVEL B (2 – 4 years)

Children 5 yrs & above should NOT be enrolled in this level

This is a transition class from parent to instructor. Parents will be expected to get in the water if the instructor feels it is necessary. Children in this class may be apprehensive of the water or working with a new instructor or it may be their first experience with swimming pools. Additional skills introduced will include: submerging in a rhythmic pattern, performing combined stroke on front and back.

LEVEL C (3 – 4 years)

Children 5 yrs & above should NOT be enrolled in this level

Child works independently with instructor. Parents are **NOT** allowed in the water. Child must be comfortable going underwater and be able to listen and follow directions Children will explore deeper parts of the pool. They will also begin working on combined strokes on front and back. Successful completion of Level C will aid in a smooth transition into Level 1.

Learn-To-Swim (5 – 12 years)

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members Receive \$5.00 discount

LEVEL 1 – Introduction to Water Skills

Participants will participate in activities which allow them to feel comfortable in the water and enjoy the water safely. Students will learn elementary aquatic skills such as breath control and underwater swimming, buoyancy, swimming on front and back and personal water safety. (Prerequisite: Participation in Swim Test)

LEVEL 2 – Fundamental Aquatic Skills

Participants explore simultaneous and alternating arm and leg action on the front and back. This lays the foundation for future strokes such as freestyle, backstroke and butterfly. (Prerequisite: A Learn-to-swim Level 1 certificate or demonstrated competency of Level 1 skills through a Swim Test)

LEVEL 3 – Stroke Development

Participants will learn to coordinate the front and back crawls. They will also learn elements for the butterfly and the fundamentals of treading water. (Prerequisite: A Learn-to-swim Level 2 certificate or demonstrated competency in Level 2 skills through a Swim Test)

LEVEL 4 – Stroke Improvement

Participants will improve skills and increase endurance by swimming greater distances. Elementary backstroke, Breaststroke and elements of sidestroke are introduced. (Prerequisite: A Learn-to-swim Level 3 certificate or demonstrated competency in Level 3 skills through a Swim Test)

MAKE-UP Swim Lessons

There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.



CPR & First Aid Training

Macomb Township Recreation Center

Be prepared for breathing and cardiac emergencies for people of all ages. This eight hour course teaches easy-to-learn emergency procedures to use in critical life threatening situations as well as first aid procedures. Upon successful completion of this class you will receive certifications in Adult, Child, and Infant CPR



and First Aid. (30 minutes will be allotted for lunch – bring a sack lunch or money).

MTR Fee: \$100.00 **NR Fee:** \$105.00

MTRC Members receive \$5.00 discount

Class Size: Minimum 8, Maximum 16

Session I	Days	Dates	Time
341115-A	Su	Sep 29	8:00am-4:00pm
341115-B	Su	Nov 3	8:00am-4:00pm

PRESCHOOL SWIM PROGRAMS (Ages 6 months – 4 years)

See page 13 for detailed descriptions of the classes.

NO CLASSES October 31 / There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

DATE/DAYS	LEVEL A		LEVEL B		LEVEL C	
Session 1 Mo/We Sep 9-Oct 7	10:10-10:40am 4:50-5:20pm	316007-A 316007-B	9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm	316008-A 316008-B 316008-C 316008-D	9:35-10:05am 10:45-11:15am 4:50-5:20pm	316009-A 316009-B 316009-C
Session 2 Tu/Th Sep 10-Oct 8			9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm	316008-E 316008-F 316008-G 316008-H	9:35-10:05am 10:10-10:40am 10:45-11:15am 4:50-5:20pm	316009-D 316009-E 316009-F 316009-G
Session 3 Sa Sep 21-Nov 16	9:20-9:50am 10:30-11:00am	316007-C 316007-D	8:10-8:40am 8:10-8:40am 8:45-9:15am 8:45-9:15am 9:20-9:50am 9:55-10:25am 9:55-10:25am 10:30-11:00am 11:05-11:35am 11:05-11:35am	316008-I 316008-J 316008-K 316008-L 316008-M 316008-N 316008-O 316008-P 316008-Q 316008-R	8:10-8:40am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am	316009-H 316009-I 316009-J 316009-K 316009-L 316009-M
Session 4 Su Sep 22-Nov 17	10:45-11:15am	316007-E	10:10-10:40am 10:10-10:40am 11:20-11:50am	316008-S 316008-T 316008-U	10:10-10:40am 10:45-11:15am 11:20-11:50am	316009-N 316009-O 316009-P
Session 5 Mo/We Oct 21-Nov 18	10:10-10:40am 4:50-5:20pm	316007-F 316007-G	9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm	316008-V 316008-W 316008-X 316008-Y	9:35-10:05am 10:45-11:15am 4:50-5:20pm	316009-Q 316009-R 316009-S
Session 6 Tu/Th Oct 22-Nov 21			9:00-9:30am 11:20-11:50am 4:15-4:45pm 5:25-5:55pm	316008-Z 316008-ZA 316008-ZB 316008-ZC	9:35-10:05am 10:10-10:40am 10:45-11:15am 4:50-5:20pm	316009-T 316009-U 316009-V 316009-W

LEARN-TO-SWIM PROGRAMS (Ages 5 years – 12 years)

See page 13 for detailed descriptions of the classes.

NO CLASSES October 31 / There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.

DATE/DAYS	LEVEL 1		LEVEL 2		LEVEL 3	
Session 1 Mo/We Sep 9-Oct 7	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-A 316001-AA 316001-B	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-A 316002-B 316002-C	4:15-4:45pm	316003-A
Session 2 Tu/Th Sep 10-Oct 8	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-C 316001-D 316001-E	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-D 316002-E 316002-F	4:15-4:45 pm 5:25-5:55pm	316003-B 316003-C
Session 3 Sa Sep 21-Nov 16	8:10-8:40am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am	316001-F 316001-G 316001-H 316001-I 316001-J 316001-K	8:10-8:40am 8:45-9:15am 9:20-9:50am 9:55-10:25am 10:30-11:00am 11:05-11:35am	316002-G 316002-H 316002-I 316002-J 316002-K 316002-L	8:10-8:40am 9:55-10:25am	316003-D 316003-E
Session 4 Su Sep 22-Nov 17	10:10-10:40am 10:10-10:40am 10:45-11:15am 11:20-11:50am 11:20-11:50am	316001-L 316001-M 316001-N 316001-O 316001-P	10:45-11:15am 11:20-11:50am	316002-M 316002-N	MAKE-UP Swim Lessons There will be no MAKE-UP classes or refunds for classes that participants are unable to attend.	
Session 5 Mo/We Oct 21-Nov 18	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-Q 316001-R 316001-S	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-O 316002-P 316002-Q		
Session 6 Tu/Th Oct 22-Nov 21	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316001-T 316001-U 316001-V	4:15-4:45pm 4:50-5:20pm 5:25-5:55pm	316002-R 316002-S 316002-T	4:15-4:45 pm 5:25-5:55pm	316003-G 316003-H

Additional Aquatic Programs on pages 12-13 & 15

ATTENTION AQUATICS PARTICIPANTS: Participants will be allowed into the locker room facility no sooner than 15 minutes prior to the start of your swim lesson. Participants will be allowed in the water during their swim lesson only. See Aquatic Center schedule for times the pool is available for Open Swim.

Water Aerobics

Macomb Township Recreation Center

This program combines water and weights for a thorough cross training experience. This class caters to all fitness levels. It's a great program for anyone and is particularly suited to those who experience minor joint, knee or back problems.



Punch cards will be picked up at the Front Desk the first day of class. Card must be turned in to the Check-in desk for admittance into the building. Cards will be punched during class and available for pick up on the pool deck after class. Participants will be allowed into the facility no sooner than 30 minutes prior to your class start.

Two-day per week class:

MTR Fee: \$62.00 **NR Fee:** \$67.00

14 Punch MTRC Member Discount: \$5.00

One-day per week class:

MTR Fee: \$31.00 **NR Fee:** \$36.00

7 Punch MTRC Member Discount: \$2.50

Class Size: Minimum 10, Maximum 25

Session 1	Days	Dates	Time
321319-A	Mo/We	Sep 9-Oct 23	9:00-10:00am
321319-B	Tu/Th	Sep 10-Oct 24	9:00-10:00am
321319-C	Tu/Th	Sep 10-Oct 24	6:00-7:00pm
321319-D	One day per week		

Registration Deadline: September 6, 2013 @ 12:00pm

Late Fee: \$10.00 per class

Session 2	Days	Dates	Time
321319-E	Mo/We	Oct 28-Dec 16	9:00-10:00am
321319-F	Tu/Th	Oct 29-Dec 17	9:00-10:00am
321319-G	Tu/Th	Oct 29-Dec 17	6:00-7:00pm
321319-H	One day per week		

Registration Deadline: October 25, 2013 @ 12:00pm

Late Fee: \$10.00 per class

If Drop-In classes are available between Session 1 & 2 schedules will be available at the front desk. Punch cards MAY NOT be used for these classes.

See Aquatics General Information for Make-up Policy.

Adult & Private Swim Lessons

Macomb Township Recreation Center

Participants will discuss their goals for this class with the instructor prior to beginning class. Instructor will cater the lesson to meet your goals. Pairing of students is not provided by MTPR for Semi-Private lessons and must be registered at the same time. There will be no make-up classes or refunds for classes that participants are unable to attend.

Please refer to the Swim Lesson Timeline for registration dates for each session on page 12.

Adult & Private Lessons

MTR Fee: \$95.00 **NR Fee:** \$100.00

MTRC Members receive \$5.00 discount

Semi Private Lessons (i.e., Sibling, Friend of same skill level)

MTR Fee: \$75.00 per person **NR Fee:** \$80.00 per person

MTRC Members receive \$5.00 discount

NOTE: When enrolling for Semi Private Lessons, enroll the first person. Leave a Roster Note with the Second person's name. They will be enrolled by office staff and you will be contacted to pay the balance.

Session 1	Days	Dates	Time
326001-A	Mo/We	Sep 9-Oct 7	6:00-6:30pm
326001-B	Mo/We	Sep 9-Oct 7	6:35-7:05pm
326001-C	Mo/We	Sep 9-Oct 7	7:10-7:40pm
326001-D	Mo/We	Sep 9-Oct 7	7:45-8:15pm
326001-E	Mo/We	Sep 9-Oct 7	8:20-8:50pm
Session 2	Days	Dates	Time
326001-F	Tu/Th	Sep 10-Oct 8	7:00-7:30pm
326001-G	Tu/Th	Sep 10-Oct 8	7:35-8:05pm
326001-H	Tu/Th	Sep 10-Oct 8	8:10-8:40pm
Session 5	Days	Dates	Time
326001-I	Mo/We	Oct 21-Nov 18	6:00-6:30pm
326001-J	Mo/We	Oct 21-Nov 18	6:35-7:05pm
326001-K	Mo/We	Oct 21-Nov 18	7:10-7:40pm
326001-L	Mo/We	Oct 21-Nov 18	7:45-8:15pm
326001-M	Mo/We	Oct 21-Nov 18	8:20-8:50pm
Session 6	Days	Dates	Time
326001-N	Tu/Th	Oct 22-Nov 21	7:00-7:30pm
326001-O	Tu/Th	Oct 22-Nov 21	7:35-8:05pm
326001-P	Tu/Th	Oct 22-Nov 21	8:10-8:40pm

No Classes 10/31

Level 4 Swim Lessons

Macomb Township Recreation Center

Please read the descriptions and details for these lessons above. Swim Tests will be required for these classes if your child has not already participated in our swim program in the past.

There will be no make-up classes or refunds for classes that participants are unable to attend.

Please refer to the Swim Lesson Timeline for registration dates for each session on page 12.

MTR Fee: \$50.00 **NR Fee:** \$55.00

MTRC Members receive \$5.00 discount

Session 1	Days	Dates	Time
316004-A	Mo/We	Sep 9-Oct 7	5:25-5:55pm
Session 2	Days	Dates	Time
316004-B	Tu/Th	Sep 10-Oct 8	4:50-5:20pm
Session 3	Days	Dates	Time
316004-C	Sa	Sep 21-Nov 16	8:45-9:15am
316004-D	Sa	Sep 21-Nov 16	11:05-11:35am
Session 5	Days	Dates	Time
316004-E	Mo/We	Oct 21-Nov 18	5:25-5:55pm
Session 6	Days	Dates	Time
316004-F	Tu/Th	Oct 22-Nov 21	4:50-5:20pm

No Classes 10/31

Senior Cards & Camaraderie

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (1 mile east of Romeo Plank)



Check-In: 12:45pm with Play Beginning at 1:00pm
MTR Fee: \$1.00 **NR Fee:** \$2.00

Call (586) 992-2900, ext. 0 to register and pay at the door.
Registration Deadline is one week before the party.

334000-A	Fr	Sep 27	12:45pm
334000-B	Fr	Oct 25	12:45pm
334000-C	Fr	Nov 22	12:45pm
334000-D	Fr	Dec 20	12:45pm

(Note: Dec. special date due to the holiday)

Come join us on the fourth Friday of the month for an afternoon of Senior fun and fellowship! Enjoy the company of friends during this afternoon of card playing and socializing.

In addition to a variety of card games including Pinochle, and Euchre, "Mexican Train", a domino-like game, and Bunco, a dice game, will also be available.. Have fun playing old favorites or learn something new!

Refreshments and snacks are included in fee.

Chicks with Sticks

Knitting & Crochet Group for Seniors 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Please join us every Thursday from 10:00am-12:30pm to knit & crochet. Your level of experience does not matter – this group is for both the beginner and the experienced. It is a great opportunity to meet new people and share your talents. We ask that you bring all your own supplies. Yarn and needles are available for practice.

MTR Fee: \$10.00 **NR Fee:** \$15.00

Session	Day	Dates	Time
334000-E	Th	Sep 12-Dec 19	10:00a-12:30p

No meeting Nov 28

Fun and Games Senior Luncheon

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Enjoy a delicious pizza and salad lunch and stay for a fun game or two afterwards. Each month after finishing lunch, we will play a different friendly game. Sharpen your mind and body with these fun and mildly challenging activities that everyone can play or watch, that may include word games, Bingo, and Wii bowling. Please register by the day before to assure that we have enough lunch for everyone attending!



Wednesdays	11:30am-1:00pm
334000-J	Sep 18
334000-K	Oct 16
334000-L	Nov 20

MTR Fee: \$5.00 **NR Fee:** \$10.00

Senior Matinee

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (1 mile east of Romeo Plank)



Come spend the afternoon with us as we transform the Senior Center into a movie theater! Each movie shown will be a "Newer Release," please check our monthly senior calendar posted on our website: www.macomb-mi.gov to find out which movie we will be showing on the big screen. The registration fee is for related refreshment costs.

Wednesdays	12:30-2:30pm	
334000-F	Sep 11	"Safe Haven"
334000-G	Oct 9	"42"
334000-H	Nov 13	TBA
334000-I	Dec 11	TBA

Please call (586) 992-2900, ext. 0 to register, and pay at the door the day of the event.

MTR Fee: \$1.00 **NR Fee:** \$2.00

Movie donated by Blockbuster (21 Mile & Card Rd)

Detroit Institute of Arts Senior Trip

Friday, September 20
9:00am-3:00pm

Departure: Marvin Blank Senior Center 9:00am
Registration No. 334000-M

Maximum 65

Macomb Township Parks and Recreation is pleased to announce this free trip courtesy of the DIA that includes entrance and



transportation to and from the museum. We will leave by motor coach from the Marvin Blank Senior Center at 9:00am for the approximately one hour ride to the Detroit Institute of Arts. Upon arrival we will attend a complimentary welcome reception of beverages and cookies. Following the reception a DIA volunteer guide will provide us with a detailed explanation of one of the many galleries (chosen by the DIA guide). Lunch is on your own at the Café within the DIA (cost approx. \$10-15). After lunch free time on your own to explore the Museum until our departure at 2:00pm for the return trip to the Senior Center. Space is limited on this very special trip and is, first come, first serve.

FRIENDLY REMINDER...

Nothing ruins a good program quicker than everyone waiting until the last minute to register!

Please register early to ensure that the program will run.



Identity Theft Presentation



Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Wednesday, November 20
10:00-11:00am
Registration No. 334000-N

Class size: Minimum 10

Don't miss this valuable presentation on how to avoid falling victim to the fastest growing crime in America and information on what to do if you do become a victim!

The State of Michigan Attorney General's Consumer Protection Division has developed the Senior Brigade program which provides valuable information to Michigan seniors and their families. This 30 minute live presentation is one in a series that highlights scams, what they are, how they work, and what to do to avoid them.

After the presentation, the senior monthly luncheon will begin at 11:30. Please call to register separately if you plan to stay and attend the luncheon.

Macomb Center for the Performing Arts Presents: "The Macomers Fall Extravaganza"

Macomb Center for the Performing Arts
44575 Garfield Rd. Clinton Twp., MI 48038

Sunday, November 24 – 3:00pm
Registration No. 334000-R

MTR Fee: \$14.00

"From Broadway to Pop, come experience the music of the Macomers". The Macomers are one of the finest show choirs in the state and have received rave reviews. The 12-18 member group performs dozens of shows per year and has appeared with professional performers such as The Chieftains, Neil Sedaka, Judy Collins, Marvin Hamlisch and Tom Jones. Seats are 10th row, center section.

Tickets are discounted and transportation is on your own. Meet at the Macomb Center approximately one hour prior to show.

Senior Ice Cream Social



Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Monday, September 16
6:00pm-8:00pm
Registration No. 334000-O

(Open to the first 80 registrants)

MTR Fee: \$1.00 **NR Fee:** \$2.00



Our own Marvin Blank Senior Center is the site of this delicious get together! Join us for ice cream and yummy toppings, and to get acquainted with our Senior Center and see what we have to offer! Learn about activities, special presentations, monthly movies, card playing days and our "Chicks with Sticks" social service group! In addition, a question and answer period allows us to get feedback for future programming ideas at the Senior Center.

Sponsored by Lee-Ellena Funeral Home

Holiday Potluck Luncheon

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Wednesday, December 4
11:00am-1:00pm
Registration No. 334000-P

MTR Fee: \$1.00 **NR Fee:** \$2.00

Celebrate the season at our holiday potluck luncheon! If you are not familiar with our Senior Center (and even if you are!) come and find out what it is all about! Here is a chance to meet old and new friends and enjoy a delicious lunch. Bring your favorite dish to share, beverages will be provided.

Senior Lunch Bunch

Center Stage Restaurant

Macomb Culinary Institute at
Macomb Community College
Lorenzo Cultural Center
44575 Garfield Rd.
Clinton Twp., MI 48038



Tuesday, October 22
11:30am-1:00pm
Registration No. 334000-S

Cost: \$14.00 (Pay at the Restaurant)

The Macomb Culinary Institute has an award winning Culinary Arts Competition Team that has won many awards both locally and nationally. This premier culinary school hosts the Center Stage Restaurant on select days with a varied menu that features the cuisine of Europe, the Middle East, and the Caribbean.

Our menu will feature an appetizer, soup, salad, entrée, and dessert. Beverages are a la Carte.

Transportation is on your own, meet at the Restaurant (enter through the Lorenzo Cultural Center) at 11:15.

Tip not included.

FREE Blood Pressure Checks

3rd Tuesday of the Month

Immediately following
CareLink Health & Wellness Lecture

Marvin Blank Senior Center

Provided by St. John Providence Health System



Health & Wellness Lectures For Those "55 or Better"

FREE

Sponsored by St. John Providence Health System's CareLink in partnership with Macomb Township Parks and Recreation

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Pre-registration recommended ensuring availability of adequate refreshments and handouts. To pre-register, call 586-992-2900.

Class size: Maximum 50

COPING WITH ARTHRITIS

Tuesday, September 17
10:00-11:00am
Registration No. 341512-D



Learn how to manage the pain, reduce associated risks, protect your joints and possibly slow the progression of arthritis. Refreshments provided. Free blood pressure screening following lecture.

Presenter: Mary Audia-Vallier, OTR/L, Occupational Therapist and Certified Arthritis Instruct, St. John Hospital and Medical Center

DIABESITY – THE NEW EPIDEMIC

Tuesday, October 15
10:00-11:00am
Registration No. 341512-E



Diabetes and obesity are rising at epidemic rates across the nation. Find out how the two are linked and ways to make simple lifestyle changes to reverse this trend, (includes an explanation of metabolic syndrome). Free blood pressure screening following lecture.

Presenter: Suzanne Povinelli, RN, CDE, Faith Community Coordinator, St. John Community Health

HYPERTENSION

Tuesday, November 19
10:00-11:00am
Registration No. 341512-F



Learn some of the causes of high blood pressure. Learn about common medicine and dietary changes that can help you keep it under control. Free blood pressure screening following lecture.

Presenter: Elizabeth Hamilton, DO, Internist on staff at St. John Macomb-Oakland Hospital

Thursday Morning Senior Exercise

Ages 55 & Up

Marvin Blank Senior Center
19925 23 Mile Rd. (one mile east of Romeo Plank)

Session	Day	Dates	Time
334000-Q	Th	Sep 12-Dec 19	8:30-9:30am
No meeting Nov 28			

Badminton Play

Macomb Township Recreation Center
Tuesdays, 6:00-11:00am

Seniors come play during open badminton every Tuesday morning!

**This program is free for members.*



Senior Pickle Ball

Macomb Township Recreation Center

Mondays & Wednesdays (4 Courts)

6:00am-2:00pm Senior
2:00-4:00pm Open Play

Fridays (2 Courts)

6:00am-2:00pm Senior
2:00-4:00pm Open Play

A very popular sport, with an unlikely name, has found its way to Macomb Township! Pickle Ball is a sport described as "a combination of ping-pong, tennis, and badminton". Smaller than a Tennis game- larger than a Table Tennis game- Pickle Ball is played on badminton size court. Played with a paddle and a wiffle ball, this game is a lot of fun whether you are a beginner or a more advanced player.



Beginner Instructions

No equipment needed for beginner participants!

Call the Recreation Center to set up an appointment for Beginner Instructions. We have many Pickle Ball volunteers ready and willing to introduce the game to anyone interested in participating. (586) 992-2900 ext. 2907.

'Senior Tuesday Morning Walk & Talk'

Macomb Corners Park – Phase II (east side)
25 Mile Rd (1 mile East of Romeo Plank)

FREE

The cool, crisp fall days are perfect for walking! Meet at the starting point of the walking trail on Tuesday mornings at 9am with your coffee and socialize before heading on to our beautiful 1-mile paved path for some great exercise & fellowship! This is a great opportunity to gather with friends or meet new people while promoting a healthy lifestyle!

This FREE (unsupervised) group activity runs through the fall months weather permitting! HAPPY WALKING/TALKING!

(Starts Tuesday, September 10)

MTR Fee: \$1.00 NR Fee: \$2.00

Get up and get going! What a great way to start your day! Regular exercise makes you feel better as well providing health benefits such as increasing strength, mobility and endurance

This new program makes use of several exercise videos, including chair exercise, geared toward seniors. Work out at your own pace. Bring weights if you prefer a more strenuous workout with greater resistance.

Forever Fit

"It's never too late to start feeling great!"

Macomb Township Recreation Center

Easy to follow exercises for all fitness levels ages 55 & over. This class emphasizes strengthening and stretching the body to help build bone density and balance. The joint friendly movements help reduce the risks of many age-related conditions.

MTR Fee: \$55.00 **NR Fee:** \$60.00 (\$10 late fee)

MTRC Members receive \$5.00 discount

Session I	Days	Dates	Time
331309-A	Tu/Th	Sep 10-Oct 24	9:00-10:00am
Session II	Days	Dates	Time
331309-B	Tu/Th	Oct 29-Dec 19	9:00-10:00am

(No Class Nov 28)

Body Shred



Macomb Township Recreation Center

Body Shred is a fat-blasting, total body workout designed to help you lose pounds and get absolutely SHREDDED fast! This workout blends kickboxing with intervals & weight training in order to get you in incredible shape while have fun doing it. Offering everything from intermediate to advanced for the athlete looking for a challenge.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Day	Dates	Time
321315-A	Tu	Sep 10-Oct 22	10:00-11:00am
321315-B	We	Sep 11-Oct 23	7:45-8:45pm
Session II	Day	Dates	Time
321315-C	Tu	Oct 29-Dec 10	10:00-11:00am
321315-D	We	Oct 30-Dec 18	7:45-8:45pm

(No Class Dec 4)

Whipped – Battle Rope Training

Macomb Township Recreation Center

Taught by CPT Lisa Cipriano

Bring out the athlete in yourself. Battle ropes are the latest and greatest in training and conditioning. This one hour, total body, high intensity workout will definitely get you WHIPPED into shape. Every class is different and guaranteed to leave you whipped when you leave. All fitness levels are welcome.

MTR Fee: \$57.00 **NR Fee:** \$62.00

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Times
321322-A	Fr	Sep 13-Oct 25	6:30-7:30pm
321322-B	Su	Sep 15-Oct 27	11:00am-12:00pm
Session II	Days	Dates	Times
321322-C	Fr	Nov 1-Dec 20	6:30-7:30pm
321322-D	Su	Nov 3-Dec 22	11:00am-12:00pm

(No class Friday Nov 29 or Sunday Dec 1)

Aerobic Class Policies

Late Registration Fee – Participants who register after the registration date will be assessed a late fee per class. Mail-in registrations postmarked on or before these dates will not be assessed this fee.

****NEW** MTRC MEMBER DISCOUNT POLICY:**

Members are not eligible for discount once the registration deadline has passed.

14 Punch Discount: \$5.00

7 Punch Discount: \$2.50

Late Fee: \$10.00 per class

Registration Deadline:

Session I: 12:00pm, **Friday, September 6, 2013**

Session II: 12:00pm, **Friday, October 25, 2013**

Late registration fee will be assessed to all registering participants after the above indicated dates.

Participants who are currently registered, who wish to register for an additional card during session for the same priced class, will not be assessed the late fee.

Barre

Macomb Township Recreation Center

BARRE – It's here, Pilates meets Ballet! This work out serves up toning exercises for the entire body. Sculpt your arms, abs, legs and derriere with relevés, pliés and a whole lot of attitude. No tutus or dance experience required.



MTR Fee: \$57.00

NR Fee:

\$62.00 (\$10 Late Fee)

MTRC Members Receive \$2.50 discount

Session I	Days	Dates	Time
321320-C	Mo	Sep 9-Oct 21	7:30-8:30pm
Session II	Days	Dates	Time
321320-D	Mo	Oct 28-Dec 9	7:30-8:30pm



Macomb Township Recreation Center

Are you ready to get INSANE RESULTS?

You've seen it on TV, now experience it LIVE!

Taught by a certified "INSANITY" instructor who will push you past your limits with plyometric drills, non-stop intervals of strength, power, resistance, and core exercises. You will perform long bursts of maximum-intensity exercises with short periods of rest. This class will keep you challenged, the result: burn up to 1000 calories, build lean muscle and get INSANE RESULTS!

MTR Fee: \$56.00 **NR Fee:** \$61.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321316-A	Th	Sep 12-Oct 24	7:00-7:50pm
Session II	Days	Dates	Time
321316-B	Th	Oct 31-Dec 19	7:00-7:50pm

(No Class Nov 28)

HIIT High Intensity Interval Training

Macomb Township Recreation Center

Push yourself to the limit with High Intensity Interval Training. Don't let the time fool you! This 30 minute fat blasting class will get your heart pumping to burn total body fat while NEVER getting bored. Plyometric boxes, TRX, jump rope, kettle bells & more are some of the equipment being used.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session	Day	Dates	Time
321317-K	Fr	Sep 13-Oct 25	9:30-10:00am
Session II	Days	Dates	Time
321317-L	Fr	Nov 1-Dec 20 (No Class Nov 29)	9:30-10:00am

Turbo Jam (Cardio Kickboxing)

Macomb Township Recreation Center

Get ready for this ultimate cardio, kickboxing and body-sculpting workout! Kick, jab & sweat your way through this class. You will learn boxing moves with drills to keep the sweat flying, the heart pumping and energy growing. Please bring mat and weights to class.



MTR Fee: \$31.00 **NR Fee:** \$36.00
(\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321301-A	Th	Sep 12-Oct 24	9:45-10:45am
321301-B	Th	Sep 12-Oct 24	7:00-8:00pm
Session II	Days	Dates	Time
321301-C	Th	Oct 31-Dec 19	9:45-10:45am
321301-D	Th	Oct 31-Dec 19 (No Class Nov 28)	7:00-8:00pm

Strength & Tone

Macomb Township Recreation Center

This non-impact, toning and shaping class utilizes light weights. It's motivating and sure to tone every square inch of your body. A simple, easy to follow workout to help you build bone density, increase your metabolism & create more lean muscle. This is a great class for all fitness levels. Please bring mat & weights to class.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Day	Dates	Time
321320-A	Th	Sep 12-Oct 24	10:15-11:15am
Session II	Day	Dates	Time
321320-B	Th	Oct 31-Dec 19 (No Class Nov 28)	10:15-11:15am

Please bring your own
MATS and **RUBBER COATED WEIGHTS**
to all fitness classes that require them.

Interval Training (Cardio & Weights Combo)

Macomb Township Recreation Center

Burn fat with a cardio & weight training workout that alternates segments of cardio with segments of weight training. This class will get your heart pumping and your muscles screaming. These are simple, yet challenging moves that



will maximize your calorie burning by raising and lowering your heart rate. Please bring mat and weights to class.

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee)

One Day/Week Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount (Mo/Wed)

MTRC Members receive \$2.50 discount (One Day)

Session I	Days	Dates	Time
321314-A	Mo/We	Sep 9-Oct 23	9:30-10:30am
321314-B	One Day		
Session II	Days	Dates	Time
321314-C	Mo/We	Oct 28-Dec 16	9:30-10:30am
321314-D	One Day		

(No Class Dec 4)

Circuit Blast

Macomb Township Recreation Center

Jump from station to station for an intense calorie burning and strength training workout! We'll use medicine balls, bosus, bands, TRX, bar bells and more. You will leave sweating and shredding those unwanted pounds. Get maximum results with this class. All fitness levels are welcome. Please bring a mat to class.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321328-A	Tu	Sep 10-Oct 22	9:30-10:30am
321328-B	Tu	Sep 10-Oct 22	7:00-8:00pm
Session II	Days	Dates	Time
321328-C	Tu	Oct 29-Dec 10	9:30-10:30am
321328-D	Tu	Oct 29-Dec 10	7:00-8:00pm

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

Super Saturday Cardio Fusion

Macomb Township Recreation Center

Get ready for this ultimate cardio & body-sculpting workout. It's time to tighten and tone every inch of your body with this fat blasting workout. Please bring mat and weights to class.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321305-A	Sa	Sep 14-Oct 26	9:00-10:00am

Session II	Days	Dates	Time
321305-B	Sa	Nov 2-Dec 21	9:00-10:00am
<i>(No Class Nov 30)</i>			

Cardio Mix-Friday Mornings, Too!

Macomb Township Recreation Center

This is a challenging workout with a mixture of cardio, kickboxing, interval training, and total body-sculpting. You will get maximum results with this class. Please bring mat and weights to class.

MTR Fee: \$62.00 **NR Fee:** \$67.00 (\$10 late fee)

One Day Only MTR Fee: \$31.00 **NR Fee:** \$36.00

MTRC Members receive \$5.00 discount (Mo/We)

MTRC Members receive \$2.50 discount (One Day)

Session I	Days	Dates	Time
321313-A	Mo/We	Sep 9-Oct 23	6:30-7:30pm

321313-B	One Day		
321313-C	Fr	Sep 13-Oct 25	9:30-10:30am

Session II	Days	Dates	Time
321313-D	Mo/We	Oct 28-Dec 16	6:30-7:30pm

321313-E	One Day		
321313-F	Fr	Nov 1-Dec 20	9:30-10:30am

(No Class Nov 29)

TEAM ANGELS

Gentle Fitness Class/Support Group for Female Cancer Patients/Survivors

Macomb Township Recreation Center

Join us for a unique half hour gentle fitness class focusing on the needs of female cancer patients and survivors. This class is appropriate for those who are in treatment as the pace will be left up to you and your comfort level. After class, join us for a short support group to share your experiences of being diagnosed with cancer. Don't wait for more energy or a brighter day, get out there and make it happen. You'll be glad you did!

*Please consult with your doctor before attending this class to ensure it is safe for you to attend.

MTR Fee: \$31.00 **NR Fee:** \$36.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321321-A	Mo	Sep 9-Oct 21	6:00-7:00pm



Boot Camp – AM & PM

Macomb Township Recreation Center

Get in the best shape of your life with this high energy challenging total body workout. Give it your all and you will burn between 400-800 calories per workout. We incorporate strength/core training, cardio, plyometric, body weight exercises, along with speed and agility. We'll use medicine balls, agility ladders, bosus, bands, bar bells and more. You'll get leaner and stronger as you shed the fat and build muscle. This class is challenging and geared for people who want real results fast! Please bring mat and weights to class.

MTR Fee: \$107.00 **NR Fee:** \$112.00 (\$10 late fee)

One Day Only MTR Fee: \$56.00 **NR Fee:** \$61.00

MTRC Members receive \$5.00 discount (Mo/We)

MTRC Members receive \$2.50 discount (One Day)

Session I	Days	Dates	Time
321317-A	Mo/We	Sep 9-Oct 23	9:30-10:30am
321317-B	Mo/We	Sep 9-Oct 23	6:30-7:30pm
321317-C	One Day		

(No Class May 27)

Session II	Days	Dates	Time
321317-D	Mo/We	Oct 28-Dec 16	9:30-10:30am
321317-E	Mo/We	Oct 28-Dec 16	6:30-7:30pm
321317-F	One Day		

(No Class Dec 4)

Beginners Boot Camp

Macomb Township Recreation Center

Same description as Boot Camp: Modifications will be made for every fitness level.

MTR Fee: \$107.00 **NR Fee:** \$112.00 (\$10 late fee)

One Day Only MTR Fee: \$56.00 **NR Fee:** \$61.00

MTRC Members receive \$5.00 discount (Mo/We)

MTRC Members receive \$2.50 discount (One Day)

Session I	Days	Dates	Time
321317-G	Mo/We	Sept 9-Oct 23	7:30-8:30pm
321317-H	One Day		

Session II	Days	Dates	Time
321317-I	Mo/We	Oct 28-Dec 16	7:30-8:30pm
321317-J	One Day		

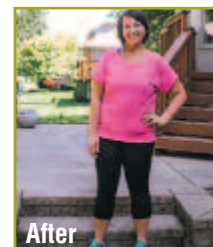
(No Class Dec 4)

MTRC Before & After Spotlight

Kortney Lane – Macomb Township Recreation Center Member



Before



After

Kortney Lane decided to meet with Personal Trainer Maria Marino 1 year ago to find out the most effective way to lose

weight and keep it off permanently. Kortney has lost a total of 150 lbs and her new life has been impacted by exercise, nutrition and healthy living. *Congratulations Kortney!*

Yoga for Healthy Backs

Macomb Township Recreation Center

In this yoga class, we utilize alignment, breath and mindfulness into yoga poses, to reduce injuries, increase length in the spine, and relieve back pain. This class provides toning and strengthening of the body, developing a flexible spine, clarity, the ability to focus and greater self-awareness. Please remember to bring a yoga mat and be prepared to practice in bare feet. All yoga levels are welcome.

MTR Fee: \$56.00 **NR Fee:** \$61.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321303-A	We	Sep 11-Oct 23	6:30-7:30pm
Session II	Days	Dates	Time
321303-B	We	Oct 30-Dec 18	6:30-7:30pm
<i>(No Class Dec 4)</i>			

NEW

Yoga Basics: Strength & Flexibility

Macomb Township Recreation Center

This class is appropriate for beginners or those seeking to refine and master the fundamentals.

You will learn to build a strong foundation of Yoga postures and explore principles of alignment, breath and mindfulness. Students are encouraged to work within their own unique ability and limitations. Please remember to bring a yoga mat and be prepared to practice in bare feet. All yoga levels are welcome.

MTR Fee: \$56.00 **NR Fee:** \$61.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321303-C	Mo	Sep 9-Oct 21	9:30-10:30am
Session II	Days	Dates	Time
321303-D	Mo	Oct 28-Dec 9	9:30-10:30am

NEW

Yoga for Weight Loss

This is an intermediate yoga class for using slow stretches, muscle control, and flowing sequences to raise heart rate and metabolism. Change the way you use your breath to calm the body and the mind. Obtain flexibility, core strength, muscle endurance, and a more peaceful mind on and off the mat.

MTR Fee: \$56.00 **NR Fee:** \$61.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321306-A	Tu	Sep 10-Oct 22	6:00-7:00pm
321306-B	Fr	Sep 13-Oct 25	9:30-10:30am
Session II	Days	Dates	Time
321306-C	Tu	Oct 29-Dec 10	6:00-7:00pm
321306-D	Fr	Nov 1-Dec 20	9:30-10:30am
<i>(No Class Nov 28)</i>			



TRIAL MEMBERSHIPS DO NOT QUALIFY FOR MEMBERSHIP DISCOUNT

First Time Half Marathoners

(ALL Levels)

This educational course offers many tools including individualized training schedules, nutrition, strength training, mental preparation and more. Designed to take a 5K runner & train them safely to actually participate & finish a half marathon. You will be given a run assignment to follow during the week. Classes will consist of a seminar topic, body weight strength training, a 30 minute group run/walk, and stretching. A motivated and experienced professional will gradually increase your endurance & your fitness level. Let us help motivate and inspire you.



MTR Fee: \$45.00 **NR Fee:** \$50.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Session I	Days	Dates	Time
321317-M	Mo	Sep 9-Oct 21	7:00-8:00pm

Nutrition/Fitness Workshop

Learn to lose weight & keep it off—for life

Macomb Township Recreation Center

Not seeing results? Get the facts before you waste any more of your time & effort. Let us help you lose body fat, burn calories, build muscle and keep it off forever! Achieve your weight-loss goals by learning exercise techniques and be informed on what to eat before & after your workouts. In this workshop you will learn how to make small, but significant changes in your eating habits to lose weight and keep it off. You will leave feeling motivated and ready to exercise your way into a healthy lifestyle. Meet Kortney Lane our Before & After Spotlight and Macomb Recreation Center Member who recently lost 150lbs! Class is taught by personal trainer Maria Marino.

One Day Class

MTR Fee: \$12.00 **NR Fee:** \$17.00

MTRC Members receive \$5.00 discount

Session	Day	Dates	Time
321309-A	Th	Oct 17	7:00-8:30pm

NEW

Please bring your own **MATS** and **RUBBER COATED WEIGHTS** to all fitness classes that require them.

PERSONAL TRAINERS AND TRAINING PROGRAMS

MEET YOUR PERSONAL TRAINERS

MARIA MARINO has developed programs for the community over the past 26 years. Because of the excellent results of improved health, increased energy, muscle, and metabolism along with weight loss achieved by all of her committed clients, she believes that exercise is a way of life! Let Maria show you how to live a healthy lifestyle.



 **MariaMarinosFitnessPros**

LISA CIPRIANO is not only a personal trainer but also teaches our popular boot camp classes. She enjoys working with all ages and abilities from beginner to the athlete. Lisa believes training sessions should be challenging, fun and rewarding. Her specialties are strength and endurance training, sports enhancement training and nutrition. Lisa will provide motivation and inspiration to help you reach your goals.



MTPR CANCELLATIONS HOTLINE
(586) 992-2909

Sports Enhancement Training

Team or Individual (14-18 years of age)

Whether you are an athletic team or an individual athlete, our Sports Enhancement Training Program is designed to produce an effective off-season and in-season training program. The program provides athletes with strength, core, agility, speed, and plyometric training. A personal trainer will tailor the training program to meet your specific goals, overcome plateaus and prepare you for competition. Call to set up an appointment that fits your schedule. Groups of 3 or more must sign up together to get the discount.

6 – 1 Hour Session Rates:

Individual Athlete:\$180.00
Semi-Private:\$240.00
Groups (3) or more\$66.00 per person

Personal Training (1-2 People)

Private & Semi-Private Personal Training with our Certified and Highly Knowledgeable Trainers.

Members / Residents:

1 Hour Private Lesson\$50.00 per hr.
1 Hour Semi-Private (2 Person)\$70.00 per hr.

Non-Residents:

1 Hour Private Lesson\$70.00 per hr.
1 Hour Semi-Private (2 Person)\$90.00 per hr.

Multiple Training package plans are available.

For further information and to sign-up for personal training, please call or visit the Front Desk.

- Payment for personal training must be made at the front desk upon arrival.
- 24 hr. advanced notification is required for cancellations or to reschedule.
- All personal training sessions are non-refundable.

Personal Group Training Class (6-10 People)

Group personal training consists of a group of 6 to 10 participants. This class offers you the benefits of having your own trainer at a fraction of the cost of private training. A personal trainer will guide you through a challenging, full body weight/cardio workout that will get you in the best shape of your life. Guaranteed to boost your metabolism, you'll be surrounded by people just like you who want to make dramatic changes in their physical and mental well-being.

MTR Fee: \$90.00 **NR Fee:** \$95.00 (\$10 late fee)

MTRC Members receive \$2.50 discount

Class Size: Minimum 6 / Maximum 10

Session I	Days	Dates	Time
321317-N	Fr	Sep 13-Oct 25	9:30-10:30am

Session II	Days	Dates	Time
321317-0	Fr	Nov 1-Dec 20	9:30-10:30am

(No Class Nov 29)

Personal Training, Small Group (3-6 people)

Train with friends, family, neighbors or co-workers!

Start your own group or join a group. We offer small group training for 3 to 6 participants. Small group personal training offers you the benefits of having your own trainer at a fraction of the cost of private training. Let a personal trainer lead you through a challenging, full body weight workout that will get you in the best shape of your life. Please contact Personal Trainer Maria Marino to set up your appointments. Morning and evening appointments are available.

3-6 People — must sign up as a group.

Class Cost: \$120 per person
6 weeks, one day per week

Fall Tennis at Mae Stecker Park and Winter Indoor Tennis at the Rec Center

Serving Up the Best Programs!

Macomb Township Parks & Recreation (MTRC) & Mae Stecker Park (MSP)

Director of Tennis Programs – Bill McGarry, is a certified tennis

professional through the USPTA and has over 25 years of teaching experience. He played collegiately at the University of Michigan.

Please bring racquet and water to class.

Make-up policy: Make-ups are allowed on a 24 hour advanced notice in another class of the same level during the same session.



Pee Wee (4-7yrs)

Forehand, backhand, volley, overhead, and serve will all be introduced which will aid in developing gross motor skills. Our philosophy is to challenge the student through the use of movement, while beginning the opportunity to rally. **No classes Nov 29-Dec 1.**

Session	Days	Dates	Time	MTR Fee	NR Fee	Location
311107-A	Mo,We	Sep 4-Oct 9	4:30-5:30pm	\$165	\$170	MSP
311107-B	Sa	Sep 7-Oct 12	10:00-11:00am	\$90	\$95	MSP
311107-C	Fr	Nov 1-Dec 20	6:00-7:00pm	\$105	\$110	MTRC
311107-D	Su	Oct 27-Dec 22	3:00-4:00pm	\$120	\$125	MTRC

Youth Beginner/Advanced Beginner (8-15yrs)

All basic strokes will be taught with emphasis on correct grips and form to produce the muscle memory required to progress rapidly. Drop feeds and rallying will begin at this level as well as competitive contests and games. **No classes Nov 29-Dec 1.**

Session	Days	Dates	Time	MTR Fee	NR Fee	Location
311108-A	Mo,We	Sep 4-Oct 9	5:30-7:00pm	\$245	\$250	MSP
311108-B	Sa	Sep 7-Oct 12	11:00-12:30pm	\$135	\$140	MSP
311108-C	Fr	Nov 1-Dec 20	4:30-6:00pm	\$155	\$160	MTRC
311108-D	Su	Oct 27-Dec 22	4:00-5:30pm	\$180	\$185	MTRC

Junior Academy (6-11yrs)

This group is for students who have been in our program previously and are ready for a greater challenge. Rallying, movement with varying heights and depths of balls with increased movement while adding more competitive games in a fun and challenging environment. **No classes Nov 29-Dec 1.**

Session	Days	Dates	Time	MTR Fee	NR Fee	Location
311108-E	Sa	Sep 7-Oct 12	9:00-11:00am	\$180	\$185	MSP
311108-F	Su	Oct 27-Dec 22	1:30-3:00pm	\$180	\$185	MTRC

Junior Intermediate/Academy (9-18yrs)

Focus will be made on continued stroke development with more rallying and point play. Net play will become a greater focus with basic strategies including doubles will be taught and fitness will be challenging with several different competitive games. **No classes Nov 29-Dec 1.**

Session	Days	Dates	Time	MTR Fee	NR Fee	Location
311108-G	Sa	Sep 7-Oct 12	2:00-5:00pm	\$240	\$245	MSP

TGA Golf for Women

Macomb Township Recreation Center

TGA is bringing the golf course to the gym! It's a perfect way for women to start the game. All equipment is provided, so you can see if you enjoy the game before deciding whether to purchase clubs. Certified TGA instructors will teach swing fundamentals, putting, chipping, rules and game etiquette. This class coincides with our TGA class for children.

One-day per week class for six weeks:
MTR Fee: \$119.00 NR Fee: \$124.00
MTRC Members receive \$5.00 discount

Instructors: TGA staff (7-1 student/coach ratio)

Class size: Minimum 5, Maximum 20

Ages: Women 18 and over

Session I	Day	Dates	Time
341105-A	Sa	Sep 28-Nov 2	10:00-11:00am

Coordinating "Kid's Class" - See Right Column



TGA Golf for Kids

Macomb Township Recreation Center

TGA is bringing the golf course to the gym! It's a perfect way for your child to start the game, or for more experienced players to improve. All equipment is provided. TGA curriculums were specially designed for elementary school students by industry-leading golf professionals and education specialists to ensure that lesson plans are age-appropriate and easy to understand and retain. Certified instructors teach swing fundamentals, rules, game etiquette and life values as students advance through the program.

One-day per week class for six weeks:
MTR Fee: \$119.00 NR Fee: \$124.00
MTRC Members receive \$5.00 discount

Instructors: TGA staff (7-1 student/coach ratio)

Class size: Minimum 5, Maximum 20

Ages: Grades K-6

Session I	Day	Date	Time
341105-B	Sa	Sep 28-Nov 2	10:00-11:00 am

Coordinating "Mom's Class" - See Left Column

Adult Flag Football League

7 vs. 7 Men's (Ages 18 & up)

Macomb Corners Park



League Plays on Thursday Evenings.

It's football season! This fall don't miss your chance to participate in our "Air it Out" Men's 7 vs. 7 flag football league. This is a fast paced non-contact league and a great opportunity to compete and have fun playing the game of football. Each team is guaranteed 8 league games and a post season single elimination tournament. Team rosters may contain up to 14 players per team. Teams are required to have matching colored tops for league play. Flag belts are provided to each team before the game. The coaches meeting will be held at the Macomb Township Recreation Center.

FALL LEAGUE INFORMATION:

Game Times: 6:00, 7:00, 8:00, 9:00pm

Team Fee: \$600 (\$100 deposit due at registration)

NR Fee 1: \$650 (Less than 50% of roster is non-residents of Macomb Twp.)

NR Fee 2: \$700 (No Macomb Township residents).

Umpire Fee: \$25 cash per game per team.

Coaches Meeting: Thursday, Sept 12, 2103 at 6:00pm

League Play: Starts Thursday, Sept 19, 2013

Session I	League	Start Date	Times
322301-C	Men's	Sep 19-Nov 14	6-9pm

4 X 4 Basketball League Men's Open & Men's Over 30

Macomb Township Recreation Center

4 on 4 Basketball is a fast pace game that emphasizes transition offense and defense. Players love this exciting game because the slightly smaller court size permits the quality of play to remain constant throughout the game. Teams are guaranteed 10 league games and a post season Tournament. Games include two twenty minute halves with a running clock until the last two minutes of each half.

Team Fees: \$600 (\$100 deposit due at registration)

NR Fee 1: \$650 (Less than 50% of roster is non-residents of Macomb Twp.)

NR Fee 2: \$700 (No Macomb Township residents)

Includes: Officials fees, scorekeepers, 10 league games and a post season tournament.

League Size: Minimum 6 teams, Maximum 16 teams.

Leagues may be combined in order to form a league.

Ages: 18 years and older

WINTER LEAGUE:

Session I	League	Day	Dates	Time
322301-A	Open	Th	Jan 16-Apr 3	6:00-10:00pm
322301-B	Over 30	Th	Jan 16-Apr 3	6:00-10:00pm

A mandatory Managers Meeting will be held on Thursday Jan. 9, 6:30pm at the Macomb Township Recreation Center. During the meeting final balances will be collected and rules and procedures will be reviewed.

League play will start on Thursday, Jan. 16, 2014.

Citizens of Macomb Township!!!

Join us at the Family Fun and Fitness Fest
Saturday, September 28, 2013 at 12:30 p.m
for a Vintage Baseball Game to be held at Macomb Corners Park in conjunction with the
Macomb Township Parks & Recreation 'Fun & Fitness Fest'

Featuring the
Regular Base Ball Club of Mount Clemens

Vs.

Members of Macomb Township Historical Commission & County Executive Mark Hackel, Sheriff Anthony Wickersham, Prosecutor Eric Smith, Judge David Viviano, County Commissioner Bob Smith, Macomb Twp Trustee Dino Bucci and Macomb Twp Parks & Recreation Director Salvatore DiCaro

Sponsored by

State Farm - Aaron Seitz Agency



KickStart!**Toddler Soccer**

Macomb Township Recreation Center



KickStart! Is a developmental program for toddlers ages 18 months to 5 years old designed around the sport of soccer. Why Soccer? Soccer is simple for even the youngest toddlers to enjoy. Soon after walking, toddlers start to use their large motor skills to run, jump, and kick. These skills directly translate into the game of soccer and they quickly begin to enjoy putting the ball into the net. Building strength and coordination at a young age gives children a physical developmental advantage. Why KickStart? Our curriculum was designed by child care specialists and soccer trainers together to ensure that your child not only enjoys coming to our classes, but also is learning the fundamental skills required of the sport. Our trainers are chosen carefully on their personality and energy to keep your toddler interested in each and every activity.



One-day per week class: (6 weeks)

MTR Fee: \$74.00 NR Fee: \$79.00

MTRC Members receive \$5.00 discount

Class size: Minimum 5, Maximum 10

Pee-Wees (18 mo-24 mo)

Toddlers and their parents work together playing a variety of organized games. A non-competitive environment has toddlers working at their own pace to meet the objective of each activity. Listening skills, balance, and large motor skills are developed. Parental involvement is REQUIRED.

Session I	Day	Dates	Time
311113-A	Tu	Sep 17-Oct 22	10:00-10:45am
311113-B	We	Sep 18-Oct 23	10:30-11:15am
Session II	Day	Dates	Time
311113-C	Tu	Nov 12-Dec 17	10:00-10:45am
311113-D	We	Nov 13-Dec 18	10:30-11:15am

Rookies (24 months to 3 years old)

This Parent/Toddler class begins to introduce basic fundamentals, balance, and motor skills required to manipulate a soccer ball using their feet. Parent involvement is REQUIRED.

Session I	Day	Dates	Time
311113-E	Tu	Sep 17-Oct 22	10:45-11:30am
311113-F	We	Sep 18-Oct 23	11:15-12:00pm
Session II	Day	Dates	Time
311113-G	Tu	Nov 12-Dec 17	10:45-11:30am
311113-H	We	Nov 13-Dec 18	11:15-12:00pm

Pros (3-4 years old)

A faster paced class where the introduction of soccer skills becomes more prominent. Dribbling, scoring, and some team-play will be included with other soccer related activities.

Session I	Day	Dates	Time
311113-I	Tu	Sep 17-Oct 22	11:30-12:30pm
311113-J	We	Sep 18-Oct 23	12:00-1:00pm
Session II	Day	Dates	Time
311113-K	Tu	Nov 12-Dec 17	11:30-12:30pm
311113-L	We	Nov 13-Dec 18	12:00-1:00pm

All Stars (4-5 years old)

Children will learn to work as a group as we introduce small-sided games (2v2, 3v3).

Session I	Day	Dates	Time
311113-M	Tu	Sep 17-Oct 22	12:30-1:30pm
311113-N	We	Sep 18-Oct 23	1:00-2:00pm
Session II	Day	Dates	Time
311113-O	Tu	Nov 12-Dec 17	12:30-1:30pm
311113-P	We	Nov 13-Dec 18	1:00-2:00pm

MTPR CANCELLATIONS HOTLINE (586) 992-2909

Home School Gym

Ages 7-11

Macomb Township Recreation Center

This class is a great way for children to engage in the physical activity that is often missing in home-schooled environments. The curriculum will focus on cardiovascular health, engaging multiple muscle groups, team and group activities, flexibility, and more!

The instructor, Jeff Hodgson, holds a Bachelor's Degree from Western Michigan University in Physical Education. Jeff has



over 15 years of experience training athletes from youth to collegiate. He is currently the Madonna University Women's Soccer Head Coach.

One-day per week class: (6 weeks)

MTR Fee: \$49.00 NR Fee: \$54.00

MTRC Members receive \$5.00 discount

Class size: Minimum 12, Maximum 25

Session I	Day	Dates	Time
344700-A	Fr	Sep 20-Oct 25	3:00-4:00pm
Session II	Day	Dates	Time
344700-B	Fr	Nov 8-Dec 20	3:00-4:00PM

(no class on Nov 29th)

TRIAL MEMBERSHIPS DO NOT QUALIFY FOR MEMBERSHIP DISCOUNT

Music With Me!

Macomb Township Recreation Center

Join Ms. Joy for a new music class! Children will be introduced to music through rhythm games, singing, instrument use and free movement.



One-day per week class:

MTR Fee: \$60.00

NR Fee: \$65.00

MTRC Members receive \$5.00 discount

Class size: Minimum 3, Maximum 7

DUETS (adult/child class) 16 mo.-2 years old

Session I	Day	Dates	Time
341711-A	We	Sep 18-Oct 16	5:30-6:00pm
341711-B	Th	Sep 19-Oct 17	11:30am-12:00pm

Session II	Day	Dates	Time
341711-C	We	Nov 6-Dec 11	5:30-6:00pm
341711-D	Th	Nov 7-Dec 12	11:30am-12:00pm

**No class the week of Thanksgiving*

SOLOS 3-4 years old

Session I	Day	Dates	Time
341711-E	We	Sep 18-Oct 16	6:15-6:45pm
341711-F	Th	Sep 19-Oct 17	12:15-12:45pm

Session II	Day	Dates	Time
341711-G	We	Nov 6-Dec 11	6:15-6:45pm
341711-H	Th	Nov 7-Dec 12	12:15-12:45pm

**No class the week of Thanksgiving*

LOCAL YOUTH ATHLETIC PROGRAMS

Macomb Township Parks and Recreation Department is not affiliated with these Parent-run organizations. All inquiries regarding information must be made directly to the organization.

Macomb Township Little League1-888-714-6855
www.mtlb.com

A.Y.S.O. Soccer(586) 739-9797

Clinton-Macomb Girls Fastpitch(586) 263-1862
www.cmglf.org

Macomb Mustangs Football ..www.macombmustangs.com

Tumble With Me!

Come tumble with Ms. Joy! Tumble with Me! is a fun-filled program using gymnastics-based skills designed to build self-confidence, balance and flexibility through practice of tumbling skills, rhythm games and lots of fun group activities! Ms. Joy has a wonderful collection of mats to tumble on along with a spring board, trampoline and bar to learn the basics of gymnastics.



Ms. Joy is a charismatic instructor who has a degree in communications and over 14 years of gymnastics coaching experience.

One-day per week class:

MTR Fee: \$70.00 **NR Fee:** \$75.00

MTRC Members receive \$5.00 discount

Class size: Minimum 3, Maximum 7

JOEYS (Adult with 18 months to 3 years old)

Joeys is an adult/child participation class. Each child will practice gymnastics-based skills designed to build self-confidence, balance and strength. Some skills practiced are jumping, forward rolls, swinging on a bar, walking on the beam along with rhythm and simple games. Sharing and group play are also emphasized. Great grandparent/grandchild activity!

Session I	Day	Dates	Time
311103-A	Tu	Sep 17-Oct 22	10:30-11:10am
311103-B	Tu	Sep 17-Oct 22	5:30-6:10pm
311103-C	We	Sep 18-Oct 23	10:30-11:10am
311103-D	Th	Sep 19-Oct 24	10:30-11:10am
311103-E	Th	Sep 19-Oct 24	6:30-7:10pm
311103-F	Fr	Sep 20-Oct 25	11:30-12:10pm

Session II	Day	Dates	Time
311103-G	Tu	Nov 5-Dec 17	10:30-11:10am
311103-H	Tu	Nov 5-Dec 17	5:30-6:10pm
311103-I	We	Nov 6-Dec 18	10:30-11:10am
311103-J	Th	Nov 7-Dec 19	10:30-11:10am
311103-K	Th	Nov 7-Dec 19	6:30-7:10pm
311103-L	Fr	Nov 8-Dec 20	11:30-12:10pm

**No class the week of Thanksgiving*

LITTLE MONKEYS (3-5 years old)

Little Monkeys is a tumbling-based class. Some skills practiced are forward rolls, donkey kicks, jumping and table-tops, cartwheels, handstand and simple bar stunts along with rhythm and simple game playing. Each high energy and fun-filled class is designed to build self confidence, strength and group play skills.

Session I	Day	Dates	Time
311103-M	Tu	Sep 17-Oct 22	11:30-12:10pm
311103-N	Tu	Sep 17-Oct 22	6:30-7:10pm
311103-O	We	Sep 18-Oct 23	11:30-12:10pm
311103-P	Th	Sep 19-Oct 24	5:30-6:10pm
311103-Q	Fr	Sep 20-Oct 25	12:30-1:10pm

Session II	Day	Dates	Time
311103-R	Tu	Nov 5-Dec 17	11:30-12:10pm
311103-S	Tu	Nov 5-Dec 17	6:30-7:10pm
311103-T	We	Nov 6-Dec 18	11:30-12:10pm
311103-U	Th	Nov 7-Dec 19	5:30-6:10pm
311103-V	Fr	Nov 8-Dec 20	12:30-1:10pm

**No class the week of Thanksgiving*

Karate Kids – Beginner

Ages 6-12

Macomb Township Recreation Center

In this 8-week class for girls and boys, kids will be introduced to the martial arts. Led by 4th degree Black Belt instructor Keith Burke, students learn the fundamentals of Isshinryu karate. This class is designed for kids new to karate. It mixes traditional martial arts with fun activities designed to reinforce key principals while helping to improve balance, increase strength and enhance coordination. Through this popular program, which Sensei Burke has been teaching for over eleven years, students begin their journey in martial arts where they will develop greater self-discipline, self-control, and self-confidence while learning valuable self-defense skills.

One-day per week class: Saturday

MTR Fee: \$100.00 NR Fee: \$105.00

MTRC Members receive \$5.00 discount

A new karate uniform is provided to each student

Instructor: Keith Burke

Class size: Minimum 10, Maximum 18

Session I	Days	Dates	Time
311101-A	Sa	Sep 21-Nov 23	9:00-10:00am

No class Oct 12 & Nov 2

Intermediate/Advanced Karate

Session: 8 weeks – Saturdays

Class Size: Minimum 10, maximum open

MTR Fee: \$100.00 NR Fee: \$105.00

MTRC Members receive \$5.00 discount

This class is for returning students only

Session I	Days	Dates	Time
311101-B	Sa	Sep 21-Nov 23	10:00-11:30am

No class Oct 12 & Nov 2

Pre-Black Belt Karate

Session: 8 weeks – Saturdays

MTR Fee: \$100.00 NR Fee: \$105.00

MTRC Members receive \$5.00 discount

For returning students by special invitation only

Session I	Days	Dates	Time
311101-C	Sa	Sep 21-Nov 23	11:30am-12:30pm

No class Oct 12 & Nov 2



American Girl Doll Celebration

5-12 yrs.

Macomb Township Recreation Center

Come join Ms. Sue as we tell stories and life lessons that can be used to



educate young girls of all ages. We will use the American Girl Collection as we learn positive decision making skills. We will start with Kit and travel thru the years to Chrissa. American Girls offers encouragement to our children to stay positive at home and care for themselves by creating feel-good crafts and even yummy snacks that help us with everyday life. Make sure you bring your favorite American Girl Doll to class so you can share the fun with her.

Materials Fee of \$10.00 due at 1st class.

MTR Fee: \$40.00 NR Fee: \$45.00

MTRC Members receive \$5.00 discount

Instructor: Ms. Susan Barg

Class size: Minimum 5, Maximum 12

Session	Day	Dates	Time
324600-B	Th	Oct 3-24	6:00-7:30pm

Kids in the Kitchen

Ages 5-13

Macomb Township Recreation Center

Come join Ms. Sue for this warm cooking class during the spooky month of October. This course will teach you confidence and safety in the Kitchen. We will be preparing Breakfast, Lunch, Dinner and a yummy desert to share with your family. Creative Chef's sometimes can get a little messy in the kitchen so make



sure you wear play clothes. Every child will take home their creations along with all the recipes. This class will meet 4 sessions.

Materials Fee of \$10.00 due at 1st class.

MTR Fee: \$40.00 NR Fee: \$45.00

MTRC Members receive \$5.00 discount

Instructor: Ms. Susan Barg

Class size: Minimum 5, Maximum 12

Session	Day	Date	Time
324600-A	Tu	Oct 8-29	6:00-7:30pm

THANK YOU to TYLER KORBER, (14 year old, Shelby Jr. High School student and member of Scout Troop #156) for the beautiful outdoor sign for our Macomb Town Center Park! This Eagle Scout project is very much appreciated and a great gift to our community and Parks & Recreation Department!



Tyler designed the plans, fund-raised for the materials & crafted the sign with help from his father Steve, John's Lumber and his fellow troop members & their fathers!

We are thrilled to have this wonderfully crafted sign at our park!

MTPR CANCELLATIONS HOTLINE
(586) 992-2909

CHILDREN'S DANCE CLASSES

(Ages 2-12 years)

Macomb Township Recreation Center

September 17-December 14 (No Classes Nov. 26- 30 (Thanksgiving))

One-day per week class:

MTR Fee: \$100.00 **NR Fee:** \$105.00

MTRC Members receive \$5.00 discount

Dance shoes may be purchased at Payless stores or Lucy & Ethels at Canal and Hayes.

Students enrolled in this session will be performing Christmas dances at the Macomb Township Tree Lighting Ceremony on Wednesday, December 4, 2013, at the Recreation Center.

Ballet

Be a Ballet Princess! Ballet is the core of all dance and teaches proper technique and body placement. Students are introduced to classic ballet with a mix of contemporary to achieve a very fulfilling and magical ballet experience.

Dress Code - Leotard and tights. Pink leather Ballet shoes. Please no satin slippers!!

Session	Days	Dates	Time	Ages
311202-A	Tu	Sep 17-Dec 10	10:00-10:30am	4-5
311202-B	Tu	Sep 17-Dec 10	5:00-5:30pm	6-8
311202-C	Sa	Sep 21-Dec 14	10:30-11:00am	4-5

Creative Movement

Students are introduced to a class environment with introductory steps from Ballet, Tap and Jazz. They also use music and props to work on motor skills and rhythm. Child does not need to be potty trained but should be able to handle a class setting without a parent. Recommended for 2½ to 4 year olds.

Dress Code - Leotard and tights. Pink leather Ballet shoes. Please no satin slippers!!

Session	Days	Dates	Time	Ages
311210-A	Tu	Sep 17-Dec 10	10:30-11:00am	2-3
311210-B	Tu	Sep 17-Dec 10	5:30-6:00pm	2-3
311210-C	Tu	Sep 17-Dec 10	6:30-7:00pm	3-4
311210-D	Sa	Sep 21-Dec 14	11:00-11:30am	2-3
311210-E	Sa	Sep 21-Dec 14	11:30-12:00pm	3-4

Hip-Hop

Hip-Hop is a form of "street dance" that encompasses all parts of the body. This class combines the latest dance and funk moves as well as age appropriate "MTV" style dancing, with current music for a fun dance class experience! For ages 4-5 it also incorporates fundamental motor skills and some creative movement.

Dress Code - Jazz pants, tank tops, capris and shorts are acceptable. Clean Gym/Tennis shoes.

Session	Days	Dates	Time	Ages
311209-A	Tu	Sep 17-Dec 10	6:00-6:30pm	4-5
311209-B	Tu	Sep 17-Dec 10	7:00-7:30pm	6-8
311209-C	Tu	Sep 17-Dec 10	7:30-8:00pm	9-12
311209-D	Sa	Sep 21-Dec 14	10:00-10:30am	5-7

Cheerleading

This class introduces cheers, chants, jumps, beginning stunts and arm movements.

Dress Code - Jazz pants, tank tops, t-shirts, capris and shorts are acceptable. Clean Gym/Tennis shoes.

Session	Days	Dates	Time	Ages
311104-A	Sa	Sep 21-Dec 14	12:00-12:30pm	5-9

EMPOWERMENT FOR GIRLS

Macomb Township Recreation Center

Registration Deadline: 1 week prior to session start

Instructor: Mary Jo Ciani Gaddie, M.A., L.L.P.C., an experienced K-8 school counselor, family therapist & founder of Friendship Builders Programs

Tween & Teen Girls

Self-Esteem Bootcamp

If hanging out with your BFF feels like an emotional roller coaster ride...this is the class for you! Friendships can get complicated and when you don't learn how to stand-up for yourself, and let your friends push you around (it's better than losing them!) your self-esteem can take a hit. Boys fight with fists, and girls fight with relationships. They ignore, exclude, gossip, shun, build alliances, whisper, roll eyes, text and much more This boot camp will challenge you to find your voice, stand up for yourself (in a nice way) and build the true friendships you deserve! It is designed to build self-esteem in 5 ways:

- It's cool to be me – I rock just the way I am!
- True vs Toxic friends – What is a true friend
- Finding your voice – How to ask for what YOU want
- Handling conflict – Tools to deal with fights
- Stress management – How to soothe yourself

Girls' friendships are closely tied to their self-esteem and confidence. The tools and skills taught will be invaluable.

MTR Fee: \$30.00 **NR Fee:** \$35.00

MTRC Members receive \$5.00 discount

Tween Workshop

Session	Grades	Day	Date	Time
344700-D	5-6	Sa	Oct 12	10:00am-12:30pm
344700-E	7-9	Sa	Oct 12	1:30-4:00pm

MOMOLOGY 101

Help...I can't find the directions on how to raise my daughter!

Join us for a sneak peek into the complicated world of female friendships. Come and find out about the daily stress and difficulties your daughter is experiencing in this ever changing and unpredictable world. Learn how to coach your daughter through friendship storms and other sticky situations. The tween and teen years are the most challenging and a few simple tips will ensure and empower you to be the first person your daughter turns to for advice, encouragement and support. MOMOLOGY 101 offers you the opportunity to:

- Explore the unpredictable world of girl friendships
- Learn how to maximize your daughter's social skills and help keep her self-esteem intact
- Identify ways to keep lines of communication open and to foster mutual trust
- Understand the importance of good listening skills
- Recognize the stress triggering your daughters' attitude and behavior

This 2.5 hour workshop is suggested for mothers and female guardians/relatives of girls ages 10-15.

MTR Fee: \$30.00 **NR Fee:** \$35.00

MTRC Members receive \$5.00 discount

Session	Day	Date	Time
344700-C	Th	Oct 17	6:30-9:00pm

Sumo Bots Challenge – LEGO® Robotics Preview-**Ages 7-14 – (Must register before Saturday, September 7)**

Macomb Township Recreation Center

Join the Macomb Township Recreation Center and Engineering for Kids® for an exciting LEGO® Robotics workshop. Kids will be introduced to our exciting curriculum through a sample version of one of our programs. Enjoy the fun filled environment as kids are introduced to the Engineering Design Process while designing and creating unique Sumo Bots using LEGO® Robotics! At the end of the workshop the Sumo Bots will compete in a bracket-style tournament and, time permitting, students will be able to redesign their Sumo Bots based on their observations. **This is a one-time free workshop.**

Instructor: Engineering for Kids®

Class size: Minimum 10, Maximum 30

Session	Day	Date	Time
324600-H	Sa	Sep 7	9:30-10:30am

**LEGO® Robotics – Mindstorms™****Ages 7-14**

Macomb Township Recreation Center

Students will learn to design, program, and control fully functional robotic models. They will use software to plan, test, and modify sequences of instructions for a variety of life-like robotic behaviors. This program provides a series of real-life activities, covering topics within science, technology, engineering, and mathematics all using LEGO® Robotics.

This class will meet 6 sessions.**Material Fee:** \$30.00 due at first class**MTR Fee:** \$130.00 **NR Fee:** \$135.00**MTRC Members receive \$5.00 discount**

Macomb Engineering for Kids® Grand Opening Discount: save \$20.00!

Instructor: Engineering for Kids®

Class size: Minimum 10, Maximum 24

Session	Days	Dates	Time
324600-D	Fr	Sep 13-Oct 25 <i>No Class Oct 18</i>	6:30-8:00pm

Master Machines – Mechanical Engineering**Ages 7-14**

Macomb Township Recreation Center

Students use the Engineering Design Process to design, create, test, and refine a variety of machines and mechanical systems. Students learn basics of fluid mechanics, simple machines, and other design and engineering concepts while constructing roller coasters, zip sails, and an incredibly fast air powered dragster they keep at the end of the course.

This class will meet 6 sessions.**Material Fee:** \$30.00 due at first class**MTR Fee:** \$130.00 **NR Fee:** \$135.00**MTRC Members receive \$5.00 discount**

Instructor: Engineering for Kids®

Class size: Minimum 10, Maximum 24

Session	Days	Dates	Time
324600-E	Sa	Nov 2-Dec 14 <i>No Class Nov 30</i>	9:00-10:30am

Up, Up, and Away – Aerospace Engineering**Ages 7-14**

Macomb Township Recreation Center

Students use the Engineering Design Process to design, create, test, and refine a variety of flying machines. They construct a shock absorbing system designed to protect two marshmallow astronauts in a lunar vehicle, create their own air-powered rockets, and assemble a hot air balloon model that actually takes flight!

This class will meet 6 sessions.**Material Fee:** \$30.00 due at first class**MTR Fee:** \$130.00 **NR Fee:** \$135.00**MTRC Members receive \$5.00 discount**

Macomb Engineering for Kids® Grand Opening Discount: save \$20.00!

Instructor: Engineering for Kids®

Class size: Minimum 10, Maximum 24

Session	Days	Dates	Time
324600-F	Sa	Sep 14-Oct 26 <i>No Class Oct 19</i>	9:00-10:30am

Tower Defense Games – Electronic Game Design**Ages 7-14**

Macomb Township Recreation Center

Students will use Multimedia Fusion 2® to create their own unique video game. A tower defense game is one in which the programmer creates towers to defend a base by firing at passing enemies. At the end of the class, students take home a copy of the unique game they create!

This class will meet 6 sessions.**Material Fee:** \$30.00 due at first class**MTR Fee:** \$130.00 **NR Fee:** \$135.00**MTRC Members receive \$5.00 discount**

Instructor: Engineering for Kids®

Class size: Minimum 10, Maximum 24

Session	Days	Dates	Time
324600-G	Fr	Nov 1-Dec 13 <i>No Class Nov 29</i>	6:30-8:00pm

Music for Little Mozarts

Ages 4½ to 6 years

Evola Music Center
12745 23 Mile Rd. (between Schoenherr & M-53 Expressway)
Shelby Twp., MI 48315

Music for Little Mozarts was written to provide appropriate piano instruction for 4½ to 6 year olds. The materials in this course combine to create an exciting and imaginative atmosphere both in the lesson and at home. Parent participation required. Rental instruments are available.

Eight Week Class – One-day per week class

Material Fee: \$18.00 (one-time fee to the instructor)

MTR Fee: \$96.00 **NR Fee:** \$101.00

Class size: Maximum 17

Session I	Days	Dates	Time
341710-A	Tu	Sep 17-Nov 5	6:15-7:00pm
341710-B	Sa	Sep 21-Nov 9	11:15am-12:00pm

Group Voice: Learn to Sing!

Ages 6-14

Evola Music Center
12745 23 Mile Rd. (between Schoenherr & M-53 Expressway) Shelby Twp., MI 48315

Are you the next “American Idol”? Come and find out. Learn the fundamentals of good vocal technique.

Eight Week Class – One-day per week class

Material Fee: \$19.95 (one-time fee to the instructor)

MTR Fee: \$96.00 **NR Fee:** \$101.00

Class size: Maximum 17

Session I	Days	Dates	Time
341710-G	We	Sep 18-Nov 6	6:00-6:30pm



Youth Beginner Piano

Ages 7-10

Evola Music Center
12745 23 Mile Rd. (between Schoenherr & M-53 Expressway)
Shelby Twp., MI 48315

This eight week introductory class is a great way for children to discover what it is like to play piano. Students will benefit by using our “Piano Lab System”, which will help them to focus on learning the basics of playing the piano in a fun group setting.

Eight Week Class – One-day per week class

Material Fee: \$7.37 (one-time fee to the instructor)

MTR Fee: \$96.00 **NR Fee:** \$101.00

Class size: Maximum 17

Session I	Days	Dates	Time
341710-D	Mo	Sep 16-Nov 4	7:15-8:00pm
341710-E	Tu	Sep 17-Nov 5	7:15-8:00pm
341710-F	Sa	Sep 21-Nov 9	10:15-11:00am



So You Want To Be An Actor

Actors Class

Marvin Blank Senior Center
19925 23 Mile Rd.
(one mile east of Romeo Plank)



Registration No. 311501-A

Ages 6-16 years

(Seven - 1.5 hour sessions & Performance)

Oct. 11, 18, 25 ; Nov. 1, 8, 15 & 22

5:00 p.m. – 6:15 p.m.

Performance Nov. 23 at 6:30pm

MTR Fee: \$115.00 pp **NR Fee:** \$120.00 pp

Director: Debby Ryle

Class Size: Minimum 12, maximum 20

Explore the world of acting through improvisational and theater games. The class will meet 7 times for 1 hour and 30 minutes each week, with a performance to be held on Nov. 23 at 6:30 pm. Drama helps develop conversational and social skills. This class will help your actors learn to think on their feet, express ideas and thinking skills. Students will practice lines to perform a short play.

Special Performance on Nov. 23 at 6:30pm for family and friends.

Each participant will receive a trophy, and certificate.

Holiday Kid's Cookie Lock-In & Mom's Morning Out

Macomb Township Recreation Center

Saturday, December 21

10:00am-12:30pm

Registration No 324600-I

MTR Fee: \$20.00 **NR Fee:** \$25.00

Minimum 15, Maximum 30



Last minute shopping or wrapping to do? Your kids will have a fun morning at our special Holiday Cookie Decorating and Stamping workshop, while you get to finish your last minute task to make your Holiday Merry!

Gail, from Gail's Goodies a creative cookie and dessert venue, will provide everything that your child will need. Each child will be decorating several Holiday Sugar Cookies. In addition, they will also stamp a beautiful gift box to put their yummy creations in along with ribbon and a gift tag.

Your child will also be bring home a cookie from 'Gail's Goodies' as a gift!

This fun & festive morning ends with hot cocoa and cookie that your child decorated.

YOUNG REMBRANDTS

Art Classes

Macomb Township Recreation Center

Class size: Minimum 6, Maximum 20

Young Rembrandts' drawing classes are fun, engaging and educational. The students will be taught the step-by-step drawing method. This method of drawing will help the students learn how to break down complex objects into basic foundational shapes. They will learn how to deconstruct and reconstruct images. Their drawing skills will develop as they apply a variety of art concepts and techniques to a new drawing each week.



Drawing

(6 weeks) Ages: 6-12

Join Young Rembrandts as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We will travel back in time to the age of the pharaohs as we illustrate decorative, Egyptian headdress. An illustration celebrating the fall session will introduce our colorists to warm and cool colors. All this and more await your child in a Young Rembrandts classroom! Sign up today!

MTR Fee: \$75.00 **NR Fee:** \$80.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-A	Mo	Sep 23-Oct 28	6:00-7:00pm

Preschool

(6 weeks) Ages: 3½-5

Encourage your preschooler's enthusiasm for art. This fall, Young Rembrandts introduces drawing lessons that will excite your budding artist. A vibrant drawing of a rainbow will introduce our students to the wonderful world of color. An illustration of an airplane will take them to new heights. A delicious looking drawing of an ice cream sundae will delight those with a sweet tooth, and learning to draw a friendly lion has never been more fun. These are just a few of the many great lessons our students will learn. There is no better time than NOW to enroll your child into a Young Rembrandts class.

MTR Fee: \$75.00 **NR Fee:** \$80.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-B	Sa	Sep 28-Nov 2	9:30-10:30am

**SUBURBAN
MACOMB
ICE**

Please visit Suburban Ice for
 Ice Skating activities & classes.
 54755 Broughton / (586) 992-8600
 www.suburbanice.com

Cartoon Drawing

(6 weeks) Ages: 6-12

Does your child have a great sense of humor to compliment his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. We will get the party started with our drawing of lively, party animals. Ordinary, school items are brought to life as we illustrate and personify inanimate objects. Another challenging lesson will help our students visualize sounds, and what's a cartooning class without learning how to draw expressions? Many of our lessons will introduce students to drawing exciting, dynamic characters. Give your child the gift of learning and artistry. Enroll your student today!

MTR Fee: \$75.00 **NR Fee:** \$80.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-C	Mo	Nov. 11-Dec 16	6:00-7:00pm

Parent/Child Drawing

(3 weeks) Ages: 4-6

Have you ever wanted to learn how to draw? Now you can join your child and have fun while learning to draw together. You and your child will each complete your own drawings using the Young Rembrandts drawing technique. You will learn specific skills that help to develop your child's fine motor skills too. No experience needed by child or parent. Sign up and learn how to draw today!

MTR Fee: \$80.00* **NR Fee:** \$85.00
MTRC Members receive \$5.00 discount

Session	Days	Dates	Time
311515-D	Sa	Nov 16-Dec 7	9:00-10:30am
<i>No class Nov. 30</i>			

**Note: \$80.00 per couple. \$25.00 additional if second child is joining with same parent.*



Holiday Bracelet Class

Macomb Township Recreation Center

Wednesday, November 6

7:00-9:00pm

Registration No 341402-A

MTR Fee: \$15.00 NR Fee: \$20.00

MTRC Members receive \$5.00 discount

Instructor: Sandi Kirk
Class size: Minimum 6,
Maximum 12



Our holiday bracelet showcases a current popular fashion trend seen at many retailers. This bracelet is made with assorted "gemstone" round beads, pave crystal accents, and a delicate silver or gold-plated sideways cross as a focal point. This easy to make bracelet is perfect for beginners as well as experienced beaders and is lovely to make for yourself or to give as a gift this holiday season. Stretchy elastic cording ensures a perfect fit for any size wrist.

A \$15.00 material fee is required and payable to instructor on the night of class.

"Frosty Snowman" Glass Block Light Craft

Macomb Township Recreation Center

Tuesday, Nov 12

7:00-9:00pm

Registration No 324600-C

MTR Fee: \$12.00 NR Fee: \$17.00

MTRC Members receive \$5.00 discount

Instructor: Sandi Kirk

Class size: Minimum 6, Maximum 12



Display this cute snowman for the holidays and beyond. Made with a glass block and lit with a plug in light cord, our guy, with his carrot nose, will bring a smile to your face with his warm and cozy glow. We will decorate this easy to do craft with glass paint, a scarf and finish with a top hat on his head!

A \$14.00 materials fee is required and payable to the instructor on the night of class.

"Like" us on Facebook and win prizes

Become a fan on
facebook

www.facebook.com/mtpr04
We will be randomly selecting
"Fans" from our facebook page
to win prizes!

To be eligible for our next prize, go to
www.facebook.com/mtpr04 and "Like" us.

Raising Healthy Families

Free Health & Wellness Seminars

Presented by Chiropractor, Dr. Pete Rom

Pre-registration recommended ensuring availability of adequate refreshments and handouts.

WHAT TO EAT & WHY

Thursday, October 24

7:00-8:00pm

Registration No. 341512-A



Class size: Minimum 10, Maximum 50

The purpose of this workshop is to cut through all of the fads and confusion surrounding diet in order to lay out the health benefits of a realistic and common-sense approach to eating. We will also outline strategies to incorporate positive dietary habits into your everyday lifestyle. This workshop is geared towards families, but is open to all!

MOVE MORE & STRESS LESS

Thursday, November 21

7:00-8:00pm

Registration No. 341512-B



Class size: Minimum 10, Maximum 50

Recent research shows that sedentary lifestyles are now responsible for more deaths per year than smoking. Movement not only reduces stress naturally, it also increases health, function and quality of life. The purpose of this workshop is to give you strategies to include more movement into your daily routine to unlock your best health! This workshop is geared towards families, but open to all.

THE POWER OF POSITIVE THINKING

Thursday, December 12

7:00-8:00pm

Registration No. 341512-C



Class size: Minimum 10, Maximum 50

There is no such thing as a 'stress-free life.' The way you think about stress determines your overall health and well-being more than we ever knew before. The purpose of this workshop is to discover the health benefits of a realistic and positive outlook as well as to outline take-home strategies to better balance your stress level by building positive mental habits into your everyday lifestyle.

Keyboard Lessons – "Play For Fun!"

Adults

Macomb Recreation Center

Learn how to read music & play the keyboard in a fun group setting. A beginning class that would apply to piano, keyboard or organ. Loaner instruments available.

Eight Week Class - One-day per week class

Material Fee: \$15 (one-time fee to the instructor)

MTR Fee: \$30.00 NR Fee: \$40.00

Instructor: Donna Denner

Class size: Minimum 4, Maximum 12

Session I	Days	Dates	Time
341710-C	We	Sep 18	10:15-11:15am

HOW DO I REGISTER FOR A PROGRAM?

RESIDENT REGISTRATION

ONLINE

Macomb Township Residents may begin registering for Fall/Holiday Programs ONLINE, Monday, August 26, 2013 at 6:00am.

RESIDENT REGISTRATION

Walk-In & Mail-In

Macomb Township Residents Walk-In and Mail-In registrations will be processed beginning Monday, August 26, 2013 at 12:00pm.

If you have mailed your registration and the class is full, you will be notified.

OPEN REGISTRATION

Open Registration begins Thursday, August 29, 2013 at 6:00am. Registrations will be taken daily up until one hour prior to the facility closing.

WE ACCEPT CASH, CHECK AND CREDIT CARD PAYMENTS (VISA AND MASTERCARD). A driver's license will be required for ALL transactions.

Swim Lessons Registration is available online. See pages 12-16 for Swim Lesson Registration information & additional Aquatic Programs.

CONFIRMATION RECEIPT

If you want a written confirmation receipt mailed to you please include a self addressed stamped envelope with your registration form and payment.

PRO-RATE REGISTRATION FEES

Fees cannot be prorated due to late registration or partial attendance.

CANCELLATIONS

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

RESIDENT DISCOUNT

Macomb Township residents receive a discount on many program registration fees due to their support of the parks and recreation program through a special assessment millage.

WE ACCEPT CASH AND CHECK PAYMENTS. VISA AND MasterCard payments accepted at the Front Desk or Online ONLY.

REFUND POLICY

CLASS REFUNDS

Unless noted in a class description or other published material, customer-initiated refunds will be honored through the first class meeting. If the refund is requested as a household credit, which can be used toward future activities, the entire amount will be credited. If the original payment method was by check, a refund will not be processed until two weeks have passed from the date when the check was originally presented for payment. Refund checks will be mailed within 4 weeks. If the original payment method was by credit card, the refund will be processed as a credit back to the card. All customer-initiated refunds will incur a \$5.00 processing fee.

Macomb Township Parks & Recreation reserves the right to cancel a program due to a lack of enrollment or circumstances arising out of its control. If a program is cancelled all registrants will be notified and a full refund of registration fees will be processed.

TRIPS & 1-DAY EVENTS/CLASSES REFUNDS

No refunds on 1-day Trips, 1-day Events & 1-day Classes unless a replacement is found.

SPECIAL EVENTS REFUNDS

There are no refunds on special events.

MACOMB TOWNSHIP PARKS & RECREATION RESERVES THE RIGHT TO USE ALL PHOTOGRAPHS TAKEN AT COMMUNITY EVENTS FOR PUBLICATIONS AND/OR PROMOTIONAL PURPOSES.

MTPR PROGRAM REGISTRATION FORM

FALL/HOLIDAY
2013

35

Register by mail or in person: Parks & Recreation Office
20699 Macomb Street • Macomb, MI 48042
(Off Broughton Road, south of 25 Mile Road)

Family Name _____ **First Name** _____
(List parent's name if participant is under 18 years of age.)

Address _____ **City** _____ **Zip** _____

Home Phone (____) _____ **Work Phone** (____) _____

Email Address _____ **Member Y or N #** _____ * **Staff Verify** _____

Emergency Phone (____) _____ **Emergency Contact Name(s)** _____

Participant's Name (Last/First)	Birthdate (mm/dd/yy)	M/F	Activity Name	Activity Number	Days	Times	Resident Fee	Non-Res. Fee
				-				
				-				
				-				
				-				
				-				

*Children age 4 and over must have a membership to receive discount.

T-SHIRT ORDER

YS (youth small) 6-8 AS (adult small)

YM (youth medium) 10-12 AM (adult medium)

YL (youth large) 14-16 AL (adult large)

 AXL (adult extra large)

SUBTOTAL \$ _____

HOUSEHOLD CREDIT \$ _____

TOTAL \$ _____

Please make check or money order payable to
"Macomb Township Treasurer". Please do not mail cash.
Please include the driver's license number of the person signing the check.

Special Needs: _____

Macomb Township Release Agreement - In consideration of being permitted to participate in the township activity or use of any facilities in connection with this activity, the undersigned agrees to the following:

- The undersigned hereby releases, waives, discharges and covenants not to sue Macomb Township, its employees, officers and agents (herein referred to as "releasees") from all liability to the undersigned his or her personal representatives, assigns, heirs, and next of kin for any loss, damage, or claim therefore on account of injury to the person or property of the undersigned whether caused by any negligent act or omission of the releasees or otherwise while the undersigned is participating in the Township activity or using any facility in connection with the activity.
- The undersigned hereby agrees to indemnify and hold harmless the releases from all liability, claims, demands, causes of action, charges, expenses, and attorney fees (including attorney fees to establish the releasee's right to indemnify or incurred on appeal) resulting from involvement in this activity whether caused by any negligent act or omission of the releasees or otherwise.
- The undersigned hereby assumes full responsibility for and risk of bodily injury, death or property damage while upon Township property or participating in the activity or using any facilities and equipment whether caused by any negligent act or omission of releasees or otherwise.

The undersigned expressly agrees that the foregoing release and waiver, indemnity agreement and assumption of risk are intended to be as broad and inclusive as permitted by Michigan law and that if any portion thereof be held invalid, notwithstanding, the balance shall continue in full legal force and effect.

I acknowledge that I have read the foregoing and that I am aware of the legal consequences of this agreement, including that it prevents me from suing the Township or its employees, agents, or officers if I am injured or damaged for any reason as a result of participation in this activity. I further acknowledge that no oral representations; statements or inducements have been made.

If the participants are minors, his or her custodial parent or legal guardian must read and execute this agreement: I hereby warrant that I am the legal guardian or custodial parent of the above listed persons who are minors, and agree, on my own and on said minor's behalf to the terms and conditions of the foregoing agreement.

Signature _____ **Print Name** _____ **Date** _____

Office Use Only **Staff Initials** _____ **Paid by check #** _____ **Paid by cash** _____ **Paid by Credit Card** _____

MACOMB TOWNSHIP PARKS & RECREATION

20699 Macomb Street, Macomb, MI 48042

Presorted Standard
U.S. Postage
PAID
Mt. Clemens, MI
Permit No. 148

*ECR WSS
RESIDENTIAL POSTAL CUSTOMER*

MACOMB TOWNSHIP

Township Board of Trustees

- Janet I. Dunn**
Supervisor
- Michael D. Koehs**
Clerk
- Karen Goodhue**
Treasurer
- Dino F. Bucci, Jr.**
- Clifford W. Freitas**
- Roger M. Krzeminski**
- Nancy J. Nevers**
Trustees

PARKS & RECREATION Creating Community Through People, Parks & Programs

Salvatore A. DiCaro, Jr.
Parks & Recreation Director

Gina M. Muszynski
Facility Supervisor

Permelia G. Gross
Aquatics Supervisor

Telephone (586) 992-2900
Fax (586) 992-2999

Contact us at: parks-rec@macomb-mi.gov



MACOMB TOWNSHIP OFFICE PHONE NUMBERS

- Assessing Department(586) 992-0710, ext. 1
- Broadcast Media(586) 992-0710, ext. 9/3
- Building Department(586) 992-0710, ext. 2
- Clerk's Office(586) 992-0710, ext. 3
- Dial A Ride(586) 992-0710, ext. 0
- Facilities & Ground(586) 992-0710, ext. 9/2
- Finance.....(586) 992-0710, ext. 9/1
- Human Resources.....(586) 992-0710, ext. 4

- Information Technology(586) 992-0710, ext. 9/4
- Parks & Recreation Department(586) 992-2900
- Supervisor's Office(586) 992-0710, ext. 6
- Planning & Zoning Office.....(586) 992-0710, ext. 9/5
- Treasurer's Office(586) 992-0710, ext. 7
- Fire Department Headquarters(586) 677-1262
- Water & Sewer Department(586) 992-0710, ext. 8
- Water & Sewer (Emergency)(586) 598-1790

FREQUENTLY REQUESTED PHONE NUMBERS

- A.Y.S.O. Soccerwww.ayso8c459.org
- Boys & Girls Club - Shelby Township(586) 566-5516
- Chesterfield Township Parks & Recreation(586) 949-0400
- Chippewa Valley School District.....(586) 723-2000
- Clinton-Macomb Library North Branch(586) 226-5080
- Clinton Township Parks & Recreation(586) 286-9336
- Clinton-Macomb Girls Fastpitch League.....(586) 610-3858
-www.cmgfl.com
- Dial-A-Ride(586) 226-4227
- Girl Scouts Macomb County(586) 263-0220
- Lake Saint Clair Metropark (Metro Beach)(586) 463-4581
- L'Anse Creuse School District(586) 783-6300
- Macomb County Road Commission(586) 463-8671
- Macomb County Sheriff(586) 469-5151

- Macomb Mustangs Footballwww.macombmustangs.com
- Macomb County Senior Citizen Services(586) 469-6313
- Macomb Soccer League.....(586) 940-9829
- Macomb Township Little League.....www.mtlb.com/1-888-714-6855
- MTPR CANCELLATION HOTLINE(586) 992-2909**
- Marvin Blank Senior Center(586) 992-2900 ext. 2800
- Michigan DNR Campground Reservations(800) 44PARKS
- New Haven School District.....(586) 749-5123
- Romeo Washington Bruce Parks & Recreation(586) 752-6543
- Shelby Township Parks & Recreation.....(586) 731-0300
- Stony Creek Metropark.....(586) 781-4242
- Suburban Ice(586) 992-8600
- Utica Community School District(586) 797-1000
- Wolcott Mill Historic Center(586) 749-5997