Berkley Parks and Recreation Staff

Theresa McArleton
Parks and Recreation Director
tmcarleton@berkleymich.net

Scott Jennex, CPRP
Manager - Recreation Programs
sjennex@berkleymich.net

Dan McMinn, CPRP
Manager - Special Events/Senior Programs
dmcminn@berkleymich.net

Amanda Slusarski
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Joe Nazione
Maintenance Leader
jnazione@berkleymich.net

Berkley Parks and Recreation Introduces Cloud Based Registration Software!

Stop by our new online registration page at http://berkley.maxgalaxy.net/ to create your account today

Registration Options for Berkley Parks and Recreation Programs

Registration for Programs at the Berkley Parks and Recreation Department can be done in a variety of ways including in person, over the phone or online. Cash, check, Visa, Mastercard, Discover or American Express are acceptable forms of payment. Checks will need to be made out to the “City of Berkley.”

Refunds will be issued for any class or program that is canceled by the department. There will be a $5 processing fee for any cancellations that occur before attending two or more classes. Once two or more classes have been attended a refund will not be issued.

You may register for most of our classes or programs after they have started at a pro-rated fee.

The Berkley Parks and Recreation Department reserves the right to implement changes to programs and activities that are deemed to be in the best interest of providing these services. We will do everything possible to limit these occurrences and we thank you in advance for your patience and understanding when these situations arise.

City of Berkley Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Police/Fire Emergency ONLY</td>
<td>911</td>
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<td>Police and Fire Department</td>
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<td>City Hall Main Number</td>
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<td>City Manager</td>
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<td>Department of Public Works</td>
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<td>WBRK</td>
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<td>248.414.9157</td>
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<td>248.837.8000</td>
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<td>Tyndall Center</td>
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</tr>
<tr>
<td>44th District Court</td>
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Berkley City Council
The Berkley City Council meets on the 1st and 3rd Monday of each month at 7:00 pm at City Hall. Meetings are open to the public and are televised live on Berkley’s Channel (WBRK) 10 on WOW and 17 on Comcast.
Dan Terbrack, Mayor
Steven W. Baker, Councilmember
Jack Blanchard, Councilmember
Bridget Dean, Mayor Pro Tem
Ross Gavin, Councilmember
Dennis S. Hennen, Councilmember
Natalie Price, Councilmember

Parks and Recreation Advisory Board
Meetings are held the 2nd Thursday of each month at 7:00 pm at the Community Center. All are welcome to attend and share their Parks and Recreation ideas.
Mike Kerby - Chairperson
Jessica Alger  Gary Polk
John Nicolai  Josh Pollard
Greg Patterson  Betty Smith
Bridget Dean - City Council Liaison

Youth Sports Contacts
Berkley Dad’s Club
Mike Kerby
mkerby100@gmail.com
www.berkleydadscclub.org

Berkley Hoops
Scott Rowlett
248.229.3420
www.berkleyhoops.com

Berkley Mom’s Club
Corrina Campbell
248.255.6263
www.bmcssoftball.blogspot.com

Berkley Steelers Cheer
Melissa Gallis
248.310.5212
www.berkleysteelers.net

Berkley Steelers Football
Andrew Hadfield
248.506.2463
www.berkleysteelers.net

Berkley Panthers Wrestling
Aaron Dean
248.930.6182
www.berkleywrestlingclub.com

South Oakland County Soccer
248.515.9243 - SOCSFC Voicemail
socsregistrar@gmail.com
www.socsfc.com
Daddy/Daughter Dance
Theme: Frozen Winter Wonderland
Saturday, January 18
Tickets on Sale December 15

Mother/Son Dance
Theme: SuperHero
Saturday, January 25
Tickets on Sale December 15

Breakfast with the Bunny
Saturday, March 28
Tickets on Sale March 1

Drop-In Playtime
Mondays from 9:00 - 11:00 am
Fridays from 11:30 am - 1:30 pm
Berkley Community Center

Winter Vacation Camp
December 26, 27
January 2, 3, 20
February 13, 14, 17, 18
March 10
Sign up today

Nerf Mania
Saturday, February 22
1:00 - 3:00 pm $25

Doll and Me Tea Party
Saturday, March 7
1:00 - 3:00 pm $25

Sign up today

Follow Us on Facebook for More Information about these programs and all of our programs

2400 Robina • Berkley, MI • 248.658.3470
YOUTH PROGRAMS

SOUTH OAKLAND COUNTY SOCCER

SPRING 2020 REGISTRATION IS COMING!

Registration: January 1 – March 1
Late Registration: March 2 until early April

Visit SouthOaklandSoccer.com for more information and registration

REC (Ages 5 – 19): $85 before March 1
$110 after March 1
Includes: practices, games, jersey and optional training with SOCS professional coaches

MINI-KICKERS (Ages 3 – 4): $60
Includes: sessions with age-appropriate content provided by SOCS professional coaches and t-shirt

Co-ed and All-Girls Teams Available
Game fields in Berkley, Huntington Woods, Clawson, Madison Heights, Southfield and Ferndale

Parent Tot Playgroup
Ages 16 months - 3 years
Get out for the day, socialize and interact with other parents and children. Participants will partake in such activities as arts, crafts, music and games.

Instructor: Ms. Kennedy

Date: January 8, Wednesdays
February 19
Time: 9:30 - 10:45 am

Cost: $45 residents $50 non-residents
$15 additional sibling
$10 drop-in
Length: 6 classes

Parents Night Out - Winter Edition
Ages 4 - 10
Drop the kids at the Community Center and enjoy a night out! Jump-A-Rama staff will be here with an obstacle course, a winter craft, a “snowball” fight, a bouncer and pizza for dinner. We’ll wrap up the evening watching a movie. All this for less than the price of a babysitter!! Register by Wednesday, February 5 to avoid late fee.

Instructor: Jump-A-Rama

Date: February 7, Friday
Time: 6:00 - 9:00 pm

Cost: $20 resident $25 non-resident

Parents Night Out - Nerf Mania
Ages 4 - 10
Drop the kids at the Community Center and enjoy a night out! Jump-A-Rama staff will be here with an action packed Nerf-Mania night and pizza for dinner. Exercise, test your skills, battle different teams and have fun while you learn teamwork. Enjoy a night of disciplined fun and also balance competition with good sportsmanship. You may bring your own blaster, but we will provide the foam darts & balls in order to prevent participants losing equipment. Safety glasses will be provided and must be worn when in battle. We’ll wrap up the evening watching a movie. All this for less than the price of a babysitter!! Register by Wednesday, March 11 to avoid late fee.

Instructor: Jump-A-Rama

Date: March 13, Friday
Time: 6:00 - 9:00 pm

Cost: $20 resident $25 non-resident

Abrakadoodle Twoosy Doodlers
Ages 20 - 36 Months
This is a special art class just for toddlers and parents. Twoosy's learn and develop fundamental skills and experiment with a variety of art materials developing fine motor, language and self-help skills.

Instructor: Abrakadoodle

Date: January 11, Saturdays
Time: 10:00 - 10:45 am

Cost: $80 residents $85 non-residents
Length: 5 classes

Abrakadoodle Mini-Doodlers
Ages 3 - 5
Mini Doodlers will create their own masterpieces using a wide range of high quality art materials. Children develop important school readiness such as fine motor skills, ability to listen and follow directions, cognitive skills, language and more in an enchanting environment that develops individual creativity.

Instructor: Abrakadoodle

Date: January 11, Saturdays
Time: 11:00 am - 12:00 pm

Cost: $80 residents $85 non-residents
Length: 5 classes

Check Out Berkley Parks and Recreation
On Facebook and Instagram
Berkley Parks & Recreation
berkleyml_parksandrec
Tumble Tots
Ages 1 - 2 or 3 - 4
This program will provide toddlers and preschoolers with an opportunity to explore a wide variety of basic tumbling apparatus like springboard, balance beam, large and small gross motor mats, trampoline and more. Class begins with running, jumping and hopping then moves into music time. Students will concentrate on body awareness, eye-hand coordination and balance. The class will end with parachute and bubble activities. Parent participation required.

Instructor: Jump-A-Rama

Ages 1 - 2
Date: January 9, Thursdays
February 27
Time: 10:00 - 10:50 am

Ages 3 - 4
Date: January 9, Thursdays
February 27
Time: 11:00 - 11:50 am

Cost: $72 residents $77 non-residents
Length: 6 classes

Gymnastics
Ages 3 - 5 or 5 - 9
Each child will have the opportunity to explore a wide variety of apparatus, like basic tumbling skills, springboard activities, Balance Beam, Gymnastic jumps and trampoline exercises. Each week an obstacle course will be setup to help the student with the skill introduced. Students should wear leotards or shorts. Hair must be put up and no jewelry please.

Instructor: Jump-A-Rama

Ages 3 - 5
Date: January 9, Thursdays
February 27
Time: 2:30 - 3:15 pm

Ages 5 - 9
Date: January 9, Thursdays
February 27
Time: 3:45 - 4:30 pm

Cost: $72 residents $77 non-residents
Length: 6 classes

Advanced Gymnastics
Ages 6 & Up
Each class will begin with muscle stretches and work into basic tumbling equipment at stations where students will learn many different skills. This six-week program will provide your child with progressive skills that will encourage self-confidence and coordination! Students should wear loose clothing such as leotards or shorts. Hair must be put up and no jewelry please.

Instructor: Jump-A-Rama

Date: January 9, Thursdays
February 27
Time: 5:15 - 6:00 pm

Cost: $72 residents $77 non-residents
Length: 6 classes

Little Ninjas
Ages 4 - 10
Join us for interactive obstacle courses to conquer, jump, climb and slide your way through. Participate in drills to beat your best time. Everyone will be awarded with a certificate and ribbon of completion.

Instructor: Jump-A-Rama

Date: January 9, Thursdays
February 27
Time: 4:30 - 5:15 pm

Cost: $72 residents $77 non-residents
Length: 6 classes

Dodgeball and Jr. Dodgeball
Ages 4 - 6 or 7 - 10
Ready, Set, Throw! Learn rules & regulations, sportsmanship, history and throwing techniques as we stay fit the fun way with Dodgeball. Each week we will change up the teams and play at least two games.

Instructor: Jump-A-Rama

Ages 4 - 6
Date: January 8, Wednesdays
February 19
Time: 3:45 - 4:30 pm

Ages 7 - 10
Date: January 8, Wednesdays
February 19
Time: 4:30 - 5:15 pm

Cost: $72 residents $77 non-residents
Length: 6 classes

E-mail jump-a-rama@sbcglobal.net with any questions
Classes will be canceled if minimum registration numbers are not met
YOUTH PROGRAMS

**Bear Lacrosse**
This is your opportunity to play the fastest sport on two feet and the oldest sport in North America, lacrosse. Learn and fine hone your skills in an indoor temperature controlled environment where the weather is always perfect! This upbeat, no contact league will focus on mastering the fundamentals, team development, and sportsmanship.

**Instructor:** Paul Banicki

**CUBS - Grades 1 - 4**
**Date:** February 8, Saturdays
**Time:** 10:00 - 10:55 am

**GROWLERS - Grades 5 - 8**
**Date:** February 8, Saturdays
**Time:** 11:00 - 11:55 am

**Cost:** $50 residents $55 non-residents
**Length:** 6 classes

*CUBS- Saturday, January 11
FREE Clinic 10:00 - 10:55 am

*GROWLERS- Saturday, January 11
FREE Clinic 11:00 - 11:55 am

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**Pillo Polo**
**Grades K - 1 or 2 - 3**
Hockey rules with foam sticks and ball. Eight weeks of Practice combined with five weeks of Games. Games will be on Fridays beginning February 7. The traditional Parents vs Kids game will be March 23 or 24 at the last practice. No practice February 17 or 18. No game on February 14.

**Wings K - 1**
**Date:** January 21, Tuesdays
**Time:** 4:45 - 5:15 pm

**Bears K - 1**
**Date:** January 27, Mondays
**Time:** 4:00 - 4:30 pm

**Spartans 2 - 3**
**Date:** January 27, Mondays
**Time:** 4:30 - 5:15 pm

**Wolverines 2 - 3**
**Date:** January 27, Mondays
**Time:** 4:30 - 5:15 pm

**Cost:** Grades K - 1 $35 residents $40 non-residents
Grades 2 - 3 $40 residents $45 non-residents
**Length:** 8 classes

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**Bricks 4 Kidz® Winter Fun**
**Grades 1 - 5**
Bring the winter fun indoors with interactive Bricks4 Kidz® models of some popular winter activities from the hair-raising thrill of the luge to more the relaxing pace of the horse and sleigh. And our winter theme wouldn't be complete without ice hockey and skiing. We Learn, We Build, We Play with... LEGO® Bricks.

**Instructor:** Bricks 4 Kidz®

**Date:** January 16, Thursday
**Time:** 3:45 - 4:30 pm

**Cost:** $95 residents $100 non-residents
**Length:** 6 classes

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**Robotics - EV3 Roverbots**
**Grades 3 - 8**
Experience the cutting edge of technology with the latest LEGO® MINDSTORMS EV3 Robotics. Students will be captivated as they incorporate the newest generation of motors, sensors, software and computer programming. Test their capabilities by moving an object with an articulated arm, building a battle top arena, or creating a self-driving rover. We Learn, We Build, We Play with... LEGO® Bricks.

**Instructor:** Bricks 4 Kidz®

**Date:** February 20, Thursday
**Time:** 4:45 - 6:15 pm

**Cost:** $150 residents $155 non-residents
**Length:** 5 classes

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**Zumba® Kids**
**Ages 7 - 11**
Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

**Instructor:** Linda Johnson

**Date:** January 6, Mondays
**Time:** 5:30 - 6:15 pm

**Cost:** $31 residents $36 non-residents
**Length:** 6 classes

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**Babysitter/Home Alone**
**Ages 8 - 14**
This class is designed for ages 8-14, who are interested in babysitting or are home alone for a period of time. Discussion will center around setting up a babysitting business, growth/development, taking care of infants/children, what to do in an emergency and safety precautions when home alone. Certificates will be presented upon completion.

**Instructor:** Learning Pathways

**Date:** January 30, Thursday
**Time:** 5:00 - 7:00 pm
**Cost:** $20 residents $25 non-residents
Young Rembrandts
Drawing Workshop
Ages 3 - 5
Keep your preschoolers engaged during the winter months. There’s no place more engaging than a Young Rembrandts classroom. Ignite your preschooler’s imagination as they draw our attention-grabbing lessons focused on mastering basic skills like circles and patterning. In February a drawing of a mouthwatering pizza and an endearing duck will bring out the artistic skills and advanced creativity. March lessons bring out the adventurer in Young Rembrandts students as we complete an adorable Puppy, Silly Parrot and a very cool Pirate Ship!

Instructor: Young Rembrants

Date: January 21, Tuesdays
Time: 1:45 - 2:30 pm
Cost: $78 residents $83 non-residents
Length: 6 classes

Birthday Party Packages at Berkley Parks and Recreation

Basic Birthday Party - Bounce House, Soccer, Zumba® Kids or Pillo Polo
Includes:
Berkley Parks and Recreation Staff
(Zumba® Kids Instructor if needed)
$275 to Parks and Recreation

Jump - A - Rama : Gymanstics, Little Ninjas, Dodgeball or Nerf Mania Theme
Includes:
- Gynastics Obstacle Course & Bouncer
- or-
- Dodgeball Arena
- or-
- Nerf Mania Battleground
- or - Little Ninjas Course with Warp Wall
- or - Jump-A-Rama Staff
$150 to Jump-A-Rama and $225 to Parks & Recreation (Add $50 Non-Resident)

Dan the Creature Man Birthday Party
Includes:
- Dan the Creature Man (1 hour show, 10 different animals)
- Photo Ops
$225 to Dan the Creature Man and $225 to Parks & Recreation (Add $50 Non-Resident)

Kindermusik Birthday Party
Includes:
- 1 hour of Kindermusik
$150 to Mary Robertson and $225 to Parks & Recreation (Add $50 Non-Resident)

All Party Packages Include:
- 1 hour of selected activity
- 1 hour in Party Room
- Color themed decorations
- Balloons
- Place Settings for 16 children
- 5 Large Hungry Howies Pizzas (Cheese or Pepperoni)
- Punch, Lemonade or Water
- Personalized 1/4 sheet cake
- Ice Cream
- Table cloths, plates, cups, napkins
- Party Host
**Beginner Tai Chi**
For those who have never taken Tai Chi. Learn Wu Style Tai Chi Chuan, an invigorating exercise for health and peace of mind. Careful practice will improve coordination and increase relaxation. Improve your health and concentration and learn to deal with stress more effectively. Try the 1st class for free!

Certified Instructor: Sam Purdy

| Date          | January 8, Wednesdays  
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<td>Cost:</td>
<td>$45 residents $50 non-residents</td>
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<tr>
<td>Length:</td>
<td>6 classes</td>
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**Advanced Tai Chi**
Wu Style Tai Chi Chuan for advanced students. Topics include form refinement, pushing hands, 24 forms, and meditation. This is for tai chi players who have already learned these practices and wish to refine them through practice with others.

Certified Instructor: Sam Purdy

| Date          | January 8, Wednesdays  
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**Guitar Lessons**
Ages 8 & Up
Beginner guitar lessons are designed to have an emphasis on fun. Each private lesson is 35 minutes long and are individualized to how the student learns best. The course will teach the fundamentals of acoustic or electric guitar. We start off with the absolute basics, from parts of the guitar, how to read music notation, simple strumming patterns, and basic chords. Progress depends much on home practice. Students must bring a guitar in good working order. A music book and guitar picks will be provided at the first lesson. One make up lesson will be allowed per session, provided a 24 hour cancellation notice.

Instructor: Patrice von Liski

| Date          | January 27, Mondays  
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<tr>
<td>Time:</td>
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|               | 3:45 - 4:20 pm  
|               | 4:25 - 5:00 pm  
|               | 5:05 - 5:40 pm  
|               | 5:45 - 6:20 pm  
|               | 6:25 - 7:00 pm  |
| Cost:         | $120 |
| Length:       | 6 classes |

**Sanchin-Ryu for Families**
Ages 4 and Up
Set in a fun, non-competitive and informative atmosphere, this program allows parents to learn alongside their children. Physical techniques will be instructed along with drills and exercises to help you have a positive experience with your self defense education.

Instructor: Sanchin Systems

| Date          | January 9, Thursdays  
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**Sanchin-Ryu Karate for Kids**
Grades K - 8
Students will be trained with proven, age-appropriate techniques that are necessary for kids to protect themselves from attackers. This program is set in a fun, yet structured environment which will give your child a positive outlook on learning a martial art. We focus on healthy attitudes vs perfection! Participants will achieve a great self confidence and leadership through the physical techniques, mental strategies, drills and exercises they are lead through.

Instructor: Sanchin Systems

| Date          | January 9, Thursdays  
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<tr>
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<td>Cost:</td>
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**Sanchin-Ryu Karate for Adults/Teens**
Ages 14 and Up
Specifically designed to address personal-protection concerns, this program instructs a broad range of strikes, combinations, footwork and defense tactics. Receive specialized training on how to deal with, get out of, and counter a multitude of grabs and attack scenarios. Learn how to use the whole body for power, making the most of your size and strength (regardless of athletic ability).

Instructor: Sanchin Systems

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**Sanchin-Ryu for Families**
Ages 4 and Up
Set in a fun, non-competitive and informative atmosphere, this program allows parents to learn alongside their children. Physical techniques will be instructed along with drills and exercises to help you have a positive experience with your self defense education.

Instructor: Sanchin Systems

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Introduction to Argentine Tango

Ages 16 & Up
Argentine Tango is an improvisational dance based on the four building blocks of walking, turning, stopping and embellishments. The dance is like a puzzle that gets put together differently each time. Participants will develop and bring their own styles to the dance which contributes significantly to the excitement and unpredictability of the experience.

We will cover the etiquette and terminology of tango, rules and customs of being at a tango ‘milonga’ dance party and the history of the dance. The main focus of the class will be on the foundation elements of Argentine Tango so that a student will dance with quality of movement and be able to maneuver about the dance floor with class and grace. We will spend much time on connection, the art of the Tango walk, musicality and learning several basic foundation figures as we progress. Price listed is for individual registration.

Certified Instructor: Alan Kline
Date: January 14, Tuesdays
Time: 8:00 - 9:00 pm
Cost: $50 residents $55 non-residents
Length: 4 classes

Date: March 17, Tuesdays
Time: 8:00 - 9:00 pm
Cost: $75 residents $80 non-residents
Length: 6 classes

Intro to DSLR Photography

This course will explore basic photography concepts and is designed for someone who is looking to get into photography or someone who already owns a DSLR (Digital Single-Lens Reflex) camera. This course will explore and explain photography concepts, camera and lens types, shooting modes and settings, as well as best practices for storage of your digital images and options for editing images. The goal of the course is to advance from automatic mode into assisted modes and eventually manual mode.

Instructor: Shannon Ferguson
Date: January 16, Thursday
Time: 7:00 - 8:00 pm
Cost: $60 residents $65 non-residents
Length: 4 Classses

Instructor: Shannon Ferguson
Date: March 5, Thursday
Time: 7:00 - 8:00 pm
Cost: $60 residents $65 non-residents
Length: 4 Classes

SUMMER BASEBALL
Registration Opens January 1, 2020
Boys & Girls ages 5-16

BEGINNERS CLINICS
Registration Open Now
Boys & Girls 5 –10

For information visit www.berkleydadsclub.org
AKC STAR Puppy
Southern Michigan Obedience Training Club (SMOTC) offers this class for puppies purebred or mixed approximately 3 – 5 months of age. Help your new “Best Friend” develop the good habits it needs in order to become a valued member of your family. Socialization, introduction to obedience, and problem solving are covered in the classes. AKC STAR Puppy Certification is offered. Minors are invited to attend with a registered adult.

Instructor: SMOTC

Date: January 13, Mondays
February 24
April 6

Time: 7:00 - 7:55 pm

Cost: $70 residents  $75 non-residents
Length: 6 Classes

Introduction to Dog Obedience
This foundation class for all dogs who are at least 6 months old. Learn to train your dog to heel (walk) on lead next to you, sit and down stay, come when called and stand – to become a more enjoyable member of the family, as well as encourage participation in obedience competition. This is a fast-moving class to teach you to teach your dog basic obedience. This class will require that you work with your dog 10-20 minutes a day during the duration of the classes for best results.

Instructor: SMOTC

Date: January 15, Wednesdays
February 26
April 8

Time: 7:00 - 7:55 pm

Cost: $70 residents  $75 non-residents
Length: 6 Classes

Advanced Dog Obedience
Has your dog successfully completed a beginners obedience class? Can he heel at your side with few corrections and do a long sit and down without getting up? The Advanced Class focuses on sharper obedience work, with off-leash heeling, recalls and stays including all Rally exercises with courses. This is an excellent preparatory class to obtaining obedience/rally titles. By the end of the class, you will be working off leash with consistency. Bring your dog the first night and shot records.

Instructor: SMOTC

Date: February 26, Wednesdays

Time: 8:00 - 8:55 pm

Cost: $70 residents  $75 non-residents
Length: 6 Weeks

Intermediate Dog Obedience
This fast-paced class is designed to help handlers and dogs master the skills necessary to earn the AKC Canine Good Citizen Award. The class is open to all dogs (pure bred and mixed alike). It is required that the dogs have previous exposure to classroom obedience training or have completed Intro to Dog Obedience (offered by SMOTC) prior to enrolling.

Instructor: SMOTC

Date: January 15, Wednesdays
April 8

Time: 8:00 - 8:55 pm

Cost: $70 residents  $75 non-residents
Length: 6 Classes

Therapy Dog Obedience
This class will help to prepare students and their dogs to take the Therapy Dogs International certification test to become a certified Therapy Dog team. The class will also address safety precautions for you and your dog, proper visiting techniques, getting around medical equipment and more. Certification testing information will be available the first night of class.

Instructor: SMOTC

Date: January 13, Mondays
April 6

Time: 8:00 - 9:00 pm

Cost: $55 residents  $60 non-residents
Length: 4 Classes

Adult Art Splash
In this 1-1/2 hour fun, social and creative experience, you will learn how to paint on canvas with acrylic, create watercolor art and use oil pastels. There will be unique art projects, introductions to great artists, styles and techniques. All materials provided with a trained qualified teacher. A wonderful opportunity to create your own original art.

Instructor: Abrakadoodle

Date: January 15, Wednesdays

Time: 6:30 - 8:00 pm

Cost: $175
Length: 5 Classes
CPR/AED/First Aid
Be prepared when seconds count! Learn from the American Red Cross programs that set the national standard to respond effectively to adult, child and infant cardiac and choking emergencies, sudden illness, bleeding and other life-threatening conditions. You will learn the proper use of an Automated External Defibrillator (AED) and your vital role in the chain of survival. Each student will have the use of their own mannequin to practice and demonstrate skills. Students will receive the First Aid / CPR / AED Participant Packet and State of Michigan Good Samaritan Law regarding the use of an AED unit and CPR (additional materials will be available for purchase). Adult CPR w/AED, Infant and Child CPR, and First Aid certification cards will be issued upon successful completion of course requirements (now valid for two years).

Instructor: Live Safe Academy

Date: January 23, Thursday
Time: 6:00 - 9:30 pm
Cost: $90

Self Defense for Women
Ages 16 and up
Can you defend yourself against a violent attack? Learn valuable, life saving skills from programs designed to increase your safety after only one class! Learning is best accomplished by doing. Our hands on course teaches time-tested, relevant and realistic skills that are easy to learn and retain under stress. Designed to be safe, this course instills confidence by building on success. You are coached according to your own rate of progression.

Instructor: Live Safe Academy

Date: February 6, Thursday
Time: 6:30 - 8:30 pm
Cost: $35 residents $40 non-residents

Self Defense for Children
Ages 4 - 10
If someone wants to hurt our children, they won’t choose a time or a place with witnesses. The safety of our children will depend on their ability to recognize a threat and respond effectively. These fun, interactive and age appropriate workshops teach essential, lifesaving information about the threats facing our children, strategies for prevention and real world techniques designed to reduce their risk of abductions, assaults and other forms of violence. But most of all, these programs teach students that they have the right to be safe, that no one has the right to hurt them and that their life is worth protecting.

Instructor: Live Safe Academy

Date: February 6, Thursday
Time: 5:00 - 6:00 pm
Cost: $15 residents $20 non-residents

Pet First Aid
Ages 9 - 17
Kids, would you like to learn pet first aid? Increase your competitive edge by being more valuable to families with pets and kids. Increase your market by being certified to watch pets or kids. Learn to care for the pets in your own family. Have fun and help keep animals safe. This is an add on class for students in the Babysitter Safety course. This program will begin after the Babysitter Safety class ends. Class should be concluded by 3 PM to 4 PM, depending on when the Babysitter Safety course is completed. Parents, students will need additional snacks and a stuffed animal with realistic features to practice skills.

Instructor: Live Safe Academy

Date: January 18, Saturday
at Huntington Woods Rec Center
April 7, Tuesday
at Berkley Community Center
Time: 3:00 - 4:00 pm
Cost: $15 residents $20 non-residents
**Zumba®**
Ditch the Workout - Join the Party! Zumba® is a dance fitness program done to a fusion of Latin and International rhythms. Zumba® is a dynamic, exciting and effective fitness system. Lose weight, tone up and enjoy yourself.

**Monday AM Zumba®**
**Time:** 9:30 am - 10:25 am  
**Date:** January 6  
March 2

**Monday PM Zumba®**
**Time:** 7:00 pm - 7:55 pm  
**Date:** January 6  
March 2

**Wednesday AM Zumba®**
**Time:** 9:30 am - 10:25 am  
**Date:** January 8  
February 19

**Wednesday PM Zumba®**
**Time:** 8:00 pm - 8:55 pm  
**Date:** January 8  
February 19

Pick 1 Class  
$31 resident  
$36 non-resident  
Pick 2 Classes  
$55 resident  
$65 non-resident  
Pick 3 Classes  
$73 resident  
$88 non-resident

Drop-in to any class for $8

**Yoga Blend**
All levels welcome! Options for both beginners and experienced yogis offered. Come as you are! This is an alignment based class that focuses on breath. Build strength through establishing and holding poses that progress into a steady flow. $9 fee to Drop-In. Please bring your yoga mat.

**Tuesday with Eric Ostrowski**
**Date:** January 7  
February 25  
**Time:** 5:30 - 6:25 pm  
**Cost:** $43 residents  
$48 non-residents  
**Length:** 6 classes

**Thursday with Julia Apsey**
**Date:** January 9  
February 27  
**Time:** 5:30 - 6:25 pm  
**Cost:** $43 residents  
$48 non-residents  
**Length:** 6 classes

**Saturday with Eric Ostrowski**
**Date:** January 4  
**Time:** 9:00 - 10:00 am  
**Cost:** $43 residents  
$48 non-residents  
**Length:** 6 classes

Register for multiple classes and save

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**Berkley Steelers**
**Youth Football & Cheerleading**

Berkley Steelers is your one and ONLY Youth Football & Cheerleading program for Grades K-8 which participates in the Oakland Macomb Youth Football Association. Divisions are separated by Age / Grade. We teach kids from Berkley, Huntington Woods, Oak Park and ANY surrounding city! Come join the fun!

VISIT [www.berkleysteelers.net](http://www.berkleysteelers.net) for more information, divisions and pricing.

Registration begins April 1, 2020 Online for returning players and April 15th for New Players.

Questions?
Lori Lambertsen – President  
lori.lambertsen@gmail.com  
Andrew Hadfield – Football GM  
berkley02@gmail.com  
Melissa Gallis – Cheer GM  
mgallis@att.net
**PiYo® Live**

PiYo® Live is a low-impact blend of strength training and conditioning inspired by Pilates and Yoga. This workout will help increase strength, stability, stamina and flexibility. This class is filled with choreography that is fun, challenging and will make you sweat. Please bring a yoga mat, towel and water bottle.

*Instructor: Bre Young*

**Monday PM**
**Date:** January 6
**Time:** 6:30 - 7:25 pm

**Thursday PM**
**Date:** January 9
**Time:** 6:30 - 7:25 pm

**Cost:** $61 residents $66 non-residents
**Length:** 6 classes

Register for Monday & Thursday PiYo® Live classes and save $18.

**FIT4MOM Classes**

Register now at eastoaklandcounty.fit4mom.com

**Body Ignite®**

Body Ignite® is a one-stop body shock. Targeting each and every muscle with specially designed sequences and a weighted bar will leave you stronger and begging for more. Dedicated core and flexibility work are also included to help you move and feel better. A perfect complement to any cardio class or activity you currently enjoy, this easy to follow strength based program will increase your metabolism, your athleticism, and your ability to lift, lunge and lug everything mom-life throws at you!

**Date:** January 6, Mondays
**Time:** 6:00 - 7:00 pm

**Cost:** $61 residents $66 non-residents
**Length:** 6 classes

**Strides 360™**

Strides 360™ promises a heart-pumping workout designed to increase your endurance while also developing speed, agility, and quickness to help you sprint through mom life. Bodyweight conditioning is strategically placed to provide recovery, strength and round out your workout.

**Date:** January 7, Tuesday
**Time:** 10:15 - 11:15 am

**Body Back®**

Body Back® Transformation is a result based wellness journey. You will focus on your mind and body improving your overall health and well-being. The experience includes high-intensity interval training (HIIT) workouts designed to challenge, empower, and recharge you. Each class will feature strength, cardio and core that is elevated beyond what you experience in other Fit4Mom classes. These classes are all about empowerment to appreciate and challenge yourself with individual and partner circuits.

**Date:** January 2, Thursday
**Time:** 7:00 - 8:00 pm

**Stroller Barre®**

Stroller Barre® is a unique blend of ballet, Pilates, barre, yoga and stroller-based exercises designed to help moms build strength and muscle tone and improve posture. Stroller Barre® focuses on strengthening and creating an ideal length/tension relationship in all the postural muscles, creating a taller, leaner-looking mommy!

**Date:** January 3, Fridays
**Time:** 10:15 - 11:15 am
Chair Yoga
The great thing with yoga is that it is for everybody. Yoga can be suited to anyone’s needs. Any movement, big or small, is beneficial for both the physical and emotional self. Chair Yoga offers the same, wonderful health benefits as a traditional mat yoga class.

Date: Mondays - Starting January 6
Thursdays - Starting January 9
Time: 11:00 am - 12:00 pm
Cost: $42 - Monday
$56 - Thursday
$84 - If you sign up for both classes
$8 - drop-in

One-on-One Computer Classes
Do you have questions regarding your laptop, Kindle, phone, tablet or a combination of these devices? Our Computer Expert, Marta is available for informative one-on-one sessions to help you learn how to use your devices. Contact the Community Center to schedule your lesson today. Please remember to bring your device and your power cords.

Choose from three different class options:
1) 30 Minute Session
Cost: $20
2) 60 Minute Session
Cost: $35
3) (3) 45 Minute Sessions
Cost: $60

Berkley Times
Looking for more information regarding the senior activities at the Berkley Community Center? For just $6 a year (resident) and $8 a year (non-resident) you can have the Berkley Times delivered directly to your door step 6 times a year. Keep up with all of the upcoming day trips, lunch outings and casino trips. Payment can be done in person with cash, check or with a Visa, MasterCard or Discover. Credit Card payments can also be taken over the phone. If you would like to pay by check through the mail, please complete the form below and mail to:

Berkley Parks and Recreation
Attn: Berkley Times
2400 Robina
Berkley, MI 48072

Name: _________________________________
Address: ________________________________
Phone: _________________________________
E-Mail: _________________________________

Senior Fitness
Date: Tuesdays
Time: 9:00 am - 10:00 am - Through 2019
10:30 am - 11:30 am - Starting in 2020

Date: Fridays
Time: 9:00 am - 10:00 am

Cost: $1 per class
Pay daily, weekly or monthly

Let’s Have Lunch
Clubhouse BFD
Thursday, January 9
Departs: 11:00 am - Oxford Park Towers
11:30 am - Berkley Community Center

Friars Restaurant and Bakery
Thursday, February 6
Departs: 10:30 am - Oxford Park Towers
11:00 am - Berkley Community Center

The Cheesecake Factory
Wednesday, February 26
Departs: 9:45 am - Oxford Park Towers
10:15 am - Berkley Community Center

Cost: $6 - Lunch on your own

Casino Trips
MGM Casino
Wednesday, December 18

Greektown Casino**
Wednesday, January 15

MGM Casino
Wednesday, February 12

Greektown Casino**
Wednesday, March 11

MGM Casino
Thursday, April 16

Greektown Casino**
Thursday, May 21

Time: 9:30 am - Oxford Park Towers
10:00 am - Berkley Community Center

Cost: $10

** - Offers rewards

Casino Trips
MGM Casino
Wednesday, December 18

Greektown Casino**
Wednesday, January 15

MGM Casino
Wednesday, February 12

Greektown Casino**
Wednesday, March 11

MGM Casino
Thursday, April 16

Greektown Casino**
Thursday, May 21

Time: 9:30 am - Oxford Park Towers
10:00 am - Berkley Community Center

Cost: $10

** - Offers rewards

Casino Trips
MGM Casino
Wednesday, December 18

Greektown Casino**
Wednesday, January 15

MGM Casino
Wednesday, February 12

Greektown Casino**
Wednesday, March 11

MGM Casino
Thursday, April 16

Greektown Casino**
Thursday, May 21

Time: 9:30 am - Oxford Park Towers
10:00 am - Berkley Community Center

Cost: $10

** - Offers rewards
Blithe Spirit at Meadowbrook Theatre
Lunch at O’Malley’s Pub

The smash comedy hit of the London and Broadway stages, this much-revived classic from the playwright of Private Lives offers up fussy, cantankerous novelist Charles Condomine, remarried but haunted (literally) by ghost of his late first wife, the clever and insistent Elvira who is called up by a visiting “happy medium,” one Madame Arcati.

Date: Wednesday, January 22
Time: 10:30 am - Oxford Park Towers
      11:00 am - Berkley Community Center

Cost: $50

Palazzo Di Bocce

Palazzo Di Bocce combines an upscale atmosphere, fine Italian food, and the casual, social aspect of the sport of Bocce. We will enjoy a family style meal and an hour and a half of time on the Bocce Court.

Date: Thursday, February 20
Time: 10:45 am - Oxford Park Towers
      11:15 am - Berkley Community Center

Cost: $35

Mary Poppins
at the Bonstelle Theatre

Pop open your umbrellas and take flight with us as everyone’s favorite, and practically perfect, nanny takes the stage in this supercalifragilisticexpialidocious musical adventure.

Mary Poppins is an enchanting story that follows the Banks family as they struggle with life in Edwardian England just after the turn of the 19th Century. The children, Jane and Michael, are terribly ill-behaved. Mrs. Banks is lonely and bereft, aching for dreams long ignored. And Mr. Banks just wants to live an orderly, well-established life. Helping them is the mysterious nanny who can talk to birds, magically transform a gloomy park into a painterly scene, and, just maybe, with a spoonful of sugar, get the Banks back on track.

A mixture of irresistible story, unforgettable songs, breathtaking dance numbers and theatrical magic, Mary Poppins takes flight at the Bonstelle Theatre.

Date: Wednesday, April 15
Time: 12:15 pm - Oxford Park Towers
      12:45 pm - Berkley Community Center

Cost: $40
Berkley Parks and Recreation
2400 Robina
Berkley, MI 48072
248.658.3470 - phone
248.658.3471 - fax
berkleymich.org

ECRWSSEDDM
RESIDENTIAL CUSTOMER

Berkley Parks & Recreation
Presents
WINTERFEST

Saturday, February 1, 2020
12:00 – 3:00 PM
Berkley Community Center