

# Randy Wise is proud to be a community partner.











Meg Slaght ......mslaght@slpr.net











#### **SOUTHERN LAKES PARKS & RECREATION STAFF**

810.714.2011 • WWW.SLPR.NET

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	Joy Scott, Chris Phifercontact_us@slpr.net
Program Coordinator & Office Manager	

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:: HANGET NO. 184



#### **SLPR ADMINISTRATIVE INFORMATION**



#### **Southern Lakes Parks & Recreation**

Phone: 810.714.2011

Hours: Monday-Friday from 10am-6pm

Email: Contact\_us@slpr.net

#### **REGISTRATION INFORMATION**

SLPR does not accept registration over the phone.

#### Here are 3 ways to register:

- 1. Online at www.slpr.net.
- 2. In person from 10am-6pm, M-F
- 3. Mail in your registration to SLPR at: 150 S. Leroy St. Fenton, MI 48430.

Please make checks payable to SLPR. SLPR strongly encourages mailing registration 2 weeks prior to the class start date.

All registrants must have a hold harmless waiver signed before the first class.



#### **RESIDENCY DEFINED**

Residents / Non-Residents: To recieve the resident rate you must reside within the City of Fenton, City of Linden, or Fenton Township. SLPR is funded through property taxes collected in these areas. Residency is NOT connected with the Fenton, Linden or Lake Fenton School Districts. Residency is determined by where you pay your city/township taxes.

#### PRORATING PROCEDURE

Late registration is discouraged and sometimes not allowed. Therefore, classes may only be pro-rated in certain circumstances and only upon request at the time of registration.

#### **REFUND PROCEDURE**

Refunds will be processed [upon request] up until the second class, minus a \$5 administrative fee. A full refund will be given if a class is cancelled by SLPR. No refunds will be given for sport leagues, special events or one-day classes [unless cancelled by SLPR]. Refunds may take up to two weeks to process.

#### **CONFIRMATION PROCEDURE**

Southern Lakes Parks & Recreation will only notify participants if a class has been cancelled. SLPR will notify you immediately if a class is cancelled and a full refund will be issued. Refunds may take up to two weeks to process. If you do not hear from the SLPR office, please attend the first class session as scheduled. Each customer's profile and program scheduleare available online through the registrationsoftware with Rec1.

#### **CANCELLATION PROCEDURE**

Southern Lakes Parks & Recreation reserves the right to cancel any program due to inclement weather, facilitation problems, or conditions beyond their control. Should this happen, SLPR will attempt to reschedule the program. Should schedule changes occur, SLPR will notify participants by phone, text message and/or email. If local schools are closed due to weather conditions, all SLPR daytime and evening activities taking place within those schools will be cancelled.

# **SLPR Board Information**

The Southern Lakes Regional Metropolitan Parks & Recreation Commission was formed in November 2000 and is supported by the taxpayers of the City of Fenton, City of Linden, and Fenton Township. Two appointed members from each municipality make up the six-member board.



Pat Lockwood, <i>Chairperson</i> , City of Fenton lockwoodpa4@gmail.com
Ray Culbert, Vice Chair, City of Linden
Dave McDermott, Secretary, City of Fenton
Robert Kesler, <i>Treasurer,</i> Fenton Twprobertckesler@yahoo.com
Christine Reid, Fenton Twp cmreid8@charter.net
Brenda Simons, City of Lindenbsimons@lindenmi.us

# 2024 SLPR District Board of Commissioners Meetings

All meetings are on the fourth Thursday of each month at 7:30am, in the club room, lower level at the Fenton Community & Cultural Center (150 S. Leroy St., Fenton, MI 48430)

1/25/24	7/25/24
2/22/24	8/22/24
3/28/24	9/26/24
4/25/24	10/24/24
5/23/24	11/21/24*
6/27/24	12/19/24

\*Denotes 3rd Thursday

#### SLPR EXECUTIVE DIRECTOR'S MESSAGE



In our Fall brochure I detailed the community events SLPR was completing for the summer of 2023. The Summer Concert series for both Linden and Fenton, the Back to the Bricks Tune Up Parties in both cities as well, the Fenton Farmers Market, and Fenton Art Walk. I am involved in many other organizations in our community as well. Some came my way through a personal interest and others by way of working for SLPR. Either way, they all help make

our community great by putting on events, programs, or raising funds to make our community a better place to live. Whether it is me as an individual, or an in-kind sponsorship as SLPR, working together helps us all get more done with less effort, but we all have a common need, volunteers. I'll review some of the great organizations and events below.

LAFF Pathway Inc. is a group that's been around our community since 2009. Committed to bringing non-motorized pathways to our area, LAFF's been working to first identify and prioritize a four-phased plan for safe pathways and now is the major fund-raising organization for those efforts. SLPR is working with LAFF, Fenton Township, and the cities of Linden and Fenton to finalize The State Bank Trail, which will connect Linden and Fenton along Silver Lake Road. Another great organization working in a similar fashion is the Keepers of the Shiawassee group. Their annual fundraiser, Riverfest, along the Shiawassee River in either Fenton or Linden each year, as well as other fundraisers, helps them build and maintain access to the river. Their current plans include a river access site at Hogan Road. Their work to synchronize county efforts to rebuild the bridge, with Fenton Township's efforts on their Five-Year Parks and Rec Plan, include a professionally-designed access site including parking, driveways in and out, and a sloped ramp to the river. Look for more information as the Keepers move towards implementation of their plan and fundraising. You can't bring up action along the river without mentioning the Shiawassee River Water Trail Coalition, now identified as both a State and National water trail. Both organizations work to improve and promote conservation, safety, and public use of the Shiawassee River and many of their efforts just can't be done without volunteers.

With Fenton Township, SLPR works as a member of the Thompson Road Regional Dog Park (TRRDP) Committee. A shout out to all the municipalities and tree service companies who brought out woodchips to the park. Volunteers recently spread about 50 yards on both sides to combat the mud. Plans are in the making to also have a brick-paverfundraiser starting around the pump well and eventually paving the entryway to the gates of both sides, and we'll need volunteers. SLPR is also working with Fenton Township on a potential Parks and Rec Center at the TRRDP site. Stay tuned for more details as we reach out using community forums to share and enhance plans for the complex to see if it is feasible.

In Linden, it's the Happening IN Linden group that puts on many of the community events. As a member of their board, I get a chance to help run many of the events and I'm in on the ground floor when it comes to coordinating and scheduling events across our community. Volunteering during events like Linden's Holiday Happening, Frosty Parade, and Fireworks; Ladies Night Out; or River Roast can really be a blast and I encourage all to volunteer to help too. The Grow Linden committee grew out of the chamber and the Linden DDA, and meets the second Wednesday of the month at the Crow's Nest in the Linden Hotel. Come by at noon and get caught up on what's going on around Linden. As a member of the Masonic Lodge, the American Legion, and the VFW, I can't say enough about how these organizations support special events and services in Linden, and about how an ample supply of volunteers helps with every event.

SLPR works with the Fenton City Council's Arts and Culture Commission to partner with many unique events focusing on the Arts. I am on the Veterans Memorial (at Freedom Park) Committee, and it is exciting to be a part of what will become a one-of-a-kind memorial in our community recognizing our veterans' service. Working with the Fenton Rotary also supports unique opportunities and events in our community from the rubber ducky race to the Christmas trees at Bush Park, to the Senior Lunch and golf outing, Rotary is another group that does great things and would love your support as a volunteer during their events. SLPR is also partnering with the Fenton Arts Council to bring more Art events to our community.

Still more, SLPR finds itself working with the Fenton and Linden Regional Chamber of Commerce to put on a number of events. SLPR works with Loose Senior Center to get the word out about their efforts to expand services and recreational activities in our community, and there is the Deer Run Soccer Association that runs the soccer park on Linden Road... another great partnership helping bring so much to our community, and still more great organizations that can use volunteers.

If you haven't guessed it by now, I am very proud of all the organizations and partnerships putting events and services on in our community...and it could not happen without volunteers! Please consider volunteering your time for at least one event, or adding another event to that which you already volunteer for. It is a great way to support our great community and give a little back. Your feedback is always helpful and appreciated. If you see me out, please stop to introduce yourself and let me have it... the good...the bad...and/or the ugly...and what you'd like to volunteer for. If you don't see me, email or call us and let us know what you are thinking. We can serve our community better when we know the needs and wants...and when you volunteer.

Ed Koledo, Executive Director Southern Lakes Parks and Recreation





#### **SPECIAL EVENTS**

# Michigan Easy Bake-Off Event

Let's have fun decorating and baking cakes in this friendly competition. Teams of 2 will compete against other teams to create several custom and unique cakes in the duration of an hour. Each team is provided key ingredients to construct their cakes.

Friday, February **23 6:00–8:00pm** 

**Fenton Community & Cultural Center** 

Registration Fee: \$15 per team Material Fee: \$10 per team

(due at event)

# Fit & Fabulous in Fenton WELLNESS EXPO Saturday, March 9 • 11am – 2pm Fenton Community & Cultural Center Learn about all of the mind/body, healthy, and beneficial opportunities around our town of Fenton!

Guest Speakers

- Massage Therapy
- Nutrition Coaches
- Group Fitness Demos
- Functional/Alternative Medicine
- Beauty Products & More!

Interested in becoming a vendor? Contact Meg at mslaght@slpr.net





# Does your child have a love for trucks and large vehicles?

Then check out SLPR Touch-A-Truck free family-friendly event where the young and young at heart love to climb, run around, sit in, and even honk the horns of trucks and large vehicles seen throughout the county. The event features big trucks – fire trucks, boom trucks, construction equipment, street sweepers, and much more!

Saturday, June 1 • 10am-2pm
Bush Park 200 Lincoln St. Fenton



Vendor Booths (10x10)=\$50 for each show. To become a vendor, conrtact pallen@slpr.net.

#### **SLPR Presents**

Free Fitness Fridays







# LOOK TO FC&CC FOR ALL YOUR SPECIAL OCCASIONS



150 South Leroy St, Fenton, MI 48430 In-person Hours: 10am to 6pm Monday - Friday



To schedule your next event, call **810.629.2512** or scan the QR code to visit fentoncommunitycenter.org.

- · Wedding Receptions
- Open Houses
- Showers
- Family Gatherings
- Business Meetings
- Luncheons & Events
- Classes & Seminars
- Dances, Dinners

- Concerts & Movies
- Senior Activities
- · Young Adult Activities



#### **SENIOR PROGRAMS**

#### **TAI CHI**

\$48 Discounted for residents \$58 Regular fee for non-residents Adults only, 18 and up

In our Tai Chi class you will learn an ancient self improvement method that is totally different from other sports or exercise classes. Tai Chi is a very popular Oriental Holistic fitness program that has the added dimension of healing the mind and body from within. The class focuses on proper breathing, increasing circulation, and developing internal energy (Ki Power) for improved overall health. You will learn graceful basic actions, which are actually "Low Impact" exercises in disguise! Unlike other programs, the class is so fascinating that you will never be bored! When you are able to perform all of the basic actions as one continuous flowing motion, that is considered a Tai Chi FORM. The goal is to be able to move smoothly through the FORM without the intervention of conscious thought. This is very relaxing for both the mind and body; and it is very beneficial in relieving mental and physical stress. Students typically experience increased flexibility, less body and joint stiffness, increased range of motion, and less pain. Body balance, coordination, and a more positive outlook on life are also reported by students as a result of Tai Chi practice. When you leave class you will feel rejuvenated, energized, and ready to tackle life with a GREAT NEW ATTITUDE.



Wednesdays, 10:00 am - 10:45 am Session 1: January 17 to February 21 Session 2: April 17 – May 22

All Classes held at: World Martial Arts Academy 7007 Silver Lake Road, Linden, MI 48451 Instructed By: Grand Master Dave Weatherly 9<sup>th</sup> Degree Black Belt

Questions call: (810) 458-6363

#### **SLPR'S SENIOR FRIDAYS**

Join our fun-loving group for Senior Fridays at the Fenton Community & Cultural Center. Meet new friends, share some laughs while playing Bingo, Bunco, and Euchre. Come for the day or just for your favorite part. Wheelchair accessible. If this is your first time visiting, please call 810-714-2011. \*In the event of inclement weather or school closures Senior Fridays will be cancelled.



**THANK YOU TO THE FUNDERS!** This program is partially funded by Southern Lakes Parks & Recreation, the Fenton Community Center, The State Bank, and City of Fenton CDBG Funds.

**FEES:** Lunch is served the 4<sup>th</sup> Friday of the month at \$4.00 a person (subject to change). Bingo & Bunco is \$1.50 to play.

#### **SCHEDULE OF EVENTS:**

9:30-10:30am Social Time 10:30-12:00pm Bingo 12:00-12:30pm Lunch 12:30-2:00pm Bunco 2:00-4:00pm Cards We look forward to seeing you on Friday!



\*No Senior Fridays: March 8, March 29, July 5, July 26, & August 9.

#### **ADULT PROGRAMS**

#### **ART**

#### Learn to Paint like Bob Ross!

\$70 discounted for residents, \$80 non-residents Ages 13 - adult

(16 & under must be accompanied by an adult)

Fenton Community & Cultural Center, Art Room Instructed by Ted Simpson, CRI

Join us in painting happy little trees and fluffy clouds as we put dreams onto canvas. Join Ted Simpson, Certified Ross Instructor as he guides you through painting your own Bob Ross Style masterpiece in just a few hours. No experience necessary and all supplies included.



Galaxy over the Mountain January 6, 1:00-4:00pm



FootHills under the Clouds Feb. 17, 1:00-4:00pm



Cabin in the Woods March 23, 1:00-4:00pm



Nightime Seascape April 20, 1:00-4:00pm

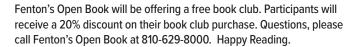


Calm Woods May 18, 1:00-4:00pm

### **BOOK CLUB**

#### Fenton's Open Book Club

Ages 16 & up



2nd Monday of each month at 6:30pm Fenton's Open Book, 105 West Shiawassee

# LOOKING FOR INSTRUCTORS!

Contact SLPR if you're interested in sharing your talents!



Phone: 810.714.2011 Email: Contact\_us@slpr.net

#### **DANCE**

#### **Adult Dance**

\$90 Discounted for residents \$100 Regular fee for non-residents

Elevate your dance journey with our adult ballet and lyrical class, tailored to both those with some experience and those brand new to dance. Refine your technique, express emotions through movement, and embrace the artistry of both ballet and lyrical. Please wear ballet slippers or lyrical shoes.

Mondays, 730-8:15pm

Session 1: January 8 - March 11 (no classes Jan 15 and Feb 19)
Session 2: March 18 - May 20 (no classes March 25 or April 15)
SLPR Dance Studio, 404 Ellen St, inside the World of Wonder building

#### **Dancing Date Night®: Valentine Edition**

\$48/couple Discounted for residents, \$58/couple Regular fee for non-residents

Love is in the air! Looking for a special way to celebrate Valentine's Day? Grab your significant other and join us for a romantic evening, slow dancing the night away in the arms of the one you love. In this beginner's class, we'll ease into the basics, then you'll learn how to dip, twirl and dance an easy-to-learn combination of beautiful moves. Absolutely no experience necessary. Just break out your favorite smooth-soled shoes and join us for a memorable night of fun on the dance floor! Instructed by Leigh and Rich of Upbeat Dance Studio

Wednesday, February 14, 7:00- 8:40pm Fenton Community & Cultural Center Instructed by Leigh & Rich of Upbeat Dance Studio

# Wedding Dance Made Easy - One Evening Workshop

\$48/couple Discounted for residents, \$58/couple Regular fee for non-residents

Let's turn that High School prom sway into a fabulous first dance! Whether you're the bride and groom, the parents of that special couple or a guest at the wedding, this one evening crash-course will prepare you for a magical evening on the reception dance floor without the difficult steps. Learn to dip, twirl and dance an easy-to-follow combination of beautiful moves, while creating a picture-perfect moment to cherish forever. Wedding shoes or smooth soled shoes are preferred. If you have your first dance song picked out, please email the song name to leigh@upbeatdancestudio.com

Thursday, April 18, 7:00 -8:40 pm
Fenton Community & Cultural Center
Instructed by Leigh & Rich of Upbeat Dance Studio
Min/Max: 3 couples/20 couples

#### Social Dancing for Adults 1: Beginner Series (Swing, Ballroom & Latin)

Ready to dance like you've always wanted? Learn your way around the ballroom with an elegant Waltz, heat up the floor with stylish Latin moves, and take your partner for a spin with energetic Swing Dancing. This casual class is designed with the absolute beginner in mind and is taught at a pace you'll feel comfortable and confident with. Bring a friend or two, break out your favorite smooth sole shoes and join us for a fun and friendly evening out on the social dance floor!

**FULL SERIES:** Thursdays, 6:00-6:50pm, 2/1–3/7 Full series for \$99/couple discounted for residents, \$109/couple regular fee for non-residents

#### OR INDIVIDUAL GENRE NIGHTS:

Individual nights for \$24/couple discounted for residents, \$34/couple regular fee for non-residents

- Ballroom Night (2/1 only) 6:00-6:50pm
- Swing Night (2/15 only) 6:00-6:50pm
- Latin Night (2/29 only) 6:00-6:50pm

Fenton Community & Cultural Center Instructed by Leigh & Rich of Upbeat Dance Studio

#### Social Dancing For Adults 2: Beginner & Beyond (West Coast Swing)

\$99 Discounted for residents \$109 Regular fee for non-residents

Ready to connect with your partner on a whole new level? In this class, you'll get a chance to let loose and get into your groove with West Coast Swing, which is one of the most casual and versatile styles of partner dancing. You'll learn smooth moves, spins and variations that can be danced to a wide variety of music, from pop and country, to R&B and hip hop. Each class will start with simple steps for beginners, then gradually progress making it the perfect learning environment for beginners and beyond. Bring a friend or two, dress comfortably with your favorite smooth sole shoes, and join us for a night of fun on the dance floor!

Thursdays, 7:00-7:50pm, 2/1–3/7 Fenton Community & Cultural Center Instructed by Leigh & Rich of Upbeat Dance Studio

#### **FITNESS SCHEDULE**

#### **WINTER/SPRING START DATES**

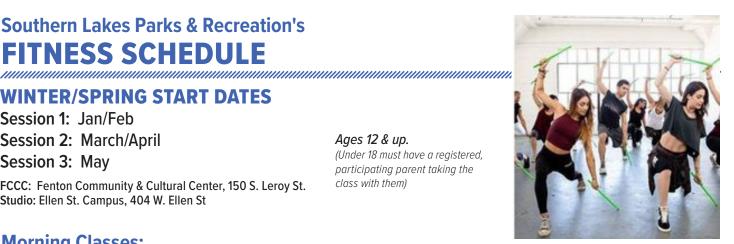
Session 1: Jan/Feb Session 2: March/April

Session 3: May

FCCC: Fenton Community & Cultural Center, 150 S. Leroy St. Studio: Ellen St. Campus, 404 W. Ellen St

#### Ages 12 & up.

(Under 18 must have a registered, participating parent taking the class with them)



#### **Morning Classes:**

Tue	8:30-9:30am	Zumba Gold	Romina Pena-Sweetman	FCCC – Main Hall
Thu	9:00-10:00am	Stability Ball Pilates	Shirley Priestap	FCCC – Van Gilder
Fri	9:30-10:30am	Yoga	Kathy Tenerelli	FCCC – Van Gilder

#### **Afternoon Classes:**

Mon	4:45-5:45pm	Lifestyle Yoga	Kathy Begin	FCCC – Van Gilder
Tue	4:45-5:15pm	30 Minute Abs	Shirley Priestap	FCCC – Van Gilder
Wed	4:45-5:30pm	Pilates with Props	Shirley Priestap	FCCC – Van Gilder

#### **Evening Classes:**

Mon	6:00-7:00pm	Get a Pilates Body	Monica Rynearson	FCCC – Van Gilder
	7:00-8:00pm	Zumba	Jannah Garback	FCCC – Main Hall
Tue	5:30-6:15pm	Pound	Megan Behnke	FCCC – Van Gilder
	6:30-7:30pm	Slow Flow Yoga	Kathy Tenerelli	FCCC – Van Gilder
Wed	6:30-7:30pm	Vinyasa Yoga	Kathy Begin	FCCC – Van Gilder
	7:00-8:00pm	Zumba	Romina Pena-Sweetman	FCCC – Main Hall
Thu	6:00-7:00pm	Pilates Barre	Monica Rynearson	ELLEN ST - Studio
	7:00-7:45pm	Strong Nation by Zumba	Jannah Garback	FCCC – Van Gilder



#### \$12 Drop-In is available.

Check our website for schedule updates.



#### **FITNESS: CARDIO & ENDURANCE**



Zumba is a dance fitness party combining Latin rhythm and hip-hop style to a catching beat. It's interval training with alternating fast and slow rhythms to burn off extra pounds. Our instructors bring the fun with party lights and contagious energy making this class exercise in disguise.

**Session 1:** Mon: 1/8 – 2/19

Wed: 1/10 - 2/21

**Session 2:** Mon: 3/4 – 4/22 (no class 3/25)

Wed: 3/6 - 4/24 (no class 3/27)

**Session 3:** Mon: 5/6 – 5/20

Wed: 5/8 - 5/22

\$63 Residents/\$73 Non-residents per 7 week session \$100 Residents/110 Non-residents for both

\$27 Residents/\$37 Non-residents per 3 week May session \$45 Residents/\$55 Non-residents for both Register for twice a week and save!



#### gold 8:30-9:30AM

Zumba Gold is designed for older, active adults or true beginners or even for someone who is limited physically. This class has easy to follow choreography that focuses on balance, range of motion, and coordination. You get the same great Latin dance style but at a slower pace. Benefits include cardiovascular, flexibility and muscle conditioning.

**Session 1: T**ues: 1/9 – 2/20

**Session 2:** Tues: 3/5 – 4/23 (No class 3/26)

**Session 3:** Tues: 5/7 – 5/21

\$63 Residents/\$73 Non-residents per 7 week session \$27 Residents/\$37 Non-residents per 3 week May session





STRONG Nation is a high intensity interval training workout driven by Synced Music Motivation. This class provides a total body workout combining body weight muscle conditioning, cardio, and plyometric exercises. Every move is in sync with the music unlike any other program. Burn calories to the beat!

**Session 1:** Thurs: 1/11 – 2/22

**Session 2:** Thurs: 3/7 – 4/25 (No class 3/28)

**Session 3:** Thurs: 5/9 – 5/23

\$56 Residents/\$66 Non-residents per 7 week session \$24 Residents/\$34 Non-residents per 3 week May session



#### 5:30-6:15PM

Sweat! Sculpt! Rock! Channel your inner rock star, torch calories, and sweat your way to a rock-hard body with this full body cardio fitness session! Using lightly weighted exercise drumsticks called 'ripstix' you will drum your way to a fit body. Lose pounds with POUND!

**Session 1:** Tues: 1/9 – 2/20

**Session 2:** Tues: 3/5 – 4/23 (No class 3/26)

**Session 3:** Tues: 5/7 – 5/21

\$56 Residents/\$66 Non-residents per 7 week session \$24 Residents/\$34 Non-residents per 3 week May session



#### **FITNESS: CONDITION & TONE**

#### **PILATES BARRE**

6:00-7:00PM

A challenging blend of ballet inspired moves and Pilates' mat fundamentals that includes the utilization of ballet barres, bands, and balls to help you sculpt a strong and balanced body. The results include a stronger core, improved posture, and muscular endurance. All instructed using functional Pilates moves and precise cueing to ensure you feel the results Pilates can give. Classes are held at the Ellen Street School dance room.

Session 1: Thurs: 1/11 - 2/12

**Session 2:** Thurs: 3/7 – 4/25 (no class 3/28)

**Session 3:** Thurs: 5/9 – 5/23

\$63 Residents/\$73 Non-residents per 7 week session \$27 Residents/\$37 Non-residents per 3 week May session

#### GET A PILATES BODY 6:00-7:00PM

This exercise program is designed specifically for active adults to improve your game. The emphasis is on shoulders, hips, lower back, and abs. You will develop core strength, improve rotation, gain flexibility, and increase your balance, stability, and concentration.

**Session 1:** Mon: 1/8 - 2/19

**Session 2:** Mon: 3/4 – 4/22 (no class 3/25)

**Session 3:** Mon: 5/6 – 5/20

\$63 Residents/\$73 Non-residents per 7 week session \$27 Residents/\$37 Non-residents per 3 week May sesssion

#### **PILATES X TWO**

6:00-7:00PM

Register for both "Pilates Barre" and "Get a Pilates Body" and double up your workout. Monday is held at the Fenton Community Center and Thursday Barre is held at the Ellen Street School dance room.

\$100 Residents/110 Non-residents for 14 classes \$45 Residents/\$55 Non-residents for 6 classes May session

#### PILATES 30 MINUTE ABS 4:45-5:15PM

This class is designed to tighten up your midsection fast. A great way to fit a great workout into your busy schedule.

Shirley incorporates the principals of Pilates for this 100% solid core workout with dramatic results! You can't have a strong back without a strong belly so there's more than one reason to join us for this quick little ab routine!

**Session 1:** Tues: 1/9 – 2/20 **Session 2:** Tues: 3/5 – 4/23 **Session 3:** Tues: 5/7 – 5/21

\$49 Residents/\$59 Non-residents per 7 week session \$21 Residents/\$31 Non-residents per 3 week May session

#### PILATES WITH PROPS

4:45-5:30PM

This class progresses you through Pilates exercises using a variety of props each week including the foam roller, resistance band, fitness circle, balls, and hand weights for a full body workout. The focus is on the hips, glutes, shoulders, and arms to gain muscle tone and strength. Correct positioning and modifications are taught to challenge every fitness level.

**Session 1:** Wed: 1/10 - 2/21

**Session 2:** Wed: 3/6 – 4/24 (No class 3/27)

**Session 3:** Wed: 5/8 – 5/22

\$56 Residents/\$66 Non-residents per 7 week session \$24 Residents/\$34 Non-residents per 3 week May session

#### PILATES ABS & PROPS

4:45PM

Register for Pilates twice a week! Target the core and the rest of your body by registering for both Tuesday "30 Minute Abs" and Wednesday "Pilates with Props". Two quick workouts with remarkable toning and strengthening results for a full body workout!

\$90 Residents/\$100 Non-residents 14 classes \$40 Residents/\$50 Non-residents 6 classes May session

#### PILATES WITH STABILITY BALL 9:00-10:00AM

The primary benefit of exercising with the stability ball is core strength by focusing on the abdominal and back muscles. Each week you'll learn, and practice exercises designed to improve posture, gain strength, stretch, and get the deep supporting muscles of the spine to activate. A smaller class size to give you more individualized instruction.

**Session 1:** Thurs: 1/11 – 2/22

**Session 2:** Thurs: 3/7 – 4/25 (No class 3/28)

**Session 3:** Thurs: 5/9 – 5/23

\$63 Residents/\$73 Non-residents per 7 week session \$27 Residents/\$37 Non-residents per 3 week May session

#### PILATES FOR GOLF

9:00-10:30AM

The golf swing is a very complex athletic movement requiring strength, focus, balance, flexibility, and range of motion. Keep your body 'golf-ready' with Pilates exercises. In this workshop you will learn and perform specially formatted PILATES CORE EXERCISES & STRETCHES that can help you drive the ball further and help you to improve your game. Instructed by Certified Pilates Trainers. Dress for exercise and bring water and a golf club — an iron.

Saturday, April 13, 2024 – Instructed by Monica Rynerson OR

Saturday, April 27, 2024 - Instructed by Shirley Priestap \$25 per person/day

Fenton Community & Cultural Center

# **FITNESS: YOGA**

#### **MORNING YOGA**

#### 9:30-10:30AM

Start your day with a yoga flow tying your breath to movement with traditional yoga postures. The focus will be on stretching and strengthening through a creative series of postures. Yoga reduces stress, creates flexibility, and improves mental clarity. This class is perfect for all levels.

**Session 1:** Fri: 1/12 – 2/23

**Session 2:** Fri: 3/8 – 4/26 (No class 3/29)

**Session 3:** Fri: 5/10 – 5/24

\$63 Residents/\$73 Non-residents per 7 week session \$27 Residents/\$37 Non-residents per 3 week May session

#### LIFESTYLE YOGA

4:45-5:45PM

Using asana and mindfulness this class will take you back to the basics. If you suffer from 'tech neck' and a stiff, achy back this class is developed to combat stress and lifestyle habits. You'll learn and perform practical exercise routines that progressively build strength and flexibility. This class will show you the benefits of regular yoga practice in your life for long-term well-being. Our instructor, Kathy Begin is the founder of this program which she named "YoGeek Techniques" and became an approved fitness provider for BCBS of MI Wellness Program.

Session 1: Mon: 1/8 - 2/19

Session 2: Mon: 3/4 - 4/22 (no class 3/25)

Session 3: Mon: 5/6 - 5/20

\$63 Residents/\$73 Non-residents per 7 week session \$27 Residents/\$37 Non-residents per 3 week May session

#### **VINYASA YOGA**

6:30-7:30PM

Vinyasa Flow yoga emphasizes the sequential movement from one posture to another, coordinated with and guided by deliberate breath. This practice becomes a moving meditation that creates strength, freedom and fluidity in the body and mind. It's also referred to as a power practice.

**Session 1:** Wed: 1/10 - 2/21

Session 2: Wed: 3/6 - 4/24 (No class 3/27)

**Session 3:** Wed: 5/8 – 5/22

\$56 Residents/\$66 Non-residents per 7 week session \$24 Residents/\$34 Non-residents per 3 week May session



# LIFESTYLE YOGA (MON 4:45PM) + VINYASA (WED 6:30PM)

Double your evening practice with Kathy B. and register for Monday and Wednesday classes and save. Build mindfulness and strength twice a week.

\$100 Residents/110 Non-residents for 14 classes May session \$45 Residents/\$55 Non-residents for 6 classes May session Register for twice a week and save.

#### **SLOW FLOW YOGA**

6:30-7:30PM

Combine breathing with flowing postures with this slow vinyasa style practice designed to bring balance. Kathy slows things down to relax the nervous system while incorporating strength building poses to make you stronger both mentally and physically. A perfect way to wind down after a long day.

**Session 1:** Tues: 1/9 – 2/20

Session 2: Tues: 3/5 - 4/23 (No class 3/26)

**Session 3:** Tues: 5/7 – 5/21

\$63 Residents/\$73 Non-residents per 7 week session \$27 Residents/\$37 Non-residents per 3 week May session

#### **SLOW FLOW + VINYASA**

6:30PM

Double your evening practice and get the best of both yoga practices and save. Register for Tuesday 'Slow Flow' with Kathy T. and Wednesday 'Vinyasa' with Kathy B. Build mindfulness and strength twice a week.

\$100 Residents/\$110 Non-Residents for 14 classes \$45 Residents/\$55 Non-residents for 6 classes May session Register for twice a week and save.



#### **MARTIAL ARTS**

#### **Children & Adult Family Karate**

\$48 Discounted for residents \$58 Regular fee for non-residents Ages 5 to adult

Fenton Karate is a family orientated Martial Arts School. Here you will learn the traditional art of Tang Soo Do; it is a karate-based Korean Martial Art. The techniques of Tang Soo Do combine elements of Shotokan karate, Soo Bak Do, Taekkyon, and Kung Fu. We also train in Hapkido, a form of self-defense that employs joint locks and throwing techniques.

Our program emphasizes on self-defense, physical fitness, conflict resolution, teamwork, and anti-bullying techniques with traditions of discipline and respect. Our goal is to enhance your confidence, focus, self-control, and provide a fun way to exercise.

- Uniform is included for Children
- Parents train for FREE with a purchase of a uniform

#### Winter-Spring 2024 Schedule

Register anytime between January 21 – March 25 for 6 weeks of Training! Train once per week or come all three days!

Mondays 5:00-5:45pm Wednesdays 5:00-5:45pm Saturdays 9:45-10:30am

Fenton Karate, 1366 N. Leroy, Fenton MI, 810-750-9800 Instructed by Master Anthony Husted 6<sup>th</sup> Degree Black Belt & World Sparring Champion & Master Joshua Husted 5<sup>th</sup> Degree Black Belt Black Belt



#### Hapkido

\$48 Discounted for residents \$58 Regular fee for non-residents Ages 13–Adult

Hapkido is an ancient Korean Martial Art that emphasizes the development of each person's internal energy, or "ki". Practice of the art strengthens both the mind and body, leading to improvement in ones physical development and mental attitude. For Self Defense Hapkido is unsurpassed! It combines the many punching and hand striking skills of boxing, Kung Fu, and Karate, the takedowns and throws of Judo/JuJitsu, the fancy kicking techniques of Tae Kwon Do, and many unique joint locking and pressure point skills to make it the most effective and complete form of Self Defense ever devised. Philosophically, Hapkido stresses humility, self-discipline, self-control, loyalty, and respect for others. Together, these aspects of Hapkido provide the means for attaining a long and healthful life.

Thursday, 6:30-7:30pm

Session 1: January 18 to February 22 Session 2: April 18 to May 23

All Classes held at: World Martial Arts Academy 7007 Silver Lake Road, Linden, MI 48451 Instructed By: Grand Master Dave Weatherly 9<sup>th</sup> Degree Black Belt Questions call: (810) 458-6363

#### Judo/Brazillian Ju Jitsu

\$48 Discounted for residents \$58 Regular fee for non-residents Ages 8–Adult

The Art of throwing and grappling. Great for athletic people, helps develop "close quarters" Self Defense skills. The class will emphasize many more throws and takedowns than a standard MMA/Wrestling program. Judo is practiced as a popular martial art and sport throughout most of the world, and is even included in the Olympic Games. Great coordination, confidence, and physical strength are developed by regular Judo practice.

Tuesdays, 6:30-7:30pm

Session 1: January 16–February 20

Session 2: April 16-May 21

All Classes held at: World Martial Arts Academy 7007 Silver Lake Road, Linden, MI 48451 Instructed By: Grand Master Dave Weatherly 9<sup>th</sup> Degree Black Belt

Questions call: (810) 458-6363

#### Tai Chi

\$48 Discounted for residents \$58 Regular fee for non-residents Adults only, 18 and up

In our Tai Chi class you will learn an ancient self improvement method that is totally different from other sports or exercise classes. Tai Chi is a very popular Oriental Holistic fitness program that has the added dimension of healing the mind and body from within. The class focuses on proper breathing, increasing circulation, and developing internal energy (Ki Power) for improved overall health. You will learn graceful basic actions, which are actually "Low Impact" exercises in disguise! Unlike other programs, the class is so fascinating that you will never be bored! When you are able to perform all of the basic actions as one continuous flowing motion, that is considered a Tai Chi FORM. The goal is to be able to move smoothly through the FORM without the intervention of conscious thought. This is very relaxing for both the mind and body; and it is very beneficial in relieving mental and physical stress. Students typically experience increased flexibility, less body and joint stiffness, increased range of motion, and less pain. Body balance, coordination, and a more positive outlook on life are also reported by students as a result of Tai Chi practice.

When you leave class you will feel rejuvenated, energized, and ready to tackle life with a GREAT NEW ATTITUDE.

Wednesday, 10:00–10:45am

Session 1: January 17–February 21

Session 2: April 17 – May 22

All Classes held at: World Martial Arts Academy 7007 Silver Lake Road, Linden, MI 48451 Instructed By: Grand Master Dave Weatherly 9<sup>th</sup> Degree Black Belt Questions call: (810) 458-6363

#### Tae Kwon Do (Korean Karate)

\$48 Discounted for residents \$58 Regular fee for non-residents Ages 13+

Welcome to the exciting World of Tae Kwon Do! Students will learn to develop their coordination, physical fitness level, and ability to concentrate. Combined with Tae Kwon Do's dynamic, flashy kicks and powerful hand striking techniques, the student will learn to be much more self-confident. The study of true martial arts is a fun, disciplined way to develop the qualities of good character. \*Besides the Self Defense Benefits, students will even learn how to break boards!!!

Monday, 6:45-7:30pm

Session 1: January 22-February 26

Session 2: April 15-May 20

All Classes held at: World Martial Arts Academy 7007 Silver Lake Road, Linden, MI 48451

Instructed By: Grand Master Dave Weatherly 9th Degree Black Belt

Questions call: (810) 458-6363





### **MINDFULNESS**

\$50 Discounted for residents, \$60 Regular fee for non-residents

This program you will learn to bring your awareness into each moment, stay present, and live a more heart-centered life. During this time, we will touch the surfaces of how the conscious and subconscious work together.

Thursdays, 5:30 – 6:45pm

Session 1: January 11 – February 15 Session 2: March 7 – April 11

Fenton Community & Cultural Center

#### **OPEN GYMS**

#### **Open Basketball**

\$5 per person

Bring your friends and shoot some hoops! Participants must have clean/dry shoes. Participants under 14 must always have a parent/guardian present.

Sundays, 6:30-8:30pm, January 8–March 12 Ellen Street Campus Gym, 404 W. Ellen St, Fenton, MI 48430 \*Subject to holidays and school calendar Ellen Street Campus

#### **Open Pickleball**

\$5 per person

This is a fantastic way to work out and make friends. The net is provided; players bring their own balls and paddles. You must bring dry shoes.

Fridays, 6:30-9:00pm, December 8–March 22 Ellen Street Campus Gym, 404 W. Ellen St, Fenton, MI 48430

#### **Adult Open Volleyball**

\$5 per person

Drop in and play a fun, recreation game of volleyball!

Fridays, 6:30-8:30pm, January 6–March 10
AGS Middle School
\*Subject to holidays and school calendar AGS Middle School

### Open Walking FENTON HIGH SCHOOL

Monday - Thursday, 4:00pm— 8:00pm

January 16 — April 25\* (No Walking on February 16, March 25–29)

#### Steps to participate at Fenton High School:

- Step 1: Participant will complete SLPR Registration and Background Check Form at SLPR Office.
- Step 2: Call will be made to the participant if cleared or not cleared to participate.
- Step 3: If Cleared, Participant will be able to pick up their badge at SLPR office.

#### **VICINIA GARDENS**

Monday – Friday, 9:00am – 5:30pm January 8 – April 26\*

#### Steps to participate at Vicinia Gardens:

- **Step 1:** Participant will complete SLPR Registration and Background Check Form at SLPR Office.
- Step 2: Call will be made to the participant if cleared or not cleared to participate.
- **Step 3:** If Cleared, Participant will be able to receive their guest pass at the Vicinia Gardens, 4031 Vicinia Way.
- **Step 4:** Participants need to check in at the front desk each time they walk.

\*NO WALKING ON HOLIDAYS\*

## **PHOTOGRAPHY**

#### Photography 101 & The Art of Seeing

\$75 Discounted for residents, \$85 Regular fee for non-residents

Go from simply taking pictures to "Creating Photographs." Learn about image composition, depth of field, f-stops, shutter speed and more. Mr. Wesley will discuss and demonstrate principles of photography. Over his 48+ years career, Mr. Wesley has taught at Professional Photographers of America's Winona School and the Kodak Professional Education Center.

Monday, February 26, 6:00–9:00pm Fenton Community & Cultural Center Instructed by James Wesley





#### **SAFETY CLASSES**

#### Self-Defense for Men, Women & Teens

Ages 12 to adult \$45 Discounted for residents \$55 Regular fee for non-residents No refunds will be given 24 hours prior to class.

Can you defend yourself against a violent attack? Do you have the knowledge, skill and confidence to defend your family? Learn simple, lifesaving skills from programs designed to increase your safety after only one class! Our hands-on courses teach time-tested, realistic methods that are easy to learn and remember. Designed to be safe, this course instills confidence by building on success. You're coached according to your own rate of progression. No previous training required.

NOTE: This class is open to students 12 years or older. Parents, serious topics are discussed openly but in a professional manor. Minors should be accompanied by a participating adult when possible. Unpaid spectators are not allowed. A release and hold harmless agreement must be signed by a legal guardian at the beginning of class. For more info: www.livesafeacademy.com/selfdefense

Thursday, January 25, 6:30–8:30pm Fenton Community & Cultural Center

#### **VOLLEYBALL**

#### Women's 4's Indoor Volleyball League

Ages 18 and up, \$320.00 team Fee

This indoor volleyball league is run by Coach keno of the world volleyball cult. USA modified indoor rules apply. Teams will play 11 weeks of round robin league play followed by an elimination tournament in the 11th week. Teams play a minimum of three/two

game matches per league night, barring any forfeit. All teams are seated into the playoffs according to their final league standings.

For registration and questions contact Keno at 810-265-9975 or vbizkenoo@comcast.com

Mondays, 6:30-9:30pm 1/08, 1/15, 1/22, 1/29, 2/05, 2/12, 2/26, 3/04, 3/11, 3/18, 4/1

#### Women's 6's Indoor Volleyball League

Ages 18 and up, \$480.00 team fee

This indoor volleyball league is run by Coach keno of the world volleyball cult. USA modified indoor rules apply. Teams will play 11 weeks of round robin league play followed by an elimination tournament in the 11th week. Teams play a minimum of three/two

game matches per league night, barring any forfeit. All teams are seated into the playoffs according to their final league standings.

For registration and questions contact Keno at 810-265-9975 or vbizkenoo@comcast.com

Wednesdays, 6:30-9:30 1/10, 1/17, 1/24, 1/31, 2/07, 2/14, 2/21, 3/06, 3/13, 3/20. 4/3



### Coed Adult Softball League

Ages: 18 & up \$435 per team Regular Registration beginning August 8, 2023. Umpire cost is \$25 per team, per game, CASH only.

The SLPR Adult Softball League is a fun recreational softball league for adults ages 21 and older. Each team is allowed two players under the age of 21. The minimum age for participation is 18.

The league format will consist of double headers on Sunday nights, with each team playing two games. The first game is at 6pm and the second game is at 7pm. Space is limited to 8 teams on a first come first served basis, 12 players' minimum, 15 players' maximum.

Each team is responsible for paying the umpires before the games.

Games on Sundays at 6pm & 7pm Starts April 21-June 2, 2024 (No games Memorial Day Weekend)

AGS Baseball Fields 1,2,4, and 5

RESERVE YOUR SPOT! Early Bird Special-\$400 until March 1

# Pilates for

# GOLF



April 13 April 27 9:00-10:30am

\$25/DAY

Focus is on the shoulders, hips, lower back and abs. You will learn and perform core *EXERCISES & STRETCHES* to improve rotation, gain flexibility, and increase your strength to improve your game.

Fenton Community Center 150 S. Leroy St.

This unique FITNESS WORKSHOP

is designed specifically for you with emphasis on the elements of a golf swing to get your body ready to play.

# YOUTH PROGRAMS

#### **ART**

# Young Rembrandts: "The Power of Drawing

\$68 Discounted for residents, \$78 Regular Fee for non-residents Ages: 6–10



This Winter, Young Rembrandts artists are in for a treat with a lineup of ALL NEW drawing lessons. From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love! We prioritize proper technique and excellent color selection in every lesson. Your child will not only enhance their skills but also have a blast personalizing cool drawings such as soccer players and robots. Waste no time and enroll your child today to unleash their artistic potential!

It's Spring and that can only mean one thing: SPRINGTIME FUN WITH YOUNG REMBRANDTS! If your child enjoys the outdoors, they will love the upcoming Hummingbird lesson filled with color and whimsy. We'll be drawing all season creating motorcycles, boats and even the butterfly life cycle! Artists will be challenged as they draw and shade a realistic portrait of famous composer Beethoven using color pencils. Sign up today!

Session 1: 1/16–2/6 Session 2: 2/20–3/12 Session 3: 4/2–4/22 Session 4: 5/7–5/28

Tuesdays, 4:30–5:30pm Class held at the Fenton Community & Cultural Center Instructed by Young Rembrandts







# YOUTH ART WITH ARTISTS APPRENTICE

#### Let's Make Art!

\$65 residents, \$75 non-residents \$20 material fee payable to instructor at first class Ages 7+

Hey Kids, let's make art! Our young creators will learn the skill of carving using loop and ribbon sculpture tools! Model Magic is to be used in the construction of a colorful jelly fish, utilizing canvas, ribbons, and streamers! There is a drawing segment in this program, so kids will have an opportunity to illustrate their ideas with a choice of chalk pastel or graphite. We will also pursue the avenue of textile art, creating a scenery piece using felt and including a portion of our own hand weaving! So, let the art work begin! A Gallery Show will be extended to families following class on the final day. Taught by Artist/Instructor Pamela Palmer B.F.A. owner and entrepreneur of The Artist's Apprentice. Ages 7 & up (As always siblings of any age may register!)

Tuesdays, 4:30 - 6:00pm 2/20, 2/27, 3/05, 3/12 Fenton Community & Cultural Center

#### Van Gogh

\$65 residents, \$75 non-residents \$20 material fee payable to instructor at first class Ages 7+

It's time to paint with the vibrant colors of Vincent Van Gogh! Let's make a sensation of those beautiful sunflowers and starry nights! Take brush in hand and learn to emulate thick, impulsive brush strokes in the style of this famous post-impressionist painter. We will be looking at the workings of impressionism and utilizing acrylic paints as we try our hand at our own self portrait. So grab your straw hats and let's get painting! Register today, class size limited! A Gallery Show of our students' artwork will be extended to families following class on the final day! Taught by Artist/Instructor Pamela Palmer B.F.A., Owner/ Entrepreneur of The Artist's Apprentice. Please bring water bottle, and wear clothes that are not precious, messy camp alert! ;) Ages 7 & up. (As always siblings of any age are welcome to register). Material fees are non-refundable.

Mondays, 4:20-5:50pm 4/22, 4/29, 5/6, 5/13 Fenton Community & Cultural Center



#### **BABYSITTING**

## Certified Babysitter/CPR/First Aid and Safe Home Alone

\$60 residents, \$70 non-residents Ages: 9+

Learn to be safe and responsible. Build confidence. Have a competitive edge over other babysitters. One-day class. Topics include first aid, when and how to call 911, CPR with manikin practice, choking, and more! Students will also learn how to be safe and responsible when home alone, including what to do if somebody comes to the door and the importance of not giving out personal information. Students who successfully complete the course requirements will receive a certificate of completion for Certified Babysitter/CPR/First Aid course by Live Safe Academy (valid for two years). Bring a snack (pen & paper for notes optional).

Please note that students must arrive on time to be certified, so please arrive early. Parents, this class is for students who are independent and responsible enough to be responsible for the safety and well-being of younger children without adult supervision. Please check in your student at the beginning of class. Drop off and pick up is in the classroom. For more information please visit: www.livesafeacademy.com/babysitting. No refunds will be given 24 hours prior to class.

Thursday, January 18, 5:30-8:30pm Fenton Community & Cultural Center Instructed by Live Safe Academy



#### **BASKETBALL**

#### **Jr. Hot Shots**

\$75 Discounted for residents, \$85 Regular Fee for non-residents

Basketball Basics will cover dribbling, shooting, passing, defense, and rebounding. Our instructor, Jerry Davis, has over 10 years' experience coaching varsity basketball as well as many other years' experience coaching players at an introductory level.

#### Ages 4-6

Mondays, 6:30-7:25pm

Session 1: 1/22, 1/29, 2/5, 2/12, 2/19 Session 2: 3/11, 3/18, 3/25, 4/1, 4/8 Session 3: 4/29, 5/6, 5/13, 5/20, 6/3

Westshore Elementary

#### Ages 7-12

Mondays, 7:30-8:25pm

Session 1: 1/22, 1/29, 2/5, 2/12, 2/19 Session 2: 3/11, 3/18, 3/25, 4/1, 4/8 Session 3: 4/29, 5/6, 5/13, 5/20, 6/3

Westshore Elementary





#### DANCE CLASSES

#### Welcome to our 20th Winter-Spring Season of Dance at SLPR!

We are excited to see dancers leaping, twirling, and dancing to the beat this season. Our dancers will be dancing in person this season at our dance studio, located at 404 Ellen Street, inside the World of Wonder building.

We are very excited for this season – and for our Annual Spring Dance Recital. The SLPR Spring Dance Recital is scheduled for Saturday, May 25th. The dress rehearsal is scheduled for Friday, May 24th. For dancers to participate in the spring recital, we do ask for them to be to enrolled in both sessions. If a student registers for only session 2, recital participation is not guaranteed and depends on costume availability and the class. Costume and Recital fees are due by: February 13th.

The Ellen Street Building doors are locked until all childcare is released at 6pm. For classes that begin before 6pm, we will pick up dancers at the gymnasium door entrance and bring them back to parents at the end of class. For classes that begin after 6pm, please bring your dancer inside to the dance studio door and pick them up at the dance studio door.

We are looking forward to a wonderful winter-spring dance season: making memories, having fun, dancing and learning new skills!

Questions? Please email Kristen at karchambeau@slpr.net

#### **Dance Class Descriptions:**

#### **Ballet & Pointe Classes**

Participants will learn graceful ballet techniques in this fun class. Please wear pink ballet shoes.

\*Pointe students must be 11+ years and have prior approval from the instructor.

#### Hip Hop

Kids will learn trendy hip hop moves and get a fun workout while doing it! Great class for those looking to stay active! Please wear clean tennis shoes. (Street shoes are not allowed on the studio floor) Please bring a water bottle.

#### **Poms**

Dancers will learn upbeat moves focusing on jumps, turns, progressions, routines, kicks, and more! Class geared to keep kids moving and grooving and having fun! Please wear tennis shoes and bring a water bottle.

#### Kickline & Jazz

5,6,7,8! This class will work on jazz inspired choreography, focusing on moves such as kicks, turns, and formation changes. Black character shoes are recommended.

#### Lyrical

Learn fun, flowing, routines. Learn turns, leaps, jumps and more.

#### Tap

Participants will learn toe-tapping steps and fun routines. Please wear black tap shoes.

# Middle School/High School Dance

This class will focus on developing and perfecting combinations and technique. This class is open to any student in middle school or high school. Classwork will place an emphasis on lyrical, contemporary. and ballet. No dance experience required:) Please wear lyrical shoes or ballet shoes. Lyrical shoes preferred.



#### **Adult Dance**

Elevate your dance journey with our adult ballet and lyrical class, tailored to both those with some experience and those brand new to dance. Refine your technique, express emotions through movement, and embrace the artistry of both ballet and lyrical. Please wear ballet slippers or lyrical shoes. \$90 residents, \$100 non-residents. Mondays, 730-8:15p. Session 1: January 8 - March 11 (no classes Jan 15 and Feb 19). Session 2: March 18 - May 20 (no classes March 25 or April 15)



#### DANCE

#### **DANCE CLASSES**

Session #1: January 8–March 12 Session #2: April 1–May 21 Residents: \$90, Non-Residents: \$100

SLPR Dance Studio,

404 Ellen St, inside the World of Wonder building

#### **Monday Classes:**

Ballet & Pointe	Ages: 3-5	6:00-6:30 pm
Ballet & Pointe	Ages: 5-9	5:00-5:30 pm
Нір Нор	Ages: 5-9	5:30-6:00 pm
Poms	Ages: 4-8	4:30-5:00 pm
Lyrical	Ages: 5-9	6:30-7:00 pm
Тар	Ages: 4-7	7:00-7:30 pm

No classes: 1/15, 1/22, 1/23, 1/29, 1/30, 2/19, 4/15, 4/16. Instructor will send full schedule at the start of season. Monday classes on Martin Luther King Day and President's Day will all meet on Tuesday that week.

#### **Tuesday Classes:**

Ballet & Pointe	Ages: 3-5	6:00-6:30 pm
Ballet & Pointe	Ages 10+	5:00-5:30 pm
Нір Нор	Ages: 9+	5:30-6:00 pm
Kickline & Jazz	Ages: 10+	7:00-7:30 pm
Lyrical	Ages: 8+	6:30-7:00 pm
Тар	Ages: 8+	4:30-5:00 pm
MS/HS Dance	7th-12th Grade	7:30-8:00 pm

# Dance Parties



# Throw a dance party for your child's special day!

Your child can choose to have one of the following types of dance parties to make their party unique—ballet, tap, jazz/pom, or hip-hop. Each party is 1 hour long. Party favors, decorations, etc. are supplied by the parents.

\$150 for 10 guests, \$5 extra per person over original 10 guests

Please call SLPR at 810.714.2011 or email karchmbeau@slpr.net or more information or to schedule your party.



#### **DANCE-AT-A-GLANCE**

DANCE AT A GLANCE		
MONDAY	TUESDAY	
Pom	Tap	
4:30-5:00 pm	4:30-5:00 pm	
Ages: 4-8	Ages: 8+	
Ballet	Ballet	
5:00-5:30 pm	5:00-5:30 pm	
Ages: 5-9	Ages: 10-Teen	
Hip Hop	Hip Hop	
5:30-6:00 pm	5:30-6:00 pm	
Ages: 5-9	Ages: 9-Teen	
Ballet	Ballet	
6:00-6:30 pm	6:00-6:30 pm	
Ages: 3-5	Ages: 3-5	
Lyrical	Lyrical	
6:30-7:00 pm	6:30-7:00 pm	
Ages: 5-9	Ages: 8+	
Tap	Kickline	
7:00-7:30 pm	7:00-7:30 pm	
Ages: 4-7	Ages: 10-Teen	
Adult Dance	MS/HS Hip Hop	
7:30-8:15 pm	8:00–8:30 pm	
Adults	Ages: 9-12th Grade	

#### DRIVER'S EDUCATION

It is time to learn to drive! Being ready for Drivers Education might be scary but ease your nerves and enroll through Southern Lakes Parks & Recreation. We take immense pride in knowing we have some of the most AMAZING teachers who work with this program.

\*\*\* All Registrations must be done online at this time \*\*\*



All Registrations are done online at this time. Cost: \$350

Ages: 14 years & 8 month and up by first day of class

\*Please note these are accelerated sessions, and it is anticipated that all drives will finish within one week of the end of the course.

**FEBRUARY SESSION 1:** AGS room A101 2:45 - 4:45pm Capacity: 18 students

2/20, 2/22 2/26 - 2/29

3/4, 3/5, 3/7

3/11 - 3/13

**FEBRUARY SESSION 2:** FHS room 10-105 2:45 - 4:45pm Capacity: 12 students

2/26 - 2/29 3/4 - 3/7

3/11 - 3/14

**APRIL SESSION 1:** FHS room 10-105 2:45 - 4:45pm Capacity: 12 students

4/1 - 4/4 4/8 - 4/11

4/15 - 4/18



**APRIL SESSION 2:** AGS room A101 2:45 - 4:45pm

Capacity: 18 students

4/8, 4/11 4/15 - 4/18

4/22, 4/23, 4/25

4/30 - 5/2

**APRIL SESSION 3:** FHS room 10-105 2:45 - 4:45pm

Capacity: 12 students

4/30 - 5/2

5/6 - 5/10

5/13 - 5/16

QUALIFICATIONS: To enroll, students must be at least 14 years 8 months of age on the first day of class.

TO COMPLETE SEGMENT 1: Students must pass both the written state test and the driving portion of the course. Students can re-test twice and may re-take the course once without paying again if they

**REGISTRATION/PAYMENT:** Registration and payments must be done online at www.slpr.net. As a reminder, class size is limited, and spots do fill fast. We recommend registration early online to ensure your spot in a class. Due to limited class sizes and high demand no refunds will be issued after the first day of class.

\*ALL STUDENTS MUST SUBMIT THE 2023 Contract Segment 1 AS WELL AS A PAPER COPY OF THEIR BIRTH CERTIFICATE. Please bring the student contract and birth certificate to class on the first day.

\*PLEASE SEE FULL TERMS AND REQUIREMENTS ON THE REGISTRATION FORM LOCATED IN THE AREAS DESCRIBED ABOVE\*

#### **DRIVERS TRAINING REGISTRATION FORMS:**

To register for Driver's Training, you can register online but also, you need to completely fill out Drivers Education paperwork which can be found on the SLPR website. Also, please bring a copy of the child's birth certificate to the first day of class.

#### **Driver's Education Segment 2 Cost \$50**

**SEGMENT 2:** FHS room 10-105, 2:45pm-4:45pm Capacity: 30 per session

- January 23-25
- February 20-22
- March 18-20
- April 23-25
- May 21-23

QUALIFICATIONS: To enroll, students must present a driving log of at least 30 hours of supervised driving (Including 2 hours at night) with your parent, guardian, or designated adult. You must have held your Level 1 License (permit) for at least 3 consecutive months (a minimum of 90 days from the date indicated on the permit).

TO COMPLETE THE COURSE: Students must pass the written state test. Students can re-test twice and may re-take the course once without paying again if they do not pass.

**REGISTRATION/PAYMENT:** Registration and payments can be completed online at www.slpr.net at this time.



#### **GOLF**

#### **Youth Instructional Golf Lessons - Indoor**

\$48 Discounted for residents \$60 Regular fee for non-residents

This program allows kids to learn the fundamentals of golf. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

Session 1: Tuesdays, January 9– February 6 Session 2: Tuesdays, February 20th – March 19th

5 & 6 Year Olds- 6:00-6:45pm 7 & 8 Year Olds- 7:00-7:45pm Fenton Community Center – Main Hall

#### **MARTIAL ARTS**

#### **Children & Adult Family Karate**

\$48 Discounted for residents \$58 Regular fee for non-residents Ages 5 to adult

Fenton Karate is a family orientated Martial Arts School. Here you will learn the traditional art of Tang Soo Do; it is a karate-based Korean Martial Art. The techniques of Tang Soo Do combine elements of Shotokan karate, Soo Bak Do, Taekkyon, and Kung Fu. We also train in Hapkido, a form of self-defense that employs joint locks and throwing techniques.

Our program emphasizes on self-defense, physical fitness, conflict resolution, teamwork, and anti-bullying techniques with traditions of discipline and respect. Our goal is to enhance your confidence, focus, self-control, and provide a fun way to exercise.

- Uniform is included for Children
- Parents train for FREE with a purchase of a uniform

#### Winter-Spring 2024 Schedule

Register anytime between January 21 – March 25 for 6 weeks of Training! Train once per week or come all three days!

Fenton Karate, 1366 N. Leroy, Fenton MI, 810-750-9800 Instructed by Master Anthony Husted 6<sup>th</sup> Degree Black Belt & World Sparring Champion & Master Joshua Husted 5<sup>th</sup> Degree Black Belt Black Belt

#### Judo/Brazillian Ju Jitsu

\$48 Discounted for residents \$58 Regular fee for non-residents Ages 8–Adult

The Art of throwing and grappling. Great for athletic people, helps develop "close quarters" Self Defense skills. The class will emphasize many more throws and takedowns than a standard MMA/Wrestling program. Judo is practiced as a popular martial art and sport throughout most of the world, and is even included in the Olympic Games. Great coordination, confidence, and physical strength are developed by regular Judo practice.

Tuesdays, 6:30-7:30pm

Session 1: January 16-February 20

Session 2: April 16—May 21

All Classes held at: World Martial Arts Academy 7007 Silver Lake Road, Linden, MI 48451 Instructed By: Grand Master Dave Weatherly 9<sup>th</sup> Degree Black Belt Questions call: (810) 458-6363

#### **Hapkido**

\$48 Discounted for residents \$58 Regular fee for non-residents Ages 13–Adult

Hapkido is an ancient Korean Martial Art that emphasizes the development of each person's internal energy, or "ki". Practice of the art strengthens both the mind and body, leading to improvement in ones physical development and mental attitude. For Self Defense Hapkido is unsurpassed! It combines the many punching and hand striking skills of boxing, Kung Fu, and Karate, the takedowns and throws of Judo/JuJitsu, the fancy kicking techniques of Tae Kwon Do, and many unique joint locking and pressure point skills to make it the most effective and complete form of Self Defense ever devised. Philosophically, Hapkido stresses humility, self-discipline, self-control, loyalty, and respect for others. Together, these aspects of Hapkido provide the means for attaining a long and healthful life.

Thursday, 6:30-7:30pm

Session 1: January 18—February 22 Session 2: April 18—May 23

All Classes held at: World Martial Arts Academy 7007 Silver Lake Road, Linden, MI 48451 Instructed By: Grand Master Dave Weatherly 9<sup>th</sup> Degree Black Belt Questions call: (810) 458-6363



#### TAE KWON (KOREAN KARATE)

All Classes held at World Martial Arts Academy, 7007 Silver Lake Road, Linden, MI 48451 Instructed By: Grand Master Dave Weatherly 9<sup>th</sup> Degree Black Belt Questions call: (810) 458-6363

#### Tae Kwon Do Ages 13+

\$48 Discounted for residents \$58 Regular fee for non-residents

Welcome to the exciting World of Tae Kwon Do! Students will learn to develop their coordination, physical fitness level, and ability to concentrate. Combined with Tae Kwon Do's dynamic, flashy kicks and powerful hand striking techniques, the student will learn to be much more self-confident. The study of true martial arts is a fun, disciplined way to develop the qualities of good character. Students will even learn how to break boards!

Monday, 6:45-7:30pm

Session 1: January 22–February 26 Session 2: April 15–May 20



#### Youth Tae Kwon Do Ages 8-12

\$48 Discounted for residents \$58 Regular fee for non-residents

Welcome to the exciting World of Tae Kwon Do! Students will learn to develop their coordination, physical fitness level, and ability to concentrate. Combined with Tae Kwon Do's dynamic, flashy kicks and powerful hand striking techniques, the student will learnto be much more self-confident. The study of true martial arts is a fun, disciplined way to develop the qualities of good character. \*Besides the Self Defense Benefits, students will even learn how to break boards!

Tuesday, 5:30-6:15pm

Session 1: January 18–February 22 Session 2: April 16–May 21

#### Little Dragon Tae Kwon Do Age 3-7

\$48 Discounted for residents \$58 Regular fee for non-residents

The class will focus on teaching children 8 important main life skills: Focus, Memory, Teamwork, Self-control, Respect, Fitness, Balance, and Coordination. All this is achieved through exciting and fun games and activities. Through our highly motivational teaching methods, the students will develop a high level of self-confidence. They will become stronger, faster, and capable of defending themselves from bullies. This will help improve the child's feeling of self-worth and overall level of happiness. Students will even learn how to Break Boards! PARENTS: As a wonderful benefit of Tae Kwon Do practice, you will find that the children are MUCH better behaved at home and at school!

Mondays, 5:15-5:45pm

Session 1: January 22–February 26 Session 2: April 15–May 20

#### **SAFETY**

#### Self-Defense for Children- Ages 6 to 10

\$25 Discounted for residents \$35 Regular fee for non-residents

The safety of our children often depends on their ability to recognize a threat and respond effectively. This fun, interactive and age appropriate workshop teaches 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 they are worth protecting. For more information please visit: http://www.livesafeacademy.com/childsafety

Thursday, January 25, 5:30-6:30pm Fenton Community & Cultural Center

# Certified Babysitter/CPR/First Aid & Safe Home Alone

\$70 Discounted for residents \$80 Regular fee for non-residents Ages: 9+

Learn to be safe and responsible. Build confidence. Have a competitive edge over other babysitters. One-day class. Topics include: First aid, when and how to call 911, CPR with manikin practice, choking, and more! Students who successfully complete the course requirements are certified in Babysitter Safety, CPR and First Aid. Students will also learn how to be safe and responsible when home alone, including what to do if somebody comes to the door and the importance of not giving out personal information. Bring a snack, please no peanut products. For more information please visit: www.livesafeacademy.com/babysitting

Thursday, January 18, 5:30-8:30pm Fenton Community & Cultural Center



#### Kids Night Out: Valentine's Heartbeat Bash!

\$40 residents, \$50 non residents Ages 5-12

In this special heart-themed evening session, we'll be building a pinball machine that tours the human body, creating our special blood slime recipe, experimenting with dissolving candy hearts, and more! Join us for the fun and educational evening out with friends, while parents get a well-deserved break at the same time!

Challenge Island is an award-winning STEAM enrichment program where kids solve fun, hands-on "challenges" which teach them about STEAM fundamentals, crosscurricular topics, plus important success skills like creativity, critical thinking, problem solving and much more. Students work together in small "STEAM Teams" to solve our challenges, giving them an opportunity to grow their teamwork and social skills as well. We look forward to seeing you on Challenge Island!

Friday, February 2, 6:00–8:00pm Fenton Community & Cultural Center Instructed by Challenge Island – Oakland County East



#### Kids Night Out: Adventure of the Leprechaun Labyrinth!

\$40 residents, \$50 non-residents Ages 5-12



In this special March workshop just in time for St. Patrick's Day, come join us as we create magical labyrinth games with a magic twist, mix up glittery golden slime, play leprechaun games, and more! Join us for the fun and educational evening out with friends, while parents get a well-deserved break at the same time!

Challenge Island is an award-winning STEAM enrichment program where kids solve fun, hands-on "challenges" which teach them about STEAM fundamentals, crosscurricular topics, plus important success skills like creativity, critical thinking, problem solving and much more. Students work together in small "STEAM Teams" to solve our challenges, giving them an opportunity to grow their teamwork and social skills as well. We look forward to seeing you on Challenge Island!

Saturday, March 9, 6:00–8:00pm Fenton Community & Cultural Center Instructed by Challenge Island – Oakland County East Challenge Island is an award-winning STEAM enrichment program where kids work together in "STEAM Teams" to solve fun, hands-on "challenges" which teach them about STEAM fundamentals and crosscurricular topics, plus important success skills like teamwork, creativity, critical thinking, problem solving and much more.

#### Kids Night Out: Earth Day Buzzing, Jumping and Sliming!

\$40 residents, \$50 non-residents Ages 5-12

In celebration of Earth Day, we'll learn about how animals see and move, with our origami tree frogs, honeycomb build challenge, flying bee rockets, glow-in-the-dark slime and more! Join us for the fun and educational evening out with friends, while the parents get a well-deserved break at the same time!

Challenge Island is an award-winning STEAM enrichment program where kids solve fun, hands-on "challenges" which teach them about STEAM fundamentals, crosscurricular topics, plus important success skills like creativity, critical thinking, problem solving and much more. Students work together in small "STEAM Teams" to solve our challenges, giving them an opportunity to grow their teamwork and social skills as well.

We look forward to seeing you on Challenge Island!

Saturday, April 13, 6:00–8:00pm Fenton Community & Cultural Center Instructed by Challenge Island Oakland East





# YOUTH SKATING

Classes held at The Barn, 715 Torrey Rd., in Fenton. **Register at www.slpr.net.** 

# THE PLANTS OF TH

#### **Beginners Skating**

\$50 Discounted for residents \$60 Regular fee for non-residents

Lessons are geared for children with little or no prior skating experience. Classes are designed to build confidence while learning the basic skills of skating such as agility, balance, coordination, and speed. Classes will be taught in a safe and positive environment, making ice skating an enjoyable experience.

#### **Equipment Needed:**

- Skates
- Helmet

**Session 1:** Sundays 1:30–2:00pm 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/3

**Session 2:** Sundays 2:50–3:20pm 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/3

#### **Beginners Hockey**

\$45 Discounted for residents \$55 Regular fee for non-residents

The class is a skating skills program for beginners to explore their interests in hockey while learning fundamentals of the sport. Classes will be well structured with the focus on proper skill development and taught in a positive fun manner.

#### **Equipment Needed:**

- Skates
- Helmet
- Hockey Stick
- Elbow Pads
- Shin pads

**Session 1:** Sundays 2:05–2:45pm 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/3







Register online at www.slpr.net.



#### SOCCER

#### Soccer Star Parent Tot - Ages 2-4

\$50 Discounted for residents, \$60 Regular fee for non-residents (per session)

Let your little soccer star shine! Learn the basics of soccer in a non-competitive atmosphere. Enjoy fun and learning with Coach Anthony and score that goal! Please bring a water bottle.

Saturdays, 9:30-10:00am

**Session 1:** April 27, May 4, May 11, May 18, May 21 **Session 2:** June 1, June 15, June 22, June 25, June 29

West Shore Elementary Athletic Field Instructed by Anthony Howay

#### **Soccer Academy**

\$60 Discounted for residents, \$70 Regular fee for non-residents (per session) Ages 5 & up

The SLPR Soccer Academy is designed to develop each camper into a more advanced and serious player. Players of all levels will improve fundamental skills through dynamic activities and games in a stimulating and challenging environment. Players will be placed in groups according to age and/or ability. Training will emphasize individual and team skills and will concentrate on team tactics and games. If you have specific questions, please email Anthony Howay at soccer@slpr.net. The shirt is included in the price.

Saturdays 10:00-11:00am

Session 1: April 27, May 4, May 11, May 18, May 21 Session 2: June 1, June 15, June 22, June 25, June 29

West Shore Elementary Athletic Field Instructed by Anthony Howay



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#### **Adaptive Soccer Fun "ASF"**

Ages 5 thru Adult

\$50 Discounted for residents, \$60 Regular fee for non-residents

This soccer club is a special needs soccer program aimed at people ages 5 through adults who want to play soccer but are unable to participate in mainstream programs. The 8-week section features clinic-like sections that focus on conditioning, basic skills, rules of the game and most importantly, having fun. Parents and families are encouraged to participate by either cheering on the sidelines or occasionally taking the field to scrimmage, as they desire.

Lasting friendships have been developed between the players and families from Linden, Fenton, Swartz Creek, Davison, Grand Blanc, and more. This club has been invited to play at special events at local high schools and universities. The team is run by long-time Coach Jerry Davis with assistance from a crew of "Buddies" who help on the field. Most events will be on Saturday morning from 10:30 am to noon starting on Saturday, April 20. There will be a total of 10 events with the projected last event being Saturday, June 1.

Saturdays, 10:30 am – 12:00 pm April 20-June 1 Fenton High School Soccer Practice Field







#### **JUNIOR JAGUARS & JAGUARS CUBS**

Open to all players aged 3 - 10. Junior Jaguars and Jaguar Cubs Genesee is geared towards players aged 3 through 10 with priority placed on the advancement of individual technical skills and a passion for the game.

The goal is to provide our youngest players with the highest level of training games in a competitive, yet fun and creative learning environment.

#### Winter 2 Session

January 24 - March 6

Wednesdays 6 - 7pm Location: Genesee Fieldhouse

#### **Spring Session**

Starts April 2024 Wed. Evenings and Sat. Mornings. Details TBD Location: Deer Run Soccer Complex, Linden

Cost: \$105 (Plus \$60 uniform fee for new players only)

For more information and to register visit: www.GeneseeJaguars.com



# Southern Lakes Parks & Recreation's **SWIMMING**

#### **SWIM LESSON LEVELS**

#### Parent-Child

This class is designed to provide infants and toddlers, along with a parent/guardian, with a fun atmosphere in which to become familiar with the water. The focus of the class will be learning swim basics (blowing bubbles, reaching & pulling, kicking, etc.) while singing and playing games in the water! There will be an emphasis on water safety.

Ages: 6 months-4 years

#### **Preschool Aquatics 1**

This is the first class for children without their parents in the water. To advance in water skills, children must learn to be comfortable with their faces in the water. Beginning water skills like blowing bubbles, floating, submerging, kicking, reaching, pulling, treading water, jumping from the side and WATER SAFETY are emphasized. Due to safety concerns around water, children should be at least 3 years old to take this class so that they can follow directions and have an attention span that enables group learning. Some 3-year-olds may be more comfortable in our parent/tot class.

Ages: 3-6 years

#### **Preschool Aquatics 2**

Students in this class are comfortable with faces and heads wet and will work on keeping themselves independently afloat. They will be practicing reach and pull arms, kicking, floating, gliding treading water, and underwater retrieval, all with a strong emphasis on SAFETY in and around water.

Ages: 3–6 years

#### **Preschool Aquatics 3**

Students are already able to stay afloat and use forward locomotion. Typically, they may be able to swim underwater. They will build on the skills from Preschool Aquatics 2, such as reaching and pulling, floating, gliding front and back, and treading water, all with a strong emphasis on SAFETY in and around water. Participants who have passed all three levels of preschool aquatics, and are around the age of 6, will advance directly to Level 2 of the learn-to-swim program.

Ages: 3-6 years

#### Level 1

Introduction of continuation to water skills learned in Preschool Aquatics. Children will learn about breath control, floating (back/front), gliding (front/back), and swimming on the front and back. Children will receive assistance as needed but will be encouraged to float/glide/swim without assistance. Students will advance to Level 2 after gaining the confidence to swim without assistance and becoming extremely comfortable swimming short distances. Water Safety will be emphasized.

Ages: 6 & up

#### Level 2

Students in level 2 will continue with the skills taught in Level 1, with an emphasis on breath control while swimming (face submerged), and swimming for longer distances. Treading water, along with other self-help and basic rescues will also be introduced. Water Safety will be emphasized.

Ages: 6 & up



#### Level 3

Students who advance to Level 3 should be swimming with their faces in the water, while on their fronts, and be able to stay afloat on their backs while swimming, for approximately 5 body lengths. This endurance is necessary for students to learn rotary breathing with front crawl, elementary backstroke, and dolphin kick. Sitting and kneeling dives will be introduced. Water safety will be emphasized.

Ages: 6 & up

#### Level 4

Students are expected to be proficient in front crawl (with rotary breathing) before advancing to Level 4. Breaststroke will be introduced in Level 4, along with side stroke and back crawl. Standing dives will be introduced. Participants will also work on endurance in Level 4 and should be able to complete 25 yards front crawl, and 25 yards elementary backstroke before advancing to Level 5&6. Water safety will be emphasized.

Ages: 6 & up

#### Level 5 & Level 6

Students will continue to work on the front crawl, back crawl, side stroke, elementary back stroke, and diving. The butterfly stroke will be introduced, along with flip turns. Increased endurance will also be expected. Water safety will be emphasized.

Ages: 6 & up



# Southern Lakes Parks & Recreation's **SWIMMING LESSONS**

- 30-minute lessons: \$90 resident, \$100 non-resident
- 45-minute lessons: (Level 3&4) \$95 resident, \$105 non-resident
- 60-minute lessons: (Level 5 & 6) \$105 resident, \$115 non-resident Fenton High School Pool

(Dates & times may be changed, due to Fenton High School athletic events.)



### SESSION 1: January 6 to February 17 (No lessons January 20)

1	
Parent/Child	9:30-10:00am
Preschool 1	9:30-10:00am
Preschool 2	9:30-10:00am
Preschool 3	9:30-10:00am
Preschool 1	10:00-10:30am
Preschool 2	10:00-10:30am
Preschool 3	10:00-10:30am
Level 1	10:00-10:30am
Level 2	10:30-11:00am
Level 3	10:30-11:15am
Level 4	10:30-11:15am
Level 5/6	10:30-11:30am

#### SESSION 2: March 2 to April 20 (No lesson March 23 and 30)

Parent/Child	9:30-10:00am
Preschool 1	9:30-10:00am
Preschool 2	9:30-10:00am
Preschool 3	9:30-10:00am
Preschool 1	10:00-10:30am
Preschool 2	10:00-10:30am
Preschool 3	10:00-10:30am
Level 1	10:00-10:30am
Level 2	10:30-11:00am
Level 3	10:30-11:15am
Level 4	10:30-11:15am
Level 5/6	10:30-11:30am

#### **PRIVATE SWIM LESSONS**

Does your child need a little extra help before moving up to the next swim level?

Does your child need a little extra help before moving up to the next swim level? Does your child need a little work tweaking his/her strokes before moving up to the Tiger Shark Swim team? Private lessons are the answer! Private swim lessons consist of 4 half hour lessons. One lesson is available upon request for \$22. We also encourage adults to take advantage of our private swimming lessons. It is never too late to learn new skills in the water! Times may vary, depending on the participants schedule and the aquatics schedule.

For Semi-Private lessons, swimmers must be at an equal swimming ability. Please contact the pool office at 810-591-2622 to set up your private swim lessons! Or contact Cathy O'Bee, Instructional Swim Coordinator at **cobee@slpr.net**.

Semi-Private Lessons (1 instructor, 2 children) \$140 Resident, Non-Resident: \$160 Fenton High School Swimming Pool Private Lessons (1 instructor, 1 child)
Resident: \$100, Non-Resident: \$120
Fenton High School Swimming Pool

#### **SLPR 2024 AAU VOLLEYBALL**



#### AAU Volleyball 13U - 14U

\$400 per player session fee

#### 13U - 14U players

Season: February – April Practices: 2x a week (TBA) 4 Tournaments (TBA)

Teams wishing to participate in additional local tournaments, State Tournament or Regional Tournaments may incur added costs. This will be a per team basis agreement and will be communicated by the assigned coach.

#### AAU Volleyball 12U

\$350 per player session fee

#### 12U players

Season: February – April Practices: 2x a week (TBA) 4 Tournaments (TBA)

Teams wishing to participate in additional local tournaments, State Tournament or Regional Tournaments may incur added costs. This will be a per team basis agreement and will be communicated by the assigned coach.

#### Team Placement Evaluations – SUNDAY, JANUARY 7, 2024

Where: Fenton High School 3200 W. Shiawassee, Fenton, MI.

When: Age groups will be evaluated separately per schedule below

Please check MJVBA website: mjvba.com/mjvba-age-definitions/ for age group concerns & verification.

U12- 12:00pm-2:00 pm U13-U14- 2:00-4:00 pm

Age cut off:

12U born after July 1,2011 cannot turn 13 before July 1, 2024 13U born after July 1,2011 cannot turn 14 before July 1, 2024 14U born after July 1,2011 cannot turn 15 before July 1, 2024

Check in 20-30 minutes before scheduled time for your age group – come by GRADE if the age does not match their current grade. What to bring: Tennis shoes, knee pads (optional), water bottle, if possible, wear a shirt with the players' name on the back.

### Pre-Registration is MANDATORY REGISTRATION DEADLINE IS Wednesday JANUARY 3, 2024

Registration Space will be limited, so please register early to ensure placement space.

Additional Registrations will be accepted and waitlisted – these placements will be accommodated based on facility/coaching staff availability. All registrants need to attend Evaluation Day Every effort will be made to accommodate all registrants in the younger age groups. Older age groups must have a minimum number for team formation. Make-up evaluations only if pre-arranged with coordinator prior to January 10, 2024.

#### Registration & Payment Accepted Online ONLY!

\$25.00 non-refundable evaluation fee is due at registration and is applied toward total league fee.

Full payments can be made on-line.

Final payment due in office by Friday January 21, 2024, to participate.

No payments can be accepted on evaluation day or by coaches throughout the season.

Website: www.slpr.net Registration will open in mid-December 2023 for Winter 2024 Programs

Once a player is assigned to a team – additional paperwork will need to be turned in directly to the assigned coach at their 1st practice; player AAU Player Card (additional cost), emergency medical release form, concussion awareness.

\*\*\*\*\*IMPORTANT\*\*\*\*\* EACH PARTICIPANT MUST REGISTER FOR AN AAU MEMBERSHIP AT <u>WWW.AAUSPORTS.ORG</u>
PRIOR TO FIRST PRACTICE. ALL PLAYERS MUST INCLUDE CLUB CODE: TO BE INCLUDED IN THE 2022 SLPR CLUB.

# Southern Lakes Parks & Recreation SCHOLARSHIP APPLICATION

**2024** Household Application for Southern Lakes Parks & Recreation Scholarship Grant. Complete one application per household. \$150 granted per household per year.

Families with 4 or more **people** may receive \$50 per **family member** 

STEP 1: List ALL Household members who are infants, children, and students. Attach page for additional names if more space is needed.

Definition of Household Member:

Anyone who is living with you and shares income and expenses, even if not related. PLEASE PRINT

	Child's First Name	MI	Child's Last Name	Student YES NO	School	Grade	Foster Child	Homeless, Migrant, Runaway
1)								
2)								
3)								
4)								
5)								

#### Step 2 Report income for all Adult Household members

List all Adult Household Members (including yourself) not listed in STEP 1 even if they do not receive income. For each Adult Household Member listed, if they do receive income, report total gross income (before taxes) for each source in whole dollars (no cents) only. If they do not receive income from any source, write "0". If you enter "0" or leave any fields blank, you are certifying (promising) that there is no income to report.

PLEASE PRINT

	Name of Adult Household Members (First and Last)	Earnings from Work (Monthly)	Public Assistance/ Child Support/ Alimony (Monthly)	Pensions, Retirement/ All Other Income (Monthly)
1)		\$	\$	\$
2)		\$	\$	\$
3)		\$	\$	\$
4)		\$	\$	\$
5)		\$	\$	\$

Household Men dren and Adults								
STEP 3: Co	ontact information a	nd adult	t signature. Mail Com	npleted form to S	outhern Lakes Pa	arks & Recreation 150 S	5. Leroy St, Fenton, MI 48430	
"I certify (p	promise) that all inform	nation on	this application is tru	e and that all inco	ome is reported.	I understand that this i	information is given in connection	
with the re	ceipt of Federal Funds,	and that	t school officials may	verify (check) info	ormation. I am av	ware that if I purposely	give false information, my childre	en
may lose m	neal benefits, and I mag	y be pros	secuted under applica	ble state and fede	eral laws."			
Street Addre	ess (if available)	Apt.	City	State	Zip	Daytime phone	& email (optional)	
Street Addre	ss (if available)	Apt.	City	State	Zip	Daytime phone	& email (optional)	

#### **2024 HOUSEHOLD APPLICATION FOR SLPR SCHOLARSHIP (CONTINUED)**

Scholarship eligibility income guidelines:

Household Size	Income	PROOF OF INCOME			
1 Person	\$34,250	of 2022 or 2023 Federal Income			
2 Person	\$39,150	Tax Return			
3 Person	\$44,050				
4 Person	\$48,900				
5 Person	\$52,850				
6 Person	\$56,750				
7 Person	\$60,650				
8 Person	\$64,550				

RESIDENCY DEFINED: To qualify you must reside within the City of Fenton, City of Linden, or Fenton Township. SLPR is funded through property taxes collected in these areas. Residency is determined where property taxes are paid. Non-Residents may still apply and SLPR will coordinate with your school district for a potential scholarship.

PROOF OF SLPR DISTRICT RESIDENCY:
Must provide items as proof of residency:

- \*Property Tax Statement
- \*Drivers' License
- \*A utility bill: water, electric, gas, phone or internet service

			SLPR SOUTHERN LAKES PARKS & RECREATION
DO NOT FILL OUT: for administr	ative use only		
Residency:	School District:	Yearly Income:	Household Size:
Determining Official's Signature & Date	Confirming Official's Signature & Date	Scholarship Approved: YES NO	

### **Looking for Lifeguards & Swim Instructors**



#### Pay is \$15/hour

**Job Requirements:** 

- Experience with swim skills
- Lifeguards must be certified by the American Red Cross
- Must have Saturday availability
- Ages 14+

#### Interested?

Contact Cathy O'Bee, Instructional Swim Coordinator at cobee@slpr.net





#### Southern Lakes Parks and Recreation Account and Program Registration Form

Information:		Ren	nember you	can also register on	line at SLPR.ne	ŧ
Please Print** Parents/Guardian's	/Adult's Nam	<u>ie**</u>				
Last Name		Firs	t Name			DOB
Address  Primary/Cell  PHONE: ()  Would you like to receive TEXT MES	Em	ail (Receipt	& Program Notifica	tions)		
Participant/s information	5 - C 5 S C C 6 6 6 5 S C C 6 S C C 6 5 S C C 6 5 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C 6 S C C C 6 S C C C 6 S C C C 6 S C C C C	ons for Class	s Changes only?	TES Name of cell pile	one carrier	
Participant Name: Please Print	Gender	Birthday	Allergy/Medical Concerns	Activity Name and Session	Day/ Time	Grade/School district
Emergency Contact:			Emergen	cv Phone#		
Residents / Non-Residents: To recieve the taxes collected in these areas. Residency is city/township taxes. Required questCity of FentonFenton TownsCity of FentonFenton Towns	NOTconnected wation: Where shipCity of a full refund will be request] up until s will be given for stive June 30, 20 ssion legislation request provided from the ship was showledging receipt pected of sustaining concussion inform a 54783_63943,00 lby all participa m, hereby agree to g n serious injury and st.P&R, its employees	do you p Linden  e issued. All the second of sports league  13: A concus iries all coach de doucations at of the inform a concussion. ation sheet of the coach and or qua give mylour ap for death and t es, instructors,	refund requests, in class, minus a \$5.00 s, one day classes, sistential materials on the station for the organizal. The students must the an be obtained at supposed to participate in that protective equipments.	Fenton School Districts. Reside erty tax?  (describe) Other  cluding any program registered of administrative fee and a credit woor special events [unless cancelled eaused by a blow or jolt to the head the ers and other adults involved with a yiers sometime of the parent/guardian of the parent/guardian of any and all activities including transent does not prevent all injuries to par	online must be requested rill be put on their family a ed by SLPR].  That can have serious consequent at their activity must construct of concussions to each you arequires immediate remove appropriate health profession ton, MI 48430 or online of the above named), a candity portation to and from activiticipants, and do hereby wait	through an SLPR account to be used quences, it can occur implete a concussion that hather and their al of an athlete from all before he/she can at SLPR.net, or at iddate for a position in less. I, We know that ve, release, absolve,
myself or my/our child whether the result of negligen SLP&R is not responsible for Lost/stolen/damaged p As a participant or parent/guardian of a participant, I areas including web based social media.  ****Payment Information: Cash	ersonal items. understand that phot Check	tographs/video	able to SLPR)	Credit/Debit Card (*	**NSF fee of \$25.00 will	be charged for all
checks and credit card charges that are return SLP&R reserves the right to make a report to a				P&R programs will be immediate	ely suspended until all fe	es are paid in full.
Signature of Parent/Guardia	n/Participa	nt	PPOCESS	ED BY F	Date	



# 24/7 ER • Imaging Services • Primary Care • OB/GYN & Midwifery Located at 2420 Owen Road, Fenton



#### 24/7 EMERGENCY CARE

- Board-certified emergency physicians
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- 3D Mammography
- Online appointment scheduling available
- CT
- X-ray
- Bone Density
- Ultrasound
  - \*Saturday appointments available



**FENTON** 

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