

2024 SUMMER



SLPR

SOUTHERN LAKES
PARKS & RECREATION

810.714.2011

SLPR.NET



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2024 SUMMER

SLPR
SOUTHERN LAKES
PARKS & RECREATION



SOUTHERN LAKES PARKS & RECREATION STAFF

810.714.2011 • WWW.SLPR.NET

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Chris Phifer contact_us@slpr.net

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**REGISTER ONLINE
AT SLPR.NET**



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 receive 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 schedule are available online through the registration software 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, *Chairperson*, City of Fenton lockwoodpa4@gmail.com
- Ray Culbert, *Vice Chair*, City of Linden culbertdesign1@aol.com
- Dave McDermott, *Secretary*, City of Fenton dave@davemcdermott.net
- Robert Kesler, *Treasurer*, Fenton Twp robertkesler@yahoo.com
- Christine Reid, Fenton Twp cmreid8@charter.net
- Brenda Simons, City of Linden bsimons@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



My adventure as the SLPR Executive Director began July 1st, 2020. It is hard to believe I'll be starting my fourth year with SLPR this summer. The SLPR crew has had some changes as well. We brought on a former employee, then had to let her go, as her skills were recognized and in demand. Good Luck Meg! We hired an excellent replacement, welcome Courtney, and as we head into summer, we can always use more help running the community center or

for help during events. It's an excellent way to earn a little extra pocket money while helping run community events. Call us if you might be interested!

The SLPR Summer Brochure offers a variety of opportunities of what we feel is a growing list of possibilities to experience staying active and having a lot of fun! Please check out what we have to offer, and if you don't see it, give us a call or an email so we can look towards offering the things you'd like in the future. If you've got an idea for a class, an event, or anything you'd like to bring to the public, please let us know. We are looking to expand our programming and would love to hear from people interested in being an instructor for SLPR. It's a part-time gig that can really produce for you and our community. Hiking, boating, fishing, bicycling, carving, painting, science experiments, band nights for local bands to get heard...almost anything you'd like to try, if there is an interest, SLPR can help you make it a reality. Please, give us a call!

SLPR partnerships with both the Fenton and Linden DDAs, DPWs, and City planners/volunteers in general, with the Fenton Arts and Culture Commission, the Fenton Arts Council, and Wishing Well Theater... Keepers of the Shiawassee, the Thompson Road Regional Dog Park, the Shiawassee River Water Trail Coalition, Above Par Disc Golf, Genesee County Parks, Deer Run Soccer Authority, LAFF Pathways Inc., the Happening In Linden group, the Loose Senior Center, if it's happening in our community, SLPR is working to help others bring so much to our community. **Here are some updates:**

- **The State Bank Trail** – Construction begins Fall 2024 and should be complete by Spring of 2025. Funding is nearly complete. Please consider making a contribution to LAFF Pathways at:

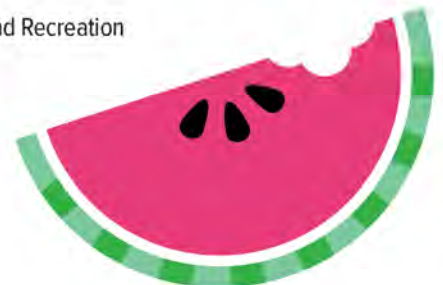
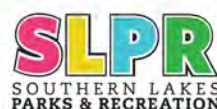


SCAN QR CODE
With camera phone
to donate.

- **LAFF Pathway Phase 3** – The Fenton Road Corridor will be the next phase of the trail. Public meetings will be scheduled this fall so we can get the word out as to the plans, grants, and required fundraising efforts.
- **Thompson Road Regional Dog Park (TRRDP)** – There was a bowling fundraiser this past winter and a brick paver fundraiser coming soon. Please check them out on Facebook.
- **The Deer Run Soccer Authority** – The American Youth Soccer Organization (AYSO 417), the Michigan Jaguars FC Genesee, and the Nationals Genesee <https://www.deerrunsa.com/>
- **An SLPR Rec Center** – The SLPR Board is reviewing possibilities, previously there was an opportunity along Silver Lake Road that didn't pan out. Currently, the SLPR Board is studying the property where the TRRDP is located, discussions and feasibility studies will continue as we look for a design that will suit the needs of SLPR.
- **A Disc Golf Course at Linden County Park** – Local enthusiasts, County Parks and Rec, and an organization that heads development of disc golf courses, Above Par Disc Golf, are all working a plan for an 18-hole disc golf course in Linden County Park. More to come as what once was just a dream works its way into likely reality!

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...we always strive to listen, improve, and offer things you want.

Ed Koledo,
Executive Director
Southern Lakes Parks and Recreation





Downtown Fenton Art Walk
July 27, 2024
Saturday | 10am - 7pm

Art • Music • Food • Drink

Enjoy vibrant art in gorgeous Fenton! Fenton will be filled with artistic masterpieces from local, regional and international artists. Artwork will be displayed in and around the Fenton Community & Cultural Center and in Rackham Park. Enjoy delicious food and drinks while shopping the engaging artwork and the businesses of downtown Fenton.



**City of Fenton DDA
and Arts & Culture
Commission**

calling all **Artists**

Wood • Paint • Fiber Art • Pottery • Glass • Sculpture • Jewelry • AND MORE!

Display and sell your fabulous artwork at the Fenton Art Walk.

Become an Art Walk Exhibitor today!

Printed By
 **THE UPS STORE**
Fenton

Call with Questions **810-714-2011** | Applications available at **slpr.net**



**Saturday,
July 27, 2024**
Fenton Community &
Cultural Center
and Rackham Park



Art Walk Entertainment Lineup

LEROY STREET SOCIAL - ENTERTAINMENT TENT Front Lawn of FCCC

11:30am-1:00pm	Powder Finger - Neil Young Tribute Band
1:00-3:00pm	The Next Best of What's Around - Dave Matthews Tribute Band
3:15-4:45pm	Pat Parker - Acoustic Guitar
5:00-7:00pm	Whiskey Business - Classic Rock

ON THE PATIO Behind FCCC, Rackham Park

10:00-11:00am	Fenton Community Orchestra - Simply Strings
1:00-2:30pm	Vocalist, Jannah G. featuring Millie Grasso
3:00-5:00pm	Vocalist on Guitar, Stephen Michael
5:30-6:30pm	Neelam Puri and the Bollywood Dancers

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*



Serving the Community Since 1938

DINE • SHOP • STROLL • PLAY

Bring the family down to enjoy a fun night out in Downtown Fenton!

FENTON Experience

WEEKLY EVENTS:

Thursday Nights



Fenton Farmers Market
5-8 PM

May 16 - September 19



Summer Concert Series
7-8:30 PM

May 30 - September 5

All concerts are in
Rackham Park behind the
Fenton Community &
Cultural Center

SPECIAL DATES:

May 23, June 13 & July 11: Family Nights

Location: Rackham Park, behind Fenton Community & Cultural Center
5 PM to 8 PM



Saturday, July 27: Fenton Art Walk

Location: Fenton Community & Cultural Center
10 AM to 7 PM

August 8: Back to the Bricks Tune Up Party

Concerts 5-6:30 PM & 7-8:30 PM,
Fenton Farmers Market 5-8 PM



Scan QR Code with your phone to view
the full **Fenton Experience** events list.

fentonexperience.com



SCAN ME

Streets will be open every Thursday with the exception of August 8th, 2024 for the Back the Bricks Tune Up Party.

SUMMER CONCERT SERIES

FENTON CONCERTS IN THE PARK Thursdays 7:00–8:30pm

Rackham Park, behind the Fenton Community & Cultural Center

Rainout location is in the Fenton Community & Cultural Center. (No concert July 4th)



DATE	CONCERT BAND	GENRE
May 23	5:30-7pm– Family Night Kids Concert!	Guy Louis of Worlds of Music
May 30	Fenton Community Orchestra	Classical, Contemporary, Jazz
June 6	Whiskey Business	Classic Rock
June 13	Shia Town– Family Night	Country, Rock
June 20	Soggy Bottom Big Band	Jazz, Contemporary
June 27	3 rd Degree Burns	Classic Rock
July 11	Image– Family Night	Classic Rock
July 18	Itchy Coo Park	60s & 70s Music
July 25	Denise Davis & the Motor City Sensations	Motown, Blues & Pop
August 1	After it All	Dance, Rock, Pop
August 8	5-6:30pm & 7-8:30pm– Leave Those Kids Alone Brick to the Bricks Double Concert!	Classic Rock
August 15	Air Margaritaville	Jimmy Buffet Tribute
August 22	Magic Bus	Journey to Woodstock
August 29	Your Generation	Dance, Rock, Pop
Sept. 5	RockStar	80s Rock Band

Brought to you by SLPR & the City of Fenton DDA



Don't miss the Fenton Grand Marshall Reception honoring Mr. Scott Grossmeyer Tuesday, July 2 at 6pm at the FCCC

SUMMER CONCERT SERIES



LINDEN MUSIC BY THE MILL

Wednesdays at 7:00–8:30pm

Linden Millpond Park/Gazebo • Sponsored by The City of Linden and Linden DDA.

No rainout location

DATE	CONCERT BAND	GENRE
May 27	11-1230pm –Denise Davis	Motown, Blues & Pop
July 24	Soggy Bottom Big Band	Jazz, Contemporary
July 31	Detroit Drive	Classic Rock/ Modern Country
August 7	Image	Classic Rock
August 14	Whiskey Business	Classic Rock
August 21	Itchy Coo Park	60s & 70s Music
August 28	After it All	Dance, Rock, Pop

Linden’s Memorial Day Event– Monday, May 27

The parade steps off at 10am on Mill St. and marches to Fairview Cemetery. The VFW will hold a ceremony in the Veteran’s Memorial Section of the cemetery. Afterwards, a Community Picnic will take place during the Memorial Day Concert near the Linden Gazebo.

Brought to
you by SLPR &
the Linden DDA



BACK TO THE BRICKS– TUNE UP PARTIES

Flint’s successful Back to the Bricks event is cruisin’ through Linden and Fenton in this special car cruise and car show. The Fenton and Linden Concerts will also be taking place during this event!

WEDNESDAY, AUGUST 7

Downtown Linden- 5:00–9:00pm

Sponsored by the Linden DDA

6:30-8:00 pm– Concert by the Mill with *Image*

THURSDAY, AUGUST 8

Downtown Fenton- 5:00–9:00pm

Sponsored by the City of Fenton DDA

4:00-5:30 pm– Concert in the Park with *Leave Those Kids Alone*

5:00-8:00 pm– Farmers Market

6:30-8:00 pm– Concert in the Park with *Leave Those Kids Alone*

For more information, please visit backtothebricks.org

For detailed information for participants bringing a classic car to the event, please visit: <https://slpr.net/event/back-to-the-bricks/>



EBT
ACCEPTED!



Enjoy food, crafts, music, and so much more at the **Fenton Farmers Market!**

Thursday Evenings, 5:00–8:00pm
May 16 – Sept. 19 (No Market July 4th)
Fenton Community & Cultural Center Front Lawn

Experience fresh seasonal produce from local farmers, select from the numerous baked goods and treats, or find that one-of-a-kind special gift created by local artisans and crafters. We have it all!

We offer Double-Up Bucks - spend \$1.00 get a \$1.00 toward fruits and vegetables. See you there!

BECOME A VENDOR AT THE FENTON FARMERS MARKET!

THURSDAYS,
MAY 16-SEPT. 19, 2024
5:00–8:00 pm [rain or shine]
Fenton Community &
Cultural Center Front Lawn

Please email Molly Henderson,
Market Manager at
mhenderson@slpr.net



TOUCH-A-TRUCK

**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

SENIOR PROGRAMS

Tai Chi

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

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! 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
July 17–August 21
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

Senior Splash

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

A minimal impact and great exercise program for senior citizens. The class includes cardio, core work, and arm and leg strength exercises. This will get you moving in a friendly and fun atmosphere! Please check the SLP&R Aquatics Calendar for class dates, times, and cancellations at www.slpr.net and look for the link to our aquatic calendar on the homepage! Dates and times are subject to change due to the FHS and middle school swim calendar. Ages 45 and up.

June 10 & 12, June 17 & 19, June 24 & 26, July 8 & 10, July 15 & 17
Monday & Wednesdays, 12:00-1:00pm
Fenton High School Swimming Pool
No class July 1-3.



Mexican Train Dominos

Join our seniors for a great game of Mexican Train Dominos and coffee, most Thursdays throughout the year. Feel free to bring snacks and a smile!

Thursdays, 10:30am-1:00pm
Fenton Community & Cultural Center, Club Room

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.

FEES: Lunch is served the 4th 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!*



THANK YOU TO THE FUNDERS!

*This program is partially funded by
Southern Lakes Parks & Recreation,
the Fenton Community & Cultural Center,
The State Bank, City of Fenton CDBG Funds,
and Fenton Township CDBG Funds.*

ADULT PROGRAMS

ART

Learn to Paint like Bob Ross!

\$70 discounted for residents, \$80 non-residents per session date
Ages 13 - adult (16 & under must be accompanied by an adult)

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.

Saturdays, 1:00–4:00pm

Session Dates: June 8, July 13, August 10, Sept. 7,
Oct. 12, Nov. 9, Dec. 14

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



Saturday, June 8



Saturday, July 13



Saturday, August 10



Saturday, September 7



Saturday, October 12



Saturday, November 9



Saturday, December 14

ADULT ART CLASS

Painting Still Life in Watercolor with Shape, Light & Values

Join master artist Denise Willing Booher as she leads students step-by-step through painting a Still Life. She will demonstrate each step working in layers of washes to build radiant colors as well as painting with strong, colorful strokes. Emphasis will be on what makes a good painting, planning the composition with a study, good division of shapes, value planning, shadows, and reflections and what your art communicates while enjoying yourself! Students will use Denise's set up or bring their own Still Live objects.

\$60 Discounted for residents

\$70 Regular fee for non-residents

Tuesday, Wednesday, Thursday

September 24, 25, 26

10:00am–2:30pm (½ hour break, please bring a lunch)

Instructed by Denise Willing-Booher,

Nationally Acclaimed Water Color Artist

Fenton Community & Cultural Center, Art Room

SUGGESTED MATERIALS TO BRING:

- Paper – Arches 140lb cold press watercolor, 11 x 14
- Sketchbook &/or small 4 x 5 watercolor paper for studies
- Paint: Cadmium Yellow, Ultramarine Blue, Permanent Alizarin Crimson. Windsor Newton brand suggested
- Brushes: Raphael SoftAqua Synthetic Squirrel Watercolor Brush, Quill, 8, Black (Amazon) #8 Round watercolor brush, 2" flat wash brush. Suggested brands: Princeton Aqua Elite or Trekell Protégé
- Watercolor paint palette with paint wells mixing tray and cover, water container
- Kleenex, rag or sponge
- Pencil, kneaded eraser

AGES: 16-100!

ALL SKILL LEVELS ARE WELCOME TO ATTEND.



Proudly Sponsored by the City
of Fenton Arts & Culture Commission

ADULT DANCE

NEW

Social Square Dancing

\$25 per couple, per date
Ages 13 and up (minors must be registered with a participating parent/adult)

Are you looking for a FUN and DIFFERENT way to get out and socialize with friends? Are you ready to make some new friends and even interact with some old friends in the community? Are you tired of having the same old date night routines and ready for something NEW? How about joining us for a very modern, upbeat, and also a very different night out with the community at a Social Square Dance? Bring your friends and family and have an awesome enjoyable evening with us and try something different. Participants don't need ANY dance experience to enjoy an evening like this!

June 21, September 21, October 26
7:00-9:00pm
Fenton Community & Cultural Center Main Hall

NEW

Line Dancing

Cost: \$60 resident, \$70 nonresidents
Ages 13 and up (minors must be registered with a participating parent/adult)

Combining various types of music with step-by-step instruction, line dancing is a great way to socialize while being active! You will learn line dances that are being done at clubs, weddings, and country bars. No experience needed—or even workout clothes! Feel free to attend in jeans, shorts, boots, or tennis shoes (no sandals or flip/flops for safety). Join us for what will become your favorite night of the week! Exercise has never been this much fun. Dust off those boots and come out to dance!

September 26-October 24
Thursdays, 5:45-7:00pm
Fenton Community & Cultural Center Main Hall



BOOK CLUB

Fenton's Open Book Club

Ages 16 & up

Fenton's Open Book will be offering a free book club. Participants will receive a 20% discount on their book club purchase. Questions, please call Fenton's Open Book at 810-629-8000. Happy Reading!

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



Southern Lakes Parks & Recreation's FITNESS SCHEDULE

SUMMER SESSIONS

- Session 1: June
- Session 2: July
- Session 3: August

Classes held at Fenton Community & Cultural Center
150 S. Leroy St., Fenton



Morning Classes:

Tue	8:30-9:30am	Zumba Gold	Romina Pena-Sweetman	FCCC – Main Hall
Wed	9:00-10:00am	Get a Pilates Body	Monica Rynearson	FCCC – Van Gilder
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:

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	7:00-8:00pm	Zumba	Romina Pena-Sweetman	FCCC – Main Hall
	Back this Fall	Vinyasa Yoga	Kathy Begin	
Thu	6:00-6:45pm	Pilates Barre	Monica Rynearson	FCCC – Van Gilder
	7:00-7:45pm	Strong Nation by Zumba	Jannah Garback	FCCC – Van Gilder



DROP IN
\$12/class

Ages 12 & up
Under 18 must have a
registered parent taking
the class with them

*SLPR has a class to fit every
schedule, a short commitment
and an affordable price!*

Southern Lakes Parks & Recreation's FITNESS PROGRAM DESCRIPTIONS

CARDIO & ENDURANCE

ZUMBA 7:00-8:00pm

\$40 Residents/\$50 Non-residents per 4 week session
\$70 Residents/\$80 Non-residents for both
Register for twice a week and save!

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:	Session 2:	Session 3:
Mon: 6/3 – 6/24	Mon: 7/8 – 7/29	Mon: 8/5 – 8/26
Wed: 6/5 – 6/26	Wed: 7/10 – 7/31	Wed: 8/7 – 8/28

ZUMBA gold 8:30-9:30am

\$40 Residents/\$50 Non-residents per 4 week session

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.

Session 1:	Session 2:	Session 3:
Tues: 6/4 – 6/25	Tues: 7/9 – 7/30	Tues: 8/6 – 8/27

STRONG BY ZUMBA 7:00-7:45pm

\$36 Residents/\$46 Non-residents per 4 week 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:	Session 2:	Session 3:
Thurs: 6/6 – 6/27	Thurs: 7/11 – 8/1	Thurs: 8/8 – 8/29



5:30-6:15pm

\$36 Residents/\$46 Non-residents
per 4 week session

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 3:
Tues: 8/6 – 8/27

CONDITION & TONE

PILATES 30 MINUTE ABS 4:45-5:15pm

\$32 Residents/\$42 Non-residents per 4 week session

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:	Session 2:	Session 3:
Tues: 6/4 – 6/25	Tues: 7/9 – 7/30	Tues: 8/6 – 8/27

PILATES WITH PROPS 4:45-5:30pm

\$36 Residents/\$46 Non-residents per 4 week session

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 core, hips, glutes, shoulders, and arms to gain muscle tone and strength. Correct positioning and modifications are taught to challenge every fitness level.

Session 1:	Session 2:	Session 3:
Wed: 6/5 – 6/26	Wed: 7/10 – 7/31	Wed: 8/7 – 8/28

PILATES ABS AND PROPS 4:45pm

\$60 Residents/\$70 Non-residents 8 classes

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!

Southern Lakes Parks & Recreation's FITNESS PROGRAM DESCRIPTIONS

PILATES BARRE 6:00–6:45pm

\$36 Residents/\$46 Non-residents per 4 week session

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.

Session 1: Thurs: 6/6 – 6/27
Session 3: Thurs: 8/8 – 8/29

GET A PILATES BODY Mon. 6–7pm or Wed. 9–10am

\$40 Residents/\$50 Non-residents per 4 week session

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: 6/3 – 6/24
Session 2: Mon: 7/8 – 7/29
Session 3: Mon: 8/5 – 8/26
Wed: 6/5 – 6/26
Wed: 8/7 – 8/28

PILATES X TWO 6:00pm

\$66 Residents/\$76 Non-residents for 8 classes

Register for both “evening Pilates Barre” and “evening Get a Pilates Body” and double up your workout.

PILATES W/ STABILITY BALL 9-10am

\$40 Residents/\$50 Non-residents per 4 week session

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 and balance, 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: 6/6 – 6/27
Session 2: Thurs: 7/11 – 8/1
Session 3: Thurs: 8/8 – 8/29

YOGA

MORNING YOGA 9:30–10:30am

\$40 Residents/\$50 Non-residents per 4 week session

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: 6/7 – 6/28
Session 2: Fri: 7/11 – 8/2
Session 3: Fri: 8/9 – 8/30

SLOW FLOW YOGA 6:30–7:30pm

\$40 Residents/\$50 Non-residents per 4 week session

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: 6/4 – 6/25
Session 2: Tues: 7/9 – 7/30
Session 3: Tues: 8/6 – 8/27

COMING THIS FALL

GROUP FITNESS
“PUNCH” CARD

SLPR
SOUTHERN LAKES
PARKS & RECREATION

Soon you'll be able to purchase a card bundle and drop in to ANY class



MARTIAL ARTS

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
July 18–August 22
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

Judo/Brazilian 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
July 16–August 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

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
July 17–August 21
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

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!

Mondays, 6:45-7:30pm
July 15–August 19
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

\$60 per session, \$70 non-residents
Adults 18+

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.

Session 1: May 22 – June 5

Session 2: July 10 – July 24

Wednesday, 6:30–7:45pm
Fenton Community & Cultural
Center Club Room

OPEN WALKING

Monday-Friday, 9:00am–5:30pm

May 20–August 30 (CLOSED on Holidays)

Vicinia Gardens, 4031 Vicinia Way, Fenton, MI 48430



- **STEP 1:** Participant will complete SLPR Registration and Background Check Form
- **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.
- **STEP 4:** Participants need to check in at the front desk each time they walk.



REIKI 1

\$130 per session, \$140 non-residents
Adults 18+

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on hands” and is based on the idea that an unseen “life force energy” flows through us and is what causes us to be alive. If one’s “life force energy” is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing. It works in conjunction with all other medical or therapeutic techniques to relieve side effects and promote recovery. This comprehensive course covers the fundamentals of Reiki, including history, principles, hand positions, and techniques for channeling universal life force energy.

Through hands-on practice and guided meditation, you’ll learn to cultivate balance and harmony within yourself and others.

Session 1: June 8

Session 2: July 13

Session 3: August 17

Saturdays, 9:00am – 2:00pm

Fenton Community and Cultural Center –
VanGilder Room



FALL ADULT COED SOFTBALL LEAGUE

Ages: 18 & up

\$435 per team Regular Registration
beginning August 8, 2024.

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.

EARLY BIRD SPECIAL-
\$400/team before August 8



Games on Sundays at 6pm & 7pm
August 25 – October 6, 2024

(No games Labor Day Weekend)

AGS Baseball Fields 1,2,4, and 5

SWIMMING

Lap Swim for Adults

\$5.00 drop in fee, Ages: 18+ (Adults Only)

Swimming laps as a form of physical activity is one of the best ways to reap various physical and mental health benefits. Three lanes are set aside for adult lap swimmers. Dates and times subject to change due to the FHS swim calendar.

June 10 & 12, June 17 & 19, June 24 & 26, July 8 & 10, July 15 & 17
Monday & Wednesdays, 12:00-1:00pm
Fenton High School Swimming Pool
No class July 1-3.

Senior Splash

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

A minimal impact and great exercise program for senior citizens. The class includes cardio, core work, and arm and leg strength exercises. This will get you moving in a friendly and fun atmosphere! Please check the SLP&R Aquatics Calendar for class dates, times, and cancellations at www.slpr.net and look for the link to our aquatic calendar on the homepage! Dates and times are subject to change due to the FHS and middle school swim calendar.
Ages 45 and up.

June 10 & 12, June 17 & 19, June 24 & 26, July 8 & 10, July 15 & 17
Monday & Wednesdays, 12:00-1:00pm
Fenton High School Swimming Pool
No class July 1-3.

YOUTH PROGRAMS

KIDS ART CAMP

AGES 7-11

Register online today to secure your spot!

Creatures Big & Small Art Kids Camp

Paint creeping, crawling, walking, flying, creatures!

\$50 Discounted for residents

\$60 Regular fee for non-residents

The kids will learn about our native Michigan insects, animals, birds and butterflies in their habitat while learning to draw and paint them.

Tuesday, Wednesday, Thursday, 9:00am–12:00pm

June 13, 14, 15

Instructed by Denise Willing-Booher, Nationally Acclaimed Water Color Artist
Fenton Community & Cultural Center, Art Room



Proudly Sponsored by the City of Fenton Arts & Culture Commission



This program is sponsored by the Greater Fenton Arts Council. Hours of Greater Great Program made possible by the Howard County Arts Education and Cultural Enrichment Village Fund. *One fee dollars are at work.

BASKETBALL

Jr. Hot Shots

\$85 Discounted for residents,

\$95 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 and many other years' experience coaching players at an introductory level.

Ages 5-6

Mondays, 6:30-7:25pm

June 24, July 1, 8, 15, 22, 29

Torrey Hill Intermediate School

Ages 7-12

Mondays, 7:30-8:25pm

June 24, July 1, 8, 15, 22, 29

Torrey Hill Intermediate School



We Look Forward to Seeing Your Dancer this Summer!

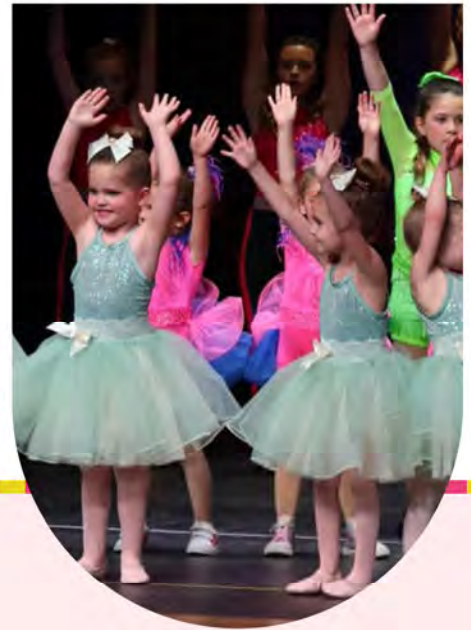
Ellen Street Campus: 404 Ellen St., Fenton, MI 48430

Fenton Community & Cultural Center: 150 S. Leroy St, Fenton, MI 48430

Questions? Please email Kristen at karchambeau@slpr.net.

Southern Lakes Parks & Recreation's

SUMMER DANCE CAMPS



JUNE

Learn All About Dance

Ages 3 to 5

\$30 residents, \$40 non-residents

Dance with us while we work on fun dance moves! We will learn about dance through interactive play and games. We will be exploring ballet, pom, and tap. Please wear socks or ballet shoes. This is a great class for current dancers to try a new dance style – and to improve and practice their current skills! Please wear comfortable clothing that you can move in, or dance attire. Please also send a labeled water bottle.

Monday and Tuesday, June 17 and June 18

6:00-7:00pm

Dance Studio located at the Ellen Street Campus

Learn All About Dance

\$30 residents/\$40 non-residents

We will be having our own Summer Dance Party at the studio! Dancers will explore ballet, tap, lyrical and hip hop while working on a variety of dance skills. This is a great class for current dancers to try a new dance style – and to improve and practice their current skills! Please wear comfortable clothing/dance attire. Please bring ballet shoes or socks and a pair of clean tennis shoes. Please send a labeled water bottle.

Monday and Tuesday, June 17 and June 18

5:00-6:00pm- Ages 10-17

7:00-8:00pm- Ages 5-9

Dance Studio located at the Ellen Street Campus

Beach Pom-Pom Dance Party!

\$15 residents, \$25 non-residents

Ages 4 to 9

Learn fun pom routines while moving and grooving this summer! Also work on a variety of different jumps. Please wear tennis shoes and please send a water bottle.

Wednesday, June 12

6:00-6:45pm

Dance Studio located at the Ellen Street Campus

Royal Ballet for Princesses and Princes!

\$15 residents, \$25 non-residents

Ages 3 to 7

Dress in your royal attire and be ready to twirl, swirl, curtsy and MORE! Dancers will work on beginner ballet steps while channeling their inner royal side! Please wear socks or ballet shoes.

Wednesday, June 12

6:45-7:30pm

Dance Studio located at the Ellen Street Campus

Hip Hop Dance Party!

\$15 residents, \$25 non-residents

Ages 5+

Dance to upbeat music and have fun learning hip hop combinations! Please bring a water bottle and wear clean tennis shoes – we work up a sweat at this class!

Wednesday, June 12

7:30-8:15pm

Dance Studio located at the Ellen Street Campus



Southern Lakes Parks & Recreation's

SUMMER DANCE CAMPS



JULY

Princess Dance Party!

Ages 3-5

\$15 residents, \$25 non-residents

Join us for a Princess Dance Party! Please wear socks or ballet shoes and come dressed as your favorite princess. Be ready to twirl, plie and more! We will explore movements with ballet and tap.

Monday, July 22, 6:00-6:45pm
Fenton Community & Cultural Center

July Dance Party!

Ages 6-10

\$15 residents, \$25 non-residents

Join us for a July Dance Party at the Fenton Community & Cultural Center! Enjoy dancing to fun songs while working on kicks, turns and dance movements!

Monday, July 22, 6:45-7:30pm
Fenton Community & Cultural Center

AUG.

Animal Dance Jam!

\$15 residents, \$25 non-residents

Ages 3 to 7

Have fun dancing to songs about lions and tigers and crocodiles...and more! Dancers will channel their inner wild side through dance. Please wear ballet shoes or socks/tennis shoes.

Monday, August 5
6:00-6:45pm
Dance Studio located at the Ellen Street Campus

Royal Ballet for Princesses & Princes!

\$15 residents, \$25 non-residents

Ages 3 to 7

Dress in your royal attire and be ready to twirl, swirl, curtsy and MORE! Dancers will work on beginner ballet steps while channeling their inner royal side! Please wear socks or ballet shoes.

Monday, August 5
6:45-7:30pm
Dance Studio located at the Ellen Street Campus

Super Hero Hip Hop

\$15 residents, \$25 non-residents

Ages 4 to 8

Whether you dress in full superhero attire or simply wear your favorite super hero shirt, we'll be jamming to great hip hop songs and dancing our hero-hearts out! Please wear clean tennis shoes and bring a water bottle.

Monday August 5
7:30-8:15pm
Dance Studio located at the Ellen Street Campus

Try-it Ballet & Tap

\$15 residents, \$25 non-residents

Ages 3 to 6

Try both tap and ballet in one class! Learn graceful ballet steps and toe-tapping fun steps - sure to keep your little one smiling! Please bring ballet shoes/socks and tap shoes. Please send a water bottle.

Tuesday, August 13
6:00-6:45pm
Dance Studio located at the Ellen Street Campus

Try-It Dance

\$20 residents, \$25 non-residents

Ages 5+

Try a variety of dance styles to sample them all before the fall dance season begins! We will be sampling: ballet, tap, hip-hop, pom, kickline and lyrical styles of dance. Please send a water bottle. Dancers should bring ballet shoes/socks, tap shoes if they have them, and tennis shoes.

Tuesday, August 13
5:00-6:00pm - Ages 10-17
6:45-7:45pm - Ages 5-9
Dance Studio located at the Ellen Street Campus



Southern Lakes Parks & Recreation's 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 ***



Driver's Education Segment 1

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.*

SUMMER SESSION 1:

AGS Middle School Room A-101, use outside door #22

Max enrollment: 30

Wed. 7/31–Thurs. 8/1, 8:30 am–10:30 am

Mon. 8/5–Fri. 8/9, 8:30 am–10:30 am

Mon. 8/12–Fri. 8/16, 8:30 am–10:30 am

SUMMER SESSION 2:

FHS room 10-105, 2:40–4:40 pm

Max enrollment: 14

Mon. 8/26–Wed. 8/28

Tues. 9/3–Thurs. 9/5

Mon. 9/9–Wed. 9/11

Mon. 9/16–Wed. 9/18



Driver's Education Segment 2

Cost \$50

SEGMENT 2:

August 20-22

FHS room 10-105, 2:40–4:40pm

Max enrollment: 30

QUALIFICATIONS: To enroll, students must present a driving log of at least 30 hours of supervised driving (including 2 hours at night) with their parents, 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).

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 do not pass.

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 2024 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.

TO COMPLETE THE COURSE: Students must pass the written state test. Students can re-test twice and may retake the course once without paying again.

REGISTRATION/PAYMENT: Registration and payments can be done online at www.slpr.net. Class size is limited. To ensure your spot in class, online registration is required. Please bring a copy of the completed Segment 2 Contract to the first class.



FLAG FOOTBALL

\$135 Residents, \$155 Non-Residents

League registrations for Flag Football are non-refundable

Grades K – 8th

REGISTRATION DEADLINE: SEPTEMBER 16

Save \$15 with Early Bird Registration by August 21 at 11:59pm

No registration will be allowed after 11:59 pm on September 16.

The SLPR Flag Football League is designed for boys & girls in K-8th grades. Coaches meeting September 12.

Practices will begin the week of September 16, with the first game tentatively scheduled for September 21.

Games will be held on Saturdays, typically between 9:00a -2:00pm at Fenton High School's Ivan Williams field. Practices are held one to two times/week, with practices days being determined by each individual coach.

Interested in Coaching Flag Football?

We are looking for head and assistant Flag Football coaches. The coaches draft meeting is scheduled for early September. Enjoy teaching young football players the game of football while helping build confidence and creating fun memories! Please email Mike Gagne at mgagne@slpr.net for more information or to volunteer to coach.



**PLEASE GIVE A BIG THANK YOU TO
OUR MAIN CORPORATE SPONSOR
HALO BURGER OF FENTON!**

Please visit them at their Fenton
location at 1355 N. Leroy St.

Halo
BURGER



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*Great way to reach
the local community!*

*Please contact SLPR
for more information
at 810.714.2011.*

SLPR
SOUTHERN LAKES
PARKS & RECREATION

MARTIAL ARTS

Children & Adult Family Karate

\$100 Discounted for residents
\$110 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.

Children and Adult Family Karate is for children ages 5+ as well as adults. 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

Register anytime between June 17-August 31 for two months of training. Train once a week or take advantage of coming multiple times per week!

SUMMER 2024 SESSION:

Mondays 5:00-5:45pm
Wednesdays..... 5:00-5:45pm
Thursdays..... :11:00-11:45am
Saturdays 9:45-10:30am

Fenton Karate, 1366 N. Leroy, Fenton MI
Call: 810-750-9800

Instructed by Master Anthony Husted 6th Degree Black Belt & World Sparring Champion & Master Joshua Husted 5th Degree Black Belt

REGISTER NOW!

3 Ways to Register:

1. **ONLINE:** www.slpr.net
2. **MAIL:** SLPR at 150 S Leroy St, Fenton, MI 48430
3. **IN PERSON** Mon-Fri 10am–6pm.

We encourage online registration to secure your placement in the program, as many programs do fill quickly.

Mailed registrations must include check payment, signed registration form and is subject to class availability at the time registration is received.

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
July 18–August 22

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

Judo/Brazilian 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
July 16–August 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





Tae Kwon Do (Korean Karate)

\$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. *Besides the Self Defense Benefits, students will even learn how to Break Boards!

Ages 8-13

Thursdays, 5:30-6:15pm
July 18 - August 22

Ages 13-up

Mondays, 6:45-7:30pm
July 15-August 19

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

Little Dragon Tae Kwon Do: Age 3-7

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

The Little Dragons Tae Kwon Do class is designed specifically for children from 3 to 7 years old. 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. *PARENTS: A 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
July 15-August 19

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

SLPR
SOUTHERN LAKES
PARKS & RECREATION

FREE FITNESS FRIDAY

www.slpr.net

Join SLPR's
Instructors for
a Happy Hour
Dance Fitness
Party and
sample each
class!!

PILATES

ZUMBA

STRONG
BY ZUMBA

POUND
ROCKOUT. WORKOUT.

YOGA

Fenton
Community &
Cultural Center

**May 31 and
August 23**

**5:30pm -
7:30pm**

Instructor
meet & greet
wine tasting
after class

**FREE
FITNESS
FRIDAYS**

PICKLEBALL



PICKLEBALL 101 FOR BEGINNERS

\$120 Discounted for residents
\$140 Regular fee for non-residents

Be part of the fastest growing racquet sport in the country! Players will be introduced to the basics of Pickleball, including stroke techniques, singles, and doubles basic strategies, serving, scoring, and positioning. We will accomplish these objectives through dead and live ball drills, point play and actual game play. Pickleball is a great workout and social experience. Players must have their own Pickleball paddles.

Instructed by Donald Leavy, MBA,
USPTA/PTR Tennis Professional, PPR Pickleball Professional,
Grand Blanc Boys/Girls Varsity Tennis Coach

Session 1

Tuesdays and Thursdays 5:00-6:00pm
Lake Fenton High School
Dates June 18, 20, 25, 27 and July 9, 11
(No class the week of July 1)

Session 2

Tuesdays and Thursdays 5:00-6:00pm
Lake Fenton High School
Dates July 16, 18, 23, 25, 30 and August 1

In case of rain, your instructor will contact you regarding cancellations. Please be aware that this is an outdoor event. In case of cancellations, it will be up to the instructor if he wishes to provide any makeup sessions. There is no guarantee of makeup.



PICKLEBALL 102 FOR INTERMEDIATE/ ADVANCED PLAYERS

\$120 Discounted for residents
\$140 Regular fee for non-residents

Players will be exposed to strategies and techniques to refine their level of play. We will be looking at dinking from the non-volley line as well as practicing and understanding how touch and power can complement each other. Players will use the third shot drop to their advantage and learn how the lob is used in defensive play. We will accomplish these objectives through dead ball, live ball point play and actual game play with coaching. Players must have their own Pickleball paddles.

Instructed by Donald Leavy, MBA,
USPTA/PTR Tennis Professional, PPR Pickleball Professional,
Grand Blanc Boys/Girls Varsity Tennis Coach

Session 1

Tuesdays and Thursday 6:00-7:00pm
Lake Fenton High School
Dates June 18, 20, 25, 27 and July 9 & 11
(No class the week of July 1)

Session 2

Tuesdays and Thursday 6:00-7:00pm
Lake Fenton High School
Dates July 16, 18, 23, 25, 30 and August 1

In case of rain, your instructor will contact you regarding cancellations. Please be aware that this is an outdoor event. In case of cancellations, it will be up to the instructor if he wishes to provide any makeup sessions. There is no guarantee of makeup.

SAFETY

Certified Babysitter/CPR/First Aid and Safe Home Alone

\$80 Discounted for residents,
\$90 Regular Fee for non-residents
Ages: 9+

Learn to be safe and responsible. Build confidence. Have a competitive edge over other babysitters. Topics include first aid, when and how to call 911, CPR with manikin practice, choking, dealing with difficult behaviors, basic care methods like feeding and diapering, marketing and more! Students will also learn how to be safe and responsible when home alone, including the importance of not giving out personal information and what to do if somebody comes to the door. 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). Please note that students must arrive on time to be certified, so please arrive up to 10 minutes early. To be certified students must participate in the entire course from beginning to end and successfully complete all skills, which requires full motor function of all four extremities.

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. Class will end between 2 PM and 3 PM depending on when students complete the course requirements. Students need a lunch, snacks, and a fully charged cell phone (if they own one). If your student does not have a cell phone, please write down the cell phone number of the person picking them up and give it to the student. Students will message their ride at lunchtime to let their ride know what time to pick them up. Pen and paper for notes is optional. No cell phone use during class except during break.

No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at info@LiveSafeAcademy.com before class. Please check in your student at the beginning of class. Drop off and pick up is in the same room as class. For more information please visit: <https://www.livesafeacademy.com/babysitting/>
No refunds will be given 24 hours prior to class.

Saturday, May 18
9:00am-3:00pm
Fenton Community & Cultural Center
Instructed by Live Safe Academy



Certified Pet Sitter/CPR/First Aid (Add-on with Babysitter Training)

Ages 9+
\$20 residents, \$30 non-residents

Kids, would you like to learn pet first aid and be a certified Pet Sitter? 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. Topics include pet first aid, CPR, choking, and more! This is an add on class for students who participate in the Certified Babysitter/CPR/First Aid course on the same day (students of a previous Live Safe Academy Certified Babysitter/CPR/First Aid course can become a certified pet sitter by taking a live virtual class).

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. No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at info@LiveSafeAcademy.com before class. For more information please visit: <https://www.livesafeacademy.com/babysitting/>

Saturday, May 18
3:00-4:00pm
Fenton Community & Cultural Center
Instructed by Live Safe Academy



SAILING YOUTH DAY CAMP

Ages 8-18 | Cost \$250 | July 15-19, 9:00am-5:00pm

The Lake Fenton Sailing School is offering a weeklong Youth Day Camp to learn sailing. Emphasis will be on Safety, Fun & Sailing Skills. We will ask participants to bring properly sized approved lifejackets and food & drink for the day.

We also ask that the participant be proficient swimmers. Our talented staff is eager to share their decades of sailing knowledge, and will be teaching in "420" Class boats.

For questions or to register, please email LFSCSS@yahoo.com.



ONLY 12 SPOTS!
RESERVE YOUR
SPACE TODAY!



SOCCER

Soccer Academy

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. Please bring a water bottle and soccer ball. Ellen Street Campus Green Space
Instructed by Anthony Howay

AGES 4-7: \$50 Resident \$60 Non-Resident (Per session)
Session 1: 6:00-6:45 pm, Wednesdays, July 10, 17, 24, 31
Session 2: 6:00-6:45 pm, Tuesdays, August 6, 13, 20, 27

AGES 8 AND UP: \$55 Resident \$65 Non-Resident (Per session)
Session 1: 6:45-7:45 pm, Wednesdays, July 10, 17, 24, 31
Session 2: 6:45-7:45 pm, Tuesdays, August 6, 13, 20, 27

Soccer Star Parent Tot

(Ages 2-3)

\$45 Discounted for residents,
\$55 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 and soccer ball. Instructed by Anthony Howay.

Session 1: 5:30-6:00 pm, Wednesdays, July 10, 17, 24, 31
Session 2: 5:30-6:00 pm, Tuesdays, August 6, 13, 20, 27
Ellen Street Campus Green Space
Instructed by Anthony Howay

SOFTBALL

Instructional Softball Pitching

\$55 Discounted for residents,
\$65 Regular fee for non-residents

This program allows youth girls to learn the fundamentals of softball pitching. Going over proper form and mechanics, learning to throw hard, and throwing different pitches with step-by-step instructions. This is a once a week, four-week session that occurs on Mondays at Lake Fenton High School Softball Field. It is instructed by Madonna University softball pitcher and Lake Fenton alumni, Camryn McMillan. Bring your own mitt and a face mask is required for all participants.

6-9 year olds : 4:00-4:45pm
10-12 year olds: 5:00-5:45pm
13-16-year-olds: 6:00-6:45pm
Mondays, July 8-29
Lake Fenton High School Softball Field



KIDS STEAM SUMMER CAMPS

Challenge Island is an award-winning STEAM enrichment program where smart and curious 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 creativity, critical thinking, problem solving and much more. Each of our summercamps focus on a positive atmosphere packed with activities and learning, with the goal of encouraging children to be more confident and excited about their skills in STEAM and working together.



NEW
NEW
NEW

Pet Palooza STEAM Camp

\$160 residents, \$180 non-residents
Grades: entering K-5 in Fall 2024

Wag on over to the most PAWSOME camp in town! You and your STEAM Team will engineer a world created just for pets, from Pet Palooza Hotel Day to Having a Ball Day to Give a Dog a Bone Day to Salty Sea Dog Day to a very special Rescue Pets Day. You'll even get to adopt adorable pretend pets of your own and create habitats to match their needs and personalities! This STEAMtastic camp gets two paws up and is a must for every pet-loving kid!

Students should bring a snack and water bottle each day, as we will take snack and play breaks when possible. For students who sign up for both camps, they will be welcome to bring a sack lunch and stay to eat with our instructors from 12-1pm each day at no extra charge.

July 8 – July 12, 9am to 12pm
Fenton Community & Cultural Center
Instructed by Mike Peterson,
owner of Challenge Island-Oakland East



NEW
NEW
NEW

Slimetopia 3 STEAM Camp – Slime Chefs on Deck!

\$160 residents, \$180 non-residents
Grades: entering K-5 in Fall 2024

Prepare to stir up the most delicious-looking slime recipes on the Seven Seas! You and your STEAM Team have been chosen to be slime sous chefs on the S.S. Slimetopia cruise ship, and it's up to you to “feed” the slime-hungry passengers morning, noon and night! You'll mix up Belgian Waffle Slime, Fast Food Hamburger Slime, Ice Cream Sundae Slime and Spectacular Sushi Slime (just to name a few)!

Coming off the success of our Slimetopia 2 camp last year, Slimetopia 3 is sure to sell out in a squishy, squashy splash, so book your cruise cabin ooey, gooey fast! (Note: Although the slimes in this camp may look and smell yummy, they will be for playing, not for tasting! :-)

Students should bring a snack and water bottle each day, as we will take snack and play breaks when possible. For students who sign up for both camps, they will be welcome to bring a sack lunch and stay to eat with our instructors from 12-1pm each day at no extra charge.

July 8 – July 12, 1pm to 4pm
Fenton Community & Cultural Center
Instructed by Mike Peterson,
owner of Challenge Island-Oakland East

Southern Lakes Parks & Recreation's SWIMMING



SWIM LESSON LEVELS

Parent-Child-

Ages: 6 months–4 years

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.

Preschool Aquatics 1-

Ages: 3–6 years

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.

Preschool Aquatics 2-

Ages: 3–6 years

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.

Preschool Aquatics 3-

Ages: 3–6 years

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.

Level 1-

Ages: 6 & up

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.

Level 2-

Ages: 6 & up

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.

Level 3-

Ages: 6 & up

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.

Level 4-

Ages: 6 & up

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.

Level 5 & Level 6-

Ages: 6 & up

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.

Southern Lakes Parks & Recreation's SWIMMING

One Week Swim Camp

30-minute lessons: \$60 resident, \$70 non-resident

45-minute lessons (Level 3,4,5,6): \$70 resident, \$80 non-resident

SESSION 1: June 10 - 13

SESSION 2: June 17 - 20

SESSION 3: June 24 - June 27

SESSION 4: July 8 - 11

SESSION 5: July 15 - 18

Monday-Thursday

Fenton High School Pool

Preschool 110:00-10:30 am

Preschool 210:00-10:30 am

Preschool 310:00-10:30 am

Preschool 110:30-11:00 am

Preschool 210:30-11:00 am

Preschool 310:30-11:00 am

Level 110:30-11:00 am

Level 2 11:00-11:30 am

Level 311:00-11:45 am

Level 411:00-11:45 am

Level 5/611:00-11:45 am

Private Lessons available starting at 11:45 am

Private Swim Lessons

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

Does your child perform better with one-on-one attention?
Does your child need a little extra help before moving up to
the next swim level, or a little work tweaking his/her strokes?

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's 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.

SPEED & STRENGTH TRAINING

Ultimate Athlete Performance Speed/Strength/Conditioning

\$100 discounted for residents, \$110 regular fee for non-residents

6 weeks of training

This program designed and coached by Ultimate Athlete Performance will develop speed and strength to increase performance on the field for athletes. This will include sprint technique coaching, specific drills to increase sprint performance and power output, strength training to build muscle mass, and conditioning to increase endurance.

If you are an athlete looking to increase their speed and strength on the field, this program will be great to add to your arsenal. This training can be used alongside any other practices/sports an athlete may be participating in over the summer. Groups will be broken up into Middle School (6th, 7th and 8th Graders) and High school (9th grade and up).

SCHEDULE:

Monday - 11:00 am-12:00 pm, High School Speed and Agility

Monday - 12:15 pm-1:15 pm, Middle School Speed and Agility

Tuesday - 11:00 am-12:00 pm, High School Strength/Conditioning

Tuesday - 12:15 pm-1:15 pm, Middle School Strength/Conditioning

Wednesday - 11:00 am-12:00 pm, High School Speed and Agility

Wednesday - 12:15 pm-1:15 pm, Middle School Speed and Agility

Thursday - 11:00 am-12:00 pm, High School Strength/Conditioning

Thursday - 12:15 pm-1:15 pm, Middle School Strength/Conditioning

DATES: June 17-21, June 24-28, July 8-12, July 15-19,

July 22-26, July 29-Aug 2

LOCATION: The Facility, 405 Cogshall St.
Holly, MI 48442

TENNIS PROGRAM

Residents: \$100, Non-residents \$110 3-week session

This is a program for all ages. Basic, intermediate, as well as advanced skills will be taught. Learn tennis in a fun and creative atmosphere. Beginners will learn all the basic skills needed to eventually play tennis matches and to play out points. For the more advanced students, lessons will be tailored to meet those individual needs to improve skills and advance to that next level. Match play opportunities as well as competitions will also be offered for those who wish to have more of a challenge.

Instructed by Renee Hand
 USPTA and USPTR Certified Tennis Professional
 Racquet fit Certified, Cardio Tennis Certified
 USPTA Director of Racquet Sports
 Net generation and High Performance 10U



Red ball 7-8 yrs. old	5-6pm
Orange ball 9-10 yrs. old.....	6-7 pm
Middle School 11-13 yrs. old	7-8 pm
High school 14-18 yrs. old	12-1 pm
Adults.....	8-9 pm

Session 1: Monday and Wednesday, June 10-June 26
 at Fenton High School

Session 2: Monday and Wednesday, July 8-July 24
 at Fenton High School

(In case of rain, your instructor will contact you regarding cancellations. Please be aware that this is an outdoor event. In case of cancellations, it will be up to the instructor if she wishes to provide any makeup sessions.)

VOLLEYBALL

Youth Volleyball Camp

\$55 per session, \$65 non-residents

This class is put together for girls to learn and practice the skills needed to play volleyball. It has been designed to equally benefit the beginner and those wanting to practice their skills, as well as AAU and school volleyball preparation. Each week we will be learning and practicing passing, setting, hitting, and serving along with proper rules, regulations etiquette, sportsmanship and how to score on your own. Class runs 60 minutes; 45 minutes will be devoted to instruction and practice while the last 15 minutes will be actual game play.

Mondays, June 3-June 24

Ages 5-7: 5:00-6:00pm

Ages 8-10: 6:00-7:00pm

Ages 11-13: 7:00-8:00pm

Lake Fenton Middle School

Instructed by Lake Fenton JV Coach, Courtney McMillan



Proudly
Sponsored by:



A member of the franchise system of BHH Affiliates, LLC.

CORNHOLE TOURNAMENT

HELD AT VICINIA GARDENS
4031 VICINIA WAY, FENTON

ALL AGES WELCOME!

Open Tournament.
Cash prizes for 1st - 3rd Place Finishers

\$50/team
20 Team Tournament

**CASH
PRIZES!**

Live Music!

**JUNE 22ND
12PM - 4PM**

Rainout Date: June 23rd

**REGISTER NOW
www.SLPR.net**

**VISIT STEFFEY'S PUB AT VICINIA GARDENS DURING THE EVENT.
CASH BAR, APPETIZERS, SNACKS & DESSERTS!**

SCHOLARSHIP GRANT 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)		\$	\$	\$

Total Household Members
 (Children and Adults): _____

STEP 3: Contact information and adult signature. Mail Completed form to Southern Lakes Parks & Recreation 150 S. Leroy St, Fenton, MI 48430

"I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal Funds, and that school officials may verify (check) information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable state and federal laws."

Street Address (if available) Apt. # City State Zip Daytime phone & email (optional)

Printed name of adult signing form Signature of adult Today's date

2024 HOUSEHOLD APPLICATION FOR SLPR SCHOLARSHIP GRANT (CONTINUED)

Scholarship eligibility income guidelines:


Household Size	Income	PROOF OF INCOME: Must provide a copy of 2022 or 2023 Federal Income Tax Return
1 Person	\$34,250	
2 Person	\$39,150	
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



DO NOT FILL OUT for administrative 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:

Remember you can also register online at SLPR.net

Please Print** Parents/Guardian's/Adult's Name**

Last Name _____ First Name _____ DOB _____

Address _____ City/State/Zip _____

Primary/Cell

PHONE: (_____) _____ Email (Receipt & Program Notifications) _____

Would you like to receive TEXT MESSAGE Notifications for Class Changes only? _____ YES Name of cell phone Carrier _____

Participant/s information:

Participant Name: Please Print	Gender	Birthday	Allergy/Medical Concerns	Activity Name and Session	Day/ Time	Grade/School district

Emergency Contact: _____ Emergency Phone# _____

Residents / Non-Residents: To receive the resident rate you must reside with in 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. **Required question: Where do you pay your property tax?**

_____ City of Fenton _____ Fenton Township _____ City of Linden _____ (describe) Other

Refund Policy: If SLPR cancels an activity, a full refund will be issued. All refund requests, including any program registered online must be requested through an SLPR team member. Refunds will be processed [upon request] up until the second class, minus a \$5.00 administrative fee and a credit will be put on their family account to be used toward future leagues or programs; **NO** refunds will be given for sports leagues, one day classes, or special events [unless cancelled by SLPR].

Michigan Sports Concussion Law effective June 30, 2013: A concussion is a brain injury, caused by a blow or jolt to the head that can have serious consequences, it can occur in any sport or recreational activity. The sports concussion legislation requires all coaches, employees, volunteers and other adults involved with a youth athletic activity must complete a concussion awareness on-line training program. The organizing entity must provide educational materials on the sign/symptoms and consequences of concussions to each youth athlete and their parents/guardians and obtain a signed statement acknowledging receipt of the information for the organization entity to keep on record. The law requires immediate removal of an athlete from physical participation in an athletic activity who is suspected of sustaining a concussion. The students must then receive written clearance from an appropriate health professional before he/she can return to physical activity. The parent & Athlete concussion information sheet can be obtained at SLP&R, 150 South Leroy St., Fenton, MI 48430 or online at http://www.michigan.gov/mdhhs/0,5885,7-339-71548_54783_63943--,00.html

Hold Harmless Waiver (must be signed by all participants or guardians) I, We (the above named or the parent/guardian of the above named), a candidate for a position in a Southern Lakes Park & Recreation (SLPR) program, hereby agree to give my/our approval to participate in any and all activities including transportation to and from activities. I, We know that participation in any recreational program may result in serious injury and /or death and that protective equipment does not prevent all injuries to participants, and do hereby waive, release, absolve, indemnify, and agree to defend and hold harmless SLP&R, its employees, instructors, board of directors, organizers, volunteers, and other participants from any claim arising out of any injury to myself or my/our child whether the result of negligence or any other cause. SLP&R is not responsible for Lost/stolen/damaged personal items.

As a participant or parent/guardian of a participant, I understand that photographs/video may be taken and I approve of SLP&R using the photographs or video for promotional use in various media areas including web based social media.

*****Payment Information:** _____ Cash _____ Check (made payable to SLPR) _____ Credit/Debit Card (**NSF fee of \$25.00 will be charged for all checks and credit card charges that are returned for Non-sufficient funds and participation in SLP&R programs will be immediately suspended until all fees are paid in full. SLP&R reserves the right to make a report to authorities and see legal remedies after 30 days.

Signature of Parent/Guardian/Participant _____ Date _____

Staff Use Only: RECEIPT # _____ PROCESSED BY _____ DATE PROCESSED _____

COMPREHENSIVE CARE CLOSE TO HOME



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



24/7 EMERGENCY CARE

- Board-certified emergency physicians
- Telestroke technology
- Online self-scheduling and check-in for non-life-threatening conditions

PRIMARY CARE SERVICES

- Family Medicine
- Internal Medicine
- OB/GYN & Midwifery

(810) 496-2500



IMAGING SERVICES

- MRI (including breast MRI)
- Walk-in and online 3D Mammography
 - Online appointment scheduling available for screening mammograms
- CT
- X-ray
- Bone Density
- Ultrasound

*Saturday appointments available

 **McLaren**
FENTON

mclaren.org/fenton

SLPR 2024
SOUTHERN LAKES
PARKS & RECREATION

SUMMER

SLPR
SOUTHERN LAKES
PARKS & RECREATION

**FREE FITNESS
FRIDAY**

www.slpr.net

Join SLPR's
Instructors for
a Happy Hour
Dance Fitness
Party and
sample each
class!!

PILATES

 **ZUMBA®**

 **STRONG**
BY ZUMBA™

POUND
ROCKOUT. WORKOUT.

YOGA

Fenton
Community &
Cultural Center

**May 31 and
August 23**

**5:30pm -
7:30pm**

Instructor
meet & greet
wine tasting
after class

