

2026  
**WINTER  
& SPRING**  
PROGRAM GUIDE





# Randy Wise is proud to be a community partner.



Michigan's

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# 2026 WINTER & SPRING PROGRAM GUIDE



## SOUTHERN LAKES PARKS & RECREATION STAFF

810.714.2011 • WWW.SLPR.NET

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# SLPR ADMINISTRATIVE INFORMATION



## Southern Lakes Parks & Recreation

**Phone:** 810.714.2011

**Hours:** Monday–Friday from 10am–6pm

**Email:** [Contact\\_us@slpr.net](mailto: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](http://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.

## DON'T MISS IMPORTANT CLASS UPDATES



## SIGN UP FOR TEXT ALERTS

**Stay informed with text alerts from your REC1 SLPR registration account!**

Sign up to receive important updates about class changes, cancellations, and other essential information. Rest assured, SLPR will only send messages that matter, like updates for the classes you're enrolled in or school closures—no spam, just what you need to know.



# SLPR BOARD MEMBERS



Pat Lockwood, *Chairperson*, City of Fenton



Brenda Simons, *Vice Chair*, City of Linden



Dave McDermott, *Secretary*, City of Fenton



Liz Armstrong, *City of Linden*



Robert Kesler, *Treasurer*, Fenton Twp



Christine Reid, *Fenton Twp*

## 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      |
| Brenda Simons, <i>Vice Chair</i> , City of Linden | bsimons@lindenmi.us        |
| Dave McDermott, <i>Secretary</i> , City of Fenton | dave@davemcdermott.net     |
| Robert Kesler, <i>Treasurer</i> , Fenton Twp      | robertckesler@yahoo.com    |
| Liz Armstrong, <i>City of Linden</i>              | elizabeth4linden@gmail.com |
| Christine Reid, <i>Fenton Twp</i>                 | cmreid8@charter.net        |

## 2026 SLPR DISTRICT BOARD OF COMMISSIONERS MEETINGS

All meetings are on the 4th Friday 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)

|         |          |                     |
|---------|----------|---------------------|
| 1/23/26 | 6/26/26  | 11/20/26*           |
| 2/27/26 | 7/24/26  | 12/18/26*           |
| 3/27/26 | 8/28/26  | *Denotes 3rd Friday |
| 4/24/26 | 9/25/26  |                     |
| 5/22/26 | 10/23/26 |                     |

# FROM THE DIRECTOR



As we step into a new season filled with winter fun and community connection, I'm thrilled to introduce myself as the new Director of Southern Lakes Parks & Recreation. My name is Tyler Carpenter, and I'm incredibly excited to join this dedicated team and serve the communities of Fenton, Fenton Township and Linden.

For several years, I've had the privilege of working in the parks and recreation field, with much of my experience focused on youth athletics and community programming. From organizing sports leagues and coordinating volunteers to developing new programs and managing facilities, I've seen firsthand the positive impact recreation can have on individuals and families. Parks and recreation are more than just fields, courts, or buildings—they're where connections are made, memories are built, and communities grow stronger together.

Throughout my career, I've been fortunate to work alongside passionate staff, volunteers, and community members who share a common goal: to create spaces and programs that bring people together. That same sense of purpose is what drew me to SLPR. This organization has a long-standing reputation for offering quality programs, excellent facilities, and meaningful experiences for all ages. My goal is to build upon that strong foundation and help take SLPR to the next level—continuing to expand opportunities, improve access, and celebrate the incredible people who make this region so special.

My approach to leadership centers around collaboration, transparency, and community involvement. I believe the best ideas come from the people who live, work, and play here every day. That's why I want to hear from you—our residents, participants, and partners. Whether it's feedback on a current program, a new idea for an event, or suggestions for future improvements, your input truly matters. Together, we can shape the future of recreation in a way that reflects everyone's interests and needs. (And if one of those ideas involves adding more coffee to our morning meetings, you'll have my full support!)

A little about me personally—my fiancée, Lauren, and I live in Grand Blanc with our two dogs, Captain (a Black Lab) and Morgan (a Golden Retriever). We both have a deep passion for the Fenton and Linden areas and spend a lot of our free time enjoying local parks, trails, and community events. We love the pride and neighborliness that make this region so welcoming, and I'm eager to give back to a community that already feels like home. If you ever see us out and about downtown—whether grabbing coffee, at a community event, or walking the dogs—feel free to stop and say hi or even join us! Oh—and if you ever need a golf partner, just ask. I may not promise low scores, but I'll never say no to a round! Looking ahead, I'm excited to explore new ways SLPR can grow and evolve—from expanding youth and adult programming to enhancing our parks, partnerships, and facilities. My focus will remain on ensuring every decision we make is guided by what's best for our residents. Recreation is truly for everyone, and I want SLPR to continue being a place where every person feels welcome, supported, and inspired to get involved.

As we enjoy another Michigan winter filled with opportunities to stay active, learn, and connect, I invite you to be part of SLPR's next chapter. Please don't hesitate to reach out, stop by, or share your thoughts and ideas on how we can continue to make Southern Lakes Parks & Recreation even better. Your voice and participation are what make this organization thrive.

I look forward to meeting more of you in the coming months—on the fields, at our events, and throughout our wonderful community.

See you around the community,  
Tyler Carpenter  
Executive Director, Southern Lakes Parks & Recreation







# Mother & Son Dance

*Aloha!*

*Put on your best Hawaiian  
shirts, and join us to make  
lasting memories!*

**The evening includes:** DJ, Dancing, Photo Booth  
Light Refreshments, Popcorn & Cookies

\$30 a couple, \$5 additional child

**April 24, 2026**

**6:00-8:00pm**

*Fenton Community  
& Cultural Center*



**SLPR**  
SOUTHERN LAKES  
PARKS & RECREATION

# 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](http://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

**Art Walk**  
Downtown Fenton  
Art Walk

**July 25, 2026**  
**Saturday | 10am-6pm**

**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.

**SLPR**  
SOUTHERN LAKES  
PARKS & RECREATION

City of Fenton DDA  
and Arts & Culture  
Commission

2025 Nominee for the  
Art of Achievement

Call with Questions 810-714-2011 | Applications available at [slpr.net](http://slpr.net)

**BECOME A VENDOR**  
**AT THE**  
**FENTON FARMERS MARKET!**

**THURSDAYS, MAY 14--SEPT. 17 2026**  
5:00–8:00 pm [rain or shine]  
Fenton Community & Cultural Center Front Lawn

Please email the Market Manager  
at [mhenderson@slpr.net](mailto:mhenderson@slpr.net)





# HANDMADE MARKET

Experience local artisans, crafters, and designers.

MAIN HALL  
Fenton Community &  
Cultural Center  
150 S. Leroy St, Fenton



FREE  
ADMISSION  
for shoppers

**SATURDAYS 10AM-2PM**  
**FEBRUARY 7 • MARCH 28**

Sponsored by  
**SLPR**  
SOUTHERN LAKES  
PARKS & RECREATION

Vendor Booths (10x10)=\$50 for each show.  
To become a vendor, contact Molly at [mhenderson@slpr.net](mailto:mhenderson@slpr.net)

# WINTER BLUES BUSTER SENIOR BRUNCH

PERFORMANCE BY COMEDIAN  
BILLY RAY BAUER & HIS SIDEKICK

**February 6, 2026**

**\$10 a ticket**

**Fenton Community and Cultural Center**

- 11:30-12:00 arrival
- Lunch is served at Noon
- Performance starts at 12:30
- Buy your tickets at [slpr.net](http://slpr.net)

## FUNDED BY:

SLPR, Choice One Bank, The Community  
Foundation of Greater Flint and  
The City of Fenton CDBG Funding





# SENIOR PROGRAMS

## Tai Chi for Adults

\$48 Discounted for residents, \$58 Regular fee for non-resident Adults only

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. Adult Only!

Wednesday, 10:00-10:45 am

**Session 1:** Wednesday, January 14–February 18

**Session 2:** Wednesday, 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



## 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 4<sup>th</sup> Friday of the month at \$4.00 a person (subject to change). Bingo & Games are \$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 . . . . .Games

1:00-4:00pm . . . . .Cards



## THANK YOU TO THE FUNDERS!

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





2025 Nominee for the Art of Achievement



**ATTRACTION OF THE YEAR**

**July 25, 2026**  
**Saturday | 10am-6pm**

**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**

**Save money with early registration!**

Now-February 28th. Regular registration runs March 1st to May 9th.

**AWARDS FOR BEST IN SHOW - \$200 Cash Prize & \$100 Yiftee giftcard**

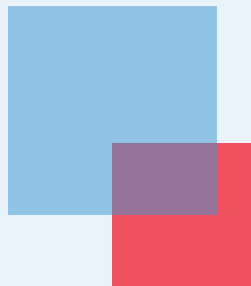
**PEOPLE'S CHOICE AWARD - \$100 Cash Prize & \$100 Yiftee giftcard**

Questions? Call 810-714-2011 | [Zapplication available at SLPR.net](http://Zapplication.available.at.SLPR.net)





# ADULT PROGRAMS



|                   |       |
|-------------------|-------|
| Art.....          | 14    |
| Book Club.....    | 15    |
| Dance.....        | 16-17 |
| Fitness.....      | 18-24 |
| Martial Arts..... | 25-26 |
| Open Gyms.....    | 26    |
| Pickleball.....   | 26    |
| Safety.....       | 27    |
| Softball.....     | 28    |
| Tennis.....       | 28    |
| Volleyball.....   | 29    |
| Walking.....      | 29    |



## Hawaii Fluid Art – **NEW!** Glass Art

\$55 Discounted for Residents/session, \$65 Non-residents/session  
\$10 material fee to the instructor  
Ages: 18 and Up

Enjoy a guided, hands-on glass painting experience designed for adults and youths alike. Our instructor will walk you step-by-step through creating a beautiful, personalized work of art—no experience required. Choose the image and color palette that reflects your style, and we'll help you bring it to life. It's a relaxing, social, and rewarding way to spend time together while making something truly your own.

**Session 1:** February 10

**Session 2:** April 7

Tuesdays, 5:00-6:00pm

Fenton Community and Cultural Center – Art Room



## Hawaii Fluid Art – **NEW!** Resin Tumblers

\$65 Discounted for Residents/session, \$75 Non-residents/session  
\$10 material fee to the instructor  
Ages: 18 and Up

Join us for a fun, hands-on class where you'll create your very own custom resin tumbler. Choose from a wide range of colors, glitters, and shimmers to make it perfectly your style. Our instructor will guide you through each step, making it easy and enjoyable—no experience needed. You'll leave with a one-of-a-kind cup that's as unique as you are.

**Session 1:** February 18

**Session 2:** April 15

Wednesdays, 5:00-6:00pm

Fenton Community and Cultural Center – Art Room

## Hawaii Fluid Art – **NEW!** Mosaic Picture Frame

\$55 Discounted for Residents/session, \$65 Non-residents/session  
\$10 material fee to the instructor  
Ages: 18 and Up

Add a personal touch to your memories in this fun, hands-on class. You'll design and build your own mosaic picture frame using a mix of colorful glass pieces and creative patterns. Our instructor will guide you step-by-step, making it simple and enjoyable for all skill levels. You'll leave with a beautiful, one-of-a-kind frame ready to showcase your favorite photo.

**Session 1:** February 26

**Session 2:** April 23

Thursdays, 5:00-6:00pm

Fenton Community and Cultural Center – Art Room

# ART



## Journal Making

\$30 Discounted for Residents/session,  
\$40 Non-residents/session  
\$10 material fee to the instructor

NEW!

Have fun creating art with a purpose! A standard sized composition book, beautiful calendar page, some scrap book paper, and ribbon are all you need to fashion a one-of-a-kind art journal. Learn how to add handy and decorative pockets to the inside covers. Using ribbon, construct a built-in page marker and tie closures to improve your journal's functionality. All supplies are included, and no experience is needed.

Saturdays, 10:00am-12:00pm

Session 1: February 21

Session 2: March 21

Session 3: April 25

Fenton Community and Cultural Center – Art Room

## 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 1: January 3

Session 2: February 7

Session 3: March 7

Session 4: April 4

Fenton Community & Cultural Center, Art Room

Instructed by Ted Simpson, CRI



Jan 3- Mountain Waterfall



Feb 7- Babbling Brook



March 7- Red Sunset



April 4- Mountain Sunrise

## BOOK CLUBS

NEW!

### Therapist-Led Book Club:

#### ***Four Thousand Weeks – Time Management for Mortals***

\$55 Discounted for Residents/session, \$65 Non-residents/session

Ages: 18 and Up

Join this therapist-facilitated book discussion exploring the concept of “work-life balance” as an unattainable ideal, and how embracing life’s inherent limitations can foster greater fulfillment and satisfaction. Participants will engage in thoughtful discussion of assigned chapters from the New York Times bestseller ***Four Thousand Weeks: Time Management for Mortals*** by Oliver Burkeman.

#### Participants will:

- Learn practical strategies to integrate key concepts into daily life
- Gain insight into human behavior and approaches to improving mental well-being

*Disclaimer: This group is not intended as therapy. It is a discussion intended only for educational purposes and participation in a community interested in self-care and personal development.*

#### Schedule:

February 2: Introductions & Chapters 1–3

February 9: Chapters 4–6

February 16: Chapters 7–10

February 23: Chapters 11–14

February 2, 9, 16 & 23

Mondays, 7:00-8:15pm

Fenton Community and Cultural Center – Club Room

Discussion moderated by Dr. Monica Ryneerson, LMSW, EdD

### 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

# ADULT DANCE

## Social Dance Made Simple 1: Beginner Series (Ballroom, Swing & Latin)

\$99/couple Discounted for residents

\$109/couple Regular fee for non-residents

Age: 18 +

Grab your partner and get ready to have fun dancing together with ease. Learn to glide gracefully around the Ballroom, tap into the joy of Swing dancing, and heat up the floor with stylish Latin moves. 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 night on the social dance floor!

### Single Class Options:

\$24/class per couple residents, \$34 non-residents

- Ballroom Night Only: 1/29

- Swing Night Only: 2/19

- Latin Night Only: 3/5

Thursdays, 6:00 - 6:50 pm

January 29 - March 12

*(No class 2/12, unless registered for Valentine's Day workshop)*

Fenton Community & Cultural Center

Instructed by Leigh & Rich of Upbeat Dance Studio

## Social Dance Made Simple 2: Beginner & Beyond (East Coast Swing)

\$99/couple Discounted for residents

\$109/couple Regular fee for non-residents

Age: 18 +

Get ready to connect with your partner and get in your groove with one of the most casual, versatile, and popular styles of swing dancing. You'll learn smooth moves 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, providing the perfect dance scene 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 - 7:50 pm

January 29 - March 12

*(No class 2/12, unless registered for Valentine's Day workshop)*

Fenton Community & Cultural Center

Instructed by Leigh & Rich of Upbeat Dance Studio

## Dancing Date Night®: Slow Dance Made Simple (Valentine Workshop)

\$48/couple Discounted for residents

\$58/couple Regular fee for non-residents

Age: 18 +

Looking for a special way to celebrate Valentine's Day? Grab your special someone and join us for a romantic evening, slow dancing the night away in the arms of the one you love. In this beginner-friendly class you'll learn how to dip, twirl and dance an easy-to-learn sequence of beautiful moves. No experience necessary. Just break out your favorite smooth-soled shoes and join us for a memorable night of fun on the dance floor! Dress comfortably (red, pink, and black attire is encouraged but not required)

Thursday, February 12, 7:00 - 8:30 pm

Fenton Community & Cultural Center

Instructed by Leigh and Rich of Upbeat Dance Studio

## Wedding Dance Made Easy: (One-Night Workshop)

\$48/couple Discounted for residents

\$58/couple Regular fee for non-residents

Age: 18 +

Get ready to turn your hug-and-sway into an unforgettable first dance! Whether you're the bride and groom, the parents of that special couple or a guest at the wedding, this one-night crash-course will prepare you for a magical evening on the dance floor with an easy-to-learn sequence of beautiful moves. Learn to dip, twirl and dance to your special song with ease, while creating a picture-perfect moment you'll cherish forever. Absolutely no experience needed! If you have your music picked out, email the song name to [leigh@upbeatdancestudio.com](mailto:leigh@upbeatdancestudio.com) and we will play it in class. Smooth-sole shoes or wedding shoes are preferred.

Thursday, April 16, 7:00 - 8:30 pm

Fenton Community & Cultural Center

Instructed by Leigh & Rich of Upbeat Dance Studio

## Line Dancing

\$60/resident, \$70/non-resident

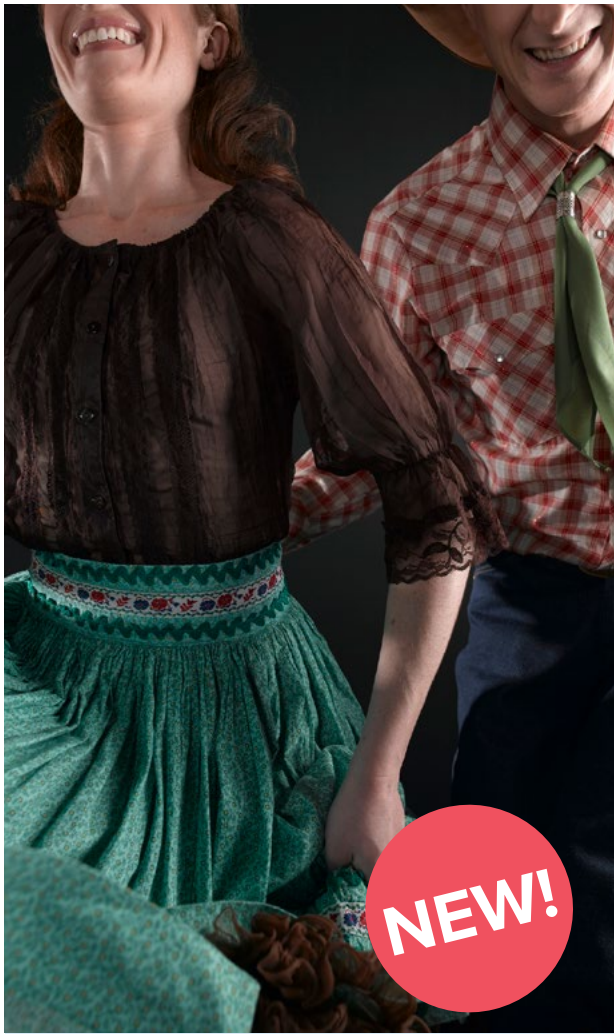
Combining various types of music with step-by-step instruction, line dancing is a great way to socialize while being active! You will learn line dances that are being done at clubs, weddings, and country bars. No experience needed. Feel free to wear jeans, shorts, boots, or tennis shoes (no sandals or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

Thursdays, 5:45pm-7:00pm

January 8 – February 12

Fenton Community and Cultural Center – Main Hall





# FENTON COMMUNITY SQUARE DANCE PARTY

\$30/couple residents,  
\$40/couple non-residents

**Session 1:** January 31, 7:00-9:00pm

**Session 2:** March 21, 7:00-9:00pm

Instructed by Caller Paul

Fenton Community & Cultural Center

Isn't it time to get back to being more social with others and having some real FUN! Caller Paul is bringing this activity back to the area and we are so excited that he is!

It is easy to do, is social and lots of FUN and it gets in some mental and physical exercise without even trying to! Come try America's best kept secret - you have absolutely nothing to lose. Modern upbeat music, new friends and even get in some steps! Absolutely no experience required.



# Southern Lakes Parks & Recreation's FITNESS SCHEDULE

## WINTER/SPRING START DATES

Session 1: January 5-February 13

Session 2: February 23-April 3

Session 3: April 13-May 22

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

**DROP-IN CLASS:** \$12/class / Ages 12 & up. Under 18 must have a registered parent taking the class with them.



## MORNING CLASSES:

|     |              |                        |                  |                   |
|-----|--------------|------------------------|------------------|-------------------|
| Wed | 9:30-10:30am | Pilates Flow           | Monica Rynearson | FCCC – Van Gilder |
| Thu | 9:00-10:00am | Stability Ball Pilates | Shirley Priestap | FCCC – Van Gilder |
| Fri | 9:30-10:30am | Slow Flow 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 | 5:45-6:45pm | Get a Pilates Body          | Monica Rynearson     | FCCC – Van Gilder |
|     | 7:00-8:00pm | Zumba                       | Jannah Garback       | FCCC – Main Hall  |
|     | 7:00-8:00pm | Restorative/Lifestyle Yoga  | Kathy Begin          | FCCC – Van Gilder |
| Tue | 5:30-6:15pm | Cardio Kick Boxing/Drumming | Megan Behnke         | FCCC – Van Gilder |
|     | 5:30-6:15pm | Yoga Express                | Megan Battiglia      | FCCC – Van Gilder |
|     | 6:30-7:30pm | Slow Flow Yoga              | Kathy Tenerelli      | FCCC – Van Gilder |
| Wed | 5:45-6:15pm | Muscle Tone                 | Romina Pena-Sweetman | FCCC – Van Gilder |
|     | 6:30-7:30pm | Zumba                       | Romina Pena-Sweetman | FCCC – Main Hall  |
|     | 6:30-7:30pm | Vinyasa Yoga                | Kathy Begin          | FCCC – Van Gilder |
| Thu | 5:45-6:30pm | Pilates Barre               | Monica Rynearson     | FCCC – Van Gilder |
|     | 6:45-7:15pm | Final Stretch               | Shirley Priestap     | FCCC – Van Gilder |

*A class to fit every schedule, with a short commitment at an affordable price!*



# Southern Lakes Parks & Recreation's FITNESS PROGRAM DESCRIPTIONS

## CARDIO



**Mon 7:00-8:00pm and/or Wed 6:30- 7:30pm**

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 calories while having FUN! Our instructors bring contagious energy and party lights making this class exercise in disguise.

**Session 1:** Mon: 1/5 – 2/9

Wed: 1/7 – 2/11

**Session 2:** Mon: 2/23 – 3/30

Wed: 2/25 – 4/1

**Session 3:** Mon: 4/13 – 5/18

Wed: 4/15 – 5/20

\$60 Residents/\$70 Non-residents per 6-week session

\$100 Residents/\$110 Non-residents for both

*Register twice a week and save.*

### Cardio Drumming 5:30-6:15pm

Using a stability ball, drumsticks, and upbeat music, you'll combine rhythm, movement, and cardio for an energizing, stress-busting workout. It's fun, easy to follow, and a great way to improve coordination, burn calories, and let loose. No experience or equipment needed. Get ready to rock your fitness! Class size is limited to 10 so register early!

**Session 1:** Tue: 1/6 – 2/10

\$54 Residents/\$64 Non-residents per 6-week session

### Cardio Kickboxing 5:30-6:15pm

Unleash your energy and burn major calories with Cardio Kickboxing! This high-intensity class combines martial arts-inspired moves with heart-pumping cardio for a full-body workout that builds strength, endurance, and confidence. Get ready to punch, kick, and sweat your way to a stronger you! Whether you're a beginner or a seasoned athlete, this class will challenge you while keeping you engaged and empowered.

**Session 2:** Tues: 2/24 – 3/24

\$45 Residents/\$55 Non-residents per 5-week session

### Muscle Tone 5:45-6:15pm

Using compound and isolation exercises, this workout pairs weights and reps to build lean muscle mass, muscular endurance and strength. In 30 minutes you will burn body fat as you sculpt your body using weights and bands.

**Session 1:** Wed: 1/7 – 2/11

**Session 2:** Wed: 2/25 – 4/1

**Session 3:** Wed: 4/15 – 5/20

\$48 Residents/\$58 Non-residents per 6-week session

### Repeat with Romina 5:45-7:30pm

Register for Romina's Wednesday "Muscle Tone" weight class followed by her "Zumba" cardio dance class and double up on an energizing full body workout. 15 Minute break between classes.

**Session 1:** Wed: 1/7 – 2/11

**Session 2:** Wed: 2/25 – 4/1

**Session 3:** Wed: 4/15 – 5/20

\$90 Residents/\$100 Non-residents for both - 12 classes per session

### Take Two on Tuesday 4:45-6:15pm

Strengthen your core then pump up the energy! Start with Shirley's 30-Minute Abs class, then kick it up a notch with Megan's Cardio workout for a one-two fitness punch.

**Session 1:** Tues: 1/6 – 2/10

**Session 2:** Tues: 2/24 – 3/24

**Session 3:** Tues: 4/14 – 5/19 Yoga with Megan

12 classes/ session

\$80 Residents/\$90 Non-residents per 6 week session



# Southern Lakes Parks & Recreation's FITNESS PROGRAM DESCRIPTIONS

## CONDITION & TONE

### **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! Get a strong back and strong abs with this quick, yet intense routine!

**Session 1:** Tues: 1/6 – 2/10

**Session 2:** Tues: 2/24 – 3/31

**Session 3:** Tues: 4/14 – 5/19

**\$48 Residents/\$58 Non-residents per 6 week 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 core, hips, glutes, shoulders, and arms to gain muscle tone and strength as well as improve mobility. Correct positioning and modifications are taught to challenge every fitness level.

**Session 1:** Wed: 1/7 – 2/11

**Session 2:** Wed: 2/25 – 4/1

**Session 3:** Wed: 4/15 – 5/20

**\$54 Residents/\$64 Non-residents per 6-week 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!

**\$80 Residents/\$90 Non-residents for both - 12 classes per session**

### **Get a Pilates Body** 5:45-6:45pm

This exercise program is designed specifically for active adults to improve your mobility. 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: 1/12 – 2/16, 5-week session

**Session 2:** Mon: 2/23 – 3/30

**Session 3:** Mon: 4/13 – 5/18

**\$50 Residents/\$60 Non-residents per 5-week session**

**\$60 Residents/\$70 Non-residents per 6-week session**

### **Pilates Barre** 5:45-6:30pm

A challenging blend of ballet inspired moves and Pilates’ mat fundamentals that includes the utilization of 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:** Thu: 1/15 – 2/12, 5-week session

**Session 2:** Thu: 2/26 – 4/2

**Session 3:** Thu: 4/16 – 5/21

**\$45 Residents/\$55 Non-residents per 5-week session**

**\$54 Residents/\$64 Non-residents per 6-week session**

### **Evening Pilates X Two**

**5:45pm Monday/Thursday**

Register for both “Get a Pilates Body” on Monday and “Pilates Barre” on Thursday and double up your workout to get the results only Pilates can give.

**\$90 Residents/\$100 Non-residents for both - 12 classes per session**

### **Pilates Flow** 9:30-10:30am

This class is a blend of traditional Pilates exercises, yoga stretches, and ends with a brief, inspiring mindfulness meditation. The emphasis is on functional movement, balance, strength, and flexibility. An overall workout that enhances movement. Props are incorporated to ensure challenge and progress.

**Session 1:** Wed: 1/14 – 2/11

**Session 2:** Wed: 2/25 – 4/1

**Session 3:** Wed: 4/15 – 5/20

**\$60 Residents/\$70 Non-residents per 6 week session**

### **Pilates with a 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 and balance, gain strength, stretch, and get the deep supporting muscles of the spine to activate.

**Session 1:** Thu: 1/8 – 2/12

**Session 2:** Thu: 2/26 – 4/2

**Session 3:** Thu: 4/16 – 5/21

**\$60 Residents/\$70 Non-residents per 6 week session**



# Southern Lakes Parks & Recreation's FITNESS PROGRAM DESCRIPTIONS

## 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: 1/9 – 2/13

**Session 2:** Fri: 2/27 – 4/3

**Session 3:** Fri: 4/17 – 5/22

\$60 Residents/\$70 Non-residents per 6 week session

### The Final Stretch 6:45-7:15pm



Give your body the care it deserves with slow, deliberate stretches designed to improve mobility and relieve muscle tightness. This 30 minute class will help you let go of the day's tension - targeting stiff muscles and aiding relaxation. Great for improving flexibility too.

**Session 1:** Thur: 1/8 – 2/26

\$64 Residents/\$74 Non-residents per 8 week session

### Restorative/Lifestyle Yoga 7:00-8:00pm

Using safe, gentle and bio-mechanically sound exercises combined with breath awareness you will experience the life-changing benefits of a slow yoga practice. Learn to calm the nervous system, releasing deeply held tensions in mind and body. Whether you are new to yoga or not, this class is sure to make you feel refreshed as you promote healing and reduce pain all while progressively building strength and flexibility. Take a personal time-out and enjoy true transformation toward long-term well-being.

**Session 1:** Mon: 1/5 – 2/9

**Session 2:** Mon: 2/23 – 3/30

\$60 Residents/\$70 Non-residents per 6 week session

### Yoga Express 5:30 – 6:15pm

Short on time but need a good stretch? Yoga Express is a 45-minute flow designed to help you reset, recharge, and refocus. You'll move through a balanced sequence of poses that build strength and flexibility in under an hour. Perfect for busy schedules or anyone looking for a quick yet complete yoga practice. All levels welcome!

**Session 3:** Tues: 4/14 – 5/19

\$54 Residents/\$64 Non-residents per 6 week session

### Slow Flow Yoga 6:30-7:30pm

Combine breathing with flowing postures with this slow vinyasa style practice designed to bring balance. 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: 1/6 – 2/10

**Session 2:** Tues: 2/24 – 3/31

**Session 3:** Tues: 4/14 – 5/19

\$60 Residents/\$70 Non-residents per 6 week session

### Vinyasa Yoga 6:30-7:30pm

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

**Session 1:** Wed: 1/7 – 2/11

**Session 2:** Wed: 2/25 – 4/1

\$60 Residents/\$70 Non-residents per 6 week session

### Evening Yoga X Two

**Mon 7:00pm + Wed 6:30pm**

Register for both Monday "Restorative" at 7:00pm and Wednesday "Vinyasa" at 6:30pm and double up your practice.

\$100 Residents/\$110 Non-residents for both - 12 classes per session.

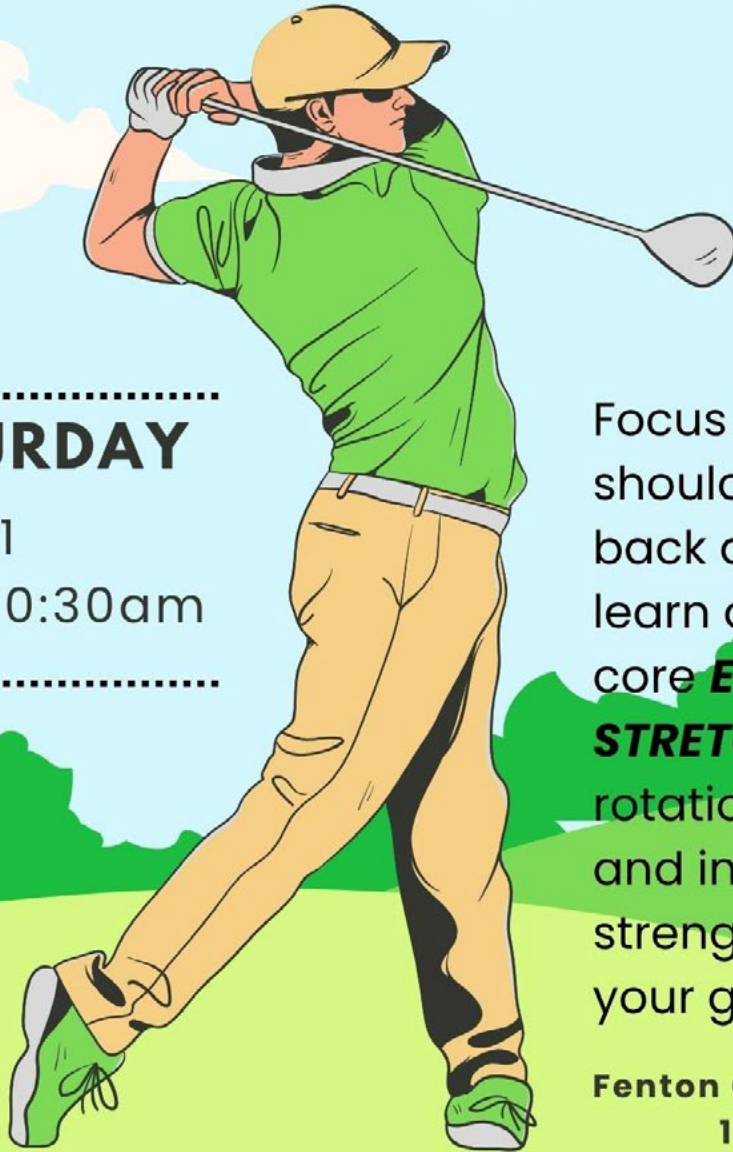


# Pilates for GOLFERS

.....  
**SATURDAY**

April 11  
9:00-10:30am

.....  
**\$25**



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.



# Group Fitness PUNCH CARDS

Use for your choice of classes during a session. Give a card to the instructor at the start of each class you attend and sign in. Cards expire on the last day of the session, so they must be used within the session they are purchased and cannot be carried over to the next session. Check the website for schedule changes.

Cards are only available at SLPR Office, 150 S. Leroy St., Fenton  
Monday-Friday, 10:00am-6:00pm.

\$60 Residents/\$70 Non-Residents per 6-week session

**Session 1:** Start date: January 5, Expiration date: February 13

**Session 2:** Start date: February 23, Expiration date: April 3

**Session 3:** Start date: April 13, Expiration date: May 22



2025 Nominee for the Art of Achievement  
**ATTRACTION OF THE YEAR**

calling all

# Artists



## Save money with early registration!

Now through February 28th. Regular registration runs March 1st - May 9th.

Awards for Best in Show - \$200 cash prize and \$100 Yiftee gift card

People's Choice Award - \$100 cash prize and \$100 Yiftee gift card

*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** | Zapplications available at **slpr.net**

SLPR Presents

# Free Fitness Friday

→ New year → New You

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

PILATES



YOGA



KICKBOXING

5:30pm –  
7:30pm

Jan 2

Instructor Meet & Greet  
Wine Tasting after class

Fenton Community Center  
150 S. Leroy St.



# 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.

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

**WINTER SESSION: Monday, January 12–February 21**

**SPRING SESSION: Monday, March 23–May 2**

Mondays ..... 5:00-5:45pm  
Tuesdays ..... 6:30-7:15pm (Adults only)  
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 6th Degree Black Belt & World Sparring Champion & Master Joshua Husted 5th Degree 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.

Thursdays, 6:45-7:30pm  
**Session 1:** January 15–February 19  
**Session 2:** April 16–May 21

Classes held at: World Martial Arts Academy  
7007 Silver Lake Road, Linden 810-458-6363  
Instructed by Grand Master Dave Weatherly 9th Degree Black Belt

## 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.

Tuesday, 6:30-7:30pm  
**Session 1:** January 13–February 17, 2026  
**Session 2:** April 14–May 19, 2026

Classes held at: World Martial Arts Academy  
7007 Silver Lake Road, Linden 810-458-6363  
Instructed by Grand Master Dave Weatherly 9th Degree Black Belt

## Tai Chi for Adults

\$48 Discounted for residents, \$58 Regular fee for non-resident  
Adults only

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. Adult Only!

Wednesday, 10:00-10:45am  
**Session 1:** Wednesday, January 14–February 18  
**Session 2:** Wednesday, 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



## Tae Kwon Do (Korean Karate)

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

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!!!

### Youth Tae Kwon Do: Age 8-12

Thursday, 5:30-6:15pm

Session 1: January 15–February 19, 2026

Session 2: April 16–May 21, 2026

### Adult Tae Kwon Do: Age 13-up

Monday, 6:45-7:30pm

Session 1: January 12–March 16, 2026

Session 2: April 13–May 18, 2026

Classes held at: World Martial Arts Academy  
7007 Silver Lake Road, Linden 810-458-6363  
Instructed by Grand Master Dave Weatherly 9th Degree Black Belt

## OPEN GYMS

### Open Volleyball

\$5 per person

AGS Middle School

Fridays: November 7, 14, 21, December 5, 12, 19,  
February 6, 13, 20, 27, March 6, 13, 20, 27, April 10, 17, 24  
(No open volleyball April 3)

7:00-9:00 pm

(Subject to holidays and school calendar)

Drop in and play a fun recreational game of volleyball!

### Open Pickleball

\$7/adult

Ellen Street Campus Gymnasium

Sundays: November 9, 23, 30, December 7, 14, January 4, 11, 18, 25,  
February 1, 8, 15, 22, March 1, 8

(No open pickleball Jan. 18 & Feb. 15)

9:30am-12:00pm

Age 18+

Nets are provided; players bring their paddles.

Four courts are available.

## PICKLEBALL

### Pickleball 101 for Beginners

\$180 Discounted for Residents

\$200 Regular fee for Non-Resident

Age 18+

Learn the basics of Pickleball, stroke techniques, strategies for singles and doubles, serving, scoring, and positioning. We would use drills, point play, and games to teach these skills. 8-week program.

Monday, January 5, 6:00-7:00pm

Ascension Health Club

### Pickleball 102 For Intermediate/Advanced Players

\$180 Discounted for Residents

\$200 Regular Fee for Non-Resident

Age 18+

In Pickleball 102, we will build on your fundamentals with advanced strategies and tactics. We will focus on dinking from the non-volley zone, blending touch and power, and using the third shot drop and lob effectively. 8-week program.

Wednesday, January 7, 6:00-7:00pm

Ascension Health Club



# SAFETY

## Self-Defense- Men, Women, and Teens

\$45 Discounted for Residents, \$55 Regular Fee for Non-Resident

Can you defend yourself against a violent attack? Do you have the knowledge, skill, and confidence to defend your family? You do not have to spend years training in an expensive program. 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 are coached according to your own rate of progression. No previous training required. A great stress reliever and lots of fun. NOTE: No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. This class is open to students 12 years or older. Parents, serious topics are discussed openly but in a professional manner. 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: <https://www.livesafeacademy.com/wp-content/uploads/2021/02/LSA-Release-and-Hold-Harmless-Agreement-.pdf>. For more information please visit: <https://www.livesafeacademy.com/selfdefense/>

Thursday, March 12, 6:30-8:30pm  
Fenton Community & Cultural Center  
Instructed by Live Safe Academy



## First Aid and Adult/Pediatric CPR/ AED

\$95 Discounted for Residents, \$105 Regular Fee for Non-Resident  
Ages 18+

Be prepared when seconds count! You might save a life, but only if you know how. Learn how to respond effectively to adult, child and infant cardiac and choking emergencies, sudden illness, bleeding, and other life-threatening situations. You will also learn how to use an Automated External Defibrillator (AED) and your vital role in the chain of survival. First Aid and Adult/Pediatric CPR/AED certification card will be issued upon successful completion of course requirements (valid for two years). Live Safe Academy has been certifying students since 1998. All classes are certified through one of the three largest training organizations in the United States, the American Heart Association, the American Red Cross or the Health Safety Institute (ASHI), and are accepted by the State of Michigan: <https://www.michigan.gov/mde/services/ed-serv/ed-cert/cert-guidance/becoming-a-teacher/cpr-first-aid> Please note that you must arrive on time to be certified, so please arrive up to 10 minutes early. No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. For more information please visit: <http://www.livesafeacademy.com/cpraedfirstaid>

Tuesday, June 23, 6:00-9:30pm  
Fenton Community & Cultural Center  
Instructed by Live Safe Academy



## SITUATIONAL AWARENESS CLASS

\$50/participant Discounted for Residents  
\$60/participant Regular Fee for Non-Resident

This course is designed to enhance civilian observation skills for identifying pre-event indicators, thereby enabling the opportunity to avoid, evade, deny, and, if necessary, defend against active threats. It emphasizes the civilian's ability to assess body language (kinesics), interpersonal space (proxemics), movement through space (geographics), all within the context of a collective atmosphere (atmospherics).

Mr. Jacobson has trained with The CP Journal Academy (Get Left of Bang) - "Tactical Analysis" reading behavior of individuals with violent intentions and capabilities. This domain of expertise is also augmented with training from the Department of Homeland Security- FEMA Active Shooter and multiple short courses from LSU National Center for Biomedical Research and Training - Academy of Counter-Terrorist Education.

**Session 1:** February 28      **Session 2:** April 25  
Saturday, 9:00am-12:00pm  
Fenton Community and Cultural Center – Recreation Room  
Instructed by Cole T. Jacobson





# SPRING ADULT COED SOFTBALL LEAGUE

## Ages: 18 & up

\$475 per team Regular Registration

or \$425 EARLY BIRD Registration by March 12, 2026

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, 10 players minimum, 16 players maximum. Each team is responsible for paying the umpires before the games.

Games on Sundays at 6pm & 7pm

April 12, 19, 26, May 3, 10, 17 (*Make up date May 31*)

AGS Baseball Fields 1, 2, 4, and 5



# TENNIS

## Cardio Tennis Classes

\$160 Discounted for residents

\$180 Regular fee for non-residents

Cardio tennis is a group fitness experience using tennis to drive the aerobic and anaerobic benefits. This is a structured game-based, fun tennis activity. Open to all levels of play.

This will be an 8-week program

on the following Saturdays:

January 3, 10, 17, 24, 31, Feb. 7, 14, and 21

**Adult Cardio Tennis:** 10 am-11 am

**Grades 1-5:** 11 am-12noon

**Grades 6-8:** 12 noon-1 pm

Indoors at the Henry Ford Genesys Health Club





# VOLLEYBALL

## Women's 4'S-Indoor-Adult Volleyball League

18+ years of age-no exceptions

League fee per team: \$360/ team

(Must be paid in advance, in full, to complete registration)

USA modified indoor volleyball rules apply. (Captains VB Info packet will be sent via email to each captain) USA RULEBOOK LINK- <https://usavolleyball.org/wp-content/uploads/2023/03/2023-2025-USAV-Indoor-Rules-Book.pdf> No Referees, call your own faults. Teams will play ten weeks of round-robin league play followed by an elimination tournament on the eleventh week. Teams play a minimum of three/two set matches per league night, barring any forfeits. All teams are seeded into the playoffs according to their final league standings. More information and insight is available at [www.facebook.com/worldvolleyballcult](http://www.facebook.com/worldvolleyballcult) REGISTRATION & QUESTIONS: Contact-The VolleyLama: Keno @ (810) 265-9975 or [vbizkeno@comcast.net](mailto:vbizkeno@comcast.net) More information is available at [www.facebook.com/worldvolleyballcult](http://www.facebook.com/worldvolleyballcult)

Ellen Street Campus/world of wonder-fenton

404 W. Ellen St, Fenton, MI, 48430

Mondays, 6:30 pm

11 weeks of play- 1/05, 1/12, (off mlk 1/19?), 1/26, 2/02, 2/09, (Off winter recess 2/16?), 2/23, 3/02, 3/09, 3/16, 3/23, 3/30

## Women's 6'S-Indoor-Adult Volleyball league

18+ years of age-no exceptions

League Fee Per Team: \$480 Per Team

(Must be paid in advance, in full, to complete registration)

USA modified indoor volleyball rules apply. (Captains VB Info packet will be sent via email to each captain) USA RULEBOOK LINK- <https://usavolleyball.org/wp-content/uploads/2023/03/2023-2025-USAV-Indoor-Rules-Book.pdf> No Referees, call your own faults. Teams will play ten weeks of round-robin league play followed by an elimination tournament on the eleventh week. Teams play a minimum of three/two set matches per league night, barring any forfeits. All teams are seeded into the playoffs according to their final league standings. More information and insight is available at [www.facebook.com/worldvolleyballcult](http://www.facebook.com/worldvolleyballcult) REGISTRATION & QUESTIONS: Contact-The VolleyLama: Keno @ (810) 265-9975 or [vbizkeno@comcast.net](mailto:vbizkeno@comcast.net)

Wednesdays, 6:30 pm

11 Weeks of Play- 1/07, 1/14, 1/21, 1/28, 2/04, 2/11, 2/18, 2/25, 3/04, 3/11, 3/18.

# WALKING

## Vicinia Gardens

Monday – Friday, 9:00am–5:30pm

January 5–May 18 (Closed on Holidays)

Get a free protein bar when you walk the halls! (while supplies last)

- **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, 4031 Vicinia Way.
- **Step 4:** Check in at the front desk each time they walk.

## Fenton High School

Monday–Thursday, 4:00-8:00pm

January 12–May 21 (Subject to school holidays, calender & snow days.)

\$10 fee for proximity pass, if not already received.

- **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 pick up their badge at SLPR office.





**Are you a local artisan,  
crafter, or designer?**

**BECOME A VENDOR AT THE  
HANDMADE  
MARKET**

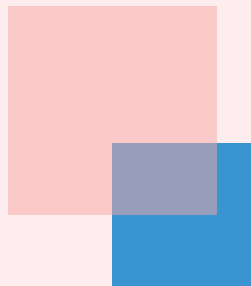


**SATURDAYS 10AM-2PM  
FEBRUARY 7 • MARCH 28**  
Fenton Community & Cultural Center  
150 S. Leroy St, Fenton

**Vendor Booths (10x10)=\$50 for each show.**  
To become a vendor,  
contact Molly at [mhenderson@slpr.net](mailto:mhenderson@slpr.net)



# YOUTH PROGRAMS



|                          |       |
|--------------------------|-------|
| Acting.....              | 32    |
| Art.....                 | 33-35 |
| Basketball .....         | 35    |
| Dance.....               | 36-37 |
| Driver's Education ..... | 38    |
| Magic .....              | 39    |
| Martial Arts .....       | 39-40 |
| Safety Classes .....     | 41-42 |
| Soccer .....             | 43-44 |
| STEAM Camps .....        | 45    |
| Swimming.....            | 46-47 |
| Tennis.....              | 47    |
| Volleyball .....         | 48-50 |
| Winterguard.....         | 50    |
| Wrestling .....          | 51    |





# ACTING CLASSES

## Improv Explorers- Ages 8-11

\$65 Discounted for residents,  
\$75 Regular Fee for non-residents

Time to turn the imagination up! This class uses fast-paced games to build crucial skills like spontaneity, listening, and collaboration. Students will practice making bold, silly character choices and embracing mistakes. Prepare for major laughs and a serious boost in creative confidence!

Have you taken this course previously? No worries! The art of improv means we use new games, new characters, and new challenges every single session. Our focus shifts each week, guaranteeing fresh learnings and endless opportunities for spontaneous fun!

Thursdays, 4:30-5:45pm  
February 19, 26, March 5, 12, & 19  
Fenton Community and Cultural Center

## Improv Explorers- Ages 8-11

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

Become a quick-witted comedy machine! Learn the core rules of improv, including the power of “Yes, And” and setting the scene. This course features high-energy games and scene work designed to maximize laughter and build spontaneous creativity. Have you taken this course previously? No worries! The art of improv means we use new games, new characters, and new challenges every single session. Our focus shifts each week, guaranteeing fresh learnings and endless opportunities for spontaneous fun!

Thursdays, 4:30-5:45pm  
May 7, 14, 21 & 28  
Fenton Community and Cultural Center

# ARTISTS APPRENTICE ART CLASSES

Taught by artist Pamela Palmer B.F.A. owner entrepreneur of The Artist's Apprentice  
Ages 7+ (Siblings of registered artists are welcome!) • Please wear clothes that are not precious.

NEW!

## Kids Farm Animal Art!

\$65 Discounted for residents, \$75 Regular Fee for non-residents  
\$20 material fee payable to instructor on the 1st day of class  
Ages 7 up

With a MOO, MOO here, and a happy child there! Get ready for a month of art exploration and farm animal fun! These multi-media classes including sculpture, painting, and drawing are set to providing an opportunity to learn key elements that will enhance your young artist's creative awareness of fine arts! Children will be made aware of animal proportion and how to incorporate unique colorful background elements into their work, like that of contemporary artist Woody Jackson. We will also try to emulate the delightful, whimsical animal paintings of Alison Friend!

A 'Viewing of Creations' will be extended to families after class on the final day. Please bring a snack, water bottle and wear clothes that are not precious! Taught by artist/educator Pamela Palmer, B.F.A., founder of The Artist's Apprentice.

Wednesdays, 4:20-5:50pm  
4/8, 4/15, 4/22, 4/29  
Fenton Community & Cultural Center

## Hawaii Fluid Art – Glass Art

NEW!

\$55 Discounted for Residents/session, \$65 Non-residents/session  
\$10 material fee to the instructor  
Ages: 5 and up

Enjoy a guided, hands-on glass painting experience designed for adults and youths alike. Our instructor will walk you step-by-step through creating a beautiful, personalized work of art—no experience required. Choose the image and color palette that reflects your style, and we'll help you bring it to life. It's a relaxing, social, and rewarding way to spend time together while making something truly your own.

**Session 1:** March 10, Tuesday, 5:00-6:00pm  
Fenton Community and Cultural Center – Art Room

## Hawaii Fluid Art – Resin Tumblers

NEW!

\$65 Discounted for Residents/session, \$75 Non-residents/session  
\$10 material fee to the instructor  
Ages: 5 and Up

Join us for a fun, hands-on class where you'll create your very own custom resin tumbler. Choose from a wide range of colors, glitters, and shimmers to make it perfectly your style. Our instructor will guide you through each step, making it easy and enjoyable—no experience needed. You'll leave with a one-of-a-kind cup that's as unique as you are.

**Session 1:** March 18, Wednesday, 5:00-6:00pm  
Fenton Community and Cultural Center – Art Room

## Hawaii Fluid Art – Mosaic Picture Frame

NEW!

\$55 Discounted for Residents/session, \$65 Non-residents/session  
\$10 material fee to the instructor

Add a personal touch to your memories in this fun, hands-on class. You'll design and build your own mosaic picture frame using a mix of colorful glass pieces and creative patterns. Our instructor will guide you step-by-step, making it simple and enjoyable for all skill levels. You'll leave with a beautiful, one-of-a-kind frame ready to showcase your favorite photo.

**Session 1:** March 26, Thursday, 5:00-6:00pm  
Fenton Community and Cultural Center – Art Room

# ART



# WINTER & SPRING ART CAMP

## 2-Day Winter Wonderland Art Camp

\$95 Discounted for residents,  
\$105 Regular Fee for non-residents  
Ages: 5–12

Step into a magical winter world! Students will create three beautiful, winter-inspired works of art using different mediums and techniques. Each project will be a cherishable keepsake to celebrate the season.

December 22–23  
11:00am–1:30pm  
Fenton Community & Cultural Center

## After-School Art Lab

\$99 Discounted for residents,  
\$109 Regular Fee for non-residents  
Ages: 5–13

A creative, educational, and fun art experience after school! Students will explore a variety of artistic techniques, including painting, mixed media, and 3D creations — all inspired by winter wonderland themes. Perfect for young artists who love to experiment and learn new skills.

Thursdays, 5:00–6:30pm  
**Session 1:** January 15, 22, 29  
**Session 2:** February 12, 19, 26  
**Session 3:** March 5, 12, 19  
**Session 4:** April 9, 16, 23  
**Session 5:** May 7, 14, 21  
Fenton Community & Cultural Center

# ART

## Journal Making

NEW!

\$30 per session, \$10 material fee to the instructor

Have fun creating art with a purpose! A standard sized composition book, beautiful calendar page, some scrap book paper, and ribbon are all you need to fashion a one-of-a-kind art journal. Learn how to add handy and decorative pockets to the inside covers. Using ribbon, construct a built-in page marker and tie closures to improve your journal's functionality. All supplies included, and no experience is needed.

Saturdays, 10:00am–12:00pm  
**Session 1:** February 21  
**Session 2:** March 21  
**Session 3:** April 25  
Fenton Community and Cultural Center – Art Room

## Healing Hands Art Camp

\$85 Discounted for residents,  
\$95 Regular Fee for non-residents  
Ages: 7–14

This camp combines creative expression and emotional growth through art therapy-based projects. Students will learn to use art as a healthy outlet for coping, healing, and self-regulation while building confidence and connection.

February 18–20, 2025  
1:00–3:00pm  
Fenton Community & Cultural Center

## Spring Into Art Camp

\$165/day Discounted for residents,  
\$185/day Regular Fee for non-residents  
Ages: 5–12

Celebrate spring with color, creativity, and joy! Young artists will “spring into” painting, sculpture, and mixed-media projects inspired by nature, growth, and renewal.

March 25–27, 2025  
11:00am–1:00pm  
Fenton Community & Cultural Center



## 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 1:** January 3

**Session 2:** February 7

**Session 3:** March 7

**Session 4:** April 4

Fenton Community & Cultural Center, Art Room

Instructed by Ted Simpson, CRI



Jan 3- Mountain Waterfall



Feb 7- Babbling Brook



March 7- Red Sunset



April 4- Mountain Sunrise

## BASKETBALL

### Jr. Hot Shots

\$70 Discounted for residents,

\$80 Regular Fee for non-residents

Basketball basics will cover dribbling, shooting, passing, defense, and rebounding. Our instructor, Jerry Davis, has over 12 years experience coaching varsity basketball and many other years experience coaching players at an introductory level.

### Ages 5-6

Mondays, 6:30-7:25pm

**Session 1:** 1/12, 1/26, 2/2, 2/9, 2/16

**Session 2:** 2/23, 3/2, 3/9, 3/16, 3/30

West Shore Elementary

**Session 3:** 4/6, 4/13, 4/20, 4/27, 5/4, 5/11

Torrey Hill

### Ages 7-12

Mondays, 7:30-8:25pm

**Session 1:** 1/12, 1/26, 2/2, 2/9, 2/16

**Session 2:** 2/23, 3/2, 3/9, 3/16, 3/30

West Shore Elementary

**Session 3:** 4/6, 4/13, 4/20, 4/27, 5/4, 5/11

Torrey Hill

### Fenton 4th, 5th, and 6th Grade Jets Boys Youth Travel Basketball League of Genesee County

\$110 Discounted for residents (Includes shorts & reversible jersey)

\$130 Regular Fee for non-residents

This program is only for 4th, 5th & 6th Grade Boys who attend Fenton Area Public Schools.

The program provides the opportunity to learn the fundamentals required to play competitive basketball. There will be 1-2 practices per week. There will be a 6-game season with the possibility of more games. For more information, email Randy Lang at [rlang@slpr.net](mailto:rlang@slpr.net).

Locations for practices and games to be determined  
Games will take place on Saturdays in schools throughout Genesee County from January - March.

Please contact the SLPR office if you have basketball experience and are interested in coaching.



Southern Lakes Parks & Recreation's

DANCE

Welcome to the Winter-Spring Season of Dance at SLPR!

Welcome to our 22<sup>nd</sup> 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 2**. The dress rehearsal is scheduled for Friday, May 1. For dancers to participate in the spring recital, we do ask for them to be 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 4, 2026.**

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 inside 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](mailto: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.

DANCE•AT•A•GLANCE

| TUESDAY                                  | WEDNESDAY   |
|--|---|
| Tap<br>4:30-5:00 pm<br>Ages: 4-9         | Tap<br>4:30-5:00 pm<br>Ages: 10+                  |
| Ballet<br>5:00-5:30 pm<br>Ages: 5-9      | Ballet<br>5:00-5:30 pm<br>Ages: 10+               |
| Hip Hop<br>5:30-6:00 pm<br>Ages: 5-9     | Hip Hop<br>5:30-6:00 pm<br>Ages: 10+              |
| Baby Ballet<br>6:00-6:30 pm<br>Ages: 3-5 | Lyrical<br>6:00-6:30 pm<br>Ages: 9+               |
| Lyrical<br>6:30-7:00 pm<br>Ages: 5-9     | Kickline & Jazz<br>6:30-7:00 pm<br>Ages: 10-Teen  |
| Pom Dance<br>7:00-7:30 pm<br>Ages: 4-8   | MS/HS Dance<br>7:00-7:30 pm<br>Ages: 7-12th Grade |

# Southern Lakes Parks & Recreation's DANCE CLASSES

**Residents: \$99, Non-Residents: \$109**

SLPR Dance Studio, 404 Ellen St, inside the World of Wonder building

*No classes March 31 and April 1, 2026.*

In the event of a Fenton Schools Snow Day, all dance classes for the day are canceled as well.

## TUESDAY CLASSES

### Session 1: January 13 – March 3

|             |           |              |
|-------------|-----------|--------------|
| Tap         | Ages: 4–9 | 4:30–5:00 pm |
| Ballet      | Ages: 5–9 | 5:00–5:30 pm |
| Hip Hop     | Ages: 5–9 | 5:30–6:00 pm |
| Baby Ballet | Ages: 3–5 | 6:00–6:30 pm |
| Lyrical     | Ages: 5–9 | 6:30–7:00 pm |
| Pom Dance   | Ages: 4–8 | 7:00–7:30 pm |

### Session 2: March 10 – April 28

|             |           |              |
|-------------|-----------|--------------|
| Tap         | Ages: 4–9 | 4:30–5:00 pm |
| Ballet      | Ages: 5–9 | 5:00–5:30 pm |
| Hip Hop     | Ages: 5–9 | 5:30–6:00 pm |
| Baby Ballet | Ages: 3–5 | 6:00–6:30 pm |
| Lyrical     | Ages: 5–9 | 6:30–7:00 pm |
| Pom Dance   | Ages: 4–8 | 7:00–7:30 pm |

## WEDNESDAY CLASSES

### Session 1: January 14 – March 4

|                 |                |              |
|-----------------|----------------|--------------|
| Tap             | Ages: 10+      | 4:30–5:00 pm |
| Ballet          | Ages: 10+      | 5:00–5:30 pm |
| Hip Hop         | Ages: 10+      | 5:30–6:00 pm |
| Lyrical         | Ages: 9+       | 6:00–6:30 pm |
| Kickline & Jazz | Ages: 10–teen  | 6:30–7:00 pm |
| MS/HS           | 7-12th Graders | 7:00–7:30 pm |

### Session 2: March 11 – April 29

|                 |                |              |
|-----------------|----------------|--------------|
| Tap             | Ages: 10+      | 4:30–5:00 pm |
| Ballet          | Ages: 10+      | 5:00–5:30 pm |
| Hip Hop         | Ages: 10+      | 5:30–6:00 pm |
| Lyrical         | Ages: 9+       | 6:00–6:30 pm |
| Kickline & Jazz | Ages: 10–teen  | 6:30–7:00 pm |
| MS/HS           | 7-12th Graders | 7:00–7:30 pm |





# Southern Lakes Parks & Recreation's DRIVER'S EDUCATION

**It's 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.**



## 2026 Driver's Education Segment 1

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

**Cost:** \$350

### FEBRUARY

FHS room 316,  
2:45-4:45pm  
Capacity 14

2/23 - 2/25

3/2 - 3/4

3/9 - 3/11

3/17 - 3/19

### MARCH

AGS room A101,  
2:50-4:50pm  
Capacity 10

3/2 - 3/4

3/9 - 3/11

3/16 - 3/18

3/23 - 3/25

### APRIL (A)

FHS room 316,  
2:45-4:45pm  
Capacity 14

4/6 - 4/10

4/13 - 4/14

4/16 - 4/17

4/20 - 4/22

### APRIL (B)

Linden High School  
(New Location)  
Room B103  
3:00-5:00pm  
Capacity 14

4/6 - 4/9

4/13 - 4/15

4/20 - 4/22

4/27 - 4/28

### MAY

FHS room 316  
2:45-4:45pm  
Capacity 14

5/4 - 5/8

5/11 - 5/14

5/18 - 5/20

### MAY / JUNE

AGS room A101,  
2:50-3:50pm  
Capacity 26  
*Drives will run into  
mid-June.*

5/11 - 5/14

5/18 - 5/21

5/26

6/1 - 6/3

### JUNE

FHS room 316  
*See times below*  
Capacity 26

5/26, 3-5pm

6/1-6/4, 3-5pm

6/8-6/11, 8-10am

6/15-6/17, 8-10am

**QUALIFICATIONS:** To enroll, students must be at least 14 years and 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](http://www.slpr.net). As a reminder, class size is limited, and spots do fill fast. We recommend registering 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, but you also need to fill out the Driver's 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**

All at FHS room 316, 2:45-4:45pm, capacity 30

**January 13 - 15**

**April 28 - 30**

**February 10 - 12**

**May 19, 21, 22**

**March 23 - 25**

**June 9 - 11**

**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).

**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](http://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.**

# MAGIC

## Learn the Art of Magic!

\$18 Discounted for residents

\$28 Regular fee for non-residents

Ages 5-12

Young Magicians will learn tricks that are easy to do, yet good enough to fool your family and friends. During this 60 minute program, students will learn 5 magic tricks that will keep everyone guessing! All the items you need will be supplied. This class is interactive and hands on. *Class size is limited, don't delay and sign up today!*

Tuesday, January 27, 5:30–6:30pm

Fenton Community & Cultural Center

# 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.

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

**WINTER SESSION: MONDAY JANUARY 12 – FEBRUARY 21**

**SPRING SESSION: MONDAY MARCH 23 – MAY 2**

Mondays ..... 5:00-5:45pm

Tuesdays..... 6:30-7:15 (adults only)

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 6th Degree Black Belt & World Sparring Champion & Master Joshua Husted 5th Degree 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.

Thursdays, 6:45-7:30 pm

Session 1: January 15 thru February 19

Session 2 : April 16 thru May 21

Classes held at: World Martial Arts Academy

7007 Silver Lake Road, Linden 810-458-6363

Instructed by Grand Master Dave Weatherly 9th Degree Black Belt



## 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.

Tuesday, 6:30-7:30pm

Session 1: January 13–February 17, 2026

Session 2: April 14–May 19, 2026

Classes held at: World Martial Arts Academy

7007 Silver Lake Road, Linden 810-458-6363

Instructed by Grand Master Dave Weatherly 9th Degree Black Belt

## Tae Kwon Do (Korean Karate)

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

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!!!

### Youth Tae Kwon Do: Age 8-12

Thursday, 5:30-6:15pm

Session 1: January 15–February 19, 2026

Session 2: April 16–May 21, 2026

### Adult Tae Kwon Do: Age 13-up

Monday, 6:45-7:30pm

Session 1: January 12–March 16, 2026

Session 2: April 13–May 18, 2026

Classes held at: World Martial Arts Academy

7007 Silver Lake Road, Linden 810-458-6363

Instructed by Grand Master Dave Weatherly 9th Degree Black Belt

## Little Dragon Tae Kwon Do

\$48 Discounted for residents

\$58 Regular fee for non-residents

Ages 3 to 7

The class will focus on teaching children 8 important main life skills: Focus, Memory, Teamwork, Self-control, Respect, Fitness, Balance, and Coordination. Through our highly motivational teaching methods, the students will become stronger, faster, and capable of defending themselves from bullies. Students will even learn how to break boards! PARENTS: As a wonderful benefit of Tae Kwon Do practice, children can become MUCH better behaved at home and at school!

Monday, 5:15-5:45pm

Session 1: January 12–March 16

Session 2: April 13–May 18

All Classes held at: World Martial Arts Academy

7007 Silver Lake Road, Linden 810-458-6363

Instructed by Grand Master Dave Weatherly, 9th Degree Black Belt



# REGISTER NOW!

## 3 Ways to Register:

1. ONLINE: [www.slpr.net](http://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.



# Live Safe Academy, LLC SAFETY CLASSES

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

\$60 Discounted for residents,  
\$70 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 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). 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. No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. Bring a snack, pen and paper for notes is optional. No cell phone use during class except during breaks. Please note that students must arrive on time to be certified, so please arrive up to 10 minutes 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. An adult is required to check in students at the beginning of class. Drop off and pick up is in the same room as class. This class sometimes ends late, approximately 10 to 15 minutes. For more information please visit: <https://www.livesafeacademy.com/babysitting/>

**Session 1:** Thursday, January 22, 530-830pm

**Session 2:** Wednesday, May 6, 5:30-8:30pm

Fenton Community & Cultural Center



## Self-Defense for Children

\$25 Discounted for residents,  
\$35 Regular fee for non-residents  
Ages: 6 to 11

If someone wants to hurt our children, they will not choose a time or place with witnesses. That means no parents, no teachers, no policemen, just our children and the predator. The safety of our children will depend on their ability to recognize danger and respond appropriately. This fun, interactive and age-appropriate workshop teaches essential, lifesaving information about the dangers that our children face, 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. No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. For more information about this program please visit: <http://www.livesafeacademy.com/childsafety>

Thursday, March 12, 5:30-6:30pm  
Fenton Community & Cultural Center

## Self-Defense- Men, Women & Teens

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

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 are coached according to your own rate of progression. No previous training required. A great stress reliever and lots of fun. NOTE: No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. This class is open to students 12 years or older. Parents, serious topics are discussed openly but in a professional manner. 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: <https://www.livesafeacademy.com/wp-content/uploads/2021/02/LSA-Release-and-Hold-Harmless-Agreement-.pdf>. For more information please visit: <https://www.livesafeacademy.com/selfdefense/>

Thursday, March 12, 6:30-8:30pm  
Fenton Community & Cultural Center

# Live Safe Academy, LLC SAFETY CLASSES

## Self-Defense and Safety Camp for Kids

NEW!

\$175 Discounted for residents,  
\$195 Regular fee for non-residents  
Ages 6-11

Kids, have fun and learn to be safe at the same time! Learn real self-defense and practice on an instructor wearing a padded suit. You will also learn fire safety, how to use 911, stranger awareness, drug resistance, gun accident prevention and more. Cartoons, art, physical practice, and classroom games are just some of the fun ways that you will learn in this camp. Parents, nothing is more important to us than our children. This camp is more than just a week of fun, it is an investment into a lifetime of safety. Kids will need daily lunch, snacks, water bottle, sunscreen, bag for activity sheets and handouts. No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. Teaching child safety since 1990, we have the experience that empowers kids with the knowledge, skills, and mindset that they need to stay safe. For more information please visit: <https://www.livesafeacademy.com/childsafety/>

June 22-June 26, Monday-Friday, 9:00am-12:30pm  
Fenton Community & Cultural Center

## Zombie Response Team Camp

NEW!

\$175 Discounted for residents,  
\$195 Regular fee for non-residents  
Ages 8-11

Learn preparation methods for the zombie apocalypse! Learn the skills vital for your survival in this brave new world of the undead. Topics include surviving the elements (shelter, water, and food), signaling and navigation. Did we mention all the squirt gun fights and other fun zombie survival games? No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. Parents even though zombies are just fantasy, your kids will have a lot of fun learning valuable outdoor and safety skills. Students need daily snacks, sunscreen, water bottle, large capacity working squirt gun, goggles, and towel. Change of clothes is optional.

June 22-June 26, Monday-Friday, 1:00-4:00pm  
Fenton Community & Cultural Center

## Safe on Campus

\$45 Discounted for residents,  
\$55 Regular fee for non-residents  
Ages 12+

Statistically people are at greatest risk for assault twice in their life, when they are going to high school/college and when they are a senior citizen. But the most common assaults are easy to avoid >IF< you know how to recognize the warning signs and >IF< you know what to do. Learn real world self-defense for everyday people from an instructor who taught an accredited self-defense course at three college campuses to thousands of college students over the course of 14 years. Simple skills that are easy to learn and remember, and that have a proven track record of saving lives. NOTE: This class is not just for students going to school. The knowledge gained in this program is essential for everyone and is open to all students 12 years or older (male and female). No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. Parents, serious topics are discussed openly but in a professional manner. 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: <https://www.livesafeacademy.com/wp-content/uploads/2021/02/LSA-Release-and-Hold-Harmless-Agreement-.pdf>. For more information please visit: <https://www.livesafeacademy.com/selfdefense/>

Thursday, June 25, 6:30-8:30pm  
Fenton Community & Cultural Center



**IMPORTANT CLASS INFORMATION:** No refunds or credit with less than 24-hour notice. If you need a medical exception, email Live Safe Academy at [info@LiveSafeAcademy.com](mailto:info@LiveSafeAcademy.com) before class. Bring a snack, pen and paper for notes is optional. Please note that students must arrive on time to be certified, so please arrive up to 10 minutes 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.

# SOCCER

## Adaptive Soccer Fun “ASF”

\$50 Discounted for residents,  
\$60 Regular fee for non-residents  
Ages 5 through adult

This soccer club is a special needs soccer program aimed at people aged 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. Events will be most Saturday mornings from 10:30 am to noon, starting on Saturday, April 6th. There will be a total of 10 events, with the projected last event being Saturday, June 13th.

April 18–June 13  
Most Saturdays 10:30-12:00pm (some weekday events)  
Fenton High School Soccer Practice Field

## Little Wave Soccer- Indoors

\$30 Discounted for residents,  
\$40 Regular fee for non-residents (Per session)  
Parent Tot, ages 2-3-year-olds

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. Instructed by Anthony Howay

Wednesdays, 5:30-6:00pm  
**January Session 3:** 1/7, 1/14, 1/21, 1/28  
**February Session 4:** 2/4, 2/11, 2/18, 2/25  
**March Session 5:** 3/4, 3/11, 3/18, 3/25  
Tomek Elementary - Indoor (Gym)



## Little Wave Soccer- Outdoors

\$40 Discounted for residents,  
\$50 Regular fee for non-residents (Per session)  
Parent Tot (2-3-year-olds)

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. Instructed by Anthony Howay

Tuesdays, 6:00-6:30pm  
**April Session 6:** 4/7, 4/14, 4/21, 4/28, 5/1  
Ellen St. Campus (Outdoors) – No Saturday games

## Wave Jr. Soccer- Indoors

\$35 Discounted for residents,  
\$45 Regular fee for non-residents (Per session)  
Ages 4-6

The SLPR Wave Jr. Soccer is the next level in soccer development. Players continue to have fun and learn individual soccer fundamentals while developing team concepts. The players begin to conceptualize and apply team offensive and defensive tactics.

Wednesdays, 6:00-6:45pm  
**January Session 3:** 1/7, 1/14, 1/21, 1/28  
**February Session 4:** 2/4, 2/11, 2/18, 2/25  
**March Session 5:** 3/4, 3/11, 3/18, 3/25  
Tomek Elementary - Indoor (Gym)



## Wave Jr. Soccer- Outdoors

\$50 Discounted for residents,  
\$60 Regular fee for non-residents (Per session)  
Ages 4-6

The SLPR Wave Jr. Soccer is the next level in soccer development. Players continue to have fun and learn individual soccer fundamentals while developing team concepts. The players begin to conceptualize and apply team offensive and defensive tactics.

**Training:** Tuesdays, 6:00-6:45pm  
4/7, 4/14, 4/21, 4/28, 5/1  
Ellen St. Campus (Outdoors)

**Games:** Saturday 10:00-12:00pm  
4/11, 4/18, 4/25, 5/2, 5/9  
Ellen St. Campus (Outdoors)

## Wave Soccer- Indoors

\$35 Discounted for residents,  
\$45 Regular fee for non-residents (Per session)  
Ages 7 -12

The SLPR Wave Soccer is designed to develop each player 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 concentrate on team tactics and games. If you have specific questions, please email Anthony Howay at [soccer@slpr.net](mailto:soccer@slpr.net)

Wednesdays, 6:00-6:45pm  
**January Session 3:** 1/7, 1/14, 1/21, 1/28  
**February Session 4:** 2/4, 2/11, 2/18, 2/25  
**March Session 5:** 3/4, 3/11, 3/18, 3/25  
Tomek Elementary - Indoor (Gym)

## Wave Soccer- Outdoors

\$35 Discounted for residents,  
\$45 Regular fee for non-residents (Per session)  
Ages 7 -12

The SLPR Wave Soccer is designed to develop each player 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 concentrate on team tactics and games. If you have specific questions, please email Anthony Howay at [soccer@slpr.net](mailto:soccer@slpr.net)

**Training:** Tuesdays, 6:00-6:45pm  
4/7, 4/14, 4/21, 4/28, 5/1  
Ellen St. Campus (Outdoors)

**Games:** Saturday 10:00-12:00pm  
4/11, 4/18, 4/25, 5/2, 5/9  
Ellen St. Campus (Outdoors)

## LOOKING FOR INSTRUCTORS!

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

**Phone:** 810.714.2011 **Email:** [Contact\\_us@slpr.net](mailto:Contact_us@slpr.net)





## CHALLENGE ISLAND STEAM CLASSES

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.



### Challenge Island STEAM Workshop: **It's All About the Heart!**

Calling all curious minds and creative hearts! This February, join us for “It’s All About the Heart!”—a special STEM/STEAM workshop designed for students in grades K–5 who are ready to dive into the wonders of science in the spirit of love.

- Explore the fascinating world of blood types through a safe and fun experiment. Learn why everyone’s blood is unique and how it helps our bodies stay healthy!
- Build and play a creative ping pong challenge that demonstrates how white blood cells protect us—perfect for learning about our immune system while having a blast.
- Mix up our fun Queen of Heart Slime and discover its science secrets. Stretch it, squish it, and experience chemistry in action!

Friday 2/13/26

Time: 6-8pm

Location: Fenton Community & Cultural Center

Cost: \$40 residents, \$50 non-residents



### Challenge Island STEAM Workshop: **Leprechaun Adventure!**

Get ready for a magical journey this March! Designed especially for students in grades K–5, this hands-on, playful event brings Irish legends to life while sparking creativity and a love of science.

- Design and construct a tiny building for your leprechaun using your STEAM skills, creating a bustling village filled with imagination.
- Engineer and craft a zipline ride so your leprechauns can soar over your team’s village — a fun way to learn about gravity, force, and creative problem-solving.
- Mix up a batch of rainbow slime, as we explore the worlds of color and chemistry.

Friday 3/6/26

Time: 6-8pm

Location: Fenton Community & Cultural Center

Cost: \$40 residents, \$50 non-residents



# 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

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

## Swim Lessons

**30 minute lessons**– \$95 resident, \$105 Non-resident

**45 minute lessons (Level 3 & 4)**– \$95 resident, \$105 Non-resident

**60 Minute lessons (Level 5 & 6)**– \$105 resident, \$125 Non-resident

Fenton High School Pool

**Session 1:** Saturdays, January 10, 31, February 7, 14, 21, March 7

**Session 2:** Saturdays, March 21, April 4, 11, 18, May 2, 9

**Session 3:** Tuesdays, March 17, 24, April 7, 14, 21, 28

|                    |               |
|--------------------|---------------|
| 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 .....    | 10:30-11:15am |

Private Lessons or Semi private lessons are also available. Please contact Cathy O'Bee at [cobee@slpr.net](mailto:cobee@slpr.net) or call 810-591-2622.

## 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)**

\$200 Resident, Non-Resident: \$220

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? 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](mailto:cobee@slpr.net).



# TENNIS

## Winter Cardio Tennis Classes

\$160 Discounted for residents,

\$180 Regular fee for non-residents

Cardio tennis is a group fitness experience using tennis to drive the aerobic and anaerobic benefits. This is a structured game game-based, fun tennis activity. Open to all levels of play.

This will be an 8-week program on the following Saturdays:  
January 3, 10, 17, 24, 31, Feb. 7, 14, and 21

**Adult Cardio Tennis:** 10 am-11 am

**Grades 1-5:** 11 am-12noon

**Grades 6-8:** 12noon-1 pm

Indoors at the Henry Ford Genesys Health Club

# Southern Lakes Parks & Recreation's 2026 LAKERS VOLLEYBALL

Lakers Volleyball 13U – 15U  
\$400 Resident, \$440 Non-Resident

## **13U – 15U players**

Season: January– March  
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.

Lakers Volleyball 10U-12U  
\$350 Resident, \$390 Non-Resident

## **10U-12U players**

Season: January– March  
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 11, 2026 (Tentative)**

**Where:** AGS Middle School 3255 Donaldson Dr. (Tentative)

**When:** Age groups will be evaluated separately per schedule below

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

10U-12U– 10:00 a.m. to 12:00 p.m.

13U-15U– 12:00 p.m. to 2:00 p.m.

Age cut off:

10U born on or after July 1, 2015

11U born on or after July 1, 2014

12U born on or after July 1, 2013

13U born on or after July 1, 2012

14U born on or after July 1, 2011

15U born on or after July 1, 2010

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 Friday JANUARY 9, 2026**

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

# Southern Lakes Parks & Recreation's 2026 LAKERS VOLLEYBALL

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 11, 2026.

## **Registration & Payment Accepted Online ONLY!**

\$25.00 non-refundable evaluation fee is due at registration.

Full payments can be made on-line or in the office **BEFORE first practice**.

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

Website: <http://www.slpr.net/> Registration will open in mid-September 2025 for Winter 2026 Programs

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

**\*\*\*\*\*IMPORTANT\*\*\*\*\*** EACH PARTICIPANT MUST REGISTER FOR AN AAU MEMBERSHIP AT [WWW.AAUSPORTS.ORG](http://WWW.AAUSPORTS.ORG) PRIOR TO FIRST PRACTICE.

ALL PLAYERS MUST INCLUDE **CLUB CODE:** TO BE INCLUDED IN THE 2025 SLPR CLUB.

Southern Lakes Parks and Recreation Main Office:  
Fenton Community & Cultural Center, 150 S. Leroy, Fenton MI 48430 -- Phone: 810-714-2011  
[www.facebook.com/SouthernLakesParksAndRecreation](http://www.facebook.com/SouthernLakesParksAndRecreation)





# VOLLEYBALL

## Local Team Offerings

**SEASON:** January – March

**PRACTICES:** 2x a week (TBA), 4 Tournaments (TBA)

### 10U/11U/12U- Age Group Price

\$350 Discounted for residents

\$390 Regular fee for non-residents

### 13U/14U/15U-Age Group Price

\$400 Discounted for residents

\$440 Regular fee for non-residents

### AGE DEFINITIONS:

U10's – Born on or after July 1, 2015

U11's – Born on or after July 1, 2014

U12's – Born on or after July 1, 2013

U13's – Born on or after July 1, 2012

U14's – Born on or after July 1, 2011

U15's – Born on or after July 1, 2010

Local program pre-registration is required by the Friday before the evaluation date. The evaluation fee is \$25.00.

Practice may begin right after being placed on a team. Practices will be held twice a week. Tournament play begins in January–March. (4) Play dates are included. \*Additional Cost: AAU Student Athlete Card  
Lakers Volleyball Club Code: U9FDVXD9

**TRYOUTS:** Sunday, January 11, 2026

AGS Middle School, 3255 Donaldson Dr

**10/11/12U – 10:00am-12:00pm**

**13/14/15U – 12:00pm-2:00pm**

## Youth Volleyball Camps

\$42 Discounted for residents,

\$52 Regular fee for non-residents

Join us for an exciting and dynamic Spring Volleyball Camp designed to help young athletes develop their skills in a fun, supportive environment! This clinic is perfect for players of all levels, from beginners to more experienced athletes, who want to improve their fundamentals and elevate their game. Our experienced coach will focus on key aspects of volleyball, including serving, passing, setting, hitting, and defense. With plenty of drills, team-building activities, and friendly competition, participants will leave feeling more confident and prepared to take on the court. Whether you're looking to make your school team or simply have fun, this clinic is the perfect opportunity to grow as a player while enjoying the sport!

Session 1: April 12, 19, 26 & May 3

**5–7-year-olds:** 10:00am – 11:00am

**8–10-year-olds:** 11:00am-12:00pm

**11–13-year-olds:** 12:00pm-1:30pm

Lake Fenton Middle School- Gym



## WINTERGAURD

### Twisted Chaos Winterguard SLPR

\$425 Discounted for residents,

\$475 Regular fee for non-residents

The Twisted Chaos Winterguard is an independent performance team based in Fenton, Michigan, offering a dynamic blend of dance, flag, and performance art set to music. Open to students ages 11 to 18, this program welcomes all experience levels—whether you're brand new to color guard or looking to take your skills to the next level.

Through our exciting new partnership with Southern Lakes Parks & Recreation, we're bringing high-energy training, teamwork, and competitive performance opportunities to youth across the community. Our team will be competing in the IRA class for the Winter 2025 season, with rehearsals focused on developing strength, confidence, expression, and technique.

Students will learn the fundamentals of equipment work (flag, rifle, and sabre), body movement, and teamwork in a supportive and inspiring environment led by passionate instructors. Any questions, please contact Karli, kinman.tcwg@gmail.com

Interested in joining but want more info? We will be hosting an information meeting on November 4th 6:30pm at the Fenton Community and Cultural Center.

**Session 1:** November 11-April 12

Tuesday & Friday, 6:00pm-9:00pm, Sunday, 11:30am-5:30pm  
Fenton Community and Cultural Center – Main Hall

# WRESTLING

## Fenton Youth Wrestling

\$110 Discounted for residents,

\$120 Regular fee for non-residents

Ages 4–14 (Must be 4 by 12/1/25, and cannot be 15 before 12/31/25)

- A copy of a participant's birth certificate is required at the parents meeting or by first practice.
- Practices are held at the Fenton High School Wrestling Room on Tuesdays and Thursdays starting Tuesday, November 11, 2025.
- Novice/Beginner: Tuesday/Thursday 6:00-7:00pm
- Open/Advanced: Tuesday / Thursday 7:00-8:30pm
- Additional fee for tournaments ranging from \$18-\$25.

For those interested in participating in optional weekend tournaments.

**League Registration Fees:** USA Wrestling/MMWA membership will be provided as part of your registration fee if you indicate to the club that you are interested in tournament participation by Monday, December 2.

**MyWay membership \$20:** Instructions will be provided at the parents meeting.

**Parents Meeting:** November 6th 6pm at Fenton High School

Wrestling is a great foundation for all sports. It teaches the fundamental skills (balance, hand-eye coordination, footwork, strength, etc.) necessary for any other physical activity. Fenton Wrestling will focus on exposing your child to wrestling and these basic skills, setting the groundwork for future activities. These practices will include technique, drilling, wrestling, and conditioning situations that are designed for the elementary level. As these wrestlers develop through our comprehensive program, the foundation will be laid for them to improve to the highest level of competition. Our goal is to ensure that they have a fun and positive experience with the sport. We want the kids leaving the program excited about wrestling.



# SCHOLARSHIP GRANT APPLICATION

**2026 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 children may receive \$50 per person.**

**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<br>YES NO                                 | School | Grade | Foster<br>Child          | Homeless,<br>Migrant,<br>Runaway |
|----|--------------------|----|-------------------|---|--------|-------|--------------------------|----------------------------------|
| 1) |                    |    |                   | <input type="checkbox"/> <input type="checkbox"/> |        |       | <input type="checkbox"/> | <input type="checkbox"/>         |
| 2) |                    |    |                   | <input type="checkbox"/> <input type="checkbox"/> |        |       | <input type="checkbox"/> | <input type="checkbox"/>         |
| 3) |                    |    |                   | <input type="checkbox"/> <input type="checkbox"/> |        |       | <input type="checkbox"/> | <input type="checkbox"/>         |
| 4) |                    |    |                   | <input type="checkbox"/> <input type="checkbox"/> |        |       | <input type="checkbox"/> | <input type="checkbox"/>         |
| 5) |                    |    |                   | <input type="checkbox"/> <input type="checkbox"/> |        |       | <input type="checkbox"/> | <input type="checkbox"/>         |

**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<br>(First and Last) | Earnings from<br>Work (Monthly) | Public Assistance/<br>Child Support/<br>Alimony<br>(Monthly) | Pensions, Retirement/<br>All Other Income<br>(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



# SCHOLARSHIP GRANT APPLICATION

Scholarship eligibility income guidelines:


| Household Size | Income    | PROOF OF INCOME:<br>Must provide a copy of 2024 or 2025 Federal Income Tax Return |
|----------------|-----------|---|
| 1 Person       | \$28,953  |   |
| 2 Person       | \$39,128  |   |
| 3 Person       | \$49,303  |   |
| 4 Person       | \$59,478  |   |
| 5 Person       | \$69,653  |   |
| 6 Person       | \$79,828  |   |
| 7 Person       | \$90,003  |   |
| 8 Person       | \$100,178 |   |

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.

RESIDENCY DEFINED: To qualify you must reside within the City of Fenton, City of Linden, or Fenton



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](mailto:cobee@slpr.net)





# Southern Lakes Parks and Recreation

## Account and Program Registration Form

### Information:

Remember you can also register online at [SLPR.net](http://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](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 \_\_\_\_\_

# Helping moms-to-be sleep easier at night.

**For piece of mind during a high-risk pregnancy,**  
you can count on us. Surrounded by a highly skilled team  
offering expert and compassionate care, you and your  
baby will be in good hands. **HurleyMC.com**



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