

Pathways

Winter, 2012

Get Ready for
Winter Fest 2012
February 4
Marshbank Park
See Page 4

West Bloomfield

Parks & Recreation

248.451.1900 or 248.451.1901

www.WestBloomfieldParks.org



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West Bloomfield Parks & Recreation

Recreation Activities Center (RAC)
 4640 Walnut Lake Road
 West Bloomfield, MI 48323
 Phone 248.451.1900 Fax 248.738.2529
 Office Hours: Monday - Friday
 8 am to 4:30 pm

Family Aquatic Center (FAC)
 6200 Farmington Road
 West Bloomfield, MI 48322
 Phone 248.451.1901 Fax 248.661.1799
 Office Hours: Monday - Thursday
 8 am to 4:30 pm
 Friday 8 am to 1 pm

Email: wbparks@westbloomfieldparks.org
 Website: www.WestBloomfieldParks.org
 Special Events Hotline 248.451.1923
 Softball Hotline 248.451.1919
 Pool Hotline 248.451.1902



It's December and before we know it the New Year will be here. We're looking forward to 2012 and all our activities for the winter. Mark your 2012 calendars for **Winter Fest on February 4th**. Last year it was the first event we had at Marshbank Park after the park renovation and we had a huge turnout. It was just one of those perfect winter afternoons. We're planning for the same this year with dog sleds (limited rides will be available), the reindeer will be back, snowman building and of course, the popular "Cardboard Sled Races." Start making your sled now! It's a great family activity! One hint -- use lots of duct tape!

Now that the Marshbank Park improvements are complete, the West Bloomfield Parks and Recreation Commission is looking toward finalizing all of the plans for the West Bloomfield Trail extension from Arrowhead Road to Haggerty Road. The planned schedule is the construction work on the trail extension will begin this spring and be completed by mid-summer. This extension will add another 2.7 miles of trail to the already existing 4.25 miles and will take the trail completely across West Bloomfield Township. Our trail joins the Clinton River Trail to

the east which takes you to the Paint Creek Trail and the Macomb-Orchard Trail. Our neighboring communities to the west are working to purchase the railway corridor between Haggerty Road and Wixom where it would join with the Huron Valley Trail.

All these trails are all part of the rail corridor cross-state Michigan Airline Trail and is identified in the report "Connecting Michigan: A State Trailways Vision and Action Plan." For our part of the trail, the West Bloomfield Parks and Recreation Commission was awarded two grants by the Michigan Natural Resources Trust Fund and the Michigan Department of Transportation totaling over \$1.1 million dollars to develop this new portion of the West Bloomfield Trail.

Please get out and enjoy the parks this winter. There are great trails and areas to walk, snowshoe or cross-country ski in all 12 of our parks. Don't let the snow keep you inside!

See you in the parks!
Dan Navarre, Director

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Special Events

Winterfest Marshbank Park Saturday, February 4 1 to 4 pm

Come join us for our second annual FREE winter event in our premiere Marshbank Park. There will be fun activities planned to entice you to spend a few hours outdoors, despite winter's chill. Get the whole family together to create a cardboard box sled and pick one member to represent your family in our Family Cardboard Sled Races. Bring your best wooden sled or saucer for our timed sled sprints. Everyone can enjoy our sledding hill after the contests are completed. Collect accessories like hats, scarves and carrots and bring them with you to create a personalized snowperson in our Family Snowman Building contest. Meet the sled dogs and professional musher from Shemhadar Sled Dog Adventures. Frozen bowling will challenge even those with a 300 average. Frozen pie eating contests and frozen golf will provide chilly entertainment for all. S'mores will be available. Don't let Jack Frost get the best of you! Come on out to Marshbank on Saturday, February 4 for this fun-filled event! The Optimists will have chili and other light refreshments available for purchase. Bring your camera for pictures with a reindeer. This event is weather dependent and will be cancelled if the weather is inappropriate for the activities -- like no snow! Please call our special events hot line at 248.451.1923 or check our website at www.WestBloomfieldParks.org for event confirmation and updates.



Daddy Daughter Dinner Dance Thursday, February 23 Glen Oaks Golf Course

Girls, it is that time of year to put on your finest and bring your favorite guy for this year's big dinner dance. Join us at

the beautiful Glen Oaks Golf Course for an evening of dancing and food. Back by popular demand is a full dinner buffet which includes: Roast Sirloin, Herb Baked Chicken, mac and cheese, vegetable, potatoes, salad bar and coffee and pop. Be sure to register early as this event fills quickly.

This year's pictures will be again be done by a professional photographer. Packages start at \$15.00. Cash, check or charge payable to the photographer the night of, more information online in January with regards to ordering pictures.

Glen Oaks Golf Course is located at 30500 13 Mile Road (between Orchard Lake and Middlebelt Roads)

Code #	Date	Day	Time	R/NR Fee	Age
110070-1A	02/23	Th	6:00P-9:00P	\$25/\$30	18-Adult
110070-1B	02/23	Th	6:00P-9:00P	\$25/\$30	3-17
Additional Daughters					
110070-1C	02/23	Th	6:00P-9:00P	\$17/\$17	3-17

Mother/Son Bowling Party

Saturday, March 10 1 pm

Moms - spend the afternoon with your favorite little guy. Your afternoon will include 2 games of bowling, shoes, pizza and pop. There will a goody bag for all the boys. Bring a canned good/nonparishable item for Lighthouse of Oakland County and help support this charitable cause.

Location: Wonderland Lanes, 8265 Richardson Road

Code #	Date	Day	Time	R/NR Fee	Age
112620-1A	03/10	Sa	1:00P	\$17/\$19	5-Adult

Spring Fling Egg Hunt

for 1 to 6 yr olds Marshbank Park Friday, March 23 6 pm SHARP!

Hunt for eggs filled with candy and toys. All pre-registered participants are guaranteed eggs and a special treat. Mr. and Mrs. Bunny will be there so bring your camera and a basket to carry your goodies home. Arrive by 5:30 to check in. We will only allow on-site registrations if openings exist. On site registration fee is \$10.00. **This event will go rain or shine! Dress for the weather, including boots.**



Code #	Date	Day	Time	R/NR Fee	Age
112450-1A	03/23	F	6:00 SHARP	\$5/\$8	1-6

Spring Fling Flashlight Egg Hunt for 6 to 11 year olds Marshbank Park Friday, March 23 8:30 pm SHARP

Eggstra, eggstra read all about it! An "egg-citing" twist on one of our most popular events, designed for our slightly older egg hunters. We have moved to Marshbank Park after dark, so bring your flashlight and be prepared to "really hunt" down those hidden treasures. Bring a basket to carry away all your goodies. Check in between 7:45 and 8:15pm. Event will begin at 8:30 SHARP. Don't forget your flashlight! **This event will go rain or shine, so dress for the weather - Don't forget boots!**

We will only allow on-site registrations if openings exist. On site registration fee is \$10.00.

Code #	Date	Day	Time	R/NR Fee	Age
112451-1A	03/23	F	8:30 pm SHARP	\$5/\$8	6-11



Special Events

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Mother Daughter Tea Sunday, April 15

Drake Community Building

Calling all mothers and daughters! Come spend an afternoon with "Just us girls". We will make a craft, drink tea and punch, eat tiny tea sandwiches and cookies then play Tea Bingo. Dress in "Your Sunday Best" and spend an enjoyable relaxing afternoon with your daughter, mom and/or grandmother. No Dads or little brothers allowed! Bring a tea cup if you have one, or we will have "loaners" available. Register early so that we can prepare craft items.



Location: Drake Comm. Room, Drake Sports Park

Code #	Date	Day	Time	R/NR Fee	Age
112580-1A	04/15	Su	2:00P-4:30P	\$12/\$17	6-Adult

West Bloomfield Parks and Recreation in partnership with the Greater West Bloomfield Historical Society presents the following at the Schulak Farm, 6889 W Maple Road

Drop Spindle 101

Participants will prepare sheep's wool and turn it into yarn using a low-whorl drop spindle. Along the way, you will hear history and trivia involving this ancient craft. For ages twelve and older.

Class limited to 8 participants. Reservations by Monday, March 5 to Carole, 313.929.3543.

Location: Schulak Farm, 6889 West Maple Road

Fee: \$5, free to GWBHS members & Time Travelers

Date: Saturday, March 10, 10:30 a.m - noon

Save the Date for These Upcoming Events

Bike Safety Day - Saturday, May 19 9 am to 12 pm

Drake Sports Park (change of location)

Father-Son "Go Fish" - Saturday, June 9

Marshbank Park Fishing Pier

Community Garden & OLDA

Community Garden for 2012

Put down some roots and come grow with us! Join your neighbors in growing your own farm fresh vegetables. There are 64 plots, approx. 450 sq. feet each, available at Karner Farm. Plots will be plow and disc by Memorial Day, possibly earlier depending on weather conditions. Call us at 248.451.1901 ext. 220 or email m_balewski@westbloomfieldparks.org to request an information sheet.

*Gardeners from last year will have the option to choose their same plot again this year beginning **January 16 through March 30, 2012**. After this date all plots will be released to those on the waiting list. Please call if you wish to be put on the waitlist for 2012

Plots ready by late May (through early October)

Fee: \$30 non-resident / resident discount fee \$25

\$20 senior rate (Age: 55 plus)

Age: Adults / Family

Karner Farm, 5911 Halsted Road

Community Garden meeting Thursday May 17, 7 pm at the Family Aquatic Center, 6200 Farmington Road

Off Leash Dog Park (OLDA) Renewal

In the winter of 2012 it will be mandatory for all those applying for a permit for the Off Leash Dog Area to attend one of the scheduled six meetings. These are informational meetings for both new and old permit holders or if you are just interested in getting information about the West Bloomfield Off Leash Dog Area.

Meeting Dates:

Thursday, January 19- 7 pm / Sunday, February 19 - 2 pm

Wednesday, February 29- 7 pm / Saturday, March 3- 11am

Monday, March 26- 7 pm / Saturday, April 28 - 11 am

After you have attended one of the meetings, your name will be put on a list as eligible to renew for the OLDA.

Eligibility requirements for the OLDA are as follows:

You must be a West Bloomfield Township Resident (Drivers License required)

You must be at least 18 years of age

You must bring proof of you 2012 Oakland County Dog License

You must bring proof of up-to-date vaccinations including Bordatella

You must completely fill out the Agreement/Waiver of Liability &

Indemnification Form

Fee is \$30 for the 2012 calendar year.

Renewals will not be permitted if the county dog license, vaccination papers and driver's license do not match exactly.

Pilates Mat

The same benefits of a traditional Pilates Mat class will be achieved. These include strengthening your abdominal and back muscles but without straining your body, improving posture and stretching. This class is for all fitness levels; first timers as well as those experienced in Pilates. If you have an injury or special issue with your upper body, such as neck or shoulder, lower back problems, osteopenia or osteoporosis, you will learn the proper way to exercise the core muscles in a safe and healthy way.

Location: Aerobics Room, Family Aquatic Center

Instructor: Lisa Fein

Code #	Date	Day	Time	R/NR Fee	Age
121260-1A	01/09-02/20	M	9:00A-10:00A	\$68/\$78	16-Adult
121260-1B	01/09-02/20	M	6:15P-7:15P	\$68/\$78	16-Adult
Early Registration Fee by 01/2: \$63/\$73					
121260-1C	01/11-02/22	W	9:00A-10:00A	\$68/\$78	16-Adult
Early Registration Fee by 01/4: \$63/\$73					
121260-2A	03/05-04/23	M	9:00A-10:00A	\$77/\$87	16-Adult
121260-2B	03/05-04/23	M	6:15P-7:15P	\$77/\$87	16-Adult
Early Registration Fee by 02/27: \$72/\$82					
121260-2C	03/07-04/25	W	9:00A-10:00A	\$77/\$87	16-Adult
Early Registration Fee by 02/29: \$72/\$82					

Arthritis Tai Chi

Beginning Tai Chi will be on Mondays with sessions running for five or six weeks. This Tai Chi class is designed for beginners of all ages and is especially beneficial for people with mild cases of arthritis. All of the movements are low impact, joint safe and require no previous experience. Tai Chi has been scientifically proven to lower blood pressure and increase oxygen in the blood. Tai Chi increases the vitality and strength of the muscle skeletal system through isometric exercises of the legs and increased oxygen to the cells and tissues. The Arthritis Foundation of Michigan supports this program.

Location: Dance Room, Family Aquatic Center

Instructor: Barbara Radford

Code #	Date	Day	Time	R/NR Fee	Age
125000-1A	01/09-02/20	M	10:00A-11:00A	\$47/\$52	18-Adult
Early Registration Fee by 01/2: \$42/\$47					
125000-1B	01/11-02/22	W	10:00A-11:00A	\$47/\$52	18-Adult
Early Registration Fee by 01/4: \$42/\$47					
125000-2A	03/05-04/23	M	10:00A-11:00A	\$53/\$58	18-Adult
Early Registration Fee by 02/27: \$48/\$53					
125000-2B	03/07-04/25	W	10:00A-11:00A	\$53/\$58	18-Adult
Early Registration Fee by 02/29: \$48/\$53					

Abs, Arms & Buns

NEW!

This workout is designed to tone, trim and strengthen and lift the arms, thighs, abs and buns. The exercises performed target specific muscle groups: upper body; arms, shoulders and chest; "Brazil Butt Lift" reshapes the glutes; and "Tummy Toners" flatten the stomach with core-conditioning exercises. This workout is fast paced, and the results are too. Learn the workout routines that top Sports Illustrated Models use to get into bikini ready shape! Please bring light hand weights and a mat.

Location: Dance Room, Family Aquatic Center

Instructor: Brooks Kelly

Code #	Date	Day	Time	R/NR Fee	Age
121382-1A	01/09-02/27	M	6:00P-7:00P	\$55/\$65	18-Adult
Early Registration Fee by 01/02: \$50/\$60					
121382-1B	01/10-02/28	Tu	9:30A-10:30A	\$55/\$65	18-Adult
Early Registration Fee by 01/3: \$50/\$60					
121382-1C	01/11-02/29	W	6:00P-7:00P	\$55/\$65	18-Adult
Early Registration Fee by 01/4: \$50/\$60					
121382-2A	03/12-04/30	M	6:00P-7:00P	\$55/\$65	18-Adult
Early Registration Fee by 03/5: \$50/\$60					
121382-2B	03/13-05/01	Tu	9:30A-10:30A	\$50/\$60	18-Adult
Early Registration Fee by 03/6: \$50/\$60					

Integrated Yoga- Level 1

This class is for beginning yoga students or for continuing yoga practitioners that want a basic level class regardless of prior experience, age or physical limitations. The focus will be alignment and foundation in order to create a safe practice as well as heal and prevent injuries. In this series we will playfully explore a variety of basic poses to build strength and create flexibility and balance in our body, mind, and spirit. Breathing techniques will be included as a tool to calm the mind. This class is therapeutic as well as fun. Please bring a yoga sticky mat and a firm blanket or large towel to class.

Katherine Schaefer has been teaching yoga since 1996. She brings a wealth of knowledge of anatomical alignment, yoga history and philosophy to her classes. In addition to being a yoga teacher she is a massage therapist, Reiki master/teacher and uses her years of experience working with injuries and limitations to facilitate others in recognizing and utilizing their own power to heal.

Location: Aerobics Room, Family Aquatic Center

Instructor: Katherine Schaefer

Code #	Date	Day	Time	R/NR Fee	Age
121210-1A	01/09-02/20	M	10:30A-12:00P	\$82/\$92	18-Adult
Early Registration Fee by 01/2: \$77/\$87					
121210-1B	01/11-02/22	W	7:00P-8:30P	\$82/\$92	18-Adult
Early Registration Fee by 01/4: \$77/\$87					
121210-2A	03/05-04/23	M	10:30A-12:00P	\$93/\$103	18-Adult
Early Registration Fee by 02/27: \$88/\$98					
121210-2B	03/07-04/25	W	7:00P-8:30P	\$93/\$103	18-Adult
Early Registration Fee by 02/29: \$88/\$98					

Register Early & Save \$\$\$

248.451.1900 or 248.451.1901

or Online at

www.WestBloomfieldParks.org

Integrated Yoga- Level 2

This class is for students who are familiar with yoga and are physically able and willing to perform intermediate poses such as handstand at the wall and deeper backbends. Must have taken at least 6 months of Level One classes or have the teacher's permission. In this series we will playfully explore a variety of basic and intermediate yoga poses. Please bring a yoga sticky mat and a firm blanket or large towel to class.

Location: Aerobics Room, Family Aquatic Center

Instructor: Katherine Schaefer

Code #	Date	Day	Time	R/NR Fee	Age
121212-1A	01/10-02/21	Tu	7:00P-8:30P	\$82/\$92	18-Adult
Early Registration Fee by 01/03: \$77/\$87					
121212-2A	03/06-04/24	Tu	7:00P-8:30P	\$88/\$98	18-Adult
Early Registration Fee by 02/28: \$88/\$98					

Intrgrated Yoga Therapy

This class is designed for anyone with pain, physical injuries, or limitations. Yoga postures and breathing techniques will be used to achieve optimal alignment in the body with a calming of the mind. Come learn some simple techniques to relieve discomfort, build strength and create balance in your body and mind. Please bring a yoga sticky mat and a blanket to class.

Location: Aerobics Room, Family Aquatic Center

Instructor: Katherine Schaefer

Code #	Date	Day	Time	R/NR Fee	Age
121211-1A	01/09-02/20	M	12:15P-1:45P	\$82/\$92	18-Adult
Early Registration Fee by 01/02: \$77/\$87					
121211-1B	01/12-02/23	Th	2:30P-4:00P	\$82/\$92	18-Adult
Early Registration Fee by 01/05: \$77/\$87					
121211-2A	03/05-04/23	M	12:15P-1:45P	\$93/\$103	18-Adult
Early Registration Fee by 02/27: \$88/\$98					
121211-2B	03/08-04/26*	Th	2:30P-4:00P	\$82/\$92	18-Adult
Early Registration Fee by 03/01: \$77/\$87					
*No Class 03/22					

Zumba Gold- Gentle Exercise

Have fun and get moving! Every exercise is low impact and may be adapted to fit your particular challenges. Our certified Zumba Gold fitness instructor will lead you through a Zumba Gold mix of safe and effective aerobic exercises designed to improve your overall strength, endurance and mobility. Adults of all ages and fitness levels welcome!

Location: Dance Room, Family Aquatic Center

Instructor: Marci Berlin

Code #	Date	Day	Time	R/NR Fee	Age
121390-1A	01/10-02/21	Tu	12:30P-1:15P	\$61/\$71	18-Adult
Early Registration Fee by 01/03: \$56/\$66					
121390-1B	01/12-02/23	Th	12:30P-1:15P	\$61/\$71	18-Adult
Early Registration Fee by 01/05: \$56/\$66					
121390-2A	03/06-04/24	Tu	12:30P-1:15P	\$69/\$79	18-Adult
Early Registration Fee by 02/28: \$64/\$74					
121390-2B	03/08-04/26	Th	12:30P-1:15P	\$64/\$74	18-Adult
Early Registration Fee by 03/01: \$64/\$74					

Bellydance Tone & Basics

It doesn't matter if you're not coordinated or have no rhythm, you'll dance better after this class for all levels and be on the road to a better body! And you'll gain knowledge, because while we're having fun and breaking down the ancient Lebanese, Egyptian, Turkish, Iraqi, Tunisian and Persian moves, you'll also be exposed to world music and world beats. All ages, shapes and sizes benefit from this class. If you've bellydanced before, you'll learn the moves and exercises used by the professional, authentic dancers. We'll even dance with veils.

Instructor Lana Mini teaches and performs worldwide and has worked with actor Patrick Swayze and danced for singer Usher. She's convinced anyone can learn to bellydance if they're in a supportive, light-hearted environment. Lana Mini shared the same teacher as pop singer Shakira.

Location: Dance Room, Family Aquatic Center

Instructor: Lana Mini

Code #	Date	Day	Time	R/NR Fee	Age
121230-1A	01/11-02/22*	W	6:30P-7:30P	\$68/\$78	16-Adult
Early Registration Fee by 01/04: \$63/\$73					
121230-2A	03/07-04/25	W	6:30P-7:30P	\$77/\$87	16-Adult
Early Registration Fee by 02/29: \$72/\$82					
*No Class 01/12					

Bellydance 2

Whether your brand new, or have bellydance experience, you will love this class that works the whole body: belly, arms, thighs and butt - without pain. At the same time, you will feel a new grace, femininity, power and beauty just by learning to dance hip shimmies while playing ancient and modern finger cymbal rhythms. Don't let the cymbals intimidate - we break everything down easily and use them during a portion of the class!

Location: Dance Room, Family Aquatic Center

Instructor: Lana Mini

Code #	Date	Day	Time	R/NR Fee	Age
121231-1A	01/11-02/22*	W	7:30P-8:30P	\$68/\$78	16-Adult
Early Registration Fee by 01/04: \$63/\$73					
121231-2A	03/07-04/25	W	7:30P-8:30P	\$77/\$87	16-Adult
Early Registration Fee by 02/29: \$72/\$82					
*No Class 01/12					

Zumba

ZUMBA your way to THIN! With Latin rhythm and easy to follow moves, you don't even have to know how to dance! Just move your body and follow my lead. I will break it down as easy as 1, 2, 3! The goal is simple: I want you to want to workout and love working out! So, come have a fun time and Zumba with me! No previous experience is needed to get the Zumba benefits.

Location: Dance Room, Family Aquatic Center

Instructor: Nita VanHook-Williams

Code #	Date	Day	Time	R/NR Fee	Age
121300-1A	01/10-02/21	Tu	6:30P-7:30P	\$75/\$85	16-Adult
Early Registration Fee by 01/03: \$70/\$80					
121300-2A	03/06-04/24	Tu	6:30P-7:30P	\$85/\$95	16-Adult
Early Registration Fee by 02/28: \$80/\$90					

Julie Levinson BFA, RYT has a Bachelor of Fine Arts in Dance and completed her yoga teacher training in 2000. Julie is also certified in "Yoga of The Heart", a yoga therapy program designed for cardiac and cancer patients. Julie has been teaching yoga and dance classes in the Detroit Metro area at yoga studios, senior centers and nursery schools. Bringing her scope of knowledge and experience and nurturing approach to her students. Julie is also employed at the Vita Wellness Center at Henry Ford Hospital WB. Julie is proud to have worked at West Bloomfield Parks and Recreation since 2000.

Restorative Yoga

This class is designed as an end of the day "rejuvenator" to reduce stress and tension in both mind and body. Wring out stress while strengthening and improving flexibility and mobility. This is a gentle yoga class with most poses performed reclining or seated on the floor. The use of hatha yoga postures, breath work and meditation are tools to move toward greater health and well-being. This class is for "every-body". Please bring a sticky mat, and blanket or beach towel to class.

Location: Aerobics Room, Family Aquatic Center

Instructor: Julie Levinson

Code #	Date	Day	Time	R/NR Fee	Age
121201-1A	01/10-02/21	Tu	5:30P-6:30P	\$75/\$85	16-Adult

Early Registration Fee by 01/03: \$70/\$80

121201-2A	03/06-04/24	Tu	5:30P-6:30P	\$85/\$95	16-Adult
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Early Registration Fee by 02/28: \$80/\$90

Yoga and More

This class is designed for "every-body" and focuses on the health benefits of yoga. This approach is an eclectic one drawing on many styles of yoga addressing both body and mind. Some of the benefits include: greater mobility, strength and flexibility. Studies have shown that yoga can ease stress, improve immune function, build bone density and lower blood pressure. The use of yoga postures, breath work and meditation are tools to move toward greater health and well-being. Please bring a yoga sticky mat, and blanket or beach towel to class.

Location: Aerobics Room, Family Aquatic Center

Instructor: Julie Levinson

Code #	Date	Day	Time	R/NR Fee	Age
121200-1A	01/10-02/21	Tu	10:15A-11:15A	\$75/\$85	16-Adult

Early Registration Fee by 01/03: \$70/\$80

121200-1B	01/12-02/23	Th	10:15A-11:15A	\$75/\$85	16-Adult
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Early Registration Fee by 01/05: \$70/\$80

121200-2A	03/06-04/24	Tu	10:15A-11:15A	\$85/\$95	16-Adult
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Early Registration Fee by 02/28: \$80/\$90

121200-2B	03/08-04/26	Th	10:15A-11:15A	\$85/\$95	16-Adult
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Early Registration Fee by 03/01: \$80/\$90

Team

Weight Loss

NEW!

Are you sick of dieting? Do you feel like there is no hope? Weight loss can be frustrating. This program is designed to help participants understand the multiple dimensions contributing to their weight gain. Through group discussions, demos, and educational lectures, participants will be on their way to weight loss success. Each member will be required to keep a food and exercise journal. Please bring a notebook to the first class.

Alissa Thompson is a Registered Dietician through the American Dietetic Association. She earned her Bachelor's of Science in Dietetics from Michigan State University and completed her Didactic Internship through Wayne State University. She currently works with Dr. Howard Rosenberg at Hiller Chiropractic. Alissa is dedicated to improving people's health and wellness through comprehensive nutrition consulting that celebrates a healthy approach towards daily nutrition.

Location: Recreation Activities Center

Instructor: Alissa Thompson

Code #	Date	Day	Time	R/NR Fee	Age
120880-1A	01/12-02/16	Th	6:30P-8:00P	\$100/\$110	18-Adult
120880-1B	01/12-02/16	Th	12:00P-1:00P	\$100/\$110	18-Adult

Early Registration Fee by 01/05: \$90/\$100

120880-2A	03/01-04/12*	Th	6:30P-8:00P	\$100/\$110	18-Adult
120880-2B	03/01-04/12*	Th	12:00P-1:00P	\$100/\$110	18-Adult

Early Registration Fee by 02/23: \$90/\$100

120880-3A	04/26-05/31	Th	6:30P-8:00P	\$100/\$110	18-Adult
120880-3B	04/26-05/31	Th	12:00P-1:00P	\$100/\$110	18-Adult

Early Registration Fee by 04/19: \$90/\$100

***No Class 04/05**

Be free





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from
PAIN &
STIFFNESS

Cox Spinal Decompression is the **proven effective** treatment for *disc bulges, herniations, leg pain, low back and neck pain.*

Call Dr. Howard Rosenberg—West Bloomfield's *only* **certified Cox® Spinal Decompression Specialist.**

Hiller is unique! See video at hillerchiro.com



Hiller
Chiropractic

2081 Hiller Road @ Greer, W. Bloomfield | 248-681-6804 | www.hillerchiro.com
Participating provider BC/BS, MESSA, Cofinity, Medicare, commercial plans

Target Toning Workshop

NEW!

Start your new year off right with this one-time demonstration class! Whether you're trying to jump-start your weight loss program, get over your fitness plateau, or just maintain your great results, this is the fastest, most versatile program to help you get there!!

SIGN UP FOR THE AREA YOU WANT TO WORK ON OR SIGN UP FOR THE WHOLE WORKSHOP

Location: Recreation Activities Center
Instructor: Angie Kielar

ARMS - DON'T LET ANYONE CALL YOU "Batgirl" -- in a reference to the fat on the back of your arms. Let me teach you the exercises that will firm and tone your arms without bulking them up!

Code #	Date	Day	Time	R/NR Fee	Age
121383-1A	01/14	Sa	11:00A-11:15A	\$10/\$15	18-Adult

GET YOUR BRAZILIAN BUTT WITHOUT SURGERY!!! - This workout system is designed to reduce, shape and lift your behind- works all 3 major buttocks muscles and includes lower-body sculpting moves that are cardiovascular, melting away fat.

Code #	Date	Day	Time	R/NR Fee	Age
121383-1B	01/14	Sa	11:15A-11:30A	\$10/\$15	18-Adult

TUMMY TUCK! - Lose weight around the abdominal region with the non-surgical tummy tuck method. Let me teach you how to get flat, sexy abs quickly!!!

Code #	Date	Day	Time	R/NR Fee	Age
121383-1C	01/14	Sa	11:30A-11:45A	\$10/\$15	18-Adult

OPTION FOR ALL THREE SECTIONS OF THIS WORKSHOP

Code #	Date	Day	Time	R/NR Fee	Age
121383-1D	01/14	Sa	11:00A-11:45A	\$20/\$25	18-Adult

Total Body Conditioning

Build muscle, strengthen bones, and burn more calories for safe, fast results with joint-friendly training all set to energetic music. With the use of weights and band resistance, sculpt and strengthen your muscles. Wear athletic shoes; bring mat, light hand weights, resistance band and water.

Location: Banquet Room, Family Aquatic Center
Instructor: Fitness Factory

Code #	Date	Day	Time	R/NR Fee	Age
121270-1A	01/10-02/21	Tu	7:00P-8:00P	\$68/\$78	16-Adult

Early Registration Fee by 01/03: \$63/\$73

121270-2A	03/06-04/24	Tu	7:00P-8:00P	\$77/\$87	16-Adult
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Early Registration Fee by 02/28: \$72/\$82

Tai Chi Yang Style- Beginning & Intermediate

Tai Chi is internal martial arts from ancient China. Yang Style Tai Chi is the most widely Tai Chi practiced form in the world. Its gentle and graceful circle motions can help relax the mind and body, relieves stress, tension and develops balance, flexibility and tones muscles. Tai Chi prevents osteoporosis, rheumatoid arthritis and boosts your energy level. Achieve a higher level of physical fitness and self defense abilities. Please wear comfortable loose clothing and rubber sole shoes.

Location: Banquet Room, Family Aquatic Center
Instructor: Han Hoong Wang

Code # **Date** **Day** **Time** **R/NR Fee** **Age**
Beginning

120090-1A	01/14-02/25	Sa	9:00A-10:00A	\$54/\$59	18-Adult
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Early Registration Fee by 01/07: \$49/\$54

120090-2A	03/10-04/21*	Sa	9:00A-10:00A	\$47/\$52	18-Adult
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Early Registration Fee by 03/03: \$42/\$47

Intermediate

120090-1B	01/14-02/25	Sa	10:00A-11:00A	\$54/\$59	18-Adult
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Early Registration Fee by 01/07: \$49/\$54

120090-2B	03/10-04/21*	Sa	10:00A-11:00A	\$47/\$52	18-Adult
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Early Registration Fee by 03/03: \$42/\$47

***No Class 03/31**

Tai Chi Chen- Advanced

Chen Style Tai Chi is a high-level martial art that satisfies many of the multi-faceted demands of human life. While its primary role is self-defense, Chen Style Tai Chi offers precious wisdom in regards to health and artistic expression by providing an education deeply grounded in kinetics, medical science, physiology, body mechanics, psychology, philosophy and aesthetics. Please wear comfortable loose clothing and rubber sole shoes. Not for beginners.

Location: Banquet Room, Family Aquatic Center
Instructor: Han Hoong Wang

Code # **Date** **Day** **Time** **R/NR Fee** **Age**

120092-1A	01/14-02/25	Sa	11:00A-12:00P	\$54/\$59	18-Adult
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Early Registration Fee by 01/07: \$49/\$54

120092-2A	03/10-04/21*	Sa	11:00A-12:00P	\$47/\$52	18-Adult
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Early Registration Fee by 03/03: \$42/\$47

***No Class 03/31**

Register Early & Save \$\$\$
248.451.1900 or 248.451.1901
or Online at
www.WestBloomfieldParks.org

10 Adult Aquatic Fitness

Winter Indoor Open Swim Regular Open Swim Hours Winter 2012 December 1 to April 28 No Open swim December 23 through January 8

Monday, Wednesday and Thursday 10:30-12pm
Friday 10 to 11:30
Saturday 1-3pm
Lap Swim every Wednesday from 9:40 to 10:15

If there is no one paid within the first hour of the scheduled open swim time, it will be cancelled for that day. On Saturdays, if no one has paid by 2 pm open swim will be cancelled for the day. Please call 248-451-1901 before you come.

Ages: 6 months-Adult
Fee: \$3 / non-resident \$5
Remember!!!! Groups of 3 or more are \$5, up to 6 people.

Aquatics Arthritis Foundation

Does arthritis have you beached? Get active again starting in a swimming pool where the buoyancy of the water puts much less stress on your painful joints. This program is great for those who suffer from osteoarthritis, rheumatoid arthritis or related conditions. Exercises are aimed at endurance building, muscle strengthening and improving range of motion. This class also provides a friendly, fun atmosphere in which participants can make new friends and try new activities.

Location: Indoor Pool, Family Aquatic Center
Instructor: Barbara Radford

Code #	Date	Day	Time	R/NR Fee	Age
125020-1A	01/09-02/20	M	12:00P-1:00P	\$47/\$52	18-Adult
125020-1B	01/11-02/22	W	12:00P-1:00P	\$47/\$52	18-Adult
125020-1C	01/12-02/23	Th	12:00P-1:00P	\$47/\$52	18-Adult

Early Registration Fee by 01/02; 01/04; 01/05: \$42/\$47

125020-2A	03/05-04/23	M	12:00P-1:00P	\$53/\$58	18-Adult
125020-2B	03/07-04/25	W	12:00P-1:00P	\$53/\$58	18-Adult
125020-2C	03/08-04/26	Th	12:00P-1:00P	\$53/\$58	18-Adult

Early Registration Fee by 02/27; 02/29; 03/01: \$48/\$53

Aqua Tai Chi

This warm water workout combines the best of yoga, Pilates and Tai Chi in a joint friendly workout. We will stretch and tone muscle to improve your strength and flexibility. This program is great for those who suffer from osteoarthritis, rheumatoid arthritis or related conditions. Exercises are aimed at endurance building, muscle strengthening and improving range of motion. Tai Chi has been scientifically proven to lower blood pressure and increase oxygen in the blood. Tai Chi increases the vitality and strength of the muscle skeletal system through isometric exercises of the legs and increased oxygen to the cells and tissues.

Location: Indoor Pool, Family Aquatic Center
Instructor: Barbara Radford

Code #	Date	Day	Time	R/NR Fee	Age
125010-1A	01/13-02/24	F	11:30A-12:30P	\$47/\$52	18-Adult

Early Registration Fee by 01/06: \$42/\$47

125010-2A	03/09-04/27	F	11:30A-12:30P	\$53/\$58	18-Adult
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Early Registration Fee by 03/02: \$48/\$53

Water Aerobics

This low-impact workout offers high-calorie output and cardiovascular conditioning without joint stress. Water resistance strengthens muscles, and both deep water and shallow water techniques and resistance equipment enhance range of motion and build additional strength. Work at your own pace in this group activity. Participants must be able to swim and be in chest deep water.

Location: Indoor Pool, Family Aquatic Center
Instructor: Cindy Krizmanich

Code #	Date	Day	Time	R/NR Fee	Age
123210-1A	01/09-02/20	M	6:45P-7:45P	\$54/\$59	18-Adult

Early Registration Fee by 01/02: \$49/\$54

123210-2A	03/05-04/23	M	6:45P-7:45P	\$61/\$71	18-Adult
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Early Registration Fee by 02/27: \$56/\$66

Adult Water Exercise

This low impact workout offers high calorie output and cardiovascular conditioning without joint stress. You do not need to know how to swim to join this class.

Location: Indoor Pool, Family Aquatic Center
Instructor: Marci Berlin

Code #	Date	Day	Time	R/NR Fee	Age
123010-1A	01/09-02/20	M	8:30A-9:30A	\$61/\$71	18-Adult
123010-1B	01/11-02/22	W	8:30A-9:30A	\$61/\$71	18-Adult
123010-1C	01/13-02/24*	F	8:30A-9:30A	\$61/\$71	18-Adult

Early Registration Fee by 01/02; 01/04; 01/06: \$56/\$66

123010-2A	03/05-04/23	M	8:30A-9:30A	\$69/\$79	18-Adult
123010-2B	03/07-04/25	W	8:30A-9:30A	\$69/\$79	18-Adult
123010-2C	03/09-04/27	F	8:30A-9:30A	\$69/\$79	18-Adult

Early Registration Fee by 02/27; 02/29; 03/02: \$64/\$74

*No Class 01/28, 02/04

Hydrotone

This class works on toning the entire body by using resistance equipment such as belts, boots, noodles and arm weights. Any level can participate in this fun and challenging class.

Location: Indoor Pool, Family Aquatic Center
Instructor: Marci Berlin

Code #	Date	Day	Time	R/NR Fee	Age
123030-1A	01/09-02/20	M	9:30A-10:20A	\$61/\$71	16-Adult

Early Registration Fee by 01/02: \$56/\$66

123030-2A	03/05-04/23	M	9:30A-10:20A	\$69/\$79	16-Adult
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Early Registration Fee by 02/27: \$64/\$74

Register Online @ www.WestBloomfieldParks.org

Knitting 101

Have you seen the gorgeous hand-knits that your friends are making and wanted to learn to knit? Here's a six-week class that will teach you the basics of knitting. The classes will cover techniques essential to knitting, from start to finish, in an organized, progressive sequence. You'll receive a sampling of all techniques, casting on, stitches, decreases, increases, gauge, etc. Before long you'll be able to make useful items for family, friends, as well as yourself! Knitting is a two-handed process that will quickly become easier with a little practice.

Location: Living Room, Schulak Farm

Instructor: Katherine Ligon

Code #	Date	Day	Time	R/NR Fee	Age
121030-1A	01/11-02/22	W	10:00A-12:00P	\$65/\$75	18-Adult

Early Registration Fee by 01/04: \$60/\$70

121030-2A	03/07-04/18	W	10:00A-12:00P	\$65/\$75	18-Adult
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Early Registration Fee by 02/29: \$60/\$70

Knitting 202

Here is a six-week intermediate class for the students who wants to progress beyond the basics. The class will cover techniques essential to knitting a vest with collar shaping from start to finish, in an organized, progressive sequence. The students learn additional casting on methods, gauge, reading patterns, measuring for size selection, decreases, increases, seams, etc. Before long the students will be able to make garments for family, friends as well as themselves!

Location: Living Room, Schulak Farm

Instructor: Katherine Ligon

Code #	Date	Day	Time	R/NR Fee	Age
121040-1A	01/11-02/22	W	1:00P-3:00P	\$65/\$75	18-Adult

Early Registration Fee by 01/04: \$60/\$70

121040-2A	03/07-04/18	W	1:00P-3:00P	\$65/\$75	18-Adult
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Early Registration Fee by 02/29: \$60/\$70

Quilt Making 101

Here's the six-week class that you've been waiting to take! You've always wanted to learn how to quilt and this your chance. Learn the essential techniques, start to finish, while making a beautiful Irish Chain (wall hanging or crib size) quilt. You'll use quick rotary cutting, machine piecing quilt assembly. Homework will be assigned. Come to the first class BEFORE you purchase your fabric. Supply list will be provided when you register.

Location: Living Room, Schulak Farm

Instructor: Katherine Ligon

Code #	Date	Day	Time	R/NR Fee	Age
121070-1A	01/09-02/13	M	10:00A-12:00P	\$65/\$75	18-Adult

Early Registration Fee by 01/02: \$60/\$70

121070-2A	03/05-04/09	M	10:00A-12:00P	\$65/\$75	18-Adult
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Early Registration Fee by 02/27: \$60/\$70

Eat. Learn. Live.

EXPERIENCE HEALTHY COOKING IN A WORLD-CLASS DEMONSTRATION KITCHEN – ONLY AT HENRY FORD WEST BLOOMFIELD HOSPITAL

Henry Ford West Bloomfield Hospital is proud to feature cooking classes in our 90-seat demonstration kitchen. Learn to prepare flavorful, nutritious meals from our renowned culinary team, including registered dietitians, physicians and chefs.

Whether you have special medical needs or are just interested in healthy, everyday living, we have the class for you. Recipes for cancer treatment and prevention, gluten-free dishes, options for healthy senior living, solutions for diabetics and heart patients, and simple sushi ideas are just some of the topics we discuss. We even offer a DK KIDS program designed to educate children on making healthy food choices.

To view a full listing of classes or for more information, call (248) 325-3890 or visit HenryFordWestBloomfield.com.



HENRY FORD
WEST BLOOMFIELD
HOSPITAL



To Register Call
248.451.1900 or 248.451.1901
or Online at
www.WestBloomfieldParks.org

12

Adult Recreation

Oil Painting

Beginners and experienced artists will learn the rules of composition, color theory, value, the use of mediums and how to frame a finished painting. Through demonstrations and individual instruction you will discover your own unique style. Work from a still life set up, from a photo reference or paint what you see outdoors at beautiful Shulak Farm. Supply list available at registration.

Location: Sun Room, Schulak Farm

Instructor: Fran Seikaly

Code #	Date	Day	Time	R/NR Fee	Age
121010-1A	01/12-02/16	Th	10:00A-12:30P	\$95/\$105	18-Adult

Early Bird Fee by 01/04: \$90/\$100

Pastel Painting

Fabulous color, rich luminosity and beautiful renderings are all features of working with soft pastels (colored chalks). Learn how to layer your pastels, use warm and cool colors and lights and darks to create depth and interest. Individualized instruction is given along with demonstrations. Work from a still life set up or your own photo for reference. Supply list available at registration.

Location: Sun Room, Schulak Farm

Instructor: Fran Seikaly

Code #	Date	Day	Time	R/NR Fee	Age
121110-1A	01/20-02/24	F	10:00A-12:30P	\$95/\$105	All Ages

Early Registration Fee by 01/13: \$90/\$100

Drawing

Schulak Farm is the perfect setting for artists to develop their drawing skills. Learn all the fundamentals of drawing with an emphasis on expressive line, the four basic shapes, proportion shading to show volume, 1, 2, and 3 point perspective, drapery, reflective surfaces, rendering heads, and hands and positive and negative shapes. Individualized instruction. Supply list available at registration.

NEW!

Location: Sun Room, Schulak Farm

Instructor: Fran Seikaly

Code #	Date	Day	Time	R/NR Fee	Age
121120-1A	03/02-04/27	F	10:00A-12:00P	\$110/\$120	18-Adult

Early Registration Fee by 02/24: \$105/\$115

Watercolor

Need a leisurely activity to fulfill those creative urges? Then decompress at Kathy's Leisure Time Art class. Get away from it all and learn to paint with watercolors. Kathy, an award winning, professional artist, will demonstrate a new painting and a new watercolor technique each week. These courses mix a palate of interactive fun with common household items such as salt, plastic wrap, and sponges to create you masterpiece and forget your troubles. Go for it! Materials are not included. Supply list is available at registration.

Location: Room 101, Recreation Activities Center

Instructor: Kathy Boltz-Phillips

Code #	Date	Day	Time	R/NR Fee	Age
121000-1A	03/07-04/25	W	9:00A-12:00P	\$110/\$120	18-Adult
121000-1B	03/07-04/25	W	6:00P-9:00P	\$115/\$120	18-Adult

Early Registration Fee by 02/29: \$105/\$115

Jewelry Design Beginning

NEW!

Wouldn't you love to learn how to make that perfect piece of jewelry to go with your favorite outfit, be able to create the perfect gift for friends or even earn an income for doing something you love to do? If so, this jewelry design program is just for you. Class participants will learn beginning beading techniques to create stunning bracelets and earrings that your friends will truly envy. Our unique program will also provide education on how to shop for supplies: the right tools, bead sizes, styles, colors and more. No other jewelry class is easier, more educational or affordable!

No previous experience needed for this beginning class. A separate material fee of \$40 is required at the first class by cash or check, payable to the instructor, Stacey Brown. Materials will be made available at the start of each class, so please plan to arrive at least 15 minutes early. Tools will be available to borrow during class. Light refreshments included.

Location: Room 101, Recreation Activities Center

Instructor: Stacey Brown, Jewelry Heavenly Handmade

code #	Date	Day	Time	R/NR Fee	Age
121130-1A	01/19-01/26	Th	6:15P-8:45P	\$49/\$54	18+

Early Registration Fee by 01/12: \$44/\$49

code #	Date	Day	Time	R/NR Fee	Age
121130-2A	03/08-03/15	Th	6:15P-8:45P	\$49/\$54	18+

Early Registration Fee by 01/12: \$44/\$49

Jewelry Design Intermediate

NEW!

This class is for students who want to progress beyond the basic beading techniques. Class participants will learn how to create double and triple strand designs, attach jump rings and other various components, create loops and more. Imagine the excitement of creating a beautiful bracelet, earrings, and necklace set to take home and enjoy or to give as a wonderful gift. You'll be amazed at where your creativity will take you! Participants will need to have taken a previous beginners beading class in order to take this course.



A separate material fee of \$60 is required at the first class by cash or check, payable to the instructor, Stacey Brown. Materials will be made available at the start of each class, so please plan to arrive at least 15 minutes early. Light refreshments included.

Location: Room 101, Recreation Activities Center

Instructor: Stacey Brown, Jewelry Heavenly Handmade

Code #	Date	Day	Time	R/NR Fee	Age
121131-1A	02/09-02/23	Th	6:15P-8:45P	\$71/\$81	18+

Early Registration Fee by 02/02: \$66/\$76

Code #	Date	Day	Time	R/NR Fee	Age
121131-2A	03/29-04/19*	Th	6:15P-8:45P	\$71/\$81	18+

Early Registration Fee by 03/22: \$66/\$76

***No Class 04/05**

Jewelry Design Advanced

NEW!

For those who just can't get enough of jewelry making and want to take it to the next level, this is a course you will not want to miss! Advance jewelry techniques will be used to create the most impressive jewelry designs imaginable. Learning techniques will include either peyote or wire wrapping designs. Participants will need to have taken a previous beginners beading class in order to take this course.

A separate materials fee of \$70 is required at the first class by cash or check, payable to the instructor, Stacey Brown. Materials will be made available at the start of each class, so please plan to arrive at least 15 minutes early. Light refreshments included.

Location: Room 101, Recreation Activities Center

Instructor: Jewelry Heavenly Handmade

Code #	Date	Day	Time	R/NR Fee	Age
221132-1A	05/03-05/17	Th	6:15P-8:45P	\$71/\$81	18+

Early Registration Fee by 04/26: \$66/\$76

Jewelry Entrepreneurship

NEW!

Economy getting you down and you're looking for ways to earn income for your jewelry designs but don't know how to get started? Have you always dreamed of owning your own business? Let us show you the solutions that will help you launch a rewarding career in jewelry sales. Class participants will learn the "must know" basic business tips such as business structures and legal considerations, pricing your creations, choosing the right venues to sell your products, marketing and branding, communication and presentation, common mistakes to avoid, organizational skills/time management and business resources. Creating the ideal jewelry table display is included as a team class project. Materials and light refreshments included.

Location: Room 101, Recreation Activities Center

Instructor: Jewelry Heavenly Handmade

Code #	Date	Day	Time	R/NR Fee	Age
221133-1A	05/19	Sa	9:00A-1:30P	\$55/\$65	18+

Early Registration Fee by 05/12: \$50/\$60

Private Guitar Lessons for Adults or Youth

The Music Studio provides "True Music Education" that inspires each student's learning process, enhances their understanding of music principles, and allows students to experience fulfillment in their accomplishments as musicians. With 30 years of teaching experience, The Music Studio of West Bloomfield offers guitar lessons for beginning through advanced levels of students as well as professional musicians. Bring your iPods and/or compact discs of your favorite songs and learn how to play them on your guitar. Lessons are available on Thursdays from 3:00-8:00 pm in half hour increments. Fee is \$150 per six week session. Call West Bloomfield Parks and Recreation at 248.451.1900 to register and arrange for your lesson time. There is a \$14 materials fee payable to the instructor at the first lesson.

Location: Recreation Activities Center

Instructor: Wayne Mrdjjenovich

***No Class 04/05**

Ballroom Beginning

In this course students will learn four graceful and elegant American style dances: Foxtrot, Waltz, Rumba, and Swing. This class will introduce you to the basic steps, timing and style of each dance as well as provide several eye catching sequences. Soon you will be gliding effortlessly across the floor. Dress shoes are preferred footwear. It is recommended that you register with a partner, but it is not required.

Location: Room 102, Recreation Activities Center

Instructor: Karmin Kuehnel

Code #	Date	Day	Time	R/NR Fee	Age
120340-1A	01/10-02/28	Tu	7:00P-8:00P	\$85/\$95	18-Adult

Early Registration Fee by 01/03: \$80/\$90

120340-2A	03/13-05/01	Tu	7:00P-8:00P	\$85/\$95	18-Adult
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Early Registration Fee by 03/06: \$80/\$90

Popular Hustles

Learn popular hustle dances that are done in most American Clubs, parties, and social events. Hustles are a form of line dancing with a variety of moves and turns. It is not necessary to have a partner. (Please no shoes with rubber soles.) Individuals and couples are welcome.

Location: Recreation Activities Center

Instructor: Byron Johnson

Code #	Date	Day	Time	R/NR Fee	Age
120290-1A	01/12-02/09	Th	7:30P-8:30P	\$50/\$55	All Ages

Early Registration Fee by 01/05: \$45/\$50

120290-2A	03/08-04/05	Th	7:30P-8:30P	\$50/\$55	All Ages
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Early Registration Fee by 03/01: \$45/\$50

Motown Ballroom

This unique and popular style of ballroom dance stems from the "Baby Boom" generation and is done in some of the most popular night spots. It is a combination of the Social and the Cha-Cha. You will learn the basic ballroom steps and several dance combinations. (Please no shoes with rubber soles.) It is not necessary to have a partner. Individuals and couples are welcome.

Location: Room 102, Recreation Activities Center

Instructor: Byron Johnson

Code #	Date	Day	Time	R/NR Fee	Age
120260-1A	01/12-02/23	Th	6:30P-7:30P	\$60/\$70	18-Adult

Early Registration Fee by 01/05: \$55/\$65

120260-2A	03/08-04/19	Th	6:30P-7:30P	\$60/\$70	18-Adult
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Early Registration Fee by 03/01: \$55/\$65

Bridge Novice Duplicate

It is played in clubs, leagues, back hall and neighborhood parks in Edith Wharton Novels. Now it is played here. Join this relaxed non-competitive novice game of bridge for intermediate and advanced players. This program is conducted year round. Because this activity is a drop in program, pre-registration is not required, "No master points". Drop in fee of \$1 at the door.

The room will be closed on March 22 for AARP Tax preparation.

Location: Room 101, Recreation Activities Center

Instructor: Wayne Mrdjjenovich

Code #	Date	Day	Time	R/NR Fee	Age
121751-1A	01/05-04/26*	Th	1:00P-3:30P	\$1/\$1	18-Adult

***No Class 03/22**

14

Adult Recreation

These firearm safety classes are presented in cooperation with the West Bloomfield Police Department. All classes are held at their office, 4530 Walnut Lake Road in the WB Civic Center Complex.

Firearms Safety and CPL Certification

Instructors from the West Bloomfield Police Department, will teach the fundamentals of pistol shooting and safety, including live fire exercises, in their computerized, climate-controlled indoor range. Instructors are full-time officers, NRA and state-certified firearms instructors who have attended some of the top ranked firearms schools in the country. Topics include controlling violent confrontations, firearms, and the law. Firearm and ammunition provided at no additional cost. Receive your CPL certification from the experts! Pizza lunch provided.

Location: WB Police Department

Instructor: WB Police Officers

Code #	Date	Day	Time	R/NR Fee	Age
120670-1A	01/28	Sa	8:00A-6:00P	\$165/\$175	18-Adult

Early Registration Fee by 01/21: 05 \$160/\$170

120670-2A	03/24	Sa	8:00A-6:00P	\$165/\$175	18-Adult
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Early Registration Fee by 03/17: \$160/\$170

Advanced Training for CPL

Instructors from the West Bloomfield Police Department will provide training that goes beyond what is taught in the basic Firearms Safety/CPL courses. Students will receive live-fire training on a state of the art CAPS (Canadian Academy of Practical Shooting) DVD simulator. After receiving instruction on appropriate use of force, students will use their firearm and ammunition on life-size video scenarios. Additional topics covered include proper firearms safety, maintenance, and cleaning. Each student will be provided with a take home cleaning kit. Students must have a valid Michigan Concealed Pistol License, and should bring the handgun they use for protection along with 50 rounds of ammunition they have selected for self-defense. Pizza lunch provided

Location: WB Police Department, WB Police Department

Instructor: WB Police Officers

Code #	Date	Day	Time	R/NR Fee	Age
120671-1A	02/12	Su	9:00A-5:00P	\$165/\$175	18-Adult

Early Registration Fee by 02/05: \$160/\$170

Women's Firearm Safety

Instructors from the West Bloomfield Police Department will teach the fundamentals of pistol shooting and safety, including live fire exercises, in their computerized, climate-controlled indoor range. Instructors are full-time officers, NRA and state-certified firearms instructors who have attended some of the top ranked firearms schools in the country. Topics include controlling violent confrontations, firearms, and the law. Firearm and ammunition provided at no additional cost. Receive you CCW certification from the experts! Pizza lunch is provided.

Location: WB Police Department, WB Police Department

Instructor: WB Polic Officers

Code #	Date	Day	Time	R/NR Fee	Age
120700-1A	04/29	Su	8:00A-5:00P	\$170/\$180	18-Adult

Early Registration Fee by 04/22: \$165/\$175

Buying HUD and Foreclosed Property

Learn about buying homes for less than \$20,000! The time has never been better! The class will address the benefits and advantages of HUD (government owned properties) and foreclosures

Location: Recreation Activities Center

Instructor: Georgia Kapsalis

Code #	Date	Day	Time	R/NR Fee	Age
120510-1A	02/13	M	6:30P-8:30P	\$25/\$30	18-Adult

Early Registration Fee by 02/06: \$20/\$25

NEW!

Understanding the Property

Tax Appeal Process

Learn how property values are accessed and the process to appeal at the local Board of Review and the Michigan State Tax Tribunal.

Location: Recreation Activities Center

Instructor: Georgia Kapsalis

Code #	Date	Day	Time	R/NR Fee	Age
120511-1A	02/15	W	6:30P-8:30P	\$20/\$25	18-Adult

Early Registration Fee by 02/08: \$15/\$20

NEW!

Real Estate Basics for Beginners

Buy Low-Sell High. 70% of the richest people in the world made their money in real estate. So where do you begin? This class will allow you to understand why this is the "best market" to invest in real estate, how to get "deals on foreclosures," and the advantages of being a landlord in today's market.

Additional Material Fee of \$30 for book to be paid at class.

Location: Recreation Activities Center

Instructor: Georgia Kapsalis

Code #	Date	Day	Time	R/NR Fee	Age
120512-1A	02/27	M	6:30P-8:30P	\$40/\$45	18-Adult

Early Registration Fee by 02/20: \$35/\$40

NEW!

Landlord-Rent for Maximal Profit

Whether you are a first time or seasoned landlord you should know how to rent "right". The focus of the class will be on obtaining quality tenants that pay on time and take care of your home, standard contracts, the credit and verification process, and more.

Additional Material Fee of \$30 for book to be paid at class.

Location: Recreation Activities Center

Instructor: Georgia Kapsalis

Code #	Date	Day	Time	R/NR Fee	Age
120513-1A	02/29	W	6:30P-8:30P	\$40/\$45	18-Adult

Early Registration Fee by 02/22: \$35/\$40

NEW!

How to Get Mortgage Financing for Home Owners and Investors

Learn how to qualify and apply for homeowner and investor financing. Understand the breakdown of costs involved and how to ensure you find the best financing.

Location: Recreation Activities Center

Instructor: Georgia Kapsalis

Code #	Date	Day	Time	R/NR Fee	Age
120514-1A	03/19	M	6:30P-8:30P	\$25/\$30	18-Adult

Early Registration Fee by 03/12: \$20/\$25

NEW!

Financial Planning Basics

The Priceless Papers Inventory

Learn the importance of gathering and organizing “priceless” documents and information about you and your family. This is part of Step 1 in the financial planning process - gathering data - and crucial in providing a foundation in your overall financial plan. Do you have your “Priceless Papers Inventory” in order? Do you know where your “priceless papers” are? Are they safe and who should have the originals or copies? Could you or other family members locate your priceless papers? A complimentary “Priceless Papers Inventory” will be provided to participants.

This workshop will be presented by Terri Price of Paramount Financial who has over 20 years of experience in leading the design, development and delivery of nationwide financial education and preretirement planning programs.

Location: Recreation Activities Center

Instructor: Terri Price

Code #	Date	Day	Time	R/NR Fee	Age
122020-1A	01/09-01/30	M	6:30P-8:30P	FREE	18-Adult

Bankruptcy

The Good, the Bad and the Unexpected

Attorney Dennis A. Brodsky will discuss the various aspects of Bankruptcy and Bankruptcy avoidance. He will describe the differences between the two types of bankruptcies individuals typically file, Chapter 7 cases and Chapter 13 cases. He will explain the time elements so you will know if you should file now, file later or never file. He will answer questions such as can I save my house, can I keep my car and how does bankruptcy affect my credit? Mr. Brodsky is the owner of A Fresh Slate, PLC. He has been helping individuals and small businesses with their financial difficulties for over 15 years. Mr. Brodsky received his Board Certification in Consumer Bankruptcy Law from the American Board of Certification. He welcomes your questions and comments. He will provide a packet of information for all attendees.

Location: Recreation Activities Center

Instructor: Dennis Brodsky

Code #	Date	Day	Time	R/NR Fee	Age
126122-1A	01/24	Tu	6:30P-8:30P	\$15/\$20	18-Adult

Early Registration Fee by 01/17: \$10/\$15



**BE AN EARLY BIRD
and SAVE!
register early!**

**To avoid late fees, register at least
7 days before class starts.
Late Fee of \$5 will be added to
any late registration**

Getting Paid To Talk

Have you ever been told that you have a great voice?

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

This class is informative, lots of fun and a great first step for anyone interested in voice acting professionally. We have created a new web accessible page with detailed information specifically about this class. You will find detailed information about class content, answers to common questions and general information about the voice acting field. www.voicecoaches.com/gptt

Location: Room 101, Recreation Activities Center

Instructor:

Code #	Date	Day	Time	R/NR Fee	Age
122040-1A	03/12	M	6:30P-9:00P	\$30/\$35	18-Adult

Early Registration Fee by 03/05: \$25/\$30

Senior Recreation

Creative Life Writing

Do you have a passion to write? Are you finding it hard to make a start? Are you already a writer, but want to polish your prose, sharpen your structure? Do you want to use your own experience as the basis for fiction writing? If you want to write about your life, whether for yourself or for others, this class will give you the tools. Share stories about your life and learn creative life writing from other people who are writing about their lives. We all have a story to tell, and here is a way to do it. Join retired creative writing instructor, Fran Knorr, as she instructs and coaches you to making your personal history come alive. There will be a \$5.00 registrations fee for this class to cover the cost of paper and printing for the attendees. There is a maximum number of participants for this program, so please register early.

Location: Room 102, Recreation Activities Center

Instructor: Fran Knorr

Code #	Date	Day	Time	R/NR Fee	Age
126050-1A	01/12-03/01	Th	1:00P-3:00P	\$5/\$5	35-Adult
126050-2A	03/08-04/26	Th	1:00P-3:00P	\$5/\$5	35-Adult

**To Register Call
248.451.1900 or 248.451.1901
or Online at
www.WestBloomfieldParks.org**

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Senior Recreation

Open Game Room

What's the name of your game? Cards, Bridge, Euchre, Pinochle, Rummy, Board games like Checkers, Chess, Backgammon, Mahjong, Dominos or any other games you wish. Bring your fellow players and relax in the friendly confines of the Recreation Activities Center. Donations are requested for refreshments or bring your own. This is a drop-in program, registration is not required. The program is sponsored by West Bloomfield Nursing Center. *If you are planning on bringing a group of 10 or more people please call one week in advance so that we may make accommodations for your group.*

Location: Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
126020-1A	01/09-04/30*	M	11:00A-4:00P	\$1/\$1	All Ages
126020-1B	01/03-04/24	Tu	11:00A-4:00P	\$1/\$1	All Ages

*No Class 03/26

Senior Lunch & Movie

The Birmingham Uptown Palladium 12 Film Theatre is pleased to offer seniors an enjoyable "AFTERNOON AT THE MOVIES". This outing includes a gourmet buffet lunch in the Uptown Palladium 12's Premiere Entertainment Auditorium dining room, tickets to a first-run movie with seating in the luxurious leather-clad seated auditorium with adjoining side tables and complimentary popcorn and beverages throughout the film. Limited seating is available so register early. If the registration minimum is not met by the registration deadline this trip may be cancelled. Note: Movies will be selected three weeks prior to the showing date. Registration Deadline is January 13 and March 16.

Location: Recreation Activities Center

Chaperon: Jean Pilon

Code #	Date	Day	Time	R/NR Fee	Age
126090-1A	01/17	Tu	11:15P-3:00P	\$24/\$29	50-Adult
126090-2A	03/20	Tu	11:00A-3:00P	\$24/\$29	50-Adult

I Hear it's Your Birthday

Come join us and celebrate your birthday with other West Bloomfield residents. We will gather the last Tuesday of each month to celebrate this historic event in our lives. Cake and other goodies will be served. This is a great way to meet some new friends. This activity takes place during our open game room. Just drop in, registration is not required. Dates: January 31, February 28, March 27 & April 24

Location: Room 101, Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
126040-1A	01/31-04/24	Tu	11:00A-4:00P	\$1/\$1	50-Adult



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DSO Friday Coffee Concerts

Enjoy a morning at the Detroit Symphony Orchestra. All seats are on main floor within the first four rows of the stage. Cost includes round trip transportation to the Max M. Fisher Music Center. The bus will leave the Recreation Activities Center at 9:15 am in time to have a quick beverage and pastry, at own expense before the performance and return by 2 pm. There will be no refunds on tickets purchased for these concerts. Smart Bus pickup and return is available for these concerts.

January 13- Gershwin and the American Songbook

The "Fascinatin' Rhythms" of George Gershwin will fill Orchestra Hall as Ann Hampton Callaway sings the very best from the Gershwin songbook. The New York Times declares, "For sheer vocal beauty, no contemporary singer matches Ms. Callaway." Hear her sing all your favorites. 'S Wonderful... 'S Marvelous.

March 9- A Sci-Fi Spectacular

Renowned pops conductor Jack Everly brings an out of this world production featuring music from Star Wars, Star Trek, Close Encounters of the Third Kind, The Day the Earth Stood Still and more. Complete with an appearance by Mr. Sulu himself, George Takei!

April 13- Viva Italia

Special guest vocalists Poperazzi take you on a tour of sunny Italy. Hear them sing Italian classics, thrilling arias, Neapolitan songs and more. With tributes to Mario Lanza, Pavarotti, Sinatra and Frankie Valli. Plus, music from The Godfather. Now that's an offer you can't refuse!

April 27- A Tribute to Elvis

Legendary Elvis tribute artist Kraig Parker joins the DSO for a new production fit for "the King." Put on your blue suede shoes and thrill to all your Elvis favorites including Jail House Rock, Heartbreak Hotel, Suspicious Minds, and more!

Location: Recreation Activities Center

Chaperon: West Bloomfield Parks & Recreation Staff

Code #	Date	Day	Time	R/NR Fee	Age
January 13- Gershwin and the American Songbook					
125590-1A	01/13	F	9:15A-2:00P	\$46/\$51	50-Adult
March 9- A Sci-Fi Spectacular					
125590-2B	03/09	F	9:15A-2:00P	\$46/\$51	50-Adult
April 13- Viva Italia					
125590-3A	04/13	F	9:15A-2:00P	\$46/\$51	50-Adult
April 27- A Tribute to Elvis					
125590-4A	04/27	F	9:15A-2:00P	\$46/\$51	50-Adult

Sensational Shopping

Join West Bloomfield Parks and Recreation visiting great destinations for a day of shopping, browsing and lunch. "Plus, it's great exercise!" All trips are scheduled for Thursdays, and depart from the Recreation Activities Center at 9:30 am. Shopping will be until 2:30 pm when we depart for home. The \$4 fee includes roundtrip transportation from the RAC. Registration deadline is the Friday before the trip.

Location: Recreation Activities Center

Chaperon: West Bloomfield Parks & Recreation Staff

January - IKEA

Their shopping concept is unique compared to other home furnishing stores; they offer lots of tips on how to use their products in your home. Each week, they showcase four room-sets where you can browse and tag your favorite IKEA products.

Code #	Date	Day	Time	R/NR Fee	Age
126310-1A	01/26	Th	9:30A-3:00P	\$4/\$4	50-Adult

February - Oakland Mall

This enclosed shopping mall is located in the city of Troy. The mall features about 120 stores, including a food court, plus several big box stores on the periphery.

Code #	Date	Day	Time	R/NR Fee	Age
126310-1B	02/23	Th	9:30A-3:00P	\$4/\$4	50-Adult

March - Southland Center

Southern Wayne County's optimal shopping experience with the latest styles from Charlotte Russe, Vanity, American Eagle, Express, The Buckle and many, many more exciting stores! Hungry? Take a break and treat yourself to an array of eateries throughout the mall.

Code #	Date	Day	Time	R/NR Fee	Age
126310-1C	03/29	Th	9:30A-3:00P	\$4/\$4	50-Adult

April- Great Lakes Crossing

Plan to start early and stay late because there is an impressive amount of outlet shopping to be done at Gap Outlet, DKNY Outlet, Off 5th and more. But with over 200 stores, your shopping adventures are truly endless. Keep an eye out for out-of season clearance racks where some of the best deals can be found. For the hungry shopper, make it a point to explore the massive food court or one of the many theme restaurants.

Code #	Date	Day	Time	R/NR Fee	Age
126310-1D	04/26	Th	9:30A-3:00P	\$4/\$4	50-Adult

2012 Winter Spring Travel ESCAPADES TRAVEL

The title "Group Travel" does not mean you need to be a member of a group to travel with Escapades Travel. In fact on a trip with us, you become a member of the bus group that's enjoying that trip together. We invite you to join any of our trip groups. "Group Travel" describes many travel benefits available to the group: lower prices on hotels, shows, tours, transportation. Trip arrangements are made for you. The following trips are available with Escapades Travel this winter and spring. Pickups for West Bloomfield residents will be the Novi Civic Center 45175 Ten Mile Road (Just east of Novi High School).

**For costs and trip information is available on flyers at the Recreation Activities Center
4640 Walnut Lake Road
West Bloomfield Parks and Recreation
or online @
www.WestBloomfieldParks.org
under the Escapades Travel button**



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EXCITING EXCURSIONS

North American Auto Show

Experience the next generation of transportation at the 2012 North American International Auto Show. See more than 500 vehicles on display, representing the most innovative designs in the world and experience North America's largest and most prestigious automotive showcase. Lunch will be on your own as you tour the exhibits at this year's event.

Location: Bus, Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
126150-1A	01/19	Th	9:00A-3:00P	\$20/\$25	50-Adult

Early Registration Fee by 01/12: \$15/\$20

DIA Rembrandt

Rembrandt and the Face of Jesus brings together for the first time many of Dutch master Rembrandt van Rijn's finest paintings, prints and drawings that portray Jesus and events described in the Bible. The exhibition of 64 works includes approximately 50 small, intimate paintings, prints and drawings by Rembrandt and his students revealing how Rembrandt broke from traditional 17th-century representations of Jesus. The exhibition is organized by the DIA, the Musée du Louvre, and the Philadelphia Museum of Art. Tour the remaining exhibits at the DIA. Lunch is on your own.

Location: Bus, Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
126151-1A	02/10	F	9:30P-4:00P	\$20/\$25	50-Adult

Early Registration Fee by 02/03: \$15/\$20

Tour Leader Dogs for the Blind

Travel to the Leader Dogs for the Blind Training facility in Rochester. Founded by three Detroit area Lions Clubs members in 1939, Leader Dogs for the Blind provides guide dogs to people who are blind and visually impaired to enhance their mobility, independence and quality of life. Each year, over 270 students attend our 26-day residential training program to be paired with a guide dog. This is a life-changing event that opens the door to independence, safety and self-worth for many of our students. We'll also take time to enjoy lunch, on your own, at a downtown Rochester restaurant.

Location: Bus, Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
126152-1A	03/13	Tu	10:00A-3:30P	\$11/\$13	50-Adult

Early Registration Fee by 03/06: \$6/\$8

Pamper Party

It's a Pamper Party!! Affirmations Holistic Arts will be offering Massage Therapy, Foot Detox, Ear Candling, Angel Card Readings, Foot Massages or Mini-Facials as well as light refreshments and entertainment.

You may choose up to four of the services for a very special day of fun and pampering!! You will pay for your services directly to the Spa when you get there. Cost for each service will be \$20.00

Location: Bus, Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
126153-1A	04/16	M	9:00A-3:00P	\$12/\$14	50-Adult

Early Registration Fee by 04/09: \$7/\$9

Restaurant Ramblers

Do you enjoy food, good company and a little bit of travel? Then join this "out to lunch bunch" as we make the reservations and provide the transportation while you choose what to eat and pay for the meal. This is a great way for new residents of the area to get acquainted with their neighbors. Trips are scheduled to leave from the Recreation Activities Center, 4640 Walnut Lake Road. Advance registration is required. "No refunds on cancellations". **Walk in registration be taken at the Recreation Activities Center starting at 7:30 am on Wednesday, December 14. Phone reservations will be taken after 10:00 am on that date.**

Location: Recreation Activities Center
Chaperon: West Bloomfield Parks & Recreation Staff

Code #	Date	Day	Time	R/NR Fee	Age
Rocky's - Northville					
126030-1A	01/04	W	11:00A-3:00P	\$4/\$6	50-Adult
126030-1B	01/06	F	11:00A-3:00P	\$4/\$6	50-Adult
126030-1C	01/11	W	11:00A-3:00P	\$4/\$6	50-Adult
Lily's - Royal Oak					
126030-2A	01/18	W	11:00A-3:00P	\$4/\$6	50-Adult
126030-2B	01/20	F	11:00A-3:00P	\$4/\$6	50-Adult
126030-2C	01/25	W	11:00A-3:00P	\$4/\$6	50-Adult
Volare - Wixom					
126030-3A	02/01	W	11:00A-3:00P	\$4/\$6	50-Adult
126030-3B	02/03	F	11:00A-3:00P	\$4/\$6	50-Adult
126030-3C	02/08	W	11:00A-3:00P	\$4/\$6	50-Adult
Masters - Madison Heights					
126030-4A	02/15	W	11:00A-3:00P	\$4/\$6	50-Adult
126030-4B	02/17	F	11:00A-3:00P	\$4/\$6	50-Adult
126030-4C	02/22	W	11:00A-3:00P	\$4/\$6	50-Adult
Sohpia's - Farmington					
126030-5A	02/29	W	11:15A-3:00P	\$4/\$6	50-Adult
126030-5B	03/02	F	11:15A-3:00P	\$4/\$6	50-Adult
126030-5C	03/07	W	11:15A-3:00P	\$4/\$6	50-Adult
PF Chang's - Troy					
126030-6A	03/21	W	11:00A-3:00P	\$4/\$6	50-Adult
126030-6B	03/23	F	11:00A-3:00P	\$4/\$6	50-Adult
126030-6C	03/28	W	11:00A-3:00P	\$4/\$6	50-Adult
Dearborn Inn - Dearborn					
126030-7A	04/04	W	11:00A-3:00P	\$4/\$6	50-Adult
126030-7B	04/06	F	11:00A-3:00P	\$4/\$6	50-Adult
126030-7C	04/11	W	11:00A-3:00P	\$4/\$6	50-Adult
Karl's Cabin - Plymouth					
126030-8A	04/18	W	11:00A-3:00P	\$4/\$6	50-Adult
126030-8B	04/20	F	11:00A-3:00P	\$4/\$6	50-Adult
126030-8C	04/25	W	11:00A-3:00P	\$4/\$6	50-Adult

Lunch & Senior Safety

Join the us for lunch with a safety presentation by a West Bloomfield Police Department staff. Following the presentation, lunch will be served and give you a casual setting to ask additional questions about Senior Safety.

Home Security Survey

A member of the West Bloomfield Police will talk about ways for you to examine your home to increase your feeling of security by use of proper lighting, locks, windows etc. Lunch is included.

Location: Banquet Room, Family Aquatic Center
Instructor: WB Police Staff

Code #	Date	Day	Time	R/NR Fee	Age
124313-1A	02/22	W	11:00A-12:00P	\$5/\$7	50-Adult

Travel Safety

This class is designed to help you protect yourself and your property as you travel this great country of ours, or if you choose to go to another land as well. Lunch is included.

Location: Banquet Room, Family Aquatic Center
Instructor: WB Police Staff

Code #	Date	Day	Time	R/NR Fee	Age
124312-1A	03/28	W	11:00A-12:00P	\$5/\$7	50-Adult

Identity Theft

Nothing is more important than your name and reputation. Identity theft is a growing problem that is difficult to eradicate because modern technology allows the criminal to steal your identity in your own community or from the other side of the world. This class will instruct you on the things you can do to help reduce your risks. Remember it is not a matter of "if" you will be victimized, but "when" will you be victimized. Also, we will discuss the newest scam alert: the Grandparents Scam, which is similar to the overseas lottery scam of the past. Lunch is included.

Location: Banquet Room, Family Aquatic Center
Instructor: WB Police Staff

Code #	Date	Day	Time	R/NR Fee	Age
124310-1A	04/11	W	11:00A-12:00P	\$5/\$7	50-Adult

AARP Tax Prep

It's back! Free tax counseling and help preparing your 2011 tax returns is available for all tax payers with middle and low income. Special attention will be given to those aged 60 and over. AARP trained volunteers will help you complete both federal and state forms. Please bring: a copy of last year's tax forms; W-2 forms; 1099's Social Security statement, income and dividend statements. E-filing is available. Appointments should last between 1 and 2 hours depending on your filing. The dates that this service will be provided will be: Thursday, March 22, Friday, March 23, Monday, March 26 and Tuesday, March 27. Appointments should be scheduled between the hours of 9:00 am and 4:00 pm. Please call 248.451.1900 to schedule your appointment.

Location: Recreation Activities Center
Counselors: AARP Volunteer

To Register Call
248.451.1900 or 248.451.1901
or Online at
www.WestBloomfieldParks.org

Computers Learn to Organize Pictures, Files, Folders and Emails **NEW!**

Are your files, digital pictures, emails, and information scattering everywhere on your computer? Learn to create folders and get organized. Instructor Mike Wilson will demonstrate how to create an orderly system and locate pictures and files. Discover how to download and copy files from the Internet. Find out how to save files and projects on your computer, CDs, and flash drives, and easily find them. Also learn how to copy, move, and relocate files and folders. See a demonstration on arranging and deleting emails. Also search for misplaced files and locate them. (Handouts will be given.)

Location: Room 102, Recreation Activities Center

Instructor: Michael Wilson

Code #	Date	Day	Time	R/NR Fee	Age
120544-1A	01/12-01/19	Th	9:30A-12:00P	\$45/\$50	50-Adult

Early Registration Fee by 01/05: \$40/\$45

Learn the Computer ABCs for Your Digital Camera **NEW!**

For those the who Don't Have a Clue

Do you know the difference between auto setting and scene mode? How about the 10 most basic used universal camera icons? Instructor Mike Wilson and class will cover these and other basic camera features. Also, see a demonstration on how to edit photos using highlight, contrast, red-eye reduction and special effects. Get free on-line photo-editing software for your computer. Learn how to transfer pictures from your camera to your computer. We will also explore helpful websites. In addition, instructor will demonstrate how to attach and send a picture with an e-mail.

Location: Room 101, Recreation Activities Center

Instructor: Michael Wilson

Code #	Date	Day	Time	R/NR Fee	Age
120543-1A	02/03-02/10	F	9:30A-11:30A	\$45/\$50	50-Adult

Early Registration Fee by 01/26: \$40/\$45

Computers I Need Help - One "Help! I Have A Computer and I Don't Know What to Do Next!?"

Meet computer author and instructor Mike Wilson and follow along with him through your 100-page, easy to understand, step-by-step, large print take-home book. The book and two-hour demonstrational class are designed for mature and recent learners! Your patient instructor (who has taught hundreds of seniors) will cover topics such as: basic e-mail and attachments; printing, playing music and DVDs, copy and pasting, transferring camera pictures, finding good free games, using pictures as desktop backgrounds, keyboard shortcuts, and more as time allows! The book has easy instructions on basic features too numerous to mention here. Seniors...don't miss this class! Coffee and refreshments are on us!

This course is an IBM based class these instructions my not translate for Mac and Apple users.

Location: Room 102, Recreation Activities Center

Instructor: Michael Wilson

Code #	Date	Day	Time	R/NR Fee	Age
120540-1A	04/04	W	9:30A-11:30A	\$25/\$30	50-Adult

Early Registration Fee by 03/28: \$25/\$30

Computers I Need Help - Two "Help! I Have A Computer and I Don't Know What to Do Next!?"

Meet computer author and instructor Mike Wilson and follow along with him through your 100-page, easy to understand, step-by-step, large print take-home book. The book and two-hour demonstrational class are designed for mature and recent learners! Your patient instructor (who has taught hundreds of seniors) will cover topics such as: basic e-mail and attachments; printing, playing music and DVDs, copy and pasting, transferring camera pictures, finding good free games, using pictures as desktop backgrounds, keyboard shortcuts, and more as time allows! The book has easy instructions on basic features too numerous to mention here. Seniors...don't miss this class! Coffee and refreshments are on us! This course is an IBM based class these instructions my not translate for Mac and Apple users.

Location: Room 102, Recreation Activities Center

Instructor: Michael Wilson

Code #	Date	Day	Time	R/NR Fee	Age
120541-1A	04/11	W	9:30A-11:30A	\$25/\$30	50-Adult

Early Registration Fee by 04/04: \$20/\$25

Computers I Need Help - Three "Help! I Have A Computer and I Don't Know What to Do Next!?"

This is session III (a continuation from the introduction, and Part II series above). You may continue with instructor Mike Wilson and class, and explore even more computer instructions, using the book you have purchased. (The book has easy instructions on basic features too numerous to mention here.) This computer series is a comprehensive approach for recent and mature learners.

This course is an IBM based class these instructions my not translate for Mac and Apple users.

Location: Room 102, Recreation Activities Center

Instructor: Michael Wilson

Code #	Date	Day	Time	R/NR Fee	Age
120542-1A	04/18	W	9:30A-11:30A	\$25/\$30	50-Adult

Early Registration Fee by 04/11: \$20/\$25

To Register Call
248.451.1900 or
248.451.1901
or Online at
www.WestBloomfieldParks.org



Stretch and Tone is low impact exercise for seniors that meets on Tuesday and Thursday mornings.

Ageless Grace

The Ageless Grace® program-21 Simple Tools for Lifelong Comfort and Ease - can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions and spirit. All of the exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic-there's no need to learn any special choreography. Each of the 21 Tools focuses on different anti-aging techniques, e.g., joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence, and playfulness. The easy-to-learn Tools of Ageless Grace® promote the "Three Rs" of lifelong comfort and ease-not reading, 'riting' and 'rithmetic-but the ability to respond, recover and react efficiently and safely.

NEW!

Location: Recreation Activities Center

Instructor: Patricia Scott

Code #	Date	Day	Time	R/NR Fee	Age
*Section 1A is a trial class for individuals to come and experience the class.					
*125040-1A	01/11	W	9:30A-10:15A	FREE	50+
125040-1B	01/18-03/07	W	9:30A-10:15A	\$69/\$79	50+

Early Registration Fee by 01/11: \$64/\$74

Intermediate Line Dance

Whatever your age or your shoe size, you'll fit in and be able to join this fun and entertaining program. These dances involve a variety of different steps, including many elements of popular dance forms. With its roots in country and western dancing, line dancers now step their dance routines to a wide variety of popular music. The great thing about Line Dancing is that you not only dance as a part of a group or line but also as an individual. It is easy to pick up the initial moves, so it appeals to a wide variety of people. Line Dancing encourages everyone to get on the floor. This is a drop in program; participants must sign in at the door, fee is \$4. Participants should wear comfortable clothing and shoes.

Location: Room 102, Recreation Activities Center

Instructor: Joyce Blumer

Code #	Date	Day	Time	R/NR Fee	Age
126080-1A	01/06-04/27	F	11:00A-12:00P	\$4/\$4	18-Adult

Stretch and Tone

Stretch and Tone is a fun and enjoyable hour of low impact exercise activity offered year around by instructor, Vicki Palace. This program uses aerobic exercise with the addition of light hand held weights to maintain strength and fitness. Participants should wear comfortable clothing and gym shoes. There is no charge for this drop in program but participants must sign in at the door.

Location: Gym, The Corners

Instructor: Victoria Palace

Code #	Date	Day	Time	R/NR Fee	Age
126010-1A	01/03-04/26	Tu,Th	9:00A-10:00A	Free	50+

Bowenwork Therapy

BowenWork therapy is a unique and a very gentle form of bodywork that cannot be compared with any other modality. It utilizes the body's innate self-healing intelligence and ability of the body to repair and heal without forceful manipulations and corrections. 80% of the body's functions are performed by autonomic nervous system (ANS) like breathing, blood circulation, digestion, and the proper functioning of body's 100 trillion cells without our awareness. Thousands of biochemical, electrical, electromagnetic and energetic reactions take place in our body every second so we can exist in harmony. HOW POWERFUL AND AMAZING IS THIS! That is what exactly BowenWork therapy taps into. Gentle moves delivered on specific location on muscles, nerves, ligaments and tendons send a signal to the central nervous system. The integrated response of the gentle touch resets and renews the brain body connections and evokes deep relaxation so that brain can initiate repair mechanisms to begin the healing process.

NEW!

Location: Recreation Activities Center

Instructor: Surrinder Arora

Code #	Date	Day	Time	R/NR Fee	Age
126110-1A	01/25	W	9:30A-10:30A	FREE	50 +
126110-1B	01/25	W	7:00P-8:00P	FREE	18-Adult

Drop In Senior Bowling

If you need an afternoon out this is the program for you. Join other mature adults for some fun and maybe a few laughs at Sylvan Lanes, 2355 Orchard Lake Road on Monday's from 1-3:30 pm for drop in senior bowling. This is not a league but just a group of energetic people out to have a good time. Cost for this afternoon of fun is \$4.30 for three games. There is an extra cost if you need to rent shoes.

Senior Softball

Time to start dusting off the old glove an cleats; purchase a new bottle of liniment just in time for the open of the 2012, 55 and Over Softball season. Teams will compete against 55 plus teams from other Oakland County communities. Practices will begin the week of April 1 at Community Sports Park on Keith Road at 10:00 am (Weather Permitting). We will not take individual registrations all players must be on one of the teams. If we have more players than teams we will try to form an additional team. Home games are played at the West Bloomfield Community Sports Park on Keith Road. Players must sign up through the team managers. For additional information call the West Bloomfield Parks and Recreation office and ask for Denny 248-451-1900.

Location: Community Sports Park

Code #	Date	Day	Time	R/NR Fee	Age
224000-1A	04/02-08/17	M,W	10:00A-12:00P	\$60/\$70	55-Adult

22 Adaptive Recreation

Martial Arts Therapy

Open to all individuals with learning disabilities or special needs. We'll target balance, coordination, sequencing, spatial awareness and motor skills. Physical clearance by a doctor is required before participation and a caregiver must be present at each class in most circumstances.

Location: Aerobics Room, Family Aquatic Center

Instructor: Dave Reicher

Code #	Date	Day	Time	R/NR Fee	Age
103010-1A	01/09-02/20*	M	5:00P-6:00P	\$105/\$105	11-Adult
103010-2A	03/05-04/23	M	5:00P-6:00P	\$120/\$120	11-Adult

***No Class 02/21**

Adaptive Water Exercise

Join us in the pool for this low impact workout. You do not have to know how to swim in order to be a part of the program. This program is for individuals with developmental disabilities with or without physical disabilities. Caregivers must be in attendance and can participate in the class, but do not have to pay.

Location: Indoor Pool, Family Aquatic Center

Instructor: FAC Staff

Code #	Date	Day	Time	R/NR Fee	Age
103050-1A	01/11	W	7:30P-8:20P	\$5/\$5	13-Adult
103050-2A	01/25	W	7:30P-8:20P	\$5/\$5	13-Adult
103050-3A	02/01	W	7:30P-8:20P	\$5/\$5	13-Adult
103050-4A	02/08	W	7:30P-8:20P	\$5/\$5	13-Adult
103050-5A	02/22	W	7:30P-8:20P	\$5/\$5	13-Adult
103050-6A	03/07	W	7:30P-8:20P	\$5/\$5	13-Adult
103050-7A	03/14	W	7:30P-8:20P	\$5/\$5	13-Adult

Dinner, Swim and a Movie

Jump In! Get out of the house Friday night and attend an evening of swimming, dinner and a movie. After we go for a dip in our heated pool we will enjoy a meal and a movie. This program is open to all those with special needs. Caregivers do not pay however must be in attendance. This program is generously sponsored by Friends of West Bloomfield Parks and Recreation.

Location: Banquet Room, Family Aquatic Center

Instructor: FAC Staff

Code #	Date	Day	Time	R/NR Fee	Age
103040-1A	01/20	F	5:00P-9:30P	\$2/\$2	13-Adult
103040-2A	02/17	F	5:00P-9:30P	\$2/\$2	13-Adult
103040-3A	03/30	F	5:00P-9:30P	\$2/\$2	13-Adult
103040-4A	04/20	F	5:00P-9:30P	\$2/\$2	13-Adult

My Chance to Dance

**Family Aquatic Center, 6200 Farmington Road
Saturdays at 12:30 pm**

C.C. Plus, Dance for Fun and Fitness is an ongoing program into the New Year. The program "My Chance to Dance" is a special needs dance/exercise program for physically and / or developmentally disabled children and adults. Each dance is choreographed with easy, repetitive movements to help build on success and avoid failure. Parents and caregivers are encouraged to participate, those with wheelchairs and walkers are encouraged to attend.

For more information call Peggy DiMercurio, 586-801-4902 or mdimercurio@wowway.com

No classes on: 12/24, 12/31, 1/7, 3/3, 5/5 and 5/26

**To Register Call
248.451.1900 or 248.451.1901
or Online at
www.WestBloomfieldParks.org**

Transportation

The West Bloomfield Parks and Recreation Commission and SMART provide transportation for West Bloomfield Township residents who are senior citizens, age 55 and over, and persons under the age of 55 with a disability.

- Transportation is available to West Bloomfield Parks and Recreation programs.
- Transportation is available for Medical Transports within West Bloomfield Township and up to six miles outside of the township.
- Transportation is available for Non-Medical Transports within West Bloomfield Township and up to one mile outside of the township.
- Transportation is available Monday thru Friday from 8:15 am - 4 pm.
- Transportation cost is \$1 each way.

**To schedule a transport call
248.706.2411**

Monday through Friday, from 8:30 am - 12:30 pm

Lunch and Learn at the RAC

Join us for an engaging program while enjoying a tasty lunch with friends. The second Monday of each month we will be providing a delicious sandwich lunch with assorted sides and beverages along with an hour long educational program to enrich and entertain. Each month will feature a different topic, register for all four programs and save \$5 off! Advanced registration is required by 12 pm the Friday before each program so food and seating can be arranged accordingly. Thank you.

Topics:

NEW!

January 9th: Owls of Michigan

February 13th: The Nature of Chocolate (includes chocolate tasting)

March 12th: Coyotes, Our Urban Adaptor

April 9th: Isle Royale: Michigan's National Park

Location: Room 102, Recreation Activities Center

Instructor: Laurel Zoet, Parks Naturalist/Dennis Troshak

Code #	Date	Day	Time	R/NR Fee	Age
124320-1A	01/09	M	12:00P-1:30P	\$12/\$15	18-Adult
124320-1B	02/13	M	12:00P-1:30P	\$12/\$15	18-Adult
124320-1C	03/12	M	12:00P-1:30P	\$12/\$15	18-Adult
124320-1D	04/09	M	12:00P-1:30P	\$12/\$15	18-Adult
124320-2A	All 4 days	M	12:00P-1:30P	\$43/\$55	18-Adult

Nature School

Nature School for Homeschoolers!

Back by popular demand and with updated curriculum focus!

Join our naturalist one Tuesday a month for this progressive, hands-on program that will use birds as the focus for a variety of learning experiences. All students will engage in activities that were created by the Cornell Lab of Ornithology and include the observations of living things, collecting data, learning how to participate in "Citizen Science" as well as games, creative writing, stories, science experiments and much more! With birds being the single topic focus, each nature school session will build on the previous month's class yet each class will introduce new lessons and activities so register for one or all! Guaranteed to enhance your homeschool curriculum in a whole new way. Nature School covers Michigan curriculum standards and benchmarks in a fun, exciting way! Follow-up activity packets are provided for parents/guardians to take home. Due to the size of the Nature Nook, registration is limited.

To help with organization of supplies and handouts, registration is required for both parents and students. No day of registration is permitted. A small reading corner and activity station is provided for younger siblings if needed.

Location: Nature Nook, Recreation Activities Center

Instructor: Laurel Zoet, Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
128980-1A	01/24	Tu	10:00A-11:30A	\$2/\$3	5-Adult
128980-1B	02/21	Tu	10:00A-11:30A	\$2/\$3	5-Adult
128980-1C	03/20	Tu	10:00A-11:30A	\$2/\$3	5-Adult
128980-1D	04/24	Tu	10:00A-11:30A	\$2/\$3	5-Adult

Nature Nook - Open Hours

West Bloomfield's one-room nature center inside the Recreation Activities Center, the Nature Nook features hands-on activities, educational videos, nature themed story books and live animals. It's a GREAT place for people of all ages to get their nature questions answered and to learn about the plants and animals that live right here in southeast Michigan. We have 70+ acres of natural land behind the building offer great nature trails to walk and explore. Our naturalist and docents will be on hand to answer your nature questions. No registration required and best of all- IT'S FREE!! In addition to the Wednesdays and Saturdays listed below, the Nature Nook is open other Saturdays as we have volunteers available. Watch for our "critter" signs out on the Civic Center Blvd. as you visit the library or follow us on Facebook by becoming a fan of the West Bloomfield Nature Nook.

***Please Note - Children must be accompanied by an adult at all times in the Nature Nook. Thank you.**

Location: Nature Nook, Recreation Activities Center

Hosts: Laurel Zoet and Nature Nook Docents

Code #	Date	Day	Time	R/NR Fee	Age
128990-1A	01/11	W	1:00P-4:00P	FREE	All Ages
128990-1B	01/14	Sa	1:00P-4:00P	FREE	All Ages
128990-2A	02/08	Sa	1:00P-4:00P	FREE	All Ages
128990-2B	02/11	Sa	1:00P-4:00P	FREE	All Ages
128990-3A	03/07	W	1:00P-4:00P	FREE	All Ages
128990-3B	03/10	Sa	1:00P-4:00P	FREE	All Ages
128990-4A	04/11	W	1:00P-4:00P	FREE	All Ages
128990-4B	04/14	Sa	1:00P-4:00P	FREE	All Ages
128990-5A	Assorted Sa and Su		1:00P-4:00P	FREE	All Ages

Owl Walk

Join our naturalist for a close-up look at owls, one of nature's most amazing birds and learn why they are so vocal on such cold winter nights. This program will begin in the Nature Nook so you can see an owl first hand and learn about all the adaptations that help them own the night. We will then drive over to the West Bloomfield Woods and Nature Preserve to hike on the trail and attempt to call in live owls for a closer look. This program is designed for groups no larger than 16, so pick the date that works best for you and register early.



Nature Nook's red Eastern Screech Owl.

Location: Nature Nook, Recreation Activities Center

Instructor: Laurel Zoet, Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
129300-1A	01/20	F	7:00P-8:30P	\$11/\$12	8-Adult
Early Registration Fee by 01/13: \$6/\$7					
129300-1B	01/21	Sa	7:00P-8:30P	\$11/\$12	8-Adult
Early Registration Fee by 01/14: \$6/\$7					

Women's Winter Activities Weekend

This program is for ladies only, so grab your mom, daughter, or girlfriend and share this unique experience with them. Seats will go fast, so sign up today!

This incredibly unique program will have you traveling north to Mancelona, Michigan in order to fully enjoy a unique, up-north experience. We will depart on Friday and stay in a cozy cottage at the Cedar Bend Farm, located on 107 acres along the Cedar River. After a healthy breakfast, we will visit the owners of "Russ-Stick Acres" and Last Chance Kennel where you will participate in a group instruction about dogsledding. This hands-on experience will have you handling the dogs and learning about the sled equipment and the sport of mushing. You will then take a ride on the sled - solo. We will return to Cedar Bend Farm for lunch and then you can spend the afternoon snowshoeing, cross country skiing, sledding or curled up by the fire with a favorite book. We will head home after brunch Sunday morning. This incredible, highly-specialized experience will be limited to just 8 participants, so early registration is highly recommended.

Location: Tour Bus, Recreation Activities Center

Host: Laurel Zoet, Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
128030-1A	01/27-01/29	Su,F,Sa	4:00P-5:00P	\$265/\$275	12-Adult

Registration Deadline is January 20th.

Going Green for Wildlife **NEW!**

The second full week in March is National Wildlife Week and in honor of our planet's diverse, wild friends, our naturalist is going to take a closer look at some simple, everyday changes you can make in order to be "green" for wildlife. Everything from the coffee you drink, the way you wash your car and the plants you purchase for your yard can have an impact on wildlife. This fun-filled interpretive program will offer up creative, and EASY, ideas to help you be more "green" while helping wildlife around the world at the same time!

Location: Nature Nook, Recreation Activities Center

Instructor: Laurel Zoet, Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
128960-1A	03/15	Th	7:00P-8:00P	\$7/\$8	18-Adult

Early Registration Fee by 03/08: \$2/\$3

Search for Woodcocks

Woodcock are a type of bird with a stunning aerial display used by the males to impress the females each spring. We will meet inside the Nature Nook for the opportunity to learn more about these unique birds: what they look like, what they sound like and where they live. Next, we'll hit the trail in an attempt to view this special bird in the act of impressing the ladies with its unique call, special walk and "sky dance."

To ensure the best nature experience possible, this program is limited to the first 16 participants. Early registration is highly recommended.

Location: Nature Nook, Recreation Activities Center

Instructor: Laurel Zoet, Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
129310-1A	03/23	F	7:00P-8:30P	\$10/\$11	8-Adult

Early Registration Fee by 03/16: \$5/\$6

129310-1B	03/24	Sa	7:00P-8:30P	\$10/\$11	8-Adult
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Early Registration Fee by 03/17: \$5/\$6



Dog sledding is just one part of the Women's Winter Activities Weekend. Snowshoeing, cross country skiing, sledding are also offered.

Stewardship Walk

What does it mean to be a good steward of the land? It means you care for the land and do what you can to protect it. Celebrate Earth Day by joining the naturalist at the Nature Preserve for this chance at civic involvement. Participants will help pick up litter as well as be shown how to identify and remove invasive plants. This volunteer opportunity is great for all ages. Parents, a letter can be provided for your child if they have volunteer requirements to meet for school.

This is a free program but registration is required so supplies can be coordinated.

Location: Nature Preserve, WB Nature Preserve

Instructor: Laurel Zoet, Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
128940-1A	04/22	Su	10:00A-11:30A	No Charge	All Ages

To Register Call
248.451.1900 or
248.451.1901
or Online at
www.WestBloomfieldParks.org

Cheer **NEW!**

In this beginners class, students will focus on the basic cheer fundamentals, basic stunts, jumps, spirit chants and cheers, teamwork skills and friendship building. This class promotes high self-esteem, coordination, poise, confidence, self-discipline as well as physical fitness. A one time \$10 t-shirt fee is payable to the instructor on the first day of class. This is a very active class. Please wear athletic shoes that tie and comfortable clothing that moves with you - no jeans!

There will be an exhibit in March highlighting all that participants have learned.



Location: Banquet Room, Family Aquatic Center

Instructor: Juliette Williams

Code #	Date	Day	Time	R/NR Fee	Age
115010-1A	01/11-02/08	W	5:45P-6:45P	\$80/\$90	3-7
115010-1B	01/11-02/08	W	6:45P-7:45P	\$80/\$90	8-13

Early Registration Fee by 01/04: \$75/\$85

115010-2A	02/15-03/14	W	5:45P-6:45P	\$80/\$90	3-7
115010-2B	02/15-03/14	W	6:45P-7:45P	\$80/\$90	8-13

Early Registration Fee by 02/08: \$75/\$85

Preschool Dance- Mini

A fun-filled introduction to dance and creative movement. Activities include clapping and counting, singing and swaying, basic coordination and locomotor skills put to music that they know and love.

This is a short term class and will not participate in the recital.

Location: Drake Comm. Room, Drake Sports Park

Instructor: Dance, INC. Premiere Plus

Code #	Date	Day	Time	R/NR Fee	Age
115112-1A	01/05-02/16	Th	5:00P-5:30P	\$54/\$59	3-5

Early Registration Fee by 12/29: \$49/\$54

115112-2A	03/01-04/19*	Th	5:00P-5:30P	\$54/\$59	3-5
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Early Registration Fee by 02/23: \$49/\$54

***No Class 04/05**

Intro to Dance- Mini

Have a great time learning the movements and terminology of classical ballet, which is the foundation of every dance form. After plie and port de bras, students will enjoy an energetic jazz warm up, some hip hop moves, jumps, turns and a theatrical song and dance combination. This is a short term class and will not participate in the spring dance recital.

Location: Drake Comm. Room, Drake Sports Park

Instructor: Dance, INC. Premiere Plus

Code #	Date	Day	Time	R/NR Fee	Age
115121-1A	01/03-02/14	Tu	5:00P-5:40P	\$68/\$78	5-7

Early Registration Fee by 12/27: \$63/\$73

115121-2B	02/28-04/17*	Tu	5:00P-5:40P	\$68/\$78	5-7
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Early Registration Fee by 02/21: \$63/\$73

***No Class 04/03**

**2012 North Farmington
West Bloomfield Baseball
Softball for Youth Registration**

NFWB



For Boys and Girls ages 4-16, new player registration must provide a birth certificate

Register online at www.nfwb.com from
Dec 19, 2011 through Mar 9, 2012

Season runs from April - June

Each player will receive real uniforms, games played on real ball fields, coaches and umpires are professionally trained.

Paid umpire opportunities are available
Questions: www.nfwb.com or
nfwbgal@aol.com
Come check us out on Facebook

Summer 2012
Camp Information
Will be Available
March 1, 2012
Online @
www.WestBloomfieldParks.org




Karate, Little Ninjas**NEW!**

The Little Ninjas Karate Program is an introductory karate class specifically designed for children ages 4 and 5. It focuses on teaching children 8 important main life skills: Focus, Memory, Teamwork, Discipline, Self-Control, Fitness, Balance and Coordination. All this is achieved through exciting and fun games and activities! Wear loose fitting clothes. An adult must remain in attendance during class.

Location: Banquet Room, Family Aquatic Center**Instructor: Edwin Petty, Kids Power LLC**

Code #	Date	Day	Time	R/NR Fee	Age
115090-1A	01/16-02/20	M	6:00P-6:30P	\$47/\$52	4-5

Early Registration Fee by 01/09: \$42/\$47

115090-1B	03/12-04/23*	M	6:00P-6:30P	\$47/\$52	4-5
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Early Registration Fee by 03/05: \$42/\$47***No Class 04/02****Private Guitar Lessons for Adults or Youth**

The Music Studio provides "True Music Education" that inspires each student's learning process, enhances their understanding of music principles, and allows students to experience fulfillment in their accomplishments as musicians. With 30 years of teaching experience, The Music Studio of West Bloomfield offers guitar lessons for beginning through advanced levels of students as well as professional musicians. Bring your iPods and/or compact discs of your favorite songs and learn how to play them on your guitar. Lessons are available on Thursdays from 3:00-8:00 pm in half hour increments. Fee is \$150 per six week session. Call West Bloomfield Parks and Recreation at 248.451.1900 to register and arrange for your lesson time. There is a \$14 materials fee payable to the instructor at the first lesson.

Location: Recreation Activities Center**Instructor: Wayne Mrdjenovich*****No Class 04/05****Lakes Area Youth Soccer League**

West Bloomfield Parks and Recreation, in partnership with the Lakes Area Youth Soccer League offers recreational soccer for boys and girls in our community.

Youth age 5 and under will play in the Munchkins program, learning skills, teamwork and playing small sided games. Sessions will be offered two nights a week, with games being played on Saturday mornings. Times and location to be announced.

Youth age 6 and older will practice weekdays (days, time and location to be determined by volunteer parent coaches) and most games will be on the weekend. Practice and game fields are in the West Bloomfield area. Uniforms will be provided (shorts, jersey, socks). Soccer cleats are recommended and shin guards are required to play. Games cancelled ONLY by league officials for thunder and lightning (not rain).

Registration link available at
www.layslonline.com

Early Registration Fee \$75.00 by Dec 20, 2011
Registration Fee \$100.00 after Dec 21, 2011
Season will begin in April, 2012

Karate, Kids Power**NEW!**

The Kids Power Karate Program offers traditional martial arts training to children ages 6 through 12 and emphasizes self-defense, physical fitness, conflict resolution, team work and anti-kidnapping techniques. This program is designed specifically for children and teaches prevention first. It does not promote active aggressiveness, but teaches children to respect themselves, others and the skills they learn. This introductory program to traditional Tang Soo Do has been commended by many communities, law enforcement personnel, teachers and parents for the positive impact it has on children. It is a 20 year proven program that is positive, fun, exciting and educational. There is not better program for kids! Wear loose fitting clothes. An adult must remain in attendance during class.

Location: Banquet Room, Family Aquatic Center**Instructor: Edwin Petty, Kids Power LLC**

Code #	Date	Day	Time	R/NR Fee	Age
115091-1A	01/16-02/20	M	6:45P-7:30P	\$59/\$69	6-12
115091-2A	03/12-04/23*	M	6:45P-7:30P	\$59/\$69	6-12

Early Registration Fee by 01/09; 03/05: \$54/\$64***No Class 04/02****West Bloomfield Youth Baseball League****Lakeland Sports, Inc****PONY Youth Baseball League****Ages: 5 (T-ball) through 19 (Palamino)****2012 Season On-Line Registration Opens 02/01/2012**

Games played at Community Sports Park, Marshbank Park, Abbott Middle School, Scotch Elementary, Roosevelt Elementary, OLMS...

For more information contact:

Visit website -

<http://lakelandbaseball.clubspaces.com>E-mail: jrflare@comcast.net

Lakeland Baseball Offices: 248.981.9933

*Always accepting new coaches
and league volunteers!*

Family Aquatic Center American Red Cross "Learn To Swim" Program General Information for All Classes

Site: West Bloomfield Family Aquatic Center,
6200 Farmington Road (between Walnut Lake Road and Maple Road, on the west side of the road)

Phone: 248-451-1901

- 3 minimum / 6 maximum
- Maximum Student to Teacher Ratio: Six students per instructor
- Maximum Parent-Child to Teacher Ratio: 12 children + parent(s) per instructor
- All children should be accompanied by an adult.

Bring: Swimsuit and a towel. Please DO NOT send your child to swim class with facemasks or arm floats. We do not allow the use of these items in swim classes.

Make-up Policy: Please attend all classes, as scheduled. Missed classes cannot be made up.

Parent Viewing of Swim Classes: There are designated areas for parent viewing. The lesson coordinator will inform you of those areas during your first class.

All Classes are in the Indoor Pool at the
Family Aquatic Center and
are taught by Family Aquatic Center Staff
*We reserve the right to change times and/or
combine classes reflective of class enrollments.*

Winter Indoor Open Swim Regular Open Swim Hours Winter 2012 December 1 to April 28

No Open swim December 23 through January 8

Monday, Wednesday and Thursday 10:30-12pm
Friday 10 to 11:30
Saturday 1-3pm
Lap Swim every Wednesday from 9:40 to 10:15

If there is no one paid within the first hour of the scheduled open swim time, it will be cancelled for that day. On Saturdays, if no one has paid by 2 pm open swim will be cancelled for the day. Please call 248-451-1901 before you come.

Ages: 6 months-Adult

Fee: \$3 / non-resident \$5

Remember!!!! Groups of 3 or more are \$5, up to 6 people.

To Register Call
248.451.1900 or 248.451.1901
or Online at
www.WestBloomfieldParks.org

WHY SWIM TEST? WHY NOT SWIM TEST?

Every Saturday from 1-2 during our open swim, we will have an instructor available to test your child to make sure he/she will be placed into the proper class level according to their ability. If you come in to test, plan on staying and enjoying open swim on us for the afternoon. You can swim free only if your child gets a swim test. Only one swim test per child please.

Parent/Child Swim

This class allows the parent and child to get comfortable in the water together. Instructors will allow for some playtime, but the class will involve interactive games as well as safety lessons.

Code #	Date	Day	Time	R/NR Fee	Age
123130-1A	01/14-02/25	Sa	11:45A-12:15P	\$61/\$71	.5-5
Early Registration Fee by 01/07: \$56/\$66					
123130-1B	03/10-04/28*	Sa	11:45A-12:15P	\$53/\$58	.5-5
Early Registration Fee by 03/03: \$48/\$53					
*No Class 03/31, 04/07					

Preschool 1 Swim

Youngsters learn to place face in water, bubble blowing, front and back float with aid, kick on front and back with aid, enter & exit water independently from side of pool & ladder, and water safety skills. Class is for children only, WITHOUT PARENTS.

Code #	Date	Day	Time	R/NR Fee	Age
123141-1A	01/09-02/20	M	4:45P-5:15P	\$61/\$71	3-6
123141-1B	01/09-02/20	M	6:15P-6:45P	\$61/\$71	3-6
123141-1C	01/11-02/22	W	4:45P-5:15P	\$61/\$71	3-6
123141-1D	01/14-02/25	Sa	9:30A-10:00A	\$61/\$71	3-6
123141-1E	01/14-02/25	Sa	12:20P-12:50P	\$61/\$71	3-6
123141-2A	03/05-04/23*	M	4:45P-5:15P	\$61/\$71	3-6
123141-2B	03/05-04/23*	M	6:15P-6:45P	\$61/\$71	3-6
123141-2C	03/07-04/25*	W	4:45P-5:15P	\$61/\$71	3-6
Early Registration Fee paid seven days prior to class: \$56/\$66					
123141-2D	03/10-04/28*	Sa	9:30A-10:00A	\$53/\$58	3-6
123141-2E	03/10-04/28*	Sa	12:20P-12:50P	\$53/\$58	3-6
Early Registration Fee paid seven days prior to class: \$48/\$53					
*No Class 04/02, 04/04, 03/31, 04/07					

All Classes are in the Indoor Pool at the Family Aquatic Center and are taught by Family Aquatic Center Staff. We reserve the right to change times and/or combine classes reflective of class enrollments.

Preschool 2 Swim

The objective is to give students success with fundamentals. Children are taught front & back float glide with aid, hold breath and fully submerge, flutter kick, deep water exploration and water safety skills.

Code #	Date	Day	Time	R/NR Fee	Age
123142-1A	01/09-02/20	M	6:15P-6:45P	\$61/\$71	3-6
123142-1B	01/11-02/22	W	5:30P-6:00P	\$61/\$71	3-6
123142-1C	01/11-02/22	W	6:15P-6:45P	\$61/\$71	3-6
123142-1D	01/14-02/25	Sa	12:20P-12:50P	\$61/\$71	3-6
123142-2A	03/05-04/23*	M	6:15P-6:45P	\$61/\$71	3-6
123142-2B	03/07-04/25*	W	5:30P-6:00P	\$61/\$71	3-6
123142-2C	03/07-04/25*	W	6:15P-6:45P	\$61/\$71	3-6

Early Registration Fee paid seven days prior to class: \$56/\$66

123142-2D 03/10-04/28* Sa 12:20P-12:50P \$53/\$58 3-6

Early Registration Fee paid seven days prior to class: \$48/\$53

*No Class 04/02, 04/04, 03/31, 04/07

Adventure Club Swim

This is an intermediate class for the younger swimmer who has successfully completed Preschool 2 but is not ready for the challenge of Youth 1. The objective is to build on the skills of Preschool II; students learn prone glide, push off, introduction of elementary backstroke and water safety skills.

Code #	Date	Day	Time	R/NR Fee	Age
123143-1A	01/09-02/20	M	5:30P-6:30P	\$61/\$71	4-7
123143-1B	01/11-02/22	W	6:15P-6:45P	\$61/\$71	4-7
123143-1C	01/14-02/25	Sa	10:15A-10:45A	\$61/\$71	4-7
123143-2A	03/05-04/23*	M	5:30P-6:00P	\$61/\$71	4-7
123143-2B	03/07-04/25*	W	6:15P-6:45P	\$61/\$71	4-7

Early Registration Fee paid seven days prior to class: \$56/\$66

123143-2C 03/10-04/28* Sa 10:15A-10:45A \$53/\$58 4-7

Early Registration Fee paid seven days prior to class: \$48/\$53

*No Class 04/02, 04/04, 03/31, 04/07

Beginning Water

This is a beginning class for the older child who is not fully comfortable in the water. Time will be spent on water adjustment, basics of buoyancy, water entry and exit, beginning locomotion and water safety skills.

Code #	Date	Day	Time	R/NR Fee	Age
123150-1A	01/11-02/22	W	5:30P-6:00P	\$61/\$71	6-15
123150-1B	01/14-02/25	Sa	11:00A-11:30A	\$61/\$71	6-15
123150-2A	03/07-04/25*	W	5:30P-6:00P	\$61/\$71	6-15

Early Registration Fee paid seven days prior to class: \$56/\$66

123150-2B 03/10-04/28* Sa 11:00A-11:30A \$53/\$58 6-15

Early Registration Fee paid seven days prior to class: \$48/\$53

*No Class 04/04, 03/31, 04/07

Youth 1 Swim

Youngsters learn front crawl with beginning breathing, front and back float without aid, kick on front and back without aid, arm stroke for front crawl and water safety skills.

Code #	Date	Day	Time	R/NR Fee	Age
123161-1A	01/09-02/20	M	4:45P-5:25P	\$68/\$78	5-15
123161-1B	01/11-02/22	W	4:45P-5:25P	\$68/\$78	5-15
123161-1C	01/14-02/25	Sa	9:30A-10:10A	\$68/\$78	5-15
123161-1D	01/14-02/25	Sa	11:00A-11:40A	\$68/\$78	5-15
123161-2A	03/05-04/23*	M	4:45P-5:25P	\$68/\$78	5-15
123161-2B	03/07-04/25*	W	4:45P-5:25P	\$68/\$78	5-15

Early Registration Fee paid seven days prior to class: \$63/\$73

123161-2C 03/10-04/28* Sa 9:30A-10:10A \$59/\$69 5-15

123161-2D 03/10-04/28* Sa 11:00A-11:40A \$59/\$69 5-15

Early Registration Fee paid seven days prior to class: \$54/\$64

*No Class 04/02, 04/04, 03/31, 04/07

Youth 1- Advanced

The purpose of this course is to further prepare students for Youth 2. Students will build on their skills from Youth 1 as well as butterfly, sidestroke and some basic first aid! There are no deep end skills right now but when the summer comes you'll dive into Youth 2 prepared!

Code #	Date	Day	Time	R/NR Fee	Age
123120-1A	01/09-02/20	M	5:30P-6:10P	\$68/\$78	7-15
123120-1B	01/14-02/25	Sa	10:15A-10:55A	\$68/\$78	7-15
123120-2A	03/05-04/23*	M	5:30P-6:10P	\$68/\$78	7-15

Early Registration Fee paid seven days prior to class: \$63/\$73

123120-2B 03/10-04/28* Sa 10:15A-10:55A \$59/\$69 7-15

Early Registration Fee paid seven days prior to class: \$54/\$64

*No Class 04/02, 03/31, 04/07

Teen/Adult Swim

Swim classes will be customized to meet the ability levels of the participants.

Code #	Date	Day	Time	R/NR Fee	Age
123170-1A	01/11-02/22	W	6:45P-7:25P	\$68/\$78	16-Adult
123170-2A	03/07-04/25*	W	6:45P-7:25P	\$68/\$78	16-Adult

Early Registration Fee paid seven days prior to class: \$63/\$73

*No Class 04/04



K9 Obedience

Teach your dog how to heel, sit, lie down and stay on leash. Instruction is given for problem solving bad behavior at home. All shots must be up-to-date. For dogs six months old and older (large dogs can begin at four to five months old). Instructor is WB Police Officer Larry Mifsud. Participants 15 years of age and under need approval from instructor to be part of the class.

DO NOT BRING DOG TO FIRST CLASS, ATTENDANCE AT FIRST CLASS IS MANDATORY. BRING YOUR DOGS UPDATED SHOT RECORDS THE FIRST NIGHT.

Location: Sheiko School Gym, Sheiko Elementary

Instructor: Larry Mifsud

Code #	Date	Day	Time	R/NR Fee	Age
130110-1A	01/18-02/22	W	7:00P-8:00P	\$85/\$95	18-Adult
130110-2A	03/07-04/18*	W	7:00P-8:00P	\$85/\$95	18-Adult
130110-3A	05/02-06/06	W	7:00P-8:00P	\$85/\$95	18-Adult

Early Registration Fee paid seven days prior to class: \$80/\$90

***No Class 04/04**

Intro to Dog Agility

Agility is fun for both you and your dog. Agility provides many benefits to dogs including exercise (both mental and physical) and improving dog's confidence and bond with you, just to name a few! This class will introduce you and your dog to basic agility obstacles including, pause table, tunnel and jumps. Dogs of any breed or size can join this class and have fun!

Class requirements: Dog must be 6 months or older; Vaccination records including Bordatella, DHLPP, Rabies; 4-6 foot leash; No choke or prong collars; Lots of Soft Treats

Location: Drake Comm. Room, Drake Sports Park

Instructor: Michelle Jackson

Code #	Date	Day	Time	R/NR Fee	Age
130180-1A	02/01-02/22	W	6:30P-7:30P	\$90/\$100	18-Adult
130180-2A	03/07-03/28	W	6:30P-7:30P	\$90/\$100	18-Adult

Early Registration Fee paid seven days prior to class: \$85/\$95

Walking, Snowshoeing, Sledding and Cross Country Skiing in West Bloomfield Parks

Get out and enjoy the winter weather in your West Bloomfield Parks. The trails you walk when there is no snow, make great trails for snowshoeing and cross country skiing when they're covered with snow. Please note that none of the trails are groomed in winter. If you want to go sledding, there are now two options. The Snow Gulch Hill is located behind Town Hall in the WB Civic Center and the sledding hill at Marshbank Park.

Here is a list of the trail mileage in the park system:

WB Trail (existing trail)	4.25 miles
WB Trail (unfinished extension)	2.7 miles
WBW Nature Preserve	2.1 miles
Drake Sports Park	.7 miles
Bloomer Park	.25 miles
Marshbank Park	1.5 miles
Civic Center Trails	Numerous Options

Parks & Facilities Operated by West Bloomfield Parks & Recreation Commission

Recreation Activities Center

4640 Walnut Lake Road

Family Aquatic Center

6200 Farmington Road

Bloomer Park

7581 Richardson Road

Bloomfield Knolls Park

1750 Henbert Road

Community Sports Park

2750 Keith Road

Drake Sports Park

6801 Drake Road

Karner Farm

5911 Halsted Road

Marshbank Park

2805 Hiller Road

Schulak Farm

6889 West Maple Road

Sylvan Manor Park

2294 Woodrow Wilson Blvd.

West Bloomfield Woods

Nature Preserve

4655 Arrowhead Road

West Bloomfield Trail

4655 Arrowhead Road

West Bloomfield Parks & Recreation Commission

Merv Aronoff
Carol Hack
Larry Horowitz
Marc Jeffries
Margie Fiszman-Kirsch
Adam S. Littman
Gerald Jay Sukenic

WB Parks and Recreation Staff 248.451.1900

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 Susan Reeves-Bowen, ext. 222
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 Tammy Moery, Coordinator
 Business/Technology Coordinator
 Mike Capyak, ext. 202
 Recreation Coordinators
 Marylynn Balewski, ext. 220
 Nancy Keener, ext. 221
 Senior Coordinator
 Dennis Troshak, ext. 210
 Naturalist
 Laurel Zoet, ext. 209

Mission Statement

The West Bloomfield Parks and Recreation Commission, established by voter mandate in 1970, is committed to the residents of West Bloomfield. Our mission is to meet the community's recreation, leisure and social needs by acquiring and enhancing public parkland and supporting year-round facilities and programs for your youth, teens, adults, families and seniors. Our goal is to enhance the quality of life in our community by providing facilities, programs and natural settings for the enjoyment of residents.

Commission Meeting Schedule 2012

West Bloomfield Parks and Recreation Commission meetings are held at West Bloomfield Town Hall, 4550 Walnut Lake Road at 7 pm. Commission meetings for 2012 will be on the following Thursdays: January 26, February 23, March 22, April 26, May 24, June 28, July 26, August 23, September 27, October 25, November 15 and December 20.

Financial Assistance Program

The Financial Assistance Program is designed to assist West Bloomfield families in a financial way by subsidizing the cost of programs, classes and summer camps for children 17 and under. The Commission funds a specific amount of money each year for use as matching funds for this program. For complete information, please call the Recreation Activities Center at 248.451.1900.

Inclement Weather Policy

West Bloomfield Parks and Recreation Commission has an Inclement Weather Policy that staff uses to determine cancellation of programs and events due to weather related conditions. The complete policy is available at the Parks and Recreation Center or online at www.WestBloomfieldParks.org under "Information."

For more up-to-date information regarding weather dependant events, call the following hotlines:

Special Events Hotline - 248.451.1923
Softball Hotline (in season) - 248.451.1919
Pool Hotline - 248.451.1902
 or check our website at
www.WestBloomfieldParks.org

Five Ways to Register for Programs

Online Registration: www.WestBloomfieldParks.org (using MasterCard or Visa) is available for many programs; there are no additional fees for registering online. If you need assistance setting up your household online, please call us during regular business hours so that one of our Customer Service Representatives may assist you.

Telephone: **248.451.1900 or 248.451.1901** (using MasterCard or Visa)

Walk-In: **Mondays – Friday 8 am to 4:30 pm**
Recreation Activities Center

4640 Walnut Lake Road
in the WB Civic Center Complex

Fax: **248.738.2529** (using MasterCard or Visa)

Mail-in: **West Bloomfield Parks and Recreation**

4640 Walnut Lake Road
West Bloomfield, MI 48323

Mail-in registrations must include completed registration form and payment.

Payment Methods

- Make checks payable to WEST BLOOMFIELD PARKS AND RECREATION. All checks not honored by your bank and returned will result in a charge to you of \$35.
- Visa or Mastercard are accepted.
- Payment must be in full at the time of registration.

Refund Policy

- If we cancel a program, you receive a full refund.
- No refunds unless you cancel at least two weeks prior to the program's start. Note: A \$10 service fee will be charged. Transferring from one activity to another will also incur a \$10 service fee.
- No refunds on seasonal swim passes. No refunds on tickets.
- Credit Card exclusions: Daily use fees for the Family Aquatic Center, entrance fees for special events, concession sales of food and sundry items and parking.

**All Park Maps & Information,
Registration Forms &
Participant Waivers
May be Found Online at
www.WestBloomfieldParks.org**

Rental Space

West Bloomfield Parks and Recreation Commission makes its facilities available for rent when they are not programmed with department activities. Rentals are available to residents, non-residents, township businesses and organizations. Reservations for all summer, 2012, picnic shelter rentals opens March 1st. For complete information and a rental brochure, call 248.451.1900 or 248.451.1901 or go online at www.WestBloomfieldParks.org.

Accessible Opportunities

West Bloomfield Parks and Recreation accepts registrations from all people regardless of skills or abilities. Those individuals who may require accommodation or assistance are encouraged to call our offices at 248.451.1900 prior to start of the program. Staff will contact you and make arrangements for reasonable accommodations. West Bloomfield Parks and Recreation Commission encourages all residents to use our parks and participate in recreational programming.

**To Register Call
248.451.1900 or 248.451.1901
or Online at
www.WestBloomfieldParks.org**

West Bloomfield Parks & Recreation
4640 Walnut Lake Road
West Bloomfield MI 48323

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Nature in West Bloomfield Photo Contest Winners

The "Nature in West Bloomfield Photo Contest" was featured in the fall *Pathways* program magazine. Photo submissions were due the end of October and voting took place on the Nature Nook Facebook page as well as at the Recreation Activities Center. Watch for the "2012 Nature in West Bloomfield Photo Contest" in the fall, 2012 *Pathways*, and start taking those photos now!



▲ FIRST PLACE

"The Path in Bloomer Park"

June, 2011

Submitted by Jessica Maurer

"I love seeing all four seasons progress in West Bloomfield, especially being in the lakes area. The beauty of the water is breathtaking to me all year long and I love driving by the lakes everyday."

THIRD PLACE ►

"Mute Swan Family" Submitted by Madeline Poster

"Last week I went for a midday walk in our subdivision and found three deer crossing the street. I am always amazed how close we are to nature in West Bloomfield. No matter where I walk, I usually find something living and special."



▲ SECOND PLACE

"Sunrise"

October, 2011

Submitted by Lisa Gilan

"I love living in West Bloomfield, and summer and fall are my favorite seasons here. I love the lakes, parks, bike trails, deer in my yard and the gorgeous colors of sunrises and sunsets. I can't imagine living someplace that doesn't have the change of seasons; this reminds me not only of the passage of time, but of a power greater than ourselves."