

PARKS & RECREATION

PARKS + RECREATION DEPARTMENT
1827 N. Squirrel Rd. | Auburn Hills 48326

PHONE 248-370-9353
FAX 248-370-9357

HOURS OF OPERATION
Monday - Friday | 8:00AM - 9:00PM
Saturday | 10:00AM - 9:00PM

ABOUT

The Auburn Hills park system has been carefully planned and developed over the years, and the facilities, along with community special events and recreational programs, have become a source of pride for residents. Recreational opportunities are available close to home in one of the four major city parks and in a variety of our programs and special events for youth, adults and families. If you are new to the area, stop by the Community Center for a tour of the facility and its features.



OUR MISSION

To improve the quality of life in Auburn Hills by providing quality parks and recreation opportunities with a variety of year-round programs, special events, and facilities for people of all ages and abilities.

SCHOLARSHIPS

We offer scholarships to Auburn Hills youth to help with program fees. Please call with your confidential inquiry.

YOUR IDEAS NEEDED

We're always looking for new recreation ideas to offer to our residents. If you have any suggestions or are considering sharing your talents with others as an instructor, please contact us.

PLEASE NOTE: The City of Auburn Hills takes photos at some of our events and programs. By registering for and participating in any City of Auburn Hills sponsored event or activity, you agree to allow the City to utilize these photos for advertising purposes.

HOW TO REGISTER

ONLINE

Go to WWW.AUBURNHILLS.ORG, select DEPARTMENTS and in the drop-down menu, click on PARKS & RECREATION then click "Register Now!" and follow the quick easy instructions.

MAIL-IN

Print the registration form from our website and mail it in with your payment, if needed. Make check or money order payable to: City of Auburn Hills. Mail to Parks & Recreation Department, 1827 N. Squirrel Rd., Auburn Hills, MI 48326

IN PERSON

Register in person at the Community Center during hours of operation. We accept cash, check, Visa and Mastercard.



TEEN PROGRAMS

TEEN COUNCIL (AGES 13-18)

Learn leadership skills by designing and planning fun activities, have access to special events and earn valuable community service hours. Join the Remind group to get updates by texting @ahteencl to 81010. Students must be in grades 8 through 12. Stop by the Community Center or check out our website for an application. Meetings begin September 4th.

Advisor: Jaclyn Corio

Location: Community Center Wesson Room

Date: Meetings 1st and 3rd Tuesday of each month during the school year, includes pizza!

Time: 6:30PM - 7:30PM

YOUTH CAREER MENTORSHIP PROGRAM

Do you see yourself as a successful and passionate professional in your field and wanting to give back to the next generation? Apply to be a Youth Career Mentor with the City of Auburn Hills today. We are currently seeking qualified professionals to share career planning with teens in this Auburn Hills Teen Council program. Business, Automotive, Graphic Design, Government, Hospitality, Finance, IT, Robotics, Trades, and more wanted. Interested teens should connect with the Auburn Hills Teen Council to get the most up to date information on this new program.

OUR CITY PARKS



CIVIC CENTER PARK | 1827 N. SQUIRREL ROAD

Nature Trails, fishing pond, ball-diamond, multi-sport athletic field, nine hole disc golf course, tennis courts, play structures and swings, covered picnic pavilion, barbeque grills, picnic tables, restrooms (in season).

CLINTON RIVER TRAIL

The trail in Auburn Hills is 2.1 miles in length and runs east-west between Adams and Opdyke. The trail is part of a larger 16-mile trail planned to connect to the West Bloomfield trail near Sylvan Lake and the Paint Creek trail in Rochester.

RIVERSIDE PARK | 3311 SQUIRREL COURT

Located on the banks of the Clinton River, river path, play structure with swings, canoe launch, covered picnic pavilion, barbecue grills, picnic tables, restroom.

RIVER WOODS PARK | 300 RIVER WOODS DR.

Located along the Clinton River, covered picnic pavilion, heated restrooms, paved pathway system, play structure with swings and climbers, basketball court, picnic areas with barbecue grills, open spaces.

SKATE PARK | 202 N. SQUIRREL ROAD

Free – Public welcome, unsupervised park for use by skateboarders, inline skaters, and BMX bikes.

DENNIS DEARING JR. MEMORIAL PARK 2058 PHILLIPS ROAD

A neighborhood park including a fireman's themed tot-lot, swings, picnic tables, open play space.

MANITOBA PARK | 4220 MANITOBA ROAD

Play structure, sand volleyball court, benches, paved play area, open space.

E. DALE FISK HAWK WOODS NATURE CENTER 3799 BALD MOUNTAIN ROAD

Groomed nature trails, marsh boardwalk, heated restroom/shower facility, covered picnic pavilion, two story log cabin lodge, six overnight camping cabins.

COLLEGE READINESS TALK (AGES 13-18)

The Auburn Hills Teen Council welcomes College Readiness speaker Patrick Cassidy from Oakland University. Patrick will discuss various aspects of college readiness, including the college decision process. We welcome all teens from the area to join the discussion and be active in preparing themselves for college!
Location: Community Center Wesson Room
Date: Tuesday, 9/18/18
Time: 6:30PM-7:30PM #423667
Fee: Free

ESCAPE ROOM (AGES 14-18)

Spend an hour solving mind-boggling puzzles with your friends in the community! Participants must arrive at 12:15 PM for the explanation of rules. Transportation is available. Space is limited.
Location: Michigan Escape Room, Washington Twp.
Date: Saturday, 9/29/18
Time: 12:15 PM-1:30 PM #413341
Fee: \$27 Resident/\$30 Regular

BE FIT! (AGES 13-17)

You can stay fit and begin your lifelong journey of leading a healthy lifestyle using our Fitness Room and equipment. Equipment includes treadmills, elliptical machines, multi-station strength machine, hand-weights, balance & medicine ball, stationary bike and more. Must be signed up by parent or legal guardian.
Location: Community Center Fitness Room #138050
Date: Year Round
Time: Monday –Friday, 8AM-8:30PM & Saturdays, 10AM – 8:30PM
Fee: Free Resident w/Community Center Card / \$100 Regular

ZOMBIE LASER TAG (AGES 13-18)

The 5th annual Zombie Laser Tag for teens ages 13 – 18 is taking place during our annual Spooktacular event downtown. All equipment is provided and costumes are not required but are encouraged!
Location: Riverside Park, Kombat Tag
Date: Saturday, 10/27/18
Time: 12PM-2PM #423668
Fee: Free

AUBURN HILLS TEEN COUNCIL SOCK DRIVE

Please help The Auburn Hills Teen Council collect the most socks as we compete with Teen Councils from surrounding communities for lifelong bragging rights! We will be hosting a sock drive from the beginning of the year and donating all collections to homeless shelters. Donations can be made at the Auburn Hills Community Center. All socks must be new. Keep an eye on our social media pages for the official start. Thank you for the support!





21ST ANNUAL
FALL FESTIVAL
IN THE WOODS

SATURDAY, OCTOBER 13TH, 2018 | HAWK WOODS NATURE CENTER

YOUTH PROGRAMS

ATHLETICS

SOCCER LEAGUES (Grades 1-6)

Auburn Hills Parks & Recreation is partnering with Rochester Soccer Club for a fun soccer season! League starts on Wednesday, September 12 with skills and drills to help form fair and balanced teams. Weekday practices on Wednesday and Saturday. Games start September 22. Volunteer coaches needed.

Location: Civic Center Multi-Sport Athletic Field

Date: See above, 09/12/18 – 10/27/18

Divisions: Grades 1st -6th #316680A-F

Fee: \$65.00 Resident / \$75.00 Regular

(Returning Player w/uniform)

\$100.00 Resident / \$110.00 Regular (New Player)



BEGINNER SOCCER (Ages 4-5)

An introduction to the sport of soccer for boys and girls. Your child will learn basic soccer techniques while improving their social skills, their ability to follow directions, and their teamwork skills. Must wear shin guards.

Location: Civic Center Park Multi-Sport Athletic Field

Date: Tuesdays, 9/11/18 – 10/16/18

Time: 6:00PM - 6:45PM #413340

Fee: \$39.00 Resident / \$49.00 Regular (6 sessions)

GYMNASTICS (Ages 4-5)

Enjoy a fun beginner gymnastic class with little or no experience necessary. Experience 4 events as well as the trampoline, foam pits, and rock wall. Parent viewing area available.

Location: Gymnastics Training Center

1813 Northfield Dr., Rochester Hills

Fee: \$44.00 Resident / \$54.00 Regular (4 sessions)

Date: Mondays, 9/10/18 – 10/1/18

Time: 6:30PM - 7:15PM #423663A

Date: Mondays, 10/8/18 – 10/29/18

Time: 6:30PM - 7:15PM #423663B

Date: Mondays, 11/5/18 – 11/26/18

Time: 6:30PM - 7:15PM #423663C

TENNIS (Ages 5-17)

Our program teaches tennis as a fun sport in a positive atmosphere using exciting games and activities. Young players learn the rules of tennis and strategy from our USTA & PTR certified tennis instructor, Susan DiClemente.

Location: Civic Center Park Tennis Courts

Fee: \$36 Resident / Regular \$46 (6 sessions)

Date: Tuesdays, 8/28/18 – 10/16/18

Divisions: Ages 5-8, 4:15PM – 4:55PM #413351A

Ages 9-12, 5:00PM – 5:50PM #413351B

YOUTH BASKETBALL LEAGUES (Grades 1-8)

Auburn Hills Parks & Recreation along with Avondale Basketball are partnering to present an instructional basketball league that focuses on fundamentals, sportsmanship, teamwork, equal playing time, and fun. Grades 1-4 practice on Mondays or Wednesdays with games on Saturdays. Grades 5-8 practice on Saturdays 1 hour before their game time. Volunteer coaches are needed. League starts in January, look for more information in our Winter newsletter.



Level: Advanced – red/purple/green belt
Date: Wednesdays, 8/29/18 – 10/24/18
Time: 7:15PM – 8:05PM #41327B
Fee: \$36.00 Resident / \$45.00 Regular (9 sessions)

Date: Wednesdays, 11/7/18 – 1/9/19
Time: 6:15PM – 7:05PM #413251E
Fee: \$40.00 Resident / \$50.00 Regular (10 sessions)

Date: Wednesdays, 11/7/18 – 1/9/18
Time: 7:15PM – 8:05PM #413251F
Fee: \$40.00 Resident / \$50.00 Regular (10 sessions)

Date: Saturdays, 11/3/18 – 1/12/18 (no 11/24)
Time: 10:30AM – 11:15AM #413251G
Fee: \$40.00 Resident / \$50.00 Regular (10 sessions)

Date: Saturdays, 11/3/18 – 1/12/18 (no 11/24)
Time: 11:30AM – 12:15PM #413251H
Fee: \$40.00 Resident / \$50.00 Regular (10 sessions)

MAKERS CLASSES

PAINTING WITHOUT A TWIST

Join us for more DIY Painting! We've teamed up with Courtney Gray of Brighten Your Gray, LLC for a night designed to bring out your creative side! Courtney's patient & detailed instruction, and array of color choices will make painting your custom masterpiece a breeze for first-timers and "Picassos" alike. Seating is very limited so do not wait to register.

Location: Community Center Craft Room
Fee: \$15 Resident / \$18 Regular

11" x 14" SPOOKY! (Ages 6+)

Time: 6:00PM – 7:30PM #411240A
Date: Monday, 10/8/18



11" x 14" LLAMA! (Ages 6+)

Time: 6:00PM – 7:30PM #411240B
Date: Monday, 11/12/18



11" x 14" SNOWMAN! (Ages 6+)

Time: 6:00PM – 7:30PM #411240C
Date: Monday, 12/10/18



FITNESS

MARTIAL ARTS (Ages 5-15)

Classes will emphasize self-discipline, focus, awareness of one's environment, along with studying basic movements and the theory of defending oneself. Instructor: Master Kirk Rehn

Location: Community Center

Level: Beginner – white belt
Date: Saturdays, 8/25/18 – 10/27/18 (no 9/1)
Time: 10:30AM – 11:15AM #413251C
Fee: \$36.00 Resident / \$45.00 Regular (9 sessions)

Level: Advanced Beginner – yellow belt or higher
Date: Saturdays, 8/25/18 – 10/27/18 (no 9/1)
Time: 11:30AM – 12:15PM #413257D
Fee: \$36.00 Resident / \$45.00 Regular (9 sessions)

Level: Intermediate - orange/blue belt
Date: Wednesdays, 8/29/18 – 10/24/18
Time: 6:15PM – 7:05PM #413251A
Fee: \$36.00 Resident / \$45.00 Regular (9 sessions)

VARIETY

PARENT TOT GYM TIME

We will have a variety of recreational equipment setup in the gym for parents and tots to utilize. This is a drop-in program without an instructor. Come on in and enjoy meeting other parents and watch the children play with the parachute, balance beam, scooters, playground balls and more! Ages 3-5.

Location: Community Center Gym
Day/Date: Tuesdays 9/4/18 – 12/18/18
Time: 10:00AM – 12:00PM
Fee: Free Resident / \$5 Drop In

AFTER SCHOOL ACTIVITIES (Grades 3-5)

Boys and girls stay active after school participating in a variety of organized activities right after school. Everyone plays!

*Dates are tentative

Location: Auburn Elementary School Gym
Day/Date: Wednesdays 9/19/18 – 11/14/18 (No 10/31)
Time: 3:40PM – 5:10PM #411220
Fee: \$15 Resident / \$20 Regular

Location: Graham Elementary School Gym
Day/Date: Thursdays 9/20/18 – 11/15/18 (No 11/1)
Time: 3:40PM – 5:10PM #411230
Fee: \$15 Resident / \$20 Regular

DANCE CLASSES

Classes are structured to educate students on the language of dance, counting music, cognitive skills and body placement. Learning to dance teaches how to concentrate and instills the basis for teamwork while maintaining individuality to help promote self-esteem. Classes are taught by Harmony Dance Company. Conducted by Director/Instructor Enita Hass.

REQUIREMENTS

Leotards and tights (any color), jazz pants or dance leggings (any color). No street clothes, loose fitting clothing or jewelry. Preschool Dance- Pink leather ballet slippers for girls, black leather ballet slippers or black slip-on jazz boots for boys. Combo Ballet/Jazz and Dance 101- Black jazz oxfords or slip-on jazz boots or ballet slippers

Location: Community Center Studio

Fee: \$90.00 Resident / \$112.00 Regular

PRESCHOOL CREATIVE MOVEMENT (Ages 3-4)

An enjoyable introduction to dance that will enhance basic motor skills, cognitive learning and social development. The class is taught with creative song and dance and simple routines are learned. Parents are required to stay.

Date: Wednesdays, 9/19/18 - 12/19/18 (No 10/31, 11/14)

Time: 5:00PM - 5:45PM (8 sessions) #413580A

COMBO BALLET AND JAZZ DANCE (Ages 5-7)

A great class designed for beginner dancers that teaches the fundamental basics in Ballet and Jazz dance. Learn dance technique, proper body alignment, rhythm and style while exploring individual creativity and self-esteem.

Date: Wednesdays, 9/19/18 - 12/19/18 (No 10/31, 11/14)

Time: 5:45PM - 6:30PM (8 sessions) #413580B

DANCE 101 (Ages 8-10)

This fun 4 in 1 beginning dance class teaches a variety of dance styles including Ballet, Jazz, Character, and Lyrical dance. The class will concentrate on dance technique, proper body alignment, terminology while developing self-expression, rhythm and creativity.

Date: Wednesdays, 9/19/18 - 12/19/18 (No 10/31, 11/14)

Time: 6:30PM - 7:15PM (8 sessions) #413550C

ADULT PROGRAMS

MAKERS CLASSES

OPEN STUDIO TIME

Use our pottery wheel or tables to create with your own clay. Once your piece is complete you can have it fired by us on scheduled days.

Location: Community Center Craft/Woodshop

Fee: Free Resident / \$5.00 Regular per visit

Note: No Open Studio during scheduled classes

Date: 9/4/18 - 12/18/18

Time: Tuesdays, 8:30AM-8:00PM

Saturdays, 4:30PM-8:00PM

WOODSHOP SAFETY CERTIFICATION

Have you ever wanted to work with wood and learn how to use a variety of power tools? Attend this training class and become certified to use our woodshop. You will get trained on all of the equipment in our woodshop. Class includes safety certification so you can come back and use the wood shop for your future projects. Limited to 5 students. The October footstool class will also include safety certification.

Location: Community Center Craft/Woodshop

Time: 6:00PM - 8:00PM

Date: Thursday 9/20/18 #423666A

Date: Thursday 11/29/18 #423666B

Fee: \$5.00 Resident / \$10.00 Regular

BUILD A FABULOUS FOOT STOOL

You'll learn to use nearly every tool in the shop while building a fabulous foot stool by hand! Expert woodworkers will lead and instruct every step of the way. This stool is sturdy yet easy to maneuver and will last for years. Class includes safety certification so you can come back and use the woodshop for your future projects. Limited to 5 students.

Location: Community Center Woodshop

Day/Date: Thursdays, 10/25/18 & 11/1/18

Time: 6:00PM - 9:00PM #423664

Fee: \$20.00 Resident / \$25.00 Regular

CREATE YOUR OWN - PEN

Looking for a fun and rewarding introductory wood turning experience? By the end of the class with instructor Michael Evans, you'll have a nice handmade pen that's ready to use or share as a gift. No prerequisite needed.

Location: Community Center Craft/Woodshop

Time: 5:30PM - 8:30PM

Fee: \$10.00 Resident / \$15.00 Regular

Date: Thursday, 9/13/18 #423400A

Date: Thursday, 10/11/18 #423400B

CREATE YOUR OWN - ICE CREAM SCOOP

Instructor Robin Bruening will walk you through all the steps to turn your own ice cream scoop using the lathe. By the end of the class you'll have a nice handmade ice cream scoop that's ready to use or share as a gift. Prerequisite: Woodshop Safety Certification

Location: Community Center Craft/Woodshop

Fee: \$20.00 Resident / \$24.00 Regular

Time: 6:00PM - 8:00PM

Date: Thursday, 9/27/18 & 10/4/18 #423669A

Date: Thursday, 11/8/18 & 11/15/18 #423669B

Date: Thursday, 12/6/18 & 12/13/18 #423669C

OPEN WOODSHOP

The Woodshop will be open for your small repairs and projects. We have a variety of tools and supplies that you can use to complete your projects. Prerequisite: Woodshop Safety Certification

Location: Community Center Craft/Woodshop

Fee: Free Resident / \$10.00 Regular per visit

Note: No Open Woodshop during scheduled classes

Day/Date: Thursdays, Fridays, 8:30AM – 8:00PM

Saturdays 8:30AM – 4:00PM

ATHLETICS

TENNIS

Players of all skill levels learn how to properly hit forehand, backhand, serve, volley, overhead shots, and drop shots from our USTA & PTR certified instructor, Susan DiClemente. Scoring and tennis etiquette are also covered.

Location: Civic Center Park Courts

Fee: \$36.00 Resident / \$46.00 Regular (6 sessions)

Date: Tuesdays, 08/28/18 – 10/9/18 (No 9/4) #423401A

Divisions: Beginner/Intermediate, 6:00PM–6:55PM

Adult Advanced, 7:00PM–7:55PM PM #423401B

MARTIAL ARTS (Ages 14+)

Tang Soo Do style classes will emphasize self-discipline, focus, physical fitness along with basic movements and self-defense. Please wear loose-fitting athletic clothing. Instructor: Master Kirk Rehn.

Location: Community Center Studio

Date: Thursdays, 8/30/18 – 10/25/18

Time: 6:25PM - 7:25PM #423480A

Fee: \$36.00 Resident / \$45.00 Regular (9 sessions)

Date: Thursdays, 11/1/18 – 1/10/19 (No 11/22)

Time: 6:25PM - 7:25PM #423480B

Fee: \$40.00 Resident / \$50.00 Regular (10 sessions)

FITNESS

BARRE TOTAL BODY WORKOUT

With low weights and high reps, this class will sculpt your arms, thighs, abs and glutes. Please bring mat. Conducted by Fitness Rx Instructor, Carrie Scoville.

Location: Community Center Studio

Drop In: \$10.00

Date: Mondays, 9/10/18 – 11/26/18

Time: 5:45PM - 6:45PM #423800A

Fee: \$69.00 Resident / \$79.00 Regular (12 sessions)

Date: Mondays, 12/3/18 – 12/17/18

Time: 5:45PM - 6:45PM #423800B

Fee: \$18.00 Resident / \$20.00 Regular (3 sessions)

CORE & TONING

An intense workout for your midsection, this class focuses on toning and strengthening the body's core abdominal and back muscles. Mat required for class. Conducted by Fitness Rx Instructor, Carrie Scoville.

Location: Community Center Studio

Drop In: \$10.00

Date: Tuesdays, 09/11/18 – 11/27/18

Time: 5:45PM - 6:45PM #425110A

Fee: \$69.00 Resident / \$79.00 Regular (12 sessions)

Date: Tuesdays, 12/4/18 – 12/18/18

Time: 5:45PM - 6:45PM #425110B

Fee: \$18.00 Resident / \$20.00 Regular (3 sessions)

YOGA WITH LISA

Improve your strength and flexibility, alignment, balance, and self-confidence, as you decrease muscle tension and learn to relax. All levels of experience are welcome. Wear loose, comfortable clothing and bring a yoga mat. Poses can be modified as needed.

Certified Instructor: Lisa Calice.

Location: Community Center Seyburn B

Drop In \$10.00

Date: Mondays, 9/10/18 – 10/29/18

Time: 6:30PM - 7:30PM #425081A

Fee: \$48.00 Resident / \$58.00 Regular (8 sessions)

Date: Mondays, 11/5/18 – 12/17/18

Time: 6:30PM - 7:30PM #425081B

Fee: \$42.00 Resident / \$51.00 Regular (7 sessions)

RELAX & RESTORE YOGA

This class will focus on breathing and gentle yoga practice designed to help you relax tight and tense muscles, and restore your mind, body and spirit. Great choice for beginning or intermediate students. Wear loose, comfortable clothing and bring a yoga mat.

Certified Instructor: Lisa Calice.

Location: Community Center Seyburn B

Drop In \$10.00

Date: Tuesdays, 9/11/18 – 10/30/18

Time: 6:30PM - 7:30PM #423665A

Fee: \$48.00 Resident / \$58.00 Regular (8 sessions)

Date: Tuesdays, 11/6/18 – 12/18/18

Time: 6:30PM - 7:30PM #423665B

Fee: \$42.00 Resident / \$51.00 Regular (7 sessions)

YOGA FOR A CAUSE – BOOK DRIVE

This class is a free introduction designed to help you relax your tight and tense muscles, and restore your mind, body and spirit. Great choice for students looking to try out yoga. Please bring one or more new or gently used children's books to donate if you are able and willing. Wear loose, comfortable clothing and bring a yoga mat.

Certified Instructor: Lisa Calice.
Location: Community Center Seyburn B
Date: Tuesday, 9/4/18
Time: 6:30PM - 7:30PM #423665C
Fee: FREE – Donation of books for grades K-6 encouraged

ZUMBA FITNESS

Using Latin inspired rhythms and tempo up, catchy beats, this fitness class will have you wanting more! The routines feature interval training sessions with fast and slow rhythms, along with resistance training that will tone and sculpt your body.

Certified Instructor: Candace Hayden
Location: Community Center Studio
Fee: \$36.00 / \$46.00 Regular (6 sessions)
Drop In: \$10.00

Date: 9/18/18 – 10/23/18 #413050A
Date: 11/16/18 – 12/18/18 #413050C (No 12/04)
Time: 7:30PM - 8:30PM

Date: 9/19/18 – 10/24/18 #413050B
Date: 11/7/18 – 12/19/18 #413050D
(No 12/05)
Time: 7:30PM - 8:30PM

POUND® ROCKOUT. WORKOUT.

Transform drumming into an effective way of working out. You become the music in this fitness class designed for all levels. Conducted by certified instructor Candace Hayden.

Location: Community Center Studio
Drop In: \$10.00

Date: 9/21/18- 10/26/18 #425100A
Time: 6:30PM – 7:30PM
Fee: \$36.00 Resident / \$45.00 Regular (6 sessions)

Date: 11/19/18 – 12/14/18 #425100B (No 11/23)
Time: 6:30PM – 7:30PM

FAMILY & ALL AGES / VARIETY

CROSS TRAINING WITH FOREVER FIT (Ages 13+)

Ready to spice up your workout routine? Cross training involves a set of exercises that mixes cardio, aerobic, strength training, and flexibility for a total body workout. Class includes certified instructor and live DJ each week!

Location: Community Center Back Patio/ Gym
Date: Saturday, 9/29/18 – 12/15/18 (No 11/24)
Time: 10:15AM – 11:15AM #423659
Fee: \$45 Resident / \$52 Regular (11 sessions)
Drop In \$5.00

JAPANESE SWORDSMANSHIP (Ages 14+)

Learn traditional Toyama Ryu laido swordsmanship taught by Sensei Rick Brady. Classes focus on martial arts principles, self-discipline, balance and control.

Location: Community Center Studio
Date: Thursdays, 8/30/18 – 10/25/18
Time: 7:30PM-8:30PM #413620A
Fee: \$36.00 Resident / \$45.00 Regular (9 sessions)

Date: Thursdays, 11/1/18 – 1/10/19 (No 11/22)
Time: 7:30PM-8:30PM #413620B
Fee: \$40.00 Resident / \$50.00 Regular (10 sessions)

TRUTH IN WELLNESS

The aim of this workshop is to cut through the fads, reveal the "un-sexy" truths about losing weight, and put you on a sustainable path toward your wellness happy place. Set realistic lifestyle goals and find your motivation to stick to them. Presented by Applied Fitness Solutions.

Location: Community Center Seyburn B
Fee: \$20.00 Resident / \$25.00 Regular
Date: 11/29/18
Time: 6:00PM-7:00PM #423790

FITNESS ROOM

Auburn Hills residents can work out in the fitness room for free! Hours of operation are Monday- Friday, 8AM- 8:30PM and Saturday, 10AM- 8:30PM. The Fitness Room includes a new express recumbent bike, three treadmills, elliptical machines, a multi-station strength machine, stationary bike and more. Showers and lockers are available-please bring your own lock. Children 12 and under are not allowed in the Fitness Room. 13- 17 year olds must be signed up for the Teen Fitness Program to participate. Corporate Fitness Card available for those who work in Auburn Hills for \$100 annually.

GYMNASIUM ACTIVITIES

Stop by the Community Center to participate in the following gym activities: Court Games (badminton, basketball, volleyball), Pickleball 55+, Pickleball 16+, Open Walking, and Basketball. Schedules are available online and at the Community Center. The cost is free to residents and \$5 per non-resident guest. 2 guest limit per resident, per visit for basketball. Check in required at the front desk.

TABLE TENNIS & PING PONG

Stop by the front desk to sign in and sign out the equipment.

Fee: FREE Resident / \$5 Regular

Time: Thursdays, 8:30AM - 4:00PM

Fridays, 2:00PM - 5:30PM

Saturdays, 2:00PM - 6:00PM

PICKLEBALL

Dates: Wednesdays 9/5/18 - 12/19/18

Three indoor courts available for play. Players must sign in at the front desk before entering the gym. Regular gym fees apply. Bring your own equipment or use ours.

Time: Wednesday nights, see the gym schedule for details

CPR / FIRST AID COURSES (Ages 14+)

Learn valuable life-saving skills that you could use to help a friend or family member by taking a CPR or First Aid course taught by an instructor from the Auburn Hills Fire Department. Courses are three hours in length and include American Heart Association certification card. Limited to 10 participants/must have minimum of 5 to run class.

Location: Auburn Hills Public Safety

Dates: Saturday, 10/6/18 - Basic First Aid #433280

Saturday, 11/3/18 - Adult/Child CPR #433261

Time: 9:00AM - 12:00PM

Fee: \$25.00 Resident / \$40.00 Regular

YOUTH CAREER MENTORSHIP PROGRAM

Do you see yourself as a successful and passionate professional in your field and wanting to give back to the next generation? Apply to be a Youth Career Mentor with the City of Auburn Hills today. We are currently seeking qualified professionals to share career planning with teens in this Auburn Hills Teen Council program. Business, Automotive, Graphic Design, Government, Hospitality, Finance, IT, Robotics, Trades, and more wanted.

E. DALE FISK HAWK WOODS NATURE CENTER

3799 BALD MOUNTAIN ROAD

CAMPING AT HAWK WOODS

Now is the time to plan your camping trip at Hawk Woods! Enjoy six beautiful log cabins with overnight accommodations for 40 guests and a two-story lodge for gatherings. Nothing can beat a peaceful walk in the woods or a time resting by the pond on an evening sunset. Campfires late into the starlit night bring lifelong memories. Call today for availability.

Cabins that Sleep 6 per night - \$40 Resident / \$50 Regular
Cabin that sleeps 10 per night - \$60 Resident / \$80 Regular
Lodge with kitchenette per hour - \$20 Resident / \$30 Regular / Free when renting all six cabins
Deposit - \$50

BOY SCOUTS MERIT BADGES - SINGLE SESSIONS

Mr. Mike is continuing our Boy Scout merit badge sessions. Sessions meet on Wednesday evenings or Saturday mornings through the season, check online for the full listing. Scouts should bring Blue Cards and Worksheets, and are encouraged to begin with the merit badge booklet or online readings.

Location: Hawk Woods Lodge

Date: Varies, please check the website

Time: Varies, please check the website #433993

Fee: \$5 Resident / \$8 Regular

NEW FIVE YEAR PARKS & RECREATION MASTER PLAN (2019-23)

We need **YOUR** help to make plans for parks, recreation, trails, programs, events and open space in our city. A Master Plan process is underway to set priorities and goals - your responses to a brief survey on the Parks & Recreation page at WWW.AUBURNHILLS.ORG will help shape the future of our community. Remember to complete the survey before September 30, 2018.

Your Parks
OUR FUTURE

