

Neighborhood  
Club



A community nonprofit established in 1911



# WINTER/ SPRING 2020 PROGRAMS JANUARY - MAY

17150 Waterloo  
Grosse Pointe  
Michigan 48230  
313.885.4600



- Wellness Programs - page 4 - 6
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Register Online  
[www.neighborhoodclub.org](http://www.neighborhoodclub.org)

Neighborhood  
Club



**PRESENTS:**

# *Santa Visit and Holiday Open House*



**SUNDAY**

**Dec. 8**

**12-4 pm**

**Santa**

**1-3 pm**

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**PICTURES WITH SANTA  
CRAFTS • REFRESHMENTS  
FREE AND OPEN TO THE PUBLIC**

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**Come see all the  
Neighborhood Club has to offer!**

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## Hours of Operation (Hours are subject to change)

### Facility Hours

Monday – Thursday	5 am – 10 pm
Friday	5 am – 9 pm
Saturday	7 am – 6 pm
Sunday	8 am – 5 pm

### Summer Hours Begin June, 2020

Monday – Thursday	5 am – 9 pm
Friday	5 am – 8 pm
Saturday	7 am – 5 pm
Sunday	8 am – 4 pm

The facility will be closed on: Christmas Day, New Year's Day, Easter Sunday (Apr. 12) and Memorial Day (May 25). The facility will have reduced hours on Christmas Eve and New Year's Eve.



# Club Membership Information

RECREATION AND WELLNESS CENTER

## Club members receive unlimited access to:

**60+ fitness classes and aquatic fitness classes**  
For adults and kids at no additional fee.

### Fitness Center

With strength training area, free weights and cardio machines.

### Warm Water Pool

With swim lanes, children's play area and family swim times.

### Sports Enhancement Center

For fitness classes and individual and small group training.

### Cycle Studio

Keiser M3i Bikes complete with Keiser Bluetooth technology and state of the art video projection system.

### Rowing/Fitness Room

(See page 18)

### Personal Trainers and Wellness Programs

Make the most of your time in the Fitness Center with workouts customized to meet your fitness goals. (See page 4)

### Gymnasium

Open Gym times throughout the week and drop in Pickleball offered Mondays, Wednesdays, Fridays and Sundays.

### Mobile App

To check-in, track workouts, earn rewards.

### Family Membership Holders

Get access to Fit Pals Club classes and discounts on select youth sports leagues, swim lessons and birthday parties.

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Recreation and Wellness Center

## Membership Services

As a part of your membership, our team of fitness professionals provide member services including:



### ORIENTATIONS



### FITNESS ASSESSMENTS



### EXERCISE PRESCRIPTIONS

To schedule your complimentary member services appointments, visit "Member Services" on our website [www.neighborhoodclub.org](http://www.neighborhoodclub.org) or from our Mobile App.

For more information email Becky at: [becky@neighborhoodclub.org](mailto:becky@neighborhoodclub.org)



Pool/Fitness schedules and open gym times conveniently posted on our FREE Mobile App and website [www.neighborhoodclub.org](http://www.neighborhoodclub.org).



## ALSO AT THE RECREATION AND WELLNESS CENTER:

(May not be included in membership; membership discounts may be applicable.)

- **Community and Conference Rooms** - Room rentals for birthday parties and other special events and location of the Neighborhood Club computer classes. Members welcome to relax in our community room before or after working out. (See page 8)
- **Neighborhood Club Preschool** - Watch your child grow and learn in our popular preschool program. Enroll now! (See page 9)





# Club Membership Information

## Club Membership Options and Prices

No Grosse Pointe residency required to sign up and enjoy our activities or join the Neighborhood Club Recreation and Wellness Center.

### Club Membership

- ✦ Adult (Age 14 - 61) \$57/mo x 12  
(*\$59/ month beginning 1/1/20*)
- ✦ Adult + 1 (same household) \$87/mo x 12  
(*\$89/ month beginning 1/1/20*)
- ✦ Senior (Age 62+) \$47/mo x 12  
(*\$49/ month beginning 1/1/20*)
- ✦ Senior +1 (same household, both 62+ years old) \$77/mo x 12  
(*\$79/ month beginning 1/1/20*)
- ✦ Family (includes children age 3 - 22, same household) \$104/mo x 12  
(*\$106/ month beginning 1/1/20*)
- ✦ Under three years old free with a paid adult

Single Month Pass (can be applied to club membership within 30 days of purchase)

- ✦ Adult (Age 14 - 61)\* \$69/mo pass  
*\*16+ with valid ID; 14 - 15 year olds with a parent signature and teen orientation*
- ✦ Senior (Age 62+) \$59/mo pass

### Daily Pass

- ✦ Adult (Age 16 - 61) \$20/day pass
- ✦ Senior (Age 62+) \$10/day pass

### Enrollment Fee for Club Memberships

- ✦ Adult and Senior Membership \$50
- ✦ Adult +1, Senior +1, Family \$75



### 30 FOR \$30

College students- Keep in shape over your holiday break. Show your college ID and get our special of 30 days for \$30. Starts December 1, 2019. *Must be purchased by December 31, 2019*



### SUMMER SPECIAL!

College Students -Show your college ID and get our special rate of \$119 for a membership good anytime from May 1 - Sept. 1.

*Membership is not to be prorated*

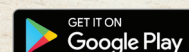
## DOWNLOAD OUR APP

Maximize Your Gym Experience



Download our App now to be entered in to win a FREE 60-minute Personal Training session with one of our certified trainers. One winner is selected each month. Download our App to take advantage of the member services your membership has to offer!

- CHECK INTO THE CLUB
- TRACK WORKOUTS
- JOIN CHALLENGES
- SET GOALS
- REFER FRIENDS
- TRACK AND REDEEM REWARDS
- CONNECT TO 3RD PARTY APPS AND DEVICES
- REQUEST MEMBER SERVICES APPOINTMENTS



# Wellness Programs

MEMBERSHIP MIGHT BE REQUIRED FOR ACTIVITIES

## PERSONAL TRAINING

### Looking for additional support and motivation?

Our nationally certified personal trainers know just how to tailor an exercise program to meet your specific goals. This option is perfect for those who would like to stay accountable to their workout schedule and meet their goals in a faster, more efficient way. Our trainers possess a variety of expertise to help with all ages and ability levels. Personal training is offered at an additional fee to members. **(Membership is required for this program)**

- 30-minute trial session
- We offer individual and semi-private training



Visit [www.neighborhoodclub.org](http://www.neighborhoodclub.org) for additional information, personal training rates and to learn more about our personal trainers.

## WELLNESS/NUTRITION COACHING

Wellness Coach Stephanie Popso's focus is the health of the "whole person". If part is unwell, how can the whole be well? In addition to nutrition, Stephanie will guide you to balance in the areas of your choosing: sleep, stress, exercise, energy, work/life balance, self care and more. Her mission is to help you towards your goals and unlearn habits that burn you out, resulting in more energy, strength and ease. Start building a solid foundation for your goals at the very first session. **(Membership is not required for this program)**



### TOPICS COVERED:

- Dropping "all or nothing" mentality
- Effective eating habits and meal planning
- Making the most of your packed schedule
- Work/life balance
- Where self care fits in
- Weight loss

### DO YOU:

- Know what you want but not sure where to begin?
- Want to build a rock-solid foundation for success?
- Need some support and accountability along the way?
- Want to get into routines that make you healthier and happier?
- Want more empowerment about your health?

### ARE YOU READY TO:

- Reclaim time and well-being?
- Create more fulfillment?
- Shed the extra weight in mind, body and spirit?
- Make a commitment to you?



Visit [www.neighborhoodclub.org](http://www.neighborhoodclub.org) for additional information, Wellness/Nutrition Coaching rates.

## INDOOR TRIATHLON

Whether you want to try something new or you are an experienced triathlete, this indoor triathlon is designed for everyone. Start by doing a 10-minute pool swim, followed by 30-minutes on a spin bike and finish with a 20-minute run (or walk) on a treadmill. Light refreshments included. All participants will receive a t-shirt and a medal for finishing. **(Membership is not required for this program)**

NEW

**Date:** Sunday, Apr. 19

**Register by:** Apr. 17

*(Registration after April 1 will receive medal and shirt at a later date)*

**Time:** 2 - 5 pm

**Location:** Neighborhood Club Recreation and Wellness Center

**Fee:** \$40 member, \$45 non-member



For more information email Becky at: [becky@neighborhoodclub.org](mailto:becky@neighborhoodclub.org)

[www.neighborhoodclub.org](http://www.neighborhoodclub.org)





MEMBERSHIP MIGHT BE REQUIRED FOR ACTIVITIES

# Wellness Programs

## SELF-DEFENSE TRAINING FOR WOMEN

Self-Defense Training for Women is a comprehensive approach to safety training that includes awareness, risk reduction, posture and verbal skills as well as physical fight skills. It is meant to provide options in the critical moments in which your personal space has been violated. It also aims to prevent assault against females and build confidence in their ability to stay safe. By cultivating the defensive mindset and the desire to fight for life, this program will empower!

**(Membership is not required for this program)**

**Instructor:** Joe Ferrera has over 30 years experience in martial arts, defense tactics with extensive experience as a Patrol Officer, Field Training Officer, Department Training Officer.

**Sunday:** January 19  
**Time:** 12 - 2 pm  
**Location:** Neighborhood Club Recreation and Wellness Center, Fitness Studio  
**Fee:** \$25/ member, \$35/ non-member  
**Register by:** Members Dec. 1 - Jan. 16 and non-members Dec. 20 - Jan. 16  
*Max. 20, Min. of 10 participants required.*



## HEALTH BET WEIGHT LOSS CHALLENGE NEW

10-weeks to a healthier and possibly wealthier you.

Cash prize for the top two with the highest percentage of weight lost! **(Membership is required for this program)**

- Weekly weigh-ins
- Weekly emails with tips and advice
- Group wellness talks from health professionals
- Raffle winners for FREE Personal Training session

**Date:** Jan. 6 - Mar. 16  
**Fee:** \$50 / 10 weeks  
**Register by:** Jan. 3  
**Location:** Neighborhood Club Recreation and Wellness Center  
*Max. 50, Min. of 10 participants required.*



## ROWING PROGRAM

This program will cover the fundamentals of rowing. Participants will be coached in small groups on indoor rowing machines. **(Membership is not required for this program)**

**Date:** Jan. 7 - Mar. 7, Tues. and Thur. 5 - 6:30 am and Sat. 7 - 9 am  
 (No Feb. 17 - 21)  
**Fee:** \$375 members, \$400 non-members  
**Register by:** Jan. 5  
**Location:** Neighborhood Club Recreation and Wellness Center, Rowing Fitness Room (lower level)  
*Max. 18, Min. of 5 participants required.*



## Rowing Program

For more information email Becky at: [becky@neighborhoodclub.org](mailto:becky@neighborhoodclub.org)

## TODDLER SWIM

**(Membership is not required for this program)**

Monday - Thursday 10 am - 1 pm Friday 10:30 am - 1 pm  
 Free members, \$20 day pass non-members  
*Must sign waiver at the front desk.*

For more information email Kara at: [kara@neighborhoodclub.org](mailto:kara@neighborhoodclub.org)





# Wellness Programs

MEMBERSHIP MIGHT BE REQUIRED FOR ACTIVITIES



Ages 3 - 14

## FREE for Family Membership Holders

- Fitness class offerings with certified instructors
- Priority notifications for class changes and cancellations
- Parents' Night Out for Fit Pals ages 5-11!
- Fit Pal of the month
- Fit Pal rewards

NEW



**Workout, go shopping, run errands, or wrap up projects at home while your kids enjoy an atmosphere of fun!**

They will be under the supervision of CPR and first aid certified instructors. Morning activities will include crafts and games in the Neighborhood Club Preschool and Gymnasium. A snack is included.

Dec. 7 &amp; 21, Jan. 11 &amp; 25, Feb. 8, Mar. 7 &amp; 21, Apr. 18

9 am - 12 pm

Ages 3-11. \$15/child, \$10/additional child\*. *Must have a Family membership.* \*Please register in person if you are registering more than one child, in order to receive discount. Max. 18, Min. 5 participants required.



## Fun, Play, Food and a Movie!

Drop off the kids and enjoy the evening. Your children will be under the supervision of CPR and first aid certified instructors. The night will consist of fun and play in the gymnasium, swimming in the pool, pizza and a movie.

Dec. 13, Jan. 10, Feb. 14, Mar. 13

5 - 8:45 pm

Ages 5-11. \$20/child, \$15/ additional child\*. *Must have a family membership.*

\*Please register in person if you are registering more than one child, in order to receive discount. Max. 20, Min. 5 participants required.

For more information email Becky at: [becky@neighborhoodclub.org](mailto:becky@neighborhoodclub.org)



## DROP-IN PICKLEBALL (Membership is required for this program)

Mondays, Wednesdays, Fridays, and Sundays

**Time:** Monday 12:30 - 2:30 pm  
 Wednesday 12:30 - 2:30 pm and 7 - 8:30 pm  
 Friday 12:30 - 2:30 pm  
 Sunday 11 am - 1 pm

**Location:** Neighborhood Club Recreation and Wellness Center, Gymnasium

**Fee:** Free NCRWC members, \$20 day pass adult, \$10 senior non-members

*Times subject to change, please visit [www.neighborhoodclub.org](http://www.neighborhoodclub.org) for current schedule.*

For more informaton email Chad at: [chad@neighborhoodclub.org](mailto:chad@neighborhoodclub.org)

[www.neighborhoodclub.org](http://www.neighborhoodclub.org)

No Membership Required

# Giving Opportunities

Neighborhood  
Club



## Strengthen a community nonprofit that strengthens you right back

Please accept my gift as designated below:

\_\_\_ Expendable unrestricted Annual Fund gift for current need.  
(Please make check payable to *Neighborhood Club*.)

\_\_\_ Endowment Fund for long term stability.  
(Please make check payable to *The Community Foundation for Southeast Michigan* and note in the check memo: "Neighborhood Club.")

\_\_\_ My employer will match my gift.

\_\_\_ I/We wish to be listed in donor recognition as: \_\_\_\_\_

\_\_\_ I/We wish to remain anonymous.

Contributions to the Neighborhood Club are tax deductible as provided by the law.

Donor Name(s): \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Charge Authorization: \_\_\_ Visa \_\_\_ MasterCard \_\_\_ AMEX

Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Total: \$ \_\_\_\_\_

Signature: \_\_\_\_\_

Please send donations to: Neighborhood Club,  
17150 Waterloo, Grosse Pointe, MI 48230

Donate online at [www.neighborhoodclub.org](http://www.neighborhoodclub.org)

Some gifts have **"return"** written all over them.

A Charitable Gift Annuity lets you contribute to the future financial health of the Neighborhood Club and receive guaranteed income for life. To find out more, call Advancement Director Kathy Eisengruber at 313-885-4600, ext 21.

Neighborhood  
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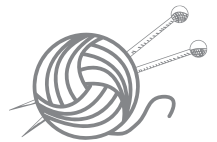


in partnership with

communityfoundation  
FOR SOUTHEAST MICHIGAN  
[www.cfsem.org](http://www.cfsem.org)

Connecting those who care  
with causes that matter.

## KNITTING LADIES



This group has been part of the Neighborhood Club since 1942.

These ladies donate mittens and hats to Children's Hospital, baby blankets to Pregnancy Aid and afghans to COTS. New knitters and crocheters needed. Brown bag your lunch and just show up! Yarn donations welcome.

**2nd and 4th Wednesday of each month**

**Time:** 10:30 am - 2:30 pm

**Location:** Neighborhood Club Recreation and Wellness Center

### Knitter Donations in 2018

**COTS:** Afghans 51

**Veterans:** Afghans 12

**Pregnancy Aid:** Blankets 21 and bibs 22

**Children's Hospital:**

Hats and mitten sets 19

Headbands and mitten sets 16

Hats 6

Mittens 40

Infant premi hats 150



## SUPPORT THE THRIFT SHOP

Donate your gently used clothing and hardgoods. See inside of back cover for details.

# Birthday Parties and Room Rentals



## HOST YOUR PARTY AT THE NEIGHBORHOOD CLUB!



### CONFERENCE ROOM RENTALS

The Neighborhood Club Recreation and Wellness Center has two beautiful conference rooms available to rent for meetings.

Each room offers:

- 625 square feet
- Space to accommodate 16 - 30 people, depending on the set-up.
- Wi-Fi
- 70-inch flat-screen TV for presentations (HDMI cable included. Requires an HDMI port from your laptop.)

Partition wall can be removed to provide 1250 square feet of space that allows for larger meetings and gatherings.

**One Conference Room:** \$50 / first two hours  
\$15 / each additional hour

**Both Conference Rooms:** \$80 / first two hours  
\$25 / each additional hour

A 560-square-foot community room is also available for rent.

**Community Room:** \$50 / first two hours  
\$15 / each additional hour

Call Kevin at 313-885-4600, ext. 33 for additional information and to check for available dates. Reservations must be made in person.

### BIRTHDAY PARTIES

A 560-square-foot Community Room is ready and available for birthday parties and other special events for up to 20 children. Choice of party packages includes the use of the pool or gym. Party times available September - May, Friday - Sunday. Please call for availability.

**PURE FUN package includes:** One hour in the pool or gym, Community Room for one hour after desired activity, decorations, and table coverings. You supply balloons, birthday cake and ice cream.

**Bring your own food with the Pure Fun package!**

**Member:** \$145

**Non-Member:** \$175

**ALL SMILES package includes:** all of the Pure Fun items, as well as pizza from Hungry Howies, plates, cups, napkins and your choice of juice boxes or water.

**Member:** \$175 for up to 12 children

\$215 13-15 children

\$250 16-20 children

**Non-Member:** \$200 for up to 12 children

\$250 13-15 children

\$295 16-20 children

Pizza and beverage add-ons are available for an additional cost.

**3-hour party block on Fridays:** 1-hour in the pool, 1-hour in the gym, and 1-hour in the party room. Add \$60 members, \$75 non-members to package pricing above.

**Room capacity is 30; seating for 20.**

*Parties not available on "Parents' Night Out" dates.*

Call Kara at 313-885-4600, ext. 29 for additional information and to reserve a birthday party.



Visit [www.neighborhoodclub.org](http://www.neighborhoodclub.org) for party and room rental forms.





No Membership Required

# Preschool

Ages 3 - 5

## ABOUT THE PROGRAM

A day at school provides time for children to experience activities that help them understand themselves and the world around them. They see, touch, taste and hear to explore and discover. Play is a great avenue for learning and in our classroom the day is centered around activities that allow children to process and assimilate information. We strive to spark the children's imagination and creativity. We encourage problem solving and developing responsibility. Measuring children's growth is the key to a successful education. We pay careful attention to how children are progressing. We understand that children develop at their own pace, so as we see specific educational needs, we make sure our lessons have activities to strengthen those skills. Our curriculum provides in-depth and challenging activities in math, science, art, language, reasoning, reading and fine and gross motor skills. Our students are well equipped with the skills needed to enjoy a successful kindergarten experience.

Our preschool students also enjoy special activities in the Neighborhood Club gym and free family swim pool passes, as well as other fun stay-and-play Neighborhood Club-sponsored events.

### Preschool drop-off and pick-up is a breeze!

Pull your car into the circle drive and the teachers will come out to your car to bring your child in or take your child to you.

- CHILD MUST BE TOILET TRAINED

## STAFF

**Sue Sullivan** (sue@neighborhoodclub.org)  
Director/Teacher since 1997. Sue has a BS and Teaching Certificate from WSU with an Early Childhood Endorsement.

**Lori Corden**  
A teacher since 1998, Lori has a BFA in Art Education from MSU.

**Molly Howard**  
A teacher since 2001, Molly has a BS from WSU.



RECREATION AND WELLNESS CENTER

## GENERAL INFORMATION AND 2019-2020 TUITION (PER SEMESTER)

The Neighborhood Club Preschool is licensed with the State of Michigan. There are two semesters in our school year, which starts in September and ends in May. Second semester begins mid-January. Call 313-885-4600 to inquire about openings.

**3 year olds** (Must be 3 by December 1, 2019)  
Tues/Thurs 8:45 - 11:15 am \$775/semester

**3 - 4 year olds** (Must be 3 by December 1, 2019)  
Mon/Wed/Fri 8:45 - 11:15 am \$1,150/semester

**4 - Young 5s** (Must be 4 by December 1, 2019)  
Mon through Fri 12:30 - 3:15 pm \$1,900/semester  
Mon through Thurs 12:30 - 3:15 pm \$1,600/semester  
Mon/Wed/Fri 12:30 - 3:15 pm \$1,275/semester

*Payment plans are available.*

Neighborhood Club Preschool parents are also eligible for discounts on family and individual memberships. Please call 313-885-4600 for additional information.



# Swim Lessons and Programs

No Membership Required

## SESSION INFORMATION: GROUP, PRIVATE, SEMI-PRIVATE AND SPECIAL NEEDS LESSONS

**Session 1:** Jan. 6 - Feb. 1      **Register members:** Dec. 28 - Jan. 5, **non-members:** Dec. 30 - Jan. 5

**Session 2:** Feb. 24 - Mar. 21      **Register members:** Feb. 15 - 23, **non-members:** Feb. 17 - 23

**Session 3:** Apr. 13 - May 9      **Register members:** Apr. 4 - 12, **non-members:** Apr. 6 - 12

**Group Lessons:** \$45 (member) or \$60 (non-member) / person / four 30-min. classes

**Private Lessons:** \$130 (member) or \$145 (non-member) / person / four 30-min. classes

**Semi-Private Lessons:** \$80 (member) or \$95 (non-member) / person / four 30-min. classes

**Special Needs Lessons:** \$65 (member) or \$70 (non-member) / person / four 30-min. classes

- Registration is available online or in person for all lessons and must be paid in full at the time of registration
- To receive the membership rate, you must have an active Family Membership
- Please register by the dates listed-if the first class is missed due to late registration, no make up lessons, refunds or prorations will be given
- Swim lesson level placement is based on ability. For help with placement, see swim placement on website.
- If the minimum of 3 participants is not met for a group lesson, you will be offered to move to another lesson, or the option of paying an additional cost for a private lesson, one child, or a semi-private lesson, two children.

**CANCELLATION POLICY:** Make-ups may be granted pending availability if doctor's note is provided within 24 hours of missed lesson. 3-hour notice required. No make-up permitted if any no-shows. **Email all cancellations to [kara@neighborhoodclub.org](mailto:kara@neighborhoodclub.org). A \$15 processing fee will be deducted if participant cancels lesson registration.**

*For questions or additional information, please call 313-885-4600, ext. 29 or email Kara at: [kara@neighborhoodclub.org](mailto:kara@neighborhoodclub.org). Space is limited!*

**Based on the American Red Cross Learn to Swim Program, Group Lessons are offered Monday evenings, Wednesday evenings or Saturday mornings. Visit [www.neighborhoodclub.org](http://www.neighborhoodclub.org) for details on days, times and to register.**

### PARENT AND CHILD (ages 6 months - 1 1/2 years): LEVEL 1

Familiarizes children with the water and teaches swimming readiness skills with a parent. It also provides safety information for parents and teaches techniques parents can use to orient their children to the water. **Prerequisites:** None. All non-potty trained children must wear a swim diaper to enter the pool. Classes are to familiarize your child to the water and learn basic swimming and safety skills.

### PARENT AND CHILD (ages 1 1/2 - 3 years): Level 2

Improves upon skills learned in Parent and Child Aquatics Level 1 and teaches those skills on a more advanced level with a parent, while continuing to build on water safety knowledge. **Prerequisites:** Comfortable in the water.

### PRESCHOOL (ages 3 - 4): Level 1

Orient preschool age children to the aquatic environment and help them acquire rudimentary levels of basic aquatic skills. Aquatic skills are taught with support from the swim instructor. **Prerequisites:** Participants should be comfortable in the water without a parent in with them.

### PRESCHOOL (ages 3 - 4): Level 2

Build on the basic aquatic skills learned in Preschool Level 1. Fundamental skills will be taught to become more independent in the water. Skills are performed with assistance from the swim instructor. **Prerequisites:** Blow bubbles through mouth and nose, swim unsupported with noodles, put ears in water when floating with support on back.

### PRESCHOOL (ages 3 - 4): Level 3

Increase proficiency and build on the basic aquatic skills learned in Preschool Levels 1 and 2 by providing additional guided practice with increased distances and times. Skills are performed independently from the swim instructor. **Prerequisites:** Can float on front and back independently, swim half of pool length on front and roll to get breath, swim half of pool length on back, and can roll from front float to back float independently.

### LEARN-TO-SWIM (ages 4+): Level 1

Orients participants to the aquatic environment and helps gain basic aquatic skills. Begin developing positive attitudes, good swimming habits and safe practices in and around the water. **Prerequisites:** None

### LEARN-TO-SWIM (ages 4+): Level 2

Give participants success with fundamental skills, including learning how to float and recover to a vertical position. Basic swimming skills will be taught. **Prerequisites:** Blow bubbles through mouth and nose, submerge under water, swim unsupported with noodles, put ears in water when floating with support on back.

### LEARN-TO-SWIM (ages 4+): Level 3

Build on skills learned in Level 2 by providing additional guided practice in deeper water. Child will be swimming upon mastering required skills. **Prerequisites:** Can float on front and back independently, swim half of pool length on front and roll to get breath, swim half of pool length on back, and can roll from front float to back float independently.

**All non-potty trained children must wear a swim diaper under a bathing suit to enter the pool.**



No Membership Required

# Swim Lessons and Programs

## LEARN-TO-SWIM (ages 4+): Level 4

Develop confidence in the strokes learned in Learn to Swim Level 3 and improve other aquatic skills. Will be able to swim 50 yards doing multiple strokes upon mastering required skills.

**Prerequisites:** Jump into water from side, swim front crawl 25 yards with face in water, tread or float for 30 seconds, then swim elementary backstroke for 25 yards. Must know flutter, scissor, dolphin and breaststroke kicks using kickboard.

## LEARN-TO-SWIM (ages 4+): Level 5/6

Further learn how to coordinate and refine strokes. Will know all competitive strokes and be able to swim 100 yards upon mastering required skills. Students will also learn tuck and pike surface dives to the bottom of the pool, front flip-turn and back flip-turn while swimming. **Prerequisites:** Feet first surface dives, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Must be able to complete 50 yards, 2 lengths of the pool.

## PRIVATE LESSONS (all ages)

Private lessons are taught one-on-one for those who want to learn quickly or for those not ready for a group environment. The level taught will be determined by the instructor on the first day of class.

## SEMI-PRIVATE LESSONS (all ages)

These lessons are perfect for those who want to enroll family and/or friends in class together, but still want the private lesson experience. Similar ages and experience not required. Semi-private lessons limited to two participants and you must provide your partner.

## SPECIAL NEEDS LESSONS (all ages)

This is a private lesson for those with special needs and is tailored to accommodate those needs. Please inform the coordinator of specific needs so the appropriate instructor can be assigned.

*Private, Semi-Private and Special Needs Private Lessons are offered Monday-Friday evenings and Saturday mornings. Visit [www.neighborhoodclub.org](http://www.neighborhoodclub.org) for details on days, times, instructors and to register.*

Please contact [kara@neighborhoodclub.org](mailto:kara@neighborhoodclub.org) to be put on a waiting list once lessons are full, or if you need to request a different day or time for a specific type of private lesson.

## ADULT GROUP LESSONS (18+)

This is a beginner class for adults who want to learn the basics of swimming and gain confidence in the pool.

Mon., 6:30-7 pm (*Coincides with sessions*)

## SWIM TEAM PREP

Get in-water hands-on coaching for your child that will focus on proper technique, USA Swimming rules, swim team lingo, speed and endurance. This is great for those who want to swim on a team but don't want to compete, those looking to be on a team or for those already on a team who want to become better swimmers. Must pass Level 3 in our program or be able to swim 25 yards of freestyle and backstroke with ease.

Mon., 6:30-7:40 pm (*Coincides with sessions*)

## CERTIFICATION COURSES

**STUDENTS MUST ATTEND ALL SCHEDULED DAYS AND TIMES OF IN-PERSON COURSE AND COMPLETE THE ONLINE COURSE.**

### American Red Cross Lifeguard Course

*Must be at least 15 years of age by the last day of class.*

This class provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED, valid for 2 years. The online component will be emailed to participants one week prior to the start of class. This component must be completed and passed by the first day.

**Session I:** Fri. - Sun., Jan. 24 - 26 Register by: Jan. 16

**Session II:** Fri. - Sun., Feb. 21 - 23 Register by: Feb. 13

**Session III:** Fri. - Sun., Mar. 20 - 22 Register by: Mar. 12

**Time:** Fri. 4 - 8 pm, Sat. - Sun. 9 am- 5 pm

**Fee:** \$238 (Includes non-refundable course fee, Lifeguard manual, Pocket CPR mask and certification fee)



Visit [www.neighborhoodclub.org](http://www.neighborhoodclub.org) or download our **FREE** mobile App for current pool schedule!

## UNDERWATER EGG HUNT

Thursday, March 26 at 4:15, 5:15 or 6:15 pm

Get a jumpstart on celebrating Easter and hunt for eggs in the pool at the Neighborhood Club Underwater Egg Hunt. As you enjoy many family fun activities, be sure to hop on over to see the Easter Bunny and get your special Easter surprise!

Please see *\*facility age guidelines for pool requirements for children who have not passed the Neighborhood Club swim test. \*Available at [www.neighborhoodclub.org](http://www.neighborhoodclub.org) or at the front desk.*

Swim tests will be conducted from 4-8 pm on Tuesday, Mar. 24.  
No swim test will be held the day of the event.

**ACTIVITIES IN THE GYM INCLUDE:** Face painting - Arts and Crafts - Easter themed games  
Visit with the Easter Bunny and Easter surprise!

**Free** (family membership holders), **\$5** (non-members) **Registration is required at [www.neighborhoodclub.org](http://www.neighborhoodclub.org) or in person by Mar. 23. Registration is non-refundable.**

*\*Members who do not cancel by 12 pm on Mar. 26 and do not attend the event will be assessed a \$5 fee.*





# Kids Camp

No Membership Required



**Ages 5 - 12**

## MID-WINTER BREAK

**Date:** Feb. 17 - 21

**Time:** 9 am - 3 pm

**Fee:** \$160/week (member), \$210/week (non-member)

**Before and After Care:** Before care (8 - 9 am): \$20/week, After care (3 - 6 pm): \$60/week, Both before/after care: \$70/week.

**Registration Begins:** Dec. 1

**Camp Max. 20. Camp to counselor ratio 10:1.**

**Field Trip:** Movie Day, TBD see online for movie info.



## SPRING BREAK

**Date:** Apr. 6 - 9 (no camp Friday, Apr. 10)

**Time:** 9 am - 3 pm

**Fee:** \$130/week (member), \$170/week (non-member)

**Before and After Care:** Before care (8 - 9 am): \$16/week, After care (3 - 6 pm): \$48/week, Both before/after care: \$56/week.

**Registration Begins:** Dec. 1

**Camp Max. 20. Camp to counselor ratio 10:1.**

**Field Trip:** The Henry Ford Museum or Greenfield Village (weather dependent)

## SUMMER BREAK

**Date:** June 15 - 19, June 22 - 26, June 29 - July 3, July 6 - 10, July 13 - 17, July 20 - 24, July 27 - 30, Aug. 3 - 7, Aug. 10 - 14

**Time:** 9 am - 3 pm

**Fee:** \$170/week (member), \$225/week (non-member)

**Before and After Care:** Before care (8 - 9 am): \$25/week, After care (3 - 6 pm): \$60/week, Both before/after care: \$75/week.

**Registration Begins:** Jan. 1

**Camp Max. 40. Camp to counselor ratio 10:1.**

**Check online for updates on Summer Break field trip itinerary!**

For more information, call Kara 313-885-4600 ext: 29 or email [kara@neighborhoodclub.org](mailto:kara@neighborhoodclub.org).

\*Family Membership must be active prior to registration, in order to receive member rate on select programs. Memberships cancelled anytime during discounted program are subject to 30-day notice requirement as well as fee equivalent to program discount rate.



No Membership Required

# Special Needs Activities

## SOFTBALL LEAGUE

(Special Needs 18 years - Adult)

Our team participates in the National League (explanation below). Games are played in the evenings. Home games are at Brownell and away games will be played at parks in surrounding cities.

**National League:** For players with fair skills in hitting and fielding the ball, good physical ability and balance, possess coordination of movements to run, ability to attempt to field the ball, know to raise glove to field fly balls or place glove on the ground to field grounders. Games are played with 10 players on the field at a time and balls and strikes are called. Players who are eligible to play on able-bodied teams are not eligible for this league.

**Tuesdays:** May 26 - July 28 (8 games)  
**Time:** 6:30 - 8:30 pm  
**Fee:** \$80 non-member, \$40 member  
**Register by:** May 1



Photos courtesy of [www.somi.org](http://www.somi.org).  
 These are not Neighborhood Club activities.

## SWIM LESSONS

(Special Needs All Ages)

This is great for those who are not able to participate in our group lessons. Register in person or online at: [www.neighborhoodclub.org](http://www.neighborhoodclub.org). Please email [kara@neighborhoodclub.org](mailto:kara@neighborhoodclub.org) with participant's special need. Session consists of four half-hour classes. For questions, please call: 313-885-4600, ext. 29 or email Kara at: [kara@neighborhoodclub.org](mailto:kara@neighborhoodclub.org).

**Dates/Registration:** Sessions and registration dates listed on pages 10 - 11  
**Location:** Neighborhood Club Recreation and Wellness Center, Pool  
**Fee:** \$65 (member), \$70 (non-member)

## INDOOR ROWING

(Special Needs 10 years - Adult)

An introduction to rowing for children and adults with mental and/or physical limitations. This group workout uses state-of-the-art Concept II Indoor Rowing Ergometers. Family members are encouraged to register and join the workout.

**Session I**  
**Fridays:** Jan. 10 - Mar. 27  
**Fee:** \$40 / 12 weeks  
**Time:** 5 - 6 pm

**Session II**  
**Fridays:** Apr. 3 - June 12 (No Apr. 10)  
**Fee:** \$33 / 10 weeks  
**Time:** 5 - 6 pm

**Location:** Neighborhood Club Recreation and Wellness Center, lower level  
**Instructor:** John Fundukian, Cheryl Koch and Lucas Benz



For information on how you can be a part of Special Olympics Michigan in the Grosse Pointe/Harper Woods Community, please contact Christopher Beck at [Chris\\_Beck@gensler.com](mailto:Chris_Beck@gensler.com) or go to [www.somi.org](http://www.somi.org).



# Youth Activities

No Membership Required

## CHESS CLUB AFTER SCHOOL

**Grades 1 - 5**

Chess club is great for beginners as well as intermediate students who have already taken one or more chess classes. Your child will learn the history of chess, rules of the game, chess etiquette, tactics and strategies, opening/middle/endgame strategies and get supervised practice time (*optional material: \$16 or \$20 workbook, \$5 reference book available from instructor*)

**Tuesdays:** Jan. 21 - Mar. 31 (*No Feb. 18*)  
**Time:** 4:45 - 5:45 pm  
**Fee:** \$189 / 10 weeks  
**Location:** \*Neighborhood Club Recreation and Wellness Center, Community Room (1st floor)

\*Parents must walk their child into the building, then proceed to check-in with the instructor in the Community Room. Parents must pick up their child after class in the Community Room.

**Tuesdays:** Jan. 21 - Mar. 31 (*No Feb. 18*)  
**Time:** 3:45 - 4:45 pm  
**Fee:** \$189 / 10 weeks  
**Location:** \*\*Monteith Elementary School

\*\*Students must meet the instructor in the school office at dismissal time. Parents must pick up their child after class in the designated classroom.

**Register by:** Jan. 13  
**Instructor:** All the King's Men Staff

## YOU & ME 123 PARENT AND CHILD

**Ages 18 - 36 months with an adult**

Get ready for fun with hands on activities, music, games and art exploration in our well equipped classroom. This program is designed to stimulate your child's curiosity, encourage exploration and develop strong foundational skills. There is no better time to start your young child on the path to a lifelong love of learning. *Maximum 12 children plus parent.*

**Tuesdays:**  
**Session I** Jan. 21, 28, Feb. 4, 11, 25, Mar. 3  
**Session II** Mar. 17, 24, 31, Apr. 14, 21, 28  
**Time:** 4 - 5 pm  
**Fee per session:** \$75 (member), \$100 (non-member)  
**Location:** Neighborhood Club Preschool Room  
**Instructor:** Lori Corden

## VIEW SUMMER ACTIVITIES ON OUR ONLINE SUMMER 2020 PROGRAM BROCHURE!



International Soccer Camp



Kids Camp Field Trip Itinerary



Fundamental Basketball Camp

View Summer Brochure online at:  
[www.neighborhoodclub.org](http://www.neighborhoodclub.org)  
 starting May 1, 2020.



The Neighborhood Club and mParks offer you a way to save on tickets to the Detroit Zoo and the Detroit Red Wings!



Simply visit our exclusive Detroit Zoo Tickets and more Discount Online Ticket Store by visiting <https://tickets.detroitzoo.org> and enter the exclusive store name password: Neighborhood Club.



To get your tickets at:  
[www.DetroitRedWings.com/mparks](http://www.DetroitRedWings.com/mparks)  
 and select **NEIGHBORHOOD CLUB**  
 Questions? Call Clark Rowekamp with the Red Wings at 313-471-7546.

## ADDITIONAL DISCOUNT TICKET OPPORTUNITIES



**Lions**  
[www.mparks.org/page/lions](http://www.mparks.org/page/lions)  
**Pistons**  
[www.pistons.com/mparks](http://www.pistons.com/mparks)  
**Tigers**  
[www.mparks.org/page/Tigers](http://www.mparks.org/page/Tigers)





No Membership Required

# Youth Sports

## LACROSSE LEAGUES

Your team's schedule will consist of a variety of game times, please see your schedule. Schedules will be available at [www.neighborhoodclub.org](http://www.neighborhoodclub.org) under **SPORTS SCHEDULES** beginning Wed., Apr. 15, 2020.

### BOYS 3V3 LACROSSE

#### Grades 3 - 5 (Instructional League)

Season consists of 6 sessions, providing a mixture of dynamic training, drills, and 3v3 game play. The first Sunday session will be a clinic. Players will be split into small teams at each session to compete against one another. The field and nets will be smaller than regulation size allowing for a more inclusive experience for all players. All equipment is provided except mouthpiece and protective cup.

**Sundays:** Apr. 19 - June 7  
**Time:** 1:30 - 2:45 pm  
**Location:** Parcels  
**Fee:** \$63 (members), \$126(non-members)  
**Register by:** Mar. 27

*Boys Lacrosse Coordinator: Coach B (Ken Brubaker)*

### GIRLS LACROSSE

#### Grades 3 - 5 (Instructional League)

Season consists of 6 sessions, providing a mixture of dynamic training, drills, and game play. All equipment is provided except mouth piece.

**Sundays:** Apr. 19 - June 7  
**Time:** 12:30 - 2 pm  
**Location:** Brownell  
**Fee:** \$63 (members), \$126 (non-members)  
**Register by:** Mar. 27

#### Grades 6 - 8 (Intermediate League)

Season consists of 6 sessions, providing a mixture of dynamic training, drills, and game play. Participants must provide: girls' stick, goggles and mouth piece.

**Sundays:** Apr. 19 - June 7  
**Time:** 2 - 3:30 pm  
**Location:** Brownell  
**Fee:** \$63 (members), \$126 (non-members)  
**Register by:** Mar. 27

*Girls Lacrosse Coordinator: Tim Northey*

### YOUTH SOFT LACROSSE

#### Boys and Girls in 1st and 2nd Grade

Season consists of 5 sessions, providing a mixture of dynamic training, drills, and game play. Game is played with a soft rubber ball and a stick with an aluminum shaft and flexible head. The field is 40 yards long. The focus is on teaching basic skills, getting comfortable with the stick and moving up and down the field to score a goal. All equipment is provided except mouthpiece.

**Sundays:** Apr. 26 - June 7  
**Time:** 12:30 - 1:30 pm  
**Location:** Parcels  
**Fee:** \$42 (members), \$84 (non-members)  
**Register by:** Apr. 3

### WANT MORE LACROSSE?

313 Lacrosse welcomes players who may be looking for additional year-round opportunities. The 313 staff has assisted the Neighborhood Club lacrosse program since 2005. 313's primary focus is to develop boys lacrosse players through competitive travel teams, up-tempo training, clinics and modern and well-run camps. For more info, go to [www.313lax.com](http://www.313lax.com).

### FIELD HOCKEY CLINICS

#### Girls Grades 4 - 8

Looking for something new this spring? Learn to play Field Hockey through 4 dynamic two hour clinic sessions! Have fun while learning basic skills like dribbling, passing, defense, and shooting! Mini-games will also introduce rules and strategy of this field sport. Clinics are open to all levels of experience. All equipment is provided except mouth guards.

**Saturdays:** May and June (*Specific dates, time and location to be announced*)  
**Fee:** \$80

More details will be posted on our website at a later date.

*Coordinator: Jessie Rouleau - GPS Varsity Field Hockey Coach*

\*Family Membership must be active prior to registration, in order to receive member rate on select programs. Memberships cancelled anytime during discounted program are subject to 30-day notice requirement as well as fee equivalent to program discount rate.



# Youth Sports

No Membership Required

## GYMNASTICS NEW DAYS

### Ages 3 - 12

Conveniently located in our community, we welcome children ages 3-12 of all skill levels to a fun, non-competitive environment. Classes help improve motor skills in our youngest of gymnasts plus flexibility and strength at all levels. Each child receives individual coaching from our local, energetic and experienced instructors who strive to build each gymnast's confidence and promote personal growth through skill progressions. Activities include learning basic skills of balance beam, bars, tumbling and vault. A student may be placed at the same level for more than one session.

#### Mondays:

**Session I** Jan. 6 - Feb. 10 (6 weeks)  
**Session II** Feb. 24 - Apr. 27 (7 weeks)  
 (No Mar. 16, 23, Apr. 6)

#### Wednesdays:

**Session I** Jan. 8 - Feb. 12 (6 weeks)  
**Session II** Feb. 26 - Apr. 29 (7 weeks)  
 (No Mar. 18, 25, Apr. 8)

**Beginner:** 5:30 - 6:30 pm  
**Preschool:** 6:35 - 7:05 pm  
**Adv. Beginner:** 7:10 - 8:10 pm  
**Location:** University Liggett School,  
 Old Gym/Lower School,  
 1045 Cook Rd. Grosse Pointe Woods  
**Fee:** \$128 / 7 week session  
 \$110 / 6 week session  
**Coordinator:** Liesa McDonald

### GYMNASTICS AGE / ABILITY GROUPS

**Preschool: Ages 3 - 5** Child will work on fine and gross motor skills with parental assistance.

**Beginner: Ages 5 - 7** Entry level or first time in gymnastics class with little or no experience. Participant will have fun while learning basic gymnastic skills using all of the equipment. Beginning emphasis is on learning forward rolls, handstands and cartwheels.

**Advanced Beginner: Ages 7 - 12** Demonstrates basic skills such as cart-wheels and handstands but needs improvement on those skills. Plus has the foundation to learn additional skills such as front and back walk-overs, back handsprings and round-offs.

\*Family Membership must be active prior to registration, in order to receive member rate on select programs. Memberships cancelled anytime during discounted program are subject to 30-day notice requirement as well as fee equivalent to program discount rate.

## YOUTH T-BALL

**16 League - Children Born Calendar Year 2016**

**15 League - Children Born Calendar Year 2015**

**14 League - Children Born Calendar Year 2014**

**13 League - Children Born Calendar Year 2013**

Season consists of 8 games and are played on Saturday with the possibility of a Sunday afternoon game. Each week, teams will practice the fundamentals of baseball and play a game. Players keep their uniform shirt, hat and socks which are included in the fee. **All players are required to purchase a pair of white baseball pants at the Neighborhood Club.**

- Regulation diamonds are used
- Teams are small to maximize participation
- Small teams increase hitting and fielding action

### Boys/Girls 16/15 T-Ball League

**Saturdays:** Apr. 18 - June 6  
**Time:** 9:15 - 10:30 am

### Boys/Girls 14/13 T-Ball League

**Saturdays:** Apr. 18 - June 6  
**Time:** 9 - 10:15 am or 10:30 - 11:45 am  
**Fee:** \$48 (member), \$96 (non-member)  
**Register by:** Mar. 27

Soccer and T-ball schedules do not conflict. You can play both.

**Your team's schedule will consist of a variety of game times, please see your schedule. Schedules will be available at [www.neighborhoodclub.org](http://www.neighborhoodclub.org) under **SPORTS SCHEDULES** beginning Wed, Apr. 15, 2020**

## BATTING CAGE

Recreation and Wellness Center membership NOT required to use the batting cage.

#### Facility includes:

- One indoor cage (55' L x 14' W x 14' H)
- Jugs Jr. baseball and softball pitching machines
- 3 Batting tees
- Soft toss machine
- Youth pitching mound
- Indoor training baseballs and softballs

**Months:** February, March and April

**Sundays:** 8 am - 1 pm Dates will be posted on website

**Location:** Neighborhood Club Recreation and Wellness Center, Gymnasium

**Fee:** \$35/hr., \$20/half-hour (members)  
 \$50/hr., \$35/half-hour (non-members)

Reservations: Call 313-885-4600, Mon-Thurs. only. Patrons may only make reservations for the current week, one-hour maximum per week per patron. **Dates and times subject to change.**



No Membership Required

# Youth Sports

## SOCCER LEAGUES

### IMPORTANT NOTES:

*All soccer players are required to purchase a \$29 uniform kit (reversible jersey, black shorts and socks).  
The uniform may be worn for multiple soccer seasons.*

- Games are played on **SATURDAYS WITH THE POSSIBILITY OF SUNDAY AFTERNOON GAMES.**
- May have conflicts with lacrosse

Your team's schedule will consist of a variety of game times, please see your schedule. Schedules will be available at [www.neighborhoodclub.org](http://www.neighborhoodclub.org) under **SPORTS SCHEDULES** beginning Wednesday, April 15, 2020.

**REGISTER BY MARCH 27**

### CO-ED BORN 2017

#### Instructional League

Season consists of 5 games and is played 6 on 6. Each week teams will practice for 20 minutes followed by a 16-minute game.

**Weekends:** Apr. 18 - May 16  
**Fee:** \$44 (member), \$88 (non-member)  
**Location:** Mason

### CO-ED BORN 2016

#### Instructional League

Season consists of 5 games and is played 6 on 6. Each week teams practice for 30 minutes followed by a 20-minute game.

**Weekends:** Apr. 18 - May 16  
**Fee:** \$44 (member), \$88 (non-member)  
**Location:** Maire

### CO-ED BORN 2015

#### Instructional League

Season consists of 8 games and is played 6 on 6. Each week teams practice for 25 minutes followed by a 30-minute game.

**Weekends:** Apr. 18 - June 6  
**Fee:** \$52 (member), \$104 (non-member)  
**Location:** Mason

### CO-ED BORN 2014/2013/ GRADE 1

#### Instructional League

Season consists of 8 games and is played 6 on 6. Each week teams practice for 15 minutes followed by a 36-minute game.

**Weekends:** Apr. 18 - June 6  
**Fee:** \$52 (member), \$104 (non-member)  
**Location:** Mason

### WEEKLY SOCCER SKILLS NIGHTS (FREE WITH SOCCER LEAGUE REGISTRATION)

Boys/Girls born in 2013-2015 and in Grade 1

Thursdays 4:30 - 5:30 pm, Apr. 23 - June 4 at Messner Field. You must call 313-885-4600 to sign-up.

### BASKETBALL LEAGUE CO-ED BORN IN 2014, 2013/GRADE 1

#### Instructional League

Each week teams practice for 30 minutes followed by a 30-minute game. Season consists of 5 games and are played on Saturdays with the possibility of Sunday afternoons.

#### Session II

**Weekends:** Jan. 18 - Feb. 29 (No Feb. 15, 16, 22, 23)  
**Register by:** Jan. 3  
**Time:** See website  
**Location:** Monteith  
**Fee:** \$55 (member), \$110 (non-member)

Your team's schedule will consist of a variety of game times, please see your schedule. Schedules will be available at [www.neighborhoodclub.org](http://www.neighborhoodclub.org) under **SPORTS SCHEDULES**.

### VOLLEYBALL LEAGUES

#### Grades 3 - 8

Teams will have one practice and one game per week. Depending on the number of teams in the league, a second game may be played during select weeks. Games and practices will be held on weekday evenings and will last one hour. Practices are Tuesdays and games are Wednesday and/or Thursday.

**Weeknights:** Feb. 25 - Apr. 30  
**Location:** Brownell gym  
**Fee:** \$65 (member), \$130 (non-member)  
**Register by:** Feb. 7

\*Family Membership must be active prior to registration, in order to receive member rate on select programs. Memberships cancelled anytime during discounted program are subject to 30-day notice requirement as well as fee equivalent to program discount rate.





# Adult Sports

No Membership Required

## CO-REC VOLLEYBALL

Co-rec volleyball is for men and women of all ages and beginners too! Get in some exercise and have some good fun at the same time. We are a casual group, with no set teams, and with new teams each session to keep it fun. Perfect for active over 40 too!

### Recreational

#### Mondays:

##### Session I

Jan. 6 - Feb. 24 (No Jan. 20, Feb. 17)

##### Session II

Mar. 2 - Apr. 13 (No Apr. 6)

##### Time:

8 - 10 pm

##### Location:

Parcells Middle School, girls gym

##### Fee:

\$54 / 6 weeks, per session

Contact supervisor Tom Wierenga for details at [tomarjp@aol.com](mailto:tomarjp@aol.com), 513-703-0134 or co-supervisor Donna Rochester at [donnarochester@comcast.net](mailto:donnarochester@comcast.net), 586-202-4641.

### Intermediate

#### Mondays:

Jan. 6 - June 8 (No Jan. 20, Feb. 17, Apr. 6, May 25)

##### Time:

8 - 10 pm

##### Location:

Parcells Middle School, main gym

##### Fee:

\$171 / 19 weeks

If you haven't played with this league previously, please call supervisor Mark Higgins at: 313-590-4361 or [mhiggin3@yahoo.com](mailto:mhiggin3@yahoo.com).

## WOMEN'S VOLLEYBALL LEAGUE

Get your friends together for an active night out. Teams of all ages and abilities are welcome. Join the fun. All teams participate in a playoff tournament. Teams pay the officials at the game.

#### Mondays:

Jan. 6 - Apr. 20

##### Time:

6 - 10 pm

##### Location:

Brownell Middle School, gym

##### Team Fee:

\$750 / 9 games + playoffs

##### Register by:

Dec. 6

## INDOOR ROWING

All levels welcome. This is an aerobic exercise class for the busy, fitness-minded adult interested in developing back, chest, shoulders, abdomen and legs using state-of-the-art Concept II Indoor Rowing Ergometers. Coaches from Friends of Detroit Rowing run workouts.

### Session I

#### Mon/Wed/Fri:

Jan. 6 - Mar. 27

##### Time:

6 - 6:30 am

##### Fee:

\$119 / 12 weeks

##### Instructor:

Brian Payton and Ted Fly

#### Mon/Wed:

Jan. 6 - Mar. 25

##### Time:

6:30 - 7 pm or 7:15 - 7:45 pm

##### Fee:

\$79 / 12 weeks

##### Instructor:

Dennis Brescoll and Beth Pavlik

#### Tues/Thurs:

Jan. 7 - Mar. 26

##### Time:

6:45 - 7:15 am

##### Fee:

\$79 / 12 weeks

##### Instructor:

Jon Shefferly

#### Tues/Thurs:

Jan. 7 - Mar. 26

##### Time:

9 - 9:30 am

##### Fee:

\$79 / 12 weeks

##### Instructor:

Cynthia Jevons and Deb Roseborough

##### Location:

Neighborhood Club Recreation and Wellness Center, Rowing/Fitness Room lower level.

### Session II

#### Mon/Wed/Fri:

Mar. 30 - June 12 (no Apr. 10)

##### Time:

6 - 6:30 am

##### Fee:

\$106 / 11 weeks

##### Instructor:

Brian Payton and Ted Fly

#### Mon/Wed:

Mar. 30 - June 10

##### Time:

6:30 - 7 pm or 7:15 - 7:45 pm

##### Fee:

\$73 / 11 weeks

##### Instructor:

Dennis Brescoll and Beth Pavlik

#### Tues/Thurs:

Mar. 31 - June 11

##### Time:

6:45 - 7:15 am

##### Fee:

\$73 / 11 weeks

##### Instructor:

Jon Shefferly

#### Tues/Thurs:

Mar. 31 - June 11

##### Time:

9 - 9:30 am

##### Fee:

\$73 / 11 weeks

##### Instructor:

Cynthia Jevons and Deb Roseborough

##### Location:

Neighborhood Club Recreation and Wellness Center, Rowing/Fitness Room lower level.



No Membership Required

# Adult Sports/Activities

## MEN'S SLOWPITCH SOFTBALL LEAGUES

Whether you're new to the game or a former superstar, you'll enjoy a night out on the ball field. Games are played with a 12" softball.

**Tues or Wed:** Apr. 21 - June 24  
Playoffs July 7 - Aug. 6  
**Team Fee:** \$750 / 10 games, plus playoffs  
**Register by:** Mar. 27

## CO-ED KICKBALL

Looking for something new and exciting to do next summer? How about Adult Coed Kickball! At this time we are looking for individuals or teams that may be interested in participating in this league beginning in June. If interested email Chad Golembiewski at [chad@neighborhoodclub.org](mailto:chad@neighborhoodclub.org). More information will be available March, 2020.

## POTTERY

This class includes basic wheel-throwing techniques, hand building, lids, handles and glaze techniques. The instructor will provide all information regarding tools and equipment needed during the first night of class.

Registrants must have own basic tools (approx. \$12).

**All students must be over the age of 18. Not open to current high school students.** Please register early; class fills up quickly. *Class maximum: 15*

### Wednesdays:

**Session I** Jan. 8 - Mar. 4 (No Feb. 19)  
**Session II** Apr. 1 - May 27 (No Apr. 8)  
**Time:** 6:30 - 9:30 pm  
**Location:** South High School, Room 120  
**Fee:** \$155 / 8 weeks (+\$40 materials fee payable to the instructor at the first class.)

*Instructor:* Tom Szmrecsanyi



## PUPPY PRESCHOOL

Southern Michigan Obedience Training Club offers this class for all puppies who are 3-5 months of age. Socialization, introduction to obedience, grooming and problem solving are offered. Bring your puppy and shot records to the first night of class, as well as a six-foot leash and an appropriately sized buckle collar. Minors over the age of 12 are invited to train as long as a parent or guardian is registered and remains in attendance.

### Mondays:

**Session I** Jan. 6 - Feb. 24 (No Jan. 20, Feb. 17)  
**Session II** Mar. 9 - Apr. 20 (No Apr. 6)  
**Time:** 7 - 8 pm  
**Location:** Monteith Elementary School, gym  
**Fee:** \$85 / 6 weeks  
*Instructor:* Anna Gobar, SMOTC Member



## INTRODUCTION TO DOG OBEDIENCE

This class is offered for all dogs who are at least 5 months old. Learn how to train your dog using positive reinforcement training to walk on a loose leash, come when called, sit, stay and lie down on command, along with working on behavior modification (house breaking, crate training, jumping, chewing, etc.). Shot records must be presented on the first night of class (Rabies, DHLPP, Bordetella). Minors over the age of 12 are invited to train as long as a parent or guardian remains in attendance.

**IMPORTANT: PLEASE BRING YOUR DOG TO THE FIRST CLASS.** Equipment you will need: six-foot leather or nylon lead (NO retractable leashes) and training collar, treats, treat pouch and clean up supplies.

### Tuesdays:

**Session I** Jan. 7 - Feb. 11  
**Session II** Feb. 25 - Mar. 31  
**Session III** Apr. 14 - May 19  
**Time:** 7 - 8 pm or 8 - 9 pm  
**Location:** Monteith Elementary School, gym  
**Fee:** \$150 / 6 weeks  
*Instructor:* Kristin Hadacz, Certified Dog Trainer



# All Ages Activities

No Membership Required

## KARATE

### KARATE FOR KIDS

**Ages 5 - 14 (K - 8th grade)**

This program combines two courses into one, Sanchin-Ryu Karate and Self Defense, and Project: Secure Child Safety. Students will be trained with the age-appropriate techniques necessary for kids to protect themselves from attackers and give your child a positive outlook on learning martial arts. We focus on healthy attitudes vs. perfection. Participants will achieve self-confidence and leadership through the physical technique, mental strategies, drills and exercises. Instructors hold a ranking of at least 1st Degree Black Belt and maintain a continual (bimonthly) certification to ensure the highest level of quality for their students. Uniforms are available, but not required. Information provided at first class.

#### Thursdays:

**Session I** Jan. 9 - Mar. 5 (8 weeks) *(No Feb. 20)*  
**Session II** Mar. 26 - June 4 (10 weeks) *(No Apr. 9)*  
**Location:** Monteith Elementary School, gym  
**Session III** June 18 - Aug. 27 (10 weeks) *(No July 2)*  
**Location:** Monteith parking lot  
**Time:** 6:45 - 7:30 pm  
**Fee:** \$67 / 10 weeks, \$54 / 8 weeks  
**Instructor:** Sensei Dina Dajani, 2nd Degree Black Belt

### KARATE FOR FAMILIES

**Kindergarten - Adult**

Set in a fun, non-competitive and informative atmosphere, this program allows parents to learn alongside their children. Physical technique will be instructed, along with drills and exercise, to help you have a positive experience with your self defense education. Sanchin-Ryu will teach you how to use your whole body, rather than just certain muscle groups, so size and stature are not an issue.

#### Thursdays:

**Session I** Jan. 9 - Mar. 5 (8 weeks) *(No Feb. 20)*  
**Session II** Mar. 26 - June 4 (10 weeks) *(No Apr. 9)*  
**Location:** Monteith Elementary School, gym  
**Session II** June 18 - Aug. 27 (10 weeks) *(No July 2)*  
**Location:** Monteith parking lot  
**Time:** 7:30 - 8:15 pm  
**Fee:** \$134 / 10 weeks, \$107 / 8 weeks  
**Instructor:** Sensei Dina Dajani, 2nd Degree Black Belt

### KARATE FOR ADULTS/TEENS

**14 years - Adult**

Specifically designed to address personal-protection concerns, this program teaches a broad range of strikes, combinations, footwork and defense tactics. Receive specialized training on how to deal with, get out of and counter a multitude of grabs and attack scenarios. Practicing many techniques and tactics will equip you with the confidence you need to defend yourself against any type of attacker. Learn how to use your whole body for power, making the most of your size and strength regardless of athletic ability.

#### Thursdays:

**Session I** Jan. 9 - Mar. 5 (8 weeks)  
*(No Feb. 20)*  
**Session II** Mar. 26 - June 4 (10 weeks)  
*(No Apr. 9)*  
**Location:** Monteith Elementary School, gym  
**Session III** June 18 - Aug. 27 (10 weeks)  
*(No July 2)*  
**Location:** Monteith parking lot  
**Time:** 8:15 - 9 pm  
**Fee:** \$67 / 10 weeks, \$54 / 8 weeks  
**Instructor:** Sensei Dina Dajani, 2nd Degree Black Belt

### TRADITIONAL OKINAWAN KARATE

**Ages 8 - Adult**

If you are interested in improving yourself, learning self-defense and getting in shape, this is the class for you.

#### Tues/Thurs:

**Session I** Jan. 7 - Feb. 13  
**Session II** Feb. 25 - Apr. 2  
**Session III** Apr. 14 - May 21  
**Time:** 6:30 - 7:45 pm  
**Location:** Brownell, Parcels and Neighborhood Club  
**Fee:** \$125 (No split payments)  
**Instructor:** Michael Schaefer, 8th Degree Black Belt

**BONUS class held on Saturdays for advanced students with a rank of green belt and higher.**

It is **required** that all new students visit a class before registering. Visit [www.grossepointekarateclub.org](http://www.grossepointekarateclub.org) for more information. Space is limited.

Grosse Pointe Karate Club



25 plus years teaching in the area using traditional martial arts to improve the lives of students and seniors!

For class information visit [www.grossepointekarateclub.org](http://www.grossepointekarateclub.org)



No Membership Required

# Computer Education

**NOTE: Your personal notebook is welcome, but not required. The classroom is Wi-Fi ready.**  
*Computer classes on this page are taught by Instructor: George Guo*

## MICROSOFT WORD STEP-BY-STEP

Turbo-charge your computer skills in doing word processing like a pro. Learn everything from basic keyboarding shortcuts to advanced techniques using tables, columns, photos and clip-art. Format your documents with great efficiency using color, shading, bullets and borders. This is a must learn for anyone who uses computers to type, edit and publish documents in the office or at home.

### Night One Coverage:

- Keyboarding shortcuts and mouse skills
- Auto spell check and corrections
- Editing documents (copy-and-paste text, pictures)
- Email documents as attachments
- Document saving and printing options (including PDF)

### Night Two Coverage:

- Basic and advanced formatting techniques
- Applying headers and footers with page numbers
- Inserting and manipulating photos/clip-art
- Using tables, columns, borders and shading
- Printing envelopes and labels

**Class size limited to 8**

**Tue/Wed:** Jan. 28 - 29  
 Apr. 28 - 29  
**Time:** 6 - 8 pm  
**Fee:** \$95  
**Location:** Neighborhood Club Recreation and Wellness Center, 2nd floor conference room



## MICROSOFT EXCEL STEP-BY-STEP

Microsoft Excel is the program to use when Microsoft Word doesn't quite suit your needs. Create reports with charts and tables, keep track of numbers and determine totals, averages, high and low values automatically. Capable of sorting and filtering information for labels and reports too. This is the class that will greatly improve your computer efficiency in the office.

### Night One Coverage:

- Spreadsheet navigating skills
- Data auto entry with numeric patterns and custom lists
- Reports with various chart styles and tables
- Spreadsheet saving and printing options (including PDF)
- Email spreadsheets as attachments

### Night Two Coverage:

- Using formula and functions (sum, average, max and min)
- Spreadsheet formatting skills
- Mail merge for letters and/or labels
- Sorting and grouping data in spreadsheets

**Class size limited to 8**

**Tue/Wed:** Jan. 14 - 15  
 Apr. 21 - 22  
**Time:** 6 - 8 pm  
**Fee:** \$95  
**Location:** Neighborhood Club Recreation and Wellness Center, 2nd floor conference room



## MICROSOFT POWERPOINT STEP-BY-STEP

Microsoft PowerPoint, in conjunction with Microsoft Word and Excel, accomplishes 90% of computer activities in today's business offices. Create signs and slides using text, graphic, photo, audio and video content. It's fun and easy to learn PowerPoint due to its custom-made templates. This class shows you how to turn your creativity into digital format in no time.

### Night One Coverage:

- Using PowerPoint templates and layouts
- Slide editing and formatting
- Presenting PowerPoint slides
- Emailing PowerPoint slides as attachments
- Printing PowerPoint slides (including PDF format)

**Tue/Wed:** Feb. 11 - 12  
**Time:** 6 - 8 pm  
**Fee:** \$95  
**Location:** Neighborhood Club Recreation and Wellness Center, 2nd floor conference room

### Night Two Coverage:

- Adding animation control and transitions to presentations
- Adding audio and video content to presentations
- Adding photos and clip-art to presentations
- Learning digital audio and video format and photo slideshows

**Class size limited to 8**



# Registration and Other Info

## PLEASE REGISTER EARLY

The best way to guarantee that your class and league will run as planned is to register right away.

Register in person, by mail or online at our website [www.neighborhoodclub.org](http://www.neighborhoodclub.org).

**We do not accept phone registration.**



**\*Family Membership must be active prior to registration, in order to receive member rate on select programs. Memberships cancelled anytime during discounted program are subject to 30-day notice requirement as well as fee equivalent to program discount rate.**

### ACTIVITY FEE:

Payment or an electronic payment authorization must accompany the registration form. Registration forms are online and included in this brochure. Make checks payable to Neighborhood Club or you may sign up online at [www.neighborhoodclub.org](http://www.neighborhoodclub.org). There is a \$25 fee for all check, charge and debit transactions returned for non-payment. **Phone registration is not accepted.**

### REFUNDS:

Refunds will be made if a registrant cancels prior to the second class or first game. A processing fee of \$15 will be deducted from each refund. If the Neighborhood Club cancels an activity due to insufficient enrollment, all fees will be refunded. For one-session activities, refund requests must be made at least one day before class starts. A processing fee of \$5 will be deducted from each one-session activity refund.

### FINANCIAL ASSISTANCE FOR YOUTH LEAGUES:

Partial financial assistance is available for those residents living in the Grosse Pointe Public School district. Arrangements must be made in person at least seven days in advance of league deadline. **(Non-members only)**

You are receiving this Program Brochure as a courtesy of the Neighborhood Club, a 501(c)(3) nonprofit organization. We do not receive any tax support. If you would like to support the Neighborhood Club, we encourage you to use the form on page 7 to make a donation. Contributions are tax deductible as provided by law.

## ETC.

- **Help us** contact you more efficiently. Register your email address with us to keep up on new classes we offer and receive notification of upcoming registration deadlines. Email us at [web@neighborhoodclub.org](mailto:web@neighborhoodclub.org).

- **The Neighborhood Club wants you** to "Like" our Facebook Page, follow us on Instagram and read our tweets! This is a great way to keep up on the classes we offer and upcoming deadlines. We'd also like to hear from you - start a discussion, post a picture, etc. Facebook and Instagram: **Neighborhoodclub** Twitter: **NeighborhoodClb**, without the u.



- **Many of the Neighborhood Club's activity** schedules correspond with the Grosse Pointe Public School System's schedule. That means if the schools are closed due to a scheduled break or inclement weather, the Neighborhood Club activities held outside of the Recreation and Wellness Center will not be held at that time. Recreation and Wellness Center hours and classes are not affected by the school schedule. Questions? Call us at 313-885-4600 during operating hours (see Table of Contents page for hours).



# Registration Form

Mail to: 17150 Waterloo, Grosse Pointe, MI 48230 or register online at [www.neighborhoodclub.org](http://www.neighborhoodclub.org).



**There is NO phone registration.**

*Please know completion of this form does not guarantee a reservation until confirmed by the Neighborhood Club.*

In order to process this registration for a minor child, the signature of a parent or guardian must be present. One form per person. One form per league.

Please copy if you need multiple forms. **No personal information is ever shared or sold by the Neighborhood Club.**

## PARTICIPANT AND ACTIVITY INFORMATION

PARTICIPANT'S NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

EMAIL \_\_\_\_\_ *(It is important that we have your email address. It will be used if we need to contact you regarding the below activity and for other important Neighborhood Club notices. It will not be shared or sold.)*

ACTIVITY \_\_\_\_\_ ACTIVITY DAY \_\_\_\_\_ TIME \_\_\_\_\_

Enclosed is \$\_\_\_\_\_ for activity listed above and a \$\_\_\_\_\_ tax deductible donation to the Neighborhood Club Annual Fund. Please make checks payable to Neighborhood Club or print authorization form. \$25 fee for all check, charge and debit transactions returned for non-payment.

### IF PARTICIPANT IS UNDER 18 YEARS OF AGE

AGE \_\_\_\_\_ BIRTHDAY \_\_\_\_/\_\_\_\_/\_\_\_\_ GENDER \_\_\_\_\_ HEIGHT \_\_\_\_\_ ft \_\_\_\_\_ in

SEASONS PLAYED (SPORTS ONLY) \_\_\_\_\_ GRADE \_\_\_\_\_ SCHOOL \_\_\_\_\_

LACROSSE ONLY: LIST EQUIPMENT OWNED *(girls and boys in grades 3-4 ONLY)* \_\_\_\_\_

MOTHER'S NAME \_\_\_\_\_ DAY PHONE(\_\_\_\_) \_\_\_\_\_

FATHER'S NAME \_\_\_\_\_ DAY PHONE(\_\_\_\_) \_\_\_\_\_

### PARENT OR GUARDIAN SIGNATURE REQUIRED FOR REGISTRATION:

I am the parent or guardian of the above listed minor (hereinafter referred to as child). In consideration of my child's participation in this activity and with the understanding that my child's participation in the activity is only on the condition that I enter into this agreement for my child, myself and my heirs and assigns, my child and I assume the inherent and extraordinary risks involved in the above activity, in the use of the activity's equipment, and any risks inherent in any other activities connected with this activity in which my child voluntarily participates. My child and I expressly assume the risk of and accept full responsibility for any and all injuries (including death) and accidents that may occur as a result of my child's participation in this activity and release from liability the Neighborhood Club and their officers, directors, agents, representatives, and employees. My child and I waive any claim we may later have as a result of any and all injury to my child's person or property as a result of my child's participation in the activity, my child's use of the activity's equipment, and in any other activities connected with this activity in which my child may voluntarily participate. In further consideration for my child's participation in this activity, I agree to indemnify all of the persons named above and their sponsors for any and all claims, including attorney's fees and costs, that may be brought against any of them by anyone claiming to have been injured as a result of any injury to my child or my child's property which may occur as a result of the activity. I also agree that this release and all its particulars include the owners of the property where the activity is held. My child and I understand that this activity is a physical sport and that physical injury may result. My child and I certify that we have read and fully understand this release. I am of lawful age and legally competent to make this agreement.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

## PAYMENT INFORMATION

TOTAL ENCLOSED OR TO BE CHARGED IS \$\_\_\_\_\_.

NAME \_\_\_\_\_ DAY PHONE(\_\_\_\_) \_\_\_\_\_

BILLING ADDRESS \_\_\_\_\_

CHARGE AUTHORIZATION: I HEREBY AUTHORIZE THE USE OF MY ☐ MASTERCARD ☐ VISA ☐ AMEX

CARD # \_\_\_\_\_ EXPIRATION DATE: MONTH \_\_\_\_ YEAR \_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

Photographs of participants may be used for Neighborhood Club promotional material (names withheld) unless we are notified otherwise in writing.

**COACHES NEEDED:** I am willing to be a head coach \_\_\_\_\_ assistant \_\_\_\_\_

Are you coaching more than one team in this league? \_\_\_\_\_

Coach/Assistant's Name \_\_\_\_\_

Email Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Day Phone \_\_\_\_\_





# Programs through Beaumont

## Beaumont Grosse Pointe Rehab Services

Beaumont Physical Therapy located in the Neighborhood Club Recreation and Wellness Center, 17150 Waterloo, Grosse Pointe  
For additional information or to schedule, please call 313-473-4700

**SPORTSMETRICS™ INJURY PREVENTION & PERFORMANCE TRAINING** Sportsmetrics™ is the scientifically proven program designed by Cincinnati SportsMedicine and Orthopaedic Center that can reduce your risk of injury and enhance your performance. Sportsmetrics™ is a comprehensive jump training program that combines plyometrics, strength training and flexibility. It is the only scientifically proven program that reduces the risk of knee injury, increases jump power and improves leg strength for sports like soccer, basketball and volleyball that involve pivoting, cutting or jumping. This is an excellent program for both girls and boys!  
**Dates:** Schedule as needed (includes pre- and post-tests) **Fee:** \$92 clinic/home program (year round), \$250 full clinic (winter/spring only)

**BIKE FIT** Proper fitting of your bike to your body ensures maximum comfort and a great ride with superior power/wattage. Improper positioning on your bike can result in a disappointing ride. Anything less means riding with sore/numb hands, feet, derriere and inefficient performance. Let our certified physical therapist make your ride more comfortable.  
**Dates:** Call to schedule **Fee:** \$140 for 2 sessions. This includes evaluation, fitting and follow up.

## Beaumont Center for Children's Rehabilitation

Located in the John A. and Marlene L. Boll Center for Human Development  
Neighborhood Club Recreation and Wellness Center, Second Floor 17150 Waterloo, Grosse Pointe

For additional information or to schedule, please call 313-473-4730 or e-mail Christina Paniccia, Pediatric Supervisor, at [christina.paniccia@beaumont.org](mailto:christina.paniccia@beaumont.org), Kellie Bouren, Children's Speech Supervisor, at [kellie.bouren@beaumont.org](mailto:kellie.bouren@beaumont.org)

### WINTER/SPRING 2020 PROGRAMS

The pediatric rehabilitation team consists of physical therapy, occupational therapy, speech-language pathology and social work. Prior to acceptance into the group your child will be evaluated by a specialist so we may ensure he or she has an excellent group experience.

#### TODDLER LANGUAGE STIMULATION PROGRAM

Our Toddler Language Stimulation Program is intended to support expressive language development and speech clarity skills within a peer group. Children between the ages of 2 and 3 years will participate in functional group activities promoting independent communication skills.  
**Cost:** \$176/ 11 sessions

**COMMUNICATION CREW** Our Communication Crew group is intended to provide extended support in the areas of expressive language and speech clarity skills, for children ages 3 to 4 years. Within this peer group, children will engage in functional group activities that promote increasing successful communication skills to be used in educational and social contexts. **Cost:** \$176/11 sessions

#### EARLY INTERVENTION LITERACY PROGRAM

The Early Intervention Literacy Program is aimed at preparing children between the ages of 4 and 7 years old for early literacy learning. Sessions focus on phonological awareness skills including sound-letter correspondence, sound blending, rhyming, print awareness, and additional skills needed for reading success. **Cost:** \$176/11 sessions

**DANCE GROUP** This is a therapeutic program for children, suitable for either ages 3-6 years or 7-12 years and is led by a physical therapist. Children should be able to follow two-step commands. This group is designed to improve balance, flexibility, motor planning and coordination. They will be learning a dance throughout the program, which will be performed as a final recital. **Cost:** \$226.80/ 10 sessions

**STRENGTH AND CONDITIONING** This is a therapeutic program for 8-16 year olds. Participants, led by a physical therapist, will complete a 45 minute strength and conditioning circuit using a variety of equipment. The goal of this is to encourage and promote a healthy lifestyle outside of therapy. Participants must be able to follow simple commands, should not require 1:1 handling, or have significant behavioral limitations. **Cost:** \$148/ 10 sessions

**LITTLE MUNCHERS AND BIG CRUNCHERS** This group is designed to assist picky eaters to eat with their peers and enjoy mealtime. This group will help children with building courage to try new foods. The occupational therapist will assist children in overcoming food related sensory issues in a fun environment. **Cost:** \$198.45/ 8 sessions

**CHILDREN'S YOGA** This group is designed to teach children ages 5 and up basic yoga postures and breathing techniques to allow for core strength development, self-regulation, coping mechanisms and lots of healthy fun. A certified yoga instructor and/or physical therapist will facilitate this group. **Cost:** \$186.90/ 10 sessions

**LIL' SPROUTS** This group course is for parents/caregivers with children 1½ to 2½ years of age. The goal is to teach parents/caregivers how to increase speech and language within their home environment. The children enrolled may be developing at a normal/ average rate or may be delayed in speech and language development.  
**Cost:** \$160/10 sessions

#### HANDWRITING GROUPS

**Prewriting** This is an occupational therapy group for children, designed to develop and master letter recognition, hand strengthening skills, hand separation, hand dominance, proper pencil grip, figure drawing, visual motor integration and other prewriting skills.

**Basic Handwriting** This group will focus on basic formation of capital letters. Each child must be able to recognize most of the capital letters first. Proper letter sizing, spacing and alignment will be introduced. Basic skills of pencil grasp, bilateral coordination, dominance and hand strength will also be included as necessary.

**Intermediate Handwriting** This group will focus on appropriate letter formation, alignment, spacing and using lower case and capital letters correctly. Each skill mentioned above will be touched upon as necessary.

**Cost:** \$172/ group / 10 sessions

**Schedule:** Times determined based on your child's need.

*In addition to our group programs, the Center for Children's Rehabilitation is proud to offer individual evaluations and treatment, including specialized feeding and swallowing services.*



Neighborhood  
Club



## Thrift Shop

17670 Mack Ave. (at University), Grosse Pointe  
313-757-2234

Shop Hours: Tuesday - Saturday, 10 am - 4 pm  
(Hours are subject to change)

Find the perfect  
gift and decorate  
your home this  
Christmas!

Shop spring & summer

starting in April

**WEDNESDAY  
SENIOR DAY**

**20% OFF  
All Items**

**WEEKLY  
SALES!**

### WANT TO BE THE FIRST TO HEAR ABOUT THRIFT SHOP SALES?

1. Like us on Facebook for the Saturday Sale!
2. Subscribe to monthly e-blasts of the weekly specials by providing your email address at the Thrift Shop or at [www.neighborhoodclub.org](http://www.neighborhoodclub.org).



**Donations are accepted: Tues. - Sat., 10 am - 3 pm**  
(Unless the store is closed for the holiday.)

Please see [www.neighborhoodclub.org](http://www.neighborhoodclub.org) for donation guidelines.

*Thank you for your support of the Neighborhood Club Thrift Shop. Your generosity will continue to support Neighborhood Club programs and activities in the Grosse Pointe community!*

### NEIGHBORHOOD CLUB COMPUTER HELP AT HOME OR AT WORK

The Neighborhood Club provides the following computer services for companies and individuals:



- On-site computer training
- Computer troubleshooting
- Computer purchase advice and discount research
- Computer tune up and system restoration
- Computer spyware and virus removal
- Data recovery from PC failure
- New computer setup and data transfer
- Network setup for computers and printers
- Wi-Fi connection for computers and printers

For more information contact George Guo at 313-885-4600, ext. 15 or [george@neighborhoodclub.org](mailto:george@neighborhoodclub.org).

Neighborhood  
Club



17150 Waterloo  
Grosse Pointe, MI 48230

NON-PROFIT  
U.S. POSTAGE  
**PAID**  
Permit No. 3104  
Detroit, MI  
CAR-RT.PRE-SORT

## ECRWSSDDM RESIDENTIAL CUSTOMER

### WINIFRED S. MALCHIE PARTY BRIDGE BENEFIT AND LUNCH

at the  
Neighborhood Club Recreation and Wellness Center  
17150 Waterloo, Grosse Pointe

**Thursday, January 9, 2020**

12 pm start time  
(complete 20 hands)

**Minimum Donation: \$30**

Please form your own foursomes.

Reservations required. Call Kathy  
at 313-885-4600, ext. 21,  
by Dec. 20 to reserve your table.

#GIVINGTUESDAY



The Neighborhood Club gives kids  
a chance to get in the game - and  
helps us all stay at the top of our  
game as we age.

#GivingTuesday is December 3.  
Please support your  
Neighborhood Club!

To make an online donation visit  
[www.neighborhoodclub.org](http://www.neighborhoodclub.org).

## Give the Gift of Fun and Good Health!

A Neighborhood Club gift certificate can be  
used for activities or toward the purchase of a  
Recreation and Wellness Center membership!  
*Not valid for the Neighborhood Club Thrift Shop.*

Two ways to buy a gift certificate:

1. Fill out the form and bring it in.
2. Fill out the form and mail it to:  
Neighborhood Club  
17150 Waterloo, Grosse Pointe, MI 48230

Neighborhood Club		Gift Certificate
to _____		
Authorized by _____		
<small>Not redeemable for cash. Good for the Neighborhood Club Thrift Shop.</small>		
17150 Waterloo Grosse Pointe, MI 48230 313.885.4600		

**Gift certificate prices start at \$10.**

Giver's Name: \_\_\_\_\_

Giver's Address: \_\_\_\_\_

Giver's Phone Number: \_\_\_\_\_ Giver's Email: \_\_\_\_\_

Amount of Gift Certificate: \_\_\_\_\_ Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_