



# REDFORD LEISURE SERVICES YOUTH CLASSES

[www.redfordtwpparksandrec.com](http://www.redfordtwpparksandrec.com)

**Redford Township  
Leisure Services  
12121 Hemingway  
Redford MI 48239  
387-2650**

**Office Hours:  
M-F 8:30am-4:30pm**

**We accept cash,  
Visa, MasterCard  
and checks made  
payable to "Redford  
Township"**

**\*Under age 16 may  
enroll if a  
parent/guardian  
also enrolls in the  
class however  
everyone must  
register and pay.**

**Due to class  
minimums, everyone  
must register and  
pay before the first  
class.**



**Redford  
Township  
Leisure  
Services  
includes:  
Youth,  
Seniors,  
Special Events  
and Recreation**

## **Kids Karate (ages 6-12)**

Join Redford Karate for an introductory course in traditional Tang Soo Do martial arts training. This class will emphasize self defense, physical fitness, conflict resolution, teamwork and anti-kidnapping techniques. This program is extremely positive and will greatly improve your child physically and mentally. Instructor: Redford Karate  
Minimum: 10  
**Eight Weeks \$40 Fridays 6:00-7:00pm  
January 28- March 18, 2011**

## **Little Ninjas (ages 3-5)**

Preschoolers love little ninjas. Your child will become a sharper student in school and a better listener at home. They will learn the value of teamwork, good manners, and trying their best at all times. Plus class activities are designed to keep your child mentally and physically fit. Instructor: Redford Karate  
**Eight Weeks \$40  
Tues: 5-5:30pm January 25- March 15, 2011 or  
Sat: 1-1:30pm January 29-March 19, 2011**  
\*children must be potty trained\* Minimum: 10  
**\* Classes held at Redford Karate Studio**

## **Kids Rule (ages 4&5)**

The kids rule program is truly designed to assist children in getting a head start in life by increasing attributes such as Leadership, Confidence, Positive Thinking, Fitness, Strength, Balance, Mental Health and many other positive benefits. Your child will have fun working on balance, playing games, participating in obstacle courses and much more in an atmosphere that will definitely improve their life skills. Instructor: Redford Karate  
**Six Weeks \$30 Mondays 6:00-7:00pm  
January 31- March 14, 2011 (no 2/21)**  
**\*Classes held at Redford Karate Studio**

## **Kids Cardio (ages 6 & up)**

Let's get the music started! Nowadays, kids need an exercise program developed just for them. Break away from the computer and video games for 45 minutes packed with fun, excitement and exercise. Fitness is important for all-over health and well being. We begin with full body stretching, move up to aerobics to get our heart rate up and then cool down to end the class on a very positive note. Instructor: Redford Karate  
**Four Weeks Thursdays 6:30-7:15pm \$20  
Winter: January 28- February 18, 2010**  
**Classes held at Redford Karate Studio**

## **AbraKadoodle© Art Classes (Ages 4-12)**

AbraKadoodle©, the popular art education program is back—featuring all new art lessons! Kids explore, create and learn in action-packed classes filled with color, texture, shape and fun! Our classes are carefully crafted to promote creativity and imaginative thinking. Children discover sculpting, painting, foil embossing, collage mosaics, fabric design, paper art, stamping, drawing, anime, digital photography and much more! Each series of lessons offers unique experiences designed to foster creativity- never the same lesson twice! *Each child will take home a framed piece of art after each class-labeled with information about key concepts or vocabulary introduced each lesson.* For more information visit AbraKadoodle's © website at [www.abrakadoodle.com](http://www.abrakadoodle.com) or contact them at 734-495-0900 Instructor: AbraKadoodle staff  
**Saturdays 6 weeks Min: 8  
Cost is \$75 plus an additional \$12 material fee due on the first day of class to the instructor  
Preschool students (ages 4-6): 11am-11:45am  
Elementary students (ages 7-12): Noon-12:45pm  
January 23- February 27, 2010**

## **Squirt Sports Sampler (ages 3-6)**

This class is tailored for youth with little or no previous experience playing sports. We will teach youth fundamentals of three main sports: t-ball, soccer and basketball. Our energetic instructor will focus on the basics of each sport incorporating proper techniques of each. Parents are required to attend and participate in the class with their children in order to reinforce skills learned after the program.  
Instructor: Gray **Saturdays \$25 5 weeks  
11:15-11:55 OR 12:15-12:55  
Winter I: January 16- February 13, 2010  
Winter II: February 20- March 20, 2010**  
**\*Limited to the first 8 parent/children groups\***

## **Jump-A-Rama Gymnastics (Ages 3-12)**

Children will concentrate on body awareness, self-confidence, eye/hand coordination, inverted orientation and lateral awareness. This class will provide fun in a friendly environment where children can learn to do gymnastic stunts safely. Students should wear loose clothing such as leotards, shorts, etc.  
**Saturdays \$65 6 weeks  
January 23- February 27, 2010  
Ages 3-5: 9:00-9:45am (parent participation required)  
Ages 6-12: 10:00-10:45am**

# Winter Youth Classes

## Kids Fun and Fitness (ages 5-12)

Kids are motivated by fun, not routine exercise. This fun and creative class combines fitness training with interactive fun games. This program is also designed to increase confidence, coordination and energy. The workout has two sections. The first part of workout includes kickboxing, low-impact aerobics and Pilates. The second part ends with fun-time activities which includes the limbo, hula hoop, soccer and jump rope just to name a few. Kids will have a blast in this class! Please bring bottled water and mat.

**Tuesdays 8 weeks \$40 7-8pm**  
**January 26-March 30, 2010 (no 2/9 & 2/16)**



## Jump-A-Rama All-Star Cheer Team

(Ages 3 & up)

The All Star Cheer-Pom team will meet every Saturday for lots of laughs, friends and fun. The All-Star cheer team promotes fitness, proper arm movements, dance routines, sideline cheers, jumps, stretching, basic tumbling and stunting. Your child will also cover five key components to success: building unity, responsibility, leadership, discipline/rules and friendship. Pom-Poms will be included in your registration fee and t-shirts will be available for purchase on the first day for \$9.99. Kids should wear comfortable clothes and bring bottled water.

**Saturdays 6 weeks \$65**  
**Ages 3-5: 11-11:45am**  
**Ages 6 & up: 12-12:45pm**  
**January 23- February 27, 2010**

## Girls Night Out (Grades K-3)

**Friday January 15, 2010**  
**5:00-8:30pm**  
**\$5 per child**



### **Redford Community Center**

Calling all girls in Kindergarten through 3<sup>rd</sup> grade. Join the Redford Youth Commission for an all girls night out pajama party! Dance & sing to your favorite pop stars, have your nails painted, play games, enjoy crafts, eat pizza & popcorn and end the night with a movie.

## Basic Roller Skating Class (ages 5 & up)

Learn balance, skating forward, backward, starting, stopping and turning, on quad or inline skates. Also includes the basics of dance and figure skating. Skaters will receive a certificate or Star Program patch and graduate to the next level when achieving required skills. Students advancing in all classes will have an opportunity to participate in league meets and our spring skating show.

**5 weeks \$40 Classes held at Riverside Arena**  
**Wednesdays, 5:15-6:00 pm OR Saturdays, 10:15-11:00 am**

### **Winter Sessions:**

#### **Wednesdays**

Session I- January 6  
 Session II- February 10  
 Session III- March 17

#### **Saturdays**

Session I- January 9  
 Session II- February 13  
 Session III- March 20

## Brightstars Early Learning Center "FREE Parent/Child Classes"

### Creative Corner (ages 3-5)

Come nurture a love of books in your little Brightstar! We offer a story based playgroup the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month for parent, caregivers and their 3-5 yr olds. Each FREE session lasts 1 ½ hours and includes a story, creative crafting and a treat.  
**1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 12:30-2:00pm**

### Music and Movement (ages 0-5)

In Early Childhood Music and Movement classes your 0-5 year old will enjoy dancing, creating, instrument playing and singing. This is a mixed age playgroup.

**Thursdays 6:30-7:30pm**

### Toddler Playgroup

**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays 12:30-2:00pm**

### Baby Music & Movement

**Tuesdays 6:30-7:30pm**

## FREE Leisure Services Drop in After School Program FREE

This program is a FREE DROP-IN after school program for Redford residents ages 7-15\* located in the Community Center. The program runs M-F from 3:30-7:30pm. Participate in game tables, video games, arts and crafts, special events, movie nights, and more. Youth ages 5&6 may participate in activities if a parent or guardian is in the building. Anyone under 5 must be accompanied by an adult at all times. Call 387-2787 for more information

\*Staff reserve the right to make exceptions

**HURRY SIGN UP TODAY, CLASSES FILL UP FAST!**