

PARKS & RECREATION

PARKS & RECREATION DEPARTMENT
1827 N. SQUIRREL ROAD | AUBURN HILLS 48326

PHONE 248-970-9353
FAX 248-370-9357

HOURS OF OPERATION
MONDAY - FRIDAY | 8:00AM - 9:00PM
SATURDAY | 9:00 AM - 9:00PM



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.

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.

COMMUNITY CENTER CARD

Stop by the Community Center to receive a "Community Center Card" or renew your current Community Center card. Proof of residency required. Cards are renewed annually. Cardholders can participate in a variety of city-sponsored programs, special events and other programs. Your FREE Community Center Card may be obtained only at the Community Center.

FITNESS OPPORTUNITY

Residents of Auburn Hills with a Community Center Card can use the Fitness Room at the Community Center FREE OF CHARGE. Non-resident: Individual \$250.00 /Family \$400.00 Locker room with showers available. Bring your own lock/shower supplies.

Monday - Friday, 8:00AM - 9:00PM and Saturdays, 9:00 AM - 9:00PM. Fitness Room check-in no later than 8:30PM.

YOUTH PROGRAMS

TEENS

TEEN VOLUNTEERS (Ages 13-18)

Get involved with your community. Learn skills that translate directly to work experience and earn valuable community service hours while having fun with our team at special events! Contact the Community Center, or email Justin Lambregtse at jlambregtse@auburnhills.org, to get your application to join the fun! Grades 9-12 in fall of 2020.

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 @ahteencncl to 81010. Students must be in grades 8 through 12. Stop by the Community Center or check out our website for an application. Meetings will coincide with the school year with the first meeting in September.

Advisor:	Justin Lambregtse jlambregtse@auburnhills.org
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
Fee:	Free

E SPORTS

Auburn Hills Parks and Recreation is working to create an E Sports space for the Auburn Hills Community. The partnership starts with the creation of a space for public use and will eventually evolve into leagues and other programs. If you have any interest in utilizing the space or getting involved in competitive E Sports, reach out to Justin Lambregtse, jlambregtse@auburnhills.org.

KNOCKER BALL

Teen Council is bringing the fun of Kicker Ball to the Auburn Hills Community Center gym! Come join the fun as you put on a big inflatable bubble and participate in various activities as instructed. Have a friend you have always want to safely knock over? Bring them out for a couple hours of fun!

Location: Community Center Gym
Date: Saturday, September 19
Time: 1 pm-3 pm #413341
Fee: \$10 Resident, \$12 Regular

ZOMBIE LASER TAG

Teen Council will be bringing back Zombie Laser Tag to Riverside Park. It combines the fun of laser tag with creepy zombies to celebrate Halloween. If you are interested in participating, check out the City of Auburn Hills website for pre-registration, or you can drop in and participate. Make sure you wear a costume!

Location: Riverside Park
Date: Saturday, October 31
Time: 12 pm - 2 pm #423668
Fee: Free

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, 9AM - 8:30PM
Fee: Free Resident w/Community Center Card /
\$100 Regular

AUBURN HILLS TEEN COUNCIL 3rd ANNUAL SOCK DRIVE

Please help The Auburn Hills Teen Council collect the most socks as we compete with Teen Councils in surrounding communities for lifelong bragging rights! We will be hosting a sock drive at 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!

OUR CITY PARKS



CIVIC CENTER PARK | 1827 N. SQUIRREL ROAD

Nature Trails, 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.

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 that connects to the West Bloomfield trail near Sylvan Lake and the Paint Creek trail in Rochester that is part of the developing Great Lake-to-Lake trail.

RIVERSIDE PARK | 3311 SQUIRREL COURT

Located on the banks of the Clinton River, Riverside Park features include Amphitheater, plaza, splash pad, river path, play structure with swings, canoe launch, covered picnic pavilion, barbecue grills, picnic tables, heated restrooms.

RIVER WOODS PARK | 300 RIVER WOODS DR.

Located along the Clinton River, covered picnic pavilion, 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-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 & LODGE 3799 BALD MOUNTAIN ROAD

Groomed nature trails, heated restroom/shower facility, covered picnic pavilion, six overnight camping cabins.

ATHLETICS

TENNIS (Ages 5-17)

Instructional tennis coming soon on our new courts!

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.

VARIETY

PARENT TOT GYM TIME

We will have a variety of recreational equipment set up 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 5 and under.

Location: Community Center Gym
Day/Date: Tuesdays 9/1/20 - 12/29/20
Time: 10:00AM - 12:00PM
Fee: Free Resident / \$5 Drop In Regular

ADULT PROGRAMS

MAKERS CLASSES

SPINNERS FROLIC

Do you have an interest in learning to spin fluff into useable yarn for needlework or weaving projects? Spinners Frolic is a group of passionate fiber artists that love teaching and learning the ancient art of spinning. No experience needed. No equipment needed. A light dinner is provided but bring your own non-alcoholic beverage.

Location: Community Center Seyburn B
Date: 2nd Thursday of the month
Time: 6:00PM - 9:00PM

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
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 2 students.

Location: Community Center Craft/Woodshop
Time: 3:00PM - 5:00PM
Date: Thursday 09/17/20 #423666A
Date: Thursday 10/15/20 #423666B
Date: Thursday, 11/19/20 #423666C
Date: Thursday, 12/17/20 #423666D
Fee: \$5.00 Resident / \$10.00 Regular

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

Instructional tennis coming soon on our new courts!

FITNESS

BARRE TOTAL BODY WORKOUT

Barre inspired class. Using the principles of low weights/high reps, this class will sculpt your abs, arms, thighs and glutes using weights, and a chair. Your results: increased muscular endurance, AND tighter abs, behind and arms. Please bring 2-3 lb weights, AND A MAT. Conducted by Fitness Rx Instructor, Carrie Scoville.

Location: Community Center Studio
Drop In: \$10.00
Date: Mondays, 09/14/20 - 11/30/20
Time: 5:45PM - 6:45PM #423800A
Fee: \$69.00 Resident / \$79.00 Regular (12 sessions)
Date: Mondays, 12/7/20 - 12/21/20
Time: 5:45PM - 6:45PM #423800B
Fee: \$18.00 Resident / \$20.00 Regular (3 sessions)



DIWALI *festival of lights*

SATURDAY, NOVEMBER 14TH

RIVERSIDE PARK

5:00 PM - 8:00 PM



CORE & TONING

An intense workout for the midsection (muffin top), this class focuses on toning and strengthening the body's core abdominal and back muscles. This powerful workout for the "power-house" of your body is combined with other exercises which will tone and sculpt other muscles in addition. Please bring a mat and light hand weights to class. Conducted by Fitness Rx Instructor, Carrie Scoville.

Location: Community Center Studio

Drop In: \$10.00

Date: Tuesdays, 09/15/20 - 12/1/20

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

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

Date: Tuesdays, 12/8/20 - 12/22/20

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. This class is available in person and via ZOOM.

Please bring: Yoga Mat (REQUIRED) and blanket, Blocks, yoga strap and eye pillow if desired. Props will not be provided.

Modifications are provided if you do not have props. Taught by Lisa Calice, E-RYT200

Location: Community Center Seyburn B
(or ZOOM option)

Drop In: \$10.00 available for in person only

Date: Mondays, 9/28/20 - 11/16/20

Time: 6:30PM - 7:30PM

Fee: \$48.00 Resident / \$58.00 Regular (8 sessions)
#425081A

Class and Yoga Kit Fee:

\$128 Resident / \$138 Regular

(mat/strap/block/blanket/bolster) #425081B



CANDLELIGHT YOGA

Begin anew each week with a soothing, light to medium-paced, candlelight yoga flow. Enjoy soft music, guided breathing, meditation, and a variety of poses to calm your mind and relax your body. A chair can be used for any seated poses if you prefer not to be on the floor. Good for all levels and you will have plenty of space for social distancing. The room is spacious and a comfortable temperature. This class is available in person and via ZOOM. Please bring: Yoga Mat (REQUIRED) and blanket, Blocks, yoga strap and eye pillow if desired. Props will not be provided. Modifications are provided if you do not have props. Taught by Lisa Calice, E-RYT200

Location: Community Center Seyburn B
(or ZOOM option)

Drop In: \$10.00 available for in person only

Date: Mondays, 9/28/20 - 11/16/20

Time: 7:45PM - 8:45PM

Class Only Fee:

\$48.00 Resident / \$58.00 Regular (8 sessions)
#423665A

Class and Yoga Kit Fee:

\$128 Resident / \$138 Regular
(mat/strap/block/blanket/bolster) #423665B

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!

Date: Thursday, 9/10/20 - 10/29/20 #423659C

Time: 6:30PM - 7:30PM

Location: Knight Amphitheater

Fee: \$50 Resident / \$60 Regular (8 sessions)

Date: Saturday, 9/12/20 - 10/31/20 #423659A

Time: 9:00AM - 10:00AM

Location: Knight Amphitheater

Fee: \$50 Resident / \$60 Regular (8 sessions)

Time: 9:15AM - 10:15AM

Date: Saturday, 11/7/20 - 12/19/20 (No 11/28) #423659B

Location: Community Center Gym

Fee: \$38 Resident / \$45 Regular (6 sessions)

MARTIAL ARTS (Ages 5-Adult)

Classes emphasize self-discipline, focus, awareness of one's environment, along with studying basic movements and the theory of defending oneself. Beginner and Advanced Beginner are ages 5-12 and Intermediate and advanced classes are all ages based on belt rank. Ages 13+ just beginning will start with the intermediate class. Instructor: Master Kirk Rehn

Location: Community Center

Level: **Intermediate - orange/blue belt**

Date: Wednesdays, 09/16/20 - 11/18/20

Time: 6:15PM - 7:05PM #413251A

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

Level: **Advanced - red/purple/green belt**

Date: Wednesdays, 09/16/20 - 11/18/20

Time: 7:15PM - 8:05PM #4132513B

Fee: \$45.00 Resident / \$50.00 Regular
(10 sessions)

Level: **Beginner - white belt**

Date: Saturdays, 9/19/20 - 11/21/20

Time: 9:30AM - 10:15AM #413251C

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

Level: **Advanced Beginner - yellow belt or higher**

Date: Saturdays, 9/19/20 - 11/21/20

Time: 10:30AM - 11:15PM #413251D

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

JAPANESE SWORDSMANSHIP (Ages 14+)

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

Location: Community Center Studio

Date: Thursdays, 9/17/20 - 11/19/20

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

Time: 7:30PM-8:30PM #413620A

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, 9AM- 8:30PM. The Fitness Room includes 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), Pickleball 55+, Pickleball (open), 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.**

PING PONG

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

Fee: FREE Resident / \$5 Regular
Time: Thursdays, 2:30PM - 5:30PM
Fridays, 2:30PM - 5:30PM
Saturdays, 2:00PM - 5:00PM

PICKLEBALL

Dates: Wednesdays 9/2/20 - 12/30/20
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 6:00PM-9:00PM

CPR / FIRST AID COURSES (Ages 13+)

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, 10/3/20 - Basic First Aid #433280
Saturday, 11/7/20 - Adult/Child CPR #433261
Time: 9:00AM - 12:00PM
Fee: \$25.00 Resident / \$40.00 Regular

OUTDOOR EDUCATION & NATURE PROGRAMS

GEOCACHING SERIES CHALLENGE

Complete our Geocaching Series Challenge and stop by the community center for a special prize! Call 248-370-9353 for more information about how to complete the challenge!

LITTLE HIKERS (UP TO AGE 6 WITH ADULT)

This program is designed for children to take a guided walk with their parents, learn about the outdoors and learn ways to introduce children to the natural world around them.

Location: Hawk Woods Lodge
Time: 9:30AM - 10:15AM
Fee: Free
Date: Friday, 09/11/20 #433641A
Date: Friday, 10/02/20 #433641B
Date: Friday, 11/06/20 #433641C
Date: Friday, 12/04/20 #433641D

NATURE STORY TIME (AGES 3-5)

Come listen to a story and have fun with nature! The activity will include a story and a craft, time outdoors and/or other age-appropriate activities.

Location: Hawk Woods Lodge
Time: 9:30AM - 10:15AM
Fee: Free
Date: Thursday, 09/24/20
Apple Farmer Annie #438061A
Date: Thursday, 10/22/20
Sixteen Runaway Pumpkins #438061B
Date: Thursday, 11/12/20
The Scarecrow #438061C
Date: Thursday, 12/17/20
The Shortest Day #438061D



***ATTENTION!** All programs and events are subject to change based on the Governor's orders and safety of participants, instructors, volunteers and staff at the time. We are working hard to provide safe options throughout this time and appreciate your patience and understanding. For the most up to date information please visit our Facebook page, website, or call the Community Center.