

# Flat Rock Community Center & Parks and Recreation

2018 SUMMER NEWSLETTER



ONE MAGUIRE STREET  
P.O. BOX 1018  
FLAT ROCK, MI 48134  
734-379-1450



WEB: [WWW.FLATROCKREC.ORG](http://WWW.FLATROCKREC.ORG)  
EMAIL: [REC@FLATROCKREC.ORG](mailto:REC@FLATROCKREC.ORG)  
FACEBOOK: LIKE US AT FLAT ROCK COMMUNITY CENTER AND RECREATION

# Flat Rock Community Center

Recreation Director, Rodney Wade

## Summer Hours of Operation

Monday - Friday: 6:00 am - 9:00 pm

Saturday: 8:00 am - 6:00 pm

Sunday: 9:00 am - 5:00 pm



**Closed:** Memorial Day Weekend May 27 & 28 (Sunday & Monday), July 4th and Labor Day Weekend, September 2 & 3 (Sunday & Monday).

## Flat Rock Community Center Membership Rates

	Resident Individual	Resident Family	Resident Senior	Non-Resident Individual	Non-Resident Family	Non-Resident Senior
Daily Pass Rate	\$5.00 per person	\$5.00 per person	\$5.00 per person	\$8.00 per person	\$8.00 per person	\$5.00 per person
Monthly Pass Rate	\$25.00	\$45.00	\$20.00	\$40.00	\$60.00	\$30.00
6 month Pass Rate	\$115.00	\$205.00	\$85.00	\$165.00	\$305.00	\$115.00
Yearly Member Pass	\$180.00	\$360.00	\$120.00	\$280.00	\$560.00	\$180.00

*Flat Rock Community Center yearly members receive the resident rates to programs offered throughout this newsletter.*

## Free Fitness Classes With Yearly Membership

We are pleased to announce that select fitness classes are now included with a new yearly membership or a yearly membership renewal. Please see pages 12-13.

## Child Care at the Community Center

### Lil' Peoples Child Care Hours

Monday-Friday: 8:30 am-1:30 pm & 4:00 pm-8:00 pm

Saturday: 8:30 am-1:30 pm

Sunday: CLOSED

\$15.00 monthly per family

\$100.00 yearly per family



## Babysitting Class

Tuesday - Thursday, July 10, 11 & 12, 2018

2:00 pm - 4:30 pm

Ages 11-15

The American Red Cross is the nation's leader in babysitting classes and child care training and will prepare you to be the best sitter in your neighborhood. In fact, 8 in 10 surveyed parents said they would pay more for a trained babysitter who holds a Red Cross babysitter certification. Start off your babysitting business on the right foot and learn to be a safe, professional and reliable sitter. The American Red Cross offers child care education that's not only convenient, but valuable to you, and the families you care for. Certification classes include a free digital certificate, valid for 2 years, plus free access to digital learning materials.

**Cost:** \$60.00 Resident/Member

\$70.00 Non-Resident/Non-Member

Registration Deadline: July 1, 2018



# Downriver Senior Olympics



DOWNRIVER SENIOR OLYMPICS



## 2018 Downriver Senior Olympics

**Monday, July 23 - Friday, July 27**

**The City of Flat Rock will be hosting the 2018 Downriver Senior Olympics. Applications are available at the Flat Rock Community Center.**

*Registration Deadline: June 30*



# "ROCK ON" SUMMER DAY CAMP



**Ages 6 to 12**  
**June 25 - August 17**

There is no camp  
JULY 2 - JULY 6 AND  
JULY 23 - JULY 27



**Registration Deadline:**  
1 week prior to camp week

\$125.00 per week for Resident/Member  
\$135.00 per week for Non-Resident/Non-Member.

**Camp hours are**  
8:30 am until 4:30 pm

**Pre-registration is required.**

**Campers must purchase a \$7.00 t-shirt.**

**Campers need to bring a sack lunch, one drink and two snacks.**

### **Before Camp Care**

7:00 am until 8:30 am  
at a cost of  
\$15.00 per week

### **After Hour Camp Care**

4:30 pm until 6:00 pm  
at a cost of  
\$15.00 per week

### **Both Before and After Camp Care**

at a cost of  
\$25.00 per week



**The "Pebble" Campers (ages 6 to 8)**

**The "Rock" Campers (ages 9 to 10)**

**The "Boulder" campers (ages 11 to 12)**



## **Activities Include:**

Sports activities, crafts, painting, movies, board games,  
splash pad, park visits, annual library visits,  
field trips, and more!

## **FIELD TRIPS**

June 25 - June 29 - SPIRIT/SPORT WEEK with a field trip to a Sports Complex

July 9 - July 13 - NATURE WEEK with a field trip to Lake Erie Metro Park and Heritage Park

July 16 - July 20 - MOVIE WEEK with a field trip to Dollar Show/MJR Southgate Theater

July 30 - August 3 - ART WEEK with a field trip to Arts and Scraps

August 6 - August 10 - EXPLORER WEEK with a field trip to Hands On Museum in Ann Arbor

August 13 - August 17 - CARNIVAL WEEK with a field trip to the Chuck E. Cheese



# Youth Classes and Programs

Monday, June 25 - Friday, June 29  
 9:00 am - 12:00 pm  
 Ages 4-6

## Safety Town

Safety Town is a hands-on approach for learning about basic skills. Those skills will be the foundation for our children to grow into safe, responsible citizens. Some of the lessons are concerning bus safety, water/pool safety, bike safety and then the Flat Rock Firefighters visit with their fire truck and talk about fire safety. The program also includes daily snacks, a t-shirt, and a field trip to McDonald's on the last day. Child MUST be entering kindergarten in the Fall of 2018.



Cost: \$50.00 Resident/Member  
 \$60.00 Non-Resident/Non-Member  
 Registration Deadline: June 11, 2018



## WEARABLE ART

Monday, June 25 - 12:00 - 3:00 pm

Students will create two types of tie dye shirts and a clay bead activity. Held at the Flat Rock Community Center.

Registration Deadline is June 18.

\$25.00 Resident/Member

\$35.00 Non-Resident/Non-Member



The Art Show will be Tuesday, August 21 at the Flat Rock Community Center

## Painting and Drawing - Ages 6-10

Monday & Wednesday, July 16 & July 18  
 1:00 - 3:00 pm

Flat Rock Community Center

Students will create nature printmaking paintings, painted wood birdhouses, watercolor crayon resist pictures and Simon Says drawings. Registration Deadline: July 11

The Art Show will be Tuesday, August 21 at the Flat Rock Community Center



**COST:**  
 Residents/  
 Members  
 \$30.00

**Non-Residents/  
 Non-Members  
 \$40.00**



## Painting and Drawing - Ages 11-14

Tuesday & Thursday, July 17 & July 19  
 1:00 - 4:00 pm

Flat Rock Community Center

Students will create an observational landscape painting, zentangle cactus drawing and watercolor crayon resist. Registration Deadline: July 11

## 3D Art Classes - Ages 6-10

Monday, Wednesday & Friday, August 13, 15 & 17  
 10:00 am - 12:00 pm

Flat Rock High School

Students will create two clay projects (animal pinch pot and bell/rattle) and two paper maché projects (piggy bank and bowl). Registration Deadline: August 1

## 3D Art Classes - Ages 11-14

Monday, Wednesday & Friday, August 13, 15 & 17  
 1:00 - 3:00 pm

Flat Rock High School

Students will create two clay projects (coffee mug and bowl) and two paper maché projects (animal sculpture and bowl). Registration Deadline: August 1

## JUNIOR LEGO ENGINEERING

Monday, July 23 - Friday, July 27  
 9:00 am - 11:00 am  
 Grades K - 2nd

Cost: \$85.00 Resident/Member  
 \$95.00 Non-Resident/Non-Member  
 Registration Deadline: July 16, 2018



During your time as an engineer at camp you will solve real world problems by creating machines using Legos. Then you will test out your machines and re-engineer them to make your design even better.

## LEGO ENGINEERING

Monday, July 23 - Friday, July 27  
 11:00 am - 1:00 pm  
 Grades 3rd - 5th

Cost: \$85.00 Resident/Member  
 \$95.00 Non-Resident/Non-Member  
 Registration Deadline: July 16, 2018

# Youth Camps and Sports

## BRITISH SOCCER CAMPS

Receive a **FREE**  
Camp Ball and  
Camp shirt

Held at Flat Rock High School Football Field  
Monday - Friday, June 18 - June 22



Mini Soccer	Ages 3-5 years	4:30 pm - 5:30 pm	\$80 R/M	\$90 NR/NM
Half Day	Ages 6-9 years	5:30 pm - 8:30 pm	\$125 R/M	\$135 NR/NM
Half Day	Ages 10-14 years	5:30 pm - 8:30 pm	\$125 R/M	\$135 NR/NM

Registration Deadline: June 8. Add \$10.00 late fee after June 8.

You can register online at [www.challengersports.com](http://www.challengersports.com).

Registration will also be taken at the Community Center.

There will be a \$40.00 cancellation fee if you cancel at least 10 days prior to camp.

No refunds within 10 days of camp. Deadline for free online jersey is May 4, 2018.

Host a British soccer coach for the week. Call Shelly at FRCC (734) 379-1450.

## Youth Triathlon Training



Mondays, June 25 - August 6

6:00 pm - 7:00 pm

(No class July 2)

Ages 6 - 18 years

6 week Triathlon Class which will include  
3 weeks in the pool, outdoor running and biking training.

Cost: \$45.00 Resident/Member

\$55.00 Non-Resident/Non-Member

(Price includes free entry to the August 10  
Youth Sprint Triathlon or Youth Mini-Triathlon.)



### Requirements

Helmet, Bike, Supportive Shoes,  
Lined Swimsuit & Goggles

## Level Pebble Youth Mini or Sprint Triathlon

Friday, August 10

Check In: 5:00 pm Race Time: 6:00 pm

MINI: 100 yard pool swim, 2 mile bike ride and 1 mile run

SPRINT: 200 yard pool swim, 4 mile bike ride and 1.6 mile run

Awards for top finishers in age groups.

See <https://levelpebbletri.weebly.com/> for more details.

\$30.00 Resident/Member

\$35.00 Non-Resident/Non-Member

MINI: Ages 9 and under      SPRINT: 10-14 years old

## Level Pebble Sprint Triathlon

Saturday, August 11

Check In: 8:00 am Race Time: 9:00 am

300 yard pool swim, 12 mile bike ride and 3.1 mile run

Awards for top age group individuals as

well as top male, female and mixed relays. Ages 15+

See <https://levelpebbletri.weebly.com/> for more details.

\$35.00 Resident/Member

\$45.00 Non-Resident/Non-Member.

\$90.00 Mixed age relay teams

Compete individually or bring your  
2-3 person swim-bike-run team!

# Youth Camps and Sports

## BASKETBALL CAMPS

*These camps will enhance the skill level of each participant.*

*Players will have drills, competition, and games. Come ready for an awesome week of basketball. Must have shirt size at registration.*

### GIRLS' BASKETBALL CAMP

*Held at Flat Rock High School*

Monday - Thursday, June 18 - June 21  
10:00 am - 12:00 pm (Grades 3-5)  
12:15 pm - 2:15 pm (Grades 6-8)

**To guarantee a shirt and a basketball, you MUST register for the Girls' Camp by June 1.**

**Fees: \$50.00 Resident/Member  
\$60.00 Non-Resident/Non-Member**

### BOYS' BASKETBALL CAMP

*Held at Flat Rock Community Center*

Monday - Thursday, June 25 - June 28  
9:00 am - 11:00 am (Grades 1-3)  
11:00 am - 1:00 pm (Grades 4-6)

**To guarantee a shirt and a basketball, you MUST register for the Boys' Camp by June 15.**

**Fees: \$50.00 Resident/Member  
\$60.00 Non-Resident/Non-Member**



### ADVANCED BASKETBALL CAMP

*Held at Flat Rock Community Center*

Tuesday & Thursday, August 7 & August 9  
9:30 am - 12:30 pm (Grades 4-9)

*Meticulous Basketball is innovatively engineered to develop and enhance skills. This co-ed advanced basketball camp will cater to the focused athlete. This camp will develop the 5 pillars of basketball ability: movement, catching, passing, dribbling and scoring. In addition to pro and college concepts, Coach Fox will share a proven philosophy and belief system guaranteed to improve performance.*

*Coach Fox has trained on every level from elementary to professional. To guarantee a spot, you MUST register by July 30.*

**Fees: \$40.00 Resident/Member      \$50.00 Non-Resident/Non-Member**

## TENNIS LESSONS

Tuesdays, June 19 - July 24 (No class July 3)  
Community Park Tennis Courts

**Pee Wee - Ages 5-8 - 9:00 - 9:45 am**  
Pee Wee Tennis has a special net.  
Parents are encouraged to participate.

**Beginner - Ages 8+ - 9:50 - 10:50 am**

**Registration Deadline is June 13.**  
**\$30.00 Resident/Member**  
**\$40.00 Non-Resident/Non-Member.**



## TRACK

**FOCUSING ON CHARACTERISTICS**

Mondays, Tuesdays and Thursdays  
July 9, 10, 12, 16, 17 & 19  
Flat Rock High School Track  
Ages 5-12 - 5:30 - 7:30 pm

All events are divided by age. Proper running shoes are required. Please bring water or Gatorade to drink. All rainouts will be made up at the end of the season.

Registration Deadline is June 29.  
**\$45.00 Resident/Member**  
**\$55.00 Non-Resident/Non-Member**

In order to guarantee a shirt, you must register by June 29.

# Youth Camps and Sports

## Fundamentals of Golf Youth Camp

Mondays, June 18 - July 16  
6:00 pm - 7:00 pm - Ages 8-12

COST: \$90.00 Resident/Member  
\$95.00 Non-Resident/Non-Member

Taught by golf professional Tom Rinna. Each week your child will learn a different aspect of golf: irons, woods, chipping and putting. The final week will be a review of techniques. This class will get your child ready to play a round of golf with you this fall. Camp will be held at Huroc Park. Bring water bottle and clubs if you already have them. Registration Deadline: June 11, 2018



## LITTLE SPORTS T-BALL

Monday, June 18 - Thursday, June 21  
5:00 - 6:00 pm  
Ages 4-6

T-Ball uses a tee to bat.

This is a skill building program. Held at Flat Rock Community Ball Fields.

Classes being taught by former Detroit Tiger, Dave Steffen and Rob Hogg.

Cost: \$45.00 Resident/Member  
\$55.00 Non-Resident/Non-Member  
Registration Deadline: June 14

(Cost includes a pizza party at the end of the season and a t-shirt)



## VOLLEYBALL CAMPS

Camps held at the Flat Rock Community Center.

**All Camps  
are  
Co-Ed**

### BEGINNER - AGES 6-9

Monday - Thursday  
July 16 - July 19  
9:00 am - 10:30 am

One week of volleyball for beginners! We utilize a softer ball for the comfort of the younger player's arms. Learn basic skills such as underhand serve, passing and setting during instruction and game-like drills.

Registration Deadline: July 6  
Fees: \$50.00 Resident/Member  
\$60.00 Non-Resident/Non-Member

### INTERMEDIATE - AGES 9-12

Monday - Thursday  
July 16 - July 19  
11:00 am - 12:30 pm

One week of volleyball for youth who have learned the basic skills. Skills reviewed are pass, set and serve. We begin to learn overhand serve and rotation on the court through game-like drills.

Registration Deadline: July 6  
Fees: \$50.00 Resident/Member  
\$60.00 Non-Resident/Non-Member

### ADVANCED - AGES 12-14

Monday - Thursday  
July 16 - July 19  
1:00 pm - 2:30 pm

This intense, fast-paced camp will help get players ready for team play. It is a chance to improve the skills of overhand serve, attacking and blocking while reviewing passing and setting in game-like drills.

Registration Deadline: July 6  
Fees: \$50.00 Resident/Member  
\$60.00 Non-Resident/Non-Member

Price includes a shirt and a volleyball if you register by July 6.

We require gym shoes be worn. Please bring a water bottle for breaks. We recommend kneepads be worn.

# Adult Sports

## Adult Triathlon Training

Sunday, June 24 - Wednesday, August 8

(No class dates: July 1 & July 4)

6 Week triathlon training class will include 3 weeks in pool,  
outdoor running and bike training. Ages: 18+

Sunday - 5:00 - 6:00 pm FRCC Pool

Wednesday - 6:00 - 7:00 pm Huroc Park

Cost: \$45.00/Resident/Member

\$55.00/Non-Resident/Non-Member

(Price includes FREE entry to the August 11 Level Pebble Adult Sprint Triathlon)

### Requirements

Bike, Helmet, Supportive Shoes, Lined Swimsuit, Swim Goggles



## LEVEL PEBBLE ADULT SPRINT TRIATHLON

Saturday, August 11

Check In: 8:00 am Race Time: 9:00 am

FRCC

\$35 R/M \$45 NR/NM

300 yard pool swim,  
12 mile bike ride,  
3.1 mile run.

Compete individually or bring your 2-3 person  
swim-bike-run team!

Awards for top age group individuals  
as well as top male, female and mixed relays.

See <https://levelpebbletri.weebly.com/>

for more details. Age 15+

\$90.00 Mixed age relay teams

# Community Fun

## PAINTING WITH DOREEN



*Day in Verona*

Wednesday, June 20 6:30 pm - 9:30 pm  
Registration Deadline: June 15, 2018



*Pot of Violets*

Wednesday, August 15 6:30 pm - 9:30 pm  
Registration Deadline: August 8, 2018

Bring out the artist in you. Think you can't draw or have never painted? No worries. You will paint along with the artist to create your own fabulous painting. No experience necessary. All supplies are provided. From blank canvas to finished masterpiece, you are guided every step of the way.  
Fees: \$26.00 per person/per date      Ages: 18+ years old

## FLAT ROCK SPLASH PAD

Open 10:00 am to 8:00 pm  
Memorial Day to Labor Day

Flat Rock Community Park, Gibraltar Road



## TOLEDO MUD HENS FAMILY NIGHT



Friday, June 29, 2018  
5:30 pm - 10:30 pm  
Fifth Third Field  
Toledo, Ohio



Watch the Toledo Mud Hens baseball team as they battle the Louisville Bats  
Game starts at 7:00 pm with a fireworks display following the game.  
Cost includes ticket, \$5.00 Mud Hen Bucks (for food or souvenir) and transportation.  
Call to reserve your seat by June 15, 2018.  
Fees: \$35.00 per person  
Ages: 5+ years old



## LAKE ERIE MONARCHS

Summer Collegiate Baseball Team

### 2018 Schedule

June 14th	VS Cincinnati Steam
June 15th	VS Cincinnati Steam
June 21st	VS St. Clair Green Giants
June 22nd	VS St. Clair Green Giants
June 23rd	VS Richmond Jazz
June 24th	VS Richmond Jazz
June 28th	VS Saginaw Sugar Beets
June 29th	VS Saginaw Sugar Beets
July 3rd	VS Galion Graders
July 4th	VS Galion Graders
July 5th	VS Irish Hills Leprechauns
July 6th	VS Irish Hills Leprechauns
July 7th	VS Hamilton Joes
July 8th	VS Hamilton Joes (5:35 pm)
July 19th	VS Lima Locos
July 20th	VS Lima Locos
July 24th	VS Grand Lake Mariners
July 25th	VS Grand Lake Mariners
July 26th	VS Muskegon Clippers
July 27th	VS Muskegon Clippers
July 28th	VS Galion Graders

All games are played at the Flat Rock Community Fields at 7:05 pm.  
GATE ADMISSION:  
\$5.00 Adults  
\$4.00 Students  
12 and under Free



# Fitness Classes

*The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Call 1-866-456-3065 or your health care provider to see if you are eligible.*



SilverSneakers® Classic Exercise Class - Tuesdays & Thursdays - 10:15 am - 11:00 am  
(No class July 3 and July 5)

These classes are free to SilverSneakers® members.

This class is designed to increase strength, range of motion, agility, balance and coordination.

Chair support is optional. **Must pre-register.**

## **FREE Senior Fitness Classes**

**Mondays at 10:15 - 11:00 am or 11:15 am - 12:00 pm  
and**

**Wednesdays at 11:00 - 11:45 am or 12:00 - 12:45 pm**  
(No class July 2, July 4 and September 3)

**This arthritis-based exercise class includes:**

**Modified strength training, aerobic conditioning,  
and flexibility stretches.**

**All exercises can be done in the chair. Ages 55+**

**Must pre-register.**



# Fitness Classes

Participate in 2 or more fitness classes and save \$\$\$.

**AGES**  
18+

6 Week Classes	1 Class	2 Classes	3 Classes	4 Classes
R/M	\$45.00	\$60.00	\$75.00	\$90.00
NR/NM	\$55.00	\$70.00	\$85.00	\$100.00

Classes will start on the date that corresponds with the day of the week your class falls on.

**SESSION I: (6 weeks) Starts the week of June 11 - July 28** (No classes week of July 2)

**SESSION II: (6 Weeks Tues. - Sat.) Starts the week of July 30 - September 8** (No classes September 3)

Most fitness classes are included in a yearly membership.

## MONDAYS

### Yoga

**Mondays, 8:00 am - 8:50 am or 9:00 am - 10:00 am**

(No class July 2 and September 3)

We connect our movement to our breath in this restorative yoga class with basic yoga postures, healthy alignment of the spine, as well as strengthening the musculature that supports the body.

### Step and Strength

**SUMMER SESSION I ONLY (June 11 - July 23)**

**Mondays, 5:30 pm - 6:30 pm**

(No class July 2)

A combination of step and strength using the optional platform, weights and bands.

MONDAYS SESSION II 5 Week Classes	1 Class	2 Classes	3 Classes	4 Classes
R/M	\$35.00	\$55.00	\$70.00	\$85.00
NR/NM	\$45.00	\$65.00	\$80.00	\$95.00

### Pilates

**SUMMER SESSION II ONLY (July 30 - September 3)**

**Mondays, 6:00 pm - 6:45 pm**

(No class September 3)

Full body strength training class controlling our bodies with focus on our core muscles: our powerhouse.



### Salsa Aerobics

**Mondays, 7:00 pm - 8:00 pm**

(No class July 2 and September 3)

Low impact, high intensity floor aerobics to energizing Latin music.

## TUESDAYS

### Pilates

**Tuesdays, 9:00 am - 10:00 am**

(No class July 3)

Full body strength training controlling our bodies with focus on our core muscles: our powerhouse.

### Summer Body Boot Camp

**Tuesdays, 7:00 pm - 8:00 pm**

(No class July 3)

High Intensity Interval Training including circuits and Tabata Cycles for strength and cardio.



# Fitness Classes

## WEDNESDAYS

### Yoga

Wednesdays, 8:00 am - 8:50 am, 9:00 am - 10:00 am or 7:00 pm - 8:00 pm

(No class July 4)

We connect our movement to our breath in this restorative yoga class with basic yoga postures, healthy alignment of the spine, as well as strengthening the musculature that supports the body.

### Drumming Plus

Wednesdays, 10:00 am - 10:45 am

(No class July 4)

Cardio drumming plus 15 minutes of strength training and stretching.

### Muscle Cut

Wednesdays, 6:00 pm - 7:00 pm

(No class July 4)

Full body strength training utilizing weights, bands, benches, medicine balls and fitballs. Modifications available.



## THURSDAYS

### Pilates

Thursdays, 9:00 am - 10:00 am

(No class July 5)

Full body strength training controlling our bodies with focus on our core muscles: our powerhouse.

### Ballet Barre - \$ SEPARATE PAY CLASS \$

SUMMER SESSION I ONLY (June 14 - July 26)

Thursdays, 5:30 pm - 6:30 pm

(No class July 5)

A unique, no impact exercise class that combines barre work and light weights, with continual fat-burning motion. Central to the workout are toning and resistance exercises for the butt, legs, torso and arms to sculpt muscles and elongate the appearance of your body.

### Step and Drum

Thursdays, 7:00 pm - 8:00 pm

(No class July 5)

30 minutes of Step aerobics and 30 minutes of cardio drumming.



## FRIDAYS

### 3 Mile Cardio

Fridays, 9:00 am - 10:00 am

(No class July 6)

Warm up and 15 minutes of light weights in the class room. Outdoor or indoor track for 30 minutes. Tai Chi cool down with stretch.

### Gentle Tai Chi

Fridays, 10:15 am - 11:00 am

(No class July 6)

Enjoy therapeutic benefits with easy to follow flow motions that will help reduce stress, increase circulation and improve balance and flexibility. Seated version available.

## SATURDAYS

### 20/20/20

Saturdays, 8:30 am - 9:30 am

(No class July 7)

20 minutes of Cardio, 20 minutes of Strength/Weights, 20 minutes of Yoga/Flexibility

### Couch to 5K

Saturdays, 10:00 am - 11:00 am

(No class July 7)

Learn to run a 5K. We will progress during the session from walk to run. Class will run outside, weather permitting. Indoor track if needed.

# Aquatics



## Aquacise Classes

**SESSION 1: June 11 - July 19    SESSION 2: July 30 - August 30**

(No class July 2 - July 5)

**10:00 am - 10:50 am**

**Monday  
Wednesday**

**Adult Aquacise  
Adult Aquacise**

**Tuesday  
Thursday**

**Arthritis Plus Aquacise  
Arthritis Plus Aquacise**

**Cost (5 weeks): 1 Day - \$30.00 Resident/Member    \$35.00 Non-Resident/Non-Member**  
**2 Days - \$60.00 Resident/Member    \$70.00 Non-Resident/Non-Member**

\*Adult Aquacise - A balanced moderate total body workout. The support of the water combined with active stretches for each muscle group will improve mobility and flexibility.

\*\*Arthritis Plus Aquacise - The National Arthritis Foundation Aquatics Plus program works on balance, posture, breathing and strengthening and cardiovascular endurance exercises

## Private or Semi-Private (2 people) Swim Lessons

4 half hour sessions

Call Kathy, the Aquatics Manager, to schedule your lessons.  
(734) 379-1450 ext. 1207

**Cost:** \$88.00 Resident/Member  
\$128.00 Non/Resident/Non-Member

## FRIDAY NIGHT FAMILY SPECIAL

June 18 - August 24 - 1:00 pm - 4:00 pm

**Cost:** Children (3-17) when accompanied by an adult in the water - \$4.00 each  
Adults - \$4.00 each



All classes and events must be registered for in advance. This gives us time to have enough supplies and plan for you to be there.



## \$3.00 Swim Night

May 30 - August 29

Wednesday Nights

6:30 pm - 8:00 pm

ALL AGES

All pool rules are in effect.

# Aquatics

## PARENT & TOT CLASSES (AGES 1-3) WEDNESDAY, JUNE 20 - AUGUST 8 (No classes July 4th and July 25th)

### PARENT AND TOT

5:45 pm - 6:15 pm

*Water adjustment and introduction of basic skills with the help of a parent or adult. One adult must accompany each child in the pool. Swim diapers and vinyl pants are required.*

#### FEEES FOR SWIM LESSONS ON THIS PAGE

\$55.00 Resident/Member  
\$65.00 Non-Resident/Non-Member  
\$5.00 discount for 2nd and 3rd child

## PRESCHOOL CLASSES (AGES 4-6) FRIDAY, JUNE 22 - AUGUST 10 (No classes July 6th and July 27th)

### PRESCHOOL 1

11:00 am - 11:45 am

*Introduction to water safety and fun in the water. Children will be taught basic water skills and humming in the 0-3 foot area of pool.*

### PRESCHOOL 2

10:00 am - 10:45 am

- Children will learn water safety and begin to swim and float with assistance. Under water skills will be included. Skills will be taught in the 0-3 foot area of pool.

### PRESCHOOL 3

9:00 am - 9:45 am

- This class is for children with no fear of water. Water safety and swimming without assistance will be taught. Skills will be practiced in the 3-5 foot water depth.



## LEVELS 1-6 AMERICAN RED CROSS LEARN TO SWIM LESSONS

SESSION I : JUNE 18 - JULY 12

SESSION II: JULY 30 - AUGUST 16

(No classes the week of July 2nd - July 6th)

**2 X PER WEEK FOR 3 WEEKS - AGES 6-16**

#### LEVEL 1

Tuesday and Thursday

12:00 pm - 12:45 pm

*Basic safety and water skills with assistance*

#### LEVEL 2

Monday and Wednesday

12:00 pm - 12:45 pm

*Comfortable in shoulder height water. Water skills without assistance*

#### LEVEL 3

Monday and Wednesday

11:00 am - 11:45 am

*Comfortable in any depth water. Freestyle and elementary backstroke skills*

#### LEVEL 4

Tuesday and Thursday

11:00 am - 11:45 am

*Freestyle and elementary backstroke. Introduce breast stroke, butterfly and backstroke*

#### LEVEL 5

Monday and Wednesday

9:00 am - 9:45 am

*Technique will be fine-tuned on all strokes and flip turns will be introduced*

#### LEVEL 6

Tuesday and Thursday

9:00 am - 9:45 am

*Endurance and technique will be taught with drills. Learn ways to cut seconds off swim times*



# Let's Take A Trip!

## Shipshewana Trip

Saturday, June 16  
8:00 am - 7:00 pm

Registration Deadline: June 8  
Cost: \$30.00 per person



Let Flat Rock Parks and Recreation take you to Shipshewana, Indiana. Although a very small town, Shipshewana is home to numerous antique and country-style decor shops and restaurants, especially with a strong Amish flavor. You can tour the Amish countryside in style when you take a ride with Buggy Lane Tours, dine at the Blue Gate Restaurant for a home-cooked meal, served family style. If you have room for dessert, visit their bakery for a sweet treat - from jams and jellies to cookies and pies. While you digest, you can visit the nearly 105 shops. All meals and tours are on your own. Ages 18+

## WILLOW RUN AT THE PURPLE ROSE THEATER

Saturday, August 25  
1:30 pm - 6:30 pm  
Chelsea, Michigan



Ages: 18+  
Registration Deadline: July 30  
Cost: \$50.00 per person

Join us on a trip to the Purple Rose Theater to see the production of *Willow Run*. During WWII, the Willow Run Bomber plant located near Ypsilanti, Michigan was the largest factory under one roof in the world. Some 40,000 employees, mostly women, turned out B-24 Bombers at the rate of one every 55 minutes. *Willow Run* follows the journey of four of those women who migrated from all over America to find new lives at the plant. Along the way, they overcame a multitude of challenges, learned to endure new sorrows, overcame deep-seated prejudices and forge new friendships. Winner of the 2017 Edgerton Foundation New Play Award. Original music by Brad Phillips, Ben and Jeff Daniels. Trip includes round trip motorcoach.

## Blissfield Dinner Train

Sunday, September 30  
12:15 pm - 4:30 pm

Registration Deadline: September 10  
Cost: \$70.00 per person



Join us on a train ride which includes dinner. We will leave the Flat Rock Community Center at 12:30 pm and head to Blissfield, Michigan. In Blissfield you will board the Old Road Dinner Train for a two hour ride through the country with a classic dining option from legendary prime rib and chicken to seafood. This superior dining experience from salad to dessert is the heart of their success. Trip includes round trip motorcoach. Ages 18+



## Senior Day at Comerica Park



Thursday, August 23  
11:00 am - 4:30 pm  
(Detroit Tigers vs. Chicago White Sox)

Cost includes ticket,  
transportation, hot dog and  
a soft drink. Don't wait to register!

AGES 50+  
Cost: \$50.00 person  
Registration Deadline: JULY 15



VS.



# Casino Trips!

## GREEKTOWN CASINO -HOTEL TRIP



**Thursday, May 17**  
**9:00 am - 3:00 pm**

**Registration Deadline: May 16**  
**Cost: \$10.00 per person**

**Picture ID is a must.**

**There are NO slot credits given at the casino. Ages: 21+**



## Hollywood Casino Trip

**Thursday, June 21**  
**or**  
**Thursday, August 16**  
**9:00 am - 3:30 pm**  
**Toledo, Ohio**

**Registration Deadline: June 21 and August 16**  
**Cost: \$10.00 per person**

**Picture ID is a must.**

**There are NO slot credits given at the casino. Ages: 21+**



## FireKeepers Casino Trip

**Saturday, July 14**  
**8:00 am - 5:00 pm**  
**Battle Creek, Michigan**

**Registration Deadline: July 13**  
**Cost: \$20.00 per person**

**Picture ID is a must.**

**There will be a \$15.00 slot credit at the casino.**  
**Ages: 21+**



# For Our Seniors

## Senior Center Fun

Hand & Foot Card Game  
Wednesdays at 12:30 & 6:00 pm  
Fridays at 10:30 am

Pinochle  
Tuesday at 11:00 am

Euchre  
Thursdays at 11:00 am

Poker  
Thursdays at 5:30 pm



## Community Senior Lunches

2nd Wednesday of  
Every Month  
12:00 - 1:30 pm

Only \$5.00 for Seniors 55+  
\$7.00 for those Under 55 years  
Chef's Choice - Buffet

## \$2.00 Senior Walk

Walk on the indoor track any time for \$2.00 which includes a bottle of water. This does not allow access to fitness room or pool.

AGES 55+



## Free Blood Pressure Checks

3rd Thursday of Every Month  
8:30 am - 10:15 am  
Ages 18+

Community Center Lobby  
Thank you,  
Henry Ford Wyandotte Hospital!

## Adult Keyboard Music Class

Thursdays, June 28 - September 20  
(No class July 5 and July 26)

12:30 pm - 1:30 pm - Senior Lounge  
AGES 50+

Cost: \$45.00 Resident/Member  
\$49.00 Non-Resident/Non-Member

No Beginners, please.

"Participating in music makes you healthier," says Dr. Fredrick Tims in a study published by AMC Music News. Learning to play a keyboard instrument dramatically aids in hand and eye coordination, stimulates the immune system and exercises both sides of your brain. Now is your chance to learn to play a keyboard instrument. Students are required to purchase a \$15.00 lesson book.

## Music Keyboarding Continuing I

Thursdays, June 28 - September 20  
(No class July 5 and July 26)

2:00 pm - 3:00 pm - Senior Lounge  
AGES 50+

Cost: \$45.00 Resident/Member  
\$49.00 Non-Resident/Non-Member

No Beginners, please.

Continuation of Beginning Music Keyboarding. Intermediate level. New music theory and more chords, including minor. Must have teacher approval to sign up for this class.



# Seniors and Community info

## FOOD COMMODITIES FOR LOW INCOME SENIORS & FAMILIES

**Last Wednesday of the Month  
9:00 - 11:00 am**

You may register the day of distribution or make an appointment with Shelly Reichlin at 734-379-1450. Bring proof of FLAT ROCK residency. You must meet income eligibility. Bring proof of income (Social Security statement, proof of unemployment, Medicaid Card, Bridge Card, or proof of low income).

## Bus Transportation



**\$3.00  
donation  
requested**

Curb-to-curb transportation is provided to seniors and low income (Flat Rock residents ONLY) who do not own a vehicle or are unable to drive due to medical reasons. Reservations must be made at least 48 hours in advance and riders must be registered. Tuesday is designated as a shopping day and the bus does not run on Thursdays.

The service area is the entire city of Flat Rock, West to East—Telegraph to West Jefferson, North to South—Northline to Huron River Drive.

**Call 734-379-1450 ext 1201  
to schedule an appointment**

### **Transportation Hours:**

Monday, Wednesday, Friday  
9:00 am -12:00 pm, 1:00 pm - 3:00 pm  
Tuesday - Shopping Day  
10:00 am - 3:00 pm

## Antique & Flea Market

Sunday, May 6  
7:00 am - 4:00 pm

Held at the Flat Rock Speedway  
Free admission & Free parking



**SUNDAY  
OPEN HOUSES**  
2nd Sunday  
of the month  
FREE Admission!

## FLAT ROCK HISTORICAL SOCIETY

25486 Gibraltar Road - Flat Rock, MI 48134

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

[archives@rdigitalhistory.org](mailto:archives@rdigitalhistory.org)

734.782.5220



### Museum Office Hours

Mondays CLOSED  
Tues & Thurs 12 - 6 pm  
Wed 12 - 4 pm  
Fridays 12 - 4 pm

## The Flat Rock Model Train Depot & Museum

28700 Arsenal Road, Flat Rock  
Off of Telegraph, behind Flat Rock Senior Towers

Please check out their website for scheduled dates.

[flatrocktraindepot.org](http://flatrocktraindepot.org)

For more information, please call: Pat Simeck  
at 734-782-2786

Admission - Donation of: \$6.00 Adults  
\$5.00 Seniors and Students  
Children under 5 are free.



# City Information

## CITY OFFICIALS

Jonathan Dropiewski, Mayor  
Kenneth Wrobel, Mayor Pro-Tem  
John Bergeron, Councilman  
Wally Little, Councilman  
James Martin, Councilman  
Mark Maul, Councilman  
Rick Tefend, Councilman  
Meaghan Bachman, City Clerk  
Larry Dishaw, Building Dept. Director  
David Grunow, City Attorney  
Elizabeth Hendley, Economic Development  
John Leacher, Police Chief  
Brian Marciniak, City Administrator/Treasurer  
Jim Lancaster, DPS Director  
William Vack, Fire Chief  
Rodney Wade, Recreation Director



## Important Phone Numbers

Building/Safety: 734.782.0445  
City Clerk: 734.782.2455  
DPS/Water: 734.782.2470  
Fire/Non-Emergency: 734.782.2500  
Police/Non-Emergency: 734.782.2496  
Recreation/Bus Trans: 734.379.1450  
Treasurer: 734.782.2463

## CITY WIDE GARAGE SALE

May 19 & 20 and September 8 & 9  
9:00 am - 4:00 pm

You need to purchase a permit at City Hall for \$5.00 for each sale. This is a rain or shine event. St. Vincent de Paul trucks will be in City Hall parking lot for donations 8:00 am - 6:00 pm (no mattresses or entertainment centers). FREE maps of sale addresses will be available both days at City Hall parking lot. For questions, please call Sue at 734-782-9476.

## TAXES

Don't forget to pay your Summer taxes Due by **8/30/2018**.  
Visit the City Website at [www.flatrockmi.org](http://www.flatrockmi.org) for tax info, forms and required transparency & accountability documents.  
[www.flatrockmi.org](http://www.flatrockmi.org)

## FLAT ROCK PUBLIC LIBRARY

25200 Gibraltar Road  
Flat Rock, MI 48134  
734-782-2430

Hours: Monday 12 pm - 8 pm  
Tuesday 10 am - 6 pm  
Wednesday 10 am - 6 pm  
Thursdays 10 am - 8 pm  
Fridays 12 pm - 5 pm  
Saturday 12 pm - 5 pm  
Sunday Closed



## Dog and Cat Tags

Animal tags for 2018 will be available after January 1st. Proof of Rabies Vaccination is required.



Tags purchased before April 30th will be \$7.00.  
Tags purchased May 1st or after will be \$14.00.

## Dedication Trees

Sponsored by the Flat Rock Beautification Commission

Bring everlasting honor or celebrate a special person or occasion by purchasing a tree. Information fliers with types of trees and marker prices are available at City Hall and Library. Why not purchase a tree and engraved marker in memory of a loved one. Trees are planted in the spring and fall, weather permitting, and become the property of the City of Flat Rock. For info, call Sue at 734-782-9476

# City Clerk's Office

Please visit [www.flatrockmi.org](http://www.flatrockmi.org) or call 734-782-2455 extension 6, for more information on the City Clerk's office services.

## Basic services provided by the City Clerk's office:

Voter Registration and Election Administration

Vendor and Solicitor Licenses

Business Licenses

Notary Public Service

Passport Application Acceptance Agent

City Maps

Garage Sale Permits

New Resident Packets

Amusement Device Permits

Handbill Permits

Ice Cream Vendor Permits

Precious Metals Permit

FOIA

## City Council Meetings

City Council meetings are held the first and third Monday of each month at 7:30 P.M. at the Flat Rock Municipal Building, 25500 Gibraltar Road, Flat Rock, MI 48134.

## Garage Sale Permits

Prior to holding a garage (yard) sale, you must apply for a permit through the City Clerk's Office during normal business hours for a fee of \$5.00. The permit must be displayed in your front window. Residents can hold up to two garage sales each year and can also participate in the two City Wide Garage Sales held the weekends after Mother's Day and Labor Day. No sale shall be held except between the hours of 9:00 am and 7:00 pm. One sign advertising your garage sale may be erected or placed on the premises of the sale and must be removed immediately after the third day of the sale. Signs can only be placed in the yard where the sale is taking place.

## Passport Information - the City Clerk's office accepts passport applications

Accepted by appointment only - contact the Clerk's Office

U.S. Passport Book: Valid for travel by air, sea or land.

U.S. Passport Card: Not for travel by air. Valid for land and sea crossings.

Detailed information on applying for a new U.S. passport can be found on our website at [www.flatrockmi.org](http://www.flatrockmi.org)

## 2018 Election Dates

July 9 - Last day to register for August Primary

August 7 - Primary Election

October 9 - Last day to register for November General Election

November 6 - General Election

# Flat Rock and FRCC Information

## REGISTRATION GUIDELINES

- Priority registration is given to Members and Residents. Members include those who have purchased an individual, family, senior or FRAP one year membership. Discount rates on classes for non-residents are given to yearly members only.
- Pass Holders pay the cost indicated as Non-Members/Non-Residents. Pass Holders are those that have purchased a one month or six month pass or only use the center on a day pass basis.

## LIABILITY POLICY

Participation in any available activity and use of the equipment and facilities within the Flat Rock Community Center and Recreation Department is at the user's sole discretion and judgment and is at user's own risk.

## PHOTO POLICY

On occasion, the Flat Rock Recreation Department and Flat Rock Community Center may take photos of participants enrolled in programs or attending special events. Please be aware that these photos are for recreation purposes ONLY & may be used in future catalogs, brochures, pamphlets, City of Flat Rock internet sites or flyers. Organizations, including media relations, must have permission from the Recreation Director prior to taking any photographs. Thank you.

## NOTES FROM OUR DPS DEPARTMENT (TRASH AND BRUSH)

- Flushable items, such as disposable diapers and wipes (baby and adult), and female products, are causing tremendous problems in our sewer system. Please do not flush such items. [www.DWSDoutreach.org](http://www.DWSDoutreach.org). (Sewer system bears the cost of flushed wipes.)
- Building materials - lumber, drywall, paneling, etc. must be stacked neatly, in reasonably sized piles with all nails bent over or removed to prevent injury of our personnel handling this material during removal. All material must not exceed a length of 6 feet. Broken concrete, blocks, and bricks must be stacked neatly, preferably on top of a piece of scrap plywood or similar material, (or on a hard surface) to avoid damage to your yard when loading. Likewise, placement of dirt, stones, sod scraps and similar bulk materials are best placed on such a surface because these types of material are usually loaded with a front-end loader. Although our people try to avoid any damage to the surface, the City cannot be responsible for such damage.
- Roofing, floor tiles, ceiling tile, etc. that tend to be many small pieces shall be placed in containers.  
AT NO TIME SHOULD ANY MATERIALS FOR PICK UP BE PLACED IN THE STREET AS THIS PRESENTS A TRAFFIC HAZARD AND IS ILLEGAL!!
- Brush to be chipped must be free from foreign objects such as wire fence posts, and nails. Brush is to be laid out in an orderly fashion, with the butt (larger diameter) ends facing all one direction, either toward the street or with the flow of traffic. Piles of brush need to be of reasonable size and height, and in a consistent manner so it doesn't require force to untangle as it is chipped as this leads to employee injuries and detracts from our efficiency. Brush with thorns will be picked up, but need to be set aside to avoid injuries.
- Brush to be chipped can be as much as 8 or 10 feet in length. Branches with large crotches need to be cut apart into pieces that will fit into an opening approximately 1.5 feet square.
- All root balls must be cut off of brush and shrubs and set aside for pickup with building materials, etc.
- Smaller pieces of brush, especially shorter than 24" are best bundled together with string or twine for quick and neat pickup. Pieces of brush smaller than a pencil in diameter or shorter than 12" in length are to be treated as yard waste and placed in containers or bags for pick up by our solid waste contractor.

# Stone Creek Banquet Hall

*Banquet - Conference - Wedding - Entertainment Venue*



*2018-2019  
Wedding  
Packages  
starting at  
\$32.50 per person*



## *Reasonable Room Rental Rates*

*Graduations, Showers  
Corporate Lunches  
School Banquets  
Birthday Parties  
On-Site Catering*



*Exquisite  
Banquet Hall*



*On-Site Wedding  
Ceremony  
Packages*



*Special  
Events*



*Multi-Purpose  
Rooms*



*Stone Creek  
(734) 379-1453  
[www.StoneCreekBanquet.com](http://www.StoneCreekBanquet.com)*

*Like us on Facebook:  
Stone Creek Banquet Facility*



**FLAT ROCK COMMUNITY CENTER &  
FLAT ROCK PARKS AND RECREATION**

One Maguire Street  
P.O. Box 1018  
Flat Rock, MI 48134

Phone: 734-379-1450  
Fax: 734-379-1444  
Web: [www.flatrockrec.org](http://www.flatrockrec.org)

PRESORTED  
STANDARD  
ECR WSS  
U.S. POSTAGE PAID  
FLAT ROCK MI  
PERMIT NO.1

**POSTAL PATRON**



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

# SUMMER BLAST 2018

**Friday - Sunday  
June 8-10, 2018  
Huroc Park**

Check out [www.flatrockriverfest.com](http://www.flatrockriverfest.com)  
or find us on Facebook,  
Twitter or Instagram  
for the latest news  
and information.

**CRUZIN FLAT ROCK  
CAR SHOW**

**Huroc Park  
28800 Arsenal  
Flat Rock, MI 48134**

**Saturday  
June 9, 2018  
9:00 am - 3:00 pm**

*SUMMER BLAST is FREE and open to the public.  
Great Music, Food, Domestic and  
Michigan Craft Beer Tent, Arts & Crafts, Rides,  
Friday 10:00 pm Fireworks,  
Cruizin Flat Rock Car Show (Saturday, June 9 only),  
and the Summer Blast 5K on Saturday, June 9 and  
many more surprises.*

*Free shuttles from Flat Rock High School and Flat Rock Plaza.*

Flat Rock  
**SUMMER BLAST**  
2018  
JUNE 8-10



**Friday - Sunday  
September 14-16  
Huroc Park**



**A fun time for the  
whole family!**