

FALL 2020



Dear Community Members,

Now more than ever, finding ways to remain active and engaged in lifelong learning is essential to your health and wellbeing. While the last year has

been filled with uncertainty, Birmingham Community Education programming remains strong and accessible. Our programming has been shifted to provide options whether we are permitted to meet in person or must remain in the online realm. We know that engaging in a new hobby, craft or learning experience now will be the silver lining we all need to move forward with health and happiness.

In the pages of this brochure, you'll find in-person class options that may be shifted to online programming if gathering restrictions change. Take a moment to browse the options that include Baby Sign & Play, Kids Empowering Workshops, Heartsaver Training and Yoga Fitness.

It is my hope that Birmingham Community Education offerings provide each of you with the pathways to learn and grow despite the difficulties our time presents. I wish each of you good health and wellness in the days, weeks and months ahead.

Sincerely,

Mark Dziatczak, Superintendent of Schools



Birmingham Public Schools Community Education Brochure Published three times per year: August, December & March Birmingham Public Schools 31301 Evergreen Beverly Hills, MI 48025 248.203.3800

BPS FACILITY RENTAL INFORMATION

Birmingham Public Schools facilities and fields are conveniently located and are available for rental by public and private groups on Saturdays, Sundays and after school on week days. For all of your facility and field requests, please contact Birmingham Community Education at 248-203-3800.

Table of Contents

YOUTH

- Skills & Development......2
 .Babysitter Safety, Drama
- Youth & Family Empowering Workshops5-6
- Sports......4, 7-9 . Pistons Academy Leagues, Fall Flag Football, Little Ninjas, Kids Power Karate, Kids Kickboxing

ADULT

- Health, Fitness & Wellbeing15
 . Yoga Fitness, Better Bones

BPS FACILITY LOCATIONS16
REGISTRATION INFORMATION & FORM17-18
BIRMINGHAM COMMUNITY EDUCATION Office/Rental Information18
LIABILITY WAIVERS19-20

COMMUNITY NEWS & EVENTS......21-24



Please note...

Please know that we draft our fall brochure months in advance of publication to your mailbox. We continue to follow all state guidelines regarding in-person returns, and may make changes to our programming based on these state requirements. You can learn more about our response to COVID-19 and plans on our website at <u>www.birmingham.k12.</u> <u>mi.us/covid19</u>

YOUTH • SKILLS & DEVELOPMENT



DKI TEEN ACTING ACADEMY (Grades 6-8)

Welcome to DKI Acting Academy! This accelerating drama program is open to all students grades 6 through 8 regardless of their prior acting experience. In DKI you will participate in dramatic activities and stage actual performances which will help you build lifelong confidence and creative thinking skills that can have a dramatic impact on academic and personal success. Do you want to expand your improvisation, acting, auditioning and public speaking skills? Then the DKI Acting Academy is the place for you! Location: Pierce Elementary School, Room 100

#15594

Dates: 9/23/2020 - 12/9/2020 # of Sessions: 10 No Class: 11/04/2020, 11/25/2020 Wed 6:45 PM - 7:45 PM Fee: \$180.00

DRAMA KINDERKIDS (4-5 year olds)

It's curtains up for KinderKids! Now is your chance to introduce your 4-5 year old to acting and creative expression through fun drama activities that will build confidence and social skills. In our KinderKids program your child will be part of plays, miniimprovisations, poems, energetic theater games and more. Whether aiming to become a future Broadway star or just wanting to boost self-esteem, drama develops kids and Drama Kids is the place for your child! Location: Pierce Elementary School, Room 100

#15595

Dates: 10/1/2020 - 11/19/2020 # of Sessions: 8 Thu 5:00 PM - 5:45 PM Fee: \$144.00

DRAMA KIDS (Grades 1-5)

It's curtains up for Drama Kids! Now is your chance to participate in fun activities that help you think more creatively and learn new acting, confidence building, and social skills. In Drama Kids you will be part of plays, improvisations, silent scenes, mini-scripts, hilarious theatre games and more. Whether you are the next Broadway Star or you just want to improve your public speaking techniques, Drama Kids is the place for you. Everyone is getting into the act this fall – don't miss out! Location: Pierce Elementary School, Room 100

#15596

Dates: 9/23/2020 - 12/9/2020 # of Sessions: 10 No Class: 11/04/2020, 11/25/2020 Wed 5:30 PM - 6:30 PM Fee: \$180.00

CHILD AND BABYSITTER SAFETY/CPR (AGES 10+)

Participants will learn skills involved in caring for infants, toddlers and young children, as well as how to start their own babysitting

business. Emergency procedures, taming the tots, decision making, diapering, feeding and sleep time are just a few of the topics to be covered. Basic first aid and CPR will be taught and practiced on <u>individual</u> <u>mannequins</u>. This is a Certification Babysitting Class from the American Red Cross and complete



attendance and passing of a 10 question test is mandatory. Participants will receive a wallet certification card along with a training booklet, emergency reference guide and a CD to ensure success of their babysitting business. Parent/Guardian is required to sign student in and out of class. Students more than 20 minutes late will not be permitted into the class, please be on time. Bring a bag lunch with beverage in a non-breakable container. Please bring a stuffed animal or doll (preferable) to the class to practice babysitting skills. Registration fee includes \$25 materials fee. Instructor: Marie Bristow, Bristow Health & Safety Education. Location: Seaholm High School, Room C104.

#15556 Date: 11/14/2020 Sat 9:00 AM - 3:30 PM Fee: \$100.00



DOG OBEDIENCE CLASSES ON PAGE 14!

BABY & PRE-K FUN • YOUTH

BABY SIGN and PLAY - My First Signs (Ages 0-3 years)

"Baby Sign Read and Play" is created for children ages 0-3 years old. The curriculum focuses on three easy things parents can do to boost their child's development - SIGN, TALK and READ. American Sign Language vocabulary is taught as a means of communicating with baby before they can talk, to clarify the speech of a child who has already begun speaking and also as a great foundation for a second language! It will show parents how to naturally enrich early learning through everyday interactions, focusing on story time and sharing their favorite nursery rhymes. Vocabulary based on Baby Signing Time DVDs Vol. 1 and Vol. 2 Bonus signs: Colors and Seasonal Signs Learn the most useful starter signs including those for food, drink, pets, family, clothing, transportation, manners and bedtime. Each class also features a signing tip in which we will discuss the benefits of using ASL with babies and toddlers. Instructor Lynn Dowe is certified to teach with Signing Time Academy as a Baby Signing Time Instructor. Location: Seaholm High School, Media Center (Note: this class meets every other Saturday.)

#15621

Dates: 9/12/2020 - 11/21/2020 # of Sessions: 6 No Class: 09/19/2020, 10/03/2020, 10/17/2020, 10/31/2020, 11/14/2020 Sat 10:00 AM - 10:45 AM Fee: \$130.00

VIRTUAL BABY SIGN and PLAY - My First Signs (Ages 0-3 years)

See above description. Prior to class, you will receive instructions by email on how to access the class through Zoom.

#15788

Dates: 9/15/2020 - 10/20/2020 # of Sessions: 6 Tue 10:00 AM - 10:45 AM Fee: \$65.00

#15789

Dates: 11/03/2020 - 12/15/2020 # of Sessions: 6 No class 11/26/2020 Tue 10:00 AM - 10:45 AM Fee: \$65.00

Register Early! BABY SIGN & PLAY!



SOCCER SCHOOL FOR LITTLE FOLKS – OUTDOOR and INDOOR

Join us for an exciting class of soccer for 3 to 5 year olds. Join us for an exciting class of soccer! We will work on basic skills with fun mini games and end every class with soccer scrimmages. This is a great way to introduce your child to soccer or have them continue developing skills. Our goal is to increase your child's excitement for sports while giving them confidence in their own abilities and helping them to develop a positive attitude. Instructor is experienced (over 25 years) and licensed (United States Soccer Federation ach. Presented by Sector Atbletics, LLC

National 'D') soccer coach. Presented by Seaton Athletics, LLC.

OUTDOOR

Location: Midvale Center (ECC and NEXT), Baseball Diamond #15677 Dates: 9/19/2020 - 10/24/2020 # of Sessions: 6 Sat 11:15 AM - 12:00 PM Fee: \$80.00

#15679

Dates: 9/24/2020 - 10/29/2020 # of Sessions: 6 Thu 6:00 PM - 6:45 PM Fee: \$80.00

#15678 Dates: 9/25/2020 - 10/30/2020 # of Sessions: 6 Fri 10:15 AM - 11:00 AM Fee: \$80.00

INDOOR

#15675 Pembroke Elementary School, Gym Dates: 11/5/2020 - 12/17/2020 # of Sessions: 6 No Class: 11/26/2020 Thu 6:00 PM - 6:45 PM Fee: \$80.00

#15676

Quarton Elementary School, Gym Dates: 11/10/2020 - 12/15/2020 # of Sessions: 6 Tue 6:00 PM - 6:45 PM Fee: \$80.00

Save a class — Register EARLY!



YOUTH • PRE-K FUN AND KIDS KICKBOXING



FRANKLIN ATHLETIC CLUB

These classes are held at the FRANKLIN ATHLETIC CLUB, 29350 Northwestern Highway, Southfield, MI 48034 TO REGISTER go to www.communityed.net

PLAY DATE with Ms. Lori (Ages 0-4 years)

Where will you play today? Join us for a wild play date at Franklin Athletic Club. Get ready to move as we jump in the moonwalk, play parachute games, move to some silly music, and have some free play. The first hour will be free play in the gym. The last half hour will be spent with Ms. Lori singing and moving to fun activities. Parent supervision required. You are welcome to bring peanut free snacks. Fee is \$10.00 PER FAMILY; please register the adult only.

#15587

Dates: 9/21/2020 Mon 10:00 AM - 11:30 AM Fee: \$10.00

#15588

Dates: 11/16/2020 Mon 10:00 AM - 11:30 AM Fee: \$10.00

#15589 Dates: 12/14/2020 Mon 10:00 AM - 11:30 AM Fee: \$10.00

HALLOWEEN PLAY DATE with Ms. Lori (Ages 0-4 years)

Join us at Franklin Athletic Club for a special seasonally-themed Play Date. Parent supervision required. You are welcome to bring peanut free snacks. Fee is \$10.00 PER FAMILY; please register the adult only.

#15590

Dates: 10/19/2020 Mon 10:00 AM - 11:30 AM Fee: \$10.00

TUMBLING TOTS (Ages 18 months-4 years)

For ages 18 months - 4 years. Turn all that bouncing and climbing into something productive. Your child will improve strength, agility, balance and overall fitness through simple tumbling skills. The first half hour will be spent in organized tumbling activities with Mr. Roby and the following half hour will be spent with Ms. Lori playing games and doing creative movement activities.

#15585

Dates: 9/15/2020 - 10/20/2020 # of Sessions: 6 Tue 9:30 AM - 10:30 AM Fee: \$90.00

#15586

Dates: 11/3/2020 - 12/15/2020 # of Sessions: 6 No Class: 11/24/2020 Tue 9:30 AM - 10:30 AM Fee: \$90.00

KIDS KICKBOXING -(Ages 8-14)

Franklin Athletic Club's most popular kickboxing instructor George Jones is now offering a class for kids! Don't miss out on this high energy, fun class.

#15591

Dates: 9/15/2020 - 10/20/2020 # of Sessions: 6 Tue 4:45 PM - 5:30 PM Fee: \$90.00

#15592

Dates: 11/3/2020 - 12/15/2020 # of Sessions: 6 No Class: 11/24/2020 Tue 4:45 PM - 5:30 PM Fee: \$90.00

Please note

Please know that we draft our fall brochure months in advance of publication to your mailbox. We continue to follow all state guidelines regarding in-person returns, and may make changes to our programming based on these state requirements. You can learn more about our response to COVID-19 and plans on our website at www.birmingham.k12.mi.us/covid19

Advertise in this brochure!

This brochure is mailed to over 29,000 Birmingham Public School district residents. If you're interested in placing an advertisement in the Winter/Spring 2021 issue, please contact Diane Rampolo at 248.203.3822 or DRampolo@birmingham.k12.mi.us.

REGISTER EARLY!

Over-enrollment and under-enrollment are problems you can help us avoid. The sooner we know how many people are interested in a program, the easier it is to add sessions or avoid unnecessary cancellations.

KIDS EMPOWERED WORKSHOPS • YOUTH



KIDS EMPOWERED WORKSHOPS

KIDSEMPOWERED

Over 500,000 girls, boys, parents, teachers, and social workers have participated in Girls Empowered and Boys Empowered programs over 18 years. The team includes social workers, teachers and fitness and dance instructors.

VIRTUAL LEGO FUN (Boys, Grades 2-5)

Must have a min of 25 Lego pieces to participate. Kids will learn team building and social skills while doing Lego creations. Through some fun Lego building competitions kids will learn the social skills of following directions, listening, the do's and don'ts of winning and losing, and managing frustrations. Kids may register for both classes. Zoom link will be sent prior to class.

#15796 Grades 2 - 3

Dates: 9/21/2020 - 10/5/2020 # of Sessions: 3 Mon 4:00 PM - 5:00 PM Fee: \$25.00

#15797 Grades 2 - 3 Dates: 10/7/2020 - 10/21/2020 # of Sessions: 3 Wed 5:30 PM - 6:30 PM Fee: \$25.00

#15798 Grades 4 - 5 Dates: 9/22/2020 - 10/6/2020 # of Sessions: 3 Tue 4:00 PM - 5:00 PM Fee: \$25.00

#15799 Grades 4 - 5 Dates: 10/8/2020 - 10/22/2020 # of Sessions: 3 Thu 5:30 PM - 6:30 PM Fee: \$25.00

VIRTUAL GIRL POWER SELF-ESTEEM WORKSHOP (Girls, Grades 2-6)

Girls learn how to grow their friendships, self-esteem, and confidence. Girls will do a workshops on building self-esteem and confidence, handling sticky situations with friends, and self-care. Materials will be emailed to make a Flower Power poster, a Friendship Rules activity, and a Self-care plan. Zoom link will be sent prior to class.

#15804 Grades 2-3 Date: 11/15/2020 Sun 1:00 PM - 3:00 PM Fee: \$30.00

#15805 Grades 4-6 Date: 11/15/2020 Sun 3:00 PM - 5:00 PM Fee: \$30.00

VIRTUAL A Parent's Tool Box for Kids with ADHD

Parents, get strategies NOW for what is happening in this stressful time. Get tools for mindfulness and frustration management strategies. Session will be led by Drew Yanke, Psychotherapist, M.A., LLP. Leads Dragon Academy program for kids with ADHD. Zoom link will be sent prior to class. Last 1/2 hour for questions.

#15794

Date: 9/22/2020 Tue 8:00 PM - 9:30 PM Fee: \$20.00

#15795

Date: 11/17/2020 Tue 8:00 PM - 9:30 PM Fee: \$20.00

VIRTUAL Mother/Daughter Workshop Dealing with Unfriendly Friends and Classmates (Grades 1-6)

Moms and girls will learn about how to set boundaries when friends are unfriendly. Girls will learn what words, tone of voice, body language and strategies to use when friends say unkind words or exclude. Girls will learn exactly what to say when their friends say "I am not your friend.", "You can't play.", "You can't play with her." During the workshop girls will be given a break while moms can ask questions. Moms will learn how to support their daughter to minimize the social pain of actions by unfriendly friends. Then we will come back together at the end! Zoom link will be sent prior to class. Please register the adult only.

#15800 Grades 1 - 3 Date: 9/19/2020 Sat 1:00 PM - 2:30 PM Fee: \$20.00

#15801 Grades 1 - 3 Date: 10/10/2020 Sat 1:00 PM - 2:30 PM Fee: \$20.00

#15803 Grades 4 - 6 Date: 9/19/2020 Sat 2:30 PM - 4:00 PM Fee: \$20.00

#15802 Grades 4 - 6 Date: 10/10/2020 Sat 3:00 PM - 4:30 PM Fee: \$20.00

YOUTH • KIDS EMPOWERED WORKSHOPS

KIDS EMPOWERED WORKSHOPS KIDSEMPOWERED

Over 500,000 girls, boys, parents, teachers, and social workers have participated in Girls Empowered and Boys Empowered programs over 18 years. The team includes social workers, teachers and fitness and dance instructors.

VIRTUAL BIG FEELINGS, LITTLE PEOPLE - Parent/Child Workshop (Grades K-3)

Emotions are at an all time high. All around our kids are seeing people at their boiling points while struggling with their own big feelings. This series will help your kids identify feelings and strategies to manage their feelings. Kids will learn how to recognize when they are in a sticky situation. They will learn ways to calm themselves, problem solve and manage frustrations. Materials will be emailed. Last 1/2 hour is for parents only. Prior to class, you will receive instructions by email on how to access the class through Zoom. Please register the adult only.

#15806 Grades K - 2 Date: 10/10/2020 Sat 1:00 PM - 2:30 PM Fee: \$30.00

#15807 Grades 2 - 3 Date: 10/10/2020 Sat 2:30 PM - 4:00 PM Fee: \$30.00

VIRTUAL ASSERTIVENESS **BOOT CAMP (Mother/** Daughter, ages 6 - Middle School)

Does your daughter get bossed around a lot? Do they feel walked all over or feel left out? Girls will learn how to be assertive in voice, body language and words. They will learn how to deal with problems, conflicts and when someone is being unfriendly in an assertive way. Assertiveness is a critical social skill in dealing with everything from getting help, to standing up for yourself, setting your boundaries to following your DREAMS! This is a mother/daughter workshop, please register the daughter only. Zoom link will be sent prior to class.

#15870 Ages 6-8 Date: 10/6/2020 Tue 6:00 PM - 7:30 PM Fee: \$35.00

#15871 Ages 9 - 11 Date: 10/7/2020 Wed 6:00 PM - 7:30 PM Fee: \$35.00

#15872 Middle School Date: 10/7/2020 Wed 7:30 PM - 9:00 PM Fee: \$35.00

GIRL POWER SELF-ESTEEM

WORKSHOP (Grades 2-6) Girls learn how to grow their friendships, self-esteem, and confidence. Girls will do a workshops on building self-esteem and confidence, handling sticky situations with friends, and self-care. Make a Flower Power poster, a Friendship Rules activity, and a Self-care plan. Location: Groves High School, Staff Planning Area

#15808 Grades 2 - 3

Date: 10/25/2020 Sun 1:00 PM - 3:00 PM Fee: \$30.00

#15809 Grades 4 - 6

Date: 10/25/2020 Sun 3:00 PM - 5:00 PM

Fee: \$30.00

NEW BIG FEELINGS, LITTLE **PEOPLE - Parent/Child** Workshop (Grades K-3)

Emotions are at an all time high. All around our kids are seeing people at their boiling points while struggling with their own big feelings. This series will help your kids identify feelings and strategies to manage their feelings. Kids will learn how to recognize when they are in a sticky situation. They will learn ways to calm themselves, problem solve and manage frustrations. Please register the adult only. Location: Seaholm High School, Media Center

#15810 Grades K - 2 Date: 9/26/2020 Sat 1:00 PM - 2:30 PM Fee: \$30.00

#15811 Grades 2 - 3

Date: 9/26/2020 Sat 2:30 PM - 4:00 PM Fee: \$30.00

ASSERTIVENESS BOOT CAMP (MOTHER/DAUGHTER, ages 6 – Middle School)

Does your daughter get bossed around a lot? Do they feel walked all over or feel left out? Girls will learn how to be

assertive in voice, body language and words. They will learn how to deal with problems, conflicts and when someone is being unfriendly in an assertive way. Assertiveness is a critical social skill in deling with skill in dealing with everything from getting help, to standing up for yourself, setting your boundaries to following your DREAMS! This is a mother/daughter workshop; please register the daughter only. Location: Seaholm HS, Media Center

#15873 Ages 6 - 8

Date: 9/22/2020 Tue 6:00 PM - 7:30 PM Fee: \$35.00

#15874 Ages 9 - 11 Date: 9/23/2020 Wed 6:00 PM - 7:30 PM Fee: \$35.00

#15875 Middle School Date: 9/23/2020 Wed 7:30 PM - 9:00 PM Fee: \$35.00

SPORTS • YOUTH



SNAP FLAG FOOTBALL LEAGUE PreK-8th grades by Coach Genevieve



FALL BIRMINGHAM SNAP FLAG FOOTBALL LEAGUE (Preschool-8th Grade)

SNAPtivities is proud to present fun and fresh 5-on-5, coed, non-contact flag football. Teams are coached by volunteer parent or HS student coaches and have between 7 and 10 players. We also accept friend requests so buddies don't have to be separated. Register as a team (register separately) or as an individual. Games for Preschool-4th grade are played on Sundays at Birmingham Public Schools facility and Grades 5-8 are played on Saturdays in Bloomfield and/ or Sundays in Birmingham. All players will receive a jersey. No other equipment is needed except a mouth guard. Visit SNAPtivities.com for more detailed information. PLEASE REGISTER EARLY at communityed.net or 248-203-3800. Early bird discount exists until September 1. Prices increase after September 1. Materials fee of \$25 is payable at the time of registration. Location: Seaholm High School, Maple Stadium

#15509

Dates: 9/27/2020 - 11/8/2020 # of Sessions: 7 Sun 8:00 AM - 1:00 PM Fee: \$175.00

FALL GIRLS ONLY SNAP FLAG FOOTBALL LEAGUE (1st-4th Grade)

Finally, SNAPtivities is proud to present fun and fresh 5-on-5, non-contact flag football for girls to play with and against each other this Fall! Teams are coached by volunteer parent or HS student coaches and have between 7 and 10 players. We also accept friend requests so buddies don't have to be separated. Register as a team (register separately) or as an individual. Games will be played on Saturdays at Bloomfield Hills Lahser turf fields. A one hour practice is followed by a one hour game between the hours of 10 & 3pm. All players will receive a jersey. No other equipment is needed except a mouth quard. Visit SNAPtivities.com for more detailed information. PLEASE REGISTER EARLY at communityed.net or 248-203-3800. Early bird discount exists until September 1. Prices increase after September 1. Materials fee of \$25 is payable at the time of registration. Location: Bloomfield Hills High School, Turf Field.

#15510

Dates: 9/26/2020 - 11/7/2020 # of Sessions: 7 Sat 10:00 AM - 3:00 PM Fee: \$175.00





Renaissance Fencing Club offers introductory classes and private lessons for all ages to teach the Olympic sport of fencing. We are the top youth fencing club in the USA! Our coaching staff is the key to our success - we are all professional coaches. Fencing combines body and mind to teach quick problem solving through agility and distance. Come and learn from Olympians and National Champions.

https://www.renaissancefencing.com Location Renaissance Fencing Club 408 Oliver Drive, Troy Email <u>info@renaissancefencing.com</u> or call 248-515-0973 for more information



YOUTH • SPORTS

PISTONS ACADEMY YOUTH BASKETBALL LEAGUES BOYS, GRADES 3-8



LEAGUE DRAFT DAY AT GROVES HS:

To participate in the league, all players must be evaluated at the 2020 Pistons Academy Draft Day on Saturday, September 12 at Groves High School Gym (see times listed below). This is a **MANDATORY** event where players will be evaluated and placed onto teams. Players will participate in various drills and then scrimmage in front of coaches. Draft times will include a parent meeting where league policies and procedures will be discussed:

> PREP LEAGUE (Grades 3, 4 and BEGINNER 5th): 10:30 a.m.-11:45 a.m. COLLEGE LEAGUE (Grades 5, 6 AND BEGINNER 7TH): 12:30 p.m.-1:45 p.m. PRO LEAGUE (Grades 7 and 8): 2:30 p.m.-4:00 p.m.

PISTON ACADEMY YOUTH BASKETBALL LEAGUES (Boys Grades 3-8)

The Pistons Academy League is designed to teach game strategy & team skills through competitive play. All skill levels are welcome but players should have some prior basketball experience. Players register as individuals and then participate in a live draft (see above). Teams are guaranteed seven games and three practices for the season. Practices are Thursdays or Fridays. Most games are Saturdays between 10 am and 6 pm. Some teams may have a Friday game at 7:30 or 8:30 pm. Coaches are Pistons Academy staff & qualified volunteers. All of our officials are certified. \$165 fee includes \$15 materials fee for t-shirt, payable at the time of registration. For more information about the league & Pistons Academy Basketball, visit www.pistonsacademy.com. Game locations: Berkshire Middle School and Birmingham Covington School gyms. Practice locations: Berkshire Middle School and Pierce Elementary Gyms.

Dates: 9/12/2020 - 11/21/2020 No class: 9/18/2020, 9/19/2020

#15887 PREP LEAGUE (Grades 3, 4 and BEGINNER 5th) Fee: \$165.00 #15888 COLLEGE LEAGUE (Grades 5, 6 AND BEGINNER 7TH) Fee: \$165.00 #15886 PRO LEAGUE (Grades 7 and 8) Fee: \$165.00

LOOKING FOR ACADEMY LEAGUE COACHES! Are you interested in coaching a Pistons Academy Team this winter? We are always looking for qualified coaches who want to share their knowledge and passion for the game. We offer flexible scheduling for games and practices. If interested, please contact Bryan Bollin, Director, at 248-377-8305 or bbollin@pistons.com

FRIDAY NIGHT LIGHTS VARSITY GIRLS BASKETBALL LEAGUE (Grades 5-6)



Friday Night Lights Girls Basketball is designed to teach game strategy & team skills through competitive play. Players register as individuals, participate in the Skills Combine and will be placed on a team via the league draft. Teams are guaranteed five games and three practices during the season. All girls will receive a league shirt and season ending awards. Fee includes \$10.00 materials fee. This is a great program for players to learn the game in a structured yet fun environment. Advanced 4th graders are welcome to play. Friday games and practices are held at 6:30, 7:20, 8:10 pm. FNL VARSITY LEAGUE DRAFT NIGHT SEPTEMBER 11: To participate in the league, all girls must be evaluated at the 2020 Pistons Academy Draft Night. This is a mandatory event where players will be evaluated and placed onto teams and will be held at Berkshire Middle School Gym on Friday, September 11, 6:45-8:30 pm. Players will participate in various drills and then scrimmage in front of coaches. Draft times will include a parent meeting where league

policies and procedures will be discussed. For more information about Friday Night Lights, visit www.pistonsacademy.com. Location: Berkshire Middle School and Birmingham Covington School Gyms.

#15885 Dates: 9/11/2020 – 11/20/2020 No class 9/18/2020 # sessions: 10 Fri 6:30 PM, 7:20 PM or 8:10 PM Fee: \$155.00



SPORTS • YOUTH

PISTONS ACADEMY YOUTH GIRLS BASKETBALL LEAGUES

Pistons Academy offers two basketball leagues for girls in grades 3-6. All skill levels are welcome!



FRIDAY NIGHT LIGHTS - JV GIRLS BASKETBALL LEAGUE (Grades 3-4)

The Pistons Academy League is designed to teach game strategy & team skills through competitive play. Players register as individuals, participate in the Skills Combine and will be placed on a team via the league draft. Teams will have a 20 min. practice before each game. Friday games and practices are held at 6:20 or 7:30 pm. Fee includes

\$10.00 materials fee. All girls will receive Lady Pistons shirt and season ending awards. This is the perfect program to start learning the game in a fun yet structured environment. Location: Bingham Farms Elementary School, Gym

#15884

Dates: 9/25/2020 – 11/13/2020 # sessions: 8 Fri 6:20 PM or 7:30 PM Fee: \$145.00



DKSA

YOUTH KARATE CLASSES

PKSA Karate Bloomfield provides the best professional and experienced instruction in the art of Tang Soo Do. Our school is operated by James and Ashley Shruga under the direct guidance and personal supervision of Master R. Collins, Sr. and Master R. Collins, Jr.

OOMFIELD

Tang Soo Do is an excellent way to revitalize your mind and body! Under highly trained supervision, Tang Soo Do is safe, fun, and easy to learn. Learn more about the traditional Korean art of Tang Soo Do at www.pksa.com Instructors and students regardless of rank or years of training will offer you a brotherhood of encouragement and support. Optional belts and testing are available for an additional fee; please discuss the options with your instructor. Attire for PKSA Karate courses is comfortable loose-fitting clothes that students can move around in. Students are advised to bring a bottle of water. Classes meet at St. Paul United Methodist Church, 165 E Square Lake Rd, Bloomfield Hills, MI 48302 (located on the north side of Square Lake Road, east of Woodward Avenue, lower level)

KIDS POWER KARATE (Ages 6 + years old)

The Kids Power program is designed to help young martial artists (from 6+ years old) learn control and discipline and about the art of Tang Soo Do. This program is developed to challenge young minds and bodies in areas I like gross motor skills, memory, focus, confidence, and team work. In this six week program highly professional karate instructors will introduce your children to a number of karate and life skill building activities in a fun and engaging way. Stranger awareness and self defense will be covered in this session. Families are always encouraged to train together, uniforms are available upon request. Learn more about the traditional Korean art of Tang Soo Do at http://www.pksa.com

#15877

Dates: 10/6/2020 - 11/17/2020 # of Sessions: 6 No class: 11/03/2020 Tue 6:00 PM - 6:30 PM Fee: \$50.00

LITTLE NINJAS KARATE (Ages 4-6 years old)

The Little Ninja program is designed to help young martial artists (from 4 to 6 years old) learn control and discipline and about the art of Tang Soo Do. This program is developed to challenge young minds and bodies in areas I like gross motor skills, memory, focus, confidence, and team work. In this six week program highly professional karate instructors will introduce your children to a number of karate and life skill building activites in a fun and engaging way. Stranger awareness and self defense will be covered in this session. Families are always encouraged to train together, uniforms are available upon request. Learn more about the traditional Korean art of Tang Soo Do at http://www.pksa.com

#15876

Dates: 10/6/2020 - 11/17/2020 # of Sessions: 6 No class: 11/03/2020 Tue 5:00 PM - 5:30 PM Fee: \$40.00

ADULT • SKILLS & DEVELOPMENT



Get skills for the 21st century.

Demonstrate your knowledge.

Boost your productivity.

This online program is presented by the Learning Resources Network (LERN). Our online certificates and courses are provided by quality colleges and associations with expert instructors. Participate anytime day or evening.

from any computer.

Register at www.communityed.net

DATA ANALYSIS CERTIFICATE MANAGEMENT CERTIFICATE

CERTIFICATE PROGRAMS

Business Coaching Certificate Business Research Certificate Certificate in Online Teaching Certificate in Blended Instruction Certificate in Customer Service Certificate in Data Analysis Certificate in Designing Webinars Certificate in Leadership Development Certificate in Non-Profit Administration Certificate in Workplace Communication eMarketing Essentials Certificate Entrepreneurship Certificate Executive Leadership Certificate Inbound Marketing Certificate Management Certificate Managing Social Media Platforms Certificate Mobile Marketing Certificate Social Media for Business Certificate Supervisory & Leadership Certificate Video Marketing Certificate

PROFESSIONAL COURSES

Accounting and Finance for Non Financial Managers Advanced Data Analysis Advanced Neuro Linguistic Programming (NLP) Advanced Teaching Online Conflict Management Creative Problem Solving **Designing Online Instruction** Developing Hybrid Courses Developing Your Leadership Skills Developing Your Professional Career Entrepreneur Boot Camp Entrepreneurial Marketing Executive Leadership in the 21st Century Fatal Leadership Errors Fostering Online Discussion Funding Your Business Get Things Done Intermediate Data Analysis Interview Skills Introduction to Data Analysis Law for Non-Lawyers Leadership Principles Management Boot Camp Managing Generations in the Workplace Negotiation: Get What You Want

Neuro Linguistic Programming (NLP) Fundamentals New 21st Century Strategies for Productivity and Time Management Onboarding New Employees Program Evaluation for Nonprofits Revenue Generation for Non-Profits Spanish for Medical Professionals Students with ASD (Autism Spectrum Disorder) The Business Plan The Flipped Classroom Using Personality Profiles for Better Work Performance

VOCATIONAL COURSES

Extraordinary Customer Service Keys to Customer Service

ENRICHMENT COURSES

Stress Management Success with Aging Parents

TECHNOLOGY COURSES

Advanced Inbound Marketing Advanced Mobile Marketing Boosting Your Website Traffic Content Marketing Creating Cell Phone Apps for Your Business Designing Successful Webinars Facebook for Business **Google Analytics** Google Apps for Business Graphic Design for Visual Presentations Improving Email Promotions Integrating Social Media into Your Organization Introduction to 3-D Printing Introduction to Inbound Marketing Introduction to Mobile Marketing Introduction to Social Media LinkedIn for Business Managing & Marketing Webinars Marketing Using Social Media Mastering Computer Skills for the Workplace Mastering Microsoft Excel Online Advertising Photoshop for Presentations Podcasting Twitter Video Marketing YouTube for Business AND MORE!

For information: 248-203-3800 • www.communityed.net

SKILLS & DEVELOPMENT • ADULT

"I AM A HOSPICE HERO" (Hospice Volunteer Training)

(Ages 18 and Up) Heart to Heart Hospice is offering Volunteer Training for those who would like to visit patients near their home. Pay it forward and your rewards will be enormous. A simple act of kindness can make a huge difference to a patient and their family. We provide your training, we assign you near your home and always work around your schedule. If you have questions about the class, please call Julie Cody at Heart to Heart Hospice, 248-952-9000. If you are unavailable during the scheduled workshops, please contact Julie to set up another date or time after registering with Community Education. This class will benefit you and your loved ones for the rest of your life. We look forward to hearing from you! Class meets at Heart to Heart Hospice, 30600 Telegraph Rd, Suite #1131, Bingham Farms, MI 48025 (located on the SE corner of Telegraph and 13 Mile Road in the Bingham Center, behind Qdoba Restaurant).

#15553

Date: 8/22/2020 Sat 8:30 AM - 11:30 AM Fee: \$12.00

#15554

Date: 9/26/2020 Sat 8:30 AM - 11:30 AM Fee: \$12.00

RED CROSS FIRST AID/ CPR & AED

This course is designed to meet OSHA requirements and covers first aid basics and CPR and AED skills for adults, children, and infants. In this instructor-led course where you will learn how to respond to first aid, breathing and cardiac emergencies. In the classroom, you will have the opportunity to learn from and interact with a Red Cross instructor who will guide you through hands-on practice of lifesaving skills. Successful students will receive a certificate of Adult and Pediatric First Aid/CPR/ AED valid for two years via digital e-card sent within just a few days of class. Presented by Save1CPR instructor Lynn Dowe, certified Red Cross instructor. Location: Seaholm High School, Room C104

#15784

Date: 9/19/2020 Sat 10:00 AM – 1:00 PM Fee: \$85.00

#15793

Date: 11/14/2020 Sat 2:00 PM – 5:00 PM Fee: \$85.00

#15785

Date: 12/05/2020 Sat 10:00 AM – 1:00 PM Fee: \$85.00

BASIC LIFE SUPPORT FOR HEALTHCARE PROVIDERS

This BLS Course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

In the Instructor-led course, students participate in simulated clinical scenarios and learning stations. Students work with an AHA BLS Instructor to complete BLS skills practice and skills testing. Students also complete a written exam. Successful students will receive a certificate of BLS valid for two years via digital e-card sent within just a few days of class from American Heart Association. Presented by Save1CPR instructor Lynn Dowe, certified AHA instructor. Location: Seaholm High School, Room C104

#15784

Date: 9/19/2020 Sat 2:00 PM – 5:00 PM Fee: \$75.00

#15793

Date: 11/14/2020 Sat 10:00 AM – 1:00 PM Fee: \$75.00

#15785 Date: 12/05/2020 Sat 2:00 PM – 5:00 PM Fee: \$75.00



WW VIRTUAL/REMOTE: HEARTSAVER FIRST AID CPR AED BLENDED LEARNING COURSE

This course is designed to teach students the cognitive information necessary for first aid, CPR and AED training. Upon completion of the online portion, students must complete remote hands-on skills session. This course provides students with the convenience of completing the course at their own pace. Includes interactive exercises and videos to engage students, along with audio and transcript for students who may have a hearing or visual disability. The Remote skills course will occur on Zoom. After registration is complete, an online course will be sent to the participants' email address. Completion of the online course, is required, prior to the remote skills course. A First aid supply kit, will also be mailed to the participant, and used during the remote session. Materials fee of \$15.00 is payable at the time of registration. Presented by Hollmann CPR & First Aid, Training, LLC

#15680 Date: 10/06/2020 Tue 6:00 PM – 7:30 PM Fee: \$80.00

For information: 248-203-3800 • www.communityed.net

ADULT • SKILLS & DEVELOPMENT

ESL = English As A Second Language



ADULT DAYTIME ENGLISH AS A SECOND LANGUAGE (ESL) CLASS:

FREE for qualifying students and if space is available.

Classes run from September 2020-May 2021

For Beginning and Intermediate Level Adult ESL students.

DUE TO COVID 19, SPECIFIC DAYS AND TIMES HAVE YET TO BE SCHEDULED

REGISTRATION: Sept 1, 2, 3 (by appointment only) Registration is ongoing and open until classes are filled.

Please call 248-203-3800 to make a registration appointment. (Required: student <u>only</u>, face mask required)

> Please bring picture ID (passport/driver's license/Michigan ID) and Social Security card if you have one.

Please call BIRMINGHAM COMMUNITY EDUCATION (248-203-3800) for more information



When arriving for your appointment time, please park in the guest/staff lot off of Lincoln Street (near the auditorium) and enter the building by buzzing the "Birmingham Community Education" door #10.

*BIRMINGHAM ESL WILL FOLLOW STATE AND LOCAL SAFETY GUIDELINES IN REGARDS TO COVID-19. (Requiring face masks, social distancing, etc.)

SKILLS & DEVELOPMENT • ADULT

SPANISH 1

Ready to learn a new language and widen your skill set? In this introductory class, students will develop listening, speaking, reading and writing skills. We will establish a strong foundation and promote future success in a fun learning environment. Taught by a native instructor, Guadalupe Lebbos. Location: Seaholm High School, Room F104

#15618

Dates: 9/14/2020 - 11/2/2020 # of Sessions: 8 Mon 6:30 PM - 8:00 PM Fee: \$130.00

SPANISH 2

Spanish 2 is designed for students who attended Spanish 1 or those who have a basic knowledge of the Spanish language and wish to expand that knowledge. The instructor will teach both lexical and grammatical items. During this session you will develop listening, speaking, reading and writing skills necessary to communicate about self, family, daily life as well as basic survival needs. You will also explore cultural aspects of the Spanish-speaking world. Taught by a native instructor, Guadalupe Lebbos. Location: Seaholm High School, Room F104

#15616

Dates: 9/9/2020 - 10/28/2020 # of Sessions: 8 Wed 6:30 PM - 8:00 PM

Fee: \$130.00

SPANISH 3

Spanish 3 is designed for Intermediate students who are looking to apply what they learned in Spanish 2 or previous classes and to increase their conversational skills and the application of the language in real world scenarios. Taught by a native instructor, Guadalupe Lebbos. Location: Seaholm High School, Room F104

#15617

Dates: 9/10/2020 - 10/29/2020 # of Sessions: 8 Thu 6:30 PM - 8:00 PM

Fee: \$130.00

INTRODUCTION TO PROFESSIONAL VOICE OVERS - GETTING PAID TO TALK

Getting Paid to Talk: Making Money with Your Voice. Have you ever been told that you have a great voice? This exciting onesession class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all - important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early. Please review this one page informative piece before registering for this class: http://www.voicecoaches.com/gptt Location: Seaholm High School, Room C104

#15555 Date: 10/29/2020 Thu 6:30 PM - 9:00 PM Fee: \$25.00



EXCEL - BEGINNING

EXCEL 2013 Beginning. Confused by the new Ribbon Interface; need to get up to speed quickly for that new job or are you looking to get back in the workforce or just need a refresher. This class identifies the elements of the new Ribbon Interface and how to create basic worksheets. You will also learn how to manipulate data, insert and delete columns and rows, search and replace data, and customize the quick access toolbar. Formatting is a key element to making your spreadsheets user friendly. We also learn how to print our workbooks saving a lot of paper along the way. Performing basic formulas is also covered in this class. Participants should have computer experience prior to taking this fast-paced class. Location: Seaholm High School, Room F112 Instructor: Debbi Forbes

#15614

Dates: 9/1/2020 - 9/29/2020 # of Sessions: 4 No Class: 9/15/2020 Tue 6:30 PM - 9:30 PM Fee: \$110.00

EXCEL - INTERMEDIATE

Excel 2013 Intermediate Have you mastered the fundamentals and are you ready to learn tools, tips and tricks to become a power user? In this class you will learn how to save time and reduce errors. Covered in this class: Common printing errors and how to fix them; how to use formulas and functions (lookup, if, sum, count, pmt, etc.). Also covered is the Quick Access Toolbar, using range names, delimiting text, data sorting and filtering along with pivot tables and calculating percentages. You will walk away knowing how to manage multiple workbooks and create beautiful workbooks that visually represent data with graphs. Participants should have completed Excel Course 1 or have knowledge of the topics covered in that class before taking this course. Location: Seaholm High School, Room F112. Instructor: Debbi Forbes

#15615

Dates: 10/6/2020 - 10/27/2020 # of Sessions: 4 Tue 6:30 PM - 9:30 PM Fee: \$110.00



ADULT • SKILLS & DEVELOPMENT

INTRODUCTION TO DOG OBEDIENCE

Southern Michigan Obedience Training Club (SMOTC) offers this foundation Introduction to Obedience class for all dogs who are at least 6 months old. Learn to train your dog to heel (walk) on lead next to you, sit and down stay, come when called and stand - to become a more enjoyable member of the family, as well as encourage participation in obedience competition. This is a fast-moving class to teach you to teach your dog basic obedience. This class will require that you work with your dog 10-20 minutes a day during the duration of the classes for best results You will need to bring these items the FIRST night of class as well as your dog. 1) Your completed Application for Training and Health Certificate; plus bring ALL shot records. 2) Bait /Lure (treat) bag, fanny pack or apron with SMALL SOFT TREATS. 3) Have well fitting collar with a 6 ft. leash (leather leash recommended). Minors over 12 years old are invited to train as long as a parent or guardian is registered for the class and stays during the class. Location: Berkshire Middle School, Gym

#15598

Dates: 9/15/2020 - 10/20/2020 # of Sessions: 6 Tue 6:45 PM - 7:30 PM Fee: \$85.00



THERAPY DOG PREPARATION AND EVALUATION

This class will help to prepare students and their dogs to become a certified Therapy Dog team. The class will also address safety precautions for you and your dog, proper visiting techniques, getting around medical equipment, and more. For this class, your dog will need to work reliably and test on a flat buckle collar or non-correcting harness (leash fastens on the dog's back) with a 6-foot leather or nylon leash. Dogs will need to be proficient and reliable in all basic obedience commands (heel, sit, down, leave it and stay). We highly recommend that students have taken one or more obedience classes prior to registering for this class. Vaccination records are required and must be presented the first night of class. Dogs must have reached or passed their first birthday on or before the last day of class to be evaluated and tested. A Therapy Dogs International (TDI) certification test will be performed soon after the last class; evaluation date and location will be announced in class. There is an additional \$10.00 test fee. Location: Berkshire Middle School, Gym

#15600

Dates: 9/22/2020 - 10/6/2020 # of Sessions: 3 Tue 7:45 PM - 8:30 PM Fee: \$55.00

AKC STAR PUPPY CLASS

Southern Michigan Obedience Training Club (SMOTC) offers this class for puppies purebred or mixed approximately 3 – 5 months of age. Help your new "Best Friend" develop the good habits it needs in order to become a valued member of your family. Socialization, introduction to obedience, and problem solving are covered in the classes. AKC STAR Puppy Certification is offered. Minors are invited to attend with a registered adult. Please bring puppy with buckle collar, leash, healthy treats and shot records (required) to first class. Location: Berkshire Middle School, Gym

#15597

Dates: 9/15/2020 - 10/20/2020 # of Sessions: 6 Tue 7:45 PM - 8:45 PM Fee: \$75.00

REGISTER EARLY! THESE CLASSES ARE VERY POPULAR AND FILL UP FAST!

INTERMEDIATE DOG OBEDIENCE - Canine Good Citizen (CGC)

This fast-paced class is designed to help handlers and dogs master the skills necessary to earn the AKC Canine Good Citizen Award. While the class is open to all dogs (pure bred and mixed alike), it is required that the dogs have previous exposure to classroom obedience training or have completed Intro to Dog Obedience (offered by SMOTC) prior to enrolling. Vaccination records are required and must be presented the first night of class. Students may participate in the CGC evaluation on the last night of class. Only those that successfully meet the evaluation criteria will receive the distinctive Canine Good Citizen CGC Award from American Kennel Club. These are excellent preparatory classes if you are considering competition in the AKC Obedience and/or Rally ring. First-time competitors as well as seasoned showmen are welcome to attend in preparation for earning AKC titles. Location: Berkshire Middle School. Gvm

#15599 Dates: 9/15/2020 - 10/20/2020 # of Sessions: 6 Tue 6:45 PM - 7:30 PM Fee: \$85.00



MEN'S BASKETBALL LEAGUE Wednesdays at Derby Middle School

Our men's basketball league starts in early December 2020 and runs through March 2021. Each week your team will be scheduled to play a different team in the league with two officials and a director. The season will conclude with a tournament. Fee is per team; captain or contact person registers for the team. Instructor: Robert (Bob) Czech. Location: Derby Middle School, Gym

#15889

Dates: 12/02/2020 - 3/17/2021 # of Sessions: 14 No class: 12/23/20, 12/30/20 Wed 7:00 PM - 11:00PM Team Fee: \$800.00

HEALTH & WELLBEING • ADULT

NEW VIRTUAL YOGA FITNESS with LYNN DOWE

Offered to men and women of all levels. The science of Yoga uses precise postures (Asanas) and controlled breathing techniques (pranayama) that integrate energetic connections between body, mind and spirit. Participants explore the insight both through the basic Asanas, while increasing muscle strength and flexibility. Class participation will include sun salutes, basic standing postures, forward and backward bending, positive inversions, twists, reducing stress and seated meditations. Bring a mat to class. Instructor Lynn Dowe offers intentional and inspiring yoga practice for all ages and abilities. She inspires and supports others to live an extraordinary life and through the practice of yoga, to connect with their own personal wisdom, healing abilities and expansive potential. 200RYT instructor - since May 2013. Prior to class, you will receive instructions by email on how to access the class through Zoom.

#15786

Dates: 9/17/2020 - 10/22/2020 # of Sessions: 6 Thu 10:00 AM - 11:00 AM Fee: \$68.00

#15787 Dates: 11/05/2020 - 12/17/2020 # of Sessions: 6 No class 11/26/2020 Thu 10:00 AM - 11:00 AM Fee: \$68.00

YOGA FITNESS with LYNN DOWE

Offered to men and women of all levels. The science of Yoga uses precise postures (Asanas) and controlled breathing techniques (pranayama) that integrate energetic connections between body, mind and spirit. Participants explore the insight both through the basic Asanas, while increasing muscle strength and flexibility. Class participation will include sun salutes, basic standing postures, forward and backward bending, positive inversions, twists, reducing stress and seated meditations. Bring a mat to class. Instructor Lynn Dowe offers intentional and inspiring yoga practice for all ages and abilities. She inspires and supports others to live an extraordinary life and through the practice of yoga, to connect with their own personal wisdom, healing abilities and expansive potential. 200RYT instructor - since May 2013. Location: Berkshire Middle School, Media Center

#15619

Dates: 9/15/2020 - 10/20/2020 # of Sessions: 6 Tue 7:00 PM - 8:00 PM Fee: \$78.00

#15620

Dates: 11/3/2020 - 12/8/2020 # of Sessions: 6 Tue 7:00 PM - 8:00 PM Fee: \$78.00

The following adult classes are held at the BEVERLY HILLS CLUB, 31555 Southfield Road, Beverly Hills, MI 48025, located on the west side of Southfield Road just north of Thirteen Mile Road. Phone 248-642-8500. (HILL& CLUB TO REGISTER go to www.communityed.net

BETTER BONES 1

This class will educate you, improve your muscle strength and decrease the risk of brittle bones due to osteoporosis. Did you know that weight training for osteoporosis can help protect your bones? Studies show that strength training can help prevent bone loss and even help build new bone. We lose so much muscle as we age that by the time we're 70, we have about 50% to 55% of our muscle mass left. Maintaining strong muscles through weight training helps to keep up your balance and coordination, critical in preventing falls, which can lead to osteoporosis-related fractures. For beginner exercisers.

#15878

Dates: 9/8/2020 - 10/8/2020 # of sessions: 10 Tue, Thu 1:00 PM - 2:00 PM Fee: \$138.00

#15879

Dates: 10/13/2020 - 11/12/2020 # of sessions: 10 Tue, Thu 1:00 PM - 2:00 PM Fee: \$138.00

#15880

Dates: 11/17/2020 - 12/17/2020 No class: 11/26/20 # of sessions: 9 Tue, Thu 1:00 PM - 2:00 PM Fee: \$124.00

BETTER BONES 2

More weight bearing excerise for those participants who have completed Better Bones I program and have witnessed first-hand the benefits of weight training, balance training and low impact excerise. For more experienced exercisers with some strength training background. Did you know that weight training for osteoporosis can help protect your bones? Studies show that strength training can help prevent bone loss and even help build new bone. We lose so much muscle as we age that by the time we're 70, we have about 50% to 55% of our muscle mass left. Maintaining strong muscles through weight training helps to keep up your balance and coordination, critical in preventing falls, which can lead to osteoporosis-related fractures.

#15881

Dates: 9/8/2020 - 10/8/2020 # of sessions: 10 Tue, Thu 2:00 PM - 3:00 PM Fee: \$138.00

#15882

Dates: 10/13/2020 - 11/12/2020 # of sessions: 10 Tue, Thu 2:00 PM - 3:00 PM Fee: \$138.00

#15883

Dates: 11/17/2020 - 12/17/2020 No class: 11/26/20 # of sessions: 9 Tue, Thu 2:00 PM - 3:00 PM Fee: \$124.00

BPS LOCATIONS





The Community Education Office is located in Room F-102, Seaholm High School. Parking is available in the staff|guest parking lot enter from W. Lincoln, just east of the building, 248-203-3800.

BPS EDUCATION AND ADMINISTRATION CENTER (EAC), 31301 Evergreen Road, Beverly Hills, MI 48025 248-203-3000

BERKSHIRE MIDDLE SCHOOL, 21707 W. 14 Mile Road, Beverly Hills, MI 48025, 248-203-4700

BEVERLY ELEMENTARY SCHOOL, 18305 Beverly Road, Beverly Hills, MI 48025, 248-203-3150

BINGHAM FARMS ELEMENTARY SCHOOL, 23400 W. 13 Mile Road, Bingham Farms, MI 48025, 248-203-3350

BIRMINGHAM COVINGTON SCHOOL, 1525 Covington Road, Bloomfield Hills, MI 48301, 248-203-4444

DERBY MIDDLE SCHOOL, 1300 Derby Road, Birmingham, MI 48009, 248-203-5000

GREENFIELD ELEMENTARY SCHOOL, 31200 Fairfax, Beverly Hills, MI 48025, 248-203-3210

GROVES HIGH SCHOOL, 20500 W. 13 Mile Road, Beverly Hills, MI 48025 248-203-3500

HARLAN ELEMENTARY SCHOOL, 3595 N. Adams Road, Bloomfield Hills, MI 48304, 248-203-3265

MIDVALE CENTER, 2121 Midvale Road, Birmingham, MI 48009 Early Childhood Center - 248-203-5803 / BASCC - 248-203-5270

PEMBROKE ELEMENTARY SCHOOL, 955 N. Eton, Troy, MI 48084, 248-203-3888

PIERCE ELEMENTARY SCHOOL, 1829 Pierce St., Birmingham, MI 48009, 248-203-4325

QUARTON ELEMENTARY SCHOOL, 771 Chesterfield, Birmingham, MI 48009, 248-203-3425

SEAHOLM HIGH SCHOOL, 2436 W. Lincoln, Birmingham, MI 48009, 248-203-3700

WEST MAPLE ELEMENTARY SCHOOL, 6275 Inkster Road, Bloomfield Hills, MI 48301, 248-851-2667

REGISTRATION INFORMATION

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.

Pre-registration is required for all programs. No dropin registration on the day of class.

PAYMENTS

Register and pay using cash, check or VISA/ Mastercard. Fees are payable in full at the time of registration. All checks should be made payable to *"Birmingham Public Schools."* There will be a \$60 fee for all returned checks.

DROPS/REFUNDS Please read carefully before

registering for class!

Requests must be made directly to Birmingham Community Education THREE (3) business days prior to the beginning of class. With the exception of one day classes, all class refunds are the amount of the fee less a \$10 processing fee per class. The processing fee for most one-day classes is \$5.00. *The cost of materials cannot be refunded.* No cash refunds. Refunds will be in the form of a check, credit or account voucher. Refunds of less than \$10 will be in the form of an account voucher.

WE DO OUR VERY BEST TO GET IT RIGHT

We take great care to check the accuracy of all information in our brochures and on our website. However, we cannot be responsible for inadvertent and unintentional errors and we reserve the right to correct them.

CLASS/CAMP CANCELLATIONS

REGISTER EARLY! The most common reason for class cancellation is low enrollment. Every effort will be made to notify registrants that a class has been cancelled. **NOTIFICATIONS OF CANCELLATIONS AND CLASS CHANGES ARE SENT VIA EMAIL.** Please recheck your profile online every time you register for accuracy. Any person registered in a cancelled class will receive a full refund or may transfer to another class in the current semester. Birmingham Community Education reserves the right to cancel any class due to insufficient registrations.

Please know that we draft our fall brochure months in advance of publication to your mailbox. We continue to follow all state guidelines regarding in-person returns, and may make changes to our programming based on these state requirements. You can learn more about our response to COVID-19 and plans on our website at <u>www.birmingham.k12.mi.us/covid19</u>

CLASS/CAMP CHANGES

Birmingham Community Education reserves the right to withdraw or change classes/camps, instructors or schedules; to revise tuition and fee structures; and to amend its policies as necessary for smooth and efficient operation.

WAIVER OF LIABILITY AND HOLD HARMLESS

PLEASE FILL OUT THE APPROPRIATE WAIVER ON PAGES 19 AND 20, and include with your registration form. If registering online, a waiver form is part of the registration process; a separate form will not be required. You must have a current waiver on file with Birmingham Public Schools for every class/ course/camp you or your children are attending.

NOTICE OF NONDISCRIMINATION

The Board of Education is committed to maintaining a learning/working environment in which all individuals are treated with dignity and respect, free from discrimination and harassment. There will be no tolerance for discrimination or harassment on the basis of race, color, national origin, religion, sex, sexual orientation, marital status, genetic information, disability or age. The District prohibits harassment and other forms of discrimination whether occurring at school, on District property, in a District vehicle, or at any District related activity or event. The Superintendent will designate compliance officers and develop and implement regulations for the reporting, investigation and resolution of complaints of discrimination or harassment. The following people have been designated to handle inquiries regarding the nondiscrimination policies: Students - Inquiries related to discrimination on the basis of disability should be directed to: Executive Director of Special Education, 31301 Evergreen Road Beverly Hills, MI 48025, 248.203.3000. Direct all other inquiries related to discrimination to: Assistant Superintendent of Human Resources, 31301 Evergreen Road, Beverly Hills, MI 48025, 248.203.3000.

INCLEMENT WEATHER/SCHOOL CLOSING

When Birmingham Schools are closed due to severe weather, power failure or circumstances beyond our control, announcements concerning evening programs will be made by 2:00 p.m. Verify school closing by tuning your radio to WWJ or WJR, calling the district's Newsline 248-203-3000.

FOR THE MOST UP-TO-DATE INFORMATION visit the homepage of BIRMINGHAM COMMUNITY EDUCATION www.communityed.net INJURIES & PERSONAL PROPERTY DAMAGE/ LOSS

We are frequently asked: "Are my children or am I insured by Birmingham Public Schools in the event of injury while participating in a school district program?" A follow-up question is: "Does the district have insurance to protect personal property that I or my children may bring to school?" The answer is "NO."

BPS does not provide insurance for injuries, damage, or loss of property. A State of Michigan statute grants the Birmingham Public School District and other public bodies (e.g., cities, villages, etc.) with immunity to tort liability. What this means is that because we are a public agency funded through tax dollars and we are providing a public service, we are not held liable in the event of injury or loss of property. The Board of Education has decided that the district should not use taxpayers' tax dollars to provide for these risks. Your homeowner's policy may cover property damaged or lost from the school premises (e.g., automobiles, bicycles, band instruments, calculators, etc.) WE ENCOURAGE YOU TO MAKE SURE THAT YOU HAVE ADEQUATE HEALTH AND PROPERTY DAMAGE/LOSS INSURANCE COVERAGE.

NO SMOKING/VAPING AND NO ALCOHOLIC BEVERAGES OR ANIMALS IN SCHOOL BUILDINGS OR ON SCHOOL PROPERTY.

BPS COMMUNITY EDUCATION INFORMATION

COMMUNITY EDUCATION STAFF

Jill Reichenbach Fill Col	mmunity Education Specialist
Diane Agrusa Rampolo	Program Assistant
Gail Frederickson	Office Assistant
Meli Zikakis	Office Assistant
Emma Godin	Office Assistant
Linda Grindem	ESL Instructor
Elise Herner	ESL Instructor
Noelle Bogan	ESL Instructor
Paula Kotrba	ESL Instructor



Monday-Friday 8:00 a.m.-4:00 p.m.

OFFICE CLOSED: September 7, November 26 & 27, December 21-January 4

*Note: Office hours may vary due to school breaks and holidays.

BPS FACILITY RENTAL INFORMATION

Birmingham Public Schools facilities and fields are conveniently located for the residents of Birmingham, Beverly Hills, Bingham Farms, Franklin, West Bloomfield, Bloomfield Hills, Troy and Southfield. Our facilities and fields are available for rental by public and private groups on Saturdays, Sundays and after school on week days. With ample free parking and recently renovated buildings, Birmingham offers great potential for your special event. Whether you need auditoriums, classrooms, media centers, computer labs, gyms, pools, stadiums or fields, the modern facilities and fields of Birmingham Public Schools give you an advantage! All facility services are available for single events, individual classes or entire college curricula or large sports events. For all of your facility and field requests, please contact Birmingham Community Education at 248-203-3800.

FOR RENTAL INQUIRIES ON AUDITORIUMS & LITTLE THEATERS POOLS/GYMS/CLASSROOMS/ GRASS FIELDS & TRACKS/STADIUMS CALL 248.203.3800

FALL 2020 • REGISTRATION FORM

Payment by cash, check or VISA/MC. All checks should be payable to: *Birmingham Public Schools*. Phone, fax and online registrations by credit card only. Mail: 2436 W. Lincoln, F102, Birmingham, MI 48009 Phone: 248-203-3800• Fax: 248-203-3818 • <u>www.communityed.net</u>

Last Name (Parent/Guardia	an)		First Name				
Address		City		Zip			
E-mail address	F	Phone (Home)	Phone (Cell/Work)				
Student's Full Name			Birthdate				
Name of Class		Class Start Date Days of Class		Class #	Fee		
					\$		
					\$		
					\$		
Please fill out appropriate WAIVER on page 19 & 20		& 20	Total	\$			
HOW TO REGISTER: Online: www.communityed.net	Phone: 248-203-3800		Fax: 248-203-3818	<i>In person or by mail:</i> 2436 W. Lincoln, Suite F102 Birmingham, MI 48009			
PAYMENT: Full payment due at registration.							
Check enclosed (paya	able to <i>"Birm</i>	ingham Public Scl	nools")				
Visa/MasterCard							
Cardholder's Name							
Account Number:		Expiration Date:					
Cardholder's Signature:							

18

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT FOR ALL BIRMINGHAM COMMUNITY EDUCATION ACTIVITIES EVENTS / CLASSES / CAMPS / OPEN SWIM / ATHLETIC LEAGUES

Participant 18+ years of Age

- 1. In consideration for receiving permission to participate in the Birmingham Public Schools Community Education Activity of my choice, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE and further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS Birmingham Public Schools, the members of its Board of Education (in their official and individual capacities), administrators, agents, servants or employees (hereinafter referred to as RELEASEES) from any and all liability, claims, costs, expenses, attorney fees, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or any of the property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise, while participating in such activity, or while in, on or upon the premises where the activity is being conducted.
- 2. I am fully aware of and acknowledge the potential risks of serious personal injury associated with this activity. I hereby elect to voluntarily participate in said activity with full knowledge that said activity may be dangerous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or any loss or damage of property owned by me, as a result of being involved in such activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES OR OTHERWISE.
- 3. It is my express intent that this Waiver of Liability and Hold Harmless Agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Michigan.
- 4. IN SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read this Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this Release for full, adequate and complete consideration fully intending to be bound by same.

Signed on this ______day of ______, 20_____.

PARTICIPANT

Print Name____

_____. Signature______

WAIVER FOR PARTICIPANTS UNDER 18 YEARS

WAIVER OF LIABILITY AND HOLD HARMLESS AGREEMENT FOR ALL BIRMINGHAM COMMUNITY EDUCATION ACTIVITIES EVENTS / CLASSES / CAMPS / OPEN SWIM / ATHLETIC LEAGUES

Participant UNDER 18 years of Age

- 1. In consideration for receiving permission to participate in the Birmingham Public Schools Community Education Activity of my choice, I hereby RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE and further hereby AGREE TO INDEMNIFY AND HOLD HARMLESS Birmingham Public Schools, the members of its Board of Education (in their official and individual capacities), administrators, agents, servants or employees (hereinafter referred to as RELEASEES) from any and all liability, claims, costs, expenses, attorney fees, demands, actions and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or any of the property belonging to me, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES, or otherwise, while participating in such activity, or while in, on or upon the premises where the activity is being conducted.
- 2. I am fully aware of and acknowledge the potential risks of serious personal injury associated with this activity. I hereby elect to voluntarily participate in said activity with full knowledge that said activity may be dangerous to me and my property. I VOLUNTARILY ASSUME FULL RESPONSIBILITY FOR ANY RISKS OF LOSS, PROPERTY DAMAGE OR PERSONAL INJURY, INCLUDING DEATH, that may be sustained by me, or any loss or damage of property owned by me, as a result of being involved in such activity, WHETHER CAUSED BY THE NEGLIGENCE OF RELEASEES OR OTHERWISE.
- 3. It is my express intent that this Waiver of Liability and Hold Harmless Agreement shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representative, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Waiver of Liability and Hold Harmless Agreement shall be construed in accordance with the laws of the State of Michigan.
- 4. IN SIGNING THIS AGREEMENT, I ACKNOWLEDGE AND REPRESENT THAT I have read this Waiver of Liability and Hold Harmless Agreement, understand it and sign it voluntarily as my own free act and deed; no oral representations, statements, or inducements, apart from the foregoing written agreement, have been made; I am fully competent; and I execute this Release for full, adequate and complete consideration fully intending to be bound by same.

Signed on this ______day of ______, 20_____, 20_____,

PARTICIPANT

Print Name______. Signature______

I/we, the Parent(s)/Legal Guardian(s) of the above named Participant, consent to the minor Participant's participation in the Birmingham Public Schools Community Education Activity(ies), acknowledge the risks associated with the Participant's participation therein, and in consideration of my/our minor Participant's permission to participate in said Birmingham Public Schools Community Education Activity(ies) agree to be bound by this Waiver of Liability and Hold Harmless Agreement and the terms contained herein. Additionally, I/we consent to Birmingham Public Schools seeking reasonable and necessary medical treatment for my/our minor Participant during such event or associated activities, and agree to be responsible for any cost/ expenses associated with such treatment.

Parent/Guardian Signature	9	Date)	

Parent/Guardian Signature_____

Date

Birmingham Bloomfield Community Coalition

BBCC has updated all services to be within the safety guidelines prescribed for COVID-19. If a service is unable to be delivered in person, BBCC will make every attempt to provide the service virtually.

Following are just some of the programs and services available for students, parents, schools, and other community groups.

ON-LINE PROGRAMMING is now available and includes:

- o Middle School Transition Program has been revamped and renamed to "Transitions, The Teen Years"
- o Education on individual or a grouping of substances such as:
 - Vaping
 - · Alcohol
 - Prescription Drugs
 - Marijuana
- o Covey 7 Habits for Highly Effective Teens
- o Wellness
- o Keep Them Safe, Keep Them Healthy*
- o Customized Programs, too! Just let us know what you need.
 - HIGH SCHOOL TEENS: Earn community service, build leadership skills and have fun doing it! If you are a high school teen, the Youth Action Board (YAB) has a variety of opportunities to get involved AND we meet via Zoom. Contact youth program coordinator, Kelly, at kmichaud@ bbcoaltion.org.
 - SAVE A LIFE NARCAN TRAININGS*
- **o** SHATTER THE STIGMA FAMILY RECOVERY & SUPPORT GROUPS*
 - The Alliance has increased their support groups to three virtual meetings via ZOOM every week:
 - Mondays from 3:00 5:00 p.m.
 - Wednesdays from 10:00 11:00 a.m.
 - Thursday evenings from 7:00 8:00 p.m.
 - Connect with others and receive much needed support or give support to others who may be struggling.

BBCC is one of twenty community prevention coalitions under the Alliance of Coalitions for Healthy Communities (the Alliance), www.achcmi.org. Because of this relationship, we are able to access additional resources through the Alliance as indicated by *Partner Program. Please contact cmastroianni@ bbcoalition.org if you are interested in bringing any of these programs to your school or community group.



YOUTH-FOCUSED PREVENTION, HEALTH AND WELLNESS www.bbcoalition.org 248.203.4615



Friends of Different Learners

KIDS FIRST! Understand their differences. Focus of their needs, Educate them.

FRIENDS is a parent group in the Birmingham Public School System with preschool to adult age children coming together to build a strong parent community

> Find the 2020-2021 School Year Speaker and Up Coming Meeting Calendar on

The Friends website at www.friendsofdifferentlearners.org & join us on Facebook @Friendsofdifferentlearners

Birmingham Youth Assistance



Breakfast with Santa • December 12 @ The Townsend Hotel Kids Dog Show • February 7 @ Berkshire Middle School

> Youth in Service • March 24 **@ Seaholm High School**

Strengthening Families Through Community Involvement The mission of Birmingham Youth Assistance is to strengthen youth and families and to reduce the incidence of delinguency, abuse and neglect through community involvement.

BYA provides community based casework and counseling services as well as providing programming and events for children and families within the Birmingham Public School district.

BYA is a partnership of: the Oakland County Circuit Court - Family Division; the City of Birmingham and the Villages of Beverly Hills, Bingham Farms and Franklin; Birmingham Public Schools; and community volunteers.

Do you want to make a difference? Volunteer with BYA!

BIRMINGHAM YOUTH ASSISTANCE provides short term, low cost counseling services. 248.203.4300 / www.birminghamyouthassistance.org



TO STAY ACTIVE & CONNECTED, KEEP ASKING WHAT'S NEXT?

Active adults have enjoyed the programs and support services offered at Next for over 40 years! We continue to evolve to meet the diverse interests of today's residents over the age of 50. Next offers a robust calendar of activities with more educational programming to stimulate your mind, additional art classes to ignite a passion, more fitness to strengthen your body and more travel than ever before to explore new destinations. Next also has a comprehensive Support Service Department offering resources that allow area residents to age in place. Stop in for a tour or find more information on our website at www.BirminghamNext.org Next is located at 2121 Midvale Road, right behind Seaholm High School.



BPS Early childhood Intervention Program & Services for children with developmental delays and special needs who reside within Birmingham Public Schools. A parent concerned about his/her child's development may refer

their child to Early Childhood Intervention Program & Services. A referral will be taken for children ages birth through the date that they enter kindergarten. To begin a referral process, a parent or legal guardian who has a concern about his/her child's talking, walking, hearing, learning or behavior should call the following:

Ages birth to 3 years: Early On Oakland 248.209.2084

Ages 3 to kindergarten: Kelly Beard, Project Find, 248.203.5818 or kbeard@birmingham.k12.mi.us



SEAHOLM HIGH SCHOOL & GROVES HIGH SCHOOL FALL OPEN HOUSES

Check the Birmingham Public Schools website at www.birmingham.k12.mi.us for the dates this Fall!



Inspiring minds. Expanding possibilities.

Each year, the Birmingham Education Foundation (BEF) raises funds that go directly into BPS classrooms to support projects and programs designed by teachers. This year, the BEF is also aiming to support BPS as the district responds to the challenges presented by COVID-19. In June, the BEF granted \$40,000 to support small group instruction aimed at reversing the negative impact of the school buildings being closed in the spring of 2020.

The BEF is hoping to be able to do more and is asking for the BPS community to come together and support this effort.

To donate, or learn about virtual events like the new Kindergarten Welcome, please visit SupportBEF.org.

By coming together, we can make a difference for our students and schools!

For more information on the BEF visit www.supportBEF.org or 248-203-3030.





NOTES FROM BIRMINGHAM COVINGTON SCHOOL BCS Plans Community Open House for December 6, 2020

Birmingham Covington School will feature its annual Community Open House on Sunday, December 6, 2020 from 1:00-3:00 p.m. at the school. Parents, students and community members are invited to explore this unique educational community with an emphasis on science, technology and 21st century learning skills. This is also an opportunity to meet BCS students, staff members and parents.

There will be 108 spaces available in grade 3 for the 2021-2022 school year. A few openings may also be available in other grades, but exact numbers are not yet determined. All students entering grades 3 through 8 and living in the Birmingham School District are eligible for enrollment.

Registrations for the 2021-2022 lottery will be accepted at BCS during the December 6 Open House. Registrations will also be accepted in person at the Education and Administration Center, 31301 Evergreen Rd., Beverly Hills, January 4-8, 2021. The public lottery will be held on Wednesday, January 13, 2021 at 6:00 p.m. at the Education and Administration Center.

Please continue to check the BPS and BCS websites for possible changes to the Open House, registration and lottery.