

# PORT HURON PARKS & RECREATION 2024 WINTER GUIDE





## GLOSED FOR.

CHRISTMAS EVE DAY, FRIDAY, DEC. 22 (OBSERVED) CHRISTMAS DAY, MONDAY, DEC. 25 FACILITY MAINTENANCE/CLEANING, TUESDAY, DEC. 26—THURSDAY, DEC. 28 NEW YEAR'S EVE DAY, FRIDAY, DEC. 29 (OBSERVED) NEW YEAR'S DAY, MONDAY, JAN. 1 MARTIN LUTHER KING JR. DAY MONDAY, JAN. 15

## CONTRACT US

#### **RECREATION DEPARTMENT**

2829 ARMOUR ST., PORT HURON, MI 48060 Monday—Friday, 8 A.M. to 4:30 p.m.

PHONE: 810.984.9760 FAX: 810.984.0192 Email: Phrec@Porthuron.org

#### PARKS AND RECREATION TEAM

NANCY WINZER PARKS AND RECREATION DEPARTMENT DIRECTOR KATI GARDNER RECREATION DEPARTMENT SUPERVISOR EMILY HAWKES RECREATION COORDINATOR RENEE LASHER RECREATION COORDINATOR JENNY MEYERS RECREATION OFFICE COORDINATOR Tony Pearson Recreation clerk Brandon Gregg Recreation Maintenance Brittany Bezrutczyk Marketing/communications coordinator

## TABLE OF CONTENTS

CONTACT INFO	1
PROGRAM REGISTRATION DETAILS	2
GROUPS/CLUBS	3
PROGRESS IN PARKS	4
CAMP PALMER DAY CAMP	4
DOWNTOWN EVENTS	5
PARKS AND REC EVENTS	6-7
EDUCATIONAL COURSES	8
MINI AND ME BONDING COURSES	8
THE ARTS PROGRAMS	9—10
ACTIVE OPPORTUNITIES	11—13
NATURE PROGRAM	14

#### **COMPAREC OF SOCIAL MEDIA PAGES.** TAG US TO BE FEATURED ON OUR SOCIAL MEDIA PAGES. WWW.PORTHURONREC.COM

#### PARKS DEPARTMENT

3663 10TH AVE., PORT HURON, MI 48060 MONDAY—FRIDAY, 7 A.M. TO 3:30 P.M. PHONE: 810.984.9709 FAX: 810.984.5098

> **STEVE STAGER** FORESTRY AND CEMETERY SUPERVISOR **BEN PIONK** PARKS DEPARTMENT SUPERVISOR **ROBERT NEWKIRK** PARKS, FORESTRY AND CEMETERY ASSISTANT

## PROGRAM REGISTRATION DETAILS

#### **REGISTRATION OPENS**

- THURSDAY, JAN 4 FOR CITY OF PORT HURON RESIDENTS
- FRIDAY, JAN. 5 FOR EVERONE

### HOW TO REGISTER

- ONLINE: <u>www.porthuronrec.com</u> (credit card needed)
- MAIL: Send registration form and payment to Palmer Park Recreation Center at 2829 Armour St. Port Huron, MI 48060
- FAX: Fax a registration form and payment of credit card info to 810.984.0192
- WALK—IN: Palmer Park Recreation Center, 2829 Armour St., Port Huron, MI 48060

**REGISTRATION FORM**: www.porthuronrec.com/forms

Please make checks payable to the City of Port Huron.

### TOWNSHIP PARTNERS







In cooperation with Burtchville Township, Clyde Township, Port Huron Township, and Fort Gratiot Township, their residents have been afforded the City of Port Huron's resident rate. For this reason, please be prepared to show proof of residency at the time of registration.

### **REFUND POLICY**

If a program is canceled by the Recreation Department, you will receive a full refund. Participants wishing to cancel a registration must notify our department one week prior to the start date of their class to receive a credit on account for the full value of their class. This credit on account is good for one year.

### SCORE SCHOLARSHIPS

St. Clair County Organized Recreation for Everyone (SCORE) scholarship fund is a collaborate effort between the recreation departments of the cities of St. Clair, Marine City, Marysville and Port Huron. This scholarship helps participants and families who are in financial need participate in recreational programs at a reduced cost. For more info or to apply for a SCORE scholarship please contact the Recreation Department.

## **GIFT CERTIFICATES**

Visit the front desk inside the Palmer Park Recreation Center to purchase a gift certificate. Minimum amounts start at \$10. Gift certificates expire within one year of purchase.

## LOOK FOR \*\*\* WHICH INDICATES FREE PROGRAMS!

START AT \$10. TO PURCHASE ONE, PLEA **VISIT THE RECREATION** CENTER.

GEBTUFICATES AL

AMOUNTS

## **GROUPS AND GLUBS**



#### BELLES, WOMEN'S EUCHRE

This euchre card group meets on Thursdays at 12:30 p.m. at the Palmer Park Recreation Center. Prior knowledge of euchre is required. Please bring \$1 in cash to play.

#### FUN BEGINNER BRIDGE

Men and women, of all skill levels, interested in improving their bridge card skills and playing a friendly game may join this bridge cards group. This group focuses on bidding and play strategy. This group meets from 11 a.m. to 2 p.m. on Mondays at the Palmer Park Recreation Center. Ages 18 or older may join. Please bring \$1 in cash to play.

## CHESS CLUB

All ages are welcome to play chess with the Port Huron Chess Club on Thursdays at the Palmer Park Recreation Center! First Thursday every month: Instruction session from 6:30–7:30 p.m., followed by open play until 10 p.m. Remaining Thursdays: Tournament and casual play from 6:30–10 p.m.

Membership is required for tournament play and special events. If individuals do not wish to participate in tournaments or special events they are welcome to free open play during this time. **FREE!** 

ADULT MEMBERSHIP RATE: \$20/YEAR 18 OR YOUNGER MEMBERSHIP RATE: \$10/YEAR

#### **SENIOR LUNCHES**

The Palmer Park Recreation Center is a congregate meal site for the Council on Aging, Inc., serving St. Clair County. Lunches are served at 11:30 a.m. Monday through Friday. A \$2.50 donation is suggested for ages 60 or older. For individuals under 60, lunches are \$4.50.

Registration is necessary through the Council on Aging, Inc., serving St. Clair County at 810.982.4400.



### AMERICAN SEWING GUILD (ASG)

Founded in 1978, the American Sewing Guild (ASG) is a national nonprofit dedicated to promoting and preserving the sewing arts and providing support for sewing enthusiasts. The Port Huron chapter of the ASG is a subchapter of the ASG greater Detroit chapter. Meetings are held once a month on Saturdays at the Palmer Park Recreation Center and consist of a new topic each meeting where members will learn a new skill for practice at home. NEW!

For membership rates or for more info, please contact Diane at <u>drutkofske@sbcglobal.net</u> or at 810.388.9252

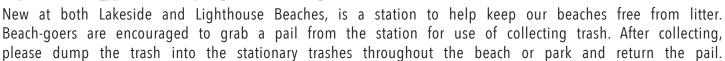
## OLUNITEER OPPORTUNITY





## PROGRESS IN PARKS BEACH CLEAN—UP STATIONS





Each pail has facts about pollution written on the outside.

Thank you to Eagle Scout, Cole Patana, of troop 216 who created these stations for the Parks Department!

#### PINE GROVE PARK

Coming in summer 2024, Pine Grove Park will have a new playground! Check out the proposed renderings!



SHARE YOUR MEMORIES WITH US ON SOCIAL MEDIA BY TAGGING US @PHREC!

### MORE SHADE IN OUR PARKS

Younger trees have been planted at several of our parks which will provide shaded areas for many years to come. Parks that happily received the additions include Palmer, Pine Grove, and Gratiot.



## CAMP PALMER

**CAMP PALMER**, our state licensed day camp, offers a fun and safe place for school-aged children to spend their summer. Activities include: swim lessons, field trips, arts and crafts, outdoor play, organized games, theatre arts, sports and more!

Registration for returning families opens at 8 a.m. on Monday, March 11. Registration for new families opens at 8 a.m. on Monday, March 18.

Registration is only available in person, and the fee reserves your spot. Spaces fill quickly!

AGES: 6 TO 12, AND HAVE ATTENDED KINDERGARTEN DATE: MONDAY, JUNE 17 TO FRIDAY, AUG. 23 TIME: 6:45 A.M. TO 5:45 P.M. LOCATION: DOWNSTAIRS, PALMER PARK RESIDENT REGISTRATION FEE: \$25 NONRESIDENT REGISTRATION FEE: \$35



## **DOWNTOWN EVENTS**



JAN. 13 — NICK PAUL: FUN MAGIC TOUR FEB. 3 — COMEDIAN KRISTINA KUZMIC FEB. 10 — ALL AMERICAN LEGENDS TRIBUTE MARCH 15 — PUPPY PALS LIVE MARCH 24 — ERTH'S DINOZOO LIVE MORE INFO: <u>WWW.MCMORRAN.COM/SHOWS</u>



JAN. 3, FEB. 7, AND MARCH 6 — WINE BINGO FEB. 24 — CASEY'S CARHARTT PARTY ON THE PLAZA MORE INFO: <u>WWW.MCMORRAN.COM/PLAZA</u>

CHILLY FEST

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# CHILLY FEST IS FEB. 2 & 3]

ICE SCULPTURES — CHILI — MUSIC — S'MORES — CARRIAGE RIDES KID ZONE FEB. 3, 11:30—2 P.M. MORE INFO: <u>WWW.CHILLYFEST.ORG</u>

## **SPECIAL EVENTS**



#### **BYOG SWEETHEART DANCE**

Join us for our BYOG (Bring Your Own Grownup) Sweetheart Dance! Kids, ages 3-12, are invited to bring a grownup of their choice to this Valentine's Day themed dance. There will be a craft, snacks, drinks and of course, dancing! Come enjoy a night of fun with your sweetheart to celebrate love this Valentine's Day.

Spaces fill quickly! Pre-registration is required. Registration includes both a child and one adult. Please register under the child's name.

AGES: ALL AGES, 3—12 RECOMMENDED DATE: THURSDAY, FEB. 8 TIME: 6:30—8 P.M. LOCATION: MCMORRAN LOUNGE, DOWNSTAIRS ON THEATRE SIDE RESIDENT RATE: \$20 PER COUPLE, \$10 PER ADDITIONAL PERSON NONRESIDENT RATE: \$30 PER COUPLE, \$15 PER ADDITIONAL PERSON REGISTER BY: FRIDAY, FEB. 2

#### PUZZLE PALOOZA

Join us for our second Puzzle Palooza at Palmer Park! Engage your brain and work in teams of 1-4 people to put together a 500-piece puzzle. The team to finish their puzzle first will receive a prize!

Hot cocoa and snacks will also be available.

Pre-registration is required.

AGES: 18 OR OLDER Date: Tuesday, March 12 Rate: \$5 per person

TIME: 6–8 P.M. Location: Recreation Center Register by: Tuesday, March 5

## OLDIES GET GOODIES

We are excited Oldies Get Goodies is returning for a another year! Adults, 65 or older, are invited to sign up for this free, four-week program where a weekly goodie bag is dropped off at your door.

Table

Are you looking to sign up a loved one? Remember to inform the participant they are enrolled and what dates they can expect us to deliver their goodies.

We look forward to bringing fun activities for seniors during the winter season. Sponsored by Blue Water Lodge, Holiday by Atria Senior Living.

holiday SENIOR LIVING

BLUE WATER

Spaces fill quickly! FREE for residents and township partners!

Participants will be contacted with their delivery day and time.

AGES: 65 OR OLDER Date: Weekly on tuesdays or thursdays, Feb. 6—29 Time: To be determined, based on route schedule Location: goodies delivered to your door Register by: Monday, Jan. 22

## **SPECIAL EVENTS** FAMILY GAME NIGHT

Join us for games galore-team challenges, ice breakers, contests and tabletop games. The competition will be fierce! Light refreshments will be available.

AGES: 5—12, AND AN ADULT DATE: FRIDAY, MARCH 15 TIME: 6:30—8 P.M. LOCATION: UPSTAIRS, RECREATION CENTER RESIDENT RATE: \$5/COUPLE, \$2/ADDITIONAL PARTICIPANT NONRESIDENT RATE: \$10/COUPLE, \$4/ADDITIONAL PARTICIPANT REGISTER BY: MONDAY, MARCH 11

## SNOWY SATURDAYS

The Palmer Park Recreation Center will be open on Saturdays from 12-4 p.m. during the months of January and February, weather permitting. Come inside the back (south) entrance to warm up with hot cocoa and a snack.

Sleds and skates are available to borrow from SportPort and must be returned by 3:45 p.m.. **EREE!** 



Embrace the winter season by joining us for our third annual SledFest at Palmer Park! Sled with friends and family, enjoy a cup of hot cocoa, roast s'mores and even ice skate! Prizes will be given to the longest slide.

We encourage you to bring your own sleds, snow tubes and skates, but limited quantities are available to borrow from SportPort. This event is weather permitting. Participants must register for this event. FREE!

Please wear clothing for cold/snowy conditions.

AGES: ALL AGES DATE: SATURDAY, JAN. 27 (IF NO SNOW, SATURDAY, FEB. 3) TIME: 12–2 P.M. Location: Palmer Park Sledding Hill Register by: FRIDAY, JAN. 19

## \*WINTER GIVEAWAYS

Keep an eye out for special winter giveaways in January, February and March! Each month the Palmer Park Recreation Center will fill a container with candy and one lucky individual will win it! For a chance to win the giveaway, visit the Recreation Center to submit your best guess of how many candy pieces are in the container. Whoever is the closest guess will receive the giveaway. Submissions will be accepted on the first of every month until the last weekday of the month.

Follow our <u>Facebook</u> and <u>Instagram</u> pages, @phrec, for reminders about these giveaways. FREE!

## EDUGATIONAL GOURSES

### **BABYSITTING CLASS**

Do you want to become the most prepared and confident babysitter in your neighborhood? Start your babysitting business on the right foot and learn how to be a safe, professional and reliable sitter in this course.

Topics include choosing age appropriate activities, basic child care, bottle feeding, child behavior, leadership, professionalism, safety, starting a babysitting business and more. Please bring a lunch and water.

AGES: 11 OR OLDER DATE: SATURDAY, MARCH 2 RESIDENT RATE: \$35 Nonresident rate: \$70 TIME: 9 A.M. TO 5 P.M. Location: Main Floor, Recreation center **Register By**: Friday, Feb. 23

### CPR AND FIRST AID FOR SEVERE TRAUMA (FAST)

This American Red Cross certification course teaches adult and child CPR, first aid and AED. Upon successful completion of the class, you will obtain a certification valid for 2 years.

AGES: 15 OR OLDER DATE: SATURDAY, MARCH 16 RESIDENT RATE: \$75 Nonresident rate: \$125 TIME: 9 A.M. TO 4 P.M. Location: Main Floor, Recreation center **Register By**: Friday, March 8





## MINI AND ME BONDING GOURSES

STRENGTHEN THE BOND WITH YOUR LITTLE ONE IN OUR CLASSES SPECIFICALLY DESIGNED FOR YOUNGER CHILDREN

MINI AND ME COOKIE DECORATING

Join us for our first ever Cookie Decorating evening at Palmer Park! Kids and their adult will work together to decorate a plate of cookies with icing, sprinkles, sparkles and more! Aprons and all materials are provided. NEW!

An adult must accompany and attend class with the child. Registration includes both a child and one adult. Please register under the child's name.

AGES: 3 OR OLDER, AND AN ADULT DATE: FRIDAY, FEB. 23 Resident Rate: \$10 Nonresident Rate: \$20 TIME: 6–7 P.M. Location: Upstairs, Recreation center **Register By**: Wednesday, Feb. 21

## TODDLER TIME

Age appropriate activities helping children develop physical, cognitive and social skills as they play. NEW!

An adult must accompany and attend class with the child. Registration includes both a child and one adult. Please register under the child's name.

AGES: 1—5, AND AN ADULT DATE: THURSDAYS, FEB. 22, FEB. 29, MARCH 7 OR MARCH 14 RESIDENT RATE: \$5/CLASS NONRESIDENT RATE: \$10/CLASS TIME: 11—11:45 A.M. Location: Downstairs, Recreation center **Register by**: Week before class

## THE ARTS PAINT ALONG WITH KARA

Watch, learn and paint along with Kara as she teaches participants how to paint their very own masterpiece. All materials provided, paintings will be done on an 8"x10" canvas. Children 9 or younger must be accompanied by an adult. NEW!

#### AGES: 5 OR OLDER LOCATION: DOWNSTAIRS, RECREATION CENTER **RESIDENT RATE:** \$30/SESSION NONRESIDENT RATE: \$60/SESSION

## POP ART HEARTS

Create a fun canvas piece with acrylic paint for Valentine's Day! Would you give this masterpiece as a gift or save it for yourself? All supplies included. Children 8 or younger must be accompanied by an adult. NEW!

AGES: ALL AGES DATE: WEDNESDAY, FEB. 7 **RESIDENT RATE: \$15** NONRESIDENT RATE: \$30

TIME: 6-7 P.M. LOCATION: DOWNSTAIRS. **RECREATION CENTER REGISTER BY: WEDNESDAY, JAN, 31** 



## POCKET HANGER POTTERY

Enjoy an evening of creativity as you get your hands dirty! This clay project would look great holding a plant or hung on its own. Thank you to the Foundry for use of their equipment and supplies. Children 8 or younger must be accompanied by an adult. NEW!



AGES: ALL AGES DATE: WEDNESDAY, MARCH 6 LOCATION: DOWNSTAIRS. **RESIDENT RATE: \$15** NONRESIDENT RATE: \$30 9

TIME: 6-7 P.M. **RECREATION CENTER REGISTER BY:** WEDNESDAY, FEB. 28



**SESSION F WINTER SCENE** DATE: SATURDAY, JAN. 20 TIME: 2-3:30 P.M. **REGISTER BY: FRIDAY. JAN. 12** 



SESSION II: SPRING SCENE DATE: SATURDAY, MARCH 9 TIME: 1-2:30 P.M. **REGISTER BY: FRIDAY, MARCH 1** 



## WINTER SKY PAINTING

Enjoy the painting process as our instructor, Cindy, leads you through the techniques necessary to create this beautiful winter scene. All supplies included. Children 8 or younger must be accompanied by an adult. NEW!

AGES: ALL AGES DATE: WEDNESDAY, FEB. 21 **RESIDENT RATE:** \$15 NONRESIDENT RATE: \$30 TIME: 6-7 P.M. LOCATION: DOWNSTAIRS. **RECREATION CENTER REGISTER BY**: WEDNESDAY, FEB. 14



### VALENTINE ACRYLIC POURS

Bring your special someone to our Valentine acrylic pours class! Participants will learn two paint pouring techniques to pour onto two 8"x10"canvases. For an additional \$10, couples may combine their paint and pour onto a wooden heart together. Single participants may also purchase a wooden heart. This class is messy! Please wear clothing you don't mind getting paint on.

Canvases and hearts must remain at the Recreation Center for 48 hours to dry before taken home. Children 9 or older must be accompanied by an adult.

AGES: 4 OR OLDER DATE: SATURDAY, FEB. 10 **RESIDENT RATE:** \$40/INDIVIDUAL NONRESIDENT RATE: \$80/INDIVIDUAL

TIME: 2-3:30 P.M. LOCATION: DOWNSTAIRS. **RECREATION CENTER REGISTER BY:** ERIDAY, EEB, 2



#### **CREATIVE MOVEMENT**

This exciting, fun-filled class blends the magic of childhood creativity with movement and the principles of ballet. With imaginations fully engaged, dancers swim and sing with the mermaids, fly with the fairies and prance with unicorns while learning how to plie', tendu' and passe'. No class on Monday, March 25.

Please wear leotards, tights and ballet shoes or solid T-shirt, fitted black pants and ballet shoes.

AGES: 3-4 DATE: MONDAYS, JAN, 22-MAY 13 LOCATION: UPSTAIRS, **RESIDENT RATE:** \$112 NONRESIDENT RATE: \$175

TIME: 3:45-4:30 P.M. **RECREATION CENTER REGISTER BY:** SUNDAY, JAN. 21







#### BALLET AND TAP COMBO

Learn the basics of two different dance styles! The first half is preballet, while the second half focuses on the basics of tap. Dancers will practice tempo, learn to count music and shuffle like Ginger Rodgers! No class on Monday, March 25.

Please wear leotards, tights, tap and ballet shoes or solid T-shirt, fitted black pants, tap and ballet shoes.







AGES: 5-6 DATE: MONDAYS, JAN. 22-MAY 13 LOCATION UPSTAIRS, **RESIDENT RATE:** \$128 NONRESIDENT RATE: \$185

TIME: 4:45-5:45 P.M. **RECREATION CENTER REGISTER BY:** SUNDAY, JAN, 21

#### **BEGINNER JAZZ**

This class is an introduction to jazz basics and technique through strength and flexibility exercises, floor progressions and choreography. No class on Monday, March 25.

Please wear black jazz shoes and comfortable but not baggy clothing.

AGES: 6-8 DATE: MONDAYS, JAN, 22-MAY 13 LOCATION: UPSTAIRS. **RESIDENT RATE:** \$128 NONRESIDENT RATE: \$185

TIME: 6-7 P.M. **RECREATION CENTER REGISTER BY:** SUNDAY, JAN, 21



## ACTIVE OPPORTUNITIES LEARN TO FIGURE SKATE PLAY

Learn to ice skate with Port Huron Figure Skating Club! In this beginner class, children will learn the basics of ice skating. McMorran Arena is offering free rental skates and helmets to participants. This class is instructed by the professional staff of the Port Huron Figure Skating Club.

Parents are not allowed on the ice during class.

Please wear warm clothes and gloves. Snow pants are recommended.

No class on Wednesday, March 27.



AGES: 2—16 DATE: WEDNESDAYS, MARCH 6—APRIL 17 RESIDENT RATE: \$40 NONRESIDENT RATE: \$80 TIME: 6-7 P.M. Location: McMorran Arena, 701 McMorran BLVD. Register By: Wednesday, Feb. 28

#### INTRO TO SKATEBOARDING CLINIC

Visit the new Optimist Skatepark and learn how to enjoy it safely! Participants will learn basic control of the skateboard, get comfortable rolling and establishing balance, and will get an introduction to basic maneuvers or "tricks!" A responsible adult must remain in attendance during class.

Skateboards, pads and helmets are provided.

AGES: 5 OR OLDER RESIDENT RATE: \$20/SESSION Nonresident rate: \$40/Session Location: Optimist Skatepark, 1400 Whipple St. Session I: Date: Wednesday, April 3 Time: 5-6:30 p.m. Register by: Wednesday, March 27 Session II: Date: Saturday, April 20 Time: 9-10:30 A.M. Register by: Saturday, April 13



This program is designed to introduce the basics of skating and hockey in a fun atmosphere. Your child will learn from our local professionals: the Port Huron Prowlers! Hockey sticks are provided. Skates and helmets (limited quantities) are available to borrow for the duration of this program.

Please wear a helmet, gloves and ice skates.

AGES: 3 OR OLDER DATE: TUESDAYS IN MARCH RESIDENT RATE: \$25 Nonresident rate: \$50 Time: 5-5:45 p.m. Location: McMorran Arena, 701 McMorran BLVD. REGISTER BY: FRIDAY, MARCH 1





#### INTERMEDIATE SKATEBOARDING CLINIC

This new clinic is for skateboarders who can ride and control a skateboard comfortably and are ready to take their skateboarding to the next level! Students will learn advanced riding techniques to help navigate the skatepark confidently, then, skaters will begin to learn more advanced maneuvers or "tricks!" A responsible adult must remain in attendance during class.

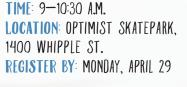
This class is not for beginners. Each participant must bring their skateboard to class. Pads and helmets are provided. NEW!

AGES: 7 OR OLDER DATE: SATURDAY, MAY 4 RESIDENT RATE: \$20 Nonresident rate: \$40













### LITTLE NINJAS KARATE

Introductory karate class designed to teach focus, memory, teamwork, discipline, self-control, fitness, balance and coordination. This program is hosted by Professional Karate Schools of America (PKSA). A responsible adult must remain in attendance during class.

No shoes or socks are to be worn during class. Uniforms will be available to purchase for an additional \$40.

AGES: 4–6 RESIDENT RATE: \$35/SESSION NONRESIDENT RATE: \$65/SESSION LOCATION: UPSTAIRS, PALMER PARK SESSION I: DATE: TUESDAYS, JAN. 16–FEB. 20 TIME: 5–5:30 P.M. REGISTER BY: MONDAY, JAN. 15 SESSION II: DATE: TUESDAYS, APRIL 23–MAY 28 TIME: 5–5:30 P.M.

**REGISTER BY:** MONDAY, APRIL 22







### **KIDS POWER KARATE**

This six-week martial arts class emphasizes self-defense, physical fitness, conflict resolution, teamwork and anti-kidnapping techniques. This is an introductory program to Tang Soo Do, hosted by Professional Karate Schools of America (PKSA). A responsible adult must remain in attendance during class.

No shoes or socks are to be worn during class. Uniforms will be available to purchase for an additional \$40.

AGES: 7 OR OLDER RESIDENT RATE: \$50/SESSION NONRESIDENT RATE: \$80/SESSION LOCATION: UPSTAIRS, PALMER PARK SESSION I: DATE: TUESDAYS, JAN. 16—FEB. 20 TIME: 5:45—6:30 P.M. REGISTER BY: MONDAY, JAN. 15 SESSION II: DATE: TUESDAYS, APRIL 23—MAY 28 TIME: 5:45—6:30 P.M. REGISTER BY: MONDAY, APRIL 22

## **SNACKERCISE**

Add excitement to your winter workouts and try exercise snacking. Exercise snacking consists of shortened 1-10 minute workouts offering health and energy-boosting benefits. Participants of these stand-alone classes will be introduced to...

- FEB 7: Retro running
- FEB 14: Functional and mobility stretching
- FEB 21: Drumming
- FEB 28: Around the house fitness throughout the day

Please wear comfortable clothes and shoes. NEW!

AGES: 18 OR OLDER DATE: WEDNESDAYS IN FEBRUARY RESIDENT RATE: \$5/SESSION NONRESIDENT RATE: \$10/SESSION TIME: 6:30—7:30 P.M. Location: UPSTAIRS, Recreation center **Register by:** Day before class

17









## ACTIVE OPPORTUNITIES ADAPTIVE REC

Adaptive Recreation offers programs and activities designed to meet the neurodiversity needs of individuals who have developmental delays, cognitive impairments, physical impairments and/or autism.

The sports and activities you find within this program are specialized to meet the community integration, social and recreation needs of residents and nonresidents who are looking for non-inclusive opportunities.

AGES: 6-12 DATE: WEDNESDAYS, FEB. 7, MARCH 6 OR APRIL 3 RESIDENT RATE \$5/CLASS NONRESIDENT RATE: \$10/CLASS TIME: 4-5 P.M. LOCATION: RECREATION CENTER **REGISTER BY: WEEK BEFORE CLASS** 

#### DRUMS ALIVE POWER BEATS

Feel and experience the rhythms and dynamic movements of this unique high-energy dance workout. Power Beats<sup>®</sup> combines movement with the power of drumming. It is a workout for the entire body as well as a powerful tool for stress reduction and mental balance. Any age or ability can participate in Drums Alive® Power Beats.

AGES: 16 OR OLDER DATE: TUESDAYS AND THURSDAYS, LOCATION: DOWNSTAIRS, FE**B.** 6-22 **RESIDENT RATE: \$40** NONRESIDENT RATE: \$80

TIME: 6:30-7:30 P.M. **RECREATION CENTER REGISTER BY:** TUESDAY, JAN, 30

#### **MODERN FENCING**

In conjunction with the Blue Water Fencing Club, classes will teach weapon handling, main fencing positions, fencing movements, straight hits, hits with disengagements, attacks and counter attacks. The course is taught in foil, with an explanation of epee and saber. Masks, gloves and practice foils are provided.

AGES: 12 OR OLDER LOCATION LANDMARK ACADEMY, 4800 LAPEER RD. **RESIDENT RATE:** \$60/SESSION NONRESIDENT RATE \$90/SESSION SESSION I DATE: MONDAYS, JAN, 22-MARCH 18

TIME: 6-8 P.M. **REGISTER BY:** SUNDAY, JAN, 21 No class on Presidents' Day, Monday, Feb. 19. SESSION II:

DATE: MONDAYS, APRIL 1-MAY 20 TIME: 6-8 P.M. **REGISTER BY:** SUNDAY, MARCH 31









Visit our free outdoor skating rinks at Lincoln Park, Palmer Park and the McMorran Place Plaza! The rink at McMorran is open and the park ice rinks are weather permitting, but are usually available in late January. All rinks will close if the weather becomes too warm.

Hockey pucks, sticks and skates (limited quantities) are available to borrow from 8:30 a.m. to 4 p.m. Monday through Friday at the Palmer Park location. To borrow, please see the front desk at the Recreation Center.

Hockey is not permitted at the McMorran location. For more info about the McMorran rink, please visit www.mcmorran.com/plaza. FREE!



The weather may be cold and snow may be falling but our **equipment rental program**, SportPort, is still running at the Palmer Park Recreation Center! With SportPort, you can stay active during *all* seasons. Drop by to check out our traditional sports equipment to use at an indoor gym for the week, or borrow a sled, inner tube or pair of ice skates to use on a snowy day!

For a full list of equipment, visit <u>porthuronrec.com/part-ner-programs/sportport</u>. <u>FREE</u>!

AGES: ALL AGES Location: Palmer Park Recreation Center, please see the Front Desk Hours: Monday—Friday, 8:30 A.M. to 4 p.m.

#### PORT HURON ATHLETIC ASSOCIATION SOFTBALL LEAGUE

Established in 2022, the Port Huron Athletic Association (PHAA) is offering an adult coed softball league to individuals and teams interested in playing softball this summer.

Registration starts Jan. 5. Visit <u>www.porthuronrec.com/</u> <u>phaasoftball</u> to register a team and view team rates.

DATE: SUNDAYS STARTING MAY 2024. DAYS TO BE DETERMINED. Location: Pine grove park ball field, 1204 pine grove ave. Register by: Sunday, March 31

# NATURE PROGRAM

#### WINTER STONEFLY SEARCH

Discover nature around you, even in the depths of winter! The Belle River is teaming with life, and we're digging in to explore it. Unlike most insects, the sensitive winter stonefly prefers the coldest months of the year to complete its life cycle and avoid predators. Join Friends of the St. Clair River to collect and count stoneflies to determine the health of the river.

Please meet at the Lodge inside Columbus County Park. Participants and are invited to warm up with hot cocoa at the lodge! Families are welcome to join, but children must be accompanied by an adult. FREE!

Please wear waterproof boots and/or waders, gloves, and other appropriate cold weather gear.

AGES: ALL AGES DATE: SATURDAY, JAN. 27 TIME: 10 A.M. TO NOON LOCATION: COLUMBUS COUNTY PARK, 1670 BAUMAN RD. REGISTER BY: FRIDAY, JAN. 26

## PORT HURON PARKS & REGREATION 2024 WINTER EVENTS AND PROGRAM GUIDE @PHREC I VI

