



# Byron Township Recreation

**FALL 2023**



2120 76th Street SW, Byron Center, MI 49315





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## Building Hours

### Monday - Thursday

7:00AM - 8:00PM

### Friday

7:00AM - 7:00PM

### Saturday

8:00AM - 12:00PM

### Sunday

CLOSED

## Contact

☎ 616.878.1998

## Upcoming Closings

Labor Day  
Thanksgiving

## Table of Contents

General Information.....	1
Map.....	2
Memberships.....	3
Personal Training.....	3
Gymnasium.....	4
Rentals.....	4
Youth.....	5
Adult Fitness.....	9
Older Adult.....	10
Events.....	13

**Our Mission...** Joining together with you and your family is what makes Byron Township Recreation committed to building a strong, healthy, and successful community through people, parks, and programs.

**Age Requirement...** All participants must be within the age requirements of the program by the time the program begins.

**Americans with Disabilities Act...** Byron Township fully supports the Americans with Disabilities Act and will take the necessary action to comply with its provisions. If you have special needs to participate in any of the programs offered, please contact the Byron Township Recreation Department at 616.878.1998.

## Amenities Include:

Books  
Cable TV  
Lounge Areas  
Wi-Fi  
Pool Tables

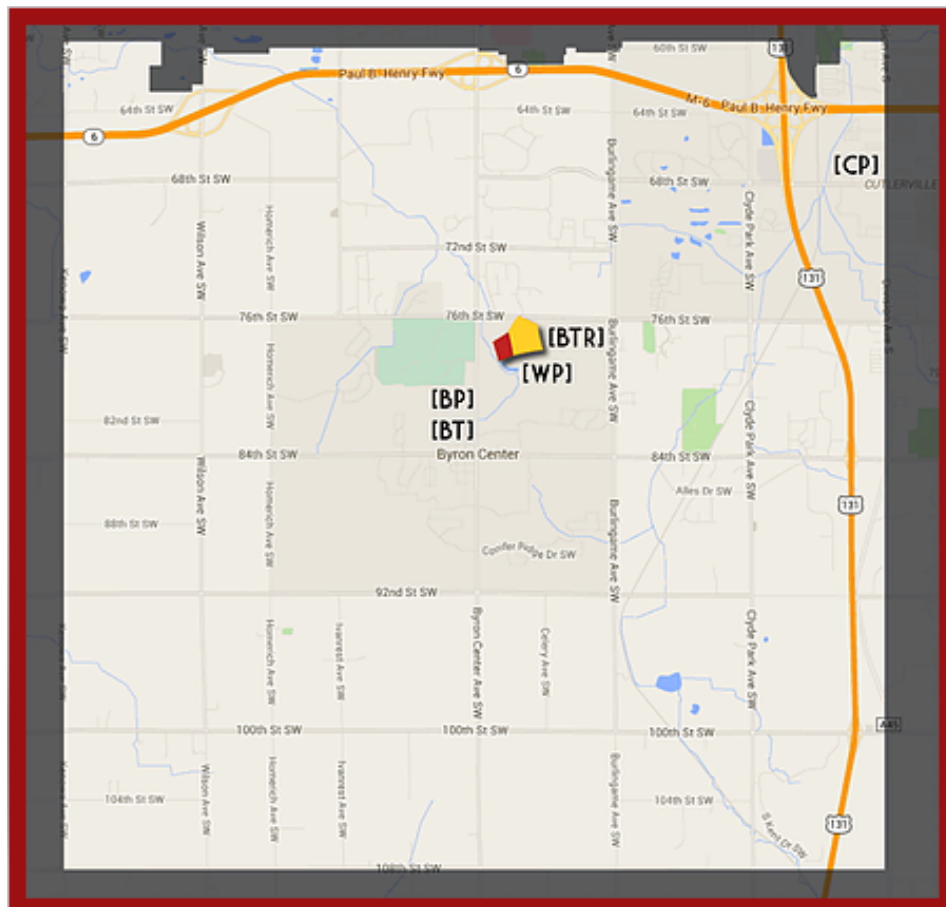


# ARE YOU A RESIDENT OF BYRON TOWNSHIP?

Review the map below to see where our Township boundaries are and if you might qualify for special resident discounts on memberships!

The boundaries are approximately:

**M-6 to 108th and Division Ave. to Kenowa Ave.**



## Byron Township

[BTR] Byron Township Parks & Rec. Dept.  
& Community Center  
2120 76th Street SW

[BT] Byron Township Offices  
& Town Hall

8085 Byron Center Avenue SW

## Byron Township Parks

[WP] Whistlestop Park  
2120 76th Street SW

[CP] Cutler Park  
6701 Cutler Park Drive SW

[BP] Bicentennial Park  
8085 Byron Center Avenue SW



# Memberships

## Definitions:

**Resident (R):** Person who pays their personal property taxes to Byron Township. Please see the Byron Township map on page 2.

**Non-Resident (NR):** Anyone outside of Byron Township.

**Family:** This includes you and those living in your household that are claimed on your taxes.

Stop in the Community Center any time during our normal hours to sign up for a membership! Come take a tour and see what the Byron Township Community Center has to offer! We have weight machines, cardio machines, a walking track, and so much more! Signing up is easy, just fill out the form at the front desk when you arrive or print one off of our website.

**Identification Required:** Proof of identification is required to receive the Byron Township resident discounted pricing. ID is also required to prove age, as we require a person to be 18 years or older to sign the membership form. **Anyone 17 or younger must have a parent or guardian sign the membership form on their behalf.** Accepted forms of ID are:

- **Photo ID:** Driver's License or state ID
- **Proof of Residence:** Current gas, cable, electric, landline telephone, water or sewer bill, tax forms, or your car registration. Envelopes with addresses are not accepted.

**Children Under 13 Years Old:** Children 12 and under must be supervised at all times by a parent/guardian (18 years or older). **Machine usage is not permitted at any time for children under the age of 13.** Additionally, they may not be upstairs at any time.

## Pickleball

You must be a member of the Community Center OR come with a member and purchase a day pass to play indoor pickleball. We designate days and times for open pickleball play at the Community Center:

**Tuesday & Thursday: 8:00AM - 3:00PM**

**Friday: 10:00AM - 2:00PM**

We also have 12 outdoor pickleball courts located at Bicentennial Park that may be used during open parks season (April-October) ONLY. These courts are free to use as available and are first come first serve unless otherwise posted by the Byron Township Parks & Rec Department.

## Fitness

## Membership

## Rates at the

## Community Center

Resident	Year	Month	Day
Ages 4-17	\$120	\$19.00	\$4.00
Ages 18-54	\$190	\$24.00	\$5.00
Ages 55+	\$140	\$19.00	\$4.00
Family	\$390	\$44.00	N/A

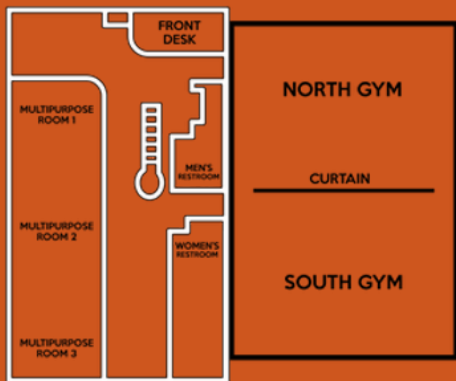
Non-Resident	Year	Month	Day
Ages 4-17	\$180	\$28.50	\$6.00
Ages 18-54	\$285	\$36.00	\$7.50
Ages 55+	\$210	\$28.50	\$6.00
Family	\$585	\$66.00	N/A

Membership grants access to the Community Center's gymnasium and fitness center.

Membership to the fitness center does not include the cost of classes. You don't have to be a member to take classes.







As with the fitness center, gymnasium use does require a valid membership. See the rates and options on page 3 details.

Open gym times vary, see the monthly gym calendar or give us a call to check times.

The gymnasium is also available for rental after hours. Contact [dfrancoeur@byrontownship.org](mailto:dfrancoeur@byrontownship.org) for details and availability.

# Gymnasium

With any membership or day pass, you not only gain access to our fitness center, but our gymnasium as well! See the calendar of events posted by the gym to find out the best times to visit!

To make sure the gym is enjoyed by everyone who uses it, we have a few guidelines that we enforce. Those in violation will be required to leave and could be banned from future use. Please note, we have zero tolerance policy for fighting.

- Shirts are required at all times.
- Clean, non-marking shoes are required.
- No food, drinks, or candy are permitted. Water/Gatorade in a container with a lid is required.
- Inappropriate and foul language are prohibited.
- Discard your garbage in the waste baskets.
- Please report any incidents or injuries immediately to staff.
- Please respect all Byron Township equipment and staff.
- Gym patrons are responsible for any damage to equipment.
- The fire doors are not to be propped open at any time.
- Return equipment to the proper location.

## Rentals

Planning a party, meeting, or corporate event? Areas of the Byron Township Community Center and Byron Township Parks are available for rent, provided the activities are compatible with the facilities and hours of operation. All rental applications must be in writing and are subject to availability. Call us or stop in to verify that your date is available. Also feel free to stop by and take a look at what we have to offer; we are happy to show you around! For complete information on facility/park rentals, please call the Community Center, stop by, or visit [byrontownshiprec.org](http://byrontownshiprec.org).



### Facility Rental Rates

Room 1 (plus kitchen) | 747 sq ft

- \$25/hr R | \$37.50/hr NR - Holds up to 35 people

Room 2 | 1090 sq ft

- \$15/hr R | \$22.50/hr NR - Holds up to 65 people

Room 3 | 898 sq ft

- \$15/hr R | \$22.50/hr NR - Holds up to 50 people

Rent one room or combine them to accommodate the space you need. Rooms are available to rent after hours, just add \$15/hr to the rates above.

### Park Rental Rates

Bicentennial Park Hexagon Pavilion

- \$75 R | \$100 NR - Holds 75-100 people

Bicentennial Park Rectangle Pavilion

- \$75 R | \$100 NR - Holds 75-100 people

Whistlestop Park Pavilion

- \$75 R | \$100 NR - Holds 75-100 people

Pavilion rental times are 10am-3pm or 4pm-9pm Monday to Saturday & 1pm-6pm on Sundays.



# Monsters & Myths Island

grades 1st - 5th

You and a STEAM team of friends will take on engineering challenges from Dracula to Dragons, from Bigfoot to Hydra, from Medusa to Monster Trucks to Egyptian Mummies! A STEAMtastic adventure that only Challenge Island could dream up, Monsters and Myths Island is so spectacular it will give you goosebumps.

**Session 1: September 6 - October 4**

**Session 2: October 11 - November 8**

**Wednesday Evenings: 6:00PM - 7:00PM**

**\$60 per session**



## Ballet

ages 2 - 3

**Session 1: September 18 - October 23**

**Session 2: November 6 - December 11**

**\$50 Resident | \$55 Non-Resident**

**Monday Mornings**

**9:00AM - 9:30AM**

**Session 1: September 19 - October 24**

**Session 2: November 14 - December 19**

**\$50 Resident | \$55 Non-Resident**

**Tuesday Evenings**

**4:30PM - 5:00PM**

**Session 1: September 21 - October 26**

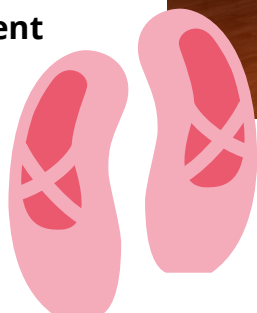
**Session 2: November 2 - December 14**

**\*Skipping Thanksgiving**

**\$50 Resident | \$55 Non-Resident**

**Thursday Evenings**

**4:30PM - 5:00PM**



# Ballet/Tap ages 3 - 4

Session 1: September 18 - October 23

Session 2: November 6 - December 11

\$50 Resident | \$55 Non-Resident

Monday Mornings

9:45AM - 10:30AM

Session 1: September 19 - October 24

Session 2: November 14 - December 19

\$50 Resident | \$55 Non-Resident

Tuesday Evenings

5:00PM - 5:45PM

Session 1: September 21 - October 26

Session 2: November 2 - December 14

*\*Skipping Thanksgiving*

\$50 Resident | \$55 Non-Resident

Thursday Evenings

5:00PM - 5:45PM

# Ballet/Tap ages 3 - 5

Session 1: September 21 - October 26

Session 2: November 2 - December 14

*\*Skipping Thanksgiving*

\$50 Resident | \$55 Non-Resident

Thursday Mornings

10:00AM - 10:45AM



# Ballet/Tap ages 5 - 7

Session 1: September 19 - October 24

Session 2: November 14 - December 19

\$50 Resident | \$55 Non-Resident

Tuesday Evenings

6:00PM - 6:45PM

# Ballet/Tap ages 7 - 10

Session 1: September 19 - October 24

Session 2: November 14 - December 19

\$50 Resident | \$55 Non-Resident

Tuesday Evenings

6:45PM - 7:30PM





# Gymnastics

ages 3 - 4

Session 1: September 21 - October 26

Session 2: November 2 - December 14

*\*Skipping Thanksgiving*

\$50 Resident | \$55 Non-Resident

Thursday Evenings

6:00PM - 6:45PM

# Gymnastics

ages 3 - 5

Session 1: September 21 - October 26

Session 2: November 2 - December 14

*\*Skipping Thanksgiving*

\$50 Resident | \$55 Non-Resident

Thursday Mornings

9:00AM - 9:45AM

Session 1: September 21 - October 26

Session 2: November 2 - December 14

*\*Skipping Thanksgiving*

\$50 Resident | \$55 Non-Resident

Thursday Mornings

11:00AM - 11:45AM

# Tae Kwon Do

ages 7+

Tae Kwon Do is action philosophy, the Korean art of self defense. Participants will learn the non-violent art and system of complete body exercises. There are mental, physical, and philosophical benefits to the class.

**September 21 - November 9**

**Beginners: Thursday Evenings: 6:15PM - 7:30PM**

**High Belts: Thursday Evenings: 7:30PM - 8:00PM**

**\$45 Residents | \$55 Non-Residents**

# Gymnastics

ages 5-7

Session 1: September 21 - October 26

Session 2: November 2 - December 14

*\*Skipping Thanksgiving*

\$50 Resident | \$55 Non-Resident

Thursday Evenings

6:45PM - 7:30PM



# Babysitting Class ages 11 - 16

Kids, 11 - 16 years old, will learn some great babysitting games, answers to common questions, how to stop sibling squabbling, meal time tips, first aid, diaper duties, and much more. This class is guaranteed to be fun and exciting for all ages.

Each participant will receive a certificate of completions through Heartbeat LLC and through the American Heart Association.

A light breakfast and pizza lunch are provided. If your child has allergies, please pack their lunch.

**Saturday, November 11**

**9:00AM - 2:00PM**

**\$50 Resident | \$60 Non-Resident**



# Sports Sampler ages 3 - 5

Sports include but not limited to: basketball, t-ball, football, soccer, etc.

**September 15 - October 6**

**Friday Mornings: 9:30AM - 10:30AM**

**\$30 Residents | \$40 Non-Residents**

# Coding ages 11 - 13

Many children have used "block coding" - this class will start to teach them actual (text) coding! Start with examples of block coding and then compare them to the actual text code being used in the "block", then start to actually program with the Python programming language. They will also be taught how to continue to learn and practice after developing confidence in this class and getting over the challenge of getting started.

**Tuesday, October 10**

**6:00PM - 7:30PM**

**\$18 Residents | \$20 Non-Residents**

# Fun with Drones ages 9 - 12

Have fun with hands-on activities that teach Drone science and scientific terms related to drones. Learn about drone technology, flight, and movement while having fun with a Finger Flyer Drone. Finger drones will be provided to be used during class time.

**Monday, November 6**

**6:30PM - 7:30PM**

**\$18 Residents | \$20 Non-Residents**





# Adult Fitness:

## Fall 2023 Schedule

### Mondays

8:30-9:30AM  
9:30-10:30AM  
6:00-7:00PM

**BOOM MOVE - Aimee**  
**SILVER FITNESS - Aimee**  
**TABATA - Tammy**



**\*Classes run year round and are drop in ONLY.  
\$5/class**

**\*Silver Sneakers members receive one free class per week.**

### Tuesdays

9:00-10:00AM  
10:00-11:00AM

**YOGA - Jami**  
**CHAIR YOGA - Jami**

### Wednesdays

8:30-9:30AM  
9:30-10:30AM  
6:00-7:00PM

**BOOM MOVE - Aimee**  
**GENTLE STRETCH - Aimee**  
**CARDIO SCULPT - Tammy**

### Thursdays

9:00-10:00AM  
10:00-11:00AM  
11:15-12:15PM

**STRENGTH - Jami**  
**GENTLE YOGA - Jami**  
**LINE DANCING - Betty**

### Fridays

8:30-9:30AM  
9:30-10:30AM

**BOOM MOVE - Aimee**  
**GENTLE STRETCH - Aimee**

### MEET THE INSTRUCTORS

#### AIMEE DEHOLLANDER

Teaches our senior fitness classes - Boom Move, Beginner Line Dance, Silver Fitness, & Gentle Stretch

#### JAMI KOK

Jami teaches Strength, Yoga, Chair Yoga, & Gentle Yoga

#### TAMMY ALLAN

Tammy teaches Cardio Sculpt, Tabata, & WERQ

#### BETTY DEFOUW

Betty teaches Line Dancing

### CLASS DESCRIPTIONS:

**Boom Move:** A fun combination of aerobics, cardio drumming, and line dancing to great music from all decades and genres with repetitive, easy-to-follow moves.

#### Cardio Sculpt:

A full body workout class to improve cardiovascular endurance & overall strength. Utilizing various cardio segments & strength training.

#### Chair Yoga:

Enjoy all the benefits of yoga from the stability of chair! This class is perfect for those who are new to yoga - modifications offered for various levels of activity.

#### Gentle Stretch:

A slow, gentle, total body stretching class for flexibility, balance, and core strength. Easy on wrists & knees. No inversions.

#### Gentle Yoga:

Relaxes, releases, & restores. Practiced slowly and all poses are done down on the yoga mat.

#### Silver Fitness:

Combines standing & chair exercises with a focus on balance, strength, memory, & flexibility with fun 50/60's music. Group parties and social activities throughout the year too!

#### Strength:

Intermediate level class - gain strength and endurance in all muscle groups to enhance your day-to-day living. We will be using body weight as well as hand weights and other equipment. Bring a mat!

#### Tabata:

A HIIT that combines bursts of strength training in 20/10 second intervals/rest.

#### Werq:

The fiercely fun dance-fitness workout class based on pop, rock, and hip-hop. Start with dance, end with yoga.

#### Yoga:

Focuses on breathing, balance, flexibility & relaxation.



# Monthly Bingo ages 55+

Join us the last Wednesday of the month for pizza and bingo! The registration covers your pizza lunch and your first Bingo card. Additional cards may be purchased. Pizza is served at noon and Bingo follows.

**\$4.50 Resident | \$5.50 Non-Resident**

**Wednesday, September 27**

**Pizza & Bingo | 12:00PM**

*Register by September 25*

**Wednesday, October 25**

**Pizza & Bingo | 12:00PM**

*Register by October 23*

**Wednesday, November 29**

**Pizza & Bingo | 12:00PM**

*Register by November 27*



# Monthly Luncheon ages 55+

Byron Township Recreation hosts a monthly luncheon for older adults. Each luncheon includes a meal provided by a great local restaurant, plus we provide entertainment that varies each month.

Doors open at 11:30AM to allow time for getting seated, and the luncheon begins at noon. Sponsored by Railside Living Center.

**\$6.50 Resident | \$7.50 Non-Resident**

**Monday, September 18**

**12:00PM**

*Register by September 15*

**Monday, October 16**

**12:00PM**

*Register by October 13*

**Monday, November 20**

**12:00PM**

*Register by November 17*





# Reverse Mentoring ages 55+

We provide you with high school students to help answer your questions on a variety of technologies. They will guide you in a hands-on approach to learning more about what you wish to learn. Just bring along the device you wish to learn more about. Registration is required to ensure we have enough students to help.

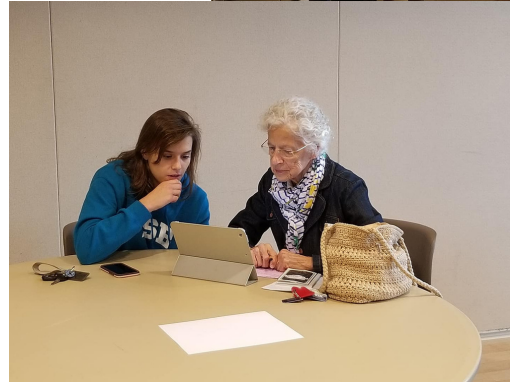
## Some things they have helped with in the past:

- Internet use, such as posting photos, sending emails, using Facebook, and more!
- Mobile phones and tablets
- Digital cameras

**Friday, October 27**

**11:00AM - 12:00PM**

**Free**



# Lunch & Learn all ages

## Car Insurance Medicare Opt-Out

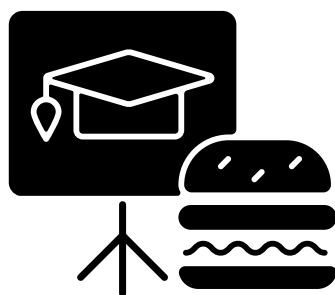
In June 2020 our Michigan lawmakers put into place an entirely new set of laws surrounding Personal Injury Protection (PIP) in our car insurance. Because of the Covid Crisis, this news passed without notice for many seniors. And even those who did hear about the changes were often left confused and unsure of what it might mean to use these new options.

Is it wise to opt out of PIP by using the Medicare "Option 6" since it does save money? What is the individual giving up and gaining? Participants will learn what they need to know to make an informed choice.

**Tuesday, September 12**

**12:00PM Noon**

**Free**



## About the Presentation:

During the presentation, when asked how many attendees had been briefed by their insurance companies about these changes, fewer than 1 out of 10 raised their hands.

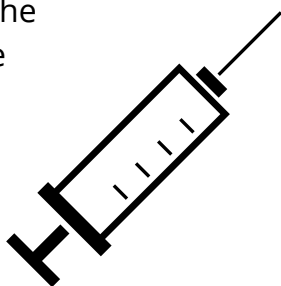
Attendees were unanimous about the value of the information. One said, "I thought you were going to try to sell me something...I'm just really surprised I learned so much. I'm so glad I came!" Another commented, "I had no idea about any of these changes."

As she booked us for another presentation in a few months, the Rec Program Coordinator told them this was the highest attended seminar of the year.

# Flu Shots by Family Fare all ages

Family Fare will be administering flu shots at the Community Center. Consent form needs to be filled out along with proof of insurance or Medicare card.

If you do not have insurance, there is a cost.



**Tuesday, October 10**

**10:00AM - 12:00PM**

**Free with insurance**

## Bowling League ages 55+

3 games are included, plus a party at the end of the season. You may have 3 or 4 people on your team. Lane fees and shoe rentals are additional and paid directly to Spectrum Lanes.

**September 14 - December 14**

*\*Skipping Thanksgiving*

**Thursday Mornings: 10:00AM - 12:00PM**

**\$15 Resident | \$20 Non-Resident | \$7 Weekly at Lanes**

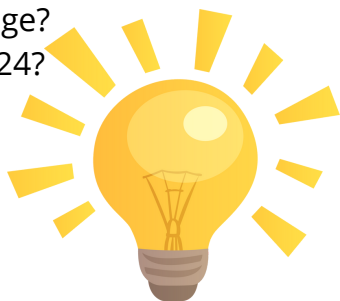


## Lunch & Learn all ages

**2024 Annual Enrollment Made Simple**

Come and learn what you need to know so you can be prepared to review your options and choose the plan that is right for you.

- What can you change?
- What is new for 2024?
- Mistakes to avoid



**Friday, September 29**

**12:00PM Noon**

**Free**

## Coffee with A Cop

**Monday, October 2**

**10:30AM - 11:30AM**

**Call to register!!**



## Craft Time

Free crafts with Railside!

**Thursday, September 28**

**Thursday, October 19**

**Thursday, November 16**

**1:00PM**

**Free**





# Trunk or Treat

Host a trunk for FREE or become a proud sponsor of this great community event for as low as \$75! To register as a trunk or find out more on sponsorship levels, contact [tammy@byrontownship.org](mailto:tammy@byrontownship.org).

**Saturday, October 21**  
**Free Event**  
**Whistlestop Park**

# Mystery Trip

Our most popular trip will take you to a new exciting destination each year! You'll be surprised where you end up during this fun-filled day trip. Comfortable motor coach transportation, lunch and driver tip are provided. Join us and find out where mystery trip will take you.

**Friday, October 13**  
**\$99 Resident | \$109 Non-Resident**

**FULL**

mini-mystery trip from July 2023 @ Alligator Sanctuary, Clara's, & Kellogg Manor

# Zehnder's Trip



Enjoy a great Zehnder's Holiday Luncheon and then sit back for a fun-filled Holiday Show with lots of humor and some sentimental moments for all. Three Men & A Tenor has opened for national legends like Jay Leno, Chuck Berry, The Beach Boys and have had its own national PBS-TV special show across the country from LA to Nashville. This unique Holiday Show will appeal to all ages and leave you begging for more. Also, there will be a quick stop at Bronner's.

**Thursday, November 30**  
**\$110 Resident | \$120 Non-Resident**

# Candy Cane Hunt - Kids

ages 2 - 11

Children will hunt for candy canes and every child can win a prize! Some special candy canes will be hidden and can be redeemed for special prizes.

After the Hunt, warm up with a pizza lunch served inside the Community Center. Santa Claus will make a special appearance as well! After lunch, families

will be able to make arts and crafts and have photos with santa!

The hunt will take place outside. So please, dress warm: boots, hats, and gloves are recommended.

**Saturday, December 16**  
**\$5 Resident | \$7 Non-Resident | \$3 Each Adult**

