



**2020
JANUARY
TO APRIL**

visit us at
www.strongsville.org

City Of Strongsville Parks, Recreation and Senior Services Department

Director, Bryan Bogre

**The Ehrnfelt Recreation & Senior Center
18100 Royalton Road (Rt. 82)**

Strongsville, Ohio 44136

Rec. Phone: (440) 580-3260

Rec. Administration Fax: (440) 572-3503

Senior Center Phone: (440) 580-3275

Senior Center Fax: (440) 572-3137

Website: www.strongsville.org

Mission Statement

The Strongsville Parks, Recreation and Senior Services Department is committed to enriching lives by offering exceptional services and activities in safe, clean and friendly environments.



Message From Our Mayor

Dear Residents,

As Mayor of the City Strongsville, I am committed to providing life enriching opportunities for you and your family. I encourage you to take advantage of our state-of-the-art recreation center. It is not only a place to exercise and learn new skills but a place to enjoy and get to know others in the community.

Come enjoy the benefits of staying active with the Parks, Recreation and Senior Department!

Sincerely,
Thomas P. Perciak
Mayor

EHRNFELT RECREATION CENTER INFORMATION



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Weather Closing and Class Cancellations

When applicable, please check the following locations for any closings or cancellations due to weather...

www.strongsville.org/content/recreation.asp
Channel 3 News (www.wkyc.com)
News Channel 5 (www.newsnet5.com)

Hours of Operation (Recreation Center & Old Town Hall)

June 1 – September 30

Monday – Friday	5:00am – 9:00pm
Saturday	8:00am – 6:00pm
Sunday	9:00am – 3:00pm

October 1 – May 31

Monday – Friday	5:00am – 10:00pm
Saturday	8:00am – 8:00pm
Sunday	9:00am – 5:00pm

NON-MEMBER DAILY GUEST FEES

Youth (Ages 0-3)	Free
Youth (Ages 4-6)	\$3.00
Youth (Ages 7-14)	\$6.00
Adults (Ages 15-59)	\$10.00
Seniors (Ages 60+)	\$6.00
Active Military*	\$6.00

***FREE Admission to Military Personnel on leave.**

HOLIDAY HOURS AND CLOSINGS

Thurs., Nov. 28	Thanksgiving Day	CLOSED
Tues., Dec. 24	Christmas Eve	5:00am-1:00pm
Wed., Dec. 25	Christmas Day	CLOSED
Tues., Dec. 31	New Year's Eve	5:00am-5:00pm
Wed., Jan. 1, 2020	New Year's Day	CLOSED
Sat., April 11	Day Before Easter	8:00am-5:00pm
Sun., April 12	Easter	CLOSED

MEMBER ONLY DAYS

Mondays and Wednesdays,
November 1 - March 31 • 5:00pm – 10:00pm

GROUP OUTINGS

Groups of 20 or more can visit the Ehnfelt Recreation Center for a discounted rate. Please call 580-3270 to arrange your group outing. Group outing arrangements must be made at least 2 weeks in advance.



AMENITIES - EHRNFELT RECREATION & SENIOR CENTER

AQUATIC CENTER

- Competition pool – 8 lane, 25 yards, 3 diving boards
- Activity Pool – zero depth entry; water slide; pirate ship; 5 lane lap pool; 17 yard wading area
- Steam & sauna rooms
- 24 person whirlpool
- Bleacher seating for approximately 500

CARDIO EXERCISE AREA (MUST BE 12 YEARS OR OLDER*)

Cutting edge cardio equipment includes TV and web integrated consoles with each machine handpicked from award winning manufacturers. Units include Technogym treadmills, ellipticals, vario, steppers, upright and recumbent bikes; LifeFitness Stepmills; Cybex ArcTrainers; and StarTrac treadclimbers and a Jacobs Ladder.

*Youth ages 12-14, after completion of the Youth Strength Training class, may utilize all strength and cardio equipment in the cardio area only, they may not use the Strength Room. Youths that are non-members must pay the normal daily rate. All youth must bring their Youth Strength Training card for admittance into the cardio area.

AUXILIARY GYMNASIUM

- Synthetic floor
- Gym can be used as one high school regulation basketball court, two volleyball courts, or indoor soccer court, etc.

LOCKER ROOMS

- Two sets of locker rooms for men and women
- Two family changing rooms

INDOOR TRACK (MUST BE 15 YEARS OR OLDER)

- LENGTH – 1/12 MILE
- Width – 4 Lanes (2 Walking & 2 Running)

STRENGTH ROOM (MUST BE 15 YEARS OR OLDER)

Our weight room rivals Division 1 and Pro sports strength facilities in pure quality. 1.5" thick rubber coats the floor lined with 2 Hammer Strength Power Racks, hammer and Technogym pure strength plate loaded equipment, cybex modular towers, and a complete selectorized line of technogym equipment.

MAIN GYM

- Wood Floor
- Two high school regulation basketball courts
- Volleyball

GAME AREA

- Billards tables
- Air Hockey & Foosball tables
- Video/arcade games
- Snacks, soft drinks, juice/water vending machines
- Change Machines

GROUP EXERCISE & MIND/BODY STUDIOS

- Two wood floor studios
- Independent sound systems

The following areas are only available as private rentals

EVENT CENTER

- Catering services
- Entertainment stage
- Tables & Seating for 400

CONFERENCE/MEETING/PARTY ROOMS

- Several rooms available for rent
- See Facility/Room Rental Services info on Page 6

GENERAL CUSTOMER INFORMATION

ELIGIBILITY INFORMATION

You DO NOT have to be a Strongsville Resident or an Ehrnfelt Recreation Center member to participate in most programs and activities held at the center.

OPEN GYMNASIUM (BASKETBALL COURTS) AND OPEN POOL SCHEDULE

These schedules will change throughout the year. Please pick up current schedules at the front desk or check the website: www.strongsville.org

LOCKERS

Lockers are available in all locker rooms and throughout the facility. It is STRONGLY RECOMMENDED that all personal items are secured in a locker. Please DO NOT leave personal items unattended in an unlocked locker. Please bring your own combination lock to secure items in a locker. Pay lockers are NOT available. Locks must be removed daily.

CHILD CARE SERVICES

Child Care is available at the Ehrnfelt Recreation Center and is free for members and group exercise passholders. Please see page 5 for more information.

PAYMENT INFORMATION

Cash, Check, Money Order, Visa, MasterCard and Discover accepted as payment for ALL TRANSACTIONS.

SECURITY

For your protection, the Ehrnfelt Recreation and Senior Center premises are under 24 hour digital camera surveillance with instant remote access capability by Law Enforcement Authorities.

Membership Benefits

Unlimited Use: Of the Ehrnfelt Recreation Center during ALL open recreation times

Reduced Rates: On programs, facility rentals for parties, showers, and meetings!

Participation: In members-only promotions and special events

Priority Registration: On most programs/classes and services

Free: Exercise Orientation

Member only days: Monday and Wednesday; November 1 – March 31 between 5:00 and 10:00pm

10 Free Day Passes: to use when you bring family and friends (Not Valid during Members Only Days)

Free Child Care Service

Coupon Savings pack valued at over \$80.00

ANNUAL MEMBERSHIP FEE STRUCTURE & MEMBERSHIP INFORMATION

OPTION 1 (PAY ENTIRE YEAR AT TIME OF PURCHASE):

RESIDENT/FULL-TIME WORK/NON-RESIDENT

	Resident or Full-Time Work in Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265	\$425
Couple*	\$365	\$580
Youth Individual (Ages 4-18)	\$165	\$290
Full-Time College	\$165	\$290
Family	\$435	\$725
Individual Senior (Ages 60 & over)	\$135	\$265
Senior Couple*	\$240	\$465
Military	\$140	\$245

OPTION 2 (SIGN AN ANNUAL CONTRACT AND PAY BY CREDIT CARD MONTHLY):

RESIDENT/FULL-TIME WORK/NON-RESIDENT

	Resident or Full-Time Work in Strongsville	Non-Resident
Adult Individual (Ages 19-59)*	\$22.09/month	\$35.42/month
Couple*	\$30.42/month	\$48.34/month
Youth Individual (Ages 4-18)	\$13.75/month	\$24.17/month
Full-Time College	\$13.75/month	\$24.17/month
Family*	\$36.25/month	\$60.42/month
Individual Senior (Ages 60 & over)	\$11.25/month	\$22.09/month
Senior Couple*	\$20.00/month	\$38.75/month
Military	\$11.67/month	\$20.42/month

The annual membership is broken down into twelve installments plus a \$3 per month processing fee.

CREDIT CARD PAYMENT PLAN INFORMATION

- The first payment is due upon the date of purchase and pro-rated from the date of purchase to the end of the current month.
- The remaining eleven payments are charged to your MasterCard, Visa or Discover, as indicated by you, on the 20th of each month, or the next business day if the 20th falls on a weekend or holiday, until the expiration date of the annual contract.
- In the event that a patron defaults on their monthly payment, the membership will be immediately suspended. Patrons will have 10 business days to pay the Ehrnfelt Recreation Center the amount owed for that month and an additional \$10 processing fee.
- In the event the patron does not pay off the balance owed by the 11th business day, the annual membership will be cancelled and any future use of a payment plan option will be denied.

Couple: means two adults 19 years of age or older living in the same residence, whether related or unrelated, which may include spouses, siblings, roommates, or a parent and his or her child between the ages of 4 and 24.

Family: means at least one adult and two or more dependent children up to the age of 24 years, or two adults and one or more dependent children up to the age of 24 years (if a full-time college student), including stepchildren and adopted children, who have a legal residence in the household of the adult(s).

Senior Couple: means two individuals who are domiciled in the same residence, one of whom is at least 60 years of age and the other who is at least 50 years of age.

Military: means an individual who is an active and/or newly registered member of any United States military service, or who is an active member of any reserve unit and provides proof of imminent call up to active military status.

Resident/Full-Time Worker in Strongsville: means an individual who is legally domiciled within a permanent residence in the City of Strongsville. The term "resident" also shall include an individual non-resident of the City who is an employee of a business entity that maintains its place of business in the City and works for such entity at least 37.5 hours per week.

*Any adults wishing to have a Couple, Senior Couple or Family membership who do not share the same last name, each MUST provide independent proof of residency upon application.

MEMBERSHIP POLICIES

*Memberships are NON-REFUNDABLE and NON-TRANSFERABLE.

WHAT DO YOU NEED TO BRING AT THE TIME OF PURCHASE OR RENEWAL?

- RESIDENCY VERIFICATION** - if you live in the City of Strongsville, you MUST show proof of residency at the time of renewal or purchase. If you are renewing, please use postcard as proof of residency, otherwise an unpaid utility bill must be presented for residency verification.
- COLLEGE STUDENT VERIFICATION** - full-time college students (currently enrolled in 12 or more credit hours) MUST show proof at time of purchase or renewal (examples: current class schedule or tuition bill).
- FULL-TIME EMPLOYMENT IN STRONGSVILLE** - anyone working full-time (37.5 - 40 hrs. per week) for a company located in Strongsville is eligible for resident rates. A letter on company letterhead, signed by a supervisor, a copy of a current pay stub and a valid photo I.D. must be presented.
- ACTIVE MILITARY** - must present an active, federally issued Military Identification Card at the time of purchase or renewal.

AGE RESTRICTIONS

- 11 years and under must be accompanied by an adult (18 and over) at all times and may use the track, gymnasiums, game area and pool.
- Youths 12-14 years: After completion of youth strength training class, youths may utilize all the strength and treadmills in the cardio area only, they may not use the weight room. Youths that are non-members must pay the normal daily rate (\$6/visit). Please bring your youth card for admittance into the cardio area.
- Must be 15 years and over to use the weight room, spa, sauna, & steam room.

MEMBERSHIP CHECK-IN

To enter the facility as a member, you MUST stop at the Front Desk and enter your membership number into a numeric keypad. The Desk Attendant will then verify your membership and grant you access into the facility. Each member visit will be recorded into the computer system.

MEMBERSHIP RENEWAL INFORMATION

HOW ARE YOU GOING TO BE NOTIFIED?

A COURTESY POSTCARD will be sent around the first of the month indicating that your membership expires at the end of the current month (i.e. if your membership expires on Dec. 31, 2020, you will be sent a postcard on or around Dec. 1, 2020).

Provided you renew before your membership expires, you receive 13 months for the price of 12. Not applicable with payment plan.

30 Day College Pass*

Come use the recreation center while at home on winter break. Show us your valid college ID or next semester's college class schedule to receive this offer. Choose your own start date any-time between November 20-December 31, 2019.

Resident: \$30
Non-Resident: \$40

Membership can be applied towards a yearly membership before expiration.

*Pass does not make customer eligible for yearly member benefits.

MEMBERSHIP RENEWAL INFORMATION (cont.)

HOW CAN YOU RENEW?

In-person – at the front desk, with all the necessary information (see “What Do You need to bring...” On page 3).

CORPORATE MEMBERSHIPS

The City of Strongsville values its businesses and as a way to demonstrate this, the Ehrnfelt Recreation Center offers companies, who have a minimum of 10 individuals, Annual Corporate Membership Packages. For more information on how your business can participate, please contact Facility Manager, Sarah Arold at 580-3260 ext. 5279.

MEMBERSHIP REFERRAL PROGRAM

Here at the Ehrnfelt Recreation Center, we realize that you, the current members, are our most valuable marketing tool. Therefore, we have instituted the Ehrnfelt Recreation Center Membership Referral Program. This is how it works.

If at the time a NEW member joins the Ehrnfelt Recreation Center and they list your name as having referred him/her to us, we will mail you a \$25.00 Recreation Center Gift Certificate good towards any purchase here at the Center. The only catch is that your membership must be current at the time that the new member joins... That's it... It's that simple.

Go out and tell your friends and neighbors how the “Strongsville Recreation Department is “Re-Defining Recreation” and start watching those \$25.00 Gift Certificates roll in!!!

SPECIAL ASSISTANCE

The Ehrnfelt Recreation Center wants you to get the most out of each and every one of your visits. Therefore, if you are a physically challenged member of the Ehrnfelt Recreation Center and require the assistance of another person in order to use the facility, please contact Director, Bryan Bogre at (440) 580-3262 in order to make the appropriate arrangements.

FUNDING ASSISTANCE

The City of Strongsville has made financial assistance available for Strongsville residents to obtain an Ehrnfelt Recreation Center membership, or for participation in programs offered by the City of Strongsville Recreation Department. Documentation of income needed. Please contact Facility Manager, Sarah Arold at (440) 580-3260.

WORK-TO-WORKOUT PROGRAM

The Ehrnfelt Recreation Center has developed a Work-To-Workout Program to assist Strongsville residents who may not have financial resources that are necessary to participate in the activities and programs that are offered. Please contact Facility Manager, Sarah Arold at (440) 580-3260.

PROGRAM REGISTRATION INFORMATION

MEMBER PRIORITY PROGRAM REGISTRATION IS HERE!

PROGRAM REGISTRATION SCHEDULE (INCLUDING LEARN-TO-SWIM)

Member Only Program Registration begins November 19

**Non-Member Residents Program
Registration begins November 26**

Open Program Registration begins November 27

Internet Registration begins November 27

WALK-IN REGISTRATION

(Cash/Check/Visa/MasterCard/Discover/Credit On Account)

You may register for programs in person at the front desk of the Ehrnfelt Recreation Center during normal operating hours.

PROGRAM REGISTRATION INFORMATION (cont.)

MAIL-IN REGISTRATION

(Check/Visa/MasterCard/Discover/Credit On Account)

Print and complete registration form located on the Recreation Department Website. Include payment and mail to:

PROGRAM REGISTRATION

Ehrnfelt Recreation Center
18100 Royalton Rd.
Strongsville, OH 44136

Mail-in registrations will be processed on date received. Mail-in does not guarantee that a spot in a class is available. A receipt will be mailed within a week of the postmark date to confirm that registration has been processed. A phone call by the Ehrnfelt Recreation Center staff will be made immediately if there is any problem with the registration.

ONLINE REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

You may register online for programs and classes. Not all classes are available for online registration, but you may view them. To register online visit www.strongsville.org; click on Recreation & Senior Center; and click on Online Registration.

A \$3.00 non-refundable convenience fee is added to your cart upon checkout.

FAX-IN REGISTRATION – NO LONGER ACCEPTED

PHONE-IN REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

To register by phone please call (440) 580-3260.

PAYMENT

Full payment for classes must be made at the time of registration.

PAYMENT METHODS

The city will accept cash, personal checks, credit cards (Visa/Mastercard/Discover) and money orders for the payment of fees. Please note which form of payment is acceptable for the method of registration you choose. Checks must be made payable to: **The City of Strongsville.**

CONFIRMATION

Once we have processed your registration, we will mail or e-mail you a confirmation receipt showing in which program(s) you are enrolled. If we were unable to place you in your selected program, you will be contacted by phone.

WAITING LIST PROCEDURE

Waiting lists are a source of contact and do not guarantee you'll receive a call back. You'll receive a call back only if a space becomes available.

If you ask to add your name to a waiting list for a closed program, it:

- Provides us with a name and phone number in the event of a cancellation;
- Supplies us with names and phone numbers in case a new program is added;
- Does not limit you from registering for any other open classes.

LATE REGISTRATION

Late registrations will be accepted prior to the second session of the program. After the second session of the program, no registrations will be accepted. Individuals registering late will be required to pay the total class fee. Program fees will not be prorated.

NOTICE TO PARTICIPANTS

Participants must recognize that all programs of a physical nature involve some risk and by registering for programs of this nature, there is an assumption of risk by the participant. The City of Strongsville Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first-class recreational activities, facilities and parks. In the event of a serious accident or illness, it is the policy of the city to:

- Contact the Strongsville Fire Department Paramedics to perform first aid, when necessary, recommend transport of the victim to a hospital, and contact a parent/guardian or relative as soon as the situation allows.

PROGRAM REGISTRATION INFORMATION (cont.)

CANCELLATION POLICY (DUE TO LACK OF ENROLLMENT)

If the program does not have a sufficient number of participants registered by 3 working days prior to the first session, the program may be cancelled by the Department Staff.

PROGRAM REFUND POLICY (RECREATION & SENIOR CENTER)

1. If the program is cancelled by the Department, a refund for the FULL amount that was paid will be applied to your Recreation/Senior Center Customer Account, or you may request a check issued from the City Finance Department. Checks will be issued within three weeks. Credit card refunds are **NOT** issued.
2. If an individual wants to cancel enrollment in a program, it must be requested at least 5 days prior to the first session of the program.

There are TWO refund options:

- a. **Recreation Department Customer Account** - If the customer wants to have the refund posted to his/her Recreation Center account, a credit for the FULL AMOUNT that was paid will be issued.
 - b. **Check Issued** - If the customer paid by cash, credit card, or check and would like a check issued from the City Finance Department, a 20% or \$5 administrative fee (whichever is greater) will be deducted from the amount that was originally paid. A check will be issued within 3 weeks.
3. **Refunds will not be given if requested less than 5 days prior to the first session of the program.** Individuals assume the risk of changes in health or personal schedules.

CANCELLATION POLICY FOR DAY CAMPS

If an individual wants to cancel enrollment in day camp, it must be requested at least 7 days prior to the first day of camp. REFUNDS WILL NOT BE GIVEN if requested less than 7 DAYS PRIOR TO THE FIRST DAY OF CAMP. Individuals assume the risk of changes in health or personal schedules. However, a doctor's statement can be presented to the Ehrnfelt Recreation Center for review. For those wishing a refund, a \$5 administrative fee or 20%, whichever is greater, will be deducted from the amount originally paid for all refunds granted.

CUSTOMER SATISFACTION

The Strongsville Recreation Department intends to provide programs and facilities that meet and exceed your expectations of a satisfying recreational experience. We want you to be satisfied with our classes and programs. If our services or programs do not meet your needs, please provide us with your input in the form of suggestions, comments, ideas or changes for improvements by utilizing the Sounding Board. Your satisfaction and input is very important to us.

**The Ehrnfelt Recreation Center
Would Like To Give Thanks To
All Those Who Are Serving In
Our Armed Forces.**



CHILDCARE SERVICES

For more information regarding child care, please call (440) 580-3260.

Child Care is available at the Recreation Center for facility users and program participants. *Services are NOT available on Sundays. **Childcare is free for members and group exercise passholders with year contracts.**

If you wish to use the Recreation Center Child Care Services, you must adhere to the following procedures:

1. **RESERVATIONS** are strongly recommended for evenings and Saturday's and can be made up to two weeks in advance. Enrollment in a program does not guarantee Child Care reservation.
2. **CAPACITY** - 20 children per hour, 6 children per adult staff.
3. **TIME LIMIT** - Reservations can be made in the following time increments: 1/2 hour, 1 hour, 1 1/2 hours.
4. **PARENTS** must remain in the facility at all times while their children are in the childcare services.
5. **LABEL** all personal belongings, especially cups, bottles, and pacifiers. The childcare staff is not responsible for damaged, lost or stolen belongings.
6. **NO SICK** children are permitted in the childcare services. The staff CANNOT administer medication. Please do this prior to visiting the Center.
7. **NO MEALS** are to be planned or prepared by the childcare staff. No gum please.
8. **PLEASE** complete the necessary paperwork each time you use our childcare service.
9. **CHECK-OUT** - A photo I.D. must be shown each time a child is checked out. You must be at least 15 years old to check out a child.
10. **DIAPERS** must be provided by parents. Parents will be paged to change diapers.

CHILDCARE FEES

	MEMBERS	NON-MEMBERS
10 hours (1/2 hour increments)	FREE	\$40.00
20 hours (1/2 hour increments)	FREE	\$70.00
Drop-In	FREE	\$5.00/hr.



TOT ROOM

Mornings: 6 Months - 6 Years

Evenings: 6 Months - 9 Years

Toys, games, coloring books and more are available for use.

Monday - Friday	8:30 am - 1:00 pm
Monday - Thursday Evenings	5:00 pm - 8:30 pm
Saturday	8:30 am - 12:00 noon

www.strongsville.org/content/recreation.asp

FACILITY/ROOM RENTAL SERVICES

(See page 7 for photos)

Room	Occupancy w/tables & chairs	Hourly Rates (2 hr. Min. Req.)	
		MEMBERS	NON MEMBERS
Conference Room	35	\$45	\$65
Meeting Room	50	\$45	\$65
Senior Art Studio	50	\$45	\$65
Senior Meeting Room	56	\$45	\$65
(After Hours ONLY)			
Auxiliary Gym	N/A	\$195	\$245
Main Gym	N/A	\$220	\$270
Activity Pool	N/A	\$380	\$455

A deposit of \$100 is due with a signed contract.

Deposits are NON-REFUNDABLE if party is cancelled.Please plan on booking your party **at least two weeks** in advance.

AFTER HOUR RENTALS

(Main Gym, Auxiliary Gym, Activity Pool, Competition Pool** and Aquatic Center)

1. MUST be requested at least 6 weeks in advance.
2. Pricing includes after hours staff.
3. An After Hour Rental is a room or area that can only be rented after the Ehrnfelt Recreation Center is closed. (See Page 1 for facility hours.)

CELEBRATE AT THE REC CENTER!

ROOM RENTAL ONLY

Member	\$45/hour
Non-Member	\$65/hour

ROOM RENTAL WITH FACILITY USE

Facility use includes Pool, Gyms & Game Area and is permitted only during contracted room rental time.

Room Price listed above plus:

\$3/person age 7-adult**\$2/person age 4-6 years****Age 3 and under free**

(Facility use fee applicable to Non-members only)

ALL-INCLUSIVE PARTY PACKAGES

15 Guests:	\$215/Member	\$280/Non-Member
30 Guests:	\$285/Member	\$350/Non-Member
45 Guests:	\$360/Member	\$420/Non-Member

INCLUDES:

- 3-hour Room Rental with use of Pool, Gym & Game Area
- Pizza, Soda and Cake (DQ or Traditional)
- Plates, cups, forks, napkins, tablecloths, candles & matches

**Theme packages also available.** Please call for cost and options.

OLD TOWN HALL

Renovated and updated, the Old Town Hall provides a historical backdrop perfect for your next party, shower, or meeting. The Hall offers two rooms each with comfortable seating for 80 people. Call 580-3270 to make your rental reservation.

Rental includes:

- An on-site supervisor
- One-half hour for set-up, and one-half hour for clean up.
- Kitchen use optional for additional fee.
- Two hour rental minimum.

Amenities include:

- Heating and air conditioning
- Tables and chairs, stage area on 2nd floor
- Wifi, dishwasher, microwave oven, oven, stove, refrigerator, freezer, coffee maker, steamer and sink.
- The Hall is handicap accessible.

A deposit is required with signed contract. Deposits are non-refundable in the event of cancellation. Room deposit with kitchen rental is \$300. Deposit without kitchen rental is \$100.

Cancellations must be made no less than two weeks in advance or a refund will not be granted. Alcohol is permitted. Alcohol is to be provided by the renter. An alcohol permit is required if alcohol is being sold.

A security guard is required for those serving alcohol. This will be arranged for you in cooperation with the Strongsville Police Department. The fee for the guard is \$35/hour (3 hour minimum).

	Hourly Rates	Kitchen Use	Package Rates
	Fee Per Room	Flat Fee	(12 hr block of time) Entire Hall (includes kitchen)
Member	\$55	\$50	\$900
Non-Member	\$75	\$70	\$1200

Call (440) 580-3270 for Rental Information

Precautions to be taken before participating in an activity offered by the city or at any of its facilities include:

- A physician's examination and health clearance
- Adequate knowledge of skills
- Proper training procedures
- Knowledge of all rules and regulations of all City of Strongsville Recreation Facilities

Celebrate!

at the Ehrnfelt
Recreation Center

ROOM RENTAL ONLY

COST: Member \$45/hour Non-Member \$65/hour

Meeting Room (1st Floor) - Capacity 50

Sr. Art Studio (Senior Center, 1st Floor) - Capacity 50

Conference Room (2nd Floor) - Capacity 35

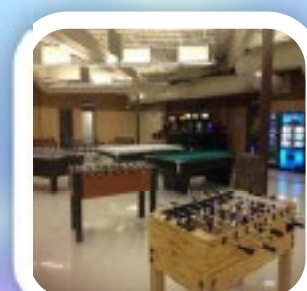
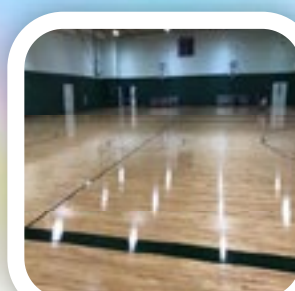
ROOM RENTAL with Facility Use (Pool, Gym & Game Area)

Room Price listed above plus:

\$3/person age 7 & older

\$2/person age 4-6 years

Age 3 and under free



ALL INCLUSIVE PARTY PACKAGES

Room rental for 3 hours • Facility Use • Pizza, Soda & Cake
Plates, Cups, Napkins, Tablecloths, Candles & Matches

15 Guests Member Non-Member

Deluxe \$215 \$280

Theme \$245 \$310

1 - Sheet Pizza • 3 - 2 Liters of Soda • 10" DQ Cake OR 1/4 Sheet Traditional Cake

30 Guests Member Non-Member

Deluxe \$285 \$350

Theme \$315 \$380

2 - Sheet Pizzas • 6 - 2 Liters of Soda • DQ Sheet Cake OR 1/2 Sheet Traditional Cake

45 Guests Member Non-Member

Deluxe \$360 \$420

Theme \$400 \$480

3 - Sheet Pizzas • 9 - 2 Liters of Soda • Sheet & 10" DQ cake OR 1 Full Sheet Traditional Cake

Book Your Event Early!

ROOM RENTAL RESERVATIONS REQUIRE:
2 Weeks Advance Notice & 2 Hour Minimum

For Reservations: 440-580-3270

THE EHRNFELT EVENT CENTER

**Wedding Receptions • Holiday Parties • Themed Events
Corporate Meetings • Business Luncheons**

The Event Center is perfect for any special occasion!

Please contact: Facility Rentals at 440-580-3270.

EVENT CENTER HOURLY RATES (2 HOUR MIN.)*

Room	Occupancy	Member Hourly Rate	Non-Member Hourly Rate
Whole Event Center	400	\$125	\$150
Half Event Center	200	\$75	\$100
Concession Stand	N/A	\$60 flat rate	\$85 flat rate
Kitchen	N/A	\$150	\$175

EVENT CENTER PACKAGE RATES (BASED ON 12 HOUR BLOCK OF TIME)

Room	Occupancy	Member Rate	Non-Member Rate
Whole Event Center	400	\$1100	\$1400
Half Event Center	200	\$600	\$900
Kitchen	N/A	\$1500	\$1750

Kitchen use includes use of dinnerware and appliances by licensed and insured caterer.

Reservations – Please make your reservations at least 2 weeks in advance. *After Hours rental requires 6 week advance reservations.*

Deposits – A deposit of \$300 is required within three days of the reservation to secure the rental agreement. Deposits are Non-Refundable due to cancellation.

Alcohol – The Event Center is the ONLY area designated for alcohol consumption. Parties serving alcohol are required to have a security guard. Alcohol permits are needed for events selling drinks or tickets including alcoholic beverages. There is an additional charge for alcohol permits.

Security Guards – One security guard is required for those parties serving alcohol. This service will be arranged for you in cooperation with the Strongsville Police Department. The fee for a Security Guard is \$35 per hour (3 hour minimum).

***After Hours Rentals** – If the rental exceeds the Recreation Center's open hours of business, you will be required to pay an additional \$120.00/hour on top of the normal hourly rental fee for facility supervision, maintenance and utility costs.

Cancellations – Cancellations must be made no less than two weeks in advance or refund will not be granted. Deposits are non-refundable.

OVERNIGHT RENTAL RATES

(7 hour rental beginning within 30 minutes of the center closing)

Enjoy exclusive use of the Ehrnfelt Recreation Center after hours for your special events. Rental includes use of the Event Center (optional), Auxiliary Gym, Main Gym, Game Area, Avenue, Locker Rooms, Concession Stand and the Aquatic Center (4 hours only). All groups must provide appropriate Adult Supervision in accordance to the group size. A security guard may be required.

With Event Center \$2,550*

Without Event Center \$2,250*

*Fee is for 200 people. If more than 200 people, call for rates.



FACILITY GUIDELINES

It is the intent of the Strongsville Recreation Department to offer facilities and programs that meet the high standards that the Strongsville community is entitled. Use of the facilities by families and citizens of all ages is strongly encouraged. The following guidelines have been established to help operate and maintain the Ehrnfelt Recreation Center and to meet the goals established by the Recreation Department. Please feel free to comment on any problems you may have and to report any acts conducted by individuals or groups that jeopardize or intimidate the users of the facility.

1. Current membership, daily guest fee, or enrollment in a program is required to gain access to the Ehrnfelt Recreation Center.
2. Only scuff-resistant shoes are allowed in the activity areas of the building. **Dark soled running shoes, turf shoes, spiked shoes, street shoes, shoes with rollers ("Heelys")** and any other types of shoes which mark the floors, especially the gymnasium and aerobics floors, are absolutely prohibited. Muddy or dirty shoes are not permitted. Participants are asked to please change into a separate, clean pair of shoes for their indoor recreational use. Shoes are required to be worn at all times while in the facility (except locker rooms, pool area, or at the discretion of a program leader.) No hover boards.
3. The Ehrnfelt Recreation Center is a tobacco-free facility by city ordinance.
4. To enter the building children under 12 years of age must be accompanied by a parent/guardian (18 years or older) unless they are participating in an organized program or activity, the parent/guardian must remain in the building.
5. No pets allowed except those assisting a person with a disability or if a special program, (i.e. obedience class, dog show), is scheduled.
6. The Strongsville Recreation Department and the Ehrnfelt Recreation Center are not responsible for lost or stolen articles. It is strongly recommended that all belongings are placed in a locker and secured with a personal lock. Please do not bring valuables into the facility. Locks can be purchased at the front desk.
7. Children 4 years of age or older may not use the locker room of the opposite sex. Please use the family changing rooms.
8. **Spa** - Youth under 15 years of age are not permitted in the spa.
9. **Sauna & Steam** - Youth under 15 years of age are not permitted in the Sauna and Steam Room.
10. **Strength Training and Cardio Exercise** - Youths 12-14 years: After completion of youth strength training class, youths may utilize all the strength and cardio equipment in the cardio area only, they may not use the weight room. Youths that are non-members must pay the normal daily rate. Please bring your youth card for admittance into the cardio area. **There is a 30 minute time limit on all Cardio Exercise equipment.**
11. **Indoor Track** - Youth 0-11 years of age must be accompanied by an adult.
12. Changes in the recreation schedule may occur without notice. Current pool and gym schedules are available at the front desk.
13. Public display of amorous affection is not permitted and will not be tolerated.
14. Eating and drinking is PERMITTED in designated areas only.
15. No spitting, chewing tobacco, or gum is permitted in the facility. No Vaping.
16. Each area has individual guidelines for your safety and enjoyment. Please follow these guidelines.
17. The following activities are not permitted and will result in suspension, expulsion or termination of membership:

a. Fighting	b. Stealing
c. Property Damage/Vandalism	d. Loitering (inside or outside facility)
e. Disorderly Conduct	f. Horseplay
g. Littering	h. Profanity
18. We recommend that any individual involved in strenuous activity carry appropriate identification in case of an emergency.
19. To respect our senior members, do not park in the Senior Center lot until after 5:00 pm.
20. For the safety, health and welfare of all members and patrons, proper swim attire is required when using all of the pools in the Aquatic Center, including participation in Learn to Swim classes. Questions concerning proper swim attire should be addressed with the Aquatic Center personnel.
The following are prohibited:
 - a. Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.
 - b. Clothing worn for workout or other purposes prior to using the Aquatic Center.
21. No concealed guns or weapons allowed on these premises.
22. The Strongsville Recreation Department staff reserves the right to add, amend or delete rules as necessary.
23. **Aquatic Center** - No food or glass containers permitted. Visit the aquatic center for a complete list of rules.

SPECIAL EVENTS, PROGRAMS & PROMOTIONS

KIDS GARAGE SALE

Saturday, February 29

9:00am–12:00pm

Reserve a table to sell your gently used maternity, baby and kids items. Or, just come and shop over 40 tables of toys, clothes, small furniture and accessories. **Please Note:** There is a two table limit per family.

5-Foot Tables

Members \$11

Non-Member/Residents \$15

Non-Member/Non-Residents \$20

8-Foot Tables

Members \$15

Non-Member/Residents \$20

Non-Member/Non-Residents \$25

Shoppers - Early bird shopping is from 9:00 – 9:59am and is \$3 admission (please have exact change)

• Shopping from 10:00am – 12:00pm is FREE

FATHER/DAUGHTER DANCE (EVENT CENTER)

Friday, February 21

6:30 – 8:30pm

At the Ehrnfelt Event Center

Gentlemen (dads, grandads, caregivers, uncles,), we invite you to accompany the most lovely little girl in your life to an evening you'll remember forever. Dancing to music, eating pizza, taking a keepsake photo, and a carnation for your date, will fill your evening with unforgettable fun.

Please note: 50 tickets must be sold by 5:00pm, January 28th for the dance to occur. Tickets can be purchased in advanced at the Strongsville Rec. Center front desk. There will not be tickets sold at the door the night of the dance. Only 200 tickets sold for this event, so get your tickets early!

Fees(per person): Members \$9

Residents \$11

Non-Member/Non-Residents \$13

BREAKFAST WITH THE EASTER BUNNY

Saturday, March 21

9:00am

Egg-stra special fun awaits you at this family style breakfast. Enjoy scrambled eggs, pancakes, sausage, bacon orange juice, milk and coffee as you await the arrival of the Bunny himself.

Enjoy a special Easter craft, face painting, a chance to win a door prize for your family, and a complimentary professional digital photo with the Bunny in your Easter best! (1 photo per family).

Tickets on sale Monday, January 13th at the Ehrnfelt Recreation Center front desk. Please note, all tickets must be purchased in advance. There will not be tickets available on the day of the event.

Ticket Fees (Per person ages 2 - adult):

Members \$8

Non-Members \$12

**Children ages 1 year and under are free but still must have a ticket from the front desk.*

STRONGSVILLE YOUTH COMMISSION

Each July, the members of the SYC go on a leadership retreat to bond as a team and set their goals for the upcoming school year. For the 2019-20 school year, the Strongsville Youth Commission has chosen to focus on the following issues:

P.O.P (Pushing out Poverty) –Strongsville Youth Commission's P.O.P subgroup firmly believes that poverty has taken away opportunities from people in our community and around the world for far too long. Our mission is to help those affected by poverty through service, education, and fundraising. **Group members:** Bianca Banez, Nick Cryanek, Catherine Galla, Cassie Novak, Dylan Sofish and adult Mentor Mr. Banez

Anxiety Attackers –Our goal as the Anxiety Attackers is to educate ourselves and others, prevent and alleviate stress, and connect people with the mental health resources they need within our community. **Group members:** Amanda Hokr, Kaitlyn Kenny, Anya Krishnan, Cameron Moteleski, Katy Ogrian, Vyoma Trivedi and adult Mentors Ms. Choe and Ms. Navratil

Kool 4 School – Help students of all ages recognize the importance of the resources needed to help enhance their education. **Group members:** Jazmine Mullins, Jay Oswal, Tommy Sofish, Bri Thompson, Shelby Topor and Adult Mentors Ms. Sofish and Ms. Yaughner

The Planeteers – The Planeteers subgroups is focused on the environment and promoting recycling in our schools and community. **Group members:** Riya Bhatt, Rachel Castle, Vardaan Shah, Ethan Meyer, Tori Cassidy and adult Mentors Ms. Rebholz and Ms. Shah



AQUATIC PROGRAMS

Aquatic Supervisor, Patti Welker (440) 580-3260 ext. 5269

Assistant Aquatic Supervisor, Rececca Oblak, ext. 5270



PLEASE SHOWER BEFORE USING THE AQUATIC CENTER FACILITIES.

*****NO FOOD OR GLASS CONTAINERS PERMITTED IN THE AQUATIC CENTER*****

Swim diapers are required for all non toilet trained children and children prone to potty accidents.

Swim diapers are available for FREE at the front desk and in the aquatic center. For more information on Learn-to-Swim programs, or if your child has any special needs, please contact an Aquatic Supervisor.

YOUTH LEARN-TO-SWIM REGISTRATION SCHEDULE

Begins Tuesday - November 19	Ehrnfelt Rec. Center Members
Tuesday - November 26	Residents* & Members
Wednesday - November 27	Open/On-line Registration

***Must show proof of residency (ex: utility bill)**

Please see guidelines for program registration.

Aquatic Center Age Guidelines

- Children under the age of 4, or those wearing a coast guard approved life jacket, must be within arms reach of an adult, 18 years or older in a swimsuit at all times.
- Children 4 years of age and older may not use the locker room of the opposite sex. Please use the Family Changing Room.
- Children 6 years of age and under must be in visual contact of an adult, 18 years or older at all times.
- Children under the age of 12 must have an adult, 18 years or older in the aquatic center at all times unless participating in an aquatic program.

THE AQUATIC CENTER SPECIAL HOURS

Wednesday, Jan. 1	CLOSED	New Year's Day
Wednesday, Jan. 8	CLOSED at 5:00pm	High School Swim Meet
Wednesday, Jan. 15	CLOSED at 4:30pm	High School Swim Meet
Friday, Jan. 24	CLOSE at 4:30pm	High School Swim Meet
Saturday, April 11	CLOSED at 4:30pm	Easter Eve
Sunday, April 12	CLOSED	Easter

The Pools, Steam Room, Sauna and Spa will be closed during Swim Meets.

ALTERNATIVE SWIM WEAR

For the safety, health and welfare of all members and patrons, proper swim attire is required. Proper swim attire is required when using all of the pools, steam room, sauna and spa in the Aquatic Center, including participation in Learn-to-Swim classes. **The following are prohibited: 1. Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts. 2. Clothing worn for workout or other purposes prior to using the Aquatic Center.** Questions concerning proper swim-wear should be addressed with the Aquatic Center personnel.

LEARN TO SWIM REGISTRATION AND POLICIES

REGISTRATION INFORMATION

Individuals may enroll in any open class listed in the bulletin. *If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, on the first day of class, so they can better work with your child.*

AQUATIC WAIT LIST

If the class is full, you may ask the front desk staff to add your name to the waiting list. The main purpose of the wait list book is to determine if there is a need to add additional classes. On occasion if there are openings in classes, or if we have the ability to add additional instructors, we will call those who have their name in the wait list book.

- Having a name on the wait list does not guarantee that you will receive a phone call or a spot in a class.
- It is your responsibility to call the front desk at the end of a session to see if any spots have opened up. Many times children are transferred to other classes or decide not to take a class which results in spots becoming available. The aquatic supervisors will not check the wait list book until a few days before the start of a new session with the intent of trying to fill spots that are still open.
- Please be aware that when phone calls are made to those on the wait list, registration is on a first come basis no matter what number you are on the wait list. This is only a courtesy call letting you know that at that particular time, there are openings in the class if you still wish to sign up. It does not mean that a spot is being held for you and the spot(s) may be filled by the time you call back.

HOLDS

A Hold spot is a roster spot reserved for a student in the previous Learn to Swim session within a season. These spots become open to the public after the current session is completed. There are no Hold Spots for those enrolled in Winter classes who wish to enroll in a Spring/Summer class, Spring/Summer to Fall, or Fall to Winter. There will be several Hold spots for each class, preschool and Level 1-7 during a session.

A Hold cannot be filled until the class from the previous session has been completed.

A Hold spot will be reserved for those enrolled in a previous session until the last day of class at which time they will be open to the public. Each student must provide an Ehrnfelt Recreation Skill Sheet with the date/time and instructor's name from the last class enrolled in to register for a Hold spot.

LEARN-TO-SWIM RULES

Swim Participants and their parents must adhere to the rules of the Aquatic Center and the following rules specific to Learn-to-Swim.

THE PIRATE SHIP AREA WILL BE CLOSED DURING ALL LEARN-TO-SWIM CLASSES.

In order to provide an environment free of any potential distractions, with the exception of preschool classes, **parents are required to stay behind the orange cones, and not sit directly in front of the classes in progress.** Parents may observe classes from the vending area, or behind the cones.

Spectators may choose to be barefoot or wear sandals (flip flops) on the deck. **No street sandals, shoes, or boots** are permitted for safety and sanitary reasons. Your cooperation in this is appreciated.

YOUTH LEARN-TO-SWIM INFORMATION

(Ages 6 months to 5 years old)

LEVEL	REQUIREMENTS	SKILLS TAUGHT
Parent/Infant 6-15 Months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
Parent/Toddler 15-36 Months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
Parent/Youth 3-5 Years	Ages: 3-5 Parent must accompany child in the water	A continuation of Parent/Toddler: The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
Preschool Advanced (All children will be water tested during the first class. If child is unable to perform the required skills, they will be transferred to the appropriate class with a parent in the water.)	Ages: 3-5 years Parent does NOT accompany child in the water. Child must be comfortable with face in the water, float unsupported on front and back and swim a distance of 5 feet unsupported.	Child must be comfortable in chest deep water, and able to swim on front and back unsupported. Child will learn to swim more comfortably by his/herself. Possible progression through level 1 and 2 of the ERC Learn-to-Swim program.

YOUTH LEARN-TO-SWIM INFORMATION

(Level One to Level Seven - Ages: 5 & Over)

LEVEL	REQUIREMENTS	SKILL TAUGHT
LEVEL ONE: Intro to Water Skills	Age 5 years or older - no experience needed.	Orient participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
LEVEL TWO: Fundamental Water Skills	Passed Level One, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
LEVEL THREE: Refined Water Skills	Passed Level Two, or 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and Breaststroke kick, and Elementary Backstroke. Basic water safety will be integrated into this course.
LEVEL FOUR A: Stroke Development	Passed Level Three, or can tread water or float for 30 seconds. Able to swim front and back crawl 25 yards and Elementary Backstroke 15 yards.	This class builds on skills learned in Level Three and introduces open turns, Butterfly and Sidestroke. Safe diving practices and water safety will be integrated into the course.
LEVEL FOUR B: Stroke Improvement	Passed Level 4A or can do 25 yards of front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for one minute.	Perfect Front and Back Crawl, Elementary Backstroke and Breaststroke. Complete Sidestroke and Butterfly. Continue to build water safety skills.
LEVEL FIVE: Stroke Refinement	Passed Level 4B or can do 25 yards of front crawl, back crawl, elementary backstroke, breaststroke, side stroke, dive deep water bobs, and 1.5 minutes treading water.	Alternate breathing, flip turns, swimming underwater and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting Butterfly and Sidestroke with proficiency of 25 yards.
LEVEL SIX: (ages 8 & older) Fit Swim or Personal Water Safety	Passed Level Five, or be able to swim Front and Back Crawl 50 yards. Elementary Backstroke, Breaststroke, Sidestroke and Butterfly for at least 25 yards. Perform shallow dive from pool side, demonstrate flip turns on front and back, tread water for 5 minutes and swim underwater for 15 yards *Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.	The objective of this course is to refine all water skills learned to swim with ease, efficiency, power and smoothness over greater distances. A 12 minute swim will be performed by end of session. The Personal Water Safety Class adds additional survival skills and self-rescue techniques while clothed and with lifejackets. Basic safety rules for open water and for boating.
LEVEL SEVEN: Endurance Training	Swimmer must be able to perform the competitive strokes appropriate for his/her age group according to USA Swimming and be able to swim 100 yards continuously.	This program is designed to build your endurance, especially for those who do not swim on a year round competitive swim team. Starts and turns for each competitive stroke will also be taught.

LEARN-TO-SWIM LESSONS

(For Learn-to-Swim Registration information see page 10)

For more information on Learn-to-Swim programs, or if your child has any special needs, please contact Patti Welker.

PARENT/INFANT (6-15 mos.) (Parent in Water)**Ages: 6 - 15 months****Class Limit: Based on instructor availability and pool space.****Weekend Classes**

Saturday	1/18-3/7	9:00-10:00am
Saturday	1/18-3/7	9:30-10:00am
Saturday	3/28-5/16*	9:00-10:00am (7 Classes)
Saturday	3/28-5/16*	9:30-10:00am (7 Classes)

Fees:

	7 Classes	8 Classes
Members	\$32	\$36
Non-Members/Residents	\$42	\$48
Non-Members/Non-Residents	\$53	\$60

*** No Class 4/11****PARENT/TODDLER (15-36 mos.) (Parent in Water)****Ages: 15 - 36 months****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/14-2/6	6:20-6:50pm
Tuesday & Thursday	2/11-3/5	6:20-6:50pm
Tuesday & Thursday	3/31-4/23	6:20-6:50pm
Tuesday & Thursday	4/28-5/21	6:20-6:50pm

Weekend Classes

Saturday	1/18-3/7	9:00-9:30am
Saturday	1/18-3/7	12:05-12:35pm
Saturday	3/28-5/16*	9:00-9:30am (7 Classes)
Saturday	3/28-5/16*	12:05-12:35pm (7 Classes)

No Class 4/11*Fees:**

	7 Classes	8 Classes
Members	\$32	\$36
Non-Members/Residents	\$42	\$48
Non-Members/Non-Residents	\$53	\$60

PARENT/YOUTH (3 to 5 years) (Parent in Water)**Ages: 3-5 years****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/14-2/6	5:40-6:10pm
Tuesday & Thursday	2/11-3/5	5:40-6:10pm
Tuesday & Thursday	3/31-4/23	5:40-6:10pm
Tuesday & Thursday	4/28-5/21	5:40-6:10pm

Weekend Classes

Saturday	1/18-3/7	9:00-9:30am
Saturday	1/18-3/7	9:30-10:00am
Saturday	1/18-3/7	12:05-12:35pm
Saturday	3/28-5/16*	9:00-9:30am (7 Classes)
Saturday	3/28-5/16*	9:30-10:00am (7 Classes)
Saturday	3/28-5/16*	12:05-12:35pm (7 Classes)

No Class 4/11*Fees:**

	7 Classes	8 Classes
Members	\$32	\$36
Non-Members/Residents	\$42	\$48
Non-Members/Non-Residents	\$53	\$60

PRESCHOOL ADVANCED (3-5 years Without Parents)**• Must have passed Parent/Youth at ERC or be tested prior to signing up for this class.****Ages: 3 -5 years****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/14-2/6	5:00-5:30pm
Tuesday & Thursday	2/11-3/5	5:00-5:30pm
Tuesday & Thursday	3/31-4/23	5:00-5:30pm
Tuesday & Thursday	4/28-5/21	5:00-5:30pm

Weekend Classes

Saturday	1/18-3/7	9:30-10:00am
Saturday	1/18-3/7	12:05-12:35pm
Saturday	3/28-5/16*	9:30-10:00am (7 Classes)
Saturday	3/28-5/16*	12:05-12:35pm (7 Classes)

No Class 4/11*Fees:**

	7 Classes	8 Classes
Members	\$32	\$36
Non-Members/Residents	\$42	\$48
Non-Members/Non-Residents	\$53	\$60

**After Class
Check out the***Crossroads Cafe***Monday-Friday, 11am - 1pm
Located on the Avenue**

LEARN-TO-SWIM LESSONS (cont.)

LEVEL 1-INTRO TO WATER SKILLS (No previous swimming experience is necessary.)

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	1/14-2/6	5:30-6:20pm
Tuesday & Thursday	1/14-2/6	6:30-7:20pm
Tuesday & Thursday	2/11-3/5	5:30-6:20pm
Tuesday & Thursday	2/11-3/5	6:30-7:20pm
Tuesday & Thursday	3/31-4/23	5:30-6:20pm
Tuesday & Thursday	3/31-4/23	6:30-7:20pm
Tuesday & Thursday	4/28-5/21	5:30-6:20pm
Tuesday & Thursday	4/28-5/21	6:30-7:20pm

Weekend Classes

Saturday	1/18-3/7	10:10-11:00am
Saturday	1/18-3/7	11:10am-12:00pm
Saturday	3/28-5/16*	10:10-11:00am (7 Classes)
Saturday	3/28-5/16*	11:10am-12:00pm (7 Classes)

***No Class 4/11**

Fees:

	7 Classes	8 Classes
Members	\$46	\$52
Non-Members/Residents	\$56	\$64
Non-Members/Non-Residents	\$67	\$76

LEVEL 2 – FUNDAMENTAL WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	1/14-2/6	5:30-6:20pm
Tuesday & Thursday	1/14-2/6	6:30-7:20pm
Tuesday & Thursday	2/11-3/5	5:30-6:20pm
Tuesday & Thursday	2/11-3/5	6:30-7:20pm
Tuesday & Thursday	3/31-4/23	5:30-6:20pm
Tuesday & Thursday	3/31-4/23	6:30-7:20pm
Tuesday & Thursday	4/28-5/21	5:30-6:20pm
Tuesday & Thursday	4/28-5/21	6:30-7:20pm

Weekend Classes

Saturday	1/18-3/7	10:10-11:00am
Saturday	1/18-3/7	11:10am-12:00pm
Saturday	3/28-5/16*	10:10-11:00am (7 Classes)
Saturday	3/28-5/16*	11:10am-12:00pm (7 Classes)

***No Class 4/11**

Fees:

	7 Classes	8 Classes
Members	\$46	\$52
Non-Members/Residents	\$56	\$64
Non-Members/Non-Residents	\$67	\$76

LEVEL 3 – REFINED WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	1/14-2/6	5:30-6:20pm
Tuesday & Thursday	1/14-2/6	6:30-7:20pm
Tuesday & Thursday	2/11-3/5	5:30-6:20pm
Tuesday & Thursday	2/11-3/5	6:30-7:20pm
Tuesday & Thursday	3/31-4/23	5:30-6:20pm
Tuesday & Thursday	3/31-4/23	6:30-7:20pm
Tuesday & Thursday	4/28-5/21	5:30-6:20pm
Tuesday & Thursday	4/28-5/21	6:30-7:20pm

Weekend Classes

Saturday	1/18-3/7	10:10-11:00am
Saturday	1/18-3/7	11:10am-12:00pm
Saturday	3/28-5/16*	10:10-11:00am (7 Classes)
Saturday	3/28-5/16*	11:10am-12:00pm (7 Classes)

***No Class 4/11**

Fees:

	7 Classes	8 Classes
Members	\$46	\$52
Non-Members/Residents	\$56	\$64
Non-Members/Non-Residents	\$67	\$76

PRIVATE SWIM LESSONS

Private swim lessons are available to anyone. Please contact Patti Welker x5269 to sign up for lessons. Lessons are scheduled based on the availability of instructors. Private lessons are not taught during our regularly scheduled Learn-to-Swim classes. Additional information, including fees, is available at the front desk. Private lesson packages are good for 6 months from the date of purchase.



LEARN-TO-SWIM LESSONS (cont.)**LEVEL 4A - STROKE DEVELOPMENT****Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/14-2/6	5:30-6:20pm
Tuesday & Thursday	2/11-3/5	5:30-6:20pm
Tuesday & Thursday	3/31-4/23	6:30-7:20pm
Tuesday & Thursday	4/28-5/21	5:30-6:20pm

Fees:

Members
Non-Members/Residents
Non-Members/Non-Residents

8 Classes

\$52
\$64
\$76

LEVEL 4B - STROKE IMPROVEMENT**Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/14-2/6	5:30-6:20pm
Tuesday & Thursday	2/11-3/5	5:30-6:20pm
Tuesday & Thursday	3/31-4/23	5:30-6:20pm
Tuesday & Thursday	4/28-5/21	6:30-7:20pm

Fees:

Members
Non-Members/Residents
Non-Members/Non-Residents

8 Classes

\$52
\$64
\$76

LEVEL 5 - STROKE REFINEMENT**Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/14-2/6	6:30-7:20pm
Tuesday & Thursday	2/11-3/5	6:30-7:20pm
Tuesday & Thursday	3/31-4/23	5:30-6:20pm

Fees:

Members
Non-Members/Residents
Non-Members/Non-Residents

8 Classes

\$52
\$64
\$76

LEVEL 7 - ENDURANCE TRAINING**Ages: 8 & older****Class Limit: Based on instructor availability and pool space.**

Work on perfecting skills along with how to use those skills in achieving a higher level of fitness. This class will work on both competitive and non-competitive strokes along with endurance training.

Evening Classes

Tuesday & Thursday	1/14-2/6	6:30-7:20pm
Tuesday & Thursday	2/11-3/5	6:30-7:20pm
Tuesday & Thursday	3/31-4/23	6:30-7:20pm

Fees:

Members
Non-Members/Residents
Non-Members/Non-Residents

8 Classes

\$52
\$64
\$76

SPECIALTY AQUATIC PROGRAMS**DIVING****Ages: 8 & older****Class Limit: 8 per instructor**

Participants will learn basic elements of diving from the deck and from the springboard. Those whom have progressed beyond basic diving skills and are ready for more advanced skills will be introduced to intermediate diving skills and the high dive.

Weekend Classes - Beginner/Intermediate

Saturday Beginner	1/18-3/7	11:10am-12:00pm
Saturday Intermediate	1/18-3/7	12:10-1:00pm
Saturday Beginner	3/28-5/16*	11:10am-12:00pm (7 Classes)
Saturday Intermediate	3/28-5/16*	12:10-1:00pm (7 Classes)

No Class 4/11*Fees:****7 Classes****8 Classes**

Members	\$57	\$65
Non-Members/Residents	\$67	\$75
Non-Members/Non-Residents	\$77	\$85

ADULT SWIM LESSONS**Ages: 12 & older**

Tuesday Advanced Beginner	1/14-3/3	7:30-8:20pm
Thursday Beginner	1/16-3/5	7:30-8:20pm
Tuesday Advanced Beginner	3/31-5/19	7:30-8:20pm
Thursday Beginner	4/2-5/21	7:30-8:20pm

Fees:**8 Classes**

Members	\$85
Non-Members/Residents	\$95
Non-Members/Non-Residents	\$105

LIFEGUARD/WSI TRAINING PROGRAMS**AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING****Ages: 15 & over****Class Limit: 9**

Candidates will learn the skills necessary to prevent and respond to aquatic emergencies, First Aid, CPR/PR and AED included. This class is a blended home internet and classroom learning experience.

Prerequisites:

- Students must be 15 years old by the completion of class.
- Have access to the internet from home.
- Must bring proof of age to first class (driver's license or birth certificate).
- Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yards of breaststroke, and 100 yards of either front crawl or breaststroke.
- A timed 20 yard, back and forth swim, with surface dive to retrieve a 10 lb. brick from a depth of 7-10 feet.

IMPORTANT: Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins. **STUDENTS ARE EXPECTED TO**

ATTEND ALL CLASSES. If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time.

*2017 edition of the Lifeguarding Manual can be downloaded for free at

<http://www.redcross.org/participantmaterials> or purchased at the front desk for \$35 prior to the first class meeting.

Sundays 1/12-2/9 9:00am-3:00pm

• CPR Sunday 1/26 from 9:00am-3:00pm. You must attend this class to pass, there will be no make-ups.

Monday and Wednesdays 3/30-4/15 6:00-9:00pm

• CPR Monday 4/6 from 6:00-9:00pm. You must attend this class to pass, there will be no make-ups.

Fees:

Members	\$96
Non-Members/Residents	\$110
Non-Members/Non-Residents	\$120

LIFEGUARD/WSI TRAINING PROGRAMS (cont.)

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR

Ages: 16 & over**Class Limit: 15**

American Red Cross class designed to teach students how to instruct Learn-to-swim classes. Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by end of course), ATTEND ALL CLASSES and pass a written exam. Proof of minimum age required at first class (driver's license or birth certificate).

Participant materials picked up at front desk at time of registration.

• WSI Manual and Swimming and Diving can be downloaded after registering for the class or purchased at www.redcrossstore.org. These 2 reference books are required for the class.

Sundays	2/16-3/15	9:00 am-5:00 pm
Monday & Wednesday	4/20-5/13	6:00-9:30pm

Fees:	Members	\$96
	Non-Members/Residents	\$110
	Non-Members/Non-Residents	\$120

AMERICAN RED CROSS LIFEGUARD REVIEW

This class is designed for current ARC Lifeguards to renew their certification before it expires. Individuals are expected to know the material and will be tested on the following: water rescue skills, CPR skills, and written tests. Please bring a copy of your current Lifeguard certificate, Lifeguarding textbook and your pocket mask with you to class. This recertification is good for 2 years and includes Lifeguard, CPR, AED and First-aid.

Sunday	5/17	9:00am-5:00pm
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Fees:	Members	\$96
	Non-Members/Residents	\$110
	Non-Members/Non-Residents	\$120

AQUATIC EXERCISE

ROM (RANGE OF MOTION) PROGRAM PASS

This pass is good for any ROM water exercise class offered during 2020. Passes must be used during the year purchased unused punches will expire on 12/31/2020.

Using Your ROM Pass

- The pass expires on December 31, 2020.
- Your instructor will keep the passes on file after purchase.
- There are NO refunds for lost or stolen passes.
- Passes are non-transferable & non-refundable.
- No refunds on unused classes.
- Drop-ins are permitted for any class at the Drop-in rate.

Fees:	5 Classes	10 Classes	15 Classes	20 Classes
Members	\$14	\$27	\$39	\$50
Non-Members/Residents	\$20	\$39	\$57	\$74
Non-Members/Non-Residents	\$25	\$49	\$72	\$94

Drop-in fees	Members	\$6 per class
	Non-Members	\$7 per class

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

Individuals will use gentle movements to help increase range of motion head to toe while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or those with joint or muscle related illness.

Daytime Classes	Class Limit: 30
Monday	1/6-5/18* 10:30-11:20am 16 Classes
Tuesday & Thursday	1/7-5/21* 10:45-11:35am 38 Classes

***No Class 1/20, 2/17, 3/23, 3/24, 3/26 & 4/13**

Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.

AQUATIC EXERCISE (cont.)

SHALLOW AND DEEP WATER EXERCISE PROGRAM PASS

The Shallow and Deep Water Exercise Pass is good for any day or evening water exercise class offered through 2020. You may purchase a pass anytime during the year, but any unused punches will expire without refund on 12/31/2020.

Using Water Exercise Pass

- Pass good for SWAP, Total Immersion, & Aqua Danza, Burdenko Method and Deep Water Running.
- The pass expires on December 31st, 2020.
- Pass must be purchased at the front desk prior to attending class.
- The front desk will give you a numbered ticket to be given to the instructor.
- Passes are non-transferable & non-refundable.
- There are no refunds for lost or stolen passes.
- Drop-ins are still permitted for any class at the Drop-in rate.
- No Refunds on unused classes.

Fees:	5 Classes	10 Classes	15 Classes	20 Classes	30 Classes
Members	\$25	\$48	\$69	\$88	\$126
Non-Members/Residents	\$35	\$68	\$99	\$128	\$186
Non-Members/Non-Residents	\$41	\$80	\$117	\$152	\$222
Drop-in fees	Members	\$10			
	Non-Members	\$12			

SWAP (SHALLOW WATER AEROBICS PROGRAM)

SWAP out your traditional aerobics class for this total body water workout. A little bit of everything ... you'll build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua barbells provided.

Ages: 15 & older**Class Limit: 30****Daytime Classes**

Monday, Wednesday & Friday	1/6-5/22*	9:15-10:05am	53 Classes
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***No Class 1/20, 2/17, 3/23, 3/25, 3/27, 4/10 & 4/13**

NO EVENING SHALLOW WATER CLASSES OFFERED

Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.

TOTAL IMMERSION-DEEP WATER WORKOUT

If you are looking for both a cardio and strengthening class that is totally non-impact, then this is the class for you! No swimming experience is required – a flotation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp, and general water exercise set to fun, motivating music. Aqua barbells, noodles, and floatation belts are all provided. Come join us in this fast-paced, invigorating, “wet fat-burning” lab!

Ages: 15 & older**Class Limit: 15****Daytime Classes**

Monday, Wednesday & Friday	1/6-5/22*	10:15-11:05am	53 Classes
Tuesday & Thursday	1/7-5/21*	10:45-11:35am	38 Classes

***No Class 1/20, 2/17, 3/23, 3/24, 3/25, 3/26, 3/27, 4/10 & 4/13**

Evening Classes

Tuesday & Thursday	1/7-5/21*	7:30-8:20pm	38 Classes
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***No class 3/24 & 3/26**

Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.

AGUA DANZA! SHALLOW WATER CLASS

Ages: 15 & older**Class Limit: 30**

Jump into this upbeat tempo, easy-to-follow, calorie burning, dance fitness, that makes working out a splash. Agua Danza is a low intensity water/dance exercise class held in the activity pool.

Daytime Classes

Tuesday	1/7-5/19*	11:45am-12:35pm	19 Classes
Thursday	1/9-5/21*	9:45-10:35am	19 Classes

***No class 3/24 & 3/26**

Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.

AQUATIC EXERCISE (cont.)**BURDENKO METHOD****SERIES-INTEGRATED MOVEMENT CLASS**

Harness the incredible healing power of water! The reduction in gravity allows the body to move freely, restores range of motion, improves posture and body mechanics, reduces stress and pain, and improves self-awareness and mental well-being. Be prepared to get your entire body (including hair) wet.

Ages: 15 & older**Class Limit: 15****Daytime Classes**

Tuesday & Thursday 1/7-5/21* 11:45-12:35pm 38 Classes

***No Class 3/24 & 3/26**

Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session

AQUATIC EXERCISE (cont.)**DEEP WATER RUNNING**

An excellent cardiovascular and strength workout in the lap pool. All the benefits of running without impact on joints. A group leader will motivate participants, demonstrate proper technique and proper form.

Ages: 15 & older**Class Limit: 15****Weekend Session**

Saturday 1/18-5/16* 9:00-10:00am 17 Sessions

No Class 4/11*2020 STRONGSVILLE RECREATION SWIM TEAM**

The Strongsville Sea Monkeys recreational swim team is a summer only program and an excellent opportunity to introduce swimmers to the world of competitive swimming. The team, as a member of the Strongsville Swim League (SSL), will compete against homeowner association pools in the city of Strongsville.

Sea Monkey Family Picnic/Green-White Meet Sunday, June 7th-3:00pm

Practice begins Tuesday, May 26, 2020 and the season concludes with the SSL Championship meet on Saturday, July 18, 2020.

New parents are required to attend the Parents' Meeting on Wednesday, May 13 at 7:00 p.m. and to volunteer during the season.

For more information, contact the Assistant Aquatic Supervisor, Becky Oblak 440-580-3260 ext. 5270.

Eligibility: The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/20 or graduating high school senior. To participate, swimmers may not be members of a homeowners association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle and backstroke on the first day of practice in order to participate. If you question your child's swimming ability, you may want to consider signing up for group or private lessons this winter.

Practice Schedule: 5/26-5/29 Monday – Friday 5:00-8:00 pm
6/1-7/17 Monday-Friday 7:00-10:00 am

Meets: Tuesdays & Thursdays evenings

EACH CHILD WILL BE ASSIGNED BY AGE GROUP TO A 1 HOUR PRACTICE TIME

Fees: Members \$160
Residents/Non-Members \$190

(Includes cost of Champs t-shirt – team suits can be purchased at the Spirit Shop)

Families receive a \$10 discount for each additional child on the swim team.

**FITNESS UNLIMITED COMBO PASS**

One year commitment contract and monthly EFT. Includes all Group Cycle, Group Ex, Yoga, Pilates, Barre, Zumba, all other land exercise classes and all aquatic exercise classes (exception ROM Shallow Water).

- **1year commitment and contract required.** • **No Enrollment Fee!**
- **Once you are in prices can never go up for you.**
 - \$33/month for members
 - \$43/month for non-member residents
 - \$53/month for non-member non-residents

FITNESS PROGRAMS

Fitness Supervisor, Denise Lengal • (440) 580-3260 ext. 5275



Unlimited CrossFit for as low as \$77/month

Sign up/Register Online or by calling!

(440) 580-3260 • <http://www.strongsville.org/content/CrossFit.asp>

CrossFit is constantly varied, high intensity, functional movement. What that means is that you will be challenged by every workout in a way that will make you more fit, healthier, and stronger than you ever thought possible! Contact us for more information.

TRY CrossFit for free for two weeks, contact Denise.Lengal@strongsville.org or call 440.580.3260, x5275.

MASSAGE CONSISTENCY PASS

New Pricing effective January 1, 2020.

MASSAGES AS LOW AS \$37!

Make time for yourself, indulge in our Massage services! Massage is much more than mere luxury. It is a healing tool. Scientific proof of the benefits of regular massage is undeniable. Benefits range from treating chronic disease and injuries to alleviating stress and tension. Massage therapy will enhance your immune system and improve your circulation. It will soothe, restore, and revitalize overused muscles. Having a massage provides more than relaxation – there are specific physiological and psychological changes which occur. So, why not take the first step toward a healthier, happier you! Make regular massage an affordable part of your healthy lifestyle with our Massage Consistency Pass. Our Licensed Massage Therapists will provide you with the ultimate experience with our 30, 60, or 90 minute sessions. Choose from Swedish, Therapeutic, or Sports massage.

Enroll in our Massage Consistency Pass with monthly EFT. Each month \$44 (plus tax) will be charged to your credit card and you will receive one 60 minute Swedish, Therapeutic or Sports massage for that particular month. Upgrade to a 75 minute Signature Stone Massage or a 90 minute Swedish, Therapeutic, or Sports massage for \$65 (plus tax). Don't worry if you miss your massage for the month, you can roll it over to the following month! Then, buy as many additional massages as you'd like for that month at the unbelievably low cost of \$37 (plus tax) for a 60 minute session or \$57 (plus tax) for the 90 minute session. (The additional massages must be used by the end of the month. They DO NOT roll over.) All massages are transferrable although expiration dates still apply.

One year commitment is required.

- All massages must be used within one year.
- Once you enroll please contact the Fitness Office to schedule your appointments.

NO Enrollment Fee:

First Massage of the month - \$44 (plus tax) for 60 minute session or \$65 for Signature Stone or 90 minute session. *THIS MASSAGE ROLLS OVER TO THE NEXT MONTH IF YOU DO NOT USE IT.*

Additional Massages for the month - \$37 for 60 minute session or \$57 for Signature Stone or 90 minute session. *THESE MASSAGES DO NOT ROLL OVER AND MUST BE USED WITHIN THE MONTH THEY ARE PURCHASED.*

**Contact Denise @ 440-580-3260 x5275 or
denise.lengal@strongsville.org**

MASSAGE THERAPY (no pass)

Prices do not include tax.

SWEDISH MASSAGE

Swedish massage employs five different movements: long gliding strokes, kneading, friction, tapping, and vibration. It is a light pressure massage developed to increase the oxygen flow and release toxins from the muscles.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

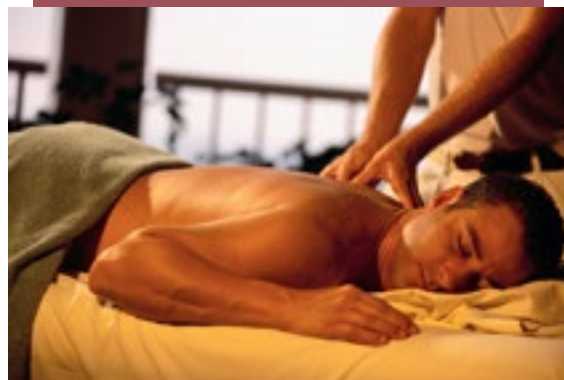
30 minutes	\$38
60 minutes	\$53
90 minutes	\$83

THERAPEUTIC MASSAGE

Therapeutic massage is a deep tissue massage performed with a series of movements and techniques similar to Swedish massage but with more emphasis on pressure to target the deeper tissue structures of the muscle. The therapist works on releasing chronic muscle tension and knots.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

30 minutes	\$40
60 minutes	\$58
90 minutes	\$88



MASSAGE THERAPY (no pass) cont.

SPORTS MASSAGE

Sports Massage is a form of deep tissue massage combined with lighter pressures. It is a more focused massage with applications designed for injury treatment, prevention, and management of primary muscles utilized most during sports and fitness training. Pressure is applied relative to specific muscle soreness. Decreased muscle tension and pain can be expected from ongoing treatments.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

30 minutes	\$40
60 minutes	\$58
90 minutes	\$88

SIGNATURE STONE MASSAGE

Our very own signature massage performed by placing hot and chilled stones at various relaxation and energy points throughout your body while a warm towel is draped over your feet for the ultimate in deep muscle therapy and healing.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

75 minutes	\$90
115 minutes	\$135

GROUP EXERCISE, GROUP CYCLE, YOGA, BARRE, & ZUMBA

GET IN SHAPE AND HAVE FUN DOING IT!!!! Our top notch and cutting edge equipment and instructors provide a customized workout designed to get you healthy and in shape FAST! We offer a variety of every class imaginable to keep you motivated and to keep you moving and grooving.

Member Registration: November 19
Resident Registration: November 26
Open Registration: November 27

GUIDELINES FOR ALL CLASSES

1. Ages 15 & over
2. Please try different classes and don't be intimidated by new programming. We have world class instructors and all our classes include modifications for men & women of all ages and fitness levels.
3. HAVE FUN!

If you have questions regarding the following programs please call Denise at 440-580-3260 ext. 5275. Updated schedules can be found at:
<http://strongsville.org/content/fitness.asp>.

GROUP CYCLE PROGRAM

Start exploring new roads. Indoors. Train with the professionals in our Group Cycle Program. Whether you want to bring your athletic performance to the next level in preparation for a cycling competition, or if you're looking to burn calories and stay in shape, we've got you covered! Our indoor cycling experience will help you reach your goal. Your time is important and you demand an effective workout with reduced impact on your joints. We provide that and more. With no complicated moves to learn, motivating instructors, and music that begs your legs to pedal, getting into the best shape of your life has never been more fun! Group Cycle is for people of all fitness levels. A great workout in just 45 minutes! Give it a try. You'll be glad you did!

Updated Group Cycle Schedules may be found in our Group Cycle room, at the front desk, or at <http://strongsville.org/content/fitness.asp>

NEW participants must be in the Group Cycle Studio area 15 minutes before class time for proper instruction and set up from the instructor.

Introduction to the Group Cycle Program

Want to try a Group Cycle class but feel intimidated by the regulars or the intensity? Learn how to properly set up the bike, check your intensity level and develop proper techniques. **Please call Denise @ 440-580-3260 ext 5275 or denise.lengal@strongsville.org.**

PASS STRUCTURE

UNLIMITED COMBO PASS

One year commitment contract and monthly EFT. Includes all Group Cycle, Group Ex, Yoga, Pilates, Barre, Zumba, all other land exercise classes and all aquatic exercise classes (exception ROM Shallow Water).

- **1 year commitment and contract required.**
 - **No Enrollment Fee!**
 - **Once you are in prices can never go up for you.**
 - \$33/month for members
 - \$43/month for non-member residents
 - \$53/month for non-member non-residents
 - **You may pay a lump sum for the full year at a reduced price.**
 - \$360 members (\$30/month)
 - \$480 non-member residents (\$40/Month)
 - \$600 non-member non-residents (\$50/month)
- 1 year commitment and contract required*

**Now Includes
Water Exercise
Classes!**



YOGA/BARRE/PILATES PASS

Good for unlimited Yoga, Pilates, and Barre!

- **1 year commitment and contract required**
 - **No Enrollment Fee!**
 - **Once you are in prices can never go up for you.**
 - \$22/month for members
 - \$32/month for non-member residents
 - \$42/month for non-member/non-residents
 - **You may pay a lump sum for the full year at a reduced price.**
 - \$240 members (\$20/month)
 - \$348 non-member residents (\$29/Month)
 - \$468 non-member non-residents (\$39/month)
- 1 year commitment and contract required*



Lifestyle Transformation Challenge

Join the **Ehrnfelt Recreation Center** for our Lifestyle Transformation Challenge, designed to give you the tools needed to decrease FAT and increase LEAN MUSCLE and maintain a healthy lifestyle long after the end of this contest. Your packet includes a complete nutrition and exercise program, body fat measurements, and body transformation pictures before and after the contest. Prizes will be awarded to the top three winners based on change in overall aesthetic appearance, decrease in body fat, and increase in muscle mass.

There will be a men's and women's division with prizes for each division.

Plenty of Great Prizes!!

Important Dates in the Lifestyle Transformation Challenge

Event Kick Off/Informational Meeting March 5th @ 7pm

Challenge Starts: March 15th • Challenge Ends: May 24th

Pre-testing: March 8-14th • Post-testing: May 26-31st.

Schedule appointment for testing at the front desk

Fees:	Members	\$40
	Non-Member/Resident	\$45
	<i>\$120 includes pass for use of facility throughout challenge.</i>	
	Non-Members/Non-Residents	\$50
	<i>\$150 includes pass for use of facility throughout challenge.</i>	

PASS STRUCTURE (cont.)**UNLIMITED MONTHLY PASS**

Unlimited 1 month Group Ex, Group Cycle, and MindBody Class Pass expires 1 month from date of purchase, no commitment.

Members	\$55
Non-Member/Residents	\$65
Non-Member/Non-Residents	\$75

TEN CLASS PASS (GOOD FOR GROUP EXERCISE & CYCLE)

(10) Class Pass expires 1 month from date of purchase, no commitment.

Members	\$35
Non-Member/Residents	\$45
Non-Member/Non-Residents	\$55

FIVE CLASS PASS (GOOD FOR GROUP EXERCISE & CYCLE)

(5) Class Pass expires 1 month from date of purchase, no commitment.

Members	\$25
Non-Member/Residents	\$30
Non-Member/Non-Residents	\$35

Drop In Fees: **Member \$8** **Non-Member \$10**

Try a Class Pass! Are you new to our Group Exercise program? Get a Try a Class Pass for your free trial of classes of your choice. Sign up for this pass at the Front Desk. (Restrictions apply. Limited to those participants who have **NOT** purchased a Group Exercise pass in the past.)

ZUMBA PASS (AEROBIC STUDIO)

Group Exercise Pass may now be used!

Join Julie Zamski and Melissa Thomas-Edington, Radio City Rockette, as they rock on to our famed Zumba classes! Ditch the workout and join the party with this Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. **LIVE IT!** (60 min. class)

Zumba punch cards can be purchased at any time and will expire 3 months from the date of purchase. You may use the punch card to attend Tuesday 7pm, Wednesday 5:30pm class or our Saturday 8:15am class! Once you get your punch card please bring them with you every time. Stop at the desk to get it punched. Passes will only be good for Land Zumba and do not include Aqua-Zumba.

Ages: 15 & over

Fees:

5 Pass Card	\$20.00 (\$4.00 per class)
10 Pass Card	\$35.00 (\$3.50 per class)
20 Pass Card	\$60.00 (\$3.00 per class)
Drop-in Classes	\$6.00

(Passes expires 3 months from date of purchase & is good for both Wednesday 5:30pm and Saturday 8:15am classes)

**HEALTH ASSESSMENT AND PEAK PERFORMANCE****PERSONAL TRAINING**

Strongsville Recreation's degreed and/or certified personal trainers have the experience and tools to motivate and challenge you to reach all your goals and break through plateaus!!! Whether your goals are weight loss, feel better, sports conditioning, or just plain aesthetics, your trainer will deliver first class knowledge and creativity to make exercising fun and efficient. Our trainers have worked with all fitness levels from the novice exerciser to the elite athlete. All sessions below are one hour in duration.

One Session:

Members	\$43
Non-Member/Residents	\$48
Non-Member/Non-Residents	\$53

Five Sessions:

Members	\$200
Non-Member/Residents	\$215
Non-Member/Non-Residents	\$225

Ten Sessions:

Members	\$375
Non-Member/Residents	\$400
Non-Member/Non-Residents	\$415

If you are interested in 2 person or team training please contact Denise Lengal, Fitness Supervisor, for more details on how you and your crew can train together!!!!

All Ehrnfelt Recreation Center Personal Trainers have been employed based on their extensive qualifications, therefore only Ehrnfelt Recreation Center Personal Trainers can be utilized in this facility. Any other personal training is prohibited in the Ehrnfelt Recreation Center.



CLASS	DESCRIPTION	BENEFITS
Barre COREture	Where ballet barre meets Yoga and Pilates. Emphasis on the importance of form and alignment while performing low-weight, high rep exercises to sculpt muscles.	Sculpts and Shapes Muscles
Body Max	Barbells will be used with varying weights for this full body workout.	Weight Loss, Strength Training
Cardio Blast	All your favorite cardio techniques combined for a different workout every day	Weight Loss, Strength Training
Fusion	The perfect mix of Pilates, Yoga, and Barre. Focus on core strength, flexibility, and total body conditioning.	Flexibility, Core Strength
ICE	Intense Crazy Exercise!!!	Fat Burn, Improve Strength
Iron Circuit	The Best of TRX & KETTLEBELL for utter obliteration and muscle development!	Full Body Strength Training
Kettlebell	Russian Kettlebell training, do we need to say any more!!!!	Increased Strength
LIFT!	Intergrative Fitness Training. Increase your strength & power and improve the way your body functions and feels. Elevate all 7 components of total fitness. (50 min. class)	Balanced Strength, Fitness & Function
PowerHour	Get Fit through fun, challenging, ever changing cardio & strength techniques. (Kettlebell, Kickboxing...who knows what else?)	Boost Metabolism, Total Fitness
Pure Strength	Efficient, effective total body strength training. (45 min. class)	Total Strength Training
Tighten & Tone	This dynamic workout is easy on the joints without compromising intensity. Strengthen and sculpt your muscles with this easy to follow workout. All levels welcome.	Strengthen Without Impact
Simply Sculpt	A total body strength training workout utilizing bands, weights, & body weight.	Muscle Definition, Toning
HIIT	High Intensity Interval Training is a proven technique that optimizes results by pushing you through your limitations.	Weight Loss, Burn Fat
Muscle/Core	This strength based workout will create a firm, strong body, attack the core, and boost your metabolism.	Boost Metabolism, Tone and Increase Strength
TRX	The ultimate in cutting edge training while suspended with our TRX system for complete body training in every plane.	Full Body Strength Training
Pilates	Traditional mat Pilates and functional training with resistance balls & flex bands. A workout that will tone, define, & sculpt the entire body.	Muscle Definition, Increased Core Function
YogaFlow	Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!	Increased Flexibility
YogaStrength	Intermediate-Advanced practice. (For those who've taken at least 8 previous yoga classes.)	Increased Flexibility & Strength
Zumba	Ditch the workout and join the party with this Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. (60 min. class)	Increased Flexibility & Strength



Denise Lengal, Fitness Supervisor
denise.lengal@strongsville.org

FITNESS OFFICE: 440.580.3260 EXT. 5275

GROUP EXERCISE**GROUP CYCLE — GROUP CYCLE STUDIO CLASS SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)**

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	Spin Studio		Juan		Juan			
6:00 am	Spin Studio			Cassie				
7:45 am	Spin Studio	Cliff		Cliff		Cliff		
8:30 am	Spin Studio	Tami	Jenny		Jenny		Rotation	
9:00 am	Spin Studio			Rene				
9:30 am	Spin Studio	Karen	Jenny		Jenny	Jenny	Rotation	Rotation
12:00 pm	Spin Studio							
4:30 pm	Spin Studio			Cliff				
5:30 pm	Spin Studio	Rene		Cliff		Cliff		
6:30 pm	Spin Studio	Rene	Pam		Karen			

GROUP EXERCISE — GROUP EXERCISE STUDIO SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	Group Exercise Studio	HIIT - Abby		TRX - Abby	TRX - Amanda			
6:00 am	Group Exercise Studio	Pilates - Abby			Tighten & Tone - Amanda			
8:15 am	Group Exercise Studio						Zumba - Melissa	
8:30 am	Group Exercise Studio			Pure Strength - Abby	LIFT! - Pam			
9:30 am	Group Exercise Studio	Cardio Blast - Marissa	PowerHour - Marissa	Cardio Blast - Abby	PowerHour - Tami	Kettlebell - Abby	Iron Circuit - Abby	
10:30 am	Group Exercise Studio							Power Hour - Tami
10:35 am	Group Exercise Studio	Simply Sculpt - Marissa	Pilates - Kellie	TRXtreme - Marissa	Pilates - Tami	Muscle/Core - Marissa	BodyMax - Karen	
11:30 am	Group Exercise Studio							
12:00 pm	Group Exercise Studio	Boot Camp - Marissa		Iron Circuit - Pamela		Kickboxing - Marissa		
5:30 pm	Group Exercise Studio	BodyMax - Karen		Zumba - Melissa	BodyMax - Karen			
6:00 pm	Group Exercise Studio		ICE - Lisa					
6:35 pm	Group Exercise Studio	HIIT - Karen		PowerHour - Marissa	ICE - Stephanie			
7:00 pm	Group Exercise Studio		Zumba - Julie					
7:35 pm	Group Exercise Studio	BarreCore - Tami						

**All classes and/or instructors are subject to change without notice.
For the most up to date schedule please check out our website at
www.strongsville.org/content/fitness.asp**



GROUP EXERCISE

GROUP EXERCISE — MIND/BODY STUDIO SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Mind/Body Studio			Pilates - Abby	Pilates - Pam			
8:30 am	Mind/Body Studio	Yoga Strength - Meghan						
8:35 am	Mind/Body Studio					BarreCORE - Abby		
9:15 am	Mind/Body Studio							
9:30 am	Mind/Body Studio	BarreCORE - Kellie	Yoga Flow - Meghan	Yoga Flow - Cristen	Yoga Flow		Yoga Flow - Tiffany	Yoga Flow - Jessica
9:35 am	Mind/Body Studio					Yoga Flow - Kellie		
10:30 am	Mind/Body Studio							
10:35 am	Mind/Body Studio						BarreCORE - Abby	
12:00 pm	Mind/Body Studio							
5:30 pm	Mind/Body Studio	Pilates - Barbara		Pilates - Barbara				
7:00 pm	Mind/Body Studio		Fusion - Lisa	Yoga Flow - Meghan				

CROSSFIT SCHEDULE

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6:30 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
7:30 am	CrossFit Box		Crossfit					
8:30 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
9:30 am	CrossFit Box	Crossfit		Crossfit	Crossfit	Crossfit	Crossfit	
10:30 am	CrossFit Box							
5:30 pm	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6:30 pm	CrossFit Box	Crossfit		Crossfit	Crossfit			

All classes and/or instructors are subject to change without notice.
For the most up to date schedule please check out our website at
www.strongsville.org/content/fitness.asp





CrossFit



Group Ex



MindBody



Group Cycle



HEALTH ASSESSMENT AND PEAK PERFORMANCE (cont.)

NUTRITIONAL CONSULT

Good nutrition improves wellbeing. This invaluable, sixty to ninety minute consult is designed to reach those in need of direction regarding their nutritional habits and diet. Whether you are looking to improve your weight, cholesterol levels, blood pressure, sports performance, or manage diabetes, our Registered and Licensed Dietitian, Angel Bobula, will help you elevate your health and the quality of your life through better nutrition and an improved diet. This private, personalized consultation includes an overview of your nutritional habits with your specific goals in mind.

Times and Dates: Sign up at the front desk and you will receive a call to set up your individual and personalized appointment.

Fees:	Members	\$65
	Non-Member/Residents	\$70
	Non-Member/Non-Residents	\$75

NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation with 2 follow up consultations.

Times and Dates: Sign up at the front desk and you will receive a call to set up your individual and personalized appointment.

Fees:	Members	\$150
	Non-Member/Residents	\$165
	Non-Member/Non-Residents	\$175

ASSESSMENTS

One of our personal trainers will measure and assess your resting heart rate, blood pressure, body fat, waist to hip ratio, cardiovascular endurance, muscular strength, muscular endurance, and flexibility. (1 hour) **Please Register at Front Desk**

Fees:	Members	\$15
	Non-Member Residents	\$50
	Non-Members/Non-Residents	\$60

EXERCISE ORIENTATION

Sign up for an exercise orientation with one of our fitness instructors for proper utilization and settings on our cardio and/or strength equipment with basic guidance of reps and sets. **Please Register at Front Desk**

Fees:	MEMBERS:	FREE
	Non-Member Resident	\$50
	Non-Members/Non-Resident	\$60

SPECIALTY GROUP EXERCISE CLASSES

Registration classes that are not a part of Group Exercise passes.

INTRODUCTION TO YOUTH STRENGTH TRAINING

Boys and Girls (ages 12-14) learn proper strength training guidelines and terminology. Learn how to safely utilize strength training and cardio equipment. Upon successful completion of this course, a certification will be granted which provides access to the strength and cardio machines in the Cardio Area of the Rec Center only. (After you have completed the course, non-members must pay the normal daily guest rate to gain access to the facility and the equipment.) All certified youth must be able to show their certification card if asked when working out in the cardio area.

Evening Classes:	Ages: 12-14 years	Class Limit: 10
Wednesday	1/8-1/29	3:30-4:20pm
Wednesday	2/5-2/26	3:30-4:20pm
Wednesday	3/4-3/25	3:30-4:20pm
Wednesday	4/1-4/22	3:30-4:20pm
Fees:	Members	\$45
	Non-Member/Residents	\$53
	Non-Member/Non-Residents	\$60

SPECIALTY GROUP EXERCISE CLASSES (cont.)

FASTBREAK

A challenging conditioning program designed to enhance speed, strength, and endurance. Build confidence and self-esteem through teamwork and fun. This class is for kids who are striving to be the best they can be!

Ages: 11-14 years

Wednesday	1/8 – 1/29	4:30pm – 5:20pm
Wednesday	2/5 – 2/26	4:30pm – 5:20pm
Wednesday	3/4-3/25	4:30pm – 5:20pm
Wednesday	4/1-4/22	4:30pm – 5:20pm

Fee: \$25

FIT CLUB BUNDLE

Ages: 11-14 years

Sign up for both Youth Strength Training and FastBreak and save! Attend Youth Strength Training from 3:30pm-4:20pm, then stay for FastBreak from 4:30pm-5:20pm.

Fee: \$55

KIDDIE KARATE I & II - EVENT CENTER

Eight week course in basic techniques. Kiddie I includes a bully and stranger awareness program. Class is designed for all NEW students from the ages 5 – 9. All NEW students must start in Kiddie I unless they have studied Isshinryu before. If a student has studied Isshinryu, or would like more information about this program, please contact Sensei Joe Bove at 330-351-9848. All evaluations will be made by the instructor only. NO EXCEPTIONS! Kiddie II course includes more advanced moves and techniques. This class is for students advancing further from Kiddie Karate I. Kiddie II also includes bully and stranger awareness program. Instructor: Joe Bove, 8th Degree Black Belt, Okinawan Isshinryu Karate

Class Limit: 20

Wednesday	2/12-4/1	5:30-6:30pm
Wednesday	4/8-5/27	5:30-6:30pm

Fees:	8 Sessions
Members	\$70
Non-Member/Residents	\$80
Non-Member/Non-Resident	\$90



Strongsville Yoga School

200 hour Yoga Teacher Training Program.

Registered through Yoga Alliance.

For more
information contact Denise Lengal at
denise.lengal@strongsville.org.

SPECIALTY GROUP EXERCISE CLASSES (cont.)

KIDDIE KARATE III & IV

(ORANGE & GREEN BELT) – EVENT CENTER

An eight week course for students, (not adults), who are advanced Orange, Ni-Obi Orange, First Level Green, and Green Belt. Please contact Sensei Joe Bove at 330-351-9848 if you have questions.

Instructor: Joe Bove, 8th Degree Black Belt, Okinawan Isshinryu Karate

Class Limit: 35

Wednesdays	2/12-4/1	6:30-7:30pm
Wednesdays	4/8-5/27	6:30-7:30pm

Fees:	8 Sessions
Members	\$70
Non-Member/Residents	\$80
Non-Member/Non-Resident	\$90

ADVANCE KARATE & BEGINNER KARATE (EVENT CENTER)

Advanced eight week course involving more advance forms and self-defense techniques. (This class is for higher ranking belts.) While advanced class is going on, another karate instructor will simultaneously teach beginner karate. Beginner Karate is an eight week course that includes the basic techniques of Okinawan Isshinryu Karate. After this eight week course you will join the advanced karate class taught by Sensei Joe Bove. These are a series of upper and lower body techniques required for advancement into advance classes. Warm up, stretching, and cardiovascular training will occur through this session. Wear comfortable clothing and tennis shoes. Uniforms may be purchased through the instructor if desired. Come to have fun and learn! Please contact Sensei Joe Bove at 330-351-9848 if you have questions.

Ages: 9 & Over

Evening Classes:

Wednesday	2/12-4/1	7:30-9:00pm
Wednesday	4/8-5/27	7:30-9:00pm

Class Limit: 35

Instructor: Joe Bove, 8th Degree Black Belt, Okinawan Isshinryu Karate

Fees:	8 Sessions
Members	\$70
Non-Member/Residents	\$80
Non-Member/Non-Resident	\$90

TRADITIONAL YOGA MIND/BODY STUDIO

A great way to find relaxation while building flexibility, increasing core strength and improving balance. This class will introduce students to the mind-body aspects of ancient holistic practices. Promote relaxation of the mind and body in a safe, fun and friendly environment. Students must be able to get from standing to the floor without assistance. Pregnant students must contact teacher for approval before registering. Beginners welcome. Dress comfortably and bring a towel or a yoga mat.

Evening Classes: Ages: 15 & over

Class Limit: 25

Monday	1/6-3/2*	7:00-8:15pm	7 Sessions
Monday	3/9-4/27	7:00-8:15pm	8 Sessions

*No Class 1/20 & 2/17

Instructors: Sheila Hart

Fees:	7 sessions	8 sessions
Members	\$63	\$72
Non-Member/Residents	\$70	\$80
Non-Member/Non-Residents	\$78	\$90



explore THE REC

We're so fortunate to have a facility of this caliber in our city. Our members certainly enjoy this place! If you're a fitness fanatic you will find everything you need under one roof at The Strongsville Recreation Center. We have a vast array of cardio equipment, a well-appointed weight room, and every type of group exercise class you could think of! But, what if traditional fitness formats are not your thing?

Have you visited our Aquatic Center? Swimming is one of the best total body activities you can do! It's a great way to get fit without impact on your joints. The benefits of swimming are many! You'll see improvements in your cardio vascular endurance, muscle strength, and flexibility. Swimming is great for beginners too. You may not be able to swim for long durations immediately. But, it's ok to start out with five or ten minute sessions and build up your time gradually.

Have you been in the gymnasium? It's gorgeous! Every gym rat will appreciate the size of the space and the beautifully cared for surface of the court. Shooting hoops is a great way to have some fun. While you may not be ready for the NBA, the benefits of basketball are numerous. Basketball will increase your heart rate and your rate of respiration, both of which will train your cardiovascular system to be stronger, healthier, and more efficient. Having a healthy heart means lower blood pressure and a lower resting heart rate, among other things. All of which contribute to a long and healthy life.

Come see what the Rec has to offer you!



Strongsville
Parks
Recreation
Senior
Services

YOUTH RECREATION & ENRICHMENT PROGRAMS

Recreation Supervisor, Kristen Nykiel

OH SAY CAN YOU SEE?

Many parents ask to observe classes. We find it is generally distracting for the children when there are observers in the class. Most of our programs have built in an opportunity for you to see the results of your children's efforts or the progress they are making. We ask you to abide by the wishes of your child's instructor in this matter. Thank you.

EARLY REGISTRATION

Although last minute enrollments are accepted, there is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing and preparation and purchasing of supplies. PLEASE REGISTER EARLY.

PARENTS: IF YOUR CHILD IS ENROLLED IN A PROGRAM AND IS UNDER 7 YEARS OLD, YOU MUST REMAIN IN THE BUILDING DURING THE PROGRAM FOR THE SAFETY OF YOUR CHILD.

Contact Kristen Nykiel for more information at (440) 580-3260 ext. 5281

DANCE TO EVOLVE

Classes Held at Strongsville Rec. Center

Dance to Evolve will be teaming up with the Strongsville Rec. center to offer onsite dance classes. Our progressive dance classes enable kids to always take that next step to keep them challenged, learning and having fun. All toddlers and kids dance classes are great for boys and girls and are encouraged to participate in the annual spring recital. Visit our website to get dress code information about each class at danceto-evolve.com/cleveland

- Age-Appropriate & Fun Dance Class Curriculums
- Tap, Ballet, & Hip Hop Children's Classes
- Specializing In Boys & Girls Ages 1.5 - 6 Years
- Heart-Warming Smiles Guaranteed!

MAGICAL MUNCHKINS

BALLET/TAP COMBO CLASS (SR. ART STUDIO)

This gentle introductory combination kid's dance class of tap, ballet, tumbling and games is fun, energetic, expressive and that will have your Magical Munchkin learning all the basics for their first dance class. Classes start with tap and then transition into ballet each week. Parent (or caregiver) presence required as parents participate as needed. Dancers must be at least 24 months prior to the session starting.

Age: 2-3 years w/ caregiver participation Class Limit: 12 6 or 7 Classes

Saturdays	1/11 - 2/15	9:15 am - 10:00 am
Saturdays	2/22 - 4/4*	9:15 am - 10:00 am
Saturdays	4/18 - 6/6*	9:15 am - 10:00 am

***No class 3/21, 5/2**

Fees:	6 Classes	7 Classes
Members	\$84	\$98
Non-Member/Residents	\$88	\$102
Non-Member/Non-Residents	\$94	\$108

TINY MOVERS BALLET/TAP COMBO CLASS (SR. ART STUDIO)

A combination dance class of tap and ballet with tumbling and dance games for kids. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. Classes start with tap and then transition into ballet each week. This is the first 'big girls and boys' class as parents watch from outside of the room. Dancers are welcome to join throughout the year. Class is designed to be progressive, continuing session to session until the annual spring recital.

Age: 3-4.5 years Class Limit: 12 6 or 7 Classes

Saturdays	1/11 - 2/15	10:05am - 11:00am
Saturdays	2/22 - 4/4*	10:05am - 11:00am
Saturdays	4/18 - 6/6*	10:05am - 11:00am

***No class 3/21, 5/2**

Fees:	6 Classes	7 Classes
Members	\$84	\$98
Non-Member/Residents	\$88	\$102
Non-Member/Non-Residents	\$94	\$108

DANCE PROGRAMS (cont.)

SHINNING STAR BALLET/TAP COMBO CLASS (SR. ART STUDIO)

Keep your Shinning Star moving in this tap and ballet combination class for boys and girls. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique as they work towards the annual spring recital. Classes start with tap and then transition into ballet each week. Once a month, class will get switched up with a jazz dance day!

Age: 4.5-6 years Class Limit: 15 6 or 7 Classes

Saturdays	1/11 - 2/15	11:05am - 12:00pm
Saturdays	2/22 - 4/4*	11:05am - 12:00pm
Saturdays	4/18 - 6/6*	11:05am - 12:00pm

***No class 3/21, 5/2**

Fees:	6 Classes	7 Classes
Members	\$84	\$98
Non-Member/Residents	\$88	\$102
Non-Member/Non-Residents	\$94	\$108

STUDIO 82 - PRESCHOOL & KINDER DANCE

Presented by Studio 82 / Classes Held at Studio 82

Bring the magic of the arts alive this winter with Studio 82 and the Strongsville Rec with dance classes designed to both educate and inspire young dancers! All classes will be held at Studio 82 (located at 13499 W. 130th -- at the corner of W. 130th & Route 82) and taught by members of Studio 82's Dance Faculty.

Please note: Those registering for a shortened dance session through the Strongsville Rec. Center are not required to participate in the recital. However, if you would like to register for the short session through us and still participate in the recital, you will need to register with the Rec. Center front desk by the first week in January and contact Studio 82 so they can place a costume order for your child. Orders are placed the first two weeks in January.

PRESCHOOL BALLET (AT STUDIO 82)

The perfect class for those budding ballerinas-to-be! This class introduces basic dance concepts and positions, creative movement, and musical awareness and appreciation. (8 week session)

Ages: 3-4 years

Tuesdays	1/28 - 3/17	6:30 - 7:15pm
Wednesdays	1/29 - 3/18	9:45 - 10:30am
Thursdays	1/30 - 3/19	6:30 - 7:15pm
Fridays	1/31 - 3/20	9:30 - 10:15am

Fees:	Members	Residents	Non-Member/Non-Residents
	\$70	\$75	\$80

STUDIO 82 - PRESCHOOL & KINDER DANCE (cont.)

KINDER CLASSES

Ages: 5-6 years; in kindergarten		(8 week session)	
Kinderballet	Wednesdays	1/29 – 3/18	5:15 – 6:00 pm
Kinderjazz	Wednesdays	1/29 – 3/18	6:00 – 6:45pm
Fees:	Members	\$75	
	Residents	\$80	
	Non-Member/Non-Residents	\$85	

PRESCHOOL RECREATION CLASSES

PRESCHOOL OPEN GYM (AUXILIARY GYM)

Preschool Open Gym is Free to members. If the child's parent or legal guardian is a member and the child is under the age of 4 then they can use the preschool open gym free of charge but still must sign the waiver and check in at the front desk before entering. Non-members can still use preschool open gym with the current one day drop in or punch card options. Fees are listed below.

Preschool open gym is a great place for kids to run, climb, jump and explore through unstructured play. Various gym equipment and activities will be available for your use. Parents and caregivers must actively supervise children during play. All participants need to check in at the front desk. Please remember there is no food or drinks (besides water) allowed in any of our gyms. If Strongsville schools are cancelled, open gym will not be held.

Wednesdays 1/8-4/29* 10:00am – 12:00pm

***No open gym on 3/25**

Non-Member Fees:

First Child	\$3	Punch Cards also available	
Each Additional Child	\$1	10 Punch Card	\$25
Under 18 months	FREE!	20 Punch Card	\$50

MISS JEN'S MUSIC CLASS (CONFERENCE ROOM)

This high energy music and movement program allows siblings to attend together in a single developmentally appropriate, play-based class. Caregivers attend with children as we focus on providing a positive learning environment with lots of singing, dancing, jumping, and instrument play. This fall session features "The Lion Collection" and our winter session features "The Bunny Collection" materials (CD and activity book, purchase is required). Infants who are not yet 6 months old are free when attending with a paying sibling but still must register.

Instructor: Brought to us by First Chair Music Programs

Ages: 0 – 5 years (with adult participation) **Class Limit: 14** **10 Classes**

Winter Classes:

Mondays	12/2-2/17*	10:00am – 10:45am
Thursdays	12/5-2/20*	10:45am – 11:30am

***No Class: 12/23, 12/26, 12/30, 1/2**

Spring Classes:

Mondays	3/9-5/11	10:00am – 10:45am
Thursdays	3/12-5/14	10:45am – 11:30am
Thursdays	3/19-5/14	6:00pm – 6:45pm

Morning Free Trial Classes : Monday, 1/13 11:00 – 11:45am

Thursday, 2/20 11:45am – 12:30pm

Evening Free Trial Classes : Thursday, 4/23 5:00 – 5:45pm

Fees:	Members	Non-Members
One child	\$143	\$153
Two Children	\$233	\$243
Three Children	\$283	\$293

**Material Fee: Please bring in an additional \$35 per family, paid to instructor at first class.*

PRESCHOOL RECREATION CLASSES (cont.)

FREE MUSIC CLASSES FOR INFANTS! (CONFERENCE ROOM)

We are pleased to offer a free music class for our youngest music makers, aged 0-12 months. Learn how to incorporate music into your daily routine to aid all developmental areas of your little ones. Dress for comfort.

Registration required.

Monday	2/3	11:00am
Monday	3/23	11:00am

SPROUT THERAPY – LANGUAGE ROOTS (CONFERENCE ROOM)

This Mommy and Me style class will teach parents how to facilitate first words and early language with their littler one. This program will provide opportunities to show parents how to get on the floor, play, and build language into routines they already have. We will provide activities that parents can try with us and use at home to keep their little one engaged and learning. Each session will have a specific target. There will be specific activities to facilitate language, tools to teach your little one, and carryover tasks to practice at home. This is also a great group to teach foundational socialization skills to each other as they learn to navigate the world with other children. A part of this group will be geared towards a play-group-like environment encouraging children to play with each other. Developmental norms will also be provided from American Speech and Hearing Association.

Instructor: This class will be taught by one of Sprout Therapy's ASHA accredited Speech Language Pathologists. **Based on ages and numbers enrolled classes may be combined to provide the best possible learning experience**

Ages: 18month–3 years (with adult participation)

Class Limit: 8

6 Classes

	Tuesdays	1/21 – 2/25	6:00 – 6:45pm
Fees:	Members	\$132	
	Non-Member/Residents	\$139	
	Non-Member/Non-Residents	\$145	

DOODLE BUGS (MEETING ROOM)

Once upon a Friday, we shared a favorite story. Each week we will do a craft and play games based on the book or theme of the day. Have fun participating with your child in this class that introduces early math concepts and helps develop fine motor skills through play and exploration. This is a "together class" with parent/caregiver participating.

Ages: 18m- 3yrs (with adult participation)

Class Limit: 12

5 Classes

	Fridays	1/10 – 2/7	10:00 – 10:45am
	Fridays	2/21 – 3/20	10:00 – 10:45am
	Fridays	4/3 – 5/1	10:00 – 10:45am
Fees:	Members	\$35	
	Non-Member/Residents	\$38	
	Non-Member/Non-Residents	\$45	



PRESCHOOL RECREATION CLASSES (cont.)

ONE DAY DOODLE BUGS CLASSES (MEETING ROOM)

One Day Doodle Bugs is a one day program with a different theme each week. In class, we will take imaginative trips with a story, art project and lots of fun games and activities. This is a "together class" with parent/caregiver participating. The various class themes are listed below.

Ages: 18m – 3 years (with adult participation)

Class Limit: 12

1 Class

Wednesday	1/8	Polar Bears and Penguins	11:30am – 12:15pm
Wednesday	1/15	Super Sports	11:30am – 12:15pm
Wednesday	1/22	Under the Sea	11:30am – 12:15pm
Wednesday	1/29	3-2-1 Blast Off	11:30am – 12:15pm
Wednesday	2/5	Love Can Thaw a 'Frozen' Heart	11:30am – 12:15pm
Wednesday	2/19	Wild West	11:30am – 12:15pm
Wednesday	2/26	Community Helpers	11:30am – 12:15pm
Wednesday	3/4	Dinosaur Adventure	11:30am – 12:15pm
Wednesday	3/11	Lucky Little Leprechaun	11:30am – 12:15pm
Wednesday	3/18	Spring is in the Air	11:30am – 12:15pm
Wednesday	4/1	A Trip to the Zoo	11:30am – 12:15pm
Wednesday	4/8	Bunnies and Eggs	11:30am – 12:15pm
Wednesday	4/15	April Showers Bring May Flowers	11:30am – 12:15pm
Wednesday	4/22	Down on the Farm	11:30am – 12:15pm
Wednesday	4/29	Celebrate Summer	11:30am – 12:15pm

Fees:

***5 Classes**

1 Class

Members	\$35	\$8
Non-Member/Residents	\$38	\$9
Non-Member/Non-Residents	\$45	\$11

**All 5 Sessions must be purchased at the same time*

MINI'S IN MOTION (AUXILIARY GYM)

During this gym class, you and your child will explore the wonder of movement. Emphasis is on developing large/gross motor development, eye-hand coordination, confidence and social skills. If your little one likes to be on the move, then this is the class for them. This is a "together class" with parent/caregiver participating.

Ages: 18m-3 years (with adult participation)

Class Limit: 12

5 classes

Tuesdays	1/7 – 2/4	10:00am – 10:45am
Tuesdays	2/18 – 3/17	10:00am – 10:45am
Tuesdays	3/31 – 4/28	10:00am – 10:45am

Fees:

Members	\$35
Non-Member/Residents	\$38
Non-Member/Non-Residents	\$45

YOGA FOR KIDS (CONFERENCE ROOM)

Come join us for Yoga for Kids where through music, story and movement, your child will become acquainted with the principles of yoga. Through children's yoga activities, your child will improve the ability to focus, follow directions, increase strength and coordination, develop self-esteem, learn techniques to be calm and relaxed, expand creativity and imagination and learn to cooperate with others. Laura Srsa is a certified children's yoga instructor as well as a certified preschool special education instructor.

Ages: 2-3 (with parent participation) **Class Limit: 10** **4 Classes**

Saturdays	1/11 – 2/1	10:30am – 11:15am
Saturdays	2/22 – 3/14	10:30am – 11:15am
Saturdays	4/4 – 4/25	10:30am – 11:15am

Age: 4-7 years (without parent participation) **Class Limit: 10** **4 Classes**

Saturdays	1/11 – 2/1	9:30am – 10:15am
Saturdays	2/22 – 3/14	9:30am – 10:15am
Saturdays	4/4 – 4/25	9:30am – 10:15am

Fees:

Members	\$35
Non-Member/Residents	\$38
Non-Member/Non-Residents	\$45

PRESCHOOL RECREATION CLASSES (cont.)

PEE WEE PICASSOS (MEETING ROOM)

Pablo Picasso once said, "Every child is an artist." In this class, children will learn the fundamentals of art – color, line, shape, form & texture. We will draw, paint, do things with paper, cloth or string, and mold or sculpt. Each session, children will make different art projects.

Ages: 3 – 5 years (without adult)

Class Limit: 12

5 Classes

Fridays	2/21 – 3/20	11:30am – 12:15pm
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Fees:

Members	\$35
Non-Member/Residents	\$38
Non-Member/Non-Residents	\$45

PEE WEE CHEFS (MEETING ROOM)

Let's get cooking! We're going to measure, mix, pour, cook, set the table and clean up. We will also discuss food groups, nutrition and table manners. Menus include a snack, breakfast, lunch, dinner and dessert. Different foods are prepared each session and children eat what they cook.

Ages: 3 – 5 years (without adult)

Class Limit: 12

5 Classes

Fridays	4/3 – 5/1	11:30am – 12:15pm
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Fees:

Members	\$35
Non-Member/Residents	\$38
Non-Member/Non-Residents	\$45

ALPHABET ANTICS (MEETING ROOM)

"Why is the alphabet in that order? Is it because of that song?" asked Dr. Seuss. Learn the ABC's through stories, art projects and games based on the letter of the week. This is a perfect class to help with preschool/Kindergarten readiness.

Ages: 3-5 years (without adult) **Class Limit: 12** **5 Classes**

Wednesdays	1/8 – 2/5	10:00 – 10:45am
Wednesdays	2/19 – 3/18	10:00 – 10:45am
Wednesdays	4/1 – 4/29	10:00 – 10:45am

Fees:

Members	\$35
Non-Member/Residents	\$38
Non-Member/Non-Residents	\$45

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Saturdays 9:30 am – 4:30 pm

Located Inside the
Ehrnfelt Rec Center on Rt. 82

Like us on Facebook!

PRESCHOOL RECREATION CLASSES (cont.)

PONY CAMP JUNIOR (PONY TALES FARM)

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Come learn about our ponies and horses, help brush/groom them, take a pony ride, and hear a singing cowboy. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Parents are responsible for transportation to and from Pony Tales Farm. Classes held rain or shine.

Ages: 2-6 years	Class Limit: 10	2 classes
Saturdays	3/21 & 3/28	10:00am – 10:45am
Wednesdays	4/8 & 4/15	4:00pm – 4:45pm
Saturdays	4/18 & 4/25	11:00am – 11:45am
Fees:		
Member		\$35
Non-Member/Residents		\$38
Non-Member/Non-Residents		\$45

ONE DAY FUN DAY CLASSES (MEETING ROOM)

One Day Fun Day is a one day program with a different theme each week. In class, we will take imaginative trips with a story, art project and lots of fun games. The various class themes are listed below.

Ages: 3 – 5 yrs (without adult)	Class Limit: 14	1 Class
Friday 1/10	Polar Bears and Penguins	11:30am – 12:15pm
Friday 1/17	Super Sports	11:30am – 12:15pm
Friday 1/24	Under the Sea	11:30am – 12:15pm
Friday 1/31	3-2-1 Blast Off	11:30am – 12:15pm
Friday 2/7	Love can Thaw a 'Frozen' Heart	11:30am – 12:15pm
Fees:	*5 Classes	1 Class
Members	\$35	\$8
Non-Member/Residents	\$38	\$9
Non-Member/Non-Residents	\$45	\$11
*All 5 Sessions must be purchased at the same time		

YOUNG EINSTEINS (MEETING ROOM)

Albert Einstein once said, "The important thing is not to stop questioning." Children are naturally curious about how things work. In this science class, we will explore simple science through age-appropriate materials and experiments. We will promote discovery, learning and independent thinking.

Ages: 3–5 years (without adult)	Class Limit: 12	5 Classes
Tuesdays	1/7 – 2/4	11:30am – 12:15pm
Tuesdays	2/18 – 3/17	11:30am – 12:15pm
Tuesdays	3/31 – 4/28	11:30am – 12:15pm
Fees:		
Members	\$35	
Non-Member/Residents	\$38	
Non-Member/Non-Residents	\$45	

SOCCER SHOTS - MINIS (AUXILIARY GYM)

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active. This is a "together class" with parent/caregiver participating.

Instructor: This class taught by Soccer Shots coaches

*Please bring in additional \$20.00 to coach on first class. This is an annual registration fee for Soccer Shots, separate from the Recreation Center.

Ages: 2-3 years	Class Limit: 12	6 Classes
Fridays	1/10 – 2/14	9:00 – 9:45am
Fridays	2/21-4/3*	9:00 – 9:45am
*No class 3/27		
Fees:		
Members	\$65	
Non-Member/Residents	\$71	
Non-Member/Non-Residents	\$77	

PRESCHOOL RECREATION CLASSES (cont.)

SOCCER SHOTS - CLASSIC (AUXILIARY GYM)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

Instructor: This class taught by Soccer Shots coaches

*Please bring in an additional \$20.00 to coach on first class. This is an annual registration fee for Soccer Shots, separate from the Recreation Center.

Ages: 3-5 years	Class Limit: 12	6 Classes
Fridays	1/10 – 2/14	9:45 – 10:30am
Fridays	2/21 – 4/3*	9:45 – 10:30am
*No class 3/27		
Fees:		
Members	\$65	
Non-Member/Residents	\$71	
Non-Member/Non-Residents	\$77	

JUMP START - JUNIOR ALL STARS (AUXILIARY GYM)

The Junior All Stars Sports Program provides 2.5 to 5 year olds with a positive age-appropriate introduction to a variety of sports. Children have fun and get plenty of exercise as they learn basic fundamentals of different sports. Sports offered include soccer, hockey, football, track and field, and more! Children also play fun running games and learn basic motor movements (galloping, hopping, skipping, etc) in a well-supervised and safe learning environment!

Instructor: This class is taught by Jump Start Sports coaches

Class Limit: 20	5 Classes
Ages: 2.5-3 years	
Thursdays	1/23 – 2/20
Thursdays	3/5 – 4/9*
Ages: 4-5 years	
Thursdays	1/23 – 2/20
Thursdays	3/5 – 4/9*
*No class 3/26	
Fees:	
Members	\$75
Non-Member/Residents	\$80
Non-Member/Non-Residents	\$85

SPROUT THERAPY – SPROUT (CONFERENCE ROOM)

This class will focus on early intervention to facilitate expressive, receptive, and social language. We will provide a theme each week to initiate a skill, an activity to practice in a structured setting, and opportunities to practice with less structure but adult facilitation.

This group is ideal for children who:

- Receive speech therapy at school
- Parent or Pediatrician concerns about speech/language skills
- Have a difficult time expressing their opinions, wants/needs, emotions
- Have trouble following direction/processing information
- Struggle when participating in groups or playing with friends for the duration of an activity
- Have a difficult time initiating conversations/turn taking with others.

Instructor: This class will be taught by one of Sprout Therapy's ASHA accredited Speech Language Pathologists.

Based on ages and numbers enrolled classes may be combined to provide the best possible learning experience

Ages: 3-6 years	Class Limit: 8	6 Classes
Tuesdays	3/31 – 5/5	5:45 – 6:45pm
Fees:		
Members	\$150	
Non-Member/Residents	\$156	
Non-Member/Non-Residents	\$162	

YOUTH PROGRAMS

SPRING BREAK DAY CAMP (MEETING ROOM)

The Ehrnfelt Recreation Center will be offering these 1-day camps for children in grades K-6th. Activities will include arts and crafts, organized games, swimming, movies and much more. Please send children with a healthy lunch, drink, bathing suit and towel every day. Children must wear tennis shoes. Advanced Registrations is appreciated!

Each day send children with: Healthy Lunch * Drink * bathing Suit * Towel * Tennis Shoes * Paint shirt

Grades: K- 6th Class Limit: 35 1 Class

Monday	3/23	9:00 am - 4:00 pm
Tuesday	3/24	9:00 am - 4:00 pm
Wednesday	3/25	9:00 am - 4:00 pm
Thursday	3/26	9:00 am - 4:00 pm
Friday	3/27	9:00 am - 4:00 pm

Fees:	Members	\$35/Day
	Non-Members/Residents	\$40/Day
	Non-Members/Non-Residents	\$50/Day

-Before & After Camp: A separate flat rate of \$3 will be charged for any portion of time between 7:00 am and 8:45 am, and an additional \$3 for any portion of time between 4:30 pm and 6:00 pm



PARENTS' NIGHT OUT – KIDS NIGHT OF FUN!

Parents, are you looking for a quiet “kid-free” night at home, a romantic dinner out, or maybe a chance to see a movie that is rated something other than PG? Let us give you the opportunity to take a well-deserved break. Take some time for yourself feeling confident that your little ones are in a safe environment and having lots of fun.

Kids, it may be called Parent's Night Out, but let's face it... it's really for you! Join us for a fun filled night of arts and crafts, sports games, board games, movie, pizza party and more! Come make new friends and have fun with our Recreation Staff!

P.N.O. - Kids Night of Fun is for kids ages 3 (must be potty trained) through 12. Drop off and pick up will be in the Meeting Room. Some activities will be done all together and for other activities (sports/gym games) children will be split up into different groups to keep all activities age appropriate.

Ages: 3* - 12 years (*must be potty trained) Saturdays 4:00 – 8:00pm

- December 14th
- January 11th
- February 15th
- March 14th

Fees:	Members: \$25/child, \$12.50 for each additional sibling
	Non-Members: \$30/child, \$15 for each additional sibling

YOUTH PROGRAMS (cont.)

ROBOTHINK ROBOTICS PROGRAM (MEETING ROOM)

RoboThink is an exciting new STEM Edu-tainment Program for K-8. Our modular parts allow young students to use sensors, motors and electronics to build cool robots without dealing with small pieces, screwdrivers or soldering. Learn how to code the robots of all shapes, sizes and functions by using Scratch!

No prior experience is required, there are different curricula adjusted for different experience levels.

Instructor: RoboThink Instructor

Ages: 6-12 years

6 Classes

Saturdays	1/25 – 2/29	1:00 – 3:00pm
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Fees:	Members	\$150
	Non-Member/Residents	\$156
	Non-Member/Non-Residents	\$162

SPROUT THERAPY – BLOSSOM (CONFERENCE ROOM)

This class will focus on intervention to facilitate Language and Social Skills for school age children. We will provide a theme each week to initiate a skill, an activity to practice in a structured setting, and opportunities to practice with less structure but adult facilitation.

This group is ideal for children who:

- Receive speech therapy at school
- Parent or Pediatrician concerns about speech/language skills
- Have a difficult time expressing their opinions, wants/needs, emotions
- Have trouble following direction/processing information
- Struggle when participating in groups or playing with friends for the duration of an activity
- Have a difficult time initiating conversations/turn taking with others

Instructor: This class will be taught by one of Sprout Therapy's ASHA accredited Speech Language Pathologists.

Based on ages and numbers enrolled classes may be combined to provide the best possible learning experience

Ages: K-3rd Grade	Class Limit: 8	6 Classes
Tuesdays	3/31 – 5/5	4:45 – 5:45pm
Fees:	Members	\$150
	Non-Member/Residents	\$156
	Non-Member/Non-Residents	\$162

CREATING YOUR FIRST IPHONE/ IPAD MOBILE GAME LEVEL 1 (MEETING ROOM)

This is a course designed very similar to our Visual Game Coding using Scratch. The only difference is the platform. This coding curriculum will be taught on the IOS platform like the iPad/iPhone. It employs LEGO-styled blocks for the instructions and all programming constructs will be taught. Apple iPad will be provided for the kids and there will be no sharing of devices. No prior knowledge of computer programming is required; however, students should know how to navigate using an iPad. Parents are welcome to stay in the class.

Ages: 8-12 years	Class Limit: 10	4 Classes
Tuesdays	1/7 – 1/28	5:30 – 6:45 pm
Tuesdays	2/11 – 3/3	5:30 – 6:45 pm
Fees:	Members	\$80
	Non-Member/Residents	\$84
	Non-Member/Non-Residents	\$95



YOUTH PROGRAMS (cont.)**YOUTH PROGRAMS (cont.)****CREATING YOUR FIRST IPHONE/
IPAD MOBILE GAME LEVEL 2 (MEETING ROOM)**

Kids will continue to work on their iPhone/iPad game using the Hopscotch platform. The focus for this class is on Algorithm and logic thinking using Pseudo coding, a tool that is very useful to break up complex problems into smaller pieces. Kids will work on bigger games and animation. Parents are welcome to stay in the class. Apple iPad will be provided for the kids and there will be no sharing of devices.

*Kids should have done at least Iphone/Ipad Mobile Game level 1 (or equivalent class) to take this course.

Ages:	8-12 years	Class Limit:	10	4 Classes
	Tuesdays	3/17 – 4/7	5:30 – 6:45 pm	
Fees:	Members		\$80	
	Non-Member/Residents		\$84	
	Non-Member/Non-Residents		\$95	

PONY CAMP (PONY TALES FARM)

Learn introductory riding basics, general horse care, grooming, saddling, bridling, safety issues and stable care. Students will receive individual attention. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Each student should wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Parents are responsible for transportation to and from Pony Tales farm. Weight limit of 125lbs. Classes are held rain or shine. Pony Tales location: 13360 Cowley Rd., Columbia Station, Ohio 44028.

Ages:	6 – 12 years	Class Limit:	10	4 Classes
	Wednesdays	4/8 – 4/29	5:00 – 6:00pm	
Fees:	Members		\$77	
	Non-Member/Residents		\$81	
	Non-Member/Non-Residents		\$85	

SPROUT THERAPY – THRIVE

During the program, we will play a variety of games including board games and movement games to facilitate social communication. The purpose of this program is to teach children how to interact with each other beyond a screen.

The low student to therapist ratio in this program makes it ideal for students who:

- Typically receive speech therapy at school
- Have a difficult time expressing their opinions, wants/needs, emotions
- Struggle when participating in groups or playing face to face games with friends for the duration of an activity
- Have a difficult time initiating and continuing conversations with others
- Demonstrate difficulty winning/losing during games

Instructor: One of Sprout Therapy's ASHA accredited Speech Language Pathologist

Based on ages and numbers enrolled classes may be combined to provide the best possible learning experience

Ages:	4th – 7th grade	Class Limit:	10	6 Classes
	Tuesdays	1/21 – 2/25	5:00 – 6:00pm	
Fees:	Members		\$150	
	Non-Member/Residents		\$156	
	Non-Member/Non-Resident		\$162	

YOGA FOR TWEENS

Yoga for tweens/young teens includes strategies to relax and release stress, introduction to aromatherapy, beginning mediation activities, sequenced yoga poses, partner poses and group games.

Ages:	8-12 years	Class Limit:	12	4 Classes
	Saturdays	1/11 – 2/1	11:30am – 12:30pm	
	Saturdays	2/22 – 3/14	11:30am – 12:30pm	
	Saturdays	4/4 – 4/25	11:30am – 12:30pm	
Fees:	Members		\$35	
	Non-Member/Residents		\$38	
	Non-Member/Non-Residents		\$45	



COMMUNITY HEALTH AND WELLNESS

Southwest General Community Nurse, Laurie Pfahler, RN
(440) 816-4031



FABULOUS FRIDAYS FOR YOUR HEALTH AND WELL BEING

Mark your calendar for the second Friday of each month to make time for you! Southwest General will present a variety of health related talks and screenings to help you be the best you can be. All are welcome. Talks are always free. A small fee will be charged for cholesterol screenings.

STROKE PREVENTION & AWARENESS

Join Maureen Moore, RN, BSN, SCRNP, Stroke Coordinator, from the Primary Stroke Center at Southwest General, as she presents the signs and symptoms of stroke, shares prevention strategies, and introduces Southwest General's Grey Matters Stroke Prevention and Circulation Circuit Programs.

Friday 1/10 10:00am

HEART TO HEART TALK

Heart disease is the biggest threat to health. If you don't have heart disease now, you can help prevent it. If you have already been diagnosed with heart disease, you can help keep it from getting worse. Join Amy Marke, RN from Southwest General for an informative talk on Heart Disease.

Friday 2/14 10:00am

RESILIENCE

Join Marlene Kurz, LPCC-S from Southwest General's Oakview Behavioral Health for an informational talk on Resilience.

Friday 3/13 10:00am

HEALTH SUMMER EATING

It's summer. . . Time to relax, but don't take a vacation from healthy eating. Join Amy Dunbar, registered dietitian from, as she discusses ways to improve summer eating. She will share tips about nutrition and how to buy fresh ingredients and cook them on the grill to ensure healthy eating this summer.

Friday 4/10 10:00am

WELLNESS CLINICS

DIABETES SCREENING

The incidence of diabetes is on the rise. Some diabetes symptoms include frequency of urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Educational literature will be available. No appointment necessary. Please check the Community Nurse Calendar for additional dates and times.

3rd Tuesday of every month

10:30am -12:00pm

BLOOD PRESSURE SCREENING

Did you know that nearly one in three adults in the United States have high blood pressure? Because there are no symptoms, nearly one third of these people do not even know that they have it. Uncontrolled high blood pressure can lead to stroke, heart attack, or kidney failure. This is why high blood pressure is often called the "silent killer". The only way to tell if you have high blood pressure is to have your blood pressure checked. Please check the Community Nurse Calendar for additional dates and times.

1st Monday of every month

10:15 am-12:00pm

3rd Tuesday of every month

10:30am -12:00pm

REWARD YOURSELF

Massage Consistency Passes Are Available

For more information
please check out Page 17 for details.



INDIVIDUAL & TEAM SPORTS PROGRAMS

Recreation Supervisor, Jason Keppler
Assistant Recreation Supervisor, Timothy Campbell



Jason Keppler can be reached at the Ehrnfelt Recreation Center at (440) 580-3260, ext. 5280

YOUTH PROGRAMS

INTRODUCTION TO YOUTH STRENGTH TRAINING

Boys and Girls (ages 12-14) learn proper strength training guidelines and terminology. Learn how to safely utilize strength training and cardio equipment. Upon successful completion of this course, a certification will be granted which provides access to the strength and cardio machines in the Cardio Area of the Rec Center only. (After you have completed the course, non-members must pay the normal daily guest rate to gain access to the facility and the equipment.) All certified youth must be able to show their certification card if asked when working out in the cardio area.

Evening Classes:	Ages: 12-14 years	Class Limit: 10
Monday & Wednesday	1/6-1/27*	4:00pm-5:00pm
Monday & Wednesday	2/3-2/24*	4:00pm-5:00pm
Monday & Wednesday	3/2-3/18	4:00pm-5:00pm
Monday & Wednesday	4/6-4/27	4:00pm-5:00pm

No Class 1/20, 2/17 and 4/13

Fees:	Members	\$45
	Non-Member/Residents	\$53
	Non-Member/Non-Residents	\$61

YOUTH FOIL FENCING LESSONS (MEETING ROOM)

Come learn the fundamentals of this great sport! The lessons are taught by former Cleveland State University Coach, and current head coach of the On Target Fencing Team. All equipment is provided.

Ages: 6-14	Class minimum: 6	Class Limit: 24
Friday	1/17 – 2/21	7:00-8:15
Friday	4/3 – 5/15*	7:00-8:15

***No Class 4/10**

Fees:	Members	\$65
	Non-Member	\$70
	Non-Residents	\$80

YOUTH LACROSSE

K-2ND GRADE LACROSSE PROGRAM (AUX. GYM)

If your little ones are itching to get started in some lacrosse programming, here's your chance. This program is taught by the coaches from the Strongsville Youth Lacrosse leagues. All equipment is provided.

Grades: K-2		Class Limit: 24
	TBA	TBA
		6:30pm-7:30pm
Fees:	Members	\$60
	Non-Members	\$65
	Non-members/Non-residents	\$75

YOUTH TENNIS

YOUTH INDOOR TENNIS LESSONS (AUX GYM)

Taught by "LITTLE RACQUETS" this nationally-renowned program teaches kids ages 3-8 in a fun and safe environment. Students are engaged in stimulating, playful activities that enhance their physical and emotional abilities. NO equipment needed. Limited to 20 kids.

Ages: 3-5	Saturday	3/7-4/25*	10:00-10:30am
Ages: 6-8	Saturday	3/7-4/25*	10:30-11:30am

***No class 3/21, 3/28 & 4/11**

Fees:	Members	\$72
	Non-Members	\$90

You must register online at www.LittleRacquets.com

JUMP START T-BALL CLINIC (CROSS AND FINLEY FIELDS)

A fun and highly instructional introduction to baseball for 3 and 4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Instruction is conducted by the Jump Start Sports coaching staff. Players receive a MLB hat, team tee shirt, and baseball medal. Volunteer Coaches may also participate.

Ages: 3-4 years

Session 1	Saturday	4/18-5/16	9:00am or 10:00am
Session 2	Saturday	6/13-7/18*	9:00am or 10:00am
Session 3	Saturday	9/5-10/10	9:00am or 10:00am

***No class 7/4**

Fee:	Residents	\$80
	Non-Residents	\$90

HEAD START LITTLE DRIBBLERS:

The Head Start Basketball Little Dribblers Program is designed to provide a positive and fun environment for kids to develop their basketball dribbling skills with individual attention given to each player. The Little Dribblers program will actively, creatively, and playfully engage players in ball handling skills and drills. The ultimate goal is to get your little dribbler comfortable and confident with a basketball in their hands, able to utilize both their right and left hand equally effectively.

Grades: K-3rd

Saturday	3/7-3/21	12:00pm – 1:00pm
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Fee \$25



YOUTH BASEBALL, SOFTBALL T-BALL LEAGUES

YOUTH BASEBALL, SOFTBALL, AND T-BALL LEAGUES:

These fun and exciting offerings are designed to teach children, age 5 through 18, how to play T-Ball, softball and baseball along with concepts of team play and good sports-manship. You can register in person at the front desk of the Recreation Center or online.

Registration: January 2 - March 10 (a late fee will be assessed after 3/10)

Ages: 5-18 years

LEAGUE AGE/NAME	LEAGUE TYPE	FEE RES/NON-RES	MAIN GAME DAYS*
Boys 5-6 yrs	T-Ball	\$56/\$71	Sat
Boys 6-7 yrs	Coach Pitch	\$56/\$71	Mon, Wed, Fri
Boys 7-8 yrs	Machine Pitch	\$56/\$71	Mon, Wed, Fri
Boys 9-10 yrs	Kid Pitch	\$61/\$76	Mon, Wed, Fri
Boys 11-12 yrs	Kid Pitch	\$61/\$76	Mon, Wed
Boys 13-14 yrs**	Kid Pitch	\$61/\$76	Mon-Sat
Boys 15-18 yrs**	Kid Pitch	\$61/\$76	Mon-Sat
Girls 5-7 yrs	T-Ball	\$56/\$71	Sat
Girls 7-9 yrs	Coach Pitch	\$56/\$71	Mon, Wed, Fri
Girls 9-10 yrs**	Modified Pitch	\$61/\$76	Mon-Sat
Girls 11-12 yrs**	Modified Pitch	\$61/\$76	Mon-Sat
Girls 13-15 yrs**	Modified Pitch	\$61/\$76	Mon-Sat
Girls 13-15 yrs**	Slow Pitch	\$61/\$76	Mon - Fri
Girls 16-18 yrs**	Slow Pitch	\$61/\$76	Mon - Fri

*Game days are subject to change depending on the number of people who register and field availability.

**League has collaborated with other local leagues and some travel to the surrounding communities is required

Practices: Start after April 6 (tentative) - One weeknight and one weekend time

Games: 2 to 3 games per week beginning as early as May 20th (tentative)

Each team, except T-Ball, will play 12-14 games.

Most leagues will end in mid-late July (weather dependent)

T-Ball: SATURDAY ONLY (practices begin in mid-May)

Coaches: Parents or adults interested are encouraged to fill out an application.

Umpires: Children ages 14+ interested may pick up an application at the Ehrnfelt Recreation Center.

YOUTH BASKETBALL LEAGUES

JR. CAVALIERS SPRING

BASKETBALL LEAGUES (STRONGSVILLE CITY SCHOOLS)

These leagues are offered for Strongsville boys and girls from Grades 2 through 12. A single elimination tournament will conclude the season. Most games and practices are held at the Strongsville City Schools. As being part of the Jr. Cavalier program each child will receive a reversible authentic Cleveland Cavaliers jersey AND a game ticket to a future game, plus other perks throughout the Cavs season!!!!

REGISTRATION: January 28 - February 17*

*Non-Strongsville residents may register beginning 2/18 if there is space available.

There is also a \$15 non-resident fee assessed for any non-Strongsville residents.

Co-Ed Grade K	\$75		
Co-Ed Grade 1	\$75		
Boys Grade 2*	\$75	Girls Grade 2*	\$75
Boys Grades 3-4	\$75	Girls Grades 3-5	\$75
Boys Grades 5-6	\$78	Girls Grades 6-8	\$78
Boys Grades 7-8	\$78	Girls Grades 9-12	\$78
Boys Grades 9-10	\$78		
Boys Grades 11-12	\$78		

*Boys and Girls 2nd Grade league will be combined if there are not sufficient numbers.

Practices: Starting after March 4th (approximately), one weeknight per week for an hour any time after 4:00 p.m.

Games: Saturdays starting March 14 or 21 and ending by May 16

Coaches needed! Please apply at the front desk.

YOUTH SPECIAL EVENTS

STRONGSVILLE BASKETBALL

ALL STAR FRIDAY (EHRNFELT RECREATION CENTER- MAIN GYM)

Come test some of your hoops skills at this after hour event at the Recreation Center. Contests include a 3 point shootout, a 2-on-2 tournament (teams selected randomly), a hot shot contest, a free throw contest and a basketball trivia quiz. Trophies will be awarded to contest winners. There will also be drawings for basketball prizes. Fee includes a tee-shirt. You must register by Friday, 2/28.

Friday	3/6	Limit: 25 in each bracket
Boys	Grades 3 & 4	6:30 - 9:30pm
Boys	Grades 5 & 6	6:30 - 9:30pm
Girls	Grades 3 & 4	6:30 - 9:30pm
Girls	Grades 5 & 6	6:30 - 9:30pm
Fees:	Members	\$15
	Residents/Non-Members	\$20



YOUTH SPORTS CLINICS, CLASSES, CAMPS AND LESSONS

YOUTH VOLLEYBALL CLINIC- 8 WEEKS

(EHRNFELT REC. CENTER AUXILIARY GYM)

If you are looking to learn how to play volleyball or improve your skills, then this clinic is for you! **Class Limit: 24**

	Tuesday	1/7-2/25
Beginner: 3rd-4th Grade	4:45 - 6:00 pm	
Intermediate: 5th-7th Grade	6:00 - 7:15 pm	
Fees:	Members	\$60
	Non-Members/Residents	\$65
	Non-Members/Non-Residents	\$75

YOUTH TABLE TENNIS (EVENT CENTER)

Come out and play a competitive game of table tennis. If you are a beginner don't worry. David Pech, a USATT Certified Club Coach, will help you with instruction. Go to www.strongtt.info for more information. No drop-ins. There is an additional \$25 fee payable to the Strongsville Table Tennis League.

Ages: Grades 5-8 (boys & girls)

	Tuesdays	TBD	4:00 - 6:00 pm	20 dates
Fees:	2 Month Membership		Drop-In	
Adult	\$55		\$6	
Senior & College	\$45		\$5	
Youth	\$35		\$4	
Youth with playing adult*	\$25		\$3	

*plus \$5 for each additional child

YOUTH VOLLEYBALL LEAGUE

GIRLS' 5TH-7TH GRADE VOLLEYBALL LEAGUE

(EHRNFELT REC. CENTER AUXILIARY GYM)

Put all of your volleyball skills to use! Whether you're a beginner or experienced this league is for you!

Registration: January 2-February 16 (a late fee will be assessed after 2/16)

Grades: 5-7

League Limit: 64

Practices: Start in mid-March on Tuesday between 4:00 & 6:00pm (for 1-hour) or Thursday between 7:00pm & 9:30pm (for 1-hour).

Games Begin: Saturday in April between 9:00am and 12:00pm

Coachs needed and are encouraged to apply at the front desk!

Fees:	Members	\$50
	Non-Members/Residents	\$60
	Non-Members/Non-Residents	\$65



ADULT PROGRAMS

ADULT BASKETBALL LEAGUES AND PROGRAMS

MEN'S 4X4 BASKETBALL LEAGUE

(EHRNFELT RECREATION CENTER, MAIN GYM)

Registration takes place from 11/19 - 12/21.

Ages: 18 years & Older

Tuesdays

1/14 - 4/14 (tentative)

6:30 - 10:30 pm

Fees:

Entry Fee (Limit: 12 teams)	\$160 (due at registration)
Cash Forfeit Deposit (refundable)	\$80
Referee Fee per game	\$34 (due in cash at each game)



ADULT BASKETBALL LEAGUES AND PROGRAMS (cont.)

MEN'S PICK-UP BASKETBALL- MONDAYS (CENTER MIDDLE SCHOOL)

The program is formatted as pick-up basketball play. Not league play.

Ages: 16 years & Older

Limit:30

Mondays 1/6 - 5/11* 8:15-10:00 pm

**Dates are tentative. There will be no play on days where there is no school or school functions.*

Fees*: Members/Residents \$30
Residents/ Non-Members \$35
Non-residents/ Non-Members \$45

**The price is subject to change depending on the number of days provided by the school.*

MEN'S PICK-UP BASKETBALL- WEDNESDAYS (CENTER MIDDLE SCHOOL)

The program is formatted as pick-up basketball play. Not league play.

Ages: 16 years & Older

Limit:30

Wednesdays 1/8 - 5/13* 8:15-10:00 pm

**Dates are tentative. There will be no play on days where there is no school or school functions.*

Fees*: Members/Residents \$36
Residents/ Non-Members \$41
Non-residents/ Non-Members \$51

**The price is subject to change depending on the number of days provided by the school.*

ADULT SOFTBALL LEAGUES

CO-ED FRIDAY PM SINGLE HEADER

Late April – Late August 6:30-10:30pm

24 Team Limit

Registration fee includes a professional stat service and balls

Divisions may be combined if there is not enough teams for any division

Fees: League Entry Fee \$360
Cash Forfeit Deposit \$80 (cash)
Umpire/Scorekeeper Fee \$32 per team/per game cash

MEN'S SUNDAY CHURCH

Late April – Late August 4:00-9:00pm

16 Team Limit

Registration fee includes a professional stat service and balls

Fees: League Entry Fee \$370
Cash Forfeit Deposit \$80 (cash)
Umpire/Scorekeeper Fee \$32 per team/per game cash

MEN'S SUNDAY AM DOUBLE HEADER

Upper, Middle and Lower Divisions

Late April – Late August 9:00 am-1:00 pm

16 Team Limit

Registration fee includes a professional stat service and balls

Divisions may be combined if there is not enough teams for either one.

Fees: League Entry Fee \$461
Cash Forfeit Deposit \$135 (cash)
Umpire/Scorekeeper Fee \$32 per team/per game cash

MEN'S TUESDAY DOUBLE HEADER

Late April – Late August 6:30-10:30pm

12 Team Limit

Registration fee includes a professional stat service and balls

Fees: League Entry Fee \$526
Cash Forfeit Deposit \$135 (cash)
Umpire/Scorekeeper Fee \$32 per team/per game cash

ADULT SOFTBALL LEAGUES (cont.)

MEN'S THURSDAY DOUBLE HEADERS

Late April – Late August

6:30-10:30pm

12 Team Limit

Registration fee includes a professional stat service and balls

Fees: League Entry Fee \$526
Cash Forfeit Deposit \$135 (cash)
Umpire/Scorekeeper Fee \$32 per team/per game cash

ADULT VOLLEYBALL LEAGUES

CO-ED 6-ON-6 VOLLEYBALL LEAGUE

(EHRNFELT RECREATION CENTER, AUXILIARY GYM)

Registration takes place from 11/19 to 12/21.

Ages: 18 years & Older

Sunday 1/12 – 4/5 (tentative) 3:00-10:00pm

***No play 2/2**

Fees: Entry Fee (Limit: 16 teams) \$250 (due at registration)
Cash Forfeit Deposit (refundable) \$50
Referee Fee per team/per match \$10/game (due in cash each match)



WOMEN'S COMPETITIVE 6-ON-6 VOLLEYBALL LEAGUE

(EHRNFELT RECREATION CENTER, AUXILIARY GYM)

Registration takes place from 11/19 to 12/21.

Ages: 18 years & Older

Wednesdays 1/8 – 4/22* 6:00-10:00 pm

***No play 3/25**

Fees: Entry Fee (Limit: 10 teams) \$250 (due at registration)
Cash Forfeit Deposit (refundable) \$50
Official Fees \$10/game (due in cash each match)

ADULT SPORTS MISC.

TABLE TENNIS OPEN PLAY (EVENT CENTER)

Come on out and play a competitive game of table tennis. If you are a beginner don't worry. David Pech, a USATT Certified Club Coach, will help you with instruction. Go to www.strongtt.info for more information.

Ages: All & Seniors

Tuesdays/Thursdays TBD 6:00 – 10:00 pm
Tuesdays/Thursdays TBD 6:00 – 10:00 pm

Fees: Adult \$55
Senior/College \$45
Youth \$35
Youth with paying adult \$25

There is no drop in fee for those that pay the registration fee.

Drop-in Fees: Adults \$6
Seniors/College \$5
Youth \$4
Youth with paying adults \$3

**These fees are for those that do not pay the registration fee*

ADULT ENRICHMENT PROGRAMS

For Ages 18 and Over

EXERCISE PROGRAMS

POWER HOUR – NEW EVENING PROGRAM!

A perfect mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 60 minutes. This is a drop in program, taught by a Certified Fitness Instructor.

Ages: 45 & over

Mondays and Wednesdays 5:30-6:30pm

No class 1/1

Fees:	Members	\$4
	Non-Members/Residents	\$5
	Non-Members/Non-Residents	\$7

YOGA

Increase your core strength, while stretching your whole body, improving your stamina and releasing stress. Our instructor will guide you through this hour long yoga class. Six week sessions or drop-in option.

Ages: 45 & over

Instructors: Trista Smith - Tuesdays
Jessica Cartell - Thursdays

Tuesdays	1/7-2/11	5:30-6:30pm
Tuesdays	2/18-3/24	5:30-6:30pm
Tuesdays	3/31-5/5	5:30-6:30pm
Thursdays	1/2-2/6	5:30-6:30pm
Thursdays	2/13-3/19	5:30-6:30pm
Thursdays	3/26-4/30	5:30-6:30pm

Fees:	6 Weeks	Drop-In
	Members	\$18
	Residents/Non-Members	\$22
	Non-Residents/Non-Members	\$30
		\$4
		\$5
		\$7

TAP DANCING

Learn the basics and fun of Tap Dancing. Tap shoes, or hard soled shoes, and an enthusiasm to learn is all that you need. Get some great exercise and you may be Strongsville's next Fred Astaire!

Ages: 18 & over	7 Week Session	Minimum class size: 4
		Instructor: Peggy Stockdale
Wednesdays	1/29-3/11	6:00-7:00pm - Beginners
		7:00-8:00pm - Experienced Tappers
Wednesdays	3/18-4/29	6:00-7:00pm - Beginners
		7:00-8:00pm - Experienced Tappers

Fees:	Members	\$38
	Residents/Non-Members	\$40
	Non-Residents/Non-Members	\$44

EVENING LINE DANCING

Come boot, scoot and boogie with our evening line dance instructor, Mary. She'll teach you the newest steps and help you brush up on your old ones. Enjoy exercise, during an evening of fun. Five week sessions or drop-in option.

Ages: 18 & over **Instructor: Mary Harwood**
Tuesdays* 7:00-8:00pm

*Please see the Silver Pen or call the Senior Registration Desk at 580-3275 for specific session dates.

Fees:	5 Week Sessions	Drop-In
	Members	\$19
	Residents/Non-Members	\$22
	Non-Residents/Non-Members	\$44
		\$5
		\$6
		\$8

WOOD SHOP CLASSES AND SERVICES

For all wood shop information, call (440) 580-3275.

SAWDUST FOR BEGINNERS (SENIOR CENTER WOOD SHOP)

This required course for all first time wood shop users covers use of equipment, policies and procedures in the wood shop and basics of wood working. A simple project will be completed during the class. Class completed in 2-4 hour sessions.

Class Limit: 8	Ages 21 & Over	Instructor: Jim Burns
Mondays	2/3 & 2/10	6:00-9:00pm
Monday	2/17	6:00-8:00pm
Fees:	Members	\$35
	Non-Members/Residents	\$40
	Non Members/Non-Residents	\$50

OPEN WOOD SHOP (SENIOR CENTER WOOD SHOP)

Pre-requisite is completion of "Sawdust for Beginners." Come work on your own projects, help repair items, and meet new friends.

Ages: 21 & over

Wednesdays (No Woodshop 1/1) 6:30 – 9:00pm

Fees:	Per Hour
Members	\$3
Residents/Non-Members	\$4
Non-Members/Non-Residents	\$6

WOOD CARVING (SENIOR CENTER WOOD SHOP)

Join this group of men and women and learn the artistry and craftsmanship of wood carving.

Ages: 21 & over **Instructor: Dave Hoelter**
Every Tuesday 6:00-8:00pm

Fees: Participants pay for own tools and materials.

EVENING PROGRAMS

DINNER & A MOVIE

Looking for a night out? Join us for a wonderful dinner, prepared by the kitchen staff followed by a new release movie right here in at our very own Ehrnfelt Senior Center! The movie of the month is listed in the Silver Pen Newsletter and is also available by calling the Senior Center. Reservations and payment for your dinner are required by the Monday before at 8pm. Your dinner ticket will give you FREE movie admission and includes fresh popcorn and light refreshments served with the movie. It's the perfect night out so be sure to grab a friend and join us!

Ages: 50 & Over

2nd Tuesday of the Month
Doors open: 5:00pm
Dinner: 5:30pm

Fees:	Members/Residents	\$7
	Non-Resident/Non-Members	\$9

AARP DRIVER SAFETY PROGRAM CLASS

Take this opportunity to review your driving skills, habits, and knowledge of rules of the road. Local driving problems, safety tips, changes in driving laws and rules are discussed. The one day course also emphasizes how to adjust your driving in response to age related physical changes and declining perceptual skills. Registration required.

Ages: 50 & Over	Instructor: Mike Kolesar
Tuesday	4/28 5:00- 9:00pm
Fees:	AARP Members \$15
	Non-AARP Members \$20

EVENING PROGRAMS (cont.)**NOPEC PRESENTATION**

The Northeast Ohio Public Energy Council is the largest governmental retail aggregator in the nation that works cooperatively to achieve lower energy costs for its customers. NOPEC has over 200 communities in 13 Northeast Ohio counties, including Strongsville and surrounding cities. A representative from NOPEC will be hosting an informational session on the services provided by NOPEC, energy saving tips and answering questions about gas and electric bills. This is a great opportunity to learn how to reduce your utility expenses and ask questions regarding gas and electric services. Registration required.

Ages: 50 & over**Free Program****Presenter: Tony Ramos, Community Outreach Manager.**

Thursday	3/26	6:00pm
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WELCOME TO MEDICARE

The Ohio Department of Insurance Ohio Senior Health Insurance Information Program (OSHIIIP) and partner organizations will be holding a "Welcome to Medicare" event for Ohioans who will soon turn 65 years old to learn about Medicare. The two-hour event will feature a panel of experts from OSHIIIP and other partner organizations who will discuss enrollment matters, patient rights, preventative services and more. Attendees will also have the opportunity to sign-up to become an OSHIIIP volunteer. OSHIIIP was founded in 1992 to provide Medicare beneficiaries with free, objective health insurance information and one-on-one insurance counseling. The program is funded in part by the state and by a grant from CMS. OSHIIIP offers an array of services that are also used for persons with disabilities and for non-seniors. No registration required.

Ages: 50 & over**Free Program**

Thursday	4/2	6:00pm
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ASSET PROTECTION**PROBATE AVOIDANCE - BENEFIT PROGRAMS**

Join certified Elder Law Attorney Erica Skerl as she provides easy to understand tips on how to avoid probate, why you need to protect your assets, and benefit programs available for seniors and veterans. Erica will also discuss the new Medicaid rules for nursing home payments. She will also touch on why you should never have to probate a car; how to keep the home in your name and avoid probate on death; why all powers of attorney are not equal or beneficial; eliminate estate taxes and many other tips. Don't miss this informative program. Registration required.

Ages: 50 & over**Free Program**

Thursday	4/23	6:00pm
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EVENING PROGRAMS (cont.)**HEART SAVER FIRST AID TRAINING**

Also aimed at the average citizen, this class teaches how to deal with medical emergencies, including illness, injuries, choking, heat- and cold-related situations, bites and stings.

Please note: This class is held at the Main Fire Station, located at 17000 Prospect Road, Strongsville. Registration is required with the Strongsville Fire Department. Please email Charles.walters@strongsville.org or phone (440) 580-3210, ext. 5433.

Ages: 18 & over**Instructors: Strongsville Firefighters/Paramedics**

Friday	1/3	6:00-9:00pm
Monday	2/3	6:00-9:00pm
Thursday	2/13	6:00-9:00pm
Tuesday	3/3	6:00-9:00pm
Friday	4/3	6:00-9:00pm

Fees:

Residents,	
Strongsville Businesses & Special Groups (Scouts, etc.)	Free*
Non-Residents/Businesses/Medical Professionals	\$50*

**Personal email required and \$20 fee for AHA completion card; payable at class.*

HEART SAVER CPR - AED TRAINING

This class, intended for the average citizen, covers what to do if you find someone unresponsive and not breathing. It teaches CPR techniques and also how to use an automated external defibrillator.

Please note: This class is held at the Main Fire Station, located at 17000 Prospect Road, Strongsville. Registration is required with the Strongsville Fire Department. Please email Charles.walters@strongsville.org or phone (440) 580-3210, ext. 5433.

Ages: 18 & over**Instructors: Strongsville Firefighters/Paramedics**

Thursday	1/23	6:00-9:00pm
Monday	2/24	6:00-9:00pm
Tuesday	3/24	6:00-9:00pm
Thursday	4/23	6:00-9:00pm

Fees:

Residents,	
Strongsville Businesses & Special Groups (Scouts, etc.)	Free*
Non-Residents/Businesses/Medical Professionals	\$50*

**Personal email required and \$20 fee for AHA completion card; payable at class.*

The Strongsville Parks and Recreation Department...

- Socially involved people are 2 to 5 times less likely to suffer from heart disease.
- It costs 100 times more to send a teen to jail than to provide preventative recreation programs.
- A National Softball Tournament accounted for over \$300,000 spent in the local economy.
- \$59 Billion is spent every year on wildlife tourism.
- Girls who participate in sports help increase bone density to combat osteoporosis later in life.
- Juvenile crime dropped 24% during the first 13 weeks of one city's late-night recreation program.
- Every mile walked adds an average of 21 minutes to a person's life.
- Families that recreate together report greater stability and satisfaction.
- Visits to National, Regional and Local parks exceed 1 billion annually.
- 66,000 deaths annually could be prevented through regular exercise.
- Americans spend over 500 million days per year fishing.
- The fondest memories involve family outings and vacations.

...Re-defining Recreation!

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Kathy Sazima, RN, BSN

Hours of Operation

Monday - Thursday

8:00am - 9:00pm

Friday

8:00am - 5:00pm

New Member Orientation

4th Monday of the month at 6:00pm • 4th Friday of the month at 10:00am

If you are interested in attending please call the Senior Registration Desk at 440-580-3275 to reserve your spot

- See page 6 for refund policy
- For questions or to register for a program please call 440-580-3275.
- Live transcription available upon request. Please call 440-580-3277 48 hours in advance.

"Silver Mustang" Membership (Optional)

\$20 per year - Strongsville Residents

\$30 per year - Strongsville Resident Couple

\$45 per year - Non Residents

\$60 per year - Non Residents Couple

Membership Benefits:

Monthly Silver Mustang Newsletter • Admission into members only events
• Members only programs • Additional membership discounts • Priority registration for members • Free birthday lunch the month of your special day • Discount coupons for daily admission for family and friends • 3 free daily admission passes for the Ehrnfelt Recreation Center

EHRNFELT SENIOR CENTER MEAL OPTIONS

See Page 44 for information on our Senior Center Meal Options

FITNESS, FUN, FRIENDSHIP

BINGO

This game of chance and concentration is sure to have you calling out "Bingo." Play one or more cards, and fill your numbered squares before the others. Meet new friends and try your luck at our twice weekly bingo games!

Ages: 60 & over

Fee: 25 cents per card

Mondays & Fridays

12:30-3:00pm

No Bingo 4/10

S.M.I.L.E. (SO MUCH IMPROVEMENT WITH A LITTLE EXERCISE)

Low intensity exercise for range of motion, flexibility and balance. This video led class can be taken sitting or standing. You're sure to be smiling with your results.

Ages: 50 & over

This is a Drop In Program

Mondays, Wednesdays, & Fridays

9:00-9:45am

No class 1/1

Fees:

Per Week

Grant Participants

Free

Members

\$1

Non-Members/Residents

\$2

Non-Members/Non-Residents

\$4

FLEX, MOVEMENT & BALANCE

Join our Certified Fitness Instructor as she helps you stretch and flex, to improve your balance and flexibility. You will utilize bands (supplied by the Senior Center) and even learn some Yoga, all in an effort to improve your overall physical health. This is a drop-in program.

Ages: 50 & over

Instructor: Pam Houston

Mondays

2:15-3:30pm

Fees:

Members

\$4

Non-members/Residents

\$5

Non-Members/Non-Residents

\$7

YOGA

Come and increase your core strength while stretching your whole body, improving stamina and releasing stress. Offered Tuesday and Thursday mornings.

This is a drop-in program.

Ages: 50 & over

Instructors: Megan Ruggiero - Tuesdays

10:15-11:30am

Sheila Hart - Thursdays

10:15-11:30am

Fees:

Members

\$4

Non-Members/Residents

\$5

Non-Members/Non-Residents

\$7

FITNESS, FUN, FRIENDSHIP (cont.)

BOWLING (AMF BROOKGATE)

More than 95 million people enjoy bowling worldwide, in 90 countries, spanning 6 continents. This makes ten pin bowling one of the largest participatory sports in the world. Join the fun when our season begins on September 11th. We are always looking for new bowlers. Can't make it every week, no problem, join us as a substitute bowler.

Ages: 50 & over

Wednesdays

9:30am (Practice begins at 9:15am)

No bowling 1/1

Fees: \$8.50

Includes 3 games, shoes and ball, if needed

FUNCTIONAL TRAINING

Our functional training class will help you gain strength and mobility to enhance your activities of daily living. *This is a drop-in program*, taught by a certified fitness instructor.

Ages: 50 & over

Mondays, Wednesdays & Fridays

10:30-11:30am

No class 1/1

Fees:

Grant Participants

Free

Members

\$3

Non-Members/Residents

\$4

Non-Members/Non-Residents

\$6

EXPRESS CIRCUIT TRAINING

A perfect, early morning mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 45 minutes. This is a drop in program, taught by a certified fitness instructor.

Ages: 50 & over

Tuesdays and Thursdays

Instructor: Jenny Wilson

7:30-8:15am

Fees:

Grant Participants

Free

Members

\$3

Non-Members/Residents

\$4

Non-Members/Non-Residents

\$6

FITNESS, FUN, FRIENDSHIP (cont.)**STRONGSVILLE STRIDERS**

Walking is wonderful! This near perfect form of physical exercise has numerous physical, mental and emotional benefits with no previous training necessary! A walking program is an excellent way to keep or start the body moving, and reap the benefits of good health that come with regular exercise! Join program leader, Mary Lea and fellow Striders as they walk their way to fun and fitness. This is a drop-in program. Limited to the first 12 to register, each class.

Ages: 50 & over **Instructor: Mary Lea Kirby**
Thursdays 10:00 - 10:45am

Fees: Members \$3
Non-Members/Residents \$4
Non-Members/Non-Residents \$6

RHYTHM AND MOVEMENT

Rhythm & Movement features cardio, strength, balance and flexibility moves, using oldies and current "upbeat music" for motivation. A variety of equipment is included in the fun workout; including weights, resistance bands, drum sticks and more. Class ends with a relaxing cool down, and each week has a different theme to make the class interesting and motivating. Join in for a perfect blend of fun, fitness and friendship. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Betty Lekan**
Wednesdays 10:00 - 11:00am
No class 1/1

Fees: Members \$4
Non-Members/Residents \$5
Non-Members/Non-Residents \$7

ASIAN EXERCISE

These gentle movements can improve balance, naturally boost one's energy, mental focus, and flexibility. There is individualized instruction within the group setting; you progress at your pace and ability. The movements can be tailored to your body type and condition. Good health comes from good circulation. By gently working the range of motion of the joints, the flexibility of the ligaments and surrounding tissues, the body is able to get circulation everywhere it needs to go. Millions of practitioners in the US and China have balanced chronic conditions such as asthma, arthritis, diabetes and fibro-myalgia through practice. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Ted Smith**
Mondays 9:00 - 10:00am

Fees: Members \$5
Non-Member/Residents \$6
Non-Member/Non-Residents \$8

SALSACISE

Salsacise is a fun, low impact workout that uses a combination of Latin dance and traditional class moves, set to music, that are easy to follow. Join us for some fun and a great workout. Taught by a certified fitness instructor.

Ages: 50 & Over **Instructor: Karen Hilberg**
Mondays 1/6-2/10 10:30 - 11:15am
Mondays 2/17-3/23 10:30 - 11:15am
Mondays 3/30-5/4 10:30 - 11:15am

Fees **6 Weeks** **Drop-In**
Members \$19 \$4
Non-Members/Residents \$21 \$5
Non-Members/Non-Residents \$25 \$7

SENIOR INDOOR CYCLING

Looking for a different type of cardio workout? Jenny will lead you on a stationary ride without the worry of the outdoor elements! Senior Cycle will be held on the Recreation side, but all registration will be at the Senior Front Desk. Please come 15 minutes early if this is your first time taking cycling.

Ages: 50 & older **Instructor: Jenny Wilson**
Fridays 10:30-11:15am

Fees: Members \$4
Non-Member/Residents \$5
Non-Member/Non-Residents \$7

FITNESS, FUN, FRIENDSHIP (cont.)**CARDIO FIT**

Looking to increase your cardio workout? Join Mary Lea on Tuesday's for a brand new cardio focused workout. Cardio exercise is known to help burn calories, improve your heart strength, increase lung capacity and helps with overall endurance. Mary Lea will lead you through fun and easy to follow, joint friendly moves, with just enough variety to keep you coming back. Modifications shown for all fitness levels. Be sure to try out this great new class! This is a drop in class.

Tuesdays 9:00-9:45am

Fees: Members \$3
Non-Member/Residents \$4
Non-Member/Non-Residents \$6

QIGONG (CHI GONG) – MOVING MEDITATION

Qigong exercise consists of a combination of sitting meditation and gentle physical movements that emphasizes calm mind, relaxed body, and regular respiration. With roots in Chinese medicine, philosophy, and martial arts, Qigong is traditionally viewed as a practice to cultivate and balance translated qi (Chi), translated as "life energy". Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind.

Ages: 50 & Over **Instructor: Ted Smith**
Mondays 4:00-4:45pm

Fees: Grant Participants Free
Members \$5
Non-Member/Residents \$6
Non-Member/Non-Residents \$8

CORNHOLE

Cornhole, also known as Tailgate, bean bag toss, dadhole, doghouse, Baggo, or simply Bags, is an American game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. Join in, for an afternoon of open indoor play. Experienced players, as well as those that have never played are welcome.

Ages: 50 & Over
Wednesdays Open Play 1:00-3:00pm
No play 1/1

Fees: Grant Participants Free
Members \$2
Residents/Non-Members \$3
Non-Residents/Non-Members \$5

WII BOWLING LEAGUE

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowlers on Tuesday mornings or Thursday afternoons, and experience the fun. No experience is necessary. Bowlers can sit or stand, and each registered Wii bowler will play two games each week. Strikes, spares or gutter balls – let's roll! This is a drop-in program.

Ages: 50 & Over
Tuesdays 9:00 - 11:30am
Thursdays 12:30 - 3:00pm

Fees: Grant Participant Free
Members \$1
Non-Member/Residents \$2
Non-Member/Non-Residents \$3

FITNESS, FUN, FRIENDSHIP (cont.)

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Join us Mondays and Thursdays when we offer open Pickleball. We have paddles and balls, or bring your own, and join in on this popular sport. Experienced players as well as those that have never held a paddle are welcome.

Ages: 50 & Over

Mondays* 9:00am – 12:00pm

Thursdays* 9:00am – 11:00am

***No Play 3/23, 3/26**

Fees:	Members	\$2
	Non-Members/Residents	\$3
	Non-Members/Non-Residents	\$5

TAP DANCING

Learn the basics and fun of Tap Dancing. Tap shoes, or hard soled shoes, and an enthusiasm to learn is all that you need. Get some great exercise and you may be Strongsville's next Fred Astaire! Registration required.

Ages: 50 & Over

Instructor: Peggy Stockdale

Thursdays 1/30-3/12 11:00am – 12:00pm

Thursdays 3/26-5/7 11:00am – 12:00pm

7 Week Session

Minimum class size: 4

Fees:	Members	\$38
	Residents/Non-Members	\$40
	Non-Residents/Non-Members	\$44

FANTASY WALK

Looking for a unique and exciting way to get healthy, lose weight and have more energy? Join us on our next Fantasy Walk. Beginning January 1st, we'll be fantasy touring many of Ohio's Aviation Museums; including the Armstrong Air & Space Museum and the National Museum of the U.S. Air Force. We'll be fantasy walking 440 miles as we visit these museums and a few others. April 30th will be the goal to complete this historical aviation tour.

Fantasy walkers will wear pedometers wherever they go, record their miles once a week at the Senior Center and check their progress on our map. A party will be held in May to celebrate everyone's accomplishments. Registration is required.

Ages 50 & over

Sponsored by Brookway Hearing Center

Fees:	Members	\$14 or \$6*
	Non-Members/Residents	\$16 or \$8*
	Non-Members/Non-Residents	\$18 or \$10*

*Note: Participants can use their own pedometer and save \$8 on registration. Pedometers needed during program will cost \$14/each.

CARDS AND OTHER GAMES (SENIOR GREAT ROOM)

Ages: 50 & Over

Fees: Free

Bridge	Tuesdays	12:30-3:30pm
Bunco	Thursdays	9:30-11:30am
Dominoes/Rummikub	Tuesdays	1:00-3:00pm
Mah Jongg	Wednesdays	1:00-3:00pm
Pinochle	Tuesdays	12:25-3:00pm
Scrabble	Mondays	10:00-11:30am
Pinochle Instruction	Wednesdays	9:00-11:00am
Wii Open Play	Daily	Upon request
Table Tennis/Billiards	Fridays	12:30-4:00pm



WOOD SHOP CLASSES AND SERVICES

For all wood shop information, call (440) 580-3275.

OPEN WOOD SHOP (SENIOR CENTER WOOD SHOP)

Pre-requisite is completion of "Sawdust for Beginners." Come work on your own projects, help repair items and meet new friends.

Ages: 50 & Over	Wednesdays & Thursdays*	9:30am-12:00pm
Ages: 21 & Over	Wednesdays*	6:30-9:00pm
*No Shop 1/1		

Fees:	Per Session
Members	\$3
Residents/Non-Members	\$4
Non-Members/Non-Residents	\$6

WOOD CARVING (SENIOR CENTER WOOD SHOP)

Join this group of men and women and learn the artistry and craftsmanship of wood carving.

Instructor: Dave Hoelter

Ages: 50 & Over	Thursdays	1:00-3:00pm
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Fees: Participants pay for own tools and materials

WOOD SHOP REPAIR SERVICE (SENIOR CENTER WOOD SHOP)

Wood shop volunteers will repair small wood items with a minimum charge of \$5. Bring your item into the wood shop any Wednesday or Thursday between 9:30-11:30am and one of our volunteers will discuss the project and cost to repair with you.

SAWDUST FOR BEGINNERS (SENIOR CENTER WOOD SHOP)

This required course for all first time wood shop users covers use of equipment, policies and procedures in the wood shop and basics of wood working. A simple project will be completed during the class. Daytime Classes offered for ages 50 & over. Class completed in two 4 hour sessions.

Ages: 50 & Over	Instructor: Jim Burns
Tuesdays	2/4 & 2/11
	9:30am – 2:30pm*
*Lunch break from 11:30am – 12:30pm	

Fees:	Members	\$35
	Non-Members/Residents	\$40
	Non Members/Non-Residents	\$50

ART & CRAFT CLASSES

WATERCOLOR PAINTING

All levels are welcome, including beginners. Come and learn a new hobby, or brush up on your existing watercolor skills. You're sure to have fun, and all participants have the opportunity to join in our annual June Art Show. Students provide own materials; list available at Senior Registration Desk. Instructor offers three classes, each week – drop-in anytime.

Ages: 50 & Over	Instructor: Judi Roszak	Class Limit 15
	Tuesday, Thursday & Fridays	9:30-11:30am
Fees:	Members	\$9
	Non-Members/Residents	\$10
	Non-Members/Non-Residents	\$12

RAKE KNITTING

Colonial Cabin Craft – Create Afghans & more. Bring 1-4 ply skein of yarn and crochet hook size E, F or G

Ages: 50 & Over	Free Program
Every Monday	10:00 am



Ehrnfelt Senior Center Meal Options

The Senior Center kitchen prepares daily (Monday-Friday) fresh, homemade meals. The menu is posted in our monthly senior newsletter or can be found at the Senior Registration Desk. Our lunches cost \$5.00 for residents and members, and \$6.00 for non-resident/non-members and include salad, dessert, entrée, and beverage. Some of our signature dishes are meatloaf and mashed potatoes and cranberry chicken. *Pre-registration is required by 8:00am on the day that you would like to join us for lunch, except for special event lunches.* Senior lunches are served Monday - Friday at 11:45am. Can't stay for lunch? No problem, we can make it a take-out! Simply let us know what you want to take out when you call your reservation in at 440-580-3275, and we will have it ready for you.

If you are looking for something on the lighter side, stop at our Crossroads Café. Fresh made salads, sandwiches and a daily soup are available from 11:00am-1:00pm, Monday-Friday. No reservation is required.



ART & CRAFT CLASSES (cont.)

CLASSICAL PAINTING SECRETS

Learn to paint and/or improve your painting skills and knowledge, with step by step instructions in a non-competitive environment. Basics such as color theory, composition, and glazing will be taught. Paint what you are interested in, learn, and become a part of our annual art exhibit. All levels welcome, using acrylics/oils/watercolor and mixed media.

Instructor offers two separate classes; one Tuesdays and one Thursdays. Students provide own materials; palette list available at Senior Registration Desk. Registration Required. Maximum class size of 15.

Instructor: Joanne Richter

Ages: 50 & Over **Class Limit: 15** **6 Week Sessions**

Tuesdays	2/18-3/24	1:00-3:30pm
Tuesdays	4/14-5/19	1:00-3:30pm
Thursdays	1/2-2/6	1:00-3:30pm
Thursdays	2/20-3/26	1:00-3:30pm
Thursdays	4/16-5/21	1:00-3:30pm

Fees: **6 Week Session (No Drop Ins)**

Members	\$50
Non-Members/Residents	\$55
Non-Members/Non-Residents	\$65

ZENTANGLE WORKSHOP

Zentangle is a very easy to learn method of drawing to create beautiful images from repetitive patterns. It has been helpful to others for relieving stress, panic attacks, rehabilitation, chronic pain and weight loss. You don't need to be an artist, as the entire process is broken down and taught "one stroke at a time". You will be amazed at what you will accomplish.

This two day workshop is taught by certified Zentangle teachers. You will learn the history and philosophy, and begin creating basic tangles (patterns) in the first class, and begin learning more advanced tangles and create a tile in the second class. Register for this new Meditative Art Therapy. All supplies are included in the fee.

Ages: 50 & over **Instructor: Cathy Zavodny & Michelle Rodgers**

Fridays	3/20 & 3/27	9:30-11:30am
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Fees: Members	\$16
Residents/Non-Members	\$18
Non-Residents/Non-Members	\$22

PHOTOGRAPHY 101: TAKING BETTER PICTURES

Getting the best pictures possible is a delicate balance between art and science. In this hands on course we start with the basics of photography and work our way to using the Exposure Triangle, Shutter Speed and Depth of Field to enhance your photographs. Learn the techniques used to make each photograph one that you will want to frame. It doesn't matter if you are using a cell phone camera, a simple point and shoot, or a high end DSLR, this class will help you take the best pictures possible. The best way to learn is by doing, so be prepared to bring your camera to each class. A camera is required for this course. Six week class. Maximum class size is 10.

Ages: 50 & Over **Instructor: Rick A. Deal**

Wednesday	3/4-4/8	10:00am-12:00pm
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Fees: Members	\$45
Residents/Non-Members	\$50
Non-Residents/Non-Members	\$60

Special Note: If you have already taken Photography 101, Rick invites you back to join in on the current class at no charge to brush up on your skills.

ART & CRAFT CLASSES (cont.)

PHOTOGRAPHY CLUB

The photography club is for anyone that is enthusiastic about taking pictures. Skill level doesn't matter, from the first time photographer to the seasoned professional, we can all learn from an open discussion of ideas and critiques. The discussion is led by a professional photographer who will share some equipment and techniques that will help everyone. Each session will include a group discussion/critique of each person's photos which allow you to view your work through someone else's eyes. Inquire with the instructor for potential additional off-site photoshoots throughout the fall.

Ages: 50 & over **Drop-In Program Free** **Instructor: Rick Deal**

Monday	1/20	Finding Inspiration	10:00-12:00pm
Monday	2/17	Artistic Expression	10:00-12:00pm
Monday	3/23	Your Portfolio	10:00-12:00pm
Monday	4/20	Shooting Angles	10:00-12:00pm



PHOTOGRAPHY WORKSHOP

Join our instructor, as he focuses on a specific area of interest for both the hobbyist and the advanced photographer. This two-day, 1 ½ hour individual workshop will give you more confidence behind the lens.

Ages: 50 & Over

Instructor: Rick A. Deal

Shooting in Different Lighting Situations

Setting up your camera to shoot in one lighting situation can sometimes be tricky, but what happens when that light situation changes, or when shooting in several different areas with different lighting situations? Learn the best ways to adjust for different lighting and how that lighting may affect your images.

Mondays	4/6 & 4/13	10:00-11:30am
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Fees/Workshop: Members	\$10
Residents/Non-Members	\$12
Non-Residents/Non-Members	\$16



COMMUNITY SERVICE GROUPS

You are invited to join any of the Senior Center Service Groups—new hands, warm hearts, and happy smiles are always welcome! You will enjoy friendship, conversation and rewards of completing projects that benefit others.

RAINBOW QUILTERS

Come and join this group if you're able to iron, pin fabric layers together, use a sewing machine or tie a knot. Helping hands are always welcome. This group makes quilts from start to finish to donate to Rainbow Babies & Children's Hospital, MetroHealth Medical Center Pediatrics, The Salvation Army and the UH Seidman Cancer Center at Southwest General Health Center.

Ages: 50 & Over

Nancy Haake, Volunteer Coordinator

Mondays at 1:00pm (except 2nd Monday)

CREATIVE CRAFTERS

Enjoy making new crafts? This is the group for you! Create new friendships and various crafts for the Senior Center Craft Shop. Willing hands and ideas are always welcome!

Ages: 50 & Over

Wednesdays*

10:00am - 1:00pm

*No crafting 1/1

WARM UP AMERICA

This fantastic group enjoys knitting and crocheting afghans, lap robes, scarves, hats, and blankets for others in nursing homes, hospitals and shelters. Yarn is supplied for these projects. Bring a friend and join them on Thursdays!

Marlene Cichocki & Kathy Balach, Coordinators

Ages: 50 & Over

Thursdays

1:00 - 3:30pm

WELLNESS

BLOOD PRESSURE CHECKS

1st Monday, 10:00am-12:00pm, Provided by Southwest General Health Center

3rd Tuesday, 10:30am-12:00pm, Provided by Southwest General Health Center

1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

DIABETES SCREENING

3rd Tuesday, 10:30am-12:00pm, Provided by Southwest General Health Center

1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

HEARING AID SERVICES

Hearing aid services provided by Brookway Hearing Center. Hearing tests, cleaning and service of hearing aids, and battery offers provided for your convenience.

Tuesday	1/7	9:00am
Tuesday	2/4	9:00am
Tuesday	3/3	9:00am
Tuesday	4/7	9:00am

Appointments needed. Call the Senior Center at (440)580-3275.

PODIATRIST

Licensed podiatrist visits the Senior Center monthly. To schedule an appointment, call the Senior Registration Desk at (440) 580-3275. Medicare billing only. (HMO's are not accepted.)

Dr. Jeanine A. Peters, DPM

Mondays 1/6, 2/3, 3/9, 4/6

1:00-5:00pm

MEDITATION GROUP

Join our meditation group! Meditation has been proven to reverse memory loss and strengthen your memory, lower blood pressure, help with chronic pain, depression, anxiety, and decrease stress. Our meditation group will teach you new ways to meditate. Time will be used to meditate together as a group. A special thanks to Kemper House for facilitating this group!

1st Wednesday of the month

10:00am

No January meeting

Fees:

Members	\$2
Non-Member/Residents	\$3
Non-Member/Non-Residents	\$5

Drop-In Fee

\$2
\$3
\$5

WELLNESS (cont.)

BEST WAY TO IMPROVE SLEEP

Do you struggle to fall asleep or stay asleep? Millions of people battle some form of insomnia. This program will cover why sleep is important to your overall health, suggestions on what to do if you do struggle with sleep issues, and natural solutions to catch more zzz's. Eating Presented by Jennifer Nance of Kemper House. Registration required.

Ages: 50 & Older

Tuesday

1/14

Free

10:00am

MAINTAINING YOUR BALANCE AS YOU AGE

Balance problems are among the most common concerns older adults face. Why does balance decline with age? And what can you do about it? In this program, you will learn the most common reasons older adults fall and simple exercises you can do at home to improve your balance and stay on your feet. This program is presented by Kemper House. Registration required.

Ages: 50 & Older

Wednesday

2/5

Free

10:00am

CLEVER WAYS TO KEEP YOUR MIND SHARP AS YOU AGE

If you're worried about "losing it" as you grow older, you'll want to do everything you can to keep your mind healthy. Exercising your brain is just as important as exercising your body. There are everyday health habits that can help slow (or reverse) an aging brain. This program will teach you tips on how to keep your brain active. The techniques you will learn will be simple and fun. Registration required.

Ages: 50 & Older

Wednesday

3/4

Free

10:00am

VISION LOSS SOLUTIONS:

GETTING AROUND WHEN YOU CAN NO LONGER DRIVE

Gloria Conway from the National Federation of the Blind will discuss travel options for individuals with vision loss and Personal safety while moving around at home and in the community with vision loss. Participants will gain understanding of how vision loss affects mobility, Orientation and mobility instruction, what it is, when it is needed, and how to obtain the service, the white cane, how and why it is used and deciding when it is necessary, community transportation services for seniors and citizens with disabilities and ride share programs such as Uber, Lyft, and Go Go Grandparents. Be sure not to miss this great program! Registration required.

Ages: 50 & Older

Wednesday

3/11

Free

1:00pm

GOOD SLEEP AS A PART OF HEALTH

Having trouble getting your Zzzz's? Join the Cleveland Clinic for a discussion about the importance of getting a good night's sleep. Caregivers will share their thoughts on methods that individuals commonly use to fall asleep and provide insight into alternative solutions that may help you sleep more soundly through the nights. Registration required.

Ages: 50 & Older

Wednesday

3/18

Free

1:00pm

EATING FOR A HEALTHY MIND

Eating well is vital for people of all ages, but did you know what you eat directly affects your brain? This program discusses how daily food choices can make an important difference in your health, how you look, how you feel, how you think, and how you age. Learn the best foods to eat to keep your mind healthy! Presented by Jennifer Nance of Kemper House. Registration required.

Ages: 50 & Older

Wednesday

3/25

Free

10:00am

COMMUNITY SUPPORT GROUPS

MEMORY LOSS SUPPORT GROUP

Are you looking for any kind of support when dealing with memory loss? This group is open to caregivers of individuals with dementia or Alzheimer's disease, spouses, family members, or friends. Linda Bliss, RN, Kathy Bush, RN and Jennifer Nance from Kemper House will be running this helpful support group, so all are welcome to join with any questions they may have. If you are caring for, or know someone with dementia, this support group is for you.

Free program

1st Tuesday of the month 10:00am

NEW VISION LOSS SUPPORT GROUP

Have changes in vision impacted your daily life?

Seniors may experience changes in vision from varying conditions such as cataracts, glaucoma, and macular degeneration. Emotional effects can accompany even mild vision loss, ranging from fear of what a progressive condition might mean in the future to questions about how to continue everyday activities like reading, home maintenance, cooking, and hobbies with a vision loss. This monthly support group will address all of these topics and much more in a supportive, informative environment. **Free Program**

Each month will emphasize a specific discussion topic:

January: "Coming to Terms with Terminology"

February: "Emotional Aspects of Vision Loss"

March: "The Low Vision Evaluation"

4th Monday of the month 10:00am

FREE CONSULTATIONS

(Offered monthly)

ATTORNEY

Brief consultation, appointment needed - call the Senior Registration Desk at (440) 580-3275.

1st Tuesday	9:00 - 11:30am	Erica Skerl
4th Friday	10:20-11:30am	Sam Butcher

FINANCIAL PLANNER

Counseling services offered by Offill Financial Group. Available by appointment the 1st Wednesday of the month 10:00-11:30am. Please call the Senior Registration Desk at (440) 580-3275 to make an appointment.

1st Wednesday of the Month 10:00-11:30am and 6:00-7:30pm
No January Appointments

POST OFFICE ON WHEELS

A mobile postal van visits the Senior Center monthly, on the 2nd Tuesday of the month from 12:30 - 12:55 pm. Any business you conduct at the Post Office can be taken care of at the "Post Office on Wheels."

AARP TAX PREPARATION PROGRAM

The AARP Tax-Aide Volunteers will be at the Senior Center on Monday and Friday mornings, beginning Monday, February 3 through Monday, April 13, 2020. Appointments are required, and can be made beginning Friday, January 3rd at the Senior Registration Desk or by calling (440) 580-3275. This FREE service from AARP is offered to Senior Citizens, to help them meet their tax-filing obligations.

BENEFITS CHECK UP

The Cleveland Foodbank and Cuyahoga County Department of Senior and Adult Services can help you apply for benefits right here at the Ehrnfelt Senior Center. Join us to see if you are eligible for several different money savings programs including SNAP (Supplementary Nutrition Assistance Program), HEAP, Ohio Best Rx Medicare, Medicaid, Ohio Works First, WIC and/or any other programs. Appointments are required. Bring proof of income, state ID and any current bills. Call the Senior Center today at 440-580-3275 for an appointment time. Don't miss out on this money saving program.

Thursday	2/13	9:00am-12noon
Thursday	4/9	9:00am-12noon

FREE CONSULTATIONS (cont.)

(Offered monthly)

MEDICARE COUNSELING

Join an expert from The Ohio Senior Health Insurance Information Program (OSHIIIP) as they sit one on one with you and answer all your Medicare questions. See if you qualify for certain Medicare Benefits or just get your questions answered. Please bring a list of your prescriptions and your insurance card to the appointment. Appointment required by calling 440-580-3275.

2nd Tuesday of the Month 9:00am-2:00pm

EDUCATIONAL PROGRAMS

2020 BOOK DISCUSSION GROUP

Books are selected by the staff of the Strongsville Branch of the Cuyahoga County Public Library and may be picked up the first week of each month at the library. The book discussion is held at the Strongsville Library on the following Mondays, from 2:30 - 4:00pm. The group leads their own discussion, with the assistance of questions supplied by the Library Staff.

Month	Book	Discussion Date
January	<u><i>The Tattooist of Auschwitz</i></u> By Heather Morris	Jan. 27th
February	<u><i>The Library Book</i></u> By Susan Orlean	Feb. 24th
March	<u><i>There, There</i></u> By Tommy Orange	March 23rd
April	<u><i>The Book of Dreams</i></u> By Nina George	April 27th



EDUCATIONAL PROGRAMS (cont.)

COMPUTER INSTRUCTIONS (SENIOR COMPUTER LAB)

One on One Sessions

Do you need help- just a little or maybe a lot- using your personal computer, laptop, camera or other technical device? You might need help getting oriented to new equipment or using a particular software package like Microsoft Word, Excel or PowerPoint. If so, contact the Senior Center registration Desk at 440-580-3275, to schedule a One-on-One. We have helped people with a variety of needs, A sampling includes setting up a Facebook account, creating a PowerPoint slide show and learning to use an i-Pad or smart phone. Come for an hour or for a longer period or arrange multiple sessions. Our instructors have a broad range of experience and can help you. We'll discuss your needs on the phone before scheduling an appointment.

Fee for one hour session (Minimum of one hour)

Member	\$5
Resident/Non-Member	\$7
Non-Member/Non-Resident	\$11

NOPEC PRESENTATION

The Northeast Ohio Public Energy Council is the largest governmental retail aggregator in the nation that works cooperatively to achieve lower energy costs for its customers. NOPEC has over 200 communities in 13 Northeast Ohio counties, including Strongsville and surrounding cities. A representative from NOPEC will be hosting an informational session on the services provided by NOPEC, energy saving tips and answering questions about gas and electric bills. This is a great opportunity to learn how to reduce your utility expenses and ask questions regarding gas and electric services. Registration required.

Ages: 50 & Older

Presenter: Tony Ramos, Community Outreach Manager.

Wednesday	1/22	1:00pm
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BRINGING UNIVERSAL DESIGN HOME

Discover how to bring the seven principles of Universal Design to your home. Universal design, also called barrier-free design, focuses on making the house safe and accessible for everyone, regardless of age, physical ability, or stature. A representative from Maximum Accessible Housing of Ohio will give clear examples on having a Universal Design Home. Registration is required.

Ages: 50 & Older

Monday	2/24	1:00pm
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ASSET PROTECTION-PROBATE AVOIDANCE - BENEFIT PROGRAMS

Join certified Elder Law Attorney Erica Skerl as she provides easy to understand tips on how to avoid probate, why you need to protect your assets, and benefit programs available for seniors and veterans. Erica will also discuss the new Medicaid rules for nursing home payments. She will also touch on why you should never have to probate a car; how to keep the home in your name and avoid probate on death; why all powers of attorney are not equal or beneficial; eliminate estate taxes and many other tips. Don't miss this informative program. Registration required.

Ages: 50 & Older

Thursday	2/27	10:00am
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SAFE AT HOME

Most accidents that cause Senior Citizens harm occur right in their own homes. If you are looking to make sure your house safe so that you can remain in it as you age this is the program for you. A representative from Maximum Accessible Housing of Ohio will explain ways to increase safety throughout your home, from falls prevention to basic security. Registration required.

Ages: 50 & Older

Tuesday	3/24	10:00am
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EDUCATIONAL PROGRAMS (cont.)

THE NATURE OF REALITY

Science, religion, and philosophy have all tried to define reality; none convincingly. Let's move beyond the dualities (male and female, light and dark) and surface paradoxes (matter and energy, body and soul) to grasp beyond typical perception the true nature of reality and our place within it.

Ages: 50 & over	Six week session	Instructor: Ted Smith
Mondays	1/6-2/10	1:00-2:30pm
Fees: Members		\$40
Non-Member/Residents		\$45
Non-Member/Non-Residents		\$55

THE NATURE OF EVIL

Why do humans commit evil? Are we victims of darkness or willing perpetrators? Is the devil real or rationalization? Understand that evil in humans starts with a lie. Something we tell to others or to ourselves. These lies lead people to attack others rather than face their own failures. Explore the psychology of individual and group evil, the spiritual implications, and some unconventional solutions.

Ages: 50 & over	Six week session	Instructor: Ted Smith
Wednesdays	2/19-3/25	1:00-2:30pm
Fees: Members		\$40
Non-Member/Residents		\$45
Non-Member/Non-Residents		\$55

JOHN F. KENNEDY'S ASSASSINATION

Join our presenter, Bev Sadowski, as she shares her knowledge on the assassination of JFK. She has lectured throughout the local area to a myriad of groups, including Baldwin Wallace Institute for Learning in Retirement and libraries in both Cuyahoga and Medina Counties. Bev earned a BA in History and Psychology and an MA in Education from Baldwin Wallace University. She taught in the Berea City Schools until her retirement in 2014.

Separate registration of each of these fascinating six week programs.

JFKI: THE SEARCH FOR TRUTH

This course will provide an overview of the events that occurred November 22, 1963, along with pertinent facts leading up to the assassination and following it. Ballistic, medical, and other documented evidence will be provided through a variety of sources and formats including much gleaned through first-hand contact with an ARRB staff member, an FBI agent, eyewitnesses, and other researchers. The preponderance of events is indicative of a high-level conspiracy and cover-up.

Ages: 50 & over	Six week session	Instructor: Bev Sadowski
Thursdays	1/16-2/20	1:00-2:30pm
Fees: Members		\$40
Non-Member/Residents		\$45
Non-Member/Non-Residents		\$55

JFKII: EVIDENCE OF A MEDICAL COVER-UP

The medical evidence provides virtually irrefutable confirmation of a conspiracy and massive cover-up in the assassination of JFK. This class will focus on that aspect of this tragic event and present information from eyewitnesses at Parkland Hospital, Bethesda Naval Hospital (where the autopsy was performed), along with facts from the extensive work and writings of an Assassination Records Review Board (ARRB) member. Information will be presented via PowerPoint, film, and reports from first-hand interviews of eyewitnesses.

Ages: 50 & over	Six week session	Instructor: Bev Sadowski
Mondays	2/24-3/30	10:00-11:30am
Fees: Members		\$40
Non-Member/Residents		\$45
Non-Member/Non-Residents		\$55

EDUCATIONAL PROGRAMS (cont.)

"ALFRED HITCHCOCK – HIS GREATEST FILMS"

Alfred Hitchcock was a master director of mystery movies with surprise endings in the early and middle parts of the 20th Century. He was also a very active anti-fascist as some of his movies confirm. This presentation will offer information on many of his greatest films, including "Rear Window," "Psycho," "The Man Who Knew Too Much," "North by Northwest," as well as others. Select scenes from each of the movies will be played.

Ages: 50 & over	Instructor: Dr. Joel S. Keller
Tuesday 1/7	10:00am
Fees:	
Members	\$10
Non-Member/Residents	\$12
Non-Member/Non-Residents	\$16

MUSIC EDUCATION CLASS: "THE MUSIC OF FRANK SINATRA"

Join Dr. Keller, as he shares his life-long interest in all kinds of music, from Bach, to Rock to Country. Dr. Keller has lectured at Baldwin-Wallace University's Institute for Learning in Retirement, Lorain County Community College and various senior centers and libraries. This presentation covers biographical information about "Old Blue Eyes," Frank Sinatra from his humble beginnings through the 1990's. He was honored at the Kennedy Center Honors in 1983, was awarded the Presidential Medal of Freedom by Ronald Reagan in 1985, and the Congressional Gold Medal in 1997. Sinatra was also the recipient of eleven Grammy Awards, including the Grammy Trustees Award, Grammy Legend Award and the Grammy Lifetime Achievement Award. We will hear 11 of his most famous recorded songs.

Ages: 50 & Over	Instructor: Dr. Joel S. Keller
Thursday 3/12	10:00am
Fees:	
Members	\$10
Non-Member/Residents	\$12
Non-Member/Non-Residents	\$16

AARP DRIVER SAFETY PROGRAM CLASSES

Take this opportunity to review your driving skills, habits, and knowledge of rules of the road. Local driving problems, safety tips, changes in driving laws and rules are discussed. The course also emphasizes how to adjust your driving in response to age related physical changes and declining perceptual skills. Please note: this is now a one day program. Registration required.

Ages: 50 & Over	Instructor: Mike Kolesar
Wednesday 2/12	1:00-5:00pm
Fees:	
AARP Members	\$15
Non-AARP Members	\$20

SOCIAL SECURITY UPDATES

If you have questions about Social Security retirement, spouses, or survivor benefits, then this information session is for you. Brandon Smith, Public Affairs Specialist from the Social Security Administration will provide clear and concise information regarding the various Social Security benefit programs available. Registration required.

Ages: 50 & Older	Free
Thursday 4/2	1:00pm

STAY AT HOME

As we age the function of our house change. Sometimes devices need to be added to aid in your safety so that your house can still work for you. A representative from Maximum Accessible Housing of Ohio will discuss tips, tricks, and resources to increase the safety and accessibility of your home so that you can enjoy it more as you age. Registration required.

Ages: 50 & Older	Free
Wednesday 4/22	1:00pm

SPECIAL PROGRAMS

BALLROOM DANCE SCHEDULE FOR 2020 (EVENT CENTER)

Includes Light Refreshments	All dances 1:15 - 3:15pm
Jan. 9	Wayne Tomsic Combo
Jan. 23	The Avanti Band
Feb. 13	Al Battistelli - Valentine's Day Dance
Feb. 27	The Wayne Tomsic Combo
March 12	Al Battistelli
April 9	Al Battistelli - Spring Fling Dance
April 23	The Avanti Band

Members/Residents	\$5
Non-Members/Non-Resident	\$7

LUNCH N' MOVIE

Each month join us for a delicious lunch followed by a new release movie right here on our big screen! Reservations and payment are required the day of the movie by 8am. Your lunch ticket will give you FREE movie admission and includes fresh popped popcorn and light refreshments served with the movie. Grab a friend and join in the fun! Movie and menu listing can be found in the Silver Pen.

Ages: 50 & Over	3rd Wednesday of the Month	11:00am
Fees:		
Members/Residents	\$5	
Non-Resident/Non-Members	\$6	

WINTER LUAU

Let's have a Hawaiian Luau and chase the winter blues away. Wear your tropical outfits and bring your appetite to this mid-winter escape. Registration and payment due Monday, January 27th. Grass shirts and sunscreen optional!

Ages: 50 & Older		
Wednesday 1/29	11:30am	
Fees:		
Members/Residents	\$6	
Non-Residents/Non-Members	\$8	

WHITE ELEPHANT SALE

These sales are held four times a year, on Thursday & Friday, in the Senior Center great Room. Donations (no clothing please) are accepted on the Wednesday before each sale. Come and browse through our many treasures we have to sell, and help support the Senior Center.

Thursday & Friday Feb 6 & 7

SALE HOURS: Thursday 9:00am* - 4:00pm • Friday 9:00am - 12:00pm

Shoppers - We offer early bird shopping! Early bird shopping is available from 8:00 - 8:59am on Thursday with a \$2 admission fee (please have exact change). All proceeds go towards Senior Center activities. Shopping after 9am is free to all!

INSTRUCTOR'S ART SHOW

It is with great pride that the Ehrnfelt Senior Center displays the many talents of our very own art instructors. Come and view these beautiful pieces of art, meet instructors and learn how you too can become an artist. This event will be held in the Senior Great Room. *Free and open to the public.*

Monday - Friday 2/10 - 2/21

MARDI GRAS/FAT TUESDAY JAZZ CONCERT

Join us for our Fat Tuesday Celebration! We'll celebrate Mardi Gras with a live New Orleans style Jazz Concert. Jazz music, beads, a non-alcoholic hurricane drink and a paczki (Polish donut) are sure to give you that Bayou Country feel. Registration and payment due by Friday, February 21st.

Ages: 50 & over		
Tuesday 2/25	1:00 - 2:15pm	
(Doors open at 12:45pm)		
Fees:		
Members	\$5	
Residents/Non-Members	\$6	
Non-Residents/Non-Members	\$8	

SPECIAL PROGRAMS (cont.)**MAH JONGG PARTY**

May Jongg, is a game of Chinese origin, usually played by four persons with tiles resembling dominoes. It is a game of skill, strategy and calculation that has been compared to the card game of Rummy. Mark your calendar and make your reservation for the Ehrnfelt's Senior Center's Mah Jongg Party. We'll serve a light lunch before play, and fun will be assured. Space is limited and registration is required by February 28th.

Ages: 50 & over

	Wednesday	3/25	1:00-5:00pm
Fees:	Members		\$6
	Residents/Non-Members		\$7
	Non-Residents/Non-Members		\$9

ST. PATRICK'S DAY LUNCH CELEBRATION

Celebrate St. Patrick's Day here at the Ehrnfelt Senior Center. Enjoy a traditional Irish meal, complete with corned beef and all the trimmings a few days early of this big Irish holiday. Join us for some Irish cheer, and wear your green. Erin go Bragh! Registration with payment is required by March 13th.

Ages: 50 & over

	Tuesday	3/17	11:30am
Fees:	Members/Residents		\$6
	Non-Residents/Non-Members		\$8

CLEVELAND INDIANS WATCH PARTY**CLEVELAND INDIANS HOME OPENER CELEBRATION**

Let's celebrate the Cleveland Indians home opener with a Watch Party. We'll have the game streaming live on our new state of the art 12' x 9' video wall! We'll fuel ourselves with stadium favorites; hot dogs, soda, peanuts and more! The party will include games and raffles too. Together, we'll cheer our Indians to a win. Wear your favorite Indians attire, and join the fun. Registration with payment is required by March 23rd.

Ages: 50 & over

	Thursday	3/26	TBA
Fees:	Members		\$7
	Non-Member/Residents		\$8
	Non-Member/Non-Residents		\$10

BUNCO PARTY

Bunco is a game of dice, played in rounds. It's also a social event, a party, and a blast! Mark your calendar and make your reservation for the Ehrnfelt Senior Center's Bunco Party. New players and veteran players are welcome. We'll start with breakfast before the dice are rolled. We'll reward most natural Buncos, Most Wins, and even Most Losses! Space is limited and registration is required by April 20th.

Ages: 50 & over

	Thursday	4/23	9:30-11:30am
Fees:	Members		\$6
	Residents/Non-Members		\$7
	Non-Residents/Non-Members		\$9

REWARD YOURSELF

Massage Consistency Passes Are Available



For more information please check out
Page 17 for details.

SPECIAL PROGRAMS (cont.)**LINE DANCE JAMBOREE 2020**

Our 21st Annual Line Dance Jamboree is sure to be a two stepping, good time! Your admission cost includes continental breakfast, full hot lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps, and learn some new ones too!

Ages: 50 & over

	Tuesday	4/28	9:00am – 3:00pm
Fees:	Members		\$18
	Residents/Non-Members		\$19
	Non-Residents/Non-Members		\$21

MUSTANGS ON THE GO!**JERSEY BOYS AT PLAYHOUSE SQUARE**

They were just four guys from Jersey until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again.

Go behind the music and inside the story of Frankie Valli and The Four Seasons in the Tony and Grammy Award®-winning true-life musical phenomenon, JERSEY BOYS. From the streets of New Jersey to the Rock and Roll Hall of Fame, this is the musical that's just too good to be true. Featuring the legendary top ten hit: "Sherry" • "Big Girls Don't Cry" • "Walk Like A Man" • "Can't Take My Eyes Off You" • "December 1963 (Oh What A Night)"

Before we leave for the theater we will enjoy dinner at the Senior Center. Registration includes dinner, show, and transportation. Limited tickets available.

Ages: 50 & over

	Tuesday	1/21	5:00–11:00pm
<i>Registration Limit: 2 tickets per person</i>			

Fees:

Members	\$60
Residents/Non-Members	\$62
Non-Residents/Non-Members	\$66

Registration Opens

November 12
November 19
November 26

MUSTANGS ON THE GO! (cont.)

CLEVELAND MUSEUM OF ART

Come along as we visit one of the world's most distinguished, comprehensive art museums and one of northeastern Ohio's principal civic and cultural institutions; The Cleveland Museum of Art. We will start our morning out with breakfast at the Senior Center then we will head out for a guided tour followed by time for you to explore the museum on your own. Don't miss out on this great trip!

Ages: 50 & Over

Wednesday 2/12 9:00am-3:30pm

Registration Limit: 2 tickets per person

Fees:

Members	\$18
Residents/Non-Members	\$20
Non-Residents/Non-Members	\$24

Registration Opens

December 10
December 17
December 24

CHOCOLATE AND WINE

Give yourself a Valentine treat as chocolate and Wine are now considered HEALTH FOODS - if you have the right kind and in moderation! Come join us to enjoy getting healthy on this Valentine Adventure. We'll start by visiting Harry London Chocolates, hearing their history, enjoying free samples and learning about their new line of artisan chocolates. Next, we'll visit the charming boutique winery, Cherry Road Winery in Massillon for tastings. We'll have tastings and lunch at the amazing Gervasi Winery. This Tuscan-like village has an outstanding reputation in Northeast Ohio for both its wine and ambience, and our visit there will include a walking tour of their wine making areas and beautiful grounds. Next, we'll stop into Hartville Chocolates, a boutique chocolate factory in a historic building where their specialty is Chocolate-covered Strawberries. We'll complete our day at a turn-of-the-century barn at the delightful Maize Valley Winery & Farm Market. Package includes motor coach transportation, all applicable taxes, meals and gratuities.

Ages: 50 & Older

Friday 2/21

8:30am-6:00pm

Registration Limit: 2 tickets per person

Fees:

Members	\$90
Residents/Non-Members	\$95
Non-Residents/Non-Members	\$105

Registration Opens

January 7
January 14
January 21

CLEVELAND ORCHESTRA

Enjoy a Friday Matinee of the world renowned Cleveland Orchestra at Severance Hall. The morning will include round trip transportation from the Ehnfelt Senior Center, a pre-concert talk, complimentary coffee, tea and pastries, followed by the 11:00am concert, conducted by Franz Welser-Most, performing Schubert's Great Symphony No. 3 and Prokofiev No. 3.

Ages: 50 & over

Friday

3/13

8:00am-1:30pm

Registration Limit: 2 tickets per person

Fees:

Members	\$37
Residents/Non-Members	\$39
Non-Residents/Non-Members	\$43

Registration Opens

January 7
January 14
January 21

RIVERS CASINO

Located in Pittsburgh, Pennsylvania, the casino features over 3000 state-of-the-art slots, video poker, exciting progressives and the latest virtual blackjack and roulette games. Package includes roundtrip transportation, gratuities, taxes and a \$30 bonus.

Ages: 50 & over

Tuesday

3/24

8:30am-5:00pm

Registration Limit: 2 tickets per person

Fees:

Members	\$41
Residents/Non-Members	\$43
Non-Residents/Non-Members	\$47

Registration Opens

January 28
February 4
February 11

MUSTANGS ON THE GO! (cont.)

CLEVELAND 4 TOUR

Cleveland Part 4 starts at the philanthropic site of Gordon Park, followed by a visit to Lakeshore Park, created on the waterfront by sinking ore boats to protect the shoreline. We'll revisit the Cold War of the 1950's and see a launch site that once held 30 anti-aircraft missiles below ground (one of 8 sites in the greater Cleveland area.) We'll continue on and explore the Millionaire Mansions of Bratenahl; the Waterloo Arts district, where you can still buy vinyl record albums and visit an old-time butcher shop; make a stop for lunch in Lakewood; travel to Whiskey Island and have a chance to walk in Wendy Park; visit the Original Chinatown; stop in the plaza/lobby area of the Rock N Roll Hall of Fame with time to visit their gift shop; see Cleveland's newest neighborhood, Hingetown; and, complete our day at Cleveland's largest Arabian Night Club to enjoy a Buffet Dinner included. (hint ~ bring your dancing shoes!) Price includes bus, bus driver gratuity, and guide from JKL TOURS.

Ages: 50 & over

Friday

4/3

8:30am-6:30pm

Registration Limit: 2 tickets per person

Fees:

Members	\$84
Residents/Non-Members	\$89
Non-Residents/Non-Members	\$99

Registration Opens

February 14
February 21
February 28

MY FAIR LADY- AT PLAYHOUSE SQUARE

The Lincoln Center Theater production of Lerner & Loewe's MY FAIR LADY has been hailed by The New York Times as "thrilling, glorious and better than it ever was." It won the Drama Desk, Outer Critics Circle and Drama League Awards for Best Musical Revival. NY1 raves, "Every so often a revival comes along that reminds you how indispensable great theater can be." Entertainment Weekly cheers, "this MY FAIR LADY is a thing of beauty, a sumptuous new production of the most perfect musical of all time."

Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Lovely" and "On the Street Where You Live," MY FAIR LADY tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." But who is really being transformed? In this "jubilant revival, the beloved musical comes alive in all its glory" (Variety).

Before we leave for the theater we will enjoy dinner at the Senior Center. Registration includes dinner, show, and transportation. Limited tickets available.

Ages: 50 & over

Thursday

4/30

5:00-11:00pm

Registration Limit: 2 tickets per person

Fees:

Members	\$60
Residents/Non-Members	\$62
Non-Residents/Non-Members	\$66

Registration Opens

February 26
March 4
March 11

AIN'T MISBEHAVIN'

A GREAT LAKES THEATER PRODUCTION AT THE HANNA THEATRE

This Tony-winning musical showcases the infectious energy and masterful stylings of the legendary jazz musician, Thomas "Fats" Waller. Five actors croon, jive, wail and dance their way through the songs that made Waller a household name. Delight in the heyday of American big band jazz music as the cast celebrates unforgettable hits that include "The Joint is Jumpin'," "Spreadin' Rhythm Around," "Honeysuckle Rose," and the show's namesake "Ain't Misbehavin'."

Before heading downtown, we'll enjoy lunch at the Senior Center. Performance starts at 1:30pm

Ages: 50 & over

Wednesday

5/13

11:00am-4:30pm

Registration Limit: 2 tickets per person

Fees:

Members	\$42
Residents/Non-Members	\$44
Non-Residents/Non-Members	\$48

Registration Opens

March 5
March 12
March 19

STRONGSVILLE RECREATION PARKS AND AMENITIES

AMENITIES

- 1. Rec Park #1 • 18100 Royalton Road** – Located behind the Ehrnfelt Recreation Center. Rademaker, Cross and Finley Fields are at this location with vending machines and restrooms. There are several playgrounds located nearby along with four tennis courts.
- 2. Rec. Park #2 • 16109 Foltz Parkway (South of Route 82)** – Located on Foltz Industrial Parkway near the city service center. Includes Foltz 1 and Foltz 2 Fields, playgrounds, and a basketball court. Two pavilions with grills and picnic tables available. Only one pavilion has electricity, running water and restrooms.
- 3. Rec. Park #3 • 21273 Drake Road** – Located at the intersection of Drake Road and Prospect. Wood and Sprague Fields are at this location. Each field has a pavilion with eight or nine picnic tables, two grills, four electrical outlets per pavilion, playgrounds and portable restrooms nearby.
- 4. Nichols Field • 22707 Sprague Road** – Located on Sprague and Marks Roads. This field has a pavilion with eight electrical outlets, ten picnic tables, 2 grills, and a playground.
- 5. Volunteer Park Fields • 21410 Lunn Road** – Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy Fields (lighted) and two Little League fields (Roth and Kalinich) are at this location. Batting cages, horseshoe pits, a ½ mile paved walking path, vending machines, restrooms, pavilion with picnic tables and bocci ball courts are located here near the playground.
- 6. Surrarer Park • 14625 Whitney Road** – Located at the corner of Webster and Whitney Roads (east of I-71), James Field is at this location along with 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.
- 7. Backyard Preserve** – Located behind the Ehrnfelt Recreation Center. This park offers an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.
- 8. Youth Sports Park & Playground • 21255 Lunn Road** – Located on West Lunn just west of Prospect (across from Volunteer Park). One regulation football field, two flag football fields, three little league fields and one pavilion with electric are at this location. Use by permit only.
- 9. Castletown Pavilion • 18100 Royalton Road** – Located between the Strongsville Library and Castletown Playground. Electrical outlets and grill are available in pavilion.

For more park information or to reserve a pavilion, contact **Chris Arold at (440) 580-3264 or chris.arold@strongsville.org**

Pavilion Fees: Residents: \$45 Non-Residents: \$65



RECREATION PARK GUIDELINES

- Permits are required, to use any of the parks listed above, for practice purposes.
- Reservations are also required for use of the pavilions.
- Alcohol and smoking is prohibited in all recreation parks.
- Pets are required to be on a leash at all times.
- Bocci courts, horseshoe pits, and basketball court cannot be reserved with a pavilion. There is a one hour time limit if others are waiting to use these facilities.

CITY OF STRONGSVILLE

Thomas P. Perciak

Mayor

CITY COUNCIL

Matthew P. Patten

Councilman – Ward 1

Annemarie P. Roff

Councilwoman – Ward 2

Kelly A. Kosek

Councilwoman – Ward 3

Gordon C. Short

Councilman – Ward 4

Joseph C. DeMio

President of Council,
Council-At-Large

James E. Carbone

Councilman President Pro Tem
Council-At-Large

Matthew A. Schonhut

Council-At-Large



PARKS, RECREATION AND SENIOR SERVICES

Ehrnfelt Recreation Center

Phone (440) 580-3260

Fax (440) 572-3503

Bryan Bogre

bryan.bogre@strongsville.org
Director of Parks, Recreation and Senior Services

Chris Arold

chris.arold@strongsville.org
Parks and Outdoor Facilities Superintendent

Sarah Arold, CPRP

sarah.arold@strongsville.org
Facility Manager

Timothy Campbell

tim.campbell@strongsville.org
Assistant Recreation Supervisor

Rick Deal

rick.deal@strongsville.org
Marketing/Designer

Jen Frontino

jen.frontino@strongsville.org
Director's Secretary

Mark Hartzel

mark.hartze@strongsville.org
Maintenance Foreman

Jason Keppler

jason.keppler@strongsville.org
Recreation Supervisor

Denise Lengal

denise.lengal@strongsville.org
Fitness Supervisor

Kristen Nykiel

kristen.nykiel@strongsville.org
Recreation Supervisor

Rebecca Oblak

becky.oblak@strongsville.org
Assistant Aquatic Supervisor

Patti Welker

patti.welker@strongsville.org
Aquatic Supervisor

Ehrnfelt Senior Center

Phone (440) 580-3275

Fax (440) 572-3137

Bryan Bogre

bryan.bogre@strongsville.org
Director of Parks, Recreation and Senior Services

Melissa Baldwin

Extension 5266
Food Service Manager

Deborah Branic

deborah.branic@strongsville.org
Senior Program Coordinator

Kathy Sazima, RN, BSN

kathy.sazima@strongsville.org
Senior Services Coordinator

Sheena Wright

sheena.wright@strongsville.org
Family Preservation Coordinator



The Strongsville Parks, Recreation and Senior Services Department provides all programs and facilities on a non-discriminatory basis for all citizens, regardless of age, race, sex, creed, or disability. Every effort will be made to accommodate all participants. If you need any special assistance to use our facility, please call us in advance, if possible, to make arrangements. PHONE (440) 580-3260 or FAX (440) 572-3503

The Ehrnfelt Recreation Center
18100 Royalton Road
Strongsville, Ohio 44136

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