

Strongsville

Parks
Recreation
Senior
Services

HOME 8:13 GUEST

2020
MAY TO
AUGUST

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

| | | |
|--------------------------------|--|----------------------|
| Sat., April 11 | Day Before Easter | 8:00am-5:00pm |
| Sun., April 12 | Easter | CLOSED |
| Mon., May 25 | Memorial Day | CLOSED |
| Sat., July 4 | Independence Day | CLOSED |
| Wed., July 15 | Homecoming Parade | 5:00am-5:00pm |
| Mon., Aug. 24- Mon., Sept 7 | POOL CLOSED for Annual Cleaning and Maintenance | |
| Mon., Aug. 31- Mon., Sept 2 | CLOSED for Annual Cleaning and Maintenance | |
| Mon., Sept. 7 | Labor Day | 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 Ehnrfelt 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

- 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.

Summer Pass 2020

Try us out for 100 days and receive all the

benefits of being a member! *You choose the start date!*

Choose your start date anytime between May 1-June 30, 2020.

(Money CAN be used towards a year membership before the 120 days is over.)
Please note the Recreation Center is closed May 25 (Memorial Day), July 4 (Independence Day) and August 31-September 2 (annual maintenance). The Aquatic Center is also closed August 24 - September 7. If your 100 days fall within these dates/time frames no extra days will be added to the membership to compensate. Payment in full is due at time of purchase.

| | Residents/FT Work | Non Residents |
|-------------------|-------------------|---------------|
| Adult Individual | \$148 | \$247 |
| Couple | \$213 | \$347 |
| Youth Individual | \$87 | \$162 |
| College Student | \$87 | \$162 |
| Family | \$246 | \$419 |
| Individual Senior | \$81 | \$149 |
| Senior Couple | \$149 | \$279 |
| Military | \$81 | \$149 |

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 March 31

**Non-Member Residents Program
Registration begins April 6**

Open Program Registration begins April 7

Internet Registration begins April 7

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 Parks and Recreation; and click on 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 may be accepted prior to the second session of the program, depending upon 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 SUMMER DAY CAMPS 2020

See the 2020 Summer Day Camp Information Packet at the front desk for the refund policy.

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 FOOD OR GUM**, water and baby bottles only.
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

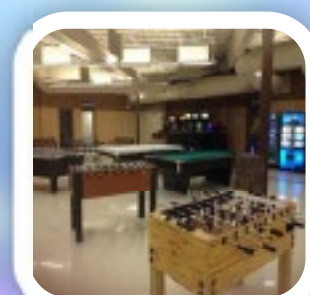
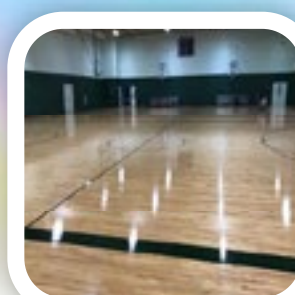
ROOM RENTAL with Facility Use (Pool, Gym & Game Area)

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 ("Heely's")** 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, tobacco products, or gum is permitted in the facility. No Vaping or e-cigarettes.
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

TOUCH-A-TRUCK (SENIOR CENTER PARKING LOT)

Free Admission

Friday, June 12

11:00am-1:00pm

(11:00am-12:00pm Sensory Friendly)

Kids just love trucks and large equipment. Even grown up kids find the trucks fascinating. Well, here's a chance to get up and close to some of the most interesting and exciting equipment around. A variety of trucks will be displayed for kids to climb in, touch and ask questions about. All ages are welcome. The first hour will be sensory friendly!

The Strongsville Farmer's Market

Thursdays • 4:00-7:00pm
July 23 – September 24

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277. The Strongsville Farmers' Market is located at 18100 Royalton Rd. (Rec Center Parking lot). See you at the market!



MOTHER SON NIGHT OF FUN

Friday, May 8th

6:30 – 8:30pm

Ladies grab your little gents and join us for a special date night filled with fun, food, games, dancing and music! Capture the memory with a complimentary professional digital photo. **Please note: 50 tickets must be sold by 5:00pm on April 16th for this event to take place. Tickets will not be sold at the door the day of the event.** A maximum of 200 tickets will be sold. Last year's event sold out! Please purchase your tickets early at the front desk. Tickets are non-refundable.

Fees (per person)

- Member \$9/per person
- Non-Members Residents \$11/per person
- Non-Member/Non-Residents \$13/per person

STRONGSVILLE REC. PRESCHOOL/YOUTH PROGRAM EXPO.

Free Admission

Saturday, August 8th

10:00am – 1:00pm

Come see the wide selection of quality preschool and youth enrichment classes that take place right at your local Strongsville Rec. Center. Both our Recreation Staff and contracted local vendors will be here to answer any questions you have about these wonderful programs. See which programs best fit your child's individual needs.

STRONGSVILLE YOUTH COMMISSION 2020-2021 TERM

Now Accepting Applications

The Strongsville Youth Commission (SYC) is a group of youth in grades 10-12 and adult mentors living in Strongsville. It is based on the belief that young people are a valued part of our community and civic life. The SYC looks for youth with leadership abilities that show a desire and willingness to serve their community. After an application process and selection of each year's youth members, the selected youth and adult mentors go on an overnight leadership retreat. In addition to the leadership training, at this retreat the youth members will identify the needs and issues that they feel are important in their community in order to develop programs and projects for the year. For those interested in becoming a member, you can pick up an application at the front desk beginning April 1st. Deadline for all applications is Saturday June 13th. Please check your calendar, all applicants must be able to make the overnight leadership retreat on July 31 – August 1st.

We would like to congratulate and wish good luck to all of our senior Youth Commission members

Bianca Banez
Kaitlyn Kenny
Cassie Novak

Riya Bhatt
Cameron Moteleski
Brianna Thompson

Amanda Hokr
Jazmine Mullins
Voyma Trivedi



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 - March 31

Monday- April 6

Tuesday - April 7

Ehrnfelt Rec. Center Members

Residents* & Members

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

Monday, May 25

CLOSED

Memorial Day

Tuesday, June 9

CLOSED at 4:00pm

SSL Swim Meet

Tuesday, June 16

CLOSED at 4:00pm

SSL Swim Meet

Tuesday, June 23

CLOSE at 4:00pm

SSL Swim Meet

Saturday, July 4

CLOSED

Independence Day

Tuesday, July 7

CLOSED at 4:00pm

SSL Swim Meet

Wednesday, July 15

CLOSED at 4:30pm

Homecoming Parade

Saturday, July 18

CLOSED

SSL Championship

Monday, August 24 through

Monday September 7

CLOSED

Annual Shutdown

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 swimwear 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.****Daytime Classes**

| | | |
|------------------|-----------|---------------|
| Monday-Thursdays | 6/8-6/18 | 10:40-11:10am |
| Monday-Thursdays | 6/22-7/2 | 11:15-11:45am |
| Monday-Thursdays | 7/13-7/23 | 10:40-11:10am |

Fees:

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

Weekend Classes

| | | |
|----------|----------|--------------|
| Saturday | 6/6-8/8* | 9:00-9:30am |
| Saturday | 6/6-8/8* | 9:30-10:00am |

No Class 7/4 & 7/18*PARENT/TODDLER (15-36 mos.) (Parent in Water)****Ages: 15 - 36 months****Class Limit: Based on instructor availability and pool space.****Daytime Classes**

| | | |
|------------------|-----------|---------------|
| Monday-Thursdays | 6/8-6/18 | 11:15-11:45am |
| Monday-Thursdays | 6/22-7/2 | 10:40-11:10am |
| Monday-Thursdays | 7/13-7/23 | 12:00-12:30pm |
| Monday-Thursdays | 7/27-8/6 | 11:15-11:45am |

Evening Classes

| | | |
|--------------------|-----------|-------------------------|
| Monday & Wednesday | 6/8-7/1 | 6:20-6:50pm |
| Monday & Wednesday | 7/13-8/5* | 6:20-6:50pm (7 Classes) |

No Class 7/15*Fees:**

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

Weekend Classes

| | | |
|----------|----------|---------------|
| Saturday | 6/6-8/8* | 9:00-9:30am |
| Saturday | 6/6-8/8* | 9:30-10:00am |
| Saturday | 6/6-8/8* | 11:00-11:30am |

No Class 7/4 & 7/18*PARENT/YOUTH (3 to 5 years) (Parent in Water)****Ages: 3-5 years****Class Limit: Based on instructor availability and pool space.****Daytime Classes**

| | | |
|------------------|-----------|---------------|
| Monday-Thursdays | 6/8-6/18 | 12:00-12:30pm |
| Monday-Thursdays | 6/22-7/2 | 12:00-12:30pm |
| Monday-Thursdays | 7/13-7/23 | 11:15-11:45am |
| Monday-Thursdays | 7/27-8/6 | 10:40-11:10am |

Weekend Classes

| | | |
|----------|----------|---------------|
| Saturday | 6/6-8/8* | 9:00-9:30am |
| Saturday | 6/6-8/8* | 10:15-10:45am |
| Saturday | 6/6-8/8* | 11:45-12:15pm |
| Saturday | 6/6-8/8* | 12:15-12:45pm |

No Class 7/4 & 7/18*Evening Classes**

| | | |
|--------------------|-----------|-------------------------|
| Monday & Wednesday | 6/8-7/1 | 5:40-6:10pm |
| Monday & Wednesday | 6/8-7/1 | 6:55-7:25pm |
| Monday & Wednesday | 7/13-8/5* | 5:40-6:10pm (7 Classes) |
| Monday & Wednesday | 7/13-8/5* | 6:55-7:25pm (7 Classes) |

Fees:

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

*** No Class 7/15****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.****Daytime Classes**

| | | |
|------------------|-----------|--------------|
| Monday-Thursdays | 6/8-6/18 | 9:30-10:00am |
| Monday-Thursdays | 6/22-7/2 | 9:30-10:00am |
| Monday-Thursdays | 7/13-7/23 | 9:30-10:00am |
| Monday-Thursdays | 7/27-8/6 | 9:30-10:00am |

Weekend Classes

| | | |
|----------|----------|---------------|
| Saturday | 6/6-8/8* | 9:30-10:00am |
| Saturday | 6/6-8/8* | 12:05-12:35pm |

No Class 7/4 & 7/18*Fees:**

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

No Class 7/15*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.****Day Classes**

| | | |
|-----------------|-----------|-----------------|
| Monday-Thursday | 6/8-6/18 | 10:10-11:00am |
| Monday-Thursday | 6/8-6/18 | 11:10am-12:00pm |
| Monday-Thursday | 6/8-6/18 | 12:10-1:00pm |
| Monday-Thursday | 6/22-7/2 | 10:10-11:00am |
| Monday-Thursday | 6/22-7/2 | 11:10am-12:00pm |
| Monday-Thursday | 6/22-7/2 | 12:10-1:00pm |
| Monday-Thursday | 7/13-7/23 | 10:10-11:00am |
| Monday-Thursday | 7/13-7/23 | 11:10am-12:00pm |
| Monday-Thursday | 7/13-7/23 | 12:10-1:00pm |
| Monday-Thursday | 7/27-8/6 | 10:10-11:00am |
| Monday-Thursday | 7/27-8/6 | 11:10am-12:00pm |

Evening Classes

| | | |
|--------------------|-----------|-------------------------|
| Monday & Wednesday | 6/8-7/1 | 5:30-6:20pm |
| Monday & Wednesday | 6/8-7/1 | 6:30-7:20pm |
| Monday & Wednesday | 7/13-8/5* | 5:30-6:20pm (7 Classes) |
| Monday & Wednesday | 7/13-8/5* | 6:30-7:20pm (7 Classes) |

No Class 7/15*Weekend Classes**

| | | |
|----------|----------|-----------------|
| Saturday | 6/6-8/8* | 10:10-11:00am |
| Saturday | 6/6-8/8* | 11:10am-12:00pm |

***No Class 7/4 & 7/18**

| 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.****Day Classes**

| | | |
|-----------------|-----------|-----------------|
| Monday-Thursday | 6/8-6/18 | 10:10-11:00am |
| Monday-Thursday | 6/8-6/18 | 11:10am-12:00pm |
| Monday-Thursday | 6/8-6/18 | 12:10-1:00pm |
| Monday-Thursday | 6/22-7/2 | 10:10-11:00am |
| Monday-Thursday | 6/22-7/2 | 11:10am-12:00pm |
| Monday-Thursday | 6/22-7/2 | 12:10-1:00pm |
| Monday-Thursday | 7/13-7/23 | 10:10-11:00am |
| Monday-Thursday | 7/13-7/23 | 11:10am-12:00pm |
| Monday-Thursday | 7/13-7/23 | 12:10-1:00pm |
| Monday-Thursday | 7/27-8/6 | 10:10-11:00am |
| Monday-Thursday | 7/27-8/6 | 11:10am-12:00pm |

Evening Classes

| | | |
|--------------------|-----------|-------------------------|
| Monday & Wednesday | 6/8-7/1 | 5:30-6:20pm |
| Monday & Wednesday | 6/8-7/1 | 6:30-7:20pm |
| Monday & Wednesday | 7/13-8/5* | 5:30-6:20pm (7 Classes) |
| Monday & Wednesday | 7/13-8/5* | 6:30-7:20pm (7 Classes) |

No Class 7/15*Weekend Classes**

| | | |
|----------|----------|-----------------|
| Saturday | 6/6-8/8* | 10:10-11:00am |
| Saturday | 6/6-8/8* | 11:10am-12:00pm |

***No Class 7/4 & 7/18**

| 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.****Day Classes**

| | | |
|-----------------|-----------|-----------------|
| Monday-Thursday | 6/8-6/18 | 11:10am-12:00pm |
| Monday-Thursday | 6/8-6/18 | 12:10-1:00pm |
| Monday-Thursday | 6/22-7/2 | 11:10am-12:00pm |
| Monday-Thursday | 6/22-7/2 | 12:10-1:00pm |
| Monday-Thursday | 7/13-7/23 | 11:10am-12:00pm |
| Monday-Thursday | 7/13-7/23 | 12:10-1:00pm |
| Monday-Thursday | 7/27-8/6 | 11:10am-12:00pm |

Weekend Classes

| | | |
|----------|----------|-----------------|
| Saturday | 6/6-8/8* | 10:10-11:00am |
| Saturday | 6/6-8/8* | 11:10am-12:00pm |

No Class 7/4 & 7/18*Evening Classes**

| | | |
|--------------------|-----------|-------------------------|
| Monday & Wednesday | 6/8-7/1 | 5:30-6:20pm |
| Monday & Wednesday | 6/8-7/1 | 6:30-7:20pm |
| Monday & Wednesday | 7/13-8/5* | 5:30-6:20pm (7 Classes) |
| Monday & Wednesday | 7/13-8/5* | 6:30-7:20pm (7 Classes) |

***No Class 7/15**

| 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.****Day Classes**

| | | |
|-----------------|-----------|-----------------|
| Monday-Thursday | 6/8-6/18 | 10:10-11:10am |
| Monday-Thursday | 6/22-7/2 | 12:10-1:00pm |
| Monday-Thursday | 7/13-7/23 | 10:10-11:00am |
| Monday-Thursday | 7/27-8/6 | 11:10am-12:00pm |

Evening Classes

| | | |
|--------------------|-----------|-------------------------|
| Monday & Wednesday | 6/8-7/1 | 5:30-6:20pm |
| Monday & Wednesday | 7/13-8/5* | 6:30-7:20pm (7 Classes) |

No Class 7/15*Weekend Classes**

| | | |
|----------|----------|--------------|
| Saturday | 6/6-8/8* | 9:10-10:00am |
|----------|----------|--------------|

No Class 7/4 & 7/18*Fees:**

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

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

| | | |
|-----------------|-----------|-----------------|
| Monday-Thursday | 6/8-6/18 | 11:10am-12:00am |
| Monday-Thursday | 6/22-7/2 | 10:10-11:00pm |
| Monday-Thursday | 7/13-7/23 | 12:10-1:00pm |

Fees:

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

Evening Classes

| | | |
|--------------------|-----------|-------------------------|
| Monday & Wednesday | 6/8-7/1 | 6:30-7:20pm |
| Monday & Wednesday | 7/13-8/5* | 5:30-6:20pm (7 Classes) |

No Class 7/15*LEVEL 5 - STROKE REFINEMENT****Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Day Classes**

| | | |
|-----------------|----------|-----------------|
| Monday-Thursday | 6/22-7/2 | 11:10am-12:00pm |
| Monday-Thursday | 7/27-8/6 | 10:10-11:00am |

Fees:

| | 8 Classes |
|---------------------------|------------------|
| Members | \$52 |
| Non-Members/Residents | \$64 |
| Non-Members/Non-Residents | \$76 |

LEVEL 6-PERSONAL WATER SAFETY/FIT SWIM**Ages: 8 & older****Class Limit: Based on instructor availability and pool space****Day Classes**

| | | |
|-----------------------|-----------|-----------------|
| Monday-Thursday (PWS) | 6/8-6/18 | 12:10-1:00pm |
| Monday-Thursday (FS) | 7/13-7/23 | 11:10am-12:00pm |

Fees:

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

SPECIALTY AQUATIC PROGRAMS**STROKE CLINICS**

Are you a competitive swimmer? Would you like to get ready for the upcoming summer swim league? Sign up for one or all of our individual stroke clinics. These classes focus on one stroke for the entire class-starts, turns, finishes and stroke refinement. This class is designed especially for swimmers who do not swim year round.

| | | | |
|----------|------|-------------|--------------|
| Tuesday | 5/12 | 5:30-6:20pm | Freestyle |
| Tuesday | 5/12 | 6:30-7:20pm | Backstroke |
| Thursday | 5/14 | 5:30-6:20pm | Breaststroke |
| Thursday | 5/14 | 6:30-7:20pm | Butterfly |
| Tuesday | 5/19 | 5:30-6:20pm | Backstroke |
| Tuesday | 5/19 | 6:30-7:20pm | Freestyle |
| Thursday | 5/21 | 5:30-6:20pm | Butterfly |
| Thursday | 5/21 | 6:30-7:20pm | Breaststroke |

Fees:

| | 1 Class | 4 Classes (-10%) | 8 Classes (-15%) |
|-------------------------|----------------|-------------------------|-------------------------|
| Member | \$12 | \$43 | \$81 |
| Non-Member/Resident | \$17 | \$61 | \$115 |
| Non-Member/Non-Resident | \$22 | \$79 | \$149 |

DIVING**Ages: 8 & older****Class Limit: 12 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/Intermedediate

| | | |
|----------|----------|---------------|
| Saturday | 6/6-8/8* | 10:10-11:00am |
|----------|----------|---------------|

No Class 7/4 & 7/18*Fees:**

| | 8 Classes |
|---------------------------|------------------|
| Members | \$65 |
| Non-Members/Residents | \$75 |
| Non-Members/Non-Residents | \$85 |

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

| | | |
|---------------------|-----------|-------------------------|
| Monday Beginner | 6/8-8/3* | 7:30-8:20pm |
| Wednesday Adv. Beg. | 6/10-8/5* | 7:30-8:20pm (7 Classes) |

No Class 7/6, 7/8 & 7/15*Fees:**

| | 7 Classes | 8 Classes |
|---------------------------|------------------|------------------|
| Members | \$75 | \$85 |
| Non-Members/Residents | \$85 | \$95 |
| Non-Members/Non-Residents | \$95 | \$105 |

LIFEGUARD/WSI TRAINING PROGRAMS

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & over

Class Limit: 15

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 25 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 purchased at

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

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

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 purchased at www.redcross.org/store or at the front desk for \$50. These 2 reference books are required for the class.

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

| | | |
|--------------|---------------------------|-------|
| 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, no refunds given.

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 | 3/30-5/18* | 10:30-11:20am | 8 Classes |
| Tuesday & Thursday | 3/31-5/21 | 10:45-11:35am | 16 Classes |
| Tuesday & Thursday | 6/9-8/20* | 9:45-10:35am | 21 Classes |

***No Class 4/13 & 7/2**

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

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 31, 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 | 3/30-5/22* | 9:15-10:05am | 22 Classes |
| Monday & Wednesday | 6/8-8/19 | 9:10-10:00am | 22 Classes |

***No Class 4/10 & 4/13**

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

AQUATIC EXERCISE (cont.)**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 flotation 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 | 3/30-5/22* | 10:15-11:05am | 22 Classes |
| Tuesday & Thursday | 3/31-5/21 | 10:45-11:35am | 16 Classes |

No Class 4/10 & 4/13*Evening Classes**

| | | | |
|--------------------|-----------|-------------|------------|
| Tuesday & Thursday | 3/31-5/21 | 7:30-8:20pm | 16 Classes |
| Monday & Thursday | 6/8-8/20 | 7:30-8:20pm | 20 Classes |

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 | 3/31-5/19 | 11:45am-12:35pm | 8 Classes |
| Thursday | 4/2-5/21 | 9:45-10:35am | 8 Classes |
| Monday/Wednesday | 6/8-8/19 | 8:10-9:00am | 22 Classes |

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

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 Classes**

| | | | |
|----------|-----------|--------------|------------|
| Saturday | 4/4-5/16* | 9:00-10:00am | 6 Sessions |
| Saturday | 6/6-8/8* | 9:00-10:00am | 8 Sessions |

No Class 4/11, 7/4 & 7/18*AQUATIC EXERCISE (cont.)****BURDENKO –SHALLOW WATER**

Harness the incredible healing power of water! The reduction of 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 wet.

Ages: 15 & older

Friday 6/19-8/21*

No Class 7/3*Class Limit: 10**

9:00-10:00am

9 classes

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.

Parents are required to attend the Parents meeting on Wednesday, May 13th at 7:00 pm and to volunteer during the season. For more information, contact the Assistant Aquatic Supervisor, Becky Oblak (440)580-3260 X5270.

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 5:00-8:00pm
6/1-7/17 7:00-10:00am

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.

TEAM SIZE IS LIMITED BASED ON POOL TIME

**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



*42x82 Strength & Conditioning classes,
The Strongsville Rec Center, and all Group
Exercise, Cycle and Mind/Body classes!
for as low as \$77/month*

**TRY 42x82 Strength & Conditioning (S&C) FREE for two weeks,
contact Denise.Lengal@strongsville.org or call 440.580.3260, x5275.**

MASSAGE CONSISTENCY PASS

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.

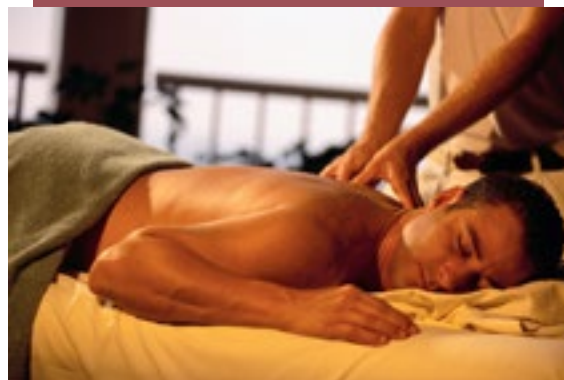
| | |
|-------------------|-------------|
| 30 minutes | \$38 |
| 60 minutes | \$53 |
| 90 minutes | \$83 |

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: March 31
Resident Registration: April 6
Open Registration: April 7

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

Each individual must have their own pass.
Passes are non-transferable.

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*



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*

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.



A woman in a black tank top and dark leggings is captured mid-air, performing a box jump over a white rectangular block in a gym setting. The background is slightly blurred, showing other gym equipment.

42x82

STRENGTH & CONDITIONING

DO YOU

- want to be more fit?
- want to restore your function and improve your health?
- want to increase your productivity and efficiency in the gym?



How would you like to feel confident that your training time is well spent, doing workouts that are scientifically sound, safe, and address all components of total fitness? 42x82 Strength and Conditioning is your answer.

Whether you're new to fitness, getting back in the gym after some time away, or looking to challenge yourself to the next level, we can help! Our team of highly educated, skilled, and patient coaches will monitor your performance at every workout. No need to question, "Am I doing this right?"

The community here is friendly, inspirational, and non-judgmental. You'll get caught up in the camaraderie and fun, and you'll look forward to coming in for your workouts! And, with our results tracking app, you will literally be able to watch your strength improve! How's that for motivation!

Utilizing high intensity, functional movement patterns, and progressive strength training, our integrative programming will challenge you safely and effectively at every workout. You will become fit, healthier, stronger, and more durable than you ever thought possible. Contact us for more information.

Schedule:

| <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> | <u>Saturday</u> |
|---------------|----------------|------------------|-----------------|---------------|-----------------|
| 5:15am | 5:15am | 5:15am | 5:15am | 5:15am | 8:30am |
| 6:30am | 6:30am | 6:30am | 6:30am | 6:30am | 9:30am |
| 8:30am | 7:30am | 8:30am | 8:30am | 8:30am | |
| 9:30am | 8:30am | 9:30am | 9:30am | 9:30am | |
| 5:30pm | 5:30pm | 5:30pm | 5:30pm | 5:30pm | |
| 6:30pm | | 6:30pm | 6:30pm | | |

No Classes on Sunday

Denise Lengal
(440) 580-3260

denise.lengal@strongsville.org



| 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 |
| BeMoved | Dance based fitness with easy to follow choreography of all different styles. | Burn Fat, Boost Metabolism |
| BeStretched | Improve flexibility, movement, and range of motion through floor based & standing stretches for your entire body. (30 min. class) | Increase Flexibility, Improve Movement |
| 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) | Burn Fat, Boost Metabolism |



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

FITNESS OFFICE: 440.580.3260 EXT. 5275



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.

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 | 5/4-6/29* | 7:00-8:15pm | 7 Sessions |
| Monday | 7/6-8/24 | 7:00-8:15pm | 8 Sessions |
| *No Class 5/25 | | | |

Instructors: Sheila Hart

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

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 | Group Cycle Studio | | Group Cycle | | Group Cycle | | | |
| 6:00 am | Group Cycle Studio | | | Group Cycle | | | | |
| 7:45 am | Group Cycle Studio | Group Cycle | | Group Cycle | | Group Cycle | | |
| 8:30 am | Group Cycle Studio | Hills and Drills | Group Cycle | | Group Cycle | | Group Cycle | |
| 9:00 am | Group Cycle Studio | | | Group Cycle | | | | |
| 9:30 am | Group Cycle Studio | Group Cycle | Group Cycle | | Group Cycle | Group Cycle | Group Cycle | Group Cycle |
| 12:00 pm | Group Cycle Studio | | | | | | | |
| 4:30 pm | Group Cycle Studio | | | Group Cycle | | | | |
| 5:30 pm | Group Cycle Studio | Group Cycle | | Group Cycle | | Group Cycle | | |
| 6:30 pm | Group Cycle Studio | Group Cycle | Hills and Drills | | Group Cycle | | | |

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 | | TRX | TRX | | | |
| 6:00 am | Group Exercise Studio | Pilates | | | Tighten & Tone | | | |
| 8:15 am | Group Exercise Studio | | | | | | Zumba | |
| 8:30 am | Group Exercise Studio | | | Pure Strength | LIFT! | | | |
| 9:30 am | Group Exercise Studio | Cardio Blast | PowerHour | Cardio Blast | PowerHour | Kettlebell | Iron Circuit | |
| 10:30 am | Group Exercise Studio | | | | | | | Power Hour |
| 10:35 am | Group Exercise Studio | Simply Sculpt | Pilates | TRXtreme | Pilates | Muscle/Core | BodyMax | |
| 11:30 am | Group Exercise Studio | | | | | | | |
| 12:00 pm | Group Exercise Studio | Boot Camp | | Iron Circuit | | Kickboxing | | |
| 5:30 pm | Group Exercise Studio | BodyMax | | | BodyMax | | | |
| 6:00 pm | Group Exercise Studio | | ICE | | | | | |
| 6:35 pm | Group Exercise Studio | HIIT | | PowerHour | Boot Camp | | | |
| 7:00 pm | Group Exercise Studio | | | | | | | |
| 7:35 pm | Group Exercise Studio | BarreCore | | | | | | |

**All classes 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 | Pilates | | | |
| 8:30 am | Mind/Body Studio | Slow Flow | | | | | | |
| 8:35 am | Mind/Body Studio | | | | | BarreCORE | | |
| 9:15 am | Mind/Body Studio | | | | | | | |
| 9:30 am | Mind/Body Studio | BarreCORE | Yoga Flow | Yoga Flow | BeMoved | | Yoga Flow | Yoga Flow |
| 9:35 am | Mind/Body Studio | | | | | Yoga Flow | | |
| 10:30 am | Mind/Body Studio | | | | BeStretched | | | |
| 10:35 am | Mind/Body Studio | | | | | | BarreCORE | |
| 12:00 pm | Mind/Body Studio | | | | | | | |
| 5:30 pm | Mind/Body Studio | Pilates | | Pilates | | | | |
| 7:00 pm | Mind/Body Studio | | Fusion | Yoga Flow | | | | |

42 X 82 STRENGTH & CONDITIONING (S&C) CLASS SCHEDULE

| | ROOM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--------|
| 5:15 am | 42x82 Gym | S&C Class | S&C Class | S&C Class | S&C Class | S&C Class | | |
| 6:30 am | 42x82 Gym | S&C Class | S&C Class | S&C Class | S&C Class | S&C Class | | |
| 7:30 am | 42x82 Gym | | S&C Class | | | | | |
| 8:30 am | 42x82 Gym | S&C Class | S&C Class | S&C Class | S&C Class | S&C Class | S&C Class | |
| 9:30 am | 42x82 Gym | S&C Class | | S&C Class | S&C Class | S&C Class | S&C Class | |
| 10:30 am | 42x82 Gym | | | | | | | |
| 5:30 pm | 42x82 Gym | S&C Class | S&C Class | S&C Class | S&C Class | S&C Class | | |
| 6:30 pm | 42x82 Gym | S&C Class | | S&C Class | S&C Class | | | |

All classes 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



SPECIALTY GROUP EXERCISE CLASSES (cont.)

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 6/3-7/29* 5:30-6:30pm
Wednesday 8/5-9/30* 5:30-6:30pm

***No Class 7/15 & 9/2**

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

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, Okinawaan Isshinryu Karate

Class Limit: 35

Wednesdays 6/3-7/29* 6:30-7:30pm
Wednesdays 8/5-9/30* 6:30-7:30pm

***No Class 7/15 & 9/2**

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: Class Limit: 35

Wednesday 6/3-7/29* 7:30-9:00pm
Wednesday 8/5-9/30* 7:30-9:00pm

***No Class 7/15 & 9/2**

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

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

EXERCISE CLASSES (cont.)

NEW!! SCRC SPORTS PERFORMANCE PROGRAM NEW!!

Gain an advantage over the competition! Unleash your strength/power, speed/agility, and acceleration in this comprehensive group training program. Learn how flexibility and stability work to prevent injury. Open the brain to muscle pathway. Develop tools to improve and enhance performance in all sports.

Training Schedule For All Athletes

| | |
|-----------------|-----------|
| "A" Workout Day | Monday |
| "A" Workout Day | Tuesday |
| "B" Workout Day | Wednesday |
| "B" Workout Day | Thursday |
| "C" Workout Day | Friday |

Two day per week athletes must choose to attend an "A" workout day and a "B" workout day. They would not be permitted to do two "A"s or two "B"s".

Three day per week athletes have the same options as the Two day athletes, but they will also be able to attend the "C" workout day on Friday.

Athletes age 15 – 18+ will meet from 3:30 – 4:30pm

Athletes age 11 – 14 will meet at 4:30 – 5:30pm

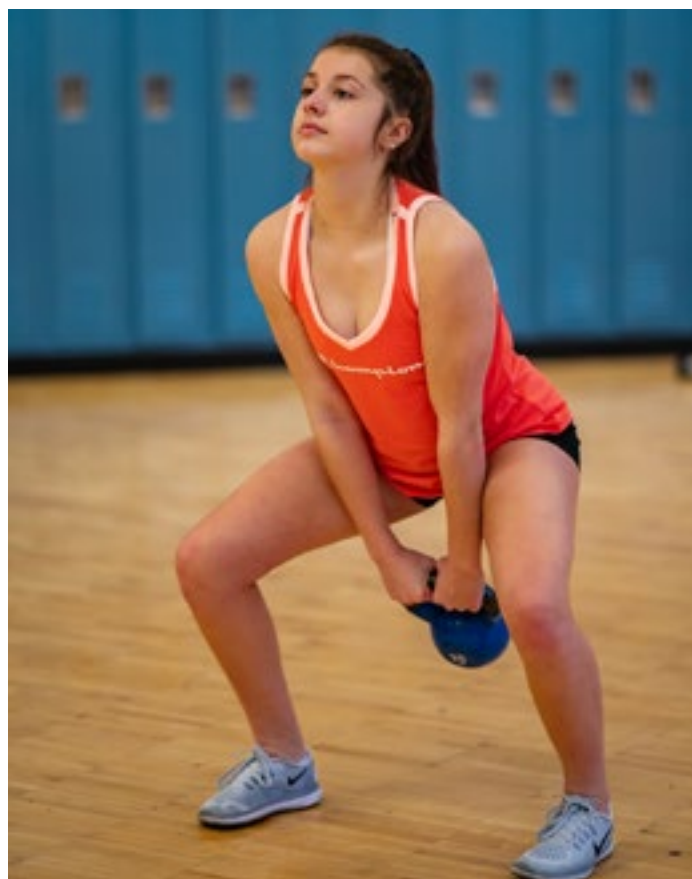
May 5/4 – 5/29*
June 6/1 – 6/26
July: 7/6 – 7/31*
August 8/3 – 8/28

***No class 5/25 & 7/15**

Fees: Train 2x/Week (8 sessions) Train 3x/Week (12 sessions)
One Month \$99 \$129
Two Months \$179 \$239
Four Months \$315 \$435

Drop In:

Members \$15
Non-members \$20



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

YOUTH PROGRAMS

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**

Morning Classes:

Wednesdays 6/10-8/19* 10:00 – 10:45am

***No Class: 8/5**

Evening Classes:

Wednesdays 6/10-8/19* 6:00 – 6:45pm

***No Class: 7/15**

Evening Free Trial Classes : Thursday, 4/23 5:00 – 5:45pm
(registration still required for free trial)

| 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.*

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 little 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–2 years (with adult participation)

Class Limit: 8

6 Classes

Tuesdays 5/26-6/30 5:30 – 6:15pm

| Fees: | Members | Non-Member/Residents | Non-Member/Non-Residents |
|--------------|----------------|-----------------------------|---------------------------------|
| | \$132 | \$139 | \$145 |

YOUTH PROGRAMS (cont.)

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. Benefits of yoga include: improving strength and flexibility; developing the ability to focus, building self-confidence and reducing stress; developing body awareness and coordination; improving balance; having fun with others through group games/activities/partner poses! Ages 4+ will be introduced to aromatherapy and beginning meditation activities.

Instructor: Nicole Crosby

Age: 2-4 years (with parent/caregiver participation)

Class Limit: 10

4 Classes

| | | |
|-----------|------------|-------------------|
| Saturdays | 4/4 – 4/25 | 10:30am – 11:15am |
| Saturdays | 6/6 – 6/27 | 10:30am – 11:15am |
| Saturdays | 8/1 – 8/22 | 10:30am – 11:15am |

Age: 4-7 years (without parent/caregiver participation)

Class Limit: 10

4 Classes

| | | |
|-----------|------------|------------------|
| Saturdays | 4/4 – 4/25 | 9:30am – 10:15am |
| Saturdays | 6/6 – 6/27 | 9:30am – 10:15am |
| Saturdays | 8/1 – 8/22 | 9:30am – 10:15am |

| Fees: | Members | \$35 |
|--------------|--------------------------|-------------|
| | Non-Member/Residents | \$38 |
| | Non-Member/Non-Residents | \$45 |

PONY CAMP JUNIOR

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Come and 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 Sessions

| | | |
|------------|-------------|-------------------|
| Wednesdays | 5/6 & 5/13 | 4:00 – 4:45pm |
| Tuesdays | 6/16 & 6/23 | 4:00 – 4:45pm |
| Thursday | 7/9 & 7/16 | 11:30am – 12:15pm |
| Tuesdays | 8/4 & 8/11 | 4:00 – 4:45pm |

| Fees: | Members | \$35 |
|--------------|--------------------------|-------------|
| | Non-Members/Residents | \$38 |
| | Non-Member/Non-Residents | \$45 |

YOUTH PROGRAMS (cont.)**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 | 4/23 – 5/21 | 11:30am – 12:10pm |
| Ages: 4-5 years | | |
| Thursdays | 4/23 – 5/21 | 12:15 – 1:00pm |
| 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 | 7/14-8/18 | 5:30 – 6:30pm | |
| Fees: | Members | \$150 | |
| | Non-Member/Residents | \$156 | |
| | Non-Member/Non-Residents | \$162 | |

YOUNG REMBRANDTS FANTASY FOREST**DRAWING WORKSHOP 2020 (CONFERENCE ROOM)**

****ALL NEW!****

Magical, mythical, marvelous art is coming your way in this new Young Rembrandts Drawing Workshop! Join us for five days filled with fun and creative thought as we explore deep in the Fantasy Forest. Students will tap into their imagination while learning to draw otherworldly creatures like fairies, trolls and a forest queen. Your child's talent will truly enchant you as they create beautiful scenery and new masterpieces every day. Register now to save your child's spot in this fanciful workshop focused on creativity and whimsy!

| | | | |
|-------------------------|--------------------------|--------------------|------------------|
| Ages: 6-12 years | Class Limit: | 20 | 5 Classes |
| Monday – Friday | 8/3 – 8/7 | 9:00 am – 12:00 pm | |
| Fees: | Members | \$210 | |
| | Non-Member/Residents | \$215 | |
| | Non-Member/Non-Residents | \$220 | |

YOUNG REMBRANDTS LEARN ANIME MANGA**DRAWING WORKSHOP 2020 (CONFERENCE ROOM)**

****ALL NEW!****

Calling all otaku kids! Join the Anime Manga workshop and learn to draw your favorite Japanese style art. This five-day workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Your child's talent is about to take off - register now to save your child's spot in this kawaii workshop focused on technique and creativity!

| | | | |
|-------------------------|--------------------------|---------------|------------------|
| Ages: 6-12 years | Class Limit: | 20 | 5 Classes |
| Monday – Friday | 8/3 – 8/7 | 1:00 – 4:00pm | |
| Fees: | Members | \$210 | |
| | Non-Member/Residents | \$215 | |
| | Non-Member/Non-Residents | \$220 | |

YOUTH PROGRAMS**PONY CAMP**

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 Road, Columbia Station, Ohio 44028.

| | | | |
|-------------------------|--------------------------|-----------------|-------------------|
| Ages: 6-12 years | Class Limit: | 12 | 4 sessions |
| Wednesdays | 5/6 – 5/27 | 5:00 – 6:00pm | |
| Tuesdays | 6/2 – 6/23 | 5:00 – 6:00pm | |
| Thursdays | 7/9 – 7/30 | 10:00 – 11:00am | |
| Tuesdays | 8/4 – 8/25 | 5:00 – 6:00pm | |
| Fees: | Members | \$77 | |
| | Non-Member/Residents | \$81 | |
| | Non-Member/Non-Residents | \$85 | |

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 | 7/14-8/18 | 4:30 – 5:30pm | |
| Fees: | Members | \$150 | |
| | Non-Member/Residents | \$156 | |
| | Non-Member/Non-Residents | \$162 | |

Day Camps**PRESCHOOL DAY CAMP (CONFERENCE ROOM)**

Do you have an active, inquisitive preschooler in need of some summertime fun? Are you looking for a program that will delight and excite your child? Come join us at preschool day camp three days a week. We will explore the joy of summer through books, crafts, games, and much more. Please wear tennis shoes and bring a healthy lunch/snack to camp each day. If an individual wants to cancel enrollment in preschool day camp, it must be requested at least 7 days prior to the first day of that particular camp session. Refunds will not be given if requested less than 7 days prior to the first day of camp.

| | | | |
|---------------------------|--------------------------|-----------|-----------------------------------|
| Ages: 4-5 years | Class Limit: | 18 | |
| Monday, Tuesday, Thursday | 9:00am – 1:00pm | | |
| | Dates | | Theme |
| | 6/1 – 6/4 | | Jungle Adventure |
| | 6/8 – 6/11 | | Disney Magic |
| | 6/15 – 6/18 | | Digging Up Dinosaurs |
| | 6/22 – 6/25 | | 3...2...1... Blast Off |
| | 6/29 – 7/2 | | Stars and Stripes Spectacular |
| | 7/6 – 7/9 | | The Art All Around Us |
| | 7/13 – 7/16 | | Wild Wild West |
| | 7/20 – 7/23 | | Under the Sea (water inflatables) |
| | 7/27 – 7/30 | | Pirate & Fairy Adventure |
| Fees: | Members | \$39 | |
| | Non-Member/Residents | \$45 | |
| | Non-Member/Non-Residents | \$55 | |



Get your Workout On!

There are a lot of “gyms” out there, but not many have the high end equipment that fills up our Cardio Floor and our Weight Room. The Strongsville Rec Center offers top of the line fitness and strength equipment to help you power through your workout. With a wide variety of equipment your workout will not get boring anytime soon. Get your workout in when your kids are in class or drop them off in our Tot Room with our experienced child care experts, which is free for members.





EARLY/LATE SUMMER CAMP

To accommodate the surrounding school districts who are beginning their summer break early, we will hold a week of early summer camp and a week of late summer camp! The same fun activities will take place including a field trip. Registration for Early and Late Camp will be per day.

Ages: 5-12 years* **Class Limit: 20** **9:00am-4:00pm**

**5 year olds must have completed kindergarten and provide supporting documentation such as a report card.*

Early Summer Camp: 5/26, 5/27, 5/28, 5/29 Field Trip: Movie Outing 5/28
Late Summer Camp 8/17, 8/18, 8/19, 8/20, 8/21 Field Trip: TBD

| | | |
|----------------------|--------------------------|------|
| Fees/Per Day: | Members | \$27 |
| | Non-Member/Residents | \$29 |
| | Non-Member/Non-Residents | \$32 |

ERC CAMP (EHRNFELT RECREATION CENTER)

MEETING ROOM

Ages: 5- 8 years** **Class Limit: 30** **9:00am – 4:00pm**

***5 year olds must have completed kindergarten and provide supporting documentation such as a report card.*

| Week | Dates | Field Trip |
|---------|-------------|-------------------------------|
| Week 1 | 6/1 – 6/5 | Rocky River Nature Center 6/5 |
| Week 2 | 6/8 – 6/12 | A. Ninja Warrior 6/9 |
| Week 3 | 6/15 – 6/19 | Make Believe 6/19 |
| Week 4 | 6/22 – 6/26 | Ice Skating 6/24 |
| Week 5 | 6/29 – 7/3 | Alien Mini Golf 7/3 |
| Week 6 | 7/6 – 7/10 | Hinckley Lake 7/8 |
| Week 7 | 7/13 – 7/17 | Campardy 7/15 |
| Week 8 | 7/20 – 7/24 | Water Inflatables 7/23 |
| Week 9 | 7/27 – 7/31 | Fun-N-Stuff 7/28 |
| Week 10 | 8/3 – 8/7 | Jump Yard 8/5 |
| Week 11 | 8/10 – 8/14 | Cleve. Zoo & Rainforest 8/13 |

Fees (per week): E.R.C., S-N-S and F.I.T.S Day Camp

| | |
|---------------------------|-------|
| Members | \$134 |
| Non-Members/Residents | \$145 |
| Non-Members/Non-Residents | \$159 |

School is out! Summer is in! Join your friends for some summer fun at the Ehrnfelt Recreation Center. We will be offering summer day camp for children grades K-6th. Activities will include arts and crafts, organized games, awesome field trips, swimming, movies and much more. Field trip locations and dates subject to change. Price includes registration, field trip cost, camp T-shirt and afternoon snack.

Each day send children with:

Healthy Lunch • Water Bottle • Swimming Suit • Towel • Tennis Shoes • Combination lock for lockers (S-N-S & F.I.T.S. Camps)

Before & After Camp: Before camp is offered starting at 7am and after camp will run until 6:15pm. A separate flat rate of \$3/day will be charged for any portion of time between 7:00 am and 8:45 am, and an additional \$3/day for any portion of time between 4:30 pm and 6:15 pm that your camper uses as part of before/after camp care. Please refer to the day camp information packets for details. \$3 fee applies for the 1st child, each additional child is \$1 per session, per day.

There will be an informational parent meeting on Thursday, May 21st at 7:00pm in the West Event Center, during which the Head Counselors will introduce themselves, review camp procedures, go over any new policies and answer any questions.

** There will be an option for day campers to take learn to swim classes and / or tutoring while they are attending camp.

Please read your day camp information packet for more details, including the Summer Day Camp refund policy.



2020 Summer Day Camp



S-N-S CAMP (SUMMER IN STRONGSVILLE) CONFERENCE ROOM / OUTDOOR

Ages: 8- 10 years **Class Limit: 30** **9:00am – 4:00pm**

| Week | Dates | Field Trip |
|-------------|--------------|----------------------------------|
| Week | Dates | Field Trip |
| Week 1 | 6/1 – 6/5 | Rocky River Nature Center 6/2 |
| Week 2 | 6/8 – 6/12 | Ice Skating 6/10 |
| Week 3 | 6/15 – 6/19 | A. Ninja Warrior 6/16 |
| Week 4 | 6/22 – 6/26 | Kalahari 6/25 |
| Week 5 | 6/29 – 7/3 | Adrenaline Monkey 7/1 |
| Week 6 | 7/6 – 7/10 | Fun-N-Stuff 7/10 |
| Week 7 | 7/13 – 7/17 | Campardy 7/15 |
| Week 8 | 7/20 – 7/24 | Water Inflatables 7/23 |
| Week 9 | 7/27 – 7/31 | Akron Rubber Ducks Baseball 7/29 |
| Week 10 | 8/3 – 8/7 | Get Air 8/6 |
| Week 11 | 8/10-8/14 | Hinckley Lake 8/12 |

CAMP F.I.T.S (FUN IN THE SUN) – OUTDOOR POOL DECK

This camp is an outdoor camp with the exception of the drop off and pick up which will be in the gyms. Camper will need to bring a combination lock with them to camp for their belongings.

Ages: 10-12 years **Class Limit: 30** **9:00am – 4:00pm**

| Week | Dates | Field Trip |
|---------|-------------|-----------------------------|
| Week 1 | 6/1 – 6/5 | Ice Skating 6/3 |
| Week 2 | 6/8 – 6/12 | A. Ninja Warrior 6/12 |
| Week 3 | 6/15 – 6/19 | Kalahari 6/17 |
| Week 4 | 6/22 – 6/26 | Play CLE 6/26 |
| Week 5 | 6/29 – 7/3 | Cleve. Indians Baseball 7/2 |
| Week 6 | 7/6 – 7/10 | Fun-N-Stuff 7/9 |
| Week 7 | 7/13 – 7/17 | Campardy 7/15 |
| Week 8 | 7/20 – 7/24 | Water Inflatables 7/23 |
| Week 9 | 7/27 – 7/31 | Movie Outing 7/30 |
| Week 10 | 8/3 – 8/7 | Get Air 8/7 |
| Week 11 | 8/10 – 8/14 | Hinckley Lake 8/14 |

Fees (per week): E.R.C., S-N-S and F.I.T.S Day Camp

| | |
|---------------------------|-------|
| Members | \$134 |
| Non-Members/Residents | \$145 |
| Non-Members/Non-Residents | \$159 |

STRONGSVILLE YOUTH LEADERSHIP CAMP (S.Y.L.C.) SR. ART STUDIO

S.Y.L.C. is a weekly leadership camp that meets Mondays, Wednesdays and Fridays from 9am-4pm with before and after camp option available. Campers will take part in fitness classes, enjoy special guests, and participate in daily leadership and teambuilding trainings. Once a week campers will leave the building to volunteer at different places around Strongsville making a positive difference in their community. Of course there will still be the summer time fun of swimming, games and activities, as well as, a field trip or two. Priority enrollment for this program goes to those who participated in our S.Y.L.C. or regular Summer Day Camp program in 2019. The more weeks the campers attend this program the greater the impact the trainings and experience will have on them. Please have your young leader come to camp each day with a combination lock for their locker, a healthy lunch, tennis shoes, water bottle, swimming suit and towel. They will have a locker that they can leave their items in for the week.

Ages: 13-15 years

Class Limit: 15

Commitment: all campers must register for a minimum of 2 weeks

Mondays, Wednesday, Fridays 9:00am – 4:00pm

| | | |
|---------|-------------|---|
| Week 1 | 6/1 – 6/5 | Backyard Preserve 6/5 |
| Week 2 | 6/8 – 6/12 | Cleveland Mentroparks 6/12 |
| Week 3 | 6/15 – 6/19 | Relay for Life 6/15 & City Mission 6/19 |
| Week 4 | 6/22 – 6/26 | Go Apes 6/26 |
| Week 5 | 6/29 – 7/3 | Hinckley Lake 7/3 |
| Week 6 | 7/6 – 7/10 | TBD |
| Week 7 | 7/13 – 7/17 | Cleveland Food Bank 7/17 |
| Week 8 | 7/20-7/24 | TBD |
| Week 9 | 7/27 – 7/31 | Kemper House 7/31 |
| Week 10 | 8/3 – 8/7 | Get Air 8/7 |
| Week 11 | 8/10 – 8/14 | Drink Local Drink Tap 8/14 |

Fees:

| | |
|---------------------------|------------|
| Members | \$80/week |
| Non-Members/Residents | \$90/week |
| Non-Members/Non-Residents | \$100/week |



YOUTH PROGRAMS (cont.)**ROBOTHINK STEM –****ROBOTICS AND CODING PROGRAM (MEETING ROOM)**

Build and code amazing robots! Equipped with our innovative robotics kits, which include motors, sensors, gears and mainboards, students create robots of all shapes, sizes and functions! Students get introduced to a variety of coding techniques (such as Scratch) as they each build their own different games and control the robots they created. Engineering and coding concepts are presented through our trained instructors and picture-based instructions. Students apply these concepts as they engage in exciting robotic challenges and explore solutions to problems in a fun environment. No prior experience is required. There are different curricula to adjust for different experience levels.

Instructor: RoboThink Instructor**Ages: 6-12 years****4 or 8 Classes**

| | | | |
|----------|----------|------------|-------------|
| Robotics | Tuesdays | 6/9 – 6/30 | 5:30–7:00pm |
| Coding | Tuesdays | 7/7 – 7/28 | 5:30–7:00pm |

Fees:**Single Session (Robotics OR Coding)**

| | |
|--------------------------|-------|
| Members | \$90 |
| Non-Member/Residents | \$100 |
| Non-Member/Non-Residents | \$105 |

Both Sessions (Robotics & Coding)

| | |
|--------------------------|-------|
| Members | \$170 |
| Non-Member/Residents | \$180 |
| Non-Member/Non-Residents | \$185 |

YOGA FOR TWEENS (CONFERENCE ROOM)

Benefits of yoga include: improving strength and flexibility; developing the ability to focus; building self-confidence and reducing stress; developing body awareness and coordination; improving balance; and having fun with others through group games/activities/partner poses! Students will be introduced to aromatherapy and beginning meditation activities.

Ages: 8 – 12 years**Class Limit: 12****4 Classes****Instructor: Laura Srsa**

| | | |
|-----------|------------|-------------------|
| Saturdays | 4/4 – 4/25 | 11:30am – 12:30pm |
| Saturdays | 6/6 – 6/27 | 11:30am – 12:30pm |
| Saturdays | 8/1 – 8/22 | 11:30am – 12:30pm |

Fees:

| | |
|--------------------------|------|
| Members | \$30 |
| Non-Member/Residents | \$35 |
| Non-Member/Non-Residents | \$40 |

YOUTH PROGRAMS (cont.)**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 other
- 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

5/26-6/30

4:30 – 5:30pm

Fees:

| | |
|-------------------------|-------|
| Members | \$150 |
| Non-Member/Residents | \$156 |
| Non-Member/Non-Resident | \$162 |

STRONGSVILLE SPIRIT SHOP
The LATEST in Mustang and STS J&J Viking Fan Apparel, Novelties & Gifts

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ANY SCHOOL!

uglies
NEWEST STYLES

440-570-3451
walsu@aol.com

Weekdays 9:30 am – 8 pm
Saturdays 9:30 am – 4:30 pm

Located Inside the
Ehrnfelt Rec Center on Rt. 82

Like us on Facebook!



YOUTH PROGRAMS (cont.)

NEW!! SCRC SPORTS PERFORMANCE PROGRAM NEW!!

Gain an advantage over the competition! Unleash your strength/power, speed/agility, and acceleration in this comprehensive group training program. Learn how flexibility and stability work to prevent injury. Open the brain to muscle pathway. Develop tools to improve and enhance performance in all sports.

Training Schedule For All Athletes

| | |
|------------------------|-----------|
| "A" Workout Day | Monday |
| "A" Workout Day | Tuesday |
| "B" Workout Day | Wednesday |
| "B" Workout Day | Thursday |
| "C" Workout Day | Friday |

Two day per week athletes must choose to attend an "A" workout day and a "B" workout day. They would not be permitted to do two "A"s or two "B"s".

Three day per week athletes have the same options as the Two day athletes, but they will also be able to attend the "C" workout day on Friday.

Athletes age 15 – 18+ will meet from 3:30 – 4:30pm

Athletes age 11 - 14 will meet at 4:30 – 5:30pm

May 5/4 – 5/29*

June 6/1 – 6/26

July: 7/6 – 7/31*

August 8/3 – 8/28

***No class 5/25 & 7/15**

Fees: **Train 2x/Week (8 sessions)** **Train 3x/Week (12 sessions)**

One Month \$99 \$129

Two Months \$179 \$239

Four Months \$315 \$435

Drop In:

Members \$15

Non-members \$20



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.

CHAIR EXERCISES FOR SENIORS

Join Wendy Zullo from LifeWorks for an informative talk on chair exercises. Learn how to work the different muscles in your body all while seated in a chair, which is great for those with limited mobility or balance issues.

| | | | |
|--------|-----|---------|------|
| Friday | 5/8 | 10:00am | Free |
|--------|-----|---------|------|

INSIDE ADDICTION

Jennifer Starcher, RN, Clinical Director of BreakThru Medical Withdrawal Management of Southwest General Health Center, will discuss the development and progression of opioid and benzodiazepine dependence. Learn about substances most often abused, how you become addicted to them, addiction vs. dependence, and treatment options including MAT.

| | | | |
|--------|------|---------|------|
| Friday | 6/12 | 10:00am | Free |
|--------|------|---------|------|

HYPERBARIC CHAMBER THERAPY

Vincent Ferrini, MD, of Southwest General Hyperbaric Center will discuss how Hyperbaric Oxygen Therapy can help heal diabetic ulcers, bone infections, radiation injuries and failed skin flaps.

| | | | |
|--------|------|---------|------|
| Friday | 7/10 | 10:00am | Free |
|--------|------|---------|------|

COPING SKILLS: WHAT'S IN YOUR TOOLBOX

Jennifer Starcher, RN, Clinical Director of BreakThru Medical Withdrawal Management of Southwest General Health Center, will discuss coping skills and reasons why they are needed. Come learn what are they and when and how to use them.

| | | | |
|--------|------|---------|------|
| Friday | 8/14 | 10:00am | Free |
|--------|------|---------|------|

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

10:00 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



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

YOUTH PROGRAMS

NEW!! SCRC SPORTS PERFORMANCE PROGRAM NEW!!

Gain an advantage over the competition! Unleash your strength/power, speed/agility, and acceleration in this comprehensive group training program. Learn how flexibility and stability work to prevent injury. Open the brain to muscle pathway. Develop tools to improve and enhance performance in all sports.

Training Schedule For All Athletes

| | |
|-----------------|-----------|
| "A" Workout Day | Monday |
| "A" Workout Day | Tuesday |
| "B" Workout Day | Wednesday |
| "B" Workout Day | Thursday |
| "C" Workout Day | Friday |

Two day per week athletes must choose to attend an "A" workout day and a "B" workout day. They would not be permitted to do two "A"s or two "B"s".

Three day per week athletes have the same options as the Two day athletes, but they will also be able to attend the "C" workout day on Friday.

Athletes age 15 – 18+ will meet from 3:30 – 4:30pm

Athletes age 11 - 14 will meet at 4:30 – 5:30pm

| | |
|--------|-------------|
| May | 5/4 – 5/29* |
| June | 6/1 – 6/26 |
| July: | 7/6 – 7/31* |
| August | 8/3 – 8/28 |

*No class 5/25 & 7/15

| Fees: | Train 2x/Week (8 sessions) | Train 3x/Week (12 sessions) |
|-------------|----------------------------|-----------------------------|
| One Month | \$99 | \$129 |
| Two Months | \$179 | \$239 |
| Four Months | \$315 | \$435 |

| | |
|-----------------|------|
| Drop In: | |
| Members | \$15 |
| Non-members | \$20 |

YOUTH BASEBALL

JUMP START T-BALL (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. Sessions are one hour long, one day per week, and include all instruction and game play in one outing. Instruction is conducted by Jump Start Sports staff coaches. Players receive a Major League Baseball hat, team tee shirt, and baseball medal. Volunteer coaches may also participate in a detailed coaches training program provided by Jump Start Sports.

Ages: 3-4 years

1 Hour Sessions

| | | | |
|----------------|-----------|------------|-------------------|
| Summer Session | Saturdays | 6/13-7/25* | 9:00am or 10:00am |
| Fall Session | Saturdays | 9/12-10/10 | 9:00am or 10:00am |

*No Class 7/4

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

BOYS' LATE SUMMER BASEBALL

Registration will begin June 16th and go until leagues are filled or July 7th, whichever comes first.

Ages: 6-18 years (as of Aug. 30, 2020)

| | |
|-------------|-------------|
| 5-6 years | T-Ball |
| 6-8 years | Coach Pitch |
| 9-10 years | Kid Pitch |
| 11-13 years | Kid Pitch |
| 14-18 years | Kid Pitch |

| | | |
|-------------|---------------|------|
| Fee: | Residents | \$50 |
| | Non-Residents | \$65 |

Practices: Start mid-late July. One weeknight and one weekend time.

Games: Tuesdays and Thursdays. (Wednesdays may be used if necessary). Start early-mid August and run through the end of September or beginning of October. Each team will play ten games.

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



YOUTH BASEBALL (cont.)

YOUTH SANDLOT BASEBALL (WOOD FIELD)

Playground baseball like in the 50's and 60's. Parents are encouraged to join along in this fun filled, low key activity.

Ages: 9-16 years

Capacity: 40 children (Boys & Girls)

| | | |
|------------------------|-------------|-----------------|
| Wednesdays | 6/10 – 8/5* | 10:00am-12:30pm |
| Tuesdays and Thursdays | 6/9 – 8/6* | 10:00am-12:30pm |

*Make-ups will be on Fridays

| Fees: | Tues/Thurs | Wed | All Three Days |
|---------------------------|------------|------|----------------|
| Members | \$35 | \$20 | \$45 |
| Non-Members/Residents | \$40 | \$25 | \$50 |
| Non-Members/Non-Residents | \$50 | \$35 | \$60 |

Drop-In Fees/Day:

| | |
|---------------------------|-----|
| Members | \$3 |
| Non-Members/Residents | \$4 |
| Non-Members/Non-Residents | \$6 |

YOUTH BASKETBALL LEAGUES AND PROGRAMS

HEAD START BASKETBALL SUMMER 3 ON 3 LEAGUE

The benefits of 3 on 3 basketball are more touches on the ball, more decision making opportunities, all players are involved in the action, and better spacing with less congestion on the court. This will be league play with each team playing two 18 minute games each Saturday. The kids will organize their own team and get to coach themselves, but there will be court monitors to keep score and officiate.

Grades: 3 – 12

| | |
|--------------------------|----------------|
| 3rd-4th grade division | (boys & girls) |
| 5th-6th grade division | (boys & girls) |
| 7th-8th grade division | (boys & girls) |
| 9th-10th grade division | (boys & girls) |
| 11th-12th grade division | (boys & girls) |

You must register online at <http://www.headstartbasketball.com/>

YOUTH SPORTS CLININGS, CAMPS, CLASSES AND LESSONS

HEAD START BASKETBALL CAMP (REC CENTER GYMS)

Emphasizing the fundamentals of basketball with individual attention given to each young player. The campers will be taught the basic techniques of shooting, dribbling, passing, rebounding, and defense. The camp will not only provide a fundamental base for each young player, but will also be a fun and enjoyable experience for every camper. Our coaches work with the campers on developing their individual basketball skills while also teaching sportsmanship. We want to make the most of every day and we do that with enthusiasm and a positive attitude. Learning is FUN!

Here are just a few things you will learn out on the court

- Ball handling drills that you can work on at home to become more confident with the ball
- Proper shooting technique
- Passing and catching skills
- How to box out your opponent and grab a rebound
- Defensive stance and movements
- Sportsmanship
- How to be a good teammate
- Basic 3 on 3 basketball strategy

Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or headstartbasketball@usa.net for more information

| Grades K-8 | 1:30-4:30 pm |
|-----------------------------------|---------------------------|
| Session 1 Monday-Friday 6/8-6/12 | Boys and Girls Grades K-6 |
| Session 2 Monday-Friday 6/15-6/19 | Boys Only Grades K-6 |
| Session 3 Monday-Friday 6/22-6/26 | Boys and Girls Grades 4-8 |
| Session 4 Monday-Friday 7/6-7/10 | Boys and Girls Grades K-6 |

Fee: \$95

YOUTH SPORTS CLININGS, CAMPS, CLASSES AND LESSONS (cont.)

HEAD START BASKETBALL

SUMMER SKILLS CHALLENGE (AUXILIARY GYM)

Test your ability in a variety of basketball skills competitions. Shooting, dribbling, and passing games will allow players of all ages and abilities to show off their fundamentals and have fun doing it. There will be favorites like knockout and free throws, but plenty of new contests too! We will also play a half-court team tournament. The Skills Challenge will be directed by former Strongsville High and Kent State University player Mike Klinzing who has more than 25 years of basketball camp experience.

Grades: 2-7 (grade last year)

Limit: 78

| | | |
|----------------|---------|-------------|
| Monday/Tuesday | 8/3-8/4 | 1:30-4:30pm |
|----------------|---------|-------------|

Fee: \$45



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

| | | |
|--------|-----------|----------------|
| Sunday | 5/10-5/24 | 12:00pm-1:00pm |
|--------|-----------|----------------|

Fee: \$25

YOUTH TENNIS LESSONS

(CITY TENNIS COURTS NEXT TO THE LIBRARY)

Students will learn the basic skills, rules, and sportsmanship from Sean Black, current high school varsity tennis coach, former collegiate player with over ten years of tennis instruction experience.

Ages: 6-14 years

Limit: 16 per class

(8 classes weather permitting)

Session I

| | | | | |
|-----------|-------------------|--------|----------|----------------|
| S1/L1- AM | Ages: 5-8 years | M/W/Th | 6/8-6/24 | 8:30-9:30 am |
| S1/L2- AM | Ages: 9-12 years | M/W/Th | 6/8-6/24 | 9:30-10:30 am |
| S1/L3- AM | Ages: 13-16 years | M/W/Th | 6/8-6/24 | 10:30-11:30 am |

Session II

| | | | | |
|-----------|-------------------|--------|-----------|----------------|
| S2/L1- AM | Ages: 5-8 years | M/W/Th | 7/1-7/20* | 8:30-9:30 am |
| S2/L2- AM | Ages: 9-12 years | M/W/Th | 7/1-7/20* | 9:30-10:30 am |
| S2/L3- AM | Ages: 13-16 years | M/W/Th | 7/1-7/20* | 10:30-11:30 am |

*No Class 7/2

| | | |
|--------------|---------------------------|-------|
| Fees: | Members | \$95 |
| | Non-Members/Residents | \$103 |
| | Non-Members/Non-Residents | \$119 |

YOUTH SPORTS CLINICS, CAMPS, CLASSES AND LESSONS (cont.)

YOUTH VOLLEYBALL CLINIC

(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.

| | | |
|-------------------------------------|------------------------|----------------|
| Girls & Boys Grades: 3-7 | Class Limit: 24 | 6 weeks |
| Tuesdays | 6/23-7/28 | |
| 3rd-4th Grade (Beginner) | 5:30-6:45 pm | |
| 5th-7th Grade (Intermediate) | 6:45-8:00 pm | |
| Fees: | | |
| Members | \$48 | |
| Non-Members/Residents | \$53 | |
| Non-Members/Non-Residents | \$63 | |



GIRLS VOLLEYBALL LEAGUE

(EHRNFELT REC. CENTER AUXILIARY GYM)

If you are looking to learn how to play volleyball or improve your skills then this league is for you.

Registration dates: 4/7-5/1

Divisions: 3rd-5th and 6th-8th grades

Games: Saturdays late June-mid August; 10:00 am – 3:00 pm

Practices: Wednesdays beginning early June; 4:00 – 9:00 pm

| | | |
|--------------|---------------------------|------|
| Fees: | Members | \$50 |
| | Non-Members/Residents | \$55 |
| | Non-Members/Non-Residents | \$65 |

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

INDIANS TICKETS

STRONGSVILLE NIGHT WITH THE INDIANS

(PROGRESSIVE FIELD- CLEVELAND)

Come join us for Strongsville's Night with the Indians. If we sell enough tickets everyone will get to walk on the field before the game (we sold enough tickets last year)!

To be added to an email list to get the latest information once it's available please email Jason Keppler at jason.keppler@strongsville.org

Date: TBD

Time: TBD

ADULT PROGRAMS

ADULT BASKETBALL LEAGUES

MEN'S 18+ TUESDAY BASKETBALL LEAGUE- 4X4

(EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 18 & over

| | | | |
|--------------|--------------------------|------------------------|-----------------|
| | Tuesdays | 6/2-8/11 | 6:30 – 10:00 pm |
| Fees: | Per Team (Limit: 12) | \$135 | |
| | Cash Forfeit Deposit | \$80 | |
| | Referee/Scorekeeper Fees | \$34 per team/per game | |



ADULT BASKETBALL LEAGUES (cont.)

MEN'S 18+ SUNDAY BASKETBALL LEAGUE- 5X5

(EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 4/15 through 5/1. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit: 10 Teams per division**
Sundays 5/3 -8/9 3:00 – 10:30 pm

Fees:

League Entry Fee (Limit: 10 teams per division) \$175
Cash Forfeit Deposit \$80
Referee/Scorekeeper Fees \$34 per team/per game

THE BOB KAMINSKI MEMORIAL 3X3 BASKETBALL LEAGUE

(EHRNFELT REC. CENTER AUX. GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 40 & over
Thursdays 5/28-8/13 8:00 – 10:00pm

Fees:

League Entry Fee (Limit: 8) \$75
Cash Forfeit Deposit \$60
Referee/Scorekeeper Fees \$22 per team/per game

ADULT SOFTBALL LEAGUES

CO-ED FRIDAY SOFTBALL LEAGUE

(VOLUNTEER PARK & FOLTZ FIELD #1)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis. Double headers will be played in the first few weeks of the season.

Ages: 18 & over **Limit: 24 teams**
2 Divisions
Fridays 8/28-11/13 6:30 – 10:30 pm

Fees:

League Entry Fee \$240 (5 games & playoffs; weather permitting)
Cash Forfeit Deposit \$80
Umpire/Scorekeeper Fee \$32 per team/per game

MEN'S SUNDAY AM DOUBLE HEADER LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis. Triple headers may be played in the first few weeks of the season.

Ages: 18 & over **Limit: 12 teams**
Sundays 9/6-11/15 9:00 am – 1:00 pm

Fees:

League Entry Fee (Limit: 12 teams) \$275 (8 games & playoffs; weather permitting)
Cash Forfeit Deposit \$135
Umpire/Scorekeeper Fee \$32 per team/per game

ADULT SOFTBALL LEAGUES

MEN'S WEDNESDAY OPEN

DOUBLE HEADER SOFTBALL LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit: 16 teams**
Wednesdays 9/2-11/11 6:30 – 10:30pm

Fees:

League Entry Fee (Limit: 16 teams) \$285 (8 games & playoffs; weather permitting)
Cash Forfeit Deposit \$135
Umpire/Scorekeeper Fee 32 per team/per game

ADULT SOFTBALL LEAGUES (cont.)

MEN'S MONDAY RECREATION

DOUBLE HEADER SOFTBALL LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit: 16 teams**
Mondays 9/14-11/9 6:30 – 10:30 pm

Fees:

League Entry Fee (Limit: 16 teams) \$285 (8 games & playoffs; weather permitting)
Cash Forfeit Deposit \$135
Umpire/Scorekeeper Fee \$32 per team/per game

ADULT VOLLEYBALL



COMPETITIVE WOMEN'S VOLLEYBALL LEAGUE

(EHRNFELT REC. CENTER AUXILIARY GYM)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Wednesdays 9/2 – 12/9 6:00 – 10:00 pm

Fees:

Per Team (Limit: 10 teams) \$250
CASH Forfeit Deposit \$50 (refundable at end of season)
Official Fees \$10 per team/per match

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 6:00-9:00 pm
Tuesdays/Thursdays TBD 6:00-9:00 pm

Fees:

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

Drop-in Fees:

\$6*
\$5*
\$4*
\$3*

*There is no drop in fee for those that pay the registration fee.
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: Lisa Klatka (Mondays), Marissa McNabb (Wednesdays)

Ages: 45 & over

Mondays and Wednesdays 5:30-6:30pm

No class 5/25, 7/15, 8/31 & 9/2

| | | |
|--------------|---------------------------|-----|
| 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 3/31-5/5 5:30-6:30pm

Tuesdays 5/12-6/16 5:30-6:30pm

Tuesdays 6/23-7/28 5:30-6:30pm

Tuesdays 8/4-9/15* 5:30-6:30pm

***No class 9/1**

Thursdays 3/26-4/30 5:30-6:30pm

Thursdays 5/7-6/11 5:30-6:30pm

Thursdays 6/18-7/23 5:30-6:30pm

Thursdays 7/30-9/3 5:30-6:30pm

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

ADULT HORSEBACK RIDING LESSONS (PONY TALES FARM)

These are semi-private horseback riding lessons designed for folks that haven't ridden in some time or have never ridden. It's a brief intro, although we will take you from your level and comfort on. Some stable care will be involved but mostly riding. Wear comfortable loose fitting cloths and flat shoes. Bring a helmet if you have one, otherwise we have them available. Weight Limit of 215lbs. Classes held at Pony Tales Farm located at 13360 Cowley Road Columbia Station, Ohio 44028.

Ages: Adult

2 Classes

Class Limit: 3

Tuesdays 6/16-6/23 6:30-7:30pm

Tuesdays 7/7-7/14 6:30-7:30pm

Tuesdays 8/18-8/25 6:30-7:30pm

| | | |
|--------------|---------------------------|------|
| Fees: | Members | \$60 |
| | Residents/Non-Members | \$65 |
| | Non-Residents/Non-Members | \$67 |

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

Tuesdays*

Instructor: Mary Harwood

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 | \$28 |
| | | \$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 | 6/1 & 6/8 | 6:00-9:00pm |
| Thursday | 6/11 | 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 7/15, 9/2) 6:30 – 8:30pm

| | | |
|--------------|---------------------------|-----------------|
| 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: 50 & over

Instructor: Dave Hoelster

Every Tuesday*

6:00-8:00pm

***On Summer break June-August**

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

Wednesday 8/26 4:00- 8:00pm

| | | |
|--------------|------------------|------|
| Fees: | AARP Members | \$20 |
| | Non-AARP Members | \$25 |

EVENING PROGRAMS (cont.)**CELEBRATION HANDBELL CHOIR CONCERT**

Celebration Ringers is a community handbell choir from Strongsville. They ring 5 ½ octaves of handbells and 7 octaves of hand chimes, as well as assorted percussion "toys." Join us in a return performance at the Event Center. Registration is requested for this free concert. Call the Senior Registration Desk at (440) 580-3275.

All Ages

Thursday 5/14 7:00-8:30pm

AID & ATTENDANCE, IMPROVED PENSION PROGRAM

Cleveland American Veterans Association, (C.A.V.A) will be here to educate about a benefit provided by the Department of Veteran Affairs known as the "Aid & Attendance, Improved Pension Program". This is a TAX FREE pension available to war time veterans and their surviving spouses who are 65 years and older, and can pay up to as much as \$2,085 per month depending on the claimant's situation. Registration is required for this educational program.

C.A.V.A is a non-profit 501c (3) veterans charity established in the State of Ohio.

Ages: 50 & over**Free Program**

Thursday 5/7 6:00pm

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 to request class dates and to register.

Instructors: Strongsville Firefighters/Paramedics

Ages: 18 & over

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.

**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 8/6 6:00pm

**EVENING PROGRAMS (cont.)****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 to request class dates and to register.

Instructors: Strongsville Firefighters/Paramedics

Ages: 18 & over

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.

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 & over**Free Program**

Thursday 5/14 6:00pm

CREATING A LIVABLE HOME

Join a representative from Maximum Accessible Housing of Ohio as they 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 & over**Free Program**

Thursday 7/9 6:00pm

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.

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
- Free Lunch Certificate

EHRNFELT SENIOR CENTER MEAL OPTIONS

See Page 43 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 5/25 & 8/31

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 5/25, 8/31 & 9/2

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 2:15-3:00pm
No class 5/25 & 8/31

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.*

Instructors: Megan Ruggiero - Tuesdays 10:15-11:30am
Sheila Hart - Thursdays 10:15-11:30am
No class 9/1

Fees:

| | |
|---------------------------|-----|
| Members | \$4 |
| Non-Members/Residents | \$5 |
| Non-Members/Non-Residents | \$7 |

FITNESS, FUN, FRIENDSHIP (cont.)

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 5/25, 8/31 & 9/2

Fees:

| | |
|---------------------------|------|
| Grant Participants | Free |
| 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 9/2

Fees:

| | |
|---------------------------|-----|
| Members | \$4 |
| Non-Members/Residents | \$5 |
| Non-Members/Non-Residents | \$7 |

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 **Instructor: Jenny Wilson**
Tuesdays and Thursdays 7:30-8:15am

Fees:

| | |
|---------------------------|------|
| Grant Participants | Free |
| Members | \$3 |
| Non-Members/Residents | \$4 |
| Non-Members/Non-Residents | \$6 |

FITNESS, FUN, FRIENDSHIP (cont.)**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 |
| No class 5/25 & 8/31 | | |
| 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 | 3/30-5/4 | 10:30 – 11:15am |
| Mondays | 5/11-6/22* | 10:30 – 11:15am |
| Mondays | 6/29-8/3 | 10:30 – 11:15am |
| Mondays | 8/10-9/28* | 10:30 – 11:15am |
| *No class 5/25, 8/31 & 9/7 | | |

| | | |
|---------------------------|----------------|----------------|
| 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 |

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.

| | | |
|-----------------------------|--------------------------|-----------------------------------|
| Ages: 50 & older | | Instructor: Mary Lea Kirby |
| Tuesdays | | 9:00-9:45am |
| No class 9/1 | | |
| Fees: | Grant Participants | Free |
| | Members | \$3 |
| | Non-Member/Residents | \$4 |
| | Non-Member/Non-Residents | \$6 |

FITNESS, FUN, FRIENDSHIP (cont.)**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 |
| No class 5/25 & 8/31 | | |

| | | |
|--------------|--------------------------|------|
| 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, Baggio, 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 9/2 | | |

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

BOCCE (ST. JOHN NEUMANN CHURCH)

Bocce is a game for all ages, gender and athletic ability. We toss the pallino around every Wednesday! Come and meet new friends while having a fun time.

| | | |
|----------------------------|--|------|
| Ages: 50 & over | | Free |
| Wednesdays | Registration 9:15am/Play begins 9:30am | |
| Season begins May 6th | Ends September 2nd* | |

MINIATURE GOLF**(MR. DIVOT'S MINIATURE GOLF – NORTH ROYALTON)**

Get out and enjoy the sunshine with our weekly "Putters" group. No worries if you are a little rusty, this group is all about fun! Bring a friend and join in the fun!

| | | |
|----------------------------|---------------------|--|
| Ages: 50 & over | | |
| Fridays | 10:00am | |
| Play begins May 1st | Ends September 25th | |

| | |
|-------------|-----|
| Fee: | \$3 |
|-------------|-----|

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 | |
| No Bowling 9/1 | | |
| Thursdays | 12:30 – 3:00pm | |

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



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.



FITNESS, FUN, FRIENDSHIP (cont.)

PICKLEBALL

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one, and played on a tennis court of smaller proportions.

Join us Mondays, when we offer indoor, open Pickleball. We have paddles, 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—Open Play | May | 9:00am-12:00pm |
| | June, July & August | 9:00am-12:00pm |
| | No Play 8/31 | Thursdays |

May 9:00-11:00am

June, July & August

12:30-2:30pm

No Play 6/11, 6/18, 6/25 & 7/9

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

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* | 9:30-11:30am |
| | *No Shop 9/2 | |

| | |
|---------------------------|--------------------|
| 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

***On Summer break June-August**

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

Monday 6/1 & 6/8 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**

Tuesdays, Thursdays & Fridays 9:30-11:30am

No Knitting 5/28 & 9/1

Fees: Members \$9
 Non-Members/Residents \$10
 Non-Members/Non-Residents \$12

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 4/14-5/19 1:00-3:30pm
 Thursdays 4/16-5/21 1:00-3:30pm

Fees: **6 Week Session**
 Members \$50
 Non-Members/Residents \$55
 Non-Members/Non-Residents \$65

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. 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**

Wednesdays 5/13-6/17 10:00am-12:00pm

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.

PHOTOGRAPHY 201: FINE TUNING YOUR SKILLS

Now that you are taking better pictures, it is time to fine tune your photography skills. Some of the topics that will be covered are Histogram, White Balance, Advanced Depth of Field shooting as well as Advanced Shutter Speed shooting. A working knowledge of your DSLR camera is required for this course. All students must have taken Photography 101 or demonstrated an understanding of composition and the exposure triangle to the instructor prior to registration. Six week class. Maximum class size is 10.

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

Wednesdays 6/24-7/29 10:00am-12:00pm

Fees: Members \$45
 Residents/Non-Members \$50
 Non-Residents/Non-Members \$60

Special Note: If you have already taken Photography 201, 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.

Ages: 50 & over

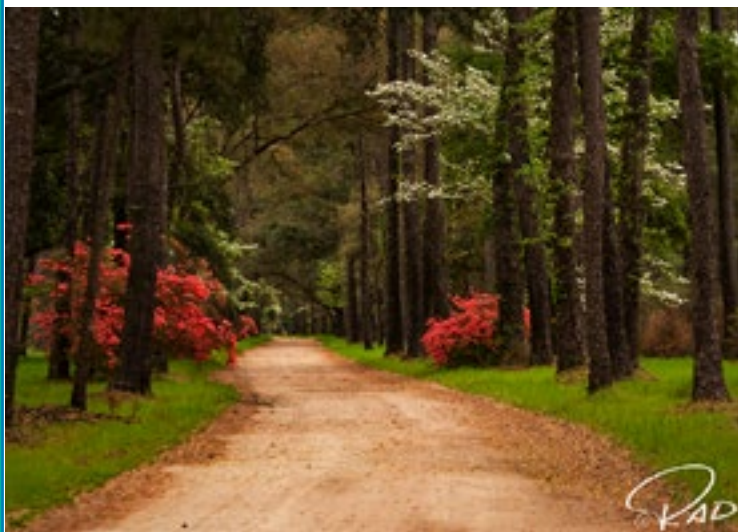
Drop-In Program

Free

Instructor: Rick Deal

10:00am-12:00pm

| | | |
|--------|------|--------------------------|
| Monday | 5/18 | Preparing work for Show |
| Monday | 7/20 | All about Glass (Lenses) |
| Monday | 8/17 | Photography Accessories |



PHOTOGRAPHY WORKSHOP

Join our instructor, as he focuses on a specific area of interest for both the hobbyist and the advanced photographer.

Ages: 50 & Over

Instructor: Rick A. Deal

The Cleveland Script Signs Tour

The Cleveland Script Sign has become part of the landscape in the area, join us as we bus to five of the Cleveland signs. Capture all these iconic signs in one trip, as we leave from the Senior Center and travel to the signs, starting in Euclid Beach, to Voinivich Park, Edgewater, the Foundry and ending in Tremont. Each sign has a different view of the city and will make a great addition to your portfolio.

| | | |
|---------------------------|------|---------------|
| Monday | 6/15 | 9:00am-1:00pm |
| Fees/Workshop: | | |
| Members | | \$30 |
| Residents/Non-Members | | \$32 |
| Non-Residents/Non-Members | | \$36 |



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 Thursday, 10:00am-12:00pm, Provided by Southwest General Health Center

3rd Tuesday, 10:15am-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, 10:15am-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 | 5/5 | 9:00am |
| Tuesday | 6/2 | 9:00am |
| Tuesday | 7/7 | 9:00am |
| Tuesday | 8/4 | 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

| | | |
|--------|------|-------------|
| Monday | 5/11 | 1:00-5:00pm |
| Monday | 6/8 | 1:00-5:00pm |
| Monday | 7/13 | 1:00-5:00pm |
| Monday | 8/10 | 1:00-5:00pm |

VITAMINS AND SUPPLEMENTS: DO YOU NEED THEM?

Did you know older adults have different needs in regards to what vitamins they need and how much to take? Join Jennifer Nance from Kemper House as she discusses the various vitamins and supplements available and if you really need them. Registration required.

Ages: 50 & over

Thursday

5/7

Free Program

10:00am

WELLNESS (cont.)**HEALTHY AGING & ALTERNATIVE MEDICINE**

Some older adults are now seeking out Complimentary Alternative Medicine or Treatments as they seek to improve their overall health and life. Join us and learn what Alternative Medicine and Treatments are and if it can help you age in a more healthy and balanced way. Presented by Kemper House. Registration required.

Ages: 50 & over **Free Program**
Tuesday 5/19 10:00am

CREATIVE 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. Presented by Kemper House. Registration required.

Ages: 50 & over **Free Program**
Thursday 7/9 10:00am

FOODS FOR A HEALTHY MIND AND MOOD

Nutrition plays a big role in our Cognitive Health. A few simple dietary changes can make huge impact on your health, in both body and in mind. Join us and learn about which foods are best to eat to keep your mind healthy as you age. Presented by Kemper House. Registration required.

Ages: 50 & over **Free Program**
Wednesday 8/12 10:00am

INFLAMMATION AND HOW TO FIGHT IT WITH FOOD

Due to the popularity of this topic, Debbie returns to the Senior Center to talk about inflammation and food; adding a focus on helping those with Rheumatoid Arthritis. Inflammation-related conditions often manifest in not one but two types of pain: the discomfort within your joints and muscles, and the frustration of not being able to move the way you used to. Thankfully, inflammation can be significantly reduced by eating the right foods. Join Debbie, as she explains what foods should be in your daily diet, and what foods you should be avoiding. She'll also explain why it is so important to make these changes in your diet. Registration required.

Ages: 50 & over **Free Program**
Wednesday 6/10 10:00am

Presenter: Debbie Piper, RD, LD - Heinen's Strongsville Wellness Consultant

A MATTER OF BALANCE

Falls are more common than strokes and can be just as serious. Are you interested in improving balance, flexibility, and strength? Gain confidence by enrolling in this free, eight-week workshop. A Matter of Balance (MOB) will help you view falls and the fear of falling, as controllable. The workshop will help you set realistic goals for increasing activity, help you to change your environment to reduce the fall risk factors, and promote exercise to increase strength and balance. This workshop is offered through Fairhill Partners and Southwest General Health Center. Participants are registering for the full eight week workshop. Limited to 15 participants. Registration required.

Ages: 60 & over **Free Program**
Thursdays 5/21-7/9 9:00-11:00am

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

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.

4th Monday of the month at 10:00am

Free Program

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

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."

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 |
|--------|---|-----------------|
| May | <u><i>My Dear Hamilton</i></u> By Eliza Schuyler Hamilton | May 18th |
| June | <u><i>The Lost Man</i></u> By Jane Harper | June 22nd |
| July | <u><i>Inheritance: A Memoir of Genealogy, Paternity & Love</i></u> By Dani Shapiro | July 27th |
| August | <u><i>The Mother-in-Law</i></u> By Sally Hepworth | August 24th |

OHIO OMBUDSMAN PROGRAM

Ombudsmen are independent, impartial and provide a free service. They investigate complaints that haven't been resolved to the resident's satisfaction by the provider. Our focus is on the residents - we encourage empowerment, education, and advocating. We also work with individuals concerning issues they may be having with their provider through MyCare Ohio. If you want to learn more about this program, please join Barb Prociak and Kennedy Graham (Ombudsmen Specialists). They will explain the history, mission and services available through the Long-Term Care Ombudsman program. Registration required.

Ages: 50 & over **Free Program**
Friday 5/8 10:00am

THE MUSIC OF BARBRA STREISAND

Join Dr. Keller, as he returns to the Senior Center to share his knowledge and love of music. Barbra Streisand is the "Grande Dame" of music and movies during the last half of the 20th Century. This program will first provide her biographical and professional information, including some details of her personal life. We will then listen to 10 of her top hit songs including "Woman in Love," "Evergreen," "Don't Rain on My Parade," and "You Don't Bring Me Flowers," the last of which was sung as a duet with Neil Diamond.

| | |
|----------------------------|---------------------------------------|
| Ages: 50 & over | Instructor: Dr. Joel S. Keller |
| Date | TBA |
| Fees: | |
| Members | \$10 |
| Non-Member/Residents | \$12 |
| Non-Member/Non-Residents | \$16 |

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 & over **1 Class Session** **Free Program**
Thursday 6/4 10:00am
Thursday 8/12 1:00pm

EDUCATIONAL PROGRAMS (cont.)

ORIGINS OF CHRISTIANITY

An obscure, itinerate preacher from a backwater village in Israel changed the world. The 1st and 2nd century socio-economic, religious and political expectations of people shaped their expectations of a coming messiah. A military general to overthrow oppressors? A charismatic priest to draw people back to the Law? A cosmic angel delivering God's wrath? What they wanted and what they got lead many groups to vastly different theological conclusions over exactly who Jesus was. How did one group eventually prevail over the others?

Ages: 50 & over **Instructor: Ted Smith** **Six week program**

Mondays 4/20-6/1* 10:00-11:30am

***No class 5/25**

Fees: Members \$40
Residents/Non-Members \$45
Non-Residents/Non-Members \$55

JOHN F. KENNEDY'S ASSASSINATION III: COUP D'ÉTAT IN AMERICA - THE CULMINATION OF JFK'S WAR WITH THE CIA/MILITARY/INDUSTRIAL COMPLEX

The assassination of John F. Kennedy was more than a tragic event – it altered U. S. history. Powerful forces determined that his vision and policies represented a real threat to their interests and world view. They concluded that there was only one solution to this dilemma. They planned it, and cleverly emboldened others who would also benefit from his death, to aid in the execution and cover-up. Through close examination of the evidence, this class will provide a reasoned response to the basic question: Who killed JFK – and why? Join our presenter, Bev Sadowski, as she continues to share 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.

Ages: 50 & over **Instructor: Bev Sadowski** **Six week session**
Tuesdays 4/21-6/2* 10:00-11:30am
***No class 5/19**

Fees: Members \$40
Non-Member/Residents \$45
Non-Member/Non-Residents \$55

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**
Thursday 6/25 1:00 – 5:00pm
Fees: AARP Members \$15
Non-AARP Members \$20

AID & ATTENDANCE, IMPROVED PENSION PROGRAM

Cleveland American Veterans Association, (C.A.V.A) will be here to educate about a benefit provided by the Department of Veteran Affairs known as the "Aid & Attendance, Improved Pension Program". This is a TAX FREE pension available to war time veterans and their surviving spouses who are 65 years and older, and can pay up to as much as \$2,085 per month depending on the claimant's situation. Registration is required for this educational program.

C.A.V.A is a non-profit 501c (3) veterans charity established in the State of Ohio.

Ages: 50 & over **Free Program**
Tuesday 6/23 1:00pm

EDUCATIONAL PROGRAMS (cont.)

SENIOR SCAMS

There are many more scams out there that target older adults. Telephone and mail scams are still the best way for a scammer to reach Ohioans. Con artists will change the type of scam, but what these criminals are after is always the same, your money or identity. A representative from the Cuyahoga County Department of Consumers Affairs will be on hand to inform you about the latest scams, identify the buzz words that scammers use, and how to prevent yourself from being a victim. This presentation can also help you if you were once a victim of a scam. Don't miss this helpful program. Registration required.

Ages: 50 & over **Free Program**
Thursday 7/23 1:00pm

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**
Tuesday 6/16 1:00pm



SPECIAL PROGRAMS

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

BALLROOM DANCE SCHEDULE FOR 2020 (EVENT CENTER)

Includes Light Refreshments **All dances 1:15 - 3:15pm**

| | |
|-----------|--|
| May 14 | Wayne Tomsic Combo |
| May 28 | Al Battistelli - Hawaiian Dance |
| June 11 | Wayne Tomsic Combo |
| June 25 | The Avanti Band |
| July 9 | Al Battistelli - Red, White & Blue Dance |
| July 23 | Wayne Tomsic Combo |
| August 13 | Wayne Tomsic Combo |
| August 27 | Al Battistelli - Beach Party Dance |

Members/Residents \$5
Non-Members/Non-Resident \$7

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 | May 7 & 8 |
| Thursday & Friday | August 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!

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! Special thanks to our sponsor - Pleasant Lake Villa and Generations Senior Living.

Ages: 50 & over

Tuesday 4/28 9:00am - 3:00pm

Fees: Members \$18
Residents/Non-Members \$19
Non-Residents/Non-Members \$21

MEMBER APPRECIATION DAY

Thank you, thank you, thank you! We can't say thank you enough for being a loyal Silver Mustang Member, so now we are going to show you how appreciated your membership is! We invite all current Silver Mustangs to come and enjoy an ice cream sweet treat from the East Coast Custard truck! Stop by the Senior Center front desk and pick up your ticket by May 8th.

Ages: 50 & over

Friday 5/15 **Free Program** 12:30-2:30pm

ART IN OUR LIVES - 22ND ANNUAL FINE ARTS EXHIBIT

Our annual Art Show demonstrates the creativity of our Senior Art Students and presents their work to the community. Come and browse the beautiful works of art our talented students have been diligently working on. Be sure you stop by and explore the many talents here at the Senior Center.

6/1-6/5 Free and Open to the Public

Show Hours:

Monday to Thursday 9:00am - 5:00pm
Friday 9:00am - 12:00pm

SPECIAL PROGRAMS (cont.)

MOTHER'S DAY LUNCH

Celebrate an early Mother's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the women in attendance. Registration with payment is required by May 4th. Special thanks to our sponsors - Westwood Place Senior Living & Altenheim Senior Living.

Ages: 50 & over

Wednesday 5/6 11:30am

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

FATHER'S DAY LUNCH

Celebrate an early Father's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the men in attendance. Registration with payment is required by June 16th.

Special thanks to our sponsors - Altenheim Senior Living & DialyzeDirect.

Ages: 50 & over

Thursday 6/18 11:30am

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

CHRISTMAS IN JULY

Ho Ho Ho! Who says that we should only celebrate the most wonderful time of the year once a year! Join us for a fun afternoon with a traditional holiday dinner with all the trimmings, holiday games, gifts and much more! Feliz Navidad! Tickets on sale June 11th-July 20th. Remember to bring in your non-perishable donation for the Strongsville Food Bank. Each donation will enter you into our Chinese raffle! The more food you bring the more chances to win and help out community members in need! Special thanks to our sponsors - Altenheim Senior Living and Generations Senior Living of Strongsville.

Ages: 50 & over

Wednesday 7/21 11:30am

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

SILVER MUSTANG SUMMER CORN ROAST

Calling all Silver Mustang Members! Join us once again as we enjoy great food, remarkable door prizes, fellowship and entertainment. This event is free to current Silver Mustang members. Registration begins July 6th and ends August 14th. Come and join the fun!

Tuesday 8/18 11:30 am

EHRNFELT SENIOR CENTER SENIOR OLYMPICS

Register now to be part of the 23rd Annual Senior Olympics

Ages: 50 & Older

9/14 - 9/25

Fees* Member \$18
Non-member/Resident \$19
Non-member/Non-resident \$21
*Extra fee for 2XL & Larger shirts.

Registration fee includes:

Senior Olympics T-Shirt, entry to any and all events*, Opening Day continental breakfast and Awards Luncheon. If you register after August 28th you are not guaranteed a T-Shirt.

*If registering for 9-hole golf, additional \$12 fee.

Events include: Fitness Walk, Bocce Ball, Basketball Throw, 9-Hole Golf (w/Cart), Miniature Golf, Softball Throw, Mustang Horseshoes, Billiards, Table Tennis, Darts, Bean Bag Toss, Bowling, Wii Home Run Derby, Wii bowling, Bunco, Football Throw, Indoor Cycling and Cornhole!

Select events will be offered in the evening.

Register at the Senior Center Registration Desk starting July 7th!
Sponsored by Southwest General Health Center

MUSTANGS ON THE GO!**WILD, WINE, AND TIN GOOSE DINER**

Visit the African Safari Wildlife Park- You will be seeing animals from Alpacas to Zebras, with many others in between! There are Bactrian Camels, giraffes, llama, bison and more! Lunch will be at the Tin Goose Diner- a vintage diner that is sure to bring back fond memories. You will visit the Liberty Aviation Museum where historical artifacts (AKA- "Tin Goose") are continuously undergoing restoration. Enjoy a winetasting at Firelands Winery and an ice cream cone at Toft's Ice Cream. Package includes roundtrip transportation, meals, all applicable taxes and driver gratuities.

Ages: 50 & over

| | | |
|---|-------|---------------------------|
| Tuesday | 5/5 | 8:00am-6:30pm |
| <i>Registration Limit: 2 tickets per person</i> | | |
| Fees: | | Registration Opens |
| Members | \$98 | March 17 |
| Residents/Non-Members | \$100 | March 24 |
| Non-Residents/Non-Members | \$104 | March 31 |

AIN'T MISBEHAVIN'**A GREAT LAKES THEATER PRODUCTION AT THE HANNA THEATRE
A SASSY MUSICAL CELEBRATION OF FATS WALLER**

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 |
| <i>Registration Limit: 2 tickets per person</i> | | |
| Fees: | | Registration Opens |
| Members | \$42 | Register Now |
| Residents/Non-Members | \$44 | Register Now |
| Non-Residents/Non-Members | \$48 | Register Now |

MUSTANGS ON THE GO! (cont.)**CATS- AT PLAYHOUSE SQUARE**

CATS, the record-breaking musical spectacular by Andrew Lloyd Webber that has captivated audiences in over 30 countries and 15 languages, is now on tour across North America!

Audiences and critics alike are rediscovering this beloved musical with breath-taking music, including one of the most treasured songs in musical theater – "Memory". Winner of 7 Tony Awards® including BEST MUSICAL, CATS tells the story of one magical night when an extraordinary tribe of cats gathers for its annual ball to rejoice and decide which cat will be reborn. The original score by Andrew Lloyd Webber (The Phantom of the Opera, School of Rock, Sunset Boulevard), original scenic and costume design by John Napier (Les Misérables), all-new lighting design by Natasha Katz (Aladdin), all-new sound design by Mick Potter, new choreography by Andy Blankenbuehler (Hamilton) based on the original choreography by Gillian Lynne (Phantom) and direction by Trevor Nunn (Les Misérables) make this production a new CATS for a new generation!

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 & older

| | | |
|---|------|---------------------------|
| Tuesday | 6/9 | 5:00–11:00pm |
| <i>Registration Limit: 2 tickets per person</i> | | |
| Fees: | | Registration Opens |
| Members | \$60 | March 31 |
| Residents/Non-Members | \$62 | April 7 |
| Non-Residents/Non-Members | \$66 | April 14 |

JAWS WITH PAWS, VINEYARDS AND HORSEIN' AROUND

Ever wonder how a seemingly ordinary dog becomes a police dog? We will visit this nationally known canine training center in Freemont, Ohio. The tour includes demonstrations used to train the dogs. You will visit Ole Zim's Wagon Shed and enjoy a meal prepared the by staff of Zim's. You will visit Oak Haven Horse Farm where quality Belgian Horses are raised. There will be a stop at the chateau Tebeau Winery where there will be a wine tasting. Package includes roundtrip transportation, meals, all applicable taxes and driver gratuities.

Ages: 50 & older

| | | |
|---|------|---------------------------|
| Thursday | 6/11 | 7:45-6:15pm |
| <i>Registration Limit: 2 tickets per person</i> | | |
| Fees: | | Registration Opens |
| Members | \$86 | April 14 |
| Residents/Non-Members | \$88 | April 21 |
| Non-Residents/Non-Members | \$92 | April 28 |

WESTSIDE MARKET

The Westside Market is home to over 100 vendors of great ethnic diversity. You can find not only fine meats and fresh vegetables, but also seafood, baked goods, dairy and cheese products and fresh flowers. Last year it was estimated that over one million people visited the market! Transportation will be provided- lunch is on your own. We will leave Senior Center at 10:30am, give you two hours to shop and return to Senior Center at 1:30pm. Limited space available.

Ages: 50 & Older

| | | |
|---------------------------|------|---------------------------|
| Monday | 6/29 | 10:00am- 1:30pm |
| Fees: | | Registration Opens |
| Members | \$10 | May 7 |
| Residents/Non-Members | \$12 | May 14 |
| Non-Residents/Non-Members | \$16 | May 21 |

MUSTANGS ON THE GO! (cont.)

SUMMER SURPRISE MYSTERY TOUR 5

Here is a trip that is a Mystery, part scenic, part sightseeing and part history. Lunch is included and you can bring a snack. Travel light and you'll travel farther, so watch what you pack. Please know all our Mystery trips discover hidden destinations and is a day full of surprises that combine unique areas, sites and attractions. You will need a sense of adventure, a good sense of humor and comfortable walking shoes.

The trip will Package includes roundtrip transportation, all applicable taxes, meals, and driver gratuities.

Ages: 50 & older

Thursday 7/9 8:00am-6:15pm
Registration Limit: 2 tickets per person

| Fees: | | Registration Opens | |
|---------------------------|------|--------------------|--|
| Members | \$88 | May 14 | |
| Residents/Non-Members | \$90 | May 21 | |
| Non-Residents/Non-Members | \$94 | May 28 | |

CLEVELAND INDIANS GAME

Let us take you out to the ballgame! Join us as we head to Progressive Field to watch the Cleveland Indians take on the Kansas City Royals. Your fee includes your game ticket in section 171 and transportation to and from the game. Tickets are limited.

Ages: 50 & older

Wednesday 7/29 5:30-10:30pm
Registration Limit: 2 tickets per person

| Fees: | | Registration Opens | |
|---------------------------|------|--------------------|--|
| Members | \$45 | May 19 | |
| Residents/Non-Members | \$47 | May 26 | |
| Non-Residents/Non-Members | \$51 | June 2 | |

CLEVELAND TOUR 6

Cleveland is a City with new developments while still holding onto its amazing heritage. Come join John from JKL TOURS as we explore Planet Cleveland seeing sites that make Cleveland a wonderful mosaic of people and places (**this tour does involve moderate walking.**) This is a BRAND NEW TOUR as part of the Historic and Ethnic Cleveland Series. Our day will include the International Women's Air and Space Museum, Gravity Place of 1833, Irishtown Bend, Duck Island and Monroe St. Cemetery, the oldest in Cleveland. We'll explore the Little Italy of the Westside and work our way through Big Italy, arriving on Public Square for a fabulous Buffet Lunch at the JACK CASINO! After lunch, we'll discover the Halle Brother's Department store lobby that has been saved, the area around Erie St. Cemetery before we tour the SW Center of Excellence, created in the elegant lobby of a 1920's Bank. We'll have a short WALKING tour to see the elegant OLD ARCADE from 1891, and we'll include surprises before we head home. Package includes roundtrip transportation, applicable taxes, meals and driver gratuities.

Ages: 50 & older

Thursday 8/13 9:00-6:15pm
Registration Limit: 2 tickets per person

| Fees: | | Registration Opens | |
|---------------------------|------|--------------------|--|
| Members | \$82 | June 18 | |
| Residents/Non-Members | \$84 | June 25 | |
| Non-Residents/Non-Members | \$88 | July 2 | |

MUSTANGS ON THE GO! (cont.)

NAUTICA QUEEN

Come and sail the night away on the beautiful Nautica Queen. We will board the Nautica Queen where we will set sail and enjoy dinner. We will then enjoy 2.5 hours of cruising under historic bridges and touring along the lake and riverfront while experiencing the breathtaking view of the Downtown Cleveland's skyline. Trip includes transportation, dinner cruise and all gratuities. Join us and make the most of your Cleveland summer.

Ages: 50 & older

Tuesday 8/25 5:00-10:30pm
Registration Limit: 2 tickets per person

| Fees: | | Registration Opens | |
|---------------------------|------|--------------------|--|
| Members | \$60 | June 2 | |
| Residents/Non-Members | \$62 | June 9 | |
| Non-Residents/Non-Members | \$64 | June 16 | |

THE STRONGSVILLE FARMER'S MARKET

Thursdays, 4:00-7:00pm

July 23 – September 26

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277 or at kathy.sazima@strongsville.org. The Strongsville Farmers' Market is located at 18100 Royalton Rd. (Rec Center Parking lot). See you at the market!

REWARD YOURSELF

*Massage Consistency Passes
Are Available!*

For more information please
check out Page 17 for details.



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

Jim Kaminski

Councilman – Ward 1

Annemarie P. Roff

Councilwoman – Ward 2

Kelly A. Kosek

Councilwoman – Ward 3

Gordon C. Short

Councilman – Ward 4,

President Pro-Tem

Joseph C. DeMio

Council-At-Large

James E. Carbone

Council-At-Large

Matthew A. Schonhut

President of Council,
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

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Parks and Outdoor Facilities Superintendent

Sarah Arold, CPRP

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Facility Manager

Rick Deal

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Marketing/Designer

Jen Frontino

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Director's Secretary

Mark Hartze

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Maintenance Foreman

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Recreation Supervisor

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Patti Welker

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Aquatic Supervisor

Ehrnfelt Senior Center

Phone (440) 580-3275

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Bryan Bogre

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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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DEPARTMENT

