



## **JANUARY - APRIL 2025 Program Guide**

**Registration Dates**

**MEMBERS: November 12    RESIDENTS: November 19    OPEN / ONLINE: November 21**

18100 Royalton Road, Strongsville, Ohio 44136

440-580-3260

[www.strongsville.org](http://www.strongsville.org)

# GENERAL INFORMATION

**Ehrnfelt Recreation & Senior Center**  
**18100 Royalton Road, Strongsville, Ohio 44136**  
**440-580-3260 Recreation Center / 440-580-3275 Senior Center**  
**[www.strongsville.org](http://www.strongsville.org)**

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## RECREATION & SENIOR CENTER STAFF

### Director of Parks, Recreation & Senior Services

**Bryan Bogre**, [bryan.bogre@strongsville.org](mailto:bryan.bogre@strongsville.org)

### Recreation

**Chris Arold** - Parks & Outdoor Facilities Superintendent  
[chris.arold@strongsville.org](mailto:chris.arold@strongsville.org)

**Sarah Arold, CPRP** - Facility Manager  
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**Jennifer Black** - Rental Coordinator & Director's Assistant  
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**Kristen Nykiel** - Recreation Supervisor (Enrichment Programs)  
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**Rebecca Stemple** - Assistant Aquatic Supervisor  
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### Senior Center

**Melissa Baldwin** - Food Services Manager  
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**Deborah Branic** - Senior Program Coordinator  
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**Sheena Wright** - Senior Services Coordinator  
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## GENERAL INFORMATION

### RECREATION CENTER HOURS

#### **NOVEMBER 1-APRIL 30**

Mondays-Fridays 5:00am-9:00pm  
 Saturdays 8:00am-6:00pm  
 Sundays 9:00am-3:00pm

#### **MAY 1-OCTOBER 31**

Mondays-Fridays 5:00am-8:00pm  
 Saturdays 8:00am-4:00pm  
 Sundays 9:00am-2:00pm

**MEMBERS ONLY: November 1-March 31: Mon & Wed, 5:00pm-9:00pm**

*Please note, the Aquatic Center closes 30 minutes prior to the Center closing time.*

### SENIOR CENTER HOURS

Mondays-Fridays 9:00am-5:00pm

### REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS\*

Tues, December 24, 2024	Christmas Eve	Rec & Senior Center Closing at 1p
Wed, December 25, 2024	Christmas	Rec & Senior Center CLOSED
Tues, Dec 31, 2024	New Year's Eve	Rec & Senior Center Closing at 5p
January 1, 2025	New Year's Day	Rec & Senior Center CLOSED
Sat, April 19, 2025	Day before Easter	Rec Closing early at 5pm
Sun, April 20, 2025	Easter	Rec Center CLOSED

*\*Hours subject to change. See AQUATICS section for special Aquatic Center hours and closings and Senior Activities section for Senior Center hours and closings.*

### WEATHER CLOSING & CLASS CANCELLATIONS

When applicable, please check the following locations for any closings or cancellations due to weather...[www.strongsville.org/content/recreation.asp](http://www.strongsville.org/content/recreation.asp)  
 News Channel 3 ([www.wkyc.com](http://www.wkyc.com)) News Channel 5 ([www.newsnet5.com](http://www.newsnet5.com))





## AMENITIES

### AQUATIC CENTER

- Competition pool - 8 lanes, 25 yards, 1 diving board
- Activity pool - zero depth entry, water slide, pirate ship, 5 lane lap pool, 17 yard wading area
- Steam room
- Sauna
- 24 person spa
- Bleacher seating for approximately 500
- Visit [www.strongsville.org](http://www.strongsville.org) - Parks & Recreation for Open Swim Schedule

### CARDIO EXERCISE AREA (*Must be 12 years or older\**)

Cutting edge cardio equipment with TVs and web integrated consoles including Technogym treadmills, ellipticals, steppers, upright & recumbent bikes; LifeFitness stepmills; Cybex arc trainers; and StarTrac treadclimbers and Jacob's 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. Youth that are not members must pay the normal daily rate. All youth must bring their Youth Strength Training card for admittance to the cardio area.*

### 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*)

- 1.5" thick rubber floor
- Plate loaded equipment and free weights

### GROUP EXERCISE, MIND/BODY, CYCLE STUDIOS

- Three wood floor studios with independent sound systems for exercise classes

### AUXILIARY GYMNASIUM

- Synthetic floor
- Gym can be used as one high school regulation basketball court and two volleyball courts
- Visit [www.strongsville.org](http://www.strongsville.org) - Parks Recreation for Open Gym Schedule

### MAIN GYMNASIUM

- Wood floor
- Two high school regulation size basketball courts
- Visit [www.strongsville.org](http://www.strongsville.org) - Parks & Recreation for Open Gym Schedule

### LOCKER ROOMS

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

### GAME AREA

- Billiard tables, air hockey, video/arcade games
- Vending and change machines

### EVENT CENTER & VARIOUS MEETING ROOMS

- Large Event Center and various meeting rooms available for rent. See page 6 for more information.

## RECREATION CENTER GUIDELINES

For a list of Recreation Center rules and guidelines go to [www.strongsville.org](http://www.strongsville.org) - Parks & Recreation - Facility Rules & Guidelines page. ([www.strongsville.org/departments/parks-recreation/facility-rules-guidelines](http://www.strongsville.org/departments/parks-recreation/facility-rules-guidelines))

## CHILDREN UNDER 12 YEARS OF AGE

Those under 12 years of age must be supervised by a person 18 years or older.

## REGISTRATION

Pre-registration is required for programs.

- No refunds/make ups for missed classes.
- You may register in-person, by phone, or online unless otherwise indicated for specific programs. Cash, check, Visa, Discover & Mastercard accepted.

## REFUND POLICY

1. If the program is cancelled by Department, a refund for the FULL amount that was paid will be applied to your Recreation/Senior Customer Account, or you may request a check refund which will be mailed in approximately three weeks.
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.
  - a. **Recreation Department Customer Account:** If the customer wants to have the refund posted to his/her Recreation Account, a credit for the full amount that was paid will be issued.
  - b. **Check Issued:** If the customer paid by cash, check, or credit card and would like a check issued from the City, a 20% or \$5 administrative fee (whichever is greater), will be deducted from the amount that was originally paid. A check will be issued in approximately 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.

## PROGRAM CANCELLATION POLICY

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. **Some programs may have their own cancellation policy - please see program description.**



## MEMBERSHIP

### MEMBERSHIP CLASSIFICATIONS

**Full-Time Worker in Strongsville:** Includes an employee of a City of Strongsville business or entity working at least 37.5 hours per week. Proof of such status provided through a letter from his/her employer and a current pay stub.

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

**Full-Time College Student** means a student currently enrolled in 12 or more credit hours. Proof must be shown at time of purchase or renewal in the form of a current class schedule or tuition bill.

**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 legal residence in the household of the adult(s).

**Senior Couple** means two individuals who are living 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/Veteran** means an individual who is an active member or veteran of any United States military service and provides proof of veteran status (DD214) or for active members, a military ID.

**Resident** means an individual who is legally living within a permanent residence in the City of Strongsville. Must show proof of residency such as an utility or bank statement issued in the last 30 days.

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

*\*Memberships are non-refundable and non-transferable.*

### MEMBERSHIP FEES

#### 4 MEMBERSHIP OPTIONS

1. One Year Contract with entire payment at time of purchase
2. One Year Contract with monthly payments
3. Three Month Contract with entire payment at time of purchase
4. Six Month Contract with entire payment at time of purchase

#### OPTION 1: One Year Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265.00	\$425.00
Couple	\$365.00	\$580.00
Youth Individual (Ages 4-18)	\$165.00	\$290.00
Full-time College Student	\$165.00	\$290.00
Family	\$435.00	\$725.00
Individual Senior (Age 60+)	\$135.00	\$265.00
Senior Couple	\$240.00	\$465.00
Military/Veteran Adult	\$140.00	\$245.00
Military Couple	\$240.00	\$400.00
Military Youth (Ages 4-18)	\$87.00	\$162.00
Military Family	\$290.00	\$510.00

### MEMBERSHIP FEES cont.

#### OPTION 2: One Year Contract with monthly payments

	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 Student	\$13.75/month	\$24.17/month
Family	\$36.25/month	\$60.42/month
Individual Senior (Age 60+)	\$11.25/month	\$22.09/month
Senior Couple	\$20.00/month	\$38.75/month
Military/Veteran Individual	\$11.67/month	\$20.42/month
Military Couple	\$20.00/month	\$33.34/month
Military Youth (Ages 4-18)	\$7.25/month	\$13.50/month
Military Family	\$24.17/month	\$42.50/month

#### Credit Card Payment Plan Information

- The annual membership is broken down into twelve installments plus a \$3 per month processing fee. (Processing fee is NOT included in the above monthly prices.)
- 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 20<sup>th</sup> of each month, or the next business day if the 20<sup>th</sup> 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 Ehnfelt 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.

#### OPTION 3: Three Month Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$80.00	\$128.00
Couple	\$110.00	\$174.00
Youth Individual (Ages 4-18)	\$50.00	\$87.00
Full-time College Student	\$50.00	\$87.00
Family	\$131.00	\$218.00
Individual Senior (Age 60+)	\$41.00	\$80.00
Senior Couple	\$72.00	\$140.00
Military/Veteran Adult	\$42.00	\$74.00
Military Couple	\$72.00	\$120.00
Military Youth (Ages 4-18)	\$26.00	\$49.00
Military Family	\$87.00	\$153.00

- 3 month membership valid 93 days from date of purchase
- Does not receive member coupons
- Does not qualify for member pricing or priority registration. May register during resident registration.



## MEMBERSHIP FEES cont.

### OPTION 4: Six Month Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$159.00	\$255.00
Couple	\$219.00	\$348.00
Youth Individual (Ages 4-18)	\$99.00	\$174.00
Full-time College Student	\$99.00	\$174.00
Family	\$261.00	\$435.00
Individual Senior (Age 60+)	\$81.00	\$159.00
Senior Couple	\$144.00	\$279.00
Military/Veteran Adult	\$84.00	\$147.00
Military Couple	\$144.00	\$240.00
Military Youth (Ages 4-18)	\$52.00	\$97.00
Military Family	\$174.00	\$306.00

-6 month membership valid 186 days from date of purchase

-Does not receive member coupons

-Does not qualify for member pricing or priority registration. May register during resident registration.

## SILVER SNEAKERS

Silver Sneakers is accepted at the Ehrnfelt Recreation Center. Includes access to the Recreation & Senior Center and member pricing on programs. Bring your Silver Sneakers card in today and join!



## RENEW ACTIVE

**Renew Active**  
by UnitedHealthcare

Renew Active is accepted at the Ehrnfelt Recreation Center. Includes access to the Recreation & Senior Center and member pricing on programs. Bring your Health Insurance Card in today and join!

## NON-MEMBER DAILY GUEST FEES

	RESIDENT	NON-RESIDENT
Youth (Ages 0-3)	Free	Free
Youth (Ages 4-6)	\$3.00	\$3.00
Youth (Ages 7-14)	\$6.00	\$6.00
Youth (15-17)	\$10.00	\$10.00
Adults (18-59)	\$10.00	\$15.00
Seniors (60+)	\$6.00	\$8.00
Active Military/Veteran*	\$6.00	\$8.00

-Those 18 years and older must show valid photo ID

-Those under 12 years of age must be supervised by a person 18 years or older.

\*Free admission to active military personnel on leave. Must show proof of leave.

## PASSBOOKS

Passbooks contain 10 daily admission passes. Strongsville residents must show proof of Strongsville Residency (utility bill, bank statement, etc) to receive resident rate.

Members:	\$60
Non-Member Residents:	\$60
Non-Members/Non-Residents:	\$100

## 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 full employees, Annual Corporate Membership Packages. For more information on how your business can participate, please contact Facility Manager, Sarah Arold at sarah.arold@strongsville.org.



“THE CENTER OF LIFE”

## SILVER MUSTANG MEMBERSHIP

### MEMBERSHIP FEES

Strongsville Residents:	\$20/year
Strongsville Resident Couple:	\$30/year
Non-Residents:	\$45/year
Non-Resident Couple:	\$60/year

### MEMBERSHIP BENEFITS

- \*Silver Mustang newsletter
- \*Free takeout birthday lunch the month of your special day
- \*Free takeout lunch for membership purchase/renewal
- \*Discounted program/activity fees and takeout lunches
- \*Priority registration for travel programs
- \*Admission to member only events

### NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5



# FACILITY RENTAL

Call 440-580-3270 to book your next event!

## EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

ROOM	CAPACITY
Whole Event Center	300-400
Half Event Center	150-175
Conference Room	20-50
Meeting Room	20-50
Senior Art Studio	20-50
Senior Meeting Room	20-50

\*A deposit is due with a signed contract

## OLD TOWN HALL



OLD TOWN HALL	CAPACITY
Old Town Hall	80

\*Please plan on booking your party at least four weeks in advance

# CELEBRATE! at the REC CENTER!

**Room Rental Only** (Meeting Room, Conference Room, Senior Art Studio)

**Room Rental with Facility Use** (Pool, Gym & Game Area)

### All Inclusive Party Packages

Room Rental for 3 Hours  
Facility Use  
Pizza, Soda & Cake  
Plates, Cups, Napkins, Tablecloths  
Candles & Matches



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

For more information visit the  
**Parks & Rec Facility Rental page**  
at  
[www.strongsville.org](http://www.strongsville.org)  
or call  
**440-580-3270**

*Schedule your  
Event Now!*

**440-580-3270**



# The Event Center

*Weddings*

*Fundraisers*

*Craft Shows*

*Seminars*

*Showers*



# SPECIAL EVENTS

## KIDS GARAGE SALE

Reserve a table to sell your gently used maternity, baby and kids items. Or, just come and shop over 40 tables of toys, clothes, small furniture and accessories.



**Saturday, 3/15 9:00am-12:00pm**

TWO TABLE LIMIT PER FAMILY

### 5 Foot Tables

Members	\$11
Non-Members/Residents	\$15
Non-Members/Non-Residents	\$20

### 8 Foot Tables

Members	\$15
Non-Member/Residents	\$20
Non-Members/Non-Residents	\$25

### \*SHOPPERS\*

9:00-9:59am Early Bird Shopping: \$3 admission  
(please have exact change)

10:00am-12:00pm Free shopping

## ST. PATRICK'S DAY IRISH DANCE DEMO

Join Cannon Irish Dance for an early St. Patrick's Day Celebration! Tap your feet and clap your hands to lively Irish music as the Cannon Irish Dancers perform traditional Irish Step Dance. All ages are invited to "Give it a Try" with some Irish Social Dancing after the performance.

Saturday, 3/15  
3:00-4:00pm

Location: Rec Center Main Lobby

**FREE EVENT!**



## Daddy-Daughter DANCE

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

Please note: 50 tickets must be sold by 5:00pm, January 27<sup>th</sup> for the dance to occur. Tickets can be purchased in advanced at the Strongsville Rec. Center front desk. There will not be tickets sold at the door the night of the dance. Only 200 tickets sold for this event, so get your tickets early!

Friday 2/21 6:30-8:30pm

Ticket fee per person:

Members	\$12
Non-Members/Residents	\$15
Non-Members/Non-Residents	\$20



## FUN & PHOTOS WITH THE EASTER BUNNY

Get into the holiday spirit and join us for our Fun and Photos with the Easter Bunny event! Children will receive a professional digital photo with the Easter Bunny, milk & cookies, face painting, balloon art, an Easter Craft and a chance to win an awesome door prize.



**Saturday, 4/12 9:15-11:00am**

**Tickets are sold for time slots for photo line:**

9:15-9:30am  
9:30-10:00am  
10:00-10:30am

**PRE-SALE TICKETS ONLY** at Rec Front Desk.

Limited number of tickets sold per time slot. Time slot is for photo line only to help keep the lines short. You can enjoy the other event activities anytime between 9:15am-11:00am

Ticket fee per child:

Members	\$10
Non-Members	\$15

# AQUATICS

Aquatic Supervisor, Patti Welker  
Assistant Aquatic Supervisor, Becky Stemple

## SPECIAL AQUATIC CENTER HOURS

Thursday, November 28 CLOSED Thanksgiving  
Wednesday, December 4 Close at 5pm High School Swim Meet  
Friday, December 6 Close at 5pm High School Swim Meet  
Wednesday, December 18 Close at 5pm High School Swim Meet  
Tuesday, December 24 Close at 12:30pm Christmas Eve  
Wednesday, December 25 CLOSED Christmas

Tuesday, December 31 Close at 4:30pm New Year's Eve  
Wednesday, January 1 CLOSED New Year's Day  
Friday, January 10 Close at 5pm High School Swim Meet  
Wednesday, January 15 Close at 5pm High School Swim Meet  
Wednesday, January 22 Close at 4pm High School Swim Meet

*Hours subject to change. The pools, steam room, sauna and spa are closed during swim meets.*

## AQUATIC CENTER REGULATIONS/RULES

*Please shower before using the Aquatic Center facilities ~ No food or glass containers permitted in 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*

*Visit the Parks & Recreation page [www.strongsville.org](http://www.strongsville.org) for a complete list of Recreation & Aquatic Center Rules*

### REGISTRATION AND POLICIES

- For all sessions of a brochure (Winter, Summer, Fall) the first session of the lessons will open to members then resident/non-members and finally non-resident/non-members per the dates set in the brochure. Subsequent sessions of that brochure season open on the last day of current session for those with report cards (Changing of times or dates will not be honored until after those with report cards for the current class have had a chance to register. Exceptions may be for leveling up from level 3 or parent/youth. The times may not match for next level); for those without report cards, online registration begins at 9:30pm the last day of class and in-person/phone registration begins the following day.
- Refunds can be requested up to 7 days prior to the start of class without question. After that no refunds will be given. Participants take the risk of schedule changes or changes in health.
- If the class is full, you may ask the front desk staff to add your name to the CURRENT waiting list.
- If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, before the first day of class, so they can better work with your child.

### AQUATIC WAIT 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 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.
- 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.

### REGISTRATION SCHEDULE

Tues, Nov 12: Ehnfelt Rec Center Members

Tues, Nov 19: Strongsville Residents & Members (must show proof of residency such as utility bill)

Thurs, Nov 21: Open/On-line registration

### 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:

- Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.
- 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 RULES

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

- Pirate ship area is closed during swim lessons.
- In order to provide an environment free of potential distractions, with the exception of preschool classes, adults are required to stay behind the orange cones and not sit directly in front of the classes in progress.
- Anyone exhibiting cold or flu symptoms are asked to stay home.
- Participants 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.

### AQUATIC CENTER AGE GUIDELINES

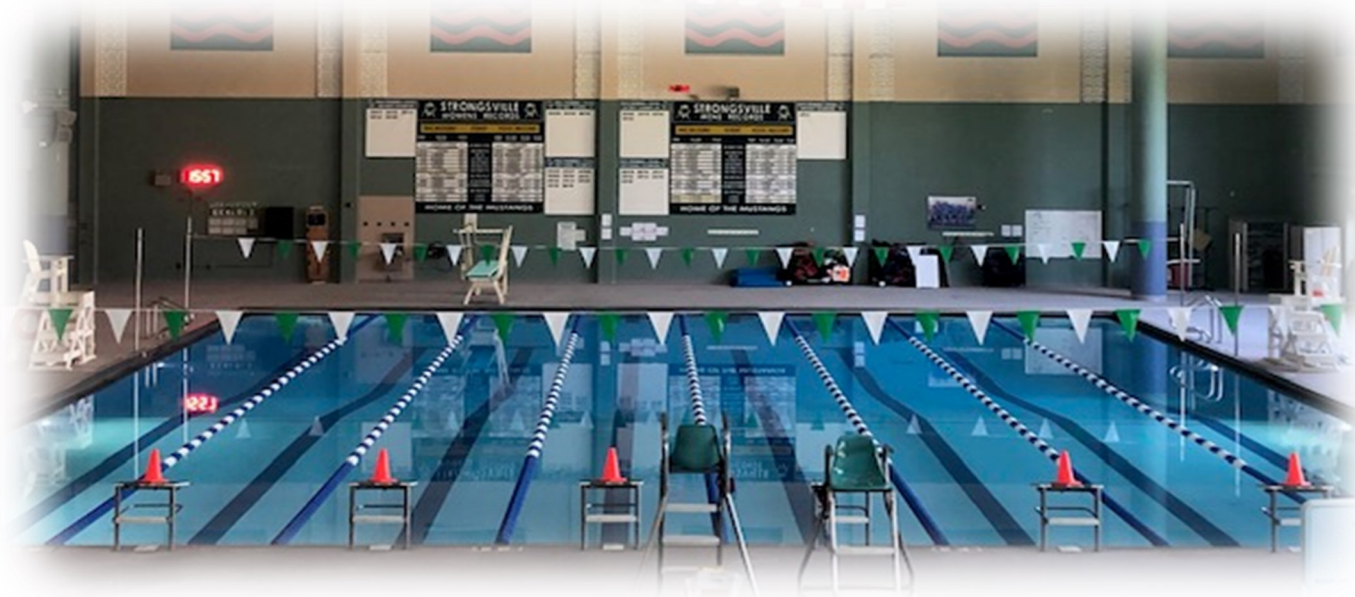
- Children under the age of 4, or those wearing a coast guard approved life jacket, must be within arms reach of an adult, 18 years or older, in a swimsuit at all times.
- Children 4 years of age and older may not use the locker room of the opposite sex. Please use the Family Changing Room.
- Children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



## YOUTH LEARN-TO-SWIM LEVELS

For more information on Learn to Swim, or if your child has any special needs, please contact  
Aquatic Supervisor, Patti Welker, at 440-580-3260 x 5269.

Level	Requirements	Skills Taught
<b>PARENT/INFANT</b> <b>6-15 months</b>	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.
<b>PARENT/TODDLER</b> <b>15-36 months</b>	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.
<b>PARENT/YOUTH</b> <b>3-5 years</b>	Ages: 3-5 years 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.
<b>LEVEL 1</b> <b>Intro to Water Skills</b>	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.
<b>LEVEL 2</b> <b>Fundamental Water Skills</b>	Passed Level 1, 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.
<b>LEVEL 3</b> <b>Refined Water Skills</b>	Passed Level 2, or can swim 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.
<b>LEVEL 4A</b> <b>Stroke Development</b>	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly, sidestroke, and breast-stroke arms. Safe diving practices and water safety will be integrated into the course.
<b>LEVEL 4B</b> <b>Stroke Improvement</b>	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breast-stroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
<b>LEVEL 5</b> <b>Stroke Refinement</b>	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	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.



## YOUTH LEARN TO SWIM LESSONS

*Class limit based on instructor availability and pool space*

### PARENT/INFANT: 6-15 mos. (parent/adult in water)

**Ages: 6-15 months**

**Class Limit: Based on Instructor availability & pool space**

#### **Weekend Classes (7 or 8 Classes)**

Saturdays	1/11-3/1	9:00-9:30am (8 classes)
Saturdays	1/11-3/1	9:35-10:05am (8 classes)
Saturdays	4/5-5/17	9:00-9:30am (7 classes)
Saturdays	4/5-5/17	9:35-10:05am (7 classes)

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$40	\$45
	Non-Member/Resident	\$47	\$53
	Non-Member/Non-Resident	\$61	\$69

### PARENT/TODDLER: 15-36 mos. (parent/adult in water)

**Ages: 15 - 36 months**

**Class Limit: Based on Instructor availability & pool space**

#### **Evening Classes (8 Classes)**

Tuesdays & Thursdays	1/7-1/30	6:30-7:00pm
Tuesdays & Thursdays	2/4-2/27	6:30-7:00pm
Tuesdays & Thursdays	3/4-3/27	6:30-7:00pm

#### **Weekend Classes (7 or 8 Classes)**

Saturdays	1/11-3/1	9:00-9:30am (8 classes)
Saturdays	1/11-3/1	9:35-10:05am (8 classes)
Saturdays	4/5-5-17	9:00-9:30am (7 classes)
Saturdays	4/5-5/17	9:35-10:05am (7 classes)

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$40	\$45
	Non-Member/Resident	\$47	\$53
	Non-Member/Non-Resident	\$61	\$69

### PARENT/YOUTH: 3-5 years (parent/adult in water)

**Ages: 3-5 years**

**Class Limit: Based on Instructor availability & pool space**

#### **Evening Classes (8 Classes)**

Tuesdays & Thursdays	1/7-1/30	7:00-7:30pm
Tuesdays & Thursdays	2/4-2/27	7:00-7:30pm
Tuesdays & Thursdays	3/4-3/27	7:00-7:30pm

#### **Weekend Classes (7 or 8 Classes)**

Saturdays	1/11-3/1	9:00-9:30am (8 classes)
Saturdays	1/11-3/1	9:35-10:05am (8 classes)
Saturdays	4/5-5/17	9:00-9:30am (7 classes)
Saturdays	4/5-5/17	9:35-10:05am (7 classes)

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$40	\$45
	Non-Member/Resident	\$47	\$53
	Non-Member/Non-Resident	\$61	\$69

### **LEVEL 1: Intro to Water Skills**

**(no previous swim experience needed)**

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

#### **Evening Classes (8 Classes)**

Tuesdays & Thursdays	1/7-1/30	5:40-6:25pm
Tuesdays & Thursdays	1/7-1/30	6:35-7:20pm
Tuesdays & Thursdays	2/4-2/27	5:40-6:25pm
Tuesdays & Thursdays	2/4-2/27	6:35-7:20pm
Tuesdays & Thursdays	3/4-3/27	5:40-6:25pm
Tuesdays & Thursdays	3/4-3/27	6:35-7:20pm

#### **Weekend Classes (7 or 8 Classes)**

Saturdays	1/11-3/1	10:10-10:55am (8 classes)
Saturdays	1/11-3/1	11:00-11:45am (8 classes)
Saturdays	1/11-3/1	11:50am-12:35pm (8 classes)
Saturdays	4/5-5-17	10:10-10:55am (7 classes)
Saturdays	4/5-5-17	11:00-11:45am (7 classes)
Saturdays	4/5-5-17	11:50am-12:35pm (7 classes)

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$55	\$62
	Non-Member/Resident	\$69	\$78
	Non-Member/Non-Resident	\$83	\$94

### LEVEL 2: Fundamental Water Skills

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

#### **Evening Classes (8 Classes)**

Tuesdays & Thursdays	1/7-1/30	5:40-6:25pm
Tuesdays & Thursdays	1/7-1/30	6:35-7:20pm
Tuesdays & Thursdays	2/4-2/27	5:40-6:25pm
Tuesdays & Thursdays	2/4-2/27	6:35-7:20pm
Tuesdays & Thursdays	3/4-3/27	5:40-6:25pm
Tuesdays & Thursdays	3/4-3/27	6:35-7:20pm

#### **Weekend Classes (7 or 8 Classes)**

Saturdays	1/11-3/1	10:10-10:55am (8 classes)
Saturdays	1/11-3/1	11:00-11:45am (8 classes)
Saturdays	1/11-3/1	11:50am-12:35pm (8 classes)
Saturdays	4/5-5-17	10:10-10:55am (7 classes)
Saturdays	4/5-5-17	11:00-11:45am (7 classes)
Saturdays	4/5-5-17	11:50am-12:35pm (7 classes)

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$55	\$62
	Non-Member/Resident	\$69	\$78
	Non-Member/Non-Resident	\$83	\$94



**YOUTH LEARN TO SWIM LESSONS cont.**

Class limit based on instructor availability and pool space

**LEVEL 3: Refined Water Skills****Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Evening Classes (8 Classes)**

Tuesdays & Thursdays	1/7-1/30	6:35-7:20pm
Tuesdays & Thursdays	2/4-2/27	6:35-7:20pm
Tuesdays & Thursdays	3/4-3/27	6:35-7:20pm

**Weekend Classes (7 or 8 Classes)**

Saturdays	1/11-3/1	10:10-10:55am (8 classes)
Saturdays	1/11-3/1	11:00-11:45am (8 classes)
Saturdays	1/11-3/1	11:50am-12:35pm (8 classes)
Saturdays	4/5-5-17	10:10-10:55am (7 classes)
Saturdays	4/5-5-17	11:00-11:45am (7 classes)
Saturdays	4/5-5-17	11:50am-12:35pm (7 classes)

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$55	\$62
Non-Member/Resident	\$69	\$78
Non-Member/Non-Resident	\$83	\$94

**LEVEL 4 A/B: Stroke Development****Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Evening Classes (8 Classes)**

Tuesdays & Thursdays	1/7-1/30	5:40-6:25pm
Tuesdays & Thursdays	2/4-2/27	5:40-6:25pm
Tuesdays & Thursdays	3/4-3/27	5:40-6:25pm

**Weekend Classes (7 or 8 Classes)**

Saturdays	1/11-3/1	9:15-10:00am (8 classes)
Saturdays	4/5-5/17	9:15-10:00am (7 classes)

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$55	\$62
Non-Member/Resident	\$69	\$78
Non-Member/Non-Resident	\$83	\$94

**SPECIALTY SWIM CLASSES****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 (7 or 8 classes)**

Saturday	1/11-3/1	11:10am-12:00pm (8 classes)
Saturday	4/5-5/17	11:10am-12:00pm (7 classes)

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$70	\$80
Non-Member/Resident	\$84	\$96
Non-Member/Non-Resident	\$98	\$112

**WATER EXERCISE CLASSES****WATER EXERCISE PROGRAM PASS**

A 2024 pass may be purchased any time and is good for any water exercise class.

\*The pass expires 12/31/2025.

\*There are **NO refunds** for lost/stolen passes or unused classes.

\*The front desk will give you a numbered ticket to be given to instructor

\*Passes are non-transferable & non-refundable.

\*Drop-ins are permitted for any class at the Drop-in rate.

**\*Classes are not held on calamity (snow) days or regularly scheduled days that the Strongsville Schools are not in session or holidays.**

<b>Number of Classes</b>	<b>5</b>	<b>10</b>	<b>15</b>	<b>20</b>
Member	\$28	\$53	\$75	\$91
Non-Member/Resident	\$33	\$63	\$90	\$111
Non-Member/Non-Resident	\$38	\$73	\$105	\$131

<b>Drop-in Fees:</b>	<b>Member</b>	<b>\$8 per class</b>
	<b>Non-Member</b>	<b>\$10 per class</b>

**ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE**

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

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

Tuesdays & Thursdays 1/7-5/22\* 10:45-11:35am 38 Classes

\*No class 4/1, 4/3

**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**

Mondays & Wednesdays 1/6-5/21\* 9:15-10:05 36 Classes

\*No class 1/20, 2/17, 3/31, 4/2

**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 floatation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp and general water exercise set to fun, motivating music. Aqua barbells, noodles, and floatation belts are all provided. Class is 50 minutes with a 5 minute stretch and cool down. Come join us in this fast paced, invigorating "wet fat-burning" lab!

**Ages: 15 & older****Class Limit: 20**

Mondays & Wednesdays 1/6-5/21\* 10:15-11:05am 36 Classes

Tuesdays & Thursdays 1/7-5/22\* 9:45-10:35am 38 Classes

Tuesdays & Thursdays 1/7-5/22\* 6:35-7:20pm 38 Classes

\*No class 1/20, 2/17, 3/31, 4/1, 4/2, 4/3

## AMERICAN RED CROSS CLASSES

### AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

**Ages: 15 & older**

**Class Limit: 9**

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

#### Prerequisites:

\*Students must be 15 years old by the completion of class.

\*Have access to the internet from home.

\*Must bring proof of age to first class (driver's license or birth certificate).

\*Must be able to swim a 200 yard swim using front crawl, breaststroke or a combination of both.

\*Maintain position at the surface of the water for 2 minutes by treading water using only legs.

\*A timed 20 yard, back and forth swim, with surface dive to retrieve a 10lb. brick from a depth of 7-10 feet.

**Important:** Students will be tested on the first day of class. Failure to meet the minimum prerequisites can cause a safety threat to the participant and the class. The student will not be permitted to continue with the class and will be directed on where to get developmental training. **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.

\*2024 edition of the Lifeguarding Manual can be picked up at the front desk prior to the first class meeting.

Session 1: Sundays 2/16-3/16 9:00am-3:00pm (5 classes)  
Session 2: Tuesdays & Thursdays 5/6-5/22 4:00-8:00pm (6 classes)

**Fees:** Member \$190  
Non-Member/Resident \$215  
Non-Member/Non-Resident \$240

### AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

**Ages: 16 & older**

**Class Limit: 9**

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.

\*WSI Manual and Swimming and Water Safety Books are included with the cost of this certification and must be picked up prior to the start of class.

#### Prerequisites:

\*Students must be 16 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 demonstrate front crawl, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke.

Saturdays 3/8-3/29 8:00am-4:00pm (4 classes)

\*No class 11/3

**Fees:**  
Member \$190  
Non-Member/Resident \$215  
Non-Member/Non-Resident \$240



**American Red Cross**

### AMERICAN RED CROSS LIFEGUARD REVIEW

**Ages: 16 & older**

**Class Limit: 12**

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.**

Session 1: Sunday 4/27 9:00am-4:00pm  
Session 2: Sunday 5/18 9:00am-4:00pm

**Fees:** Member \$155  
Non-Member/Resident \$175  
Non-Member/Non-Resident \$195



### 2025 SUMMER 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.

**ELIGIBILITY:** The Sea Monkeys Swim Team is open to Strongsville residents who are 18 & under as of 6/1/25 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. Team limited to 130 swimmers.

New parents are required to attend the Parents' Meeting on Thursday, May 17 at 6:30pm and to volunteer during the season.

Practice begins Tuesday, May 27 and the season concludes with the SSL Championship meet on Saturday, July 19, 2025.

**PRACTICE SCHEDULE** (each child is assigned by age a 1 hr practice time):

#### Evening Practices

Tuesday-Thursday	5/27-5/29	5:30-7:30pm
Friday	5/30	5:30-6:30pm
Monday-Wednesday	6/2-7/14	6:30-7:30pm

#### Morning Practices

Monday-Thursday	6/2-7/17	8:00-10:00am
Fridays	6/6-7/18	9:00-10:00am

**MEETS:** Tuesdays & Thursdays evenings

#### Fees\*:

Members \$180  
Residents/Non-Members \$210

\*Families receive a \$10 discount for each additional child on the swim team. Fee includes Champs t-shirt. Team suits not included in fee and can be purchased at the Spirit Shop.

**REGISTRATION BEGINS FEB 1, 2025**

For more info, contact Asst Aquatic Supervisor, Becky Stemple at 440 580-3260 ext. 5270



# FITNESS

Fitness Supervisor, Marissa McNabb

## GROUP EXERCISE, CYCLE, MIND/BODY, & 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! We offer a variety of classes to keep you motivated and keep you moving!

### GUIDELINES FOR ALL EXERCISE CLASSES

1. Ages 15 & older
2. Please try different classes and don't be intimidated by new programs. Our instructors are able to make modifications for men & women of all ages and fitness levels.
3. If you have questions regarding fitness programs please call Marissa at 440-580-3260 x 5275. **Updated fitness schedules can be found at [Strongsville.org/content/fitness/asp](http://Strongsville.org/content/fitness/asp).**

### GROUP CYCLE

Start exploring new roads...indoors! Train with professionals in our Group Cycle program to burn calories, stay in shape, or to bring your athletic performance to the next level. Low impact, no complicated moves, motivating instructors, and music that begs your legs to pedal, all combine for great workout! **Updated fitness schedules can be found at [Strongsville.org/content/fitness/asp](http://Strongsville.org/content/fitness/asp).**

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

### Introduction to 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 contact Marissa at 440-580-3260 x 5275 or [marissa.mcnebb@strongsville.org](mailto:marissa.mcnebb@strongsville.org) to sign up.**

### ZUMBA PASS

**Group exercise passes may be used for this class.**

Join Melissa Thomas-Edington, Radio City Rockette, as she rocks 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. (60 minute 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 any land Zumba class.

Fees:	5 Classes	10 Classes	20 Classes
Members	\$22	\$40	\$70
Non-Member/Residents	\$32	\$50	\$80
Non-Member/Non-Residents	\$42	\$60	\$90

### Drop Fees:

Members	\$8
Non-Member/Residents	\$10
Non-Member/Non-Residents	\$12



### UNLIMITED COMBO PASS

One year commitment and contract. Includes all Group Cycle, Group Exercise, Yoga, Pilates, Barre, Zumba, all other rec center land exercise classes, and all aquatic exercise classes.

- 1 year commitment and contract required for both payment options
- No enrollment fee!

#### **1 Year Contract with Monthly Payments**

Members \$35/month

Non-Member/Residents \$45/month

Non-Member/Non-Residents \$55/month

#### **1 Year Contract with Payment in Full**

Members \$378 (\$31.50/month)

Non-Member/Residents \$486 (\$40.50/month)

Non-Member/Non-Residents \$595 (\$49.50/month)

### MIND/BODY PASS (Yoga/Barre/Pilates)

Good for unlimited Yoga, Pilates, and Barre.

- 1 year commitment and contract required for both payment options
- No enrollment fee!

#### **1 Year Contract with Monthly Payments**

Members \$24/month

Non-Member/Residents \$34/month

Non-Member/Non-Residents \$44/month

#### **1 Year Contract with Payment in Full**

Members \$260 (\$21.60/month)

Non-Member/Residents \$367 (\$30.60/month)

Non-Member/Non-Residents \$475 (\$39.60/month)

### ONE MONTH UNLIMITED PASS

Unlimited 1 month group exercise, water exercise, group cycle and mind/body 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, & Mind/Body)

Pass for 10 group exercise, cycle and Mind/Body classes. Pass expires 1 month from date of purchase. No commitment.

Members	\$45
Non-Member/Residents	\$55
Non-Member/Non-Residents	\$65

### FIVE CLASS PASS (Good for Group Exercise, Cycle, & Mind/Body)

Pass for 5 group exercise, cycle and Mind/Body classes. Pass expires 1 month from date of purchase. No commitment.

Members	\$28
Non-Member/Residents	\$38
Non-Member/Non-Residents	\$48

### DROP IN FEES (Good for Group Exercise, Cycle, & Mind/Body)

Members	\$8
Non-Member/Residents	\$10
Non-Member/Non-Residents	\$12

### TRY A CLASS PASS (Good for Group Exercise, Cycle or Mind/Body)

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.) Valid for 3 weeks from date of "purchase".

## GROUP EXERCISE CLASS DESCRIPTIONS

**For class schedule visit [www.strongsville.org/departments/parks-recreation/fitness](http://www.strongsville.org/departments/parks-recreation/fitness)**

**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.

**Barre Fire:** Start with traditional Barre toning and Pilates core training methodology. Add light weights and high energy moves, to create a total body strength and cardio attack! You're going to like this one!

**Barre Fusion:** The perfect mix of Pilates, Yoga, & Barre. Focus on core strength, flexibility, & total conditioning.

**Body Max:** STRAIGHT FROM THE UK!!! The fastest way to shape up and LOSE WEIGHT! This class was developed in England. Barbells will be used with varying weights for this full body workout. *The trademark motto of this class is "YOUR BODY SHAPE WILL CHANGE!!!"*

**Cardio Dance & Tone:** Have fun while getting fit!!! This class mixes cardio dancing to fun music to get your heart rate up with toning strength exercises to give you a full body workout. No dancing experience needed!!!!!! Sweat while having fun!

**Cycle:** Turn your goals into reality! Give cycling a try, see what you've been missing!

**CycleStrong:** Interval training at its finest. Cycling on the bike, weight training off the bike. Perfect combo!

**Iron Circuit:** The Best of TRX & KETTLEBELL for utter obliteration and muscle development!

**Kickboxing:** Intensity! Energy! Sweat! Fun!

**Pilates:** Traditional mat Pilates and functional training with resistance balls & flex bands. A workout that will tone, define, & sculpt the entire body.

**PowerHour:** Get fit thru fun, challenging, ever-changing cardio & strength techniques using all types of resistance (dumbbells, barbells, bands, gliders and more). Get uncomfortable to get stronger!

**Pure Strength:** Efficient, effective total body strength training. Get stronger, leaner, and healthier! (45 min. class)

**Rebound:** Aerobic exercise performed while jumping on a mini trampoline. Strength training also included.

**Strength & Core:** The name says it all!

**Vinyasa Yoga:** Designed to help you find vitality in your life and personal empowerment. Focuses on optimal alignment of your body to improve strength, flexibility, and energy. Each class is themed to help you explore the many benefits of yoga for body and mind.

**Yin Stretch & Meditation:** Explore the mind/body connection. Slow, long-held stretches, deep breath work, & meditation. De-stress, wind down, & feel refreshed with the powerful combo of Yin & Meditation.

**YogaFlow:** All levels, energizing flow. Modifications provides so poses are accessible to varying levels. Strength, flexibility, & breathing techniques. YOU WILL SWEAT!

**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. LIVE IT! (60 min. class)

## HEALTH ASSESSMENT & PEAK PERFORMANCE

### NUTRITIONAL CONSULT

Good nutrition improves wellbeing. This invaluable, 60-90 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 Dietician, 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 & Dates:** Sign up at the front desk and you will receive a call to set up your individual and personalized appointment.

<b>Fees:</b>	Member	\$65
	Non-Member/Resident	\$75
	Non-Member/Non-Resident	\$85

### NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation and 2 follow up consultations.

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

<b>Fees:</b>	Member	\$150
	Non-Member/Resident	\$180
	Non-Member/Non-Resident	\$190

### 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 the front desk.**

<b>Fees:</b>	Member	\$20
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

### 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.**

<b>Fees:</b>	Member	Free
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

## PERSONAL TRAINING PACKAGES

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



	One Session	Five Sessions	Ten Sessions
Members	\$53	\$225	\$400
Non-Member/Residents	\$63	\$275	\$500
Non-Member/Non-Residents	\$73	\$325	\$600

### SEMI-PERSONAL TRAINING (2 person training)

	One Session	Five Sessions	Ten Sessions
Members	\$90	\$425	\$750
Non-Member/Residents	\$100	\$450	\$800
Non-Member/Non-Residents	\$110	\$475	\$850

## YOGA THERAPY

Yoga Therapy is a personalized experience in which the yoga therapist evaluates and assesses the needs and goals of the client in order to help them on their healing journey. This holistic approach includes all the modalities traditional yoga offers, such as breathwork, meditation, movement, strengthening, stretching, as well as, active listening and goal setting. Whether you are recovering from a joint replacement, a major life change, physical challenges, mental challenges or past trauma that is affecting your well-being, Yoga Therapy can help.

**Please call Kim Wedel, our certified yoga therapist with questions or for a free 20 minute consultation at [yogainspiredwellness@gmail.com](mailto:yogainspiredwellness@gmail.com).**

1.5 Hour Assessment/Intake	\$130
1 Session (1 hour)	\$100
4 Sessions (1 hour each)	\$340



# 42 X 82



Do you want to be fit, restore your function, improve your health, and increase your efficiency in the gym?

If you are looking to challenge yourself to the next level, we can help. Our coaches are here to safely guide you to achieve your personal best.

You will become fit, healthier, stronger, and more durable than you ever thought possible.

### COME JOIN US!

**\*\*BEST DEAL\*\* All Inclusive Membership:** \$77/month (1 year commitment & contract required)  
Includes access to the rec center and unlimited 42x82 classes, group exercise, cycle and mind/body classes.

**42x82 Five Punch Pass:** \$35 members, \$45 non member resident, \$55 non member non resident, (expires 6 weeks from date of purchase) Includes attendance to five 42x82 classes only



**For more information  
contact  
[marissa.mcnabb@strongsville.org](mailto:marissa.mcnabb@strongsville.org)**





## KARATE

### KIDDIE KARATE I & II - Event Center

**ONE ADULT PER STUDENT IS PERMITTED AND MUST BE PRESENT DURING CLASS**

Four week course in basic techniques.

**Kiddie I** includes a bully and stranger awareness program. Class is designed for all NEW students 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 440-552-1055. **All evaluations will be made by the instructor only. NO EXCEPTIONS.**

**Kiddie II- PRE-REQUISITE is Kiddie Karate I.** This 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, 8<sup>th</sup> Degree Black Belt, Okinawan Isshinryu Karate

**Ages: 5 & Older**

**Class Limit: 30 4 Classes**

Mondays	1/6-1/27	5:00-5:45pm
Mondays	2/3-2/24	5:00-5:45pm
Mondays	3/3-3/24	5:00-5:45pm
Mondays	3/31-4/21	5:00-5:45pm (no class 3/17, attend class 3/19)

Wednesdays	1/8-1/29	5:00-5:45pm
Wednesdays	2/5-2/26	5:00-5:45pm
Wednesdays	3/5-3/26	5:00-5:45pm
Wednesdays	4/2-4/23	5:00-5:45pm

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

### KIDDIE KARATE III & IV (Orange & Green Belt) – Event Center

**ONE ADULT PER STUDENT IS PERMITTED AND MUST BE PRESENT DURING CLASS**

A four 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 440-552-1055 if you have questions.

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawaan Isshinryu Karate

**Class Limit: 30**

Mondays	1/6-1/27	6:00-6:45pm
Mondays	2/3-2/24	6:00-6:45pm
Mondays	3/3-3/24	6:00-6:45pm
Mondays	3/31-4/21	6:00-6:45pm (no class 3/17, attend class 3/19)

Wednesdays	1/8-1/29	6:00-6:45pm
Wednesdays	2/5-2/26	6:00-6:45pm
Wednesdays	3/5-3/26	6:00-6:45pm
Wednesdays	4/2-4/23	6:00-6:45pm

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

### ADVANCED KARATE & ADULT BEGINNERS KARATE- Event Center

**Advanced Karate** is a four week course including advanced techniques of Okinawan Isshinryu Karate for higher ranking belts. **PRE-REQUISITE: ADULT BEGINNERS KARATE**

**Adult Beginners Karate** will take place in a designated area at the same time as Advanced Karate. It will be taught by Sensei's assistant. You will learn the basic techniques of Isshinryu before joining the Advanced class.

Both classes will include warm-up, stretching and cardio. Wear comfortable clothing and tennis shoes. Uniforms (Gi) may be purchased through the instructor. Come release stress or form structure while having fun learning the art of Isshinryu Karate. If you have any questions or concerns please contact Sensei Joe Bove 440-552-1055.

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawaan Isshinryu Karate

**Class Limit: 30**

Mondays	1/6-1/27	7:00-7:45pm
Mondays	2/3-2/24	7:00-7:45pm
Mondays	3/3-3/24	7:00-7:45pm
Mondays	3/31-4/21	7:00-7:45pm (no class 3/17, attend class 3/19)

Wednesdays	1/8-1/29	7:00-7:45pm
Wednesdays	2/5-2/26	7:00-7:45pm
Wednesdays	3/5-3/26	7:00-7:45pm
Wednesdays	4/2-4/23	7:00-7:45pm

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70



## YOUTH FITNESS

### INTRODUCTION TO YOUTH STRENGTH TRAINING

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

**Ages: 12-14 years**

**Class Limit: 5**

Wednesday	1/8-1/29	3:30-4:30pm
Wednesday	2/5-2/26	3:30-4:30pm
Wednesday	3/5-3/26	3:30-4:30pm
Wednesday	4/9-4/30	3:30-4:30pm

<b>Fees:</b>	Member	\$45
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$65

# ENRICHMENT PROGRAMS

## Adult & Youth

Recreation Supervisor, Kristen Nykiel

### MISS KATIE'S PRESCHOOL PLAYGROUP

Miss Katie's Preschool Playgroup offers fun, educational, and organized classes and events in a safe, clean, and loving environment for you and your preschooler! Your child will delight in the planned activities while making new friends in the process! **This is an ongoing program with once a week classes held four times a month that is billed monthly, you can join at any time as long as there is space in the class.** For more details visit Miss Katie's website at [misskatiepreschoolplaygroup.com](http://misskatiepreschoolplaygroup.com) or call 330-289-2564.

#### SOCIAL BUTTERFLIES

Miss Katie's facilitates the fun during the Social Butterflies class! Social Butterflies is open to all preschool ages from 6 months through 6 years old. This is a special time of socialization and fun for your preschooler! The room is filled with engaging music as your little one navigates Miss Katie's Preschool Playgroup room and investigate friendships, toys, discovery table and other activities. Social Butterflies helps to introduce your little one to structured activity. The Social Butterflies class is **45 minutes in length with a 15 minute snack time, for a total of 1 hour.**

**Age: 6 months-6 years with adult participation**

Fridays		9:30-10:30am (4 classes/month)
Saturday	1/18	11:00am-12:00pm (1 class)
Saturday	2/15	11:00am-12:00pm (1 class)
Saturday	3/15	11:00am-12:00pm (1 class)
Saturday	5/17	11:00am-12:00pm (1 class)

Fees:	Fridays	Saturdays
Members	\$65	\$16.25
Non-Member/Residents	\$75	\$18.75
Non-Member/Non-Residents	\$80	\$20.00

#### TINY TOTS

Miss Katie's offers a fun and educational class for children aged 15 months to 30 months, along with their adult loved one. Children will enjoy age appropriate activities including music and movement, games, educational activities, obstacle course and more! Miss Katie's focuses on teaching Tiny Tots important preschool social skills including, listening and following directions in class, taking turns and socializing well with other children their age. The Tiny Tots **class is 45 minutes in length with a 15 minute snack and free play/socialization time directly following, for a total of 1 hour once a week, four times a month.**

**Age: 15-30 months old with adult participation 4 Classes/month**

Tuesdays	9:30-10:30am
Fridays	11:00am-12:00pm

Monthly Fees:	Members	\$75
	Non-Member/Residents	\$85
	Non-Member/Non-Residents	\$90

#### PRECIOUS PRESCHOOLERS

Miss Katie's offers a fun and educational class for children aged 30 months (2 1/2) through 4 years old, along with their adult loved one. Children will enjoy age appropriate activities including music and movement, games, educational activities, obstacle course and more! Miss Katie's strives to foster important social, emotional and cognitive skills which Precious Preschoolers will need in order to be ready for preschool and/or kindergarten. The Precious Preschoolers **class is 45 minutes in length with a 15 minute snack and free play/socialization time directly following, for a total of 1 hour once a week, four times a month.**

**Age: 30 months-4 years with adult participation 4 Classes/month**

Tuesdays	11:00am-12:00pm
Thursdays	11:15am-12:15pm

Monthly Fees:	Members	\$75
	Non-Member/Residents	\$85
	Non-Member/Non-Residents	\$90

#### PRESCHOOL PREP

Miss Katie's offers a fun, educational and organized class for your potty-trained preschoolers age 3 through 6 years old. Preschoolers are dropped off at Miss Katie's for a time away from adult loved ones. Preschoolers will gain confidence, independence and autonomy, which are skills needed for preschool and/or Kindergarten. Preschool Prep features age appropriate activities including academic content, music and movement, games, educational activities, obstacle course, story time, lunch/snack time and more! Your child will delight in the planned activities while making new friends in the process! Preschoolers should bring a packed lunch/snack to class. The Preschool Prep **class is 2 hours in length once a week, four times a month.**

**Age: 3-6 years & potty trained 4 Classes/month**

Thursdays	1:00-3:00pm
Fridays	1:00-3:00pm

Monthly Fees:	Members	\$95
	Non-Member/Residents	\$105
	Non-Member/Non-Residents	\$110

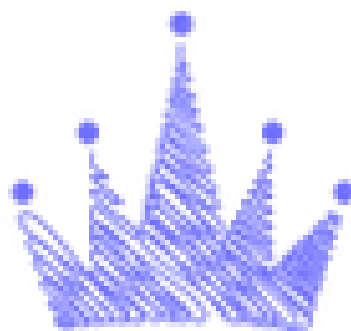
#### MISS KATIE'S "EXPLORE & PLAY—DROP & STAY!"

Miss Katie's Explore & Play - Drop & Stay class is open to preschoolers age 12 months through 6 years old. Adult loved ones may leave their little ones in the care of Miss Katie's staff for a class time period of 1 and 1/2 hours while the caregiver remains in the Strongsville Recreation Center building. While adult loved ones take advantage of an exercise class, run on the track, or check emails in our cafe area, their little ones will be delighted to engage in the activities provided in our Miss Katie's classroom! This class is 90 minutes in length once a week, four times a month. Rec Center facility use/classes by guardian are NOT included in the fee for Miss Katie's and must be purchased separately.

**Age: 12 months-6 years 4 Classes/month**

Mondays	9:15-10:45am
Mondays	11:15am-12:45pm
Mondays	5:00-6:30pm
Thursdays	9:15-10:45am

Monthly Fees:	Members	\$65
	Non-Member/Residents	\$75
	Non-Member/Non-Residents	\$80



## CANNON IRISH DANCE CLASSES

\*Dancers should wear comfortable clothing suitable for easy movement and flexible shoes which provide traction and also allow them to stand on their toes. No jeans please.

\*Dancers are encouraged to have a water bottle on hand to stay hydrated during class.

\*After warm-up, the dancers will learn some of the basic characteristics of Irish Dance such as toe turn out, crossing feet, pointing toes down, etc. They will then move on to learn a step. Flashcards are incorporated for younger learners to learn the building blocks of Irish Dance. As the session progresses each week there will be a review of what was previously learned and then new material will be added.

### YOUTH IRISH DANCING (Senior Art Studio)

The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Age-appropriate activities are included to engage the dancers. Dancers will benefit from the many wonderful health benefits of Irish Dance.

**Ages: 5 years & up** **Class Minimum: 3** **Maximum: 16** **6 Classes**  
 Mondays 1/13-2/17 6:00-6:45pm  
 Mondays 4/7-5/19\* 6:00-6:45pm

\*No class 4/21

**Fees:** Members \$48  
 Non-Member/Residents \$54  
 Non-Member/Non-Residents \$60

## ST. PATRICK'S DAY IRISH DANCE DEMO

Join Cannon Irish Dance for an early St. Patrick's Day Celebration! Tap your feet and clap your hands to lively Irish music as the Cannon Irish Dancers perform traditional Irish Step Dance. All ages are invited to "Give it a Try" with some Irish Social Dancing after the performance.

Saturday, 3/15  
 3:00-4:00pm

Location: Rec Center Main Lobby

**FREE EVENT!**

## KIDS GARAGE SALE

Reserve a table to sell your gently used maternity, baby and kids items. Or, just come and shop over 40 tables of toys, clothes, small furniture and accessories.



Saturday, 3/15 9:00am-12:00pm

TWO TABLE LIMIT PER FAMILY

	5 Foot Tables	8 Foot Tables
Members	\$11	\$15
Non-Members/Residents	\$15	\$20
Non-Members/Non-Residents	\$20	\$25

\*SHOPPERS\* 9:00-9:59am Early Bird Shopping: \$3 admission (please have exact change)

10:00am-12:00pm Free shopping



## PRESCHOOL ENRICHMENT

### SOCCER SHOTS-MINIS (Auxiliary Gym)

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

**Instructor: This class taught by Soccer Shots coaches**

\*Please register through Soccer Shots at [https://](https://cleveland.soccershots.com/search?loc=56)

[cleveland.soccershots.com/search?loc=56](https://cleveland.soccershots.com/search?loc=56)

**Ages: 2-3 years(with caregiver participation)**

**Class Minimum: 4 Maximum: 12**

Fridays	1/10-2/14	9:00-9:30am
Fridays	1/10-2/14	10:20-10:50am
Fridays	2/21-3/28	9:00-9:30am
Fridays	2/21-3/28	10:20-10:50am

**Fees:** Residents \$90  
 Non-Residents \$95



### SOCCER SHOTS-CLASSIC (Auxiliary Gym)

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

**Instructor: This class taught by Soccer Shots coaches**

\*Please register through Soccer Shots at [https://](https://cleveland.soccershots.com/search?loc=56)

[cleveland.soccershots.com/search?loc=56](https://cleveland.soccershots.com/search?loc=56)

**Ages: 3-5 years** **Class Minimum: 4** **Maximum: 12** **6 Classes**

Fridays	1/10-2/14	9:40-10:10am
Fridays	1/10-2/14	11:00-11:30am
Fridays	2/21-3/28	9:40-10:10am
Fridays	2/21-3/28	11:00-11:30am

**Fees:** Residents \$90  
 Non-Residents \$95

### WEBBY'S PRESCHOOL GYMNASTICS/TUMBLING (Conference Room)

Webby's Tumbling/Gym -Each and every week we will be tumbling our way through a new exciting word. Students will practice tumbling, strength building and balance training. Progression in flexibility, memorization and gymnastics skills! This is on 'on my own class'.

**Ages: 2.5-5 years** **Class Minimum: 4** **Maximum: 10** **4 Classes**

Wednesdays	1/22-2/12	4:30-5:15pm
Wednesdays	2/26-3/19	4:30-5:15pm
Wednesdays	4/9-4/30	4:30-5:15pm

**Fees:** Members \$60  
 Non-Member/Residents \$65  
 Non-Member/Non-Residents \$70



### WEBBY'S PRESCHOOL DANCE & CREATIVE MOVEMENT (Meeting Room)

In our dance class, dancers work on weekly strengthening exercises, retaining choreography, across the floor and energetic dance combinations. Our classes incorporate over 300 choreographed dance routines along with age appropriate music. Included in our classes are a variety of creative props such as pom-poms, maracas, tambourines, leis, and much more. This is an on my own class.

**Ages: 2.5-5 years** **Class Minimum: 4** **Maximum: 10** **4 Classes**

Tuesdays	1/21-2/11	12:00-12:45pm
Tuesdays	2/25-3/18	12:00-12:45pm
Tuesdays	4/8-4/29	12:00-12:45pm

**Fees:** Members \$60  
 Non-Member/Residents \$65  
 Non-Member/Non-Residents \$70



**YOUTH ENRICHMENT cont.****CHALLENGE ISLAND Monthly STEAM Program: Sign up for 1 or all 3! (Meeting Room)**

Help us welcome Winter and Spring with a fun-filled STEM workshop! Students will work together to create a fall themed corn maze game and then we will top to night off with some fall colored slime! You will not want to miss this fun!!

Instructor: Challenge Island Instructors

**Grades: K-5**      **Class Minimum: 6**      **Maximum: 20**      **1 Class**

**Fees/Class Date:**      Members      \$23  
                                  Non-Member/Residents      \$25  
                                  Non-Member/Non-Residents      \$30

**Registration Deadline:** Please register at least one week (7 days in advance).

**Valentine STEAM Event**

Let's celebrate Valentine's Day with a fun-filled evening of games and slime! We will create candy heart launchers using elasticity and challenge our team mates to a shoot off. Then it's time for Slime! Be prepared for an evening of STEAMtastic fun!

Monday 2/10      5:30 – 7:00pm

**Spring into STEAM Event**

Join us for a celebration of spring! Kids will learn about simple machines and the pet rock trend as they design and build a treehouse playground for their new pets. We will end the workshop with some slime making in fun spring colors. You won't want to miss this one!

Monday 3/10      5:30-7:00pm

**Easter STEAMtastic**

Hop on over to Challenge Island as we create Easter themed plinko game to help the Easter Bunny deliver treats. Kids will design and create their games and of course we will have time to play the games! Sparkly slime is also on the agenda so sign up early to reserve your spot!

Monday 4/7      5:30-7:00pm

**CHALLENGE ISLAND SPRING BREAK MINI CAMPS**

**Grades: K- 5th**      **Camp Minimum: 6**      **Maximum: 20**

**Instructor:** Challenge Island Instructors

**Registration Deadline:** Please register at least 7 days in advance.

**STEAMwarts Camp™**

Welcome to STEAMwarts Academy of Wizards, Spells and Potions! You'll design your own wand and wizarding gear and be sorted into your perfect STEAM house. You'll take on a full load of wizarding classes from Transfiguration to Flying Broomsticks to Magical Beasts. You'll mix up spellbinding potions, cast enchanting spells and make your own flying dragon. Camp will culminate with an enchanted graduation ceremony complete with butter beer and diplomas. STEAMwarts spots are sure to disappear like magic, so reserve yours today!

Mondays-Thursday      3/31-4/3      9:00am-12:00pm

**UPCYCLE ACADEMY: Fashion Inspired Classes, Workshops and Camps**

Do you have a passion for fashion? Do you like being creative? How about having FUN with friends while you MAKE SOMETHING AWESOME!! Join The Upcycle Academy for our one of a kind enrichment program. Created by industry professionals, fashion educators & led by current fashion university students from Kent State University.

**Grades: 3-6**      **Class Minimum: 5**      **Maximum: 24**

**Upcycle Academy – Fashion 1-Day Workshop – ERAs TOUR!!!**

In this pop up ERAs Tour workshop, we will create one of a kind stage worthy style upcycled designs. We provide all the materials and lead students through the process. Party playlist and PIZZA will be served. **1 Class**

Friday      1/10      6:00-8:00 pm

**Fees:**      Members      \$35  
                  Non-Member/Residents      \$40  
                  Non-Member/Non-Residents      \$45

**Upcycle Academy – Future Fashion Stars -6 Week Class**

This winter we will create a fashion line from concept to collection. The students will decide the theme and work as a team to create their designs. We teach them step by step and lead them through the process. Theme/Concept – Color Palette – Fashion Vision Board – Trend Spotting – Styling – Textiles – Silhouette/Shape/Proportion – Sustainability in Fashion – Illustration – Design – Upcycle Techniques – Basic Sewing & More!!! **6 Classes**

Tuesdays      2/18 - 3/25      6:00-7:00 pm

**Fees:**      Members      \$150  
                  Non-Member/Residents      \$156  
                  Non-Member/Non-Residents      \$173

**Upcycle Academy – Creative Crafters -6 Week Class**

Join the Upcycle Academy in this fun and creative program as we tap into your crafty core. Students learn the basics and explore ways to interpret the craft. Let your imagination be infinite. We provide all the materials and lead students through the process. Activities include: Customize tote bags – Hand embroidery – Fabulous no sew fringe tees & sweatshirts – Funny Sunnies (decorated sunglasses) – Friendship Bracelets – Beautiful Bows – Decorated Denim. **6 Classes**

Tuesdays      4/8 - 5/13      6:00-7:00 pm

**Fees:**      Members      \$150  
                  Non-Member/Residents      \$156  
                  Non-Member/Non-Residents      \$173

**Slimetopia® 3 Camp: Slime Chefs on Deck™**

Prepare to stir up the most delicious-looking slime recipes on the Seven Seas! You and your STEAM Team have been chosen to be slime sous chefs on the S.S. Slimetopia cruise ship and it's up to you to "feed" the slime hungry passengers morning, noon and night! You'll mix up Belgian Waffle Slime, Fast Food Hamburger Slime, Ice Cream Sundae Slime and Spectacular Sushi Slime just to name a few. Slimetopia 3 is sure to sell out in a squishy, squashy splash, so book your cruise cabin ooey, gooey fast! *Note: Although the slimes in this camp may look and smell yummy, they are for playing not for tasting!*

Mondays-Thursday      3/31-4/3      1:00-4:00pm

If you register for both morning and afternoon sessions, Challenge Island will provide a free supervised hour for students to stay in the building during this time (students should bring their own lunch if staying for both sessions).

**Note: BOTH of these camps will need to be running (with minimum number of students enrolled 1 week prior to camp start date) for this lunch option to be offered.**

## YOUTH ENRICHMENT cont.

### MAD SCIENCE® FANTASTIC FORCES™ (Meeting Room)

In this program, kids explore a variety of introductory topics in engineering, physics, and chemistry as they learn how science can be applied in everyday life. They will learn about concepts like bridge construction, the forces of flight, how air pressure can be used to move things, and more! Class Topics:

Fun-damental Forces / Fantastic Fliers / Che-mystery / Wacky Water / Super Structures / Under Pressure

Instructor: Mad Science® Instructors

**Ages: 5–12 years**    **Class Minimum: 10**    **Maximum: 20**

Thursdays    2/6-3/20\*    5:45-6:45pm

\*No class 2/20

**Fees:**

Members	\$137
Non-Member/Residents	\$141
Non-Member/Non-Residents	\$145



### MAD SCIENCE® OOEY, GOOEY, ELECTRIFYING FUN™ (Meeting Room)

Have some hair-raising fun as you explore everything from electricity to fluorescence to mysteriously "magical" science!

Class Topics:

Science of Magic \* Science with a "magical" twist

Current Events \* Get charged up about electricity!

Watts Up? \* Hair-raising experiments with static electricity

Smelly Science \* Uncover the source of sound!

Super Sticky Stuff \* What does sugar water and Velcro have in common?

Glow Show \* Get glowing with fluorescence & chemiluminescence

Instructor: Mad Science® Instructors

**Ages: 5–12 years**    **Class Minimum: 10**    **Maximum: 20**

Thursdays    4/10-5/15    5:45-6:45pm

**Fees:**

Members	\$137
Non-Member/Residents	\$141
Non-Member/Non-Residents	\$145

### CRAYOLA® IMAGINE ARTS ACADEMY ARTIST'S PASSPORT (Meeting Room)

Kids begin an around-the-world cultural adventure – they explore far-off places and learn about the people who live there, from Europe, Asia, and Africa, from the cosmopolitan to the countryside. They experiment with Crayola® products, while trying art techniques developed by local artists and artisans. They make different masterpieces each week such as buses, wallpaper design, fabric canvas, and more!

Class Topics: Jeweled Eggs / Truck Art / Block Print / Mud Art

Instructor: Mad Science® Instructors

**Ages: 5–12 years**    **Class Minimum: 10**    **Maximum: 20**

Wednesdays    3/5-3/26    5:45-6:45pm

**Fees:**

Members	\$91
Non-Member/Residents	\$95
Non-Member/Non-Residents	\$99



## ADULT ENRICHMENT

### FIDO FUNDAMENTALS - MANNERS (Senior Art Studio)

Come join our Fido Fundamentals - Manners class to help Fido become the most well-mannered dog in the neighborhood! We practice attention around distractions, sit, down, walking nicely on leash, coming when called, stay, greeting exercises, and handling. This "Real Life" class will help you learn to live with and love your dog inside and outside the home. Our aim is to create pleasant home companions who can also enjoy and thrive in the outside world.

***If your dog is over 2 years old, gets overly aroused around other dogs and/or people, is reactive towards other dogs and/or people, or has shown aggression toward people and/or dogs this class is NOT appropriate for your dog and we suggest contacting us at [FortunateFidoReception@gmail.com](mailto:FortunateFidoReception@gmail.com) instead.***

#### Class Requirements

- Dogs must be under 2 years old at the start of class
- A copy of current vaccination records are required to attend class.
- Please bring lots of HIGH VALUE treats (meaning cut up chicken, steak, cheese, etc -- not just your dog's kibble), a treat pouch, and a mat (small, portable dog bed or yoga mat that your dog can relax on) to each class.

<b>Class Minimum: 2</b>	<b>Maximum: 6</b>	<b>6 Class</b>
Tuesdays	1/21-2/25	6:00-7:00pm
Tuesdays	3/11-4/15	6:00-7:00pm

**Fees:**

Members	\$150
Non-Member/Residents	\$160
Non-Member/Non-Residents	\$165



**Fortunate Fido**

## YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES

For more info on these classes contact  
[patti.welker@strongsville.org](mailto:patti.welker@strongsville.org)

### ADULT FIRST AID/CPR/AED ONLINE

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection. This course is not supported on smartphones. This course does not work with Internet Explorer. Allow approximately 2 hours 10 minutes to complete the course.

Registration Date	Class Materials E-mailed	Course Completion*
Session 1 thru 12/31	emailed 1/2	by 1/31/2025
Session 2 thru 1/31	emailed 2/3	by 2/29/2025
Session 3 thru 2/28	emailed 3/3	by 3/31/2025
Session 4 thru 3/31	emailed 4/1	by 4/30/2025

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION

**Fees:**

Member	\$55
Non-Member/Resident	\$60
Non-Member/Non-Resident	\$65

**YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES**

For more info on these classes contact

patti.welker@strongsville.org

**RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE**

Do you know how to help someone you suspect has overdosed on opioids? This interactive 45-minute online course will provide you with the knowledge and confidence you need to respond to a known or suspected opioid overdose emergency.

In this course, you will learn:

\*To recognize the signs and symptoms of an opioid overdose.

\*The appropriate care to provide based on the person's breathing and level of responsiveness.

\*How to give naloxone using several different products -- a nasal atomizer, Narcan ® Nasal Spray and EVZIO ® -- to reverse the effects of an opioid overdose.

This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and, does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 years & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/25
Session 2	Thru 1/31	emailed 2/3	by 2/28/25
Session 3	Thru 2/28	emailed 3/3	by 3/31/25
Session 4	Thru 3/31	emailed 4/1	by 4/30/25

**\*Must complete all on-line course material by Course Completion date**

<b>Fees:</b>	Member	\$35
	Non-Member/Resident	\$40
	Non-Member/Non-Resident	\$45

**CAT AND DOG FIRST AID ONLINE**

You love your pets, and want to give them the best life possible; being equipped to deliver first aid and provide a healthy lifestyle for your pet is the best way to do that. In this course, you will learn the basics of providing first aid care for your cat or dog and will learn how to best give care for common emergency situations.

This 35 minute online course covers understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care for cats and dogs. This course is desktop and tablet compatible. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 years & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/25
Session 2	Thru 1/31	emailed 2/3	by 2/28/25
Session 3	Thru 2/28	emailed 3/3	by 3/31/25
Session 4	Thru 3/31	emailed 4/1	by 4/30/25

**\*Must complete all on-line course material by Course Completion date**

<b>Fees:</b>	Member	\$40
	Non-Member/Resident	\$45
	Non-Member/Non-Resident	\$50

**UNTIL HELP ARRIVES**

This course provides the general public with the basic cognitive information on key actions that can be taken during a life-threatening emergency that can help sustain or save a life until EMS arrives including: Compression Only CPR (no breaths) AED Education Choking Education Bleeding (administering direct pressure and tourniquet) and Opioid Overdose (administering naloxone). The Until Help Arrives online course developed by the American Red Cross and American College of Emergency Physicians equips students with the basic knowledge to assist trained responders during a life-threatening emergency. This course is taught online only (accessed via mobile desktop or tablet) and does not meet OSHA requirements for workplace certification.

**Ages: 11 & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/25
Session 2	Thru 1/31	emailed 2/3	by 2/28/25
Session 3	Thru 2/28	emailed 3/3	by 3/31/25
Session 4	Thru 3/31	emailed 4/1	by 4/30/25

**\*Must complete all on-line course material by Course Completion date**

<b>Fees:</b>	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

**ADULT, CHILD AND BABY FIRST AID/CPR/AED ONLINE**

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults, children and infants. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. Allow approximately 2 hours 45 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 years & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/25
Session 2	Thru 1/31	emailed 2/3	by 2/28/25
Session 3	Thru 2/28	emailed 3/3	by 3/31/25
Session 4	Thru 3/31	emailed 4/1	by 4/30/25

**\*Must complete all on-line course material by Course Completion date**

<b>Fees:</b>	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

**RED CROSS BABYSITTER BASICS ONLINE**

Designed primarily for youth ages 11 and older, this online course will prepare students to be better babysitters. Topics include how to provide care for infants and children; how to stay safe; what to do in an emergency; how to choose age-appropriate activities; how to recognize and handle a variety of behaviors; and the basics of starting a babysitting business. The course consists of six interactive modules featuring video, activities, games and tools babysitters can use to build their knowledge and skills and manage their babysitting business. This course, which includes a final exam at the end, takes about 4 hours to complete. Students who successfully complete the course receive a printable certificate. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 years & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/25
Session 2	Thru 1/31	emailed 2/3	by 2/28/25
Session 3	Thru 2/28	emailed 3/3	by 3/31/25
Session 4	Thru 3/31	emailed 4/1	by 4/30/25

**\*Must complete all on-line course material by Course Completion date**

<b>Fees:</b>	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$70



# SPORTS

Sports Supervisor, Jim Kolesar

## YOUTH BASEBALL, SOFTBALL & T-BALL LEAGUES

### YOUTH BASEBALL, SOFTBALL & T-BALL LEAGUES

These fun and exciting offerings are designed to teach children, age 5 through 18, how to play T-Ball, softball and baseball along with concepts of team play and good sportsmanship.

**Ages: 5-18 years**

**REGISTRATION:** January 2 - March 11 (a late fee assessed after 3/11)

*Non-residents can register beginning 2/17 if space available.*

Co-Ed League	Res/Non-Res	Main Game Days*
5-6yrs T-Ball	\$70/85	Sat

Boys Leagues	Res/Non-Res	Main Game Days*
Boys 6-7yrs Coach Pitch	\$75/90	Mon, Wed, Fri
Boys 7-8yrs Adv Coach Pitch	\$75/90	Mon, Wed, Fri
Boys 9-10yrs Kid Pitch	\$80/95	Mon, Wed, Fri
Boys 11-12yrs Kid Pitch	\$80/95	Mon, Wed
Boys 13-14yrs** Kid Pitch	\$80/95	Mon-Sat
Boys 15-18yrs** Kid Pitch	\$80/95	Mon-Sat

Girls Leagues	Res/Non-Res	Main Game Days*
Girls 7-9yrs Coach Pitch	\$75/90	Mon, Wed, Fri
Girls 9-10yrs** Modified Pitch	\$80/95	Mon-Sat
Girls 11-12yrs** Modified Pitch	\$80/95	Mon-Sat
Girls 13-15yrs** Modified Pitch	\$80/95	Mon-Sat
Girls 13-15yrs** Slow Pitch	\$80/95	Mon-Sat
Girls 16-18yrs** Slow Pitch	\$80/95	Mon-Fri

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

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

**Practices:** Start mid-April (tentative) - One weeknight and one weekend time

**Games:** 2 to 3 games per week beginning as early as mid-May

Each team, except T-Ball, will play 8 games.

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

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

**Coaches:** Parents or adults interested are encouraged to fill out an application during the registration period.

### JUMP START T-BALL CLINIC

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

**REGISTER at [www.jumpstartsports.com/camps-and-programs](http://www.jumpstartsports.com/camps-and-programs)**

**Location:** Roth & Kalinich Fields located at Volunteer Park (21410 Lunn Rd)

**Ages: 3-4 years**

Saturdays 4/12-5/17 9:00am or 10:00am (1-hour)

<b>Fee:</b>	Residents	\$120
	Non-Residents	\$125

## YOUTH BASKETBALL

### JUNIOR CAVS SPRING YOUTH BASKETBALL LEAGUES

Most games and practices are held at the Strongsville City Schools. As being part of the Jr. Cavaliers program each child will receive a reversible authentic Cleveland Cavaliers jerseys and a game ticket to a future game, plus other perks throughout the Cavs season. The season will end with a tournament for grades 3 and above.

**REGISTRATION:** January 26-February 28 (late fee assessed after 2/28)

*Non-residents may register beginning 2/17 if space available*

**GRADES:** K through 12 (the grade they are in at the time of registration)

Girls		Boys	
Grades K-1 Co-Ed	\$80R/\$95NR	Grades K-1 Co-Ed	\$80R/\$95NR
Grade 2	\$80R/\$95NR	Grade 2	\$80R/\$95NR
Grade 3-5	\$80R/\$95NR	Grade 3-4	\$80R/\$95NR
Grade 6-8	\$80R/\$95NR	Grade 5-6	\$83R/\$98NR
Grade 9-12	\$80R/\$95NR	Grade 7-8	\$83R/\$98NR
		Grade 9-10	\$83R/\$98NR
		Grade 11-12	\$83R/\$98NR

**Grades K-1 Co-Ed:** This grade will focus mostly on learning and development of skills, not rules and score. Emphasis is on having fun, learning more about the game, and development of the player in a positive environment through instruction, drills, skill work, and some small side games.

**Grades 3-9 leagues** may require travel to the surrounding communities.

**Practices:** Start late March (approximately). They meet one weeknight for an hour anytime after 4pm..

**Games:** Approximately late March-May.

**Coaches:** Parents or adults interested are encouraged to fill out an application at the Ehmfelt Recreation Center any time during the registration period. This will not guarantee you a spot to coach a team.

**ATTENTION POTENTIAL TRAVEL/SCHOOL TEAM PLAYERS – Register for the rec leagues and if you make the travel/school team and would like to withdraw let us know. You'll receive a 100% refund.**

### HEAD START LITTLE DRIBBLERS (Auxiliary Gym)

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.

**Boys & Girls Grades: K-3**

Saturdays 3/1-3/15 12:00-1:00pm

**REGISTER at [www.headstartbasketball.com](http://www.headstartbasketball.com)**

**Fee:** \$35

## YOUTH & ADULT TABLE TENNIS

### 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](http://www.strongtt.info) for more information. **No registration required. Pay day of play.**

**Ages: All & Seniors**

Tuesdays & Thursdays 5:00-7:45pm

Fees:	Drop In Fee	Monthly Fee*
Adult	\$6	\$36
Senior (50yrs+)	\$5	\$30
Youth (18 & Under)	\$5	\$30
Family	\$10	\$30

\*There is no drop in fee for those that pay the monthly fee. Monthly fees are collected on first Tuesday of the month.

## YOUTH TENNIS LESSONS

### YOUTH TENNIS LESSONS (Auxiliary Gym)

Lessons are designed for beginner to intermediate players with a focus on fundamental skill development, emphasizing gameplay and on court confidence. Through dynamic and engaging lessons, players will work with USPTA Certified Instructor Jamie Matic to master their tennis game!

Rackets available for lessons, contact [jamie@overthetennistennis.com](mailto:jamie@overthetennistennis.com).

**Location: Auxiliary Gym Class Minimum: 6 Maximum: 15**

#### Ages: 7-11 years

Fridays	1/10-1/31	4:00-4:45pm
Fridays	2/7-2/28	4:00-4:45pm
Fridays	3/7-3/28	4:00-4:45pm
Fridays	4/25-5/16	4:00-4:45pm

#### Ages: 11-14 years

Fridays	1/10-1/31	5:00-5:45pm
Fridays	2/7-2/28	5:00-5:45pm
Fridays	3/7-3/28	5:00-5:45pm
Fridays	4/25-5/16	5:00-5:45pm

<b>Fees:</b>	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$75

## YOUTH VOLLEYBALL

### YOUTH VOLLEYBALL CLINIC (Auxiliary Gym)

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

#### Boys & Girls Grades: 3-7 Class Limit: 24

<u>Grades 3-4/Beginner</u>	4:45-6:00pm
Tuesdays	1/7-2/25
Tuesdays	3/4-4/29*

<u>Grades 5-7/Intermediate</u>	6:00-7:15pm
Tuesdays	1/7-2/25
Tuesdays	3/4-4/29*

\*No clinic 4/1

<b>Fees:</b>	Member	\$65
	Non-Member/Resident	\$70
	Non-Member/Non-Resident	\$80



## YOUTH FITNESS

### INTRODUCTION TO YOUTH STRENGTH TRAINING

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

**Ages: 12-14 years**

**Class Limit: 5**

Wednesday	1/8-1/29	3:30-4:30pm
Wednesday	2/5-2/26	3:30-4:30pm
Wednesday	3/5-3/26	3:30-4:30pm
Wednesday	4/9-4/30	3:30-4:30pm

<b>Fees:</b>	Member	\$45
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$65



## ADULT VOLLEYBALL

### NEO ATHLETICS ADULT VOLLEYBALL LEAGUES

(Ehrnfelt Recreation Center, Auxiliary Gym)

#### Ages: 18 years & Older

Sundays			
Co-Ed 6's	Double Headers	\$330	10:30am-10:00pm
Mondays			
Co-Ed 6's	Double Headers	\$330	6:00-10:00pm
Wednesdays			
Women's 6's	Double Headers	\$330	6:00-10:00pm

9 weeks plus playoffs

\$12 referee fee per match (paid directly to the referee)

\$40 refundable forfeit deposit due at registration  
(refundable at the end of the season)

To register, contact:

Brian Valore - [Bvman15@gmail.com](mailto:Bvman15@gmail.com), 216-401-6362

Steve Cosgrove - [steve.neoathletics@gmail.com](mailto:steve.neoathletics@gmail.com), 216-926-6779

## ADULT SOFTBALL LEAGUES

REGISTRATION DATES: 2/1-3/31

League Commissioner has authority to determine the divisions in which teams compete. This can involve adjusting divisions based on previous performance or other factors to ensure a competitive balance and enhance overall experience.

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
<b>Co-Ed Friday PM Single Header</b>	\$380	\$80	\$28/game

Upper and Lower Divisions

Late April-August

6:30-10:30pm

24 Team Limit

-Registration fee includes a professional stat service and balls.

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

<b>Men's Sunday Church</b>	\$380	\$80	\$28/game
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Late April-August

4:00-9:00pm

16 Team Limit

-Registration fee includes a professional stat service and balls

<b>Men's Sunday AM Double Header</b>	\$500	\$135	\$28/game
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Upper, Middle and Lower Divisions

Late April-August

9:00am-1:00pm

16 Team Limit

-Registration fee includes a professional stat service and balls

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

<b>Men's Tuesday Double Header</b>	\$550	\$135	\$28/game
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Upper and Lower Divisions

Late April-August

6:30-10:30pm

8 Team Limit

-Registration fee includes a professional stat service and balls

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

## ADULT BASKETBALL

### MEN'S 18+ 4-ON-4 BASKETBALL LEAGUE (Rec Center Main Gym)

Registration for all teams is 12/1-12/23. Registration will be on a first pay first serve basis. **Jerseys will be strictly enforced, please make sure there are numbers on both the front and back.**

Tuesdays 1/7-4/15(tentative) 6:30-10:30pm

Ending and play dates subject to change

#### Fees:

Per Team (Limit: 12 teams) \$250 (must provide own jerseys)

Purchase Jersey from City \$100

CASH Forfeit Deposit \$80 (refundable at end of season)

Referee/Scorekeeper Fees \$40 per team/per game



## ADULT PICKLEBALL

### PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one. It is played on a badminton court with the net lowered to 34 inches at the center. Bring your own paddle or use one of ours for this open play. Experienced and beginner players are welcome.

#### Ages: 50 & older

Mondays/Tuesdays/Thursdays\* thru 5/29

8:00am-2:00pm\*

**\*Open play time is 8am-12noon on any dates Strongsville City Schools are not in session. Dates subject to change.**

#### Ages: 18 & older

Fridays

11/1/24-5/30/25

6:00-9:00pm

#### Fees:

Rec Center Members FREE

Senior Center Members \$2/day

Non-Members \$5/day

### BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)

Interested in learning Pickleball? Join other players ready to share their knowledge of the game.

#### Ages: 50 & older

2nd & 4th Wednesday of the Month thru 5/28

9:00am-12:00pm

Drop in Fees:	Members	Non-Members
	\$2/day	\$5/day

## Daddy-Daughter DANCE

icles), we invite you to life to an evening you'll ig pizza, taking a keep- will fill your evening with

0pm, January 27<sup>th</sup> for the

dance to occur. Tickets can be purchased in advanced at the Strongsville Rec. Center front desk. There will not be tickets sold at the door the night of the dance. Only 200 tickets sold for this event, so get your tickets early!

Friday 2/21 6:30-8:30pm

Ticket fee per person:

Members \$12

Non-Members/Residents \$15

Non-Members/Non-Residents \$20





# SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

## SENIOR CENTER HOURS: Monday-Friday 9:00am-5:00pm

Thursday, November 28	CLOSED	Thanksgiving	Wednesday, December 25	CLOSED	Christmas
Friday, November 29	CLOSED	Day after Thanksgiving	Wednesday, January 1, 2025	CLOSED	New Year's Day

## SILVER MUSTANG MEMBERSHIP

### MEMBERSHIP FEES

Strongsville Residents: \$20/year  
Strongsville Resident Couple: \$30/year  
Non-Residents: \$45/year  
Non-Resident Couple: \$60/year

### MEMBERSHIP BENEFITS

\*Silver Mustang newsletter  
\*Free takeout birthday lunch the month of your special day  
\*Free takeout lunch for membership purchase/renewal  
\*Discounted program/activity fees and takeout lunches  
\*Priority registration for travel programs

## NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5

*Silver Mustang Membership, Recreation Center Membership or Daily Drop-in Fee required for access to Senior Center.  
(Support groups and outreach services are available at no cost.)*

## FITNESS, FUN FRIENDSHIP ACTIVITIES: January-April 2025

### S.M.I.L.E.

#### So Much Improvement with a Little Exercise

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

#### Ages: 50 & older

Mondays, Wednesdays, & Fridays*	9:15-10:00am
Tuesdays & Thursdays*	11:30am-12:15pm
*No class 11/28, 11/29, 12/25, 1/1	

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$2
Resident/Non Members	N/A	\$3
Non-Residents/Non-Members	N/A	\$4

### BODY WEIGHT BASICS

In this no equipment needed class, you will strengthen your muscles using only your own body. No weights, bands or exercise balls are needed to get an effective full body workout. Done regularly, these exercises can build muscle strength and mass, and preserve bone density, independence, and vitality!

#### Ages: 50 & over Instructors: Eli Washburn & Melissa Edington

Mondays, Wednesdays, Fridays*	9:15-10:00am
*No class 11/29, 12/25, 1/1	

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Resident/Non Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### SENIOR STABILITY

Stability, the ability to remain balanced through movement, is important for all ages but becomes more difficult as we age. This exercise class focuses on improving your balance to improve stability and enhance your ability to exceptionally perform activities of daily living.

#### Ages: 50 & over Instructors: Eli Washburn & Melissa Edington

Mondays, Wednesdays, Fridays*	12:15-1:00pm
*No class 11/29, 12/25, 1/1	

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Resident/Non Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### CARDIO FIT

Looking to increase your cardio workout? Join Mary Lea for a cardio focused workout to help burn calories, improve your heart strength, increase lung capacity and help 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.

#### Ages: 50 & older

Mondays, Wednesdays & Fridays*	Instructor: Mary Lea Kirby
	11:15am-12:00pm
*No class 11/29, 12/25, 1/1	

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### EXPRESS CIRCUIT TRAINING

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 45 minutes. Instructor: Jenny Wilson

#### Ages: 50 & older

Tuesdays or Thursdays*	9:30-10:15am
*No class 11/28	

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### FLEX, MOVEMENT & BALANCE

Join Melissa in this afternoon exercise class, that will help 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. Instructor: Melissa Edington

#### Ages: 50 & older

Tuesdays & Thursdays	12:30-1:15pm
*No class 11/28	

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$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 class is taught by a certified fitness instructor.

**Ages: 50 & older** **Instructor: Mary Lea Kirby**  
 Mondays, Wednesdays & Fridays\* 10:15-11:00am  
 \*No class 11/29, 12/25, 1/1

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

**ASIAN EXERCISE – Including Tai Chi**

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 have balanced chronic conditions such as asthma, arthritis, diabetes and fibro-myalgia through practice.

**Ages 50 & older** **Instructor: Ted Smith**  
 Mondays 9:15-10:00am

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Varies Monthly	\$6
Residents/Non-Members	N/A	\$7
Non-Residents/Non-Members	N/A	\$8

**BEGINNER YOGA**

The benefits of yoga include increased balance, flexibility, relaxation, strength, and reduced blood pressure and heart rate. Offered the 1st and 3rd Wednesday, Magda Albert, one of our Certified Yoga Instructors, will introduce you to the art of Yoga. Learn the terms, moves and more, and be ready to join our weekly classes on Tuesdays and Thursdays.

**Ages: 50 & Older** **Instructor: Magda Albert**  
 1/8, 1/22, 2/5, 2/19, 3/5, 3/19, 4/2, 4/16 10:30-11:30am

<b>Fees:</b>	
Members	\$5 (first time free)
Residents/Non-Members	\$6
Non-Residents/Non-Members	\$7

**YOGA**

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

**Ages: 50 & older** **Instructors**  
 Tuesdays\* 10:30-11:30am **Kellie Walter**  
 Thursdays\* 10:45-11:45am **Magda Albert**  
 \*No class 11/28

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

**TAP DANCING**

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

**7 Week Sessions** **Minimum class size: 4**  
**Ages: 50 & Over** **Instructor: Peggy Stockdale**  
 Beginners: Thursdays 1/30-3/20\* 9:30-10:30am  
 Intermediate: Thursdays 1/30-3/20\* 10:30-11:30am  
 \*No class 2/27

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

**LINE DANCING**

Come boot, scoot and boogie with our line dance instructor, Mary. She'll teach you the newest steps and help you brush up on your old ones.

**Ages: 50 & older** **Instructor: Mary Harwood**  
 Tuesdays\* 10:00-11:00am  
 \*No class 12/24, 12/31

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Varies Monthly	\$6
Residents/Non-Members	N/A	\$7
Non-Residents/Non-Members	N/A	\$8

**Wii BOWLING**

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowlers 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!

**Ages: 50 & older**  
 Tuesdays 12:00pm

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Member	Varies Monthly	\$2
Non-Member/Resident	N/A	\$3
Non-Member/Non-Resident	N/A	\$5

**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 weekly bingo games!

**Ages: 50 & older**  
 Fridays\* 12:30-3:00pm  
 \*No play 11/29, 4/18

<b>Drop-In Fees**:</b>		
Member		Free
Non-Member/Resident		\$3
Non-Member/Non-Resident		\$5

**\*\*Additional Fees: 25 cents per card**

**POKENO FUN**

Have you heard of Pokeno?! This fun game is a combination of Poker, Keno and Bingo, with features that make it more interesting and exciting. Join Kim, from Shurmer Place, as she leads you through this fun game. No experience needed, just come to have fun and meet new friends. Registration is required. Snacks and prizes included!

**Ages: 50 & older**  
 Mondays 11/25, 12/23, 1/27, 2/24, 3/24, 4/28 10:00am

<b>Fees:</b>	
Member	Free
Non-Member/Resident	\$3
Non-Member/Non-Resident	\$5

**MONDAY MOVIE MATINEE**

Do you enjoy watching movies? If so, come to our Movie Matinee as we show recent releases here at the Senior Center. We will have two movies each month, and popcorn and a beverage are included. Sign up for one or both! Monthly movies and dates can be found in the *Silver Pen* or stop by the Senior Registration Desk. Registration is required.

**Ages: 50 & older**  
 12:30pm

<b>Fees:</b>	
Members	\$3
Residents/Non-Members	\$4
Non-Residents/Non-Members	\$5



**FITNESS, FUN FRIENDSHIP cont.****CARDS AND OTHER GAMES****Ages: 50 & older**

Bridge	Mondays*	12:30-3:00pm
Hand & Foot	Mondays*	12:30pm
Bunco	Thursdays*	10:00am-12:00pm
Rummikub/Dominoes	Tuesdays*	1:00-3:00pm
Mah Jongg	Wednesdays*	1:00-3:00pm
Mah Jongg Instruction	Fridays*	Call for time
Pinochle	Tuesdays*	12:25-3:00pm
Pinochle Instruction	Tuesdays*	Call for time
Mexican Train	Fridays*	12:30-3:00pm
Open Play	Thursdays*	12:15-3:00pm
Open Play	Fridays*	12:30-3:00pm

\*No play 11/28, 11/29, 12/24, 12/25, 1/1

<b>Drop-In Fees:</b>	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

**PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)**

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one. It is played on a badminton court with the net lowered to 34 inches at the center. Bring your own paddle or use one of ours for this open play. Experienced and beginner players are welcome.

**Ages: 50 & older**

Mondays/Tuesdays/Thursdays\* thru 5/29 8:00am-2:00pm\*

**\*Open play time is 8am-12noon on any dates Strongsville City Schools are not in session. Dates subject to change.**

**Ages: 18 & older**

Fridays 11/1/24-5/30/25 6:00-9:00pm

**Fees:**

Rec Center Members	FREE
Senior Center Members	\$2/day
Non-Members	\$5/day

**BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)**

Interested in learning Pickleball? Join other players ready to share their knowledge of the game.

**Ages: 50 & older**2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the Month thru 5/28 9:00am-12:00pm

	<b>Members</b>	<b>Non-Members</b>
<b>Drop in Fees:</b>	\$2/day	\$5/day

**WOODSHOP CLASSES****OPEN WOOD SHOP (Senior Center Wood Shop)**

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

**Ages 50 & older**

Wednesdays/Thursdays/Fridays\* 9:30-11:30am

\*No shop 11/28, 11/29, 12/25, 1/1

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Varies Monthly	\$4
Residents/Non-Members		\$5
Non-Residents/Non-Members		\$6

**WOODSHOP CLASSES cont.****WOOD CARVING (Senior Center Wood Shop)**

Join this group of men and women and learn the artistry and craftsmanship of wood carving. Registration is free but required.

**Coordinator: Dave Hoelter****Ages: 50 & older**

Tuesdays\* 1:00-3:00pm

\*No carving 12/24, 12/31

Participants pay for own tools and materials

<b>Drop-In Fees:</b>	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

**WOOD SHOP REPAIR SERVICE (Senior Center Wood Shop)**

Wood Shop volunteers will repair small wood items. Bring your item into the Wood Shop any Wednesday, Thursday or Friday, 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. **Participants in this class should exhibit physical strength in hands, arms and legs. Good balance and good vision is also important in keeping you safe. Please access your ability to handle the materials and machinery used in this class as it is a safety concern.** Class completed in 2- 4 hour sessions.

**Ages: 50 & older****Instructor: Jim Burns**

Mondays 2/3 &amp; 2/10 9:30am-2:00pm\*

\*Lunch break from 11:30am -12:00pm

**Fees:**

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

**ART & CRAFT CLASSES****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 hands on by your instructor. All levels welcome, using acrylics/oils/watercolor and mixed media. Students provide own materials; palette list available at Senior Registration Desk. Registration required. Monthly classes. No drop-ins.

**Ages: 50 & older****Instructor: Joanne Richter**

Tuesdays\* 1:00-3:30pm

\*No class in January

**Fees:**

	<b>Monthly</b>
Members	Varies Monthly
Residents/Non-Members	Varies Monthly
Non-Residents/Non-Members	Varies Monthly

**BOB ROSS PAINTING CLASS**

Join Mary, a certified Bob Ross Instructor, and complete a 11" x 14" oil painting. This class is offered utilizing the Bob Ross techniques. You will learn how to paint the "wet-on-wet technique," for which Bob Ross is known for, as well as many other popular techniques. In addition, you'll receive one-on-one attention to help guide you as you improve your painting skills. All materials included.

**Ages 50 & older****Instructor: Mary Kenney**

Date TBA

<b>Fees:</b>	Members	\$50
	Non-Members/Residents	\$53
	Non-Members/Non-Residents	\$60



**ART & CRAFT CLASSES cont.****WATERCOLOR**

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. Students provide own materials: list available at Senior Registration Desk.

**Ages: 50 & older** **Instructor: Judi Roszak**  
Thursdays or Fridays\* 9:30-11:30am

\*No class 11/28, 11/29 or in December

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$10
Residents/Non-Members	N/A	\$11
Non-Residents/Non-Members	N/A	\$12

**ZENTANGLE**

**Full of Zen:** In this series of ongoing, monthly art classes, we will scale up our creativity, building on our foundations of Zentangle. In each session we will expand our library of Tangle Patterns in each class and apply our patterns to a variety of projects. These projects will include (but are not limited to) exposure to multiple color mediums: such as watercolor, marker, and chalk pastels. We will also explore applying Zentangle to different substrates, such as wood, cork, and fabric.

A basic Zentangle class is required before you can sign up, and you will provide your own supplies, based on projects planned by the instructor. Attend one or both of these monthly classes. Registration requested.

**Ages: 50 & older**

**Instructor: Susan Olsen, Certified Zentangle Teacher, CZT 10**

2nd & 4th Thursdays of the Month 1:00-3:00pm

Fees:	1 Class	2 Classes
Members	\$15	\$25
Residents/Non-Members	\$17	\$27
Non-Residents/Non-Members	\$21	\$31

**Our Beginner Zentangle Class** is available to those interested in Zentangle. Please inquiry at the Senior Center Front Desk.

**BEGINNERS DRAWING CLASS**

Mary will be teaching this 6 week beginners drawing class. You will be working on blending and values, all while learning how to apply your skills to animals, seascape, landscape and portraits. Students provide their own materials; a list is available at the Senior Registration Desk.

**Ages 50 & older** **Instructor: Mary Kenney** **6 Week Session**

DATE TBA

Fees:	
Members	\$TBA
Non-Members/Residents	\$TBA
Non-Members/Non-Residents	\$TBA

**DIGITAL PHOTOGRAPHY**

This class will combine elements of both an Introductory and an Intermediate Digital Photography class. Digital image management concepts will be covered. There will be a discussion about the Quality of Light with printed examples of different types of lighting. Examples of basic composition techniques will be presented and discussed. The image editing software Adobe Photoshop Lightroom will be introduced during the intermediate phase of the class. Intermediate digital photography concepts like the digital histogram and basic exposure controls will be introduced. Finally, examples of basic color correction techniques and creative controls will be reviewed. This class is for anyone interested in improving their digital photography skills. There are no prerequisites for taking this class.

**Ages: 50 & older** **Instructor: Robert Kovatich** **5 Week Session**

Mondays 1/13-2/10 1:00-2:00pm

Fees:	
Members	\$50
Non-Members/Residents	\$53
Non-Members/Non-Residents	\$60

**ADVANCED DIGITAL PHOTOGRAPHY**

The Advanced Digital Photography Class will follow a typical workflow of a professional portrait photographer. The class will start with utilizing artificial lighting to create correctly exposed portraits. The images will be imported into Adobe Lightroom to perform the initial processing steps. Exposure and color corrections will be performed in Lightroom, along with initial creative adjustments and basic cosmetic retouching. The images will then be opened in Adobe Photoshop and converted to smart objects and saved as Photoshop files. Final retouching will occur in Photoshop. The advantages of creating smart objects in Photoshop will be reviewed and demonstrated. Finally, the completed Photoshop images will be processed for output to a professional printer. Prerequisites for taking the Advanced Digital Photography Class are either completing the Intermediated Digital Photography Class or completing Digital Photography 101.

**Ages: 50 & older** **Instructor: Robert Kovatich** **5 Week Session**

Mondays 2/17-3/17 1:00-2:00pm

Fees:	
Members	\$50
Non-Members/Residents	\$53
Non-Members/Non-Residents	\$60

**SEWING 101**

Looking to learn to sew, or are you ready to brush up on skills learned in the past? Take *Sewing 101*, our 6-week beginner curriculum class, from a sewing teacher with 30 years of sewing experience, and 20 years of teaching experience. This class will help you learn the wonderful skills of sewing. You can bring your own sewing machine and explore how to use it properly, or use one of ours. Class will be limited to six participants, allowing for individualized attention. Registration required.

**Ages 50 & older** **Instructor: Casey Krucek**

Fridays 1/10-2/14 1:00-2:30pm

Fees:	
Members	\$168
Non-Members/Residents	\$170
Non-Members/Non-Residents	\$174

**QUILTING**

If you can iron, pin fabric layers together, use a sewing machine, or tie a knot, your helping hands are welcome. This group makes quilts from start to finish to donate to Rainbow Babies & Children Hospital, MetroHealth Medical Center Pediatrics, The Salvation Army and the UH Seidman Cancer Center at Southwest General Health Center.

**Ages: 50 & older**

**Volunteer Coordinator: Beverly McGlamery**

Mondays (No quilting 1/13, 2/10, 3/10, 4/14)

Drop-In Fees:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

**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 & older**

Wednesdays (No crafting 12/25, 1/1) 10:00am-1:00pm

Drop-In Fees:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

**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!

**Ages: 50 & older**

Thursdays (No class 11/28) 1:00-3:30pm

Drop-In Fees:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

## PROGRAMS

### INSTITUTE FOR LEARNING PROGRAMS

The following programs are offered through the Institute for Learning (ILR) at Baldwin Wallace University, which offers senior adults classes in a variety of subject areas, as well as social, cultural and travel experiences. Registration is required for each program. Dates and times can be found in the *Silver Pen*, or stop by the Senior Registration Desk. **Ages: 50 & over**

#### January

**"Starry Night - The Art and Tragic Life of Vincent van Gogh"** by Sean Crum

The life of the Dutch artist Vincent van Gogh has been the subject of countless biographies and films. His highly expressive art reveals the joy that painting held for him, but also the mental torment that tortured him for the last two years of his incredibly productive life. This lecture will cover every stage of his artistic development and the life of this troubled genius.

#### February

**"How to Get More out of Watching Movies"** by Terry Meehan

Why do we like some movies more than others? What makes a movie good? (Or bad!) This presentation will help us take a closer look at the movies we see in terms of the techniques that are involved in making them. There are seven: Screenplay, Acting, Directing, Cinematography, Art Direction, Sound and Editing. (SAD CASE) We will view and discuss clips that show examples of how each technique contributes to the overall impact of a film. We know we love certain movies: now we will find out *why*, just in time for the Oscars!

#### March

**"Artificial Intelligence"** by Lude Kemock

This presentation provides a broad introduction to the field of Artificial Intelligence (AI), covering its history, key concepts and major applications. The presentation emphasizes practical understanding through case studies and real-world examples, while also addressing the ethical and societal implications of AI technologies. Designed for students from diverse backgrounds, this course requires no prior experience in AI or programming.

#### April

**"A Tribute to Queen Elizabeth II"** by Julie Koenig

A typical day - stately sleepovers, friends, and inner circle. Horse racing and corgis. Crown jewels, dignitaries, and world leaders. What happens at a jubilee? Queen Elizabeth had a Silver, Gold, Diamond and Platinum Jubilee. London Bridge is Down (Code used when the Queen died). Julie will discuss the funeral and the ten days of mourning of the UK and the events surrounding the accession of King Charles.

### 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. This is a one-day, four-hour class. Registration required.

**Ages: 50 & older Instructor: April Dugan**

Monday	2/24	12:30-4:30pm
Tuesday	4/8	12:30-4:30pm

<b>Fees:</b>	AARP Members	\$20
	Non-AARP Members	\$25

### LINE DANCE JAMBOREE

Our 24th Line Dance Jamboree is sure to be a two stepping good time! Your admission cost includes continental breakfast, boxed lunch, and line dancing instruction. Come boot, scoot and bookie your favorite steps, and learn some new ones too!

**Ages: 50 & older**

Tuesday	4/29	9:00am-3:00pm
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**Drop-In Fees:**

Member	\$25
Non-Member/Resident	\$27
Non-Member/Non-Resident	\$30

### 2024 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, at 2:30pm. A Library Staff member leads the group discussion.

Month	Book	Discussion Date
January	<b><u>Becoming Madam Secretary</u></b> by Stephanie Dray	1/27
February	<b><u>The Golden Gate</u></b> by Amy Chua	2/24
March	<b><u>The Cliffs</u></b> by J. Courtney Sullivan	3/24
April	<b><u>All the Colors of the Dark</u></b> by Chris Whitaker	4/28

### UNIVERSITY HOSPITAL HOT HEALTH TOPICS

Clinical Pharmacy Residents, from University Hospital, will discuss various health topics of interest. These free, monthly programs, will cover *hot* health topics for seniors. Be informed for yourself or a loved one. Registration is required for each talk.

<b>Ages: 50 &amp; over</b>	<b>1:30pm</b>	<b>FREE</b>
Thursday 11/21	Smoking Cessation	
Thursday 12/19	Bone Health	

### SURVIVING A NAZI DEATH CAMP & THE MEANING OF LIFE....(It's Not What You Think)

What's the point of all of this!? In good times many are distracted by acquiring and enjoying material wealth, and tend not to ask the deep questions of themselves. In turbulent times, fears and emotions overwhelm our ability to clearly process the deep questions. In between extremes (or in spite of them?) we might be wise to contemplate why we are here and what we're supposed to be doing about it.

<b>Ages: 50 &amp; over</b>	<b>7 Weeks</b>	<b>Instructor: Ted Smith</b>
Mondays	1/6-2/17	10:30-11:30am

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

### HISTORY OF CHRISTIANITY: ORIGINS

An obscure, itinerant preacher from a backwater village in Israel changed the world. The 1<sup>st</sup> century socio-economic, religious and political expectations shaped people's 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 led many groups to vastly different theological conclusions over exactly who Jesus was. How did one group eventually prevail over the others?

<b>Ages: 50 &amp; over</b>	<b>7 Weeks</b>	<b>Instructor: Ted Smith</b>
Mondays	2/24-4/7	10:30-11:30am

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

### TechKNOWledgy with TEENS

The Senior Center is excited to partner with Strongsville City Schools for a program called TechKNOWledgy with Teens. Select students will come monthly and provide one-on-one help with any questions you may have with your phone, iPad or other tablet. Best part, this is completely free! No question too big or small for these tech wizards! If interested in receiving help, please call the Senior Center today and sign up! Limited spaces available!

<b>Ages: 50 &amp; over</b>			
Wednesdays	1/15, 2/19, 3/19, 4/16	1:00pm	<b>FREE</b>

## PROGRAMS cont.

### HELP FOR THOSE HELPING OTHERS

Join us, when a representative from Cardinal Court Assisted Living & Memory Care, shares insights to help you help others. You'll hear tips that will help you in your daily interactions with someone with memory loss. Light refreshments provided. Registration is required for each talk.

Ages: 50 & older	1:00-2:00pm	FREE
Wednesday	12/18	Dementia Live
Wednesday	1/15	What is Dementia? The Brain & Stages
Wednesday	2/19	Communication & Challenging Behaviors
Monday	3/19	Dementia & the 5 Senses
Wednesday	4/16	Meaningful Engagement for those with Dementia & Care for the Caregiver

## MUSTANGS ON THE GO!

### HOLIDAY LIGHTS OF GREATER CLEVELAND

Join JKL Tours to kick off the holiday season with all the beautiful Christmas light displays that come with it. We will start our trip in the charming town of Chagrin Falls where we will walk around to see the decorated area. Next we will head to Nela Park, the display, which covers several blocks of Noble Road, features nearly 1 million LED lights. Next we will drive toward Severance Hall to circle Wade Oval and all their beautiful lights. Next we will travel to Euclid Ave, taking in all the lights at Playhouse Square. Finally, what is a holiday light tour without stopping at Cleveland's Public Square, home to the city's giant Christmas tree! You will have the option to walk around the square and take in the beautiful display up close! Please note this holiday light tour does not include a meal.

**Ages: 50 & older**

Thursday 12/5 3:45-9:00pm

	Fees	Registration Begins
Members	\$35	9/25
Non-Members/Residents	\$37	10/2
Non-Members/Non-Residents	\$41	10/8

### CHRISTMAS IN THE COUNTRY

Take a break from the hustle and bustle of the holidays and travel to Walnut Creek. We will start with an Amish style buffet dinner at Der Dutchman followed by some shopping at Tis the Season Christmas Shoppe. After shopping we will attend "Christmas in the Country" at the Amish Country Theater. "Christmas In The Country," a delightful blend of side-splitting Christmas comedy and heartwarming music that captivates all generations. Immerse yourself in a one-of-a-kind Christmas narrative with world-comedy (including the legendary comedy icon Lynryd), and the talented cast of The Amish Country Theater as they share Christmas stories in a truly unique way. Whether you're city-slickers or country cousins, you'll be charmed by the music, cherished traditions, and uproarious comedy acts that make this show a holiday extravaganza for all. "Christmas In The Country" has something special in store for every member of the family, making it a must-see event during the festive season. This is a Great Day Tours trip.

**Ages: 50 & older**

Thursday 12/17 1:00-10:30pm

	Fees	Registration Begins
Members	\$108	10/16
Non-Members/Residents	\$110	10/23
Non-Members/Non-Residents	\$114	10/30

## 2025 MUSTANGS ON THE GO!

**Trips to be announced soon.**

**Watch the monthly Silver Pen for details!**

## CONSULTATIONS

### 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. Appointments needed. Call the Senior Registration Desk at (440) 580-3275.

Tuesdays 1/14, 2/11, 3/11, 4/8 10:00am **FREE**

### ATTORNEY

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

Tuesdays 1/7, 2/4, 3/4, 4/1 9:20-11:30am Erica Skerl  
Friday 1/24, 2/28, 3/28, 4/25 10:00-11:20am Sam Butcher  
**Free**

### POST OFFICE ON WHEELS

The mobile postal van visits the Senior Center monthly. Any business you conduct at the Post Office can be taken care of at the "Post Office on Wheels."

2nd Tuesday of the Month 12:40-1:00pm

### MEDICARE COUNSELING

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

2nd Tuesday of the Month 9:15am-1:00pm **FREE**

### BENEFITS CHECK UP

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

**Ages: 50 & older**

**FREE**

Friday 1/10 9:15am-12:00pm  
Friday 2/14 9:15am-12:00pm  
Friday 3/14 9:15am-12:00pm  
Friday 4/11 9:15am-12:00pm

## COMMUNITY SUPPORTS GROUPS

### MEMORY LOSS SUPPORT GROUP

Are you looking for 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. A representative from Kemper House will be facilitating this helpful monthly support group; all are welcome to join with any questions they may have or come to learn more about the disease. If you are caring for, or know someone with dementia, this support group is for you.

Registration is free, but required.

**Ages: 50 & older**

Wednesdays 1/8, 2/5, 3/5, 4/2 9:15am **FREE**

### STRONGSVILLE LOW VISION CONNECTION

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. Registration is free, but required.

**Ages: 50 & older**

Fourth Tuesday of the month 1:00-2:30pm **FREE**

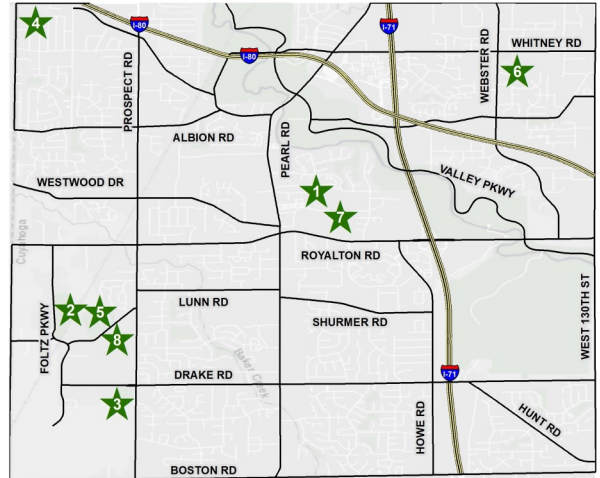


# RECREATION PARKS AND AMENITIES

*For more park information or to reserve call 440-580-3270*

## PARK GUIDELINES

- \*Field permit is required for use of fields.
- \*Contracts are required for use of Pavilions.
- \*Alcohol and Tobacco use is prohibited in all Recreation Parks.
- \*Pets are required to be on a leash at all times.
- \*Parks close at dusk.
- \*To rent a pavilion call 440-580-3270.



### 1. Rec Park #1 - 18100 Royalton Road

- **Town Center:** This park features and indoor four season pavilion, two outdoor pavilions, a state-of-the-art ADA compliant playground, interactive spray fountains, tennis courts, pickleball courts, a sand volleyball court, indoor bathrooms, grills, electricity and more.



Octagonal Pavilion



Brunswick Auto Mart Medina Auto Mall Pavilion (outdoor) and Place (indoor)



Castletown Pavilion



- **Castletown Pavilion:** Located near the Cuyahoga County Strongsville Library. Features picnic tables, 8 electrical outlets and a grill. It is located across from the new Town Center Park with ample parking in the library lot.

### 2. Rec Park #2 Pavilions- 16107 Foltz Parkway (South of Rt 82): Located in Foltz Industrial Parkway near the City Municipal Offices. Baseball Fields are by permit only and not available for use with pavilion rentals.

Near Softball Field



Features bathrooms with running water, picnic tables, 2 grills, 8 electrical outlets, and small swing set.

Near Railroad Tracks



Features picnic tables, 2 grills, small swing set, slide and basketball court. No electrical outlets.

## PARKS & AMENITIES cont.

*For more park information or to reserve call 440-580-3270*

**3. Rec Park #3 Pavilions - 21273 Drake Road:** Located at intersection of Drake Rd and Prospect. Wood & Sprague Baseball Fields are by permit only and not available for use with pavilion rental.

Sprague Pavilion



Features 2 grills, picnic tables, 8 electrical outlets, and small play set.

Wood Pavilion



Features 2 grills, picnic tables, 8 electrical outlets, small swing set and play set.

**4. Nichols Pavilion - 227070 Sprague Road:** Located at Sprague and Marks Road. Features picnic tables, 8 electrical outlets, a grill and small playground. Nichols Baseball Field is by permit only and not available for use with pavilion rental.



**5. Volunteer Park Pavilion- 21410 Lunn Road:** Located on West Lunn Road just west of Prospect Road. Features picnic tables, 8 electrical outlets, playground, batting cages, 2 bocce ball courts, horseshoe pits and 1/2 mile paved walking path. Vending machines and restrooms with running water just a short walk from pavilion. There are 4 baseball fields at this park, Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) and 2 little league fields (Roth & Kalinich). Baseball Fields are by permit only and not available for use with pavilion rental.

Pavilion, Playground & Bocce Courts



Pavilion



**6. Surrarrer Park Pavilion - 14625 Whitney Road:** Located at the corner of Webster and Whitney Roads (east of I-71). Features picnic tables, 8 electrical outlets, a grill, an ADA compliant playground and 2 tennis courts (also lined for pickleball). James Baseball Field is by permit only and not available for use with pavilion rental.

Pavilion & Playground



Pavilion



**7. Backyard Preserve - 18100 Royalton Road:** Located behind the Ehrnfelt Recreation and Senior Center. This park features an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.



**8. Youth Sports Park Pavilion - 21255 Lunn Road:** Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). Features picnic tables, 12 electrical outlets, a grill and playground. The Football and Baseball Fields are by permit only and not available for use with pavilion rental.







pepsi

**the official soft drink of the  
STRONGSVILLE RECREATION  
DEPARTMENT**



EHRNFELT RECREATION CENTER: (440)580-3260 \* EHRNFELT SENIOR CENTER: (440)580-3275

[www.strongsville.org](http://www.strongsville.org)