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Strongsville

**Parks
Recreation
Senior
Services**



Strongsville Recreation Center



@strongsvillerecdept



STRONGSVILLERECDEPT



Walter F. Ehrnfelt Jr.
RECREATION CENTER

JANUARY-APRIL 2026 Program Guide

Registration Dates

MEMBERS: November 11

RESIDENTS: November 18

OPEN / ONLINE: November 20

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

RECREATION & SENIOR CENTER STAFF

Director of Parks, Recreation & Senior Services

Bryan Bogre, bryan.bogre@strongsville.org

Recreation

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Senior Center

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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
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REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS*

Thurs, November 27	Thanksgiving	Rec & Senior Center CLOSED
Wed, December 24	Christmas Eve	Rec & Senior Center Closing at 1p
Thurs, December 25	Christmas	Rec & Senior Center CLOSED
Wed, Dec 31	New Year's Eve	Rec & Senior Center Closing at 5p
Thurs, January 1, 2026	New Year's Day	Rec & Senior Center CLOSED
Sat, April 4, 2025	Day before Easter	Rec Closing early at 5pm
Sun, April 5, 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

News Channel 3 (www.wkyc.com)

News Channel 5 (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 - 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 - Parks Recreation for Open Gym Schedule

MAIN GYMNASIUM

- Wood floor
- Two high school regulation size basketball courts
- Visit 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 - Parks & Recreation - Facility Rules & Guidelines page. (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 20th of each month, or the next business day if the 20th falls on a weekend or holiday, until the expiration date of the annual contract.
- In the event that a patron defaults on their monthly payment, the membership will be immediately suspended. Patrons will have 10 business days to pay the Ehrnfelt Recreation Center the amount owed for that month and an additional \$10 processing fee.
- In the event the patron does not pay off the balance owed by the 11th business day, the annual membership will be cancelled and any future use of a payment plan option will be denied.

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 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
 or call
440-580-3270

*Schedule your
 Event Now!*

440-580-3270



The Event Center

Weddings

Fundraisers

Craft Shows

Seminars

Showers

TOWN CENTER RENTAL

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

Town Center Place Rental Information

TOWN CENTER PLACE (Brunswick Auto Mart/Medina Auto Mall Place)

Rental ~ On-site Supervisor. Two-hour minimum. When adding rental of Town Center Pavilion, rules for Town Center Place will apply.

Amenities ~ Beautiful wood-sided room featuring a gas fireplace, two garage doors, bathrooms, refrigerator/freezer, sink and microwave, aluminum swirl tables with black banquet chairs, heating and air conditioning. A/V equipment available. Wi-Fi throughout.

Capacity/Setups ~ Banquet style seating for up to 96 guests or Theatre-style seating for up to 100 guests.

Payment ~ Full rental payment is due on the Friday 30 days in advance of rental date.

Security Deposit ~ \$300 is required with signed contract. Security Deposits are non-refundable if event is cancelled.

Cancellations ~ Must be made no less than 30 days in advance of rental date or rental payment refund will not be granted.

Alcohol ~ is permitted and requires a Strongsville Police Officer to be present and is scheduled by the rental coordinator. Fee is \$75/hour with a 3-hour minimum. If selling alcohol, a permit is required. Please inquire with rental coordinator.



	Resident	Non Resident	Strongsville Business	Non Profit
TOWN CENTER PLACE (Indoor)				
Summer 5/1-10/31 6 HOUR BLOCK	\$1,000	\$1,500	\$1,000	\$1,000
Winter 11/1-4/30 6 HOUR BLOCK	\$500	\$750	\$500	\$500
Summer 5/1-10/31 (Per Hour)	\$195	\$295	\$195	\$195
Winter 11/1-4/30 (Per Hour)	\$95	\$195	\$95	\$95

Town Center Pavilion Rental Information



TOWN CENTER ATTACHED PAVILION

(Brunswick Auto Mart/Medina Auto Mall Pavilion)

	Resident	Non Resident	Strongsville Business	Non Profit
Summer 5/1-10/31	\$350/flat	\$500/flat	\$350/flat	\$350/flat
Winter 11/1-4/30	\$150/flat	\$300/flat	\$150/flat	\$150/flat

Capacity ~ 10 - 6' picnic tables. Seating for approximately 60-80



TOWN CENTER OCTAGON PAVILION

(Center of Park)

	Resident	Non Resident	Strongsville Business	Non Profit
Summer 5/1-10/31	\$250/flat	\$400/flat	\$250/flat	\$250/flat
Winter 11/1-4/30	\$100/flat	\$250/flat	\$100/flat	\$100/flat

Capacity ~ 2 - 8' picnic tables; 5 - 6' picnic tables (2 wheelchair accessible). Seating for approximately 60

Available ~ 8am-Dusk

Payment ~ Full rental payment is due with Rental Request Form.

Security Deposit ~ \$150 is required with signed contract. Security deposits are non-refundable if event is cancelled.

Cancellations ~ No refunds for cancellations. No refunds for inclement weather. No refunds for unused time.

Alcohol ~ is strictly prohibited!

Outdoor Fireplace (attached to Town Center Place) is available as an add-on rental for Town Center Place and Town Center Pavilion rentals at a flat rate of \$150 (not available for Octagon Pavilion)

Playground



Fountain/Splash Pad



Sand Volleyball



Pickleball Courts



Basketball Shoot-a-round



PLEASE CALL 440-580-3270 FOR RENTAL INFORMATION

SPECIAL EVENTS



Daddy-Daughter DANCE
SATURDAY, MARCH 21
6:30 - 8:30PM

Gentlemen (Dads, Grandpas, Caregivers, etc.), the Strongsville Rec. Center invites you to accompany the most lovely little girl in your life to an evening you'll remember forever. Dancing to music, eating pizza, a professional photo, and a carnation for your date, will fill your evening with unforgettable fun.

Ticket Fees:
Member \$12/per person
Residents \$15/per person
Non-Member/Non-Residents \$20/per person

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

Strongsville Rec. Center - 18100 Royalton Road - 440-580-3260



Strongsville Parks Recreation Senior Services

TRI FOR GOLD INDOOR TRIATHLON BIALTHON YOUTH TRIATHLON

SUNDAY, MARCH 22, 2026
3-7:30PM

Challenge yourself to 30- 60 minutes of exercise

- SEE OUR BROCHURE FOR REGISTRATION DATES
- MEMBERS: \$50
- NON-MEMBERS: \$55

USE YOUR PHONE'S CAMERA TO SCAN THIS QR CODE FOR MORE INFORMATION



Strongsville Parks Recreation Senior Services

JOIN US FOR AN **Easter Egg Hunt**

Town Center Park
Date: March 21, 2026



Strongsville Parks Recreation Senior Services

Town Center Park

COMMUNITY MARKET

Discover a collection of crafts and produce from local farmers and vendors, alongside fantastic bargains.

FRIDAYS
MAY 22 - JULY 10 4 - 7 PM
18300 ZVERINA LANE

AQUATICS

Aquatic Supervisor, **Becky Stemple**
 Assistant Aquatic Supervisor, **Abigail Szeszak**

SPECIAL AQUATIC CENTER HOURS

Thurs, November 27 CLOSED	Thanksgiving	Thurs, January 1 CLOSED	New Year's Day
Fri, December 5 Close at 4pm	High School Swim Meet	Wed, January 7 Close at 5pm	High School Swim Meet
Wed, December 10 Close at 5pm	High School Swim Meet	Fri, January 16 Close at 5pm	High School Swim Meet
Wed, December 17 Close at 5pm	High School Swim Meet	Wed, January 21 Close at 4pm	High School Swim Meet
Wed, December 24 Close at 12:30pm	Christmas Eve	Sat, April 4 Close at 4:30pm	Day before Easter
Thurs, December 25 CLOSED	Christmas	Sun, April 5 CLOSED	Easter
Wed, December 31 Close at 4:30pm	New Year's Eve		

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 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 11:** Ehmrfelt Rec Center Members
- Tues, Nov 18:** Strongsville Residents & Members (*must show proof of residency such as utility bill*)
- Thurs, Nov 20:** 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.

LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
PARENT/INFANT 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
PARENT/TODDLER 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
PARENT/YOUTH 3-5 years	Ages: 3-5 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.
PRESCHOOL ADVANCED 3-5 years	Ages: 3-5 years Parent does NOT accompany child in the water. Child must be have successfully completed Parent/Youth class and passed by instructor with report to register. MUST have report card from instructor indicating enrollment into Preschool Advanced to enroll. No online registration.	Progressing along to learn more independent swim skills, floats, front crawl and more. Possible progression through Level 1 of the ERC Learn -to-swim program.
LEVEL 1 Intro to Water Skills	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
LEVEL 2 Fundamental Water Skills	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.
LEVEL 3 Refined Water Skills	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.
LEVEL 4A Stroke Development	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 breaststroke arms. Safe diving practices and water safety will be integrated into the course.
LEVEL 4B Stroke Improvement	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke 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.
LEVEL 5 Stroke Refinement	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.



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 (8 Classes)

Saturdays	1/10-2/28	9:00-9:30am
Saturdays	1/10-2/28	9:35-10:05am
Saturdays	3/21-5/16*	9:00-9:30am
Saturdays	3/21-5/16*	9:35-10:05am

*No class 4/4

Fees:	Member	\$45
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$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	1/6-1/29	6:20-6:50pm
Tuesdays & Thursdays	2/3-2/26	6:20-6:50pm
Tuesdays & Thursdays	3/10-4/2	6:20-6:50pm
Tuesdays & Thursdays	4/14-5/7	6:20-6:50pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	9:00-9:30am
Saturdays	1/10-2/28	9:35-10:05am
Saturdays	3/21-5/16*	9:00-9:30am
Saturdays	3/21-5/16*	9:35-10:05am

*No class 4/4

Fees:	Member	\$45
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$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	1/6-1/29	6:55-7:25pm
Tuesdays & Thursdays	2/3-2/26	6:55-7:25pm
Tuesdays & Thursdays	3/10-4/2	6:55-7:25pm
Tuesdays & Thursdays	4/14-5/7	6:55-7:25pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	9:00-9:30am
Saturdays	1/10-2/28	9:35-10:05am
Saturdays	3/21-5/16*	9:00-9:30am
Saturdays	3/21-5/16*	9:35-10:05am

*No class 4/4

Fees:	Member	\$45
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$69

PRESCHOOL ADVANCED: 3-5 years (NO parent/adult in water)

Ages: 3-5 years AND must have report card from instructor indicating enrollment into preschool advanced

Class Limit: Based on Instructor availability & pool space

Evening Classes (8 Classes)

Tuesdays & Thursdays	1/6-1/29	5:40-6:10pm
Tuesdays & Thursdays	2/3-2/26	5:40-6:10pm
Tuesdays & Thursdays	3/10-4/2	5:40-6:10pm
Tuesdays & Thursdays	4/14-5/7	5:40-6:10pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	10:15-10:45am
Saturdays	3/21-5/16*	10:15-10:45am

*No class 4/4

Fees:	Member	\$50
	Non-Member/Resident	\$58
	Non-Member/Non-Resident	\$74

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	1/6-1/29	5:40-6:25pm
Tuesdays & Thursdays	1/6-1/29	6:35-7:20pm
Tuesdays & Thursdays	2/3-2/26	5:40-6:25pm
Tuesdays & Thursdays	2/3-2/26	6:35-7:20pm
Tuesdays & Thursdays	3/10-4/2	5:40-6:25pm
Tuesdays & Thursdays	3/10-4/2	6:35-7:20pm
Tuesdays & Thursdays	4/14-5/7	5:40-6:25pm
Tuesdays & Thursdays	4/14-5/7	6:35-7:20pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	10:10-10:55am
Saturdays	1/10-2/28	11:00-11:45am
Saturdays	1/10-2/28	11:50am-12:35pm
Saturdays	3/21-5/16*	10:10-10:55am
Saturdays	3/21-5/16*	11:00-11:45am
Saturdays	3/21-5/16*	11:50am-12:35pm

*No class 4/4

Fees:	Member	\$62
	Non-Member/Resident	\$78
	Non-Member/Non-Resident	\$94

LEVEL 2: Fundamental Water Skills

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (8 Classes)

Tuesdays & Thursdays	1/6-1/29	5:40-6:25pm
Tuesdays & Thursdays	1/6-1/29	6:35-7:20pm
Tuesdays & Thursdays	2/3-2/26	5:40-6:25pm
Tuesdays & Thursdays	2/3-2/26	6:35-7:20pm
Tuesdays & Thursdays	3/10-4/2	5:40-6:25pm
Tuesdays & Thursdays	3/10-4/2	6:35-7:20pm
Tuesdays & Thursdays	4/14-5/7	5:40-6:25pm
Tuesdays & Thursdays	4/14-5/7	6:35-7:20pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	10:10-10:55am
Saturdays	1/10-2/28	11:00-11:45am
Saturdays	1/10-2/28	11:50am-12:35pm
Saturdays	3/21-5/16*	10:10-10:55am
Saturdays	3/21-5/16*	11:00-11:45am
Saturdays	3/21-5/16*	11:50am-12:35pm

*No class 4/4

Fees:	Member	\$62
	Non-Member/Resident	\$78
	Non-Member/Non-Resident	\$94

DIVING

DIVING

Ages: 8 & older

Class Limit: 8

Participants will learn the 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.

Saturdays	1/10-2/28	11:10am-12:00pm
Saturdays	3/21-5/16*	11:10am-12:00pm

*No class 4/4

Fees:	Member	\$80
	Non-Member/Resident	\$96
	Non-Member/Non-Resident	\$112

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	1/6-1/29	5:40-6:25pm
Tuesdays & Thursdays	1/6-1/29	6:35-7:20pm
Tuesdays & Thursdays	2/3-2/26	5:40-6:25pm
Tuesdays & Thursdays	2/3-2/26	6:35-7:20pm
Tuesdays & Thursdays	3/10-4/2	5:40-6:25pm
Tuesdays & Thursdays	3/10-4/2	6:35-7:20pm
Tuesdays & Thursdays	4/14-5/7	5:40-6:25pm
Tuesdays & Thursdays	4/14-5/7	6:35-7:20pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	10:10-10:55am
Saturdays	1/10-2/28	11:00-11:45am
Saturdays	1/10-2/28	11:50am-12:35pm
Saturdays	3/21-5/16*	10:10-10:55am
Saturdays	3/21-5/16*	11:00-11:45am
Saturdays	3/21-5/16*	11:50am-12:35pm

*No class 4/4

Fees:	Member	\$62
	Non-Member/Resident	\$78
	Non-Member/Non-Resident	\$94

LEVEL 4 A/B: Stroke Development

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (8 Classes)

Tuesdays & Thursdays	1/6-1/29	5:40-6:25pm
Tuesdays & Thursdays	2/3-2/26	5:40-6:25pm
Tuesdays & Thursdays	3/10-4/2	5:40-6:25pm
Tuesdays & Thursdays	4/14-5/7	5:40-6:25pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	9:15-10:00am
Saturdays	1/10-2/28	11:00-11:45am
Saturdays	3/21-5/16*	9:15-10:00am
Saturdays	3/21-5/16*	11:00-11:45am

*No class 4/4

Fees:	Member	\$62
	Non-Member/Resident	\$78
	Non-Member/Non-Resident	\$94

LEVEL 5: Stroke Refinement

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (8 Classes)

Tuesdays & Thursdays	1/6-1/29	6:35-7:20pm
Tuesdays & Thursdays	2/3-2/26	6:35-7:20pm
Tuesdays & Thursdays	3/10-4/2	6:35-7:20pm
Tuesdays & Thursdays	4/14-5/7	6:35-7:20pm

Weekend Classes (8 Classes)

Saturdays	1/10-2/28	10:10-10:55am
Saturdays	3/21-5/16*	10:10-10:55am

*No class 4/4

Fees:	Member	\$62
	Non-Member/Resident	\$78
	Non-Member/Non-Resident	\$94

ADULT / TEEN LEARN TO SWIM LESSONS

ADULT / TEEN LEARN TO SWIM

Ages: 15 & older

Class Limit: Based on Instructor availability & pool space

Morning Classes (8 Classes)

Tuesdays	1/6-2/24	9:50-10:35am
Thursdays	1/8-2/26	9:50-10:35am
Tuesdays	3/10-5/5*	9:50-10:35am
Thursdays	3/12-5/7*	9:50-10:35am

*No class 4/7, 4/9

Evening Classes (8 Classes)

Wednesdays	1/7-2/25	6:40-7:25pm
Wednesdays	1/7-2/25	7:35-8:20pm
Wednesdays	3/11-5/6*	6:40-7:25pm
Wednesdays	3/11-5/6*	7:35-8:20pm

*No class 4/8

Fees:	Member	\$93
	Non-Member/Resident	\$103
	Non-Member/Non-Resident	\$124



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), and competes against homeowner association pools in the city of Strongsville.

ELIGIBILITY: The Sea Monkeys Swim Team is open to Strongsville residents 18yrs & under as of 6/1/26 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 & 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.

New parents are required to attend the Parents' Meeting in May (TBA).

Practice begins Tuesday, May 26 and the season concludes with the SSL Championship meet on Saturday, July 18, 2026.

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

Evening Practices

Tuesday-Thursday	5/26-5/28	5:30-7:30pm
Friday	5/29	5:30-6:30pm
Monday-Wednesday	6/1-7/16	TBD

Morning Practices

Monday-Thursday	6/1-7/16	8:00-10:00am
Fridays	6/5-7/17	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 team. Fee includes Champs t-shirt & swim cap. Team suits can be purchased at Spirit Shop.

REGISTRATION BEGINS FEB 1, 2026

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

WATER EXERCISE CLASSES

WATER EXERCISE PROGRAM PASS

A 2026 pass may be purchased any time and is good for any water exercise class.

*The pass expires 12/17/2026.

*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.**

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

Drop-in Fees: Member	\$8 per class
Non-Member	\$10 per class

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: 25

Tuesdays & Thursdays 1/6-5/21* 10:45-11:35am 38 Classes

*No class 4/7, 4/9

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: 25

Mondays & Wednesdays 1/5-5/20* 9:15-10:05am 36 Classes

*No class 1/19, 2/16, 4/6, 4/8

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: 15

Mondays & Wednesdays 1/5-5/20* 10:15-11:05am 36 Classes

Tuesdays & Thursdays 1/6-5/21* 9:45-10:35am 38 Classes

Tuesdays & Thursdays 1/6-5/21* 6:35-7:25pm 38 Classes

*No class 1/19, 2/16, 4/6, 4/7, 4/8, 4/9

AMERICAN RED CROSS CLASSES

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.

Sunday 4/26 9:00am-5:00pm

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

AMERICAN RED CROSS CLASSES cont.

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 registration (driver's permit/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.

Sundays 2/1-2/22 9:00am-4:00pm

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



AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 15 & 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 15 years old by the completion of class.

*Have access to the internet from home.

*Must bring proof of age to registration (driver's permit/license or birth certificate).

*Must be able to demonstrate front crawl, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke.

Sundays 3/8-3/29 9:00am-5:00pm (4 classes)

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

AMERICAN RED CROSS CLASSES cont.

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. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

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

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. NO REFUNDS will be given. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

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

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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

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. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

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

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. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

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

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 Strongville.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 Strongville.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.

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	\$27	\$45	\$75
Non-Member/Residents	\$37	\$55	\$85
Non-Member/Non-Residents	\$47	\$65	\$95

Drop Fees:

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



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 \$40/month
 Non-Member/Residents \$50/month
 Non-Member/Non-Residents \$60/month

1 Year Contract with Payment in Full

Members \$438 (\$36.50/month)
 Non-Member/Residents \$546 (\$45.50/month)
 Non-Member/Non-Residents \$655 (\$54.50/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 \$29/month
 Non-Member/Residents \$39/month
 Non-Member/Non-Residents \$49/month

1 Year Contract with Payment in Full

Members \$320 (\$26.60/month)
 Non-Member/Residents \$427 (\$35.60/month)
 Non-Member/Non-Residents \$535 (\$44.60/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	\$60
Non-Member/Residents	\$70
Non-Member/Non-Residents	\$80

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	\$50
Non-Member/Residents	\$60
Non-Member/Non-Residents	\$70

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	\$33
Non-Member/Residents	\$43
Non-Member/Non-Residents	\$53

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

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

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 4 weeks from date of "purchase".

GROUP EXERCISE CLASS DESCRIPTIONS

For class schedule visit 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)

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.

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



HEALTH ASSESSMENT & PEAK PERFORMANCE

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.**

Fees:	Member	\$25
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$75

EXERCISE ORIENTATION

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

Fees:	Member	Free
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$75

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	\$525	\$850
Non-Member/Non-Residents	\$110	\$625	\$950

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.

****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.

42x82 1-Month Unlimited Pass: \$65 members, \$75 non-member/resident, \$85 non-member/non-resident. Includes attendance to 42x82 classes only. No contract. Valid for 30 days.

42x82 Add-On for Group Exercise Pass Holders: \$15. Includes attendance to 42x82 classes only. Good only for 1 month from date of purchase. Must have current year group exercise pass to purchase.

***Anyone participating in Strength & Conditioning for the first time must schedule an on ramp (introduction class) with Marissa before taking a regularly scheduled class.**

For more information contact 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, 8th Degree Black Belt, Okinawan Isshinryu Karate

Ages: 5 & Older **Class Limit: 30** **4 Classes**

Mondays	1/5-1/26	5:00-5:45pm
Mondays	2/2-2/23	5:00-5:45pm
Mondays	3/2-3/23	5:00-5:45pm (no class 3/9, come 3/11)
Mondays	3/30-4/20	5:00-5:45pm

Fees:	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, 8th Degree Black Belt, Okinawan Isshinryu Karate

Class Limit: 30

Mondays	1/5-1/26	6:00-6:45pm
Mondays	2/2-2/23	6:00-6:45pm
Mondays	3/2-3/23	6:00-6:45pm (no class 3/9, come 3/11)
Mondays	3/30-4/20	6:00-6:45pm

Wednesdays	1/7-1/28	5:00-5:45pm
Wednesdays	2/4-2/25	5:00-5:45pm
Wednesdays	3/4-3/25	5:00-5:45pm
Wednesdays	4/1-4/22	5:00-5:45pm

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

KARATE cont.

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, 8th Degree Black Belt, Okinawan Isshinryu Karate

Class Limit: 30

Mondays	1/5-1/26	7:00-7:45pm
Mondays	2/2-2/23	7:00-7:45pm
Mondays	3/2-3/23	7:00-7:45pm (no class 3/9, come 3/11)
Mondays	3/30-4/20	7:00-7:45pm

Wednesdays	1/7-1/28	6:00-6:45pm
Wednesdays	2/4-2/25	6:00-6:45pm
Wednesdays	3/4-3/25	6:00-6:45pm
Wednesdays	4/1-4/22	6:00-6:45pm

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



TAI CHI / BREATHING MEDITATION

TAI CHI / BREATHING MEDITATION - Event Center

Beginner friendly class consisting of smooth movements for relaxation, balance, breathing, meditation, stretching and building of the core.

Wednesdays*	1/7-4/22	7:15-8:00pm
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Drop in Fee/Date: \$15

YOUTH FITNESS

YOUTH STRENGTH TRAINING CERTIFICATION

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	1/7-1/21	3:30-4:30pm
Wednesday	2/4-2/18	3:30-4:30pm
Wednesday	3/4-3/18	3:30-4:30pm
Wednesday	4/15-4/29	3:30-4:30pm

*Please note that this class is held until participant is certified and it may not take 3 weeks depending on enrollment.

Fees:	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 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 once a week, four times a month.

Age: 6 months-6 years old with adult participation 4 Classes/month
Fridays 9:30-10:30am

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

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

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 11:00am-1:00pm
Fridays 1:00-3:00pm

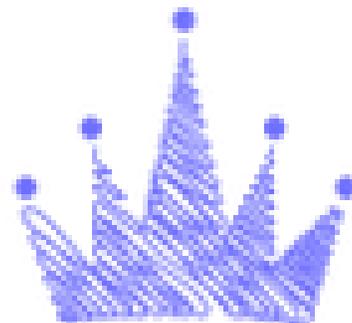
Monthly Fees:	Members	\$95
	Non-Member/Residents	\$105
	Non-Member/Non-Residents	\$110

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



PRESCHOOL & YOUTH 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 program will be outdoors but switch indoor when poor weather is present. This is a "together class" with parent/caregiver participating.

Instructor: This class taught by Soccer Shots coaches

***Please register through Soccer Shots at soccershots.com/Cleveland**

Ages: 2-3 years (with caregiver participation)

Class Minimum: 4	Maximum: 12	6 Classes
Fridays	1/9-2/13	9:00-9:30am
Fridays	1/9-2/13	10:20-10:50am
Fridays	2/20-3/27	9:00-9:30am
Fridays	2/20-3/27	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. This program will be outdoors but switch indoor when poor weather is present.

Instructor: This class taught by Soccer Shots coaches

***Please register through Soccer Shots at soccershots.com/Cleveland**

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

Fridays	1/9-2/13	9:40-10:10am
Fridays	1/9-2/13	11:00-11:30am
Fridays	2/20-3/27	9:40-10:10am
Fridays	2/20-3/27	11:00-11:30am

*No class 11/28

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

YOGA ADVENTURES (Group Exercise Room)

Join Miss Amy for her monthly pop-up Kids Yoga Adventures. Each class will work on students' flexibility and posture while they learn focus and relaxation skills in a fun age appropriate environment.

Instructor: Miss Amy

Age: 3-6 years	Date	Time	Theme
Saturday	1/17	10:30-10:55am	Football
Saturday	2/7	10:30-10:55am	Love is in the Air
Saturday	3/14	10:30-10:55am	Lucky Leprechaun
Saturday	4/18	10:30-10:55am	Spring Time

Age: 7-10 years

Saturday	1/17	11:00am-11:25am	Football
Saturday	2/7	11:00am-11:25am	Love is in the Air
Saturday	3/14	11:00am-11:25am	Lucky Leprechaun
Saturday	4/18	11:00am-11:25am	Spring Time

Fees/Date:	Members	\$7
	Non-Member/Residents	\$9
	Non-Member/Non-Residents	\$10

CALIBER DANCE- GROWN UP & ME DANCE CLASS (Meeting Room)

A Mommy & Me class is a fantastic way for little ones to explore movement while strengthening their bond with a parent or caregiver. These fun, interactive classes allow your child (typically up to age 3) a great opportunity for socializing, while also introducing basic dance concepts through music, rhythm and creative play in a classroom setting.

Instructor: Miss Hayley

Ages: 3 years & Under (with caregiver participation)

Class Minimum: 3	Maximum: 15	4 Classes
Thursdays	1/22-2/12	10:30-11:15am
Wednesdays	2/25-3/18	11:30am-12:15pm
Wednesdays	4/22-5/13	11:30am-12:15pm

Fees:	Members	\$40
	Non-Members/Residents	\$45
	Non-Members/-Non-Residents	\$50

CALIBER DANCE- PRESCHOOL DANCE CLASS (Meeting Room)

This class allows children to explore basic dance concepts while practicing turn-taking, sharing and following directions - all in a nurturing and playful classroom setting/environment. It is an excellent introduction to dance, incorporating creative movement and promoting body awareness and coordination; while also developing self-confidence. These classes are the perfect balance of structure and fun!

Instructor: Miss Hayley

Ages: 3-5 years

Class Minimum: 3	Maximum: 15	4 Classes
Thursdays	1/22-2/12	11:30am-12:15pm
Wednesdays	2/25-3/18	10:30-11:15am
Wednesdays	2/25-3/18	12:30-1:15pm
Wednesdays	4/22-5/13	10:30-11:15am
Wednesdays	4/22-5/13	12:30-1:15pm

Fees:	Members	\$40
	Non-Members/Residents	\$45
	Non-Members/-Non-Residents	\$50

CALIBER DANCE- DANCE TRENDS 1-DAY WORKSHOP (Meeting Room)

Are you Interested in learning the newest TikTok trends or nervous you aren't familiar with any cool moves for that upcoming School Dance? Our Dance Trends Pop-Up class is the perfect way to confidently stay up to date with ALL of the trends!

Instructor: Miss Hayley

Ages: 8 years & Up

Class Minimum: 3	Maximum: 15
Friday	1/16 6:00-7:00pm
Friday	4/17 6:00-7:00pm

Fees:	Members	\$15
	Non-Members/Residents	\$20
	Non-Members/-Non-Residents	\$22

MUSICOLOGIE JUNIOR (Meeting Room)

Musicologie Junior is a musical adventure for young children and their parents, guardians or caretakers. At each class, we'll sing songs, move our bodies, dance to different styles of music, and play lots of musical instruments while your child reinforces their naturally-developing senses of rhythm, melody, rhyme, speech, and movement! We'll incorporate methods from Kodaly, Dalcroze, and Orff.

This is a "together class" with parent/caregiver participating.

Instructor: Musicologie Staff

Ages: 6 months-5 years (with caregiver)

Class Minimum: 2	Maximum: 10	8 Classes
Mondays	1/26-3/16	10:00-10:40am

Fees:	Members	\$80
	Non-Members/Residents	\$90

PRESCHOOL & YOUTH ENRICHMENT cont.

UPCYCLE ACADEMY-FUTURE FASHION STARS (Meeting Room)

Do you have a passion for fashion? Do you like being creative? How about having FUN with friends while you MAKE SOMETHING AWESOME!!

Join us this fall for our one of a kind enrichment program. Created by industry professionals, fashion educators & led by current fashion university students from Kent State University.

This winter we will create a fashion line from concept to collection. The students will work individually and as a team to create their design. We teach them step by step and lead them through the creative process. The curriculum is built on academic principles and real work industry experiences.

Concept/Theme – Color Palette - Fashion Vision Board - Trend Spotting - Styling - Silhouette/Shape/Proportion -Sustainability in Fashion - Textiles-Illustration – Design – Upcycle Techniques – Basic Sewing & more!

*All materials are provided and students keep the designs they create.

Instructor: Upcycle Academy contact:Krista@futurefashionstars.com

website: www.futurefashionstars.com

Grades: 3-8 Min: 5 Class Max: 24 5 Classes

Tuesdays 1/13-2/10 6:00-7:00pm

Registration Deadline: 7 days before class date

Fees:	Members	\$175
	Non-Member/Residents	\$185
	Non-Member/Non-Residents	\$195



UPCYCLE ACADEMY- AWESOME ACCESSORIES (Meeting Room)

Do you have a passion for fashion? Do you like being creative? How about having FUN with friends while you MAKE SOMETHING AWESOME!!

In our winter 2 session we will create one of a kind fashion accessories. Sparkle Sunnies, Personalized Pencil Pouches, Friendship Bracelets, Bedazzled Socks & Bow hair accessories.

Instructor: Upcycle Academy contact:Krista@futurefashionstars.com

Website: www.futurefashionstars.com

Grades: 3-6 Min: 5 Class Max: 24 5 Classes

Tuesdays 2/17-3/17 6:00-7:00pm

Registration Deadline: 7 days before class date

Fees:	Members	\$175
	Non-Member/Residents	\$185
	Non-Member/Non-Residents	\$195

PRESCHOOL & YOUTH ENRICHMENT cont.

YOUTH CHESS LESSONS (Meeting Room)

This class will teach students to love and excel at the game of chess.

Chess has been proven to improve a child's IQ, attention span, and reading test scores through numerous studies over the years. It encourages strategic planning and foresight, which can be applied to various aspects of life. Chess also promotes patience, resilience, and sportsmanship as players learn to accept wins and losses gracefully. This program involves teaching kids the rules, strategies, and tactics of the game through structured, interactive lessons and practice sessions. Additionally, the social interaction and camaraderie during games contribute to the overall growth and cognitive development of children. The program often includes tournaments and competitions to foster healthy competition and critical thinking skills.

Instructor: National Chess Expert, Damon Rucker, has a unique background of 22 years of chess coaching and decades of entertainment experience with the Cleveland Cavaliers. This special combination ensures that classes are both impactful, and absolutely a blast!

Age: 6-17 years Class Min: 2 Class Max: 18

Thursdays 1/8-2/12 6:00-7:00pm

Thursdays 2/19-3/26 6:00-7:00pm

MAD SCIENCE® BRIXOLOGY™ - HERE TO THERE (Meeting Room)

Hop on board for a wild ride from "here to there"! Join us for the journey through this exciting STEM series that utilizes LEGO® bricks to introduce children to engineering in a fun and engaging way! Each week combines an in-class build created by a LEGO® Certified Designer with a related take-home item that allows the exploration and learning "travel on" after the class is complete! Instructors: Mad Science® Instructors

Topics include: Vehicles/Bridges/Aerospace/Boats

Age: 5-12 years Class Min: 8 Class Max: 20 4 Classes

Wednesdays 2/4-2/25 5:45-6:45pm

Fees:	Members	\$99
	Non-Member/Residents	\$106
	Non-Member/Non-Residents	\$112

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 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.

Class Minimum:2 Maximum: 6 6 Class
 Tuesdays 2/3-3/10 6:00-7:00pm

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



YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES

For more info on these classes contact
becky.stemple@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. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

Fees:		
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. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

Fees:		
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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

Fees:		
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. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

Fees:		
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.. 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 1/31/26
Session 2	Thru 1/31	emailed 2/2	by 2/28/26
Session 3	Thru 2/28	emailed 3/2	by 3/31/26
Session 4	Thru 3/31	emailed 4/1	by 4/30/26

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

Fees:		
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	\$80/95	Sat

Boys Leagues	Res/Non-Res	Main Game Days*
Boys 6-7yrs Coach Pitch	\$85/100	Mon, Wed, Fri
Boys 7-8yrs Adv Coach Pitch	\$85/100	Mon, Wed, Fri
Boys 9-10yrs Kid Pitch	\$90/105	Mon, Wed, Fri
Boys 11-12yrs Kid Pitch	\$90/105	Mon, Wed
Boys 13-14yrs** Kid Pitch	\$90/105	Mon-Sat
Boys 15-18yrs** Kid Pitch	\$90/105	Mon-Sat

Girls Leagues	Res/Non-Res	Main Game Days*
Girls 7-9yrs Coach Pitch	\$85/100	Mon, Wed, Fri
Girls 9-10yrs** Modified Pitch	\$90/105	Mon-Sat
Girls 11-12yrs** Modified Pitch	\$90/105	Mon-Sat
Girls 13-15yrs** Modified Pitch	\$90/105	Mon-Sat
Girls 13-15yrs** Slow Pitch	\$90/105	Mon-Sat
Girls 16-18yrs** Slow Pitch	\$90/105	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

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

Ages: 3-4 years

Saturdays 4/11-5/16 9:00am or 10:00am (1-hour)

Fee:	Residents	\$120
	Non-Residents	\$130

YOUTH BASKETBALL

JUNIOR CAVS SPRING YOUTH BASKETBALL LEAGUES

These leagues are offered for Strongsville boys and girls from Grades K through 12. 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.

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	Res/Non-Res	Boys	Res/Non-Res
Grades K-1 Co-Ed	\$80R/\$95NR	Grades K-1 Co-Ed	\$80R/\$95NR
Grade 2	\$85R/\$100NR	Grade 2	\$85R/\$100NR
Grade 3-5	\$85R/\$100NR	Grade 3-4	\$85R/\$100NR
Grade 6-8	\$85R/\$100NR	Grade 5-6	\$85R/\$100NR
Grade 9-12	\$85R/\$100NR	Grade 7-8	\$85R/\$100NR
		Grade 9-10	\$85R/\$100NR
		Grade 11-12	\$85R/\$100NR

Practices: Start late March (approximately). They meet once a week for an hour anytime after 4pm.

Games: Held Saturdays, March 28-May 16 (no games April 4 or 11)

Coaches: Parents or adults interested are encouraged to fill out an application at the Ehrnfelt 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 ravel/school team and would like to withdraw let us know. You’ll receive a 100% refund.

JUMP START LITTLE HOOP STARS (Auxiliary Gym)

A fun interactive basketball program with the goal of piquing each child's curiosity, getting kids excited about playing basketball, and teaching basic fundamentals.

Ages: 3-4 years

Thursdays 2/5-3/12 5:30-6:30pm

Thursdays 2/5-3/12 6:30-7:30pm

REGISTER at www.jumpstartsports.com/camps-and-programs

Fee:	Residents	\$120
	Non-Residents	\$130

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 3/7-3/21 12:00-1:00pm

REGISTER at www.headstartbasketball.com

Fee: \$40

YOUTH TENNIS

PRESCHOOL TENNIS LESSONS (Auxiliary Gym)

Little players will explore basic tennis skills - rackets, balls, and fun games - while building coordination, focus, and early social skills in a playful, active environment. All equipment provided.

Ages: 4-6 years **Class Minimum: 5** **Maximum: 10**
 Fridays 11/7-11/21 12:30-1:00pm

Fees: Member \$40
 Non-Member/Resident \$45
 Non-Member/Non-Resident \$55

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 USP-TA Certified Instructor Jamie Matic to master their tennis game!

Rackets available for lessons, contact jamie@overthetennistennis.com.

Class Minimum: 6 **Maximum: 15**

Ages: 7-11 years

Fridays 1/9-1/30 5:00-5:45pm
 Fridays 2/6-2/27 5:00-5:45pm
 Fridays 3/6-3/27 5:00-5:45pm
 Fridays 4/17-5/18 5:00-5:45pm

Ages: 11-14 years

Fridays 1/9-1/30 4:00-4:45pm
 Fridays 2/6-2/27 4:00-4:45pm
 Fridays 3/6-3/27 4:00-4:45pm
 Fridays 4/17-5/18 4:00-4:45pm

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

BOYS WINTER TENNIS CAMP (Auxiliary Gym)

Get ready for a day of boys' tennis! This 3-hour camp will help boys build tennis skills, tackle challenges, cheer each other on- all while having a blast on the court. Every drill, game, and match is designed to make players feel proud of what they can do and excited to try more. A snack will be provided for a 15-minute snack break during the session.

Ages: 7-11 years **Class Minimum: 5** **Maximum: 14**
 Tuesday 12/23 9:00am
 -12:00pm

Fees: Member \$50
 Non-Member/Resident \$55
 Non-Member/Non-Resident \$65



GIRLS WINTER TENNIS CAMP (Auxiliary Gym)

Get ready for a day of girls' tennis! Girls will sharpen their tennis skills while learning to think confidently, support each other, and tackle challenges with courage-all in a positive, energetic setting. A snack will be provided for a 15-minutes snack break during the session.

Ages: 7-11 years **Class Minimum: 5** **Maximum: 14**
 Friday 1/2 9:00am-12:00pm

Fees: Member \$50
 Non-Member/Resident \$55
 Non-Member/Non-Resident \$65

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 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 FITNESS

YOUTH STRENGTH TRAINING CERTIFICATION

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	1/7-1/21	3:30-4:30pm
Wednesday	2/4-2/18	3:30-4:30pm
Wednesday	3/4-3/18	3:30-4:30pm
Wednesday	4/15-4/29	3:30-4:30pm

*Please note that this class is held until participant is certified and it may not take 3 weeks depending on enrollment.

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

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	1/6-2/24
Tuesdays	3/3-4/28*

<u>Grades 5-7/Intermediate</u>	6:00-7:15pm
Tuesdays	1/6-2/24
Tuesdays	3/3-4/28*

*No clinic 4/7

Fees: Member \$70
 Non-Member/Resident \$75
 Non-Member/Non-Resident \$85



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
Men's Sunday AM Double Header Upper, Middle and Lower Divisions 4/19-8/9(weather dependent) 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.	\$500	\$135	\$29/game
Men's Sunday Church 4/19-8/2 (weather dependent) 4:00-9:00pm 16 Team Limit Registration fee includes a professional stat service and balls	\$380	\$80	\$29/game
Co-Ed Friday Single Header Upper and Lower Divisions* 4/24-8/14 (weather dependent) 6:30-10:30pm 24 Team Limit Registration fee includes a professional stat service and balls *Divisions may be combined if there are not enough teams for any division	\$380	\$80	\$29/game
Men's Tuesday Double Header Upper and Lower Divisions 4/21-8/18(weather dependent) 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.	\$550	\$135	\$29/game

ADULT VOLLEYBALL

NEO ATHLETICS ADULT VOLLEYBALL LEAGUES

(Ehrnfelt Recreation Center, Auxiliary Gym)

Ages: 18 years & Older

Sundays			
Co-Ed 6's	Double Headers	\$340	11:00am-10:00pm
Mondays			
Co-Ed 6's	Double Headers	\$340	6:00-10:00pm
Wednesdays			
Women's 6's	Double Headers	\$340	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** or **Steve Cosgrove**:

Bvman15@gmail.com, 216-401-6362

steve.neoathletics@gmail.com , 216-926-6779

ADULT BASKETBALL LEAGUES

MEN'S 18 YRS+ 4-on-4

Tuesdays 1/6-4/14 (tentative) 6:30-10:30pm
Jersey must be worn and strictly enforced. Numbers must be on front and back.
Registration: 12/1-12/23. First pay, first serve.
Team Limit: 12
Referee Fees: \$45 CASH per team, per game
Forfeit Fee (cash): \$90 (refundable at end of season)
Fee: \$250 (must provide own jerseys)
Jersey Fee: \$100 (City will purchase jerseys for team)

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. **Dates and times subject to change.**

Ages: 50 & older

Mondays/Tuesdays/Thursdays thru 4/27 6:00am-12:00pm

Ages: 18 & older

Mondays/Tuesdays/Thursdays thru 4/27 12:00-2:00pm
Fridays thru 4/27 6:00-9:00pm

Fees:

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



BEGINNER PICKLEBALL OPEN PLAY(Rec Center Auxiliary Gym)

This open play is for those just learning to play pickleball.

2nd & 4th Wednesday of the Month thru 4/27

Open Play: 6:00am-12:00pm

Instruction: 9:00-11:00am

Dates subject to change.

Fees:

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

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Debbie Branic

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

Thurs, November 27	CLOSED	Thanksgiving	Thurs, December 25	CLOSED	Christmas
Fri, November 28	CLOSED	Day After Thanksgiving	Fri, December 26	CLOSED	Day After Christmas
Wed, December 24	Closing at 1pm	Christmas Eve	Thurs, January 1	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 2026

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 11/27, 11/28, 12/25, 12/26, 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: Mary Lee Kirby

Mondays, Wednesdays, Fridays* 9:15-10:00am

*No class 11/28, 12/26

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

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 11/28, 12/26

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* 9:15-10:00am

*No class 11/27, 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

FLEX, MOVEMENT & BALANCE

Join Doug 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: Doug Stampler**

Ages: 50 & older

Tuesdays & Thursdays 12:30-1:15pm

*No class 11/27, 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

PILATES FOR SENIORS

This Pilates class is designed to flow through a series of movements that will help improve core strength, flexibility, balance, and overall mobility. Modifications to your specific fitness level. In this class you will utilize the chair for seated and standing exercises, and a mat for floor exercises.

Instructor: Kellie Walter

Ages: 50 & older

2nd & 4th Wednesday of the month 10:30-11:30am

Drop In Fees:	
Members	\$5
Residents/Non-Members	\$6
Non-Residents/Non-Members	\$7

FITNESS, FUN FRIENDSHIP cont.

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

Fees:	Monthly	Drop-In
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 the first and third Wednesdays of the month.

Ages: 50 & Older **Instructor: Magda Albert**
Wednesdays
11/5, 11/12, 12/3, 12/17, 1/7, 1/21, 2/4, 2/18, 3/4, 3/18, 4/1, 4/15
10:30-11:30am

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

CHAIR YOGA

Chair yoga is a modified form of yoga that is practiced while seated in a chair. It is designed to make yoga accessible to people who have difficulty standing, balancing, or having a knee, shoulder, or hip replacement, or those with general mobility limitations. Benefits include improved flexibility and range of motion, strengthen muscles and improved balance. Yoga reduces stress and anxiety and promotes relaxation and well-being. No experience necessary. Wear loose, comfortable clothing. **Instructor: Magda Albert**

Ages: 50 & older
Thursdays (no class 11/27, 12/25, 1/1) 1:30-2:30pm

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$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 11/27, 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

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 1/29-3/19* 9:30-10:30am
Beginners: Thursdays 4/2-5/21* 9:30-10:30am
Intermediate: Thursdays 1/29-3/19* 10:30-11:30am
Intermediate: Thursdays 4/2-5/21* 10:30-11:30am
*No class 2/12, 4/7

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

BEGINNER LINE DANCING

Our Line Dance Instructor, Ronna will introduce beginners to the fun of Line Dancing. Join her as she goes over the basics, getting you ready to shuffle and slide into our regular Tuesday morning class.

Ages: 50 & older **Instructor: Ronna Murray**
Tuesdays beginning 1/13 10:00-10:30am

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

LINE DANCING

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

Ages: 50 & older **Instructor: Ronna Murray**
Tuesdays* 10:30-11:30am
*No class 12/23, 12/30, 1/6

Fees:	Monthly	Drop-In
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
*No bowling 2/17

Fees:	Monthly	Drop-In
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 11/28, 12/26, 4/13

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

**Additional Fees: 25 cents per card

FITNESS, FUN FRIENDSHIP cont.

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 11/24, 12/22, 1/26, 2/23, 3/23, 4/27 10:00am

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

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 11/27, 11/28, 12/25, 12/26, 1/1, 2/17

Drop-In Fees:	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. **Dates and times subject to change.**

Ages: 50 & older

Mondays/Tuesdays/Thursdays thru 4/27 6:00am-12:00pm

Ages: 18 & older

Mondays/Tuesdays/Thursdays thru 4/27 12:00-2:00pm
Fridays thru 4/27 6:00-9:00pm

Fees:

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

BEGINNER PICKLEBALL OPEN PLAY(Rec Center Auxiliary Gym)

This open play is for those just learning to play pickleball.

2nd & 4th Wednesday of the Month thru 4/27

Open Play: 6:00am-12:00pm

Instruction: 9:00-11:00am

Dates subject to change.

Fees:

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



FITNESS, FUN FRIENDSHIP cont.

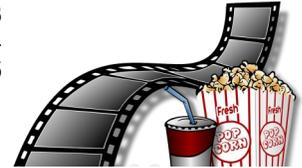
MONDAY MOVIE MATINEE

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. Due to renovations, no movies January or February. Registration is required.

Ages: 50 & older

Fees:

Members	\$3
Residents/Non-Members	\$4
Non-Residents/Non-Members	\$5



WOODSHOP CLASSES

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 3/2-3/9 9:30am-2:00pm*

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

Fees:

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



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.

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 11/27, 11/28, 12/25, 12/26, 1/1

Fees:

	Monthly	Drop-In
Members	Varies Monthly	\$4
Residents/Non-Members		\$5
Non-Residents/Non-Members		\$6

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 2/17

Participants pay for own tools and materials

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

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 classes in January, 2/17

Fees:	Monthly
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 on 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**
Wednesday 4/29 12:30-4:30pm

Fees:	
Members	\$60
Residents/Non-Members	\$62
Non-Residents/Non-Members	\$66



WATERCOLOR

All levels are welcome, including beginners. Learn all techniques including watercolor with mixed media. 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 11/27, 11/28, or in December

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$12
Residents/Non-Members	N/A	\$13
Non-Residents/Non-Members	N/A	\$14

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

*No class 11/27, 12/25

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 for upcoming classes.

ART & CRAFT CLASSES cont.

BEGINNERS DRAWING CLASS

Mary will be teaching these 6 week beginners drawing classes. 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**
Wednesdays 3/11-4/15 1:00-3:30pm

Fees:	
Members	\$90
Non-Members/Residents	\$92
Non-Members/Non-Residents	\$96

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 11/10, 12/8, 1/12, 2/9, 3/9, 4/13)
1:00-3:00pm

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 12/24, 12/31) 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* 1:00-3:30pm

*No gathering 11/27, 12/25, 1/1

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

PROGRAMS

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**
Friday 3/6 9:30am-1:30pm

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

PROGRAMS

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.

Ages: 50 & older	1:30pm	FREE
Wednesday	Holiday Health Tips: Managing Stress, Sugar & Schedules	12/3
Wednesday	Winter Wellness	1/7
Wednesday	Understanding Cholesterol & Blood Pressure	2/4
Wednesday	Spring Cleaning Your Medicine Cabinet	3/4
Wednesday	Arthritis Awareness & Joint Health	4/1

2025 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
December	No Discussion	
January	<u>Broken Country</u> by Claire Leslie Hall	1/26
February	<u>The Correspondent</u> by Virginia Evans	2/23
March	<u>My Friends</u> by Frederick Backman	3/23
April	<u>The Lion Women of Tehran</u> by Marjan Kamali	4/27

ONE ON ONE COMPUTER INSTRUCTION (Senior Computer Lab)

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

Ages: 50 & older

Fees for 1-Hour Session (minimum of 1 hour):

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

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!

Ages: 50 & older

Wednesdays	2/18, 3/18, 4/15	1:00pm	FREE
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INSTITUTE FOR LEARNING PROGRAMS

The following programs are offered through the Institute for Learning (ILR) by Baldwin Wallace University, which offers senior adults presentations in a variety of subject areas, as well as social, cultural and travel experiences. Registration is required for each program. Please refer to the Silver Pen Newsletter for January-April program. Held at the Senior Center

Fees:	Members	Free
	Non-Members/Residents	\$3/class
	Non-Members/Non-Residents	\$5/class

Civil War Nurses by Renee Atkinson

At the outbreak of the Civil War, nursing was a male profession, with many nurses being fellow soldiers. Women were considered too delicate for the occupation. However, the war changed public opinion as demand outweighed the supply of nurses. Women, rising to the need, proved they were not only capable, but often superior caregivers. Explore the requirements and dangers faced by female nurses on the battlefield and in hospitals. Discover the stories about outstanding nurses who went above and beyond the call of duty, including the only woman given permission by Generals Grant and Sherman to serve on the front lines. These brave and dedicated women opened the door for the skilled occupation of nursing we know today.

Ages: 50 & older

Tuesday	11/18	10:00am
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History of Cleveland Media (Newspapers, Radio, TV and Movies) by Doug Imhoff

This presentation will be the history of newspapers, radio, television and movies in Cleveland. It will include discussion of radio personalities such as Gary Dee, Larry Morrow, John Lanigan and others. Television personalities discussed will include Captain Penny, Ghouliardi, Dorothy Fuldeim, Barnaby and more. We will talk about TV and radio broadcast personalities such as Doug Adair, Fred Griffith, Wilma Smith, Ramona Robinson and various sports announcers such as Jim Donovan, Herb Score, Tom Hamilton, Nev Chandler, Joe Tait, etc. We will also discuss movies that have been filmed in Cleveland!

Ages: 50 & older

Tuesday	12/16	10:00am
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SILVER MUSTANG HOLIDAY EVENT

It's the most wonderful time of the year and we want to spend it with our Silver Mustangs! 'Tis the season for desserts, so join us for a special sweet treat with coffee, tea, door prizes and live holiday music by the Dueling Piano Dames. All tickets are free to Senior Center Silver Mustang Members but registration is required. Tickets will be available at the Senior Center from November 5th to December 3rd.

Ages: 50 & older

Monday	12/8	1:00-2:30pm
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Free to Silver Mustang Members

BBB: ONLINE SHOPPING SAFETY

Are you looking for tips and best practices for making online purchase decisions? Online shopping can be a convenient and quick way to handle all of your shopping needs. It's important that you know what to look for before making your purchase. Let Katie Hills of the Better Business Bureau of Cleveland guide you on what to look for when buying online, how to shop for the perfect gift online, and how to be a smart online shopper.

Instructor: Katie Hills, Better Business Bureau of Cleveland

Ages: 50 & older

Wednesday	1/14	1:00pm	FREE
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PROGRAMS cont.

YELLOWSTONE: HOOVES, PAWS & CLAWS

Join Nature Pam as she explores the amazing animals of Yellowstone! Yellowstone has the highest concentration of mammals in the lower 48 and is one of the few places south of Canada that black bears and grizzly bears coexist. This program takes a closer look at the amazing animals that make Yellowstone their home. Registration required.

Instructor: Pam Sikora

Wednesday 1/21 10:00-11:00am

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

FIGHT OFF THE WINTER BLUES

Have you ever noticed that as the days get shorter and the weather gets colder, your mood takes a bit of a nosedive? You're not alone. Many people feel a little "blah" (or worse) during the colder months, especially in harsher northern climates. It's that time of year when getting out of bed feels a bit harder, and the couch becomes your best friend. But the good news is, there are ways to fight those winter blues and keep a positive mindset all year long. Registration required. Lunch included and sponsored by Generations Senior Living.

Instructor: Danielle Shaffstall & Maureen Rizzo

Ages: 50 & older

Wednesday 1/28 12:00pm

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

ELDER LAW: PITFALLS, MISTAKES, MISCONCEPTIONS & DOCUMENT RETENTION

Do you want to get your affairs in order but don't know where to start? Sam Butcher of Butcher Elder Law will go over the common pitfalls, mistakes, and misconceptions when estate planning. Sam will also cover what documents are important to have and how long to retain documents. **Registration required.**

Instructor: Sam Butcher of Butcher Elder Law

Ages: 50 & older

Friday 2/6 10:00am FREE

PRE-PLANNING AND PRE-PAYING OPTIONS FOR FUNERALS

You might be shocked to learn what an average funeral cost. Paying for an unexpected funeral can be overwhelming. But there's a way to take care of yourself and your family and save money on your funeral in the long run—pre-planning. Walt Fuge will take you through a general overview of pre-planning and pre-paying options for burial and funerals. Pizza will be provided. **Registration required.**

Instructor: Walt Fuge of FDLIC, Funeral Directors Life Insurance Co.

Ages: 50 & older

Friday 2/6 11:30am FREE

ENERGY CHOICE OPTIONS WITH THE PUBLIC UTILITY COMMISSION OF OHIO

As the state agency that regulates public utility services, including electric, natural gas, telephone, water, motor carrier and railroad transportation, the Public Utilities Commission of Ohio (PUCO) can provide Ohioans with helpful information on a variety of utility issues. This presentation will focus on energy choice options and will provide helpful information about choosing a natural gas provider. Registration required.

Instructor: Jill Kocher

Ages: 50 & older

Wednesday 2/25 1:00pm FREE

VIRTUAL DEMENTIA TOUR

The Virtual Dementia Tour® (VDT) is the original patented, evidence-based scientific method of building a greater understanding of dementia by building awareness and empathy in individuals caring for people living with dementia. Participants experience what it's like to live with dementia and are left with greater empathy, understanding, and tools to better support those in their care. **Tours will be filled in 30-minute time slots. The Virtual Dementia Tour is NOT a screening and is NOT suitable for anyone currently diagnosed with any type of cognitive impairment. Registration required.**

Instructor: Kathryn Foxx of Arden Courts

Ages: 50 & older

Wednesday 3/11 9:30-11:30am FREE
 Wednesday 3/11 12:00-3:00pm FREE

OUTBACK RAY ANIMAL SHOW

Outback Ray brings joy and a sense of wonder to seniors with his interactive animal programs. These shows provide participants with a rare and unique opportunity to experience the beauty of exotic animals up close while learning fun facts about them. The warm, engaging nature of Ray's presentations creates a unique and uplifting experience that sparks conversation, laughter, and cherished memories. It's more than just a show—it's a chance to connect with animals in a personal and meaningful way. **Registration required.**

Instructor: Ray Anderson

Ages: 50 & older

Wednesday 3/18 10:00am

Fees TBA

THE JOYFUL HOME: ORGANIZING FOR CALM, CLARITY AND COMFORT

Bridget Balbier specializes in helping people create calm, joyful spaces through the KonMari Method™, an approach to decluttering and organizing that focuses on keeping only what truly sparks joy. *"The Joyful Home: Organizing for Calm, Clarity, and Comfort"* is designed to show how the organizing process can support wellness, reduce stress, and make everyday life more manageable when downsizing or simply wanting a more peaceful home. Registration required.

Instructor: Bridget Balbier

Ages: 50 & older

Tuesday 3/24 10:00am

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

COOK WITH CHEF FRED

Chef Fred, of Generations Senior Living, brings the heart of the kitchen to the Senior Center with his engaging cooking demonstration. The session is more than just a culinary lesson; it's a celebration of food, family, and cherished traditions. Join us in experiencing the joy and warmth that Chef Fred brings to the table, creating memories and delicious meals that everyone can savor. You'll not also get to cook with Chef Fred, you'll get to enjoy your own culinary creation as well. Registration required.

Instructor: Chef Fred of Generations Senior Living

Ages: 50 & older

Wednesday 3/25 12:00pm

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

PROGRAMS cont.

WEBINAR SERIES AT THE SENIOR CENTER

Enjoy a range of talks from bestselling authors and thought leaders through these insightful webinars made possible by the Cuyahoga County Public Library. Each webinar is a pre-recorded showing of an online seminar and lasts approximately one hour. **Showings are pre-recorded and held at the Senior Center. Registration required for each webinar showing.**

Webinar: Your All Access Pass Behind the Scenes at the Space Station with Dr. Jennifer Levasseur

Revealing a new perspective into the world of space exploration and the daring astronauts who make it possible, Dr. Levasseur will guide you through the Smithsonian's *Behind the Scenes at the Space Station* and take you on a once-in-a-lifetime virtual tour of the International Space Station. You will learn what the astronauts do once they make it to the space station, from experiments to repairs and so much more! Have you ever wondered if plants could grow in outer space? Or how the space station doesn't break down in outer space? Or how astronauts go to the toilet in microgravity? *Behind the Scenes at the Space Station* is a treasure trove of information you don't want to miss.

Ages: 50 & older
 Tuesday 11/25 10:00am **FREE**

Webinar: For the Love of Mars—A Human History of the Red Planet with Smithsonian Curator, Matt Shindell

Mars and its secrets have fascinated and mystified humans since ancient times. Due to its vivid color and visibility, geologic kinship with Earth, and potential as our best hope for settlement, Mars embodies everything that inspires us about space and exploration. *For the Love of Mars* surveys the red planet's place in the human imagination, beginning with ancient astrologers and skywatchers and ending in our present moment of exploration and virtual engagement. You're invited to come learn alongside Matt Shindell, National Air and Space Museum curator, as he introduces viewers to historical figures across eras and around the world who have made sense of this mysterious planet. By focusing on the diverse human stories behind the telescopes and behind the robots we know and love, Shindell will show how Mars exploration has evolved in ways that have also expanded knowledge about other facets of the universe.



Ages: 50 & older
 Thursday 12/4 1:00pm **FREE**

Webinar: How we Create Pandemics - From Our Bodies to Our Beliefs with Smithsonian Curator Sabrina Sholts

Join us for this enlightening pre-recorded presentation with Smithsonian curator Sabrina Sholts as she talks about how the very fact of being human increases our pandemic risks—and gives us the power to save ourselves. Weaving together a wealth of personal experiences, scientific findings, and historical stories, Sholts brings dramatic and much-needed clarity to one of the most profound challenges we face as a species. Though the COVID-19 pandemic looms large in Sholts's account, it is, in fact, just one of the many infectious disease events explored in *The Human Disease*. With its expansive, evolutionary perspective, the book explains how humanity will continue to face new pandemics because *humans cause them*, by the ways that we are and the things that we do. By recognizing our risks, Sholts suggests, we can take actions to reduce them. When the next pandemic happens, and how bad it becomes, are largely within our highly capable human hands—and will be determined by what we do with our extraordinary human brains. **Registration required.**

Ages: 50 & older
 Monday 1/26 10:00am **FREE**

Webinar: Extinctopedia—A Discovery of What We Have Lost, What is at Risk, and What To Do About It with Smithsonian Scientists

Extinctopedia tells a complex story, not just of those who are extinct but also of those in greatest peril, with explanations of what threatens their survival. It is also a story of hope—hopes for animals that have been rediscovered, hope in the form of newly-discovered animals, and hope that we might hear the warning call and act to preserve the amazing biodiversity of our fragile planet for future generations to come.

You're invited to grab your family and friends and join us as Smithsonian scientists highlight information found in the Smithsonian's book, *Extinctopedia: Discover what we have lost, what is at risk, and how we can preserve the diversity of our fragile planet*. In this talk, you will discover: animals that are no longer with us, endangered animals at risk of extinction, organizations that aim to protect animal life, and strategies for preserving biodiversity. **Registration required.**

Ages: 50 & older
 Monday 2/23 10:00am **FREE**

Webinar: The Foods, People, and Innovations that Feed Us—A Sweeping History of Food and Culture with Smithsonian Curator, Paula J. Johnson

Johnson will engage viewers in discovering the connections between food and American history:

- How immigration and migration has shaped (and continues to shape) American tables.
- How food companies have influenced home cooks through advertising, from Jell-O salads to Crock-pots.
- How individuals from Brownie Wise to James Beard and Julia Child inspired generations of cooks and eaters across the United States.
- Show viewers how uniting in the kitchen can change the shape of our collective futures, specifically highlighting growers and chefs who are reclaiming and reinventing regional and cultural traditions, including Indigenous ingredients and cooking techniques.

After this enlightening, enriching, and entertaining webinar, you can cook your way through the recipes at home that are featured in the volume that reflect American history and culture. **Registration required.**

Ages: 50 & older
 Monday 3/30 10:00am **FREE**

Webinar: The Stories, Science and History of Trees with Smithsonian Garden Greenhouse Horticulturalist, Matthew Fleming

Join us as Smithsonian Horticulturalist Matthew Fleming, guides us through the secret world of trees as is revealed in the beautiful and absorbing guide to the giants of the plant world—*The Tree Book: The Stories, Science, and History of Trees*. Trees occur naturally throughout the world and have been a part of human history for almost as long as humans have existed. Used for shelter, tools, fuel, and food, they also help supply the atmosphere with oxygen and form astonishingly diverse ecosystems, as well as some of the world's most beautiful landscapes. Now the intricate world of leafy woodlands and abundant rainforests is revealed in this extensive visual guide to trees, exploring their key scientific traits and their ecological importance, as well as their enduring significance in human history and culture. From ancient oaks and great redwoods to lush banyans and imposing kapoks, *The Tree Book* reveals the anatomy, behaviors, and beauty of these incredible plants and habitats in detail. **Registration required.**

Ages: 50 & older
 Monday 4/27 10:00am **FREE**

PROGRAMS cont.

CONTINUUM OF CARE PANEL

The continuum of care refers to an organized approach to providing the most appropriate healthcare treatment and assistance options at the right time. Seniors face challenges in accessing the continuum of care. The panel will address issues finding the proper care including: financial obstacles, how to access information, how to access to proper treatment or services, and fear or anxiety about the outcome. The panel will include representatives from various facilities, including: Generations Senior Living, Southwest General Hospital, home care, hospice, a memory care community, and an elder care attorney. Lunch will be included and is sponsored by Generations Senior Living. **Registration required.**

Ages: 50 & older

Wednesday 4/22 12:00pm

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

LINE DANCE JAMBOREE

Our 25th 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 boogie your favorite steps, and learn some new ones too!

Ages: 50 & older

Tuesday 4/28 9:30am-3:00pm

Fees:	Members	\$25
	Non-Members/Residents	\$27
	Non-Members/Non-Residents	\$30

CELEBRATION HANDBELL CHOIR CONCERT

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

Ages: All

Thursday 12/11 7:00pm **FREE**
 Thursday 5/7 7:00pm **FREE**

Daddy-Daughter DANCE
SATURDAY, MARCH 21
6:30 - 8:30PM

Gentlemen (Dads, Grandpas, Caregivers, etc.), the Strongsville Rec. Center invites you to accompany the most lovely little girl in your life to an evening you'll remember forever. Dancing to music, eating pizza, a professional photo, and a carnation for your date, will fill your evening with unforgettable fun.

Ticket Fees:
Member \$12/per person
Residents \$15/per person
Non-Member/Non-Residents \$20/per person

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

Strongsville Rec. Center - 18100 Royalton Road - 440-580-3260

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 12/9, 1/13, 2/10, 3/10, 4/14 10:00am **FREE**

ATTORNEY

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

Tuesdays 12/2, 1/6, 2/3, 3/3, 4/7 9:20-11:30am Erica Skerl
 Friday 11/21, 12/19, 1/23, 2/27, 3/27, 4/24 10:00-11:20am Sam Butcher

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. **FREE**

Tuesdays 11/4, 11/11, 11/18, 1/13, 2/10, 3/10, 4/14 9:15am-1:00pm

Wednesdays 11/5, 11/12, 11/19, 1/28, 2/25, 3/25, 4/22 12:00-4:00pm

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 11/14, 12/12, 1/9, 2/13, 3/13, 4/10 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 1/7, 2/4, 3/4, 4/1 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

Tuesdays 1/27, 2/24, 3/24, 4/28 1:00-2:30pm **FREE**

MUSTANGS ON THE GO! cont.

TOMMY DORSEY ORCHESTRA

In Big Band history, the Tommy Dorsey Orchestra is recognized as one of the best all-around dance bands. It could swing with the best of them, and no other band could come close to Tommy's when it came to playing ballads. Tommy Dorsey, "The Sentimental Gentleman of Swing", was a master at creating warm, sentimental, and always musical moods – at superb dancing and listening tempos. Tommy sustained these moods through the arrangements of the likes of Paul Weston, Axel Stordahl and Sy Oliver, and he showcased singers who could project them brilliantly. The music world lost Tommy at an early age, but his legacy of great music has transcended time. The Tommy Dorsey Orchestra still represents explosive and swinging Big Band entertainment at its very best.

Ages: 50 & older

Thursday	11/20	7:45am-6pm	
			Fees Registration Now
Members			\$112
Non-Members/Residents			\$114
Non-Members/Non-Residents			\$118

HOLIDAY LIGHTS OF GREATER CLEVELAND TOUR

Join JKL Tours as we spend the evening seeing holiday lights throughout Greater Cleveland. We'll first travel to Chagrin Falls, touring this quaint spot. You'll walk about town, and maybe visit a sight or two to pick up a snack (at your expense.) Then we're off to the historic Nela Park, dating back to the early 1920's. Again you'll be welcome to wander about to get pictures. Our bus will head to Severance Hall and Wade Oval, viewing the lights from the bus, then onto Playhouse Square. Again, wandering about will be offered at Public Square. Plan to join us for this festive night. Registration required.

Ages: 50 & older

Wednesday	12/10	4:00-9:00pm	
			Fees Registration Now
Members			\$45
Non-Members/Residents			\$47
Non-Members/Non-Residents			\$51

OGLEBAY and the WHEELING ISLAND CASINO TRIP

Take a break from the hustle and bustle of the holidays and get away to Wheeling West Virginia for a day of gambling and an evening of beautiful Christmas lights. We will head to Wheeling and start our day at the Wheeling Island Casino where you will receive a bonus of \$25 to be used for gambling or food. We will be at the casino from about 12-4:45pm. After we will load back on the bus to head over to Oglebay Resort's Speidel Christmas shop to browse and shop. After shopping we will load back on the bus and meet our guide to begin our driving tour of the Festival of Lights. Beginning in 1985, the Festival of Lights has grown into one of the nation's largest holiday light shows, attracting more than one million visitors each year. Identified as one of the top light displays in the United States by countless travel companies and national publications, the Festival of Lights features three hundred acres of twinkling lights over a six-mile drive. The dazzling display includes over 100 lighted attractions boasting more than one million energy-efficient LED lights. This is Great Day Tours trip.

Valid Photo ID required for all travelers for me admitted and to get a player's card at the casino.

Ages: 50 & older

Monday	12/15	8:15am-10:15pm	
			Fees Registration Now
Members			\$84
Non-Members/Residents			\$86
Non-Members/Non-Residents			\$90

GREAT LAKES THEATER MATINEE--"THE HEART OF ROBIN HOOD"

Prepare for an exhilarating adventure at Playhouse Square as this gallant reimagining of the legendary tale takes you deep into Sherwood Forest, where the infamous Robin Hood and his band of outlaws navigate the fine line between rebellion and responsibility. With Prince John's sinister grip tightening and tensions rising, the courageous Marion steps forward to inspire unity, challenge Robin's choices and encourage the fight for a better future. Brimming with daring feats, electrifying action and a hint of romance, this compelling saga will awaken the hero in all of us! Registration required.

Ages: 50 & older

Wednesday	2/11	Approximately 9:00am-2:00pm	
			Fees Registration Begins
Members			\$35 12/11
Non-Members/Residents			\$37 12/18
Non-Members/Non-Residents			\$41 12/23

CLEVELAND ORCHESTRA MATINEE – "FRENZIED TANGO"

Pioneering composer John Adams conducts a marquee lineup of Cleveland Orchestra premieres, including his Frenzy, an audacious work that reflects our dizzying modernity, and his own arrangements of Astor Piazzolla's irresistible Argentine tangos. The matinee at Severance Hall includes a concert preview beginning one hour before the concert start time. Free donuts and coffee are available while supplies last. Registration required.

Ages: 50 & older

Friday	2/20	Approximately 9:00am-2:00pm	
			Fees Registration Begins
Members			\$50 12/19
Non-Members/Residents			\$52 1/2
Non-Members/Non-Residents			\$56 1/9

WESTSIDE MARKET TOUR & EXCURSION

West Side Market is Cleveland's largest and oldest continuously operating public market. The Market has served fresh produce, meats, bakery, dairy, prepared foods and more to Cleveland residents and visitors since 1912!

We will first be taking a tour to explore the **history of the West Side Market** and discuss the upcoming **Master Plan renovations**. These updates include improvements to: The East and North Produce Arcades, Market Alleyway, & the Women's and Men's Locker Rooms. After the tour, we will have ample time to explore the market and purchase lunch at your own expense. Registration required.

Ages: 50 & older

Wednesday	4/29	Approximately 9:00am-1:00pm	
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Fees and Registrations Dates TBA

LAKEVIEW CEMETERY TOUR

Long before University Circle became a destination with many of the cultural institutions that now grace Wade Oval, there was Lake View Cemetery. Founded in 1869 by pioneering leaders of Cleveland, Lake View is one of the largest and most beautiful garden cemeteries in the United States.

Modeled after the Victorian and Edwardian garden cemeteries of France and England, Lake View is filled with dramatic natural landscapes, curved roadways, artful plantings, and carefully designed monuments. Once at the cemetery, one of Lake View's dynamic tour guides will board the bus and lead the tour highlighting Lake View's historic landscapes, landmarks, and legacies! Guests will also have the opportunity to stop at the James A. Garfield and Wade Memorial Chapel and explore on foot if desired. Before leaving for the tour, the Senior Center will provide a sit-down breakfast including eggs, bacon/sausage, hash browns, French toast, cinnamon streusel cake, and fruit. Coffee, hot tea, and orange juice will also be provided.

Ages: 50 & older

Monday	5/4	Approximately 8:30am-1:00pm	
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Fees and Registrations Dates TBA

RECREATION PARKS AND AMENITIES

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

Pavilions in city parks are available for rental: \$80 for residents and \$160 for non-residents (excluding Town Center Park). For Town Center info see page 7.



1. Rec Park #1 - 18300 Zverina Lane

Town Center: This park will feature two pavilions, one attached to the new Town Center Place indoor venue and one Octagon pavilion in the heart of the park. Both will be surrounded by state-of-the-art ADA compliant playgrounds, interactive fountains, 4 tennis courts, 8 pickleball courts, two sand volleyball courts, bathrooms, grills, electricity and more.



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

Castletown Pavilion



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. Surrarer 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.



PARK GUIDELINES

- *Permits are required to use any of the fields. Field use is prohibited without a permit.
- *Contracts are required for use of Pavilions. Pavilion use is prohibited without a permit.
- *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.



pepsi

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STRONGSVILLE RECREATION
DEPARTMENT**



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

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