

# Strongsville

**Parks  
Recreation**  

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**Senior  
Services**



## Registration Dates

MEMBERS: March 12

RESIDENTS: March 19

OPEN / ONLINE: March 21

# MAY-AUGUST 2024 Program Guide

# 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

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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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## RECREATION & SENIOR CENTER STAFF

**Bryan Bogre** - Director of Parks, Recreation & Senior Services  
 bryan.bogre@strongsville.org

### Recreation

**Chris Arold** - Parks & Outdoor Facilities Superintendent  
 chris.arold@strongsville.org

**Sarah Arold, CPRP** - Facility Manager  
 sarah.arold@strongsville.org

**Jennifer Black** - Rental Coordinator & Director's Assistant  
 jennifer.black@strongsville.org

**Mark Hartze** - Maintenance Foreman  
 mark.hartze@strongsville.org

**Jim Kolesar** - Sports Supervisor  
 james.kolesar@strongsville.org

**Denise Lengal** - Fitness Supervisor  
 denise.lengal@strongsville.org

**Kristen Nykiel** - Recreation Supervisor  
 kristen.nykiel@strongsville.org

**Rebecca Stemple** - Assistant Aquatic Supervisor  
 becky.stemple@strongsville.org

**Patti Welker** - Aquatic Supervisor  
 patti.welker@strongsville.org

### Senior Center

**Melissa Baldwin** - Food Services Manager  
 melissa.baldwin@strongsville.org

**Deborah Branic** - Senior Program Coordinator  
 deborah.branic@strongsville.org

**Sheena Wright** - Senior Services Coordinator  
 sheena.wright@strongsville.org

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

Sat, March 30	Day before Easter	Rec Closing early at 5pm
Sun, March 31	Easter	Rec Center CLOSED
Mon, May 27	Memorial Day	CLOSED
Thurs, July 4	Independence Day	Rec & Senior Center CLOSED
Mon-Mon, Aug 19-Sept 2	Pool Cleaning	Aquatic Center CLOSED
Mon-Sat, Aug 19-Sept 8	Floor Refinishing	Basketball Courts CLOSED
Mon-Wed, Aug 26-28	Annual Cleaning	Rec & Senior Center CLOSED
Mon, September 2	Labor Day	Rec & Senior Center CLOSED

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

### WEATHER CLOSING & CLASS CANCELLATIONS

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



## AMENITIES

### AQUATIC CENTER

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

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

Cutting edge cardio equipment with TVs and web integrated consoles including Technogym treadmills, ellipticals, steppers, upright & recumbent bikes; LifeFitness stepmills; Cybex arc trainers; and StarTrac treadclimbers and Jacob's ladder.

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

### INDOOR TRACK (*Must be 15 years or older*)

- Length - 1/12 mile
- Width - 4 lanes (2 walking, 2 running)

### STRENGTH ROOM (*Must be 15 years or older*)

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

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

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

### AUXILIARY GYMNASIUM

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

### MAIN GYMNASIUM

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

### LOCKER ROOMS

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

### GAME AREA

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

### EVENT CENTER & VARIOUS MEETING ROOMS

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

## RECREATION CENTER GUIDELINES

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

## CHILDREN UNDER 12 YEARS OF AGE

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

## REGISTRATION

Pre-registration is required for programs.

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

## REFUND POLICY

1. If the program is cancelled by Department, a refund for the FULL amount that was paid will be applied to your Recreation/Senior Customer Account, or you may request a check refund which will be mailed in approximately three weeks.
2. If an individual wants to cancel enrollment in a program, it must be requested at least 5 days prior to the first session of the program.
  - a. **Recreation Department Customer Account:** If the customer wants to have the refund posted to his/her Recreation Account, a credit for the full amount that was paid will be issued.
  - b. **Check Issued:** If the customer paid by cash, check, or credit card and would like a check issued from the City, a 20% or \$5 administrative fee (whichever is greater), will be deducted from the amount that was originally paid. A check will be issued in approximately 3 weeks.
3. **Refunds will not be given if requested less than 5 days prior to the first session of the program.** Individuals assume the risk of changes in health or personal schedules.

## PROGRAM CANCELLATION POLICY

If the program does not have a sufficient number of participants registered by 3 working days prior to the first session, the program may be cancelled by the Department. **Some programs may have their own cancellation policy - please see program description.**



## MEMBERSHIP

### MEMBERSHIP CLASSIFICATIONS

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

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

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

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

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

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

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

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

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

### MEMBERSHIP FEES

#### 4 MEMBERSHIP OPTIONS

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

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

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

### MEMBERSHIP FEES cont.

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

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$22.09/month	\$35.42/month
Couple	\$30.42/month	\$48.34/month
Youth Individual (Ages 4-18)	\$13.75/month	\$24.17/month
Full-time College Student	\$13.75/month	\$24.17/month
Family	\$36.25/month	\$60.42/month
Individual Senior (Age 60+)	\$11.25/month	\$22.09/month
Senior Couple	\$20.00/month	\$38.75/month
Military/Veteran Individual	\$11.67/month	\$20.42/month
Military Couple	\$20.00/month	\$33.34/month
Military Youth (Ages 4-18)	\$7.25/month	\$13.50/month
Military Family	\$24.17/month	\$42.50/month

#### Credit Card Payment Plan Information

- The annual membership is broken down into twelve installments plus a \$3 per month processing fee. (Processing fee is NOT included in the above monthly prices.)
- The first payment is due upon the date of purchase and pro-rated from the date of purchase to the end of the current month.
- The remaining eleven payments are charged to your MasterCard, Visa or Discover, as indicated by you, on the 20<sup>th</sup> of each month, or the next business day if the 20<sup>th</sup> falls on a weekend or holiday, until the expiration date of the annual contract.
- In the event that a patron defaults on their monthly payment, the membership will be immediately suspended. Patrons will have 10 business days to pay the 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

**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	MEMBER	NON-MEMBER
Whole Event Center	\$125/hr	\$150/hr
Half Event Center	\$75/hr	\$100/hr
Event Center (12 hr. block) - Whole	\$1,100	\$1,400
Event Center (12 hr. block) - Half	\$600	\$900
Conference Room	\$45/hr	\$65/hr
Meeting Room	\$45/hr	\$65/hr
Senior Art Studio	\$45/hr	\$65/hr
Senior Meeting Room	\$45/hr	\$65/hr

\*A deposit is due with a signed contract

## OLD TOWN HALL



OLD TOWN HALL	MEMBER	NON-MEMBER
Old Town Hall	\$55/hr	\$75/hr
Old Town Hall Kitchen (Flat Rate)	\$50	\$70

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

## CELEBRATE! at the REC CENTER!

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

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

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

Room price listed above plus:  
\$3/person age 7 & older  
\$2/person age 4-6 years  
Free age 3 years & under

### All Inclusive Party Packages (Call for Pricing)

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

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



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

*Schedule your  
Event Now!*

**440-580-3270**



*The Event Center*

*Weddings*

*Fundraisers*

*Craft Shows*

*Seminars*

*Showers*

# AQUATICS

Aquatic Supervisor, Patti Welker  
Assistant Aquatic Supervisor, Becky Stemple

## SPECIAL AQUATIC CENTER HOURS

<b>Saturday, March 30</b>	Close at 4:30pm	Day before Easter	<b>Tuesday, June 25</b>	Close at 4pm	SSL Swim Meet
<b>Sunday, March 31</b>	CLOSED	Easter	<b>Tuesday, July 9</b>	Close at 4pm	SSL Swim Meet
<b>Monday, May 27</b>	CLOSED	Memorial Day	<b>Friday, July 19</b>	Close at pm	Swim Meet Set Up
<b>Tuesday, June 11</b>	LAP POOL Close at 5pm	Green & White Swim Meet	<b>Saturday, July 20</b>	CLOSED	SSL Champs Swim Meet
<b>Tuesday, June 18</b>	Close at 4pm	SSL Swim Meet			

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

## AQUATIC CENTER REGULATIONS/RULES

**Please shower before using the Aquatic Center facilities ~ No food or glass containers permitted in Aquatic Center  
Swim diapers are required for all non-toilet trained children and children prone to potty accidents**

**Swim diapers are available for free at the front desk**

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

### REGISTRATION AND POLICIES

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

### AQUATIC WAIT LIST

The main purpose of the wait list book is to determine if there is a need to add additional classes. On occasion if there are openings in classes, or if we have the ability to add additional instructors, we will call those who have their name in the wait list book.

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

### REGISTRATION SCHEDULE

**Tues, March 12:** Ehrnfelt Rec Center Members

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

**Thurs, March 21:** Open/On-line registration

### ALTERNATIVE SWIM WEAR

For the safety, health and welfare of all members and patrons, proper swim attire is required. Proper swim attire is required when using all of the pools, steam room, sauna and spa in the Aquatic Center, including participation in Learn-to-Swim classes. The following are prohibited:

- Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.
- Clothing worn for workout or other purposes prior to using the Aquatic Center.

Questions concerning proper swimwear should be addressed with the Aquatic Center personnel.

### LEARN TO SWIM RULES

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

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

No street sandals, shoes, or boots are permitted for safety and sanitary reasons. Your cooperation in this is appreciated.

### AQUATIC CENTER AGE GUIDELINES

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

## YOUTH LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
<b>PARENT/INFANT</b> 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.
<b>PARENT/TODDLER</b> 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.
<b>PARENT/YOUTH</b> 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.
<b>LEVEL 1</b> 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.
<b>LEVEL 2</b> 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.
<b>LEVEL 3</b> 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.
<b>LEVEL 4A</b> 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 and sidestroke. Safe diving practices and water safety will be integrated into the course.
<b>LEVEL 4B</b> 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.
<b>LEVEL 5</b> 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.





## YOUTH LEARN TO SWIM LESSONS

*Class limit based on instructor availability and pool space*

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

**Ages: 6-15 months**

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

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

Monday-Thursday	6/17-6/27	11:00-11:30am
Monday-Thursday	7/1-7/11*	11:00-11:30am(7 classes)
Monday-Thursday	7/22-8/1	11:00-11:30am

\*No class 7/4

#### **Weekend Classes (7 Classes)**

Saturdays	4/6-5/18	9:00-9:30am
Saturdays	4/6-5/18	9:35-10:05am

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$35	\$40
	Non-Member/Resident	\$42	\$48
	Non-Member/Non-Resident	\$56	\$64

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

**Ages: 15 - 36 months**

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

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

Monday-Thursday	6/17-6/27	12:10-12:40pm
Monday-Thursday	7/1-7/11*	12:10-12:40pm(7 classes)
Monday-Thursday	7/22-8/1	12:10-12:40pm

\*No class 7/4

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

Tuesdays & Thursdays	4/9-4/30	6:30-7:00pm (7 classes)
Mondays & Wednesdays	6/3-6/26	6:30-7:00pm
Mondays & Wednesdays	7/1-7/24	6:30-7:00pm

#### **Weekend Classes (7 Classes)**

Saturdays	4/6-5/18	9:00-9:30am
Saturdays	4/6-5/18	9:35-10:05am

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$35	\$40
	Non-Member/Resident	\$42	\$48
	Non-Member/Non-Resident	\$56	\$64

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

**Ages: 3-5 years**

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

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

Monday-Thursday	6/17-6/27	11:35am-12:05pm
Monday-Thursday	7/1-7/11*	11:35am-12:05pm(7 classes)
Monday-Thursday	7/22-8/1	11:35am-12:05pm

\*No class 7/4

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

Tuesdays & Thursdays	4/9-4/30	7:00-7:30pm (7 classes)
Mondays & Wednesdays	6/3-6/26	7:00-7:30pm
Mondays & Wednesdays	7/1-7/24	7:00-7:30pm

#### **Weekend Classes (7 Classes)**

Saturday	4/6-5/18	9:00-9:30am
Saturday	4/6-5/18	9:35-10:05am

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$35	\$40
	Non-Member/Resident	\$42	\$48
	Non-Member/Non-Resident	\$56	\$64

### LEVEL 1: Intro to Water Skills

**(no previous swim experience needed)**

**Ages: 5 & older**

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

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

Monday-Thursday	6/17-6/27	10:05-10:50am
Monday-Thursday	6/17-6/27	10:55-11:40am
Monday-Thursday	6/17-6/27	11:45am-12:30pm
Monday-Thursday	7/1-7/11*	10:05-10:50am(7 classes)
Monday-Thursday	7/1-7/11*	10:55-11:40am(7 classes)
Monday-Thursday	7/1-7/11*	11:45am-12:30pm(7 classes)
Monday-Thursday	7/22-8/1	10:05-10:50am
Monday-Thursday	7/22-8/1	10:55-11:40am
Monday-Thursday	7/22-8/1	11:45am-12:30pm

\*No class 7/4

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

Tuesdays & Thursdays	4/9-4/30	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	4/9-4/30	6:35-7:20pm (7 classes)
Mondays & Wednesday	6/3-6/26	5:40-6:25pm
Mondays & Wednesday	6/3-6/26	6:35-7:20pm
Mondays & Wednesday	7/1-7/24	5:40-6:25pm
Mondays & Wednesday	7/1-7/24	6:35-7:20pm

#### **Weekend Classes (7 Classes)**

Saturday	4/6-5/18	10:10-10:55am
Saturday	4/6-5/18	11:00-11:45am
Saturday	4/6-5/18	11:50am-12:35pm

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$49	\$56
	Non-Member/Resident	\$63	\$72
	Non-Member/Non-Resident	\$77	\$88

### LEVEL 2: Fundamental Water Skills

**Ages: 5 & older**

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

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

Monday-Thursday	6/17-6/27	10:05-10:50am
Monday-Thursday	6/17-6/27	10:55-11:40am
Monday-Thursday	6/17-6/27	11:45am-12:30pm
Monday-Thursday	7/1-7/11*	10:05-10:50am(7 classes)
Monday-Thursday	7/1-7/11*	10:55-11:40am(7 classes)
Monday-Thursday	7/1-7/11*	11:45am-12:30pm(7 classes)
Monday-Thursday	7/22-8/1	10:05-10:50am
Monday-Thursday	7/22-8/1	10:55-11:40am
Monday-Thursday	7/22-8/1	11:45am-12:30pm

\*No class 7/4

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

Tuesdays & Thursdays	4/9-4/30	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	4/9-4/30	6:35-7:20pm (7 classes)
Mondays & Wednesday	6/3-6/26	5:40-6:25pm
Mondays & Wednesday	6/3-6/26	6:35-7:20pm
Mondays & Wednesday	7/1-7/24	5:40-6:25pm
Mondays & Wednesday	7/1-7/24	6:35-7:20pm

#### **Weekend Classes (7 Classes)**

Saturday	4/6-5/18	10:10-10:55am
Saturday	4/6-5/18	11:00-11:45am
Saturday	4/6-5/18	11:50am-12:35pm

		<b>7 Classes</b>	<b>8 Classes</b>
<b>Fees:</b>	Member	\$49	\$56
	Non-Member/Resident	\$63	\$72
	Non-Member/Non-Resident	\$77	\$88

## YOUTH LEARN TO SWIM LESSONS cont.

Class limit based on instructor availability and pool space

### LEVEL 3: Refined Water Skills

**Ages: 5 & older**

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

#### Daytime Classes (7 or 8 Classes)

Monday-Thursday	6/17-6/27	10:55-11:40am
Monday-Thursday	6/17-6/27	11:45am-12:30pm
Monday-Thursday	7/1-7/11*	10:55-11:40am(7 classes)
Monday-Thursday	7/1-7/11*	11:45am-12:30pm(7 classes)
Monday-Thursday	7/22-8/1	10:55-11:40am
Monday-Thursday	7/22-8/1	11:45am-12:30pm

\*No class 7/4

#### Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	4/9-4/30	6:35-7:20pm (7 classes)
Mondays & Wednesday	6/3-6/26	6:35-7:20pm
Mondays & Wednesday	7/1-7/24	6:35-7:20pm

#### Weekend Classes (7 Classes)

Saturday	4/6-5/18	10:10-10:55am
Saturday	4/6-5/18	11:00-11:45am
Saturday	4/6-5/18	11:50am-12:35pm

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$49	\$56
Non-Member/Resident	\$63	\$72
Non-Member/Non-Resident	\$77	\$88

### LEVEL 4 A/B: Stroke Development

**Ages: 5 & older**

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

#### Daytime Classes (7 or 8 Classes)

Monday-Thursday	6/17-6/27	10:05-10:50am
Monday-Thursday	7/1-7/11*	10:05-10:50am(7 classes)
Monday-Thursday	7/22-8/1	10:05-10:50am

\*No class 7/4

#### Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	4/9-4/30	5:40-6:25pm (7 classes)
Mondays & Wednesday	6/3-6/26	5:40-6:25pm
Mondays & Wednesday	7/1-7/24	5:40-6:25pm

#### Weekend Classes (7 Classes)

Saturday	4/6-5/18	9:15-10:00am
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<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$49	\$56
Non-Member/Resident	\$63	\$72
Non-Member/Non-Resident	\$77	\$88

### LEVEL 5: Stroke Refinement

**Ages: 5 & older**

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

#### Daytime Classes (7 or 8 Classes)

Monday-Thursday	6/17-6/27	10:55-11:40am
Monday-Thursday	7/1-7/11*	10:55-11:40am(7 classes)
Monday-Thursday	7/22-8/1	10:55-11:40am

\*No class 7/4

#### Weekend Classes (7 Classes)

Saturday	4/6-5/18	9:15-10:00am
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<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$49	\$56
Non-Member/Resident	\$63	\$72
Non-Member/Non-Resident	\$77	\$88

## SPECIALTY SWIM CLASSES

### DIVING

**Ages: 8 & older**

**Class Limit: 12 per instructor**

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

#### Weekend Classes (7 classes)

Saturday Beginner/Immediate	4/6-5/18	11:10am-12:00pm
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<b>Fees:</b>	<b>7 Classes</b>
Member	\$63
Non-Member/Resident	\$77
Non-Member/Non-Resident	\$91

### STROKE CLINICS

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

Tuesday	5/14	5:30-6:20pm	Freestyle
Tuesday	5/14	6:30-7:20pm	Backstroke
Thursday	5/16	5:30-6:20pm	Breaststroke
Thursday	5/16	6:30-7:20pm	Butterfly
Tuesday	5/21	5:30-6:20pm	Backstroke
Tuesday	5/21	6:30-7:20pm	Freestyle
Thursday	5/23	5:30-6:20pm	Butterfly
Thursday	5/23	6:30-7:20pm	Breaststroke

	<b>1 Classes</b>	<b>4 Classes*</b>	<b>8 Classes*</b>
<b>Fees:</b>		<b>(-10%)</b>	<b>(-15%)</b>
Member	\$12	\$43	\$81
Non-Member/Resident	\$17	\$61	\$115
Non-Member/Non-Resident	\$22	\$79	\$148

\*To get discounted price, all classes must be purchased at same time



### INTRO TO SWIM TEAM

**Ages: 5 & older**

**Class Limit: 10**

**This class is for first time (beginner) summer swim league participant.**

Ideal for those with a base of freestyle and backstroke and are still learning breaststroke and butterfly. The class will focus on building endurance and stroke knowledge as well as work on competitive starts and turns. The class will take place mostly in the activity pool with work on starting blocks as needed. **Registration for summer swim league is not a requirement for this class, but it is not a "learn to swim" class. Participants must be able to swim 60 feet of correct freestyle and backstroke.**

Tuesdays & Thursdays	5/14-5/23	5:40-6:25pm
Tuesdays & Thursdays	5/14-5/23	6:35-7:20pm

<b>Fees:</b>	<b>4 Classes</b>
Member	\$30
Non-Member/Resident	\$35
Non-Member/Non-Resident	\$40



**2024 SUMMER STRONGSVILLE RECREATION SWIM TEAM**

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

**ELIGIBILITY:**

The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/24 or graduating high school senior. To participate, swimmers may not be members of a homeowners association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle and backstroke on the first day of practice in order to participate. If you question your child's swimming ability, you may want to consider signing up for group or private lessons this winter.

**TEAM LIMITED TO 130 SWIMMERS.**

Practice begins Tuesday, May 28 and the season concludes with the SSL Championship meet on Saturday, July 20, 2024.

Parents are required to attend the Parents' Meeting on Thursday, May 16 at 6:30pm and to volunteer during the season.

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

**Practice Schedule:**

Monday-Friday                      5/28-7/19                      8:00-10:00am

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

**Meets: Tuesdays & Thursdays evenings**

**Fees\*:**

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

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

**REGISTRATION BEGINS  
FEBRUARY 1, 2024**



**WATER EXERCISE CLASSES**



**WATER EXERCISE PROGRAM PASS**

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

\*The pass expires 12/19/2024.

\*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 holidays or calamity (snow) days that the Strongsville Schools are not in session.**

Number of Classes	5	10	15	20
Member	\$25	\$48	\$68	\$85
Non-Member/Resident	\$30	\$60	\$83	\$105
Non-Member/Non-Resident	\$35	\$70	\$98	\$125

**Drop-in Fees:** Member                      \$7 per class  
Non-Member                      \$9 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: 30**

Tuesdays & Thursdays 6/4-8/15\*                      10:00-10:50am                      21 Classes

\*No class 7/4

**SWAP (SHALLOW WATER AEROBICS PROGRAM)**

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

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

Mondays & Wednesdays 6/3-8/14                      9:00-9:50am                      22 Classes

**TOTAL IMMERSION-DEEP WATER WORKOUT**

If you are looking for both a cardio and strengthening class that is totally non-impact, then this is the class for you! No swimming experience is required-a floatation belt will keep you vertical and buoyant. Class formats include Tabata, Bootcamp and general water exercise set to fun, motivating music. Aqua barbells, noodles, and floatation belts are all provided. Class is 50 minutes with a 5 minute stretch and cool down. Come join us in this fast paced, invigorating "wet fat-burning" lab!

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

Mondays & Wednesdays 6/3-8/14                      6:35-7:25pm                      22 Classes

Aquatics

## AMERICAN RED CROSS CLASSES



# American Red Cross

### AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

**Ages: 15 & older** **Class Limit: 9**

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

**Prerequisites:**

- \*Students must be 15 years old by the completion of class.
- \*Have access to the internet from home.
- \*Must bring proof of age to first class (driver's license or birth certificate).
- \*Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yards of breaststroke, and 100 yards of either front crawl or breaststroke.
- \*A timed 25 yard, back and forth swim, with surface dive to retrieve a 10lb. brick from a depth of 7-10 feet.

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

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

\*2017 edition of the Lifeguarding Manual can be downloaded for free at <http://www.redcross.org/participantmaterials> or picked up at the front desk prior to the first class meeting.

Session 1	Tuesdays/Thursdays	5/2-5/23	4:00-8:00pm(7 classes)
Session 2	Monday-Friday	6/3-6/7	9:00am-4:00pm(5 classes)
Session 2	Monday-Friday	6/10-6/14	9:00am-4:00pm(5 classes)

<b>Fees:</b>	Member	\$175
	Non-Member/Resident	\$200
	Non-Member/Non-Resident	\$225

### 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.**

Saturday	5/11	9:00am-4:00pm
Saturday	5/18	9:00am-4:00pm

<b>Fees:</b>	Member	\$140
	Non-Member/Resident	\$160
	Non-Member/Non-Resident	\$180

### ADULT FIRST AID/CPR/AED ONLINE

**Ages: 11 & older**

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; is not supported on smartphones; and does not work with Internet Explorer. Allow approximately 2 hours 10 minutes to complete the course. **NO REFUNDS** will be given. Course must be completed online by course end date. **VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 5	Thru 4/30	emailed 5/1	by 5/31/24
Session 6	Thru 5/31	emailed 6/3	by 6/30/24
Session 7	Thru 6/30	emailed 7/1	by 7/31/24
Session 8	Thru 7/31	emailed 8/1	by 8/31/24

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

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60

### 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 5	Thru 4/30	emailed 5/1	by 5/31/24
Session 6	Thru 5/31	emailed 6/3	by 6/30/24
Session 7	Thru 6/30	emailed 7/1	by 7/31/24
Session 8	Thru 7/31	emailed 8/1	by 8/31/24

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

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60

# FITNESS

Fitness Supervisor, Denise Lengal

## 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 Denise at 440-580-3260 x 5275. **Updated fitness schedules can be found at [Strongsville.org/content/fitness/asp](http://Strongsville.org/content/fitness/asp).**

### GROUP CYCLE

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

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

### Introduction to Group Cycle Program

Want to try a Group Cycle class but feel intimidated by the regulars or the intensity? Learn how to properly set up the bike, check your intensity level and develop proper techniques. **Please contact Denise at 440-580-3260 x 5275 or [denise.lengal@strongsville.org](mailto:denise.lengal@strongsville.org)** to sign up.

### ZUMBA PASS

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

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

Zumba punch cards can be purchased at any time and will expire 3 months from the date of purchase. You may use the punch card to attend any land Zumba class.

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

### Drop Fees:

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



### UNLIMITED COMBO PASS

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

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

#### 1 Year Contract with Monthly Payments

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

#### 1 Year Contract with Payment in Full

Members \$378 (\$31.50/month)  
 Non-Member/Residents \$486 (\$40.50/month)  
 Non-Member/Non-Residents \$595 (\$49.50/month)

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

Good for unlimited Yoga, Pilates, and Barre.

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

#### 1 Year Contract with Monthly Payments

Members \$24/month  
 Non-Member/Residents \$34/month  
 Non-Member/Non-Residents \$44/month

#### 1 Year Contract with Payment in Full

Members \$260 (\$21.60/month)  
 Non-Member/Residents \$367 (\$30.60/month)  
 Non-Member/Non-Residents \$475 (\$39.60/month)

### ONE MONTH UNLIMITED PASS

Unlimited 1 month group exercise, water exercise, group cycle and mind/body class pass expires 1 month from date of purchase, no commitment.

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

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

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

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

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

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

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

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

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

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

Are you new to our group exercise program? Get a Try a Class Pass for your free trial of classes of your choice. Sign up for this pass at the Front Desk. (Restrictions apply. Limited to those participants who have NOT purchased a group exercise pass in the past.) Valid for 3 weeks from date of "purchase".

## GROUP EXERCISE CLASS DESCRIPTIONS

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

**Barre COREture:** Where ballet barre meets Yoga and Pilates. Emphasis on the importance of form and alignment while performing low-weight, high rep exercises to sculpt muscles.

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

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

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

**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!

**Muscle Mix:** This full body workout uses weights and cardio bursts to tone and sculpt your muscles, strengthen your core, and condition your heart.

**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. (Kettlebell, kickboxing...who knows what else!?)

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

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

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

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

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

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

**Zumba:** Ditch the workout and join the party with this Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. LIVE IT! (60 min. class)

## HEALTH ASSESSMENT & PEAK PERFORMANCE

### NUTRITIONAL CONSULT

Good nutrition improves wellbeing. This invaluable, 60-90 minute consult is designed to reach those in need of direction regarding their nutritional habits and diet. Whether you are looking to improve your weight, cholesterol levels, blood pressure, sports performance, or manage diabetes, our Registered and Licensed Dietician, Angel Bobula, will help you elevate your health and the quality of your life through better nutrition and an improved diet. This private, personalized consultation includes an overview of your nutritional habits with your specific goals in mind.

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

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

### NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation and 2 follow up consultations.

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

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

### ASSESSMENTS

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

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

### EXERCISE ORIENTATION

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

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



## KARATE

### KIDDIE KARATE I & II - Event Center

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

Four week course in basic techniques.

**Kiddie I** includes a bully and stranger awareness program. Class is designed for all NEW students ages 5-9. All NEW students must start in Kiddie I unless they have studied Isshinryu before. If a student has studied Isshinryu, or would like more information about this program, please contact Sensei Joe Bove at 440-552-1055. **All evaluations will be made by the instructor only. NO EXCEPTIONS.**

**Kiddie II- PRE-REQUISITE is Kiddie Karate I.** This course includes more advanced moves and techniques. This class is for students advancing further from Kiddie Karate I. Kiddie II also includes bully and stranger awareness program.

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

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

Mondays	4/29-5/20	5:00-5:45pm
Mondays	6/3-6/24	5:00-5:45pm
Mondays	7/1-7/22	5:00-5:45pm
Mondays	7/29-8/19	5:00-5:45pm

Wednesdays	5/1-5/22	5:00-5:45pm
Wednesdays	6/5-6/26	5:00-5:45pm
Wednesdays	7/3-7/24	5:00-5:45pm
Wednesdays	7/31-8/21	5:00-5:45pm

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

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

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

A four week course for students, (not adults), who are advanced Orange, Ni-Obi Orange, First Level Green, and Green Belt. Please contact Sensei Joe Bove at 440-552-1055 if you have questions.

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

**Class Limit: 30**

Mondays	4/29-5/20	6:00-6:45pm
Mondays	6/3-6/24	6:00-6:45pm
Mondays	7/1-7/22	6:00-6:45pm
Mondays	7/29-8/19	6:00-6:45pm

Wednesdays	5/1-5/22	6:00-6:45pm
Wednesdays	6/5-6/26	6:00-6:45pm
Wednesdays	7/3-7/24	6:00-6:45pm
Wednesdays	7/31-8/21	6:00-6:45pm

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

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

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

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

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

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

**Class Limit: 30**

Mondays	4/29-5/20	7:00-7:45pm
Mondays	6/3-6/24	7:00-7:45pm
Mondays	7/1-7/22	7:00-7:45pm
Mondays	7/29-8/19	7:00-7:45pm

Wednesdays	5/1-5/22	7:00-7:45pm
Wednesdays	6/5-6/26	7:00-7:45pm
Wednesdays	7/3-7/24	7:00-7:45pm
Wednesdays	7/31-8/21	7:00-7:45pm

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



## YOUTH FITNESS

### INTRODUCTION TO YOUTH STRENGTH TRAINING

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

**Ages: 12-14 years**                      **Class Limit: 5**

Wednesday	5/1-5/22	3:30-4:30pm
Wednesday	6/5-6/26	3:30-4:30pm
Wednesday	7/3-7/24	3:30-4:30pm
Wednesday	7/31-8/21	3:30-4:30pm

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



# DAY CAMPS

Recreation Supervisor, Kristen Nykiel  
Kristen.nykiel@strongsville.org

## STRONGSVILLE REC CENTER CAMP

### 2024 STRONGSVILLE REC SUMMER DAY CAMP

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

**Each day send children with:**

**Healthy Lunch \* Water Bottle \* Swimming Suit \* Towel \* Tennis Shoes**

**AGES: 6-12 years**

### REGISTRATION

To register, pick up a packet at the rec front desk and return completed packet according to the dates below. Your registration will not be processed at the time it is received. It will be date/time stamped and processed later in the order received. Incomplete packets will not be processed.

Returning Camper (those previously enrolled in Strongsville Rec Summer Camp 2023) can drop off forms beginning February 27.

### New Camper Registration Dates

Members: March 6

Non-Member/Resident: March 13

Non-Member/Non-Resident: March 17

### CAMP WEEKS (Monday-Friday)

Week 1	6/3-6/7	9:00am – 4:15pm
Week 2	6/10-6/14	9:00am – 4:15pm
Week 3	6/17-6/21	9:00am – 4:15pm
Week 4	6/24-6/28	9:00am – 4:15pm
No Camp Week	of 7/4	
Week 5	7/8-7/12	9:00am – 4:15pm
Week 6	7/15-7/19	9:00am – 4:15pm
Week 7	7/22-7/26	9:00am – 4:15pm
Week 8	7/29-8/2	9:00am – 4:15pm
Week 9	8/5-8/9	9:00am – 4:15pm
Week 10	8/12-8/16	9:00am – 4:15pm

<b>WEEKLY FEES:</b>	Members	\$145
	Non-Member/Residents	\$175
	Non-Member/Non-Residents	\$200



**BEFORE & AFTER CAMP:** Before camp is offered starting at 7am and after camp will run until 6:15pm. A separate flat rate of \$10/week for Members, \$12/week for Residents, and \$15/week for Non-Member Non-Residents will be charged for Before Camp. A separate rate of \$10/week for Members, \$12/week for Residents and \$15/week for Non-Member Non-Residents will be charge for After camp.

Before camp is any portion of time between 7:00 am and 8:45 am that your camper is dropped off at camp.

After camp is any portion of time between 4:30 pm and 6:15 pm that your campers is still signed into camp.

### CANCELLATION POLICY FOR STRONGSVILLE REC SUMMER DAY CAMP

Summer Day Camp has its own Cancellation/Refund policy that is separate and unique from any other Recreation Center programs. Individuals assume the risk of changes in health and personal schedules. However, a doctor's statement may be presented to the Ehrnfelt Recreation Center for review.

\*Cancellations will only be approved if requested in writing on a 'Refund Request' form (located at the front desk) 21 days prior to the start of the week of camp being cancelled.

\*There will be no refunds for cancellations requested less than 21 days prior to the start of the week being cancelled. Each week (Monday – Friday) of summer camp is considered a different camp. For example: If you are canceling week 1 of camp which runs June 5-9, you will need to have the refund request form turn in by May 15 for review.

\*There are TWO refund options offered for summer day camp cancellations.

1. Rec. Center Credit – You will receive a full refund to be held on your Rec. Center account under your camper's name. This refund can be used towards any future day camp or other Rec Center program/activity and never expires. If you wish this to be refunded by check at a later date, the 20% administration fee would then be applied.

2. Check - For those wishing a refund by city check, a 20% administration fee will be deducted from the amount originally paid for all refunds granted.



## MAD SCIENCE CAMP

### MAD SCIENCE® - FUN-GINEERING! (Meeting Room)

Do you love to build, design and fix things? Then put on your engineer's hat to see how science is used to build skyscrapers, bridges, and tunnels. Let simple machines help lift weights and even launch marshmallows! Become a true Mad Scientist as you concoct crazy creations in our Che-Mystery day. Ever wonder how a camera works? See how film captures light to store images and how film makers create images that come to life. Finally, take a walk on the wild side while exploring the nature of birds, beasts, and bugs. There is so much to discover with Mad Science!

**Ages: 6-12 years**      **Class Minimum: 10**      **Maximum: 25**  
 Mon/Tues/Wed/Fri    7/1-7/5 (no class 7/4)      9:00am-12:00pm

<b>Fees:</b>	Members	\$185
	Non-Member/Residents	\$195
	Non-Member/Non-Residents	\$200

\*Sign up for BOTH [Mad Science](#) and [Crayola Arts](#) camp and your camper will spend lunchtime with our instructors each day for no additional fee. Please send a packed lunch and drink with your child. Note-BOTH camps will need to be running with minimum number of students (10) one week in advance for the supervised lunch option to be offered.

## CRAYOLA CAMP

### CRAYOLA® IMAGINE ARTS ACADEMY- WILD WORLD(Meeting Room)

Are you ready for an art expedition? Let the wonder and beauty of the animal kingdom inspire your empathy, curiosity, and creativity. Learn about lions, elephants, sharks and more, and find out how wildlife conservationists are working to protect species around the globe. Experiment with a variety of art techniques and use Crayola® products to create animal-inspired art projects, from frog paintings to polar bear sculptures! Let your creativity run wild and bring your handiwork home to build a menagerie of animal-themed masterpieces.

**Ages: 6-12 years**      **Class Minimum: 10**      **Maximum: 25**  
 Mon/Tues/Wed/Fri    7/1-7/5 (no class 7/4)      12:30-3:30pm

<b>Fees:</b>	Members	\$185
	Non-Member/Residents	\$195
	Non-Member/Non-Residents	\$200



## CHALLENGE ISLAND ONE-DAY MINI CAMPS

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

**Instructor:** Challenge Island Instructors

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

<b>Fees/Camp:</b>	Members	\$160
	Non-Member/Residents	\$170
	Non-Member/Non-Residents	\$175

### CHALLENGE ISLAND AM- ARCADE MANIA™

This Kids-Choice Challenge Island adventure puts a 100% SCREEN-FREE STEAM twist on popular video games: From Super STEAMio to Island Blox to Mine Island to Fort Island to retro-inspired games like Space Aliens and Pinball Machines! You and your STEAM Team will swap games consoles for creativity and joysticks for ingenuity and imagination as you take on Island of low-tech STEAM Challenges created with game-loving kids in mind!

Tuesday-Friday      5/28-5/31      9:00am-12:00pm

**Free supervised lunch/recess for those who sign up for both AM & PM camps.**

\*If you register for both morning and afternoon sessions, Challenge Island will provide a free supervised hour for students to stay in the building during this time. Students should bring their own lunch if staying for both sessions. Note: BOTH of these camps will need to be running (with minimum number of students enrolled 1 week prior to camp start date) for this lunch option to be offered.

### CHALLENGE ISLAND PM - STEAM Across the Universe Camp™

3...2...1 Blastoff! You and a STEAM Team of astronaut friends will create your own Mission Control Station and soar through the universe. You'll learn the spectacular science of space while taking on a galaxy of cosmically cool challenges - from Rocket Launch Day to Moon Day to Intergalactic Day to Alien Day. Don't miss out on this *out of this world* Challenge Island camp!

Tuesday-Friday      5/28-5/31      1:00-4:00pm

**Free supervised lunch/recess for those who sign up for both AM & PM camps.**

## MISS KATIE'S CAMP

### MISS KATIE'S KINDER CAMP

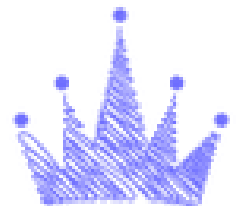
Join Miss Katie's for a fun summer camp experience. Each camp will have an exciting theme which will be the inspiration for all the games and activities for that day. Sign up for as few or as many camps as you would like. Space is limited and advanced registration is required.

**Age: 3-6 years & potty trained**

Tuesday 6/4	12:30 - 4:30pm	Whales, Sharks, and Turtles
Tuesday 6/11	12:30 - 4:30pm	Pirates and Mermaids
Tuesday 6/18	12:30 - 4:30pm	Beach Party Vacation
Tuesday 7/2	12:30 - 4:30pm	Super Heroes & Princesses
Tuesday 7/9	12:30 - 4:30pm	Jungle Animals
Tuesday 7/16	12:30 - 4:30pm	Sweet Treats—Summer Picnic
Tuesday 7/23	12:30 - 4:30pm	All About Sports
Tuesday 7/30	12:30 - 4:30pm	Create A Masterpiece- Arts & Crafts
Tuesday 8/6	12:30 - 4:30pm	Stomp! Stomp! Dinosaurs
Tuesday 8/13	12:30 - 4:30pm	Animals & Bugs
Tuesday 8/20	12:30 - 4:30pm	Exploring Outer Space!

**Fees per camp date/per child:**

Members	\$45
Non-Member/Residents	\$55
Non-Member/Non-Residents	\$60



# ENRICHMENT PROGRAMS

## Adult & Youth

Recreation Supervisor, Kristen Nykiel

### MISS KATIE'S PRESCHOOL PLAYGROUP

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

#### SOCIAL BUTTERFLIES

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

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

Fridays		9:30-10:30am (4 classes/month)
Saturday	5/18	11:15am-12:15pm (1 class)
Saturday	6/15	11:15am-12:15pm (1 class)
Saturday	7/20	11:15am-12:15pm (1 class)
Saturday	8/17	11:15am-12:15pm (1 class)

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

#### TINY TOTS

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

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

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

<b>Monthly Fees:</b>	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

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

#### PRESCHOOL PREP

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

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

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

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

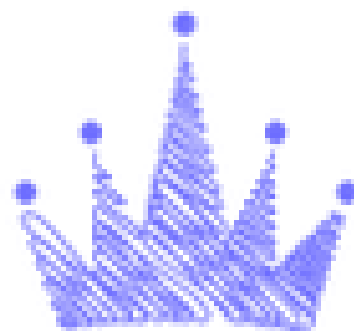
#### MISS KATIE'S "EXPLORE & PLAY—DROP & STAY!"

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

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



## CANNON IRISH DANCE CLASSES

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

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

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

### PRESCHOOL IRISH DANCING (Senior Art Studio)

Story time, games, dolls and more are incorporated in class to provide an interactive fun experience for children as they learn Irish Dance. The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Dancers will benefit from the many wonderful health benefits of Irish Dance.

**Ages: 6 years & up** **Class Minimum:3** **Maximum: 16** **6 Classes**  
Tuesdays 5/14-6/18 3:45-4:30pm

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

### YOUTH IRISH DANCING (Senior Art Studio)

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

**Ages: 6 years & up** **Class Minimum:3** **Maximum: 16** **6 Classes**  
Tuesdays 5/14-6/18 4:30-5:15pm

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

## PRESCHOOL ENRICHMENT

### MUSIC IZZ GROOVY-GROOVY GROUP—Grownup & Me! Conference Room)

Join Ms. Izzey, a Board-Certified Music Therapist, for music and movement classes that are engaging for both you and your little one. Classes are mixed-age, and designed for children ages 0-6 years. Sing, dance, make new friends, and learn about new instruments and rhythms each week with your child. **Instructor: Izzey Pirl**

**Ages: 0-6 years (with caregiver participation)**  
**Class Minimum: 4** **Maximum: 14** **4 Classes**  
Wednesdays 6/5-6/25 10:00-10:45am

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

*Sibling discount – 15% off each addition child. Must live in the same household to receive sibling discount.*

## PRESCHOOL ENRICHMENT cont.

### SOCCER SHOTS-MINIS (Auxiliary Gym)

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

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

**\*Please register through Soccer Shots at <https://cleveland.soccershots.com/search?loc=56>**

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

**Class Minimum: 4** **Maximum: 12**

Fridays 6/14-8/9\* 9:00-9:30am  
Fridays 6/14-8/9\* 10:20-10:50am

\*No class 7/5

**Fees:** Residents \$120  
Non-Residents \$125



### SOCCER SHOTS-CLASSIC (Auxiliary Gym)

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

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

**\*Please register through Soccer Shots at <https://cleveland.soccershots.com/search?loc=56>**

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

Fridays 6/14-8/9\* 9:40-10:10am  
Fridays 6/14-8/9\* 11:00-11:30am

\*No class 7/5

**Fees:** Residents \$120  
Non-Residents \$125

## ADULT ENRICHMENT

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

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

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

#### Class Requirements

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

**Class Minimum:2** **Maximum: 6**

Tuesdays 7/9-8/13 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  
[patti.welker@strongsville.org](mailto:patti.welker@strongsville.org)

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

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

In this course, you will learn:

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

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

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

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

**Ages: 11 & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 5	Thru 4/30 by 5/31/24	emailed 5/1	
Session 6	Thru 5/31 by 6/30/24	emailed 6/3	
Session 7	Thru 6/30 by 7/31/24	emailed 7/1	
Session 8	Thru 7/31 emailed 8/1		by 8/31/24

### CAT AND DOG FIRST AID ONLINE

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

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

**Ages: 11 & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 5	Thru 4/30	emailed 5/1	by 5/31/24
Session 6	Thru 5/31	emailed 6/1	by 6/30/24
Session 7	Thru 6/30	emailed 7/1	by 7/31/24
Session 8	Thru 7/31	emailed 8/1	by 8/31/24

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

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

### 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 5	Thru 4/30	emailed 5/1	by 5/31/24
Session 6	Thru 5/31	emailed 6/3	by 6/30/24
Session 7	Thru 6/30	emailed 7/1	by 7/31/24
Session 8	Thru 7/31	emailed 8/1	by 8/31/24

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

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60

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

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 5	Thru 4/30	emailed 5/1	by 5/31/24
Session 6	Thru 5/31	emailed 6/1	by 6/30/24
Session 7	Thru 6/30	emailed 7/1	by 7/31/24
Session 8	Thru 7/31	emailed 8/1	by 8/31/24

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

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60

### RED CROSS BABYSITTER BASICS ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 5	Thru 4/30	emailed 5/1	by 5/31/24
Session 6	Thru 5/31	emailed 6/1	by 6/30/24
Session 7	Thru 6/30	emailed 7/1	by 7/31/24
Session 8	Thru 7/31	emailed 8/1	by 8/31/24

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

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

# SPORTS

Sports Supervisor, Jim Kolesar

## YOUTH BASKETBALL

### HEAD START BASKETBALL CAMP

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

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

- Proper shooting technique
- Ball handling
- Passing & catching skills
- Sportsmanship
- Defensive stance & movements
- How to be a good teammate
- Basic 3 on 3 basketball strategy
- How to box out your opponent and grab a rebound

Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or [headstartbasketball@usa.net](mailto:headstartbasketball@usa.net) for more information

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

<b>Boys &amp; Girls Grades: 2-7</b>	1:00-4:00pm
Monday-Friday	6/3-6/7
Monday-Friday	6/10-6/14
Monday-Friday	6/17-6/21
Monday-Friday	6/24-6/28

Fee/Week: \$100

### HEAD START BASKETBALL SKILLS CHALLENGE

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

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

<b>Boys &amp; Girls Grades: 2-7</b>	<b>Class Limit: 78</b>
Monday & Tuesday	8/5-8/6 1:00 -4:00pm

Fee: \$60

## YOUTH TRACK

### STRONGSVILLE TRACK CAMP by Jump Start Sports

Looking for a fun and exciting way to introduce your child to the world of track and field? Join our Jump Start Racers program designed for children ages 6-12 that offers a comprehensive introduction to a variety of track and field events.

REGISTER at <http://www.jumpstartsports.com/camps-and-programs>

<b>Ages: 6-12 years</b>	
Tuesdays	6/11, 6/18, 6/25 6:00-8:00pm
Saturday	7/13 (Track Meet) 9:00am-12:00pm

<b>FEES:</b>	Residents	\$120
	Non-Residents	\$130

## YOUTH VOLLEYBALL

### YOUTH VOLLEYBALL 6 WEEK 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**

Beginner      4:45-6:00pm  
Tuesdays      6/4-7/16

\*No clinic 7/2

Intermediate      6:00-7:15pm  
Tuesdays      6/4-7/16

\*No clinic 7/2

#### Fees:

Member	\$48
Non-Member/Resident	\$53
Non-Member/Non-Resident	\$63

### YOUTH VOLLEYBALL LEAGUE (Auxiliary Gym)

The Youth Volleyball League are for players in 3<sup>rd</sup> & 4<sup>th</sup> Grade, 5<sup>th</sup> & 6<sup>th</sup> Grade, & 7<sup>th</sup>-9<sup>th</sup> Grade. This league consists of teams from North Olmsted, Fairview Park, Bay Village, Westlake, Lakewood, Middleburg Hts, Brook Park, Brecksville, and Rocky River. Games will be mostly played on Saturday morning/afternoons and teams will play at both home and away sites. There will be a 6 to 8 week regular season with a single elimination tournament to close the season.

**Boys & Girls Grades: 3-9**

**Registration:** 7/1 – 8/1

**Dates:** 9/7-11/2

**Practice:** Tuesday or Thursday evenings, August 13-November 2 (subject to change)

**Divisions:** 3<sup>rd</sup> & 4<sup>th</sup> Grade, 5<sup>th</sup> & 6<sup>th</sup> Grade, 7<sup>th</sup> – 9<sup>th</sup> Grade

<b>Fees:</b>	Member	\$70
	Non-Member/Resident	\$80
	Non-Member/Non-Resident	\$90

## YOUTH FITNESS

### INTRODUCTION TO YOUTH STRENGTH TRAINING

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

**Ages: 12-14 years**      **Class Limit: 5**

Wednesday	5/1-5/22	3:30-4:30pm
Wednesday	6/5-6/26	3:30-4:30pm
Wednesday	7/3-7/24	3:30-4:30pm
Wednesday	7/31-8/21	3:30-4:30pm

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

**NEVER miss a sports registration deadline or pay a sports late fee again!!**

Text "START SPORTS" to 855-964-3719 to subscribe to the sports text alert system. We'll send everyone registration deadline reminders for the major sport programs. We will not spam your mobile devices with lots of updates. Just several messages a year.

## YOUTH BASEBALL, SOFTBALL & T-BALL

### YOUTH LATE SUMMER 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 (as if August 1, 2024)**

**REGISTRATION:** June 19-July 23

*NON-RESIDENTS can register beginning 7/23 if space available.*

#### Boys Leagues

Co-Ed 5-6yrs T-Ball  
Boys 6-8yrs Coach Pitch  
Boys 9-10yrs Kid Pitch  
Boys 11-13yrs Kid Pitch  
Boys 14-18yrs Kid Pitch

#### Girls Leagues

Co-Ed 5-6yrs T-Ball  
Girls 7-9yrs Coach Pitch  
Girls 10-11yrs Modified Fast Pitch  
Girls 12-14yrs Modified Fast Pitch

**Practices:** Start the beginning of August. One weeknight and one weekend practice.

**Games:** 2 per week, Monday – Thursday. Starting mid/late August through the middle of October (depending on rainouts). Partnering with Brook Park, so there will be some travel.

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

**Fees:** Residents \$65  
Non-residents \$80

### YOUTH SANDLOT BASEBALL

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

**Boys & Girls Ages: 9-16 years**

**Class Limit: 40**

Wednesday 6/5-8/7 10:00am-12:30pm  
Tuesdays & Thursdays 6/4-8/8 10:00am-12:30pm

<b>Fees:</b>	<b>Wed</b>	<b>Tues/Thurs</b>	<b>All 3 Days</b>
Member	\$20	\$35	\$45
Non-Member/Resident	\$25	\$40	\$50
Non-Member/Non-Resident	\$35	\$50	\$60

<b>Drop-in Fees:</b>	Member	\$3/day
	Non-Member/Resident	\$4/day
	Non-Member/Non-Resident	\$6/day

### STRONGSVILLE T-BIRD T-BALL by Jump Start Sports

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. Players receive a MLB hat, team tee shirt, and baseball medals. Volunteer Coaches may also participate.

**REGISTER at <http://www.jumpstartsports.com/camps-and-programs>**

**Ages: 3-4 Years**

Saturdays	4/13 – 5/18	9:00-10:00am
Saturdays	4/13 – 5/18	10:00-11:00am
Saturdays	6/8 – 7/13	9:00-10:00am
Saturdays	6/8 – 7/13	10:00-11:00am

<b>FEES:</b>	Residents	\$120
	Non-Residents	\$130

## YOUTH TENNIS

### YOUTH TENNIS LESSONS (Strongsville High School Tennis Courts, East of Pat Catan Stadium)

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



**MUST PROVIDE OWN RACQUETS & WATER**

**Ages: 5-16 years**

**Class Limit: 24 per class**

**4 weeks (8 classes weather permitting)**

Session 1

Ages: 5-8 years	M/W/Th	6/3-6/19	8:30-9:30am
Ages: 9-12 years	M/W/Th	6/3-6/19	9:30-10:30am
Ages: 13-16 years	M/W/Th	6/3-6/19	10:30-11:30am

Session 2

Ages: 5-8 years	M/W/Th	Dates below	8:30-9:30am
Ages: 9-12 years	M/W/Th	Dates below	9:30-10:30am
Ages: 13-16 years	M/W/Th	Dates below	10:30-11:30am

Session 2 Dates: 6/26, 6/27, 7/1, 7/8, 7/10, 7/11, 7/15, 7/17

Make-up/Rain-Out Dates: TBA

<b>Fees:</b>	Members	\$110
	Non-Members/Residents	\$120
	Non-Members/Non-Residents	\$130

### STRONGSVILLE PRESCHOOL TENNIS CAMPS by Jump Start

(City Tennis Courts next to Library)

Strongsville Preschool Tennis is a fun, interactive program for children. The use of smaller racquets and foam balls will enable children to learn forehand, backhand, serving and volley.

**REGISTER at <https://www.jumpstartsports.com/camps-and-programs>**

**Ages: 3-5 years**

Thursdays	6/6-7/18*	5:30-6:00pm
Thursdays	6/6-7/18*	6:00-6:30pm

\*No camp 7/4

<b>Fees:</b>	Residents	\$120
	Non-Residents	\$130

### STRONGSVILLE TENNIS CAMPS by Jump Start

(City Tennis Courts next to Library)

In this fun, recreational tennis program, beginners will receive instruction on the fundamentals of the game by developing their skills in ball control, stroke techniques, practice habits, and court etiquette.

**REGISTER at <https://www.jumpstartsports.com/camps-and-programs>**

**Ages: 6-9 years**

Thursdays	6/6-7/18*	6:30-7:00pm
Thursdays	6/6-7/18*	7:00-7:30pm

\*No camp 7/4

<b>Fees:</b>	Residents	\$120
	Non-Residents	\$130

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## YOUTH & ADULT TABLE TENNIS

### TABLE TENNIS OPEN PLAY (Event Center)

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

**Ages: All & Seniors** Tuesdays & Thursdays 5:00-7:45pm  
**Children under 13 & under need to be accompanied by adult.**

#### Daily Drop-in Fees:

(for those that do not pay the monthly fee)

Adult	\$6
Youth (18 years & Under)	\$5
Senior (50 years+)	\$5
Family	\$10

#### Monthly Fees:

Adult	\$36
Youth (18 years & Under)	\$30
Senior (50 years+)	\$30
Family	\$30

There is no drop in fee for those that pay the monthly fee

## ADULT PICKLEBALL

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

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

#### Ages: 50 & older

Mondays/Tuesdays/Thursdays 5/1-5/23 8:00am-2:00pm\*

(\*Open play time is 8am-12noon on any dates Strongsville City Schools are not in session)

#### Ages: 18 & older

Fridays 5/3-5/24 6:00-9:00pm

#### Fees:

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

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

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

#### Ages: 50 & older

2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the Month thru May 22 9:00-11:00am

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

## ADULT SOFTBALL LEAGUES

REGISTRATION DATES: 7/1-8/20

	<b>ENTRY FEE</b>	<b>CASH FORFEIT DEPOSIT</b>	<b>CASH UMPIRE FEE</b>
<b>LEAGUE</b>			
<b>Co-Ed Friday Single Header</b>	\$275	\$80	\$28/game

Upper, Middle and Lower Divisions

9/6-11/17 (weather dependent)

6:30-9:30pm

24 Team Limit

\* Registration fee includes a professional stat service and balls

<b>Men's Sunday AM Double Header</b>	\$300	\$135	\$28/game
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Upper, Middle and Lower Divisions

9/6-11/17 (weather dependent)

9:00am-12:00pm

12 Team Limit

\* Registration fee includes a professional stat service and balls

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

<b>Men's Monday Double Header</b>	\$300	\$135	\$28/game
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Upper, Middle and Lower Divisions

9/6-11/17 (weather dependent)

6:30-9:30pm

16 Team Limit

\*Registration fee includes a professional stat service and balls

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

<b>Men's Wednesday Double Header</b>	\$300	\$135	\$28/game
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9/6-11/17 (weather dependent)

6:30-9:30pm

16 Team Limit

## ADULT VOLLEYBALL

### NEO ATHLETICS ADULT VOLLEYBALL LEAGUES

(Ehrnfelt Recreation Center, Auxiliary Gym)

#### Ages: 18 years & Older

Sundays

Co-Ed 6's Double Headers \$320 10:30am-10:00pm

Mondays

Co-Ed 6's Double Headers \$320 6:00-10:00pm

Wednesdays

Women's 6's Double Headers \$320 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)

Contact Brian Valore or Steve Cosgrove at the emails below to register:

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

## ADULT BASKETBALL LEAGUES

#### Ages:18 & Older

League	Dates	Start Times	Limit	Reg Fee	Forfeit Fee(Cash)	# of Games
Tuesday 4x4	5/7-8/13	6:00-10:00pm	12 Teams	\$200	\$80	*12
Thursday 3x3 (40yrs +)	6/6-8/15	6:30-9:30pm	12 Teams	\$125	\$80	*6-8
Sunday Lower, 5x5	5/19-8/18	2:00-10:00pm	16Teams	\$250	\$80	*10
Sunday Middle, 5x5	5/19-8/18	2:00-10:00pm	16 Teams	\$250	\$80	*10
Sunday Upper, 5x5	5/19-8/18	2:00-10:00pm	16 Teams	\$250	\$80	*10

\*Plus playoffs

**JERSEYS WILL BE STRICKLY ENFORCED. MUST provide own jersey (with numbers on both front & back) OR you can purchase jerseys through the Strongsville Recreation Department.**

**Jersey Cost:** \$100 (you can purchase Dri-Fit Jersey thru Rec Center)

**Referee Fees:** \$40 CASH per team, per game

**Registration Dates:** 3/20-5/7

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# SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

Mon, May 27	Memorial Day	Rec & Senior Center CLOSED
Thurs, July 4	Independence Day	Rec & Senior Center CLOSED
Mon-Wed, Aug 26-28	Annual Cleaning	Rec & Senior Center CLOSED
Mon, September 2	Labor Day	Rec & Senior Center CLOSED

## 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

## 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: May-August 2024

### 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 5/27, 7/4, 8/26, 8/27, 8/28

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

### 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

Mondays, Wednesdays & Fridays\* 10:15-11:00am  
 Instructor: Mary Lea Kirby

\*No class 5/27, 8/26, 8/28

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

### CARDIO FIT

Looking to increase your cardio workout? Join Mary Lea for a cardio focused workout to help burn calories, improve your heart strength, increase lung capacity and help with overall endurance. Mary Lea will lead you through fun and easy to follow, joint friendly moves, with just enough variety to keep you coming back. Modifications shown for all fitness levels.

#### Ages: 50 & older

Mondays, Wednesdays & Fridays\* 11:15am-12:00pm  
 Instructor: Mary Lea Kirby

\*No class 5/27, 8/26, 8/28

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

### EXPRESS CIRCUIT TRAINING

A perfect mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 45 minutes. Instructor: Jenny Wilson

#### Ages: 50 & older

Tuesdays or Thursdays\* 9:30-10:15am

\*No class 7/24, 8/27

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 Tami 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: Marissa McNabb

#### Ages: 50 & older

Tuesdays\* 12:30-1:15pm

\*No class 8/27

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



"THE CENTER OF LIFE"

## 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

\*No class 5/27, 8/26

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

### BEGINNER YOGA

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

**Ages: 50 & Older**

4/3, 4/17, 5/1, 5/15, 6/5, 6/19, 7/3, 7/17, 8/7 & 8/21      10:30-11:30am

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



### YOGA

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

**Ages: 50 & older**

<b>Instructors</b>		
Tuesdays*	10:30-11:30am	Kellie Walter
Thursdays *	10:45-11:45am	Magda Albert
Thursdays *	12:30-1:30pm	Magda Albert

\*No class 7/4, 8/27

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

### TAP DANCING

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

**7 Week Sessions**

**Minimum class size: 4**

**Ages: 50 & Over**

**Instructor: Peggy Stockdale**

Beginners: Thursdays	4/11-5/30 (no class 5/2)	9:30-10:30am
Intermediate: Thursdays	4/11-5/30 (no class 5/2)	10:30-11:30am

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

### LINE DANCING

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

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

Tuesdays\*                      10:00-11:00am

\*No class 8/27

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

### Wii BOWLING

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

**Ages: 50 & older**

Tuesdays\*                      12:00pm

\*No play 8/27

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

### BINGO

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

**Ages: 50 & older**

Fridays                      12:30-3:00pm

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

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

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

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

**Ages: 50 & older**

Mondays/Tuesdays/Thursdays 5/1-5/23                      8:00am-2:00pm\*

(\*Open play time is 8am-12noon on any dates Strongsville City Schools are not in session)

**Ages: 18 & older**

Fridays                      5/3-5/24                      6:00-9:00pm

<b>Fees:</b>	
Rec Center Members	FREE
Senior Center Members	\$2/day
Non-Members	\$5/day

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

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

**Ages: 50 & older**

2<sup>nd</sup> & 4<sup>th</sup> Wednesday of the Month thru May 22                      9:00-11:00am

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

## FITNESS, FUN FRIENDSHIP cont.

### CARDS AND OTHER GAMES

**Ages: 50 & older**

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

**Drop-In Fees:**

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

### MONDAY MOVIE MATINEE

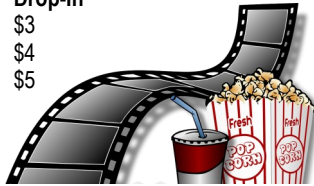
Do you enjoy watching movies? If so, come to our Movie Matinee as we show recent releases here at the Senior Center. We will have two movies each month, and popcorn and a beverage are included. Sign up for one or both! Monthly movies and dates can be found in the *Silver Pen* or stop by the Senior Registration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

**Ages: 50 & older**

12:30pm 4/1, 4/22, 5/6, 5/20, 6/10, 6/24, 7/8, 7/22, 8/12

**Fees:**

	<b>Drop-In</b>
Members	\$3
Residents/Non-Members	\$4
Non-Residents/Non-Members	\$5



## WOODSHOP CLASSES

### OPEN WOOD SHOP (Senior Center Wood Shop)

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

**Ages 50 & older**

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

\*No shop 7/4, 8/28

**Fees:**

	<b>Monthly</b>	<b>Drop-In</b>
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 8/27

*Participants pay for own tools and materials*

**Drop-In Fees:**

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

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

Wood Shop volunteers will repair small wood items. Bring your item into the Wood Shop any Wednesday, Thursday or Friday, between 9:30-11:30am and one of our volunteers will discuss the project and cost to repair with you.

## WOODSHOP CLASSES cont.

### 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 6/3 & 6/10 9:30am-2:00pm\*

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

**Fees:**

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

## ART & CRAFT CLASSES

### CLASSICAL PAINTING SECRETS

Learn to paint and/or improve your painting skills and knowledge, with step by step instructions in a non-competitive environment. Basics such as color theory, composition, and glazing will be taught hands on by your instructor. All levels welcome, using acrylics/oils/watercolor and mixed media. Students provide own materials; palette list available at Senior Registration Desk. Registration required. Monthly classes. No drop-ins.

**Ages: 50 & older**

**Instructor: Joanne Richter**

Tuesdays\* 1:00-3:30pm

\*No class in June, July, August

**Fees:**

Members	Varies Monthly
Residents/Non-Members	Varies Monthly
Non-Residents/Non-Members	Varies Monthly

**Monthly**

Varies Monthly
Varies Monthly
Varies Monthly

### WATERCOLOR

All levels are welcome, including beginners. Come and learn a new hobby, or brush up on your existing watercolor skills. You're sure to have fun. Students provide own materials: list available at Senior Registration Desk.

**Ages: 50 & older**

**Instructor: Judi Roszak**

Thursdays or Fridays\* 9:30-11:30am

\*No class 7/4

**Fees:**

Members	Varies Monthly
Residents/Non-Members	N/A
Non-Residents/Non-Members	N/A

**Monthly**

Varies Monthly
N/A
N/A

**Drop-In**

\$10
\$11
\$12



## ART & CRAFT CLASSES cont.

### 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\* 1:00-3:00pm (except 2nd Monday)

\*No quilting 4/8, 5/13, 6/10, 7/8 & 8/12

#### 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\* 10:00am-1:00pm

\*No crafting 8/28

#### 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 class 7/4

#### Drop-In Fees:

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

## PROGRAMS

### 2024 BOOK DISCUSSION GROUP

Books are selected by the staff of the Strongsville Branch of the Cuyahoga County Public Library and may be picked up the first week of each month at the library. The book discussion is held at the Strongsville Library on the following Mondays, at 2:30pm. A Library Staff member leads the group discussion.

Month	Book	Discussion Date
May	<b>Yellowface</b> by Rebecca Kuang	5/20
June	<b>The Meaure</b> by Nikki Erlick	6/24
July	<b>The Bandit Queens</b> by Parini Shroff	7/22
August	<b>North Woods</b> by Daniel Mason	8/26

## PROGRAMS cont.

### 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 & over	1:30pm	FREE
Thursday 5/23	OTCs: Diarrhea and Constipation	
Thursday 6/27	Safe Medication Practices and Proper Disposal	
Thursday July	No Talk	
Thursday 8/22	Medication Education and Adherence Strategies	
Thursday 9/26	High Fall Risk Medications and Fall Prevention	

### COMPUTER INSTRUCTION (Senior Computer Lab)

#### One on One Sessions

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

**Ages: 50 & over**

#### 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 & over**

Wednesdays	4/17 & 5/15	1:00pm	Free
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### GOD'S INDWELLING SPIRIT

"The kingdom of God is within you." (Lk. 17:21) declares Jesus. An enigmatic statement to both Jesus' contemporaries and to us today. Perhaps referring to God's In-dwelling Spirit, or Shekhinah. We will explore historical and Biblical instances of God's Presence within humanity and the implications for each of us as we search for life's meaning.

**Ages: 50 & over**      **Instructor: Ted Smith**      **7 Week Session**

Mondays	4/15-6/3 (no class 5/27)	10:30-11:30am
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<b>Fees:</b>	Members	\$40
	Non-Members/Residents	\$45
	Non-Members/Non-Residents	\$55

## PROGRAMS cont.

### SOLAR ECLIPSE WATCH PARTY

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada, and Cleveland will be in the path of totality for nearly four minutes. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk. This will be the continental U.S.'s second total eclipse in a decade, and the last until 2044! Step out in our parking lot to catch this phenomenon of nature. We'll have light refreshments, and of course sun glasses for proper viewing. Rain or shine.



#### Ages: 50 & over

Monday 4/8 2:30-3:45pm

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

### LINE DANCE JAMBOREE 2024

Our 23<sup>rd</sup> Annual 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! Thanks to our sponsors, Shurmer Place Senior Living and Pearl Crossing.

#### Ages: 50 & over

Tuesday 4/23 9:30am-3:00pm

<b>Fees:</b>	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 5/2 7:00pm **Free**

### MOTHER'S DAY CELEBRATION: MUFFINS FOR MOMS

Celebrate an early Mother's Day at the Senior Center. Join us for *Muffins for Moms!* This event is open to all, but free to our *Lady Silver Mustang* Members. You'll enjoy a muffin and coffee/tea, fellowship and special raffles for all the ladies.

Stop by the Senior Center Front Desk to get your ticket for this event. All tickets are **free to Lady Senior Center Silver Mustang Members**, but registration is required. **Tickets will be available April 9<sup>th</sup> – May 6<sup>th</sup>.**

#### Ages: 50 & over

Wednesday 5/8 9:30-11:00am

<b>Fees:</b>	LADY Silver Mustang Members	FREE
	Non-Members/Residents	\$3
	Non-Members/Non-Residents	\$5

### FATHER'S DAY CELEBRATION: DOUGHNUTS FOR DADS

Celebrate an early Father's Day at the Senior Center. Join us for *Doughnuts for Dads!* This event is open to all, but free to our *gentlemen Silver Mustang* Members. You'll enjoy a doughnut and coffee/tea, fellowship and special raffles for all the gentlemen.

Stop by the Senior Center Front Desk to get your ticket for this event. Tickets are **free to Gentleman Senior Center Silver Mustang Members**, but registration is required. **Tickets will be available May 16<sup>th</sup> – June 10<sup>th</sup>.**

#### Ages: 50 & over

Wednesday 6/12 9:30-11:00am

<b>Fees:</b>	GENTLEMAN Silver Mustang Members	FREE
	Non-Members/Residents	\$3
	Non-Members/Non-Residents	\$5

## PROGRAMS cont.

### MEMBER APPRECIATION DAY

Thank you, thank you, thank you! We can't say thank you enough for being a loyal Silver Mustang Member, so now we are going to show you how appreciated your membership is to us! We invite all current Silver Mustangs to come and enjoy an ice cream sweet treat from the East Coast Custard truck. Stop by the Senior Center Front Desk to get your ticket for this chillin event. All tickets are **free to Senior Center Silver Mustang Members**, but registration is required. **Tickets will be available June 11<sup>th</sup> – July 8<sup>th</sup>.**

#### Ages: 50 & over

Monday 7/15 12:30-2:30pm

**Free Program for Silver Mustang Members**

### THE SYNOPTIC GOSPELS II

Part one examined the similarities and differences about the life and mission of Jesus in Matthew, Mark, and Luke. Part two explores the betrayal, trial, suffering, execution, and resurrection of Jesus in each Gospel. Need not attend part one to be in this course.

#### Ages: 50 & over Seven Week Educational Program

Mondays 6/10-7/22 10:30-11:30am

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

### JEFFERSON'S BIBLE

Of all his accomplishments, Thomas Jefferson was most proud of Self-governance, Freedom of religion, and Education. He wanted a solid philosophy to guide both the people of his fledgling nation, and their elected representatives. Jefferson literally took a razor blade to several copies of the Bible, cutting and pasting the teachings of Jesus onto blank pages. The result is "The Life and Morals of Jesus of Nazareth." We will explore his life and times, what he put in and left out, and why.

#### Ages: 50 & over Seven Week Educational Program

Mondays 7/29-9/16\* 10:30-11:30am

\*No class 8/26

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

## 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

First Wednesday of the month 9:15am **Free**

### STRONGSVILLE LOW VISION CONNECTION

Have changes in vision impacted your daily life?

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

#### Ages: 50 & older

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

## 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 4/9, 5/14, 6/11, 7/9 & 8/13 10:00am Free

### ATTORNEY

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

Tuesday - 4/2, 5/7, 6/4, 7/2 & 8/6 9:20-11:30am Erica Skerl  
 Friday - 4/26, 5/24, 6/28, 7/26 & 8/23 10:00-11:20am Sam Butcher  
 Free

### POST OFFICE ON WHEELS

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

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

### MEDICARE COUNSELING

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

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

### BENEFITS CHECK UP

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

#### Ages: 50 & older

Friday 5/10 9:15am-12:00pm  
 Friday 6/14 9:15am-12:00pm  
 Friday 7/12 9:15am-12:00pm  
 Friday 8/9 9:15am-12:00pm

Free

## MUSTANGS ON THE GO!

### ELVIS TRIBUTE SHOW & AMISH LUNCH

Come along and sing to the King of Rock and Roll's top charting songs as we enjoy a Elvis with the Essential Elvis Tribute Band at the Ohio Star Theater located in Sugarcreek Ohio. Having sold roughly 400 million records worldwide, Presley is one of the best-selling music artists of all time, and widely acclaimed as the best-selling solo artist. The package includes motorcoach transportation, Amish-style luncheon, tickets to the Elvis Tribute and time to shop for Amish meats and cheeses. Sign up today for this Great Day Tours trip!

#### Ages: 50 & older

Friday 4/12 11:00am-5:00pm

	Fees	Registration Begins
Members	\$118	2/28
Non-Members/Residents	\$120	3/6
Non-Members/Non-Residents	\$124	3/13



**"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

**NON-MEMBER DAILY DROP-IN FEE**

Residents	\$3
Non-Residents	\$5

Senior Center Activities

### "ALWAYS... PATSY," THE PATSY CLINE STORY"

The Hanna Theatre is putting their professional touch on this heart-felt story as we learn about this small town country gal and her rise to stardom through a unique story-teller style. This show tells the story of Patsy's chance meeting with super-fan, LOUISE, in a Texas honky-tonk, and their life-long friendship that developed. Louise narrates Patsy's life including the many ups and downs they shared as the show weaves 20 of her hits to move the story along, including "I Fall to Pieces," "Walking at Midnight," "Anytime," "Back in Baby's Arms," and her most famous song, "CRAZY!" Prior to the show, we'll enjoy lunch at Windows-on-the River overlooking the riverfront and the city skyline. This is a JKL tour.

#### Ages: 50 & older

Tuesday 5/7 10:30am - 5:00pm

	Fees	Registration Begins
Members	\$104	3/6
Non-Members/Residents	\$106	3/13
Non-Members/Non-Residents	\$110	3/20

## MUSTANGS ON THE GO! cont.

### A DAY IN HAMTRAMCK

Spend a day in Hamtramck, known as "Michigan's Little Poland". Hamtramck was initially home to many Germans until the early 1900s when Polish immigrants arrived, bringing with them their heritage for most of the 20th century. To this day, Hamtramck remains synonymous with Polish culture. During our visit we will be enjoying a diverse area that still boasts delicious dishes offered at the Polish restaurant where we will be dining. This is a Great Day tour.

**Ages: 50 & older**

Tuesday 5/21 7:30am - 6:30pm

	Fees	Registration Begins
Members	\$104	3/27
Non-Members/Residents	\$106	4/3
Non-Members/Non-Residents	\$110	4/10

### SUMMER SURPRISE MYSTERY TRIP #10

*Let's Take a Boat to Bermuda, Let's Take a Train to St. Paul.*

*Let's Take a Kayak, to Quincy or Nyack, Let's Get away from it all!*

Based on the success of our previous Mystery Trips, we are creating another day full of surprises that combine unique areas, sites and attractions.

(John promises this will be to an area we have not visited before!) JKL TOURS MYSTERY trips travel to out of the way areas that are little known but have a lot to offer. Mystery trips tend to sell out because experienced travellers love to be Surprised! If you have a touch of Gypsy Blood and a sense of adventure, here is the chance to discover unique attractions and places. (Lunch included.) We'll depart at 8:00 am. and return about 6:00 pm.

**Ages: 50 & older**

Wednesday 6/5 8:00am-6:00pm

	Fees	Registration Begins
Members	\$104	4/6
Non-Members/Residents	\$106	4/17
Non-Members/Non-Residents	\$110	4/24



### "THE MUSIC MAN" at RABBIT RUN THEATER

By turns wicked, funny, warm, romantic and touching, The Music Man is family entertainment at its best. Meredith Willson's six-time, Tony Award-winning musical comedy has been entertaining audiences since 1957 and is a family-friendly story to be shared with every generation. The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize – this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall. Before the show we will enjoy dinner at Grand River Cellars and self-guided tour of the winery. Join us for this Great Day Tour trip.

**Ages: 50 & older**

Thursday 7/11 2:45-11:30pm

	Fees	Registration Begins
Members	\$121	5/8
Non-Members/Residents	\$123	5/15
Non-Members/Non-Residents	\$127	5/22

### Cleveland's NEW Cruise Ship – the LADY CAROLINE

The beautiful and elegant "Lady Caroline," has arrived and is ready for her close-up on the west bank of the Cuyahoga. We have booked a limited amount of space on the "Lady" for our Noon time cruise and buffet lunch. We'll enjoy this relaxing afternoon as she cruises Lake Erie with a spectacular view of the growing Cleveland Skyline. Following our visit to Cleveland's newest Iconic attraction, we'll visit Cleveland's oldest Iconic attraction as we go up to the Observation Deck of the Terminal Tower on the 42nd Floor! When the Terminal Tower opened in 1929, it was the Second Tallest Building in the US! The Observation level offers a unique 360 degree panoramic view of Cleveland and a wonderful picture taking opportunity. This is a JKL tour.

**Ages: 50 & older**

Thursday 8/22 Time TBA

	Fees	Registration Begins
Members	\$104	6/6
Non-Members/Residents	\$106	6/13
Non-Members/Non-Residents	\$110	6/20

### THE BARBERTON MUM FESTIVAL

Here is your chance to enjoy one of Ohio's most unique and colorful Festivals in charming Barberton, Ohio. The actual Festival takes place on the weekend and draws HUGE crowds. But we have been allowed to bring our bus in on Thursday and SNEAK in to see this colorful Fall display in an uncrowded setting. (Plus, the MUMS won't know the difference!) We'll start by visiting Moreland's, a working Amish farm devoted to providing the freshest in plants, pumpkins, fruits, flowers and flower arrangements. Next, we'll enjoy an Authentic Barberton Chicken meal at the Hopocan Restaurant. In the 1950's and 60's, Barberton became known as the Chicken dinner Capital of Ohio! Next, we'll travel to historic Lake Anna Park, in the heart of downtown Barberton. This 21-acre park surrounds the 10-acre spring-fed, Lake Anna, providing the perfect setting for this colorful festival. The array of 17,000 mums creates a beautiful rainbow of blooms and we'll have time to explore the park, see the blooms and enjoy a wonderful day. Come join us on a colorful Autumn adventure. This is a JKL tour.

**Ages: 50 & older**

Thursday 9/19 Time TBA

	Fees	Registration Begins
Members	\$90	7/22
Non-Members/Residents	\$92	7/29
Non-Members/Non-Residents	\$96	8/5

### FALL FOR COLUMBUS

Enjoy a unique Autumn adventure starting with a part-driving/part-walking tour of THE Ohio State University. OSU is both a National and State treasure with incredible history set on a beautiful campus. We'll begin our tour of the Campus learning the History along HIGH Street before we stop in the current Student Union (number 5!) We'll continue travelling by motorcoach seeing notable sites like The OVAL and more. We'll stop for a group photo in front of the famous "Horseshoe" Football Stadium and you'll even have a chance to take a selfie with Brutus Buckeye and/or Coach Woody at one of the local gift shops.

Next, we are off to the always fun Schmidt's Restaurant for our own Oktoberfest Buffet lunch including a One-man Oom-Pah-Pah band to put you in the Oktoberfest mood. After lunch, we'll have a driving tour of historic German Village with a stop at the Loft Bookshop across from the Third Street German school of 1864. We'll complete our day at the famous North Market! This is a JKL Tour.

**Ages: 50 & older**

Wednesday 10/9 Time TBA

	Fees	Registration Begins
Members	\$114	8/7
Non-Members/Residents	\$116	8/14
Non-Members/Non-Residents	\$120	8/21

# RECREATION PARKS AND AMENITIES

For more park information or to reserve a pavilion, contact Chris Arold at 440-580-3264 or [chris.arold@strongsville.org](mailto:chris.arold@strongsville.org)

*Pavilion Rental Fees: Residents \$45 / Non-residents \$65*



**1. Town Center - 18100 Royalton Road:** New park and play area coming soon!

**2. Rec Park #2 - 16107 Foltz Parkway (South of Rt 82):** Located in Foltz Industrial Parkway near the City Municipal Offices. This park features Foltz 1 and Foltz 2 Fields, playgrounds, a basketball court, two pavilions and picnic tables. One pavilion has electricity, restrooms, a grill, and running water.

Near Softball Field (#1)



Near Railroad Tracks (#2)



**3. Rec Park #3 - 21273 Drake Road:** Located at intersection of Drake Rd and Prospect. This park features Wood and Sprague Fields. Each field has a pavilion with picnic tables, two grills, four electrical outlets, playgrounds, and portable restrooms nearby.

Sprague Pavilion



Wood Pavilion



**4. Nichols Field - 22707 Sprague Road:** Located at Sprague and Marks Road. This park features a baseball field, pavilion with eight electrical outlets, ten picnic tables, two grills and a playground.





## Recreation Parks and Amenities cont.

**5. Volunteer Park- 21410 Lunn Road:** Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) fields and two little league fields (Roth & Kalinich) are at this location. This park also features batting cages, horseshoe pits, 1/2 mile paved walking paved, vending machines, restrooms, pavilion with picnic tables, 8 electrical outlets and 12 picnic tables, bocci ball courts and playground.

Pavilion, Playground & Bocce Courts



Pavilion



**6. Surrarer Park - 14625 Whitney Road:** Located at the corner of Webster and Whitney Roads (east of I-71) this park features an ADA compliant playground, James Field, 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.

Pavilion & Playground



Pavilion



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



**8. Youth Sports Park - 21255 Lunn Road:** Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). This park features one regulation football field, two flag football fields, three little leagues fields and one pavilion with electrical outlets and picnic tables. Football fields for use by permit only.



### PARK GUIDELINES

- \*Permits are required to use any of the park listed above for practice purposes.
- \*Reservations Required for use of Pavilions.
- \*Alcohol and tobacco use if prohibited in all recreation parks.
- \*Pets are required to be on a leash at all times.



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

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