



18100 Royalton Road
Strongsville, Ohio 44136
440-580-3260
www.strongsville.org

May-August 2023 Program Guide

Registration Dates

MEMBERS: March 21 • RESIDENTS: March 28 • OPEN / ONLINE: March 30

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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RECREATION & SENIOR CENTER STAFF

Bryan Bogre - Director of Parks, Recreation & Senior Services
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Recreation

Chris Arold - Parks & Outdoor Facilities Superintendent
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Sarah Arold, CPRP - Facility Manager
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Jennifer Black - Rental Coordinator & Director's Assistant
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Jim Kolesar - Sports Supervisor
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Denise Lengal - Fitness Supervisor
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Rebecca Stemple - Assistant Aquatic Supervisor
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Patti Welker - Aquatic Supervisor
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Senior Center

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

RECREATION CENTER HOURS

NOVEMBER 1-APRIL 30

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

MAY 1-OCTOBER 31

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

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

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

SENIOR CENTER HOURS

Mondays-Fridays	9:00am-5:00pm
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REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS*

Sat, April 8	Day before Easter	Rec Center Closing at 5pm
Sun, April 9	Easter	CLOSED
Mon, May 29	Memorial Day	CLOSED
Tues, July 4	Independence Day	Rec & Senior Center CLOSED
Mon-Mon, Aug 21-Sept 4	Pool Cleaning	Aquatic Center CLOSED
Mon-Sat, Aug 21-Sept 9	Floor Refinishing	Basketball Courts CLOSED
Mon-Wed, Aug 28-30	Annual Cleaning	Rec & Senior Center CLOSED
Mon, September 4	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
 News Channel 3 (www.wkyc.com) News Channel 5 (www.newsnet5.com)



MEMBERSHIP

MEMBERSHIP CLASSIFICATIONS

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

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

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

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

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

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

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

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

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

MEMBERSHIP FEES

4 MEMBERSHIP OPTIONS

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

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

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

MEMBERSHIP FEES cont.

OPTION 2: One Year Contract with monthly payments

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

Credit Card Payment Plan Information

- The annual membership is broken down into twelve installments plus a \$3 per month processing fee. (Processing fee is NOT included in the above monthly prices.)
- The first payment is due upon the date of purchase and pro-rated from the date of purchase to the end of the current month.
- The remaining eleven payments are charged to your MasterCard, Visa or Discover, as indicated by you, on the 20th of each month, or the next business day if the 20th falls on a weekend or holiday, until the expiration date of the annual contract.
- In the event that a patron defaults on their monthly payment, the membership will be immediately suspended. Patrons will have 10 business days to pay the Ehnfelt Recreation Center the amount owed for that month and an additional \$10 processing fee.
- In the event the patron does not pay off the balance owed by the 11th business day, the annual membership will be cancelled and any future use of a payment plan option will be denied.

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

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

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

MEMBERSHIP FEES cont.

OPTION 3: 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

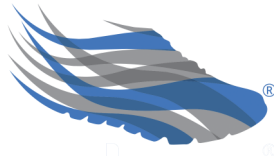
-6 month membership valid 186 days from date of purchase

-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 Ehnfelt 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 Ehnfelt 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.

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 Ehnfelt 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.

RECREATION CENTER GUIDELINES

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

CHILDREN UNDER 12 YEARS OF AGE

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

REGISTRATION

Pre-registration is required for programs.

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

REFUND POLICY

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

PROGRAM CANCELLATION POLICY

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

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
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

Subject to change

Saturday, April 8	CLOSE at 4:30pm	Day before Easter	Tuesday, June 27	Close at 4pm	SSL Swim Meet
Sunday, April 9	CLOSED	Easter	Tuesday, July 4	CLOSED	Independence Day
Monday, May 29	CLOSED	Memorial Day	Tuesday, July 11	Close at 4pm	SSL Swim Meet
Tuesday, June 13	Close at 4pm	SSL Swim Meet	Friday, July 14	Close at 7pm	Swim Meet Set Up
Tuesday, June 20	Close at 4pm	SSL Swim Meet	Saturday, July 15	CLOSED	SSL Champs Swim Meet
			August 21-September 4	CLOSED	Annual Maintenance

(The pools, steam room, sauna and spa are closed during swim meets.)

AQUATIC CENTER REGULATIONS/RULES

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

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

Swim diapers are available for free at the front desk

Visit the Parks & Recreation page www.strongsville.org for a complete list of Recreation & Aquatic Center Rules

REGISTRATION SCHEDULE

Tuesday, March 21: Ehrnfelt Rec Center Members

Tuesday, March 28: Strongsville Residents & Members (*must show proof of residency such as utility bill*)

Thursday, March 30: Open/On-line registration

REGISTRATION AND POLICIES

- Individuals may enroll in any open class listed in the brochure. Registration for all sessions (except first session of a season) will open on the last day of current session.
- 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 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.

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.

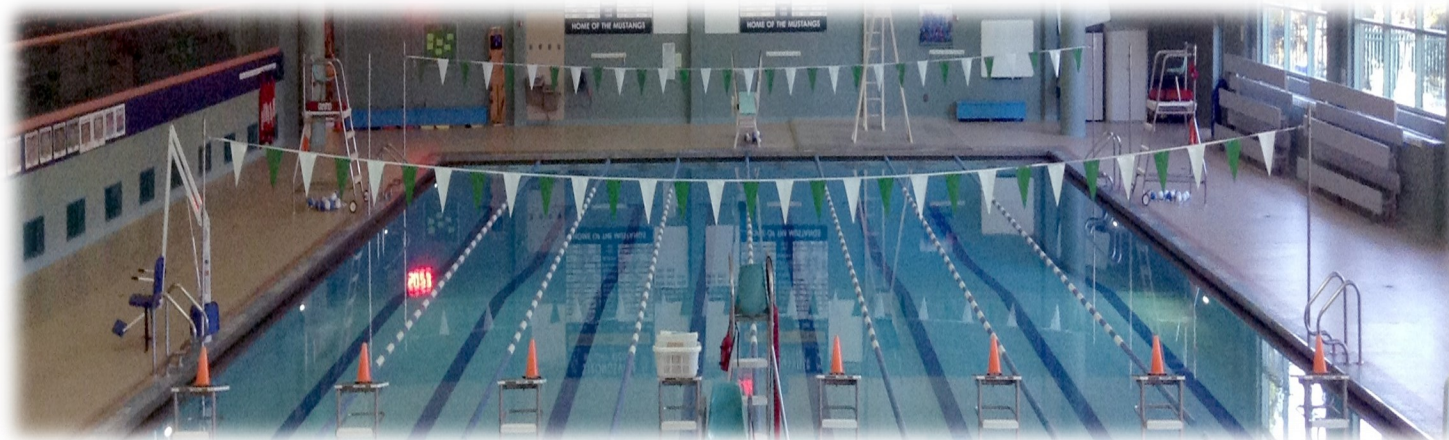
AQUATIC CENTER AGE GUIDELINES

- 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
PARENT/INFANT 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
PARENT/TODDLER 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
PARENT/YOUTH 3-5 years	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
LEVEL 1 Intro to Water Skills	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
LEVEL 2 Fundamental Water Skills	Passed Level 1, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
LEVEL 3 Refined Water Skills	Passed Level 2, or can swim 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and breaststroke kick, and elementary backstroke. Basic water safety will be integrated into this course.
LEVEL 4A Stroke Development	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly and sidestroke. Safe diving practices and water safety will be integrated into the course.
LEVEL 4B Stroke Improvement	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
LEVEL 5 Stroke Refinement	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.



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 (8 Classes)**

Monday-Thursday	6/19-6/29	11:00-11:30am
Monday-Thursday	7/10-7/20	11:00-11:30am
Monday-Thursday	7/31-8/10	11:00-11:30am

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	9:00-9:30am
Saturday	6/10-8/5*	9:35-10:05am

*No class 7/15

8 Classes

Fees:	Member	\$40
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$64

PARENT/TODDLER: 15-36 mos. (parent/adult in water)**Ages: 15 - 36 months****Class Limit: Based on Instructor availability & pool space****Daytime Classes (8 Classes)**

Monday-Thursday	6/19-6/29	12:10-12:40pm
Monday-Thursday	7/10-7/20	12:10-12:40pm
Monday-Thursday	7/31-8/10	12:10-12:40pm

Evening Classes (8 Classes)

Mondays & Wednesdays	6/5-6/28	6:30-7:00pm
Mondays & Wednesdays	7/10-8/2	6:30-7:00pm

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	9:00-9:30am
Saturday	6/10-8/5*	9:35-10:05am

*No class 7/15

Fees: 8 Classes

Member	\$40
Non-Member/Resident	\$48
Non-Member/Non-Resident	\$64

PARENT/YOUTH: 3-5 years (parent/adult in water)**Ages: 3-5 years****Class Limit: Based on Instructor availability & pool space****Daytime Classes (8 Classes)**

Monday-Thursday	6/19-6/29	11:35am-12:05pm
Monday-Thursday	7/10-7/20	11:35am-12:05pm
Monday-Thursday	7/31-8/10	11:35am-12:05pm

Evening Classes (8 Classes)

Mondays & Wednesdays	6/5-6/28	7:00-7:30pm
Mondays & Wednesdays	7/10-8/2	7:00-7:30pm

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	9:00-9:30am
Saturday	6/10-8/5*	9:35-10:05am

*No class 7/15

Fees: 8 Classes

Member	\$40
Non-Member/Resident	\$48
Non-Member/Non-Resident	\$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 (8 Classes)**

Monday-Thursday	6/19-6/29	10:05-10:50am
Monday-Thursday	6/19-6/29	10:55-11:40am
Monday-Thursday	6/19-6/29	11:45am-12:30pm
Monday-Thursday	7/10-7/20	10:05-10:50am
Monday-Thursday	7/10-7/20	10:55-11:40am
Monday-Thursday	7/10-7/20	11:45am-12:30pm
Monday-Thursday	7/31-8/10	10:05-10:50am
Monday-Thursday	7/31-8/10	10:55-11:40am
Monday-Thursday	7/31-8/10	11:45am-12:30pm

Evening Classes (8 Classes)

Mondays & Wednesdays	6/5-6/28	5:40-6:25pm
Mondays & Wednesdays	6/5-6/28	6:35-7:20pm
Mondays & Wednesdays	7/10-8/2	5:40-6:25pm
Mondays & Wednesdays	7/10-8/2	6:35-7:20pm

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	10:10-10:55am
Saturday	6/10-8/5*	11:00-11:45am
Saturday	6/10-8/5*	11:50am-12:35pm

*No class 7/15

Fees: 8 Classes

Member	\$56
Non-Member/Resident	\$72
Non-Member/Non-Resident	\$88

LEVEL 2: Fundamental Water Skills**Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Daytime Classes (8 Classes)**

Monday-Thursday	6/19-6/29	10:05-10:50am
Monday-Thursday	6/19-6/29	10:55-11:40am
Monday-Thursday	6/19-6/29	11:45am-12:30pm
Monday-Thursday	7/10-7/20	10:05-10:50am
Monday-Thursday	7/10-7/20	10:55-11:40am
Monday-Thursday	7/10-7/20	11:45am-12:30pm
Monday-Thursday	7/31-8/10	10:05-10:50am
Monday-Thursday	7/31-8/10	10:55-11:40am
Monday-Thursday	7/31-8/10	11:45am-12:30pm

Evening Classes (8 Classes)

Mondays & Wednesdays	6/5-6/28	5:40-6:25pm
Mondays & Wednesdays	6/5-6/28	6:35-7:20pm
Mondays & Wednesdays	7/10-8/2	5:40-6:25pm
Mondays & Wednesdays	7/10-8/2	6:35-7:20pm

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	10:10-10:55am
Saturday	6/10-8/5*	11:00-11:45am
Saturday	6/10-8/5*	11:50am-12:35pm

*No class 7/15

Fees: 8 Classes

Member	\$56
Non-Member/Resident	\$72
Non-Member/Non-Resident	\$88

YOUTH LEARN TO SWIM LESSONS*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 (8 Classes)**

Monday-Thursdays	6/19-6/29	10:55-11:40am
Monday-Thursdays	6/19-6/29	11:45am-12:30pm
Monday-Thursdays	7/10-7/20	10:55-11:40am
Monday-Thursdays	7/10-7/20	11:45am-12:30pm
Monday-Thursdays	7/31-8/10	10:55-11:40am
Monday-Thursdays	7/31-8/10	11:45am-12:30pm

Evening Classes (8 Classes)

Mondays & Wednesdays	6/5-6/28	5:40-6:25pm
Mondays & Wednesdays	6/5-6/28	6:35-7:20pm
Mondays & Wednesdays	7/10-8/2	5:40-6:25pm
Mondays & Wednesdays	7/10-8/2	6:35-7:20pm

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	10:10-10:55am
Saturday	6/10-8/5*	11:00-11:45am
Saturday	6/10-8/5*	11:50am-12:35pm

*No class 7/15

Fees: 8 Classes

Member	\$56
Non-Member/Resident	\$72
Non-Member/Non-Resident	\$88

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

Monday-Thursdays	6/19-6/29	10:05-10:50am
Monday-Thursdays	7/10-7/20	10:05-10:50am
Monday-Thursdays	7/31-8/10	10:05-10:50am

Evening Classes (8 Classes)

Mondays & Wednesdays	6/5-6/28	5:40-6:25pm
Mondays & Wednesdays	7/10-8/2	5:40-6:25pm

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	9:15-10:00am
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*No class 7/15

Fees: 8 Classes

Member	\$56
Non-Member/Resident	\$72
Non-Member/Non-Resident	\$88

LEVEL 5: Stroke Refinement**Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Daytime Classes (8 Classes)**

Monday-Thursdays	6/19-6/29	10:55-11:40am
Monday-Thursdays	7/10-7/20	10:55-11:40am
Monday-Thursdays	7/31-8/10	10:55-11:40am

Weekend Classes (8 Classes)

Saturday	6/10-8/5*	10:10-10:55am
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*No class 7/15

Fees: 8 Classes

Member	\$56
Non-Member/Resident	\$72
Non-Member/Non-Resident	\$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 (8 classes)

Saturday –Beginner/Intermediate	6/10-8/5*	11:10-12:00pm
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*No class 7/15

Fees:	Member	\$72
	Non-Member/Resident	\$88
	Non-Member/Non-Resident	\$104

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	5/16	5:30-6:20pm	Freestyle
Tuesday	5/16	6:30-7:20pm	Backstroke
Thursday	5/18	5:30-6:20pm	Breaststroke
Thursday	5/18	6:30-7:20pm	Butterfly
Tuesday	5/23	5:30-6:20pm	Backstroke
Tuesday	5/23	6:30-7:20pm	Freestyle
Thursday	5/25	5:30-6:20pm	Butterfly
Thursday	5/25	6:30-7:20pm	Breaststroke

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

*To receive this rate, all 4 or 8 classes must be purchased at the same time for one individual.

INTRO TO SWIM TEAM—NEW CLASS!**Ages: 5 & older****Class Limit: 10**

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

*This is NOT a "learn to swim" class.

*Participants must be able to swim 60 feet of correct freestyle and backstroke.

4 Classes

Tuesday & Thursday	5/15-5/25	5:40-6:25pm
Tuesday & Thursday	5/15-5/25	6:35-7:20pm

Fees:	Member	\$30
	Non-Member/Resident	\$35
	Non-Member/Non-Resident	\$40

SUMMER SWIM TEAM



2023 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 6/1/23 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 30 and the season concludes with the SSL Championship meet on Saturday, July 15, 2023.

Parents are required to attend the Parents' Meeting on Wednesday, May 17, 6:30-8pm and to volunteer during the season.

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

Practice Schedule:

Monday-Thursday	5/30-7/13	7:00-10:00am
Fridays	6/2-7/14	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.

WATER EXERCISE CLASSES



WATER EXERCISE PROGRAM PASS

A 2023 pass may be purchased any time and is good for any water exercise class.

*The pass expires 12/31/2023.

*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 6/8-8/24* 10:00-10:50am 23 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 6/5-8/23* 9:00-9:50am 23 Classes

*No class 7/3

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 6/5-8/23* 6:35-7:25pm 23 Classes

*No class 7/3



AMERICAN RED CROSS CLASSES

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 16 & older

Class Limit: 12

American Red Cross class designed to teach students how to instruct Learn-to-Swim classes. *Fee includes WSI Manual and Water Safety book.*

*Students must be 16 years old by the completion of the class.

*Have access to the internet from home.

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

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

*STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES and pass a written exam for certification.

Monday-Friday 6/12-6/16 9:00am-4:00pm

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

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.

Monday-Friday 6/5-6/9 9:00am-4:00pm

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

AMERICAN RED CROSS LIFEGUARD REVIEW

Ages: 15 & older

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 5/13 9:00am-4:00pm

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

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**

	Registration Dates	Class Materials	Course Completion*
Session 5	Thru 4/30	emailed 5/1	by 5/31/23
Session 6	Thru 5/31	emailed 6/1	by 6/30/23
Session 7	Thru 6/30	emailed 7/3	by 7/31/23
Session 8	Thru 7/31	emailed 8/1	by 8/31/23

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

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

ADULT FIRST AID/CPR/AED ONLINE

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection; 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. **Ages: 11 & older**

	Registration Dates	Class Materials	Course Completion*
Session 5	Thru 4/30	emailed 5/1	by 5/31/23
Session 6	Thru 5/31	emailed 6/1	by 6/30/23
Session 7	Thru 6/30	emailed 7/3	by 7/31/23
Session 8	Thru 7/31	emailed 8/1	by 8/31/23

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

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



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.**

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.**

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 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, 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

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.

Fees:	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.

Fees:	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.**

Fees:	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.**

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

PERSONAL TRAINING PACKAGES

Strongsville Recreation Department's degreed and/or certified personal trainers have the experience and tools to motivate and challenge you to reach all your goals and break through plateaus! Whether your goals are weight loss, feel better, sports conditioning, or just plain aesthetics, your trainer will deliver first class knowledge and creativity to make exercising fun and efficient. Our trainers have worked with all fitness levels from the novice exerciser to the elite athlete. All sessions below are one hour in duration. All Strongsville Recreation Department Personal Trainers have been employed based on their extensive qualifications, therefore, only Strongsville Recreation Department Personal Trainers can be utilized in this facility. Any other personal training is prohibited in the Strongsville Recreation Center.

	One Session	Five Sessions	Ten Sessions
Members	\$43	\$200	\$375
Non-Member/Residents	\$53	\$250	\$475
Non-Member/Non-Residents	\$63	\$300	\$575



Summer Personal Training Special

on sale July 1-31, 2023

10 SESSIONS for
\$349

42 X 82



Fitness

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

Whether you're new to fitness, trying to get back in the gym after some time away, or looking to challenge yourself to the next level, we can help.

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

JOIN US!

All Inclusive Membership: \$77/month (1 year commitment & contract required)
Includes unlimited 42x82 classes and access to the rec center



42x82 Five Punch Pass: \$35 members, \$45 non member resident, \$55 non member non resident, (expires 1 month from date of purchase)

Includes attendance to five 42x82 classes only

**For more information
contact**

denise.lengal@strongsville.org

KARATE

KIDDIE KARATE I & II - Event Center

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

Four week course in basic techniques.

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

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

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

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

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

Wednesdays	5/3-5/24	5:00-5:45pm
Wednesdays	6/7-6/28	5:00-5:45pm
Wednesdays	7/5-7/26	5:00-5:45pm
Wednesdays	8/2-8/23	5:00-5:45pm

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



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

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

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

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

Class Limit: 30

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

Wednesdays	5/3-5/24	6:00-6:45pm
Wednesdays	6/7-6/28	6:00-6:45pm
Wednesdays	7/5-7/26	6:00-6:45pm
Wednesdays	8/2-8/23	6:00-6:45pm

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

Class Limit: 30

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

Wednesdays	5/3-5/24	7:00-7:45pm
Wednesdays	6/7-6/28	7:00-7:45pm
Wednesdays	7/5-7/26	7:00-7:45pm
Wednesdays	8/2-8/23	7:00-7:45pm

Fees:	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 5/3-5/24 3:30-4:30pm

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

FASTBREAK

Gain strength and confidence while having fun! Young people, ages 11-14, are led through this safe and effective age specific program designed to target different muscle groups each week. This inspiring and guided workout addresses all components of total fitness, including cardio and strength. **MOVE to be the best YOU can be!**

Ages: 11-14

Wednesday 5/3-5/24 4:30-5:20pm

Fees:	Member	\$25
	Non-Member/Resident	\$35
	Non-Member/Non-Resident	\$45

DAY CAMPS

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

STRONGSVILLE REC CENTER CAMP

2023 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-6th. 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 2022) 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	6/5 – 6/9	9:00am – 4:15pm
Week 2	6/12 – 6/16	9:00am – 4:15pm
Week 3	6/19 – 6/23	9:00am – 4:15pm
Week 4	6/26 – 6/30	9:00am – 4:15pm
No Camp Week of 7/4		
Week 5	7/10 – 7/14	9:00am – 4:15pm
Week 6	7/17 – 7/21	9:00am – 4:15pm
Week 7	7/24 – 7/28	9:00am – 4:15pm
Week 8	7/31 – 8/4	9:00am – 4:15pm
Week 9	8/7 – 8/11	9:00am – 4:15pm

WEEKLY FEES:	Members	\$140
	Non-Member/Residents	\$170
	Non-Member/Non-Residents	\$195



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® - YUCKOLOGY! (Meeting Room)

Go inside a scientist's lab and discover the ooey, gooey gross things that can be concocted! Use your skills as a chemist to make radical reactions with batteries, nickels, and more! Discover some of the smallest components of our bodies by making slimy cell models! Make "brain goo" and check out your guts and bones as you travel the organ trail. Compare fingerprints and discover the secrets of DNA as you fine-tune your forensic skills to solve a Mad Science Mystery!

Ages: 6-12 years **Class Minimum: 10** **Maximum: 22**
Tuesday-Friday 5/30-6/2 9:00am-12:00pm

Fees: 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.



CRAYOLA CAMP

CRAYOLA® IMAGINE ARTS ACADEMY- ARTBLAZERS (Meeting Room)

History is full of revolutionary artists. Discover the inspiring artworks and artists who have changed the world of art and the world as we know it – from Frida Kahol's self-portraits to Keith Haring's street art. Experiment with art techniques, and use Crayola® art supplies to express your ideas. Design a different unique, artist-inspired creation each class. Create the change you want to see in the world!

Ages: 6-12 years **Class Minimum: 10** **Maximum: 22**
Tuesdays-Friday 5/30-6/2 12:30-3:30pm

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

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

Date	Time	Theme
Tuesday 6/6	12:30 – 4:30pm	Whales, Sharks, and Turtles
Tuesday 6/13	12:30 – 4:30pm	Pirates and Mermaids
Tuesday 6/20	12:30 – 4:30pm	Beach Party Vacation
Tuesday 7/11	12:30 – 4:30pm	Jungle Animals
Tuesday 7/18	12:30 – 4:30pm	Sweet Treats – Summer Picnic
Tuesday 7/25	12:30 – 4:30pm	All About Sports
Tuesday 8/1	12:30 – 4:30pm	Create A Masterpiece- Arts & Crafts
Tuesday 8/8	12:30 – 4:30pm	Stomp! Stomp! Dinosaurs
Tuesday 8/15	12:30 – 4:30pm	Animals & Bugs
Tuesday 8/22	12:30 – 4:30pm	Exploring Outer Space!

Fees per camp date/per child:

Members \$40
Non-Member/Residents \$50
Non-Member/Non-Residents \$55



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.

Fees/Camp: Members \$135
Non-Member/Residents \$145
Non-Member/Non-Residents \$150

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

CHALLENGE ISLAND AM– SHARK CAMP™

STEAM + Reading = STREAM! This STREAMy camps brings the Bridge to Sharktooth Island, the first book in the Challenge Island series, to life! You and your STEAM Team will join book characters Daniel, Joy, Kimani, and Davinci on their Sharktooth Island adventures from bridge-building to pirate ship exploring to mixing up spectacular slime seas. You'll dive into the fascinating world of SHARKS and tackle an ocean full of shark-inspired challenges! This FINtastic Camp is perfect for fans of the Challenge Island, Magic Tree House and Magic School Bus book series.

Mon, Wed, Thurs, Fri 7/3, 7/5-7/7 (no camp 7/4) 9:00am-12:00pm

CHALLENGE ISLAND PM - ISLAND TUBE FEVER CAMP™

Tune into imagination and creativity at Challenge Island's Island Tube Camp! You and your STEAM Team will build your very own studio and take part in a whole haul of super YouTube inspired activities: From slime to squishies to science experiments; from taste tests to mystery wheels to Secret Island Surprise Balls! One of our most "liked" camps, this Kids' Choice Challenge Island adventure gets thumbs up all around!

Mon, Wed, Thurs, Fri 7/3, 7/5-7/7 (no camp 7/4) 1:00-4:00pm

DANCE TO EVOLVE

ROCK STAR ROYALTY DANCE CAMP (East Event Center)

Join our camp for groovy fairies, and hardcore princes and princesses in an enchanted land far far away. Camper will have a rockin' time dancing at the ball, create art projects suited for royalty, rock out in a skit, and play noble dance games. The Friday min-show is for families, allow our magical dances to jam out and show off their rock star moves. Please bring a water bottle to each class. *We plan to go outside on Wed. 8/9 so please wear sunscreen this day.

Ages: 3-7 Years **Class Minimum: 4** **Maximum: 16**
Monday–Thursday 8/7–8/10 9:00am-12:00pm

Fees: Members \$145
Non-Member/Residents \$155
Non-Member/Non-Residents \$160



WEBBY'S CHEER CAMP

WEBBY'S CHEER CAMP (Conference Room, Outside, Mind /Body Studio)

WEBBY Cheer camp will introduce your child to the fundamentals of cheer through tumbling, balance and various techniques. Cheer is an engaging way to develop focusing skills and expand children's imagination. The day will be spent learning cheer technique and skills such as jumps, stunting and beginner tumbling. There will be a performance on the last day of camp. All campers will take home a camp t-shirt, pomp oms and a cheer bow! Please bring a water bottle and small snack to each class. *We will be using both indoor and outdoor space during camp so please wear sunscreen.

Class Minimum: 5 **Maximum: 20**
Ages 3-7 years Tuesday–Friday 5/30-6/2 9:00am-12:30pm
Ages 8-12 years Tuesday–Friday 5/30-6/2 1:00-4:30pm

Fees: Members \$145
Non-Member/Residents \$155
Non-Member/Non-Residents \$160



ENRICHMENT PROGRAMS

Adult & Youth

Recreation Supervisor, Kristen Nykiel

MISS KATIE'S PRESCHOOL PLAYGROUP

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

SOCIAL BUTTERFLIES

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

Age: 6 months-6 years with adult participation

Fridays		9:30-10:30am (4 classes/month)
Saturday	5/20	11:15am-12:15pm (1 class)
Saturday	6/17	11:15am-12:15pm (1 class)
Saturday	7/15	11:15am-12:15pm (1 class)
Saturday	8/19	11:15am-12:15pm (1 class)

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



TINY TOTS

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

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

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

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

PRECIOUS PRESCHOOLERS

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

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

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

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

PRESCHOOL PREP

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

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

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

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

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

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

Age: 12 months-6 years 4 Classes/month

Mondays	9:15-10:45am
Thursdays	9:15-10:45am

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

Check out
Miss Katie's Kinder Camp
 Ages 3-6 (potty trained)
 on page 17!

ADULT ENRICHMENT

FIDO FUNDAMENTALS - MANNERS (Senior Art Studio)

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



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

Class Requirements

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

Class Minimum:2 Maximum: 6 6 Class
Tuesdays 6/13-7/25* 6:00-7:00pm

*No class 7/4

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

TOUCH A TRUCK

(Senior Center Parking Lot)

**Friday, June 9
1:00-3:00pm**

Kids just love trucks and large equipment. Even grown up kids find the trucks fascinating. Here's a chance to get up and close to some of the most interesting and exciting equipment around. A variety of trucks will be displayed for kids to climb in, touch and ask questions about.

All ages are welcome

The first half hour will be sensory friendly

THIS IS A FREE EVENT



YOUTH & ADULT 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.

Age: 3-5 years Class Minimum:3 Maximum: 8 6 Classes
Fridays 6/30-8/4 4:30-5:15pm

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
Fridays 6/30-8/4 5:15-6:00pm

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

IRISH DANCING FOR TEENS & ADULTS (Senior Art Studio)

Irish Dance is for everyone. This class provides a great aerobic workout as dancers learn the basics of Traditional Irish Step Dance. All are welcome and no experience is necessary. The class will cover various styles of Irish Dance from "old style" to "Irish social dance" and basic traditional Irish step dance. Dancers will benefit from the many wonderful health benefits of Irish Dance.

Ages:16 years & up Class Minimum:3 Maximum: 16 6 Classes
Fridays 6/30-8/4 6:15-7:15pm

Fees: Members \$55
 Non-Member/Residents \$61
 Non-Member/Non-Residents \$67

PRESCHOOL CLASSES

SOCCER SHOTS-MINIS (Auxiliary Gym & Outside)

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

Instructor: This class taught by Soccer Shots coaches

*Please register through Soccer Shots at [https://](https://cleveland.soccershots.com/cleveland)

cleveland.soccershots.com/cleveland

Ages: 2-3 years (with caregiver participation)

Class Minimum: 4 **Maximum:** 12 **8 Classes**
Fridays 6/9-8/4* 9:30-10:00am

*No class 7/7

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

SOCCER SHOTS-CLASSIC (Auxiliary Gym & Outside)

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

Instructor: This class taught by Soccer Shots coaches

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

cleveland.soccershots.com/search?loc=56

Ages: 3-5 years

Class Minimum: 4 **Maximum:** 12 **8 Classes**
Fridays 6/9-8/4* 10:15-10:45am

*No class 7/7

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

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 6/7-6/28 10:00-10:45am
Wednesdays 7/19-8/9 10:00-10:45am

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



WEBBY'S PRESCHOOL GYMNASTICS/TUMBLING (Conference Room)

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

Ages: 2.5-5 years **Class Minimum:** 4 **Maximum:** 20 **4 Classes**

Wednesdays 6/7-6/28 11:15am-12:00pm
Wednesdays 6/7-6/28 4:30-5:15pm
Wednesdays 7/19-8/9 11:15am-12:00pm
Wednesdays 7/19-8/9 4:30-5:15pm

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

WEBBY'S PRESCHOOL YOGA (Mind & Body Studio)

Our YOGA classes will introduce your child to the fundamentals of yoga through imagery, balance and breathing techniques. Yoga is an engaging way to develop focusing skills and expand children's imagination. A portion of each class will be dedicated to creative movement and beginning tumbling skills related to our yoga poses and movements! This is an 'on my own class'.

Ages: 2.5-5 years **Class Minimum:** 4 **Maximum:** 20 **4 Classes**

Wednesdays 6/7-6/28 12:15-1:00pm
Wednesdays 6/7-6/28 5:30-6:15pm
Wednesdays 7/19-8/9 12:15-1:00pm
Wednesdays 7/19-8/9 5:30-6:15pm

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

SPROUT THERAPY-PLAY

Early Intervention to facilitate expressive, receptive, and social language through play based activities.

This is a 6 week course that begins with a screening session and continues with a group curated based on your child's specific needs. This group provides opportunities for movement, turn-taking, and generalized articulation practice. After the screening, the Speech Language Pathologist will introduce skills, provide an activity to practice in a structured setting, and follow with opportunities to practice with less structure but adult facilitation. Low student to therapist ratio. Direct instruction for children with communication delays/difficulties. Main focus: movement, structured/unstructured play, foundational language and social communication skills, sensory activities involved. Parents will receive a detailed progress note at the end of the session with areas that were targeted, strengths, weaknesses, and home programming to promote carryover/generalization of skills.

This group is ideal for children who may:

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

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

Ages: 3-5 years **Class Minimum:** 4 **Maximum:** 10 **6 Classes**

Class day/time will be set once enough students have enrolled through Sprout Therapy.

Fees*:

Members \$150
Non-Members \$162

*REGISTER through Sprout Therapy by contacting 440-316-2416 or sproutherapyllc@gmail.com

SPROUT THERAPY-PRIVATE SESSIONS

Sprout Therapy can also hold one-on-one sessions at the Strongsville Rec. Center location outside of the class setting. If you feel your child needs private lessons or would like more information about private sessions, please contact Sprout Therapy at 440-316-2416 or spourtherapyllc@gmail.com.

YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSESFor more info on these classes contact patti.welker@strongsville.org**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 5/31/23
Session 6	Thru 5/31	emailed 6/1	by 6/30/23
Session 7	Thru 6/30	emailed 7/3	by 7/31/23
Session 8	Thru 7/31	emailed 8/1	by 8/31/23

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

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

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 5/31/23
Session 6	Thru 5/31	emailed 6/1	by 6/30/23
Session 7	Thru 6/30	emailed 7/3	by 7/31/23
Session 8	Thru 7/31	emailed 8/1	by 8/31/23

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

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

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 5	Thru 4/30	emailed 5/1	by 5/31/23
Session 6	Thru 5/31	emailed 6/1	by 6/30/23
Session 7	Thru 6/30	emailed 7/3	by 7/31/23
Session 8	Thru 7/31	emailed 8/1	by 8/31/23

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	emailed 5/1	by 5/31/23
Session 6	Thru 5/31	emailed 6/1	by 6/30/23
Session 7	Thru 6/30	emailed 7/3	by 7/31/23
Session 8	Thru 7/31	emailed 8/1	by 8/31/23

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

Fees:	Member	\$25
	Non-Member/Resident	\$30
	Non-Member/Non-Resident	\$35

ADULT FIRST AID/CPR/AED ONLINE

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection; 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. **Ages: 11 & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 5	Thru 4/30	emailed 5/1	by 5/31/23
Session 6	Thru 5/31	emailed 6/1	by 6/30/23
Session 7	Thru 6/30	emailed 7/3	by 7/31/23
Session 8	Thru 7/31	emailed 8/1	by 8/31/23

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

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

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 for more information

REGISTER at www.headstartbasketball.com

Boys & Girls Grades: 1-9			1:00-4:00pm
Monday-Friday	6/5-6/9	Grades: 2-7	
Monday-Friday	6/12-6/16	Grades: 2-7	
Monday-Friday	6/19-6/23	Grades: 5-9	
Monday-Friday	7/10-7/14	Grades: 5-9	

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

Boys & Girls Grades: 2-7		Class Limit: 78
Thursday & Friday	8/3-8/4	1:00 -4:00pm
Fee: \$45		

YOUTH VOLLEYBALL

YOUTH VOLLEYBALL 8 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 6/6-7/18
*No class 7/4

Intermediate 6:00-7:15pm
Tuesdays 6/6-7/18
*No class 7/4

Fees:

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

YOUTH VOLLEYBALL LEAGUE (Auxiliary Gym)

The Youth Volleyball League are for players in 3rd & 4th Grade, 5th & 6th Grade, & 7th-9th 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 – 9/1

Dates: 9/6-11/29

Practice: Tuesday evening in the Strongsville Rec Auxiliary Gym

Divisions:

3rd & 4th Grade
5th & 6th Grade
7th – 9th Grade

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

YOUTH & ADULT TABLE TENNIS

TABLE TENNIS OPEN PLAY (Event Center)

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

Ages: All & Seniors

Tuesdays & Thursdays
6:00-8:00pm

Fees:

Adult	\$55
Senior/College	\$45
Youth	\$35
Youth with paying adult	\$25
There is no drop in fee for those that pay the registration fee	

Daily Drop-in Fees:

(for those that do not pay the registration fee)

Adults	\$6
Seniors/College	\$5
Youth	\$4
Youth with paying adults	\$3

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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, 2023)

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

Non-residents can register beginning 3/11 if space available.

Boys Leagues

CoEd 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

CoEd 5-6yrs T-Ball
Girls 7-9yrs Coach Pitch
Girls 10-11yrs Fast Pitch
Girls 12-14yrs 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)

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

Fees: Residents \$60
Non-residents \$75

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 6/7-8/9 10:00am-12:30pm
Tuesday & Thursday 6/6-8/10 10:0am-12:30pm

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

Drop-in Fees: 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 4/15 – 5/20 9:00 AM or 10:00 AM (1 hour)
Saturdays 6/10 – 7/15 9:00 AM or 10:00 AM (1 hour)

FEES: Residents \$105
Non-Residents \$115



YOUTH TENNIS

YOUTH TENNIS LESSONS (City Tennis Courts next to Library)

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

Ages: 5-16 years Class Limit: 24 per class
4 weeks (8 classes weather permitting)

Session 1

Ages	M/W/Th	Dates	Time
Ages: 5-8 years	M/W/Th	6/5-6/21	8:30-9:30am
Ages: 9-12 years	M/W/Th	6/5-6/21	9:30-10:30am
Ages: 13-16 years	M/W/Th	6/5-6/21	10:30-11:30am

Session 2

Ages	M/W/Th	Dates below	Time
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: 6/28, 6/29, 7/5, 7/6, 7/10, 7/12, 7/13 & 7/17

Make-up/Rain-Out Dates: TBA

Fees:	Members	Non-Members/Residents	Non-Members/Non-Residents
	\$105	\$115	\$125

STRONGSVILLE PRESCHOOL TENNIS CAMPS by Jump Start

(City Tennis Courts next to Library)

Strongsville Preschool Tennis is a fun, interactive program for children ages 3-5. 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 6/8-7/13 5:30-6:00pm OR 6:00-6:30pm

Fees:	Residents	Non-Residents
	\$105	\$115

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 6/8-7/13 6:30-7:30pm OR 7:30-8:30pm

Fees:	Residents	Non-Residents
	\$105	\$115

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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 5/3-5/24 3:30-4:30pm

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

FASTBREAK

Gain strength and confidence while having fun! Young people, ages 11-14, are led through this safe and effective age specific program designed to target different muscle groups each week. This inspiring and guided workout addresses all components of total fitness, including cardio and strength. MOVE to be the best YOU can be!

Ages: 11-14
 Wednesday 5/3-5/24 4:30-5:20pm

Fees: Member \$25
 Non-Member/Resident \$35
 Non-Member/Non-Resident \$45

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

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

Ages: 50 & older
 Mondays/Tuesdays/Thursdays thru May 25 8:00am-12:00pm

Ages: 18 & older
 Fridays thru May 26 6:00-8:00pm

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

NO PICKLEBALL May 29-September 10

ADULT BASKETBALL LEAGUES

Ages: 18 & Older

League	Dates	Start Times	Limit	Reg Fee	Forfeit Fee(Cash)	# of Games
Tuesday 4x4	5/9-8/8	6:00-10:00pm	12 Teams	\$200	\$80	*12
Thursday 3x3 (40yrs +)	6/8-8/17	6:30-9:30pm	12 Teams	\$150	\$80	*8
Sunday Lower, 5x5	5/21-8/20	2:00-10:00pm	16 Teams	\$250	\$80	*10
Sunday Middle, 5x5	5/21-8/20	2:00-10:00pm	16 Teams	\$250	\$80	*10
Sunday Upper, 5x5	5/21-8/20	2:00-10:00pm	16 Teams	\$250	\$80	*10

*Plus playoffs

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

Jersey Cost: \$100

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

Registration Dates: 3/20-5/7

ADULT SOFTBALL LEAGUES

REGISTRATION DATES: 7/1-8/20

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
Co-Ed Friday Single Header	\$275	\$80	\$32/game

Upper, Middle and Lower Divisions

9/6-11/12 (weather dependent)

6:30-9:30pm

24 Team Limit

* Registration fee includes a professional stat service and balls

Men's Sunday AM Double Header \$300 \$135 \$32/game

9/6-11/12 (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.

Men's Monday Double Header \$300 \$135 \$32/game

9/6-11/12 (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.

Men's Wednesday Double Headers \$300 \$135 \$32/game

9/6-11/12 (weather dependent)

6:30-9:30pm

16 Team Limit

*Registration fee includes a professional stat service and balls

BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)

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

Ages: 50 & older

2nd & 4th Wednesday of the Month thru May 24 9:00-11:00am

NO BEGINNER PICKLEBALL June-September 11

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

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SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

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.)

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

Non-Member Daily Drop-in Fee: Residents - \$3; Non-Residents-\$5

FITNESS, FUN FRIENDSHIP ACTIVITIES: May-August 2023

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 5/29, 7/4, 8/28, 8/29, 8/30

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

BETTER BALANCE

This DVD lead class will help improve your balance, strength and overall fitness. This class will feature both chair and stationary exercises – great for safely challenging your body in different ways.

Ages: 50 & older

Mondays, Wednesdays, & Fridays* 10:15-11:00am

*No class 5/29, 8/28, 8/30

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

*No class 5/29, 8/28, 8/30

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*

*No class 5/29, 8/28, 8/30

Instructor: Mary Lea Kirby

11:15am-12:00pm

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. This program is taught by a Certified Fitness Instructor.

Ages: 50 & older

Tuesdays or Thursdays*

*No class 7/4, 8/29

9:15-10:00am

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.

Ages: 50 & older

Tuesdays*

*No class 7/4, 8/29

Instructor: Tami Haberman

12:30-1:15pm

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

FITNESS, FUN FRIENDSHIP cont.**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 in the US and China 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 5/29, 8/28

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

YOGA

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

Ages: 50 & older
Tuesdays* 10:30-11:30am
Thursdays 10:30-11:30am
Thursdays 12:30-1:30pm **Instructor: Tami Haberman**

*No class 7/4, 8/29

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

TAP DANCING

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

7 Week Sessions **Minimum class size: 4**
Ages: 50 & Over **Instructor: Peggy Stockdale**
Thursdays 4/20-6/8* 9:30-10:30am Beginners
Thursdays 4/20-6/8* 10:30-11:30am Intermediate
*No class 5/18

Fees:	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 4/25, 7/4, 8/29

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

Wii BOWLING

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

Ages: 50 & older
Tuesdays* 12:00pm

*No class 7/4, 8/29

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

BINGO

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

Ages: 50 & older
Fridays* 12:30-3:00pm

*No play 4/7

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

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

BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)

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

Ages: 50 & older
2nd & 4th Wednesday of the Month thru May 24 9:00-11:00am
NO BEGINNER PICKLEBALL June-September 11

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

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

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

Ages: 50 & older
Mondays/Tuesdays/Thursdays thru May 25 8:00am-12:00pm

Ages: 18 & older
Fridays thru May 26 6:00-8:00pm

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

NO PICKLEBALL May 29-September 10

FITNESS, FUN FRIENDSHIP cont.**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! Registration is required.

Ages: 50 & older	12:30pm
Fees:	Drop-In/Movie
Members	\$3
Residents/Non-Members	\$4
Non-Residents/Non-Members	\$5

CARDS AND OTHER GAMES

Ages: 50 & older		
Bridge	Mondays	12:30-3:00pm
Bunco	Thursdays	10:30am-12:00pm
Rummikub/Dominoes	Tuesdays	1:00-3:00pm
Mah Jongg	Wednesdays	1:00-3:00pm
Pinochle	Tuesdays	12:25-3:00pm
Open Play	Thursdays	12:15-3:00pm
Open Play	Fridays	12:30-3:00pm

*No play 5/29, 7/4, 8/28, 8/29, 8/30

Drop-In Fees:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$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 class 8/30	

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

WOOD CARVING (Senior Center Wood Shop)

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

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

Tuesdays	1:00-3:00pm
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*No carving 7/4, 8/29

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.

SAWDUST FOR BEGINNERS (Senior Center Wood Shop)

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

Ages: 50 & older	Instructor: Jim Burns
Mondays	6/5 & 6/12 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**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

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

CLASSICAL PAINTING SECRETS

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

Ages: 50 & older	Instructor: Joanne Richter
Tuesdays or Thursdays*	1:00-3:30pm

*No classes in June, July, August

Fees:	Monthly
Members	Varies Monthly
Residents/Non-Members	Varies Monthly
Non-Residents/Non-Members	Varies Monthly

LANDSCAPE ART WORKSHOP

Join Joanne Richter, as she instructs a landscape workshop, using the "Wipeout Technique." You will paint and discuss composition, color theory, sky, clouds and landscapes in this workshop. A canvas board (11"x14") will be provided. Bring your paints (acrylics or oils) and brushes. Come try a new painting technique in this afternoon workshop.

Ages: 50 & over

Instructor: Joanne Richter		
Wednesday	5/3	1:00-4:00pm

Fees:	
Members	\$20
Non-Members/Residents	\$22
Non-Members/Non-Residents	\$26

INTRODUCTION TO DIGITAL PHOTOGRAPHY

The new class will begin with a discussion on the importance of digital image management, along with several examples of how to manage, organize, and backup your library of digital images so that they can be protected and enjoyed by you and your family for generations. The class will then get into the fundamental concepts of photography with the end goal of improving the quality of your photographs. The concepts discussed will include: basic composition, the quality of light, the rule of thirds, and how to create depth. This class will be the foundation for future more in-depth classes in photography and software tools.

Ages: 50 & older	Instructor: Robert Kovatich	4 Week Session
Wednesdays	6/7-6/28	10:00-11:00am

Fees:	
Members	\$40
Non-Members/Residents	\$43
Non-Members/Non-Residents	\$50

ART & CRAFT CLASSES

BASIC DRAWING CLASS

This class is for anyone that wants to learn to draw or improve their drawing skills. Our new instructor Jeff, will guide you through learning how to "see" your subject, find basic structure, proportion and shading. Along the way, you will learn different drawing techniques and supplies and tools to help you draw the world around you. Supply list available at Senior Center Front Desk.

Ages: 50 & older **Instructor: Jeff Suntala** **6 Week Session**
Mondays 4/3-5/8 1:00-3:00pm

Fees:	No Drops-In Permitted
Members	\$60
Residents/Non-Members	\$65
Non-Residents/Non-Members	\$75

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 5/29, 8/28

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 class 8/30

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

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

CONSULTATIONS

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 Ehnrfelt 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	5/12	9:15am-12:00pm
Friday	6/9	9:15am-12:00pm
Friday	7/14	9:15am-12:00pm
Friday	8/11	9:15am-12:00pm

Free

CONSULTATIONS cont.

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 5/9, 6/13, 7/11, 8/8 10:00am **Free**

ATTORNEY

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

Tuesday - 5/2, 6/6, 7/11, 8/1	9:20-11:30am	Erica Skerl
4th Friday of the Month	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 (OSHIIP) 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**

WELCOME TO MEDICARE

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

Thursday 4/20 2:00pm **Free**

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**

PROGRAMS

2023 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	<u>Dimstore: A Writer's Life</u> by Lee Smith	5/22
June	<u>One Italian Summer</u> by Rebecca Serle	6/26
July	<u>The Christie Affair</u> by Nina de Gramont	7/24
August	<u>Hamnet: A Novel of the Plague</u> by Maggie O'Farrell	8/28

AARP DRIVER SAFETY PROGRAM CLASSES

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

Ages: 50 & older	Instructor: April Dugan
Wednesday	4/26 12:30-4:30pm
Tuesday	6/20 9:30am-1:30pm
Tuesday	8/15 12:30-4:30pm
Fees:	
AARP Members	\$20
Non-AARP Members	\$25

LINE DANCE JAMBOREE 2023

Our 22nd 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! Registration required by April 19th.

Ages: 50 & older	
Tuesday	4/25 9:00am-3:00pm

Fees:	
Members	\$24
Non-Members/Residents	\$25
Non-Members/Non-Residents	\$27

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. Tickets are **free to Lady Senior Center Silver Mustang Members**, but registration is required.

Ages 50 & over	
Wednesday	5/10 9:30-11:00am

Tickets on sale April 6th – May 8th

Fees:	
Lady Silver Mustang Members	Free
Members	\$3
Non-Members	\$5

FRIENDSHIP FORCE OF NORTHEAST OHIO

Discover cultural exchange through travel with home stays – as a guest and/or a host – and make new friends from other countries and regions of the U.S. Friendship Force of Northeast Ohio is one of 300+ clubs in 50+ countries in the global organization of Friendship Force International, founded in 1977.

Come and learn more about Friendship Force, who they are, how journeys work, where you have the opportunity to go, who you have the opportunity to home host, and see how rewarding and fun it is to experience cultural exchange through this growing, global organization.

Ages 50 & over	Free
Presenter: Jackie Herriman, President of Friendship Force of NE Ohio	
Tuesday	5/16 1:00pm

CLEVELAND GUARDIANS WATCH PARTY

Let's celebrate the Cleveland Guardians with a Watch Party. We'll have the game streaming *live* on our state of the art 12' x 9' video wall! We'll fuel ourselves with stadium favorites; hot dogs, soda, peanuts and more! The party will include games and raffles too. Together, we'll cheer our Guardians to a win. Wear your favorite baseball attire, and join the fun. Registration required.

Ages: 50 & older	
Wednesday	7/19 12:00noon

Fees:	
Members	\$7
Non-Members/Residents	\$8
Non-Members/Non-Residents	\$10

PETER THE ROCK

Peter is best known as the foremost apostle of Jesus. Yet he's an enigmatic, complex historical figure. By turns an illiterate fisherman, the first Pope, a devoted student who often seems to misunderstand his Rabbi, and a tireless proselytizer who denied Jesus in his darkest hour. We'll examine sources in and out of the Bible to learn more of who Peter was and what he means to us.

Ages: 50 & over	Seven Week Program
Instructor: Ted Smith	
Mondays	4/17-6/5* 10:30-11:30am
*No class 5/29	

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

LIFE AND TIMES OF THE APOSTLE PAUL

What does it take for someone to change their beliefs? Perhaps a relevant question in today's increasingly polarized society. Paul went from Christian persecutor to proselytizer in a very short time. A self-described zealot who inadvertently started two religions; first Christianity, then centuries later inspiring Martin Luther's Protestant Reformation. Amazingly, Paul's writings still hold relevance to issues we face today. Let's explore who the historical Paul was, what he wrote, and why it still matters.

Ages: 50 & over	Seven Week Program
Instructor: Ted Smith	
Mondays	6/26-8/7 10:30-11:30am

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

PROGRAMS cont.**CELEBRATION HANDBELL CHOIR CONCERT**

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

All Ages

Thursday	5/25	7:00pm	Free
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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. **Registration is required. Tickets available June 6th – July 3rd.**

Monday	7/10	12:30-2:30pm
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Free Program for Silver Mustang Members**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 & older**Fees for 1-Hour Session (minimum of 1 hour):**

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

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 16th – June 12th.**

Ages 50 & over**Free Program for Gentlemen Silver Mustang Members**

Thursday	6/15	9:30-11:00am
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Fees:

Gentleman Silver Mustang Members	Free
Members	\$3
Non-Members	\$5

PROGRAMS cont.**THE AGE OF VIRTUAL COMMUNICATION**

Do you want to visit face to face with out of town relatives or friends but don't want to spend time and money to travel? Do you want to have a meeting with members of a committee you are working on but the weather is miserable and you would rather stay home? Virtual communication may be appropriate for you. The Senior Center Technical Group will present information about the use of virtual communications using your cell phone, tablet or computer. Applications to be discussed will include Zoom, Google Meet, Google Teams and Apples FaceTime. Zoom will be used during the meeting to demonstrate the technology. All attendees will participate, so bring your phone or tablet or laptop with you. When you register for this presentation, give us your email address so we can invite you to the meeting. We will take care of everything else.

Ages: 50 & over

Tuesday	4/11	10:30am
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Fees:	Members	Free
	Non-Member/Residents	\$3
	Non-Member/Non-Residents	\$5

MUSTANGS ON THE GO**SPRINGTIME SURPRISE MYSTERY TRIP #6**

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 JKL Tours Mystery Trips, we are creating another day full of surprises that combine unique areas, sites and attractions. You will need a sense of adventure, a good sense of humor and comfortable walking shoes for moderate walking. Lunch is included.

Please know that all our mystery trips are to smaller, unique areas we don't visit on any of our regular destination trips. (Last year's Mystery trip was #5).

Ages: 50 & over

Tuesday	4/18	8:30am-6:00pm
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Fees:

Members	\$102
Residents/Non-Members	\$104
Non-Residents/Non-Members	\$108



MUSTANGS ON THE GO cont.

SAINTS AND SINNERS TOUR

This trip will have you feeling like you have been to both heaven and hell! The first stop will be a tour of Fremont with a local historian. The guide will delight you with many local stories and show off the love for their home town. Next stop will be at the Grace Lutheran Church, one of Fremont's most beautiful example of Stained Glass Windows. Listen to a church members stories of the history of the glass as they share the details of each stunning window. Next lunch will be at one of Fremont's most beautiful jewels, Our Lady of the Pines Retreat Center. After lunch, enjoy a tour of the beautiful Center and take a relaxing walk on the beautiful property.

Next, we will travel back in time at the Sandusky County Historical Jail. Take a peek at prison life and explore the Historical Jail and Victorian home, which was used almost 100 years. Following the jail we will stop at St Joseph Catholic Church and enjoy the beautiful stain glass windows at the "German" Catholic Church and also be entertained by the church organist as he plays a few hymns for the group. Lastly, we will stop at a local Ice Cream Stop for a treat before we head home. This trip is a Great Day Tours Trip.

Ages: 50 & over

Tuesday 5/9 8:00am-6:00pm

Fees:

Members	\$105
Residents/Non-Members	\$107
Non-Residents/Non-Members	\$111



CLEVELAND GUARDIANS TAKE ON THE CHICAGO WHITE SOX!

Here is your chance to enjoy a wonderful outing as we see our Cleveland Guardians take on the Chicago White Sox in an afternoon game.

We'll depart the Senior Center and start with a drive by of League Park to learn the history of this classic ballpark from 1891, and see where the Spiders played. Next we'll arrive at Progressive Field with a short walk from Ontario street to our lower-level seats between 3rd base and left field. We'll be there in plenty of time for the 1:10pm start. Your game ticket includes a Slider Meal of a soft drink (or water,) hot dog and either chips or popcorn.

Ages: 50 & over

Wednesday 5/24 11:15am-5:00pm

Fees:

Members	\$88	Registration Starts
Residents/Non-Members	\$90	Open Now
Non-Residents/Non-Members	\$94	3/15
		3/22

HISTORIC BARN MURAL TOUR

As we travel westward in the state, you just might have noticed historic barns with murals. Our motorcoach and guide take us along Ohio's Historic Barn Mural Trail which features 6 different barns. While barns may be "historic", some of the murals are more recent, completed by a nationally-known Barn Artist, Scott Hagan his artwork is representative of the area's local or national history.

After the barn tour we will enjoy lunch at Ole Zim's Wagon Shed, another large barn! Next, we will head to King Dairy Farm, a modern-day dairy farm. At King Dairy Farm, watch in amazement as dairy cows walk into the milking stations to be identified, cleaned, attached to a milking machine and milked all without human interaction. These cows even have their own climate controlled water-beds!

From there we will head to the 9/11 Public Safety Service Memorial. The memorial is made from sacred steel that was recovered from the World Trade Center and features a 7000-pound piece of the North Tower antennae. Hear a talk on how the memorial was created and the efforts that the city officials went to get the 9/11 steel from New York City.

Last but not least we will stop at Ideal Bakery to enjoy a fresh baked donut. This bakery has been serving sweet treats to the public for over 100 years! You don't want to miss this fun filled day presented by Great Day Tours.

Ages: 50 & older

Wednesday 6/14 7:15am-7:00pm

Fees:

Members	\$105	Registration Starts
Residents/Non-Members	\$107	3/31
Non-Residents/Non-Members	\$111	4/7
		4/14

SUMMER HAWAIIAN PARTY WITH PACIFIC PARADISE!

ALOHA! - Come experience a little slice of Hawaii as we watch the Pacific Paradise dancers and singers perform their Polynesian artistry of music and dance. We'll start with dinner in Windows-on-the-River and enjoy the opening act of the *LOVELY LASSES*, two incredible ladies that put on a fun concert with great harmony and many memorable songs from the 60's to today. Next, we'll have a LIMBO contest along with a festive Hawaiian attire contest before we enjoy the Pacific Paradise performers. Their show highlights the artistic culture of the Islands and includes audience participation (wear your grass skirt for bonus points!)

Ages: 50 & older

Wednesday 7/5 3:45-9:00pm

Fees:

Members	\$115	Registration Dates
Residents/Non-Members	\$117	5/3
Non-Residents/Non-Members	\$121	5/10
		5/17

A SUMMER'S DAY AT PUT-IN-BAY

Miami has South Beach and we have SOUTH BASS! Come enjoy an Island vacation at the crown jewel of Lake Erie Islands, Put-In-Bay. The fun begins as we depart from Catawba Point on a relaxing ferry ride and feel the fresh lake breezes. We'll be met by our own private, Open-Air Tour Tram for a narrated tour of the Island. Our local guide will show us the history and charm of this special Ohio treasure. We'll enjoy a leisurely lunch at The Boardwalk Restaurant, with its setting overlooking the harbor and waterfront. After lunch, we'll have free time to visit the quirky gift shops along the Main street, or just relax on one of the many park benches at the picturesque harbor. You can go up in the Perry Monument for a spectacular view, or rent a golf cart and venture to the Heineman winery or Butterfly museum. Here is your chance to *Play Hooky* and enjoy a unique Summer getaway adventure.

Ages: 50 & older

Date TBD 7:45am-7:00pm

Fees: TBD

MUSTANGS ON THE GO cont.

DINNER AT GRAND RIVER CELLARS AND SHOW "CABARET"

Experience the rustic charm of Rabbit Run Theater. Situated near the shores of Lake Erie, this 275-seat facility offers out-standing theater with a professional staff producing top-notch comedies, dramas and musicals. Dinner is included at the Grand River Cellars Winery and Restaurant is located in the heart of the Grand River Valley Wine Region. Begin a relaxing evening with a wine tasting featuring 3 varieties of wine. Then enjoy a delicious dinner featuring a chicken/rib combo served with roasted garlic mashed potatoes, vegetable, roll and dessert.

Then we will travel to the Rabbit Run Theater for the show "Cabaret". In the late 1920's, a garish Master of Ceremonies welcomes the audience to Berlin's Kit Kat Klub, assuring them they will forget all their troubles at the Cabaret. With the Emcee's bawdy songs as wry commentary, Cabaret explores the dark and heady life of Bohemian Berlin as Germany yields to the emerging Third Reich. This Great Day Tour includes motorcoach transportation, winetasting, dinner and tickets to the show.

Ages: 50 & older

Thursday 8/17 3:15-11:30pm

Fees:

Members	\$98
Residents/Non-Members	\$100
Non-Residents/Non-Members	\$104

Registration Starts

6/1
6/8
6/15



CHAUTAUQUA TRIP

Take in the colorful days of Autumn with a trip to Chautauqua County in Western New York. The fun begins as we head east on a fall day for a visit to the Chautauqua Institute. A local guide will board our bus for a one-hour tour of this charming Victorian village that is world-famous for its dedication to music, the arts and spiritual renewal for people of all faiths. Our guide will share with us the history, charm and stories that make Chautauqua a unique, year-round village founded on a Christian tradition for reflection of the mind and spirit. After our tour, we'll have time at the little shops of Bestor Plaza, the town center of Chautauqua, followed by an elegant lunch at the historic Atheneum Hotel, overlooking the beautiful lakefront view. After lunch, we'll travel to Arrowhead Winery to sample the nectar of the gods. We've packed a lot into this Autumn adventure so gather your friends and join us for this fun, fall color tour. Watch for more details.

Ages: 50 & over

Thursday 9/7 7:15am-7:00pm

Fees:

Members	\$115
Residents/Non-Members	\$117
Non-Residents/Non-Members	\$121

Registration Starts

7/6
7/13
7/20

"DEAR SOLDIER BOY" AT THE OHIO STAR THEATER

We will start our trip by traveling to Millersburg and stop at Heini's Cheese to shop and browse the 25 varieties of cheese averaging 50,000 Pounds of cheese a week! But don't fill up on cheese, we will next enjoy a luncheon at the Dutch Valley Restaurant featuring Chicken and Roast Beef meal. After a delicious meal it's time to enjoy "Dear Soldier" at the Ohio Star Theater. The Ohio Star Theater located in Sugarcreek is large and well equipped for Broadway-style performances.

"Dear Soldier" is a light-hearted, feel-good musical romantic comedy. It's 1990 and Iraq has just invaded Kuwait. Anna King knows that war is contrary to her Amish ways and figures her father might not approve of her getting involved in any way. Yet, wanting to do something to help America's troops, Anna and her feisty friend Sofia volunteer to write letters of encouragement to the men who are deployed into the conflict. Anna just wants to be a blessing... Sofia just wants to find a husband. What could possibly go wrong with such a pure and noble mission? It turns out plenty! Especially when all these lonely pen pals happen to get a weekend pass to surprise the girls, and end up arriving at Fern's Cheese Shop where the two girls work - on the very same day! Will Anna's father find out about her secret mission? Will Sofia finally find a husband? Will true romance be in the air for Anna (or is it just the Limburger cheese?) Come watch the drama unfold at this new show, Dear Soldier Boy, written by Martha Bolton, with original songs composed by Wally Nason.

After the show enjoy shopping at the Dutch Valley Market and Dutch Creek. This Great Day Tour Trip will be one you don't want to miss!

Ages: 50 & older

Tuesday 9/26 8:15am-6:00pm

Fees:

Members	\$106
Residents/Non-Members	\$108
Non-Residents/Non-Members	\$112

Registration Starts

7/19
7/26
8/2

APPLE BUTTER STIRRIN' FESTIVAL AT HISTORIC ROSCOE VILLAGE

For half a century, the Apple Butter Stirrin' Festival has been recapturing the flavor of an old-time harvest celebration. The highlight of this annual event is the making of homemade apple butter in large copper kettles over crackling open wood fires. You'll be smelling the fresh apple butter simmering as you stroll along the street, lined with more than a hundred craft and food vendors and listening to the tunes of both bluegrass and music from days gone by. Roscoe Village was once a bustling port until the canal was wiped out during the flood that hit the area in 1913. The village, local portions of the canal and the intricate architecture have been restored over the years and now boasts delightful shops, restaurants and historic buildings. This Great Day trip includes Apple Butter Festival Admissions, a stop at the Swiss Village Bulk Foods Store, and dinner en route home.

Ages: 50 & older

Friday 10/20 8:00am-7:15pm

Fees:

Members	\$92
Residents/Non-Members	\$94
Non-Residents/Non-Members	\$98

Registration Starts

8/25
9/1
9/8



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

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



1. Rec Park #1 - 18100 Royalton Road: Located behind the Ehrnfelt Recreation Center featuring 3 baseball fields (Rademaker, Cross & Finley), batting cages, vending machines and restrooms. Castletown playground (#9) is located nearby along with four tennis courts.

2. Rec Park #2 - 16109 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 Soccer Field



Near Railroad Tracks



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



Recreation Parks and Amenities cont.

4. Nichols Field - 227070 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.



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, bocce 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.



9. Castletown Pavilion - Intersection of Roe Ln, Zverina Ln & Westwood Dr: Located between the Strongsville Library and Castletown Playground, this pavilion has electrical outlets, picnic tables, and a grill.

Pavilion



Playground



PARK GUIDELINES

*Permits are required to use any of the park listed above for practice purposes.

*Alcohol and tobacco use is prohibited in all recreation parks.

*Reservations Required for use of Pavilions.

*Pets are required to be on a leash at all times.



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



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

www.strongsville.org