



**Parks
Recreation**

**Senior
Services**

Registration Dates

MEMBERS: July 16
RESIDENTS: July 23
OPEN / ONLINE: July 25

A photograph of a park area during autumn. In the foreground, there is a paved area with several pieces of exercise equipment, including a central table-like structure and two chairs. The background is filled with trees showing vibrant yellow and orange autumn foliage.

SEPTEMBER-DECEMBER 2024 Program Guide

GENERAL INFORMATION

Ehrnfelt Recreation & Senior Center
 18100 Royalton Road, Strongsville, Ohio 44136
 440-580-3260 Recreation Center / 440-580-3275 Senior Center
 www.strongsville.org

TABLE OF CONTENTS

AREA OF INTEREST	PAGE NUMBER
General Information	2
Membership Fees	4
Facility Rental	6
Special Events	7
Aquatic Programs	8
American Red Cross Programs	12, 21
Fitness Programs	13
Enrichment Programs: Youth & Adult	17
Sport Programs	22
Senior Center Activities	25
Rec Parks & Amenities	33

RECREATION & SENIOR CENTER STAFF

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

Recreation

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

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

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

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

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

Marissa McNabb - Fitness Supervisor
 marissa.mcnabb@strongsville.org

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

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

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

Senior Center

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

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

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

GENERAL INFORMATION

RECREATION CENTER HOURS

NOVEMBER 1-APRIL 30

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

MAY 1-OCTOBER 31

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

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

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

SENIOR CENTER HOURS

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

REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS*

Mon-Mon, Aug 19-Sept 2	Pool Cleaning	Aquatic Center CLOSED
Mon-Sat, Aug 19-Sept 8	Floor Refinishing	Basketball Courts CLOSED
Mon-Wed, Aug 26-28	Annual Cleaning	Rec & Senior Center CLOSED
Mon, September 2	Labor Day	Rec & Senior Center CLOSED
Thurs, October 17	Business Expo	Rec & Senior Center Closing at 3p
Thurs, November 28	Thanksgiving	Rec & Senior Center CLOSED
Tues, December 24	Christmas Eve	Rec & Senior Center Closing at 1p
Wed, December 25	Christmas	Rec & Senior Center CLOSED
Tues, Dec 31	New Year's Eve	Rec & Senior Center Closing at 5p
January 1, 2025	New Year's Day	Rec & Senior Center CLOSED

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

WEATHER CLOSING & CLASS CANCELLATIONS

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



AMENITIES

AQUATIC CENTER

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

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

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

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

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

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

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

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

GROUP EXERCISE, MIND/BODY, CYCLE STUDIOS

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

AUXILIARY GYMNASIUM

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

MAIN GYMNASIUM

- Wood floor
- Two high school regulation size basketball courts
- Visit www.strongsville.org - Parks & Recreation for Open Gym Schedule

LOCKER ROOMS

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

GAME AREA

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

EVENT CENTER & VARIOUS MEETING ROOMS

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

RECREATION CENTER GUIDELINES

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

CHILDREN UNDER 12 YEARS OF AGE

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

REGISTRATION

Pre-registration is required for programs.

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

REFUND POLICY

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

PROGRAM CANCELLATION POLICY

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



MEMBERSHIP

MEMBERSHIP CLASSIFICATIONS

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

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

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

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

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

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

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

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

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

MEMBERSHIP FEES

4 MEMBERSHIP OPTIONS

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

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

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

MEMBERSHIP FEES cont.

OPTION 2: One Year Contract with monthly payments

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

Credit Card Payment Plan Information

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

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

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

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

MEMBERSHIP FEES cont.

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

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

-6 month membership valid 186 days from date of purchase
 -Does not receive member coupons
 -Does not qualify for member pricing or priority registration. May register during resident registration.

SILVER SNEAKERS

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



RENEW ACTIVE

Renew Active
by UnitedHealthcare

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



NON-MEMBER DAILY GUEST FEES

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

-Those 18 years and older must show valid photo ID
 -Those under 12 years of age must be supervised by a person 18 years or older.
 *Free admission to active military personnel on leave. Must show proof of leave.

PASSBOOKS

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

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

CORPORATE MEMBERSHIPS

The City of Strongsville values its businesses and as a way to demonstrate this, the Ehrnfelt Recreation Center offers companies, who have a minimum of 10 full employees, Annual Corporate Membership Packages. For more information on how your business can participate, please contact Facility Manager, Sarah Arold at sarah.arold@strongsville.org.



“THE CENTER OF LIFE”

SILVER MUSTANG MEMBERSHIP

MEMBERSHIP FEES

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

MEMBERSHIP BENEFITS

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

NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5

FACILITY RENTAL

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

EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

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

*A deposit is due with a signed contract

OLD TOWN HALL



OLD TOWN HALL	CAPACITY
Old Town Hall	80

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

CELEBRATE! at the REC CENTER!

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

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

All Inclusive Party Packages

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



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

For more information visit the
Parks & Rec Facility Rental page
at
www.strongsville.org
or call
440-580-3270

*Schedule your
Event Now!*

440-580-3270



The Event Center

Weddings

Fundraisers

Craft Shows

Seminars

Showers

SPECIAL EVENTS

KIDS GARAGE SALE

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



Saturday, 10/19 9:00am-12:00pm

TWO TABLE LIMIT PER FAMILY

5 Foot Tables

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

8 Foot Tables

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

SHOPPERS

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

10:00am-12:00pm Free shopping

PUZZLE & BOOK SALE!

The Senior Center will be having a puzzle and book sale. All proceeds will go towards Senior Activities. Be prepared for those cold days ahead, with a good book or a challenging puzzle.

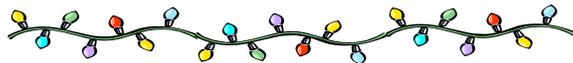


Puzzles	- \$1.00
Hardback books	- \$1.00
Paperback books	- \$0.50

Sale Hours:

Thursday, 11/14	9:30am-3:30pm
Friday, 11/15	9:30am-2:30pm

Have books and puzzles (no missing pieces) cluttering up your house? Drop them off at the Senior Center between 9am-5pm, November 4-11.



FUN & PHOTOS WITH SANTA CLAUS

Get into the holiday spirit and join us for Fun & Photos with Santa. Tickets include a professional digital photo with Santa, milk & cookies, face painting, balloon art, a Christmas craft and a chance to win an awesome door prize.

Saturday, 12/7 9:15-11:00am

Tickets are sold for time slots:

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

PRE-SALE TICKETS ONLY

Ticket fee per child:

Members	\$10
Non-Members	\$15



AQUATICS

Aquatic Supervisor, Patti Welker
Assistant Aquatic Supervisor, Becky Stemple

SPECIAL AQUATIC CENTER HOURS

August 19-September 2	CLOSED	Annual Maintenance	Friday, December 6	Close at 5pm	High School Swim Meet
Thursday, October 17	Close at 2:30pm	Business Expo	Wednesday, December 11	Close at 5pm	High School Swim Meet
Friday, November 1	Close at 7:00pm	USA Meet Set Up	Wednesday, December 18	Close at 5pm	High School Swim Meet
Saturday, November 2	CLOSED	USA Swim Meet	Tuesday, December 24	Close at 12:30pm	Christmas Eve
Sunday, November 3	CLOSED	USA Swim Meet	Wednesday, December 25	CLOSED	Christmas
Thursday, November 28	CLOSED	Thanksgiving	Tuesday, December 31	Close at 4:30pm	New Year's Eve
			Wednesday, January 1	CLOSED	New Year's Day

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

AQUATIC CENTER REGULATIONS/RULES

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

Swim diapers are available for free at the front desk

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

REGISTRATION AND POLICIES

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

AQUATIC WAIT LIST

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

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

REGISTRATION SCHEDULE

Tues, July 16: Ehmfelt Rec Center Members

Tues, July 23: Strongsville Residents & Members (*must show proof of residency such as utility bill*)

Thurs, July 25: Open/On-line registration

ALTERNATIVE SWIM WEAR

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

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

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

LEARN TO SWIM RULES

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

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

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

AQUATIC CENTER AGE GUIDELINES

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

YOUTH LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
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, sidestroke, and breaststroke arms. Safe diving practices and water safety will be integrated into the course.
LEVEL 4B Stroke Improvement	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
LEVEL 5 Stroke Refinement	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.



YOUTH LEARN TO SWIM LESSONS

Class limit based on instructor availability and pool space

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

Ages: 6-15 months

Class Limit: Based on Instructor availability & pool space

Weekend Classes (6 or 8 Classes)

Saturdays	9/7-10/26	9:00-9:30am (8 classes)
Saturdays	9/7-10/26	9:35-10:05am (8 classes)
Saturdays	11/9-12/21*	9:00-9:30am (6 classes)
Saturdays	11/9-12/21*	9:35-10:05am (6 classes)

*No class 11/30

		6 Classes	8 Classes
Fees:	Member	\$25	\$40
	Non-Member/Resident	\$36	\$48
	Non-Member/Non-Resident	\$48	\$64

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

Ages: 15 - 36 months

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	9/3-9/26	6:30-7:00pm (8 classes)
Tuesdays & Thursdays	10/1-10/29*	6:30-7:00pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	6:30-7:00pm (7 classes)

*No class 10/3, 10/17, 11/28

Weekend Classes (6 or 8 Classes)

Saturdays	9/7-10/26	9:00-9:30am (8 classes)
Saturdays	9/7-10/26	9:35-10:05am (8 classes)
Saturdays	11/9-12/21*	9:00-9:30am (6 classes)
Saturdays	11/9-12/21*	9:35-10:05am (6 classes)

*No class 11/30

Fees:		6 Classes	7 Classes	8 Classes
	Member	\$25	\$35	\$40
	Non-Member/Resident	\$36	\$42	\$48
	Non-Member/Non-Resident	\$48	\$56	\$64

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

Ages: 3-5 years

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	9/3-9/26	7:00-7:30pm (8 classes)
Tuesdays & Thursdays	10/1-10/29*	7:00-7:30pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	7:00-7:30pm (7 classes)

*No class 10/3, 10/17, 11/28

Weekend Classes (6 or 8 Classes)

Saturdays	9/7-10/26	9:00-9:30am (8 classes)
Saturdays	9/7-10/26	9:35-10:05am (8 classes)
Saturdays	11/9-12/21*	9:00-9:30am (6 classes)
Saturdays	11/9-12/21*	9:35-10:05am (6 classes)

*No class 11/30

Fees:		6 Classes	7 Classes	8 Classes
	Member	\$25	\$35	\$40
	Non-Member/Resident	\$36	\$42	\$48
	Non-Member/Non-Resident	\$48	\$56	\$64

LEVEL 1: Intro to Water Skills

(no previous swim experience needed)

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	9/3-9/26	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	9/3-9/26	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	10/1-10/29*	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	10/1-10/29*	6:35-7:20pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	6:35-7:20pm (7 classes)

*No class 10/3, 10/17, 11/28

Weekend Classes (6 or 8 Classes)

Saturdays	9/7-10/26	10:10-10:55am (8 classes)
Saturdays	9/7-10/26	11:00-11:45am (8 classes)
Saturdays	9/7-10/26	11:50am-12:35pm (8 classes)
Saturdays	11/9-12/21*	10:10-10:55am (6 classes)
Saturdays	11/9-12/21*	11:00-11:45am (6 classes)
Saturdays	11/9-12/21*	11:50am-12:35pm (6 classes)

*No class 11/30

Fees:		6 Classes	7 Classes	8 Classes
	Member	\$42	\$49	\$56
	Non-Member/Resident	\$54	\$63	\$72
	Non-Member/Non-Resident	\$66	\$77	\$88

LEVEL 2: Fundamental Water Skills

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	9/3-9/26	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	9/3-9/26	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	10/1-10/29*	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	10/1-10/29*	6:35-7:20pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	6:35-7:20pm (7 classes)

*No class 10/3, 10/17, 11/28

Weekend Classes (6 or 8 Classes)

Saturdays	9/7-10/26	10:10-10:55am (8 classes)
Saturdays	9/7-10/26	11:00-11:45am (8 classes)
Saturdays	9/7-10/26	11:50am-12:35pm (8 classes)
Saturdays	11/9-12/21*	10:10-10:55am (6 classes)
Saturdays	11/9-12/21*	11:00-11:45am (6 classes)
Saturdays	11/9-12/21*	11:50am-12:35pm (6 classes)

*No class 11/30

Fees:		6 Classes	7 Classes	8 Classes
	Member	\$42	\$49	\$56
	Non-Member/Resident	\$54	\$63	\$72
	Non-Member/Non-Resident	\$66	\$77	\$88

YOUTH LEARN TO SWIM LESSONS cont.

Class limit based on instructor availability and pool space

LEVEL 3: Refined Water Skills

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	9/3-9/26	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	10/1-10/29*	6:35-7:20pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	6:35-7:20pm (7 classes)

*No class 10/3, 10/17, 11/28

Weekend Classes (6 or 8 Classes)

Saturdays	9/7-10/26	10:10-10:55am (8 classes)
Saturdays	9/7-10/26	11:00-11:45am (8 classes)
Saturdays	9/7-10/26	11:50am-12:35pm (8 classes)
Saturdays	11/9-12/21*	10:10-10:55am (6 classes)
Saturdays	11/9-12/21*	11:00-11:45am (6 classes)
Saturdays	11/9-12/21*	11:50am-12:35pm (6 classes)

*No class 11/30

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$54	\$63	\$72
Non-Member/Non-Resident	\$66	\$77	\$88

LEVEL 4 A/B: Stroke Development

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	9/3-9/26	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	10/1-10/29*	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	11/12-12/5*	5:40-6:25pm (7 classes)

*No class 10/3, 10/17, 11/28

Weekend Classes (6 or 8 Classes)

Saturdays	9/7-10/26	9:15-10:00am (8 classes)
Saturdays	11/9-12/21*	9:15-10:00am (6 classes)

*No class 11/30

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$54	\$63	\$72
Non-Member/Non-Resident	\$66	\$77	\$88

SPECIALTY SWIM CLASSES

DIVING

Ages: 8 & older

Class Limit: 12 per instructor

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

Weekend Classes (6 or 8 classes)

Saturday	9/7-10/26	11:10am-12:00pm (8 classes)
Saturday	11/9-12/21*	11:10am-12:00pm (6 classes)

*No class 11/30

Fees:	6 Classes	8 Classes
Member	\$54	\$72
Non-Member/Resident	\$66	\$88
Non-Member/Non-Resident	\$78	\$104

WATER EXERCISE CLASSES



WATER EXERCISE PROGRAM PASS

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

*The pass expires 12/19/2024.

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

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

*Passes are non-transferable & non-refundable.

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

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

Number of Classes	5	10	15	20
Member	\$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 9/3-12/19* 10:45-11:35am 29 Classes

*No class 10/3, 11/5, 11/28

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 9/4-12/18* 9:15-10:05 29 Classes

*No class 11/4, 11/27

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

Tuesdays & Thursdays 9/3-12/19* 9:45-10:35am 29 Classes

Mondays & Wednesdays 9/4-12/18* 10:15-11:05am 29 Classes

*No class 10/3, 11/4, 11/5, 11/27, 11/28

AMERICAN RED CROSS CLASSES

AMERICAN RED CROSS LIFEGUARD REVIEW

Ages: 16 & older **Class Limit: 12**

This class is designed for current ARC Lifeguards to renew their certification before it expires. Individuals are expected to know the material and will be tested on the following: water rescue skills, CPR skills, and written tests. **Please bring a copy of your current Lifeguard certificate, Lifeguarding textbook and your pocket mask with you to class. This recertification is good for 2 years and includes Lifeguard, CPR, AED and First-aid.**

Sunday	12/15	9:00am-5:00pm
Fees:	Member	\$140
	Non-Member/Resident	\$160
	Non-Member/Non-Resident	\$180



AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

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

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

Prerequisites:

- *Students must be 15 years old by the completion of class.
- *Have access to the internet from home.
- *Must bring proof of age to first class (driver's license or birth certificate).
- *Must be able to swim a 200 yard swim using front crawl, breaststroke or a combination of both.
- *Maintain position at the surface of the water for 2 minutes by treading water using only legs.
- *A timed 20 yard, back and forth swim, with surface dive to retrieve a 10lb. brick from a depth of 7-10 feet.

Important: Students will be tested on the first day of class. Failure to meet the minimum prerequisites can cause a safety threat to the participant and the class. The student will not be permitted to continue with the class and will be directed on where to get developmental training. **NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins. STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES.** If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time. *2024 edition of the Lifeguarding Manual can be picked up at the front desk prior to the first class meeting.

Sundays	9/8-10/6	9:00am-2:00pm (5 classes)
Fees:	Member	\$175
	Non-Member/Resident	\$200
	Non-Member/Non-Resident	\$225

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 16 & older **Class Limit: 9**

American Red Cross class designed to teach students how to instruct Learn-to-swim classes. Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by end of course), ATTEND ALL CLASSES and pass a written exam.

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

Prerequisites:

- *Students must be 16 years old by the completion of class.
- *Have access to the internet from home.
- *Must bring proof of age to first class (driver's license or birth certificate).
- *Must be able to demonstrate front crawl, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke.

Sundays	10/13-11/17*	9:00am-2:00pm (5 classes)
*No class 11/3		

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

ADULT FIRST AID/CPR/AED ONLINE

Ages: 11 & older

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. Allow approximately 2 hours 10 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/3	by 9/30/24
Session 10	Thru 9/30	emailed 10/1	by 10/31/24
Session 11	Thru 10/31	emailed 11/1	by 11/30/24
Session 12	Thru 11/30	emailed 12/2	by 12/31/24

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

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

UNTIL HELP ARRIVES

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

Ages: 11 & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/3	by 9/30/24
Session 10	Thru 9/30	emailed 10/1	by 10/31/24
Session 11	Thru 10/31	emailed 11/1	by 11/30/24
Session 12	Thru 11/30	emailed 12/2	by 12/31/24

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

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

FITNESS

Fitness Supervisor, Marissa McNabb

GROUP EXERCISE, CYCLE, MIND/BODY, & ZUMBA

Get in shape and have fun doing it! Our top notch and cutting edge equipment and instructors provide a customized workout designed to get you healthy and in shape! We offer a variety of classes to keep you motivated and keep you moving!

GUIDELINES FOR ALL EXERCISE CLASSES

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

GROUP CYCLE

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

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

Introduction to Group Cycle Program

Want to try a Group Cycle class but feel intimidated by the regulars or the intensity? Learn how to properly set up the bike, check your intensity level and develop proper techniques. **Please contact Marissa at 440-580-3260 x 5275 or marissa.mcnabb@strongville.org** to sign up.

ZUMBA PASS

Group exercise passes may be used for this class.

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

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

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

Drop Fees:

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



UNLIMITED COMBO PASS

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

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

1 Year Contract with Monthly Payments

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

1 Year Contract with Payment in Full

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

MIND/BODY PASS (Yoga/Barre/Pilates)

Good for unlimited Yoga, Pilates, and Barre.

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

1 Year Contract with Monthly Payments

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

1 Year Contract with Payment in Full

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

ONE MONTH UNLIMITED PASS

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

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

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

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

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

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

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

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

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

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

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

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

GROUP EXERCISE CLASS DESCRIPTIONS

For class schedule visit www.strongsville.org/departments/parks-recreation/fitness

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

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

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

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

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

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

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

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

Kickboxing: Intensity! Energy! Sweat! Fun!

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

PowerHour: Get fit thru fun, challenging, ever-changing cardio & strength techniques. (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





Personal Training
Special

10 Sessions for \$299

On sale
December 1-31, 2024

*(Sessions valid for 1 year
from date of purchase)*

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 access to the rec center and unlimited 42x82 classes, group exercise, cycle and mind/body classes.

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



For more information
contact
marissa.mcNabb@strongsville.org

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	9/9-9/30	5:00-5:45pm
Mondays	10/7-10/28	5:00-5:45pm
Mondays	11/6-11/25	5:00-5:45pm (No class 11/4, come Wed, 11/6)
Mondays	12/2-12/23	5:00-5:45pm

Wednesdays	9/11-10/2	5:00-5:45pm
Wednesdays	10/9-10/30	5:00-5:45pm
Wednesdays	11/6-11/27	5:00-5:45pm
Wednesdays	12/4-12/23	5:00-5:45pm (No class 12/25, come Mon,12/23)

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	9/9-9/30	6:00-6:45pm
Mondays	10/7-10/28	6:00-6:45pm
Mondays	11/6-11/25	6:00-6:45pm (No class 11/4, come Wed, 11/6)
Mondays	12/2-12/23	6:00-6:45pm

Wednesdays	9/11-10/2	6:00-6:45pm
Wednesdays	10/9-10/30	6:00-6:45pm
Wednesdays	11/6-11/27	6:00-6:45pm
Wednesdays	12/4-12/23	6:00-6:45pm (No class 12/25, come Mon,12/23)

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	4/29-5/20	7:00-7:45pm
Mondays	10/7-10/28	7:00-7:45pm
Mondays	11/6-11/25	7:00-7:45pm (No class 11/4, come Wed, 11/6)
Mondays	12/2-12/23	7:00-7:45pm

Wednesdays	9/11-10/2	7:00-7:45pm
Wednesdays	10/9-10/30	7:00-7:45pm
Wednesdays	11/6-11/27	7:00-7:45pm
Wednesdays	12/4-12/23	7:00-7:45pm (No class 12/25, come Mon,12/23)

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	9/4-9/25	3:30-4:30pm
Wednesday	10/2-10/23	3:30-4:30pm
Wednesday	11/6-11/27	3:30-4:30pm

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

ENRICHMENT PROGRAMS

Adult & Youth

Recreation Supervisor, Kristen Nykiel

MISS KATIE'S PRESCHOOL PLAYGROUP

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

SOCIAL BUTTERFLIES

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

Age: 6 months-6 years with adult participation

Fridays		9:30-10:30am (4 classes/month)
Saturday	9/21	11:00am-12:00pm (1 class)
Saturday	10/19	11:00am-12:00pm (1 class)
Saturday	11/16	11:00am-12:00pm (1 class)
Saturday	12/21	11:00am-12:00pm (1 class)

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

TINY TOTS

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

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

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

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

PRECIOUS PRESCHOOLERS

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

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

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

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

PRESCHOOL PREP

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

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

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

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

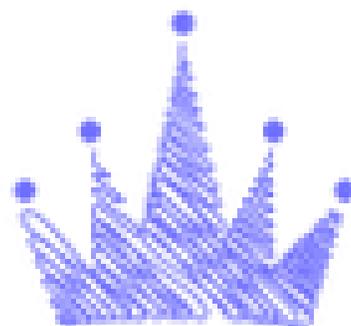
MISS KATIE'S "EXPLORE & PLAY—DROP & STAY!"

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

Age: 12 months-6 years 4 Classes/month

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

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



CANNON IRISH DANCE CLASSES

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

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

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

YOUTH IRISH DANCING (Senior Art Studio)

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

Ages: 5 years & up **Class Minimum: 3** **Maximum: 16** **6 Classes**
 Mondays 9/16-10/21 6:00-6:45pm
 Mondays 10/28-12/2 6:00-6:45pm

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

PRESCHOOL ENRICHMENT

WEBBY'S PRESCHOOL GYMNASTICS/TUMBLING (Conference Room)

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

Ages: 2.5-5 years **Class Minimum: 4** **Maximum: 10** **4 Classes**
 Wednesdays 9/18-10/9 4:30-5:15pm
 Wednesdays 10/23-11/13 4:30-5:15pm
 Wednesdays 11/20-12/18* 4:30-5:15pm

*No class 11/27

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



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

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

Ages: 2.5-5 years **Class Minimum: 4** **Maximum: 10** **4 Classes**
 Tuesdays 9/17-10/8 12:00-12:45pm
 Tuesdays 10/22-11/12 12:00-12:45pm
 Tuesdays 11/19-12/17* 12:00-12:45pm

*No class 11/26

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

PRESCHOOL ENRICHMENT cont.

SOCCER SHOTS-MINIS (Auxiliary Gym)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 2-3 years (with caregiver participation)

Class Minimum: 4 **Maximum: 12**
 Fridays 9/13-10/18 9:00-9:30am
 Fridays 9/13-10/18 10:20-10:50am
 Fridays 11/1-12/13* 9:00-9:30am
 Fridays 11/1-12/13* 10:20-10:50am

*No class 11/29

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



SOCCER SHOTS-CLASSIC (Auxiliary Gym)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 3-5 years **Class Minimum: 4** **Maximum: 12** **6 Classes**
 Fridays 9/13-10/18 9:40-10:10am
 Fridays 9/13-10/18 11:00-11:30am
 Fridays 11/1-12/13* 9:40-10:10am
 Fridays 11/1-12/13* 11:00-11:30am

*No class 11/29

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

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

Groovy Group is a 45-minute music and movement class that can include opportunities for instrument playing, singing, dancing, finger play, cuddle time, story time, and much more music fun!

Instructor: Izzey Donovan

Ages: 0-6 years (with caregiver participation)

Class Minimum: 4 **Maximum: 14** **4 Classes**
 Mondays 9/16-10/7 4:15-5:00pm
 Mondays 10/21-11/11 4:15-5:00pm
 Mondays 11/25-12/16 4:15-5:00pm

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

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



YOUTH ENRICHMENT

CHALLENGE ISLAND STEAM Program: Sign up for 1 or All 4! (Meeting Room)

Instructor: Challenge Island Instructors
Grades: K-5 Class Minimum: 6 Maximum: 20 1 Classes

Fall Fun STEAM event

Help us welcome Fall with a fun-filled STEM workshop! Students will work together to create a fall themed corn maze game and then we will top to night off with some fall colored slime! You will not want to miss this fun!!
Monday 9/16 5:30-7:00pm



HallowSTEAM event

Students will have a hauntingly good time in this Halloween themed STEAM workshop. We will make spidery slime and learn about elasticity as the teams build ghost and pumpkin blasters. Costumes are encouraged!
Monday 10/28 5:30 – 7:00pm

ThanksTEAMing event

Let's celebrate Thanksgiving in the STEAM workshop that will have kids designing and engineering a fabulous Thanksgiving parade day float as they learn about simple machines. This it's slime making time – pumpkin pic slime to be exact! You won't want to miss this celebration!
Monday 11/18 5:30-7:00pm

STEAMing through the Holidays Event

This holiday season give kids the gift of engineering, imagination and creativity! We will get into the holiday spirit as we help Santa fill up his toy shop. We'll learn about simple machines as we create these fun surprises and then then we will create some flying reindeer to help Santa with this deliveries. A fun-filled evening awaits!
Monday 12/9 5:30-7:00pm

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

Fees/class:	Members	\$23
	Non-Member/Residents	\$25
	Non-Member/Non-Residents	\$30

MAD SCIENCE® STEM ODESSEY (Meeting Room)

We are on a mission to explore the world of science! Learn about the hidden components of Light. Use hands-on experimentations to find out if compasses really help you find your way. Have fun with thermometers and investigate amazing optical illusions. Explore how our olfactory system gives us smelly information and cultivate a healthy attitude about fitness and nutrition in an extremely entertaining way! Topics: Harnessing Heat / Magnetic Magic / Mission Nutrition / Optical Illusions / Sonic Sounds / Lights...Color...Action.
Instructor: Mad Science @ Instructors

Ages: 5–12 years Class Minimum: 8 Maximum: 20
Thursdays 9/26-11/7* 5:45-6:45pm
*No class 10/17

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



KIDS GARAGE SALE



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

Saturday, 10/19 9:00am-12:00pm

TWO TABLE LIMIT PER FAMILY

5 Foot Tables

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

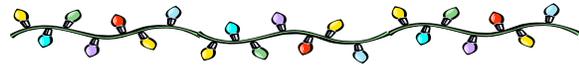
8 Foot Tables

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

SHOPPERS

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

10:00am–12:00pm Free shopping



FUN & PHOTOS WITH SANTA CLAUS

Get into the holiday spirit and join us for Fun & Photos with Santa. Tickets include a professional digital photo with Santa, milk & cookies, face painting, balloon art, a Christmas craft and a chance to win an awesome door prize.

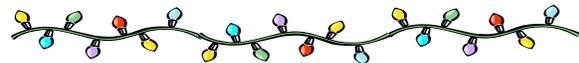
Saturday, 12/7 9:15-11:00am

Tickets are sold for time slots:

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

PRE-SALE TICKETS ONLY

Ticket fee per child:
Members \$10
Non-Members \$15



YOUTH ENRICHMENT cont.

MAD SCIENCE® BRIXOLOGY™ Carnivals and Creatures (Meeting Room)

Mad Science Brixology offers a unique application of the engineering design process with custom builds designed with a master LEGO® builder and our very own Research and Development team! From structural design to biomimicry, you'll explore exciting engineering careers and prices creative problem-solving skills. Topics Include: Creatures / Carnivals / Machines / Towers
Instructor: Mad Science® Instructors

Ages: 5–12 years Class Minimum: 8 Maximum: 20
Thursdays 11/14-12/12* 5:45-6:45pm

*No class 11/28

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

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

Kids begin an around-the-world cultural adventure – they explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside. They experiment with Crayola® products, while trying art techniques developed by local artists and artisans. They make different masterpieces each week such as drums, masks, buses, canvases, and sculptures! Topics Include: Tiki Masks / Rattle Drums / Aboriginal Dot Art / Animal Sculptures
Instructor: Mad Science® Instructors

Ages: 5–12 years Class Minimum: 8 Maximum: 20
Wednesdays 10/16-11/13* 5:45-6:45pm

*No class 10/23

Register by 10/4

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



YOUNG REMBRANDTS: FAVORITE APPS & VIDEO GAMES DRAWING WORKSHOP (Meeting Room)

A 5-day workshop featuring video game-inspired imagery. We will create our own stylized characters that are inspired by iconic video games. These drawings offer different styles from pixel-inspired imagery to action-packed cartoons.

Grades: K-5 Class Minimum: 8 Maximum: 15

Camp Dates ~ Mon, 12/23, Fri, 12/27, Mon, 12/30, Thurs, 1/2 & Fri, 1/3
Camp Time ~ 9:30am-12:30pm

Registration Deadline: Register at least 7 days in advance prior to start date

Fees: Members \$240
Non-Member/Residents \$250
Non-Member/Non-Residents \$260

**If you register for BOTH Young Rembrandts workshops (and both workshops have the minimum required students to run), a Rec Center staff will be there to provide supervision for your student in-between the two sessions. Students should bring a packed lunch if staying for both workshops.*

YOUNG REMBRANDTS: COOKING BASICS & BAKING WORKSHOP

Cooking shows are very popular, even kids' cooking and baking shows. This 5-day workshop has a cooking day, a baking day, cartoon day, some food art, and ends with a cupcake tower.

Grades: K-5 Class Minimum: 8 Maximum: 15

Camp Dates ~ Mon, 12/23, Fri, 12/27, Mon, 12/30, Thurs, 1/2 & Fri, 1/3
Camp Time ~ 1:30-4:30pm

Registration Deadline: Register at least 7 days in advance prior to start date

Fees: Members \$240
Non-Member/Residents \$250
Non-Member/Non-Residents \$260

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 9/24-10/29 6:00-7:00pm

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



YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES

For more info on these classes contact
patti.welker@strongsville.org

RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE

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

In this course, you will learn:

- *To recognize the signs and symptoms of an opioid overdose.
- *The appropriate care to provide based on the person's breathing and level of responsiveness.
- *How to give naloxone using several different products -- a nasal atomizer, Narcan® Nasal Spray and EVZIO® -- to reverse the effects of an opioid overdose.

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

Ages: 11 years & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/3	by 9/30/24
Session 10	Thru 9/30	emailed 10/1	by 10/31/24
Session 11	Thru 10/31	emailed 11/1	by 11/30/24
Session 12	Thru 11/30	emailed 12/2	by 12/31/24

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

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

CAT AND DOG FIRST AID ONLINE

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

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

Ages: 11 years & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/3	by 9/30/24
Session 10	Thru 9/30	emailed 10/1	by 10/31/24
Session 11	Thru 10/31	emailed 11/1	by 11/30/24
Session 12	Thru 11/30	emailed 12/2	by 12/31/24

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

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

UNTIL HELP ARRIVES

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

Ages: 11 & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/3	by 9/30/24
Session 10	Thru 9/30	emailed 10/1	by 10/31/24
Session 11	Thru 10/31	emailed 11/1	by 11/30/24
Session 12	Thru 11/30	emailed 12/2	by 12/31/24

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

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

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

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/3	by 9/30/24
Session 10	Thru 9/30	emailed 10/1	by 10/31/24
Session 11	Thru 10/31	emailed 11/1	by 11/30/24
Session 12	Thru 11/30	emailed 12/2	by 12/31/24

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

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

RED CROSS BABYSITTER BASICS ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/3	by 9/30/24
Session 10	Thru 9/30	emailed 10/1	by 10/31/24
Session 11	Thru 10/31	emailed 11/1	by 11/30/24
Session 12	Thru 11/30	emailed 12/2	by 12/31/24

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

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

SPORTS

Sports Supervisor, Jim Kolesar

YOUTH BASKETBALL

HEAD START FALL BASKETBALL CLINICS (Auxiliary Gym)

The clinic is run by former Kent State basketball star Mike Klinzing. All of the FUN-damentals will be stressed with individual attention provided to each camper. Pick any three of the four clinics below. **Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or headstartbasketball@usa.net for more information**

Boys & Girls Grades: 1-8

Shooting Clinic	Saturday, 10/5	2:00-4:00pm
Ballhandling Clinic	Saturday, 10/12	2:00-4:00pm
Competitive Drills Clinic	Saturday, 10/19	2:00-4:00pm
Pre-season Tune-up Clinic	Saturday, 10/26	2:00-4:00pm

REGISTER at www.headstartbasketball.com

Fee/Date: \$75

HEAD START LITTLE DRIBBLERS (Auxiliary Gym)

The Head Start Basketball Little Dribblers Program is designed to provide a positive and fun environment for kids to develop their basketball dribbling skills with individual attention given to each player. The Little Dribblers program will actively, creatively, and playfully engage players in ball handling skills and drills. The ultimate goal is to get your little dribbler comfortable and confident with a basketball in their hands, able to utilize both their right and left hand equally effectively.

Boys & Girls Grades: K-3

Saturdays	9/7-9/28	12:00-1:00pm
-----------	----------	--------------

REGISTER at www.headstartbasketball.com

Fee: \$35

JUNIOR CAVS WINTER YOUTH BASKETBALL LEAGUES

These leagues are offered for Strongsville boys and girls from Grades K through 12. The season will end with a tournament for grades 3 and above. Increase to offset ref increase

REGISTRATION: August 25 through October 13

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

Girls

Grades K-1Co-Ed**	\$70R/\$85NR
Grade 2 Co-Ed	\$80R/\$95NR
Grade 3-4	\$90R/\$105NR
Grade 5-6	\$90R/\$105NR
Grade 7-9*	\$90R/\$105NR
Grade 10-12*	\$90R/\$105NR

Boys

Grades K-1 Co-Ed**	\$70R/\$85NR
Grade 2 Co-Ed	\$80R/\$95NR
Grade 3-4	\$90R/\$105NR
Grade 5-6	\$90R/\$105NR
Grade 7-8	\$90R/\$105NR
Grade 9-10	\$90R/\$105NR
Grade 11-12	\$90R/\$105NR

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

***Girls 7th-9th & 10th-12th grade leagues** require travel to the surrounding communities.

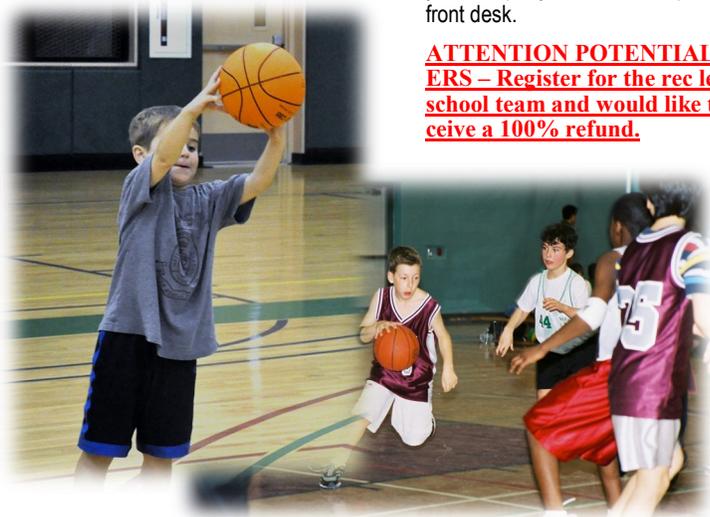
Practices: Start late October. They meet once a week for an hour and can be as early as 5:00pm and as late as 9:00pm.

Games: One or two games on Saturdays only, beginning approximately mid-November. Game schedules will be available from the coach the Monday before the first game.

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

Sponsors: Are needed for each team and is only \$70 for a team. If you or your company would like to sponsor your child's team please inquire at the front desk.

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



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

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

YOUTH LACROSSE

K-2ND GRADE LACROSSE PROGRAM (16400 Park Lane)

If your little ones are itching to get started in some lacrosse programming, here's your chance. This program is taught by the coaches from the Strongsville Youth LAX Leagues & Strongsville High School Program. All equipment is provided. If you can't attend this session please still reach out to us and let us know your son or daughter is interested in playing lacrosse!

Boys & Girls Grades: K-2

Wednesdays 9/4-10/9 5:45-6:45pm

Location: Allen Field (16400 Park Lane/Allen Elementary School Site)

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

YOUTH WRESTLING

STRONGSVILLE YOUTH WRESTLING CLUB

Join the Strongsville Wrestling Club to learn the sport of wrestling, advance your wrestling skills, and develop the qualities of character and work ethic. Practices will be held Monday thru Friday starting November 2. Depending on the skill level of your athlete they will practice from 2-4 days a week (beginners will be offered 2 days and increase as skills increase). League matches are scheduled on Sunday's (mornings and afternoons) and will begin in December and will run through early February. Advanced wrestlers will have opportunities to compete into late-February or March. Some optional matches and tournaments will be offered on Saturday's. There will also be some additional special event matches and trainings. We look forward to YOU joining. As the famous Olympic Gold Medalist, Cael Sanderson once said, "Wrestlers compete as individuals yet the sport builds comradery like no other!"

Minimum Age: 5 years or Kindergarten

Early November-Late February

Location: TBD

Mandatory Orientation: Tuesday, 10/29 at 6:30pm at Strongsville Rec Center

Fees:	Member	\$95
	Non-Member/Resident	\$105
	Non-Member/Non-Resident	\$120

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	9/4-9/25	3:30-4:30pm
Wednesday	10/2-10/23	3:30-4:30pm
Wednesday	11/6-11/27	3:30-4:30pm

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

YOUTH TENNIS LESSONS

YOUTH TENNIS LESSONS (Auxiliary Gym)

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

Boys & Girls: 7-12 years

Fridays 11/1-12/13* 5:00-5:45pm

*No tennis 11/29

Fees:	Member	\$90
	Non-Member/Resident	\$100
	Non-Member/Non-Resident	\$110

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 5:00-7:45pm

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



ADULT VOLLEYBALL

NEO ATHLETICS ADULT VOLLEYBALL LEAGUES

(Ehrnfelt Recreation Center, Auxiliary Gym)

Ages: 18 years & Older

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

9 weeks plus playoffs

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

\$40 refundable forfeit deposit due at registration

(refundable at the end of the season)

Contact **Brian Valore** or **Steve Cosgrove** to register at 216-401-6362 or

Bvman15@gmail.com or steve.neoathletics@gmail.com

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

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

ADULT BASKETBALL LEAGUES

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

Forfeit Fee (cash): \$80 (refundable at end of season)

Jersey Cost: \$100

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

Dates: Ending and play dates subject to change

MEN'S 18 YRS+ 4-on-4

Tuesdays	10/1-12/17	6:00-10:00pm
Registration:	8/1-9/24. First pay, first serve	10 Team Limit
Fee:	\$250	

MEN'S 35 & OVER

Thursdays	10/24/24-5/15/25	6:00-10:00pm
Registration:	9/1-10/8. First pay, first serve	12 Team Limit
Fee:	\$300	

MEN'S OPEN

Sundays	10/27/24-3/30/25	3:00-9:30pm
Middle and Lower Divisions		
Registration:	9/1-10/8. First pay, first serve	28 Team Limit

ADULT BASKETBALL

MEN'S 35 & UNDER PICK-UP BASKETBALL (Strongsville Middle School)

Open basketball play for those men who do not care to play in the leagues.

Ending and play dates subject to change. Limit:30

Mondays	9/9-12/9	8:30-10:00pm
---------	----------	--------------

Fees:

Members	\$40
Non-members/Residents	\$50
Non-Members/Non-Residents	\$60

***The price is subject to change depending on the number of days given by the school. Ending and play dates subject to change.



MEN'S 35 & OVER PICK-UP BASKETBALL (Strongsville Middle School)

Open basketball play for those who do not care to play in the leagues. Ending and play dates subject to change. Limit: 30

Wednesdays	9/11-12/11	8:30-10:00pm
------------	------------	--------------

Fees:	Members	\$40
	Non-members/Residents	\$50
	Non-Members/Non-Residents	\$60

***The price is subject to change depending on the number of days given by the school. Ending and play dates subject to change.

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	\$28/game
Upper, Middle and Lower Divisions 9/6-10/25 (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	\$28/game
Upper, Middle and Lower Divisions 9/8-10/27 (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	\$28/game
Upper, Middle and Lower Divisions 9/9-10/28 (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 Header	\$300	\$135	\$28/game
9/11-10/30 (weather dependent) 6:30-9:30pm 16 Team Limit *Registration fee includes a professional stat service and balls			

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*	Resumes 9/9	8:00am-2:00pm*
-----------------------------	-------------	----------------

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

Ages: 18 & older

Fridays	9/13-10/25	6:00-8:00pm
Fridays	11/1/24-5/30/25	6:00-9:00pm

Fees:

Rec Center Members	FREE
Senior Center Members	\$2/day

BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)

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

Ages: 50 & older

2 nd & 4 th Wednesday of the Month	Resumes 9/11	9:00am-12:00pm
--	--------------	----------------

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

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

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

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

Monday, September 2	CLOSED	Labor Day	Friday, November 29	CLOSED	Day after Thanksgiving
Thursday, October 17	Close at 3:00pm	Business Expo	Wednesday, December 25	CLOSED	Christmas
Thursday, November 28	CLOSED	Thanksgiving	Wednesday, January 1, 2025	CLOSED	New Year's Day

SILVER MUSTANG MEMBERSHIP

MEMBERSHIP FEES

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

MEMBERSHIP BENEFITS

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

NON-MEMBER DAILY DROP-IN FEE

Residents \$3
 Non-Residents \$5

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

FITNESS, FUN FRIENDSHIP ACTIVITIES: September - December 2024

S.M.I.L.E.

So Much Improvement with a Little Exercise

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

Ages: 50 & older

Mondays, Wednesdays, & Fridays* 9:15-10:00am
 Tuesdays & Thursdays* 11:30am-12:15pm
 *No class 8/26, 8/27, 8/28, 9/2, 11/28, 11/29, 12/25, 1/1

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

BODY WEIGHT BASICS

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

Ages: 50 & over

Instructor: Eli Washburn

Mondays, Wednesday & Fridays* 9:15-10:00am
 *No class 8/26, 8/28, 9/2, 11/29, 12/25, 1/1

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

SENIOR STABILITY

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

Ages: 50 & over

Instructor: Eli Washburn

Mondays, Wednesday & Fridays* 12:15-1:00pm
 *No class 8/26, 8/28, 9/2, 11/29, 12/25, 1/1

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

CARDIO FIT

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

Ages: 50 & older

Instructor: Mary Lea Kirby

Mondays, Wednesdays & Fridays* 11:15am-12:00pm
 *No class 8/26, 8/28, 9/2, 11/29, 12/25, 1/1

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

EXPRESS CIRCUIT TRAINING

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

Ages: 50 & older

Tuesdays or Thursdays* 9:30-10:15am
 *No class 8/27, 11/28

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

FLEX, MOVEMENT & BALANCE

Join Melissa in this afternoon exercise class, that will help you stretch and flex, to improve your balance and flexibility. You will utilize bands (supplied by the Senior Center) and even learn some Yoga, all in an effort to improve your overall physical health. Instructor: Melissa Edington

Ages: 50 & older

Tuesdays & Thursdays 12:30-1:15pm
 *No class 8/27, 11/28

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

FITNESS, FUN FRIENDSHIP cont.

CARDS AND OTHER GAMES

Ages: 50 & older

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

*No play 8/26, 8/27, 8/29, 9/2, 11/28, 11/29, 12/24, 12/25, 1/1

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

PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)

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

Ages: 50 & older

Mondays/Tuesdays/Thursdays Resumes 9/9 8:00am-2:00pm*

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

Ages: 18 & older

Fridays 9/13-10/25 6:00-8:00pm
Fridays 11/1/24-5/30/25 6:00-9:00pm

Fees:

Rec Center Members	FREE
Senior Center Members	\$2/day

BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)

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

Ages: 50 & older

2nd & 4th Wednesday of the Month Resumes 9/11 9:00am-12:00pm

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



PUZZLE & BOOK SALE!

The Senior Center will be having a puzzle and book sale. All proceeds will go towards Senior Activities. Be prepared for those cold days ahead, with a good book or a challenging puzzle.



Puzzles - \$1.00
Hardback books - \$1.00
Paperback books - \$0.50

Sale Hours:

Thursday, 11/14 9:30am-3:30pm
Friday, 11/15 9:30am-2:30pm

Have books and puzzles (no missing pieces) cluttering up your house? Drop them off at the Senior Center between 9am-5pm, November 4-11.



WOODSHOP CLASSES

OPEN WOOD SHOP (Senior Center Wood Shop)

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

Ages 50 & older

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

*No shop 8/28, 11/28, 11/29, 12/25, 1/1

Fees:

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

WOOD CARVING (Senior Center Wood Shop)

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

Coordinator: Dave Hoelter

Ages: 50 & older

Tuesdays* 1:00-3:00pm

*No carving 8/27, 12/24, 12/31

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. **Participants in this class should exhibit physical strength in hands, arms and legs. Good balance and good vision is also important in keeping you safe. Please access your ability to handle the materials and machinery used in this class as it is a safety concern.** Class completed in 2- 4 hour sessions.

Ages: 50 & older

Instructor: Jim Burns

Mondays 10/7 & 10/14 9:30am-2:00pm*

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

Fees:

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

ART & CRAFT CLASSES

CLASSICAL PAINTING SECRETS

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

Ages: 50 & older **Instructor: Joanne Richter**
 Tuesdays* 1:00-3:30pm
 *No class 12/24, 12/31

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

ART DISPLAY
September 30th- October 10th
9:00am-5:00pm
Free and Open to the Public

Come visit our Senior Center Student Art Display and see the beautiful and creative works of our talented students.

WATERCOLOR

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

Ages: 50 & older **Instructor: Judi Roszak**
 Thursdays or Fridays* 9:30-11:30am
 *No class 11/28, 11/29 or in December

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

ZENTANGLE

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

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

Ages: 50 & older
Instructor: Susan Olsen, Certified Zentangle Teacher, CZT 10
 2nd & 4th Thursdays of the Month 1:00-3:00pm

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

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

BOB ROSS PAINTING CLASS

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

Ages: 50 & older **Instructor: Mary Kenney**
 Thursday 10/3 12:30-3:00pm
Fees: Member \$60
 Non-Member/Resident \$62
 Non-Member/Non-Resident \$66

SEWING 101

Looking to learn to sew, or are you ready to brush up on skills learned in the past? Take *Sewing 101*, our 6-week beginner curriculum class, from a sewing teacher with 30 years of sewing experience, and 20 years of teaching experience. This new class will help you learn the wonderful skills of sewing. You can bring your own sewing machine and explore how to use it properly, or use one of ours. Bring ½ yard of 100% cotton, non-stretchy fabric, or use some provided by us. A coffee cup sleeve will be your first project! Class will be limited to six participants, allowing for individualized attention. Registration required.

Ages 50 & older **Instructor: Casey Krucek**
 Wednesdays 9/18-10/23 1:00-2:30pm
Fees: Member \$168
 Non-Member/Resident \$170
 Non-Member/Non-Resident \$174

QUILTING

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

Ages: 50 & older
Volunteer Coordinator: Beverly McGlamery
 Mondays* 8/26, 9/2

Drop-In Fees:

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

CREATIVE CRAFTERS

Enjoy making new crafts? This is the group for you! Create new friendships and various crafts for the Senior Center Craft Shop. Willing hands and ideas are always welcome!

Ages 50 & older
 Wednesdays* 10:00am-1:00pm
 *No crafting 8/28, 12/25, 1/1

Drop-In Fees:

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

WARM UP AMERICA

This fantastic group enjoys knitting and crocheting afghans, lap robes, scarves, hats and blankets for others in nursing homes, hospitals and shelters. Yarn is supplied for these projects. Bring a friend and join them on Thursdays!

Ages: 50 & older
 Thursdays * 1:00-3:30pm
 *No class 11/28

Drop-In Fees:

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

PROGRAMS

2024 BOOK DISCUSSION GROUP

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

Month	Book	Discussion Date
September	The Berry Pickers by Amanda Peters	9/23
October	The Women by Kristen Hannah	10/28
November	Becoming Madam Secretary by Stephanie Dray	11/25
December	NO DISCUSSION	

HELP FOR THOSE HELPING OTHERS

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

Ages: 50 & older	1:00-2:00pm	FREE
Wednesday	8/21	Communication & Challenging Behaviors
Wednesday	9/18	Dementia & the 5 Senses
Wednesday	10/16	Meaningful Engagement for those with Dementia & Care for the Caregiver

UNIVERSITY HOSPITAL HOT HEALTH TOPICS

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

Ages: 50 & over	1:30pm	FREE
Thursday	9/26	High Fall Risk Medications & Fall Prevention
Thursday	10/24	Immunizations
Thursday	11/21	Smoking Cessation
Thursday	12/19	Bone Health

COMPUTER INSTRUCTION (Senior Computer Lab)

One on One Sessions

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

Ages: 50 & over

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

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

INTERNET SECURITY & COMPUTER SCAMMERS

Computer hackers are abundant. John Kipp will share tips and tricks to avoid detection attempts. You are not as safe as you might think, don't fall victim to internet predators by allowing them in. This program is offered through the Institute for Learning in Retirement (ILR) at Baldwin Wallace, which offers senior adults low-cost classes in a variety of subject areas as well as social, cultural and travel experiences. This program is paid for through the Healthy Aging Grant.

Ages: 50 & over

Wednesday	8/7	1:00pm	FREE
-----------	-----	--------	------

ADVENTURES IN BEACHCOMBING ALONG LAKE ERIE

Certified beach glass expert, Shea Allmont, will share samples, several glass boxes of her own collection and a guide to Lake Erie beaches. Learn how to find glass, where to find it, and also the history of beach combing, identifying beach treasures, tools of the trade and protecting your treasures. You may even leave with your own piece of beach glass! Registration required. This program is paid for through the Healthy Aging Grant.

Ages: 50 & older

Friday	8/9	11:00am	FREE
--------	-----	---------	------

PROHIBITION IN NORTHEAST OHIO

Renee Durkee will discuss the Who, What, Where and Why of Prohibition and its impact and reaction on Northern Ohio. Featured are infamous Lake Erie Rumrunners, secret coves, Coast Guard chases and local gangsters like the Purple Gang. Participants will learn all about how Lake Erie was a major route of Alcohol Smuggling. This program is offered through the Institute for Learning in Retirement (ILR) at Baldwin Wallace, which offers senior adults low-cost classes in a variety of subject areas as well as social, cultural and travel experiences. This program is paid for through the Healthy Aging Grant.

Ages: 50 & over

Thursday	8/29	1:00pm	FREE
----------	------	--------	------

CLEVELAND & THE CIVIL WAR

Though removed from the frontlines, Cleveland played an active role in national events before, during, and after the Civil War. Join W. Dennis Keating, past president and current member of the Cleveland Civil War Roundtable, as he talks about the roles Cleveland played in the war that lasted over 4 years and included more than 3 million men, 9,000 troops coming from Cleveland and Cuyahoga County. W. Dennis Keating is an Emeritus Professor who taught in the Levin College of Urban Affairs and the Cleveland-Marshall College of Law at Cleveland State University. He has written widely about urban planning, urban policy, neighborhoods and housing. His publications about Cleveland include the 2016 History Press book A Brief History of Tremont: Cleveland's Neighborhood on a Hill. He is a past president of the Cleveland Civil War Roundtable and has written numerous articles for its newsletter, The Charger. Two of his ancestors served in the 168th and the 206th Pennsylvania Volunteer Infantry regiments during the Civil War. Registration is required. This program is paid for through the Healthy Aging Grant.

Ages: 50 & older

Wednesday	9/11	2:00pm	FREE
-----------	------	--------	------

AARP DRIVER SAFETY PROGRAM CLASSES

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

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

Friday	10/11	12:30-4:30pm
Wednesday	12/4	12:30-4:30pm

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

TechKNOWledgy with TEENS

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

Ages: 50 & over

Wednesdays	9/18, 10/16, 11/20, 12/18	1:00pm	FREE
------------	---------------------------	--------	------

PROGRAMS cont.

WEATHER PREPAREDNESS

Christopher Minek, Emergency Management Specialist with the Cuyahoga County office of Emergency Management will be here to discuss how to be prepared and ready for any weather condition we may get in northeast Ohio. The mission of the Cuyahoga County Office of Emergency Management (CCOEM) is to protect lives, property and the economy of Cuyahoga County through preparedness, planning, and effective response to natural disasters, man-made catastrophes, and emergencies. Don't miss this free helpful program.

Ages: 50 & older
 Tuesday 10/15 1:00pm **Free**

VETERANS DAY REMEMBRANCE

In honor of Veterans Day 2024, the Strongsville Senior Center will be hosting a free concert with students from Strongsville High School. The musical performances will include various groups from Strongsville High School, including Cantorum and the Women's Chorale. Patriotic selections will be included in this free concert. Event Center doors will open at 10:00am with pastry and coffee, and we will then recognize this approaching holiday with a beautiful concert. Plan to wear your red, white and blue, and help us pay tribute to all the men and women that have served. **Special thanks to Jardine Funeral Home for their continued sponsorship of this event.**

Ages: 50 & over
 Wednesday 11/6 10:00-11:30am **Free**

Registration required by November 1st

CELEBRATION HANDBELL CHOIR CONCERT

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

Ages: All
 Thursday 12/12 7:00pm **Free**

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

Take charge of your long lasting health concerns – and your life! Join us, as Fairhill Partners offers a Chronic Disease Self-Management (CDSM) workshop here at the Senior Center. You'll learn how to do more of what you want to do, find practical ways to deal with symptoms and challenges, set your own weekly goals, make a step-by-step plan to improve your health, make better eating an exercise choices, understand new treatment options, and discover better ways to talk to you doctor and family about your health. Registration is required for this six week program.

Ages: 50 & older
 Thursdays 9/12-10/17 12:30-3:00pm **FREE**

THE GARDEN OF EDEN

An account so old some relegate it to myth. Others insist it is history. Modern classics such as Steinbeck's *East of Eden* borrow freely from its compelling themes of depravity, self-destruction, guilt, and the price of freedom. Augustine of Hippo used the cautionary tale to formulate Original Sin. We will explore the text for its hidden meanings; was expulsion from the Garden necessary for Free Will? Is humanity inherently sinful? Were Adam and Eve really the first humans? Was the serpent really the devil, or God's agent?

Ages: 50 & over **Instructor: Ted Smith** **7 Week Session**
 Mondays 9/23-11/4 10:30-11:30am

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

PROGRAMS cont.

HISTORY OF NORTHEAST OHIO'S AMUSEMENT PARKS

Take a roller coaster ride through history as Troy Parsh, from the Amusement Preservation Museum talks about Northern Ohio's favorite summer playgrounds. Learn more about everyone's favorite amusement parks including Geauga Lake, Cedar Point, Euclid Beach and more! Registration required. This program is paid for through the Healthy Aging Grant.

Ages: 50 & over
 Wednesday 9/25 1:00pm **FREE**

CONSULTATIONS

HEARING AID SERVICES

Hearing aid services provided by Brookway Hearing Center. Hearing tests, cleaning and service of hearing aids, and battery offers, provided for your convenience. Appointments needed. Call the Senior Registration Desk at (440) 580-3275.

Tuesdays 9/10, 10/8, 11/12, 12/10 10:00am **Free**

ATTORNEY

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

Tuesday - 9/3, 10/1, 11/5, 12/3 9:20-11:30am Erica Skerl
 Friday - 9/27, 10/25, 11/22, 12/27 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."

MEDICARE COUNSELING

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

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

BENEFITS CHECK UP

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

Ages: 50 & older

Friday 9/6 9:15am-12:00pm
 Friday 10/11 9:15am-12:00pm
 Friday 11/8 9:15am-12:00pm
 Friday 12/13 9:15am-12:00pm

Free

THE A, B, C's & D's OF MEDICARE

A representative from the Ohio Department of Insurance Ohio Senior Health Insurance Information Program (OSHIIIP) will be here to give an overview about Medicare. Learn the difference between supplements and advantage plans and changes to original Medicare. OSHIIIP 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. OSHIIIP offers an array of services that are also used for persons with disabilities and for non-seniors. Bring your questions and let the experts help you! Registration required.

Ages: 50 & older

Friday 9/13 10:00am **Free**

CONSULTATIONS cont.

HEAP PROGRAM

The Home Energy Assistance Program (HEAP) gives qualified Cuyahoga County seniors a discount on their winter heating bill. A representative from the Department of Senior and Adult Services will be on hand to give information about the program, help fill out and collect applications to be processed. Please bring proof of income (social security or pension letter, bank statement or paycheck stub), copy of electric and gas bill, and receipt of payment to your medical supplement insurance plan (only if you have one). Appointment required.

Ages: 50 & over

Friday 10/25 9:00am-12:30pm **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**

*No meeting in December

SPEAK UP SKILLS: CONFIDENT COMMUNICATIN WITH LIMITED VISION

Hosted by Strongsville Low Vision Connection

If you have low vision and have noticed that ordinary social interactions, from dealing with retail clerks and medical personnel to mingling at gatherings have become awkward or challenging, you may need to learn a few new skills. Difficulty recognizing faces, making eye contact, and recognizing non-verbal cues are very real effects of vision impairment. This class teaches techniques and strategies for communicating effectively despite vision loss. We will practice skills for joining in conversations and ordinary social situations, requesting assistance with visual tasks, and explaining vision loss to others, all in a friendly, supportive setting. Two introductory sessions will be included as part of the Strongsville Low Vision Connection regular monthly meetings on 8/27 and 9/24 (1:00-2:30pm). This 4 week class will then meet on the following Thursdays in October: 10/3, 10/10, 10/17 & 10/24.. In person participation is recommended, but virtual connection to the class is available. You do not need to be a member of the Strongsville Low Vision Connection to attend. Registration is required.

Ages 50 & older

Thursdays 10/3 – 10/24 9:30-11:30am **FREE**

MUSTANGS ON THE GO!

MEADOW BROOK HALL

Join us on this tour as we travel to Rochester, Michigan, to celebrate almost a century of this historic landmark. Meadow Brook is the estate built by one of the automotive aristocracy's most remarkable women, Matilda Dodge Wilson, and her second husband, a lumber broker. Constructed between 1926 and 1929 for \$4 million, it represents one of the finest examples of Tudor-revival architecture in America. With 110 rooms, it is the fourth largest mansion in the country. Trip includes admission into Meadow Brook Estate, lunch at the estate where we will dine in style on a luncheon reminiscent of the grandeur of the estate. Next we will tour the Tudor-Revival style mansion renowned for its lush gardens and stunning architecture. Following the tour we will have time to walk the beautiful gardens on the estate. Join us for a wonderful day with Great Day Tours.

Ages: 50 & older

Wednesday 8/7 7:00am-6:45pm

	Fees
Members	\$120
Non-Members/Residents	\$122
Non-Members/Non-Residents	\$126

Cleveland's NEW Cruise Ship – the LADY CAROLINE

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

Ages: 50 & older

Thursday 8/22 10:00am-5:00pm

	Fees
Members	\$104
Non-Members/Residents	\$106
Non-Members/Non-Residents	\$110

TOUR OF PITTSBURGH

Travel with us to our neighbors to the east and Pennsylvania's second most populous city, Pittsburgh! Our day full of adventure will include a visit to the National Aviary, America's only independent indoor nonprofit zoo dedicated to birds. Located in Allegheny Commons Park on Pittsburgh's historic Northside, the National Aviary is home to more than 500 birds representing more than 150 species from around the world, many of them threatened or endangered in the wild. Next we will head to lunch at the Grand Concourse Restaurant where we will enjoy an award-winning menu. The restaurant is housed in the beautifully preserved Pittsburgh & Lake Erie Railroad Station, the Grand Concourse Restaurant at Station Square is a true testament of grandeur and elegant dining. With cathedral stained-glass vaulted ceilings, marble columns, and a dramatic staircase, guests are quickly transported to the glamorous side of the Progressive Era. After a delicious meal we will set sail for a sightseeing cruise. There is no better way to see one of America's most livable cities than from the decks of a riverboat. Enjoy the Captain's expert narration on all things Pittsburgh – past and present during this cruise. You will be amazed by all the fascinating facts that you didn't know about the three rivers, the city and its history. This day will be one you won't forget! This is a Great Day Tours trip.

Ages: 50 & older

Thursday 9/5 7:00am-7:30pm

	Fees	Registration Begins
Members	\$165	7/9
Non-Members/Residents	\$167	7/16
Non-Members/Non-Residents	\$171	7/23

MUSTANGS ON THE GO! cont.

THE BARBERTON MUM FESTIVAL

Here is your chance to enjoy one of Ohio's most unique and colorful Festivals in charming Barberton, Ohio. The actual Festival takes place on the weekend and draws HUGE crowds. But we have been allowed to bring our bus in on Thursday and get a sneak peek to see this colorful Fall display in an uncrowded setting. We'll start by visiting Moreland's, a working Amish farm devoted to providing the freshest in plants, pumpkins, fruits, flowers and flower arrangements. Next, we'll enjoy an Authentic Barberton Chicken meal at the Hopocan Restaurant. In the 1950's and 60's, Barberton became known as the Chicken dinner Capital of Ohio! Next, we'll travel to historic Lake Anna Park, in the heart of downtown Barberton. This 21-acre park surrounds the 10-acre spring-fed, Lake Anna, providing the perfect setting for this colorful festival. The array of 17,000 mums creates a beautiful rainbow of blooms and we'll have time to explore the park, see the blooms and enjoy a wonderful day. Come join JKL Tours on a colorful Autumn adventure.

Ages: 50 & older

Thursday	9/19	8:00am-5:00pm		
			Fees	Registration Begins
Members			\$90	7/17
Non-Members/Residents			\$92	7/24
Non-Members/Non-Residents			\$96	7/31

FALL FOR COLUMBUS

Enjoy a unique Autumn adventure starting with a part-driving/part-walking tour of THE Ohio State University. OSU is both a National and State treasure with incredible history set on a beautiful campus. We'll begin our tour of the Campus learning the History along High Street before we stop in the current Student Union (number 5!) We'll continue travelling by motorcoach seeing notable sites like The Oval and more. We'll stop for a group photo in front of the famous "Horseshoe" Football Stadium and you'll even have a chance to take a selfie with Brutus Buckeye and/or Coach Woody at one of the local gift shops. Next, we are off to the always fun Schmidt's Restaurant for our own Oktoberfest Buffet lunch including a One-man Oom-Pah-Pah band to put you in the Oktoberfest mood. After lunch, we'll have a driving tour of historic German Village with a stop at the Loft Bookshop across from the Third Street German school of 1864. We'll complete our day at the famous North Market! Join JKL Tours as we explore Ohio's capital!

Ages: 50 & older

Wednesday	10/9	7:30am-7:00pm		
			Fees	Registration Begins
Members			\$114	8/6
Non-Members/Residents			\$116	8/13
Non-Members/Non-Residents			\$120	8/20

TARA MANSION TOUR

Join us for on a scenic Autumn Adventure where Gone with the Wind, comes to life in western Pennsylvania. We'll travel to Mercer County, PA, and enjoy a step back in time as we tour this magnificent Mansion built in 1854. TARA offers a rich history with authentic Southern charm and luxury and following our tour we'll enjoy an elegant lunch in their parlor dining room. After lunch, we'll travel to the Conneaut Lake area and sample wines at Conneaut Cellars, a boutique winery across the road from scenic Conneaut Lake. As with almost all JKL Tours, there will be an added surprise on the ride home!

Ages: 50 & older

Thursday	11/7	7:30am-5:15pm		
			Fees	Registration Begins
Members			\$106	9/4
Non-Members/Residents			\$108	9/11
Non-Members/Non-Residents			\$112	9/18

HOLIDAY LIGHTS OF GREATER CLEVELAND

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

Ages: 50 & older

Thursday	12/5	3:45-9:00pm		
			Fees	Registration Begins
Members			\$35	9/25
Non-Members/Residents			\$37	10/2
Non-Members/Non-Residents			\$41	10/8

CHRISTMAS IN THE COUNTRY

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

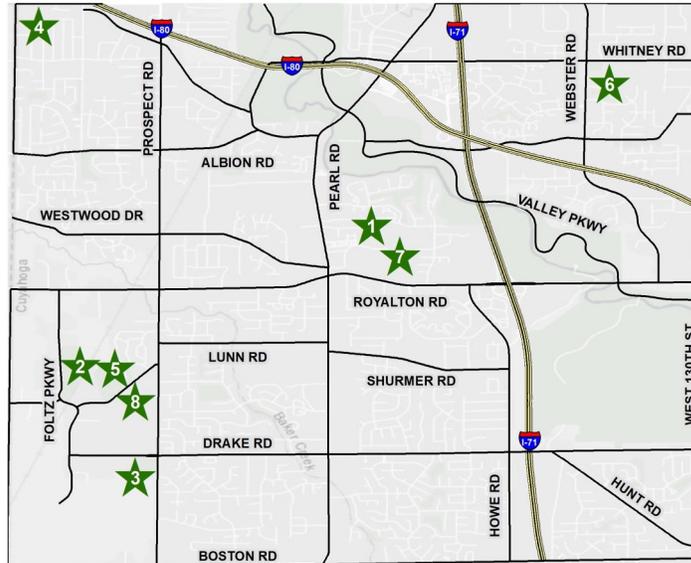
Ages: 50 & older

Thursday	12/17	1:00-10:30pm		
			Fees	Registration Begins
Members			\$108	10/16
Non-Members/Residents			\$110	10/23
Non-Members/Non-Residents			\$114	10/30



RECREATION PARKS AND AMENITIES

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



1. Rec Park #1 - 18100 Royalton Road

- Town Center:** **Opening Fall 2024!** This park will feature two pavilions, one attached to the new Town Center Place indoor venue and one Octagon pavilion in the heart of the park. Both will be surrounded by state-of-the-art ADA compliant playgrounds, interactive fountains, tennis courts, pickleball courts, a sand volleyball court, bathrooms, electricity and more.
- Castletown Pavilion:** Located near the Cuyahoga County Strongsville Library. Features picnic tables, 8 electrical outlets and a grill. It is located just across from the new Town Center Park with ample parking in the Library lot.

Castletown Pavilion



2. Rec Park #2 Pavilions- 16107 Foltz Parkway (South of Rt 82):

Located in Foltz Industrial Parkway near the City Municipal Offices. Baseball Fields are by permit only and not available for use with pavilion rentals.

Near Softball Field



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

Near Railroad Tracks



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

3. Rec Park #3 Pavilions - 21273 Drake Road:

Located at intersection of Drake Rd and Prospect. Wood & Sprague Baseball Fields are by permit only and not available for use with pavilion rental.

Sprague Pavilion



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

Wood Pavilion



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

PARKS & AMENITIES cont.

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

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



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

Pavilion, Playground & Bocce Courts



Pavilion



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

Pavilion & Playground



Pavilion



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



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



PARK GUIDELINES

- *Permits are required to use any of the fields. Field use is prohibited without a permit.
- *Contracts are required for use of Pavilions. Pavilion use is prohibited without a permit.
- *Alcohol and Tobacco use is prohibited in all Recreation Parks.
- *Pets are required to be on a leash at all times.
- *Parks close at dusk.



pepsi

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



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

www.strongsville.org