

# Strongsville

**Parks  
Recreation**

**Senior  
Services**

18100 Royalton Road  
Strongsville, Ohio 44136  
440-580-3260  
[www.strongsville.org](http://www.strongsville.org)

**June-August 2021**  
*(Updated 7/2/21)*

**PROGRAM REGISTRATION DATES**

**Wednesday, May 12:** Ehrnfelt Rec Center Members

**Wednesday, May 19:** Strongsville Residents & Members

**Friday, May 21:** Open/On-line registration

# GENERAL INFORMATION

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

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## RECREATION & SENIOR CENTER STAFF

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

### Recreation

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

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

**Jen Black** - Rental Coordinator & Director's Secretary  
jennifer.black@strongsville.org

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

**Jason Keppler** - Recreation Supervisor  
jason.keppler@strongsville.org

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

**Rebecca Oblak** - Assistant Aquatic Supervisor  
becky.oblak@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

Mondays-Fridays	6:00am-8:00pm
Saturdays	8:00am-4:00pm
Sundays	Closed

*The Aquatic Center closes 30 minutes prior to the Center closing time.*

### RECREATION CENTER SPECIAL HOURS & CLOSINGS\*

August 23-September 5	Maintenance	Basketball Courts Closed
August 23-September 5	Maintenance	Aquatic Center Closed
Mon-Wed, August 30-Sept 1	Annual Maintenance	Rec & Sr Center Closed
Monday, September 6	Labor Day	Rec & Sr Center Closed

\*See Aquatics section for special Aquatic Center hours and closing and Senior Activities section for Senior Center hours and closings.

### Weather Closings and Class Cancellations

When applicable, please check the following locations for any closings or cancellations due to weather...

[www.strongsville.org/content/recreation.asp](http://www.strongsville.org/content/recreation.asp)

News Channel 3 ([www.wkyc.com](http://www.wkyc.com))

News Channel 5 ([www.newsnet5.com](http://www.newsnet5.com))

### REGISTRATION

- Pre-registration is required for programs.
- Enrollment will be limited due to social distance requirements.
- 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.

### NON-MEMBER DAILY GUEST FEES

Youth (Ages 0-3)	Free	Adults (15-59)	\$10.00
Youth (Ages 4-6)	\$3.00	Seniors (60+)	\$6.00
Youth (Ages 7-14)	\$6.00	Active Military*	Free

(\*Free admission to active military personnel on leave)

### 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.



# MEMBERSHIP INFORMATION

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

## OPTION 1: Pay for entire year 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	\$140.00	\$245.00

## OPTION 2: Sign annual contract and pay monthly by credit card

	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	\$11.67/month	\$20.42/month

## Credit Card Payment Plan Information

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

**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** means an individual who is an active and/or newly registered member of any United States military service, or who is an active member of any reserve unit and provides proof of imminent call up to active military status.

**Resident** means an individual who is legally living within a permanent residence in the City of Strongsville.

Any 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.



Crossroads  
Café

Serving Breakfast  
Monday-Friday, 8-10am

# FACILITY RENTAL

Call 440-580-3275 to book your next event!

## ROOM RENTALS

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

## OLD TOWN HALL



- A deposit is due with a signed contract
- Please plan on booking your party at least two weeks in advance

Old Town Hall (each floor)	\$55	\$75
Old Town Hall (both floors)	\$85	\$105
Old Town Hall Kitchen (Flat Rate)	\$50	\$70

## Game Time: PRIVATE GYM PACKAGES

SATURDAYS			Member	Non-Member
1 Hour	Gym	4-5pm	\$150	\$200
2 Hours	Gym	4-6pm	\$300	\$400

**UP TO 50 GUESTS  
WHOLE MAIN GYM**



### Add a Room

SATURDAYS			Member	Non-Member
2 Hour	Room 3-4pm		\$225	\$300
	Gym 4-5pm			
3 Hours	Room 3-4pm		\$375	\$500
	Gym 4-6pm			

## GET YOUR GAME ON!

**Schedule Your  
PRIVATE  
Court Time  
Now!  
Weekday  
Evenings Only**

	BASKETBALL	VOLLEYBALL
	HOURLY RATES per Court	
	Main Gym: 2 Courts	Aux Gym
	Aux Gym: 1 Court	2 Courts
Member	\$40/hr per court	\$35/hr per court
Non-Member	\$45/hr per court	\$40/hr per court
	CAPACITY	
	30 per court	20 per court





# Away

## PRIVATE POOL PACKAGES

Book your Event Now!  
440-580-3270

			Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
			Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
Friday	1 hour	7:45-8:45pm	M: \$200	M: \$225	M: \$225	M: \$250
			N/M: \$250	N/M: \$275	N/M: \$275	N/M: \$300
Friday	2 hours	7:45-9:45pm	M: \$400	M: \$450	M: \$450	M: \$500
			N/M: \$500	N/M: \$550	N/M: \$550	N/M: \$600
Saturday	1 hour	3:45-4:45pm	M: \$200	M: \$225	M: \$225	M: \$250
			N/M: \$250	N/M: \$275	N/M: \$275	N/M: \$300
Saturday	2 hours	3:45-5:45pm	M: \$400	M: \$450	M: \$450	M: \$500
			N/M: \$500	N/M: \$550	N/M: \$550	N/M: \$600
Sunday	2 hours	1:00-3:00pm	M: \$500	M: \$550	M: \$550	M: \$600
Sunday	2 hours	2:00-4:00pm	N/M: \$600	N/M: \$650	N/M: \$650	N/M: \$700
<b>CAPACITY:</b>			<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>ADDITIONAL GUEST COSTS:</b> (added to package cost)			Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	



**Strongsville**  
Parks Recreation Senior Services

**Add a Room**

			Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
			Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
Friday	Room	6:30-7:30pm	M: \$275	M: \$300	M: \$300	M: \$325
	2 Hours Pool	7:45-8:45pm	N/M: \$350	N/M: \$375	N/M: \$375	N/M: \$400
Friday	Room	6:30-7:30pm	M: \$475	M: \$525	M: \$525	M: \$575
	3 Hours Pool	7:45-9:45pm	N/M: \$600	N/M: \$650	N/M: \$650	N/M: \$700
Saturday	Room	2:30-3:30pm	M: \$275	M: \$300	M: \$300	M: \$325
	2 Hours Pool	3:45-4:45pm	N/M: \$350	N/M: \$375	N/M: \$375	N/M: \$400
Saturday	Room	2:30-3:30pm	M: \$475	M: \$525	M: \$525	M: \$575
	3 Hours Pool	3:45-5:45pm	N/M: \$600	N/M: \$650	N/M: \$650	N/M: \$700
Sunday	Room	12:45-1:45pm	M: \$575	M: \$625	M: \$625	M: \$675
	3 Hours Pool	2:00-4:00pm	N/M: \$700	N/M: \$750	N/M: \$750	N/M: \$800
<b>CAPACITY:</b>			<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>ADDITIONAL GUEST COSTS:</b> (added to package cost)			Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	

\* Excludes Hot Tub, Sauna & Steam Room



# Play Away

**PRIVATE  
PACKAGES  
On Saturdays**

## SWIM & GYM



**Book Your  
Private Event Now!**



**440-580-3270**

SATURDAY			Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
			Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
<b>2 HOURS</b>	Pool	3:45-4:45pm	M: \$350	M: \$375	M: \$375	M: \$400
	Gym	5:00-6:00pm	N/M: \$400	N/M: \$425	N/M: \$425	N/M: \$450
<b>CAPACITY:</b>			<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>ADDITIONAL GUEST COSTS:</b> (added to package cost)			Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	

**Add a Room**

SATURDAY			Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
			Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
<b>3 HOURS</b>	Room	2:30-3:30pm				
	Pool	3:45-4:45pm	M: \$425	M: \$450	M: \$450	M: \$475
	Gym	5:00-6:00pm	N/M: \$500	N/M: \$525	N/M: \$525	N/M: \$550
<b>CAPACITY:</b>			<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>
<b>ADDITIONAL GUEST COSTS:</b> (added to package cost)			Additional Guests Not Available		Over 30 Guests: \$3/pp: age 7 + \$2/pp: age 4-6	

**\*Excludes Hot Tub, Sauna & Steam Room**

**Facility Rental**

# AQUATICS

Aquatic Supervisor, Patti Welker  
Assistant Aquatic Supervisor, Becky Oblak

## AQUATIC CENTER SPECIAL HOURS

Mon, May 31	CLOSED	Memorial Day	Tues, June 29	Close at 4pm	SSL Swim Meet
Tues, June 8	Close at 4pm	SSL Swim Meet	August 30-September 5	CLOSED	Annual Maintenance
Tues, June 15	Close at 4pm	SSL Swim Meet	Mon, September 6	CLOSED	Labor Day
Tues, June 22	Close at 4pm	SSL Swim Meet			

## AQUATIC CENTER REGULATIONS/RULES

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

### REGISTRATION SCHEDULE

**Wednesday, May 12:** Ehrnfelt Rec Center Members

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

**Friday, May 21:** Open/On-line registration

### REGISTRATION AND POLICIES

- Individuals may enroll in any open class listed in the brochure. Registration for all sessions (except first session of a season) will open on the last day of current session.
- Refunds can be requested up to 7 days prior to the start of class without question. After that no refunds will be given. Participants take the risk of schedule changes or changes in health.
- If the class is full, you may ask the front desk staff to add your name to the waiting list.
- If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, before the first day of class, so they can better work with your child.

### AQUATIC WAIT LIST

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

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

### ALTERNATIVE SWIM WEAR

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

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

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

### LEARN TO SWIM RULES

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

- Pirate ship area is closed during swim lessons.
- In order to provide an environment free of potential distractions, with the exception of preschool classes, adults are required to stay behind the orange cones and not sit directly in front of the classes in progress.
- Come ready to swim.
- Participants may choose to be barefoot or wear sandals (flip flops) on the deck.
- No street sandals, shoes, or boots are permitted for safety and sanitary reasons. Your cooperation in this is appreciated.

### AQUATIC CENTER AGE GUIDELINES

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



## YOUTH LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
<b>PARENT/INFANT</b> 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
<b>PARENT/TODDLER</b> 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
<b>PARENT/YOUTH</b> 3-5 years	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
<b>PRESCHOOL ADVANCED</b> (All children will be water tested during the first class. If child is unable to perform required skills, they will be transferred to the appropriate class with parent in water.)	Ages: 3-5 years Parent does NOT accompany child in the water. Child must be comfortable with face in the water, float unsupported on front and back, and swim a distance of 5 feet unsupported.	Child must be comfortable in chest deep water, and able to swim unsupported. Child will learn to swim more comfortably by his/herself. Possible progression through level 1 and 2 of the ERC Learn-to-Swim program.
<b>LEVEL 1</b> <b>Intro to Water Skills</b>	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
<b>LEVEL 2</b> <b>Fundamental Water Skills</b>	Passed Level 1, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
<b>LEVEL 3</b> <b>Refined Water Skills</b>	Passed Level 2, or can swim 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and breaststroke kick, and elementary backstroke. Basic water safety will be integrated into this course.
<b>LEVEL 4A</b> <b>Stroke Development</b>	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly and sidestroke. Safe diving practices and water safety will be integrated into the course.
<b>LEVEL 4B</b> <b>Stroke Improvement</b>	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
<b>LEVEL 5</b> <b>Stroke Refinement</b>	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.
<b>LEVEL 5 (ages 8 &amp; older)</b> <b>Fit Swim</b> <b>Or</b> <b>Personal Water Safety</b>	Passed Level 5, or be able to swim front and back crawl 50 yards. Swim elementary backstroke, breaststroke, sidestroke and butterfly at least 25 yards. Perform shallow dive from pool side, demonstrate flip turns on front and back, tread water for 5 minutes and swim underwater 15 yards. <i>*Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.</i>	The objective of this course is to refine all water skills learned to swim with ease, efficiency, power and smoothness over greater distances. A 12 minute swim will be performed by end of session. The Personal Water Safety Class adds additional survival skills and self-rescue techniques while clothed and with lifejackets. Basic safety rules for open water and for boating.
<b>LEVEL 7</b> <b>Endurance Training</b>	Swimmer must be able to perform the competitive strokes appropriate for his/her age group according to USA Swimming and be able to swim 100 yards continuously.	This program is designed to build your endurance, especially for those who do not swim on a year round competitive swim team. Starts and turns for each competitive stroke will also be taught.



**LEARN TO SWIM LESSONS****PARENT/TODDLER: 15-36 mos. (parent/adult in water)****Ages: 15 - 36 months** **Class Limit: 5 child/adult pairs****Daytime Classes (8 classes)**

Monday-Thursday	6/21-7/1	11:40am-12:10pm
Monday-Thursday	7/12-7/22	11:40am-12:10pm
Monday-Thursday	7/26-8/5	11:40am-12:10pm

**Weekend Classes (7 classes)**

Saturday	6/5-7/24*	10:40-11:10am
Saturday	6/5-7/24*	11:20-11:50am

\*No class 7/3

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$34	\$39
Non-Member/Resident	\$42	\$48
Non-Member/Non-Resident	\$52	\$60

**PARENT/YOUTH: 3-5 years (parent/adult in water)****Ages: 3-5 years** **Class Limit: 5 child/adult pairs****Daytime Classes (8 classes)**

Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/26-8/5	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am

**Weekend Classes (7 classes)**

Saturday	6/5-7/24*	9:00-9:40am
Saturday	6/5-7/24*	9:50-10:30am

\*No class 7/3

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

**LEVEL 1: Intro to Water Skills****(no previous swim experience needed)****Ages: 5 & Older** **Class Limit: 5 children****Daytime Classes (8 classes)**

Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/7-6/17	11:40am-12:20pm
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	6/21-7/1	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/12-7/22	11:40am-12:20pm
Monday-Thursday	7/26-8/5	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am
Monday-Thursday	7/26-8/5	11:40am-12:20pm

**Weekend Classes (7 classes)**

Saturday	6/5-7/24*	9:00-9:40am
Saturday	6/5-7/24*	9:50-10:30am
Saturday	6/5-7/24*	10:40-11:20am
Saturday	6/5-7/24*	11:30am-12:10pm

\*No class 7/3

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

**LEVEL 2: Fundamental Water Skills****Ages: 5 & Older** **Class Limit: 5 children****Daytime Classes (8 classes)**

Monday-Thursday	6/7-6/17	10:00-10:40am
Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/7-6/17	11:40am-12:20pm
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	6/21-7/1	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/12-7/22	11:40am-12:20pm
Monday-Thursday	7/26-8/5	10:00-10:40am
Monday-Thursday	7/26-8/5	10:50-11:30am
Monday-Thursday	7/26-8/5	11:40am-12:20pm

**Weekend Classes (7 classes)**

Saturday	6/5-7/24*	9:50-10:30am
Saturday	6/5-7/24*	10:40-11:20am
Saturday	6/5-7/24*	11:30am-12:10pm

\*No class 7/3

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

**LEVEL 3: Refined Water Skills****Ages: 5 & Older** **Class Limit: 5 children****Daytime Classes (8 classes)**

Monday-Thursday	6/7-6/17	10:50-11:30am
Monday-Thursday	6/21-7/1	10:00-10:40am
Monday-Thursday	6/21-7/1	10:50-11:30am
Monday-Thursday	6/21-7/1	11:40am-12:20pm
Monday-Thursday	7/12-7/22	10:00-10:40am
Monday-Thursday	7/12-7/22	10:50-11:30am
Monday-Thursday	7/26-8/5	10:50-11:30am

**Weekend Classes (7 classes)**

Saturday	6/5-7/24*	9:00-9:40am
Saturday	6/5-7/24*	9:50-10:30am
Saturday	6/5-7/24*	10:40-11:20am

\*No class 7/3

<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

**PRIVATE SWIM LESSONS**

Private swim lessons are available to anyone. Please contact the Aquatic Supervisor, Patti Welker x5269 to sign up for lessons. Lessons are scheduled based on the availability of instructors. Private lessons are not taught during our regularly scheduled Learn-to-Swim classes. Additional information, including fee schedule, is available at the front desk. Private lesson packages are good for 6 months from the date of purchase.

## LEARN TO SWIM LESSONS

### LEVEL 4A-B: Stroke Development & Improvement

**Ages: 5 & Older** **Class Limit: 5 children**

#### Daytime Classes (8 classes)

Monday-Thursday	7/12-7/22	11:40am-12:20pm
Monday-Thursday	7/26-8/5	10:00-10:40am

#### Weekend Classes (7 classes)

Saturday	6/5-7/24*	11:30am-12:20pm
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\*No class 7/3

Fees:	7 Classes	8 Classes
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

### LEVEL 5: Stroke Refinement

**Ages: 5 & Older** **Class Limit: 5 children**

#### Daytime Classes (8 classes)

Monday-Thursday	6/21-7/1	10:00-10:40am
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#### Weekend Classes (7 classes)

Saturdays	6/5-7/24*	9:00-9:40am
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\*No class 7/3

Fees:	7 Classes	8 Classes
Member	\$46	\$52
Non-Member/Resident	\$56	\$64
Non-Member/Non-Resident	\$67	\$76

### LEVEL 6: Personal Water Safety

**Ages: 8 & Older** **Class Limit: 5 children**

#### Daytime Classes (8 classes)

Monday-Thursday	7/26-8/5	11:40am-12:20pm
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Fees:	8 Classes
Member	\$52
Non-Member/Resident	\$64
Non-Member/Non-Resident	\$76



## WATER EXERCISE CLASSES

### WATER EXERCISE PASS WATER EXERCISE PROGRAM PASS

A 2021 pass may be purchased any time and is good for any water exercise class **July 1-December 31, 2021**.

\*The pass expires 12/31/2021.

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

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

\***No refunds** on unused classes.

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

Number of Classes	5	10	15	20
Member	\$24	\$45	\$64	\$80
Non-Member/Resident	\$29	\$55	\$79	\$100
Non-Member/Non-Resident	\$34	\$65	\$94	\$120

<b>Drop-in Fees:</b> Member	\$7 per class
Non-Member	\$9 per class

### 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: 12
Mondays & Wednesdays 7/5-8/18	9:00-9:50am 14 Classes

### 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: 12
Tuesdays & Thursdays 7/1-8/19	9:00-9:50am 15 Classes

### TOTAL IMMERSION-DEEP WATER WORKOUT

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

Ages: 15 & older	Class Limit: 20
Mondays & Wednesdays 7/5-8/18	6:30-7:20pm 14 Classes

## SPECIALTY AQUATICS PROGRAMS

### SCUBA CAMP FOR AGES 10+

Looking for a unique, interesting, and fun summer camp experience? Then look no further than Just Add Water's Scuba Camp. Scuba Camp will introduce campers to the underwater world and teach them to scuba dive. Have a blast learning to scuba dive and leave this experience with new friends, wonderful life-long memories, and a skill you can use for the rest of your life! Campers will complete the classroom and pool training required to earn their Scuba Certification! You will learn about dive safety, scuba equipment, and being a good dive buddy. In addition, you'll learn about the underwater world, aquatic life, and protecting the environment. Have tons of fun, be active, make friends, and learn to scuba dive with Just Add Water! Families, including adults, are welcome!

**Ages: 10 & Older (including adults)**

Monday-Friday	7/19-7/23	9:00am-3:00pm
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**Fee: \$535** **Call JUST ADD WATER 440-734-3000 to register.**

# FITNESS

Fitness Supervisor, Denise Lengal

**GROUP EXERCISE CLASSES are FREE for the month of July**  
*Come no more than 20 minutes before the class to sign in*

Rooms	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Group Ex Studio</b>  <i>*FitTap &amp; FitJazz Excluded from Free Trial (may attend with drop in fee)</i>	<b>8:30am</b> Muscle Mix -Laurie  <b>9:30am</b> Kickboxing -Marissa  <b>5:30pm</b> Body Max -Karen	<b>6:30pm</b> FitTap* -Jim  <b>7:15pm</b> Fit Jazz* -Jim	<b>8:30am</b> Pure Strength -Abby  <b>9:30am</b> PowerHour -Marissa  <b>5:30pm</b> Zumba -Melissa	<b>8:30am</b> Strength & Core -Tami  <b>5:30pm</b> Body Max -Karen  <b>6:30pm</b> FitTap* -Jim  <b>7:15pm</b> Fit Jazz* -Jim	<b>9:30am</b> Iron Circuit -Marissa	<b>8:15am</b> Zumba -Melissa  
	<b>7:45am</b> Cycle -Cliff  <b>9:30am</b> Cycle -Laurie  <b>6:35pm</b> CycleStrong -Karen	<b>6:15am</b> Cycle -Cassie  <b>8:30am</b> Cycle -Jenny	<b>7:45am</b> Cycle -Cliff	<b>8:30am</b> Cycle -Jenny  <b>9:30am</b> Hills & Drills -Tami  <b>6:35pm</b> CycleStrong -Karen	<b>7:45am</b> Cycle -Cliff  <b>10:30am</b> Cycle -Marissa	
<b>Group Cycle Studio</b>  	<b>8:30am</b> Pilates -Kellie  <b>9:30am</b> YogaFlow -Kellie  <b>5:30pm</b> Pilates -Barbara	<b>9:30am</b> Barre/Fusion -Tami  <b>6:15pm</b> Vinyasa Yoga -Linda	<b>9:30am</b> Pilates -Abby		<b>8:30am</b> BarreFire -Kellie  <b>9:30am</b> YogaFlow -Kellie	<b>9:30am</b> YogaFlow -Tiffany  <b>10:30am</b> Yin Stretch & Meditation (30 min) -Tiffany

Schedule subject to change



## GROUP EXERCISE CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

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

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

**PowerHour:** Get fit thru fun, challenging, ever-changing cardio & strength techniques. (Kettlebell, kickboxing...who knows what else!?)

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

**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)



## PERSONAL TRAINING

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.

### PERSONAL TRAINING

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.

#### One Session

Members	\$43
Non-Member/Residents	\$48
Non-Member/Non-Residents	\$53

#### Five Sessions

Members	\$200
Non-Member/Residents	\$215
Non-Member/Non-Residents	\$225

#### Ten Sessions

Members	\$375
Non-Member/Residents	\$400
Non-Member/Non-Residents	\$415

### Personal Training Special 10 - One hour sessions \$275

**Must be purchased  
July 1-31st**



## 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 330-351-9848. **All evaluations will be made by the instructor only. NO EXCEPTIONS.**

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

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

**Ages: 5 & Older** **Class Limit: 20** **4 Classes**

Mondays	5/24-6/21*	5:00-5:45pm
Mondays	6/28-7/19	5:00-5:45pm
Mondays	7/26-8/16	5:00-5:45pm

\*No class 5/31

Wednesdays	5/26-6/16	5:00-5:45pm
Wednesdays	6/30-7/21	5:00-5:45pm
Wednesdays	7/28-8/18	5:00-5:45pm

**Fees:** \$50

## KARATE (cont.)

### 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 330-351-9848 if you have questions.

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

**Class Limit: 30**

Mondays	5/24-6/21*	6:00-6:45pm
Mondays	6/28-7/19	6:00-6:45pm
Mondays	7/26-8/16	6:00-6:45pm

\*No class 5/31

Wednesdays	5/26-6/16	6:00-6:45pm
Wednesdays	6/30-7/21	6:00-6:45pm
Wednesdays	7/28-8/18	6:00-6:45pm

**Fees:** \$50

### 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 (330)-351-9848.

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

**Class Limit: 30**

Mondays	5/24-6/21*	7:00-7:45pm
Mondays	6/28-7/19	7:00-7:45pm
Mondays	7/26-8/16	7:00-7:45pm

\*No class 5/31

Wednesdays	5/26-6/16	7:00-7:45pm
Wednesdays	6/30-7/21	7:00-7:45pm
Wednesdays	7/28-8/18	7:00-7:45pm

**Fees:** \$50

## 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**

Wednesdays	6/2-6/23	3:30-4:20pm
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<b>Fee:</b>	Member	\$45
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$60

# ENRICHMENT PROGRAMS

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

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

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

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

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

### RED CROSS BABYSITTER BASICS ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

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

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

### CAT AND DOG FIRST AID ONLINE

You love your pets, and want to give them the best life possible; being equipped to deliver first aid and provide a healthy lifestyle for your pet is the best way to do that. In this course, you will learn the basics of providing first aid care for your cat or dog and will learn how to best give care for common emergency situations. This 35 minute online course covers understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care for cats and dogs. This course is desktop and tablet compatible. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.

**Ages: 11 & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

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

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

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

In this course, you will learn:

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

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

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

This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and, does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

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

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

### ADULT FIRST AID/CPR/AED ONLINE

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. Allow approximately 2 hours 10 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 5/29	emailed 6/1	by 6/30/21
Session 2	Thru 6/30	emailed 7/1	by 7/31/21
Session 3	Thru 7/30	emailed 8/1	by 8/31/21

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

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



# SPORTS

Recreation Supervisor, Jason Keppler

## YOUTH SPORTS

### YOUTH VOLLEYBALL CLINIC (Ehrnfelt Rec Center Auxiliary Gym)

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

Boys & Girls Grades: 3-7	Class Limit: 24	6 Week Sessions
Grades 3-4/Beginner	Thursdays	6/3-7/8 5:30-6:45pm
Grades 3-4/Beginner	Thursdays	7/15-8/19 5:30-6:45pm

Grades 5-7/Intermediate	Thursdays	6/3-7/8 6:45-8:00pm
Grades 5-7/Intermediate	Thursdays	7/15-8/19 6:45-8:00pm

<b>Fees:</b>	Member	\$48
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$63

### JUMP START TENNIS

#### CLASSES (Tennis Courts Adjacent to the Recreation Center)

Strongsville Preschool Tennis is a fun, interactive program for children ages 3-5. The use of smaller racquets and foam balls will enable children to learn forehand, backhand, serving and volley.

Ages: 3-5 years	Must register at <a href="http://jumpstartsports.com">jumpstartsports.com</a>
Thursdays	6/10-7/15 5:30-6:00pm or 6:00-6:30pm

<b>Fees:</b>	Residents	\$85
	Non-Residents	\$90

### JUMP START BEGINNER TENNIS

#### (Tennis Courts Adjacent to the Recreation Center)

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

Ages: 6-9 years	Must register at <a href="http://jumpstartsports.com">jumpstartsports.com</a>
Thursdays	6/10-7/15 6:30-7:30pm

<b>Fees:</b>	Residents	\$85
	Non-Residents	\$90

### YOUTH TENNIS LESSONS (City Tennis Courts next to the Library)

Students will learn the basic skills, rules, and sportsmanship from Sean Black, current high school varsity tennis coach, former collegiate player with over ten years of tennis instruction experience. 4 weeks (8 classes weather permitting)

Ages: 6-14 years	Limit: 16 per class
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#### Session I: M/W/Th, 6/7-6/23

S1/L1- AM	Ages: 5-8 years	M/W/Th*	8:30-9:30 am
S1/L2- AM	Ages: 9-12 years	M/W/Th*	9:30-10:30 am
S1/L3- AM	Ages: 13-16 years	M/W/Th*	10:30-11:30 am

\*Friday's will be used for rainout make-ups

#### Session II: 6/30, 7/5, 7/7, 7/8, 7/13, 7/14, 7/15, and 7/19

S2/L1- AM	Ages: 5-8 years	8:30-9:30 am
S2/L2- AM	Ages: 9-12 years	9:30-10:30 am
S2/L3- AM	Ages: 13-16 years	10:30-11:30 am

Session II Rain-Out Make-up Dates: 7/1, 7/21, and 7/22

<b>Fees:</b>	Member	\$95
	Non-Member/Resident	\$103
	Non-Member/Non-Resident	\$119

### JUMP START T-BALL CLINIC (Cross and Finley Fields)

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

Volunteer Coaches may also participate. **Must register at**

**[www.jumpstartsports.com](http://www.jumpstartsports.com)**

#### Ages: 3-4 years

Saturdays	6/12-7/24*	9:00am or 10:00am (1-hour)
Saturdays	9/11-10/9	9:00am or 10:00am (1-hour)

\*No class 7/3

<b>Fees:</b>	Residents	\$90
	Non-Residents	\$95

### YOUTH SANDLOT BASEBALL (Wood Field)

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

#### Ages: 9-16 years Participant Limit: 40 children (Boys & Girls)

Wednesdays	6/9 – 8/4*	10:00am-12:30pm
Tuesdays and Thursdays	6/8 – 8/5*	10:00am-12:30pm

\*Make-ups will be on Fridays

Fees:	Tues/Thurs	Wed	All Three Days
Members	\$35	\$20	\$45
Non-Members/Residents	\$40	\$25	\$50
Non-Members/Non-Residents	\$50	\$35	\$60

#### Drop-In Fees:

Members	\$3 per day
Non-Members/Residents	\$4 per day
Non-Members/Non-Residents	\$6 per day

### HEAD START BASKETBALL

#### SUMMER SKILLS CHALLENGE (Auxiliary Gym)

Test your ability in a variety of basketball skills competitions. Shooting, dribbling, and passing games will allow players of all ages and abilities to show off their fundamentals and have fun doing it. There will be favorites like knock-out and free throws, but plenty of new contests too! We will also play a half-court team tournament. The Skills Challenge will be directed by former Strongsville High and Kent State University player Mike Klinzing who has more than 25 years of basketball camp experience. **You must register online at <http://www.headstartbasketball.com/>**

#### Grades: 2-7 (grade last year) Limit: 78

Monday-Tuesday 8/2-8/3 1:30-4:30pm

**Fee:** \$45



## YOUTH SPORTS

### HEAD START BASKETBALL CAMP (Rec Center gyms)

This camp emphasizes the fundamentals of basketball with individual attention given to each young player in a fun, positive, and enjoyable environment. Our coaches work with the campers on developing their individual basketball skills while also teaching sportsmanship. Here are just a few things you will learn:

- Ball handling drills that you can work on at home to become more confident with the ball
- Proper shooting technique
- Passing and catching skills
- How to box out your opponent and grab a rebound
- Defensive stance and movements
- Sportsmanship
- How to be a good teammate
- Basic 3 on 3 basketball strategy

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

Grades 1-8	1:30-4:30 pm		
Monday-Friday	6/7-6/11	Boys and Girls	Grades K-6
Monday-Friday	6/14-6/18	Boys Only	Grades K-6
Monday-Friday	6/21-6/25	Boys and Girls	Grades 4-8
Monday-Friday	7/5-7/9	Boys and Girls	Grades K-6
<b>Fee:</b>	<b>\$95</b>		

## YOUTH LEAGUES

### YOUTH LATE SUMMER BASEBALL LEAGUES

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

REGISTRATION: June 16-July 7 (\$10 late fee will be assessed after 7/7)

**Ages: 6-18 years (age as of August 1, 2021)**

#### League Age/Name League Type

Co-Ed 5-6 yrs	T-Ball
Boys 6-8 yrs	Coach Pitch
Boys 9-10 yrs	Kid Pitch
Boys 11-13 yrs	Kid Pitch
Boys 14-18 yrs	Kid Pitch
Girls 7-9 yrs	Coach Pitch
Girls 10-11 yrs	Fast Pitch
Girls 12-14 yrs	Fast Pitch

**Practices:** Start mid-late July. One weeknight and one weekend time.

**Games:** Tuesdays and Thursdays. (Wednesdays may be used if necessary)

Start early-mid August and run through the end of September or beginning of October. Each team will play ten games.

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

<b>Fees:</b>	Residents	\$50
	Non-Residents	\$65

### HEAD START BASKETBALL SUMMER 3-ON-3 LEAGUES (Rec Center Gyms)

The benefits of 3 on 3 basketball are more touches on the ball, more decision making opportunities, all players are involved in the action, and better spacing with less congestion on the court. This will be league play with each team playing two 18 minute games each Saturday. The kids will organize their own team and get to coach themselves, but there will be court monitors to keep score and officiate. **You must register online at <http://www.headstartbasketball.com/>**

#### Boys & Girls Grades: 3-12

- 3<sup>rd</sup>-4<sup>th</sup> grade division (boys & girls)
- 5<sup>th</sup>-6<sup>th</sup> grade division (boys & girls)
- 7<sup>th</sup>-8<sup>th</sup> grade division (boys & girls)
- 9<sup>th</sup>-10<sup>th</sup> grade division (boys & girls)
- 11<sup>th</sup>-12<sup>th</sup> grade division (boys & girls)

Dates: Starting mid-June (visit above website for more info)

**Fees:** TBD

## ADULT SOFTBALL LEAGUES

**Ages: 18+**

**REGISTRATION: 7/21-8/21 (first pay first serve basis)**

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
<b>Co-Ed Friday Softball</b>			
9/10-11/19, 6:30-10:30pm	\$275	\$80	\$32/game
24 Team Limit			
* 5 games & playoffs, weather permitting			
<b>Men's Sunday Double Header</b>			
9/12-11/21, 9:00am-1:00pm	\$295	\$135	\$32/game
12 Team Limit			
* 8 games & playoffs, weather permitting			
<b>Men's Wednesday Open Double Header</b>			
9/15-11/17, 6:30-10:30pm	\$300	\$135	\$32/game
16 Team Limit			
* 8 games & playoffs, weather permitting			
<b>Men's Monday Rec Double Header</b>			
9/13-11/22, 6:30-10:30pm	\$526*	\$135	\$32/game
6:30-10:30pm			
16 Team Limit			
* 8 games & playoffs, weather permitting			



## YOUTH & ADULT SPORTS

### 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.stronggtt.info](http://www.stronggtt.info) for more information.

**Ages: All & Seniors**

Tuesdays & Thursdays	TBD	5:00-7:45 pm
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#### Registration Fee:

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.

#### Drop-in Fees for those that do not pay the registration fee:

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

## ADULT VOLLEYBALL

### NEO ATHLETICS ADULT VOLLEYBALL LEAGUES (Auxiliary Gym)

**Ages: 18 & Older**

A new session begins in the Fall. Registration begins late summer. Email [jason.keppler@strongsville.org](mailto:jason.keppler@strongsville.org) for more details.

# SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

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

## SILVER MUSTANG MEMBERSHIP

### MEMBERSHIP FEES

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

### MEMBERSHIP BENEFITS

\*Silver Mustang newsletter  
\*Free birthday lunch certificate the month of your special day  
\*Free lunch certificate for membership purchase/renewal  
\*Discounted fee

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

## SPECIAL CLOSINGS & HOURS

Mon, May 31	CLOSED	Memorial Day
August 30-September 1	CLOSED	Annual Maintenance
Mon, September 6	CLOSED	Labor Day

## FITNESS, FUN FRIENDSHIP

### 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. Registration is required.

**Ages: 50 & over** Instructor: Judi Roszak  
Thursdays 9:30-11:30am (starting 7/1)  
Fridays 9:30-11:30am

**Fees vary per month, call Senior Center for more info**

### MEDITATION GROUP

Meditation has been proven to reverse memory loss and strengthen your memory, lower blood pressure, help with chronic pain, depression, anxiety, and decrease stress. Our weekly meditation group will teach you new ways to meditate. Time will be used to meditate together as a group. A special thanks to Kemper House, for facilitating this group. Registration is required.

**Ages: 50 & over**  
Wednesdays 10:30am  
**Fees vary per month, call Senior Center for more info**

### LOW VISION SUPPORT GROUP

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

## FITNESS, FUN FRIENDSHIP cont.

### BETTER BALANCE

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

**Ages: 50 & over**  
Mondays, Wednesdays, & Fridays\* 10:15-11:00am  
Tuesdays & Thursdays 12:15-1:00pm  
\*No class 8/30, 9/1, 9/6

**Fees vary per month, call the Senior Center for more info**

### MOVIE MATINEE

Do you enjoy watching movies? If so, come to our Movie Matinee! Social distancing guidelines will be followed, as we show recent releases here at the Senior Center. We will have two movies each month, and popcorn and a beverage are included. Sign up for one or both! Registration is required.

**Ages: 50 & over** 12:30pm  
**Call Senior Center for specific movies and dates.**  
**Fee: \$3/movie**

### 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. Jennifer Nance 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 & over** **Free**  
First Wednesday of the month 9:15am

### 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 South-west General Health Center. Registration is free, but required.

**Ages: 50 & over** **Beverly McGlamery, Volunteer Coordinator**  
Mondays\* 1:00-3:00pm **Free**  
\*No class 8/30, 9/6



**FITNESS, FUN FRIENDSHIP****SCATTERGORIES FUN**

Scattergories is a fun game of words and categories. Players roll the letter die, flip the sand timer, and come up with answers to each category on the category list. Score points for writing down answers that no one else did. The more creative the answers, the more points scored!

Join Tammy from Westwood Place Senior Living as she leads this monthly fun interactive game. Winner will receive a special prize! Registration is free, but required.

**Ages: 50 & over**

Third Wednesday of the month 1:00pm

**Free****BINGO**

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

**Ages: 60 & over**

Fridays 12:30-3:00pm

**Fees: 25 cents per card****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. Registration is required.

**Ages: 50 & over**

Mondays, Wednesdays, &amp; Fridays\* 9:15-10:00am

Tuesdays &amp; Thursdays 11:15am-12:00pm

\*No class 8/30, 9/1, 9/6

**Fees vary per month, call the Senior Center for more info****YOGA**

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

**Ages: 50 & over.**

Tuesdays 10:00-10:45am Instructor: Megan Ruggerio

Thursdays 10:00-10:45am Instructor: Jessica Cartell

Thursdays 1:30-2:15pm Instructor: Jessica Cartell

**Fees vary per month, call the Senior Center for more info****FUNCTIONAL TRAINING**

Our functional training class will help you gain strength and mobility to enhance your activities of daily living. This class is taught by a certified fitness instructor. Registration is required.

**Ages: 50 & over Instructor: Mary Lea Kirby**

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

\*No class 8/30, 9/1, 9/6

**Fees vary per month, call the Senior Center for more info****RHYTHM AND MOVEMENT**

This class includes simple moves and steps using a variety of rhythmic music. Move at your own pace, while using a full range of motion; all set to motivating and energizing music. Registration is required.

**Ages: 50 & over Instructor: Betty Lekan**

Wednesdays\* 10:00-10:45am

\*No class 9/1

**Fees vary per month, call the Senior Center for more info****Wii BOWLING**

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

**Ages: 50 & over**

Tuesdays\* 12:00pm

\*No class 8/31

**Fees vary per month, call the Senior Center for more info****ASIAN EXERCISE – Including Tai Chi**

These gentle movements can improve balance, naturally boost one's energy, mental focus, and flexibility. There is individualized instruction within the group setting; you progress at your pace and ability. The movements can be tailored to your body type and condition. Good health comes from good circulation. By gently working the range of motion of the joints, the flexibility of the ligaments and surrounding tissues, the body is able to get circulation everywhere it needs to go. Millions of practitioners in the US and China have balanced chronic conditions such as asthma, arthritis, diabetes and fibro-myalgia through practice. Registration is required.

**Ages 50 & over****Instructor: Ted Smith**

Mondays\* 9:15-10:00am

\*No class 8/30, 9/6

**Fees vary per month, call the Senior Center for more info****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. Registration is required.

**Ages: 50 & over****Instructor: Mary Lea Kirby**

Mondays, Wednesdays &amp; Fridays\*

11:15am-12:00pm

\*No class 8/30, 9/1, 9/6

**Fees vary per month, call the Senior Center for more info****PICKLEBALL**

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one and designed to be played by all ages. It is played on a badminton court with the net lowered to 34 inches at the center. Bring your own paddle and join in on this popular sport. Experienced players as well as those that have never held a paddle are welcome. Registration is required.

**Ages: 50 & Over****Open Play**

Mondays\* 9:00-11:00am

Wednesdays\* 9:00-11:00am

\*No class 8/30, 9/1, 9/6

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

**CARDS AND OTHER GAMES****Ages: 50 & Over Free**

Bridge Mondays 12:30-3:00pm

Bunco Thursdays 9:30-11:30am

Rummikub/Dominoes Tuesdays 1:00-3:00pm

Mah Jongg Wednesdays 12:00-3:00pm

Pinochle Tuesdays 12:15-3:00pm

Open Play Thursdays 12:30-3:00pm

Open Play Fridays 12:30-3:00pm

**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 & Over**

Wednesdays &amp; Thursdays 9:30-11:30am

Wednesdays/Thursdays/Fridays 9:30-11:30am (starting 7/2)

**Fees vary per month, call the Senior Center for more info****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.

**Instructor: Dave Hoelter****Ages: 50 & over**

Tuesdays 1:00 - 3:00pm

*Participants pay for own tools and materials*



# Recreation Parks & Amenities

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

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

**Rec Park #1 - 18100 Royalton Road:** Located behind the Ehrnfelt Recreation Center. This park offers Rademaker, Cross & Finely Fields, batting cages, vending machines and restrooms. There is a playground located nearby and four tennis courts.

**Rec Park #2 - 16109 Foltz Parkway (South of Rt 82):** Located in Foltz Industrial Parkway near the City service center. This park offers Foltz 1 and Foltz 2 Fields, playgrounds, a basketball court, two pavilions and picnic tables. Only one pavilion has electricity, restrooms and running water.

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

**Nichols Field - 227070 Sprague Road:** Located at Sprague and Marks Road. This park offers a baseball field, pavilion with eight electrical outlets, ten picnic tables, two grills and a playground.

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

**Surrarrer Park - 14625 Whitney Road:** Located at the corner of Webster and Whitney Roads (east of I-71). James Field is at this location along with 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.

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

**Youth Sports Park - 21255 Lunn Road:** Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). This park offers one regulation football field, two flag football fields, three little leagues fields and one pavilion with electric. Use by permit only.

**Castletown Pavlion - 18100 Royalton Road:** Located between the Strongsville Library and Castletown Playground this pavilion has electrical outlets and a grill.

## PARK GUIDELINES

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

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

\*Bocci courts, horseshoe pits and basketball courts cannot be reserved with pavilion. There is a 1-hour time limit if others are waiting to use these facilities.

\*Reservations are also required for use of pavilions.

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





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



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

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