



**Parks  
Recreation**

**Senior  
Services**

18100 Royalton Road  
Strongsville, Ohio 44136

## **SEPTEMBER-OCTOBER 2021**

### **PROGRAM REGISTRATION DATES**

Wednesday, August 4: Ehrnfelt Rec Center Members

Wednesday, August 11: Strongsville Residents & Members

Friday, August 13: 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](http://www.strongsville.org)**

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## RECREATION & SENIOR CENTER STAFF

**Bryan Bogle** - Director of Parks, Recreation & Senior Services  
[bryan.bogle@strongsville.org](mailto:bryan.bogle@strongsville.org)

### Recreation

**Chris Arold** - Parks & Outdoor Facilities Superintendent  
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**Sarah Arold, CPRP** - Facility Manager  
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**Jen Black** - Rental Coordinator & Director's Secretary  
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**Mark Hartze** - Maintenance Foreman  
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**Jason Keppler** - Recreation Supervisor  
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**Denise Lengal** - Fitness Supervisor  
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**Kristen Nykiel** - Recreation Supervisor  
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### Senior Center

**Melissa Baldwin** - Food Services Manager  
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**Sheena Wright** - Senior Services Coordinator  
[sheena.wright@strongsville.org](mailto:sheena.wright@strongsville.org)

## GENERAL INFORMATION

### RECREATION CENTER HOURS

Mondays-Fridays 6:00am-8:00pm  
 Saturdays 8:00am-4:00pm  
 Sundays Closed  
*Please note, the Aquatic Center closes 30 minutes prior to the Center closing time.*

### RECREATION CENTER SPECIAL HOURS & CLOSINGS\*

August 23-Sept 6	Annual Resurfacing	Basketball Courts Closed
Mon-Wed, August 30-Sept 1	Annual Cleaning	Rec & Sr Center Closed
August 30-Sept 6	Annual Cleaning	Aquatic Center Closed
Monday, September 6	Labor Day	Rec & Sr Center Closed
Thursday, November 4	Business Expo	Closing Early at 3:00pm
Thursday, November 26	Thanksgiving	Rec & Sr Center Closed
Thursday, December 24	Christmas Eve	Close at 1:00pm
Friday, December 25	Christmas	Rec & Sr Center Closed
Thursday, December	New Year's Eve	Close at 5:00pm
Friday, January 1	New Year's 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.
- 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.

# MEMBERSHIP INFORMATION

## 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 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.

**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. Must present an active, federally issued Military ID Card at the time of purchase or renewal.

**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.

*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.*



### NON-MEMBER DAILY GUEST FEES

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

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

# 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 & Activity Pool	Ship & Slide! Ship, Slide & Activity Pool	Slide & Dive! Slide, Dive Both Pools	Out to Sea! 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 & Activity Pool	Ship & Slide! Ship, Slide & Activity Pool	Slide & Dive! Slide, Dive Both Pools	Out to Sea! 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**

# 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, 10/9**

**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

## HALLOWEEN HULLABALOO

Come dressed in your costumes and enjoy our family Halloween party. Candy, games, inflatables, dancing, crafts, hot dogs, chips and Halloween treats makes for a fun-filled evening.

**Friday, 10/22**

**6:30 – 8:30pm**

All ages welcome!

### Fee/Person (Adult & Children)

Members \$8  
Non-members \$12

\*Children 1 years and under are free but still must have a ticket from the front desk. Tickets are non-refundable.

\*Tickets must be purchased in advance at the Rec Center front desk. Tickets will NOT be sold at the door the day of the event.



## The Event Center

at the Ehnrfelt Recreation Center



*Schedule your  
Event Now!*

**440-580-3270**

*Smaller rooms are available  
for meetings, parties, showers  
and more*

*Showers*

*Seminars*

*Craft Shows*

*Weddings*

*Fundraisers*





# AQUATICS

Aquatic Supervisor, Patti Welker  
Assistant Aquatic Supervisor, Becky Oblak

## AQUATIC CENTER SPECIAL HOURS

August 30-September 6

CLOSED

Annual Maintenance

## AQUATIC CENTER REGULATIONS/RULES

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

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

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

### REGISTRATION SCHEDULE

**Wednesday, August 4:** Ehrnfelt Rec Center Members

**Wednesday, August 11:** Strongsville Residents & Members (must show proof of residency such as utility bill)

**Friday, August 13:** Open/On-line registration

### REGISTRATION AND POLICIES

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

### AQUATIC WAIT LIST

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

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

### ALTERNATIVE SWIM WEAR

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

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

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

### LEARN TO SWIM RULES

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

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

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

### AQUATIC CENTER AGE GUIDELINES

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



## YOUTH LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
<b>PARENT/INFANT</b> <b>6-15 months</b>	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> <b>15-36 months</b>	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> <b>3-5 years</b>	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
<b>LEVEL 1</b> <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.



## YOUTH LEARN TO SWIM LESSONS

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

**Ages: 15 - 36 months**      **Class Limit: 8 child/adult pairs**

#### **Weekend Classes (8 classes)**

Saturday	9/11-10/30	9:00-9:30am
Saturday	9/11-10/30	9:30-10:00am

<b>Fees:</b>	Member	\$39
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$60

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

**Ages: 15 - 36 months**      **Class Limit: 8 child/adult pairs**

#### **Evening Classes (8 classes)**

Tuesday/Thursday	9/7-9/30	6:20-6:50pm
Tuesday/Thursday	10/5-10/28	6:20-6:50pm

#### **Weekend Classes (8 classes)**

Saturday	9/11-10/30	9:00-9:30am
Saturday	9/11-10/30	9:30-10:00am

<b>Fees:</b>	Member	\$39
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$60

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

**Ages: 3-5 years**      **Class Limit: 8 child/adult pairs**

#### **Evening Classes (8 classes)**

Tuesday/Thursday	9/7-9/30	5:40-6:10pm
Tuesday/Thursday	9/7-9/30	6:55-7:25pm
Tuesday/Thursday	10/5-10/28	5:40-6:10pm
Tuesday/Thursday	10/5-10/28	6:55-7:25pm

#### **Weekend Classes (8 classes)**

Saturday	9/11-10/30	9:00-9:30am
Saturday	9/11-10/30	9:30-10:00am

<b>Fees:</b>	Member	\$39
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$60

### **LEVEL 1: Intro to Water Skills**

**(no previous swim experience needed)**

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

#### **Evening Classes (8 classes)**

Tuesday/Thursday	9/7-9/30	5:45-6:30pm
Tuesday/Thursday	9/7-9/30	6:35-7:20pm
Tuesday/Thursday	10/5-10/28	5:45-6:30pm
Tuesday/Thursday	10/5-10/28	6:35-7:20pm

#### **Weekend Classes (8 classes)**

Saturday	9/11-10/30	10:15-11:00am
Saturday	9/11-10/30	11:10-11:55am
Saturday	9/11-10/30	12:00-12:45pm

<b>Fees:</b>	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

### LEVEL 2: Fundamental Water Skills

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

#### **Evening Classes (8 classes)**

Tuesday/Thursday	9/7-9/30	5:45-6:30pm
Tuesday/Thursday	9/7-9/30	6:35-7:20pm
Tuesday/Thursday	10/5-10/28	5:45-6:30pm
Tuesday/Thursday	10/5-10/28	6:35-7:20pm

#### **Weekend Classes (8 classes)**

Saturday	9/11-10/30	10:15-11:00am
Saturday	9/11-10/30	11:10-11:55am
Saturday	9/11-10/30	12:00-12:45pm

<b>Fees:</b>	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

### LEVEL 3: Refined Water Skills

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

#### **Evening Classes (8 classes)**

Tuesday/Thursday	9/7-9/30	5:45-6:30pm
Tuesday/Thursday	9/7-9/30	6:35-7:20pm
Tuesday/Thursday	10/5-10/28	5:45-6:30pm
Tuesday/Thursday	10/5-10/28	6:35-7:20pm

#### **Weekend Classes (8 classes)**

Saturday	9/11-10/30	10:15-11:00am
Saturday	9/11-10/30	11:10-11:55am
Saturday	9/11-10/30	12:00-12:45pm

<b>Fees:</b>	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

### LEVEL 4A/B: Stroke Development

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

#### **Evening Classes (8 classes)**

Tuesday/Thursday	9/7-9/30	5:45-6:30pm
Tuesday/Thursday	10/5-10/28	5:45-6:30pm

<b>Fees:</b>	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$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.

## LIFEGUARD CLASS

### AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

**Ages: 15 & over**

**Class Limit: 9**

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

#### Prerequisites:

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

**Important:** Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. **NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins. STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES.** If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time.

\*2017 edition of the Lifeguarding Manual can be downloaded for free at <http://www.redcross.org/participantmaterials> or purchased at the front desk for \$40 prior to the first class meeting.

Sundays 9/12-10/17 9:00 am-3:00pm

<b>Fees:</b>	Member	\$96
	Non-Member/Resident	\$110
	Non-Member/Non-Resident	\$120



## 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..

\*The pass expires 12/31/2021.

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

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

\*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

### 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 9/7-10/28 10:45-11:35am 16 Classes

### 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 9/8-10/27\* 9:15-10:05am 14 Classes

\*No class 10/18

### TOTAL IMMERSION-DEEP WATER WORKOUT

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

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

#### Daytime Classes

Mondays & Wednesdays	9/8-10/27*	10:15-11:05am	14 Classes
Tuesdays & Thursdays	9/7-10/28	9:45-10:35am	16 Classes

#### Evening Classes

Tuesdays & Thursdays	9/7-10/28	6:35-7:25pm	16 Classes
*No class 10/18			

Crossroads  
Café

Serving Breakfast

Monday-Friday, 8-10am



# FITNESS

Fitness Supervisor, Denise Lengal

## GROUP EXERCISE, CYCLE, MIND/BODY, & ZUMBA

Get in shape and have fun doing it! Our top notch and cutting edge equipment and instructors provide a customized workout designed to get you health 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 & over
2. Please try different classes and don't be intimidated by new programs. Our instructors are able to make modifications for men & women of all ages and fitness levels.
3. If you have questions regarding fitness programs please call Denise at 440-580-3260 x 5275. **Updated fitness schedules can be found at [Strongsville.org/content/fitness/asp](http://Strongsville.org/content/fitness/asp).**

### GROUP CYCLE

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

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

### Introduction to Group Cycle Program

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

### ZUMBA PASS

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

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

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

#### Fees:

5 Class Pass	\$22.50 (\$4.50/month)
10 Class Pass	\$40.00 (\$4.00/month)
20 Class Pass	\$70.00 (\$3.50/month)

#### Drop Fees:

Members	\$8	Non-Member/Residents	\$10
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### 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)

### UNLIMITED MONTHLY PASS

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

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

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

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

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

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

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

Members	\$28
Non-Member/Residents	\$33
Non-Member/Non-Residents	\$38

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

Members	\$8	Non-Member/Residents	\$10
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### 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.)

## GROUP EXERCISE CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## HEALTH ASSESSMENT & PEAK PERFORMANCE

### NUTRITIONAL CONSULT

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

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

<b>Fees:</b>	Member	\$65
	Non-Member/Resident	\$70
	Non-Member/Non-Resident	\$75

### NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation and 2 follow up consultations.

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

<b>Fees:</b>	Member	\$150
	Non-Member/Resident	\$165
	Non-Member/Non-Resident	\$175

### ASSESSMENTS

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

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

### EXERCISE ORIENTATION

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

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

## 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. 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	\$48	\$215	\$400
Non-Member/Non-Residents	\$53	\$225	\$475

# 42 X 82

## STRENGTH AND CONDITIONING

Fitness

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

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

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

### JOIN US!

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



**42x82 Five Punch Pass:** \$35 members, \$40 non member resident, \$45 non member non resident, (expires 1 month from date of purchase)  
Includes attendance to five 42x82 classes only

**For more information  
contact  
[denise.lengal@strongsville.org](mailto:denise.lengal@strongsville.org)**



## KARATE

### Masks required

#### 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	8/23-9/27*	5:00-5:45pm
Mondays	10/4-10/25	5:00-5:45pm
Mondays	11/1-11/22	5:00-5:45pm
Mondays	11/29-12/20	5:00-5:45pm

\*No class 8/30, 9/6

Wednesdays	8/25-9/29*	5:00-5:45pm
Wednesdays	10/6-10/27	5:00-5:45pm
Wednesdays	11/3-11/24	5:00-5:45pm
Wednesdays	12/1-12/22	5:00-5:45pm

\*No class 9/1, 9/8

**Fees:** \$50

#### 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	8/23-9/27*	5:00-5:45pm
Mondays	10/4-10/25	5:00-5:45pm
Mondays	11/1-11/22	5:00-5:45pm
Mondays	11/29-12/20	5:00-5:45pm

\*No class 8/30, 9/6

Wednesdays	8/25-9/29*	5:00-5:45pm
Wednesdays	10/6-10/27	5:00-5:45pm
Wednesdays	11/3-11/24	5:00-5:45pm
Wednesdays	12/1-12/22	5:00-5:45pm

\*No class 9/1, 9/8

**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	8/23-9/27*	5:00-5:45pm
Mondays	10/4-10/25	5:00-5:45pm
Mondays	11/1-11/22	5:00-5:45pm
Mondays	11/29-12/20	5:00-5:45pm

\*No class 8/30, 9/6

Wednesdays	8/25-9/29*	5:00-5:45pm
Wednesdays	10/6-10/27	5:00-5:45pm
Wednesdays	11/3-11/24	5:00-5:45pm
Wednesdays	12/1-12/22	5:00-5:45pm

\*No class 9/1, 9/8

**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	9/8-9/29	3:30-4:30pm
Wednesdays	10/6-10/27	3:30-4:30pm
Wednesdays	11/3-11/24	3:30-4:30pm
Wednesdays	12/1-12/22	3:30-4:30pm

**Fee:**

Member	\$45
Non-Member/Resident	\$53
Non-Member/Non-Resident	\$60

# ENRICHMENT PROGRAMS

Recreation Supervisor, Kristen Nykiel

## YOUTH DANCE CLASSES presented by Dance to EvOLvE

### DANCE TO EVOLvE

*Classes Held at Strongsville Rec. Center*

Dance to EvOLvE will be teaming up with the Strongsville Rec. center to offer onsite children's dance classes. Our progressive dance classes enable kids to always take that next step to keep them challenged, learning and having fun. All toddlers and kids dance classes are great for boys and girls and encouraged to participate in the annual spring recital. Visit our website to get dress code information about each class at [danceto evolve.com/cleveland](http://danceto evolve.com/cleveland)

\* Age-Appropriate & Fun Dance Class Curriculums

\* Specializing In Boys & Girls Ages 2-12 years

\* Tap, Ballet, & Hip Hop Children's Classes

\* Heart-Warming Smiles Guaranteed!

### MAGICAL MUNCHKINS TAP / BALLET COMBO CLASS (Sr Art Studio)

This gentle introductory combination dance class of tap, ballet, tumbling and games is fun, energetic, and expressive that will have your Magical Munchkin learning all the basics for their first dance class. Classes start with tap and then transition into ballet each week. Parent (or caregivers) presence required as parents participate as needed. Dancers must be at least 24 months prior to the session starting.

**Age: 2- young 3 year olds w/ caregiver participation**

**Class Limit: 12 6 or 7 Classes**

Saturdays	9/11-10/16	9:15-10:00am	6 Classes
Saturdays	10/23-12/18*	9:15-10:00am	7 Classes

\*No class 11/6, 11/27

<b>Fees:</b>	<b>6 Classes</b>	<b>7 Classes</b>
Members	\$110	\$118
Non-Member/Residents	\$116	\$125
Non-Member/Non-Residents	\$122	\$132

### BITTY BOPPERS HIP HOP / BALLET COMBO (Meeting Room)

Calling all Bitty Boppers! This dance class is a fusion of basic hip hop, ballet, and creative movement to get all the dancing wiggles out. Through creativity, the dance class focuses on basic dance skills, muscle development, coordination, and musicality! Parent (or caregivers) presence required since parents participate as needed.

**Age: 2-3year olds w/ caregiver participation**

**Class Limit: 12 7 Classes**

Tuesdays	9/7-10/19	4:00-4:45pm
Tuesdays	10/26-12/14*	4:00-4:45pm

\*No class 11/23

<b>Fees:</b>	Members	\$118
	Non-Member/Residents	\$125
	Non-Member/Non-Residents	\$132

### TINY MOVERS TAP / BALLET COMBO (Sr. Art Studio)

A combination dance class of tap and ballet with tumbling and dance games. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. Classes start with tap and then transition into ballet each week. This is the first 'big girls and boys' class as parents are outside of the room. Dancers are welcome to join throughout the year. Class is designed to be progressive, continuing session to session until the annual spring recital.

**Age: 3-4.5 years Class Limit: 15 6 or 7 Classes**

Saturdays	9/11-10/16	10:05-11:00am	6 Classes
Saturdays	10/23-12/18*	10:05-11:00am	7 Classes

\*No class 11/6, 11/27

<b>Fees:</b>	<b>6 Classes</b>	<b>7 Classes</b>
Members	\$110	\$118
Non-Member/Residents	\$116	\$125
Non-Member/Non-Residents	\$122	\$132

### STAR SHINERS TAP / BALLET COMBO CLASS (Sr Art Studio)

Keep your Star Shiner moving in this tap and ballet combination class for boys and girls. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique as they work towards the annual spring recital. Classes start with tap and then transition into ballet each week. Once a month, class will get switched up with a jazz dance day!

<b>Age: 4.5-6 years Class Limit: 16 6 or 7 Classes</b>
Saturdays 9/11-10/16 11:05am-12:00pm 6 Classes
Saturdays 10/23-12/18* 11:05am-12:00pm 7 Classes

\*No class 11/6, 11/27

<b>Fees:</b>	<b>6 Classes</b>	<b>7 Classes</b>
Members	\$110	\$118
Non-Member/Residents	\$116	\$125
Non-Member/Non-Residents	\$122	\$132

### BEAT BREAKERS HIP HOP (Meeting Room)

This fun, high-energy hip hop class enables boys to be boys and girls to let loose while developing creativity, coordination, musicality, and listening skills. Activities include hip hop, basic break dancing, and dance games in a non-stop action-packed class that will have you movin' to the beats! All music and moves are age appropriate. Dancers encouraged to participate in the annual spring recital.

<b>Age: 4-7 years Class Limit: 16 7 Classes</b>
Tuesdays 9/7-10/19 4:50-5:45pm
Tuesdays 10/26-12/14* 4:50-5:45pm

\*No class 11/23

<b>Fees:</b>	Members	\$118
	Non-Member/Residents	\$125
	Non-Member/Non-Residents	\$132

### TWEEN HIP HOP (Meeting Room)

This exciting and fast paced hip hop class will leave your dancer feeling fresh! Don't be intimidated...great for dancers who want to be challenged, learn various styles of hip hop, push creativity, and boost confidence. All music and moves are age appropriate in this fun and open hip hop dance class for boys and girls. Dancers encouraged to participate in the annual spring recital.

<b>Age: 8-12 years Class Limit: 18 7 Classes</b>
Tuesdays 9/7-10/19 5:50-6:45pm
Tuesdays 10/26-12/14* 5:50-6:45pm

\*No class 11/23

<b>Fees:</b>	Members	\$118
	Non-Member/Residents	\$125
	Non-Member/Non-Residents	\$132

**PRESCHOOL RECREATION CLASSES****YOGA FOR KIDS (Mind & Body Studio)**

These fun-filled classes strengthen confidence and self-esteem, concentration and attention span, fine motor and gross motor skills, and help children to find inner calm and relaxation. We'll practice age appropriate poses, play games, read stories, breathe, and relax!

**Instructor: Nicole Crosby**

**Ages: 2-6 years Class Limit: 10 4 Classes**

Ages 2-4 (with caregiver participation)

Saturdays 9/11-10/2 12:00-12:45pm

Saturdays 10/23-11/20\* 12:00-12:45pm

\*No class 11/6

Ages 4-6 (without caregiver participation)

Saturdays 9/11-10/2 1:00-1:45 pm

Saturdays 10/23-11/20\* 1:00-1:45 pm

\*No class 11/6

**Fees:** Members \$35  
Non-Member/Residents \$38  
Non-Member/Non-Residents \$45

**FUN TIME FITNESS**

Come start your journey with us at the Strongsville Rec Center! Our tailored program is perfect for your kids! Join us in our 18 month to 3 years old class, or 3 and up class starting September 14th! Classes are an action packed 30 minutes which include agility courses, balancing, speed, games and many more skills to develop! Let's make fitness fun!

**Instructor: Fun Time Fitness Staff**

**Class Limit: 10**

Ages 18m-3years (with caregiver participation) Location: Tot Room

Tuesdays 9/14-9/28 10:00-10:30am

Tuesdays 10/5-10/26 10:00-10:30am

Tuesdays 11/2-11/30 10:00-10:30am

Tuesdays 12/7-12/28 10:00-10:30am

Ages 3-5 years Location: Auxiliary Gym

Tuesdays 9/14-9/28 10:45-11:15am

Tuesdays 10/5-10/26 10:45-11:15am

Tuesdays 11/2-11/30 10:45-11:15am

Tuesdays 12/7-12/28 10:45-11:15am

**Fees:** Members \$25  
Non-Member/Residents \$29  
Non-Member/Non-Residents \$37

**SNAPOLOGY JUNIOR - ABCs & 123s (Meeting Room)**

Learning was never this much fun when I was a child. In ABCs & 123s, children will learn their colors, shapes, letters and numbers using DUPLO® bricks and other interactive learning toys. To strengthen children's knowledge in a fun, playful manner, children are engaged in both structured and imaginative play during each session.

**Instructor: Snapology Staff**

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

**Class Limit: 12 6 Classes**

Thursdays 9/16-10/21 10:00-10:50am

Thursdays 11/4-12/16\* 10:00-10:50am

\*No Class 11/25

**Fees:** Members \$97  
Non-Member/Residents \$103  
Non-Member/Non-Residents \$109

**PRESCHOOL RECREATION CLASSES cont.****SNAPOLOGY JUNIOR - JUNIOR ENGINEERING (Meeting Room)**

Does your little learner love to tinker and create new things? If so, they're going to love Snapology's Junior Engineers program! Young students build fun and simple models using DUPLO® blocks. By playing with and manipulating the models, they experience pulleys, levers, gears, wheels and axles while exploring energy, buoyancy, and balance. Classes include free-building time to promote creativity.

**Instructor: Snapology Staff**

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

**Class Limit: 12 6 Classes**

Thursdays 9/16-10/21 11:00-11:50am

Thursdays 11/4-12/16\* 11:00-11:50am

\*No Class 11/25

**Fees:** Members \$97  
Non-Member/Residents \$103  
Non-Member/Non-Residents \$109

**MAD SCIENCE – PRESCHOOL WORKSHOPS (Meeting Room)**

**Ages: 3-5 years Class Limit: 12 Students 4 Classes**

**Instructor: Mad Science® Instructors**

**Session 1**

**Keep in Touch**-Touch is a very important sense and we will explore how children learn about their world through their sense of touch.

**Color Lab**-This workshop will introduce preschoolers to the exciting world of color.

**Science of Music**-Boom, tap, smack, cha-cha-cha, listen to the sounds and rhythm of the science of music.

**Mad Mixtures** -Erupting volcanoes, simple chemistry fun, and creating colorful modeling dough to take home comprises this fun-filled look at the world of mixtures!

**Session 2**

**Sea Life** -Children will explore the science of the sea when they learn about what sand is made from, how shells are used by animals for protection and what animals live in the ocean.

**Magnetic Attraction** - Experience the poles and power of magnets in this hands-on workshop that even provides children with the opportunity to make their own magnet to take home.

**Digging for Dinosaurs** -Dinosaurs are always a huge hit with children, especially preschoolers. They will be introduced to the differences between meat eating and plant eating animals and will have the opportunity to look at some dinosaur teeth up close.

**Let's Talk Rocks** -What is a rock and what is it made of? How are rocks formed? How are they different from one another? We will take a much closer look at these abundant items and even break one open to possibly find hidden gems!

Session 1 Wednesdays 10/6-10/27 11:00-11:45am  
Session 2 Wednesdays 11/3-12/1\* 11:00-11:45am

\*No Class 11/24

**Fees:** Members \$82  
Non-Member/Residents \$86  
Non-Member/Non-Residents \$90





**SPROUT THERAPY****SPROUT THERAPY - PLAY**

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

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

This group is ideal for children who may:

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

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

**Ages: 3-5 years      Class Limit: 10 Students      6 Classes**

Wednesdays	10/6-11/10	10:00-10:45am
Wednesdays	10/6-11/10	6:00-6:45pm

<b>Fees*:</b>	Members	\$150
	Non-Members	\$162

\*Once registered for the class through the Strongsville Recreation Center you will need to process payment through Sprout Therapy by contacting 440-316-2416 or sprouttherapyllc@gmail.com to let them know you have enrolled and need to pay.

**YOUTH RECREATION CLASSES****YOGA FOR TWEENS (Mind & Body Studio)**

Yoga for tweens/ teens includes strategies to relax and release stress, beginning meditation activities, sequenced yoga poses, partner poses and group games.

**Instructor:** Nicole Crosby

<b>Ages: 7-11 years</b>	<b>Class Limit: 12</b>	<b>4 Classes</b>
Saturdays	9/11- 10/2	2:00-3:00 pm
Saturdays	10/23-11/20*	2:00-3:00 pm

\*No class 11/6

<b>Fees:</b>	Members	\$35
	Non-Member/Residents	\$38
	Non-Member/Non-Residents	\$45

**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. TWO TABLE LIMIT PER FAMILY

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

<b>5 Foot Tables</b>	Members	\$11
	Non-Members/Residents	\$15
	Non-Members/Non-Residents	\$20
<b>8 Foot Tables</b>	Members	\$15
	Non-Member/Residents	\$20
	Non-Members/Non-Residents	\$25

**\*SHOPPERS\***

**9:00-9:59am** Early Bird Shopping: \$3 admission (have exact change)  
**10:00am-12:00pm** Free shopping

**YOUTH RECREATION CLASSES cont.****CRAYOLA® IMAGINE ARTS ACADEMY® ARTBLAZERS**

**(Meeting Room)**

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

**Art for the People** – Inspired by the art of Keith Haring

**Picture Peace** – Inspired by the art of Pablo Picasso

**Wishing Trees** – Inspired by the art of Yoko Ono

**Story Quilts** – Inspired by the art of Faith Ringgold

**Cut and Paste** – Inspired by the art of Hannah Hoch

**Pop Art** – Inspired by the art of Andy Warhol

**Dadaist Art** – Inspired by the art of Hannah Hoch

**Kids Art** – Inspired by the art of Children from Around the World

**Instructor:** Mad Science® Instructors

<b>Ages: 5-12 years</b>	<b>Class Limit: 20</b>	<b>4 Classes</b>
Thursdays	9/30-10/21	5:45-6:45pm
Thursdays	10/28-12/2	5:45-6:45pm

<b>Fees:</b>	Members	\$82
	Non-Member/Residents	\$86
	Non-Member/Non-Residents	\$90

**MAD SCIENCE® BRIXOLOGY (Meeting Room)**

BRIXOLOGY™ is back and offers a unique application of the engineering design process with custom build designed with a master LEGO® building and our very own Research and Development team! Form carnival rides to drawing machines, mechanical animals to soaring towers, you'll explore exciting engineering careers and develop creative problem-solving skills galore.

**Instructor:** Mad Science® Instructors

<b>Ages: 5–12 years</b>	<b>Class Limit: 20</b>	<b>4 Classes</b>
Wednesdays	11/17–12/15*	5:45–6:45pm

\*No Class 11/24

*Registration Deadline: November 5<sup>th</sup>*

<b>Fees:</b>	Members	\$81
	Non-Member/Residents	\$85
	Non-Member/Non-Residents	\$90

**MAD SCIENCE® SENSATION SCIENCE (Meeting Room)**

We are on a mission to explore the world of science! Learn about the hidden components of light. Use hands-on experimentation to find out if compasses really help you find your way. Have fun with thermometers and investigate amazing optical illusions. Explore how sounds are created and transmitted and cultivate a healthy attitude about fitness and nutrition in an extremely entertaining way!

**Harnessing Heat** – Take on temperature

**Lights...Color...Action** – Catch some cool color

**Magnet Magic** – Explore the power of magnets

**Mission Nutrition** – Step into some healthy habits

**Optical Illusions** – Discover how your eyes trick your brain

**Sonic Sounds** – Uncover the source of sound

**Instructor:** Mad Science® Instructors

<b>Ages: 5–12 years</b>	<b>Class Limit: 20</b>	<b>6 Classes</b>
Wednesdays	9/29–11/3	5:45–6:45pm

<b>Fees:</b>	Members	\$118
	Non-Member/Residents	\$124
	Non-Member/Non-Residents	\$130

**YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES**For more info on these classes contact [patti.welker@strongsville.org](mailto:patti.welker@strongsville.org)**ADULT, CHILD AND BABY FIRST AID/CPR/AED ONLINE**

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

**Registration Dates** **Class Materials** **Course Completion\***

Session 1 Thru 8/29 emailed 9/1 by 9/30/21  
Session 2 Thru 9/29 emailed 10/1 by 10/31/21

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

**Fees:** 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**

**Registration Dates** **Class Materials** **Course Completion\***

Session 1 Thru 8/29 emailed 9/1 by 9/30/21  
Session 2 Thru 9/29 emailed 10/1 by 10/31/21

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

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

**RED CROSS 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**

**Registration Dates** **Class Materials** **Course Completion\***

Session 1 Thru 8/29 emailed 9/1 by 9/30/21  
Session 2 Thru 9/29 emailed 10/1 by 10/31/21

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

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

**ADULT FIRST AID/CPR/AED ONLINE**

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

**Registration Dates** **Class Materials** **Course Completion\***

Session 1 Thru 8/29 emailed 9/1 by 9/30/21  
Session 2 Thru 9/29 emailed 10/1 by 10/31/21

**\*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 & Older**

**Registration Dates** **Class Materials** **Course Completion\***

Session 1 Thru 8/29 emailed 9/1 by 9/30/21  
Session 2 Thru 9/30 emailed 10/1 by 10/31/21

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

**Fees:** Member \$20  
Non-Member/Resident \$25  
Non-Member/Non-Resident \$30

# SPORTS

Recreation Supervisor, Jason Keppler

## YOUTH SPORTS

### 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. **REGISTRATION:** August 25 through September 25 (a late fee will be assessed after Sept. 25).

**Grades:** K through 12 (this would be the grade they are in at the time of registration)

Fees:

Girls		Fees: Boys	
Grades K-1 Co-Ed	\$51R/\$66NR	Grades K-1 Co-Ed	\$51R/\$66NR
Grade 2 Co-Ed	\$60R/\$75NR	Grade 2 Co-Ed	\$60R/\$75NR
Grade 3 & 4	\$70R/\$85NR	Grade 3	\$70R/\$85NR
Grade 5 & 6	\$70R/\$85NR	Grade 4	\$70R/\$85NR
Grade 7-9*	\$75R/\$90NR	Grade 5	\$70R/\$85NR
Grade 10-12*	\$75R/\$90NR	Grade 6	\$70R/\$85NR
		Grade 7 - 8	\$75R/\$90NR
		Grade 9-10	\$75R/\$90NR
		Grade 11-12	\$75R/\$90NR

\*The Girls 7<sup>th</sup>-9<sup>th</sup> & 10<sup>th</sup>-12<sup>th</sup> 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 5pm 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 ALL POTENTIAL TRAVEL/SCHOOL TEAM PLAYERS- please register for the rec. leagues as well. If you make the travel or school team and would like to withdraw let us know. You'll receive a 100% refund.**

### 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.

Grades: 1-8	Limit: 78	
Shooting Clinic	Sat, 10/9	2:00-4:00pm
Ball Handling Clinic	Sat, 10/16	2:00-4:00pm
Competitive Drills Clinic	Sat, 10/23	2:00-4:00pm
Pre-season Tune-up Clinic	Sat, 10/30	2:00-4:00pm

Fee: \$60



Youth Sports Park  
21255 Lunn Road

### HEAD START LITTLE DRIBBLERS (Aux. 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.

**Grades: K-3<sup>rd</sup>**

Saturday 9/11-10/2 12:00-1:00pm

Fees: \$25

### JUMP START LITTLE HOOP STARS (Aux. Gym)

Children in preschool and kindergarten have a blast learning the FUNdamentals of basketball. **Must register at jumpstartsports.com**

**Grades: Preschool-Kindergarten**

Tuesday's 11/9-12/14 5:30-6:30 or 6:30-7:30

Fee:	Residents	\$95
	Non-Residents	\$100

### K-2nd Grade Lacrosse Program (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: 25**

Sundays 10/24-12/5\* 10:30-11:30am

\*No class 11/7

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

### YOUTH WRESTLING (Location: TBA)

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 the Grade K**

**Early November - Late-February**

**Mandatory Orientation:** Tuesday, October 19 at 7pm in the Event Center

Fees:	Member	\$75
	Non-Member/Resident	\$85
	Non-Member/Non-Resident	\$100



## YOUTH SPORTS cont.

### YOUTH VOLLEYBALL CLINIC - 7 Week (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	7 Week Sessions
Grades 3-4/Beginner	Thursdays	9/16-10/28 4:45-6:00pm
Grades 5-7/Intermediate	Thursdays	9/16-10/28 6:00-7:15pm

Fees:	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

### YOUTH VOLLEYBALL CLINIC - 6 Week (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	11/11-12/23* 4:45-6:00pm
Grades 5-7/Intermediate	Thursdays	11/11-12/23* 6:00-7:15pm

\*No clinic 11/25

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

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

**Ages:** All & Seniors

Tuesdays & Thursdays	TBD	5:00-7:45pm
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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**

Sunday	Co-Ed 6's	Double Headers	\$290	10:00am-9:00pm
Monday	Co-Ed 4's	Double Headers	\$200	6:00-10:00pm
Wednesday	Women's 6's	Double Headers	\$290	6:00-10:00pm

9 weeks plus playoffs (beginning the week of 10/17)

\$10 referee fee per match (paid directly to the referee)

\$40 refundable forfeit deposit (refundable at the end of the season)

**Contact Brian and Steve at the emails below to register:**

[Bvman15@gmail.com](mailto:Bvman15@gmail.com)

## ADULT BASKETBALL

### MEN'S OPEN BASKETBALL LEAGUE (Rec Center Main Gym)

Registration for all teams is 9/7 through 10/7 or until full. Registration will be on a first pay first serve basis.

Sundays	10/10 - 3/2022	12:00-10:30pm
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*Ending and play dates subject to change*

Upper, Middle, & Lower Divisions

#### **Fees:**

Per Team (Limit: 8 per division)	\$250
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game

### MEN'S 35 & OVER BASKETBALL LEAGUE (Rec Center Main Gym)

Registration for all teams runs from 9/7 through 10/7 or until full. Registration will be on a first pay first serve basis.

Thursdays	10/14 - 4/2022	6:00-10:00pm
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*Ending and play dates subject to change*

#### **Fees:**

Per Team (Limit: 12 teams)	\$250
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game

### MEN'S 18+ 4-ON-4 BASKETBALL LEAGUE (Rec Center Main Gym)

Registration for all teams is 8/3 through 10/7. Registration will be on a first pay first serve basis.

Tuesdays	10/5 - 12/14	6:00-10:20pm
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*Ending and play dates subject to change*

#### **Fees:**

Per Team (Limit: 10 teams)	\$200
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game

### 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.

Class Limit:	30	
Mondays	9/13 – 12/13	8:30–10:00pm

*Ending and play dates subject to change*

#### **Fees:**

Members	\$35
Non-members/Residents	\$40
Non-Members/Non-Residents	\$50

\*\*\*The price is subject to change depending on the number of days given by the school.

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

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

Class Limit:	30	
Wednesdays	9/8 – 12/15	8:30–10:00pm

*Ending and play dates subject to change*

#### **Fees:**

Members	\$35
Non-members/Residents	\$40
Non-Members/Non-Residents	\$50

\*\*\*The price is subject to change depending on the number of days given by the school.

# 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 program/activity fees

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

## SPECIAL CLOSINGS & HOURS

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

## FITNESS, FUN FRIENDSHIP

### 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, & Fridays \* 9:15-10:00am  
Tuesdays & Thursdays 11:30am-12:15pm

\*No class 9/1, 9/6

Fees:		Monthly	Drop-In
Members	Mondays	Sept \$3 / Oct \$4	
	Tuesdays	Sept or Oct \$4	
	Wednesdays	Sept or Oct \$4	
	Thursdays	Sept \$5 / Oct \$4	
	Fridays	Sept \$4 / Oct \$5	

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

### 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 12:30-1:15pm

\*No class 9/1, 9/6

Fees:		Monthly	Drop-In
Members	Mondays	Sept \$3 / Oct \$4	
	Tuesdays	Sept or Oct \$4	
	Wednesdays	Sept or Oct \$4	
	Thursdays	Sept \$5 / Oct \$4	
	Fridays	Sept \$4 / Oct \$5	

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

### 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

Mondays, Wednesdays & Fridays\*  
\*No class 9/1, 9/6

**Instructor: Mary Lea Kirby**

10:15-11:00am

Fees:		Monthly	Drop-In
Members	Mondays	Sept \$9 / Oct \$12	\$5
	Wednesdays	Sept or Oct \$12	\$5
	Fridays	Sept \$12 / Oct \$15	\$5
Residents/Non-Members			\$6
Non-Residents/Non-Members			\$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. Registration is required.

#### Ages: 50 & over

Mondays, Wednesdays & Fridays\*  
\*No class 9/1, 9/6

**Instructor: Mary Lea Kirby**

11:15am-12:00pm

Fees:		Monthly	Drop-In
Members	Mondays	Sept \$9 / Oct \$12	\$5
	Wednesdays	Sept or Oct \$12	\$5
	Fridays	Sept \$12 / Oct \$15	\$5
Residents/Non-Members			\$6
Non-Residents/Non-Members			\$7

**FITNESS, FUN FRIENDSHIP cont.****EXPRESS CIRCUIT TRAINING**

A perfect mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 45 minutes. This program is taught by a Certified Fitness Instructor.

**Ages: 50 & over**

Tuesdays or Thursdays	9:15-10:00am	
<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Sept or Oct \$16	\$5
Thursdays	Sept \$20/ Oct \$16	\$5
Residents/Non-Members		\$6
Non-Residents/Non-Members		\$7

**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 9/6

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Sept \$15/ Oct \$20	\$6
Residents/Non-Members		\$7
Non-Residents/Non-Members		\$8

**YOGA**

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

**Ages: 50 & over.**

Tuesdays	10:15-11:15am	<b>Instructor: Megan Ruggerio</b>
Thursdays	10:15-11:15am	<b>Instructor: Jessica Cartell</b>
Thursdays	1:30-2:30pm	<b>Instructor: Jessica Cartell</b>

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Sept or Oct \$16	\$5
Thursdays	Sept \$20 / Oct \$16	\$5
Residents/Non-Members		\$6
Non-Residents/Non-Members		\$7

**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\* 10:00-11:00am

\*No class 9/1

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Sept or Oct \$16	\$5
Residents/Non-Members		\$6
Non-Residents/Non-Members		\$7

**LINE DANCING**

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

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

Tuesdays 10:00-11:00am

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Sept \$20 / Oct \$25	\$6
Residents/Non-Members		\$7
Non-Residents/Non-Members		\$8

**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**

<b>Open Play</b>	Mondays*	9:00-11:00am
	Wednesdays*	9:00-11:00am

\*No play 9/1, 9/6

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

**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	
<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Member	Sept or Oct \$4	
Non-Member/Resident		\$3
Non-Member/Non-Resident		\$5

**BINGO**

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

**Ages: 60 & over**

Fridays	12:30-3:00pm	
<b>Drop-In Fees*:</b>	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

\*Additional Fees: 25 cents per card

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

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	12:30-3:00pm
Open Play	Thursdays	12:15-3:00pm
Open Play	Fridays	12:30-3:00pm
Table Tennis/Billiards	Fridays	12:30-4:00pm

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

**FITNESS, FUN FRIENDSHIP cont.****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

<b>Fees:</b>	<b>Monthly</b>	<b>Drop-In</b>
Members	Sept \$15 / Oct \$12	\$4
Resident/Non Members		\$5
Non-Residents/Non-Members		\$6

**MOVIE MATINEE**

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

**Ages: 50 & over**

12:30pm

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

**WOODSHOP CLASSES****OPEN WOOD SHOP (Senior Center Wood Shop)**

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

**Ages 50 & Over**

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

<b>Fees:</b>		<b>Monthly</b>	<b>Drop-In</b>
Members	Wednesdays	\$12 Sept / \$12 Oct	\$4
	Thursdays	\$15 Sept / \$12 Oct	\$4
	Fridays	\$12 Sept / \$15 Oct	\$4
Residents/Non-Members			\$5
Non-Residents/Non-Members			\$6

**WOOD CARVING (Senior Center Wood Shop)**

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

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

Tuesdays 1:00 - 3:00pm

*Participants pay for own tools and materials*

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

**SAWDUST FOR BEGINNERS (Senior Center Wood Shop)**

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

**Ages: 50 & over****Instructor: Jim Burns**

Monday 10/4 &amp; 10/11 9:30am-2:00pm\*

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

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

**ART & CRAFT CLASSES****WATERCOLOR**

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

**Ages: 50 & over****Instructor: Judi Roszak**

Thursdays or Fridays

9:30-11:30am

<b>Fees:</b>		<b>Monthly</b>	<b>Drop-In</b>
Members	Thursdays	Sept \$45 / Oct \$36	\$10
	Fridays	Sept \$36 / Oct \$45	\$10
Resident/Non Members			\$11
Non-Residents/Non-Members			\$12

**CLASSICAL PAINTING SECRETS**

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

**Ages: 50 & over****Instructor: Joanne Richter**

1:00-3:30pm

<b>Fees:</b>		<b>Monthly</b>
Members	Tuesdays	Sept or Oct \$36
	Thursdays	Sept \$45 / Oct \$36
Residents/Non-Members		Add \$5 to above fees
Non-Residents/Non-Members		Add \$15 to above fees

**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. Registration is free, but required.

**Ages: 50 & over****Beverly McGlamery, Volunteer Coordinator**

Mondays\* 1:00-3:00pm

\*No class 9/6

<b>Drop-In Fees:</b>	<b>Member</b>	<b>Free</b>
	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 & over**

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

\*No meeting 9/1

<b>Drop-In Fees:</b>	<b>Member</b>	<b>Free</b>
	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 & over**

Thursdays 1:00-3:30pm

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



## 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. 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**

First Wednesday of the month	9:15am	<b>Free</b>
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### 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	<b>Free</b>
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## CONSULTATIONS

### 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	9:00am-2:00pm	<b>Free</b>
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### BENEFITS CHECK UP

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

**Ages: 50 & over**

Thursday	10/28	9:00am-12:30pm	<b>Free</b>
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### 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**

Fridays	10/1 & 10/15	9:00am-12:30pm	<b>Free</b>
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## PROGRAMS

### THE MUSIC OF BARBRA STREISAND

Join Dr. Keller, as he returns to the Senior Center to share his knowledge and love of music. Barbra Streisand is the "Grande Dame" of music and movies during the last half of the 20<sup>th</sup> Century. This program will first provide her biographical and professional information, including some details of her personal life. We will then listen to 10 of her top hit songs including "Woman in Love," "Evergreen," "Don't Rain on My Parade," and "You Don't Bring me Flowers," the last of which was sung as a duet with Neil Diamond.

**Ages: 50 & over**      **Instructor: Dr. Joel S. Keller**

Thursday	10/7	1:00pm
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<b>Fees:</b>	Members	\$10
	Non-Member/Residents	\$12
	Non-Member/Non-Residents	\$16

### SCAMO!

The Cuyahoga County Department of Consumer Affairs has a new tool to use in the fight against scams. We would like to introduce, SCAMO! This is a BINGO-based game that helps to inform players about scams and scam related terms. Join us for a fun game of SCAMO and a brief presentation about the latest scams and how to protect yourself. Registration required for this program.

**Ages: 50 & over**

Tuesday	9/21	10:00am	<b>Free</b>
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### MEDICARE CHECK-UP DAYS

Join the Ohio Insurance Department for a Medicare Check-Up Day. Medicare's annual open enrollment or "coordinated election" period is October 15th to December 7th. This period allows people on Medicare to evaluate whether or not to enroll in a Part D Medicare prescription drug plan, determine if they have existing drug coverage, or if they have already enrolled in Part D, switch to another Part D or to a Medicare Advantage plan for coverage that begins Jan. 1, 2022.

OSHIIIP will provide information on recent Medicare changes and give a review of the program. If you would like a comparison report on various Part D plans and other drug coverage in lieu of Part D coverage.

**Ages: 50 & Older**

Presentation Only- Registration required

Thursday	9/9	10:00am	<b>Free</b>
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One on One counseling- Appointment required call 580-3275

Tuesday	11/9	9:00am-3:00pm	<b>Free</b>
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### FOODS FOR A HEALTHY GUT, MIND, & MOOD

Did you know that food affects your mood? There is truth in the saying, "you are what you eat." We feel better when we eat better. Join Jennifer from Kemper House and learn which foods are good for your gut, your mind, and your mood. Registration required.

**Ages: 50 & over**

Friday	9/10	10:00am
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<b>Fees:</b>	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

## PROGRAMS cont.

### SIMPLE STRETCHES FOR HEALTHY AGING

Stretching should be a vital part of your daily routine. Stretching wakes up your muscles, promotes optimal blood flow, lowers stress, eases pain, and helps you sleep better. Join Jennifer from Kemper House and learn some simple stretches that you can start doing today! Registration required.

#### **Ages: 50 & over**

Thursday 9/23 10:00am

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



### MEDITATION FOR HEALTHY AGING

Meditation promotes many physical and psychological benefits and helps to promote healthy aging. Join Jennifer from Kemper House for this interactive program and learn what meditation is and how to develop a practice of your own. We will also meditate together as a group. Registration required.

#### **Ages: 50 & over**

Tuesday 10/12 1:00pm

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

### YOUR BREATH IS YOUR SUPERPOWER

Breathing exercises offer an extremely simple, effective and convenient way to relieve stress, manage chronic pain, and sleep better. Join Jennifer from Kemper House and learn several breathing techniques that you can do to help yourself age in a healthy way. Registration required.

#### **Ages: 50 & over**

Monday 10/25 1:00pm

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



**"THE CENTER OF LIFE"**

# Great mornings served here!



## Strongsville

Parks  
Recreation  
Senior  
Services

**Served Monday-Friday  
8:00am-10:00am**

*Please enter through the  
Recreation Center.*



**CARRY-OUT AVAILABLE**

**Omelet \$5.50**  
Bacon & Cheese, Sausage & Cheese, Ham & Cheese,  
Veggies & Cheese with Mushrooms, Onions & Green Peppers,  
Hash Browns, Toast

**2 Eggs & Hash Browns \$3.50**  
Bacon or Sausage with Toast

**Egg Sandwich \$3.00**  
Bacon & Cheese or Sausage & Cheese

**French Toast \$3.00**  
Bacon or Sausage \$1.00 extra

**Oatmeal \$2.00**

**Toast and Jelly \$1.00**

**Hash Browns \$1.25**

**Coffee or Orange Juice \$1.00**

**ORDER IN PERSON OR BY  
CALLING 440-580-3268**

18100 Royalton Road, Strongsville [www.strongsville.org](http://www.strongsville.org)



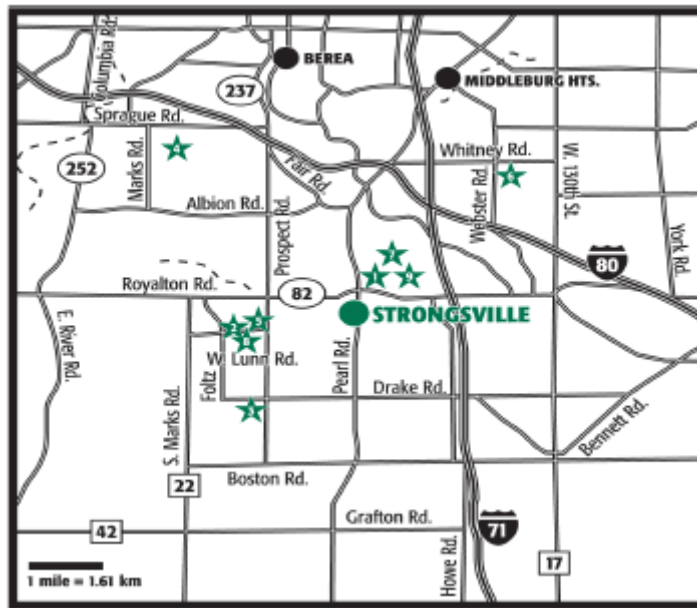
**Senior Center Activities**

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# RECREATION PARKS AND AMENITIES

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

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



- 1. 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.
- 2. 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.
- 3. 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.
- 4. 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.
- 5. Volunteer Park- 21410 Lunn Road:** Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) fields and two little league fields (Roth & Kalinich) are at this location. This park also offers batting cages, horseshoe pits, 1/2 mile paved walking paved, vending machines, restrooms, pavilion with picnic tables, 8 electrical outlets and 12 picnic tables, bocci ball courts and playground.
- 6. 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.
- 7. 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.
- 8. 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.
- 9. Castletown Pavilion - 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

[www.strongsville.org](http://www.strongsville.org)