

# Strongsville

**Parks  
Recreation**  
**Senior  
Services**

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

**PROGRAM BROCHURE**  
*March 25, 2021 Edition*

**See what's  
happening  
at the  
Rec Center this  
Spring & Summer!**

**More summer  
program updates  
coming in June**



# GENERAL INFORMATION

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

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**Volunteer Park Playground: 21410 Lunn Road**

## RECREATION STAFF

**Bryan Bogre** - Director of Parks, Recreation & Senior Services  
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**Chris Arold** - Parks & Outdoor Facilities Superintendent  
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**Denise Lengal** - Fitness Supervisor  
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**Patti Welker** - Aquatic Supervisor  
[patti.welker@strongsville.org](mailto:patti.welker@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.*

### SPECIAL HOURS & CLOSINGS\*

Monday, May 31	Memorial Day	Rec & Sr Center Closed
August 23-September 5	Maintenance	Basketball Courts Closed
August 23-September 5	Maintenance	Aquatic Center Closed
Mon-Wed, August 30-Sept 1	Annual Maintenance	Rec & Sr Center Closed
Monday, September 6	Labor Day	Rec & Sr Center Closed

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

### Weather Closings and Class Cancellations

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

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

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

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

### REGISTRATION

- Pre-registration is required for programs.
- Enrollment will be limited due to social distance requirements.
- NO REFUNDS/MAKE UPS FOR MISSED CLASSES. No drop-ins at this time.
- You may register in-person, by phone, or online unless otherwise indicated for specific programs.

### COVID-19 GUIDELINES

- Patrons must pass through front desk temperature check point. Anyone with a temperature 100 or above will be denied access.
- Masks are required when not exercising unless otherwise indicated.
- Drinking fountains are NOT available.
- Patrons are responsible for cleaning exercise equipment before and after use.
- All applicable guidelines issued by the State of Ohio indicated by the Responsible Restart Protocols and Requirements are in effect.
- Walking only permitted on indoor track.
- Lap swimming and water walking only permitted in pools. Hot tub is open.

### NON-MEMBER DAILY GUEST FEES

Youth (Ages 0-3)	Free
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)

# 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.

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

*Any adults wishing to qualify for a Couple, Senior Couple, or Family membership who do not share the same last name, each MUST provide independent proof of residency upon application. Memberships are non-refundable and non-transferable.*

## Summer Pass

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$148	\$247
Couple	\$213	\$347
Youth Individual (Ages 4-18)	\$87	\$162
Full-time College Student	\$87	\$162
Family	\$246	\$419
Individual Senior (Age 60+)	\$81	\$149
Senior Couple	\$149	\$279
Military	\$81	\$149

120 Days

**Choose your own start date anytime between May 1-June 30, 2021 and**

**Receive all the benefits of a year long membership!**

- \*Reduced registration fees\*
- \*Priority registration on most programs\*
- \*Free guest coupons to bring in friends\*
- \*Discount coupons worth \*
- \*\*Membership can be applied towards a yearly membership before expiration with payment in full\*

# 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	Gym 4-5pm	\$225	\$300
3 Hours	Room 3-4pm	Gym 4-6pm	\$375	\$500

## GET YOUR GAME ON!

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

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





# 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	



**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**

			Ahoy Mates!	Ship & Slide!	Slide & Dive!	Out to Sea!
			Ship & Activity Pool	Ship, Slide & Activity Pool	Slide, Dive Both Pools	All Amenities*
<b>SATURDAY</b>						
<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**

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

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

Facility Rental

# AQUATICS

Aquatic Supervisor, Patti Welker  
Assistant Aquatic Supervisor, Becky Oblak

## AQUATIC CENTER SPECIAL HOURS

Mon, May 31	CLOSED	Memorial Day
August 23-September 5	CLOSED	Annual Maintenance
Mon, September 6	CLOSED	Labor Day

## AQUATIC CENTER REGULATIONS/RULES

### 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.
- During Covid only one adult is permitted to attend lessons with their student.
- Temperatures are taken upon entering the building. Anyone with temperature of 100F or above will be refused entry.
- Anyone exhibiting cold or flu symptoms are asked to stay home.
- Masks must be worn to and from class but may be removed during instruction.
- Showers are available and limited locker space is available.
- Come ready to swim.
- Participants may choose to be barefoot or wear sandals (flip flops) on the deck.
- No street sandals, shoes, or boots are permitted for safety and sanitary reasons. Your cooperation in this is appreciated.

### REGISTRATION AND POLICIES

**Registration for Learn to Swim starts on the last day of the current session as classes end. Water Exercise registration opens 2 weeks prior to the upcoming month.**

- Refunds/credits will be offered up to 5 business days prior to the class start date. After that date refunds/credits will not be granted without medical documentation.
- Changes in personal schedules will not constitute a refund/credit.
- 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 book 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

## Family Swim returns to the Recreation Center

### AVAILABLE BY ADVANCED RESERVATION ONLY

#### 2 hour family/open swim sessions

Reserve a spot for family/open swim starting at midnight 2 days prior to the desired session. Look at the on-line description for available amenities of that session. All sessions include use of pirate ship and open swim area of the activity pool. Some sessions will include use of the diving board or big slide.

**All attendees (swimming or not) must pre-register for these sessions at <https://Strongsville.activityreg.com>.**

All non-members, swimming or not, must pay daily guest fees prior to attending.

Check <https://Strongsville.activityreg.com> for available dates and times.



## LEARN TO SWIM LESSONS

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

Parent/adult will be guided by a deck instructor to teach basic swimming skills like breath control, floating, kicking, rolling over and safe water practices. The instructor will use games and equipment to enhance the child's learning. Parent/adult and child are in the water. ONE PARENT/ADULT PER CHILD.

**Ages: 15 - 36 months**      **Class Limit: 5 child/adult pairs**  
 Tuesdays & Thursdays    4/13-4/29    11:00-11:30am  
 Tuesdays & Thursdays    5/11-5/27    11:00-11:30am

Saturday                      4/17-5/22    10:40-11:10am  
 Saturday                      4/17-5/22    11:20-11:50am

**Fees:**                      Member                      \$48  
                                     Non-Member/Resident    \$60  
                                     Non-Member/Non-Resident \$72

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

Parent/adult will be guided by a deck instructor to teach their child swimming skills like breath control, floating, kicking, rolling over and safe water practices. The instructor will use games and equipment to enhance the child's learning. Parent/adult and child are in the water. ONE PARENT/ADULT PER CHILD.

**Ages: 3-5 years**              **Class Limit: 5 child/adult pairs**  
 Tuesdays & Thursdays    4/13-4/29    11:40am-12:20pm  
 Tuesdays & Thursdays    4/13-4/29    5:30-6:10pm  
 Tuesdays & Thursdays    4/13-4/29    6:20-7:00pm

Tuesdays & Thursdays    5/11-5/27    11:40am-12:20pm  
 Tuesdays & Thursdays    5/11-5/27    5:30-6:10pm  
 Tuesdays & Thursdays    5/11-5/27    6:20-7:00pm

Saturday                      4/17-5/22    9:00-9:40am  
 Saturday                      4/17-5/22    9:50-10:30am

**Fees:**                      Member                      \$48  
                                     Non-Member/Resident    \$60  
                                     Non-Member/Non-Resident \$72

### PARENT/PRIMARY: 5-8 years (parent/adult in water)

Parent/adults will be guided by a deck instructor to teach their child bobs, floats, glides, rolling over, swimming on front/back, and safe water practices. Parent/adult and child are in the water. ONE PARENT/ADULT PER CHILD. No previous swim experience is necessary for child.

**Ages: 5-8 years**              **Class Limit: 5 child/adult pairs**  
 Saturday                      4/17-5/22    9:00-9:40am  
 Saturday                      4/17-5/22    9:50-10:30am  
 Saturday                      4/17-5/22    10:40-11:20am  
 Saturday                      4/17-5/22    11:30am-12:10pm

**Fees:**                      Member                      \$48  
                                     Non-Member/Resident    \$60  
                                     Non-Member/Non-Resident \$72

### SMALL GROUP INSTRUCTION – REFINED WATER SKILLS

Must be previously enrolled in ERC level 3 or comfortable swimming unassisted front and back crawl 15 yards (length of activity pool). Instructor on deck and in the water. ONE ADULT PER CHILD.

**Ages: 5 & older**              **Class Limit: 5 students**  
 Saturdays                      4/17-5/22    9:00-9:40am  
 Saturdays                      4/17-5/22    9:50-10:30am

**Fees:**                      Member                      \$48  
                                     Non-Member/Resident    \$60  
                                     Non-Member/Non-Resident \$72

### SMALL GROUP ADVANCED INSTRUCTION – STROKE DEVELOPMENT

Must be previously enrolled in ERC level 4, pass current small group or have a knowledge of front crawl, back crawl, elementary backstroke, breaststroke and butterfly. Diving and personal water safety will be introduced into this class. Instructor on deck and in the water.

**Ages: 5 & older**              **Class Limit: 5 students**  
 Saturdays                      4/17-5/22    10:00-10:40am  
 Saturdays                      4/17-5/22    11:30am-12:10pm

**Fees:**                      Member                      \$48  
                                     Non-Member/Resident    \$60  
                                     Non-Member/Non-Resident \$72

### SWIMMER STROKE MECHANICS

Must be previously enrolled in ERC level 4B or higher, pass current small group advanced or have the ability to swim 25 yards each front crawl, back crawl, elementary backstroke, breaststroke and butterfly with a knowledge of sidestroke. Each class will focus on the aspects of a different stroke including starts, turns, stroke mechanics and finishes.

**Ages: 6-15**                      **Class Limit: 5 students**  
 Saturdays                      4/17-5/22    8:00-8:40am

**Fees:**                      Member                      \$48  
                                     Non-Member/Resident    \$60  
                                     Non-Member/Non-Resident \$72





## WATER EXERCISE 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. *Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.*

<b>Ages: 15 &amp; older</b>	<b>Class Limit: 12</b>	
Mondays & Wednesdays 4/12-4/28	9:10-10:00am	6 Classes
Mondays & Wednesdays 5/3-5/26	9:10-10:00am	8 Classes

<b>Fees:</b>	<b>6 Classes</b>	<b>8 Classes</b>
Member	\$24	\$32
Non-Member/Resident	\$30	\$40
Non-Member/Non-Resident	\$36	\$48

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

<b>Ages: 15 &amp; Older</b>	<b>Class Limit: 12</b>	
Tuesdays & Thursdays 4/13-4/29	9:45-10:35am	6 Classes
Tuesdays & Thursdays 5/4-5/27	9:45-10:35am	8 Classes

<b>Fees:</b>	<b>6 Classes</b>	<b>8 Classes</b>
Member	\$24	\$32
Non-Member/Resident	\$30	\$40
Non-Member/Non-Resident	\$36	\$48

### 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! *Classes will not be held on holidays or calamity (snow) days that the Strongsville Schools are not in session.*

<b>Ages: 15 &amp; older</b>	<b>Class Limit: 20</b>	
Mondays & Wednesdays 4/12-4/28	10:15-11:05am	6 Classes
Mondays & Wednesdays 5/3-5/26	10:15-11:05am	8 Classes

<b>Fees:</b>	<b>6 Classes</b>	<b>8 Classes</b>
Member	\$24	\$32
Non-Member/Resident	\$30	\$40
Non-Member/Non-Resident	\$36	\$48

## SPECIALTY AQUATICS PROGRAMS

### RED CROSS LIFEGUARD BLENDED LEARNING CLASS

Candidates will learn the skills necessary to prevent and respond to aquatic emergencies. First Aid, CPR/PR and AED included. Prerequisites:

- \*Students must be 15 years old by the completion of the class.
- \*Must bring proof of age to first class (driver's license, birth certificate).
- \*Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yard. 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 10 lb. brick from a depth of 7-10 feet.
- \*Must have internet access.

**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 THE REQUIRED RED CROSS SKILLS BY THE END OF THE CLASS.** It is recommended that students practice these skills before the class begins.

**\*A 2017 edition of the Lifeguard Manual can be downloaded for free at <https://www.redcross.org/store> or purchased at the front desk for \$40 prior to the first class.**

**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 an instructor to teach the material outside of the normal class time.

**VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION**

<b>Ages: 15 &amp; over</b>	<b>Class Limit: 9</b>	<b>4 Classes</b>
Sundays	4/11-5/2	10:30am-4:30pm

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

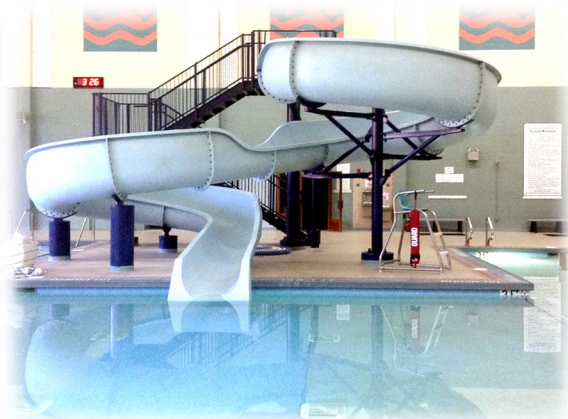
### RED CROSS LIFEGUARD REVIEW

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

**VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION**

<b>Ages: 15 &amp; over</b>	<b>Class Limit: 9</b>	<b>1 Class</b>
Sundays	5/16	8:00AM-5:00PM

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



**SCUBA CERTIFICATION**  
 Call Just Add Water for April class dates, to register and more info at 440-942-7575 or [www.justaddwaterscuba.com](http://www.justaddwaterscuba.com)

# FITNESS

Fitness Supervisor, Denise Lengal

Bring your own mat & water ~ No water fountains available ~ Mask required when not exercising.

## PERSONAL TRAINING

All Strongsville Recreation Department Personal Trainers have been employed based on their extensive qualifications, therefore, only Strongsville Recreation Department Personal Trainers can be utilized in this facility. Any other personal training is prohibited in the Strongsville Recreation Center.

### PERSONAL TRAINING

Strongsville Recreation Department's degreed and/or certified personal trainers have the experience and tools to motivate and challenge you to reach all your goals and break through plateaus! Whether your goals are weight loss, feel better, sports conditioning, or just plain aesthetics, your trainer will deliver first class knowledge and creativity to make exercising fun and efficient. Our trainers have worked with all fitness levels from the novice exerciser to the elite athlete. All sessions below are one hour in duration.

	<b>One Session</b>
Members	\$43
Non-Member/Residents	\$48
Non-Member/Non-Residents	\$53

	<b>Five Sessions</b>
Members	\$200
Non-Member/Residents	\$215
Non-Member/Non-Residents	\$225

	<b>Ten Sessions</b>
Members	\$375
Non-Member/Residents	\$400
Non-Member/Non-Residents	\$415

### HILLS AND DRILLS TRAINING

Build power and stamina on the bike, then onto high intensity resistance training off the bike.

<b>Ages: 15 &amp; Older</b>	<b>Class Limit: 10</b>		
Tuesdays & Thursdays	4/8-4/29	8:30-9:20am	7 Classes
Tuesdays & Thursdays	5/4-5/27	8:30-9:20am	8 Classes
Tuesdays & Thursdays	6/8-6/29	8:30-9:20am	7 Classes

<b>Fees:</b>		<b>7 Classes</b>	<b>8 Classes</b>
Member		\$35	\$40
Non-Member/Resident		\$40	\$45
Non-Member/Non-Resident		\$45	\$50

### BARRE TRAINING

If you like to "feel the burn" this class is for you! Emphasis on the importance of form and alignment, while performing low-weight, high-rep exercises, will leave every body part stronger and more defined.

<b>Ages: 15 &amp; Older</b>	<b>Class Limit: 10</b>		
Tuesdays & Thursdays	4/8-4/29	9:30-10:20am	7 Classes
Tuesdays & Thursdays	5/4-5/27	9:30-10:20am	8 Classes
Tuesdays & Thursdays	6/8-6/29	9:30-10:20am	7 Classes

<b>Fees:</b>		<b>7 Classes</b>	<b>8 Classes</b>
Member		\$35	\$40
Non-Member/Resident		\$40	\$45
Non-Member/Non-Resident		\$45	\$50

## GROUP PERSONAL TRAINING

### 42x82 STRENGTH & CONDITIONING

Do you want to be fit, restore your function, improve your health, and increase your productivity and efficiency in the gym? 42x82 Strength & Conditioning is your answer. Perform scientifically sound and safe workouts which address all components of total fitness. 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. Our team of highly educated, skilled, and patient coaches will monitor your performance at every workout. There will be no need to question, "Am I doing this right?". Using high intensity functional movement patterns, and progressive strength training, our integrative programming will challenge you safely and effectively. You will become fit, healthier, stronger, and more durable than you ever thought possible. Would you like more information?

Contact [denise.lengal@strongsville.org](mailto:denise.lengal@strongsville.org).

**Ages: 18 & Older Class Limit: 5**

Mondays/Wednesdays/Fridays	4/5-4/30	8:30-9:30am
Mondays/Wednesdays/Fridays	4/5-4/30	9:30-10:30am
Mondays/Wednesdays/Fridays	4/5-4/30	5:30-6:30pm
Mondays/Wednesdays/Fridays	4/5-4/30	6:30-7:30pm

Mondays/Wednesdays/Fridays	5/3-5/28	8:30-9:30am
Mondays/Wednesdays/Fridays	5/3-5/28	9:30-10:30am
Mondays/Wednesdays/Fridays	5/3-5/28	5:30-6:30pm
Mondays/Wednesdays/Fridays	5/3-5/28	6:30-7:30pm

Mondays/Wednesdays/Fridays	6/2-6/30	8:30-9:30am
Mondays/Wednesdays/Fridays	6/2-6/30	9:30-10:30am
Mondays/Wednesdays/Fridays	6/2-6/30	5:30-6:30pm
Mondays/Wednesdays/Fridays	6/2-6/30	6:30-7:30pm

**Fees for Monday/Wednesday/Friday: \$70**

Tuesdays/Thursdays	4/6-4/29	5:30-6:30pm
Tuesdays/Thursdays	5/4-5/27	5:30-6:30pm
Tuesdays/Thursdays	6/1-6/29	5:30-6:30pm

**Fees for Tuesday/Thursday: \$50**

Saturdays	4/3-4/24	8:30-9:30am
Saturdays	4/3-4/24	9:30-10:30am
Saturdays	4/3-4/24	10:30-11:30am

Saturdays	5/1-5/29*	8:30-9:30am
Saturdays	5/1-5/29*	9:30-10:30am
Saturdays	5/1-5/29*	10:30-11:30am

Saturdays	6/5-6/26	8:30-9:30am
Saturdays	6/5-6/26	9:30-10:30am
Saturdays	6/5-6/26	10:30-11:30am

**Fee for Saturdays: 4 Classes \$24 \*5 Classes \$30**

## GROUP EXERCISE

### YOGA FLOW

Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>	
Friday	4/9-4/30	9:30-10:20am	4 Classes
Friday	5/7-5/28	9:30-10:20am	4 Classes
Friday	6/4-6/25	9:30-10:20am	4 Classes

Saturday	4/3-4/24	9:30-10:20am	4 Classes
Saturday	5/1-5/29	9:30-10:20am	5 Classes
Saturday	6/5-6/26	9:30-10:20am	4 Classes

		<b>4 Classes</b>	<b>5 Classes</b>
<b>Fees:</b>	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

### 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!

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>	
Wednesday	4/7-4/28	5:30-6:30pm	4 Classes
Wednesday	5/5-5/26	5:30-6:30pm	4 Classes
Wednesday	6/2-6/30	5:30-6:30pm	5 Classes

Saturday	4/3-4/24	8:15-9:15am	4 Classes
Saturday	5/1-5/29	8:15-9:15am	5 Classes
Saturday	6/5-6/26	8:15-9:15am	4 Classes

		<b>4 Classes</b>	<b>5 Classes</b>
<b>Fees:</b>	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

### GROUP CYCLE

Whether you want to bring your athletic performance to the next level for a competition, or if you're simply looking to burn calories and stay in shape, we've got you covered! Come and see how much fun cycling can be!

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>		<b>4 Classes</b>
Monday	4/5-4/26	9:30-10:15am		
Monday	5/3-5/24	9:30-10:15am		
Monday	6/7-6/28	9:30-10:15am		

Thursday	4/8-4/29	6:00-6:45pm	
Thursday	5/6-5/27	6:00-6:45pm	
Thursday	6/3-6/24	6:00-6:45pm	

<b>Fees:</b>	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30

### KICKBOXING

Intensity! Energy! Sweat! Fun!

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>		
<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>		<b>4 Classes</b>
Monday	4/5-4/26	9:30-10:25am		
Monday	5/3-5/24	9:30-10:25am		
Monday	6/7-6/28	9:30-10:25am		

<b>Fees:</b>	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30

### POWERHOUR

Efficient, effective total body workout. Get strong, lean, and improve your health.

<b>Ages: 15 &amp; Older</b>		<b>Class limit: 20</b>	
Wednesday	4/7-4/28	8:30am-9:25am	4 Classes
Wednesday	5/5-5/26	8:30am-9:25am	4 Classes
Wednesday	6/2-6/30	8:30am-9:25am	5 Classes

		<b>4 Classes</b>	<b>5 Classes</b>
<b>Fees:</b>	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

### Empower VINYASA YOGA

All levels vinyasa flow yoga class designed to help you find vitality in your life and personal empowerment. The class 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.

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>	
Tuesday	4/6-4/27	6:15-7:10pm	4 Classes
Tuesday	5/4-5/25	6:15-7:10pm	4 Classes
Tuesday	6/1-6/29	6:15-7:10pm	5 Classes

		<b>4 Classes</b>	<b>5 Classes</b>
<b>Fees:</b>	Member	\$20	\$25
	Non-Member/Resident	\$25	\$30
	Non-Member/Non-Resident	\$30	\$35

### 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!

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>		<b>4 Classes</b>
Friday	4/9-4/30	8:30-9:20am		
Friday	5/7-5/28	8:30-9:20am		
Friday	6/4-6/25	8:30-9:20am		

<b>Fee:</b>	Members	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30



### PILATES

Traditional mat Pilates and functional training. A workout that will tone, define, and sculpt your entire body.

<b>Ages: 15 &amp; Older</b>		<b>Class Limit: 10</b>		<b>4 Classes</b>
Monday	4/5-4/26	5:30-6:20pm		
Monday	5/3-5/24	5:30-6:20pm		
Monday	6/7-6/28	5:30-6:20pm		

<b>Fees:</b>	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30

## 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.

<b>Ages: 12-14 years</b>	<b>Class Limit: 5</b>
Wednesdays 4/7-4/28	3:30-4:20pm
Wednesdays 5/5-5/26	3:30-4:20pm
Wednesdays 6/2-6/23	3:30-4:20pm

<b>Fee:</b>	Member	\$45
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$60

### YOUTH SPORTS PERFORMANCE & FITNESS

Is the combination of remote learning and winter weather creating a sedentary lifestyle for your daughter or son? Join our sports performance and fitness class! Focus on all areas of physical fitness in this comprehensive group training program. Open the brain to muscle pathway. Develop tools to improve and enhance performance and general fitness.

<b>Ages: 11-15 years</b>	<b>Class Limit: 10</b>	<b>8 Classes</b>
Tuesdays & Thursdays 4/6-4/29	3:30-4:30pm	
Tuesdays & Thursdays 5/4-5/27	3:30-4:30pm	
Tuesdays & Thursdays 6/1-6/24	3:30-4:30pm	

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

## KARATE

**Mask required during class for participants and spectators.**

### 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

<b>Ages: 5 &amp; Older</b>	<b>Class Limit: 20</b>	<b>4 Classes</b>
Mondays 3/29-4/19	5:00-5:45pm	
Mondays 4/26-5/17**	5:00-5:45pm	
Mondays 5/24-6/21*	5:00-5:45pm	

\*No class 5/31

\*\*No class 5/10. Monday class will meet on Wed, 5/12 this week only.

Wednesdays 3/31-4/21	5:00-5:45pm
Wednesdays 4/28-5/19	5:00-5:45pm
Wednesdays 5/26-6/16	5:00-5:45pm

<b>Fees:</b>	\$50
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## KARATE (cont.)

**Mask required during class for participants and spectators.**

### 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 3/29-4/19	6:00-6:45pm
Mondays 4/26-5/17**	6:00-6:45pm
Mondays 5/24-6/21*	6:00-6:45pm

\*No class 5/31

\*\*No class 5/10. Monday class will meet on Wed, 5/12 this week only.

Wednesdays 3/31-4/21	6:00-6:45pm
Wednesdays 4/28-5/19	6:00-6:45pm
Wednesdays 5/26-6/16	6:00-6:45pm

<b>Fees:</b>	\$50
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### 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 3/29-4/19	7:00-7:45pm
Mondays 4/26-5/17**	7:00-7:45pm
Mondays 5/24-6/21*	7:00-7:45pm

\*No class 5/31

\*\*No class 5/10. Monday class will meet on Wed, 5/12 this week only.

Wednesdays 3/31-4/21	7:00-7:45pm
Wednesdays 4/28-5/19	7:00-7:45pm
Wednesdays 5/26-6/16	7:00-7:45pm

<b>Fees:</b>	\$50
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Crossroads  
Café

Serving Breakfast  
Monday-Friday, 8-10am

# ENRICHMENT PROGRAMS

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

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

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

**Ages: 11 & Older**

	Registration Dates	Class Materials	Course Completion*
Session 1	3/1-3/30	emailed 3/31	by 4/30/21
Session 2	4/1-4/29	emailed 4/30	by 5/31/21

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

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

### 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	3/1-3/30	emailed 3/31	by 4/30/21
Session 2	4/1-4/29	emailed 4/30	by 5/31/21

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

Fees:	Member	Non-Member/Resident	Non-Member/Non-Resident
	\$30	\$35	\$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	3/1-3/30	emailed 3/31	by 4/30/21
Session 2	4/1-4/29	emailed 4/30	by 5/31/21

### 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	3/1-3/30	emailed 3/31	by 4/30/21
Session 2	4/1-4/29	emailed 4/30	by 5/31/21

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

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

### 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	3/1-3/30	emailed 3/31	by 4/30/21
Session 2	4/1-4/29	emailed 4/30	by 5/31/21

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

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

## YOUTH ENRICHMENT CLASSES

### JUNIOR PONY CAMP by Pony Tales Farm

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Parents are responsible for transportation to/from Pony Tales Farm. Come learn about our ponies and horses, help brush/groom them, take a pony ride, and hear a singing cowboy. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Weight limit of 70lbs. Classes held rain or shine.

Ages: 2-6 years	Class Limit: 8	2 classes
Wednesdays	5/19 & 5/26	4:00- 4:45pm
Tuesdays	6/22 & 6/29	4:00-4:45pm
Tuesdays	7/20 & 7/27	11:30am-12:15pm
Thursdays	8/19 & 8/26	4:00-4:45pm

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

### PONY CAMP by Pony Tales Farm

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Parents are responsible for transportation to/from Pony Tales Farm. Learn introductory riding basics, general horse care, grooming, saddling, bridling, safety issues and stable care. Students will receive individual attention. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Each student should wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Weight limit of 125lbs. Classes held rain or shine.

Ages: 7-12 years	Class Limit: 6	4 classes
Wednesdays	5/5-5/26	5:00-6:00pm
Tuesdays	6/8-6/29	5:00-6:00pm
Tuesdays	7/6-7/27	10:00-11:00am
Thursdays	8/5-8/26	5:00-6:00pm

<b>Fees:</b>	Member	\$77
	Non-Member/Resident	\$81
	Non-Member/Non-Resident	\$85



## ADULT ENRICHMENT CLASSES

### ADULT HORSEBACK RIDING CLASS by Pony Tales Farm

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Participant is responsible for transportation to/from Pony Tales Farm. This class is a short introduction for folks who have never rode or have not ridden a horse in a long time. This course covers grooming, tacking up and basic riding. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Classes held rain or shine.

Ages: 13 & Older	Class Limit: 3	2 classes
Mondays	6/21 & 6/28	6:30-7:15pm
Mondays	7/5 & 7/12	6:30-7:15pm
Mondays	8/16 & 8/23	6:30-7:15pm

<b>Fees:</b>	Member	\$59
	Non-Member/Resident	\$61
	Non-Member/Non-Resident	\$63

# The Event Center

at the Ehrnfelt Recreation Center



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# SPORTS

Recreation Supervisor, Jason Keppler

## YOUTH SPORTS

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

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

<b>Boys &amp; Girls Grades: 3-7</b>	<b>Class Limit: 24</b>	<b>6 Week Sessions</b>
Grades 3-4/Beginner	Thursdays	6/3-7/8 5:30-6:45pm
Grades 3-4/Beginner	Thursdays	7/15-8/19 5:30-6:45pm
Grades 5-7/Intermediate	Thursdays	6/3-7/8 6:45-8:00pm
Grades 5-7/Intermediate	Thursdays	7/15-8/19 6:45-8:00pm

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

### JUMP START TENNIS

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

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

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

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

### JUMP START BEGINNER TENNIS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Volunteer Coaches may also participate. **Must register at [www.jumpstartsports.com](http://www.jumpstartsports.com)**

#### Ages: 3-4 years

Session 1: Saturdays	4/17-5/15	9:00am or 10:00am (1-hour)
Session 2: Saturdays	6/12-7/24*	9:00am or 10:00am (1-hour)
Session 3: Saturdays	9/11-10/9	9:00am or 10:00am (1-hour)

\*No class 7/3

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

### YOUTH SANDLOT BASEBALL (Wood Field)

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

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

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

\*Make-ups will be on Fridays

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

#### Drop-In Fees:

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

### HEAD START LITTLE DRIBBLERS (Auxiliary Gym)

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

#### www.headstartbasketball.com/

#### Grades: K-3rd

Tuesdays	5/11-5/25	6:00-7:00pm
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**Fee:** \$25

### HEAD START BASKETBALL

#### SUMMER SKILLS CHALLENGE (Auxiliary Gym)

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

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

Monday-Tuesday	8/2-8/3	1:30-4:30pm
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**Fee:** \$45

## YOUTH SPORTS

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

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

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

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

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

Fee: \$95

## YOUTH LEAGUES

### YOUTH LATE SUMMER BASEBALL LEAGUES

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

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

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

<u>League Age/Name</u>	<u>League Type</u>
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Co-Ed 5-6 yrs	T-Ball
Boys 6-8 yrs	Coach Pitch
Boys 9-10 yrs	Kid Pitch
Boys 11-13 yrs	Kid Pitch
Boys 14-18 yrs	Kid Pitch
Girls 7-9 yrs	Coach Pitch
Girls 10-11 yrs	Fast Pitch
Girls 12-14 yrs	Fast Pitch

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

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

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

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

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



## YOUTH SPORTS cont.

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

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

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

3<sup>rd</sup>-4<sup>th</sup> grade division (boys & girls)

5<sup>th</sup>-6<sup>th</sup> grade division (boys & girls)

7<sup>th</sup>-8<sup>th</sup> grade division (boys & girls)

9<sup>th</sup>-10<sup>th</sup> grade division (boys & girls)

11<sup>th</sup>-12<sup>th</sup> grade division (boys & girls)

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

Fees: TBD



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

**Ages: All & Seniors**

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

**Registration Fee:**

Adult	\$55
Senior/College	\$45
Youth	\$35
Youth with paying adult	\$25

There is no drop in fee for those that pay the registration fee.

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

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

## ADULT VOLLEYBALL

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

**Ages: 18 & Older**

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



## ADULT BASKETBALL LEAGUES

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
<b>Men's Ages 18+ Tuesday: 4x4</b> 5/11-8/17, 6:00-10:00pm 12 Team Limit Registration: 4/15-5/10. First pay, first serve.	\$135	\$80	\$34/game
<b>Men's Ages 18+ Sunday: 5x5</b> 5/2-8/8, 12:00-6:30pm 10 Teams/Division Limit Registration: 4/1-4/15. First pay, first serve.	\$175	\$80	\$34/game
<b>Bob Kaminski Ages 40+ Tuesday: 3x3</b> 6/1-8/17, 6:00-10:00pm 8 Team Limit Registration: 4/1-5/10. First pay, first serve.	\$75	\$60	\$22/game



## ADULT SOFTBALL LEAGUES

**Ages: 18+**  
**REGISTRATION: 7/21-8/21 (first pay first serve basis)**

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

# Recreation Parks & Amenities

For more park information or to reserve a pavilion, contact Chris Arold at  
440-580-3264 or [chris.Arold@strongsville.org](mailto:chris.Arold@strongsville.org)  
**Pavilion Rental Fees: Residents \$45 / Non-residents \$65**

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

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

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

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

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

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

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

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

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

### PARK GUIDELINES

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

\*Alcohol and tobacco use if 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.



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