



**Parks
Recreation
Senior
Services**

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


SEPTEMBER-DECEMBER 2022

PROGRAM REGISTRATION DATES

Tuesday, July 26: Ehrnfelt Rec & Senior Center Members

Tuesday, August 2: Strongsville Residents & Members

Thursday, August 4: Open/On-line registration



*Aquatic Center Closed for Renovations
Beginning August 19 for Approximately 6 Weeks*

GENERAL INFORMATION

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

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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.

REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS*

Beginning Aug 18 for approximately 6 weeks-Aquatics Center Closed for Renovations		
Aug 22-Sept 5	Annual Maintenance	Basketball Courts Closed
Mon-Wed, Aug 29-31	Annual Maintenance	Rec & Senior Center Closed
Mon, Sept 5	Labor Day	Rec & Senior Center Closed
Wed, Oct 12	Business Expo	Rec & Senior Center Closing at 3pm
Thurs, Nov 24	Thanksgiving	Rec & Senior Center Closed
Sat, Dec 24	Christmas Eve	Rec Center Closing at 1pm

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

RECREATION & SENIOR CENTER STAFF

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

Recreation

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

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

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

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

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

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

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

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

Senior Center

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

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

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

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

News Channel 3 (www.wkyc.com)

News Channel 5 (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 INFO

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 20th of each month, or the next business day if the 20th falls on a weekend or holiday, until the expiration date of the annual contract.
- In the event that a patron defaults on their monthly payment, the membership will be immediately suspended. Patrons will have 10 business days to pay the Ehnfelt Recreation Center the amount owed for that month and an additional \$10 processing fee.
- In the event the patron does not pay off the balance owed by the 11th business day, the annual membership will be cancelled and any future use of a payment plan option will be denied.

NON-MEMBER DAILY GUEST FEES

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

(*Free admission to active military personnel on leave)

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

CHILDREN UNDER 12 YEARS OF AGE

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

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.

**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.*

SILVER SNEAKERS



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

RENEW ACTIVE

Renew Active
by UnitedHealthcare

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

Only \$1/day!

30-Day College Student Pass

Choose your own start date anytime between
November 20-December 31, 2022

To receive this offer show us your valid college ID or next semester's college class schedule or tuition bill

*Residents: \$30 Non-Residents: \$40

Pass can be applied towards yearly membership fee before expiration. Pass does not make customer eligible for the benefits granted to full-year members such as, coupons & member rates.

FACILITY RENTAL

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

EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

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

*A deposit is due with a signed contract

OLD TOWN HALL



OLD TOWN HALL	MEMBER	NON-MEMBER
Old Town Hall	\$55/hr	\$75/hr
Old Town Hall Kitchen (Flat Rate)	\$50	\$70

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

CELEBRATE! at the REC CENTER!

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

Member: \$45/hr
Non-Member: \$65/hour

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

Room price listed above plus:
\$3/person age 7 & older
\$2/person age 4-6 years
Free age 3 years & under

All Inclusive Party Packages (Call for Pricing)

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

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



GET YOUR GAME ON: Private Court Time (Weekday Evenings Only)

Rates per court

	Member	Non-Member
Basketball	\$40	\$45
Volleyball	\$35	\$40
-20 guests per court for volleyball		
-30 guests per court for basketball		



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

*Schedule your
Event Now!*

440-580-3270



The Event Center

Weddings

Fundraisers

Craft Shows

Seminars

Showers

SPECIAL EVENTS

KIDS GARAGE SALE

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



Saturday, 10/1 9:00am-12:00pm

TWO TABLE LIMIT PER FAMILY

5 Foot Tables

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

8 Foot Tables

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

SHOPPERS

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

10:00am-12:00pm Free shopping



FUN & PHOTOS WITH SANTA CLAUS

Get into the holiday spirit and come have your professional digital photo taken with Santa, make a craft, and enjoy some milk and cookies.

Saturday, 12/3 9:00-11:00am

Tickets are sold for time slots:

9:00-9:30am

9:30-10:00am

10:00-10:30am

PRE-SALE TICKETS ONLY

Ticket fee per child:

Members \$6

Non-Members \$9



Ticket includes one digital photo with Santa, one craft, milk and 2 cookies per child. Additional crafts can be purchased on site with cash.



PUZZLE & BOOK SALE!

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

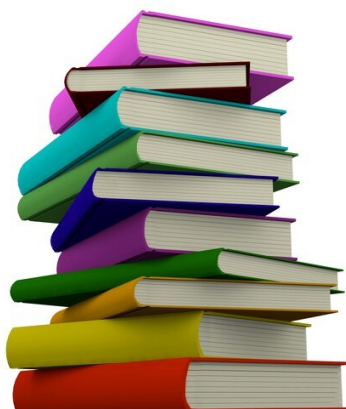
Puzzles - \$1.00
Hardback books - \$1
Paperback books - \$0.50

Sale Hours:

Thursday, 11/3 9:30am-3:30pm

Friday, 11/4 9:30am-2:30pm

Have books and puzzles (no missing pieces) cluttering up your house? Drop them off at the Senior Center between 9am -5pm before November 2nd to add to our sale.



AQUATICS

Aquatic Supervisor, Patti Welker
Assistant Aquatic Supervisor, Becky Stemple

SPECIAL AQUATIC CENTER HOURS

Beginning August 19	CLOSED for approximately 6 weeks	Aquatic Center Renovations
Wednesday, October 12	CLOSE at 2:30pm	Business Expo
Friday, November 4	CLOSE at 3:00pm	USA Swim Meet Set Up
Saturday, November 5	CLOSED	USA Swim Meet
Thursday, November 24	CLOSED	Thanksgiving
Wednesday, November 30	CLOSE at 3pm	High School Swim Meet
Wednesday, December 7	CLOSE at 3pm	High School Swim Meet
Wednesday, December 14	CLOSE at 3pm	High School Swim Meet
Saturday, December 24	CLOSE at 12:30pm	Christmas Eve
<i>(The pools, steam room, sauna and spa are closed during swim meets.)</i>		

AQUATIC CENTER REGULATIONS/RULES

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

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

Swim diapers are available for free at the front desk

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

REGISTRATION SCHEDULE

Tuesday, July 26: Ehrnfelt Rec Center Members

Tuesday, August 2: Strongsville Residents & Members *(must show proof of residency such as utility bill)*

Thursday, August 4: Open/On-line registration

REGISTRATION AND POLICIES

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

AQUATIC WAIT LIST

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

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

ALTERNATIVE SWIM WEAR

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

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

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

LEARN TO SWIM RULES

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

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

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

AQUATIC CENTER AGE GUIDELINES

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

YOUTH LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
PARENT/INFANT 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
PARENT/TODDLER 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
PARENT/YOUTH 3-5 years	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
LEVEL 1 Intro to Water Skills	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
LEVEL 2 Fundamental Water Skills	Passed Level 1, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
LEVEL 3 Refined Water Skills	Passed Level 2, or can swim 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and breaststroke kick, and elementary backstroke. Basic water safety will be integrated into this course.
LEVEL 4A Stroke Development	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly and sidestroke. Safe diving practices and water safety will be integrated into the course.
LEVEL 4B Stroke Improvement	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
LEVEL 5 Stroke Refinement	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.
LEVEL 5 (ages 8 & older) Fit Swim Or Personal Water Safety	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.
LEVEL 7 Endurance Training	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*Class limit based on instructor availability and pool space***PARENT/INFANT: 6-15 mos. (parent/adult in water)****Ages: 6-15 months****Class Limit: Based on Instructor availability & pool space****Weekend Classes (8 Classes)**

Saturday	10/8-12/10*	9:00-9:30am
Saturday	10/8-12/10*	9:35-10:05am

*No class 11/5, 11/26

8 Classes

Fees:	Member	\$40
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$60

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

Tuesdays & Thursdays	10/4-10/27	6:30-7:00pm (8 Classes)
Tuesdays & Thursdays	11/1-11/22	6:30-7:00pm (7 classes)
Tuesdays & Thursdays	11/29-12/15	6:30-7:00pm (6 classes)

Weekend Classes (8 Classes)

Saturday	10/8-12/10*	9:00-9:30am
Saturday	10/8-12/10*	9:35-10:05am

*No class 11/5, 11/26

Fees:	6 Classes	7 Classes	8 Classes
Member	\$30	\$35	\$40
Non-Member/Resident	\$36	\$42	\$48
Non-Member/Non-Resident	\$45	\$57	\$60

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

Tuesdays & Thursdays	10/4-10/27	7:00-7:30pm (8 Classes)
Tuesdays & Thursdays	11/1-11/22	7:00-7:30pm (7 classes)
Tuesdays & Thursdays	11/29-12/15	7:00-7:30pm (6 classes)

Weekend Classes (8 Classes)

Saturday	10/8-12/10*	9:00-9:30am
Saturday	10/8-12/10*	9:35-10:05am

*No class 11/5, 11/26

Fees:	6 Classes	7 Classes	8 Classes
Member	\$30	\$35	\$40
Non-Member/Resident	\$36	\$42	\$48
Non-Member/Non-Resident	\$45	\$57	\$60

LEVEL 1: Intro to Water Skills**(no previous swim experience needed)****Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Evening Classes**

Tuesdays & Thursdays	10/4-10/27	5:40-6:25pm (8 Classes)
Tuesdays & Thursdays	10/4-10/27	6:35-7:20pm (8 Classes)
Tuesdays & Thursdays	11/1-11/22	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	11/1-11/22	6:35-7:20pm (7 classes)
Tuesdays & Thursdays	11/29-12/15	5:40-6:25pm (6 classes)
Tuesdays & Thursdays	11/29-12/15	6:35-7:20pm (6 classes)

Weekend Classes (8 Classes)

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

*No class 11/5, 11/26

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$48	\$56	\$64
Non-Member/Non-Resident	\$57	\$67	\$76

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

Tuesdays & Thursdays	10/4-10/27	5:40-6:25pm (8 Classes)
Tuesdays & Thursdays	10/4-10/27	6:35-7:20pm (8 Classes)
Tuesdays & Thursdays	11/1-11/22	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	11/1-11/22	6:35-7:20pm (7 classes)
Tuesdays & Thursdays	11/29-12/15	5:40-6:25pm (6 classes)
Tuesdays & Thursdays	11/29-12/15	6:35-7:20pm (6 classes)

Weekend Classes (8 Classes)

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

*No class 11/5, 11/26

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$48	\$56	\$64
Non-Member/Non-Resident	\$57	\$67	\$76

LEVEL 3: Refined Water Skills**Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Evening Classes**

Tuesdays & Thursdays	10/4-10/27	5:40-6:25pm (8 Classes)
Tuesdays & Thursdays	10/4-10/27	6:35-7:20pm (8 Classes)
Tuesdays & Thursdays	11/1-11/22	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	11/1-11/22	6:35-7:20pm (7 classes)
Tuesdays & Thursdays	11/29-12/15	5:40-6:25pm (6 classes)
Tuesdays & Thursdays	11/29-12/15	6:35-7:20pm (6 classes)

Weekend Classes (8 Classes)

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

*No class 11/5, 11/26

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$48	\$56	\$64
Non-Member/Non-Resident	\$57	\$67	\$76

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

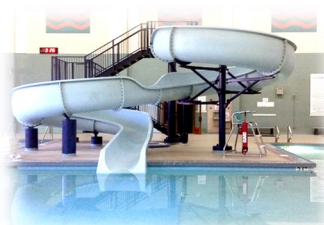
Tuesdays & Thursdays	10/4-10/27	5:40-6:25pm (8 Classes)
Tuesdays & Thursdays	11/1-11/22	5:40-6:25pm (7 classes)
Tuesdays & Thursdays	11/29-12/15	5:40-6:25pm (6 classes)

Weekend Classes (8 Classes)

Saturday	10/8-12/10*	9:00-9:45am
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*No class 11/5, 11/26

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$48	\$56	\$64
Non-Member/Non-Resident	\$57	\$67	\$76



AMERICAN RED CROSS CLASSES

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 16 & older

Class Limit: 12

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

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

*Have access to the internet from home.

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

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

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

Session 1: Monday & Wednesday 9/26-10/12 5:00-9:30pm

Session 1 students must have ability to drive from Rec Center to Strongsville Best Western for water portion of the class

Session 2: Monday-Friday 12/26-12/30 9:00am-4:00pm

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

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & older

Class Limit: 9

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

Prerequisites:

*Students must be 15 years old by the completion of class.

*Have access to the internet from home.

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

*Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yards of breaststroke, and 100 yards of either front crawl or breaststroke.

*A timed 25 yard, back and forth swim, with surface dive to retrieve a 10lb. brick from a depth of 7-10 feet.

Important: Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. **NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins.**

STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES. If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time.

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

Session 1: Monday & Wednesday 8/29-9/19* 5:00-9:30pm

*No class 9/5

Session 1 students must have ability to drive from Rec Center to Strongsville Best Western for water portion of the class

Session 2: Sunday 10/16-11/13 9:00am-3:00pm

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

SPECIALTY AQUATICS PROGRAMS

DIVING

Ages: 8 & older

Class Limit: 12 per instructor

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

Weekend Classes (8 classes)

Saturday -Beginner 10/8-12/10* 11:10-12:00pm

Saturday-Intermediate 10/8-12/10* 12:10-1:00pm

*No class 11/5, 11/26

Fees:	Member	\$72
	Non-Member/Resident	\$80
	Non-Member/Non-Resident	\$88

WATER EXERCISE CLASSES

WATER EXERCISE PROGRAM PASS

A 2022 pass may be purchased any time and is good for any water exercise class.

*The pass expires 12/31/2022.

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

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

*Passes are non-transferable & non-refundable.

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

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

Number of Classes	5	10	15	20
Member	\$25	\$48	\$68	\$85
Non-Member/Resident	\$30	\$60	\$83	\$105
Non-Member/Non-Resident	\$35	\$70	\$98	\$125

Drop-in Fees:	Member	\$7 per class
	Non-Member	\$9 per class

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

Individuals will use gentle movements to help increase range of motion while decreasing stiffness and pain. A good class for individuals returning to exercise after injury, or with joint or muscle related illness.

Ages: 15 & Older

Class Limit: 30

Tuesdays & Thursdays 10/4-12/15* 10:45-11:35am 20 Classes

*No class 11/8, 11/24

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 10/3-12/14* 9:15-10:05am 21 Classes

*No class 11/23

TOTAL IMMERSION-DEEP WATER WORKOUT

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

Ages: 15 & older

Class Limit: 20

Mondays & Wednesdays 10/3-12/14* 10:15-11:05am 21 Classes

Tuesdays & Thursdays 10/4-12/15* 9:45-10:35am 20 Classes

Tuesdays & Thursdays 10/4-12/15* 6:35-7:25pm 20 Classes

*No class 11/8, 11/23, 11/24

FITNESS

Fitness Supervisor, Denise Lengal

GROUP EXERCISE, CYCLE, MIND/BODY, & ZUMBA

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

GUIDELINES FOR ALL EXERCISE CLASSES

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

GROUP CYCLE

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

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

Introduction to Group Cycle Program

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

ZUMBA PASS

Group exercise passes may be used for this class.

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

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

Fees:

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

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)

ONE MONTH UNLIMITED PASS

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

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

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

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

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

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

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

Members	\$28
Non-Member/Residents	\$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.) Valid for 3 weeks from date of "purchase".

GROUP EXERCISE CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

Kickboxing: Intensity! Energy! Sweat! Fun!

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

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

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

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

Rebound: Aerobic exercise performed while jumping on a mini trampoline. Strength training also included.

Strength & Core: The name says it all!

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

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

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

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

HEALTH ASSESSMENT & PEAK PERFORMANCE

NUTRITIONAL CONSULT

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

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

Fees:	Member	\$65
	Non-Member/Resident	\$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.

Fees:	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.**

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

EXERCISE ORIENTATION

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

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

PERSONAL TRAINING PACKAGES

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

	One Session	Five Sessions	Ten Sessions
Members	\$43	\$200	\$375
Non-Member/Residents	\$48	\$215	\$400
Non-Member/Non-Residents	\$53	\$250	\$475



42 X 82



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**

KARATE**KIDDIE KARATE I & II - Event Center**

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

Four week course in basic techniques.

Kiddie I includes a bully and stranger awareness program. Class is designed for all NEW students ages 5-9. All NEW students must start in Kiddie I unless they have studied Isshinryu before. If a student has studied Isshinryu, or would like more information about this program, please contact Sensei Joe Bove at 330-351-9848. **All evaluations will be made by the instructor only. NO EXCEPTIONS.**

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

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

Ages: 5 & Older Class Limit: 30 4 Classes

Mondays	9/12-10/3	5:00-5:45pm
Mondays	10/10-10/31	5:00-5:45pm (No class 10/31, meet on 11/2)
Mondays	11/7-11/28	5:00-5:45pm
Mondays	12/5-12/23	5:00-5:45pm (No class 12/26)

Wednesdays	9/14-10/5	5:00-5:45pm
Wednesdays	10/12-11/2	5:00-5:45pm (No class 10/12, meet on 10/17)
Wednesdays	11/9-11/30	5:00-5:45pm
Wednesdays	12/7-1/4/23	5:00-5:45pm (No class 12/28)

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, 8th Degree Black Belt, Okinawaan Isshinryu Karate

Class Limit: 30

Mondays	9/12-10/3	6:00-6:45pm
Mondays	10/10-10/31	6:00-6:45pm (No class 10/31, meet on 11/2)
Mondays	11/7-11/28	6:00-6:45pm
Mondays	12/5-12/23	6:00-6:45pm (No class 12/26)

Wednesdays	9/14-10/5	6:00-6:45pm
Wednesdays	10/12-11/2	6:00-6:45pm (No class 10/12, meet on 10/17)
Wednesdays	11/9-11/30	6:00-6:45pm
Wednesdays	12/7-1/4/23	6:00-6:45pm (No class 12/28)

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, 8th Degree Black Belt, Okinawaan Isshinryu Karate

Class Limit: 30

Mondays	9/12-10/3	7:00-7:45pm
Mondays	10/10-10/31	7:00-7:45pm (No class 10/31, meet on 11/2)
Mondays	11/7-11/28	7:00-7:45pm
Mondays	12/5-12/23	7:00-7:45pm (No class 12/26)

Wednesdays	9/14-10/5	7:00-7:45pm
Wednesdays	10/12-11/2	7:00-7:45pm (No class 10/12, meet on 10/17)
Wednesdays	11/9-11/30	7:00-7:45pm
Wednesdays	12/7-1/4/23	7:00-7:45pm (No class 12/28)

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

Wednesday	9/7-9/28	3:30-4:30pm
Wednesday	10/5-10/26	3:30-4:30pm (No class 10/12)
Wednesday	11/2-11/23	3:30-4:30pm
Wednesday	12/7-12/28	3:30-4:30pm

Fees:

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

FASTBREAK

A challenging conditioning program designed to enhance speed, strength, and endurance. Build confidence and self-esteem through teamwork and fun. This class is for kids who are striving to be the best they can be.

Ages: 11-14

Wednesday	9/7-9/28	4:30-5:20pm
Wednesday	10/5-10/26	4:30-5:20pm (No class 10/12)
Wednesday	11/2-11/23	4:30-5:20pm
Wednesday	12/7-12/28	4:30-5:20pm

Fees:

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

ENRICHMENT PROGRAMS

Recreation Supervisor, Kristen Nykiel

MISS KATIE'S PRESCHOOL PLAYGROUP

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

SOCIAL BUTTERFLIES

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

Age: 6 months-6 years with adult participation 4 Classes/month

Fridays 9:30-10:30am
Saturdays 11:00am-12:00pm (1x a month)

		Monthly	Saturday
Fees:	Members	\$65	\$16.25
	Non-Member/Residents	\$70	\$17.50
	Non-Member/Non-Residents	\$80	\$20.00

TINY TOTS

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

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

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

Monthly Fees:	Members	\$75
	Non-Member/Residents	\$80
	Non-Member/Non-Residents	\$90

PRECIOUS PRESCHOOLERS

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

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

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

Monthly Fees:	Members	\$75
	Non-Member/Residents	\$80
	Non-Member/Non-Residents	\$90

PRESCHOOL PREP

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

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

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

Monthly Fees:	Members	\$95
	Non-Member/Residents	\$100
	Non-Member/Non-Residents	\$110

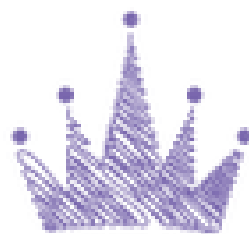
MISS KATIE'S "EXPLORE & PLAY—DROP & STAY!"

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

Age: 12 months-6 years 4 Classes/month

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

Monthly Fees:	Members	\$55
	Non-Member/Residents	\$60
	Non-Member/Non-Residents	\$70



YOUTH DANCE CLASSES by Dance to EvOLvE

Dance to EvOLvE is 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 they are encouraged to participate in the annual spring recital. Visit our website to get dress code information about each class at danceto evolve.com/cleveland

***Age-Appropriate & Fun Dance Class Curriculums**

***Specializing In Boys & Girls Ages 2-7 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. *Classes Held at Strongsville Rec Center*

Age: 2 years old with caregiver participation 6 Classes

Class Minimum: 4 Maximum: 12

Saturdays 9/17-10/22 9:15-10:00am

Saturdays 10/29-12/17* 9:15-10:00am

*No class 11/5, 11/26

Fees:	Members	\$110
	Non-Member/Residents	\$116
	Non-Member/Non-Residents	\$122

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 Minimum: 4 Maximum: 12 6 Classes

Saturdays 9/17-10/22 10:05-11:00 am

Saturdays 10/29-12/17* 10:05-11:00 am

*No Class 11/5, 11/26

Fees:	Members	\$110
	Non-Member/Residents	\$116
	Non-Member/Non-Residents	\$122

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!

Age: 4.5-6 years Class Minimum: 4 Maximum: 12 6 Classes

Saturdays 9/17-10/22 11:05am-12:00pm

Saturdays 10/29-12/17* 11:05am-12:00pm

*No class 11/5, 11/26

Fees:	Members	\$110
	Non-Member/Residents	\$116
	Non-Member/Non-Residents	\$122

YOUTH & ADULT CANNON IRISH DANCE CLASSES

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

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

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

PRESCHOOL IRISH DANCING (Senior Art Studio)

Story time, games, dolls and more are incorporated in class to provide an interactive fun experience for children as they learn Irish Dance. The class teaches proper technique for Traditional Irish Dances. In addition, dancers will learn coordination, poise, movement and rhythm with emphasis on the basic style and characteristics which make Irish Dance a unique art form. Irish Dance is full of energy with jumps, kicks and skips. This dance style uses rapid footwork with crossed feet keeping to the rhythm of Irish music. Dancers will benefit from the many wonderful health benefits of Irish Dance.

Age: 3-5 years Class Minimum: 3 Maximum: 8 6 Classes

Tuesdays 9/13-10/18 1:15-2:00pm Meeting Room

Tuesdays 10/26-12/6* 1:15-2:00pm Meeting Room

Fridays 9/16-10/21 4:30-5:15pm Sr Art Studio

Fridays 10/28-12/9* 4:30-5:15pm Sr Art Studio

*No class 11/22, 11/25

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

YOUTH IRISH DANCING (Senior Art Studio)

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

Ages: 6 years & up Class Minimum: 3 Maximum: 8 6 Classes

Fridays 9/16-10/21 5:15-6:00pm

Fridays 10/28-12/9* 5:15-6:00pm

*No class 11/25

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

IRISH DANCING FOR TEENS & ADULTS (Senior Art Studio)

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

Ages: 16 years & up Class Minimum: 3 Maximum: 8 6 Classes

Fridays 9/16-10/21 6:15-7:15pm

Fridays 10/28-12/9* 6:15-7:15pm

*No class 11/25

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

PRESCHOOL CLASSES

SOCCER SHOTS-MINIS (Auxiliary Gym)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 2-3 years (with caregiver participation)

Class Minimum: 4 **Maximum:** 12 **6 Classes**

Fridays 9/9-11/14 9:30-10:00am

Fridays 11/4-12/16* 9:30-10:00am

*No class 11/25

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

SOCCER SHOTS-CLASSIC (Auxiliary Gym)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 3-5 years

Class Minimum: 4 **Maximum:** 12 **6 Classes**

Fridays 9/9-11/14 10:15-10:45am

Fridays 11/4-12/16* 10:15-10:45am

*No class 11/25

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

MUSIC IZZ GROOVY-MOVE & GROOVE JUNIOR (Conference Room)

This class will give your infant an early introduction to music, and allow you and your little one bonding opportunities in a comforting and nurturing musical environment. **Instructor:** Izzey Pirl

Ages: 3-12 months (with caregiver participation)

Class Minimum: 4 **Maximum:** 14 **4 Classes**

Fridays 9/30-10/21 5:45-6:15pm

Fridays 11/11-12/9* 5:45-6:15pm

*No class 11/25

Fees:	Members	\$55
	Non-Member/Residents	\$60
	Non-Member/Non-Residents	\$65

MUSIC IZZ GROOVY- MOVE & GROOVE! (Conference Room)

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

Instructor: Izzey Pirl

Ages: 0-6 years (with caregiver participation)

Class Minimum: 4 **Maximum:** 14

Fridays 9/30-10/21 6:15-7:00pm (4 classes)

Fridays 11/11-12/9* 6:15-7:00pm (4 classes)

Saturday 9/24 9:30-10:15am (1 class)

Saturday 10/8 9:30-10:15am (1 class)

Saturday 11/12 9:30-10:15am (1 class)

Saturday 12/10 9:30-10:15am (1 class)

No class 11/25

Fees:	4 Classes	1 Class
Members	\$65	\$18
Non-Member/Residents	\$70	\$22
Non-Member/Non-Residents	\$75	\$24

SPROUT THERAPY-PLAY

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

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

This group is ideal for children who may:

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

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

Ages: 3-5 years	Class Minimum: 8	Maximum: 12	4 Classes
Wednesdays	TBA	10:00 – 10:45am	
Wednesdays	TBA	6:00 – 6:45pm	

Fees*:

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.

SPROUT THERAPY-PRIVATE SESSIONS

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

MUSIC IZZ
GROOVY
EDUCATION • THERAPY • PERFORMANCE



YOUTH CLASSES

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

Imagine Arts Academy® is art with a purpose, combining art with other disciplines for a one-of-a-kind experience. Embark on an around-the-world cultural adventure – explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside. Experiment with Crayola® products, while trying art techniques developed by local artists and artisans. Make different masterpieces each day such as drums, masks, canvases, prints, buses, and more! Bring the unique creations home and build a globally-inspired art gallery. .

Instructor: Mad Science® Instructors

Ages: 5-12 years Class Minimum: 8 Maximum: 20 4 Classes

Session A: Aboriginal Art, Animal Sculptures, Block Printing, Imperial Jeweled Eggs

Thursdays 10/6-10/27 5:45-6:45pm

Session B: Mud Art, Rattle Drum, Tiki Masks, Truck Art

Thursdays 11/3-12/1* 5:45-6:45pm

*No class 11/24

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



MAD SCIENCE® EXPERIMENTAMANIA (Meeting Room)

Experiments are the best part of being a Mad Scientist! During the session, students learn about several specialized areas of science including forensics, geology, kinesiology, meteorology, entomology and mechanical engineering. It's Experimentamania! Topics Include: Detective Science/ Science of Toys/ Bugs/Walloping Weather/ Mad Machines / Earthworks

Instructor: Mad Science® Instructors

Ages: 5-12 years Class Minimum: 8 Maximum: 20 6 Classes

Wednesdays 9/28-11/9 5:45-6:45pm

*No class 10/12

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

MAD SCIENCE® BRIXOLOGY (Meeting Room)

Hop on board for a wild ride from "here to there"! Join us for the journey through this exciting STEM series that utilizes LEGO® bricks to introduce children to engineering in a fun and engaging way! Each week combines an in-class build created by LEGO® Certified Designer with a related take-home item that allows the exploration and learning to "travel on" after the class is complete! Topics Include: Vehicles * Bridges* Aerospace * Boats

Instructor: Mad Science® Instructors

Ages: 5-12 years Class Minimum: 8 Maximum: 20 6 Classes

Wednesdays 11/16-12/14 5:45-6:45pm

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

MUSIC IZZ GROOVY-BEGINNING UKULELE GROUP CLASSES (Conference Room)

A fun, no pressure, and easy start to one of the most popular instruments out there. Students should bring their own instrument. Instructor will provide all other learning materials. **Instructor: Izzey Pirl**

Class Minimum: 4 Maximum: 8 4 Classes

Ages: 8-15 years

Tuesdays 9/27-10/25* 5:45-6:30pm

Tuesdays 11/8-12/6* 5:45-6:30pm

Ages: 8-15 years

Tuesdays 9/27-10/25* 6:45-7:30pm

Tuesdays 11/8-12/6* 6:45-7:30pm

*No class 10/11, 11/25

Fees:	Members	\$135
	Non-Member/Residents	\$140
	Non-Member/Non-Residents	\$145

MUSIC IZZ GROOVY-DRUM CIRCLES/MUSIC AS RELAXATION GROUP (Conference Room)

Music, when used as a therapeutic tool, can balance emotions, calm troubled minds, relax tense bodies, and unite people in a common experience. In this group class, participants can expect to create music via drums, chimes, and analysis, and other musical instruments to create a collective emotional release. Breathing to music, lyric analysis, and songwriting may be included. **Instructor: Izzey Pirl**

Ages: 10 years-Adults

Class Minimum: 4 Maximum: 10 1 Class

		10-15 years	15 years-Adult
Saturday	9/24	10:30–11:15am	11:15am–12:00pm
Saturday	10/8	10:30–11:15am	11:15am–12:00pm
Saturday	11/12	10:30–11:15am	11:15am–12:00pm
Saturday	12/10	10:30–11:15am	11:15am–12:00pm

Fees:	Members	\$25
	Non-Member/Residents	\$27
	Non-Member/Non-Residents	\$29

CHALLENGE ISLAND Weekly STEAM Program: WORLD TOUR (Meeting Room)

Pack your suitcases for Challenge Island's World Tour! You and your STEAMteam® will engineer your way around the globe - from the Eiffel Tower to the Sydney Harbor Bridge to the Taj Mahal and on to an African Safari. Each challenge will bring you to a different international destination and provide a special Challenge Island taste of the local culture as we take on a variety of STEM challenges. **Instructor: Challenge Island Instructors**

Grades: K-5 Class Minimum: 6 Maximum: 20 6 Classes

Mondays 10/3-11/21* 6:00–7:00 pm

*No class 10/24, 10/31

REGISTRATION DEADLINE: 7 days before class start date

Fees:	Members	\$78
	Non-Member/Residents	\$84
	Non-Member/Non-Residents	\$90



YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSESFor more info on these classes contact patti.welker@strongsville.org**ADULT, CHILD AND BABY FIRST AID/CPR/AED ONLINE**

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

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

Session 9	Thru 8/31	emailed 9/1	by 9/30/22
Session 10	Thru 9/30	emailed 10/3	by 10/31/22
Session 11	Thru 10/31	emailed 11/1	by 11/30/22
Session 12	Thru 11/30	emailed 12/1	by 12/31/22

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

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

RED CROSS BABYSITTER BASICS ONLINE

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

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

Session 9	Thru 8/31	emailed 9/1	by 9/30/22
Session 10	Thru 9/30	emailed 10/3	by 10/31/22
Session 11	Thru 10/31	emailed 11/1	by 11/30/22
Session 12	Thru 11/30	emailed 12/1	by 12/31/22

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

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

CAT AND DOG FIRST AID ONLINE

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

Ages: 11 & older

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

	Registration Dates	Class Materials	Course Completion*
Session 9	Thru 8/31	emailed 9/1	by 9/30/22
Session 10	Thru 9/30	emailed 10/3	by 10/31/22
Session 11	Thru 10/31	emailed 11/1	by 11/30/22
Session 12	Thru 11/30	emailed 12/1	by 12/31/22

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 9	Thru 8/31	emailed 9/1	by 9/30/22
Session 10	Thru 9/30	emailed 10/3	by 10/31/22
Session 11	Thru 10/31	emailed 11/1	by 11/30/22
Session 12	Thru 11/30	emailed 12/1	by 12/31/22

***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 9	Thru 8/31	emailed 9/1	by 9/30/22
Session 10	Thru 9/30	emailed 10/3	by 10/31/22
Session 11	Thru 10/31	emailed 11/1	by 11/30/22
Session 12	Thru 11/30	emailed 12/1	by 12/31/22

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

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

SPORTS

YOUTH BASKETBALL

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.

REGISTER at www.headstartbasketball.com

Grades: K-3

Saturdays 9/10-10/1 12:00-1:00pm

Fee: \$25

HEAD START 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.

REGISTER at www.headstartbasketball.com

Grades: 1-8 Class Limit: 78

Shooting Clinic Saturday, 10/8 2:00-4:00 pm

Ballhandling Clinic Saturday, 10/15 2:00-4:00 pm

Competitive Drills Clinic Saturday, 10/22 2:00-4:00 pm

Pre-season Tune-up Clinic Saturday, 10/29 2:00-4:00 pm

Fee: \$60

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.

REGISTER : August 25-September 25 (late fee assessed after 9/25)

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

Girls		Boys	
Grades K-1Co-Ed	\$60R/\$75NR	Grades K-1 Co-Ed	\$60R/\$75NR
Grade 2 Co-Ed	\$70R/\$85NR	Grade 2 Co-Ed	\$70R/\$85NR
Grade 3 & 4	\$80R/\$95NR	Grade 3	\$80R/\$95NR
Grade 5 & 6	\$80R/\$95NR	Grade 4	\$80R/\$95NR
Grade 7-9*	\$80R/\$95NR	Grade 5	\$80R/\$95NR
Grade 10-12*	\$80R/\$95NR	Grade 6	\$80R/\$95NR
		Grade 7-8	\$80R/\$95NR
		Grade 9-10	\$80R/\$95NR
		Grade 11-12	\$80R/\$95NR

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

Practices: Start late October. They meet once a week for an hour and can be as early as 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 POTENTIAL TRAVEL/SCHOOL TEAM PLAYERS— Register for the rec leagues and if you make the travel/school team and would like to withdraw let us know. You'll receive a 100% refund.

YOUTH VOLLEYBALL

YOUTH VOLLEYBALL 8 WEEK CLINIC (Auxiliary Gym)

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

Boys & Girls Grades: 3-7 Class Limit: 24

Tuesdays 9/20-11/8

Grades 3-4/Beginner 4:45-6:00pm

Grades 5-7/Intermediate 6:00-7:15pm

Fees:

Member \$55

Non-Member/Resident \$60

Non-Member/Non-Resident \$70



YOUTH VOLLEYBALL 6 WEEK CLINIC (Auxiliary Gym)

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

Boys & Girls Grades: 3-7 Class Limit: 24

Tuesdays 11/15-12/20

Grades 3-4/Beginner 4:45-6:00pm

Grades 5-7/Intermediate 6:00-7:15pm

Fees:

Member \$48

Non-Member/Resident \$53

Non-Member/Non-Resident \$63

YOUTH WRESTLING

STRONGSVILLE YOUTH WRESTLING CLUB (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 Sundays (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 Saturdays. 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 Grade K

Mandatory Orientation: Tuesday, 10/18 at 6:30pm in Event Center

Season: Early November - Late February

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

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

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

YOUTH LACROSSE

K-2nd GRADE LACROSSE PROGRAM(Main Gym)

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

Grades: K-2 **Class Limit: 25**
Sundays 10/23-12/4* 12:15-1:15pm

*No class 11/6

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

YOUTH & ADULT TABLE TENNIS

TABLE TENNIS OPEN PLAY (Event Center)

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

Ages: All & Seniors

Tuesdays & Thursdays TBD 6:00-8:00pm

Registration Fee (May-August):

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

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

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

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

YOUTH FITNESS

INTRODUCTION TO YOUTH STRENGTH TRAINING

Girls and boys (ages 12-14) learn proper strength training guidelines and terminology. Learn how to safely utilize strength training and cardio equipment. Upon successful completion of this course, a certification will be granted which provides access to the strength and cardio machines in the Cardio Area of the Rec Center only. (After you have completed the course, non-members must pay the normal daily guest rate to gain access to the facility and the equipment.) All certified youth must be able to show their certification card if asked when working out in the cardio area.

Ages: 12-14 years **Class Limit: 5**
Wednesday 9/7-9/28 3:30-4:30pm
Wednesday 10/5-10/26 3:30-4:30pm (No class 10/12)
Wednesday 11/2-11/23 3:30-4:30pm
Wednesday 12/7-12/28 3:30-4:30pm

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

FASTBREAK

A challenging conditioning program designed to enhance speed, strength, and endurance. Build confidence and self-esteem through teamwork and fun. This class is for kids who are striving to be the best they can be.

Ages: 11-14
Wednesday 9/7-9/28 4:30-5:20pm
Wednesday 10/5-10/26 4:30-5:20pm (No class 10/12)
Wednesday 11/2-11/23 4:30-5:20pm
Wednesday 12/7-12/28 4:30-5:20pm

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

ADULT VOLLEYBALL LEAGUES

NEO Athletics Adult Volleyball Leagues (Auxiliary Gym)

Ages: 18 years & Older

Sundays	Co-Ed 6's	Double Headers	\$330	10:00am-9:00pm
Mondays	Co-Ed 6's	Double Headers	\$330	6:00-10:00pm
Wednesdays	Women's 6's	Double Headers	\$310	6:00-10:00pm

10 weeks plus playoffs (beginning the week of 10/16)

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

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

TO REGISTER: Contact Brian and Steve At Bvman15@gmail.com and Steve.neoathletics@gmail.com



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

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

ADULT BASKETBALL

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 10/23 – 3/2023 10:00am–9:30pm

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 \$38 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 10/13 – 4/2023 6:00–10:00pm

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 \$38 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 10/4 – 12/13 6:00–10:20pm

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 \$38 per team/per game

MEN'S 50 & OVER 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.

Mondays 10/17 – 12/19 6:00-10:00pm

Ending and play dates subject to change

Fees:

Per Team (Limit: 8 per division) \$150

CASH Forfeit Deposit \$80 (refundable at end of season)

Referee/Scorekeeper Fees \$38 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 9/12 – 12/12 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 9/7 – 12/14 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.

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SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

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

SILVER MUSTANG MEMBERSHIP

MEMBERSHIP FEES

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

MEMBERSHIP BENEFITS

*Silver Mustang newsletter
*Free 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

FITNESS, FUN FRIENDSHIP ACTIVITIES: September-December

S.M.I.L.E.

So Much Improvement with a Little Exercise

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

Ages: 50 & older

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

*No class 9/5, 11/24, 11/25

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

BETTER BALANCE

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

Ages: 50 & older

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

*No class 9/5, 11/25

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

FUNCTIONAL TRAINING

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

Ages: 50 & older

Instructor: Mary Lea Kirby

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

*No class 9/5, 11/25

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

CARDIO FIT

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

Ages: 50 & older

Mondays, Wednesdays & Fridays*

*No class 9/5, 11/25

Instructor: Mary Lea Kirby

11:15am-12:00pm

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

EXPRESS CIRCUIT TRAINING

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

Ages: 50 & older

Tuesdays or Thursdays*

9:15-10:00am

*No class 11/24

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

FLEX, MOVEMENT & BALANCE

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

Ages: 50 & older

Tuesdays 12:30-1:15pm

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

FITNESS, FUN FRIENDSHIP cont.**ASIAN EXERCISE – Including Tai Chi**

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

Ages 50 & older **Instructor: Ted Smith**
Mondays* 9:15-10:00am

*No class 9/5

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

YOGA

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

Ages: 50 & older
Tuesdays* 10:15-11:15am **Instructor: Megan Ruggerio**
Thursdays 10:30-11:30am **Instructor: Tami Haberman**
Thursdays 12:30-1:30pm **Instructor: Tami Haberman**
*No class 11/24

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

Ages: 50 & older **Instructor: Betty Lekan**
Wednesdays 10:00-11:00am

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

TAP DANCING

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

7 Week Session		Minimum class size: 4	
Ages: 50 & Over		Instructor: Peggy Stockdale	
Thursday	9/29-11/10	9:30-10:30am	Beginners
Thursday	9/29-11/10	10:30-11:30am	Intermediate
Fees:	Members	\$38	
	Residents/Non-Members	\$40	
	Non-Residents/Non-Members	\$44	

LINE DANCING

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

Ages: 50 & older **Instructor: Mary Harwood**
Tuesdays 10:00-11:00am

*No class 5/3, 8/30

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$6
Residents/Non-Members	N/A	\$7
Non-Residents/Non-Members	N/A	\$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 or use one of ours for this open play. Experienced players as well as those that have never held a paddle are welcome.

Ages: 50 & older

Open Play	Mondays*	9:00-11:00am
	Thursdays*	9:00-11:00am

*No play 9/1, 9/5, 11/24

Beginner Pickleball Class

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

2nd & 4th Wednesday of the Month 9:00-10:00am

	Members	Non-Members
Drop in Fees:	\$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!

Ages: 50 & older
Tuesdays 12:00pm

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

BINGO

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

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

*No play 11/25

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

**Additional Fees: 25 cents per card

MINIATURE GOLF (Mr. Divot's Miniature Golf-North Royalton)

Get out and enjoy the sunshine with our weekly "Putters" group. No worries if you are a little rusty, this group is all about fun! Bring a friend and join the fun!

Ages: 50 & older
Fridays thru September 30 10:00am

Fees: \$3

FANTASY WALK

Looking for a unique and exciting way to get healthy, lose weight and have more energy? Join us for our popular Fantasy Walk. Starting on September 1st, we're "walking" 420 miles along the California coast! We'll start in San Francisco, and head south to Los Angeles. The trip will take us along US Route 101 for a more scenic trail. The goal will be to reach Hollywood for New Year's Eve – December 31st! Fantasy walkers will wear pedometers wherever they go, record their miles once a week at the Senior Center and check their progress on our map. Registration is required.

Ages 50 & older

Fees:	Members	\$22 or \$7*
	Non-Members/Residents	\$24 or \$9*
	Non-Members/Non-Residents	\$28 or \$13*

*Note: Participants can use their own pedometer and save \$15 on registration. Pedometers needed during program will cost \$15/each.

FITNESS, FUN FRIENDSHIP cont.**MOVIE MATINEE**

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

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

CARDS AND OTHER GAMES

Ages: 50 & older		
Bridge	Mondays*	12:30-3:00pm
Bunco	Thursdays	10:30am-12:00pm
Rummikub/Dominoes	Tuesdays*	1:00-3:00pm
Mah Jongg	Wednesdays*	1:00-3:00pm
Pinochle	Tuesdays*	12:25-3:00pm
Open Play	Thursdays	12:15-3:00pm
Open Play	Fridays	12:30-3:00pm
Table Tennis/Billiards *	Fridays	12:30-4:00pm
*No play 9/5, 11/24, 11/25		

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

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

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

Ages 50 & older	
Wednesdays/Thursdays/Fridays*	9:30-11:30am
*No woodshop 11/24, 11/25	

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

WOOD CARVING (Senior Center Wood Shop)

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

Coordinator: Dave Hoelter

Ages: 50 & older	
Tuesdays	1:00-3:00pm
Participants pay for own tools and materials	

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

WOOD SHOP REPAIR SERVICE (Senior Center Wood Shop)

Wood Shop volunteers will repair small wood items. Bring your item into the Wood Shop any Wednesday, Thursday or Friday, between 9:30-11:30am and one of our volunteers will discuss the project and cost to repair with you.

SAWDUST FOR BEGINNERS (Senior Center Wood Shop)

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

Ages: 50 & older	Instructor: Jim Burns
Mondays	10/17 & 10/24 9:30am-2:00pm*
*Lunch break from 11:30am -12:00pm	

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

ART & CRAFT CLASSES**WATERCOLOR**

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

Ages: 50 & older	Instructor: Judi Roszak
Thursdays or Fridays *	9:30-11:30am
*No class 11/24, 11/25 & Month of December	

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

CLASSICAL PAINTING SECRETS

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

Ages: 50 & older	Instructor: Joanne Richter
Tuesdays or Thursdays*	1:00-3:30pm
*No classes 11/24, 12/27, 12/29	

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

BASIC DRAWING CLASS-PART 2

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

Note: It is helpful if participants previously took Basic Drawing Part 1, but not required.

Registration deadline: 9/7	Class Minimum: 10
Ages: 50 & older	Instructor: Eric Dull, B.F.A.
Mondays	9/12-10/17 1:30-3:30pm
Fees:	No Drops-In Permitted
Members	\$60
Residents/Non-Members	\$65
Non-Residents/Non-Members	\$75

CREATIVE COLORED PENCIL ART

Colored pencils can do so much more than just filling in spaces on a coloring page. They are a versatile tool and medium when you know their secrets. In this class Eric shares some of the those secrets with you. How to achieve soft blends and fades, texturing effects, spattering, lifting and a few more. along the way you will learn about color layering, paper considerations and solvents to use with your pencils to take yourself beyond just coloring and into creating. **Registration Deadline: 9/8**

Ages: 50 & older	Instructor: Eric Dull, B.F.A.	6 Week Session
Minimum Class Size: 10		
Tuesdays	9/15-10/20	1:30-3:30pm

Fees:	No Drop-Ins Permitted
Members	\$60
Non-Members/Residents	\$65
Non-Members/Non-Residents	\$75

ART & CRAFT CLASSES**QUILTING**

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

Ages: 50 & older **Volunteer Coordinator: Beverly McGlamery**

Mondays* 1:00-3:00pm (except 2nd Monday)

*No quilting 9/5

Drop-In Fees:

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

CREATIVE CRAFTERS

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

Ages: 50 & older

Wednesdays 10:00am-1:00pm

Drop-In Fees:

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

WARM UP AMERICA

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

Ages: 50 & older

Thursdays* 1:00-3:30pm

*No meeting 11/24

Drop-In Fees:

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

**CONSULTATIONS****BENEFITS CHECK UP**

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

Ages: 50 & older

Friday	9/9	9:15am-12:00pm
Friday	10/14	9:15am-12:00pm
Friday	11/18	9:15am-12:00pm
Friday	12/9	9:15am-12:00pm

Free

CONSULTATIONS cont.**HEARING AID SERVICES**

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

Tuesdays 9/13, 10/11, 11/8, 12/13 10:00am **Free**

ATTORNEY

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

1st Tuesday of the Month	9:20-11:30am	Erica Skerl
Friday-9/23, 10/28, 11/18, 12/16	10:00-11:20am	Sam Butcher

Free

POST OFFICE ON WHEELS

The mobile postal van visits the Senior Center monthly. Any business you conduct at the Post Office can be taken care of at the "Post Office on Wheels."

2nd Tuesday of the Month 12:40-1:00pm

MEDICARE COUNSELING

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

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

OHIO INSURANCE DEPARTMENT TO HOST 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, 2023. 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-No Registration required

Wednesday, 9/28 10:00am

Free

One on One counseling- Appointment required call (440) 580-3275

Tuesday, 10/18 9:15am-2:15pm

Free

HEAP PROGRAM

Ages: 50 & older

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.

Wednesday 10/26 9:00am-12:30pm

Free

COMMUNITY SUPPORTS GROUPS

MEMORY LOSS SUPPORT GROUP

Are you looking for support when dealing with memory loss? This group is open to caregivers of individuals with dementia or Alzheimer's disease, spouses, family members, or friends. A representative from Kemper House will be facilitating this helpful monthly support group; all are welcome to join with any questions they may have or come to learn more about the disease. If you are caring for, or know someone with dementia, this support group is for you.

Registration is free, but required.

Ages: 50 & older

First Wednesday of the month 9:15am **Free**

STRONGSVILLE LOW VISION CONNECTION

Have changes in vision impacted your daily life?

Seniors may experience changes in vision from varying conditions such as cataracts, glaucoma, and macular degeneration. Emotional effects can accompany even mild vision loss, ranging from fear of what a progressive condition might mean in the future, to questions about how to continue everyday activities like reading, home maintenance, cooking, and hobbies with a vision loss. This monthly support group will address all of these topics and much more in a supportive, informative environment. Registration is free, but required.

Ages: 50 & older

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

PROGRAMS

2022 BOOK DISCUSSION GROUP

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

Month	Book	Discussion Date
September	<u>The Four Winds</u> by Kristin Hannah	9/26
October	<u>The Midnight Library</u> by Matt Haig	10/24
November	<u>Women Rowing North: Navigating Life's Currents and Flourishing as We Age</u> by Mary Pipher	11/28
December	NO DISCUSSION	

PROGRAMS cont.

AARP DRIVER SAFETY PROGRAM CLASSES

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

Ages: 50 & older Instructor: April Dugan

Date and Time TBA

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

MORNING HEALTH TALKS

Join us with enlightening talks to improve your health, outlook and overall wellbeing. Each month, September through December, a representative from Altenheim Senior Living will offer an informative senior related talk. Plan to mark your calendar for the third Thursday of each month at 10am. These talks will be the talk of the town! Registration required for each talk.

Ages: 50 & older

Thursday 9/15 *The Difference Between Regular Aging and Dementia*
Elizabeth Seese

Free

THE NATURE OF FEAR – Part 1

We all have them. Some are real, some may be imagined; but what can we do about them? Social media and news outlets of every stripe seem to want us in a perpetual state of fear; why? Ancient spiritual texts like the Bible advise us to "be not afraid" over 300 times. How? Surely a recurring theme worth exploring. What can we learn about the origins of our fears, addressing them, even overcoming them?

Ages: 50 & older Seven Week Program Instructor: Ted Smith
Mondays 9/12-10/24 10:30-11:30am

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

THE NATURE OF FEAR – Part 2

We all have them, real or imagined. What to do about them? This class examines how fear arises within each individual, how to face it, maybe even overcome it. Need not attend Part 1 for this class.

Ages: 50 & older Seven Week Program Instructor: Ted Smith
Mondays 10/31-12/12 10:30-11:30am

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

AGING IN PLACE - Kitchens and Bathrooms

Most accidents that can cause harm to Senior Citizens occur right in their own home. If you are looking to make sure your house is safe so that you can remain in it as you age this is the program for you. Learn ways to increase safety specifically in your kitchen and bathroom and devices that can help. This program is presented by Maximum Accessible Housing of Ohio. Registration is required.

Ages: 50 & older

Tuesday 10/11 10:00am

Free



PROGRAMS cont.**AGING IN PLACE - Outdoors**

This workshop will share modifications and tools that we can use to continue enjoying our outdoor spaces as we age, with real life examples! This program is presented by Maximum Accessible Housing of Ohio. Registration is required.

Ages: 50 & older

Tuesday 11/1 10:00am

Free

MUSIC EDUCATION CLASSES

Join Dr. Keller, as he shares his life-long interest in all kinds of music, from Bach to Rock to County. Dr. Keller has lectured at Baldwin-Wallace University's Institute for Learning in Retirement, Lorain County Community College and various Senior Center and libraries. He returns to Strongsville, with two of his popular programs. Sign up for one, two, or all three!

Alfred Hitchcock – 11 of His Greatest Films

Alfred Hitchcock was a master director of mystery movies with surprise endings in the early and middle parts of the 20th Century. He was also a very active anti-fascist as some of his movies confirm. This presentation will offer information on many of his greatest films, including "Rear Window," "Psycho," "The Man Who Knew Too Much," "North by Northwest," as well as others. Select scenes from each of the movies will be played.

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

Thursday 10/13 10:00am

The Art of Pop Music - Billy Joel

Billy Joel is one of the top singer/songwriters of the 70's, 80's and 90's. We will learn about his background and listen to many of his hit songs, including "Piano Man," "We Didn't Start the Fire," and "The Longest Time," and explore some of the high (and low) points of his career.

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

Tuesday 11/22 10:00am

A History of Christmas Holiday Music

Christmas music, which has been a seasonal staple for centuries, had its earliest beginnings as chants, litanies and hymns intended for use during church liturgies. History isn't clear as to when the first carol appeared but it was supposedly written in the vernacular sometime between 1350 and 1550. This presentation will follow the development of Christmas music from its earliest days through the 20th Century, with examples played from many eras.

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

Wednesday 12/7 1:00pm

Fees/Class:

Members	\$10
Non-Members/Residents	\$12
Non-Members/Non-Residents	\$16

CELEBRATION HANDBELL CHOIR CONCERT

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

Thursday 12/15 7:00-8:30pm Free

COMPUTER INSTRUCTION (Senior Computer Lab)**One on One Sessions**

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

Ages: 50 & older

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

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

PUZZLE & BOOK SALE!

The Senior Center will be having a puzzle and book sale November 3rd & 4th. All puzzles will be \$1.00 and hardback books \$1 and paperback books .50. All proceeds will go towards Senior Activities. Be prepared for those cold days ahead, with a good book or a challenging puzzle.

Sale Hours:

Thursday, 11/3 9:30am-3:30pm

Friday, 11/4 9:30am-2:30pm

Have books and puzzles (no missing pieces) cluttering up your house? Drop them off at the Senior Center between 9am-5pm before November 2nd to add to our sale.



"THE CENTER OF LIFE"

MUSTANGS ON THE GO!

TREASURE BAG TOUR

Plan on surprises at every stop on this Great Day Tour -

JM Smucker Store (receive gift) - Shop in the store with the trusted brand bringing quality ingredients to families for over 100 years. Enjoy classic fruit spreads, peanut butter, ice cream toppings and much more.

Lehman's Hardware (receive gift) - When the Amish need something, they go to the store that features houseware items, classic toys, gardening tools, Soda Pop Shop (over 300 types of sodas), old-fashioned candy and treats plus the finest selection of non-electric technology you'll ever see.

Lunch included .We also allow some time in the gift shop and bakery.

P. Graham Dunn Gallery (receive gift) - See Amish craftsmen at work creating laser engraved wood pieces for your home or gifts. You will love their engraved Christmas ornaments and wall carvings.

Marshallville Packing Company (receive gift) - Our last stop of the day will make you feel like you've stepped back in time with antiques and old collectibles in every spare corner. Their own recipe sausages, bacon, hams, deli meats and jerky will remind you of stores you visited as a child. But the real reason is for the meat . . . they've been doing things the same way for over 60 years. You'll appreciate knowing where your meat comes from and who made your bacon and sausage.

Ages: 50 & older

Thursday 8/11 8:00am-6:00pm

Fees:		Registration Dates
Members	\$83	Now
Non-Member/Residents	\$85	Now
Non-Member/Non-Residents	\$89	Now

NIAGARA FALLS U.S.A.!

Join us on an End-of-Summer adventure as we visit the US side of mighty Niagara Falls. The FALLS are among the most impressive and famous waterfalls in the world and we'll start our experience up close and personal as we take The MAID of the MIST boat ride. "The Maid" has been giving tours since 1846 and is the MOST popular attraction in the Falls. We'll put on our Blue Ponchos and enjoy the mist in our faces and feel the energy as hundreds of thousands of gallons come crashing down. (Note: The Maid of the Mist has BRAND NEW, all electric ships that are quieter and still get incredibly close to the Falls!) After our FALLS encounter, our coach will deliver us to enjoy lunch at the upper ballroom of the Hyatt Place Hotel with windows that look out over the Falls area. This spot is centrally located so after lunch, we'll have free time to shop for the tacky souvenirs they are known for OR you can easily walk over the bridge to Goat Island (the land between the American Falls and the Horseshoe Falls) so you can see CANADA from a new perspective. Here is your chance to beat the dog days of August with an End-of-Summer adventure and a fun day in Niagara Falls USA! *Significant walking.* (JKL Tours)

Ages: 50 & older

Tuesday 8/23 7:00am-7:30pm

Fees:		Registration Dates
Members	\$115	Now
Non-Member/Residents	\$117	Now
Non-Member/Non-Residents	\$121	Now

GUARDIAN'S GAME

PLAY BALL! Enjoy a daytime trip with JKL

Tours to see the home town Cleveland Guardians, take on the Los Angeles Angels at a matinee classic.

We'll start by traveling to League Park, where the Cleveland Spiders played in 1891 and their opening day pitcher was Cy Young! Cleveland has restored this classic ball park where greats like Bob Feller, Lou Gehrig and Babe Ruth all played. We'll have a chance to take pictures from the spot where boys of the neighborhood would come to catch their baseball heroes.

After our trip down memory lane, we'll take in the actual afternoon game with plenty of time to enjoy Progressive Field and the many monuments and tributes there. Our trip includes lower-box seats in Left Field. Our tickets include a "Slider Meal" with a Ballpark lunch voucher for a hot dog, popcorn and soft drink. Come join us for this Summer day of fun!

Ages: 50 & older

Wednesday 9/14 11:00am-5:00pm

Fees:		Registration Dates
Members	\$84	7/13
Non-Member/Residents	\$86	7/20
Non-Member/Non-Residents	\$90	7/27



HOLDEN ARBORETUM TOUR

Nature and Amish all rolled into one on this Great Day Tour -

Holden Arboretum - Located east of Cleveland, Holden Arboretum takes pride in connecting people with the wonder, beauty and immense value of trees and plants. This campus sprawls over an enchanting expanse of land in Geauga County and offers gardens, trails, lakes and meadows. Plus, entry to iconic attractions such as the Murch Canopy Walk and Kalberer Emergent Tower are included in your admission.

Lunch at Mrs. Yoders Kitchen - Nestled in the heart of Amish Country in Geauga County, this restaurant is known for its good, old fashioned Amish home cooking. The group will enjoy a family-style luncheon (save room for dessert). We have also allowed a little time to shop in their bakery after lunch.

End of the Commons General Store - Ken and Margaret Schaden and their 11 children run this store. Upon entering the store, one will find many antiques. Penny candy still line the shelves by the checkout counter. People actually ask "How much is the penny candy?" but in this store, it is still a penny! As you shop and browse, you will see old time memorabilia, old-fashioned candy, Amish country meats & cheese, hand-dipped ice cream, over 150 varieties of glass bottle soda, hard-to-find kitchen gadgets . . . just to name a few. Take a journey back into yesteryear and trigger some memories.

Ages: 50 & older

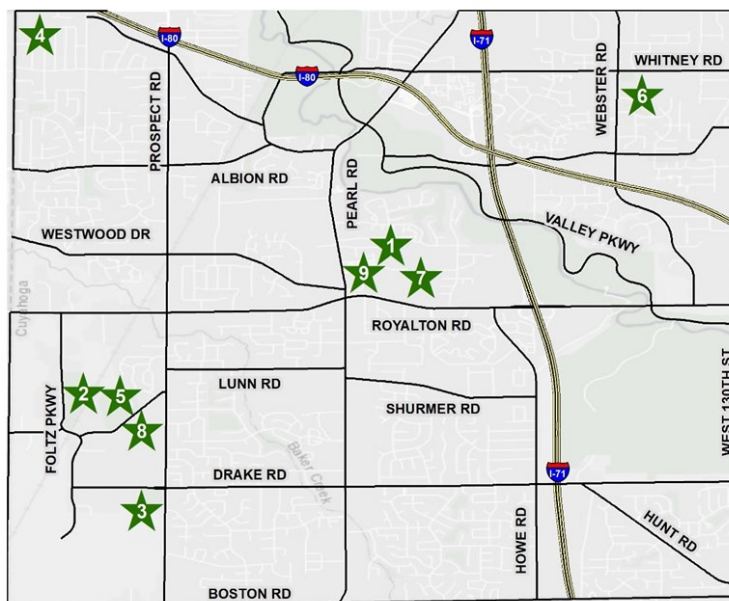
Wednesday 9/28 8:15am-5:15pm

Fees:		Registration Dates
Members	\$92	Now
Non-Member/Residents	\$94	Now
Non-Member/Non-Residents	\$98	Now

RECREATION PARKS AND AMENITIES

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

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



- 1. Rec Park #1 - 18100 Royalton Road:** Located behind the Ehrnfelt Recreation Center. This park features 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 Municipal Offices. This park features Foltz 1 and Foltz 2 Fields, playgrounds, a basketball court, two pavilions and picnic tables. One pavilion has electricity, restrooms, a grill, and running water.
- 3. Rec Park #3 - 21273 Drake Road:** Located at intersection of Drake Rd and Prospect. This park features Wood and Sprague Fields. Each field has a pavilion with picnic tables, two grills, four electrical outlets, playgrounds, and portable restrooms nearby.
- 4. Nichols Field - 227070 Sprague Road:** Located at Sprague and Marks Road. This park features a baseball field, pavilion with eight electrical outlets, ten picnic tables, two grills and a playground.
- 5. Volunteer Park- 21410 Lunn Road:** Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) fields and two little league fields (Roth & Kalinich) are at this location. This park also features batting cages, horseshoe pits, 1/2 mile paved walking paved, vending machines, restrooms, pavilion with picnic tables, 8 electrical outlets and 12 picnic tables, bocci ball courts and playground.
- 6. Surrarer Park - 14625 Whitney Road:** Located at the corner of Webster and Whitney Roads (east of I-71) this park features an ADA compliant playground, James Field, 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.
- 7. Backyard Preserve - 18100 Royalton Road:** Located behind the Ehrnfelt Recreation Center. This park features an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.
- 8. Youth Sports Park - 21255 Lunn Road:** Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). This park features one regulation football field, two flag football fields, three little leagues fields and one pavilion with electrical outlets and picnic tables. Football fields for use by permit only.
- 9. Castletown Pavilion - Intersection of Roe Ln, Zverina Ln & Westwood Dr:** Located between the Strongsville Library and Castletown Playground, this pavilion has electrical outlets, picnic tables, and a grill.

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.

*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