

Hit 2019 Running

**2019
JANUARY
TO APRIL**

visit us at
www.strongsville.org

City Of Strongsville Parks, Recreation and Senior Services Department

Director, Bryan Bogre

The Ehrnfelt Recreation & Senior Center
18100 Royalton Road (Rt. 82)
Strongsville, Ohio 44136
Rec. Phone: (440) 580-3260
Rec. Front Desk Fax: (440) 572-4402
Rec. Administration Fax: (440) 572-3503
Senior Center Phone: (440) 580-3275
Senior Center Fax: (440) 572-3137
Website: www.strongsville.org

Mission Statement

The Strongsville Parks, Recreation and Senior Services Department is committed to enriching lives by offering exceptional services and activities in safe, clean and friendly environments.



Message From Our Mayor

Dear Residents,

As Mayor of the City Strongsville, I am committed to providing life enriching opportunities for you and your family. I encourage you to take advantage of our state-of-the-art recreation center. It is not only a place to exercise and learn new skills but a place to enjoy and get to know others in the community.

Come enjoy the benefits of staying active with the Parks, Recreation and Senior Department!

Sincerely,
Thomas P. Perciak
Mayor

EHRNFELT RECREATION CENTER INFORMATION



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Weather Closing and Class Cancellations

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

www.strongsville.org/content/recreation.asp
Channel 3 News (www.wkyc.com)
News Channel 5 (www.newsnet5.com)

Hours of Operation (Recreation Center & Old Town Hall)

June 1 – September 30

Monday – Friday	5:00am – 9:00pm
Saturday	8:00am – 6:00pm
Sunday	9:00am – 3:00pm

October 1 – May 31

Monday – Friday	5:00am – 10:00pm
Saturday	8:00am – 8:00pm
Sunday	9:00am – 5:00pm

NON-MEMBER DAILY GUEST FEES

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

***FREE Admission to Military Personnel on leave.**

HOLIDAY HOURS AND CLOSINGS

Thurs., Nov. 22, 2018	Thanksgiving	CLOSED
Mon., Dec. 24, 2018	Christmas Eve	5:00am-1:00pm
Tues., Dec. 25, 2018	Christmas Day	CLOSED
Mon., Dec. 31, 2018	New Year's Eve	5:00am-5:00pm
Tues., Jan. 1, 2019	New Year's Day	CLOSED
Sat., April 20, 2019	Day Before Easter	8:00am-5:00pm
Sun., April 21, 2019	Easter Day	CLOSED

MEMBER ONLY DAYS

Mondays and Wednesdays,
November 1 - March 31 • 5:00pm – 10:00pm

GROUP OUTINGS

Groups of 20 or more can visit the Ehnfelt Recreation Center for a discounted rate. Please call 580-3270 to arrange your group outing. Group outing arrangements must be made at least 2 weeks in advance.



AMENITIES - EHRNFELT RECREATION & SENIOR CENTER

AQUATIC CENTER

- Competition pool – 8 lane, 25 yards, 3 diving boards
- Activity Pool – zero depth entry; water slide; pirate ship; 5 lane lap pool; 17 yard wading area
- Steam & sauna rooms
- 24 person whirlpool
- Bleacher seating for approximately 500

CARDIO EXERCISE AREA (MUST BE 12 YEARS OR OLDER*)

Cutting edge cardio equipment includes TV and web integrated consoles with each machine handpicked from award winning manufacturers. Units include Technogym treadmills, ellipticals, vario, steppers, upright and recumbent bikes; LifeFitness Stepmills; Cybex ArcTrainers; and StarTrac treadclimbers and a Jacobs Ladder.

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

AUXILIARY GYMNASIUM

- Synthetic floor
- Gym can be used as one high school regulation basketball court, two volleyball courts, or indoor soccer court, etc.

LOCKER ROOMS

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

INDOOR TRACK (MUST BE 15 YEARS OR OLDER)

- LENGTH – 1/12 MILE
- Width – 4 Lanes (2 Walking & 2 Running)

STRENGTH ROOM (MUST BE 15 YEARS OR OLDER)

Our weight room rivals Division 1 and Pro sports strength facilities in pure quality. 1.5" thick rubber coats the floor lined with 2 Hammer Strength Power Racks, hammer and Technogym pure strength plate loaded equipment, cybex modular towers, and a complete selectorized line of technogym equipment.

MAIN GYM

- Wood Floor
- Two high school regulation basketball courts
- Volleyball

GAME AREA

- Billards tables
- Air Hockey & Foosball tables
- Video/arcade games
- Snacks, soft drinks, juice/water vending machines
- Change Machines

GROUP EXERCISE & MIND/BODY STUDIOS

- Two wood floor studios
- Independent sound systems

The following areas are only available as private rentals

EVENT CENTER

- Catering services
- Entertainment stage
- Tables & Seating for 400

CONFERENCE/MEETING/PARTY ROOMS

- Several rooms available for rent
- See Facility/Room Rental Services info on Page 6

GENERAL CUSTOMER INFORMATION

ELIGIBILITY INFORMATION

You DO NOT have to be a Strongsville Resident or an Ehrnfelt Recreation Center member to participate in most programs and activities held at the center.

OPEN GYMNASIUM (BASKETBALL COURTS) AND OPEN POOL SCHEDULE

These schedules will change throughout the year. Please pick up current schedules at the front desk or check the website: www.strongsville.org

LOCKERS

Lockers are available in all locker rooms and throughout the facility. It is STRONGLY RECOMMENDED that all personal items are secured in a locker. Please DO NOT leave personal items unattended in an unlocked locker. Please bring your own combination lock to secure items in a locker. Pay lockers are NOT available. Locks must be removed daily.

CHILD CARE SERVICES

Child Care is available at the Ehrnfelt Recreation Center and is free for members and group exercise passholders. Please see page 5 for more information.

PAYMENT INFORMATION

Cash, Check, Money Order, Visa, MasterCard and Discover accepted as payment for ALL TRANSACTIONS.

SECURITY

For your protection, the Ehrnfelt Recreation and Senior Center premises are under 24 hour digital camera surveillance with instant remote access capability by Law Enforcement Authorities.

Membership Benefits

Unlimited Use: Of the Ehrnfelt Recreation Center during ALL open recreation times

Reduced Rates: On programs, facility rentals for parties, showers, and meetings!

Participation: In members-only promotions and special events

Priority Registration: On most programs/classes and services

Free: Exercise Orientation

Member only days: Monday and Wednesday; November 1 – March 31 between 5:00 and 10:00pm

6-Pack of 50% off coupons: to use when you bring family and friends (Not Valid during Members Only Days)

Free Child Care Service

Coupon Savings pack valued at over \$80.00

ANNUAL MEMBERSHIP FEE STRUCTURE & MEMBERSHIP INFORMATION

OPTION 1 (PAY ENTIRE YEAR AT TIME OF PURCHASE):

RESIDENT/FULL-TIME WORK/NON-RESIDENT

	Resident or Full-Time Work in Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265	\$425
Couple*	\$365	\$580
Youth Individual (Ages 4-18)	\$165	\$290
Full-Time College	\$165	\$290
Family	\$435	\$725
Individual Senior (Ages 60 & over)	\$135	\$265
Senior Couple*	\$240	\$465
Military	\$140	\$245

OPTION 2 (SIGN AN ANNUAL CONTRACT AND PAY BY CREDIT CARD MONTHLY):

RESIDENT/FULL-TIME WORK/NON-RESIDENT

	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	\$13.75/month	\$24.17/month
Family*	\$36.25/month	\$60.42/month
Individual Senior (Ages 60 & over)	\$11.25/month	\$22.09/month
Senior Couple*	\$20.00/month	\$38.75/month
Military	\$11.67/month	\$20.42/month

The annual membership is broken down into twelve installments plus a \$3 per month processing fee.

CREDIT CARD PAYMENT PLAN INFORMATION

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

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

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 a legal residence in the household of the adult(s).

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

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

Resident/Full-Time Worker in Strongsville: means an individual who is legally domiciled within a permanent residence in the City of Strongsville. The term "resident" also shall include an individual non-resident of the City who is an employee of a business entity that maintains its place of business in the City and works for such entity at least 37.5 hours per week.

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

MEMBERSHIP POLICIES

*Memberships are NON-REFUNDABLE and NON-TRANSFERABLE.

WHAT DO YOU NEED TO BRING AT THE TIME OF PURCHASE OR RENEWAL?

- RESIDENCY VERIFICATION** - if you live in the City of Strongsville, you MUST show proof of residency at the time of renewal or purchase. If you are renewing, please use postcard as proof of residency, otherwise an unpaid utility bill must be presented for residency verification.
- COLLEGE STUDENT VERIFICATION** - full-time college students (currently enrolled in 12 or more credit hours) MUST show proof at time of purchase or renewal (examples: current class schedule or tuition bill).
- FULL-TIME EMPLOYMENT IN STRONGSVILLE** - anyone working full-time (37.5 - 40 hrs. per week) for a company located in Strongsville is eligible for resident rates. A letter on company letterhead, signed by a supervisor, a copy of a current pay stub and a valid photo I.D. must be presented.
- ACTIVE MILITARY** - must present an active, federally issued Military Identification Card at the time of purchase or renewal.

AGE RESTRICTIONS

- 11 years and under must be accompanied by an adult (18 and over) at all times and may use the track, gymnasiums, game area and pool.
- Youths 12-14 years: After completion of youth strength training class, youths may utilize all the strength and treadmills in the cardio area only, they may not use the weight room. Youths that are non-members must pay the normal daily rate (\$6/visit). Please bring your youth card for admittance into the cardio area.
- Must be 15 years and over to use the weight room, spa, sauna, & steam room.

MEMBERSHIP CHECK-IN

To enter the facility as a member, you MUST stop at the Front Desk and enter your membership number into a numeric keypad. The Desk Attendant will then verify your membership and grant you access into the facility. Each member visit will be recorded into the computer system.

MEMBERSHIP RENEWAL INFORMATION

HOW ARE YOU GOING TO BE NOTIFIED?

A COURTESY POSTCARD will be sent around the first of the month indicating that your membership expires at the end of the current month (i.e. if your membership expires on Dec. 31, 2019, you will be sent a postcard on or around Dec. 1, 2019).

Provided you renew before your membership expires, you receive 13 months for the price of 12. Not applicable with payment plan.

30 Day College Pass*

Come use the recreation center while at home on winter break. Show us your valid college ID or next semester's college class schedule to receive this offer. Choose your own start date anytime between November 20-December 31, 2018.

Membership can be applied towards a yearly membership before expiration.

*Pass does not make customer eligible for yearly member benefits.

Resident: \$30

Non-Resident: \$40

MEMBERSHIP RENEWAL INFORMATION (cont.)

HOW CAN YOU RENEW?

In-person – at the front desk, with all the necessary information (see “What Do You need to bring...” On page 3).

CORPORATE MEMBERSHIPS

The City of Strongsville values its businesses and as a way to demonstrate this, the Ehrnfelt Recreation Center offers companies, who have a minimum of 10 individuals, Annual Corporate Membership Packages. For more information on how your business can participate, please contact Facility Manager, Sarah Arold at 580-3260 ext. 5279.

MEMBERSHIP REFERRAL PROGRAM

Here at the Ehrnfelt Recreation Center, we realize that you, the current members, are our most valuable marketing tool. Therefore, we have instituted the Ehrnfelt Recreation Center Membership Referral Program. This is how it works.

If at the time a NEW member joins the Ehrnfelt Recreation Center and they list your name as having referred him/her to us, we will mail you a \$25.00 Recreation Center Gift Certificate good towards any purchase here at the Center. The only catch is that your membership must be current at the time that the new member joins... That's it... It's that simple.

Go out and tell your friends and neighbors how the “Strongsville Recreation Department is “Re-Defining Recreation” and start watching those \$25.00 Gift Certificates roll in!!!

SPECIAL ASSISTANCE

The Ehrnfelt Recreation Center wants you to get the most out of each and every one of your visits. Therefore, if you are a physically challenged member of the Ehrnfelt Recreation Center and require the assistance of another person in order to use the facility, please contact Director, Bryan Bogre at (440) 580-3262 in order to make the appropriate arrangements.

FUNDING ASSISTANCE

The City of Strongsville has made financial assistance available for Strongsville residents to obtain an Ehrnfelt Recreation Center membership, or for participation in programs offered by the City of Strongsville Recreation Department. Documentation of income needed. Please contact Facility Manager, Sarah Arold at (440) 580-3260.

WORK-TO-WORKOUT PROGRAM

The Ehrnfelt Recreation Center has developed a Work-To-Workout Program to assist Strongsville residents who may not have financial resources that are necessary to participate in the activities and programs that are offered. Please contact Facility Manager, Sarah Arold at (440) 580-3260.

PROGRAM REGISTRATION INFORMATION

MEMBER PRIORITY PROGRAM REGISTRATION IS HERE!

PROGRAM REGISTRATION SCHEDULE (INCLUDING LEARN-TO-SWIM)

Member Only Program Registration begins November 20

**Non-Member Residents Program
Registration begins November 27**

Open Program Registration begins November 28

Internet Registration begins November 28

WALK-IN REGISTRATION

(Cash/Check/Visa/MasterCard/Discover/Credit On Account)

You may register for programs in person at the front desk of the Ehrnfelt Recreation Center during normal operating hours.

PROGRAM REGISTRATION INFORMATION (cont.)

MAIL-IN REGISTRATION

(Check/Visa/MasterCard/Discover/Credit On Account)

Print and complete registration form located on the Recreation Department Website. Include payment and mail to:

PROGRAM REGISTRATION

Ehrnfelt Recreation Center
18100 Royalton Rd.
Strongsville, OH 44136

Mail-in registrations will be processed on date received. Mail-in does not guarantee that a spot in a class is available. A receipt will be mailed within a week of the postmark date to confirm that registration has been processed. A phone call by the Ehrnfelt Recreation Center staff will be made immediately if there is any problem with the registration.

ONLINE REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

You may register online for programs and classes. Not all classes are available for online registration, but you may view them. To register online visit www.strongsville.org; click on Recreation & Senior Center; and click on Online Registration.

A \$3.00 non-refundable convenience fee is added to your cart upon checkout.

FAX-IN REGISTRATION – NO LONGER ACCEPTED

PHONE-IN REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

To register by phone please call (440) 580-3260.

PAYMENT

Full payment for classes must be made at the time of registration.

PAYMENT METHODS

The city will accept cash, personal checks, credit cards (Visa/Mastercard/Discover) and money orders for the payment of fees. Please note which form of payment is acceptable for the method of registration you choose. Checks must be made payable to: **The City of Strongsville.**

CONFIRMATION

Once we have processed your registration, we will mail or e-mail you a confirmation receipt showing in which program(s) you are enrolled. If we were unable to place you in your selected program, you will be contacted by phone.

WAITING LIST PROCEDURE

Waiting lists are a source of contact and do not guarantee you'll receive a call back. You'll receive a call back only if a space becomes available.

If you ask to add your name to a waiting list for a closed program, it:

- Provides us with a name and phone number in the event of a cancellation;
- Supplies us with names and phone numbers in case a new program is added;
- Does not limit you from registering for any other open classes.

LATE REGISTRATION

Late registrations will be accepted prior to the second session of the program. After the second session of the program, no registrations will be accepted. Individuals registering late will be required to pay the total class fee. Program fees will not be prorated.

NOTICE TO PARTICIPANTS

Participants must recognize that all programs of a physical nature involve some risk and by registering for programs of this nature, there is an assumption of risk by the participant. The City of Strongsville Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first-class recreational activities, facilities and parks. In the event of a serious accident or illness, it is the policy of the city to:

- Contact the Strongsville Fire Department Paramedics to perform first aid, when necessary, recommend transport of the victim to a hospital, and contact a parent/guardian or relative as soon as the situation allows.

PROGRAM REGISTRATION INFORMATION (cont.)

CANCELLATION POLICY (DUE TO LACK OF ENROLLMENT)

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 Staff.

PROGRAM REFUND POLICY (RECREATION & SENIOR CENTER)

1. If the program is cancelled by the Department, a refund for the FULL amount that was paid will be applied to your Recreation/Senior Center Customer Account, or you may request a check issued from the City Finance Department. Checks will be issued within 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.

There are TWO refund options:

- a. **Recreation Department Customer Account** - If the customer wants to have the refund posted to his/her Recreation Center account, a credit for the FULL AMOUNT that was paid will be issued.
 - b. **Check Issued** - If the customer paid by cash, credit card, or check and would like a check issued from the City Finance Department, a 20% or \$5 administrative fee (whichever is greater) will be deducted from the amount that was originally paid. A check will be issued within 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.

CANCELLATION POLICY FOR DAY CAMPS

If an individual wants to cancel enrollment in day camp, it must be requested at least 7 days prior to the first day of camp. REFUNDS WILL NOT BE GIVEN if requested less than 7 DAYS PRIOR TO THE FIRST DAY OF CAMP. Individuals assume the risk of changes in health or personal schedules. However, a doctor's statement can be presented to the Ehrnfelt Recreation Center for review. For those wishing a refund, a \$5 administrative fee or 20%, whichever is greater, will be deducted from the amount originally paid for all refunds granted.

CUSTOMER SATISFACTION

The Strongsville Recreation Department intends to provide programs and facilities that meet and exceed your expectations of a satisfying recreational experience. We want you to be satisfied with our classes and programs. If our services or programs do not meet your needs, please provide us with your input in the form of suggestions, comments, ideas or changes for improvements by utilizing the Sounding Board. Your satisfaction and input is very important to us.

**The Ehrnfelt Recreation Center
Would Like To Give Thanks To
All Those Who Are Serving In
Our Armed Forces.**



CHILDCARE SERVICES

For more information regarding child care, please call (440) 580-3260.

Child Care is available at the Recreation Center for facility users and program participants. *Services are NOT available on Sundays. **Childcare is free for members and group exercise passholders with year contracts.**

If you wish to use the Recreation Center Child Care Services, you must adhere to the following procedures:

1. **RESERVATIONS** are strongly recommended at least 24 hours in advance. Enrollment in a program does not guarantee Child Care reservations.
2. **CAPACITY** - 20 children per hour, 6 children per adult staff.
3. **TIME LIMIT** - Reservations can be made in the following time increments: 1/2 hour, 1 hour, 1 1/2 hours.
4. **PARENTS** must remain in the facility at all times while their children are in the childcare services.
5. **LABEL** all personal belongings, especially cups, bottles, and pacifiers. The childcare staff is not responsible for damaged, lost or stolen belongings.
6. **NO SICK** children are permitted in the childcare services. The staff CANNOT administer medication. Please do this prior to visiting the Center.
7. **NO MEALS** are to be planned or prepared by the childcare staff. No gum please.
8. **PLEASE** complete the necessary paperwork each time you use our childcare service.
9. **CHECK-OUT** - A photo I.D. must be shown each time a child is checked out. You must be at least 15 years old to check out a child.
10. **DIAPERS** must be provided by parents. Parents will be paged to change diapers.

CHILDCARE FEES

	MEMBERS	NON-MEMBERS
10 hours (1/2 hour increments)	FREE	\$40.00
20 hours (1/2 hour increments)	FREE	\$70.00
Drop-In	FREE	\$5.00/hr.



TOT ROOM

Mornings: 6 Months - 6 Years

Evenings: 6 Months - 9 Years

Toys, games, coloring books and more are available for use.

Monday - Friday	8:30 am - 1:00 pm
Monday - Thursday Evenings	5:00 pm - 8:30 pm
Saturday	8:30 am - 12:00 noon

www.strongsville.org/content/recreation.asp

FACILITY/ROOM RENTAL SERVICES

(See page 7 for photos)

Room	Occupancy w/tables & chairs	Hourly Rates (2 hr. Min. Req.)	
		MEMBERS	NON MEMBERS
Conference Room	35	\$45	\$65
Meeting Room	50	\$45	\$65
Senior Art Studio	50	\$45	\$65
Senior Meeting Room	56	\$45	\$65
(After Hours ONLY)			
Auxiliary Gym	N/A	\$195	\$245
Main Gym	N/A	\$220	\$270
Activity Pool	N/A	\$380	\$455

A deposit of \$100 is due with a signed contract.

Deposits are NON-REFUNDABLE if party is cancelled.Please plan on booking your party **at least two weeks** in advance.

AFTER HOUR RENTALS

(Main Gym, Auxiliary Gym, Activity Pool, Competition Pool** and Aquatic Center)

1. MUST be requested at least 6 weeks in advance.
2. Pricing includes after hours staff.
3. An After Hour Rental is a room or area that can only be rented after the Ehrnfelt Recreation Center is closed. (See Page 1 for facility hours.)

CELEBRATE AT THE REC CENTER!

ROOM RENTAL ONLY

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

ROOM RENTAL WITH FACILITY USE

Facility use includes Pool, Gyms & Game Area and is permitted only during contracted room rental time.

Room Price listed above plus:

\$3/person age 7-adult**\$2/person age 4-6 years****Age 3 and under free**

(Facility use fee applicable to Non-members only)

ALL-INCLUSIVE PARTY PACKAGES

15 Guests:	\$215/Member	\$280/Non-Member
30 Guests:	\$285/Member	\$350/Non-Member
45 Guests:	\$360/Member	\$420/Non-Member

INCLUDES:

- 3-hour Room Rental with use of Pool, Gym & Game Area
- Pizza, Soda and Cake (DQ or Traditional)
- Plates, cups, forks, napkins, tablecloths, candles & matches

**Theme packages also available.** Please call for cost and options.

OLD TOWN HALL

Renovated and updated, the Old Town Hall provides a historical backdrop perfect for your next party, shower, or meeting. The Hall offers two rooms each with comfortable seating for 80 people. Call 580-3270 to make your rental reservation.

Rental includes:

- An on-site supervisor
- One-half hour for set-up, and one-half hour for clean up.
- Kitchen use optional for additional fee.
- Two hour rental minimum.

Amenities include:

- Heating and air conditioning
- Tables and chairs, stage area on 2nd floor
- Wifi, dishwasher, microwave oven, oven, stove, refrigerator, freezer, coffee maker, steamer and sink.
- The Hall is handicap accessible.

A deposit is required with signed contract. Deposits are non-refundable in the event of cancellation. Room deposit with kitchen rental is \$300. Deposit without kitchen rental is \$100.

Cancellations must be made no less than two weeks in advance or a refund will not be granted. Alcohol is permitted. Alcohol is to be provided by the renter. An alcohol permit is required if alcohol is being sold.

A security guard is required for those serving alcohol. This will be arranged for you in cooperation with the Strongsville Police Department. The fee for the guard is \$35/hour (3 hour minimum).

	Hourly Rates	Kitchen Use	Package Rates
	Fee Per Room	Flat Fee	(12 hr block of time) Entire Hall (includes kitchen)
Member	\$55	\$50	\$900
Non-Member	\$75	\$70	\$1200

Call (440) 580-3270 for Rental Information

Precautions to be taken before participating in an activity offered by the city or at any of its facilities include:

- A physician's examination and health clearance
- Adequate knowledge of skills
- Proper training procedures
- Knowledge of all rules and regulations of all City of Strongsville Recreation Facilities

Celebrate!

at the Ehrnfelt
Recreation Center

ROOM RENTAL ONLY

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

Meeting Room (1st Floor) - Capacity 50

Sr. Art Studio (Senior Center, 1st Floor) - Capacity 50

Conference Room (2nd Floor) - Capacity 35

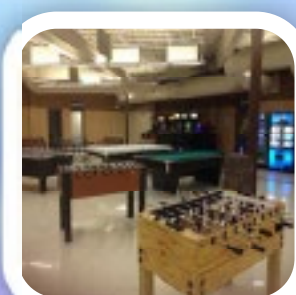
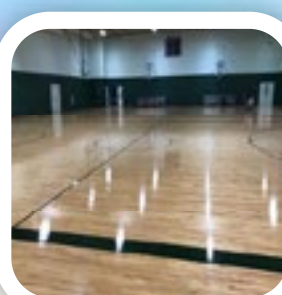
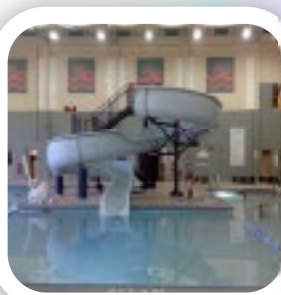
ROOM RENTAL with Facility Use (Pool, Gym & Game Area)

Room Price listed above plus:

\$3/person age 7 & older

\$2/person age 4-6 years

Age 3 and under free



ALL INCLUSIVE PARTY PACKAGES

Room rental for 3 hours • Facility Use • Pizza, Soda & Cake
Plates, Cups, Napkins, Tablecloths, Candles & Matches

15 Guests Member Non-Member

Deluxe \$215 \$280

Theme \$245 \$310

1 - Sheet Pizza • 3 - 2 Liters of Soda • 10" DQ Cake OR 1/4 Sheet Traditional Cake

30 Guests Member Non-Member

Deluxe \$285 \$350

Theme \$315 \$380

2 - Sheet Pizzas • 6 - 2 Liters of Soda • DQ Sheet Cake OR 1/2 Sheet Traditional Cake

45 Guests Member Non-Member

Deluxe \$360 \$420

Theme \$400 \$480

3 - Sheet Pizzas • 9 - 2 Liters of Soda • Sheet & 10" DQ cake OR 1 Full Sheet Traditional Cake

Book Your Event Early!

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

For Reservations: 440-580-3270

THE EHRNFELT EVENT CENTER

**Wedding Receptions • Holiday Parties • Themed Events
Corporate Meetings • Business Luncheons**

The Event Center is perfect for any special occasion!

Please contact: Facility Rentals at 440-580-3270.

EVENT CENTER HOURLY RATES (2 HOUR MIN.)*

Room	Occupancy	Member Hourly Rate	Non-Member Hourly Rate
Whole Event Center	400	\$125	\$150
Half Event Center	200	\$75	\$100
Concession Stand	N/A	\$60 flat rate	\$85 flat rate
Kitchen	N/A	\$150	\$175

EVENT CENTER PACKAGE RATES (BASED ON 12 HOUR BLOCK OF TIME)

Room	Occupancy	Member Rate	Non-Member Rate
Whole Event Center	400	\$1100	\$1400
Half Event Center	200	\$600	\$900
Kitchen	N/A	\$1500	\$1750

Kitchen use includes use of dinnerware and appliances by licensed and insured caterer.

Reservations – Please make your reservations at least 2 weeks in advance. After Hours rental requires 6 week advance reservations.

Deposits – A deposit of \$300 is required within three days of the reservation to secure the rental agreement. Deposits are Non-Refundable due to cancellation.

Alcohol – The Event Center is the ONLY area designated for alcohol consumption. Parties serving alcohol are required to have a security guard. Alcohol permits are needed for events selling drinks or tickets including alcoholic beverages. There is an additional charge for alcohol permits.

Security Guards – One security guard is required for those parties serving alcohol. This service will be arranged for you in cooperation with the Strongsville Police Department. The fee for a Security Guard is \$35 per hour (3 hour minimum).

***After Hours Rentals** – If the rental exceeds the Recreation Center's open hours of business, you will be required to pay an additional \$120.00/hour on top of the normal hourly rental fee for facility supervision, maintenance and utility costs.

Cancellations – Cancellations must be made no less than two weeks in advance or refund will not be granted. Deposits are non-refundable.

OVERNIGHT RENTAL RATES

(7 hour rental beginning within 30 minutes of the center closing)

Enjoy exclusive use of the Ehrnfelt Recreation Center after hours for your special events. Rental includes use of the Event Center (optional), Auxiliary Gym, Main Gym, Game Area, Avenue, Locker Rooms, Concession Stand and the Aquatic Center (4 hours only). All groups must provide appropriate Adult Supervision in accordance to the group size. A security guard may be required.

With Event Center \$2,550*

Without Event Center \$2,250*

*Fee is for 200 people. If more than 200 people, call for rates.



FACILITY GUIDELINES

It is the intent of the Strongsville Recreation Department to offer facilities and programs that meet the high standards that the Strongsville community is entitled. Use of the facilities by families and citizens of all ages is strongly encouraged. The following guidelines have been established to help operate and maintain the Ehrnfelt Recreation Center and to meet the goals established by the Recreation Department. Please feel free to comment on any problems you may have and to report any acts conducted by individuals or groups that jeopardize or intimidate the users of the facility.

1. Current membership, daily guest fee, or enrollment in a program is required to gain access to the Ehrnfelt Recreation Center.
2. Only scuff-resistant shoes are allowed in the activity areas of the building. **Dark soled running shoes, turf shoes, spiked shoes, street shoes, shoes with rollers ("Heelys")** and any other types of shoes which mark the floors, especially the gymnasium and aerobics floors, are absolutely prohibited. Muddy or dirty shoes are not permitted. Participants are asked to please change into a separate, clean pair of shoes for their indoor recreational use. Shoes are required to be worn at all times while in the facility (except locker rooms, pool area, or at the discretion of a program leader.) No hover boards.
3. The Ehrnfelt Recreation Center is a tobacco-free facility by city ordinance.
4. To enter the building children under 12 years of age must be accompanied by a parent/guardian (18 years or older) unless they are participating in an organized program or activity, the parent/guardian must remain in the building.
5. No pets allowed except those assisting a person with a disability or if a special program, (i.e. obedience class, dog show), is scheduled.
6. The Strongsville Recreation Department and the Ehrnfelt Recreation Center are not responsible for lost or stolen articles. It is strongly recommended that all belongings are placed in a locker and secured with a personal lock. Please do not bring valuables into the facility. Locks can be purchased at the front desk.
7. Children 4 years of age or older may not use the locker room of the opposite sex. Please use the family changing rooms.
8. **Spa** - Youth under 15 years of age are not permitted in the spa.
9. **Sauna & Steam** - Youth under 15 years of age are not permitted in the Sauna and Steam Room.
10. **Strength Training and Cardio Exercise** - Youths 12-14 years: After completion of youth strength training class, youths may utilize all the strength and cardio equipment in the cardio area only, they may not use the weight room. Youths that are non-members must pay the normal daily rate. Please bring your youth card for admittance into the cardio area. **There is a 30 minute time limit on all Cardio Exercise equipment.**
11. **Indoor Track** - Youth 0-11 years of age must be accompanied by an adult.
12. Changes in the recreation schedule may occur without notice. Current pool and gym schedules are available at the front desk.
13. Public display of amorous affection is not permitted and will not be tolerated.
14. Eating and drinking is PERMITTED in designated areas only.
15. No spitting, chewing tobacco, or gum is permitted in the facility. No Vapors.
16. Each area has individual guidelines for your safety and enjoyment. Please follow these guidelines.
17. The following activities are not permitted and will result in suspension, expulsion or termination of membership:

a. Fighting	b. Stealing
c. Property Damage/Vandalism	d. Loitering (inside or outside facility)
e. Disorderly Conduct	f. Horseplay
g. Littering	h. Profanity
18. We recommend that any individual involved in strenuous activity carry appropriate identification in case of an emergency.
19. To respect our senior members, do not park in the Senior Center lot until after 5:00 pm.
20. For the safety, health and welfare of all members and patrons, proper swim attire is required when using all of the pools in the Aquatic Center, including participation in Learn to Swim classes. Questions concerning proper swim attire should be addressed with the Aquatic Center personnel.
The following are prohibited:

a. Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.
b. Clothing worn for workout or other purposes prior to using the Aquatic Center.
21. No concealed guns or weapons allowed on these premises.
22. The Strongsville Recreation Department staff reserves the right to add, amend or delete rules as necessary.
23. **Aquatic Center** - No food or glass containers permitted. Visit the aquatic center for a complete list of rules.

SPECIAL EVENTS, PROGRAMS & PROMOTIONS

KIDS GARAGE SALE

Saturday, February 23

9:00am–12:00pm

Reserve a table to sell your gently used maternity, baby and kids items. Or, just come and shop over 50 tables of toys, clothes, small furniture and accessories. **Please Note:** There is a two table limit per family.

5-Foot Tables

Members \$11

Non-Member/Residents \$15

Non-Member/Non-Residents \$20

8-Foot Tables

Members \$15

Non-Member/Residents \$20

Non-Member/Non-Residents \$25

Shoppers - Early bird shopping is from 9:00 – 9:59am and is \$3 admission (please have exact change)

• Shopping from 10:00am – 12:00pm is FREE

FATHER/DAUGHTER DANCE (EVENT CENTER)

Friday, February 8

6:30 – 8:30pm

Gentlemen (dads, granddads, caregivers, uncles,), we invite you to accompany the most lovely little girl in your life to an evening you'll remember forever. Dancing to music, eating pizza, taking a keepsake photo, and a carnation for your date, will fill your evening with unforgettable fun.

Please note: 50 tickets must be sold by 5:00pm, January 28th for the dance to occur. Tickets can be purchased in advanced at the Strongsville Rec. Center front desk. There will not be tickets sold at the door the night of the dance. Only 200 tickets sold for this event, so get your tickets early!

Fees: Member \$9/per person • Residents \$11/per person • Non-Member/Non-Residents \$13/per person

BREAKFAST WITH THE EASTER BUNNY

Saturday, March 30

9:00am

Egg-stra special fun awaits you at this family style breakfast. Enjoy scrambled eggs, pancakes, sausage, bacon orange juice, milk and coffee as you await the arrival of the Bunny himself.

Enjoy a special Easter craft, face painting, a chance to win a door prize for your family, and a complimentary professional digital photo with the Bunny in your Easter best! (1 photo per family).

Tickets on sale Monday, January 14th at the Ehrnfelt Recreation Center front desk. Please note, all tickets must be purchased in advance. There will not be tickets available on the day of the event.

Ticket Fees (Per person): • Members \$8 • Non-Members \$12

**Children under 2 years of age are free but still must have a ticket from the front desk.*

STRONGSVILLE YOUTH COMMISSION

Each July, the members of the SYC go on a leadership retreat to bond as a team and set their goals for the upcoming school year. For the 2018-19 school year, the Strongsville Youth Commission has chosen to focus on the following issues:

The Green Team –We aim to educate and spread awareness about methods the community can use for saving and protecting the environment.

Group members: Anastasia Ciobanu, Catherine Galla, Shrini Jasani, Jazmine Mullins, Alanis Nader, and adult mentor Gerard Banez

S.O.S. (Sick of Stress) –We hope to help alleviate stress in the general public and hope to bring joy and relief to those who feel overwhelmed

by implementing programs accessible to everyone and helping people find a healthy work/school life balance.

Group members: Riya Bhatt, Rachel Castle, Brianna Thompson, Vyoma Trivedi, Cole Ventresca and adult mentors Lauren Rebholz and Shannon Novak

Triple S (Strongsville Safety Squad) – The feeling of being safe has been stripped away from us on a global and local scale. As Triple S, our mission is to restore that feeling through educational events and spreading awareness.

Group members: Bianca Banez, Tori Cassidy, Daniel Kettel, Cassie Novak, Shelby Topor and adult mentors Abigail Packard and Sarah Sofish

Project One – Poverty causes a lack of education and basic needs. Our group is committed to alleviating these issues locally and globally. We strive to empower and educate local change-makers to raise awareness of underprivileged individuals and ways we can help them.

Group members: Emmett Galla, Alexandra Kaiser, Kaitlyn Kenny, Riley Ogrian, Raghav Shah, Crystal Tohme and adult mentors Caitlyn Choe and Kayla Navratil



AQUATIC PROGRAMS

Aquatic Supervisor, Patti Welker (440) 580-3260 ext. 5269

Assistant Aquatic Supervisor, Rececca Oblak, ext. 5270



PLEASE SHOWER BEFORE USING THE AQUATIC CENTER FACILITIES.

***** NO FOOD OR GLASS CONTAINERS PERMITTED IN THE 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 and in the aquatic center. For more information on Learn-to-Swim programs, or if your child has any special needs, please contact an Aquatic Supervisor.

YOUTH LEARN-TO-SWIM REGISTRATION SCHEDULE

Begins Tuesday - November 20
Tuesday - November 27
Wednesday - November 29

Ehrnfelt Rec. Center Members
Residents* & Members
Open/On-line Registration

***Must show proof of residency (ex: utility bill)**

Please see guidelines for program registration.

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 6 years of age and under 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.

THE AQUATIC CENTER SPECIAL HOURS

Tuesday, January 1	CLOSED	New Year's Day
Wednesday, January 9	CLOSED at 5:00pm	High School Swim Meet
Friday, January 18	CLOSED at 5:00pm	High School Swim Meet
Wednesday, January 23	CLOSED at 4:30pm	High School Swim Meet
Saturday, April 20	CLOSED at 4:30pm	Easter Eve
Sunday, April 21	CLOSED	Easter

The Pools, Steam Room, Sauna and Spa will be closed during Swim Meets.

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: 1. Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts. 2. 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 REGISTRATION AND POLICIES

REGISTRATION INFORMATION

Individuals may enroll in any open class listed in the bulletin. *If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, on the first day of class, so they can better work with your child.*

AQUATIC WAIT LIST

If the class is full, you may ask the front desk staff to add your name to the waiting list. The main purpose of the wait list book is to determine if there is a need to add additional classes. On occasion if there are openings in classes, or if we have the ability to add additional instructors, we will call those who have their name in the wait list book.

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

HOLDS

A Hold spot is a roster spot reserved for a student in the previous Learn to Swim session within a season. These spots become open to the public after the current session is completed. There are no Hold Spots for those enrolled in Winter classes who wish to enroll in a Spring/Summer class, Spring/Summer to Fall, or Fall to Winter. There will be several Hold spots for each class, preschool and Level 1-7 during a session.

A Hold cannot be filled until the class from the previous session has been completed.

A Hold spot will be reserved for those enrolled in a previous session until the last day of class at which time they will be open to the public. Each student must provide an Ehrnfelt Recreation Skill Sheet with the date/time and instructor's name from the last class enrolled in to register for a Hold spot.

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.

THE PIRATE SHIP AREA WILL BE CLOSED DURING ALL LEARN-TO-SWIM CLASSES.

In order to provide an environment free of any potential distractions, with the exception of preschool classes, **parents are required to stay behind the orange cones, and not sit directly in front of the classes in progress.** Parents may observe classes from the vending area, or behind the cones.

Spectators 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.

YOUTH LEARN-TO-SWIM INFORMATION

(Ages 6 months to 5 years old)

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 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.
Preschool Advanced (All children will be water tested during the first class. If child is unable to perform the required skills, they will be transferred to the appropriate class with a parent in the water.)	Ages: 3-5 years Parent does NOT accompany child in the water. Child must be comfortable with face in the water, float unsupported on front and back and swim a distance of 5 feet unsupported.	Child must be comfortable in chest deep water, and able to swim on front and back unsupported. Child will learn to swim more comfortably by his/herself. Possible progression through level 1 and 2 of the ERC Learn-to-Swim program.

YOUTH LEARN-TO-SWIM INFORMATION

(Level One to Level Seven - Ages: 5 & Over)

LEVEL	REQUIREMENTS	SKILL TAUGHT
LEVEL ONE: Intro to Water Skills	Ages 5 years or older	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 TWO: Fundamental Water Skills	Passed Level One, or can swim 2 body lengths unsupported. Can float on front and back for 10 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 THREE: Refined Water Skills	Passed Level Two, or can swim 5 body lengths on front and back, do rhythmic breathing, and 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 FOUR A: Stroke Development	Passed Level Three, or can tread water or float for 30 seconds. Able to swim front and back crawl 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 FOUR B: Stroke Improvement	Passed Level 4A or can do 25 yards of front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for one minute.	Perfect Front and Back Crawl, Elementary Backstroke and Breaststroke. Complete Sidestroke and Butterfly. Continue to build water safety skills.
LEVEL FIVE: Stroke Refinement	Passed Level 4B or can do 25 yards of front crawl, back crawl, elementary backstroke, breaststroke, side stroke, dive deep water bobs, and 1.5 minutes treading water.	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 SIX: (ages 8 & older) Fit Swim or Personal Water Safety	Passed Level Five, or be able to swim Front and Back Crawl 50 yards. Elementary Backstroke, Breaststroke, Sidestroke and Butterfly for 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 for 15 yards *Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.	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 SEVEN: 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.

LEARN-TO-SWIM LESSONS

(For Learn-to-Swim Registration information see page 10)

For more information on Learn-to-Swim programs, or if your child has any special needs, please contact Patti Welker.

PARENT/INFANT (6-15 mos.) (Parent in Water)**Ages: 6 - 15 months****Class Limit: Based on instructor availability and pool space.****Weekend Classes**

Saturday	1/19-3/2	9:30-10:00am (7 Classes)
Saturday	3/9-5/11*	9:30-10:00am

No Class 3/30 & 4/20*Fees:**

	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

PARENT/TODDLER (15-36 mos.) (Parent in Water)**Ages: 15 - 36 months****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	6:20-6:50pm
Tuesday & Thursday	2/5-2/28	6:20-6:50pm
Tuesday & Thursday	4/2-4/25	6:20-6:50pm

Fees:	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

Weekend Classes

Saturday	1/19-3/2	9:00-9:30am (7 Classes)
Saturday	1/19-3/2	10:15-10:45am (7 Classes)
Saturday	1/19-3/2	11:45am-12:15pm (7 Classes)
Saturday	1/19-3/2	12:15-12:45pm (7 Classes)
Saturday	3/9-5/11*	9:00-9:30am
Saturday	3/9-5/11*	10:15-10:45am
Saturday	3/9-5/11*	11:45am-12:15pm
Saturday	3/9-5/11*	12:15-12:45pm

No Class 3/30 & 4/20*PARENT/YOUTH (3 to 5 years) (Parent in Water)****Ages: 3-5 years****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	5:40-6:10pm
Tuesday & Thursday	1/8-1/31	6:55-7:25pm
Tuesday & Thursday	2/5-2/28	5:40-6:10pm
Tuesday & Thursday	2/5-2/28	6:55-7:25pm
Tuesday & Thursday	4/2-4/25	5:40-6:10pm
Tuesday & Thursday	4/2-4/25	6:55-7:25pm

Fees:	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

Weekend Classes

Saturday	1/19-3/2	9:00-9:30am (7 Classes)
Saturday	1/19-3/2	9:30-10:00am (7 Classes)
Saturday	1/19-3/2	11:00-11:30pm (7 Classes)
Saturday	1/19-3/2	12:00-12:30pm (7 Classes)
Saturday	3/9-5/11*	9:00-9:30am
Saturday	3/9-5/11*	9:30-10:00am
Saturday	3/9-5/11*	11:00-11:30pm
Saturday	3/9-5/11*	12:00-12:30pm

No Class 3/30 & 4/20*PRESCHOOL ADVANCED (3-5 years Without Parents)****• Must have passed Parent/Youth at ERC or be tested prior to signing up for this class.****Ages: 3 - 5 years****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	5:00-5:30pm
Tuesday & Thursday	2/5-2/28	5:00-5:30pm
Tuesday & Thursday	4/2-4/25	5:00-5:30pm

Fees:	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

Weekend Classes

Saturday	1/19-3/2	9:30-10:00am (7 Classes)
Saturday	1/19-3/2	12:15-12:45pm (7 Classes)
Saturday	3/9-5/11*	9:30-10:00am
Saturday	3/9-5/11*	12:15-12:45pm

No Class 3/30 & 4/20*After Class
Check out the***Crossroads Cafe***Monday-Friday, 11am - 1pm
Located on the Avenue**

LEARN-TO-SWIM LESSONS (cont.)**LEVEL 1-INTRO TO WATER SKILLS** (No previous swimming experience is necessary.)**Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	5:30-6:20pm
Tuesday & Thursday	1/8-1/31	6:30-7:20pm
Tuesday & Thursday	2/5-2/28	5:30-6:20pm
Tuesday & Thursday	2/5-2/28	6:30-7:20pm
Tuesday & Thursday	4/2-4/25	5:30-6:20pm
Tuesday & Thursday	4/2-4/25	6:30-7:20pm

Weekend Classes

Saturday	1/19-3/2	10:10-11:00am (7 Classes)
Saturday	1/19-3/2	11:10am-12:00pm (7 Classes)
Saturday	3/9-5/11*	10:10-11:00am
Saturday	3/9-5/11*	11:10am-12:00pm

No Class 3/30 & 4/20*Fees:****7 Classes****8 Classes**

Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

LEVEL 2 – FUNDAMENTAL WATER SKILLS**Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	5:30-6:20pm
Tuesday & Thursday	1/8-1/31	6:30-7:20pm
Tuesday & Thursday	2/5-2/28	5:30-6:20pm
Tuesday & Thursday	2/5-2/28	6:30-7:20pm
Tuesday & Thursday	4/2-4/25	5:30-6:20pm
Tuesday & Thursday	4/2-4/25	6:30-7:20pm

Weekend Classes

Saturday	1/19-3/2	10:10-11:00am (7 Classes)
Saturday	1/19-3/2	11:10am-12:00pm (7 Classes)
Saturday	3/9-5/11*	10:10-11:00am
Saturday	3/9-5/11*	11:10am-12:00pm

No Class 3/30 & 4/20*Fees:****7 Classes****8 Classes**

Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

LEVEL 3 – REFINED WATER SKILLS**Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	5:30-6:20pm
Tuesday & Thursday	1/8-1/31	6:30-7:20pm
Tuesday & Thursday	2/5-2/28	5:30-6:20pm
Tuesday & Thursday	2/5-2/28	6:30-7:20pm
Tuesday & Thursday	4/2-4/25	5:30-6:20pm
Tuesday & Thursday	4/2-4/25	6:30-7:20pm

Weekend Classes

Saturday	1/19-3/2	10:10-11:00am (7 Classes)
Saturday	1/19-3/2	11:10am-12:00pm (7 Classes)
Saturday	3/9-5/11*	10:10-11:00am
Saturday	3/9-5/11*	11:10am-12:00pm

No Class 3/30 & 4/20*Fees:****7 Classes****8 Classes**

Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

LEVEL 4A - STROKE DEVELOPMENT**Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	5:30-6:20pm
Tuesday & Thursday	2/5-2/28	5:30-6:20pm
Tuesday & Thursday	4/2-4/25	6:30-7:20pm

Weekend Classes

Saturday	1/19-3/2	11:10am-12:00pm (7 Classes)
Saturday	3/9-5/11*	10:10-11:00am

No Class 3/30 & 4/20*Fees:****7 Classes****8 Classes**

Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

LEVEL 4B - STROKE IMPROVEMENT**Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	5:30-6:20pm
Tuesday & Thursday	2/5-2/28	5:30-6:20pm
Tuesday & Thursday	4/2-4/25	5:30-6:20pm

Weekend Classes

Saturday	1/19-3/2	10:10-11:00am (7 Classes)
Saturday	3/9-5/11*	11:10am-12:00pm

No Class 3/30 & 4/20*Fees:****7 Classes****8 Classes**

Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

LEARN-TO-SWIM LESSONS (cont.)**LEVEL 5 - STROKE REFINEMENT****Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	1/8-1/31	6:30-7:20pm
Tuesday & Thursday	2/5-2/28	6:30-7:20pm
Tuesday & Thursday	4/2-4/25	5:30-6:20pm

Weekend Classes

Saturday	1/19-3/2	9:10-10:00am (7 Classes)
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Fees:

	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

LEVEL 6 - PERSONAL WATER SAFETY/FIT SWIM**Ages: 8 & older****Class Limit: Based on instructor availability and pool space.****Weekend Classes**

Saturday	3/9-5/11*	9:10-10:00am
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No Class 3/30 & 4/20*Fees:**

Members	\$50
Non-Members/Residents	\$62
Non-Members/Non-Residents	\$74

LEVEL 7 ENDURANCE TRAINING**Ages: 8 & older****Class Limit: 20****Evening Class**

Tuesday & Thursday	1/8-1/31	6:30-7:20 pm
Tuesday & Thursday	2/5-2/28	6:30-7:20 pm
Tuesday & Thursday	4/2-4/25	6:30-7:20 pm

Fees:

	8 Classes
Members	\$50
Non-Members/Residents	\$62
Non-Members/Non-Residents	\$74

SPECIALTY AQUATIC 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

Saturday Beginner	1/19-3/2	11:10am-12:00pm (7 Classes)
Saturday Intermediate	1/19-3/2	12:10-1:00pm (7 Classes)
Saturday Beginner	3/9-5/11*	11:10am-12:00pm
Saturday Intermediate	3/9-5/11*	12:10-1:00pm

No Class 3/30 & 4/20*Fees:**

	7 Classes	8 Classes
Members	\$55	\$62
Non-Members/Residents	\$63	\$72
Non-Members/Non-Residents	\$72	\$82

PRIVATE SWIM LESSONS

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

ADULT SWIM LESSONS**Ages 12 & older****8 Classes**

Tuesday Adv. Beginner	1/8-2/26	7:30 - 8:20pm
Thursday Beginner	1/10-2/28	7:30 - 8:20pm
Tuesday Adv. Beginner	4/2-5/21	7:30 - 8:20pm
Thursday Beginner	4/4-5/23	7:30 - 8:20pm

Fees:

	8 Classes
Members	\$82
Non-Members/Residents	\$92
Non-Members/Non-Residents	\$102

LIFEGUARD/WSI TRAINING PROGRAMS**AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING****Ages: 15 & over****Class Limit: 10**

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

IMPORTANT: Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins. **STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES.** If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time. *2017 edition of the Lifeguarding Manual can be downloaded for free at <http://www.redcross.org/participantmaterials> or purchased at the front desk for \$35 prior to the first class meeting.

Session 1

Sundays	2/24-3/24	9:00 am-3:00pm
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• CPR Sunday 3/10 from 9:00am-5:00pm: You must attend this class to pass, there will be no make-ups.

Session 2

Monday and Wednesdays	4/8-4/24	6:00-9:30pm
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• CPR Monday 4/15 from 6:00-9:30pm: You must attend this class to pass, there will be no make-ups.

Fees:

Members	\$96
Non-Members/Residents	\$110
Non-Members/Non-Residents	\$120

LIFEGUARD/WSI TRAINING PROGRAMS (cont.)

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR

Ages: 16 & over**Class Limit: 15**

American Red Cross class designed to teach students how to instruct Learn-to-swim classes. Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by end of course), **ATTEND ALL CLASSES** and pass a written exam. Proof of minimum age required at first class (driver's license or birth certificate).

**WSI Manual and Swimming and Diving can be downloaded after registering for the class or purchased at www.redcrossstore.org. These 2 reference books are required for the class.*

Sundays	1/13-2/10	9:00 am-5:00 pm
Fees:	Members	\$96
	Non-Members/Residents	\$110
	Non-Members/Non-Residents	\$120

AMERICAN RED CROSS LIFEGUARD REVIEW

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

Sunday	5/19	9:00am-5:00pm
Fees:		
	Members	\$96
	Non-Members/Residents	\$110
	Non-Members/Non-Residents	\$120

JUNIOR LIFEGUARDING

Do you have what it takes to be a lifeguard? This class will teach water safety and introduce participants to the duties and responsibilities of a lifeguard. Upon successful completion of the course participants will have the opportunity to receive community service hours, scouting badges, work to workout hours, and discounted rate on Strongsville Recreation Lifeguarding class at age 15+. Must have level 5 swimming skills.

Ages: 12-14 years**Class limit: 8**

Tuesday/Thursday 3/5-3/21 6:00-8:00pm

Fees:		
	Members	\$96
	Non-Members/Residents	\$110
	Non-Members/Non-Residents	\$120

AQUATIC EXERCISE

ROM (RANGE OF MOTION) PROGRAM PASS

This pass is good for any ROM water exercise class offered during the current bulletin. You may purchase a pass anytime during the current bulletin but it must be used up by the end of the current bulletin.

Using Your ROM Pass

- The pass expires on the last day of the session, 4/25/19.
- Your instructor will keep the passes on file after purchase.
- There are **NO refunds** for lost or stolen passes.
- Passes are non-transferable & non-refundable.
- **No refunds** on unused classes.
- Drop-ins are still permitted for any class at the Drop-in rate.

Fees:	5 Classes	10 Classes	15 Classes	20 Classes
Members	\$14	\$27	\$39	\$50
Non-Members/Residents	\$20	\$39	\$57	\$74
Non-Members/Non-Residents	\$25	\$49	\$72	\$94
Drop-in fees	Members	\$6 per class		
	Non-Members	\$7 per class		

AQUATIC EXERCISE (cont.)

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

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

Daytime Classes**Class Limit: 30**

Monday	1/7-4/15*	10:30-11:20am	12 Classes
Tuesday & Thursday	1/8-4/25*	10:45-11:35am	26 Classes

***No Class 1/21, 2/18, 3/25, 3/26 & 3/28**

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

SHALLOW AND DEEP WATER EXERCISE PROGRAM PASS

This pass is good for any day or evening water exercise class offered during the current bulletin. You may purchase a pass anytime during the current bulletin but it must be used up by the end of the bulletin.

Using Water Exercise Pass

- Pass good for SWAP, Total Immersion, & Water Zumba.
- The pass expires on the last day of the session, 4/26/19.
- Pass must be punched at the front desk prior to attending class.
- The front desk will give you a numbered ticket to be given to the instructor.
- There are **NO refunds** for lost or stolen passes.
- Passes are non-transferable & non-refundable.
- **No refunds** on unused classes.
- Drop-ins are still permitted for any class at the Drop-in rate.

Fees:	5 Classes	10 Classes	15 Classes	20 Classes	30 Classes
Members	\$25	\$48	\$69	\$88	\$126
Non-Members/Residents	\$35	\$68	\$99	\$128	\$186
Non-Members/Non-Residents	\$41	\$80	\$117	\$152	\$222
Drop-in fees	Members	\$10			
	Non-Members	\$12			

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****Daytime Classes**

Monday, Wednesday & Friday	1/7-4/26*	9:15-10:05am	41 Classes
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***No class 1/21, 2/18, 3/25, 3/27, 3/29, 4/19 & 4/22**

NO EVENING SHALLOW WATER CLASSES OFFERED

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

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 flotation 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 flotation belts are all provided. Class is 50 minutes with a 5 minute stretch and cool down. Come join us in this fast-paced, invigorating, "wet fat-burning" lab!

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

Monday, Wednesday & Friday	1/7-4/26*	10:15-11:05am	41 Classes
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No class 1/21, 2/18, 3/25, 3/27, 3/29, 4/19 & 4/22*Evening Classes**

Tuesday & Thursday	1/8-4/25*	7:30-8:20pm	30 Classes
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***No class 3/26 & 3/28**

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

AQUATIC EXERCISE (cont.)

WATER ZUMBA! SHALLOW WATER CLASS

Jump into the Latin-inspired, easy-to-follow, calorie burning, dance fitness, that makes working out a splash. AguaDanza is a low intensity water/dance exercise class held in the activity pool.

Ages: 15 & older

Class Limit: 30

Daytime Classes

Tuesday	1/8-4/23*	11:45am-12:35pm	15 Classes
Thursday	1/10-4/25*	9:45-10:35 am	15 Classes

***No Class 3/26 & 3/28**

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

SWIM TEAM

2019 STRONGSVILLE RECREATION SWIM TEAM

The Strongsville Sea Monkeys recreational swim team is a summer only program and an excellent opportunity to introduce swimmers to the world of competitive swimming. The team, as a member of the Strongsville Swim League (SSL), will compete against homeowner association pools in the city of Strongsville.

Sea Monkey Family Picnic/Green-White Meet Sunday June 9th-3:00pm

Practice begins Tuesday, May 28, 2019 and the season concludes with the SSL Championship meet on Saturday, July 20, 2019.

New parents are required to attend the Parents' Meeting on Wednesday, May 15 at 7:00 p.m. and to volunteer during the season.

For more information, contact the Assistant Aquatic Supervisor, **Becky Oblak 440-580-3260 ext. 5270.**

Eligibility: The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/19 or graduating high school senior. To participate, swimmers may not be members of a homeowners association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle and backstroke on the first day of practice in order to participate. If you question your child's swimming ability, you may want to consider signing up for group or private lessons this winter.

Practice Schedule: 5/28-5/31 Monday – Friday 5:00-8:00pm
6/3-7/19 Monday-Friday 7:00-10:00am

Meets: Tuesdays & Thursdays evenings

EACH CHILD WILL BE ASSIGNED BY AGE GROUP TO A 1 HOUR PRACTICE TIME

Fees: Members \$160
Residents/Non-Members \$190

*(Includes cost of Champs t-shirt – team suits can be purchased at the Spirit Shop)
Families receive a \$10 discount for each additional child on the swim team.*

TEAM SIZE IS LIMITED BASED ON POOL TIME

Clothing Allowed in the Pools, Steam Room and Sauna

Swim Trunk/Board Shorts

Swim/Surf Shirts

Religious Swimwear

Water Shoes

Jammers or Speedos

1 or 2 Piece Swimsuits

Swim Diapers

White T-shirts

Clothing NOT Allowed in the Pools, Steam Room and Sauna

Basketball Shorts

Jean Shorts and Pants

Colored T-Shirts

Socks/ Street Shoes

Sports Bras

Regular Diapers

Tank Tops or Cami Shirts

Underwear, Boxers or Briefs

Compression Shirts (long, short or no sleeve)

Compression Pants/Shorts

Allowed on the Pool Deck Only

Colored T-Shirts

Flip Flops

Swimsuit Cover Ups





**70 Days
to a More
Healthy Life!**

Strongsville
Parks
Recreation
Senior
Services

Lifestyle Transformation Challenge

Join the **Ehrnfelt Recreation Center** for our Lifestyle Transformation Challenge, designed to give you the tools needed to decrease FAT and increase LEAN MUSCLE and maintain a healthy lifestyle long after the end of this contest. Your packet includes a complete nutrition and exercise program, body fat measurements and body transformation pictures before and after the contest. Prizes will be awarded to the top three winners based on change in overall aesthetic appearance, decrease in body fat and increase in muscle mass.

There will be a men's and women's division with prizes for each division.

Plenty of Great Prizes!!

Important Dates in the Lifestyle Transformation Challenge

Event Kick Off/Informational Meeting Feb. 28 @ 7pm

Challenge Starts: March 11 • Challenge Ends: May 19

Pre-testing: March 3-9 • Post-testing: May 19-25

Schedule appointment for testing at the front desk

Fees:	Members	\$40
	Non-Member/Resident	\$45
	<i>\$120 includes pass for use of facility throughout challenge.</i>	
	Non-Members/Non-Residents	\$50
	<i>\$150 includes pass for use of facility throughout challenge.</i>	

FITNESS PROGRAMS

Fitness Supervisor, Denise Lengal • (440) 580-3260 ext. 5275



Unlimited CrossFit for as low as \$77/month

Sign up/Register Online or by calling!

(440) 580-3260 • <http://www.strongsville.org/content/CrossFit.asp>

CrossFit is constantly varied, high intensity, functional movement. What that means is that you will be challenged by every workout in a way that will make you more fit, healthier, and stronger than you ever thought possible! Contact us for more information.

TRY CrossFit for free for two weeks, contact Denise.Lengal@strongsville.org or call 440.580.3260, x5275.

MASSAGE CONSISTENCY PASS

MASSAGES AS LOW AS \$35!

Make time for yourself, indulge in our Massage services! Massage is much more than mere luxury. It is a healing tool. Scientific proof of the benefits of regular massage is undeniable. Benefits range from treating chronic disease and injuries to alleviating stress and tension. Massage therapy will enhance your immune system and improve your circulation. It will soothe, restore, and revitalize overused muscles. Having a massage provides more than relaxation – there are specific physiological and psychological changes which occur. So, why not take the first step toward a healthier, happier you! Make regular massage an affordable part of your healthy lifestyle with our Massage Consistency Pass. Our Licensed Massage Therapists will provide you with the ultimate experience with our 30, 60, or 90 minute sessions. Choose from Swedish, Therapeutic, or Sports massage.

Enroll in our Massage Consistency Pass with monthly EFT. Each month \$42 (plus tax) will be charged to your credit card and you will receive one 60 minute Swedish, Therapeutic or Sports massage for that particular month. Upgrade to a 75 minute Signature Stone Massage or a 90 minute Swedish, Therapeutic or Sports massage for \$62 (plus tax). Don't worry if you miss your massage for the month, you can roll it over to the following month! Then, buy as many additional massages as you'd like for that month at the unbelievably low cost of \$35 (plus tax) for a 60 minute session or \$55 (plus tax) for the 90 minute session. (The additional massages must be used by the end of the month. They DO NOT roll over.) All massages are transferrable although expiration dates still apply.

One year commitment is required.

- All massages must be used within one year.
- Once you enroll please contact the Fitness Office to schedule your appointments.

NO Enrollment Fee:

First Massage of the month - \$42 (plus tax) for 60 minute session or \$62 for Signature Stone or 90 minute session. *THIS MASSAGE ROLLS OVER TO THE NEXT MONTH IF YOU DO NOT USE IT.*

Additional Massages for the month - \$35 for 60 minute session or \$55 for Signature Stone or 90 minute session. *THESE MASSAGES DO NOT ROLL OVER AND MUST BE USED WITHIN THE MONTH THEY ARE PURCHASED.*

**Contact Denise @ 440-580-3260 x5275 or
denise.lengal@strongsville.org**

MASSAGE THERAPY (no pass)

Prices do not include tax.

SWEDISH MASSAGE

Swedish massage employs five different movements: long gliding strokes, kneading, friction, tapping, and vibration. It is a light pressure massage developed to increase the oxygen flow and release toxins from the muscles.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

30 minutes	\$35
60 minutes	\$50
90 minutes	\$80

THERAPEUTIC MASSAGE

Therapeutic massage is a deep tissue massage performed with a series of movements and techniques similar to Swedish massage but with more emphasis on pressure to target the deeper tissue structures of the muscle. The therapist works on releasing chronic muscle tension and knots.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

30 minutes	\$35
60 minutes	\$55
90 minutes	\$85



MASSAGE THERAPY (no pass) cont.

SPORTS MASSAGE

Sports Massage is a form of deep tissue massage combined with lighter pressures. It is a more focused massage with applications designed for injury treatment, prevention, and management of primary muscles utilized most during sports and fitness training. Pressure is applied relative to specific muscle soreness. Decreased muscle tension and pain can be expected from ongoing treatments.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

30 minutes	\$35
60 minutes	\$55
90 minutes	\$85

SIGNATURE STONE MASSAGE

Our very own signature massage performed by placing hot and chilled stones at various relaxation and energy points throughout your body while a warm towel is draped over your feet for the ultimate in deep muscle therapy and healing.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

75 minutes	\$80
115 minutes	\$125

GROUP EXERCISE, SPINNING, YOGA, BARRE, & 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 FAST! We offer a variety of every class imaginable to keep you motivated and to keep you moving and grooving.

Member Registration: November 20
Resident Registration: November 27
Open Registration: November 28

GUIDELINES FOR ALL CLASSES

1. Ages 15 & over
2. Please try different classes and don't be intimidated by new programming. We have world class instructors and all our classes include modifications for men & women of all ages and fitness levels.
3. HAVE FUN!

If you have questions regarding the following programs please call Denise at 440-580-3260 ext. 5275. Updated schedules can be found at:
<http://strongville.org/content/fitness.asp>.

SPINNING® PROGRAM

The Spinning program is the original and most popular group cycling class. We are the only official licensed Spinning program in the area, do not be fooled by imitation spin classes. Spinning does not allow our facility to operate unless we have the most experienced and certified Mad Dogg spinning instructors for spin class. In addition to the instructors, we offer theater style room and classes and topnotch SPIN NXT SPIN BIKES WITH THE OFFICIAL SPIN COMPUTER FOR CADENCE AND TIME AND HEART RATE. This class will help you quickly turn your goals into reality. With no complicated moves to learn, topnotch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun!!! The Spinning program is for people of all fitness levels. A great workout in just 45 minutes!

Updated Spin Schedules may be found in our spin room, at the front desk, or at <http://strongville.org/content/fitness.asp>

Please go to spinning.com for more information why spinning is the only group cycling class you should be taking.

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

Introduction to the Spinning Program

Want to try a Spinning 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 call Denise @ 440-580-3260 ext 5275 or denise.lengal@strongville.org.**

PASS STRUCTURE

UNLIMITED COMBO PASS

One year commitment contract and monthly EFT. Includes all Spin, Group Ex, Yoga, Pilates, Barre, Zumba, all other land exercise classes and all aquatic exercise classes (exception ROM Shallow Water).

- **1 year commitment and contract required.**
 - **No Enrollment Fee!**
 - **Once you are in prices can never go up for you.**
 - \$33/month for members
 - \$43/month for non-member residents
 - \$53/month for non-member non-residents
 - **You may pay a lump sum for the full year at a reduced price.**
 - \$360 members (\$30/month)
 - \$480 non-member residents (\$40/Month)
 - \$600 non-member non-residents (\$50/month)
- 1 year commitment and contract required*

*Now Includes
Water Exercise
Classes!*



Fitness Programs

YOGA/BARRE/PILATES PASS

Good for unlimited Yoga, Pilates, and Barre!

- **1 year commitment and contract required**
 - **No Enrollment Fee!**
 - **Once you are in prices can never go up for you.**
 - \$22/month for members
 - \$32/month for non-member residents
 - \$42/month for non-member/non-residents
 - **You may pay a lump sum for the full year at a reduced price.**
 - \$240 members (\$20/month)
 - \$348 non-member residents (\$29/Month)
 - \$468 non-member non-residents (\$39/month)
- 1 year commitment and contract required*

PASS STRUCTURE (cont.)

UNLIMITED MONTHLY PASS

Unlimited 1 month Group Ex, Spin, and MindBody 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 & SPIN)

(10) Class Pass expires 1 month from date of purchase, no commitment.

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

Drop In Fees: Member \$8 Non-Member \$10

Try a Class Pass! 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.)

ZUMBA PASS (AEROBIC STUDIO)

Group Exercise Pass may now be used!

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. **LIVE IT!** (60 min. 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 either the Wednesday 5:30pm class or our Saturday 8:15am class! Once you get your punch card please bring them with you every time. Stop at the desk to get it punched. Passes will only be good for Land Zumba and do not include Aqua-Zumba.

Ages: 15 & over

Fees:

5 Pass Card	\$20.00 (\$4.00 per class)
10 Pass Card	\$35.00 (\$3.50 per class)
20 Pass Card	\$60.00 (\$3.00 per class)
Drop-in Classes	\$6.00

(Passes expires 3 months from date of purchase & is good for both Wednesday 5:30pm and Saturday 8:15am classes)

HEALTH ASSESSMENT AND PEAK PERFORMANCE

PERSONAL TRAINING

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

One Session:

Members \$40
Non-Member/Residents \$45
Non-Member/Non-Residents \$50

Five Sessions:

Members \$187
Non-Member/Residents \$200
Non-Member/Non-Residents \$210

Ten Sessions:

Members \$350
Non-Member/Residents \$375
Non-Member/Non-Residents \$390

**If you are interested
in 2 person or team
training please contact
Denise Lengal,
Fitness Supervisor, for
more details on how you
and your crew can train
together!!!!**

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



CLASS	DESCRIPTION	BENEFITS
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.	Sculpts and Shapes Muscles
Barre Fire	Combination of Barre and Boxing	Burn Fat, Strength & Lengthen Muscles
Body Max	Barbells will be used with varying weights for this full body workout.	Weight Loss, Strength Training
Cardio Blast	All your favorite cardio techniques combined for a different workout every day	Weight Loss, Strength Training
Fusion	The perfect mix of Pilates, Yoga, and Barre. Focus on core strength, flexibility, and total body conditioning.	Flexibility, Core Strength
FIERCE	Fiery workout pulling no punches to maximize benefits for a full body blasting. Includes Plyo drills, high intensity circuits, and many other tools to vary your workout and shock your body!	Weight Loss
ICE	Intense Crazy Exercise!!!	Fat Burn, Improve Strength
Iron Circuit	The Best of TRX & KETTLEBELL for utter obliteration and muscle development!	Full Body Strength Training
Kettlebell	Russian Kettlebell training, do we need to say any more!!!!	Increased Strength
LIFT!	Intergrative Fitness Training. Increase your strength & power and improve the way your body functions and feels. Elevate all 7 components of total fitness. (50 min. class)	Balanced Strength, Fitness & Function
PowerHour	Get Fit through fun, challenging, ever changing cardio & strength techniques. (Kettlebell, Kickboxing...who knows what else?!)	Boost Metabolism, Total Fitness
Pure Strength	Efficient, effective total body strength training. (45 min. class)	Total Strength Training
Simply Sculpt	A total body strength training workout utilizing bands, weights, & body weight.	Muscle Definition, Toning
HIIT	High Intensity Interval Training is a proven technique that optimizes results by pushing you through your limitations.	Weight Loss, Burn Fat
Muscle/Core	This strength based workout will create a firm, strong body, attack the core, and boost your metabolism.	Boost Metabolism, Tone and Increase Strength
TRX	The ultimate in cutting edge training while suspended with our TRX system for complete body training in every plane.	Full Body Strength Training
Tabata Training	Ultra-high intensity intervals designed to create prolonged afterburn.	Burn Fat
Pilates	Traditional mat Pilates and functional training with resistance balls & flex bands. A workout that will tone, define, & sculpt the entire body.	Muscle Definition, Increased Core Function
YogaFlow	Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!	Increased Flexibility
YogaStrength	Intermediate-Advanced practice. (For those who've taken at least 8 previous yoga classes.)	Increased Flexibility & Strength
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. (60 min. class)	Increased Flexibility & Strength



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

FITNESS OFFICE: 440.580.3260 EXT. 5275

GROUP EXERCISE**SPINNING — SPIN STUDIO CLASS SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)**

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	Spin Studio		Juan		Juan			
6:00 am	Spin Studio			Cassie				
7:45 am	Spin Studio	Cliff		Cliff		Cliff		
8:30 am	Spin Studio		Jenny		Jenny		Rotation	
9:00 am	Spin Studio			Rene				
9:30 am	Spin Studio	Karen	Jenny		Jenny	Jenny	Rotation	Tami
12:00 pm	Spin Studio					Tami		
4:30 pm	Spin Studio			Cliff				
5:30 pm	Spin Studio	Rene		Cliff		Cliff		
6:30 pm	Spin Studio	Rene	Pam		Karen			

GROUP EXERCISE — GROUP EXERCISE STUDIO SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	Group Exercise Studio	HIIT - Abby	Pure Strength - Karen	TRX - Abby	Pure Strength - Karen			
6:00 am	Group Exercise Studio	Pilates - Abby						
8:15 am	Group Exercise Studio						Zumba - Melissa	
8:30 am	Group Exercise Studio			Pure Strength - Abby	LIFT! - Pam			
9:30 am	Group Exercise Studio	Cardio Blast - Marissa	PowerHour - Marissa	Cardio Blast - Abby	PowerHour - Tami	Kettlebell - Abby	Iron Circuit - Abby	
10:30 am	Group Exercise Studio							Power Hour - Marissa
10:35 am	Group Exercise Studio	Simply Sculpt - Marissa	Pilates - Kellie	Tabata - Sarah	Pilates - Tami	Muscle/Core - Marissa	BodyMax - Karen	
11:30 am	Group Exercise Studio							
12:00 pm	Group Exercise Studio	Iron Circuit - Tami		Iron Circuit - Pamela				
5:30 pm	Group Exercise Studio	BodyMax - Karen		Zumba - Melissa	BodyMax - Karen			
6:00 pm	Group Exercise Studio			ICE - Lisa				
6:35 pm	Group Exercise Studio	Fierce - Karen		PowerHour - Marissa	ICE - Stephanie			
7:00 pm	Group Exercise Studio							
7:35 pm	Group Exercise Studio	BarreCore - Tami						

**All Classes and/or Instructors are Subject to Change without notice.
For the most up to date schedule please check out our website at
www.strongsville.org/content/fitness.asp**



GROUP EXERCISE

GROUP EXERCISE — MIND/BODY STUDIO SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Mind/Body Studio			Pilates - Abby	Fusion - Karen			
8:30 am	Mind/Body Studio	Yoga Strength - Meghan					Powerful Flow Yoga - Jeremy	
8:35 am	Mind/Body Studio					BarreCORE- Abby		
9:15 am	Mind/Body Studio							Open Flow Yoga - Patti
9:30 am	Mind/Body Studio	BarreCORE - Kellie	Yoga Flow - Meghan	BarreFire - Sarah	Yoga Flow - Cristen		Pilates - Maria	
9:35 am	Mind/Body Studio					Yoga Flow - Kellie		
10:30 am	Mind/Body Studio			BarreCORE - Abby				
10:35 am	Mind/Body Studio						BarreCORE - Abby	
12:00 pm	Mind/Body Studio		Yoga Flow - Tami					
5:30 pm	Mind/Body Studio	Pilates - Barbara		Pilates - Barbara				
7:00 pm	Mind/Body Studio		Fusion - Lisa	Yoga Flow - Meghan				

CROSSFIT SCHEDULE

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6:30 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
7:30 am	CrossFit Box		Crossfit					
8:30 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
9:30 am	CrossFit Box	Crossfit		Crossfit	Crossfit	Crossfit	Crossfit	
10:30 am	CrossFit Box							
5:30 pm	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6:30 pm	CrossFit Box	Crossfit		Crossfit	Crossfit			

All Classes and/or Instructors are Subject to Change without notice.
For the most up to date schedule please check out our website at
www.strongsville.org/content/fitness.asp





CrossFit



Group Ex



MindBody



Spinning



HEALTH ASSESSMENT AND PEAK PERFORMANCE (cont.)

NUTRITIONAL CONSULT

This invaluable consult is designed to reach all members, whether you are looking to improve cholesterol levels, blood pressure, weight, sports performance, or even manage diabetes better. Our Registered and Licensed Dietitian, Angel Bobula, can help you achieve all of your goals and guide you to creating your own personal profile. Includes metabolism evaluation, overview of nutritional habits, and designing customized meal plans specific to your goals.

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

Fees:

Members	\$45
Non-Member/Residents	\$50
Non-Member/Non-Residents	\$55

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 Front Desk**

Fees:

MEMBERS:	\$15
Non-Member Residents	\$50
Non-Members/Non-Residents	\$60

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:

MEMBERS:	FREE
Non-Member Resident	\$50
Non-Members/Non-Resident	\$60

SPECIALTY GROUP EXERCISE CLASSES

Registration classes that are not a part of Group Exercise passes.

BEGINNER YOGA WORKSHOP MindBody Studio

Whether you are new to yoga or would like to refine your practice, this workshop will break down common, basic yoga poses. Details will be given for proper alignment and safety in Sun Salutations as well as standing poses like Warrior 1, Warrior 2, Triangle, etc. Modifications and proper use of props will also be offered. Time will also be spent discussing breath, class etiquette, the history of yoga. A minimum of 6 participants required.

Instructors: Meghan Reimer

Sunday 1/13 11:00am-1:00pm

Fees:

Members	\$30
Non-Member/Residents	\$35
Non-Member/Non-Residents	\$40

INTRODUCTION TO YOUTH STRENGTH TRAINING

Boys and Girls (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.

Evening Classes:

Ages: 12-14 years

Class Limit: 10

Monday & Wednesday	1/7-1/28*	4:00pm-5:00pm
Monday & Wednesday	2/4-2/25*	4:00pm-5:00pm
Monday & Wednesday	3/4-3/20	4:00pm-5:00pm
Monday & Wednesday	4/1-4/18	4:00pm-5:00pm

*No Class 1/21 & 2/18

Fees:

Members	\$45
Non-Member/Residents	\$53
Non-Member/Non-Residents	\$61

SPECIALTY GROUP EXERCISE CLASSES (cont.)

KIDDIE KARATE I Event Center

An eight week course in basic techniques. This class includes a bully and stranger awareness program. Class is designed for all NEW students from the ages of 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!**

Evening Classes:		Class Limit: 35
Wednesday	2/6-3/27	5:30-6:30pm
Wednesday	4/3-5/22	5:30-6:30pm

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

Fees:	8 sessions
Members	\$65
Non-Member/Residents	\$75
Non-Member/Non-Residents	\$85

KIDDIE KARATE II-III & IV (Orange Belt) Event Center

An eight week course in advanced techniques. This class is for students advancing further from Kiddie Karate I. Class involves more advanced moves and techniques. Pre-requisite: Kiddie Karate I. Class instruction includes a bully and stranger awareness program. Kiddie Karate IV will be for students who are advanced Orange Belt. For questions please contact Sensei Joe Bove at 330-351-9848.

Evening Classes:		Class Limit: 35
Wednesday	2/6-3/27	6:30-7:30pm
Wednesday	4/3-5/22	6:30-7:30pm

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

Fees:	8 sessions
Members	\$65
Non-Member/Residents	\$75
Non-Member/Non-Residents	\$85



Strongsville Yoga School

Announcing Strongsville Yoga School,
Registered through Yoga Alliance.

Now offering 200 hour
Yoga Teacher Training Program.

For more
information contact Denise Lengal at
denise.lengal@strongsville.org.

SPECIALTY GROUP EXERCISE CLASSES (cont.)

ADVANCED KARATE + BEGINNER KARATE Event Center

Advanced eight week course involving more advanced forms and self-defense techniques. (This class is for higher ranking belts.) While advanced class is going on, another karate instructor will simultaneously teach beginner karate. Beginner Karate is an eight week course that includes the basic techniques of Okinawan Isshinryu Karate. After this eight week course you will join the advanced karate class taught by Sensei Joe Bove. These are a series of upper and lower body techniques required for advancement into advanced classes. Warm up, stretching, and cardiovascular training will occur through this session. Wear comfortable clothing and tennis shoes. Uniforms may be purchased through the instructor if desired. Come to have fun and learn! For questions please contact Sensei Joe Bove at 330-351-9848.

Evening Classes:		Class Limit: 35
Wednesday	2/6-3/27	7:30-8:30pm
Wednesday	4/3-5/22	7:30-8:30pm

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

Fees:	8 sessions
Members	\$65
Non-Member/Residents	\$75
Non-Member/Non-Residents	\$85

TRADITIONAL YOGA MIND/BODY STUDIO

A great way to find relaxation while building flexibility, increasing core strength and improving balance. This class will introduce students to the mind-body aspects of ancient holistic practices. Promote relaxation of the mind and body in a safe, fun and friendly environment. Students must be able to get from standing to the floor without assistance. Pregnant students must contact teacher for approval before registering. Beginners welcome. Dress comfortably and bring a towel or a yoga mat.

Evening Classes: Ages: 15 & over		Class Limit: 25
Monday	1/7-2/25	7:00-8:15pm
Monday	3/4-4/22	7:00-8:15pm

Instructors: Sheila Hart

Fees:	7 sessions	8 sessions
Members	\$63	\$72
Non-Member/Residents	\$70	\$80
Non-Member/Non-Residents	\$78	\$90

To try this class, please email or call Fitness Office. **(No Drop ins permitted)**



YOUTH RECREATION & ENRICHMENT PROGRAMS

Recreation Supervisor, Kristen Nykiel

OH SAY CAN YOU SEE?

Many parents ask to observe classes. We find it is generally distracting for the children when there are observers in the class. Most of our programs have built in an opportunity for you to see the results of your children's efforts or the progress they are making. We ask you to abide by the wishes of your child's instructor in this matter. Thank you.

EARLY REGISTRATION

Although last minute enrollments are accepted, there is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing and preparation and purchasing of supplies. PLEASE REGISTER EARLY.

PARENTS: IF YOUR CHILD IS ENROLLED IN A PROGRAM AND IS UNDER 7 YEARS OLD, YOU MUST REMAIN IN THE BUILDING DURING THE PROGRAM FOR THE SAFETY OF YOUR CHILD.

Contact Kristen Nykiel for more information at (440) 580-3260 ext. 5281

DANCE

PRESCHOOL & KINDER DANCE PRESENTED BY STUDIO 82

Bring the magic of the arts alive this winter with Studio 82 and the Strongsville Rec with dance classes designed to both educate and inspire young dancers! . All classes will be held at Studio 82 (located at 13499 W. 130th -- at the corner of W. 130th & Route 82) and taught by members of Studio 82's Dance Faculty.

Please note: Those registering for a shortened dance session through the Strongsville Rec. Center are not required to participate in the recital. However, if you would like to register for the short session through us and still participate in the recital, you will need to register with the Rec. Center front desk by the first week in January and contact Studio 82 so they can place a costume order for your child. Orders are placed the first two weeks in January.

PRESCHOOL BALLET (3-4 YEARS)

The perfect class for those budding ballerinas-to-be! This class introduces basic dance concepts and positions, creative movement, and musical awareness and appreciation.

Mondays	1/28-3/18	6:45-7:30pm
Tuesdays	1/29-3/19	6:45-7:30pm
Wednesdays	1/30-3/20	9:45-10:30am

Fees:	Members	\$70
	Non-Member/Residents	\$75
	Non-Member/Non-Residents	\$80

KINDER BALLET/JAZZ COMBO (5-6 YEARS)

A perfect class to get your feet wet with two different disciplines of dance. Dancers will get a balance of technique mixed with the energy and excitement of Jazz. They will walk away with bounce in their step and an inspiration to move.

Mondays	1/28-3/18	5:30-6:45pm
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Fees:	Members	\$75
	Non-Member/Residents	\$80
	Non-Member/Non-Residents	\$85



PRESCHOOL RECREATION CLASSES

PRESCHOOL OPEN GYM (AUXILIARY GYM)

Preschool Open Gym is Free to members. If the child's parent or legal guardian is a member and the child is under the age of 4 then they can use the preschool open gym free of charge but still must sign the waiver and check in at the front desk before entering. Non-members can still use preschool open gym with the current one day drop in or punch card options. Fees are listed below. Bring your kids and have a great time playing with our toys. Various gym equipment and activities will be available for your use. This program is unsupervised and you need to check in at the front desk.

If Strongsville schools are cancelled for any reason, open gym will not be held. No food or drinks allowed in gyms, parents must stay in the gym and supervise their child(ren) at all times.

Wednesdays	1/9-5/1*	10:00am – 12:00pm
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***No open gym on 3/27**

Fees:

First Child	\$3	Punch Cards also available
Each Additional Child	\$1	10 Punch Card \$25
Under 18 months	FREE!	20 Punch Card \$50

MISS JEN'S MUSIC CLASS (CONFERENCE ROOM)

This high energy music and movement program allows siblings to attend together in a single developmentally appropriate, play-based class. Caregivers attend with children as we focus on providing a positive learning environment with lots of singing, dancing, jumping, and instrument play. This winter session features "The Tiger Collection" and our spring session features "The Pony Collection" materials (CD and activity book, purchase is required). Infants who are not yet 6 months old are free when attending with a paying sibling but still must register.

Instructor: Brought to us by Miss Jen's

Music featuring music from The Music Class

Ages: 0 – 5 years (with adult participation) Class Limit: 14 10 Classes

Free Trial Class

Morning Free Trial Class	Monday, 2/25	11:00-11:45am
Evening Free Trial Class	Thursday, 4/4	5:00-5:45pm
Morning Free Trial Class	Thursday, 4/29	11:00-11:45pm

Winter Classes

Mondays	12/10-2/25*	10:00am – 10:45am
Thursdays	12/13-2/28*	10:45am – 11:30am
Thursdays	12/13-2/28*	6:00 pm – 6:45pm

***No Class: 12/24, 12/27, 12/31 & 1/3**

Spring Classes

Mondays	3/18-5/20	10:00am – 10:45am
Thursdays	3/21-5/23	10:45am – 11:30am
Thursdays	3/21-5/23	6:00 pm – 6:45pm

Fees:

	Members	Non-Members
One child	\$143	\$153
Two Children	\$233	\$243
Three Children	\$283	\$293

**Material Fee: Please bring in an additional \$35 per family, paid to instructor at first class.*

PRESCHOOL RECREATION CLASSES (cont.)

FREE MUSIC CLASSES FOR INFANTS! (CONFERENCE ROOM)

Once a month, we are pleased to offer a free music class for our youngest music makers, aged 0-12 months. Learn how to incorporate music into your daily routine to aid all developmental areas of your little ones. Dress for comfort. Registration required.

Monday	1/14	11:00am
Thursday	2/21	11:45am
Monday	3/25	11:00am

SPROUT THERAPY – LANGUAGE ROOTS (CONFERENCE ROOM)

This Mommy and Me style class will teach parents how to facilitate first words and early language with their littler one. This program will provide opportunities to show parents how to get on the floor, play, and build language into routines they already have. We will provide activities that parents can try with us and use at home to keep their little one engaged and learning. Each session will have a specific target. There will be specific activities to facilitate language, tools to teach your little one, and carryover tasks to practice at home. This is also a great group to teach foundational socialization skills to each other as they learn to navigate the world with other children. A part of this group will be geared towards a play-group-like environment encouraging children to play with each other. Developmental norms will also be provided from American Speech and Hearing Association.

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

Ages: 18month – 3 years (with adult participation) **Class Limit: 8** **6 Classes**

Tuesdays	1/29-3/5	6:00 – 6:45pm
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Fees:	Members	\$132
	Non-Member/Residents	\$139
	Non-Member/Non-Residents	\$145

DOODLE BUGS (MEETING ROOM)

Once upon a Friday, we shared a favorite story. Each week we will do a craft and play games based on the book or theme of the day. Have fun participating with your child in this class that introduces early math concepts and helps develop fine motor skills through play and exploration. This is a "together class" with parent/caregiver participating.

Ages: 18m- 3yrs (with adult participation) **Class Limit: 12** **5 Classes**

Fridays	1/11 – 2/8	10:00 – 10:45am
Fridays	2/22 – 3/22	10:00 – 10:45am
Fridays	4/5 – 5/3	10:00 – 10:45am

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

PRESCHOOL RECREATION CLASSES (cont.)

ONE DAY DOODLE BUGS CLASSES (MEETING ROOM)

One Day Doodle Bugs is a one day program with a different theme each week. In class, we will take imaginative trips with a story, art project and lots of fun games and activities. This is a "together class" with parent/caregiver participating. The various class themes are listed below.

Ages: 18m – 3 yrs (with adult participation) **Class Limit: 12** **1 Class**

Wednesday	1/9	Polar Bears and Penguins	11:30am – 12:15pm
Wednesday	1/16	Super Sports	11:30am – 12:15pm
Wednesday	1/23	Escape to Pirate Cove	11:30am – 12:15pm
Wednesday	1/30	A Trip to the Zoo	11:30am – 12:15pm
Wednesday	2/6	Love Can Thaw a 'Frozen' Heart	11:30am – 12:15pm
Wednesday	2/20	Dinosaurs!	11:30am – 12:15pm
Wednesday	2/27	Everyday Super Heroes	11:30am – 12:15pm
Wednesday	3/6	Under the Sea	11:30am – 12:15pm
Wednesday	3/13	Lucky Little Leprechaun	11:30am – 12:15pm
Wednesday	3/20	Spring is in the Air	11:30am – 12:15pm
Wednesday	4/3	3...2...1.. Blast Off	11:30am – 12:15pm
Wednesday	4/10	Shapes, Sizes and Colors Galore	11:30am – 12:15pm
Wednesday	4/17	Wild West	11:30am – 12:15pm
Wednesday	4/24	Down on the Farm	11:30am – 12:15pm
Wednesday	5/1	April Showers Bring May Flowers	11:30am – 12:15pm

Fees:	*5 Classes	1 Class
	Members	\$35
	Non Member/Residents	\$38
	Non Member/Non Residents	\$45

**All 5 sessions must be purchased at the same time*

MINI'S IN MOTION (AUXILIARY GYM)

During this gym class, you and your child will explore the wonder of movement. Emphasis is on developing large/gross motor development, eye-hand coordination, confidence and social skills. If your little one likes to be on the move, then this is the class for them. This is a "together class" with parent/caregiver participating.

Ages: 18m-3 years (with adult participation) **Class Limit: 12** **5 classes**

Tuesdays	1/8 – 2/5	10:00am – 10:45am
Tuesdays	2/19 – 3/19	10:00am – 10:45am
Tuesdays	4/2 – 4/30	10:00am – 10:45am

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



STRONGSVILLE CITY PARKS AND RECREATION

PRESCHOOL RECREATION CLASSES (cont.)

YOGA FOR KIDS (CONFERENCE ROOM)

Come join us for Yoga for Kids where through music, story and movement, your child will become acquainted with the principles of yoga. Through children's yoga activities, your child will improve the ability to focus, follow directions, increase strength and coordination, develop self-esteem, learn techniques to be calm and relaxed, expand creativity and imagination and learn to cooperate with others. Laura Srsa is a certified children's yoga instructor as well as a certified preschool special education instructor.

Ages: 2-3 (with parent participation) **Class Limit: 10** **4 Classes**

Saturdays	1/12 - 2/2	10:30am - 11:15am
Saturdays	2/23 - 3/16	10:30am - 11:15am

Age: 4-7 years (without parent participation) **Class Limit: 10** **4 Classes**

Saturdays	1/12 - 2/2	9:30am - 10:15am
Saturdays	2/23 - 3/16	9:30am - 10:15am

Fees:	Members	\$30
	Non-Member/Residents	\$35
	Non-Member/Non-Residents	\$40

PEE WEE CHEFS (MEETING ROOM)

Let's get cooking! We're going to measure, mix, pour, cook, set the table and clean up. We will also discuss food groups, nutrition and table manners. Menus include a snack, breakfast, lunch, dinner and dessert. Different foods are prepared each session and children eat what they cook.

Ages: 3 - 5 years (without adult) **Class Limit: 12** **5 Classes**

Fridays	1/11 - 2/8	11:30am - 12:15pm
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Fees:	Members	\$35
	Non-Member/Residents	\$38
	Non-Member/Non-Residents	\$45

PEE WEE PICASSOS (MEETING ROOM)

Pablo Picasso once said, "Every child is an artist." In this class, children will learn the fundamentals of art - color, line, shape, form & texture. We will draw, paint, do things with paper, cloth or string, and mold or sculpt. Each session, children will make different art projects.

Ages: 3 - 5 years (without adult) **Class Limit: 12** **5 Classes**

Fridays	4/5 - 5/3	11:30am - 12:15pm
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Fees:	Members	\$35
	Non-Member/Residents	\$38
	Non-Member/Non-Residents	\$45

ALPHABET ANTICS (MEETING ROOM)

"Why is the alphabet in that order? Is it because of that song?" asked Dr. Seuss. Learn the ABC's through stories, art projects and games based on the letter of the week. This is a perfect class to help with preschool/Kindergarten readiness.

Ages: 3-5 years (without adult) **Class Limit: 12** **5 Classes**

Wednesdays	1/9 - 2/6	10:00 - 10:45am
Wednesdays	2/20 - 3/20	10:00 - 10:45am
Wednesdays	4/3 - 5/1	10:00 - 10:45am

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

PONY CAMP JUNIOR (PONY TALES FARM)

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

Ages: 2-6 years **Class Limit: 10** **2 classes**

Saturdays	3/23-3/30	11:00am - 11:45am
Saturdays	4/6-4/13	10:00am - 10:45am

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

PRESCHOOL RECREATION CLASSES (cont.)

ONE DAY FUN DAY CLASSES (MEETING ROOM)

One Day Fun Day is a one day program with a different theme each week. In class, we will take imaginative trips with a story, art project and lots of fun games. The various class themes are listed below.

Ages: 3 - 5 yrs (without adult) **Class Limit: 14** **1 Class**

Friday	2/22	Dinosaurs!	11:30am - 12:15pm
Friday	3/1	Everyday Super Heroes	11:30am - 12:15pm
Friday	3/8	Under the Sea	11:30am - 12:15pm
Friday	3/15	Lucky Little Leprechaun	11:30am - 12:15pm
Friday	3/22	Spring is in the Air	11:30am - 12:15pm

Fees: ***5 Classes** **1 Class**

Members	\$35	\$8
Non Member/Residents	\$38	\$9
Non Member/Non Residents	\$45	\$11

**All 5 sessions must be purchased at the same time*

YOUNG EINSTEINS - (MEETING ROOM)

Albert Einstein once said, "The important thing is not to stop questioning." Children are naturally curious how things work. In this science class, we will explore simple science through age-appropriate materials and experiments. We will promote discovery, learning and independent thinking.

Ages: 3-5 yrs (without adult) **Class Limit: 12** **5 Classes**

Tuesdays	1/8 - 2/5	11:30am - 12:15pm
Tuesdays	2/19 - 3/19	11:30am - 12:15pm
Tuesdays	4/2 - 4/30	11:30am - 12:15pm

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



STRONGSVILLE SPIRIT SHOP

The LATEST in Mustang and STS J&J Viking Fan Apparel, Novelties & Gifts

VARSITY JACKETS

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PRESCHOOL RECREATION CLASSES (cont.)

SOCCER SHOTS - MINIS (AUXILIARY GYM)

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

Instructor: This class taught by Soccer Shots coaches

**Please bring in additional \$20.00 to coach on first class. This is an annual registration fee for Soccer Shots, separate from the Recreation Center.*

Ages: 2-3 years	Class Limit: 12	6 Classes
Fridays	1/18-2/22	9:15 – 10:00am
Fridays	3/15-4/26*	9:15 – 10:00am

***No class 3/29**

Fees:	Members	\$65
	Non-Member/Residents	\$71
	Non-Member/Non-Residents	\$77

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 bring in an additional \$20.00 to coach on first class. This is an annual registration fee for Soccer Shots, separate from the Recreation Center.*

Ages: 3-5 years	Class Limit: 12	6 Classes
Fridays	1/18-2/22	10:00 – 10:45am
Fridays	3/15-4/26*	10:00 – 10:45am

***No class 3/29**

Fees:	Members	\$65
	Non-Member/Residents	\$71
	Non-Member/Non-Residents	\$77

JUMP START - JUNIOR ALL STARS (AUXILIARY GYM)

The Junior All Stars Sports Program provides 2.5 to 5 year olds with a positive age-appropriate introduction to a variety of sports. Children have fun and get plenty of exercise as they learn basic fundamentals of different sports. Sports offered include soccer, hockey, football, track and field, and more! Children also play fun running games and learn basic motor movements (galloping, hopping, skipping, etc) in a well-supervised and safe learning environment!

Instructor: This class is taught by Jump Start Sports coaches

Class Limit: 20 6 Classes

Ages: 2.5-3 years

Thursdays	1/17 – 2/21	11:30am – 12:10pm
Thursdays	3/14 – 4/25*	11:30am – 12:10pm

Ages: 4-5 years

Thursdays	1/17 – 2/21	12:15 – 1:00pm
Thursdays	3/14 – 4/25*	12:15 – 1:00pm

***No Class on 3/28**

Fees:	Members	\$60
	Non-Member/Residents	\$65
	Non-Member/Non-Residents	\$69

PRESCHOOL RECREATION CLASSES (cont.)

SPROUT THERAPY – SPROUT (CONFERENCE ROOM)

This class will focus on early intervention to facilitate expressive, receptive, and social language. We will provide a theme each week to initiate a skill, an activity to practice in a structured setting, and opportunities to practice with less structure but adult facilitation.

This group is ideal for children who:

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

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

Ages: 3-6 years	Class Limit: 8	6 Classes
Tuesdays	4/2-5/7	5:45 – 6:45pm

Fees:	Members	\$132
	Non-Member/Residents	\$139
	Non-Member/Non-Residents	\$145

YOUTH PROGRAMS

SPRING BREAK DAY CAMP (MEETING ROOM)

The Ehrnfelt Recreation Center will be offering these 1-day camps for children in grades K-6th. Activities will include arts and crafts, organized games, swimming, movies and much more. Please send children with a healthy lunch, drink, bathing suit and towel every day. Children must wear tennis shoes. Advanced Registrations is appreciated!

Each day send children with: Healthy Lunch * Drink * bathing Suit * Towel * Tennis Shoes * Paint shirt

Grades: K- 6th	Class Limit: 35	1 Class
Monday	3/25	9:00 am – 4:00 pm
Tuesday	3/26	9:00 am – 4:00 pm
Wednesday	3/27	9:00 am – 4:00 pm
Thursday	3/28	9:00 am – 4:00 pm
Friday	3/29	9:00 am – 4:00 pm

Fees:	Members	\$35/Day
	Non-Members/Residents	\$40/Day
	Non-Members/Non-Residents	\$50/Day

-Before & After Camp: A separate flat rate of \$3 will be charged for any portion of time between 7:00 am and 8:49 am, and an additional \$3 for any portion of time between 4:11 pm and 6:00 pm



YOUTH PROGRAMS (cont.)**PONY CAMP (PONY TALES FARM)**

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

Ages: 6 – 12 years	Class Limit: 10	4 Classes
Saturdays	4/6-4/27	11:00am – 12:00pm
Wednesdays	5/1-5/22	5:00 – 6:00pm
Fees:	Members	\$77
	Non-Member/Residents	\$81
	Non-Member/Non-Residents	\$85

**PARENTS' NIGHT OUT – KIDS NIGHT OF FUN!**

Parents, are you looking for a quiet "kid-free" night at home, a romantic dinner out, or maybe a chance to see a movie that is rated something other than PG? Let us give you the opportunity to take a well-deserved break. Take some time for yourself feeling confident that your little ones are in a safe environment and having lots of fun.

Kids, it may be called Parent's Night Out, but let's face it... it's really for you! Join us for a fun filled night of arts and crafts, sports games, board games, movie, pizza party and more! Come make new friends and have fun with our Recreation Staff!

P.N.O. - Kids Night of Fun is for kids ages 3 (must be potty trained) through 12. Drop off and pick up will be in the Meeting Room. Some activities will be done all together and for other activities (sports/gym games) children will be split up into different groups to keep all activities age appropriate.

Ages: 3* - 12 years (*must be potty trained) **Saturdays 4:00 – 8:00pm**

- **December 15th • January 12th**
- **February 16th • March 16th**

Fees: Members: \$25/child, \$12.50 for each additional sibling
Non-Members: \$30/child, \$15 for each additional sibling

YOUTH PROGRAMS (cont.)**SPROUT THERAPY – BLOSSOM (CONFERENCE ROOM)**

This class will focus on intervention to facilitate Language and Social Skills for school age children. We will provide a theme each week to initiate a skill, an activity to practice in a structured setting, and opportunities to practice with less structure but adult facilitation. This group is ideal for children who:

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

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

Ages: K-3rd Grade Class Limit: 8 6 Classes

	Tuesdays	4/2-5/7	4:45 – 5:45pm
Fees:	Members	\$132	
	Non-Member/Residents	\$139	
	Non-Member/Non-Residents	\$145	

YOGA FOR TWEENS

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

Ages 8-12 years	Class Limit: 12	4 Classes
Saturdays	1/12 – 2/2	11:30am – 12:30pm
Saturdays	2/23 – 3/16	11:30am – 12:30pm
Ages 13 – 17 years		
Thursdays	1/10 – 1/31	5:30pm – 6:30pm
Saturdays	1/12 – 2/2	11:45am – 12:45pm
Thursdays	2/21 – 3/14	5:30pm – 6:30pm
Saturdays	2/23 – 3/16	11:45am – 12:45pm

Fees: Members \$30
Non-Member/Residents \$35
Non-Member/Non-Residents \$40



STRONGSVILLE CITY PARKS AND RECREATION



YOUTH PROGRAMS (cont.)**ROBOTHINK ROBOTICS PROGRAM (MEETING ROOM)**

Build robots, learn coding, have STEM-tastic fun! RoboThink offers academically oriented STEM programs focusing on robotics and coding for budding, intermediate, and/or advanced students. We are aligned with Next Gen Science standards and allow students to be hands on and engaged in problem solving formulation and solving through design. Armed with motors, sensors, gears and mainboards, students build and code robot creations of all shapes, sizes and functions! Each session, students are introduced to engineering and coding concepts through our trained instructors and STEM workbooks. Students are in turn, asked to apply these concepts to solve challenges, provide solutions to problems and build creative robots in a fun environment. No prior experience is required, there are different curricula adjusted for different experience levels.

Instructor: RoboThink Instructor

Ages: 5-14 years	2/7 – 3/14	6 Class	5:30 – 7:00pm
Fees:			
Members		\$150	
Non-Member/Residents		\$158	
Non-Member/Non-Residents		\$165	

KIDS EXPLORATORY CODING PLAYGROUND (MEETING ROOM)

It is never too young to start coding. This course is specially created for children in grades K to 2nd. We are using Scratch Jr to create a light and playful environment to create digital stories and simple animation. Kids will be immersed in their own creation using their own voice and giving sequence of instructions using lego-styled blocks.

We will NOT talk about syntax or algorithm as this is not the objective of the course. The main objective is to let kids take control of their creation, understanding how he/she can alter the behavior and sequence of events. This introductory course will empower young children to gain confidence in themselves and be aware of human and computer interaction. Tablets will be provide for the kids and there will be no sharing of device. Parents are welcome to stay in the class.

Grades: K – 2nd	Class Limit: 10	4 Classes
Tuesdays	1/8 – 1/29	5:30 – 6:30pm
Fees:		
Members		\$80
Non-Member/Residents		\$84
Non-Member/Non-Resident		\$95

YOUTH PROGRAMS (cont.)**CREATING YOUR FIRST I-PHONE/I-PAD****MOBILE GAME LEVEL 1 (MEETING ROOM)**

This is a course designed very similar to our Visual Game Coding using Scratch. The only difference is the platform. This coding curriculum will be taught on the IOS platform like the I-pad/I-phone. It employs LEGO-styled blocks for the instructions and all programming constructs will be taught. Apple I-pad will be provided for the kids and there will be no sharing of devices. No prior knowledge of computer programming is required; however, students should know how to navigate using an I-pad. Parents are welcome to stay in the class.

Ages: 8-12 years	Class Limit: 10	4 Classes
Tuesdays	2/5 – 2/26	5:30 – 6:30 pm
Tuesdays	3/5 – 3/26	5:30 – 6:30 pm
Fees:		
Members		\$80
Non-Member/Residents		\$84
Non-Member/Non-Residents		\$95

CREATING YOUR FIRST I-PHONE/I-PAD**MOBILE GAME LEVEL 2 (MEETING ROOM)**

Kids will continue to work on their I-phone/I-pad game using the Hopscotch platform. This focus for this class is on Algorithm and logic thinking using Pseudo coding, a tool that is very useful to break up complex problems into smaller pieces. Kids will work on bigger games and animation. Parents are welcome to stay in the class. Apple I-pad will be provided for the kids and there will be no sharing of devices.

*Kids should have done at least I-phone/I-pad Mobile Game Level 1 (or equivalent class) to take this course.

Ages: 8-12 years	Class Limit: 10	4 Classes
Tuesdays	4/2 – 4/23	5:30 – 6:30 pm
Fees:		
Members		\$80
Non-Member/Residents		\$84
Non-Member/Non-Residents		\$95

SPROUT THERAPY – THRIVE

During the program, we will play a variety of games including board games and movement games to facilitate social communication. The purpose of this program is to teach children how to interact with each other beyond a screen.

The low student to therapist ratio in this program makes it ideal for students who:

- Typically receive speech therapy at school
- Have a difficult time expressing their opinions, wants/needs, emotions
- Struggle when participating in groups or playing face to face games with friends for the duration of an activity
- Have a difficult time initiating and continuing conversations with other
- Demonstrate difficulty winning/losing during games

Instructor: One of Sprout Therapy's ASHA accredited Speech Language Pathologist

Ages: 4th – 7th grade	Class Limit: 10	6 Classes
Tuesdays	1/29 – 3/5	4:45 – 6:00pm
Fees:		
Members		\$150
Non-Member/Residents		\$156
Non-Member/Non-Resident		\$162

CHORDS ARE KEY FOR GUITAR (CONFERENCE ROOM)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to justonceclasses.com. See includes an online book and online instructional videos.

Topics include: *How chords work in a song *How to form the three main types of chords *How to tune your guitar *Basic strumming patterns *How to buy a good guitar (things to avoid) *How to play along with simple tunes

Ages: 13 years & over	Class Limit: 15	1 Class
Wednesday	5/8	6:30 – 9:00pm
Fees:		
Members		\$59
Non-Member/Residents		\$63
Non-Member/Non-Residents		\$65



GIVE YOUR CHILD AN ACADEMIC ADVANTAGE IN SCHOOL AND BEYOND!

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COMMUNITY HEALTH AND WELLNESS

Southwest General Community Nurse, Laurie Pfahler, RN
(440) 816-4031



FABULOUS FRIDAYS FOR YOUR HEALTH AND WELL BEING

Mark your calendar for the second Friday of each month to make time for you! Southwest General will present a variety of health related talks and screenings to help you be the best you can be. All are welcome. Talks are always free. A small fee will be charged for cholesterol screenings.

NONSURGICAL OPTIONS FOR ARTHRITIS

Dr. Aaron Wolkoff, primary care sports medicine physician from Southwest, will present Nonsurgical Options for Arthritis. He will discuss platelet rich plasma injections along with bone marrow injections as a way to help patients overcome injuries and improve their overall health and athletic performance.

Friday 1/11 10:00am

SLEEP WELL

Victoria Cho PharmD, from Southwest will talk about ways to improve your sleep hygiene and discuss medications that may cause insomnia and medications that may help!

Friday 2/8 10:00am

STROKE PREVENTION & AWARENESS

Join Maureen Moore, RN, BSN, SCRNP, Stroke Coordinator, from the Primary Stroke Center at Southwest General, as she presents the signs and symptoms of strokes, shares prevention strategies, and introduces Southwest General's Grey Matters Stroke Prevention and Circulation Circuit Programs.

Friday 3/8 10:00am

PHARMACY TALK

Victoria Cho PharmD, from Southwest will give a talk on prescription and over the counter medications.

Friday 4/12 10:00am

WELLNESS CLINICS

VISION SCREENING

Screening by North Coast Eye Surgery.

Thursday 3/7

DIABETES SCREENING

The incidence of diabetes is on the rise. Some diabetes symptoms include frequency of urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Educational literature will be available. No appointment necessary. Please check the Community Nurse Calendar for additional dates and times.

3rd Tuesday of every month 10:30am -12:30pm

BLOOD PRESSURE SCREENING

Did you know that nearly one in three adults in the United States have high blood pressure? Because there are no symptoms, nearly one third of these people do not even know that they have it. Uncontrolled high blood pressure can lead to stroke, heart attack, or kidney failure. This is why high blood pressure is often called the "silent killer". The only way to tell if you have high blood pressure is to have your blood pressure checked. Please check the Community Nurse Calendar for additional dates and times.

1st Monday of every month 10:15am-12:00pm
3rd Tuesday of every month 10:30am -12:30pm

REWARD YOURSELF

Massage Consistency Passes Are Available

For more information please check out Page 18 for details.



INDIVIDUAL & TEAM SPORTS PROGRAMS

Recreation Supervisor, Jason Keppler
Assistant Recreation Supervisor, Timothy Campbell



Jason Keppler can be reached at the Ehrnfelt Recreation Center at (440) 580-3260, ext. 5280

YOUTH PROGRAMS

INTRODUCTION TO YOUTH STRENGTH TRAINING

Boys and Girls (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.

Evening Classes:	Ages: 12-14 years	Class Limit: 10
Monday & Wednesday	1/7-1/28*	4:00pm-5:00pm
Monday & Wednesday	2/4-2/25*	4:00pm-5:00pm
Monday & Wednesday	3/4-3/20	4:00pm-5:00pm
Monday & Wednesday	4/1-4/18	4:00pm-5:00pm

*No Class 1/21 & 2/18

Fees:	Members	\$45
	Non-Member/Residents	\$53
	Non-Member/Non-Residents	\$61

YOUTH FOIL FENCING LESSONS (MEETING ROOM)

Come learn the fundamentals of this great sport! The lessons are taught by former Cleveland State University Coach, and current head coach of the On Target Fencing Team. All equipment is provided.

Class minimum: 6		Class Limit- 24
Friday	1/18 – 2/22	6:45-8:00pm
Friday	4/5 – 5/17*	6:45-8:00pm

*No Class 4/19

Fees:	Members	\$65
	Non-Member/Residents	\$70
	Non-Member/Non-Residents	\$80

K-2ND GRADE LACROSSE PROGRAM (AUX. 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 Lacrosse leagues. All equipment is provided.

Class Limit 24		
Monday	2/25-4/15*	6:30-7:30pm

*No Class 3/25 and 4/22

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

EXPLOSIVE FASTPITCH SOFTBALL CLINIC (AUX. GYM)

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Class Limit XX

	XXXday	TBD	TBDpm
Fees:	Members		\$xx
	Non-Member/Residents		\$xx
	Non-Member/Non-Residents		\$xx

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 bring in additional \$20.00 to coach on first class. This is an annual registration fee for Soccer Shots, separate from the Recreation Center.

Ages: 2-3 years	Class Limit: 12	6 Classes
Fridays	1/18-2/22	9:15 – 10:00am
Fridays	3/15-4/26*	9:15 – 10:00am

*No class 3/29

Fees:	Members	\$65
	Non-Member/Residents	\$71
	Non-Member/Non-Residents	\$77

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 bring in an additional \$20.00 to coach on first class. This is an annual registration fee for Soccer Shots, separate from the Recreation Center.

Ages: 3-5 years	Class Limit: 12	6 Classes
Fridays	1/18-2/22	10:00 – 10:45am
Fridays	3/15-4/26*	10:00 – 10:45am

*No class 3/29

Fees:	Members	\$65
	Non-Member/Residents	\$71
	Non-Member/Non-Residents	\$77



YOUTH PROGRAMS (cont.)

JUMP START - JUNIOR ALL STARS (AUXILIARY GYM)

The Junior All Stars Sports Program provides 2.5 to 5 year olds with a positive age-appropriate introduction to a variety of sports. Children have fun and get plenty of exercise as they learn basic fundamentals of different sports. Sports offered include soccer, hockey, football, track and field, and more! Children also play fun running games and learn basic motor movements (galloping, hopping, skipping, etc) in a well-supervised and safe learning environment!

Instructor: This class is taught by Jump Start Sports coaches

Class Limit: 20 6 Classes

Ages: 2.5-3 years

Thursdays	1/17 – 2/21	11:30am – 12:10pm
Thursdays	3/14 – 4/25*	11:30am – 12:10pm

Ages: 4-5 years

Thursdays	1/17 – 2/21	12:15 – 1:00pm
Thursdays	3/14 – 4/25*	12:15 – 1:00pm

***No Class on 3/28**

Fees:	Members	\$60
	Non-Member/Residents	\$65
	Non-Member/Non-Residents	\$69

YOUTH INDOOR TENNIS LESSONS PROGRAM (AUX. GYM)

Taught by "Little Racquets" this nationally-renowned program teaches kids ages 3-8 how to play tennis in a fun environment. Students are engaged in stimulating, and playful activities that enhance their physical and emotional abilities. NO equipment needed.

Class Limit 20

Ages: 3-5	10:00-10:30am	Saturday	3/2-4/27*	\$72
Ages: 6-8	10:30-11:30am	Saturday	3/2-4/27*	\$90

***No class 3/23, 3/30, and 4/20**

You must register online at littleracquets.com

JUMP START T-BALL CLINIC (CROSS AND FINLEY FIELDS)

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

Ages: 3-4 years

Session 1	Saturday	4/13-5/18	9:00am or 10:00am
Session 2	Saturday	6/15-7/20	9:00am or 10:00am
Session 3	Saturday	9/7-10/12	9:00am or 10:00am

Fees:	Residents	\$80
	Non-Residents	\$90

HEAD START LITTLE DRIBBLERS

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

Grades: K-3rd

Saturday	3/2-3/16	12:00pm – 1:00pm
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Fee: \$25

YOUTH BASEBALL, SOFTBALL, AND T-BALL LEAGUES

These fun and exciting offerings are designed to teach children, age 5 through 18, how to play T-Ball, softball and baseball along with concepts of team play and good sportsmanship. You must register in person at the front desk of the Recreation Center.

Registration: January 2 - March 10 (a late fee will be assessed after 3/10)

Ages: 5-18 years

LEAGUE AGE/NAME	LEAGUE TYPE	FEE RES/NON-RES	GAME DAYS*
Boys 5-6 yrs	T-Ball	\$48/\$63	Sat
Boys 6-7 yrs	Coach Pitch	\$48/\$63	Mon, Wed, Fri
Boys 7-8 yrs	Machine Pitch	\$48/\$63	Mon, Wed, Fri
Boys 9-10 yrs	Kid Pitch	\$53/\$68	Mon, Wed, Fri
Boys 11-12 yrs	Kid Pitch	\$53/\$68	Mon, Wed,
Boys 13-14 yrs**	Kid Pitch	\$53/\$68	Mon-Sat
Boys 15-18 yrs**	Kid Pitch	\$53/\$68	Mon-Sat
Girls 5-7 yrs	T-Ball	\$48/\$63	Sat
Girls 7-9 yrs	Coach Pitch	\$48/\$63	Mon, Wed, Fri
Girls 9-10 yrs**	Modified Pitch	\$48/\$63	Mon-Sat
Girls 11-12 yrs**	Modified Pitch	\$48/\$63	Mon-Sat
Girls 13-15 yrs**	Modified Pitch	\$48/\$63	Mon-Sat
Girls 13-15 yrs**	Slow Pitch	\$48/\$63	Mon - Fri
Girls 16-18 yrs**	Slow Pitch	\$48/\$63	Mon - Fri

*Game days are subject to change depending on the number of people who register and field availability.

**League has collaborated with other local leagues and some travel to the surrounding communities is required

Practices: Start after April 1 (tentative) - One weeknight and one weekend time

Games: 2 to 3 games per week beginning as early as May 20th (tentative)

Each team, except T-Ball, will play 12-14 games.

Most leagues will end in mid-late July (weather dependent)

T-Ball: SATURDAY ONLY (practices begin in mid-May)

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

Umpires: Children ages 14+ interested may pick up an application at the Ehrnfelt Recreation Center.

YOUTH BASKETBALL LEAGUES

JR. CAVALIERS SPRING

BASKETBALL LEAGUES (STRONGSVILLE CITY SCHOOLS)

These leagues are offered for Strongsville boys and girls from Grades 2 through 12. A single elimination tournament will conclude the season. You must register in person at the front desk of the Recreation Center. Most games and practices are held at the Strongsville City Schools. As being part of the Jr. Cavalier program each child will receive a reversible authentic Cleveland Cavaliers jersey AND a game ticket to a future game, plus other perks throughout the Cavs season!!!

REGISTRATION: January 28 – February 17*

*Non-Strongsville residents may register beginning 2/18 if there is space available. There is also a \$15 non-resident fee assessed for any non-Strongsville residents.

Co-Ed Grade K-1	\$75	Co-Ed Grade K-1	\$75
Boys Grade 2*	\$75	Girls Grade 2*	\$75
Boys Grades 3-4	\$75	Girls Grades 3-5	\$75
Boys Grades 5-6	\$78	Girls Grades 6-8	\$78
Boys Grades 7-8	\$78	Girls Grades 9-12	\$78
Boys Grades 9-10	\$78		
Boys Grades 11-12	\$78		

*Boys and Girls 2nd Grade league will be combined if there are not sufficient numbers.

Practices: Starting after March 4th (approximately), one weeknight per week for an hour any time after 4:00 p.m.

Games: Saturdays starting March 16 or 23 and ending by May 18

Coaches needed! Please apply at the front desk.

YOUTH SPECIAL EVENTS

STRONGSVILLE BASKETBALL ALL STAR FRIDAY

(EHRNFELT RECREATION CENTER- MAIN GYM)

Come test some of your hoops skills at this after hour event at the Recreation Center. Contests include a 3 point shootout, a 2-on-2 tournament (teams selected randomly), a hot shot contest, a free throw contest and a basketball trivia quiz. Trophies will be awarded to contest winners. There will also be drawings for basketball prizes. Fee includes a tee-shirt. *You must register by Friday, 1/18*

Friday	1/25	Class Limit: 25 in each bracket
Boys Grades 3 & 4	6:30 – 9:30pm	
Boys Grades 5 & 6	6:30 – 9:30pm	
Girls Grades 3 & 4	6:30 – 9:30pm	
Girls Grades 5 & 6	6:30 – 9:30pm	
Fees:	Members	\$15
	Residents/Non-Members	\$20

YOUTH SPORTS CLINICS, CLASSES, CAMPS, AND LESSONS

GIRLS' VOLLEYBALL CLINIC

(EHRNFELT REC. CENTER AUXILIARY GYM)

If you are looking to learn how to play volleyball or improve your skills, then this clinic is for you. **Class Limit: 24**

Grades 3-5/Beginners Tuesdays 1/8 - 2/26 4:45 – 6:00 pm 8 weeks
Grades 6-8/Intermediate Tuesdays 1/8 - 2/26 6:00 – 7:15 pm 8 weeks

Fees:	Members	\$60
	Residents/ Non-Members	\$65
	Non-Residents/Non-Members	\$75

YOUTH TABLE TENNIS (EVENT CENTER)

Come 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. No drop-ins. There is an additional \$25 fee payable to the Strongsville Table Tennis League.

Ages: Grades 5-8 (boys & girls)

Tuesdays TBD 4:00 – 6:00 pm 20 dates

Fees:	2 Month Membership	Drop-In
Adult	\$55	\$6
Senior & College	\$45	\$5
Youth \$	\$35	\$4
Youth with playing adult*	\$25	\$3

*plus \$5 for each additional child

YOUTH VOLLEYBALL LEAGUE

GIRLS 5TH-7TH GRADE VOLLEYBALL LEAGUE

(EHRNFELT REC. CENTER AUX. GYM)

Whether you've played before or not this league is for you. You must register in person at the front desk of the Recreation Center.

Registration: January 2 – February 16 (a late fee will be assessed after 2/16)

Grades: 5-7 **League Limit:** 64 (8 teams)

Practice Begins- as early as Tuesday 2/26 between 4:00pm & 6:00pm (for 1-hour) or Thursday 2/28 between 7:00pm & 9:30pm (for 1-hour)

Games Begin- Saturday 3/16 OR 3/23 between 9:00am and 12:00 pm

Coaches needed and are encouraged to apply at the front desk!

Fees:	Members	\$50
	Residents/Non-members	\$55
	Non-Residents/Non-members	\$65

ADULT PROGRAMS

ADULT BASKETBALL LEAGUES AND PROGRAMS

MEN'S 4X4 BASKETBALL LEAGUE

(EHRNFELT RECREATION CENTER, MAIN GYM)

Registration takes place from 11/19 - 12/21.

Ages: 18 years & Older

Tuesdays 1/15 - 4/16 (tentative) 6:30 - 10:30 pm

Fees:	Per Team (Limit: 8 per division)	\$125 (due at registration)
	Non-Members/Non-Residents	\$17
	Cash Forfeit Deposit	\$80
	Referee/Scorekeeper Fees	\$34 per team/per game

ADULT BASKETBALL LEAGUES AND PROGRAMS (cont.)

MEN'S PICK-UP BASKETBALL- MONDAY'S

(CENTER MIDDLE SCHOOL)

The program is formatted as pick-up basketball play. Not league play.

Ages: 16 years & Older

Mondays 1/7 - 5/6* 8:30-10:00 pm

*Dates are tentative. There will be no play on days where there is no school or school functions.

Fees*:	Members/Residents (Limit: 30)	\$30
	Residents/ Non-Members	\$35
	Non-Residents/ Non-Members	\$45

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

MEN'S PICK-UP BASKETBALL- WEDNESDAY'S

(CENTER MIDDLE SCHOOL)

The program is formatted as pick-up basketball play. Not league play.

Ages: 16 Years and Older

Wednesdays 1/9 - 5/8* 8:30-10:00 pm

*Dates are tentative. There will be no play on days where there is no school or school functions.

Fees*:	Members/Residents (Limit: 30)	\$36
	Residents/ Non-Members	\$41
	Non-Residents/ Non-Members	\$51

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

ADULT SPORTS MISC.

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 – 10:00 pm
Tuesdays/Thursdays TBD 6:00 – 10:00 pm

Fees:	Adult	\$55
	Seniors/College	\$45
	Youth	\$35
	Youth with paying adult	\$25
	There is no drop in fee for those that pay the registration fee.	

Drop-in Fees:	Adults	\$6
	Seniors/College	\$5
	Youth	\$4
	Youth with paying adults	\$3

*These fees are for those that do not pay the registration fee

ADULT VOLLEYBALL LEAGUES

CO-ED 6-ON-6 VOLLEYBALL LEAGUE (EHRNFELT REC. CENTER AUXILIARY GYM)

Registration for all teams is 11/19 to 12/21.

Ages: 18 years & Older

Sundays	1/6-4/14	3:00 – 10:00 pm
Sundays	3/17-4/28*	3:00 – 10:00 pm

* **No Play 4/21**

Fees:	Entry Fee (Limit: 14 teams)	\$170 (due at registration)
Session 1	Non-Residents Fee	\$17 per person
	CASH Forfeit Deposit (refundable)	\$50
	Referee Fee per team/per match	\$10 (due in cash each match)
Fees:	Entry Fee (Limit: 14 teams)	\$100 (due at registration)
Session 2	Non-Residents Fee	\$17 per person
	CASH Forfeit Deposit (refundable)	\$50
	Referee Fee per team/per match	\$10 (due in cash each match)

ADULT VOLLEYBALL LEAGUES (cont.)

WOMEN'S COMPETITIVE 6-ON-6 VOLLEYBALL LEAGUE (EHRNFELT REC. CENTER AUXILIARY GYM)

Registration for all teams is 11/19 to 12/21.

Ages: 18 years & Older

Wednesdays	1/9-4/24	6:00 – 10:00 pm
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* **No Play 3/27**

Fees:	Entry Fee (Limit: 10 teams)	\$200 (due at registration)
	Non-Residents Fee	\$17 per person
	Officials Fees*	\$10/game (Cash per team)
	*Cash paid on the court prior to each game (26 games total)	

ADULT SOFTBALL LEAGUES

Adult Softball Leagues (all leagues have no limit of non-residents on each team)

CO-ED FRIDAY PM SINGLE HEADER (VOLUNTEER PARK)

Late April - Late August (12 games plus playoffs). 8 Team limit. Registration fee includes a professional stat service and balls.

	Fridays	6:30 – 10:30 pm
Fees:	League Entry Fee	\$270
	Non-Resident Fee	\$17 (per player)
	Cash Forfeit Deposit	\$80 (cash)
	Umpire/Scorekeeper Fee	\$32 per game cash

ADULT SOFTBALL LEAGUES (cont.)

MEN'S SUNDAY CHURCH LEAGUE (REC PARK)

Late April - Late August (11 games plus playoffs). Lower and Upper divisions. Registration fee includes a professional stat service and balls. (Divisions may be combined if there is not enough teams for either one).

	Sundays	4:00 – 9:00 pm
Fees:	League Entry Fee (Limit 12 teams)	\$285
	Non-Resident Fee	\$17 (per player)
	Cash Forfeit Deposit	\$80 (cash)
	Umpire/Scorekeeper Fee	\$32 per game cash

MEN'S SUNDAY AM DOUBLE HEADER (VOLUNTEER PARK)

Late April - Late August (21 games plus playoffs). Lower, Middle and Upper divisions. Registration fee includes a professional stat service and balls. (Divisions may be combined if there is not enough teams for either one). **8 Team Limit.**

	Sundays	9:00am – 1:00 pm
Fees:	League Entry Fee (Limit 12 teams)	\$376
	Non-Resident Fee	\$17 (per player)
	Cash Forfeit Deposit	\$135 (cash)
	Umpire/Scorekeeper Fee	\$32 per game cash

MEN'S TUESDAY DOUBLE HEADER (VOLUNTEER PARK)

Late April - Late August (21 games plus playoffs). Registration fee includes a professional stat service and balls. **12 Team Limit.**

	Tuesdays	6:30 – 10:30 pm
Fees:	League Entry Fee (Limit 12 teams)	\$441
	Non-Resident Fee	\$17 (per player)
	Cash Forfeit Deposit	\$135 (cash)
	Umpire/Scorekeeper Fee	\$32 per game cash

MEN'S TUESDAY DOUBLE HEADER (VOLUNTEER PARK)

Late April - Late August (21 games plus playoffs). Registration fee includes a professional stat service and balls. **12 Team Limit.**

	Thursdays	6:30 – 10:30 pm
Fees:	League Entry Fee (Limit 12 teams)	\$441
	Non-Resident Fee	\$17 (per player)
	Cash Forfeit Deposit	\$135 (cash)
	Umpire/Scorekeeper Fee	\$32 per game cash



ADULT ENRICHMENT PROGRAMS

For Ages 18 and Over

ADULT PROGRAMS

DOG OBEDIENCE (WEST EVENT CENTER**)

This course will cover heeling/sitting, sit/stay, stand/stay and come when called. These commands will help you to bring out the best in your pet.

Instructor: David Moore of "Doo the Dog"

****PLEASE ENTER WITH DOGS THROUGH EVENT CENTER DOORS**

Ages: 18 & Over	Class Limit: 20	6 Class Session
Mondays	1/28-3/4	7:00 - 8:00pm
Mondays	3/25-4/29	7:00 - 8:00pm

Requirements for Class

- Pet must be a minimum of 4 months old
- 6 foot leash and choker chain
- Proof of pets vaccination for 1st class meeting

Fees Per Pet:

Members	\$80
Non-Members/Residents	\$86
Non-Members/Non-Residents	\$92

CHORDS ARE KEY FOR PIANO (CONFERENCE ROOM)

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Fee includes an online book and online video instruction.

Topics include: * How chords work in a song *How to get more out of sheet music by reading less of it *How to form the three main types of chords * How to handle different keys and time signatures * How to avoid "counting" * How to simplify over 12, 000 complex chords.

Ages: 18 years and over	Class Limit: 15	1 Class
Monday	5/6	6:30 - 9:30pm

Fees:	Member	\$59
	Non Member/Resident	\$63
	Non Member/Non Resident	\$65

CHORDS ARE KEY FOR GUITAR (CONFERENCE ROOM)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to justonceclasses.com. Fee Includes an online book and online instructional videos.

Topics include: *How chords work in a song *How to form the three main types of chords *How to tune your guitar *Basic strumming patterns *How to buy a good guitar (things to avoid) *How to play along with simple tunes

Ages: 13 years and over	Class Limit: 15	1 Class
Wednesday	5/8	6:30 - 9:00pm

Fees:	Members	\$59
	Non-Member/Residents	\$63
	Non-Member/Non-Residents	\$65

ADULT PROGRAMS (cont.)

HENNA BY SADHANA (SR. ART STUDIO)

Learn about an enduring tradition, timeless art of body painting, and wonderful artistry of beautiful patterns which comes with practice and control. This course allows students to get in touch with their creative side, and learn the methods required when using natural henna paste to achieve beautiful, flowing pieces of body artwork. Foundation Course includes:

- History of Henna
- Basic flow & simple patterns- on paper
- Henna preparation – how to mix henna, how to make henna applicator
- Techniques and practical henna application
- Henna after care

Instructor: Sadhana Pokala - Art is an expression, an experience, a journey. Sadhana's journey started in her early childhood drawing flowers and paisleys. Being a Fashion Designer, her passion becomes her profession. Sadhana is an imaginative Henna/Mehendi artist who is driven by an incredible passion for self-expression through art. She is a self-taught artist practicing henna artistry for the past 15 years. She has developed an innovative style that blends traditional and modern art of mehendi. Her work is noted for her unique style, intricate designs, elegance, and technique.

Ages: 10 years - Adults	Class Limit: 15	4 Class
Wednesdays	2/20 - 3/13	6:30 - 7:30pm

Fees:	Members	\$100
	Non-Member/Residents	\$105
	Non-Member/Non-Residents	\$110

EXERCISE PROGRAMS

BOOT CAMP FOR BABY BOOMERS

Designed for those between the ages of 45 - 60, this class features movements that impact the heart and are weight bearing. Resistance exercises are said to increase muscle mass and bone density. Taught by a certified fitness instructor.

Ages: 45 & over	8 Class Sessions	5:30 - 6:30pm
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Evening Classes:	Mondays & Wednesdays	12/5-1/9*
	Mondays & Wednesdays	1/14-2/6
	Mondays & Wednesdays	2/11-3/6
	Mondays & Wednesdays	3/11-4/3
	Mondays & Wednesdays	4/8-5/1

*** No Class 12/24, 12/26 & 12/31**

Fees:	Members	\$25	Drop in
	Non-Members/Residents	\$31	\$4
	Non-Members/Non-Residents	\$43	\$5

YOGA

Increase your core strength while stretching your whole body, improving your stamina and releasing stress. Our instructor will teach you the basics of yoga.

Ages: 45 & over	5:30 - 6:30pm
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Instructors: Trista Smith - Tuesdays
Megan Ruggiero - Thursdays

Evening Classes:	Tuesdays	1/8-2/12
	Tuesdays	2/19-3/26
	Tuesdays	4/2-5/7
	Thursdays	11/29-1/3
	Thursdays	1/10-2/14
	Thursdays	2/21-3/28
	Thursdays	4/4-5/9

Fees:	Members	\$18	6 Weeks	Drop-In
	Non-Member/Residents	\$22		\$5
	Non-Member/Non-Residents	\$30		\$7

EXERCISE PROGRAMS (cont.)**TAP DANCING**

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

Ages: 18 & over **7 Week Session** **Instructor: Peggy Stockdale**
Minimum class size: 4

Evening Class:

Wednesdays	1/30-3/20*	6:00 – 7:00pm Beginners 7:00 – 8:00pm Experienced Tapper
Wednesdays	3/27-5/8	6:00 – 7:00pm Beginners 7:00 – 8:00pm Experienced Tapper

***No Class 2/20**

Fees:	Members	\$38
	Non-Member/Residents	\$40
	Non-Member/Non-Residents	\$44

EVENING LINE DANCING

Come boot, scoot and boogie with our evening line dance instructor, Mary. She'll teach you the newest steps and help you brush up on your old ones. Enjoy exercise, during an evening of fun. Five weeks sessions or drop-in option.

Ages: 18 & over **Instructor: Mary Harwood**
Evening Class: Tuesdays* 7:00 – 8:00pm

**Please see the Silver Pen or call the Senior Registration Desk at 580-3275 for specific session dates.*

Fees:	5 Week Sessions	Drop-In
	Members	\$19
	Non-Member/Residents	\$22
	Non-Member/Non-Residents	\$28

WOOD SHOP CLASSES AND SERVICES

For all wood shop information, call (440) 580-3275.

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. Three sessions completed in three evenings.

Class Limit: 8	Ages 21 & Over	Instructor: Jim Burns
Mondays	2/4 & 2/11	6:00-9:00pm
Monday	2/18	6:00-8:00pm

Fees:	Members	\$35
	Non-Members/Residents	\$40
	Non Members/Non-Residents	\$50

OPEN WOOD SHOP (SENIOR CENTER WOOD SHOP)

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

Ages: 21 & over

Wednesdays	6:30 – 8:30pm
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Fees:	Per Hour	Punch Cards
Members/Residents	\$1	\$5
Non-Members/Non-Residents	\$3	\$15

**The Strongsville Parks and Recreation Department...**

- Socially involved people are 2 to 5 times less likely to suffer from heart disease.
- It costs 100 times more to send a teen to jail than to provide preventative recreation programs.
- A National Softball Tournament accounted for over \$300,000 spent in the local economy.
- \$59 Billion is spent every year on wildlife tourism.
- Girls who participate in sports help increase bone density to combat osteoporosis later in life.
- Juvenile crime dropped 24% during the first 13 weeks of one city's late-night recreation program.
- Every mile walked adds an average of 21 minutes to a person's life.
- Families that recreate together report greater stability and satisfaction.
- Visits to National, Regional and Local parks exceed 1 billion annually.
- 66,000 deaths annually could be prevented through regular exercise.
- Americans spend over 500 million days per year fishing.
- The fondest memories involve family outings and vacations.

...Re-defining Recreation!

WOOD SHOP CLASSES AND SERVICES (cont.)

WOOD CARVING (SENIOR CENTER WOOD SHOP)

Join this group of men and women and learn the artistry and craftsmanship of wood carving.

Instructor: Dave Hoelter

Ages: 21 & over

Every Tuesday

6:00-8:00pm

No Meeting 12/25

Fees: Participants pay for own tools and materials.

EVENING PROGRAMS

DINNER & A MOVIE

Looking for a night out? Join us for a wonderful dinner, prepared by the kitchen staff followed by a new release movie right here in at our very own Ehrnfelt Senior Center! The movie of the month is listed in the Silver Pen Newsletter and is also available by calling the Senior Center. Reservations and payment for your dinner are required by the Monday before at 8pm. Your dinner ticket will give you FREE movie admission and includes fresh popped popcorn and light refreshments served with the movie. It's the prefect night out so be sure to grab a friend and join us!

Ages: 50 & over

2nd Tuesday of the Month

Doors open: 5:00pm

Dinner: 5:30pm

Fees: Members/Residents \$7
Non-Residents/Non-Members \$9

ASSET PROTECTION-PROBATE AVOIDANCE - BENEFIT PROGRAM

Join certified Elder Law Attorney Erica Skerl as she provides easy to understand tips on how to avoid probate, why you need to protect your assets, and benefit programs available for seniors and veterans. Erica will also discuss the new Medicaid rules for nursing home payments. She will also touch on why you should never have to probate a car; how to keep the home in your name and avoid probate on death; why all powers of attorney are not equal or beneficial; eliminate estate taxes and many other tips. Don't miss this informative program. Registration required.

Ages: 50 & over

Thursday

4/25

6:00pm

Free

ANTIQUES IN THE ATTIC

You've seen PBS's Antiques Roadshow — now come to our program, and discover if your favorite item is a true treasure. Neal Richter will return to the Senior Center for this popular program. Neal, also known as the Clock Doctor, frequently conducts appraisals for individuals and insurance companies. This mini appraisal will be fun to watch as well as participate. Come and learn if your attic is really a treasure chest. Registration is required. Two item limit per person.

Ages: 50 & over

Thursday

Instructor: Neal Richter

3/21

Free

6:30pm

AARP DRIVER SAFETY PROGRAM CLASS

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. Registration required.

Ages: 50 & over

Thursday

4/4

Instructor: Mike Kolesar

5:00-9:00pm

Fees: AARP Members \$15
Non-AARP Members \$20

EVENING PROGRAMS (cont.)

CPR TRAINING

This CPR course teaches lay rescuers the basic techniques of CPR and the use of an AED. Strongsville Firefighters/Paramedics will teach participants how to recognize the signs and symptoms of a heart attack, stroke, cardiac arrest, and foreign body airway obstruction.

All are invited to participate, and those that are physically able to complete the testing, are eligible to receive a two year American Heart Association course completion card*.

Please Note: This class is now held at the Main Fire Station, located at 17000 Prospect Road, Strongsville. **Registration is required with the Strongsville Fire Department.** Please email charles.walters@strongsville.org or phone (440) 580-3210 ext. 5433

Ages: 18 & over

Instructors: Strongsville Firefighters/Paramedics

Thursday	1/24	6:00 - 9:00pm
Monday	2/25	6:00 - 9:00pm
Monday	3/25	6:00 - 9:00pm
Wednesday	4/25	6:00 - 9:00pm

Fees: Residents/
Strongsville Business/Special Groups Free*
Non-Residents/
Businesses/Medical Professional \$50*

*Personal e-mail required and \$20 fee for AHA completion card, payable at class.

PAINTING WITH A TWIST

Join Strongsville's Painting With A Twist! They provide all painting supplies and artist instructions. No art experience is needed. Simply be ready to have a "twisted" good time! Their talented artists will guide you in the process one step at a time, during this two-hour class. You'll go home with a finished 16"x 20" painting to enjoy, or give as a gift.

Ages: 50 & over

Thursday 2/21 6:30-8:30pm

A tranquil winter sunset, "Our Moon" will be the evening painting.

Tuesday 4/30 6:30-8:30pm

Create your own Welcome painting with "Blooming Welcome."

Fees: Members \$45
Residents/Non-Members \$47
Non-Residents/Non-Members \$51

FREE CONSULTATIONS

(Offered monthly)

FINANCIAL PLANNER

OFFILL FINANCIAL GROUP

Evening counseling services offered by Offill Financial Group. Available by appointment the 1st Wednesday of the month between the hours of 6:00-7:30pm. Please call the Senior Center at (440) 580-3275 to make an appointment.

REWARD YOURSELF

Massage Consistency Passes Are Available

For more information please check out Page 18 for details.



SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Kathy Sazima, RN, BSN

Hours of Operation

Monday - Thursday

8:00am - 9:00pm

Friday

8:00am - 5:00pm

New Member Orientation

4th Monday of the month at 6:00pm • 4th Friday of the month at 10:00am

If you are interested in attending please call the Senior Registration Desk at 440-580-3275 to reserve your spot

- See page 6 for refund policy
- For questions or to register for a program please call 440-580-3275.

"Silver Mustang" Membership (Optional)

\$20 per year - Strongsville Residents

\$30 per year - Strongsville Resident Couple

\$45 per year - Non Residents

\$60 per year - Non Residents Couple

Membership Benefits:

Monthly Silver Mustang Newsletter • Admission into members only events
• Members only programs • Additional membership discounts • Priority registration for members • Free birthday lunch the month of your special day • Discount coupons for daily admission for family and friends • 3 free daily admission passes for the Ehnfelt Recreation Center

EHRNFELT SENIOR CENTER MEAL OPTIONS

See Page 44 for information on our Senior Center Meal Options

FITNESS, FUN, FRIENDSHIP

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 twice weekly bingo games!

Ages: 60 and over **Fee: 25 cents per card**
Mondays & Fridays 12:45-3:00pm

S.M.I.L.E. (SO MUCH IMPROVEMENT WITH A LITTLE EXERCISE)

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

Ages: 50 & over **This is a Drop In Program**
Mondays, Wednesdays, & Fridays 9:00am

Fees: **Per Week**
Grant Participants Free
Members \$1
Non-Members/Residents \$2
Non-Members/Non-Residents \$4

YOGA

Come and increase your core strength while stretching your whole body, improving stamina and releasing stress. Our Monday afternoon class offers a modified Yoga class, while our Tuesday and Thursday morning classes focus on more traditional Yoga. *This is a drop-in program.*

Ages: 50 & over
Instructors: Pam Houston - Mondays 2:15-3:30pm
Megan Ruggiero - Tuesdays 10:15-11:30am
Sheila Hart-Fowler - Thursdays 10:15-11:30am
***No class 1/1 & 4/23**

Fees: Members \$4
Non-Members/Residents \$5
Non-Members/Non-Residents \$7

BOWLING (AMF BROOKGATE)

More than 95 million people enjoy bowling worldwide, in 90 countries, spanning 6 continents. This makes ten pin bowling one of the largest participatory sports in the world. Substitutes are welcome.

Ages: 50 & over
Wednesdays 9:30am (Practice begins at 9:15am)

Fees: \$8
Includes 3 games, shoes and ball, if needed. Bowling ends in April.

FITNESS, FUN, FRIENDSHIP (cont.)

FUNCTIONAL TRAINING

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

Ages: 50 & over
Mondays, Wednesdays & Fridays 10:30-11:30am
Fees: Grant Participants Free
Members \$3
Non-Members/Residents \$4
Non-Members/Non-Residents \$6

RHYTHM AND MOVEMENT

Rhythm & Movement features cardio, strength, balance and flexibility moves, using oldies and current "upbeat music" for motivation. A variety of equipment is included in the fun workout; including weights, resistance bands, drum sticks and more. Class ends with a relaxing cool down, and each week has a different theme to make the class interesting and motivating. Join in for a perfect blend of fun, fitness and friendship. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Betty Lekan**
Wednesdays 10:00 - 11:00am
Fees: Members \$4
Non-Members/Residents \$5
Non-Members/Non-Residents \$7

ASIAN EXERCISE

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. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Ted Smith**
Mondays 9:15 - 10:15am
Fees: Members \$5
Non-Member/Residents \$6
Non-Member/Non-Residents \$8

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

A perfect, early morning 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 is a drop in program, taught by a certified fitness instructor.

Ages: 50 & over **Instructor: Jenny Wilson**
Tuesdays and Thursdays 7:30-8:15am
No class 4/23

Fees: Grant Participants Free
Members \$3
Non-Members/Residents \$4
Non-Members/Non-Residents \$6

STRONGSVILLE STRIDERS

Walking is wonderful! This near perfect form of physical exercise has numerous physical, mental and emotional benefits with no previous training necessary! A walking program is an excellent way to keep or start the body moving, and reap the benefits of good health that come with regular exercise! Join program leader, Mary Lea and fellow Striders as they walk their way to fun and fitness. This is a drop-in program. Limited to the first 12 to register, each class.

Ages: 50 & over **Instructor: Mary Lea Kirby**
Tuesdays 9:00 - 9:45am
No Class 4/23

Fees: Grant Participants Free
Members \$3
Residents/Non-Members \$4
Non-Residents/Non-Members \$6

SALSACISE

Salsacise is a fun, low impact workout that uses a combination of Latin dance and traditional class moves, set to music, that are easy to follow. Join us for some fun and a great workout. Taught by a certified fitness instructor.

Ages: 50 & Over **Instructor: Karen Hilberg**
Mondays 1/7-2/11 10:30 – 11:15am
Mondays 2/18-3/25 10:30 – 11:15am
Mondays 4/1-5/6 10:30 – 11:15am

Fees **6 Weeks** **Drop-In**
Members \$19 \$4
Non-Members/Residents \$21 \$5
Non-Members/Non-Residents \$25 \$7

QIGONG (CHI GONG) – MOVING MEDITATION

Qigong exercise consists of a combination of sitting meditation and gentle physical movements that emphasizes calm mind, relaxed body, and regular respiration. With roots in Chinese medicine, philosophy, and martial arts, Qigong is traditionally viewed as a practice to cultivate and balance translated qi (Chi), translated as "life energy". Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind.

Ages: 50 & Over **Instructor: Ted Smith**
Mondays 4:00-4:45pm
No class 8/27, 9/3 & 12/24

Fees: Grant Participants Free
Members \$5
Non-Member/Residents \$6
Non-Member/Non-Residents \$8

FITNESS, FUN, FRIENDSHIP (cont.)**HIGH BEGINNER/IMPROVER LINE DANCING**

Come and learn new steps or practice your favorites at our high beginner/improver line dancing class. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Gwen Rospierski**
Thursdays 10:00 - 11:00am
Fees: Members \$4
Non-Member/Residents \$5
Non-Member/Non-Residents \$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!

Ages: 50 & over **Instructor: Peggy Stockdale**
7 Week Sessions Minimum class size: 4
Thursdays 1/31 – 3/21* 11:00am – 12:00pm
Thursdays 3/28-5/9 11:00am – 12:00pm
Fees: Members \$38
Residents/Non-Members \$40
Non-Residents/Non-Members \$44

CORNHOLE

Cornhole, also known as Tailgate, bean bag toss, dadhole, doghouse, Baggo, or simply Bags, is an American game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. Join in, for an afternoon of open indoor play. Experienced players, as well as those that have never played are welcome.

Ages: 50 & Over
Wednesdays Open Play 1:00-3:00pm
Fees: Grant Participants Free
Members \$2
Residents/Non-Members \$3
Non-Residents/Non-Members \$5

WII BOWLING LEAGUE

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowling league on Tuesday mornings or Thursday afternoons, 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 & Over **4 Week Session**
Tuesdays 12/18-1/22 9:00 - 11:30am
Tuesdays 1/29-2/19 9:00 - 11:30am
Tuesdays 2/26-3/19 9:00 - 11:30am
Tuesdays 4/30-5/21 9:00 - 11:30am
No Bowling 12/25, 1/1, 4/23
Thursdays 12/27-1/17 12:30 – 3:00pm
Thursdays 1/24-2/14 12:30 – 3:00pm
Thursdays 2/21-3/14 12:30 – 3:00pm
Thursdays 3/21-4/11 12:30 – 3:00pm
Thursdays 4/18-5/9 12:30 – 3:00pm

Fees: **4 Weeks**
Grant Participant Free
Members \$4
Non-Member/Residents \$5
Non-Member/Non-Residents \$7

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. Join us Mondays and Thursdays when we offer open Pickleball. We have paddles, or bring your own, and join in on this popular sport. Experienced players as well as those that have never held a paddle are welcome.

Ages: 50 & Over
Open Play Mondays 11:00am-1:00pm
Thursdays 9:00am-12:00pm
No Pickleball 1/21, 2/18, 3/25, 3/28 & 4/22

Fees: Members \$2
Non-Members/Residents \$3
Non-Members/Non-Residents \$5

FITNESS, FUN, FRIENDSHIP (cont.)

FANTASY WALK

Looking for a unique and exciting way to get healthy, lose weight and have more energy? Join us on our next Fantasy Walk. Beginning January 1st, we're making a return trip to Chicago, Illinois. We're walking 336 miles to this windy city, on the shores of Lake Michigan. April 30th will be the goal to reach this exciting location.

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. A party will be held in May to celebrate everyone's accomplishments. Registration is required.

Ages 50 & over Sponsored by Brookway Hearing Center

Fees:	Members	\$13 or \$6*
	Non-Members/Residents	\$15 or \$8*
	Non-Members/Non-Residents	\$17 or \$10*

*Note: Participants can use their own pedometer and save \$7 on registration. Pedometers needed during program will cost \$13/each.

CARDS AND OTHER GAMES (SENIOR GREAT ROOM)

Ages: 50 & Over		Fees: Free
Bridge	Tuesdays	12:30-3:30pm
Bunco	Thursdays	9:30-11:30am
Dominoes/Rummikub	Tuesdays	1:00-3:00pm
Mah Jongg	Wednesdays	1:00-3:00pm
Pinochle	Tuesdays	12:25-3:00pm
Scrabble	Mondays	10:00-11:30am
Pinochle Instruction	Wednesdays	9:00-11:00am
Wii Open Play	Daily	Upon request
Table Tennis/Billiards	Fridays	12:30-4:00pm

WOOD SHOP CLASSES AND SERVICES

For all wood shop information, call (440) 580-3275.

OPEN WOOD SHOP (SENIOR CENTER WOOD SHOP)

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

Ages: 50 & Over	Wednesdays & Thursdays	9:30-11:30am
Ages: 21 & Over	Wednesdays	6:30-8:30pm

Fees:	Per Hour	Punch Cards
Members/Residents	\$1	\$5
Non-Members/Non-Residents	\$3	\$15

WOOD CARVING (SENIOR CENTER WOOD SHOP)

Join this group of men and women and learn the artistry and craftsmanship of wood carving.

Instructor: Dave Hoelter

Ages: 50 & Over	Thursdays	1:00-3:00pm
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Fees: Participants pay for own tools and materials

WOOD SHOP REPAIR SERVICE (SENIOR CENTER WOOD SHOP)

Wood shop volunteers will repair small wood items with a minimum charge of \$5. Bring your item into the wood shop any Wednesday or Thursday 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. Daytime Classes offered for ages 50 & over.

Ages: 50 & Over		Instructor: Jim Burns
Mondays	2/4 & 2/11	9:30am – 2:30pm*

**Lunch break from 11:30am – 12:30pm*

Fees:	Members	\$35
	Non-Members/Residents	\$40
	Non Members/Non-Residents	\$50



ART & CRAFT CLASSES

RAKE KNITTING (SENIOR CRAFT ROOM)

Colonial Cabin Craft – Create Afghans & more. Bring 1-4 ply skein of yarn and crochet hook size E, F or G.

Ages: 50 & Over
Every Monday

Free
10:00am

WATERCOLOR PAINTING

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, and all participants have the opportunity to join in our annual June Art Show. Students provide own materials; list available at Senior Registration Desk. Instructor offers three classes, each week – drop-in anytime.

Ages: 50 & Over
Class Limit 15
Tuesday, Thursday & Fridays
No Class 4/23

Instructor: Judi Roszak

9:30-11:30am

Fees:	Drop-In
Members	\$9
Non-Members/Residents	\$10
Non-Members/Non-Residents	\$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. Paint what you are interested in, learn, and become a part of our annual art exhibit. 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.

Instructor: Joanne Richter

Ages: 50 & Over	Class Limit: 15	6 Week Sessions
Tuesdays	2/19-3/26	1:00-3:30pm
Tuesdays	4/9-5/28*	1:00-3:30pm
Thursdays	1/3-2/7	1:00-3:30pm
Thursdays	2/21-3/28	1:00-3:30pm
Thursdays	4/11-5/23*	1:00-3:30pm
*No Class 4/16, 4/18 & 4/23		

Fees:	6 Week Session (No Drop-Ins)
Members	\$50
Non-Members/Residents	\$55
Non-Members/Non-Residents	\$65

ZENTANGLE WORKSHOP

Zentangle is a very easy to learn method of drawing to create beautiful images from repetitive patterns. It has been helpful to others for relieving stress, panic attacks, rehabilitation, chronic pain and weight loss. You don't need to be an artist, as the entire process is broken down and taught "one stroke at a time". You will be amazed at what you will accomplish.

This two day workshop is taught by certified Zentangle teachers. You will learn the history and philosophy, and begin creating basic tangles (patterns) in the first class, and begin learning more advanced tangles and create a tile in the second class. Register for this new Meditative Art Therapy. All supplies are included in the fee.

Ages: 50 & over **Instructor: Cathy Zavodny & Michelle Rodgers**

Call Senior Center Front Desk at 440-580-3275 for dates.

Fees:	Members	\$16
	Residents/Non-Members	\$18
	Non-Residents/Non-Members	\$22



Ehrnfelt Senior Center Meal Options

The Senior Center kitchen prepares daily (Monday-Friday) fresh, homemade meals. The menu is posted in our monthly senior newsletter or can be found at the Senior Registration Desk. Our lunches cost \$5.00 for residents and members, and \$6.00 for non-resident/non-members and include salad, dessert, entrée, and beverage. Some of our signature dishes are meatloaf and mashed potatoes and cranberry chicken. *Pre-registration is required by 8:00am on the day that you would like to join us for lunch, except for special event lunches.* Senior lunches are served Monday - Friday at 11:45am. Can't stay for lunch? No problem, we can make it a take-out! Simply let us know what you want take out when you call your reservation in at 440-580-3275, and we will have it ready for you.

If you are looking for something on the lighter side, stop at our Crossroads Café. Fresh made salads, sandwiches and a daily soup are available from 11:00am-1:00pm, Monday-Friday. No reservation is required.



ART & CRAFT CLASSES (cont.)

PHOTOGRAPHY 101: TAKING BETTER PICTURES

Getting the best pictures possible is a delicate balance between art and science. In this hands on course we start with the basics of photography and work our way to using the Exposure Triangle, Shutter Speed and Depth of Field to enhance your photographs. Learn the techniques used to make each photograph one that you will want to frame. It doesn't matter if you are using a cell phone camera, a simple point and shoot, or a high end DSLR, this class will help you take the best pictures possible. The best way to learn is by doing, so be prepared to bring your camera to each class. A camera is required for this course. Six week class. Maximum class size is 10.

Ages: 50 & Over

Wednesday 3/6-4/17*

*No Class 4/3

Instructor: Rick A. Deal

10:00-11:30am

Fees:	Members	\$45
	Residents/Non-Members	\$50
	Non-Residents/Non-Members	\$60

Special Note: If you have already taken Photography 101, Rick invites you back to join in on the current class at no charge to brush up on your skills.



PHOTOGRAPHY CLUB

The photography club is for anyone that is enthusiastic about taking pictures. Skill level doesn't matter, from the first time photographer to the seasoned professional, we can all learn from an open discussion of ideas and critiques. The discussion is led by a professional photographer who will share some equipment and techniques that will help everyone. Each session will include a group discussion/critique of each person's photos which allows you to view your work through someone else's eyes.

Ages: 50 & Over

Drop-In Program

Free

Instructor: Rick Deal

10:00am-12:00pm

Monday	1/28	Open Topic Discussion
Monday	2/25	Open Topic Discussion
Monday	3/25	Open Topic Discussion
Monday	4/22	Open Topic Discussion

PAINTING WITH A TWIST

Join Strongsville's Painting With A Twist! They provide all painting supplies and artist instructions. No art experience is needed. Simply be ready to have a "twisted" good time! Their talented artists will guide you in the process one step at a time, during this two-hour class. You'll go home with a finished 16" x 20" painting to enjoy, or give as a gift.

Ages: 50 & over

Wednesday 1/30 10:00-11:30am

Create an evening winter scape to enjoy yourself, or give as a gift. Join us for a special painting class titled: Our Moon.

Wednesday 3/27 10:00-11:30am

Spring is around the corner! Come celebrate by creating your own masterpiece to hang on your wall. Join us for a special painting class titled: Springtime Tulips.

Fees:	Members	\$40
	Residents/Non-Members	\$42
	Non-Residents/Non-Members	\$46

COMMUNITY SERVICE GROUPS

You are invited to join any of the Senior Center Service Groups-new hands, warm hearts, and happy smiles are always welcome! You will enjoy friendship, conversation and rewards of completing projects that benefit others.

RAINBOW QUILTERS

Come and join this group if you're able to iron, pin fabric layers together, use a sewing machine or tie a knot. Helping hands are always welcome. This group makes quilts from start to finish to donate to Rainbow Babies & Children's Hospital, MetroHealth Medical Center Pediatrics, The Salvation Army and the UH Seidman Cancer Center at Southwest General Health Center.

Ages: 50 & Over

Nancy Haake, Volunteer Coordinator

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

CREATIVE CRAFTERS

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

Ages: 50 & Over

Wednesdays

10:00am - 1:00pm

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!

Marlene Cichocki & Kathy Balach, Coordinators

Ages: 50 & Over

Thursdays

1:00 - 3:30pm

WELLNESS

BLOOD PRESSURE CHECKS

1st Monday, 10:15am – 12:00pm, Provided by Southwest General Health Center

3rd Tuesday, 10:30am-12:30pm, Provided by Southwest General Health Center

1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

DIABETES SCREENING

3rd Tuesday, 10:30-11:30am, Provided by Southwest General Health Center

1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

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.

Tuesday	1/8	9:00am
Tuesday	2/5	9:00am
Tuesday	3/5	9:00am
Tuesday	4/2	9:00am



WELLNESS (cont.)**PODIATRIST**

Licensed podiatrist visits the Senior Center monthly. To schedule an appointment, call the Senior Registration Desk at (440) 580-3275. Medicare billing only. (HMO's are not accepted.)

Dr. Jeanine A. Peters, DPM

Mondays	3/25 & 4/29	1:00-5:00pm
Tuesdays	1/22 & 2/19	1:00-5:00pm

COMMUNITY SUPPORT GROUPS**MEMORY LOSS SUPPORT GROUP**

Are you looking for any kind of 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. Linda Bliss, RN, Kathy Bush, RN and Jennifer Nance from Kemper House will be running this helpful support group, so all are welcome to join with any questions they may have. If you are caring for, or know someone with dementia, this support group is for you.

1st Tuesday of the month	10:00am	FREE
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FREE CONSULTATIONS
(Offered monthly)**ATTORNEY**

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

1st Tuesday	9:00 - 11:30am	Erica Skerl
4th Friday	10:00-11:30am	Sam Butcher

FINANCIAL PLANNER**Offill Financial Group**

Counseling services offered by Offill Financial Group. Available by appointment the 1st Wednesday of the month 10:00-11:30am & 6:00-7:30pm. Please call the Senior Registration Desk at (440) 580-3275 to make an appointment.

POST OFFICE ON WHEELS

A mobile postal van visits the Senior Center monthly, on the 2nd Tuesday of the month from 12:30 - 12:55 pm. Any business you conduct at the Post Office can be taken care of at the "Post Office on Wheels."

AARP TAX PREPARATION PROGRAM

The AARP Tax-Aide Volunteers will be at the Senior Center on Monday and Friday mornings, beginning Monday, February 4 through Friday, April 12, 2019. Appointments are required, and can be made beginning Thursday, January 3rd at the Senior Registration Desk or by calling (440) 580-3275. This FREE service from AARP is offered to Senior Citizens, to help them meet their tax-filing obligations.

BENEFITS CHECK UP

The Cuyahoga County Department of Senior and Adult Services can help you apply for benefits right here at the Ehnfelt 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.

Thursday	2/14	9:00am-12:00noon
Thursday	4/11	9:00am-12:00noon

FREE CONSULTATIONS (cont.)

(Offered monthly)

MEDICARE COUNSELING

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

2nd Tuesday of the Month 9:00am-3:00pm

EDUCATIONAL PROGRAMS**2018 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, from 2:30 - 4:00pm. The group leads their own discussion, with the assistance of questions supplied by the Library Staff.

Month	Book	Discussion Date
January	<u><i>Little Fires Everywhere</i></u> By Celeste Ng	Jan. 28th
February	<u><i>Lincoln in the Bardo</i></u> By George Saunders	Feb. 25th
March	<u><i>Saints for All Occasions</i></u> By Courtney Sullivan	March 25th
April	<u><i>The Story of Authur Truluv</i></u> By Elizabeth Berg	April 22nd

COMPUTER INSTRUCTIONS (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.

Fee for one hour session (Minimum of one hour)

Member	\$5
Resident/Non-Member	\$7
Non-Member/Non-Resident	\$9

AGING IN PLACE ON A BUDGET

Making your home accessible does not have to be expensive. At this presentation, a representative from Maximum Accessible Housing of Ohio will discuss twelve of the best accessibility features for your home that cost less than \$100! Registration is required.

Ages: 50 & Over	Free
Tuesday	1/29 10:00am



EDUCATIONAL PROGRAMS (cont.)**AGING IN PLACE: OUTSIDE AND THROUGHOUT THE HOME**

If your goal is to age in place this class is a must. A representative from Maximum Accessible Housing of Ohio will cover accessibility basics outside and throughout the home so you can learn how to make your home more accessible and live in it longer. Registration is required.

Ages: 50 & Over **Free**
Tuesday 2/26 10:00am

ASSET PROTECTION-PROBATE AVOIDANCE - BENEFIT PROGRAMS

Join certified Elder Law Attorney Erica Skerl as she provides easy to understand tips on how to avoid probate, why you need to protect your assets, and benefit programs available for seniors and veterans. Erica will also discuss the new Medicaid rules for nursing home payments. She will also touch on why you should never have to probate a car; how to keep the home in your name and avoid probate on death; why all powers of attorney are not equal or beneficial; eliminate estate taxes and many other tips. Don't miss this informative program. Registration required.

Ages: 50 & Over **Free**
Thursday 2/28 10:00am

AGING IN PLACE: FOCUS ON THE BATHROOM

Did you know, two-thirds of falls happen in the bathroom? With so many possible dangers in a room so frequently used, protection is a must. A representative from Maximum Accessible Housing of Ohio will cover the different features that can improve the safety and usability of your bathroom. Registration required.

Ages: 50 & Older **Free**
Tuesday 3/26 10:00am

AGING IN PLACE: FOCUS ON THE KITCHEN

The kitchen is used often throughout the day but can be a dangerous place. A representative from Maximum Accessible Housing of Ohio will discuss how to upgrade your kitchen for safety and efficiency. Registration required.

Ages: 50 & over **Free**
Wednesday 4/24 10:00am

EDUCATIONAL PROGRAMS (cont.)**WELCOME TO MEDICARE**

The Ohio Department of Insurance Ohio Senior Health Insurance Information Program (OSHIIP) and partner organizations will be holding a "Welcome to Medicare" event for Ohioans who will soon turn 65 years old to learn about Medicare. The two-hour event will feature a panel of experts from OSHIIP and other partner organizations who will discuss enrollment matters, patient rights, preventative services and more. Attendees will also have the opportunity to sign-up to become an OSHIIP volunteer. OSHIIP was founded in 1992 to provide Medicare beneficiaries with free, objective health insurance information and one-on-one insurance counseling. The program is funded in part by the state and by a grant from CMS. OSHIIP offers an array of services that are also used for persons with disabilities and for non-seniors. No registration required.

Ages: 50 & over **Free**
Monday 4/15 4:00pm

BREAD AND CIRCUSES

Is the partisan vitriol in Washington D.C. the result of deep ideological divides, or a distraction, a show put on to keep our attention away from political greed? Are Lobbyists and special interests bribing politicians? Or are politicians extorting us? A shocking peek behind the curtain of D.C. politics and its money-making schemes.

Six week session

Ages: 50 & over **Instructor: Ted Smith**
Wednesday 2/20-3/27 1:00-2:30pm

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

NEAR DEATH EXPERIENCES

Some people who died and then were revived claim to have visited heaven! People from vastly different cultures, geographies, and even religions report similar core experiences. Are these hallucinations of a brain in the last moments of life? What does science have to say about people's EEG showing no brain activity yet they report word for word conversations their surgeons had over their 'dead' bodies? What are the spiritual implications of these many experiences?

Six week session.

Ages: 50 & over **Instructor: Ted Smith**
Wednesdays 4/3-5/8 1:00-2:30pm

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



EDUCATIONAL PROGRAMS (cont.)

MASTERING MEAL PLANNING & MORE ON FOOD LABELS

Tired of trying to decide what to make for dinner? Unsure of what you should be snacking on to help keep you healthy? Join us for this informative presentation by a registered dietician. You will also learn more about the new food labels.

Ages 50 & over	Free
Thursday	3/28
	10:00am
Presenter: Debbie Piper, RD, LD - Heinen's Strongsville Wellness Consultant	

CLASSIC TELEVISION PROGRAMS OF THE 1950'S

Television became widely available in the United States in the 1950's. Early TV series were broadcast in black and white until color technology became available in the early 1960's. This presentation focuses on early 50's black and white television programs, sharing information and then playing videos from 17 of them including "Father Knows Best," "Ozzie and Harriet," "Gunsmoke," "The Honeymooners," "I Love Lucy," "Lassie," "Howdy Doodie" and more.

Ages: 50 & over	Instructor: Dr. Joel S. Keller
Thursday	2/7
	10:00–11:00am
Fees:	
Members	\$10
Non-Member/Residents	\$12
Non-Member/Non-Residents	\$16

THE THREE PHASES OF ELVIS PRESLEY'S MUSIC

Elvis Presley was a "phenomenon" in the early 1950's through his death in 1977. His music can be divided into three parts, with some overlap: Early Elvis (1950 through 1958, when he was drafted into the U.S. Army), Elvis in the Movies (31 movies from 1956 through 1969) and Late Elvis (1965 to 1977). We will track his singing career and play many of his "Top 40" songs.

Ages: 50 & over	Instructor: Dr. Joel S. Keller
Thursday	3/14
	10:00–11:00am
Fees:	
Members	\$10
Non-Member/Residents	\$12
Non-Member/Non-Residents	\$16

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. Please note: this is now a one day program. Registration required.

Ages: 50 & Over	Instructor: Mike Kolesar
Monday	2/4
	1:00–5:00pm
Fees:	
AARP Members	\$15
Non-AARP Members	\$20

ANTIQUES IN THE ATTIC

You've seen PBS's Antiques Roadshow – now come to our program, and discover if your favorite item is a true treasure. Neal Richter will return to the Senior Center for this popular program. Neal, also known as the Clock Doctor, frequently conducts appraisals for individuals and insurance companies. This mini appraisal will be fun to watch as well as participate. Come and learn if your attic is really a treasure chest. Registration is required. Two item limit per person.

Ages: 50 & Over	Instructor: Neal Richter	Free
Monday	1/14	10:00am

SPECIAL PROGRAMS

BALLROOM DANCE SCHEDULE FOR 2019 (EVENT CENTER)

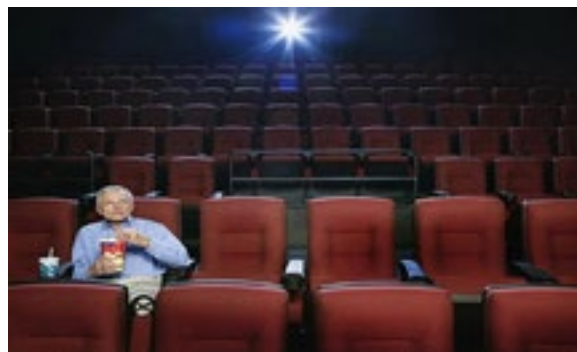
Includes Light Refreshments		All dances 1:15 - 3:15pm
January 10	Mike Jacobs Trio	
January 24	The Avanti Band	
February 7	The Wayne Tomsic Trio - Valentine's Day Dance	
February 21	Al Battistelli	
March 14	The Avanti Band	
March 28	The Wayne Tomsic Trio	
April 11	Al Battistelli - Spring Fling Dance	
April 25	The Avanti Band	
Members/Residents	\$5.00	
Non-Members/Non-Resident	\$7.00	

SPECIAL PROGRAMS (cont.)

LUNCH N' MOVIE

Each month join us for a delicious lunch followed by a new release movie right here on our big screen! Reservations and payment are required the day of the movie by 8am. Your lunch ticket will give you FREE movie admission and includes fresh popped popcorn and light refreshments served with the movie. Grab a friend and join in the fun! Movie and menu listing can be found in the Silver Pen.

Ages: 50 & Over	1/16, 2/20, 3/20 & 4/10	11:00am
Fees:		
Members/Residents	\$5	
Non-Resident/Non-Members	\$6	



WINTER LUAU

Let's have a Hawaiian Luau and chase the winter blues away. Wear your tropical outfits and bring your appetite to this mid-winter escape. Registration and payment due Monday, January 21st. Grass shirts and sunscreen optional!

Ages: 50 & over		
Monday	1/23	11:30am
Fees:		
Members/Residents	\$6	
Non-Residents/Non-Members	\$8	

WHITE ELEPHANT SALES

These sales are held four times a year, on Thursday & Friday, in the Senior Center great Room. Donations (no clothing please) are accepted on the Wednesday before each sale. Come and browse through our many treasures we have to sell, and help support the Senior Center.

February 7 and 8

SALE HOURS: Thursday 9:00am* -4:00pm • Friday 9:00am – 12:00pm

Shoppers – We offer early bird shopping! Early bird shopping is available from 8:00 - 8:59am on Thursday with a \$2 admission fee (please have exact change). All proceeds go towards Senior Center activities. Shopping after 9am is free to all!

INSTRUCTOR'S ART SHOW

It is with great pride that the Ehrnfelt Senior Center displays the many talents of our very own art instructors. Come and view these beautiful pieces of art, meet instructors and learn how you too can become an artist. This event will be held in the Senior Great Room.

2/11 – 2/22

Free and open to public

MARDI GRAS/FAT TUESDAY JAZZ CONCERT

Join us for our Fat Tuesday Celebration! We'll celebrate Mardi Gras with a live New Orleans style Jazz Concert. Jazz music, beads, a non-alcoholic hurricane drink and a paczki (Polish donut) are sure to give you that Bayou Country feel. Registration and payment due by Friday, March 1st.

Ages: 50 & over		
Tuesday	3/5	1:00 – 2:00pm
(Doors open at 12:45pm)		
Fees:		
Members	\$5	
Residents/Non-Members	\$6	
Non-Residents/Non-Members	\$8	

SPECIAL PROGRAMS (cont.)**MAH JONGG PARTY**

May Jongg, is a game of Chinese origin, usually played by four persons with tiles resembling dominoes. It is a game of skill, strategy and calculation that has been compared to the card game of Rummy. Mark your calendar and make your reservation for the Ehrnfelt's Senior Center's Mah Jongg Party. We'll serve a light lunch before play, and fun will be assured. Space is limited and registration is required by February 28th.

	Wednesday	3/6	1:00-5:00pm
Fees:	Members	\$6	
	Residents/Non-Members	\$7	
	Non-Residents/Non-Members	\$9	

ST. PATRICK'S DAY LUNCH CELEBRATION

Celebrate an early St. Patrick's Day here at the Ehrnfelt Senior Center. Enjoy a traditional Irish meal, complete with corned beef and all the trimmings a few days early of this big Irish holiday. Join us for some Irish cheer, and wear your green. Erin go Bragh! Registration with payment is required by March 11th.

Ages: 50 & over

	Wednesday	3/13	11:30am
Fees:	Members/Residents	\$6	
	Non-Residents/Non-Members	\$8	

GRAND SLAM BRUNCH**Cleveland Indians Home Opener Celebration**

Let's celebrate the Cleveland Indians home opener with a Grand Slam! Wear your favorite Indians attire, and enjoy a breakfast of eggs, pancakes, bacon, sausage and juice. Let's "fuel" up for a great season. (This brunch will replace regular Senior Lunch.) Registration with payment is required by March 28th.

Ages: 50 & over

	Monday	4/1	11:00am
Fees:	Members/Residents	\$6	
	Non-Residents/Non-Members	\$8	

BUNCO PARTY

Bunco is a game of dice, played in rounds. It's also a social event, a party, and a blast! Mark your calendar and make your reservation for the Ehrnfelt Senior Center's Bunco Party. New players and veteran players are welcome. We'll start with breakfast before the dice are rolled. We'll reward most natural Buncos, Most Wins, and even Most Losses! Space is limited and registration is required by April 22nd.

Ages: 50 & over

	Thursday	4/25	9:30-11:30am
Fees:	Members	\$6	
	Residents/Non-Members	\$7	
	Non-Residents/Non-Members	\$9	

SENIOR SAFETY DAY

With so many dangers around, the Strongsville Senior Center is looking to help you stay safe. Join us for a day dedicated to educating you on ways to keep yourself safe in various areas. We will start our day off with continental breakfast and a keynote speaker followed by educational sessions by various experts to help you ensure all aspects of safety as you age. Safety experts will be on hand with literature and helpful tips on the latest information. All events are free. Join us for this informational event! Call the Senior Registration Desk for more information. **Free**

	Tuesday	4/23	9:00am-12:00noon
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LINE DANCE JAMBOREE 2019

Our 20th Annual Line Dance Jamboree is sure to be a two stepping, good time! Your admission cost includes continental breakfast, full hot lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps, and learn some new ones too!

Ages: 50 & over

	Tuesday	4/30	9:00am – 3:00pm
Fees:	Members	\$18	
	Residents/Non-Members	\$19	
	Non-Residents/Non-Members	\$21	

SPECIAL PROGRAMS (cont.)**HOP ON THE BUS**

The City of Strongsville has many wonderful living options for older adults. Hop on the bus with us and take a look at the different options right here in our City. We will stop at the brand new Altenheim Therapy Rehab Center & Shurmer Place Memory Assisted Living, followed by Strongsville's state of the art community Vitalia Senior Residences. Vitalia will also serve lunch to all who are on tour. Learn more about the different Senior Living options without ever leaving Strongsville! Space is limited.

Ages: 50 & over

Thursday 4/25 9:30am-3:00pm **Free**

**MUSTANGS ON THE GO****WESTERN RESERVE HISTORICAL SOCIETY- HISTORY CENTER**

Join us as we take a trip through the history of Northeastern Ohio. Upon the arrival to the History Center, we will take a ride on the Euclid Beach Park Grand Carousel. These colorful, hand-carved wooden horses were once at Euclid Beach Park on Cleveland's lakefront. Next, a museum educator will discuss Cleveland's rich and diverse history through objects and images on view. Lastly, enjoy a boxed lunch before having time to tour the different exhibits including the Crawford Auto Museum on your own. Don't miss this great trip!

Ages: 50 & over

Wednesday 1/30 9:00am – 2:30pm

Registration Limit: 2 tickets per person

Fees:

Members	\$30
Residents/Non-Members	\$32
Non-Residents/Non-Members	\$36

Registration Opens

December 11
December 18
December 20



MUSTANGS ON THE GO (cont.)



MISS SAIGON AT PLAYHOUSE SQUARE

Experience the acclaimed new production of the legendary musical MISS SAIGON, from the creators of Les Misérables. This is the epic story of a young Vietnamese woman named Kim. In a bar run by a notorious character called The Engineer, Kim meets an American G.I. That encounter will change their lives forever. Featuring a stunning spectacle, a sensational cast of 42, and a soaring score including Broadway hits like "Last Night of the World," "The Movie in My Mind," and "The Heat is On in Saigon," this is a theatrical event you will never forget.

Before we leave for the theater we will enjoy dinner at the Senior Center. Registration includes dinner, show, and transportation. Limited tickets available.

Ages: 50 & older

Tuesday 2/12 5:00–11:00pm
Registration Limit: 2 tickets per person

Fees:		Registration Opens	
Members	\$62	December 5	
Residents/Non-Members	\$64	December 12	
Non-Residents/Non-Members	\$68	December 19	



CAVALIERS GAME

Join your friends from the Ehrnfelt Senior Center to see the Cleveland Cavaliers take to the court, against the Portland Trail Blazers. Round trip transportation to The Q will be provided for this evening of NBA competition, with a 7:00pm start. You're sure to help bring a win to the Cavs.

Ages 50 & over

Monday 2/25 5:00–11:00pm
Registration Limit: 2 tickets per person

Fees:		Registration Opens	
Members	\$60	December 13	
Residents/Non-Members	\$63	December 20	
Non-Residents/Non-Members	\$69	December 27	

MUSTANGS ON THE GO (cont.)

SAP'S A RISING!

The maple syrup tour is one "sweet trip" but is available for a limited time only- late February and March! Visit a family owned sugarhouse (weather permitting). An experienced maple syrup maker will be on hand to answer questions. Shop at Rich-ard Maple Products, enjoy a good old fashion Amish feast in an Amish House- menu includes, baked chicken, mashed potatoes, stuffing, dessert and more! You will visit Swine Creek and learn what the early settlers learned from the Native American Indians. Package includes transportation, all applicable taxes, meals and gratuities.

Ages: 50 & over

Thursday 3/7 8:00am- 5:00pm

Fees:		Registration Opens	
Members	\$85	January 29	
Residents/Non-Members	\$87	February 5	
Non-Residents/Non-Members	\$91	February 12	

THE HISTORICAL, INTERNATIONAL AND ETHNIC TOUR OF CLEVELAND PART 2

Just like Part 1, we will combine history, food, surprises (and lunch at an authentic Hungarian Restaurant) to give you a view of the rich tapestry of culture and heritage that makes Cleveland a unique mosaic of people and places. Some of the places that you will visit will be the site of the very first Bank Robbery in the world, Cleveland's very own inner-city vineyard- Chateau HOUGH- and then around the corner to the restored League Park. You will visit Coventry-on-the-Heights, a Kosher grocery store and bakery, a Shrine Church in Slavic Village and see the tremendous turn-around from vacant and decaying steel mill warehouses to the development at Steelyard Commons. The day will be filled with surprises and completed by visiting trendy Tremont! Package includes transportation, all applicable taxes and gratuities.

Ages: 50 & over

Wednesday 3/27 8:30am-5:00pm

Fees:		Registration Opens	
Members	\$74	February 5	
Residents/Non-Members	\$76	February 12	
Non-Residents/Non-Members	\$80	February 19	

"BARBRA & FRANK TOGETHER" THE CONCERT THAT NEVER WAS!

It is unlikely that the two powerhouse voices of the century would have ever shared the same stage together. . . until now! They never worked together, exactly, except when they taped a duet in separate recording sessions, but it's tantalizing to think what it would have been like to have Barbra Streisand (Sharon Owens) and Frank Sinatra (Sebastian Anzaldo) teamed up for a concert tour.

"The Concert that Never Was" includes all the great hits from the stars' repertoire, as well as masterful duets, including "I've Got a Crush On You", "Somewhere" and "New York, New York". A highlight of the show is a delicate blending of two of their signature songs as Sinatra croons "It Was A Very Good Year" intertwined with Streisand's "The Way We Were". Together, they bring audiences to their feet with music and memories that only these two legendary icons can.

This trip includes transportation, meal and show.

Ages: 50 & Older

Thursday 4/11 11:00am- 4:00pm
Registration Limit: 2 tickets per person

Fees:		Registration Opens	
Members	\$65	February 13	
Residents/Non-Members	\$67	February 20	
Non-Residents/Non-Members	\$71	February 27	

REWARD YOURSELF

Massage Consistency Passes Are Available

For more information please check out Page 18 for details.



MUSTANGS ON THE GO (cont.)



CLEVELAND ORCHESTRA

Enjoy a Friday Matinee of the world renowned Cleveland Orchestra at Severance Hall. The morning will include round trip transportation from the Ehrnfelt Senior Center, a pre-concert talk, complimentary coffee, tea and pastries, followed by the 11:00am concert, conducted by Stephane Deneve, performing Debussy & Scriabin.

Ages: 50 & over

Friday 4/26 8:00am - 1:30pm
Registration Limit: 2 tickets per person

Fees:

Members \$35
Residents/Non-Members \$37
Non-Residents/Non-Members \$41

Registration Opens

February 20
February 27
March 6

CLEVELAND MONSTERS

Join your friends from the Senior Center to see the Cleveland Monsters vs. the Rochester Americans. We'll travel by bus to The Q to watch these AHL teams move the puck, with a 7:00pm start. Score a good time and join us! Registration required.

Ages: 50 & over

Monday 4/8 5:00pm-10:30pm

Fees:

Members \$25
Residents/Non-Members \$27
Non-Residents/Non-Members \$31

Registration Opens

February 28
March 7
March 14

MUSTANGS ON THE GO (cont.)

MILLION DOLLAR QUARTET

A GREAT LAKES THEATER PRODUCTION AT THE HANNA THEATRE

A Tony-winning Rock 'n' Roll Tribute, inspired by Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins.

On December 4, 1956, Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley fatefully found themselves together in a Memphis recording studio. The historic rock 'n' roll jam session that resulted was electrifying. Step back in time to experience this irresistible tale of broken promises, secrets and celebrations – which boasts powerhouse performances and an incredible score of rock 'n' roll, R&B and country hits, including "Blue Suede Shoes," "Fever," "Walk the Line," "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On," "Hound Dog" and more.

Before heading downtown, we'll enjoy lunch at the Senior Center. Performance starts at 1:30pm.

Ages: 50 & over

Wednesday 5/15 11:00am-4:00pm
Registration Limit: 2 tickets per person

Fees:

Members \$40
Residents/Non-Members \$42
Non-Residents/Non-Members \$46

Registration Opens

March 6
March 13
March 20



STRONGSVILLE RECREATION PARKS AND AMENITIES

AMENITIES

- 1. Rec Park #1 • 18100 Royalton Road** – Located behind the Ehrnfelt Recreation Center. Rademaker, Cross and Finley Fields are at this location with vending machines and restrooms. There are several playgrounds located nearby along with four tennis courts.
- 2. Rec. Park #2 • 16109 Foltz Parkway (South of Route 82)** – Located on Foltz Industrial Parkway near the city service center. Includes Foltz 1 and Foltz 2 Fields, playgrounds, and a basketball court. Two pavilions with grills and picnic tables available. Only one pavilion has electricity, running water and restrooms.
- 3. Rec. Park #3 • 21273 Drake Road** – Located at the intersection of Drake Road and Prospect. Wood and Sprague Fields are at this location. Each field has a pavilion with eight or nine picnic tables, two grills, four electrical outlets per pavilion, playgrounds and portable restrooms nearby.
- 4. Nichols Field • 22707 Sprague Road** – Located on Sprague and Marks Roads. This field has a pavilion with eight electrical outlets, ten picnic tables, 2 grills, and a playground.
- 5. Volunteer Park Fields • 21410 Lunn Road** – Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy Fields (lighted) and two Little League fields (Roth and Kalinich) are at this location. Bating cages, horseshoe pits, a ½ mile paved walking path, vending machines, restrooms, pavilion with picnic tables and bocci ball courts are located here near the playground.
- 6. Surrarer Park • 14625 Whitney Road** – Located at the corner of Webster and Whitney Roads (east of I-71), James Field is at this location along with 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.
- 7. Backyard Preserve** – Located behind the Ehrnfelt Recreation Center. This park offers an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.
- 8. Youth Sports Park & Playground • 21255 Lunn Road** – Located on West Lunn just west of Prospect (across from Volunteer Park). One regulation football field, two flag football fields, three little league fields and one pavilion with electric are at this location. Use by permit only.
- 9. Castletown Pavilion • 18100 Royalton Road** – Located between the Strongsville Library and Castletown Playground. Electrical outlets and grill are available in pavilion.

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

Pavilion Fees: Residents: \$45 Non-Residents: \$65



RECREATION PARK GUIDELINES

- Permits are required, to use any of the parks listed above, for practice purposes.
- Reservations are also required for use of the pavilions.
- Alcohol and smoking is prohibited in all recreation parks.
- Pets are required to be on a leash at all times.
- Bocci courts, horseshoe pits, and basketball court cannot be reserved with a pavilion. There is a one hour time limit if others are waiting to use these facilities.

CITY OF STRONGSVILLE

Thomas P. Perciak

Mayor

CITY COUNCIL

Michael J. Daymut

Councilman – Ward 1

Annemarie P. Roff

Councilwoman – Ward 2

Kelly A. Kosek

Councilwoman – Ward 3

Gordon C. Short

Councilman – Ward 4

Joseph C. DeMio

President of Council,
Council-At-Large

James E. Carbone

Councilman President Pro Tem
Council-At-Large

Matthew A. Schonhut

Council-At-Large



PARKS, RECREATION AND SENIOR SERVICES

Ehrnfelt Recreation Center

Phone (440) 580-3260

Fax (440) 572-3503

Bryan Bogre

bryan.bogre@strongsville.org

Director of Parks, Recreation and Senior Services

Chris Arold

chris.arold@strongsville.org

Parks and Outdoor Facilities Superintendent

Sarah Arold, CPRP

sarah.arold@strongsville.org

Facility Manager

Timothy Campbell

tim.campbell@strongsville.org

Assistant Recreation Supervisor

Rick Deal

rick.deal@strongsville.org

Marketing/Designer

Jen Frontino

jen.frontino@strongsville.org

Director's Secretary

Mark Hartze

mark.hartze@strongsville.org

Maintenance Foreman

Jason Keppler

jason.keppler@strongsville.org

Recreation Supervisor

Denise Lengal

denise.lengal@strongsville.org

Fitness Supervisor

Kristen Nykiel

kristen.nykiel@strongsville.org

Recreation Supervisor

Rebecca Oblak

becky.oblak@strongsville.org

Assistant Aquatic Supervisor

Patti Welker

patti.welker@strongsville.org

Aquatic Supervisor

Ehrnfelt Senior Center

Phone (440) 580-3275

Fax (440) 572-3137

Bryan Bogre

bryan.bogre@strongsville.org

Director of Parks, Recreation and Senior Services

Melissa Baldwin

Extension 5266

Food Service Manager

Deborah Branic

deborah.branic@strongsville.org

Senior Program Coordinator

Kathy Sazima, RN, BSN

kathy.sazima@strongsville.org

Senior Services Coordinator

Sheena Wright

sheena.wright@strongsville.org

Family Preservation Coordinator



The Strongsville Parks, Recreation and Senior Services Department provides all programs and facilities on a non-discriminatory basis for all citizens, regardless of age, race, sex, creed, or disability. Every effort will be made to accommodate all participants. If you need any special assistance to use our facility, please call us in advance, if possible, to make arrangements. PHONE (440) 580-3260 or FAX (440) 572-3503

The Ehrnfelt Recreation Center
18100 Royalton Road
Strongsville, Ohio 44136

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STRONGSVILLE RECREATION
DEPARTMENT**

