

The Summer of
Strength

(p 20-21)

**2018
MAY TO
AUGUST**

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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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

Sat., March 31, 2018	Day Before Easter	8:00am - 5:00pm
Sun., April 1, 2018	Easter	CLOSED
Mon., May 28, 2018	Memorial Day	CLOSED
Wed., July 4, 2018	Independence Day	CLOSED
Wed., July 25, 2018	Homecoming Parade	CLOSE at 5:00pm
Mon., Aug. 20- Mon., Sept. 3, 2018	Annual Cleaning and Maintenance	POOL CLOSED
Mon., Aug. 27- Wed., Aug. 29, 2018	Annual Cleaning and Maintenance	CLOSED
Mon., Sept. 3, 2018	Labor 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 Ehnrfelt 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.



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)

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 Step-mills; 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, 2018, you will be sent a postcard on or around Dec. 1, 2018).

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

Summer Pass 2018

Try us out for 120 days and receive all the benefits of being a member! *You choose the start date!*

Choose your start date anytime between May 1-June 30, 2018.
(Money CAN be used towards a year membership before the 120 days is over.)

	Residents/FT Work	Non Residents
Adult Individual	\$148	\$247
Couple	\$213	\$347
Youth Individual	\$87	\$162
College Student	\$87	\$162
Family	\$246	\$419
Individual Senior	\$81	\$149
Senior Couple	\$149	\$279
Military	\$81	\$149

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 March 20

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

Open Program Registration begins March 28

Internet Registration begins March 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:

- RESERVATIONS** are strongly recommended at least 24 hours in advance. Enrollment in a program does not guarantee Child Care reservations.
- CAPACITY** - 20 children per hour, 6 children per adult staff.
- TIME LIMIT** - Reservations can be made in the following time increments: 1/2 hour, 1 hour, 1 1/2 hours.
- PARENTS** must remain in the facility at all times while their children are in the childcare services.
- LABEL** all personal belongings, especially cups, bottles, and pacifiers. The childcare staff is not responsible for damaged, lost or stolen belongings.
- NO SICK** children are permitted in the childcare services. The staff CANNOT administer medication. Please do this prior to visiting the Center.
- NO MEALS** are to be planned or prepared by the childcare staff. No gum please.
- PLEASE** complete the necessary paperwork each time you use our childcare service.
- 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.
- 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

Hosting an
Event?

We have the
Perfect Space!

SEMINARS

BUSINESS
MEETINGS

FUNDRAISERS

BIRTHDAY
PARTIES

SHOWERS

WEDDINGS/
RECEPTIONS



Meeting Room

Recreation Center - 1st Floor



Conference Room

Recreation Center - 2nd Floor



Sr. Art Studio

Senior Center - 1st Floor



Sr. Meeting Room

Senior Center - 1st Floor



The
Event Center

Contact Rental Coordinator: 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

MOTHER SON NIGHT OF FUN

Friday, May 11th

6:30 – 8:30pm

Ladies grab your little gents and join us for a special date night filled with fun, food, games, dancing and music! Capture the memory with a complimentary professional digital photo. **Please note: 50 tickets must be sold by 5:00pm on May 1st for this event to take place. Tickets will not be sold at the door the day of the event.** A maximum of 200 tickets will be sold. Last year's event sold out! Please purchase your tickets early at the front desk.

Fees (per person)

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

KIDS GARAGE SALE

Saturday June 2nd

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

TOUCH-A-TRUCK (SENIOR CENTER PARKING LOT)

Free Admission

Friday, June 15

12:00-2:00pm

Kids just love trucks and large equipment. Even grown up kids find the trucks fascinating. Well, here's a chance to get up and close to some of the most interesting and exciting equipment around. A variety of trucks will be displayed for kids to climb in, touch and ask questions about. All ages are welcome.

STRONGSVILLE REC. PRESCHOOL/YOUTH PROGRAM EXPO.

Free Admission

Saturday, August 4th

10:00am – 1:00pm

Come see the wide selection of quality preschool and youth enrichment classes that take place right at your local Strongsville Rec. Center. Both our Recreation Staff and contracted local vendors will be here to answer any questions you have about these wonderful programs. See which programs best fit your child's individual needs.

STRONGSVILLE YOUTH COMMISSION

Now Accepting Applications

The Strongsville Youth Commission (SYC) is a group of youth in grades 10-12 and adult mentors living in Strongsville. It is based on the belief that young people are a valued part of our community and civic life. The SYC looks for youth with leadership abilities that show a desire and willingness to serve their community. After an application process and selection of each year's youth members, the selected youth and adult mentors go on an overnight leadership retreat. In addition to the leadership training, at this retreat the youth members will identify the needs and issues that they feel are important in their community in order to develop programs and projects for the year.

For those interested in becoming a member, you can pick up an application at the front desk beginning May 1st. Deadline for all applications is Sunday, June 10th. Please check your calendar, all applicants must be able to make the overnight leadership retreat on July 27th – 28th.

We would like to congratulate and wish good luck to all of our senior Youth Commission members

Angelina Baishnab
Angela Brkic
Allison Mehmed
Olivia Ramser
Mahathi Venkatesh

Sophia Banez
Andreea Ciobanu
Samantha Mossing
Caroline Silvis
Anna Walcutt

Kristen Branigan
Trisha Gregg
Shyam Polaconda
Suraj Srinivasan



THE STRONGSVILLE FARMER'S MARKET

Thursdays, July 19 - September 27

2:00 – 6:00pm

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277. The Strongsville Farmer's Market is located at 18100 Royalton Road (Rec Center Parking Lot).

AQUATIC PROGRAMS

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



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 at 580-3260.

YOUTH LEARN-TO-SWIM REGISTRATION SCHEDULE

Begins Tuesday - March 20	Ehrnfelt Rec. Center Members	9:00 am - 9:00 pm
Tuesday - March 27	Residents* & Members	9:00 am - 9:00 pm
Wednesday - March 28	Open/On-line Registration	9:00 am - 9:00 pm

***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

Monday, May 28	CLOSED	Memorial Day
Tuesday, June 5	CLOSED at 4:00pm	SSL Swim Meet (Lap Pool Only)
Tuesday, June 12	CLOSED at 4:00pm	SSL Swim Meet
Tuesday, June 19	CLOSED at 4:00pm	SSL Swim Meet
Tuesday, June 26	CLOSED at 4:00pm	SSL Swim Meet
Wednesday, July 4	CLOSED	Independence Day
Tuesday, July 10	CLOSED at 4:00pm	SSL Swim Meet
Saturday, July 21	CLOSED	SSL Championship Meet
Wednesday, July 25	CLOSED at 4:30pm	Homecoming Parade
Monday, August 20 - Monday, September 3	CLOSED	Annual Shutdown

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 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.

Daytime Classes

Monday-Thursdays	6/11-6/21	10:40-11:10am
Monday-Thursdays	6/25-7/5*	11:15-11:45am (7 Classes)
Monday-Thursdays	7/9-7/19	10:40-11:10am
Monday-Thursdays	7/23-8/2	12:00-12:30pm

*No Class 7/4

Evening Classes

Tuesday/Thursday	5/1-5/24	5:35-6:05pm
Monday/Wednesday	6/11-7/2	5:35-6:05pm (7 Classes)
Monday/Wednesday	7/9-8/1*	5:35-6:05pm (7 Classes)

*No Class 7/25

Weekend Classes

Saturday	6/9-8/4*	9:00-9:30am
Saturday	6/9-8/4*	9:30-10:00am

*No Class 7/21

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.

Daytime Classes

Monday-Thursdays	6/11-6/21	11:15-11:45am
Monday-Thursdays	6/25-7/5*	10:40-11:10am (7 Classes)
Monday-Thursdays	7/9-7/19	12:00-12:30pm
Monday-Thursdays	7/23-8/2	11:15-11:45am

*No Class 7/4

Evening Classes

Tuesday/Thursday	5/1-5/24	6:15-6:50pm
Monday/Wednesday	6/11-7/2	6:15-6:50pm (7 Classes)
Monday/Wednesday	7/9-8/1*	6:15-6:50pm (7 Classes)

*No Class 7/25

Weekend Classes

Saturday	6/9-8/4*	9:30-10:00am
Saturday	6/9-8/4*	11:00-11:30am

*No Class 7/21

Fees:

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

PARENT/YOUTH (3 to 5 years) (Parent in Water)

Ages: 3-5 years

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/11-6/21	12:00-12:30pm
Monday-Thursdays	6/25-7/5*	12:00-12:30pm (7 Classes)
Monday-Thursdays	7/9-7/19	11:15-11:45am
Monday-Thursdays	7/23-8/2	10:40-11:10am

*No Class 7/4

Evening Classes

Tuesday/Thursday	5/1-5/24	6:55-7:25pm
Monday/Wednesday	6/11-7/2	6:55-7:25pm (7 Classes)
Monday/Wednesday	7/9-8/1*	6:55-7:25pm (7 Classes)

*No Class 7/25

Weekend Classes

Saturday	6/9-8/4*	9:00-9:30am
Saturday	6/9-8/4*	10:15-10:45am
Saturday	6/9-8/4*	11:45am-12:15pm

*No Class 7/21

Fees:

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

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.

Daytime Classes

Monday-Thursdays	6/11-6/21	9:30-10:00am
Monday-Thursdays	6/25-7/5*	9:30-10:00am (7 Classes)
Monday-Thursdays	7/9-7/19	9:30-10:00am
Monday-Thursdays	7/23-8/2	9:30-10:00am

*No Class 7/4

Evening Classes

Tuesday/Thursday	5/1-5/24	5:00-5:30pm
Monday/Wednesday	6/11-7/2	5:00-5:30pm (7 Classes)
Monday/Wednesday	7/9-8/1*	5:00-5:30pm (7 Classes)

*No Class 7/25

Weekend Classes

Saturday	6/9-8/4*	9:30-10:00am
Saturday	6/9-8/4*	12:15-12:45pm

*No Class 7/21

Fees:

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

Aquatic Programs

After Class
Check out the

Crossroads Cafe

Monday-Friday, 11 am - 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.

Day Classes

Monday-Thursday	6/11-6/21	10:10-11:00am
Monday-Thursday	6/11-6/21	11:10am-12:00pm
Monday-Thursday	6/11-6/21	12:10-1:00pm
Monday-Thursday	6/25-7/5*	10:10-11:00am (7 Classes)
Monday-Thursday	6/25-7/5*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/25-7/5*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/9-7/19	10:10-11:00am
Monday-Thursday	7/9-7/19	11:10am-12:00pm
Monday-Thursday	7/9-7/19	12:10-1:00pm
Monday-Thursday	7/23-8/2	10:10-11:00am
Monday-Thursday	7/23-8/2	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	5/1-5/24	5:30-6:20pm
Tuesday & Thursday	5/1-5/24	6:30-7:20pm
Monday & Wednesday	6/11-7/2	5:30-6:20pm (7 Classes)
Monday & Wednesday	6/11-7/2	6:30-7:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	6:30-7:20pm (7 Classes)

*** No Class 7/25**

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

Weekend Classes

Saturday	6/9-8/4*	9:10-10:00am
Saturday	6/9-8/4*	10:10-11:00am

***No Class 7/21**

LEVEL 2 – FUNDAMENTAL WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Day Classes

Monday-Thursday	6/11-6/21	10:10-11:00am
Monday-Thursday	6/11-6/21	11:10am-12:00pm
Monday-Thursday	6/11-6/21	12:10-1:00pm
Monday-Thursday	6/25-7/5*	10:10-11:00am (7 Classes)
Monday-Thursday	6/25-7/5*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/25-7/5*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/9-7/19	10:10-11:00am
Monday-Thursday	7/9-7/19	11:10am-12:00pm
Monday-Thursday	7/9-7/19	12:10-1:00pm
Monday-Thursday	7/23-8/2	10:10-11:00am
Monday-Thursday	7/23-8/2	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	5/1-5/24	5:30-6:20pm
Tuesday & Thursday	5/1-5/24	6:30-7:20pm
Monday & Wednesday	6/11-7/2	5:30-6:20pm (7 Classes)
Monday & Wednesday	6/11-7/2	6:30-7:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	6:30-7:20pm (7 Classes)

*** No Class 7/25**

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

Weekend Classes

Saturday	6/9-8/4*	9:10-10:00am
Saturday	6/9-8/4*	10:10-11:00am

***No Class 7/21**

LEVEL 3 – REFINED WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Day Classes

Monday-Thursday	6/11-6/21	11:10am-12:00pm
Monday-Thursday	6/11-6/21	12:10-1:00pm
Monday-Thursday	6/25-7/5*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/25-7/5*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/9-7/19	11:10am-12:00pm
Monday-Thursday	7/9-7/19	12:10-1:00pm
Monday-Thursday	7/23-8/2	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	5/1-5/24	5:30-6:20pm
Tuesday & Thursday	5/1-5/24	6:30-7:20pm
Monday & Wednesday	6/11-7/2	5:30-6:20pm (7 Classes)
Monday & Wednesday	6/11-7/2	6:30-7:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	6:30-7:20pm (7 Classes)

*** No Class 7/25**

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

Weekend Classes

Saturday	6/9-8/4*	9:10-10:00am
Saturday	6/9-8/4*	10:10-11:00am

***No Class 7/21**



**Looking for
PRIVATE SWIM LESSONS**

**Private swim lessons are
available to anyone. Please see
page 16 for more information.**

LEARN-TO-SWIM LESSONS (cont.)

LEVEL 4A - STROKE DEVELOPMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Day Classes

Monday-Thursday	6/11-6/21	10:10-11:00am
Monday-Thursday	6/11-6/21	12:10-1:00pm
Monday-Thursday	6/25-7/5*	11:10am-12:00pm (7 Classes)
Monday-Thursday	7/9-7/19	10:10-11:00am
Monday-Thursday	7/9-7/19	12:10-1:00pm
Monday-Thursday	7/23-8/2	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	5/1-5/24	5:30-6:20pm
Monday & Wednesday	6/11-7/2	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	6:30-7:20pm (7 Classes)

*No Class 7/25

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

*No Class 7/4

Weekend Classes

Saturday	6/9-8/4*	9:10-10:00am
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*No Class 7/21

LEVEL 4B - STROKE IMPROVEMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Day Classes

Monday-Thursday	6/11-6/21	10:10-11:00am
Monday-Thursday	6/11-6/21	11:10am-12:00pm
Monday-Thursday	6/25-7/5*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/25-7/5*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/9-7/19	10:10-11:00am
Monday-Thursday	7/9-7/19	12:10-1:00pm
Monday-Thursday	7/23-8/2	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	5/1-5/24	6:30-7:20pm
Monday & Wednesday	6/11-7/2	6:30-7:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	6:30-7:20pm (7 Classes)

*No Class 7/25

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

*No Class 7/4

Weekend Classes

Saturday	6/9-8/4*	9:10-10:00am
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*No Class 7/21

LEVEL 5 - STROKE REFINEMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Day Classes

Monday-Thursday	6/11-6/21	11:10am-12:00pm
Monday-Thursday	6/25-7/5*	10:10-11:00am (7 Classes)
Monday-Thursday	6/25-7/5*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/9-7/19	11:10am-12:00pm
Monday-Thursday	7/23-8/2	10:10-11:00am

Evening Classes

Monday & Wednesday	6/11-7/2	6:30-7:20pm (7 Classes)
Monday & Wednesday	7/9-8/1*	5:30-6:20pm (7 Classes)

*No Class 7/25

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

*No Class 7/4

LEVEL 6 - PERSONAL WATER SAFETY/FIT SWIM

Ages: 8 & older

Class Limit: Based on instructor availability and pool space.

Day Classes

Monday-Thursday (PWS)	6/11-6/21	12:10-1:00pm
Monday-Thursday (FS)	6/25-7/5*	10:10-11:00am (7 Classes)
Monday-Thursday (PWS)	7/9-7/19	11:10am-12:00pm
Monday-Thursday (FS)	7/23-8/2	10:10-11:00am

Fees:

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

*No Class 7/4

SPECIALTY AQUATIC PROGRAMS

STROKE CLINICS

Are you a competitive swimmer? Would you like to get ready for the upcoming summer swim league? Sign up for one or all of our individual stroke clinics. These classes focus on one stroke for the entire class-starts, turns, finishes and stroke refinement. This class is designed especially for swimmers who do not swim year round.

Tuesday	5/15	5:30-6:20pm	— Freestyle
Tuesday	5/15	6:30-7:20pm	— Backstroke
Thursday	5/17	5:30-6:20pm	— Breaststroke
Thursday	5/17	6:30-7:20pm	— Butterfly
Tuesday	5/22	5:30-6:20pm	— Backstroke
Tuesday	5/22	6:30-7:20pm	— Freestyle
Thursday	5/24	5:30-6:20pm	— Butterfly
Thursday	5/24	6:30-7:20pm	— Breaststroke

Fees:	1 Class	4 Classes (-10%)	8 Classes (-15%)
Member	\$12	\$43	\$81
Non-Member/Resident	\$17	\$61	\$115
Non-Member/Non-Resident	\$22	\$79	\$149

DIVING

Ages: 8 & older

Class Limit: 12 per instructor

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

Weekend Classes - Beginner/Intermediate

Saturday	6/9-8/4*	10:10-11:00am
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*No Class 7/21

Fees:	8 Classes
Members	\$62
Non-Members/Residents	\$72
Non-Members/Non-Residents	\$82

6 "PLEAs" For Healthy Swimming

Protection Against Recreational Water Illnesses (RWIs)

Healthy swimming behaviors are needed to protect you and your kids from RWIs and will stop germs from getting in the pool in the first place.

Three "PLEAs" for All Swimmers

Please don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

Please don't swallow the pool water. In fact, avoid getting water in your mouth.

Please practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three "PLEAs" for Parents of Young Kids

Please take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

Please change diapers in a bathroom and not poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

Sauna, Steam Room and Spa Rules

1. Participants must be 15 years of age or older to use the sauna, steam room or spa (18 years of age during hourly breaks).
2. Swimsuits are required.
3. Pregnant women, elderly persons and persons suffering from high or low blood pressure should not use the sauna, steam room or spa without first consulting a doctor.
4. Do not enter the sauna, steam room, or spa while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
5. Observe reasonable time limits of 10-15 minutes.
6. Long exposure may result in nausea, dizziness or fainting.
7. Do not use the sauna if the temperature exceeds 170 degrees F.
8. Do not use the spa if the temperature exceeds 104 degrees F.
9. The use of razors for shaving in the sauna, steam room or pool deck is prohibited.

****All activities are undertaken at the participant's sole risk.****

Any violations may result in the loss of privileges at the discretion of the recreation director.

SPECIALTY AQUATIC PROGRAMS (cont.)

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	6 Classes	
Wednesday	6/13-8/2*	7:30 - 8:20pm
*No Class 7/4, 7/25		

Fees:	6 Classes
Members	\$60
Non-Members/Residents	\$70
Non-Members/Non-Residents	\$80

AMERICAN RED CROSS TRAINING PROGRAMS

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & over **Class Limit 15**
Candidates will learn the skills necessary to prevent and respond to aquatic emergencies. First Aid, CPR/PR and AED included.

Prerequisites:

- Students must be 15 years old by the completion of the class.
- Have home internet access.
- Must bring proof of age to first class (driver's license, birth certificate).
- Must be able to swim 300 yards 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 an instructor to teach the material outside of the normal class time.

*2017 edition of the Lifeguarding Manual can be downloaded at www.redcross.org/take-a-class/lifeguarding/lifeguard-preparation/lifeguard-manual or purchased at the front desk for \$35 prior to the first class meeting.

Mondays and Wednesdays 4/11-5/2 6:00-9:30pm
• CPR Saturday 4/28 from 9:00am-5:00pm. *You must attend this class to pass, there will be no make-ups.*

Fees:	Member	\$210
	Non-Member/Resident	\$240
	Non-Member/Non-Resident	\$260

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.**

Fees:	Member	\$120
	Non-Member/Resident	\$140
	Non-Member/Non-Resident	\$150

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, 8/16/2018.
- 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		

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	
Tuesday & Thursday	5/1-5/24	10:45-11:35am 8 Classes
Tuesday & Thursday	6/12-8/16	9:45-10:35am 20 Classes

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, 8/16/18.
- 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			



AQUATIC EXERCISE (cont.)

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	4/30-5/23	9:15-10:05am	8 Classes
Monday & Wednesday	6/11-8/15*	9:10-10:00am	19 Classes

*No class 7/4

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	4/30-5/23	10:15-11:05am	8 Classes
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Evening Classes

Tuesday & Thursday	5/1-5/24	7:30-8:20pm	8 Classes
Monday	6/11-8/13	7:30-8:20pm	10 Classes

AQUATIC EXERCISE (cont.)



WATER ZUMBA!

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

Class Limit: 30

Daytime Classes

Tuesday & Thursday	5/1-5/24	9:45-10:35am	8 Classes
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2018 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 Swim Party is on Monday April 9, 2018 5-8PM.

Practice begins Tuesday, May 29, 2018 and the season concludes with the SSL Championship meet on Saturday, July 21, 2018.

New parents are required to attend the Parents' Meeting on Wednesday, May 16 at 7:00 p.m. and to volunteer during the season.

For more information, contact Patti Welker at 440-580-3260 ext. 5269.

Eligibility: The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/18. 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:

5/29-6/8	Monday – Friday	5:00-8:00 pm
6/11-7/20	Monday – Friday	7:00-10:00 am

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



FITNESS PROGRAMS

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



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.

Fitness Programs

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: March 20
Resident Registration: March 27
Open Registration: March 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://strongsville.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://strongsville.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@strongsville.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 (\$30/month)
 - \$348 non-member residents (\$40/Month)
 - \$470 non-member non-residents (\$50/month)
- 1 year commitment and contract required*



Summer of Strength

Make this summer, YOUR summer

I bet you can't wait for summer! We all feel better and have more energy when the weather is warm and sunny. The extra hours of daylight provide more time to be active making summer the perfect season to tackle a new fitness goal. Why not take advantage of the motivation you'll feel this summer? Just imagine where you could be with your fitness goals in just twelve short weeks!

Three months from now, you will thank yourself.

Most people do not need to be convinced of the importance of strength training. The muscle that you build when you train for strength, is more metabolically active tissue; thus, as you get stronger, your body will become a more efficient, fat burning machine. Strength training, combined with a proper diet, will not only cause you to shed unwanted fat, but it will help you maintain that fat loss. Not only do your muscles become stronger, but your joints, bones, and connective tissue are also fortified, which translates into improved endurance, coordination, and performance; and a reduced risk of injury. All good stuff, right? But where do you begin?

Here are a few tips which will help you feel more confident in taking the plunge into strength training.

- **KEEP IT SIMPLE TO START:** A very basic routine targeting your major muscle groups is the easiest and most effective way to begin. Any movement that creates resistance will challenge your muscles to become stronger. Machines, free weights, medicine balls, and kettlebells all make your muscles work. Don't forget the even simpler method: body weight training. Performing pushups, squats, etc. will get the job done too. Choose very basic exercises and stick with them without changing for the first four to six weeks while you're building your base of strength.
- **BEGIN SLOWLY:** Start with 30 to 45 minute sessions, two to three, non-consecutive days each week for the first couple weeks. It's normal to feel soreness the day after you lift. Keeping your workouts to non-consecutive days will allow time for the muscles to repair and rebuild. That is where your strength is born! Gradually build up. By week four, you should be doing 45 minutes to an hour, three to five times each week.
- **THE WARM UP IS ESSENTIAL:** Don't forget to prepare your muscles for the work ahead by doing a thorough warm up. Not only is it important to get blood flow to the muscles, but increasing your range of motion is critical in order to develop strength along the entire length of the muscle you're training.

• **REPS, SETS, & LOAD:** A simplistic, yet tried and true rep/set scheme will make things so much easier and more effective. Try 12-15 reps/ 2-3 sets during each training session. This will allow you to challenge yourself while at the same time, gives you room to grow. With regard to load; use the following rule of thumb as a guide but be prepared to adjust accordingly. (Of course, each exercise will require different weight amounts.) Choose a weight that will challenge you but NOT cause you to lose proper form. On a 12 repetition set, you should feel muscle fatigue beginning to set in by rep 8 (11 on a 15 rep set) of your second set. If you're able to get completely through the entire 12 reps without feeling muscle fatigue, you should consider increasing the load.

Muscle	Exercise
Chest	Pec Press and Pec Fly
Back	Lat Pulldown and Seated Rows
Quadriceps	Squats or Leg Press
Hamstrings	Deadlift or Leg Curls
Shoulders	Deltoid Raises
Biceps	Curls
Triceps	Pushdown or Kickbacks
Core	Stationary Plank

Variables	Week 1-3	Week 4 (Gradually build to..)
Frequency	2 non-consecutive days/week	4 non-consecutive days/week
Intensity	12-15 reps/2-3 sets	15 reps/3 sets
Time	30-45 minutes/session	45-60 minutes/session

• **FULL BODY WORKOUTS ARE BEST:** During this foundational phase, a full body program allows you to hit more muscle groups during each session. Pairing exercises works well too. One muscle group is resting while you're training another. For example, do a set of squats then a set of pushups. Or perhaps deadlifts followed by overhead presses.

• **STRETCH & REFUEL:** Take time after your workout is complete to work on flexibility. You do not want to be counterproductive by neglecting to stretch. Passive stretches, which you hold for 25-30 seconds, will not prevent delayed onset muscles soreness, but it will prevent your muscles from becoming overly tight which can lead to decreased range of motion and increase your risk of injury. Also, make sure you grab a post-workout snack consisting of approximately 200-300 calories in roughly a 2:1 ratio of carbs to protein, striving for 20-30 grams of protein. The carbs will replenish your glycogen stores and also escort the protein into the muscle for repair and recovery.



Don't forget...

- **Be patient.** You're laying the foundation upon which all future strength gains will be built. Give yourself time to become proficient with the movements and changes will happen.
- **Start slowly but be prepared to add days, reps, sets, or increase the amount of time you spend at each session as your body and mind become ready to take on more.**
- **Don't change more than one variable at a time.** For instance, don't increase your frequency and time during the same week. Also, stick with the same exercises during this time.
- **This program focuses on strength training, but for a fitness program to be well-rounded it must include cardio training.** However, make lifting the priority. Complete your cardio training after you've completed your strength training.
- **Warm up, cool down, and refuel.** Stay hydrated, too.
- **Keep a record of you progress.** It'll be easier to progress and stay organized if you take notes on what you're doing along the way.

PASS STRUCTURE (cont.)

UNLIMITED MONTHLY PASS

Unlimited 1 month Group Ex, Spin, MindBody, and Water Exercise Classes: 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)

Summer Personal Training Special

10 Sessions for \$275

(Must be purchased between July 1-31, 2018)

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.

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



CLASS	DESCRIPTION	BENEFITS
Body Max	Barbells will be used with varying weights for this full body workout.	Weight Loss, Strength Training
BootCamp	Elite and demanding exercise for those wanting their butts kicked!	Weight Loss
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!	Integrative 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
Powerful Flow Yoga	Warm class, traditional yoga poses, linking breath to movement. Invigorating flow ending with relaxation poses. (All levels welcome, basic knowledge of yoga poses recommended.)	Flexibility & Strength
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
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
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		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	Tami		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				Muscle/Core - Stephanie		
8:15 am	Group Exercise Studio						Zumba - Melissa	
8:30 am	Group Exercise Studio			Pure Strength - Abby	LIFT! - Denise			
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		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	ICE - Lisa	Zumba - Melissa	BodyMax - Karen			
5:45 pm	Group Exercise Studio							
6:30 pm	Group Exercise Studio							
6:35 pm	Group Exercise Studio	Fierce - Lisa		PowerHour - Marissa	ICE - Stephanie			
7:00 pm	Group Exercise Studio							
7:35 pm	Group Exercise Studio	BarreCore - Lisa						

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				BarreCORE- Abby	Powerful Flow Yoga - Patti	
9:15 am	Mind/Body Studio							
9:30 am	Mind/Body Studio	BarreCORE - Kellie	Yoga Flow - Meghan		Yoga Flow - Cristen		Pilates - Maria	Open Flow Yoga - Megan
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	
11:30 am	Mind/Body Studio							
12:00 pm	Mind/Body Studio		Yoga Flow - Tami					
4:30 pm	Mind/Body Studio							
5:30 pm	Mind/Body Studio	Pilates - Barbara		Pilates - Barbara				
6:35 pm	Mind/Body Studio		Fusion - Lisa					
7:00 pm	Mind/Body Studio			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			
7:30 pm	CrossFit Box							

**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**

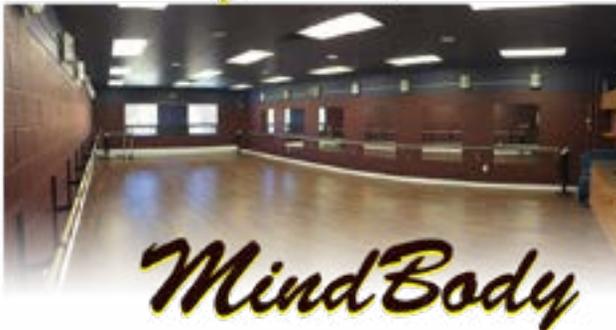




CrossFit



Group Ex



MindBody



Spinning



HEALTH ASSESSMENT AND PEAK PERFORMANCE (cont.)

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're new to yoga or would like to refine your practice, this workshop is for you. We will breakdown common, basic yoga poses, discuss and practice proper alignment and safety in Sun Salutation, Warrior 1 & 2, Triangle, etc. Modifications and proper use of props will also be offered. Time will be spent discussing breath, class etiquette and the history of yoga.

Instructors: Meghan Reimer

	Sunday	5/6	11:00am-1:00pm
Fees:	Members		\$30
	Non-Member/Residents		\$35
	Non-Member/Non-Residents		\$40

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 4-9. 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	5/23-7/18 (No Class 7/4) 5:30-6:30pm
	Wednesday	8/1-9/26 (No Class 8/29) 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	5/23-7/18 (No Class 7/4) 6:30-7:30pm
	Wednesday	8/1-9/26 (No Class 8/29) 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

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 440-238-6226.

Evening Classes:	Class Limit: 35
Wednesday 5/23-7/18 (No Class 7/4)	7:30-8:30pm
Wednesday 8/1-9/26 (No Class 8/29)	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 4/30-6/25 (No Class 5/28)	7:00-8:15pm
Monday 7/2-8/20	7:00-8:15pm

Instructors: Sheila Hart

Fees:	8 sessions
Members	\$72
Non-Member/Residents	\$80
Non-Member/Non-Residents	\$90

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

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 5/7-5/30 (No Class 5/28)		4:00pm-5:00pm
Monday & Wednesday 6/4-6/28		4:00pm-5:00pm
Monday & Wednesday 7/9-7/30 (No Class 7/25)		4:00pm-5:00pm
Monday & Wednesday 8/6-8/22		4:00pm-5:00pm

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

FASTBREAK

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

Ages: 11-14 years	Instructor: Marissa McNabb
Wednesdays	4:00pm-5:00pm

Fees:	4 Pass Card	\$28 (\$7.00 per class)
	<i>Pass expires 2 months from date of purchase.</i>	
	10 Pass Card	\$50 (\$5.00 per class)
	<i>Pass expires 3 months from date of purchase.</i>	
	Drop-In	\$10.00



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

PRESCHOOL RECREATION CLASSES

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. The summer session features "The Panda 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**

Mornings	Wednesdays	6/13-8/22*	10 Week Session	10:00–10:45am
Evenings	Wednesdays	6/6-8/22**	10 Week Session	6:00–6:45pm

*No Class: 7/4

**No Class: 7/4 or 7/25

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.)

FRIDAY FUNDAYS!! (CONFERENCE ROOM)

Stars & Stripes – Come have fun doing all sorts of games and activities focusing on our fun stars & stripes theme.

Pee Wee Chefs – Excite and feed the curiosity of your growing gourmet.

Pee Wee Picassos – Explore all different hands on art and make your own masterpiece.

Ages: 18m – 2 yrs (this is a together class with child and caregiver)

Class Limit: 12 **1 Class**

Dates	Theme	Time
6/29	Stars & Stripes Spectacular	9:30 – 10:30am
7/13	Pee Wee Chefs	9:30 – 10:30am
7/27	Pee Wee Picassos	9:30 – 10:30am

Ages: 3-5 years (without adult participation)

Dates	Theme	Time
6/29	Stars & Stripes Spectacular	11:15am – 12:15pm
7/13	Pee Wee Chefs	11:15am – 12:15pm
7/27	Pee Wee Picassos	11:15am – 12:15pm

Fees:	Members	\$13
	Non-Member/Residents	\$14
	Non-Member/Non-Residents	\$16

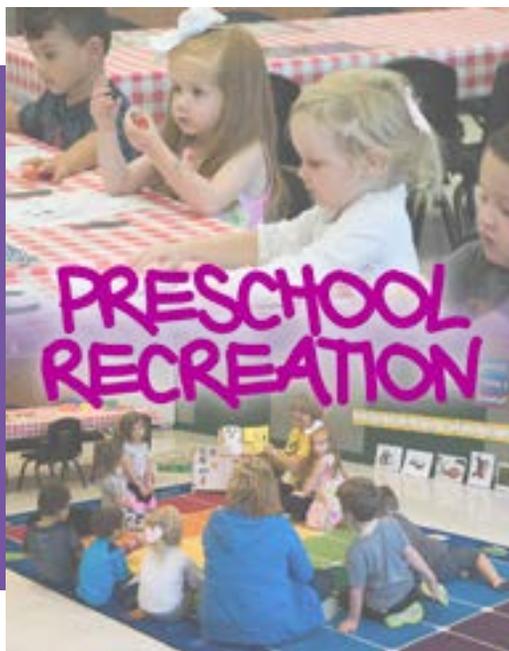
YOGA FOR KIDS (CONFERENCE ROOM)

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 Srša is a certified children's yoga instructor as well as a certified preschool special education instructor.

Ages: 2-4 (with parent participation)	Class Limit: 10	4 Classes
Saturdays	4/14-5/5	10:30am – 11:15am
Saturdays	6/2-6/23	10:30am – 11:15am

Age: 4-7 years (without parent participation)	Class Limit: 10	4 Classes
Saturdays	4/14-5/5	9:30am – 10:15am
Saturdays	6/2-6/23	9:30am – 10:15am

Fees:	Members	\$30
	Non-Member/Residents	\$34
	Non-Member/Non-Residents	\$40



PRESCHOOL RECREATION CLASSES (cont.)

🐾 PONY CAMP JUNIOR (PONY TALES FARM)

Held at Pony Tails 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
Thursdays	5/3 & 5/10	4:00 – 4:45pm
Tuesdays	6/5 & 6/12	4:00 – 4:45pm
Wednesdays	7/18 & 7/25	11:00 – 11:45am
Tuesdays	8/7 & 8/14	12:30 – 1:15pm
Fees:	Member \$35	
	Non-Member/Residents \$38	
	Non-Member/Non-Residents \$45	

YOUTH PROGRAMS

🐾 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
Thursdays	5/3-5/24	5:00-6:00pm
Tuesdays	6/5-6/26	5:00-6:00pm
Wednesdays	7/11-8/1	1:30 – 2:30pm
Tuesdays	7/31-8/21	1:30 – 2:30pm
Fees:	Members \$77	
	Non-Member/Residents \$81	
	Non-Member/Non-Residents \$85	

YOUTH PROGRAMS (cont.)

🖥️ KIDS COMPUTER PROGRAMMING - SCRATCH LEVEL 1 (MEETING ROOM)

A new computer programming course specially tailored for kids age 6 to 12 using Scratch. Scratch is a programming platform developed by MIT geared towards early childhood. All relevant concepts of programming language can be demonstrated through Scratch by drag n’ drop in a very kid-friendly environment. No prior knowledge of computer programming is needed; just know how to navigate the mouse. Parents are welcome to sit in and observe the class

Ages: 6- 12 years	Class Limit: 10	4 Classes
Saturdays	5/5 – 5/26	2:00 – 3:00pm
Tuesdays	8/7 – 9/4*	5:30 – 6:30pm
*No Class 8/28		
Fees:	Members \$75	
	Non-Member/Residents \$79	
	Non-Member/Non-Residents \$85	

🖥️ KIDS COMPUTER PROGRAMMING - SCRATCH LEVEL 2 (MEETING ROOM)

Advance your skill in Scratch programming as we explore deeper into more advanced topics like code reuse (Function) and nested loops. This 2-day mini camp will introduce kids to the concept of pseudo coding so they can code more complicated programs. Kids will learn the coding techniques to create games that span multiple levels. Kids taking this class should have completed our Scratch level 1 class OR already have some working knowledge of Scratch. Parents are allowed to sit in the class the entire time.

Ages: 7- 12 years	Class Limit: 10	4 Classes
Tuesdays	5/9 – 5/30	5:30 – 6:30pm
Saturdays	6/2 – 6/23	2:00 – 3:00pm
Fees:	Members \$85	
	Non-Member/Residents \$89	
	Non-Member/Non-Residents \$95	



2018 Summer Day Camp

School is out! Summer is in! Join your friends for some summer fun at the Ehrnfelt Recreation Center. We will be offering summer day camp for children grades K-6th. Activities will include arts and crafts, organized games, awesome field trips, swimming, movies and much more. Field trip locations and dates subject to change. Price includes registration, field trip cost, camp T-shirt and afternoon snack.

Each day send children with:

- Healthy Lunch • Water Bottle • Swimming Suit • Towel
- Tennis Shoes • Combination lock for lockers (S-N-S & F.I.T.S. Camps)



Youth Recreation and Enrichment Programs

PRESCHOOL DAY CAMP (CONFERENCE ROOM)

Do you have an active, inquisitive preschooler in need of some summertime fun? Are you looking for a program that will delight and excite your child? Come join us at preschool day camp three days a week. We will explore the joy of summer through books, crafts, games, and much more. Please wear tennis shoes and bring a healthy lunch/snack to camp each day. Afternoon snack provided. If an individual wants to cancel enrollment in preschool day camp, it must be requested at least 7 days prior to the first day of that particular camp session. Refunds will not be given if requested less than 7 days prior to the first day of camp.

Ages: 4- 5 years **Class Limit: 18**

Monday, Tuesday, Thursday	9:00am – 1:00pm
Dates	Theme
6/4-6/7	Jungle Adventure
6/11-6/14	Disney Magic
6/18-6/21	Digging Up Dinosaurs
6/25-6/28	3...2...1...Blast Off
7/2 – 7/5	Stars and Stripes Spectacular
7/9 – 7/12	The Art All Around Us <i>(special guests Arts in Strongsville)</i>
7/16 – 7/19	Wild Wild West
7/23 – 7/26	Pirate and Fairy Adventure
7/30 – 8/2	Under the Sea (water inflatables)

Fees:

Members	\$39
Non-Member/Residents	\$45
Non-Member/Non-Residents	\$55

Before & After Camp: a separate flat rate of \$3 will be charged for any portion of time between 7:00 am and 8:45 am, and an additional \$3 for any portion of time between 4:30 pm and 6:15 pm. Please refer to camp guides, located at front desk, for details. \$3 fee applies for the 1st child, each additional child is \$1 per session, per day. **Please note that field trips are subject to change.**

There will be an informational parent meeting on Tuesday, May 22nd at 7:00pm in the West Event Center, during which the Head Counselors will introduce themselves, review camp procedures and answer any questions.

NEW There will be an option for day campers to take learn to swim classes or tutoring sessions while they are at camp. Please read your day camp information packet for more details.

EARLY SUMMER CAMP

To accommodate the surrounding school districts who are beginning their summer break early, we will hold two weeks of early summer camp! The same fun activities will take place including a field trip.

Ages: 5-12 years** **Class Limit:** 20 9:00am-4:00pm
****5 year olds must have completed kindergarten and provide supporting documentation such as a report card.**

ESC1*	5/29-6/1	Field Trip: Maggie & Ellies 5/31
ESC2	6/4-6/8	Field Trip: Bubble Soccer 6/6

**ERC CAMP (EHRNFELT RECREATION CENTER)
MEETING ROOM**

Ages: 5- 8 years** **Class Limit:** 30

9:00am-4:00pm

**5 year olds must have completed kindergarten and provide supporting documentation such as a report card.

Week	Dates	Field Trip
Week 1	6/11 – 6/15	Movie Outing 6/15 (The Incredibles 2)
Week 2	6/18 – 6/22	American Ninja Warrior 6/19
Week 3	6/25 – 6/29	TBD
Week 4*	7/2 – 7/6*	Ice Skating 7/3
Week 5	7/9 – 7/13	Fun-N-Stuff 7/11
Week 6	7/16 – 7/20	Make Believe 7/20
Week 7	7/23 – 7/27	Hinckley Lake 7/24
Week 8	7/30 – 8/3	Water Inflatables 8/2
Week 9	8/6 – 8/10	Zoo & Rainforest 8/8
Week 10	8/13 – 8/17	Campardy 8/15

* No Camp 7/4

**S-N-S CAMP (SUMMER IN STRONGSVILLE)
CONFERENCE ROOM / OUTDOOR**

Ages: 8- 10 years **Class Limit:** 30 **9:00am – 4:00pm**

Week	Dates	Field Trip
Week 1	6/11 – 6/15	American Ninja Warrior 6/12
Week 2	6/18 – 6/22	Ice Skating 6/20
Week 3	6/25 – 6/29	Hinckley Lake 6/29
Week 4*	7/2 – 7/6*	Fun-N-Stuff 7/6
Week 5	7/9 – 7/13	Movie Outing 7/13
Week 6	7/16 – 7/20	Kalahari 7/19
Week 7	7/23 – 7/27	Zoo & Rainforest 7/27
Week 8	7/30 – 8/3	Water Inflatables 8/2
Week 9	8/6 – 8/10	Get Air 8/8
Week 10	8/13 – 8/17	Campardy 8/15

* No Camp 7/4

CAMP F.I.T.S (FUN IN THE SUN) – OUTDOOR POOL DECK

This camp is an outdoor camp with the exception of the drop off and pick up which will be in the gyms. Camper will need to bring a combination lock with them to camp for their belongings.

Ages: 10-12 years **Class Limit:** 30 **9:00am – 4:00pm**

Week	Dates	Field Trip
Week 1	6/11 – 6/15	American Ninja Warrior 6/13
Week 2	6/18 – 6/22	Zoo & Rainforest 6/22
Week 3	6/25 – 6/29	Fun-N-Stuff 6/27
Week 4*	7/2 – 7/6*	Hinckley Lake 7/5
Week 5	7/9 – 7/13	Kalahari 7/12
Week 6	7/16 – 7/20	Ice Skating 7/18
Week 7	7/23 – 7/27	Akron Rubber Ducks Baseball 7/25
Week 8	7/30 – 8/3	Water Inflatables 8/2
Week 9	8/6 – 8/10	Get Air 8/10
Week 10	8/13 – 8/17	Campardy 8/15

* No Camp 7/4

Fees (per week): ESC2, E.R.C., S-N-S and F.I.T.S Day Camp

Members	\$129
Non-Members/Residents	\$139
Non-Members/Non-Residents	\$145

***Fees (for ESC1 & week 4)**

Members	\$104
Non-Member/Residents	\$112
Non-Member/Non-Residents	\$116

STRONGSVILLE YOUTH LEADERSHIP CAMP (S.Y.L.C.) SR. ART STUDIO

S.Y.L.C. is a weekly leadership camp that meets Mondays, Wednesdays and Fridays from 9am-4pm with before and after camp option available. Campers will take part in fitness classes, enjoy special guests, and participate in daily leadership and teambuilding trainings. Once a week campers will leave the building to volunteer at different places around Strongsville making a positive difference in their community. Of course there will still be the summer time fun of swimming, games and activities, as well as, a field trip or two. Priority enrollment for this program goes to those who participated in our S.Y.L.C. or regular Summer Day Camp program in 2017. The more weeks the campers attend this program the greater the impact the trainings and experience will have on them. Please have your young leader come to camp each day with a combination lock for their locker, a healthy lunch, tennis shoes, water bottle, swimming suit and towel. They will have a locker that they can leave their items in for the week.

Ages: 13-15 years

Class Limit: 15

Commitment: all campers must register for a minimum of 2 weeks

Mondays, Wednesday, Fridays	9:00am – 4:00pm
Week 1	6/11–6/15 Back Yard Preserve 6/15
Week 2	6/18–6/22 Generations Senior Living 6/23
Week 3	6/25–6/29 Go Ape 6/29
Week 4	7/2–7/6* Strongsville Fire Department 7/6
Week 5	7/9–7/13 Cleveland Metroparks 7/13
Week 6	7/16–7/20 Cleveland Food Bank 7/20
Week 7	7/23–7/27 Gardenview 7/27
Week 8	7/30–8/3 Together We Rise 8/3
Week 9	8/6–8/10 Get Air 8/11
Week 10	8/13–8/17 Ronald McDonald House 8/17

* No Camp 7/4

Fees:	Regular Weeks	*Week 4
Members	\$80/week	\$60/week
Non-Members/Residents	\$90/week	\$70/week
Non-Members/Non-Residents	\$100/week	\$80/week

STRONGSVILLE SPIRIT SHOP
The LATEST in Mustang and 5T5 J&J Viking Fan Apparel, Novelties & Gifts

VARSITY JACKETS WELCOME FROM ANY SCHOOL!

UGGS NEWEST STYLES

440-570-3451
Weekdays 9:30 am - 8 pm
Saturdays 9:30 am - 4:30 pm
Located inside the Ehrnfelt Rec Center on Rt. 82

YOUTH PROGRAMS (cont.)

KIDS CREATING ANDROID APPS - LEVEL 1 (MEETING ROOM)

This course is specially designed for kids who have done Scratch programming (or equivalent) and ready to dive into the realm of Android game/app development. The chosen platform for this class is MIT's App Inventor 2. Kids will learn the concept of event driven application, the separation of interface design and code that support it. Coding is done through dragging and dropping lego-styled blocks. Kids will learn how to develop the app on the computer and test the app on their android phone/tablet. Laptops will be provided to all kids. Kids must have a valid Google Gmail account. Parents are welcome to stay in the class and if they have an Android phone, they can test drive the kid's app on their devices.

Ages: 7-12 years	Class Limit: 10	4 Classes
Tuesdays	6/5 – 6/26	5:30 – 6:30pm
Saturdays	6/30 – 7/28*	2:00 – 3:00pm
Tuesdays	7/10 – 7/31	5:30 – 6:30pm
Saturdays	8/4 – 8/25	2:00 – 3:00pm

*No Class 7/21

Fees:	Members	\$90
	Non-Member/Residents	\$99
	Non-Member/Non-Residents	\$105

YOGA FOR TWEENS/TEENS (CONFERENCE ROOM/MIND AND BODY STUDIO)

Benefits of yoga include: improving strength and flexibility; developing the ability to focus; building self-confidence and reducing stress; developing body awareness and coordination; improving balance; and having fun with others through group games/activities/partner poses! Students will be introduced to aromatherapy and beginning meditation activities.

Ages: 8 – 12 years Class Limit: 12 4 Classes Conference Room

Instructor: Laura Srsa		
Saturdays	6/2 – 6/23	11:30am – 12:30pm

Ages: 13 – 17 years Class Limit: 20 4 Classes Sr. Activity Room

Instructor: Trista Smith		
Tuesdays	6/5 – 6/26	4:30pm – 5:30pm

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

YOGA CRAFTS FOR RELAXATION (CONFERENCE ROOM)

Your child will make 3 items to use in yoga class or at home to aid in relaxation. We will make a scented eye pillow, a meditation bracelet and a personal aromatherapy roller-ball with choice of scent. All materials will be provided. Instruction in using these materials will be provided.

Instructor: Laura Srsa

Ages: 6-12 years	Class Limit: 15	1 Class
Saturday	6/30	10:00-11:30am

Fees:	Members	\$25
	Non-Member/Residents	\$27
	Non-Member/Non-Resident	\$30

YOUNG REMBRANDTS FANTASY DRAWING WORKSHOP 2018 (CONFERENCE ROOM)

****ALL NEW!****

Enter the world of FANTASY on this 5 day drawing adventure to new worlds with Young Rembrandts. We will explore mystical creatures and fictitious characters. Let your imagination go wild while we teach you how to draw such things as: Unicorns and Pegasus, Trolls, Ogres, Wizards, Dragons and Fairies to name just a few. We will draw using a mixture of realistic and cartoon techniques using markers, oil pastels and traditional and water color pencils. We will also incorporate a few multi-media projects this summer. Boys and Girls alike will be engaged with this colorful, whimsical and enchanting week of creativity!

Ages: 6-12 years	Class Limit: 20	5 Classes
Monday – Friday	8/6 – 8/10	9:00am – 12:00pm

Fees:	Members	\$190
	Non-Member/Residents	\$195
	Non-Member/Non-Residents	\$200

YOUTH PROGRAMS (cont.)

YOUNG REMBRANDTS ANTARCTICA DRAWING WORKSHOP 2018 (CONFERENCE ROOM)

****ALL NEW!****

No better way to beat the heat this summer than a week-long drawing exploration of the land of ANTARCTICA. Young Rembrandts whisks children away to this beautiful land of ice and snow. We learn how to draw many of its mysteries like the Northern Lights and its gorgeous Icebergs for example. Antarctica is home to some of our favorite animals like Penguins and Polar Bears. We will learn how to draw these animals plus more in both realistic and cartooning styles. Come cool off for the week and put your talents to work finishing your drawing masterpieces with markers, oil pastels, traditional and water color pencils and more.

Ages: 6-12 years	Class Limit: 20	5 Classes
Monday – Friday	8/6 – 8/10	1:00pm – 4:00pm

Fees:	Members	\$190
	Non-Member/Residents	\$195
	Non-Member/Non-Residents	\$200

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
Tuesday	6/5	6:30 – 9:00pm

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

CHILDREN'S DINING MANNERS AND ETIQUETTE CLASS (MEETING ROOM)

Children will learn in a fun and interactive way how to set a table from start to finish, table manners and etiquette. We'll also explore dining styles, American vs Continental: American style of dining, posture, sitting still, the napkin, please and thank you's, dining conversation, the proper way to utilize utensils, passing of food, being excused from the table and complimenting the chef.

Instructor: Ms. Kim Franz, The Etiquette Factory.

Ages: 6-15 years 1 Class		
Saturday	8/4	6:00 – 7:00pm

Fees:	Members	\$25
	Non-Member/Residents	\$30
	Non-Member/Non-Residents	\$35



COMMUNITY HEALTH AND WELLNESS

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



Southwest General

Partnering with



University Hospitals

FABULOUS FRIDAYS FOR YOUR HEALTH AND WELL BEING

Fabulous Fridays will continue in 2018. 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.

FUNCTIONAL FITNESS

Friday **5/11** **10:00am**

Functional fitness is designed to help you continue to perform activities of daily living (ADLs). Join Wendy Zullo from LifeWorks of Southwest General to learn about this area of fitness that is often overlooked but is very important, especially for seniors. She will discuss what functional fitness is and what types of exercises are included.

HEALTHY SUMMER EATING

Friday **6/8** **10:00am**

It's summer. . . time to relax, but don't take a vacation from healthy eating. Join Amy Dunbar, registered dietician from, as she discusses ways to improve summer eating. She will share tips about nutrition and how to buy fresh ingredients and cook them on the grill to ensure healthy eating this summer.

STAYING AT THE HOSPITAL

Friday **7/13** **10:00am**

Come and join Jacquie Potelicki, Director of Case & Quality Management from Southwest Hospital as she helps us understand what a stay in the hospital is all about.

LATEST IN MEDICATIONS

Friday **8/10** **10:00am**

Laura Stasiak from the Southwest General Pharmacy will be discussing the latest in medications.

WELLNESS CLINICS

CHOLESTEROL SCREENING

Screening will provide you with two numbers; total cholesterol and glucose. No fasting required.

\$10 Check or Cash. Reservation required. Please call 440-816-4042.

Wednesday **5/2** **9:00-11:00am**

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 -1:00pm**

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 **7:00-9:30am**
3rd Tuesday of every month **10:30am -1:00pm**

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 YOUTH BASEBALL PROGRAMS

BASEBALL BUDDIES

Have your little ones learn how to play baseball in this instructional class taught by the Agona Baseball Camps.

Ages: 3-5 years (as of Aug. 30, 2018) **Limit: 78 per age group**

Session 1	Dates- TBD	Times TBD
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Fee: \$59

AGONA BASEBALL CAMP

Have your little slugger learn how to advance their baseball skills from Tri-C's Head Baseball Coach, Evan Agona.

Ages: 8-12 years (as of Aug. 30, 2018) **Limit: 30 participants**

Monday-Wednesday	6/25- 6/27	9:00am-12:00pm
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Fee: \$65

JUMP START T-BALL (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. Sessions are one hour long, one day per week, and include all instruction and game play in one outing. Instruction is conducted by Jump Start Sports staff coaches. Players receive a Major League Baseball hat, team tee shirt, and baseball medal. Volunteer coaches may also participate in a detailed coaches training program provided by Jump Start Sports.

Ages: 3-4 years

Session 1	Saturday	4/14-5/19	9:00am or 10:00am (1-hour)
Session 2	Saturday	6/16-7/21	9:00am or 10:00am (1-hour)
Session 3	Saturday	9/8-10/13	9:00am or 10:00am (1-hour)

Fee: Residents \$75
Non-Residents \$85

YOUTH BASEBALL LEAGUES

BOYS' LATE SUMMER BASEBALL

Registration will begin June 23rd and go until leagues are filled or July 13th, whichever comes first.

Ages: 6-18 yrs. (as of Aug. 30, 2018) **Limit: 78 per age group**

5-6 yrs.	T-Ball
6-8 yrs.	Coach Pitch
9-10 yrs.	Kid Pitch
11-13 yrs.	Kid Pitch
14-18 yrs.	Kid Pitch

Fee: Residents \$42
Non-Residents \$57

Practices: Start after July 30. One weeknight and one weekend time.

Games: Tuesdays and Thursdays. (Wednesdays may be used if necessary) Start approximately August 7 and run through the end of September or beginning of October. Each team will play ten games.

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

YOUTH BASKETBALL LEAGUES AND PROGRAMS

YOUTH SUMMER BOYS BASKETBALL LEAGUES

These leagues are offered for Strongsville boys and girls from Grades K through 12. The season will end with a tournament for grades 3 and above.

REGISTRATION: April 2 through April 14 (a late fee will be assessed after April 14).

GRADES: K through 12 (this would be the grade they will be during the next school year)

Fees:	Grades K-1	Co-Ed	\$40
	Grades 2	Co-Ed	\$45
	Grades 3- 4		\$50
	Grades 5- 6		\$50
	Grades 7 - 9		\$50
	Grades 10-12		\$50

Practices and games will occur on Saturday's beginning in June. There will be a 30 minute practice prior to the game. All games and practices will be at the Rec. Center.

Coaches: Parents or adults interested are encouraged to fill out an application at the Ehrnfelt Recreation Center any time during the registration period. This will not guarantee you a spot to coach a team.

Sponsors: Are needed for each team and is only \$70 for a team. If you or your company would like to sponsor your child's team please inquire at the front desk.



YOUTH SANDLOT BASEBALL

YOUTH SANDLOT BASEBALL (WOOD FIELD)

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

Ages: 9-16 years
(Boys & Girls)

Capacity: 40 children

Wednesdays	6/13 – 8/8*	10:00-12:30 pm
Tuesday and Thursday	6/12 – 8/9*	10:00-12:30 pm

***No play on 7/4**

***Make-ups will be on Fridays**

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

Drop-In Fees:

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

YOUTH SPORTS CLINICS, CLASSES, CAMPS, AND LESSONS

HEAD START BASKETBALL CAMP (REC CENTER GYMS)

Emphasizing the fundamentals of basketball with individual attention given to each young player. The campers will be taught the basic techniques of shooting, dribbling, passing, rebounding, and defense. The camp will not only provide a fundamental base for each young player, but will also be a fun and enjoyable experience for every camper. Our coaches work with the campers on developing their individual basketball skills while also teaching sportsmanship. We want to make the most of every day and we do that with enthusiasm and a positive attitude. Learning is FUN!

Here are just a few things you will learn out on the court

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

You must register online at www.headstartbasketball.com

Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or headstartbasketball@usa.net for more information

Grades 4-8			1:30-4:30 pm
Session 1	Monday-Friday	6/11-6/15	Boys and Girls
Session 2	Monday-Friday	6/18-6/22	Boys Only
Session 3	Monday-Friday	6/25-6/30	Boys and Girls
Session 4	Monday-Friday	7/9-7/13	Boys and Girls

Fee: \$85

HEAD START BASKETBALL SUMMER SKILLS CHALLENGE (AUXILIARY GYM)

Test your ability in a variety of basketball skills competitions. Shooting, dribbling, and passing games will allow players of all ages and abilities to show off their fundamentals and have fun doing it. There will be favorites like knockout and free throws, but plenty of new contests too! We will also play a half-court team tournament. The Skills Challenge will be directed by former Strongsville High and Kent State University player Mike Klinzing who has more than 20 years of basketball camp experience.

Grades: 2-7 (grade last year) **Limit: 78**
Monday/Tuesday 7/30-7/31 1:30-4:30pm

Fee: \$45

YOUTH SPORTS CLINICS, CLASSES, CAMPS, AND LESSONS

YOUTH TENNIS LESSONS

(CITY TENNIS COURTS NEXT TO THE LIBRARY)

Students will learn the basic skills, rules, and sportsmanship.

Ages: 6-14 years

Limit: 16 per class

4 weeks (8 classes weather permitting)

Session I

S1/L1- AM	Ages: 5-8 years	T/Th	6/12-7/5	8:30-9:30 am
S1/L2- AM	Ages: 9-12 years	T/Th	6/12-7/5	9:30-10:30 am
S1/L3- AM	Ages: 13-16 years	T/Th	6/12-7/5	10:30-11:30 am
S1/L1- PM	Ages: 5-8 years	M/W	6/11-7/11*	5:00-6:00 pm
S1/L2- PM	Ages: 9-12 years	M/W	6/11-7/11*	6:00-7:00 pm
S1/L3- PM	Ages: 13-16 years	M/W	6/11-7/11*	7:00-8:00 pm

***No Class 7/4**

Session II

S2/L1- AM	Ages: 5-8 years	T/Th	7/17-8/9	8:30-9:30 am
S2/L2- AM	Ages: 9-12 years	T/Th	7/17-8/9	9:30-10:30 am
S2/L3- AM	Ages: 13-16 years	T/Th	7/17-8/9	10:30-11:30 am
S2/L1- PM	Ages: 5-8 years	M/W	7/16-8/8*	5:00-6:00 pm
S2/L2- PM	Ages: 9-12 years	M/W	7/16-8/8*	6:00-7:00 pm
S2/L3- PM	Ages: 13-16 years	M/W	7/16-8/8*	7:00-8:00 pm

***No class 7/25**

Fees:	Members	\$95
	Non-Members/Residents	\$103
	Non-Members/Non-Residents	\$119



YOUTH 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**

Tuesdays	6/26-8/7	6 weeks
3rd-5th Grade (Beginner)		5:30 – 6:45 pm
6th-8th Grade (Intermediate)		6:45 – 8:00 pm

Fees:	Members	\$48
	Non-Members/Residents	\$53
	Non-Members/Non-Residents	\$63

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	5/7-5/30 (No Class 7/28)	4:00pm-5:00pm
Monday & Wednesday	6/4-6/28	4:00pm-5:00pm
Monday & Wednesday	7/9-7/30 (No Class 7/25)	4:00pm-5:00pm
Monday & Wednesday	8/6-8/22	4:00pm-5:00pm

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

YOUTH VOLLEYBALL LEAGUES

YOUTH FOIL FENCING CAMP (EAST EVENT CENTER)

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

Ages:

Monday-Friday	7/16-7/20	1:00-3:00pm
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Fees:

Members	\$65
Resident/Non-Members	\$70
Non-Resident/Non-Members	\$80

GIRLS VOLLEYBALL LEAGUE (EHRNFELT REC. CENTER AUXILIARY GYM)

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

Registration dates 4/7-5/1

Divisions 3rd-5th and 6th-8th grades

Games Saturday's, 6/16-8/11 10:00 am – 3:00 pm

Practices Wednesday's, beginning 5/30 4:00 pm – 9:00 pm

Fees:

Members	\$50
Non-Members/Residents	\$55
Non-Members/Non-Residents	\$65

INDIANS TICKETS

STRONGSVILLE NIGHT WITH THE INDIANS (PROGRESSIVE FIELD- CLEVELAND)

Come join us for Strongsville's Night with the Indians. If we sell enough tickets everyone will get to walk on the field before the game (we sold enough tickets last year)! *It's Jim Thome jersey night giveaway!*

Saturday	8/18	First Pitch: 4:05
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Fees:

Members	\$22
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ADULT PROGRAMS ADULT BASKETBALL LEAGUES

MEN'S 18+ TUESDAY BASKETBALL LEAGUE- 4X4 (EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 18 & over

Tuesdays	5/29-8/21	7:00 – 10:00 pm
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Fees:

Per Team (Limit: 6)	\$100 (9-10 games plus playoffs)
Non-Members/Non-Residents	\$17
Cash Forfeit Deposit	\$80
Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 18+ SUNDAY BASKETBALL LEAGUE- 5X5 (EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 4/15 through 5/1. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit: 10 Teams per division**

Sundays	5/6-8/12	4:20 – 10:30 pm
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Fees:

League Entry Fee	\$125 (9 games plus playoffs)
Non-Members/Non-Residents	\$17
Cash Forfeit Deposit	\$80
Referee/Scorekeeper Fees	\$34 per team/per game

ADULT BASKETBALL LEAGUES (cont.)

MEN'S 18+ WEDNESDAY BASKETBALL LEAGUE- 5X5 (EHRNFELT REC. CENTER AUX. GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 18 & over

Wednesdays	5/30-8/8*	6:20 – 10:00pm
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***No play 7/4 and 7/25**

Fees:

League Entry Fee (Limit: 8)	\$100 (7 games plus playoffs)
Non-Members/Non-Residents	\$17
Cash Forfeit Deposit	\$80
Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 40+ THURSDAY BASKETBALL LEAGUE- 3X3 (EHRNFELT REC. CENTER AUX. GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 18 & over

Thursdays	5/31-8/9	8:00 – 10:00pm
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Fees:

League Entry Fee (Limit: 8)	\$75 (7 games plus playoffs)
Non-Members/Non-Residents	\$17
Cash Forfeit Deposit	\$60
Referee/Scorekeeper Fees	\$22 per team/per game

ADULT TENNIS LESSONS

ADULT GROUP TENNIS LESSONS (CITY TENNIS COURTS NEXT TO THE LIBRARY)

Students will learn the basic skills, rules, and sportsmanship.

Ages: 16 years and above **Limit: 16 per class**

4 weeks (4 classes weather permitting)

Session 1	Beginner	Mondays	6/11-7/2	8:00-9:00pm
Session 1	Advanced	Wednesdays	6/13-7/11*	8:00-9:00pm

***No Lesson 7/4**

Session 2	Beginner	Mondays	7/16-8/6	8:00-9:00pm
Session 2	Advanced	Wednesdays	7/18-8/8*	8:00-9:00pm

***No Lesson 7/25**

Fees:

Members	\$48
Non-Members/Residents	\$52
Non-Members/Non-Residents	\$56

ADULT VOLLEYBALL

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

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Wednesday	9/5 – 12/12	6:00 – 10:00 pm
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Fees:

Per Team (Limit: 10 teams)	\$200
Non-Members/Non-Residents	\$17 per person
CASH Forfeit Deposit	\$50 (refundable at end of season)
Official Fees	\$10 per team/per match

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

Registration for all teams is 9/2 through 9/30. Registration will be on a first pay first serve basis.

Sundays	10/7 – 12/9	5:00 – 10:30 pm
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Fees:

Per Team (Limit: 14 teams)	\$135
Non-Members/Non-Residents	\$17 per person
CASH Forfeit Deposit	\$50 (refundable at end of season)
Official Fees	\$10 per team/per match

ADULT SOFTBALL LEAGUES

CO-ED FRIDAY SOFTBALL LEAGUE (VOLUNTEER PARK & FOLTZ FIELD #1)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis. Double headers will be played in the first few weeks of the season.

Ages: 18 & over **Limit: 24 teams**

2 Divisions

Fridays 8/31-11/16 6:30 – 10:30 pm

Fees: League Entry Fee \$155 (5 games & playoffs; weather permitting)
 Non-Resident Fee \$17
 Cash Forfeit Deposit \$80
 Umpire/Scorekeeper Fee \$31 per team/per game

MEN'S SUNDAY AM DOUBLE HEADER LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis. Triple headers will be played in the first few weeks of the season.

Ages: 18 & over **Limit: 12 teams**

Sundays 9/9-11/18 9:00am – 1:00 pm

Fees: League Entry Fee \$190 (8 games & playoffs; weather permitting)
 Non-Resident Fee \$17
 Cash Forfeit Deposit \$135
 Umpire/Scorekeeper Fee \$31 per team/per game

ADULT SOFTBALL LEAGUES (cont.)

MEN'S WEDNESDAY PM DOUBLE HEADER SOFTBALL LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit: 16 teams**

Wednesdays 9/5-11/14 6:30 – 10:30pm

Fees: League Entry Fee \$200 (8 games & playoffs; weather permitting)
 Non-Resident Fee \$17
 Cash Forfeit Deposit \$135
 Umpire/Scorekeeper Fee \$31 per team/per game

MEN'S MONDAY PM DOUBLE HEADER SOFTBALL LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit: 16 teams**

Mondays 9/10-11/12 6:30 – 10:30 pm

Fees: League Entry Fee \$200 (8 games & playoffs; weather permitting)
 Non-Resident Fee \$17
 Cash Forfeit Deposit \$135
 Umpire/Scorekeeper Fee \$31 per team/per game



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 6/11-7/16 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

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**

Evening Classes: Mondays & Wednesdays 4/11-5/7
 Mondays & Wednesdays 5/9-6/6*
** No Class 5/28*

Fees:		Drop in
Members	\$25	\$4
Non-Members/Residents	\$31	\$5
Non-Members/Non-Residents	\$43	\$7

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**

*Instructors: Trista Smith - Tuesdays
 Megan Ruggiero - Thursdays*

Evening Classes: Tuesdays 4/17-5/22
 Tuesdays 5/29-7/3
 Tuesdays 7/10-8/14
 Tuesdays 8/21-10/2*
** No Class 8/28*
 Thursdays 4/26-5/31
 Thursdays 6/7-7/12
 Thursdays 7/19-8/23
 Thursdays 8/30-10/4

Fees:		Drop in
Members	\$18	\$4
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 3/14-5/2* 6:00 - 7:00pm Beginners
 7:00 - 8:00pm Experienced Tapper

**No Class 3/28*

Fees:

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

TAI CHI

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

Ages: 18 & over **Instructor: Ted Smith**

Thursdays 6:30 - 7:30pm

Fees:

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

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	\$5
Non-Member/Residents	\$22	\$6
Non-Member/Non-Residents	\$28	\$8

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: 21 & over
 Wednesdays 6:30 - 8:30pm
** No Class 7/4, 7/25 & 8/29*

Fees:

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

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 Class June, July & August Class resumes 9/5**

Fees: Participants pay for own tools and materials.



WOOD SHOP CLASSES AND SERVICES (cont.)

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.

Class Limit: 8

Ages 21 & Over

Instructor: Jim Burns

Mondays
Monday

6/4-6/11
6/25

6:00-9:00pm
6:00-8:00pm

Fees:

Members

\$35

Non-Members/Residents

\$40

Non Members/Non-Residents

\$50

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 perfect 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

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!

EVENING PROGRAMS (cont.)

CELEBRATION HANDBELL CHOIR CONCERT

Celebration Ringers is a community handbell choir from Strongsville. They ring 5 ½ octaves of handbells and 7 octaves of hand chimes, as well as assorted percussion “toys.” Join us in a return performance at the Event Center, with the spring theme “Masterpieces of Music”. Music selections will go from Beethoven to La La Land! Registration is requested for this free concert. Call the Senior Registration Desk at (440) 580-3275.

	Any Age	Free
Thursday	5/17	7:00-8:30pm

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	Free
Thursday	8/23	6:00pm

AID & ATTENDANCE, IMPROVED PENSION PROGRAM

Cleveland American Veterans Association, (C.A.V.A) will be here to educate about a benefit provided by the Department of Veteran Affairs known as the “Aid & Attendance, Improved Pension Program”. This is a TAX FREE pension available to war time veterans and their surviving spouses who are 65 years and older, and can pay up to as much as \$2,085 per month depending on the claimant's situation. Registration is required for this educational program.

C.A.V.A is a non-profit 501c(3) veterans charity established in the State of Ohio.

	Ages: 50 & over	Free
Tuesday	7/24	6:00pm

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*. Registration required.

Ages: 18 & over **Instructors: Strongsville Firefighters/Paramedics**
3 Hour Class

	Wednesday	8/8	6:00 - 9:00pm
Fees:	Residents		Free*
	Members		\$10*
	Non-Member/Non-Residents		\$35*

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

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
Thursday	7/19	6:30-8:30pm

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	Instructor: Mike Kolesar	
	Wednesday	8/15
		5:00 - 9:00pm
Fees:	AARP Members	\$15
	Non-AARP Members	\$20

EVENING PROGRAMS (cont.)

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 & over	Class Limit: 15	1 Class
	Tuesday	5/22
		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 & over	Class Limit: 15	1 Class
	Tuesday	6/5
		6:30 - 9:00pm
Fees:	Members	\$59
	Non-Member/Residents	\$63
	Non-Member/Non-Residents	\$65

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: 18 & over		Instructor: Rick A. Deal
	Mondays	6/4-7/9
		6:30 - 8:00pm
Fees:	Members	\$45
	Residents/Non-Members	\$50
	Non-Residents/Non-Members	\$60

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.

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 Ehrnfelt Recreation Center

EHRNFELT SENIOR CENTER MEAL OPTIONS

See Page 42 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
No Bingo 5/28, 8/27

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 9:00-9:45am
No Class 5/28, 7/4, 8/27, 8/29

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 1:00-2:15pm
Megan Ruggiero - Tuesdays 10:15-11:30am
Sheila Hart-Fowler - Thursdays 10:15-11:30am
***No class 5/28, 8/27 & 8/28**

Fees:

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

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
No Class 5/28, 7/4, 8/27, 8/29

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
No Class 7/4, 8/29

Fees:

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

BEGINNING LINE DANCING

Come and learn the basic steps of line dancing! *This is a drop-in program.*

Ages 50 & Over **Instructor: Val Synek**
Tuesdays 10:00 - 11:00am
No Class 4/24, 8/28

Fees:

Members	\$4
Non-Member/Residents	\$5
Non-Member/Non-Residents	\$7

HOSTING AN EVENT?

See Page 7 for details on Renting a Room at the Strongsville Rec Center.



Ehrnfelt Senior Center Meal Options

The Senior Center kitchen prepares daily 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.



FITNESS, FUN, FRIENDSHIP (cont.)

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

No Class 5/28, 8/27

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

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 8/28

Fees: Grant Participants Free
 Members \$3
 Non-Members/Residents \$4
 Non-Members/Non-Residents \$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 4/2-5/7 10:30 – 11:15am

Mondays 5/14-6/25* 10:30 – 11:15am

Mondays 7/2-8/6 10:30 – 11:15am

Mondays 8/13-10/1* 10:30 – 11:15am

***No class 5/28, 8/27 & 9/3**

Fees **Drop-In**

Members	\$19	\$4
Non-Members/Residents	\$21	\$5
Non-Members/Non-Residents	\$25	\$7

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 **7 Week Session** **Minimum class size: 4**

Instructor: Peggy Stockdale

Thursdays 3/15-4/26 11:00am - 12:00pm

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

FITNESS, FUN, FRIENDSHIP (cont.)

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.

50 & over

Wednesdays Open Play 1:00-3:00pm

No Class 7/4 & 8/29

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

BOCCE (ST. JOHN NEUMANN CHURCH)

Bocce is a game for all ages, gender and athletic ability. We toss the pallino around every Wednesday! Come and meet new friends while having a fun time.

Ages: 50 & over **FREE**

Wednesdays

Registration 9:15am/Play begins 9:30am

Season Begins May 9th

Season Ends September 5th*

***No Play 7/4**

MINIATURE GOLF

(MR. DIVOT'S MINIATURE GOLF – NORTH ROYALTON)

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

Ages 50 & over

Fridays 10:00am
 Play begins May 4th
 Ends September 28th

Fee: \$3

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 **3 or 4 Week Session**

Tuesdays 4/17-5/8 9:00 - 11:30am

Tuesdays 5/15-6/5 9:00 - 11:30am

Tuesdays 6/12-7/3 9:00 - 11:30am

Tuesdays 7/10-7/31 9:00 - 11:30am

Tuesdays 8/7-8/21* 9:00 - 11:30am

Thursdays 4/26-5/10* 12:30 – 3:00pm

Thursdays 5/17-6/7 12:30 – 3:00pm

Thursdays 6/14-7/5 12:30 – 3:00pm

Thursdays 7/12-8/2 12:30 – 3:00pm

Thursdays 8/9-8/23* 12:30 – 3:00pm

***3 Week Session**

Fees:

	3 Weeks	4 Weeks
Grant Participant	Free	Free
Members	\$3	\$4
Non-Member/Residents	\$4	\$5
Non-Member/Non-Residents	\$6	\$7

PICKLEBALL

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one, and played on a tennis court of smaller proportions.

Join us Mondays and Thursdays, when we offer indoor, 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 in May 11:00am-1:00pm

Thursdays in May 9:00-11:00am

Call for times in June, July and August.

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

FITNESS, FUN, FRIENDSHIP (cont.)

CARDS AND OTHER GAMES (SENIOR GREAT ROOM)

Ages: 50 & over		Fees: Free
Bridge	Tuesdays	12:30-3:30pm
Bunco	Thursdays	9:30-11:30am
Dominos/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

*Woodshop closed 7/4 & 8/29

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 Hoelzer**

Ages: 50 & over

Thursdays 1:00-3:00pm

No Classes June, July and August. Classes resume 9/6.

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.

Ages 50 & Over

Mondays 6/4-6/11

Instructor: Jim Burns

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

*No Knitting 5/28 & 8/27

Free

10:00am



ART & CRAFT CLASSES

WATERCOLOR PAINTING

All skill levels of watercolor artists are welcome, including beginners. Instructor offers three separate classes; Tuesdays, Thursdays or Fridays. 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 art show. Students provide own materials; list available at Senior Registration Desk. *Six week sessions, or drop-in option.*

Ages: 50 & over **Instructor: Judi Roszak**
Class Limit 15 **6 Week Session**

Tuesdays	3/27-5/1	9:30-11:30am
Tuesdays	5/8-6/12	9:30-11:30am
Tuesdays	6/19-7/24	9:30-11:30am
Tuesdays	7/31-9/11*	9:30-11:30am

***No class 8/28**

Thursdays	3/29-5/10*	9:30-11:30am
Thursdays	5/17-6/21	9:30-11:30am
Thursdays	6/28-8/2	9:30-11:30am
Thursdays	8/9-9/13	9:30-11:30am

***No Class 4/19**

Fridays	3/30-5/4	9:30-11:30am
Fridays	5/11-6/15	9:30-11:30am
Fridays	6/22-7/27	9:30-11:30am
Fridays	8/3-9/7	9:30-11:30am

Fees:	6 Weeks	Drop-In
Members	\$41	\$9
Non-Members/Residents	\$46	\$10
Non-Members/Non-Residents	\$56	\$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	4/10-5/22*	1:00 – 3:30pm
Thursdays	4/12-5/24*	1:00 – 3:30pm

***No Class 4/17 & 4/19**

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

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 **Instructor: Rick A. Deal**
 Thursdays 6/7-7/12 10:00-11:30am

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



ART & CRAFT CLASSES (cont.)

WELLNESS



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 allow you to view your work through someone else's eyes.

Ages: 50 & over	Drop-In Program	Free
Instructor: Rick Deal		10:00am-12:00pm
Wednesday 4/4	Outdoor Shooting, Problems/Techniques	
Wednesday 5/2	Photographing People	
Wednesday 6/6	Depth of Field	
Wednesday 7/11	Using different Shutter Speeds	

PHOTO RETOUCHING

Did you take a picture that just seems a little off? This seminar is perfect for you, watch and learn as a professional photographer retouches your photos right in front of you. Learning Adobe Photoshop is both complex and time consuming, let the expert fine tune your photos as he explains the process. This is a great way to perfect pictures taken during Photography 101. Bring up to three photos, on a flash drive. *Maximum class size is 8.*

Ages: 50 & over	Instructor: Rick A. Deal	
Thursday	7/19	9:00am-12:00pm
Fees:	Members	\$18
	Residents/Non-Members	\$20
	Non-Residents/Non-Members	\$24

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)*
**No Meeting 5/28 & 8/27*

CREATIVE CRAFTERS

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

Ages: 50 & over
 Wednesdays 10:00am - 1:00pm
**No crafting 7/4 & 8/29*

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

BLOOD PRESSURE CHECKS

1st Monday, 9:30 – 11:00am, Provided by Southwest General Health Center
 3rd Tuesday, 10:30am-1:00pm, 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	5/1	9:00am
Tuesday	6/5	9:00am
Tuesday	7/3	9:00am
Tuesday	8/7	9:00am

Appointments needed. **Call the Senior Center at (440) 580-3275.**

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 5/14, 6/11, 7/16, 8/13 1:00-5:00pm

THE BASICS

This program is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real-life issues. This program is presented by the Alzheimer's Association of Cleveland. Registration required.

Ages: 50 & Older	Free
Tuesday	5/22 1:00pm

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

This presentation will stress the importance of early detection for Alzheimer's disease and other dementias. As 10 million baby boomers risk developing Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible. This program is presented by the Alzheimer's Association of Cleveland. Registration required.

Ages: 50 & Older	Free
Thursday	6/7 1:00pm

EATING FOR A HEALTHY MIND— TOP 10 BEST FOODS TO EAT:

Eating well is vital for people of all ages, but did you know what you eat directly affects your brain? This program discusses how daily food choices can make an important difference in your health, how you look, how you feel, how you think, and how you age. Learn the top ten foods to eat to keep your mind healthy! Presented by Jennifer Nance of Kemper House. Registration required.

Ages: 50 & Older	Free
Thursday	5/3 10:00am



WELLNESS (cont.)

WAYS TO KEEP YOUR MIND SHARP AS YOU AGE

If you're worried about "losing it" as you grow older, you'll want to do everything you can to keep your mind healthy. Exercising your brain is just as important as exercising your body. There are everyday health habits that can help slow (or reverse) an aging brain. This program will teach you tips on how to keep your brain active. The techniques you will learn will be simple and fun. Presented by Jennifer Nance of Kemper House. Registration required.

Ages: 50 & Older
 Wednesday 6/6 **Free** 10:00am

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**

COMMUNITY SUPPORT GROUPS (cont.)

STRONGSVILLE LOW VISION SUPPORT GROUP

Do you have low vision due to eye diseases/conditions such as macular degeneration, diabetic retinopathy, cataracts or glaucoma? You are not alone!

The Ehrnfelt Senior Center with the assistance of the Cleveland Sight Center is hosting a monthly group at the Ehrnfelt Senior Center.

- Meet others who also have vision loss and are experiencing some of the same things you are.
- Share feelings, concerns, and solutions.
- Discuss methods to increase independence.
- Learn about resources and adaptive devices for people who are visually impaired.
- Receive help and support in dealing with your vision loss.

For more information contact Sheena Wright, Family Preservation Coordinator at (440)580-3276. **FREE**

2nd Tuesday of the month 10:00am

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	Kevin M. Preston

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."

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

BENEFITS CHECK UP

The Cuyahoga County Department of Senior and Adult Services can help you apply for benefits right here at the Ehrnfelt 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	6/14	9:00am-12:00pm
Friday	8/17	9:00am-3:00pm

EDUCATIONAL PROGRAMS

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? If so, contact the Senior Center registration Desk at 440-580-3275, to schedule a One-on-One. Come for an hour or more 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) No Classes July & August

Fees:	Member	\$5/hour
	Non-Member/Resident	\$7/hour
	Non-Member/Non-Resident	\$9/hour

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 4th Monday, 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
May	<i>A Piece of the World</i> by Christina Baker Kline	5/21
June	<i>America's First Daughter</i> by Stephanie Dray	6/25
July	<i>Killers of the Flower Moon: The Osage Murders and the Birth of the FBI</i> by David Grann	7/23
August	<i>The Tea Girl of Hummingbird Lane</i> by Lisa See	8/27



EDUCATIONAL PROGRAMS (cont.)

WESTERN RESERVE HISTORICAL SOCIETY "SPEAKING OF CLEVELAND" SERIES

The Western Reserve Historical Society, founded in 1867, is the oldest cultural institution in the area. Their Speaking of Cleveland series offers a wide variety of topics relating to the history of Northeast Ohio. Pulled directly from the nationally-recognized collections of WRHS, these programs are presented here at the Senior Center, by educators from the museum, as well as local historians. This series of presentations is sponsored by Jardine Funeral Home. Registration required. Please see the Silver Pen or call the Senior Registration Desk at 580-3275 for the program topic.

Tuesday	5/29	1:00pm	Free
Monday	6/25	1:00pm	Free
Monday	7/23	1:00pm	Free
Monday	8/20	1:00pm	Free

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**
Tuesday 6/5 10:00am

AID & ATTENDANCE, IMPROVED PENSION PROGRAM

Cleveland American Veterans Association, (C.A.V.A) will be here to educate about a benefit provided by the Department of Veteran Affairs known as the "Aid & Attendance, Improved Pension Program". This is a TAX FREE pension available to war time veterans and their surviving spouses who are 65 years and older, and can pay up to as much as \$2,085 per month depending on the claimant's situation. Registration is required for this educational program.

C.A.V.A is a non-profit 501c(3) veterans charity established in the State of Ohio.

Ages: 50 & over **Free**
Thursday 5/10 1:00pm

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 5/21 1:00-3:00pm

THE MAN WHO STOOD UP TO HITLER

Dietrich Bonhoeffer, a German Theologian who came of age between the two World Wars. His writings reflect the increasing alarm as he watched his fellow Germans believe the lies of the National Socialists, turning to anger and madness. A lone voice that stood up to Hitler. *What message do they hold for us today?*

Ages: 50 & over **Instructor: Ted Smith**
Wednesdays 4/18-5/23 1:00-2:30pm

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

EDUCATIONAL PROGRAMS (cont.)

MARK TWAIN'S BLASPHEMOUS BOOK

This book was posthumously published by Samuel Clemens' estate, and was promptly labeled blasphemous. Inspired by the opening chapter of the book of Job, Clemens turns all of his wit, wisdom, and wry humor to the nature of good and evil.

Ages: 50 & over **Instructor: Ted Smith**
Wednesdays 5/30-7/11* 1:00-2:30pm
*** No Class 7/4**

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

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**
Tuesday 6/19 9:00am-12:00pm

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

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 completion card.* *Registration required.*

Ages: 18 & over **Instructors: Strongsville Firefighters/Paramedics**
3 Hour Class

Tuesday 6/12 9:00am - 1:00pm
Fees: Residents Free*
Members \$10*
Non-Member/Non-Residents \$35*

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

COOKING DEMO WITH CHEF FRED

Strongsville Senior Center is excited to announce that Chef Fred from Generations Senior Living of Berea & Strongsville will be back by popular demand to prepare another tasty dish! Enjoy learning how make a fresh salad, breaded chicken and homemade vodka sauce with pasta. During Fred's cooking demonstration learn how easy it is to duplicate this meal at home for your family. As always, Chef Fred will have samples for you to taste this delicious meal. Space is limited, sign up today!

Thursday 8/16 12:30pm
Fees: Members \$2
Residents/Non-Members \$3
Non-Residents/Non-Members \$5

SPECIAL PROGRAMS

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.

3rd Wednesday of the month 11:00am

Fees: Members/Residents \$5
Non-Resident/Non-Members \$6

REWARD YOURSELF

Massage Consistency Passes Are Available

For more information please check out Page 18 for details.



SPECIAL PROGRAMS (cont.)

BALLROOM DANCE SCHEDULE FOR 2018 (EVENT CENTER)

Includes Light Refreshments		All dances 1:15 - 3:15pm
May 10	Mike Jacobs Trio	
May 24	Al Battistelli	Hawaiian Dance
June 14	Wayne Tomsic Combo	
June 28	Al Battistelli	
July 12	Wayne Tomsic Combo	Red, White and Blue Dance
July 26	Ed Klimczak	
August 9	Wayne Tomsic Combo	
August 23	Al Battistelli	Beach Party
Fees:	Members/Residents	\$5
	Non-Members/Non-Resident	\$7

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.

May 3 & 4
August 2 & 3

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!

LINE DANCE JAMBOREE 2018

Our 19th Annual Line Dance Jamboree is sure to be a two stepping, good time! Your admission cost includes continental breakfast, (Sponsored by Willowood Care Center) 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 4/24 9:00am-3:00pm
Registration required by 4/19

Fees:	Members	\$17
	Residents/Non-Members	\$18
	Non-Residents/Non-Members	\$20

ART IN OUR LIVES – 20TH ANNUAL FINE ARTS EXHIBIT

Our annual Art Show demonstrates the creativity of our Senior Art Students and presents their work to the community. Come and browse the beautiful works of art our talented students have been diligently working on. Be sure you stop by and explore the many talents here at the Senior Center.

6/4-6/8 Free and Open to the Public

Show Hours:

Monday to Thursday 9:00am – 5:00pm
Friday 9:00am – 12:00pm

MOTHER'S DAY LUNCH

Celebrate an early Mother's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the women in attendance. Registration with payment is required by May 4th. *Special thanks to our sponsors - Westwood Place & Alzheimer Senior Living.*

Ages: 50 & Over

Wednesday 5/9 11:30am

Fees:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8

FATHER'S DAY LUNCH

Celebrate an early Father's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the men in attendance. Registration with payment is required by June 8th. *Special thanks to our sponsors - Alzheimer Senior Living & Brookdale Middleburg Heights.*

Ages: 50 & Over

Wednesday 6/13 11:30am

Fees:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8

SPECIAL PROGRAMS (cont.)

BACKYARD BARBEQUE

Summertime means spending time outdoors and the return of our ever popular Backyard Barbecue! Join us for lunch outdoors in the Backyard Preserve (Senior Patio for those with special physical needs.) We'll offer you a ride back to our outdoor dining delight. We'll have a delicious barbecue, enjoy some fellowship, and have great summertime fun. This will replace the daily senior lunch. Tickets must be purchased by June 22nd. *Special thanks to our sponsors Generations Healthcare and Pleasant Lake Villa.*

Ages: 50 & Over

Tuesday 6/26 11:30am

Fees:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8



CHRISTMAS IN JULY

Ho Ho Ho! Who says that we should only celebrate the most wonderful time of the year once a year! Join us for a fun afternoon with a traditional holiday dinner with all the trimmings, holiday games, gifts and much more! Feliz Navidad! Tickets on sale June 11th-July 20th. Remember to bring in your non-perishable donation for the Strongsville Food Bank. Each donation will enter you into our Chinese raffle! The more food you bring the more chances to win and help out community members in need! *Special thanks to our sponsors - Alzheimer Senior Living and Harbor Woods Living.*

Ages: 50 & Over

Wednesday 7/25 11:30am

Fee:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8

SILVER MUSTANG SUMMER CORN ROAST

Calling all Silver Mustang Members! Join us once again as we enjoy great food, remarkable door prizes, fellowship and entertainment is sponsored by Alzheimer Shurmer Place and Pleasant Lake Villa. This event is free to current Silver Mustang members. Registration begins July 10th and ends August 17th. Come and join the fun!

Tuesday 8/21 11:30am

EHRNFELT SENIOR CENTER SENIOR OLYMPICS

Register now . . . To be part of the 21st Annual Senior Olympics

Ages: 50 & Older

9/10 - 9/21

Fees:	\$18 Member
	\$19 Non-member/Resident
	\$21 Non-member/Non-resident
	<i>*Extra fee for 2XL & Larger shirts.</i>

Registration fee includes: Senior Olympics T-Shirt, entry to any and all events*, Opening Day continental breakfast and Awards Luncheon. If you register after August 24th you are not guaranteed a T-Shirt.

*If registering for 9-hole golf, additional \$12 fee.

Events include: Fitness Walk, Bocce Ball, Basketball Throw, 9-Hole Golf (w/Cart), Miniature Golf, Softball Throw, Mustang Horseshoes, Billiards, Table Tennis, Darts, Bean Bag Toss, Bowling, Wii Home Run Derby, Wii bowling, Bunco, Football Throw, and Cornhole!

Select events will be offered in the evening.

Register at the Senior Center Registration Desk starting July 9th!

MUSTANGS ON THE GO



BEEHIVE – THE 60’S MUSICAL A GREAT LAKES THEATER PRODUCTION AT THE HANNA THEATRE

An exuberant jukebox celebration of the women musicians who made the 60s truly memorable, Beehive transports audiences on a nostalgic musical journey back in time. Featuring forty classic chart-toppers (and Aqua Net-glistening coiffures, of course), this groovy retro-revue highlights hits that range from the Supremes’ memorable melodies to Janis Joplin’s heart-rending rasp to Aretha Franklin’s soul and more. So break out your vintage best...and prepare to sing along, dance in the aisles and relive one of music’s truly golden eras.

Before heading downtown, we’ll enjoy lunch at the Senior Center. Performance starts at 1:30pm.

Registration Limit: 2 tickets per person.

Ages: 50 & over			
Wednesday	5/16	11:00am – 4:15pm	
Fees:		Registration Opens	
Members	\$40	March 29	
Residents/Non-Members	\$42	April 5	
Non-Residents/Non-Members	\$46	April 12	

AMISH COMEDY THEATER

We’ll start this journey by visiting the unique J.M. Smucker Store and Café- free samples available. Then off to the Ashery Country Store- the Grandma of Bulk Food Stores! Then to the Dutch Valley Restaurant to enjoy a family style lunch! After lunch, you’ll have time to explore the shops in the Dutch Valley complex. Finally, off to enjoy the Amish Country Theatre and the current comedy production of “Swine and Dandy!” this comedy-variety show was voted by the American Bus Association as one of the Top 100 Attractions in the US! The trip will Package includes roundtrip transportation, all applicable taxes and driver gratuities.

Registration Limit: 2 tickets per person.

Ages: 50 & over			
Tuesday	5/22	8:15am- 6:45pm	
Fees:		Registration Opens	
Members	\$84	April 3	
Residents/Non-Members	\$86	April 10	
Non-Residents/Non-Members	\$88	April 17	

MUSTANGS ON THE GO (cont.)

MYSTERY TOUR #3

Let’s Take a Boat to Bermuda, Let’s Take a Train to St. Paul. Let’s Take a Kayak, to Quincy or Nyack, Let’s Get away from it all! Based on the tremendous success of our previous Mystery Trips (#1 and #2), we are creating another day full of surprises that combine unique areas, sites and attractions. You will need a sense of adventure, a good sense of humor and comfortable walking shoes. Lunch (and surprises) are included. JKL TOURS has MYSTERY Tours to smaller, out of the way areas that are little known but have a lot to offer. You can be sure these are places we have not visited on any of our regularly published tour. The trip will Package includes roundtrip transportation, all applicable taxes and driver gratuities.

Registration Limit: 2 tickets per person.

Ages: 50 & over			
Wednesday	6/6	8:00am- 7:00pm	
Fees:		Registration Opens	
Members	\$85	April 24	
Residents/Non-Members	\$87	May 1	
Non-Residents/Non-Members	\$91	May 8	

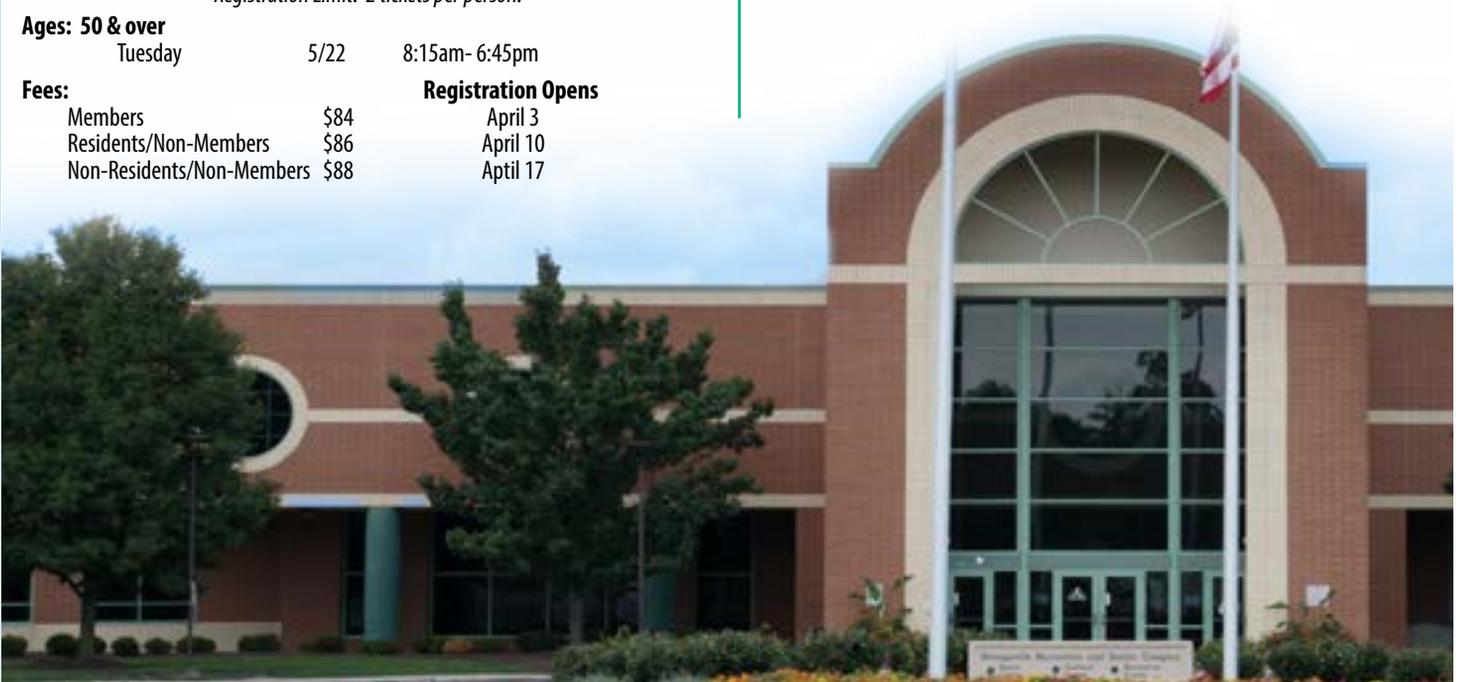
BEAUTIFUL- THE CAROLE KING MUSICAL AT PLAYHOUSE SQUARE

BEAUTIFUL–The Carole King Musical tells the inspiring true story of King’s remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history. Along the way, she made more than beautiful music, she wrote the soundtrack to a generation.

Before we leave for the theater we will enjoy dinner at the Senior Center. Registration includes dinner, show, and transportation. Limited tickets available.

Registration Limit: 2 tickets per person

Ages: 50 & older			
Tuesday	6/12	5:00–11:00pm	
Fees:		Registration Opens	
Members	\$72	April 17	
Residents/Non-Members	\$74	April 24	
Non-Residents/Non-Members	\$78	May 1	



MUSTANGS ON THE GO (cont.)

SUMMER ESCAPE TO PUT IN BAY

Miami has South Beach and we have South Bass! Come enjoy an Island vacation at the crown jewel of Lake Erie Islands, Put-In-Bay. The fun begins as we depart from Catawba Point and you can feel the fresh lake breezes on the ferry ride to the Lime Kiln Dock. We'll be met by our own private, open-air Tour Tram for a narrated tour of the Island, with a local guide who will describe the history, culture, and secrets of Ohio's special treasure. We'll look inside the historic Mother of Sorrows Church that has served the Island since 1927! We'll continue on our tour of the area, ending in the picturesque downtown where we'll enjoy a leisurely lunch at one of the main street eateries. After lunch, we'll have free time to visit the boutiques and quirky gift shops along the boardwalk or just relax and enjoy the beautiful park that sits on the picture perfect harbor. Package includes roundtrip transportation, applicable taxes and driver gratuities.

Registration Limit: 2 tickets per person.

Ages: 50 & older

Friday 6/29 8:00am- 6:00pm

Fees:

Members	\$85	Registration Opens	May 8
Residents/Non-Members	\$87		May 15
Non-Residents/Non-Members	\$91		May 22

VINTAGE WINE TOUR OF THE LAKE ERIE WINE TRAIL

Set your sights on Wine Country as we travel some of the finest wineries along the Western Lake Erie Basin. The day starts at Fireland Winery, where wine has been made since 1880, where you will enjoy a presentation and tastings. Next off to Mon Ami Winery for a wine tasting presentation and lunch. The third winery is Quarry Hill of Berlin Heights, where we will visit their Farmers' Market. We'll complete the day at the Papermoon Winery of Vermillion where you will enjoy a sampling from their private tasting and production room. Package includes roundtrip transportation, applicable taxes and driver gratuities.

Registration Limit: 2 tickets per person.

Ages: 50 & over

Friday 7/27 9:00am- 6:00pm

Fees:

Members	\$84	Registration Opens	June 5
Residents/Non-Members	\$86		June 12
Non-Residents/Non-Members	\$90		June 19

NAUTICA QUEEN DINNER CRUISE

Come and sail the night away on the beautiful Nautica Queen. We will board the Nautica Queen where we will set sail and enjoy dinner. We will enjoy 2.5 hours of cruising under historic bridges and touring along the lake and riverfront while experiencing the breathtaking view of the Downtown Cleveland's skyline. Trip includes transportation, dinner cruise and all gratuities. Join us and make the most of your Cleveland summer.

Ages: 50 & older

Wednesday 8/7 5:00-10:30pm

Fees:

Members	\$60	Registration Opens	June 7
Residents/Non-Members	\$62		June 14
Non-Residents/Non-Members	\$64		June 21

MUSTANGS ON THE GO (cont.)

SUMMER SUNSET AT THE GLASS MUSEUM AND LAKESIDE

Say Good-bye to Summer with a trip to the fascinating Glass Museum at the Toledo Museum of Art. You'll receive a docent-led tour that brings the Museum to life, followed by time to explore and visit the inspirational Toledo Art Museum (across the street,) and their spectacular offerings. Corporal Klinger, from the hit TV show, M.A.S.H. was a local Toledo boy, who often reminisced about his favorite restaurant, TONY PACKO'S - Where Man Bites Dog. You'll enjoy lunch and a fun time with a home-cooked meal at this quirky, cafeteria eatery. On our way home we'll stop and visit the peaceful, gated community of LAKESIDE, Ohio. We'll receive a welcome from a local resident, who will share some of the history before we relax on the porch of the 1890's Hotel with a summertime treat. Package includes roundtrip transportation, all applicable taxes and driver gratuities.

Registration Limit: 2 tickets per person.

Ages: 50 & over

Wednesday 8/22 8:30am- 6:30pm

Fees:

Members	\$75	Registration Opens	July 10
Residents/Non-Members	\$77		July 17
Non-Residents/Non-Members	\$81		July 24

CLEVELAND INDIANS GAME

Join us as we head to Progressive Field to watch the ALC Champions take on the Cincinnati Reds. We are hoping all the excitement of last season carries over this year! Your fee includes your game ticket and transportation to and from the game. Game time is 7:10pm and seats are in section 171.

Registration Limit: 2 tickets per person.

Ages: 50 & over

Monday 7/9 5:30-10:00pm

Fees:

Members	\$53	Registration Opens	May 15
Residents/Non-Members	\$55		May 22
Non-Residents/Non-Members	\$59		May 29

THE STRONGSVILLE FARMER'S MARKET

Thursdays, 2:00-6:00pm July 19 – September 27

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277. The Strongsville Farmers' Market is located at 18100 Royalton Rd. (Rec Center Parking lot). See you at the market!



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. Batting 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

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Sarah Arold, CPRP

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Assistant Recreation Supervisor

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Marketing/Designer

Jen Frontino

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Director's Secretary

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Maintenance Foreman

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Fitness Supervisor

Kristen Nykiel

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Recreation Supervisor

Rebecca Oblak

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Assistant Aquatic Supervisor

Patti Welker

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Aquatic Supervisor

Ehrnfelt Senior Center

Phone (440) 580-3275

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Director of Parks, Recreation and Senior Services

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Extension 5266

Food Service Manager

Deborah Branic

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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**

