

**2018
SEPTEMBER
TO DECEMBER**

visit us at
www.strongsville.org

City Of Strongsville Parks, Recreation and Senior Services Department

Director, Bryan Bogre

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

Mission Statement

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



Message From Our Mayor

Dear Residents,

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

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

Sincerely,

Thomas P. Perciak
Mayor

EHRNFELT RECREATION CENTER INFORMATION



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Weather Closing and Class Cancellations

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

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

Hours of Operation (Recreation Center & Old Town Hall)

June 1 – September 30

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

October 1 – May 31

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

NON-MEMBER DAILY GUEST FEES

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

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

HOLIDAY HOURS AND CLOSINGS

Mon., Aug. 20-		
Mon., Sept. 3, 2018	Annual Cleaning and Maintenance	POOL CLOSED
Mon., Aug. 20-		BASKETBALL
Mon., Sept. 3, 2018	Annual Cleaning and Maintenance	COURTS CLOSED
Mon., Aug. 27-		
Wed., Aug. 29, 2018	Annual Cleaning and Maintenance	CLOSED
Mon., Sept. 3, 2018	Labor Day	CLOSED
Thurs., Nov. 1, 2018	Business Expo	5:00am-3:00pm
Thurs., Nov. 22, 2018	Thanksgiving	CLOSED
Mon., Dec. 24, 2018	Christmas Eve	5:00am-1:00pm
Tues., Dec. 25, 2018	Christmas	CLOSED
Mon., Dec. 31, 2018	New Year's Eve	5:00am-5:00pm
Tues., Jan. 1, 2019	New Year's Day	CLOSED

MEMBER ONLY DAYS

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

GROUP OUTINGS

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



AMENITIES - EHRNFELT RECREATION & SENIOR CENTER

AQUATIC CENTER

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

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

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

30 Day College Pass*

Come use the recreation center while at home on winter break. Show us your valid college ID or next semester's college class schedule to receive this offer. Choose your own start date anytime between November 20-December 31, 2017.

Membership can be applied towards a yearly membership before expiration.

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

Resident: \$30

Non-Resident: \$40

MEMBERSHIP RENEWAL INFORMATION (cont.)

HOW CAN YOU RENEW?

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

CORPORATE MEMBERSHIPS

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

MEMBERSHIP REFERRAL PROGRAM

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

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

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

SPECIAL ASSISTANCE

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

FUNDING ASSISTANCE

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

WORK-TO-WORKOUT PROGRAM

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

PROGRAM REGISTRATION INFORMATION

MEMBER PRIORITY PROGRAM REGISTRATION IS HERE!

PROGRAM REGISTRATION SCHEDULE (INCLUDING LEARN-TO-SWIM)

Member Only Program Registration begins July 24

**Non-Member Residents Program
Registration begins July 31**

Open Program Registration begins August 1

Internet Registration begins August 1

WALK-IN REGISTRATION

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

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

PROGRAM REGISTRATION INFORMATION (cont.)

MAIL-IN REGISTRATION

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

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

PROGRAM REGISTRATION

Ehrnfelt Recreation Center
18100 Royalton Rd.
Strongsville, OH 44136

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

ONLINE REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

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

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

FAX-IN REGISTRATION – NO LONGER ACCEPTED

PHONE-IN REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

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

PAYMENT

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

PAYMENT METHODS

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

CONFIRMATION

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

WAITING LIST PROCEDURE

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

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

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

LATE REGISTRATION

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

NOTICE TO PARTICIPANTS

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

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

PROGRAM REGISTRATION INFORMATION (cont.)

CANCELLATION POLICY (DUE TO LACK OF ENROLLMENT)

If the program does not have a sufficient number of participants registered by 3 working days prior to the first session, the program may be cancelled by the Department Staff.

PROGRAM REFUND POLICY (RECREATION & SENIOR CENTER)

1. If the program is cancelled by the Department, a refund for the FULL amount that was paid will be applied to your Recreation/Senior Center Customer Account, or you may request a check issued from the City Finance Department. Checks will be issued within three weeks.
2. If an individual wants to cancel enrollment in a program, it must be requested at least 5 days prior to the first session of the program.

There are TWO refund options:

- a. **Recreation Department Customer Account** - If the customer wants to have the refund posted to his/her Recreation Center account, a credit for the FULL AMOUNT that was paid will be issued.
 - b. **Check Issued** - If the customer paid by cash, credit card, or check and would like a check issued from the City Finance Department, a 20% or \$5 administrative fee (whichever is greater) will be deducted from the amount that was originally paid. A check will be issued within 3 weeks.
3. **Refunds will not be given if requested less than 5 days prior to the first session of the program.** Individuals assume the risk of changes in health or personal schedules.

CANCELLATION POLICY FOR DAY CAMPS

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

CUSTOMER SATISFACTION

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

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



CHILDCARE SERVICES

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

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

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

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

CHILDCARE FEES

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



TOT ROOM

Mornings: 6 Months - 6 Years

Evenings: 6 Months - 9 Years

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

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

www.strongsville.org/content/recreation.asp

FACILITY/ROOM RENTAL SERVICES

(See page 7 for photos)

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

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

Deposits are NON-REFUNDABLE if party is cancelled.

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

AFTER HOUR RENTALS

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

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

CELEBRATE AT THE REC CENTER!

ROOM RENTAL ONLY

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

ROOM RENTAL WITH FACILITY USE

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

Room Price listed above plus:

\$3/person age 7-adult

\$2/person age 4-6 years

Age 3 and under free

(Facility use fee applicable to Non-members only)

ALL-INCLUSIVE PARTY PACKAGES

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

INCLUDES:

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



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



OLD TOWN HALL

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

Rental includes:

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

Amenities include:

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

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

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

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

	Hourly Rates	Kitchen Use	Package Rates (12 hr block of time)
	Fee Per Room	Flat Fee	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



Contact Rental Coordinator: 440-580-3270

*The
Event Center*

THE EHRNFELT EVENT CENTER

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

The Event Center is perfect for any special occasion!

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

EVENT CENTER HOURLY RATES (2 HOUR MIN.)*

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

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

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

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

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

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

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

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

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

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

OVERNIGHT RENTAL RATES

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

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

With Event Center \$2,550*

Without Event Center \$2,250*

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



FACILITY GUIDELINES

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

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

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

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

SPECIAL EVENTS, PROGRAMS & PROMOTIONS

KIDS GARAGE SALE

Saturday, October 6, 2018

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

STRONGSVILLE INDOOR FAMILY HALLOWEEN HULLABALLOO

Friday, October 26, 2018

6:30 – 8:30pm

At the Ehrnfelt Event Center

Everyone is welcome!!

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

Fees: Under 1 year – Free • 1-2 years - \$5 • 3 years and up - \$8

**Tickets must be purchased in advance at the Rec. Center front desk. Tickets will not be sold at the door the day of the event. A maximum of 400 tickets will be sold. Last year's event sold out! Please purchase your tickets early.*

BREAKFAST WITH SANTA CLAUS

Saturday, December 1, 2018

9:00am

At the Ehrnfelt Event Center

A very "Merry" time for the whole family!!

Family Style Breakfast includes:

Pancakes, scrambled eggs, sausage, bacon, orange juice, coffee, tea and milk.

Children will have an opportunity to make a holiday craft, take a complimentary picture with Santa, and will be entered in a raffle to win a special door prize.

Limited number of tickets on sale beginning Monday, October 29th at the Ehrnfelt Recreation Center front desk. Tickets will not be sold at the door that day of the event. Last year's event did sell out so purchase your tickets early.

Fees: Under 1 year – Free • 1-2 years - \$5 • 3 years and up - \$8

STRONGSVILLE YOUTH COMMISSION

The Strongsville Youth Commission is a group of high school students and adult mentors living in Strongsville working towards enhancing their community. The SYC gives sophomores, juniors, and seniors the chance to develop leadership skills, learn business skills, get involved in the community and develop programs for their peers.



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

Assistant Aquatic Supervisor, Rececca Oblak, ext. 5270



PLEASE SHOWER BEFORE USING THE AQUATIC CENTER FACILITIES.

*****NO FOOD OR GLASS CONTAINERS PERMITTED IN THE AQUATIC CENTER*****

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

Swim diapers are available for FREE at the front desk and in the aquatic center. For more information on Learn-to-Swim programs, or if your child has any special needs, please contact an Aquatic Supervisor at 580-32

YOUTH LEARN-TO-SWIM REGISTRATION SCHEDULE

Begins Tuesday - July 24

Tuesday - July 31

Wednesday - August 1

Ehrnfelt Rec. Center Members

Residents* & Members

Open/On-line Registration

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

Please see guidelines for program registration.

Aquatic Center Age Guidelines

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

THE AQUATIC CENTER SPECIAL HOURS

Monday, August 20 -

Monday, September 3

Thursday, November 1

Saturday, November 3

Sunday, November 4

Sunday, November 11

Thursday, November 22

Wednesday, November 28

Wednesday, December 12

Wednesday, December 19

Monday, December 24

Tuesday, December 25

Monday, December 31

Tuesday, January 1

CLOSED

CLOSE at 2:30pm

CLOSED

CLOSED

CLOSED

CLOSED

CLOSE at 5:00pm

CLOSE at 5:00pm

CLOSE at 5:00pm

CLOSE at 12:30pm

CLOSED

CLOSE at 4:30pm

CLOSED

Annual Shutdown

Business Expo

USA Meet

USA Meet

Special Olympics Swim Meet

Thanksgiving

High School Swim Meet

High School Swim Meet

High School Swim Meet

Christmas Eve

Christmas Day

New Year's Eve

New Year's Day

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.****Evening Classes**

Tuesday & Thursday	9/11-10/4	5:40-6:10pm
Tuesday & Thursday	10/9-10/30	5:40-6:10pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:40-6:10pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	9:00-9:30am (7 Classes)
Saturday	9/8-10/20	9:30-10:00am (7 Classes)
Saturday	10/27-12/15*	9:00-9:30am (7 Classes)
Saturday	10/27-12/15*	9:30-10:00am (7 Classes)

No Class 11/3*Fees:**

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

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

Tuesday & Thursday	9/11-10/4	6:20-6:50pm
Tuesday & Thursday	10/9-10/30	6:20-6:50pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	6:20-6:50pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	9:30-10:00am (7 Classes)
Saturday	9/8-10/20	11:00-11:30am (7 Classes)
Saturday	10/27-12/15*	9:30-10:00am (7 Classes)
Saturday	10/27-12/15*	11:00-11:30am (7 Classes)

No Class 11/3*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.****Evening Classes**

Tuesday & Thursday	9/11-10/4	5:00-5:30pm
Tuesday & Thursday	9/11-10/4	6:55-7:25pm
Tuesday & Thursday	10/9-10/30	5:00-5:30pm (7 Classes)
Tuesday & Thursday	10/9-10/30	6:55-7:25pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:00-5:30pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	6:55-7:25pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	9:00-9:30am (7 Classes)
Saturday	9/8-10/20	10:15-10:45am (7 Classes)
Saturday	9/8-10/20	11:45am-12:15pm (7 Classes)
Saturday	10/27-12/15*	9:00-9:30am (7 Classes)
Saturday	10/27-12/15*	10:15-10:45am (7 Classes)
Saturday	10/27-12/15*	11:45am-12:15pm (7 Classes)

No Class 11/3*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.****Evening Classes**

Tuesday & Thursday	9/11-10/4	5:00-5:30pm
Tuesday & Thursday	10/9-10/30	5:00-5:30pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:00-5:30pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	9:30-10:00am (7 Classes)
Saturday	9/8-10/20	12:15-12:45pm (7 Classes)
Saturday	10/27-12/15*	9:30-10:00am (7 Classes)
Saturday	10/27-12/15*	12:15-12:45pm (7 Classes)

No Class 11/3*Fees:**

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

**After Class
Check out the****Crossroads Cafe****Monday-Friday, 11am - 1pm
Located on the Avenue**

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

Tuesday & Thursday	9/11-10/4	5:30-6:20pm
Tuesday & Thursday	9/11-10/4	6:30-7:20pm
Tuesday & Thursday	10/9-10/30	5:30-6:20pm (7 Classes)
Tuesday & Thursday	10/9-10/30	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	6:30-7:20pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	10:10-11:00am (7 Classes)
Saturday	9/8-10/20	11:10am-12:00pm (7 Classes)
Saturday	10/27-12/15*	10:10-11:00am (7 Classes)
Saturday	10/27-12/15*	11:10am-12:00pm (7 Classes)

No Class 11/3*Fees:****7 Classes****8 Classes**

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

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

Tuesday & Thursday	9/11-10/4	5:30-6:20pm
Tuesday & Thursday	9/11-10/4	6:30-7:20pm
Tuesday & Thursday	10/9-10/30	5:30-6:20pm (7 Classes)
Tuesday & Thursday	10/9-10/30	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	6:30-7:20pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	10:10-11:00am (7 Classes)
Saturday	9/8-10/20	11:10am-12:00pm (7 Classes)
Saturday	10/27-12/15*	10:10-11:00am (7 Classes)
Saturday	10/27-12/15*	11:10am-12:00pm (7 Classes)

No Class 11/3*Fees:****7 Classes****8 Classes**

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

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

Tuesday & Thursday	9/11-10/4	5:30-6:20pm
Tuesday & Thursday	9/11-10/4	6:30-7:20pm
Tuesday & Thursday	10/9-10/30	5:30-6:20pm (7 Classes)
Tuesday & Thursday	10/9-10/30	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	6:30-7:20pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	10:10-11:00am (7 Classes)
Saturday	9/8-10/20	11:10am-12:00pm (7 Classes)
Saturday	10/27-12/15*	10:10-11:00am (7 Classes)
Saturday	10/27-12/15*	11:10am-12:00pm (7 Classes)

No Class 11/3*Fees:****7 Classes****8 Classes**

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



LEARN-TO-SWIM LESSONS (cont.)**LEVEL 4A - STROKE DEVELOPMENT****Ages: 5 & older****Class Limit: Based on instructor availability and pool space.****Evening Classes**

Tuesday & Thursday	9/11-10/4	5:30-6:20pm
Tuesday & Thursday	10/9-10/30	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:30-6:20pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	10:10-11:00am (7 Classes)
Saturday	10/27-12/15*	10:10-11:00am (7 Classes)

No Class 11/3*Fees:**

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

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

Tuesday & Thursday	9/11-10/4	5:30-6:20pm
Tuesday & Thursday	10/9-10/30	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	6:30-7:20pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	10:10-11:00am (7 Classes)
Saturday	10/27-12/15*	10:10-11:00am (7 Classes)

No Class 11/3*Fees:**

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

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

Tuesday & Thursday	9/11-10/4	6:30-7:20pm
Tuesday & Thursday	10/9-10/30	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/13-12/6*	5:30-6:20pm (7 Classes)

No Class 11/22*Weekend Classes**

Saturday	9/8-10/20	9:10-10:00am (7 Classes)
Saturday	10/27-12/15*	9:10-10:00am (7 Classes)

No Class 11/3*Fees:**

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

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

Classes are 80% stroke skill proficiency and endurance, and 20% personal water safety. Work on perfecting strokes along with learning safety skills. Strokes, turns, and survival skills will be taught.

Weekend Classes

Saturday Fit Swim	9/8-10/20	9:10-10:00am (7 Classes)
Saturday PWS	10/27-12/15*	9:10-10:00am (7 Classes)

No Class 11/3*Fees:**

Members	\$44
Non-Members/Residents	\$55
Non-Members/Non-Residents	\$65

LEVEL 7 ENDURANCE TRAINING**Ages: 8 & older****Class Limit: Based on instructor availability and pool space.**

Work on perfecting skills along with how to use these skills in achieving a higher level of fitness. This class will work on both competitive and non-competitive strokes along with endurance training.

Evening Class

Tuesday & Thursday	9/11-10/4	6:30-7:20 pm
Tuesday & Thursday	10/9-10/30	6:30-7:20 pm (7 classes)
Tuesday & Thursday	11/13-12/6*	6:30-7:20 pm (7 classes)

No class 11/22*Fees:**

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

SPECIALTY AQUATIC PROGRAMS**DIVING****Ages: 8 & older****Class Limit: 12 per instructor**

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

Weekend Classes - Beginner/Intermediate

Saturday Beginner	9/8-10/20	11:10am-12:00pm (7 Classes)
Saturday Intermediate	9/8-10/20	12:10-1:00pm (7 Classes)
Saturday Beginner	10/27-12/15*	11:10am-12:00pm (7 Classes)
Saturday Intermediate	10/27-12/15*	12:10-1:00pm (7 Classes)

No Class 11/3*Fees:**

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

PRIVATE SWIM LESSONS

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

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

Tuesday	9/11-10/30	7:30 - 8:20pm
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Fees:

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



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.

AMERICAN RED CROSS TRAINING PROGRAMS

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & over

Class Limit: 10

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

Prerequisites:

- Students must be 15 years old by the completion of class.
- Have access to the internet from home.
- Must bring proof of age to first class (driver's license or birth certificate).
- Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yards of breaststroke, and 100 yards of either front crawl or breaststroke.
- A timed 200 yard, back and forth swim, with surface dive to retrieve a 10 lb. brick from a depth of 7-10 feet.

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

Sundays 9/9-10/7* 9:00 am-4:00pm

*Sunday 9/23 will be CPR/FA (There will be no make up for missing this day and refunds will not be given.)

Fees:	Members	\$210
	Non-Members/Residents	\$240
	Non-Members/Non-Residents	\$260

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR

Ages: 15 & over

Class Limit: 10

American Red Cross class designed to teach students how to instruct Learn-to-swim classes. Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by end of course), ATTEND ALL CLASSES, complete all on-line assignments and pass a written exam. Proof of minimum age required at first class (driver's license or birth certificate). Participant materials picked up at front desk at time of registration.

- Students must have home access to the internet to complete assignments

Sundays 11/18-12/16 9:00 am-5:00 pm

Fees:	Members	\$210
	Non-Members/Residents	\$240
	Non-Members/Non-Residents	\$260

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, 12/13/2018.
- 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		

AQUATIC EXERCISE (cont.)

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

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

Daytime Classes

Class Limit: 30

Monday	9/10-12/10	10:30-11:20am	13 Classes
Tuesday & Thursday	9/11-12/13*	10:45-11:35am	26 Classes

*No Class 11/6, 11/22

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

- The pass expires on the last day of the session, 12/14/18.
- 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			

SWAP (SHALLOW WATER AEROBICS PROGRAM)

SWAP out your traditional aerobics class for this total body water workout. A little bit of everything ... you'll build your cardiovascular endurance, increase your muscular strength, and enhance flexibility. This 50 minute class is set to exhilarating music. Noodles and aqua barbells provided.

Ages: 15 & older

Class Limit: 30

Daytime Classes

Monday, Wednesday & Friday 9/10-12/14* 9:15-10:05am 39 Classes

*No class 10/12, 11/21 & 11/23

NO EVENING SHALLOW WATER CLASSES OFFERED

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

TOTAL IMMERSION-DEEP WATER WORKOUT

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

Ages: 15 & older

Class Limit: 15

Daytime Classes

Monday, Wednesday & Friday 9/10-12/14* 10:15-11:05am 39 Classes

*No class 10/12, 11/21 & 11/23

Evening Classes

Tuesday 9/11-12/11* 7:30-8:20pm 13 Classes

*No class 11/6

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

AGUA DANZA!

Exciting shallow water exercise class. Jump in for a Latin inspired, easy to follow, calorie burning water dance and fitness class. This class makes working out a SPLASH!

Daytime Classes

Tuesday & Thursday 9/11-12/13* 9:45-10:35 am 26 Classes

*No Class 11/6 & 11/22



Keys to Maintaining Your Vitality When It's Cold Outside

As the warmth of summer begins to fade, it is quite common to experience a reduced level of energy and stamina. As the days get shorter it may become more difficult to muster the strength to complete a normal routine. Here are a few tips to help resist a winter slump.

- **Get your rest!** – Sleep is always important, but when energy levels naturally take a dip, as they often do when it's cold outside, getting seven to eight hours of sleep nightly can help. Turn off the technology at least a half hour before turning in to allow your brain to calm down before you go to sleep.
- **Eat clean!** – Comfort food doesn't have to be empty calorie dense. Healthy soups, stews, and casseroles, made with delicious vegetables, bone broth, lean protein, and nutritious grains will replenish your energy stores and make you feel great.

- **Drink water!** – Dry heat from your furnace and fireplace can increase your need for fluids during the winter months. Remember, by the time you feel thirsty, you're already beginning to dehydrate. Stay ahead of the game by making sure you drink at least half of your weight in ounces of water daily. You'll feel better as a result. The water will help keep your skin supple, too.

- **Stay active!** – Try to exercise on as many days of the week as possible. Get your heart pumping with cardio or strength training activity! This will activate your circulation which brings oxygen-rich blood to every cell of your body. There is no better way to boost your energy.

Following these tips will keep you vibrant, healthy, and full of energy during the cold weather.



FITNESS PROGRAMS

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



FORTYTWOEIGHTYTWO



Sign up/Register Online or by calling!

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

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

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

MASSAGE CONSISTENCY PASS

MASSAGES AS LOW AS \$35!

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

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

One year commitment is required.

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

NO Enrollment Fee:

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

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

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

MASSAGE THERAPY (no pass)

Prices do not include tax.

SWEDISH MASSAGE

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

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

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

THERAPEUTIC MASSAGE

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

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

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



MASSAGE THERAPY (no pass) cont.

SPORTS MASSAGE

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

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

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

SIGNATURE STONE MASSAGE

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

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

75 minutes	\$80
115 minutes	\$125

GROUP EXERCISE, SPINNING, YOGA, BARRE, & ZUMBA

GET IN SHAPE AND HAVE FUN DOING IT!!!! Our top notch and cutting edge equipment and instructors provide a customized workout designed to get you healthy and in shape FAST! We offer a variety of every class imaginable to keep you motivated and to keep you moving and grooving.

Member Registration: July 24
Resident Registration: July 31
Open Registration: August 1

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!*



YOGA/BARRE/PILATES PASS

Good for unlimited Yoga, Pilates, and Barre!

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

PASS STRUCTURE (cont.)

UNLIMITED MONTHLY PASS

Unlimited 1 month Group Ex, Spin, and MindBody Class Pass expires 1 month from date of purchase, no commitment.

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



TEN CLASS PASS (GOOD FOR GROUP EXERCISE & SPIN)

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

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

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

Try a Class Pass! Are you new to our Group Exercise program? Get a Try a Class Pass for your free trial of classes of your choice. Sign up for this pass at the Front Desk. (Restrictions apply. Limited to those participants who have **NOT** purchased a Group Exercise pass in the past.)

ZUMBA PASS (AEROBIC STUDIO)

Group Exercise Pass may now be used!

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

Zumba punch cards can be purchased at any time and will expire 3 months from the date of purchase. You may use the punch card to attend either the Wednesday 5:30pm class or our Saturday 8:15am class! Once you get your punch card please bring them with you every time. Stop at the desk to get it punched. Passes will only be good for Land Zumba and do not include Aqua-Zumba.

Ages: 15 & over

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

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

Holiday Personal Training Special

10 Sessions for \$275

(Must be purchased between December 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.

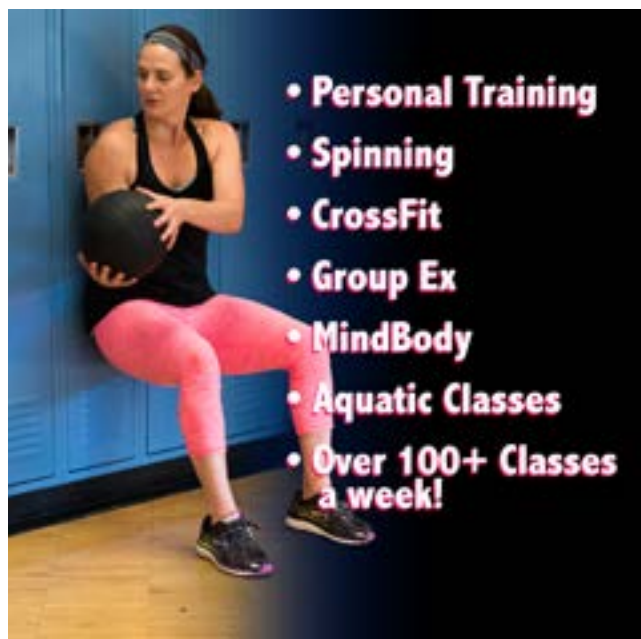
NUTRITIONAL CONSULT

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
Cardio Blast	All your favorite cardio techniques combined for a different workout every day	Weight Loss, Strength Training
Fusion	The perfect mix of Pilates, Yoga, and Barre. Focus on core strength, flexibility, and total body conditioning.	Flexibility, Core Strength
FIERCE	Fiery workout pulling no punches to maximize benefits for a full body blasting. Includes Plyo drills, high intensity circuits, and many other tools to vary your workout and shock your body!	Weight Loss
ICE	Intense Crazy Exercise!!!	Fat Burn, Improve Strength
Iron Circuit	The Best of TRX & KETTLEBELL for utter obliteration and muscle development!	Full Body Strength Training
Kettlebell	Russian Kettlebell training, do we need to say any more!!!!	Increased Strength
LIFT!	Intergrative Fitness Training. Increase your strength & power and improve the way your body functions and feels. Elevate all 7 components of total fitness. (50 min. class)	Balanced Strength, Fitness & Function
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						
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 - Karen		PowerHour - Marissa	ICE - Stephanie			
7:00 pm	Group Exercise Studio							
7:35 pm	Group Exercise Studio	BarreCore - Tami						

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



GROUP EXERCISE

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

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Mind/Body Studio			Pilates - Abby	Fusion - Karen			
8:30 am	Mind/Body Studio	Yoga Strength - Meghan				BarreCORE- Abby	Powerful Flow Yoga - Jeremy	
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 - Patti
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.

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	9/10-9/26	4:00pm-5:00pm
Monday & Wednesday	10/8-10/24	4:00pm-5:00pm
Monday & Wednesday	11/5-11/21	4:00pm-5:00pm
Monday & Wednesday	12/3-12/19	4:00pm-5:00pm

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

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	10/3-11/28*	5:30-6:30pm
Wednesday	12/5-1/30*	5:30-6:30pm

***No Class 10/31 & 12/26**

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	10/3-11/28*	5:30-6:30pm
Wednesday	12/5-1/30*	5:30-6:30pm

***No Class 10/31 & 12/26**

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	10/3-11/28*	5:30-6:30pm
Wednesday	12/5-1/30*	5:30-6:30pm

***No Class 10/31 & 12/26**

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	9/10-10/29	7:00-8:15pm
Monday	11/5-12/17*	7:00-8:15pm

Instructors: Sheila Hart

Fees:

7 sessions 8 sessions

Members	\$63	\$72
Non-Member/Residents	\$70	\$80
Non-Member/Non-Residents	\$78	\$90

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

Coming Soon!

**Announcing Strongsville Yoga School,
Registered through Yoga Alliance.**

**Now offering 200 hour
Yoga Teacher Training Program. For more
information contact Denise Lengal at
denise.lengal@strongsville.org.**



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 & KINDER DANCE PRESENTED BY STUDIO 82

Bring the magic of the arts alive this fall with Studio 82 and the Strongsville Rec with dance classes designed to both educate and inspire young dancers! These 45 minute classes utilize the combination of dance with music, games, props (and more!) to create exciting and developmentally appropriate classes. All classes will be held at Studio 82 (located at 13499 W. 130th -- at the corner of W. 130th & Route 82) and taught by members of Studio 82's Dance Faculty.

PRESCHOOL BALLET (3-4 YEARS)

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

Class	Days	Times TBD
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KINDER JAZZ (5-6 YEARS)

Kinder Jazz is a lively and energetic class that helps young dancers develop a passion for movement, music and dance while getting plenty of exercise. They will love it.

Class	Days	Times TBD
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KINDER BALLET/JAZZ COMBO (5-6 YEARS)

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

Class	Days	Times TBD
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Fees:	Members	\$70
	Non-Member/Residents	\$75
	Non-Member/Non-Residents	\$80

PRESCHOOL RECREATION CLASSES

PRESCHOOL OPEN GYM (AUXILIARY GYM)

Preschool Open Gym is Free to members. If the child's parent or legal guardian is a member and the child is under the age of 4 then they can use the preschool open gym free of charge but still must sign the waiver and check in at the front desk before entering. Non-members can still use preschool open gym with the current one day drop in or punch card options. Fees are listed below.

Preschool open gym is a great place for kids to run, climb, jump and explore through unstructured play. Various gym equipment and activities will be available for your use. Parents and caregivers must actively supervise children during play. All participants need to check in at the front desk. Please remember there is no food or drinks (besides water) allowed in any of our gyms. If Strongsville schools are cancelled, open gym will not be held.

Wednesdays	9/12 – 12/19*	10:00am – 12:00pm
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***No open gym on 11/21**

Non-Member Fees:

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

PRESCHOOL RECREATION CLASSES (cont.)

MISS JEN'S MUSIC CLASS (CONFERENCE ROOM)

This high energy music and movement program allows siblings to attend together in a single developmentally appropriate, play-based class. Caregivers attend with children as we focus on providing a positive learning environment with lots of singing, dancing, jumping, and instrument play. This fall session features "The Dinosaur Collection" and our winter session features "The Tiger 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 First Chair Music Programs

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

Mondays	9/10 – 11/12	10:00am – 10:45am
Thursdays	9/13 – 11/15	10:45am – 11:30am
Thursdays	9/13 – 11/29	6:00 pm – 6:45pm
Mondays	12/10 – 2/25*	10:00am – 10:45am
Thursdays	12/13 – 2/28*	10:45am – 11:30am
Thursdays	12/13 – 2/28*	6:00pm – 6:45pm

***No Class: 11/1, 12/24, 12/27, 12/31, 1/3**

Free Trial Class

Monday, 10/29 at 11:00am or Thursday, 11/15 at 5:00pm.

Registration is required for all Free Trial Classes – space is limited.

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.*

FREE MUSIC CLASSES FOR INFANTS! (CONFERENCE ROOM)

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

Monday	September 24	11:00am
Monday	October 22	11:00am
Monday	January 14	11:00am

PRESCHOOL RECREATION CLASSES (cont.)

YOGA FOR KIDS (CONFERENCE ROOM)

Come join us for Yoga for Kids where through music, story and movement, your child will become acquainted with the principles of yoga. 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; having fun with others through group games/ activities/ partner poses! Ages 4 and up will be introduced to aromatherapy and beginning meditation activities

Ages 2-4 (with caregiver participation)

Saturdays	9/8 – 9/29	10:30am–11:15am (4 classes)
Saturdays	10/20 – 11/17*	10:30am–11:15am (4 classes)

***No class 11/3**

Ages 4-7 (without caregiver participation)

Saturdays	9/8 – 9/29	9:30am–10:15am (4 Classes)
Saturdays	10/20– 11/17*	9:30am–10:15am (4 Classes)

***No class 11/3**

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

MINI'S IN MOTION (AUXILIARY GYM)

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

Ages: 18m-3 years (with adult participation) Class Limit: 12 4 or 5 classes

Tuesdays	9/11 – 10/2	9:15am – 10:00am (4 Classes)
Tuesdays	10/9 – 11/6	9:15am – 10:00am (5 Classes)
Tuesdays	11/13 – 12/18*	9:15am – 10:00am (5 Classes)

***No Class 11/20**

Fees:	4 Classes	5 Classes
Members	\$28	\$35
Non-Member/Residents	\$31	\$38
Non-Member/Non-Residents	\$36	\$45

PRESCHOOL RECREATION CLASSES (cont.)

DOODLE BUGS (MEETING ROOM)

Once upon a Friday, we shared our favorite stories with our friends. Each week we will do a craft and play games based on the book or theme of the day!! This is a "together class" with parent/caregiver participating.

Ages: 18m- 3yrs (with adult participation) Class Limit: 12 4 or 5 Classes

Fridays	9/14 – 10/5	10:00am – 10:45am (4 Classes)
Fridays	10/12 – 11/9	10:00am – 10:45am (5 Classes)
Fridays	11/16 – 12/21*	10:00am – 10:45am (5 Classes)

***No class 11/23**

Fees:	4 Classes	5 Classes
Members	\$28	\$35
Non-Member/Residents	\$31	\$38
Non-Member/Non-Residents	\$36	\$45

ONE DAY DOODLE BUGS CLASSES (MEETING ROOM)

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

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

Dates	Themes	Time
Wednesday 9/12	ABCs and 123s	11:30am – 12:15pm
Wednesday 9/19	Autumn Apples	11:30am – 12:15pm
Wednesday 9/26	So Happy to be Me	11:30am – 12:15pm
Wednesday 10/3	Preschool Picnic	11:30am – 12:15pm
Wednesday 10/10	Dinosaur Adventure	11:30am – 12:15pm
Wednesday 10/17	Preschool Pumpkin Patch	11:30am – 12:15pm
Wednesday 10/24	A Camping We Will Go	11:30am – 12:15pm
Wednesday 10/31	Trick-or-Treat	11:30am – 12:15pm
Wednesday 11/7	Jungle Safari	11:30am – 12:15pm
Wednesday 11/14	Turkey Bowl	11:30am – 12:15pm
Wednesday 11/28	Pirate Adventure	11:30am – 12:15pm
Wednesday 12/5	The Preschool Express	11:30am – 12:15pm
Wednesday 12/12	Warm Winter Mittens	11:30am – 12:15pm
Wednesday 12/19	Jingle Bell Rock	11:30am – 12:15pm

Fees:	*5 Classes	1 Class
Members	\$35	\$8
Non Member/Residents	\$38	\$9
Non Member/Non Residents	\$45	\$11

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



STRONGSVILLE CITY PARKS AND RECREATION

PRESCHOOL RECREATION CLASSES (cont.)

SPROUT THERAPY – LANGUAGE ROOTS (CONFERENCE ROOM)

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

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

Ages: 18month – 3 years (with adult participation) **Class Limit: 8** **6 Classes**
Tuesdays 9/18 – 10/23 6:00 – 6:45pm

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

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. 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**
Tuesdays 9/4 & 9/11 4:00 – 4:45pm
Wednesdays 10/3 & 10/10 4:00 – 4:45pm

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

SOCCER SHOTS - MINIS (AUXILIARY GYM)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 2-3 years **Class Limit: 12** **6 Classes**
Fridays 9/14 – 10/19 9:15 – 10:00am
Fridays 11/2 – 12/14* 9:15 – 10:00am

***No class 11/23**

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

SOCCER SHOTS - CLASSIC (AUXILIARY GYM)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 3-5 years **Class Limit: 12** **6 Classes**
Fridays 9/14 – 10/19 10:00 – 10:45am
Fridays 11/2 – 12/14* 10:00 – 10:45am

***No class 11/23**

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

PRESCHOOL RECREATION CLASSES (cont.)

JUMP START - JUNIOR ALL STARS (AUXILIARY GYM)

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

Instructor: This class is taught by Jump Start Sports coaches

Class Limit: 20

6 Classes

Ages: 2.5-3 years

Thursdays	9/13 – 10/18	11:30am – 12:10pm
Thursdays	11/1 – 12/13*	11:30am – 12:10pm

Ages: 4-5 years

Thursdays	9/13 – 10/18	12:15 – 1:00pm
Thursdays	11/1 – 12/13*	12:15 – 1:00pm

***No Class on 11/22**

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

PEE WEE PICASSOS (MEETING ROOM)

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

Ages: 3 – 5 years (without adult) **Class Limit: 12** **4 Classes**
Fridays 9/14-10/5 11:30am- 12:15pm

Fees: Members \$28
Non-Member/Residents \$31
Non-Member/Non-Residents \$36

PEE WEE CHEFS (MEETING ROOM)

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

Ages: 3 – 5 years (without adult) **Class Limit: 12** **5 Classes**
Fridays 11/16 – 12/21* 11:30am – 12:15pm

***No class 11/23**

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

ALPHABET ANTICS (MEETING ROOM)

"Why is the alphabet in that order? Is it because of that song?" asked Dr. Seuss. Learn the ABC's through stories, art projects and games based on the letter of the week.

Ages: 3-5 years (without adult) **Class Limit: 12** **4 or 5 Classes**
Wednesdays 9/12 – 10/3 10:00 – 10:45am (4 Classes)
Wednesdays 10/10 – 11/7 10:00 – 10:45 am (5 Classes)
Wednesdays 11/14 – 12/19* 10:00 – 10:45 am (5 Classes)

***No class 11/21**

Fees: **4 Classes** **5 Classes**
Members \$28 \$35
Non-Member/Residents \$31 \$38
Non-Member/Non-Residents \$36 \$45

PRESCHOOL RECREATION CLASSES (cont.)

YOUNG EINSTEINS (MEETING ROOM)

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

Ages: 3-5 years (without adult)		Class Limit 10	4 or 5 Classes
Tuesdays	9/11 - 10/2	11:30am - 12:15pm	(4 Classes)
Tuesdays	10/9 - 11/6	11:30am - 12:15pm	(5 Classes)
Tuesdays	11/13 - 12/18*	11:30am - 12:15pm	(5 Classes)

*No class on 11/20

Fees:	4 Classes	5 Classes
Members	\$28	\$35
Non-Member/Residents	\$31	\$38
Non-Member/Non-Residents	\$36	\$45

ONE DAY FUNDAY CLASSES (MEETING ROOM)

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

Ages: 3 - 5 years (without adult)		Class Limit: 14	1 Class
Dates	Themes	Time	
Friday	10/12	Dinosaur Adventure	11:30am - 12:15pm
Friday	10/19	Preschool Pumpkin Patch	11:30am - 12:15pm
Friday	10/26	A Camping We Will Go	11:30am - 12:15pm
Friday	11/2	3-2-1 Blast Off	11:30am - 12:15pm
Friday	11/9	Jungle Adventure	11:30am - 12:15pm

Fees:	*5 Classes	1 Class
Members	\$35	\$8
Non Member/Residents	\$38	\$9
Non Member/Non Residents	\$45	\$11

*All 5 classes must be purchased at the same time

PRESCHOOL RECREATION CLASSES (cont.)

SPROUT THERAPY - SPROUT (CONFERENCE ROOM)

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

This group is ideal for children who:

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

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

Ages: 3-6 years	Class Limit: 8	6 Classes
Tuesdays	11/13 - 12/18	5:45 - 6:45pm

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

YOUTH PROGRAMS

PARENTS' NIGHT OUT - KIDS NIGHT OF FUN!

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

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

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

Ages: 3* - 12 years (*must be potty trained) **Saturdays 4:00-8:00pm**
November 17th • December 15th • January 12th

Fees:	Members: \$25/child, \$12 for each additional sibling
	Non-Members: \$30/child, \$15 for each additional sibling

WINTER DAY CAMP (MEETING ROOM)

Don't get stuck at home this winter break. Get out of the house and catch up with your friends at these 1-Day Camps for children grades K-6th. Stay active and keep warm through games, sports, arts, swimming, and much more. Please come to camp each day with tennis shoes, swimming suit, towel, water bottle and healthy lunch. Afternoon snack provided. **PLEASE REGISTER AT LEAST ONE WEEK PRIOR TO THE START OF EACH PROGRAM!**

Each day send children with: Healthy Lunch * Drink * Swimming Suit * Towel * Tennis Shoes

Grades: K-6th	Class Limit: 30	1 Class
Friday	12/21	9:00 am - 4:00 pm
Wednesday	12/26	9:00 am - 4:00 pm
Thursday	12/27	9:00 am - 4:00 pm
Friday	12/28	9:00 am - 4:00 pm
Wednesday	1/2	9:00 am - 4:00 pm
Thursday	1/3	9:00 am - 4:00 pm
Friday	1/4	9:00 am - 4:00 pm

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

-Before & After Camp: A separate flat rate of \$3 will be charged for any portion of time between 7:00 am and 8:49 am for the first child and \$1 for each additional sibling, and an additional \$3 for any portion of time between 4:11 pm and 6:00 pm for the first child and \$1 for each additional sibling.



STRONGSVILLE SPIRIT SHOP

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

VARSITY JACKETS

OUTSIDE ORDERS WELCOME FROM ANY SCHOOL!






uglies

NEWEST STYLES



UNDER ARMOUR CLOTHES & ACCESSORIES

440-570-3451
walsu@aol.com

Weekdays 9:30 am - 8 pm
Saturdays 9:30 am - 4:30 pm

Located inside the
Ehrnfelt Rec Center on Rt. 82

Like us on Facebook!

YOUTH PROGRAMS (cont.)

SPROUT THERAPY – BLOSSOM (CONFERENCE ROOM)

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

This group is ideal for children who:

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

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

Ages: K-3rd Grade **Class Limit: 8** **6 Classes**
Tuesdays 11/13 – 12/18 4:45 – 5:45pm

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

KIDS VISUAL GAME CODING SCRATCH LEVEL 1 (MEETING ROOM)

Give your kids a head start by learning how to code. Students will get to code and create their own computer games by dragging and dropping LEGO styled blocks on the screen. Kids will learn how to use Scratch, a computer programming platform developed by MIT that is used extensively worldwide to introduce coding to kids. This class will improve students' critical thinking, logic, and creativity. It teaches kids to solve problems effectively. No prior knowledge of computer programming is required; however, students should know how to use the mouse to navigate around the computer screen. Parents are encouraged to sit in during the class.

Ages: 6-12 years **Class Limit: 10** **4 Classes**
Tuesdays 9/4 – 9/25 5:00 – 6:30pm
Saturdays 9/8 – 9/29 1:00 – 2:30pm
Tuesdays 10/9 – 10/30 5:00 – 6:30pm
Saturdays 10/6 – 10/27 1:00 – 2:30pm

Fees: Members \$75
Non-Member/Residents \$79
Non-Member/Non-Resident \$85

KIDS VISUAL GAME CODING SCRATCH LEVEL 2 (MEETING ROOM)

Scratch Programming level 2 continues our programming adventure into more advanced topics. Kids will focus on Algorithm and logic thinking using Pseudo coding, explore the advantage of re-usable codes, and lastly implementing the important programming construct of nested looping.

Level 2 class requirements. Kids must meet at least 1 of the following:

- Completed Computer Programming Level 1 or
- Prior experience with Scratch Programming and understand the concept of: Program flow using loop, decision making using the if-then construct, object collision detection.

Ages: 7-12 years **Class Limit: 10** **4 Classes**
Tuesdays 11/13 – 12/4 5:00 – 6:30pm
Saturdays 11/17 – 12/8 1:00 – 2:30pm

Fees: Members \$85
Non-Member/Residents \$89
Non-Member/Non-Residents \$95

YOUTH PROGRAMS (cont.)

THE MONEY GAME® -FINANCIAL

INTERACTIVE LEARNING PROGRAM (SR. ART STUDIO)

Learn about money by DOING money. Students work for a paycheck, get paid, pay their expenses, learn how to pay themselves first (save) and then learn how to buy assets that then pay themselves passive income. Once the passive income comes into the picture, a huge lightbulb goes off in their brains. This is when they realize that investing that in assets is how to become financially free AND how they get to go out in the world and do a whole lot of good!

Instructor: Ms. Kim Franz, The Etiquette Factory.

Ages: 10-15 years **Class Limit: 15 students** **1 Class**
Saturday 11/17 2:30 – 4:30pm

Fees: Members \$40
Non-Member/Residents \$42
Non-Member/Non-Residents \$45

YOGA FOR TWEENS/TEENS

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

Ages 8-11 years (Conference Room) **Class Limit: 12** **4 Classes**
Saturdays 9/8 – 9/29 11:30am – 12:30pm
Saturdays 10/20 – 11/17* 11:30am – 12:30pm

*No class 11/3

Ages 12 – 17 years (Mind and Body Studio) **Class Limit: 15** **4 Classes**

Instructor: Lauren Buckholz, certified yoga instructor

Tuesdays 9/18 – 10/9 4:30 – 5:30pm
Tuesdays 10/30 – 11/20 4:30 – 5:30pm

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

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. 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: 8** **4 Classes**
Tuesdays 9/4 – 9/25 5:00pm – 6:00pm
Wednesdays 10/3 – 10/24 5:00pm – 6:00pm

Fees: Members \$77
Non-Member/Residents \$81
Non-Member/Non-Residents \$85

SPROUT THERAPY – THRIVE

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

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

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

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

Ages: 4th – 7th grade **Class Limit: 10** **6 Classes**
Tuesdays 9/18 – 10/23 4:45 – 6:00pm

Fees: Members \$150
Non-Member/Residents \$156
Non-Member/Non-Resident \$162



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

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.

WORKOUT AND NUTRITION MYTHS DEBUNKED

Friday 9/14 10:00am

There is definitely an abundance of information available to us when it comes to exercise and nutrition. Join Wendy Zullo from LifeWorks of Southwest General as she sorts through the most popular myths and separates fact from fiction.

DIABETES CHECK-UP

Friday 10/12 10:00am

Join Darcie Drake, RN, CDE diabetes nurse educator from Southwest General as she teaches about diabetes and helps you review/refresh your Diabetes Self Care Management plan!

PHARMACY NOTES

Friday 11/9 10:00am

Laura Stasiak, pharmD from Southwest General will give an informative talk.

EMERGENCY UPDATE

Friday 12/14 10:00am

Join Jackie Haumschild, RN, MSN, Paramedic – EMS Coordinator from Southwest General as she discusses emergency care.

WELLNESS CLINICS

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

REWARD YOURSELF

Massage Consistency Passes Are Available

For more information please check out Page 18 for details.



INDIVIDUAL & TEAM SPORTS PROGRAMS

Recreation Supervisor, Jason Keppler
Assistant Recreation Supervisor, Timothy Campbell



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

YOUTH PROGRAMS

EXTREME NINJA WARRIOR CLASSES/TRAINING

Ever wondered how hard the actual obstacles are on the show American Ninja Warrior? Well, this class is for you. The staff at the EXTREME NINJA WARRIOR GYM will be conducting a class for us at their gym. This class will focus on the beginning techniques of becoming an American Ninja Warrior. The Ninja instructor will demonstrate the proper techniques of 2-4 obstacles during each class. Students will have ample time during each class to conquer the obstacles taught during the class. Each class will also begin and end with some open gym time. The final class will be a Ninja Warrior contest!

Location— Extreme Ninja Warrior Gym, 1669 W. 130th Street, Hinckley

Monday's Dates TBD 6:30-7:30pm

Fees: Members \$65
Non-Members \$80

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	9/10-9/26	4:00pm-5:00pm
Monday & Wednesday	10/8-10/24	4:00pm-5:00pm
Monday & Wednesday	11/5-11/21	4:00pm-5:00pm
Monday & Wednesday	12/3-12/19	4:00pm-5:00pm

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

YOUTH TENNIS

YOUTH INDOOR TENNIS LESSONS (AUX GYM)

Taught by "LITTLE RACQUETS" this nationally-renowned program teaches kids ages 3-8 in a fun and safe environment. Students are engaged in stimulating, playful activities that enhance their physical and emotional abilities. NO equipment needed. Limited to 20 kids.

Ages 3-5 10:00-10:30am Dates TBD

Ages 6-8 10:30-11:30am Dates TBD

Fees: Member \$72
Non-Members \$90

You must register online at LittleRacquets.com. You cannot register at the Rec. or at www.activityreg.com

YOUTH LACROSSE

K-2ND GRADE LACROSSE PROGRAM (AUX. GYM)

If your little ones are itching to get started in some lacrosse programming, here's your chance. This program is taught by the coaches from the Strongsville Youth Lacrosse leagues. All equipment is provided.

Class Limit: 20

Mondays Dates TBD 6:30pm-7:30pm

Fees: Members \$60
Non-Members \$65
Non-members/Non-residents \$75

YOUTH WRESTLING

STRONGSVILLE YOUTH WRESTLING CLUB

(SHS WRESTLING ROOM — 20025 LUNN ROAD)

Practice begins Monday, November 5th and are held Monday through Friday at 6pm. Depending on the skill level wrestlers will practice 2-4 days a week. Matches will be on Saturday and/or Sunday mornings and begin in late-November or early-December.

Minimum Age: 5 years or the Grade K

Club Dates: 11/5/18 - 02/2019

Mandatory Orientation: Monday, October 22rd at 7pm in the Event Center

Fees:	First Time Wrestler Price	Returnee Price
Members (includes singlet)	\$50	\$80
Non-Members/Residents	\$55	\$85
Non-Members/Non-Residents	\$65	\$95

YOUTH VOLLEYBALL

GIRLS' VOLLEYBALL CLINIC- 8 WEEKS

(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 9/4 - 10/23
Beginner 3rd-5th Grade 4:45 - 6:00 pm
Intermediate 6th-8th Grade 6:00 - 7:15 pm

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



YOUTH VOLLEYBALL

GIRLS' VOLLEYBALL CLINIC- 6 WEEKS

(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	11/6 – 12/11
Beginner 3rd-5th Grade	4:45 – 6:00 pm	
Intermediate 6th-8th Grade	6:00 – 7:15 pm	

Fees:	Members	\$42
	Non-Members/Residents	\$50
	Non-Members/Non-Residents	\$60

YOUTH VOLLEYBALL (cont.)

GIRLS' 5TH-7TH GRADE VOLLEYBALL LEAGUE

(EHRNFELT REC. CENTER AUXILIARY GYM)

Put all of your volleyball skills to use! Whether you're a beginner or experienced this league is for you! Register 10/18 - 11/15

Class Limit: 60

Practices begin in late November and occur on Tuesday evenings

Games begin in mid-December and occur on Sunday afternoons

Fees:	Members	\$50
	Non-Members/Residents	\$60
	Non-Members/Non-Residents	\$65



YOUTH BASKETBALL

HEAD START FALL BASKETBALL CLINICS (AUX. GYM)

The clinic is run by former Kent State basketball star Mike Klinzing. All of the FUN-damentals will be stressed with individual attention provided to each camper. Pick any three of the four clinics below.

Grades: 1-8			Limit: 78
Guard Clinic	Saturday	10/6	4:00 – 6:00 pm
Post Player Clinic	Saturday	10/13	4:00 – 6:00 pm
Shooting/Ball Handling Clinic	Saturday	10/20	4:00 – 6:00 pm
Pre-season Tune-up Clinic	Saturday	10/27	4:00 – 6:00 pm

Fee: \$60

HEAD START LITTLE DRIBBLERS (AUX. GYM)

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

Grades: K-3rd

Saturdays	9/8 - 9/22	4:00 – 5:00pm
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Fees: \$25

YOUTH BASKETBALL (cont.)

YOUTH BASKETBALL LEAGUES

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

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

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

Fees: Girls

Grades K-1 Co-Ed	\$47
Grade 2 Co-Ed	\$56
Grade 3 & 4	\$65
Grade 5 & 6	\$65
Grade 7 – 9*	\$72
Grade 10-12*	\$72

Fees: Boys

Grades K-1 Co-Ed	\$47
Grade 2 Co-Ed	\$56
Grade 3	\$65
Grade 4	\$65
Grade 5	\$65
Grade 6	\$65
Grade 7 – 8	\$72
Grade 9-10	\$72
Grade 11-12	\$72

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

Practices: Start the week of 10/15 or 10/22. They meet once a week for an hour and can be as early as 4pm and as late as 9:30pm.

Games: One or two games on Saturdays only, beginning approximately November 10th or November 17th. Game schedules will be available from the coach the Monday before the first game.

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

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

ATTENTION ALL POTENTIAL TRAVEL/SCHOOL TEAM PLAYERS- please register for the rec. leagues as well. If you make the travel or school team and need to withdraw let us know. You'll receive a 100% refund.

*Beginning September 26th non-residents may register if space permits. Non-residents must pay the \$15 additional non-resident fee.



ADULT PROGRAMS

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.

Wednesdays 9/5 – 12/12* 6:00 – 10:00 pm

***No games 11/21**

Fees:	Per Team (Limit: 14 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* 3:00 – 10:30 pm

***No games 11/25**

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 PROGRAMS

ADULT BASKETBALL LEAGUES

MEN'S OPEN BASKETBALL LEAGUE (EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 9/7 through 9/25. Registration will be on a first pay first serve basis.

Sundays 10/14 – 3/2019* 3:00 – 10:40 pm

***No games 11/25, 12/23, 12/30, and 2/3**

Upper, Middle, & Lower Divisions

Fees:	Per Team (Limit: 8 per division)	\$215
	Non-Members/Non-Residents	\$17
	Cash Forfeit Deposit	\$80
	Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 35 & OVER BASKETBALL LEAGUE (EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams runs from 9/7 through 9/25. Registration will be on a first pay first serve basis.

2 DIVISIONS: 35 & over
45 & over

Thursdays 10/18 – 4/2019* 6:00 – 10:00 pm

Ending date subject to change

***No games 11/1, 11/22, 12/27**

Fees:	Per Team (Limit: 16 teams)	\$215
	Non-Members/Non-Residents	\$17
	Cash Forfeit Deposit	\$80
	Referee/Scorekeeper Fees	\$34 per team/per game

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

Registration for all teams is 8/3 through 9/10. Registration will be on a first pay first serve basis.

Tuesdays 9/18 – 12/11 6:30 – 10:20 pm

Ending date subject to change

Fees:	Per Team (Limit: 10 teams)	\$125
	Non-Members/Non-Residents	\$17
	Cash Forfeit Deposit	\$80
	Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 35 & UNDER PICK-UP BASKETBALL (CENTER MIDDLE SCHOOL)

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

Class Limit: 30 **14 weeks**
Mondays 9/10 – 12/3 8:30 – 10:00 pm
Ending and play dates subject to change

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

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

MEN'S 35 & OVER PICK-UP BASKETBALL (CENTER MIDDLE SCHOOL)

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

Class Limit: 30 **14 weeks**
Wednesdays 10/3 – 12/5 8:30 – 10:00 pm
Ending and play dates subject to change

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

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

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	9/7-11/16	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 may 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 (Limit 12 teams)	\$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 (Limit 16 teams)	\$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 (Limit 12 teams)	\$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	9/17-10/22	7:00 - 8:00pm
Mondays	11/5-12/10	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	9/10-10/3
	Mondays & Wednesdays	10/8-10/31
	Mondays & Wednesdays	11/5-12/3*
	Mondays & Wednesdays	12/5-1/9*
	* No Class 11/21, 12/24, 12/26 & 12/31	

Fees:		Drop in
	Members	\$25
	Non-Members/Residents	\$31
	Non-Members/Non-Residents	\$43
		\$4
		\$5
		\$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	8/21-10/2*
	Tuesdays	10/9-11/13
	Tuesdays	11/20-12/18**
	* No Class 8/28, 11/1, 11/22 & 12/25	
	**5 week Session	
	Thursdays	8/30-10/4
	Thursdays	10/11-11/15**
	Thursdays	11/29-1/3
	**5 week Session	

Fees:	5 Weeks	6 Weeks	Drop-In
	Members	\$15	\$18
	Non-Member/Residents	\$19	\$22
	Non-Member/Non-Residents	\$25	\$30
			\$4
			\$5
			\$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	9/19-11/7* 6:00 - 7:00pm Beginners
		7:00 - 8:00pm Experienced Tapper

***No Class 10/17**

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

***No Class 11/1 & 11/22**

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

Resuming 9/4

No Meeting 12/25

Fees: Participants pay for own tools and materials.



WOOD SHOP CLASSES AND SERVICES (cont.)

SAWDUST FOR BEGINNERS (SENIOR CENTER WOOD SHOP)

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

Class Limit: 8

Ages 21 & Over

Instructor: Jim Burns

Mondays

10/1 & 10/8

6:00-9:00pm

Monday

10/15

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 prefect night out so be sure to grab a friend and join us!

Ages: 50 & over

2nd Tuesday of the Month

Doors open: 5:00pm

Dinner: 5:30pm

Fees:

Members/Residents

\$7

Non-Residents/Non-Members

\$9

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.)**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 11/8 6:00pm

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**
 Thursday 11/12 6:30–8:30pm

CPR TRAINING

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

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

Please Note: This class is now held at the Main Fire Station, located at 17000 Prospect Road, Strongsville. **Registration is required with the Strongsville Fire Department.** Please email charles.walters@strongsville.org or phone (440) 580-3210 ext. 5483

Ages: 18 & over **Instructors: Strongsville Firefighters/Paramedics**
 Monday 9/24 6:00 - 9:00pm
 Tuesday 11/20 6:00 - 9:00pm

Fees: Residents Free*
 Non-Residents/
 Businesses/Medical Professional \$35*

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

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 9/26 4:00-8:00pm

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

EVENING PROGRAMS (cont.)**BOW MAKING CLASS**

Make your Christmas packages impress your family and friends. Your gift will be the stand out under the tree, and the WOWS will be heard by all! Enjoy making a fun and easy paper bow, to complete your gift wrapping with a professional flare. You will need to bring an unopened Kleenex box to wrap as a sample, and your favorite roll of gift wrapping paper (enough to cover your box one and a half times.) Other supplies, including ribbon and tape, will be provided by the instructor. See samples of these beautiful bows at the Senior Registration Desk. Registration required.

Ages: 50 & over **Instructor: Pat Overbaugh**
 Thursday 11/8 7:00-9:00pm

Fees: Members \$8
 Non-Member/Residents \$10
 Non-Member/Non-Residents \$14

CELEBRATION HANDBELL CHOIR CONCERT

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

Any Age **Free**
 Thursday 12/13 7:00-8:30pm

FREE CONSULTATIONS
(Offered monthly)**FINANCIAL PLANNER****OFFILL FINANCIAL GROUP**

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

**REWARD YOURSELF**

Massage Consistency Passes Are Available

**For more information please
 check out Page 18 for details.**



SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Kathy Sazima, RN, BSN

Hours of Operation

Monday - Thursday
Friday

8:00am - 9:00pm
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 40 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 8/27, 9/3, 12/24 & 12/31

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 8/27, 8/29 & 9/3

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.*

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 8/27, 8/28, 9/3, 11/22 & 12/25**

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

BOWLING (AMF BROOKGATE)

More than 95 million people enjoy bowling worldwide, in 90 countries, spanning 6 continents. This makes ten pin bowling one of the largest participatory sports in the world. Join the fun when our season begins on September 26th. We are always looking for new bowlers. Can't make it every week, no problem, join us as a substitute bowler.

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

Fees: \$8.00
Includes 3 games, shoes and ball, if needed

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 8/27, 8/29 & 9/3

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 8/29 & 12/26

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

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, 11/22 & 12/25

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

Ehrnfelt Senior Center Meal Options

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

If you are looking for something on the lighter side, stop at our Crossroads Café. Fresh made salads, sandwiches and a daily soup are available from 11:00am-1:00pm, Monday-Friday. No reservation is required. *Special note: All kitchen services are cancelled August 27-31.*



FITNESS, FUN, FRIENDSHIP (cont.)**STRONGSVILLE STRIDERS**

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

Ages: 50 & over **Instructor: Mary Lea Kirby**

Tuesdays 9:00 - 9:45am

Resumes 9/4

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

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 8/28, 12/25 & 1/1

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

ASIAN EXERCISE

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

Ages: 50 & Over **Instructor: Ted Smith**

Mondays 9:15 - 10:15am

No Class 8/27, 9/3 & 12/24

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

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 8/13-10/1* 10:30 - 11:15am

Mondays 10/8-11/12 10:30 - 11:15am

Mondays 11/19-12/17** 10:30 - 11:15am

***No class 8/27, 9/3, 12/24 & 12/31**

****5 Week Session**

Fees	5 Weeks	6 Weeks	Drop-In
Members	\$16	\$19	\$4
Non-Members/Residents	\$18	\$21	\$5
Non-Members/Non-Residents	\$21	\$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

No Class 11/22

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

FITNESS, FUN, FRIENDSHIP (cont.)**QIGONG (CHI GONG) – MOVING MEDITATION**

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

Ages: 50 & Over **Instructor: Ted Smith**

Mondays 4:00-4:45pm

No class 8/27, 9/3 & 12/24

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

CORNHOLE

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

Ages: 50 & Over

Wednesdays Open Play 1:00-3:00pm

No Play 8/29

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

WII BOWLING LEAGUE

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowling league on Tuesday mornings or Thursday afternoons, and experience the fun. No experience is necessary. Bowlers can sit or stand, and each registered Wii bowler will play two games each week. Strikes, spares or gutter balls – let's roll!

Ages: 50 & Over

Tuesdays 9/25-10/16 **3 or 4 Week Session**

Tuesdays 10/23-11/13 9:00 - 11:30am

Tuesdays 11/20-12/11 9:00 - 11:30am

Tuesdays 12/18-1/22* 9:00 - 11:30am

Thursdays 9/27-10/18 12:30 - 3:00pm

Thursdays 10/25-11/15 12:30 - 3:00pm

Thursdays 11/29-12/20 12:30 - 3:00pm

Thursdays 12/27-1/17* 12:30 - 3:00pm

***No Bowling 11/22, 12/25 & 1/1**

Fees: **4 Weeks**

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

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Join us Mondays and Thursdays when we offer open Pickleball. We have paddles and balls, or bring your own, and join in on this popular sport. Experienced players as well as those that

Ages: 50 & Over

Open Play September-December

Mondays 11:00am-1:00pm

Thursdays 9:00-11:00am

No Pickleball 9/3 & 11/22

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

FITNESS, FUN, FRIENDSHIP (cont.)

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 ends September 28th

Fees: \$3

TAP DANCING

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

Ages: 50 & Over

7 Week Session

Minimum class size: 4

Instructor: Peggy Stockdale

Thursdays

9/20-11/1

11:00am - 12:00pm

Fees:

Members

\$38

Residents/Non-Members

\$40

Non-Residents/Non-Members

\$44

FANTASY WALK

Looking for a unique and exciting way to get healthy, lose weight and have more energy? Join us on our next Fantasy Walk. Beginning September 1st, we're walking 387 miles to Hodgenville, Kentucky. December 1st will be the goal to reach this city known to be Abraham Lincoln's birthplace.

Fantasy walkers will wear pedometers wherever they go, record their miles once a week at the Senior Center and check their progress on our map. A party will be held in December to celebrate everyone's accomplishments. Registration is required.

Ages: 50 & Over

Sponsored by Brookway Hearing Center

Fees:

Members

\$13 or \$6*

Non-Members/Residents

\$15 or \$8*

Non-Members/Non-Residents

\$17 or \$10*

*Note: Participants can use their own pedometer and save \$7 on registration.

Pedometers needed during program will cost \$13/each.

HOLIDAY CHORAL "SING-A-LONG"

Come and gather around the piano in the Senior Great Room. Ginny Rios will play some holiday favorites, and lead this group of singing seniors. Join in the singing, or tap your foot to the beat. All are welcome, and no musical experience is required.

Ages: 50 & Over

Fees: Free

Monday 12/3 & 12/10

11:30am

CARDS AND OTHER GAMES (SENIOR GREAT ROOM)

Ages: 50 & Over

Fees: Free

Bridge

Tuesdays

12:30-3:30pm

Bunco

Thursdays

9:30-11:30am

Dominoes/Rummikub

Tuesdays

1:00-3:00pm

Mah Jongg

Wednesdays

1:00-3:00pm

Pinochle

Tuesdays

12:25-3:00pm

Scrabble

Mondays

10:00-11:30am

Pinochle Instruction

Wednesdays

9:00-11:00am

Wii Open Play

Daily

Upon request

Table Tennis/Billiards

Fridays

12:30-4:00pm

WOOD SHOP CLASSES AND SERVICES

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

OPEN WOOD SHOP (SENIOR CENTER WOOD SHOP)

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

Ages: 50 & Over

Wednesdays & Thursdays

9:30-11:30am

Ages: 21 & Over

Wednesdays

6:30-8:30pm

Fees:

Per Hour

Punch Cards

Members/Residents

\$1

\$5

Non-Members/Non-Residents

\$3

\$15



WOOD 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: 50 & Over

Thursdays

1:00-3:00pm

Classes resume 9/6. No carving 11/22.

Fees: Participants pay for own tools and materials

WOOD SHOP REPAIR SERVICE (SENIOR CENTER WOOD SHOP)

Wood shop volunteers will repair small wood items with a minimum charge of \$5. Bring your item into the wood shop any Wednesday or Thursday between 9:30-11:30am and one of our volunteers will discuss the project and cost to repair with you.

SAWDUST FOR BEGINNERS (SENIOR CENTER WOOD SHOP)

This required course for all first time wood shop users covers use of equipment, policies and procedures in the wood shop and basics of wood working. A simple project will be completed during the class. Daytime Classes offered for ages 50 & over.

Ages: 50 & Over

Instructor: Jim Burns

Mondays

10/1 and 10/8

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

Free

Every Monday

10:00am

***No Knitting 8/27, 9/3**

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	7/31-9/11*	9:30-11:30am
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Tuesdays	9/18-10/23	9:30-11:30am
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Tuesdays	10/30-11/27**	9:30-11:30am
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***No class 8/28. **5 Week Session**

Thursdays	8/9-9/13	9:30-11:30am
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Thursdays	9/20-10/25	9:30-11:30am
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Thursdays	11/1-11/29*	9:30-11:30am
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***No class 11/22, Drop-In Only**

Fridays	8/3-9/7	9:30-11:30am
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Fridays	9/14-10/19	9:30-11:30am
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Fridays	10/26-11/30	9:30-11:30am
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Fees:	**5 Weeks	6 Weeks	Drop-In
Members	\$34	\$41	\$9
Non-Members/Residents	\$38	\$46	\$10
Non-Members/Non-Residents	\$47	\$56	\$12



ART & CRAFT CLASSES (cont.)

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	9/4-10/9	1:00-3:30pm
Tuesdays	10/23-12/4*	1:00-3:30pm
Thursdays	9/6-10/11	1:00-3:30pm
Thursdays	10/25-12/6*	1:00-3:30pm

***No Class 10/16, 10/18, 11/20 & 11/22**

Fees:	6 Week Session (No Drop-Ins)
Members	\$50
Non-Members/Residents	\$55
Non-Members/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: 50 & Over		Instructor: Rick A. Deal
Wednesdays	9/5-10/10	10:00-11:30am

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

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



ADVANCED PHOTOGRAPHY

Now that you are taking better pictures, it is time to fine tune your photography skills. Learning more of the tools available on your camera, and covering the more advanced techniques in photography, you can take your photos to the next level. Some of the topics that will be covered are Histogram, White Balance, Advanced Depth of Field shooting as well as Advanced Shutter Speed shooting. A working knowledge of your DSLR Camera is required for this course. **All students must have taken Photography 101 or demonstrated an understanding of composition and the exposure triangle to the instructor prior to registration.** Six week class. Maximum class size is 10.

Ages: 50 & Over		Instructor: Rick A. Deal
Wednesdays	10/17-11/28*	10:00-11:30am

***No Class 11/21**

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

Special Note: If you have already taken Photography 101 and want to brush up before the advanced class feel free to sit in on Photography 101 class at no charge.

ART & CRAFT CLASSES (cont.)

PHOTOGRAPHY CLUB

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

Ages: 50 & Over	Drop-In Program	Free
Instructor: Rick Deal		10:00am-12:00pm
Monday	9/10	Exposure Triangle Workshop
Monday	10/8	Steps in Approaching a Picture
Monday	11/12	Fall Pictures
Monday	12/3	Open Topic Discussion

BOW MAKING CLASS

Make your Christmas packages impress your family and friends. Your gift will be the stand out under the tree, and the WOWS will be heard by all! Enjoy making a fun and easy paper bow, to complete your gift wrapping with a professional flare. You will need to bring an unopened Kleenex box to wrap as a sample, and your favorite roll of gift wrapping paper (enough to cover your box one and a half times.) Other supplies, including ribbon and tape, will be provided by the instructor. See samples of these beautiful bows at the Senior Registration Desk. Registration required.

Ages: 50 & Over		Instructor: Pat Overbaugh
Wednesday	11/7	1:00-3:00pm

Fees:	
Members	\$8
Non-Member/Residents	\$10
Non-Member/Non-Residents	\$14

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 8/27, 9/3 & 12/24**

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 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

***No meeting 11/22**

WELLNESS

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

WELLNESS (cont.)

HEARING AID SERVICES

Hearing aid services provided by Brookway Hearing Center. Hearing tests, cleaning and service of hearing aids, and battery offers provided for your convenience.

Tuesday	9/4	9:00am
Tuesday	10/2	9:00am
Tuesday	11/6	9:00am
Tuesday	12/4	9:00am

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

SUGAR! The Significance of it in Your Diet

Join us for this informative presentation on how sugar can affect your health. Learn the different ways sugar is in your diet, and why the consumption of too much can be dangerous, and lead to health issues. You will also learn more about the new food labels, to help you identify sugar content in the foods you eat.

Ages: 50 & over **Presenter:** Debbie Piper, RD, LD
Heinen's Strongsville Wellness Consultant

Free	Thursday	9/6	10:00am
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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	9/17, 10/15, 11/19, 12/17	1:00-5:00pm
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SENIOR FLU SHOT DAY

It is estimated that in the United States, each year on average 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. Help prevent the flu this winter with the flu vaccine. Free Flu shot with most insurance (please bring insurance card day of) or an option to pay cash. Pricing for quadrivalent (4 strain) flu vaccine is \$30 per shot and pricing for High Dose (65+ years old) is \$60 per shot. There will be no appointment required for this year's Flu Shot Clinic. Shots will be administered by Giant Eagle Pharmacy. Please bring your Giant Eagle Advantage Card to receive \$5 gift card loaded directly onto the card.

Friday	10/12	9:00am-12:00noon
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HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Program presented by the Alzheimer's Association. Registration is required.

Ages: 50 & Older	Free	
Monday	9/24	1:00pm

BALANCE PROBLEMS AS WE AGE

Balance problems are among the most common concerns older adults face. Why does balance decline with age? And what can you do about it? In this program, you will learn the most common reasons older adults fall and simple exercises you can do at home to improve your balance and stay on your feet. This program is presented by Kemper House. Registration required.

Ages: 50 & Older	Free	
Friday	9/28	10:00am

HOW TO EAT HEALTHIER

How to eat healthier by making healthy choices can be a daunting experience. Simple changes can make all the difference to how well you age and live. Join us and learn suggestions for healthy food, healthy meals, and how to break bad food habits. This program is presented by Kemper House. Registration required.

Ages: 50 & Older	Free	
Friday	10/5	10:00am

WELLNESS (cont.)

COLON AND DIGESTIVE HEALTH

Have you been hearing the words like "probiotics" or "Gut Health"? These buzz words are used to talk about the health of your colon and digestive system but do you know what you should be doing to maintain good gut health? Join Cleveland Clinic gastroenterologist Mohammed Naem, MD as he discusses colon and digestive health with you. Registration required.

Ages: 50 & Older	Free	
Thursday	10/11	1:00pm

WAYS TO KEEP YOUR MIND SHARP

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 Kemper House. Registration required.

Ages: 50 & Older	Free	
Friday	10/26	10:00am

UNDERSTANDING ALZHEIMERS AND DEMENTIA

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. Presented by Cynthia Davenport from the Alzheimer's Association. Registration required.

Ages: 50 & Older	Free	
Wednesday	10/31	10:00am

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

This one-hour workshop 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. Registration is required.

Ages: 50 & over	Free	
Thursday	11/8	10:00am

INFLAMMATION & YOUR DIGESTIVE TRACT

The gastrointestinal tract is known as our "second brain". When there is an imbalance in our gut, whether it be from an overgrowth of bad bacteria, antibiotics, leaky gut syndrome, or from the foods you eat will cause inflammation in your digestive tract which can lead to depression, anxiety, and dementia/memory loss. Come learn how to decrease the inflammation in your body to keep your body and brain healthy as you age. Program presented by Kemper House. Registration Required.

Ages: 50 & over	Free	
Friday	11/16	10:00am

PLANNING FOR THE FUTURE:

LEGAL & FINANCIAL ISSUES FOR PEOPLE WITH DEMENTIA

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law. This program is presented by Alzheimer's Association.

Ages: 50 & over	Free	
Wednesday	12/5	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
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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 (OSHIIP) 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	10/11	9:00am-12:00pm
Thursday	12/6	9:00am-12:00pm

HEAP PROGRAM

The Home Energy Assistance Program (HEAP) gives qualified Cuyahoga County seniors a discount on their winter heating bill. A representative from the Department of Senior and Adult Services will be on hand to give information about the program, help fill out and collect applications to be processed. Please bring proof of income (social security or pension letter, bank statement or paycheck stub), copy of electric and gas bill, and receipt of payment to your medical supplement insurance plan (only if you have one). Appointment required.

Ages: 50 & Over	Free
Wednesday 10/17	9:00am-12:30pm
Thursday 10/25	9:00am-12:30pm

EDUCATIONAL PROGRAMS

2018 BOOK DISCUSSION GROUP

Books are selected by the staff of the Strongsville Branch of the Cuyahoga County Public Library and may be picked up the first week of each month at the library. The book discussion is held at the Strongsville Library on the following Mondays, from 2:30 - 4:00pm. The group leads their own discussion, with the assistance of questions supplied by the Library Staff.

Month	Book	Discussion Date
September	<u><i>Carrying Albert Home</i></u> By Homer Hickham	Sept. 24th
October	<u><i>Behold the Dreamers</i></u> By Imbolo Mbue	Oct. 22nd
November	<u><i>A Gentleman in Moscow</i></u> By Amor Towles	Nov. 26th
December	No Discussion	

COMPUTER INSTRUCTIONS (SENIOR COMPUTER LAB)

One on One Sessions

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

Fee for one hour session (Minimum of one hour)

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

AGING IN PLACE ON A BUDGET

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

Ages: 50 & Over	Free
Tuesday 8/14	10:00am

ANTIQUES IN THE ATTIC (FORMALLY KNOWN AS TRASH TO TREASURES)

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
Wednesday 9/5		1:00pm

MEDICARE FRAUD

Medicare fraud and abuse has been estimated to cost the Medicare program \$60 billion or more every year. To try to combat some of this abuse, the Administration for Community Living (formerly U.S. Administration on Aging) is investing in the Senior Medicare Program to try to educate seniors about the hazards of Medicare fraud and abuse. Tom Gaumer with ProSeniors will discuss what Medicare recipients should know and will also bring lots of literature on how senior citizens can guard against and detect Medicare fraud and abuse. ProSeniors, is a non-profit organization in southwest Ohio that helps seniors for free throughout the state. Registration required.

Ages: 50 & Over	Free
Friday 9/7	10:00am

EDUCATIONAL PROGRAMS (cont.)**MISSING YEARS OF JESUS: THE TRADITIONS OF GLASTONBURY**

There is an almost eighteen year gap in the Gospels. Jesus is last seen at the age of twelve teaching in the temple. Only to re-appear at around thirty years old, getting baptized by John and beginning his ministry. A theologian provides an intriguing theory. *Six week session.*

Ages: 50 & Over	Instructor: Ted Smith
Wednesdays	9/12-10/17 1:00-2:30pm
Fees:	
Members	\$40
Non-Member/Residents	\$45
Non-Member/Non-Residents	\$55

AGING IN PLACE: OUTSIDE AND THROUGHOUT THE HOME

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

Ages: 50 & Over	Free
Tuesday	9/25 10:00am

ASSET PROTECTION-PROBATE AVOIDANCE - BENEFIT PROGRAMS

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

Ages: 50 & Over	Free
Wednesday	10/10 10:00am

SEASONAL ENERGY TIPS

A representative from the Public Utilities Commission of Ohio (PUCO) will be here to provide a spring check-up. Register to learn about things you can do in your home to make it more efficient, what programs to be aware of and helpful tips for spring/summer. Bring any questions you have about utilities and be ready for giveaways! Registration required.

Ages: 50 & Over	Free
Thursday	10/18 1:00pm

SENIOR SCAMS

There are many more scams out there that target older adults. Telephone and mail scams are still the best way for a scammer to reach Ohioans. Con artists will change the type of scam, but what these criminals are after is always the same, your money or identity. A representative from the Cuyahoga County Department of Consumers Affairs will be on hand to inform you about the latest scams, identify the buzz words that scammers use, and how to prevent yourself from being a victim. This presentation can also help you if you were once a victim of a scam. Don't miss this helpful program. Registration required.

Ages: 50 & Over	Free
Friday	10/19 10:00am

**OHIO INSURANCE DEPARTMENT
TO HOST MEDICARE CHECK-UP DAYS**

Join the Ohio Insurance Department for a Medicare Check-Up Day. Medicare's annual open enrollment or "coordinated election" period is October 15th to December 7th. This period allows people on Medicare to evaluate whether or not to enroll in a Part D Medicare prescription drug plan, determine if they have existing drug coverage, or if they have already enrolled in Part D, switch to another Part D or to a Medicare Advantage plan for coverage that begins Jan. 1, 2019.

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

Presentation Only-No Registration required

Ages: 50 & Over	Free
Wednesday	10/3 1:00pm

One on One counseling- Appointment required call 580-3275

Ages: 50 & Over	Free
Tuesday	10/30 9:00am-2:00pm

EDUCATIONAL PROGRAMS (cont.)**AGING IN PLACE: FOCUS ON THE BATHROOM**

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

Ages: 50 & Over	Free
Tuesday	10/23 10:00am

THE TEN WORDS

An in-depth examination of the Ten Commandments, their Hebraic roots, the basis of our current justice system and their apparent controversy today. *Six week session.*

Ages: 50 & over	Instructor: Ted Smith
Wednesdays	10/24-12/5* 1:00-2:30pm
*No Class 11/21	

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

RTA UPDATE

The Greater Cleveland Regional Transit Authority (RTA) provides transportation services for approximately 200,000 customers on a typical weekday, or about 50 million rides annually, through a variety of services. Join Erica from Cleveland's RTA as she gives a detailed overview of all RTA programs and services available to you. She will also give updates on RTA; including Paratransit Services. Come and learn how you can ride and ask questions about the Cleveland RTA. Registration required.

Ages: 50 & Over	Free
Tuesday	11/6 1:00pm

AGING IN PLACE: FOCUS ON THE KITCHEN

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

Ages: 50 & Over	Free
Tuesday	11/13 10:00am

UTILITY BILL REVIEW

A representative from the Public Utilities Commission of Ohio (PUCO) will be holding a workshop, talking about all things utilities. Be sure to bring your bills with any questions, complaints or concerns about your service. The workshop will last from 10am to 12noon, so stop on by at any time to get your questions answered. No registration is required.

Ages: 50 & Over	Free
Wednesday	11/14 10:00am-12:00pm

SHOPPING SAFETY THIS HOLIDAY SEASON

While you are making a list and checking it twice, remember scammers are out there and they are naughty, not nice! Before heading out to shop this holiday season, join The Cuyahoga County Department of Consumer Affairs for a discussion about Holiday scams and shopping safety. Topics will include: charities, gift cards, identity theft, in-store and online shopping. Don't miss this informative program that could keep your wallet and identity safe during the most wonderful time of the year! Registration required.

Ages: 50 & Over	Free
Wednesday	11/14 1:00pm

EDUCATIONAL PROGRAMS (cont.)**CPR TRAINING**

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

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

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

Monday	9/24	6:00-9:00pm
Tuesday	11/20	6:00-9:00pm

Fees:	Residents	Free*
	Non-Residents/Businesses/Medical Professionals	\$30*
	*Email required and \$20 fee for AHA completion card; payable at class	

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. Registration required.

Ages: 50 & Over	Instructor: Mike Kolesar
Friday	11/9 9:00am-1:00pm

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

SAFE DRIVING FOR MATURE OPERATORS – AAA DRIVER TRAINING

Safe Driving for Mature Operators recognizes that there are different situations and circumstances that older drivers face. It identifies these conditions and offers recommendations on how to deal with them. Through interactive classroom-based instruction, this course will focus on areas covering Risk Management, Being Ready to Drive, Alcohol & Medications, Distractions, Drowsiness, Vehicle Technology, Managing Visibility & Space and Extending Your Safe Driving Career. A variety of hands-on activities are also part of this comprehensive program.

This 8-hour course is approved by the Ohio Bureau of Motor Vehicles for insurance discount under Ohio's Motor Vehicle Accident Prevention Course for Drivers 60+. In Ohio, each individual insurance company determines the amount of the discount that is good for a period of three years.

This is a 2 day class; 4 hours each day with a lunch break.

Ages: 60 & Over	
Monday & Wednesday	10/15 & 10/17 10:00am–12Noon & 1:00–3:00pm

Fees:	AAA Members	\$10
	Non-AAA Members	\$15

EDUCATIONAL PROGRAMS (cont.)**WHAT SENIOR DRIVERS SHOULD KEEP IN THEIR CAR**

Join us for an interactive presentation designed to help keep seniors safe in case of an emergency while traveling.

The following tips will be discussed:

- Items you should always have in your car.
- Household items that might help in an emergency on the road.
- Learn what a drive plan is and why you should file one on a long trip.

Ages: 50 & Over	Free
Instructor: Lori Cook, Safety Advisor from AAA East Central	
Thursday	11/8 1:00pm

CLEVELAND POPS ORCHESTRA TALK

The Cleveland Pops Orchestra was founded in 1993 to bring the best of symphonic pops music to Cleveland and Northeast Ohio, while working to expand that audience through youth education and public concerts. The 65 piece orchestra performs five subscription concerts each year in world-renowned Severance Hall, an annual holiday performance and a New Years Eve concert and dance. For the past eleven years, the orchestra has also performed an annual "Salute to Our Armed Forces" concert prior to the Memorial Day Holiday.

Join us, here at the Strongsville Senior Center as Carl Topilow, himself, The Cleveland Pop's conductor gives you a glimpse behind the scenes. He has promised to bring his clarinet for this presentation. It's sure to enlighten you!

Ages: 50 & Over	Free
Thursday	9/27 10:00am

**WESTERN RESERVE HISTORICAL SOCIETY
"SPEAKING OF CLEVELAND" SERIES**

The Cleveland History Center of the Western Reserve Historical Society, founded in 1867, is the oldest cultural institution in the area. Their Speakers Bureau offers a wide variety of topics relating to the history of Northeast Ohio. These programs are presented here at the Ehrnfelt Senior Center, by staff educators from the museum, as well as local historians. This series of presentations is sponsored by Jardine Funeral Home. Registration required.

Ages: 50 & Over	Free
Monday 9/24	Cleveland at War 1:00pm
Monday 10/22	Built for Good 1:00pm
Monday 11/26	Battle for the Ballot 1:00pm
Monday 12/17	Rockefeller's Cleveland Years 1:00pm



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.

Ages: 50 & Over 3rd Wednesday of the month 11:00am

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

BALLROOM DANCE SCHEDULE FOR 2018 (EVENT CENTER)

Ages: 50 & Over

Includes Light Refreshments

All dances 1:15 - 3:15pm

September 13	Wayne Tomsic Trio	
September 27	Ed Klimczak	
October 11	Mike Jacobs Trio	
October 25	Al Battistelli	Halloween Dance
November 8	Al Battistelli	
December 13	Wayne Tomsic	Christmas Dance

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

OKTOBERFEST LUNCH

Everyone's German for our Oktoberfest! Ethnic food and entertainment are sure to help you feel that old world charm. Registration with payment is required by September 24th. Call the Senior Registration Desk at (440) 580-3275. Luncheon sponsor- Althenheim Senior Living. Entertainment sponsor- Parkside Villa.

Ages: 50 & Over

Wednesday 9/26 11:30am

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

GARY GOMEZ AS NEIL DIAMOND!

Gary Gomez is dedicated to performing a true replication of the musical styling of a Neil Diamond concert. Rather than give the audience a straight studio version of Neil's classics, Gary strives to leave you with the satisfaction that you have experienced a true and well deserved tribute to one of America's foremost talents... Neil Diamond! Put on your Sunday best, and enjoy punch and a plate of appetizers along with this wonderful performance. Registration with payment is required by October 19th. Sponsored by Generation Senior Living.

Ages: 50 & Over

Wednesday 10/24 1:00pm

Fees: Members \$6
Non-Member/Residents \$7
Non-Member/Non-Residents \$9



SPECIAL PROGRAMS (cont.)

THE PLAYERS PERFORMANCE

The Players volunteer theater group is a program hosted by Greater Cleveland Volunteers. The volunteers write, direct, and perform educational and entertaining plays throughout Northeast Ohio, and they're coming to Strongsville!

Since the group's inception in 1992, the Players have performed more than 2,500 times. The script-in-hand acting troupe will perform 5 - 6 skits, during their 45-60 minute show. Join us for this special performance. Registration required.

Ages: 50 & Over

Monday 11/5

Free

1:00 - 2:00pm

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.

November 1 and 2

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!

VETERANS DAY LUNCH

Join us in honoring our local veterans at a special luncheon program. We'll salute all the men and women that have served our country. This lunch is open to all and free to our veterans.* Lunch prices apply to non-veterans. Registration with payment is required by November 5th. Call the Senior Registration Desk at (440) 580-3275. Luncheon sponsor - Jardine Funeral Home. Dessert provided by Pearl Crossing.

Ages: 50 & Over

Wednesday 11/7 11:00am

Fees: Veterans Free*
Member/Residents \$6
Non-Members/Non-Residents \$8

*Free to Veterans who are members of the Ehnrfelt Senior Center or Strongsville Residents, but registration is required by November 2nd.



THANKSGIVING LUNCH

Join your friends at the Senior Center as we celebrate an early Thanksgiving lunch with all the trimmings. Registration with payment is required by November 12th. Call the Senior Registration Desk at (440) 580-3275. Luncheon sponsor - Westwood Place. Dessert provided by Generations Health Care.

Ages: 50 & Over

Thursday 11/15 11:30am

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



SPECIAL PROGRAMS (cont.)

SILVER MUSTANG HOLIDAY BREAKFAST

Join us as we celebrate the holidays with breakfast, Christmas tunes and prizes from Santa! Come and meet up with old friends, enjoy great prizes, and eat some delicious breakfast! In the spirit of the holidays we will be gratefully accepting non-perishable food items to be donated to the Strongsville Food Bank. Registration required at the Senior Registration Desk October 29th- November 30th. Sponsored by Offill Financial Group.

Ages: 50 & Older

Tuesday 12/4 10:00am
Free to all current Silver Mustang Members

NEW YEAR'S CELEBRATION

Celebrate the arrival of 2019 at the Senior Center. Join us for a delicious brunch at our New Year's Eve Celebration on Monday, December 31st. Registration is required by December 26th. Call the Senior Center Registration Desk at (440) 580-3275. Luncheon sponsor – Altenheim Senior Living. Dessert sponsor- Pleasant Lake Villa.

Ages: 50 & Older

Monday 12/31 10:00am

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

MUSTANGS ON THE GO

WESTSIDE MARKET

The Westside Market is home to over 100 vendors of great ethnic diversity. You can find not only fine meats and fresh vegetables, but also seafood, baked goods, dairy and cheese products and fresh flowers. Last year it was estimated that over one million people visited the market! Transportation will be provided- lunch is on your own. We will leave Senior Center at 10:30am, give you two hours to shop and return to Senior Center at 1:30pm. Limited space available.

Ages: 50 & Older

Friday 9/7 10:00am-1:30pm
Registration Limit: 2 tickets per person

Fees:		Registration Opens
Members	\$10	July 24
Residents/Non-Members	\$12	July 31
Non-Residents/Non-Members	\$16	August 7

MUSTANGS ON THE GO (cont.)

THE REAL HOUSEWIVES OF AMISH COUNTRY- SUGARCREEK, MILLERSBURG AND HOMESVILLE, OHIO

Meet a local Amish guide who will be with the group all day! Enjoy cinnamon rolls and coffee at an Amish House and enjoy asking questions and learning about their lifestyle. Visit Herschberger Bakery and Farmers' Market, and an Amish home for a family style feast! View the home and learn how they do chores without modern electricity and what their families like to do for fun and recreation! Make Whoopie Pies and take them home! You will also visit an Amish candle company and Troyer's Homemade Candies. Package includes motor coach transportation, all applicable taxes, meals and gratuities.

Ages 50 & Older

Tuesday 9/25 7:15am-6:15pm
Registration Limit: 2 tickets per person

Fees:

Members	\$81
Residents/Non-Members	\$83
Non-Residents/Non-Members	\$87

Registration Opens

July 17
July 24
July 31

THE PERFECT AUTUMN DAY ADVENTURE

History and nature combine to create a charming New England-style village with a Norman Rockwell picture postcard setting in Chagrin Falls. We'll start with a guided tour by the president of the local historical society and then browse the boutiques and stores! In late morning, we'll head off to Geauga County for a wedding-style authentic Amish feast served family style with all-you-can-eat chicken, mashed potatoes, stuffing, home baked bread, 3 kinds of pies and more! After lunch we'll visit the unique Shrine of Mariapoch- this wooded shrine is a place of thanksgiving and peace for all who visit! Package includes motor coach transportation, all applicable taxes, meals and gratuities.

Ages 50 & Older

Wednesday 10/3 8:00 am- 6:30pm
Registration Limit: 2 tickets per person

Fees:

Members	\$69
Residents/Non-Members	\$71
Non-Residents/Non-Members	\$75

Registration Opens

August 8
August 15
August 22



MUSTANGS ON THE GO (cont.)

HELLO, DOLLY! AT PLAYHOUSE SQUARE

Winner of 4 Tony Awards including Best Musical Revival, Broadway's most beloved musical is back where it belongs! Directed by Tony winner Jerry Zaks and featuring choreography by Tony winner Warren Carlyle, HELLO, DOLLY! is "the best show of the year" (NPR). Breaking box office records week after week and receiving thunderous critical raves on Broadway, this "gorgeous" new production (Vogue) pays tribute to the original work of legendary director/choreographer Gower Champion – hailed both then and now as one of the greatest stagings in musical theater history. Rolling Stone calls it "a must-see event. A musical comedy dream. If you're lucky enough to score a ticket, you'll be seeing something historic. Wow, wow, wow indeed!"

Ages 50 & Older

Date: TBA 5:00 pm- 11:00pm

Registration Limit: 2 tickets per person

Fees: Registration Opens

Members	\$TBA	TBA
Residents/Non-Members	\$TBA	TBA
Non-Residents/Non-Members	\$TBA	TBA

MEADOWS RACETRACK & CASINO WASHINGTON, PENNSYLVANIA

Meadows offers players one of the largest casino floors on the east coast! It is home to over 3,000 slots, 65 table games and a poker room! Bonus- \$25 (may be subject to change). Package includes motor coach transportation, all applicable taxes and gratuities.

Ages 50 & Older

Thursday 11/1 7:30am-7:30pm

Registration Limit: 2 tickets per person

Fees: Registration Opens

Members	\$38	September 5
Residents/Non-Members	\$40	September 12
Non-Residents/Non-Members	\$44	September 19



CHICAGO AT PLAYHOUSE SQUARE

There's never been a better time to experience CHICAGO, Broadway's razzle-dazzle smash. This triumphant hit musical is the recipient of six Tony Awards®, two Olivier Awards, a Grammy®, thousands of standing ovations and now the #1 longest-running American Musical in Broadway history. Set in the legendary city during the roaring "jazz hot" 20s, Chicago tells the story of two rival vaudevillian murderesses locked up in Cook County Jail. Nightclub star Velma's serving time for killing her husband and sister after finding the two in bed together. Driven chorus girl Roxie's been tossed in the joint for bumping off the lover she's been cheating on her husband with. Not one to rest on her laurels, Velma enlists the help of prison matron Mama Morton and slickster lawyer Billy Flynn, who turn Velma's incarceration into a murder-of-the-week media frenzy, thus preparing the world for a splashy showbiz comeback. But Roxie's got some of her own tricks up her sleeve.

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

Ages 50 & Older

Tuesday 11/27 5:00-11:30pm

Registration Limit: 2 tickets per person

Fees: Registration Opens

Members	\$75	September 11
Residents/Non-Members	\$77	September 18
Non-Residents/Non-Members	\$81	September 25

CASTLE NOEL

Take a break from the hustle and bustle of the holiday season and join us as we your America's largest indoor year round Christmas entertainment attraction, Castle Noel! Step into the fantasy world of Mark Klaus, creator of Castle Noel!

We will have a 2 hour guided tour of Castle Noel which houses the world's largest privately owned collection of Hollywood Christmas movie props and costumes from your favorite Christmas movies including "The Grinch", "Elf", "Santa Claus The Movie", "Fred Claus", "The Santa Clause 1, 2 & 3", "Jingle All The Way", "Christmas Carol", "Deck the Halls", and more!

Before heading to Castle Noel, we will enjoy a soup and sandwich lunch here at the Senior Center.

Ages: 50 & Older

Wednesday 12/5 10:30am-3:00pm

Registration Limit: 2 tickets per person

Fees: Registration Opens

Members	\$30	October 2
Residents/Non-Members	\$32	October 9
Non-Residents/Non-Members	\$36	October 16



CLEVELAND ORCHESTRA

Enjoy a Friday Matinee of the world renowned Cleveland Orchestra at Severance Hall. The morning will include round trip transportation from the Ehnrfelt Senior Center, a pre-concert talk, complimentary coffee, tea and pastries, followed by the 11:00am concert, conducted by Alain Altinoglu. The program will include Debussy Suite from Pelleas and Melisande, as well as Ravel Rapsodie espagnole, Pavane for a Dead Princess and Bolero.

Ages: 50 & over

Friday 11/9 8:30am-1:30pm

Registration Limit: 2 tickets per person

Fees: Registration Opens

Members	\$35	September 6
Residents/Non-Members	\$37	September 13
Non-Residents/Non-Members	\$41	September 20

REWARD YOURSELF

Massage Consistency Passes Are Available

For more information please check out Page 18 for details.



STRONGSVILLE RECREATION PARKS AND AMENITIES

AMENITIES

1. **Rec Park #1 • 18100 Royalton Road** – Located behind the Ehrnfelt Recreation Center. Rademaker, Cross and Finley Fields are at this location with vending machines and restrooms. There are several playgrounds located nearby along with four tennis courts.
2. **Rec. Park #2 • 16109 Foltz Parkway (South of Route 82)** – Located on Foltz Industrial Parkway near the city service center. Includes Foltz 1 and Foltz 2 Fields, playgrounds, and a basketball court. Two pavilions with grills and picnic tables available. Only one pavilion has electricity, running water and restrooms.
3. **Rec. Park #3 • 21273 Drake Road** – Located at the intersection of Drake Road and Prospect. Wood and Sprague Fields are at this location. Each field has a pavilion with eight or nine picnic tables, two grills, four electrical outlets per pavilion, playgrounds and portable restrooms nearby.
4. **Nichols Field • 22707 Sprague Road** – Located on Sprague and Marks Roads. This field has a pavilion with eight electrical outlets, ten picnic tables, 2 grills, and a playground.
5. **Volunteer Park Fields • 21410 Lunn Road** – Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy Fields (lighted) and two Little League fields (Roth and Kalinich) are at this location. Bating cages, horseshoe pits, a ½ mile paved walking path, vending machines, restrooms, pavilion with picnic tables and bocci ball courts are located here near the playground.
6. **Surrarer Park • 14625 Whitney Road** – Located at the corner of Webster and Whitney Roads (east of I-71), James Field is at this location along with 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.
7. **Backyard Preserve** – Located behind the Ehrnfelt Recreation Center. This park offers an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.
8. **Youth Sports Park & Playground • 21255 Lunn Road** – Located on West Lunn just west of Prospect (across from Volunteer Park). One regulation football field, two flag football fields, three little league fields and one pavilion with electric are at this location. Use by permit only.
9. **Castletown Pavilion • 18100 Royalton Road** – Located between the Strongsville Library and Castletown Playground. Electrical outlets and grill are available in pavilion.

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

Pavilion Fees: Residents: \$45 Non-Residents: \$65



RECREATION PARK GUIDELINES

- A. Permits are required, to use any of the parks listed above, for practice purposes.
- B. Reservations are also required for use of the pavilions.
- C. Alcohol and smoking is prohibited in all recreation parks.
- D. Pets are required to be on a leash at all times.
- E. 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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Director of Parks, Recreation and Senior Services

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Parks and Outdoor Facilities Superintendent

Sarah Arold, CPRP

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Jen Frontino

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Director's Secretary

Mark Hartze

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Maintenance Foreman

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Fitness Supervisor

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Recreation Supervisor

Rebecca Oblak

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Patti Welker

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Aquatic Supervisor

Ehrnfelt Senior Center

Phone (440) 580-3275

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Bryan Bogre

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Director of Parks, Recreation and Senior Services

Melissa Baldwin

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

PRESORTED STANDARD
U.S. POSTAGE

PAID

CLEVELAND, OHIO
PERMIT NO. 1908



**the official soft drink of the
STRONGSVILLE RECREATION
DEPARTMENT**

