



**Parks
Recreation
Senior
Services**

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

A Healthy Start to the New Year & a New You!



JANUARY-APRIL 2022

PROGRAM REGISTRATION DATES

Tuesday, December 7: Ehrnfelt Rec Center Members

Tuesday, December 14: Strongsville Residents & Members

Thursday, December 16: Open/On-line registration

GENERAL INFORMATION

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

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RECREATION & SENIOR CENTER STAFF

Bryan Bogle - Director of Parks, Recreation & Senior Services
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Recreation

Chris Arold - Parks & Outdoor Facilities Superintendent
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Sarah Arold, CPRP - Facility Manager
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Jennifer Black - Rental Coordinator & Director's Secretary
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Mark Hartze - Maintenance Foreman
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Denise Lengal - Fitness Supervisor
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Rebecca Stemple - Assistant Aquatic Supervisor
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Patti Welker - Aquatic Supervisor
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Senior Center

Melissa Baldwin - Food Services Manager
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Deborah Branic - Senior Program Coordinator
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Sheena Wright - Senior Services Coordinator
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GENERAL INFORMATION

RECREATION CENTER HOURS

Mondays-Fridays 6:00am-8:00pm
Saturdays 8:00am-4:00pm
Sundays Closed
Please note, the Aquatic Center closes 30 minutes prior to the Center closing time.

REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS*

Saturday, January 1, 2022 New Year's Day Rec & Sr Center Closed

*See Aquatics section for special Aquatic Center hours and closing and Senior Activities section for Senior Center hours and closings.

Weather Closings and Class Cancellations

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

www.strongsville.org/content/recreation.asp

News Channel 3 (www.wkyc.com)

News Channel 5 (www.newsnet5.com)

REGISTRATION

- Pre-registration is required for programs.
- No refunds/make ups for missed classes.
- You may register in-person, by phone, or online unless otherwise indicated for specific programs. Cash, check, Visa, Discover & Mastercard accepted.

REFUND POLICY

1. If the program is cancelled by Department, a refund for the FULL amount that was paid will be applied to your Recreation/Senior Customer Account, or you may request a check refund which will be mailed in approximately three weeks.
2. If an individual wants to cancel enrollment in a program, it must be requested at least 5 days prior to the first session of the program.
 - a. **Recreation Department Customer Account:** If the customer wants to have the refund posted to his/her Recreation Account, a credit for the full amount that was paid will be issued.
 - b. **Check Issued:** If the customer paid by cash, check, or credit card and would like a check issued from the City, a 20% or \$5 administrative fee (whichever is greater), will be deducted from the amount that was originally paid. A check will be issued in approximately 3 weeks.
3. **Refunds will not be given if requested less than 5 days prior to the first session of the program.** Individuals assume the risk of changes in health or personal schedules.

PROGRAM CANCELLATION POLICY

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

Crossroads Café
Serving Breakfast
Monday-Friday, 8-10am

MEMBERSHIP INFO

OPTION 1: Pay for entire year at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265.00	\$425.00
Couple	\$365.00	\$580.00
Youth Individual (Ages 4-18)	\$165.00	\$290.00
Full-time College Student	\$165.00	\$290.00
Family	\$435.00	\$725.00
Individual Senior (Age 60+)	\$135.00	\$265.00
Senior Couple	\$240.00	\$465.00
Military	\$140.00	\$245.00

OPTION 2: Sign annual contract and pay monthly by credit card

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$22.09/month	\$35.42/month
Couple	\$30.42/month	\$48.34/month
Youth Individual (Ages 4-18)	\$13.75/month	\$24.17/month
Full-time College Student	\$13.75/month	\$24.17/month
Family	\$36.25/month	\$60.42/month
Individual Senior (Age 60+)	\$11.25/month	\$22.09/month
Senior Couple	\$20.00/month	\$38.75/month
Military	\$11.67/month	\$20.42/month

Credit Card Payment Plan Information

- The annual membership is broken down into twelve installments plus a \$3 per month processing fee. (Processing fee is NOT included in the above monthly prices.)
- The first payment is due upon the date of purchase and pro-rated from the date of purchase to the end of the current month.
- The remaining eleven payments are charged to your MasterCard, Visa or Discover, as indicated by you, on the 20th of each month, or the next business day if the 20th falls on a weekend or holiday, until the expiration date of the annual contract.
- In the event that a patron defaults on their monthly payment, the membership will be immediately suspended. Patrons will have 10 business days to pay the Ehrnfelt Recreation Center the amount owed for that month and an additional \$10 processing fee.
- In the event the patron does not pay off the balance owed by the 11th business day, the annual membership will be cancelled and any future use of a payment plan option will be denied.

Full-Time Worker in Strongsville: Includes an employee of a City of Strongsville business or entity working at least 37.5 hours per week. Proof of such status provided through a letter from his/her employer and a current pay stub.

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

Full-Time College Student means a student currently enrolled in 12 or more credit hours. Proof must be shown at time of purchase or renewal in the form of a current class schedule or tuition bill.

Family means at least one adult and two or more dependent children up to the age of 24 years or two adults and one or more dependent children up to the age of 24 years (if a full-time college student), including stepchildren and adopted children, who have legal residence in the household of the adult(s).

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

Military means an individual who is an active and/or newly registered member of any United States military service, or who is an active member of any reserve unit and provides proof of imminent call up to active military status. Must present an active, federally issued Military ID Card at the time of purchase or renewal.

Resident means an individual who is legally living within a permanent residence in the City of Strongsville. Must show proof of residency such as an utility or bank statement issued in the last 30 days.

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

**Memberships are non-refundable and non-transferable.*

Ehrnfelt Recreation Center
18100 Royalton Road, Strongsville
440.580.3260 ~ www.strongsville.org

Only \$1/day!*

30-Day College Student Pass

Enjoy the recreation center while at home on break

Choose your own start date anytime between November 20-December 31, 2021

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

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

Pass can be applied towards yearly membership fee before expiration. Pass does not make customer eligible for the benefits granted to full-year members.

NON-MEMBER DAILY GUEST FEES

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

SILVER SNEAKERS

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

Ehrnfelt Recreation Center

is excited to
announce

Silver Sneakers is here!

A Silver Sneakers
membership allows access to
the Rec & Senior Center and
member rates on classes*

SILVERSNEAKERS OFFERED HERE



**The Ehrnfelt Recreation Center does not offer Silver Sneaker fitness classes*

FACILITY RENTAL

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

EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

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

- A deposit is due with a signed contract
- Please plan on booking your party at least two weeks in advance

OLD TOWN HALL



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

CELEBRATE! at the REC CENTER!

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

Member: \$45/hr

Non-Member: \$65/hour

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

Room price listed above plus:

\$3/person age 7 & older

\$2/person age 4-6 years

Free age 3 years & under

All Inclusive Party Packages (Call for Pricing)

Room Rental for 3 Hours

Facility Use

Pizza, Soda & Cake

Plates, Cups, Napkins, Tablecloths

Candles & Matches

Book Your
Event Today
440-580-3270

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



PRIVATE PARTY PACKAGES AVAILABLE

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

GET YOUR GAME ON: Private Court Time

(Weekday Evenings Only)

Rates per court

	Member	Non-Member
Basketball	\$40	\$45
Volleyball	\$35	\$40

-20 guests per court for volleyball

-30 guests per court for basketball



SPECIAL EVENTS

FATHER/DAUGHTER DANCE

Gentlemen (dads, granddads, caregivers, uncles, etc.), we invite you to accompany the most lovely little girl in your life to an evening you'll remember forever. Dancing to music, eating pizza, taking a keepsake photo, and a carnation for your date, will fill your evening with unforgettable fun. **Please note:** 50 tickets must be sold by 5:00pm, January 28th for the dance to occur.

Friday, 2/18 6:30-8:30pm

Ticket Fee per Person:

Members	\$10
Non-Member/Residents	\$12
Non-Members/Non-Residents	\$15

Tickets must be purchased in advanced at the Strongsville Rec Center front desk. There will not be tickets sold at the door the night of the dance. Only 200 tickets sold for this event, so get your tickets early!

KIDS GARAGE SALE

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

Saturday, 3/19 9:00am-12:00pm

TWO TABLE LIMIT PER FAMILY

Fees:	5 Foot Tables	8 Foot Tables
Members	\$11	\$15
Non-Members/Residents	\$15	\$20
Non-Members/Non-Residents	\$20	\$25

SHOPPERS

9:00-9:59am

Early Bird Shopping: \$3 admission
(please have exact change)

10:00am-12:00pm

Free shopping



FUN & PHOTOS WITH EASTER BUNNY

Get into the holiday spirit and come have your professional digital photo taken with the Easter Bunny, make a craft, and enjoy an Easter treat.

Saturday, 3/26 9:00-11:00am

Tickets are sold for time slots:

9:00-9:30am

9:30-10:00am

10:00-10:30am

Ticket fee per child:

Members \$6

Non-Members \$9



PRE-SALE TICKETS ONLY from the Rec front desk. Limited number of tickets sold per time slot.

Ticket includes one professional digital photo with the Easter Bunny, one craft, and one Easter treat per child. Additional crafts can be purchased on site with cash.

The Event Center

at the Ehrnfelt Recreation Center

Showers

Seminars

Craft Shows

Weddings

Fundraisers

*Schedule your
Event Now!*

440-580-3270

*Smaller rooms are available
for meetings, parties, showers
and more*



AQUATICS

Aquatic Supervisor, Patti Welker
Assistant Aquatic Supervisor, Becky Stemple

Saturday, January 1, 2022
Wednesday, January 12, 2022
Friday, January 21, 2022
Wednesday, January 26, 2022

CLOSED
CLOSE at 3pm
CLOSE at 3pm
CLOSE at 3pm

New Year's Day
High School Swim Meet
High School Swim Meet
High School Swim Meet

(The pools, steam room, sauna and spa are closed during swim meets.)

AQUATIC CENTER REGULATIONS/RULES

Please shower before using the Aquatic Center facilities ~ No food or glass containers permitted in Aquatic Center
Swim diapers are required for all non-toilet trained children and children prone to potty accidents

Swim diapers are available for free at the front desk

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

REGISTRATION SCHEDULE

Tuesday, December 7: Ehrnfelt Rec Center Members
Tuesday, December 14: Strongsville Residents & Members (*must show proof of residency such as utility bill*)
Thursday, December 16: Open/On-line registration

REGISTRATION AND POLICIES

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

AQUATIC WAIT LIST

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

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

ALTERNATIVE SWIM WEAR

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

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

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

LEARN TO SWIM RULES

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

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

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

AQUATIC CENTER AGE GUIDELINES

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

YOUTH LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
PARENT/INFANT 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
PARENT/TODDLER 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
PARENT/YOUTH 3-5 years	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
LEVEL 1 Intro to Water Skills	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
LEVEL 2 Fundamental Water Skills	Passed Level 1, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
LEVEL 3 Refined Water Skills	Passed Level 2, or can swim 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and breaststroke kick, and elementary backstroke. Basic water safety will be integrated into this course.
LEVEL 4A Stroke Development	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly and sidestroke. Safe diving practices and water safety will be integrated into the course.
LEVEL 4B Stroke Improvement	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
LEVEL 5 Stroke Refinement	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.
LEVEL 5 (ages 8 & older) Fit Swim Or Personal Water Safety	Passed Level 5, or be able to swim front and back crawl 50 yards. Swim elementary backstroke, breaststroke, sidestroke and butterfly at least 25 yards. Perform shallow dive from pool side, demonstrate flip turns on front and back, tread water for 5 minutes and swim underwater 15 yards. <i>*Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.</i>	The objective of this course is to refine all water skills learned to swim with ease, efficiency, power and smoothness over greater distances. A 12 minute swim will be performed by end of session. The Personal Water Safety Class adds additional survival skills and self-rescue techniques while clothed and with lifejackets. Basic safety rules for open water and for boating.
LEVEL 7 Endurance Training	Swimmer must be able to perform the competitive strokes appropriate for his/her age group according to USA Swimming and be able to swim 100 yards continuously.	This program is designed to build your endurance, especially for those who do not swim on a year round competitive swim team. Starts and turns for each competitive stroke will also be taught.



YOUTH LEARN TO SWIM LESSONS*Class limit based on instructor availability and pool space***PARENT/INFANT: 6-15 mos. (parent/adult in water)****Ages: 15 - 36 months 8 Classes****Weekend Classes**

Saturday	1/8-2/26	9:00-9:30am
Saturday	1/8-2/26	9:35-10:05am

Fees:	Member	\$39
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$60

PARENT/TODDLER: 15-36 mos. (parent/adult in water)**Ages: 15 - 36 months 8 Classes****Evening Classes**

Tuesday/Thursday	1/4-1/27	6:20-6:50pm
Tuesday/Thursday	2/1-2/24	6:20-6:50pm
Tuesday/Thursday	3/1-3/24	6:20-6:50pm

Weekend Classes

Saturday	1/8-2/26	9:00-9:30am
Saturday	1/8-2/26	9:35-10:05am

Fees:	Member	\$39
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$60

PARENT/YOUTH: 3-5 years (parent/adult in water)**Ages: 3-5 years 8 Classes****Evening Classes**

Tuesday/Thursday	1/4-1/27	5:45-6:15pm
Tuesday/Thursday	2/1-2/24	5:45-6:15pm
Tuesday/Thursday	3/1-3/24	5:45-6:15pm

Weekend Classes

Saturday	1/8-2/26	9:00-9:30am
Saturday	1/8-2/26	9:35-10:05am

Fees:	Member	\$39
	Non-Member/Resident	\$48
	Non-Member/Non-Resident	\$60

LEVEL 1: Intro to Water Skills**(no previous swim experience needed)****Ages: 5 & older 8 Classes****Evening Classes**

Tuesday/Thursday	1/4-1/27	5:45-6:30pm
Tuesday/Thursday	1/4-1/27	6:35-7:20pm
Tuesday/Thursday	2/1-2/24	5:45-6:30pm
Tuesday/Thursday	2/1-2/24	6:35-7:20pm
Tuesday/Thursday	3/1-3/24	5:45-6:30pm
Tuesday/Thursday	3/1-3/24	6:35-7:20pm

Weekend Classes

Saturday	1/8-2/26	10:15-11:00am
Saturday	1/8-2/26	11:10-11:55am
Saturday	1/8-2/26	12:00-12:45pm

Fees:	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

LEVEL 2: Fundamental Water Skills**Ages: 5 & older****Evening Classes**

Tuesday/Thursday	1/4-1/27	5:45-6:30pm
Tuesday/Thursday	1/4-1/27	6:35-7:20pm
Tuesday/Thursday	2/1-2/24	5:45-6:30pm
Tuesday/Thursday	2/1-2/24	6:35-7:20pm
Tuesday/Thursday	3/1-3/24	5:45-6:30pm
Tuesday/Thursday	3/1-3/24	6:35-7:20pm

Weekend Classes

Saturday	1/8-2/26	10:15-11:00am
Saturday	1/8-2/26	11:10-11:55am
Saturday	1/8-2/26	12:00-12:45pm

Fees:	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

LEVEL 3: Refined Water Skills**Ages: 5 & older 8 Classes****Evening Classes**

Tuesday/Thursday	1/4-1/27	6:35-7:20pm
Tuesday/Thursday	2/1-2/24	6:35-7:20pm
Tuesday/Thursday	3/1-3/24	6:35-7:20pm

Weekend Classes

Saturday	1/8-2/26	10:15-11:00am
Saturday	1/8-2/26	11:10-11:55am
Saturday	1/8-2/26	12:00-12:45pm

Fees:	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

LEVEL 4 A/B: Stroke Development**Ages: 5 & older 8 Classes****Evening Classes**

Tuesday/Thursday	1/4-1/27	5:45-6:30pm
Tuesday/Thursday	2/1-2/24	5:45-6:30pm

Fees:	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

LEVEL 5: Stroke Refinement**Ages: 5 & older 8 Classes****Evening Classes**

Tuesday/Thursday	3/1-3/24	5:45-6:30pm
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Fees:	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

LEVEL 6: Personal Water Safety**Ages: 8 & older 8 Classes****Weekend Classes**

Saturday	1/8-2/26	9:15-10:00am
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Fees:	Member	\$52
	Non-Member/Resident	\$64
	Non-Member/Non-Resident	\$76

AMERICAN RED CROSS CLASSES

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & older
Class Limit: 12

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

Prerequisites:

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

*Have access to the internet from home.

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

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

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

Important: Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. **NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins. STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES.** If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time.

Sundays 1/9-2/6 9:00am-4:00pm

Fees*:	Member	\$150
	Non-Member/Resident	\$175
	Non-Member/Non-Resident	\$200

*Fee includes 2017 edition of the Lifeguarding Manual, a CPR mask, guard hip-sack, & CPR/First-Aid/AED certification

AMERICAN RED CROSS LIFEGUARD REVIEW

Ages: 15 & older

This class is designed for current ARC Lifeguards to renew their certification before it expires. Individuals are expected to know the material and will be tested on the following: water skills, CPR skills, and written tests.

Please bring copy of your current Lifeguard Certificate, lifeguard textbook, and pocket mask to class. This certification is good for 2 years and includes lifeguard, CPR, AED & First Aid.

Sunday 3/13 9:00am-5:00pm

Fees:	Member	\$110
	Non-Member/Resident	\$125
	Non-Member/Non-Resident	\$140



AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 16 & older
Class Limit: 15

American Red Cross class designed to teach students how to instruct Learn-to-Swim classes.

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

*Have access to the internet from home.

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

*Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by the end of the course).

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

Saturdays 3/5-3/26 8:00am-4:00pm

Fees*:	Member	\$150
	Non-Member/Resident	\$175
	Non-Member/Non-Resident	\$200

*Fee includes WSI Manual and Water Safety book

SPECIALTY AQUATICS PROGRAMS

DIVING

Ages: 8 & older
Class Limit: 12 per instructor

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

Weekend Classes (6 classes)

Saturday BEGINNER	1/8-2/26	11:10am-12:00pm
Saturday INTERMEDIATE	1/8-2/26	12:10-1:00pm

Fees:	Member	\$65
	Non-Member/Resident	\$75
	Non-Member/Non-Resident	\$85

WATER EXERCISE CLASSES

WATER EXERCISE PASS WATER EXERCISE PROGRAM PASS

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

*The pass expires 12/31/2022.

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

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

*Passes are non-transferable & non-refundable.

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

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

Number of Classes	5	10	15	20
Member	\$24	\$45	\$64	\$80
Non-Member/Resident	\$29	\$55	\$79	\$100
Non-Member/Non-Resident	\$34	\$65	\$94	\$120

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

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

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

Ages: 15 & Older Class Limit: 30

Tuesdays & Thursdays 1/4-3/31 10:45-11:35am 26 Classes

SWAP (SHALLOW WATER AEROBICS PROGRAM)

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

Ages: 15 & older
Class Limit: 30

Mondays & Wednesdays 1/3-3/30* 9:15-10:05am 24 Classes

*No class 1/17, 2/21

TOTAL IMMERSION-DEEP WATER WORKOUT

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

Ages: 15 & older Class Limit: 15

Daytime Classes

Mondays & Wednesdays	1/3-3/30*	10:15-11:05am	24 Classes
Tuesdays & Thursdays	1/4-3/31	9:45-10:35am	26 Classes

*No class 1/17, 2/21

Evening Classes

Tuesdays & Thursdays	1/4-3/31	6:35-7:25pm	26 Classes
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2022 SUMMER STRONGSVILLE RECREATION SWIM TEAM

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

Eligibility:

The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/22 or graduating high school senior. To participate, swimmers may not be members of a homeowners association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle and backstroke on the first day of practice in order to participate. If you question your child's swimming ability, you may want to consider signing up for group or private lessons this winter. TEAM SIZE IS BASED ON POOL TIME.

Registration opens Feb 1st for members and non-members

Practice begins Tuesday, May 31, 2022 and the season concludes with the SSL Championship meet on Saturday, July 16, 2022.

New parents are required to attend the Parents' Meeting on Wednesday, May 18, 6:30pm and to volunteer during the season.

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

Practice Schedule:

Monday-Thursday	5/31-7/14	7:00-10:00am
Fridays	6/3-7/15	8:00-10:00am

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

Meets:

Tuesdays & Thursdays evenings

Team Suits:

Can be purchased at the Spirit Shop

Fees*:

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

**Includes cost of Champs t-shirt. Families receive a \$10 discount for each additional child on the swim team.*



FITNESS

Fitness Supervisor, Denise Lengal

GROUP EXERCISE, CYCLE, MIND/BODY, & ZUMBA

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

GUIDELINES FOR ALL EXERCISE CLASSES

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

GROUP CYCLE

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

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

Introduction to Group Cycle Program

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

ZUMBA PASS

Group exercise passes may be used for this class.

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

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

Fees:

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

Drop Fees:

Members	\$8	Non-Member/Residents	\$10
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UNLIMITED COMBO PASS

One year commitment and contract. Includes all Group Cycle, Group Exercise, Yoga, Pilates, Barre, Zumba, all other rec center land exercise classes, and all aquatic exercise classes.

- 1 year commitment and contract required for both payment options
- No enrollment fee!

1 Year Contract with Monthly Payments

Members \$35/month

Non-Member/Residents \$45/month

Non-Member/Non-Residents \$55/month

1 Year Contract with Payment in Full

Members \$378 (\$31.50/month)

Non-Member/Residents \$486 (\$40.50/month)

Non-Member/Non-Residents \$595 (\$49.50/month)

MIND/BODY PASS (Yoga/Barre/Pilates)

Good for unlimited Yoga, Pilates, and Barre.

- 1 year commitment and contract required for both payment options
- No enrollment fee!

1 Year Contract with Monthly Payments

Members \$24/month

Non-Member/Residents \$34/month

Non-Member/Non-Residents \$44/month

1 Year Contract with Payment in Full

Members \$260 (\$21.60/month)

Non-Member/Residents \$367 (\$30.60/month)

Non-Member/Non-Residents \$475 (\$39.60/month)

UNLIMITED MONTHLY PASS

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

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

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

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

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

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

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

Members	\$28
Non-Member/Residents	\$33
Non-Member/Non-Residents	\$38

DROP IN FEES (Good for Group Exercise, Cycle, & Mind/Body)

Members	\$8	Non-Member/Residents	\$10
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TRY A CLASS PASS (Good for Group Exercise, Cycle or Mind/Body)

Are you new to our group exercise program? Get a Try a Class Pass for your free trial of classes of your choice. Sign up for this pass at the Front Desk. (Restrictions apply. Limited to those participants who have NOT purchased a group exercise pass in the past.) Valid for 3 weeks from date of "purchase".

GROUP EXERCISE CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

Kickboxing: Intensity! Energy! Sweat! Fun!

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

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

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

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

Strength & Core: The name says it all!

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

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

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

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

HEALTH ASSESSMENT & PEAK PERFORMANCE

NUTRITIONAL CONSULT

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

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

Fees:	Member	\$65
	Non-Member/Resident	\$70
	Non-Member/Non-Resident	\$75

NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation and 2 follow up consultations.

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

Fees:	Member	\$150
	Non-Member/Resident	\$165
	Non-Member/Non-Resident	\$175

ASSESSMENTS

One of our personal trainers will measure and assess your resting heart rate, blood pressure, body fat, waist to hip ratio, cardiovascular endurance, muscular strength, muscular endurance, and flexibility. (1 hour). **Please register at the front desk.**

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

EXERCISE ORIENTATION

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

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

PERSONAL TRAINING PACKAGES

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

	One Session	Five Sessions	Ten Sessions
Members	\$43	\$200	\$375
Non-Member/Residents	\$48	\$215	\$400
Non-Member/Non-Residents	\$53	\$225	\$475



42 X 82



Fitness

Do you want to be fit, restore your function, improve your health, and increase your efficiency in the gym?

Whether you're new to fitness, trying to get back in the gym after some time away, or looking to challenge yourself to the next level, we can help.

You will become fit, healthier, stronger, and more durable than you ever thought possible.

JOIN US!

All Inclusive Membership: \$77/month (1 year commitment & contract required)
Includes unlimited 42x82 classes and access to the rec center



42x82 Five Punch Pass: \$35 members, \$40 non member resident, \$45 non member non resident, (expires 1 month from date of purchase)
Includes attendance to five 42x82 classes only

**For more information
contact
denise.lengal@strongsville.org**

KARATE

Masks optional

KIDDIE KARATE I & II - Event Center

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

Four week course in basic techniques.

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

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

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

Ages: 5 & Older **Class Limit: 20** **4 Classes**

Mondays	1/3-1/24*	5:00-5:45pm
Mondays	1/31-2/21*	5:00-5:45pm
Mondays	2/28-3/21	5:00-5:45pm
Mondays	3/28-4/18	5:00-5:45pm

*Class WILL be held on MLK and Presidents Day

Wednesdays	1/5-1/26	5:00-5:45pm
Wednesdays	2/2-2/23	5:00-5:45pm
Wednesdays	3/2-3/23	5:00-5:45pm
Wednesdays	3/30-4/20	5:00-5:45pm

Fees: \$50

KIDDIE KARATE III & IV (Orange & Green Belt) – Event Center

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

A four week course for students, (not adults), who are advanced Orange, Ni-Obi Orange, First Level Green, and Green Belt. Please contact Sensei Joe Bove at 330-351-9848 if you have questions.

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

Class Limit: 30

Mondays	1/3-1/24*	6:00-6:45pm
Mondays	1/31-2/21*	6:00-6:45pm
Mondays	2/28-3/21	6:00-6:45pm
Mondays	3/28-4/18	6:00-6:45pm

*Class WILL be held on MLK and Presidents Day

Wednesdays	1/5-1/26	6:00-6:45pm
Wednesdays	2/2-2/23	6:00-6:45pm
Wednesdays	3/2-3/23	6:00-6:45pm
Wednesdays	3/30-4/20	6:00-6:45pm

Fees: \$50

ADVANCED KARATE & ADULT BEGINNERS KARATE- Event Center

Advanced Karate is a four week course including advanced techniques of Okinawan Isshinryu Karate for higher ranking belts. PRE-

REQUISITE: ADULT BEGINNERS KARATE

Adult Beginners Karate will take place in a designated area at the same time as Advanced Karate. It will be taught by Sensei's assistant. You will learn the basic techniques of Isshinryu before joining the Advanced class. Both classes will include warm-up, stretching and cardio. Wear comfortable clothing and tennis shoes. Uniforms (Gi) may be purchased through the instructor. Come release stress or form structure while having fun learning the art of Isshinryu Karate. If you have any questions or concerns please contact Sensei Joe Bove (330)-351-9848.

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

Class Limit: 30

Mondays	1/3-1/24*	7:00-7:45pm
Mondays	1/31-2/21*	7:00-7:45pm
Mondays	2/28-3/21	7:00-7:45pm
Mondays	3/28-4/18	7:00-7:45pm

*Class WILL be held on MLK and Presidents Day

Wednesdays	1/5-1/26	7:00-7:45pm
Wednesdays	2/2-2/23	7:00-7:45pm
Wednesdays	3/2-3/23	7:00-7:45pm
Wednesdays	3/30-4/20	7:00-7:45pm

Fees: \$50



YOUTH FITNESS

INTRODUCTION TO YOUTH STRENGTH TRAINING

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

Ages: 12-14 years

Class Limit: 5

Wednesdays	1/5-1/26	3:30-4:30pm
Wednesdays	2/2-2/23	3:30-4:30pm
Wednesdays	3/2-3/23	3:30-4:30pm
Wednesdays	4/6-4/27	3:30-4:30pm

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

ENRICHMENT PROGRAMS

Recreation Supervisor, Kristen Nykiel

MISS KATIE'S PRESCHOOL PLAYGROUP

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

SOCIAL BUTTERFLIES

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

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

Mondays 11:15am-12:15pm
Fridays 9:30-10:30am

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

TINY TOTS

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

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

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

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

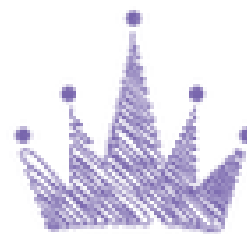
PRECIOUS PRESCHOOLERS

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

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

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

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



PRESCHOOL PREP

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

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

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

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

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

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

Age: 12 months-6 years 4 Classes/month

Mondays 8:15-9:45am
Mondays 9:15-10:45am
Thursdays 8:15-9:15am
Thursdays 9:15-10:45am

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

YOUTH DANCE CLASSES by Dance to EvOLvE

Dance to EvOLvE is teaming up with the Strongsville Rec Center to offer onsite children's dance classes. Our progressive dance classes enable kids to always take that next step to keep them challenged, learning and having fun. All toddlers and kids dance classes are great for boys and girls and they are encouraged to participate in the annual spring recital. Visit our website to get dress code information about each class at danceto evolve.com/cleveland

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

***Specializing In Boys & Girls Ages 2-7 years**

***Tap, Ballet, & Hip Hop Children's Classes**

***Heart-Warming Smiles Guaranteed!**



MAGICAL MUNCHKINS TAP / BALLET COMBO CLASS (Sr Art Studio)

This gentle introductory combination dance class of tap, ballet, tumbling and games is fun, energetic, and expressive that will have your Magical Munchkin learning all the basics for their first dance class. Classes start with tap and then transition into ballet each week. Parent (or caregivers) presence required as parents participate as needed. Dancers must be at least 24 months prior to the session starting. *Classes Held at Strongsville Rec Center*

Age: 2- young 3 year olds with caregiver participation

Class Limit: 12 6 or 7 Classes

Saturdays	1/15-2/19	9:15-10:00am	6 Classes
Saturdays	2/26-4/2	9:15-10:00am	6 Classes
Saturdays	4/9-5/28*	9:15-10:00am	7 Classes

*No class 4/23

Fees:		6 Classes	7 Classes
Members		\$110	\$118
Non-Member/Residents		\$116	\$125
Non-Member/Non-Residents		\$122	\$132

TINY MOVERS TAP / BALLET COMBO (Sr. Art Studio)

A combination dance class of tap and ballet with tumbling and dance games. This energetic and expressive class will have your Tiny Mover learning basic dance and motor skills, musicality and rhythm to reach class goals in fun creative ways. Classes start with tap and then transition into ballet each week. This is the first 'big girls and boys' class as parents are outside of the room. Dancers are welcome to join throughout the year. Class is designed to be progressive, continuing session to session until the annual spring recital.

Age: 3-4.5 years Class Limit: 15 6 or 7 Classes

Saturdays	1/15-2/19	10:05-11:00 am	6 Classes
Saturdays	2/26 - 4/2	10:05-11:00 am	6 Classes
Saturdays	4/9-5/28*	10:05-11:00am	7 Classes

*No Class 4/23

Fees:		6 Classes	7 Classes
Members		\$110	\$118
Non-Member/Residents		\$116	\$125
Non-Member/Non-Residents		\$122	\$132

STAR SHINERS TAP / BALLET COMBO CLASS (Sr Art Studio)

Keep your Star Shiner moving in this tap and ballet combination class for boys and girls. This progressive class introduces curriculum goals through fun movement allowing your dancer to be challenged while expressing themselves. Dancers develop dance, listening, and coordination skills, including an emphasis on ballet terminology and technique as they work towards the annual spring recital. Classes start with tap and then transition into ballet each week. Once a month, class will get switched up with a jazz dance day!

Age: 4.5-6 years Class Limit: 16 6 or 7 Classes

Saturdays	1/15-2/19	11:05am-12:00pm	6 Classes
Saturdays	2/26-4/2	11:05am-12:00pm	6 Classes
Saturdays	4/9-5/28*	11:05am-12:00pm	7 Classes

*No class 4/23

Fees:		6 Classes	7 Classes
Members		\$110	\$118
Non-Member/Residents		\$116	\$125
Non-Member/Non-Residents		\$122	\$132

YOUTH & ADULT CANNON IRISH DANCE CLASSES

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

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

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

PRESCHOOL IRISH DANCING (Meeting Room)

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

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

Tuesdays	1/18-2/22	1:15-2:00pm	Meeting Room
Tuesdays	3/1-4/5	1:15-2:00pm	Meeting Room
Fridays	1/21-2/25	4:30-5:15pm	Sr Art Studio
Fridays	3/4-4/8	4:30-5:15pm	Sr Art Studio

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

YOUTH IRISH DANCING (Art Studio)

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

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

Fridays	1/21 - 2/25	5:15-6:00pm
Fridays	3/4 - 4/8	5:15-6:00pm

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

IRISH DANCING FOR TEENS & ADULTS (Art Studio)

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

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

Fridays	1/2-2/25	6:15-7:15pm
Fridays	3/4-4/8	6:15-7:15pm

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

PRESCHOOL RECREATION PROGRAMS

YOGA FOR KIDS (Mind & Body Studio)

These fun-filled classes strengthen confidence and self-esteem, concentration and attention span, fine motor and gross motor skills, and help children to find inner calm and relaxation. We'll practice age appropriate poses, play games, read stories, breathe, and relax! **Instructor: Nicole Crosby**

Ages: 2-6 years Class Minimum: 3 Maximum: 10 4 Classes

Ages 2-4 (with caregiver participation)

Saturdays 1/8-1/29 12:00-12:45pm

Saturdays 2/19-3/12 12:00-12:45pm

Ages 4-6 (without caregiver participation)

Saturdays 1/8-1/29 1:00-1:45 pm

Saturdays 2/19-3/12 1:00-1:45pm

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

SNAPOLOGY JUNIOR - ABCs & 123s (Meeting Room)

Learning was never this much fun when I was a child. In ABCs & 123s, children will learn their colors, shapes, letters and numbers using DUPLO® bricks and other interactive learning toys. To strengthen children's knowledge in a fun, playful manner, children are engaged in both structured and imaginative play during each session. **Instructor: Snapology Staff**

Ages: 2-3 years (with caregiver participation)

Class Minimum: 8 Maximum: 12 6 Classes

Thursdays 1/20-2/24 10:00-10:50am

Thursdays 3/10-4/14 10:00-10:50am

Fees: Members \$97
Non-Member/Residents \$103
Non-Member/Non-Residents \$109



SNAPOLOGY JUNIOR - JUNIOR ENGINEERING (Meeting Room)

Does your little learner love to tinker and create new things? If so, they're going to love Snapology's Junior Engineers program! Young students build fun and simple models using DUPLO® blocks. By playing with and manipulating the models, they experience pulleys, levers, gears, wheels and axles while exploring energy, buoyancy, and balance. Classes include free-building time to promote creativity. **Instructor: Snapology Staff**

Ages: 2-3 years (with caregiver participation)

Class Minimum: 8 Maximum: 12 6 Classes

Thursdays 1/20-2/24 11:00-11:50am

Thursdays 3/10-4/14 11:00-11:50am

Fees: Members \$97
Non-Member/Residents \$103
Non-Member/Non-Residents \$109

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

Instructor: Soccer Shots coaches

Ages: 2-3 years (with caregiver participation)

Class Maximum: 12 6 Classes

Fridays 1/7-2/11 9:30-10:00am

Fridays 2/25-4/1 9:30-10:00am

Fees:

Residents \$90

Non-Residents \$95

SOCCER SHOTS-CLASSIC (Auxiliary Gym)

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

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

Instructor: Soccer Shots coaches

Ages: 3-5 years Class Maximum: 12 6 Classes

Fridays 1/7-2/11 10:15-10:45am

Fridays 2/25-4/1 10:15-10:45am

Fees:

Residents \$90

Non-Residents \$95

MAD SCIENCE – PRESCHOOL WORKSHOPS (Meeting Room)

Ages: 3-5 years Class Maximum: 12 Students 4 Classes

Instructor: Mad Science® Instructors

SESSION A

Keep in Touch-Touch is a very important sense and we will explore how children learn about their world through their sense of touch.

Color Lab-This workshop will introduce preschoolers to the exciting world of color.

Science of Music-Boom, tap, smack, cha-cha-cha, listen to the sounds and rhythm of the science of music.

Mad Mixtures -Erupting volcanoes, simple chemistry fun, and creating colorful modeling dough to take home comprises this fun-filled look at the world of mixtures!

SESSION B

Sea Life -Children will explore the science of the sea when they learn about what sand is made from, how shells are used by animals for protection and what animals live in the ocean.

Magnetic Attraction - Experience the poles and power of magnets in this hands-on workshop that even provides children with the opportunity to make their own magnet to take home.

Digging for Dinosaurs -Dinosaurs are always a huge hit with children, especially preschoolers. They will be introduced to the differences between meat eating and plant eating animals and will have the opportunity to look at some dinosaur teeth up close.

Let's Talk Rocks - What is a rock and what is it made of? How are rocks formed? How are they different from one another? We will take a much closer look at these abundant items and even break one open to possibly find hidden gems!

Session A	Wednesdays	2/9-3/2	5:45-6:30pm
Session B	Wednesdays	2/16-4/6	5:45-6:30pm

Fees: Members \$82
Non-Member/Residents \$86
Non-Member/Non-Residents \$90

SPROUT THERAPY

SPROUT THERAPY - PLAY

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

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

This group is ideal for children who may:

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

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

Ages: 3-5 years Class Limit: 10 Students 6 Classes

Wednesdays 3/2-4/6 10:00-10:45am
Wednesdays 3/2-4/6 6:00-6:45pm

Fees*: Members \$150
Non-Members \$162

*Once registered for the class through the Strongsville Recreation Center you will need to process payment through Sprout Therapy by contacting 440-316-2416 or sprouttherapyllc@gmail.com to let them know you have enrolled and need to pay.

SPROUT THERAPY - PRIVATE SESSIONS

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

YOUTH RECREATION PROGRAMS

MAD SCIENCE® OOEY, GOOEY, ELECTRIFYING FUN (Meeting Room)

Have hair-raising fun as you explore everything from electricity to fluorescence to some super, sticky science!

GLOW SHOW – Get glowing with fluorescence and chemiluminescence

GREAT GRAVITY – Can you defy gravity?

SUPER STICKY STUFF – What do glue, sugar water, and Velcro® have in common!

WATTS UP? – Hair-raising experiments with static electricity

Instructor: Mad Science® Instructors

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

Wednesdays 4/27-5/18 5:45-6:45pm

Fees: Members \$82
Non-Member/Residents \$86
Non-Member/Non-Residents \$90



YOUTH RECREATION PROGRAMS cont.

MAD SCIENCE® FUNKY FORCES (Meeting Room)

Join us as we explore the forces of our world and learn about the foundational blocks of physics. Inertia, Gravity, and Potential & Kinetic Energy are just some of the key concepts kids will experiment with. Observe how the four forces of flight keep airplanes in the air; create your own air blaster, and much more in Funky Forces! **Instructor: Mad Science® Instructors**

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

Session A:

Fantastic Flyers / Fundamental Forces / Che-mystery / Super Structures

Session B:

Current Events / Science of Magic / Under Pressure / Wacky Water

Session A: Wednesdays 2/9 – 3/2 5:45 – 6:45pm

Session B: Wednesdays 3/16 – 4/6 5:45 – 6:45pm

Fees: Members \$82
Non-Member/Residents \$86
Non-Member/Non-Residents \$90

CRAYOLA® IMAGINE ARTS ACADEMY® ARTBLAZERS

(Meeting Room)

History is full of revolutionary artists. Discover the inspiring artworks and artists who have changed the world of art, and the world as we know it – from Keith Haring's street art to Pablo Picasso's cubism. Experiment with art techniques and use Crayola art supplies to express your ideas. Design a different unique, artist-inspired creation each class. Create the change you want to see in the world. **Instructor: Mad Science® Instructors**

Topics Include:

ART FOR THE PEOPLE - (Keith Haring)

PICTURE PEACE - (Pablo Picasso)

STORY QUILTS - (Faith Ringgold)

WISHING TREES - (Yoko Ono)

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

Thursdays 4/28-5/19 5:45-6:45pm

Fees: Members \$82
Non-Member/Residents \$86
Non-Member/Non-Residents \$90

CRAYOLA® IMAGINE ARTS ACADEMY® WORLD OF DESIGN

(Meeting Room)

Take a journey to the farthest reaches of the imagination while learning about the rainforest, Hollywood, the ocean, Mars, and a futuristic city! Use the design thinking process to solve real-world problems in these different environments. Experiment with Crayola® products and a wide variety of art techniques like sculpting, collage, and mixed media. Discover design careers including graphic design, fashion design, board game design, and architectural and urban design. **Instructor: Mad Science® Instructors**

Session A: COMIC BOOK HEROES - Costume fashion design

GAME ON! - Board Game Design

PICTURE PERFECT - Movie Poster Design

UNIVERSAL TREEHOUSE - Designing with universal accessibility in mind

Session B: WILD ANIMATION - Animation Design

MARS HABITAT – Architectural Design

FUTUREVILLE - Urban Design

PITCH YOUR PRODUCT – Product Design

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

Session A: Thursdays 2/10-3/3 5:45-6:45pm

Session B: Thursdays 3/17-4/7 5:45-6:45pm

Fees: Members \$82
Non-Member/Residents \$86
Non-Member/Non-Residents \$90

YOUTH RECREATION CLASSES cont.

YOGA FOR TWEENS (Mind & Body Studio)

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

Instructor: Nicole Crosby

Ages: 7–11 years	Class Minimum: 4	Maximum: 12	4 Classes
Saturdays	1/8-1/29	2:00–3:00 pm	
Saturdays	2/19-3/12	2:00–3:00 pm	

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

CHALLENGE ISLAND: One Day STEAM Classes

Grades: K- 5th	Class: Minimum: 6	Maximum: 20	1 Class
Instructor: Challenge Island Instructors			

January - Polynesian Island Getaway (Meeting Room)

To escape the cold and snow we will travel to a Polynesian Island where we will build bridges over tropical reefs. We will learn about tropical sea life and explore magnetism as we plan a tropical fishing game.

Tuesday	1/18	5:45–7:15pm
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February – Valentine's Day STEAM challenge (Meeting Room)

We will create heart shaped targets and design various launchers to firing candy hearts and kisses in a super fun Valentine themed game as we learn about elasticity and kinetic and potential energy. Kids will also learn about chemistry and projections as we experiment with melting candy hearts. Other fun Valentine themed activities will keep kids well entertained!

Monday	2/7	5:45–7:15pm
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Registration Deadline: Please register at least one week (7 days) in advance.

Fees (per class):

Members	\$20
Non-Member/Residents	\$22
Non-Member/Non-Residents	\$24

CHALLENGE ISLAND

Weekly after School STEAM Program - Disaster Island (Meeting Room)

Disaster Island will take your STEAMteam® on a thrilling adventure through some of the most famous disasters in history! From the eruption of Mt. Vesuvius to the sinking of the Titanic, to the Great San Francisco Earthquake, you and your teammates will work together to overcome epic challenges using only materials in your treasure chest and the power of your own imaginations. **Instructor: Challenge Island Instructors**

Grades: K- 5th	Class Minimum: 6	Maximum: 20	6 Classes
Mondays	2/28–4/4	6:00–7:00pm	

!!The first 5 students to sign up for this program will receive a free copy of the newly released Challenge Island Book: *The Bridge to Sharktooth Island: A Challenge Island STEAM adventure!!*

Registration Deadline: Please register at least one week (7 days) in advance.

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

CHALLENGE ISLAND: SPRING BREAK MINI CAMPS (Meeting Room)

STEAM-warts, Academy of Wizards, Spells and Potions

Join us for a magical week of spellbinding adventure! You and your housemates will take a full load of Wizarding Classes from Transfiguration to Flying Broomsticks to Charms and Potions to Magical Beasts. The STEAMtastic camp will culminate with an enchanted graduation ceremony. A must for every wizard fan! **Instructor: Challenge Island Instructors**

Grades: K- 5th	Class Minimum: 6	Maximum: 20	5 Classes
Monday-Friday	4/18–4/22*	9:00am–12:00pm	

Registration Deadline: Please register at least one week (7 days) in advance.

Fees:	Members	\$175
	Non-Member/Residents	\$185
	Non-Member/Non-Residents	\$195

SlimeTopia Mini-Camp

Welcome to SlimeTopia – an ooey, gooey, squishy, squashy, slippery, stretchy slime-drenched camp extravaganza! Learn the science behind the slime while you make at least 10 different kinds of the addictively playful polymer. From butter to bubble, from fluffy to foamy, from unicorn to color changing we've got you and your teammates covered (in slime that is!). Don't miss out on this Challenge Island best seller!

Grades: K- 5th	Class Minimum: 6	Maximum: 20	5 Classes
Monday–Friday	4/18-4/22*	1:00–4:00pm	

Registration Deadline: Please register at least one week (7 days) in advance.

Fees:	Members	\$175
	Non-Member/Residents	\$185
	Non-Member/Non-Residents	\$195

**If you register for both morning and afternoon sessions, Challenge Island will provide a free supervised hour for students to stay in the classroom during this time (students should bring their own lunch if staying for both sessions).*

KIDS GARAGE SALE

Saturday, March 19
9am-12pm



See page 6 for more info

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

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

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

Session 1	Thru 12/30/21	emailed 1/3	by 1/31/22
Session 2	Thru 1/30/22	emailed 2/1	by 2/28/22
Session 3	Thru 2/28/22	emailed 3/1	by 3/31/22
Session 4	Thru 3/30/22	emailed 4/1	by 4/1/22

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

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

RED CROSS BABYSITTER BASICS ONLINE

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

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

Session 1	Thru 12/30/21	emailed 1/3	by 1/31/22
Session 2	Thru 1/30/22	emailed 2/1	by 2/28/22
Session 3	Thru 2/28/22	emailed 3/1	by 3/31/22
Session 4	Thru 3/30/22	emailed 4/1	by 4/1/22

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

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

CAT AND DOG FIRST AID ONLINE

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

Ages: 11 & older

	Registration Dates	Class Materials	Course Completion*
Session 1	Thru 12/30/21	emailed 1/3	by 1/31/22
Session 2	Thru 1/30/22	emailed 2/1	by 2/28/22
Session 3	Thru 2/28/22	emailed 3/1	by 3/31/22
Session 4	Thru 3/30/22	emailed 4/1	by 4/1/22

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

RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE

Do you know how to help someone you suspect has overdosed on opioids? This interactive 45-minute online course will provide you with the knowledge and confidence you need to respond to a known or suspected opioid overdose emergency.

In this course, you will learn:

*To recognize the signs and symptoms of an opioid overdose.

*The appropriate care to provide based on the person's breathing and level of responsiveness.

*How to give naloxone using several different products -- a nasal atomizer, Narcan ® Nasal Spray and EVZIO ® -- to reverse the effects of an opioid overdose.

This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and, does not work with Internet Explorer. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & older**

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

Session 1	Thru 12/30/21	emailed 1/3	by 1/31/22
Session 2	Thru 1/30/22	emailed 2/1	by 2/28/22
Session 3	Thru 2/28/22	emailed 3/1	by 3/31/22
Session 4	Thru 3/30/22	emailed 4/1	by 4/1/22

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

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

ADULT FIRST AID/CPR/AED ONLINE

This course will prepare you to recognize and care for a variety of emergencies. If you're taking this course to meet OSHA requirements, please check with your workplace to determine if this online-only course is acceptable. The course features award-winning simulation learning an interactive experience where you will respond to real-world emergencies in a virtual setting to help prepare you to recognize and respond to first aid, breathing and cardiac emergencies involving adults. This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and does not work with Internet Explorer. Allow approximately 2 hours 10 minutes to complete the course. NO REFUNDS will be given. Course must be completed online by course end date. VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION. **Ages: 11 & older**

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

Session 1	Thru 12/30/21	emailed 1/3	by 1/31/22
Session 2	Thru 1/30/22	emailed 2/1	by 2/28/22
Session 3	Thru 2/28/22	emailed 3/1	by 3/31/22
Session 4	Thru 3/30/22	emailed 4/1	by 4/1/22

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

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

SPORTS

Recreation Supervisor, Jason Keppler

YOUTH SPORTS

JR CAVALIERS SPRING BASKETBALL LEAGUES

(Strongsville City Schools)

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

Grades: 2 through 12 (this would be the grade they are in at the time of registration)

REGISTRATION: January 28-February 17** (a late fee will be assessed after 2/17).

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

Fees:

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

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

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

Games: Saturdays, April-May

Coaches: Parents or adults interested are encouraged to fill out an application at the Ehrnfelt Recreation Center any time during the registration period.

HEAD START LITTLE DRIBBLERS (Auxiliary Gym)

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

REGISTER at www.headstartbasketball.com

Grades: K-3

Saturdays 3/5-3/19 12:00-1:00pm

Fee: \$30

STRONGSVILLE LITTLE HOOP STARS by Jump Start Sports (Aux. Gym)

Children in preschool and kindergarten have a blast learning the FUNDamentals of basketball.

Must register at www.jumpstartsports.com/camps-and-programs

Grades: Preschool-Kindergarten

Thursdays 2/17-3/24 5:30-6:30pm or 6:30-7:30pm

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

JUMP START T-BALL CLINICS (Field TBD)

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

Must register at www.jumpstartsports.com/camps-and-programs

Ages: 3-4 years

Saturday 4/16-5/21 9:00am or 10:00am (1-hour)

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

K-2nd GRADE LACROSSE PROGRAM (Auxiliary 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 and players from the Strongsville High School Lacrosse Team. All equipment is provided.

Boys & Girls Grades: K-2 Class Limit: 24

TBD TBD

Fees:

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



YOUTH VOLLEYBALL CLINIC – 6 Week (Auxiliary Gym)

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

Boys & Girls Grades: 3-7

Class Limit: 24 8 Week Sessions

Grades 3-4/Beginner

Tuesdays	1/4-2/22	4:45-6:00pm
Tuesdays	3/1-4/26*	4:45-6:00pm

Grades 5-7/Intermediate

Tuesdays	1/4-2/22	6:00-7:15pm
Tuesdays	3/1-4/26*	6:00-7:15pm

*No clinic 4/19

Fees:

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



YOUTH SPORTS cont.**YOUTH BASEBALL, SOFTBALL & T-BALL LEAGUES**

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

Ages: 5-18 years

REGISTRATION: January 2 - March 10 (a late fee assessed after 3/10)

Boys Leagues	Res/Non-Res	Main Game Days
Boys 5-6yrs T-Ball	\$60/71	Sat
Boys 6-7yrs Coach Pitch	\$60/71	Mon, Wed, Fri
Boys 7-8yrs Adv Coach Pitch	\$60/71	Mon, Wed, Fri
Boys 9-10yrs Kid Pitch	\$65/80	Mon, Wed, Fri
Boys 11-12yrs Kid Pitch	\$65/80	Mon, Wed
Boys 13-14yrs** Kid Pitch	\$65/80	Mon-Sat
Boys 15-18yrs** Kid Pitch	\$65/80	Mon-Sat

Girls Leagues	Res/Non-Res	Main Game Days
Girls 5-7yrs T-Ball	\$60/71	Sat
Girls 7-9yrs Coach Pitch	\$60/71	Mon, Wed, Fri
Girls 9-10yrs** Modified Pitch	\$65/80	Mon-Sat
Girls 11-12yrs** Modified Pitch	\$65/80	Mon-Sat
Girls 13-15yrs** Modified Pitch	\$65/80	Mon-Sat
Girls 13-15yrs** Slow Pitch	\$65/80	Mon-Sat
Girls 16-18yrs** Slow Pitch	\$65/80	Mon-Fri

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

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

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

Games: 2 to 3 games per week beginning as early as mid-May

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

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

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

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

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

YOUTH & ADULT SPORTS**TABLE TENNIS OPEN PLAY (Event Center)**

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

Ages: All & Seniors

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

Registration Fee:

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

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

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

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

**ADULT BASKETBALL****MEN'S 18+ 4-ON-4 BASKETBALL LEAGUE (Rec Center Main Gym)**

Registration for all teams is 12/6 through 12/21. Registration will be on a first pay first serve basis.

Tuesdays 1/11-4/12(tentative) 6:30-10:30pm

Ending and play dates subject to change

Fees:

Per Team (Limit: 12 teams)	\$200
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game

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

Ages: 18 & Older

Sunday Co-Ed 6's	Double Headers	\$270	10:30am-10:00pm
Monday Co-Ed 4's	Double Headers	\$190	6:00-10:00pm
Wednesday Women's 6's	Double Headers	\$270	6:00-10:00pm

9 weeks plus playoffs

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

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

Contact Brian and Steve at the emails below to register:

Bvman15@gmail.com

Steve.neoathletics@gmail.com

ADULT SOFTBALL LEAGUES

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
Co-Ed Friday PM Single Header	\$360**	\$80	\$32/game

Late April - Late August

6:30-10:30pm

24 Team Limit

* Registration fee includes a professional stat service and balls

*Divisions may be combined if there is not enough teams for any division

Men's Sunday Church	\$370*	\$80	\$32/game
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Late April - Late August

4:00-9:00pm

16 Team Limit

* Registration fee includes a professional stat service and balls

Men's Sunday AM Double Header	\$461**	\$135	\$32/game
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Upper, Middle and Lower Divisions

Late April - Late August

9:00am-1:00pm

16 Team Limit

* Registration fee includes a professional stat service and balls

*Divisions may be combined if there is not enough teams for either one.

Men's Tuesday Double Header	\$526*	\$135	\$32/game
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Late April - Late August

6:30-10:30pm

12 Team Limit

* Registration fee includes a professional stat service and balls

Men's Thursday Double Headers	\$526*	\$135	\$32/game
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Late April - Late August

6:30-10:30pm

12 Team Limit

* Registration fee includes a professional stat service and balls

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

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

SILVER MUSTANG MEMBERSHIP

MEMBERSHIP FEES

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

MEMBERSHIP BENEFITS

*Silver Mustang newsletter
*Free birthday lunch certificate the month of your special day
*Free lunch certificate for membership purchase/renewal
*Discounted program/activity fees

Non-Member Daily Drop-in Fee: Residents - \$3; Non-Residents-\$5

FITNESS, FUN FRIENDSHIP

S.M.I.L.E.

So Much Improvement with a Little Exercise

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

Ages: 50 & older

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

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

BETTER BALANCE

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

Ages: 50 & older

Mondays, Wednesdays, & Fridays 10:15-11:00am
Tuesdays & Thursdays 12:30-1:15pm

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

FUNCTIONAL TRAINING

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

Ages: 50 & older

Mondays, Wednesdays & Fridays

Instructor: Mary Lea Kirby

10:15-11:00am

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

CARDIO FIT

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

Ages: 50 & older

Mondays, Wednesdays & Fridays

Instructor: Mary Lea Kirby

11:15am-12:00pm

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



"THE CENTER OF LIFE"

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

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

Ages: 50 & older

Tuesdays or Thursdays	9:15-10:00am	
Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members		\$6
Non-Residents/Non-Members		\$7

ASIAN EXERCISE – Including Tai Chi

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

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

Mondays	9:15-10:00am	
Fees:	Monthly	Drop-In
Members	Varies Monthly	\$6
Residents/Non-Members		\$7
Non-Residents/Non-Members		\$8

YOGA

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

Ages: 50 & older

Tuesdays	10:15-11:15am	Instructor: Megan Ruggerio
Thursdays	10:30-11:30am	Instructor: Tami Haberman
Thursdays	1:30-2:30pm	Instructor: Tami Haberman
Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members		\$6
Non-Residents/Non-Members		\$7

RHYTHM AND MOVEMENT

This class includes simple moves and steps using a variety of rhythmic music. Move at your own pace, while using a full range of motion; all set to motivating and energizing music.

Ages: 50 & older **Instructor: Betty Lekan**

Wednesdays	10:00-11:00am	
Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members		\$6
Non-Residents/Non-Members		\$7

TAP DANCING

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

7 Week Session Minimum class size: 4

Ages: 50 & Over	Instructor: Peggy Stockdale	
Thursday	2/3-3/31* 9:30-10:30am	Beginners
Thursday	2/3-3/31* 10:30-11:30am	Intermediate

*No classes 2/17 & 3/17

Tuesdays	10:00-11:00am	
Fees:		
Members		\$38
Residents/Non-Members		\$40
Non-Residents/Non-Members		\$44

LINE DANCING

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

Ages: 50 & older**Instructor: Mary Harwood**

Tuesdays	10:00-11:00am	
Fees:	Monthly	Drop-In
Members	Varies Monthly	\$6
Residents/Non-Members		\$7
Non-Residents/Non-Members		\$8

PICKLEBALL

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one and designed to be played by all ages. It is played on a badminton court with the net lowered to 34 inches at the center. Bring your own paddle and join in on this popular sport. Experienced players as well as those that have never held a paddle are welcome.

Ages: 50 & older

Open Play	Mondays	9:00-11:00am
	Thursdays	9:00-11:00am
Drop in Fees:	Members	Non-Members
	\$2/day	\$5/day

Wii BOWLING

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

Ages: 50 & older

Tuesdays	12:00pm	
Fees:	Monthly	Drop-In
Member	Varies Monthly	\$2
Non-Member/Resident		\$3
Non-Member/Non-Resident		\$5

BINGO

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

Ages: 50 & older

Fridays*	12:30-3:00pm	
*No play 4/15		
Drop-In Fees**:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

****Additional Fees: 25 cents per card**

FANTASY WALK

Looking for a unique and exciting way to get healthy, lose weight and have more energy? Join us for the return of our popular Fantasy Walk. Starting on February 1st, we're "walking" 335 miles to the windy city of Chicago. Our goal is to be in Chi-town by April 30th.

Fantasy walkers will wear pedometers wherever they go, record their miles once a week at the Senior Center and check their progress on our map. Registration is required.

Ages: 50 & older	Registration required	
Fees:	Member	\$22 or \$7*
	Non-Member/Resident	\$24 or \$9*
	Non-Member/Non-Resident	\$28 or \$13*

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

FITNESS, FUN FRIENDSHIP cont.**CARDS AND OTHER GAMES****Ages: 50 & older**

Bridge	Mondays	12:30-3:00pm
Bunco	Thursdays	9:30-11:30am
Rummikub/Dominoes	Tuesdays	1:00-3:00pm
Mah Jongg	Wednesdays	1:00-3:00pm
Pinochle	Tuesdays	12:25-3:00pm
Pinochle Instruction	Wednesdays	9:30am
Open Play	Thursdays	12:15-3:00pm
Open Play	Fridays	12:30-3:00pm
Table Tennis/Billiards *	Fridays	12:30-4:00pm

*No play 4/15

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

MOVIE MATINEE

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

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

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

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

Ages 50 & older

Wednesdays/Thursdays/Fridays	9:30-11:30am	
Fees:	Monthly	Drop-In
Members	Varies Monthly	\$4
Residents/Non-Members		\$5
Non-Residents/Non-Members		\$6

SAWDUST FOR BEGINNERS (Senior Center Wood Shop)

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

Ages 50 & older

Mondays	2/7 & 2/14	9:30am-2:00pm*
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*Lunch break from 11:30am-12:00pm

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

WOOD CARVING (Senior Center Wood Shop)

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

Coordinator: Dave Hoelter**Ages: 50 & older**

Tuesdays	1:00 - 3:00pm
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Participants pay for own tools and materials

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

WOOD SHOP REPAIR SERVICE(Senior Center Wood Shop)

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

ART & CRAFT CLASSES**WATERCOLOR**

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

Ages: 50 & older**Instructor: Judi Roszak**

Thursdays or Fridays	9:30-11:30am
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Fees:	Monthly	Drop-In
Members	Varies Monthly	\$10
Residents/Non-Members		\$11
Non-Residents/Non-Members		\$12

CLASSICAL PAINTING SECRETS

Learn to paint and/or improve your painting skills and knowledge, with step by step instructions in a non-competitive environment. Basics such as color theory, composition, and glazing will be taught hands on by your instructor. All levels welcome, using acrylics/oils/watercolor and mixed media. Instructor offers two separate classes; one Tuesdays and one Thursdays. Students provide own materials; palette list available at Senior Registration Desk. Registration required.

Ages: 50 & older**Instructor: Joanne Richter**

Tuesdays or Thursdays*	1:00-3:30pm
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*No classes in January

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

QUILTING

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

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

Mondays	1:00-3:00pm
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Drop-In Fees:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

CREATIVE CRAFTERS

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

Ages 50 & older

Wednesdays	10:00am-1:00pm
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Drop-In Fees:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

WARM UP AMERICA

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

Ages: 50 & older

Thursdays	1:00-3:30pm
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Drop-In Fees:	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

COMMUNITY SUPPORTS GROUPS

MEMORY LOSS SUPPORT GROUP

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

Ages: 50 & older

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

LOW VISION SUPPORT GROUP

Have changes in vision impacted your daily life?

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

Ages: 50 & older

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

CONSULTATIONS

HEARING AID SERVICES

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

Tuesdays 1/11, 2/8, 3/8, 4/12 10:00am **Free**

ATTORNEY

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

1st Tuesday 9:20-11:30am Erica Skerl

4th Friday of the Month 10:00-11:20am Sam Butcher

Free

POST OFFICE ON WHEELS

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

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

MEDICARE COUNSELING

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

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

BENEFITS CHECK UP

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

Ages: 50 & older **Free**

Friday 1/7 9:15am-12:00pm

Friday 2/4 9:15am-12:00pm

Friday 3/4 9:15am-12:00pm

Friday 4/1 9:15am-12:00pm

PROGRAMS

2022 BOOK DISCUSSION GROUP

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

Month	Book	Discussion Date
January	The Mother-In Law by Sally Hepworth	1/24
February	The Lost Man by Jane Harper	2/28
March	The Island of Sea Women by Lisa See	3/28
April	Inheritance: A Memoir of Genealogy, Paternity & Love by Dani Shapiro	4/25

COMPUTER INSTRUCTION (Senior Computer Lab)

One on One Sessions

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

Ages: 50 & older

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

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



TOURNAMENT TIME

Looking for some indoor friendly competition this winter? Join us at the Senior Center as we host a Dart and Mustang Horseshoe Tournament. Each event will be bracketed with prizes awarded to the top three winners in each event! You can sign up for one or both tournaments. Registration required.

Ages: 50 & over

Dart Tournament

Monday 1/10 12Noon Registration required by 1/6

Mustang Horseshoes

Tuesday 2/15 1:30pm Registration required by 2/11

Fees (for each tournament)

Members	\$5
Non-Member/Residents	\$6
Non-Member/Non-Residents	\$7

PROGRAMS cont.**LINE DANCE JAMBOREE 2022**

Our 21st Annual Line Dance Jamboree is sure to be a two stepping, good time! Your admission cost includes continental breakfast, boxed lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps, and learn some new ones too!

Ages: 50 & older

Date TBA 9:00am-3:00pm

Fees: TBA

CLEVELAND GUARDIANS (FORMER CLEVELAND INDIANS)**HOME OPENER WATCH PARTY CELEBRATION**

Let's celebrate the Cleveland Guardians home opener with a Watch Party. We'll have the game streaming *live* on our new state of the art 12' x 9' video wall! We'll fuel ourselves with stadium favorites: hot dogs, soda, peanuts and more! The party includes games and raffles too. Together, we'll cheer our Guardians to a win. Wear your favorite Guardians attire, and join the fun. Registration with payment is required by March 23rd.

Ages: 50 & older

Thursday 3/31 TBA

Fees:	Members	\$7
	Non-Member/Residents	\$8
	Non-Member/Non-Residents	\$10

**AGING IN PLACE**

Making your home accessible does not have to be expensive. At this presentation, a representative from Maximum Accessible Housing of Ohio will define aging in place and cover the accessibility basics that make a home safe and comfortable for aging. Aging in place sessions will focus on the following topics accessibility features that cost under \$100, exterior accessibility features and considerations, bathroom accessibility features, modifications, and considerations, kitchen accessibility features, modifications, and considerations and new technology for improved home safety and comfort. Registration is required.

Ages: 50 & older

Date: TBA Free

BRINGING UNIVERSAL DESIGN HOME

Discover how to bring the seven principles of Universal Design to your home. Universal design, also called barrier-free design, focuses on making the house safe and accessible for everyone, regardless of age, physical ability, or stature. A representative from Maximum Accessible Housing of Ohio will give clear examples on having a Universal Design Home. Registration required.

Ages: 50 & older

Date: TBA Free

SAFE AT HOME

Most accidents that cause Senior Citizens harm occur right in their own home. If you are looking to make sure your house is safe so that you can remain in it as you age this is the program for you. A representative from Maximum Accessible Housing of Ohio will explain ways to increase safety throughout your home, from falls prevention to basic security. Registration required

Ages: 50 & older

Date: TBA Free

MUSTANGS ON THE GO!**THE RIVERS CASINO IN PITTSBURGH, PENNSYLVANIA**

Feeling lucky this winter? Located in Pittsburgh, Pennsylvania, the casino features over 3000 state-of-the-art slots, video poker, exciting progressives and over 100 table games. Package includes motorcoach transportation and reservations at the casino with a bonus. The current bonus is \$25 slot per person (\$20 slot plus \$5 food-subject to change). Gamblers will get to play from 11am-4pm.

Ages: 50 & older

February TBA 7:45am-7:00pm

Fees:

Members	\$48
Non-Member/Residents	\$50
Non-Member/Non-Residents	\$54

Registration Dates

12/28
1/4
1/11

**MARCH MAPLE MAGIC!**

Come enjoy the start of Maple Sugaring season as we visit Geauga County, a delightful little slice of Vermont in Northeast Ohio. We'll start at the End-of-the-Commons - Ohio's Oldest General store - situated in Mesopotamia, a genuine Amish village. Next, we'll enjoy a hearty *Pancake Breakfast* at Mary Yoder's Amish Restaurant in Middlefield. No one leaves hungry at this Amish restaurant that also offers a gift shop and Bakery - they are well known for their Cheesecake! We'll go around the corner to stop at Rothenbuehler's Family Cheese shop and learn about their generations of cheese-making success with time to shop! We'll visit Burton - *Pancake Town USA* and experience a unique Maple Sugaring Experience at the **SUGAR SHACK** to see how Sap boils down to Mother Nature's sweet treat! We'll continue on to Chardon and visit Sage's Family Farm Market and learn about their family run operation. This trip is a fun, little winter getaway so bring your friends on this adventure.

Ages: 50 & older

Tuesday 3/8 8:45am-4:30pm

Fees:

Members	\$55
Non-Member/Residents	\$57
Non-Member/Non-Residents	\$61

Registration Dates

12/21
12/28
1/4

KIDS GARAGE SALE

Saturday, March 19
9am-12pm



See page 6 for more info

MUSTANGS ON THE GO! cont.**HISTORIC HOUSES OF WORSHIP TOUR**

Enjoy an inspirational tour with your friends for a wonderful Easter time adventure. Cleveland enjoys a wealth of riches in museum-quality churches built by the many ethnic groups that came here and brought their religious heritage and devotion with them. Our JKL Tour guide will lead us into each Church/Synagogue, where we'll be met by a congregation member. We will learn the fascinating and unique stories behind these remarkable holy places of worship and gain a glimpse into the lives of the people who built them and whom they served. Bring your camera to photograph the handsome architecture, old-world craftsmanship and priceless statues & windows created long ago. Our trip will start by seeing the historic **St. CASIMIR** in Cleveland. This beautiful church highlights its wonderful architectural elements and surprising history. Next, we'll travel to the Tremont area to tour **St. Peter and Paul Ukrainian**, which is a church we've never visited before! Next, we'll enjoy an elegant lunch at **PIER W.**

After lunch, we will see historic **St. Michael Church**, built by **German and Irish** immigrants. And we'll complete our inspirational day at **Immanuel Lutheran**, an icon of the Tremont community and an important player in more recent Cleveland history. *Please note that churches are subject to change due to funerals or other unexpected events.*

Ages: 50 & older

Thursday 4/7 8:30am-4:30pm

Fees:		Registration Dates
Members	\$95	2/8
Non-Member/Residents	\$97	2/15
Non-Member/Non-Residents	\$101	2/22

HISTORIC AND ETHNIC TOUR OF CLEVELAND - PART 1

Cleveland's International Heritage is based on its history and the many immigrant groups that came here in search of a better life, while maintaining the rich tradition, legacies and customs of their native lands. Come join us as we explore to see many of the different ethnic cultures and learn the history that makes Cleveland a wonderful mosaic of people and places. Personally escorted by JKL TOURS, our tour will take us to visit a number of ethnic and historic places where immigrants came to build their lives and legacies in this place we call home. We'll start by seeing where **Moses Cleaveland** first landed in 1796, and learn about the Connecticut Land Company. We'll see where later immigrants settled like *Irishtown Bend* and stop at **German** and **Lebanese** shops to sample their wares and see a special **Asian** market in our own **Chinatown** that draws shoppers from all over Ohio. We'll go by an Ohio City church that helped slaves on the Underground Railway escape to the banks of the Cuyahoga, for boats to take them to Canada. And we'll have our morning stop at the famous Westside Market (feel free to bring a cooler to keep any purchases fresh!) We'll have lunch included at The **BALATON** Hungarian Restaurant, for a wonderful meal where there are four different entrée choices and no one leaves hungry! After lunch, we'll see where John D. Rockefeller got his start and where Abraham Lincoln visited twice and the memorial that stands to him, right on Public Square. We'll learn about the Van Sweringens, who started as small, real estate investors and became reclusive railroad tycoons who built Terminal Tower – the second tallest building in the US, when it opened in 1929! We'll see Cleveland's University Circle and the well-known **Little Italy**, but also visit the original area of **Big Italy**, and its most famous inhabitant, whose product became a worldwide success and is probably in your kitchen today. Our special Historic and Ethnic Tour of Cleveland combines culture, food, history and an amazing lunch, to give you a unique view of the rich tapestry of peoples and heritage that make Cleveland, "The Best Location in the Nation." We've packed a lot into this adventure, so gather your friends and join us for this fun tour.

Ages: 50 & older

Wednesday 5/4 8:00am-5:00pm

Fees:		Registration Dates
Members	\$91	3/9
Non-Member/Residents	\$93	3/16
Non-Member/Non-Residents	\$97	3/23

Great mornings served here!



Strongsville
Parks
Recreation
Senior
Services

Served Monday-Friday
8:00am-10:00am

Please enter through the
Recreation Center.

crossroadscafe
at Ehrnfelt Rec Center
CARRY-OUT AVAILABLE

Omelet \$5.50
Bacon & Cheese, Sausage & Cheese, Ham & Cheese,
Veggies & Cheese with Mushrooms, Onions & Green Peppers,
Hash Browns, Toast

2 Eggs & Hash Browns \$3.50
Bacon or Sausage with Toast

Egg Sandwich \$3.00
Bacon & Cheese or Sausage & Cheese

French Toast \$3.00
Bacon or Sausage \$1.00 extra

Oatmeal \$2.00

Toast and Jelly \$1.00

Hash Browns \$1.25

Coffee or Orange Juice \$1.00

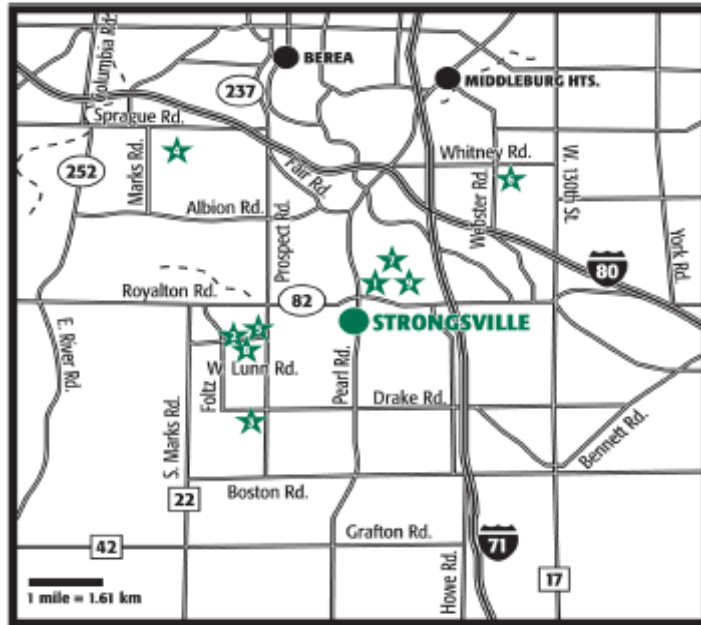
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18100 Royalton Road, Strongsville www.strongsville.org

RECREATION PARKS AND AMENITIES

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

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



- 1. Rec Park #1 - 18100 Royalton Road:** Located behind the Ehrnfelt Recreation Center. This park offers Rademaker, Cross & Finely Fields, batting cages, vending machines and restrooms. There is a playground located nearby and four tennis courts.
- 2. Rec Park #2 - 16109 Foltz Parkway (South of Rt 82):** Located in Foltz Industrial Parkway near the City service center. This park offers Foltz 1 and Foltz 2 Fields, playgrounds, a basketball court, two pavilions and picnic tables. Only one pavilion has electricity, restrooms and running water.
- 3. Rec Park #3 - 21273 Drake Road:** Located at intersection of Drake Rd and Prospect. This park offers Wood and Sprague Fields. Each field has a pavilion with picnic tables, two grills, four electrical outlets/pavilion, playgrounds, and portable restrooms nearby.
- 4. Nichols Field - 227070 Sprague Road:** Located at Sprague and Marks Road. This park offers a baseball field, pavilion with eight electrical outlets, ten picnic tables, two grills and a playground.
- 5. Volunteer Park- 21410 Lunn Road:** Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) fields and two little league fields (Roth & Kalinich) are at this location. This park also offers batting cages, horseshoe pits, 1/2 mile paved walking paved, vending machines, restrooms, pavilion with picnic tables, 8 electrical outlets and 12 picnic tables, bocci ball courts and playground.
- 6. Surrarrer Park - 14625 Whitney Road:** Located at the corner of Webster and Whitney Roads (east of I-71). James Field is at this location along with 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.
- 7. Backyard Preserve - 18100 Royalton Road:** Located behind the Ehrnfelt Recreation Center. This park offers and outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.
- 8. Youth Sports Park - 21255 Lunn Road:** Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). This park offers one regulation football field, two flag football fields, three little leagues fields and one pavilion with electric. Use by permit only.
- 9. Castletown Pavilion - 18100 Royalton Road:** Located between the Strongsville Library and Castletown Playground this pavilion has electrical outlets and a grill.

PARK GUIDELINES

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

*Alcohol and tobacco use if prohibited in all recreation parks.

*Bocci courts, horseshoe pits and basketball courts cannot be reserved with pavilion. There is a 1-hour time limit if others are waiting to use these facilities.

*Reservations are also required for use of pavilions.

*Pets are required to be on a leash at all times.



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STRONGSVILLE RECREATION
DEPARTMENT**



EHRNFELT RECREATION CENTER: (440)580-3260 * EHRNFELT SENIOR CENTER: (440)580-3275

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