

Strongsville Recreation Department

18100 Royalton Road, Strongsville, OH 44136
(440) 580-3260 www.strongsville.org

UPDATED: OCTOBER 30, 2020



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.

SPECIAL HOURS & CLOSINGS

Thursday, November 26	Thanksgiving	CLOSED
Thursday, December 24	Christmas Eve	6:00am-1:00pm
Friday, December 25	Christmas	CLOSED
Thursday, December 31	New Year's Eve	6:00am-5:00pm
Friday, January 1, 2021	New Year's Day	CLOSED

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.
- Enrollment will be limited due to social distance requirements.
- NO REFUNDS/MAKE UPS FOR MISSED CLASSES. No drop-ins at this time.
- You may register in-person, by phone, or online unless otherwise indicated for specific programs.

COVID-19 GUIDELINES

- Patrons must pass through front desk temperature check point. Anyone with a temperature 100 or above will be denied access.
- Masks are required when not exercising unless otherwise indicated.
- Drinking fountains are NOT available.
- Patrons are responsible for cleaning exercise equipment before and after use.
- All applicable guidelines issued by the State of Ohio indicated by the Responsible Restart Protocols and Requirements are in effect.

HOLIDAY GIFT CERTIFICATE PROMOTION

Receive a
FREE \$5 promotional gift certificate*
for every \$50 gift certificate purchased
December 1-24, 2020.

**The free \$5 promotional gift certificate is only
redeemable January 1-April 30, 2021.*



RECREATION CENTER MEMBERSHIP PACKAGES

- **You have two payment options:**
 - **Option 1:** Pay for the entire year membership at the time of purchase.
 - **Option 2:** Sign an annual membership contract and pay monthly by credit card.
- Any 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.

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.

Resident means an individual who is legally living within a permanent residence in the City of Strongsville.

OPTION 1: Pay for entire year at time of purchase

	<u>RESIDENT or FT Worker in Strongsville</u>	<u>NON-RESIDENT</u>
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

	<u>RESIDENT or F/T Worker in Strongsville</u>	<u>NON-RESIDENT</u>
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.

30-DAY COLLEGE STUDENT PASS

College students can utilize the rec center while home on winter break. Show us your valid college ID or next semester's class schedule or tuition bill to purchase this pass that is good for 30 days.

Choose your start date anytime between November 20-December 31, 2020

Pass can be applied towards yearly membership fee before the pass expires.
Pass does not make customer eligible for benefits granted to full-year members,
including member pricing

Strongsville Residents Pass Fee: \$30
Non-Resident Pass Fee: \$40



Celebrate!

with your own

Private Swim & Gym Parties

At Strongsville's Ehrnfelt Recreation Center

For Reservations: 440-580-3270



PRIVATE SWIM PACKAGES				
	Ahoy Mates! (Pirate Ship)	Ship & Slide! (Pirate Ship & Slide)	Slide & Dive! (Slide & Diving Boards)	Out to Sea! (Pirate Ship, Slide & Diving Boards)
SATURDAYS: 2 HOURS Room: 2:45-4:45pm Pool: 3:45-4:45pm				
Member	\$275	\$300	\$300	\$325
Non-Member	\$325	\$350	\$350	\$375
SUNDAYS: 2 HOURS Room: 1:00-3:00pm Pool: 2:00-3:00pm				
Member	\$450	\$500	\$500	\$550
Non-Member	\$500	\$550	\$550	\$600
SUNDAYS: 3 HOURS Room: 1:00-4:00pm Pool: 2:00-4:00pm				
Member	\$650	\$700	\$700	\$750
Non-Member	\$700	\$750	\$750	\$800



PRIVATE SWIM & GYM PACKAGES				
	Ahoy Mates! (Pirate Ship)	Ship & Slide! (Pirate Ship & Slide)	Slide & Dive! (Slide & Diving Boards)	Out to Sea! (Pirate Ship, Slide & Diving Boards)
SUNDAYS: 2 HOURS Room: 1:00-3:00pm Gym: 1:30-2:30pm Pool: 2:00-3:00pm				
Member	\$550	\$600	\$600	\$650
Non-Member	\$600	\$650	\$650	\$700
SUNDAYS: 3 HOURS Room: 1:00-4:00pm Gym: 1:30-2:30pm Pool: 2:00-4:00pm				
Member	\$750	\$800	\$800	\$850
Non-Member	\$800	\$850	\$850	\$900



PRIVATE GYM PACKAGES			
	SATURDAYS: 2 HOURS Room: 3-5pm Gym: 4-5pm	SUNDAYS: 2 HOURS Room & Gym: 12-2pm	SUNDAYS: 3 HOURS Room & Gym: 11:30-2:30
Member	\$200	\$300	\$350
Non-Member	\$250	\$350	\$400

Temperatures taken upon entry • Mask are Required

AQUATICS

Aquatic Supervisor, Patti Welker

AQUATIC CENTER SPECIAL HOURS

Saturday, November 7	CLOSED	USA Swim Meet
Thursday, November 26	CLOSED	Thanksgiving
Wednesday, December 2	Close at 4pm	HS Swim Meet
Wednesday, December 9	Close at 4pm	HS Swim Meet
Wednesday, December 16	Close at 4pm	HS Swim Meet
Thursday, December 24	Close at 12:30pm	Christmas Eve
Friday, December 25	CLOSED	Christmas Day
Thursday, December 31	Close at 4:30pm	New Year's Eve
Friday, January 1, 2021	CLOSED	New Year's Day

(The ENTIRE aquatic center is closed during swim meets, including the hot tub.)

AQUATIC CENTER REGULATION/RULES

ALTERNATIVE SWIM WEAR

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

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

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

REGISTRATION AND POLICIES

- Refunds/credits will not be granted without medical documentation. Changes in personal schedules will not constitute a refund/credit.
- 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 book until a few days before the start of a new session with the intent of trying to fill spots that are still open.
- Please be aware that when phone calls are made to those on the wait list, registration is on a first come basis no matter what number you are on the wait list. This is only a courtesy call letting you know that at that particular time, there are openings in the class if you still wish to sign up. It does not mean that a spot is being held for you and the spot(s) may be filled by the time you call back.

LEARN-TO-SWIM LESSONS

For more information on Learn to Swim, or if your child has any special needs, please contact Aquatic Supervisor, Patti Welker X 5269. [Registration for November Learn to Swim and Aquatic Programs starts 10/17/2020.](#)

PARENT/TODDLER: 15-36 mos. (parent/adult in water)

Parent/adult will be guided by a deck instructor to teach basic swimming skills like breath control, floating, kicking, rolling over and safe water practices. The instructor will use games and equipment to enhance the child's learning. Parent/adult and child are in the water. ONE PARENT/ADULT PER CHILD.

Ages: 15 - 36 months	Class Limit: 5 child/adult pairs	
Tuesdays & Thursdays	11/3-11/19	11:00-11:30am
Saturdays	11/14-12/19	10:40-11:10am
Saturdays	11/14-12/19	11:20-11:50am

Fees:	Member	\$48
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$72

PARENT/PRE-SCHOOL: 3-5 years (parent/adult in water)

Parent/adult will be guided by a deck instructor to teach their child swimming skills like breath control, floating, kicking, rolling over and safe water practices. The instructor will use games and equipment to enhance the child's learning. Parent/adult and child are in the water. ONE PARENT/ADULT PER CHILD.

Ages: 3-5 years	Class Limit: 5 child/adult pairs	
Tuesdays & Thursdays	11/3-11/19	11:40am-12:20pm
Saturdays	11/14-12/19	9:00-9:40am
Saturdays	11/14-12/19	9:50-10:30am

Fees:	Member	\$48
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$72

PARENT/PRIMARY: 5-8 years (parent/adult in water)

Parent/adults will be guided by a deck instructor to teach their child bobs, floats, glides, rolling over, swimming on front/back, and safe water practices. Parent/adult and child are in the water. ONE PARENT/ADULT PER CHILD. No previous swim experience is necessary for child.

Ages: 5-8 years	Class Limit: 5 child/adult pairs	
Saturdays	11/14-12/19	9:00-9:40am
Saturdays	11/14-12/19	9:50-10:30am
Saturdays	11/14-12/19	10:40-11:20am

Fees:		
Member		\$48
Non-Member/Resident		\$60
Non-Member/Non-Resident		\$72



SMALL GROUP INSTRUCTION – REFINED WATER SKILLS

Must be previously enrolled in ERC level 3 or comfortable swimming unassisted front and back crawl 15 yards (length of activity pool). Instructor on deck and in the water. ONE ADULT PER CHILD.

Ages: 5 & older	Class Limit: 5 students	
Saturdays	11/14-12/19	9:00-9:40am
Saturdays	11/14-12/19	9:50-10:30am
*No Class 11/7 & 11/28		

Fees:	Member	\$48
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$72

SMALL GROUP ADVANCED INSTRUCTION – STROKE DEVELOPMENT

Must be previously enrolled in ERC level 4, pass current small group or have a knowledge of front crawl, back crawl, elementary backstroke, breaststroke and butterfly. Diving and personal water safety will be introduced into this class. Instructor on deck and in the water.

Ages: 5 & older	Class Limit: 5 students	
Saturdays	11/14-12/19	10:40-11:20am
Saturdays	11/14-12/19	11:30am-12:10pm

Fees:	Member	\$48
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$72

LIFEGUARD CLASS

RED CROSS LIFEGUARD TRAINING

Candidates will learn the skills necessary to prevent and respond to aquatic emergencies. First Aid, CPR/PR and AED included. Prerequisites:

- Students must be 15 years old by the completion of the class.
- Must bring proof of age to first class (driver's license, birth certificate).
- Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yard. 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 10 lb. brick from a depth of 7-10 feet.

IMPORTANT: Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. NO REFUNDS WILL BE GIVEN TO STUDENTS WHO ARE UNABLE TO COMPLETE THE REQUIRED RED CROSS SKILLS BY THE END OF THE CLASS. It is recommended that students practice these skills before the class begins. ***A 2017 edition of the Lifeguard Manual can be downloaded for free at <https://www.redcross.org/store> or purchased at the front desk for \$40 prior to the first class.**

Students are expected to attend all classes. If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule an instructor to teach the material outside of the normal class time.

Ages: 15 & over	Class Limit: 9	6 Classes
Mon/Tues/Wed	12/21-12/30	8:00am-5:00pm

Fees:	Member	\$96
	Non-Member/Resident	\$110
	Non-Member/Non-Resident	\$120

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

Ages: 15 & older	Class Limit: 12		
Mondays & Wednesdays	10/26-11/30*	9:10-10:00am	10 Classes
Mondays & Wednesdays	12/2-12/16	9:10-10:00am	5 Classes
*No Class 11/25			

Fees:	5 Classes	10 Classes
Member	\$20	\$40
Non-Member/Resident	\$25	\$50
Non-Member/Non-Resident	\$30	\$60

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

Ages: 15 & Older	Class Limit: 12		
Tuesdays & Thursdays	10/27-11/24	9:45-10:35 am	9 Classes
Tuesdays & Thursdays	12/1-12/17	9:45-10:35 am	6 Classes

Fees:	6 Classes	9 Classes
Member	\$24	\$36
Non-Member/Resident	\$30	\$45
Non-Member/Non-Resident	\$36	\$54

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

Ages: 15 & older	Class Limit: 20		
Mondays & Wednesdays	11/2-11/30*	10:15-11:05am	8 Classes
Mondays & Wednesday	12/2-12/16	10:15-11:05am	5 Classes
*No Class 11/25			

Fees:	5 Classes	8 Classes
Member	\$20	\$32
Non-Member/Resident	\$25	\$40
Non-Member/Non-Resident	\$30	\$48

FITNESS PROGRAMS

Denise Lengal, Fitness Supervisor

Bring your own mat & water.

No water fountains available.

Mask required when not exercising.

PERSONAL TRAINING

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.

PERSONAL TRAINING

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.

Fees:	One Session	Five Sessions	Ten Sessions
Members	\$43	\$200	\$375
Non-Member/Residents	\$48	\$215	\$400
Non-Member/Non-Residents	\$53	\$225	\$415

BACK TO BUSINESS PERSONAL TRAINING SPECIAL

Fee: 10 Sessions for \$275 (must purchase by December 31, 2020)

GROUP PERSONAL TRAINING

HILLS AND DRILLS TRAINING

Build power and stamina on the bike, then onto high intensity resistance training off the bike.

Ages: 15 & Older		Class Limit: 10	
Tuesdays	11/3-11/24	8:30-9:20am	4 Classes
Tuesdays	12/1-12/29	8:30-9:20am	5 Classes

Fees:	4 Classes	5 Classes
Member	\$20	\$25
Non-Member/Resident	\$25	\$30
Non-Member/Non-Resident	\$30	\$35

BARRE TRAINING

If you like to "feel the burn" this class is for you! Emphasis on the importance of form and alignment, while performing low-weight, high-rep exercises, will leave every body part stronger and more defined.

Ages: 15 & Older		Class Limit: 10	
Tuesdays	11/3-11/24	9:30-10:20am	4 Classes
Tuesdays	12/1-12/29	9:30-10:20am	5 Classes

Fees:	4 Classes	5 Classes
Member	\$20	\$25
Non-Member/Resident	\$25	\$30
Non-Member/Non-Resident	\$30	\$35

42x82 STRENGTH & CONDITIONING

Do you want to be fit, restore your function, improve your health, and increase your productivity and efficiency in the gym? 42x82 Strength & Conditioning is your answer. Perform scientifically sound and safe workouts which address all components of total fitness. 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. Our team of highly educated, skilled, and patient coaches will monitor your performance at every workout. There will be no need to question, "Am I doing this right?". Using high intensity functional movement patterns, and progressive strength training, our integrative programming will challenge you safely and effectively. You will become fit, healthier, stronger, and more durable than you ever thought possible. Would you like more information? Contact denise.lengal@strongsville.org.

Ages: 18 & Older Class Limit: 5

Mondays/Wednesdays/Fridays	11/2-11/30	8:30-9:30am
Mondays/Wednesdays/Fridays	11/2-11/30	9:30-10:30am
Mondays/Wednesdays/Fridays	11/2-11/30	5:30-6:30pm
Mondays/Wednesdays/Fridays	11/2-11/30	6:30-7:30pm
Mondays/Wednesdays/Fridays	12/2-12/30	8:30-9:30am
Mondays/Wednesdays/Fridays	12/2-12/30	9:30-10:30am
Mondays/Wednesdays/Fridays	12/2-12/30	5:30-6:30pm
Mondays/Wednesdays/Fridays	12/2-12/30	6:30-7:30pm

Fees for Mondays/Wednesdays/Fridays: \$70

Saturdays	11/7-11/28	8:30-9:30am
Saturdays	11/7-11/28	9:30-10:30am
Saturdays	11/7-11/28	10:30-11:30am
Saturdays	12/5-12/26	8:30-9:30am
Saturdays	12/5-12/26	9:30-10:30am
Saturdays	12/5-12/26	10:30-11:30am

Fee for Saturdays: \$24



GROUP EXERCISE

GROUP CYCLE

Whether you want to bring your athletic performance to the next level for a competition, or if you're simply looking to burn calories and stay in shape, we've got you covered! Come and see how much fun cycling can be!

Ages: 15 & Older Class Limit: 10

Mondays	11/2-11/30	9:30-10:15am	5 classes
Mondays	12/7-12/28	9:30-10:15am	4 Classes

Fees:	4 Classes	5 Classes
Member	\$20	\$25
Non-Member/Resident	\$25	\$30
Non-Member/Non-Resident	\$30	\$35

MUSCLE MIX

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

Ages: 15 & Older

Class Limit: 10

Mondays	11/2-11/30	9:30-10:20am	5 Classes
Mondays	12/7-12/28	9:30-10:20am	4 Classes

Fees:	4 Classes	5 Classes
Member	\$20	\$25
Non-Member/Resident	\$25	\$30
Non-Member/Non-Resident	\$30	\$35

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!

Ages: 15 & Older

Class Limit: 10

4 Classes

Wednesdays	11/4-11/25	5:30-6:20pm
Wednesdays	12/2-12/23	5:30-6:20pm

Saturdays	11/7-11/28	8:15-9:05am
Saturdays	12/5-12/26	8:15-9:05am

Fees:	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30

YOGA FLOW

Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!

Ages: 15 & Older

Class Limit: 10

Thursdays	11/5-11/19	5:30-6:20pm	3 Classes
Thursdays	12/3-12/17	5:30-6:20pm	3 Classes

Fridays	11/6-11/20	9:30-10:20am	3 Classes
Fridays	12/4-12/18	9:30-10:20am	3 Classes

Saturdays	11/7-11/28	9:30-10:20am	4 Classes
Saturdays	12/5-12/26	9:30-10:20am	4 Classes

Fees:	3 Classes	4 Classes	5 Classes
Member	\$15	\$20	\$25
Non-Member/Resident	\$20	\$25	\$30
Non-Member/Non-Resident	\$25	\$30	\$35

PILATES

Traditional mat Pilates and functional training. A workout that will tone, define, and sculpt your entire body.

Ages: 15 & Older

Class Limit: 10

Mondays	11/2-11/30	5:30-6:20pm	5 classes
Mondays	12/7-12/28	5:30-6:20pm	4 classes

Fees:	4 Classes	5 Classes
Member	\$20	\$25
Non-Member/Resident	\$25	\$30
Non-Member/Non-Resident	\$30	\$35

POWER HOUR

Get fit through fun, challenging, always changing cardio and strength techniques, utilizing a variety of formats... HIIT, Tabata, who knows what else??

Ages: 15 & Older

Class Limit: 20

4 Classes

Wednesdays	11/4-11/25	8:30-9:20am
Wednesdays	12/2-12/23	8:30-9:20am

Fees:	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30



KARATE

Mask required during class for participants and spectators.

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	11/9-11/30	5:00-5:45pm
Wednesdays	11/11-12/2	5:00-5:45pm
Mondays	12/7-12/28	5:00-5:45pm
Wednesdays	12/9-12/30	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

4 Classes

Mondays 11/9-11/30 6:00-6:45pm

Wednesdays 11/11-12/2 6:00-6:45pm

Mondays 12/7-12/28 6:00-6:45pm

Wednesdays 12/9-12/30 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

4 Classes

Mondays 11/9-11/30 7:00-7:45pm

Wednesdays 11/11-12/2 7:00-7:45pm

Mondays 12/7-12/28 7:00-7:45pm

Wednesdays 12/9-12/30 7:00-7:45pm

Fees: \$50

30-DAY COLLEGE STUDENT PASS

College students can utilize the rec center while home on winter break. Show us your valid college ID or next semester's class schedule or tuition bill to purchase this pass that is good for 30 days.

Choose your start date anytime between November 20-December 31, 2020

Pass can be applied towards yearly membership fee before the pass expires.
Pass does not make customer eligible for benefits granted to full-year members,
including member pricing

Strongsville Residents Pass Fee: \$30

Non-Resident Pass Fee: \$40



ENRICHMENT PROGRAMS

AMERICAN RED CROSS ON-LINE CLASSES

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. This course is not supported on smartphones. This course 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: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

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

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; and how to recognize and handle a variety of behaviors. Students will also learn 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 will receive a printable certificate. This course requires a PC or tablet with a high speed Internet connection. This course is not supported on smartphones. This course 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: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

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



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. This course is not supported on smartphones. This course 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: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

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

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. This course is not supported on smartphones. This course 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: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

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

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: October 17-November 29

Class Materials will be e-mailed 11/30

Course Completion: Must complete all on-line course material by course end date of 12/30/20

Fees:	Member	\$20
	Non-Member/Resident	\$25
	Non-Member/Non-Resident	\$30



SPORTS PROGRAMS

Jason Keppler, Sports Supervisor

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 10/13-12/22* 5:00-7:45 pm

*No play 11/26, 12/3, 12/10

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

YOUTH SPORTS

STRONGVILLE WRESTLING CLUB (SHS Wrestling Room – 20025 Lunn Road)

Join the Strongsville Wrestling Club to learn the sport of wrestling, advance your wrestling skills, and develop the qualities of character and work ethic. Depending on the skill level of your athlete they will practice from 2-4 days a week (beginners will be offered 2 days and increase as skills increase). League matches are scheduled on Sunday's (mornings and afternoons). Advanced wrestlers will have opportunities to compete into late-February or March. Some optional matches and tournaments will be offered on Saturday's. There will also be some additional special event matches and trainings. We look forward to YOU joining. As the famous Olympic Gold Medalist, Cael Sanderson once said, "Wrestlers compete as individuals yet the sport builds comradery like no other!"

Minimum Age: 5 years or the Grade K

Parent Orientation Zoom Meeting: Monday, 10/26 at 6:30pm

Login Details will be sent to all registered wrestlers or you can email strongsvillevrestlingclub@gmail.com

Practices: Monday, Tuesday, Thursday (6:30-8:00pm)

All-Stars/Younger/Beginner wrestlers will practice Monday and Thursday

Varsity/Older/Advance wrestlers will practice Monday, Tuesday, and Thursday

Matches: Match format and schedule will be adjusted from past years. More information will be shared at Parent Orientation. Schedule details are still being finalized.

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

*Fee includes personalized t-shirt with wrestler's last name

ADULT SPORTS

NEO ATHLETICS COMPETITIVE WOMEN'S VOLLEYBALL LEAGUE (Rec Center Auxiliary Gym)

Registration will be on a first pay first serve basis. REGISTER ONLINE at www.neoathletics.info. For more info contact Brian at 216-401-6362/bvman15@gmail.com or Steve at 216-926-6779/steve.neoathletics@gmail.com.

Ages: 18 & Older

Mondays	1/4-3/8	6:00-10:00pm
Wednesdays	1/6-3/10	6:00-10:00pm

Fees:

Per Team (Limit: 10 teams)	Monday's- \$270
	Wednesday's- \$270
CASH Forfeit Deposit	\$40 (refundable at end of season)
Official Fees	\$10 per team/per match

NEO ATHLETICS CO-ED VOLLEYBALL LEAGUE (Auxiliary Gym)

Registration will be on a first pay first serve basis. REGISTER ONLINE at www.neoathletics.info. For more info contact Brian at 216-401-6362/bvman15@gmail.com or Steve at 216-926-6779/steve.neoathletics@gmail.com.

Ages: 18 & Older

Sundays (6 x 6)	1/3-3/7	11:15am-10:00pm
Mondays (4 x 4)	1/4-3/8	6:00-10:00pm

Fees:

Sundays - Per Team	\$270
Mondays - Per Team	\$190
CASH Forfeit Deposit	\$40 (refundable at end of season)
Official Fees	\$10 per team/per match

MEN'S OPEN BASKETBALL LEAGUE (Rec Center Main Gym)

Registration is online for all teams is 11/19 through 12/14 or until full. Registration will be on a first pay first serve basis. Middle and Lower Divisions.

Ages: 18 & Older

Sundays	1/21/2021-3/21	3:00-10:30pm
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Fees:

Per Team (Limit: 8 per division)	\$75
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game



MEN'S 18 & OVER 4-ON-4 BASKETBALL LEAGUE (Rec Center Main Gym)

Registration is online for all teams is 11/19 through 12/14 or until full. Registration will be on a first pay first serve basis.

Ages: 18 & Older

Tuesdays	1/19/2021-3/30
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Fees:

Per Team (Limit: 10 teams)	\$160 (9 games plus playoffs)
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 35 & OVER PICK- UP BASKETBALL (Strongsville Middle School, 13200 Pearl Rd, Strongsville)

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

Ages: 35 & Older **Class Limit: 30**

Mondays 11/20/2020-5/24/2021* 8:00 – 10:00 pm

*No play 12/21, 12/28, 1/18, 2/15, 3/15, 4/5

Fees:

Members \$46

Non-members/Residents \$51

Non-Members/Non-Residents \$61

MEN'S 35 & UNDER PICK- UP BASKETBALL (Strongsville Middle School, 13200 Pearl Rd, Strongsville)

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

Ages: 35 & Under **Class Limit: 30**

Wednesdays 11/4/2020-5/26/2021* 8:00 – 10:00 pm

*No play 11/25, 12/23, 12/30, 4/7

Fees:

Members \$52

Non-members/Residents \$57

Non-Members/Non-Residents \$67



Please check back often for new programs.