



Strongsville Recreation
Center



@strongsvillerecdept



SEPTEMBER-DECEMBER 2025 Program Guide

Registration Dates: MEMBERS: July 22 RESIDENTS: July 29 OPEN / ONLINE: July 31

18100 Royalton Road, Strongsville, Ohio 44136

440-580-3260

www.strongsville.org

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

RECREATION & SENIOR CENTER STAFF

Director of Parks, Recreation & Senior Services

Bryan Bogre, bryan.bogre@strongsville.org

Recreation

Chris Arold - Parks & Outdoor Facilities Superintendent
chris.arold@strongsville.org

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Marissa McNabb - Fitness Supervisor
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Molly Weir - Recreation Supervisor (Town Center)
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Senior Center

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GENERAL INFORMATION

RECREATION CENTER HOURS

NOVEMBER 1-APRIL 30

Mondays-Fridays	5:00am-9:00pm
Saturdays	8:00am-6:00pm
Sundays	9:00am-3:00pm

MAY 1-OCTOBER 31

Mondays-Fridays	5:00am-8:00pm
Saturdays	8:00am-4:00pm
Sundays	9:00am-2:00pm

MEMBERS ONLY: November 1-March 31: Mon & Wed, 5:00pm-9:00pm

Please note, the Aquatic Center closes 30 minutes prior to the Center closing time.

SENIOR CENTER HOURS

Mondays-Fridays	9:00am-5:00pm
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REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS*

Beginning Mon, Aug 18 for Approximately 4 weeks		Aquatic Center CLOSED
Mon-Sat, Aug 18-Sept 7	Floor Refinishing	Basketball Courts CLOSED
Mon-Wed, Aug 25-27	Annual Cleaning	Senior Center CLOSED
Mon, September 1	Labor Day	Rec & Senior Center CLOSED
Thurs, November 27	Thanksgiving	Rec & Senior Center CLOSED
Wed, December 24	Christmas Eve	Rec & Senior Center Closing at 1p
Thurs, December 25	Christmas	Rec & Senior Center CLOSED
Wed, Dec 31	New Year's Eve	Rec & Senior Center Closing at 5p
Thurs, January 1, 2026	New Year's Day	Rec & Senior Center CLOSED

*Hours subject to change. See AQUATICS section for special Aquatic Center hours and closings and Senior Activities section for Senior Center hours and closings.

WEATHER CLOSING & 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)

AMENITIES

AQUATIC CENTER

- Competition pool - 8 lanes, 25 yards, 1 diving board
- Activity pool - zero depth entry, water slide, pirate ship, 5 lane lap pool, 17 yard wading area
- Steam room
- Sauna
- 24 person spa
- Bleacher seating for approximately 500
- Visit www.strongsville.org - Parks & Recreation for Open Swim Schedule

CARDIO EXERCISE AREA (*Must be 12 years or older**)

Cutting edge cardio equipment with TVs and web integrated consoles including Technogym treadmills, ellipticals, steppers, upright & recumbent bikes; LifeFitness stepmills; Cybex arc trainers; and StarTrac treadclimbers and Jacob's ladder.

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

INDOOR TRACK (*Must be 15 years or older*)

- Length - 1/12 mile
- Width - 4 lanes (2 walking, 2 running)

STRENGTH ROOM (*Must be 15 years or older*)

- 1.5" thick rubber floor
- Plate loaded equipment and free weights

GROUP EXERCISE, MIND/BODY, CYCLE STUDIOS

- Three wood floor studios with independent sound systems for exercise classes

AUXILIARY GYMNASIUM

- Synthetic floor
- Gym can be used as one high school regulation basketball court and two volleyball courts
- Visit www.strongsville.org - Parks Recreation for Open Gym Schedule

MAIN GYMNASIUM

- Wood floor
- Two high school regulation size basketball courts
- Visit www.strongsville.org - Parks & Recreation for Open Gym Schedule

LOCKER ROOMS

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

GAME AREA

- Billiard tables, air hockey, video/arcade games
- Vending and change machines

EVENT CENTER & VARIOUS MEETING ROOMS

- Large Event Center and various meeting rooms available for rent. See page 6 for more information.

RECREATION CENTER GUIDELINES

For a list of Recreation Center rules and guidelines go to www.strongsville.org - Parks & Recreation - Facility Rules & Guidelines page. (www.strongsville.org/departments/parks-recreation/facility-rules-guidelines)

CHILDREN UNDER 12 YEARS OF AGE

Those under 12 years of age must be supervised by a person 18 years or older.

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. **Some programs may have their own cancellation policy - please see program description.**



MEMBERSHIP

MEMBERSHIP CLASSIFICATIONS

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/Veteran means an individual who is an active member or veteran of any United States military service and provides proof of veteran status (DD214) or for active members, a military ID.

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.*

MEMBERSHIP FEES

4 MEMBERSHIP OPTIONS

1. One Year Contract with entire payment at time of purchase
2. One Year Contract with monthly payments
3. Three Month Contract with entire payment at time of purchase
4. Six Month Contract with entire payment at time of purchase

OPTION 1: One Year Contract with entire payment 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/Veteran Adult	\$140.00	\$245.00
Military Couple	\$240.00	\$400.00
Military Youth (Ages 4-18)	\$87.00	\$162.00
Military Family	\$290.00	\$510.00

MEMBERSHIP FEES cont.

OPTION 2: One Year Contract with monthly payments

	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/Veteran Individual	\$11.67/month	\$20.42/month
Military Couple	\$20.00/month	\$33.34/month
Military Youth (Ages 4-18)	\$7.25/month	\$13.50/month
Military Family	\$24.17/month	\$42.50/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 Ehnfelt 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.

OPTION 3: Three Month Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$80.00	\$128.00
Couple	\$110.00	\$174.00
Youth Individual (Ages 4-18)	\$50.00	\$87.00
Full-time College Student	\$50.00	\$87.00
Family	\$131.00	\$218.00
Individual Senior (Age 60+)	\$41.00	\$80.00
Senior Couple	\$72.00	\$140.00
Military/Veteran Adult	\$42.00	\$74.00
Military Couple	\$72.00	\$120.00
Military Youth (Ages 4-18)	\$26.00	\$49.00
Military Family	\$87.00	\$153.00

- 3 month membership valid 93 days from date of purchase
- Does not receive member coupons
- Does not qualify for member pricing or priority registration. May register during resident registration.

MEMBERSHIP FEES cont.

OPTION 4: Six Month Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$159.00	\$255.00
Couple	\$219.00	\$348.00
Youth Individual (Ages 4-18)	\$99.00	\$174.00
Full-time College Student	\$99.00	\$174.00
Family	\$261.00	\$435.00
Individual Senior (Age 60+)	\$81.00	\$159.00
Senior Couple	\$144.00	\$279.00
Military/Veteran Adult	\$84.00	\$147.00
Military Couple	\$144.00	\$240.00
Military Youth (Ages 4-18)	\$52.00	\$97.00
Military Family	\$174.00	\$306.00

-6 month membership valid 186 days from date of purchase

-Does not receive member coupons

-Does not qualify for member pricing or priority registration. May register during resident registration.

SILVER SNEAKERS

Silver Sneakers is 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!



RENEW ACTIVE

Renew Active
by UnitedHealthcare

Renew Active is accepted at the Ehrnfelt Recreation Center. Includes access to the Recreation & Senior Center and member pricing on programs. Bring your Health Insurance Card in today and join!

NON-MEMBER DAILY GUEST FEES

	RESIDENT	NON-RESIDENT
Youth (Ages 0-3)	Free	Free
Youth (Ages 4-6)	\$3.00	\$3.00
Youth (Ages 7-14)	\$6.00	\$6.00
Youth (15-17)	\$10.00	\$10.00
Adults (18-59)	\$10.00	\$15.00
Seniors (60+)	\$6.00	\$8.00
Active Military/Veteran*	\$6.00	\$8.00

-Those 18 years and older must show valid photo ID

-Those under 12 years of age must be supervised by a person 18 years or older.

*Free admission to active military personnel on leave. Must show proof of leave.

PASSBOOKS

Passbooks contain 10 daily admission passes. Strongsville residents must show proof of Strongsville Residency (utility bill, bank statement, etc) to receive resident rate.

Members:	\$60
Non-Member Residents:	\$60
Non-Members/Non-Residents:	\$100

CORPORATE MEMBERSHIPS

The City of Strongsville values its businesses and as a way to demonstrate this, the Ehrnfelt Recreation Center offers companies, who have a minimum of 10 full employees, Annual Corporate Membership Packages. For more information on how your business can participate, please contact Facility Manager, Sarah Arold at sarah.arold@strongsville.org.



“THE CENTER OF LIFE”

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 takeout birthday lunch the month of your special day
- *Free takeout lunch for membership purchase/renewal
- *Discounted program/activity fees and takeout lunches
- *Priority registration for travel programs
- *Admission to member only events

NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5



FACILITY RENTAL

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

EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

ROOM	CAPACITY
Whole Event Center	300-400
Half Event Center	150-175
Conference Room	20-50
Meeting Room	20-50
Senior Art Studio	20-50
Senior Meeting Room	20-50

*A deposit is due with a signed contract

OLD TOWN HALL



OLD TOWN HALL	CAPACITY
Old Town Hall	80

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

CELEBRATE! at the REC CENTER!

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

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

All Inclusive Party Packages

Room Rental for 3 Hours
Facility Use
Pizza, Soda & Cake
Plates, Cups, Napkins, Tablecloths
Candles & Matches



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

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

*Schedule your
Event Now!*

440-580-3270



The Event Center

Weddings

Fundraisers

Craft Shows

Seminars

Showers

TOWN CENTER RENTAL

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

Town Center Place Rental Information

TOWN CENTER PLACE (Brunswick Auto Mart/Medina Auto Mall Place)

Rental ~ On-site Supervisor. Two-hour minimum. When adding rental of Town Center Pavilion, rules for Town Center Place will apply.

Amenities ~ Beautiful wood-sided room featuring a gas fireplace, two garage doors, bathrooms, refrigerator/freezer, sink and microwave, aluminum swirl tables with black banquet chairs, heating and air conditioning. A/V equipment available. Wi-Fi throughout.

Capacity/Setups ~ Banquet style seating for up to 96 guests or Theatre-style seating for up to 100 guests.

Payment ~ Full rental payment is due on the Friday 30 days in advance of rental date.

Security Deposit ~ \$300 is required with signed contract. Security Deposits are non-refundable if event is cancelled.

Cancellations ~ Must be made no less than 30 days in advance of rental date or rental payment refund will not be granted.

Alcohol ~ is permitted and requires a Strongsville Police Officer to be present and is scheduled by the rental coordinator. Fee is \$75/hour with a 3-hour minimum. If selling alcohol, a permit is required. Please inquire with rental coordinator.



	Resident	Non Resident	Strongsville Business	Non Profit
TOWN CENTER PLACE (Indoor)				
Summer 5/1-10/31 6 HOUR BLOCK	\$1,000	\$1,500	\$1,000	\$1,000
Winter 11/1-4/30 6 HOUR BLOCK	\$500	\$750	\$500	\$500
Summer 5/1-10/31 (Per Hour)	\$195	\$295	\$195	\$195
Winter 11/1-4/30 (Per Hour)	\$95	\$195	\$95	\$95

Town Center Pavilion Rental Information



TOWN CENTER ATTACHED PAVILION

(Brunswick Auto Mart/Medina Auto Mall Pavilion)

	Resident	Non Resident	Strongsville Business	Non Profit
Summer 5/1-10/31	\$350/flat	\$500/flat	\$350/flat	\$350/flat
Winter 11/1-4/30	\$150/flat	\$300/flat	\$150/flat	\$150/flat

Capacity ~ 10 - 6' picnic tables. Seating for approximately 60-80



TOWN CENTER OCTAGON PAVILION

(Center of Park)

	Resident	Non Resident	Strongsville Business	Non Profit
Summer 5/1-10/31	\$250/flat	\$400/flat	\$250/flat	\$250/flat
Winter 11/1-4/30	\$100/flat	\$250/flat	\$100/flat	\$100/flat

Capacity ~ 2 - 8' picnic tables; 5 - 6' picnic tables (2 wheelchair accessible).
Seating for approximately 60

Available ~ 8am-Dusk

Payment ~ Full rental payment is due with Rental Request Form.

Security Deposit ~ \$150 is required with signed contract. Security deposits are non-refundable if event is cancelled.

Cancellations ~ No refunds for cancellations. No refunds for inclement weather. No refunds for unused time.

Alcohol ~ is strictly prohibited!

Outdoor Fireplace (attached to Town Center Place) is available as an add-on rental for Town Center Place and Town Center Pavilion rentals at a flat rate of \$150 (not available for Octagon Pavilion)

Playground



Fountain/Splash Pad



Sand Volleyball



Pickleball Courts



Basketball Shoot-a-round



PLEASE CALL 440-580-3270 FOR RENTAL INFORMATION

SPECIAL EVENTS



Strongsville
Parks
Recreation
Senior
Services

FARMERS MARKET

TUESDAYS
JULY 29 - SEPTEMBER 9
4 PM - 7 PM

TOWN CENTER PARK
18300 Zverina Lane, Strongsville, OH 44136

Join us at the Town Center Park Farmers Market and experience the best our local growers and artisans have to offer!

If interested in becoming a vendor, please contact Molly Weir at molly.weir@strongsville.org or 440-580-3260



CITY OF STRONGSVILLE PRESENTS

FOOD TRUCKS AVAILABLE

FREE ENTRY

MOVIE NIGHT

★ **DESPICABLE ME 4** ★

★★★ **TOWN CENTER PARK** ★★★

AUGUST 2
SATURDAY
9:00 pm

Strongsville
Parks
Recreation
Senior
Services

18300 ZVERINA LANE,
STRONGSVILLE,
OH 44136



Strongsville
Parks
Recreation
Senior
Services

TOWN CENTER PARK SUMMER CONCERT SERIES

June 14th
6:00 PM
SAT
FUNKOLOGY

July 12th
7:00 PM
SAT
WALT WISE (BILLY JOEL / ELTON JOHN)

Aug. 16th
6:00 PM
SAT
DISCO INFERNO

Aug. 23rd
7:30 PM
SAT
IN THE HEARTLAND

Sept. 20th
6:00 PM
SAT
E5C4P3 - THE JOURNEY TRIBUTE

18300 Zverina Lane,
Strongsville, OH 44136

FOOD TRUCKS

FREE ENTRY

440-580-3260



**IT'S A BIG, BIG
GARAGE SALE AT THE
STRONGSVILLE REC!**

Baby, Kids and Maternity Items!!!

SATURDAY OCTOBER 4TH

9:00am - 12:00pm

Sellers - Call the Rec. Front desk to reserve a table to sell your gently used baby, kids and maternity items. *two table limit per family*

8ft Tables - Members \$15, Residents \$20, Non-Member/Non-Residents \$25

5ft Tables - Members \$11, Residents \$15, Non-Member/Non-Residents \$20

Shoppers - shopping from 9am-9:59am costs \$3 admission (exact change needed). **All paid early bird shoppers get entered into a raffle to win a free birthday party room rental at the Rec. Center**

Shopping from 10am-12pm is FREE!

Strongsville Rec. - 18100 Royalton Rd. - 440-580-3260



Strongsville
Parks
Recreation
Senior
Services

Join us for a
fun & family
friendly
afternoon

STRONGSVILLE REC CENTER

FREE!

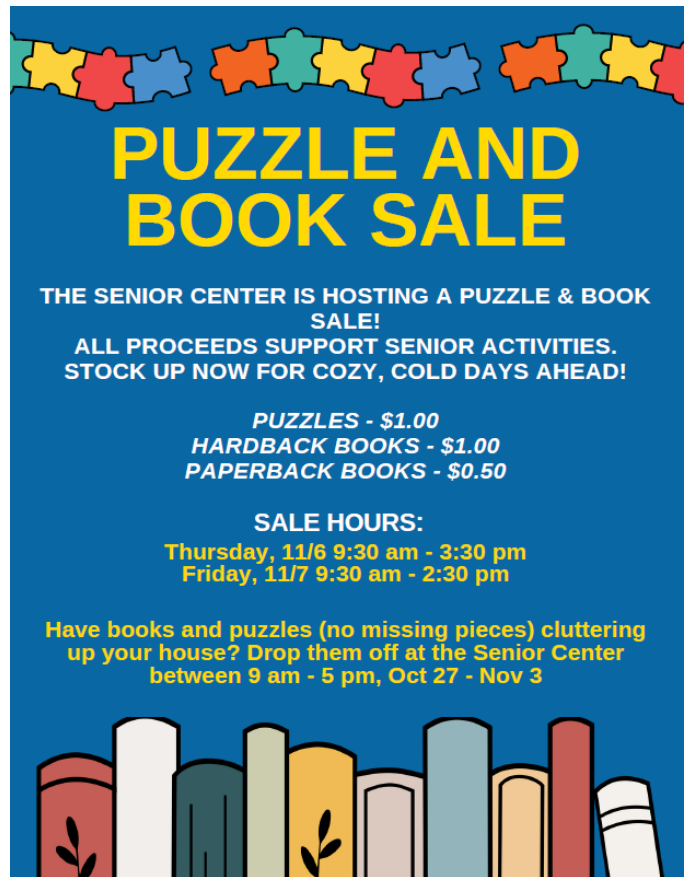
**Halloween
TRICK OR
TREAT**

**SATURDAY, OCTOBER
25TH**

**AT TOWN CENTER PARK
1:00 PM - 3:00 PM**

**TRICK OR TREAT • REFRESHMENTS
AND SURPRISE GUESTS**

**18300 Zverina Lane,
Strongsville, OH 44136**



**PUZZLE AND
BOOK SALE**

**THE SENIOR CENTER IS HOSTING A PUZZLE & BOOK
SALE!**

**ALL PROCEEDS SUPPORT SENIOR ACTIVITIES.
STOCK UP NOW FOR COZY, COLD DAYS AHEAD!**

**PUZZLES - \$1.00
HARDBACK BOOKS - \$1.00
PAPERBACK BOOKS - \$0.50**

SALE HOURS:
**Thursday, 11/6 9:30 am - 3:30 pm
Friday, 11/7 9:30 am - 2:30 pm**

**Have books and puzzles (no missing pieces) cluttering
up your house? Drop them off at the Senior Center
between 9 am - 5 pm, Oct 27 - Nov 3**



**Fun & Photos
-with- Santa**

**Saturday
December 6th
Strongsville Rec. Center
9:15am - 11:00am**

Get into the holiday spirit and join us for Fun & Photos with Santa. Children will receive a professional digital photo with Santa, milk & cookies, face painting, balloon art, a Christmas craft and a chance to win an awesome door prize.

Ticket Fees (per child): Members \$10 Non-members \$15

Tickets are sold by time slots for Santa photo line.

**9:15am - 9:30am
9:30am - 10:00am
10:00am - 10:30am**

*Tickets must be purchased in advance from the Rec. Center front desk. Limited number of tickets per time slot will be sold. Tickets will not be on sale the day of the event.

Strongsville Rec. 18100 Royalton Rd. 440-580-3260



Strongsville
Parks
Recreation
Senior
Services

**TRI
FOR GOLD
INDOOR TRIATHLON
BIATHLON
YOUTH TRIATHLON**

**SUNDAY, MARCH 22, 2026
3-7:30PM**

Challenge yourself to 30- 60 minutes of exercise

**SEE OUR BROCHURE FOR
REGISTRATION DATES
MEMBERS: \$50
NON-MEMBERS: \$55**

**USE YOUR PHONE'S CAMERA TO SCAN
THIS QR CODE FOR MORE INFORMATION**

AQUATICS

Aquatic Supervisor, Becky Stemple
Assistant Aquatic Supervisor, Abigail Szeszak

SPECIAL AQUATIC CENTER HOURS

Beginning August 18 for Approximately 4 weeks-Pool CLOSED for Maintenance

Mon, September 1	Rec & Senior Ctr CLOSED	Labor Day
Fri, November 7	Close at 7pm	Swim Meet Set Up
Sat, November 8	CLOSED	USA Swim Meet
Sun, November 9	CLOSED	USA Swim Meet
Thurs, November 27	CLOSED	Thanksgiving

Fri, December 5	Close at 4pm	High School Swim Meet
Wed, December 10	Close at 5pm	High School Swim Meet
Wed, December 17	Close at 5pm	High School Swim Meet
Wed, December 24	Close at 12:30pm	Christmas Eve
Thurs, December 25	CLOSED	Christmas
Wed, December 31	Close at 4:30pm	New Year's Eve
Thurs, January 1	CLOSED	New Year's Day

Hours subject to change. 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 AND POLICIES

- For all sessions of a brochure (Winter, Summer, Fall) the first session of the lessons will open to members then resident/non-members and finally non-resident/non-members per the dates set in the brochure. Subsequent sessions of that brochure season open on the last day of current session for those with report cards (Changing of times or dates will not be honored until after those with report cards for the current class have had a chance to register. Exceptions may be for leveling up from level 3 or parent/youth. The times may not match for next level); for those without report cards, online registration begins at 9:30pm the last day of class and in-person/phone registration begins the following day.
- 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 CURRENT 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.

REGISTRATION SCHEDULE

Tues, July 22: Ehrnfelt Rec Center Members

Tues, July 29: Strongsville Residents & Members (must show proof of residency such as utility bill)

Thurs, July 31: Open/On-line registration

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.

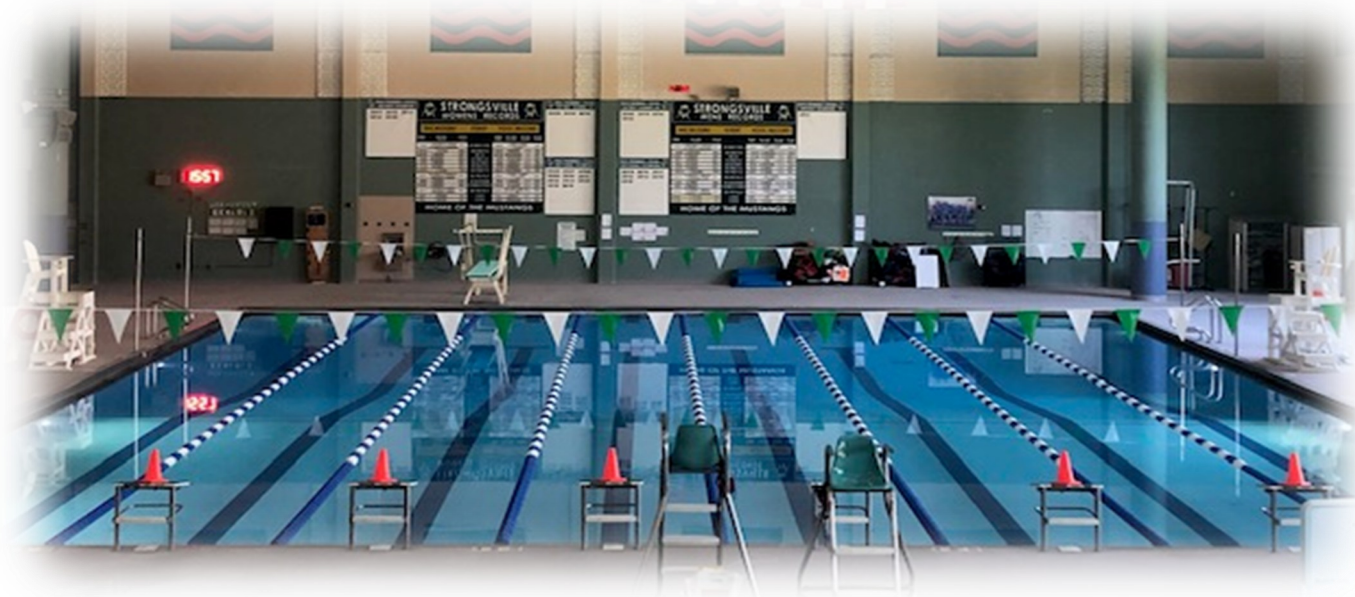
AQUATIC CENTER AGE GUIDELINES

- 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
Assistant Aquatic Supervisor, Abigail Szeszak, 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, sidestroke, and breast-stroke arms. 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 breast-stroke 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.



YOUTH LEARN TO SWIM LESSONS

Class limit based on instructor availability and pool space

PARENT/INFANT: 6-15 mos. (parent/adult in water)

Ages: 6-15 months

Class Limit: Based on Instructor availability & pool space

Weekend Classes (8 Classes)

Saturdays	9/27-11/22*	9:00-9:30am
Saturdays	9/27-11/22*	9:35-10:05am

*No class 11/8

Fees:	Member	\$45
	Non-Member/Resident	\$53
	Non-Member/Non-Resident	\$69

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

Ages: 15 - 36 months

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 Classes)

Tuesdays & Thursdays	9/23-10/16*	6:30-7:00pm
Tuesdays & Thursdays	10/21-11/13*	6:30-7:00pm
Tuesdays & Thursdays	11/18-12/11*	6:30-7:00pm

*No class 10/2, 11/4, 11/27

Weekend Classes (8 Classes)

Saturdays	9/27-11/22*	9:00-9:30am
Saturdays	9/27-11/22*	9:35-10:05am

*No class 11/8

Fees:	7 Classes	8 Classes
Member	\$40	\$45
Non-Member/Resident	\$47	\$53
Non-Member/Non-Resident	\$61	\$69

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

Ages: 3-5 years

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 Classes)

Tuesdays & Thursdays	9/23-10/16*	7:00-7:30pm
Tuesdays & Thursdays	10/21-11/13*	7:00-7:30pm
Tuesdays & Thursdays	11/18-12/11*	7:00-7:30pm

*No class 10/2, 11/4, 11/27

Weekend Classes (8 Classes)

Saturdays	9/27-11/22*	9:00-9:30am
Saturdays	9/27-11/22*	9:35-10:05am

*No class 11/8

Fees:	7 Classes	8 Classes
Member	\$40	\$45
Non-Member/Resident	\$47	\$53
Non-Member/Non-Resident	\$61	\$69

LEVEL 1: Intro to Water Skills

(no previous swim experience needed)

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 Classes)

Tuesdays & Thursdays	9/23-10/16*	5:40-6:25pm
Tuesdays & Thursdays	9/23-10/16*	6:35-7:20pm
Tuesdays & Thursdays	10/21-11/13*	5:40-6:25pm
Tuesdays & Thursdays	10/21-11/13*	6:35-7:20pm
Tuesdays & Thursdays	11/18-12/11*	5:40-6:25pm
Tuesdays & Thursdays	11/18-12/11*	6:35-7:20pm

*No class 10/2, 11/4, 11/27

Weekend Classes (8 Classes)

Saturdays	9/27-11/22*	10:10-10:55am
Saturdays	9/27-11/22*	11:00-11:45am
Saturdays	9/27-11/22*	11:50am-12:35pm

*No class 11/8

Fees:	7 Classes	8 Classes
Member	\$55	\$62
Non-Member/Resident	\$69	\$78
Non-Member/Non-Resident	\$83	\$94

LEVEL 2: Fundamental Water Skills

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 Classes)

Tuesdays & Thursdays	9/23-10/16*	5:40-6:25pm
Tuesdays & Thursdays	9/23-10/16*	6:35-7:20pm
Tuesdays & Thursdays	10/21-11/13*	5:40-6:25pm
Tuesdays & Thursdays	10/21-11/13*	6:35-7:20pm
Tuesdays & Thursdays	11/18-12/11*	5:40-6:25pm
Tuesdays & Thursdays	11/18-12/11*	6:35-7:20pm

*No class 10/2, 11/4, 11/27

Weekend Classes (8 Classes)

Saturdays	9/27-11/22*	10:10-10:55am
Saturdays	9/27-11/22*	11:00-11:45am
Saturdays	9/27-11/22*	11:50am-12:35pm

*No class 11/8

Fees:	7 Classes	8 Classes
Member	\$55	\$62
Non-Member/Resident	\$69	\$78
Non-Member/Non-Resident	\$83	\$94

LEVEL 3: Refined Water Skills

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Evening Classes (7 Classes)

Tuesdays & Thursdays	9/23-10/16*	6:35-7:20pm
Tuesdays & Thursdays	10/21-11/13*	6:35-7:20pm
Tuesdays & Thursdays	11/18-12/11*	6:35-7:20pm

*No class 10/2, 11/4, 11/27

Weekend Classes (8 Classes)

Saturdays	9/27-11/22*	10:10-10:55am
Saturdays	9/27-11/22*	11:00-11:45am
Saturdays	9/27-11/22*	11:50am-12:35pm

*No class 11/8

Fees:	7 Classes	8 Classes
Member	\$55	\$62
Non-Member/Resident	\$69	\$78
Non-Member/Non-Resident	\$83	\$94



YOUTH LEARN TO SWIM LESSONS cont.*Class limit based on instructor availability and pool space***LEVEL 4 A/B: Stroke Development****Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Evening Classes (7 Classes)**

Tuesdays & Thursdays 9/23-10/16* 5:40-6:25pm

Tuesdays & Thursdays 10/21-11/13* 5:40-6:25pm

Tuesdays & Thursdays 11/18-12/11* 5:40-6:25pm

*No class 10/2, 11/4, 11/27

Weekend Classes (8 Classes)

Saturdays 9/27-11/22* 9:15-10:00am

*No class 11/8

Fees:	7 Classes	8 Classes
Member	\$55	\$62
Non-Member/Resident	\$69	\$78
Non-Member/Non-Resident	\$83	\$94

LEVEL 5: Stroke Refinement**Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Evening Classes (7 Classes)**

Tuesdays & Thursdays 9/23-10/16* 6:35-7:20pm

Tuesdays & Thursdays 10/21-11/13* 6:35-7:20pm

Tuesdays & Thursdays 11/18-12/11* 6:35-7:20pm

*No class 10/2, 11/4, 11/27

Weekend Classes (8 Classes)

Saturdays 9/27-11/22* 10:10-10:55am

*No class 11/8

Fees:	7 Classes	8 Classes
Member	\$55	\$62
Non-Member/Resident	\$69	\$78
Non-Member/Non-Resident	\$83	\$94

DIVING**Ages: 8 & older****Class Limit: 10**

Participants will learn the 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.

Saturdays 9/27-11/22* 10:10-10:55am

*No class 11/8

Fees:	8 Classes
Member	\$72
Non-Member/Resident	\$88
Non-Member/Non-Resident	\$104

ADULT / TEEN LEARN TO SWIM LESSONS**ADULT / TEEN LEARN TO SWIM****Ages: 15 & older****Class Limit: Based on Instructor availability & pool space****Morning Classes (8 Classes)**

Tuesdays 9/23-11/18* 9:50-10:35am

Thursdays 9/25-11/20* 9:50-10:35am

*No class 10/2, 11/4,

Evening Classes (8 Classes)

Wednesdays 9/24-11/19* 9:15-10:00am

*No class 10/22

Fees:	8 Classes
Member	\$93
Non-Member/Resident	\$108
Non-Member/Non-Resident	\$124

WATER EXERCISE CLASSES**WATER EXERCISE PROGRAM PASS**

A 2025 pass may be purchased any time and is good for any water exercise class.

*The pass expires 12/18/2025.

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

Number of Classes	5	10	15	20
Member	\$28	\$53	\$75	\$91
Non-Member/Resident	\$33	\$63	\$90	\$111
Non-Member/Non-Resident	\$38	\$73	\$105	\$131

Drop-in Fees: Member	\$8 per class
Non-Member	\$10 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: 25

Tuesdays & Thursdays 9/16-12/18* 10:45-11:35am 25 Classes

*No class 10/2, 11/4, 11/27

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: 25

Mondays & Wednesdays 9/15-12/17* 9:15-10:05am 26 Classes

*No class 11/3, 11/26

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

Mondays & Wednesdays 9/15-12/17* 10:15-11:05am 26 Classes

*No class 11/3, 11/26

Tuesdays & Thursdays 9/16-12/18* 9:45-10:35am 25 Classes

Tuesdays & Thursdays 9/16-12/18* 6:35-7:25pm 25 Classes

*No class 10/2, 11/4, 11/27



SPECIALTY AQUATIC CLASSES

PRESCHOOL AQUATIC ADVENTURES

Ages: 3-5 with adult guardian **Class Limit: 10**
Come on an adventure at the Strongsville aquatic center. Parent and child themed aquatic adventures with our trained aquatic instructors. Explore the zero to 3 feet areas of the pool while learning water skills and having fun! Adult must get in the water with child. One child per adult.

Saturday	12/6	Pirate Adventure	8:50-9:20am
Monday	12/8	Pirate Adventure	5:40-6:10pm
Tuesday	12/16	Pirate Adventure	6:20-6:50pm
Saturday	12/6	Under the Sea	9:30-10:00am
Thursday	12/8	Under the Sea	6:20-6:50pm
Saturday	12/13	Under the Sea	8:50-9:20am
Saturday	12/13	Beach Vacation	10:10-10:40am
Tuesday	12/16	Beach Vacation	5:40-6:10pm
Thursday	12/18	Beach Vacation	6:20-6:50pm
Thursday	12/6	Winter Wonderland	10:10-10:40am
Thursday	12/13	Winter Wonderland	9:30-10:00am
Thursday	12/18	Winter Wonderland	5:40-6:10pm

Fees*:	1 Classes	2 Classes	3 Classes	4 Classes
Member	\$10	\$18	\$24	\$28
Non-Member/Resident	\$12	\$22	\$30	\$36
Non-Member/Non-Resident	\$14	\$26	\$36	\$44

*To get multi class discount, classes must be purchased at same time

AMERICAN RED CROSS CLASSES

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR AIDE COURSE

Ages: 10 & older **Class Limit: 10**
American Red Cross class designed to teach students how to assist in Learn-to-swim classes. Students must attend all classes and pass the multiple choice exam. All materials will be supplied. Students must be prepared to get in the water each class.

Saturday	9/20-11/22	10:15am-12:15pm
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Fees:	Member	\$100
	Non-Member/Resident	\$125
	Non-Member/Non-Resident	\$150

AMERICAN RED CROSS LIFEGUARD REVIEW

Ages: 16 & older **Class Limit: 12**
This class is designed for current ARC Lifeguards to renew their certification before it expires. Individuals are expected to know the material and will be tested on the following: water rescue skills, CPR skills, and written tests. **Please bring a copy of your current Lifeguard certificate, Lifeguarding textbook and your pocket mask with you to class. This recertification is good for 2 years and includes Lifeguard, CPR, AED and First-aid.**

Sunday	11/23	9:00am-5:00pm
Sunday	12/21	9:00am-5:00pm

Fees:	Member	\$155
	Non-Member/Resident	\$175
	Non-Member/Non-Resident	\$195



AMERICAN RED CROSS CLASSES cont.

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & older **Class Limit: 9**
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 permit/license or birth certificate).
- *Must be able to swim a 200 yard swim using front crawl, breaststroke or a combination of both.
- *Maintain position at the surface of the water for 2 minutes by treading water using only legs.
- *A timed 20 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. Failure to meet the minimum prerequisites can cause a safety threat to the participant and the class. The student will not be permitted to continue with the class and will be directed on where to get developmental training. **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.

*2024 edition of the Lifeguarding Manual can be picked up at the front desk prior to the first class meeting.

Sundays, 9/21-10/12 (4 classes)

9:00am-4:00pm

Fees:	Member	\$190
	Non-Member/Resident	\$215
	Non-Member/Non-Resident	\$240



AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 15 & older **Class Limit: 9**
American Red Cross class designed to teach students how to instruct Learn-to-swim classes. Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by end of course), ATTEND ALL CLASSES and pass a written exam.

*WSI Manual and Swimming and Water Safety Books are included with the cost of this certification and must be picked up prior to the start of class.

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 permit/license or birth certificate).
- *Must be able to demonstrate front crawl, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke.

Sundays 10/19-11/23 9:00am-4:00pm (5 classes)

*No class 11/9

Fees:	Member	\$190
	Non-Member/Resident	\$215
	Non-Member/Non-Resident	\$240

AMERICAN RED CROSS CLASSES cont.**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 years & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$35
	Non-Member/Resident	\$40
	Non-Member/Non-Resident	\$45

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 years & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$70

UNTIL HELP ARRIVES

This course provides the general public with the basic cognitive information on key actions that can be taken during a life-threatening emergency that can help sustain or save a life until EMS arrives including: Compression Only CPR (no breaths) AED Education Choking Education Bleeding (administering direct pressure and tourniquet) and Opioid Overdose (administering naloxone). The Until Help Arrives online course developed by the American Red Cross and American College of Emergency Physicians equips students with the basic knowledge to assist trained responders during a life-threatening emergency. This course is taught online only (accessed via mobile desktop or tablet) and does not meet OSHA requirements for workplace certification.

Ages: 11 & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

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 years & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$70

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 years & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$70

FITNESS

Fitness Supervisor, Marissa McNabb

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 healthy 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 Marissa 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 Marissa at 440-580-3260 x 5275 or marissa.mcnebb@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 Classes	10 Classes	20 Classes
Members	\$27	\$45	\$75
Non-Member/Residents	\$37	\$55	\$85
Non-Member/Non-Residents	\$47	\$65	\$95

Drop Fees:

Members	\$9
Non-Member/Residents	\$11
Non-Member/Non-Residents	\$13



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 \$40/month

Non-Member/Residents \$50/month

Non-Member/Non-Residents \$60/month

1 Year Contract with Payment in Full

Members \$438 (\$36.50/month)

Non-Member/Residents \$546 (\$45.50/month)

Non-Member/Non-Residents \$655 (\$54.50/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 \$29/month

Non-Member/Residents \$39/month

Non-Member/Non-Residents \$49/month

1 Year Contract with Payment in Full

Members \$320 (\$26.60/month)

Non-Member/Residents \$427 (\$35.60/month)

Non-Member/Non-Residents \$535 (\$44.60/month)

ONE MONTH UNLIMITED PASS

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

Members \$60

Non-Member/Residents \$70

Non-Member/Non-Residents \$80

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 \$50

Non-Member/Residents \$60

Non-Member/Non-Residents \$70

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 \$33

Non-Member/Residents \$43

Non-Member/Non-Residents \$53

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

Members \$9

Non-Member/Residents \$11

Non-Member/Non-Residents \$13

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!!!"*

Cardio Dance & Tone: Have fun while getting fit!!! This class mixes cardio dancing to fun music to get your heart rate up with toning strength exercises to give you a full body workout. No dancing experience needed!!!!!! Sweat while having fun!

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!

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 using all types of resistance (dumbbells, barbells, bands, gliders and more). Get uncomfortable to get stronger!

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

Rebound: Aerobic exercise performed while jumping on a mini trampoline. Strength training also included.

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)

YOGA THERAPY

Yoga Therapy is a personalized experience in which the yoga therapist evaluates and assesses the needs and goals of the client in order to help them on their healing journey. This holistic approach includes all the modalities traditional yoga offers, such as breathwork, meditation, movement, strengthening, stretching, as well as, active listening and goal setting. Whether you are recovering from a joint replacement, a major life change, physical challenges, mental challenges or past trauma that is affecting your well-being, Yoga Therapy can help.

Please call Kim Wedel, our certified yoga therapist with questions or for a free 20 minute consultation at yogainspiredwellness@gmail.com.

1.5 Hour Assessment/Intake	\$130
1 Session (1 hour)	\$100
4 Sessions (1 hour each)	\$340



HEALTH ASSESSMENT & PEAK PERFORMANCE

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	\$25
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$75

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

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	\$53	\$225	\$400
Non-Member/Residents	\$63	\$275	\$500
Non-Member/Non-Residents	\$73	\$325	\$600

SEMI-PERSONAL TRAINING (2 person training)

	One Session	Five Sessions	Ten Sessions
Members	\$90	\$425	\$750
Non-Member/Residents	\$100	\$525	\$850
Non-Member/Non-Residents	\$110	\$625	\$950



Personal Training Special

10 Sessions for \$350

**On sale
December 1-31, 2025**

*(Sessions valid for 1 year
from date of purchase)*

42 X 82



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

If you are looking to challenge yourself to the next level, we can help. Our coaches are here to safely guide you to achieve your personal best. You will become fit, healthier, stronger, and more durable than you ever thought possible.

****BEST DEAL** All Inclusive Membership:** \$77/month (1 year commitment & contract required)

Includes access to the rec center and unlimited 42x82 classes, group exercise, cycle and mind/body classes.

42x82 Five Punch Pass: \$35 members, \$45 non-member/resident, \$55 non-member/non-resident, (expires 6 weeks from date of purchase) *Includes attendance to five 42x82 classes only.*

42x82 1-Month Unlimited Pass: \$65 members, \$75 non-member/resident, \$85 non-member/non-resident. *Includes attendance to 42x82 classes only. No contract. Valid for 30 days.*

42x82 Add-On for Group Exercise Pass Holders: \$15. *Includes attendance to 42x82 classes only. Good only for calendar month in which pass is purchased. Must have current group exercise pass to purchase.*

For more information contact marissa.mcnabb@strongsville.org

KARATE**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 440-552-1055. **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: 30** **4 Classes**

Mondays	9/8-9/29	5:00-5:45pm
Mondays	10/6-10/27	5:00-5:45pm
Mondays	11/3-11/24	5:00-5:45pm
Mondays	12/1-12/22*	5:00-5:45pm

*No class 12/22 (See Bove for make up options)

Fees:	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

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 440-552-1055 if you have questions.

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

Class Limit: 30

Mondays	9/8-9/29	6:00-6:45pm
Mondays	10/6-10/27	6:00-6:45pm
Mondays	11/3-11/24	6:00-6:45pm
Mondays	12/1-12/22*	6:00-6:45pm

*No class 12/22 (See Bove for make up options)

Wednesdays	9/10-10/1	5:00-5:45pm
Wednesdays	10/8-10/29	5:00-5:45pm (No class 10/22, come 10/20)
Wednesdays	11/5-11/26	5:00-5:45pm (No class 11/26, come 11/24)
Wednesdays	12/3-12/24*	5:00-5:45pm

*No class 12/24 (See Bove for make up options)

Fees:	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

KARATE cont.**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 440-552-1055.

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

Class Limit: 30

Mondays	9/8-9/29	7:00-7:45pm
Mondays	10/6-10/27	7:00-7:45pm
Mondays	11/3-11/24	7:00-7:45pm
Mondays	12/1-12/22*	7:00-7:45pm

*No class 12/22 (See Bove for make up options)

Wednesdays	9/10-10/1	6:00-6:45pm
Wednesdays	10/8-10/29	6:00-6:45pm (No class 10/22, come 10/20)
Wednesdays	11/5-11/26*	6:00-6:45pm (No class 11/26, come 11/24)
Wednesdays	12/3-12/24*	6:00-6:45pm

*No class 12/24 (See Bove for make up options)

Fees:	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

**TAI CHI / BREATHING MEDITATION****TAI CHI / BREATHING MEDITATION - Event Center**

Beginner friendly class consisting of smooth movements for relaxation, balance, breathing, meditation, stretching and building of the core.

Wednesdays*	9/10-12/17	7:15-8:00pm
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*No class 10/22, 11/26, 12/24, 12/31

Drop in Fee/Date: \$15

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

Wednesday	9/3-9/17	3:30-4:30pm
Wednesday	10/1-10/15	3:30-4:30pm
Wednesday	11/5-11/19	3:30-4:30pm
Wednesday	12/3-12/17	3:30-4:30pm

*Please note that this class is held until participant is certified and it may not take 3 weeks depending on enrollment.

Fees:	Member	\$45
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$65

ENRICHMENT PROGRAMS

Adult & Youth

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.

TINY TOTS

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 old with adult participation 4 Classes/month

Fridays 9:30-10:30am

Monthly Fees:	Members	\$65
	Non-Member/Residents	\$75
	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

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

Thursdays 1:00-3:00pm

Fridays 11:00am-1:00pm

Fridays 1:00-3:00pm

Monthly Fees:	Members	\$95
	Non-Member/Residents	\$105
	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

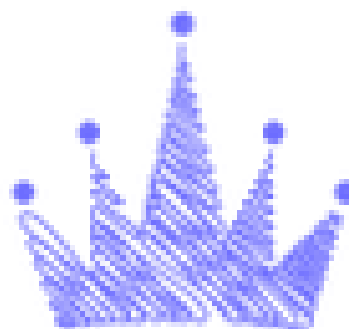
Mondays 9:15-10:45am

Mondays 11:15am-12:45pm

Mondays 5:00-6:30pm

Thursdays 9:15-10:45am

Monthly Fees:	Members	\$65
	Non-Member/Residents	\$75
	Non-Member/Non-Residents	\$80



PRESCHOOL & YOUTH ENRICHMENT

Soccer Shots-MINIS (Auxiliary Gym)

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

Instructor: This class taught by Soccer Shots coaches

***Please register through Soccer Shots at soccershots.com/Cleveland**

Ages: 2-3 years(with caregiver participation)

Class Minimum: 4	Maximum: 12	6 Classes
Fridays	9/5-10/10	9:00-9:30am
Fridays	9/5-10/10	10:20-10:50am
Fridays	10/24-12/5*	9:00-9:30am
Fridays	10/24-12/5*	10:20-10:50am

*No class 11/28

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. This program will be outdoors but switch indoor when poor weather is present.

Instructor: This class taught by Soccer Shots coaches

***Please register through Soccer Shots at soccershots.com/Cleveland**

Ages: 3-5 years	Class Minimum: 4	Maximum: 12	6 Classes
Fridays	9/5-10/10	9:40-10:10am	
Fridays	9/5-10/10	11:00-11:30am	
Fridays	10/24-12/15*	9:40-10:10am	
Fridays	10/24-12/15*	11:00-11:30am	

*No class 11/28

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

YOGA ADVENTURES (Group Exercise Room)

Join Miss Amy for her monthly pop-up Kids Yoga Adventures. Each class will work on students' flexibility and posture while they learn focus and relaxation skills in a fun age appropriate environment.

Instructor: Miss Amy

Age: 3-6 years

Saturday	9/13	10:30-10:55am
Saturday	10/18	10:30-10:55am
Saturday	11/22	10:30-10:55am
Saturday	12/13	10:30-10:55am

Age: 7-10 years

Saturday	9/13	11:00am-11:25am
Saturday	10/18	11:00am-11:25am
Saturday	11/22	11:00am-11:25am
Saturday	12/13	11:00am-11:25am

Fees/Date:	Members	\$7
	Non-Member/Residents	\$9
	Non-Member/Non-Residents	\$10

YOUTH CHESS LESSONS (Meeting Room)

This class will teach students to love and excel at the game of chess.

Chess has been proven to improve a child's IQ, attention span, and reading test scores through numerous studies over the years. It encourages strategic planning and foresight, which can be applied to various aspects of life. Chess also promotes patience, resilience, and sportsmanship as players learn to accept wins and losses gracefully. This program involves teaching kids the rules, strategies, and tactics of the game through structured, interactive lessons and practice sessions. Additionally, the social interaction and camaraderie during games contribute to the overall growth and cognitive development of children. The program often includes tournaments and competitions to foster healthy competition and critical thinking skills.

Instructor: National Chess Expert, Damon Rucker, has a unique background of 22 years of chess coaching and decades of entertainment experience with the Cleveland Cavaliers. This special combination ensures that classes are both impactful, and absolutely a blast!

Age: 6-17 years	Class Min: 2	Class Max: 18
Thursdays	9/11-10/16	6:00-7:00pm
Thursdays	11/6-12/18*	6:00-7:00pm

*No class 11/27

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

WINTER CHESS CAMP (Meeting Room)

This camp is perfect for keeping you busy during your winter break from school. This 4-day camp involves teaching kids the rules, strategies, and tactics of the game through structured, interactive lessons and practice sessions. Students should bring a water bottle and healthy snack to each class.

Instructor: National Chess Expert, Damon Rucker, has a unique background of 22 years of chess coaching and decades of entertainment experience with the Cleveland Cavaliers. This special combination ensures that classes are both impactful, and absolutely a blast!

Age: 5-17 years	Class Min: 2	Class Max: 18
Camp Time:	1:00-4:00pm	
Camp Dates:	12/22, 12/23, 12/29, 12/30	

Fees:	Members	\$120
	Non-Member/Residents	\$140
	Non-Member/Non-Residents	\$160

MAD SCIENCE® BRIOLOGY™ - HERE TO THERE (Meeting Room)

Hop on board for a wild ride from "here to there"! Join us for the journey through this exciting STEM series that utilizes LEGO® bricks to introduce children to engineering in a fun and engaging way! Each week combines an in-class build created by a LEGO® Certified Designer with a related take-home item that allows the exploration and learning "travel on" after the class is complete! **Instructors:** Mad Science® Instructors

Topics include: Vehicles/Bridges/Aerospace/Boats

Age: 5-12 years	Class Min: 8	Class Max: 20	4 Classes
Wednesdays	10/8-10/29	5:45-6:45pm	

Fees:	Members	\$99
	Non-Member/Residents	\$106
	Non-Member/Non-Residents	\$112

YOUTH ENRICHMENT

MAD SCIENCE® WINTER CAMP - THE WORLD, SCIENCE & YOU! (Meeting Room)

Decode the world around you as a Mad Science Sleuth! Send secret messages to your friends. Get a taste for space with an astronaut snack! Explore the universe with your own orbiter and use teamwork to unearth pollution solutions. Figure out the trick of the tight ropes and sniff out scents on our Mad Science trail. Uncover the answers to these mysteries and more in our "World, Science and YOU" camp!

Instructors: Mad Science® Instructors

Topics includes: Sports / Space / Earth Awareness, and Mad Messages

Age: 6-12 years Class Min: 8 Class Max: 20 4 Classes

Camp Dates: 12/22, 12/23, 12/29, 12/30 9:00am-5:00pm

Fees:	Members	\$170
	Non-Member/Residents	\$185
	Non-Member/Non-Residents	\$195

UPCYCLE POP-UP FASHION WORKSHOP (Meeting Room)

Do you have a passion for fashion? Do you like being creative? How about having FUN with friends while you MAKE SOMETHING AWESOME!! Party playlist and PIZZA will be served.

Instructor: Upcycle Academy contact: Krista@futurefashionstars.com

Website: www.futurefashionstars.com

Grades: 3-6 Min: 5 Class Max: 24 1 Class

BESTIE SWEATS

In this upcycle workshop, we will create BEASTIE SWEATS. The teaching team will share different upcycle techniques and guide the students through the process of creating their own designs. Then they will apply trims, heat transfers, patches, embroideries and MORE. All materials are provided and students keep the designs they create.

Friday 10/3 6:00-8:00pm

POP STAR

In this pop up workshop, we will create one of a kind stage worthy style upcycled designs. Perfect for your holiday party. We provide all the materials and lead students through the process. All materials are provided and students keep the designs they create.

Friday 12/5 6:00-8:00pm

Registration Deadline: 7 days before class date

Fees:	Members	\$50
	Non-Member/Residents	\$55
	Non-Member/Non-Residents	\$60



YOUTH ENRICHMENT cont.

FUTURE FASHION STARS (Meeting Room)

Do you have a passion for fashion? Do you like being creative? How about having FUN with friends while you MAKE SOMETHING AWESOME!!

Join us this fall for our one of a kind enrichment program. Created by industry professionals, fashion educators & led by current fashion university students from Kent State University.

This fall we will create a fashion line from concept to collection. The students will work individually and as a team to create their design. We teach them step by step and lead them through the creative process. The curriculum is built on academic principles and real work industry experiences.

Concept/Theme – Color Palette - Fashion Vision Board - Trend Spotting - Styling - Silhouette/Shape/Proportion -Sustainability in Fashion - Textiles-Illustration – Design – Upcycle Techniques – Basic Sewing & more!

*All materials are provided and students keep the designs they create.

Instructor: Upcycle Academy contact: Krista@futurefashionstars.com website: www.futurefashionstars.com

Grades: 3-8 Min: 5 Class Max: 24 5 Classes
Tuesdays 10/21-11/18 6:00-7:00pm

Registration Deadline: 7 days before class date

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

ADULT ENRICHMENT

FIDO FUNDAMENTALS - MANNERS (Senior Art Studio)

Come join our Fido Fundamentals - Manners class to help Fido become the most well-mannered dog in the neighborhood! We practice attention around distractions, sit, down, walking nicely on leash, coming when called, stay, greeting exercises, and handling. This "Real Life" class will help you learn to live with and love your dog inside and outside the home. Our aim is to create pleasant home companions who can also enjoy and thrive in the outside world.

If your dog is over 2 years old, gets overly aroused around other dogs and/or people, is reactive towards other dogs and/or people, or has shown aggression toward people and/or dogs this class is NOT appropriate for your dog and we suggest contacting us at FortunateFidoReception@gmail.com instead.

Class Requirements

- Dogs must be under 2 years old at the start of class
- A copy of current vaccination records are required to attend class.
- Please bring lots of HIGH VALUE treats (meaning cut up chicken, steak, cheese, etc -- not just your dog's kibble), a treat pouch, and a mat (small, portable dog bed or yoga mat that your dog can relax on) to each class.

Class Minimum:2 Maximum: 6 6 Class
Tuesdays 9/23-11/4* 6:00-7:00pm

*No class 10/21

Fees:	Members	\$150
	Non-Member/Residents	\$160
	Non-Member/Non-Residents	\$165

Fortunate Fido



YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES

For more info on these classes contact

becky.stemple@strongsville.org

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 years & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$35
	Non-Member/Resident	\$40
	Non-Member/Non-Resident	\$45

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 years & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

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

UNTIL HELP ARRIVES

This course provides the general public with the basic cognitive information on key actions that can be taken during a life-threatening emergency that can help sustain or save a life until EMS arrives including: Compression Only CPR (no breaths) AED Education Choking Education Bleeding (administering direct pressure and tourniquet) and Opioid Overdose (administering naloxone). The Until Help Arrives online course developed by the American Red Cross and American College of Emergency Physicians equips students with the basic knowledge to assist trained responders during a life-threatening emergency. This course is taught online only (accessed via mobile desktop or tablet) and does not meet OSHA requirements for workplace certification.

Ages: 11 & older

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

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 years & older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

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 years & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 9	Thru 8/31	emailed 9/2	by 9/30/25
Session 10	Thru 9/30	emailed 10/1	by 10/31/25
Session 11	Thru 10/31	emailed 11/3	by 11/30/25
Session 12	Thru 11/30	emailed 12/1	by 12/31/25

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

Fees:	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$70

SPORTS

Sports Supervisor, Jim Kolesar

YOUTH BASKETBALL

HEAD START FALL BASKETBALL CLINICS (Auxiliary Gym)

The clinic is run by former Kent State basketball star Mike Klinzing. All of the FUN-damentals will be stressed with individual attention provided to each camper. Pick any three of the four clinics below. **Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or headstartbasketball@usa.net for more information**

Boys & Girls Grades: 1-8

Shooting Clinic	Saturday, 10/4	1:00-3:00pm
Ballhandling Clinic	Saturday, 10/11	1:00-3:00pm
Competitive Drills Clinic	Saturday, 10/18	1:00-3:00pm
Pre-season Tune-up Clinic	Saturday, 10/25	1:00-3:00pm

REGISTER at www.headstartbasketball.com

Fee/Date: \$80

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.

Boys & Girls Grades: K-3

Saturdays	9/6-9/20	12:00-1:00pm
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REGISTER at www.headstartbasketball.com

Fee: \$40



JUNIOR CAVS WINTER YOUTH BASKETBALL LEAGUES

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

REGISTRATION: August 25 through October 13

REGISTRATION: August 25 through November 10 (Grades 7-12 Only)

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

Girls

Grades K-1 Co-Ed**	\$70R/\$85NR
Grade 2 Co-Ed	\$80R/\$95NR
Grade 3-4	\$90R/\$105NR
Grade 5-6	\$90R/\$105NR
Grade 7-9*	\$90R/\$105NR
Grade 10-12*	\$90R/\$105NR

Boys

Grades K-1 Co-Ed**	\$70R/\$85NR
Grade 2 Co-Ed	\$80R/\$95NR
Grade 3	\$90R/\$105NR
Grade 4	\$90R/\$105NR
Grade 5	\$90R/\$105NR
Grade 6	\$90R/\$105NR
Grade 7-8	\$90R/\$105NR
Grade 9-10	\$90R/\$105NR
Grade 11-12	\$90R/\$105NR

****Grades K-1 Co-Ed:** This grade will focus mostly on learning and development of skills, not rules and score. Emphasis is on having fun, learning more about the game, and development of the player in a positive environment through instruction, drills, skill work, and some small side games.

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

Practices: Start late October. They meet once a week for an hour and can be as early as 5:00pm and as late as 9:00pm.

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

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

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

ATTENTION POTENTIAL TRAVEL/SCHOOL TEAM PLAYERS – Register for the rec leagues and if you make the travel/school team and would like to withdraw let us know. You'll receive a 100% refund.



YOUTH LACROSSE

K-2ND GRADE LACROSSE PROGRAM (16400 Park Lane)

If your little ones are itching to get started in some lacrosse programming, here's your chance. This program is taught by the coaches from the Strongsville Youth LAX Leagues. All equipment is provided. If you can't attend this session please still reach out to us and let us know your son or daughter is interested in playing lacrosse!

Boys & Girls Grades: K-2

Wednesdays 9/15-10/27* 5:30-6:30pm
*No lacrosse 10/13

Location: Albion Field (11297 Webster Rd/Old Albion Middle School Site)

Fees:	Member	\$70
	Non-Member/Resident	\$75
	Non-Member/Non-Resident	\$85

YOUTH WRESTLING

STRONGSVILLE YOUTH WRESTLING CLUB

Join the Strongsville Wrestling Club to learn the sport of wrestling, advance your wrestling skills, and develop the qualities of character and work ethic. Practices will be held Monday thru Friday starting November 2. 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) and will begin in December and will run through early February. 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 Kindergarten

Early November-Late February

Location: TBD

Mandatory Orientation: Monday, 10/13 at 6:30pm at Strongsville Rec Center

Fees:	Member	\$100
	Non-Member/Resident	\$110
	Non-Member/Non-Resident	\$125

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

Wednesday	9/3-9/17	3:30-4:30pm
Wednesday	10/1-10/15	3:30-4:30pm
Wednesday	11/5-11/19	3:30-4:30pm
Wednesday	12/3-12/17	3:30-4:30pm

*Please note that this class is held until participant is certified and it may not take 3 weeks depending on enrollment.

Fees:	Member	\$45
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$65

YOUTH TENNIS LESSONS

YOUTH TENNIS LESSONS (Auxiliary Gym)

Lessons are designed for beginner to intermediate players with a focus on fundamental skill development, emphasizing gameplay and on court confidence. Through dynamic and engaging lessons, players will work with USP-TA Certified Instructor, Jamie Matic, to master their tennis game.

Boys & Girls: 7-14 years

Ages: 11-14 years	Fridays	11/7-12/12*	4:00-4:45pm
Ages: 7-11 years	Fridays	11/7-12/12*	5:00-5:45pm

*No tennis 11/28

Fees:	Member	\$75
	Non-Member/Resident	\$85
	Non-Member/Non-Resident	\$95

YOUTH & ADULT TABLE TENNIS

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. **No registration required. Pay day of play.**

Ages: All & Seniors

Tuesdays & Thursdays 5:00-7:45pm

Fees:	Drop In Fee	Monthly Fee*
Adult	\$6	\$36
Senior (50yrs+)	\$5	\$30
Youth (18 & Under)	\$5	\$30
Family	\$10	\$30

*There is no drop in fee for those that pay the monthly fee. Monthly fees are collected on first Tuesday of the month.



ADULT VOLLEYBALL

NEO ATHLETICS ADULT VOLLEYBALL LEAGUES

(Ehrnfelt Recreation Center, Auxiliary Gym)

Ages: 18 years & Older

Sundays			
Co-Ed 6's	Double Headers	\$340	10:30am-9:00pm
Mondays			
Co-Ed 6's	Double Headers	\$340	6:00-10:00pm
Wednesdays			
Women's 6's	Double Headers	\$340	6:00-10:00pm

9 weeks plus playoffs

\$12 referee fee per match (paid directly to the referee)

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

Contact Brian Valore or Steve Cosgrove to register at 216-401-6362 or Bvman15@gmail.com or steve.neoathletics@gmail.com

ADULT SOFTBALL LEAGUES**REGISTRATION DATES: 7/1-8/20**

League Commissioner has authority to determine the divisions in which teams compete. This can involve adjusting divisions based on previous performance or other factors to ensure a competitive balance and enhance overall experience.

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
Men's Sunday AM Double Header	\$350	\$135	\$28/game

Upper, Middle and Lower Divisions

9/7-11/16 (weather dependent)

10 games plus playoffs

9:00am-12:00pm

12 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 Monday Double Header	\$350	\$135	\$28/game
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Upper, Middle and Lower Divisions

9/7-11/16 (weather dependent)

8 games plus playoffs

6:30-9:30pm

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.

Co-Ed Friday Single Header	\$325	\$80	\$28/game
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Upper, Middle and Lower Divisions

9/7-11/16 (weather dependent)

4-6 games plus playoffs

6:30-9:30pm

24 Team Limit

* Registration fee includes a professional stat service and balls

ADULT BASKETBALL**MEN'S 35 & UNDER PICK-UP BASKETBALL (Strongsville Middle School)**

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

Ending and play dates subject to change. Limit:30

Mondays 9/8-12/8 8:30-10:00pm

Fees:

Members \$50

Non-members/Residents \$55

Non-Members/Non-Residents \$65

***The price is subject to change depending on

the number of days given by the school. Ending

and play dates subject to change.

**MEN'S 35 & OVER PICK-UP BASKETBALL (Strongsville Middle School)**

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

and play dates subject to change. Limit: 30

Wednesdays 9/10-12/10 8:30-10:00pm

Fees: Members \$50

Non-members/Residents \$55

Non-Members/Non-Residents \$65

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

the school. Ending and play dates subject to change.

ADULT BASKETBALL LEAGUES**Referee Fees:** \$45 CASH per team, per game**Forfeit Fee (cash):** \$90 (refundable at end of season)**Dates:** Ending and play dates subject to change**MEN'S 18 YRS+ 4-on-4**

Tuesdays 10/7-12/16 6:00-10:20pm

Registration: 8/1-9/24. First pay, first serve 10 Team Limit

Fee: \$250

MEN'S 35 & OVER

Thursdays 10/23/25-5/15/26 6:00-10:00pm

Registration: 9/1-10/8. First pay, first serve 12 Team Limit

Fee: \$300

MEN'S OPEN

Sundays 10/26/25-3/26/26 3:00-9:30pm

Middle and Lower Divisions

Registration: 9/1-10/8. First pay, first serve 28 Team Limit

Fee: \$300

ADULT PICKLEBALL**PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)**

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one. It is played on a badminton court with the net lowered to 34 inches at the center. Bring your own paddle or use one of ours for this open play. Experienced and beginner players are welcome.

Ages: 50 & older

Mondays/Tuesdays/Thursdays* Play begins 9/8 6:00am-12:00pm*

Ages: 18 & older

Mondays/Tuesdays/Thursdays* Play begins 9/8 12:00-2:00pm*

***Open play time is 6am-12noon on any dates Strongsville City Schools are not in session. Dates subject to change.**

Ages: 18 & older

Fridays 9/8-10/31 5:00-8:00pm

Fridays 11/7-5/29 6:00-9:00pm

Fees:

Rec Center Members FREE

Senior Center Members \$2/day

Non-Members \$5/day

**BEGINNER PICKLEBALL OPEN PLAY(Rec Center Auxiliary Gym)**

This open play is for those just learning to play pickleball.

Ages: 50 & older2nd & 4th Wednesday of the Month Play begins 9/9 6:00am-12:00pm***Ages: 18 & older**2nd & 4th Wednesday of the Month Play begins 9/9 12:00-2:00pm*

***Open play time is 6am-12noon on any dates Strongsville City Schools are not in session. Dates subject to change.**

Fees:

Rec Center Members FREE

Senior Center Members \$2/day

Non-Members \$5/day

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Debbie Branic

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

Mon-Wed, August 25-27	CLOSED	Annual Cleaning	Fri, November 28	CLOSED	Day After Thanksgiving
Mon, September 1	CLOSED	Labor Day	Wed, December 24	Closing at 1pm	Christmas Eve
Wed, October 22	Closing at 3pm	Business Expo	Thurs, December 25	CLOSED	Christmas
Thurs, November 27	CLOSED	Thanksgiving	Thurs, January 1	CLOSED	New Year's Day

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 takeout birthday lunch the month of your special day
*Free takeout lunch for membership purchase/renewal
*Discounted program/activity fees and takeout lunches
*Priority registration for travel programs

NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5

*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.)*

FITNESS, FUN FRIENDSHIP ACTIVITIES: September-December 2025

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
*No class 8/25, 8/26, 8/27, 9/1, 11/27, 11/28, 12/25, 1/1

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

BODY WEIGHT BASICS

In this no equipment needed class, you will strengthen your muscles using only your own body. No weights, bands or exercise balls are needed to get an effective full body workout. Done regularly, these exercises can build muscle strength and mass, and preserve bone density, independence, and vitality!

Ages: 50 & over Instructors: Melissa Edington

Mondays, Wednesdays, Fridays* 9:15-10:00am
*No class 8/25, 8/27, 9/1, 11/28

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

SENIOR STABILITY

Stability, the ability to remain balanced through movement, is important for all ages but becomes more difficult as we age. This exercise class focuses on improving your balance to improve stability and enhance your ability to exceptionally perform activities of daily living.

Ages: 50 & over Instructors: Melissa Edington

Mondays, Wednesdays, Fridays* 12:15-1:00pm
*No class 8/25, 8/27, 9/1, 11/28

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Resident/Non Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$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* 11:15am-12:00pm
*No class 8/25, 8/27, 9/1, 11/28

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

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. **Instructor: Jenny Wilson**

Ages: 50 & older

Tuesdays or Thursdays* 9:30-10:15am
*No class 8/26, 11/27, 12/25, 1/1

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

FLEX, MOVEMENT & BALANCE

Join Melissa in this afternoon exercise class, that will help you stretch and flex, to improve your balance and flexibility. You will utilize bands (supplied by the Senior Center) and even learn some Yoga, all in an effort to improve your overall physical health. **Instructor: Melissa Edington**

Ages: 50 & older

Tuesdays & Thursdays 12:30-1:15pm
*No class 8/26, 11/27, 12/25, 1/1

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

FITNESS, FUN FRIENDSHIP cont.**FUNCTIONAL TRAINING**

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

Ages: 50 & older **Instructor: Mary Lea Kirby**
Mondays, Wednesdays & Fridays* 10:15-11:00am
*No class 8/25, 8/27, 9/1, 11/28

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$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 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
*No class 8/25, 9/1

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$6
Residents/Non-Members	N/A	\$7
Non-Residents/Non-Members	N/A	\$8

BEGINNER YOGA

The benefits of yoga include increased balance, flexibility, relaxation, strength, and reduced blood pressure and heart rate. Offered the 1st and 3rd Wednesday, Magda Albert, one of our Certified Yoga Instructors, will introduce you to the art of Yoga. Learn the terms, moves and more, and be ready to join our weekly classes the first and third Wednesdays of the month.

Ages: 50 & Older **Instructor: Magda Albert**
9/3, 9/17, 10/1, 10/15, 11/5, 11/12, 12/3, 12/17 10:30-11:30am

Fees:	
Members	\$5 (first time free)
Residents/Non-Members	\$6
Non-Residents/Non-Members	\$7

CHAIR YOGA

Chair yoga is a modified form of yoga that is practiced while seated in a chair. It is designed to make yoga accessible to people who have difficulty standing, balancing, or having a knee, shoulder, or hip replacement, or those with general mobility limitations. Benefits include improved flexibility and range of motion, strengthen muscles and improved balance. Yoga reduces stress and anxiety and promotes relaxation and well-being. No experience necessary. Wear loose, comfortable clothing. **Instructor: Magda Albert**

Ages: 50 & older
Thursdays (no class 8/26, 11/27, 12/25, 1/1) 1:30-2:30pm

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

YOGA

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

Ages: 50 & older **Instructors**
Tuesdays* 10:30-11:30am **Kellie Walter**
Thursdays* 10:45-11:45am **Magda Albert**
*No class 8/26, 11/27, 12/25, 1/1

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$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 Sessions **Minimum class size: 4**
Ages: 50 & Over **Instructor: Peggy Stockdale**
Beginners: Thursdays 10/2-11/13 9:30-10:30am
Intermediate: Thursdays 10/2-11/13 10:30-11:30am
Fees: Members \$38
Residents/Non-Members \$40
Non-Residents/Non-Members \$44

BEGINNER LINE DANCING

The 1st Tuesday of each month, our Line Dance Instructor, Ronna will introduce beginners to the fun of Line Dancing. Join her as she goes over the basics, getting you ready to shuffle and slide into our regular Tuesday morning class.

Ages: 50 & older **Instructor: Ronna Murray**
Tuesdays 9/2, 10/7, 11/4, 12/2 10:00-10:30am

Drop-In Fees:
Members \$3
Residents/Non-Members \$4
Non-Residents/Non-Members \$6

LINE DANCING

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

Ages: 50 & older **Instructor: Ronna Murray**
Tuesdays* 10:30-11:30am

*No class 8/19, 8/26

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$6
Residents/Non-Members	N/A	\$7
Non-Residents/Non-Members	N/A	\$8

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

*No bowling 8/26

Fees:	Monthly	Drop-In
Member	Varies Monthly	\$2
Non-Member/Resident	N/A	\$3
Non-Member/Non-Resident	N/A	\$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 11/28, 12/26

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

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

FITNESS, FUN FRIENDSHIP cont.**POKENO FUN**

Have you heard of Pokeno?! This fun game is a combination of Poker, Keno and Bingo, with features that make it more interesting and exciting. Join Kim, from Shurmer Place, as she leads you through this fun game. No experience needed, just come to have fun and meet new friends. Registration is required. Snacks and prizes included!

Ages: 50 & older

Mondays 9/22, 10/27, 11/24, 12/22 10:00am

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

CARDS AND OTHER GAMES**Ages: 50 & older**

Bridge	Mondays*	12:30-3:00pm
Hand & Foot	Mondays*	12:30pm
Bunco	Thursdays*	10:00am-12:00pm
Rummikub/Dominoes	Tuesdays*	1:00-3:00pm
Mah Jongg	Wednesdays*	1:00-3:00pm
Mah Jongg Instruction	Fridays*	Call for time
Pinochle	Tuesdays*	12:25-3:00pm
Pinochle Instruction	Tuesdays*	Call for time
Mexican Train	Fridays*	12:30-3:00pm
Open Play	Thursdays*	12:15-3:00pm
Open Play	Fridays*	12:30-3:00pm

*No play 8/25, 8/26, 8/27, 9/1, 11/27, 11/28, 12/25, 1/1

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

PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one. It is played on a badminton court with the net lowered to 34 inches at the center. Bring your own paddle or use one of ours for this open play. Experienced and beginner players are welcome.

Ages: 50 & older

Mondays/Tuesdays/Thursdays* Play begins 9/8 6:00am-12:00pm*

Ages: 18 & older

Mondays/Tuesdays/Thursdays* Play begins 9/8 12:00-2:00pm*

***Open play time is 6am-12noon on any dates Strongsville City Schools are not in session. Dates subject to change.**

Ages: 18 & older

Fridays	9/8-10/31	5:00-8:00pm
Fridays	11/7-5/29	6:00-9:00pm

Fees:	Rec Center Members	FREE
	Senior Center Members	\$2/day
	Non-Members	\$5/day

BEGINNER PICKLEBALL OPEN PLAY(Rec Center Auxiliary Gym)

This open play is for those just learning to play pickleball.

Ages: 50 & older2nd & 4th Wednesday of the Month Play begins 9/9 6:00am-12:00pm***Ages: 18 & older**2nd & 4th Wednesday of the Month Play begins 9/9 12:00-2:00pm*

***Open play time is 6am-12noon on any dates Strongsville City Schools are not in session. Dates subject to change.**

Fees:	Rec Center Members	FREE
	Senior Center Members	\$2/day
	Non-Members	\$5/day

FITNESS, FUN FRIENDSHIP cont.**MONDAY 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 two movies each month, and popcorn and a beverage are included. Sign up for one or both! Monthly movies and dates can be found in the *Silver Pen* or stop by the Senior Registration Desk. Registration is required.

Ages: 50 & older

12:30pm

Fees:	
Members	\$3
Residents/Non-Members	\$4
Non-Residents/Non-Members	\$5

**WOODSHOP CLASSES****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. **Participants in this class should exhibit physical strength in hands, arms and legs. Good balance and good vision is also important in keeping you safe. Please access your ability to handle the materials and machinery used in this class as it is a safety concern.** Class completed in 2- 4 hour sessions.

Ages: 50 & older**Instructor: Jim Burns**

Mondays 10/6 & 10/13 9:30am-2:00pm*

*Lunch break from 11:30am -12:00pm

Fees:

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

**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.

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

*No shop 8/27, 11/27, 11/28, 12/25, 1/1

Fees:

	Monthly	Drop-In
Members	Varies Monthly	\$4
Residents/Non-Members		\$5
Non-Residents/Non-Members		\$6

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

*No carving 8/26

Participants pay for own tools and materials

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

ART & CRAFT CLASSES

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. Students provide own materials; palette list available at Senior Registration Desk. Registration required. Monthly classes. No drop-ins.

Ages: 50 & older **Instructor: Joanne Richter**
Tuesdays* 1:00-3:30pm

*Classes resume in September

Fees:	Monthly
Members	Varies Monthly
Residents/Non-Members	Varies Monthly
Non-Residents/Non-Members	Varies Monthly

BOB ROSS PAINTING CLASS

Join Mary, a certified Bob Ross Instructor, and complete on 11" x 14" oil painting. This class is offered utilizing the Bob Ross techniques. You will learn how to paint the "wet-on-wet technique," for which Bob Ross is known for, as well as many other popular techniques. In addition, you'll receive one-on-one attention to help guide you as you improve your painting skills. All materials included.

Ages: 50 & older **Instructor: Mary Kenney**
Thursday 10/16 12:30-4:30pm

Fees:	
Members	\$60
Residents/Non-Members	\$62
Non-Residents/Non-Members	\$66



WATERCOLOR

All levels are welcome, including beginners. Learn all techniques including watercolor with mixed media. Students provide own materials: list available at Senior Registration Desk.

Ages: 50 & older **Instructor: Judi Roszak**
Thursdays or Fridays* 9:30-11:30am

*No class 11/27, 11/28, or in December

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

ZENTANGLE

Full of Zen: In this series of ongoing, monthly art classes, we will scale up our creativity, building on our foundations of Zentangle. In each session we will expand our library of Tangle Patterns in each class and apply our patterns to a variety of projects. These projects will include (but are not limited to) exposure to multiple color mediums: such as watercolor, marker, and chalk pastels. We will also explore applying Zentangle to different substrates, such as wood, cork, and fabric.

A basic Zentangle class is required before you can sign up, and you will provide your own supplies, based on projects planned by the instructor. Attend one or both of these monthly classes. Registration requested.

Ages: 50 & older
Instructor: Susan Olsen, Certified Zentangle Teacher, CZT 10
2nd & 4th Thursdays of the Month 1:00-3:00pm

Fees:	1 Class	2 Classes
Members	\$15	\$25
Residents/Non-Members	\$17	\$27
Non-Residents/Non-Members	\$21	\$31

Our Beginner Zentangle Class is available to those interested in Zentangle. Please inquiry at the Senior Center Front Desk for upcoming classes.

BEGINNERS DRAWING CLASS

Mary will be teaching these 6 week beginners drawing classes. You will be working on blending and values, all while learning how to apply your skills to animals, seascape, landscape and portraits. Students provide their own materials; a list is available at the Senior Registration Desk.

Ages 50 & older **Instructor: Mary Kenney** **6 Week Session**
Fridays 9/12-10/17 1:00-3:30pm
Fridays 10/24-12/5 1:00-3:30pm

*No class 11/28

Fees:	
Members	\$90
Non-Members/Residents	\$92
Non-Members/Non-Residents	\$96

ART DISPLAY

September 29th- October 9th

9:00am-5:00pm

Free and Open to the Public

Come visit our Senior Center Student Art Display and see the beautiful and creative works of our talented students.

DIGITAL PHOTOGRAPHY

This class will combine elements of both an Introductory and an Intermediate Digital Photography class. Digital image management concepts will be covered. There will be a discussion about the Quality of Light with printed examples of different types of lighting. Examples of basic composition techniques will be presented and discussed. The image editing software Adobe Photoshop Lightroom will be introduced during the intermediate phase of the class. Intermediate digital photography concepts like the digital histogram and basic exposure controls will be introduced. Finally, examples of basic color correction techniques and creative controls will be reviewed. This class is for anyone interested in improving their digital photography skills. There are no prerequisites for taking this class.

Ages 50 & older **Instructor: Robert Kovatich** **5 Week Session**
Mondays 9/8-10/6 1:00-2:00pm

Fees:	Members	
	Non-Members/Residents	\$53
	Non-Members/Non-Residents	\$60

ADVANCED DIGITAL PHOTOGRAPHY

The Advanced Digital Photography Class will follow a typical workflow of a professional portrait photographer. The class will start with utilizing artificial lighting to create correctly exposed portraits. The images will be imported into Adobe Lightroom to perform the initial processing steps. Exposure and color corrections will be performed in Lightroom, along with initial creative adjustments and basic cosmetic retouching. The images will then be opened in Adobe Photoshop and converted to smart objects and saved as Photoshop files. Final retouching will occur in Photoshop. The advantages of creating smart objects in Photoshop will be reviewed and demonstrated. Finally, the completed Photoshop images will be processed for output to a professional printer. Prerequisites for taking the Advanced Digital Photography Class are either completing the Intermediate Digital Photography Class or completing Digital Photography 101.

Ages 50 & older **Instructor: Robert Kovatich** **5 Week Session**
Mondays 10/27-11/24 1:00-2:00pm

Fees:	Members	
	Non-Members/Residents	\$53
	Non-Members/Non-Residents	\$60

ART & CRAFT CLASSES cont.**SEWING 101**

Looking to learn to sew, or are you ready to brush up on skills learned in the past? Take *Sewing 101*, our 6-week beginner curriculum class, from a sewing teacher with 30 years of sewing experience, and 20 years of teaching experience. This class will help you learn the wonderful skills of sewing. You can bring your own sewing machine and explore how to use it properly, or use one of ours. Class will be limited to six participants, allowing for individualized attention. Registration required.

Ages 50 & older **Instructor: Casey Krucek**

Fridays 9/5-10/10 1:00-2:30pm

Fees: Members \$168
 Non-Members/Residents \$170
 Non-Members/Non-Residents \$174

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 (No quilting 8/11, 8/25, 9/1, 9/8, 10/13, 11/10, 12/8)
 1:00-3:00pm

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 (No crafting 8/27, 12/24, 12/31) 10:00am-1:00pm

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

*No gathering 11/27, 12/25, 1/1

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

PROGRAMS**AARP DRIVER SAFETY PROGRAM CLASSES**

Take this opportunity to review your driving skills, habits, and knowledge of rules of the road. Local driving problems, safety tips, changes in driving laws and rules are discussed. The course also emphasizes how to adjust your driving in response to age related physical changes and declining perceptual skills. This is a one-day, four-hour class. Registration required.

Ages: 50 & older **Instructor: April Dugan**

Friday 8/15 9:30am-1:30pm

Monday 10/6 12:30-4:30pm

Monday 12/1 12:30-4:30pm

Fees: AARP Members \$20
 Non-AARP Members \$25

PROGRAMS cont.**INSTITUTE FOR LEARNING PROGRAMS**

The following programs are offered through the Institute for Learning (ILR) at Baldwin Wallace University, which offers senior adults classes in a variety of subject areas, as well as social, cultural and travel experiences. Registration is required for each program.

Fees: Members Free
 Non-Members/Residents \$3/class
 Non-Members/Non-Residents \$5/class

"The Titanic—Perfect Disaster" by Mel Mauer

Mel Mauer has had a lifelong interest in this disaster. He was a member of the Titanic Historic Society for a number of years. This has proven to be a very popular talk with all ages. The so called "unsinkable ship" really is unsinkable in popular culture, and has been since it sank in 1912.

Ages: 50 & older

Tuesday 8/12 1:00pm

Story of Aerospace Failures: Why are the Moon and Mars So Hard? by Ann Over

There is a renewed focus around the world, both government and commercial, to explore the Moon and beyond. Case studies and lessons will be shared for a lunar lander that ran out of fuel, a Mars lander that plunged, and another Mars mission that missed the planet.

Ages: 50 & older

Thursday 9/18 1:00pm

Intro to Aromatherapy: Essential Oil Toolkit for Holistic Living by Rachel Metz

Searching for a more natural solution to incorporate into your lifestyle while shifting away from harsh chemicals? Rachel will be sharing her passion and knowledge about the science and art of essential oils, and how to easily integrate them into your home environment and personal-care routine. Topics will include choosing and caring for your oils, tips for optimal seasonal use, and ideas to nurture your spaces, your senses, and your body with this beautiful plant medicine. Participants will leave the workshop with the tools to create their own personalized blends along with two complimentary recipes.

Ages: 50 & older

Wednesday 10/8 1:00pm

Civil War Nurses by Renee Atkinson

At the outbreak of the Civil War, nursing was a male profession, with many nurses being fellow soldiers. Women were considered too delicate for the occupation. However, the war changed public opinion as demand outweighed the supply of nurses. Women, rising to the need, proved they were not only capable, but often superior caregivers. Explore the requirements and dangers faced by female nurses on the battlefield and in hospitals. Discover the stories about outstanding nurses who went above and beyond the call of duty, including the only woman given permission by Generals Grant and Sherman to serve on the front lines. These brave and dedicated women opened the door for the skilled occupation of nursing we know today.

Ages: 50 & older

Tuesday 11/18 10:00am

History of Cleveland Media (Newspapers, Radio, TV and Movies) by Doug Imhoff

This presentation will be the history of newspapers, radio, television and movies in Cleveland. It will include discussion of radio personalities such as Gary Dee, Larry Morrow, John Lanigan and others. Television personalities discussed will include Captain Penny, Ghouliardi, Dorothy Fuldheim, Barnaby and more. We will talk about TV and radio broadcast personalities such as Doug Adair, Fred Griffith, Wilma Smith, Ramona Robinson and various sports announcers such as Jim Donovan, Herb Score, Tom Hamilton, Nev Chandler, Joe Tait, etc. We will also discuss movies that have been filmed in Cleveland!

Ages: 50 & older

Tuesday 12/16 10:00am

PROGRAMS cont.**UNIVERSITY HOSPITAL HOT HEALTH TOPICS**

Clinical Pharmacy Residents, from University Hospital, will discuss various health topics of interest. These free, monthly programs, will cover *hot* health topics for seniors. Be informed for yourself or a loved one. Registration is required for each talk.

Ages: 50 & older	1:30pm	FREE
Thursday	Hydration as you Age	8/6
Thursday	Vaccines	9/3
Thursday	Over the Counter Cold/Flu Management	10/1
Thursday	Digestive Health	11/5
Thursday	Holiday Health Tips: Managing Stress, Sugar & Schedules	12/3

2025 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. A Library Staff member leads the group discussion.

Month	Book	Discussion Date
September	<u>The Spectacular</u> by Fiona Davis	9/22
October	<u>West with Giraffes</u> by Lynda Rutledge	10/27
November	<u>The Heart of Winter</u> by Jonathan Evison	11/24
December	No Discussion	

ONE ON ONE COMPUTER INSTRUCTION (Senior Computer Lab)

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. Call the Senior Registration Desk at 440-580-3275.

Ages: 50 & older**Fees for 1-Hour Session (minimum of 1 hour):**

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

TechKNOWledgy with TEENS

The Senior Center is excited to partner with Strongsville City Schools for a program called TechKNOWledgy with Teens. Select students will come monthly and provide one-on-one help with any questions you may have with your phone, iPad or other tablet. Best part, this is completely free! No question too big or small for these tech wizards! If interested in receiving help, please call the Senior Center today and sign up! Limited spaces available!

Ages: 50 & older

Wednesdays	9/17, 10/15, 11/19, 12/17	1:00pm	FREE
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DOWNSIZING & DECLUTTERING BY AARP

Want help learning how you can simplify your life? If you're looking to get rid of some unwanted stuff around the home, join us for AARP's free downsizing and decluttering event. You'll hear about important organizing tips while exploring how streamlining your things could help you feel happier, less stressed, and more productive. We'll explore: how to start your decluttering and organizing journey, practical tips on organizing and decluttering, and how better organization could positively impact your daily life. Light refreshments provided.

Ages: 50 & older

Tuesday	9/30	1:00pm	FREE
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YELLOWSTONE: THE BEAUTY OF THE LAND

Explore the world's first national park! This park has more geothermal features than anywhere else in the world. The program looks into the science of the land features that make it so unique. Each slideshow program consists of photographs from Nature Pam's time in the park. The program encompasses the history, new discoveries, and Pam's personal experiences. The program lasts between 40 to 50 minutes with time for questions during and after the program. Demonstrations, maps, artifacts and visual aids are used to enhance the learning experience. **Instructor: Pam Sikora**

Ages: 50 & older

Wednesday	9/24	10:00-11:00am
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Fees

Members	Free
Non-Members/Residents	\$3
Non-Members/Non-Residents	\$5

OKTOBERFEST LUNCH

Everyone's German for our Oktoberfest! Ethnic food and entertainment with Aaron Dussing and Friends are sure to help you feel that old world charm. Registration with payment is required by September 18th. Stop by or call the Senior Center Front Desk at (440) 580-3275.

Ages: 50 & older

Tuesday	9/23	11:30am
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Fees:	Members/Residents	\$8
	Non-Members/Non-Residents-	\$9

FAMILY CAREGIVERS - HELP IMPROVE CARE AND REDUCE YOUR BURDEN

Caring for an older adult with a chronic condition, particularly Alzheimer's or dementia, comes with challenges. The *WeCare...Because You Do* program from Benjamin Rose Institute on Aging is a one-to-one care-coaching program that enriches the quality of life for both the caregiver and the person receiving care. We do this by helping you find the quality services you need, providing caregiving education, tips and techniques, and guiding you through the complexities of healthcare – all at no cost to you. We'll also introduce the new GUIDE program from Medicare, which provides eligible families with access to dementia specialists, a 24-hour helpline, and up to \$2500 annually in respite care, also at no cost to you. **Instructor: Lauri Scharf, Master Trainer & Lead Care Consultant**

Ages: 50 & older

Tuesday	10/14	1:00pm	FREE
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PUZZLE & BOOK SALE!

The Senior Center will be having a puzzle and book sale. All proceeds will go towards Senior Activities. Be prepared for those cold days ahead, with a good book or a challenging puzzle.



Puzzles - \$1.00
Hardback books - \$1 .00
Paperback books - \$0.50

Sale Hours:

Thursday, 11/6	9:30am-3:30pm
Friday, 11/7	9:30am-2:30pm

Have books and puzzles (no missing pieces) cluttering up your house? Drop them off at the Senior Center between 9am-5pm, Oct 27-Nov 3.



PROGRAMS cont.**HOMEFIT BY AARP**

How can you make your home safe and livable for the long-term? This is where AARP can help. AARP surveys consistently find that older adults want to remain in their current homes and communities for as long as possible. Yet, barely one percent of the nation's housing supply contains any "universal design" elements — such as single-story living or a sink that can be reached from a wheelchair. Join us for a HomeFit event, where you can explore how to make your current or future residence your "lifelong home." In this session, you'll hear about: how Universal Design can accommodate all people, room-by-room suggestions to improve your current housing, and quick fixes that can be implemented across many housing types. Light refreshments provided.

Ages: 50 & older

Wednesday	10/29	10am	FREE
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FRAUD BASICS: THE SCAM LANDSCAPE AND STAYING SAFE BY AARP

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. Join us for this free event that will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family. We'll explore: the impact of fraud on older adults, how to spot and avoid common scams, changing the way we react to and talk about fraud, prevention strategies, and empowering victims to get support. Light refreshments provided.

Ages: 50 & older

Monday	11/17	1:00pm	FREE
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THE BEAUTY OF LAKE VIEW CEMETERY

Join Monica Johns, President of Johns-Carabelli & Semerano Monuments, and discover the beauty, history and artistry that can be found in Lake View Cemetery. Founded in 1869, Lake View has played a big part in recording Cleveland's history. Located in Cleveland, East Cleveland and Cleveland Heights, Lakeview is included in the National Registry of Historic Places. Come learn more about this Cleveland gem and the treasures it holds. Instructor: Monica Johns

Ages: 50 & older

Wednesday	11/12	1:00pm	FREE
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SILVER MUSTANG HOLIDAY EVENT

It's the most wonderful time of the year and we want to spend it with our Silver Mustangs! 'Tis the season for desserts, so join us for a special sweet treat with coffee, tea, door prizes and live holiday music by the Dueling Piano Dames. All tickets are free to Senior Center Silver Mustang Members but registration is required. Tickets will be available at the Senior Center from November 5th to December 3rd.

Ages: 50 & older

Monday	12/8	1:00-2:30pm	
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Free to Silver Mustang Members**CELEBRATION HANDBELL CHOIR CONCERT**

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

Ages: All

Thursday	12/11	7:00pm	FREE
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**CUYAHOGA COUNTY PUBLIC LIBRARY WEBINAR SERIES (PRE-RECORDED SHOWINGS)**

Enjoy a range of talks from bestselling authors and thought leaders through these insightful webinars. Each webinar is a pre-recorded showing of an online seminar and lasts approximately one hour. There are a wide range of topics to learn about from the impact of 9/11 to the marvels of wildlife and space travel.

Webinar: Capturing the Human Drama of 9/11 and D-Day

Much has been written and said about the terrorist attacks of September 11, 2001, and the profound impact they had on America and the world. But those names, stories, and memories have never before been collected in one place to tell the full, 360-degree story of what happened that day, and in the days after. In *The Only Plane in the Sky*, award-winning journalist Garrett Graff draws on never-before-published transcripts, recently declassified documents, and original interviews and stories from nearly five hundred government officials, first responders, witnesses, survivors, friends, and family members to paint the most comprehensive, minute-by-minute account of the September 11 attacks yet, all told in the words of those who experienced that dramatic and tragic day. Graff also explores the full impact of another world changing event: D-Day, one of history's greatest and most unbelievable military and human triumphs.

Ages: 50 & Older

Thursday	9/11	10:00am	FREE
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Webinar: Unearthed: Exploring the Smithsonian National Gem Collections with Dr. Jeffrey Post

The Smithsonian's *Unearthed* explores the scandals, mysteries, and human stories behind the world's greatest gems. In this original book, the surprising stories behind this world-renowned gem collection are brought to life by Dr. Jeffrey E. Post, curator of the Smithsonian's National Gem Collection for over 30 years. In this webinar, fact is separated from fiction and Dr. Post will reveal fresh information and regale the viewers with anecdotes and tales of some of the world's greatest and most famous gemstones. Inside the illustrious pages of *Unearthed*, Dr. Post tells the stories of the Smithsonian's most famous gems, including the Hope Diamond, Star of Asia Sapphire, Carmen Lucia Ruby, Hooker Emerald, and Blue Heart Diamond and presents the tales, details, and fascinating facts surrounding rarely displayed gems from the Smithsonian vault and recent additions made to the collection.

Ages: 50 & older

Monday	9/29	10:00am	FREE
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Webinar: A Journey into the Hidden World of Tropical Bats

For decades, scientists at the Smithsonian Tropical Research Institute have studied the remarkable biodiversity of bats on Barro Colorado Island in Panama, where an astonishing seventy-six species coexist. Now, for the first time, Smithsonian scientists' expertise pairs with the stunning photography of *National Geographic* contributor Christian Ziegler for a captivating visual journey into the fascinating world of these elusive night creatures, to bring you the book *Bat Island: A Rare Journey into the Hidden World of Tropical Bats*. This presentation will cover topics from the book, such as the diverse sensory abilities of bats, their foraging strategies, roosting ecologies, and social systems.

Ages: 50 & older

Tuesday	10/21	10:00am	FREE
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CONSULTATIONS

Webinar: Your All Access Pass Behind the Scenes at the Space

Station with Dr. Jennifer Levasseur

Revealing a new perspective into the world of space exploration and the daring astronauts who make it possible, Dr. Levasseur will guide you through the Smithsonian's *Behind the Scenes at the Space Station* and take you on a once-in-a-lifetime virtual tour of the International Space Station. You will learn what the astronauts do once they make it to the space station, from experiments to repairs and so much more! Have you ever wondered if plants could grow in outer space? Or how the space station doesn't break down in outer space? Or how astronauts go to the toilet in microgravity? *Behind the Scenes at the Space Station* is a treasure trove of information you don't want to miss.

Ages: 50 & older

Tuesday 11/25 10:00am **FREE**

Webinar: For the Love of Mars—A Human History of the Red Planet with Smithsonian Curator, Matt Shindell

Mars and its secrets have fascinated and mystified humans since ancient times. Due to its vivid color and visibility, geologic kinship with Earth, and potential as our best hope for settlement, Mars embodies everything that inspires us about space and exploration. *For the Love of Mars* surveys the red planet's place in the human imagination, beginning with ancient astrologers and skywatchers and ending in our present moment of exploration and virtual engagement. You're invited to come learn alongside Matt Shindell, National Air and Space Museum curator, as he introduces viewers to historical figures across eras and around the world who have made sense of this mysterious planet. By focusing on the diverse human stories behind the telescopes and behind the robots we know and love, Shindell will show how Mars exploration has evolved in ways that have also expanded knowledge about other facets of the universe.

Ages: 50 & older

Thursday 12/4 1:00pm **FREE**



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. A representative 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

Wednesday 8/6, 9/3, 10/1, 11/5, 12/3 9:15am **FREE**

STRONGSVILLE LOW VISION CONNECTION

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

Tuesday 9/23, 10/28, 11/25 1:00-2:30pm **FREE**

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 9/9, 10/14, 11/11, 12/9 10:00am **FREE**

ATTORNEY

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

Tuesdays 9/2, 10/7, 11/4, 12/2 9:20-11:30am Erica Skerl
Friday 8/22, 9/26, 10/24, 11/21, 12/19 10:00-11:20am Sam Butcher

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. **FREE**

Tuesday, 8/12, 9/9, 10/21, 10/28, 11/4, 11/11, 11/18 9:15am-1:00pm

Wednesday, 8/27, 9/24, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19 12:00-4:00pm

THE A, B, C's & D's OF MEDICARE

A representative from the Ohio Department of Insurance Ohio Senior Health Insurance Information Program (OSHIIIP) will be here to give an overview about Medicare. Learn the difference between supplements and advantage plans and changes to original Medicare. OSHIIIP was founded in 1992 to provide Medicare beneficiaries with free, objective health insurance information and one-on-one insurance counseling. The program is funded in part by the state and by a grant from CMS. OSHIIIP offers an array of services that are also used for persons with disabilities and for non-seniors. Bring your questions and let the experts help you! **Registration required.**

Friday 9/19 10am **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 9/12 9:15am-12:00pm

Friday 10/10 9:15am-12:00pm

Friday 11/14 9:15am-12:00pm

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

HEAP PROGRAM

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

Friday 10/17 9:00am-12:30pm **FREE**

MUSTANGS ON THE GO! cont.**SUMMER ESCAPE TO SCHEDEL GARDENS**

Schedel Aoretum and Gardens in one of the finest garden complexes in the Northwest Ohio area. The 17-acre garden estate is a unique and beautiful hidden gem featuring themed gardens for peonies, roses, dahlias, a world-class bonsai exhibit, and over 9,000 planted annuals. In addition, Schedel hosts the world's largest collection of "Lithophanes" in their Manor House. This unique art form uses light to showcase at 3-D Visual over porcelain images. Our docent led tour will help to enjoy and engage in this peaceful botanical complex. We'll have free time to explore on our own before we enjoy lunch in the Gardens meeting space. In the afternoon, we'll visit the Libbey Factory Outlet store seeing their fun, unique and sometimes unusual items. Since 1818, Libbey has been the vanguard of artistry and innovation in glassmaking. From their roots in Toledo, Ohio, to their place as a worldwide total tabletop leader, they continue to empower chefs, mixologists and home entertainers to craft moments that matter with beautiful and durable tabletop products. This JKL trip has moderate walking.

Ages: 50 & older

Tuesday 8/19 7:30am-6:00pm

Fees

Members	\$103
Non-Members/Residents	\$105
Non-Members/Non-Residents	\$109

LAKE & LIGHTHOUSE OF NEW YORK

In the 1800s, steamboats were a most popular form of transportation on Lake Chautauqua and many people chose to enjoy a leisurely cruise on a warm, sunny day. Those original ships saw service for many years with the last of those vessels, the "City of Jamestown" finally being retired in 1963. But, less than 25 years later, some enterprising people had an entirely new paddle wheeler constructed to bring back that period in the lake's history. We will start our day in Mayville, New York to board the Chautauqua Belle for a lunch Cruise. Next we will arrive at the Dunkirk Lighthouse. You'll learn about the fascinating history of the lighthouse, the shipwrecks that occurred in the area, and the lives of the Lighthouse keepers. Sign up today for this Great Day Tour!

Ages: 50 & older

Thursday 9/4 7:15am-6:15pm

Fees

Members	\$144
Non-Members/Residents	\$146
Non-Members/Non-Residents	\$152

**AN AUTUMN DAY IN CHAGRIN FALLS**

Come along as we travel east to the beautiful village of Chagrin Falls. Named from a series of waterfalls along the Chagrin River, which runs through the town. This charming village is home to not only beautiful waterfalls, but one of the oldest community theaters in the country. We will start our day with a tour of Chagrin Falls with a representative from their Historical society followed by and time for shopping. We will enjoy lunch and spend some more time exploring. This is a JKL trip with moderate walking.

Ages: 50 & older

Wednesday 9/17 8:30am-4:30pm

	Fees	Registration Begins
Members	TBA	7/2
Non-Members/Residents	TBA	7/8
Non-Members/Non-Residents	TBA	7/15

HARTVILLE KITCHEN AND THE CHARDON POLKA BAND

Here is a unique way to celebrate OKTOBERFEST as we enjoy the wonderful Hartville complex and the amazing Chardon Polka Band! We'll have shopping time in the Hartville Marketplace before we transfer to the Hartville Kitchen to enjoy their amazing lunch where you get to choose your own meal table side! After lunch, we'll walk to the ballroom for the fun and engaging show put on by our very own Chardon Polka Band! There is lots of audience participation and room to dance if the POLKA spirit moves you. Don't miss this JKL trip!

Ages: 50 & older

Thursday 10/2 7:45am-6:00pm

	Fees	Registration Begins
Members	\$103	8/14
Non-Members/Residents	\$105	8/21
Non-Members/Non-Residents	\$109	8/28

GREAT LAKES THEATER MATINEE--"Sunday in the Park with George"

A dazzling masterpiece that paints a compelling tale of art, love and legacy. This Pulitzer Prize, Olivier and Tony Award-winning musical follows Seurat's agonizing struggle to complete his masterpiece while his love affair with the enigmatic Dot crumbles. A century later, Seurat's descendant re-discovers his own artistic purpose through surprising connections to the past. Featuring a breathtaking score with unforgettable songs like "Finishing the Hat," "Sunday" and "Move On," this poignant production explores the enduring power of art and the timeless search for the meaning in life.

Ages: 50 & older

Tuesday 10/7 8:30am-2pm

	Fees	Registration Begins
Members	\$35	8/18
Non-Members/Residents	\$37	8/28
Non-Members/Non-Residents	\$41	9/4

FREEDOM ISN'T FREE TOUR

Join us as we travel to Columbus Ohio for an All-American day! We will start our day traveling down 71, stopping at Burger King for a rest stop. Our first stop in Columbus will be at the National Veterans Memorial and Museum. This memorial and museum opened in October 2018 and is the only museum dedicated specifically to the Veteran's experience, taking visitors on a narrative journey telling individual stories and shared experiences of Veterans throughout history. After the museum, we will head over to Schmidt's Restaurant in German Village for lunch and then to Motts Military Museum, where "Every day is Veterans Day". The mission of this museum is to educate the public on the importance of America's military past through the documentation, collection and preservation of tangible artifacts, and personal stories of the men and women who served and are currently serving in the United States Armed Forces. What makes this museum unique are the stories of each artifact you will see – a story of service, sacrifice, and exactly how it found its way to Motts Military Museum. After the Motts Museum, you will depart for home with a rest stop. This red, white and blue trip with Great Day Tours will be enjoyed by both veterans and non-veterans.

***Veteran's discount available.** The National Veteran's Museum offers free admission to all Veteran or people with active-duty status. To receive the \$15 off, passengers will need to show a Veteran ID, military ID, DD214, or driver's license that notes military status upon arrival to the museum. Please make the Senior Center aware if you qualify for this discount. The day of the trip you will need to bring along with you the documentation to show the museum. Anyone who forgets their proof will not receive the discount and will pay \$15 to the museum.

Ages: 50 & older

Thursday 10/15 7:30am-6:45pm

	Fees	Registration Begins
Members	\$123	8/20
Non-Members/Residents	\$125	8/28
Non-Members/Non-Residents	\$130	9/3

MUSTANGS ON THE GO! cont.**TOMMY DORSEY ORCHESTRA**

In Big Band history, the Tommy Dorsey Orchestra is recognized as one of the best all-around dance bands. It could swing with the best of them, and no other band could come close to Tommy's when it came to playing ballads. Tommy Dorsey, "The Sentimental Gentleman of Swing", was a master at creating warm, sentimental, and always musical moods – at superb dancing and listening tempos. Tommy sustained these moods through the arrangements of the likes of Paul Weston, Axel Stordahl and Sy Oliver, and he showcased singers who could project them brilliantly. The music world lost Tommy at an early age, but his legacy of great music has transcended time. The Tommy Dorsey Orchestra still represents explosive and swinging Big Band entertainment at its very best.

Ages: 50 & older

Thursday 11/20 7:45am-6pm

	Fees	Registration Begins
Members	\$112	9/25
Non-Members/Residents	\$114	10/1
Non-Members/Non-Residents	\$118	10/8

CLEVELAND ORCHESTRA MATINEE

Dvořák's "New World Symphony," performed by The Cleveland Orchestra, is a beloved masterpiece that blends American influences with the composer's Czech heritage. Composed during Dvořák's time in America, it reflects his fascination with the country's landscapes and musical styles, including African American spirituals and Native American melodies, while also expressing a sense of longing for his homeland. The symphony is known for its memorable melodies, vibrant orchestration, and emotional depth. The matinee will include a concert preview beginning one hour before the concert start time. Free donuts and coffee are available while supplies last.

Ages: 50 & older

Friday 11/21 8:30am-1pm

	Fees	Registration Begins
Members	\$50	9/24
Non-Members/Residents	\$52	10/1
Non-Members/Non-Residents	\$56	10/8

OGLEBAY and the WHEELING ISLAND CASINO TRIP

Take a break from the hustle and bustle of the holidays and get away to Wheeling West Virginia for a day of gambling and an evening of beautiful Christmas lights. We will head to Wheeling and start our day at the Wheeling Island Casino where you will receive a bonus of \$25 to be used for gambling or food. We will be at the casino from about 12-4:45pm. After we will load back on the bus to head over to Oglebay Resort's Speidel Christmas shop to browse and shop. After shopping we will load back on the bus and meet our guide to begin our driving tour of the Festival of Lights. Beginning in 1985, the Festival of Lights has grown into one of the nation's largest holiday light shows, attracting more than one million visitors each year. Identified as one of the top light displays in the United States by countless travel companies and national publications, the Festival of Lights features three hundred acres of twinkling lights over a six-mile drive. The dazzling display includes over 100 lighted attractions boasting more than one million energy-efficient LED lights. This is Great Day Tours trip.

Valid Photo ID required for all travelers for me admitted and to get a player's card at the casino.

Ages: 50 & older

Tuesday 12/15 8:15am-10:15pm

	Fees	Registration Begins
Members	\$84	10/23
Non-Members/Residents	\$86	10/30
Non-Members/Non-Residents	\$90	11/5

HOLIDAY LOCAL LIGHT TOUR WITH JKL**Ages: 50 & older**

Wednesday 12/10 TIME TBA

	Fees	Registration Begins
Members	TBA	10/14
Non-Members/Residents	TBA	10/21
Non-Members/Non-Residents	TBA	10/28

**DICKENS VICTORIAN VILLAGE**

Take a trip back in time and experience old world England as historic downtown Cambridge, Ohio is charmingly transformed into a Dickens Victorian Village with over 80 scenes that represent classic scenes from Victorian society. The scenes are comprised of life-sized and hand-made mannequins wearing real vintage clothing. The faces for each character have been individually sculpted and painted by local artists. A costumed step-on guide will tell stories of Dickens Victorian Village and explain the 160 mannequins that line Wheeling Avenue.

On our way will stop at McDonald's for a restroom stop and pick up our guide to begin our tour. Our first stop will Kennedy's Bakery to browse and shop. Next, we will go to Theo's Restaurant to enjoy a holiday buffet. After a delicious lunch we will arrive at Dickens Welcome Center, where you will see how the mannequins are made, dressed and learn more about Dickens Victorian Village followed by time to shop the unique downtown shops. After Dickens Victorian Village, we will be greeted by costumed guides who will teach visitors about "Christmas at the Cambridge Glasshouse." View a recently edited film from the 50s taken at the original Cambridge Glass Co., try paper etching from original plates, see how the famous Cambridge Arms can be used as a Christmas centerpiece, and enjoy all of the sparking glass displays. Next, enjoy an afternoon tea with assorted cookies while learning about the history of St. John's, based on a church from old England. Our last stop will be at the Dickens Courthouse to watch a holiday light show. This is a fully immersive light show with synchronized lights and props to your favorite holiday soundtracks. Enjoy from the comfort of the bus or take a seat outdoors. This Great Days trip is a great way to get you ready for the holiday season!

Ages: 50 & older

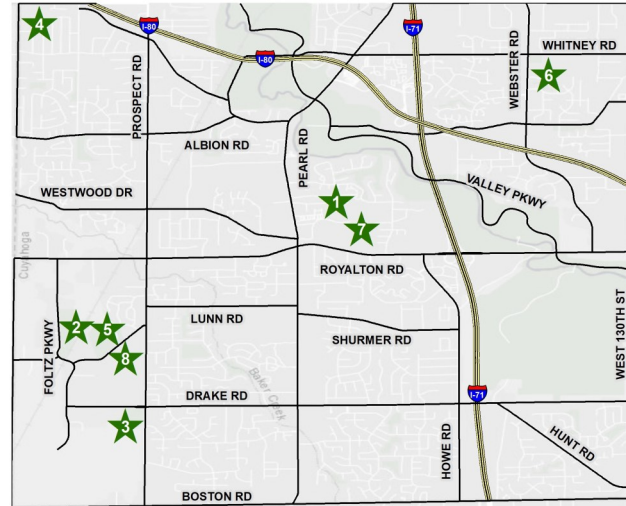
Tuesday 11/6 8:15am-8:30pm

	Fees	Registration Begins
Members	\$112	9/9
Non-Members/Residents	\$114	9/16
Non-Members/Non-Residents	\$118	9/23

RECREATION PARKS AND AMENITIES

For more park information or to reserve call 440-580-3270.

*Pavilions in city parks are available for rental: \$80 for residents and \$160 for non-residents (excluding Town Center Park).
For Town Center info see page 7.*



1. Rec Park #1 - 18300 Zverina Lane

Town Center: This park will feature two pavilions, one attached to the new Town Center Place indoor venue and one Octagon pavilion in the heart of the park. Both will be surrounded by state-of-the-art ADA compliant playgrounds, interactive fountains, 4 tennis courts, 8 pickleball courts, two sand volleyball courts, bathrooms, gas grills, electricity and more.



Castletown Pavilion: Located across from Town Center Park and next to the Cuyahoga County Strongsville Library. Features picnic tables, 8 electrical outlets and a grill. It is located just across from the new Town Center Park with ample parking in the Library lot.

Castletown Pavilion



2. Rec Park #2 Pavilions- 16107 Foltz Parkway (South of Rt 82): Located in Foltz Industrial Parkway near the City Municipal Offices. Baseball Fields are by permit only and not available for use with pavilion rentals.

Near Softball Field



Features bathrooms with running water, picnic tables, 2 grills, 8 electrical outlets, and small swing set.

Near Railroad Tracks



Features picnic tables, 2 grills, small swing set, slide and basketball court. No electrical outlets.

PARKS & AMENITIES cont.

For more park information or to reserve call 440-580-3270.

3. Rec Park #3 Pavilions - 21273 Drake Road: Located at intersection of Drake Rd and Prospect. Wood & Sprague Baseball Fields are by permit only and not available for use with pavilion rental.

Sprague Pavilion



Features 2 grills, picnic tables, 8 electrical outlets, and small play set.

Features 2 grills, picnic tables, 8 electrical outlets, small swing set and play set.

Wood Pavilion



4. Nichols Pavilion - 227070 Sprague Road: Located at Sprague and Marks Road. Features picnic tables, 8 electrical outlets, a grill and small playground. Nichols Baseball Field is by permit only and not available for use with pavilion rental.



5. Volunteer Park Pavilion- 21410 Lunn Road: Located on West Lunn Road just west of Prospect Road. Features picnic tables, 8 electrical outlets, playground, batting cages, 2 bocce ball courts, horseshoe pits and 1/2 mile paved walking path. Vending machines and restrooms with running water just a short walk from pavilion. There are 4 baseball fields at this park, Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) and 2 little league fields (Roth & Kalinich). Baseball Fields are by permit only and not available for use with pavilion rental.

Pavilion, Playground & Bocce Courts



Pavilion



6. Surrarrer Park Pavilion - 14625 Whitney Road: Located at the corner of Webster and Whitney Roads (east of I-71). Features picnic tables, 8 electrical outlets, a grill, an ADA compliant playground and 2 tennis courts (also lined for pickleball). James Baseball Field is by permit only and not available for use with pavilion rental.

Pavilion & Playground



Pavilion



7. Backyard Preserve - 18100 Royalton Road: Located behind the Ehrnfelt Recreation and Senior Center. This park features an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.



8. Youth Sports Park Pavilion - 21255 Lunn Road: Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). Features picnic tables, 12 electrical outlets, a grill and playground. The Football and Baseball Fields are by permit only and not available for use with pavilion rental.



PARK GUIDELINES

- *Permits are required to use any of the fields. Field use is prohibited without a permit.
- *Contracts are required for use of Pavilions. Pavilion use is prohibited without a permit.
- *Alcohol and Tobacco use is prohibited in all Recreation Parks.
- *Pets are required to be on a leash at all times.
- *Parks close at dusk.



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



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

www.strongsville.org