




Strongsville Recreation
Center




@strongsvillerecept


STRONGSVILLERECEPT

Registration Dates

MEMBERS: July 21

RESIDENTS: July 28

OPEN / ONLINE: July 30

SEPTEMBER-DECEMBER 2026 Program Guide

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

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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*

July 20-October 24	Approximate Dates	Aquatic Center CLOSED
Mon-Sat, Aug 17-Sept 7	Floor Refinishing	Basketball Courts CLOSED
Mon-Wed, Aug 31-Sept 2	Annual Cleaning	Rec & Senior Center CLOSED
Mon, September 7	Labor Day	Rec & Senior Center CLOSED
Wed, October 14	Business Expo	Rec & Senior Center Closing at 3p
Thurs, November 26	Thanksgiving	Rec & Senior Center CLOSED
Thurs, December 24	Christmas Eve	Rec & Senior Center Closing at 1p
Fri, December 25	Christmas	Rec & Senior Center CLOSED
Thurs, Dec 31	New Year's Eve	Rec & Senior Center Closing at 5p
Fri, January 1, 2027	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.

TOWN CENTER PARK HOURS: Open Dawn to Dusk

Splash Pad

Open Saturday before Memorial Day thru September 30: 9:00am - Dusk

Volleyball Courts

Open May 1-October 31

Tennis Courts

Open May 1-October 31: 8am-10:30pm (weather permitting)

Pickleball Courts

Open May 1-October 31: 8am-10:30pm (weather permitting)

Open November 1-April 30: 8am-9:00pm (weather permitting)

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 12-13, after completion of the Youth Fitness Orientation, 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 Fitness Orientation card for admittance to the cardio area.*

INDOOR TRACK (*Must be 14 years or older*)

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

STRENGTH ROOM (*Must be 14 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.

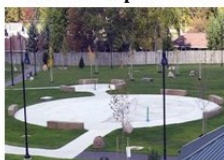
Alcohol ~ is strictly prohibited!

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

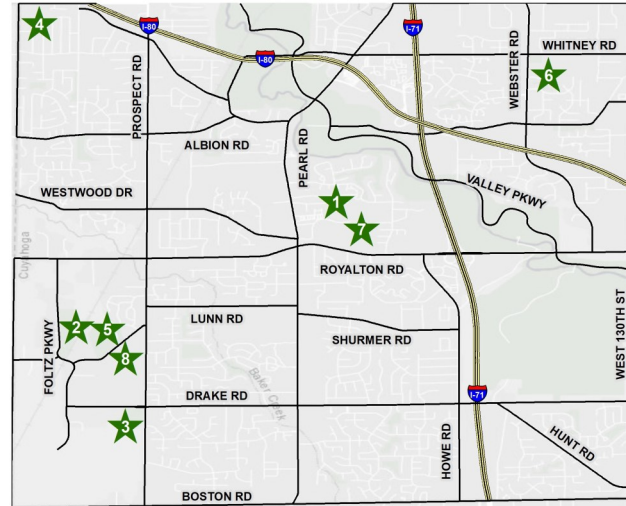


PLEASE CALL 440-580-3270 FOR RENTAL INFORMATION

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 features two outdoor pavilions, one indoor venue, ADA compliant playgrounds, interactive fountains, 4 tennis courts, 8 pickleball courts, two sand volleyball courts, bathrooms, 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.

Wood Pavilion



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

4. Nichols Pavilion - 22707 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 (Finley, Cross & Rademaker) 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.

SPECIAL EVENTS

A colorful graphic for a garage sale. It features a blue background with various baby and kids items like a teddy bear, a stroller, a scooter, and a red shirt. A large white circle in the center contains the event details.

IT'S A BIG, BIG GARAGE SALE AT THE STRONGSVILLE REC!
Baby, Kids and Maternity Items!!!
SATURDAY
SEPTEMBER 26
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

A graphic for Community Day. It features a light beige background with colorful abstract shapes like a large orange circle, a green leaf, and a rainbow. The text is in a playful, hand-drawn style.

TOWN CENTER PARK
COMMUNITY DAY
18300 ZVERINA LANE
SATURDAY, OCT 10
1:00 PM - 3:00 PM
FOOD TRUCKS
ACTIVITIES
GAMES
LIVE ENTERTAINMENT
Strongsville
Park Recreation Senior Services

A graphic for a trick-or-treat event. It features a light purple background with Halloween-themed illustrations like a witch, a ghost, a pumpkin, and a skull. The text is in a bold, blocky font.

TOWN CENTER PARK
TRICK-OR-TRAIL
TRICK OR TREAT
FOOD TRUCKS
SURPRISE GUEST
SATURDAY
OCT. 24
1:00 PM - 3:00 PM
18300 ZVERINA LANE

A graphic for an event with Santa. It features a light green background with snowflake patterns. A large green circle with a red border contains the date and time. To the right is a cartoon illustration of Santa Claus.

Fun & Photos
-with- **Santa**
Saturday
December 5th
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 \$12 Non-members \$17

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

AQUATICS

Aquatic Supervisor, Becky Stemple
Assistant Aquatic Supervisor, Abigail Szeszak

SPECIAL AQUATIC CENTER HOURS

July 20-October 24 (approximate dates): Aquatic Center CLOSED for replacement of dehumidification system

Fri, November 6	Aquatic Center Close at 7pm	USA Swim Meet	Wed, December 16	Aquatic Center Close at 5pm	High School Swim Meet
Sat, November 7	Aquatic Center CLOSED	USA Swim Meet	Thurs, December 24	Rec & Senior Center Closing at 1230p	Christmas Eve
Sun November 8	Aquatic Center CLOSED	USA Swim Meet	Fri, December 25	Rec & Senior Center CLOSED	Christmas
Thurs, November 26	Rec & Senior Center CLOSED	Thanksgiving	Thurs, Dec 31	Rec & Senior Center Closing at 430p	New Year's Eve
Fri, December 4	Aquatic Center Close at 4pm	High School Swim Meet	Fri, January 1, 2027	Rec & Senior Center CLOSED	New Year's Day
Wed, December 9	Aquatic Center Close at 5pm	High School Swim Meet			

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 21: Ehrnfelt Rec Center Members

Tues, July 28: Strongsville Residents & Members (must show proof of residency such as a utility bill)

Thurs, July 30: 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.

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.
PRESCHOOL ADVANCED 3-5 years	Ages: 3-5 years Parent does NOT accompany child in the water. Child must have successfully completed Parent/Youth class and passed by instructor with report to register. MUST have report card from instructor indicating enrollment into Preschool Advanced to enroll. No online registration.	Progressing along to learn more independent swim skills, floats, front crawl and more. Possible progression through Level 1 of the ERC Learn-to-swim program.
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 breaststroke 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 breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
LEVEL 5 Stroke Refinement	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.



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 (6 Classes)**

Saturdays	10/31-12/19*	9:00-9:30am
Saturdays	10/31-12/19*	9:35-10:05am

*No class 11/7, 11/28

Fees:	6 Classes
Member	\$35
Non-Member/Resident	\$42
Non-Member/Non-Resident	\$58

PARENT/TODDLER: 15-36 mos. (parent/adult in water)**Ages: 15 - 36 months****Class Limit: Based on Instructor availability & pool space****Weekend Classes (6 Classes)**

Saturdays	10/31-12/19*	9:00-9:30am
Saturdays	10/31-12/19*	9:35-10:05am

*No class 11/7, 11/28

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	6:25-6:55pm
Tuesdays & Thursdays	12/1-12/17	6:25-6:55pm

Fees:	6 Classes
Member	\$35
Non-Member/Resident	\$42
Non-Member/Non-Resident	\$58

PARENT/YOUTH: 3-5 years (parent/adult in water)**Ages: 3-5 years****Class Limit: Based on Instructor availability & pool space****Weekend Classes (6 Classes)**

Saturdays	10/31-12/19*	9:00-9:30am
Saturdays	10/31-12/19*	9:35-10:05am

*No class 11/7, 11/28

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	7:00-7:30pm
Tuesdays & Thursdays	12/1-12/17	7:00-7:30pm

Fees:	6 Classes
Member	\$35
Non-Member/Resident	\$42
Non-Member/Non-Resident	\$58

PRESCHOOL ADVANCED: 3-5 years (NO parent/adult in water)**Ages: 3-5 years AND must have report card from instructor indicating enrollment into preschool advanced****Class Limit: Based on Instructor availability & pool space****Weekend Classes (6 Classes)**

Saturdays	10/31-12/19*	10:10-10:40am
Saturdays	10/31-12/19*	11:50am-12:20pm

*No class 11/7, 11/28

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	5:15-5:45pm
Tuesdays & Thursdays	11/5-11/24	5:45-6:15pm
Tuesdays & Thursdays	12/1-12/17	5:15-5:45pm
Tuesdays & Thursdays	12/1-12/17	5:45-6:15pm

Fees:	6 Classes
Member	\$47
Non-Member/Resident	\$63
Non-Member/Non-Resident	\$79

LEVEL 1: Intro to Water Skills**(no previous swim experience needed)****Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Weekend Classes (6 Classes)**

Saturdays	10/31-12/19*	10:10-10:55am
Saturdays	10/31-12/19*	11:00-11:45am
Saturdays	10/31-12/19*	11:50am-12:35pm

*No class 11/7, 11/28

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	5:40-6:25pm
Tuesdays & Thursdays	11/5-11/24	6:35-7:20pm
Tuesdays & Thursdays	12/1-12/17	5:40-6:25pm
Tuesdays & Thursdays	12/1-12/17	6:35-7:20pm

Fees:	6 Classes
Member	\$47
Non-Member/Resident	\$63
Non-Member/Non-Resident	\$79

LEVEL 2: Fundamental Water Skills**Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Weekend Classes (6 Classes)**

Saturdays	10/31-12/19*	10:10-10:55am
Saturdays	10/31-12/19*	11:00-11:45am
Saturdays	10/31-12/19*	11:50am-12:35pm

*No class 11/7, 11/28

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	5:40-6:25pm
Tuesdays & Thursdays	11/5-11/24	6:35-7:20pm
Tuesdays & Thursdays	12/1-12/17	5:40-6:25pm
Tuesdays & Thursdays	12/1-12/17	6:35-7:20pm

Fees:	6 Classes
Member	\$47
Non-Member/Resident	\$63
Non-Member/Non-Resident	\$79

LEVEL 3: Refined Water Skills**Ages: 5 & older****Class Limit: Based on Instructor availability & pool space****Weekend Classes (6 Classes)**

Saturdays	10/31-12/19*	10:10-10:55am
Saturdays	10/31-12/19*	11:00-11:45am
Saturdays	10/31-12/19*	11:50am-12:35pm

*No class 11/7, 11/28

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	5:40-6:25pm
Tuesdays & Thursdays	11/5-11/24	6:35-7:20pm
Tuesdays & Thursdays	12/1-12/17	5:40-6:25pm
Tuesdays & Thursdays	12/1-12/17	6:35-7:20pm

Fees:	6 Classes
Member	\$47
Non-Member/Resident	\$63
Non-Member/Non-Resident	\$79

DIVING**Ages: 8 & older** **Class Limit: 10****Weekend Classes (6 Classes)**

Saturdays	10/31-12/19*	11:00-11:45am
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*No class 11/7, 11/28

Fees:	6 Classes
Member	\$60
Non-Member/Resident	\$76
Non-Member/Non-Resident	\$92

LEARN TO SWIM LESSONS

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

Weekend Classes (6 Classes)

Saturdays	10/31-12/19*	9:15-10:00am
Saturdays	10/31-12/19*	11:50am-12:35pm
*No class 11/7, 11/28		

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	5:40-6:25pm
Tuesdays & Thursdays	11/5-11/24	6:35-7:20pm
Tuesdays & Thursdays	12/1-12/17	5:40-6:25pm
Tuesdays & Thursdays	12/1-12/17	6:35-7:20pm

Fees: 6 Classes

Member	\$47
Non-Member/Resident	\$63
Non-Member/Non-Resident	\$79

LEVEL 5: Stroke Refinement

Ages: 5 & older

Class Limit: Based on Instructor availability & pool space

Weekend Classes (6 Classes)

Saturdays	10/31-12/19*	11:00-11:45am
*No class 11/7, 11/28		

Evening Classes (6 Classes)

Tuesdays & Thursdays	11/5-11/24	5:40-6:25pm
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Fees: 6 Classes

Member	\$47
Non-Member/Resident	\$63
Non-Member/Non-Resident	\$79

AMERICAN RED CROSS CLASS

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 registration (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 up to 11 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.

Session 1: Sundays, 11/15-12/13	9:00am-3:00pm (5 classes)
Session 2: 12/20, 12/21, 12/22, 12/28, 12/29	10:00am-4:00pm (5 classes)

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

ADULT LEARN TO SWIM

Ages: 15 & older

Class Limit: Based on instructor availability & pool space

Daytime Classes (6 Classes)

Tuesdays	10/27-12/8*	9:50-10:35am
Thursdays	10/29-12/10*	9:50-10:35am

*No class 11/3, 11/26

Evening Classes (5 Classes)

Wednesdays	10/28-12/2*	6:40-7:25pm
Wednesdays	10/25-12/2*	7:35-8:20pm

*No class 11/25

Fees: 5 Classes 6 Classes

Member	\$60	\$70
Non-Member/Resident	\$72	\$80
Non-Member/Non-Resident	\$86	\$101

WATER EXERCISE CLASSES

WATER EXERCISE PROGRAM PASS

A 2026-2027 pass may be purchased any time and is good for any water exercise class. The pass is good in 2026 and 2027.

*The pass expires 12/16/2027.

*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	10/27-12/17*	10:45-11:35am	14 Classes
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*No class 11/3, 11/26

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	10/26-12/16*	9:15-10:05am	14 Classes
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*No class 11/2, 11/25

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	10/26-12/16*	10:15-11:05am	14 Classes
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*No class 11/2, 11/25

Tuesdays & Thursdays	10/28-12/17*	9:45-10:35am	14 Classes
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Tuesdays & Thursdays	10/28-12/17*	6:35-7:25pm	14 Classes
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*No class 11/3, 11/26

AMERICAN RED CROSS WATER SAFETY

WATER SAFETY INSTRUCTOR AIDE

The Water Safety Instructor (WSI) Aide Class is designed for individuals interested in assisting certified swim instructors with aquatic education and water safety programs. Participants will learn the fundamentals of supporting swim lessons, promoting water safety awareness, assisting with class organization, and helping create a positive learning environment for swimmers of all ages and skill levels. The course emphasizes effective communication, leadership, professionalism, and basic teaching support techniques while working under the supervision of a certified Water Safety Instructor. This class is ideal for future instructors, junior staff members, and those looking to gain experience in aquatic education and recreation programs. Upon completion, participants will be prepared to serve as Water Safety Instructor Aides and provide valuable support in swim lesson and water safety programs.

Prerequisites: 12 years of age or older & ability to swim comfortably and demonstrate responsible behavior in and around the water.

Course Objectives:

- *Assist certified instructors during swim lessons.
- *Promote safe practices in aquatic environments.
- *Support lesson setup, activities, and participant engagement.
- *Develop leadership and communication skills.
- *Gain introductory experience in aquatic instruction and program operations.

Saturdays 10/31-12/19 (no class 11/7, 11/28) 9:00am-12:00pm

Fees:	Member	\$100
	Non-Member/Resident	\$125
	Non-Member/Non-Resident	\$150

AMERICAN RED CROSS CLASSES ON-LINE CLASSES

For more information on these classes, please contact Assistant Aquatic Supervisor, Abigail Szeszak, at 440-580-3260 x 5269.

- Valid PARTICIPANT email needed at time of registration
- *NO refunds given - course must be completed online by class end date to receive certification
- These courses require a PC or tablet with high speed internet connection
- These courses are not supported on smart phones and do not work with Internet Explorer

	Registration Dates	Class Materials	Course Completion*
Session 9	Thru 8/31	emailed 9/1	by 9/30/26
Session 10	Thru 9/30	emailed 10/1	by 10/31/26
Session 11	Thru 10/31	emailed 11/2	by 11/30/26
Session 12	Thru 11/30	emailed 12/1	by 12/31/26

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.

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

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.

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.

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.

Ages: 11 years & Older

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

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.

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

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.

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



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.

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 4 weeks from date of "purchase".



GROUP EXERCISE CLASS DESCRIPTIONS

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

GROUP EXERCISE CLASSES

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 WILL CHANGE!!"*

Pure Strength: The name says it all! Efficient, effective total body strength training using dumbbells to get stronger, leaner, and healthier!

Simply Sculpt: A total body strength training workout utilizing bands, dumbbells, and bodyweight. (45min)

Strength and Core: Everything stems from the core! Strengthen your midsection and in turn, strengthen your entire body. We focus on core movements to create a firm, strong body while boosting your metabolism too!!!!

Step and Strength: STEP is back!!! Combining strength and cardio for a fun and effective way to change up your workout using a stepper!!!

Strength Training 101: Learn how to properly strengthen your body with correct form using weights and body weight. This is a great class for beginners or anyone looking for a great strength session. (45 min)

Kettlebell: Strength training utilizing kettlebells to work multiple muscle groups at once while burning fat!!

Iron Circuit: The best of TRX and KETTLEBELL together!!! Circuit style class alternating with trx and kettlebells to create a challenging cardio and strength workout. You will leave sweaty!!!

Kickboxing: Kick and punch your way to fit!! We use light weights as well as our own bodyweight to get your heart rate up and tone all over.

PowerHour: Power through this challenging, ever-changing strength and cardio workout. Use all types of resistance and get uncomfortable to get stronger with the use of barbells, dumbbells, bands, bodyweight, and/or gliders!!

Rebound: Aerobic exercise performed while jumping on a mini trampoline. This fun and effective workout gets your heart rate up while toning all over. This type of aerobic exercise puts less stress on your joints to allow you to burn calories all while working your balance, increasing lymphatic flow, and having fun!!! You've gotta try this!!! **Beginner friendly

The Mix: Never the same. Always effective. A constantly changing blend of cardio, strength, pilates/ core, & mobility designed to make every minute count!

Zumba: Ditch the workout and join the party with this Latin-inspired dance fitness program that blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive!

Roll and Release: Relieve stress in the body by targeting trigger points to eliminate pain, increase ROM and restore function through myofascial release. You will leave feeling great!!

MIND/BODY STUDIO CLASSES

BarreFire: Set your muscles on fire! Barre class that hits your muscles with small movements that are sure to make a big difference!

Pilates: Traditional mat Pilates and functional training with resistance balls and flex bands. Tone, define, and sculpt your entire body!

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

Yoga Flow: All levels, energizing flow. Modifications provided so poses are accessible to varying levels. Strength, flexibility, and breathing techniques. YOU WILL SWEAT!

Vinyasa Yoga: Find personal empowerment and vitality in your life. Focus on alignment to improve strength, flexibility, and energy.

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

CYCLE CLASSES

Cycle: Get on your bike and ride!! Our instructors will guide you through a heart pumping workout on the bike that is sure to have you leaving sweaty!

Cycle Strong: A perfect mix of cycling and strength training with weights. The best of both worlds!

Hills and Drills: Push beyond your comfort zone with this high intensity workout consisting of cycling and weights.

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

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.

****Now offering Strength & Conditioning, and Kickboxing****

****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 1 month from date of purchase. Must have current year group exercise pass to purchase.

***Anyone participating in Strength & Conditioning for the first time must schedule an on ramp (introduction class) with Marissa before taking a regularly scheduled class.**

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 8/24-9/28 5:00-5:45pm (no class 8/31, 9/7)

Mondays 10/5-10/26 5:00-5:45pm

Mondays 11/2-11/23 5:00-5:45pm

Mondays 11/30-12/21 5:00-5:45pm

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 8/24-9/28 6:00-6:45pm (no class 8/31, 9/7)

Mondays 10/5-10/26 6:00-6:45pm

Mondays 11/2-11/23 6:00-6:45pm

Mondays 11/30-12/21 6:00-6:45pm

Wednesdays 8/26-9/30 6:00-6:45pm (no class 9/2, 9/9)

Wednesdays 10/7-10/28 6:00-6:45pm (no class 10/14, come 10/12)

Wednesdays 11/4-11/25 6:00-6:45pm (no class 11/25, come 11/23)

Wednesdays 12/2-12/23 6:00-6:45pm

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 8/24-9/28 7:00-7:45pm (no class 8/31, 9/7)

Mondays 10/5-10/26 7:00-7:45pm

Mondays 11/2-11/23 7:00-7:45pm

Mondays 11/30-12/21 7:00-7:45pm

Wednesdays 8/26-9/30 7:00-7:45pm (no class 9/2, 9/9)

Wednesdays 10/7-10/28 7:00-7:45pm (no class 10/14, come 10/12)

Wednesdays 11/4-11/25 7:00-7:45pm (no class 11/25, come 11/23)

Wednesdays 12/2-12/23 7:00-7:45pm

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* 8/26-12/23 7:15-8:00pm

*No class 9/2, 9/9, 10/14, 11/25

Drop in Fee/Date: \$15

YOUTH FITNESS**YOUTH FITNESS ORIENTATION**

Girls and boys (ages 12-13) 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: 12-13 years

Class Limit: 5

Wednesday 9/2-9/16 3:30-4:30pm

Wednesday 10/7-10/21* 3:30-4:30pm

Wednesday 11/4-11/18 3:30-4:30pm

*No class 10/14

Please note that this class is held until participant is certified and it may not take 2-3 weeks depending on enrollment.

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

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.

SOCIAL BUTTERFLIES

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

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

Fridays 9:30-10:30am

Monthly Fees:	4 Fridays/Month
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

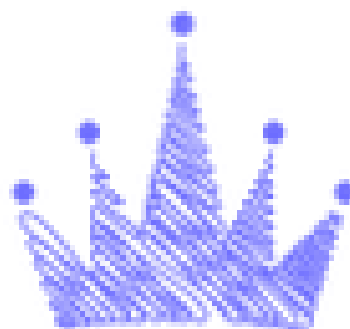
MISS KATIE'S "EXPLORE & PLAY—DROP & STAY!"

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 ENRICHMENT**SOCCER SHOTS-MINIS (Youth Sports Park– 21255 Lunn Road)**

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	9/11-10/16	9:00-9:30am		
Fridays	9/11-10/16	10:20-10:50am		
Fridays	10/23-12/4*	9:00-9:30am		
Fridays	10/23-12/4*	10:20-10:50am		

*No class 11/27

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

**SOCCER SHOTS-CLASSIC (Youth Sports Park– 21255 Lunn Road)**

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	9/11-10/16	9:40-10:10am				
Fridays	9/11-10/16	11:00-11:30am				
Fridays	10/23-12/4*	9:40-10:10am				
Fridays	10/23-12/4*	11:00-11:30am				

*No class 11/27

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

CALIBER DANCE - Grown Up and Me Dance (Meeting Room)

A Mommy & Me class is a fantastic way for little ones to explore movement while strengthening their bond with a parent or caregiver. These fun, interactive classes allow your child (typically up to age 3) a great opportunity for socializing, while also introducing basic dance concepts through music, rhythm and creative play in a classroom setting.

Instructor: Miss Hayley

Age: 3 years and under (with caregiver participation)

Class Min: 3 **Class Max:** 15 **4 Classes**

Wednesdays	9/23-10/14	11:30am-12:15pm
Wednesdays	11/25-12/16	11:30am-12:15pm

Fees:	Members	\$40
	Non-Member/Residents	\$45
	Non-Member/Non-Residents	\$50

CALIBER DANCE - Preschool Dance Class (Meeting Room)

This class allows children to explore basic dance concepts while practicing turn-taking, sharing and following directions - all in a nurturing and playful classroom setting/environment. It is an excellent introduction to dance, incorporating creative movement and promoting body awareness and coordination; while also developing self-confidence. These classes are the perfect balance of structure and fun!

Instructor: Miss Hayley

Age: 3-5 years

Class Min: 3 **Class Max:** 15 **4 Classes**

Wednesdays	9/23-10/14	10:30-11:15am
Wednesdays	11/25-12/16	12:30pm-1:15pm

Fees:	Members	\$40
	Non-Member/Residents	\$45
	Non-Member/Non-Residents	\$50

PRESCHOOL ENRICHMENT cont.**MUSICOLOGIE JUNIOR (Meeting Room)**

Musicologie Junior is a musical adventure for young children and their parents, guardians or caretakers. At each class, we'll sing songs, move our bodies, dance to different styles of music, and play lots of musical instruments while your child reinforces their naturally-developing senses of rhythm, melody, rhyme, speech, and movement! We'll incorporate methods from Kodaly, Dalcroze, and Orff. This is a "together class" with parent/caregiver participating.

Instructor: Musicologie Staff

Age:	6 months-5 years (with caregiver)	Class Min:	2	Class Max:	10
Mondays	9/21-11/16*	10:00-10:40am			

*No class 10/12

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

YOUTH ENRICHMENT**YOUTH CHESS LESSONS**

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	6 Classes
Thursdays	9/10-10/15	6:00-7:00pm (Town Center)				
Thursdays	10/29-12/10*	6:00-7:00pm (Meeting Room)				

*No class 11/26

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:	6-17 years	Class Min:	2	Class Max:	18	3 Classes
Camp 1:	Monday-Wednesday	12/21-12/23	1:00-4:00pm			
Camp 2:	Monday-Wednesday	12/28-12/30	1:00-4:00pm			

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

YOUTH ENRICHMENT cont.**UPCYCLE ACADEMY - Cleveland Rocks - Rocks (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 graduates.

Sparkle and shine as we create stage worthy style from concept to collection. The students will work individually and as a team to create their designs. We teach them step by step and lead them through the creative process. All materials provided and students keep the designs they create. Friends and family are invited to a special fashion show at the end of the class series, showcasing the designs they students created.

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: 2-8

Class Min: 5 **Class Max:** 24 **5 Classes**

Saturdays 9/12-10/10 10:00-11:00am

Registration Deadline: Please register at least 7 days in advance.

Fees:	Members	\$156
	Non-Member/Residents	\$161
	Non-Member/Non-Residents	\$166

UPCYCLE ACADEMY - Pop Star - Stage Worthy Style(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 graduates.

Sparkle and shine as we create stage worthy style from concept to collection. The students will work individually and as a team to create their designs. We teach them step by step and lead them through the creative process. All materials provided and students keep the designs they create. Friends and family are invited to a special fashion show at the end of the class series, showcasing the designs they students created.

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: K-6

Class Min: 5 **Class Max:** 24 **4 Classes**

Saturdays 11/7-12/5 (no class 11/28) 9:30-11:30am

Registration Deadline: Please register at least 7 days in advance.

Fees:	Members	\$208
	Non-Member/Residents	\$216
	Non-Member/Non-Residents	\$224

MAD SCIENCE ® Brixology™ (Meeting Room)

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!

Topics include: Carnivals, Creatures, Machines, Towers

Instructor: Mad Science ® Instructors

Grades: K-5

Class Minimum: 8 **Maximum:** 20 **4 Classes**

Wednesdays 11/18-12/16* 5:45-6:45pm

*No class 11/25

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

MAD SCIENCE ® NASA: Academy for Future Space Explorers (Meeting Room)

Mad Science and NASA have teamed up to develop this sensational series of enrichment sessions, featuring exciting activities and the wonder of space. Children will be taken on a voyage of space discovery through hands-on activities, amazing demonstrations and take home experiments with each class. Explore the moon and planets; including Earth's own atmosphere and other space phenomena. Learn what it's like to travel and live in space and investigate the forces of flight by building your own ROCKET!

Topics include: Rocket Science/Space Travel/Sun and Stars/Planets and Moons/Living in Space/Space Technology

Instructor: Mad Science ® Instructors

Grades: K-5

Class Minimum: 8 **Maximum:** 20 **6 Classes**

Wednesdays 10/7-11/11 5:45-6:45pm

Fees:	Members	\$140
	Non-Member/Residents	\$146
	Non-Member/Non-Residents	\$152

WINTER CAMP**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: 6-17 years **Class Min:** 2 **Class Max:** 18 **3 Classes**

Camp 1: Monday-Wednesday 12/21-12/23 1:00-4:00pm

Camp 2: Monday-Wednesday 12/28-12/30 1:00-4:00pm

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

UPCYCLE ACADEMY WINTER BREAK CAMP

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

Grades: 3-6 **Class Min:** 5 **Class Max:** 24 **3 Classes**

Instructor: Upcycle Academy contact: Krista@futurefashionstars.com

website: www.futurefashionstars.com

Winter Fashion Camp 1 – Bestie Sweats

In this upcycle camp, 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.

Monday-Wednesday 12/21-12/23 9:00am-12:00pm

Winter Fashion Camp 2 – Glitz & Glam

In this mini camp, we will create one of a kind stage worthy style upcycled designs. Perfect for your holiday celebration & year round fun. All materials are provided and students keep the designs they create.

Monday-Wednesday 12/28-12/30 9:00am-12:00pm

Registration Deadline: Please register at least 7 days in advance.

Fees:	Members	\$180
	Non-Member/Residents	\$190
	Non-Member/Non-Residents	\$200

YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES

For more information on these classes, please contact Assistant Aquatic Supervisor, Abigail Szeszak, at 440-580-3260 x 5269.

- Valid PARTICIPANT email needed at time of registration
- *NO refunds given - course must be completed online by class end date to receive certification
- These courses require a PC or tablet with high speed internet connection
- These courses are not supported on smart phones and do not work with Internet Explorer

	Registration Dates	Class Materials	Course Completion*
Session 9	Thru 8/31	emailed 9/1	by 9/30/26
Session 10	Thru 9/30	emailed 10/1	by 10/31/26
Session 11	Thru 10/31	emailed 11/2	by 11/30/26
Session 12	Thru 11/30	emailed 12/1	by 12/31/26



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.

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

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.

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

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.

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.

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.

Ages: 11 years & Older

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

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.

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

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, 10/3	1:00-3:00pm
Ballhandling Clinic	Saturday, 10/10	1:00-3:00pm
Competitive Drills Clinic	Saturday, 10/17	1:00-3:00pm
Pre-season Tune-up Clinic	Saturday, 10/24	1:00-3:00pm

REGISTER at www.headstartbasketball.com

Fee/Date: \$85

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	9/12-9/19	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-1Co-Ed**	\$75R/\$90NR
Grade 2 Co-Ed	\$85R/\$100NR
Grade 3-4*	\$95R/\$110NR
Grade 5-6*	\$95R/\$110NR
Grade 7-9*	\$95R/\$110NR

Boys

Grades K-1 Co-Ed**	\$75R/\$90NR
Grade 2 Co-Ed	\$85R/\$100NR
Grade 3-4	\$95R/\$110NR
Grade 4-5	\$95R/\$110NR
Grade 7-8	\$95R/\$110NR
Grade 9-10	\$95R/\$110NR
Grade 11-12	\$95R/\$110NR

****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 3-4, 5-6, & 7-9** 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 Ehrnfelt Recreation Center any time during the registration period. This will not guarantee you a spot to coach a team.

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

ATTENTION 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

Thursdays 8/20-9/24 5:30-6:30pm

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

Fees (includes a STX Stallion 50 Youth Complete Stick):

Member	\$120
Non-Member/Resident	\$125
Non-Member/Non-Resident	\$130

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: TBA at Strongsville Rec Center

Fees:	Member	\$110
	Non-Member/Resident	\$120
	Non-Member/Non-Resident	\$130

YOUTH FITNESS

YOUTH FITNESS ORIENTATION

Girls and boys (ages 12-13) 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: 12-13 years

Class Limit: 5

Wednesday	9/2-9/16	3:30-4:30pm
Wednesday	10/7-10/21*	3:30-4:30pm
Wednesday	11/4-11/18	3:30-4:30pm

*No class 10/14

Please note that this class is held until participant is certified and it may not take 2-3 weeks depending on enrollment.

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

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	11/6-12/11*	4:00-4:45pm (5 Weeks)
Ages: 11-14 years	Fridays	1/8-1/29	4:00-4:45pm (5 Weeks)
Ages: 7-11 years	Fridays	11/6-12/11*	5:00-5:45pm (4 Weeks)
Ages: 7-11 years	Fridays	1/8-1/29	5:00-5:45pm (4 Weeks)

*No class 11/27

Fees:	4 Week Session	5 Week Session
Member	\$60	\$75
Non-Member/Resident	\$70	\$85
Non-Member/Non-Resident	\$80	\$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	10:00am-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 Byman15@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	\$325	\$135	\$30/game

9/13-11/15 (weather dependent): 8-10 games

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.

Co-Ed Friday Single Header	\$300	\$80	\$30/game
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Upper and Lower Divisions*

9/11-11/13 (weather dependent): 4-6 games

6:30-9:30pm

24 Team Limit

Registration fee includes a professional stat service and balls

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

Men's Monday Double Header	\$325	\$135	\$30/game
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9/14-11/9 (weather dependent): 8-10 games

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.

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 9/7-12/7 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 9/9-12/9 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 10/6-12/15 6:00-10:20pm

Registration: 8/1-9/24 until full. First pay, first serve.

10 Team Limit

Fee: \$250

MEN'S 35 & OVER

Thursdays 9/10/26-3/18/27 6:00-10:00pm

Registration: 9/1-10/8 until full. First pay, first serve

12 Team Limit

Fee: \$300

MEN'S OPEN

Sundays 10/25/26-3/28/27 3:00-9:30pm

Upper, Middle & Lower Divisions

Registration: 9/1-10/8 until full. 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: 18 & older

Mondays/Tuesdays/Thursdays* Play begins 9/8 6:00am-2:00pm*

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

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

***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 \$3/day

Non-Members \$6/day

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

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

Ages: 18 & older2nd & 4th Wednesday of the Month Play begins 9/9 6:00am-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 \$3/day

Non-Members \$6/day

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Debbie Branic

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

Mon, August 31-Wed, Sept 2	Annual Cleaning	Rec & Senior Center CLOSED
Mon, September 7	Labor Day	Rec & Senior Center CLOSED
Wed, October 14	Business Expo—Close at 3pm	Rec & Senior Center Closing Early
Thurs, November 26	Thanksgiving	Rec & Senior Center CLOSED
Fri, November 27	Day After Thanksgiving	Senior Center Only CLOSED
Wed, December 24	Christmas Eve—Close at 1pm	Rec & Senior Center Closing Early
Thurs, December 25	Christmas	Rec & Senior Center CLOSED

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: August-December 2026

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 8/31, 9/2, 9/7, 11/26, 11/27, 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: Mary Lee Kirby

Mondays, Wednesdays, Fridays*	9:15-10:00am
*No class 8/31, 9/2, 9/7, 11/27, 12/25, 1/1	

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

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 8/31, 9/2, 9/7, 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

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*	9:15-10:00am
*No class 9/1, 11/26, 12/24	

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 Doug 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: Doug Stamper**

Ages: 50 & older

Tuesdays & Thursdays	12:30-1:15pm
*No class 9/1, 11/26, 12/24	

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

PILATES FOR SENIORS

This Pilates class is designed to flow through a series of movements that will help improve core strength, flexibility, balance, and overall mobility. Modifications to your specific fitness level. In this class you will utilize the chair for seated and standing exercises, and a mat for floor exercises.

Instructor: Kellie Walter

Ages: 50 & older

2nd & 4th Wednesday of the month*	10:30-11:30am
*No class 9/2	

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

FITNESS, FUN FRIENDSHIP cont.**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 8/31, 9/7

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**

1st & 3rd Wednesdays of the Month*

*No class 9/2

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* 1:30-2:30pm

*No class 11/26, 12/24, 12/31

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**
Kellie Walter
Magda Albert

Tuesdays* 10:30-11:30am

Thursdays* 10:45-11:45am

*No class 9/1, 11/26, 12/24, 12/31

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

10/1-11/12

9:30-10:30am

Intermediate: Thursdays

10/1-11/12

10:30-11:30am

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

BEGINNER LINE DANCING

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*

9:45-10:30am

*No dancing 9/1

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 dancing 9/1

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

CARDIO DRUMMING

This class takes a simple movement, drumming, and turns it into a full-body workout that will leave you smiling, sweating, and feeling great! It brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do!

Ages 50 & older **Instructor: Jessica Hine**

Wednesdays

1:30-2:15pm

*No drumming 9/2

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

STROLLING SENIORS WALKING CLUB

Join Jessica and increase your steps and stamina with this great low impact walking workout while enjoying the exploring the trails surrounding the Senior Center. Weather permitting.

Ages 50 & older **Instructor: Jessica Hine**

Wednesdays (no walking 9/2)

10:15-11:00am

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

FITNESS, FUN FRIENDSHIP cont.**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 9/1

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 11/27, 12/25, 1/1

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

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

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 7/27, 8/24, 9/28, 10/26, 11/23, 12/28 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 8/31, 9/1, 9/2, 9/7, 11/26, 11/27, 12/25, 1/1,

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

**FITNESS, FUN FRIENDSHIP cont.****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: 18 & older

Mondays/Tuesdays/Thursdays*	Play begins 9/8	6:00am-2:00pm*
Fridays	9/8-10/31	5:00-8:00pm
Fridays	11/7-5/29	6:00-9:00pm

***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	\$3/day
Non-Members	\$6/day

BEGINNER PICKLEBALL OPEN PLAY(Rec Center Auxiliary Gym)

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

Ages: 18 & older

2nd & 4th Wednesday of the Month Play begins 9/9 6:00am-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	\$3/day
Non-Members	\$6/day

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

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.

Registration required

Ages: 50 & older Instructor: Jim Burns

Mondays 8/3 & 8/10 9:30am-2:00pm*

Mondays 10/19 & 10/26 9:30am-2:30pm*

*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.

WOODSHOP CLASSES cont.**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 9/2

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 9/1

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 9/8

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. Registration required.

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

Thursday 9/17 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 11/26, 11/27, 12/24, 12/25, 1/1

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

ART & CRAFT CLASSES cont.**BEGINNER ZENTANGLE**

Zentangle is a very easy to learn method of drawing to create beautiful images from repetitive patterns. It has been helpful to others for relieving stress, panic attacks, rehabilitation, chronic pain and weight loss. You don't need to be an artist, as the entire process is broken down and taught "one stroke at a time". You will be amazed at what you will accomplish. This introductory class is taught by a certified Zentangle teacher with all materials provided. You will learn the history and philosophy, and begin creating basic tangles (patterns), and be ready for our Zentangle – Full of Zen classes. Registration required.

Ages: 50 & older**Instructor: Susan Olsen, Certified Zentangle Teacher, CZT 10**

Thursday 10/1 1:00-3:00pm

Fees:	
Members	\$16
Residents/Non-Members	\$18
Non-Residents/Non-Members	\$22

**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

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. Registration required.

Ages 50 & older	Instructor: Mary Kenney	5 or 6 Week Session
Wednesdays	9/9-10/14	1:00-3:30pm (6 weeks)
Wednesdays	10/21-11/18	1:00-3:30pm (5 weeks)

Fees:		5 Weeks	6 Weeks
Members		\$90	\$75
Non-Members/Residents		\$92	\$77
Non-Members/Non-Residents		\$96	\$81

ART & CRAFT CLASSES

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 & Childrens Hospital, MetroHealth Medical Center Pediatrics, The Salvation Army and the UH Seidman Cancer Center at Southwest General Health Center.



Ages: 50 & older

Volunteer Coordinator: Beverly McGlamery

Mondays* 1:00-3:00pm

*No quilting 7/13, 8/10, 9/7, 9/14, 10/12, 11/9, 12/14

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

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. Registration required.

Ages 50 & older Instructor: Robert Kovatich 5 Week Session

Mondays 10/12-11/9 1:00-2:30pm

Fees:	Members	\$55
	Non-Members/Residents	\$58
	Non-Members/Non-Residents	\$65



ART DISPLAY

October 19-29

FREE and Open to the Public

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

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 9/2) 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 meeting 11/26, 12/24, 12/31

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

CONSULTATIONS

HEARING AID SERVICES

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

Tuesdays 7/14, 8/11, 9/8, 10/13, 11/10, 12/8 10:00am **FREE**

ATTORNEY

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

Tuesdays 7/7, 8/4, 9/8, 10/6, 11/3, 12/1 9:20-11:30am

Erica Skerl

Friday 7/24, 8/28, 9/25, 10/23, 11/20, 12/18 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."

*Call senior registration desk at 440-580-3275 for date

MEDICARE COUNSELING

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

Tuesdays 7/14, 8/11 9:15am-1:00pm **FREE**

BENEFITS CHECK UP

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

Friday 7/10, 8/14, 9/11, 10/9, 11/13, 12/11 9:15am-12:00pm

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

Wednesdays 8/5, 9/2, 10/7, 11/4, 12/2 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

Tuesdays 7/28, 8/25, 9/22, 10/27, 11/24 1:00-2:30pm **FREE**

PROGRAMS

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
Wednesday	Preparing for Fall Vaccines	8/5
Wednesday	Fall Prevention & Home Safety	9/16
Wednesday	Staying Healthy During Cold & Flu Season	10/7
Wednesday	Understanding Vitamins & Supplements	11/4
Wednesday	Healthy Habits for Better Sleep	12/2

2026 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
July	<u>The Little Liar</u> by Mitch Albom	7/27
August	<u>Culpability</u> by Bruce Holsinger	8/24
September	<u>Lady Tan's Circle of Women</u> by Lisa See	9/28
October	<u>Meet the Newmans</u> by Jennifer Niven	10/26
November	<u>The Phoenix Crown</u> by Kate Quinn & Janie Chang	11/23
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	9/16, 10/21, 11/18, 12/16	1:00pm	FREE
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MEDICAL ALERT SYSTEMS BRUNCH N' LEARN

The goal of this presentation is to provide meaningful, practical information directly to community members—focused on safety, independence, and confidence as they age. Stephanie will do an overview of medical alert devices and products, including who benefits most and common scenarios where medical alert devices are helpful. A light breakfast and coffee will be served. **Registration required.**

Instructor: Stephanie Bondi of Alert Care

Ages: 50 & older

Wednesday	8/12	10:00am	FREE
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STRONGSVILLE'S FIRST INDUSTRIAL PARK

Strongsville Historical Society historian, Dennis Dimengo, will present "Strongsville's First Industrial Park: The Story of Sanderson's Corner". Sanderson's Corner was a small community that developed southeast of Strongsville in the first half of the 19th century near where the Ward 2 Fire Station on Drake Road now stands. While largely forgotten and with little remaining of the settlement, it played an important role in early Strongsville and was the focal point of a long-forgotten feud. Registration required.

Instructor: Dennis Dimengo of the Strongsville Historical Society

Ages: 50 & older

Monday	8/17	1:00pm	FREE
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GENEALOGY PRESENTATION FOR BEGINNERS

"Getting Started" in genealogy and family history can mean many things depending on the person. Perhaps you have already started looking at records online and found someone who may be your great great-grandmother but you don't know how to verify it. Or maybe you have worked on and off collecting information, but you are not sure how to pull it all together and reach much further back in your family history. Mary of the Western Reserve Historical Society will help you get started and share helpful resources to use in your genealogy search. **Registration required.**

Instructor: Mary of the Western Reserve Historical Society

Ages: 50 & older

Wednesday	8/26	10:00am
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Fees:	Members	\$5
	Non-Members/Residents	\$6
	Non-Members/Non-Residents	\$7



SPEAK UP SKILLS SERIES

The classes focus on enhancing effective communication for individuals with low vision. This course, titled "Get Out of the House, Get Involved," was developed by Hannah Fairbairn, author of *When You Can't Believe Your Eyes*, who also developed the earlier courses. The class addresses issues that prevent visually impaired seniors from participating in social events with family, friends, and communities due to difficulty communicating because of not seeing faces or body language and other non-verbal cues along with barriers like impaired reading skills, transportation issues, and concerns about safe mobility. The class consists of four sessions, each focusing on practical skills to help participants remain active and engaged in various aspects of life. Topics include staying involved in family events, socializing with friends, and actively participating in community groups, classes, and service projects, all while navigating vision loss. There is no need for individuals to have attended earlier classes in the series. **Registration required.**

Facilitator: Sandy Krems

Ages 50 & older

Thursdays	9/3-9/24	9:15-11:15am	FREE
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PROGRAMS cont.

WHAT IS YOGA THERAPY AND HOW IT CAN IMPROVE YOUR HEALTH

Yoga therapy is a holistic approach to healing. It is based on the ancient practices of yoga to help you heal or reach a goal. The practices include: movement, mindfulness, meditation, breathwork and relaxation techniques. This individualized approach looks at the whole person, determines the best plan and supports you along your wellness path. Come and learn how Yoga Therapy can work for you. Registration required.

Instructor: Kim Wedel E-RYT 500, C-IAYT, VACEP

Ages 50 & Older

Friday	9/4	10:00am	FREE
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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

Wednesday	9/9	9:30am-2:00pm
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Wednesday	11/11	9:30am-2:00pm
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Fees:	AARP Members	\$20
	Non-AARP Members	\$25

TEN PLAGUES OF EGYPT:

BIBLICAL MIRACLES, SCIENTIFIC PERSPECTIVE

The Ten Plagues of Egypt are familiar to most; blood in the Nile, frogs on the land, swarms of insects, etc. They are attributed to the wrath of God for enslaving the Israelites. Yet our 21st century understanding might point to more natural geological phenomena. If true, was there less divine intervention and more divine *timing*? We will also explore what symbolic meaning each of the miracles adds to the history of the events and how we might interpret them today. Seven Week Session. **Registration required.**

Ages 50 & older Instructor: Ted Smith

Mondays	9/14-10/26	10:30-11:30am
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Fees:	Members	\$40
	Non-Members/Residents	\$45
	Non-Members/Non-Residents	\$50



PROTECT YOUR SAVING FROM LONG TERM CARE

Asset protection planning can help you safeguard your home, savings accounts, and other valuable assets that could be subject long-term care and other circumstances. Join Sam Butcher of Butcher Elder Law to learn the ins and out of protecting your assets. **Registration required.**

Ages 50 & older

Instructor: Sam Butcher of Butcher Elder Law

Friday	9/18	10:00am	FREE
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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 17th. Stop by or call the Senior Center Front Desk at (440) 580-3275.

Ages 50 & older

Tuesday	9/22	11:30am
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Fees:	Members/Residents	\$9
	Non-Members/Non-Residents-	\$10

YOUR BRAIN IS IRREPLACEABLE

Your brain is the control center for every aspect of your health, yet many people don't think about protecting it until problems arise. Without a healthy brain, you may be at greater risk for serious health conditions such as dementia, diabetes, and cardiovascular disease. In this informative presentation, you'll learn the key pillars of brain health, practical strategies to keep your brain active and resilient, and the warning signs of cognitive decline that should never be ignored. Discover evidence-based lifestyle habits that support cognitive wellness and explore proactive steps that may help improve brain function and reverse symptoms associated with cognitive decline. Empower yourself with the knowledge to protect your most valuable asset, YOUR BRAIN! **Registration required.**

Ages 50 & older

Presenters: Kristin Kemper, LNHA & Lana Sevel, Certified Brain Health Coach

Wednesday	9/23	1:00pm	FREE
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OUR VOICES DECIDE: PROTECTING AND STRENGTHENING SOCIAL SECURITY AND SUPPORTING FAMILY CAREGIVERS WITH AARP

AARP is on the front lines in your community, in state capitols and on Capitol Hill working on issues like protecting and strengthening Social Security, keeping health care costs in check and shielding people from scammers, all to ensure older Americans can thrive as they age. In this presentation, AARP will help you learn how to protect and strengthen Social Security and support family caregivers. **Registration required.**

Instructor: Tino Rincone

Ages 50 & older

Monday	9/28	1:00pm	FREE
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LIBBY TALK WITH HEATHER TIMKO

Libby is a free app that allows you to borrow digital books, audiobooks, and magazines from your public library. It is designed for easy mobile use, offering offline reading and syncing across devices, including compatibility with iOS, Android, and [Kindle devices](#). All you need is a library card. Heather Timko will explain how to use the Libby app and how you can take advantage of all the Cuyahoga County Library has to offer as the tip of your fingers. **Registration required.**

Registration required.

Ages 50 & older

Instructor: Heather Timko of the Cuyahoga Public Library, Strongsville Branch

Thursday	10/1	10:00am	FREE
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AI WORKSHOP

Do you want to learn more about Artificial Intelligence, what it can do and how it can work for you? This workshop will focus on what AI is, how it works at a basic level, and how seniors can use it in everyday life (writing letters, organizing information, learning new skills, staying connected, etc.). Our mission is to help communities build confidence and understanding around AI so they can use it safely, independently, and with less fear. **Registration required.**

Instructor: Shana Idnani Sharan

Ages 50 & older

Monday	10/5	1:00pm	FREE
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PROGRAMS cont.

FALL COOKING WITH FRED

Chef Fred, of Generations Senior Living, is returning to the Senior Center again with another engaging cooking demonstration! The session is more than just a culinary lesson; it's a celebration of food, family, and cherished traditions. Join us in experiencing the joy and warmth that Chef Fred brings to the table, creating memories and delicious meals that everyone can savor. You'll not also get to cook with Chef Fred, you'll get to enjoy your own culinary creation as well. **Registration required.**

Instructor: Chef Fred of Generations Senior Living

Ages 50 & older

Wednesday 10/16 11:30am

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

SIX PILLARS OF BRAIN HEALTH

AARP's Six Pillars of Brain Health, central to their Staying Sharp program, offers an evidence-based framework for maintaining cognitive function through lifestyle habits: Be Social, Engage Your Brain, Manage Stress, Ongoing Exercise, Restorative Sleep, and Eat Right. This approach is designed to reduce dementia risk and improve memory at any age. Come out and learn about these six pillars and how AARP can help you stay sharp! **Registration required.**

Instructor: Tino Rincone

Ages 50 & older

Monday 10/26 10:30-11:30am FREE

A SHOT OF WHISKEY ISLAND

Whiskey Island is really a peninsula that's roughly one-half landfill. Historical Interpreter Doug Kusak uses maps and pictures to help explain how Whiskey Island was created by the Cuyahoga River. Bridging former gaps between trails, we'll briefly discuss history, industry, the former Coast Guard Station, social equity, and more. **Registration required.**

Instructor: Doug Kusak of the Cleveland Metroparks

Ages 50 & older

Wednesday 10/28 1:00pm FREE

THE 7 HABITS OF HIGHLY HEALTHY WOMEN: DISCOVER YOUR DIVINE DESIGN FOR HEALING, VITALITY AND WHOLENESS

In this engaging presentation, I share seven simple lifestyle habits that support healthy aging and help people better understand how their bodies were designed to function, communicate, and restore themselves throughout every season of life. Participants leave with practical habits that support energy, sleep, hydration, nutrition, movement, and overall cellular health. **Registration required.**

Instructor: Miriam Rigal Spencer

Author of *The 7 Habits of Highly Healthy Women*

Speaker | Certified Cellular Health & Life Coach

Community College Instructor

Ages 50 & older

Wednesday 11/4 1:00pm FREE

HEALTH, NUTRITION AND WELLNESS PANEL LUNCH N' LEARN WITH GENERATIONS

This Health, Nutrition & Wellness panel will provide a comprehensive approach to health and nutrition, emphasizing customized care for seniors. Each presenter will focus on a different topic addressing the evolving nutritional needs of older adults, aiming to improve vitality, manage chronic conditions, and enhance well being. **Lunch will be included and is sponsored by Generations Senior Living. Registration Required.**

Ages 50 & older

Wednesday 11/18 11:30am FREE

INSTITUTE FOR LEARNING PROGRAMS

The following programs are offered through the Institute for Learning (ILR) by Baldwin Wallace University, which offers senior adults presentations in a variety of subject areas, as well as social, cultural and travel experiences. **Registration is required for each program. Please refer to the Silver Pen Newsletter for June, July & August presentations. Held at the Senior Center.**

Ages: 50 & older

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

The Wit and Wisdom of JFK by Bev Sadowski

John F. Kennedy's brief presidency represented a time of abiding hope and inspiration, despite the Cold War and its looming specter of thermonuclear exchange. His repeated references in so many speeches to "our children" and "future generations" illuminated President Kennedy's exceptional visionary approach to both domestic and national policies. The words, actions, and style of JFK provide a window into why he continues to be regarded as one of the most admired presidents of the modern era. We should not fail to recall a time when the spoken words and outward demeanor of a United States president portrayed so powerfully to the worldwide community the best that America had to offer. This presentation will focus on the intellect and humor of the 35th president, illustrating why his presidency came to hold such an exalted position throughout the world during his lifetime and beyond.

Tuesday 7/14 1:00pm

Alfred Hitchcock Presents: The Glass Eye by Terry Meehan

"The Glass Eye" is about a woman who falls in love with a famous ventriloquist and finally gets a chance to meet him. It stars Jessica Tandy, Tom Conway and a young William Shatner. Hitchcock and a ventriloquist? What could go wrong? Although Hitchcock had been making cameo appearances in his films since 1927, the first time most people heard his voice was on the evening of October 2, 1955, when he introduced the first episode of Alfred Hitchcock Presents. We will begin with a brief introduction and then view the full half-hour episode. After the screening, we will share our reactions.

Monday 8/24 1:00pm

Scandal & Crisis in the British Monarchy by Julie Koenig

*After the death of Prince Albert, Queen Victoria's close relationship with John Brown sparked persistent rumors and public unease.

*In 1982, Michael Fagan broke into Buckingham Palace and entered the Queen's bedroom, exposing serious security failures.

*In 1936 King Edward VIII abdicated to marry Wallis Simpson, triggering a constitutional crisis and bringing King George VI to the throne.

Together, these extraordinary episodes reveal the human drama behind the Crown - and in this talk, we'll explore how scandal, vulnerability and crisis have shaped the survival of the modern monarchy.

Wednesday 9/9 1:00pm



PROGRAMS cont.**SALT OF THE EARTH: A BEGINNER'S GUIDE TO CLEVELAND'S SALT MINE**

Historical Interpreter Doug Kusak breaks down the basics of how Cleveland, the "Rock n' Roll Capital of the World," got a role in rock salt mining under Lake Erie. History, geography, transportation, and more! Even if we use "salty language," this presentation is family-friendly. **Registration required.**

Instructor: Doug Kusak of the Cleveland Metroparks

Ages 50 & older

Thursday	11/19	1:00pm	FREE
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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 return performance at the Event Center. **Registration is requested** for this free concert. Call the Senior Center Registration Desk at (440) 580-3275.

Ages: All

Thursday	12/10	7:00pm	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 10th to December 2nd.

Ages: 50 & older

Monday	12/7	1:00-2:30pm
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Free to Silver Mustang Members

**WEBINAR SERIES AT THE SENIOR CENTER**

Enjoy a range of talks from bestselling authors and thought leaders through these insightful webinars made possible by the Cuyahoga County Public Library. Each webinar is a pre-recorded showing of an online seminar and lasts approximately one hour. **Showings are pre-recorded and held at the Senior Center. Registration required for each webinar showing.**

Webinar: Finding My Way with Nobel Peace Prize Laureate Malala Yousafzai

You are invited to join us to hear from Nobel Peace Prize Laureate Malala Yousafzai about her astonishing memoir, *Finding My Way*. Malala reintroduces herself to the world, sharing how she navigated life as someone whose darkest moments threatened to define her narrative—while seeking the freedom to find out who she truly is.

Thrust onto the public stage at fifteen years old after the Taliban's brutal attack on her life, Malala Yousafzai quickly became an international icon known for bravery and resilience. But away from the cameras and crowds, she spent years struggling to find her place in an unfamiliar world. *Finding My Way* is a story of friendship and first love, of anxiety and self-discovery, of trying to stay true to yourself when everyone wants to tell you who you are. In it, Malala traces her path from high school loner to reckless college student to a young woman at peace with her past. Through candid, often messy moments like nearly failing exams, getting ghosted, and meeting the love of her life, Malala reminds us that real role models aren't perfect—they're human. Register now for this pre-recorded showing you cannot miss! **Registration required.**

Ages: 50 & older

Monday	7/27	10:00am	FREE
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Webinar: On A Mission: The History of US Women Astronauts with Smithsonian Curator Emerita Valerie Neal

Join us for an exhilarating journey through the history of US women astronauts with Valerie Neal, emerita curator from the Smithsonian's National Air and Space Museum and expert on human spaceflight. Sally Ride became a household name as the first American woman in space, but scores of equally impressive women have also left their mark in space. *On a Mission: The Smithsonian History of US Women Astronauts* spans 45 years and 61 astronauts to share the epic journeys of women who made space for themselves in a male-dominated field. Valerie Neal offers a culturally insightful history of their achievements, the challenges they've faced, and their distinctive stories. This webinar is pre-recorded and will be shown at the Senior Center. **Registration required.**

Ages 50 & older

Monday	10/19	1:00pm	FREE
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Webinar: Smithsonian's Gamble: The Incredible History Behind the World's Largest Museum with Smithsonian Curator Tom Crouch

Tom D. Crouch, a Smithsonian veteran of almost 45 years, paints a robust picture of a unique American establishment and its lasting legacies in his book *Smithsonian's Gamble*.

Follow the fascinating growth and development of the world's largest museum and research complex during its first 60 years. Told in rich detail, *Smithsonian's Gamble* reveals how, as it defined a role rooted in curiosity and exploration, the Smithsonian helped to shape the nation's developing identity. This webinar is pre-recorded and will be shown at the Senior Center.

Registration required.

Ages: 50 & older

Monday	11/23	10:00am	FREE
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Webinar: Genius, Power and Deception on the Eve of World War I - An Author Talk with Douglas Brunt

New York Times Bestselling Author of *The Mysterious Case of Rudolf Diesel* and *Ghosts of Manhattan*

Join us as we chat with *New York Times* bestselling author, Douglas Brunt, about instant bestselling debut non-fiction work *The Mysterious Case of Rudolf Diesel: Genius, Power, and Deception on the Eve of World War I*. This book reveals the hidden history of Rudolf Diesel, one of the world's greatest inventors, and his mysterious disappearance on the eve of World War I.

September 29, 1913: the steamship Dresden is halfway between Belgium and England. On board is one of the most famous men in the world, Rudolf Diesel, whose new internal combustion engine is on the verge of revolutionizing global industry forever. But Diesel never arrives at his destination. He vanishes during the night and headlines around the world wonder if it was an accident, suicide, or murder. Brunt reopens the case and provides a compelling new conclusion about Diesel's fate. This webinar is pre-recorded and will be shown at the Senior Center. **Registration required.**

Ages 50 & older.

Thursday	12/10	10:00am	FREE
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MUSTANGS ON THE GO!

SUMMER WINE ADVENTURE

Come join us on a Summer Wine Adventure as we'll visit 3 amazing wineries along the *Lake Erie Wine Trail*. At each winery, we'll enjoy sampling wines with music from the Lovely Lasses Duo, *The Girls with Squirrels!* We'll start our day at a brand-new winery, the Corkscrew Taproom, where we'll have tastings of their most popular vintages. We will also have the chance to experience their new Wristband Tap System to sample up to another 28 vintages including beer and champagne (the Tap System sampling is on your own!) We'll also enjoy the Lovely Lasses as they perform for us in a private room and they take requests! Next, we are off to , the Oldest Family Winery in OHIO! We'll have a presentation and wine sampling before we enjoy a pasta lunch. This winery is in the heart of the Grand River Valley and again, we'll be entertained by our singing duo. We'll head to another new winery, Vincent-William of Madison, with a presentation and chance to sample new wines. We'll complete our day at Marianne's Chocolates. This is a JKL Tour.

Ages: 50 & older

Thursday	7/16	9:30am-5:30pm	
		Fees	Register Now
Members		\$134	
Non-Members/Residents		\$139	
Non-Members/Non-Residents		\$149	

SHAWSAHNK IN A DAY

Featuring Mansfield & the Ohio State Reformatories

Guided Tour of the Ohio State Reformatory – Explore the historic Ohio State Reformatory on a guided tour. Visitors will recognize iconic filming locations from *The Shawshank Redemption*, adding a cinematic element to this fascinating look at the prison's history and legacy.

Carrousel Ride at Richland Carrousel Park – Enjoy a whimsical ride on this beautifully restored, hand-carved carrousel with its vibrant animals dancing to the rousing music of the Stinson Band Organ.

Mansfield Antiques Gallery – browse a wonderful selection of antiques, collectibles, and vintage treasures. Fans of *The Shawshank Redemption* will recognize it as the pawn shop where Red spots the compass that ultimately leads him to the iconic oak tree.

Savory Sweets & Treats – this shop features a fun assortment of gourmet snacks, premium popcorn, and classic saltwater taffy. Each traveler will receive a small bag of the signature Brickyard Mix popcorn to enjoy or take home.

Lunch at the Blueberry Patch – Enjoy a delicious meal at Ohio's premier blueberry plantation. You'll get a choice of 3 delicious options: Chicken Salad, Broccoli Cheddar Quiche or a Turkey Grinder Sandwich. Be sure to save room for warm, homemade blueberry cobbler for dessert. Afterward, take time to browse the charming gift shop and greenhouse, filled with unique finds and colorful blooms. This is a Great Day Tour.

Ages: 50 & older

Wednesday	7/29	8:15am-6:00pm	
		Fees	Register Now
Members		\$175	
Non-Members/Residents		\$177	
Non-Members/Non-Residents		\$181	

AKRON RUBBER DUCKS

Calling all retirees and those who don't feel like working on a lovely Tuesday afternoon! Join us for a day game to cheer on the Akron Rubber Ducks, the Double-A affiliate of the Cleveland Guardians. Concessions will be open for food purchases on your own. (Strongsville bus)

Ages: 50 & older

Tuesday	8/4	10:00am-3:00pm	
		Fees	Register Now
Members		\$25	
Non-Members/Residents		\$27	
Non-Members/Non-Residents		\$31	

AMISH COUNTRY TOUR WITH ROBIN SWOBODA

Robin Swoboda will take you on a tour like not other! Our first stop will be to one of Robin's favorite, the Farm at Walnut Creek. We will board horse drawn wagons and ride through the animal park with hungry exotic animals ready to eat our treats. There will also be time to walk through a prototype Amish home. Then the bus is off to Berlin for shopping and lunch on your own. After your time in Berlin, we're off on a scenic backroad tour seeing highlights of the Amish way of life. We'll visit a local Amish man who makes and sells handmade brooms. (Cash only) On to a local bulk food store to stock up on baking supplies, local produce, jams, jellies and so much more. The day will be completed with a traditional meal in an Amish home. Our menu will include homemade bread, salad, chicken, roast beef, mashed potatoes, noodles, veggies and homemade pies. This is a tour with Amish Table Talk.

Ages: 50 & older

Thursday	8/13	7:00am-7:30pm	
		Fees	Register Now
Members		\$184	
Non-Members/Residents		\$186	
Non-Members/Non-Residents		\$190	

GOODTIME III: ELVIS TRIBUTE CRUISE

If you're an Elvis lover, be sure not to miss this special Elvis tribute and an amazing, fresh lunch aboard the Goodtime III! What better way to listen to your favorite hits than out on the lake and river on Cleveland's most iconic cruise? (Strongsville bus)

Lunch menu includes:

- Chicken Piccata w/Creamy Lemon Caper Sauce
- Roasted, smashed, herbed Redskin Potatoes
- Buttered whole top Baby Carrots
- House-baked herbed Focaccia Bread w/butter
- Variety of Fruit
- House Baked Cookie Assortment
- Coffee, Tea, Iced Tea & Water

*Soda & alcoholic beverages available for purchase.

*Concession stands will be open for snack purchases.

Ages: 50 & older

Wednesday	8/19	9:45am-3:00pm	
		Fees	Register Now
Members		\$75	
Non-Members/Residents		\$77	
Non-Members/Non-Residents		\$81	

CLEVELAND ART MUSEUM

Join us for a guided tour at the Cleveland Museum of Art. The tour will invite participants to engage in critical inquiry, observation, and conversation with objects. Led by a staff member or a CMA docent, guided tours can enhance the understanding of art and techniques as well as appreciation for the artists' work featured at the museum. After the tour, there will be time to stop and grab a bite to eat. The Provence café features and snack options made in an open kitchen, including a variety of seasonal soups and salads, hot and cold sandwiches, beverages, desserts, and more for purchase on your own. Strongsville bus.

Ages: 50 & older

Wednesday	9/9	9:00am-2:00pm	
		Fees	Registration Begins
Members		\$20	7/9
Non-Members/Residents		\$22	7/16
Non-Members/Non-Residents		\$26	7/23

MUSTANGS ON THE GO! cont.

HENRY FORD MUSEUM TOUR

Henry Ford Museum of American Innovation – Step into the Henry Ford Museum of American Innovation in Dearborn, Michigan, where history comes alive through exhibits celebrating America's ingenuity. Visitors can explore iconic inventions, classic automobiles, historic aircraft, & interactive displays that showcase the people and ideas that shaped the nation. Some of the must-see highlights include the *Driven to Win: Racing in America* Exhibition, Rosa Parks Bus, Kennedy Limousine, Lincoln Chair, Allegheny Locomotive, and *Mathematica* Exhibit. There will be free time to explore the museum and purchase lunch or a snack on your own.



Dinner at Ford's Garage – Enjoy a satisfying buffet-style dinner in a lively, vintage-inspired setting that pays tribute to classic American heritage. The menu features favorites including Mama Ford's Homemade Meatloaf and Chicken Henry, along with a fresh garden salad, broccoli, and mashed garlic redskin potatoes, all followed by a delicious dessert. This a Great Day Tour.

Ages: 50 & older

Tuesday 9/15 8:30am-9:00pm

	Fees	Registration Begins
Members	\$180	7/15
Non-Members/Residents	\$182	7/22
Non-Members/Non-Residents	\$186	7/29

THE FABULOUS FINGER LAKES IN FALL

Here is your chance to enjoy a truly amazing Autumn adventure as we discover the beautiful Finger Lakes region, one of the most colorful areas in upstate NY. We'll begin our *3-day, 2-night* adventure by touring Sonnenberg Gardens & Mansion, built in the heart of the Finger Lakes in 1887. Our tour of the estate includes their spectacular mansion and gardens. We'll arrive at our hotel, the Hampton Inn that sits on *Keuka Lake*, and has an outdoor patio to enjoy the sunsets. We'll enjoy dinner at our hotel. On Thursday, after breakfast in our hotel, we'll have a guided tour of Watkins Glen, a quaint village that sits on the doorstep of Montour Falls. Our guide will share the history and charm of the area and then walk us to this scenic picture stop (Montour Falls) before we have free time to explore and shop the little main street. Next, we'll take a relaxing boat cruise of *Seneca Lake* taking in the fall colors from the water. We will enjoy a dinner feast at Cosentinos Italian Restaurant! After dinner, we'll take in a group wine presentation as the Finger Lakes are one of the premier grape-growing areas in the US! After breakfast on Friday, we'll travel to Letchworth State Park for a guided tour of this national treasure known as "*The Grand Canyon of the East*." Our guided tour will highlight the scenic areas and include time off the bus to take in the spectacular vistas. After our tour, we'll enjoy lunch at the Glen Iris Inn, that has welcomed guests since 1914 and sits on the bluff of the magnificent *Middle Falls* along the Genesee River. Come share this spectacular Autumn experience with your friends from the Strongsville Senior Center! This is an JKL Tour.

Ages 50 & older

Wednesday-Friday 9/23-9/25

**Registration opens on July 22nd for all.
Roommates must register together.**

Fees:	Per Person/Single	Per Person/Double	Per Person/Triple
Members	\$879	\$679	\$619
Non-Mem/Res	\$889	\$689	\$629
Non-Mem/Non-Res	\$899	\$699	\$639

NATURAL HISTORY MUSEUM

At the transformed Cleveland Museum of Natural History, every visit offers the opportunity for new discoveries. Explore our reimagined spaces and uncover your place in the extraordinary story of life on Earth. Our visit will begin with an hour-long guided tour called *Beyond the Exhibit*, which takes you through two new exhibit wings. After the tour, there will be time for lunch and some exploration of the museum on your own. Note: No outside food is permitted. Lunch and snacks may be purchased on your own at the Origins Café inside the museum. We will then meet up again and end our visit with a mesmerizing planetarium show. (Strongsville Bus)

Ages 50 & older

Thursday 10/8 8:45am-2:45pm

	Fees	Registration Begins
Members	\$35	8/6
Non-Members/Residents	\$37	8/13
Non-Members/Non-Residents	\$41	8/20

CLEVELAND ORCHESTRA: "Rouvali Conducts Strauss" (SEVERANCE HALL)

Who is the hero of Richard Strauss's *Ein Heldenleben* — a historical figure, a mythic legend, or the composer himself? Though most agree that the work is a self-portrait of Strauss, this swashbuckling tone poem is nonetheless a feast for the ears, filled with bravado and derring-do. Guest conductor Santtu-Matias Rouvali will lead the orchestra on this must see performance.

(Strongsville Bus)

Ages 50 & older

Friday 11/20 8:30am-1:00pm

	Fees	Registration Begins
Members	TBA	9/16
Non-Members/Residents	TBA	9/23
Non-Members/Non-Residents	TBA	9/30

A CHRISTMAS CAROL (MIMI OHIO THEATRE)

Experience the magic, wonder and joy of Charles Dickens' *A Christmas Carol*! Join Mother Cleveland as she reads this classic to her family and ignites her youngest child's vivid imagination, bringing the iconic tale to life before his eyes. With stunning visuals and heartfelt storytelling, this beloved tale of transformation captures the true spirit of the season. A must-see for all ages, this unforgettable production has enchanted generations and will create memories that last a lifetime. (Strongsville Bus)

Ages 50 & older

Wednesday 12/2 9:30am-2:30pm

	Fees	Registration Begins
Members	\$41	10/7
Non-Members/Residents	\$43	10/14
Non-Members/Non-Residents	\$47	10/21

A DUELING PIANO CHRISTMAS PARTY!

Kick off your start to the Christmas season with our *JKL TOURS CHRISTMAS PARTY* at Windows on the River. We will enjoy a wonderful plated lunch and then the fun starts as we take in the high-energy of *The Dueling Piano Christmas Party*, provided by **Todd and Andy**. These two amazing artists will play their keyboards for a fast-paced 90 minutes of engaging songs and fun. They take requests and there is lots of audience participation so come ready to sing along (at our last party, there was even impromptu dancing!) Just imagine 200 dressed-up seniors singing and swaying to "*Sweet Caroline*," and having fun with lots of laughs. Plus, we'll have party games with an *Ugly Sweater*, *Most Holiday Spirit* and *Biggest Grinch* Costume contests! Begin your holiday celebration with a delightful afternoon of fun sing-along music with your friends and acquaintances from the Strongsville Senior Center.

Ages 50 & older

Thursday 12/10 10:00am-4:00pm

	Fees	Registration Begins
Members	\$114	10/9
Non-Members/Residents	\$119	10/14
Non-Members/Non-Residents	\$129	10/23



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