



January-April 2024 Program Guide



Registration Dates

MEMBERS: November 8
RESIDENTS: November 14
OPEN / ONLINE: November 16

GENERAL INFORMATION

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

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RECREATION & SENIOR CENTER STAFF

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Recreation

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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*

Thurs, November 23, 2023	Thanksgiving	Rec & Senior Center CLOSED
Sun, December 24, 2023	Christmas Eve	Rec Closing early at 1pm
Mon, December 25, 2023	Christmas	Rec & Senior Center CLOSED
Sun, January 1, 2024	New Year's Day	Rec & Senior Center CLOSED
Sat, March 30, 2024	Day before Easter	Rec Closing early at 5pm
Sun, March 31, 2024	Easter	Rec Center CLOSED

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

WEATHER CLOSING & CLASS CANCELLATIONS

When applicable, please check the following locations for any closings or cancellations due to weather... www.strongsville.org/content/recreation.asp

News Channel 3 (www.wkyc.com)

News Channel 5 (www.newsnet5.com)



AMENITIES

AQUATIC CENTER

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

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

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

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

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

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

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

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

GROUP EXERCISE, MIND/BODY, CYCLE STUDIOS

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

AUXILIARY GYMNASIUM

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

MAIN GYMNASIUM

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

LOCKER ROOMS

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

GAME AREA

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

EVENT CENTER & VARIOUS MEETING ROOMS

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

RECREATION CENTER GUIDELINES

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

CHILDREN UNDER 12 YEARS OF AGE

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

REGISTRATION

Pre-registration is required for programs.

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

REFUND POLICY

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

PROGRAM CANCELLATION POLICY

If the program does not have a sufficient number of participants registered by 3 working days prior to the first session, the program may be cancelled by the Department. **Some programs may have their own cancellation policy - please see program description.**



MEMBERSHIP

MEMBERSHIP CLASSIFICATIONS

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

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

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

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

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

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

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

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

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

MEMBERSHIP FEES

4 MEMBERSHIP OPTIONS

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

OPTION 1: One Year Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265.00	\$425.00
Couple	\$365.00	\$580.00
Youth Individual (Ages 4-18)	\$165.00	\$290.00
Full-time College Student	\$165.00	\$290.00
Family	\$435.00	\$725.00
Individual Senior (Age 60+)	\$135.00	\$265.00
Senior Couple	\$240.00	\$465.00
Military/Veteran Adult	\$140.00	\$245.00
Military Couple	\$240.00	\$400.00
Military Youth (Ages 4-18)	\$87.00	\$162.00
Military Family	\$290.00	\$510.00

MEMBERSHIP FEES cont.

OPTION 2: One Year Contract with monthly payments

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$22.09/month	\$35.42/month
Couple	\$30.42/month	\$48.34/month
Youth Individual (Ages 4-18)	\$13.75/month	\$24.17/month
Full-time College Student	\$13.75/month	\$24.17/month
Family	\$36.25/month	\$60.42/month
Individual Senior (Age 60+)	\$11.25/month	\$22.09/month
Senior Couple	\$20.00/month	\$38.75/month
Military/Veteran Individual	\$11.67/month	\$20.42/month
Military Couple	\$20.00/month	\$33.34/month
Military Youth (Ages 4-18)	\$7.25/month	\$13.50/month
Military Family	\$24.17/month	\$42.50/month

Credit Card Payment Plan Information

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

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

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

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

MEMBERSHIP FEES cont.

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

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

-6 month membership valid 186 days from date of purchase

-Does not receive member coupons

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

SILVER SNEAKERS

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



RENEW ACTIVE

Renew Active
by UnitedHealthcare

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

NON-MEMBER DAILY GUEST FEES

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

-Those 18 years and older must show valid photo ID

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

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

PASSBOOKS

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

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

CORPORATE MEMBERSHIPS

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



“THE CENTER OF LIFE”

SILVER MUSTANG MEMBERSHIP

MEMBERSHIP FEES

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

MEMBERSHIP BENEFITS

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

NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5

Only \$1/day!

30-Day
College Student Pass

Choose your own start date anytime between November 20-December 31, 2023

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

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

Pass can be applied towards yearly membership fee before expiration. Pass does not make customer eligible for the benefits granted to full-year members such as, coupons & member rates.

FACILITY RENTAL

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

EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

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

*A deposit is due with a signed contract

OLD TOWN HALL



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

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

CELEBRATE! *at the REC CENTER!*

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

Member: \$45/hr

Non-Member: \$65/hour

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

Room price listed above plus:

\$3/person age 7 & older

\$2/person age 4-6 years

Free age 3 years & under

All Inclusive Party Packages (Call for Pricing)

Room Rental for 3 Hours

Facility Use

Pizza, Soda & Cake

Plates, Cups, Napkins, Tablecloths

Candles & Matches

**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

SPECIAL EVENTS

Daddy-Daughter DANCE

Gentlemen (dads, grandads, caregivers, uncles), we invite you to accompany the most lovely little girl in your life to an evening you'll remember forever. Dancing to music, eating pizza, taking a keep-sake photo, and a carnation for your date, will fill your evening with unforgettable fun.

Please note: 50 tickets must be sold by 5:00pm, January 29th for the dance to occur. Tickets can be purchased in advanced at the Strongsville Rec. Center front desk. There will not be tickets sold at the door the night of the dance. Only 200 tickets sold for this event, so get your tickets early!

Friday 2/16 6:30-8:30pm

Ticket fee per person:

Members	\$12
Non-Members/Residents	\$15
Non-Members/Non-Residents	\$20



ST. PATRICK'S DAY IRISH DANCE DEMO

Join Cannon Irish Dance for an early St. Patrick's Day Celebration! Tap your feet and clap your hands to lively Irish music as the Cannon Irish Dancers perform traditional Irish Step Dance. All ages are invited to "Give it a Try" with some Irish Social Dancing after the performance.

Saturday, 3/16
11:30am-12:30pm

Location: Rec Center Main Lobby

FREE EVENT!



FUN & PHOTOS WITH THE EASTER BUNNY

Get into the holiday spirit and join us for our Fun and Photos with the Easter Bunny event! Children will receive a professional digital photo with the Easter Bunny, milk & cookies, face painting, balloon art, an Easter Craft and a chance to win an awesome door prize.

Saturday, 3/23 9:15-11:00am

Tickets are sold for time slots for photo line:

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



PRE-SALE TICKETS ONLY at Rec Front Desk.

Limited number of tickets sold per time

slot. Time slot is for photo line only to help keep

the lines short. You can enjoy the other event activities anytime between

9:15am-11:00am

Ticket fee per child:

Members	\$10
Non-Members	\$15

KIDS GARAGE SALE

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



Saturday, 4/20

9:00am-12:00pm

TWO TABLE LIMIT PER FAMILY

5 Foot Tables

Members	\$11
Non-Members/Residents	\$15
Non-Members/Non-Residents	\$20

8 Foot Tables

Members	\$15
Non-Member/Residents	\$20
Non-Members/Non-Residents	\$25

SHOPPERS

9:00-9:59am

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

Paid Early Bird Shoppers get entered into a raffle to win a free birthday party room rental at the Rec Center.

10:00am-12:00pm Free shopping

AQUATICS

Aquatic Supervisor, Patti Welker
Assistant Aquatic Supervisor, Becky Stemple

SPECIAL AQUATIC CENTER HOURS

Thursday, November 23	CLOSED	Thanksgiving	Monday, January 1, 2024	CLOSED	New Year's Day
Friday, December 1	Close at 3pm	SHS Swim Meet	Wednesday, January 10	Close at 3pm	SHS Swim Meet
Wednesday, December 6	Close at 3pm	SHS Swim Meet	Friday, January 19	Close at 3pm	SHS Swim Meet
Wednesday, December 13	Close at 3pm	SHS Swim Meet	Wednesday, January 24	Close at 3pm	SHS Swim Meet
Sunday, December 24	Close at 12:30pm	Christmas Eve	Saturday, March 30	Close at 4:30pm	Day before Easter
Monday, December 25	CLOSED	Christmas	Sunday, March 31	CLOSED	Easter
			Monday, May 27	CLOSED	Memorial Day

Hours subject to change. The pools, steam room, sauna and spa are closed during swim meets.

AQUATIC CENTER REGULATIONS/RULES

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

Swim diapers are available for free at the front desk

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

REGISTRATION AND POLICIES

- For all sessions of a brochure (Winter, Summer, Fall) **the first session** of the lessons will open to members then resident/non-members and finally non-resident/non-members per the dates set in the brochure. Subsequent sessions of that brochure season open on the **last day of current session for those with report cards** (Changing of times or dates will not be honored until after those with report cards for the current class have had a chance to register. Exceptions may be for leveling up from level 3 or parent/youth. The times may not match for next level); **for those without report cards, online registration begins at 9:30pm the last day of class and in-person/phone registration begins the following day.**
- Refunds can be requested up to 7 days prior to the start of class without question. After that no refunds will be given. Participants take the risk of schedule changes or changes in health.
- If the class is full, you may ask the front desk staff to add your name to the CURRENT waiting list.
- If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, before the first day of class, so they can better work with your child.

AQUATIC WAIT LIST

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

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

REGISTRATION SCHEDULE

Wed, November 8: Ehrnfelt Rec Center Members

Tues, November 14: Strongsville Residents & Members (*must show proof of residency such as utility bill*)

Thurs, November 16: Open/On-line registration

ALTERNATIVE SWIM WEAR

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

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

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

LEARN TO SWIM RULES

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

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

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

AQUATIC CENTER AGE GUIDELINES

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

YOUTH LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
PARENT/INFANT 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
PARENT/TODDLER 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
PARENT/YOUTH 3-5 years	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
LEVEL 1 Intro to Water Skills	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
LEVEL 2 Fundamental Water Skills	Passed Level 1, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
LEVEL 3 Refined Water Skills	Passed Level 2, or can swim 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and breaststroke kick, and elementary backstroke. Basic water safety will be integrated into this course.
LEVEL 4A Stroke Development	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly and sidestroke. Safe diving practices and water safety will be integrated into the course.
LEVEL 4B Stroke Improvement	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
LEVEL 5 Stroke Refinement	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.



YOUTH LEARN TO SWIM LESSONS

Class limit based on instructor availability and pool space

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

Ages: 6-15 months
Class Limit: Based on Instructor availability & pool space
Weekend Classes (7 Classes)

Saturday	1/13-2/24	9:00-9:30am
Saturday	1/13-2/24	9:35-10:05am

7 Classes

Fees:	Member	\$35
	Non-Member/Resident	\$42
	Non-Member/Non-Resident	\$56

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

Ages: 15 - 36 months
Class Limit: Based on Instructor availability & pool space
Evening Classes (6 or 8 Classes)

Tuesdays & Thursdays	1/9-2/1	6:30-7:00pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	6:30-7:00pm (8 classes)
Tuesdays & Thursdays	3/5-3/21	6:30-7:00pm (6 classes)

Weekend Classes (7 Classes)

Saturday	1/13-2/24	9:00-9:30am (7 classes)
Saturday	1/13-2/24	9:35-10:05am (7 classes)

Fees:	6 Classes	7 Classes	8 Classes
Member	\$30	\$35	\$40
Non-Member/Resident	\$36	\$42	\$48
Non-Member/Non-Resident	\$48	\$56	\$64

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

Ages: 3-5 years
Class Limit: Based on Instructor availability & pool space
Evening Classes (7 or 8 Classes)

Tuesdays & Thursdays	1/9-2/1	7:00-7:30pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	7:00-7:30pm (8 classes)
Tuesdays & Thursdays	3/5-3/21	7:00-7:30pm (6 classes)

Weekend Classes (7 Classes)

Saturday	1/13-2/24	9:00-9:30am (7 classes)
Saturday	1/13-2/24	9:35-10:05am (7 classes)

Fees:	6 Classes	7 Classes	8 Classes
Member	\$30	\$35	\$40
Non-Member/Resident	\$36	\$42	\$48
Non-Member/Non-Resident	\$48	\$56	\$64

LEVEL 1: Intro to Water Skills

(no previous swim experience needed)
Ages: 5 & older
Class Limit: Based on Instructor availability & pool space
Evening Classes (6 or 8 Classes)

Tuesdays & Thursdays	1/9-2/1	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	1/9-2/1	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	3/5-3/21	5:40-6:25pm (6 classes)
Tuesdays & Thursdays	3/5-3/21	6:35-7:20pm (6 classes)

Weekend Classes (7 Classes)

Saturday	1/13-2/24	10:10-10:55am (7 classes)
Saturday	1/13-2/24	11:00-11:45am (7 classes)
Saturday	1/13-2/24	11:50am-12:35pm (7 classes)

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$54	\$63	\$72
Non-Member/Non-Resident	\$66	\$77	\$88

LEVEL 2: Fundamental Water Skills

Ages: 5 & older
Class Limit: Based on Instructor availability & pool space
Evening Classes (6 or 8 Classes)

Tuesdays & Thursdays	1/9-2/1	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	1/9-2/1	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	3/5-3/21	5:40-6:25pm (6 classes)
Tuesdays & Thursdays	3/5-3/21	6:35-7:20pm (6 classes)

Weekend Classes (7 Classes)

Saturday	1/13-2/24	10:10-10:55am (7 classes)
Saturday	1/13-2/24	11:00-11:45am (7 classes)
Saturday	1/13-2/24	11:50am-12:35pm (7 classes)

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$54	\$63	\$72
Non-Member/Non-Resident	\$66	\$77	\$88

LEVEL 3: Refined Water Skills

Ages: 5 & older
Class Limit: Based on Instructor availability & pool space
Evening Classes (6 or 8 Classes)

Tuesdays & Thursdays	1/9-2/1	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	6:35-7:20pm (8 classes)
Tuesdays & Thursdays	3/5-3/21	6:35-7:20pm (6 classes)

Weekend Classes (7 Classes)

Saturday	1/13-2/24	10:10-10:55am (7 classes)
Saturday	1/13-2/24	11:00-11:45am (7 classes)
Saturday	1/13-2/24	11:50am-12:35pm (7 classes)

Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$54	\$63	\$72
Non-Member/Non-Resident	\$66	\$77	\$88

LEVEL 4 A/B: Stroke Development

Ages: 5 & older
Class Limit: Based on Instructor availability & pool space
Evening Classes (6 or 8 Classes)

Tuesdays & Thursdays	1/9-2/1	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	2/6-2/29	5:40-6:25pm (8 classes)
Tuesdays & Thursdays	3/5-3/21	5:40-6:25pm (6 classes)

Weekend Classes (7 Classes)

Saturday	1/13-2/24	9:15-10:00am (7 classes)
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Fees:	6 Classes	7 Classes	8 Classes
Member	\$42	\$49	\$56
Non-Member/Resident	\$54	\$63	\$72
Non-Member/Non-Resident	\$66	\$77	\$88





2024 SUMMER STRONGSVILLE RECREATION SWIM TEAM

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

ELIGIBILITY:

The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/24 or graduating high school senior. To participate, swimmers may not be members of a homeowners association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle and backstroke on the first day of practice in order to participate. If you question your child's swimming ability, you may want to consider signing up for group or private lessons this winter.

TEAM LIMITED TO 130 SWIMMERS.

Practice begins Tuesday, May 28 and the season concludes with the SSL Championship meet on Saturday, July 20, 2024.

Parents are required to attend the Parents' Meeting on Wednesday, May 15 at 6:30pm and to volunteer during the season.

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

Practice Schedule:

Monday-Friday 5/28-7/19 8:00-10:00am

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

Meets: Tuesdays & Thursdays evenings

Fees*:

Members \$180

Residents/Non-Members \$210

*Families receive a \$10 discount for each additional child on the swim team. Fee includes Champs t-shirt. Team suits not included in fee and can be purchased at the Spirit Shop.

**REGISTRATION BEGINS
FEBRUARY 1, 2024**

SPECIALTY SWIM CLASSES

DIVING

Ages: 8 & older **Class Limit: 12 per instructor**

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

Weekend Classes (7 classes)

Saturday BEGINNER 1/13-2/24 11:10am-12:00pm

Fees: **7 Classes**

Member \$63

Non-Member/Resident \$77

Non-Member/Non-Resident \$91

WATER EXERCISE CLASSES



WATER EXERCISE PROGRAM PASS

A 2023 pass may be purchased any time and is good for any water exercise class.

*The pass expires 12/19/2024.

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

Number of Classes	5	10	15	20
Member	\$25	\$48	\$68	\$85
Non-Member/Resident	\$30	\$60	\$83	\$105
Non-Member/Non-Resident	\$35	\$70	\$98	\$125

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

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

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

Ages: 15 & Older **Class Limit: 30**

Tuesdays & Thursdays 1/9-5/23* 10:45-11:35am 38 Classes

*No class 4/2, 4/4

SWAP (SHALLOW WATER AEROBICS PROGRAM)

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

Ages: 15 & older **Class Limit: 30**

Mondays & Wednesdays 1/8-5/22* 9:15-10:05am 35 Classes

*No class 1/15, 2/19, 3/11, 4/1, 4/3

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: 20**

Mondays & Wednesdays 1/8-5/22* 10:15-11:05am 35 Classes

*No class 1/15, 2/19, 3/11, 4/1, 4/3

Tuesdays & Thursdays 1/9-5/23* 9:45-10:35am 35 Classes

*No class 4/2, 4/4

Tuesdays & Thursdays 1/9-5/23* 6:35-7:25pm 38 Classes

*No class 4/2, 4/4

AMERICAN RED CROSS CLASSES

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 16 & older

Class Limit: 12

American Red Cross class designed to teach students how to instruct Learn-to-Swim classes. *Fee includes WSI Manual and Water Safety book.*

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

*Have access to the internet from home.

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

*Must be able to demonstrate front crawl, back crawl, breaststroke, butterfly, sidestroke and elementary backstroke

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

Saturdays 3/2-3/23 8:00am-4:00pm

Fees:	Member	\$175
	Non-Member/Resident	\$200
	Non-Member/Non-Resident	\$225

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & older

Class Limit: 9

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

Prerequisites:

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

*Have access to the internet from home.

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

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

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

Important: Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. **NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins.**

STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES. If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time.

*2017 edition of the Lifeguarding Manual can be downloaded for free at <http://www.redcross.org/participantmaterials> or picked up at the front desk prior to the first class meeting.

Session 1	Sundays	2/25-3/24	9:00am-3:00pm
Session 2	Tuesdays/Thursdays	5/2-5/23	4:00-8:00pm

Fees:	Member	\$175
	Non-Member/Resident	\$200
	Non-Member/Non-Resident	\$225

AMERICAN RED CROSS LIFEGUARD REVIEW

Ages: 16 & older

Class Limit: 12

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

Saturday	5/11	9:00am-4:00pm
Saturday	5/18	9:00am-4:00pm

Fees:	Member	\$140
	Non-Member/Resident	\$160
	Non-Member/Non-Resident	\$180

ADULT FIRST AID/CPR/AED ONLINE

Ages: 11 & older

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

	Registration Dates	Class Materials	Course Completion*
Session 1	Thru 12/31	emailed 1/2	by 1/31/24
Session 2	Thru 1/31	emailed 2/1	by 2/29/24
Session 3	Thru 2/29	emailed 3/1	by 3/31/24
Session 4	Thru 3/29	emailed 4/1	by 4/30/24

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

Fees:	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60

UNTIL HELP ARRIVES

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

Ages: 11 & older

	Registration Dates	Class Materials	Course Completion*
Session 1	Thru 12/31	emailed 1/2	by 1/31/24
Session 2	Thru 1/31	emailed 2/1	by 2/29/24
Session 3	Thru 2/29	emailed 3/1	by 3/31/24
Session 4	Thru 3/29	emailed 4/1	by 4/30/24

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

Fees:	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60



FITNESS

Fitness Supervisor, Denise Lengal

GROUP EXERCISE, CYCLE, MIND/BODY, & ZUMBA

Get in shape and have fun doing it! Our top notch and cutting edge equipment and instructors provide a customized workout designed to get you 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 Denise at 440-580-3260 x 5275. **Updated fitness schedules can be found at Strongsville.org/content/fitness/asp.**

GROUP CYCLE

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

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

Introduction to Group Cycle Program

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

ZUMBA PASS

Group exercise passes may be used for this class.

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

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

Fees:	5 Classes	10 Classes	20 Classes
Members	\$22	\$40	\$70
Non-Member/Residents	\$32	\$50	\$80
Non-Member/Non-Residents	\$42	\$60	\$90

Drop Fees:

Members	\$8
Non-Member/Residents	\$10
Non-Member/Non-Residents	\$12



UNLIMITED COMBO PASS

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

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

1 Year Contract with Monthly Payments

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

1 Year Contract with Payment in Full

Members \$378 (\$31.50/month)
Non-Member/Residents \$486 (\$40.50/month)
Non-Member/Non-Residents \$595 (\$49.50/month)

MIND/BODY PASS (Yoga/Barre/Pilates)

Good for unlimited Yoga, Pilates, and Barre.

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

1 Year Contract with Monthly Payments

Members \$24/month
Non-Member/Residents \$34/month
Non-Member/Non-Residents \$44/month

1 Year Contract with Payment in Full

Members \$260 (\$21.60/month)
Non-Member/Residents \$367 (\$30.60/month)
Non-Member/Non-Residents \$475 (\$39.60/month)

ONE MONTH UNLIMITED PASS

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

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

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

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

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

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

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

Members	\$28
Non-Member/Residents	\$38
Non-Member/Non-Residents	\$48

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

Members	\$8
Non-Member/Residents	\$10
Non-Member/Non-Residents	\$12

TRY A CLASS PASS (Good for Group Exercise, Cycle or Mind/Body)

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

GROUP EXERCISE CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

Kickboxing: Intensity! Energy! Sweat! Fun!

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

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

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

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

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

Strength & Core: The name says it all!

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

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

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

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

HEALTH ASSESSMENT & PEAK PERFORMANCE

NUTRITIONAL CONSULT

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

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

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

NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation and 2 follow up consultations.

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

Fees:	Member	\$150
	Non-Member/Resident	\$180
	Non-Member/Non-Resident	\$190

ASSESSMENTS

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

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

EXERCISE ORIENTATION

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

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

PERSONAL TRAINING PACKAGES

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

	One Session	Five Sessions	Ten Sessions
Members	\$43	\$200	\$375
Non-Member/Residents	\$53	\$250	\$475
Non-Member/Non-Residents	\$63	\$300	\$575



42 X 82



Fitness

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

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

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

JOIN US!

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



42x82 Five Punch Pass: \$35 members, \$45 non member resident, \$55 non member non resident, (expires 1 month from date of purchase)

Includes attendance to five 42x82 classes only

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

KARATE**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	1/8-1/29	5:00-5:45pm
Mondays	2/5-2/26	5:00-5:45pm
Mondays	3/4-3/25	5:00-5:45pm(no class 3/18 attend on Wed, 3/20)
Mondays	4/1-4/22	5:00-5:45pm

Wednesdays	1/10-1/31	5:00-5:45pm
Wednesdays	2/7-2/28	5:00-5:45pm
Wednesdays	3/6-3/27	5:00-5:45pm
Wednesdays	4/3-4/24	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	1/8-1/29	6:00-6:45pm
Mondays	2/5-2/26	6:00-6:45pm
Mondays	3/4-3/25	6:00-6:45pm(no class 3/18 attend on Wed, 3/20)
Mondays	4/1-4/22	6:00-6:45pm

Wednesdays	1/10-1/31	6:00-6:45pm
Wednesdays	2/7-2/28	6:00-6:45pm
Wednesdays	3/6-3/27	6:00-6:45pm
Wednesdays	4/3-4/24	6:00-6:45pm

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

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	1/8-1/29	7:00-7:45pm
Mondays	2/5-2/26	7:00-7:45pm
Mondays	3/4-3/25	7:00-7:45pm(no class 3/18 attend on Wed, 3/20)
Mondays	4/1-4/22	7:00-7:45pm

Wednesdays	1/10-1/31	7:00-7:45pm
Wednesdays	2/7-2/28	7:00-7:45pm
Wednesdays	3/6-3/27	7:00-7:45pm
Wednesdays	4/3-4/24	7:00-7:45pm

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

YOUTH FITNESS**INTRODUCTION TO YOUTH STRENGTH TRAINING**

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

Ages: 12-14 years

Class Limit: 5

Wednesday	1/3-1/24	3:30-4:30pm
Wednesday	2/7-2/28	3:30-4:30pm
Wednesday	3/6-3/27	3:30-4:30pm
Wednesday	4/3-4/24	3:30-4:30pm

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

ENRICHMENT PROGRAMS

Adult & Youth

Recreation Supervisor, Kristen Nykiel

MISS KATIE'S PRESCHOOL PLAYGROUP

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

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.**

Age: 6 months-6 years with adult participation

Fridays		9:30-10:30am (4 classes/month)
Saturday	1/20	11:15am-12:15pm (1 class)
Saturday	2/17	11:15am-12:15pm (1 class)
Saturday	3/16	11:15am-12:15pm (1 class)
Saturday	4/20	11:15am-12:15pm (1 class)
Saturday	5/18	11:15am-12:15pm (1 class)

Fees:	Fridays	Saturdays
Members	\$65	\$16.25
Non-Member/Residents	\$75	\$18.75
Non-Member/Non-Residents	\$80	\$20.00

TINY TOTS

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

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

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

Monthly Fees:	Members	\$75
	Non-Member/Residents	\$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	1:00-3:00pm

Monthly Fees:	Members	\$95
	Non-Member/Residents	\$105
	Non-Member/Non-Residents	\$110

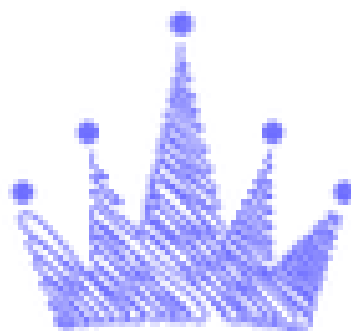
MISS KATIE'S "EXPLORE & PLAY—DROP & STAY!"

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



YOUTH & ADULT CANNON IRISH DANCE CLASSES

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

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

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

YOUTH IRISH DANCING (Senior Art Studio)

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

Ages: 6 years & up **Class Minimum: 3** **Maximum: 16** **6 Classes**
Tuesdays 2/20-3/26 4:30-5:15pm

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

PRESCHOOL ENRICHMENT

MUSIC IZZ GROOVY-GROOVY GROUP—Grownup & Me! (Conference Room)

Join Ms. Izzey, a Board-Certified Music Therapist, for music and movement classes that are engaging for both you and your little one. Classes are mixed-age, and designed for children ages 0-6 years. Sing, dance, make new friends, and learn about new instruments and rhythms each week with your child.

Instructor: Izzey Pirl

Ages: 0-6 years (with caregiver participation)

Class Minimum: 4 **Maximum: 14** **4 Classes**
Mondays 1/22-2/12 4:15-5:00pm
Mondays 2/26-3/18 4:15-5:00pm
Mondays 4/15-5/6 4:15-5:00pm

Fees: Members \$65
Non-Member/Residents \$70
Non-Member/Non-Residents \$75

Sibling discount – 15% off each addition child. Must live in the same household to receive sibling discount.

SOCCER SHOTS-MINIS (Auxiliary Gym)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 2-3 years **Class Minimum: 4** **Maximum: 12** **6 Classes**
Fridays 1/5-2/9 9:00-9:30am
Fridays 1/5-2/9 10:20-10:50am
Fridays 2/23-3/29 9:00-9:30am
Fridays 2/23-3/29 10:20-10:50am

*No class 11/24

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

PRESCHOOL ENRICHMENT cont.

SOCCER SHOTS-CLASSIC (Auxiliary Gym)

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

Instructor: This class taught by Soccer Shots coaches

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

Ages: 3-5 years **Class Minimum: 4** **Maximum: 12** **6 Classes**
Fridays 1/5-2/9 9:40-10:10am
Fridays 1/5-2/9 11:00-11:30am
Fridays 2/23-3/29 9:40-10:10am
Fridays 2/23-3/29 11:00-11:30am

*No class 11/24

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



WEBBY'S PRESCHOOL GYMNASTICS/ TUMBLING (Conference Room)

Webby's Tumbling/Gym -Each and every week we will be tumbling our way through a new exciting word. Students will practice tumbling, strength building and balance training. Progression in flexibility, memorization and gymnastics skills! This is on 'on my own class'.

Ages: 2.5-5 years **Class Minimum: 5** **Maximum: 10** **4 Classes**
Wednesdays 1/24-2/14 4:30-5:15pm
Wednesdays 2/28-3/20 11:15am-12:00pm
Wednesdays 2/28-3/20 4:30-5:15pm
Wednesdays 4/17-5/8 4:30-5:15pm

Fees: Members \$60
Non-Member/Residents \$65
Non-Member/Non-Residents \$70

WEBBY'S PRESCHOOL YOGA (Conference Rm/Mind & Body Studio)

Our YOGA classes will introduce your child to the fundamentals of yoga through imagery, balance and breathing techniques. Yoga is an engaging way to develop focusing skills and expand children's imagination. A portion of each class will be dedicated to creative movement and beginning tumbling skills related to our yoga poses and movements! This is an 'on my own class'.

Ages: 2.5-5 years **Class Minimum: 5** **Maximum: 10** **4 Classes**
Wednesdays 1/24-2/14 5:15-6:00pm
Wednesdays 2/28-3/20 12:15-1:00pm

Fees: Members \$60
Non-Member/Residents \$65
Non-Member/Non-Residents \$70

WEBBY'S PRESCHOOL CHEERLEADING (Conference Rm/Mind & Body Studio)

Our CHEER classes will introduce your child to the fundamentals of cheer through tumbling, balance and various techniques. Cheer is an engaging way to develop focusing skills and expand children's imagination. A portion of each class will be dedicated to creative movement and beginning tumbling skills related to our cheer poses and movements! This is an on my own class.

Ages: 2.5-5 years **Class Minimum: 5** **Maximum: 10** **4 Classes**
Wednesdays 2/28-3/20 5:15-6:00pm
Wednesdays 4/17-5/8 5:15-6:00pm

Fees: Members \$60
Non-Member/Residents \$65
Non-Member/Non-Residents \$70



YOUTH ENRICHMENT

CHALLENGE ISLAND Weekly STEAM Program: Dazzling Decades Island (Meeting Room)

Get ready for some groovy, time-traveling fun! You and your friends will take a STEAMtastic journey to a different decade every week while you learn about what it was like to be a kid in the 50's, 60's, 70's, 80's and 90's! You'll engineer your way around the clock at different dazzling destinations like Soda Shop Springs (1954), Pop Art Towers (1964), Pet Rock Treehouse (1975) and Super STEMio Jump (1985). This iconic island is sure to be one for the history books!

Instructor: Challenge Island Instructors

Grades: K-5 **Class Minimum: 6** **Maximum: 20** **6 Classes**

Mondays 1/29-3/11* 6:00-7:00pm

*No class 2/19

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

Fees:	Members	\$85
	Non-Member/Residents	\$91
	Non-Member/Non-Residents	\$99

CHALLENGE ISLAND: Spring Break Mini-Camp - World Cruise (Meeting Room)

Set sail for imagination and adventure with this World Class camp! You and your first mates will design a cruise ship and embark on a voyage around the globe. You'll engineer your way through the world's most popular ports: From the Alaskan Glaciers to Ancient Greece to the Canals of Venice to the Galapagos Islands. See you on the Lido Deck for our Sail Away Party and STEAMtastic High Seas Adventure!

Instructor: Challenge Island Instructors

Grades: K-5 **Class Minimum: 6** **Maximum: 20** **4 Classes**

Mondays-Thursday 4/1-4/4 9:00am-12:00pm

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

Fees:	Members	\$160
	Non-Member/Residents	\$170
	Non-Member/Non-Residents	\$175

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

Note: BOTH of these camps will need to be running (with minimum number of students enrolled 1 week prior to camp start date) for this lunch option to be offered.

CHALLENGE ISLAND: Spring Break Mini-Camp - Slime Squad Camp (Meeting Room)

By colossal popular demand comes this squishy, squashy, stretchy sequel to our bestselling Slimetopia camp. This time, the world is being taken over by slime! You and your STEAM Team will ooze with excitement as you visit countries across the globe making a different kind of slime at each destination. From Italian pizza slime to Antarctic penguin slime to Hawaiian lava slime to tons of other slippery, drippy, gooey, global slimes in between.

Instructor: Challenge Island Instructors

Grades: K-5 **Class Minimum: 6** **Maximum: 20** **4 Classes**

Mondays-Thursday 4/1-4/4 1:00-4:00pm

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

Fees:	Members	\$160
	Non-Member/Residents	\$170
	Non-Member/Non-Residents	\$175

YOUTH ENRICHMENT cont.

MAD SCIENCE® CRAZY CHEMWORKS (Meeting Room)

Discover what it's like to be a real scientist and work in a Mad Science Laboratory. Each week we will experiment with different chemicals and tools to see what kind of interesting and crazy reactions we can create! Students will reveal the secret recipe of slime and even witness wondrous dry ice demonstrations. By the end of the sessions your Jr. Mad Scientists will have compiled a set of labware so they can perform their own experiments at home.

Topics: Slime Time / Dry Ice Capades / Chem in a Flash / Lab Works

Instructor: Mad Science ® Instructors

Ages: 5-12 years **Class Minimum: 10** **Maximum: 20**

Thursdays 2/1-2/22 5:45-6:45pm

Fees:	Members	\$91
	Non-Member/Residents	\$95
	Non-Member/Non-Residents	\$99

ADULT ENRICHMENT

FIDO FUNDAMENTALS - MANNERS (Senior Art Studio)

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

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

Fortunate Fido 

Class Requirements

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

Class Minimum: 2	Maximum: 6	6 Class
Tuesdays 1/9-2/13		6:00-7:00pm
Tuesdays 3/5-4/16		6:00-7:00pm (no class 4/2)

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



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

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/24
Session 2	Thru 1/31	emailed 2/1	by 2/29/24
Session 3	Thru 2/29	emailed 3/1	by 3/31/24
Session 4	Thru 3/29	emailed 4/1	by 4/30/24

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

Fees:	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60

RED CROSS BABYSITTER BASICS ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/24
Session 2	Thru 1/31	emailed 2/1	by 2/29/24
Session 3	Thru 2/29	emailed 3/1	by 3/31/24
Session 4	Thru 3/29	emailed 4/1	by 4/30/24

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

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

CAT AND DOG FIRST AID ONLINE

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

Ages: 11 & older***Must complete all on-line course material by Course Completion date**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/24
Session 2	Thru 1/31	emailed 2/1	by 2/29/24
Session 3	Thru 2/29	emailed 3/1	by 3/31/24
Session 4	Thru 3/29	emailed 4/1	by 4/30/24

RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE

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

In this course, you will learn:

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

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

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

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/24
Session 2	Thru 1/31	emailed 2/1	by 2/29/24
Session 3	Thru 2/29	emailed 3/1	by 3/31/24
Session 4	Thru 3/29	emailed 4/1	by 4/30/24

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

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

ADULT FIRST AID/CPR/AED ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 1	Thru 12/31	emailed 1/2	by 1/31/24
Session 2	Thru 1/31	emailed 2/1	by 2/29/24
Session 3	Thru 2/29	emailed 3/1	by 3/31/24
Session 4	Thru 3/29	emailed 4/1	by 4/30/24

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

Fees:	Member	\$50
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$60

SPORTS

Sports Supervisor, Jim Kolesar

YOUTH BASKETBALL

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 3/2-3/16 12:00-1:00pm

REGISTER at www.headstartbasketball.com

Fee: \$30

JR CAVALIERS SPRING BASKETBALL LEAGUES

These leagues are offered for Strongsville boys and girls from Grades K through 12. Most games and practices are held at Strongsville City Schools. Each child will receive a authentic reversible Cleveland Cavaliers jersey and a game ticket to a future game, plus other perks throughout the Cav's season.

REGISTER : January 26-February 29

Non-residents may register beginning 2/19 if space available.

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

Girls		Boys	
Grades K-CoEd	\$80R/\$95NR	Grades K-CoEd	\$80R/\$95NR
Grade 1-CoEd	\$80R/\$95NR	Grade 1-CoEd	\$80R/\$95NR
Grade 2	\$80R/\$95NR	Grade 2	\$80R/\$95NR
Grade 3-5	\$80R/\$95NR	Grade 3-4	\$80R/\$95NR
Grade 6-8	\$80R/\$95NR	Grade 5-6	\$83R/\$98NR
Grade 9-12	\$80R/\$95NR	Grade 7-8	\$83R/\$98NR
		Grade 9-10	\$83R/\$98NR
		Grade 11-12	\$83R/\$98NR

Practices: Start late March (approximately). They meet one weeknight/week for an hour and can be as early as 4:00pm.

Games: Held on Saturdays April-May

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

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 BASEBALL, SOFTBALL & T-BALL LEAGUES

YOUTH BASEBALL, SOFTBALL & T-BALL LEAGUES

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

Ages: 5-18 years

REGISTRATION: January 2 - March 11 (a late fee assessed after 3/11)

Non-residents can register beginning 2/17 if space available.

Boys Leagues		Res/Non-Res	Main Game Days
Boys 5-6yrs	T-Ball	\$70/85	Sat
Boys 6-7yrs	Coach Pitch	\$70/85	Mon, Wed, Fri
Boys 7-8yrs	Adv Coach Pitch	\$70/85	Mon, Wed, Fri
Boys 9-10yrs	Kid Pitch	\$75/90	Mon, Wed, Fri
Boys 11-12yrs	Kid Pitch	\$75/90	Mon, Wed
Boys 13-14yrs**	Kid Pitch	\$75/90	Mon-Sat
Boys 15-18yrs**	Kid Pitch	\$75/90	Mon-Sat

Girls Leagues		Res/Non-Res	Main Game Days
Girls 5-7yrs	T-Ball	\$70/85	Sat
Girls 7-9yrs	Coach Pitch	\$70/85	Mon, Wed, Fri
Girls 9-10yrs**	Modified Pitch	\$75/90	Mon-Sat
Girls 11-12yrs**	Modified Pitch	\$75/90	Mon-Sat
Girls 13-15yrs**	Modified Pitch	\$75/90	Mon-Sat
Girls 13-15yrs**	Slow Pitch	\$75/90	Mon-Sat
Girls 16-18yrs**	Slow Pitch	\$75/90	Mon-Fri

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

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

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

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

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

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

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

Coaches: Parents or adults interested are encouraged to fill out an application during the registration period.

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

JUMP START T-BALL CLINIC

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

REGISTER at www.jumpstartsports.com/camps-and-programs

Ages: 3-4 years

Saturdays 4/13-5/18 9:00am or 10:00am (1-hour)

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

NEVER miss a sports registration deadline or pay a sports late fee again!!

Text "START SPORTS" to 855-964-3719 to subscribe to the sports text alert system. We'll send everyone registration deadline reminders for the major sport programs. We will not spam your mobile devices with lots of updates. Just several messages a year.

YOUTH FITNESS

INTRODUCTION TO YOUTH STRENGTH TRAINING

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

Ages: 12-14 years		Class Limit: 5
Wednesday	1/3-1/24	3:30-4:30pm
Wednesday	2/7-2/28	3:30-4:30pm
Wednesday	3/6-3/27	3:30-4:30pm
Wednesday	4/3-4/24	3:30-4:30pm

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

YOUTH VOLLEYBALL

YOUTH VOLLEYBALL 8 WEEK CLINIC (Auxiliary Gym)

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

Boys & Girls Grades: 3-7 Class Limit: 24

Grades 3-4/Beginner	
Tuesdays	4:45-6:00pm
Tuesdays	1/9-2/27
Tuesdays	3/5-4/30*

Grades 5-7/Intermediate	
Tuesdays	6:00-7:15pm
Tuesdays	1/9-2/27
Tuesdays	3/5-4/30*

*No clinic 4/2

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

YOUTH TENNIS

YOUTH TENNIS LESSONS (Rec Center 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 USPTA Certified Instructor Jamie Matic to master their tennis game!

Rackets available for lessons, contact jamie@overthetennistennis.com.

Ages: 7-12 years		Class Minimum: 6	Maximum: 15
Fridays	1/5-1/26	5:00-5:45pm	
Fridays	2/2-2/23	5:00-5:45pm	
Fridays	3/1-3/22	5:00-5:45pm	

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



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.strongttt.info for more information.

Ages: All & Seniors

Tuesdays & Thursdays
6:00-8:00pm

Fees:	
Adult	\$55
Senior/College	\$45
Youth	\$35
Youth with paying adult	\$25
There is no drop in fee for those that pay the registration fee	

Daily Drop-in Fees: (for those that do not pay the registration fee)	
Adults	\$6
Seniors/College	\$5
Youth	\$4
Youth with paying adults	\$3

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ADULT PICKLEBALL

PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)

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

Ages: 50 & older

Mondays/Tuesdays/Thursdays 11/1-4/30 8:00am-2:00pm*

(*Open play time is 8am-12noon on the following dates and any others the Strongsville City Schools are not in session: 11/7, 11/24, 12/21, 12/22, 12/26, 12/27, 12/28, 12/29, 1/2, 1/3, 1/15, 2/16, 2/19, 3/11, 3/29, 4/1, 4/2, 4/4.)

Ages: 18 & older

Fridays 11/1-4/30 6:00-9:00pm

Fees:

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

BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)

Interested in learning Pickleball? Join other players ready to share their knowledge of the game.

Ages: 50 & older

2nd & 4th Wednesday of the Month thru May 22 9:00-11:00am

	Members	Non-Members
Drop in Fees:	\$2/day	\$5/day

ADULT VOLLEYBALL

NEO ATHLETICS ADULT VOLLEYBALL LEAGUES

(Ehmfelt Recreation Center, Auxiliary Gym)

Ages: 18 years & Older

Sundays			
Co-Ed 6's	Double Headers	\$320	10:30am-10:00pm

Mondays			
Co-Ed 6's	Double Headers	\$320	6:00-10:00pm

Wednesdays			
Women's 6's	Double Headers	\$320	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 at the emails below to register:

Bvman15@gmail.com (216-401-6362)

Steve.neoathletics@gmail.com (216-926-6779)

ADULT BASKETBALL

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

Registration for all teams is 12/1-12/23. Registration will be on a first pay first serve basis. **Jerseys will be strictly enforced, please make sure there are numbers on both the front and back.**

Tuesdays 1/9-4/16(tentative) 6:30-10:30pm

Ending and play dates subject to change

Fees:

Per Team (Limit: 12 teams)	\$200 (must provide own jerseys)
	\$300 (city provides jerseys)
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$40 per team/per game

ADULT SOFTBALL LEAGUES

REGISTRATION DATES: 2/1-3/31

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
Co-Ed Friday PM Single Header	\$360	\$80	\$28/game

Upper, Middle and Lower Divisions

Late April – Late August

6:30-10:30pm

24 Team Limit

* Registration fee includes a professional stat service and balls

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

Men's Sunday Church	\$370	\$80	\$28/game
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Late April – Late August

4:00-9:00pm

16 Team Limit

* Registration fee includes a professional stat service and balls

Men's Sunday AM Double Header	\$461	\$135	\$28/game
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Upper, Middle and Lower Divisions

Late April – Late August

9:00am-1:00pm

16 Team Limit

* Registration fee includes a professional stat service and balls

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

Men's Tuesday Double Header	\$526	\$135	\$28/game
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Upper and Lower Divisions

Late April – Late August

6:30-10:30pm

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.



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SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

Monday, December 25 CLOSED Christmas
Monday, January 1, 2024 CLOSED New Year's Day

SILVER MUSTANG MEMBERSHIP

MEMBERSHIP FEES

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

MEMBERSHIP BENEFITS

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

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: January-April 2024

S.M.I.L.E.

So Much Improvement with a Little Exercise

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

Ages: 50 & older

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

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

BETTER BALANCE

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

Ages: 50 & older

Mondays, Wednesdays & Fridays 1:00-1:30PM

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

FUNCTIONAL TRAINING

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

Ages: 50 & older

Mondays, Wednesdays & Fridays Instructor: Mary Lea Kirby
10:15-11:00am

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

CARDIO FIT

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

Ages: 50 & older

Mondays, Wednesdays & Fridays Instructor: Mary Lea Kirby
11:15am-12:00pm

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

EXPRESS CIRCUIT TRAINING

A perfect mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 45 minutes. Instructor: Jenny Wilson

Ages: 50 & older

Tuesdays or Thursdays 9:30-10:15am

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 Tami 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: Marissa McNabb

Ages: 50 & older

Tuesdays 12:30-1:15pm

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

FITNESS, FUN FRIENDSHIP cont.**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

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

YOGA

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

Ages: 50 & older

		Instructors
Tuesdays	10:30-11:30am	Kellie Walter
Thursdays	10:45-11:45am	Magda Albert

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	2/8-3/28 (no class 3/14)	9:30-10:30am
Intermediate: Thursdays	4/11-5/30 (no class 5/2)	10:30-11:30am

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

LINE DANCING

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

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

Tuesdays 10:00-11:00am

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

Wii BOWLING

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

Ages: 50 & older

Tuesdays 12:00pm

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 3/29

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

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

FANTASY WALK

Looking for a unique and exciting way to get healthy, lose weight and have more energy? Join us for the return of our popular Fantasy Walk. Starting on January 1st, we're "walking" 309 miles to Gettysburg, Pennsylvania. Our goal is to be in the historic area by March 31st. Your goal will be 6,800 steps daily. Fantasy walkers will wear pedometers wherever they go, record their miles once a week at the Senior Center and check their progress on our map. Registration is required.

Ages: 50 & older

January 1-March 31

Fees:	Member	\$7
	Non-Member/Resident	\$9
	Non-Member/Non-Resident	\$13

BEGINNER PICKLEBALL CLASS (Rec Center Auxiliary Gym)

Interested in learning Pickleball? Join other players ready to share their knowledge of the game.

Ages: 50 & older

2nd & 4th Wednesday of the Month thru May 22 9:00-11:00am

Drop in Fees:	Members	Non-Members
	\$2/day	\$5/day

PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)

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

Ages: 50 & older

Mondays/Tuesdays/Thursdays 11/1-4/30 8:00am-2:00pm*

(*Open play time is 8am-12noon on the following dates and any others the Strongsville City Schools are not in session: 11/7, 11/24, 12/21, 12/22, 12/26, 12/27, 12/28, 12/29, 1/2, 1/3, 1/15, 2/16, 2/19, 3/11, 3/29, 4/1, 4/2, 4/4.)

Ages: 18 & older

Fridays 11/1-4/30 6:00-9:00pm

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

FITNESS, FUN FRIENDSHIP cont.**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
Open Play	Thursdays	12:15-3:00pm
Open Play	Fridays	12:30-3:00pm

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

MONDAY MOVIE MATINEE

Do you enjoy watching movies? If so, come to our Movie Matinee as we show recent releases here at the Senior Center. We will have two movies each month, and popcorn and a beverage are included. Sign up for one or both! Monthly movies and dates can be found in the *Silver Pen* or stop by the Senior Registration Desk. Registration is required.

Ages: 50 & older

12:30pm 1/2, 1/22, 2/12, 2/26, 3/11, 3/25, 4/18, 4/22

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

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

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

Ages 50 & older

Wednesdays/Thursdays/Fridays 9:30-11:30am

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

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

Participants pay for own tools and materials

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

WOOD SHOP REPAIR SERVICE (Senior Center Wood Shop)

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

WOODSHOP CLASSES cont.**SAWDUST FOR BEGINNERS (Senior Center Wood Shop)**

This required course for all first time wood shop users covers use of equipment, policies and procedures in the wood shop and basics of wood working. A simple project will be completed during the class. **Participants in this class should exhibit physical strength in hands, arms and legs. Good balance and good vision is also important in keeping you safe. Please access your ability to handle the materials and machinery used in this class as it is a safety concern.** Class completed in 2- 4 hour sessions.

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

Mondays 2/5 & 2/12 9:30am-2:00pm*

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

Fees:

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

CLOCK MAKING PROJECT (Senior Center Wood Shop)

Work with Jim, one of our Wood Shop Supervisors, to create a small wooden mantel clock. In this four day class, you may begin a new hobby, or simply enjoy creating a new treasure for yourself or for a gift. You'll turn a block of walnut into a wonderful timepiece. Class maximum: 6

Pre-requisite : Must have completed "Sawdust for Beginners."**Ages: 50 & older****Instructor: Jim Hild**

Mondays & Tuesdays 2/26, 2/27, 3/4, & 3/5 9:30am-1:30pm

Fees:

Members	\$45
Residents/Non-Members	\$47
Non-Members/Non-Residents	\$50

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

*No class in January

Fees:

Members	Varies Monthly
Residents/Non-Members	Varies Monthly
Non-Residents/Non-Members	Varies Monthly

WATERCOLOR

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

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

Thursdays or Fridays 9:30-11:30am

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.**INTERMEDIATE DIGITAL PHOTOGRAPHY CLASS**

The class will begin with a discussion on the importance of the digital histogram, along with a comparison to the Zone System that was used during the film photography era. The class will then get into the main computer controls used to do basic editing of digital images. This will include exposure, high-lights, shadows, whites, and blacks. The class will discuss basic color correction techniques, and then introduce some basic creative type tools such as texture, clarity, dehaze, hue, saturation, and the luminance tools. The software application used during the class will be Adobe Lightroom, however, all of the tools discussed are basic tools that are also used by other image editing software packages. No previous class attendance required.

Ages: 50 & older **Instructor: Robert Kovach** **5 Week Session**
Wednesdays 1/24-2/21 10:00-11:00am

Fees: Members \$40
Residents/Non-Members \$43
Non-Residents/Non-Members \$50

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 two day workshop is taught by a certified Zentangle teacher. You will learn the history and philosophy, and begin creating basic tangles (patterns) in the first class, and begin learning more advanced tangles and create a tile in the second class. Susan will be teaching two sessions to continue your interest in Zentangle. Registration separate for each session.

Register for this new Meditative Art Therapy. All supplies are included in the fee.

Ages: 50 & older **Instructor: Susan Olsen** **2 Class/Session**
Session 1 Thursdays 1/25 & 2/1 1:00-3:00pm
Session 2 Thursdays 2/22 & 2/29 1:00-3:00pm

Fees: Member TBD
Non-Member/Resident TBD
Non-Member/Non-Resident TBD

QUILTING

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

Ages: 50 & older
Volunteer Coordinator: Beverly McGlamery
Mondays* 1:00-3:00pm (except 2nd Monday)
*No quilting 1/8, 2/12, 3/11, 4/8

Drop-In Fees:

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

CREATIVE CRAFTERS

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

Ages 50 & older

Wednesdays 10:00am-1:00pm

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

**ART & CRAFT CLASSES cont.****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

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

PROGRAMS**2024 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
January	<u>Our Missing Hearts</u> by Celest Ng	1/22
February	<u>Remarkable Bright Creatures</u> by Shelby Van Pelt	2/26
March	<u>Hello Beautiful: A Novel</u> by Ann Napolitano	3/25
April	<u>The Wager: A Tale of Shipwreck, Mutiny & Murder</u> by David Grann	4/22

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**
Thursday 2/1 12:30-4:30pm
Friday 4/12 9:30am-1:30pm

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

SENIOR SCAMS

There are many more scams out there that target older adults. Telephone and mail scams are still the best way for a scammer to reach Ohioans. Con artists will change the type of scam, but what these criminals are after is always the same, your money or identity. A representative from the Cuyahoga County Department of Consumers Affairs will be on hand to inform you about the latest scams, identify the buzz words that scammers use, and how to prevent yourself from being a victim. This presentation can also help you if you were once a victim of a scam. Registration required.

Ages: 50 & over

Wednesday 1/17 10:30am **Free**

HELP FOR THOSE HELPING OTHERS

Join us, when a representative from Cardinal Court Assisted Living & Memory Care, shares insights to help you help others. You'll hear tips that will help you in your daily interactions with someone with memory loss. Registration is required for each talk.

Ages: 50 & older **1:00-2:00pm** **FREE**
Wednesday 1/10 Communication & Challenging Behaviors
Monday 2/19 Meaningful Engagement for those with Dementia
Wednesday 3/13 Dementia and the 5 Senses
Wednesday 4/10 Stress and Mental Health of Caregiving

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 & over	1:30pm	FREE
Thursday 1/25	Common Cold –OTC's	
Thursday 2/22	Aches & Pains– OTC's	
Thursday 3/28	Vitamins & Supplements	
Thursday 4/25	Allergy Relief—OTC's	

COMPUTER INSTRUCTION (Senior Computer Lab)

One on One Sessions

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

Ages: 50 & over

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 & over

Wednesdays	1/17, 2/21, 3/20, 4/17	1:00pm	Free
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FREE WILL AND MORAL RESPONSIBILITY

Philosophers, Theologians, even Physicists have grappled with the idea of free will. Some conclude we have it, but don't use it very well. Others deny its existence at all. If we do have it, what's the best use of it? Stephen Hawking, Richard Muller, and Gerald Schroeder all sought an answer through science. Aristotle, Augustine, Thomas Aquinas, Spinoza, and Immanuel Kant have all weighed in on the subject as well. Let's explore and discuss their conclusions.

Ages: 50 & over	Instructor: Ted Smith	7 Week Session
Mondays	1/8-2/19	10:30-11:30am

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

THE SYNOPTIC GOSPELS

The Gospels of Matthew, Mark and Luke all share a similar narrative about Jesus of Nazareth. In side by side comparisons we will explore the similarities and differences of each book to find a deeper understanding of this unique teacher's life and mission.

Ages: 50 & over	Instructor: Ted Smith	7 Week Session
Mondays	2/26-4/8	10:30-11:30am

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

PROGRAMS cont.

GOD'S INDWELLING SPIRIT

"The kingdom of God is within you." (Lk. 17:21) declares Jesus. An enigmatic statement to both Jesus' contemporaries and to us today. Perhaps referring to God's In-dwelling Spirit, or Shekinah. We will explore historical and Biblical instances of God's Presence within humanity and the implications for each of us as we search for life's meaning.

Ages: 50 & over	Instructor: Ted Smith	7 Week Session
Mondays	4/15-6/3 (no class 5/27)	10:30-11:30am
Fees:	Members	\$40
	Non-Members/Residents	\$45
	Non-Members/Non-Residents	\$55

LINE DANCE JAMBOREE 2024

Our 23rd Annual Line Dance Jamboree is sure to be a two stepping, good time! Your admission cost includes continental breakfast, boxed lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps, and learn some new ones too!

Ages: 50 & over

Tuesday	4/23	9:00am-3:00pm
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Fees: TBA

SOLAR ECLIPSE WATCH PARTY

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, the United States, and Canada, and Cleveland will be in the path of totality for nearly four minutes. A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk. This will be the continental U.S.'s second total eclipse in a decade, and the last until 2044! Step out in our parking lot to catch this phenomenon of nature. We'll have light refreshments, and of course sun glasses for proper viewing. Rain or shine, we'll be watching. More details available in March, by contacting the Senior Center at (440) 580-3275.

Ages: 50 & over

Monday	4/8	2:30-3:45pm
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Fees: TBA



CONSULTATIONS

HEARING AID SERVICES

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

Tuesdays	1/9, 2/13, 3/12, 4/9	10:00am	Free
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ATTORNEY

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

Tuesday - 1/2, 2/6, 3/5, 4/2	9:20-11:30am	Erica Skerl
Friday - 1/26, 2/23, 3/22, 4/26	10:00-11:20am	Sam Butcher
Free		

POST OFFICE ON WHEELS

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

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

MEDICARE COUNSELING

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

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

BENEFITS CHECK UP

The Cleveland Foodbank and Cuyahoga County Department of Senior and Adult Services can help you apply for benefits right here at the Ehrnfelt Senior Center. Join us to see if you are eligible for several different money savings programs including SNAP (Supplementary Nutrition Assistance Program), HEAP, Ohio Best Rx Medicare, Medicaid, Ohio Works First, WIC and/or any other programs. Appointments are required. Bring proof of income, state ID and any current bills. Call the Senior Center today at 440-580-3275 for an appointment time. Don't miss out on this money saving program.

Ages: 50 & older

Friday	1/12	9:15am-12:00pm
Friday	2/9	9:15am-12:00pm
Friday	3/8	9:15am-12:00pm
Friday	4/12	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

First Wednesday of the month 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

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

MUSTANGS ON THE GO

The "Mustangs on the Go" travel program will resume in February 2024.

Please refer to the monthly Silver Pen newsletter for upcoming trips or call the Senior Center at 440-580-3272.



"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

NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5

RECREATION PARKS AND AMENITIES

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

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



1. Rec Park #1 - 18100 Royalton Road: Located behind the Ehrnfelt Recreation Center. This park features Rademaker, Cross & Finely Fields, batting cages, vending machines and restrooms. There is a playground located nearby and four tennis courts.

2. Rec Park #2 - 16107 Foltz Parkway (South of Rt 82): Located in Foltz Industrial Parkway near the City Municipal Offices. This park features Foltz 1 and Foltz 2 Fields, playgrounds, a basketball court, two pavilions and picnic tables. One pavilion has electricity, restrooms, a grill, and running water.

Near Softball Field (#1)



Near Railroad Tracks (#2)



3. Rec Park #3 - 21273 Drake Road: Located at intersection of Drake Rd and Prospect. This park features Wood and Sprague Fields. Each field has a pavilion with picnic tables, two grills, four electrical outlets, playgrounds, and portable restrooms nearby.

Sprague Pavilion



Wood Pavilion



4. Nichols Field - 22707 Sprague Road: Located at Sprague and Marks Road. This park features a baseball field, pavilion with eight electrical outlets, ten picnic tables, two grills and a playground.



Recreation Parks and Amenities cont.

5. Volunteer Park- 21410 Lunn Road: Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) fields and two little league fields (Roth & Kalinich) are at this location. This park also features batting cages, horseshoe pits, 1/2 mile paved walking paved, vending machines, restrooms, pavilion with picnic tables, 8 electrical outlets and 12 picnic tables, bocce ball courts and playground.

Pavilion, Playground & Bocce Courts



Pavilion



6. Surrarrer Park - 14625 Whitney Road: Located at the corner of Webster and Whitney Roads (east of I-71) this park features an ADA compliant playground, James Field, 2 tennis courts and a pavilion with eight electrical outlets and four picnic tables.

Pavilion & Playground



Pavilion



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



8. Youth Sports Park - 21255 Lunn Road: Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). This park features one regulation football field, two flag football fields, three little leagues fields and one pavilion with electrical outlets and picnic tables. Football fields for use by permit only.



9. Castletown Pavlion - Intersection of Roe Ln, Zverina Ln & Westwood Dr: Located between the Strongsville Library and Castletown Playground, this pavilion has electrical outlets, picnic tables, and a grill.

Pavilion



Playground



PARK GUIDELINES

*Permits are required to use any of the park listed above for practice purposes.
*Alcohol and tobacco use if prohibited in all recreation parks.

*Reservations Required for use of Pavilions.
*Pets are required to be on a leash at all times.



pepsi

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



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

www.strongsville.org