



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

NOVEMBER-DECEMBER 2021



PROGRAM REGISTRATION DATES

Tuesday, October 12: Ehrnfelt Rec Center Members
Tuesday, October 19: Strongsville Residents & Members
Thursday, October 21: Open/On-line registration

GENERAL INFORMATION

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

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RECREATION & SENIOR CENTER STAFF

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

Chris Arold - Parks & Outdoor Facilities Superintendent
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Jen Black - Rental Coordinator & Director's Secretary
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Senior Center

Melissa Baldwin - Food Services Manager
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Deborah Branic - Senior Program Coordinator
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Sheena Wright - Senior Services Coordinator
sheena.wright@strongsville.org

GENERAL INFORMATION

RECREATION CENTER HOURS

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

REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS*

| | | |
|---------------------------|----------------|------------------------|
| Thursday, November 25 | Thanksgiving | Closed |
| Friday, December 24 | Christmas Eve | Close at 1:00pm |
| Saturday, December 25 | Christmas | Closed |
| Friday, December 31 | New Year's Eve | Close at 5:00pm |
| Saturday, January 1, 2022 | New Year's Day | Rec & Sr Center Closed |

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

Weather Closings and Class Cancellations

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

www.strongsville.org/content/recreation.asp

News Channel 3 (www.wkyc.com)

News Channel 5 (www.newsnet5.com)

REGISTRATION

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

REFUND POLICY

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

PROGRAM CANCELLATION POLICY

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

MEMBERSHIP INFORMATION

OPTION 1: Pay for entire year at time of purchase

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

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

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

Credit Card Payment Plan Information

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

NON-MEMBER DAILY GUEST FEES

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

(*Free admission to active military personnel on leave)

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

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

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

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

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

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

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

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

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



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

Only \$1/day!*

30-Day College Student Pass

Enjoy the recreation center
while at home on break

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

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

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

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

FACILITY RENTAL

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

EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

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

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

OLD TOWN HALL



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

CELEBRATE! at the REC CENTER!

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

Member: \$45/hr

Non-Member: \$65/hour

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

Room price listed above plus:

\$3/person age 7 & older

\$2/person age 4-6 years

Free age 3 years & under

All Inclusive Party Packages (Call for Pricing)

Room Rental for 3 Hours

Facility Use

Pizza, Soda & Cake

Plates, Cups, Napkins, Tablecloths

Candles & Matches

Book Your
Event Today
440-580-3270

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



PRIVATE PARTY PACKAGES AVAILABLE

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

GET YOUR GAME ON: Private Court Time

(Weekday Evenings Only)

Rates per court

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

-20 guests per court for volleyball

-30 guests per court for basketball



SPECIAL EVENTS

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, 10/9

9:00am-12:00pm

TWO TABLE LIMIT PER FAMILY

5 Foot Tables

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

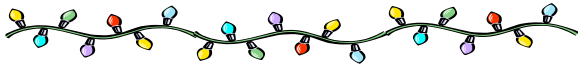
8 Foot Tables

| | |
|---------------------------|------|
| 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)

10:00am-12:00pm Free shopping



FUN & PHOTOS WITH SANTA CLAUS

Get into the holiday spirit and come have your professional digital photo taken with Santa, make a craft, and enjoy some milk and cookies.

Saturday, 12/4

9:00-11:00am

Tickets are sold for time slots:

9:00-9:30am

9:30-10:00am

10:00-10:30am

PRE-SALE TICKETS ONLY

Ticket fee per child:

Members \$6

Non-Members \$9



Ticket includes one photo with Santa, one craft, milk and 2 cookies per child. Additional crafts can be purchased on site with cash.



The Event Center

at the Ehnrfelt Recreation Center



*Schedule your
Event Now!*

440-580-3270

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

Showers

Seminars

Craft Shows

Weddings

Fundraisers



AQUATICS

Aquatic Supervisor, Patti Welker
Assistant Aquatic Supervisor, Becky Stemple

AQUATIC CENTER SPECIAL HOURS

| | | | | | |
|------------------------------|-----------------|-----------------------|----------------------------------|------------------|-----------------------|
| Friday, November 5 | Close at 6:00pm | USA Meet Set Up | Wednesday, December 15 | Close at 3:00pm | High School Swim Meet |
| Saturday, November 6 | CLOSED | USA Meet | Friday, December 24 | Close at 12:30pm | Christmas Eve |
| Thursday, November 25 | CLOSED | Thanksgiving | Saturday, December 25 | CLOSED | Christmas |
| Wednesday, December 1 | Close at 3:00pm | High School Swim Meet | Friday, December 31 | Close at 4:30pm | New Year's Eve |
| Wednesday, December 8 | Close at 3:00pm | High School Swim Meet | Saturday, January 1, 2022 | CLOSED | New Year's Day |

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

AQUATIC CENTER REGULATIONS/RULES

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

Swim diapers are available for free at the front desk

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

REGISTRATION SCHEDULE

Tuesday, October 12: Ehrnfelt Rec Center Members
Tuesday, October 19: Strongsville Residents & Members *(must show proof of residency such as utility bill)*
Thursday, October 21: Open/On-line registration

REGISTRATION AND POLICIES

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

AQUATIC WAIT LIST

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

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

ALTERNATIVE SWIM WEAR

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

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

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

LEARN TO SWIM RULES

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

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

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

AQUATIC CENTER AGE GUIDELINES

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

YOUTH LEARN-TO-SWIM LEVELS

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

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



YOUTH LEARN TO SWIM LESSONS**YOUTH LEARN TO SWIM LESSONS****PARENT/INFANT: 6-15 mos. (parent/adult in water)****Ages: 15 - 36 months****Weekend Classes (6 classes)**

| | | |
|----------|-------------|--------------|
| Saturday | 11/13-12/18 | 9:00-9:30am |
| Saturday | 11/13-12/18 | 9:30-10:00am |

| | | |
|--------------|-------------------------|-------------|
| Fees: | Member | \$25 |
| | Non-Member/Resident | \$36 |
| | Non-Member/Non-Resident | \$45 |

PARENT/TODDLER: 15-36 mos. (parent/adult in water)**Ages: 15 - 36 months****Evening Classes (7 classes)**

| | | |
|------------------|------------|-------------|
| Tuesday/Thursday | 11/9-12/2* | 6:20-6:50pm |
|------------------|------------|-------------|

*No class 11/25

Weekend Classes (6 classes)

| | | |
|----------|-------------|--------------|
| Saturday | 11/13-12/18 | 9:00-9:30am |
| Saturday | 11/13-12/18 | 9:30-10:00am |

| | | |
|-------------------------|------------------|------------------|
| Fees: | 6 Classes | 7 Classes |
| Member | \$25 | \$34 |
| Non-Member/Resident | \$36 | \$42 |
| Non-Member/Non-Resident | \$45 | \$57 |

PARENT/YOUTH: 3-5 years (parent/adult in water)**Ages: 3-5 years****Evening Classes (7 classes)**

| | | |
|------------------|------------|-------------|
| Tuesday/Thursday | 11/9-12/2* | 5:40-6:10pm |
| Tuesday/Thursday | 11/9-12/2* | 6:55-7:25pm |

*No class 11/25

Weekend Classes (6 classes)

| | | |
|----------|-------------|--------------|
| Saturday | 11/13-12/18 | 9:00-9:30am |
| Saturday | 11/13-12/18 | 9:30-10:00am |

| | | |
|-------------------------|------------------|------------------|
| Fees: | 6 Classes | 7 Classes |
| Member | \$25 | \$34 |
| Non-Member/Resident | \$36 | \$42 |
| Non-Member/Non-Resident | \$45 | \$57 |

LEVEL 1: Intro to Water Skills**(no previous swim experience needed)****Ages: 5 & older****Evening Classes (7 classes)**

| | | |
|------------------|------------|-------------|
| Tuesday/Thursday | 11/9-12/2* | 5:45-6:30pm |
| Tuesday/Thursday | 11/9-12/2* | 6:35-7:20pm |

*No class 11/25

Weekend Classes (6 classes)

| | | |
|----------|-------------|---------------|
| Saturday | 11/13-12/18 | 10:15-11:00am |
| Saturday | 11/13-12/18 | 11:10-11:55am |
| Saturday | 11/13-12/18 | 12:00-12:45pm |

| | | |
|-------------------------|------------------|------------------|
| Fees: | 6 Classes | 7 Classes |
| Member | \$39 | \$46 |
| Non-Member/Resident | \$48 | \$56 |
| Non-Member/Non-Resident | \$57 | \$67 |

LEVEL 2: Fundamental Water Skills**Ages: 5 & older****Evening Classes (7 classes)**

| | | |
|------------------|------------|-------------|
| Tuesday/Thursday | 11/9-12/2* | 5:45-6:30pm |
| Tuesday/Thursday | 11/9-12/2* | 6:35-7:20pm |

*No class 11/25

Weekend Classes (6 classes)

| | | |
|----------|-------------|---------------|
| Saturday | 11/13-12/18 | 10:15-11:00am |
| Saturday | 11/13-12/18 | 11:10-11:55am |
| Saturday | 11/13-12/18 | 12:00-12:45pm |

| | | |
|-------------------------|------------------|------------------|
| Fees: | 6 Classes | 7 Classes |
| Member | \$39 | \$46 |
| Non-Member/Resident | \$48 | \$56 |
| Non-Member/Non-Resident | \$57 | \$67 |

LEVEL 3: Refined Water Skills**Ages: 5 & older****Evening Classes (7 classes)**

| | | |
|------------------|------------|-------------|
| Tuesday/Thursday | 11/9-12/2* | 6:35-7:20pm |
|------------------|------------|-------------|

*No class 11/25

Weekend Classes (6 classes)

| | | |
|----------|-------------|---------------|
| Saturday | 11/13-12/18 | 10:15-11:00am |
| Saturday | 11/13-12/18 | 11:10-11:55am |
| Saturday | 11/13-12/18 | 12:00-12:45pm |

| | | |
|-------------------------|------------------|------------------|
| Fees: | 6 Classes | 7 Classes |
| Member | \$39 | \$46 |
| Non-Member/Resident | \$48 | \$56 |
| Non-Member/Non-Resident | \$57 | \$67 |

LEVEL 5: Stroke Refinement**Ages: 5 & older****Evening Classes (7 classes)**

| | | |
|------------------|------------|-------------|
| Tuesday/Thursday | 11/9-12/2* | 5:45-6:30pm |
|------------------|------------|-------------|

*No class 11/25

Fees: 7 Classes

| | |
|-------------------------|------|
| Member | \$46 |
| Non-Member/Resident | \$56 |
| Non-Member/Non-Resident | \$67 |

SPECIALTY AQUATICS PROGRAMS**DIVING****Ages: 8 & older****Class Limit: 12 per instructor**

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

Weekend Classes (6 classes)

| | | |
|-----------------------|-------------|-----------------|
| Saturday BEGINNER | 11/13-12/18 | 11:10am-12:00pm |
| Saturday INTERMEDIATE | 11/13-12/18 | 12:10-1:00pm |

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

PRIVATE SWIM LESSONS

Private swim lessons are available to anyone. Please contact the Aquatic Supervisor, Patti Welker x5269 to sign up for lessons. Lessons are scheduled based on the availability of instructors. Private lessons are not taught during our regularly scheduled Learn-to-Swim classes. Additional information, including fees, is available at the front desk. Private lesson packages are good for 6 months from the date of purchase.

LIFEGUARD CLASS

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & older

Class Limit: 9

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

Prerequisites:

- *Students must be 15 years old by the completion of class.
- *Have access to the internet from home.
- *Must bring proof of age to 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 purchased at the front desk for \$40 prior to the first class meeting.

Monday-Thursday 12/27-12/30 9:00am-3:00pm

Fees:

| | |
|-------------------------|-------|
| Member | \$96 |
| Non-Member/Resident | \$110 |
| Non-Member/Non-Resident | \$120 |



AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR COURSE

Ages: 16 & older

Class Limit: 15

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

- *Students must be 16 years old by the completion of the class.
 - *Have access to the internet from home.
 - *Must bring proof of age to first class (driver's license or birth certificate).
 - *Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by the end of the course).
 - *STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES and pass a written exam for certification.
- WSI Manual and Swimming & Diving book can be purchased at <http://www.redcross.org/participantmaterials> or from the Aquatic Supervisor prior to the course. These 2 reference books are required for the class.

Sunday* 12/19 9:00am-3:00pm
Monday-Thursday 12/20-12/23 9:00 am-3:00pm

*Pre-course water test & assignments

Fees:

| | |
|-------------------------|-------|
| Member | \$96 |
| Non-Member/Resident | \$110 |
| Non-Member/Non-Resident | \$120 |

WATER EXERCISE CLASSES

WATER EXERCISE PASS WATER EXERCISE PROGRAM PASS

A 2021 pass may be purchased any time and is good for any water exercise class..

- *The pass expires 12/31/2021.
- *There are **NO refunds** for lost or stolen passes.
- *The front desk will give you a numbered ticket to be given to instructor
- *Passes are non-transferable & non-refundable.
- ***No refunds** on unused classes.
- *Drop-ins are permitted for any class at the Drop-in rate.

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

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

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

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

Ages: 15 & Older Class Limit: 30

Tuesdays & Thursdays 11/4-12/16* 10:45-11:35am 12 Classes
*No class 11/25

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 11/1-12/15* 9:15-10:05am 13 Classes
*No class 11/24

No shallow water evening classes

TOTAL IMMERSION-DEEP WATER WORKOUT

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

Ages: 15 & older Class Limit: 15

Daytime Classes

Mondays & Wednesdays 11/1-12/15* 10:15-11:05am 13 Classes
Tuesdays & Thursdays 11/4-12/16* 9:45-10:35am 12 Classes
*No class 11/2, 11/24, 11/25

Evening Classes

Tuesdays & Thursdays 11/9-12/16* 6:35-7:25pm 11 Classes
*No class 11/25

Crossroads Café

Serving Breakfast

Monday-Friday, 8-10am

FITNESS

Fitness Supervisor, Denise Lengal

GROUP EXERCISE, CYCLE, MIND/BODY, & ZUMBA

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

GUIDELINES FOR ALL EXERCISE CLASSES

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

GROUP CYCLE

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

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

Introduction to Group Cycle Program

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

ZUMBA PASS

Group exercise passes may be used for this class.

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

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

Fees:

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

Drop Fees:

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



UNLIMITED COMBO PASS

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

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

1 Year Contract with Monthly Payments

Members \$35/month

Non-Member/Residents \$45/month

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

1 Year Contract with Payment in Full

Members \$378 (\$31.50/month)

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

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

MIND/BODY PASS (Yoga/Barre/Pilates)

Good for unlimited Yoga, Pilates, and Barre.

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

1 Year Contract with Monthly Payments

Members \$24/month

Non-Member/Residents \$34/month

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

1 Year Contract with Payment in Full

Members \$260 (\$21.60/month)

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

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

UNLIMITED MONTHLY PASS

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

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

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

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

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

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

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

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

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

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

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

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

GROUP EXERCISE CLASS DESCRIPTIONS

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

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

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

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

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

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

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

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

Kickboxing: Intensity! Energy! Sweat! Fun!

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

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

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

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

Strength & Core: The name says it all!

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

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

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

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

HEALTH ASSESSMENT & PEAK PERFORMANCE

NUTRITIONAL CONSULT

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

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

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

NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation and 2 follow up consultations.

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

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

ASSESSMENTS

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

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

EXERCISE ORIENTATION

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

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

PERSONAL TRAINING PACKAGES

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

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

HOLIDAY PERSONAL TRAINING SPECIAL

10 Sessions for \$275

(Must purchase between December 1-31, 2021)



42 X 82



Fitness

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

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

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

JOIN US!

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



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

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

KARATE

Masks optional

KIDDIE KARATE I & II - Event Center

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

Four week course in basic techniques.

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

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

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

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

Mondays 11/1-11/22 5:00-5:45pm

Mondays 11/29-12/20 5:00-5:45pm

Wednesdays 11/3-11/24 5:00-5:45pm

Wednesdays 12/1-12/22 5:00-5:45pm

Fees: \$50

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

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

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

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

Class Limit: 30

Mondays 11/1-11/22 6:00-6:45pm

Mondays 11/29-12/20 6:00-6:45pm

Wednesdays 11/3-11/24 6:00-6:45pm

Wednesdays 12/1-12/22 6:00-6:45pm

Fees: \$50

ADVANCED KARATE & ADULT BEGINNERS KARATE- Event Center

Advanced Karate is a four week course including advanced techniques of Okinawan Isshinryu Karate for higher ranking belts. **PRE-REQUISITE: ADULT BEGINNERS KARATE**

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

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

Class Limit: 30

Mondays 11/1-11/22 7:00-7:45pm

Mondays 11/29-12/20 7:00-7:45pm

Wednesdays 11/3-11/24 7:00-7:45pm

Wednesdays 12/1-12/22 7:00-7:45pm

Fees: \$50

YOUTH FITNESS

INTRODUCTION TO YOUTH STRENGTH TRAINING

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

Ages: 12-14 years

Class Limit: 5

Wednesdays 11/3-11/24 3:30-4:30pm

Wednesdays 12/1-12/22 3:30-4:30pm

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

Gift Certificate Special

Receive a
FREE \$5 promotional gift*
certificate for every
\$50 gift certificate
purchased
December 1-24, 2021



**The free \$5 promotional gift certificate is only redeemable January 1-April 30, 2022*

ENRICHMENT PROGRAMS

Recreation Supervisor, Kristen Nykiel

YOUTH DANCE CLASSES presented by Dance to EvOLvE

DANCE TO EVOLvE

Classes Held at Strongsville Rec. Center

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

* Age-Appropriate & Fun Dance Class Curriculums

* Specializing In Boys & Girls Ages 2-12 years

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

* Heart-Warming Smiles Guaranteed!

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

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

Age: 2- young 3 year olds w/ caregiver participation

Class Limit: 12 7 Classes

Saturdays 10/23-12/18* 9:15-10:00am 7 Classes

*No class 11/6, 11/27

| | | |
|--------------|--------------------------|-------|
| Fees: | Members | \$118 |
| | Non-Member/Residents | \$125 |
| | Non-Member/Non-Residents | \$132 |

BITTY BOPPERS HIP HOP / BALLET COMBO (Meeting Room)

Calling all Bitty Boppers! This dance class is a fusion of basic hip hop, ballet, and creative movement to get all the dancing wiggles out. Through creativity, the dance class focuses on basic dance skills, muscle development, coordination, and musicality! Parent (or caregivers) presence required since parents participate as needed.

Age: 2-3year olds w/ caregiver participation

Class Limit: 12 7 Classes

Tuesdays 10/26-12/14* 4:00-4:45pm

*No class 11/23

| | | |
|--------------|--------------------------|-------|
| Fees: | Members | \$118 |
| | Non-Member/Residents | \$125 |
| | Non-Member/Non-Residents | \$132 |

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

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

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

Saturdays 10/23-12/18* 10:05-11:00am

*No class 11/6, 11/27

| | | |
|--------------|--------------------------|-------|
| Fees: | Members | \$118 |
| | Non-Member/Residents | \$125 |
| | Non-Member/Non-Residents | \$132 |

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

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

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

Saturdays 10/23-12/18* 11:05am-12:00pm

*No class 11/6, 11/27

| | | |
|--------------|--------------------------|-------|
| Fees: | Members | \$118 |
| | Non-Member/Residents | \$125 |
| | Non-Member/Non-Residents | \$132 |

BEAT BREAKERS HIP HOP (Meeting Room)

This fun, high-energy hip hop class enables boys to be boys and girls to let loose while developing creativity, coordination, musicality, and listening skills. Activities include hip hop, basic break dancing, and dance games in a non-stop action-packed class that will have you movin' to the beats! All music and moves are age appropriate. Dancers encouraged to participate in the annual spring recital.

Age: 4-7 years Class Limit: 16 7 Classes

Tuesdays 10/26-12/14* 4:50-5:45pm

*No class 11/23

| | | |
|--------------|--------------------------|-------|
| Fees: | Members | \$118 |
| | Non-Member/Residents | \$125 |
| | Non-Member/Non-Residents | \$132 |

TWEEN HIP HOP (Meeting Room)

This exciting and fast paced hip hop class will leave your dancer feeling fresh! Don't be intimidated...great for dancers who want to be challenged, learn various styles of hip hop, push creativity, and boost confidence. All music and moves are age appropriate in this fun and open hip hop dance class for boys and girls. Dancers encouraged to participate in the annual spring recital.

Age: 8-12 years Class Limit: 18 7 Classes

Tuesdays 10/26-12/14* 5:50-6:45pm

*No class 11/23

| | | |
|--------------|--------------------------|-------|
| Fees: | Members | \$118 |
| | Non-Member/Residents | \$125 |
| | Non-Member/Non-Residents | \$132 |

PRESCHOOL RECREATION CLASSES**YOGA FOR KIDS (Mind & Body Studio)**

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

Instructor: Nicole Crosby

Ages: 2-6 years Class Limit: 10 4 Classes

Ages 2-4 (with caregiver participation)

Saturdays 10/23-11/20* 12:00-12:45pm

*No class 11/6

Ages 4-6 (without caregiver participation)

Saturdays 10/23-11/20* 1:00-1:45 pm

*No class 11/6

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

SNAPOLOGY JUNIOR - ABCs & 123s (Meeting Room)

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

Instructor: Snapology Staff

Ages: 2-3 years (with caregiver participation)

Class Limit: 12 6 Classes

Thursdays 11/4-12/16* 10:00-10:50am

*No Class 11/25

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

SNAPOLOGY JUNIOR - JUNIOR ENGINEERING (Meeting Room)

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

Instructor: Snapology Staff

Ages: 2-3 years (with caregiver participation)

Class Limit: 12 6 Classes

Thursdays 11/4-12/16* 11:00-11:50am

*No Class 11/25

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

**PRESCHOOL RECREATION CLASSES cont.****MAD SCIENCE – PRESCHOOL WORKSHOPS (Meeting Room)**

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

Instructor: Mad Science® Instructors

SESSION 1

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

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

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

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

SESSION 2

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

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

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

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

| | | | |
|-----------------|------------|------------|---------------|
| Session 1 | Wednesdays | 10/6-10/27 | 11:00-11:45am |
| Session 2 | Wednesdays | 11/3-12/1* | 11:00-11:45am |
| *No Class 11/24 | | | |

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

SOCCER SHOTS—MINI (Auxiliary Gym)

Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active. This is a "together class" with parent/caregiver participating. ***Please register through Soccer Shots at <https://cleveland.soccershots.com/search?loc=56>**

Instructor: Soccer Shots coaches

Ages: 2-3 years (with caregiver participation)

Class Limit: 12 6 Classes

Fridays 11/5 - 12/17* 9:30-10:00am

*No Class 11/26

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

SOCCER SHOTS-CLASSIC (Auxiliary Gym)

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

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

Instructor: Soccer Shots coaches

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

Fridays 11/5-12/17* 10:15-10:45am

*No class 11/26

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

MISS KATIE'S PRESCHOOL PLAYGROUP

Miss Katie's Preschool Playgroup GRAND OPENING!

Miss Katie's Preschool Playgroup
is coming to the Strongsville Recreation Center!

You and your family are cordially invited to
**MISS KATIE'S PRESCHOOL PLAYGROUP SUPER-DUPER GRAND
OPENING EVENT!!**

Save the date!
Friday, November 19, 2021
~Two time slots available~
***(registration link coming soon!)**

10am-1pm or
5pm-7pm
Open House style - come when you'd like!

- ◇ Meet Miss Katie & the amazing teaching staff!
- ◇ Tour the BRAND NEW classroom!
- ◇ Learn about preschool programs!
- ◇ Get some goodies!
- ◇ Let loose and PLAY with your little one!
- ◇ ENTER A RAFFLE FOR A CHANCE TO WIN A FREE MONTH AT MISS KATIE'S!

Miss Katie's offers classes & events for preschoolers age 6 months through 6 years old

See you on November 19th!

Questions? Call Miss Katie!
330.289.2564

YOUTH RECREATION CLASSES

YOGA FOR TWEENS (Mind & Body Studio)

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

Instructor: Nicole Crosby

Ages: 7-11 years Class Limit: 12 4 Classes
Saturdays 10/23-11/20* 2:00-3:00 pm

*No class 11/6

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

MAD SCIENCE® BRIXOLOGY (Meeting Room)

BRIXOLOGY™ is back and offers a unique application of the engineering design process with custom build designed with a master LEGO® building and our very own Research and Development team! Form carnival rides to drawing machines, mechanical animals to soaring towers, you'll explore exciting engineering careers and develop creative problem-solving skills galore.

Instructor: Mad Science® Instructors

Ages: 5-12 years Class Limit: 20 4 Classes
Wednesdays 11/17-12/15* 5:45-6:45pm

*No Class 11/24

Registration Deadline: November 5th

Fees: Members \$81
 Non-Member/Residents \$85
 Non-Member/Non-Residents \$90

YOUTH RECREATION CLASSES cont.

CRAYOLA® IMAGINE ARTS ACADEMY® ARTBLAZERS (Meeting Room)

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

Art for the People – Inspired by the art of Keith Haring

Picture Peace – Inspired by the art of Pablo Picasso

Wishing Trees – Inspired by the art of Yoko Ono

Story Quilts – Inspired by the art of Faith Ringgold

Cut and Paste – Inspired by the art of Hannah Hoch

Pop Art – Inspired by the art of Andy Warhol

Dadaist Art – Inspired by the art of Hannah Hoch

Kids Art – Inspired by the art of Children from Around the World

Instructor: Mad Science® Instructors

Ages: 5-12 years Class Limit: 20 4 Classes
Thursdays 10/28-12/2 5:45-6:45pm

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

SPROUT THERAPY

SPROUT THERAPY - PLAY

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

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

This group is ideal for children who may:

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

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

Ages: 3-5 years Class Limit: 10 Students 6 Classes
Wednesdays 10/6-11/10 6:00-6:45pm

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

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

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

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

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

Session 3 Thru 10/29 emailed 11/1 by 11/30/21

Session 4 Thru 11/29 emailed 12/1 by 12/31/21

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

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

RED CROSS BABYSITTER BASICS ONLINE

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

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

Session 3 Thru 10/29 emailed 11/1 by 11/30/21

Session 4 Thru 11/29 emailed 12/1 by 12/31/21

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

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

RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE

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

In this course, you will learn:

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

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

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

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

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

Session 3 Thru 10/29 emailed 11/1 by 11/30/21

Session 4 Thru 11/29 emailed 12/1 by 12/31/21

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

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

ADULT FIRST AID/CPR/AED ONLINE

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

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

Session 3 Thru 10/29 emailed 11/1 by 11/30/21

Session 4 Thru 11/29 emailed 12/1 by 12/31/21

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

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

**CAT AND DOG FIRST AID ONLINE**

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

Ages: 11 & older

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

Session 3 Thru 10/29 emailed 11/1 by 11/30/21

Session 4 Thru 11/29 emailed 12/1 by 12/31/21

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

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

SPORTS

Recreation Supervisor, Jason Keppler

YOUTH SPORTS

YOUTH BASKETBALL LEAGUES

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

REGISTRATION: August 25 through September 25 (a late fee will be assessed after Sept. 25).

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

Fees:

| Girls | | Fees: Boys | |
|------------------|--------------|------------------|--------------|
| Grades K-1 Co-Ed | \$51R/\$66NR | Grades K-1 Co-Ed | \$51R/\$66NR |
| Grade 2 Co-Ed | \$60R/\$75NR | Grade 2 Co-Ed | \$60R/\$75NR |
| Grade 3 & 4 | \$70R/\$85NR | Grade 3 | \$70R/\$85NR |
| Grade 5 & 6 | \$70R/\$85NR | Grade 4 | \$70R/\$85NR |
| Grade 7-9* | \$75R/\$90NR | Grade 5 | \$70R/\$85NR |
| Grade 10-12* | \$75R/\$90NR | Grade 6 | \$70R/\$85NR |
| | | Grade 7-8 | \$75R/\$90NR |
| | | Grade 9-10 | \$75R/\$90NR |
| | | Grade 11-12 | \$75R/\$90NR |

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

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

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

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

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

ATTENTION ALL POTENTIAL TRAVEL/SCHOOL TEAM PLAYERS-
please register for the rec. leagues as well. If you make the travel or school team and would like to withdraw let us know. You'll receive a 100% refund.

HEAD START FALL BASKETBALL CLINICS (Auxiliary Gym)

The clinic is run by former Kent State basketball star Mike Klinzing. All of the FUN-damentals will be stressed with individual attention provided to each camper. Pick any three of the four clinics below.

REGISTER at www.headstartbasketball.com

Grades: 1-8 Limit: 78



| | | |
|---------------------------|------------|-------------|
| Shooting Clinic | Sat, 10/9 | 2:00-4:00pm |
| Ball Handling Clinic | Sat, 10/16 | 2:00-4:00pm |
| Competitive Drills Clinic | Sat, 10/23 | 2:00-4:00pm |
| Pre-season Tune-up Clinic | Sat, 10/30 | 2:00-4:00pm |

Fee: \$60

JUMP START LITTLE HOOP STARS (Aux. Gym)

Children in preschool and kindergarten have a blast learning the FUNdamentals of basketball. **Must register at jumpstartsports.com**

Grades: Preschool-Kindergarten

Thursdays 10/28-12/16* 5:30-6:30 or 6:30-7:30

*No class 11/4, 11/25

| | | |
|-------------|---------------|-------|
| Fee: | Residents | \$95 |
| | Non-Residents | \$100 |

K-2nd Grade Lacrosse Program (Rec Center Auxiliary Gym)

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

Boys & Girls Grades: K-2 Class Limit: 25

| | |
|---------|----------------|
| Sundays | 10/24-12/5* |
| | 10:30-11:30am |
| | *No class 11/7 |

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



YOUTH WRESTLING (Location: TBA)

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

Minimum Age: 5 years or the Grade K

Early November - Late-February

Mandatory Orientation: Tuesday, October 19 at 7pm in the Event Center

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

YOUTH SPORTS cont.**YOUTH VOLLEYBALL CLINIC – 6 Week** (Rec Center 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 6 Week Sessions

Grades 3-4/Beginner

Tuesdays 11/9-12/14* 4:45-6:00pm

Grades 5-7/Intermediate

Tuesdays 11/9-12/14* 6:00-7:15pm

*No clinic 11/25

Fees:

Member \$48

Non-Member/Resident \$53

Non-Member/Non-Resident \$63

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

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

Ages: All & Seniors

Tuesdays & Thursdays TBD 5:00-7:45pm

Registration Fee:

Adult \$55

Senior/College \$45

Youth \$35

Youth with paying adult \$25

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

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

Adults \$6

Seniors/College \$5

Youth \$4

Youth with paying adults \$3

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

Ages: 18 & Older

Sunday Co-Ed 6's Double Headers \$290 10:00am-9:00pm

Monday Co-Ed 4's Double Headers \$200 6:00-10:00pm

Wednesday Women's 6's Double Headers \$290 6:00-10:00pm

9 weeks plus playoffs (beginning the week of 10/17)

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

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

Contact Brian and Steve at the emails below to register:

Bvman15@gmail.com

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

Registration for all teams is 9/7 through 10/7 or until full. Registration will be on a first pay first serve basis.

Sundays 10/10 – 3/2022 12:00–10:30pm

Ending and play dates subject to change

Upper, Middle, & Lower Divisions

Fees:

Per Team (Limit: 8 per division) \$250

CASH Forfeit Deposit \$80 (refundable at end of season)

Referee/Scorekeeper Fees \$34 per team/per game

MEN'S 35 & OVER BASKETBALL LEAGUE (Rec Center Main Gym)

Registration for all teams runs from 9/7 through 10/7 or until full. Registration will be on a first pay first serve basis.

Thursdays 10/14 – 4/2022 6:00–10:00pm

Ending and play dates subject to change

Fees:

Per Team (Limit: 12 teams) \$250

CASH Forfeit Deposit \$80 (refundable at end of season)

Referee/Scorekeeper Fees \$34 per team/per game

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

Registration for all teams is 8/3 through 10/7. Registration will be on a first pay first serve basis.

Tuesdays 10/5 – 12/14 6:00–10:20pm

Ending and play dates subject to change

Fees:

Per Team (Limit: 10 teams) \$200

CASH Forfeit Deposit \$80 (refundable at end of season)

Referee/Scorekeeper Fees \$34 per team/per game

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

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

Class Limit: 30

Mondays 9/13 – 12/13 8:30–10:00pm

Ending and play dates subject to change

Fees:

Members \$35

Non-members/Residents \$40

Non-Members/Non-Residents \$50

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

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

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

Class Limit: 30

Wednesdays 9/8 – 12/15 8:30–10:00pm

Ending and play dates subject to change

Fees:

Members \$35

Non-members/Residents \$40

Non-Members/Non-Residents \$50

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

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Sheena Wright

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

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

SILVER MUSTANG MEMBERSHIP

MEMBERSHIP FEES

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

MEMBERSHIP BENEFITS

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

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

SPECIAL CLOSINGS & HOURS

| | | |
|--------------------|-------------------------|---------------|
| Tues, November 2 | CLOSED | Election Day |
| Thurs, November 25 | CLOSED | Thanksgiving |
| Fri, December 24 | Closing Early at 1:00pm | Christmas Eve |

FITNESS, FUN FRIENDSHIP

S.M.I.L.E.

So Much Improvement with a Little Exercise

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

Ages: 50 & older

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

*No class 11/2, 11/25

| Fees: | | Monthly | Drop-In |
|---------------------------|------------|-------------------|---------|
| Members | Mondays | Nov \$5 / Dec \$4 | |
| | Tuesdays | Nov \$4 / Dec \$4 | |
| | Wednesdays | Nov \$4 / Dec \$5 | |
| | Thursdays | Nov \$3 / Dec \$5 | |
| | Fridays | Nov \$4 / Dec \$5 | |
| Resident/Non Members | | | \$3 |
| Non-Residents/Non-Members | | | \$5 |

BETTER BALANCE

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

Ages: 50 & older

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

*No class 11/2, 11/25

| Fees: | | Monthly | Drop-In |
|---------------------------|------------|-------------------|---------|
| Members | Mondays | Nov \$5 / Dec \$4 | |
| | Tuesdays | Nov \$4 / Dec \$4 | |
| | Wednesdays | Nov \$4 / Dec \$5 | |
| | Thursdays | Nov \$3 / Dec \$5 | |
| | Fridays | Nov \$4 / Dec \$5 | |
| Resident/Non Members | | | \$3 |
| Non-Residents/Non-Members | | | \$5 |

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 | Mondays | Nov \$15 / Dec \$12 | \$5 |
| | Wednesdays | Nov \$12 / Dec \$15 | \$5 |
| | Fridays | Nov \$12 / Dec \$15 | \$5 |
| Residents/Non-Members | | | \$6 |
| Non-Residents/Non-Members | | | \$7 |

CARDIO FIT

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

Ages: 50 & older

Mondays, Wednesdays & Fridays

Instructor: Mary Lea Kirby

11:15am-12:00pm

| Fees: | | Monthly | Drop-In |
|---------------------------|------------|---------------------|---------|
| Members | Mondays | Nov \$15 / Dec \$12 | \$5 |
| | Wednesdays | Nov \$12 / Dec \$15 | \$5 |
| | Fridays | Nov \$12 / Dec \$15 | \$5 |
| Residents/Non-Members | | | \$6 |
| Non-Residents/Non-Members | | | \$7 |

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

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

Ages: 50 & older

Tuesdays or Thursdays* 9:15-10:00am

*No class 11/2, 11/25

| Fees: | Monthly | Drop-In |
|---------------------------|--------------------|----------------|
| Members Tuesdays | Nov or Dec \$16 | \$5 |
| Thursdays | Nov \$12/ Dec \$20 | \$5 |
| Residents/Non-Members | | \$6 |
| Non-Residents/Non-Members | | \$7 |

ASIAN EXERCISE – Including Tai Chi

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

Ages 50 & older Instructor: Ted Smith

Mondays 9:15-10:00am

| Fees: | Monthly | Drop-In |
|---------------------------|--------------------|----------------|
| Members | Nov \$25/ Dec \$20 | \$6 |
| Residents/Non-Members | | \$7 |
| Non-Residents/Non-Members | | \$8 |

YOGA

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

Ages: 50 & older

Tuesdays* 10:15-11:15am **Instructor: Megan Ruggerio**

Thursdays* 10:30-11:30am **Instructor: Tami Haberman**

Thursdays* 1:30-2:30pm **Instructor: Tami Haberman**

*No class 11/2, 11/25

| Fees: | Monthly | Drop-In |
|---------------------------|---------------------|----------------|
| Members Tuesdays | Nov \$16 / Dec \$16 | \$5 |
| Thursdays | Nov \$12 / Dec \$20 | \$5 |
| Residents/Non-Members | | \$6 |
| Non-Residents/Non-Members | | \$7 |

RHYTHM AND MOVEMENT

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

Ages: 50 & older

Instructor: Betty Lekan

Wednesdays 10:00-11:00am

| Fees: | Monthly | Drop-In |
|---------------------------|---------------------|----------------|
| Members | Nov \$16 / Dec \$20 | \$5 |
| Residents/Non-Members | | \$6 |
| Non-Residents/Non-Members | | \$7 |

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

*No class 11/2

| Fees: | Monthly | Drop-In |
|---------------------------|-----------------|----------------|
| Members | Nov or Dec \$20 | \$6 |
| Residents/Non-Members | | \$7 |
| Non-Residents/Non-Members | | \$8 |

PICKLEBALL

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

Ages: 50 & older**Open Play**

Mondays 9:00-11:00am

Wednesdays 9:00-11:00am

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

Wii BOWLING

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowlers and experience the fun. No experience is necessary. Bowlers can sit or stand, and each registered Wii bowler will play two games each week.

Strikes, spares or gutter balls – let's roll!

Ages: 50 & older

Tuesdays* 12:00pm

*No play 11/2

| Fees: | Monthly | Drop-In |
|-------------------------|----------------|----------------|
| Member | Nov or Dec \$4 | |
| Non-Member/Resident | | \$3 |
| Non-Member/Non-Resident | | \$5 |

BINGO

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

Ages: 50 & older

Fridays* 12:30-3:00pm

*No play 12/24, 12/31

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

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

SCATTERGORIES

Scattergories is a fun game of words and categories. Players roll the letter die, flip the sand timer, and come up with answers to each category on the category list. Score points for writing down answers that no one else did. The more creative the answers, the more points scored!

Join Tammy from Westwood Place Senior Living as she leads this monthly fun interactive game. Winner will receive a special prize!

Ages: 50 & older

Registration required

Monday 10/11 1:00pm

Monday 11/8 1:00pm

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



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

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

*No play 11/2, 11/25, 12/24

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

MOVIE MATINEE

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

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

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

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

Ages 50 & older

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

*No class 11/25, 12/24

| | | | |
|---------------------------|------------|---------------------|----------------|
| Fees: | | Monthly | Drop-In |
| Members | Wednesdays | Nov \$12 / Dec \$15 | \$4 |
| | Thursdays | Nov \$9 / Dec \$15 | \$4 |
| | Fridays | Nov \$12 / Dec \$12 | \$4 |
| Residents/Non-Members | | | \$5 |
| Non-Residents/Non-Members | | | \$6 |

WOOD CARVING (Senior Center Wood Shop)

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

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

Tuesdays* 1:00 - 3:00pm

*No class 11/2

Participants pay for own tools and materials

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



"THE CENTER OF LIFE"

ART & CRAFT CLASSES**WATERCOLOR**

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

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

Thursdays or Fridays* 9:30-11:30am

*No class 11/25, 11/26, & 12/16-12/31

| | | | |
|---------------------------|-----------|-------------------|----------------|
| Fees: | | Monthly | Drop-In |
| Members | Thursdays | Nov \$27/Dec \$18 | \$10 |
| | Fridays | Nov \$27/Dec \$18 | \$10 |
| Resident/Non Members | | | \$11 |
| Non-Residents/Non-Members | | | \$12 |

CLASSICAL PAINTING SECRETS

Learn to paint and/or improve your painting skills and knowledge, with step by step instructions in a non-competitive environment. Basics such as color theory, composition, and glazing will be taught hands on by your instructor. All levels welcome, using acrylics/oils/watercolor and mixed media. Instructor offers two separate classes; one Tuesdays and one Thursdays. Students provide own materials; palette list available at Senior Registration Desk. Registration required. **No Drop-Ins Permitted**

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

| | | |
|--|-------------|------------------------|
| Fees: | | Monthly |
| Members | Tuesdays* | Nov \$27 / Dec \$18 |
| | Thursdays * | Nov \$18 / Dec \$27 |
| *No class 11/2, 11/4, 11/23, 11/25, 12/21, 12/23, 12/28, 12/30 | | |
| Residents/Non-Members | | Add \$5 to above fees |
| Non-Residents/Non-Members | | Add \$15 to above fees |

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

Mondays 1:00-3:00pm (no class 2nd Monday of each month)

| | | |
|----------------------|-------------------------|------|
| 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 |

WARM UP AMERICA

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

Ages: 50 & older

Thursdays* 1:00-3:30pm

*No meeting 11/25

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

COMMUNITY SUPPORTS GROUPS

MEMORY LOSS SUPPORT GROUP

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

Registration is free, but required.

Ages: 50 & older

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

LOW VISION SUPPORT GROUP

Have changes in vision impacted your daily life?

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

Ages: 50 & older

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

*No December meeting

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 10/12, 11/9 & 12/14 10:00am **Free**

ATTORNEY

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

Tuesday 11/9 & 12/7 9:20-11:30am Erica Skerl

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

Free

POST OFFICE ON WHEELS

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

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

MEDICARE COUNSELING

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

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

BENEFITS CHECK UP

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

Ages: 50 & older

Thursday 10/28 9:30am-12:00pm **Free**

PROGRAMS

VETERANS' LUNCH (Drive By Pick Up)

The Senior Center salutes all the men and women that have served our country, and we thank you for your service. We will recognize our Veterans, with a special drive-by lunch, free to Veterans who are members of the Ehrnfelt Senior Center or Strongsville Residents.

Special thanks to our luncheon sponsor – Jardine Funeral Home & our dessert sponsor – Dispatch Health.

Wednesday 11/3 11:30am-1:00pm

Fees: Veterans* Free

Non-Veterans \$6.50

*Free to Veterans who are members of the Ehrnfelt Senior Center or Strongsville Residents. REGISTRATION REQUIRED BY OCTOBER 28.

PUZZLE & BOOK SALE

The Senior Center will be having a puzzle and book sale in the Senior Great Room. All puzzles will be \$1.00 and hardback books \$1 and paperback books .50. All proceeds will go towards Senior Activities. Be prepared for those cold days ahead, with a good book or a challenging puzzle.

Have books and puzzles (no missing pieces) cluttering up your house? Drop them off at the Senior Center between 9am-5pm before November 3rd to add to our sale.

Sale Dates: Monday-Friday 11/8-11/12 9:00am-5:00pm

HISTORY AND POP MUSIC OF THE 1960's

Join Dr. Keller as he returns to the Senior Center to share his knowledge and love of music. The 1960's were full of historical importance and great music. Some of the topics covered in this presentation include the election and subsequent assassination of John F. Kennedy, The Civil Rights Act of 1964 and Voter Rights Act of 1965, the build up to the Vietnam war, the assassination of Martin Luther King, Jr. and Bobby Kennedy, the "Summer of Love," the hippy movement, the Woodstock and Altamont concerts, the British Invasion and other memorable events, trends and music.

Ages: 50 & older Instructor: Dr. Joel S. Keller

Friday 11/5 10:00am

Fees: Members \$10

Non-Member/Residents \$12

Non-Member/Non-Residents \$16

MEDICARE CHECK-UP DAYS: ONE-ON-ONE COUNSELING

Join the Ohio Insurance Department for a Medicare Check-Up Day. Medicare's annual open enrollment or "coordinated election" period is October 15th to December 7th. This period allows people on Medicare to evaluate whether or not to enroll in a Part D Medicare prescription drug plan, determine if they have existing drug coverage, or if they have already enrolled in Part D, switch to another Part D or to a Medicare Advantage plan for coverage that begins Jan. 1, 2022. Appointment required - call 440-580-3275.

Ages: 50 & older

Tuesday 11/9 9:00am-3:00pm **Free**

THANKSGIVING LUNCH (Drive By Pick Up)

What's Thanksgiving without Missy and Mira's famous Thanksgiving dinner?

We will once again be celebrating an early Thanksgiving lunch with all the trimmings at a drive-by event on Thursday, November 18th from 11:30am-1:00pm. Luncheon sponsor– Altenheim Senior Living and Dessert sponsor –Westwood Senior Living

Thursday 11/18 11:30am-1:00pm

Fee: \$6.50

REGISTRATION WITH PAYMENT REQUIRED by November 12.

PROGRAMS cont.

CELEBRATION HANDBELL CHOIR

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

Ages: 50 & older

Thursday 12/9 7:00-8:30pm

Free



MUSTANGS ON THE GO!

THE MANSFIELD WINE & ALE TRAIL!

Travel with us to Richland County where a growing industry of wineries and vineyards offers a tremendous variety of tastes and styles. In addition to wine sampling, we'll have a brief presentation at each of our stops so you'll be able to know what you enjoy the most and where you enjoyed it! We'll start by visiting The Blueberry Patch Winery, Ohio's premier Blueberry Plantation that added a Winery! We'll sit in Blossom's Café – a cozy space built inside a Greenhouse to enjoy our samples followed by time to visit their delightful gift shop and bakery.

Next, we are off to visit The Wishmaker B&B and Winery, where we'll start with wine sampling before lunch. (Meal entrée choices tbd.) This elegant space is a relaxing oasis on the picturesque, little main street of Bellville. After lunch, our third stop was a MORTUARY, before it became the center of attention in downtown Mansfield. The Phoenix Brewing Company will provide two samples of wine along with two samples of beer, as we learn the tale of how this unique space was saved and brought back to life! It is also one of Mansfield's hottest night spots.

We'll complete our day at The VAULT Wine Bar of Shelby, Ohio, and in its previous life, it was The Citizen's Bank. Built in 1911, the bank's grand architecture has been lovingly and classically preserved and is as impressive today as it was back then. In addition to wine sampling, we'll enjoy soft pretzels with beer cheese mustard.

JKL TOURS will be leading you on this fun trip so gather your friends for this Autumn wine experience.

Ages: 50 & older

Wednesday 11/10 7:45am-6:00pm

| | Fee | Sign up Date |
|--------------------------|------|--------------|
| Members | \$90 | 9/21 |
| Non-Member/Residents | \$92 | 9/28 |
| Non-Member/Non-Residents | \$96 | 10/5 |

THE DUELING PIANO

CHRISTMAS PARTY AT WINDOWS-ON THE-RIVER!

Kick off your start to the Christmas season with our JKL TOURS Christmas Party at Windows on the River. After a wonderful plated lunch, we'll take in the high-energy fun of The Dueling Piano Christmas Party, provided by Todd and Andy. These two amazing pianists play their pianos (in addition to a trumpet and harmonica) in a fast-paced 90 minutes of fun. These master piano artists take requests and there is lots of audience participation so come ready and prepared to sing along! Plus, we'll have party games including an Ugly Sweater, Most Holiday Spirit and Biggest Grinch - costume contests!

Ages: 50 & older

Wednesday 12/15 10:45am-4:30pm

| | Fee | Sign up Date |
|--------------------------|------|--------------|
| Members | \$84 | 10/5 |
| Non-Member/Residents | \$86 | 10/12 |
| Non-Member/Non-Residents | \$90 | 10/19 |

Great mornings served here!



Strongsville

Parks
Recreation
Senior
Services



at Ehrnfelt Rec Center

CARRY-OUT AVAILABLE




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

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

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

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

Oatmeal \$2.00

Toast and Jelly \$1.00

Hash Browns \$1.25

Coffee or Orange Juice \$1.00

ORDER IN PERSON OR BY
CALLING 440-580-3268

18100 Royalton Road, Strongsville www.strongsville.org

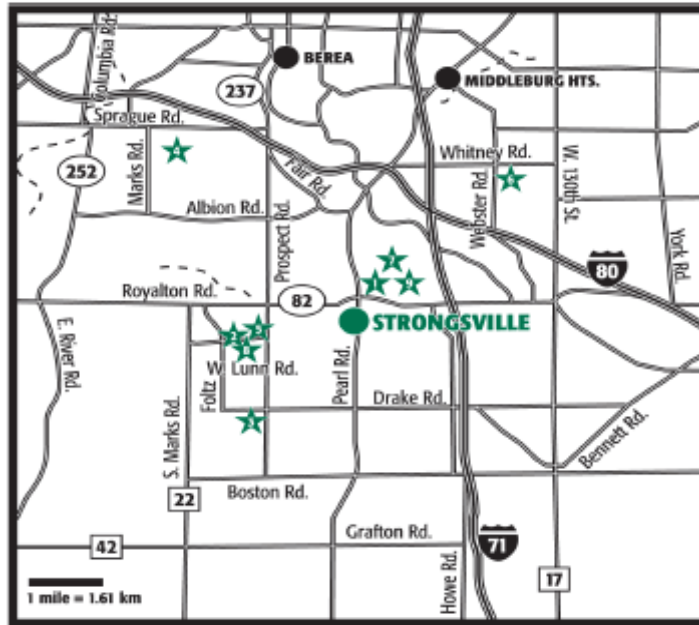
Senior Center Activities

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RECREATION PARKS AND AMENITIES

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

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



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

PARK GUIDELINES

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

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

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

*Reservations are also required for use of pavilions.

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



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



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

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