

Strongsville
Parks
Recreation
Senior
Services

Putting the
Parks back in

Parks & Recreation

**2019
MAY TO
AUGUST**

visit us at
www.strongsville.org

City Of Strongsville Parks, Recreation and Senior Services Department

Director, Bryan Bogre

**The Ehrnfelt Recreation & Senior Center
18100 Royalton Road (Rt. 82)**

Strongsville, Ohio 44136

Rec. Phone: (440) 580-3260

Rec. Front Desk Fax: (440) 572-4402

Rec. Administration Fax: (440) 572-3503

Senior Center Phone: (440) 580-3275

Senior Center Fax: (440) 572-3137

Website: www.strongsville.org

Mission Statement

The Strongsville Parks, Recreation and Senior Services Department is committed to enriching lives by offering exceptional services and activities in safe, clean and friendly environments.



Message From Our Mayor

Dear Residents,

As Mayor of the City Strongsville, I am committed to providing life enriching opportunities for you and your family. I encourage you to take advantage of our state-of-the-art recreation center. It is not only a place to exercise and learn new skills but a place to enjoy and get to know others in the community.

Come enjoy the benefits of staying active with the Parks, Recreation and Senior Department!

Sincerely,
Thomas P. Perciak
Mayor

EHRNFELT RECREATION CENTER INFORMATION



TABLE OF CONTENTS

Area of Interest	Page No.
<i>Ehnfelt Recreation Center Information</i>	1
<i>Annual Membership Fee Structure</i>	3
<i>Renewal Information</i>	3
<i>Program Registration Information</i>	4
<i>Program Refund Policy</i>	5
<i>Child Care Services</i>	5
<i>Facility/Room Rental Services</i>	6
<i>Facility Guidelines</i>	8
<i>Special Events, Programs & Promotions</i>	9
<i>Strongsville Youth Commission</i>	9
<i>Aquatic Programs</i>	10
<i>Fitness Programs</i>	17
<i>Youth Recreation & Enrichment Programs</i>	26
<i>Day Camp Programs</i>	29
<i>Community Health & Wellness</i>	32
<i>Individual & Team Sport Programs</i>	33
<i>Adult Enrichment Programs</i>	37
<i>Senior Center Activities</i>	40
<i>Strongsville Recreation Parks and Amenities</i>	52
<i>Staff of the City of Strongsville Parks and Recreation & Senior Center</i>	<i>Inside Back Page</i>

Hours of Operation (Recreation Center & Old Town Hall)

June 1 – September 30

Monday – Friday	5:00am – 9:00pm
Saturday	8:00am – 6:00pm
Sunday	9:00am – 3:00pm

October 1 – May 31

Monday – Friday	5:00am – 10:00pm
Saturday	8:00am – 8:00pm
Sunday	9:00am – 5:00pm

NON-MEMBER DAILY GUEST FEES

Youth (Ages 0-3)	Free
Youth (Ages 4-6)	\$3.00
Youth (Ages 7-14)	\$6.00
Adults (Ages 15-59)	\$10.00
Seniors (Ages 60+)	\$6.00
Active Military*	\$6.00

***FREE Admission to Military Personnel on leave.**

HOLIDAY HOURS AND CLOSINGS

Sat., April 20	Day Before Easter	8:00am-5:00pm
Sun., April 21	Easter	CLOSED
Mon., May 27	Memorial Day	CLOSED
Thurs., July 4	Independence Day	CLOSED
Wed., July 17	Homecoming Parade	5:00am-5:00pm
Mon., Aug. 19-Mon., Sept. 2	Annual Cleaning and Maintenance	Pool and Basketball Courts Closed
Mon., Aug. 26-Wed., Aug. 28	Annual Cleaning and Maintenance	CLOSED
Mon., Sept. 2	Labor Day	CLOSED

MEMBER ONLY DAYS

Mondays and Wednesdays,
November 1 - March 31 • 5:00pm – 10:00pm

GROUP OUTINGS

Groups of 20 or more can visit the Ehnfelt Recreation Center for a discounted rate. Please call 580-3270 to arrange your group outing. Group outing arrangements must be made at least 2 weeks in advance.



Weather Closing and Class Cancellations

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

www.strongsville.org/content/recreation.asp
Channel 3 News (www.wkyc.com)
News Channel 5 (www.newsnet5.com)

AMENITIES - EHRNFELT RECREATION & SENIOR CENTER

AQUATIC CENTER

- Competition pool – 8 lane, 25 yards, 3 diving boards
- Activity Pool – zero depth entry; water slide; pirate ship; 5 lane lap pool; 17 yard wading area
- Steam & sauna rooms
- 24 person whirlpool
- Bleacher seating for approximately 500

CARDIO EXERCISE AREA (MUST BE 12 YEARS OR OLDER*)

Cutting edge cardio equipment includes TV and web integrated consoles with each machine handpicked from award winning manufacturers. Units include Technogym treadmills, ellipticals, vario, steppers, upright and recumbent bikes; LifeFitness Step-mills; Cybex ArcTrainers; and StarTrac treadclimbers and a Jacobs Ladder.

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

AUXILIARY GYMNASIUM

- Synthetic floor
- Gym can be used as one high school regulation basketball court, two volleyball courts, or indoor soccer court, etc.

LOCKER ROOMS

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

INDOOR TRACK (MUST BE 15 YEARS OR OLDER)

- LENGTH – 1/12 MILE
- Width – 4 Lanes (2 Walking & 2 Running)

STRENGTH ROOM (MUST BE 15 YEARS OR OLDER)

Our weight room rivals Division 1 and Pro sports strength facilities in pure quality. 1.5" thick rubber coats the floor lined with 2 Hammer Strength Power Racks, hammer and Technogym pure strength plate loaded equipment, cybex modular towers, and a complete selectorized line of technogym equipment.

MAIN GYM

- Wood Floor
- Two high school regulation basketball courts
- Volleyball

GAME AREA

- Billards tables
- Air Hockey & Foosball tables
- Video/arcade games
- Snacks, soft drinks, juice/water vending machines
- Change Machines

GROUP EXERCISE & MIND/BODY STUDIOS

- Two wood floor studios
- Independent sound systems

The following areas are only available as private rentals

EVENT CENTER

- Catering services
- Entertainment stage
- Tables & Seating for 400

CONFERENCE/MEETING/PARTY ROOMS

- Several rooms available for rent
- See Facility/Room Rental Services info on Page 6

GENERAL CUSTOMER INFORMATION

ELIGIBILITY INFORMATION

You DO NOT have to be a Strongsville Resident or an Ehrnfelt Recreation Center member to participate in most programs and activities held at the center.

OPEN GYMNASIUM (BASKETBALL COURTS) AND OPEN POOL SCHEDULE

These schedules will change throughout the year. Please pick up current schedules at the front desk or check the website: www.strongsville.org

LOCKERS

Lockers are available in all locker rooms and throughout the facility. It is STRONGLY RECOMMENDED that all personal items are secured in a locker. Please DO NOT leave personal items unattended in an unlocked locker. Please bring your own combination lock to secure items in a locker. Pay lockers are NOT available. Locks must be removed daily.

CHILD CARE SERVICES

Child Care is available at the Ehrnfelt Recreation Center and is free for members and group exercise passholders. Please see page 5 for more information.

PAYMENT INFORMATION

Cash, Check, Money Order, Visa, MasterCard and Discover accepted as payment for ALL TRANSACTIONS.

SECURITY

For your protection, the Ehrnfelt Recreation and Senior Center premises are under 24 hour digital camera surveillance with instant remote access capability by Law Enforcement Authorities.

Membership Benefits

Unlimited Use: Of the Ehrnfelt Recreation Center during ALL open recreation times

Reduced Rates: On programs, facility rentals for parties, showers, and meetings!

Participation: In members-only promotions and special events

Priority Registration: On most programs/classes and services

Free: Exercise Orientation

Member only days: Monday and Wednesday; November 1 – March 31 between 5:00 and 10:00pm

6-Pack of 50% off coupons: to use when you bring family and friends (Not Valid during Members Only Days)

Free Child Care Service

Coupon Savings pack valued at over \$80.00

ANNUAL MEMBERSHIP FEE STRUCTURE & MEMBERSHIP INFORMATION

OPTION 1 (PAY ENTIRE YEAR AT TIME OF PURCHASE):

RESIDENT/FULL-TIME WORK/NON-RESIDENT

	Resident or Full-Time Work in Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265	\$425
Couple*	\$365	\$580
Youth Individual (Ages 4-18)	\$165	\$290
Full-Time College	\$165	\$290
Family	\$435	\$725
Individual Senior (Ages 60 & over)	\$135	\$265
Senior Couple*	\$240	\$465
Military	\$140	\$245

OPTION 2 (SIGN AN ANNUAL CONTRACT AND PAY BY CREDIT CARD MONTHLY):

RESIDENT/FULL-TIME WORK/NON-RESIDENT

	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	\$13.75/month	\$24.17/month
Family*	\$36.25/month	\$60.42/month
Individual Senior (Ages 60 & over)	\$11.25/month	\$22.09/month
Senior Couple*	\$20.00/month	\$38.75/month
Military	\$11.67/month	\$20.42/month

The annual membership is broken down into twelve installments plus a \$3 per month processing fee.

CREDIT CARD PAYMENT PLAN INFORMATION

- 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.

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

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 a legal residence in the household of the adult(s).

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

Military: means an individual who is an active and/or newly registered member of any United States military service, or who is an active member of any reserve unit and provides proof of imminent call up to active military status.

Resident/Full-Time Worker in Strongsville: means an individual who is legally domiciled within a permanent residence in the City of Strongsville. The term "resident" also shall include an individual non-resident of the City who is an employee of a business entity that maintains its place of business in the City and works for such entity at least 37.5 hours per week.

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

MEMBERSHIP POLICIES

*Memberships are NON-REFUNDABLE and NON-TRANSFERABLE.

WHAT DO YOU NEED TO BRING AT THE TIME OF PURCHASE OR RENEWAL?

- RESIDENCY VERIFICATION - if you live in the City of Strongsville, you MUST show proof of residency at the time of renewal or purchase. If you are renewing, please use postcard as proof of residency, otherwise an unpaid utility bill must be presented for residency verification.
- COLLEGE STUDENT VERIFICATION - full-time college students (currently enrolled in 12 or more credit hours) MUST show proof at time of purchase or renewal (examples: current class schedule or tuition bill).
- FULL-TIME EMPLOYMENT IN STRONGSVILLE - anyone working full-time (37.5 - 40 hrs. per week) for a company located in Strongsville is eligible for resident rates. A letter on company letterhead, signed by a supervisor, a copy of a current pay stub and a valid photo I.D. must be presented.
- ACTIVE MILITARY - must present an active, federally issued Military Identification Card at the time of purchase or renewal.

AGE RESTRICTIONS

- 11 years and under must be accompanied by an adult (18 and over) at all times and may use the track, gymnasiums, game area and pool.
- Youths 12-14 years: After completion of youth strength training class, youths may utilize all the strength and treadmills in the cardio area only, they may not use the weight room. Youths that are non-members must pay the normal daily rate (\$6/visit). Please bring your youth card for admittance into the cardio area.
- Must be 15 years and over to use the weight room, spa, sauna, & steam room.

MEMBERSHIP CHECK-IN

To enter the facility as a member, you MUST stop at the Front Desk and enter your membership number into a numeric keypad. The Desk Attendant will then verify your membership and grant you access into the facility. Each member visit will be recorded into the computer system.

MEMBERSHIP RENEWAL INFORMATION

HOW ARE YOU GOING TO BE NOTIFIED?

A COURTESY POSTCARD will be sent around the first of the month indicating that your membership expires at the end of the current month (i.e. if your membership expires on Dec. 31, 2019, you will be sent a postcard on or around Dec. 1, 2019).

Provided you renew before your membership expires, you receive 13 months for the price of 12. Not applicable with payment plan.

Summer Pass 2019

Try us out for 120 days and receive all the benefits of being a member! You choose the start date! Choose your start date anytime between May 1-June 30, 2019. Money CAN be used towards a year membership before the 120 days is over. Please note the Recreation Center is closed for cleaning August 26-28 and the Aquatics Center is closed August 19-September 2. If your 120 days falls within this time frame no extra days will be added to the membership to compensate. Payment in full is due at the time of purchase.

	Residents/FT Work	Non Residents
Adult Individual	\$148	\$247
Couple	\$213	\$347
Youth Individual	\$87	\$162
College Student	\$87	\$162
Family	\$246	\$419
Individual Senior	\$81	\$149
Senior Couple	\$149	\$279
Military	\$81	\$149

MEMBERSHIP RENEWAL INFORMATION (cont.)

HOW CAN YOU RENEW?

In-person – at the front desk, with all the necessary information (see “What Do You need to bring...” On page 3).

CORPORATE MEMBERSHIPS

The City of Strongsville values its businesses and as a way to demonstrate this, the Ehrnfelt Recreation Center offers companies, who have a minimum of 10 individuals, Annual Corporate Membership Packages. For more information on how your business can participate, please contact Facility Manager, Sarah Arold at 580-3260 ext. 5279.

MEMBERSHIP REFERRAL PROGRAM

Here at the Ehrnfelt Recreation Center, we realize that you, the current members, are our most valuable marketing tool. Therefore, we have instituted the Ehrnfelt Recreation Center Membership Referral Program. This is how it works.

If at the time a NEW member joins the Ehrnfelt Recreation Center and they list your name as having referred him/her to us, we will mail you a \$25.00 Recreation Center Gift Certificate good towards any purchase here at the Center. The only catch is that your membership must be current at the time that the new member joins... That's it... It's that simple.

Go out and tell your friends and neighbors how the “Strongsville Recreation Department is “Re-Defining Recreation” and start watching those \$25.00 Gift Certificates roll in!!!

SPECIAL ASSISTANCE

The Ehrnfelt Recreation Center wants you to get the most out of each and every one of your visits. Therefore, if you are a physically challenged member of the Ehrnfelt Recreation Center and require the assistance of another person in order to use the facility, please contact Director, Bryan Bogre at (440) 580-3262 in order to make the appropriate arrangements.

FUNDING ASSISTANCE

The City of Strongsville has made financial assistance available for Strongsville residents to obtain an Ehrnfelt Recreation Center membership, or for participation in programs offered by the City of Strongsville Recreation Department. Documentation of income needed. Please contact Facility Manager, Sarah Arold at (440) 580-3260.

WORK-TO-WORKOUT PROGRAM

The Ehrnfelt Recreation Center has developed a Work-To-Workout Program to assist Strongsville residents who may not have financial resources that are necessary to participate in the activities and programs that are offered. Please contact Facility Manager, Sarah Arold at (440) 580-3260.

PROGRAM REGISTRATION INFORMATION

MEMBER PRIORITY PROGRAM REGISTRATION IS HERE!

PROGRAM REGISTRATION SCHEDULE (INCLUDING LEARN-TO-SWIM)

Member Only Program Registration begins March 12

**Non-Member Residents Program
Registration begins March 19**

Open Program Registration begins March 26

Internet Registration begins March 27

WALK-IN REGISTRATION

(Cash/Check/Visa/MasterCard/Discover/Credit On Account)

You may register for programs in person at the front desk of the Ehrnfelt Recreation Center during normal operating hours.

PROGRAM REGISTRATION INFORMATION (cont.)

MAIL-IN REGISTRATION

(Check/Visa/MasterCard/Discover/Credit On Account)

Print and complete registration form located on the Recreation Department Website. Include payment and mail to:

PROGRAM REGISTRATION

Ehrnfelt Recreation Center
18100 Royalton Rd.
Strongsville, OH 44136

Mail-in registrations will be processed on date received. Mail-in does not guarantee that a spot in a class is available. A receipt will be mailed within a week of the postmark date to confirm that registration has been processed. A phone call by the Ehrnfelt Recreation Center staff will be made immediately if there is any problem with the registration.

ONLINE REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

You may register online for programs and classes. Not all classes are available for online registration, but you may view them. To register online visit www.strongsville.org; click on Recreation & Senior Center; and click on Online Registration.

A \$3.00 non-refundable convenience fee is added to your cart upon checkout.

FAX-IN REGISTRATION – NO LONGER ACCEPTED

PHONE-IN REGISTRATION

(Visa/MasterCard/Discover/Credit On Account)

To register by phone please call (440) 580-3260.

PAYMENT

Full payment for classes must be made at the time of registration.

PAYMENT METHODS

The city will accept cash, personal checks, credit cards (Visa/Mastercard/Discover) and money orders for the payment of fees. Please note which form of payment is acceptable for the method of registration you choose. Checks must be made payable to: **The City of Strongsville.**

CONFIRMATION

Once we have processed your registration, we will mail or e-mail you a confirmation receipt showing in which program(s) you are enrolled. If we were unable to place you in your selected program, you will be contacted by phone.

WAITING LIST PROCEDURE

Waiting lists are a source of contact and do not guarantee you'll receive a call back. You'll receive a call back only if a space becomes available.

If you ask to add your name to a waiting list for a closed program, it:

- Provides us with a name and phone number in the event of a cancellation;
- Supplies us with names and phone numbers in case a new program is added;
- Does not limit you from registering for any other open classes.

LATE REGISTRATION

Late registrations will be accepted prior to the second session of the program. After the second session of the program, no registrations will be accepted. Individuals registering late will be required to pay the total class fee. Program fees will not be prorated.

NOTICE TO PARTICIPANTS

Participants must recognize that all programs of a physical nature involve some risk and by registering for programs of this nature, there is an assumption of risk by the participant. The City of Strongsville Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff. Every effort is made to ensure the safety of the participants and to provide them with first-class recreational activities, facilities and parks. In the event of a serious accident or illness, it is the policy of the city to:

- Contact the Strongsville Fire Department Paramedics to perform first aid, when necessary, recommend transport of the victim to a hospital, and contact a parent/guardian or relative as soon as the situation allows.

PROGRAM REGISTRATION INFORMATION (cont.)

CANCELLATION POLICY (DUE TO LACK OF ENROLLMENT)

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 Staff.

PROGRAM REFUND POLICY (RECREATION & SENIOR CENTER)

1. If the program is cancelled by the Department, a refund for the FULL amount that was paid will be applied to your Recreation/Senior Center Customer Account, or you may request a check issued from the City Finance Department. Checks will be issued within 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.

There are TWO refund options:

- a. **Recreation Department Customer Account** - If the customer wants to have the refund posted to his/her Recreation Center account, a credit for the FULL AMOUNT that was paid will be issued.
 - b. **Check Issued** - If the customer paid by cash, credit card, or check and would like a check issued from the City Finance Department, a 20% or \$5 administrative fee (whichever is greater) will be deducted from the amount that was originally paid. A check will be issued within 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.

CANCELLATION POLICY FOR DAY CAMPS

If an individual wants to cancel enrollment in day camp, it must be requested at least 7 days prior to the first day of camp. REFUNDS WILL NOT BE GIVEN if requested less than 7 DAYS PRIOR TO THE FIRST DAY OF CAMP. Individuals assume the risk of changes in health or personal schedules. However, a doctor's statement can be presented to the Ehrnfelt Recreation Center for review. For those wishing a refund, a \$5 administrative fee or 20%, whichever is greater, will be deducted from the amount originally paid for all refunds granted.

CUSTOMER SATISFACTION

The Strongsville Recreation Department intends to provide programs and facilities that meet and exceed your expectations of a satisfying recreational experience. We want you to be satisfied with our classes and programs. If our services or programs do not meet your needs, please provide us with your input in the form of suggestions, comments, ideas or changes for improvements by utilizing the Sounding Board. Your satisfaction and input is very important to us.

The Ehrnfelt Recreation Center Would Like To Give Thanks To All Those Who Are Serving In Our Armed Forces.



CHILDCARE SERVICES

For more information regarding child care, please call (440) 580-3260.

Child Care is available at the Recreation Center for facility users and program participants. *Services are NOT available on Sundays. **Childcare is free for members and group exercise passholders with year contracts.**

If you wish to use the Recreation Center Child Care Services, you must adhere to the following procedures:

1. **RESERVATIONS** are strongly recommended at least 24 hours in advance. Enrollment in a program does not guarantee Child Care reservations.
2. **CAPACITY** - 20 children per hour, 6 children per adult staff.
3. **TIME LIMIT** - Reservations can be made in the following time increments: 1/2 hour, 1 hour, 1 1/2 hours.
4. **PARENTS** must remain in the facility at all times while their children are in the childcare services.
5. **LABEL** all personal belongings, especially cups, bottles, and pacifiers. The childcare staff is not responsible for damaged, lost or stolen belongings.
6. **NO SICK** children are permitted in the childcare services. The staff CANNOT administer medication. Please do this prior to visiting the Center.
7. **NO MEALS** are to be planned or prepared by the childcare staff. No gum please.
8. **PLEASE** complete the necessary paperwork each time you use our childcare service.
9. **CHECK-OUT** - A photo I.D. must be shown each time a child is checked out. You must be at least 15 years old to check out a child.
10. **DIAPERS** must be provided by parents. Parents will be paged to change diapers.

CHILDCARE FEES

	MEMBERS	NON-MEMBERS
10 hours (1/2 hour increments)	FREE	\$40.00
20 hours (1/2 hour increments)	FREE	\$70.00
Drop-In	FREE	\$5.00/hr.



TOT ROOM

Mornings: 6 Months - 6 Years

Evenings: 6 Months - 9 Years

Toys, games, coloring books and more are available for use.

Monday - Friday	8:30 am - 1:00 pm
Monday - Thursday Evenings	5:00 pm - 8:30 pm
Saturday	8:30 am - 12:00 noon

www.strongsville.org/content/recreation.asp

FACILITY/ROOM RENTAL SERVICES

(See page 7 for photos)

Room	Occupancy w/tables & chairs	Hourly Rates (2 hr. Min. Req.)	
		MEMBERS	NON MEMBERS
Conference Room	35	\$45	\$65
Meeting Room	50	\$45	\$65
Senior Art Studio	50	\$45	\$65
Senior Meeting Room	56	\$45	\$65
(After Hours ONLY)			
Auxiliary Gym	N/A	\$195	\$245
Main Gym	N/A	\$220	\$270
Activity Pool	N/A	\$380	\$455

A deposit of \$100 is due with a signed contract.

Deposits are NON-REFUNDABLE if party is cancelled.

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

AFTER HOUR RENTALS

(Main Gym, Auxiliary Gym, Activity Pool, Competition Pool** and Aquatic Center)

1. MUST be requested at least 6 weeks in advance.
2. Pricing includes after hours staff.
3. An After Hour Rental is a room or area that can only be rented after the Ehrnfelt Recreation Center is closed. (See Page 1 for facility hours.)

CELEBRATE AT THE REC CENTER!

ROOM RENTAL ONLY

Member	\$45/hour
Non-Member	\$65/hour

ROOM RENTAL WITH FACILITY USE

Facility use includes Pool, Gyms & Game Area and is permitted only during contracted room rental time.

Room Price listed above plus:

- \$3/person age 7-adult**
- \$2/person age 4-6 years**
- Age 3 and under free**

(Facility use fee applicable to Non-members only)

ALL-INCLUSIVE PARTY PACKAGES

15 Guests:	\$215/Member	\$280/Non-Member
30 Guests:	\$285/Member	\$350/Non-Member
45 Guests:	\$360/Member	\$420/Non-Member

INCLUDES:

- 3-hour Room Rental with use of Pool, Gym & Game Area
- Pizza, Soda and Cake (DQ or Traditional)
- Plates, cups, forks, napkins, tablecloths, candles & matches



Theme packages also available. Please call for cost and options.



OLD TOWN HALL

Renovated and updated, the Old Town Hall provides a historical backdrop perfect for your next party, shower, or meeting. The Hall offers two rooms each with comfortable seating for 80 people. Call 580-3270 to make your rental reservation.

Rental includes:

- An on-site supervisor
- One-half hour for set-up, and one-half hour for clean up.
- Kitchen use optional for additional fee.
- Two hour rental minimum.

Amenities include:

- Heating and air conditioning
- Tables and chairs, stage area on 2nd floor
- Wifi, dishwasher, microwave oven, oven, stove, refrigerator, freezer, coffee maker, steamer and sink.
- The Hall is handicap accessible.

A deposit is required with signed contract. Deposits are non-refundable in the event of cancellation. Room deposit with kitchen rental is \$300. Deposit without kitchen rental is \$100.

Cancellations must be made no less than two weeks in advance or a refund will not be granted. Alcohol is permitted. Alcohol is to be provided by the renter. An alcohol permit is required if alcohol is being sold.

A security guard is required for those serving alcohol. This will be arranged for you in cooperation with the Strongsville Police Department. The fee for the guard is \$35/hour (3 hour minimum).

	Hourly Rates	Kitchen Use	Package Rates
	Fee Per Room	Flat Fee	(12 hr block of time) Entire Hall (includes kitchen)
Member	\$55	\$50	\$900
Non-Member	\$75	\$70	\$1200

Call (440) 580-3270 for Rental Information

Precautions to be taken before participating in an activity offered by the city or at any of its facilities include:

- A physician's examination and health clearance
- Adequate knowledge of skills
- Proper training procedures
- Knowledge of all rules and regulations of all City of Strongsville Recreation Facilities

Celebrate!

at the Ehrnfelt
Recreation Center

ROOM RENTAL ONLY

COST: Member \$45/hour Non-Member \$65/hour

Meeting Room (1st Floor) - Capacity 50

Sr. Art Studio (Senior Center, 1st Floor) - Capacity 50

Conference Room (2nd Floor) - Capacity 35

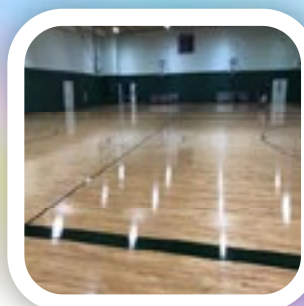
ROOM RENTAL with Facility Use (Pool, Gym & Game Area)

Room Price listed above plus:

\$3/person age 7 & older

\$2/person age 4-6 years

Age 3 and under free



ALL INCLUSIVE PARTY PACKAGES

Room rental for 3 hours • Facility Use • Pizza, Soda & Cake
Plates, Cups, Napkins, Tablecloths, Candles & Matches

15 Guests Member Non-Member

Deluxe \$215 \$280

Theme \$245 \$310

1 - Sheet Pizza • 3 - 2 Liters of Soda • 10" DQ Cake OR 1/4 Sheet Traditional Cake

30 Guests Member Non-Member

Deluxe \$285 \$350

Theme \$315 \$380

2 - Sheet Pizzas • 6 - 2 Liters of Soda • DQ Sheet Cake OR 1/2 Sheet Traditional Cake

45 Guests Member Non-Member

Deluxe \$360 \$420

Theme \$400 \$480

3 - Sheet Pizzas • 9 - 2 Liters of Soda • Sheet & 10" DQ cake OR 1 Full Sheet Traditional Cake

Book Your Event Early!

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

For Reservations: 440-580-3270

THE EHRNFELT EVENT CENTER

**Wedding Receptions • Holiday Parties • Themed Events
Corporate Meetings • Business Luncheons**

The Event Center is perfect for any special occasion!

Please contact: Facility Rentals at 440-580-3270.

EVENT CENTER HOURLY RATES (2 HOUR MIN.)*

Room	Occupancy	Member Hourly Rate	Non-Member Hourly Rate
Whole Event Center	400	\$125	\$150
Half Event Center	200	\$75	\$100
Concession Stand	N/A	\$60 flat rate	\$85 flat rate
Kitchen	N/A	\$150	\$175

EVENT CENTER PACKAGE RATES (BASED ON 12 HOUR BLOCK OF TIME)

Room	Occupancy	Member Rate	Non-Member Rate
Whole Event Center	400	\$1100	\$1400
Half Event Center	200	\$600	\$900
Kitchen	N/A	\$1500	\$1750

Kitchen use includes use of dinnerware and appliances by licensed and insured caterer.

Reservations – Please make your reservations at least 2 weeks in advance. *After Hours rental requires 6 week advance reservations.*

Deposits – A deposit of \$300 is required within three days of the reservation to secure the rental agreement. Deposits are Non-Refundable due to cancellation.

Alcohol – The Event Center is the ONLY area designated for alcohol consumption. Parties serving alcohol are required to have a security guard. Alcohol permits are needed for events selling drinks or tickets including alcoholic beverages. There is an additional charge for alcohol permits.

Security Guards – One security guard is required for those parties serving alcohol. This service will be arranged for you in cooperation with the Strongsville Police Department. The fee for a Security Guard is \$35 per hour (3 hour minimum).

***After Hours Rentals** – If the rental exceeds the Recreation Center's open hours of business, you will be required to pay an additional \$120.00/hour on top of the normal hourly rental fee for facility supervision, maintenance and utility costs.

Cancellations – Cancellations must be made no less than two weeks in advance or refund will not be granted. Deposits are non-refundable.

OVERNIGHT RENTAL RATES

(7 hour rental beginning within 30 minutes of the center closing)

Enjoy exclusive use of the Ehrnfelt Recreation Center after hours for your special events. Rental includes use of the Event Center (optional), Auxiliary Gym, Main Gym, Game Area, Avenue, Locker Rooms, Concession Stand and the Aquatic Center (4 hours only). All groups must provide appropriate Adult Supervision in accordance to the group size. A security guard may be required.

With Event Center \$2,550*

Without Event Center \$2,250*

*Fee is for 200 people. If more than 200 people, call for rates.



FACILITY GUIDELINES

It is the intent of the Strongsville Recreation Department to offer facilities and programs that meet the high standards that the Strongsville community is entitled. Use of the facilities by families and citizens of all ages is strongly encouraged. The following guidelines have been established to help operate and maintain the Ehrnfelt Recreation Center and to meet the goals established by the Recreation Department. Please feel free to comment on any problems you may have and to report any acts conducted by individuals or groups that jeopardize or intimidate the users of the facility.

- Current membership, daily guest fee, or enrollment in a program is required to gain access to the Ehrnfelt Recreation Center.
- Only scuff-resistant shoes are allowed in the activity areas of the building. **Dark soled running shoes, turf shoes, spiked shoes, street shoes, shoes with rollers ("Heelys")** and any other types of shoes which mark the floors, especially the gymnasium and aerobics floors, are absolutely prohibited. Muddy or dirty shoes are not permitted. Participants are asked to please change into a separate, clean pair of shoes for their indoor recreational use. Shoes are required to be worn at all times while in the facility (except locker rooms, pool area, or at the discretion of a program leader.) No hover boards.
- The Ehrnfelt Recreation Center is a tobacco-free facility by city ordinance.
- To enter the building children under 12 years of age must be accompanied by a parent/guardian (18 years or older) unless they are participating in an organized program or activity, the parent/guardian must remain in the building.
- No pets allowed except those assisting a person with a disability or if a special program, (i.e. obedience class, dog show), is scheduled.
- The Strongsville Recreation Department and the Ehrnfelt Recreation Center are not responsible for lost or stolen articles. It is strongly recommended that all belongings are placed in a locker and secured with a personal lock. Please do not bring valuables into the facility. Locks can be purchased at the front desk.
- Children 4 years of age or older may not use the locker room of the opposite sex. Please use the family changing rooms.
- Spa** - Youth under 15 years of age are not permitted in the spa.
- Sauna & Steam** - Youth under 15 years of age are not permitted in the Sauna and Steam Room.
- Strength Training and Cardio Exercise** - Youths 12-14 years: After completion of youth strength training class, youths may utilize all the strength and cardio equipment in the cardio area only, they may not use the weight room. Youths that are non-members must pay the normal daily rate. Please bring your youth card for admittance into the cardio area. **There is a 30 minute time limit on all Cardio Exercise equipment.**
- Indoor Track** - Youth 0-11 years of age must be accompanied by an adult.
- Changes in the recreation schedule may occur without notice. Current pool and gym schedules are available at the front desk.
- Public display of amorous affection is not permitted and will not be tolerated.
- Eating and drinking is PERMITTED in designated areas only.
- No spitting, chewing tobacco, or gum is permitted in the facility. No Vapors.
- Each area has individual guidelines for your safety and enjoyment. Please follow these guidelines.
- The following activities are not permitted and will result in suspension, expulsion or termination of membership:

a. Fighting	b. Stealing
c. Property Damage/Vandalism	d. Loitering (inside or outside facility)
e. Disorderly Conduct	f. Horseplay
g. Littering	h. Profanity
- We recommend that any individual involved in strenuous activity carry appropriate identification in case of an emergency.
- To respect our senior members, do not park in the Senior Center lot until after 5:00 pm.
- For the safety, health and welfare of all members and patrons, proper swim attire is required when using all of the pools in the Aquatic Center, including participation in Learn to Swim classes. Questions concerning proper swim attire should be addressed with the Aquatic Center personnel.
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.
- No concealed guns or weapons allowed on these premises.
- The Strongsville Recreation Department staff reserves the right to add, amend or delete rules as necessary.
- Aquatic Center** - No food or glass containers permitted. Visit the aquatic center for a complete list of rules.

SPECIAL EVENTS, PROGRAMS & PROMOTIONS

TOUCH-A-TRUCK (SENIOR CENTER PARKING LOT)

Friday, June 14

12:00–2:00pm

Kids just love trucks and large equipment. Even grown up kids find the trucks fascinating. Well, here's a chance to get up and close to some of the most interesting and exciting equipment around. A variety of trucks will be displayed for kids to climb in, touch and ask questions about. All ages are welcome. The first half hour will be sensory friendly! **THIS IS A FREE EVENT**

MOTHER SON NIGHT OF FUN

Friday, May 10

6:30 – 8:30pm

Ladies, grab your little gents and join us for a special date night filled with fun, food, games, dancing and music! Capture the memory with a complimentary professional digital photo.

Please note: 50 tickets must be sold by 5:00pm on May 1st for this event to take place. Tickets will not be sold at the door the day of the event. A maximum of 200 tickets will be sold. Last year's event sold out! Please purchase your tickets early at the front desk.

Fees: Member \$9/per person • Residents \$11/per person • Non-Member/Non-Residents \$13/per person

STRONGSVILLE REC. PRESCHOOL/YOUTH PROGRAM EXPO

Saturday, August 3

10:00am-1:00pm

Come see the wide selection of quality preschool and youth enrichment classes that take place right at your local Strongsville Rec. Center. Both our Recreation Staff and contracted local vendors will be here to answer any questions you have about these wonderful programs. See which programs best fit your child's individual needs. **Free Admission**

STRONGSVILLE YOUTH COMMISSION

The Strongsville Youth Commission (SYC) is a group of youth in grades 10-12 and adult mentors living in Strongsville. It is based on the belief that young people are a valued part of our community and civic life. The SYC looks for youth with leadership abilities that show a desire and willingness to serve their community. After an application process and selection of each year's youth members, the selected youth and adult mentors go on an overnight leadership retreat. In addition to the leadership training, at this retreat the youth members will identify the needs and issues that they feel are important in their community in order to develop programs and projects for the year.

For those interested in becoming a member, you can pick up an application at the front desk beginning May 1st. Deadline for all applications is Sunday, June 9th. Please check your calendar, all applicants must be able to make the overnight leadership retreat on July 26th – 27th.

We would like to congratulate and wish good luck to all of our senior Youth Commission members

Anastasia Ciobanu
Riley Ogrea

Emmett Galla
Raghav Shah

Alexandra Kaiser
Crystel Tohme

Alanis Nader
Cole Ventresca



The Strongsville Farmer's Market

Thursdays, Time TBA
July 18 – September 26

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277.

The Strongsville Farmers' Market is located at 18100 Royalton Rd. (Rec Center Parking lot). See you at the market!



AQUATIC PROGRAMS

Aquatic Supervisor, Patti Welker (440) 580-3260 ext. 5269
Assistant Aquatic Supervisor, Rececca Oblak, ext. 5270



PLEASE SHOWER BEFORE USING THE AQUATIC CENTER FACILITIES.

***** NO FOOD OR GLASS CONTAINERS PERMITTED IN THE 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 and in the aquatic center. For more information on Learn-to-Swim programs, or if your child has any special needs, please contact an Aquatic Supervisor.

YOUTH LEARN-TO-SWIM REGISTRATION SCHEDULE

Begins Tuesday - March 19	Ehrnfelt Rec. Center Members
Tuesday - March 26	Residents* & Members
Wednesday - March 27	Open/On-line Registration

***Must show proof of residency (ex: utility bill)**
 Please see guidelines for program registration.

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 6 years of age and under 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.

THE AQUATIC CENTER SPECIAL HOURS

Monday, May 27	CLOSED	Memorial Day
Tuesday, June 18	CLOSE at 4:00pm	SSL Swim Meet
Sunday, June 23	CLOSED	USA Swim Meet
Tuesday, June 25	CLOSE at 4:00pm	SSL Swim Meet
Thursday, July 4	CLOSED	Independence Day
Tuesday, July 9	CLOSE at 4:00pm	SSL Swim Meet
Wednesday, July 17	CLOSE at 4:30pm	Homecoming Parade
Saturday, July 20	CLOSED	SSL Championship Meet
Monday, August 19 - Monday September 2	CLOSED	Annual Shutdown

The Pools, Steam Room, Sauna and Spa will be closed during Swim Meets.

ALTERNATIVE SWIM WEAR

For the safety, health and welfare of all members and patrons, proper swim attire is required. Proper swim attire is required when using all of the pools, steam room, sauna and spa in the Aquatic Center, including participation in Learn-to-Swim classes. **The following are prohibited: 1. Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts. 2. Clothing worn for workout or other purposes prior to using the Aquatic Center.** Questions concerning proper swimwear should be addressed with the Aquatic Center personnel.

LEARN TO SWIM REGISTRATION AND POLICIES

REGISTRATION INFORMATION

Individuals may enroll in any open class listed in the bulletin. *If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, on the first day of class, so they can better work with your child.*

AQUATIC WAIT LIST

If the class is full, you may ask the front desk staff to add your name to the waiting list. The main purpose of the wait list book is to determine if there is a need to add additional classes. On occasion if there are openings in classes, or if we have the ability to add additional instructors, we will call those who have their name in the wait list book.

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

HOLDS

A Hold spot is a roster spot reserved for a student in the previous Learn to Swim session within a season. These spots become open to the public after the current session is completed. There are no Hold Spots for those enrolled in Winter classes who wish to enroll in a Spring/Summer class, Spring/Summer to Fall, or Fall to Winter. There will be several Hold spots for each class, preschool and Level 1-7 during a session.

A Hold cannot be filled until the class from the previous session has been completed.

A Hold spot will be reserved for those enrolled in a previous session until the last day of class at which time they will be open to the public. Each student must provide an Ehrnfelt Recreation Skill Sheet with the date/time and instructor's name from the last class enrolled in to register for a Hold spot.

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.

THE PIRATE SHIP AREA WILL BE CLOSED DURING ALL LEARN-TO-SWIM CLASSES.

In order to provide an environment free of any potential distractions, with the exception of preschool classes, **parents are required to stay behind the orange cones, and not sit directly in front of the classes in progress.** Parents may observe classes from the vending area, or behind the cones.

Spectators 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.

YOUTH LEARN-TO-SWIM INFORMATION

(Ages 6 months to 5 years old)

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 Parent must accompany child in the water	A continuation of Parent/Toddler: The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
Preschool Advanced (All children will be water tested during the first class. If child is unable to perform the required skills, they will be transferred to the appropriate class with a parent in the water.)	Ages: 3-5 years Parent does NOT accompany child in the water. Child must be comfortable with face in the water, float unsupported on front and back and swim a distance of 5 feet unsupported.	Child must be comfortable in chest deep water, and able to swim on front and back unsupported. Child will learn to swim more comfortably by his/herself. Possible progression through level 1 and 2 of the ERC Learn-to-Swim program.

YOUTH LEARN-TO-SWIM INFORMATION

(Level One to Level Seven - Ages: 5 & Over)

LEVEL	REQUIREMENTS	SKILL TAUGHT
LEVEL ONE: Intro to Water Skills	Ages 5 years or older	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 TWO: Fundamental Water Skills	Passed Level One, or can swim 2 body lengths unsupported. Can float on front and back for 10 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 THREE: Refined Water Skills	Passed Level Two, or can swim 5 body lengths on front and back, do rhythmic breathing, and 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 FOUR A: Stroke Development	Passed Level Three, or can tread water or float for 30 seconds. Able to swim front and back crawl 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 FOUR B: Stroke Improvement	Passed Level 4A or can do 25 yards of front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for one minute.	Perfect Front and Back Crawl, Elementary Backstroke and Breaststroke. Complete Sidestroke and Butterfly. Continue to build water safety skills.
LEVEL FIVE: Stroke Refinement	Passed Level 4B or can do 25 yards of front crawl, back crawl, elementary backstroke, breaststroke, side stroke, dive deep water bobs, and 1.5 minutes treading water.	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 SIX: (ages 8 & older) Fit Swim or Personal Water Safety	Passed Level Five, or be able to swim Front and Back Crawl 50 yards. Elementary Backstroke, Breaststroke, Sidestroke and Butterfly for 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 for 15 yards *Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.	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 SEVEN: 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.

LEARN-TO-SWIM LESSONS

(For Learn-to-Swim Registration information see page 10)

For more information on Learn-to-Swim programs, or if your child has any special needs, please contact Patti Welker.

PARENT/INFANT (6-15 mos.) (Parent in Water)

Ages: 6 - 15 months

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	10:40-11:10am
Monday-Thursdays	6/17-6/27	11:15-11:45am
Monday-Thursdays	7/8-7/18	10:40-11:10am
Monday-Thursdays	7/22-8/1	12:00-12:30pm

Weekend Classes

Saturday	6/1-7/13	9:00-9:30am (7 Classes)
Saturday	6/1-7/13	9:30-10:00am (7 Classes)

Fees:

	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

PARENT/TODDLER (15-36 mos.) (Parent in Water)

Ages: 15 - 36 months

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	11:15-11:45am
Monday-Thursdays	6/17-6/27	10:40-11:10am
Monday-Thursdays	7/8-7/18	12:00-12:30pm
Monday-Thursdays	7/22-8/1	11:15-11:45am

Weekend Classes

Saturday	6/1-7/13	9:30-10:00am (7 Classes)
Saturday	6/1-7/13	11:00-11:30am (7 Classes)

Fees:

	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

PARENT/YOUTH (3 to 5 years) (Parent in Water)

Ages: 3-5 years

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	12:00-12:30pm
Monday-Thursdays	6/17-6/27	12:00-12:30pm
Monday-Thursdays	7/8-7/18	11:15-11:45am
Monday-Thursdays	7/22-8/1	10:40-11:10am

Weekend Classes

Saturday	6/1-7/13	9:00-9:30am (7 Classes)
Saturday	6/1-7/13	10:15-10:45am (7 Classes)
Saturday	6/1-7/13	11:45am-12:15pm (7 Classes)
Saturday	6/1-7/13	12:15-12:45pm (7 Classes)

Fees:

	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

PRESCHOOL ADVANCED (3-5 years Without Parents)

• Must have passed Parent/Youth at ERC or be tested prior to signing up for this class.

Ages: 3 - 5 years

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	9:30-10:00am
Monday-Thursdays	6/17-6/27	9:30-10:00am
Monday-Thursdays	7/8-7/18	9:30-10:00am
Monday-Thursdays	7/22-8/1	9:30-10:00am

Weekend Classes

Saturday	6/1-7/13	9:30-10:00am (7 Classes)
Saturday	6/1-7/13	12:05-12:35pm (7 Classes)

Fees:

	7 Classes	8 Classes
Members	\$30	\$34
Non-Members/Residents	\$41	\$46
Non-Members/Non-Residents	\$51	\$58

Evening Classes

Tuesday & Thursdays	4/30-5/23	5:00-5:30pm
Monday & Wednesday	6/3-6/26	5:00-5:30pm
Monday & Wednesday	7/8-7/31*	5:00-5:30pm (7 Classes)

*No Class 7/17

After Class
Check out the

Crossroads Cafe

Monday-Friday, 11am - 1pm
Located on the Avenue

LEARN-TO-SWIM LESSONS (cont.)

LEVEL 1-INTRO TO WATER SKILLS (No previous swimming experience is necessary.)

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	10:10-11:00am
Monday-Thursdays	6/3-6/13	11:10am-12:00pm
Monday-Thursdays	6/3-6/13	12:10-1:00pm
Monday-Thursdays	6/17-6/27	10:10-11:00am
Monday-Thursdays	6/17-6/27	11:10am-12:00pm
Monday-Thursdays	6/17-6/27	12:10-1:00pm
Monday-Thursdays	7/8-7/18	10:10-11:00am
Monday-Thursdays	7/8-7/18	11:10am-12:00pm
Monday-Thursdays	7/8-7/18	12:10-1:00pm
Monday-Thursdays	7/22-8/1	10:10-11:00am
Monday-Thursdays	7/22-8/1	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	4/30-5/23	5:30-6:20pm
Tuesday & Thursday	4/30-5/23	6:30-7:20pm
Monday & Wednesday	6/3-6/26	5:30-6:20pm
Monday & Wednesday	6/3-6/26	6:30-7:20pm
Monday & Wednesday	7/8-7/31*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/8-7/31*	6:30-7:20pm (7 Classes)

***No Class 7/17**

Fees:	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

Weekend Classes

Saturday	6/1-7/13	10:10-11:00am (7 Classes)
Saturday	6/1-7/13	11:10am-12:00pm (7 Classes)

LEVEL 2 – FUNDAMENTAL WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	10:10-11:00am
Monday-Thursdays	6/3-6/13	11:10am-12:00pm
Monday-Thursdays	6/3-6/13	12:10-1:00pm
Monday-Thursdays	6/17-6/27	10:10-11:00am
Monday-Thursdays	6/17-6/27	11:10am-12:00pm
Monday-Thursdays	6/17-6/27	12:10-1:00pm
Monday-Thursdays	7/8-7/18	10:10-11:00am
Monday-Thursdays	7/8-7/18	11:10am-12:00pm
Monday-Thursdays	7/8-7/18	12:10-1:00pm
Monday-Thursdays	7/22-8/1	10:10-11:00am
Monday-Thursdays	7/22-8/1	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	4/30-5/23	5:30-6:20pm
Tuesday & Thursday	4/30-5/23	6:30-7:20pm
Monday & Wednesday	6/3-6/26	5:30-6:20pm
Monday & Wednesday	6/3-6/26	6:30-7:20pm
Monday & Wednesday	7/8-7/31*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/8-7/31*	6:30-7:20pm (7 Classes)

***No Class 7/17**

Fees:	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

Weekend Classes

Saturday	6/1-7/13	10:10-11:00am (7 Classes)
Saturday	6/1-7/13	11:10am-12:00pm (7 Classes)

LEVEL 3 – REFINED WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	11:10am-12:00pm
Monday-Thursdays	6/3-6/13	12:10-1:00pm
Monday-Thursdays	6/17-6/27	11:10am-12:00pm
Monday-Thursdays	6/17-6/27	12:10-1:00pm
Monday-Thursdays	7/8-7/18	11:10am-12:00pm
Monday-Thursdays	7/8-7/18	12:10-1:00pm
Monday-Thursdays	7/22-8/1	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	4/30-5/23	5:30-6:20pm
Tuesday & Thursday	4/30-5/23	6:30-7:20pm
Monday & Wednesday	6/3-6/26	5:30-6:20pm
Monday & Wednesday	6/3-6/26	6:30-7:20pm
Monday & Wednesday	7/8-7/31*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/8-7/31*	6:30-7:20pm (7 Classes)

***No Class 7/17**

Fees:	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

Weekend Classes

Saturday	6/1-7/13	10:10-11:00am (7 Classes)
Saturday	6/1-7/13	11:10am-12:00pm (7 Classes)

LEVEL 4A - STROKE DEVELOPMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursdays	6/3-6/13	10:10-11:00am
Monday-Thursdays	6/3-6/13	12:10-1:00pm
Monday-Thursdays	6/17-6/27	11:10am-12:00pm
Monday-Thursdays	7/8-7/18	10:10-11:00am
Monday-Thursdays	7/8-7/18	12:10-1:00pm
Monday-Thursdays	7/22-8/1	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	4/30-5/23	5:30-6:20pm
Monday & Wednesday	6/3-6/26	5:30-6:20pm
Monday & Wednesday	7/8-7/31*	6:30-7:20pm (7 Classes)

***No Class 7/17**

Fees:	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

Weekend Classes

Saturday	6/1-7/13	9:10-10:00am (7 Classes)
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LEARN-TO-SWIM LESSONS (cont.)

LEVEL 4B - STROKE IMPROVEMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursday	6/3-6/13	10:10-11:00am
Monday-Thursday	6/3-6/13	11:10am-12:00pm
Monday-Thursday	6/17-6/27	11:10am-12:00pm
Monday-Thursday	6/17-6/27	12:10-1:00pm
Monday-Thursday	7/8-7/18	10:10-11:00am
Monday-Thursday	7/8-7/18	12:10-1:00pm
Monday-Thursday	7/22-8/1	11:10am-12:00pm

Evening Classes

Tuesday & Thursday	4/30-5/23	6:30-7:20pm
Monday & Wednesday	6/3-6/26	6:30-7:20pm
Monday & Wednesday	7/8-7/31*	6:30-7:20pm (7 Classes)

***No Class 7/17**

Fees:	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

Weekend Classes

Saturday	6/1-7/13	9:10-10:00am (7 Classes)
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LEVEL 5 - STROKE REFINEMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Daytime Classes

Monday-Thursday	6/3-6/13	11:10am-12:00pm
Monday-Thursday	6/17-6/27	10:10-11:00am
Monday-Thursday	6/17-6/27	12:10-1:00pm
Monday-Thursday	7/8-7/18	11:10am-12:00pm
Monday-Thursday	7/22-8/1	10:10-11:00am

Evening Classes

Monday & Wednesday	6/3-6/26	6:30-7:20pm
Monday & Wednesday	7/8-7/31*	5:30-6:20pm (7 Classes)

***No Class 7/17**

Fees:	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

LEVEL 6 - PERSONAL WATER SAFETY/FIT SWIM

Ages: 8 & older

Class Limit: Based on instructor availability and pool space.

Day Classes

Monday-Thursday (PWS)	6/3-6/13	12:10-1:00pm
Monday-Thursday (FS)	6/17-6/27	10:10-11:00am
Monday-Thursday (PWS)	7/8-7/18	11:10am-12:00pm
Monday-Thursday (FS)	7/22-8/1	10:10-11:00am

Fees:	7 Classes	8 Classes
Members	\$44	\$50
Non-Members/Residents	\$55	\$62
Non-Members/Non-Residents	\$65	\$74

SPECIALTY AQUATIC PROGRAMS

STROKE CLINICS

Are you a competitive swimmer? Would you like to get ready for the upcoming summer swim league? Sign up for one or all of our individual stroke clinics. These classes focus on one stroke for the entire class-starts, turns, finishes and stroke refinement. This class is designed especially for swimmers who do not swim year round.

Tuesday	5/14	5:30-6:20pm	Freestyle
Tuesday	5/14	6:30-7:20pm	Backstroke
Thursday	5/16	5:30-6:20pm	Breaststroke
Thursday	5/16	6:30-7:20pm	Butterfly
Tuesday	5/21	5:30-6:20pm	Backstroke
Tuesday	5/21	6:30-7:20pm	Freestyle
Thursday	5/23	5:30-6:20pm	Butterfly
Thursday	5/23	6:30-7:20pm	Breaststroke

Fees:	1 Class	4 Classes (-10%)	8 Classes (-15%)
Member	\$12	\$43	\$81
Non-Member/Resident	\$17	\$61	\$115
Non-Member/Non-Resident	\$22	\$79	\$149

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 - Beginner/Intermedediate

Saturday	6/1-7/13	10:10-11:00am (7 Classes)
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Fees:	7 Classes
Members	\$55
Non-Members/Residents	\$65
Non-Members/Non-Residents	\$75

PRIVATE SWIM LESSONS

Private swim lessons are available to anyone. Please contact 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.

ADULT SWIM LESSONS

Ages 12 & older		6 Classes
Monday Beginner	6/3-7/22*	7:30 - 8:20pm (7 Classes)
Wednesday Advanced Beginner	6/5-7/31*	7:30 - 8:20pm (7 Classes)

***No Class 7/1, 7/3 & 7/17**

Fees:	7 Classes
Members	\$72
Non-Members/Residents	\$82
Non-Members/Non-Residents	\$92



LIFEGUARD/WSI TRAINING PROGRAMS

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & over

Class Limit: 10

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

IMPORTANT: Students will be tested on the first day of class in the 300 yard swim, treading water and diving for the brick. NO REFUNDS will be given to students who are unable to complete 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. The Lifeguarding Manual can be downloaded for free at <http://www.redcross.org/participantmaterials> or purchased at the front desk for \$35 prior to the first class meeting.

Mondays and Wednesdays 4/8-4/24 6:00-9:30pm

• **CPR Monday 4/15 from 6:00-9:30pm:** You must attend this class to pass, there will be no make-ups.

Fees:	Members	\$96
	Non-Members/Residents	\$110
	Non-Members/Non-Residents	\$120

AMERICAN RED CROSS LIFEGUARD REVIEW

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

Sunday 5/19 9:00am-5:00pm

Fees:	Members	\$96
	Non-Members/Residents	\$110
	Non-Members/Non-Residents	\$120

AQUATIC EXERCISE

ROM (RANGE OF MOTION) PROGRAM PASS

This pass is good for any ROM water exercise class offered during the current bulletin. You may purchase a pass anytime during the current bulletin but it must be used up by the end of the current bulletin.

Using Your ROM Pass

- The pass expires on the last day of the session, 8/15/19.
- Your instructor will keep the passes on file after purchase.
- There are **NO refunds** for lost or stolen passes.
- Passes are non-transferable & non-refundable.
- **No refunds** on unused classes.
- Drop-ins are still permitted for any class at the Drop-in rate.

Fees:	5 Classes	10 Classes	15 Classes	20 Classes
Members	\$14	\$27	\$39	\$50
Non-Members/Residents	\$20	\$39	\$57	\$74
Non-Members/Non-Residents	\$25	\$49	\$72	\$94
Drop-in fees	Members	\$6 per class		
	Non-Members	\$7 per class		

AQUATIC EXERCISE (cont.)

ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

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

Daytime Classes

Class Limit: 30

Monday	4/29-5/20	10:30-11:20am	4 Classes
Tuesday & Thursday	4/30-5/23	10:45-11:35am	8 Classes
Tuesday & Thursday	6/4-8/15*	9:45-10:35am	21 Classes

*No Class 7/4

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

SHALLOW AND DEEP WATER EXERCISE PROGRAM PASS

This pass is good for any day or evening water exercise class offered during the current bulletin. You may purchase a pass anytime during the current bulletin but it must be used up by the end of the bulletin.

Using Water Exercise Pass

- The pass expires on the last day of the session, 8/15/19.
- Pass must be punched at the front desk prior to attending class.
- The front desk will give you a numbered ticket to be given to the instructor.
- There are **NO refunds** for lost or stolen passes.
- Passes are non-transferable & non-refundable.
- **No refunds** on unused classes.
- Drop-ins are still permitted for any class at the Drop-in rate.

Fees:

	5 Classes	10 Classes	15 Classes	20 Classes	30 Classes
Members	\$25	\$48	\$69	\$88	\$126
Non-Members/Residents	\$35	\$68	\$99	\$128	\$186
Non-Members/Non-Residents	\$41	\$80	\$117	\$152	\$222
Drop-in fees	Members	\$10			
	Non-Members	\$12			

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

Daytime Classes

Monday & Wednesday	4/29-5/22	9:15-10:05am	8 Classes
Monday & Wednesday	6/3-8/14	9:10-10:00am	22 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 flotation 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. Come join us in this fast-paced, invigorating, "wet fat-burning" lab!

Ages: 15 & older

Class Limit: 30

Daytime Classes

Tuesday & Thursday	4/30-5/23*	10:45-11:35am	6 Classes
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Evening Classes

Tuesday & Thursday	4/30-5/23*	7:40-8:30pm	6 Classes
Monday & Thursday	6/3-8/15*	7:40-8:35pm	19 Classes

*No class 5/7, 5/9, 7/4, 7/25 & 7/29

WATER ZUMBA! SHALLOW WATER CLASS

Jump into the Latin-inspired, easy-to-follow, calorie burning, dance fitness, that makes working out a splash. Water Zumba is a low intensity water/dance exercise class held in the activity pool.

Ages: 15 & older

Class Limit: 30

Daytime Classes

Tuesday	4/30-5/21*	11:45am-12:35pm	3 Classes
Thursday	5/2-5/23*	9:45-10:35 am	3 Classes
Monday & Wednesday	6/3-8/14*	8:10-9:00 am	20 Classes

*No class 5/7, 5/9, 7/22 & 7/24

SWIM TEAM

2019 STRONGSVILLE RECREATION SWIM TEAM

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

**Sea Monkey Family Picnic/Green-White Meet
Sunday June 9th-3:00pm**

Practice begins Tuesday, May 28, 2019 and the season concludes with the SSL Championship meet on Saturday, July 20, 2019.

New parents are required to attend the Parents' Meeting on Wednesday, May 15 at 7:00 p.m. and to volunteer during the season. For more information, contact the Assistant Aquatic Supervisor, **Becky Oblak 440-580-3260 ext. 5270.**

Eligibility: The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/19 or graduating high school senior. To participate, swimmers may not be members of a homeowner association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle and backstroke on the first day of practice in order to participate. If you question your child's swimming ability, you may want to consider signing up for group or private lessons this winter.

Practice Schedule:

5/28-5/31	Monday-Friday	5:00-8:00pm
6/3-7/19	Monday-Friday	8:00-10:00am

Meets: Tuesdays & Thursdays evenings
EACH CHILD WILL BE ASSIGNED BY AGE GROUP
TO A 1 HOUR PRACTICE TIME

Fees: Members \$160
Residents/Non-Members \$190

(Includes cost of Champs t-shirt – team suits can be purchased at the Spirit Shop) Families receive a \$10 discount for each additional child on the swim team.

TEAM SIZE IS LIMITED BASED ON POOL TIME

Clothing Allowed in the Pools, Steam Room and Sauna

- Swim Trunk/Board Shorts
- Swim/Surf Shirts
- Religious Swimwear
- Water Shoes
- Jammers or Speedos
- 1 or 2 Piece Swimsuits
- Swim Diapers
- White T-shirts

Clothing NOT Allowed in the Pools, Steam Room and Sauna

- Basketball Shorts
- Jean Shorts and Pants
- Colored T-Shirts
- Socks/ Street Shoes
- Sports Bras
- Regular Diapers
- Tank Tops or Cami Shirts
- Underwear, Boxers or Briefs
- Compression Shirts (long, short or no sleeve)
- Compression Pants/Shorts

Allowed on the Pool Deck Only

- Colored T-Shirts
- Flip Flops
- Swimsuit Cover Ups





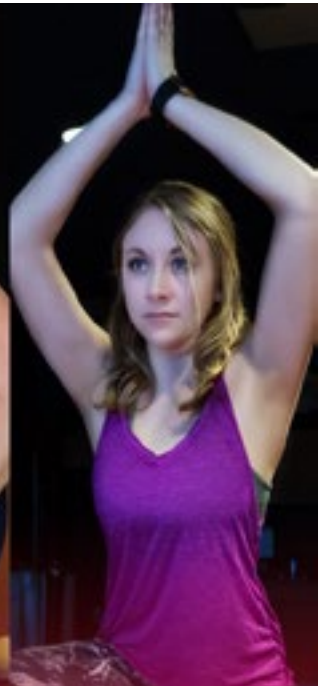
CrossFit
30 classes
each week



Group Ex
30+ classes
each week



Group Cycling
25+ classes
each week



Yoga/Barre
20+ classes
each week

Over 100 Classes Each Week!

Strongsville
Parks
Recreation
Senior
Services



FITNESS PROGRAMS

Fitness Supervisor, Denise Lengal • (440) 580-3260 ext. 5275



Unlimited CrossFit for as low as \$77/month

Sign up/Register Online or by calling!

(440) 580-3260 • <http://www.strongsville.org/content/CrossFit.asp>

CrossFit is constantly varied, high intensity, functional movement. What that means is that you will be challenged by every workout in a way that will make you more fit, healthier, and stronger than you ever thought possible! Contact us for more information.

TRY CrossFit for free for two weeks, contact Denise.Lengal@strongsville.org or call 440.580.3260, x5275.

Fitness Programs

MESSAGE CONSISTENCY PASS

MASSAGES AS LOW AS \$35!

Make time for yourself, indulge in our Massage services! Massage is much more than mere luxury. It is a healing tool. Scientific proof of the benefits of regular massage is undeniable. Benefits range from treating chronic disease and injuries to alleviating stress and tension. Massage therapy will enhance your immune system and improve your circulation. It will soothe, restore, and revitalize overused muscles. Having a massage provides more than relaxation – there are specific physiological and psychological changes which occur. So, why not take the first step toward a healthier, happier you! Make regular massage an affordable part of your healthy lifestyle with our Massage Consistency Pass. Our Licensed Massage Therapists will provide you with the ultimate experience with our 30, 60, or 90 minute sessions. Choose from Swedish, Therapeutic, or Sports massage.

Enroll in our Massage Consistency Pass with monthly EFT. Each month \$42 (plus tax) will be charged to your credit card and you will receive one 60 minute Swedish, Therapeutic or Sports massage for that particular month. Upgrade to a 75 minute Signature Stone Massage or a 90 minute Swedish, Therapeutic, or Sports massage for \$62 (plus tax). Don't worry if you miss your massage for the month, you can roll it over to the following month! Then, buy as many additional massages as you'd like for that month at the unbelievably low cost of \$35 (plus tax) for a 60 minute session or \$55 (plus tax) for the 90 minute session. (The additional massages must be used by the end of the month. They DO NOT roll over.) All massages are transferrable although expiration dates still apply.

One year commitment is required.

- All massages must be used within one year.
- Once you enroll please contact the Fitness Office to schedule your appointments.

NO Enrollment Fee:

First Massage of the month - \$42 (plus tax) for 60 minute session or \$62 for Signature Stone or 90 minute session. *THIS MASSAGE ROLLS OVER TO THE NEXT MONTH IF YOU DO NOT USE IT.*

Additional Massages for the month - \$35 for 60 minute session or \$55 for Signature Stone or 90 minute session. *THESE MASSAGES DO NOT ROLL OVER AND MUST BE USED WITHIN THE MONTH THEY ARE PURCHASED.*

Contact Denise @ 440-580-3260 x5275 or denise.lengal@strongsville.org

MESSAGE THERAPY (no pass)

Prices do not include tax.

SWEDISH MASSAGE

Swedish massage employs five different movements: long gliding strokes, kneading, friction, tapping, and vibration. It is a light pressure massage developed to increase the oxygen flow and release toxins from the muscles.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

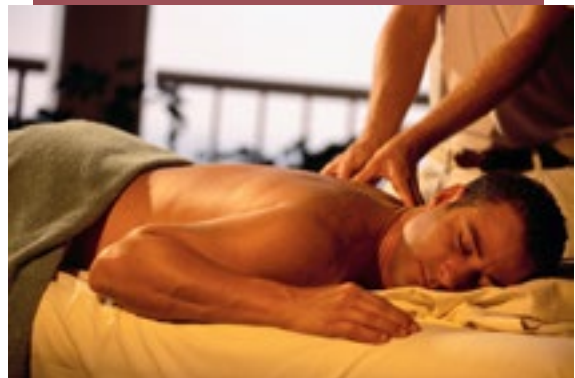
30 minutes	\$35
60 minutes	\$50
90 minutes	\$80

THERAPEUTIC MASSAGE

Therapeutic massage is a deep tissue massage performed with a series of movements and techniques similar to Swedish massage but with more emphasis on pressure to target the deeper tissue structures of the muscle. The therapist works on releasing chronic muscle tension and knots.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

30 minutes	\$35
60 minutes	\$55
90 minutes	\$85



MASSAGE THERAPY (no pass) cont.

SPORTS MASSAGE

Sports Massage is a form of deep tissue massage combined with lighter pressures. It is a more focused massage with applications designed for injury treatment, prevention, and management of primary muscles utilized most during sports and fitness training. Pressure is applied relative to specific muscle soreness. Decreased muscle tension and pain can be expected from ongoing treatments.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

30 minutes	\$35
60 minutes	\$55
90 minutes	\$85

SIGNATURE STONE MASSAGE

Our very own signature massage performed by placing hot and chilled stones at various relaxation and energy points throughout your body while a warm towel is draped over your feet for the ultimate in deep muscle therapy and healing.

Call (440) 580-3260 ext. 5275 to schedule your appointment.

75 minutes	\$80
115 minutes	\$125

GROUP EXERCISE, GROUP CYCLE, YOGA, BARRE, & ZUMBA

GET IN SHAPE AND HAVE FUN DOING IT!!!! Our top notch and cutting edge equipment and instructors provide a customized workout designed to get you healthy and in shape FAST! We offer a variety of every class imaginable to keep you motivated and to keep you moving and grooving.

Member Registration: March 19
Resident Registration: March 26
Open Registration: March 27

GUIDELINES FOR ALL CLASSES

1. Ages 15 & over
2. Please try different classes and don't be intimidated by new programming. We have world class instructors and all our classes include modifications for men & women of all ages and fitness levels.
3. HAVE FUN!

If you have questions regarding the following programs please call Denise at 440-580-3260 ext. 5275. Updated schedules can be found at:
<http://strongsville.org/content/fitness.asp>.

GROUP CYCLE PROGRAM

Start exploring new roads. Indoors. Train with the professionals in our Group Cycle Program. Whether you want to bring your athletic performance to the next level in preparation for a cycling competition, or if you're looking to burn calories and stay in shape, we've got you covered! Our indoor cycling experience will help you reach your goal. Your time is important and you demand an effective workout with reduced impact on your joints. We provide that and more. With no complicated moves to learn, motivating instructors, and music that begs your legs to pedal, getting into the best shape of your life has never been more fun! Group Cycle is for people of all fitness levels. A great workout in just 45 minutes! Give it a try. You'll be glad you did!

Updated Group Cycle Schedules may be found in our Group Cycle room, at the front desk, or at <http://strongsville.org/content/fitness.asp>

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

Introduction to the 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 call Denise @ 440-580-3260 ext 5275 or denise.lengal@strongsville.org.**

PASS STRUCTURE

UNLIMITED COMBO PASS

One year commitment contract and monthly EFT. Includes all Group Cycle, Group Ex, Yoga, Pilates, Barre, Zumba, all other land exercise classes and all aquatic exercise classes (exception ROM Shallow Water).

- **1 year commitment and contract required.**
 - **No Enrollment Fee!**
 - **Once you are in prices can never go up for you.**
 - \$33/month for members
 - \$43/month for non-member residents
 - \$53/month for non-member non-residents
 - **You may pay a lump sum for the full year at a reduced price.**
 - \$360 members (\$30/month)
 - \$480 non-member residents (\$40/Month)
 - \$600 non-member non-residents (\$50/month)
- 1 year commitment and contract required*

*Now Includes
Water Exercise
Classes!*



Fitness Programs

YOGA/BARRE/PILATES PASS

Good for unlimited Yoga, Pilates, and Barre!

- **1 year commitment and contract required**
 - **No Enrollment Fee!**
 - **Once you are in prices can never go up for you.**
 - \$22/month for members
 - \$32/month for non-member residents
 - \$42/month for non-member/non-residents
 - **You may pay a lump sum for the full year at a reduced price.**
 - \$240 members (\$20/month)
 - \$348 non-member residents (\$29/Month)
 - \$468 non-member non-residents (\$39/month)
- 1 year commitment and contract required*

PASS STRUCTURE (cont.)

UNLIMITED MONTHLY PASS

Unlimited 1 month Group Ex, Group Cycle, and MindBody 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)

(10) Class Pass expires 1 month from date of purchase, no commitment.

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

Drop In Fees: Member \$8 Non-Member \$10

Try a Class Pass! 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.)

ZUMBA PASS (AEROBIC STUDIO)

Group Exercise Pass may now be used!

Join Julie Zamski and Melissa Thomas-Edington, Radio City Rockette, as they rock 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. **LIVE IT!** (60 min. 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 Tuesday 7pm, Wednesday 5:30pm class or our Saturday 8:15am class! Once you get your punch card please bring them with you every time. Stop at the desk to get it punched. Passes will only be good for Land Zumba and do not include Aqua-Zumba.

Ages: 15 & over

Fees:

5 Pass Card	\$20.00 (\$4.00 per class)
10 Pass Card	\$35.00 (\$3.50 per class)
20 Pass Card	\$60.00 (\$3.00 per class)
Drop-in Classes	\$6.00

(Passes expires 3 months from date of purchase & is good for both Wednesday 5:30pm and Saturday 8:15am classes)

HEALTH ASSESSMENT AND PEAK PERFORMANCE

PERSONAL TRAINING

Strongsville Recreation'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.

One Session:

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

Five Sessions:

Members \$187
 Non-Member/Residents \$200
 Non-Member/Non-Residents \$210

Ten Sessions:

Members \$350
 Non-Member/Residents \$375
 Non-Member/Non-Residents \$390

If you are interested in 2 person or team training please contact Denise Lengal, Fitness Supervisor, for more details on how you and your crew can train together!!!!

All Ehrnfelt Recreation Center Personal Trainers have been employed based on their extensive qualifications, therefore only Ehrnfelt Recreation Center Personal Trainers can be utilized in this facility. Any other personal training is prohibited in the Ehrnfelt Recreation Center.



CLASS	DESCRIPTION	BENEFITS
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.	Sculpts and Shapes Muscles
Barre Fire	Combination of Barre and Boxing	Burn Fat, Strength & Lengthen Muscles
Body Max	Barbells will be used with varying weights for this full body workout.	Weight Loss, Strength Training
Cardio Blast	All your favorite cardio techniques combined for a different workout every day	Weight Loss, Strength Training
Fusion	The perfect mix of Pilates, Yoga, and Barre. Focus on core strength, flexibility, and total body conditioning.	Flexibility, Core Strength
FIERCE	Fiery workout pulling no punches to maximize benefits for a full body blasting. Includes Plyo drills, high intensity circuits, and many other tools to vary your workout and shock your body!	Weight Loss
ICE	Intense Crazy Exercise!!!	Fat Burn, Improve Strength
Iron Circuit	The Best of TRX & KETTLEBELL for utter obliteration and muscle development!	Full Body Strength Training
Kettlebell	Russian Kettlebell training, do we need to say any more!!!!	Increased Strength
LIFT!	Intergrative Fitness Training. Increase your strength & power and improve the way your body functions and feels. Elevate all 7 components of total fitness. (50 min. class)	Balanced Strength, Fitness & Function
PowerHour	Get Fit through fun, challenging, ever changing cardio & strength techniques. (Kettlebell, Kickboxing...who knows what else?)	Boost Metabolism, Total Fitness
Pure Strength	Efficient, effective total body strength training. (45 min. class)	Total Strength Training
Simply Sculpt	A total body strength training workout utilizing bands, weights, & body weight.	Muscle Definition, Toning
HIIT	High Intensity Interval Training is a proven technique that optimizes results by pushing you through your limitations.	Weight Loss, Burn Fat
Muscle/Core	This strength based workout will create a firm, strong body, attack the core, and boost your metabolism.	Boost Metabolism, Tone and Increase Strength
TRX	The ultimate in cutting edge training while suspended with our TRX system for complete body training in every plane.	Full Body Strength Training
Tabata Training	Ultra-high intensity intervals designed to create prolonged afterburn.	Burn Fat
Pilates	Traditional mat Pilates and functional training with resistance balls & flex bands. A workout that will tone, define, & sculpt the entire body.	Muscle Definition, Increased Core Function
YogaFlow	Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!	Increased Flexibility
YogaStrength	Intermediate-Advanced practice. (For those who've taken at least 8 previous yoga classes.)	Increased Flexibility & Strength
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. (60 min. class)	Increased Flexibility & Strength



Denise Lengal, Fitness Supervisor
denise.lengal@strongsville.org

FITNESS OFFICE: 440.580.3260 EXT. 5275

GROUP EXERCISE

GROUP CYCLE — GROUP CYCLE STUDIO CLASS SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am	Spin Studio		Juan		Juan			
6:00 am	Spin Studio			Cassie				
7:45 am	Spin Studio	Cliff		Cliff		Cliff		
8:30 am	Spin Studio		Jenny		Jenny		Rotation	
9:00 am	Spin Studio			Rene				
9:30 am	Spin Studio	Karen	Jenny		Jenny	Jenny	Rotation	Tami
12:00 pm	Spin Studio					Tami		
4:30 pm	Spin Studio			Cliff				
5:30 pm	Spin Studio	Rene		Cliff		Cliff		
6:30 pm	Spin Studio	Rene	Pam		Karen			

GROUP EXERCISE — GROUP EXERCISE STUDIO SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	Group Exercise Studio	HIIT - Abby	Pure Strength - Karen	TRX - Abby	Pure Strength - Karen			
6:00 am	Group Exercise Studio	Pilates - Abby						
8:15 am	Group Exercise Studio						Zumba - Melissa	
8:30 am	Group Exercise Studio			Pure Strength - Abby	LIFT! - Pam			
9:30 am	Group Exercise Studio	Cardio Blast - Marissa	PowerHour - Marissa	Cardio Blast - Abby	PowerHour - Tami	Kettlebell - Abby	Iron Circuit - Abby	
10:30 am	Group Exercise Studio							Power Hour - Marissa
10:35 am	Group Exercise Studio	Simply Sculpt - Marissa	Pilates - Kellie	Tabata - Sarah	Pilates - Tami	Muscle/Core - Marissa	BodyMax - Karen	
11:30 am	Group Exercise Studio							
12:00 pm	Group Exercise Studio	Iron Circuit - Tami		Iron Circuit - Pamela		Kickboxing - Marissa		
5:30 pm	Group Exercise Studio	BodyMax - Karen		Zumba - Melissa	BodyMax - Karen			
6:00 pm	Group Exercise Studio			ICE - Lisa				
6:35 pm	Group Exercise Studio	Fierce - Karen		PowerHour - Marissa	ICE - Stephanie			
7:00 pm	Group Exercise Studio		Zumba - Julie					
7:35 pm	Group Exercise Studio	BarreCore - Tami						

Fitness Programs

All classes and/or instructors are subject to change without notice.
 For the most up to date schedule please check out our website at
www.strongsville.org/content/fitness.asp



GROUP EXERCISE

GROUP EXERCISE — MIND/BODY STUDIO SCHEDULE (INCLUDED IN THE UNLIMITED GROUP EXERCISE PASS)

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	Mind/Body Studio			Pilates - Abby	Fusion - Karen			
8:30 am	Mind/Body Studio	Yoga Strength - Meghan					Powerful Flow Yoga - Jeremy	
8:35 am	Mind/Body Studio					BarreCORE - Abby		
9:15 am	Mind/Body Studio							Open Flow Yoga - Patti
9:30 am	Mind/Body Studio	BarreCORE - Kellie	Yoga Flow - Meghan	BarreFire - Sarah	Yoga Flow - Cristen		Pilates - Maria	
9:35 am	Mind/Body Studio					Yoga Flow - Kellie		
10:30 am	Mind/Body Studio			BarreCORE - Abby				
10:35 am	Mind/Body Studio						BarreCORE - Abby	
12:00 pm	Mind/Body Studio		Yoga Flow - Tami					
5:30 pm	Mind/Body Studio	Pilates - Barbara		Pilates - Barbara				
7:00 pm	Mind/Body Studio		Fusion - Lisa	Yoga Flow - Meghan				

CROSSFIT SCHEDULE

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6:30 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
7:30 am	CrossFit Box		Crossfit					
8:30 am	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
9:30 am	CrossFit Box	Crossfit		Crossfit	Crossfit	Crossfit	Crossfit	
10:30 am	CrossFit Box							
5:30 pm	CrossFit Box	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6:30 pm	CrossFit Box	Crossfit		Crossfit	Crossfit			

**All classes and/or instructors are subject to change without notice.
For the most up to date schedule please check out our website at
www.strongsville.org/content/fitness.asp**





CrossFit



Group Ex



MindBody



Group Cycle



HEALTH ASSESSMENT AND PEAK PERFORMANCE (cont.)

NUTRITIONAL CONSULT

This invaluable consult is designed to reach all members, whether you are looking to improve cholesterol levels, blood pressure, weight, sports performance, or even manage diabetes better. Our Registered and Licensed Dietitian, Angel Bobula, can help you achieve all of your goals and guide you to creating your own personal profile. Includes metabolism evaluation, overview of nutritional habits, and designing customized meal plans specific to your goals.

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

Fees:

Members	\$45
Non-Member/Residents	\$50
Non-Member/Non-Residents	\$55

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 Front Desk**

Fees:

MEMBERS:	\$15
Non-Member Residents	\$50
Non-Members/Non-Residents	\$60

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:

MEMBERS:	FREE
Non-Member Resident	\$50
Non-Members/Non-Resident	\$60

SPECIALTY GROUP EXERCISE CLASSES

Registration classes that are not a part of Group Exercise passes.

BEGINNER YOGA WORKSHOP (MindBody Studio)

Whether you are new to yoga or would like to refine your practice, this workshop will break down common, basic yoga poses. Details will be given for proper alignment and safety in Sun Salutations as well as standing poses like Warrior 1, Warrior 2, Triangle, etc. Modifications and proper use of props will also be offered. Time will also be spent discussing breath, class etiquette, the history of yoga. A minimum of 6 participants required.

Instructors: Meghan Reimer

Sunday	5/5	11:00am-1:00pm
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Fees:

Members	\$30
Non-Member/Residents	\$35
Non-Member/Non-Residents	\$40

INTRODUCTION TO YOUTH STRENGTH TRAINING

Boys and Girls (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.

Evening Classes:

Ages: 12-14 years

Class Limit: 10

Monday & Wednesday	5/6 - 5/22	4:00pm-5:00pm
Monday & Wednesday	6/3 - 6/19	4:00pm-5:00pm
Monday & Wednesday	7/1 - 7/17	4:00pm-5:00pm
Monday & Wednesday	8/5 - 8/21	4:00pm-5:00pm

Fees:

Members	\$45
Non-Member/Residents	\$53
Non-Member/Non-Residents	\$61

SPECIALTY GROUP EXERCISE CLASSES (cont.)

KIDDIE KARATE I (EVENT CENTER)

An eight week course in basic techniques. This class includes a bully and stranger awareness program. Class is designed for all NEW students from the 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!** **Ages: 5-9 years**

Evening Classes:
 Wednesday 5/29-7/24* **Class Limit: 35**
 Wednesday 7/31-9/25* 4:30-5:30pm
 4:30-5:30pm
No Classes: 7/17 & 8/28

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

Fees: **8 Sessions**
 Members \$70
 Non-Member/Residents \$80
 Non-Member/Non-Resident \$90

KIDDIE KARATE II & III (ORANGE BELT) (EVENT CENTER)

An eight week course in advance techniques. This class is for students advancing further from Kiddie Karate I. Class involves more advanced moves and techniques. Pre-requisite: Kiddie Karate I. Class instruction includes a bully and stranger awareness program.

Evening Classes: **Class Limit: 35**
 Wednesday 5/29-7/24* 5:30-6:30pm
 Wednesday 7/31-9/25* 5:30-6:30pm
No Classes: 7/17 & 8/28

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

Fees: **8 Sessions**
 Members \$70
 Non-Member/Residents \$80
 Non-Member/Non-Resident \$90



Strongsville Yoga School

**200 hour Yoga Teacher Training Program.
 Registered through Yoga Alliance.**

Fall 2019 Classes
Anticipated Start Date September 4, 2019*
 (* Date subject to change)

For more information contact Denise Lengal at denise.lengal@strongsville.org.

SPECIALTY GROUP EXERCISE CLASSES (cont.)

KIDDIE KARATE IV (GREEN BELT) (EVENT CENTER)

An eight week course for students who are advanced Orange Belt. Please contact Sensei Joe Bove at 330-351-9848 if you have questions.

Evening Classes: **Class Limit: 35**
 Wednesday 5/29-7/24* 6:30-7:30pm
 Wednesday 7/31-9/25* 6:30-7:30pm
***No Classes: 7/17 & 8/28**

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

Fees: **8 Sessions**
 Members \$70
 Non-Member/Residents \$80
 Non-Member/Non-Resident \$90

ADVANCE KARATE & BEGINNER KARATE (EVENT CENTER)

Advanced eight week course involving more advance forms and self-defense techniques. (This class is for higher ranking belts.) While advanced class is going on, another karate instructor will simultaneously teach beginner karate. Beginner Karate is an eight week course that includes the basic techniques of Okinawan Isshinryu Karate. After this eight week course you will join the advanced karate class taught by Sensei Joe Bove. These are a series of upper and lower body techniques required for advancement into advance classes. Warm up, stretching, and cardiovascular training will occur through this session. Wear comfortable clothing and tennis shoes. Uniforms may be purchased through the instructor if desired. Come to have fun and learn! Please contact Sensei Joe Bove at 330-351-9848 if you have questions. **Ages: 9 & Over**

Evening Classes: **Class Limit: 35**
 Wednesday 5/29-7/24* 7:30-9:00pm
 Wednesday 7/31-9/25* 7:30-9:00pm
***No Classes: 7/17 & 8/28**

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

Fees: **8 Sessions**
 Members \$70
 Non-Member/Residents \$80
 Non-Member/Non-Resident \$90

TRADITIONAL YOGA MIND/BODY STUDIO

A great way to find relaxation while building flexibility, increasing core strength and improving balance. This class will introduce students to the mind-body aspects of ancient holistic practices. Promote relaxation of the mind and body in a safe, fun and friendly environment. Students must be able to get from standing to the floor without assistance. Pregnant students must contact teacher for approval before registering. Beginners welcome. Dress comfortably and bring a towel or a yoga mat.

Evening Classes: Ages: 15 & over **Class Limit: 25**
 Monday 5/6 - 6/24* 7:00-8:15pm 7 Sessions
 Monday 7/1 - 8/19 7:00-8:15pm 8 Sessions
***No Class 5/27**

Instructors: Sheila Hart

Fees: **7 sessions** **8 sessions**
 Members \$63 \$72
 Non-Member/Residents \$70 \$80
 Non-Member/Non-Residents \$78 \$90



YOUTH RECREATION & ENRICHMENT PROGRAMS

Recreation Supervisor, Kristen Nykiel

OH SAY CAN YOU SEE?

Many parents ask to observe classes. We find it is generally distracting for the children when there are observers in the class. Most of our programs have built in an opportunity for you to see the results of your children's efforts or the progress they are making. We ask you to abide by the wishes of your child's instructor in this matter. Thank you.

EARLY REGISTRATION

Although last minute enrollments are accepted, there is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing and preparation and purchasing of supplies. PLEASE REGISTER EARLY.

PARENTS: IF YOUR CHILD IS ENROLLED IN A PROGRAM AND IS UNDER 7 YEARS OLD, YOU MUST REMAIN IN THE BUILDING DURING THE PROGRAM FOR THE SAFETY OF YOUR CHILD.

Contact Kristen Nykiel for more information at (440) 580-3260 ext. 5281

SUMMER PROGRAMS

MISS JEN'S MUSIC CLASS (CONFERENCE ROOM)

This high energy music and movement program allows siblings to attend together in a single developmentally appropriate, play-based class. Caregivers attend with children as we focus on providing a positive learning environment with lots of singing, dancing, jumping, and instrument play. This summer session features "The Frog Collection" materials (CD and activity book, purchase is required). Infants who are not yet 6 months old are free when attending with a paying sibling but still must register.

Instructor: Brought to us by Miss Jen's

Music featuring music from The Music Class

Ages: 0 – 5 years (with adult participation) **Class Limit: 14** **10 Classes**

Mornings Wednesdays 6/12-8/14 10:00 – 10:45am

Evenings Wednesdays 6/12-8/21* 6:00 – 6:45pm

*No Class: 7/17

Fees:	Members	Non-Members
One child	\$143	\$153
Two Children	\$233	\$243
Three Children	\$283	\$293

*Material Fee: Please bring in an additional \$35 per family, paid to instructor at first class.

SPROUT THERAPY – LANGUAGE ROOTS (CONFERENCE ROOM)

This Mommy and Me style class will teach parents how to facilitate first words and early language with their littler one. This program will provide opportunities to show parents how to get on the floor, play, and build language into routines they already have. We will provide activities that parents can try with us and use at home to keep their little one engaged and learning. Each session will have a specific target. There will be specific activities to facilitate language, tools to teach your little one, and carryover tasks to practice at home. This is also a great group to teach foundational socialization skills to each other as they learn to navigate the world with other children. A part of this group will be geared towards a play-group-like environment encouraging children to play with each other. Developmental norms will also be provided from American Speech and Hearing Association.

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

Ages: 18month – 3 years (with adult participation) **Class Limit: 8** **6 Classes**

Tuesdays 6/4-7/9 6:00-6:45pm

Fees:	Members	Non-Member/Residents	Non-Member/Non-Residents
Members	\$132		
Non-Member/Residents		\$139	
Non-Member/Non-Residents			\$145

SUMMER PROGRAMS (cont.)

FRIDAY FUNDAYS

Join us for these one day classes with lots of hands on activities and games based on the fun class themes.

Class Limit: 12

1 Class

Ages: 18m-2yrs (this is a together class with child and caregiver)

6/21 Ocean Adventure 10:00-10:45am

6/28 Colors, Shapes & Sizes 10:00-10:45am

Ages: 3-5yrs

6/21 Ocean Adventure 11:30am-12:15pm

6/28 Young Einsteins 11:30am-12:15pm

Fees:

Members \$13

Non-Member/Residents \$14

Non-Member/Non-Residents \$16



SUMMER PROGRAMS (cont.)

YOGA FOR KIDS (CONFERENCE ROOM)

Come join us for Yoga for Kids where through music, story and movement, your child will become acquainted with the principles of yoga. Benefits of yoga include: improving strength and flexibility; developing the ability to focus, building self-confidence and reducing stress; developing body awareness and coordination; improving balance; having fun with others through group games/activities/partner poses! Ages 4+ will be introduced to aromatherapy and beginning meditation activities. Laura Srsa is an intervention specialist (Pre-K to Grade 12) as well as a certified children's yoga instructor.

Age: 2-4 years (with parent/caregiver participation) **Class Limit: 10** **4 Classes**

Saturdays 6/8 – 6/29 10:30am – 11:15am

Saturdays 7/27 – 8/17 10:30am – 11:15am

Age: 4-7 years (without parent/caregiver participation) **Class Limit: 10** **4 Classes**

Saturdays 6/8 – 6/29 9:30am – 10:15am

Saturdays 7/27 – 8/17 9:30am – 10:15am

Fees: Members \$30
 Non-Member/Residents \$35
 Non-Member/Non-Residents \$40

SPROUT THERAPY – SPROUT (CONFERENCE ROOM)

This class will focus on early intervention to facilitate expressive, receptive, and social language. We will provide a theme each week to initiate a skill, an activity to practice in a structured setting, and opportunities to practice with less structure but adult facilitation.

This group is ideal for children who:

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

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

Ages: 3-6 years **Class Limit: 8** **6 Classes**

Tuesdays 7/16-8/20 5:45-6:45pm

Fees: Members \$150
 Non-Member/Residents \$156
 Non-Member/Non-Residents \$162

SPROUT THERAPY: SPEECH THERAPY SESSIONS: PRIVATE SESSION

Individual 30-minute therapy sessions designed specifically to remediate speech and language difficulties in children. Sessions are personalized to fit the needs and interests of your child and to target specific individualized goals. We believe in a family based and natural approach to therapy. Therapists utilize of a variety of methods and evidence based therapeutic techniques in each session to provide the balance between structured activities for your child to learn and unstructured floor play to generalize skills to other activities in a natural manner. Challenging, yet achievable, goals are set so we can work together to see growth. Sessions are provided by an ASHA certified, Ohio Licensed Speech-Language Pathologist. Any specific questions about classes can be directed to Sprout Therapy at www.sprouttherapyllc.com or (440) 316-2416.

Ages: 18 months - 7th grade **1 Class**

Date and time set up once registration is complete

Fees: \$50 / per session (if paying privately)*

*If you plan on paying through your insurance there may be an additional fee and payment will be run through Sprout Therapy.



SUMMER PROGRAMS (cont.)

SPROUT THERAPY: SPEECH LANGUAGE CONSULTATION:

Consultation and initial screenings are available to determine the need for further evaluation. Price of screening can go towards the cost of the evaluation if further testing/services are warranted. Consultations are complementary and formal screenings are available for \$20. Any specific questions about classes can be directed to Sprout Therapy at www.sprouttherapyllc.com or (440) 316-2416.

Ages: 18 months - 7th grade **1 Session**

Date and time is set once registration is complete

Fees: \$20

SPROUT THERAPY: SPEECH LANGUAGE EVALUATION

A comprehensive speech-language evaluation completed through formal testing to identify your child's strengths and areas of need. Standardized scores and normative information are provided to compare your child's skills to same age typically developing peers. At the completion of the evaluation process you will also receive a formal report with a full description of the results and recommendations. Cost ranges from \$175-\$250 and varies based on the area(s) assessed. Insurance options available. Any specific questions about classes can be directed to Sprout Therapy at www.sprouttherapyllc.com or (440) 316-2416.

Ages: 18 months - 7th grade **1 Session**

Date and time is set once registration is complete

Fees: \$175 - \$250*

PONY CAMP JUNIOR

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Come and learn about our ponies and horses, help brush/groom them, take a pony ride, and hear a singing cowboy. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Parents are responsible for transportation to and from Pony Tales Farm. Classes held rain or shine.

Ages: 2-6 years **Class Limit: 10** **2 Sessions**

Wednesdays 5/15 & 5/22 4:00pm – 4:45pm

Wednesdays 6/5 & 6/12 4:00pm – 4:45pm

Tuesdays 7/9 & 7/16 11:30am – 12:15pm

Thursdays 8/1 & 8/8 4:00pm – 4:45pm

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

DAY CAMP

PRESCHOOL DAY CAMP (CONFERENCE ROOM)

Do you have an active, inquisitive preschooler in need of some summertime fun? Are you looking for a program that will delight and excite your child? Come join us at preschool day camp three days a week. We will explore the joy of summer through books, crafts, games, and much more. Please wear tennis shoes and bring a healthy lunch/snack to camp each day. If an individual wants to cancel enrollment in preschool day camp, it must be requested at least 7 days prior to the first day of that particular camp session. Refunds will not be given if requested less than 7 days prior to the first day of camp.

Ages: 4- 5 years

Monday, Tuesday, Thursday

Class Limit: 18

9:00am – 1:00pm

Dates Theme

6/3 – 6/6 Jungle Adventure

6/10 – 6/13 Disney Magic

6/17 – 6/20 Digging Up Dinosaurs

6/24 – 6/27 3...2...1... Blast Off

4th of July Week No Camp This Week

7/8 – 7/11 The Art All Around Us (special guests Arts in Strongsville)

7/15 – 7/18 Wild Wild West

7/22 – 7/25 Pirate and Fairy Adventure

7/29 – 8/1 Under the Sea (water inflatables)

Fees: Members \$39
 Non-Member/Residents \$45
 Non-Member/Non-Residents \$55

YOUTH PROGRAMS

SPROUT THERAPY – BLOSSOM (CONFERENCE ROOM)

This class will focus on intervention to facilitate Language and Social Skills for school age children. We will provide a theme each week to initiate a skill, an activity to practice in a structured setting, and opportunities to practice with less structure but adult facilitation.

This group is ideal for children who:

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

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

Ages: K-3rd Grade **Class Limit: 8** **6 Classes**
 Tuesdays 7/16-8/20 4:45-5:45pm

Fees: Members \$150
 Non-Member/Residents \$156
 Non-Member/Non-Residents \$162

PONY CAMP

Learn introductory riding basics, general horse care, grooming, saddling, bridling, safety issues and stable care. Students will receive individual attention. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Each student should wear long, loose-fitting pants and flat shoes (tennis shoes are okay). Bring a bike or riding helmet to each class. Parents are responsible for transportation to and from Pony Tales farm. Weight limit of 125lbs. Classes are held rain or shine. Pony Tales location: 13360 Cowley Road, Columbia Station, Ohio 44028.

Ages: 6-12 years **Class Limit: 12** **4 sessions**

Wednesdays 5/1 – 5/22 5:00 – 6:00pm
 Wednesdays 6/5 – 6/26 5:00 – 6:00pm
 Tuesdays 7/9 – 7/30 10:00 – 11:30am
 Thursdays 8/1 – 8/22 5:00 – 6:00pm

Fees: Members \$77
 Non-Member/Residents \$81
 Non-Member/Non-Residents \$85

KIDS EXPLORATORY CODING PLAYGROUND (MEETING ROOM)

It is never too young to start coding. This course is specially created for young Sprout age k to 2nd grader. We are using Scratch Jr to create a light and playful environment to create digital story and simple animation. Kids will be immersed in their own creation using their own voice and giving sequence of instructions using lego-styled blocks.

We will NOT talk about syntax or algorithm as this is not the objective of the course. The main objective is to let kids take control of their creation, understanding how he/she can alter the behavior and sequence of events. This introductory course will empower young Sprout to gain confidence in themselves and be aware of human and computer interaction. Tablets will be provide for the kids and there will be no sharing of device. Parents are welcome to stay in the class.

Grades: K – 2nd **Class Limit: 10** **4 Classes**
 Tuesdays 5/7 – 5/28 5:30 – 6:45pm

Fees: Members \$95
 Non-Member/Residents \$99
 Non-Member/Non-Resident \$103



YOUTH PROGRAMS (cont.)

CREATING YOUR FIRST IPHONE/IPAD

MOBILE GAME LEVEL 1 (MEETING ROOM)

This is a course designed very similar to our Visual Game Coding using Scratch. The only difference is the platform. This coding curriculum will be taught on the IOS platform like the Ipad/Iphone. It employs LEGO-styled blocks for the instructions and all programming constructs will be taught. Kids will also focus on Algorithm and logic thinking using Pseudo coding, a tool that is very useful to break up complex problems into smaller pieces. Apple Ipad will be provided for the kids and there will be no sharing of device. No prior knowledge of computer programming is required; however, students should know how to navigate using an Ipad. Parents are welcome to stay in the class.

Ages: 8-13 years **Class Limit: 10** **4 Classes**

Saturday 5/11 9:00am – 3:00pm *

*Each student should bring a lunch

Fees: Members \$95
 Non-Member/Residents \$99
 Non-Member/Non-Residents 103

KIDS CREATIVE PROGRAMMING

WITH JAVASCRIPT 1 (MEETING ROOM)

Lean programming through creative interaction with graphics and animation. This course is packed with fun and creativity using the JavaScript programming language. Kids will learn the basics syntax and constructs of JavaScript as well as simple HTML command tags. We will also discuss JavaScript's ecosystem of external libraries to help us accomplish more with less code. Programs written in this course are dynamic in nature and can be interacted using the browser. Kids will have fun coding simple animation with interaction on their browser. Kids should have some knowledge of programming concept. Prior experience with basic drag-and-drop programming such as Scratch is preferred. Kids should be comfortable using the keyboard typing in their program.

Ages: 8-13 years **Class Limit: 10** **4 Classes**

Saturday 5/18 9:00am – 3:00pm

Fees: Members \$95
 Non-Member/Residents \$99
 Non-Member/Non-Residents \$103

STRONGSVILLE SPIRIT SHOP
 The LATEST in Mustang and STS J&J Viking Fan Apparel, Novelties & Gifts

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Weekdays 9:30 am – 8 pm
 Saturdays 9:30 am – 4:30 pm

Located Inside the Ehrnfelt Rec Center on Rt. 82

Like us on Facebook!

2019 Summer Day Camp

School is out! Summer is in! Join your friends for some summer fun at the Ehrnfelt Recreation Center. We will be offering summer day camp for children grades K-6th (or up to age 13). Activities will include arts and crafts, organized games, awesome field trips, swimming, movies and much more. Field trip locations and dates subject to change. Price includes registration, field trip cost, camp T-shirt and afternoon snack. Each day send children with:

Healthy Lunch * Water Bottle * Swimming Suit * Towel * Tennis Shoes *Combination lock for lockers (S-N-S & F.I.T.S. Camps)

Before & After Camp: a separate flat rate of \$3 will be charged for any portion of time between 7:00 am and 8:45 am, and an additional \$3 for any portion of time between 4:30 pm and 6:15 pm. Please refer to camp guides, located at front desk, for details. \$3 fee applies for the 1st child, each additional child is \$1 per session, per day.

There will be an informational parent meeting on Tuesday, May 21 at 6:30pm in the West Event Center, during which the Head Counselors will introduce themselves, review camp procedures and answer any questions.

Camp Extras There will be an option for day campers to take learn to swim classes, drop-in yoga classes, and tutoring while they are at camp. Please read your day camp information packet for more details.

ERC CAMP (EHRNFELT RECREATION CENTER) - MEETING ROOM

Ages: 5-8 years** **Class Limit: 30** **9:00am – 4:00pm**
 **5 year olds must have completed kindergarten and provide supporting documentation such as a report card.

Week	Dates	Field Trip
Week 1	6/3 – 6/7	American Ninja Warrior 6/4
Week 2	6/10 – 6/14	Jump Yard 6/14
Week 3	6/17 – 6/21	Movie Outing (Toy Story 4) 6/21
Week 4	6/24 – 6/28	Bowling 6/27
Week 5*	7/1 – 7/5	(No camp 7/4) Ice Skating 7/3
Week 6	7/8 – 7/12	Make Believe 7/12
Week 7	7/15 – 7/19	Hinckley Lake 7/17
Week 8	7/22 – 7/26	Fun-n-Stuff 7/23
Week 9	7/29 – 8/2	Water Inflatable 8/1
Week 10	8/5 – 8/9	Campardy 8/7
Week 11	8/12 – 8/16	Cleveland Zoo & Rain Forest 8/13

S-N-S CAMP (SUMMER IN STRONGSVILLE) – CONFERENCE ROOM / OUTDOOR

Ages: 8-10 years **Class Limit: 30** **9:00am – 4:00pm**

Week	Dates	Field Trip
Week 1	6/3 – 6/7	Movie Outing - Secret Life of Pets 2 6/7
Week 2	6/10 – 6/14	Get Air 6/12
Week 3	6/17 – 6/21	American Ninja Warrior 6/18
Week 4	6/24 – 6/28	Fun-n-Stuff 6/28
Week 5*	7/1 – 7/5	(No camp 7/4) Hinckley Lake 7/5
Week 6	7/8 – 7/12	Bowling 7/10
Week 7	7/15 – 7/19	Kalahari 7/18
Week 8	7/22 – 7/26	Ice Skating 7/24
Week 9	7/29 – 8/2	Water Inflatables 8/1
Week 10	8/5 – 8/9	Campardy 8/7
Week 11	8/12 – 8/16	Cleveland Zoo & Rain Forest 8/15

CAMP F.I.T.S (FUN IN THE SUN) – OUTDOOR POOL DECK

This camp is an outdoor camp with the exception of the drop off and pick up which will be in the gyms. Camper will need to bring a combination lock with them to camp for their belongings.

Ages: 10-12 years **Class Limit: 30** **9:00am – 4:00pm**

Week	Dates	Field Trip
Week 1	6/3 – 6/7	Bowling 6/5
Week 2	6/10 – 6/14	American Ninja Warrior 6/11
Week 3	6/17 – 6/21	Ice Skating 6/19
Week 4	6/24 – 6/28	Fun-n-Stuff 6/26
Week 5*	7/1 – 7/5	(No camp 7/4) Hinkley Lake 7/2
Week 6	7/8 – 7/12	Kalahari 7/11
Week 7	7/15 – 7/19	Movie Outing 7/19
Week 8	7/22 – 7/26	Play:Cle 7/25
Week 9	7/29 – 8/2	Water Inflatables 8/1
Week 10	8/5 – 8/9	Campardy 8/7
Week 11	8/12 – 8/16	Get Air 8/16

Fees (per week):

E.R.C., S-N-S and F.I.T.S Day Camp

Members	\$134	Members	\$107
Non-Members/Residents	\$145	Non-Member/Residents	\$116
Non-Members/Non-Residents	\$159	Non-Member/Non-Residents	\$127

***Fees (for week 5)**

STRONGSVILLE YOUTH

LEADERSHIP CAMP (S.Y.L.C.) –SR. ART STUDIO

S.Y.L.C. is a weekly leadership camp that meets Mondays, Wednesdays and Fridays from 9am-4pm with before and after camp option available. Campers will take part in fitness classes, enjoy special guests, and participate in daily leadership and teambuilding trainings. Once a week campers will leave the building to volunteer at different places around Strongsville making a positive difference in their community. Of course there will still be the summer time fun of swimming, games and activities, as well as, a field trip or two. Priority enrollment for this program goes to those who participated in our S.Y.L.C. or regular Summer Day Camp program in 2018. The more weeks the campers attend this program the greater the impact the trainings and experience will have on them. Please have your young leader come to camp each day with a combination lock for their locker, a healthy lunch, tennis shoes, water bottle, swimming suit and towel. They will have a locker that they can leave their items in for the week.

Ages: 13-15 years Class Limit: 15

Commitment: all campers must register for a minimum of 2 weeks

Mondays, Wednesday, Fridays

9:00am – 4:00pm

Week 1	6/3 – 6/7	Backyard Preserve 6/7
Week 2	6/10 – 6/14	Kemper House 6/14
Week 3	6/17 – 6/21	Cleveland Food Bank 6/22
Week 4	6/24 – 6/28	Go Apes 6/28
Week 5	7/1 – 7/5	TBD
Week 6	7/8 – 7/12	City Mission – Youth Service 7/12
Week 7	7/15 – 7/19	Cleveland Metroparks 7/19
Week 8	7/22 – 7/26	TBD
Week 9	7/29 – 8/2	Beach Clean Up 8/2
Week 10	8/5 – 8/9	Hinckley Lake 8/9
Week 11	8/12 – 8/16	Get Air 8/16

Fees:	Members	\$80/week
	Non-Members/Residents	\$90/week
	Non-Members/Non-Residents	\$100/week



YOUTH PROGRAMS (cont.)

CREATIVE COMPUTER PROGRAMING FOR KIDS -PYTHON LEVEL 1 (MEETING ROOM)

Kids Programming using Python computer language. This course is for kids that have done some level of programming like Scratch and ready to move on to the next level. This course will introduce Python's basic programming constructs to kids and simple graphic drawing using the Turtle module. Simple data types will be introduced to kids as well as code organization using functions. Kids taking this course should be comfortable typing on the keyboard as we will be using a text editor to edit our Python program. Prior experience with basic drag-and-drop programming such as Scratch is preferred, but not required. Parents are welcome to sit in and observe the class

Ages: 9-13 years	Class Limit: 10	4 Classes
Saturday	5/25	9:00am – 3:00pm *
*Students should bring a lunch with them		
Fees:	Members	\$95
	Non-Member/Residents	\$99
	Non-Member/Non-Residents	\$103

YOGA FOR TWEENS (CONFERENCE ROOM)

Benefits of yoga include: improving strength and flexibility; developing the ability to focus; building self-confidence and reducing stress; developing body awareness and coordination; improving balance; and having fun with others through group games/activities/partner poses! Students will be introduced to aromatherapy and beginning meditation activities.

Ages: 8 – 12 years	Class Limit: 12	4 Classes
4 Classes Conference Room		
	Instructor: Nicole Crosby	
Saturdays	6/8 – 6/29	11:30am – 12:30pm
Saturdays	7/27 – 8/17	11:30am – 12:30pm
Fees:	Members	\$30
	Non-Member/Residents	\$35
	Non-Member/Non-Residents	\$40

YOUNG REMBRANDTS FOOD ILLUSTRATION WORKSHOP 2019 (CONFERENCE ROOM)

****ALL NEW!****

Pull out your apron, chef's hat and sharpen your pencil! During these five, fun-filled days, young chefs and artists will join forces to draw up one of the tastiest workshops yet. Young Rembrandts students will learn to illustrate the thing we all love to do - eat! Students will draw, decorate, build and color everything in the kitchen that relates to cooking and baking. Drawings will include funny kitchen cartoons, detailed still life scenes and delicious details to make them complete. Prepare for artwork that looks good enough to eat! Register your artistic chef now!

Ages: 6-12 years	Class Limit: 20	5 Classes
Monday – Friday	8/5 – 8/9	9:00am – 12:00pm
Fees:	Members	\$210
	Non-Member/Residents	\$215
	Non-Member/Non-Residents	\$220

YOUTH PROGRAMS (cont.)

YOUNG REMBRANDTS CARTOON CHARACTER CREATION WORKSHOP 2019 (CONFERENCE ROOM)

****ALL NEW!****

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like features, exaggeration, action and personification will contribute to your child's artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to CREATE THEIR OWN ORIGINAL CARTOON CHARACTERS. Sign up today!

Ages: 6-12 years	Class Limit: 20	5 Classes
Monday – Friday	8/5 – 8/9	1:00pm – 4:00pm
Fees:	Members	\$210
	Non-Member/Residents	\$215
	Non-Member/Non-Residents	\$220



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STRONGSVILLE CITY PARKS AND RECREATION



YOUTH PROGRAMS (cont.)

SPROUT THERAPY – THRIVE

During the program, we will play a variety of games including board games and movement games to facilitate social communication. The purpose of this program is to teach children how to interact with each other beyond a screen.

The low student to therapist ratio in this program makes it ideal for students who:

- Typically receive speech therapy at school
- Have a difficult time expressing their opinions, wants/needs, emotions
- Struggle when participating in groups or playing face to face games with friends for the duration of an activity
- Have a difficult time initiating and continuing conversations with other
- Demonstrate difficulty winning/losing during games

Instructor: One of Sprout Therapy's ASHA accredited Speech Language Pathologist

Ages: 4th – 7th grade **Class Limit:** 10 **6 Classes**
 Tuesdays 6/4-7/9 4:45 – 6:00pm

Fees: Members \$150
 Non-Member/Residents \$156
 Non-Member/Non-Resident \$162

THE MONEY GAME® -FINANCIAL INTERACTIVE LEARNING PROGRAM (SR. MEETING ROOM)

Learn about money by DOING money. Students work for a paycheck, get paid, pay their expenses, learn how to pay themselves first (save) and then learn how to buy assets that then pay themselves passive income. Once the passive income comes into the picture, a huge lightbulb goes off in their brains. This is when they realize that investing that in assets is how to become financially free AND how they get to go out in the world and do a whole lot of good!

Instructor: Ms. Kim Franz, The Etiquette Factory.

Ages: 10-15 years **Class Limit:** 15 students **1 Class**
 Friday 6/21 5:00 – 7:00pm

Fees: Members \$40
 Non-Member/Residents \$42
 Non-Member/Non-Residents \$45



YOUTH PROGRAMS (cont.)

HENNA BY SADHANA (MEETING ROOM)

Learn about an enduring tradition, timeless art of body painting and wonderful artistry of beautiful patterns which comes with practice and control. This course allows students to get in touch with their creative side, and learn the methods required when using natural henna paste to achieve beautiful, flowing pieces of body artwork.

Foundation Course includes:

- History of Henna
- Basic flow & simple patterns- on paper
- Henna preparation – how to mix henna, how to make henna applicator
- Techniques and practical henna application
- Henna after care

Instructor: Sadhana Pokala - Art is an expression, an experience, a journey. Sadhana's journey started in her early childhood drawing flowers and paisleys. Being a Fashion Designer, her passion becomes her profession. Sadhana is an imaginative Henna/Mehendi artist who is driven by an incredible passion for self-expression through art. She is a self-taught artist practicing henna artistry for the past 15 years. She has developed an innovative style that blends traditional and modern art of mehendi. Her work is noted for her unique style, intricate designs, elegance, and technique.

Ages: 10 years -Adults **Class Limit:** 15 **4 Class**
 Wednesday 6/5-6/26 6:30-7:30pm

Fees: Members \$100
 Non-Member/Residents \$105
 Non-Member/Non-Residents \$110

CHORDS ARE KEY FOR GUITAR (CONFERENCE ROOM)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to justonceclasses.com. Fee Includes an online book and online instructional videos.

Topics include: *How chords work in a song *How to form the three main types of chords *How to tune your guitar *Basic strumming patterns *How to buy a good guitar (things to avoid) *How to play along with simple tunes

Ages: 13 years and over **Class Limit:** 15 **1 Class**
 Wednesday 5/8 6:30 – 9:00pm

Fees: Members \$59
 Non-Member/Residents \$63
 Non-Member/Non-Residents \$65



COMMUNITY HEALTH AND WELLNESS

Southwest General Community Nurse, Laurie Pfahler, RN
(440) 816-4031



Community Health and Wellness

FABULOUS FRIDAYS FOR YOUR HEALTH AND WELL BEING

Mark your calendar for the second Friday of each month to make time for you! Southwest General will present a variety of health related talks and screenings to help you be the best you can be. All are welcome. Talks are always free. A small fee will be charged for cholesterol screenings.

EATING TO STAY HEALTHY

Join Wendy Zullo from lifeworks of Southwest to learn about what you should be eating in order to stay healthy, have energy, and feel your best!

Friday **5/10** **10:00am**

IF YOU'RE HAPPY, DO YOU KNOW IT?

People often say, "I just want to be happy" but what does this really mean. Over the years, there have been a number of studies on happiness. Come hear the simple ingredients to a happy life!

Friday **6/14** **10:00am**

PHYSICIAN PRESENTATION:

AARON WOLKOFF, MD NONSURGICAL OPTIONS FOR ARTHRITIS

Dr. Aaron Wolkoff, primary care sports medicine physician from Southwest, will present Nonsurgical Options for Arthritis. He will discuss platelet rich plasma injections along with bone marrow injections as a way to help patients overcome injuries & improve their overall health and athletic performance.

Friday **7/12** **10:00am**

WELLNESS CLINICS

DIABETES SCREENING

The incidence of diabetes is on the rise. Some diabetes symptoms include frequency of urination, excessive thirst, extreme hunger, unusual weight loss, increased fatigue, irritability and blurry vision. Educational literature will be available. No appointment necessary. Please check the Community Nurse Calendar for additional dates and times.

3rd Tuesday of every month **10:30am -12:30pm**

BLOOD PRESSURE SCREENING

Did you know that nearly one in three adults in the United States have high blood pressure? Because there are no symptoms, nearly one third of these people do not even know that they have it. Uncontrolled high blood pressure can lead to stroke, heart attack, or kidney failure. This is why high blood pressure is often called the "silent killer". The only way to tell if you have high blood pressure is to have your blood pressure checked. Please check the Community Nurse Calendar for additional dates and times.

1st Monday of every month **10:15am-12:00pm**
3rd Tuesday of every month **10:30am -12:30pm**

REWARD YOURSELF

Massage Consistency Passes Are Available

**For more information
please check out Page 18 for details.**



INDIVIDUAL & TEAM SPORTS PROGRAMS

Recreation Supervisor, Jason Keppler
Assistant Recreation Supervisor, Timothy Campbell



Jason Keppler can be reached at the Ehrnfelt Recreation Center at (440) 580-3260, ext. 5280

YOUTH PROGRAMS

INTRODUCTION TO YOUTH STRENGTH TRAINING

Boys and Girls (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.

Evening Classes:	Ages: 12-14 years	Class Limit: 10
Monday & Wednesday	5/6-5/22	4:00pm-5:00pm
Monday & Wednesday	6/3-6/19	4:00pm-5:00pm
Monday & Wednesday	7/1-7/17	4:00pm-5:00pm
Monday & Wednesday	8/5-8/21	4:00pm-5:00pm

Fees:	Members	\$45
	Non-Member/Residents	\$53
	Non-Member/Non-Residents	\$61

YOUTH BASEBALL PROGRAMS

JUMP START T-BALL (CROSS AND FINLEY FIELDS)

A fun and highly instructional introduction to baseball for 3 and 4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and then apply what they have learned in fun, non-competitive games. Sessions are one hour long, one day per week, and include all instruction and game play in one outing. Instruction is conducted by Jump Start Sports staff coaches. Players receive a Major League Baseball hat, team tee shirt, and baseball medal. Volunteer coaches may also participate in a detailed coaches training program provided by Jump Start Sports.

Ages: 3-4 years			
Session 1	Saturday	4/13-5/18	9:00am or 10:00am (1-hour)
Session 2	Saturday	6/15-7/20	9:00am or 10:00am (1-hour)
Session 3	Saturday	9/7-10/12	9:00am or 10:00am (1-hour)

Fee:	Residents	\$80
	Non-Residents	\$90

YOUTH BASEBALL PROGRAMS (cont.)

BOYS' LATE SUMMER BASEBALL

Registration will begin June 16th and go until leagues are filled or July 7th, whichever comes first.

Ages: 6-18 yrs. (as of Aug. 30, 2019)

5-6 yrs.	T-Ball
6-8 yrs.	Coach Pitch
9-10 yrs.	Kid Pitch
11-13 yrs.	Kid Pitch
14-18 yrs.	Kid Pitch

Fee:	Residents	\$42
	Non-Residents	\$57

Practices: Start mid-late July. One weeknight and one weekend time.

Games: Tuesdays and Thursdays. (Wednesdays may be used if necessary)

Start early-mid August and run through the end of September or beginning of October. Each team will play ten games.

Coaches: Parents or adults interested are encouraged to fill out an application.

YOUTH BASKETBALL LEAGUES AND PROGRAMS:

YOUTH SUMMER BOYS BASKETBALL LEAGUES

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

REGISTRATION: April 2 through April 22 (a late fee will be assessed after April 22).

GRADES: K through 12 (this would be the grade they will be during the next school year)

Fees:	Grades K-1	Co-Ed	\$40
	Grades 2	Co-Ed	\$45
	Grades 3-5		\$50
	Grades 6-8		\$50
	Grades 9-12		\$50

Practices and games: will occur on Saturday's beginning in June. There will be a 30 minute practice prior to the game. All games and practices will be at the Rec. Center. *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.

YOUTH SANDLOT BASEBALL

YOUTH SANDLOT BASEBALL (WOOD FIELD)

Playground baseball like in the 50's and 60's. Parents are encouraged to join along in this fun filled, low key activity.

Ages: 9-16 years **Capacity:** 40 children (Boys & Girls)

Wednesdays 6/12 – 8/7* 10:00 am - 12:30 pm
 Tuesday and Thursday 6/11 – 8/8* 10:00 am - 12:30 pm

***No play on 7/4**

***Make-ups will be on Fridays**

Fees:	Tues/Thurs.	Wed.	All Three Days
Members	\$35	\$20	\$45
Non-Members/Residents	\$40	\$25	\$50
Non-Members/Non-Residents	\$50	\$35	\$60

Drop-In Fees:

Members	\$3 per day
Non-Members/Residents	\$4 per day
Non-Members/Non-Residents	\$6 per day

YOUTH SPORTS CLINIC, CAMPS CLASSES AND LESSONS

HEAD START BASKETBALL CAMP (REC CENTER GYMS)

Emphasizing the fundamentals of basketball with individual attention given to each young player. The campers will be taught the basic techniques of shooting, dribbling, passing, rebounding, and defense. The camp will not only provide a fundamental base for each young player, but will also be a fun and enjoyable experience for every camper. Our coaches work with the campers on developing their individual basketball skills while also teaching sportsmanship. We want to make the most of every day and we do that with enthusiasm and a positive attitude. Learning is FUN!

Here are just a few things you will learn out on the court

- Ball handling drills that you can work on at home to become more confident with the ball
- Proper shooting technique
- Passing and catching skills
- How to box out your opponent and grab a rebound
- Defensive stance and movements
- Sportsmanship
- How to be a good teammate
- Basic 3 on 3 basketball strategy

Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or head-startbasketball@usa.net for more information

Grades:	K-8	1:30-4:30 pm	
Session 1	Monday-Friday	6/10-6/14	Boys and Girls Grades K-6
Session 2	Monday-Friday	6/17-6/21	Boys Only Grades K-6
Session 3	Monday-Friday	6/24-6/28	Boys and Girls Grades 4-8
Session 4	Monday-Friday	7/8-7/12	Boys and Girls Grades K-6

Fee: \$95

HEAD START BASKETBALL SUMMER SKILLS CHALLENGE (AUXILIARY GYM)

Test your ability in a variety of basketball skills competitions. Shooting, dribbling, and passing games will allow players of all ages and abilities to show off their fundamentals and have fun doing it. There will be favorites like knockout and free throws, but plenty of new contests too! We will also play a half-court team tournament. The Skills Challenge will be directed by former Strongsville High and Kent State University player Mike Klinzing who has more than 20 years of basketball camp experience.

Grades:	2-7 (grade last year)	Limit: 78	
	Monday/Tuesday	7/29-7/30	1:30-4:30pm

Fee: \$45

HEAD START LITTLE DRIBBLERS

The Head Start Basketball Little Dribblers Program is designed to provide a positive and fun environment for kids to develop their basketball dribbling skills with individual attention given to each player. The Little Dribblers program will actively, creatively, and playfully engage players in ball handling skills and drills. The ultimate goal is to get your little dribbler comfortable and confident with a basketball in their hands, able to utilize both their right and left hand equally effectively.

Grades:	K-3rd		
	Saturday	5/11-5/25	12:00pm – 1:00pm

Fee: \$25

YOUTH SPORTS CLINIC, CAMPS CLASSES AND LESSONS (cont.)

HEAD START BASKETBALL PLAYER DEVELOPMENT ACADEMY

Head Start Basketball's Player Development Academy offers Cleveland area players a unique opportunity to improve their basketball skills. Regardless of a player's age, skill level, or position, training with Head Start Basketball will elevate your game to the next level.

Ages: 4-18 years
 Mondays 6/3-8/12 6:00pm-7:00pm or 7:00pm-8:00pm

Fee: \$15 per day (can drop into any class)

YOUTH TENNIS LESSONS (CITY TENNIS COURTS NEXT TO THE LIBRARY)

Students will learn the basic skills, rules, and sportsmanship from a USPTA Certified instructor,

Ages: 6-14 years **Limit:** 16 per class **4 weeks** (8 classes weather permitting)

Session I

S1/L1- AM	Ages: 5-8 years	T/Th	6/11-7/9*	8:30-9:30 am
S1/L2- AM	Ages: 9-12 years	T/Th	6/11-7/9*	9:30-10:30 am
S1/L3- AM	Ages: 13-16 years	T/Th	6/11-7/9*	10:30-11:30 am

***No Class 7/4**

S1/L1- PM	Ages: 5-8 years	M/W	6/10-7/3	5:00-6:00 pm
S1/L2- PM	Ages: 9-12 years	M/W	6/10-7/3	6:00-7:00 pm
S1/L3- PM	Ages: 13-16 years	M/W	6/10-7/3	7:00-8:00 pm

Session II

S2/L1- AM	Ages: 5-8 years	T/Th	7/16-8/8	8:30-9:30 am
S2/L2- AM	Ages: 9-12 years	T/Th	7/16-8/8	9:30-10:30 am
S2/L3- AM	Ages: 13-16 years	T/Th	7/16-8/8	10:30-11:30 am

S2/L1- PM	Ages: 5-8 years	M/W	7/15-8/12*	5:00-6:00 pm
S2/L2- PM	Ages: 9-12 years	M/W	7/15-8/12*	6:00-7:00 pm
S2/L3- PM	Ages: 13-16 years	M/W	7/15-8/12*	7:00-8:00 pm

***No Class 7/17**

Fees:	Members	\$95
	Non-Members/Residents	\$103
	Non-Members/Non-Residents	\$119

YOUTH VOLLEYBALL CLINIC (EHRNFELT REC. CENTER AUXILIARY GYM)

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

Class Limit: 24 Girls & Boys

Tuesdays	6/25-7/30	6 weeks
3rd-4th Grade (Beginner)		5:30 – 6:45 pm
5th-7th Grade (Intermediate)		6:45 – 8:00 pm

Fees:	Members	\$48
	Non-Members/Residents	\$53
	Non-Members/Non-Residents	\$63



YOUTH SPORTS CLINIC, CAMPS CLASSES AND LESSONS (cont.)

GIRLS VOLLEYBALL LEAGUE

(EHRNFELT REC. CENTER AUXILIARY GYM)

If you are looking to learn how to play volleyball or improve your skills, then this league is for you. **Registration dates 4/7-5/1**

Divisions- 3rd-5th and 6th-8th grades

Games- Saturdays late June-mid August, 10:00 am – 3:00 pm

Practices- Wednesdays, beginning early June, 4:00 – 9:00 pm

Fees:	Members	\$50
	Non-Members/Residents	\$55
	Non-Members/Non-Residents	\$65

YOUTH TABLE TENNIS (EVENT CENTER)

Come out and play a competitive game of table tennis. If you are a beginner don't worry. David Pech, a USATT Certified Club Coach, will help you with instruction. Go to www.strongtt.info for more information. No drop-ins. There is an additional \$25 fee payable to the Strongsville Table Tennis League.

Ages: Grades 5-8 (boys & girls)

	Tuesdays	TBD	4:00 – 6:00 pm	20 dates
Fees:	2 Month Membership		Drop-In	
	Adult	\$55	\$6	
	Senior & College	\$45	\$5	
	Youth	\$35	\$4	
	Youth with playing adult*	\$25	\$3	
	*plus \$5 for each additional child			

INDIANS TICKETS

STRONGSVILLE NIGHT WITH THE

INDIANS (PROGRESSIVE FIELD- CLEVELAND)

Come join us for Strongsville's Night with the Indians. If we sell enough tickets everyone will get to walk on the field before the game (we sold enough tickets last year)!

To be added to an email list to get the latest information once it's available please email Jason Keppler at jason.keppler@strongsville.org

Date: TBD Time: TBD

MISC PROGRAMS

YOUTH FOIL FENCING CAMP (MEETING ROOM)

Come learn the fundamentals of this great sport! The lessons are taught by former Cleveland State University Coach, and current head coach of the On Target Fencing Team. All equipment is provided. **Min/Max- 6 and 24**

	Monday-Friday	7/15-7/19	1:00-3:00pm
Fees:	Members	\$65	
	Non-Members/Residents	\$70	
	Non-Members/Non-Residents	\$80	

NINJA WARRIOR TRAINING

(EXTREME NINJA WARRIOR GYM- WEST 130TH IN HINCKLEY)

Be on the lookout for more info on this exciting class!

To be added to an email list to get the latest information once it's available please email Jason Keppler at jason.keppler@strongsville.org

ADULT PROGRAMS ADULT BASKETBALL LEAGUES

MEN'S 18+ TUESDAY BASKETBALL LEAGUE- 4X4

(EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 18 & over

Tuesdays 6/4-8/13 6:30 – 10:00 pm

Fees:

Per Team (Limit: 12)	\$135
Cash Forfeit Deposit	\$80
Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 18+ SUNDAY BASKETBALL LEAGUE- 5X5

(EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 4/15 through 5/1. Registration will be on a first pay first serve basis.

Ages: 18 & over

Limit: 10 Teams per division

Sundays 5/5-8/11 3:00 – 10:30 pm

Fees:

League Entry Fee (Limit: 10 teams per division)	\$175
Cash Forfeit Deposit	\$80
Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 18+ WEDNESDAY BASKETBALL LEAGUE- 5X5

(EHRNFELT REC. CENTER AUX. GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 18 & over

Wednesdays 5/29-8/7* 6:20 – 10:00pm

***No Games 7/17**

Fees:

League Entry Fee (Limit: 8)	\$150
Cash Forfeit Deposit	\$80
Referee/Scorekeeper Fees	\$34 per team/per game

THE BOB KAMINSKI MEMORIAL 3X3 BASKETBALL LEAGUE

(EHRNFELT REC. CENTER AUX. GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis.

Ages: 40 & over

Thursdays 5/30-8/15* 8:00 – 10:00pm

***No Games 7/4**

Fees:

League Entry Fee (Limit: 8)	\$75
Cash Forfeit Deposit	\$60
Referee/Scorekeeper Fees	\$22 per team/per game

ADULT SOFTBALL LEAGUES

CO-ED FRIDAY SOFTBALL LEAGUE

(VOLUNTEER PARK & FOLTZ FIELD #1)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis. Double headers will be played in the first few weeks of the season.

Ages: 18 & over

Limit: 24 teams

2 Divisions

Fridays 8/30-11/15 6:30 – 10:30 pm

Fees:

League Entry Fee	\$240 (5 games & playoffs; weather permitting)
Cash Forfeit Deposit	\$80
Umpire/Scorekeeper Fee	\$32 per team/per game

ADULT SOFTBALL LEAGUES (cont.)

MEN'S SUNDAY AM DOUBLE HEADER LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis. Triple headers will be played in the first few weeks of the season.

Ages: 18 & over **Limit:** 12 teams
Sundays 9/8-11/17 9:00 am – 1:00 pm

Fees:
League Entry Fee (Limit: 12 teams) \$275 (8 games & playoffs; weather permitting)
Cash Forfeit Deposit \$135
Umpire/Scorekeeper Fee \$32 per team/per game

MEN'S WEDNESDAY PM DOUBLE HEADER SOFTBALL LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit:** 16 teams
Wednesdays 9/4-11/13 6:30 – 10:30pm

Fees:
League Entry Fee (Limit: 16 teams) \$285 (8 games & playoffs; weather permitting)
Cash Forfeit Deposit \$135
Umpire/Scorekeeper Fee \$32 per team/per game

MEN'S MONDAY PM DOUBLE HEADER SOFTBALL LEAGUE (VOLUNTEER PARK)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Ages: 18 & over **Limit:** 16 teams
Mondays 9/9-11/11 6:30 – 10:30 pm

Fees:
League Entry Fee (Limit: 16 teams) \$285 (8 games & playoffs; weather permitting)
Cash Forfeit Deposit \$135
Umpire/Scorekeeper Fee \$32 per team/per game

ADULT TENNIS LESSONS

ADULT GROUP TENNIS LESSONS (CITY TENNIS COURTS NEXT TO THE LIBRARY)

Students will learn the basic skills, rules, and sportsmanship from USPTA Certified instructor,

Ages: 16 years and above **Limit:** 16 per class
4 weeks (4 classes weather permitting)

Session 1	Beginner	Mondays	6/10-7/1	8:00-9:00pm
Session 1	Advanced	Wednesdays	6/12-7/3	8:00-9:00pm
Session 2	Beginner	Mondays	7/15-8/5	8:00-9:00pm
Session 2	Advanced	Wednesdays	7/24-8/14	8:00-9:00pm

Fees: Members \$48
Non-Members/Residents \$52
Non-Members/Non-Residents \$56

ADULT VOLLEYBALL

COMPETITIVE WOMEN'S VOLLEYBALL LEAGUE (EHRNFELT REC. CENTER AUXILIARY GYM)

Registration for all teams is 7/21 through 8/21. Registration will be on a first pay first serve basis.

Wednesday 9/4 – 12/11 6:00 – 10:00 pm

Fees:
Per Team (Limit: 10 teams) \$250
CASH Forfeit Deposit \$50 (refundable at end of season)
Official Fees \$10 per team/per match

CO-ED VOLLEYBALL LEAGUE (EHRNFELT REC. CENTER AUXILIARY GYM)

Registration for all teams is 9/1 through 9/30. Registration will be on a first pay first serve basis.

Sundays 10/6 – 12/8 3:00 – 10:00 pm

Fees:
Per Team (Limit: 14 teams) \$185
CASH Forfeit Deposit \$50 (refundable at end of season)
Official Fees \$10 per team/per match

ADULT VOLLEYBALL

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 6:00 – 10:00 pm
Tuesdays/Thursdays TBD 6:00 – 10:00 pm

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

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



ADULT ENRICHMENT PROGRAMS

For Ages 18 and Over

ADULT PROGRAMS

DOG OBEDIENCE (WEST EVENT CENTER**)

This course will cover heeling/sitting, sit/stay, stand/stay and come when called. These commands will help you to bring out the best in your pet.

Instructor: David Moore of "Doo the Dog"

**PLEASE ENTER WITH DOGS THROUGH EVENT CENTER DOORS

Ages: 18 & Over	Class Limit: 20	6 Class Session
Mondays	6/17-7/22	7:00 - 8:00pm
Mondays	6/17-7/22	7:00 - 8:00pm

Requirements for Class

- Pet must be a minimum of 4 months old
- 6 foot leash and choker chain
- Proof of pets vaccination for 1st class meeting

Fees Per Pet:

Members	\$80
Non-Members/Residents	\$86
Non-Members/Non-Residents	\$92

CHORDS ARE KEY FOR PIANO (CONFERENCE ROOM)

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Fee includes an online book and online video instruction.

Topics include: * How chords work in a song *How to get more out of sheet music by reading less of it *How to form the three main types of chords * How to handle different keys and time signatures * How to avoid "counting" * How to simplify over 12, 000 complex chords.

Ages: 18 years and over	Class Limit: 15	1 Class
Monday	5/6	6:30 – 9:30pm

Fees:	Member	\$59
	Non Member/Resident	\$63
	Non Member/Non Resident	\$65

CHORDS ARE KEY FOR GUITAR (CONFERENCE ROOM)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to justonceclasses.com. Fee Includes an online book and online instructional videos.

Topics include: *How chords work in a song *How to form the three main types of chords *How to tune your guitar *Basic strumming patterns *How to buy a good guitar (things to avoid) *How to play along with simple tunes

Ages: 13 years and over	Class Limit: 15	1 Class
Wednesday	5/8	6:30 – 9:00pm

Fees:	Members	\$59
	Non-Member/Residents	\$63
	Non-Member/Non-Residents	\$65

ADULT PROGRAMS (cont.)

HENNA BY SADHANA (SR. ART STUDIO)

Learn about an enduring tradition, timeless art of body painting, and wonderful artistry of beautiful patterns which comes with practice and control. This course allows students to get in touch with their creative side, and learn the methods required when using natural henna paste to achieve beautiful, flowing pieces of body artwork. Foundation Course includes:

- History of Henna
- Basic flow & simple patterns- on paper
- Henna preparation – how to mix henna, how to make henna applicator
- Techniques and practical henna application
- Henna after care

Instructor: Sadhana Pokala - Art is an expression, an experience, a journey. Sadhana's journey started in her early childhood drawing flowers and paisleys. Being a Fashion Designer, her passion becomes her profession. Sadhana is an imaginative Henna/Mehendi artist who is driven by an incredible passion for self-expression through art. She is a self-taught artist practicing henna artistry for the past 15 years. She has developed an innovative style that blends traditional and modern art of mehendi. Her work is noted for her unique style, intricate designs, elegance, and technique.

Ages: 10 years - Adults	Class Limit: 15	4 Class
DAYS	TBD	6:30 – 7:30pm

Fees:	Members	\$100
	Non-Member/Residents	\$105
	Non-Member/Non-Residents	\$110

EXERCISE PROGRAMS

BOOT CAMP FOR BABY BOOMERS

Designed for those ages of 45 and older, this class features movements that impact the heart and are weight bearing. Resistance exercises are said to increase muscle mass and bone density. Taught by a certified fitness instructor.

Ages: 45 & over **8 Class Sessions** **5:30 - 6:30pm**

Evening Classes:	Mondays & Wednesdays	4/8-5/1
	Mondays & Wednesdays	5/6-6/3*
	* No Class 5/27	

Fees:	Members	\$25	Drop in
	Non-Members/Residents	\$31	\$5
	Non-Members/Non-Residents	\$43	\$7

YOGA

Increase your core strength while stretching your whole body, improving your stamina and releasing stress. Our instructor will teach you the basics of yoga.

Ages: 45 & over **5:30 - 6:30pm**

Instructors: Trista Smith - Tuesdays
Megan Ruggiero - Thursdays

Evening Classes:	Tuesdays	4/2-5/7
	Tuesdays	5/14-6/18
	Tuesdays	6/25-7/30
	Tuesdays	8/6-9/17*
	* No Class 8/27	
	Thursdays	4/4-5/9
	Thursdays	5/16-6/20
	Thursdays	6/27-8/8*
	Thursdays	8/15-9/19
	* No Class 7/4	

Fees:	Members	\$18	6 Weeks	Drop-In
	Non-Member/Residents	\$22	\$5	
	Non-Member/Non-Residents	\$30	\$7	

EXERCISE PROGRAMS (cont.)

TAP DANCING

Learn the basics and fun of Tap Dancing. Tap shoes, or hard soled shoes, and an enthusiasm to learn is all you need. Get some great exercise and you may be Strongsville's next Fred Astaire! Registration required.

Ages: 18 & over **7 Week Session** **Instructor: Peggy Stockdale**
Minimum class size: 4

Evening Class:

Wednesdays 3/27-5/8 6:00 – 7:00pm Beginners
 7:00 – 8:00pm Experienced Tapper

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

EVENING LINE DANCING

Come boot, scoot and boogie with our evening line dance instructor, Mary. She'll teach you the newest steps and help you brush up on your old ones. Enjoy exercise, during an evening of fun. Five weeks sessions or drop-in option.

Ages: 18 & over **Instructor: Mary Harwood**

Evening Class: Tuesdays* 7:00 – 8:00pm
**Please see the Silver Pen or call the Senior Registration Desk at 580-3275 for specific session dates.*

Fees: **5 Week Sessions** **Drop-In**
 Members \$19 \$5
 Non-Member/Residents \$22 \$6
 Non-Member/Non-Residents \$28 \$8

WOOD SHOP CLASSES AND SERVICES

For all wood shop information, call (440) 580-3275.

SAWDUST FOR BEGINNERS (SENIOR CENTER WOOD SHOP)

This required course for all first time wood shop users covers use of equipment, policies and procedures in the wood shop and basics of wood working. A simple project will be completed during the class. Class completed in 2-4 hour sessions.

Class Limit: 8 **Ages 21 & Over** **Instructor: Jim Burns**

Mondays 6/3 & 6/10 6:00-9:00pm
 Monday 6/17 6:00-8:00pm

Fees: Members \$35
 Non-Members/Residents \$40
 Non Members/Non-Residents \$50

OPEN WOOD SHOP (SENIOR CENTER WOOD SHOP)

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

Ages: 21 & over

Wednesdays (No Woodshop 7/17) 6:30 – 8:30pm

Fees: **Per Hour** **Punch Cards**
 Members/Residents \$1 \$5
 Non-Members/Non-Residents \$3 \$15

WOOD CARVING (SENIOR CENTER WOOD SHOP)

Join this group of men and women and learn the artistry and craftsmanship of wood carving.

Ages: 21 & over **Instructor: Dave Hoelzer**

Every Tuesday* 6:00-8:00pm

**On summer break June-August*

Fees: Participants pay for own tools and materials.

EVENING PROGRAMS

DINNER & A MOVIE

Looking for a night out? Join us for a wonderful dinner, prepared by the kitchen staff followed by a new release movie right here in at our very own Ehrnfelt Senior Center! The movie of the month is listed in the Silver Pen Newsletter and is also available by calling the Senior Center. Reservations and payment for your dinner are required by the Monday before at 8pm. Your dinner ticket will give you FREE movie admission and includes fresh popcorn and light refreshments served with the movie. It's the perfect night out so be sure to grab a friend and join us!

Ages: 50 & Over

2nd Tuesday of the Month
 Doors open: 5:00pm
 Dinner: 5:30pm

Fees: Members/Residents \$7
 Non-Resident/Non-Members \$9

CELEBRATION HANDBELL CHOIR CONCERT

Celebration Ringers is a community handbell choir from Strongsville. They ring 5 1/2 octaves of handbells and 7 octaves of hand chimes, as well as assorted percussion "toys." Join us in a return performance at the Event Center. Registration is requested for this free concert. Call the Senior Registration Desk at (440) 580-3275.

All Ages

Free

Thursday 5/16 7:00-8:30pm

AARP DRIVER SAFETY PROGRAM CLASS

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

Ages: 50 & over

Instructor: Mike Kolesar

Tuesday 8/13 5:00-9:00pm

Fees: AARP Members \$15
 Non-AARP Members \$20

AGING IN PLACE ON A BUDGET

Making your home accessible does not have to be expensive. At this presentation, a representative from Maximum Accessible Housing of Ohio will discuss twelve of the best accessibility features for your home that cost less than \$100! Registration is required.

Ages: 50 & Older

Free

Thursday 5/30 6:00pm

AGING IN PLACE: OUTSIDE AND THROUGHOUT THE HOME

If your goal is to age in place this class is a must. A representative from Maximum Accessible Housing of Ohio will cover accessibility basics outside and throughout the home so you can learn how to make your home more accessible and live in it longer. Registration is required.

Ages: 50 & Older

Free

Tuesday 6/18 6:00pm

AGING IN PLACE: FOCUS ON THE BATHROOM

Did you know, two-thirds of falls happen in the bathroom? With so many possible dangers in a room so frequently used, protection is a must. A representative from Maximum Accessible Housing of Ohio will cover the different features that can improve the safety and usability of your bathroom. Registration required.

Ages: 50 & Older

Free

Tuesday 7/16 6:00pm

AGING IN PLACE: FOCUS ON THE KITCHEN

The kitchen is used often throughout the day but can be a dangerous place. A representative from Maximum Accessible Housing of Ohio will discuss how to upgrade your kitchen for safety and efficiency. Registration required.

Ages: 50 & Older

Free

Tuesday 8/13 6:00pm

EVENING PROGRAMS (cont.)

AID & ATTENDANCE, IMPROVED PENSION PROGRAM

Cleveland American Veterans Association, (C.A.V.A) will be here to educate about a benefit provided by the Department of Veteran Affairs known as the "Aid & Attendance, Improved Pension Program". This is a TAX FREE pension available to war time veterans and their surviving spouses who are 65 years and older, and can pay up to as much as \$2,085 per month depending on the claimant's situation. Registration is required for this educational program.

C.A.V.A is a non-profit 501c (3) veterans charity established in the State of Ohio.

Ages: 50 & over
 Thursday 6/6 **Free**
 6:00pm

ASSET PROTECTION- PROBATE AVOIDANCE - BENEFIT PROGRAMS

Join certified Elder Law Attorney Erica Skerl as she provides easy to understand tips on how to avoid probate, why you need to protect your assets, and benefit programs available for seniors and veterans. Erica will also discuss the new Medicaid rules for nursing home payments. She will also touch on why you should never have to probate a car; how to keep the home in your name and avoid probate on death; why all powers of attorney are not equal or beneficial; eliminate estate taxes and many other tips. Don't miss this informative program. Registration required.

Ages: 50 & over
 Thursday 8/1 **Free**
 6:00pm

CPR TRAINING

This CPR course teaches lay rescuers the basic techniques of CPR and the use of an AED. Strongsville Firefighters/Paramedics will teach participants how to recognize the signs and symptoms of a heart attack, stroke, cardiac arrest, and foreign body airway obstruction.

All are invited to participate, and those that are physically able to complete the testing, are eligible to receive a two year American Heart Association completion card.*

Please note: This class is held at the Main Fire Station, located at 17000 Prospect Road, Strongsville. Registration is required with the Strongsville Fire Department. Please email Charles.walters@strongsville.org or phone (440) 580-3210, ext. 5433.

Ages: 18 & over **Instructors: Strongsville Firefighters/Paramedics**

Friday	5/24	6:00-9:00pm
Monday	6/24	6:00-9:00pm
Wednesday	7/24	6:00-9:00pm
Friday	8/23	6:00-9:00pm

Fees:

Residents, Strongsville Businesses & Special Groups (Scouts, etc.)	Free*
Non-Residents/Businesses/Medical Professionals	\$50*

*Personal email required and \$20 fee for AHA completion card; payable at class.



EVENING PROGRAMS (cont.)

GARDENING CLASSES

Looking to learn more about backyard gardening? Maybe wanting to have that gorgeous, green lawn, and be the envy of all your neighbors? Make your reservations now, and join our expert instructor, Kris Krems, as he walks you through four great topics to help you create that backyard oasis. Kris's background includes years as a landscape designer and nursery sales at Petitti's Garden Center, Horticulture Instructor for the Cleveland Public Schools, as well as with the Cuyahoga Valley Career Center. Attend one or two classes, or plan on all four. Registration required.

Ages: 18 & over **Instructor: Kris Krems**

Thursday	5/2	Soil & Its Improvement – Basics of Fertilizers	6:30-8:30pm
Thursday	5/9	Lawn & Landscape Maintenance	6:30-8:30pm
Thursday	5/16	Landscape Design Basics & Plant Use	6:30-8:30pm
Thursday	5/23	Planting Trees, Shrubs, Perennials & Annuals	6:30-8:30pm

Fees/Class: Members \$2
 Residents/Non-Members \$3
 Non-Residents/Non-Members \$5

PHOTOGRAPHY 101: TAKING BETTER PICTURES

Getting the best pictures possible is a delicate balance between art and science. In this hands on course we start with the basics of photography and work our way to using the Exposure Triangle, Shutter Speed and Depth of Field to enhance your photographs. Learn the techniques used to make each photograph one that you will want to frame. It doesn't matter if you are using a cell phone camera, a simple point and shoot, or a high end DSLR, this class will help you take the best pictures possible. The best way to learn is by doing, so be prepared to bring your camera to each class. *A camera is required for this course.*

Six week class. **Maximum class size is 10.**

Ages: 18 & over **Instructor: Rick A. Deal**
 Tuesdays 6/11-7/23* 6:30 – 8:00pm
 *No class 7/2

Fees: Members \$45
 Residents/Non-Members \$50
 Non-Residents/Non-Members \$60

The Strongsville Parks and Recreation Department...

- Socially involved people are 2 to 5 times less likely to suffer from heart disease.
- It costs 100 times more to send a teen to jail than to provide preventative recreation programs.
- A National Softball Tournament accounted for over \$300,000 spent in the local economy.
- \$59 Billion is spent every year on wildlife tourism.
- Girls who participate in sports help increase bone density to combat osteoporosis later in life.
- Juvenile crime dropped 24% during the first 13 weeks of one city's late-night recreation program.
- Every mile walked adds an average of 21 minutes to a person's life.
- Families that recreate together report greater stability and satisfaction.
- Visits to National, Regional and Local parks exceed 1 billion annually.
- 66,000 deaths annually could be prevented through regular exercise.
- Americans spend over 500 million days per year fishing.
- The fondest memories involve family outings and vacations.

...Re-defining Recreation!

Adult Enrichment Programs

SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Kathy Sazima, RN, BSN

Hours of Operation

Monday - Thursday 8:00am - 9:00pm
Friday 8:00am - 5:00pm

New Member Orientation

4th Monday of the month at 6:00pm • 4th Friday of the month at 10:00am

If you are interested in attending please call the Senior Registration Desk at 440-580-3275 to reserve your spot

- See page 6 for refund policy
- For questions or to register for a program please call 440-580-3275.

"Silver Mustang" Membership (Optional)

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

Membership Benefits:

Monthly Silver Mustang Newsletter • Admission into members only events
• Members only programs • Additional membership discounts • Priority registration for members • Free birthday lunch the month of your special day • Discount coupons for daily admission for family and friends • 3 free daily admission passes for the Ehrnfelt Recreation Center

EHRNFELT SENIOR CENTER MEAL OPTIONS

See Page 44 for information on our Senior Center Meal Options

FITNESS, FUN, FRIENDSHIP

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 twice weekly bingo games!

Ages: 60 and over **Fee: 25 cents per card**
Mondays & Fridays 12:45-3:00pm
No Bingo 5/27 & 8/26

S.M.I.L.E. (SO MUCH IMPROVEMENT WITH A LITTLE EXERCISE)

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

Ages: 50 & over This is a Drop In Program
Mondays, Wednesdays, & Fridays 9:00-9:45am
No class 5/27, 8/26 & 8/28

Fees:

Grant Participants	Free
Members	\$1
Non-Members/Residents	\$2
Non-Members/Non-Residents	\$4

FLEX, MOVEMENT & BALANCE

Join our Certified Fitness Instructor as she helps you stretch and flex, to improve your balance and flexibility. You will utilize bands (supplied by the Senior Center) and even learn some Yoga, all in an effort to improve your overall physical health. This is a drop-in program.

Ages: 50 & over. **Instructor: Pam Houston**
Mondays 1:00-2:15pm
No class 7/4 & 8/26

Fees:

Members	\$4
Non-members/Residents	\$5
Non-Members/Non-Residents	\$7

YOGA

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

This is a drop-in program. **Ages: 50 & over**
Instructors: Megan Ruggiero - Tuesdays 10:15-11:30am
Sheila Hart - Thursdays 10:15-11:30am
No class 7/4 & 8/27

Fees:

Members	\$4
Non-Members/Residents	\$5
Non-Members/Non-Residents	\$7

FITNESS, FUN, FRIENDSHIP (cont.)

FUNCTIONAL TRAINING

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

Ages: 50 & over
Mondays, Wednesdays & Fridays 10:30-11:30am
No class 5/27, 8/26 & 8/28

Fees:

Grant Participants	Free
Members	\$3
Non-Members/Residents	\$4
Non-Members/Non-Residents	\$6

RHYTHM AND MOVEMENT

Rhythm & Movement features cardio, strength, balance and flexibility moves, using oldies and current "upbeat music" for motivation. A variety of equipment is included in the fun workout; including weights, resistance bands, drum sticks and more. Class ends with a relaxing cool down, and each week has a different theme to make the class interesting and motivating. Join in for a perfect blend of fun, fitness and friendship. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Betty Lekan**
Wednesdays 10:00 - 11:00am
No class 8/28

Fees:

Members	\$4
Non-Members/Residents	\$5
Non-Members/Non-Residents	\$7

ASIAN EXERCISE

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. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Ted Smith**
Mondays 9:00 - 10:00am
No class 5/27 & 8/26

Fees:

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

FITNESS, FUN, FRIENDSHIP (cont.)

EXPRESS CIRCUIT TRAINING

A perfect, early morning 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 is a drop in program, taught by a certified fitness instructor.

Ages: 50 & over **Instructor: Jenny Wilson**
 Tuesdays and Thursdays 7:30-8:15am
No class 7/4 & 8/27

Fees: Grant Participants Free
 Members \$3
 Non-Members/Residents \$4
 Non-Members/Non-Residents \$6

SALSACISE

Salsacise is a fun, low impact workout that uses a combination of Latin dance and traditional class moves, set to music, that are easy to follow. Join us for some fun and a great workout. Taught by a certified fitness instructor.

Ages: 50 & Over **Instructor: Karen Hilberg**
 Mondays 4/1-5/6 10:30 – 11:15am
 Mondays 5/13-6/24* 10:30 – 11:15am
 Mondays 7/1-8/5 10:30 – 11:15am
 Mondays 8/12-9/30* 10:30 – 11:15am
***No class 5/27, 8/26 & 9/2**

Fees **6 Weeks** **Drop-In**
 Members \$19 \$4
 Non-Members/Residents \$21 \$5
 Non-Members/Non-Residents \$25 \$7

HIGH BEGINNER/IMPROVER LINE DANCING

Come and learn new steps or practice your favorites at our high beginner/improver line dancing class. *This is a drop-in program.*

Ages: 50 & Over **Instructor: Gwen Rospierski**
 Thursdays 10:00 - 11:00am
No Class 7/4

Fees: Members \$4
 Non-Member/Residents \$5
 Non-Member/Non-Residents \$7

QIGONG (CHI GONG) – MOVING MEDITATION

Qigong exercise consists of a combination of sitting meditation and gentle physical movements that emphasizes calm mind, relaxed body, and regular respiration. With roots in Chinese medicine, philosophy, and martial arts, Qigong is traditionally viewed as a practice to cultivate and balance translated qi (Chi), translated as "life energy". Qigong practice typically involves moving meditation, coordinating slow flowing movement, deep rhythmic breathing, and calm meditative state of mind.

Ages: 50 & Over **Instructor: Ted Smith**
 Mondays 4:00-4:45pm
No class 5/27 & 8/26

Fees: Grant Participants Free
 Members \$5
 Non-Member/Residents \$6
 Non-Member/Non-Residents \$8

CORNHOLE

Cornhole, also known as Tailgate, bean bag toss, dadhole, doghouse, Baggo, or simply Bags, is an American game in which players take turns throwing bags of corn at a raised platform with a hole in the far end. Join in, for an afternoon of open indoor play. Experienced players, as well as those that have never played are welcome.

Ages: 50 & Over
 Wednesdays Open Play 1:00-3:00pm
No play 8/28

Fees: Grant Participants Free
 Members \$2
 Residents/Non-Members \$3
 Non-Residents/Non-Members \$5

FITNESS, FUN, FRIENDSHIP (cont.)

BOCCE (ST. JOHN NEUMANN CHURCH)

Bocce is a game for all ages, gender and athletic ability. We toss the pallino around every Wednesday! Come and meet new friends while having a fun time.

Ages: 50 & over **Fee: Free**
 Wednesdays Registration 9:15am/Play begins 9:30am
 Season begins May 8th Ends September 4th

MINIATURE GOLF

(MR. DIVOT'S MINIATURE GOLF – NORTH ROYALTON)

Get out and enjoy the sunshine with our weekly "Putters" group. No worries if you are a little rusty, this group is all about fun! Bring a friend and join in the fun!

Ages 50 & over
 Fridays 10am
 Play begins May 3rd Ends September 27th

Fee: \$3

WII BOWLING LEAGUE

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowlers on Tuesday mornings or Thursday afternoons, 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! This is a drop-in program.

Ages: 50 & Over
 Tuesdays 9:00 - 11:30am
***No bowling 8/27**
 Thursdays 12:30 – 3:00pm
***No Bowling 6/6 & 7/4**

Fees:

Grant Participant Free
 Members \$1
 Non-Member/Residents \$2
 Non-Member/Non-Residents \$3

PICKLEBALL

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one, and played on a tennis court of smaller proportions. Join us Mondays, when we offer indoor, open Pickleball. We have paddles, or bring your own, and join in on this popular sport. Experienced players, as well as those that have never held a paddle are welcome.

Ages: 50 & Over
Open Play Mondays May 9:00am-12:00pm
 Mondays June-Aug. 8:00-10:00am
No Play 8/19, 8/26 & 9/2
Open Play Thursdays May 9:00-11:00am
 Thursdays June-Aug. 12:30-2:30pm
No Play 6/13, 6/20, 6/27, 7/4, 7/11, 8/22, 8/29 & 9/5

Fees: Members \$2
 Non-Members/Residents \$3
 Non-Members/Non-Residents \$5

CARDS AND OTHER GAMES (SENIOR GREAT ROOM)

Ages: 50 & Over **Fees: Free**
 Bridge Tuesdays 12:30-3:30pm
 Bunco Thursdays 9:30-11:30am
 Dominoes/Rummikub Tuesdays 1:00-3:00pm
 Mah Jongg Wednesdays 1:00-3:00pm
 Pinochle Tuesdays 12:25-3:00pm
 Scrabble Mondays 10:00-11:30am
 Pinochle Instruction Wednesdays 9:00-11:00am
 Wii Open Play Daily Upon request
 Table Tennis/Billardards Fridays 12:30-4:00pm

ART & CRAFT CLASSES

RAKE KNITTING (SENIOR CRAFT ROOM)

Colonial Cabin Craft – Create Afghans & more. Bring 1-4 ply skein of yarn and crochet hook size E, F or G.

Ages: 50 & Over

Mondays

No Knitting 5/27 & 8/26

Free

10:00am

WATERCOLOR PAINTING

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, and all participants have the opportunity to join in our annual June Art Show. Students provide own materials; list available at Senior Registration Desk. Instructor offers three classes, each week – drop-in anytime.

Ages: 50 & Over

Instructor: Judi Roszak

Class Limit 15

Tuesday, Thursday & Fridays

9:30-11:30am

No Class 5/30, 7/4 & 8/27

Fees:

Members

\$9

Non-Members/Residents

\$10

Non-Members/Non-Residents

\$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. Paint what you are interested in, learn, and become a part of our annual art exhibit. 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. Maximum class size of 15.

Instructor: Joanne Richter

Ages: 50 & Over

Class Limit: 15

6 Week Sessions

Tuesdays

4/9-5/28*

1:00-3:30pm

Tuesdays

4/11-5/23*

1:00-3:30pm

***No Class 4/16, 4/18 & 4/23**

Fees:

6 Week Session

Members

\$50

Non-Members/Residents

\$55

Non-Members/Non-Residents

\$65

PHOTOGRAPHY 101: TAKING BETTER PICTURES

Getting the best pictures possible is a delicate balance between art and science. In this hands on course we start with the basics of photography and work our way to using the Exposure Triangle, Shutter Speed and Depth of Field to enhance your photographs. Learn the techniques used to make each photograph one that you will want to frame. It doesn't matter if you are using a cell phone camera, a simple point and shoot, or a high end DSLR, this class will help you take the best pictures possible. The best way to learn is by doing, so be prepared to bring your camera to each class. A camera is required for this course. Six week class. Maximum class size is 10.

Ages: 50 & Over

Instructor: Rick A. Deal

Wednesday

6/12-7/24*

10:00-11:30am

***No Class 7/3**

Fees:

Members

\$45

Residents/Non-Members

\$50

Non-Residents/Non-Members

\$60

Special Note: If you have already taken Photography 101, Rick invites you back to join in on the current class at no charge to brush up on your skills.



ART & CRAFT CLASSES (cont.)

PHOTOGRAPHY 201: FINE TUNING YOUR SKILLS

Now that you are taking better pictures, it is time to fine tune your photography skills. Learning more of the tools available on your camera, and covering the more advanced techniques in photography, you can take your photos to the next level. Some of the topics that will be covered are Histogram, White Balance, Advanced Depth of Field shooting as well as Advanced Shutter Speed shooting. A working knowledge of your DSLR camera is required for this course. All students must have taken Photography 101 or demonstrated an understanding of composition and the exposure triangle to the instructor prior to registration. Six week class. Maximum class size is 10.

Ages: 50 & Over	Wednesday	8/7-9/18*	Instructor: Rick A. Deal
			10:00-11:30am
	*No Class 8/28		
Fees:	Members		\$45
	Residents/Non-Members		\$50
	Non-Residents/Non-Members		\$60

Special Note: If you have already taken Photography 101 and want to brush up before the advanced class, feel free to sit in on Photography 101 class at no charge.

PHOTOGRAPHY WORKSHOPS

Join our instructor, as he focuses on specific areas of interest for both the hobbyist and the advanced photographer. These one-day, 2 ½ hour individual workshops will give you more confidence behind the lens. Sign-up for one or both workshops. No previous photography experience required.

Ages: 50 & Over **Instructor: Rick A. Deal**

Family Photography

Tired of trying to squeeze everyone in a picture, only to have the picture look like a police line up? Learn how to set up family photographs regardless of how many people are in the picture. Learn about posing people, taking into consideration lighting and spacing. Bring your camera and be ready to pose and photograph volunteer families. (If you have family members looking for pictures please have them contact the instructor prior to the workshop).

Friday 6/28 9:00-11:30am

Landscape Photography

Don't just take pictures of what is around you, take Photographs. Learn how to compose a great landscape photograph, what to look for and things to avoid. Learn what it takes to capture the mood and the setting that you want. Practice finding interesting subjects and how to frame it to capture the emotion of the view. Bring your camera (tripod if you have one) and walking shoes so we can go outside and shoot some landscapes.

Friday 8/2 9:00-11:30am

Fees/Workshop:	Members	\$10
	Residents/Non-Members	\$12
	Non-Residents/Non-Members	\$16

PHOTOGRAPHY CLUB

The photography club is for anyone that is enthusiastic about taking pictures. Skill level doesn't matter, from the first time photographer to the seasoned professional, we can all learn from an open discussion of ideas and critiques. The discussion is led by a professional photographer who will share some equipment and techniques that will help everyone. Each session will include a group discussion/critique of each person's photos which allow you to view your work through someone else's eyes. Inquire with the instructor for potential additional off-site photoshoots throughout the summer.

Ages: 50 & over	Drop-In Program Free	Instructor: Rick Deal
Monday	5/20	Photographing People
Monday	6/17	Photographing Animals
Monday	7/22	General Critic
Monday	8/19	Landscape Critic
		10:00-12Noon
		10:00-12Noon
		10:00-12Noon
		10:00-12Noon



Ehrnfelt Senior Center Meal Options

The Senior Center kitchen prepares daily (Monday-Friday) fresh, homemade meals. The menu is posted in our monthly senior newsletter or can be found at the Senior Registration Desk. Our lunches cost \$5.00 for residents and members, and \$6.00 for non-resident/non-members and include salad, dessert, entrée, and beverage. Some of our signature dishes are meatloaf and mashed potatoes and cranberry chicken. *Pre-registration is required by 8:00am on the day that you would like to join us for lunch, except for special event lunches.* Senior lunches are served Monday - Friday at 11:45am. Can't stay for lunch? No problem, we can make it a take-out! Simply let us know what you want to take out when you call your reservation in at 440-580-3275, and we will have it ready for you.

If you are looking for something on the lighter side, stop at our Crossroads Café. Fresh made salads, sandwiches and a daily soup are available from 11:00am-1:00pm, Monday-Friday. No reservation is required.



WOOD SHOP CLASSES AND SERVICES

For all wood shop information, call (440) 580-3275.

OPEN WOOD SHOP (SENIOR CENTER WOOD SHOP)

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

Ages: 50 & Over Wednesdays & Thursdays 9:30-11:30am

Fees:	Per Hour	Punch Cards
Members/Residents	\$1	\$5
Non-Members/Non-Residents	\$3	\$15

WOOD CARVING (SENIOR CENTER WOOD SHOP)

Join this group of men and women and learn the artistry and craftsmanship of wood carving.

Instructor: Dave Hoelter

Ages: 50 & Over
Thursdays* 1:00-3:00pm

*On summer break June-August

Fees: Participants pay for own tools and materials

WOOD SHOP REPAIR SERVICE (SENIOR CENTER WOOD SHOP)

Wood shop volunteers will repair small wood items with a minimum charge of \$5. Bring your item into the wood shop any Wednesday or Thursday between 9:30-11:30am and one of our volunteers will discuss the project and cost to repair with you.

SAWDUST FOR BEGINNERS (SENIOR CENTER WOOD SHOP)

This required course for all first time wood shop users covers use of equipment, policies and procedures in the wood shop and basics of wood working. A simple project will be completed during the class. Daytime Classes offered for ages 50 & over.

Ages: 50 & Over Mondays 6/3 & 6/10 9:30am – 2:30pm*
Instructor: Jim Burns

*Lunch break from 11:30am – 12:30pm

Fees:	Members	\$35
Non-Members/Residents	\$40	
Non Members/Non-Residents	\$50	

COMMUNITY SERVICE GROUPS

You are invited to join any of the Senior Center Service Groups-new hands, warm hearts, and happy smiles are always welcome! You will enjoy friendship, conversation and rewards of completing projects that benefit others.

RAINBOW QUILTERS

Come and join this group if you're able to iron, pin fabric layers together, use a sewing machine or tie a knot. Helping hands are always welcome. This group makes quilts from start to finish to donate to Rainbow Babies & Children's Hospital, MetroHealth Medical Center Pediatrics, The Salvation Army and the UH Seidman Cancer Center at Southwest General Health Center.

Nancy Haake, Volunteer Coordinator

Mondays at 1:00pm (except 2nd Monday)*

*No quilting 5/27 & 8/26

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!

Wednesdays 10:00am - 1:00pm

*No crafting 8/28

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!

Marlene Cichocki & Kathy Balach, Coordinators **Ages: 50 & Over**

Thursdays 1:00 - 3:30pm

No program 7/4

WELLNESS

BLOOD PRESSURE CHECKS

1st Monday, 10:15am – 12:00pm, Provided by Southwest General Health Center

3rd Tuesday, 10:30am-12:30pm, Provided by Southwest General Health Center

1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

DIABETES SCREENING

3rd Tuesday, 10:30-11:30am, Provided by Southwest General Health Center

1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

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.

Tuesday	5/7	9:00am
Tuesday	6/4	9:00am
Tuesday	7/2	9:00am
Tuesday	8/6	9:00am

PODIATRIST

Licensed podiatrist visits the Senior Center monthly. To schedule an appointment, call the Senior Registration Desk at (440) 580-3275. Medicare billing only. (HMO's are not accepted.)

Dr. Jeanine A. Peters, DPM

Mondays	7/1, 7/29	1:00-5:00pm
Tuesdays	5/28, 9/13	1:00-5:00pm

VASCULAR DISORDERS AND THEIR MANAGEMENT

Join Cleveland Clinic vascular surgeon Dr. Daniel Kassavin, MD as he discusses the most common risk factors, symptoms, and treatment of Peripheral Artery Disease. Peripheral artery disease is a narrowing of the peripheral arteries serving the legs, stomach, arms and head. Registration required.

Ages: 50 & over Wednesday 5/1 1:00pm

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Jaime Inks Education and Outreach Specialist at the Alzheimer's Association will provide you with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. It incorporates video interviews with professionals, patients with dementia, and caregivers discussing real life issues. Registration required.

Ages: 50 & over Thursday 5/23 10:00am

10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join Jaime Inks Education and Outreach Specialist at the Alzheimer's Association as she explains how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Registration required.

Ages: 50 & over Wednesday 7/17 10:00am

PLANNING FOR THE FUTURE

LEGAL & FINANCIAL ISSUES FOR PEOPLE WITH DEMENTIA

This program is designed for diagnosed individuals and their family members who want to learn what legal documents are essential to manage family affairs and learn how to prepare to finance long-term care. Participants will have the opportunity to get their questions answered by an attorney who specializes in Elder Law. This program is presented by Alzheimer's Association.

Ages: 50 & over Wednesday 8/21 10:00am

FREE MONTHLY CONSULTATIONS

(Offered monthly)

ATTORNEY

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

1st Tuesday	9:00 - 11:30am	Erica Skerl
4th Friday	10:00-11:30am	Sam Butcher

FINANCIAL PLANNER

Offill Financial Group

Counseling services offered by Offill Financial Group. Available by appointment the 1st Wednesday of the month 10:00-11:30am. Please call the Senior Registration Desk at (440) 580-3275 to make an appointment.

POST OFFICE ON WHEELS

A mobile postal van visits the Senior Center monthly, on the 2nd Tuesday of the month from 12:30 – 12:55 pm. Any business you conduct at the Post Office can be taken care of at the "Post Office on Wheels."

EDUCATIONAL PROGRAMS

2019 BOOK DISCUSSION GROUP

Books are selected by the staff of the Strongsville Branch of the Cuyahoga County Public Library and may be picked up the first week of each month at the library. The book discussion is held at the Strongsville Library on the following Mondays, from 2:30 – 4:00pm. The group leads their own discussion, with the assistance of questions supplied by the Library Staff.

Month	Book	Discussion Date
May	<i>Nomadland: Surviving America in the 21st Century</i> By Jessica Bruder	May 20th
June	<i>The Great Alone: A Novel</i> By Kristin Hannah	June 24th
July	<i>Lillian Boxfish Takes a Walk</i> By Kathleen Rooney	July 22nd
August	<i>Educated: a Memoir</i> By Tara Westover	Aug. 26th

ENERGY WORKSHOP

A representative from the Public Utilities Commission of Ohio (PUCO) will be holding a workshop on all things utilities: Energy Choice, consumer protection tips, energy efficiency tips and much more! Bring your bills and any questions, complaints or concerns you have with your current utility services. Registration required.

Ages: 50 & over	Free
Tuesday	4/30 10:00am

RTA UPDATE

The Greater Cleveland Regional Transit Authority (RTA) provides transportation services for approximately 200,000 customers on a typical weekday, or about 50 million rides annually, through a variety of services. Join Erica from Cleveland's RTA as she gives a detailed overview of all RTA programs and services available to you. She will also give updates on RTA; including Paratransit Services. Come and learn how you can ride and ask questions about the Cleveland RTA. Registration required.

Ages: 50 & Older	Free
Tuesday	6/10 1:00pm

EDUCATIONAL PROGRAMS (cont.)

UTILITY BILL REVIEW

A representative from the Public Utilities Commission of Ohio (PUCO) will be holding a workshop, talking about all things utilities. Be sure to bring your bills with any questions, complaints or concerns about your service. The workshop will last from 10am to 12noon, so stop on by at any time to get your questions answered. No registration is required.

Ages: 50 & over	Free
Tuesday	6/11 10:00am-12:00pm

ALL ABOUT PLANT BASED PROTEINS

Whether you choose to follow a plant based diet one day a week, or as an ongoing life style choice, this presentation is for you. This opportunity is for anyone striving to incorporate less meat and other animal products in their diet. Learn how to include more fruit, vegetables and nuts into your diet. Registration required. Presenter: Debbie Piper, RD, LD - Heinen's Strongsville Wellness Consultant

Ages 50 & over	Free
Wednesday	6/12 10:00am

THE BEST MEDICINE?

What is humor's and laughter's effect on the brain? The psyche, mental health? How do emotions affect our physical health? Western medicine is coming to grips with how a patient feels about their condition as a determining factor in recovery.

Six Week Program

Ages: 50 & over	Instructor: Ted Smith
Wednesday	5/15-6/19 1:00-2:30pm
Fees:	Members \$40
	Residents/Non-Members \$45
	Non-Residents/Non-Members \$55

MARY MAGDALENE AND OTHER APOCRYPHAL TEXTS

What can history tell us about this intriguing figure? Was she Jesus' wife or a reformed prostitute? Did she supply the financial backing to Jesus' ministry? Perhaps Jesus' first choice to lead the movement after his crucifixion? A historical look at events depicted in texts not included in the Bible. Writings will be examined for wider perspective on history and their theological implications.

Six Week Program

Ages: 50 & over	Instructor: Ted Smith
Wednesdays	7/10-8/14 1:00-2:30pm
Fees:	Members \$40
	Residents/Non-Members \$45
	Non-Residents/Non-Members \$55

AARP DRIVER SAFETY PROGRAM CLASSES

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

Ages: 50 & Over	Instructor: Mike Kolesar
Wednesday	6/26 1:00-5:00pm
Fees:	AARP Members \$15
	Non-AARP Members \$20



EDUCATIONAL PROGRAMS (cont.)

ANTIQUES IN THE ATTIC

You've seen PBS's Antiques Roadshow – now come to our program, and discover if your favorite item is a true treasure. Neal Richter will return to the Senior Center for this popular program. Neal, also known as the Clock Doctor, frequently conducts appraisals for individuals and insurance companies. This mini appraisal will be fun to watch as well as participate. Come and learn if your attic is really a treasure chest. Registration is required. Two item limit per person.

Ages: 50 & Over **Instructor:** Neal Richter **Free**
 Tuesday 7/16 1:00pm

AID & ATTENDANCE, IMPROVED PENSION PROGRAM

Cleveland American Veterans Association, (C.A.V.A) will be here to educate about a benefit provided by the Department of Veteran Affairs known as the "Aid & Attendance, Improved Pension Program". This is a TAX FREE pension available to war time veterans and their surviving spouses who are 65 years and older, and can pay up to as much as \$2,085 per month depending on the claimant's situation. Registration is required for this educational program.

C.A.V.A is a non-profit 501c (3) veterans charity established in the State of Ohio.

Ages: 50 & over **Free**
 Friday 5/3 10:00am

ASSET PROTECTION - PROBATE AVOIDANCE - BENEFIT PROGRAMS

Join certified Elder Law Attorney Erica Skerl as she provides easy to understand tips on how to avoid probate, why you need to protect your assets, and benefit programs available for seniors and veterans. Erica will also discuss the new Medicaid rules for nursing home payments. She will also touch on why you should never have to probate a car; how to keep the home in your name and avoid probate on death; why all powers of attorney are not equal or beneficial; eliminate estate taxes and many other tips. Don't miss this informative program. Registration required.

Ages: 50 & over **Free**
 Tuesday 6/18 10:00am

SPECIAL PROGRAMS (cont.)

LUNCH N' MOVIE

Each month join us for a delicious lunch followed by a new release movie right here on our big screen! Reservations and payment are required the day of the movie by 8am. Your lunch ticket will give you FREE movie admission and includes fresh popped popcorn and light refreshments served with the movie. Grab a friend and join in the fun! Movie and menu listing can be found in the Silver Pen.

Ages: 50 & Over 3rd Wednesday of the Month 11:00am

Fees: Members/Residents \$5
 Non-Resident/Non-Members \$6

BALLROOM DANCE SCHEDULE FOR 2019 (EVENT CENTER)

Includes Light Refreshments **All dances 1:15 - 3:15pm**

May 9	Wayne Tomsic Combo
May 23	Al Battistelli – Hawaiian Dance
June 13	Wayne Tomsic Combo
June 27	The Avanti Band
July 11	Al Battistelli Red, White & Blue Dance
July 25	The Avanti Band
August 8	Wayne Tomsic combo
August 22	Al Battistelli Beach Party Dance

Members/Residents \$5
 Non-Members/Non-Resident \$7

WHITE ELEPHANT SALES

These sales are held four times a year, on Thursday & Friday, in the Senior Center great Room. Donations (no clothing please) are accepted on the Wednesday before each sale. Come and browse through our many treasures we have to sell, and help support the Senior Center.

May 2 & 3 August 1 & 2

SALE HOURS: Thursday 9:00am* -4:00pm • Friday 9:00am – 12:00pm

Shoppers – We offer early bird shopping! Early bird shopping is available from 8:00 - 8:59am on Thursday with a \$2 admission fee (please have exact change). All proceeds go towards Senior Center activities. Shopping after 9am is free to all!



SPECIAL PROGRAMS (cont.)

LINE DANCE JAMBOREE 2019

Our 20th Annual Line Dance Jamboree is sure to be a two stepping, good time! Your admission cost includes continental breakfast, full hot lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps, and learn some new ones too! Special thanks to our sponsor – Pleasant Lake Villa.

Ages: 50 & over

Tuesday 4/30 9:00am – 3:00pm

Fees:	Members	\$18
	Residents/Non-Members	\$19
	Non-Residents/Non-Members	\$21

MEMBER APPRECIATION DAY

Thank you, thank you, thank you! We can't say thank you enough for being a loyal Silver Mustang Member, so now we are going to show you how appreciated your membership is! We invite all current Silver Mustangs to come and enjoy an ice cream sweet treat from the East Coast Custard truck! Stop by the Senior Center front desk and pick up your ticket by May 10th.

Ages: 50 & over

Friday 5/17 12:30-2:30pm **Free**

ART IN OUR LIVES – 21ST ANNUAL FINE ARTS EXHIBIT

Our annual Art Show demonstrates the creativity of our Senior Art Students and presents their work to the community. Come and browse the beautiful works of art our talented students have been diligently working on. Be sure you stop by and explore the many talents here at the Senior Center. **Free and Open to the Public**

6/3-6/7

Show Hours:	Monday to Thursday	9:00am – 5:00pm
	Friday	9:00am – 12:00pm

MOTHER'S DAY LUNCH

Celebrate an early Mother's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the women in attendance. Registration with payment is required by May 3rd. Special thanks to our sponsors - Westwood Place & Altenheim Senior Living.

Ages: 50 & over

Wednesday 5/8 11:30am

Fees:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8

FATHER'S DAY LUNCH

Celebrate an early Father's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the men in attendance. Registration with payment is required by June 3rd. Special thanks to our sponsors - Altenheim Senior Living & Riverview Pointe.

Ages: 50 & over

Thursday 6/6 11:30am

Fees:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8

BACKYARD BARBEQUE

Summertime means spending time outdoors and the return of our ever popular Backyard Barbecue! Join us for lunch outdoors in the Backyard Preserve (Senior Patio for those with special physical needs.) We'll offer you a ride back to our outdoor dining delight. We'll have a delicious barbecue, enjoy some fellowship, and have great summertime fun. This will replace the daily senior lunch. Tickets must be purchased by June 21st. Special thanks to our sponsor – Royal Oak Care Center.

Ages: 50 & over

Tuesday 6/25 11:30am

Fees:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8

SPECIAL PROGRAMS (cont.)

CHRISTMAS IN JULY

Ho Ho Ho! Who says that we should only celebrate the most wonderful time of the year once a year! Join us for a fun afternoon with a traditional holiday dinner with all the trimmings, holiday games, gifts and much more! Feliz Navidad! Tickets on sale June 11th-July 20th. Remember to bring in your non-perishable donation for the Strongsville Food Bank. Each donation will enter you into our Chinese raffle! The more food you bring the more chances to win and help out community members in need! Special thanks to our sponsors - Altenheim Senior Living and Generations Senior Living of Strongsville.

Ages: 50 & over

Wednesday 7/24 11:30am

Fee:	Members/Residents	\$6
	Non-Members/Non-Residents	\$8

SILVER MUSTANG SUMMER CORN ROAST

Calling all Silver Mustang Members! Join us once again as we enjoy great food, remarkable door prizes, fellowship and entertainment. This event is free to current Silver Mustang members. Registration begins July 10th and ends August 17th. Come and join the fun!

Tuesday 8/20 11:30 am



EHRNFELT SENIOR CENTER SENIOR OLYMPICS

Register now to be part of the 22nd Annual Senior Olympics

Ages: 50 & Older

9/9 – 9/20

Fees*	Member	\$18
	Non-member/Resident	\$19
	Non-member/Non-resident	\$21

***Extra fee for 2XL & Larger shirts.**

Registration fee includes:

Senior Olympics T-Shirt, entry to any and all events*, Opening Day continental breakfast and Awards Luncheon. If you register after August 23rd you are not guaranteed a T-Shirt.

**If registering for 9-hole golf, additional \$12 fee.*

Events include: Fitness Walk, Bocce Ball, Basketball Throw, 9-Hole Golf (w/Cart), Miniature Golf, Softball Throw, Mustang Horseshoes, Billiards, Table Tennis, Darts, Bean Bag Toss, Bowling, Wii Home Run Derby, Wii bowling, Bunco, Football Throw, and Cornhole!

Select events will be offered in the evening.

Register at the Senior Center Registration Desk starting July 9th!

Sponsored by Southwest General Health Center



MUSTANGS ON THE GO



MILLION DOLLAR QUARTET

A GREAT LAKES THEATER PRODUCTION AT THE HANNA THEATRE

A Tony-winning Rock 'n' Roll Tribute, inspired by Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins.

On December 4, 1956, Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley fatefully found themselves together in a Memphis recording studio. The historic rock 'n' roll jam session that resulted was electrifying. Step back in time to experience this irresistible tale of broken promises, secrets and celebrations – which boasts powerhouse performances and an incredible score of rock 'n' roll, R&B and country hits, including "Blue Suede Shoes," "Fever," "Walk the Line," "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On," "Hound Dog" and more.

Before heading downtown, we'll enjoy lunch at the Senior Center. Performance starts at 1:30pm

Ages: 50 & over

Wednesday 5/15 11:00am-4:30pm

Registration Limit: 2 tickets per person

Fees:

		Registration Opens
Members	\$40	Now Open
Residents/Non-Members	\$42	Now Open
Non-Residents/Non-Members	\$46	Now Open

MYSTERY TOUR #4

Let's Take a Boat to Bermuda, Let's Take a Train to St. Paul. Let's Take a Kayak to Quincy or Nyack, Let's Get away from it all! You will need a sense of adventure, a good sense of humor and comfortable walking shoes. Lunch (and surprises) are included. JKL TOURS has MYSTERY Tours to smaller, out of the way areas that are little known but have a lot to offer. AND you can be sure these are places we have not visited on any of our regularly published tours. The trip will Package includes roundtrip transportation, all applicable taxes and driver gratuities.

Ages: 50 & over

Wednesday 5/29 8:00am-5:30pm

Registration Limit: 2 tickets per person

Fees:

		Registration Opens
Members	\$82	April 9
Residents/Non-Members	\$84	April 16
Non-Residents/Non-Members	\$88	April 23

RIVERS CASINO

Located in Pittsburgh, Pennsylvania, the casino features over 3000 state-of-the-art slots, video poker, exciting progressives and the latest virtual blackjack and roulette games. The trip will Package includes roundtrip transportation, all applicable taxes and driver gratuities Bonus: \$20 free slot play

Ages: 50 & over

Tuesday 6/4 8:00am-7:30pm

Registration Limit: 2 tickets per person

Fees:

		Registration Opens
Members	\$34	April 16
Residents/Non-Members	\$36	April 23
Non-Residents/Non-Members	\$40	April 30

MUSTANGS ON THE GO (cont.)

CLEVELAND INDIANS GAME

Let us take you out to the ballgame! Join us as we head to Progressive Field to watch the Cleveland Indians take on the Kansas City Royals. Your fee includes your game ticket in section 171 and transportation to and from the game. Tickets are limited.

Ages: 50 & older

Monday 6/24 5:30-10:30pm

Registration Limit: 2 tickets per person

Fees:

		Registration Opens
Members	\$45	April 2
Residents/Non-Members	\$47	April 9
Non-Residents/Non-Members	\$51	April 16

CHORUS LINE AT RABBIT RUN THEATRE

Northeast Ohio is lucky to have one of the last remaining Barn Theatres in the country in nearby Madison – The Rabbit Run Theatre! Well known for their excellent Summer Stock program, we will take in the Broadway classic "CHORUS LINE." This musical is about a gripping audition of Broadway gypsies showing the struggles of competition, unsung heroes and rooting for the underdog. Memorable musical numbers include What I Did for Love, and One (Singular Sensation.) It is a brilliantly complex fusion of dance, song and drama. Prior to the evening show, we'll enjoy a wonderful dinner at Grand River Cellars Winery!

The trip will Package includes roundtrip transportation, all applicable taxes and driver gratuities.

Ages: 50 & older

Thursday 6/27 4:00-11:30pm

Registration Limit: 2 tickets per person

Fees:

		Registration Opens
Members	\$82	April 24
Residents/Non-Members	\$84	April 30
Non-Residents/Non-Members	\$88	May 7

THE TALL SHIPS ARE COMING!

You will not want to miss this rare chance to catch a glimpse and step aboard some of the grandest ships of yore. Enjoy some of the finest festival foods, craft beers, music, street performers and reenactments. Cleveland is honored to welcome a fleet of historic tall ships from harbors through the United States, Canada and the Netherlands. Immerse yourself in our nation's rich maritime history while aboard a fleet of tall ships. Admission to the 2019 Cleveland Tall Ships Festival includes the unique opportunity to board and tour visiting tall ships! Lunch is at Sokolowski's. Package includes transportation, Admission to Tall Ships, lunch, all taxes and gratuities.

Ages: 50 & older

Friday 7/12 10:45am-5:30pm

Registration Limit: 2 tickets per person

Fees:

		Registration Opens
Members	\$77	May 20
Residents/Non-Members	\$79	May 28
Non-Residents/Non-Members	\$83	June 3



MUSTANGS ON THE GO (cont.)

GOOD TIME III

Join us as we set sail on the Goodtime III for a 2 hour narrated lunch cruise. You'll enjoy the fast changing panorama of Cleveland's skyline and the exciting Flats area as you see and learn about the many sights and little known historical facts about our All-American City. Lunch includes Sliced Top Round of Beef w/Gravy, Bruschetta Chicken, Penne Pasta Marinara, Parsley Redskin Potatoes, Broccoli, Cauliflower & Carrot Blend, Salad w/ Ranch or Italian Dressing, Rolls w/Butter, Assorted Pastries, Coffee/Tea & Iced Tea. You will be sure to have a "goodtime" on the North Coast!

Ages: 50 & over

Tuesday 7/30 9:30am-3:00pm
Registration Limit: 2 tickets per person

Fees:

Members \$60
 Residents/Non-Members \$62
 Non-Residents/Non-Members \$68

Registration Opens

May 21
 May 28
 June 4



MUSTANGS ON THE GO (cont.)

HARTVILLE AND THE EVERLY BROTHERS EXPERIENCE!

Here is a very unique trip that combines Shopping, a terrific lunch and a special matinee concert. We'll start our day at the Hartville Shopping complex, when Summer is in full swing and the shopping opportunities range from Vera Bradley to Ohio's largest Hardware store to flea market finds (don't forget to haggle!). After our morning of bargain hunting, we'll enjoy a fabulous lunch in a private ballroom of the Hartville Kitchen complex, where no one leaves hungry. After lunch, we'll stay in our seats for a stroll down memory lane to see and hear "The Everly Brothers Experience!" This tribute show is presented by the Zmed Brothers, Dylan and Zachary, who are sons of Adrian Zmed – Danny Zuko from GREASE! great tunes, like "Bye Bye Love," "Wake Up Little Susie," "When Will I Be Loved?" "All I Have To Do Is Dream," and many more. Come join us for this nostalgic day of Fun and classic '50s/'60s. Enroute home, we'll stop into the Maize Valley Winery for wine tasting to complete our day. Package includes roundtrip transportation, applicable taxes and driver gratuities.

Ages: 50 & over

Thursday 8/8 8:30am-5:00pm
Registration Limit: 2 tickets per person

Fees:

Members \$91
 Residents/Non-Members \$93
 Non-Residents/Non-Members \$95

Registration Opens

June 18
 June 25
 July 2

The Strongsville Farmer's Market

Thursdays Time TBA
 July 18 – September 26

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277.

The Strongsville Farmers' Market is located at 18100 Royalton Rd. (Rec Center Parking lot). See you at the market!



REWARD YOURSELF

Massage Consistency Passes Are Available

For more information please check out Page 18 for details.



MUSTANGS ON THE GO (cont.)

DISNEY'S THE LION KING AT PLAYHOUSE SQUARE

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. This is Disney's THE LION KING, making its triumphant return to Playhouse Square! More than 90 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage. Winner of six Tony Awards®, including Best Musical, THE LION KING brings together one of the most imaginative creative teams on Broadway. Tony Award®-winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. Before we leave for the theater we will enjoy dinner at the Senior Center. Registration includes dinner, show, and transportation. Limited tickets available.

Ages: 50 & older

Wednesday 8/21 5:00–11:00pm
Registration Limit: 2 tickets per person

Fees:		Registration Opens
Members	\$72	April 10
Residents/Non-Members	\$74	April 17
Non-Residents/Non-Members	\$78	April 24

DIVA'S OF THE 70'S AT CARRIE CERINO'S

This tribute show will take you back in time as you enjoy many of your favorite songs from four powerhouse ladies of the 70's. Tribute artist for Barbara Streisand, Cher, Donna Summer and Tina Turner will perform classic hits such as "Evergreen", "Dark Lady", "Last Dance" and "What's Love Got to Do with It" and much more. This show will have you on your feet and singing along!

This trip includes transportation, meal and show.

Ages: 50 & Older

Friday 9/13 11:00am- 4:00pm
Registration Limit: 2 tickets per person

Fees:		Registration Opens
Members	\$65	June 26
Residents/Non-Members	\$67	July 3
Non-Residents/Non-Members	\$71	July 10



STRONGSVILLE RECREATION PARKS AND AMENITIES

AMENITIES

1. **Rec Park #1 • 18100 Royalton Road** – Located behind the Ehrnfelt Recreation Center. Rademaker, Cross and Finley Fields are at this location with vending machines and restrooms. There are several playgrounds located nearby along with four tennis courts.
2. **Rec. Park #2 • 16109 Foltz Parkway (South of Route 82)** – Located on Foltz Industrial Parkway near the city service center. Includes Foltz 1 and Foltz 2 Fields, playgrounds, and a basketball court. Two pavilions with grills and picnic tables available. Only one pavilion has electricity, running water and restrooms.
3. **Rec. Park #3 • 21273 Drake Road** – Located at the intersection of Drake Road and Prospect. Wood and Sprague Fields are at this location. Each field has a pavilion with eight or nine picnic tables, two grills, four electrical outlets per pavilion, playgrounds and portable restrooms nearby.
4. **Nichols Field • 22707 Sprague Road** – Located on Sprague and Marks Roads. This field has a pavilion with eight electrical outlets, ten picnic tables, 2 grills, and a playground.
5. **Volunteer Park Fields • 21410 Lunn Road** – Located on West Lunn Road just west of Prospect Road. Watts, Stroemple, Farnsworth (lighted), Cappy Fields (lighted) and two Little League fields (Roth and Kalinich) are at this location. Batting cages, horseshoe pits, a ½ mile paved walking path, vending machines, restrooms, pavilion with picnic tables and bocci ball courts are located here near the 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** – Located behind the Ehrnfelt Recreation Center. This park offers an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.
8. **Youth Sports Park & Playground • 21255 Lunn Road** – Located on West Lunn just west of Prospect (across from Volunteer Park). One regulation football field, two flag football fields, three little league fields and one pavilion with electric are at this location. Use by permit only.
9. **Castletown Pavilion • 18100 Royalton Road** – Located between the Strongsville Library and Castletown Playground. Electrical outlets and grill are available in pavilion.

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

Pavilion Fees: Residents: \$45 Non-Residents: \$65



RECREATION PARK GUIDELINES

- A. Permits are required, to use any of the parks listed above, for practice purposes.
- B. Reservations are also required for use of the pavilions.
- C. Alcohol and smoking is prohibited in all recreation parks.
- D. Pets are required to be on a leash at all times.
- E. Bocci courts, horseshoe pits, and basketball court cannot be reserved with a pavilion. There is a one hour time limit if others are waiting to use these facilities.

CITY OF STRONGSVILLE

Thomas P. Perciak

Mayor

CITY COUNCIL

Matthew P. Patten

Councilman – Ward 1

Annemarie P. Roff

Councilwoman – Ward 2

Kelly A. Kosek

Councilwoman – Ward 3

Gordon C. Short

Councilman – Ward 4

Joseph C. DeMio

President of Council,
Council-At-Large

James E. Carbone

Councilman President Pro Tem
Council-At-Large

Matthew A. Schonhut

Council-At-Large



PARKS, RECREATION AND SENIOR SERVICES

Ehrnfelt Recreation Center

Phone (440) 580-3260

Fax (440) 572-3503

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Parks and Outdoor Facilities Superintendent

Sarah Arold, CPRP

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Assistant Recreation Supervisor

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Jen Frontino

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Director's Secretary

Mark Hartzel

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Maintenance Foreman

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Recreation Supervisor

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Patti Welker

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Aquatic Supervisor

Ehrnfelt Senior Center

Phone (440) 580-3275

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Bryan Bogre

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Director of Parks, Recreation and Senior Services

Melissa Baldwin

Extension 5266

Food Service Manager

Deborah Branic

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Senior Program Coordinator

Kathy Sazima, RN, BSN

kathy.sazima@strongsville.org

Senior Services Coordinator

Sheena Wright

sheena.wright@strongsville.org

Family Preservation Coordinator



The Strongsville Parks, Recreation and Senior Services Department provides all programs and facilities on a non-discriminatory basis for all citizens, regardless of age, race, sex, creed, or disability. Every effort will be made to accommodate all participants. If you need any special assistance to use our facility, please call us in advance, if possible, to make arrangements. PHONE (440) 580-3260 or FAX (440) 572-3503

The Ehrnfelt Recreation Center
18100 Royalton Road
Strongsville, Ohio 44136

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STRONGSVILLE RECREATION
DEPARTMENT**

