



Strongsville
Parks
Recreation
Senior
Services

With Summer Ending...

Class is In Session!

**2019
SEPTEMBER
TO DECEMBER**

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



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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

Mon., Aug. 19- Mon. Sept. 2	Annual Cleaning & Maintenance	POOL CLOSED
Mon., Aug. 26- Mon. Aug. 28	Annual Cleaning & Maintenance	CLOSED
Mon., Sept. 2	Labor Day	CLOSED
Sat., Nov. 2	USA Swim Meet	POOL CLOSED
Sun., Nov. 3	USA Swim Meet	POOL CLOSED
Wed., Nov. 6	Business Expo	5:00am-3:00pm
Thurs., Nov. 28	Thanksgiving Day	CLOSED
Tues., Dec. 24	Christmas Eve	5:00am-1:00pm
Wed., Dec. 25	Christmas Day	CLOSED
Tues., Dec. 31	New Year's Eve	5:00am-5:00pm
Wed., Jan. 1 2020	New Year's 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 Ehnrfelt 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?

- I. 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.
- II. 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).
- III. 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.
- IV. 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.

30 Day College Pass*

Come use the recreation center while at home on winter break. Show us your valid college ID or next semester's college class schedule to receive this offer. Choose your own start date any-time between November 20-December 31, 2019.

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

Membership can be applied towards a yearly membership before expiration.

*Pass does not make customer eligible for yearly member benefits.

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 July 23

**Non-Member Residents Program
Registration begins July 30**

Open Program Registration begins July 31

Internet Registration begins July 31

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 for evenings and Saturday's and can be made up to two weeks in advance. Enrollment in a program does not guarantee Child Care reservation.
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

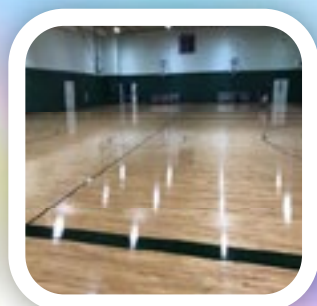
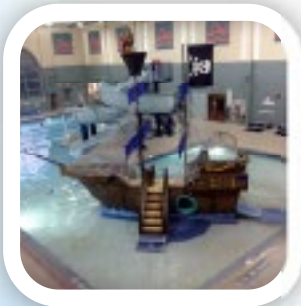
ROOM RENTAL with Facility Use (Pool, Gym & Game Area)

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.

1. Current membership, daily guest fee, or enrollment in a program is required to gain access to the Ehrnfelt Recreation Center.
2. 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.
3. The Ehrnfelt Recreation Center is a tobacco-free facility by city ordinance.
4. 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.
5. No pets allowed except those assisting a person with a disability or if a special program, (i.e. obedience class, dog show), is scheduled.
6. 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.
7. Children 4 years of age or older may not use the locker room of the opposite sex. Please use the family changing rooms.
8. **Spa** - Youth under 15 years of age are not permitted in the spa.
9. **Sauna & Steam** - Youth under 15 years of age are not permitted in the Sauna and Steam Room.
10. **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.**
11. **Indoor Track** - Youth 0-11 years of age must be accompanied by an adult.
12. Changes in the recreation schedule may occur without notice. Current pool and gym schedules are available at the front desk.
13. Public display of amorous affection is not permitted and will not be tolerated.
14. Eating and drinking is PERMITTED in designated areas only.
15. No spitting, chewing tobacco, or gum is permitted in the facility. No Vapors.
16. Each area has individual guidelines for your safety and enjoyment. Please follow these guidelines.
17. 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
18. We recommend that any individual involved in strenuous activity carry appropriate identification in case of an emergency.
19. To respect our senior members, do not park in the Senior Center lot until after 5:00 pm.
20. 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:
 - a. Clothing that could contribute to entrapment and inhibit life saving measures: loose fitting clothing; heavy garments; cut-offs; and jean shorts.
 - b. Clothing worn for workout or other purposes prior to using the Aquatic Center.
21. No concealed guns or weapons allowed on these premises.
22. The Strongsville Recreation Department staff reserves the right to add, amend or delete rules as necessary.
23. **Aquatic Center** - No food or glass containers permitted. Visit the aquatic center for a complete list of rules.

SPECIAL EVENTS, PROGRAMS & PROMOTIONS

KIDS GARAGE SALE

Saturday, October 5

9:00am–12:00pm

Reserve a table to sell your gently used maternity, baby and kids items. Or, just come and shop over 50 tables of toys, clothes, small furniture and accessories. **Please Note:** There is a two table limit per family.

5-Foot Tables

Members \$11

Non-Member/Residents \$15

Non-Member/Non-Residents \$20

8-Foot Tables

Members \$15

Non-Member/Residents \$20

Non-Member/Non-Residents \$25

Shoppers - Early bird shopping is from 9:00 – 9:59am and is \$3 admission (please have exact change)

• Shopping from 10:00am – 12:00pm is FREE

STRONGSVILLE INDOOR FAMILY HALLOWEEN HULLABALLOO

Friday, October 25

6:30 – 8:30pm

At the Ehrnfelt Event Center

Everyone is welcome!!

Come dressed in your costumes and enjoy our family Halloween party. Candy, games, inflatables, dancing, crafts, cookie decorating, and delicious hot dogs, chips and Halloween treats makes for a fun-filled evening.

Fees: Members \$8

Non-Members \$12

*Children 1 years and under are free but still must have a ticket from the front desk.

*Tickets must be purchased in advance at the Rec. Center front desk. Tickets will not be sold at the door the day of the event. A maximum of 400 tickets will be sold. Last year's event sold out! Please purchase your tickets early.

BREAKFAST WITH SANTA CLAUS

Saturday, December 7

9:00am

At the Ehrnfelt Event Center

A very "Merry" time for the whole family!!

Family Style Breakfast includes:

Pancakes, scrambled eggs, sausage, bacon, orange juice, coffee, tea and milk.

Children will have an opportunity to make a holiday craft, take a complimentary picture with Santa, and will be entered in a raffle to win a special door prize.

Limited number of tickets on sale beginning Monday, October 28th at the Ehrnfelt Recreation Center front desk. Tickets will not be sold at the door the day of the event. Last year's event did sell out so purchase your tickets early.

Fees: Members \$8

Non-Members \$12

*Children 1 years and under are free but still must have a ticket from the front desk.

STRONGSVILLE YOUTH COMMISSION

The Strongsville Youth Commission is a group of high school students and adult mentors living in Strongsville working towards enhancing their community. The SYC gives sophomores, juniors, and seniors the chance to develop leadership skills, learn business skills, get involved in the community and develop programs for their peers. *For more information contact Kristen Nykiel, Recreation Supervisor, at kristen.nykiel@strongsville.org*



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 - July 23	Ehrnfelt Rec. Center Members
Tuesday - July 30	Residents* & Members
Wednesday - July 31	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, Aug. 19 - Monday Sept. 2

	CLOSED	Annual Shutdown
Friday, Nov. 1	CLOSE at 8:00pm	USA Meet Set Up
Saturday, Nov. 2	CLOSED	USA Meet
Sunday, Nov. 3	CLOSED	USA Meet
Wednesday, Nov. 6	CLOSE at 2:30pm	Business Expo
Sunday, Nov. 10	CLOSED	Special Olympics Meet
Thursday, Nov. 28	CLOSED	Thanksgiving
Wednesday, Dec. 4	CLOSE at 5:00pm	High School Swim Meet
Wednesday, Dec. 11	CLOSE at 5:00pm	High School Swim Meet
Wednesday, Dec. 18	CLOSE at 5:00pm	High School Swim Meet
Tuesday, Dec. 24	CLOSE at 12:30pm	Christmas Eve
Wednesday, Dec. 25	CLOSED	Christmas Day
Tuesday, Dec. 31	CLOSE at 4:30pm	New Year's Eve
Wednesday, Jan. 1, 2020	CLOSED	New Year's Day

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.

Weekend Classes

Saturday	9/7-10/26	9:00-9:30am
Saturday	9/7-10/26	9:30-10:00am
Saturday	11/9-12/21	9:00-9:30am (7 Classes)
Saturday	11/9-12/21	9:30-10:00am (7 Classes)

Fees:

Members	7 Classes	\$30	8 Classes	\$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.

Evening Classes

Tuesday & Thursday	9/10-10/3	6:20-6:50pm
Tuesday & Thursday	10/8-10/29	6:20-6:50pm (7 Classes)
Tuesday & Thursday	11/5-11/26	6:20-6:50pm (7 Classes)

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

Weekend Classes

Saturday	9/7-10/26	9:00-9:30am
Saturday	9/7-10/26	10:15-10:45am
Saturday	9/7-10/26	11:45am-12:15pm
Saturday	9/7-10/26	12:15-12:45pm
Saturday	11/9-12/21	9:00-9:30am (7 Classes)
Saturday	11/9-12/21	10:15-10:45am (7 Classes)
Saturday	11/9-12/21	11:45am-12:15pm (7 Classes)
Saturday	11/9-12/21	12:15-12:45pm (7 Classes)

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

Ages: 3-5 years

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	9/10-10/3	5:40-6:10pm
Tuesday & Thursday	9/10-10/3	6:55-7:25pm
Tuesday & Thursday	10/8-10/29	5:40-6:10pm (7 Classes)
Tuesday & Thursday	10/8-10/29	6:55-7:25pm (7 Classes)
Tuesday & Thursday	11/5-11/26	5:40-6:10pm (7 Classes)
Tuesday & Thursday	11/5-11/26	6:55-7:25pm (7 Classes)

Weekend Classes

Saturday	9/7-10/26	9:00-9:30am
Saturday	9/7-10/26	9:30-10:00am
Saturday	9/7-10/26	11:00-11:30am
Saturday	11/9-12/21	9:00-9:30am (7 Classes)
Saturday	11/9-12/21	9:30-10:00am (7 Classes)
Saturday	11/9-12/21	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

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.

Evening Classes

Tuesday & Thursday	9/10-10/3	5:00-5:30pm
Tuesday & Thursday	10/8-10/29	5:00-5:30pm (7 Classes)
Tuesday & Thursday	11/5-11/26	5:00-5:30pm (7 Classes)

Weekend Classes

Saturday	9/7-10/26	9:30-10:00am
Saturday	9/7-10/26	12:05-12:35pm
Saturday	11/9-12/21	9:30-10:00am (7 Classes)
Saturday	11/9-12/21	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

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.

Evening Classes

Tuesday & Thursday	9/10-10/3	5:30-6:20pm
Tuesday & Thursday	9/10-10/3	6:30-7:20pm
Tuesday & Thursday	10/8-10/29	5:30-6:20pm (7 Classes)
Tuesday & Thursday	10/8-10/29	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	6:30-7:20pm (7 Classes)

Weekend Classes

Saturday	9/7-10/26	10:10-11:00am
Saturday	9/7-10/26	11:10am-12:00pm
Saturday	11/9-12/21	10:10-11:00am (7 Classes)
Saturday	11/9-12/21	11:10am-12:00pm (7 Classes)

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

LEVEL 2 – FUNDAMENTAL WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	9/10-10/3	5:30-6:20pm
Tuesday & Thursday	9/10-10/3	6:30-7:20pm
Tuesday & Thursday	10/8-10/29	5:30-6:20pm (7 Classes)
Tuesday & Thursday	10/8-10/29	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	6:30-7:20pm (7 Classes)

Weekend Classes

Saturday	9/7-10/26	10:10-11:00am
Saturday	9/7-10/26	11:10am-12:00pm
Saturday	11/9-12/21	10:10-11:00am (7 Classes)
Saturday	11/9-12/21	11:10am-12:00pm (7 Classes)

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

LEVEL 3 – REFINED WATER SKILLS

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	9/10-10/3	5:30-6:20pm
Tuesday & Thursday	9/10-10/3	6:30-7:20pm
Tuesday & Thursday	10/8-10/29	5:30-6:20pm (7 Classes)
Tuesday & Thursday	10/8-10/29	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	6:30-7:20pm (7 Classes)

Weekend Classes

Saturday	9/7-10/26	10:10-11:00am
Saturday	9/7-10/26	11:10am-12:00pm
Saturday	11/9-12/21	10:10-11:00am (7 Classes)
Saturday	11/9-12/21	11:10am-12:00pm (7 Classes)

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

LEVEL 4A - STROKE DEVELOPMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	9/10-10/3	5:30-6:20pm
Tuesday & Thursday	10/8-10/29	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	5:30-6:20pm (7 Classes)

Weekend Classes

Saturday	9/7-10/26	10:10-11:00am
Saturday	11/9-12/21	10:10-11:00am (7 Classes)

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



LEARN-TO-SWIM LESSONS (cont.)

LEVEL 4B - STROKE IMPROVEMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	9/10-10/3	5:30-6:20pm
Tuesday & Thursday	10/8-10/29	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	6:30-7:20pm (7 Classes)

Weekend Classes

Saturday	9/7-10/26	11:10am-12:00pm
Saturday	11/9-12/21	11:10am-12:00pm (7 Classes)

Fees:

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

LEVEL 5 - STROKE REFINEMENT

Ages: 5 & older

Class Limit: Based on instructor availability and pool space.

Evening Classes

Tuesday & Thursday	9/10-10/3	6:30-7:20pm
Tuesday & Thursday	10/8-10/29	5:30-6:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	5:30-6:20pm (7 Classes)

Evening Classes

Saturday	9/7-10/26	9:10-10:00am
Saturday	11/9-12/21	9:10-10:00am (7 Classes)

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.

Classes focus on stroke skill proficiency, endurance, and personal water safety. Work on perfecting strokes along with learning safety skills. Strokes, turns, and survival skills will be taught.

Weekend Classes

Saturday Fit Swim	9/7-10/26	9:10-10:00am
Saturday PWS	11/9-12/21	9:10-10:00am (7 Classes)

Fees:

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

LEVEL 7 - ENDURANCE TRAINING

Ages: 8 & older

Class Limit: Based on instructor availability and pool space.

Work on perfecting skills along with how to use those skills in achieving a higher level of fitness. This class will work on both competitive and non-competitive strokes along with endurance training.

Evening Classes

Tuesday & Thursday	9/10-10/3	6:30-7:20pm
Tuesday & Thursday	10/8-10/29	6:30-7:20pm (7 Classes)
Tuesday & Thursday	11/5-11/26	6:30-7:20pm (7 Classes)

Fees:

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

SPECIALTY AQUATIC PROGRAMS

DIVING

Ages: 8 & older

Class Limit: 8 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/Intermediate

Saturday Beginner	9/7-10/26	11:10am-12:00pm
Saturday Intermediate	9/7-10/26	12:10-1:00pm
Saturday Beginner	11/9-12/21	11:10am-12:00pm (7 Classes)
Saturday Intermediate	11/9-12/21	12:10-1:00pm (7 Classes)

Fees:

	7 Classes	8 Classes
Members	\$55	\$62
Non-Members/Residents	\$65	\$72
Non-Members/Non-Residents	\$75	\$82

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.

SPECIALTY AQUATIC PROGRAMS (cont.)

ADULT SWIM LESSONS

Ages: 12 & older

Tuesday Beginner	9/10-10/29	7:30 - 8:20pm
Thursday Advanced Beginner	9/12-10/24	7:30 - 8:20pm (7 Classes)

Fees:

	7 Classes	8 Classes
Members	\$72	\$82
Non-Members/Residents	\$82	\$92
Non-Members/Non-Residents	\$92	\$102

LIFEGUARD/WSI TRAINING PROGRAMS

AMERICAN RED CROSS BLENDED LEARNING WATER SAFETY INSTRUCTOR

Ages: 16 & older

American Red Cross class designed to teach students how to instruct Learn-to-swim classes. Students must pass a pre-course water test of level 5 swim strokes (or be able to demonstrate by end of course), ATTEND ALL CLASSES, complete all on-line assignments and pass a written exam. Proof of minimum age required at first class (driver's license or birth certificate).

- Students must have home access to the internet to complete assignments

Sundays	11/17-12/15	9:00 am-5:00 pm
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Fees:

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

LIFEGUARD/WSI TRAINING PROGRAMS (cont.)

AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

Ages: 15 & over

Class Limit: 9

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

Prerequisites:

- Students must be 15 years old by the completion of class.
- Have access to the internet from home.
- Must bring proof of age to first class (driver's license or birth certificate).
- Must be able to swim a 300 yard swim with 100 yards of front crawl, 100 yards of breaststroke, and 100 yards of either front crawl or breaststroke.
- A timed 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.

*2017 edition of 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.

Sundays 9/15-10/13 9:00am-3:00pm
 • Sunday 9/29 will be CPR/FA (There will be no make up for missing this day and refunds will not be given.)

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, 12/19/19.
- 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.

ROM (RANGE OF MOTION) SHALLOW WATER PASS

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		

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	9/9-12/16	10:30-11:20am	15 Classes
Tuesday & Thursday	9/10-12/19*	10:45-11:35am	28 Classes

*No Class 11/5 & 11/28

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

AQUATIC EXERCISE (cont.)

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, 12/19/19.
- 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.

SHALLOW & DEEP WATER EXERCISE PASS

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 & Friday	9/9-12/18*	9:15-10:05am	41 Classes
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*No Class 10/11, 11/27 & 11/29

NO EVENING SHALLOW WATER CLASSES OFFERED

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

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

Monday, Wednesday & Friday	9/9-12/18*	10:15-11:05am	41 Classes
Tuesday & Thursday	9/10-12/19*	10:45-11:35am	28 Classes

*No Class 10/11, 11/5, 11/27, 11/28 & 11/29

Evening Classes

Tuesday & Thursday	9/10-12/19*	7:40-8:30pm	27 Classes
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*No class 10/31, 11/5 & 11/28

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

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	9/10-12/17*	11:45am-12:35pm	14 Classes
Thursday	9/12-12/19*	9:45-10:35 am	14 Classes

*No class 11/5 & 11/28

FITNESS 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

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

MASSAGE 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

MASSAGE 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.

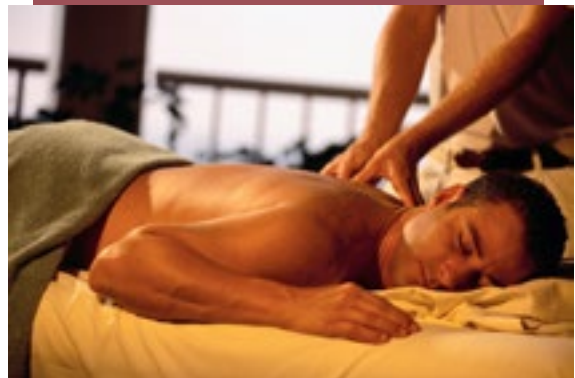
30 minutes	\$35
60 minutes	\$50
90 minutes	\$80

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: July 23
Resident Registration: July 30
Open Registration: July 31

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

FIVE CLASS PASS (GOOD FOR GROUP EXERCISE & CYCLE)

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

Members	\$25
Non-Member/Residents	\$30
Non-Member/Non-Residents	\$35

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)



Fitness Programs

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
Rev & Flow	This dynamic workout is easy on the joints without compromising intensity. Strengthen and sculpt your muscles with this easy to follow workout. All levels welcome.	Strengthen Without Impact
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	TRX - Amanda	TRX - Abby				
6:00 am	Group Exercise Studio	Pilates - Abby	Rev & Flow - Amanda					
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						

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					Yoga Flow - Tiffany	
8:35 am	Mind/Body Studio					BarreCORE - Abby		
9:15 am	Mind/Body Studio							
9:30 am	Mind/Body Studio	BarreCORE - Kellie	Yoga Flow - Meghan	BarreFire - Sarah	Yoga Flow - Cristen		Pilates - Maria	Yoga Flow - Patti
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

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

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

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

NUTRITIONAL CONSULT PACKAGE

Includes 1 initial consultation with 2 follow up consultations.

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	\$150
	Non-Member/Residents	\$165
	Non-Member/Non-Residents	\$175

ASSESSMENTS

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

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	9/9-9/25	4:00pm-5:00pm
Monday & Wednesday	10/7-10/23	4:00pm-5:00pm
Monday & Wednesday	11/4-11/25*	4:00pm-5:00pm
Monday & Wednesday	12/2-12/18	4:00pm-5:00pm

*No Class 11/6		
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 10/2-11/27* **Class Limit: 35**
 Wednesday 12/4-2/5* 4:30-5:30pm
 Wednesday 12/4-2/5* 4:30-5:30pm

***No Classes: 11/6, 12/25 & 1/1**

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

Fees:
 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:
 Wednesday 10/2-11/27* **Class Limit: 35**
 Wednesday 12/4-2/5* 5:30-6:30pm
 Wednesday 12/4-2/5* 5:30-6:30pm

***No Classes: 11/6, 12/25 & 1/1**

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

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



Strongsville Yoga School

200 hour Yoga Teacher Training Program.

Registered through Yoga Alliance.

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:
 Wednesday 10/2-11/27* **Class Limit: 35**
 Wednesday 12/4-2/5* 6:30-7:30pm
 Wednesday 12/4-2/5* 6:30-7:30pm
***No Classes: 11/6, 12/25 & 1/1**

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

Fees:
 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:
 Wednesday 10/2-11/27* **Class Limit: 35**
 Wednesday 12/4-2/5* 7:30-9:00pm
 Wednesday 12/4-2/5* 7:30-9:00pm
***No Classes: 11/6, 12/25 & 1/1**

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

Fees:
 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
 Monday 9/9-10/28 **Class Limit: 25** 7:00-8:15pm 7 Sessions
 Monday 11/4-12/23 7:00-8:15pm 8 Sessions

Instructors: Sheila Hart

Fees:
 Members \$72
 Non-Member/Residents \$80
 Non-Member/Non-Residents \$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

DANCE PROGRAMS

PRESCHOOL & KINDER DANCE

Presented by Studio 82

Bring the magic of the arts alive this fall with Studio 82 and the Strongsville Rec with dance classes designed to both educate and inspire young dancers! These 45 minute classes utilize the combination of dance with music, games, props (and more!) to create exciting and developmentally appropriate classes. All classes will be held at Studio 82 (located at 13499 W. 130th -- at the corner of W. 130th & Route 82) and taught by members of Studio 82's Dance Faculty.

PRESCHOOL BALLET (3-4 YEARS)

The perfect class for those budding ballerinas-to-be! This class introduces basic dance concepts and positions, creative movement, and musical awareness and appreciation.

Class	Days	Times	TBD

KINDER JAZZ (5-6 YEARS)

Kinder Jazz is a lively and energetic class that helps young dancers develop a passion for movement, music and dance while getting plenty of exercise. They will love it.

Class	Days	Times	TBD

KINDER BALLET/JAZZ COMBO. (5-6 YEARS)

A perfect class to get your feet wet with two different disciplines of dance. Dancers will get a balance of technique mixed with the energy and excitement of Jazz. They will walk away with bounce in their step and an inspiration to move.

Class	Days	Times	TBD

Fees:	Members	\$70
	Non-Member/Residents	\$75
	Non-Member/Non-Residents	\$80

PRESCHOOL RECREATION CLASSES

PRESCHOOL OPEN GYM (AUXILIARY GYM)

Preschool Open Gym is Free to members. If the child's parent or legal guardian is a member and the child is under the age of 4 then they can use the preschool open gym free of charge but still must sign the waiver and check in at the front desk before entering. Non-members can still use preschool open gym with the current one day drop in or punch card options. Fees are listed below.

Preschool open gym is a great place for kids to run, climb, jump and explore through unstructured play. Various gym equipment and activities will be available for your use. Parents and caregivers must actively supervise children during play. All participants need to check in at the front desk. Please remember there is no food or drinks (besides water) allowed in any of our gyms. If Strongsville schools are cancelled, open gym will not be held.

Wednesdays	9/11 – 12/18*	10:00am – 12:00pm
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*No open gym on 11/27

Non-Member Fees:

First Child	\$3	Punch Cards also available
Each Additional Child	\$1	
Under 18 months	FREE!	

10 Punch Card	\$25
20 Punch Card	\$50

PRESCHOOL RECREATION CLASSES (cont.)

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 fall session features "The Lion Collection" and our winter session features "The Bunny 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 First Chair Music Programs

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

Mondays	9/9 – 11/11	10:00am – 10:45am
Thursdays	9/12 – 11/14	10:45am – 11:30am
Thursdays	9/12 – 11/14	6:00 pm – 6:45pm
Mondays	12/2 – 2/17*	10:00am – 10:45am
Thursdays	12/5 – 2/20*	10:45am – 11:30am

*No Class: 12/23, 12/26, 12/30, 1/2

Free Trial Class: Monday, 10/21 11:00 – 11:45am or Thursday, 11/7 11:45am – 12:30pm
Registration is required for all Free Trial Classes – space is limited.

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.

FREE MUSIC CLASSES FOR INFANTS! (CONFERENCE ROOM)

We are pleased to offer a free music class for our youngest music makers, aged 0-12 months. Learn how to incorporate music into your daily routine to aid all developmental areas of your little ones. Dress for comfort.

Registration required.

Monday	September 30	11:00am
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PRESCHOOL RECREATION CLASSES (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 and up will be introduced to aromatherapy and beginning meditation activities.

Instructor: Nicole Crosby **4 Classes**

Ages 2-4 (with caregiver participation)

Saturdays	9/7-9/28	10:30am – 11:15am
Saturdays	10/26-11/23*	10:30am – 11:15am

Ages 4-7 (without caregiver participation)

Saturdays	9/7-9/28	9:30am – 10:15am
Saturdays	10/26-11/23*	9:30am – 10:15am

***No Class 11/2**

Fees:

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

DOODLE BUGS (MEETING ROOM)

Once upon a Friday, we shared our favorite stories with our friends. Each week we will do a craft and play games based on the book or theme of the day!! This is a "together class" with parent/caregiver participating.

Ages: 18m-3 yrs (with adult participation)

Class Limit: 12 **4 Classes or 5 Classes**

Fridays	9/13 – 10/4	10:00am – 10:45am (4 Classes)
Fridays	10/11 – 11/8	10:00am – 10:45am (5 Classes)
Fridays	11/15 – 12/20*	10:00am – 10:45am (5 Classes)

***No class 11/29**

Fees:

	4 Classes	5 Classes
Members	\$28	\$35
Non-Member/Residents	\$31	\$38
Non-Member/Non-Residents	\$36	\$45

ONE DAY DOODLE BUGS CLASSES (MEETING ROOM)

One Day Doodle Bugs is a one day program with a different theme each week. In class, we will take imaginative trips with a story, art project and lots of fun games and activities. This is a "together class" with parent/caregiver participating. The various class themes are listed below.

Ages: 18m – 3 yrs (with adult participation) **Class Limit: 12** **1 Class**

Dates Themes Time

Wednesday	9/11	ABCs and 123s	11:30am – 12:15pm
Wednesday	9/18	Autumn Apples	11:30am – 12:15pm
Wednesday	9/25	So Happy to be Me	11:30am – 12:15pm
Wednesday	10/2	Preschool Picnic	11:30am – 12:15pm
Wednesday	10/9	Dinosaur Adventure	11:30am – 12:15pm
Wednesday	10/16	Preschool Pumpkin Patch	11:30am – 12:15pm
Wednesday	10/23	A Camping We Will Go	11:30am – 12:15pm
Wednesday	10/30	Trick-or-Treat	11:30am – 12:15pm
Wednesday	11/6	Jungle Safari	11:30am – 12:15pm
Wednesday	11/13	Pirate Adventure	11:30am – 12:15pm
Wednesday	11/20	Turkey Bowl	11:30am – 12:15pm
Wednesday	12/4	The Preschool Express	11:30am – 12:15pm
Wednesday	12/11	Warm Winter Mittens	11:30am – 12:15pm
Wednesday	12/18	Jingle Bell Rock	11:30am – 12:15pm

Fees:

	*5 Classes	1 Class
Members	\$35	\$8
Non Member/Residents	\$38	\$9
Non Member/Non Residents	\$45	\$11

***All 5 sessions must be purchased at the same time**

PRESCHOOL RECREATION CLASSES (cont.)

MINI'S IN MOTION (AUXILIARY GYM)

During this gym class, you and your child will explore the wonder of movement. Emphasis is on developing large/gross motor development, eye-hand coordination, confidence and social skills. This is a "together class" with parent/caregiver participating.

Ages: 18m-3 years (with adult participation)

Class Limit: 12

4 classes or 5 classes

Tuesdays	9/10 – 10/1	10:00 – 10:45am (4 Classes)
Tuesdays	10/8 – 11/5	10:00 – 10:45am (5 Classes)
Tuesdays	11/12 – 12/17*	10:00 – 10:45am (5 Classes)

***No Class 11/26**

Fees:

	4 Classes	5 Classes
Members	\$28	\$35
Non-Member/Residents	\$31	\$38
Non-Member/Non-Residents	\$36	\$45

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	9/17-10/22	6:00 – 6:45pm
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Fees:

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

PONY CAMP JUNIOR (PONY TALES FARM)

Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Come learn about our ponies and horses, help brush/groom them, take a pony ride, and hear a singing cowboy. 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 classes**

Tuesdays	9/3-9/10	4:00pm – 4:45pm
Wednesdays	10/2-10/9	4:00pm – 4:45pm

Fees:

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

SOCCER SHOTS - MINIS (AUXILIARY GYM)

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

Instructor: This class taught by Soccer Shots coaches

**Please bring in an additional \$20.00 to coach on first class. This is an annual registration fee for Soccer Shots, separate from the Recreation Center.*

Ages: 2-3 years **Class Limit: 12** **6 Classes**

Fridays	9/13-10/18	9:15 – 10:00am
Fridays	11/1-12/13*	9:15 – 10:00am

***No class 11/29**

Fees:

Members	\$65
Non-Member/Residents	\$71
Non-Member/Non-Residents	\$77

PRESCHOOL RECREATION CLASSES (cont.)

ONE DAY FUNDAY CLASSES (MEETING ROOM)

One Day Funday is a one day program with a different theme each week. In class, we will take imaginative trips with a story, art project and lots of fun games. The various class themes are listed below.

Ages: 3 – 5 years (without adult)	Class Limit: 14	1 Class
Dates Themes Time		
Friday	10/11 Dinosaur Adventure	11:30am -12:15pm
Friday	10/18 Preschool Pumpkin Patch	11:30am -12:15pm
Friday	10/25 Trick or Treat	11:30am -12:15pm
Friday	11/1 A Camping We Will Go	11:30am -12:15pm
Friday	11/8 Jungle Adventure	11:30am -12:15pm

Fees:	*5 Classes	1 Class
Members	\$35	\$8
Non Member/Residents	\$38	\$9
Non Member/Non Residents	\$45	\$11

**All 5 classes must be purchased at the same time*



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	11/5-12/10	5:45 – 6:45pm
Fees:	Members	\$150
	Non-Member/Residents	\$156
	Non-Member/Non-Residents	\$162

YOUTH PROGRAMS



PARENTS' NIGHT OUT – KIDS NIGHT OF FUN!

Parents, are you looking for a quiet "kid-free" night at home, a romantic dinner out, or maybe a chance to see a movie that is rated something other than PG? Let us give you the opportunity to take a well-deserved break. Take some time for yourself feeling confident that your little ones are in a safe environment and having lots of fun.

Kids, it may be called Parent's Night Out, but let's face it... it's really for you! Join us for a fun filled night of arts and crafts, sports games, board games, movie, pizza party and more! Come make new friends and have fun with our Recreation Staff! P.N.O. - Kids Night of Fun is for kids ages 3 (must be potty trained) through 12. Some activities will be done together and for other activities (sports/gym games) children will be split up into different groups to keep all activities age appropriate. Drop off and pick-up location will be in the Rec. Center Meeting room.

Ages: 3* - 12 years (*must be potty trained)

Saturdays 4:00 – 8:00pm November 16 • December 14

Fees/Date:	Members:	\$25/child, \$12 for each additional sibling
	Non-Members:	\$30/child, \$15 for each additional sibling

WINTER DAY CAMP (MEETING ROOM)

Don't get stuck at home this winter break. Get out of the house and catch up with your friends at these 1-Day Camps for children grades K-6th. Stay active and keep warm through games, sports, arts, swimming, and much more. Please come to camp each day with tennis shoes, swimming suit, towel, water bottle and healthy lunch. Afternoon snack provided. PLEASE REGISTER AT LEAST ONE WEEK PRIOR TO THE START OF EACH PROGRAM!

*Each day send children with: • Healthy Lunch • Drink • Swimming Suit
• Towel • Tennis Shoes*

Grades: K- 7th	Class Limit: 30	1 Class
Friday	12/20	9:00 am - 4:00 pm
Monday	12/23	9:00 am - 4:00 pm
Thursday	12/26	9:00 am - 4:00 pm
Friday	12/27	9:00 am - 4:00 pm
Monday	12/30	9:00 am - 4:00 pm
Tuesday	12/31	9:00 am - 4:00 pm
Thursday	1/2	9:00 am - 4:00 pm
Friday	1/3	9:00 am - 4:00 pm

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

-Before & After Camp: A separate flat rate of \$3 will be charged for any portion of time between 7:00 am and 8:49 am for the first child and \$1 for each additional sibling, and an additional \$3 for any portion of time between 4:11 pm and 6:00 pm for the first child and \$1 for each additional sibling.

YOUTH PROGRAMS (cont.)

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 11/5-12/10 4:45 – 5:45pm

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

CREATING YOUR FIRST IPHONE/IPAD MOBILE GAME LEVEL 1

Students will learn how to code and create their own computer games and animation on the IOS platform. Instead of playing games on the iPad, campers can learn how to create their own games by dragging and dropping LEGO-styled blocks on the screen. This class will improve students' critical thinking, logic, and creativity while teaching them to solve problems effectively. No prior knowledge of computer programming is required; however, students should know how to use their fingers to navigate around the screen. iPads will be provided for use in class.

Ages: 8 – 12 years
 Tuesdays 9/3 – 9/24 5:30 – 6:45pm
 Tuesdays 10/8 – 10/29 5:30 – 6:45pm

Fees: Members: \$75
 Non-Member/Residents \$79
 Non-Member/Non-Resident \$85

CREATING YOUR FIRST IPHONE/IPAD MOBILE GAME LEVEL 2

Level 2 of our iPhone / iPad game development continues our programming adventure into more advanced topics. Kids will focus on Algorithm and logic thinking using Pseudo coding, explore the advantage of re-usable codes using functions and learn how to pass arguments into functions. Kids should have completed level 1 or equivalent to attend this class. iPads will be provided for use in class.

Ages: 8 – 12 years **Class Limit: 10** **4 Classes**
 Tuesdays 11/5 – 11/26 5:30 – 6:45pm

Fees: Members: \$85
 Non-Member/Residents \$89
 Non-Member/Non-Resident \$95

YOUTH PROGRAMS (cont.)

YOGA FOR TWEENS/TEENS

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

Ages 8-12 years (Conference Room) **Class Limit: 12** **4 Classes**

Instructor: Nicole Crosby

Saturdays 9/7-9/28 11:30am – 12:30pm
 Saturdays 10/26-11/23* 11:30am – 12:30pm
***No class 11/2**

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

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GIVE YOUR CHILD AN ACADEMIC ADVANTAGE IN SCHOOL AND BEYOND!

Enroll them in Kumon today!

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YOUTH PROGRAMS (cont.)

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 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.*

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

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*

YOUTH PROGRAMS (cont.)

PONY CAMP (PONY TALES FARM)

Learn introductory riding basics, general horse care, grooming, saddling, bridling, safety issues and stable care. Students will receive individual attention. 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 Rd., Columbia Station, Ohio 44028.

Ages: 6 – 12 years	Class Limit: 8	4 Classes
Tuesdays	TBA	5:00 – 6:00pm
Wednesdays	TBA	5:00 – 6:00pm
Fees:	Members	\$77
	Non-Member/Residents	\$81
	Non-Member/Non-Residents	\$85

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	9/17-10/22	5:00 – 6:00pm
Fees:	Members	\$150
	Non-Member/Residents	\$156
	Non-Member/Non-Resident	\$162



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.

EXERCISE AND AGING

Join Wendy Zullo from lifeworks of Southwest to learn about the benefits of exercise as we age, what types of exercises we should be doing, and how to get started.

Friday **9/13** **10:00am**

BALANCE & FALL PREVENTION: WATCHYOURSTEP

Sally Newman, PT from SW General N. Royalton Physical Therapy will discuss Balance & Fall Prevention with an interactive balance exercise demo.

Friday **10/11** **10:00am**

HEALTHY HOLIDAY EATING

One of the excitements of the season is the great food of the holidays. Wondering how you can enjoy your holiday festivities that will not sabotage your year of healthy eating? Join Amy Dunbar, Registered Dietitian from Southwest General Hospital as she discussed ways to eat healthy this holiday season.

Friday **11/8** **10:00am**

COOKING FOR ONE

Join Judy Steffes, registered dietician for a class on how to cook for one- or two without sacrificing health or taste!

Friday **12/13** **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 -12:00pm**

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 **10:00 am-12:00pm**

3rd Tuesday of every month **10:30am -12:00pm**

REWARD YOURSELF

Massage Consistency Passes Are Available

**For more information
please check out Page 16 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	9/9-9/25	4:00pm-5:00pm
Monday & Wednesday	10/7-10/23	4:00pm-5:00pm
Monday & Wednesday	11/4-11/25*	4:00pm-5:00pm
Monday & Wednesday	12/2-12/18	4:00pm-5:00pm

No Class 11/6

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

NINJA WARRIOR TRAINING (EXTREME NINJA WARRIOR GYM)

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
Location— Extreme Ninja Warrior Gym, 1669 W. 130th Street, Hinckley

YOUTH TENNIS

YOUTH INDOOR TENNIS LESSONS (AUX GYM)

Taught by "LITTLE RACQUETS" this nationally-renowned program teaches kids ages 3-8 in a fun and safe environment. Students are engaged in stimulating, playful activities that enhance their physical and emotional abilities. NO equipment needed. Limited to 20 kids.

Ages: 3-5	Sunday	10/6 – 11/17*	12:00-12:30pm
Ages: 6-8	Sunday	10/6 – 11/17*	12:30-1:30pm

***No class 11/3**

Fees:	Members	\$72
	Non-Members	\$90

You must register online at www.LittleRacquets.com

YOUTH LACROSSE

K-2ND GRADE LACROSSE PROGRAM (AUX. GYM)

If your little ones are itching to get started in some lacrosse programming, here's your chance. This program is taught by the coaches from the Strongsville Youth Lacrosse leagues. All equipment is provided. **Class Limit: 20**

	Monday	10/28 – 12/2	6:30pm-7:30pm
Fees:	Members		\$60
	Non-Members		\$65
	Non-members/Non-residents		\$75

YOUTH WRESTLING

STRONGSVILLE YOUTH WRESTLING CLUB (SHS WRESTLING ROOM – 20025 LUNN ROAD)

Join the Strongsville Wrestling Club to learn the sport of wrestling, advance your wrestling skills, and develop the qualities of character and work ethic. Practices will be held Monday thru Friday starting November 4. Depending on the skill level of your athlete they will practice from 2-4 days a week. Starting in late-November, the Strongsville Wrestling Club wrestles on Sundays for our League matches. We will also compete in various open tournaments and team matches throughout the wrestling season in which those days will vary. We look forward to YOU joining

Fees (includes singlets):		
	Members	\$75
	Non-Members	\$85
	Non-Member/Non-Resident	\$100

YOUTH VOLLEYBALL

YOUTH VOLLEYBALL CLINIC- 8 WEEKS (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**

	Tuesday	9/3 – 10/22
Beginner:	3rd-4th Grade	4:45 – 6:00 pm
Intermediate:	5th-7th Grade	6:00 – 7:15 pm

Fees:	Members	\$55
	Non-Members/Residents	\$60
	Non-Members/Non-Residents	\$70



YOUTH VOLLEYBALL (cont.)

YOUTH VOLLEYBALL CLINIC- 6 WEEKS (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**

Tuesday	11/5 – 12/10
Beginner 3rd-4th Grade	4:45 – 6:00 pm
Intermediate 5th-7th Grade	6:00 – 7:15 pm

Fees:	Members	\$42
	Non-Members/Residents	\$50
	Non-Members/Non-Residents	\$60

GIRLS' 5TH-7TH GRADE VOLLEYBALL LEAGUE (EHRNFELT REC. CENTER AUXILIARY GYM)

Put all of your volleyball skills to use! Whether you're a beginner or experienced this league is for you! Register 10/18 - 11/15.

Class Limit: 60

Practices begin in December and occur on Tuesday evenings.

Games begin in January and occur on Sunday afternoons.

Fees:	Members	\$50
	Non-Members/Residents	\$60
	Non-Members/Non-Residents	\$65



YOUTH BASKETBALL

HEAD START FALL BASKETBALL CLINICS (AUX. GYM)

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

Grades: 1-8		Limit: 78
Guard Clinic	Sat, 10/5	4:00 – 6:00 pm
Post Player Clinic	Sat, 10/12	4:00 – 6:00 pm
Shooting/Ball handling Clinic	Sat, 10/19	4:00 – 6:00 pm
Pre-season Tune-up Clinic	Sat, 10/26	4:00 – 6:00 pm

Fee: \$60

HEAD START LITTLE DRIBBLERS (AUX. GYM)

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

Grades: K-3rd		
	Saturday	9/7 - 9/21 12:00-1:00pm

Fees: \$25

YOUTH BASKETBALL (cont.)

YOUTH BASKETBALL LEAGUES

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

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

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

Fees: Girls		Boys	
Grades K-1 Co-Ed	\$51	Grades K-1 Co-Ed	\$51
Grade 2 Co-Ed	\$60	Grade 2 Co-Ed	\$60
Grade 3 & 4	\$70	Grade 3	\$70
Grade 5 & 6	\$70	Grade 4	\$70
Grade 7 – 9*	\$75	Grade 5	\$70
Grade 10-12*	\$75	Grade 6	\$70
		Grade 7 – 8	\$75
		Grade 9-10	\$75
		Grade 11-12	\$75

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

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

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

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

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

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

*Beginning September 26th non-residents may register if space permits. Non-residents must pay the additional \$15 non-resident fee.

ADULT PROGRAMS

ADULT BASKETBALL

MEN'S OPEN BASKETBALL LEAGUE (EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 9/7 through 9/25. Registration will be on a first pay first serve basis.

Sundays	10/13 – 3/2020*	3:00 – 10:30 pm
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***No games 12/1, 12/22, 12/29, & 2/2**

Upper, Middle, & Lower Divisions

Fees:	
Per Team (Limit: 8 per division)	\$250
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game

MEN'S 35 & OVER BASKETBALL LEAGUE (EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams runs from 9/7 through 9/25. Registration will be on a first pay first serve basis.

2 DIVISIONS:	35 & over	
	45 over	
Thursdays	10/17 – 4/2020*	6:00 – 10:00 pm
	Ending date subject to change	

***No games 11/28, 12/26, 1/2, & 3/26**

Fees:	
Per Team (Limit: 12 teams)	\$250
CASH Forfeit Deposit	\$80 (refundable at end of season)
Referee/Scorekeeper Fees	\$34 per team/per game

ADULT BASKETBALL (cont.)

MEN'S 18+ 4-ON-4 BASKETBALL LEAGUE

(EHRNFELT REC. CENTER MAIN GYM)

Registration for all teams is 8/3 through 9/10. Registration will be on a first pay first serve basis.

Tuesdays 9/17 – 12/10 6:30 – 10:20 pm
Ending date subject to change

Fees:

Per Team (Limit: 10 teams) \$160 (9 games plus playoffs)
CASH Forfeit Deposit \$80 (refundable at end of season)
Referee/Scorekeeper Fees \$34 per team/per game

MEN'S 35 & UNDER PICK-UP BASKETBALL

(CENTER MIDDLE SCHOOL)

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

Class Limit: 30

Mondays 9/9 – 12/2* 8:30 – 10:00 pm

*Ending and play dates subject to change

Fees:

Members \$26
Non-members/Residents \$31
Non-Members/Non-Residents \$41

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

MEN'S 35 & OVER PICK-UP BASKETBALL

(CENTER MIDDLE SCHOOL)

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

Class Limit: 30

Wednesdays 10/2 – 12/4* 8:30 – 10:00 pm

*Ending and play dates subject to change

Fees:

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

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

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.

Wednesdays 9/4 – 12/11* 6:00 – 10:00 pm

*No games 11/6 & 11/27

Fees:

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



ADULT VOLLEYBALL (cont.)

CO-ED VOLLEYBALL LEAGUE

(EHRNFELT REC. CENTER AUXILIARY GYM)

Registration for all teams is 9/2 through 9/30. Registration will be on a first pay first serve basis.

Sundays 10/6 – 12/8* 3:00 – 10:30 pm

*No games 12/1

Fees:

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

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

Friday 9/6 - 11/15 6:30 – 10:30 pm

Fees:

League Entry Fee (Limit: 16 teams) \$240 (5 games & playoffs; weather permitting)
CASH Forfeit Deposit \$80
Umpire/Scorekeeper Fees \$32 per team/per game

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 may be played in the first few weeks of the season.

Ages: 18 & over

Limit: 12 teams

Sunday 9/8 - 11/17 9:00am – 1:00 pm

Fees:

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

Wednesday 9/4 - 11/13 6:30 – 10:30 pm

Fees:

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

Monday 9/9 - 11/18 6:30 – 10:30 pm

Fees:

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

ADULT ENRICHMENT PROGRAMS

For Ages 18 and Over

EXERCISE PROGRAMS

POWER HOUR – NEW EVENING PROGRAM!

A perfect mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 60 minutes. This is a drop in program, taught by a Certified Fitness Instructor.

Ages: 45 & over

Mondays and Wednesdays 5:30-6:30pm

No class 8/26, 8/28, 9/2, 11/6 & 12/25

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

YOGA

Increase your core strength, while stretching your whole body, improving your stamina and releasing stress. Our instructor will guide you through this hour long yoga class. Six week sessions or drop-in option.

Ages: 45 & over

Instructors: Trista Smith - Tuesdays
Jessica Cartell - Thursdays

Tuesdays	8/6-9/17*	5:30-6:30pm
Tuesdays	9/24-10/29	5:30-6:30pm
Tuesdays	11/5-12/10	5:30-6:30pm
Thursdays	8/15-9/19	5:30-6:30pm
Thursdays	9/26-10/31	5:30-6:30pm
Thursdays	11/7-12/19*	5:30-6:30pm

***No class 8/27, 11/28, 12/17, 12/24, 12/26 & 12/31**

Fees: **6 Weeks Drop-In**

Members	\$18	\$4
Residents/Non-Members	\$22	\$5
Non-Residents/Non-Members	\$30	\$7

EXERCISE PROGRAMS

TAP DANCING

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

Ages: 18 & over

7 Week Session

Minimum class size: 4

Instructor: Peggy Stockdale

Wednesdays	9/18-11/13*	6:00-7:00pm – Beginners
		7:00-8:00pm – Experienced Tappers

***No class 10/23 & 11/6**

Fees:	Members	\$38
	Residents/Non-Members	\$40
	Non-Residents/Non-Members	\$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 week sessions or drop-in option.

Ages: 18 & over

Tuesdays*

Instructor: Mary Harwood

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
	Residents/Non-Members	\$22
	Non-Residents/Non-Members	\$44
		\$5
		\$6
		\$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	10/21 & 10/28	6:00-9:00pm
Monday	11/4	6:00-8:00pm

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

WOOD SHOP CLASSES AND SERVICES (cont.)

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: 21 & over

Wednesdays (No Woodshop 11/6) 6:30 – 9:00pm

Fees:		Per Hour
	Members/Residents	\$3
	Residents/Non-Members	\$4
	Non-Members/Non-Residents	\$6

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 Hoelter

Every Tuesday* 6:00-8:00pm

***Resuming 9/3 • No Meeting 12/24 & 12/31**

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

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.
- Live transcription available upon request. Please call 440-580-3277 48 hours in advance.

"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 40 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 12:30-3:00pm
No Bingo 8/26 & 9/2

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 8/26, 8/28, 9/2 & 12/25

Fees:	Per Week
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 2:15-3:30pm
No class 8/26 & 9/2
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 8/27, 11/28, 12/24 & 12/31
Fees: Members \$4
Non-Members/Residents \$5
Non-Members/Non-Residents \$7

FITNESS, FUN, FRIENDSHIP (cont.)

BOWLING (AMF BROOKGATE)

More than 95 million people enjoy bowling worldwide, in 90 countries, spanning 6 continents. This makes ten pin bowling one of the largest participatory sports in the world. Join the fun when our season begins on September 11th. We are always looking for new bowlers. Can't make it every week, no problem, join us as a substitute bowler.

Ages: 50 & over
Wednesdays 9:30am (Practice begins at 9:15am)
No bowling 12/25 & 1/1

Fees: \$8.50
Includes 3 games, shoes and ball, if needed

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 8/26, 8/28, 9/2 & 12/25

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

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 8/27 & 11/28

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

FITNESS, FUN, FRIENDSHIP (cont.)

STRONGSVILLE STRIDERS

Walking is wonderful! This near perfect form of physical exercise has numerous physical, mental and emotional benefits with no previous training necessary! A walking program is an excellent way to keep or start the body moving, and reap the benefits of good health that come with regular exercise! Join program leader, Mary Lea and fellow Striders as they walk their way to fun and fitness. This is a drop-in program. Limited to the first 12 to register, each class.

Ages: 50 & over **Instructor: Mary Lea Kirby**
 Tuesdays 9:00 - 9:45am
Resumes 10/1

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 & 12/25**

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 8/26 & 9/2

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

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 8/12-9/30* 10:30 – 11:15am
 Mondays 10/7-11/11 10:30 – 11:15am
 Mondays 11/18-12/23* 10:30 – 11:15am
***No class 8/26, 9/2 & 12/30**

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

SENIOR INDOOR CYCLING

Looking for a different type of cardio workout? Jenny will lead you on a stationary ride without the worry of the outdoor elements! Senior Cycle will be held on the Recreation side, but all registration will be at the Senior Front Desk. Please come 15 minutes early if this is your first time taking cycling.

Ages: 50 & older **Instructor: Jenny Wilson**
 Fridays 10:30-11:15am

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

FITNESS, FUN, FRIENDSHIP (cont.)

CARDIO FIT

Looking to increase your cardio workout? Join Mary Lea on Tuesday's from 9:00-9:45am for a brand new cardio focused workout. Cardio exercise is known to help burn calories, improve your heart strength, increase lung capacity and helps with overall endurance. Mary Lea will lead you through fun and easy to follow, joint friendly moves, with just enough variety to keep you coming back. Modifications shown for all fitness levels. Be sure to try out this great new class! This is a drop in class.

Tuesdays through September 24th 9:00-9:45am

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

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 11/28

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 8/26 & 9/2

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

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! **Play ends September 27th**

Ages 50 & over
 Fridays 10:00am

Fees: \$3

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 & 12/25

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

FITNESS, FUN, FRIENDSHIP (cont.)

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 11/28**

Fees:

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

PICKLEBALL

Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications.

Join us Mondays and Thursdays when we offer open Pickleball. We have paddles and balls, 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

September – December

Mondays 11:00am – 1:00pm

Thursdays 9:00am – 11:00am

No Pickleball 8/26, 9/2, 11/28, 12/23, 12/26 & 12/30

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

TAP DANCING

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

Ages: 50 & Over

Instructor: Peggy Stockdale

Thursdays 9/19-11/7* 11:00am – 12Noon – All

levels

***No class 10/24**

7 Week Session

Minimum class size: 4

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

FANTASY WALK

Looking for a unique and exciting way to get healthy, lose weight and have more energy? Join us on our next Fantasy Walk. Beginning September 1st, we're "walking" to many of Ohio's covered bridges. (Did you know that Ohio is second only to Pennsylvania with the most covered bridges?) We'll enjoy Ohio's spectacular fall countryside, as we visit these heartwarming bridges. December 1st will be the end of our site seeing tour.

Fantasy walkers will wear pedometers wherever they go, record their miles once a week at the Senior Center and check their progress on our map. A party will be held in December to celebrate everyone's accomplishments. Registration is required.

Ages 50 & over

Sponsored by Brookway Hearing Center

Fees: Members	\$14 or \$6*
Non-Members/Residents	\$16 or \$8*
Non-Members/Non-Residents	\$18 or \$10*

*Note: Participants can use their own pedometer and save \$8 on registration. Pedometers needed during program will cost \$14/each.



FITNESS, FUN, FRIENDSHIP (cont.)

HOLIDAY CHORAL "SING-A-LONG"

Come and gather around the piano in the Senior Great Room. Ginny Rios will play some holiday favorites, and lead this group of singing seniors. Join in the singing, or tap your foot to the beat. All are welcome, and no musical experience is required.

Ages: 50 & over **Free Program**
 Monday 12/2 & 12/9 11:30am

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/Billiards	Fridays	12:30-4:00pm

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* 9:30am-12:00pm
Ages: 21 & Over Wednesdays** 6:30-9:00pm
 *No Shop 11/28 **No Shop 11/6

Fees:	Per Session
Members	\$3
Residents/Non-Members	\$4
Non-Members/Non-Residents	\$6

WOOD CARVING (SENIOR CENTER WOOD SHOP)

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

Instructor: Dave Hoelster

Ages: 50 & Over
 Thursdays* 1:00-3:00pm
 *Returning Sept. 5
 *No Carving 11/28

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 **Instructor: Jim Burns**
 Mondays 10/7 and 10/14 9:30am – 2:30pm*
 *Lunch break from 11:30am – 12:30pm

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



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.



ART & CRAFT CLASSES

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 8/27 & 11/28

Fees: Members \$9
 Non-Members/Residents \$10
 Non-Members/Non-Residents \$12

RAKE KNITTING

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

Ages: 50 & Over **Free Program**

Every Monday 10:00 am

No class 8/26 & 9/2

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. Registration Required. Maximum class size of 15.

Instructor: Joanne Richter

Ages: 50 & Over **Class Limit: 15** **6 Week Sessions**

Tuesdays 9/3-10/8 1:00-3:30pm

Tuesdays 10/22-12/3* 1:00-3:30pm

Thursdays 9/5-10/10 1:00-3:30pm

Thursdays 10/24-12/5* 1:00-3:30pm

***No Class 10/15, 10/17, 11/26 & 11/28**

Fees: **6 Week Session (No Drop Ins)**

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 10/2-11/13* 10:00-11:45am

***No Class 11/6**

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 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 fall.

Ages: 50 & over **Drop-In Program Free** **Instructor: Rick Deal**

Monday 9/23 Using Lightroom 10:00-12:00pm

Monday 10/14 File Storage 10:00-12:00pm

Monday 11/25 Mating Your Images 10:00-12:00pm

No December Meeting.



PHOTOGRAPHY WORKSHOPS

Join our instructor, as he focuses on a specific area of interest for both the hobbyist and the advanced photographer. This two-day, 1 ½ hour individual workshop will give you more confidence behind the lens. No previous photography experience required.

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

Long Exposure/Night Photography

Long exposure and night photography can be very rewarding but also very frustrating. Learn the techniques you need to make shooting at night one of the most enjoyable. This workshop will include a classroom portion as well as a practical evening session and finally a class critique.

Monday 12/9 & 12/16 10:00-11:30am

***An evening practical session will be scheduled from 6:00-7:00pm**

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



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. **Ages: 50 & Over**

Nancy Haake, Volunteer Coordinator

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

***No quilting 8/26 & 9/2**

CREATIVE CRAFTERS

Enjoy making new crafts? This is the group for you! Create new friendships and various crafts for the Senior Center Craft Shop. Willing hands and ideas are always welcome! **Ages: 50 & Over**

Wednesdays 10:00am - 1:00pm

***No crafting 8/28 & 12/25**

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 11/28

WELLNESS

BLOOD PRESSURE CHECKS

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

3rd Tuesday, 10:30am-12:00pm, Provided by Southwest General Health Center

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

DIABETES SCREENING

3rd Tuesday, 10:30am-12:00pm, 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	9/3	9:00am
Tuesday	10/1	9:00am
Tuesday	11/5	9:00am
Tuesday	12/3	9:00am

Appointments needed. Call the Senior Center at (440)580-3275.

INFLAMMATION AND HOW TO FIGHT IT WITH FOOD

Inflammatory-related conditions often manifest in not one but two types of pain: the discomfort within your joints and muscles, and the frustration of not being able to move the way you used to. Thankfully, inflammation can be significantly reduced by eating the right foods. Join Debbie, as she explains what foods should be in your daily diet, and what foods you should be avoiding. She'll also explain why it is so important to make these changes in your diet. Presenter: Debbie Piper, RD, LD - Heinen's Strongsville Wellness Consultant. *Registration required.*

Ages 50 & over

FREE

Wednesday 11/6 10:00am

COGNITIVE HEALTH AND WELLNESS SCREENING DAY

Join us for a Cognitive Health and Wellness Screening Day where FREE memory screenings and Cognitive Assessments will be offered using the new state of the art technology COGNIVUE. COGNIVUE is the first FDA approved computerized screening assessment tool to test cognitive functioning. These screenings are FREE, confidential, simple, and safe. Brain Health Education information and brain healthy food tasting and nutrition will also be available. Screenings provided by certified screeners from Kemper House and Kemper Center for Cognitive Health and Wellness.

Ages 50 & over

FREE

Tuesday 11/12 10:00am-2:00pm

WELLNESS (cont.)

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	9/30, 11/4, 12/2	1:00-5:00pm
Tuesday	9/3	1:00-5:00pm

SENIOR FLU SHOT DAY

It is estimated that in the United States, each year on average 5% to 20% of the population gets the flu and more than 200,000 people are hospitalized from seasonal flu-related complications. Help prevent the flu this winter with the flu vaccine. Free Flu shot with most insurance (please bring insurance card day of) or an option to pay cash. Pricing for quadrivalent (4 strain) flu vaccine is \$30 per shot and pricing for High Dose (65+ years old) is \$60 per shot. There will be no appointment required for this year's Flu Shot Clinic. Shots will be administered by Giant Eagle Pharmacy. Please bring your Giant Eagle Advantage Card to receive \$5 gift card loaded directly onto the card.

Tuesday 10/8 9:00am-12:00pm

COGNITIVE HEALTH AND WELLNESS SCREENING DAY

Join us for a Cognitive Health and Wellness Screening Day where FREE memory screenings and Cognitive Assessments will be offered using the new state of the art technology COGNIVUE. COGNIVUE is the first FDA approved computerized screening assessment tool to test cognitive functioning. These screenings are FREE, confidential, simple, and safe. Brain Health Education information and brain healthy food tasting and nutrition will also be available. Screenings provided by certified screeners from Kemper House and Kemper Center for Cognitive Health and Wellness.

Ages 50 & over

FREE

Tuesday 11/12 10:00am-2:00pm

COMMUNITY SUPPORT GROUPS

MEMORY LOSS SUPPORT GROUP

Are you looking for any kind of support when dealing with memory loss? This group is open to caregivers of individuals with dementia or Alzheimer's disease, spouses, family members, or friends. Linda Bliss, RN, Kathy Bush, RN and Jennifer Nance from Kemper House will be running this helpful support group, so all are welcome to join with any questions they may have. If you are caring for, or know someone with dementia, this support group is for you. **Free program.**

1st Tuesday of the month 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	10:20-11:30am	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.

1st Wednesday of the Month 10:00am

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."

MEDICARE COUNSELING

2nd Tuesday of the Month 9:00am-2:00pm

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

FREE MONTHLY CONSULTATIONS (cont.)

(Offered monthly)

BENEFITS CHECK UP

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

Thursday	10/10	9:00am-12noon
Tuesday	12/10	9:00am-12noon

HEAP PROGRAM

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

Ages: 50 & Older	Free Program
Friday	10/18
	9:00am-12:30pm

MEDITATION GROUP

Join our mediation group! Meditation has been proven to reverse memory loss and strengthen your memory, lower blood pressure, help with chronic pain, depression, anxiety, and decrease stress. Our meditation group will teach you new ways to meditate. Time will be used to meditate together as a group. A special thanks to Kemper House for facilitating this group!

1st Wednesday of the month 10:00am

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

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
September	<u>Clock Dance</u> By Anne Tyler	Sept. 23rd
October	<u>Everything Here is Beautiful</u> By Mira Lee	Oct. 28th
November	<u>A Shout in the Ruins</u> By Kevin Powers	Nov. 29th
December	No Discussion	

COMPUTER INSTRUCTIONS (SENIOR COMPUTER LAB)

One on One Sessions

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

Fee for one hour session (Minimum of one hour)

Member	\$5
Resident/Non-Member	\$7
Non-Member/Non-Resident	\$11

EDUCATIONAL PROGRAMS (cont.)

MUSIC EDUCATION CLASSES

Join Dr. Keller, as he shares his life-long interest in all kinds of music, from Bach, to Rock to Country. Dr. Keller has lectured at Baldwin-Wallace University's Institute for Learning in Retirement, Lorain County Community College and various senior centers and libraries.

History and Music of the 1950's"

The early 1950's marked the beginning of "Rock 'n Roll" music. Additionally, there were a lot of major historical events that took place during this decade. This presentation includes a look at both these events and the music of early Rock 'n Roll that took the country and the world by storm during the decade of the 50's. Registration required.

Ages: 50 & over	Instructor: Dr. Joel S. Keller
Wednesday	9/25
	10:00am
Fees:	
Members	\$10
Non-Member/Residents	\$12
Non-Member/Non-Residents	\$16

"History and Music of the 1960's"

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

Ages: 50 & over	Instructor: Dr. Joel S. Keller
Thursday	10/24
	10:00am
Fees:	
Members	\$10
Non-Member/Residents	\$12
Non-Member/Non-Residents	\$16



EDUCATIONAL PROGRAMS (cont.)

MEDICARE FRAUD

Medicare fraud and abuse has been estimated to cost the Medicare program \$60 billion or more every year. To try to combat some of this abuse, the Administration for Community Living (formerly U.S. Administration on Aging) is investing in the Senior Medicare Program to try to educate seniors about the hazards of Medicare fraud and abuse. Tom Gaumer with ProSeniors will discuss what Medicare recipients should know and will also bring lots of literature on how senior citizens can guard against and detect Medicare fraud and abuse. ProSeniors, is a non-profit organization in southwest Ohio that helps seniors for free throughout the state. Registration required.

Ages: 50 & older **Free Program**
 Tuesday 9/24 10:00am

OHIO OMBUDSMAN PROGRAM

Ombudsmen are independent, impartial and provide a free service. They investigate complaints that haven't been solved by the organization complained against. Ombudsmen investigate complaints when something has been handled badly or unfairly, making someone suffer as a result. Want to learn more about this program and how it can help you? Join Barb Prociak, Ombudsman Specialist for Long Term Care Ombudsman as she explains the history, mission and services available through the long term care Ombudsman program. Registration required.

Ages: 50 & older **Free Program**
 Thursday 9/26 10:00am

LOW VISION SAFETY

Karen Hallgren, Occupational Therapist with the Cleveland Clinic will be here to discuss different eye diseases and how they can affect vision, different devices and techniques to help with daily tasks with vision impairment and home safety. Registration required for this program.

Ages: 50 & older **Free Program**
 Wednesday 10/9 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 Program**
 Friday 10/4 10:00am

MEDICAL CERTIFICATION WAIVER

Are you aware of the Medical Certification Waiver? Ray Foeller, Sr. Outreach & Education Specialist from the Office of the Ohio Consumers' Counsel will be here to explain more about the program. The Medical Certification Waiver can be used to prevent an electric and/or natural gas disconnection up to three times during a 12-month period or to reconnect service if the customer has been disconnected for no more than 21 days. In order for a customer to use the Medical Certification Waiver, they must have service with a regulated electric and/or natural gas company. There are no income guidelines, so all residential customers of regulated electric and natural gas companies may utilize the waiver. Registration required.

Ages: 50 & older **Free Program**
 Tuesday 10/22 1:00pm

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 Program
 Date TBA 1:00pm

EDUCATIONAL PROGRAMS (cont.)

NEAR DEATH EXPERIENCES

Some people who died and then were revived claim to have visited heaven! People from vastly different cultures, geographies, and even religions report similar core experiences. Are these hallucinations of a brain in the last moments of life? What does science have to say about people's EEG showing no brain activity yet they report word for word conversations their surgeons had over their 'dead' bodies? What are the spiritual implications of these many experiences? Six week session.

Ages: 50 & over **Instructor: Ted Smith**
 Mondays 9/9-10/14 10:00-11:30am
Fees: Members \$40
 Non-Member/Residents \$45
 Non-Member/Non-Residents \$55

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 Program**
 Wednesday 11/13 10:00am

SENIOR SCAMS

There are many more scams out there that target older adults. Telephone and mail scams are still the best way for a scammer to reach Ohioans. Con artists will change the type of scam, but what these criminals are after is always the same, your money or identity. A representative from the Cuyahoga County Department of Consumers Affairs will be on hand to inform you about the latest scams, identify the buzz words that scammers use, and how to prevent yourself from being a victim. This presentation can also help you if you were once a victim of a scam. Don't miss this helpful program. Registration required.

Ages: 50 & over **Free Program**
 Thursday 11/14 1:00pm

OHIO INSURANCE DEPARTMENT TO HOST MEDICARE CHECK-UP DAYS

Join the Ohio Insurance Department for a Medicare Check-Up Day. Medicare's annual open enrollment or "coordinated election" period is October 15th to December 7th. This period allows people on Medicare to evaluate whether or not to enroll in a Part D Medicare prescription drug plan, determine if they have existing drug coverage, or if they have already enrolled in Part D, switch to another Part D or to a Medicare Advantage plan for coverage that begins Jan. 1, 2020. OSHIP will provide information on recent Medicare changes and give a review of the program. If you would like a comparison report on various Part D plans and other drug coverage in lieu of Part D coverage.

Presentation Only- Registration required
Ages: 50 & over **Free Program**
 Friday 9/6 10:30am

One on One counseling- Appointment required call 580-3275
Ages: 50 & over **Free Program**
 Tuesday 10/29 9:00am-3:00pm



EDUCATIONAL PROGRAMS (cont.)

GENESIS AND THE BIG BANG RECONCILED

The events depicted in the first chapter of Genesis are quite similar to events described by the Big Bang Theory. The real question is was it six days or 13.7 billion years? This class will explore how the answer is actually "yes" to both perspectives. We will only use peer reviewed science taught in universities (Ted promises no complicated formulas on the chalk board!) and only conventional interpretations of the Genesis text. Six classes.

Ages: 50 & over		Instructor: Ted Smith
Mondays	10/21-11/25	10:00-11:30am
Fees:	Members	\$40
	Non-Member/Residents	\$45
	Non-Member/Non-Residents	\$45

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. Registration required.

Ages: 50 & Over		Instructor: Mike Kolesar
Tuesday	10/1	1:00-5:00pm
Fees:	AARP Members	\$15
	Non-AARP Members	\$20

SAFE DRIVING FOR MATURE OPERATORS

AAA DRIVER TRAINING

Safe Driving for Mature Operators recognizes that there are different situations and circumstances that older drivers face. It identifies these conditions and offers recommendations on how to deal with them. Through interactive classroom-based instruction, this course will focus on areas covering Risk Management, Being Ready to Drive, Alcohol & Medications, Distractions, Drowsiness, Vehicle Technology, Managing Visibility & Space and Extending Your Safe Driving Career. A variety of hands-on activities are also part of this comprehensive program.

This 8-hour course is approved by the Ohio Bureau of Motor Vehicles for insurance discount under Ohio's Motor Vehicle Accident Prevention Course for Drivers 60+. In Ohio, each individual insurance company determines the amount of the discount that is good for a period of three years.

This is a 2 day class; 4 hours each day with a lunch break.

Ages: 60 & Over		Instructor: Lori Cook, Safety
Advisor from AAA East Central		
Monday	10/28	10:00am-12Noon
& Wednesday	& 10/30	& 1:00-3:00pm
Fees:	AAA Members	\$18
	Non-AAA Members	\$25

SPECIAL PROGRAMS

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
Sept. 12	The Avanti Band	
Sept. 26	Wayne Tomsic Trio	
Oct. 10	Al Battistelli	
Oct. 24	The Avanti Band - Halloween Dance	
Nov. 14	Wayne Tomsic Trio	
Dec. 12	Al Battistelli - Christmas Dance	
Members/Residents		\$5
Non-Members/Non-Resident		\$7

SPECIAL PROGRAMS (cont.)

OKTOBERFEST LUNCH

Everyone's German for our Oktoberfest! Ethnic food and entertainment are sure to help you feel that old world charm. Registration with payment is required by September 20th. Call the Senior Registration Desk at (440) 580-3275. Luncheon sponsor- Althenheim Senior Living. Entertainment sponsor- Parkside Villa.

Ages: 50 & Older	Wednesday	9/25	11:30am
Fees:	Members/Residents		\$6
	Non-Members/Non-Residents		\$8

WHITE ELEPHANT SALE

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.

November 7 & 8

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!

VETERANS DAY LUNCH

Join us in honoring our local veterans at a special luncheon program. We'll salute all the men and women that have served our country. This lunch is open to all and free to our veterans.* Lunch prices apply to non-veterans. Registration with payment is required by November 1st. Call the Senior Registration Desk at (440) 580-3275. Luncheon sponsor – Jardine Funeral Home. Dessert provided by Pearl Crossing.

	Thursday	11/7	11:00am
Fees:	Veterans		Free*
	Member/Residents		\$6
	Non-Members/Non-Residents		\$8

*Free to Veterans who are members of the Ehrnfelt Senior Center or Strongsville Residents, but registration is required by November 1st.

THANKSGIVING LUNCH

Join your friends at the Senior Center as we celebrate an early Thanksgiving lunch with all the trimmings. Registration with payment is required by November 18th. Call the Senior Registration Desk at (440) 580-3275. Luncheon sponsor – Westwood Place.

Ages: 50 & Older	Thursday	11/21	11:30am
Fees:	Members/Residents		\$6
	Non-Members/Non-Residents		\$8

SILVER MUSTANG HOLIDAY CELEBRATION

It's the most wonderful time of the year and we want to celebrate with you! Join us for a live Christmas concert with Jim Wonnacott's Little Big Band featuring Vocalist Cindy Smith. As we listen to the 8 piece band holiday cookies, hot chocolate and fellowship. Come and meet up with old friends, enjoy great prizes, and sing to your favorite Christmas tunes! In the spirit of the holidays we will be gratefully accepting non-perishable food items to be donated to the Strongsville Food Bank. Registration required at the Senior Registration Desk October 29th- November 27th. Sponsored by Offill Financial Group.

	Tuesday	12/3	12:45pm
Fees:	Free to all current Silver Mustang Members		
	Non-Members/Residents		\$4
	Non-Members/Non-Residents		\$6

SPECIAL PROGRAMS (cont.)

NEW YEAR'S CELEBRATION

Celebrate the arrival of 2020 at the Senior Center. Join us for a delicious brunch at our New Year's Eve Celebration on Monday, December 31st. Registration is required by December 27th. Call the Senior Center Registration Desk at (440) 580-3275. Luncheon sponsor – Altnheim Senior Living. Dessert sponsor- Vitalia Senior Residences

Ages: 50 & Older

Tuesday 12/31 10:00am

Fees: Members/Residents \$6
Non-Members/Non-Residents \$8

MUSTANGS ON THE GO!



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 Chicago White Sox. Your fee includes your game ticket in section 171 and transportation to and from the 1:10pm game. Tickets are limited.

Ages: 50 & older

Thursday 9/5 11:30am-5:30pm

Registration Limit: 2 tickets per person

Fees: Members \$50
Residents/Non-Members \$52
Non-Residents/Non-Members \$56

Registration Opens
July 16
July 23
July 30

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: Members \$65
Residents/Non-Members \$67
Non-Residents/Non-Members \$71

Registration Opens
June 26
July 3
July 10

MUSTANGS ON THE GO! (cont.)

THE BARBERTON MUM FESTIVAL

Here is your chance to enjoy one of Ohio's most unique and colorful festivals! The actual festival takes place on Saturday and Sunday and draws HUGE crowds but we have been allowed to bring our bus in on Friday and SNEAK in to see this colorful Fall display. We will start our day taking in a variety of sites and attractions, including a wine sampling. We'll head off for a traditional Barberton chicken lunch with fried chicken, coleslaw, French fries and a special side order of rice, simmered tomatoes and vegetables - the Sauce! This legendary meal gave Barberton the honorary title of Fried Chicken Capital. After lunch, we'll travel to historic Lake Anna Park, in the heart of downtown Barberton. This 21 acre park surrounds the 10 acre spring-fed, Lake Anna, providing a natural setting for this colorful festival. Our local guide will show us the array of 17,000 mums as they create a beautiful rainbow of blooms throughout and we'll have time to walk the park, see the blooms and buy MUMS!

Ages: 50 & Older

Friday 9/27 8:00am- 6:30pm

Fees: Members \$79
Residents/Non-Members \$81
Non-Residents/Non-Members \$85

Registration Opens
July 31
August 7
August 14

CLEVELAND ORCHESTRA

Enjoy a Friday Matinee of the world renowned Cleveland Orchestra at Severance-Hall. The morning will include round trip transportation from the Ehrnfelt Senior Center, a pre-concert talk, complimentary coffee, tea and pastries, followed by the 11:00am concert, conducted by Alan Gilbert. The program will include Bach and Brahms, with Kirill Gerstein on piano.

Ages: 50 & over

Friday 10/11 8:30am-1:30pm

Registration Limit: 2 tickets per person

Fees: Members \$36
Residents/Non-Members \$38
Non-Residents/Non-Members \$42

Registration Opens
August 1
August 8
August 15

AMISH ADVENTURE- WITH A WAGON RIDE!

Meet an Amish guide who will be with the group the all day! Enjoy a one- hour wagon ride through a park filled with animals from around the world! Enjoy a family -style Amish meal at Der Dutchman and then watch the Amish making candy at Coblenz Chocolates. Enjoy the Back Country Roads Tour as you will visit Walnut Creek Brooms and Walnut Creek Cheese where there are awesome prices in the deli, bulk foods, produce and more! They feature the best ice cream in the country- ice cream for all is included. Package includes motor coach transportation, all applicable taxes, meals and gratuities.

Ages: 50 & Older

Tuesday 10/15 8:00am- 6:30pm

Fees: Members \$85
Residents/Non-Members \$87
Non-Residents/Non-Members \$91

Registration Opens
August 6
August 13
August 20

REWARD YOURSELF

Massage Consistency Passes Are Available



For more information please check out Page 16 for details.

MUSTANGS ON THE GO! (cont.)

THE MUSIC MAN A GREAT LAKES THEATER PRODUCTION AT THE HANNA THEATRE

The Tony-Winning Broadway Musical Classic.

"There's trouble in River City..." when Harold Hill, a fast-talking salesman, attempts to con its citizens into purchasing instruments and uniforms for a boys' band that he never fully intends on forming. That is until, Marian, the prim town librarian, catches on to his scheme and the two fall into an unlikely romance that is the foil to all of Harold's plans. This six-time, Tony-winning musical, which features cherished numbers such as "Seventy-Six Trombones," "Ya Got Trouble" and "Till There Was You," is the perfect musical comedy for all ages.

Before heading downtown, we'll enjoy breakfast at the Senior Center. Performance starts at 10:00am.

Ages: 50 & over

Tuesday 11/5 7:30am-1:00pm

Fees:		Registration Opens
Members	\$40	September 5
Residents/Non-Members	\$42	September 12
Non-Residents/Non-Members	\$46	September 19

CLEVELAND TOUR 3

John will start this tour with seeing a Depression-era dance hall that has bought new life in what was once a large German neighborhood. Next you will travel the historic Brewery trail of the early 1900's. We'll "Go Nuts" as we stop into a 1929 art-deco building at the edge of Cleveland that was a very necessary part of the Terminal Tower legacy. We'll also visit the actual site of the Cleveland Stockyards from 1881. You will have a driving tour of the revived Gordon Square Arts District and will enjoy a fantastic buffet lunch at the Higbee building/JACK CASINO. After lunch take in a spectacular view of Cleveland from the 42nd floor of the Terminal Tower. The tour will continue to the site of the 1936/37 Great Lakes Expo and tour The Warehouse District. We'll visit a spot where Abe Lincoln spoke in 1861. The Tour will finish in trendy Ohio City at the Mitchell's Ice Cream Factory, created in the original 1927 Rialto Vaudeville Theatre. Package includes motor coach transportation, all applicable taxes, meals and gratuities.

Ages 50 & Older

Tuesday 11/12 8:30am- 5:30pm

Fees:		Registration Opens
Members	\$78	September 24
Residents/Non-Members	\$80	October 1
Non-Residents/Non-Members	\$84	October 8

MUSTANGS ON THE GO! (cont.)

WHITE CHRISTMAS AT PLAYHOUSE SQUARE

Start the holiday season with a timeless tale of joy and goodwill, fill it with classic Irving Berlin songs, top it off with glorious dancing and lots of snow and head on over to Playhouse Square to see IRVING BERLIN'S WHITE CHRISTMAS. This must-see classic in a lavish new production that the New York Times says to "put on your wish list."

IRVING BERLIN'S WHITE CHRISTMAS tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Give everyone the gift they're dreaming of with this merry and bright holiday musical.

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 & Over

Tuesday 11/26 5:00-11:30pm

Registration Limit: 2 tickets per person

Fees:		Registration Opens
Members	\$60	September 4
Residents/Non-Members	\$62	September 11
Non-Residents/Non-Members	\$66	September 18

THE FRANK & DEAN RAT PACK HOLIDAY SHOW AT THE MGM NORTHFIELD PARK

MGM Northfield Park is home to over 2,300 slots, multiple restaurants and a concert Venue. You will see the Frank & Dean Rat Pack Holiday show from 3p-430p. Bonus-\$20 (may be subject to change). Package includes motor coach transportation, all applicable taxes and gratuities.

Ages 50 & Older

Thursday 12/5 10:30am-5:30pm

Fees:		Registration Opens
Members	\$33	October 22
Residents/Non-Members	\$35	October 29
Non-Residents/Non-Members	\$39	November 5



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

- Permits are required, to use any of the parks listed above, for practice purposes.
- Reservations are also required for use of the pavilions.
- Alcohol and smoking is prohibited in all recreation parks.
- Pets are required to be on a leash at all times.
- 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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Jen Frontino

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Director's Secretary

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Recreation Supervisor

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Assistant Aquatic Supervisor

Patti Welker

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Aquatic Supervisor

Ehrnfelt Senior Center

Phone (440) 580-3275

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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

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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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DEPARTMENT**

