



# Strongsville

**Parks  
Recreation  
Senior  
Services**

**2017  
MAY TO  
AUGUST**

visit us at  
[www.strongsville.org](http://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](http://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

### Hours of Operation (Recreation Center & Old Town Hall)

#### June 1 – September 30

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

#### October 1 – May 31

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

### NON-MEMBER DAILY GUEST FEES

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

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

### HOLIDAY HOURS AND CLOSINGS

Sat., April 15	Day Before Easter	<b>8:00am - 5:00pm</b>
Sun., April 16	Easter	<b>CLOSED</b>
Mon., May 29	Memorial Day	<b>CLOSED</b>
Tues., July 4	Independence Day	<b>CLOSED</b>
Wed., July 12	Homecoming Parade	<b>5:00am - 5:00pm</b>
Mon., Aug 21- Mon., Sept. 4	Annual Cleaning & Maintenance	<b>POOL CLOSED</b>
Mon., Aug 28- Wed., Aug. 30	Annual Cleaning & Maintenance	<b>CLOSED</b>
Mon., Sept. 4	Labor Day	<b>CLOSED</b>

### MEMBER ONLY DAYS

Monday 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.

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## 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](http://www.strongsville.org/content/recreation.asp)  
 Channel 3 News ([www.wkyc.com](http://www.wkyc.com))  
 News Channel 5 ([www.newsnet5.com](http://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](http://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:** Fitness Assessment and Exercise Orientation

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

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

**Free Child Care Service**

**Coupon Savings pack valued at over \$80.00**

# ANNUAL MEMBERSHIP FEE STRUCTURE & MEMBERSHIP INFORMATION

## OPTION 1 (PAY ENTIRE YEAR AT TIME OF PURCHASE): RESIDENT/FULL-TIME WORK/NON-RESIDENT

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

## OPTION 2 (SIGN AN ANNUAL CONTRACT AND PAY BY CREDIT CARD MONTHLY): RESIDENT/FULL-TIME WORK/NON-RESIDENT

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

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

### CREDIT CARD PAYMENT PLAN INFORMATION

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

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

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

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

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

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

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

### MEMBERSHIP POLICIES

\*Memberships are NON-REFUNDABLE and NON-TRANSFERABLE.

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

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

### AGE RESTRICTIONS

- 11 years and under must be accompanied by an adult (18 and over) at all times and may use the track, gymnasiums, game area and pool.
- Youths 12-14 years: After completion of youth strength training class, youths may utilize all the strength and 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 (\$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, 2017, you will be sent a postcard on or around Dec. 1, 2017).

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

## Summer Pass 2017

Try us out for 90 days and receive all the benefits of being a member! You choose the start date!

Choose your start date anytime between May 1 - June 30, 2017.

Money CAN be used towards a year membership before the 90 days is over.

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



## MEMBERSHIP RENEWAL INFORMATION (cont.)

### HOW CAN YOU RENEW?

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

### CORPORATE MEMBERSHIPS

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

### MEMBERSHIP REFERRAL PROGRAM

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

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

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

### SPECIAL ASSISTANCE

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

### FUNDING ASSISTANCE

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

### WORK-TO-WORKOUT PROGRAM

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

## PROGRAM REGISTRATION INFORMATION

### MEMBER PRIORITY PROGRAM REGISTRATION IS HERE!

#### PROGRAM REGISTRATION SCHEDULE (INCLUDING LEARN-TO-SWIM)

**Member Only Program Registration begins March 28**

**Non-Member Residents Program  
Registration begins April 4**

**Open Program Registration begins April 5**

**Internet Registration begins April 5**

### 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](http://www.strongsville.org); click on Recreation & Senior Center; and click on Online Registration.

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

### FAX-IN REGISTRATION – NO LONGER ACCEPTED

### PHONE-IN REGISTRATION

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

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

### PAYMENT

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

### PAYMENT METHODS

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

### CONFIRMATION

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

### WAITING LIST PROCEDURE

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

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

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

### LATE REGISTRATION

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

### NOTICE TO PARTICIPANTS

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

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

## PROGRAM REGISTRATION INFORMATION (cont.)

### CANCELLATION POLICY (DUE TO LACK OF ENROLLMENT)

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

### PROGRAM REFUND POLICY (RECREATION & SENIOR CENTER)

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

2. If an individual wants to cancel enrollment in a program, it must be requested at least 5 days prior to the first session of the program.

There are TWO refund options:

a. **Recreation Department Customer Account** - If the customer wants to have the refund posted to his/her Recreation Center account, a credit for the FULL AMOUNT that was paid will be issued.

b. **Check Issued** - If the customer paid by cash, credit card, or check and would like a check issued from the City Finance Department, a 20% or \$5 administrative fee (whichever is greater) will be deducted from the amount that was originally paid. A check will be issued within 3 weeks.

3. **Refunds will not be given if requested less than 5 days prior to the first session of the program.** Individuals assume the risk of changes in health or personal schedules.

### CANCELLATION POLICY FOR DAY CAMPS

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

## CUSTOMER SATISFACTION

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

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



## CHILDCARE SERVICES

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

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

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

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

### CHILDCARE FEES

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



### TOT ROOM

Mornings: 6 Months - 6 Years\*

Evenings: 6 Months - 9 Years\*

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

\* Subject to exceptions.

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](http://www.strongsville.org/content/recreation.asp)

## FACILITY/ROOM RENTAL SERVICES

(See page 8 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
<b>(After Hours ONLY)</b>			
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)

- MUST be requested at least 6 weeks in advance.
- Pricing includes after hours staff.
- 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

<b>15 Guests:</b>	\$215/Member	\$280/Non-Member
<b>30 Guests:</b>	\$285/Member	\$350/Non-Member
<b>45 Guests:</b>	\$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)
<b>Member</b>	\$55	\$50	\$900
<b>Non-Member</b>	\$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



Hosting an  
Event?

We have the  
Perfect Space!

SEMINARS

BUSINESS  
MEETINGS

FUNDRAISERS

BIRTHDAY  
PARTIES

SHOWERS

WEDDINGS/  
RECEPTIONS



Meeting Room

Recreation Center - 1st Floor



Conference Room

Recreation Center - 2nd Floor



Sr. Art Studio

Senior Center - 1st Floor



Sr. Meeting Room

Senior Center - 1st Floor



The  
Event Center

Contact Rental Coordinator: 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. **Prices effective beginning April 1, 2017.**

## 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 (\$6/visit). 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

## TOUCH-A-TRUCK (SENIOR CENTER PARKING LOT)

**Friday, June 9**

**1:00-3:00pm**

**FREE Admission**

Kids just love trucks and large equipment. Even grown up kids find the trucks fascinating. Well, here's a chance to get up and close to some of the most interesting and exciting equipment around. A variety of trucks will be displayed for kids to climb in, touch and ask questions about. All ages are welcome.

## MOTHER SON NIGHT OF FUN

**Friday, May 12th**

**6:30-8:30pm**

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

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

**Fees (per person)** Members \$9  
Non-Member/Residents \$11  
Non-Member/Non-Residents \$13

## KIDS GARAGE SALE

**Saturday June 3rd**

**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.

### 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

**Please Note:** There is a two table limit per family

**\*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 REC. PRESCHOOL/YOUTH PROGRAM EXPO

**Saturday, August 5th**

**10:00am-1:00pm**

**FREE Admission**

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

## THE STRONGSVILLE FARMER'S MARKET

**Thursdays**

**11:00am-2:00pm**

**July 20 – September 28**

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277. The Strongsville Farmers' Market is located at 18100 Royalton Rd. (Rec Center Parking lot). See you at the market!

## STRONGSVILLE YOUTH COMMISSION 2017-2018 TERM

The Strongsville Youth Commission (SYC) is a group of youth in grades 10-12 and adult mentors living in Strongsville. It is based on the belief that young people are a valued part of our community and civic life. The SYC looks for youth with leadership abilities that show a desire and willingness to serve their community. After an application process and selection of each year's youth members, the selected youth and adult mentors go on an overnight leadership retreat. In addition to the leadership training, at this retreat the youth members will identify the needs and issues that they feel are important in their community in order to develop programs and projects for the year, implemented by the student themselves. If you are unable to attend, you can pick up an application at the front desk beginning May 1st. Deadline for all applications is Sunday, June 11th. Please check your calendar, all applicants must be able to make the overnight leadership retreat on July 28th – 29th.

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

**Sarah Gartland**

**Ann Marie Hess**

**Maegan Powers**

**Rohan Sinha**

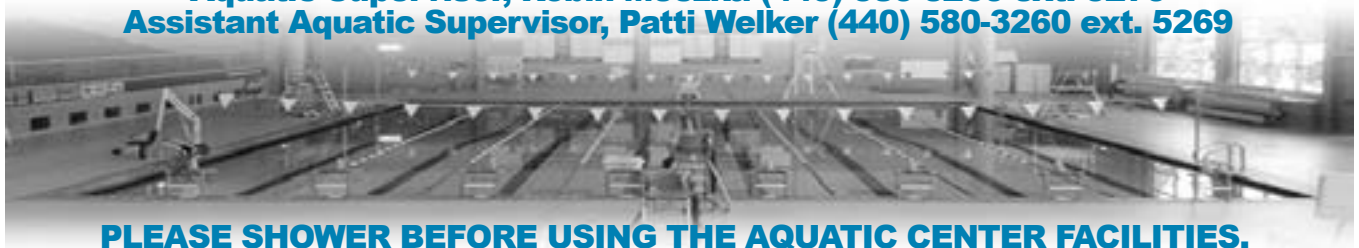
**Anmol Takiar**





# AQUATIC PROGRAMS

**Aquatic Supervisor, Robin Meczka (440) 580-3260 ext. 5270**  
**Assistant Aquatic Supervisor, Patti Welker (440) 580-3260 ext. 5269**



**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 at 580-3260.

## YOUTH LEARN-TO-SWIM REGISTRATION SCHEDULE

Begins Tuesday - March 28	Ehrnfelt Rec. Center Members	9:00 am - 9:00 pm
Tuesday - April 4	Residents* & Members	9:00 am - 9:00 pm
Wednesday - April 5	Open/On-line Registration	9:00 am - 9:00 pm

**\*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

Saturday, April 15	CLOSED at 4:30pm	Day Before Easter
Sunday, April 16	CLOSED	Easter
Monday, May 29	CLOSED	Memorial Day
Tuesday, June 6	CLOSED at 4:00pm (lap pool only)	SSL Swim Meet
Tuesday, June 13	CLOSED at 4:00pm	SSL Swim Meet
Tuesday, June 20	CLOSED at 4:00pm	SSL Swim Meet
Tuesday, June 27	CLOSED at 4:00pm	SSL Swim Meet
Tuesday, July 4	CLOSED	Independence Day
Saturday, July 15	CLOSED	SSL Championship Meet
Wednesday, July 19	CLOSED at 4:30pm	Homecoming Parade
Monday, August 21-		
Monday, September 4	CLOSED	Annual Shutdown

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

### ALTERNATIVE SWIM WEAR

For the safety, health and welfare of all members and patrons, proper swim attire is required when using all of the pools 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. 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 1-6 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
<b>Parent/Infant 6-18 Months</b>	<b>Ages: 6-18 months Parent must accompany child in the water</b>	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.
<b>Parent/Toddler 18-36 Months</b>	<b>Ages: 18-36 months Parent must accompany child in the water</b>	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.
<b>Parent/Youth A 3-5 Years</b>	<b>Ages: 3-5 Parent must accompany child in the water</b>	A continuation of Parent/Toddler: The child will work on propelling themselves through water, as well as, unsupported floats.
<b>Parent/Youth B 3-5 Years</b>	<b>Ages: 3-5 Parent must accompany child in the water.</b> Child must be comfortable with face in the water and float unsupported on front and back for at-least six seconds.	A continuation of Parent/Youth A: For the child that is comfortable in the water and is beginning to float unsupported. Child will work on swimming from wall to parent with face in the water.
<b>Preschool Advanced</b> (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.)	<b>Ages: 3-5 years Parent does NOT accompany child in the water.</b> 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 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
<b>LEVEL ONE: Intro to Water Skills</b>	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.
<b>LEVEL TWO: Fundamental Water Skills</b>	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.
<b>LEVEL THREE: Refined Water Skills</b>	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.
<b>LEVEL FOUR A: Stroke Development</b>	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.
<b>LEVEL FOUR B: Stroke Improvement</b>	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.
<b>LEVEL FIVE: Stroke Refinement</b>	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.
<b>LEVEL SIX: (ages 8 &amp; older) Fit Swim or Personal Water Safety</b>	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.
<b>LEVEL SEVEN: Endurance Training</b>	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 Robin Meczka or Patti Welker.

### PARENT/INFANT (6-18 mos.) (Parent in Water)

Ages: 6 - 18 months

Class Limit: Based on instructor availability and pool space.

#### Daytime Classes

Monday-Thursdays	6/12-6/22	10:45-11:15am
Monday-Thursdays	7/10-7/20	10:45-11:15am

#### Weekend Classes

Saturday	6/10-8/5*	8:30-9:00am (7 Classes)
Saturday	6/10-8/5*	9:00-9:30am (7 Classes)
Saturday	6/10-8/5*	11:15-11:45am (7 Classes)

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

\* No Class 7/1 & 7/15

### PARENT/INFANT & TODDLER (6-36 mos.) (Parent in Water)

Ages: 6 - 36 months

Class Limit: Based on instructor availability and pool space.

#### Daytime Classes

Tuesday & Thursday	5/2-5/25	10:35-11:05am
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#### Fees:

Members	\$34
Non-Members/Residents	\$46
Non-Members/Non-Residents	\$58

### PARENT/TODDLER (18-36 mos.) (Parent in Water)

Ages: 18 - 36 months

Class Limit: Based on instructor availability and pool space.

#### Daytime Classes

Monday-Thursdays	6/26-7/6*	10:45-11:15am (7 Classes)
Monday-Thursdays	7/24-8/3	10:45-11:15am

#### Evening Classes

Tuesday & Thursday	5/2-5/25	5:40-6:10pm
Monday & Wednesday	6/12-7/5	5:40-6:10pm
Monday & Wednesday	7/10-8/2*	5:40-6:10pm (7 Classes)

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

\* No Class 7/19

#### Weekend Classes

Saturday	6/10-8/5*	8:30-9:00am (7 Classes)
Saturday	6/10-8/5*	9:30-10:00am (7 Classes)
Saturday	6/10-8/5*	11:45am-12:15pm (7 Classes)

\* No Class 7/1 & 7/15

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

Ages: 3-5 years

Class Limit: Based on instructor availability and pool space.

#### Daytime Classes

Tuesday & Thursday	5/2-5/25	11:15-11:45am
Monday-Thursdays	6/12-6/22	11:30am-12:00pm
Monday-Thursdays	6/26-7/6*	11:30am-12:00pm (7 Classes)
Monday-Thursdays	7/10-7/20*	12:15-12:45pm

#### Evening Classes

Tuesday & Thursday	5/2-5/25	6:20-6:50pm
Monday & Wednesday	6/12-7/5	6:20-6:50pm
Monday & Wednesday	7/10-8/2*	6:20-6:50pm (7 Classes)

<b>Weekend Classes</b>			<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Saturday	6/10-8/5*	10:15-10:45am (7 Classes)	Members	\$30	\$34
Saturday	6/10-8/5*	11:45am-12:15pm (7 Classes)	Non-Members/Residents	\$41	\$46
			Non-Members/Non-Residents	\$51	\$58

\* No Class 7/1 & 7/15

\* No Class 7/19

### PARENT/YOUTH B (3-5 years) (Parent in Water)

Ages: 3-5 years

Class Limit: Based on instructor availability and pool space.

#### Daytime Classes

Tuesday & Thursday	5/2-5/25	11:45am-12:15pm
Monday-Thursdays	6/12-6/22	12:15-12:45pm
Monday-Thursdays	6/26-7/6*	12:15-12:45pm (7 Classes)
Monday-Thursdays	7/10-7/20	11:30am-12:00pm
Monday-Thursdays	7/24-8/3	11:30am-12:00pm

#### Evening Classes

Tuesday & Thursday	5/2-5/25	7:00-7:30pm
Monday & Wednesday	6/12-7/5	7:00-7:30pm
Monday & Wednesday	7/10-8/2*	7:00-7:30pm (7 Classes)

<b>Weekend Classes</b>			<b>Fees:</b>	<b>7 Classes</b>	<b>8 Classes</b>
Saturday	6/10-8/5*	10:45-11:15am (7 Classes)	Members	\$30	\$34
Saturday	6/10-8/5*	11:15-11:45am (7 Classes)	Non-Members/Residents	\$41	\$46
			Non-Members/Non-Residents	\$51	\$58

\* No Class 7/1 & 7/15

After Class  
Check out the

*Crossroads Cafe*

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



## LEARN-TO-SWIM LESSONS (cont.)

### PRESCHOOL ADVANCED (3-5 years Without Parents)

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

**Ages: 3 -5 years**

**Class Limit: Based on instructor availability and pool space.**

**Daytime Classes**

Tuesday & Thursday	5/2-5/25	12:30-1:00pm
Monday-Thursday	6/12-6/22	9:30-10:00am
Monday-Thursday	6/26-7/6*	9:30-10:00am (7 Classes)
Monday-Thursday	7/10-7/20	9:30-10:00am
Monday-Thursday	7/24-8/3	9:30-10:00am

\* **No Class 7/4**

**Weekend Classes**

Saturday	6/10-8/5*	11:15am-11:45am (7 Classes)
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\* **No Class 7/1 & 7/15**

**Evening Classes**

Tuesday & Thursday	5/2-5/25	5:00-5:30pm
Monday & Wednesday	6/12-7/5	5:00-5:30pm
Monday & Wednesday	7/10-8/2*	5:00-5:30pm (7 Classes)

\* **No Class 7/19**

**Fees:**

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

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

**Ages: 5 & older**

**Class Limit: Based on instructor availability and pool space.**

**Day Classes**

Monday-Thursday	6/12-6/22	10:10-11:00am
Monday-Thursday	6/12-6/22	11:10am-12:00pm
Monday-Thursday	6/12-6/22	12:10-1:00pm
Monday-Thursday	6/26-7/6*	10:10-11:00am (7 Classes)
Monday-Thursday	6/26-7/6*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/26-7/6*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/10-7/20	10:10-11:00am
Monday-Thursday	7/10-7/20	11:10am-12:00pm
Monday-Thursday	7/10-7/20	12:10-1:00pm
Monday-Thursday	7/24-8/3	10:10-11:00am
Monday-Thursday	7/24-8/3	11:10am-12:00pm

\* **No Class 7/4**

**Weekend Classes**

Saturday	6/10-8/5*	9:10-10:00am (7 Classes)
Saturday	6/10-8/5*	10:10-11:00am (7 Classes)

\* **No Class 7/1 & 7/15**

**Evening Classes**

Tuesday & Thursday	5/2-5/25	5:30-6:20pm
Tuesday & Thursday	5/2-5/25	6:30-7:20pm
Monday & Wednesday	6/12-7/5	5:30-6:20pm
Monday & Wednesday	6/12-7/5	6:30-7:20pm
Monday & Wednesday	7/10-8/2*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/10-8/2*	6:30-7:20pm (7 Classes)

\* **No Class 7/19**

**Fees:**

	<b>7 Classes</b>	<b>8 Classes</b>
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.**

**Day Classes**

Monday-Thursday	6/12-6/22	10:10-11:00am
Monday-Thursday	6/12-6/22	11:10am-12:00pm
Monday-Thursday	6/12-6/22	12:10-1:00pm
Monday-Thursday	6/26-7/6*	10:10-11:00am (7 Classes)
Monday-Thursday	6/26-7/6*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/26-7/6*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/10-7/20	10:10-11:00am
Monday-Thursday	7/10-7/20	11:10am-12:00pm
Monday-Thursday	7/10-7/20	12:10-1:00pm
Monday-Thursday	7/24-8/3	10:10-11:00am
Monday-Thursday	7/24-8/3	11:10am-12:00pm

\* **No Class 7/4**

**Weekend Classes**

Saturday	6/10-8/5*	9:10-10:00am (7 Classes)
Saturday	6/10-8/5*	10:10-11:00am (7 Classes)

\* **No Classes 7/1 & 7/15**

**Evening Classes**

Tuesday & Thursday	5/2-5/25	5:30-6:20 pm
Tuesday & Thursday	5/2-5/25	6:30-7:20pm
Monday & Wednesday	6/12-7/5	5:30-6:20 pm
Monday & Wednesday	6/12-7/5	6:30-7:20pm
Monday & Wednesday	7/10-8/2*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/10-8/2*	6:30-7:20pm (7 Classes)

\* **No Class 7/19**

**Fees:**

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



**Looking for  
PRIVATE SWIM LESSONS**

**Private swim lessons are  
available to anyone. Please see  
page 16 for more information.**

## LEARN-TO-SWIM LESSONS (cont.)

### LEVEL 3 – REFINED WATER SKILLS

**Ages: 5 & older**

**Class Limit: Based on instructor availability and pool space.**

**Day Classes**

Monday-Thursday	6/12-6/22	11:10am-12:00pm
Monday-Thursday	6/12-6/22	12:10-1:00pm
Monday-Thursday	6/26-7/6*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/26-7/6*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/10-7/20	11:10am-12:00pm
Monday-Thursday	7/10-7/20	12:10-1:00pm
Monday-Thursday	7/24-8/3	11:10am-12:00pm

**Evening Classes**

Tuesday & Thursday	5/2-5/25	5:30-6:20pm
Tuesday & Thursday	5/2-5/25	6:30-7:20pm
Monday & Wednesday	6/12-7/5	5:30-6:20pm
Monday & Wednesday	6/12-7/5	6:30-7:20pm
Monday & Wednesday	7/10-8/2*	5:30-6:20pm (7 Classes)
Monday & Wednesday	7/10-8/2*	6:30-7:20pm (7 Classes)

*\*No Class 7/4*

*\*No Class 7/19*

**Weekend Classes**

Saturday	6/10-8/5*	9:10-10:00am (7 Classes)
Saturday	6/10-8/5*	10:10-11:00am (7 Classes)

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

*\*No Classes 7/1 & 7/15*

### LEVEL 4A - STROKE DEVELOPMENT

**Ages: 5 & older**

**Class Limit: Based on instructor availability and pool space.**

**Day Classes**

Monday-Thursday	6/12-6/22	10:10-11:00am
Monday-Thursday	6/12-6/22	12:10-1:00pm
Monday-Thursday	6/26-7/6*	11:10am-12:00pm (7 Classes)
Monday-Thursday	7/10-7/20	10:10-11:00am
Monday-Thursday	7/10-7/20	12:10-1:00pm
Monday-Thursday	7/24-8/3	11:10am-12:00pm

**Evening Classes**

Tuesday & Thursday	5/2-5/25	5:30-6:20pm
Monday & Wednesday	6/12-7/5	5:30-6:20pm
Monday & Wednesday	7/10-8/2*	6:30-7:20pm (7 Classes)

*\*No Class 7/19*

*\*No Class 7/4*

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

**Weekend Classes**

Saturday	6/10-8/5*	9:10-10:00am (7 Classes)
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*\*No Class 7/1 & 7/15*

### LEVEL 4B - STROKE IMPROVEMENT

**Ages: 5 & older**

**Class Limit: Based on instructor availability and pool space.**

**Day Classes**

Monday-Thursday	6/12-6/22	10:10-11:00am
Monday-Thursday	6/12-6/22	11:10am-12:00pm
Monday-Thursday	6/26-7/6*	11:10am-12:00pm (7 Classes)
Monday-Thursday	6/26-7/6*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/10-7/20	10:10-11:00am
Monday-Thursday	7/10-7/20	12:10-1:00pm
Monday-Thursday	7/24-8/3	11:10am-12:00pm

**Evening Classes**

Tuesday & Thursday	5/2-5/25	6:30-7:20pm
Monday & Wednesday	6/12-7/5	6:30-7:20pm
Monday & Wednesday	7/10-8/2*	6:30-7:20pm (7 Classes)

*\*No Class 7/19*

*\*No Class 7/4*

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

**Weekend Classes**

Saturday	6/4-8/5*	9:10-10:00am (7 Classes)
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*\*No Classes 7/1 & 7/15*

### LEVEL 5 - STROKE REFINEMENT

**Ages: 5 & older**

**Class Limit: Based on instructor availability and pool space.**

**Day Classes**

Monday-Thursday	6/12-6/22	11:10am-12:00pm
Monday-Thursday	6/26-7/6*	10:10-11:00am (7 Classes)
Monday-Thursday	6/26-7/6*	12:10-1:00pm (7 Classes)
Monday-Thursday	7/10-7/20	11:10am-12:00pm
Monday-Thursday	7/24-8/3	10:10-11:00am

**Evening Classes**

Monday & Wednesday	6/12-7/5	6:30-7:20pm
Monday & Wednesday	7/24-8/2*	5:30-6:20pm (7 Classes)

*\*No Class 7/19*

*\*No Class 7/4*

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

### LEVEL 6 - PERSONAL WATER SAFETY/FIT SWIM

**Ages: 8 & older**

**Class Limit: Based on instructor availability and pool space.**

**Day Classes**

Monday-Thursday	6/12-6/22	12:10-1:00pm
Monday-Thursday	6/26-7/6*	10:10-11:00am (7 Classes)
Monday-Thursday	7/10-7/20	11:10am-12:00pm
Monday-Thursday	7/24-8/3	10:10-11:00am

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

*\*No Class 7/4*

# 6 "PLEAs" For Healthy Swimming

*Protection Against Recreational Water Illnesses (RWIs)*



**Healthy swimming behaviors are needed to protect you and your kids from RWIs and will stop germs from getting in the pool in the first place.**

### Three "PLEAs" for All Swimmers

**Please** don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.

**Please** don't swallow the pool water. In fact, avoid getting water in your mouth.

**Please** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

### Three "PLEAs" for Parents of Young Kids

**Please** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.

**Please** change diapers in a bathroom and not poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.

**Please** wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.

## Sauna, Steam Room and Spa Rules

1. Participants must be 15 years of age or older to use the sauna, steam room or spa (18 years of age during hourly breaks).
2. Swimsuits are required.
3. No water or liquids of any kind are allowed in the sauna or steam room.
4. Pregnant women, elderly persons and persons suffering from high or low blood pressure should not use the sauna, steam room or spa without first consulting a doctor.
5. Do not enter the sauna, steam room, or spa while under the influence of alcohol, tranquilizers, or other drugs that cause drowsiness or that raise or lower blood pressure.
6. Observe reasonable time limits of 10-15 minutes.
7. Long exposure may result in nausea, dizziness or fainting.
8. Do not use the sauna if the temperature exceeds 170 degrees F.
9. Do not use the spa if the temperature exceeds 104 degrees F.
10. The use of razors for shaving in the sauna, steam room or pool deck is prohibited.

***\*All activities are undertaken at the participant's sole risk.\****

*Any violations may result in the loss of privileges at the discretion of the recreation director.*



## SPECIALTY AQUATIC PROGRAMS

### STROKE CLINICS

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

Tuesday	5/16	5:30-6:20pm	Freestyle
Tuesday	5/16	6:30-7:20pm	Backstroke
Thursday	5/18	5:30-6:20pm	Breaststroke
Thursday	5/18	6:30-7:20pm	Butterfly
Tuesday	5/23	5:30-6:20pm	Backstroke
Tuesday	5/23	6:30-7:20pm	Freestyle
Thursday	5/25	5:30-6:20pm	Butterfly
Thursday	5/25	6:30-7:20pm	Breaststroke

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

### DIVING

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

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

#### Weekend Classes - Beginner/Intermediate

Saturday 6/10-8/5\* 10:10am-11:00am (7 Classes)

**\*No Class 7/1 & 7/15**

<b>Fees:</b>	<b>7 Classes</b>
Members	\$55
Non-Members/Residents	\$67
Non-Members/Non-Residents	\$77

### PRIVATE SWIM LESSONS

Private swim lessons are available to anyone. Please contact Robin Meczka x5270 or Patti Welker x5269 to sign up for lessons. Lessons are scheduled based on the availability of instructors. Private lessons are not taught during our regularly scheduled Learn-to-Swim classes. Additional information, including fees, is available at the front desk. Private lesson packages are good for 6 months from the date of purchase.

### ADULT SWIM LESSONS

**Ages 12 & older** **8 Classes**  
Monday 6/12-7/31 7:30 - 8:30pm

<b>Fees:</b>	<b>8 Classes</b>
Members	\$82
Non-Members/Residents	\$92
Non-Members/Non-Residents	\$102



## AMERICAN RED CROSS TRAINING PROGRAMS

### AMERICAN RED CROSS BLENDING LEARNING LIFEGUARDING

**Ages: 15 & over** **Class Limit 15**

Candidates will learn the skills necessary to prevent and respond to aquatic emergencies. First Aid, CPR/PR and AED included.

#### Prerequisites:

- Students must be 15 years old by the completion of the class.
- Have internet access at home.
- Must bring proof of age to first class (driver's license, birth certificate).
- Must be able to swim 300 yards 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 an instructor to teach the material outside of the normal class time. \*Lifeguarding manual can be downloaded at [www.redcross.org/participantmaterials](http://www.redcross.org/participantmaterials) or purchased at [www.redcrossstore.org](http://www.redcrossstore.org). This book is required for the class.

#### Session 3

Monday and Wednesday 4/5-5/1 6:00-9:30pm

• CPR Saturday-4/22 from 9:00am-5:00pm: You must attend this class to pass, there will be no make-ups.

<b>Fees:</b>	Members	\$210
	Non-Members/Residents	\$240
	Non-Members/Non-Residents	\$260

### AMERICAN RED CROSS LIFEGUARD REVIEW

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

#### Session 1

Sunday 5/21 9:00am-5:00pm

<b>Fees:</b>	Member	\$110
	Non-Member/Resident	\$130
	Non-Member/Non-Resident	\$140

## AQUATIC EXERCISE

### 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**

Tuesday & Thursday	5/2-5/25	10:45-11:35 am	8 Classes
Tuesday & Thursday	6/13-8/17*	9:45-10:35 am	19 Classes

**\*No Class 7/4**

### ROM (RANGE OF MOTION) DEEP WATER CORE STRENGTH

Individuals will use low to moderate intensity movements in order to improve muscular strength, help increase range of motion while decreasing stiffness, pain and increase endurance with a minimum risk of injury. Portion of the class will focus on strengthening core muscles. Program will take place in the lap pool at the 4.5 foot area using buoyancy belt. Participants should have functional and relatively comfortable shoulder and elbow motion; be able to tolerate 15 minutes standing or walking on land without excessive pain, fatigue or shortness of breath. Participants may enter the pool via the ladder or the lift chair.

<b>Daytime Classes</b>	<b>Class Limit: 15</b>
Tuesday & Thursday 5/2-5/25	9:45-10:35 am 8 Classes

**NO DEEP WATER ROM CLASSES ARE OFFERED JUNE, JULY AND AUGUST.**

## AQUATIC EXERCISE (cont.)

### ROM (RANGE OF MOTION) PROGRAM PASS

You may purchase a pass for either the ROM Shallow Water Program or for the ROM Deep Water Exercise class. The pass is good for any Tuesday or Thursday ROM class during the current bulletin. You may purchase a pass anytime during the current bulletin.

#### Using Your ROM Pass

- The pass expires on the last day of the session, 8/17/17. (Deep Water ROM expires 5/25/17).
- You must bring your pass to each class you attend or you may keep it on file with the instructor.
- There are **NO refunds** for lost or stolen passes.
- Passes are non-transferable & non-refundable.
- **No refunds** on unused classes.
- Drop-ins are still permitted for any class at the Drop-in rate.

Fees:	5 Classes	10 Classes	15 Classes	20 Classes
Members	\$14	\$27	\$39	\$50
Non-Members/Residents	\$20	\$39	\$51	\$74
Non-Members/Non-Residents	\$25	\$49	\$72	\$94
Drop-in fees	Members	\$5 per class		
	Non-Members	\$6 per class		

### WATER ZUMBA!

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

**Ages: 15 & older**

**Class Limit: 30**

#### Daytime Classes

Tuesday & Thursday	5/2-5/18	9:45-10:35 am	6 Classes
Tuesday & Thursday	6/13-8/17*	8:45-9:35 am	19 Classes

\*No class 7/4

### 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 flotation belts are all provided. Class is 50 minutes with a 5 minute stretch and cool down. Come join us in this fast-paced, invigorating, “wet fat-burning” lab!

**Ages: 15 & older**

**Class Limit: 15**

#### Daytime Classes

Monday, Wednesday & Friday	5/1-5/26	10:15-11:05 am	12 Classes
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#### Evening Classes

Tuesday & Thursday	5/2-5/25	7:30-8:20 pm	8 Classes
Monday	6/12-8/14*	7:30-8:20 pm	9 Classes

\*No class 7/3



## AQUATIC EXERCISE (cont.)

### HYDROCORE

NO MORE CRUNCHES! This deep water exercise class will engage your core and sculpt your body without impact or nagging back pressure of traditional land core exercises. Our floatation belts will suspend you while you engage in this total body sculpting workout.

**Ages: 15 & older**

**Class Limit: 30**

Tuesday & Thursday	5/2-5/25	8:30-9:15 am	8 Classes
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### 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	5/1-5/26	9:15-10:05 am	12 Classes
Monday/Wednesday	6/12-8/16	9:10-10:00 am	20 Classes

### SHALLOW AND DEEP WATER EXERCISE PROGRAM PASS

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

#### Using Water Exercise Pass

- The pass expires on the last day of the session, 8/18/17.
- Pass must be punched at the front desk and a Daily Water Exercise Pass must be brought to the instructor.
- There are **NO refunds** for lost or stolen passes.
- Passes are non-transferable & non-refundable.
- **No refunds** on unused classes.
- Drop-ins are still permitted for any class at the Drop-in rate.

Fees:	5 Classes	10 Classes	15 Classes	20 Classes	30 Classes
Members	\$25	\$48	\$69	\$88	\$126
Non-Members/Residents	\$35	\$68	\$99	\$128	\$186
Non-Members/Non-Residents	\$41	\$80	\$117	\$152	\$222
Drop-in fees	Members	\$9 per class			
	Non-Members	\$11 per class			

### 2017 STRONGSVILLE RECREATION SWIM TEAM

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

**Sea Monkey Family Swim Party is on Monday April 3, 2017 6-9PM.**

Practice begins Tuesday, May 30, 2017 and the season concludes with the SSL Championship meet on Saturday, July 15, 2017.

Parents are required to attend the Parents' Meeting on Wednesday, May 17 at 7:00 p.m. and to volunteer during the season. For more information, contact the Aquatic Supervisor, Robin Meczka or Patti Welker at (440) 580-3260 ext. 5270 Robin, ext. 5269 Patti.

**Eligibility:** The Sea Monkeys Swim Team is open to Strongsville residents who are 18 and under as of 6/1/17. To participate, swimmers may not be members of a homeowner association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle and backstroke on the first day of practice in order to participate. If you question your child's swimming ability, you may want to consider signing up for group or private lessons this winter.

**Practice Schedule:** 5/30-6/9 Monday-Friday 5:00-8:00 pm  
6/12-7/14 Monday-Friday 7:00-10:00 am

**Meets:** Tuesdays & Thursdays evenings

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

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

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

**TEAM SIZE IS LIMITED BASED ON POOL TIME**

# FITNESS PROGRAMS

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



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](mailto:Denise.Lengal@strongsville.org) or call 440.580.3260, x5275.**

Fitness Programs

## **MESSAGE CONSISTENCY PASS**

**MASSAGES AS LOW AS \$35!**

Take time for you and indulge yourself in our massage services. Benefits of massage include stress relief, increased immunities, improved circulation, increased muscle recovery, and decreased anxiety and depression, so why not start improving your health today with our monthly massage passes!!! Our Licensed Massage Therapists (L.M.T) will provide you with the ultimate experience in relaxation with our 30, 60, or 90 minute massage therapy sessions. Choose from Swedish, Therapeutic, Sports, or our very own Signature Stone Massage (75 or 115 minutes). (Please note prices do not include tax.)

Enroll in our massage consistency pass with Monthly EFT. Each month \$42 will be deducted from your credit card and you receive 1 - 60 minutes Therapeutic/Swedish/sports massage for that particular month. Upgrade to a 75 Minute Signature Stone or 90 minute Therapeutic/Swedish/Sports massage for \$62. Massages do roll over if you miss your massage for the month, you may make it up for a different month! Buy as many additional massages as you'd like for that month with the following prices; \$35 for a 1 hour, \$55 for Signature or 90 minute massage. These additional massages do expire at the end of the month they were purchased and do not rollover. All massages are transferrable or can be given as gifts, but expiration dates do apply.

**1 Year commitment is required.**

Once you enroll please contact the Fitness Office to schedule your appointments.

**NO Enrollment FEE:**

First Massage of the month (\$42 for 60 minutes or \$62 for a 75 minute Signature Stone or 90 minute massage.) This massage rolls over to the next month if you do not use it.

Additional Massages for the month (\$35 for 60 minutes or \$55 for a 75 minute Signature Stone or 90 minute massage). These massages must be used within the month they were purchased and do not rollover.

*All massages above are transferrable.*

**Call Denise or Julian @ 440-580-3260 x5275 or [denise.lengal@strongsville.org](mailto:denise.lengal@strongsville.org)**

**or**

**[julian.regotti@strongsville.org](mailto:julian.regotti@strongsville.org) for more info**

## **MESSAGE THERAPY (no pass)**

*Prices do not include tax.*

### **SWEDISH MASSAGE**

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

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

<b>30 minutes</b>	<b>\$35</b>
<b>60 minutes</b>	<b>\$50</b>
<b>90 minutes</b>	<b>\$80</b>

### **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.**

<b>30 minutes</b>	<b>\$35</b>
<b>60 minutes</b>	<b>\$55</b>
<b>90 minutes</b>	<b>\$85</b>





## 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, SPINNING, YOGA, BARRE, & ZUMBA

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

**Member Registration: March 28**  
**Resident Registration: April 4**  
**Open Registration: April 5**

### GUIDELINES FOR ALL CLASSES

1. HAVE FUN!
2. Ages 15 & Over
3. 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.
4. HAVE FUN!

If you have questions regarding the following programs please call Denise or Julian at 440-580-3260 ext. 5275. Updated schedules can be found at:

<http://strongsville.org/content/fitness.asp>.

### SPINNING® PROGRAM

The Spinning program is the original and most popular group cycling class. We are the only official licensed Spinning program in the area, do not be fooled by imitation spin classes. Spinning does not allow our facility to operate unless we have the most experienced and certified Mad Dogg spinning instructors for spin class. In addition to the instructors, we offer theater style room and classes and topnotch SPIN NXT SPIN BIKES WITH THE OFFICIAL SPIN COMPUTER FOR CADENCE AND TIME AND HEART RATE. This class will help you quickly turn your goals into reality. With no complicated moves to learn, topnotch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun!!! The Spinning program is for people of all fitness levels. A great workout in just 45 minutes!

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

Please go to spinning.com for more information why spinning is the only group cycling class you should be taking.

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

### Introduction to the Spinning Program

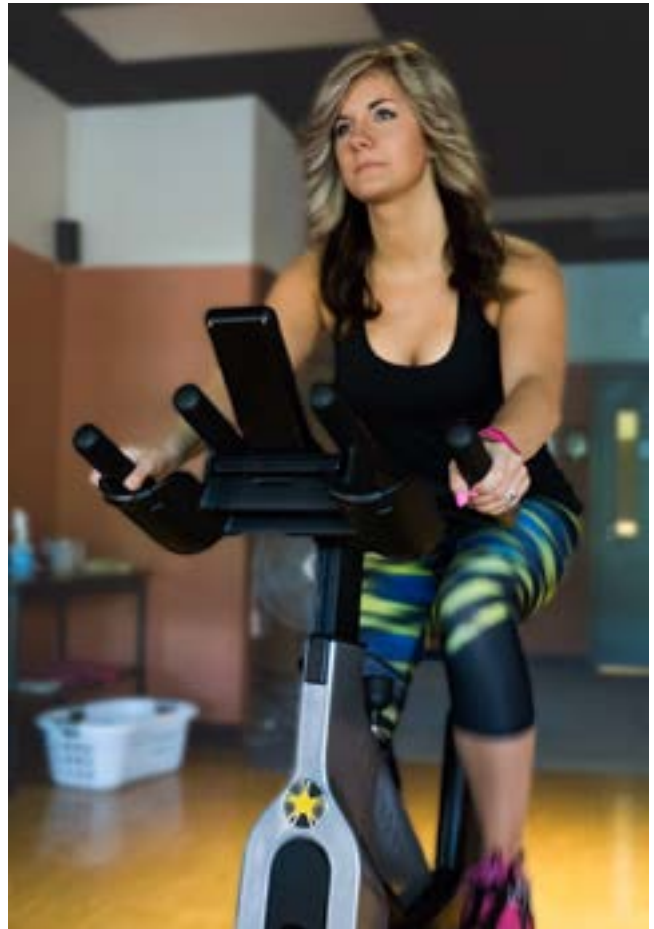
Want to try a Spinning class but feel intimidated by the regulars or the intensity? Learn how to properly set up the bike, check your intensity level and develop proper techniques. **Please call Denise or Julian @ 440-580-3260 ext 5275 or [denise.lengal@strongsville.org](mailto:denise.lengal@strongsville.org).**

## PASS STRUCTURE

### UNLIMITED COMBO PASS

One year commitment contract and monthly EFT. Includes all Spin, 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*



### 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 (\$30/month)
    - \$348 non-member residents (\$40/Month)
    - \$470 non-member non-residents (\$50/month)
- 1 year commitment and contract required*

**Now Includes  
Water Exercise  
Classes!**

# STRONG Together



*At the start of every New Year we each have a chance to wipe the slate clean, to re-evaluate our direction, our choices, our goals. We get a “do over.” We set high standards, hit the ground running, only to fall short of what we intended. What a let-down, we realize we’re HUMAN. If we focus only on that portion of the journey, what have we learned? Short term goals are great. We intend to get to the gym every morning. We plan to eat better, be nicer, relax more. In truth, the real, deeper goal is OPTIMISM. It’s the attitude that regardless of what gets in our way or how long we are “road blocked”, we will always, and without fail, get back on the horse and ride! Research shows that having a positive outlook on life will make you happier, healthier, and improve your quality of your life. It makes you unstoppable, and a community of unstoppable people are strong.*

*We are committed to educate, motivate, and inspire our members to lead more fulfilling lives. We are dedicated to promoting wellness and a sense of optimism that will strengthen our families and be an asset to the community. We will strive for an atmosphere of hope, confidence, positivity, and encouragement of all.*

Look for our monthly newsletter,  
**Strong Together,**  
around the Building.

**Denise Lengal**  
*Fitness Supervisor*



## PASS STRUCTURE (cont.)

### UNLIMITED MONTHLY PASS

Unlimited 1 month Group Ex, Spin, MindBody, and Water Exercise Classes: Class Pass expires 1 month from date of purchase, no commitment.

<b>Members</b>	<b>\$55</b>
<b>Non-Member/Residents</b>	<b>\$65</b>
<b>Non-Member/Non-Residents</b>	<b>\$75</b>



### TEN CLASS PASS (GOOD FOR GROUP EXERCISE & SPIN)

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

<b>Members</b>	<b>\$35</b>
<b>Non-Member/Residents</b>	<b>\$45</b>
<b>Non-Member/Non-Residents</b>	<b>\$55</b>

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

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

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

## HEALTH ASSESMENT 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.

<b>One Session:</b>	Members \$40
	Non-Member/Residents \$45
	Non-Member/Non-Residents \$50
<b>Five Sessions:</b>	Members \$187
	Non-Member/Residents \$200
	Non-Member/Non-Residents \$210
<b>Ten Sessions:</b>	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!!!!**

### SUMMER PERSONAL TRAINING SPECIAL

## 10 SESSIONS FOR \$275

*(Must be purchased between July 1-31, 2017)*

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.

### NUTRITIONAL CONSULT

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

**Times and Dates:** Sign up at the front desk and you will receive a call within 24-48 hours to set up your individual and personalized appointment.

**Fees:**

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





## GROUP EXERCISE

### SPINNING — SPIN 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		Cassie		Maureen		
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	Tami		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	Iron Circuit - Stephanie	TRX - Abby	Iron Circuit - Tami			
6:00 am	Group Exercise Studio	Pilates - Abby				Muscle/Core - Stephanie		
8:15 am	Group Exercise Studio						Zumba - Melissa	
8:30 am	Group Exercise Studio			Pure Strength - Abby				
9:30 am	Group Exercise Studio	Cardio Blast - Marissa	PowerHour - Denise	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 - Pam	Pilates - Pam		Pilates - Tami	Cardio Blast - Marissa	BodyMax - Karen	
11:30 am	Group Exercise Studio							
12:00 pm	Group Exercise Studio	Iron Circuit - Tami		Iron Circuit - Tami				
5:30 pm	Group Exercise Studio	BodyMax - Karen	ICE - Lisa	Zumba - Melissa	BodyMax - Karen			
5:45 pm	Group Exercise Studio							
6:30 pm	Group Exercise Studio							
6:35 pm	Group Exercise Studio	Fierce - Lisa		PowerHour - Marissa	ICE - Tami			
7:00 pm	Group Exercise Studio							
7:35 pm	Group Exercise Studio	BarreCore - Lisa						

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](http://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 - Tami	Muscle/Core - Stephanie		
8:30 am	Mind/Body Studio	Yoga Strength				BarreCORE- Abby	Open Flow Yoga - Kellie	
9:15 am	Mind/Body Studio							
9:30 am	Mind/Body Studio	BarreCORE - Tami	Yoga Flow - Meghan		Yoga Flow - Cristen		Pilates - Kellie	Open Flow Yoga - Vicki
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	
11:30 am	Mind/Body Studio							
12:00 pm	Mind/Body Studio		Yoga Flow - Tami		Yoga Flow - Tami			
4:30 pm	Mind/Body Studio				Barre Core - Barbara			
5:30 pm	Mind/Body Studio	Pilates - Kellie		Pilates - Barbara				
6:35 pm	Mind/Body Studio		Fusion - Lisa					
7:00 pm	Mind/Body Studio			Yoga Flow - Meghan				

### CROSSFIT SCHEDULE

	ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 am	CrossFit Box	Kevin	Jorge	Kevin	Kevin	Tami		
6:30 am	CrossFit Box	Kevin	Jorge	Kevin	Kevin			
7:30 am	CrossFit Box		Jorge			Tami		
8:30 am	CrossFit Box	Kevin	Jorge	Kevin	Kevin	Tami	Rotation	
9:30 am	CrossFit Box	Kevin		Kevin	Kevin	Tami	Rotation	
10:30 am	CrossFit Box							
5:30 pm	CrossFit Box	Tami	Tami	Ryan	Kevin	Ryan		
6:30 pm	CrossFit Box	Tami		Ryan	Kevin			
7:30 pm	CrossFit Box							

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](http://www.strongsville.org/content/fitness.asp)



CLASS	DESCRIPTION	BENEFITS
<b>Body Max</b>	Barbells will be used with varying weights for this full body workout.	<b>Weight Loss, Strength Training</b>
<b>BootCamp</b>	Elite and demanding exercise for those wanting their butts kicked!	<b>Weight Loss</b>
<b>Cardio Blast</b>	All your favorite cardio techniques combined for a different workout every day	<b>Weight Loss, Strength Training</b>
<b>Fusion</b>	The perfect mix of Pilates, Yoga, and Barre. Focus on core strength, flexibility and total body conditioning.	<b>Flexibility, Core Strength</b>
<b>FIERCE</b>	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!	<b>Weight Loss</b>
<b>ICE</b>	Intense Crazy Exercise!!!	<b>Fat Burn, Improve Strength</b>
<b>Iron Circuit</b>	The Best of TRX & KETTLEBELL for utter obliteration and muscle development!	<b>Full Body Strength Training</b>
<b>Kettlebell</b>	Russian Kettlebell training, do we need to say any more!!!!	<b>Increased Strength</b>
<b>PowerHour</b>	Integrative training through fun, challenging, ever changing cardio & strength techniques. (Kettlebell, Kickboxing...who knows what else?!)	<b>Boost Metabolism, Total Fitness</b>
<b>Pure Strength</b>	Efficient, effective total body strength training. (45 min. class)	<b>Total Strength Training</b>
<b>Simply Sculpt</b>	A total body strength training workout utilizing bands, weights, & body.	<b>Muscle Definition, Toning</b>
<b>HIIT</b>	High Intensity Interval Training is a proven technique that optimizes results by pushing you through your limitations.	<b>Weight Loss, Burn Fat</b>
<b>Muscle/Core</b>	This strength based workout will create a firm strong body, attack the core and boost your metabolism.	<b>Boost Metabolism, Tone and Increase Strength</b>
<b>TRX</b>	The ultimate in cutting edge training while suspended with our TRX system for complete body training in every plane.	<b>Full Body Strength Training</b>
<b>Barre COREture</b>	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.	<b>Sculpts and Shapes Muscles</b>
<b>Pilates</b>	Traditional mat Pilates and functional training with resistance balls & flex bands. A workout that will tone, define, & sculpt the entire body.	<b>Muscle Definition, Increased Core Function</b>
<b>YogaFlow</b>	Flowing Yoga class for strength, flexibility, & breathing techniques. YOU WILL SWEAT!	<b>Increased Flexibility</b>
<b>YogaStrength</b>	Intermediate-Advanced practice. (For those who've taken at least 8 previous yoga classes.)	<b>Increased Flexibility &amp; Strength</b>
<b>Zumba</b>	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)	<b>Increased Flexibility &amp; Strength</b>



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

**Julian Regotti**  
**Assistant Fitness Supervisor**  
 julian.regotti@strongsville.org

**FITNESS OFFICE: 440.580.3260 EXT. 5275**





*CrossFit*



*Group Ex*



*MindBody*



*Spinning*



## HEALTH ASSESSMENT AND PEAK PERFORMANCE (cont.)

### 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**

<b>Fees:</b>	<b>MEMBERS:</b>	<b>FREE</b>
	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**

<b>Fees:</b>	<b>MEMBERS:</b>	<b>FREE</b>
	Non-Member Resident	\$50
	Non-Members/Non-Resident	\$60

## SPECIALTY GROUP EXERCISE CLASSES

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

### BEGINNER YOGA WORKSHOP MindBody Studio

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

**Instructors: Meghan Reimer & Vicki Karabinus**

Sunday	5/7	11:00am - 1:00pm
Sunday	7/9	11:00am - 1:00pm

<b>Fees:</b>	Members	\$35
	Non-Member/Residents	\$40
	Non-Member/Non-Residents	\$45

### 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 of 4-9. 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!**

<b>Evening Classes:</b>		<b>Class Limit: 35</b>
Wednesday	4/5 - 5/24	5:30-6:30pm
Wednesday	5/31 - 7/26*	5:30-6:30pm
Wednesday	8/2 - 9/27*	5:30-6:30pm
	<b>* No Class 7/19, 8/30</b>	

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

<b>Fees:</b>	<b>8 sessions</b>
Members	\$65
Non-Member/Residents	\$75
Non-Member/Non-Residents	\$85

### KIDDIE KARATE II-III & IV (Orange Belt) Event Center

An eight week course in advanced 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. Kiddie Karate IV will be for students who are advanced Orange Belt. For questions please contact Sensi Joe Bove at 330-351-9848.

<b>Evening Classes:</b>		<b>Class Limit: 35</b>
Wednesday	4/5 - 5/24	6:30-7:30pm
Wednesday	5/31 - 7/26*	5:30-6:30pm
Wednesday	8/2 - 9/27*	5:30-6:30pm
	<b>* No Class 7/19, 8/30</b>	

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

<b>Fees:</b>	<b>8 sessions</b>
Members	\$65
Non-Member/Residents	\$75
Non-Member/Non-Residents	\$85

## SPECIALTY GROUP EXERCISE CLASSES (cont.)

### ADVANCED KARATE + BEGINNER KARATE Event Center

Advanced eight week course involving more advanced 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 advanced 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! For questions please contact Sensi Joe Bove at 440-238-6226.

**Evening Classes:** **Class Limit: 35**

Wednesday	4/5 - 5/24	7:30-8:30pm
Wednesday	5/31 - 7/26*	5:30-6:30pm
Wednesday	8/2 - 9/27*	5:30-6:30pm

**\* No Class 7/19, 8/30**

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

**Fees:** **8 sessions**

Members	\$65
Non-Member/Residents	\$75
Non-Member/Non-Residents	\$85

### TRADITIONAL YOGA MIND/BODY STUDIO

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

**Evening Classes: Ages: 15 & over** **Class Limit: 25**

Monday	5/1 - 6/26*	7:00-8:15pm
Monday	7/3 - 8/21	7:00-8:15pm

**\* No Class 5/29**

Instructors: Sheila Hart

**Fees:** **8 sessions**

Members	\$72
Non-Member/Residents	\$80
Non-Member/Non-Residents	\$90

To try this class, please email or call Fitness Office. **(No Drop ins permitted)**



### INTRODUCTION TO YOUTH STRENGTH TRAINING

Boys & Girls (ages 12-14) learn proper strength training guidelines and terminology while utilizing strength equipment. Certification will be provided upon class completion which provides access to the strength and cardio machines in the cardio area. They will not be permitted into the weight room. Non-members must pay the normal daily rate after they are certified to utilize the equipment. Youths must show their pass upon entrance into the recreation facility.

**Evening Classes:** **Ages: 12-14 years** **Class Limit: 10**

Monday & Wednesday	5/1 - 5/24	4:00pm-5:00pm
Monday & Wednesday	6/5 - 6/28	4:00pm-5:00pm
Monday & Wednesday	7/10 - 8/2	4:00pm-5:00pm

**Fees:** **7 Sessions**

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





# 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

## PRESCHOOL RECREATION CLASSES

### 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. The summer session features "The Dolphin Collection" materials (CD and activity book, purchase is required). Infants who are not yet 6 months old are free when attending with a paying sibling but still must register.

**Instructor:** Brought to us by Miss Jen's Music with music from The Music Class

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

Mornings Wednesdays 6/14–8/16 (10 week session) 10:00–10:45am  
Evenings Wednesdays 6/14–8/23\*\* (10 Week session) 6:00–6:45pm

\*\*No class on 7/19

*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.

### FRIDAY FUNDAYS!! (CONFERENCE ROOM)

**Stars & Stripes** – Come have fun doing all sorts of games and activities focusing on our fun stars & stripes theme.

**Pee Wee Chefs** – Excite and feed the curiosity of your growing gourmet.

**Pee Wee Picassos** – Explore all different hands on art and make your own masterpiece.

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

**Class Limit:** 12 1 Class

Dates	Theme	Time
6/30	Stars & Stripes Spectacular	9:30–10:30am
7/21	Pee Wee Chefs	9:30–10:30am
7/28	Pee Wee Picassos	9:30–10:30am

**Ages:** 3-5 years (without adult participation)

6/30	Stars & Stripes Spectacular	11:15am–12:15pm
7/21	Pee Wee Chefs	11:15am–12:15pm
7/28	Pee Wee Picassos	11:15am–12:15pm

Fees:	Members	Non-Member/Residents	Non-Member/Non-Residents
	\$13	\$14	\$16

## 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+ will be introduced to aromatherapy and beginning meditation activities. Laura Srsa is an intervention specialist (Pre-K to Grade 12) as well as a certified children's yoga instructor.

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

Tuesdays	4/18–5/16	6:30–7:15pm (5 Classes)
Saturdays	4/22–5/13	10:30–11:15am (4 Classes)
Saturdays	6/3–6/24	10:30–11:15am (4 Classes)

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

Saturdays	4/22–5/13	9:30–10:15am (4 Classes)
Tuesdays	5/30–6/27	6:30–7:15pm (5 Classes)
Saturdays	6/3–6/24	9:30–10:15am (4 Classes)

Fees:	4 Classes	5 Classes
Members	\$30	\$38
Non-Member/Residents	\$35	\$43
Non-Member/Non-Residents	\$40	\$48

### PONY CAMP JUNIOR

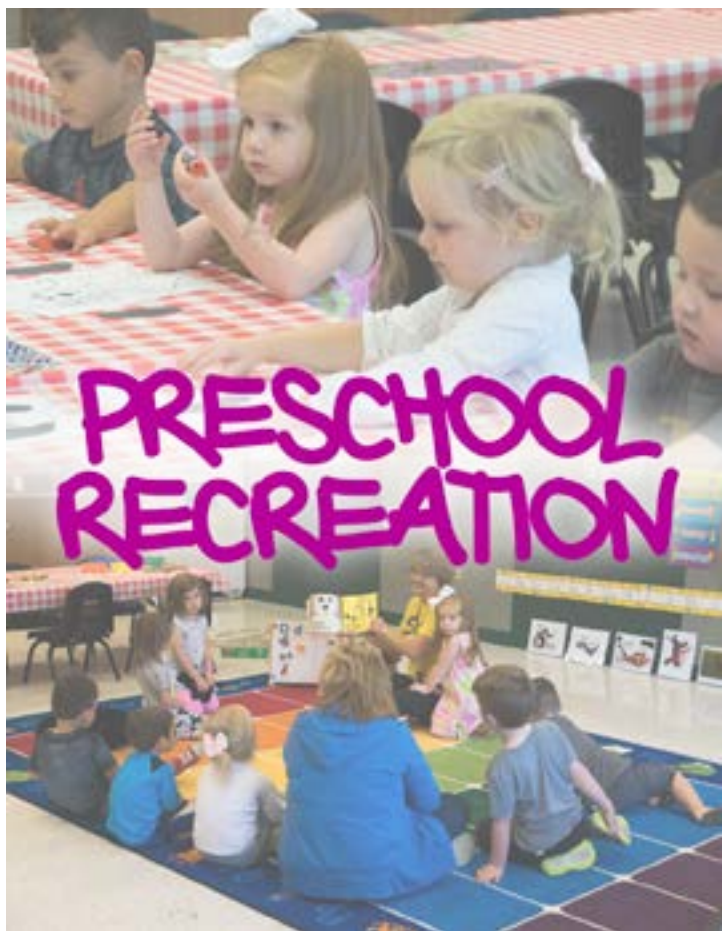
Held at Pony Tails Farm: 13360 Cowley Rd., Columbia Station, Ohio 44028. Come and learn about our ponies and horses, help brush/groom them, take a pony ride, and hear a singing cowboy. This is an active horse rescue farm so make sure to wear clothes that can get dirty/dusty. Wear long, loose-fitting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

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

Saturdays	5/6-5/13	10:00–10:45am
Tuesdays	6/6-6/13	4:00–4:45pm
Wednesdays	7/5-7/12	11:00–11:45am
Tuesdays	8/1-8/8	11:00–11:45am

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





## PRESCHOOL RECREATION CLASSES (cont.)

### SUPER HEROES' GOOD MANNERS PARTY (MEETING ROOM)

Have your child come dressed as his/her favorite super hero for a fun-filled program designed to introduce your child to basic manners and ways to interact respectfully with adults and peers. We will incorporate songs, stories, crafts and role-playing in this highly interactive session. The topics covered during this "manners extravaganza" will include practicing basic manner words, the art of introduction, and sharing/turn taking.

<b>Ages:</b> 5- 8 years	<b>Class Limit:</b> 10	<b>1 Class</b>
<b>Instructor:</b> Ms. Kim Franz, The Etiquette Factory		
Saturday	6/24	10:00–11:00am
<b>Fees:</b>	Members	\$25
	Non-Member/Resident	\$28
	Non-Member/Non-Resident	\$30

## YOUTH PROGRAMS

### KIDS CREATING ANDROID APPS - LEVEL 1 (MEETING ROOM)

This course is specially designed for kids who have done Scratch programming (or equivalent) and are ready to dive into the realm of Android game/app development. The chosen platform for this class is MIT's App Inventor 2. Kids will learn the concept of event driven application, the separation of interface design and code that supports it. Coding is done through dragging and dropping lego-styled blocks. Kids will learn how to develop the app on the computer and test the app on their android phone/tablet. Laptops will be provided to all kids. Parents are welcome to stay in the class and if they have an Android phone, they can test drive the kid's app on their devices.

<b>Ages:</b> 7-12 years	<b>Class Limit:</b> 10	<b>4 Classes</b>
Tuesdays	7/11 – 8/1	5:00 – 6:00pm
<b>Fees:</b>	Members	\$85
	Non-Member/Residents	\$90
	Non-Member/Non-Residents	\$95

## YOUTH PROGRAMS (cont.)

### KIDS COMPUTER PROGRAMMING MINI CAMP - SCRATCH LEVEL 1 (SR. ART STUDIO)

Kids will code their games in 2 weekends. Give your kids a head start by learning how to code. Computer programming skills promote logical and analytical thinking. This 2-day mini camp will introduce kids to coding in a very friendly and fun way. We will be teaching kids how to code simple games using a popular coding platform called Scratch. No prior programming experience is needed, but kids should know how to use the mouse to navigate around the screen. Parents are allowed to sit in the class the entire time. What is Scratch? It is a programming platform developed by MIT geared toward early childhood. It is used extensively worldwide to introduce computer programming to kids. All relevant concepts of programming language can be demonstrated in Scratch in a very kid-like friendly environment. Almost everything is drag and drop and it can be used to produce very sophisticated programs. Scratch will build the interest in kids, and the transition to other programming language will be seamless.

<b>Ages:</b> 7- 12 years	<b>Class Limit:</b> 10	<b>2 Classes</b>
Saturdays	6/3–6/10	12:30–3:30pm
Saturdays	7/1–7/8	12:30–3:30pm
<b>Fees:</b>	Members	\$85
	Non-Member/Residents	\$90
	Non-Member/Non-Residents	\$95

### KIDS COMPUTER PROGRAMMING MINI CAMP - SCRATCH LEVEL 2 (SR. ART STUDIO)

Advance your skill in Scratch programming as we explore deeper into more advanced topics like code reuse (Function) and nested loops. This 2-day mini camp will introduce kids to the concept of pseudo coding so they can code more complicated programs. Kids will learn the coding techniques to create games that span multiple levels. Kids taking this class should have completed our Scratch level 1 class OR already have some working knowledge of Scratch. Parents are allowed to sit in the class the entire time.

<b>Ages:</b> 7- 12 years	<b>Class Limit:</b> 10	<b>2 Classes</b>
Saturdays	6/17–6/24	12:30–3:30pm
Saturdays	7/22–7/29	12:30–3:30pm
<b>Fees:</b>	Members	\$95
	Non-Member/Residents	\$100
	Non-Member/Non-Residents	\$105

### YOGA FOR TWEENS (CONFERENCE ROOM)

Benefits of yoga include: improving strength and flexibility; developing the ability to focus; building self-confidence and reducing stress; developing body awareness and coordination; improving balance; and having fun with others through group games/activities/partner poses! Students will be introduced to aromatherapy and beginning meditation activities. Laura Srsa is an intervention specialist (Pre-K to Grade 12) as well as a certified children's yoga instructor.

<b>Ages:</b> 8 – 12 years	<b>Class Limit:</b> 12	<b>4 Classes</b>
Saturdays	4/22–5/13	11:30am–12:30pm
Saturdays	6/3–6/24	11:30am–12:30pm
<b>Fees:</b>	Members	\$30
	Non-Member/Residents	\$35
	Non-Member/Non-Residents	\$40

### PONY CAMP

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

<b>Ages:</b> 6-12 years	<b>Class Limit:</b> 12	<b>4 sessions</b>
Saturday	5/6–5/27	11:00am–12:00pm
Tuesday	6/6–6/27	5:00–6:00pm
Wednesday	7/5–7/26	12:30–1:30pm
Tuesday	7/25–8/15	1:00–2:00pm
<b>Fees:</b>	Members	\$77
	Non-Member/Residents	\$81
	Non-Member/Non-Residents	\$85

## YOUTH PROGRAMS (cont.)

### YOUNG REMBRANDTS SUMMER ART WORKSHOP 2017 – FAVORITE APPS AND VIDEO GAMES (CONFERENCE ROOM)

**\*\*ALL NEW!\*\***

Art is all around us, including in our phone and online! Join Young Rembrandts for a workshop mimicking the amazing imagery of our Favorite Apps and Video Games! Every day students will learn new illustration and coloring techniques inspired by popular video games. Artwork is inspired by pixel block characters, plants and zombies and many more classic and new apps and games. If your child loves to game or draw, they'll have a blast putting their own personal touches on some of these favorites – sign up today!

<b>Ages:</b> 6-12 years	<b>Class Limit:</b> 20	<b>5 Classes</b>
Monday–Friday	8/7–8/11	9:00am–12:00pm
<b>Fees:</b>		
Members	\$155	
Non-Member/Residents	\$180	
Non-Member/Non-Residents	\$185	

## YOUTH PROGRAMS (cont.)

### YOUNG REMBRANDTS PASTEL DRAWING WORKSHOP 2017 – WORLD OF DINOSAURS (CONFERENCE ROOM)

**\*\*ALL NEW!\*\***

Travel back in time to the land of the lost... Join Young Rembrandts for a workshop celebrating a favorite topic, dinosaurs! Every day students will learn to use pastels to create impressive and frame worthy art. Students will draw and color different types of dinosaurs in different artistic styles ranging from realism, graphic and cartoon. Perfect for boys or girls who love the ancient world of big lizards – sign up today!

<b>Ages:</b> 6-12 years	<b>Class Limit:</b> 20	<b>5 Classes</b>
Monday–Friday	8/7–8/11	1:00–3:00pm
<b>Fees:</b>		
Members	\$135	
Non-Member/Residents	\$150	
Non-Member/Non-Residents	\$155	





# 2017 Summer Day Camp

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

**Each day send children with:**

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



Youth Recreation and Enrichment Programs

**PRESCHOOL DAY CAMP (CONFERENCE ROOM)**

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

**Ages: 4- 5 years** **Class Limit: 18**

Monday, Tuesday, Thursday	9:00am – 1:00pm
<b>Dates</b>	<b>Theme</b>
6/12–6/15	Jungle Adventure
6/19–6/22	Disney Magic
6/26–6/29	Digging Up Dinosaurs
*No Camp week of 7/4*	
7/10–7/13	The Art All Around Us (special guests Arts in Strongsville)
7/17–7/20	Wild Wild West
7/24–7/27	Pirate and Fairy Adventure
7/31–8/3	Under the Sea (water inflatables)

**Fees:**

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

**Before & After Camp:** a separate flat rate of \$3 will be charged for any portion of time between 7:00 am and 8:45 am, and an additional \$3 for any portion of time between 4:30 pm and 6:15 pm. Please refer to camp guides, located at front desk, for details. \$3 fee applies for the 1st child, each additional child is \$1 per session, per day. There will be an informational parent meeting on Tuesday, May 23rd at 7:00pm in the West Event Center, during which the Head Counselors will introduce themselves, review camp procedures and answer any questions.

**\*NEW\*** There will be an option for day campers to take learn to swim classes while they are at camp. Please read your day camp information packet for more details.

**EARLY SUMMER CAMP**

To accommodate the surrounding school districts who are beginning their summer break early, we will hold two weeks of early summer camp! The same fun activities will take place including a field trip.

**Ages: 5-12 years\*\*** **Class Limit: 20**

9:00am-4:00pm

**\*\*5 year olds must have completed kindergarten and provide supporting documentation such as a report card.**

ESC1*	5/30–6/2*	Field Trip: Maggie & Ellies 6/1
ESC2	6/5–6/9	Field Trip: Mulligan's Family Fun Center 6/8

**\*No Camp 5/29**



**ERC CAMP (EHRNFELT RECREATION CENTER)**

**MEETING ROOM**

**Ages:** 5- 8 years\*\*

**Class Limit:** 30

9:00am-4:00pm

\*\*5 year olds must have completed kindergarten and provide supporting documentation such as a report card.

Week	Dates	Field Trip
Week 1	6/12 – 6/16	Movie Outing 6/16 (Cars 3)
Week 2	6/19 – 6/23	Ice Skating 6/20
Week 3	6/26 – 6/30	American Ninja Warrior 6/27
Week 4*	7/3 – 7/7*	Make Believe 7/5
Week 5	7/10 – 7/14	Jump Yard 7/14
Week 6	7/17 – 7/21	Fun-N-Stuff 7/21
Week 7	7/24 – 7/28	Zoo & Rain Forest 7/28
Week 8	7/31 – 8/4	Water Inflatables 8/3
Week 9	8/7 – 8/11	Campardy 8/9
Week 10	8/14 – 8/18	Hinckley Lake 8/15

\* No Camp 7/4

**S-N-S CAMP (SUMMER IN STRONGSVILLE)**

**CONFERENCE ROOM / OUTDOOR**

**Ages:** 8- 10 years

**Class Limit:** 30

9:00am – 4:00pm

Week	Dates	Field Trip
Week 1	6/12 – 6/16	American Ninja Warrior 6/13
Week 2	6/19 – 6/23	Ice Skating 6/20
Week 3	6/26 – 6/30	Movie Outing 6/30 (Despicable Me 3)
Week 4*	7/3 – 7/7*	Fun-N-Stuff 7/7
Week 5	7/10 – 7/14	Kalahari 7/12
Week 6	7/17 – 7/21	Get Air 7/20
Week 7	7/24 – 7/28	Hinckley Lake 7/25
Week 8	7/31 – 8/4	Water Inflatables 8/3
Week 9	8/7 – 8/11	Campardy 8/9
Week 10	8/14 – 8/18	Zoo & Rain Forest 8/16

\* No Camp 7/4

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

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

**Ages:** 10-12 years

**Class Limit:** 30

9:00am – 4:00pm

Week	Dates	Field Trip
Week 1	6/12 – 6/16	American Ninja Warrior 6/14
Week 2	6/19 – 6/23	Ice Skating 6/23
Week 3	6/26 – 6/30	Zoo & Rain Forest 6/28
Week 4*	7/3 – 7/7*	Hinckley Lake 7/6
Week 5	7/10 – 7/14	Kalahari 7/13
Week 6	7/17 – 7/21	Get Air 7/19
Week 7	7/24 – 7/28	Akron Rubber Ducks Baseball Game 7/26
Week 8	7/31 – 8/4	Water Inflatables 8/3
Week 9	8/7 – 8/11	Campardy 8/9
Week 10	8/14 – 8/18	Fun-N-Stuff 8/17

\* No Camp 7/4

**Fees (per week): ESC2, E.R.C., S-N-S and F.I.T.S Day Camp**

Members	\$129
Non-Members/Residents	\$139
Non-Members/Non-Residents	\$145

**\*Fees (for ESC1 & week 4)**

Members	\$104
Non-Member/Residents	\$112
Non-Member/Non-Residents	\$116

**STRONGSVILLE YOUTH LEADERSHIP CAMP (S.Y.L.C.) SR. ART STUDIO**

S.Y.L.C. is a weekly leadership camp that meets Mondays, Wednesdays and Fridays from 9am-4pm with before and after camp option available. Campers will take part in fitness classes, enjoy special guests, and participate in daily leadership and teambuilding trainings. Once a week campers will leave the building to volunteer at different places around Strongsville making a positive difference in their community. Of course there will still be the summer time fun of swimming, games and activities, as well as, a field trip or two. Priority enrollment for this program goes to those who participated in our S.Y.L.C. or regular Summer Day Camp program in 2016. The more weeks the campers attend this program the greater the impact the trainings and experience will have on them. Please have your young leader come to camp each day with a combination lock for their locker, a healthy lunch, tennis shoes, water bottle, swimming suit and towel. They will have a locker that they can leave their items in for the week.

**Ages:** 13-15 years

**Class Limit:** 15

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

Mondays, Wednesday, Fridays 9:00am – 4:00pm

Early Camp	Dates	Field Trip
Week 1	6/5-6/9	TBD
Week 2	6/12-6/16	Back Yard Preserve 6/16
Week 3	6/19-6/23	Cuyahoga Board of Environmental Health 6/23
Week 4	6/26-6/30	Go Apes 6/30
Week 5	7/3-7/7	Ronald McDonald House 7/7
Week 6	7/10-7/14	Cleveland Metroparks 7/14
Week 7	7/17-7/21	Cleveland Food Bank 7/21
Week 8	7/24-7/28	Strongsville Fire Dept. 7/28
Week 9	7/31-8/4	Paddle Boarding at Hinckley Lake 8/4
Week 10	8/7-8/11	Campardy 8/9
Week 11	8/14-8/18	TBD

**Fees:**

	Regular Weeks
Members	\$80/week
Non-Members/Residents	\$90/week
Non-Members/Non-Residents	\$100/week

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

**VARSITY JACKETS** >>>  
OUTSIDE ORDERS WELCOME FROM ANY SCHOOL!

**UGGS**  
NEWEST STYLES

440-570-3451  
walsu@aol.com

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

Located Inside the Ehrnfelt Rec Center on Rt. 82

Like us on Facebook!



*Your core is at the center of your body. It is comprised of the abdomen, hips, and back, and is made up of nearly thirty pairs of muscles. In addition, the core also includes the diaphragm, hip abductors, and gluteal muscles. Your pelvic floor musculature is also considered to be part of the core. All these muscles together are important for form, function, and strength of the entire body. Having a dependably strong core enhances quality of life for everyone!*

The benefits of having a strong core are often misunderstood. One of the biggest misconceptions people have is thinking that the term core is interchangeable for abs. While the abdominal muscles do make up a significant portion of the core, they are not the only important set muscles. If having a strong core is what you desire, focusing only on ab exercises will not provide a good end result. When all core muscles are trained to be strong, they will work in concert with each other, giving you the best functional strength possible.

One of the main benefits of strengthening your core is increased balance and stability. Your core provides support to the spine and pelvis. This means better, more solid posture while walking, sitting, and standing. People with stronger core muscles tend to be better able to endure physical activity for longer periods of time without experiencing pain or stiffness. A more solid posture translates into better, more efficient function of your body when it moves. Your body will experience less stress and strain, resulting in less chance of injury. There will be less jarring and compressive forces against your spinal column and joints, with the support that is present with a strong, supportive core.

Since your core makes up the center of your body and encompasses the spinal column, all movements pass through it. A strong core consists of muscles that work together in coordination to stabilize and support your body. Having strong core stabilizers enables you to maximize strength in your arms and legs.

### Doing the Work

To improve your core strength, you must do more than focus solely on ab exercises. Incorporate exercises that target multiple muscle groups into your daily fitness plan. Doing exercises that work your whole core is a great way to tone your body while increasing your overall health and fitness. Strengthening your core will have a tremendous impact on how you move and feel. Start incorporating some of these exercises in your training routine. If you have questions about how to get started, talk to a personal trainer. Their help can be invaluable.

Here are some suggestions of total body exercises that will attack the core:

- Planks • Kettlebell Swings
- Squats with Overhead Press
  - V-Ups
- Push-Ups • Bridges
- Hip-Lifts • Superman
- Squats • Deadlifts



# COMMUNITY HEALTH AND WELLNESS

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



**SOUTHWEST GENERAL  
HEALTH CENTER**

*Partnering with*

**University Hospitals  
Health System**

## 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.

### TIPS TO STAY HEALTHY

Join Wendy Zullo, Business and Fitness Coordinator from Lifeworks as she gives us tips on how to stay healthy and fit.

**Friday, 5/12 10:00am**

### JOINT HEALTH

Discover what's new in orthopedic joint health with Ray Shijo from the Orthopedic Joint Center.

**Friday, 6/9 10:00am**

### SENIOR SAFETY

Learn how seniors can stay safe in the community, at home and on their computer from Fay Gammelles, Safety Specialist.

**Friday, 7/14 10:00am**

### MEDICATION ANSWERS

Join Dave Ferris, pharmD, to discuss some common medications and answer any specific questions you may have about your own medications.

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

## SCREENINGS

### CHOLESTEROL SCREENING

Make your appointment now for our \$10 cholesterol and glucose screening. Instant results and no fasting required. Call the Community Nurse Department at 440-816-4037 for reservation. Cash or checks accepted.

**Monday 6/12 9:00-11:00am**

### 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 10:30 am - 1:00 pm**

### 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 7:00-9:30 am**

**3rd Tuesday of every month 10:30-1:00 pm**



# INDIVIDUAL & TEAM SPORTS PROGRAMS

Recreation Supervisor, Jason Keppler



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

## YOUTH PROGRAMS YOUTH BASEBALL PROGRAMS

### BASEBALL BUDDIES

Have your little ones learn how to play baseball in this instructional class taught by the Agona Baseball Camps.

**Ages:** 3-5 years (as of Aug. 30, 2017) **Limit:** 78 students  
 Mondays 6/12-7/24\* 2:00-2:30pm  
**\*No Class 7/2**  
**Fee:** \$59

### AGONA BASEBALL CAMP

Have your little slugger learn how to advance their baseball skills from Tri-C's Head Baseball Coach, Evan Agona.

**Ages:** 8-12 years (as of Aug. 30, 2017) **Limit:** 30 participants  
 Monday-Wednesday 6/26- 6/28 9:00am-12:00pm  
**Fee:** \$75

## YOUTH BASEBALL LEAGUES

### BOYS' LATE SUMMER BASEBALL

Registration will begin June 23rd and go until leagues are filled or July 13th, whichever comes first.

**Ages:** 6-18 years (as of Aug. 30, 2017) **Limit:** 78 per age group

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

**Fee:** Residents \$40  
 Non-Residents \$55

**Practices:** Start after July 31. One weeknight and one weekend time.

**Games:** Tuesdays and Thursdays. (Wednesdays may be used if necessary)  
 Start approximately August 8 and run through the end of September or beginning of October. Each team will play ten games.

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

## YOUTH BASKETBALL LEAGUES AND PROGRAMS

### YOUTH OUTDOOR PICK-UP BASKETBALL (COURTS @ FOLTZ PARKWAY- BEHIND SOCCER FIELD)

Can't find enough people to play a basketball game with in the summer? If so, here is your chance to play some ball with a group that will assemble each week. The group will be led by an adult supervisor. Different games, tournaments and types of open-play will be facilitated. Be sure to bring your snacks, sun screen and water bottles!

**Limit:** 20

Monday	6/12-7/24	10:00am-12:00pm	5th-6th Grade
Thursday	6/15-7/27	10:00am-12:00pm	3rd-4th Grade

**Fee:** Members \$24  
 Non-Members/Residents \$29  
 Non-Members/Non-Residents \$39

## YOUTH SANDLOT BASEBALL

### YOUTH SANDLOT BASEBALL (WOOD FIELD)

Playground baseball like in the 50's and 60's. Parents are encouraged to join along in this fun filled, low key activity. Contact Jerry Penyin at 440.580.3260 for more info.

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

Wednesday's	6/14 - 8/9	10:00am-12:30pm
Tuesday and Thursday	6/13 - 8/10	10:00am-12:30pm

**Fees:**

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

### Drop-In Fees:

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

## YOUTH SPORTS CLINICS, CAMPS, CLASSES AND LESSONS

### THE BASKETBALL ACADEMY BASKETBALL CAMP (AUXILIARY GYM)

The National Basketball Academy will instruct this top notch camp. Each participant receives a pair of Stance basketball socks plus a ton of other giveaways.

**Ages:** 7-16 years **Limit:** 48 per camp Boys & Girls

Session 1	Monday-Friday: 6/26-6/30	9:00am - 2:00pm
Session 2	Monday-Friday: 8/7-8/11	9:00am - 2:00pm

**Fees:** \$175/person (price subject to change)

## YOUTH SPORTS CLINICS, CAMPS, CLASSES AND LESSONS (cont.)

### YOUTH HEAD START BASKETBALL SUMMER SKILLS CHALLENGE (AUXILIARY GYM)

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

<b>Grades:</b> 2-7 (grade last year)		<b>Limit:</b> 78
Thursday/Friday	8/3-8/4	1:30-4:30pm
<b>Fee:</b>	Residents	\$40
	Non-residents	\$45

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

Students will learn the basic skills, rules, and sportsmanship from USPTA Certified instructor, and Strongsville High School Tennis Coach, Cheryl Recka.

<b>Ages:</b> 6-14 years		<b>Limit:</b> 16 per class
	4 weeks (8 classes weather permitting)	

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

\*No class 7/4

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

#### Session II

S2/L1- AM	Ages: 5-8 years	T/Th	7/18-8/10	8:30-9:30 am
S2/L2- AM	Ages: 9-12 years	T/Th	7/18-8/10	9:30-10:30 am
S2/L3- AM	Ages: 13-16 years	T/Th	7/18-8/10	10:30-11:30 am
S2/L1- PM	Ages: 5-8 years	M/W	7/17-8/9*	5:00-6:00 pm
S2/L2- PM	Ages: 9-12 years	M/W	7/17-8/9*	6:00-7:00 pm
S2/L3- PM	Ages: 13-16 years	M/W	7/17-8/9*	7:00-8:00 pm

\*No class 7/19

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

### YOUTH GIRLS VOLLEYBALL CLINIC (EHRNFELT REC. CENTER AUXILIARY GYM)

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

	Tuesdays	6/27-8/8*	6 weeks
	<b>*No class on 7/4</b>		
	3rd-5th Grade (Beginner)	4:45 – 6:00 pm	
	6th-8th Grade (Intermediate)	6:00 – 7:15 pm	
<b>Fees:</b>	Members	\$48	
	Non-Members/Residents	\$53	
	Non-Members/Non-Residents	\$63	



### GIRLS VOLLEYBALL LEAGUE (EHRNFELT REC. CENTER AUXILIARY GYM)

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

Divisions:	3rd-5th and 6th-8th grades
Games: Saturday's	6/17-8/12
Practices:	Wednesday's, beginning 5/31
	10:00 am – 3:00 pm
	4:00 pm – 9:00 pm

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

## INDIANS TICKETS

### STRONGSVILLE NIGHT WITH THE INDIANS (PROGRESSIVE FIELD- CLEVELAND)

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

Date: TBD	Time: TBD
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<b>Fees:</b>	Members	TBD
	Non-Members/Residents	TBD
	Non-Members/Non-Residents	TBD

## ADULT PROGRAMS ADULT BASKETBALL LEAGUES

### MEN'S 18+ MONDAY BASKETBALL LEAGUE- 5X5 (EHRNFELT REC. CENTER AUX. GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis. **Ages:** 18 & over

Monday	6/5-8/21	7:00 – 10:00 pm
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<b>Fees:</b>	<b>Per Team (Limit: 6)</b>	
	Entry Fees:	100 (9-10 games plus playoffs)
	Non-Members/Non-Residents	\$17
	Cash Forfeit Deposit	\$80
	Referee/Scorekeeper Fees	\$32 per team/per game

### MEN'S 18+ TUESDAY BASKETBALL LEAGUE- 4X4 (EHRNFELT REC. CENTER AUX. GYM)

Registration for all teams is 4/15 through 5/10. Registration will be on a first pay first serve basis. **Ages:** 18 & over

Tuesday	5/30-8/22*	7:00 – 10:00 pm
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\*No games 7/4

<b>Fees:</b>	<b>Per Team (Limit: 6)</b>	
	Entry Fees:	100 (9-10 games plus playoffs)
	Non-Members/Non-Residents	\$17
	Cash Forfeit Deposit	\$80
	Referee/Scorekeeper Fees	\$32 per team/per game

### MEN'S 18+ SUNDAY BASKETBALL LEAGUE- 5X5 (EHRNFELT REC. CENTER MAIN GYM)

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

<b>Ages:</b> 18 & over		<b>Limit:</b> 10 Teams per division
Sunday	5/7-8/13*	4:20 – 10:30 pm

\*No games 5/28 and 7/2

<b>Fees:</b>	Entry Fee	\$125 (9 games plus playoffs)
	Non-Members/Non-Residents	\$17
	Cash Forfeit Deposit	\$80
	Referee/Scorekeeper Fees	\$32 per team/per game

## ADULT BASKETBALL LEAGUES (cont.)

### MEN'S 18+ WEDNESDAY BASKETBALL LEAGUE- 5X5 (EHRNFELT REC. CENTER AUX. GYM)

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

Wednesday 5/31-8/9\* 6:20 – 10:00pm  
**Ages:** 18 & over  
**\*No Games 7/19**

**Fees:** League Entry Fee (Limit: 8) \$100 (7 games plus playoffs)  
Non-Members/Non-Residents \$17  
Cash Forfeit Deposit \$80  
Referee/Scorekeeper Fees \$32 per team/per game

### MEN'S 40+ THURSDAY BASKETBALL LEAGUE- 3X3 (EHRNFELT REC. CENTER AUX. GYM)

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

Thursday 6/1-8/10 8:00 – 10:00pm  
**Ages:** 18 & over

**Fees:** League Entry Fee (Limit: 8) \$75 (7 games plus playoffs)  
Non-Members/Non-Residents \$17  
Cash Forfeit Deposit \$60  
Referee/Scorekeeper Fees \$22 per team/per game

## ADULT GOLF LEAGUES

### WOMEN'S EVENING 9-HOLE GOLF LEAGUES

Players will compete individually with a handicap and will be grouped in foursomes. There will be a season-end picnic/cookout where players will be awarded prizes in various categories to be determined. Space is limited.

**Ages:** 18 & over  
Wednesdays - 4/19-8/23 (tentative)  
Brunswick Hills Golf Course – 5:15pm first tee time  
Registration begins March 1st

**Fees:** Residents/Members \$50  
\$25 – refundable at the end of the season if no more than 4 weeks are missed. **Players also pay weekly green fees at the Golf Course.**

## ADULT SOFTBALL LEAGUES

### CO-ED FRIDAY SOFTBALL LEAGUE- SINGLE GAME (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  
2 Divisions  
Friday 9/1-11/17 6:30 – 10:30 pm

**Fees:** League Entry Fee- Upper (Limit: 6 teams) \$155  
(5 games & playoffs; weather permitting)  
League Entry Fee- Lower (Limit: 10 teams) \$155  
(5 games & playoffs; weather permitting)  
Non-Resident Fee \$17  
Cash Forfeit Deposit \$80  
Umpire/Scorekeeper Fee \$30 per team/per game

### CO-ED FRIDAY SOFTBALL LEAGUE-DOUBLE HEADERS (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  
Friday 9/1-11/17 6:30 – 10:30 pm  
**Limit:** 24 teams

**Fees:** League Entry Fee- Upper \$TBD  
(10 games & playoffs; weather permitting)  
Non-Resident Fee \$17  
Cash Forfeit Deposit \$80  
Umpire/Scorekeeper Fee \$30 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 will be played in the first few weeks of the season.

**Ages:** 18 & over  
Sunday 9/10-11/19 9:00 – 1:00 pm  
**Limit:** 12 teams

**Fees:** League Entry Fee \$190  
(8 games & playoffs; weather permitting)  
Non-Resident Fee \$17  
Cash Forfeit Deposit \$135  
Umpire/Scorekeeper Fee \$30 per team/per game





## ADULT SOFTBALL LEAGUES (cont.)

### 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  
 Wednesday 9/6-11/15  
**Limit:** 16 teams  
 6:30 – 10:30 pm

**Fees:**  
 League Entry Fee \$200  
*(8 games & playoffs; weather permitting)*  
 Non-Resident Fee \$17  
 Cash Forfeit Deposit \$135  
 Umpire/Scorekeeper Fee \$30 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  
 Mondays 9/11-11/13  
**Limit:** 16 teams  
 6:30 – 10:30 pm

**Fees:**  
 League Entry Fee \$200  
*(8 games & playoffs; weather permitting)*  
 Non-Resident Fee \$17  
 Cash Forfeit Deposit \$135  
 Umpire/Scorekeeper Fee \$30 per team/per game

## ADULT TENNIS LESSONS

### ADULT GROUP TENNIS LESSONS

(CITY TENNIS COURTS NEXT TO THE LIBRARY)

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

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

Session 1	Beginner	Monday	6/12-7/10	8:00-9:00 pm
Session 1	Advanced	Wednesday	6/14-7/12	8:00-9:00 pm
Session 2	Beginner	Monday	7/17-8/7	8:00-9:00 pm
Session 2	Advanced	Wednesday	7/26-8/9	8:00-9:00 pm

If you have questions, you may call TBD.

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

## ADULT VOLLEYBALL

### WOMEN'S COMPETITIVE 6-ON-6 VOLLEYBALL LEAGUE (EHRNFELT RECREATION CENTER, AUXILIARY GYM)

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

**Ages: 18 years & Older**  
 Wednesdays 9/6 - 12/13\* 6:00-10:00 pm  
**\*No game on 11/22**

**Fees:**  
 Entry Fee (Limit: 10 teams) \$200 (due at registration)  
 Non-Resident Fee \$17 per non-resident  
 CASH Forfeit Deposit \$50 (refundable, end of season)  
 Official Fees\* \$10/game(Cash per team)



### 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 10/8 – 12/10\* 5:00 – 10:30 pm  
**\*No games 11/26**

**Fees:**  
 Entry Fee (Limit: 14 teams) \$135 (due at registration)  
 Non-Resident Fee \$17 per non-resident  
 CASH Forfeit Deposit \$50 (refundable, end of season)  
 Official Fees\* \$10/game(Cash per team)



# ADULT ENRICHMENT PROGRAMS

For Ages 18 and Over

## ADULT PROGRAMS

### DOG OBEDIENCE - WEST EVENT CENTER\*\*

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

Instructor: David Moore of "Doo the Dog"

\*\*PLEASE ENTER WITH DOGS THROUGH EVENT CENTER DOORS

**Ages: 18 & Over**      **Class Limit: 20**      **6 Class Session**

Mondays      6/12-7/17      7:00 - 8:00pm

#### Requirements for Class

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

#### Fees Per Pet:

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

## EXERCISE PROGRAMS

### BOOT CAMP FOR BABY BOOMERS

Designed for those between the ages of 45 - 60, this class features movements that impact the heart and are weight bearing. Resistance exercises are said to increase muscle mass and bone density. Taught by a certified fitness instructor.

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

**Evening Classes:**

Mondays & Wednesdays	4/10-5/3
Mondays & Wednesdays	5/8-6/5*
Mondays & Wednesdays	6/7-7/3
Mondays & Wednesdays	7/5-8/2*
Mondays & Wednesdays	8/7-9/11*

\* No Class 5/29, 7/19, 8/28, 8/30 & 9/4

Fees:		Drop in
Members	\$25	\$4
Non-Members/Residents	\$31	\$5
Non-Members/Non-Residents	\$43	\$7

### YOGA

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

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

Instructors:      *Tuesday: Trista Smith*  
                          *Thursday: TBA*

**Evening Classes:**

Tuesdays	3/21-4/25
Tuesdays	5/2-6/6
Tuesdays	6/13-7/25*
Tuesdays	8/1-9/12*

\* No Class 7/4 & 8/29

Thursdays	4/6-5/11
Thursdays	5/18-6/22
Thursdays	6/29-8/3
Thursdays	8/10-9/14

Fees:		Drop in
Members	\$18	\$4
Non-Member/Residents	\$22	\$5
Non-Member/Non-Residents	\$30	\$7

## EXERCISE PROGRAMS (cont.)

### ZUMBA GOLD®

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Zumba Gold is a dance-fitness class that feels friendly, and most of all, fun. Six week sessions or drop-in option.

**Ages: 45 & over**      **7:00 - 7:50pm**

Instructor: Lynda Kuchta, Certified Zumba Instructor

Wednesdays	3/29-5/3
Wednesdays	5/10-6/14
Wednesdays	6/21-8/2*
Wednesdays	8/9-9/20*

\*No Class 7/19 & 8/30

Fees:		Drop in
Members	\$18	\$4
Non-Members/Residents	\$22	\$5
Non-Members/Non-Residents	\$30	\$7

### TAP DANCING

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

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

**Evening Class:**

Wednesdays	3/29-5/24*	6:00 - 7:00pm	Beginners
		7:00 - 8:00pm	Experienced Tapper

\*No Class 4/19 & 4/26

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

### EVENING LINE DANCING

Come boot, scoot and boogie with our evening line dance instructor, Mary. She'll teach you the newest steps and help you brush up on your old ones. Keep that New Year's resolution, and start your exercise routine with an evening of fun.

**Ages: 18 & over**      **Instructor: Mary Harwood**  
**Evening Class:**      Tuesdays\*      7:00 - 8:00pm

\*Please see the Silver Pen or call the Senior Registration Desk at 580-3275 for specific session dates.

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

## WOOD SHOP CLASSES AND SERVICES

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

### 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 6:30 – 8:30pm  
**No Woodshop 7/19 & 8/30**

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



## WOOD SHOP CLASSES AND SERVICES (cont.)

### 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 Wed. or Thurs. 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.

Class Limit: 8	Ages 21 & Over	Instructor: Jim Burns
Mondays	6/5-6/12	6:00-9:00pm
Monday	6/19	6:00-8:00pm

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

### WOOD CARVING (SENIOR CENTER WOOD SHOP)

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

**Instructors: Jim Neal & Dave Hoelter**

**Ages: 21 & over**

Every Tuesday	6:30-8:30pm*
<b>* No Class July &amp; August</b>	<b>Class Resumes 9/5</b>

**Fees:** Participants pay for own tools and materials.

## The Strongsville Parks and Recreation Department...



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

**...Re-defining Recreation!**



# Ehrnfelt Senior Center Meal Options

The Senior Center kitchen prepares daily 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 11:30am. Can't stay for lunch? No problem, we can make it a take-out! Simply let us know what you want 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.





# SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Kathy Sazima, RN, BSN

## Hours of Operation

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

## New Member Orientation

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

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

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

## “Silver Mustang” Membership (Optional)

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

## Membership Benefits:

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

## EHRNFELT SENIOR CENTER MEAL OPTIONS

See Page 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 12:45-3:00pm  
**No Bingo 5/29 & 8/28**

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

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

**Ages: 50 & over** This is a Drop In Program  
Mondays, Wednesdays, & Fridays 9:00-9:45am  
**No Class 5/29, 8/28 & 8/30**

<b>Fees:</b>		<b>Per Week</b>
	Grant Participants	Free
	Members	\$1
	Non-Members/Residents	\$2
	Non-Members/Non-Residents	\$4

### YOGA

Come and learn the basics of Yoga. Increase your core strength while stretching your whole body, improving stamina and releasing stress. *This is a drop-in program* offered on Mondays, Tuesdays and Thursdays.

**Ages: 50 & over**  
Instructor: Tami Haberman Mondays\* 1:00-2:15pm  
Instructor: Tami Haberman Tuesdays\* 10:15-11:30am  
Instructor: Sheila Hart Thursdays\* 10:15-11:30am  
**\*No class 5/29, 7/4, 8/28 & 8/29**

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

## FITNESS, FUN, FRIENDSHIP (cont.)

### FUNCTIONAL TRAINING

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

**Ages 50 & over**  
Mondays, Wednesdays & Fridays 10:30-11:30am  
**No Class 5/29, 8/28 & 8/30**

<b>Fees:</b>	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 8/30**

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

### BEGINNING LINE DANCING

Come and learn the basic steps of line dancing! *This is a drop-in program.*

**Ages 50 & Over** **Instructor: Val Synek**  
Tuesdays 10:00 - 11:00am  
**No Class 4/25, 7/4 & 8/29**

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

## HOSTING AN EVENT?

See Page 7 for details on Renting a Room at the Strongsville Rec Center.





## FITNESS, FUN, FRIENDSHIP (cont.)

### 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.*

<b>Ages 50 &amp; over</b>	<b>Instructor: Ted Smith</b>
Mondays	9:15 – 10:15am
<b>No Class 5/29 &amp; 8/28</b>	
<b>Fees:</b>	
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.

<b>Ages 50 &amp; Over</b>	<b>Instructor: Karen Hilberg</b>	
Mondays	3/27-5/1	10:30 – 11:15am
Mondays	5/8-6/19*	10:30 – 11:15am
Mondays	6/26-7/31	10:30 – 11:15am
Mondays	8/7-9/25*	10:30 – 11:15am
<b>*No Class 5/29, 8/28 &amp; 9/4</b>		
	<b>Fees</b>	<b>Drop-in</b>
Members	\$19	\$4
Non-Members/Residents	\$21	\$5
Non-Members/Non-Residents	\$25	\$7

### LATIN GOLD AND MORE

Latin Gold is a fun and effective workout, and one of the hottest exercise options for Seniors. Set to Latin music, as well as a variety of energizing tunes, this cardio-based workout uses dynamic dance steps to sculpt and tone the body. *This is a drop-in program.*

<b>Ages 50 &amp; Over</b>	<b>Instructor: Mary Lea Kirby</b>	
Tuesdays	9:00 – 9:45am	
<b>No Class 7/4 &amp; 8/29</b>		
<b>Fees:</b>		
Members	\$3	
Non-Members/Residents	\$4	
Non-Members/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.*

<b>Ages 50 &amp; over</b>	<b>Instructor: Gwen Rospierski</b>	
Thursdays	10:00 - 11:00am	
<b>Fees:</b>		
Members	\$4	
Non-Member/Residents	\$5	
Non-Member/Non-Residents	\$7	

### TAP DANCING

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

<b>Ages: 18 &amp; over</b>	<b>7 Week Session</b>	<b>Instructor: Peggy Stockdale</b>
	<b>Minimum class size: 4</b>	
<b>Evening Class:</b>		
Thursdays	3/30-5/25*	11:00am – 12:00pm
<b>*No Class 4/20 &amp; 4/27</b>		
<b>Fees:</b>		
Members	\$38	
Non-Member/Residents	\$40	
Non-Member/Non-Residents	\$44	

## FITNESS, FUN, FRIENDSHIP (cont.)

### 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.

<b>50 &amp; over</b>	Wednesdays	Open Play	1:00-3:00pm
	<b>*No Play 8/30</b>		
<b>Fees:</b>	Grant Participants		Free
	Members		\$2
	Residents/Non-Members		\$3
	Non-Residents/Non-Members		\$5

### WII BOWLING LEAGUE

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowling league 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!

<b>Ages 50 &amp; over</b>		<b>4 Week Session</b>
Tuesdays	4/25-5/16	9:00 - 11:30am
Tuesdays	5/23-6/13	9:00 - 11:30am
Tuesdays	6/20-7/18*	9:00 - 11:30am
Tuesdays	7/25-8/15	9:00 - 11:30am
Thursdays	4/27-5/18	12:30 – 3:00pm
Thursdays	5/25-6/22*	12:30 – 3:00pm
Thursdays	6/29-7/20	12:30 – 3:00pm
Thursdays	7/27-8/17	12:30 – 3:00pm
<b>*No Bowling 7/4 &amp; 6/1</b>		
<b>Fees:</b>		<b>4 Weeks</b>
Grant Participant		Free
Members		\$4
Non-Member/Residents		\$5
Non-Member/Non-Residents		\$7

### PICKLEBALL

Pickleball is a sport that's a combination of tennis, badminton and ping-pong, all rolled up in one, and played on a tennis court of smaller proportions.

Join us Mondays, when we offer indoor, open Pickleball. We have paddles, or bring your own, and join in on this popular sport. Experienced players, as well as those that have never held a paddle are welcome.

<b>Open Play</b>	Mondays - Open Play	11:00am-1:00pm - May
	Thursdays*	9:00-11:00am - May
	<i>Call Senior Center for times - June, July &amp; August</i>	
<b>Fees:</b>	Members	\$2
	Non-Members/Residents	\$3
	Non-Members/Non-Residents	\$5

### CARDS AND OTHER GAMES (SENIOR GREAT ROOM)

<b>Ages: 50 &amp; over</b>	<b>Fees: Free</b>	
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
Pinocle	Tuesdays	12:25-3:00pm
Scrabble	Mondays	10:00-11:30am
Pinocle Instruction	Wednesdays	9:00-11:00am
Wii Open Play	Daily	Upon request
Table Tennis/Billardis	Fridays	12:30-4:00pm

### BOCCE (ST. JOHN NEUMANN CHURCH)

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

<b>Ages: 50 &amp; over</b>	<b>FREE</b>
Wednesdays	Registration 9:15am Play begins 9:30am

Season begins May 10th      Ends September 6th

## FITNESS, FUN, FRIENDSHIP (cont.)

### MINIATURE GOLF

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

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

**Ages 50 & over**

Fridays 10am  
Play begins May 5th Ends September 29th

**Fee:** \$3

## 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** Wednesday & Thursday 9:30-11:30am  
**Woodshop Closed 8/30**

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

### WOOD CARVING (SENIOR CENTER WOOD SHOP)

Join this group of men and women and learn the basics of wood carving and about the tools used, how to keep them sharp and the various types of wood carving (chip, relief, bark and carving "in-the-round"). Experienced carvers are welcome to join and share their knowledge while honing their skills. Membership is free.

**Instructors: Jim Neal & Dave Hoelter**

**Ages: 50 & over**  
Thursdays 1:00-3:00pm  
**No Class July & August Class resumes 9/7**

**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. Class completed in 2-4 hour sessions.

**Ages 50 & Over** **Class Limit: 8** **Instructor: Jim Burns**  
Mondays 6/5-6/12 9:30am – 2:30pm\*  
**\*Lunch break from 11:30am – 12:30pm**

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

## ART & CRAFT CLASSES

### RAKE KNITTING (SENIOR CRAFT ROOM)

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

**Ages: 50 & over** **Free**  
Mondays\* 10:00am  
**\*No Knitting 8/28**



## ART & CRAFT CLASSES (cont.)



### 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.

**Instructor: Joanne Richter**

<b>Ages: 50 &amp; over</b>	<b>Class Limit: 15</b>	<b>6 Week Sessions</b>
Tuesday	4/18-5/23	1:00 – 3:30pm
Thursday	4/27-5/25**	1:00 – 3:30pm
	**5 Week Session	

<b>Fees:</b>	<b>*5 Week Session</b>	<b>6 Week Session</b>
Members	\$42	\$50
Non-Members/Residents	\$46	\$55
Non-Members/Non-Residents	\$56	\$65
<b>No Drop-Ins Permitted</b>		

### WATERCOLOR PAINTING

All levels are welcome, including beginners. Instructor offers three separate classes; Tuesdays, Thursdays or Fridays. 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 art show. Students provide own materials; list available at Senior Registration Desk. *Registration required.*

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

<b>Class Limit 15</b>	<b>6 Week Session</b>	
Tuesdays	3/28-5/2	9:30-11:30am
Tuesdays	5/9-6/13	9:30-11:30am
Tuesdays	6/20-8/1*	9:30-11:30am
Tuesdays	8/8-9/19*	9:30-11:30am
<b>*No Class 7/4 &amp; 8/29</b>		
Thursdays	3/30-5/11*	9:30-11:30am
Thursdays	5/18-6/29*	9:30-11:30am
Thursdays	7/6-8/10	9:30-11:30am
Thursdays	8/17-9/21	9:30-11:30am
<b>*No Class 4/20 &amp; 6/1</b>		
Fridays	3/31-5/5	9:30-11:30am
Fridays	5/12-6/16	9:30-11:30am
Fridays	6/23-7/28	9:30-11:30am
Fridays	8/4-9/8	9:30-11:30am

<b>Fees:</b>	<b>6 Weeks</b>	<b>Drop-In</b>
Members	\$41	\$9
Non-Members/Residents	\$46	\$10
Non-Members/Non-Residents	\$56	\$12

### WATERCOLOR TECHNIQUES CLASS

Turn up the drama of your watercolor paintings with attention to light and texture. Practice using reference photos to compose a strong visual that is colorful and believable, and become a part of our annual art exhibit. You will provide your own painting materials. Supply list available at the Senior Registration Desk. This is a drop-in program.

**Ages: 50 & over** **Instructor: Barbara Fischer**

	Wednesdays through June 7th	9:30 - 11:30am
<b>Fees:</b>	Members	\$5/class
	Residents/Non-Members	\$6/class
	Non-Residents/Non-Members	\$8/class



## ART & CRAFT CLASSES (cont.)

### ADULT COLORING

Have you heard of the latest craze sweeping America? Its Adult Coloring! Adult Coloring is proven to lower stress levels and help to relax the brain. According to clinical psychologist Scott M. Bea, Psy.D., it has everything to do with refocusing our attention. "Adult coloring requires modest attention focused outside of self-awareness. It is a simple activity that takes us outside ourselves. In the same way, cutting the lawn, knitting, or taking a Sunday drive can all be relaxing." The Senior Center recognizes the benefits and will be offering coloring sessions! Each coloring session will be 2 hours long, with all your supplies provided. Come and relax, all while gaining health benefits. This is a drop in program.

**Ages: 50 & over**

Wednesdays\* 1:00-3:00pm  
Thursdays 9:00-11:00am

**\*No Coloring 8/30**

<b>Fees:</b>	Grant Participant	Free
	Members	\$3
	Residents/Non-Members	\$4
	Non-Residents/Non-Members	\$6



### 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**

Thursdays 7/13-8/17 1:00-2:30pm

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

### PHOTO RETOUCHING

Did you take a picture that just seems a little off? This seminar is perfect for you, watch and learn as a professional photographer retouches your photos right in front of you. Learning Adobe Photoshop is both complex and time consuming, let the expert fine tune your photos as he explains the process. Bring up to three photos, on a flash drive. Maximum class size is 8.

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

Monday 8/7 9:00am-12:00pm

<b>Fees:</b>	Members	\$18
	Residents/Non-Members	\$20
	Non-Residents/Non-Members	\$24

### ANSWERS TO FRAMING QUESTIONS

#### *The Do's & Don'ts to Framing*

Join Judi for this framing explanation class, offering an overview as to the proper materials to be used, and the correct hardware usage for various frame sizes. Her class will include what to use to attach your pictures to matting, as well as the proper supplies needed to put canvases in frames. She has over nine years framing experience at the Strongsville Pat Catan's Craft Center.

**Ages: 50 & over**

**Instructor: Judi Roszak, Custom Framing Designer,**  
Pat Catan's Craft Center

<b>Fees:</b>	Friday 5/12	1:00-2:00pm
	Members	\$5
	Residents/Non-Members	\$6
	Non-Residents/Non-Members	\$8

## 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.

### CREATIVE CRAFTERS

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

Wednesdays 10:00am - 1:00pm  
**No crafting 8/30**

### RAINBOW QUILTERS

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

**Nancy Haake, Coordinator**

Mondays at 1:00pm (except 2nd Monday)  
**No quilting 5/29 & 8/28**

### WARM UP AMERICA

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

**Marlene Cichocki & Kathy Balach, Coordinators**

Thursdays 1:00 - 3:30pm

## WELLNESS

### BLOOD PRESSURE CHECKS

1st Monday, 9:30 – 11:00am, Provided by Southwest General Health Center  
3rd Tuesday, 10:30am-1:00pm, Provided by Southwest General Health Center  
1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

### DIABETES SCREENING

3rd Tuesday, 10:30-11:30am, Provided by Southwest General Health Center  
1st & 3rd Friday, 8:30-11:30am, Provided by The Cleveland Clinic Foundation

### HEARING AID SERVICES

Hearing aid services provided by Brookway Hearing Center. Hearing tests, cleaning and service of hearing aids, and battery offers provided for your convenience.

Tuesdays 5/2, 6/6, 7/11 & 8/1 9:00am

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

### PODIATRIST

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

**Dr. Jeanine A. Peters, DPM**

Mondays 5/22, 6/26, 7/24 1:00-5:00pm  
Tuesdays 9/5 1:00-5:00pm

### HEALTHY LIVING FOR YOUR BRAIN AND BODY:

#### TIPS FROM THE LATEST RESEARCH

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by Cynthia Davenport from the Alzheimer's Association. Registration is required.

**Ages: 50 & Older**

Thursday 5/11 1:00pm

**Free**

## WELLNESS (cont.)

### LIVING WITH ALZHEIMER'S: ONE PERSON'S PERSPECTIVE

Learn about Alzheimer's disease from a person who is living with it... You won't want to miss this inspiring program that will feature a person in the early stage of Alzheimer's disease who will share how one learns to live with Alzheimer's disease. This community education program is designed for people with early stage Alzheimer's disease or a related dementia and their care partners and families. Aspects of the experience told by both the person with a diagnosis, as well as their care partner are portrayed in video clips. Presented by Cynthia Davenport from the Alzheimer's Association. Registration required.

**Ages: 50 & Older** **Free**  
 Tuesday 6/20 1:00pm

### RESEARCH & ALZHEIMER'S DISEASE; THE ROAD TO BETTER TREATMENTS & A CURE

As the number of Americans with Alzheimer's disease is rapidly increasing, research plays a crucial role in understanding more about this disease. Come learn about how clinical trials work, what scientists already know about Alzheimer's disease, and where efforts are focused moving forward in the search for a cure. Presented by Cynthia Davenport from the Alzheimer's Association. Registration required.

**Ages: 50 & Older** **Free**  
 Thursday 7/6 1:00pm

### UNDERSTANDING DEMENTIA RELATED BEHAVIOR

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Presented by Cynthia Davenport from the Alzheimer's Association. Registration required.

**Ages: 50 & Older** **Free**  
 Tuesday 8/8 1:00pm

## 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 and Kathy Bush, RN 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.

1st Tuesday of the month\* 10:00am **FREE**  
 \*No meeting in July

### STRONGSVILLE LOW VISION SUPPORT GROUP

Do you have low vision due to eye diseases/conditions such as macular degeneration, diabetic retinopathy, cataracts or glaucoma? You are not alone!

The Ehrnfelt Senior Center with the assistance of the Cleveland Sight Center is hosting a monthly group at the Ehrnfelt Senior Center.

- Meet others who also have vision loss and are experiencing some of the same things you are.
- Share feelings, concerns, and solutions.
- Discuss methods to increase independence.
- Learn about resources and adaptive devices for people who are visually impaired.
- Receive help and support in dealing with your vision loss.

For more information contact Sheena Wright, Family Preservation Coordinator at (440)580-3276. **FREE**

2nd Tuesday of the month 10:00am

## FREE CONSULTATIONS (Offered monthly)

### ATTORNEY

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

1st Tuesday\* 9:00 -10:30am Dennis G. Mille CO. LPA  
 4th Friday 10:00-11:30am Kevin M. Preston CO. LPA  
 \*No Consultation 7/4

## FREE CONSULTATIONS (cont.)

(Offered monthly)

### FINANCIAL PLANNER

Counseling services offered by Offill Financial Group. Available by appointment. Please call the Senior Center at (440) 580-3275 to make an appointment.

**Offill Financial Group**  
 1st Wednesday of the month 10:00 – 11:30am & 6:00 - 7:30pm

### 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

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

2nd Tuesday of the Month 9:00am-3:00pm

### 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.

#### Dates needed

Friday	5/19	11:00am-1:00pm
Thursday	6/8	9:00am-12:00pm
Friday	7/13	11:00am-1:00pm
Thursday	8/10	9:00am-12:00pm

## EDUCATIONAL PROGRAMS

### 2017 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 4th Monday, from 2:30 – 4:00pm. The group leads their own discussion, with the assistance of questions supplied by the Library Staff.

Month	Book	Discussion Date
May	<i>My Grandmother Asked Me to Tell You She's Sorry</i> by Fredrick Backman	5/22
June	<i>The Nest</i> by Cynthia D'Aprix Sweeney	6/26
July	<i>Everyone Brave is Forgiven</i> by Chris Cleave	7/24
August	<i>Kitchens of the Great Midwest</i> by J. Ryan Stradal	8/28



## EDUCATIONAL PROGRAMS (cont.)

### COMPUTER INSTRUCTIONS

#### 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 including: 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 more 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) *No Classes July & August*

<b>Fees:</b>	Member	\$5/hour
	Non-Member/Resident	\$7/hour
	Non-Member/Non-Resident	\$9/hour

### GRACEFUL AGING

Join our instructor Ted Smith, as he facilitates this Graceful Aging Series. Each week he will focus on the following:

- 1) Exercising the Brain: Why it's important to stay mentally fit as well as physically fit after 55 years of age.
  - 2) Improving Balance: Techniques to beat gravity!
  - 3) Nutrition: Unfortunately Grandma was right that we are what we eat.
  - 4) Improving Posture: Tips, techniques, and good habits for standing up, sitting down, and using a walker.
  - 5) Immune and Lymphatic Systems: What do they do and how do I improve them?
- Registration required for this five week session.

**Ages: 50 & over** **Instructor:** Ted Smith  
 Wednesdays 5/3-5/31 1:15-2:15pm

<b>Fees:</b>	Members	\$35
	Residents/Non-Members	\$37
	Non-Residents/Non-Members	\$41

### ASSET PROTECTION-PROBATE AVOIDANCE - BENEFIT PROGRAMS

Join Elder Law Attorney Dennis Mille as he 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. Dennis will also discuss the new Medicaid rules for nursing home payments. He 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.

**50 & over** **Free**  
 Thursday 6/8 10:00am

### THE FINAL GIFT

This program discusses what pre-planning really means. Pre-planning is no longer about what cemetery will you be buried at or picking out a casket; today it is so much more than that. Michael Vujas from Catholic Cemeteries Association will indulge in topics such as "What happens to my assets and debts when I pass away?"; location of important documents and what documents will your loved one's need; the importance of and the process of a will, estate planning, and probate court; how you can avoid costing your children or grandchildren thousands when you pass away; and so much more. Registration is required for this interactive program.

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

### 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.

**50 & Older** **Free**  
 Thursday 6/29 10:00am

## EDUCATIONAL PROGRAMS (cont.)

### MEDITATION TECHNIQUES

People meditate for a variety of reasons; stress relief, mental focus and acuity, inner peace, even lower blood pressure. This course will introduce a variety of techniques based on principles of Traditional Chinese Medicine. Registration required for this six week session.

<b>Ages: 50 &amp; over</b>		<b>Instructor:</b> Ted Smith
	Tuesdays 7/11-8/15	1:00-2:30pm
<b>Fees:</b>	Members	\$40
	Residents/Non-Members	\$45
	Non-Residents/Non-Members	\$55

### WESTERN RESERVE HISTORICAL SOCIETY SPEAKERS SERIES

The Western Reserve Historical Society, founded in 1867, is the oldest cultural institution in the area. Their Speakers Bureau offers a wide variety of topics relating to the history of Northeast Ohio. These programs are presented here at the Ehrnfelt Senior Center, by staff educators from the museum. Each month a new topic will be offered. This series of presentations is sponsored by Jardine Funeral Home. Registration required.

Monday 5/22	Women of the Western Reserve	1:00pm	Free
Monday 6/26	Eliot Ness' Cleveland	1:00pm	Free
Monday 7/24	WWII Up Front & Personal	1:00pm	Free
Monday 8/21	The Story of Tinkerbell	1:00pm	Free

### AARP DRIVER SAFETY PROGRAM CLASSES

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

<b>Ages: 50 &amp; over</b>		<b>Instructor:</b> Mike Kolesar
	Wednesday 6/7	1:00-5:00pm
<b>Fees:</b>	AARP Members	\$15
	Non-AARP Members	\$20

### ANTIQUES IN THE ATTIC

#### (FORMERLY KNOWN AS TRASH TO TREASURES)

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

**Ages: 50 & over** **Instructor:** Neal Richter **Free**  
 Tuesday 6/20 1:00pm

### AID & ATTENDANCE, IMPROVED PENSION PROGRAM

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

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

<b>50 &amp; over</b>		<b>Free</b>
	Wednesday 5/10	10:00am
	Wednesday 7/12	1:00pm



## 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 by 8am the morning of the movie. 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 listing and menu can be found in the Silver Pen.

3rd Wednesday of the Month 11:00am

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

### BALLROOM DANCE SCHEDULE FOR 2017 (EVENT CENTER)

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

Energize up before coming to our dances with a delicious homemade meal. Reservation required by calling 440-580-3275 by 8am. Get a full meal for only \$5- members/residents or \$6 non-members/non-residents. If you are looking for something lighter, stop by our Crossroads Café which offers fresh salads, sandwiches and homemade soup!

May 11	Mike Jacobs Trio
May 25	Al Battistelli - Hawaiian Dance
June 8	Wayne Tomsic Combo
June 22	Al Battistelli
July 13	Al Wayne Tomsic Combo- Red, White and Blue Dance
July 27	Ed Klimczak
August 10	Wayne Tomsic Combo
August 24	Al Battistelli- Beach Party

**Dance Fees:** Members/Residents \$5  
Non-Residents/Non-Members \$7

### WHITE ELEPHANT SALES

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

Thursday	May 4	9:00am* -4:00pm
Friday	May 5	9:00am - 12:00pm
Thursday	August 3	9:00am* -4:00pm
Friday	August 4	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!

### LINE DANCE JAMBOREE 2017

Our 18th Annual Line Dance Jamboree is sure to be a two stepping, good time! Your admission cost includes continental breakfast, full hot lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps, and learn some new ones too! Registration required by 4/19.

#### Ages 50 & over

Tuesday 4/25 9:00am-3:00pm

**Fees:** Members \$17  
Residents/Non-Members \$18  
Non-Residents/Non-Members \$20

### MOTHER'S DAY LUNCH

Celebrate an early Mother's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the women in attendance. Registration with payment is required by May 5th. *Westwood Place - Luncheon sponsor.*

Wednesday 5/10 11:30am

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

## SPECIAL PROGRAMS (cont.)

### SENIOR CITIZENS DAY

Come and celebrate Senior Citizen Day with the Ehrnfelt Senior Center. Join us and enjoy an afternoon of music, side boards, raffles, fellowship and more! We will be pulling the winner of the Senior Wheels Raffle at this event and all proceeds from the day's events will go to our Senior Wheels transportation program! This year we will have live entertainment provided by the Good Knight Band thanks to the generous donation of Crystal Waters. Help us raise money while having a fun afternoon! Registration starts on April 5th and ends on May 19th. Don't miss this fun event! Thank you to our event sponsor, Phillips & Mille Co., L.P.A.

#### 50& Older

Tuesday 5/23 11:30am

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

### ART IN OUR LIVES - 19TH ANNUAL FINE ARTS EXHIBIT

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

6/5-6/9 Free and Open to the Public

#### Show Hours:

Monday to Thursday 9:00am - 5:00pm  
Friday 9:00am - 12:00pm

### FATHER'S DAY LUNCH

Celebrate an early Father's Day at the Ehrnfelt Senior Center. Join us for a delicious meal, as we honor all the men in attendance. Registration with payment is required by June 12th. *Altenheim Shurmer Place - Luncheon sponsor, Danbury Senior Living - Dessert sponsor.*

Thursday 6/15 11:30am

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

### BACKYARD BARBEQUE

Summertime means spending time outdoors and the return of our ever popular Backyard Barbecue! Join us for lunch outdoors in the Backyard Preserve (Senior Patio for those with special physical needs.) We'll offer you a ride back to our outdoor dining delight. We'll have a delicious barbecue, enjoy some fellowship, and have great summertime fun. This will replace the daily senior lunch. Tickets must be purchased by June 23rd. *Parkside Villa - Luncheon sponsor, Crystal Waters Retirement Community - Dessert Sponsor.*

Wednesday 6/28 11:30am

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

### CHRISTMAS IN JULY

Ho Ho Ho! Who says that we should only celebrate the most wonderful time of the year once a year! Join us for a fun afternoon with a traditional holiday dinner with all the trimmings, holiday games, gifts and much more! Feliz Navidad! Tickets on sale June 13th-July 21st. Remember to bring in your non-perishable donation for the Strongsville Food Bank. Each donation will enter you into our Chinese raffle! The more food you bring the more chances to win and help out community members in need! *Southwest Commons - Luncheon Sponsor, Kemper House - Dessert Sponsor.*

Tuesday 7/25 11:30am

**Fee:** Members/Residents \$6  
Non-Members/Non-Residents \$8

### SILVER MUSTANG SUMMER CORN ROAST

Calling all Silver Mustang Members! Join us once again as we enjoy great food, remarkable door prizes, fellowship and entertainment sponsored by Altenheim Shurmer Place. This event is free to current Silver Mustang members. Registration begins July 6th and ends August 11th. Come and join the fun!

Tuesday 8/15 11:30 am

## SPECIAL PROGRAMS (cont.)

### CORN HOLE TOURNAMENT

Show off your Corn Hole skill, or luck, and join us in an afternoon Corn Hole Tournament. We will crown one team as champions. Besides bragging rights, each team will receive a special prize! Registration required by 8/4.

**Ages: 50 & over**

Wednesday 8/9 1:00pm

<b>Fees:</b>	Members	\$5
	Residents/Non-Members	\$6
	Non-Residents/Non-Members	\$8



### EHRNFELT SENIOR CENTER SENIOR OLYMPICS

Register now . . . To be part of the 20th Annual Senior Olympics

**Ages: 50 & Older**

9/11 – 9/22

<b>Fees*</b>	\$18 Member
	\$19 Non-member/Resident
	\$21 Non-member/Non-resident
	<i>*Extra fee for 2XL &amp; Larger shirts.</i>

**Registration fee includes:**

Senior Olympics T-Shirt, entry to any and all events\*, Opening Day continental breakfast and Awards Luncheon. If you register after August 25th you are not guaranteed a T-Shirt.

*\*If registering for 9-hole golf, additional \$12 fee.*

**Events include:** Fitness Walk, Bocce Ball, Basketball Throw, 9-Hole Golf (w/Cart), Miniature Golf, Softball Throw, Mustang Horseshoes, Billiards, Table Tennis, Darts, Bean Bag Toss, Bowling, Wii Home Run Derby, Wii bowling, Bunco, Football Throw, Pickleball and Cornhole!

*Select events will be offered in the evening.*

Register at the Senior Center Registration Desk starting July 6th!



## MUSTANGS ON THE GO!

### WESTSIDE MARKET

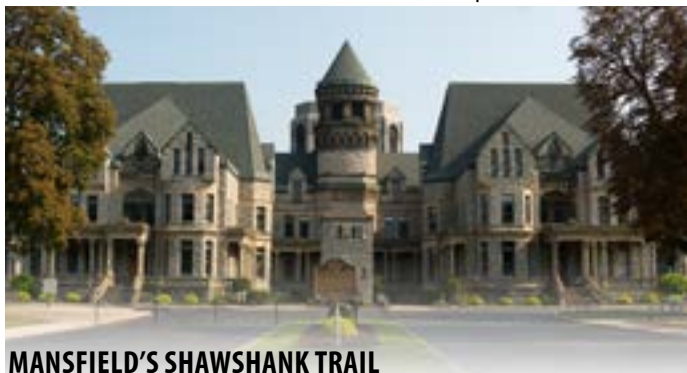
The Westside Market is home to over 100 vendors of great ethnic diversity. You can find not only fine meats and fresh vegetables, but also seafood, baked goods, dairy and cheese products and fresh flowers. Last year it was estimated that over one million people visited the market! Transportation will be provided- lunch is on your own. We will leave Senior Center at 10:30am, give you two hours to shop and return to Senior Center at 1:30pm. Limited space available.

**50 & Older**

Monday 5/15 10:00am-1:30pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$10	March 28th
Residents/Non-Members	\$12	April 4th
Non-Residents/Non-Members	\$16	April 11th



### MANSFIELD'S SHAWSHANK TRAIL

JKL Tours will combine Hollywood, mystery and history in this trip. The trip will start with a walking tour of the Ohio State Reformatory. This site was where "Shawshank Redemption, Air Force One and Tango & Cash were filmed. You will also tour the Bissman Building and have lunch at Ed Pickens' Café on the Main and visit Squirrel's Den Candy. You will also tour the historic Renaissance Theatre, built in 1928. Package includes roundtrip transportation, all applicable taxes and driver gratuities.

**Ages: 50 & over**

Wednesday 5/24 7:30am-6:30pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$87	April 5
Residents/Non-Members	\$89	April 12
Non-Residents/Non-Members	\$93	April 19

### CLEVELAND INDIANS GAME

Join us as we head to Progressive Field to watch the ALC Champions take on the Texas Rangers. We are hoping all the excitement of last season carries over this year! Your fee includes your game ticket in section 171 and transportation to and from the game. Tickets are limited.

**Ages: 50 & older**

Monday 6/26 6:00-10:00pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$45	May 3
Residents/Non-Members	\$47	May 10
Non-Residents/Non-Members	\$51	May 17

### MYSTERY TOUR #2

Let's take a boat to Bermuda. Let's take a train to St. Paul. Let's take a kayak to Quincy or Nyack. Let's get away from it all. We could shuffle off to Buffalo. Or ride the Chattanooga Choo-Choo. Or Get our kicks on route 66. Based on the success of our Mystery trips, we are creating another day full of surprises that combines unique areas, sites and attractions. You will need a sense of adventure, a good sense of humor and comfortable walking shoes. Lunch included. Be assured every one of the JKL Mystery trips goes to a unique area that is not visited on any of their published trips. Package includes roundtrip transportation, applicable taxes and driver gratuities.

**Ages: 50 & over**

Friday 6/16 8:30am-5:00pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$78	April 18
Residents/Non-Members	\$80	April 25
Non-Residents/Non-Members	\$84	May 2

## MUSTANGS ON THE GO! (cont.)

### GOOD TIME III & THE GREAT LAKES SCIENCE CENTER

Get the best of both worlds with this trip! We will set sail on the Goodtime III for a 2 hour lunch cruise followed by a 2 hour self-guided tour of the Great Lakes Science Center and a movie (TBA) in the newly remodeled Cleveland Clinic Dome Theater. Lunch includes Sliced Top Round of Beef w/Gravy, Bruschetta Chicken, Penne Pasta Marinara, Parsley Redskin Potatoes, Broccoli, Cauliflower & Carrot Blend, House Salad w/ Ranch or Italian Dressing, Rolls w/Butter, Assorted Pastries, Coffee/Tea & Iced Tea. You will be sure to have a "goodtime" on the North Coast!

**Ages: 50 & over**

Tuesday 7/18 9:30am-6:00pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$62	June 16
Residents/Non-Members	\$64	June 23
Non-Residents/Non-Members	\$68	June 30

### GERVASI'S WINERY, FAMOUS ENDINGS MUSEUM, TV AND RADIO MUSEUM

Enjoy lunch, Crush House Winery tour and winetasting at Gervasi Vineyard and visit the Famous Ending Museum started by John Herzig. He has over 1500 pieces (including items involving famous funerals), from presidents, politicians, world leaders, celebrities and more. Next you will visit Auman's TV and Radio Museum- and see TV's that date back to the first one at the world's fair and a special display of Dick Goddard's old meteorological equipment! Package includes roundtrip transportation, all applicable taxes and driver gratuities.

**Ages: 50 & Older**

Thursday 7/6 9:30am-7:00pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$84	June 6
Residents/Non-Members	\$86	June 13
Non-Residents/Non-Members	\$90	June 20

### THE HISTORICAL, INTERNATIONAL AND ETHNIC TOUR OF CLEVELAND PART 5

We'll start Cleveland Part 5 exploring the Glenville area that started as a rural farming community before it hosted that area's first horse-racing track! We'll see some of the original Jewish Temples that have become Baptist and Methodist Churches along a road known as Church Alley. We'll visit a few of Cleveland's unique Cultural Gardens and the Rockefeller Greenhouse. Lunch will be at the new HOFBRAUHUUS! After lunch, we will visit the original Hofbrauhaus, the mini-mansions along Upper Prospect and the site of the very first Christmas Tree Candle lighting in the U.S. and more! Package includes roundtrip transportation, all applicable taxes and driver gratuities.

**50 & Older**

Wednesday, 8/9 8:15am-5:30pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$72	June 22
Residents/Non-Members	\$74	June 27
Non-Residents/Non-Members	\$78	July 5

## MUSTANGS ON THE GO! (cont.)

### MOTOWN- PLAYHOUSE SQUARE

It began as one man's story...became everyone's music...and is now Broadway's musical. MOTOWN THE MUSICAL is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson and many more. Motown shattered barriers, shaped our lives, and made us all move to the same beat. Featuring classic songs such as "My Girl" and "Ain't No Mountain High Enough," experience the story behind the music in the record-breaking smash hit MOTOWN THE 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 & older**

Wednesday 8/16 5:00-11:00pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>		<b>Registration Opens</b>
Members	\$60	June 8
Residents/Non-Members	\$62	June 15
Non-Residents/Non-Members	\$66	June 22

### SENIOR ZOO DAY

Join us as we visit the Cleveland Metroparks Zoo — one of the finest zoos in the country. You'll be able to view nearly 3000 animals, representing more than 600 species. Round trip transportation will be provided from the Ehrnfelt Senior Center. Registration required.

**Ages 50 & over**

Monday 8/14 9:15am – 2:15pm

*Registration Limit: 2 tickets per person*

<b>Fees:</b>	Members	\$6
	Residents/Non-Members	\$7
	Non-Residents/Non-Members	\$9



### THE STRONGSVILLE FARMERS' MARKET

Thursdays 11:00am-2:00pm

July 20 – September 28

Come and shop for the freshest fruits, vegetables, flowers, honey, jellies & baked goods from local farmers. If you are interested in becoming a vendor, please contact Kathy Sazima RN at 440-580-3277. The Strongsville Farmers' Market is located at 18100 Royalton Rd. (Rec Center Parking lot). See you at the market!





# 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](mailto: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

Michael J. Daymut

Councilman – Ward 1

Matthew A. Schonhut

Councilman – Ward 2

James E. Carbone

Councilman – Ward 3

Gordon C. Short

Councilman – Ward 4

Joseph C. DeMio

Councilman President Pro Tem  
Council-At-Large

Kenneth M. Dooner

President of Council,  
Council-At-Large

John D. Southworth, Jr

Council-At-Large



## PARKS, RECREATION AND SENIOR SERVICES

### *Ehrnfelt Recreation Center*

Phone (440) 580-3260

Fax (440) 572-3503

### *Ehrnfelt Senior Center*

Phone (440) 580-3275

Fax (440) 572-3137

**Bryan Bogre**

bryan.bogre@strongsville.org

Director of Parks, Recreation and Senior Services

**Chris Arold**

chris.arold@strongsville.org

Parks and Outdoor Facilities Superintendent

**Sarah Arold**

sarah.arold@strongsville.org

CPRP, Facility Manager

**Jen Frontino**

jen.frontino@strongsville.org

Director's Secretary

**Deborah Branic**

deborah.branic@strongsville.org

Senior Program Coordinator

**Sheena Wright**

sheena.wright@strongsville.org

Family Preservation Coordinator

**Kathy Sazima, RN, BSN**

kathy.sazima@strongsville.org

Senior Services Coordinator

**Mark Hartzel**

mark.hartzel@strongsville.org

Maintenance Foreman

**Denise Lengal**

denise.lengal@strongsville.org

Fitness Supervisor

**Julian Regotti**

julian.regotti@strongsville.org

Assistant Fitness Supervisor

**Rick Deal**

rick.deal@strongsville.org

Marketing/Designer

**Jason Keppler**

jason.keppler@strongsville.org

Recreation Supervisor

**Kristen Nykiel**

kristen.nykiel@strongsville.org

Recreation Supervisor

**Robin Meczka**

robin.meczka@strongsville.org

Aquatic Supervisor

**Patti Welker**

patti.welker@strongsville.org

Assistant Aquatic Supervisor

**Melissa Baldwin**

Extension 5266

Food Service Manager



*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

PRESORTED STANDARD  
U.S. POSTAGE  
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CLEVELAND, OHIO  
PERMIT NO. 1908



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

