



Strongsville

e-Newsletter

June 2010

IN THIS ISSUE

- Important Dates
- Feature Article
- Special Programs
- Fitness Programs
- Health & Wellness
- Fit Tips
- Adult/Senior Programs
- Youth Programs
- Healthy Recipe
- Aquatics
- Sports

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www.strongsville.org

Important Dates

- Tues, June 1st:** Summer Hours Begin (see page 2)
Mon, June 14th: Summer Day Camp Begins
Sat, June 12th: Kids Garage Sale, 9am-12noon
Fri, June 18th: Touch A Truck, 1-3pm

Bicycle Safety

An estimated 73 to 85 million Americans ride bikes.

Approximately 700 bicyclists were killed and 540,000 visited the emergency room with injuries in 2007.

With bicycling being one of the most popular ways to get around and June being National Safety Council month, the Council offers the following tips for safe and enjoyable bicycling.

*Obey traffic rules and get acquainted with ordinances. Cyclists must follow the same rules as motorists.

*Know your bike's capabilities.

*Ride in single file with traffic, not against it. Remember to keep a safe distance from the vehicle ahead.

*Make safe turns and cross intersections with care. Signal turns half a block before the intersection,

using the correct hand signals (left arm straight out for left turn; forearm up for right turn).

*Never hitch on cars.
*Wear a helmet for protection.

*Before riding into traffic: stop, look left, right, left again, and over your shoulder.

*Always be seen. During the day, cyclists should wear bright clothing. Nighttime cycling is not advised, but if riding at night is necessary, retro reflective clothing, designed to bounce back motorists' headlight beams, will make cyclists more visible.

*Make sure the bicycle has the right safety equipment: a red rear reflector; a white front reflector; a red or colorless spoke reflector on the rear wheel; an amber or colorless reflector on the front wheel; pedal reflectors; a horn or bell; and a rear view mirror. A

bright headlight is recommended for night riding.

In fact, a front lamp and a rear lamp are a must when riding your bike in Strongsville anytime between sunset and sunrise in accordance with ordinance 474.05.

The City of Strongsville has many ordinances to help ensure safe riding for bicyclists. Some of the regulations include:

*No person shall ride a bicycle across or through any intersection involving a street - the bicycle must be walked across.

*Whenever a designated usable path for bicycles has been provided adjacent to a street, bicycle riders shall use such path and shall not use the street.

*When a bicycle is operated on the street, the operator shall give hand signals before turning, changing lanes or stopping.

These are just a few of the ordinances that the City of

-Continue on page 2

-Continued from Page 1

Strongsville has adopted to help make riding your bicycle safer. For a complete listing of the ordinances visit www.conwaygreene.com/strongsville.htm.

Make sure you use these tips offered by the National Safety Council and comply with City ordinances when cycling to help ensure a fun and safe summer.

Info adapted from the National Safety Council (www.nsc.org)



Summer Rec Center Hours

June 1-September 30

Mondays-Fridays.....5:00am-9:00pm

Saturdays.....8:00am-6:00pm

Sundays.....12:00noon-5:00pm

Kids Garage Sale

Come shop over 50 tables of children's toys, clothing, small furniture and accessories or reserve a table and sell your gently used maternity, baby and kids items.

Sat, June 12 9:00am-12:00noon



Touch a Truck

Kids just love trucks and large equipment. Even grown up kids find them fascinating. Here's your chance to get up close to some of the most interesting and exciting equipment around. A variety of trucks will be displayed for kids to look at, touch and climb on in Senior Center Parking Lot.

Fri, June 18

1:00-3:00pm

All Ages

Free!



Fitness: Youth Sports Conditioning

Insane Cardio!!!

Cardio 'til you drop...then abs! Join Chuck Maurer as he takes you through these insane workouts for fast results! TRY IT OUT FOR FREE FOR 2 WEEKS!

Wed 6:30pm & Fri 9:30am 2 Free Weeks (May 19, 21 & May 26 & 28)

Ages: 15 & over Fees: Part of Rec-Plex Pass

Outside the Box

Think non-conventional as Tami Haberman, Certified Personal Trainer, Group Exercise, and Spin Instructor utilizes her full repertoire of skills and tools to get you in great shape this summer. Includes Dietitian, Kettlebells, TRX, Spin, Plyometrics, Yoga and much more!!!

Ages: 15+ Tues & Fri, June 8-July 2 8:00am Fees: \$100-125*

Train for a Triathlon

Sign up and train for the 5th Annual Strongsville Recreation Triathlon! Come learn the proper triathlon training techniques as you are guided through this 12 week program by our Registered & Licensed Dietician and Personal Trainers. Your program fee includes a training manual, lectures, T-shirt and triathlon registration.

Ages: 18+ Initial Meeting: Tues, June 1 @ 6:00pm

Triathlon Date: Sat, August 21 @ 8:00am Fee: \$35



Health

Screenings

FREE for all ages, held each month in the Senior Center :

Blood Pressure

3rd Tues, 10:30am-1:00pm

Diabetes Screening

3rd Tues, 10:30-11:30am

2nd & 3rd Fri, 8:30-11:30am

**The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

Cycling Fit Facts

*In comparison to running, biking burns about 25% fewer calories if you equal out the workload.

*Just twenty minutes of gentle cycling burns up to 100 calories (that's pretty good for sitting down). Plus cycling regularly also raises overall metabolic rate helping you slim faster.

*Cycling is a low impact activity and one of the safest ways to exercise without risk of over-exertion or strain to muscles and joints. Your strength, stamina, aerobic fitness and general muscle function will all be improved.

Art in Our Lives

The purpose of this exhibit is to demonstrate the creativity of our Senior Citizen Art students and present their work to the community. This event is free and open to the public.

June 7th – June 11th

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

Friday: 9:00am-12noon

Location: Ehrnfelt Senior Center

Free and open to the public



Adult and Senior Programs

Beach Party Barbeque

Put on your sunglasses and sandals and join us for an outdoor lunch at the Beach Party BBQ in the Backyard Preserve. (Senior Patio reserved for those with special physical needs.) Our van will be available to offer rides back to our outdoor dining delight. We'll have a delicious barbecue; hot dog, slider hamburger, macaroni salad, watermelon and a summer surprise dessert! This will replace the daily senior lunch.



Wed, June 23 12noon Ages: 50+ Fees: \$5-7*

Zumba Gold

Zumba Gold, set to the unique Zumba Latin & International music, is a fun and effective cardio-based workout for seniors using dynamic dance steps to sculpt and tone the body. This is a drop-in program, taught by a certified Zumba Gold instructor. Every Tuesday ~ 8:45-9:30am Ages: 50+ Instructor: Mary Lea Kirby Fees: \$3-5*

50+ Singles Mingle: "Why Do Fools Fall in Love" at the Cassidy Theatre

Come one, come all, singles looking to mingle! Let's travel back to the 1960's with the BEEHIVE-esque show at the Cassidy Theatre! Including He's a Rebel, It Hurts to be in Love, and My Boy Lollipop, this is a musical that will surely leave you "Dancing in the Street". Tickets are limited and participants must provide their own transportation to this event. Hope you can join this fun group of single men and women for an evening of fun! 6200 Pearl Road, Parma Heights, Ohio 44130

Fri, June 11 8:00pm Fees: \$15-19* Buy your tickets beginning May 25

Youth Programming Wildfire Dance Camp

WOW ~ Wild on Wednesdays

Come join our special guests for fun, exciting & wild programs. Ages: 3-7 years
Wednesdays 2:00-3:00pm

June 23 : Reptiles by Rocky River Nature Ctr.

July 14: Puppet Show by Strongsville Library

August 4: Balloon Show by 5 star Talent

Fees: \$8-10*



Your little dancer will feel like royalty when she dances with her tiara and star wand (included in fee). This class includes technique, movement, and lots of fun dance routines. Students will do a performance at the end of class.
Ages: 3-5 Wed, July 14 4:30-6:30pm Fees: \$56-64*

Friday Fundays ~ Yummy in your Tummy!

Excite and feed the curiosity of your growing gourmet. June 25

Ages: 18m-2yrs 10:00-11:00am

Fees: \$10-12*

Ages: 3-5yrs 12:00-1:00pm

**The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*

Mango Salsa

Ingredients

1 can (19 ounces) black beans, drained and rinsed
1 can (11 ounces) mandarin oranges, drained and chopped
1 medium-size mango, peeled and finely diced
1 jalapeno, seeded and finely diced
1 small sweet red pepper, seeded and finely chopped
1 small red onion, minced
1/4 cup chopped cilantro
1 Tbs. vegetable oil
1/2 tsp. chilli powder
1/4 tsp. salt

Preparation

*In a medium-size bowl, stir together black beans, oranges, mango, jalapeno, red pepper, onion, cilantro, oil, chili powder and salt.
*Pour into a serving bowl and chill 1 hour.
*Serve with chips or as a garnish to grilled chicken.

Yields 7 ~ 1 cup servings

Calories: 34

Fat: 1g Sodium: 82mg

Carbs: 6g Protein: 1g



Aquatics

Summer Swim Lessons

Don't miss out on summer swim lessons. Spots still available. Check out the brochure for information at www.strongsville.org/content/brochures.asp.



Special Aquatic Center Hours

Tuesday, June 8	Lap Pool Closes at 5:00pm
Tuesday, June 15	Closed 4:00-9:00pm for SSL Swim Meet
Tuesday, June 22	Closed 4:00-9:00pm for SSL Swim Meet
Sunday, July 4	Closed for Independence Day
Saturday, July 17	CLOSED All Day for SSL Championship Meet
Mon, August 23- September 7	Aquatic Center CLOSED for Annual Maintenance

Sport Programs

Girls' Volleyball Clinic

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

Grades: 6-8th

Tues, July 6-August 17 (no class 7/13)

4:45-6:15pm

Fee: \$41-51*



Boys Home Run Derby

Does your son think he's "The Sultan of Swat?" If so, here's his chance to prove it. Home plate will be moved closer to the fences to assure that most children will be able to "go yard." Each age bracket will have a Rec. and Travel player division. The fee includes a t-shirt and awards for the winners. All travel players from the current season must register for the travel division. If a player has played both travel and rec. baseball this season they also must register for the travel division.

Ages: 12 & Under Location: Coyne & Kalinich Fields-Volunteer Park)

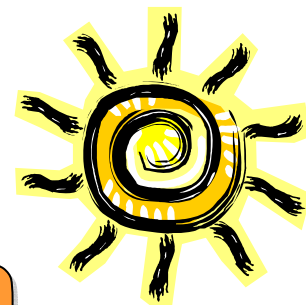
Thurs, August 5 6pm-Dark

Residents Only: \$13-23*

**The fee you pay is based on your status as a Center Member, Non-Member/Resident, Non-Resident/Non-Member, Silver Mustang Member or Silver Mustang Non-Member.*



Summer



Membership

Choose your package:

May 23-August 20, 2010

June 13-September 10, 2010

Receive all the benefits of a year long membership!

Reduced registration fees

Priority registration on most programs

Free fitness assessment and orientation

6-pack of 50% off coupons to bring in friends

40% savings on open skate admission at Iceland USA

Membership can be applied towards a yearly membership before expiration

Please note that the Aquatic Center is closed for Annual Cleaning 8/23-9/7

The Center is closed for Annual Cleaning 8/23-8/25

	<u>Resident /FT Work in Strongsville</u>	<u>Non-Resident</u>
Adult Individual	\$148	\$247
Couple*	\$213	\$347
Youth (Ages 4-18)	\$87	\$162
College Student*	\$87	\$162
Family*	\$246	\$419
Senior (Age 60+)	\$81	\$149
Senior Couple	\$149	\$279
Military*	\$81	\$149

***See the front desk for detailed descriptions.**

440.580.3260 ~ www.strongsville.org

Ehrnfelt Recreation Center

18100 Royalton Road, Strongsville