

# Strongsville

**Parks  
Recreation**  
**Senior  
Services**

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Strongsville Recreation Center



@strongsvillerecdept



## Registration Dates

MEMBERS: March 17

RESIDENTS: March 24

OPEN / ONLINE: March 26

# MAY-AUGUST 2026

## Program Guide

18100 Royalton Road, Strongsville, Ohio 44136

440-580-3260

[www.strongsville.org](http://www.strongsville.org)

# GENERAL INFORMATION

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

## RECREATION & SENIOR CENTER STAFF

### Director of Parks, Recreation & Senior Services

**Bryan Bogre**, bryan.bogre@strongsville.org

### Recreation

**Chris Arold** - Parks & Outdoor Facilities Superintendent

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**Sarah Arold, CPRP** - Facility Manager

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**Mark Hartze** - Maintenance Foreman

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**Kristen Nykiel** - Recreation Supervisor (Enrichment Programs)

kristen.nykiel@strongsville.org

**Rebecca Stemple** - Aquatic Supervisor

becky.stemple@strongsville.org

**Abigail Szeszak** - Assistant Aquatic Supervisor

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**Doug Taylor** - Recreation Supervisor (Town Center)

doug.taylor@strongsville.org

**Jennifer Viscomi** - Rental Coordinator & Director's Assistant

jennifer.viscomi@strongsville.org

**Molly Weir** - Recreation Supervisor (Town Center)

molly.weir@strongsville.org

### Senior Center

**Melissa Baldwin** - Food Services Manager

melissa.baldwin@strongsville.org

**Deborah Branich** - Senior Service Coordinator

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**Leslie Ziegler** - Senior Program Coordinator

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## GENERAL INFORMATION

### RECREATION CENTER HOURS

#### NOVEMBER 1-APRIL 30

Mondays-Fridays	5:00am-9:00pm
Saturdays	8:00am-6:00pm
Sundays	9:00am-3:00pm

#### MAY 1-OCTOBER 31

Mondays-Fridays	5:00am-8:00pm
Saturdays	8:00am-4:00pm
Sundays	9:00am-2:00pm

**MEMBERS ONLY: November 1-March 31:** Mon & Wed, 5:00pm-9:00pm  
 Please note, the Aquatic Center closes 30 minutes prior to the Center closing time.

### SENIOR CENTER HOURS

Mondays-Fridays	9:00am-5:00pm
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### REC & SENIOR CENTER SPECIAL HOURS & CLOSINGS\*

Sat, April 4	Day before Easter	Rec Closing early at 5pm
Sun, April 5	Easter	Rec Center CLOSED
Mon, May 25	Memorial Day	CLOSED
Sat, July 4	Independence Day	Rec & Senior Center CLOSED
Mon-Sat, Aug 17-Sept 7	Floor Refinishing	Basketball Courts CLOSED
Mon-Wed, Aug 31-Sept 2	Annual Cleaning	Senior Center Only CLOSED
Mon, September 9	Labor Day	Rec & Senior Center CLOSED

\*Hours subject to change. See AQUATICS section for special Aquatic Center hours and closings and Senior Activities section for Senior Center hours and closings.

### TOWN CENTER PARK HOURS: Open Dawn to Dusk

#### Splash Pad

Open Saturday before Memorial Day thru September 30: 9:00am - Dusk

#### Volleyball Courts

Open May 1-October 31

#### Tennis Courts

Open May 1-October 31: 8am-10:30pm (weather permitting)

#### Pickleball Courts

Open May 1-October 31: 8am-10:30pm (weather permitting)  
 Open November 1-April 30: 8am-9:00pm (weather permitting)

## WEATHER CLOSING & 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)

News Channel 3 ([www.wkyc.com](http://www.wkyc.com))

News Channel 5 ([www.newsnet5.com](http://www.newsnet5.com))

## AMENITIES

### AQUATIC CENTER

- Competition pool - 8 lanes, 25 yards, 1 diving board
- Activity pool - zero depth entry, water slide, pirate ship, 5 lane lap pool, 17 yard wading area
- Steam room
- Sauna
- 24 person spa
- Bleacher seating for approximately 500
- Visit [www.strongsville.org](http://www.strongsville.org) - Parks & Recreation for Open Swim Schedule

### CARDIO EXERCISE AREA (*Must be 12 years or older\**)

Cutting edge cardio equipment with TVs and web integrated consoles including Technogym treadmills, ellipticals, steppers, upright & recumbent bikes; LifeFitness stepmills; Cybex arc trainers; and StarTrac treadclimbers and Jacob's 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. Youth that are not members must pay the normal daily rate. All youth must bring their Youth Strength Training card for admittance to the cardio area.*

### 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*)

- 1.5" thick rubber floor
- Plate loaded equipment and free weights

### GROUP EXERCISE, MIND/BODY, CYCLE STUDIOS

- Three wood floor studios with independent sound systems for exercise classes

### AUXILIARY GYMNASIUM

- Synthetic floor
- Gym can be used as one high school regulation basketball court and two volleyball courts
- Visit [www.strongsville.org](http://www.strongsville.org) - Parks Recreation for Open Gym Schedule

### MAIN GYMNASIUM

- Wood floor
- Two high school regulation size basketball courts
- Visit [www.strongsville.org](http://www.strongsville.org) - Parks & Recreation for Open Gym Schedule

### LOCKER ROOMS

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

### GAME AREA

- Billiard tables, air hockey, video/arcade games
- Vending and change machines

### EVENT CENTER & VARIOUS MEETING ROOMS

- Large Event Center and various meeting rooms available for rent. See page 6 for more information.

## RECREATION CENTER GUIDELINES

For a list of Recreation Center rules and guidelines go to [www.strongsville.org](http://www.strongsville.org) - Parks & Recreation - Facility Rules & Guidelines page. ([www.strongsville.org/departments/parks-recreation/facility-rules-guidelines](http://www.strongsville.org/departments/parks-recreation/facility-rules-guidelines))

## CHILDREN UNDER 12 YEARS OF AGE

Those under 12 years of age must be supervised by a person 18 years or older.

## REGISTRATION

Pre-registration is required for programs.

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

## REFUND POLICY

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

## PROGRAM CANCELLATION POLICY

If the program does not have a sufficient number of participants registered by 3 working days prior to the first session, the program may be cancelled by the Department. **Some programs may have their own cancellation policy - please see program description.**



## MEMBERSHIP

### MEMBERSHIP CLASSIFICATIONS

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

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

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

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

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

**Military/Veteran** means an individual who is an active member or veteran of any United States military service and provides proof of veteran status (DD214) or for active members, a military ID.

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

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

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

### MEMBERSHIP FEES

#### 4 MEMBERSHIP OPTIONS

1. One Year Contract with entire payment at time of purchase
2. One Year Contract with monthly payments
3. Three Month Contract with entire payment at time of purchase
4. Six Month Contract with entire payment at time of purchase

#### OPTION 1: One Year Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$265.00	\$425.00
Couple	\$365.00	\$580.00
Youth Individual (Ages 4-18)	\$165.00	\$290.00
Full-time College Student	\$165.00	\$290.00
Family	\$435.00	\$725.00
Individual Senior (Age 60+)	\$135.00	\$265.00
Senior Couple	\$240.00	\$465.00
Military/Veteran Adult	\$140.00	\$245.00
Military Couple	\$240.00	\$400.00
Military Youth (Ages 4-18)	\$87.00	\$162.00
Military Family	\$290.00	\$510.00

### MEMBERSHIP FEES cont.

#### OPTION 2: One Year Contract with monthly payments

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$22.09/month	\$35.42/month
Couple	\$30.42/month	\$48.34/month
Youth Individual (Ages 4-18)	\$13.75/month	\$24.17/month
Full-time College Student	\$13.75/month	\$24.17/month
Family	\$36.25/month	\$60.42/month
Individual Senior (Age 60+)	\$11.25/month	\$22.09/month
Senior Couple	\$20.00/month	\$38.75/month
Military/Veteran Individual	\$11.67/month	\$20.42/month
Military Couple	\$20.00/month	\$33.34/month
Military Youth (Ages 4-18)	\$7.25/month	\$13.50/month
Military Family	\$24.17/month	\$42.50/month

#### Credit Card Payment Plan Information

- The annual membership is broken down into twelve installments plus a \$3 per month processing fee. (Processing fee is NOT included in the above monthly prices.)
- The first payment is due upon the date of purchase and pro-rated from the date of purchase to the end of the current month.
- The remaining eleven payments are charged to your MasterCard, Visa or Discover, as indicated by you, on the 20<sup>th</sup> of each month, or the next business day if the 20<sup>th</sup> 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 Ehrmfelt 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.

#### OPTION 3: Three Month Contract with entire payment at time of purchase

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$80.00	\$128.00
Couple	\$110.00	\$174.00
Youth Individual (Ages 4-18)	\$50.00	\$87.00
Full-time College Student	\$50.00	\$87.00
Family	\$131.00	\$218.00
Individual Senior (Age 60+)	\$41.00	\$80.00
Senior Couple	\$72.00	\$140.00
Military/Veteran Adult	\$42.00	\$74.00
Military Couple	\$72.00	\$120.00
Military Youth (Ages 4-18)	\$26.00	\$49.00
Military Family	\$87.00	\$153.00

- 3 month membership valid 93 days from date of purchase
- Does not receive member coupons
- Does not qualify for member pricing or priority registration. May register during resident registration.

**MEMBERSHIP FEES cont.**

**OPTION 4: Six Month Contract with entire payment at time of purchase**

	Resident or Full-Time Work In Strongsville	Non-Resident
Adult Individual (Ages 19-59)	\$159.00	\$255.00
Couple	\$219.00	\$348.00
Youth Individual (Ages 4-18)	\$99.00	\$174.00
Full-time College Student	\$99.00	\$174.00
Family	\$261.00	\$435.00
Individual Senior (Age 60+)	\$81.00	\$159.00
Senior Couple	\$144.00	\$279.00
Military/Veteran Adult	\$84.00	\$147.00
Military Couple	\$144.00	\$240.00
Military Youth (Ages 4-18)	\$52.00	\$97.00
Military Family	\$174.00	\$306.00

-6 month membership valid 186 days from date of purchase  
 -Does not receive member coupons  
 -Does not qualify for member pricing or priority registration. May register during resident registration.

**SILVER SNEAKERS**

Silver Sneakers is accepted at the Ehrnfelt Recreation Center. Includes access to the Recreation & Senior Center and member pricing on programs. Bring your Silver Sneakers card in today and join!



**RENEW ACTIVE**



Renew Active is accepted at the Ehrnfelt Recreation Center. Includes access to the Recreation & Senior Center and member pricing on programs. Bring your Health Insurance Card in today and join!



**NON-MEMBER DAILY GUEST FEES**

	RESIDENT	NON-RESIDENT
Youth (Ages 0-3)	Free	Free
Youth (Ages 4-6)	\$3.00	\$3.00
Youth (Ages 7-14)	\$6.00	\$6.00
Youth (15-17)	\$10.00	\$10.00
Adults (18-59)	\$10.00	\$15.00
Seniors (60+)	\$6.00	\$8.00
Active Military/Veteran*	\$6.00	\$8.00

-Those 18 years and older must show valid photo ID  
 -Those under 12 years of age must be supervised by a person 18 years or older.  
 \*Free admission to active military personnel on leave. Must show proof of leave.

**PASSBOOKS**

Passbooks contain 10 daily admission passes. Strongsville residents must show proof of Strongsville Residency (utility bill, bank statement, etc) to receive resident rate.

Members:	\$60
Non-Member Residents:	\$60
Non-Members/Non-Residents:	\$100

**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 full employees, Annual Corporate Membership Packages. For more information on how your business can participate, please contact Facility Manager, Sarah Arold at sarah.arold@strongsville.org.



“THE CENTER OF LIFE”

**SILVER MUSTANG MEMBERSHIP**

**MEMBERSHIP FEES**

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

**MEMBERSHIP BENEFITS**

- \*Silver Mustang newsletter
- \*Free takeout birthday lunch the month of your special day
- \*Free takeout lunch for membership purchase/renewal
- \*Discounted program/activity fees and takeout lunches
- \*Priority registration for travel programs
- \*Admission to member only events

**NON-MEMBER DAILY DROP-IN FEE**

Residents	\$3
Non-Residents	\$5

# FACILITY RENTAL

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

## EHRNFELT RECREATION & SENIOR CENTER ROOM RENTALS

ROOM	CAPACITY
Whole Event Center	300-400
Half Event Center	150-175
Conference Room	20-50
Meeting Room	20-50
Senior Art Studio	20-50
Senior Meeting Room	20-50

\*A deposit is due with a signed contract

## OLD TOWN HALL



OLD TOWN HALL	CAPACITY
Old Town Hall	80

\*Please plan on booking your party at least four weeks in advance

**CELEBRATE!** at the REC CENTER!

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

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

**All Inclusive Party Packages**

- Room Rental for 3 Hours
- Facility Use
- Pizza, Soda & Cake
- Plates, Cups, Napkins, Tablecloths
- Candles & Matches

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

For more information visit the  
**Parks & Rec Facility Rental page**  
 at  
[www.strongsville.org](http://www.strongsville.org)  
 or call  
**440-580-3270**

Facility Rental

*Schedule your  
 Event Now!*

**440-580-3270**



*The Event Center*

*Weddings*

*Fundraisers*

*Craft Shows*

*Seminars*

*Showers*

# TOWN CENTER RENTAL

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

## Town Center Place Rental Information

### TOWN CENTER PLACE (Brunswick Auto Mart/Medina Auto Mall Place)

**Rental** ~ On-site Supervisor. Two-hour minimum. When adding rental of Town Center Pavilion, rules for Town Center Place will apply.

**Amenities** ~ Beautiful wood-sided room featuring a gas fireplace, two garage doors, bathrooms, refrigerator/freezer, sink and microwave, aluminum swirl tables with black banquet chairs, heating and air conditioning. A/V equipment available. Wi-Fi throughout.

**Capacity/Setups** ~ Banquet style seating for up to 96 guests or Theatre-style seating for up to 100 guests.

**Payment** ~ Full rental payment is due on the Friday 30 days in advance of rental date.

**Security Deposit** ~ \$300 is required with signed contract. Security Deposits are non-refundable if event is cancelled.

**Cancellations** ~ Must be made no less than 30 days in advance of rental date or rental payment refund will not be granted.

**Alcohol** ~ is permitted and requires a Strongsville Police Officer to be present and is scheduled by the rental coordinator. Fee is \$75/hour with a 3-hour minimum. If selling alcohol, a permit is required. Please inquire with rental coordinator.



	Resident	Non Resident	Strongsville Business	Non Profit
<b>TOWN CENTER PLACE (Indoor)</b>				
Summer 5/1-10/31 6 HOUR BLOCK	\$1,000	\$1,500	\$1,000	\$1,000
Winter 11/1-4/30 6 HOUR BLOCK	\$500	\$750	\$500	\$500
Summer 5/1-10/31 (Per Hour)	\$195	\$295	\$195	\$195
Winter 11/1-4/30 (Per Hour)	\$95	\$195	\$95	\$95

## Town Center Pavilion Rental Information



### TOWN CENTER ATTACHED PAVILION

(Brunswick Auto Mart/Medina Auto Mall Pavilion)

	Resident	Non Resident	Strongsville Business	Non Profit
Summer 5/1-10/31	\$350/flat	\$500/flat	\$350/flat	\$350/flat
Winter 11/1-4/30	\$150/flat	\$300/flat	\$150/flat	\$150/flat

**Capacity** ~ 10 - 6' picnic tables. Seating for approximately 60-80



### TOWN CENTER OCTAGON PAVILION

(Center of Park)

	Resident	Non Resident	Strongsville Business	Non Profit
Summer 5/1-10/31	\$250/flat	\$400/flat	\$250/flat	\$250/flat
Winter 11/1-4/30	\$100/flat	\$250/flat	\$100/flat	\$100/flat

**Capacity** ~ 2 - 8' picnic tables; 5 - 6' picnic tables (2 wheelchair accessible). Seating for approximately 60

**Available** ~ 8am-Dusk

**Payment** ~ Full rental payment is due with Rental Request Form.

**Security Deposit** ~ \$150 is required with signed contract. Security deposits are non-refundable if event is cancelled.

**Cancellations** ~ No refunds for cancellations. No refunds for inclement weather. No refunds for unused time.

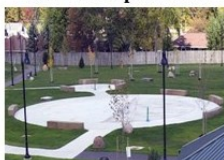
**Alcohol** ~ is strictly prohibited!

Outdoor Fireplace (attached to Town Center Place) is available as an add-on rental for Town Center Place and Town Center Pavilion rentals at a flat rate of \$150 (not available for Octagon Pavilion)

Playground



Fountain/Splash Pad



Sand Volleyball



Pickleball Courts



Basketball Shoot-a-round

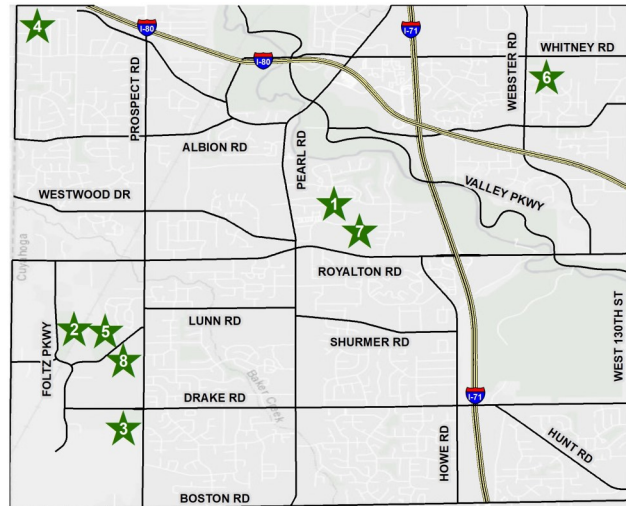


PLEASE CALL 440-580-3270 FOR RENTAL INFORMATION

# RECREATION PARKS AND AMENITIES

For more park information or to reserve call 440-580-3270.

Pavilions in city parks are available for rental: \$80 for residents and \$160 for non-residents (excluding Town Center Park). For Town Center info see page 7.



## 1. Rec Park #1 - 18300 Zverina Lane

**Town Center:** This park features two outdoor pavilions, one indoor venue, ADA compliant playgrounds, interactive fountains, 4 tennis courts, 8 pickleball courts, two sand volleyball courts, bathrooms, grills, electricity and more.



**Castletown Pavilion:** Located across from Town Center Park and next to the Cuyahoga County Strongsville Library. Features picnic tables, 8 electrical outlets and a grill. It is located just across from the new Town Center Park with ample parking in the Library lot.

Castletown Pavilion



## 2. Rec Park #2 Pavilions- 16107 Foltz Parkway (South of Rt 82): Located in Foltz Industrial Parkway near the City Municipal Offices. Baseball Fields are by permit only and not available for use with pavilion rentals.

Near Softball Field



Features bathrooms with running water, picnic tables, 2 grills, 8 electrical outlets, and small swing set.

Near Railroad Tracks



Features picnic tables, 2 grills, small swing set, slide and basketball court. No electrical outlets.

## PARKS & AMENITIES cont.

For more park information or to reserve call 440-580-3270.

**3. Rec Park #3 Pavilions - 21273 Drake Road:** Located at intersection of Drake Rd and Prospect. Wood & Sprague Baseball Fields are by permit only and not available for use with pavilion rental.

Sprague Pavilion



Features 2 grills, picnic tables, 8 electrical outlets, and small play set.

Wood Pavilion



Features 2 grills, picnic tables, 8 electrical outlets, small swing set and play set.

**4. Nichols Pavilion - 227070 Sprague Road:** Located at Sprague and Marks Road. Features picnic tables, 8 electrical outlets, a grill and small playground. Nichols Baseball Field is by permit only and not available for use with pavilion rental.



**5. Volunteer Park Pavilion- 21410 Lunn Road:** Located on West Lunn Road just west of Prospect Road. Features picnic tables, 8 electrical outlets, playground, batting cages, 2 bocce ball courts, horseshoe pits and 1/2 mile paved walking path. Vending machines and restrooms with running water just a short walk from pavilion. There are 4 baseball fields at this park, Watts, Stroemple, Farnsworth (lighted), Cappy (lighted) and 2 little league fields (Roth & Kalinich). Baseball Fields are by permit only and not available for use with pavilion rental.

Pavilion, Playground & Bocce Courts



Pavilion



**6. Surrarer Park Pavilion - 14625 Whitney Road:** Located at the corner of Webster and Whitney Roads (east of I-71). Features picnic tables, 8 electrical outlets, a grill, an ADA compliant playground and 2 tennis courts (also lined for pickleball). James Baseball Field is by permit only and not available for use with pavilion rental.

Pavilion & Playground



Pavilion



**7. Backyard Preserve - 18100 Royalton Road:** Located behind the Ehrnfelt Recreation and Senior Center. This park features an outdoor amphitheater, a scenic walking trail, beautiful foliage and plenty of wildlife.



**8. Youth Sports Park Pavilion - 21255 Lunn Road:** Located on West Lunn Road just west of Prospect Road (across from Volunteer Park). Features picnic tables, 12 electrical outlets, a grill and playground. The Football and Baseball Fields are by permit only and not available for use with pavilion rental.



### PARK GUIDELINES

- \*Permits are required to use any of the fields. Field use is prohibited without a permit.
- \*Contracts are required for use of Pavilions. Pavilion use is prohibited without a permit.
- \*Alcohol and Tobacco use is prohibited in all Recreation Parks.
- \*Pets are required to be on a leash at all times.
- \*Parks close at dusk.

# SPECIAL EVENTS



Town Center Park

## COMMUNITY MARKET

Discover a collection of crafts and produce from local farmers and vendors, alongside fantastic bargains.

**FRIDAYS**  
**MAY 22 - JULY 10 4 - 7 PM**  
 \*\*NO MARKET 6/12 AND 7/3  
 18300 ZVERINA LANE




## TOUCH A TRUCK



**FREE ENTRY**

**18300 Zverina Lane**

**JUNE 26** | **11 am - 2 pm**  
 Sensory-friendly 11 am - 12 pm

**Food Trucks On-site!**

Town Center Park



## Summer Concert Series

June - Sept 2026

**6-8pm**

JUNE 6	<b>Disco Inferno</b> 18300 Zverina Lane
JUNE 13	<b>The Diamond Project</b> 18300 Zverina Lane
JUNE 27	<b>In the Heartland</b> 18300 Zverina Lane
JULY 11	<b>E5C4P3</b> 18300 Zverina Lane
AUG 8	<b>Ace Molar</b> 18300 Zverina Lane
AUG 22	<b>Boaterhead</b> 18300 Zverina Lane
SEP 26	<b>Queens BLVD</b> 18300 Zverina Lane



TOWN CENTER PARK



## MOVIE Night



**FOOD TRUCKS**

**FREE ENTRY**

**9 PM**

**JULY 17 - LILO & STITCH LIVE ACTION**  
**JULY 23 - ELIO**

BRING YOUR CHAIRS AND BLANKETS AND ENJOY A FREE MOVIE AT TOWN CENTER PARK!

# AQUATICS

Aquatic Supervisor, Becky Stemple  
Assistant Aquatic Supervisor, Abigail Szeszak

## SPECIAL AQUATIC CENTER HOURS

<b>Sat, April 4</b>	Close at 4:30pm	Day before Easter	<b>Tues, June 30</b>	Close at 4pm	SSL Swim Meet
<b>Sun, April 5</b>	CLOSED	Easter	<b>Sat, July 4</b>	CLOSED	Independence Day
<b>Mon, May 25</b>	CLOSED	Memorial Day	<b>Tues, July 7</b>	Close at 4pm	SSL Swim Meet
<b>Tues, June 9</b>	Lap Pool Close at 5pm	Green/White Meet	<b>Fri, July 17</b>	Close at 7pm	Champs Set Up
<b>Tues, June 23</b>	Close at 4pm	SSL Swim Meet	<b>Sat, July 18</b>	CLOSED	Champs Meet

*Hours subject to change. The pools, steam room, sauna and spa are closed during swim meets.*

## AQUATIC CENTER REGULATIONS/RULES

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

**Swim diapers are available for free at the front desk**

**Visit the Parks & Recreation page [www.strongsville.org](http://www.strongsville.org) for a complete list of Recreation & Aquatic Center Rules**

### REGISTRATION AND POLICIES

- For all sessions of a brochure (Winter, Summer, Fall) the first session of the lessons will open to members then resident/non-members and finally non-resident/non-members per the dates set in the brochure. Subsequent sessions of that brochure season open on the last day of current session for those with report cards (Changing of times or dates will not be honored until after those with report cards for the current class have had a chance to register. Exceptions may be for leveling up from level 3 or parent/youth. The times may not match for next level); for those without report cards, online registration begins at 9:30pm the last day of class and in-person/phone registration begins the following day.
- Refunds can be requested up to 7 days prior to the start of class without question. After that no refunds will be given. Participants take the risk of schedule changes or changes in health.
- If the class is full, you may ask the front desk staff to add your name to the CURRENT waiting list.
- If your child has any special needs, it would be helpful if you would inform the instructor/Aquatic Supervisors, before the first day of class, so they can better work with your child.

### AQUATIC WAIT LIST

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

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

### REGISTRATION SCHEDULE

- Tues, Mar 17:** Ehrnfelt Rec Center Members
- Tues, Mar 24:** Strongsville Residents & Members (must show proof of residency such as a utility bill)
- Thurs, Mar 26:** Open/On-line registration

### ALTERNATIVE SWIM WEAR

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

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

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

### LEARN TO SWIM RULES

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

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

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

### AQUATIC CENTER AGE GUIDELINES

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

## LEARN-TO-SWIM LEVELS

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

Level	Requirements	Skills Taught
<b>PARENT/INFANT</b> 6-15 months	Ages: 6-15 months Parent must accompany child in the water	This class will begin to develop positive attitudes and safe practices in and around water. Child will work on water adjustment, underwater exploration and swimming readiness with parental involvement.
<b>PARENT/TODDLER</b> 15-36 months	Ages: 15-36 months Parent must accompany child in the water	A continuation and refinement of Parent/Infant. Using parents and equipment for support, students will work on front and back combined strokes, floats, bobbing and breathing.
<b>PARENT/YOUTH</b> 3-5 years	Ages: 3-5 years Parent must accompany child in the water	A continuation of Parent/Toddler. The child will work on front and back floats, glides and basic swimming skills. Child will work toward gaining independent skills.
<b>PRESCHOOL ADVANCED</b> 3-5 years	Ages: 3-5 years <b>Parent does NOT accompany child in the water.</b> Child must be have successfully completed Parent/Youth class and passed by instructor with report to register. <b>MUST have report card from instructor indicating enrollment into Preschool Advanced to enroll. No online registration.</b>	Progressing along to learn more independent swim skills, floats, front crawl and more. Possible progression through Level 1 of the ERC Learn -to-swim program.
<b>LEVEL 1</b> <b>Intro to Water Skills</b>	Age 5 years or older-no experience needed	Orient Participants to the aquatic environment and gain basic skills of breath control, floating, kicking and swimming on front. Promote positive and safe practices around water.
<b>LEVEL 2</b> <b>Fundamental Water Skills</b>	Passed Level 1, or can swim 10 feet unsupported front and back. Can float on front and back for 5 seconds unsupported. Can bob 5 times fully submerged.	Build on basic aquatic skills. Introduce rotary/rhythmic breathing, turning over, and swimming on back. Build on water safety skills and introduce treading in deep water.
<b>LEVEL 3</b> <b>Refined Water Skills</b>	Passed Level 2, or can swim 15 yards on front and back in chest deep water. Tread or float for 15 seconds.	Participants will achieve basic water competency. This level introduces survival float, diving, dolphin and breaststroke kick, and elementary backstroke. Basic water safety will be integrated into this course.
<b>LEVEL 4A</b> <b>Stroke Development</b>	Passed Level 3, or can tread water or float for 30 seconds. Able swim front and back crawl 25 yards and elementary backstroke for 15 yards.	This class builds on skills learned in Level Three and introduces open turns, butterfly, sidestroke, and breaststroke arms. Safe diving practices and water safety will be integrated into the course.
<b>LEVEL 4B</b> <b>Stroke Improvement</b>	Passed Level 4A, or can swim 25 yards front crawl with rhythmic breathing, back crawl, elementary backstroke, 15 yards of breaststroke and the dolphin kick. Ability to tread water for 1 minute.	Perfect front and back crawl, elementary backstroke and breaststroke. Complete sidestroke and butterfly. Continue to build water safety skills.
<b>LEVEL 5</b> <b>Stroke Refinement</b>	Passed Level 4B, or can do 25 yards front crawl, back crawl, elementary backstroke, breaststroke, side stroke, five deep water bobs, and tread water for 1.5 minutes.	Alternate breathing, flip turns, swimming underwater, and diving safety. Building endurance on basic strokes to 50 yards each. Perfecting butterfly and sidestroke with proficiency of 25 yards.
<b>LEVEL 6</b> (ages 8 & older) <b>Fit Swim</b> <b>Or</b> <b>Personal Water Safety</b>	Passed Level 5, or be able to swim front and back crawl 50 yards. Swim elementary backstroke, breaststroke, sidestroke and butterfly at least 25 yards. Perform shallow dive from pool side, demonstrate flip turns on front and back, tread water for 5 minutes and swim underwater 15 yards. <i>*Personal Water Safety requires a pair of jeans and a long sleeve button shirt for completion of the safety skills.</i>	The objective of this course is to refine all water skills learned to swim with ease, efficiency, power and smoothness over greater distances. A 12 minute swim will be performed by end of session. The Personal Water Safety Class adds additional survival skills and self-rescue techniques while clothed and with lifejackets. Basic safety rules for open water and for boating.

## LEARN TO SWIM LESSONS

*Class limit based on instructor availability and pool space*

### PARENT/INFANT: 6-15 mos. (parent/adult in water)

**Ages: 6-15 months**

**Class Limit: Based on Instructor availability & pool space**

**Weekend Classes (5 Classes)**

Saturdays	5/30-6/27	9:45-10:15am
Saturdays	5/30-6/27	10:55-11:25am

**Fees: 5 Classes**

Member	\$30
Non-Member/Resident	\$37
Non-Member/Non-Resident	\$53

### PARENT/TODDLER: 15-36 mos. (parent/adult in water)

**Ages: 15 - 36 months**

**Class Limit: Based on Instructor availability & pool space**

**Weekend Classes (5 Classes)**

Saturdays	5/30-6/27	10:20-10:50am
Saturdays	5/30-6/27	11:30am-12:00pm

**Daytime Classes (8 Classes)**

Monday-Thursday	6/8-6/18	10:35-11:05am
Monday-Thursday	6/22-7/2	10:35-11:05am
Monday-Thursday	7/6-7/16	10:35-11:05am

**Evening Classes (6 Classes)**

Mondays & Wednesdays	6/8-6/24	6:30-7:00pm
Mondays & Wednesdays	6/29-7/15	6:30-7:00pm

**Fees: 5 Classes 6 Classes 8 Classes**

Member	\$30	\$35	\$45
Non-Member/Resident	\$37	\$42	\$53
Non-Member/Non-Resident	\$53	\$58	\$69

### PARENT/YOUTH: 3-5 years (parent/adult in water)

**Ages: 3-5 years**

**Class Limit: Based on Instructor availability & pool space**

**Weekend Classes (5 Classes)**

Saturdays	5/30-6/27	9:45-10:15am
Saturdays	5/30-6/27	10:20-10:50am

**Daytime Classes (8 Classes)**

Monday-Thursday	6/8-6/18	11:10-11:40am
Monday-Thursday	6/22-7/2	11:10-11:40am
Monday-Thursday	7/6-7/16	11:10-11:40am

**Evening Classes (6 Classes)**

Mondays & Wednesdays	6/8-6/24	7:00-7:30pm
Mondays & Wednesdays	6/29-7/15	7:00-7:30pm

**Fees: 5 Classes 6 Classes 8 Classes**

Member	\$30	\$35	\$45
Non-Member/Resident	\$37	\$42	\$53
Non-Member/Non-Resident	\$53	\$58	\$69

### PRESCHOOL ADVANCED: 3-5 years (NO parent/adult in water)

**Ages: 3-5 years AND must have report card from instructor indicating enrollment into preschool advanced**

**Class Limit: Based on Instructor availability & pool space**

**Weekend Classes (5 Classes)**

Saturdays	5/30-6/27	10:55-11:25am
Saturdays	5/30-6/27	11:30am-12:00pm

**Daytime Classes (8 Classes)**

Monday-Thursday	6/8-6/18	10:05-10:35am
Monday-Thursday	6/8-6/18	11:50am-12:20pm
Monday-Thursday	6/22-7/2	10:05-10:35am
Monday-Thursday	6/22-7/2	11:50am-12:20pm
Monday-Thursday	7/6-7/16	10:05-10:35am
Monday-Thursday	7/6-7/16	11:50am-12:20pm

**Evening Classes (6 Classes)**

Mondays & Wednesdays	6/8-6/24	5:15-5:45pm
Mondays & Wednesdays	6/8-6/24	5:45-6:15pm
Mondays & Wednesdays	6/29-7/15	5:15-5:45pm
Mondays & Wednesdays	6/29-7/15	5:45-6:15pm

**Fees: 5 Classes 6 Classes 8 Classes**

Member	\$35	\$40	\$50
Non-Member/Resident	\$42	\$47	\$58
Non-Member/Non-Resident	\$58	\$63	\$74

### LEVEL 1: Intro to Water Skills

**(no previous swim experience needed)**

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

**Daytime Classes (8 Classes)**

Monday-Thursday	6/8-6/18	10:10-10:55am
Monday-Thursday	6/8-6/18	11:05-11:50am
Monday-Thursday	6/8-6/18	12:00-12:45pm
Monday-Thursday	6/22-7/2	10:10-10:55am
Monday-Thursday	6/22-7/2	11:05-11:50am
Monday-Thursday	6/22-7/2	12:00-12:45pm
Monday-Thursday	7/6-7/16	10:10-10:55am
Monday-Thursday	7/6-7/16	11:05-11:50am
Monday-Thursday	7/6-7/16	12:00-12:45pm

**Evening Classes (6 Classes)**

Mondays & Wednesdays	6/8-6/24	5:40-6:25pm
Mondays & Wednesdays	6/8-6/24	6:35-7:20pm
Mondays & Wednesdays	6/29-7/15	5:40-6:25pm
Mondays & Wednesdays	6/29-7/15	6:35-7:20pm

**Fees: 6 Classes 8 Classes**

Member	\$47	\$62
Non-Member/Resident	\$63	\$78
Non-Member/Non-Resident	\$79	\$94



## LEARN TO SWIM LESSONS

Class limit based on instructor availability and pool space

### LEVEL 2: Fundamental Water Skills

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

#### Daytime Classes (8 Classes)

Monday-Thursday	6/8-6/18	10:10-10:55am
Monday-Thursday	6/8-6/18	11:05-11:50am
Monday-Thursday	6/8-6/18	12:00-12:45pm
Monday-Thursday	6/22-7/2	10:10-10:55am
Monday-Thursday	6/22-7/2	11:05-11:50am
Monday-Thursday	6/22-7/2	12:00-12:45pm
Monday-Thursday	7/6-7/16	10:10-10:55am
Monday-Thursday	7/6-7/16	11:05-11:50am
Monday-Thursday	7/6-7/16	12:00-12:45pm

#### Evening Classes (6 Classes)

Mondays & Wednesdays	6/8-6/24	5:40-6:25pm
Mondays & Wednesdays	6/8-6/24	6:35-7:20pm
Mondays & Wednesdays	6/29-7/15	5:40-6:25pm
Mondays & Wednesdays	6/29-7/15	6:35-7:20pm

<b>Fees:</b>	<b>6 Classes</b>	<b>8 Classes</b>
Member	\$47	\$62
Non-Member/Resident	\$63	\$78
Non-Member/Non-Resident	\$79	\$94

### LEVEL 3: Refined Water Skills

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

#### Daytime Classes (8 Classes)

Monday-Thursday	6/8-6/18	11:05-11:50am
Monday-Thursday	6/8-6/18	12:00-12:45pm
Monday-Thursday	6/22-7/2	11:05-11:50am
Monday-Thursday	6/22-7/2	12:00-12:45pm
Monday-Thursday	7/6-7/16	11:05-11:50am
Monday-Thursday	7/6-7/16	12:00-12:45pm

#### Evening Classes (6 Classes)

Mondays & Wednesdays	6/8-6/24	5:40-6:25pm
Mondays & Wednesdays	6/8-6/24	6:35-7:20pm
Mondays & Wednesdays	6/29-7/15	5:40-6:25pm
Mondays & Wednesdays	6/29-7/15	6:35-7:20pm

<b>Fees:</b>	<b>6 Classes</b>	<b>8 Classes</b>
Member	\$47	\$62
Non-Member/Resident	\$63	\$78
Non-Member/Non-Resident	\$79	\$94

### LEVEL 4 A/B: Stroke Development

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

#### Daytime Classes (8 Classes)

Monday-Thursday	6/8-6/18	10:10-10:55am
Monday-Thursday	6/22-7/2	10:10-10:55am
Monday-Thursday	7/6-7/16	10:10-10:55am

#### Evening Classes (6 Classes)

Mondays & Wednesdays	6/8-6/24	5:40-6:25pm
Mondays & Wednesdays	6/29-7/15	5:40-6:25pm

<b>Fees:</b>	<b>6 Classes</b>	<b>8 Classes</b>
Member	\$47	\$62
Non-Member/Resident	\$63	\$78
Non-Member/Non-Resident	\$79	\$94

### LEVEL 5: Stroke Refinement

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

#### Daytime Classes (8 Classes)

Monday-Thursday	6/8-6/18	11:05-11:50am
Monday-Thursday	6/22-7/2	11:05-11:50am
Monday-Thursday	7/6-7/16	11:05-11:50am

<b>Fees:</b>	<b>8 Classes</b>
Member	\$62
Non-Member/Resident	\$78
Non-Member/Non-Resident	\$94

### SPECIAL LEVEL 6: Fit Swim or Personal Water Safety

**Ages: 5 & older**

**Class Limit: Based on Instructor availability & pool space**

#### Daytime Classes (8 Classes)

Fit/Endurance	Monday-Thursday	6/8-6/18	12:00-12:45pm
Personal Water Safety	Monday-Thursday	6/22-7/2	12:00-12:45pm
Fit/Endurance	Monday-Thursday	7/6-7/16	12:00-12:45pm

#### Weekend Classes (5 Classes)

Personal Water Safety	Saturdays	5/30-6/27	10:00-11:10am
Fit/Endurance	Saturdays	5/30-6/27	11:20am-12:30pm

<b>Fees:</b>	<b>5 Classes</b>	<b>8 Classes</b>
Member	\$62	\$62
Non-Member/Resident	\$78	\$78
Non-Member/Non-Resident	\$94	\$94

## ADULT / TEEN LEARN TO SWIM

### ADULT / TEEN LEARN TO SWIM

**Ages: 15 & older**

**Class Limit: 8**

**Class Limit: Based on Instructor availability & pool space**

#### Daytime Classes (6 Classes)

Tuesdays	6/9-7/14	9:00-9:45am
Thursdays	6/11-7/16	9:00-9:45am

#### Evening Classes (6 Classes)

Thursdays	6/11-7/16	5:40-6:25pm
Thursdays	6/11-7/16	6:35-7:20pm

<b>Fees:</b>	<b>Member</b>	<b>\$70</b>
	<b>Non-Member/Resident</b>	<b>\$80</b>
	<b>Non-Member/Non-Resident</b>	<b>\$101</b>

## SPECIALTY AQUATIC CLASSES

### 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	5/12	5:30-6:20pm	Freestyle
Tuesday	5/12	6:30-7:20pm	Backstroke
Thursday	5/14	5:30-6:20pm	Breaststroke
Thursday	5/14	6:30-7:20pm	Butterfly
Tuesday	5/19	5:30-6:20pm	Backstroke
Tuesday	5/19	6:30-7:20pm	Freestyle
Thursday	5/21	5:30-6:20pm	Butterfly
Thursday	5/21	6:30-7:20pm	Breaststroke

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

**\*\*Must sign up for 4 or 8 classes in the same transaction to receive discount**



### INTRO TO SWIM TEAM

**Ages: 5 & older**      **Class Limit: 10**

This class is for first time (beginner) summer swim league participant. Ideal for those with a base of freestyle and backstroke and are still learning breaststroke and butterfly. The class will focus on building endurance and stroke knowledge as well as work on competitive starts and turns. The class will take place mostly in the activity pool with work on starting blocks as needed. **Registration for summer swim league is not a requirement for this class, but it is not a "learn to swim" class. Participants must be able to swim 60 feet of correct freestyle and backstroke.**

Tuesdays & Thursdays	5/12-5/21	5:40-6:25pm
Tuesdays & Thursdays	5/12-5/21	6:35-7:20pm

Fees:	4 Classes
Member	\$32
Non-Member/Resident	\$40
Non-Member/Non-Resident	\$48



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), and competes against homeowner association pools in the city of Strongsville.

**ELIGIBILITY:** The Sea Monkeys Swim Team is open to Strongsville residents 18yrs & under as of 6/1/26 or graduating high school senior. To participate, swimmers may not be members of a homeowners association with a viable swim team. All swimmers must be able to swim 25 yards, the length of the competition pool in both freestyle & 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.

New parents are required to attend the Parents' Meeting on Thursday, May 14, 6:30-7:30pm.

Practice begins Tuesday, May 26 and the season concludes with the SSL Championship meet on Saturday, July 18, 2026.

**PRACTICE SCHEDULE** (each child is assigned by age a 1 hr practice time):

#### Evening Practices

Tuesday-Thursday	5/26-5/28	5:30-7:30pm
Friday	5/29	5:30-6:30pm
Monday-Wednesday	6/1-7/15	5:45-6:45pm

#### Morning Practices

Monday-Thursday	6/1-7/16	8:00-10:00am
Fridays	6/5-7/17	9:00-10:00am

**MEETS:** Tuesdays & Thursdays evenings

FEES:	Members	\$180
	Residents/Non-Members	\$210

*\*Families receive a \$10 discount for each additional child on the team. Fee includes Champs t-shirt & swim cap. Team suits can be purchased at Spirit Shop.*

For more info, contact Aquatic Supervisor, Becky Stemple at 440 580-3260 ext. 5270 or [becky.stemple@strongsville.org](mailto:becky.stemple@strongsville.org)

## WATER EXERCISE CLASSES

### WATER EXERCISE PROGRAM PASS

A 2026 pass may be purchased any time and is good for any water exercise class.

\*The pass expires 12/17/2026.

\*There are **NO refunds** for lost/stolen passes or unused classes.

\*The front desk will give you a numbered ticket to be given to instructor

\*Passes are non-transferable & non-refundable.

\*Drop-ins are permitted for any class at the Drop-in rate.

**\*Classes are not held on calamity (snow) days or regularly scheduled days that the Strongsville Schools are not in session or holidays.**

Number of Classes	5	10	15	20
Member	\$28	\$53	\$75	\$91
Non-Member/Resident	\$33	\$63	\$90	\$111
Non-Member/Non-Resident	\$38	\$73	\$105	\$131

Drop-in Fees:	Member	Non-Member
	\$8 per class	\$10 per class

### ROM (RANGE OF MOTION) SHALLOW WATER EXERCISE

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

**Ages: 15 & Older**      **Class Limit: 25**

Tuesdays & Thursdays 6/2-7/16      10:00-10:50am      14 Classes

### 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: 25**

Mondays & Wednesdays 6/1-7/15      9:00-9:50am      14 Classes

### TOTAL IMMERSION-DEEP WATER WORKOUT

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

**Ages: 15 & older**      **Class Limit: 15**

Mondays & Wednesdays 6/1-7/15      10:10-11:00am      14 Classes

Mondays & Wednesdays 6/1-7/15      6:35-7:25pm      14 Classes

## AMERICAN RED CROSS CLASSES

### AMERICAN RED CROSS BLENDED LEARNING LIFEGUARDING

**Ages: 15 & older**

**Class Limit: 9**

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

#### Prerequisites:

\*Students must be 15 years old by the completion of class.

\*Have access to the internet from home.

\*Must bring proof of age to registration (driver's permit/license or birth certificate).

\*Must be able to swim a 200 yard swim using front crawl, breaststroke or a combination of both.

\*Maintain position at the surface of the water for 2 minutes by treading water using only legs.

\*A timed 20 yard, back and forth swim, with surface dive to retrieve a 10lb. brick from a depth of 7-10 feet.

**Important:** Students will be tested on the first day of class. Failure to meet the minimum prerequisites can cause a safety threat to the participant and the class. The student will not be permitted to continue with the class and will be directed on where to get developmental training. **NO REFUNDS will be given to students who are unable to complete any of these skills. It is recommended that students practice these skills before the class begins. STUDENTS ARE EXPECTED TO ATTEND ALL CLASSES.** If a class is missed it will be up to the individual to make up the material. This may include being charged an hourly rate if it is necessary to schedule instructors to teach the material outside of the normal class time.

\*2024 edition of the Lifeguarding Manual can be picked up at the front desk prior to the first class meeting.

Tuesdays & Thursdays 5/5-5/21 4:00-8:00pm (6 classes)  
Monday-Friday 6/1-6/5 9:00am-4:00pm (5 classes)

Fees:	Member	Non-Member/Resident	Non-Member/Non-Resident
	\$190	\$215	\$240



### AMERICAN RED CROSS LIFEGUARD REVIEW

**Ages: 16 & older**

**Class Limit: 12**

This class is designed for current ARC Lifeguards to renew their certification before it expires. Individuals are expected to know the material and will be tested on the following: water rescue skills, CPR skills, and written tests.

**Please bring a copy of your current Lifeguard certificate, Lifeguarding textbook and your pocket mask with you to class. This recertification is good for 2 years and includes Lifeguard, CPR, AED and First-aid.**

Sunday	4/26	9:00am-5:00pm
Sunday	5/3	9:00am-5:00pm
Sunday	5/17	9:00am-5:00pm
Sunday	6/7	9:00am-5:00pm
Sunday	6/14	9:00am-5:00pm

Fees:	Member	Non-Member/Resident	Non-Member/Non-Resident
	\$155	\$175	\$195

## AMERICAN RED CROSS CLASSES cont.

### RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE

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

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

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

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

This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and, does not work with Internet Explorer. NO REFUNDS will be given. **VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

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

### ADULT FIRST AID/CPR/AED ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

<b>Fees:</b>	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

### UNTIL HELP ARRIVES

This course provides the general public with the basic cognitive information on key actions that can be taken during a life-threatening emergency that can help sustain or save a life until EMS arrives including: Compression Only CPR (no breaths) AED Education Choking Education Bleeding (administering direct pressure and tourniquet) and Opioid Overdose (administering naloxone). The Until Help Arrives online course developed by the American Red Cross and American College of Emergency Physicians equips students with the basic knowledge to assist trained responders during a life-threatening emergency. This course is taught online only (accessed via mobile desktop or tablet) and does not meet OSHA requirements for workplace certification.

**VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

### ADULT, CHILD AND BABY FIRST AID/CPR/AED ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

<b>Fees:</b>	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

### RED CROSS BABYSITTER BASICS ONLINE

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

**Ages: 11 years & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

<b>Fees:</b>	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$70

# FITNESS

Fitness Supervisor, Marissa McNabb

## GROUP EXERCISE, CYCLE, MIND/BODY, & ZUMBA

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

### GUIDELINES FOR ALL EXERCISE CLASSES

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

### GROUP CYCLE

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

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

### ZUMBA PASS

Group exercise passes may be used for this class.

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

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

Fees:	5 Classes	10 Classes	20 Classes
Members	\$27	\$45	\$75
Non-Member/Residents	\$37	\$55	\$85
Non-Member/Non-Residents	\$47	\$65	\$95

### Drop Fees:

Members	\$9
Non-Member/Residents	\$11
Non-Member/Non-Residents	\$13

### UNLIMITED COMBO PASS

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

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

#### 1 Year Contract with Monthly Payments

Members \$40/month  
 Non-Member/Residents \$50/month  
 Non-Member/Non-Residents \$60/month

#### 1 Year Contract with Payment in Full

Members \$438 (\$36.50/month)  
 Non-Member/Residents \$546 (\$45.50/month)  
 Non-Member/Non-Residents \$655 (\$54.50/month)

### MIND/BODY PASS (Yoga/Barre/Pilates)

Good for unlimited Yoga, Pilates, and Barre.

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

#### 1 Year Contract with Monthly Payments

Members \$29/month  
 Non-Member/Residents \$39/month  
 Non-Member/Non-Residents \$49/month

#### 1 Year Contract with Payment in Full

Members \$320 (\$26.60/month)  
 Non-Member/Residents \$427 (\$35.60/month)  
 Non-Member/Non-Residents \$535 (\$44.60/month)

### ONE MONTH UNLIMITED PASS

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

Members	\$60
Non-Member/Residents	\$70
Non-Member/Non-Residents	\$80

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

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

Members	\$50
Non-Member/Residents	\$60
Non-Member/Non-Residents	\$70

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

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

Members	\$33
Non-Member/Residents	\$43
Non-Member/Non-Residents	\$53

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

Members	\$9
Non-Member/Residents	\$11
Non-Member/Non-Residents	\$13

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

Are you new to our group exercise program? Get a Try a Class Pass for your free trial of classes of your choice. Sign up for this pass at the Front Desk. (Restrictions apply. Limited to those participants who have NOT purchased a group exercise pass in the past.) Valid for 4 weeks from date of "purchase".



## GROUP EXERCISE CLASS DESCRIPTIONS

For class schedule visit [www.strongsville.org/departments/parks-recreation/fitness](http://www.strongsville.org/departments/parks-recreation/fitness)

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

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

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

**Cardio Kettlebell/Rebound:** Cardio & strength without the impact! Half of the time you will utilize light kettlebells to strengthen and the other half you will use mini trampolines for low impact cardio great for beginners.

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

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

**HIIT:** High Intensity Interval Training to get your body moving and your heart pumping! (45 min class)

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

**Kickboxing:** Intensity! Energy! Sweat! Fun!

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

**PowerHour:** Get fit thru fun, challenging, ever-changing cardio & strength techniques using all types of resistance (dumbbells, barbells, bands, gliders and more). Get uncomfortable to get stronger!

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

**Rebound:** Aerobic exercise performed while jumping on a mini trampoline. You'll sweat with less impact than running or jumping.

**Simply Sculpt:** Strength training at its best! You will tone your entire body with the use of dumbbells, barbells, exercise balls and more. (45 min class)

**Strength & Core:** The name says it all!

**Strength Training 101:** Learn how to properly strengthen your body with correct form using weights and body weight. This class is great for beginners or anyone looking for a great strength session. (45 min)

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

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

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

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

## YOGA THERAPY

Yoga Therapy is a personalized experience in which the yoga therapist evaluates and assesses the needs and goals of the client in order to help them on their healing journey. This holistic approach includes all the modalities traditional yoga offers, such as breathwork, meditation, movement, strengthening, stretching, as well as, active listening and goal setting. Whether you are recovering from a joint replacement, a major life change, physical challenges, mental challenges or past trauma that is affecting your well-being, Yoga Therapy can help.

Please call Kim Wedel, our certified yoga therapist with questions or for a free 20 minute consultation at [yogainspiredwellness@gmail.com](mailto:yogainspiredwellness@gmail.com).

1.5 Hour Assessment/Intake	\$130
1 Session (1 hour)	\$100
4 Sessions (1 hour each)	\$340



## HEALTH ASSESSMENT & PEAK PERFORMANCE

### ASSESSMENTS

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

<b>Fees:</b>	Member	\$25
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$75

### 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>	Member	Free
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$75

## PERSONAL TRAINING PACKAGES

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



	One Session	Five Sessions	Ten Sessions
Members	\$53	\$225	\$400
Non-Member/Residents	\$63	\$275	\$500
Non-Member/Non-Residents	\$73	\$325	\$600

### SEMI-PERSONAL TRAINING (2 person training)

	One Session	Five Sessions	Ten Sessions
Members	\$90	\$425	\$750
Non-Member/Residents	\$100	\$525	\$850
Non-Member/Non-Residents	\$110	\$625	\$950

# 42 X 82



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

If you are looking to challenge yourself to the next level, we can help. Our coaches are here to safely guide you to achieve your personal best. You will become fit, healthier, stronger, and more durable than you ever thought possible.

**\*\*Now offering Strength & Conditioning, Kickboxing and W18 (functional training)\*\***

**\*\*BEST DEAL\*\* All Inclusive Membership:** \$77/month (1 year commitment & contract required)  
Includes access to the rec center and unlimited 42x82 classes, group exercise, cycle and mind/body classes.

**42x82 Five Punch Pass:** \$35 members, \$45 non-member/resident, \$55 non-member/non-resident, (expires 6 weeks from date of purchase) Includes attendance to five 42x82 classes only.

**42x82 1-Month Unlimited Pass:** \$65 members, \$75 non-member/resident, \$85 non-member/non-resident. Includes attendance to 42x82 classes only. No contract. Valid for 30 days.

**42x82 Add-On for Group Exercise Pass Holders:** \$15. Includes attendance to 42x82 classes only. Good only for 1 month from date of purchase. Must have current year group exercise pass to purchase.

**\*Anyone participating in Strength & Conditioning for the first time must schedule an on ramp (introduction class) with Marissa before taking a regularly scheduled class.**

For more information contact [marissa.mcnabb@strongsville.org](mailto:marissa.mcnabb@strongsville.org)

## KARATE

### KIDDIE KARATE I & II - Event Center

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

Four week course in basic techniques.

**Kiddie I** includes a bully and stranger awareness program. Class is designed for all NEW students ages 5-9. All NEW students must start in Kiddie I unless they have studied Isshinryu before. If a student has studied Isshinryu, or would like more information about this program, please contact Sensei Joe Bove at 440-552-1055. **All evaluations will be made by the instructor only. NO EXCEPTIONS.**

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

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawan Isshinryu Karate

**Ages: 5 & Older**                      **Class Limit: 30**      **4 Classes**

Mondays	4/27-5/18	5:00-5:45pm
Mondays	6/1-6/22	5:00-5:45pm
Mondays	6/29-7/20	5:00-5:45pm
Mondays	7/27-8/17	5:00-5:45pm

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

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

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

A four week course for students, (not adults), who are advanced Orange, Ni-Obi Orange, First Level Green, and Green Belt. Please contact Sensei Joe Bove at 440-552-1055 if you have questions.

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawan Isshinryu Karate

**Class Limit: 30**

Mondays	4/27-5/18	6:00-6:45pm
Mondays	6/1-6/22	6:00-6:45pm
Mondays	6/29-7/20	6:00-6:45pm
Mondays	7/27-8/17	6:00-6:45pm

Wednesdays	4/29-5/20	5:00-5:45pm
Wednesdays	6/3-6/24	5:00-5:45pm
Wednesdays	7/1-7/22	5:00-5:45pm
Wednesdays	7/29-8/19	5:00-5:45pm

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70

## KARATE cont.

### ADVANCED KARATE & ADULT BEGINNERS KARATE- Event Center

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

REQUISITE: ADULT BEGINNERS KARATE

**Adult Beginners Karate** will take place in a designated area at the same time as Advanced Karate. It will be taught by Sensei's assistant. You will learn the basic techniques of Isshinryu before joining the Advanced class.

Both classes will include warm-up, stretching and cardio. Wear comfortable clothing and tennis shoes. Uniforms (Gi) may be purchased through the instructor. Come release stress or form structure while having fun learning the art of Isshinryu Karate. If you have any questions or concerns please contact Sensei Joe Bove 440-552-1055.

**Instructor:** Joe Bove, 8<sup>th</sup> Degree Black Belt, Okinawan Isshinryu Karate

**Class Limit: 30**

Mondays	4/27-5/18	7:00-7:45pm
Mondays	6/1-6/22	7:00-7:45pm
Mondays	6/29-7/20	7:00-7:45pm
Mondays	7/27-8/17	7:00-7:45pm

Wednesdays	4/29-5/20	6:00-6:45pm
Wednesdays	6/3-6/24	6:00-6:45pm
Wednesdays	7/1-7/22	6:00-6:45pm
Wednesdays	7/29-8/19	6:00-6:45pm

<b>Fees:</b>	Member	\$50
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$70



## TAI CHI / BREATHING MEDITATION

### TAI CHI / BREATHING MEDITATION - Event Center

Beginner friendly class consisting of smooth movements for relaxation, balance, breathing, meditation, stretching and building of the core.

Wednesdays\*                      4/29-8/19                      7:15-8:00pm

**Drop in Fee/Date:** \$15

## YOUTH FITNESS

### YOUTH STRENGTH TRAINING CERTIFICATION

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

**Ages: 12-14 years**

**Class Limit: 5**

Wednesday	5/6-5/20	3:30-4:30pm
Wednesday	6/3-6/10	3:30-4:30pm
Wednesday	7/8-7/15	3:30-4:30pm

\*Please note that this class is held until participant is certified and it may not take 2-3 weeks depending on enrollment.

<b>Fees:</b>	Member	\$45
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$65

# DAY CAMPS

Recreation Supervisor, Kristen Nykiel  
Kristen.nykiel@strongsville.org

## STRONGSVILLE REC CENTER CAMP

### 2024 STRONGSVILLE REC 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-6<sup>th</sup>. Activities will include arts and crafts, organized games, awesome field trips, swimming, movies and much more. Field trip locations and dates to be announced. Price includes registration, field trip cost, camp T-shirt and morning & afternoon snack.

**Each day send children with:**

**Healthy Lunch \* Water Bottle \* Swimming Suit \* Towel \* Tennis Shoes**

**AGES: 6-12 years**

### REGISTRATION

To register, pick up a packet at the rec front desk and return completed packet according to the dates below. Your registration will not be processed at the time it is received. It will be date/time stamped and processed later in the order received. Incomplete packets will not be processed.

**Returning Camper** (those previously enrolled in Strongsville Rec Summer Camp 2025) can drop off forms beginning February 23

### New Camper Registration Dates

Members: March 2

Non-Member/Resident: March 9

Non-Member/Non-Resident: March 16

### CAMP WEEKS (Monday-Friday)

Week 1	6/1-6/5	9:00am – 4:15pm
Week 2	6/8-6/12	9:00am – 4:15pm
Week 3	6/15-6/19	9:00am – 4:15pm
Week 4	6/22-6/26	9:00am – 4:15pm
No Camp Week	of 6/29-7/3	
Week 5	7/6-7/10	9:00am – 4:15pm
Week 6	7/13-7/17	9:00am – 4:15pm
Week 7	7/20-7/24	9:00am – 4:15pm
Week 8	7/27-7/31	9:00am – 4:15pm
Week 9	8/3-8/7	9:00am – 4:15pm
Week 10	8/10-8/14	9:00am – 4:15pm

<b>WEEKLY FEES:</b>	Members	\$175
	Non-Member/Residents	\$215
	Non-Member/Non-Residents	\$245



**BEFORE & AFTER CAMP:** Before camp is offered starting at 7am and after camp will run until 6:15pm. A separate flat rate of \$12/week for Members, \$15/week for Residents, and \$18/week for Non-Member Non-Residents will be charged for Before Camp. A separate rate of \$12/week for Members, \$15/week for Residents and \$18/week for Non-Member Non-Residents will be charge for After camp.

Before camp is any portion of time between 7:00 am and 8:45 am that your camper is dropped off at camp.

After camp is any portion of time between 4:30 pm and 6:15 pm that your campers is still signed into camp.

### CANCELLATION POLICY FOR STRONGSVILLE REC SUMMER DAY CAMP

Summer Day Camp has its own Cancellation/Refund policy that is separate and unique from any other Recreation Center programs. Individuals assume the risk of changes in health and personal schedules. However, a doctor's statement may be presented to the Ehrnfelt Recreation Center for review.

\*Cancellations will only be approved if requested in writing on a 'Refund Request' form (located at the front desk) 30 days prior to the start of the week of camp being cancelled.

\*There will be no refunds for cancellations requested less than 60 days prior to the start of the week being cancelled. Each week (Monday – Friday) of summer camp is considered a different camp. For example: If you are canceling week 1 of camp which runs June 1-5, you will need to have the refund request form turn in by April 1 for review.

\*There are TWO refund options offered for summer day camp cancellations.

1. Rec. Center Credit – You will receive a full refund to be held on your Rec. Center account under your camper's name. This refund can be used towards any future day camp or other Rec Center program/activity and never expires. If you wish this to be refunded by check at a later date, the 20% administration fee would then be applied.

2. Check - For those wishing a refund by city check, a 20% administration fee will be deducted from the amount originally paid for all refunds granted.

## MAD SCIENCE CAMP

### MAD SCIENCE® AM- CAMP EUREKA (Meeting Room)

During this week of camp, channel the ingenuity and creativity of famous inventors like Benjamin Franklin, Thomas Edison, and Archimedes, as you work through a series of challenges. From surviving being "stranded" on a deserted island to creating a futuristic lightsaber, these 5 days of fantastic fun brings out the inventor in you.

Daily Topics: Rock, Paper, Scissors – Shipwrecked! – Whiz Kids – Think Fast – Science Fiction



**Ages: 6-12 years**      **Class Minimum: 10**      **Maximum: 25**  
Monday-Friday      6/29-7/3      9:00am–12:00pm

**Fees:**  
Members      \$205  
Non-Member/Residents      \$225  
Non-Member/Non-Residents      \$250

\*Sign up for BOTH **Mad Science** and **Crayola Arts** camp and your camper will spend lunchtime with our instructors each day for no additional fee. Please send a packed lunch and drink with your child. Note-BOTH camps will need to be running with minimum number of students (10) one week in advance for the supervised lunch option to be offered.

## CRAYOLA CAMP

### CRAYOLA® IMAGINE ARTS ACADEMY PM - ARTIST'S PASSPORT SUMMER CAMP (Meeting Room)

Embark on an around-the-world cultural adventure – explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the cosmopolitan to the countryside. Make different masterpieces each day such as drums, masks, canvases, prints, buses, and more! Bring the unique creations home and build a globally inspired art gallery. Campers receive a passport with geotag stickers and a world map.

**Ages: 6-12 years**      **Class Minimum: 10**      **Maximum: 25**  
Monday-Friday      6/29-7/3      12:30-3:30PM

**Fees:**  
Members      \$205  
Non-Member/Residents      \$225  
Non-Member/Non-Residents      \$250



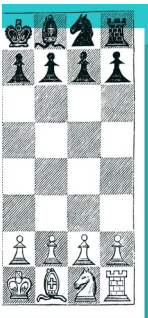
### SUMMER CHESS CAMP (Town Center)

This camp is perfect for keeping you busy during your winter break from school. This 4-day camp involves teaching kids the rules, strategies, and tactics of the game through structured, interactive lessons and practice sessions. Students should bring a water bottle and healthy snack to each class.

*Instructor: National Chess Expert, Damon Rucker, has a unique background of 22 years of chess coaching and decades of entertainment experience with the Cleveland Cavaliers. This special combination ensures that classes are both impactful, and absolutely a blast!*

**Age: 5-17 years**      **Class Minimum: 2**      **Class Maximum: 18**  
Monday-Friday      6/29-7/3      9:30am-12:00pm

**Fees:**  
Members      \$150  
Non-Member/Residents      \$175  
Non-Member/Non-Residents      \$185



## FASHION CAMP

### FASHION CAMP: UPCYCLE ACADEMY (Conference Room)

Do you have a passion for fashion? Do you like being creative? How about having FUN with friends while you make something awesome!!

Join The Upcycle Academy for our one of a kind enrichment summer camp. Created by industry professionals, fashion educators & led by current fashion university students from Kent State University.

This summer we will create a fashion line from concept to collection by upcycling apparel. We teach campers all things fashion.

CONCEPT - COLOR - FASHION VISION BOARD - ILLUSTRATION - TEXTILES - SILHOUETTE/SHAPE/PROPORTION - TREND SPOTTING - STYLING - SUSTAINABILITY IN FASHION - DESIGN - UPCYCLE TECHNIQUES - BASIC SEWING & more!!!

*Campers showcase their designs in the look book photoshoot on the last day of camp along with a fashion show for family and friends!*

*All materials including recycled apparel are provided and students keep the designs they create.*

**Ages: 8-12 years**      **Class Min: 5**      **Class Max: 24**  
Monday – Friday      6/29 – 7/3      9:00am – 12:30pm

**Fees:**      Members      \$300  
Non-Members/Residents      \$325  
Non-Members/Non-Residents      \$345

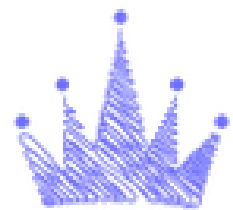


## MISS KATIE'S CAMP

### MISS KATIE'S KINDER CAMP

Join Miss Katie's for a fun summer camp experience. Each camp will have an exciting theme which will be the inspiration for all the games and activities for that day. Sign up for as few or as many camps as you would like. Space is limited and advanced registration is required.

**Age: 3-6 years & potty trained**



Tuesday	6/2	12:30 – 4:30pm	Pirates and Mermaids
Tuesday	6/9	12:30 – 4:30pm	Super Heroes & Princesses
Tuesday	6/16	12:30 – 4:30pm	Whales, Sharks & Turtles
Tuesday	6/23	12:30 – 4:30pm	Beach Party Vacation
Tuesday	7/7	12:30 – 4:30pm	Create A Masterpiece- Arts & Crafts
Tuesday	7/14	12:30 – 4:30pm	Jungle Animals
Tuesday	7/21	12:30 – 4:30pm	Sweet Treats—Summer Picnic
Tuesday	7/28	12:30 – 4:30pm	All About Sports
Tuesday	8/4	12:30 – 4:30pm	Camping At Miss Katie's
Tuesday	8/11	12:30 – 4:30pm	Stomp! Stomp! Dinosaurs
Tuesday	8/18	12:30 – 4:30pm	Animals & Bugs
Tuesday	8/25	12:30 – 4:30pm	Explore Outer Space

# ENRICHMENT PROGRAMS

## Adult & Youth

Recreation Supervisor, Kristen Nykiel

### MISS KATIE'S PRESCHOOL PLAYGROUP

Miss Katie's Preschool Playgroup offers fun, educational, and organized classes and events in a safe, clean, and loving environment for you and your preschooler! Your child will delight in the planned activities while making new friends in the process! **This is an ongoing program with once a week classes held four times a month that is billed monthly, you can join at any time as long as there is space in the class.** For more details visit Miss Katie's website at [misskatiepreschoolplaygroup.com](http://misskatiepreschoolplaygroup.com) or call 330-289-2564.

#### SOCIAL BUTTERFLIES

Miss Katie's facilitates the fun during the Social Butterflies class! Social Butterflies is open to all preschool ages from 6 months through 6 years old. This is a special time of socialization and fun for your preschooler! The room is filled with engaging music as your little one navigates Miss Katie's Preschool Playgroup room and investigate friendships, toys, discovery table and other activities. Social Butterflies helps to introduce your little one to structured activity. The Social Butterflies class is 45 minutes in length with a 15 minute snack time, for a total of 1 hour once a week, four times a month.

**Age: 6 months-6 years old with adult participation 4 Classes/month**

Fridays 9:30-10:30am  
Saturdays 9:30-10:30am

<b>Monthly Fees:</b>	<b>4 Fridays/Month</b>	<b>Saturday</b>
Members	\$65	\$16.25
Non-Member/Residents	\$75	\$18.75
Non-Member/Non-Residents	\$80	\$20.00

#### TINY TOTS

Miss Katie's offers a fun and educational class for children aged 15 months to 30 months, along with their adult loved one. Children will enjoy age appropriate activities including music and movement, games, educational activities, obstacle course and more! Miss Katie's focuses on teaching Tiny Tots important preschool social skills including, listening and following directions in class, taking turns and socializing well with other children their age. The Tiny Tots **class is 45 minutes in length with a 15 minute snack and free play/socialization time directly following, for a total of 1 hour once a week, four times a month.**

**Age: 15-30 months old with adult participation 4 Classes/month**

Tuesdays 9:30-10:30am

<b>Monthly Fees:</b>	Members	\$75
	Non-Member/Residents	\$85
	Non-Member/Non-Residents	\$90

#### PRECIOUS PRESCHOOLERS

Miss Katie's offers a fun and educational class for children aged 30 months (2 1/2) through 4 years old, along with their adult loved one. Children will enjoy age appropriate activities including music and movement, games, educational activities, obstacle course and more! Miss Katie's strives to foster important social, emotional and cognitive skills which Precious Preschoolers will need in order to be ready for preschool and/or kindergarten. The Precious Preschoolers **class is 45 minutes in length with a 15 minute snack and free play/socialization time directly following, for a total of 1 hour once a week, four times a month.**

**Age: 30 months-4 years with adult participation 4 Classes/month**

Tuesdays 11:00am-12:00pm  
Thursdays 11:15am-12:15pm

<b>Monthly Fees:</b>	Members	\$75
	Non-Member/Residents	\$85
	Non-Member/Non-Residents	\$90

#### PRESCHOOL PREP

Miss Katie's offers a fun, educational and organized class for your potty-trained preschoolers age 3 through 6 years old. Preschoolers are dropped off at Miss Katie's for a time away from adult loved ones. Preschoolers will gain confidence, independence and autonomy, which are skills needed for preschool and/or Kindergarten. Preschool Prep features age appropriate activities including academic content, music and movement, games, educational activities, obstacle course, story time, lunch/snack time and more! Your child will delight in the planned activities while making new friends in the process! Preschoolers should bring a packed lunch/snack to class. The Preschool Prep **class is 2 hours in length once a week, four times a month.**

**Age: 3-6 years & potty trained 4 Classes/month**

Thursdays 12:30-2:30pm  
Fridays 11:00am-1:00pm

<b>Monthly Fees:</b>	Members	\$95
	Non-Member/Residents	\$105
	Non-Member/Non-Residents	\$110

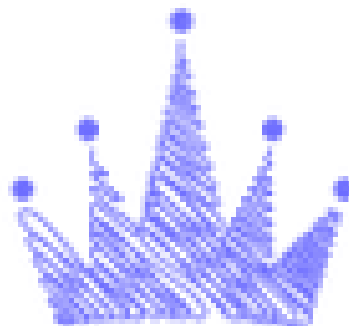
#### MISS KATIE'S "EXPLORE & PLAY—DROP & STAY!"

Miss Katie's Explore & Play - Drop & Stay class is open to preschoolers age 12 months through 6 years old. Adult loved ones may leave their little ones in the care of Miss Katie's staff for a class time period of 1 and 1/2 hours while the caregiver remains in the Strongsville Recreation Center building. While adult loved ones take advantage of an exercise class, run on the track, or check emails in our cafe area, their little ones will be delighted to engage in the activities provided in our Miss Katie's classroom! This class is 90 minutes in length once a week, four times a month. Rec Center facility use/classes by guardian are NOT included in the fee for Miss Katie's and must be purchased separately.

**Age: 12 months-6 years 4 Classes/month**

Mondays 9:15-10:45am  
Mondays 11:15am-12:45pm  
Thursdays 9:15-10:45am

<b>Monthly Fees:</b>	Members	\$65
	Non-Member/Residents	\$75
	Non-Member/Non-Residents	\$80



## PRESCHOOL & YOUTH ENRICHMENT

### SOCCER SHOTS-MINIS (Youth Sports Park– 21255 Lunn Road)

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

**Instructor:** This class taught by Soccer Shots coaches

**\*Please register through Soccer Shots at [soccershots.com/Cleveland](http://soccershots.com/Cleveland)**

**Ages: 2-3 years(with caregiver participation)**

**Class Minimum: 4    Maximum: 12    8 Classes**  
 Fridays                      6/19-8/14\*                      9:00-9:30am  
 Fridays                      6/19-8/14\*                      10:20-10:50am

\*No class 7/3

**Fees:**      Residents                      \$120  
                  Non-Residents                  \$125



### SOCCER SHOTS-CLASSIC (Youth Sports Park– 21255 Lunn Road)

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation. This program will be outdoors but switch indoor when poor weather is present.

**Instructor:** This class taught by Soccer Shots coaches

**\*Please register through Soccer Shots at [soccershots.com/Cleveland](http://soccershots.com/Cleveland)**

**Ages: 3-5 years      Class Minimum: 4    Maximum: 12      8 Classes**  
 Fridays                      6/19-8/14\*                      9:40-10:10am  
 Fridays                      6/19-8/14\*                      11:00-11:30am

\*No class 7/3

**Fees:**      Residents                      \$120  
                  Non-Residents                  \$125

### SOCCER SHOTS-PREMIER (Youth Sports Park– 21255 Lunn Road)

Soccer Shots Premier focuses on individual skill, fitness, and sportsmanship, providing an opportunity for children to be challenged through soccer skills, fun games and team interaction. The curriculum for this program is created for school aged children. Children will also be introduced to competition in a developmentally appropriate manner.

**Instructor:** This class taught by Soccer Shots coaches

**\*Please register through Soccer Shots at [soccershots.com/Cleveland](http://soccershots.com/Cleveland)**

**Ages: 5.5-8 years    Class Minimum: 4    Maximum: 12      8 Classes**  
 Fridays                      6/19-8/14\*                      11:40am-12:20pm  
 Fridays                      6/19-8/14\*                      11:40am-12:20pm

\*No class 7/3

**Fees:**      Residents                      \$130  
                  Non-Residents                  \$135

### YOUTH CHESS LESSONS (Town Center )

This class teaches students to love and excel at the game of chess. Chess has been proven to improve a child's IQ, attention span, and reading test scores. It encourages strategic planning and foresight, and also promotes patience, resilience, and sportsmanship as players learn to accept wins and losses gracefully. Kids will learn the rules, strategies, and tactics of the game through structured interactive lessons and practice sessions. Additionally, the social interaction and camaraderie during games contribute to the overall growth and cognitive development of children. The program includes tournaments and competitions to foster healthy competition and critical thinking skills. **Instructor: National Chess Expert, Damon Rucker**, has a unique background of 22 years of chess coaching and decades of entertainment experience with the Cleveland Cavaliers. This special combination ensures that classes are both impactful, and absolutely a blast!

**Age: 6-17 years      Class Min: 2                      Class Max: 18**  
 Thursdays                      5/7-6/18\*                      6:00-7:00pm  
 Thursdays                      7/9-8/13                      6:00-7:00pm

\*No class 6/11

**Fees:**      Members                      \$60  
                  Non-Member/Residents                  \$70  
                  Non-Member/Non-Residents              \$80

### UPCYCLE ACADEMY-ROCK THE RUNWAY!! (Meeting Room)

This Rock the Runway experience includes a presentation at the Rock and Roll Hall of fame where students will learn about design pieces from their archival collection and learn the history of each item and discuss its impact on trends and fashion history. This 'behind the seams' field trip will be followed by a four-week design workshop at the Strongsville Rec. Center for students to create their own one of a kind runway design. Then it is showtime where students will learn about runway production and fashion photography from industry professional while they practice and prepare for the big event. This experience finished with a fashion show – students will walk the runway to show off their creations and all they have learned. Each student will receive their own magazine cover to remember the event.

*All materials including up-cycled apparel are provided and students keep the designs they create. Bus transportation to and from the Rock Hall for the 'Get Inspired' presentation on 4/11 and to the Orange Auditorium on show day 5/23 will be provided. Parents will be responsible for transportation home after the fashion show event.*

**Instructor: Upcycle Academy contact: [Krista@futurefashionstars.com](mailto:Krista@futurefashionstars.com)**

**website: [www.futurefashionstars.com](http://www.futurefashionstars.com)**

**Ages: 7-15 years      Class Min: 8                      Class Max: 16**

#### Get Inspired – Presentation at Rock and Roll Hall of Fame

Saturday                      4/11                      8:45am-12:00pm

-Meet at Rec. Center at 8:45am – Bus provided to Rock Hall for presentation – Return to Rec. at 12:00pm

#### Design Classes at Strongsville Rec Center:

Tuesdays                      4/21-5/12                      6:00-7:00pm

#### Rock the Runway/Photo Shoot at Orange Auditorium:

Saturday                      5/23                      1:00-5:00pm

-Meet at Rec. at 1:00pm-Bus provided to Orange Auditorium for runway practice and photo shoot from 2:00-4:45pm.

#### Fashion Show (location TBA):

Saturday                      5/23                      5:00pm

-Fashion show begins at 5:00pm. Tickets for this event are \$15. Parents responsible for transportation home from event.

#### **Registration Deadline: 7 days before class date**

**Fees:**      Members                      \$324  
                  Non-Member/Residents                  \$350

\*Note: This is a Co-op program with Upcycle Academy and several other local Recreation Centers. Our students will attend the design classes at the Strongsville Rec. Center but will team up with the other participating communities for the Rock and Roll Hall of fame presentation and the Fashion Show.



## YOUTH & ADULT AMERICAN RED CROSS ON-LINE CLASSES

For more info on these classes contact  
becky.stemple@strongsville.org

### RED CROSS FIRST-AID FOR OPIOID OVERDOSES ONLINE

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

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

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

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

This course requires a PC or tablet with a high speed Internet connection; is not supported on smartphones; and, does not work with Internet Explorer. NO REFUNDS will be given. **VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

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

### CAT AND DOG FIRST AID ONLINE

You love your pets, and want to give them the best life possible; being equipped to deliver first aid and provide a healthy lifestyle for your pet is the best way to do that. In this course, you will learn the basics of providing first aid care for your cat or dog and will learn how to best give care for common emergency situations.

This 35 minute online course covers understanding your pet's vital signs, breathing and cardiac emergencies, wounds and bleeding, seizures, and preventative care for cats and dogs. This course is desktop and tablet compatible. NO REFUNDS will be given. **VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

<b>Fees:</b>	Member	\$40
	Non-Member/Resident	\$45
	Non-Member/Non-Resident	\$50

### UNTIL HELP ARRIVES

This course provides the general public with the basic cognitive information on key actions that can be taken during a life-threatening emergency that can help sustain or save a life until EMS arrives including: Compression Only CPR (no breaths) AED Education Choking Education Bleeding (administering direct pressure and tourniquet) and Opioid Overdose (administering naloxone). The Until Help Arrives online course developed by the American Red Cross and American College of Emergency Physicians equips students with the basic knowledge to assist trained responders during a life-threatening emergency. This course is taught online only (accessed via mobile desktop or tablet) and does not meet OSHA requirements for workplace certification.

**VALID PARTICIPANT E-MAIL NEEDED AT TIME OF REGISTRATION.**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

### ADULT, CHILD AND BABY FIRST AID/CPR/AED ONLINE

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

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

<b>Fees:</b>	Member	\$55
	Non-Member/Resident	\$60
	Non-Member/Non-Resident	\$65

### RED CROSS BABYSITTER BASICS ONLINE

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

**Ages: 11 years & Older**

	<u>Registration Dates</u>	<u>Class Materials</u>	<u>Course Completion*</u>
Session 6	Thru 5/31	emailed 6/1	by 6/30/26
Session 7	Thru 6/29	emailed 7/1	by 7/31/26
Session 8	Thru 7/31	emailed 8/3	by 8/31/26
Session 9	Thru 8/31	emailed 9/1	by 9/30/26

**\*NO REFUNDS WILL BE GIVEN-COURSE MUST BE COMPLETED ONLINE BY CLASS END DATE TO RECEIVE CERTIFICATION.**

<b>Fees:</b>	Member	\$60
	Non-Member/Resident	\$65
	Non-Member/Non-Resident	\$70

# SPORTS

Sports Supervisor, Jim Kolesar

## YOUTH BASKETBALL

### HEAD START BASKETBALL CAMP (Rec Center Auxiliary Gym)

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

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

- Proper shooting technique
- Ball handling
- Passing & catching skills
- Sportsmanship
- Defensive stance & movements
- How to be a good teammate
- Basic 3 on 3 basketball strategy
- How to box out your opponent and grab a rebound

Please contact Head Start Basketball Director Mike Klinzing at 216-392-4059 or [headstartbasketball@usa.net](mailto:headstartbasketball@usa.net) for more information

REGISTER at [www.headstartbasketball.com](http://www.headstartbasketball.com)

<b>Boys &amp; Girls Grades: 2-7</b>	1:00-4:00pm	
Monday-Friday	6/8-6/12	Boys & Girls
Monday-Friday	6/15-6/19	Boys
Monday-Friday	6/22-6/26	Girls
Monday-Friday	7/6-7/10	Boys & Girls

Fee/Week: \$115

### HEAD START BASKETBALL SKILLS CHALLENGE

(Rec Center 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 having fun doing it. There will be favorites like knockout and free throw, 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 25 years of basketball camp experience.

REGISTER at [www.headstartbasketball.com](http://www.headstartbasketball.com)

<b>Boys &amp; Girls Grades: 2-7</b>	<b>Class Limit: 78</b>	
Monday & Tuesday	8/10-8/11	1:00 -4:00pm

Fee: \$60

## YOUTH TRACK

### STRONGSVILLE TRACK CAMP by Jump Start Sports

Looking for a fun and exciting way to introduce your child to the world of track and field? Join our Jump Start Racers program designed for children ages 6-12 that offers a comprehensive introduction to a variety of track and field events.

REGISTER at <http://www.jumpstartsports.com/camps-and-programs>

LOCATION: Strongsville Middle School

**Ages: 6-9 years**

Wednesdays	6/10, 6/17, 6/24	6:00-8:00pm
Saturday	7/11 (Track Meet)	900am-12:00pm

<b>FEES:</b>	Residents	\$120
	Non-Residents	\$130

## YOUTH VOLLEYBALL

### YOUTH VOLLEYBALL LEAGUE (Rec Center Auxiliary Gym)

The Youth Volleyball League are for players in 3<sup>rd</sup> & 4<sup>th</sup> Grade, 5<sup>th</sup> & 6<sup>th</sup> Grade, & 7<sup>th</sup>-9<sup>th</sup> Grade. This league consists of teams from Broadview Hts, Middleburg Hts, Brook Park, Berea, and Brecksville. Games will be mostly played on Saturday morning/afternoons and teams will play at both home and away sites. There will be a 6 to 8 week regular season with a single elimination tournament to close the season.

**Boys & Girls Grades: 3-9**

**Registration:** 7/1 – 8/1

**Games:** 9/12-11/4

**Practice:** Tuesday or Thursday evenings, August 11-October 29 (subject to change)

**Divisions:** 3<sup>rd</sup> & 4<sup>th</sup> Grade, 5<sup>th</sup> & 6<sup>th</sup> Grade, 7<sup>th</sup> – 9<sup>th</sup> Grade

<b>Fees:</b>	Member	\$75
	Non-Member/Resident	\$85
	Non-Member/Non-Resident	\$95

## YOUTH FITNESS

### YOUTH STRENGTH TRAINING CERTIFICATION

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

**Ages: 12-14 years**

**Class Limit: 5**

Wednesday	5/6-5/20	3:30-4:30pm
Wednesday	6/3-6/10	3:30-4:30pm
Wednesday	7/8-7/15	3:30-4:30pm

\*Please note that this class is held until participant is certified and it may not take 2-3 weeks depending on enrollment.

<b>Fees:</b>	Member	\$45
	Non-Member/Resident	\$55
	Non-Member/Non-Resident	\$65

## YOUTH PICKLEBALL

### YOUTH OUTDOOR PICKLEBALL LESSONS

This beginner-level clinic is designed to introduce youth players to the fundamentals of pickleball in a fun, supportive environment. Participants will learn basic rules, scoring, proper grip, strokes, court positioning, and sportsmanship through skill-building drills and games. No prior pickleball experience is required—just come ready to learn and have fun!

LOCATION: Town Center Park Courts, 18300 Zverina Lane

**Ages: 9-16 years**

Tuesdays & Fridays	6/9-6/26	10:00-10:50am
Tuesdays & Fridays	7/7-7/24	10:00-10:50am

<b>Fees:</b>	Member	\$72
	Non-Member/Resident	\$80
	Non-Member/Non-Resident	\$90

## YOUTH BASEBALL, SOFTBALL & T-BALL

### YOUTH LATE SUMMER BASEBALL, SOFTBALL & T-BALL LEAGUES

These fun and exciting offerings are designed to teach children, age 5 through 18, how to play T-Ball, softball and baseball along with concepts of team play and good sportsmanship.

**Ages: 5-18 years (as of November 1, 2026)**

**REGISTRATION:** June 19-July 23

*NON-RESIDENTS can register beginning 7/23 if space available.*

#### Boys Leagues

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

#### Girls Leagues

Co-Ed 5-6yrs T-Ball  
Girls 7-9yrs Coach Pitch  
Girls 10-11yrs Modified Fast Pitch  
Girls 12-14yrs Modified Fast Pitch

**Practices:** Start the beginning of August. One weeknight & one weekend practice.

**Games:** 2 per week, Monday – Thursday. Starting mid/late August through the middle of October (depending on rainouts). Partnering with Brook Park and possibly Olmsted Falls so there will be some travel.

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

**Fees:** Residents \$80  
Non-residents \$95

### YOUTH SANDLOT BASEBALL

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

**Boys & Girls Ages: 9-16 years** **Class Limit: 40**

**LOCATION:** Wood Field, 21273 Drake Rd

Tuesdays & Thursdays 6/9-8/6 10:00am-12:30pm

Fees:	Thurs Only	Tues/Thurs
Member	\$35	\$50
Non-Member/Resident	\$40	\$55
Non-Member/Non-Resident	\$50	\$65

Drop-in Fees:	Member	\$3/day
	Non-Member/Resident	\$4/day
	Non-Member/Non-Resident	\$6/day

### STRONGSVILLE T-BIRD T-BALL by Jump Start Sports

A fun and highly instructional introduction to baseball for 3-4 year old boys and girls. Players learn the basics of throwing, catching, fielding, batting, and base running, and apply what they have learned in fun, noncompetitive games. Players receive a MLB hat, team tee shirt, and baseball medals. Volunteer Coaches may also participate.

**REGISTER** at <http://www.jumpstartports.com/camps-and-programs>

**LOCATION:** Wood Field, 21273 Drake Rd

**Ages: 3-4 Years**

Saturdays 6/6-7/12 9:00-10:00am  
Saturdays 6/6-7/11 10:00-11:00am

**Fees:** Residents \$120  
Non-Residents \$130

## YOUTH & ADULT TABLE TENNIS

### TABLE TENNIS OPEN PLAY (Event Center)

Come on out and play a competitive game of table tennis. If you are a beginner don't worry. David Pech, a USATT Certified Club Coach, will help you with instruction. Go to [www.strongtt.info](http://www.strongtt.info) for more information. **No registration required. Pay day of play.**

**Ages: All & Seniors**

Tuesdays & Thursdays 5:00-7:45pm

Fees:	Drop In Fee	Monthly Fee*
Adult	\$6	\$36
Senior (50yrs+)	\$5	\$30
Youth (18 & Under)	\$5	\$30
Family	\$10	\$30

\*There is no drop in fee for those that pay the monthly fee. Monthly fees are collected on first Tuesday of the month.

## YOUTH TENNIS

### YOUTH OUTDOOR TENNIS LESSONS

Students will learn the basic skills, rules, and sportsmanship from Sean Black, current high school varsity tennis coach, former collegiate player with over ten years of tennis instruction experience.

**MUST PROVIDE OWN RACQUETS & WATER**

**Ages: 5-16 years**

**Class Limit: 24 per class**

**4 weeks (8 classes weather permitting)**

**LOCATION:** Strongsville High School Tennis Courts, East of Pat Catan Stadium, 20025 Lunn Road

Session 1\*

Ages: 5-8 years	M/W/F	6/8-6/24	8:30-9:30am
Ages: 9-12 years	M/W/F	6/8-6/24	9:30-10:30am
Ages: 13-16 years	M/W/F	6/8-6/24	10:30-11:30am

\*Rain dates: 6/26, 6/29

Session 2\*\*

Ages: 5-8 years	M/W/F	7/1-7/20	8:30-9:30am
Ages: 9-12 years	M/W/F	7/1-7/20	9:30-10:30am
Ages: 13-16 years	M/W/F	7/1-7/20	10:30-11:30am

\*\*No tennis 7/3

\*\*Rain Dates: 7/22, 7/24

Fees:	Members	\$115
	Non-Members/Residents	\$125
	Non-Members/Non-Residents	\$135

## ADULT VOLLEYBALL

### NEO ATHLETICS ADULT VOLLEYBALL LEAGUES

(Ehrnfelt Recreation Center, Auxiliary Gym)

**Ages: 18 years & Older**

Sundays	Co-Ed 6's	Double Headers	\$340	11:00am-10:00pm
Mondays	Co-Ed 6's	Double Headers	\$340	6:00-10:00pm
Wednesdays	Women's 6's	Double Headers	\$340	6:00-10:00pm

9 weeks plus playoffs

\$12 referee fee per match (paid directly to the referee)

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

**To register contact Brian Valore or Steve Cosgrove:**

**Bvman15@gmail.com, 216-401-6362**

**steve.neoathletics@gmail.com, 216-926-6779**

### CO-ED SAND VOLLEYBALL LEAGUE: 6-on-6

Enjoy exciting games, lively matches and fun at the Town Center sand volleyball courts. 8-10 people per roster. Self refereed.

**Ages: 18+ years**

**LOCATION:** Town Center Park, 18300 Zverina Lane (next to rec center)

**REGISTRATION:** Register by 5/27 at Strongsville Rec Center or at Strongsville.activityreg.com

Wednesdays 7/3-7/22 Games at 6:00pm, 7:00pm, & 8:00pm

**Fees:** \$65/team

### SAND VOLLEYBALL TOURNAMENT

Enjoy exciting games, lively matches and fun at the Town Center sand volleyball courts. Self refereed. Double elimination.

**Ages: 18+ years**

**LOCATION:** Town Center Park, 18300 Zverina Lane (next to rec center)

**REGISTRATION:** Register by 6/5 at Strongsville Rec Center or at Strongsville.activityreg.com

Sunday 6/14 (rain date - 6/21)

**Fees:** \$120/team (6 players/team)

**Maximum # Teams: 8**

## ADULT SOFTBALL LEAGUES

REGISTRATION DATES: 7/1-8/20

**League Commissioner has authority to determine the divisions in which teams compete. This can involve adjusting divisions based on previous performance or other factors to ensure a competitive balance and enhance overall experience.**

LEAGUE	ENTRY FEE	CASH FORFEIT DEPOSIT	CASH UMPIRE FEE
<b>Men's Sunday AM Double Header</b>	\$325	\$135	\$30/game

9/13-11/15 (weather dependent): 8-10 games

9:00am-12:00pm

12 Team Limit

\* Registration fee includes a professional stat service and balls

\*Divisions may be combined if there is not enough teams for either one.

<b>Co-Ed Friday Single Header</b>	\$300	\$80	\$30/game
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Upper and Lower Divisions\*

9/11-11/13 (weather dependent): 4-6 games

6:30-9:30pm

24 Team Limit

Registration fee includes a professional stat service and balls

\*Divisions may be combined if there are not enough teams for any division

<b>Men's Monday Double Header</b>	\$325	\$135	\$30/game
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9/14-11/9 (weather dependent): 8-10 games

6:30-9:30pm

16 Team Limit

\* Registration fee includes a professional stat service and balls

\*Divisions may be combined if there is not enough teams for either one.



## ADULT PICKLEBALL

### CO-ED ADULT OUTDOOR PICKLEBALL LEAGUE

This league is open to players of all skill levels and is a fantastic opportunity to meet new people, improve your pickleball skills, and enjoy some friendly competition. Seasoned pickleball pros to beginners are welcome to join in the fun.

**Ages: 18 years & older**

**LOCATION:** Town Center Park Courts, 18300 Zverina Lane

**Teams per Division:** 8

**Games:** 2 per night for 6 weeks at 6:00 pm or 7:00 pm

**Post Season Tournament:** 7th week (top 4 teams in each division)

**Fee Per Team:** \$75

#### Co-Ed Doubles 3.0 (Beginners)

Mondays 4/20-6/8 (no play 5/25)

Mondays 7/6-8/17

Mondays 9/14-10/26

#### Co-Ed Doubles 3.5 (Intermediate)

Wednesdays 4/29-6/10

Wednesdays 7/8-8/19

Wednesdays 9/9-10/21

### ADULT PICKLEBALL CLINIC

This beginner-level clinic is perfect for adults who are new to pickleball or looking to build a strong foundation. Instruction will focus on basic rules, scoring, paddle control, shot technique, court positioning, and game play fundamentals. Whether you're brand new or just getting started, this clinic offers a relaxed and welcoming way to learn the game.

**Ages: 18 years & older**

**LOCATION:** Town Center Park Courts, 18300 Zverina Lane

Tuesdays & Fridays 6/9-6/26 9:00-9:50am

Tuesdays & Fridays 7/7-7/24 9:00-9:50am

<b>Fees:</b>	Member	\$72
	Non-Member/Resident	\$80
	Non-Member/Non-Resident	\$90

### PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)

No indoor pickleball play April 30-September 7.

Play resumes inside September 8.

#### Town Center Outdoor Pickleball Courts

Located next to Recreation Center at 18300 Zverina Lane

Courts open 8am-10pm\*

\*Available for open play unless in use by Strongsville Recreation Department

## ADULT BASKETBALL LEAGUES

**Ages: 18 & older**

League	Dates	Start Times	Limit	Reg Fee	Forfeit Fee(Cash)	# of Games
Tuesday 4x4	5/5-8/11	6:00-10:00pm	12 Teams	\$250	\$90	*10
Thursday 3x3 (40yrs +)	6/4-8/13	6:30-9:30pm	12 Teams	\$175	\$90	*6-8
Sunday Lower, 5x5	5/17-8/16	2:00-10:00pm	16 Teams	\$300	\$90	*10
Sunday Middle, 5x5	5/17-8/16	2:00-10:00pm	16 Teams	\$300	\$90	*10

\*Plus playoffs

**JERSEYS WILL BE STRICTLY ENFORCED. MUST provide own jersey (with numbers on both front & back) OR you can purchase jerseys through the Strongsville Recreation Department.**

**Referee Fees:** \$45 CASH per team, per game

**Registration Dates:** 3/1-4/30

# SENIOR CENTER ACTIVITIES

Senior Services Coordinator, Debbie Branich

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

<b>Mon, May 25</b>	Memorial Day	Rec & Senior Center CLOSED
<b>Mon-Wed, Aug 31-Sept 2</b>	Annual Cleaning	Senior Center Only CLOSED
<b>Mon, September 9</b>	Labor Day	Rec & Senior Center CLOSED

## SILVER MUSTANG MEMBERSHIP

### MEMBERSHIP FEES

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

### MEMBERSHIP BENEFITS

\*Silver Mustang newsletter  
 \*Free takeout birthday lunch the month of your special day  
 \*Free takeout lunch for membership purchase/renewal  
 \*Discounted program/activity fees and takeout lunches  
 \*Priority registration for travel programs

## NON-MEMBER DAILY DROP-IN FEE

Residents	\$3
Non-Residents	\$5

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

## FITNESS, FUN FRIENDSHIP ACTIVITIES: May-August 2026

### S.M.I.L.E.

#### So Much Improvement with a Little Exercise

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

#### Ages: 50 & older

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

\*No class 5/25, 8/31, 9/1, 9/2, 9/7

#### Fees:

	Monthly	Drop-In
Members	Varies Monthly	\$2
Resident/Non Members	N/A	\$3
Non-Residents/Non-Members	N/A	\$4

### BODY WEIGHT BASICS

In this no equipment needed class, you will strengthen your muscles using only your own body. No weights, bands or exercise balls are needed to get an effective full body workout. Done regularly, these exercises can build muscle strength and mass, and preserve bone density, independence, and vitality!

#### Ages: 50 & over

Instructors: Mary Lee Kirby

Mondays, Wednesdays, Fridays*	9:15-10:00am
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\*No class 5/25, 8/31, 9/1, 9/2, 9/7

#### Fees:

	Monthly	Drop-In
Members	Varies Monthly	\$5
Resident/Non Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### FUNCTIONAL TRAINING

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

#### Ages: 50 & older

Instructor: Mary Lea Kirby

Mondays, Wednesdays & Fridays*	10:15-11:00am
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\*No class 5/25, 8/31, 9/1, 9/2, 9/7

#### Fees:

	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### EXPRESS CIRCUIT TRAINING

A perfect mix of cardio and strength techniques to help you gain muscle and cardiovascular endurance. This class will feature different stations for you to obtain a total body workout in just 45 minutes. **Instructor: Jenny Wilson**

#### Ages: 50 & older

Tuesdays or Thursdays*	9:15-10:00am
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\*No class 9/1

#### Fees:

	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### FLEX, MOVEMENT & BALANCE

Join Doug in this afternoon exercise class, that will help you stretch and flex, to improve your balance and flexibility. You will utilize bands (supplied by the Senior Center) and even learn some Yoga, all in an effort to improve your overall physical health. **Instructor: Doug Stampler**

#### Ages: 50 & older

Tuesdays & Thursdays	12:30-1:15pm
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\*No class 9/1

#### Fees:

	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### PILATES FOR SENIORS

This Pilates class is designed to flow through a series of movements that will help improve core strength, flexibility, balance, and overall mobility. Modifications to your specific fitness level. In this class you will utilize the chair for seated and standing exercises, and a mat for floor exercises.

#### Instructor: Kellie Walter

#### Ages: 50 & older

2nd & 4th Wednesday of the month*	10:30-11:30am
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\*No class 9/2

#### Drop In Fees:

Members	\$5
Residents/Non-Members	\$6
Non-Residents/Non-Members	\$7

## FITNESS, FUN FRIENDSHIP cont.

### ASIAN EXERCISE – Including Tai Chi

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

**Ages 50 & older**                      **Instructor: Ted Smith**  
 Mondays\*                      9:15-10:00am  
 \*No class 5/25, 8/31, 9/7

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$6
Residents/Non-Members	N/A	\$7
Non-Residents/Non-Members	N/A	\$8

### BEGINNER YOGA

The benefits of yoga include increased balance, flexibility, relaxation, strength, and reduced blood pressure and heart rate. Offered the 1st and 3rd Wednesday, Magda Albert, one of our Certified Yoga Instructors, will introduce you to the art of Yoga. Learn the terms, moves and more, and be ready to join our weekly classes the first and third Wednesdays of the month.

**Ages: 50 & Older**                      **Instructor: Magda Albert**  
 1st & 3rd Wednesdays of the Month\*  
 \*No class 9/2  
 10:30-11:30am

Fees:	Monthly	Drop-In
Members	\$5 (first time free)	
Residents/Non-Members	\$6	
Non-Residents/Non-Members	\$7	

### CHAIR YOGA

Chair yoga is a modified form of yoga that is practiced while seated in a chair. It is designed to make yoga accessible to people who have difficulty standing, balancing, or having a knee, shoulder, or hip replacement, or those with general mobility limitations. Benefits include improved flexibility and range of motion, strengthen muscles and improved balance. Yoga reduces stress and anxiety and promotes relaxation and well-being. No experience necessary. Wear loose, comfortable clothing. **Instructor: Magda Albert**

**Ages: 50 & older**  
 Thursdays                      1:30-2:30pm

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7

### YOGA

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

**Ages: 50 & older**                      **Instructors**  
 Tuesdays\*                      10:30-11:30am                      **Kellie Walter**  
 Thursdays                      10:45-11:45am                      **Magda Albert**  
 \*No class 9/1

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$5
Residents/Non-Members	N/A	\$6
Non-Residents/Non-Members	N/A	\$7



### DANCE FOR YOUR INNER SUPERSTAR

Our former Rockette, Melissa, returns to help you dance your way through a fun, energizing exercise class! Music will motivate & inspire you as you discover your inner superstar. Each class begins with a short, full-body warm-up, then moves into exercises that focus on strength, balance & stability. Light weights, bands and other props will be used, with options for all fitness levels. The final portion of class is all about dance! You'll learn easy-to-follow steps from a variety of dance styles, then put them together into a fun dance combination. Class wraps up with a feel-good routine designed to help you move with confidence and let your inner superstar shine.

**Ages: 50 & older**                      **Instructor: Melissa Edington**  
 Mondays                      6/8-7/27                      12:15-1:15pm

Fees:	Monthly	Drop-In
Members	\$40	\$6
Residents/Non-Members	\$44	\$7
Non-Residents/Non-Members	\$50	\$8

### TAP DANCING

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

**7 Week Sessions**                      **Minimum class size: 4**  
**Ages: 50 & Over**                      **Instructor: Peggy Stockdale**  
 Beginners: Thursdays                      4/2-5/21\*                      9:30-10:30am  
 Intermediate: Thursdays                      4/2-5/21\*                      10:30-11:30am  
 \*No class 4/7

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

### BEGINNER LINE DANCING

Our Line Dance Instructor, Ronna will introduce beginners to the fun of Line Dancing. Join her as she goes over the basics, getting you ready to shuffle and slide into our regular Tuesday morning class.

**Ages: 50 & older**                      **Instructor: Ronna Murray**  
 Tuesdays\*                      9:45-10:30am  
 \*No dancing 9/1

**Drop-In Fees:**

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

### LINE DANCING

Come boot, scoot and boogie with our line dance instructor, Ronna. She'll teach you the newest steps and help you brush up on your old ones.

**Ages: 50 & older**                      **Instructor: Ronna Murray**  
 Tuesdays\*                      10:30-11:30am  
 \*No dancing 9/1

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$6
Residents/Non-Members	N/A	\$7
Non-Residents/Non-Members	N/A	\$8

### Wii BOWLING

Enjoy virtual bowling on the Nintendo Wii video game system. Join our Wii bowlers and experience the fun. No experience is necessary. Bowlers can sit or stand, and each registered Wii bowler will play two games each week. Strikes, spares or gutter balls – let's roll!

**Ages: 50 & older**  
 Tuesdays\*                      12:00pm  
 \*No bowling 9/1

Fees:	Monthly	Drop-In
Member	Varies Monthly	\$2
Non-Member/Resident	N/A	\$3
Non-Member/Non-Resident	N/A	\$5

## FITNESS, FUN FRIENDSHIP cont.

### BINGO

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

**Ages: 50 & older**

Fridays\* 12:30-3:00pm

\*No play 4/3

<b>Drop-In Fees**:</b>	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

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

### POKENO FUN

Have you heard of Pokeno?! This fun game is a combination of Poker, Keno and Bingo, with features that make it more interesting and exciting. Join Kim, from Shurmer Place, as she leads you through this fun game. No experience needed, just come to have fun and meet new friends. Registration is required. Snacks and prizes included!

**Ages: 50 & older**

Mondays 5/18, 6/22, 7/27, 8/24 10:00am

<b>Fees:</b>	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

### CARDS AND OTHER GAMES

**Ages: 50 & older**

Bridge	Mondays*	12:30-3:00pm
Hand & Foot	Mondays*	12:30pm
Bunco	Thursdays	10:00am-12:00pm
Rummikub/Dominoes	Tuesdays*	1:00-3:00pm
Mah Jongg	Wednesdays*	1:00-3:00pm
Mah Jongg Instruction	Fridays	Call for time
Pinochle	Tuesdays*	12:25-3:00pm
Pinochle Instruction	Tuesdays*	Call for time
Mexican Train	Fridays	12:30-3:00pm
Open Play	Thursdays	12:15-3:00pm
Open Play	Fridays	12:30-3:00pm

\*No play 5/25, 8/31, 9/1, 9/2, 9/7

<b>Drop-In Fees:</b>	Member	Free
	Non-Member/Resident	\$3
	Non-Member/Non-Resident	\$5

### CO-ED ADULT OUTDOOR PICKLEBALL LEAGUE

This league is open to players of all skill levels and is a fantastic opportunity to meet new people, improve your pickleball skills, and enjoy some friendly competition. Seasoned pickleball pros to beginners are welcome to join in the fun.

**Ages: 18 years & older**

**LOCATION:** Town Center Park Courts, 18300 Zverina Lane

**Teams per Division:** 8

**Games:** 2 per night for 6 weeks at 6:00 pm or 7:00 pm

**Post Season Tournament:** 7th week (top 4 teams in each division)

**Fee Per Team:** \$75

#### Co-Ed Doubles 3.0 (Beginners)

Mondays	4/20-6/8 (no play 5/25)
Mondays	7/6-8/17
Mondays	9/14-10/26

#### Co-Ed Doubles 3.5 (Intermediate)

Wednesdays	4/29-6/10
Wednesdays	7/8-8/19
Wednesdays	9/9-10/21



## FITNESS, FUN FRIENDSHIP cont.

### ADULT PICKLEBALL CLINIC

This beginner-level clinic is perfect for adults who are new to pickleball or looking to build a strong foundation. Instruction will focus on basic rules, scoring, paddle control, shot technique, court positioning, and game play fundamentals. Whether you're brand new or just getting started, this clinic offers a relaxed and welcoming way to learn the game.

**Ages: 18 years & older**

**LOCATION:** Town Center Park Courts, 18300 Zverina Lane

Tuesdays & Fridays	6/9-6/26	11:00-11:50am
Tuesdays & Fridays	7/7-7/24	11:00-11:50am

<b>Fees:</b>	Member	\$72
	Non-Member/Resident	\$80
	Non-Member/Non-Resident	\$90

### PICKLEBALL OPEN PLAY (Rec Center Auxiliary Gym)

No indoor pickleball play April 30-September 7.

Play resumes inside September 8.

### Town Center Outdoor Pickleball Courts

Located next to Recreation Center at 18300 Zverina Lane  
Courts open 8am-10pm\*

### MONDAY MOVIE MATINEE

Do you enjoy watching movies? If so, come to our Movie Matinee as we show recent releases here at the Senior Center. We will have two movies each month, and popcorn and a beverage are included. Sign up for one or both! Monthly movies and dates can be found in the *Silver Pen* or stop by the Senior Registration Desk. Registration is required.

**Ages: 50 & older**

<b>Fees:</b>	Members	\$3
	Residents/Non-Members	\$4
	Non-Residents/Non-Members	\$5

## WOODSHOP CLASSES

### 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. **Participants in this class should exhibit physical strength in hands, arms and legs. Good balance and good vision is also important in keeping you safe. Please access your ability to handle the materials and machinery used in this class as it is a safety concern.** Class completed in 2-4 hour sessions.

**Registration required**

**Ages: 50 & older** **Instructor: Jim Burns**

Mondays 6/15 & 6/22  
9:30am-2:00pm\*

\*Lunch break from 11:30am -12:00pm

<b>Fees:</b>	Members	\$40
	Residents/Non-Members	\$45
	Non-Members/Non-Residents	\$55



### WOOD SHOP REPAIR SERVICE (Senior Center Wood Shop)

Wood Shop volunteers will repair small wood items. Bring your item into the Wood Shop any Wednesday, Thursday or Friday, between 9:30-11:30am and one of our volunteers will discuss the project and cost to repair with you.

## WOODSHOP CLASSES cont.

### OPEN WOOD SHOP (Senior Center Wood Shop)

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

#### Ages 50 & older

Wednesdays/Thursdays/Fridays\* 9:30-11:30am  
\*No shop 9/2

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$4
Residents/Non-Members		\$5
Non-Residents/Non-Members		\$6

### WOOD CARVING (Senior Center Wood Shop)

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

#### Coordinator: Dave Hoelster

#### Ages: 50 & older

Tuesdays\* 1:00-3:00pm

\*No carving 9/1

Participants pay for own tools and materials

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

## ART & CRAFT CLASSES

### CLASSICAL PAINTING SECRETS

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

#### Ages: 50 & older Instructor: Joanne Richter

Tuesdays\* 1:00-3:30pm

\*No classes in June, July, August

Fees:	Monthly
Members	Varies Monthly
Residents/Non-Members	Varies Monthly
Non-Residents/Non-Members	Varies Monthly

### BOB ROSS PAINTING CLASS

Join Mary, a certified Bob Ross Instructor, and complete on 11" x 14" oil painting. This class is offered utilizing the Bob Ross techniques. You will learn how to paint the "wet-on-wet technique," for which Bob Ross is known for, as well as many other popular techniques. In addition, you'll receive one-on-one attention to help guide you as you improve your painting skills. All materials included. Registration required.

#### Ages: 50 & older Instructor: Mary Kenney

Thursday 4/16 12:30-4:30pm  
Wednesday 6/17 12:30-4:30pm

Fees:	
Members	\$60
Residents/Non-Members	\$62
Non-Residents/Non-Members	\$66



### WATERCOLOR

All levels are welcome, including beginners. Learn all techniques including watercolor with mixed media. Students provide own materials: list available at Senior Registration Desk.

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

Thursdays or Fridays 9:30-11:30am

Fees:	Monthly	Drop-In
Members	Varies Monthly	\$10
Residents/Non-Members	N/A	\$11
Non-Residents/Non-Members	N/A	\$12

## ART & CRAFT CLASSES cont.

### BEGINNER ZENTANGLE

Zentangle is a very easy to learn method of drawing to create beautiful images from repetitive patterns. It has been helpful to others for relieving stress, panic attacks, rehabilitation, chronic pain and weight loss. You don't need to be an artist, as the entire process is broken down and taught "one stroke at a time". You will be amazed at what you will accomplish. This introductory class is taught by a certified Zentangle teacher with all materials provided. You will learn the history and philosophy, and begin creating basic tangles (patterns), and be ready for our Zentangle - Full of Zen classes. Registration required.

#### Ages: 50 & older

#### Instructor: Susan Olsen, Certified Zentangle Teacher, CZT 10

Thursday 4/16 1:00-3:00pm

Fees:	
Members	\$16
Residents/Non-Members	\$18
Non-Residents/Non-Members	\$22

### ZENTANGLE

**Full of Zen:** In this series of ongoing, monthly art classes, we will scale up our creativity, building on our foundations of Zentangle. In each session we will expand our library of Tangle Patterns in each class and apply our patterns to a variety of projects. These projects will include (but are not limited to) exposure to multiple color mediums: such as watercolor, marker, and chalk pastels. We will also explore applying Zentangle to different substrates, such as wood, cork, and fabric.

A basic Zentangle class is required before you can sign up, and you will provide your own supplies, based on projects planned by the instructor. Attend one or both of these monthly classes. Registration requested.

#### Ages: 50 & older

#### Instructor: Susan Olsen, Certified Zentangle Teacher, CZT 10

2nd & 4th Thursdays of the Month 1:00-3:00pm

Fees:	1 Class	2 Classes
Members	\$15	\$25
Residents/Non-Members	\$17	\$27
Non-Residents/Non-Members	\$21	\$31

### BEGINNERS DRAWING CLASS

Mary will be teaching these 6 week beginners drawing classes. You will be working on blending and values, all while learning how to apply your skills to animals, seascape, landscape and portraits. Students provide their own materials; a list is available at the Senior Registration Desk. Registration required.

#### Ages 50 & older Instructor: Mary Kenney 6 Week Session

Wednesdays 3/11-4/15 1:00-3:30pm  
Wednesdays 5/6-6/10 1:00-3:30pm

Fees:	Members	
	Non-Members/Residents	\$90
	Non-Members/Non-Residents	\$92
		\$96

### DIGITAL PHOTOGRAPHY

This class will combine elements of both an Introductory and an Intermediate Digital Photography class. Digital image management concepts will be covered. There will be a discussion about the Quality of Light with printed examples of different types of lighting. Examples of basic composition techniques will be presented and discussed. The image editing software Adobe Photoshop Lightroom will be introduced during the intermediate phase of the class. Intermediate digital photography concepts like the digital histogram and basic exposure controls will be introduced. Finally, examples of basic color correction techniques and creative controls will be reviewed. This class is for anyone interested in improving their digital photography skills. There are no prerequisites for taking this class. Registration required.

#### Ages 50 & older Instructor: Robert Kovatich 5 Week Session

Tuesdays 4/7-5/5 10:00-11:30am

Fees:	Members	
	Non-Members/Residents	\$55
	Non-Members/Non-Residents	\$58
		\$65

## ART & CRAFT CLASSES

### ADVANCED DIGITAL PHOTOGRAPHY

The Advanced Digital Photography Class will teach artificial lighting techniques, build on Adobe Lightroom features discussed in previous classes, and introduce Adobe Photoshop. The class will start with utilizing artificial lighting to create correctly exposed images. The images will be imported into Adobe Lightroom to perform the initial processing steps. Exposure and color corrections will be performed in Lightroom, along with initial creative adjustments and basic cosmetic retouching. The images will then be opened in Adobe Photoshop, converted to smart objects, and saved as Photoshop files. Final retouching will occur in Photoshop. The advantages of creating smart objects in Photoshop will be reviewed and demonstrated. Finally, the completed Photoshop images will be processed for output to a professional printer or printing service. Prerequisites for taking the Advanced Digital Photography Class are either completing the Intermediated Digital Photography Class or the Digital Photography Class. Registration required.



**Ages 50 & older**    **Instructor: Robert Kovatich**    **5 Week Session**  
 Mondays                      4/6-5/4                      1:00-2:30pm

**Fees:**    Members                      \$55  
               Non-Members/Residents    \$58  
               Non-Members/Non-Residents \$65

### QUILTING



If you can iron, pin fabric layers together, use a sewing machine, or tie a knot, your helping hands are welcome. This group makes quilts from start to finish to donate to Rainbow Babies & Children Hospital, MetroHealth Medical Center Pediatrics, The Salvation Army and the UH Seidman Cancer Center at Southwest General Health Center.

**Ages: 50 & older**  
**Volunteer Coordinator: Beverly McGlamery**  
 Mondays (No quilting 4/13, 5/11, 6/8, 7/13, 8/10)    1:00-3:00pm

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

### CREATIVE CRAFTERS

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

**Ages 50 & older**  
 Wednesdays (No crafting 9/2)    10:00am-1:00pm

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

### WARM UP AMERICA

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

**Ages: 50 & older**  
 Thursdays                      1:00-3:30pm

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

## PROGRAMS

### 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. This is a one-day, four-hour class. Registration required.

**Ages: 50 & older**    **Instructor: April Dugan**  
 Thursday                      5/7                      12:30-4:30pm  
 Wednesday                      7/8                      9:30am-1:30pm

**Fees:**    AARP Members                      \$20  
               Non-AARP Members                \$25

### UNIVERSITY HOSPITAL HOT HEALTH TOPICS

Clinical Pharmacy Residents, from University Hospital, will discuss various health topics of interest. These free, monthly programs, will cover hot health topics for seniors. Be informed for yourself or a loved one. Registration is required for each talk.

<b>Ages: 50 &amp; older</b>	<b>1:30pm</b>	<b>FREE</b>
Wednesday	Arthritis Awareness & Joint Health	4/1
Wednesday	Foods & Medications/What Not to Mix	5/6
Wednesday	What Should I Ask My Pharmacist?	6/3
Wednesday	Preparing for Fall Vaccines	8/5

### 2025 BOOK DISCUSSION GROUP

Books are selected by the staff of the Strongsville Branch of the Cuyahoga County Public Library and may be picked up the first week of each month at the library. The book discussion is held at the Strongsville Library on the following Mondays, at 2:30pm. A Library Staff member leads the group discussion.

Month	Book	Discussion Date
May	<b>So Far Gone</b> by Jess Walter	5/18
June	<b>The Aviator and the Showman: Amelia Earhart &amp; George Putnam</b> by Laurie Gwen Shapiro	6/22
July	<b>The Little Liar</b> by Mitch Albom	7/27
August	<b>Culpability</b> by Bruce Holsinger	8/24

### ONE ON ONE COMPUTER INSTRUCTION (Senior Computer Lab)

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

**Ages: 50 & older**  
**Fees for 1-Hour Session (minimum of 1 hour):**

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

**PROGRAMS cont.**

**TechKNOWledgy with TEENS**

The Senior Center is excited to partner with Strongsville City Schools for a program called TechKNOWledgy with Teens. Select students will come monthly and provide one-on-one help with any questions you may have with your phone, iPad or other tablet. Best part, this is completely free! No question too big or small for these tech wizards! If interested in receiving help, please call the Senior Center today and sign up! Limited spaces available!

**Ages: 50 & older**  
 Wednesdays 4/15 1:00pm **FREE**

**CONTINUUM OF CARE PANEL**

The continuum of care refers to an organized approach to providing the most appropriate healthcare treatment and assistance options at the right time. Seniors face challenges in accessing the continuum of care. The panel will address issues finding the proper care including: financial obstacles, how to access information, how to access to proper treatment or services, and fear or anxiety about the outcome. The panel will include representatives from various facilities, including: Generations Senior Living, Southwest General Hospital, home care, hospice, a memory care community, and an elder care attorney. Lunch will be included and is sponsored by Generations Senior Living. Registration required.

**Ages: 50 & older**  
 Wednesday 4/22 12:00pm

**Fees:** Members **FREE**  
 Non-Members/Residents \$3  
 Non-Members/Non-Residents \$5

**KNOW YOUR NUMBERS: MINI HEALTH SCREENING CLINIC**

Take charge of your health! Join Southwest Community Nurse Laurie Pfahler, RN and Baldwin Wallace nursing students for a quick and informative mini health screening. Check your blood pressure, blood sugar, body fat, BMI, & bone health (osteoporosis screening) — all important indicators of your overall wellness. Knowing your numbers helps you track your health, prevent problems before they start, & make informed choices for a healthier future. **No appointment necessary. Just stop in!**

**Ages: 50 & older**  
 Wednesday 4/22 9:00am-1:00pm **FREE**

**LINE DANCE JAMBOREE**

Our 25th Line Dance Jamboree is sure to be a two stepping good time! Your admission cost includes continental breakfast, boxed lunch, and line dancing instruction. Come boot, scoot and boogie your favorite steps, and learn some new ones too! Register by April 23.

**Ages: 50 & older**  
 Tuesday 4/28 9:30am-3:00pm

**Fees:** Members \$25  
 Non-Members/Residents \$27  
 Non-Members/Non-Residents \$30

**MOTHER'S DAY CELEBRATION: MUFFINS FOR MOMS**

Celebrate an early Mother's Day at the Senior Center. Join us for *Muffins for Moms!* This event is open to all, but free to our *Lady Silver Mustang Members*. You'll enjoy a muffin and coffee/tea, fellowship and special raffles for all the ladies.

Stop by the Senior Center Front Desk to get your ticket for this event. All tickets are **free to Lady Senior Center Silver Mustang Members**, but registration is required. Sponsored by Altenheim Senior Living. **Tickets will be available April 6 - May 4.**

**Ages: 50 & older**  
 Wednesday 5/6 9:30-11:00am

**Fees:** **LADY Silver Mustang Members** **FREE**  
 Non-Members/Residents \$3  
 Non-Members/Non-Residents \$5



**CELEBRATION HANDBELL CHOIR CONCERT**

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

**Ages: All**  
 Thursday 5/7 7:00pm **FREE**

**GOD & YOUR BRAIN**

Is God just in your head? The amazing answer might be 'yes,' but not how an atheist might believe. Neurological evidence suggests our brains have evolved a neuro-physical ability to perceive beyond our sense of self, to a greater Presence. An encounter with God is a "neurologically real" experience. Let's explore how the brain perceives God and how the mind interprets the encounter. Seven week educational series. Registration required.

**Ages: 50 & older** **Instructor: Ted Smith**  
 Mondays 5/11-6/29 10:30-11:30am

**Fees:** Members \$40  
 Non-Members/Residents \$45  
 Non-Members/Non-Residents \$50

**LARRY'S ANIMAL SAFARI: MEET THE GORILLAS**

Larry Flanagan is a zoo educator and YouTube creator who has spent the past three and a half years documenting the lives of the Cleveland Metro-parks Zoo's gorilla family through his channel Larry's Animal Safari. His videos—viewed by more than 10,000 subscribers worldwide—share uplifting, educational stories about gorillas, orangutans, and other zoo animals. In his Meet the Gorillas presentation, Larry introduces audiences to each member of Cleveland's gorilla troop with engaging narration, gentle humor, and real video clips that bring these remarkable animals to life. Registration required.

**Ages: 50 & older** **Instructor: Larry Flanagan**  
 Wednesday 5/13 1:00pm **FREE**

**ZION: UNPARALLELED BEAUTY**

View the gorgeous scenery while hiking the trails with Nature Pam and coming to understand the danger that lies within the boundaries of this small and very popular park. Each slideshow program consists of photographs from Nature Pam's time in the park. The program encompasses the history, new discoveries, and Pam's personal experiences. The program lasts between 40 to 50 minutes with time for questions during and after the program. Demonstrations, maps, artifacts and visual aids are used to enhance the learning experience. Registration required.

**Ages: 50 & older** **Instructor: Pam Sikora**  
 Wednesday 5/20 10:00am

**Fees:** Members **Free**  
 Non-Members/Residents \$3  
 Non-Members/Non-Residents \$5

**10 SIGNS OF ALZHEIMER'S**

For centuries, we've known that the health of brain and body are connected. But now, science is able to provide insights into how optimize our physical cognitive as we age. Join us learn about research in areas diet nutrition, exercise, activity social engagement, use hands-on tools help you incorporate these recommendations a plan for healthy aging. Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of early detection and diagnosis, and Alzheimer's Association resources. **Registration required.**

**Instructor: Mary Schwarz, Alzheimer's Association Program Manager**  
**Ages: 50 & older**

Wednesday 5/27 1:00pm **FREE**

**PROGRAMS cont.**

**VIOLINS AND HOPE | FROM THE HOLOCAUST TO SYMPHONY HALL**

Author of the book and exhibition, *Violins and Hope*, Associate Professor Daniel Levin shares how the Tel Avivian master luthier Amnon Weinstein restores violins that survived the Holocaust, even as many of their owners did not. Weinstein restores the violins to their ultimate playability. Famous violin virtuosos and young violinists across the globe perform on the violins in full music halls, sharing the visceral beauty of these instruments and the music that comes through them. The exhibition has been shown in New York, Memphis and Pittsburgh. Concerts have been held in Rome, Berlin, Nashville, Monte Carlo, Cleveland, Jerusalem, San Francisco, Madrid and London. *Violins and Hope* was named the Gold winner of the 2022 Independent Publishers Book Award for Best Book of the Year — History (oversized). Levin also received Tri-C's 2022 Ralph M. Besse Award for Teaching Excellence. Registration required.

**Instructor: Daniel Levin of the Tri-C Speakers Bureau**

**Ages: 50 & older**

Monday 6/1 1:00pm FREE

**HIPPA PRESENTATION**

Do you understand your rights when it comes to how providers use and share your health information under HIPAA? For instance, if you seek a second opinion, your new provider may review records from your first provider before your initial visit. Join Yvonne Wolters, Chief Compliance Officer, at Southwest General as she explains how your medical information is shared, including through health information networks, and guides you in taking control of your privacy. Learn how to safeguard your personal health details and recognize common scams that could put your information at risk. Empower yourself with knowledge and protect what matters most, your health and privacy! **Registration required.**

**Instructor: Yvonne Wolters, Chief Compliance Officer of Southwest General Health Center**

**Ages: 50 & older**

Wednesday 6/10 1:00pm FREE

**FATHER'S DAY CELEBRATION:  
CHEERS TO DAD WITH ROOT BEER FLOATS**

Celebrate an early Father's Day at the Senior Center. Join in the fun, as we cheer the Dad's with a root beer float! This event is open to all, but free to our *gentlemen* Silver Mustang Members. You'll enjoy a festive root beer float, fellowship and special raffles for all the gentlemen

Stop by the Senior Center Front Desk to get your ticket for this event. Tickets are **free to Gentleman Senior Center Silver Mustang Members**, but registration is required. Sponsored by Altenheim Senior Living. **Tickets will be available May 18 – June 12.**

**Ages: 50 & older**

Wednesday 6/17 12:30-2:00pm

**Fees:** GENTLEMAN Silver Mustang Members FREE  
Non-Members/Residents \$3  
Non-Members/Non-Residents \$5

**COLLIE RESCUE PRESENTATION**

This 40-minute presentation will include digital slides, poster boards, and photos of our dogs. We may also incorporate a fun game or two to keep things engaging. The presentation will cover the Collie breed, our rescue's mission, and ways seniors can get involved, including opportunities to volunteer by fostering, assisting at events like Pet Expos, helping with phone calls, emails, or social media, and even adopting one of our dogs. We are also proud to partner with the Veterans Canine Connection (VCC), a non-profit organization that matches veterans with companion dogs. The VCC covers adoption fees and provides any necessary training for the veterans and their new canine companions.

**Registration required.**

**Instructor: Roseann Cyngier of the Northeast Ohio Collie Rescue**

**Ages: 50 & older**

Wednesday 6/24 1:00pm FREE

**PARLEZ VOUS DEMENTIA? HELPING CAREGIVERS UNDERSTAND DEMENTIA**

Join Kristin Kemper and Kathy Kemper-Busch, leaders in dementia care for more than 25 years, for an open and insightful discussion on how to better understand and communicate with individuals living with dementia. This session will explore practical ways to "speak their language," fostering connection, reducing frustration, and improving daily interactions.

You'll also learn:

- How to recognize when it may be time to consider a transition to memory care, what questions to ask, and how to find the right fit for your loved one.
- What to do if you have a family history of Alzheimer's. Learn strategies to slow progression.

Come ready to learn, share, and gain confidence in supporting someone you love. **Registration required.**

**Ages: 50 & older** Instructors: Kristin Kemper, LNHA & Kathy Kemper-Busch, BSN, RN

Monday 6/29 1:00pm FREE

**MEMBER APPRECIATION DAY**

Thank you, thank you, thank you! We can't say thank you enough for being a loyal Silver Mustang Member, so now we are going to show you how appreciated your membership is to us! We invite all current Silver Mustangs to come and enjoy an ice cream sweet treat from the East Coast Custard truck. Stop by the Senior Center Front Desk to get your ticket for this chillin event. All tickets are **free to Senior Center Silver Mustang Members**, but registration is required. **Tickets will be available June 10 – July 13.**

**Ages: 50 & older**

Monday 7/20 12:30-2:00pm

**Free Program for Silver Mustang Members**

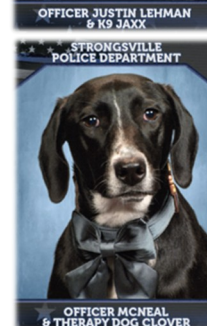
**STRONGSVILLE POLICE K-9 UNIT PRESENTATION**

Come out and learn about Strongsville's K-9 Unit! The Strongsville Police Department's K-9 unit started in 1995. Our canine teams are valuable law enforcement tools that improve the operating efficiency and effectiveness of the patrol division. These canines are registered with the Cuyahoga County Auditor's Office and are certified by the Ohio Peace Officer Training Academy as both Police Service Canines and Narcotics Detection Canines. **Registration required.**

**Instructor: Sgt. Steve Piorkowski**

**Ages: 50 & older**

Wednesday 7/15 10:00am FREE



**PROGRAMS cont.**

**REVISITING JOHN STRONG - THE FOUNDER AT 250: A RENEWED PERSPECTIVE**

Strongsville Historical Society historian, Dennis Dimengo, will present "Revisiting John Strong – the Founder at 250: A Renewed Perspective". As part of the Strongsville Historical Society's observance of the 250th Anniversary of American Independence, the presentation provides a fresh re-telling of John Stoughton Strong's life and an assessment of his contributions to establishing the city. The fourth child of a Connecticut farmer, John Strong was contracted to divide and sell the Western Reserve land holdings of a prominent New England family. In executing his contract, Strong led the first pioneers to what would soon become the city named for him and played a pivotal role in the city's early development. This presentation develops John Strong's life and character and describes his initiatives in establishing the settlement and placing it on the path to success. Registration required.

**Instructor: Dennis Dimengo of the Strongsville Historical Society**

**Ages: 50 & older**

Wednesday 7/8 1:00pm FREE

**GENEALOGY PRESENTATION FOR BEGINNERS**

"Getting Started" in genealogy and family history can mean many things depending on the person. Perhaps you have already started looking at records online and found someone who may be your great great-grandmother but you don't know how to verify it. Or maybe you have worked on and off collecting information, but you are not sure how to pull it all together and reach much further back in your family history. Many of the Western Reserve Historical Society will help you get started and share helpful resources to use in your genealogy search. **Registration required.**

**Instructor: Mary of the Western Reserve Historical Society**

**Ages: 50 & older**

Wednesday 8/26 10:00am

**Fees:** Members \$5  
 Non-Members/Residents \$6  
 Non-Members/Non-Residents \$7



**HISTORY OF CHOCOLATE AND TASTING**

This delicious journey will explore chocolate's rich history, explain the fascinating science behind its feel-good effects, and engage your senses with a guided tasting. (Tasting and presentation sponsored by Brookdale Westlake Village). **Registration required.**

**Instructor: Kari Brozic**

**Ages: 50 & older**

Date TBA

**Fees:** Members FREE  
 Non-Members/Residents \$3  
 Non-Members/Non-Residents \$5

**STRONGSVILLE'S FIRST INDUSTRIAL PARK**

Strongsville Historical Society historian, Dennis Dimengo, will present "Strongsville's First Industrial Park: The Story of Sanderson's Corner". Sanderson's Corner was a small community that developed southeast of Strongsville in the first half of the 19th century near where the Ward 2 Fire Station on Drake Road now stands. While largely forgotten and with little remaining of the settlement, it played an important role in early Strongsville and was the focal point of a long-forgotten feud. Registration required.

**Instructor: Dennis Dimengo of the Strongsville Historical Society**

**Ages: 50 & older**

Monday 8/17 1:00pm FREE

**PAINT AND SIP**

Come out and enjoy some light snacks and refreshments while enjoying some conversation and painting. Enjoy some light-hearted fun while creating your own masterpiece. (Sponsored by Brookdale Westlake Village)

**Registration required.**

**Instructor: Kari Brozic**

**Ages: 50 & older**

Date TBA

**Fees:** Members FREE  
 Non-Members/Residents \$3  
 Non-Members/Non-Residents \$5

**MEDICAL ALERT SYSTEMS BRUNCH N' LEARN**

The goal of this presentation is to provide meaningful, practical information directly to community members—focused on safety, independence, and confidence as they age. Stephanie will do an overview of medical alert devices and products, including who benefits most and common scenarios where medical alert devices are helpful. A light breakfast and coffee will be served. **Registration required.**

**Instructor: Stephanie Bondi of Alert Care**

**Ages: 50 & older**

Wednesday 8/12 10:00am FREE

**INSTITUTE FOR LEARNING PROGRAMS**

The following programs are offered through the Institute for Learning (ILR) by Baldwin Wallace University, which offers senior adults presentations in a variety of subject areas, as well as social, cultural and travel experiences. Registration is required for each program.

Please refer to the Silver Pen Newsletter for June, July & August presentations. Held at the Senior Center.

**Ages: 50 & older**

**Fees:** Members Free  
 Non-Members/Residents \$3/class  
 Non-Members/Non-Residents \$5/class

**The Golden Age of Television: The Dean Martin Show**

*by Bill Brauning, Musician & Educator*

In 1965, NBC Television started broadcasting the Dean Martin Show. From his roots in Steubenville, Ohio to Hollywood, California, we will follow both his TV and Film career with clips from both. His music and humor made him one of Hollywood's entertainment icons.

Thursday 4/23 10:00am

**Celebrating Independence by Beryl Prusinowski, MS & BS**

Prepare for the 2026 Semiquincentennial (who makes up these words?) with this enjoyable look at the history of America's independence. Trace the story of Independence Day from its revolutionary roots to the traditions we recognize today. Review the factors that led to the dramatic summer of 1776. Explore the declaration of Independence and cast aside some of the common misconceptions about the document. Witness the evolution of the celebration of Independence as society and key issues changed over the years.

Thursday 5/14 1:00pm

**PROGRAMS cont.**

**WEBINAR SERIES AT THE SENIOR CENTER**

Enjoy a range of talks from bestselling authors and thought leaders through these insightful webinars made possible by the Cuyahoga County Public Library. Each webinar is a pre-recorded showing of an online seminar and lasts approximately one hour. **Showings are pre-recorded and held at the Senior Center. Registration required for each webinar showing.**

**Webinar: The Stories, Science and History of Trees with Smithsonian Garden Greenhouse Horticulturalist, Matthew Fleming**

Join us as Smithsonian Horticulturalist Matthew Fleming, guides us through the secret world of trees as is revealed in the beautiful and absorbing guide to the giants of the plant world—*The Tree Book: The Stories, Science, and History of Trees*. Trees occur naturally throughout the world and have been a part of human history for almost as long as humans have existed. Used for shelter, tools, fuel, and food, they also help supply the atmosphere with oxygen and form astonishingly diverse ecosystems, as well as some of the world's most beautiful landscapes. Now the intricate world of leafy woodlands and abundant rainforests is revealed in this extensive visual guide to trees, exploring their key scientific traits and their ecological importance, as well as their enduring significance in human history and culture. From ancient oaks and great redwoods to lush banyans and imposing kapoks, *The Tree Book* reveals the anatomy, behaviors, and beauty of these incredible plants and habitats in detail. **Registration required.**

**Ages: 50 & older**

Monday 4/27 10:00am FREE

**Webinar: On the Strangeness and Wonder of Our Brains with Pria Anand**

You're invited to a fascinating conversation with neurologist and author Pria Anand to chat about her new book *The Mind Electric: A Neurologist on the Strangeness and Wonder of Our Brains*. *The Mind Electric* speaks to the stories we tell ourselves about our brains, and the stories that our brains tell to us.

In *The Mind Electric*, neurologist Pria Anand reveals—through case study, history, fable, and memoir—all that the medical establishment has overlooked: the complexity and wonder of brains in health and in extremis, and the vast gray area between sanity and insanity, doctor and patient, and illness and wellness, each separated from the next by the thin veneer of a different story. She demonstrates again and again the compelling paradox at the heart of neurology: that even the most peculiar symptoms can show us something universal about ourselves as humans. Register now to join this intriguing pre-recorded presentation! **Registration required.**

**Ages: 50 & older**

Thursday 5/7 10:00am FREE

**Webinar: The Stories, Science and History of Birds with Smithsonian Biologist Jay Falk**

Delve into the fascinating world of birds through astonishing photography and clear explanations in this absorbing global guide, *The Bird Book: The Stories, Science, and History of Birds*.

Birds are dinosaurs with a history going back millions of years. Our fascination with them runs deep in history, and our close association is reflected in creation stories, myths, legends, songs, and children's stories.

This book and presentation explore:

- Both the natural history of birds and that deep cultural connection.
- From their evolution and anatomy to their behavior and diversity.
- Hawks, finches, swans, or birds of paradise, moving the focus away from a predictable species-by-species account and allowing for truly global coverage.
- The bold nature of European Robins and why they are associated with Christmas; the mythical Phoenix, which rises from the ashes; and learn about eagles, from their hunting prowess to their myriads of stories and symbolism.

Packed with information, beautiful photography, and illustrations, *The Bird Book* is a must-have for nature enthusiasts. Register today to learn more about your very own backyard friends! **Registration required.**

**Ages: 50 & older**

Thursday 6/18 10:00am FREE

**Webinar: Finding My Way with Nobel Peace Prize Laureate Malala Yousafzai**

You are invited to join us to hear from Nobel Peace Prize Laureate Malala Yousafzai about her astonishing memoir, *Finding My Way*. Malala reintroduces herself to the world, sharing how she navigated life as someone whose darkest moments threatened to define her narrative—while seeking the freedom to find out who she truly is.

Thrust onto the public stage at fifteen years old after the Taliban's brutal attack on her life, Malala Yousafzai quickly became an international icon known for bravery and resilience. But away from the cameras and crowds, she spent years struggling to find her place in an unfamiliar world. *Finding My Way* is a story of friendship and first love, of anxiety and self-discovery, of trying to stay true to yourself when everyone wants to tell you who you are. In it, Malala traces her path from high school loner to reckless college student to a young woman at peace with her past. Through candid, often messy moments like nearly failing exams, getting ghosted, and meeting the love of her life, Malala reminds us that real role models aren't perfect—they're human. Register now for this pre-recorded showing you cannot miss! **Registration required.**

**Ages: 50 & older**

Monday 7/27 10:00am FREE

Town Center Park	
Summer Concert Series	
ESTD 1925	
2026	
6-8pm	
JUNE 6	<b>Disco Inferno</b> 18300 Zverina Lane
JUNE 13	<b>The Diamond Project</b> 18300 Zverina Lane
JUNE 27	<b>In the Heartland</b> 18300 Zverina Lane
JULY 11	<b>E5C4P3</b> 18300 Zverina Lane
AUG 8	<b>Ace Molar</b> 18300 Zverina Lane
AUG 22	<b>Boaterhead</b> 18300 Zverina Lane
SEP 26	<b>Queens BLVD</b> 18300 Zverina Lane

Strongsville  
ESTD 1925

## CONSULTATIONS

### HEARING AID SERVICES

Hearing aid services provided by Brookway Hearing Center. Hearing tests, cleaning and service of hearing aids, and battery offers, provided for your convenience. Appointments needed. Call the Senior Registration Desk at (440) 580-3275.

Tuesdays 4/14, 5/12, 6/9, 7/14, 8/11 10:00am **FREE**

### ATTORNEY

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

Tuesdays 4/7, 5/5, 6/2, 7/7, 8/4 9:20-11:30am Erica Skerl  
Friday 4/24, 5/22, 6/26, 7/24, 8/28 10:00-11:20am Sam Butcher

### POST OFFICE ON WHEELS

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

2nd Tuesday of the Month 1:00-1:15pm

### 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.

Tuesdays 4/14, 5/12, 6/9, 7/14, 8/11 9:15am-1:00pm **FREE**

### BENEFITS CHECK UP

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

**Ages: 50 & older**

Friday 4/10, 5/8, 6/12, 7/10, 8/14 9:15am-12:00pm **FREE**

## COMMUNITY SUPPORTS GROUPS

### MEMORY LOSS SUPPORT GROUP

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

**Ages: 50 & older**

Wednesdays 4/1, 5/6, 6/3, 7/1, 8/5 9:15am **FREE**

### STRONGSVILLE LOW VISION CONNECTION

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

**Ages: 50 & older**

Tuesdays 4/28, 5/26, 6/23, 7/28, 8/25 1:00-2:30pm **FREE**

## MUSTANGS ON THE GO!

### SURPRISE MYSTERY TOUR #6

Let's take a boat to Bermuda. Let's take a plane to St. Paul. Let's take a kayak to Quincy or Nyack. Let's get away from it all! Here is your chance to enjoy a wonderful Spring day of surprises! With all our Mystery trips, we discover smaller, hidden destinations that offer amazing experiences seeing attractions and sites you would have never known about! You will need a sense of adventure, a good sense of humor and comfortable walking shoes. And with all our Mystery trips, Lunch and surprises are included. If Wanderlust is in your heart and a willingness to explore somewhere NEW, come join us! This is a JKL Tour.

**Ages: 50 & older**

Wednesday 4/15 7:30am-5:30pm

	Fees	Register Now
Members	\$104	
Non-Members/Residents	\$109	
Non-Members/Non-Residents	\$119	

### WESTSIDE MARKET TOUR & EXCURSION

West Side Market is Cleveland's largest and oldest continuously operating public market. The Market has served fresh produce, meats, bakery, dairy, prepared foods and more to Cleveland residents and visitors since 1912!

We will first be taking a tour to explore the history of the West Side Market and discuss the upcoming Master Plan renovations. These updates include improvements to: The East and North Produce Arcades, Market Alleyway, & the Women's and Men's Locker Rooms. After the tour, we will have ample time to explore the market and purchase lunch at your own expense. Transportation by Strongsville Bus.

**Ages: 50 & older**

Wednesday 5/13 9:00am-2:00pm

	Fees	Registration Begins
Members	\$20	3/5
Non-Members/Residents	\$22	3/12
Non-Members/Non-Residents	\$26	3/19

### LAKEVIEW CEMETERY TOUR

Long before University Circle became a destination with many of the cultural institutions that now grace Wade Oval, there was Lake View Cemetery. Founded in 1869 by pioneering leaders of Cleveland, Lake View is one of the largest and most beautiful garden cemeteries in the United States.

Modeled after the Victorian and Edwardian garden cemeteries of France and England, Lake View is filled with dramatic natural landscapes, curved roadways, artful plantings, and carefully designed monuments. Once at the cemetery, one of Lake View's dynamic tour guides will board the bus and lead the tour highlighting Lake View's historic landscapes, landmarks, and legacies!



Guests will also have the opportunity to stop at the James A. Garfield and Wade

Memorial Chapel and explore on foot if desired. Before leaving for the tour, the Senior Center will provide a sit-down breakfast including eggs, bacon/sausage, hash browns, French toast, cinnamon streusel cake, and fruit. Coffee, hot tea, and orange juice will also be provided. Transportation by Strongsville Bus.

**Ages: 50 & older**

Monday 5/4 Approximately 8:30am-1:00pm

	Fees	Registration Begins
Members	\$26	3/4
Non-Members/Residents	\$28	3/11
Non-Members/Non-Residents	\$32	3/18

## MUSTANGS ON THE GO! cont.

### HISTORIC & ETHNIC CLEVELAND PART 5

This historic tour of Cleveland—Part 5 will give you a view of the rich tapestry of cultures and heritage that makes Cleveland, “*The Best Location in the Nation.*” We will start by exploring the Glenville area that began as a farming community, before it was a hot bed for Clevelanders seeking Victorian-era gaming action! Glenville became a Jewish enclave in the early 1900s, that we'll explore and we'll have a photo stop at the Superman House. We'll see Jewish Temples that converted to other houses of worship, creating Church Alley. We'll drive through the area of Cultural Gardens, before we enjoy the displays of flora at the Rockefeller Greenhouse. We'll depart our motor coach and ride the RTA RAPID for an overhead view of the Flats, arriving underneath the Terminal Tower. We'll have a short walking tour of Terminal Tower City before we arrive at the Seven Chefs Buffet @ JACK Cleveland Casino for lunch. After lunch, we'll continue sightseeing the mini-mansions along Upper Prospect Avenue before we stop in to see the Metropolitan Hotel, formerly the AmeriTrust building and complete our day visiting the Heinen's at Cleveland Trust, seeing this amazing turn around that saved an iconic Cleveland landmark. This is a JKL Tour.

**Ages: 50 & older**

Thursday 5/28 8:00am-5:30pm

	Fees	Registration Begins
Members	\$114	3/25
Non-Members/Residents	\$119	4/1
Non-Members/Non-Residents	\$129	4/8

### CLEVELAND METROPARKS ZOO

Visit Cleveland Metroparks Zoo for a day of wildlife, learning & fun! Don't miss this exciting metropolitan zoo best known for having the largest collection of primates in the United States and for its

Rainforest exhibit, which features a thrilling simulated tropical rain storm. There will be ample time to explore the zoo and explore the exhibits. Various dining areas will be open for food and beverage purchases on your own or you may bring your own lunch. Come find out why Cleveland Metroparks Zoo is one of the top places to visit in Cleveland. Note: Entrance for Cuyahoga County & Hinckley Township residents is free. Must provide valid ID. Residents outside of Cuyahoga County or Hinckley Township will be subject to the daily zoo rate. Transportation by Strongsville Bus.

**Ages: 50 & older**

Monday 6/1 9:00am-2:00pm

	Fees	Registration Begins
Members	\$15	4/2
Non-Members/Residents	\$17	4/9
Non-Members/Non-Residents	\$21	4/16



### GOODTIME III

This upcoming 2026 season, the Goodtime III is thrilled to be offering a Senior Day on the Narrated Sightseeing Cruise for ONE DAY ONLY on June 10, 2026! This two-hour narrated cruise along the Cuyahoga River and Lake Erie provides an in-depth look at Cleveland's history and provides spectacular views of downtown Cleveland, the Flats, and all of the surrounding areas. Passengers will enjoy the quickly changing panorama of Cleveland's skyline and listen to the narrator point out many sights and little-known historical facts about this All-American city. The concession stand and bar will be open for food and beverage purchases on your own. Strongsville bus.

**Ages: 50 & older**

Wednesday 6/10 10:30am-3:00pm

	Fees	Registration Begins
Members	\$33	4/7
Non-Members/Residents	\$35	4/14
Non-Members/Non-Residents	\$39	4/21

### AMISH COUNTRY TOUR WITH ROBIN SWOBODA

Robin Swoboda will take you on a tour like not other! Our first stop will be to one of Robin's favorite, the Farm at Walnut Creek. We will board horse drawn wagons and ride through the animal park with hungry exotic animals ready to eat our treats. There will also be time to walk through a prototype Amish home. Then the bus is off to Berlin for shopping and lunch on your own. After your time in Berlin, we're off on a scenic backroad tour seeing highlights of the Amish way of life. We'll visit a local Amish man who makes and sells handmade brooms. (Cash only) On to a local bulk food store to stock up on baking supplies, local produce, jams, jellies and so much more. The day will be completed with a traditional meal in an Amish home. Our menu will include homemade bread, salad, chicken, roast beef, mashed potatoes, noodles, veggies and homemade pies. This is a tour with Amish Table Talk.

**Ages: 50 & older**

Thursday 8/13 7:00am-7:30pm

	Fees	Registration Begins
Members	\$184	6/11
Non-Members/Residents	\$186	6/18
Non-Members/Non-Residents	\$190	6/25

### CLEVELAND ART MUSEUM

Join us for a guided tour at the Cleveland Museum of Art. The tour will invite participants to engage in critical inquiry, observation, and conversation with objects. Led by a staff member or a CMA docent, guided tours can enhance the understanding of art and techniques as well as appreciation for the artists' work featured at the museum. After the tour, there will be time to stop and grab a bite to eat. The Provence café features and snack options made in an open kitchen, including a variety of seasonal soups and salads, hot and cold sandwiches, beverages, desserts, and more for purchase on your own. Strongsville bus.

**Ages: 50 & older**

Wednesday 9/9 9:00am-2:00pm

	Fees	Registration Begins
Members	\$20	7/9
Non-Members/Residents	\$22	7/16
Non-Members/Non-Residents	\$26	7/23

More trips to come, including a Fall, 3 day, 2 night trip to the Fabulous Finger Lakes! Watch your Sliver Pen Newsletter for more info!



pepsi

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



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