

Broadview Heights Parks & Recreation

FALL & WINTER 2009-2010



KEEP THROUGH FEBRUARY 2010

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CALENDAR

8/24 Fall/Winter Brochure available online	11/21 Zone: www.zonebroadview.com, p. 5
8/29-9/7 Pool closed for annual maintenance.	11/26 Thanksgiving - Closed
8/29 Resident & Member Swim Registration Begins, 8AM	12/5 Christmas Party & Zone, p. 5 & 6
8/30 Non-Resident Swim Registration begins, Noon	12/11 & 12/12, Kalahari Getaway Weekend!!!
8/26 Early Start Soccer Registration Deadline, p. 12	12/21 Blood Drive, p. 5
9/1 FLEX PASS FOR FITNESS BEGINS!!!	12/21 Christmas Break Camp Begins, p. 9
9/1 Fall/Winter Hours Begin	12/24 Christmas Eve, Open 8:30AM - 4:30PM
9/1 Men's Fall Basketball Registration Deadline, p. 21	12/25 Christmas Day, Closed
9/7 Labor Day - Closed	12/31 New Year's Eve, Open 8:30AM - 4:30PM
9/8 New Pool Party Package available!!! p. 5	1/1 New Year's Day, Closed
9/10 Preschool classes begin, p. 7	1/7 Youth Volleyball Begins, p. 14
9/14 Classroom Antics After School Programs Begin, p. 8	1/16 Zone: www.zonebroadview.com, p. 5
9/19 Zone: www.zonebroadview.com, p. 5	1/18 Martin Luther King Day, Open
9/19 Kids Photography, p. 8	2/1-2/28 Spring Soccer Registration, p. 13
9/26 Tennis Lessons Begin, p. 14	2/1-3/14 Baseball/Softball/Teeball Registration, p. 14
9/26 Theater classes begin, p. 8	2/15 Spring/Summer Brochure available online mid- month
9/29 TeenzArt, p. 9	2/15 President's Day, Open
9/30 Youth Basketball Registration Deadline, p. 13	2/20 Zone: www.zonebroadview.com, p. 5
10/1 KidzArt, p. 9	3/14 Adult Volleyball Registration Deadline, p. 21
10/4 Kids Digital Photography Starts, p. 7	3/27 Resident & Member Swim Registration Begins, 8AM
10/7 Dog Obedience class begins, p. 21	3/28 Non-Resident Swim Registration begins, Noon
10/17 Boo-Nanza, p. 6	4/2 Good Friday, Open
10/24 Zone: www.zonebroadview.com, p. 5	4/2 Spring Break Camp Begins, p. 8
10/31 Halloween Pool Party 2-4PM, p. 27	4/4 Easter Sunday, Closed
10/31 Trick-Or-Treat 6:30-8:30PM	5/1 Coed Softball Deadline to submit a roster, p. 14
11/7 Kids Garage Sale 9AM-Noon, p. 5	

Call 440-838-4522 for more information.

RECREATION CENTER GENERAL INFORMATION

Membership Benefits:

- * Free use of Fitness Center & Circuit Room during all open hours.
- * Free use of pool and gymnasium during all open hours.
- * Discounts on programs and activities.
- * Discounts on room rentals and birthday parties.

Fees:	Resident	Non-Resident
Child (4 and under)	Free*	Free*
Student (5-18)	\$76	\$165
College Student (18-23)	\$76**	\$165**
Adult (19-59)	\$155	\$270
Senior (60 and over)	\$76	\$165
Family	\$261***	\$459***

At time of membership purchase, residency must be verified by address on check, drivers license, utility bill, or purchase agreement.

* 4 and under free with purchase of an adult membership.

**College Students must present current college identification at time of registration.

***Family membership consists of 2 adults and all children 18 and under living at home.

Memberships are non-refundable and non-transferable.

Drop-In Fees	Resident	**Non-Resident
Children (4 and under)	*Free	*Free
Student (5-18)	\$4	\$5
Adult (19-59)	\$5	\$6
Senior (60 and over)	\$4	\$5

*Four and under are free with a paid adult.

Broadview Heights residents may use the facility for a daily drop in fee.

**Non-Resident, Non-Members may use the facility only if they are accompanied by a Broadview Heights Resident or a Member.

FACILITY RENTAL INFORMATION

Rates listed are per hour. Minimum of 2 hours.

Room	Member	Non-Member	For Profit
Arts & Crafts	\$20	\$25	\$40
Birch Room	\$20	\$25	\$40
Child Care	\$15	\$20	\$30
Game Room	\$20	\$25	\$40
Hickory Room	\$20	\$25	\$40
Walnut Room	\$20	\$25	\$40
Willow Room	\$30	\$40	\$55
Oak Room	\$30	\$40	\$55
Gymnasium	\$30	\$40	\$55
Pavilion (Per Use)	\$50	\$50	\$75
Party Room	\$20	\$25	\$40
W/ Pool (2 Hours)	\$75	\$90	\$180
Fields (Per Game)	\$50	\$50	\$75
Television/VCR	\$10	\$10	\$10
Dry Erase Board	\$5	\$5	\$5

Reservations: Only Broadview Heights Residents and Members may rent rooms in the facility and they must be present during entire rental. Renter must fill out a Facility Rental Application at least two weeks prior to date requested. Applications are to be picked up and returned to the Recreation Department. Full payment is due one week prior to rental.

Cancellations: Must be made at least one week prior to the scheduled date of event. Cancellations made less than one week prior to the scheduled event will not be granted a refund.

FACILITY SCHEDULES

The gymnasium and the pool have specific schedules that are updated regularly consisting of times designated for open and scheduled use. These schedules are posted throughout the facility and are available at the front desk.

REGISTRATION INFORMATION

Walk-In Registration: Register during normal operating hours at the Recreation Department located in Broadview Center. Visa/MasterCard, cash, checks, and money orders are accepted.

Mail-In Registration: City of Broadview Heights, 9543 Broadview Road, Broadview Heights, Ohio 44147, ATTN: Recreation Department. Payment by check must accompany any mailed registration forms.

Additional program information and registration forms are located at the Recreation Department and through our website at www.bhrec.org.

Note: We do not currently offer registration by phone.

Fees: All fees are due at the time of registration. Checks are payable to the City of Broadview Heights.

Cancellation Policy: If a program does not have the required class minimum registered 72 hours prior to the start of the class, the session will be cancelled. Participants will be notified if a class is cancelled.

Refund Policy: If the Recreation Department cancels a class, each participant will receive a full refund. If a participant wishes to cancel their enrollment in a program, the request must be made in writing 5 days prior to the starting date of the program. Participants will receive a full credit to their account. Should a participant wish to receive reimbursement, a check can be issued minus a fee of \$5 to cover administrative costs. Exception: There will be no refunds for athletic programs after the Registration Deadline (baseball, softball, soccer, volleyball, etc). Memberships are non-refundable and non-transferable.

AGE REQUIREMENTS

*Children under 12 must be accompanied by an adult when visiting the recreation center unless attending an organized program (i.e. swim lessons, camp, etc).

*Children under 10 must be accompanied by an adult when using the pool (adult does not have to be in the pool).

*An adult must be in the water with children under 6.

*No one under the age of 15 may enter the fitness center, with the exception of 13 and 14 year olds who have completed the Youth Fitness Training Course.

*Sauna is for adults 18 years of age and over.

WORKOUT WATCH/CHILDCARE

Childcare is available for children ages 2 to 11 for use by members, facility users, and program participants. Reservations must be made 24 hours in advance by calling the Recreation Department. Maximum use per day is 2 hours. Reservations can be made in 1 hour, 1.5 hour, and two-hour increments.

Pre-paid hours	Member	Non-Member
10 hours	\$20	\$30
20 hours	\$40	\$60
Drop-in fee: \$3.00 per hour		

Availability:

Monday through Friday	9:00AM to 12:00PM
Monday through Thursday	6:00PM to 8:00PM
Saturday	8:30AM to 12:30PM

RECREATION CENTER RULES AND POLICIES

1. No food or drink in gym.
 2. Only scuff-resistant shoes are permitted in gym.
 3. The Broadview Heights Recreation Center is an alcohol and tobacco free building.
 4. Males under the age of 6 may use the women's locker room with an adult. There are no females permitted in the men's locker room at any time - please use the family locker room.
 5. No one under the age of 15 may enter the fitness center, with the exception of 13 and 14 year olds who have taken the Youth Fitness Training course.
 6. Children under 10 years of age must be accompanied by an adult in the pool area. Children under 12 years must be accompanied by an adult in all other areas of the facility unless they are enrolled in an organized program or activity. Children under age 6 MUST be accompanied by an adult in the water at all times.
 7. The Broadview Heights Recreation Department is not responsible for lost or stolen articles. It is strongly recommended that you do not bring any valuables into the center. There are lockers in the locker rooms for your use, however, items may not be locked overnight. Any locks remaining at the end of the night will be cut off.
 8. Please read the pool rules and follow them accordingly.
 9. Memberships are non-refundable and non-transferable.
 10. If you are a member using the facility you must punch in your code number at the front desk or in the fitness center.
 11. Game room equipment must be signed out and returned to the front desk.
 12. The following activities will not be tolerated and may be subject to suspension, expulsion, and/or criminal prosecution:
 - A. Fighting
 - B. Foul language
 - C. Loitering (inside or outside)
 - D. Defrauding membership
 - E. Disorderly conduct
 - F. Damaging equipment or property
 - G. Disregarding the staffs' enforcement of the rules.
 13. The Recreation Director will periodically review suspended or revoked memberships for re-issuance. Such review shall occur at least once within the year immediately following the date of suspension or revocation, if specifically requested by the suspended or former member. The Director will make a determination after reviewing the nature of the offense and the individual's ability to follow the rules and policies of the Broadview Heights Recreation Center. The Recreation Director may consider any and all data provided by the suspended or former member including but not limited to medical reports. Upon review of such suspension or revocation, the Recreation Director will make a determination as to whether to reinstate such membership along with a short memorandum of the reasons for the decision. Such determination shall be in writing and sent to the suspended or former member at the last known address by certified mail, return receipt requested.
 14. The Broadview Heights Recreation Center Staff reserves the right to add, change or delete rules, which in our judgment, will help maintain a safe environment for your use and pleasure.
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POOL RULES

1. NO DIVING PERMITTED IN THE POOL!
2. Only special swim diapers are permitted in the pool.
3. Soap showers are required before using the pool.
4. Persons with communicable diseases or infectious conditions such as open sores or eye infections shall not be permitted to use the pool.
5. Proper bathing attire required (swim suits are the only acceptable attire).
6. Spitting or polluting the pool water or related facility is prohibited.
7. Glass containers are not permitted in the pool area.
8. No eating in the pool area.
9. No floatation devices allowed.
10. Sandals are permitted on the deck all year - no athletic shoes on deck.
11. No running.
12. Children under 10 years of age must be accompanied by an adult or guardian in the pool area.
13. Children under age 6 MUST be accompanied by an adult in the water at all times.
14. Please wait for the lifeguard to signal before entering the water.
15. Sauna is for adults 18 and over. All posted sauna rules must be followed.
16. Lifeguards are responsible for enforcing rules that in their judgment will help maintain a safe environment.
17. Failure to adhere to these and any other rules and policies may result in suspension, expulsion, or criminal prosecution.

EVENTS & ANNOUNCEMENTS

POOL CLOSED

The pool will be closed from Saturday, August 29th through Monday, September 7th for annual maintenance.

PROGRAM & EVENT UPDATES

Be sure to check our website often for program & event updates and new programs!!! www.bhrec.org

LIFEGUARDS AND WATER SAFETY INSTRUCTORS NEEDED

Please stop at the front desk to complete an Employment Inquiry or contact the Aquatic Coordinator at 440-717-4063 or alemp@broadview-heights.org.

BROADVIEW HEIGHTS COMMUNITY PLAYGROUND

The Broadview Heights Community Playground at Broadview Center is open year round. New restrooms are open!!!

SKATE PARK

The Skate Park is located Southeast of the Recreation Center. It is open daily, weather permitting. Park closes at dusk. Boards & blades are permitted at the skate park. Sorry, no bikes allowed!

GIFT CERTIFICATES

Give the gift of Health! Gift Certificates are now available in any denomination for programs and memberships!

INSTRUCTORS WANTED

Do you have a special talent or skill that you would like to share with others? We are looking for talented individuals to teach new & existing programs. If interested, call Paula at 440-717-4018.

FORMS

All forms are available on our website at www.bhrec.org

CONCESSION STAND

The concession stand will be open for Munchkin soccer this fall!

CALLING ALL SCOUT GROUPS

Would you like to learn about water safety? Our certified Aquatic Staff will present a program on water safety that will also allow you to enjoy some open swim time. For information or to set up a date for your outing call Amanda at 440-717-4026.

Interested in a sports badge? We are teaming up with Marymount Hospital's Human Motion Center to bring you a sports program that will earn your group a sports badge. Call Paula at 440-717-4018 for more information or to reserve a date.

OOPS! We may have canceled a class because we didn't know you were coming!

Sometimes great classes are canceled when too many people wait until the last minute to register. Please avoid disappointment by registering at least 3 days before the class begins. Thank you!

POOL PARTY PACKAGE - *New Rates!!!*

Looking for a fun place to host your next Birthday party? Look no further. Celebrate your special event with an exciting pool party at the Broadview Heights Recreation Center! We are now offering our Birthday Party package at a **special reduced rate** to help you save money. The party package includes the use of the party room and the pool for 2 hours for up to 30 people. We can accommodate larger groups too, ask for details. Special begins 9/8/09.

Special Rates: Member \$75, Resident \$90, For-Profit \$180

KIDS GARAGE SALE

Activity #3300

Join us on Saturday, November 7th, 2009 for our Indoor Kids Garage Sale! The event will be held from 9AM to Noon. It will be held at the Broadview Heights Recreation Center at 9543 Broadview Road. Infant/Children & Maternity Clothing, Baby Equipment & Accessories, Sporting Goods and Toys. Cash Only/All Sales Are Final. Free Admission!!!

Section 74 6ft. tables: \$15

Section 75 8ft tables: \$17

Broadview Heights Recreation Center Members will receive a \$2 discount. **Reserve your spot now while space is still available!** Please register by October 24th.

AMERICAN RED CROSS BLOOD DRIVE

Monday, December 21st from 12:00PM-6:00PM



ZONE AT THE REC
DANCING PRIZE HIGH-ENERGY
GIVEAWAYS GIVEAWAYS DJ'S
6TH - 8TH GRADE
TEEN EVENTS

EVENT DATES
SAT, SEPTEMBER 19
SAT, OCTOBER 24
SAT, NOVEMBER 21
SAT, DECEMBER 19
SAT, JANUARY 16
SAT, FEBRUARY 20
All Events Run 7-10 pm

WWW.ZONEBROADVIEW.COM

The poster features a yellow background with a black and white silhouette of a DJ at a turntable. Below the main title, there are several small photographs showing groups of people at events, some with their hands raised in the air. The text is arranged in a clear, bold font, with the event dates listed in a green box.

HALLOWEEN EVENTS

The Halloween Festivities are still in the planning stages.

We will post all of the information on our website as soon as it is available!



PRESEASON BASKETBALL CAMP

Activity #2500

This program will be run by Ed Baldwin and his friendly, experienced staff! This Pre-Season Basketball Clinic is for those who want to polish their game prior to the 2010 Broadview Heights Basketball Season! Our goal is to improve fundamental basketball skills, teach teamwork and discipline while having FUN! Participants will do drills, scrimmages, and games. They will be broken down into groups by grade level and ability. The clinic will progress according to the abilities of the kids who are participating. Groups will progress as they master skills. Each player will receive a T-shirt, a basketball as well as pre and post clinic evaluations and recommendations. This program will be held at the Broadview Heights Recreation Center Gymnasium.

Boys

Time: Tuesdays, 6-7PM

Dates: November 10th - December 15th

Section 80	1st grade – 2nd grade
Section 81	3rd grade – 4th grade
Section 82	5th grade – 6th grade
Section 83	7th grade – 8th grade

Girls

Time: Saturdays, 11:00AM-Noon

Dates: November 14th - December 19th

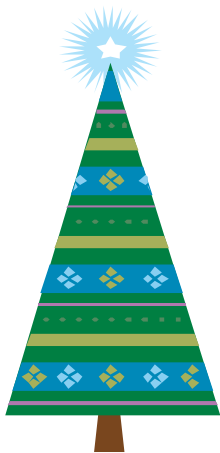
Section 84	1st grade – 2nd grade
Section 85	3rd grade – 4th grade
Section 86	5th grade – 8th grade

Fees:

Member	\$44
Resident	\$49
Non-Resident	\$54

COMMUNITY CHRISTMAS PARTY

This year's annual holiday kick-off event will be on Saturday, December 5th. Many fun & exciting new activities are planned for this holiday kick-off event! It will start outdoors in front of the Community Building at 6PM with some old fashioned Christmas caroling led by the Broadview Heights Spotlights Costumed Carolers. Santa will arrive by fire truck, just in time to count down for the Tree Lighting Ceremony, followed by Santa Visits, refreshments, and other activities. All are welcome. Admission is free, but everyone is asked to bring non-perishable items for the Yuletide Hunger Program. Residents can enjoy the Recreation Center free of charge all day! Open swim 2:00PM - 7:30PM.



BROADVIEW HEIGHTS KALAHARI GETAWAY December 11th & 12th, 2009



The new expansion at the Kalahari Waterpark Resort is now open! This makes Kalahari Sandusky the home of America's Largest Indoor Waterpark with 173,000 sq. ft. of wet & wild fun! Join us for another Broadview Heights Kalahari Getaway Weekend and receive the special rate of only \$108 for Friday night, December 11th! This includes waterpark passes for both Friday and Saturday! Want to stay all weekend? If so, you will get the discounted rate of \$128 per night for Friday, December 11th and Saturday, December 12th, plus you will receive complimentary mini-golf! These rates are valid for up to 4 guests per room. Additional guests may be added for \$20 per person, per night.

Please call 1-877-525-2427 or visit www.kalahariresort.com for more information or to reserve your spot today. Mention that you want to be a part of the Broadview Heights Kalahari Getaway to receive these great deals!

Please note: Rooms will only be offered at these rates based upon availability. Don't be shut out, reserve your room early!

PRESCHOOL CLASSES

Activity #1401

Instructor: Kathy Mack

Kathy achieved a B.S. Degree in Education in 1992. She has had 3 years experience as the Kindergarten teacher for Mt. Healthy Public Schools. She had five years experience with the Elyria City Schools as a Second and Third Grade Teacher and was also a Reading Specialist. Kathy has been teaching "Preschool with Me" for the City of Broadview Heights for almost 2 years.

PRESCHOOL WITH ME

This is a Mommy & Me preschool readiness class designed to foster listening skills, socialization, and love of school. This program includes 'circle time', songs, learning stations, and more. All activities are centered around weekly themes. This class will also include interaction with sensory centers that include play-dough, bubbles, blocks, etc. Each week will include a craft, free time, and a story! Please bring a snack for your child. Class meets once per week for 6 weeks. Classes are limited to the registered participant and one adult per student. Minimum 5, Maximum 12. Ages: 2-3 years.

Time: Thursday, 10:30-11:30AM

Section 38	September 10th - October 15th
Section 40	October 22nd - December 3rd, no class 11/26
Section 42	December 10th - January 28th, no class 12/24 & 12/31
Section 44	February 4th - March 11th
Section 46	March 18th - April 29th, no class 4/8

Fees per section: Member \$55, Resident \$60, Non-Resident \$65
Supply fee payable to instructor at the first class: \$5.00
Please be sure to include your email address on the registration form for the instructor to contact you with weekly themes.

KIDDIE KOLLEGE

This class is for children currently in preschool who are potty trained and are able to leave their parent/guardian without tears. Each week, we will target a specific area of the preschool curriculum through fun activities! Participants must be between 3 and 5 years of age as of 9/1/09. Please pack a snack for your child. Class meets once per week for 6 weeks. Minimum 5, Maximum 12. Ages: 3-5 years, as of 9/1/09.

Time: Thursdays, 1:30-3:00PM

Section 39	September 10th - October 15th
Section 41	October 22nd - December 3rd, no class 11/26
Section 43	December 10th - January 28th, no class 12/24 & 12/31
Section 45	February 4th - March 11th
Section 47	March 18th - April 29th, no class 4/8

Fees per section: Member \$75, Resident \$80, Non-Resident \$85
Supply fee payable to instructor at the first class: \$5.00
Please be sure to include your email address on the registration form for the instructor to contact you with weekly themes.

DIGITAL PHOTOGRAPHY FOR KIDS

Activity #2000-16

New Class! The Broadview Heights Parks and Recreation Department is offering a series of photography classes for kids ages 8 to 13. The classes will cover camera controls, composition, lighting, printing and mounting. Participants will need to have their own digital camera and during the last class, will mount their four favorite pictures. Members of the Cleveland Photographic Society will teach this class. PLEASE NOTE: This class is held at the Cleveland Photographic Society building located behind the Recreation Center. Sign up now - only 12 spots available! Class meets once per week for 3 weeks. Attendance at all 3 classes is highly recommended. Class minimum 6, maximum 12. (Prints not included).

Saturday Mornings, 10:00 AM - 11:00 AM

Dates: September 19th, September 26th, & October 3rd

Fees: Member \$14, Resident \$16, Non-Resident \$18

THEATER CLASSES

Activity #3701

Introduction to the Theater (Ages 7 – 12)

This class serves as a relaxed, fun-filled introduction to the art of the theater. Students will learn about the creative process of performance through improvisation activities and theater games. Objectives include building individual confidence, sensory awareness, and group participation. A final performance will showcase the students' talents on the last session. All sessions meet at the Cultural Arts Building, home of the Broadview Heights Spotlights' Theater. Class Min. 6, Max. 20.

Saturdays, 9:00AM – 10:00AM

Section 09: September 26, October 3, 10, 17, 24, 31
November 7, 14, 21

Fees: Member \$80, Resident \$85, Non-Resident \$90

Principles of Acting (Ages 9 – 14)

Students tap into their own imaginations through activities that develop the basic acting skills through student-created scenes. Diction, projection, and intonation skills will be introduced and basic movement and gesturing techniques will be explored. The class culminates with a showcase of student-prepared short scenes on the final day of class. All sessions meet at the Cultural Arts Building, home of the Broadview Heights Spotlights' Theater. Class Min. 6, Max. 20.

Saturdays, 10:30AM – 12:00PM

Section 10: September 26, October 3, 10, 17, 24, 31
November 7, 14

Fees: Member \$115, Resident \$120, Non-Resident \$125

CLASSROOM ANTICS AFTER SCHOOL CAMPS

Antics LEGO WeDo Robotics, grades 2-3

Learn how to build LEGO robotic animals, and program how they move and react on the computer. Made specifically for younger children, students will build an alligator that chomps, a monkey that beats to a drum, and many other fun creations. Students will use the computer to program the motor and sensor in the robot. Limited space available. No previous robotics experience needed.

Mondays, 3:45-5:45PM

I. September 14th, 21st, & 28th

Fees: \$90

Antics LEGO NXT Robotics, grades 4-8

Learn how to build and program a robot that walks, talks, sees, and hears. Build a LEGO robot that moves, senses, and reacts to stimuli. LEGO NXT robots have sensors to detect light, sound, and touch. Students will use the computer to program how the robots moves and reacts to the sensors. Limited space available. No previous robotics experience needed.

Mondays, 3:45-5:45PM

II. October 5th, 12th 19th & 26th

Fees: \$120

Antics Stop-Motion Animation Studio, grades 4-8

Learn how to create a stop-motion movie using LEGO, Play-Doh, and felt. Some call this technology Claymation. Students create their own movies using still-cameras, computers, and movie design software. Artificial movie backgrounds are created using Green Screen technology. This is our most popular technology in Tech Camp. Students can take their movies home with them. Limited space available. No previous movie making experience needed.

Thursdays, 3:45-5:45PM

III. February 18th, 25th, March 4th & 11th

Fees: \$120

Antics Video Game Design, grades 4-8

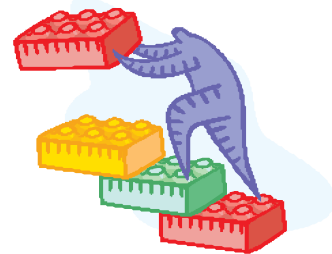
Learn how to create video games. Students will learn the terminology and techniques to create their own video games, playable on Windows computers. Using age-appropriate game design software, children will learn how video games are designed and tested. Students can take their games home with them. Limited space available. No previous video game design experience needed.

Mondays, 3:45-5:45PM

IV. April 12th, 19th, 26th, May 3rd & 10th

Fees: \$150

Enroll today at
ClassroomAntics.com
or for more information,
call 330-220-0400.



KIDZ ART CLASSES

KIDZ ART

KidzArt offers students the opportunity to work with top-of-the-line art materials like Prismacolor Markers, Pencils and Art Stix, Faber-Castell Watercolors, and Sculpey Clays. We also offer a diverse and unique art enrichment program that helps students in Grades K-3 enhance artistic skills and knowledge, builds confidence and develops creative thinkers and problem solvers. Our focus is on individuality and a completely positive environment—there is no such thing as a mistake in KidzArt! Join us this fall for all new, exciting projects including Charcoal, Flannel Paper, Tee-Pees with Sandpaper, Haunted Houses on Foam Core, and introducing Sculpey Flex, bendable clay. Your tuition payment includes all materials. Register online at www.kidzartoh.com



Grades K-3

Time: Thursdays, 4:45PM- 5:45PM

Session I: 10/1- 10/29

Session II: 11/5- 12/10, no class 11/26

Tuition: \$70 Per Session. Sign up for all ten weeks NOW at the reduced rate of \$130

TEENZ ART

Announcing TeenzArt, an Art Class geared just for Grades 4-8!! TeenzArt is an art program that uses the same high quality, diverse projects that has made KidzArt famous—Prismacolor Markers, Pencils, and Art Stix, Sculpey Clay, Velour Paper and more, but offers advanced projects geared specifically for Grades 4-8. Join us this fall for projects using White Charcoal, applying the One Point Perspective with Pastels, Symmetrical Collage Masks, Making a Project Upside Down, and exciting Sculpey Clays including Pencil Holders and Sculpey Flex, a bendable clay! All premium materials are included in our tuition rate. Register online at www.kidzartoh.com



Grades 4-8 (Fall '09) ONLY

Time: Tuesdays, 4:00PM-5:00PM

Session I: 9/29- 10/27

Session II: 11/3- 12/8 (no class 11/24)

Tuition per session: \$70 per Session.

Sign up for all Ten Weeks NOW at the reduced rate of \$130.

Check us out at www.kidzartoh.com or contact us at (440) 899-7676.

SPRING BREAK CAMP 2010

Activity #3795

Looking for a great place for your kids to spend their Spring Break? Bring them to our Spring Break Camp! This camp uses the same format as our Christmas Break Camp, see *Christmas Break Camp 2009* for further details or call (440) 838-4522 for more information. This camp will run weekdays from April 2nd to April 9th.

Fees:	All 6 days	Daily
Member	\$96	\$18
Resident	\$114	\$21
Non-Resident	\$144	\$26

Extended Care:

Pre-Care (#3796)	7:00AM-9:00AM	\$4.00 per day
After-Care (#3797)	3:00PM-6:00PM	\$6.00 per day

CHRISTMAS BREAK CAMP 2009

Activity #3792

Do you have plans for your children over Christmas Break? Bring them to our camp where they will play games, go swimming, make crafts, watch movies, participate in relays and obstacle courses, and have lots of fun with friends. Children ages 5 through 12 are eligible to participate. Camp will run from 9:00AM to 3:00PM. Pre-care and after-care are available for an additional fee. All registrations must be done in advance and space is limited. Camp will run weekdays from December 21st-December 31st (except 12/25). Children need to bring a lunch, towel, and bathing suit. Minimum 4, maximum 40. Call (440) 838-4522 for further information.

Fees:	All 8 Days	Daily
Member	\$128	\$18
Resident	\$152	\$21
Non-Resident	\$192	\$26

Extended Care:

Pre-Care (#3793)	7:00AM-9:00AM	\$4.00 per day
After-Care (#3794)	3:00PM-6:00PM	\$6.00 per day

12/24 & 12/31: There will be no pre-care on these dates and the after-care ends at 4pm with a reduced fee of \$2.00.

CHEERLEADING

Activity #1600

The focus of this cheerleading program is to have fun while learning the primary skills of cheerleading. The environment is stress-free and non-competitive. Motions, jumps, cheering, dancing, tumbling, and stunting will be taught. Participants will learn material that will enhance their self-confidence and teamwork skills. Participants should wear a T-shirt, shorts, tennis shoes, and hair tied back. No jewelry please. Ages K-8th Grade. *Participants may be divided into 2 groups according to age.* This class meets once per week for 6 weeks. Class minimum 4, maximum 18.

Monday Evenings	5:30PM - 6:30PM
Section 65	October 5th - November 9th
Section 66	November 16th - December 21st
Section 67	January 4th - February 8th
Section 68	February 15th - March 22nd

Fees: Member \$37, Resident \$42, Non-Resident \$47

TAE KWON DO

The following classes meet twice per week for 10 weeks.
Class minimum 6, Maximum 30.

TAE KWON DO FOR TOTS

For children ages 4 to 7. Designed to improve tots' gross motor movements and heighten their ability to follow directions. In addition, this program offers themes to reinforce parents' beliefs, i.e. courtesy, discipline, respect, self-confidence, and other character traits that parents emphasize on a daily basis.

Mondays & Thursdays

8/27-11/5, no class 9/7

11/9-1/28, no class 11/26, 12/24, 12/28 & 12/31

2/1-4/8

Beginner	5:00PM-5:30PM
Intermediate	5:30PM-6:15PM

TAE KWON DO FOR KIDS

For beginner or intermediate kids ages 8-14. New participants will be evaluated at the first class. Designed to improve fine and gross motor skills based on traditional Tae Kwon Do techniques and practical self-defense movements. Courtesy, discipline, respect, and self-confidence are introduced to improve character development. This program also begins working on resolving conflicts such as bullying and teen violence.

Mondays & Thursdays, 6:15PM-7:00PM

8/27-11/5, no class 9/7

11/9-1/28, no class 11/26, 12/24, 12/28 & 12/31

2/1-4/8



Fees per class:	Beginner	Int. Tots & Kids
Member	\$65	\$95
Resident	\$70	\$100
Non-Resident	\$75	\$105

Mail registration to: Hannah's Black Belt Academy, 8734 Olde Eight Northfield, Ohio 44067

You can also register in person at the first class. Please plan to arrive early if registering at the first class. Uniforms are available for purchase through the instructor. For more information, please contact Bill Hannah at 216-496-3330.

YOUTH FITNESS TRAINING

Activity #1800

Instruction offered by certified professionals from Marymount Hospital. This class will teach participants ages 13 to 18 the proper use of Cybex weight training equipment. Parents are required to accompany their children to the 90-minute presentation. The class will emphasize safe usage of the weight machines, cardio machines, frequency and intensity of exercise, principles of weight training, and instruction in correct technique. The class will also allow instructors to observe participants using the machines correctly. Youths between 13 and 15 are permitted to use the fitness center upon completion of this class. (Please note: Non-resident Non-Members must be accompanied by a resident when utilizing the facility on a drop-in basis). Class minimum 3, maximum 10.

Wednesdays, 6:30PM - 8:00PM

Section 69 September 16th

Section 70 October 14th

Section 71 November 11th

Section 72 December 9th

Section 73 January 13th

Section 74 February 10th

Section 75 March 10th

Fees: Member \$32, Resident \$37, Non-Resident \$42

BATON TWIRLING

Activity #1405

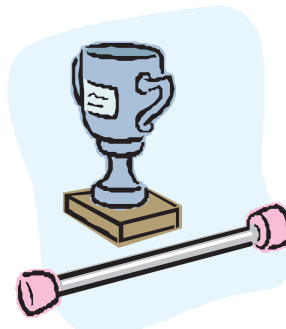
Baton Twirling Lessons for ages 5 to 10. Classes for all levels of twirlers. New Skills! New Friends! Lots of Fun! Come join us and learn to twirl baton! Students will learn all of the basic skills and combine them into a performance routine for parades and shows. All students will have the opportunity to march in a parade and perform in a show. Class will be divided by ability and we will progress with the students. No experience necessary. Regulation baton required; available for purchase at the first class for \$20. Classes run 8 weeks. Class minimum 6, maximum 12.

Mondays, 6:30PM - 7:30PM

Section 03 Oct 12, 19, 26, Nov 2, 9, 16, 30 Dec 7
(no class Nov 23)

Fees:

Member	\$50
Resident	\$55
Non-Resident	\$60



MOM & ME TINY TOTS TUMBLING

Activity #2200

This program is designed for young children who are hesitant or not old enough to join a formal dance or gymnastics program. This program will enable children to join in the fun and learning experience of dance and gymnastics class. Parents and children participate in a variety of activities to develop basic motor and social skills through music and movement. Ages 18 months to 3 years. These 30-minute classes meet once per week for five weeks. Class minimum 4, maximum 12.

Saturday Mornings	9:00AM - 9:30AM
Section 01	August 22nd - September 26th, no class 9/5
Section 05	October 3rd - November 7th, no class 10/31
Section 09	November 14th - December 19th, no class 11/28
Section 13	January 9th - February 6th
Section 17	February 13th - March 13th

Fees: Member \$29, Resident \$34, Non-Resident \$39

KINDERGYMNASTICS I

Activity #2200

Children participate in a developmental floor gymnastics program with the emphasis on gross motor development. Participants will learn basic motor skills, acrobatics, physical fitness, flexibility, and coordination. Ages 3 to 5 years. These 30-minute classes meet once per week for five weeks. Class minimum 5, maximum 12.

Saturday Mornings	9:30AM - 10:00AM
Section 02	August 22nd - September 26th, no class 9/5
Section 06	October 3rd - November 7th, no class 10/31
Section 10	November 14th - December 19th, no class 11/28
Section 14	January 9th - February 6th
Section 18	February 13th - March 13th

Fees: Member \$29, Resident \$34, Non-Resident \$39

KINDERGYMNASTICS II

Activity #2200

This program is similar to Kindergymnastics I but for ages 4 to 7 years (4 year olds should take Kindergymnastics I prior to registering for this class). Participants will learn more advanced skills than in Kindergymnastics I. These 45-minute classes meet once per week for five weeks. Class minimum 5, maximum 12.

Saturday Mornings	10:00AM - 10:45AM
Section 03	August 22nd - September 26th, no class 9/5
Section 07	October 3rd - November 7th, no class 10/31
Section 11	November 14th - December 19th, no class 11/28
Section 15	January 9th - February 6th
Section 19	February 13th - March 13th

Fees: Member \$39, Resident \$44, Non-Resident \$49

BEGINNING GYMNASTICS

Activity #2200

Ages 8 to 10 years. These one -hour classes meet once per week for five weeks. Class minimum 4, maximum 12.

Saturday Mornings	10:45AM - 11:45AM
Section 04	August 22nd - September 26th, no class 9/5
Section 08	October 3rd - November 7th, no class 10/31
Section 12	November 14th - December 19th, no class 11/28
Section 16	January 9th - February 6th
Section 20	February 13th - March 13th

Fees:	
Member	\$44
Resident	\$49
Non-Resident	\$55

MOM & ME SWIMMING

The pool will be open for adults with children up to age 5. A selection of toys will be provided. All are encouraged to bring their own floats, rafts, balls, and toys. This is the ONLY open swim time when flotation devices are permitted. Dates/times subject to change based upon usage. Be sure to check out the Indoor Playground too, it is open during all of our open hours!

Dates: Every Tuesday & Thursday, beginning September 8th

Time: 11:45AM - 1:15PM

Fees:	Adults	Children
Member	\$Free	\$Free
Resident	\$2.00	\$Free
Non-Resident	\$3.00	\$Free

INDOOR PLAYGROUND

We have a great selection of mats and play structures for the Indoor Playground! It will be open for adults with children up to age 4 during all open hours! Sign in at the front desk. Usage is limited to the Indoor Playground. Dates/times subject to change based upon participation.

Drop-In Fee for Indoor Playground:

	Adults	Children
Member	\$Free	\$Free
Resident	\$2.00	\$Free
Non-Resident	\$3.00	\$Free

DANCE

Activity #1700

Instructor: Dana Urbanski.

Dana Urbanski, who has been dancing since age 11, has been trained and educated in numerous dance styles including jazz, ballet, and hip-hop. She was a member of the Brecksville-Broadview Heights varsity dance team for all four years of high school and was also considered to be one of the leading choreographers her junior and senior year. Upon attending Baldwin-Wallace College in the fall of 2005, she was also a member of the school's dance team. Dana furthers both her training and education of dance by taking pointe, ballet, jazz, and hip-hop and continues to teaching ballet and hip-hop on a regular basis.

BALLET

Class will begin with stretching to warm-up muscles and increase flexibility followed by the education of basic ballet exercises. After the review of previously learned and new movements, class will end with a short dance combination (family will be welcome to watch). Dance exercises such as counting, proper technique, movement control, and coordination will be learned and reinforced through enjoyable games and activities. Class is recommended for 4-8 year olds. Recommended attire includes ballet slippers, leotard, and tights. Class meets once per week for six weeks. Class Min. 4, Max. 12.

Time: Mondays, 4:15PM - 5:15PM

Section 64	September 14th - October 19th
Section 66	October 26th - November 30th
Section 68	December 7th - January 18th, no class 12/21
Section 70	January 25th - March 1st

HIP-HOP

Looking for a fun new way to burn that extra energy? Hip-Hop dancing is a great way to do just that! Class will begin with a warm-up that includes stretching as well as muscle strengtheners such as sit-ups, crunches, and push-ups. For the second half of class, a dance combination will be taught, perfected, and eventually performed for family members. No dance experience is required! Class is recommended for 8-14 year olds. Recommended attire includes comfortable clothing and tennis shoes. Classes will meet every week for six weeks. Class Min. 4, Max. 12.

Time: Mondays, 5:15PM - 6:15PM

Section 65	September 14th - October 19th
Section 67	October 26th - November 30th
Section 69	December 7th - January 18th, no class 12/21
Section 71	January 25th - March 1st

Dance Fees Per Section: Member \$37, Resident \$42, Non-Resident \$47

GIRLS LACROSSE LEAGUE

Activity #2100

Section 02: 3rd, 4th, 5th graders (2-4PM)

Section 03: 6th, 7th, & 8th graders (4-6PM)

Registration Deadline: Wednesday, September 16th

Practices and Games will be held on Sunday afternoons from September 20th to November 1st. All participants will practice together and then will be divided onto teams by age division and will play a game each week. This league is not a travel league. The goal of the program is to introduce newcomers and experienced players in the game of lacrosse. The players will learn the fundamentals, and develop skills in a fun exciting environment. The league will be done in a clinical/Academy approach with the player's interest in mind. The Goal of this program is to maximize the limited number of qualified coaches, ensure enough players for practices, time scheduling efficiency, and player development identification. Most importantly, participants will develop team-building skills. Fees: Member \$50, Resident \$55, Non-Resident \$60. Equipment is not included. Program will be held at the High School Stadium. For more information, call Megan at 440-717-4063.

EARLY START BASKETBALL

Activity #2500-28. Early Start Basketball is a FUN introductory program for ages 5 to 6 that runs once per week for 6 weeks. Early Start is specifically designed to help get children interested in sports in a FUN, safe and non-competitive environment. Your child is taught in a 1:1 ratio, as parents are required to work with their child individually. This is a great program for children to build basic skills and confidence while having fun with their parent and other children. Children must be between 5 and 6 years old as of 10/01/09. Each child will receive a shirt and a basketball. An organizational meeting will take place for all parents with children enrolled in Early Start Basketball (no children at the meeting please). The season will run Saturdays, November 14th through December 19th from 9:00AM-10:00AM. Coaches needed! Please indicate if you will coach a team. Registration deadline is October 25th. Parent meeting will be held Wednesday, November 4th at 7:30PM. Minimum 8, Maximum 40.

Fees: Member \$35, Resident \$39, Non-Resident \$49

EARLY START SOCCER

Activity #2401-01

This is a beginner program for ages 3 to 4 that will run once per week for 6 weeks. This program is designed to help get children interested in sports in a safe and non-competitive environment. The child is taught in a 1:1 ratio, as parents are required to work with their child individually. This is a great program for children to build basic skills and confidence while having fun with their parent and other children. Children must be 3 years old by 8/01/09 and are too young for our Munchkin Soccer League. Each child will receive a shirt. An organizational meeting will take place for all parents with children enrolled in Early Start Soccer and it is recommended that the child not attend the meeting. The season will run 12:00-1:00PM, September 12th through October 17th. Coaches needed! Please indicate if you will coach a team. **Registration deadline is August 26, 2009.** Parent meeting will be held Thursday, September 3rd at 7:30PM. Minimum 8, Maximum 30.

Fees: Member \$32, Resident \$37, Non-Resident \$47

EARLY START TEEBALL

Activity #2900-33

This is a beginner program for ages 3 to 4 that will run Saturday mornings from 9 to 11AM, once per week for 6 weeks. This program uses the same format as the Early Start Soccer program. Children must be 3 years old by 8/01/10 and are too young for our In-House Teeball program. Each child will receive a shirt. An organizational meeting will be held on Wednesday, June 2nd, 2010 at 7:30pm and it is recommended that children not attend the meeting. The season will run June 5th through July 17th (no class 7/3). Coaches needed! Please indicate if you will coach a team. Registration deadline is May 26th, 2010. Minimum 8, Maximum 30.

Fees: Member \$32, Resident \$37, Non-Resident \$47

SPRING SOCCER 2010

Activity #2400

The soccer season runs Fall 2009 through Spring 2010. Children may sign-up for "spring only" beginning in February and will be placed on existing recreation teams or new teams will be formed if space permits. Players are not guaranteed a spot on a team and will be reimbursed the fee if not placed. Children on a Fall 2009 team do not need to register for Spring 2010. Games are played during April and May. Age is as of 8/1/09. Registration runs between February 1st and February 28th. No registrations will be taken and no refunds will be given after the Registration Deadline. **COACHES NEEDED!** Please indicate on your child's registration form if you are willing to coach or call 440-717-4063.

Munchkins, Ages 4 and 5

Sec. 40 (Residents) 41 (Non-Residents) 42 (Brecksville)
Fee: Member \$32, Resident \$37, Non-Resident \$47

In-House Boys, Ages 6 and 7

Sec. 43 (Residents) 44 (Non-Residents) 45 (Brecksville)

In-House Girls, Ages 6 and 7

Sec. 46 (Residents) 47 (Non-Residents) 48 (Brecksville)

In-House Fees: Member \$55, Resident \$60, Non-Resident \$65

Suburban League

(Travel &/or Premier players are not permitted to play in this league).

Girls:

U10 Girls Ages 8 & 9,

Sec. 49 (Residents) 50 (Non-Residents) 51 (Brecksville)

U12 Girls Ages 10 & 11,

Sec. 52 (Residents) 53 (Non-Residents) 54 (Brecksville)

U14 Girls Ages 12 & 13,

Sec. 55 (Residents) 56 (Non-Residents) 57 (Brecksville)

Boys:

U9 Boys Age 8

Sec. 58 (Residents) 59 (Non-Residents) 60 (Brecksville)

U10 Boys Age 9,

Sec. 61 (Residents) 62 (Non-Residents) 63 (Brecksville)

U12 Boys Age 10 & 11,

Sec. 64 (Residents) 65 (Non-Residents) 66 (Brecksville)

U14 Boys Age 12 & 13,

Sec. 67 (Residents) 68 (Non-Residents) 69 (Brecksville)

Fee: Member \$60, Resident \$65, Non-Resident \$75

YOUTH BASKETBALL

Activity #2500

We are proud to announce the 11th Annual Boy's & Girl's Youth Basketball Leagues. This is a great opportunity for children in grades 2 through 8 to learn the basic skills and rules of the great game of basketball. Practices will begin in early November for Grades 7 and 8. Practices for Grades 2 through 6 will begin in late November. Practices will be at Broadview Center or at the Brecksville-Broadview Heights schools. Games will be held on weekends (including some Fridays) beginning in the middle of December. Spots may be limited for Non-Residents. Registration Deadline is September 30th. Registrations taken after September 30th will be subject to a \$10 late fee and placement on a team is not guaranteed. There are **NO REFUNDS** after the Registration Deadline (except for those who make a middle school team). Participants will experience the Court of Dreams on the Cavaliers hardwood! The Broadview Heights Youth Basketball teams will play on the same court as the Cleveland Cavaliers at Quicken Loans Arena this season. Each participant will also receive 2 tickets to the special Broadview Heights Community Night with the Cavaliers this year. Additional tickets for this event are \$22 and will be available beginning October 1st by contacting Scott McDonald at 216-420-2019 or at smcdonald@cavs.com. Date to be announced.

Mandatory Skills Ratings

Date: October 17th & 18th

Time: Stop in for a 15-minute evaluation any time between 12:30PM and 3PM

Who: This is for all new players and anyone who does not have a rating from last season! Players without ratings will be notified.

Participants must register for their appropriate grade level.

BOYS, Activity 2500

2nd Grade:

01 (Residents) 02 (Non-Residents) 03 (Brecksville)

3rd Grade:

04 (Residents) 05 (Non-Residents) 06 (Brecksville)

4th Grade:

07 (Residents) 08 (Non-Residents) 09 (Brecksville)

5th & 6th Grade:

10 (Residents) 11 (Non-Residents) 12 (Brecksville)

7th & 8th Grade:

13 (Residents) 14 (Non-Residents) 15 (Brecksville)

GIRLS, Activity 2500

2nd Grade:

16 (Residents) 17 (Non-Residents) 18 (Brecksville)

3rd & 4th Grade:

19 (Residents) 20 (Non-Residents) 21 (Brecksville)

5th & 6th Grade:

22 (Residents) 23 (Non-Residents) 24 (Brecksville)

7th & 8th Grade:

25 (Residents) 26 (Non-Residents) 27 (Brecksville)

Fees: Members \$85, Resident \$90, Non-Resident \$100

COACHES NEEDED! Volunteer coaches are needed for each team and are the key to making this league a success. Please call the Athletic Coordinator at 440-717-4063 or just fill in the appropriate space on the registration form when registering your children.

SCOREKEEPERS NEEDED! We are looking for individuals with knowledge of the game to be scorekeepers. Email mdotson@broadview-heights.org if interested.



TEEBALL, BASEBALL, & SOFTBALL

Registration is from February 1st to March 15th. Baseball and Softball are extremely popular so please register early to be guaranteed a spot. SPOTS MAY BE LIMITED FOR NON-RESIDENTS. The Registration Deadline is March 15th, 2010. No refunds after the Registration Deadline. Registrations taken after the deadline will be subject to a \$10 late fee and placement on a team is not guaranteed. Practices begin in early May. Games start after Memorial Day and continue through July. Age date is as of 8/1/10. Any player wishing to play in a league other than the one assigned MUST fill out a League Change Request Form. Approval of a League Change Request is not guaranteed. COACHES NEEDED! Please indicate on your child's registration form that you are willing to coach or call 440-717-4063.

GIRLS TEEBALL - Activity #2900

Introductory baseball league for girls ages 5 and 6.
Sec. 34 (Residents) 35 (Non-Residents) 36 (Brecksville)

BOYS TEEBALL - Activity #2900

Introductory baseball league for boys ages 5.
Sec. 37 (Residents) 38 (Non-Residents) 39 (Brecksville)

Introductory baseball league for boys ages 6.
Sec. 40 (Residents) 41 (Non-Residents) 42 (Brecksville)

Tee Ball Fees: Member \$32 Resident \$37 Non-Resident \$47

BOYS BASEBALL - Activity #2901

Minor B-Age 7 (coach pitch)
Sec. 29 (Residents) 30 (Non-Residents) 31 (Brecksville)
Fee: Member \$60 Resident \$65 Non-Resident \$75

Minor B-Age 8 (machine pitch)
Sec. 32 (Residents) 33 (Non-Residents) 34 (Brecksville)
Fee: Member \$60 Resident \$65 Non-Resident \$75

Minor A-Age 9 (machine pitch)
Sec. 35 (Residents) 36 (Non-Residents) 37 (Brecksville)
Fee: Member \$70 Resident \$75 Non-Resident \$85

Minor A-Age 10
Sec. 38 (Residents) 39 (Non-Residents) 40 (Brecksville)
Fee: Member \$70 Resident \$75 Non-Resident \$85

Majors Ages 11 and 12, in-house
Sec. 41 (Residents) 42 (Non-Residents) 43 (Brecksville)
Fee: Member \$70 Resident \$75 Non-Resident \$85

Pony Ages 13 and 14, in-house
Sec. 44 (Residents) 45 (Non-Residents) 46 (Brecksville)
Fee: Member \$70 Resident \$75 Non-Resident \$85

High School Ages 15 to 18, travel
All participants must be enrolled in High School.
Sec. 47 (Residents) 48 (Non-Residents) 49 (Brecksville)
Fee: Member \$105 Resident \$110 Non-Resident \$120

GIRLS SOFTBALL - Activity #2800

Pigtail Instructional coach pitch league for 7 and 8 year olds
Sec. 04 (Residents) 05 (Non-Residents) 06 (Brecksville)
Fee: Member \$55 Resident \$60 Non-Resident \$70

Ponytail Ages 9 and 10, in-house
Sec. 07 (Residents) 08 (Non-Residents) 09 (Brecksville)
Fee: Member \$60 Resident \$65 Non-Resident \$75

Majors Ages 11 and 13, in-house
Sec. 10 (Residents) 11 (Non-Residents) 12 (Brecksville)
Fee: Member \$60 Resident \$65 Non-Resident \$75

High School Ages 14 to 18, slow pitch travel
All participants must be enrolled in High School.
Sec. 13 (Residents) 14 (Non-Residents) 15 (Brecksville)
Fee: Member \$65 Resident \$70 Non-Resident \$80

CO-ED SOFTBALL Activity #2800-16

Team captains must submit a roster and players must register individually for that team. All teams must have a minimum of 7 boys and 7 girls registered on the team. Limited spots are available for teams. To hold your spot for the team, the captain must be registered and submit a roster by May 1st to mdotson@broadview-heights.org. Games begin in June and are played through July. Age is as of 8/1/10. Ages 15 to 18. Team entry only. The deadline to register is May 10th.

Fee: Member \$60, Resident \$65, Non-Resident \$75

YOUTH TENNIS

Activity #2700

For beginners, this class will offer an introduction of the tennis strokes: forehand, backhand, lob, serve, net play and basic strategies. Intermediate players will improve all their strokes with instruction and focus on match play with strategies to improve your game.

Ages 6-10 years will use the new "Quick Set" tennis format which utilizes smaller courts, nets, and equipment to better accommodate the size, age and abilities of young players. It is based on six key specifications: court size, net height, age, ball speed and weight, size of racquet and scoring. Parents are encouraged to volunteer to help out and learn along the way!

Ages 11-17 will be a traditional instructional class with scrimmages included.

Instruction will be given at "The Fields" at 8938 Broadview Road. You must register in advance at the Recreation Center. Classes are held once per week for 4 weeks. Class minimum 4, maximum 16. Classes are held Saturday mornings. There is one rain make-up date listed, any additional rain out dates will be credited to your Recreation Center account. Equipment available if needed!

Classes are held on Saturday Mornings.

Dates: August 15th - September 12th
No class 9/5, Rain make-up 9/19

Section 78	Ages 6-10	9:00AM-10:30AM
Section 79	Ages 11-17	10:30AM-12:00PM

Dates: September 26th - October 17th
Rain make-up 10/24

Section 80	Ages 6-10	9:00AM-10:30AM
Section 81	Ages 11-17	10:30AM-12:00PM

Fees: Member \$55, Resident \$60, Non-Resident \$65

YOUTH VOLLEYBALL

Activity #2300-17

Instructor: Stacey Kanaga

This instructional youth volleyball program will run once per week for 8 weeks. Each participant will receive a T-shirt Please indicate shirt size on registration form. Minimum 12, Maximum 24. This is for kids in grades 4-6 as of fall 2009.

Dates: Thursdays, January 7th - February 25th
Time: 7:30PM-9:00PM

Fees: Member \$75
Resident \$80
Non-Resident \$85

GOLF BROADVIEW HEIGHTS FULL SWING GOLF SIMULATOR

Summer breeze, blue sky, and a day on the golf course year-round at Golf Broadview Heights golf courses. The Broadview Heights Parks & Recreation Department offers an indoor golf facility complete with the top of the line Full Swing Golf Simulator. Now you can golf the worlds most luxurious courses right at the Broadview Heights Recreation Center! For as little as \$10, you can play 9 holes of golf at Pebble Beach, St. Andrews, Mauna Kea, or many other great courses. Golf Broadview Heights also has a driving range & putting green! Call today to reserve your tee time or stop by for a tour of the facility!



RESERVATIONS: Reservations may be made in person or over the phone. Reservation forms must be completed and turned in to the front desk at the Recreation Center prior to play. Reservations are subject to availability. Recreation Department activities have priority in scheduling over reservations. The Recreation Department reserves the right to reject any reservation for any reason. Person making the reservation must be age 18 or older and is liable for any and all damages. Any participants under the age of 14 must be supervised by a parent/guardian at all times.

FOOD & BEVERAGES: You are welcome to bring in food and non-alcoholic beverages.

HOURLY RATES: Rates listed are per hour regardless of number of players. Minimum 1 hour rental. It takes approximately 1 hour for 2 players to finish 9 holes and approximately 3 hours for 4 players to complete 18 holes. Please reserve enough time for your group to complete the course.

PRIMETIME (No advance reservation required)
Monday-Friday: 5PM-9PM
Saturday 9AM-7PM
Sunday 1PM-5PM

NON-PRIMETIME (24-hour advance reservation required)
Monday-Friday: 7AM-5PM

Fees: Member \$15, Resident \$20, Non-Resident \$25

Fees: Member \$20, Resident \$25, Non-Resident \$30

INDOOR GOLF LEAGUE

Activity #2601

It might be cold and snowing outside but you can still play in a golf league on our indoor Full Swing Golf Simulator. You will be driving, chipping, and putting on this top-of-the-line Full Swing Golf Simulator. This league will play 9 holes every week on courses such as Pebble Beach, Mauna Kea, Firestone, and much more. It will take the foursome about 2 hours to complete the round. We will establish handicaps and post score results. You will play with the same foursome every week. We have limited spots available so be sure to register right away for a time slot that fits your schedule. This program runs 7 weeks.

Fees: Member \$70, Resident \$75, Non-Resident \$85

Dates: October 26th-December 17th

Section 28 Monday 7-9PM

Section 29 Tuesday 7-9PM

Section 30 Thursday 7-9PM

*No Golf the week of November 23rd

Dates: January 4th-February 18th

Section 31 Monday 7-9PM

Section 32 Tuesday 7-9PM

Section 33 Thursday 7-9PM

Dates: February 22nd-April 8th

Section 34 Monday 7-9PM

Section 35 Tuesday 7-9PM

Section 36 Thursday 7-9PM

ADULT INDOOR GOLF LESSONS

Activity #2600

Instructor - Tony Ganda

These lessons are held in our brand new GOLF BROADVIEW HEIGHTS Indoor Golf Simulator facility. Tony Ganda is a Class A-1 PGA Professional. All classes are for adults 18 and over. Classes run for 3 weeks. Minimum 4, Maximum 6.

Wednesdays, 6:30-8:00PM

Section 84 Beginner, January 27th - February 10th

Section 86 Beginner, February 17th - March 3rd

Section 88 Beginner, March 10th - March 24th

Fridays, 6:30-8:00PM

Section 85 Intermediate, January 29th - February 12th

Section 87 Intermediate, February 19th - March 5th

Section 89 Intermediate, March 12th - March 26th

Fees:

Members \$80

Residents \$85

Non-Resident \$90

Interested in Private Lessons? For information or to set up your lesson, call Tony Ganda at 440-582-1816.



www.spinning.com

Maybe it's because you'll torch an average of 500 calories per 40-minute ride. Or maybe it's because regardless of your fitness level, you'll get a heart pounding yet low-impact workout while maintaining the ability to go at your own pace. Whatever the reason, millions worldwide have found a lot to love about the Spinning® program. The Spinning program is the original and most popular group cycling class. And it's not just because Spinning is an unmatched way to make your fitness goals a reality. With no complicated moves to learn, a motivating group environment, top-notch instructors and music that begs your legs to pedal, you'll find yourself having a blast while you ride your way to a leaner, stronger body. Most classes are 45 minutes. Ages: 18 & over. Class minimum 3, maximum 11. What to Bring: a water bottle, a towel for you, a towel to clean your bike, and a heart rate monitor (optional).

New Participants: Take a FREE Spinning class! Our Ticket to Ride program lets you try it free! Visit www.spinning.com, type in our zip code, click on the Ticket to Ride Symbol by our facility listing to generate and print your ticket. Offer good for new participants only, one per person.

Spinning® Pass

This pass is good for all Spinning® classes. Passes are good for 1 year from the date of purchase! Passes are non-transferable and non-refundable. At the time of the package purchase, you can reserve the dates & times of classes you wish to attend. You can also call in at any time after you have purchased a pass to reserve a spot in a class. Please reserve your space early to avoid having a class you want to attend be cancelled. You must check in and obtain a receipt at the front desk prior to each class. This receipt must be turned in to the instructor at the start of each class. In the event you are unable to attend a class that you have reserved a bike for, you must move your name to a new roster a minimum of 24 hours in advance. This can be done in person or by calling 440-838-4522. If your name is on the list 24 hours prior to the class, a visit will be deducted from your pass regardless of attendance. There are no exceptions to this rule, other than with a doctor note due to sudden illness.

Fees:

5 Class Pass	10 Class Pass	20 Class Pass
Members \$17, Non-Member \$19	Fees: Members \$32, Non-Member \$35	Fees: Members \$60, Non-Member \$65

Drop In Fees. You must register at the front desk where you will obtain a receipt. Each participant must turn their receipt in to the instructor at the start of the class. Drop-ins are permitted on a first come first serve basis. You cannot sign up for a specific class in advance when paying the drop-in rate. You can only drop-in on classes that have a space open starting 30 minutes prior to the class. You must pay at the time you reserve your space for the day. Fees: Member \$4, Non-Member \$5

SCHEDULE OF CLASSES:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00PM	*6:00PM	6:00PM	*6:00PM	8:05AM	1:00PM
7:00PM	7:00PM	7:00PM	7:00PM	9:00AM	X

* These classes start October 1st, 2009.

Please Note: Classes with less than 3 people registered in advance are subject to cancellation. We reserve the right to cancel any class up to 24 hours prior to the start of the class based on participation. You will receive a phone call if a class you have signed up for is cancelled. Please sign up as early as you can!

If you have any questions, comments or concerns about this program, please complete a Spinning Evaluation or Comment Card available at the front desk or contact Lisa Gillombardo at 440-717-4063.

CLASS TIMES SUBJECT TO CHANGE BASED ON PARTICIPATION.

PERSONAL TRAINING

Personal training is available for anyone that is interested in having individual workout sessions or gaining knowledge in strength training. Registration is handled directly through the trainers. Please contact the trainer you wish to meet with at their contact number listed below. Non-members must pay the daily drop-in fee for each session. Discounted multi-session packages are available through the instructor.

John Scardino has a Bachelors in Psychology and Masters in Exercise Science. He has been training since 2000 and is certified. His training focuses on weight management/loss, muscle size and strength enhancement, sport specific training/conditioning, and children's fitness. If you would like to schedule an appointment or if you have any questions, please contact John at 440-667-2608.

Private, one on one, ½ hour sessions \$35

Private, one on one, 1-hour sessions \$60

Semi-Private: more than one client/price is per client. 1 hour sessions: \$35

Rhonda Miko is Aerobics and Fitness Association of America (AFAA) certified as well as Johnny G certified. She offers a flexible schedule and is open to any of your needs. Rhonda's training focus is sport specific, women's needs, senior training, and nutritional assistance. She is very hard working and energetic and wishes to meet all of your needs. Anyone interested in training can meet with Rhonda for a 30 minute Free Consultation, prior to purchasing a fitness package. If you would like to schedule an appointment or if you have any questions, please contact Rhonda at 216-973-8119.

Private, one on one, ½ hour sessions \$30

Private, one on one, 1-hour sessions \$50

FREE HEALTH SCREENINGS

Marymount Medical Center Broadview Heights will be offering free Glucose and Cholesterol Screenings in the Fitness Center on the following dates:

WEDNESDAYS

September 16th, 8:30AM-10:30AM

October 14th, 5:30PM-7:30PM

November 18th, 8:30AM-10:30AM

December 9th, 5:30PM-7:30PM

January 13th, 8:30AM-10:30AM

February 17th, 5:30PM-7:30PM

For more information regarding these free health screenings, please contact Marymount Medical Center Broadview Heights at 440-717-5850.

OOPS! We may have canceled a class because we didn't know you were coming!

Sometimes great classes are canceled when too many people wait until the last minute to register. Please avoid disappointment by registering at least 3 days before the class begins. Thank you!

CIRCUIT TRAINING

Broadview Heights Parks and Recreation Department is the first facility in Ohio to have the state of the art Hoist Roc-It circuit equipment! The idea behind circuit training is to provide a resistance-training workout for your entire body, while providing cardiovascular training at the same time. Circuit training is an excellent way to simultaneously improve mobility, strength, and stamina. Anyone can do circuit training. Circuit training is proven to be one of the best ways to make a resistance and strength training workout which is also challenging for your heart and lungs. Circuit training improves all around physical fitness. It also helps overcome exercise boredom. With circuit training you can work many muscle groups in a relatively short amount of time and get an aerobic workout at the same time!

The circuit room is open during all hours that the fitness center is open. As a member, the circuit room is available to you at no additional cost! Stop in and try out the circuit today!



 **Marymount Hospital**
a Cleveland Clinic hospital

A Catholic Hospital sponsored by the Sisters of St. Joseph of the Third Order of St. Francis

Rehabilitation Services in your Neighborhood

Now Serving you at the
Broadview Heights Recreation Center

Physical Therapy
Sports Medicine
Health & Wellness Programming

Rehabilitation Services
Call for an appointment:
440.717.1370



SilverSneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. SilverSneakers members receive:

*A free fitness center membership at the Broadview Heights Recreation Center with access to conditioning classes, exercise equipment, pool, sauna and other amenities.

*Access to any participating location throughout the U.S. while traveling.

*Customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance.

*Health education seminars and other events that promote the benefits of a healthy lifestyle.

*A specially trained Senior Advisor at our facility to introduce you to SilverSneakers!

Stop by our front desk to check your eligibility or contact your healthcare provider directly. More information is also available at www.silversneakers.com. You can also contact our Silver Sneakers Advisor, Lisa Gillombardo, at 440-717-4063.

SILVERSPLASH

A SilverSneaker Fitness Class

NEW! This class offers lots of fun shallow water moves to improve agility, flexibility, balance, and cardiovascular endurance. No swimming ability is required. A special Silver Sneakers kickboard is used to develop strength, balance, and coordination. All fitness levels will benefit from this class. Monday, Wednesday, Friday, 7:55AM-8:55AM

Non-SilverSneakers Members can attend by paying the \$4 drop-in fee or purchasing a FLEXPASS, see page 19 for details!

SILVER SNEAKERS YOGA STRETCH

A SilverSneaker Fitness Class

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Tuesdays & Thursdays, 8:15AM-9:00AM.

Non-SilverSneakers Members can attend by paying the \$4 drop-in fee or purchasing a FLEXPASS, see page 19 for details!

MUSCULAR STRENGTH & RANGE OF MOTION CLASS

A SilverSneaker Fitness Class

Monday/Wednesday/Friday from 10:00AM-11:00AM

Instructor: Lisa Gillombardo. Lisa has been teaching fitness classes for Broadview Heights for more than 5 years. She is nationally certified as a group exercise instructor and has also been certified to administer the SilverSneakers fitness classes. Lisa is also serving as the Silver Sneakers Senior Advisor. You can contact her at 440-838-4522 to answer any questions you have about the Silver Sneakers program. This is a new on-going exercise program that will be held every Monday, Wednesday and Friday from 10AM-11AM in the gymnasium.

SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

You must register at the front desk prior to participating in this program. Bring your insurance card to determine if you qualify for the SilverSneakers program. SELECT PLANS under the following providers are currently including this as a benefit to their members: Anthem, Aetna, Humana, United Health Care, Secure Horizons and AARP. All Silver Sneakers Members MUST swipe their membership card at the front desk prior to each class.

For more information, please call 440-838-4522 for details. Additional information can also be found at www.silversneakers.com.

SMILE

FREE! The SMILE Program is a low-intensity exercise class designed specifically for physically inactive older adults who may be limited in their mobility, but the program is also beneficial for older people who are healthier and more active! Come join us from 10:00AM-10:35AM every Tuesday and Thursday at Broadview Center.

*On Senior Meeting Thursdays (2nd & 4th Thursday of the month - September thru May) the Smile Program will meet at 9:20AM.

For info, contact Amy at (440) 526-4685 in the Human Services Department.

FLEX PASS FOR FITNESS - NEW!!!

Flexibility is the key behind our all new FLEX PASS!!! Registration for the majority of our fitness classes will now be through the use of a FLEX PASS, *beginning September 1st*. In order to participate in the following classes, you can either pay a drop-in fee or purchase a FLEX PASS for multiple visits to any of these programs listed below! Classes included in FLEX PASS: Boot Camp, Pilates, Zumba, Yoga, Weight Training, Fabulously Fit, Aquacise Aerobics, Cardio Zone, Water Yagalates, SilverSplash, and SilverSneakers YogaStretch! Please check the monthly calendar available online or at the front desk for any updates, changes, cancellations, etc. Please also note our holiday hours when there will be no class: 9/7, 11/26, 12/24, 12/25, 1/31/, 1/1 & 4/4.

DROP-IN FEES	
Members	\$6
Residents	\$7
Non-Residents	\$8
Seniors 60+	\$4

FLEX PASS FEES	5 classes	10 classes	20 classes
Members	\$25	\$50	\$100
Residents	\$30	\$60	\$120
Non-Residents	\$35	\$70	\$140
Seniors 60+	\$15	\$30	\$60

BOOT CAMP

Boot Camp is a total body 60-minute intense cardio workout. Its purpose is to maximize the participant's aerobic capacity and keep you challenged. In the hour you will reach your target heart rate by using equipment like the jump rope, step and high intensity calisthenics. The class will include a warm up and cool down along with full body stretching. Towel and water bottle needed. Monday & Wednesday, 6:30PM-7:30PM.

PILATES

Pilates, a body-conditioning technique designed to stretch, strengthen and balance the neck, shoulders, abs, hips and thighs. Pilates also targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and rebalancing the body. Excellent for improving posture, strength and flexibility and aligning the body correctly, pilates also teaches coordination, concentration, control of the body and correct breathing techniques. Please bring a mat and water bottle. Monday, 7:30PM-8:30PM.

ZUMBA

ZUMBA combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing Zumba participants to stick to the Zumba Fitness program and achieve long-term health benefits. ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. You can check it out on the website at www.zumba.com. Tuesday, 6:30PM-7:30PM.

WEIGHT TRAINING

This class is designed to develop and strengthen all the bodies' muscles through a series of weight bearing exercises. You will use free weights and weighted body bars. This class will tone and shape the body for weight loss and develop muscles. Weight training also builds endurance, allowing your body to work harder and burn fat. This is a great class to integrate for a well-rounded fitness routine. Towel, mat and water bottle needed. NEW TIME: Thursdays, 6:30PM-7:30PM *starting 12/3*.

FABULOUSLY FIT AND FIFTY+

Instructor: MaryJo Hernandez

This class will make you look and feel fabulous! We do low impact aerobics, strength training, balance exercises, and yoga. Class will help you build energy and reduce stress. Please bring 1-5lb. weights. Class meets 3 times per week for 6 weeks. Class minimum is 8, maximum is 20. Monday, Wednesday, & Friday Mornings, 9:00AM-10:00AM.

YOGA

Energize - Tone - Quiet your body. Stretch your body, calm and focus your mind, renew your spirit! Learn Yoga postures, relaxation techniques, and breathing exercises to help soothe your body, mind, and spirit. No experience necessary and all ages are welcome. Bring a towel/blanket and a small pillow. Tuesday Evenings, 7:00PM-8:00PM.

AQUACISE AEROBICS

This is a fun-filled cardiovascular workout along with muscle toning and strengthening. The class will also incorporate various water exercise equipment into each session. A Certified American Red Cross Water Exercise Instructor will teach this class. Class Limit 15. Mon/Wed/Fri - 9:00AM-10:00AM.

CARDIO ZONE

This class is for those looking for a whole body workout. The Cardio Zone workout focuses on expanding participant's cardio endurance and fitness. Cardio Zone's routines will use various aqua-equipment to tone and strengthen your body. Water Shoes are recommended but not required. A Certified American Red Cross Water Exercise Instructor will teach this class. Class Limit 15. Monday & Wednesday, 7:00 -8:00PM.

WATER YOGALATES

This class returning in January 2010!

SILVERSPASH

NEW! Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Mon/Wed/Fri 7:55AM-8:55AM

This class is offered at no charge to SilverSneakers Members.

SILVERSNEAKERS YOGASTRETCH

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Tuesdays & Thursdays, 8:15AM-9:00AM.

This class is offered at no charge to SilverSneakers Members.

THE FOLLOWING ARE NON FLEX PASS CLASSES.

BODY SCULPTING™

Look 10-15 years younger just by working out with weights. This balanced fitness workout combines strength, flexibility, and cardiovascular endurance without running, dancing, jumping, or jazzing. Working with a set of weights the entire hour, you'll learn from a Certified Fitness Trainer, exercises designed to firm your entire body without building muscular size or bulk. Prevents osteoporosis and boosts your metabolism helping you lose weight, too! Accommodates beginner to advanced fitness levels (work at your own pace). Bring a set of five-pound (each) dumbbells, a stretch band, an exercise mat, and a water bottle. Eight, one-hour classes in each section. Weekday classes run 4 weeks (8 classes), weekend classes run 8 weeks (8 classes).

Tuesday & Thursday Evenings 7:00PM-8:00PM

8/25-9/17
9/22-10/15
10/20-11/17, no class 11/3
11/19-12/17, no class 11/26
1/5-1/28
2/2-2/25
3/4-3/30

**Monday & Wednesday Mornings 9:30AM-10:30AM
or Monday & Wednesday Evenings 6:30PM-7:30PM**

8/12-9/9, no class 9/7
9/16-10/12
10/14-11/11, no class 11/2
11/16-12/14, no class 11/25
12/21-1/20, no class 12/23 & 1/18
1/25-2/22, no class 2/15
3/1-3/24

Saturdays 9:30AM - 10:30AM

7/18-9/12, no class 9/5
9/19-11/7
11/14-1/23, no class 11/28, 12/26 & 1/16
1/30-3/27, no class 2/13

Fees: Monthly \$55, 3-Month Term \$130

To register, please contact Body Sculpting at 216-313-3539 (FLEX) or visit their website at www.flexcity.com. Discounts available online!

PHENOMENAL ABDOMINALS®

Monday & Wednesday Mornings 10:30AM-11:00AM

8/12-9/9, no class 9/7
9/16-10/12
10/14-11/11, no class 11/2
11/16-12/14, no class 11/25
12/21-1/20, no class 12/23 & 1/18
1/25-2/22, no class 2/15
3/1-3/24

Tuesday & Thursday Evenings 8:00-8:30PM

8/25-9/17
9/22-10/15
10/20-11/17, no class 11/3
11/19-12/17, no class 11/26
1/5-1/28
2/2-2/25
3/4-3/30

Fees: Monthly \$30, 3-Month Term \$60

To register, please contact Body Sculpting at 216-313-3539 (FLEX) or visit their website at www.flexcity.com. Discounts available online!

STRETCH THIS

Flexibility is the key to mobility! Reduce stress and create body harmony in this 30-minute stretching class designed to stretch the entire body, including the lower back and core area. Ideal for men and women of all ages and fitness levels; stretch at your own pace. Bring an exercise mat, water bottle, and stretch band to class. Classes are taught by a Certified Fitness Trainer. Also available on DVD or VHS. Eight classes per term. Fees: Monthly \$30, 3-Month Term \$60.

Tuesday & Thursday Evenings 5:55-6:25PM

9/3-9/29
10/1-10/27
10/29-12/1, no class 11/3 & 11/26
12/3-1/12, no class 12/22, 12/24, 12/29 & 12/31
1/14-2/9
2/11-3/9
3/11-4/6

To register, please contact Body Sculpting at 216-313-3539 (FLEX) or visit their website at www.flexcity.com. Discounts available online!

EXTREMITY WORKOUT

This new 30-minute strength training exercise class works on just your arms and legs. You'll perform 10-15 sets of strength training exercises using dumbbells that will tone your biceps, triceps, quads and glutes. A sampling of the exercises include Triceps Extensions, Kickbacks, Arm Curls, Lunges, Squats and more. Includes a pre-stretch warmup and cool down stretches. Classes are led by a certified instructor. Bring a set of 3, 5 or 7-pound dumbbells, a stretch band, a water bottle and an exercise mat. Eight classes per term. Fees: Monthly \$30, 3-Month Term \$60.

Tuesday & Thursday Evenings 6:25-6:55PM

9/3-9/29
10/1-10/27
10/29-12/1, no class 11/3 & 11/26
12/3-1/12, no class 12/22, 12/24, 12/29 & 12/31
1/14-2/9
2/11-3/9
3/11-4/6

To register, please contact Body Sculpting at 216-313-3539 (FLEX) or visit their website at www.flexcity.com. Discounts available online!

JAZZERCISE

Cardio, Strength and Stretch

Jazzercise combines elements of jazz dance, resistance training, Pilates, yoga and kick-boxing to create a truly effective program for people of every age and fitness level.

Monday & Wednesday 6:45PM
Saturday 9:00AM

****NEW MORNING CLASSES TO BEGIN SEPTEMBER 1****

Tuesday/Thursday/Friday 9:30AM

Passes: EFT = \$34/month
8 weeks = \$84
8 classes = \$50

One time registration fee = \$30

For more information or to register, please contact Paula Hradisky @ 440.746.0107 or Radsky@roadrunner.com

MEN'S FALL BASKETBALL LEAGUE

Activity #2500-79

Broadview Heights is offering the 4th Annual Men's Fall Basketball League. The season will run Wednesday evenings starting September 16th and ending November 11th, with play-offs being held November 4th and 11th. Team Registration Only. Must be 18 to play. Awards given to first and second place teams in the playoffs. 6 teams maximum for league. Registration ends September 1st. Organizational meeting held in September. For more information call 440-717-4063. Team Fee: \$325. Referee fee: \$25 per team, per game.

BASKETBALL FOR ADULTS

Adult Open Basketball is held on Wednesday evenings. Members 18 and over can come in and play at no charge, residents pay a reduced fee of \$3.00, and non-resident guests with a resident pay \$4.00 (facility usage limited to gymnasium). Come play and meet new people!

August 5th through August 26th, 8-9PM
September 2nd - September 9th, 8-10PM
Men's League (listed above) Runs 9/16-11/11
November 18th - March 17th, 9-10PM

Dates are subject to change due to other programs or events. A weekly schedule is posted at the recreation center.

VOLLEYBALL - ADULT CO-ED LEAGUE

Activity #2300-18

Get your team together and join us for our Adult Co-ed Volleyball League! Only team registration will be accepted. Games will be played on Thursday Evenings between 6PM and 10PM. Awards will be given to 1st and 2nd place finisher's. Register now through March 14th. No refunds after the March 14th Registration Deadline. There is a mandatory meeting for team captains at 6:00PM on Thursday, March 18th at the Recreation Center. The league will begin March 25th and the season will run 6 weeks through April 29th. Ages 18 and over. Teams of 6 (up to 2 registered subs permitted). Each team will pay Officials' Fees on the floor (\$10.00 per team per night).

Team Fees: \$180 (Plus approximately \$60 in referee fees)

For more information, please call the Athletic Coordinator at 440-717-4063.

WEIGHT WATCHERS MEETINGS

Do the holidays have you UP? Get the MOMENTUM® going to get you going in the right direction -- come join Weight Watchers and learn about our new MOMENTUM® Plan. Meetings are held at the Recreation Center every Wednesdays at 6:30 p.m. (registration and weigh in begin at 6:00 p.m.). Please call Weight Watchers directly at 1-800-651-6000 for more information.

SOFTBALL FOR ADULTS

Teams only. Season runs late April through Mid-August, 2010.

Co-Ed Games: Afternoons starting at 2:30 PM

Men's Games: Mornings starting at 8:30 AM

Entry Fee - \$475

\$100 of this fee due before first meeting to save your team a spot. (Payable to City of Broadview Heights)

Forfeit Fee - \$100 (Payable to Cash)

We will return if NO FORFEITS for entire season

Sanction Fee - \$25 (Payable to ISA) Insurance Cost

Umpire Fee - \$15 per game, \$30 per Sunday

PAID ON FIELD

We supply the balls and there is no residency rule.

* To save a spot before the first meeting all teams will mail a check for \$100, against the \$475 fee. Balance of \$375 is due at the first meeting.

* Mail Checks To:

Glenn Cassaro

8685 Treetop Trail

Broadview Heights, Ohio 44147

We only have a limited amount of openings available. Make your decisions early. Don't wait until Mid-March. Mail in your check with a team name or the manager's name & address.

DOG OBEDIENCE

Activity #3800

This six-week course will teach you how to train your dog to sit, stay, lie down, and walk without pulling. Positive training results with hand commands. The class is structured to help you, the owner, use the skills acquired to prevent problem behaviors for your dog at home such as jumping on visitors. Dogs must be at least four months old and not older than six years old. Bring your questions along with your dog and discover that training really can be enjoyable! Classes are small enough to ensure the proper amount of individual attention. The whole family can come and watch, but trainers must be at least 18 years of age. You MUST bring your pets' proof of vaccinations to the first class. Class may meet outside so dress appropriately. Class minimum 6, maximum 10.

Time: Wednesday Evenings, 7:00PM-8:00PM

Section 30 October 7th - November 11th

Section 31 January 20th - February 24th

Fees: Member \$84, Resident \$89, Non-Resident \$95

AFAA KICK BOXING WORKSHOP

The KickBoxing workshop brings standards and guidelines to a group exercise setting. The workshop reviews the proper biomechanics, basic moves, potential injuries, ideal format and choreography for kickboxing classes. You will learn how to throw a proper punch, techniques for kicks, use of equipment, combination-building and much more. This class is ideal for the fitness professional and martial artists who want to teach this workout with safe techniques for group exercise. This will be held at the Broadview Heights Recreation Center.

Date: Saturday, November 7th, 2009

Time: 9AM-6PM

Fees: \$179.25, plus purchase of textbook - see website for details. To register, please call 877-968-7263 or for more information, please go to www.afa.com

AQUATICS PROGRAM FALL WINTER 2009-2010

Open Enrollment for Fall/Winter 2009 begins Saturday, August 29th at 8AM for Residents and Non-Resident Members, and Sunday, August 30th at 10AM for Non-Residents.

Mark your calendars: Open Enrollment for Spring/Summer swim registration will begin March, 27, 2010 at 8 AM for Residents and Non-Resident Members, and Sunday, March 28th, 2010 at 10 AM for Non-Residents.

SWIM CLASS ENROLLMENT POLICIES

OPEN ENROLLMENT is held twice a year, once in August for the Fall/Winter swim classes and once in April for the Spring/Summer classes. No one will be allowed to sign up for a swim class until the posted Open Enrollment date. On the dates of Open Enrollment, everyone will be able to sign up each child for one class or be placed on two waiting lists. After the Open Enrollment date, anyone may sign-up for classes regardless of residency.

After our Open Enrollment we will hold a number of spots in each of the subsequent sessions. To retain your hold spot, you must register immediately following the last class. These hold spots are for students who wish to continue taking lessons in the following sessions. There is NO GUARANTEE you will get the class you want. We will do the best we can to get every child in a class.

Note: The enclosed registration form CANNOT be used for swim registration. Swim Registration forms can only be obtained at the Recreation Center.

PARENT AND CHILD AQUATICS & PRESCHOOL CLASSES

Fees:	6 Classes	7 Classes
Member	\$40	\$45
Resident	\$45	\$50
Non-Resident	\$55	\$60

PARENT AND CHILD AQUATICS

The foundation of American Red Cross Parent and Child Aquatics is a set of basic skills that prepares young children to become comfortable in the water so they can be ready to learn how to swim. These basic skills include getting adjusted to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breathe control. These classes will not make your child an independent swimmer, instead, these classes will prepare your child to enter our Learn to Swim program when they are more mature.

STARFISH (Infants)

The Starfish class is for children who are 6 months to 18 months and have either no water experience. The goals of Starfish are to provide experiences and activities for parents and children to: Learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge, explore buoyancy in a front and back position, change body position in the water, and learn about choosing and using life jackets. Parents must be in the water with the child.

Activity # 5070

Saturdays 7 Classes

FALL

A	9/12-10/24	8:45-9:15AM
B	10/31-12/19 *No Class 11/28	8:45-9:15AM

WINTER 7 Classes

C	1/2-2/13	8:45-9:15AM
D	2/20- 3/27 *6 Classes	8:45-9:15AM

SEAHORSES (Toddlers)

The Seahorse class is for children ages 18 months to 36 months who are reluctant to enter the water or submerge, require floatation support at all times, or may benefit from parental presence and support in the water. The Seahorse class builds upon the skills learned in Starfish. The goals of the class are to learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge in a rhythmic pattern, explore buoyancy in a front and back position, perform combined stroke on front and back, change body position in the water, and learn about choosing and using lifejackets. Parents must be in the water with the child.

Activity # 5071

Saturdays 7 Classes

FALL

A	9/12-10/24	9:20-9:50 AM
B	10/31-12/19 *No Class 11/28	9:20-9:50 AM

WINTER 7 Classes

C	1/2-2/13	9:20-9:50 AM
D	2/20-3/27 *6 Classes	9:20-9:50 AM



NEW PRESCHOOL CLASSES (Levels 1-3)

The new preschool levels are designed to provide aquatic skills and teach fundamental water safety to children ages 3-5 years old.

REDFISH (Level 1)

This level promotes water safety and swimming readiness with skills such as floating, blowing bubbles, acclimation to the water well as socialization skills. They will be introduced to submerging their faces, glides, retrieving objects, arm action for treading water and rolling over from front to back. Parents DO NOT enter the water. This class is for ages 3-5 years old.

Activity # 5072

Tuesday/Thursday PM 7 classes
FALL

A	9/8-9/29	5:00-5:30PM
B	9/8-9/29	5:40-6:10PM
C	10/6-10/27	5:00-5:30PM
D	10/6-10/27	5:40-6:10PM
E	11/3-11/24	5:00-5:30PM
F	11/3-11/24	5:40-6:10PM
G	12/1-12/22	5:00-5:30PM
H	12/1-12/22	5:40-6:10PM

WINTER

I	1/5-1/26	5:00-5:30PM
J	1/5-1/26	5:40-6:10PM
K	2/2-2/23	5:00-5:30PM
L	2/2-2/23	5:40-6:10PM
M	3/2-3/23	5:00-5:30PM
N	3/2-3/23	5:40-6:10PM

Activity # 5073

Saturdays 7 Classes
FALL

A	9/12-10/24	10:00-10:30AM
B	9/12-10/24	10:40-11:10AM
C	10/31-12/19 *No Class 11/28	10:00-10:30AM
D	10/31-12/19 *No Class 11/28	10:40-11:10AM

WINTER

E	1/2-2/13	10:00-10:30AM
F	1/2 -2/13	10:40-11:10AM
G	2/20-3/27 *6 Classes	10:00-10:30AM
H	2/20-3/27 *6 Classes	10:40-11:10AM

ORANGEFISH (Level 2)

In order to enter this class children must be able to float on their front and back for 5 seconds unassisted. This level will help the child be more comfortable in the water and gain independence with new water skills. They will learn bobbing, front and back glides, arm/leg action for treading water and combined arm and leg action on their front and back. This class is for ages 3-5 years old

Activity # 5074

Tuesday/Thursdays PM 7 Classes
FALL

A	9/8-9/29	6:20-6:50PM
B	9/8-9/29	7:00-7:30PM
C	10/6-10/27	6:20-6:50PM
D	10/6-10/27	7:00-7:30PM

ORANGEFISH (Level 2, CONTINUED)

E	11/3-11/24	6:20-6:50PM
F	11/3-11/24	7:00-7:30PM
G	12/1-12/22	6:20-6:50PM
H	12/1-12/22	7:00-7:30PM

WINTER

I	1/5-1/26	6:20-6:50PM
J	1/5-1/26	7:00-7:30PM
K	2/2-2/23	6:20-6:50PM
L	2/2-2/23	7:00-7:30PM
M	3/2-3/23	6:20-6:50PM
N	3/2-3/23	7:00-7:30PM

Activity # 5075

Saturdays

FALL

A	9/12-10/24	11:20-11:50AM
B	9/12-10/24	Noon-12:30PM
C	10/31-12/19 *No Class 11/28	11:20-11:50AM
D	10/31-12/19 *No Class 11/28	Noon-11:50AM

WINTER

E	1/2-2/13	11:20-11:50AM
F	1/2 -2/13	Noon-12:30PM
G	2/20-3/27 *6 Classes	11:20-11:50AM
H	2/20-3/27 *6 Classes	Noon-12:30PM

YELLOWFISH (Level 3)

In this class the child must be able to float on their front and back unassisted for 10 seconds. They also must be able to make forward progression in the water with face in the water on their front and back for 5 yards. This class will develop the child's readiness for more advanced aquatic skills. They will work on treading water, recovering from a vertical position, glides, alternating and combined arm/leg action on front and back. This class is for ages 3-5 years old

Activity # 5076

Tuesday/Thursday PM

FALL

A	9/8-9/29	7:40-8:10PM
B	10/6-10/27	7:40-8:10PM
C	11/3-11/24	7:40-8:10PM
D	12/1-12/22	7:40-8:10PM

WINTER

E	1/5-1/26	7:40-8:10PM
F	2/2-2/23	7:40-8:10PM
G	3/2-3/23	7:40-8:10PM

Activity #5077

Saturdays

FALL

A	9/12-10/24	12:40-1:10PM
B	10/31-12/19 *No Class 11/28	12:40-1:10PM

WINTER

C	1/2 -2/13	12:40-1:10PM
D	2/20-3/27 *6 Classes	12:40-1:10PM

Levels I-VI Classes

Level I-VI Students must be 5 years old at the start of the class.

Fees:	6 classes	7 classes
Member	\$45	\$50
Resident	\$50	\$55
Non-Resident	\$60	\$65

LEVEL I - Intro to Water Skills

This level is for students who cannot float on their front and back. In this level, the students learn to float on their front and back unassisted. They will retrieve objects, work on face submersion, and introduced to proper arm/leg movement for treading water. They will learn front and back crawl basics, kicking, and continue to improve on their skills and coordination. This class is for ages 5 and up.

Activity # 5011

Tuesday/Thursday PM 7 classes

FALL

A	9/8-9/29	5:00-5:50PM
B	10/6-10/27	5:00-5:50PM
C	11/3-11/24	5:00-5:50PM
D	12/1-12/22	5:00-5:50PM

WINTER

E	1/5-1/26	5:00-5:50PM
F	2/2-2/23	5:00-5:50PM
G	3/2-3/23	5:00-5:50PM

Activity # 5012

Saturdays 7 Classes

FALL

A	9/12-10/24	12:00-12:50PM
B	10/31-12/19 *No Class 11/28	12:00-12:50PM

WINTER 7 Classes

C	1/2-2/13	12:00-12:50PM
D	2/20-3/27 *6 Classes	12:00-12:50PM

LEVEL II - Fundamental Aquatic Skills

In this level, the students will begin to build up their endurance in their front and back crawl. To pass out of this level, they must be able to swim the width of the pool doing both front and back crawl with some ease along with rhythmic breathing. They will learn finning and how to change direction when making forward progression. The child should be comfortable in the deep water. They will also continue working on treading water. This class is for ages 5 and up.

Activity # 5021

Tuesday/Thursday PM 7 classes

FALL

A	9/8-9/29	6:00-6:50PM
B	10/6-10/27	6:00-6:50PM
C	11/3-11/24	6:00-6:50PM
D	12/1-12/22	6:00-6:50PM

LEVEL II - (CONTINUED)

WINTER

E	1/5-1/26	6:00-6:50PM
F	2/2-2/23	6:00-6:50PM
G	3/2-3/23	6:00-6:50PM

Activity # 5022

Saturdays 7 Classes

FALL

A	9/12-10/24	11:00-11:50AM
B	10/31-12/19 *No Class 11/28	11:00-11:50AM

WINTER 7 Classes

C	1/2-2/13	11:00-11:50AM
D	2/20-3/27 *6 Classes	11:00-11:50AM

LEVEL III - Stroke Development

Students entering this course must be able to demonstrate the front and back crawl for at least 10 yards. They must also be able to tread water for one minute and be comfortable in deep water since the class is taught in the 4 feet section. The objective of Level 3 is to work on front crawl, back crawl, and the elementary backstroke. Elements of the butterfly and breaststroke will be introduced. This class is for ages 5 and up.

Activity # 5031

Tuesday/Thursday PM 7 classes

FALL

A	9/8-9/29	7:00-7:50PM
B	10/6-10/27	7:00-7:50PM
C	11/3-11/24	7:00-7:50PM
D	12/1-12/22	7:00-7:50PM

WINTER

E	1/5-1/26	7:00-7:50PM
F	2/2-2/23	7:00-7:50PM
G	3/2-3/23	7:00-7:50PM

Activity # 5032

Saturdays 7 Classes

FALL

A	9/12-10/24	10:00-10:50AM
B	10/31-12/19 *No Class 11/28	10:00-10:50AM

WINTER 7 Classes

C	1/2-2/13	10:00-10:50AM
D	2/20-3/27 *6 Classes	10:00-10:50AM



LEVEL IV - Stroke Improvement

Students entering into this class must be able to perform the front crawl with the rhythmic breathing. They must understand the concept of the back crawl, breaststroke, and elementary backstroke. They will need to be able to demonstrate these skills. They will be introduced the sidestroke kick/arms and continue to work on the butterfly. This class is for ages 5 and up.

Activity # 5041

Tuesday/Thursday PM 7 classes

FALL

A	9/8-9/29	7:00-7:50PM
B	10/6-10/27	7:00-7:50PM
C	11/3-11/24	7:00-7:50PM
D	12/1-12/22	7:00-7:50PM

WINTER

E	1/5-1/26	7:00-7:50PM
F	2/2-2/23	7:00-7:50PM
G	3/2-3/23	7:00-7:50PM

Activity # 5042

Saturdays 7 Classes

FALL

A	9/12-10/24	10:00-10:50AM
B	10/31-12/19 *No Class 11/28	10:00-10:50AM

WINTER 7 Classes

C	1/2-2/13	10:00-10:50AM
D	2/20-3/27 *6 Classes	10:00-10:50AM

LEVEL V - Stroke Refinement

In this level, students must be able to demonstrate the front crawl, back crawl, elementary backstroke breaststroke, and butterfly. They will be putting together the sidestroke also. In this level they will be swimming longer distances and will learn the turns for competitive swimming. This class is for ages 5 and up.

Activity # 5051

Tuesday/Thursday PM 7 classes

FALL

A	9/8-9/29	8:00-8:50PM
B	10/6-10/27	8:00-8:50PM
C	11/3-11/24	8:00-8:50PM
D	12/1-12/22	8:00-8:50PM

WINTER

E	1/5-1/26	8:00-8:50PM
F	2/2-2/23	8:00-8:50PM
G	3/2-3/23	8:00-8:50PM

Activity # 5052

Saturdays 7 Classes

FALL

A	9/12-10/24	1:00-1:50PM
B	10/31-12/19 *No Class 11/28	1:00-1:50PM

WINTER 7 Classes

C	1/2-2/13	1:00-1:50PM
D	2/20-3/27 *6 Classes	1:00-1:50PM

FITNESS SWIMMER (Level VI)

The students that participate in this class must have completed Level 5. This class will focus on stroke refinement and turns. They will also work on fitness and endurance swimming. This class is for ages 5 and up.

Activity # 5061

Tuesday/Thursday PM 7 classes

FALL

A	9/8-9/29	8:00-8:50PM
B	10/6-10/27	8:00-8:50PM
C	11/3-11/24	8:00-8:50PM
D	12/1-12/22	8:00-8:50PM

WINTER

E	1/5-1/26	8:00-8:50PM
F	2/2-2/23	8:00-8:50PM
G	3/2-3/23	8:00-8:50PM

Activity # 5062

Saturdays 7 Classes

FALL

A	9/12-10/24	1:00-1:50PM
B	10/31-12/19 *No Class 11/28	1:00-1:50PM

WINTER

C	1/2-2/13	1:00-1:50PM
D	2/20-3/27 *6 Classes	1:00-1:50PM

ADULT SWIM LESSONS

We are now offering Adult Swimming Lessons to meet the needs of the general public. This class is tailored to every individual's needs and everyone will be progressed in the water according to their abilities. All areas of Learn to Swim will be covered in this class from water exploration to stroke development.

Activity # 5200

Tuesday/Thursday PM 7 classes

FALL

A	9/8-9/29	8:00-8:50PM
B	10/6-10/27	8:00-8:50PM
C	11/3-11/24	8:00-8:50PM
D	12/1-12/22	8:00-8:50PM

WINTER

E	1/5 - 1/26	8:00-8:50PM
F	2/2 - 2/23	8:00-8:50PM
G	3/2 - 3/23	8:00-8:50PM

Fees:

Member	\$50
Resident	\$55
Non-Resident	\$65

FLEX PASS CLASSES - NEW!!!

The following classes are part of our New Flex Pass Program! You can purchase a punch pass or pay a daily drop-in fee! The Flex Pass offers you more variety and flexibility!!! See page 19 for details. Classes are on-going!

AQUACISE AEROBICS

This is a fun-filled cardiovascular workout along with muscle toning and strengthening. The class will also incorporate various water exercise equipment into each session. A Certified American Red Cross Water Exercise Instructor will teach this class. Class Limit 15. This class is part of our New FlexPass Program! See page 19 for details. Classes are on-going. You can purchase a punch pass or pay a daily drop-in fee.

Monday, Wednesday, Friday
9:00-10:00AM

CARDIO ZONE

This class is for those looking for a whole body workout. The Cardio Zone workout focuses on expanding participant's cardio endurance and fitness. Cardio Zone's routines will use various aqua-equipment to tone and strengthen your body. Water Shoes are recommended but not required. A Certified American Red Cross Water Exercise Instructor will teach this class. Class Limit 15. This class is part of our New FlexPass Program! See page 19 for details. Classes are on-going. You can purchase a punch pass or pay a daily drop-in fee.

Monday & Wednesday
7:00 –8:00PM

WATER YOGALATES

NEW! Water Yopalates offers simple warm up stretches, breathing exercises, yoga postures, pilates core strengthening exercises and relaxation all done in the pool. Water exercise cushions your joints while you improve balance and increase strength and flexibility. All levels of fitness from the beginner to the very fit will benefit from this class. This class is part of our New FlexPass Program! See page 19 for details. Classes are on-going. You can purchase a punch pass or pay a daily drop-in fee.

Wednesday
6:00-7:00PM

SILVER SPLASH (*A Silver Sneakers Class*)

NEW! This class offers lots of fun and shallow water moves to improve agility, flexibility, balance, and cardiovascular endurance. No swimming ability is required. A special Silver Sneakers kickboard is used to develop strength, balance and coordination. All fitness levels will benefit from this class. Silver Sneakers members swipe their card at the desk, all others can purchase an all-new Flex Pass or pay a daily drop-in fee. See page 19 for details. Classes are on-going!

Monday, Wednesday, Friday
8:00-9:00AM

BABYSITTING COURSE

Activity #5400

This course teaches potential babysitters good leadership qualities and important decision-making skills. Students will also be taught what to do if an infant or child is choking or needs rescue breathing. (no certifications are given) Each student needs to bring a baby doll to class for diapering and bottle-feeding. Pencil and paper required for class and to bring a lunch to this class. Age requirements are (11-16 years old). If you have any questions about this class contact the Aquatics Coordinator Amanda Lemp @ 440-717-4026.

Saturdays

A	9/26	9:00-3:00PM	Pre-register by: 9/18
B	1/23	9:00-3:00PM	Pre-register by: 1/15

Fees:

Member	\$55
Resident	\$60
Non-Resident	\$70

LIFEGUARDING COURSE

This is the new lifeguard course instituted by the American Red Cross. Upon successful completion, you will receive the following certifications: Lifeguarding, First Aid, CPR for the Professional Rescuer, Automatic External Defibrillator, and Preventative Disease Transmission. The National American Red Cross states you must be 15 years old by the END of the class. On the first day of the class, a water test will be given. Anyone failing this water test will receive a refund. NO REFUNDS after the first day of class. All classes are mandatory - no exceptions. Cost covers your books and the American Red Cross fee. Please bring extra towels, a bathing suit, writing utensils, highlighter and paper to each class. If you have any questions please call the Aquatics Coordinator Amanda Lemp at 440-717-4026. Class Limit 8.

Activity #5300

Saturdays

A	9/19-10/17	9:00AM-4:00PM,
		Pre- register by 9/11

Monday & Wednesday

B	10/5 –10/28	5:00PM-9:00PM
		Pre-register by 9/28

C	2/1 – 2/24	5:00PM –9:00PM
		Pre-register by 1/25

Fees:

Member	\$215
Resident	\$220
Non-Resident	\$230

WATER SAFETY INSTRUCTOR COURSE

This course trains instructor candidates to teach all American Red Cross swimming & safety courses except Lifeguarding. Participants will be trained in a "hands on" structure of teaching. Prerequisites: You must be 16 years old by the END of the class. Lifeguarding is NOT a prerequisite. All classes are mandatory - no exceptions. Cost covers your books and the American Red Cross fee. Please bring extra towels, a bathing suit, writing utensils, highlighter and paper to each class. If you have any questions please call the Aquatics Coordinator Amanda Lemp at 440-717-4026. Class Limit 8
Activity # 5600

Tuesday & Thursday PM

A	11/3-12/1	5:00-9:00 PM
B	3/2 - 4/1	5:00-9:00 PM

Fees:

Member	\$205
Resident	\$215
Non-Resident	\$225

PAJAMARAMA

Activity #3400

Kids ~ wear your favorite pajamas and bring your sleeping bag and swimsuit to the Broadview Heights Recreation Center. We will swim first and then change into pajamas to enjoy pizza, popcorn, and a movie. Children ages 5 - 12 are welcome to attend. Minimum 10, Maximum 20. Parents, this a chance for you to have a night out on your own!

FALL

Friday		
46	12/4	6:00 PM-9:00PM

WINTER

Friday		
47	3/5	6:00 PM-9:00PM

Fees:

Member	\$15
Resident	\$17
Non-Resident	\$20

CPR/AED CHALLENGE FOR THE PROFESSIONAL RESCUER

Activity #5500

The purpose of the American Red Cross CPR/AED Challenge for the Professional Rescuer is to re-certify those individuals whose CPR and AED for the Professional Rescuer certifications have expired. Participants will take a written exam and perform all rescue skills associated with CPR and AED training for the Professional Rescuer. 80% of the questions must be answered correctly. Participants must come prepared to take the exam and perform the skills. There will be no review of the course material.

FALL

Saturday		
A	11/28	Noon-2:00PM

WINTER

Saturday		
B	4/10	Noon-2:00PM

Fees:

Member	\$25
Resident	\$30
Non-Resident	\$40

HALLOWEEN POOL PARTY

Jump in the pool for a spooky good time. Families are welcome to come join us at the Broadview Heights Recreation Center for a Halloween Pool Party. Everyone is encouraged to bring floats, balls, toys, and rafts. We will provide enjoyable music and beverages as well. This is the only date we will allow flotation devices in the pool. This is a free event!

Date: Saturday, October 31st, 2009

Time: 2:00-4:00PM





BROADVIEW HEIGHTS PARKS & RECREATION DEPARTMENT



9543 Broadview Road - Broadview Heights, OH 44147
www.bhrec.org

Mission Statement

To enhance the quality of life for all residents by providing high quality, unique, comprehensive, family-oriented facilities and leisure activities.

Office Hours: 8:30AM-4:30PM (M-F)

Phone: 440-838-4522

Fax: 440-838-4523

Rain-out Line: 440-526-3996 updated daily at 4PM

Web Address: www.bhrec.org

Fall/Winter Recreation Center Hours:

(September 1 - May 31)

Monday through Friday 6:00AM - 10:00PM

Saturday 8:00AM - 8:00PM

Sunday *Noon - 6:00PM

*Fitness Center ONLY will open at 10AM

Spring/Summer Recreation Center Hours:

(June 1 - August 31)

Monday through Friday 6:00AM - 9:00PM

Saturday 8:00AM - 7:00PM

Sunday Noon - 5:00PM

Holiday Hours:

Closed Labor Day 9/7

Closed Thanksgiving Day 11/26

Open 8:30AM-4:30PM Christmas Eve 12/24

Closed Christmas Day 12/25

Open 8:30AM-4:30PM New Year's Eve 12/31

Closed New Year's Day 1/1

Closed Easter Sunday 4/4

Mayor:

Samuel J. Alai

SAlai@Broadview-Heights.org

Phone: 440-526-4357

Parks & Recreation Staff:

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Paula Horner, Recreation Manager

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Recreation Board Members:

Dave Dicillo

Suzanne Lambert

Lori Siwik

Jerry Widenhofer

Lee Wiswell

Council:

Council President, Don Sopka

526-2878

President Pro Tem, Jennifer Mahnic

216-408-4310

At Large, Helen Dunlap

237-0295

Ward 1, Tom Pavlica

526-8607

Ward 2, Roy Stewart

526-5583

Ward 3, George Stelmaschuk

582-0045

Ward 4, Robert Boldt

838-8318