

Mayfield Village

Parks and Recreation

Spring
Summer
2016

**Cruise Night and Fourth of July
Celebration will be held at
The Mayfield Village Soccer Fields
and Progressive Campus II
June 11 and July 2. See inside.**

Register by Phone: 440-461-5163
Visit mayfieldvillage.com



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Invisalign

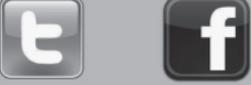
Clear Braces

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For updated information on what's going on in Mayfield Village, follow us on Facebook and Twitter

And sign up for E-mail Blast notifications at contactus@mayfieldvillage.com



@ MayfieldVillage Village of Mayfield



Recreation Board Members:
 Sitting: Left to Right: Meg Stifler, Mary Murphy, Bill Thomas, Peggy Kerver, Derek McDowell
 Standing: Left to Right: Danielle Echt, Troy Koch, Stivo DiFranco, Sean Supler, Tom Marrie, Dave Perout, Pam Schutt, Lori Sperling. Not Pictured: Pat Andrzejczyk, Aaron Caunter, Patti Fioritto, Donna Heath, Shelly Kovacevic, Laura Prcela and Kate Sullivan.

Brenda T. Bodnar, Mayor
Joseph Saponaro, Council President

Mayfield Village Council:
Stephen Jerome Patsy Mills
William Marquardt Dr. Stephan Parker
Thomas Marrie George Williams

William D. Thomas, Director Parks & Recreation
Danielle Echt, Assistant Recreation Director
Sean Supler, Youth/Adult Sports Coordinator

IMPORTANT REMINDERS

- **Mayfield Village Parks and Recreation Department is located at the Mayfield Village Civic Center. (6622 Wilson Mills Rd.) Visit mayfieldvillage.com for flyers and for information about the Recreation Department.**
- Pre-registration is required for most programs.
- Most registration can take place through the mail (even with credit card) or walk-in at Mayfield Village Civic Center.
- **Mayfield Village can accept registration over the phone with Visa/MasterCard and Discover during office hours (M-F, 8:30 a.m.-4:30 p.m.). Call 461-5163.**
- Mayfield Village Residents are strongly encouraged to sign up as early as possible for certain high demand programs such as the youth 3-5 yr. old programs to avoid being closed out of the program.
- **Photographs:** Mayfield Village may take pictures of participants in our programs. We may use these photos in our brochure or for media publicity. By your registration, you grant us permission to use these photos for publicity purposes only.
- **Confirmation/Cancellation -** Mayfield Village does not mail confirmations for class/program enrollments. We will make every attempt to notify you in advance if a class is cancelled, changed or if your registration is received after a program is already full. If enrollment is insufficient for any particular class, the class will be cancelled and fees will be refunded in full. Mayfield Village reserves the right to cancel or combine programs, to change time, day, date or place of meeting and to make revisions to programs.
- **Cancellation/Withdrawal/Refunds -** Participants assume risk of all changes in personal health and affairs. A \$5.00 processing fee will be charged for all refunds involving the Mayfield Village Parks and Recreation Department. A pro-rated fee may also be charged if the program has already begun or if certain enrollment requirements are not met due to your cancellation. Charge refunds will be credited promptly. For check/cash refunds, please allow 3 weeks as they are issued through the Finance Department.
- **Late Registration -** In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge \$5 per person per program after the registration deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.
- Registration for most programs begins once you receive your Spring/Summer Parks & Recreation Brochure.
- **Returned Checks for Insufficient Funds -** A \$25 cash fee will be charged for all checks returned for insufficient funds.
- **Liability -** Participants in our activities do so at their own risk, and agree to waive and release any and all claims of personal injury or property damage they may have arising from participation against Mayfield Village, its agents, instructors, or employees. Mayfield Village cannot be responsible for personal property.

POOL REMINDERS

All pool passes and pool program registration will be held at Parkview Pool. See pool section for specific registration hours. Pool passes/pool program registration begins for **Mayfield Village Residents and Progressive Employees** on Saturday, May 21, 10:00 a.m. - 1:00 p.m. at Parkview Pool. Pool passes/pool program registration begins for **School District Residents** on Thursday, May 26, 11:00 a.m. - 7:00 p.m. at Parkview Pool. **For use of Parkview Pool, a photo I.D. (i.e. driver's license) with current address AND current utility bill is needed to show proof of residency. Progressive employees are asked to bring their identification card. Parkview Pool (440)446-1688, during pool season.**

Weather Cancellation/Activities Number:
(440) 954-4114
Mayfield Village Parks & Recreation Number:
(440) 461-5163

REGISTRATION HOURS AT CIVIC CENTER
 • For all Programs Except Pool Passes/Programs
 - Monday through Friday. . . 8:30 a.m. - 4:30 p.m.
 • Offices Closed Monday, May 30 and Monday, July 4

Special Events and Activities

Mayfield Village Garden Club

Mayfield Village Garden Club will meet at 1 pm. at the Civic Center Center the 4th Wednesday of the months January through April. The April meeting is Scholarship Night. Students from the Gates Mills Environmental Education Center will be honored.

Programs are dedicated to the horticultural education, gardening, flower arranging and civic beautification. The Club also has field trips regarding gardening experiences.

The Annual Plant Sale at the Mother's Day Pancake Breakfast, Sunday, May 8, 8:30 am to 1:00 pm, at the John Relic Service Building. Special local grown annuals and perennials will be available. Proceeds for Scholarship Fund.

Membership Month is April and everyone in the area is invited to become a member or information please call: Elaine 440-449-1474.

Mayfield Women's Club

Mayfield's Women Club meets at 7 pm, the 3rd Monday of the months September through May at the Mayfield Village Community Room. The purpose of the Club is to bring together women in an organization to benefit others and themselves by promoting civic, cultural, educational and social welfare. The Mayfield Women's Club's donations include: scholarships to graduating Mayfield High School Seniors, Women Safe, Cleveland and St. Augustine Food Banks, Ronald McDonald House, The Way Group Home and many other organizations. For information regarding membership, please call Barbara (440) 720-0272.

Mayfield Township Historical Society

Mayfield Township Historical Society meets the 2nd Wednesday of the months February through May at the Mayfield Village Community Room 6621 Wilson Mills Road.

The Society promotes an interest in history and the preservation of artifact, documents and other materials pertaining to the original Mayfield Township which includes Gates Mills, Highland Heights, Mayfield Heights, Mayfield Village and part of Lyndhurst.

The Society encourages the community to attend the meetings which are geared towards historical themes. The May meeting will feature 'BETSY ROSS' creator of the American Flag, and Annual Quilt Raffle. Tickets for the quilt 'Spring Delight' are available from members and at General election in March.

We encourage all residents of the OLDE TOWNSHIP to become a member. Individual membership is \$10.00. Information regarding membership, please call Al Muhle 440-461-0055.

**Community Shred Day
for Mayfield Village Residents
All Ohio Secure Shred will shred on site
Saturday, May 14, 9:00 a.m. – Noon
At the Civic Center
(limit 5 boxes per household)**

Easter Party and Egg Hunt

Who: Families residing in Mayfield Village

When/Where: Saturday, March 19, 1:30 – 3:00 p.m., Mayfield Village Community Room

Cost: \$4.00 per child (cash at door)

Details: Don't miss out on this family tradition in Mayfield Village! Children can have their picture taken with the Easter bunny, create a fun craft, have some refreshments as they get ready for the annual egg hunt held outdoors (weather permitting). Don't forget to bring your basket to use during the egg hunt. Age groups are 2 years and younger, 3 – 4 year olds, 5 – 7 year olds, 8 – 11 year olds.



River Sweep

When: Saturday, May 7, 9:00 a.m.- Noon **cleanup** and **lunch** from Noon – 1:00 p.m.

Where: Cleveland Aquarium Outside Patio
(2000 Sycamore Street, Cleveland, 44113)

Details: Open to all! RiverSweep is Ohio's largest done-in-a-day cleanup effort. For 25 years, local businesses, schools and individuals have supported this cause. Join fellow Villagers as we help keep the environment clean while enjoying the beauty of Downtown Cleveland, the Flats and the Cuyahoga River. Volunteers must sign a waiver before participating and children under the age of 16 must have a waiver signed by an adult. All volunteers will receive gloves and bags. Cleanup takes place on most public sidewalks but could include some rough terrain. Nobody is expected to do any activity they are not comfortable with. For more information go to

<http://canalwaypartners.com/events/riversweep/> and/or contact Councilman Steve Jerome at (440) 821-9199 or Steve.Jerome@mayfieldvillage.com.

Annual Mother's Day Pancake Breakfast & Plant Sale



When: Sunday, May 8, 8:30 a.m. – 1:00 p.m.

Where: Mayfield Village Service Department

Cost: Child (5 – 12 yr.)-\$5.00
Adult (13 – 61 yr.)-\$9.00
Senior (62+ yr.)-\$7.00

Details: A wonderful family tradition returns to Mayfield Village and is open to all. Tickets can be purchased in advance at the Civic Center (check, credit card or cash) Friday, April 1 – Thursday, May 5. Tickets can also be purchased at the door on Sunday, May 8 (no credit cards). Dine in only-no take out. Enjoy sausage, yogurt, refreshments and all you can eat pancakes. Entertainment will include balloon creations by Swifty the Clown and Xiao Lei Salovara will fill the room with beautiful harp music. Look for the Mayfield Village Garden Club's plant sale at the entrance to the building.

Annual Memorial Day Celebration

When: Sunday, May 29 at 1:00 p.m.

Where: Whitehaven Memorial Park

Details: Presented by Mayfield Village and Disabled American Veterans. Honor our veterans of all wars. Music, speeches, color guard and all service flags will be honored. Refreshments will be available after the ceremony. Bring an umbrella for sun/rain.



Annual Mayfield Village Cruise Night

New Location!

The tradition of parked and cruising cars continues in Mayfield Village on Saturday, June 11 from 6:00 – 10:00 p.m. (rain date June 12). **This year, the event will be held around Progressive Campus II, Parkview Soccer Fields and Parkview Pool (off of SOM Center Road on North Commons Boulevard).** Lolly the Trolley will shuttle participants around the area which has plenty of spots for spectators to park their cars. Ample space is also available and will be designated for older cars that are not cruising; that are just for display. Cars from 1991 and older will be able to cruise up and down North Commons Boulevard. Food vendors will be on site selling items and entertainment will be provided. Cruise Night is free of charge and any donations collected during the cruise will go to Hillcrest Meals on Wheels. Bring your family and friends and enjoy an incredible event right here in Mayfield Village.



Fourth of July Celebration

New Location for FIREWORKS!

On Saturday, July 2, Parkview Pool will host special activities from Noon – 4:00 p.m. Regular admission rates apply. **This year, the fireworks will be shot off from Parkview Soccer fields in Front of Progressive Campus II (North Commons Blvd.).** Fireworks will be shot off at dusk. Cars can park in the pool parking lot, the gravel softball parking lot, or the lots at Progressive. Lolly the Trolley will be there to shuttle participants to and from their cars. **The rain date for fireworks is Sunday, July 3.**

Summer Concerts

New Location!

Date/Time: Thursdays, 7:00 – 9:00 p.m.
 July 7, Primetime
 July 21, Swing Time Big Band
 *August 4, Blue Lunch Band
 August 25, Red Light Roxy

Location: The Grove (if there is inclement weather, the concert will be canceled)

Details: Free and open to all. The Grove amphitheater has no permanent seating. Bring a blanket or chair to sit on. Ice cream, popcorn and pop/water will be sold at the concession stand. ***The concert on August 4 will be sponsored by The Friends of the Mayfield Branch Library now in its 45th year. During the concert they will host their famous ice cream social.**

Annual Debbie Hudacko Memorial Hat Trick Runs and Walk

The race features a unique format. The Hat Trick Run is designed for all types of runners. Run one, two or all three events. Those running all three will have completed the “Hat Trick” and will receive a special hat to commemorate the feat. All runners will receive a t-shirt and the first 300 participants will receive a Parkview Pool daily admission pass. The 5k run will start 65 minutes after the start of the five mile and the two mile run 40 minutes after the start of the 5k. Refreshments after each event. **Massage therapist will be present in the picnic shelter for short sports massage sessions post run.**

When: Sunday, July 10 (no rain date)

Approximate Start Times: 7:00 a.m.-5 mile run
 8:05 a.m.-5K run
 8:45 a.m.-2 mile run
 9:00 a.m.-2 mile walk

Where: All runs begin and end at Parkview Pool. Runners/walkers will run be on the new Greenway Trail except for the 5 mile run that will use the multipurpose/bridal path in the Cleveland Metroparks North Chagrin Reservation. Water stops along the course.

Early Bird: Before July 5 (postmarked by July 1)		After July 5/Race Day
\$21	Any individual run	\$23
\$26	Any combo of 2 runs	\$28
\$31	Hat Trick (all 3 runs)	\$33
\$21	Walk	\$23

Packet Pick Up at Parkview Pool Pavilion: Saturday, July 9, 9:15– 11:00 am. or race day beginning at 6:00 a.m.

Opportunities for Fun at the Wetlands

As spring approaches, the Wetlands will undergo its annual transition from frozen, dormant plants to lush vegetation, standing bodies of water known as vernal ponds and the return of many birds. These are definitely something to “treasure” about this special habitat. However, another treasure awaits you in the Wetlands... 5 geocaches!! A geocache is a real-world, outdoor treasure hunt. There are several different kinds of caches (hiding containers) Mayfield Village Wetland caches are small, metal tubes called bison tubes that contain a logbook. Other geocaches contain small trinkets or prizes. The point of “geocaching” is to challenge yourself to find these hidden containers using GPS (global positioning system) coordinates on your cell phone.



To get the GPS coordinates, you must register for a FREE basic membership at:

1. www.Geocaching.com Membership
2. Visit “hide & seek a cach”
3. Enter your zipcode
4. Choose a geocache- they often give a level of difficulty- easy- very difficult
5. Enter GPS coordinates into your cell phone/GRS device
6. Use the GPS device to locate the cache
7. Sign the logbook and **return the cache** to its original location

Rules:

1. If you take something from a geocache, leave something of equal or greater value.
 2. Write about your find in the geocache logbook.
 3. Log your experience at www.geocaching.com
- The greatest treasure is the outdoor experience. Do keep in mind that geocaches are often “off-trail”. It is advisable to wear long pants and closed toed shoes; one of the natural treasures that we have in abundance is Poison Ivy! The on-line logbook is a great place to record things of interest like a bird nest close to the cache, or wildflowers in bloom or evidence of coyote or beaver. So go on a real treasure hunt, either with a GPS device in search of a geocache or with binoculars in search of a natural treasure.... There are many to be found in the Mayfield Village Wetlands!!

Adult Sports and Activities

Metal Jewelry Making

Who: Ages 16 and older
When: Tuesdays, April 12 – May 31, 7:00 - 9:00 p.m.
Where: St. Bartholomew's Church
Instructor: Mary Giorgis
Cost: \$95 (supplies are approximately \$30 and will be discussed on first day of class plus \$5 fee payable to instructor on first day)

Details: Using traditional jewelry making methods, learn to design, saw, file, shape and solder silver, copper and/or brass into your own creation. No experience necessary. Work at your own pace. **Registration Deadline: April 5.**



Fly Fishing



Who: 10 years and older with one parent and adults 18 years and older
Date: Saturday, May 14
Time: 9:00 a.m. – 3:00 p.m.
Where: Deep Springs Trout Club (Chardon)
Cost: \$80 includes instruction, rod, tackle, lunch and trout fishing
Details: Certified instructor George Vosmik's, credentials include the Museum of Natural History Trout Club and Board Member, a member of Deep Springs Trout Club. Come learn how to fly fish on this 2 acre spring fed trout pond with over 2,000 stocked trout. Class will cover a history of fly fishing, hands on instruction, and demonstration of fly fishing techniques. Participants will have the opportunity to savor the enjoyment of catching their fish then dining on their catch for lunch in the clubhouse (other food options will also be available). More fishing after lunch! Participants will have a creel pouch to store their catches in throughout the day. **If you have your own fly fishing gear, please bring that otherwise the equipment will be supplied. Other optional costs paid that day at the club with check or cash only, no credit card: trout is \$4.50 per pound (live weight), cleaning and packed with ice to take home is \$1.00. Registration Deadline: May 13.**

Adult Sports

- * all participants must be at least 18 years old
- * all managers who participated in 2015 were mailed a registration packet
- * for more information or to receive a registration packet call 461-5163

COED SOCCER

Where: Parkview Soccer Fields
When: Tuesday and Thursday nights, May – September
Entry Fee: \$325-school district team
\$350-non school district team

COED BOCCE

Where: Wiley Park
When: Wednesday nights, June - August
Entry Fee: \$65 per team

MEN'S 50 AND OVER SOFTBALL

Where: Parkview Softball Fields
When: Monday and Wednesday nights, April – September
Entry Fee: \$500-school district team
\$530-non school district team

Manager meeting at Mayfield Village Civic Center:
Wednesday, March 9, 6.00 p.m.

MEN'S SOFTBALL

Where: Parkview Softball Fields
When: Tuesday and Thursday nights, April – September
Entry Fee: \$500-school district team
\$530-non school district team

COED SOFTBALL

Where: Parkview Softball Fields
When: Friday nights, May – August
Entry Fee: \$435-school district team
\$470-non school district team



Excursions

Casino Trip in Cooperation with Mayfield Heights

PRESQUE ISLE DOWNS/ ERIE, PA

Cost: \$31

When: June 15, 9:00 a.m. – 6:00 p.m.

Details: Northern Pennsylvania's premiere gambling destination and racetrack featuring more than 1,700 fun and exciting games such as Bally Quick Hits, Wheel of Fortune, Wizard of Oz and many more of your favorite slot machine themes. Includes \$25 voucher for slots. Bus departs and returns from Mayfield Village Civic Center. **Registration Deadline May 13.**



Trips in Cooperation with Discovery Tours, Mayfield Heights Rec., & Orange Community Ed./Rec.

- All times for trips will be confirmed with an itinerary one week before the trip. All times listed are approximate. If you do not receive the itinerary in the mail, contact Mayfield Village Parks and Recreation at 461-5163.
- All trips leave from the Mayfield Village Civic Center and include a charter bus unless otherwise noted.
- Registration is ongoing until a trip is full unless otherwise noted.

VICTORIAN GRANDEUR – SALEM, OHIO

April 15, 7:00 a.m. – 6:00 p.m.

\$118

Tour Features the Barnyard Boutique, Salem Historical Society & Freedom Hall, guided trolley tour of the famous Grand South Lincoln Avenue, White House Fruit Farm Market, High Tea at Piccadilly Parlour Victorian Tea Room, talk by Matilda Larsen sharing Victorian customs & practices, lunch included.

FOOTBALL HALL OF FAME – CANTON, OHIO

April 15, 9:00 a.m. – 4:00 p.m.

\$50

After boarding bus at Mayfield Heights City Park, the trip will start at the Hall of Fame for a self-tour. Then shop and eat at Belden Village Mall. Lunch is on your own. **Limited to 29 participants-register directly with Mayfield Heights, 440-442-2627.**



Please register early.....At some point a decision must be made whether to cancel a trip due to low enrollment. Registering at the last minute may mean that the trip has already been cancelled. Please register early to avoid disappointment and cancellations.

CLEVELAND ORCHESTRA & BALATON

May 20, 9:30 a.m. – 2:30 p.m.

\$40



The day will begin with coffee and muffins at Severance Hall, followed by an optional pre-concert talk. Listen to conductor Franz Welser-Möst and pianist Rudolf Buchbinder perform Beethoven's Emperor Concerto. Lunch will be in beautiful Shaker Square at Balaton Restaurant. For menu, visit www.balaton-restaurant.com. Lunch cost is not included and you will pay for your order at the restaurant. **Bus leaves from Mayfield Heights City Park and is limited to 24 participants-register directly with Mayfield Heights, 440-442-2627.**

THREE RIVERS ART FESTIVAL & RIVERS CASINO, PA

June 10, 9:30 a.m. – 9:30 p.m.

\$44

See more than 300 artists and craftsman at the Art Festival. If you don't want to visit the casino for slots and gaming (\$15 slot/\$5 food voucher) then you can visit the Carnegie Science Center on your own. Must be 21 years and older to enter casino. **Bus departs from/returns to Pepper Pike Learning Center. Registration Deadline and last day for refunds is May 27.**

WHITEWATER RAFTING - OHIO PYLE, PA

June 19, 7:00 a.m. – 8:30 p.m.

\$144

This fully guided whitewater rafting trip on the Lower Youghiogheny River is perfect for inexperienced rafters, minors and timid folks looking for adventure. An expert Ohio Pyle Trading Post guide teaches you paddle techniques, calls out the strokes and steers the raft. Enjoy the extraordinary scenic views while navigating the best lines through the rapids. A deli style lunch will be provided along the river. **Bus departs/returns to the Pepper Pike Learning Center.** All participants must be at least 13 years old by June 19. Anyone under the age of 16 must be accompanied by an adult. **Registration Deadline: May 19.**



PROGRESSIVE LUNCHEON WINE TASTING TOUR, OHIO

June 24, 7:00 a.m. – 7:00 p.m.

\$89

Enjoy a wonderful day exploring several wineries in East Central Ohio. Starting with appetizers at the School House Winery, Ohio's most unique winery and boutique located in Dover, Ohio. We will arrive at the Ravens Glenn Winery in West Lafayette, Ohio where we will enjoy a buffet lunch. Dessert will be at the Maize Valley Winery in Hartville, Ohio. Throughout our adventure you will be able to sample the many types of wines made in these wineries. Time has been allotted for shopping at the Hartville Flea Market.

DOWNTON ABBEY LASTING IMPRESSIONS - ALLIANCE, OHIO

July 21, 7:00 a.m. – 7:00 p.m.

\$116

Join us on a trip to Downton Abbey. Come and enjoy a life sip by sip as this romantic era, while sipping on their famous chocolate tea and eating in Downton Abbey style. The afternoon will find you having a luncheon tea and a house tour of the Charles Nelson Schmick House. Following the luncheon we will enjoy fashion trends of the era, costuming and behind the scenes tidbits, while exploring the role of women in the 1920's.

ANN ARBOR SUMMER ART FAIR, MI

June 21, 8:00 a.m. – 9:30 p.m.

\$59

Join us visit one of the oldest and largest art fairs in the country! The Ann Arbor Summer Art Fair transforms the city of Ann Arbor and the University of Michigan campus into an outdoor art festival showcasing the best in fine arts and crafts. **Bus departs from/returns to the Pepper Pike Learning Center. Registration Deadline and last day for refunds is July 1.**

MACKINAC ISLAND, MI

August 21-24, 7:00 a.m. – 7:00 p.m.

\$772/pp double or \$1,084/pp single

Tour Features 3 nights lodging at the Lake View Hotel on the island, luggage handling & taxes, 5 meals -3 continental breakfast, lunch at the Grand Hotel, dinner, transportation to the island (hydroplane), carriage tour, Frankenmuth

WHERE IT'S HAPPENING!, CLEVELAND

August 30, 8:00 a.m. – 6:00 p.m.

\$90.

Enjoy a day of good food, entertainment and exploration! Begin your journey to Lakeview Cemetery; one of the premier cemeteries in the United States. Next you will visit the Garfield Memorial Monument and the Wade Chapel, both historically significant as well as stunningly beautiful. After an interesting tour travel to the Higbee Building for a delicious "Edible Memories: The Silver Grill Revisited" lunch at the historically restored Silver Grill, returned to its original 1931 splendor. Happy memories of past experiences will fill your heart. There will be musical entertainment just for our group. After lunch explore several new and old highlights of Cleveland: the newly designed Public Square, Heinen's in the restored Cleveland Trust Building, and the Cultural Gardens of Cleveland as well as the Rockefeller Green House.

NEW ENGLAND & CANADA CRUISE

(Motor coach to and from NYC, 7 days aboard the Regal Princess)

September 30 - October 8

Starting at \$1,572

Tour Features; Cruise - New York City • Newport, RI • Boston • Bar Harbor, ME • St. John • Halifax/One night lodging, luggage handling.



Adaptive Recreation

Through the efforts of Mayfield Communities and the Adaptive Recreation committee, the following opportunities for individuals with physical, sensory or developmental disabilities are being offered. The programs listed below are not only for persons with disabilities, they are for everyone. The success of these programs depends upon participants of all abilities. Teen and adult volunteers are encouraged to help out with the following programs. **For more information/flyers for adaptive recreation programs, please visit mayfieldvillage.com, leapinfo.org, solonohio.org, theupsideofdowns.org and orangerec.com. Go to <http://www.cuyahogabdd.org/en-US/Social-Recreational-Activities.aspx> to access information on programs offered for those with developmental disabilities in the Cleveland area.**

Participants who are not capable of participating independently must be accompanied by a parent or caretaker.

Game Nights

Who: All ages
When: Fridays, March 4 and April 15, 6:00 – 8:00 p.m.
Where: Mayfield Middle School
Cost: \$5.00/participant per date pre-registered or \$6.00/participant per date at the door
Details: Come join a fun night and hang out with friends. Participants can play a variety of board games, volleyball, basketball, learn organized dances and enjoy pizza and pop. Participants can even bring their own games to play/share.
Pre-Registration Deadline: The Wednesday before each date.

Pizza Bowls

Who: 13 years and older
When: Fridays, March 11, April 8 and May 6, 7:00 – 9:00 p.m.
Where: Freeway Lanes of Solon
Cost: \$20 for March and \$14 for April and May, per bowler.
Details: Bowling at Freeway Lanes of Solon is Cosmic Bowling (main lights off, the disco and black lights turned on, and a smoke/fog machine. There will be a live DJ every Friday with drop down screens showing music videos).
Registration Deadline: one week before the program.

Fitness to Wellness to FUN!

Who: 13 years and older
When: **Session 1:** Mondays and/or Wednesdays, March 28 – May 4
Session 2: Mondays and/or Wednesdays, May 9 – May 25
Time: 6:30 – 7:30 p.m.
Where: Health 360 (700 Beta Dr., Mayfield Village)
Cost: **Session 1:** \$49 for either day or \$88 for both days
Session 2: \$24 for either day or \$44 for both days
Details: Join us for this energetic, fast paced stimulating hour designed to get you up and moving while having fun. The class will include a combination of obstacle courses, strength training, agility drills, endurance training, motor skill reaction drills, and developmental exercises. **NOTE: Parent or caregiver can pay \$12 per month to use facility when class is held. If interested, see front desk at Health 360. Reg. Deadline: March 21 & May 2.**



Flour Power Bakers

Who: 6 -12 year olds
When: Saturdays, April 9 - 23, 12:30 – 1:45 p.m.
Where: Pepper Pike Learning Center Room 43 (32000 Chagrin Blvd., Pepper Pike)
Cost: \$49
Limit: 5 participants
Details: Learn how to bake some favorite treats from scratch! Participants will bring a sample and recipe card home to practice baking at home. Participants will be exposed to safe kitchen appliances and utensils. Parent/caregiver must remain with students during class. The instructor is Monika Richards, a certified elementary school teacher. **Registration Deadline: April 1.**

Walking Club with LEAP

Who: 18 years and older
When: 6:00 – 7:00 p.m.
Session 1: Mondays, April 11 – May 16
Session 2: Tuesdays, June 7 – July 12
Session 3: Mondays, July 25 – August 29
Where: Cleveland Metroparks Euclid Creek Reservation-Highland Shelter
Cost: \$10.00 per person per session, includes snacks & beverages
Details: Come out and get some great exercise!
Registration is limited and first come first serve!

Spring Outside Fun

Who: 18 years and older
When: Wednesdays, April 13 – May 18, 6:00 - 7:00 p.m.
Where: Mayfield Middle School Soccer Field
Cost: \$10
Details: Come get in shape for the Spring playing different sports and fun games together; exercising, walking, and running. **Registration Deadline: April 8.**

Build an Herb or Floral Planter Box

Who: 13 years and older
When: Saturday, April 16, 10:00 a.m. – 12:30 p.m.
Where: Orange High School Woodshop
Cost: \$29 (plus \$20 material fee payable to instructor at class)
Details: You will love this beautifully crafted planter made by you! Fill your planter with herbs, vegetables or gorgeous flowers. Makes a great gift for Mothers' Day!

Yoga Reach

Who: Teens – Adults
When: Tuesdays, 4:45 – 5:45 p.m.
Spring Session 1: April 19 – May 24
Spring Session 2: May 31 – July 5
Where: Mayfield Village Civic Center
Cost: \$64/participant, \$5 off if registering for both sessions at once. Parents, siblings and carepartners attend FREE.
Instructor: Char Grossman, M.A., NCSP, RCYT, E-RYT 500 is professionally recognized as a Therapeutic Yoga Specialist and a Nationally Certified School Psychologist. Char has worked over the last three decades assessing, educating, and counseling children, adolescents, and adults with and without special needs. Char received yoga therapy certification from several national and international programs.
Details: In 2004, Char founded YogaReach (yoga-reach.org), a therapeutic yoga/movement program that inspires individuals of all ages and abilities to develop educational, physical, mental and social competencies through mind and body techniques. Char and her team members instruct all participants with an individualized approach. Develop daily living skills, make new friends, and have a great time. Wear comfortable clothes.

Fishing & Picnicing

Who: 15 years and older
When: Saturday, May 7, 2:00 – 4:00 p.m.
Where: Timberlake Park (Root Road in Solon, North off Pettibone and East of Aurora Rd)
Cost: \$11
Details: This one day event is part of Solon's Blue Ribbon programming. Bring your fishing rod, complete with hooks, line, and sinkers; and we'll supply the bait. We'll fish in the pond located at Solon's beautifully secluded Timberlake Park. Cleveland Metroparks Outdoor Recreation will show us what fishing is really all about and will provide a limited number of fishing rods and tackle if needed. A sandwich picnic with all the trimmings will be provided. The Ohio Dept. of Natural Resources has proclaimed May 7 as a Free Fishing Day. **Registration Deadline: April 29. Max. of 10 participants.**

Cleveland Gladiators

When: Friday, April 29, 7:00 p.m.
Cost: \$19 per person
Details: Watch the Cleveland Gladiators arena football team at the Quicken Loans Arena as they take on the Orlando Predators. Do not miss out on this fast-paced, action packed indoor football game! You also can enjoy Rudi the mascot, the Goddesses cheerleaders, and fun entertainment and music between quarters and time-outs.
Reg. Deadline: March 18.

Learn & Practice Living and Social Skills

Who: 13 years and older
When: Wednesdays, May 18 & 25, 6:30 – 7:30 p.m.
May 18: Learn about manners & social skills when having dinner at a friends/restaurant, learn how to manage money and budget for a night out, including figuring the tip.
May 25: We will meet at a restaurant. We will order and pay for dinner.
Where: CEVEC House (6532 White Road, Mayfield Village)
Cost: \$20 plus participant/parent/caregiver will pay for own dinner May 25
Min./Max.: 4/6
Instructors: Jennifer Rose
Registration Deadline: May 16.

Kickball League

Who: 13 years and older
When: Mondays, June 6 – July 11 (except July 4), 6:30 – 7:30 p.m.
Where: Parkview Softball Green Field
Cost: \$18
Coordinator: The Regan Family
Details: Join the fun in our highly popular kickball league. We will divide into teams and play a game each week. Everyone can play. Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play.
Registration Deadline: May 31.

Sand Volleyball

Who: 13 years and older
When: Wednesdays, June 8 – July 6, 6:30 – 7:15 p.m.
Where: Wiley Park
Cost: \$18
Coordinator: The Regan Family
Details: Have fun and build skills by playing in this fun volleyball program. Participants play at Wiley Park's sand volleyball court. Those participants who need one-on-one assistance or constant guidance are required to have a family member or caregiver join them in play. **Registration Deadline: May 31.**

Adaptive Recreation (continued)

Soccer Clinic

Who: 13 years and older
When: Saturday, June 11, 10:00 a.m. - 11:00 a.m.
Where: Wildcat Stadium (behind Mayfield High School, 6116 Wilson Mills Rd, Mayfield Village)
Cost: \$5.00
Details: This clinic will focus on basic skills with the Mayfield Varsity Coach Sean McNamara and the Varsity Boys soccer team. **Registration Deadline: Wednesday, June 8.**

Aquacize

Who: 10 years and older
When: Thursdays, June 16 – July 21, 6:00–7:00 p.m.
Where: Parkview Pool
Cost: \$30
Instructor: Parkview Pool Staff
Details: Experience success, increase comfort level, exercise & have fun in an aquatic environment. **Reg. Deadline: June 10.**

Outdoor Pool Party at Parkview Pool

Who: All ages
When: Saturday, July 23, 12:00-4:00 p.m.
Cost: \$10 includes admission to pool and lunch (no registration at the door)
Details: Come enjoy a great time swimming at Parkview Pool. The pool offers a zero to 42" depth play area and slide. Participants are asked to bring a side dish or dessert, no chips please. We will provide hot dogs, sides, chips and dessert. Our group will have the pavilion reserved right next to the pool and will begin serving food at Noon. **Registration Deadline: July 18.**

Quantum LEAP Softball League

Who: 18 years and older
When: Thursdays, July 28 – September 1, 6:00 – 7:30 p.m.
Where: Parkview Softball Green Field
Cost: \$30
Details: Cost includes t-shirt, hat, snacks and beverage. All equipment provided except gloves. **Reg. Deadline: July 21.**

Outdoor Movie at the Grove

Who: Open to Everyone
When: Friday, July 29, approximately 9:30 pm
Where: The Grove Amphitheatre (425 North Commons Blvd., Mayfield Village)
Cost: FREE!!
Details: Relax outside while watching Aladdin on the big screen. Bring a chair or blanket and get comfy; there is no permanent seating available. Feel free to bring in your own snacks and beverages. The Grove is handicap accessible. No registration required; just show up and enjoy!

Outdoor Living Skills Campout

Who: Families or Individuals 13 years and over with parent or caregiver
Min./Max.: Participants: 5/11
Date/Time: Pre-trip: August 6, 5 - 7 p.m.
Trip: August 12 - 13, 5 p.m. – 11 a.m.
Cost: \$65 (includes the use of some camping and cooking equipment) (siblings must pay; parent/caregiver no charge)
Locations: Hemlock Creek Picnic Area, Bedford Reservation
Details: Cleveland Metroparks Outdoor Recreation is proud to offer this special overnight campout, which is designed to teach you basic Outdoor Living Skills including Leave No Trace, setting up a campsite, building a fire, and more. Enjoy the simple life by camping under the stars at beautiful Bedford Reservation and roasting marshmallows over a campfire. No special equipment is required, but if you have your own camping equipment, please bring it along. Dress in layers and be prepared for the weather. Parent(s) or caregivers **MUST** attend the campout and pre-trip meeting and will need to provide their own camping equipment. ***Participants MUST attend the pre-trip meeting in order to attend the campout.*** Packing suggestions as well as directions will be supplied once registered. **Registration Deadline: July 29.**

Cleveland Indians Game

Who: Open to all
When: Sunday, August 21, 1:10 p.m.
Cost: \$20 per ticket
Details: Come see the Indians take on the Toronto Blue Jays. Lower Box seats. **Reg. Deadline: July 15.**

For more information/flyers for adaptive recreation programs, please visit mayfieldvillage.com, leapinfo.org, solonohio.org, heupsideofdowns.org and orangerec.com. Go to <http://www.cuyahogabdd.org/en-US/Social-Recreational-Activities.aspx> to access information on programs offered for those with developmental disabilities in the Cleveland area.

Youth and Teen Sports & Activities

Communities in Motion

Classes held at the Mayfield Village Community Room. Beachwood and other locations may have other classes/days, please visit www.communitiesinmotioncleveland.com for a complete list of classes. The registration deadline is one week before the session begins. Signing up after the deadline will incur a \$5.00 late fee.



SESSION DATES/PRICES

Spring Session 1: March 21 – April 18 (except April 4)

Spring Session 2: April 25 – May 23 (except May 9)

Summer Session 1: June 13 – July 11 (except July 4)

Summer Session 2: July 18 – August 8

Prices: \$34 per session or \$5.00 discount if signing up siblings at same time or a \$5.00 discount if participant signs up for multiple sessions at a time.



MOVE AND GROOVE WITH ME

Who: 1 – 3 year olds with parent

When: Mondays, 10:00- 10:30 a.m.

Details: With a soundtrack of familiar and fun songs, your preschooler will delight in the repetition of dancing and tumbling each week. Activities promote the development of coordination, strength, flexibility, and spatial awareness. The instructor will work individually w/ each child (and accompanying adult) throughout the class.

BITTY BALLET

Who: 2 – 3 year olds

When: Mondays, 10:30 - 11:00 a.m.

Details: This class is designed for the tiny ballerina and her parent or caregiver. The class is full of fun songs and will give your little princess exposure to ballet without the structure of Princess Ballet. Your ballerina can enjoy the class dressed in her favorite ballet outfit.



PRINCESS BALLET

Who: 3 – 5 year olds

When: Mondays, 11:00 a.m. – 11:30 p.m.

Details: Your preschooler will dance to her favorite princess songs during this fun ballet movement class. The instructor will teach a new routine each session. Students will learn basic ballet terminology and positions as well as hopping, skipping, and galloping. These exercises assist in the development of coordination, flexibility, and balance. Students will hold a performance for family and friends at the end of each session. Your princess can wear any leotard and ballet slippers.



Mayfield Village Girls Volleyball League



Who: Girls 3rd - 4th Grade & 5th - 6th Grade
When: Practices - Saturday, April 2; Monday, April 4; and Saturday, April 9
 Games - Saturdays, April 16, April 30, May 7 and May 14 (5th - 6th Grade only)
Times: 3rd - 4th Grade - 1:00 - 2:00 p.m.
 5th - 6th Grade - 2:15 - 3:30 p.m.
Practice Location: Mayfield High School Main Wood Gym
Cost: \$65 School District Resident/\$70 Non School District Resident

Details: Varsity Volleyball Coaches Rosella and Greg Glodkowski, and assistants, will provide hands on instructions to teach the basics of serving, setting, passing, court positions, rules and much more. Following 3 weeks of practices, girls have 4 weeks of games against Orange and Hathaway Brown recreational teams.

Running Wildcats Youth Running Club

Who: 2nd - 6th Graders in the Mayfield School District
When: Mondays and Wednesdays, April 4 - May 11, (except April 4, 27 and May 4 at Parkview Pool Pavilion) 5:45 - 6:45 p.m., MHS track
Cost: \$65 - includes t-shirt for each participant
Coach: Michele Fortuna, Former Asst. Mayfield High School Coach

Details: Track, Cross Country = Running - something everyone can do and excel at! Running is something you can do anytime, anywhere without a court, a pool, a ball, or a team! This program is designed to introduce the sport of running to Mayfield School District students in grades 2nd thru 6th, in a non-competitive environment. All classes will start with a warm-up, group runs and end with stretching and cool-down. You'll learn more about how to run, pacing, racing, and in general how to be more physically fit. Class will take place rain or shine, so please dress for the outside. Bring a water bottle. **On Sunday, May 1, the annual Youth Track Meet will be held at the high school track.** Running Wildcat club members are encouraged to register for the event. **Registration Deadline: April 1.**

Mayfield Soccer Club

Who: Boys & Girls in K-8th grade
When: Saturdays beginning in early April through early June.
Cost: \$60 all participants, \$40 each additional child, current travel players \$15
Details: The objective to this league is to teach some basic soccer fundamentals, good sportsmanship and how to have fun. Shinguards are required, soccer cleats are optional yet highly recommended. Practice will usually be once a week and games on Saturdays throughout the day.
New: all registration will be done online. Registration deadline: March 28th, \$10 late fee applies after that if space is still available. Visit mayfieldsoccer.com for more information and to register or contact Michael Horvat at mhorvatphotography@att.net if you have questions about the league.



Village Putters

Who: 5 - 7 year olds and 8 - 9 year olds
When: Thursdays, April 28 - May 26, 5 - 7 year olds: 6:30 - 7:15 p.m., 8 - 9 year olds: 7:30 - 8:15 p.m.
Where: Manakiki Golf Course
Cost: \$35
Limit: 18 participants per class
Instructors: Brian Minotas Golf Coach at Gilmour Academy and Varsity Golf Players.
Details: Parent and child will work together in this golf program. 5 - 7 year olds will have fun while learning about putting, chipping and pitching. 8 - 9 year olds will review previous learned skills plus learn all about being on the course, how to get out of sand traps, getting out of roughs and learn how to fix a divot and ball mark on the green. Everyone will get a shirt. **Participants will need to bring their own clubs including a driver, 7/8 iron and putter. If you do not have clubs or all of the ones needed, mention when registering. Registration begins March 7.**



Youth School Track Meet

Who: 2nd – 6th graders at Gates Mills, Center, Lander, Millridge and Mayfield Middle School

When: Sunday, May 1 at Noon

Where: Mayfield High School Track

Cost: \$13

Details: Mayfield Village Parks and Recreation, the elementary schools physical education teachers, Mike Petrik, Michele Fortuna and members of the Mayfield Varsity Track Team are combining efforts again to offer this recreational track meet. Events include: 100 M, 200 M, 400 M, 800 M and 4 x 100 M. All participants receive a shirt as long as they register by the deadline. Participants will be on a “team” with their school. Middle school students will be part of their past elementary school’s team. **Registration Deadline: April 15.**



Village Kickers Soccer



Who: 3 – 5 year olds

When: Saturdays, May 7 - June 4, 9:30 – 10:15 a.m.

Where: Parkview Soccer Fields

Cost: \$60-for all equipment (jersey, shorts, socks with built in shin guards and soccer ball)
\$30-for returning Kickers participants (has equipment)

Limit: 30 participants

Details: Children and their parents will participate in various exercises to learn the game of soccer. The program will focus on the basic skills of kicking, dribbling, trapping and throw-ins. **Registration Begins: March 7.**

Little Sluggers

Note: NEW DAY

Who: 3-5 year olds

When: Thursdays, May 5 – 19, 6:00 – 6:45 p.m. (drills)
Thursdays, May 26 – June 9, Start time 6:00 or 6:30 p.m. (Games)

Where: Parkview Green Softball Field

Cost: \$45 per participant – includes bat and ball set and team shirt

\$40 per participant – includes team shirt

Note: All participants will need to supply their own glove

Details: Parent and child will work together with the staff for 3 weeks doing various exercises to develop skills in catching, throwing and hitting. Drills are fun based but necessary to help grow your child’s baseball skills and develop hand-eye coordination. Teams will be formed and the kids, along with the parents, will play 3 weeks of baseball games. Parents will: play next to their child; run the bases with them after they hit; play the field with them and tell them where to throw the ball. **Registration begins March 7 and is limited to 40 participants.**



Fly Fishing at Deep Spring Trout Club

Who: 10 years and older with one parent and adults 18 years and older
Date: Saturday, May 14
Time: 9:00 a.m. – 3:00 p.m.
Where: Deep Springs Trout Club (Chardon)
Cost: \$80 includes instruction, rod, tackle, lunch and trout fishing
Details: Certified instructor George Vosmik's, credentials include the Museum of Natural History Trout Club and Board Member, a member of Deep Springs Trout Club. Come learn how to fly fish on this 2 acre spring fed trout pond with over 2,000 stocked trout. Class will cover a history of fly fishing, hands on instruction, and demonstration of fly fishing techniques. Participants will have the opportunity to savor the enjoyment of catching their fish then dining on their catch for lunch in the clubhouse (other food options will also be available). More fishing after lunch! Participants will have a creel pouch to store their catches in throughout the day. If you have your own fly fishing gear, please bring that otherwise the equipment will be supplied. Other optional costs paid that day at the club with check or cash only, no credit card: trout is \$4.50 per pound (live weight), cleaning and packed with ice to take home is \$1.00. **Registration Deadline: May 11.**

Ohio Society for the Elevation of Kites Kite Making Workshop



Date: Saturday, June 4
Time: 1:00 p.m. – 2:00 p.m.
Location: Parkview Pool Pavilion
Cost: \$8 (includes all materials)
Min.: 8
Details: Students, families and adults are welcome to join kite expert/member Bob Lockhart as he takes you through the construction and easy decoration of the sled kite. The sled kite is guaranteed to fly. Participants can pick from a variety of colorful tails to decorate their kite. Each participant will have 100 feet of line.

Girls Sand Volleyball League

Who: 5th – 8th graders (going into Fall 2016)
When: Sundays, June 5 – July 17 (except July 3), 10:00 a.m. – 12:00 p.m.
Where: Wiley Park sand volleyball court
Cost: \$41 per player
Max: 28 participants (7 girls on 4 teams)
Important Parent/Player Meeting on Saturday, May 14, Mayfield Village Civic Center, 1:00 p.m.

Mayfield Wildcat Youth Football Club

FOOTBALL

Who: Boys ages 6 – 13
 - Freshman Division: Under age 8 by May 1st and with 110 lb. weight limit
 - Junior Varsity Division: At least age 7 by August 1st but under age 10 by May 1st with 125 lb. weight limit
 - Varsity Division: At least age 10 but under 13 by August 1st with 150 lb. weight limit
 * No one in 7th grade or up may play in the league

CHEERLEADING

Who: Girls in grades 2 through 7
 - Girls entering the program must have turned age 7 no later than July 31st.
Note: Look at your school's email in May for online registration.
Details: - Practices for football and cheerleading start end of July/beginning of August.
 - More details and information, along with online registration forms will be available on the Mayfield Wildcat Youth Football Club website: www.mayfieldwyfc.org
 Feel free to contact: LeagueRep@mayfieldwyfc.org or any Board Member with questions.



Mark Your Calendars for
 Mayfield Area's Relay for Life
 (Benefiting the American Cancer Society)

Saturday, June 18, 2016

Mayfield High School's
 Wildcat Park

Help us celebrate our fundraising efforts with plenty of fun activities, food, and entertainment!
www.relayforlife.org/mayfieldoh

Summer Camps

Mayfield Village Summer Camp

For: K-6th grade (entering Fall 2016)
When: Monday – Friday, 9:00 a.m. – 3:00 p.m.
Session 1: June 6 – 17
Session 2: June 20 – July 1
Session 3: July 5 -15
Session 4: July 18 – 29
Location: Parkview Softball Field Pavilion
Per Session Price:
\$210 Mayfield School District Resident
\$230 Non Mayfield School District Resident
*Sibling Discount: \$20 off each additional child (only applied once per additional child)
*4 Session Discount: \$25 off the total amount owed (applied once per family)

Before Camp Care:
7:30 – 9:00 a.m.-\$5 cash per day/child

After Camp Care:
3:15 – 5:30 p.m.-\$7 cash/hour per day/child

Details: Special events, field trips, swimming at Parkview Pool twice a week, plus so much more! Center School will be used in case of inclement weather but campers should plan on being outside during this camp. Organized games, free play, themed days = tons of fun every day! Campers will be within walking distance to the Metroparks, Parkview Pool & playground and ballfields. **Space is limited to 50 campers per session.**

Cleveland Select Soccer Camps

Who: 5 – 15 year olds
When: Monday, June 6 – Friday, June 10, Parkview Soccer Fields, 9:00 a.m. – 2:00 p.m.
Monday, July 18 – Friday, July 22, Hawken Upper School, 9:00 a.m. – 3:00 p.m.
Monday, July 25 – Friday, July 29, Hawken Upper School, 9:00 a.m. – 3:00 p.m.



Details: Cleveland Select Soccer Camps are directed for player's development through learning the game of soccer via small-sided games for girls and boys. All coaches have a National License. Players will have fun while learning about the game. Participants will end up the day at the swimming pool, so bring your bathing suit. For more information contact Dani Giulvezan at 216.926.3769 or email dani@clevelandselect.com. Online registration is available at www.clevelandselect.com.

Teen Adventure Camp

Who: 7th & 8th graders (fall 2016)
When: Monday – Friday, June 6 - July 15, 8:30 a.m. – 3:00 p.m.
Where: Mayfield Middle School
Details: Don't sit around this summer wishing you had something to do! Sign up for our six week Teen Adventure Camp designed for kids entering 7th and 8th grade in the fall of 2016. Campers will go on field trips 4 to 5 times a week. Some of our destinations include: Cedar Point, White Water Rafting, hiking in the Metroparks, Whirlyball and many more fun trips. Join the fun this summer, you'll have a blast! Parent/Camper Orientation Meeting and before camp care to be determined. **Space is limited to 50 campers per session.**

School district registration begins upon receipt of this brochure. Non School District registration begins March 16.

<u>6 Weeks (June 6 – July 15)</u>	<u>3 Weeks</u>
\$865 Resident of School District	Session 1: June 6 – 24
\$840 Each additional child in family	Session 2: July 27- July 15
\$940 Non-Resident	\$505 Resident of School District
\$915 Each additional child in family	\$480 Each additional child in family
	\$530 Non-Resident
	\$505 Each additional child in family

Refund Policy
Full refund until March 18
50% refund until April 15
25% refund until May 27
No refunds after May 27

Cleveland Cobras Soccer Camp

Who: 8 – 14 year olds
When: Monday, June 27 – Friday, July 1, Mayfield High School, 9:30 a.m. – 12:30 p.m.
Details: Cleveland Cobras Soccer Camp is run and directed by United States Soccer Federation 'A' License Coach Sean McNamara (Coach Mac). The camp is geared in a manner whereby the children learn through having fun. Our mission is to bring each child to their highest level of play. Kipper Mac Will once again be performing his tricks and racing the campers. Contact Coach Mac at seanthecobra@sbcglobal.net for further information.

For more camps see page 29 of the Wildcat Sport & Fitness Section.

Tennis Camp

Who: 8 - 14 year olds
When: Wednesday & Friday June 8 – July 15
 9am – 10am (8 - 11 year olds)
 10am – 11am (12 - 14 year olds)
Where: Mayfield Heights City Park Tennis Courts*
Cost: \$70
Details: Campers will be placed in skill and age appropriate levels, and will learn the fundamentals of tennis. Bring tennis racket and one can of balls. *Please note, if rain causes a class to be shortened to less than 35 minutes that class will be made up.

Cheer Camp

Who: 5- 11 year olds
When: July 25 -29
 9- 11 am
Where: Mayfield Heights City Park behind Dragga Field
Cost: \$75
Details: Join us for a spirited week! Cheerleading camp will focus on motion technique, jumps, dance, cheers and more. Campers will be divided up into groups according to age and skill. The week concludes with a choreographed performance. Class time is 2 hours.

JUMP START SPORTS

Mayfield Color Games Sports Camp

When: August 8 - 12, 9:00 a.m. – 3:00 p.m. (available full or half day) Extended care available 7:30 – 9:00 a.m. or 3:00 – 6:00 p.m.
Where: Parkview Softball Pavilion
Cost: Full Day: \$140 (school dist. res.) /\$150 (non-resident)
 Half Day: \$85 (school dist. res.) /\$95 (non-resident)
 Before Camp Care: \$15 per week or \$5 per day
 After Camp Care: \$30 per week or \$10 per day

Details: A great old camp theme has come to Mayfield! Campers are divided into teams and play a wide variety of sports and camp games, competing for “Color Pride”. This fun format enables children learn and benefit from the positive aspects of competition while working with a team toward a common goal. Some sports included football, soccer, lacrosse, dodge ball, obstacle course runs and more. The fun format is designed to teach cooperation and teamwork while also developing self-esteem. The camp will be staffed at an 8 to 1 ratio.



SOCCER CAMP

Register for Challenger Sports' British Soccer Camp and join over 150,000 players who will learn the Challenger Way this year. Each camp will feature the 1,000 Touches Curriculum, packed with drills and practices designed to improve individual ball control, footskills, fakes, moves, juggling and core techniques!



MAYFIELD VILLAGE PARKS AND RECREATION

July 25th-29th @ Parkview Soccer Fields
 300 North Commons Blvd, Mayfield Village, OH 44143
 Camp includes FREE ball & t shirt

First Kicks	Ages 3-4	9-10am OR 12.30-1.30pm	\$96
Mini Soccer	Ages 4-6	10.30am-12pm OR 2-3.30pm	\$112
Half Day (Recreation)	Ages 6-16	9am-12pm OR 12.30-3.30pm	\$145
Half Day (Advanced)	Ages 6-16	9am-12pm OR 12.30-3.30pm	\$145
Full Day (Recreation)	Ages 8-18	9am-12pm & 12.30-3.30pm	\$206
Full Day (Advanced)	Ages 8-18	9am-12pm & 12.30-3.30pm	\$206
GK Clinic*	Ages 8-18	10am-12pm (Saturday July 30th only)	\$38

MAYFIELD VILLAGE

Mail applications & checks payable to Challenger Sports to:
 Ross McIntosh,
 1329 E. Kemper Rd #4214,
 Cincinnati, OH, 45246

Tel: 513-592-3588
 Email:

rmcintosh@challengersports.com

FREE jersey only available for online registration or at any spring promotion for participants registered by June 10th 2016

To avoid \$10 late fee register by July 15th 2016

Sign up at www.challengersports.com

SIGN UP TODAY!

www.challengersports.com // 800.878.2167

Welcome to your
18th season at

Parkview Outdoor Pool

Parkview Pool, 425 North Commons Boulevard will open for the season on **Wednesday, June 1, beginning with adult lap swim 6:30 a.m. Open swim begins at 12 noon.** Parkview Pool will offer an extensive variety of programs for toddlers through senior adults.

The facility is outstanding with lanes for lap swimming, learn to swim, open swim or competitive activities swimming. The facility also includes a separate competitive diving well (12'8" deep), a corkscrew waterslide, a 0-42 inch depth play area with a variety of water toys, a concession stand, men's and women's locker rooms, shade structures, a Picnic Shelter with interconnecting gates to the pool for private rental convenience, and a toddler/youth playground, adjacent to picnic shelter.

REGISTRATION FOR ALL POOL PASSES AND AQUATIC PROGRAMS ARE HELD AT PARKVIEW POOL.

All preseason registration for Parkview Pool programs will take place at **Parkview Outdoor Pool.**

Mayfield Village Residents/Progressive Employees

Saturday, May 21	10:00 a.m. – 1:00 p.m.
Monday, May 23	11:00 a.m. – 5:00 p.m.
Tuesday, May 24	11:00 a.m. – 5:00 p.m.
Wednesday, May 25	11:00 a.m. – 5:00 p.m.

Mayfield School District Residents (Gates Mills, Highland Hts., Mayfield Hts.)

Thursday, May 26	11:00 a.m. – 7:00 p.m.
Friday, May 27	11:00 a.m. – 5:00 p.m.
Saturday, May 28	10:00 a.m. – Noon
Tuesday, May 31	11:00 a.m. – 7:00 p.m.

For use of Parkview Pool, a photo I.D. (i.e. driver's license) with current address AND current utility bill is needed to show proof of residency. Progressive employees are asked to bring their identification card.

For each school age child getting a pass, Mayfield Village requires a report card showing the student's name and address.

IMPORTANT: Parkview Pool Main Phone Number: (440) 446-1688 for pool closings or other updates.

You can email Parkview Pool Staff beginning June 1 if you have questions at parkviewpool@mayfieldvillage.com



Parkview Pool Opens Wednesday, June 1 and Closes Sunday, August 14



Pool Hours for 2016

OPEN SWIM

Monday through Friday 12 Noon - 8:00 p.m.
 Saturday & Sunday 12 Noon - 7:00 p.m.
 Note: 2 to 3 lanes will be open during Open Swim for lap swimmers.
 Note: Areas of the pool may be closed at various times for programs.

ADULT LAP SWIMS

Monday through Friday 6:30 a.m. - 8:00 p.m.
 Saturday Only 9:00 a.m. - 7:00 p.m.
 Sunday 10:00 a.m. - 7:00 p.m.
 Note: 2 lanes will be reserved during swim lessons (9:00-11:15 a.m.) for lap swimming.

POOL RENTAL

Mayfield Village Parks and Recreation is accepting reservations for after hour rental of Parkview Pool for Mayfield Village and School District residents for family gatherings, birthday parties, special occasions, groups and organizations on Thursdays and Fridays 8:30 - 10:30 p.m. and Saturdays and Sundays 7:30 p.m. - 10:30 p.m. **Please note: Some rental dates may already be reserved for scheduled Recreation Department Activities. Call Mayfield Village Recreation during regular business hours at 461-5163 to make reservations and request an information packet.**

Fees and Admission

All Mayfield Village residents and School District residents must have a photo I.D. (i.e. drivers license) with current address and a current utility bill which is needed to show proof of residency. For each school age child getting a pass, Mayfield Village requires a report card showing the student's name and address. Progressive employees must bring their Progressive employee identification card.

Guest Passes

Guest (Only Parkview season pass holders or Mayfield Village residents may purchase guest admissions.) Management reserves the right to limit the number of guests.

Student (K-12)\$5.00
 Adults\$6.00

General Admission

(All Day Admission Without Pool Pass)

*School District Student\$5.00
 *Mayfield Village Residents (18 and older)\$7.00
 *School District Resident\$9.00
 **Non School District resident\$15.00
***Proof of residency is a photo I.D. (i.e. drivers license) with current address.**
****Limited number of general Admission Tickets.**

Season Pool Passes

For Mayfield Village Residents/Progressive Employees:

	Before July 18	Beginning July 18
Preschoolers (5 years and younger)	free	free
Students (K-12)	\$52	\$27
Adults (includes Progressive employee)	\$62	\$32
Family (includes Progressive families)	\$153	\$80
Seniors (60 yrs. and older)	\$38	\$20

For Mayfield School Dist. Residents: (Gates Mills, Highland Hts. and Mayfield Hts.)

	Before July 18	After July 18
Preschoolers (5 yrs. & younger)	free	free
Students (K-12)	\$70	\$38
Adult	\$130	\$68
Family	\$275	\$148
Senior (60 yrs. & older)	\$62	\$34
Non School District Family	\$345	\$173

(child must attend St. Francis, St. Paschal or Gilmour-proof required)

There will be a \$2.00 charge for each I.D. card payable at time of registration. Lost ID or Pool Pass replacement fee is \$5.00. Passholder must present pass or be charged \$1.00.

For each school age child getting a pass, Mayfield Village requires a report card showing the student's name and address.

Important Date/Special Event Swims

- **Wednesday, June 1:** Parkview Pool opens for regular lap and open swim hours
- **Saturday, June 11:** Cruise Night, pool closes at 4:30 p.m.
- **Saturday, July 2:** Lap Swim 10:00 a.m. – Noon, Open Swim Noon – 6:00 p.m. **Note that July 4th activities occur during regular open swim and admission or pool pass is required.**
- **Monday, July 4:** Lap Swim 10:00 a.m. – Noon and Open Swim Noon – 6:00 p.m.
- **Friday, July 29:** Family swim and movie 7:30 – 9:30 p.m.
- **Sunday, August 14:** Parkview Pool closes at 7:00 p.m. for season. **Parkview Pool users will be able to use Highland Heights during abbreviated hours. Information will be available in early August.**



In order to accommodate some of the aquatic programs, some of the areas of the pool may be temporarily closed.

Deep Water Exercise Challenge for Adults

Dates: June 6 - August 12
Day/Time: Mondays, Wednesdays, Fridays,
11:15 a.m. - 12:15 p.m.
Mondays and Wednesdays, 6:00 -7:00 p.m.
Cost: \$4 per class: 10 class punch card (\$40)
available at front desk.
Details: Need a fun, different type of conditioning? This class is for you! If needed, a floatation belt may be used. A great way to work your cardiovascular system without injuring any joints. A workout good for adults of all ages, both men and women. Class will take place in the diving well with Corky Carl instructing. **Note: All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class.**

Aquacize for persons with disabilities...see page 10 for details.

Aquacize

Instructor: Kathi Buschser
Ages: Open to All
Note: All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class. Exercising in water is beneficial and easy for everyone to do! Join the fun for Adults and Senior Adults. All exercises are done in the water to improve flexibility while conditioning and toning the entire body. You don't need to know how to swim.
Day: Tuesdays, Thursdays
Time: 11:15 a.m. - 12 noon
Dates: June 7 - August 11
Evening: Mondays, Wednesday
Time: 6:45 p.m. - 7:45 p.m.
Dates: June 6 - August 10
Cost: \$4 per class: 10 class punch card (\$40)
available at front desk.
Make-ups will be posted at pool entrance.

Spring Board Diving

Class meets 2 days per week.
Ages: Open to All
Session 1: Tuesday and Thursday June 14-June 30.
Session 2: Tuesday and Thursday July 12-July 28.
Time: 6:45-7:45 p.m.
Cost per session: See learn to swim fees on page 22.
A beginning class of introductory skills including approaches, take offs, and entries. The five basic groups of dives will be explored. Those with advanced skills can be accommodated. **Minimum of 6 per class.**



Splash Sport Cardio (Deep Water)

Who: Adults
When: Tuesdays/Thursdays, 11:45 a.m. – 12:15 p.m.
Session 1: June 14 – June 30
Session 2: July 12 – July 28
Where: Parkview Diving Well
Cost: \$24 per session, 12 class punch card will be available at front desk for participants who are not Progressive employees
Min./Max.: 5/20
Instructor: Laura Locker, Certified Group Fitness Instructor
Details: This challenging class includes high intensity, non-impact athletic drills to improve strength and cardio respiratory endurance. Must be comfortable in deep water.



Youth Synchronized Class

Who: 8 years to 8th graders
Date: Fridays, June 17 – July 29
Time: 10:00 – 11:00 a.m.
Cost: \$25
Details: Learn basic skills stunts. Start doing routines combining swimming and stunts. **Helps get student ready for the synchronized camp in August.**

Lifeguard Training

Parkview Pool will be offering an American Red Cross Certified Lifeguard program for students 15 years and older. Some prerequisites for students include: must be able to swim 300 yards continuously and retrieve a 10-pound object from the bottom of the pool.

Pretest: Wednesday, June 1, 6:00 p.m.
Classes: June 6 - 10, 8:00 a.m. - 4:00 p.m., weekdays
Cost: Residents: \$175 Non-residents: \$200
Note: All students must attend all classes to be certified.

Advanced Swimming

Dates: Monday, July 4 - Friday, July 8 (Monday through Friday)
Time: 9:30 a.m. - 11:30 a.m.
Cost: See learn to swim prices, (boxed in page 29).
Details: Open to any child of level 5 ability, or by permission of instructor. Included in the course will be stroke technique, water polo, basic elements of synchronized swimming, basic safety skills, endurance training, snorkeling and basic canoeing. **Each participant must provide his/her own mask and snorkel.**

One Week Summer Camp for Synchronized Swimming

Dates: Monday, August 8 - Friday, August 12
Time: 9:45 a.m. - 12 Noon
Cost: \$50/School District Resident, \$60/Non School District Resident
Instructor: Laura Capello
Details: Must be at least 8 years old and able to swim 25 meters (or permission by instructor). The camp is a beginning class of introductory skills that includes front and reverse sculling, stunts such as ballet legs and somersaults progressing to more advanced vertical stunts and synchro swimming strokes. Those swimmers with more advanced skills will be accommodated. A short show will be held on Friday, August 12. **Registration Deadline: Friday, August 5.**



Hurricane Swim Team

For more information, contact Gregory Davis at (440) 759 2943 or info@hhhurricanes.org. Please visit our website, hhhurricanes.org.



Requirements:

- Swimmers, age 8 and under, must be able to swim one length of the pool in any stroke.
- Swimmers, between the ages of 9 and 15 years old, must be able to swim two lengths of pool.
- Parents are required to help out at all swim meets that their swimmer attends.
- Swimmers are required to attend a minimum of three practices a week in order to swim in that week's swim meet and attend three out of the six dual meets in order to participate in the Championship Swim Meet. Swim team fees must be paid in full to the City of Highland Heights prior to attending a swim meet and before a swimmer's second week of practice.
- **Fees are \$75.00 for residents of the Mayfield School District and \$90.00 for non-residents. In addition, swim team members must purchase a Highland Heights pool pass for the season at the resident rate of \$55* for individual or \$130* for family pass. We ask all swim team families to please register in person at one of our walk-in registrations at the Highland Heights Community Center. Please remember to bring your calendars.**

Swim team suits and spirit wear will be available to purchase or order.

SWIM TEAM PRACTICE TIMES: Mondays through Fridays

Beginning June 6, both mornings and evenings through August 5.

Morning Practice - Mondays thru Fridays

Advanced Swimmers and all teens 9:00 a.m. - 11 a.m.

9-10 Swimmers 9:30 a.m. - 11 a.m.

Beginners and all 8 and under 10:00 a.m. - 11 a.m.

Evening Practice - Monday, Tuesday, Wednesday and Thursday

All Swimmers, 5:00 p.m. - 6:30 p.m.

There are 6 dual meets, 3 at home and 3 away. The first dual meet is Saturday, June 18, 2016. The season ends with a Championship Meet on Saturday and Sunday, August 6 and August 7.

Please note that dates and prices are subject to change.

Scuba Programs



Just Add Water
The Swim, Snorkel, Scuba Center
36200 Euclid Ave., Willoughby

Parkview Pool in cooperation with Just Add Water will be offering a variety of scuba programs for anyone ages 8 to 92. Listed below are 4 programs to fit the level of interest and age of the participant. **All registration will be handled by Just Add Water. For more information call them at (440) 942-7575.**



Try Scuba Diving

A fun and easy way to test the waters. Come and try Scuba Diving, in a controlled environment, the pool, with a certified instructor to help you on your way.

What will I do? When you participate in a Try Scuba Diving program, you discover excitement and adventure - freedom and serenity. Nothing compares to the "weightless" exhilaration of breathing underwater. Only a diver knows the feeling!

How long will it take? It only takes 1 to 1 1/2 hours and in no time, you'll feel comfortable diving.

What do I need? A sense of adventure, a bathing suit, and towel.

Who: 8 to 92

When: Wednesday, June 15 or July 6 or July 27 or August 5

Time: 7:00 p.m. - 9:00 p.m.

Cost: \$39

Kids Scuba Camp

Learning to scuba dive is a life-changing experience that enables young men and women to embrace challenges in a whole new way. That first breath underwater; the feeling of total weightlessness as you embark into a foreign world... it enables you to be part of something so powerful it transforms your life! Campers will complete the classroom and pool training required to earn their PADI. Open Water Certification in a safe and enjoyable way. Campers will learn about dive safety, equipment and dive procedures. They will also learn about the underwater world, aquatic life and protecting our environment. Fee includes course manual, logbook and dive tables, all scuba equipment along with mask, fins, and snorkel.

Who: 7 - 11 year olds

When: July 4 - 8 or August 1 - 5

Time: 9:00 a.m. - 3:00 p.m.

Cost: \$335 (includes all materials)

Scuba Lessons - Get Certified

Are you ready for the adventure of a lifetime? Why not take the plunge and get certified as a Padi Open Water Diver? This is part-one of the PADI Certification process, which includes the pool and classroom training required to become a certified diver. This is the entry-level dive course designed to provide you with all of the knowledge and skills necessary to safely visit the underwater world. The class will prepare you to complete part-two of the Padi Certification process, 4 Open Water Dives. These dives can be completed during the summer months locally, or on your next vacation! Go ahead... Take the plunge!

Who: 12 years through adults

When: 3 separate class offerings-
Fri., June 24, Sat., June 25 and Sun., June 26
Fri., July 22, Sat., July 23 and Sun., July 24
Fri., August 5, Sat., August 6 and Sun., August 7

Time: Classroom at Just Add Water on Friday,
6:30 p.m. - 9:30 p.m.

Saturday & Sunday 8:00 a.m. - 12 Noon and
classroom at Just Add Water from 2:00 pm-6:00
p.m. after pool time.

Sunday, 8:00 a.m. - 12:00 p.m. and Classroom at Just
Add Water from 2:00- 6:00 p.m. after Sunday pool time.

Cost: \$360 (includes all materials except mask, fins,
snorkel and boots)

Kids Seal Team

Have a child who's not old enough for certification, but can't wait to dive? Now they don't have to! PADI Seal Team is a great way to introduce kids 8+ yrs to the basics of safe diving. The PADI Seal Team program is designed for young divers who are looking for action-packed fun in a pool! A PADI certified instructor will guide kids through 5 different "Aquamissions" which are designed to teach them the building blocks of scuba.

Who: 8 - 11 year old boys and girls

When: July 4 - 8 or August 1 - 5

Time: 9:00 a.m. - 11:45 a.m.

Cost: \$235 (includes all materials)

Fee includes activity workbook, use of all scuba equipment along with mask, fins and snorkel, (children use all of the basic equipment which is designed for their size and stature) logbooks and graduation certificate.

Learn to Swim

The Learn to Swim Program is based on American Red Cross Standards and instructors are certified through the American Red Cross. **Read the requirements and skills taught before signing up. All students will be tested the first day of the previous class completed.**

Session 1

Monday, June 13 - Friday, July 2
Registration begins May 21 for Mayfield Village Residents/May 26 for School District Residents

Session 2

Monday, July 11 - Saturday, July 30,
No classes Fridays unless for make-ups.
Registration July 4 - 9

Learn to Swim Fees and other Swim Classes Where Noted

\$30 - Village Resident with pool pass
\$35 - Village Resident without pool pass
\$45 - School District Resident with pool pass
\$50 - School District Resident without pool pass
\$60 - Non School District Resident participants

PROCEDURE FOR PRIVATE LESSONS AT PARKVIEW POOL

Any parent wishing to receive private swim lessons at Parkview Pool by Parkview Pool Staff must follow these procedures for Summer 2016:

- All private lessons will cost \$15 per 30 minutes per swimmer.
- Parents can purchase as many private lesson coupons as needed at Parkview Pool front desk during regular office hours. The office staff can supply names of possible instructors if the parent has not yet scheduled with the instructor of their choice.
- The instructor will collect the private lesson coupon at the start of each lesson.
- Lesson days and times are the direct responsibility of the parent and instructor to schedule however they must occur outside the instructor's scheduled hours and not during any time that Parkview is offering lessons.

Adult/Teen Swimming

All classes are Tues/Thurs 6:00 – 7:00 p.m. and Saturdays, 10:00 – 11:00 a.m.

Session 1- June 14 – July 2

Session 2- July 5 - July 16

Session 3- July 19 – July 30

Whether you are fearful of the water, need to learn how to do various strokes, or simply wish to become more efficient in swimming laps, this class is for you. See learn to swim fees in box.

Saturday Morning Learn to Swim Classes (one session only 8 weeks)

Dates: June 18 – August 6
Times: 10:00 a.m.-Levels 1 and 3
10:45 a.m.-Levels 2 and 4
Limit: 6 students per class
Cost: See box for Learn to Swim Fees

LEVELS	REQUIREMENTS TO ENTER CLASS	SKILLS TAUGHT
Parent/Tot Wednesdays, June 15 - August 3, 11:15-11:45 a.m., or Saturdays, June 18 - August 6. 10 a.m. or 11:00 a.m.	2-5 year olds. Parent must accompany children in water. Limit 8 parent/child pairs per class.	Class will acquaint child with basic water adjustment and include parent training on water safety. Note: Class taught in 3 ft. area.
Under 4 foot M-Th 11:15-11:45 a.m.	Must be at least 4 yrs. old and no taller than 48 inches. There will be 2 students to one instructor.	The class teaches basic water adjustment for more advanced preschoolers & prepares for level I classes. Students progress at own rate.
LEVEL ONE <i>Introduction to Water Skills</i> M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	Must be at least 4 yrs. old. Class will be held in 4 ft. area.	Students are introduced to basic water skills. Students learn buoyancy with support and breath control. They begin with the basics of front and back crawl & general water safety rules.
LEVEL TWO <i>Fundamental Aquatic Skills</i> M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Enter chest deep water unassisted, move 5 yds., bob 3 times and exit water. 2. Glide on front and back for three seconds in 3.5 ft.	Helps students to become more independent in the water while learning rhythmic breathing, buoyancy, treading water, coordination of arms and legs and general water safety rules.
LEVEL THREE <i>Stroke Development</i> M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Enter chest deep water, front float for 5 sec., roll to back float, return to standing, then back float for 5 sec. roll to front and return to standing position. 2. Push off and swim 5 body lengths each on front and back using combination of arms and legs.	Students build on level 2 skills with more coordination to combine arms and legs for front and back crawl. Intro to butterfly kick and kneeling or sitting dives. General safety rules and diving rules also discussed.
LEVEL FOUR <i>Stroke Improvement</i> M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Jump into diving well and swim front crawl across to opposite corner with rhythmic breathing, tread water or float for 30 sec. and return to original corner by swimming elementary back stroke.	Students learn swimming distances while improving front and back crawl and changing directions. Students learn breaststroke, butterfly, elementary backstroke, and the sidestroke kick. Diving progresses to the compact or stride position. Additional diving rules discussed.
LEVEL FIVE <i>Stroke Refinement</i> M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Feet first entry into 5 ft. front crawl 1 length of pool, float or scull on back for 1 min. then elementary backstroke for 1 length 2. 15 yds. of breaststroke and backcrawl for 15 yds.	Students refine their strokes and build endurance in all strokes learned while working on flip turns. Diving advances to shallow dives as well as tuck and pike surface dives. Treading water is improved and survival swimming is taught.
LEVEL SIX - A <i>Swimming and Skill Proficiency</i> M-Th 9:00 a.m. or 9:45 a.m. (40 minutes in length)	1. Perform a shallow dive into deep water, 2 lengths front crawl, turn around and swim, elementary backstroke for 2 lengths. 2. 1 length breaststroke and 1 length of back crawl.	Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Prepares students to participate in more advanced classes.
LEVEL SIX - B <i>Swimming and Skill Proficiency</i> M-Th 9:00 a.m. or 9:45 a.m. (40 minutes in length)	You must have passed Level 6-A or have the same skill level.	Looking for a fun way to keep your fitness level at top form, learn some new strokes, turns, diving, basic life saving and more.
ADULT/TEEN LESSONS See Description above.	Class limit is 8 students.	Designed to aid in the development and improvement of strokes of the non-swimmers as well as the swimmer.
ADVANCED SWIMMING M-Fri, July 4-8, 9:30-11:30 a.m.	Must have completed Level 5 or permission from Instructor.	This course entails stroke technique, water polo, basic elements of synchronized swimming, basic safety skills, endurance training, snorkeling and basic canoeing. Each participant must provide his/her own mask, snorkel and fins.

Senior Programs

Coordinated by the Senior Services Department

SENIOR SERVICES DEPARTMENT 6621 Wilson Mills Road 44143
PHONE: (440) 919-2332 FAX: (440) 919-0207

WEATHER CANCELLATION POLICY

If the Mayfield Schools are closed due to weather conditions, activities planned by Mayfield Village Senior Services Department will also be canceled. Please call us if you have any questions or to check the status: 440-919-2332.

Lunch and Learn:

Re 2016 Activities, Programs, and Trips offered by MV Senior Services: Wednesday, April 6 at 12 noon at MV Civic Center. Reservations are due by Wednesday, March 30. Free. Call 440-919-2332 for more information or to register.

Lunch n' Movie with Community Partnership on Aging

Spring/Summer movie titles and menu to be announced for the following Wednesdays:

April 13, May 11, June 8, July 13, August 10, September 14. Lunches are \$5.00 per person (reservations REQUIRED by calling 216-650-4029 no later than the 3:00 PM on Wednesday prior to the lunch). Doors for all lunches open at 11:45; lunch is served at 12:15 and movie starts at 1:00 p.m. Lunch n' Movies are held at the MV Civic Center. Movies are in the beautiful and comfortable auditorium.

Annual Anniversary Party for Mayfield Village Residents Ages 60+

Friday, April 8, 12-3 p.m. at Mayfield Village Civic Center. (Please note the change of venue.) Join us for hors d'oeuvres, a delectable lunch, entertainment and door prizes. Doors open at 11:30 a.m. RSVP to MV Senior Services by Wednesday, March 30: 440-919-2332.

Watercolor Classes

Tuesday Classes: April 5-26; May 3-May 24; May 31-June 21.

Thursday Classes: April 7-28; May 5-26; June 2-23.

Tuesday classes are 9 a.m.-Noon. Thursday classes are 10 a.m.-1 p.m. Both classes are held at Mayfield Village Civic Center. Please note the change of venue. Instructor: Florence Smith. Cost for Mayfield School District Residents: \$35 per 4/week series, Non-Mayfield School District Residents: \$40/per 4/week series. There is also a \$4 material fee paid to the instructor for each 4-week series. At the end of each 4-week series, you will have created three watercolor paintings suitable for framing.

Trips

Note: Unless otherwise noted, all trips depart from and return to the Mayfield Village Civic Center, 6622 Wilson Mills Road.

PHANTOM OF THE OPERA See Broadway's longest running show on tour at the State Theatre. Thursday, June 16. Afternoon Matinee, main floor seating, last 5 rows. (\$48) Deadline to register: Wednesday, April 6.

ANN ARBOR SUMMER ART FAIR Thursday, July 21, 8 a.m.-9:30 p.m. Via deluxe motor coach, visit the oldest and one of the largest art fairs in the country. (\$59) Deadline to register Tuesday, June 21. Note: **This trip leaves from the Pepper Pike Learning Center.**

HISTORIC AND ETHNIC TOUR OF CLEVELAND, "PART 3 WITH JKL TOURS" Wednesday August 17, 8:15 a.m.-5:30 p.m. Includes unique Italian buffet lunch and tour. Highlights include a walking tour of the Gordon Square Arts District, visiting the observation level of the Terminal Tower, and a behind-the-scenes tour of the original Woolworth's that is now the House of Blues. (\$69) Deadline to register: Wednesday, July 13.

Hartville—Lunch and Shopping Friday, September 16, 10 a.m.-5:30 p.m. Enjoy a full lunch at Hartville Kitchen including dessert. Shop at the bakery, a candy store, a huge hardware store, Hartville Kitchen with a variety of collectables and personal items, and the flea market. Coupons for various stores provided. (\$47) Deadline to register: Friday, August 12.

A GUIDED TOUR OF COVERED BRIDGES with lunch on your own and optional wine tastings on your own at Grand River Cellars (\$36 includes tour and transportation) Deadline to Register: Friday, September 9.

"A BRANSON COUNTRY CHRISTMAS" FEATURING THE OZARK JUBILEE AND LUNCH Friday, November 18 at the Croatian Lodge in Eastlake (\$64). Deadline to Register: Friday, October 14.

"HIGBEE'S" SILVER GRILLE CHRISTMAS PARTY! Wednesday, December 7. Includes a wonderful lunch from the Ritz Carlton borrowing from the original Silver Grille recipes. As we recreate the magic of the Silver Grille, we will enjoy entertainment by a violinist and a 3 piece combo band. There will be free time to view the decorations of Tower City or even visit the Horseshoe Casino. (\$83) Deadline to Register: October 17.

Call us at 440-919-2332 to get on the participant list now. There are a limited number of seats available for all trips.

Bereavement Support Group

Elizabeth of Crossroads Hospice helps persons work through the grief process connected with losses through death, job loss, divorce, moves, and other life-changing challenges. New 10-week session: April 25 through July 11 from 5:45-6:45 p.m. Sessions will be held at Governor's Village Assisted Living Facility, 280 North Commons Blvd. (near Progressive and Parkview Pool.) Free. Contact Mayfield Village Senior Services at 440-919-2332 to learn more or to register.

Foot Clinic

Foot Clinics with Dr. Kelly Whaley Fridays: April 8, 22; May 13, June 17; July 1, 15, August 12, 26. The April 8 clinic will be held at the MV Community Room. Clinics on and after April 22 will be held at the MV Civic Center. (Please note the change of venue.) Call the Senior Services Department at 440-919-2332 to make an appointment between 1 and 3 p.m. for diabetic and routine foot care such as toenail cutting, treatment of corns and calluses, and removing ingrown toenails.

Lunch & Movie at Governor's Village

Join us for a delectable lunch and a popular movie at 12 noon at beautiful Governor's Village Assisted Living Center. Lunch: \$5.00. Deadline to Register: One week prior to lunch & movie. Call Mayfield Village Senior Services at 440-919-2332 to make your reservation.

Wednesday, April 20: House Salad, Surf & Turf, Baked Potatoes, Roasted Vegetables, Tennessee Whiskey Cake. Movie: "The Help."

Wednesday, May 18: Stuffed Baguette, Salisbury Steak, Mashed Redskins, Peas & Carrots, Apple Pie. Movie: "Soul Surfer."

Wednesday, June 15: Watermelon, J.D. BBQ Chicken, Tot Casserole, Sauteed Corn, Derby Pie. Movie: "Seabiscuit."

Wednesday, July 20: Applesauce, French Pork Chops, Rosemary Redskins, Cauliflower, Carrot Cake. Movie: "For the Love of the Game."

Wednesday, August 17: Tomato Basil Salad, Spinach Chicken, Stuffed Shells, Asparagus, Cannoli Poke Cake. Movie: "Moondance Alexander."

Knitting & Crocheting Class

Fridays 9:30-11:30 a.m. Session 1: April 15-May 20; Session 2: June 3-July 8; Session 3: July 22-August 26. At Mayfield Village Civic Center. (Please note the change of venue.) Cost is \$48/6-week session. Learn to knit or crochet, or let instructor Jan Perna assist you with your special project or help you hone your skills.

AARP Smart Driver Course

Wednesday, September 28, 12:00-4:00 p.m. at Mayfield Village Civic Center. Cost: \$15 AARP Members; \$20 non-members. Deadline to Register: Monday, September 26. (Class maximum: 30 students.) Brush up on your knowledge of "the rules of the road." Many insurance companies offer a discount to those who have completed this course. There is no driving involved in the class. To receive the AARP member discount you must present your membership card when you register. Please note that no food or beverages (except water) are permitted in the auditorium.

Mah Jong

Come and play Mah Jong with us on Mondays from 1:00-4:00 p.m. We will play at the MV Community Room through April 11. From April 18 through August, we will play at Governor's Village. If you have a Mah Jong set, please bring it with you. Team up with old friends, or make new ones. Beginning in September, Mah Jong will be played at the new Community Room. This is a free activity.

Cards

Play Pinochle or Hand and Foot; be a sub for Bridge when needed: Tuesdays and Thursdays from 1:00 to 4:00 p.m. Cards will be played at the MV Community Room through Thursday, April 14 with \$1 admission for refreshments and prizes. No cards Thursday, April 7. From April 19 through August, cards will be played at St. Bartholomew Episcopal Church, 435 SOM Center Road. There will be no admission charge while cards are played at St. Bartholomew because refreshments will be limited and no prizes will be awarded. Beginning in September, cards will be played at the new MV Community Room and admission will again be \$1 for refreshments and prizes.

If you are interested in taking **Bridge or Spanish lessons or an Arthritis Exercise class**, please contact Donna at 440-919-2332.

Please let us know what other classes interest you so that we can schedule them this fall or winter.

TO REGISTER FOR ACTIVITIES AND PROGRAMS FOR SENIOR ADULTS OFFERED BY THE SENIOR SERVICES DEPARTMENT:

Phone: 440-919-2332. Call MV Senior Services Department with your registration and MasterCard, Visa or DiscoverCard payment. (Please be ready to give the course number and your credit card number.) **In-Person:** You may register in person from 8:30 a.m. until 4:30 p.m. Monday-Friday at the MV Senior Services Department, 6621 Wilson Mills Road. **Mail or Fax:** Contact us for a registration form.

Progressive Fitness Center

Progressive Fitness Center for Mayfield Village Residents 16 years and Older

When purchasing a new membership, it must be done in person at the Civic Center. A photo ID AND utility bill or postmarked piece of mail with resident's name and address must be shown. All memberships are subject to the approval of Progressive.

When renewing a membership, it must be done in person at the Civic Center. A family member may now renew for another family member-the person purchasing the renewal must show a photo ID. All memberships are subject to the approval of Progressive.

Progressive Fitness Center offers

- * Certified Fitness Staff, to help you reach your fitness goals while instructing proper technique and safety.
- * Comprehensive cardiovascular, Cybex strength training and free-weight equipment.
- * Aerobic studios with all necessary equipment provided.
- * Fully appointed locker rooms which include soaps, shampoos, hair dryers, lockers and saunas.

Group Fitness Classes

The Progressive Fitness Center offers a comprehensive group fitness program designed to accommodate all fitness levels. The schedule includes a wide variety of classes offered early morning, lunch and evening. The schedule includes Yoga, Pilates, Boot Camp, Sport Cardio, Strength, R.I.P.P.E.D., Unloaded, ViPR, and Zumba. Please call the Fitness Center for class descriptions.

Fitness Program

- Fitness Assessment Test
- Fitness Profile
- Personalized Exercise Program
- Strength Workshop

Details of program offerings are located in the Fitness Center. All programs are included in your membership and are available by appointment.



Becoming a Member

1. Purchase a 6 or 12 month membership at Mayfield Village Civic Center during regular office hours.
2. Bring a photo I.D. (drivers license, school I.D.) with current address and current utility bill.
3. Bring receipt to the Fitness Center.
4. Complete an enrollment form and schedule a 15-minute orientation.

Membership Fees

6 Months.....	\$130.00
12 Months.....	\$260.00

Facility Hours

Monday - Thursday	5:30 a.m. - 8:30 p.m.*
*Unstaffed from	8:00 p.m. - 8:30 p.m.
Friday	5:30 a.m. - 8:00 p.m.
Saturday	7:00 a.m. - 6:00 p.m.*
Sunday	7:00 a.m. - 4:00 p.m.*
*Unstaffed	

The entrance doors of Progressive will be locked on the weekends. To enter the building, you will need to page security using the button just outside the main entrance and inform them that you are a fitness center member.

Fitness Center hours are subject to change. Some holidays have restricted hours. Please check with a staff member or call 440-395-0103 for exact days and times.

Summer College Student Membership

The Progressive Fitness Center will be offering 3 month Summer Student Memberships for Mayfield Village Residents. These memberships will be valid May 1 through September 30 and the cost is \$65 for 3 months. **College student only.**

Progressive Personal Training

Personal training is available to Mayfield Village PFC members; simply complete a Personal Training Questionnaire at the Fitness Center to get started. Payments are made at the Civic Center once your training appointment is scheduled. The rates are as follows:

- 30 minute session-\$16
- 45 minute session-\$24
- 60 minute session-\$32

Studio Training: \$100. All sessions are 10 weeks in length +1 complimentary 11th class built-in.

Call the fitness center for more information at 440-395-0103.

Wildcat Sport & Fitness



Located at 6116 Wilson Mills Road

Welcome to Wildcat Sport & Fitness, a collaborative effort between our Mayfield City School District, and district communities – Gates Mills, Highland Heights, Mayfield Heights, and Mayfield Village. Residents of the Mayfield City School District can purchase individual, senior (65+) and family memberships to Wildcat Sport & Fitness. Further program details can be found on line at www.mayfieldschools.org/wildcatsportfitness.aspx. Please like us on facebook.com/WildcatSportandFitness.

Children under 13 years old MUST be with a responsible adult 18 years or older at all times unless they are enrolled in an organized program.

Hours of Operation

• Hours will be posted on the bulletin board near the front desk and online at www.mayfieldschools.org/wildcatsportfitness.aspx

Pool Hours		Cardio/Track Hours		Court Hours	
Mon. – Fri.	5:30 am – 2:30 pm 6:00 – 9:00 pm	Mon.-Fri.	5:30 am – 2:30 pm 4:00 – 9:30 pm	Mon.-Fri.	5:30 am – 2:30 pm 6:15 pm – 9:30 pm
Saturday	10:00 am – 1:00 pm (swim lessons/18+ lap swim) 1:00 - 7:30 pm	Saturday	8:00 am – 8:00 pm	Saturday	12:15 pm – 8:00 pm
Sunday	10:00 am – 5:30 pm	Sunday	8:00 am – 6:00 pm	Sunday	8:00 am – 6:00 pm

**Hours will vary per season and are subject to change without notice*

Facility Highlights

Weight and Cardio Room: Located on the second floor, the Weight and Cardio room consists of over 1,800 square feet of exercise space with a mix of cardio and strength equipment to accommodate a wide-range of participants' needs. The area features equipment that includes both free weights and weight machines. Cardio equipment includes treadmills, ellipticals and stationary bikes all with a personal viewing screens to watch TV or listen to music.

Indoor Track: The 4-lane indoor track is located on the second floor and loops above the 3 Gym courts and includes areas for warm-up and cool-down. The track measures 1/10 of a mile per lap on the outer 2 lanes, and 1/11 of a mile on the 2 inner lanes.

Group Fitness Room: Located on the first floor, this is the primary space for yoga, and other small group workouts.

Gyms: Get active, make new friends, show off your skills or develop new ones by joining a recreational program or attending open gym. Choose from various programs or leagues that are offered in a safe, recreational environment.

The facility has 3 courts that can be divided according to needs. Gym space will be available to members and also Recreation Department programs.

Pool: Cool off and rejuvenate with some lap swimming and enjoy our 25 yard, 6 lane, competition pool with large instructional area. There is also a separate diving well with two 1 meter boards. We offer a variety of classes for all skill levels and interests, from preschool, youth, and private swim lessons to adult Aquacise and Deep Water exercise classes.

See current pool schedule posted at the front desk or online at www.mayfieldschools.org/wildcatsportfitness.aspx



Memberships

•Memberships are only available for purchase by Mayfield School District Residents. Mayfield School District Residents can also purchase a day pass. A parent must purchase a pass for anyone between the ages of 7 - 17 years old.

•Proof of residency is required as outlined below. Any falsification of information will result in forfeiture of membership fees and revoked membership.

•Membership allows use of general facilities when available... including basketball courts, indoor pool and indoor track. Classes, programs, clinics or special events will require additional fees and registration. The Wildcat Sport & Fitness staff reserves the right to schedule facilities/areas as deemed necessary. Certain facilities/areas may be closed due to school academic/athletic events as well as regular or emergency maintenance

Residency & Family Definition

- A Mayfield School District Resident is defined as a person whose primary domicile is within the boundaries of Gates Mills, Highland Heights, Mayfield Heights and Mayfield Village
- A family is defined as up to two adults residing at the same address, their children ages 7 – 18 and still in high school at time of purchase, of which they are legal guardians. No more than two adults may be on the same family membership plan.

Purchasing Membership/Renewal and Day Pass

- Memberships are for a 12 month period.
- Initial membership purchase must be in person with below mentioned proof of ID and residency
- For renewal of membership bring ID and renewal letter.
- Memberships can be purchased or renewed at Wildcat Sport & Fitness Monday-Friday, 6:00 a.m. – 9:00 p.m., Saturdays 12 noon – 7:00 p.m. and Sundays from 10:00 a.m.-5:00 p.m.
- A day pass can be purchased, by district residents, at the Wildcat Sport & Fitness Front Desk. If younger than 18 years, a parent must show proof of residency and I.D. for themselves and child's birth certificate. The proper paperwork must be filled out. This paperwork will be updated every six months. After the initial day pass purchase and paperwork, the child may attend the facility by themselves as long as they are 13 years and older. Anyone 12 years and younger must be accompanied by an adult member or a paid day pass adult resident.

Proof of Identity and Residency

- Purchaser must present his/her photo ID and current gas or electric bill with the name matching the photo ID. The gas or electric bill must show address and must be from the month of application or the month prior. For an individual youth or family membership, a birth certificate must be provided.
- Note: A photo ID is proof of identity and the gas or electric bill is proof of residency.**

Membership Fees

• Fees will be posted on the bulletin board near the front desk and online at www.mayfieldschools.org/wildcatsportfitness.aspx Fees are subject to change.

Individual (Ages 7-64)	\$32/yr
Family	\$105/yr
Senior Citizen Individual (65+)	\$12/yr
Daily Rate (School dist. resident only.)	\$5/ day

A parent must purchase a pass for anyone between the ages of 7 - 17 years old, 6 & under free with adult.



Membership ID Card/Check-In Process

- All members ages 7 and older will have their picture taken for a Wildcat Sport & Fitness ID card. Pictures will be re-taken on a regular basis determined by the staff.
- All members will be required to swipe their Wildcat Sport & Fitness ID card at the front desk upon arrival
- Members must bring their ID card each time or there will be a \$1.00 charge
- A \$5.00 replacement fee will be charged for each lost ID card

For More Information:

Wildcat Sport & Fitness Front Desk: 440-995-6840

Mayfield Heights Recreation Department: 440-442-2627

Mayfield Village Parks & Recreation Department: 440-461-5163

Highland Heights Recreation: 440-461-2440 ext. 149

Village of Gates Mills: 440-423-4405

For space purposes School District Resident is SDR. Non School District Resident is NSDR.

Payment Information

*Next to each program, we have indicated where payment will be made to. MH (Mayfield Heights), MV (Mayfield Village), WSF (Mayfield City Schools). Please make checks, or other means of payment to that organization. Thank you.

Sports Corner

Athletic Leagues listed here are community based organizations that serve the Mayfield City School District Residents. Please use the contact information below to receive additional information about the league or sport.

Hurricanes Swim Team Highland Heights

Website: hhhurricanes.org
Contact: Greg Davis at 440-759-2943
Email: info@hhhurricanes.org

Mayfield Soccer Club

Website: www.mayfieldsoccer.com
Contact: Bob Gephart at 216-904-0895
Email: robertgephart@rocketmail.com

Mayfield Wrestling Club

Website: www.mayfieldwrestling.org
Contact: Frank Palmisano at 440-463-5649
Email: mayfieldwrestling@gmail.com

Highland Heights Girls Softball

Website: www.highlandhts.com
Contact: Paul Kinczel 440-461-2440 ext. 235
Email: pkinczel@yahoo.com

Mayfield Boys Baseball League

Website: www.mayfieldbaseball.com
Contact: Randy Stovsky 440-463-6811
Email: randylstovsky@yahoo.com

Wildcat Youth Football Club

Website: www.mayfieldwyfc.org
Football Contact: Eddie Barch 440-821-1591
Email: LeagueRep@mayfieldwyfc.org

Cheerleading Contact:

Contact: Meghan Clancy 216-970-7905
Email: Cheer@mayfieldwyfc.org

Great Lakes Sailfish Swimming

Website: www.greatlakessailfish.com
Contact: Dawn Ferrante "Contact Us" on greatlakessailfish.com
Email: go to "Contact Us" on greatlakessailfish.com

Aquatics

YOUTH LEARN-TO-SWIM PROGRAM

Spring I Registration Dates: SDR: April 18th **WSF**
NSDR: April 22nd

Lesson Dates: Saturdays: April 30, May 7, 14, 21, 28 & June 4th.

Summer I Registration Dates: SDR June 6th

NSDR: June 10th

Lesson Dates: Saturdays: June 18, 25, July 9, 16, 23 & 30th.

Classes for children 6 months to 12 years will be offered.

Cost for 6 week session \$42 for SDR and \$52 for NSDR

If you are not sure of what level your child should be registered for please contact Wildcat Sport & Fitness after September 2 for testing availability. Please be aware that for levels with less than 3 students per class may be changed. You will be notified of changes as soon as possible. For full class descriptions visit the facility or [www.mayfieldschools.org/Wildcat Sport & Fitness](http://www.mayfieldschools.org/WildcatSport&Fitness).

DEEP WATER EXERCISE FOR ADULTS

Monday/Wednesday 11:00 am - 12:00 pm **WSF**

Tuesday/Thursday 6:30 - 7:30 pm

Cost: School District Resident \$50 /10 classes

Non- School District Residents \$60/ 10 classes **Passes expire May 26th.**

Need a fun different type of conditioning? This class is for you! By using a floatation device everyone is comfortable. This is a great way to work your cardiovascular system without injuring any joints. A workout good for all ages for both men and women. Class will take place in the diving well with Corky Carl instructing. All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class. If you are unable to make a class in the session you registered for, you will be allowed to make up in a future session of that class.

AQUACISE

Tuesdays and Thursdays, 11:45 am - 12:45 pm **WSF**
Wednesday's 7:00 - 8:00 p.m.

Cost: School District Resident \$50 /10 classes

Non- School District Residents \$60/10 classes

Passes expire May 26th.

Aquacise is a great form of exercise for all ages and abilities to maintain flexibility, range of motion and muscle strength. Classes are conducted in the shallow end or with floatation provided. No swimming skills required. All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class. If you are unable to make a class in the session you registered for, you will be allowed to make up in a future session of that class.

Birthday Parties

Wildcat Sport & Fitness is pleased to offer school district residents the opportunity to host a birthday party at our facility. Packages are available on Friday's 6:30 - 8:30 pm, Saturdays and Sundays 1-3 pm and include an hour of activity in the pool or field house (based on availability) and an hour in our multipurpose room for cake and presents.

*Party Packages: District Resident - \$170.00

*If you require more than 20 participating guests for your party there is a \$5.00 per person charge that must be paid 24 hours in advance of your scheduled party. All parties require a \$50.00 security deposit. Both the security deposit and rental fee are due at signing of the contract.

For more details please contact Wildcat Sport & Fitness at 440-995-6840 or email at Pschneider@mayfieldschools.org

There will be exception dates due to school holidays and swim meets. For complete schedules or more information please call 440.995.6840

Varsity Sports Camps

For the camps listed here, **please register with Mayfield Heights** by calling: 440-442-2627. **Please make checks payable to Mayfield Heights.**

MAYFIELD SPEED, POWER AND AGILITY CAMP

Who: Grades 6 -12 boys and girls (going into Fall of 2016)

When: June 6 - June 30, 9:00 am – 11:00 am, Monday, Wednesday, and Thursday (first week starts on Monday)

Cost: \$185.00 or \$60.00 per week

Where: Wildcat Sport & Fitness

Details: Speed, power and agility have become important facets in enhancing an athlete's performance. We are holding an intense four week camp designed for athletes age 12 – 18 to increase all components of athletic ability including foot speed and quickness, strength/power, vertical jump. The camp is being run by Mr. Mike Pinto.

MAYFIELD FUNDAMENTAL BASKETBALL CAMP

Who: 3rd – 9th graders boys

When: Monday, June 13 – June 16; 9:00 am – 12:00 pm

Cost: \$75.00

Where: Wildcat Sport & Fitness

Details: Varsity Boys Coach Kevin Niemczura and assistants will work with your son. Emphasis on the camp is placed upon the fundamentals of basketball and fun which includes skill development, team building, and the enjoyment of competition!



LADY WILDCATS SKILLS CAMP

Who: K – 9th graders girls

When: Tuesday, June 14 – Thursday, June 16; 9:00 am – 12:00 pm

Cost: \$65.00

Where: Wildcat Sport & Fitness

Details: The Mayfield Varsity Girls Basketball Head Coach Ryan Looman and staff will instruct the proper techniques and drills to help develop your daughter's basketball game. Improvement on ball handling, proper stances, passing and shooting will be the goal. This camp will challenge those who've been playing while making sure the beginners have fun learning the game!

STROKE CLINIC FOR COMPETITIVE SWIMMING

Who: Competitive swimmers with 3+ years of swim team experience. **(Limited to 30 participants)**

When: June 22-25, 10:00 am - 12:00 pm

Cost: \$80.00

Where: Wildcat Sport & Fitness Pool

Details: The stroke clinic will be taught by the Mayfield Varsity Head Swim Coach, Rick Blacam and Lindsey Ahrens who most recently was the head coach at Hathaway Brown and named 2014 Division II coach of the year. This competitive stroke clinic is designed for individuals who have a passion for swimming with a purpose. Each swimmer will receive individualized instruction that will improve stroke efficiency, starts and turns. Swimmers will focus on one stroke a day with in-water drills and video analysis by staff members. **Please arrive 15 minutes before start time.**

STROKE CLINIC FOR COMPETITIVE SWIMMING

Who: Competitive swimmers with 3+ years of swim team experience.

When: July 18 – July 21, 1:00 pm – 3:00 pm **(limited to 12 participants)**

Cost: \$60.00

Where: Wildcat Sport & Fitness Pool

Details: The stroke clinic will be taught by the Mayfield Head Varsity Swim Coach, Rick Blacam. This competitive stroke clinic is designed for individuals who have a passion for swimming with a purpose. Each swimmer will receive individualized instruction that will improve stroke efficiency, starts, and turns. Please arrive 15 minutes before start time. * For an additional \$15.00 fee, swimmers may opt for an additional video recording session which will be held from 3:00 - 4:00. This session will be scheduled with Rick and is limited to 4 only participants in order to insure more personalized and in depth instruction.

MAYFIELD SUMMER VOLLEYBALL CAMP

Who: 4th – 8th grade girls (going into Fall 2016)

When: Monday, July 25 - Friday, July 29; 9:00 am – 11:00 am

Cost: \$65-School District, \$75-Non School District

Where: Wildcat Sport & Fitness

Details: Mayfield Varsity Coaches Rosella and Greg Glodkowski, and players, will work with participants on basic skills, rules and teamwork. Each player will get a shirt. **Be sure to wear tennis shoes and bring water.** Registration Deadline: July 13.

MAYFIELD WILDCAT FOOTBALL CAMP

Who: Boys grade 7 – 12 (going into Fall 2016)

When: July 25 – July 29

9:00 am – 11:30 am 7th - 9th graders

1:00 pm – 4:00 pm 10th - 12th graders

Cost: \$65.00

Where: Wildcat Park

Details: Join Mayfield Varsity Football Coach staff for their annual football camp. The camp will provide instruction in the Wildcat potent spread offense that set many school records in its first year of implementation, the Wildcat's swarming defense, and impact special teams. All players are encouraged to attend.

Youth Programs

YOUTH FUN/BALLET CREATIVE MOVEMENT **WSF**

Who: K – 3rd Grade
Cost: \$39 or 2 Sessions or Sibling Discount for \$73
When: Saturday mornings, 9:00 am – 9:45 am
Spring 1: April 2 - April 23
Spring 2: April 30th - May 21

Details: This Super Fun Movement class includes ballet, jazz and modern type warm-ups. Play fun games to learn terminology and exercises as well as build posture. Dance class is great exercise for the mind and body.

MOVE IT LIKE THIS **WSF**

Who: K – 3rd Grade
Cost: \$39 or 2 Sessions or Sibling Discount for \$73
When: Saturday mornings, 9:45 am – 10:30 am
Spring 1: April 2 - April 23
Spring 2: April 30th - May 21

Details: Do you love to Dance and Move your Body to the Music? Dancing is great exercise for the mind and body. Fun games will be taught to assist students in memorizing fun steps and sequences. Enjoy this class with warm ups, stretches and across the floor movements. Hip Hop style and Fun Popular Line dances will be taught to keep the body moving throughout the class.

BALANCE TRAINING CAMP **WSF**

Who: Boys and Girls in the 4th – 8th grades
What: Balance Training Camp
When: April 3rd -20th, Sundays 1pm-2pm
and Wednesdays 6pm-7pm

Why: To provide boys and girls with the opportunity to develop dynamic joint stabilization. Balance is a component of all movement; the objective is to improve posture, muscle imbalances, joint dysfunction, injury reduction, and sports performance.

Cost: \$70.00/child

FAST-PITCH SOFTBALL PITCHING LESSONS **WSF**

Aspiring beginner youth softball players and advanced developing pitchers who would like individual pitching lessons are welcome to join pitching instructor Megan Kuhlman a former University of Akron softball player and Mayfield graduate at Wildcat sport and Fitness. Each half hour or hour lesson will offer individual drills, sport specific exercises and development of pitches. Every athlete will receive their own pitching program, and feedback sheets as well as practice points each lesson. Please contact 216-315-0271 for availability and any questions about lessons.

School District Resident: ½hr- \$15.00 1hr-\$30.00

Non-District Resident: ½hr- \$20.00 1hr-\$40.00

MAYFIELD WILDCAT YOUTH VOLLEYBALL **WSF**

Who: 5-8th Grade
When: Mondays April 11th to May 16 (6 weeks), 6-7:30pm
Cost: \$80 residents, \$90 non-residents

Learn basic and advanced fundamental skills for indoor volleyball from the Varsity Head Coach, Rosella Glodkowski, and Assistants. This is a great opportunity for those who have played before or are interested for the first time. Must register by April 4th to receive a t-shirt.

SPEED, AGILITY/MULTIDIRECTIONAL SPEED (MDS), AND QUICKNESS CAMP **WSF**

Who: Boys and Girls in the 4th – 8th grades
What: Speed, Agility/Multidirectional Speed, and Quickness Camp

When: May 15th to June 1st, Sundays 1pm-2pm
& Wednesdays 6pm – 7pm

Why: To improve on the ability to react quickly, apply significant force rapidly in the appropriate direction, and to redirect that force if needed.

Cost: \$70.00/child

PRE-SEASON FOOTBALL CONDITIONING CAMP **WSF**

Who: Boys and Girls entering the 4th – 8th grades
What: Pre-Season Football Conditioning Camp
When: Summer 2016 - TBD

Why: For those who are looking to get more explosive, faster and stronger for your upcoming season.

Cost: \$70.00/child

Adult Sports

PICKLEBALL FOR SENIORS **WSF**

Monday, - Friday, 9am-12pm
Cost: Mayfield School District Residents: Drop in \$5/class
Non-School District Residents: Drop in \$7/class
\$20/month\$30/ 12 punches for residents
\$40/month\$40/12 punches for non-residents
Pre-registration is required.

Pass expires May 20 when program will move outside to Mayfield Heights Tennis Courts.

Pickleball is a fun game which is a cross between tennis and badminton played on a court.



Adult & Senior Programs

ZUMBA

With Kristy Palmeri. Dance Your Workout! Are you sick of the treadmill or elliptical machines? Come to a Zumba class! Zumba is a high-energy, dance fitness class that is fun and burns tons of calories! This class includes Latin dances, such as salsa and meringue, as well as choreographed routines to today's Pop hits.

Mondays, 3:45-4:45pm

March 28 – May 23 (9 weeks)

\$40 for full session or \$8 drop in fee for adults

\$30 for full session or \$5 drop in fee for students.

Drop in fee: \$8.00 adults/ \$5.00 students*

* Students must present a valid High School ID

Please wear shoes, comfortable clothes and water

WSF

BALANCE CLASS

Tuesdays, 11:00am – 12:00pm

Spring session 1: April 5 – May 10

Cost is \$12

Physiological changes occur as we age. This is a natural process. Learn how to minimize the natural effects of aging by improving balance, posture, strength and mobility. Balance and strengthening exercises aimed at preventing falls and fractures will be taught by Michelle Beers, one of our strength and conditioning specialists.

WSF

TAI CHI FOR MARTIAL ARTS

Tai Chi is great for health and stress relief but not many people know that Tai Chi Chuan is actually a martial art. In this class you will learn energy building exercises known as Qigong (Chee-Gong) as well as the Yang Style 108 form and the meaning behind the movements as they relate to self defense. Tai Chi is known as an "internal" or "soft" martial art. Learn to use an opponent's strength against them using minimal effort. Known for joint locking techniques as well as takedowns and powerful strikes the literal translation of Tai Chi Chuan means Grand Ultimate Fist. Also great for focus, inner strength and overall well being Tai Chi is a great journey to embark upon. Together we will unlock some of the "secrets" of Tai Chi all while taking advantage of the many health benefits as well.

Tuesday Wednesdays 6:15-7:15pm

Spring: April 12 - May 18

Summer: June 7 - July 13

\$90 for 6 week session. \$15.00 drop in.

WSF

TAI CHI FOR HEALTH

This Tai Chi Class is great for beginners and experienced practitioners alike. Learn why this multi-faceted art form is not only good for self-defense but is also good for relaxation, balance, core and lower body strength and why it is beneficial in the healing and prevention of many disorders including those related to stress. In this class you will learn the movements of the Yang Style 108 Tai Chi form as well as Energy building exercises known as Qigong (Chee-Gong). You will also learn how to use deep breathing techniques and mental visualization to enhance focus, concentration and strengthen the flow of energy in the body known as Chi. Tai Chi is known to loosen stiff joints, stretch the muscles and open the mind.

Tuesday Wednesdays 7:15-8:15pm

Spring: April 12 - May 18

Summer: June 7 - July 13

\$90 for 6 week session. \$15.00 drop in.

WSF

TAI CHI AND QIGONG - FOR SENIORS

Learn Tai Chi and Qigong philosophy along with the movements of the Yang style Tai Chi form. Learn basic Qigong exercises – 8 Section Brocade – to build energy and relieve stress through series of breathing and meditative movements. Some of the health benefits of Tai Chi: Enhances mental capacity and concentration. Improves balance and stability. Reduces blood pressure, and helps with arthritis pain. Promotes faster recovery from strokes and heart attacks.

Tuesday Thursdays, 10-11am

Spring: April 12 - May 19

Summer: June 7 - July 14

\$65 for 6 week session. \$12.00 drop in.

WSF

SELF-DEFENSE

Certified Instructor Chris Burnett has trained in Shaolin Five Animals Kung Fu, Bak Mei Kung Fu, Yang Style Tai Chi Chuan and Chen Style Tai Chi Chuan. Using techniques from these systems he has effectively taught many students the confidence and means to defend themselves and others from potential threats. Age, strength and skill level do not matter these techniques can be learned by anyone!

Saturdays, 9am-10:30am

Spring: April 16 - May 21

Summer: June 11- July 16.

Class Fees: \$90 per 6 week session • \$15 walk in

WSF

GENTLE YOGA

Thursdays 9:00 - 10:00 am

Spring 1: April 14 - May 19th

Spring 2: May 26 – July 7th (No class on June 9th)

Cost is \$42 members, \$54 non-members. \$10 drop in

This class welcomes all levels, from advanced to those who are new to yoga. Each class will focus on the fundamentals of yogic breathing techniques, poses and meditation practices. We will experience the many physical benefits of yoga, such as increased flexibility, strength and balance as well as the mental benefits of yoga, such as stress reduction and relaxation. Comfortable clothing recommended. Minimum of 8 students.

WSF

FUN WITH FITNESS

Fridays 11 am – 12 pm

Spring Session 1: April 15 - May 27

Spring Session 2: June 3 - July 8.

Cost is \$34.00.

Come work at your own level and improve your overall wellness. Low impact aerobics, dynaband work for resistance, and hand held weight workout for building strength, gives you a total body workout. Bring your own 2 or 3 pound weights.

WSF

PERSONAL TRAINING

Wildcat Sport & Fitness is offering personal training to all members! For more information on personal training, stop by the front desk for information on our personal trainers and their rates.

WSF

FITNESS EQUIPMENT DEMONSTRATIONS

Free for members only. Would you like to learn how to properly use our new weight or cardio equipment? This hands on small class will demonstrate how all the equipment works and allow for hands on learning. Members 13 – 16 years of age are required to complete an orientation prior to use of equipment. And individual 12 and under may not use the weight or cardio equipment. Class will last approximately 30 minutes.

Village of Gates Mills and Gates Mills Library

Programs at Gates Mills Library

Tuesday Book Discussion Tuesdays @ 7:00 PM - 8:00 PM
April 12: *Outlander* by Diana Gabalon's (firrst half of book)
May 10: *Outlander* by Diana Gabalon's (last half of book)

Wednesday Book Discussion Wednesdays @ 7:30 PM - 8:30 PM
April 13: *Outliers* by Malcolm Gladwell
May 11: *A Man Called Ove* by Fredrik Backman

Robotix Blox Club Thursdays @ 6:00 PM - 8:00 PM
Teens in grades 6-12 who love to build and program LEGO Mindstorms Robots are welcomed to this series of programs.
April 14: BonesBOT
May 26: Wimpy Robot

Junior Builders Mondays @ 4:00 PM - 5:00 PM
Children in grades K - 5 are welcomed to our Junior Builders program. Bring your imagination and we'll supply the Lego bricks and other building supplies for an hour of hands on fun and creativity. March 21, April 11, May 17

Investigate It! Air Thursday, March 17 @ 6:30 PM - 7:30 PM
Have you ever wondered how an airplane stays in flight or how a barometer works? Students in grades 6-12 are welcomed to join us at the Gates Mills Branch Library as we take a critical look at the air that surrounds us and explore air pressure, the Bernoulli Effect, and aerodynamics.

Investigate It! - Magnets Thursday, May 12 @ 6:30 PM - 7:30 PM
Did you know that without magnets, many of today's technologies like cell phones and computers wouldn't work? Teens in grades 6-12 are welcomed to join us at the Gates Mills Branch Library as we take a critical look at magnets and explore magnetic fields, attraction and repulsion, and even the iron in your cereal.

Summer Science Series Thursdays @ 7:00 PM - 8:00 PM
Teens going into grades 6-12 are welcomed to explore the excitement of science this summer!
June 16 - The shocking science of electricity.
July 14 - The physics of roller coasters.
August 4 - The amazing science of air.

Garrett Morgan: Cleveland's Civic Minded Inventor
Monday, March 14 @ 7:00 PM - 8:30 PM
Garrett Morgan, the son of former slaves, moved north from the segregated south and went on to become a self-made business man in Cleveland. Come to the Gates Mills Branch Library to hear the story of how his inventions the first safety hood, a breathing apparatus like a gas-mask, and the traffic signal revolutionized public safety in the automobile age. Registration is requested for this free program (440-423-4808).

Organic Gardening Monday, April 4 @ 7:00 PM - 8:00 PM
If you are ready to start growing your own organically grown produce join us at the Gates Mills Branch Library as Jeff Muhlbach, from Muhlbach Design, gives the basics to get your garden started. Registration requested for this free program (440-423-4808).

Cleveland Orchestra Community Concert Preview
Tuesday, April 19 @ 7:00 PM - 8:00 PM
Join us at the Gates Mills Branch Library as Cleveland Orchestra's Dr. Rose Breckinridge previews The Cleveland Orchestra's performances of Beethoven's Heroic Symphony No. 3 at Severance Hall on April 21, 23, 24, with Antoni Wit conducting. Registration is requested for this program (440-423-4808)

3D Design Wednesday, May 4 @ 7:00 PM - 9:00 PM
Adults are welcomed to come to the Gates Mills Branch Library to explore hands-on digital creation as you create your own design using 3D modeling program, Tinkercad! Your item will be printed on Cuyahoga County Public Library's 3D printer and will be available for pick-up one week after the program. A valid email address and basic computer skills are required. Space is limited and registration is required (440-423-4808).

Sarah Knowles Bolton Wednesday, May 18 @ 7:00 PM - 8:30 PM
Step back in time as Charlene Connors portrays Sarah Knowles Bolton, a noted Cleveland author from 1864-1902 at the Gates Mills Branch Library. Bolton was published at the age of fifteen and maintained a writing career which embraced poetry, children's literature and biographies throughout her life. Registration requested for this free event (440-423-4808).

Friends Book Sale
The Friends of the Gates Mills Branch Library book sale will be May 14-16. A special Gates Mills Friends member's preview sale for Sponsor and Life Members will be Friday May 13 @ 4:00-5:30 PM. If you are not a member you may join that night.
Saturday May 14 @ 9:30 AM - 5:00 PM
Sunday May 15 @ 1:30 PM - 4:30 PM
Monday May 16 @ 9:30 AM - 6:30 PM (\$5.00 bag-sale day).

Gates Mills Special Event

We are looking for **Beautiful, Outstanding Cars** to drive in the annual Gates Mills 4th of July Parade.

Every year the Village of Gates Mills enjoys a real slice of "Americana" in our hometown Independence Day Parade. Sponsored by the Gates Mills Improvement Society, the parade includes local floats, children on decorated bicycles, our service vehicles, and much more including.....**Beautiful Cars**. All are welcome to come see the Parade and local Gates Mills residents are encouraged to participate in the parade AND NOW we offer, to anyone who is driving in the parade, the chance to win 1st, 2nd & 3rd place prizes for the **Most Outstanding Car**. Prizes are a \$125, \$50, \$25 gift certificate to Sara's Place for 1st, 2nd & 3rd place, respectively. We are looking for cars, from anywhere, that are unusual or vintage or exceptionally beautiful. To enter your car, please call Chuck O'Malley at (440) 423-3471. If you have any questions about the parade, please call Clark Langmack at 216 906-1066 or the Gates Mills Town Hall.



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