

Village of
Gates Mills

Community Recreation Guide

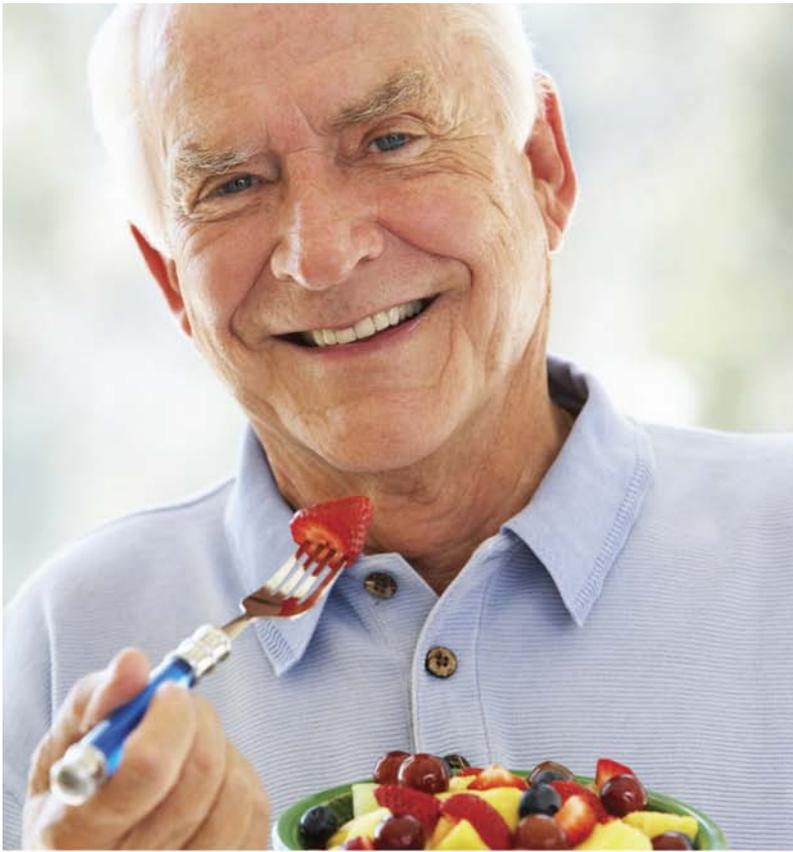
City of
HIGHLAND HEIGHTS



City of
Mayfield Heights

Fall/Winter 2013-14

Mayfield Village



Active Involvement

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Dear Community Resident,

Welcome to the first collaborative Community Fall/Winter Parks and Recreation publication! The school district communities of Gates Mills, Highland Heights, Mayfield Heights, Mayfield Village and the Mayfield City School District have worked tirelessly to create recreational programs and additional facility space for you and your family.

This publication includes programs and special events from all the communities and the newly remodeled Field House, pool and indoor track at Mayfield High School, that will now be known as **Wildcat Sport & Fitness**. As a participating school district resident, you will have the opportunity to purchase individual, senior (65+), and family memberships and have access to the indoor track, indoor pool, and weight and cardio equipment. You will be able to use these facilities and the accompanying equipment during the school day. This is exciting because the addition of Wildcat Sport & Fitness greatly expands the availability of space and usage time for programs from 32 hours to 70 hours per week! We have created a variety of programs to keep you and your family members active and involved throughout the year. Yes, there will be something for everyone -- preschool, youth, adult and seniors – **at Wildcat Sport & Fitness**.

We look forward to seeing you at one of our programs or at the newly remodeled Wildcat Sport & Fitness facility, **beginning Tuesday, September 3**. If you have questions about the facility or programs, please call **Wildcat Sport & Fitness** at 440-995-6840.

Sincerely,

Recreation Staff

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Village of Gates Mills & Gates Mills Library

Gates Mills Art Reception

**Charles Caito Sunday September 8
@ 2:00 PM – 4:00 PM**

The Friends of The Gates Mills Branch Library features an artist in the Gates Mills Branch Library every two months. Charles Caito will be featured starting September 3rd and the show will run for approximately six weeks. Artwork can be viewed during library hours. A free artist reception to be held on Sunday, September 8th from 2:00 PM - 4:00 PM. Light refreshments will be offered. Come meet the artist and discuss his work. For more information contact the branch library (440-423-4808).

Cleveland Orchestra Community Concert

**Preview Tuesday September 10
@ 7:00 PM – 8:00 PM**

Join us at the Gates Mills Branch Library as Cleveland Orchestra's Dr. Rose Breckinridge previews the 2013-2014 Orchestra. Preview the 2013-14 Severance Hall Season with focus on the opening concert of September 19, 20, 21, featuring H el ene Grimaud playing Beethoven's powerful Fifth Piano Concerto ("Emperor"). This presentation, geared to both new and experienced music lovers, will include background on the composers and compositions, plus guided listening to musical excerpts. Learn about the season with other music lovers in an informal setting! This free presentation is part of the University Circle in the Valley cultural series sponsored by the Friends of the Gates Mills Branch Library. **Registration is requested for this free program (440-423-4808)**

Behavior Based Interviewing

Wednesday September 25 @ 6:30 PM – 8:30 PM

Come to the Gates Mills Branch Library to learn how to answer competency-based and behavior-based questions that are asked by hiring managers. Program includes mock interviews. Workshop is presented by a Cuyahoga County Public Library Career Counselor. **Registration is requested for this free program (440-423-4808)**

Swiftly the Clown

Friday October 4 @ 11:00 AM – 11:30 AM

Equipped with only a bag of colorful balloons and a pump to inflate them, Swiftly the clown has over 3000 astounding and amazing balloon creations in his repertoire. Come to the Gates Mills Branch Library to learn to turn ordinary balloons into whimsical flowers, butterflies, lazy bugs, monkeys, dogs, airplanes- you name it, he'll create it while entertaining both children and adults. **Registration is requested for this free program (440-423-4808)**

Thru-Hiking the Appalachian Trail

Saturday October 12 @ 2:00 PM – 3:30 PM

Bob Grau, retired Tri-C professor, hiked the whole Appalachian Trail - 2,181 miles - in 170 straight days. His was not a "section" hike but a more challenging "thru" hike. Bob will describe his arduous adventure and share some glorious scenery using a Power Point presentation at the Gates Mills Branch Library. Take the trip and never leave your chair! **Registration is requested for this free program (440-423-4808)**

Energy: Now and Forever!

Sunday October 20 @ 2:30 PM – 3:30 PM

Come join us at the Gates Mills Branch Library for fun, hands on activities that let you get close to the action! Led by volunteers from the American Chemical Society. We invite families to stay and participate. **Registration is requested for this free program (440-423-4808)**

Gates Mills Art Reception -- Jan Tuttle

Sunday November 3 @ 2:00 PM – 4:00 PM

The Friends of The Gates Mills Branch Library features an artist in the Gates Mills Branch Library every two months. Jan Tuttle will be featured starting November 1st and the show will run for approximately six weeks. Artwork can be viewed during library hours. A free artist reception to be held on Sunday, November 3rd from 2:00 PM - 4:00 PM. Light refreshments will be offered. Come meet the artist and discuss her work. For more information contact the branch library (440-423-4808).

Books Uncovered: Finding Money in Your Old Books

Saturday November 9 @ 2:00 PM – 3:00 PM

Grab your old books and come to the Gates Mills Branch Library to hear Michael Zubal explain what makes a book rare and valuable. Zubal books has been in the rare books business since 1961 and will evaluate up to three books per attendee. **Registration is requested for this free program (440-423-4808)**



Write Your Own Songs

Saturday November 16 @ 11:00 AM – 12:00 PM

Do you want to write your own songs? Come to the Gates Mills Branch Library where musical artists help you create and perform original song lyrics based on melodies from jazz and the blues to classic rock and roll! For teens in grades 6-12. **Registration is requested for this free program (440-423-4808)**

Identity Fraud

Wednesday December 4 @ 7:00 PM – 8:00 PM

Your identity is one of your most valuable assets. Understanding where you might be vulnerable - and how identity thieves can exploit that vulnerability - is the first step in defending it. A representative from Liberty Mutual will be at the Gates Mills Branch Library to provide tips and techniques to keep your identity safe. **Registration is requested for this free program (440-423-4808)**

The Gates Mills Community Club is having a BBQ Buffet (Angie's Rib Wagon) and Bake Sale on Friday, September 27th from 6-8 pm at the The Gates Mills Community House, 1460 Chagrin River Road. Questions: 440.473.1279.



City of Highland Heights



Children's Halloween Party

Saturday, October 12, @ 6:30 – 9:00 p.m.

At Highland Hts. Community Park Barn Pavilion **For Highland Heights Residents.** Join us for hayrides, games and fun at the park. Please dress your children in a fun, safe, and weather appropriate costume. Additional details, including cost, activities, etc. will be available on our website at www.highlandhts.com prior to the event.

Flu Shot Clinic

Monday, October 28 and November 11 @ 10:00 a.m. – Noon.

At Highland Hts. Community Center. No appointment necessary. Call Highland Height City Hall at 440-461-2440 x-147 for additional information.

Holiday Lighting and Children's Holiday Party

Saturday, December 7 @ 6:30-8:30 p.m.

At Highland Hts. Municipal Center Complex, 5827 Highland Road. **For Highland Heights Residents.** Join your friends and neighbors for the lighting of the municipal complex followed by a children's holiday party. Crafts, games, refreshments and visits by various holiday characters during the event. Additional details, including cost, activities, etc. will be available on our website at www.highlandhts.com prior to the event.



City of Mayfield Heights

SPECIAL EVENTS

City Clambake

Saturday, October 5 @ 6:00-11:00

At DeJohn Community Center. Cost is \$30 per person, \$25 without clams and \$7 for additional Clams. Enjoy our annual city clambake; where there will be loads of fun, great food and prizes. Must be 21 or older to attend. Look for more details as the date comes up on the Mayfield City website, our Time Warner channel 20, AT&T U-Verse channel 99, Facebook and Twitter.

Halloween Bash

Saturday, October 26, time TBD

At DeJohn Community Center. Cost is \$5 for kids and \$5 for adults. Tickets go on sale at Mayfield Heights City Hall on September 23.



5th Annual Craft Show

Saturday, November 2 @ 10:00 a.m. – 4:00 p.m.

At DeJohn Community Center. Cost is \$1 for admission. There are over 30 vendors to peruse. A variety of concessions will be sold. All proceeds benefit the Parks and Recreation Program.

Santa Breakfast

Saturday, December 14, time TBD

At DeJohn Community Center. Cost is \$5 for Kids and \$5 for adults. Tickets go on sale at Mayfield Heights City Hall on November 11.



Taste of Italy Dinner

Saturday, February 15, 6:00 – 11:00 p.m.

At Ross C. DeJohn Community Center. For adults over age 21 years. Cost is \$30.00 per person. 6:30 PM, Appetizers and Open Beer & Wine Bar, 7:30 PM all you can eat pasta dinner including: pasta, meatballs, sausage, chicken cutlet, salad, rolls and a glorious dessert table. **For more info, please contact the Recreation Department at 440-442-2626 x267**

TRIPS

Rivers Casino

Wednesday, September 25

@ 8:00 a.m. - 7:00 p.m. (approx.)

We depart from and return to City Park gazebo parking lot on Marsol Rd. Cost is \$30 and includes transportation and \$15 coin/ \$5 food voucher. A fantastic day that knows no season, these casino trips offer Las Vegas style gambling with abundant slot machines and table games. You must be 21 years of age or older. Limit of 52 persons.



YOUTH SPORTS



LBJ Basketball

See page 9 in the Wildcat Sport & Fitness section for more details.

1st & 10 Flag Football

Saturdays, September 7 - October 12
K-1st, 11:00 a.m. and 2nd -3rd, 12:00 p.m.

Mayfield Heights City Park. Cost is \$65. This league is for children in grades K & 1 and 2 & 3. Each child will have fun and learn the basics of flag football: offensive and defensive formation and plays, flag pulling, and much more. Each session will consist of skills and drills, agility, teaching aspects of the game, followed by a non-competitive game. Parents are encouraged to volunteer to coach.



SENIOR ACTIVITIES

Adult Afternoon Out Luncheons at DeJohn Community Center

Adult Afternoon Out is a program for adults of all ages. Themed programs mix good times, friends, food, and entertainment! Each lunch date is \$10 and is from 12:00 – 2:00 p.m.

Tailgate

Tuesday, September 10

Menu is Sausage sandwiches with peppers and onions, potato skins, dessert, coffee and option of beer. Entertainment is TBD.

Chinese National Day

Tuesday, October 8

Menu is Choice of Sweet and Sour Pork or Chicken, rice, steamed vegetables, egg roll, coffee and dessert. Entertainment provided by Dan Elish.

Fall Fest

Tuesday, November 12

Menu is Turkey, mashed potatoes, stuffing, vegetable, dessert and coffee. Entertainment provided by Sam Fosh.

Holiday Fest

Tuesday, December 10

Menu is Chicken cutlet, gnocchi, green beans, shrimp cocktail, dessert and coffee. Entertainment provided by Moss Stanley.

“Soup”er Bowl

Tuesday, January 14

Menu is Grilled Cheese sandwiches with choice of soup, dessert, and coffee. Entertainment is TBD.

Black Tie Optional

Tuesday, February 11

Menu is Bowtie Chicken Alfredo, fried zucchini, salad, dessert, and coffee. Entertainment is TBD.

St. Patrick’s Day

Tuesday, March 11

Menu is Slyman’s corned beef sandwich, dessert, and coffee. Entertainment is TBD.

ADULT SPORTS

Fall Adult Bocce – Mens & COED League

Thursday Nights, beginning August 29

Game Times starting at 7:00 PM

At Mayfield City Park Bocce Courts. Cost is \$100 Member/Resident Team – 50% Mayfield Heights Residents and \$150 for Non Member/Resident Teams. Enjoy the most relaxed social team sport around! Bocce is easily played by all ages and physical abilities-beginners and experienced players are welcome to join in the fun. Teams can be comprised of four to six players each. Register by August 22. For more information or league packet please contact Nick or Sean at 440-442-2626.

Fall Softball –COED League

Dates and times TBD

At City of Mayfield Heights Park. Cost is \$300 Per team. For more information please call Mark at 440-781-1313

Adult Wiffle Ball at Parkview Softball Fields

Fridays, September 6 – October 25 @ 7:00 & 8:00 p.m.

Cost is \$125 per team. Relive your childhood and join us for some Friday night fun! Recruit 4 friends and step up to play America's favorite backyard game. Official rules available upon request. Contact Nick at 442-2626 x406 or Sean at 461-0237.

ADULT FITNESS

Yoga

Thursdays, 5:45 - 6:45 p.m.

Fall 1: August 15 - October 3, 2013 (8 week class)

Fall 2: October 10 - December 12, 2013 (8 week class with no class on October 31 and November 28)

Winter 1: January 9 - February 13, 2014 (6 week class)

Winter 2: February 20 - March 27, 2014 (6 week class)

Spring: April 3 – May 8, 2014 (6 week class)

At Ross DeJohn Community Center. For adults (18+). Cost is \$48.00 for 8 week class, \$36.00 for 6 week class. Registration deadline is one week prior to class start date. Class begins with a social session to find out if the participants have any health injuries, and their level of yoga skills. The warm-up is initiated with numerous relaxing breathing techniques. The class flows into balancing and alignment moves ~ various modifications and explanations on the yoga poses are given. The sun salutation session flows smoothly with creative verbal and physical illustration on the correct yoga alignment. As an instructor, I have a compassion to instruct workout partners on the necessity of living a life of wellness that includes the following areas: Physically, mentally and spiritually. The class atmosphere allows participants to enjoy the health benefits of yoga while working-out in a fun, relaxing and friendly environment.



Zumba

Mondays and/or Wednesdays, 5:45 – 6:45 p.m.

Fall 1: August 19 – October 16, 2013 (8 week class with no class September 2 and September 4)

Fall 2: October 21 – December 18, 2013 (8 week class with no class on November 4 and November 27)

Winter 1: January 6 – February 12, 2014 (6 week class)

Winter 2: February 17 – March 26, 2014 (6 week class)

Spring: March 31 – May 7, 2014 (6 week class)

At Ross DeJohn Community Center. For adults (18+). Cost is \$48.00 for one day/week, \$72.00 both/week for 8 week class, \$36.00 for one day/week, \$65 both/week for 6 week class. Registration deadline is one week prior to class start date. Join us for a low-impact, high energy, Latin inspired dance class that is safe and easy to follow. This class will get your heart pumping while having fun. This class is designed to tone your core muscles as well as getting a total body workout. No experience is necessary – just come in comfortable clothes ready to move.

“Transform” by Danielle!

Mondays and Wednesdays @ 7:00 PM – 8:00 PM

Fall 1: August 19 – October 16 (8 week class, no class September 2 or September 4)

Fall 2: October 21 – December 18 (8 weeks class, no class Nov. 4, and Nov. 27)

Winter 1: January 6 – February 12, 2014 (6 week class)

Winter 2: February 17 – March 26, 2014 (6 week class)

Spring: March 31 – May 7, 2014 (6 week class)

At Ross DeJohn Community Center. For adults (18+). Cost is \$130.00 for 8 week classes., 6 week classes are \$97.50. Registration deadline is one week prior to class start date. Join us for a group training class working on toning, balance, endurance and agility mixing in cardio kickboxing!! Please bring a mat and weights.

Wildcat Sport & Fitness



Located at 6116 Wilson Mills Road

Thanks to the collaboration and cooperation of our Mayfield City School District communities - Gates Mills, Highland Heights, Mayfield Heights, Mayfield Village - the former Mayfield High School Pool and Field House has a new name and a newly remodeled facility. Welcome to Wildcat Sport & Fitness! Residents of the Mayfield City School District now have the opportunity to purchase individual, senior (65+) and family memberships to Wildcat Sport & Fitness where members will enjoy new recreation programs and access to new weight and cardio equipment. Further program details can be found online at www.mayfieldschools.org

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

Pool Hours		Field House/Track Hours	
Mon. – Fri.	5:30 a.m. – 2:30 p.m. 6:00 – 9:00 p.m.	Mon.-Fri.	5:30 – 7:00 a.m. 8:30 a.m. – 2:30 p.m. 6:15 – 9:30 p.m.
Saturday	10:00 a.m. – 1:00 p.m. (swim lessons) 1:00 p.m. – 7:30 p.m.	Saturday	12:15 p.m. – 8:00 p.m.
Sunday	10:00 a.m.- 5:30 p.m.	Sunday	10:00 a.m.- 6:00 p.m.

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

Facility Highlights

New 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 new Life Fitness equipment that includes both free weights and weight machines. Cardio equipment includes 5 treadmills, 3 ellipticals and 2 stationary bikes all with a personal viewing screen 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 has been lowered and is now completely level, and measures 1/10 of a mile per lap on the outer 2 lanes, and 1/11 of a mile on the 2 inner lanes.

Direction of Lanes: Monday, Wednesday, Friday: Clockwise
Tuesday, Thursday, Saturday, Sunday: Counter-Clockwise

Health Room: Located on the second floor, this is the primary space for yoga, child watch 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

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.

Membership Fees

- Fees will be posted on the bulletin board near the front desk and online at www.mayfieldschools.org. 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.

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

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 card/form.
- Memberships can be purchased or renewed at Wildcat Sport & Fitness Monday-Thursday, 8:30 a.m. – 2:30 p.m. and 6:30 p.m. – 9:00 p.m., Saturdays 1:00 – 8:00 p.m. and Sundays from 10:00 a.m.-6:00 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 or report card. The proper paper work 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 visitor.

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 or report card must be provided. **Note: A photo ID is proof of identity and the gas or electric bill is proof of residency.**

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: 440-442-2626 ext. 267
Mayfield Village Parks & Recreation Department: 440-461-5163
Highland Heights Recreation: 440-461-2440 ext. 149
Village of Gates Mills 440-423-4405

YOUTH SPORTS

NFL – Pepsi Punt, Pass, and Kick Competition

Saturday, September 7, 12 p.m.

At Wildcat Stadium. Separate divisions for boys/girls ages 6 – 7, 8 – 9, 10 – 11, 12 – 13, and 14 – 15. Age is based on child's age as of December 31, 2013. Top finisher of the local competition in each age division more on to the sectionals competition. Exact location and date will be announced. Look for flyers that will be distributed to all schools in late August.

11th Annual Mayfield Volleyball Association (MVA)

Sundays, September 15 – 29, 12:30 – 2:30 p.m.

For 4th – 6th Grade Girls. Cost is \$40 SDR or \$45 NSDR. Mayfield's Varsity Head Coaches, Rosella and Greg Glodkowski, and players, will work with participants on basic skills, rules, and teamwork. Each player will get a shirt. Refreshments to conclude the program. **Registration Deadline is September 12.**

Pat Vuyancih Basketball Academy

Improve your basketball fundamentals and learn proper shooting and dribbling techniques in this six week camp. Coach Vuyancih is a former varsity high school boys' and girls' basketball coach and former collegiate basketball player and coach who will offer a proven set of high level basketball development programs to advance and accelerate motivated athletes within the community. Each session will include fun competition.

Academy will be held on Mondays & Wednesdays, from September 16 to October 23.

For Beginners K- 3rd Grade, 6:15 – 7:00 p.m. Cost is \$72 per athlete. Fundamentals of proper footwork, ball handling, passing/catching, short shooting with proper form, driving past defender, basic post moves will be stressed.

For Intermediate 4th - 6th Grade, 7:00 – 8:00 p.m. Cost is \$108 per athlete. Teaches slightly more advanced of Beginners, but move from shooting drills a few feet further from the hoop. Introduce concepts and practice of fast break, 3 on 3 and concept of motion offense in 5 on 5 formats.

For Middle 7th - 8th Grade 8:00 – 9:15 p.m. Cost is \$156 per athlete. Advance skills of all of the Intermediates, moving shooting practice to midrange and beyond. There is emphasis on offensive spacing and reading dribbler. Add screening and use of screening in 2 on 2, 3 on 3, and 5 on 5 formats.

Coach Vuyancih also has small group and individual lessons available, generally for more seriously committed athletes, or for players who want faster development. Please call Mayfield Heights Recreation for available times and pricing.

3v3 High School Basketball League

Tuesdays and/or Thursdays, September 24 – October 17, 3:15 – 4:30 p.m.

For Mayfield High School Students. Cost is \$15 Members/\$20 Non Members per person. Form a team of 5 players and play games directly after school! Competitive and Recreational Divisions available. Contact either Nick 442-2626x406 or Sean at 461-0237 for more info.

Three Point and Skills Competition

During MBA & LBJ basketball season; During varsity and JV basketball season, Dates/Times TBD

For K – 8th Grade and 9th – 12th Grade non-school team players. Cost is TBD. Boys and girls can show off their skills as they compete to become the best in their age group. This event will culminate in a championship round during a Varsity boys and girls game. Please look for more info on our websites and through flyers that will be online. Contact Nick at 442-2626 x406 or Sean at 461-0237.

LBJ - Basketball

November: group practice and December: team practice Games: Sundays, January 5—March 2(except Feb. 2), 11:30 a.m. – 4:30 p.m.

For K – 1st and 2nd – 3rd grade. Cost is \$65. Lil' Biddy Jumpers is an exciting program for children that emphasizes the basic fundamentals of basketball while introducing game competition.

Biddy Instructional Basketball Program

Saturdays, October 5, 12, 19 and 26 @ 9:30 a.m. – 11:30 a.m.

Varsity Basketball Coaches will again be offering this program in preparation of the MBA program. For boys and Girls in 4th, 5th and 6th grade. At Mayfield High School Gym. Cost is \$35. Interested players will register through the varsity Basketball Coaches. Look for information flyers and registration forms at school. The Biddy Instructional Basketball Program is not required for the MBA but encouraged for instructional skill and development. **For further information contact coach Tony Ware at 995-6877.**

15th Season MBA (Mayfield Basketball Association)

LEAGUE BREAKDOWN

3rd - 4th grade (Boys League), 5th – 8th grade (Girls League)
5th - 6th grade (Boys League), 7th - 8th grade (Boys League)

SEASON BREAKDOWN (PRACTICES/GAMES)

Registration Begins September 16

Girls' 5th – 8th grade league: Late October until Mid-December
Boys Leagues: Mid-November until March

MBA ASSESSMENTS

In order to balance all MBA teams, volunteer coaches assess all players' abilities for a fun and competitive league.
Girls League: Saturday, October 19, 12:30 – 2:00 p.m.
Boys League: Saturday, November 9, 3:00 – 6:00 p.m. OR
Tuesday, November 12, 7:00 – 9:00 p.m.

MBA COACHES ORIENTATION

Girls League – Tuesday, October 15, 7:00 – 8:00 p.m.

Boys League – Wednesday, November 6, 7:00 – 8:00 p.m.

For all parent/adult volunteers who will coach in the MBA. At Mayfield Village Civic Center. Dinner will be served. This meeting will prepare the coaches for the upcoming season. League rules, guidelines, procedures, and player assessments will be discussed. If interested in volunteering as a coach, please call Sean Supler at 461-0237.



Fall Youth Dodgeball

Sundays, October 6 – November 24, 5:00-6:00 p.m. (4th - 5th) and 5:00-6:00 p.m. (6th – 8th)

For 4th – 5th Graders and 6th - 8th Graders. Cost is \$40. Participants will have the chance to play a variety of Dodgeball games including: Jail Dodgeball, Ultimate Dodgeball, Elimination Dodgeball, Star Wars Dodgeball, Pin Dodgeball and basket Dodgeball.

Winter Youth Dodgeball

Dates and Times TBD

For 4th- 5th Graders and 6th -8th Graders. Cost is \$40. Look for more info on the Winter Session!



Indoor Floor Hockey

FALL LEAGUES

League play begins Saturday, October 26

3rd – 5th grade: Noon – 4:00 p.m. at Center School

6th – 8th grade: 9:00 a.m. – Noon at Mayfield Middle School

For 3rd – 5th grade and 6th – 8th grade. Cost is \$74.

WINTER LEAGUES

Saturdays

1st – 2nd grade: League play begins January 25, times 9:00 a.m. – Noon, Center School

3rd – 5th grade: League play begins January 25, times Noon – 4:00 p.m., Center School

8th -12th grade: League play begins January 11, 1:00 – 3:00 p.m., Mayfield Middle School

For 1st – 2nd grade, 3rd – 5th grade, and 8th – 12th grade. Cost is \$74.

Call Phil Weinberg at 461-7344 for more information. Look for flyers on school websites, and at Mayfield Village and Mayfield Heights websites.

Spring Training

Tuesday & Thursdays, March 4- March 20

For 5-6, 7-8, 9-10, 11-12 year olds. Cost is TBD. This program will work on developing the fundamentals of baseball & softball (throwing, fielding, hitting and base running). For more information on times and days call the Mayfield Heights Recreation Department at 440-442-2626 X267, in February.

YOUTH PROGRAMS

Youth Fun Modern/Ballet



Mondays, 6:00 – 6:45 p.m.

Fall Session 1: September 9 - 30

Fall Session 2: October 14 – November 4

Fall Session 3: November 18 – December 9

Winter Session 1: January 13 – February 10 (except Jan. 20)

Winter Session 2: February 24 – March 17

For K – 2nd Graders. Cost is \$44. This class will include basic ballet moves combined into fun musical routines to current music. Class will include warm-up and stretching, posture exercises, combinations, and across the floor moves. Games to be included!

Dance – Dance – Dance



Mondays, 6:45 – 7:30 p.m.

Fall Session 1: September 9 - 30

Fall Session 2: October 14 – November 4

Fall Session 3: November 18 – December 9

Winter Session 1: January 13 – February 10 (except Jan. 20)

Winter Session 2: February 24 – March 17

For 1st – 3rd Graders. Cost is \$44. With a playlist of current songs and dance moves this class will include warm-up stretching, combination moves as well as across the floor movement. Games to be included!

Child/Parent Gym & Swim

Tuesdays, 10:15 – 11:15 a.m.

Session 1: October 15 – November 26 (Except Nov 12)

Session 2: January 14 – February 18

For 18 - 36 months. Cost is \$30 SDR, \$40 NSDR. This child/parent program offers an introduction to gym & swim activities. In the gym, the focus is on movement, balance skills, coordination and basic climbing. In the pool we focus on overcoming fears, water exploration and basic safety skills.

Little Gym

Wednesdays, 9:45 – 10:15 a.m.

Session 1: September 25 – October 30

Session 2: November 6 – December 18

For 3-5 year olds. Cost is \$24 SDR, \$34 NSDR. Min/Max is 6/12. This exciting class includes fun, lead-up sports activities and group games designed to help your preschooler by developing kicking, running, throwing, catching and social interaction skills. Hand-eye and foot-eye coordination will be emphasized. **Please call for future sessions.**

3:15 Yoga

Wednesdays, 3:15 – 4:15 pm.

Session 1: September 25 – October 30

Session 2: November 6 – December 18 (except Nov. 27)

For High School Students. Cost is \$30. Build the foundation for a healthy life. Benefits of Yoga: Heightens body awareness, Develops a positive body image, Increases strength and flexibility, Improves concentration and Reduces stress. The lessons learned in yoga class carry over into daily lives, supporting existing athletic activities, the physical strain of playing an instrument or dancing, or the challenges of academic competition. **Please bring a yoga mat. Instructor: Mrs. Spigutz.**

Players Basketball

Wednesdays, January 8 - February 5

Morning Session: 10:00 – 10:45 a.m.

Evening Session: 6:15 – 7:00 p.m.

For 3 – 5 year olds. Cost is \$40 if basketball and shirt needed (includes basketball and shirt), \$30 if just shirt needed (has basketball from previous year) and \$25 for returning participants. Limit is 30 participants. Parent and child work together each week participating in a variety of activities. The focus of the program is to develop skill and have fun while learning the fundamentals of dribbling, shooting, passing, and running/agility. **Registration begins December 2.**



Youth Cheerleading

Saturdays, January 18 - February 15

K – 2nd grade: 10:00 – 10:45 a.m.

3rd – 5th grade: 11:00 a.m. - Noon

For K – 5th Graders. Cost is \$30 SDR only. Get ready for another Mayfield Basketball season and learn many of the cheers that the varsity cheerleaders will be performing at games. This will be a fun time for all, especially since the girls will get the opportunity to do some cheers at a Junior Varsity Basketball Game. Go Wildcats! **Instructor: Annette Skufca and High School Cheerleaders.**

ADULT SPORTS

Adult Dodgeball

Sundays, October 6 – November 24, 6:15, 7:15 and 8:15 p.m.

Cost is \$200 SDR Team, \$250 NSDR Team. Throw, catch, or get out of the way! Dodgeball is back! We are currently accepting Men's and COED teams to play this gym class classic. Official rules available upon request. Contact Nick at 442-2626 x406 or Sean at 461-0237.

Adult Basketball - See page 17 for Men's 18 year and older. League play begins Sunday, November 3.

Adult Futsal

Sundays, October 6 – November 24, 6:15, 7:15 and 8:15 p.m.

Cost is \$200 SDR Team, \$250 NSDR Team. Are you a soccer player looking for an alternative to fall soccer? Why play during inclement weather when you can play a game that is fast paced and requires precision ball control. Official rules available upon request. Contact Nick at 442-2626 x406 or Sean at 461-0237.

ADULT FITNESS

Hardcore Workout Just for Moms: Fit Mom Circuit Training Class

9:15 – 10:00 a.m. Fall Session 1: Mondays, September 16 – October 21 (\$48), Fall Session 2: Mondays and/or Fridays: October 28 – December 13 (except Nov. 25 & 29) Winter Session 1: Mondays, Wednesdays and Fridays, January 6 – February 7, 9:15 – 10:00 a.m. Winter Session 2: Mondays, Wednesdays and Fridays, February 10 - March 14, 9:15 – 10:00 a.m. **Open to all.**

Fall Session Cost is \$85 for both days for Session 2, or \$48 per day/session. Winter Session Cost is \$108 all three days/session or \$40 per day/session. Circuit training fitness class designed for moms. Trainer leads group through cardio-strength and flexibility exercises. This is a result based workout though an inspiring and motivating environment for women who want their bodies back. Come meet moms and get a great workout at the same time. **Childwatch is available if needed. Instructor: Chantal Boutros, Certified personal trainer NCCPT.**

Insanity

Monday, Wednesday and Friday 6:00 - 6:45 a.m.

Session 1: September 16 – October 11

Session 2: October 14 – November 8

Please call for future sessions.

Cost is \$75 for 4 weeks session, \$10 drop in fee. **Open to all.** Are you ready to take your workout and BODY to the next level? Join us at Wildcat Sport and Fitness for 45-60 minutes of a sweat filled, muscle toning, awesome workout session with Insanity Certified Trainer Jamey Mixson. Benefits of Insanity workout

1. Boredom FREE (you'll be too busy kicking butt)
 2. Intensity (burn up to 1000 calories per session)
 3. At your own pace (go hard yet go at your pace)
 4. Awesome and rapid results
 5. Efficiency (it's over before you know it 45-60 minutes)
- Teens are welcome, great sports conditioning. This is more effective than the home DVD program, as you'll have an actual Insanity Trainer working out with you.

INSANITY

Boot Camp

Tuesdays and Thursdays, 6:15 -7:15 p.m.

September 17 – October 29, (except Oct 17)

Please call for future session dates

Cost is \$75. **Open to all.** This challenging class includes high-intensity, mixed-impact athletic drills to improve strength and endurance. Bring a water bottle and a towel.

Instructor: Deanna Balishin.

Zumba

Mondays, 6:15-7:15 p.m.

Fall Session 1: September 16 – October 28 (\$56)

Fall Session 2: November 4 – December 16 (\$56)

Winter Session 1: January 6 – February 3 (\$40)

Winter Session 2: February 10 – March 10 (\$40)

Join this high energy, upbeat fitness and dance party. Zumba feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. **Registration Deadline is September 12, October 30, January 2, February 6. Instructor: Laura Locker, Certified Group Fitness Instructor.**

Fun With Fitness

Fridays, 10:45 – 11:45 a.m.

Session 1: September 20 – October 25

Session 2: November 1 – December 13 (except Nov. 29)

Cost is \$24. 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.

Gentle Yoga

Thursdays 9:00-10:00 a.m.

Session 1: September 26 – October 31

Session 2: November 7 - December 19

Please call for future sessions. Cost is \$40. 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.**

Yoga

Wednesdays, 6:15 – 7:15 p.m.

Fall Session 1: September 18 – October 30 (\$56)

Fall Session 2: November 6 – December 18 (\$48)

Winter Session 1: January 8 – February 5 (\$40)

Winter Session 2: February 12 – March 19 (except March 12) (\$40)

Min/Max is 5/20. Establish a strong foundation of yoga postures, poses and breathing as we move through slower paced flows and gentle static holds. Bring a yoga mat, water and towel. **Registration Deadline is September 12, October 31, January 2, February 6.**

Instructor: Eileen Hitch, Registered Yoga Teacher-200.

Fall Yoga Workshops

Workshops are a great way to learn about yoga while you practice. Each workshop focuses on a different audience and includes pose instruction, background information, handouts and plenty of time for questions. (Min./Max. 3/15). \$10 SDR. \$20 NSDR per workshop. What to bring: A sticky mat, water bottle and towel. Wear snug, comfortable clothing that will allow you to move in a variety of ways as you practice poses. 16 and 17 year olds are welcome with parent or guardian permission.

Instructor: Eileen Hitch, Registered Yoga Teacher-200.

Yoga for Athletes Workshop

Saturday, September 21, 10:00 – 11:00 a.m.

Whether you participate in football, baseball, basketball, running, swimming or something else – this workshop will show you how yoga can help your performance through breathing, stretching and strengthening all muscle groups. Learn how alignment techniques can help your sports performance, and how to improve your mental focus and concentration using meditation methods.

Beginners Basic Workshop

Saturday, October 12, 10:00 – 11:00 a.m.

Learn the basics in this one hour workshop. We'll focus on foundations of yoga including breathing techniques, pose alignment and benefits for different body parts. You'll come away with an understanding of the basics, ready to participate in community or studio classes.

Holiday De-Stress Relaxation Workshop

Saturday, November 9, 10:00 – 11:00 a.m.

Rest and de-stress just before the holiday season. This workshop will focus on stress management through breathing and gentle yoga poses. Take a mini-vacation for yourself before you start the hustle and bustle of winter holidays.

Fitness Equipment Demonstrations

Mondays or Wednesdays call for an appointment.

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. Any individual 12 and under may not use the weight or cardio equipment. Class will last for approximately 30 minutes.

Achievable Goals Based on Your Lifestyle

Find the right solutions to your health and fitness needs with services from Achieve Fitness Studio in Rocky River, OH. We specialize in providing you with a unique approach to helping you reach your specific health goals. Whether you want to lose weight, get stronger, increase your metabolism, improve your nutrition, or improve your overall health and fitness, our expert team of certified personal trainers are committed to providing the right "game plan" for you. Every person is different and our customized approach, tailored to individual needs, allows us to create achievable goals that are based on your lifestyle and physicality. Listed on page 13 are a few programs from Achieve Fitness Studio to help you reach your goal.





Fall Session 1 Sept 30 - Oct 25
Fall Session 2 Nov 4 - Nov 29
Winter Session Dec 2- Dec 13
M, W, F 6:15 a.m. & 9:00 a.m.
M, W, Th 6:15 p.m.

For ages 16 & up. Cost is for 6 classes: \$36 Resident, \$45 Non-Resident, 12 classes: \$64 Resident and \$90 Non-Resident. 6 members per class. Instructors are Personal Trainers from Achieve Fitness Studio. Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises. Class designed for beginners to advance.

Senior Fitness

Monday & Wednesday 10:15 -11:15 am
Fall Session 1 Sept 30 - Oct 23
Fall Session 2 Oct 28 - Nov 20
Winter Session Nov 25- Dec 18



Cost is \$24 for SDR and \$32 for NSDR. For 55 & over. Instructor is Shari Barnes, Personal Trainer, Achieve Fitness Studio. This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility, helping you stay healthy and independent, go at your own pace.

Sweat, Pump & Burn!

Fall 1, September 24- October 17
Fall 2, October 22 – November 19
Winter 1 – November 21 – December 19,
no class November 29. Call for January Schedule.
Tuesday & Thursday 1:15-2:15 p.m.

For 18 & up. Cost is 4 classes: \$24 SDR and \$30 NSDR, 8 classes: \$48 Resident and \$60 Non-Resident. Instructor is Shari Barnes, Personal Trainer, Achieve Fitness Studio. This workout will challenge you in strength training and cardio! Burn calories, tone up and have a blast! Requires hand weights, tubing and a mat. Bring your water bottle!

Small Group Training

October 1 - December 19, Tuesday and Thursday nights
6:15-7:15 p.m.

At TRX Room. Boot Camp style of training for 2-8 people. Classes including cardio and strength training using a variety of equipment from TRX, Battle Rope, Kettle Bells, Slam Balls, etc.. Cost is 6 classes-\$36 for SDR, \$45 for NSDR. **Instructor is Lisa DeSico, Personal Trainer, owner of Achieve Fitness Studio.**

Personal Training by Achieve Fitness Studio

Available to the Wildcat Sport & Fitness members, options include a fitness assessment and consultation. We offer one-on-one personal training and small group training. Contact the front desk for more information.

Morning Aquacise

Mondays & Wednesdays, 8:00-9:00 a.m.

Fall 1: September 9 – 25 (\$12 SDR) (\$24 NSDR)
Fall 2: October 28- November 27 (\$20 SDR) (\$40 NSDR)
Winter 1: January 6 - February 19 (\$28 SDR) (\$56 NSDR)
Winter 2 : March 10- April 16 (\$20 SDR) (\$40 NSDR)
(except March 24 and 26)

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. Pre-Registration required!**

Lunch Hour Aquacise

Tuesdays and Thursdays, 11:45 a.m. – 12:45 p.m.

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.

Fall 1 September 10 - 26 \$30 School Dist. \$36 Non District
Fall 2 Oct. 15 – Nov. 26 \$60 School Dist. \$72 Non District
Winter 1 Jan. 7 – Feb. 20 \$70 School Dist. \$84 Non District
Winter 2 March 11 – April 3 \$40 School Dist. \$48 Non District
Spring April 8 – May 8 \$50 School Dist. \$60 Non District

Deep Water Exercise for Adults

Need a fun different type of conditioning? This class is for you! By using a floatation belt everyone is comfortably. 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.

Monday/ Wednesday 11:45 a.m.-12:45 p.m.

Fall 1 Sept. 9 - 26 \$30 School Dist. \$36 Non District
Fall 2 Oct. 14 – Nov. 25 \$60 School Dist. \$72 Non District
Winter 1 Jan. 6 – Feb. 19 \$70 School Dist. \$84 Non District
Winter 2 March 10 – April 2 \$40 School Dist. \$48 Non District
Spring April 7 – May 7 \$50 School Dist. \$60 Non District
Tuesday/Thursday 7:00-8:00 p.m.

Fall 1 September 10 - 26 \$30 School Dist. \$36 Non District
Fall 2 Oct. 15 – Nov. 21* \$50 School Dist. \$60 Non District
***(No class Oct 17 & 31)**

Winter 1 Jan. 7 – Feb. 20 \$70 School Dist. \$84 Non District
Winter 2 March 11 – April 3 \$40 School Dist. \$48 Non District
Spring April 8 – May 8 \$50 School Dist. \$60 Non District

SWIM LESSONS

General Information

The Wildcat Sport & Fitness Pool will be offering programs which will include Lap Swim, Public Swimming, Youth Learn-to-Swim and Aquatic Programs. Please visit the facility or on-line at www.mayfieldschools.org for current schedules.

Preschool Lessons Ages 3 - 5 (without parent)

Session 1: Oct 14- Nov 21, Session 2: Jan 13 - Feb 20

Preschool 1 (3 yrs.): Mondays, 10:45-11:15 a.m.

Preschool 2 & 3 (4-5 yrs.): Wednesdays, 11:15-11:45 a.m.

Water Babies 1: Thursdays, 10:45-11:15 a.m.

Parents are encouraged to observe from the deck. 30 minute classes. Cost is \$42 SDR and \$48 NSDR.

Youth Lesson Registration Information

Fall Session 1: September 3 for SDR

September 10 for NSDR

Fall Session 2: October 14 for SDR

October 21 for NSDR

Winter Session: December 23 for SDR

December 30 for NSDR

Spring Session: February 17 for SDR

February 24 for NSDR

Proof of residency will be required to purchase for all school district residents. Please provide the following for school district rates: Photo ID, current gas or electric bill and birth certificates for a minor child registering for a program. Registration will take place at Wildcat Sport & Fitness.

Youth Learn-to-Swim Program

Saturdays, 10:00 a.m., 10:30 a.m., 11:00 a.m., 11:30 a.m., 12:00 p.m., 12:30 p.m.

Fall Session 1: September 21 – October 26 (6 weeks)

Fall Session 2: November 2 – December 14 (no class Nov. 30)

Winter Session: Saturdays, January 11 – March 1, 2014 (8 weeks)

For Water babies – Level 6. Cost for 6 week session \$42.00

for School District Residents and \$52.00 for Non District

Residents. 8 week session \$56.00 for School District Resi-

dents and \$66.00- Non District Residents. If you are un-

sure of what level your child should be registered for,

please come in person on September 14, October 23, De-

cember 18, February 26 from 10:00 – 11:30 a.m. and we

will have an instructor available for testing. Please be

aware that for levels with less than 3 students per time slot

the time may be changed. You will be notified of any

changes as soon as possible. For a full class description

please visit the facility or www.mayfieldschools.org.

Private Swim Lessons: Ages 4 & up

These classes are thirty minutes long. Contact the front desk for availability.

	SDR	NSDR
Private (1)	\$20	\$25
Semi-private (2)	\$15 ea.	\$20 ea.
Group (3+)	\$12 ea.	\$17 ea.

SPECIAL EVENTS

Senior Open House

Tuesday, September 17, 11:00 a.m. – 1:00 p.m.

Cost is Free, pizza, refreshments and cookies will be served.

Come see the newly renovated Field House, pool and indoor track that is now called Wildcat Sport & Fitness. Seniors will have tours of the facility and see the new treadmills, bikes and ellipticals.

Demonstrations of activities will be offered; come to watch or participate in pickle ball, chair volleyball, or the walking club on the indoor track. Blood pressure checks will be offered and instructors will be available to help on balance and exercise geared towards adults over 60. **Reservations required by September 10** to Mayfield Heights Recreation Department or Mayfield Village Senior Services. Tours (maximum 50 people per tour) and lunch will occur in 30 minute increments starting at 11:00 a.m. with the last tour starting at 12:30 p.m. Seniors will park on the East side of Mayfield High School and enter the main entrance of Wildcat Sport & Fitness, door #18. Look for flyers at your center.

Wildcat Teen Halloween

Thursday, October 17, 7:00 – 10:00 p.m.

For 6th – 8th Grade Mayfield Middle School Students. At Wildcat Sport & Fitness. Cost is \$8.00 presale or \$10 at door plus additional money needed for food, games and raffle. Look for flyers in your MMS Friday folder handouts.

Family Fun Night

Friday, February 28, 7:00 – 10:00 p.m.

Cost is TBD. Come enjoy a one night special event targeted for families of the school district. Experience carnival-esque games, rides, food and fun for kids of all ages. Bring your family and experience the carnival season this winter!

BIRTHDAY PARTIES

Birthday Party packages are a 2 hour event at Wildcat Sports & Fitness. Included is the use of the pool or a gym court for one hour, followed by an hour of refreshments and opening gifts in the party room for up to 20 participating guests. Party Packages are \$160 for a school district resident. If there are more than 20 participating guests, a \$5.00 per person charge must be paid 24 hours in advance of the scheduled party. All parties require a \$50.00 security deposit. **A request for a Birthday Party must be made in person or by contacting Mayfield Heights Recreation at (440) 442-2626 x267, no later than two weeks prior to the event. Reservations may be made up to 2 months in advance for members and up to 1 month for school district residents.**

Mayfield Village

IMPORTANT REMINDERS

- Mayfield Village Parks and Recreation Department is located in the Mayfield Village Civic Center (6622 Wilson Mills Road)
- Most registration can take place through the mail (even with credit card) or walk-in
- Mayfield Village can accept registration over the phone with Visa/MasterCard and Discover during office hours (Monday-Friday, 8:30 a.m. – 4:30 p.m.).
- Registration allows Mayfield Village permission to take/ use photos for publicity purposes only.
- 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.
- Mayfield Village offices will be closed September 2, November 28 & 29, December 24 & 25, and January 1.

Financial Policies

Late Fee- a \$5.00 late fee applies per person if registering after a deadline. Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

Refunds- A \$5.00 processing fee will be charged for all requested refunds. 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. For programs cancelled by the Recreation Department, refunds will be given in full.

Returned Checks/Insufficient Funds- A \$25 cash fee will be charged for all checks returned for insufficient funds.

Liability

Participants assume risk of all changes in personal health and affairs. Participants in Mayfield Village 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.

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Director Parks & Recreation: William D. Thomas
Assistant Recreation Director: Danielle Echt
Youth & Adult Sports Coordinator: Sean Supler
mayfieldvillage.com

**Mayfield Village Parks and
Recreation Department:**

440-461-5163

**Weather Cancellation Number:
440-954-4114**

SPECIAL EVENTS

Mayfield Village Garden Club

The Garden Club meets/has programs at 7:00 p.m. in the Mayfield Village Community Room unless otherwise noted. Contact Elaine Schramm at 449-1474.

September 25 - *The New Euclid Beach Carousel at the Western Reserve Historical Society* presented by John Frato, president of the Cleveland Carousel Society

October 23 - Irish Campbell presents *Antiques Flower Design Container*

November 20 - *Holiday Design* by Becky Gardener and students from Gates Mills Environmental Center of the Mayfield Schools

December 11 - Holiday Buffett at 6:30 p.m. Historical Society members should bring a entrée to share for 11. Garden Club Members will furnish the appetizers and punch. Dessert and coffee.

January 22 - 1:00 p.m. at the Mayfield Village Civic Center. *Winterizing Your House Plants* presented by Master Gardener Joyce Braun

February 26 - 1:00 p.m. at the Mayfield Village Civic Center. *The Meaning of Flowers* presented by Nancy Hart.

March - 1:00 p.m. at the Mayfield Village Civic Center. *All About Roses* presented by Master Gardener Mary O'Kourke.

MISTLETOE MARKET

Saturday, December 7 from 9:30 a.m. - 4:30 p.m.

At Mayfield Village Civic Center. Admission is \$2.00, free cookies! The Civic Center will be abuzz with seasonal music, holiday treats, creative vendors and general merriment! Holiday designs and bakery by Garden Club Members, Vendors will have hand crafted items. Proceeds from the Mistletoe Market benefit the Mayfield Village Horticultural Students' Scholarship Program. Contact Patsy Mills at 449-4922.

Mayfield Township Historical Society

All meetings/programs are held in the Mayfield Village Community Room at 7:00 p.m. unless otherwise noted. For more information call 461-0055 or email:

mayfieldtownshiphistoricsociety@yahoo.com

ICE CREAM SOCIAL

Wednesday, September 11, 6:30 – 8:00 p.m.

At Bennet-Van Curen Historical House. Cost for admission is \$3.00. Ice Cream and homemade cookies, tour of the museum.

October 9 - Ralph Tarsitano presents *Life Through the Lens of a Photo Journalist*, a cameraman's experience at Chanel 5 & 8 and the Plain Dealer. Refreshments served.

November 5 - Election Day. Holiday raffle tickets available during election poll time. Take a chance and win a dinner to a local restaurant.

November 13 - Barber Warner presents *Introducing the Questers*. An international organization that encourages the appreciate and preservation of antiques and restoration of historic landmarks. It's Pie Night: bring your favorite pie to share. Holiday raffle tickets available.

December 11 - Holiday Buffett at 6:30 p.m. Historical Society members should bring a entrée to share for 11. Garden Club Members will furnish the appetizers and punch. Dessert and coffee.

January 2014 - No Meeting. Membership renewal month. Inviting all residents to join. Individual membership \$10, Family \$20.

February 12 - Bill Rubin, Director of the Mayfield Regional Library, presents *Mayfield Library Past and Presents*. Refreshments served.

March 12 - The Mayfield School District presents *Social Studies in the Schools Today*. Bring your favorite cookie to share.

American Red Cross Blood Drives

Fridays, September 6, 1:00 – 7:00 p.m. November 1, 2:00 – 6:00 p.m., January 3, 2:00 – 7:00 p.m.
March 7, 2:00 – 7:00 p.m.

At Mayfield Village Community Room. General eligibility to be a donor: if you are at least 17 years old, weigh at least 110 lbs., are in good health (no flu symptoms), your last donation was more than 56 days ago, are not taking antibiotic medication, have a photo ID or Red Cross card with you when you donate. Please bring in the names of any medications that are currently being taken. Please bring I.D. with you as well. We can answer questions about your eligibility in advance of the drive by calling the American Red Cross at 1-800-GIVE-LIFE or 1-800-294-3347 #2 and ask for the "Donor Suitability" Department. Visit redcross.org for more information.

Make Your Own Premium California Wine

Tuesday, September 10, 7:00 – 8:30 p.m., plus four additional classes, to be scheduled Based upon grape harvest
At 30700 Bainbridge Rd., Solon. For 21 years and older. Cost is \$99 per person or couple, plus \$160 payable to instructor for supplies. Instructors are Tom Radu and Mike Caldwell of the North Coast Wine Club. Make, bottle, and label your own wine from premium California grapes. Whether you favor a white or a red wine you can produce it yourself and call yourself a wine maker! Finish this class knowing about wine making plus a case of your own wine. All the grapes, equipment, and materials are included in the materials fee.

Mayfield Art Show, Co-sponsored with the Mayfield Branch of the Cuyahoga County Public Library

October 11 – 20

At the Mayfield Regional Library. The Mayfield Art Show (formerly the MARC Art Show) is free and open to the public. Entries are open to all adult artists. Entry blanks will be available at the city halls of the Mayfield School District communities, the library or call Kathy Maxwell at 951-4088. The entry date is Friday, October 11, 3:00 – 5:00 p.m. at the new library.

Introduction to Fly Fishing

Tuesday, November 26, 7:00 – 8:30 p.m.

At Mayfield Village Civic Center. For Children 10 years – adults. Cost is \$17 per person. Join instructor George Vosmik, a leading Fly Fishing expert with over 21 years experience. Learn why fly fishing is one of the fastest growing outdoor sports in the world. Class covers equipment, where to fish, techniques, and the joys of making your own deceivers (flies) to catch simple fish. **Registration Deadline: November 22.**

The Art of Deception: Nymphs, The Beginning
December 3, 5 and 10 , 6:30 – 9:30 p.m.

At Mayfield Village Civic Center. 10 – 17 years welcomed but this is an adult class. Cost is \$52 per participant and a \$10 material fee payable to instructor at first class. Students will need to bring additional supplies. A list will be available upon registration. Learn to tie your own flies with expert/instructor George Vosmik. Students will create over a dozen nymphs during the 3 classes. Come, tie and decide how you'll use the deceivers you produce. **Registration Deadline: November 27.**

Menorah Lighting Ceremony

Wednesday, November 27, 7:00 - 8:00 p.m.

At Mayfield Village Gazebo/Community Room. Please Join us as we light the first Hanukkah candle. We will gather near the Menorah at 7:00 p.m. snow or shine! Refreshments to follow.



Santa Ride and Christmas Party

Saturday, December 14, 10:00 a.m. – 1:30 p.m.-Annual Fire truck ride with Santa distributing popcorn balls
1:30 – 3:00 p.m.-Christmas Party in Community Room for children/grandchildren of Mayfield Village

During the party, children can have pictures taken with Santa and his elves will distribute gifts. Refreshments will be served. The Santa Ride schedule will be posted in the Winter issue of the Voice of the Village.



Tree Lighting Ceremony

Sunday, December 8, 7:00 p.m.

At Mayfield Village Gazebo. Enjoy the sounds of the season with Center School Choir, see a spectacular tree lighting and enjoy refreshments.



Singing Angels: Helping Hands & Singing Hearts Concert

Saturday, December 14 @ 7:00 p.m.

At Mayfield Village Civic Center-Reserve Hall. Cost for Mayfield Village Residents is \$11 adult (11+ yr.), \$9 child (5-10 yr.)/senior (62+ yr.). Cost for Non Mayfield Village Residents is \$12 adult (11+ yr.), \$10 child (5 – 10 yr.)/senior (62+ yr.) *children under five must sit on lap. Tickets are on sale beginning November 5 at the Mayfield Village Civic Center (during office hours) until December 13. Tickets can be purchased (if still available) on the night of the concert starting at 6:00 p.m. in the ticket office by Reserve Hall (cash and checks only). Doors open for the concert with first come first serve seating at 6:35 p.m.

ADULT SPORTS AND ACTIVITIES

Adult Fall Softball At Parkview Softball Fields

Packets were mailed in early July to all team managers from previous fall seasons. For more information, registration packets, or to be added to the mailing list call 461-5163.

COED 18 YEARS AND OVER

Monday and Wednesday nights beginning Monday, August 26 through late October, 6:30 p.m. – 9:30 p.m.

Entry fee is \$350/School District Team and \$400/Non-School District Team. Plus official, scorekeeper & forfeit fees.

MEN'S 18 YEARS AND OVER

Tuesday and Thursday nights beginning Tuesday, August 27 through late October, 6:30 p.m. – 9:30 p.m.

Entry fee is \$430/School District Team and \$480/Non School District Team. Plus official, scorekeeper & forfeit fees.

Adult Fall Coed Soccer at Parkview Soccer Fields

This fall, coed soccer is planned for the dedicated soccer fields just north of Parkview Pool. League play is held on Tuesdays and Thursdays beginning in mid August. For more information, registration packet, or to be added to the mailing list call 461-5163.

Adult Wiffle Ball at Parkview Softball Fields

Fridays, September 6 – October 25, 7:00 & 8:00 p.m.

Cost is \$125 per team. Relive your childhood and join us for some Friday night fun! Recruit 4 friends and step up to play America's favorite backyard game. Official rules available upon request. Contact Nick at 442-2626 x406 or Sean at 461-0237.

Adult Basketball at Wildcat Sport & Fitness

Packets will be mailed to all team managers from the previous winter seasons. Anyone wishing to receive a basketball packet should contact the Mayfield Village Parks and Recreation Department at 461-5163.

MEN'S 18 YEAR AND OLDER

League play on Sundays, beginning Nov. 3, 9:30 a.m. – 12 noon. Entry fee is \$380/ School District Teams and \$400/Non-School District Teams. Plus official fees.

Tour the Mayfield Village Wetlands

Did you know that you can schedule a free tour/program, hosted by a naturalist, at the Mayfield Village Wetland? The wetland features a crushed gravel loop trail (aprox. 1 mile in length) and several distinct habitat areas, woodland, marshland, field and pine forest. Call the Mayfield Village Civic Center at 461-2210 to schedule a guided walk/program for your group of 6 or more people.

2013 Holiday Drive

Mitten Tree & Food Donations

Please come in with new mittens, scarves and hats to decorate the Mitten Tree located in the Civic Center. Your donation will help keep kids & adults warm this winter. Canned goods & non-perishable food items will also be collected at the Civic Center. Donations will go to one of the local centers.

See pages 11-13 for more adult fitness classes at Wildcat Sport & Fitness and page 29 of the Senior Section for Mat Pilates.

Fly Fishing at Deep Spring Trout Club

Saturday, September 21 for 5th – 9th graders with parent or Saturday, September 28 for adults @ 9:00 a.m. – 3:00 p.m. (includes one hour lunch break, lunch provided)

Cost is \$80 includes instruction, rod, tackle, lunch, and trout fishing. Add \$35 for youth class for the parent, includes lunch and afternoon fishing session with child. Min/Max is 10/20 each class. Come learn fly fishing from the top fly fishing instructor, George Vosmik. Deep Spring Trout Club has a 2 acre spring fed trout pond with over 2,000 stocked trout. Instructional time included covers a history of fly fishing and hands demonstration of fly fishing techniques. Participants will have a creel pouch to store their catches in throughout the day. Participants can bring their own fly fishing rod and tackle if they have it. **Other Optional Costs (paid that day at the Club by cash only):** trout is \$4.50 per pound (live weight), cleaning and packed with ice to take home is \$1.00. **Registration Deadline: September 19 & 26.**

Jewelry Making

Mondays, September 23- November 11, 7:30 - 9:30 p.m.

At St. Bartholomew's Church. For adults 18 years and older. Cost is \$95 (supplies are approximately \$30 and will be discussed on first day of class plus \$5 fee payable to instructor on first day). Join instructor Jim Johnson 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: September 19.**

Self-Defense: The Real World

Thursday, October 3, 7:00 – 8:00 p.m.

At Mayfield Village Civic Center. For teenage – 50 year old women. Cost is \$17. Instructor Bob Morris and his female assistant presents a realistic approach to self defense. This class will educate and demonstrate avoiding, escaping and surviving assaults if they do occur. Wear comfortable clothes for active participation or just come to observe. **Registration Deadline: September 27.**



Scrapbooking Crop-a-thon

Fall: Saturday, October 26 – Sunday, October 27, 9:00 a.m.-1:00 a.m. Saturday and 10:00 a.m.- 5:00 p.m. Sunday
Winter: Saturday, January 25 - Sunday, January 26 same times
 At Mayfield Village Community Room. For 21 years and older. Cost is \$38.00 – includes lunch & dinner on Saturday, beverages and snacks. Limited seating, so register early. **Registration begins September 25 & December 23.**

EXCURSIONS

- 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.

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.

Casino Trips

RIVERS CASINO

Wednesday, September 25, 8:00 a.m. — 7:00 p.m. (approx.)(depart from/return to from City Park gazebo parking lot on Marsol Rd.)

Cost is \$30 includes transportation and \$15 coin/ \$5 food voucher. A fantastic day that knows no season, these casino trips offer Las Vegas style gambling with abundant slot machines and table games. You must be 21 years of age or older. Limit of 52 persons.

PRESQUE ISLE DOWNS, ERIE PA

Wednesday, February 12, 8:00 a.m. – 7:00 p.m. (approx.) (depart/return to the Mayfield Village Civic Center)

Cost is \$28-includes transportation and voucher (\$20 coin/\$5 food). Must be 21 years and older to participate. Photo ID required. If you have a Presque Isle Player Club Card, bring it with you for discounts. **Registration Deadline: January 30**

Bus Trips

THE “WINE-DING” TRAIL THROUGH ASTABULA WINE COUNTRY

Saturday, September 14, 8:00 a.m. – 5:00 p.m.

Cost is \$92 per person includes winery tours, tasting and lunch. Explore the beauty, the history and the many wineries of Ashtabula County. Visits will be made to the South River Winery, Grand River Winery, Debonne Vineyards and the Virant Winery.

COUNTRY LIVING (Columbus)

Saturday, September 14, Noon – Sunday, September 15, 6:00 p.m.

Cost is \$225 per person/twin or \$292 single and includes luggage handling, 2 meals (continental breakfast & dinner at Schmidt's in German Village), Country Living Fair, shopping at Easton Town Center and Polaris Mall. The pages of Country Living magazine comes to life at the Country Living Fair – the leading chic and cutting edge show and sale. Shop the more than 150 exhibitor booths for antique, vintage furnishings, crafts, gifts and collectibles. Enjoy food tasting, cooking demonstrations and the harvest/gourmet market. Attend decorating and cooking craft seminars, listen to musicians and meet and mingle with the editors and contributors of Country Living.



SHAW FESTIVAL – GUYS & DOLLS / THE LIGHT IN THE PIAZZA (Niagara-on-the-Lake, Ontario)

Saturday, September 21, 7:30 a.m. – Sunday, September 22, 10:00 p.m.

Cost is \$498 pp/twin or \$598 single includes lodging at the deluxe White Oaks Resort & Spa, luggage handling, taxes & tips, 2 meals (1 breakfast, 1 dinner), tickets to both shows, Niagara Parkway, Duty Free Shop. The Shaw Festival is the only theatre in the world that specializes in the plays of Bernard Shaw and his contemporaries (1856-1950) – plays about the beginning of the modern world. Live theatre, shopping galleries, attractions, books, fashion, gifts, specialty foods and much more await you in this delightful town. *Guys & Dolls*: Musical classic in New York City, you'll meet wise guys and chorus gals, gamblers and actresses, cops and bobby-soxers. Pious Sarah Brown, a sergeant at the save-a-soul mission, wants to save their souls while Nathan Detroit needs \$1000 to save the city's oldest floating craps game. Enter high-roller Sky Masterson who takes Nathan's crazy bet – to woo the virtuous Sarah! Who will take a real gamble on love? Will luck be a lady tonight? *Guys and Dolls* has been called the “greatest of all American musicals.” *The Light in the Piazza*: Musical romance a glorious musical story set in Italy in the summer of 1953. Margaret is touring the Tuscan countryside with her daughter, Clara. While sightseeing, Clara has a chance encounter with Fabrizio, a handsome Florentine, and they fall in love. Margaret tries to keep them apart to protect her daughter, who isn't what she seems. But the romance of Italy is powerful, and it slowly transforms them all. Passport is needed for this trip!

Bus Trips (continued)

OHIO MART AT STAN HYWET & GARDENS (Akron)

Saturday, October 5, 11:00 a.m. – 6:00 p.m.

Cost is \$72 per person includes admission to Ohio Mart and house tour. Ohio's premier arts & crafts festival takes place on the grounds of a magnificent historic house and museum and country estate. This annual fall event features more than 120 artisans and craftspeople. Voted one of Northeast Ohio's best festivals by the readers of the Akron Beacon Journal.

CRUISING ON THE OHIO RIVER (Marietta)

Saturday, October 5, 7:30 a.m. – 9:00 p.m.

Cost is \$99 per person includes cruise, lunch. We have a special fall cruise planned for you on the Valley Gem. Take a scenic 4 hour cruise on the Ohio River while enjoying the lovely fall colors on the Ohio River Valley. Enjoy the Captain's lunch while cruising up the Ohio River to the Willow Island Lock & Dam. Make your plans to sail on a voyage of color, beauty, and fun!

STEPPING STONES OF MANSIONS & TEAS (Hanoverton, Massillon & Canton)

Tuesday, October 8, 7:30 a.m. – 6:30 p.m.

Cost is \$108 per person includes Tea at the Hanover House, lunch & tour of the Five Oaks Mansion, National First Ladies National Historic Site and afternoon tea at the Smucker House. Step in to the world of elegance and grace. You will begin with a light morning tea at the Hanover House built in the 1800's and a part of the Spread Eagle Tavern & Inn. Next will be lunch and a tour of Five Oaks Mansion. You will immerse yourself in 19th century grandeur of Tiffany glass, chandeliers, exotic woods and unparalleled craftsmanship in a beautiful mansion. We then will continue to the National First Ladies National Historic Site & Library. Your day will be complete with afternoon tea with the President's wives at the Smucker House. Mingle and enjoy tea with ladies in period dress portraying the wives of former Civil War presidents. Hear them share humorous stories of their daily lives.

IKEA SHOPPING AND RIVERS CASINO

Friday, November 1, 8:30 a.m. – 9:00 p.m.

(bus departs from/returns to Pepper Pike Learning Center)

Cost is \$44 includes \$15 slots and \$5 food voucher. Join us as we head to Pittsburgh for a shopping excursion to the famous IKEA store before trying our luck at Rivers Casino. You'll love the selection at IKEA, everything from kitchen gadgets to complete kitchens, plus plants, holiday decorations, furniture and more. Then we're off to Rivers Casino for slots and gaming. Must be 21 years or older. **Registration Deadline: October 18.**

A RIVERSIDE CHRISTMAS – THE GIFTS OF THE MAGI (Cambridge Springs, PA)

Tuesday, December 3, 10:00 am. – 5:30 p.m.

Cost is \$85 per person includes matinee performance, lunch. A heart-warming, captivating musical treat, drawn from two short stories by the immortal O. Henry. It is Christmas in New York, but for two young lovers, Jim & Della, the prospects are bleak, as both are out of work and penniless. Their dilemma is solved when both part with their most precious possessions (she her beautiful long hair, his is a heirloom pocket watch) in order to buy presents for each other creating, at least for a magical moment, an aura of warmth and giving in the cold, impersonal winter city.

A CHRISTMAS PAST (Canton)

Thursday, December 5, 9:30 a.m. – 7:30 p.m.

Cost is \$118 per person includes Strand Theatre Package, Seabring Mansion, lunch. Enjoy a Christmas gala at the beautiful Strand Theater. This unique 1920's theater will be decorated for the holidays while you are viewing an old classic Christmas movie. Your Strand Theater package will include a classic Christmas movie, museum displays, hors d'oeuvres, desserts, drinks, favors, popcorn, movie trivia and candy. Your holiday getaway will be complete with Christmas at the Seabring Mansion and Inn. As you pull up to the front door you will feel you are in a Norman Rockwell painting as an elegant 3 course luncheon awaits you.

CHRISTMAS CONCERT AT SEVERANCE HALL

Saturday, December 14, 1:30 – 7:30 p.m.

Cost is \$135 per person includes Severance Hall main floor seating, 3:00 p.m. performance, dinner. Bring family and friends to Severance Hall with Discovery Tours to hear traditional Christmas favorites by the Cleveland Orchestra and Chorus. The afternoon culminates in a joyous celebration with a sing-along, accompanied by the Norton Memorial Organ.



14th Annual Ski Trips for Families, Adults and Teens

General Information:

- Trips are a cooperative effort by Mayfield Village and surrounding communities.
- Each participant is responsible for their own food costs
- Charter bus will leave Mayfield High School main parking lot directly behind the Mayfield Regional Library at 6:30 a.m. and returns at 7:30 p.m. (approx). Transportation costs will be included.
- Helmets are required for Terrain Park
- To avoid lost or stolen items, mark your personal equipment.

Holimont Ski Resort

- Monday, January 20 (Martin Luther King Day). Early bird rate until January 6.
- Monday, February 17 (President's Days). Early bird rate until January 31.
- Prices for packages to be determined.
- No refunds after January 6 and 31.
- **Look for flyers in September with prices.**

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 www.mayfieldvillage.com, www.leapinfo.org, www.solonrec.org and www.orangerec.com.**

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

In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge an additional \$5 per participant if signing up after the deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

Pizza Bowl

Fridays, September 20, October 18, November 8, January 24, February 14, March 14, April 11, May 9, 7:00 - 9:00 p.m.

At Roseland Lanes (26382 Broadway Avenue, Oakwood Village). For 13 years and older. Cost is \$12 per bowler per date (includes shoes, bowling, cheese pizza, pop and Dixie cup ice cream) **Registration Deadline: one week before the program.**

Everybody Dance Now

Fridays, 5:00 - 6:00 p.m.

Fall Session 1: September 6 - 20

Fall Session 2: September 27 - October 11

Fall Session 3: October 18 - November 1

Fall Session 4: November 8 - 22

Winter Session 1: January 10 - 23

Winter Session 2: January 31 - February 14

Winter Session 3: February 21 - March 7

Winter Session 4: March 14 - 28

For 8 - 22 year olds. Cost is \$45/session or \$15/class. Instructor is Tracy Pattison BS LMT CPI CYT (sub: Heather Koniz MFA) Min/Max is 3/10 participants. An inclusive and programmatically accessible method of teaching dance developed for people of all abilities and levels. Since 1994, this approach has served children to older adults, recreational to professional, 'sit-down' and 'stand-up' dancers (wheelchair users and non-wheelchair users) and those with varying sensory, physical, learning, and/or developmental disabilities. Class includes warm up, simple locomotor patterns, improvisation, rehearsing a dance and a cool down. Tracy, as a Dance Professional, incorporates her keen eye as a Pilates Instructor and Massage Therapist to this method, facilitating safe, healthy, functional movement within the artistic framework. Students should wear comfortable clothing for movement and no shoes. On the final class of the last session, parents will be invited to observe an "informal showing" of the students' accomplishments during the fall and winter. **Registration Deadline: Sept. 4, 20, Oct. 11 and Nov. 1, Jan. 8, 24, Feb. 14 and Mar. 7.**

Fall Kickball

Sundays, September 8-22, 12:00 - 1:00 p.m.

For 13 years and older. Cost is \$12 At Parkview Softball Fields. Join the Regan family as they coordinate this fun league; participants will be divided into teams and a game will be played each Sunday. **Registration Deadline: Sept. 4.**

Fitness to Wellness to FUN!

Mondays and/or Wednesdays, 7:00 - 8:00 p.m.

Fall Session 1: Mondays, Sept. 9 - Oct. 14 and/or Wednesdays, Sept. 11 - Oct. 16

Fall Session 2: Mondays, Oct. 21 - Nov. 25 and/or Wednesdays, Oct. 23 - Dec. 4 (except Nov. 27)

Winter Session 1: Mondays, Dec. 2 - 16 and/or Wednesdays, Dec. 11 - 18

Winter Session 2: Mondays, Jan. 6 - Feb. 10 and/or Wednesdays, Jan. 8 - Feb. 12

Winter Session 3: Mondays, Feb. 17 - March 17 and/or Wednesdays, Feb. 19 - March 19

At Health 360. For 13 years and older. Cost for **Fall Session 1:** \$48 for either day or \$86.40 for both days, **Fall Session 2:** \$48 for either day or \$86.40 for both days, **Winter Session 1:** \$24 for Mondays or \$16 for Wednesdays or \$36 for both days, **Winter Session 2:** \$48 for either day or \$86.40 for both days and **Winter Session 3:** \$40 either day or \$72 for both days. **Min./Max. is 8/10 participants.** The class will include a combination of obstacle courses, strength training, agility drills, endurance training, motor skill reaction drills, and developmental exercises. Participants will enjoy an energetic fast paced stimulating hour which equals a great workout while having fun. **Registration deadline the Friday before each session.**

All About Birding

Wednesday, September 11, 6:00 - 8:00 p.m.

At the Nature Education Building, North Chagrin Reservation. Families or Individuals with parent or caregiver. Cost is \$8 per participant (siblings must pay, parent/caregiver no charge), includes use of binoculars, spotting scopes, and field guides. Come learn the basics about our feathered friends with one of Cleveland Metroparks most knowledgeable birders, Jen Brumfield. We will spend time indoors getting familiar with our spotting scopes, binoculars, and field guides and then head out to the lagoon to enjoy the sunset while birding. No special equipment is required but feel free to bring along your own optics or camera. Dress in layers and be prepared for the weather. Directions will be supplied once registered. **Registration Deadline: Tuesday, September 3.**

YogaReach

Tuesdays, 4:45 – 5:45 p.m. for Teens-Young Adults and 6:00 – 7:00 p.m. for Adults/LEAP

Fall Session 1: September 10 - October 15

Fall Session 2: October 22 – December 3 (except Nov. 26)

free class on December 10

Winter Session 1: January 7 – February 11

Winter Session 2: February 18 – March 25

At Mayfield Village Civic Center. For Teens – Young Adults and Adults/LEAP Participants. Cost is \$64/participant per session or \$5 off if registering for two sessions at once (\$123), \$32/session for sibling, parent, or caregiver to attend. **The Instructor** is Char Grossman, M.A., NCSP, CYT, E-RYT500, is professionally recognized as a Therapeutic Yoga Specialist, Experienced Registered Yoga Teacher, and a Nationally Certified School Psychologist. Char teaches classes, and presents workshops for those challenged with Movement Disorders and those identified with Special Needs. In 2004, Char founded YogaReach (yoga-reach.org), a therapeutic yoga program that inspires individuals of all ages and abilities to develop educational, physical, mental and social competencies through mind and body techniques. Char's enthusiasm, compassion and innovative teaching styles instill positive changes within every individual. Through an individualized approach participants develop daily living skills, make new friends, and have a great time. Wear comfortable clothes. **Registration Deadline: Friday before each session begins.**

Music, Drum and Movement

Thursdays, 6:00 – 6:45 p.m.

Fall Session 1: September 12 – October 3

Fall Session 2: October 10 – November 7

Fall Session 3: November 14 – December 12 (except Nov. 28)

Winter Session 1: January 9 – 30

Winter Session 2: February 6 – 27

Winter Session 3: March 6 - 27

At Mayfield Village Civic Center. For 6 – 24 year olds. Cost is \$44 per session. Learn to play percussion instruments with others, and sing all while building your self-confidence. Experience the musical circus with Ray Brown every Thursday! **Registration Deadlines: The Monday before each session.**

Fishing for All

Saturday, September 28, 1:00 – 3:00 p.m

At Rockefeller Lagoon at East 105th Street and Martin Luther King Drive. For families or Individuals with parent or caregiver. Cost is \$8 per participant (siblings must pay, parent/caregiver no charge), includes use of fishing rod, instruction, and bait. Min/Max is 10/20. Create your own "fish" story as you cast your rod into Rockefeller Lagoon. Learn basic casting skills and fishing knots. Fishing equipment and bait provided. If you're lucky, we'll even teach you the secret fish handshake. Directions will be supplied once registered.

Registration Deadline: Friday, September 20.

Zumba Dance Class

Thursdays, 7:00 – 7:45 p.m.

Fall Session 1: September 12 – October 17

Fall Session 2: October 24 – December 12 (except Nov. 28)

Winter Session 1: January 9 – February 13

Winter Session 2: February 20 – March 27

For 13 years and older. Cost is \$42 per session or \$75.60 for two sessions. At Health 360. Join a high energy, upbeat fitness and dance party. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. **Registration Deadlines: The Friday before each session.**

NEW: Basketball Assist

Thursdays, 6:15 – 7:15 p.m., September 19, 26 and October 3, 10

At Wildcat Sport & Fitness. For 13 years and older. Cost is \$40. Min./Max. is 10/30. Join Tom Heines, from the National Basketball Academy, in learning the fundamentals of basketball. Under his direction participants will learn the fundamentals of basketball through a series of drills and scrimmage that develop skill. Every participant will have the opportunity to play in a game situation. **Registration Deadline: September 16.**

Game Nights

Fridays, 6:15 – 8:15 p.m.

September 27, October 25, November 15, December 13, January 17, February 21, March 21, April 25

At Wildcat Sport & Fitness. For all ages. Cost is \$8.00/participant per date pre-registered or \$9.00/participant per date at the door. 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. **Pre-Registration Deadline: The Wednesday before each date.**



Goodtime III

Saturday, September 21, 10:30 a.m. – 3:00 p.m.

For all ages. Cost is \$38 per participant includes bus transportation and Goodtime III, \$17 ticket to Goodtime III (transportation on your own). The charter bus leaves from and returns to the Mayfield Village Civic Center and travels to the Goodtime III for a scenic ride on Lake Erie. Food items can be purchased on board the Good Time III. If you bring a bag lunch it must be eaten before going on Goodtime III. **Registration Deadline: Thursday, September 5.**



Indoor Water Exercise

Thursdays, 6:30 – 7:30 p.m.

Fall Session 1: October 3 -24

Fall Session 2: November 7 – December 5 (except Nov. 28)

Winter Session 1: January 9 - 30

Winter Session 2: February 6 - 27

Winter Session 3: March 6 - 27

At Wildcat Sport & Fitness. For 10 years and older. Cost is \$20 per session. Join instructor Kate Sullivan for an opportunity to experience success, increase comfort level, exercise and have fun in an aquatic environment. **Registration Deadline: The Friday before each session.**

Broadway Buddies Adaptive Musical Theatre Program

Sundays, September 29 – November 10, 2:00 – 3:30 p.m.

For 12 – 20 year olds. Cost is \$134. At Pepper Pike Learning Center. High school students from Stagecrafters' Cabaret Troupe professional staff will work side by side with teens with special needs. Together we will share enthusiasm for song and dance. Students will learn music and choreography to upbeat contemporary show tunes. This adaptive program is geared to unite all passionate students in a collaborative environment. Choreography will be adapted to individual needs. Performance held on the last day of class for family and friends. Director, Justin Zapin, Assistant Director, Claire Connelly - Special Ed Para Professional, Jenny Barrett. This program is endorsed by Orange Parents Education Network (O.P.E.N.) Stagecrafters is a program of Orange Community Education & Recreation. Contact Stagecrafters Coordinator, Wendy Scott-Koeth at (216) 831-8601 ext. 5102. Enrollment limited. **Registration through Orange Community Ed. only.**



Shaker Peg Rack & Shelf Woodworking Project

Wednesdays, October 9, 6:30 – 8:30 p.m.

For all ages. Cost is \$24 (plus \$30 material fee payable to instructor at class). At Orange High School Woodshop. Learn about woodworking and using hand tools as you build a shelf where you can organize your coats, jackets, hats and gloves. Makes a great gift! The instructor is professional woodworker, Kurt Klimko. **Registration Deadline: Friday, October 4.**

Basketball Clinics

Sunday, October 20 and February 2, 1:00-2:00 p.m. John Carroll, Sunday, November 3 and January 19, 1:00 – 2:00 p.m. Notre Dame, For 13 years and older. Cost is \$5 per date. Join Varsity Basketball Coaches, Mike Moran (John Carroll), Tim Koenig (Notre Dame) and their varsity players, and learn the fundamentals of basketball through exercises that are meant to be fun and skill building that include passing, shooting and dribbling. **Registration Deadlines: The Friday before each clinic.**

Lake Metroparks Boo Bash

Sunday, October 27, 1:00 – 4:00 p.m.

For 13 years and older. Cost is \$5. At Painesville Township Park Community Center. This dance is so much fun it's frightening! Prizes awarded for the most creative costumes. Concession stand will be open and D.J. Billy J will provide music. **Pre-register at 440-358-7275 or pay at the door. Mayfield Village cannot accept registration for this program.**

Halloween Party

Thursday, October 31, 6:00 - 9:00 p.m.

At Beachwood Community Center. For 13 years and older. Cost is \$5.00 per person (including family/caregivers). Come in costume and please bring an appetizer, salad or dessert. Pizza and pop will be provided. **RSVP to: Judi Greenspan at 216-932-1989 or email jgreenspan@keene-promotions.com. Mayfield Village cannot accept registration for this program.**

Making Pizza at Pizza Roma

Saturdays, November 2, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

November 9, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

March 1, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

March 8, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

For 13 years and older. Cost: \$12 per date. Grace Van Ness of Pizza Roma will help you roll the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, participants can decorate their pizza boxes.

Registration Deadline: The Wednesday before each date.

Winter Snowshoe or Hike

Saturday, January 18, 1:00 – 3:00 p.m.

For Families or Individuals with parent or caregiver. Cost is \$10 per participant (siblings must pay, parent/caregiver no charge) At Squire's Castle, North Chagrin Reservation. Min./Max. participants is 10/20. Embrace the snow this winter by learning how easy it is to snowshoe. Enjoy a guided snowshoe hike highlighting the history of Squire's Castle. If there isn't enough snow, we'll hike instead. Either way we'll warm up with hot chocolate afterwards. No special boots are required for snowshoeing, but waterproof footwear is suggested. Dress in layers to keep warm. Directions will be provided once registered. **Registration Deadline: January 10.**

Holiday Party, Gift Exchange

Friday, December 13, 6:00 – 9:00 p.m.

At Beachwood Community Center. For 13 years and older. Cost is \$10.00 per person pay at door (including family/caregivers). Please bring an appetizer or dessert. No chips or dips please. Please bring a gift that is worth \$5 for our gift exchange. This gift should be appropriate for a girl or boy. **Please RSVP by November 29 to Judi Greenspan at 216-932-1989 or email jgreenspan@keenepromotions.com.** Sponsored by Think Computer Foundation & Beachwood Recreation Department. **Mayfield Village cannot accept registration.**



Solon Blue Ribbon Programming

The mission of the Solon Blue Ribbon Adapted Recreation Program is to provide high quality recreation and leisure activities for persons with developmental disabilities, enabling each to enhance his or her personal potential by sharing in the emotional, social, and physical benefits fostered by such community based activities. Blue Ribbon programs are open to non-Solon residents as well as residents. Check us out at www.solonohio.org, 440-337-1427, or lcreviston@solonohio.org.

Night Out at the Movies

Friday, January 10 and March 7, 7:00-10:00 p.m.

At Beachwood Community Center. For 18 years and older. Cost is \$5 each date, registration in advance required. Come watch movies on the big screen! Cost includes admission, popcorn and beverage. For more information contact Beachwood at 216-292-1970. Sponsored by LEAP and Beachwood Recreation. **Mayfield Village cannot accept registration.**

Super Bowl Party

Sunday, February 2, 5:30 – 9:30 p.m.

At Beachwood Community Ctr. For 13 years and older. Cost is \$5.00/ participant pay at the door (including family/caregiver). Come watch the game with family and friends. Pizza and pop will be provided. Please bring an appetizer or dessert to share. No chips or dip please! **You must RSVP by Thursday, January 24 to Judi Greenspan 216-932-1989 or jgreenspan@keenepromotions.com.** Sponsored by Think Computer Foundation & Beachwood Recreation. **Mayfield Village cannot accept registration.**

Valentine's Day Dance

Saturday February 8, 7:00 – 9:00 p.m.

For 18 years and older. Cost is \$5-Pre-registration only. At Hilton Garden Inn. A DJ will be on hand with karaoke available. Beverages and hot foods will be served. For more information contact LEAP at 216-696-2716. **Register directly with LEAP. Mayfield Village cannot accept registration.**

Sleeping Beauty and Flashdance at Playhouse Square

Sleeping Beauty- Saturday, October 12

Flashdance- Saturday, April 5

For families and individuals with parent/caregiver. Cost is \$10 per ticket. More information will be available in September.

In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. Mayfield Village will charge an additional \$5 per participant if signing up after the deadline. Please note that Mayfield Village reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

Save the date for 11th Annual SOLON BLUE RIBBON FUN FEST

Saturday, March 1, 2014, 6:30 - 9:00 p.m. For individuals with special needs, their families, friends, and caregivers. Please join us at the St. Patrick's Day themed Solon Community Center for a little bit of Irish, games, air bouncers, bingo, D.J. dancing, family information center, and many other very special attractions of the evening.

YOUTH AND TEEN SPORTS & ACTIVITIES

Village Kickers Soccer

Saturdays, August 17 – September 21, 9:30 – 10:15 a.m.
At Parkview Soccer Fields. For 3 – 5 year olds. Cost is \$60- for all equipment (jersey, shorts, socks with built in shin guards and soccer ball), \$30-for returning Kickers participants who have equipment. Limit is 30 participants. Parent and child work together doing activities to develop the basic skills of kicking, dribbling, trapping and throw-ins necessary for the game of soccer. **Registration Begins: July 11.**



Mini Cats Football

Saturdays, August 24 – September 21
9:00 – 9:45 a.m. for 3 – 4 year olds
10:00 – 10:45 a.m. for 5 – 7 year olds
***if enrollment is insufficient per age group, they will combine into one time slot but ages will still be separated**
At Mayfield Heights City Park. For 3 – 4 year olds and 5 - 7 year olds. Cost is \$40-if just football, tshirt, tee are needed, \$30-if just shirt is needed, \$25-has equipment and shirt. Limit is 30 participants per time slot. Parent and child will work together participating in various exercises. The focus is to develop skills and have fun while learning the fundamentals of football through exercises in throwing, catching, kicking/punting and agility. **Registration begins Tuesday, July 9.**

Mayfield Soccer Club

Saturday afternoons beginning in September
Boys & Girls in K-8th grade. Cost is \$60 all participants, \$40 each additional child, \$15 current travel players. *Coaches are needed! Coach's child plays for free!! **Walk-in Registration: At the Mayfield Village Civic Center (Civic Hall): Wed., September 4, 6:00 – 8:00 p.m., Monday, September 9, 6:00 – 8:00 p.m., Saturday, September 14, 9:00 a.m. - Noon.** 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 Saturday afternoon. **Registration Deadline: September 18,** late fees apply if space is still available after deadline. Visit mayfieldsoccer.com for more information or contact Michael Horvat at mhorvatphotography@att.net.

See Wildcat Sport & Fitness for the following programs:

Mayfield Volleyball Association (MVA)	8
NFL – Pepsi Punt, Pass, and Kick Competition . . .	8
Biddy Instructional Basketball Program	9
Mayfield Basketball Association (MBA).	9
Indoor Floor Hockey	10

Programs with Party Couture

- Classes are with Instructor Whitney Neidus and staff of Party Couture
- Classes will be held at Party Couture, 805 Village Trails, Gates Mills
- Visit www.partycouture.com for more information

MOSAIC MADNESS CLASS

Thursdays, 5:00 – 6:00 p.m.

Fall Session: October 3 – November 7 (except Oct. 31)

Winter Session: January 9 – February 6

For 5 years and older. Cost is \$125. Mosaic art projects are a great way for children to have fun with art as well as producing high quality functional art pieces. In this class we'll use tumbled safe (no sharp edges) colorful recycled stained glass and create things such as Mosaic mirrors, Coaster kits and large stepping stones. Young artists get ready to have a blast!!

GINGERBREAD HOUSE WORKSHOPS

Thursdays December 12 and/or December 19, 5:00 – 6:00 p.m.

For 5 years and older. Cost is \$25 per date. Nothing makes a more impressive centerpiece during the holidays than a homemade gingerbread house! Come learn the tricks of the trade on how to make the perfect gingerbread house. Party Couture provides everything including: a cardboard base for the house, a wide variety of candy, smocks and directions for making your own icing and preserving your masterpiece. You will be amazed at how easy it really is to make your one-of-a-kind gingerbread house! **Registration Deadline: the Tuesday before each class**

YOUNG CHEF'S COOKING ADVENTURES CLASSES

Fridays, 5:30 – 7:30 p.m.: September 20, October 18, November 15

For 5 years and older. Cost is \$25 per date. A delicious choice!! With this "Date Night Out" class for children, parents are able to drop their children off and head to their favorite dinner spot! Spend the evening making and then eating, some fantastic and fun recipes!! Young chefs will have the opportunity to cook and have fun in the kitchen. Children will be introduced to cooking vocabulary and techniques, tools and utensils, basic dinner etiquette, nutrition, safety, kitchen math and new foods! They'll even be able to take home the days recipes and cook the family dinner!! This class was developed to inspire, excite and feed the curiosity of your growing chef! Come dressed for mess! **Registration Deadline: The Wednesday before each class.**

Running Wildcats Youth Running Club

Mondays and Wednesdays. September 9 – October 23, 5:45 – 6:45 p.m.

At Parkview Pool Pavilion/Fields. For 2nd – 6th Graders in the Mayfield School District. Cost is \$65 - includes t-shirt for each participant. Limit is 60 participants. Coach is Michele Fortuna, Former Asst. Mayfield High School Coach. 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. Class will take place rain or shine, so please dress for the outside. Bring a water bottle. **Registration Deadline: September 5.**

Fly Fishing at Deep Spring Trout Club

Saturday, September 21 for 5th – 9th graders with parent
Saturday, September 28 for adults @ 9:00 a.m. – 3:00 p.m.
(includes one hour lunch break, lunch provided)

At Deep Spring Trout Club. Cost is \$80 includes instruction, rod, tackle, lunch, and trout fishing. Add \$35 for youth class for the parent, includes lunch and afternoon fishing session with child. Min./Max is 10/20 each class. Come learn fly fishing from the top fly fishing instructor, George Vosmik. Deep Spring Trout Club has a 2 acre spring fed trout pond with over 2,000 stocked trout. Instructional time included covers a history of fly fishing and hands demonstration of fly fishing techniques. Participants will have a creel pouch to store their catches in throughout the day. Participants can bring their own fly fishing rod and tackle if they have it. **Other Optional Costs (paid that day at the Club by cash only):** trout is \$4.50 per pound (live weight), cleaning and packed with ice to take home is \$1.00. **Registration Deadline: September 19 & 26.**

After School Bowling

Thursdays, September 26 – October 24, 3:00 – 5:30 p.m.

At Freeway Lanes of Wickliffe. For Mayfield Middle School 6th & 7th graders. Cost is \$95.00 includes bowling, shoes, pizza, pop and transportation. Min./Max. is 15/45. **A Freeway Lanes bus will pick up participants and chaperone to and from Mayfield Middle School to Freeway Lanes of Wickliffe and back to school.** Students meet immediately after school in cafeteria #2 at 3:00 p.m., then bowl for 1.5 hours at the bowling alley. **Parents must pick up by 5:30 p.m. at the Middle School. Registration Deadline: September 19.**

Horseback Riding for Beginners

Fall Session

Mondays, September 30 – November 18, 4:00 – 5:00 p.m.
Saturdays, October 5 – November 23, 3:00 – 4:00 p.m.
Sundays, October 6 - November 24, 12:00 – 1:00 p.m.

Winter Session

Mondays, January 13 – March 3, 4:00 – 5:00 p.m.
Saturdays, January 18 – March 8, 3:00 – 4:00 p.m.
Sundays, January 19 - March 9, 12:00 – 1:00 p.m.

At Maypine Equestrian Center. For 6 year olds - adults. Cost is \$265. Learn basic riding skills and horsemanship. Certified instructors and well trained school horses will make this a great experience for anyone. Other lessons are available. For more information call (440) 944-3652 or visit www.maypinefarm.com.

Wildcat Teen Halloween

Thursday, October 17, 7:00 – 10:00 p.m.

At Wildcat Sport & Fitness. 6th – 8th Graders. Cost is \$8.00 pre-sale or \$10 at door plus additional money needed for food, games and raffle. Look for flyers in your MMS Friday folder handouts.

Youth Halloween Party

Saturday, October 19,
1:30 – 3:00 p.m.

At Mayfield Village Community Room. All Mayfield Village children and grandchildren up to 5th grade. Cost is \$4.00 per child.



Halloween Window Painting Contest

6th – 8th graders attending a school in the Mayfield School District will be able to enter this contest by submitting a colored drawing to their art teacher. The drawings will be reviewed by Mayfield Village and the best ones will be selected to paint on a local storefront window. Look for more information on each school's website in September.



Trick or Treating Thursday, October 31, 6:00 – 8:30 p.m.

CHESS makes kids smarter



Vivacity Chess Center

High Quality & Measurable Results

Registration is OPEN
for the 2013/14

www.vivacityinc.com/chess
chess@vivacityinc.com
(440) 940-6455

Chess increases:

- ✓ Logic and Imagination
- ✓ Self-confidence and Focus
- ✓ Thinking and Creativity
- ✓ Speed and Clarity of Mind
- ✓ Raises IQ

Parent and Child Etiquette with Dick Blake

Sundays, October 13 and 20 @ 5:15 p.m. – 6:00 p.m.

At Mayfield Village Civic Center. For boys and Girls 1st – 4th grade and parent. Cost is \$45 parent/child (if more than one child per family, first child is \$45 and additional are \$35). This course has been one of Mr. Blake's most requested classes for years. Mrs. Blake, a retired elementary teacher, now joins him. Children learn the social skills and table manners that not only teach them to act like young ladies and gentlemen but also help them to be successful throughout their lives and future careers. First class is general manners and deportment and the second is dining etiquette. Parents get to share the experience and maybe learn a little something, too! **Registration Deadline: October 9.**

Young Rembrandts Drawing Classes

About Young Rembrandts...A different kind of learning. A powerful kind of fun... We teach drawing with a see - touch - do method that all kids can succeed with, learn from and love! The secret to our success is that children ALREADY love to draw - we just take their love a little further, by giving them a solid foundation that will take their drawings from doodles to confidence-boosting achievements. During our once-a-week classes, we use an innovative step-by-step approach on drawing topics your kids can relate to and learn from. Watch your child reach a new level of potential with this engaging, award-winning program. Young Rembrandts is a different kind of learning and a powerful kind of fun.

LEARN TO DRAW AMAZING THINGS

Saturdays, 1:00-2:00 p.m.

Fall Session 1: September 21 – October 26 (\$60)

Fall Session 2: November 2 – December 14 (except Nov. 23) (\$60)

Winter Session 1: January 18 - February 15 (\$50)

Winter Session 2: February 22 - March 22 (\$50)

At Mayfield Village Civic Center. For 6 - 12 year olds. Elementary learners are at the crucial time of development when they decide whether they're good at something or not. This decision will affect not only the rest of their academic career, but their lifetime learning as well. The Young Rembrandts elementary program provides the tools this age-group needs to succeed at drawing - a teaching tool from which the majority of learners prefer and ALL learners benefit! Our program works because it's not only hands-on and visual...it's simply fun. Add to this our innovative guided instruction, topics that kids love and relate to, and instructors that know how to reach this group; we take kids from thinking they're not 'artists' to knowing they can achieve this, and everything else, they put their minds to.

WINTER DRAWING CAMP: PASTEL DRAWING-MORE MAGNIFICENT MASTERS

December 26, 27, 30 and 31, 10:00 – 11:30 a.m.

At Mayfield Village Civic Center. For K – 6th graders. Cost is \$48. Each day, we will create a large, original pastel drawing replicating a famous artist's masterpiece. We will draw a colorful goldfish bowl as Henri Matisse did in his "Goldfish" painting. We will recreate Vincent Van Gogh's famous "Starry Night" complete with swirls throughout the sky. On our final day, we will create powerful still life full of robust color as Paul Cezanne did often in his paintings. Each day will challenge us with the pastel media. But in the end we will be Masters ourselves. You will want the drawings framed! No experience necessary. Please wear an old shirt or smock to class each day. **Registration Deadline: December 20.**

Making Pizza At Pizza Roma

Saturdays, 1:00 – 1:45 p.m. or 2:00 – 2:45 p.m.

For 3 - 4 year olds, November 16 and January 25. **For K – 2nd graders,** November 23 and February 8. **For 3rd – 4th graders,** December 7 and February 15. **For 5th graders,** December 14 and February 22. For 3 year olds – 5th graders with parent. Cost is \$12 per date. Grace Van Ness of Pizza Roma will help you roll the dough, add the sauce and toppings, and then bake it in the oven. While the pie is baking, children can decorate their pizza box. Participants can dine in or take the masterpiece home to share with the family. Brothers and sisters in different grades will be accommodated into the same day/timeslot for your convenience. **Registration Deadline: The Wednesday before each date.**

AFTER SCHOOL DRAWING/CARTOONING WORKSHOPS

Lander Students

Tuesdays, 2:35 – 3:35 p.m.

Fall Session 1: September 24 – October 29 (\$60)

Fall Session 2: November 12 – December 17 (\$60)

Winter Session 1: January 14 – February 11 (\$50)

Winter Session 2: February 18 – March 18 (\$50)

At Temple Israel Ner Tamid (next door to Lander Elementary)

Millridge Students

Tuesdays, 4:00 – 5:00 p.m.

Fall Session 1: September 24 – October 29 (\$60)

Fall Session 2: November 12 – December 17 (\$60)

Winter Session 1: January 14 – February 11 (\$50)

Winter Session 2: February 18 – March 18 (\$50)

At Temple Israel Ner Tamid (next door to Lander Elementary)

Details for Lander and Millridge Students

-African Safari Drawing

Go on a Safari adventure with Young Rembrandts this session! We will explore the exciting land and many animals that inhabit Africa. We will draw a variety of animals in various scenes with different media. To keep things exciting, we will explore the African Safari through the fun technique of cartoon as well. We will even challenge our artistic talents by creating 2 large scenes – one in a graphic style filled with a variety of animals and another focusing on the twists and turns of a African snake completed with pastel chalks. Our exploration through Africa allows for a bounty of adventure and creativity. **Reg. Deadline: the Friday before each session.**

Center Students

Wednesdays, 2:35 – 3:35 p.m.

Fall Session 1: September 25 – October 30 (\$60)

Fall Session 2: November 6 – December 18 (except Nov. 27) (\$60)

Winter Session 1: January 15 – February 12 (\$50)

Winter Session 2: February 19 – March 19 (\$50)

At Mayfield Village Community Room. Cartoon Drawing: For all kids who need to stay engaged and laughing, our cartooning classes are surely the most fun you can have while learning! This entertaining program combines Young Rembrandts' innovative, hands-on teaching method with light-hearted subject matter that engages children, their sense of humor and their vivid imaginations. Maintaining a quick pace and drawings that tell a story also help kids to stay on-task, learn from their mistakes, find new solutions to a problem and communicate ideas and concepts through pictures - skills with lifetime benefits! **Reg. Deadline: The Friday before each session.**

Communities in Motion

There is a \$5.00 discount for siblings registering at same time or a \$5.00 discount if a participant is signing up for multiple sessions at same time. The registration deadline is one week before the session begins. Signing up after the deadline will incur a \$5.00 late fee.

MOVE AND GROOVE WITH ME

Mondays, 10-10:30 a.m./Mayfield Village Community Room

Session 1: Sept. 9th – Sept. 30th

Session 2: Oct. 14th – Nov. 4th

Session 3: Nov. 18th – Dec. 9th

Session 4: Jan. 13th – Feb. 10th (No Class 1/20)

Session 5: Feb. 24th – March 17th

Session 6: March 24th – April 14th

Saturdays, 9– 9:30 a.m./ Beachwood Community Center

Session 1: Sept 14 – Oct 5

Session 2: Oct 19 – Nov 9

Session 3: Nov 23 – Dec 21 No class 11/30

Session 4: Jan. 18th – Feb. 8th

Session 5: Feb. 22st – March 15th

Session 6: March 22 – April 26th (Spring Break)

For 1 – 3 year olds with parent. Price is \$34. 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

Mondays @ 10:30 - 11:00 a.m.

Session 1: Sept. 9th – Sept. 30th

Session 2: Oct. 14th – Nov. 4th

Session 3: Nov. 18th – Dec. 9th

Session 4: Jan. 13th – Feb. 10th No Class 1/20

Session 5: Feb. 24th – March 17th

Session 6: March 24th – April 14th

At Mayfield Village Community Room. For 2 – 3 year olds. Price is \$34. 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.

LITTLE HIP HOP & TUMBLE

Mondays, 11:00 – 11:45 a.m.

Session 1: Sept. 9th – Sept. 30th

Session 2: Oct. 14th – Nov. 4th

Session 3: Nov. 18th – Dec. 9th

Session 4: Jan. 13th – Feb. 10th No Class 1/20

Session 5: Feb. 24th – March 17th

Session 6: March 24th – April 14th

At Mayfield Village Community Room. For 3 – 5 year olds. Price is \$44. Children will perform hip hop moves to upbeat “kid friendly” music and enjoy games and activities while learning beginner through intermediate level tumbling skills. This class promotes the development of coordination, strength, flexibility, balance, and spatial awareness. Each session will end with a performance for family and friends.

HIP HOP AND CHEER

Wednesdays, 5:00 – 5:45 p.m.

Session 1: Sept. 11th – Oct. 2nd

Session 2: Oct. 16th – Nov. 6th

Session 3: Nov. 20th – Dec. 18 No class Nov. 27th

Session 4: Jan. 15th – Feb. 5th

Session 5: Feb. 19th – March 12th

Session 6: March 26th – April 16th



At Beachwood Community Center. For 5 – 9 year olds. Price is \$44. Come join in the fun as we do hip hop dance moves to upbeat kid friendly music as well as fun cheer-leading cheers, chants, jumps and moves. Children will enjoy fun games and activities as well.

PRINCESS BALLET

Saturdays, 9:30 – 10:00 a.m.

Session 1: Sept 14 – Oct 5

Session 2: Oct 19 – Nov 9

Session 3: Nov 23 – Dec 21 No class 11/30

Session 4: Jan. 18th – Feb. 8th

Session 5: Feb. 22st – March 15th

Session 6: March 22 – April 26th (Spring Break)

At Beachwood Community Center. For 3 ½ – 5 year olds. Price is \$34. 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.

JUST TUMBLE

Saturdays, 10:00 – 10:45 a.m.

Session 1: Sept 14 – Oct 5

Session 2: Oct 19 – Nov 9

Session 3: Nov 23 – Dec 21 No class 11/30

Session 4: Jan. 18th – Feb. 8th

Session 5: Feb. 22st – March 15th

Session 6: March 22 – April 26th (Spring Break)

At Beachwood Community Center. For 5 – 9 year olds. Price is \$44. This class will consist of conditioning skills as well as beginner through intermediate tumbling movements such as forward and backward rolls, handstands and cartwheels. This type of class is beneficial because the skills worked on assist the development of coordination, strength, flexibility, balance and spatial awareness. Students will learn a new tumbling routine choreographed to music each session and continue to work on progressing tumbling skills. Performance at the end of each session for family and friends. This class is co-ed.

See Wildcat Sport & Fitness page 10 for Monday night classes from Communities in Motion.

PROGRESSIVE FITNESS CENTER

Progressive Fitness Center for Mayfield Village Residents Only

- Must be 16 years and older
- When purchasing a new membership, it must be done in person by the person joining the Progressive Fitness Center membership at the Civic Center. A photo ID and utility bill or postmarked piece of mail with resident's name and address must be shown.
- When renewing a membership, it must be done in person at the Civic Center. A photo ID must be shown. NEW!!! Current members 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.
- Group studio 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 Step Aerobics, SPINNING, Pilates, Flexibility Training, Boot Camp, Yoga and Zumba. Please call the Fitness Center for class descriptions.

Fitness Program

- Fitness Assessment Test
- Fitness Profile
- Personalized Exercise Program
- Details of program offerings are located at 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 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

Fall & Winter College Student Membership

A 6 week membership is available for college students only, valid September 1 – January 31. The cost is \$30. A college ID must be shown along with proof of residency (current utility bill or post marked piece of mail).

Facility Hours

Monday – Thursday	6:00 a.m. – 8:30 p.m.
Friday	6:00 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. 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.

Personal Training

The rates have decreased and the process has simplified! The Fitness Center no longer takes payment directly. Now you can purchase a package here at the Civic Center and bring your receipt with you to the Fitness Center. It's advised you complete a Personal Training brochure before purchasing any sessions as a new client to ensure there is trainer availability. The Personal Training brochures are located at the Fitness Center. Feel free to pick one up next time you're in to workout! The rates are as follows:

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



SENIOR PROGRAMS

Ongoing Activities

Every Monday: 1-4 p.m. Games. Free. (Mah Jong)

Every Tuesday & Thursday: 1-4 p.m. Cards, admission \$1.

Every Wednesday: 10:30 a.m. - 1:00 p.m. ABC Village Quilters

1st and 3rd Tuesday of each month at 1 p.m.:

Blood Pressure Checks.

Contact us for more information about these activities.

Watercolor Classes

SPECIAL EXHIBIT: Stop by the Civic Center between 9 a.m. and 4 p.m. Monday-Friday November 5-22 to see a special display of student's watercolor pictures. **Free Demo August 27, 10 a.m. - 12 noon.** Call 440-919-2332 to reserve your space.

Tuesday Classes: Sept. 10-Oct. 1, Oct. 8-29, Nov. 12-Dec. 3, Jan. 7-28, Feb. 4-25, Mar. 4-25.

Thursday Classes: Sept. 12-Oct. 3, Oct.10-31, Nov. 7-Dec. 5, Jan. 9-30, Feb. 6-27, Mar. 6-27.

At 9:00 a.m.-noon, at Mayfield Village Community Room. Instructor is Florence Smith, award-winning artist. Cost for Mayfield School District Residents, \$35 per 4/week series, Non-Mayfield School District Residents, \$40 per 4/week series, \$3 material fee paid to instructor for each 4-week series. Materials list is available upon registration. No drawing skills necessary! You may uncover a hidden talent as you learn a variety of tips and techniques from award-winning watercolor instructor Flo Smith. At the end of each 4-week series, you will have created three watercolor paintings suitable for framing! Class sizes are limited, so register early. For the September, October, and November classes, registration begins on August 26 for Mayfield School District Residents and for all others August 27. For the January, February, and March classes, registration for Mayfield School District Residents begins on December 9 and for all others December 10.

Leaf Raking Assistance

For Mayfield Village residents at least 65 years old. If you need assistance raking your leaves, enter our leaf-raking drawing. Drawing will be held October 1st. Contact Mayfield Village Human Services Department (440-919-2332) with your name, address, and phone number. **Deadline: September 20.** We will contact the winners by phone the week of September 30.

Senior Snow Removal Program

For residents of Mayfield Village. To qualify, the primary Village resident must be at least 65 years of age on or before December 31, 2013. Mayfield Village will provide assistance to qualifying residents toward snow removal on one property. Look for a letter (distributed by bulk mail) in late August with the details about the 2013-14 senior snow removal assistance program.

Tai Chi Fan Workout for Fitness and Balance for 50+ Class Dates:

Wednesdays, 1-2 p.m.

New 6-week sessions August 14-September 18, September 25-October 30, November 6-December 11, January 8-February 19 - No class 1/22. February 26-April 2, April 9-May 14. At Mayfield Village Community Room. Cost per 6-week session/\$30, Occasional drop-in, \$8 per session. Instructor is Arline Bognar, Certified to teach Tai Chi for Arthritis. Learn simple techniques that will improve your balance and give you new strength and vitality.

Foot Clinic

Fridays, September 13, October 18, November 8, December 13 @ 1:00-3:00 p.m.* Contact us for 2014 dates.

At M.V. Community Room. Cost is \$20 (Medicare generally covers cost for diabetics). Your doctor is Dr. Kelly R. Whaley, Diabetic and Geriatric Specialist practicing for 15 years in Northeast Ohio. *Call 440-919-2332 to make an appointment for diabetic and routine foot care such as toenail cutting, treatment of corns and calluses, and removing ingrown toenails.

Senior Open House

Tuesday, September 17, 11:00 a.m. – 1:00 p.m.

Cost is Free, pizza, refreshments and cookies will be served. Come see the newly renovated Field House, pool and indoor track that is now called Wildcat Sport & Fitness. Seniors will have tours of the facility and see the new treadmills, bikes and ellipticals. Demonstrations of activities will be offered; come to watch or participate in pickle ball, chair volleyball, or the walking club on the indoor track. Blood pressure checks will be offered and instructors will be available to help on balance and exercise geared towards adults over 60. Reservations required by September 10 to Mayfield Heights Recreation Department or Mayfield Village Senior Services. Tours (maximum 50 people per tour) and lunch will occur in 30 minute increments starting at 11:00 a.m. with the last tour starting at 12:30 p.m. Seniors will park on the East side of Mayfield High School and enter the main entrance of Wildcat Sport & Fitness, door #18. Look for flyers at your center.

Mat Pilates

18 years and older. \$60 per 6-week session.

Fall 1: August 12-October 7 – No class 8/19, 9/2, 9/16

Fall 2: October 14-December 2 – No class 10/21, 11/18.

Winter 1: December 9-January 27 – No class 12/16, 1/20

Winter 2: February 3-March 24 – No class 2/17, 3/17

Mondays, 7:00 - 7:50 p.m. Mayfield Village Community Room. Join instructor Daniela Sciannameo and build strength in your core muscles during this challenging class.

Lunch n' Movie

All movies are subject to change, based on availability. Lunch is served at 12:15 p.m., doors open at 11:45 a.m. Movie begins at 1:00 p.m. At Mayfield Village Civic Center (Civic Hall for Lunch and Reserve Hall for the movie.). Cost is \$5 per person payable at the door. Deadline to Register is No later than the Wednesday prior to each luncheon date. Cancellations required no later than the Monday prior to each luncheon date. Call the Community Partnership on Aging at 216-650-4029 to make reservations.

Wednesday, September 11, Movie: "Hyde Park on Hudson"
Lunch is Tuna-stuffed Tomatoes, Green Bean and New Potato Salad and Peach-Basil Shortbread.

Wednesday, October 9, Movie: "Moonstruck"
Lunch is Four Cheese Zucchini Strata, Summer Pasta Salad and dessert.

Wednesday, November 13, Movie: "North by Northwest"
Lunch is Chicken and Sweet Corn Soup, Spring Roll Salad and dessert.

Wednesday, December 11, Movie: "The Great Gatsby"
Lunch is Lasagna Soup, salad, and dessert.

Note: The 2014 movie titles and lunch menus will be published in the Community Partnership on Aging newsletter. Wednesday, January 8, Wednesday, February 12, Wednesday, March 12, Wednesday, April 9.

'CONTROVERSIAL' MOVIE SERIES!

A special series this fall will include a movie and a discussion session afterward. Movies are free and are held at the Mayfield Village Civic Center, 6622 Wilson Mills Road.

Thursday, October 10 at 1:00 - "Doubt" (2008) 104 min. Rated PG-13. A Catholic school principal questions a priest's ambiguous relationship with a troubled 12-year-old student. Stars Meryl Streep and Philip Seymour Hoffman.

Thursday, October 17 at 1:00 - "The Sessions" (2012) 95 min. Rated R. A man in an iron lung who wishes to lose his virginity contacts a professional sex surrogate with the help of his therapist and priest. This movie contains graphic scenarios and content. Viewer discretion advised. Stars Helen Hunt.

Tuesday, October 29 at 1:00 - "JFK" (1991) 189 min. Rated R. Oliver Stone's award-winning movie about a New Orleans DA (Kevin Costner) who discovers there's more to the Kennedy assassination than the official story.



Trips

COVERED BRIDGES & WINERY

Friday, October 18, 2013, 8:00 a.m.—4:30 p.m.

Cost is \$39. See several covered bridges, enjoy a wine tasting at Tarsitano Winery (included), and lunch at Josephine's (on your own) during this fall foliage tour. **Deadline to Register: Friday, September 6.**

SENIOR LEGISLATOR FOR A DAY

Friday, October 25, 2013, 7:30 a.m.-5:30 p.m.

Cost is \$34. See the day to day operations of government on a state level during your VIP tour of the Statehouse and mock legislative voting session with State Representative Marlene Anielski. There is an ample amount of walking involved with this tour. We will have lunch on our own at Schmidt's located in German Village. They have been featured on the Travel Channel. **Deadline to Register: Friday, September 20.**

OGLEBAY LIGHTS AND MANSION TOUR

Wednesday, November 20, 2013, 10 a.m. – 10 p.m.

Cost is \$68. We will see the Mansion Museum, the Hilltop Shops and Gardens, and the Speidel Christmas Shop and enjoy a buffet dinner at the Wilson Lodge before taking the fabulous tour of lights. Lunch will be at a rest stop on our way, on your own. **Deadline to Register: Wednesday, October 16.**

LAKEVIEW CEMETERY & LUNCH

Wednesday, April 16, 2014, 11:00 a.m.-3:30 p.m.

Cost is \$19. Join us on a docent-lead bus tour to a horticultural Cleveland Landmark—Lake View Cemetery. On this site of 285 acres of natural beauty, we hope to see daffodils and many other plant varieties in bloom. Enjoy lunch at Mama Santa, on your own. **Deadline to Register: Wednesday, March 12.**

Contact the Community Partnership on Aging for more information about the following trips:

Friday, October 18: HISTORIC AND ETHNIC CLEVELAND, Part II. \$68

Wednesday, November 20: RIVERS CASINO, PITTSBURGH \$25

Friday, December 6: NATIVITY SCENES AT KIRTLAND HALL, Penitentiary Glen (Halle's Display). Price to be determined.

When to Apply for Medicare and Medicare Supplements 101

Friday, October 4, 2013 – 1 p.m.

At Mayfield Village Community Room. Cost is Free. Are you confused about when you need to apply for Medicare and Medicare supplements? Beware of the pitfalls of applying late! A representative from Hope Financial Planning Group will explain the timing, Medicare plans ABC&D, the pros and cons of Medicare Advantage and all the different Supplement Plans, companies and rates, and questions for your employer as you plan for retirement. Please call Mayfield Village Senior Services at 440-919-2332 to register.

Bereavement Support Group

October 28-January 13 – No class 11/18, 12/16.

January 27-April 14 – No class 2/17, 3/17, 5:45-6:45 p.m.

At Mayfield Village Community Room. Cost is free. Ten-week commitment to attend and complete assignments. 10-week bereavement support group in conjunction with Crossroads Hospice.

Bingo (Sponsored by Comfort Keepers)

Wednesday, November 6, 2:00-3:30 p.m.

At Mayfield Village Community Room. Cost is Free, but reservations are required by Monday, November 4: 440-919-2332. Join us for classic Bingo games and try to win a prize.

Book Talk

Wednesday, December 4, 2:30-3:30 p.m.

At Mayfield Village Community Room. Cost is Free. Teasers about new books--A librarian from the Mayfield Library will introduce several new books which may help with your holiday shopping.

Annual Holiday Party & Luncheon

Friday, December 20, 12-3:00 p.m. (Doors open at 11:30 a.m.)

At Mayfield Village Community Room. Cost is Free—but reservations are required. For Mayfield Village residents only who are 60 or more years of age. Hors d'oeuvres, lunch, entertainment, and door prizes. **Call the Senior Services Dept. at (440) 919-2332 by December 11 with your name(s), address, and phone number.**

AARP Income Tax Assistance

Mondays: February 17, March 17, and April 7 @ 12:00, 1:00, 2:00, or 3:00 p.m.

Volunteers from AARP will prepare income tax documents for Mayfield Village seniors. Please contact Mayfield Village Senior Services at 440-919-2332 to schedule an appointment.

Classes in Cooperation with Communities in Motion

FITNESS FOR YOU

Mondays and Wednesdays - 8:45 - 9:30 a.m.

Fall Session 1: August 21-October 2 – No class 9/2.

Fall Session 2: October 14-November 20

Winter Session 1: December 2-January 15 - No classes 12/25, 1/1.

Winter Session 2: January 27-March 5

Spring Session 1: March 17-April 23

Spring Session 2: May 5-June 11

At Mayfield Village Community Room. Cost is \$39 (2 times per week; 6-week session), drop-in: \$4 per class. Free Demo is Fri. Sept. 14, 8:45-9:30 a.m. You deserve it! You need it! Relax your mind and body with this light aerobic workout including warm-up, aerobics, stretching, strengthening and cool down. Escape the chaos of life with this fun aerobic workout concluding with breathing exercises to calm and relax the mind and body to prepare your body to cope with the rest of your busy day! Please bring 3-5 lb weights, a resistance band, and water to class.

GOOD TIME DANCIN'

Fridays - 10:00 - 11:30 a.m.

Fall Session 1: August 30-October 4

Fall Session 2: October 18-November 22

Winter Session 1: December 6-January 17 (except 12/20)

Winter Session 2: January 31-March 7

Spring Session 1: March 21-April 25

Spring Session 2: May 9-June 13

At Mayfield Village Community Room. Cost is \$30 (6-week session), Drop-in: \$5 per class. Free Demo is Fri. Sept. 14, 10:00-11:30 a.m. Love to Dance? Want to have some fun while burning a few calories? Dancing improves memory, and helps to keep you physically fit. Come learn current, oldies and country dances such as Good Time, Canadian Stomp, Country Walkin', and much more.

TO REGISTER FOR ACTIVITIES AND PROGRAMS FOR SENIOR ADULTS OFFERED BY THE HUMAN 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.)

Fax: 440-919-0207. Fax your registration to us anytime.

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: Contact us for a registration form. Mail registration form with your check payable to Mayfield Village to MV Senior Services Department, 6622 Wilson Mills Road, Mayfield Village, Ohio, 44143.

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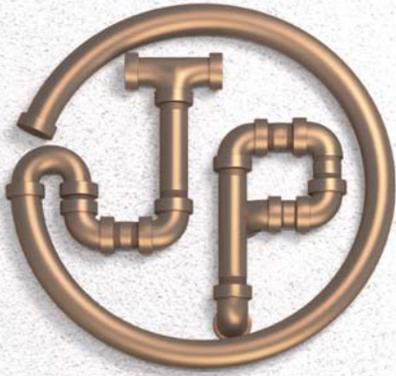
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